

September 2021  
Vol. 37/ No. 4

# McFADDIN-WARD HOUSE VIEWPOINTS

## The “New” Science of Food

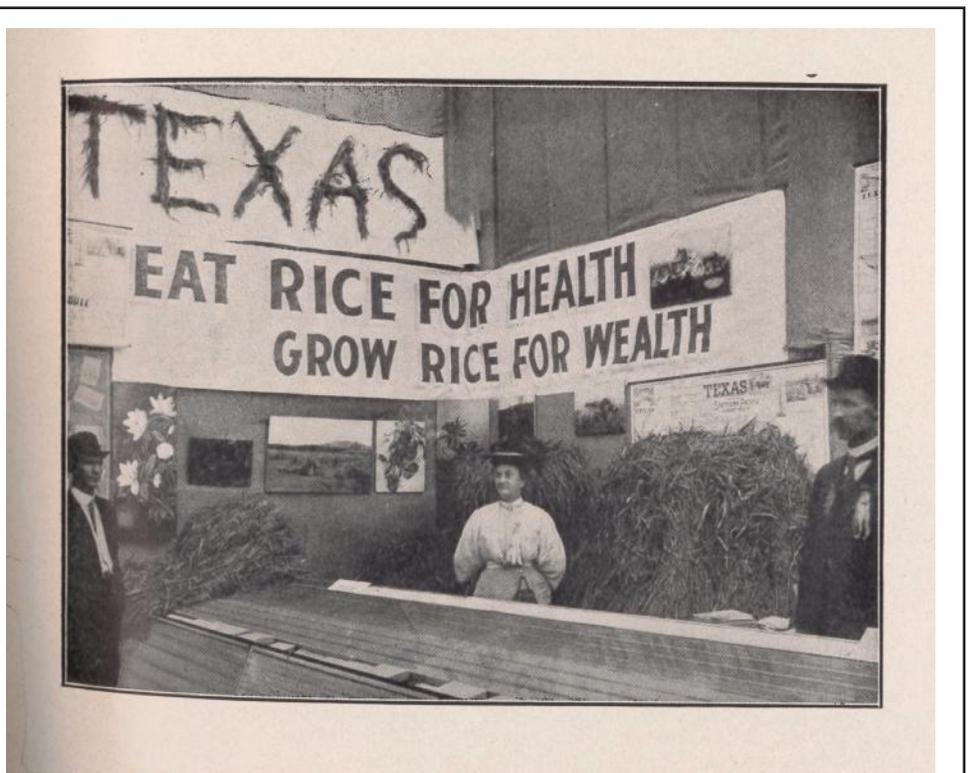
By Judy Linsley

For all of human history, food has been a vital part of the conversation, ranging from what could be hunted or gathered to how best to preserve and prepare it. In the last 100 to 150 years, the focus has been on the science of food and nutrition—in addition to taste and appearance, of course.

References were made to cooking as a science as early as the 1850s. Early household guides attempted to standardize home recipes; a recipe for Charlotte Russe given to Ida McFaddin by her friend Mabel Ritter calls for a large teacup of sugar and a half water glass of sherry. (For inclusion in the McFaddin-Ward House cookbook, *Perfectly Splendid*, the recipe was changed to 1 cup of sugar and ¼ cup sherry.)

By the early 20th century, the science of food was part of the Progressive Movement. In 1915 the U.S. Bureau of Standards finally set official recipe measurements—cup, pint, teaspoon, tablespoon (an 8-ounce cup was based on an old ale measurement). As they didn’t do their own cooking, Mamie and Ida would have only needed to stock their kitchen with the new measuring utensils. Louis Lemon would probably have used his own measurements for most recipes anyway.

Scientists had been aware of vitamins since the 1800s but didn’t give them a name (originally *vitamines*) until 1912. Between 1913 and 1948 the various



This photograph was taken at the local rice growers’ exhibit at the Fair in Beaumont, ca. 1903. W.P.H. McFaddin strongly promoted rice, especially “rough rice,” as a healthy food.

vitamins were identified and named. Mamie took Vitamin B pills for a time in 1938 and later received shots.

Calories were “discovered” and named in 1917. About the same time, studies of the relative diets of various socioeconomic groups revealed somewhat surprisingly that meals eaten by the wealthy,

though more expensive, might not necessarily be any more nutritious than those eaten by the lower economic classes. Think pinto beans, greens, and cornbread, compared to steak, asparagus, and scalloped potatoes.

During the prosperity and plenty of the 1920s (and given the drastic reduction in the amount

of women’s clothing and rigid underpinnings), weight loss became a major issue. Tobacco companies had the answer: cigarettes, which even women dared to smoke by then.

Much as they do today, fad diets and food trends rose and fell in popularity. In the early 1900s, Horace Fletcher,

## Director's Desk

# New Projects and Plans Underway

Dear Friends,

I am happy to report that the McFaddin-Ward House has been re-accredited by the American Alliance of Museums (AAM) – recognized as the field's gold standard for museum excellence. AAM accreditation signifies a museum's quality and credibility to the entire museum community, to governments and outside agencies, and to the museum-going public. Of the nation's estimated 33,000 museums, only slightly more than 1,000 are currently accredited, which requires a rigorous process of self-assessment and peer review to demonstrate commitment to serving as steward of its collections and resources. Earning AAM re-accreditation

during the ongoing pandemic is a testament to the dedication and skill of the Museum's remarkable staff in preserving and sharing the treasures of the McFaddin-Ward House.

Now, with a full staff, as well as exciting new projects and plans underway, the Museum is on a course of service throughout Southeast Texas, with innovative programming destined to attract larger and wider audiences to enjoy the marvels of the McFaddin-Ward House.

Often overlooked, the expansive gardens surrounding the House at 1906 McFaddin Avenue are about to take center stage, as work making the grounds more accessible to visitors nears comple-

tion. Walkways along the perimeter of the east lawn, a large, bricked terrace, garden benches, and period exterior lighting, will greatly expand the Museum's programming opportunities, and outreach to the community.

Additionally, new promotional materials will be strategically placed throughout the region, and our new (and immensely improved) website is due to premiere this month. You can check it out at [www.mcfaddin-ward.org](http://www.mcfaddin-ward.org)

I believe this issue of Viewpoints is indicative of what the future holds for the McFaddin-Ward House.

Tony L. Chauveaux



Walkway in progress



Walkway in progress

# Curator's Corner

## New Curator on the Block



Updated image of the Entry Hall. Can you spot the differences?

By Victoria Tamez

Hello, everyone! My name is Victoria, and I am the new Curator of Collections here at the McFaddin-Ward House. I recently completed my Master's degree in Heritage and Museum Sciences from Texas Tech University, and I am extremely excited to be working here at the museum.

We have made a few changes here at the house that I think you all will enjoy! We moved furniture,

spruced up our lighting fixtures, and introduced new objects into the house. Our furniture movement has been based on a few photographs found throughout the decades that will aid us in our interpretation of the home. Our crystal lighting fixtures have recently been shined and new, low wattage, LED lightbulbs have been installed throughout the house. Our furniture movement also led

to the introduction of a few new pieces into the home from our collections. Come on by and see if you can notice the changes we made!

The curatorial department has been busy working on inventory and preparing for the upcoming *Apron Strings: Ties to the Past* traveling exhibit. Currently, we work through the house and take stock of the objects in each room during our inventory. We work based off the last inventory completed for the room and update the document as necessary. Through our inventory, we look to match the identification number and the description of each object. Our inventory can require a great deal of maneuvering. Finding the identification numbers can sometimes feel like trying to find a needle in a haystack. Identification numbers end up in a variety of locations on objects and sometimes we have to fit into some tight space to find them. Although inventory takes time and maneuvering, it also leads to wonderful discoveries and provides a means for an up-close experience with our objects. Preparation work for the traveling aprons exhibit is also underway and we look forward to housing this wonderful exhibit in the Carriage House until January.

Come by to see our changes and stop by to see *Apron Strings: Ties to the Past* this September. I hope you all enjoy the changes in the house, and we hope to see you soon!

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**On View:** September 23, 2021 - January 7, 2022  
Carriage House | McFaddin-Ward House

The McFaddin-Ward House is proud to present the traveling exhibit *Apron Strings: Ties to the Past*, which is toured by ExhibitsUSA, a national program of Mid-America Arts Alliance.

This exhibit chronicles changing attitudes towards gender norms associated with domestic work and how this seemingly simple garment is

connected to identify formation.

Exhibited aprons date from the 1900s through present and include examples by several contemporary artists.

Visitors to this exhibit can expect a place to share their own apron memories, and learning activities for all members of the family.

*Apron  
Strings*  
*Ties to the Past*

# FOOD

Continued from page 1

the “Great Masticator,” recommended chewing every bite 100 times, in order to make diners eat slower, develop jaw strength, and improve digestion. In 1925 Mamie went on a “milk diet” for abdominal pains. Other popular diets in the 1930s and 1940s included the grapefruit diet and the banana and skim milk diet (touted by a prominent banana import company, of course).

Early in the 20th century, W.P.H. McFaddin had promoted sales of the rice he grew and milled. He tried unsuccessfully to create a market for what he called “rough” rice—we’d call it brown or “unpolished” rice now—which he claimed was healthier than “polished” or white rice. He was right, in that brown rice contains more fiber and nutrients than white rice.

Actually, knowledge of food fiber was nothing new, but fiber’s importance was often underestimated until J.H. Kellogg became interested in wheat bran in the 1930s. In March, 1937, Mamie’s doctor suggested a high-fiber diet to alleviate her stomach pains. Unconvinced, she fumed to her diary, “on it mustard & Turnip Greens bran & whole wheat bread that I have not eaten in 10 years & have no idea of eating.” She sadly ended with “so terrible to be so far away from doctors who understand.”

World events affected food science. During the Great War (World War I, 1914-1918) the U.S. Food Administration established production and consumption guidelines to ensure sufficient food not only for Americans but also for European Allies. A populace suffering from either malnutrition or “overweight” (a relatively new term) could affect a country’s ability to fight. The U.S. didn’t ration food but Americans were encouraged to, sometimes shamed into, observing “meatless” and “wheatless” days, and were urged to plant wartime gardens.

Even more Americans planted Victory Gardens during World War II (1939-1945), as rationing became the law of the land. Every American, even babies, received a ration book of stamps that limited the amounts of butter, sugar, meat, and other foodstuffs each could purchase. Consumers had to keep up with

UNITED STATES OF AMERICA  
OFFICE OF PRICE ADMINISTRATION

**133603 DQ**

**WAR RATION BOOK No. 3** Void if altered

Identification of person to whom issued: PRINT IN FULL

*Mrs. Carroll E. Ward*

(First name) (Middle name) (Last name)

Street number or rural route \_\_\_\_\_

City or post office \_\_\_\_\_ State \_\_\_\_\_

AGE	SEX	WEIGHT <small>Lbs.</small>	HEIGHT <small>Ft. In.</small>	OCCUPATION

SIGNATURE  
(Person to whom book is issued. If such person is unable to sign because of age or incapacity, another may sign in his behalf.)

**WARNING**

This book is the property of the United States Government. It is unlawful to sell it to any other person, or to use it, except to obtain rationed goods in accordance with regulations of the Office of Price Administration. Any person who finds a lost War Ration Book must return it to the War Price and Rationing Board which issued it. Persons who violate rationing regulations are subject to \$10,000 fine or imprisonment, or both.

OPA Form No. R-130

**LOCAL BOARD ACTION**

Issued by \_\_\_\_\_ (Local board number) \_\_\_\_\_ (Date)

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

(Signature of issuing officer)

*Booky*

**NOT VALID WITHOUT STAMP**

OPA-130  
VOID  
STAMP AND SIGN

This was Mamie Ward’s Ration Book No. 3 in World War II.

changes in stamp values and what they could be used for; some had an expiration date. In January 1944, Mamie recorded in her diary, “Got ration stamps all fixed.” Later that year, she noted that the next day was the “last day for NO 11 ration tickets.”

Food availability changed greatly between 1900 and 1950. Grocery stores grew in size and in what they could offer consumers in the way of canned goods, meat, and fresh produce year-round. While Ida and Mamie got daily deliveries—chickens, eggs, pork, sausage, fruits and vegetables—from McFaddin farm foreman Buck Sam, they still patronized local stores for beef raised for the table and for things they couldn’t raise themselves.

Food storage methods also changed during the period 1900-1950. Though home canning remained popular, particularly in wartime, freezing increasingly became an option. Even before home freezers were available, consumers could rent space in frozen food lockers. In

the late 1940s, Consolidated Frozen Food Lockers opened two plants in Beaumont—one at 1197 Franklin Street near downtown, the other on the corner of Eleventh Street and Liberty Avenue. Either was convenient to the McFaddin home and perfect for freezing meat and produce brought in from the McFaddin farm. In March 1949 Mamie noted in her diary that she “went to Frozen Food locker & released one drawer” to take food home.

Food over the past century has been influenced by world events, by economics, by technology, and by random social trends. Now we’re deeply into a “foodie” culture, with cable networks dedicated to every aspect of food, and social media loaded with cell phone photos of every imaginable dish. I can’t help but wonder what Ida and Mamie would have made of that. Maybe they would recognize it as simply an update of the time-honored custom of housewives exchanging recipes and discussing the latest grocery bargains!

# Education

## Embracing a shared humanity

By Rayanna Hoeft

The last month at the McFaddin-Ward House Museum has been a whirlwind of activity and planning, of which I am grateful to be part! I hit the ground running after my relocation to Beaumont from the Hill Country in July. Everyone I've met along the way has been gracious, kind, and welcoming, making my transition into the position of Director of Educational Programming at the museum easy and rewarding. I appreciate the already-made connections in our community and look forward to meeting more folks eager to talk history.

I believe that museums have a social responsibility to the communities in which they exist. They play a vital role in the equitable development of public space and can promote positive systemic change by expanding the narrative to include everyone in the story of how we got to now. As a steward of history, I commit to present an informed version of the past to foster an appreciation of the diverse lived

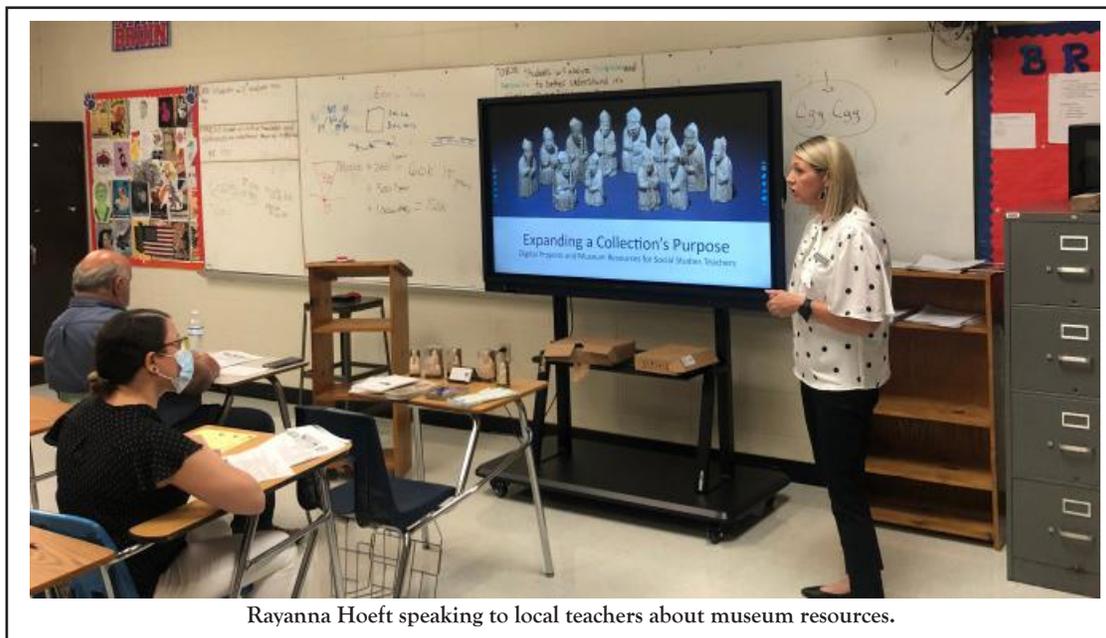
experiences in our historic spaces. I commit to serve as an audience advocate and strive to provide meaningful learning experiences to a varied audience.

My goals for the Education Department at the McFaddin-Ward House Museum are to promote inclusivity by sharing untold stories of this space and Beaumont through interpretation, curriculum offerings, and education programming. I hope to demonstrate the importance of preserving the built environment in our community. Hopefully, we can inspire our visitors and neighbors to feel a call to action through civic engagement related to preservation and conservation efforts. I hope to collaborate and share authority with the community through conversation, creating exhibits of a broad interest, all while including local educators in programming development and curriculum design. Most importantly, I commit to create content and programming that strengthens commu-

nity relationships, repairs past harms, and embraces a shared humanity.

My goals are ambitious but can be implemented through the use of advisory councils, creating a safe space for difficult conversations, and by using our beautiful space to create an environment for community gathering and fellowship. I hope you'll join me in these endeavors by serving as a volunteer at the museum, serving as a Junior Historian, attending our lectures and social events, or simply by reaching out and sharing your memories of the space or time in Beaumont. Talking history is my favorite activity of all time and I hope to engage in conversation with you soon!

For more information on volunteering in the Education Department, please contact Rayanna Hoeft at [rhoeft@mcfaddin-ward.org](mailto:rhoeft@mcfaddin-ward.org). Follow us on social media for upcoming educational opportunities, teacher professional development, and community events.



Rayanna Hoeft speaking to local teachers about museum resources.

## ‘Other Views’

# Full House: McFaddin Edition



Druzilla McFaddin (left) married A.D. Kent (right) in 1866.  
He had come to live at the McFaddin home to teach the McFaddin children.

By Arlene Christiansen

The McFaddin-Ward House archives contains a typescript written by Druzilla Kent Dudley, a great-granddaughter of William and Rachel McFaddin. The document, dated around 1960, contains stories about life in the home of William and Rachel McFaddin, (occupied also by their daughter and her husband, Di and W.C. Averill), and the unusually large number of children that were raised in this home. The home burned in 1905, and its destruction led to the construction of what is today the McFaddin-Ward House Museum.

Druzilla Kent Dudley was named for her grandmother Druzilla McFaddin Kent, a daughter of William and Rachel

McFaddin. In 1871, at the age of 22, Druzilla McFaddin Kent died, leaving two sons, R.D. and Hugh. Her young boys were taken into the William McFaddin home where they grew into adulthood. Another daughter of William and Rachel McFaddin, Lizzie, died in 1889, leaving an infant daughter Kydie, to the care of her parents. Around this time, one of Rachel McFaddin's nieces died of tuberculosis, leaving three children -- Nena, Cush, and Perry Weiss -- in Rachel and William's care. Then in 1891, the elder McFaddins' daughter-in-law, Emma (W.P.H. McFaddin's first wife), died suddenly and left three children -- Skipwith, DiVernon, and Valentine

-- who were likewise taken into the home of William and Rachael McFaddin. By this time, Di and W.C. Averill's four children were also living in the McFaddin home.

Among the memories recorded in Druzila Kent's typescript:

- Two African American household employees, "Aunt" Mary and her chief helper "Aunt" Martha, were essential to running William and Rachel's house. Together with a number of other younger women directed by Aunt Mary, these two women kept house, took care of the children, did the washing, helped with the sewing, nursed the sick,



In addition to rearing nine children of their own, Rachel (left) and William McFaddin (right) cared for numerous grandchildren, as well as nieces and nephews whose mothers had died.



prepared meals and generally made things go smoothly.

- It was customary for the entire family to gather for Sunday dinner. The children always ate in the small dining room in the back with the Averill boys in charge and Aunt Martha watching over all. After dinner, the children would play or W.C. Averill would take them out on the porch and read to them or tell stories.
- All the children especially enjoyed it when William McFaddin came out with them. An orange tree grew in the McFaddins' front yard and when it was loaded with oranges, William, a tall, heavysset man, took the children one by one on his shoulders and let them pick an orange. He also had a farm down on the Neches River with an orange grove that produced good fruit. In the fall, the oranges were gathered and distributed to the family. Everyone was glad when a barrel of oranges showed up on the back porch; oranges were not common in those days because there was no refrigeration and

grocers only carried them around Thanksgiving and Christmas.

- One Christmas, William McFaddin brought Mac and Willard Averill out on the front porch to teach them how to shoot their new guns. He showed them how to hold the guns and how to aim. When they fired the guns, they closed both eyes, and he would shout, "Sy, God, open your eyes when you fire that gun!" "Sy, God" was an expression he used often and he became known to his cattlemen friends as "Sy, God" McFaddin. (In other family stories, the expression is "Spy, God.")
- Another of Druzilla's memories was of lining up in Rachel McFaddin's room to have their faces and hands scrubbed by Aunt Martha in a big wash bowl full of water. (There was no indoor plumbing at that time.) Rachel sat and watched from a big rocking chair in front of the hearth as she smoked a corn-cob pipe! That wasn't unheard of; Rachel's daughter-in-law Maggie, married to James McFaddin in Victoria, also smoked a pipe. Some

women of that time even dipped snuff. It wasn't considered elegant but was acceptable, so long as they didn't smoke cigars or cigarettes or chew tobacco.

Druzilla Kent included many more details about food, clothing, education, and social customs in Beaumont in the late 1800s-early 1900s. We owe her a debt of gratitude for putting her memories to paper. They provide wonderful sketches of McFaddin family members and flesh out the general picture of life in Beaumont during that time.

Incidentally, in 1899, Druzilla Kent moved with her family—parents R.D. and Lillian, siblings Alice, Rachel, Pat, Helene, and Janice—to a home they built at the corner of Calder and Seventh streets. They opened a dairy farm there, but after the 1901 Spindletop oil discovery, R.D. Kent sold most of the herd and went into politics, and the neighborhood grew up around them. The home was demolished in the early 1960s, at the same time as a number of other large Beaumont homes built around the turn of the twentieth century.

# McFADDIN-WARD HOUSE VIEWPOINTS



Vol. 37, No. 4  
September 2021

(409) 832-1906: Office  
(409) 832-2134: Visitor Center  
www.mcfaddin-ward.org

The  
McFADDIN-WARD  
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## Public Programming Perspectives

*“Anyone who stops leaning is old, whether at twenty or eighty” - Henry Ford*

By Bel Morian

The McFaddin-Ward House is dedicated to keeping you young! The 2021 -2022 Lecture Series is packed with interesting topics presented by renowned speakers.

Below is a glimpse into our

upcoming lectures. Invitations will be mailed prior to each lecture with reservation information. A listing will also be included on our website (mcfaddin-ward.org). Reservations will be encouraged

as there is limited seating for each lecture.

Group Tours are now being held at the museum. We have hosted women’s groups, church groups, garden clubs, and various community

groups from near and far. Bring your group and come see the new interpretations in the museum. Follow with a fun lunch at one of our nearby restaurants – a great way to spend a couple of hours.

**MCFADDIN-  
WARD HOUSE**

LECTURE SERIES

SEPTEMBER	NOVEMBER
LECTURE: KATHLEEN BROWN - APRON HISTORY TIES US TOGETHER	LECTURE: JOE HOLLEY - INTRIGUING TEXANS WHO HAVE SLIPPED OUT OF THE HISTORY BOOKS (OR WERE NEVER THERE!)
23rd	18th

Scan the below QR code with your phone to preview upcoming McFaddin-Ward House events.

Follow us on social media for the latest!

