

It is not difficult to begin thinking about food. I made cookies yesterday—the ones with lots of chopped raisins and walnuts we call Hermits. I had never thought much about the name; they were just cookies we made often when I was a girl. But, when Runo ate them, he said, “I should eat just one of these, since they are hermits.” However, he made this statement after he had devoured three.

There are soft, date and nut cookies that are called Rocks, not because of their texture, but for their shape. In other parts of the country, these same cookies are known as Billy Goats.

Why are Dream Bars dream bars? Perhaps, if one eats too many of these rich bars, one might have wild dreams?

And is it really appetizing to consume something called Ladyfingers? Or, how about those very thin wafers called Cats’ Tongues?

Not only cookies have unusual and interesting names. War Cake was obviously a dessert during days of rationing, for it has no eggs, butter, or milk. And Scripture Cake has a biblical reference for each ingredient.

Election Cake, according to some, was baked on election days and served only to those who voted for the correct candidates. It is leavened with yeast and is said to be a deliciously spicy treat.

What we call French Toast is, in some places, known as Poor Knights, or Lost Bread.

Are Deviled Eggs dangerous? Is eating Devil’s Food Cake just a step on the way to perdition? Perhaps, that could be avoided by following it with a slice of Angel Food Cake. But, what about Chocolate Angel Food Cake? Is it a bit naughty, with just a touch of the devil in it?

Can Cottage Cheese be made by the farmer who milks his cows but does not live in a cottage?

Is a Hero Sandwich a precursor to great deeds? And does a Submarine Sandwich need to be eaten under water?

Hush Puppies can be either a kind of corn bread to eat with fish or an old brand of shoes.

Pear Honey has no honey, and Apple Butter has no butter. And, Bread and Butter Pickles contain not a smidgen of butter.

And then, there are those old-fashioned fruit desserts known as Cobblers. Where did the name come from? Perhaps, they were invented by a shoemaker?

One could go on and on with this—naming the “grunts,” “slumps,” “crisps,” and more. But, it would be fun to investigate just where all of these names originated. I’ll leave that to someone else. I need to check the oven to see what my unnamed dessert is doing.