



ALVERDA'S 1932 SUGAR COOKIES

Source: *The Bride's Cook Book*, Women's Civic Center Club, Hutchinson, Kansas (1932)

Yield: about 3–4 dozen cookies, depending on cutter size.

Bake: 350°F for 10-12 minutes



Recipe Description

A tender 1932 sugar cookie enriched with sour cream and softly perfumed with nutmeg. Lightly sweet and wonderfully simple, these cookies come from an era when every ingredient mattered, joy was handmade, and a bride's recipe collection marked the beginning of her new life. Reviving them now feels like opening a window into a gentler, slower world — one where a humble sugar cookie carried both comfort and celebration.

Ingredients

- 1 cup sugar
- ½ cup butter, softened
- ½ cup sour cream
- 1 egg
- 1 teaspoon baking powder
- 3 cups all-purpose flour
- ½ teaspoon nutmeg
- 1 teaspoon vanilla (optional)
- Sugar for sprinkling

*“Oh, weary mothers, rolling dough —
Don't you wish that food would grow?
How happy all the world would be,
With a cookie bush and a doughnut tree.”*

From the Cookies chapter header — a treasure.



Inveniam viam aut faciam.

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Directions

1. Preheat oven to 350°F (177°C). Line baking sheets with parchment.
2. Cream butter and sugar until light and fluffy.
3. Add the egg and beat well.
4. Stir in sour cream and vanilla.
5. Whisk together flour, baking powder, and nutmeg; add to wet ingredients.
6. Chill dough 30–60 minutes.

★ HISTORICAL NOTES:

- *Sour cream sugar cookies were considered “bridal cookies” in the early 1930s.*
- *Nutmeg was the most common flavoring before vanilla became affordable.*
- *Recipes with 1 egg + 3 cups flour reflect Great Depression resourcefulness.*
- *Sugar cookies were often rolled thick for softness or thin for crispness.*