



Mrs. Troyer's Cooking Class

-My Memories of Mrs. Troyer-

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Many people from ICU were on the pier in Yokohama on August 15, 1966, to see Billie and Maurice Troyer off on their voyage back home aboard the President Roosevelt. Records from that time indicate that the ship arrived in New York on the afternoon of September 4, so they apparently had a 20-day voyage by sea. It appears that Mrs. Troyer never had an opportunity to visit Japan again. That was 31 years ago. It was so long ago that one can say that when Mrs. Troyer was here, ICU and Japan were very different from the way they are now. I have found several items of interest which provide some historical background on that era in a file of letters left by Dr. Troyer. They are addressed to the Igleharts, who returned to their homeland ahead of the Troyers. "This is the most current data. In sumo, Taiho won in the three-way finals for his 21st victory. He defeated Kashiwado." (July 22, 1966) Furthermore, this was the era in which the Vietnam War had just begun, Okinawa had not yet been restored to Japan, and the New Tokyo International Airport at Narita did not yet exist. The ICU campus did not yet include the A-kan, E-kan, I-kan, Gym, Yuasa Memorial Museum, power station, or High School.

I was to begin working at ICU in 1965, the year before the Troyers returned home, in Prof. Troyer's "values laboratory." In the afternoon on my first day at work, he told me, "Today Mrs. Troyer has something she'd like to consult with Mrs. Shinoto about, so she wants you to go with her and interpret." The two families lived next door to each other in campus housing. Mrs. Troyer and I went immediately to visit the home of Dr. Yoshito Shinoto. After the preliminary greetings, the conversation between the two ladies went like this: "You are always so beautiful!" "No, you are the one who is truly lovely!" As a third party who had just met them for the first time, I was in complete agreement. They were in their sixties, but both of them possessed a rare beauty and had an air of refinement about them. The purpose of the visit that day was for Mrs. Troyer to ask about making over an outer kimono (a gorgeously embroidered one with a hollyhock crest) which she had obtained from Prof. Kasado (music teacher, opera singer) into a folding screen. Mrs. Shinoto's advice was that, if the seams of the kimono were taken apart, there would be several rectangles of fabric; one from the bodice, one from the neck band, and one or two from the sleeves. This is the elegant memory I have of my first day of work at ICU.

It appears that Mrs. Troyer did a lot of sewing. The reception furniture in the values laboratory was made by Mr. Sashida of the woodworking shop, but the cushions on the chairs were made by Mrs. Troyer. In those days, the custom of giving "baby showers" was still observed at ICU. These were parties to which participants would each bring a gift for the guest of honor, who would soon be giving birth. The gift Mrs. Troyer often brought to these occasions was a baby bed which she had made by covering a wicker trunk with some cute cotton fabric and laying a cushion inside it.

Every Wednesday, a group of female staff members would cheerfully head off to the Troyers' house after they had finished work. I was one of them. We were members of Mrs. Troyer's cooking class, a class in American home cooking, using ingredients which could be found in Japan. We made one main dish and a salad and a desert in about an hour, and then we would eat the meal

together. Dr. Troyer would often join us, and we would have a lively conversation in a mixture of English and Japanese. We would clean everything up and leave by about eight. I think there were about eight to ten people each week. The appliances in the Troyers' kitchen were in that day quite fascinating to us. These were things which nowadays can be found in any home in Japan, but, since single-door refrigerators had just come into general use here, large American refrigerators with freezers (I don't think there were any Japanese-made ones yet), ovens, convenient can openers attached to tables, electric-powered blenders, etc., were a novelty. My favorite appliance was the blender, and I looked forward to using it to quickly make mayonnaise, meringue, and so on. However, since this is a country that uses chopsticks, I demonstrated how to hold five or six chopsticks together and beat furiously with them. Mrs. Troyer, somewhat concerned at the time with dieting, had realized that Japanese cooking ingredients are healthy, and would at times ask questions of us about these food items. It might be a bit of an exaggeration, but it seems to me that this cooking class was an occasion for cultural interchange in the kitchen.

I asked Ms. Otake (an ICU staff member who has now retired), who also attended those classes, for her recollections on what we made. She said the dishes included sweet and sour meatballs, meat loaf, hamburger, sandwiches we made at Christmastime by layering white and rye bread, and cookies shaped like stars and trees, decorated on top with multicolored icing. I remember making a casserole in which we mixed rice and mushrooms and other vegetables, poured white sauce on top, and then baked the mixture in the oven; sauteing pork, ginger and pineapple and seasoning it with soy sauce (Haramachi Special); making cucumber and carrot pickles, etc.

I still have the manual used in this cooking class. It is a cookbook compiled by the women's association of the Tokyo Union Church, entitled, *Buy It and Try It*, third edition, 1963 (first edition, 1954). This is a book of recipes contributed by women who came to Japan from foreign countries, which are made with ingredients that can be obtained in Japan. Besides Mrs. Troyer's, there are also recipes submitted by Mrs. Kleinjans and Mrs. Shorrock, who were also at ICU at the time. It naturally contains everyday menus, but it also describes how to make snacks for children, ice cream, different salad dressings, and other dishes. It is not contemporary gourmet food but a variety of home-cooked foods which can be made quickly. Some of the recipes have interesting names because many are original dishes. For example: "Millionaire's Pie" and "Cookies Paul Likes" (Mrs. Troyer); "Our Family's Favorite *Donburi*" (rice bowl dish) and "Sun Ray Mayonnaise" (Mrs. Shorrock); "Sesame Carrots, Sesame Spinach" (a western-style sesame-sprinkled dish; Mrs. Kleinjans). The aforementioned "Haramachi Special" was a recipe from someone who lived in Haramachi, where there was a U.S. Forces camp. This cookbook is fun just to read, even if one makes no use of the recipes.

I later learned of the circumstances in which this cooking class originated, from a farewell message Dr. Troyer had written to Mr. and Kinosuke Miki (a former staff member) and his wife. This was in the days when most of the students and faculty with families lived on campus. Mr. Miki approached Mrs. Troyer to ask her advice: "There is a group of young female staff members who come to ICU in the morning and go home at 4:30. They thus have no opportunity to become part of the 'ICU family.' Isn't there someone who would be willing to do something together with them?" That is how Mrs. Troyer's cooking class started. Thanks to this class, we too were able to get a little taste of what it was like to belong to the ICU family. It seems that Mrs. Shinoto and Mrs. Harajima also held cooking classes prior to and following this cooking class.

The term "ICU family" was frequently used from the time of ICU's establishment, especially during the early years, when the number of students was small, up until about the time when I came to ICU. It appears that new students were invited to Dr. Troyer's house at least once. The values laboratory staff meetings were also frequently held at his house. The staff at the time comprised three assistants, Yasuyuki Owada (now a professor), Keiji Fujita (professor, Sacred Heart University), and Takashi Fujimoto (professor, Tokyo University), who were then still quite young. Right before Dr. and Mrs. Troyer were to return home to the U.S., all of the staff members and their families were invited to their house. They each brought their young wives and small children. I remember in particular the Owada family's tiny tots on Mrs. Troyer's lap, calling her "grandma." Recalling that memory of Mrs. Troyer playing with the small children, including the Fujimotos' daughter and the Fujitas' daughter, is like viewing a masterpiece painting.

There was always a specially made sauce to serve with ice cream and cake in the Troyers' large refrigerator, and I believe it was there in order to always be ready to warmly welcome members of the ICU family. When the members of the cooking class told her we wanted to give her some kind of farewell present before their return home as a memento and to show our appreciation, Mrs. Troyer requested bowls for "*chawanmushi*" (Japanese steamed custard) and chopstick holders. Perhaps in America she served *chawanmushi* and other Japanese foods to be eaten with chopsticks to guests who visited from Japan. Or else she may have made American-style custard by the *chawanmushi* method.

In July 1997, Mrs. Troyer and Mrs. Shinoto, those two beautiful neighbors, both in their nineties, passed away one after the other. In December, Dr. Troyer also passed away. And also, while I was writing this article, I learned from the newspaper that Prof. Keiji Fujita had also passed away. I feel the most profound sadness over the loss of these four people.

From the Editor's Desk

On Wednesday, September 2, the Autumn Matriculation Ceremony was held, and we welcomed about 180 newcomers from over 20 countries.

Here and there on *Bakayama*, which had been so quiet under the summer sunshine, one could again see students reading books, chatting in a group or playing with a Frisbee.

The next day, September 3, the Public Information Office moved from the room just up the front stairs of the Administration Building to the open space on the same floor in the center of the building. Together with the Fund-Raising Group and the 50th Anniversary Programs Office, we have begun preparations for the Anniversary. Beginning with the next issue of the Gazette, we will be keeping you informed of our progress in a new column.

The next issue of the Gazette is scheduled for publication on Thursday, October 1, 1998. The deadline for contributions is Monday, September 21.

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