

de Stolfe Journal

12.SPECIAL 2023



NATIONAL DOUGHNUT DAY!

Friday, June 2, 2023

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12.SPECIAL 2023 NATIONAL DOUGHNUT DAY!

I created a special issue for National Doughnut Day in 2018, but I decided that the issue needed an upgrade! So, I present to you the upgrade!
Happy National Doughnut Day!
Friday, June 2, 2023.

In this special issue, learn about the origin of this special event, a little history about the doughnut itself, and learn how to make the doughnuts that were made during the Great War.

Enjoy!

RG



ON THE COVER



The most iconic of doughnuts, the pink frosted raised doughnut with sprinkles!

Ring doughnuts as they are called, started out as simple circles of fried cakey dough, but they have since become loaded up sugar bombs where all you can taste is sugar and grease.

We live in the 21st century, not the 1920s! Wherever there is a web link like below, click it to go to the webpage it references! (Click it now!)

www.destolfe.com



HISTORY OF DOUGHNUT DAY

The first National Doughnut Day was in 1938 by the Salvation Army in Chicago, Illinois. The Salvation Army had women, nicknamed “doughnut lassies”, who made and served doughnuts to the soldiers during the Great War, later called World War I. According to *The War Cry*, a newsletter by the Salvation Army, *In 1917, The Salvation Army began a mission to provide spiritual and emotional support for U.S. soldiers fighting in France during World War I. About 250 volunteers traveled overseas and set up small huts near the front lines where they could give soldiers clothes, supplies, and, of course, baked goods.* No doubt that they were just as in harm’s way as

the soldiers, but they provided a good service to help with morale in a gruesome and destructive war. The article goes on to state: *“Despite discovering that serving baked goods would be difficult considering the conditions of the huts and the limited rations, two officers – Ensign Margaret Sheldon and Adjutant Helen Purviance – began frying donuts in a small pan. These tasty treats boosted morale and won the hearts of many soldiers. Nicknamed “Donut Lassies”, the women who served donuts to troops are often credited with popularizing the donut in the United States when the troops (nicknamed “doughboys”) returned home from war.”*



*Stella Young,
a Salvation Army “Doughnut girl”
with a big tub of doughnuts!*

Okay, so let’s address the elephant in the room! Is the word spelled “donut” or “doughnut”? The first appearance of the word doughnut was in a short story from 1808 where it described a spread of “fire-cakes and doughnuts”. The term “nut” at the time referred to a small rounded cake or cookie and would

actually describe what we call today the “holes” of ring doughnuts. Also, Washington Irving in his writing *History of New York* from 1809 described “dough-nuts” as “balls of sweetened dough, fried in hog’s fat, and called doughnuts, or olykoeks”, which are a type of Dutch beignet.

The first reference of the term “donut” came about 90 years later in a book called *Peck’s Bad Boy and his Pa* by George W. Peck where a character said “Pa said he guessed he hadn’t got much appetite, and he would just drink a cup of coffee and eat a donut.” However, the more likely and lasting use of this shorter word

probably came in the 1920s. Author John T. Edge suggested that this alternate spelling was invented when the New York based Display Doughnut Machine Corporation abbreviated the word to make it more pronounceable by foreigners who they hoped would buy their automated doughnut making equipment.

The Correct spelling, then, is Doughnut.

HISTORY OF DOUGHNUT DAY

Historically and even today, the Salvation Army often gets a sneer from people as a group of people looked upon at the level as when Jehovah Witnesses come knocking at your door! However, the effort by the Salvation Army to go right to the front lines during the Great War made a lasting impression on the soldiers that stayed with them long after they went home! The Smithsonian Magazine published a story about the efforts by the Salvation Army during World War I. Here are a few excerpts.

When women of Salvation Army volunteered to join the front lines of World War I to support the American Expeditionary Force, they were given a few obvious supplies: gas masks, helmets and .45-caliber revolvers. But it turned out what they needed most were things much harder for the Army to supply: rolling pins, cookie cutters, flour and sugar.

In September 1917, four women, all members of the evangelical Christian charitable organization, traveled to the camp of the 1st Ammunition Train, 1st Division, mere miles from the trenches of eastern France. Initially they provided the same wholesome activities they'd provided stateside: religious services, music played on a Victrola, and treats like hot cocoa and fudge. Then two of the women hit on a novel idea: what if they made donuts to remind the men of home? And so Margaret Sheldon and Helen Purviance collected excess rations for the dough and shell casings and wine bottles for makeshift rolling pins. They filled a soldier's helmet with lard to fry the braided crullers. Later they improved their fried creations by combining an empty condensed milk can with a narrow tube of camphor ice to make a cutter in the true donut shape, wrote John T. Edge in *Donuts: An American Passion*. The treats were an immediate hit, and cemented the Armed Forces' relationship with donuts, and the girls that served them.



Helen Gay Purviance in World War I uniform. Purviance died in 1984 at age 95. Born February 16, 1889 in Huntington, Indiana to February 26, 1984 in North Manchester, Indiana.



HISTORY OF DOUGHNUT DAY

Some of the comments by soldiers at the time included these.

One soldier whose letter was reprinted in the Boston Daily Globe wrote, "Can you imagine hot doughnuts, and pie and all that sort of stuff? Served by might good looking girls, too."

In a letter to home, Purviance wrote, "Well can you think of two women cooking, in one day, 2,500 doughnuts, eight dozen cupcakes, fifty pies, 800 pan cakes and 255 gallons of cocoa, and one other girl serving it. That is a day's work..."

The son of the former president, Theodore Roosevelt, Jr., wrote after serving in France: "Before the war I felt that the Salvation Army was composed of a well-meaning lot of cranks. Now what help I can give them is theirs".

One of the Donut Lassies, a 20-year-old woman named Stella Young, recounted her time near the Metz Front when firing was so intense that the Salvation Army supply wagons couldn't reach them. At one point a piece of shrapnel ripped through their tent and tore through a donut pan just when she'd stepped away from the stove for another ingredient, Young told the Daily Boston Globe years later. Young, who became the face of the Donut Lassies when her picture was taken with a tub full of circular fried dough, recalled the dampness and the cold and the men marching three miles away to the frontline for 30-day stints in the trenches. "So many of them didn't even belong over there. They were just 16 or 17 years old. They just wanted to serve their country so badly," Young said.



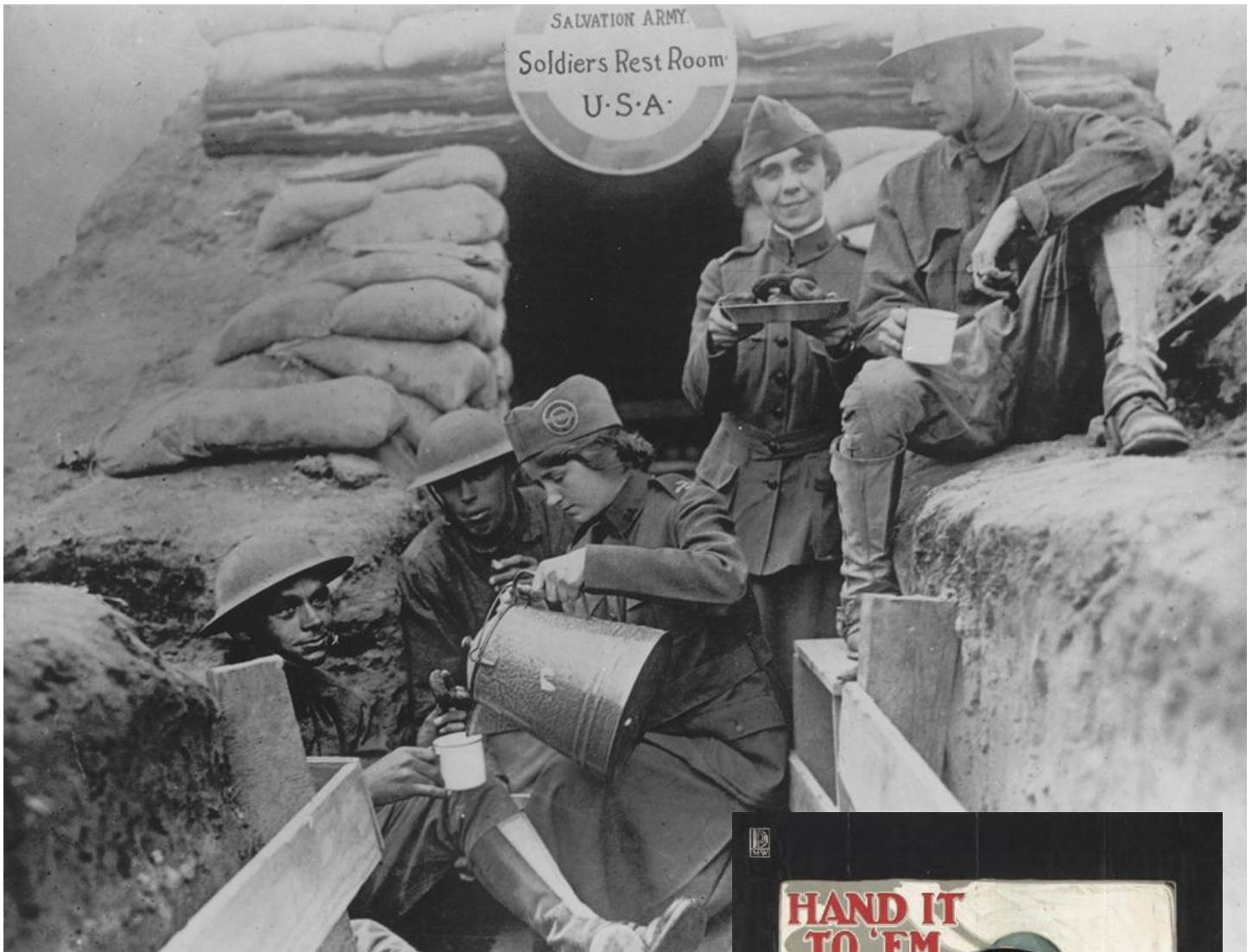
*"The Salvation Army "Donut Lassies" were famous for the fried treats they served to soldiers."
Library of Congress*

Take A Quiz About National Doughnut Day

The Salvation Army has on one of their websites a quiz to let you see how much you know about the history and purpose of National Doughnut Day. Take the quiz here:

www.thewarcry.org/articles/how-much-do-you-know-about-national-donut-day

HISTORY OF DOUGHNUT DAY



Literally serving doughnuts and coffee in the trenches!



A doughnut lassie serving doughnuts to soldiers.



ORIGINAL DOUGHNUT RECIPE

Salvation Army Doughnuts During WWI

5 cups	flour
2 cups	sugar
5 teaspoons	baking powder
1 'saltspoon'	salt (¼ teaspoon)
2	eggs
1¾ cups	milk
1 tub	lard

- Combine all of the ingredients (except for the lard) to make dough.
- Thoroughly knead the dough, roll out smooth, and cut into rings that are less than ¼ inch thick. *(When finding items to cut out donut circles, be creative. Salvation Army Donut Girls used whatever they could find, from baking powder cans to coffee percolator tubes.)*
- Drop the rings into the lard, making sure the fat is hot enough to brown the donuts gradually.
- Turn the donuts slowly several times.
- When browned, remove donuts and allow excess fat to drip off.
- Dust with powdered sugar. Let cool and enjoy.

Yield: 4 dozen donuts



Coffee percolator tube and filter.



Baking powder can from 1920.



"Salvation Army "Doughnut Lassies" during World War I"

www.worldwarIcentennial.org/index.php/communicate/press-media/wwi-centennial-news/4601-the-history-of-donut-day.html



"Stella Young, a "Doughnut girl" holding a rolling pin and doughnut mold."

www.worldwarIcentennial.org/index.php/communicate/press-media/wwi-centennial-news/3929-doughnut-girls-the-women-who-fried-donuts-and-dodged-bombs-on-the-front-lines-of-world-war-i.html

GREAT DEPRESSION DOUGHNUTS

In the Winter 2023 issue of the de Stolfe Journal, I included an article about Alphonse Capone's soup kitchen he started in 1930 after the crash of the stock market plunged the country into a "great depression". The soup kitchen was located at 935 South State Street in Chicago and offered "Free Soup

Coffee & Doughnuts for the Unemployed", as shown on the below banner that was above the doors. The kitchen served breakfast, lunch, and dinner to an average of 2200 people daily. He had a policy that "no second helpings were denied... no questions were asked... no one was asked to prove their need".



*[Can you imagine what the food must have tasted like?
I suspect that it was tasty and much welcomed!]*



Photos in 1931 showing the outside and the inside of Capone's soup kitchen where people can get soup, coffee, and doughnuts.

TYPES OF DOUGHNUTS

All throughout the world, some sort of dough that is fried and often filled exists. The sizes, shapes, flavors, and other factors vary widely from looking very similar to the doughnut found in the United States to something we would not recognize as a doughnut

according to how we think of it. Take a look at the Wikipedia page for “doughnut” and go down to the section called “Regional variations”. You will scroll, scroll, scroll, and scroll as you realize just how many countries and cultures have this simple delicious treat!



The humble and simple raised glazed ring doughnut.

- Doughnut—<https://en.wikipedia.org/wiki/Doughnut>



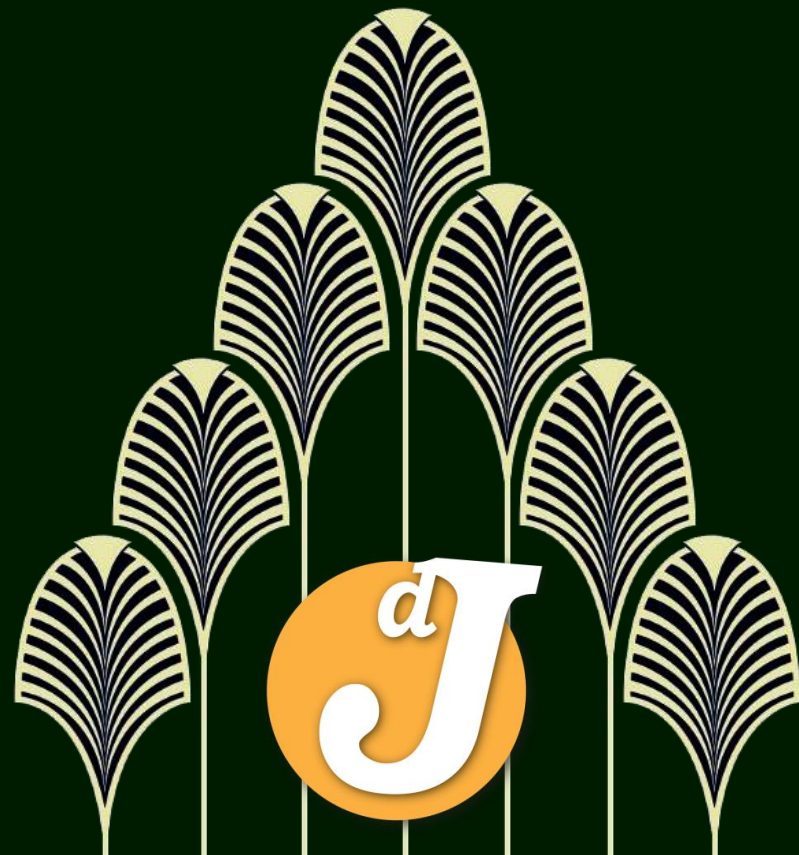
In the United States, you will find three main types of doughnuts

- Ring doughnuts
- Doughnut holes
- Filled doughnuts

which can be cake style or yeasted raised. Filled doughnuts can have jelly, custard, cream, frosting, or just about anything. For any of these types, they can be plain, simple glazed (fully dunked or drizzled on top), frosted, or a layered effect of glazed, frosted, and sprinkled with sprinkles, nuts, decorative frosting, cereal, or even bacon!

Read More

- National Donut Day: Here’s What You Need to Know—www.thewarcry.org/articles/national-donut-day-heres-what-you-need-to-know
- Quiz: How Much Do You Know About National Donut Day?—www.thewarcry.org/articles/how-much-do-you-know-about-national-donut-day
- Doughnut Girls: The Women Who Fried Donuts and Dodged Bombs on the Front Lines of WWI—www.worldwar1centennial.org/index.php/communicate/press-media/wwi-centennial-news/3929-doughnut-girls-the-women-who-fried-donuts-and-dodged-bombs-on-the-front-lines-of-world-war-i.html
- The Women Who Fried Donuts and Dodged Bombs on the Front Lines of WWI—www.smithsonianmag.com/history/donut-girls-wwi-helped-fill-soldiers-bellies-and-get-women-vote-180962864
- The History of Donut Day—www.worldwar1centennial.org/index.php/communicate/press-media/wwi-centennial-news/4601-the-history-of-donut-day.html
- National Donut Day—https://en.wikipedia.org/wiki/National_Donut_Day
- Doughnut—<https://en.wikipedia.org/wiki/Doughnut>
- Helen G. Purviance—www.worldwar1centennial.org/index.php/indiana-in-wwi-stories/2433-helen-purviance.html



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Robert-George de Stolfe

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Robert-George de Stolfe

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Robert-George de Stolfe
PO Box 16156
Lubbock, Texas 79490
806.470.5867
rgdestolfe@yahoo.com