

*5 Easy To Do  
Steps*



*The Easy Guide to  
Creating a 1950's  
Dance*

*Recipes ~ Décor ~ Fashion ~ Music ~ Dance*



*Artwork and Research by Harriet  
Blundell  
Editing and Research by Lucy  
Fletcher  
University of Chester*

**Follow these 5 easy steps and you'll be on your way into the past!**

## Step One:

*Making delicious recipes for everyone...*

# Savoury

## Coronation Chicken:

### Ingredients:

- **1 tsp. oil**
- **1 carrot (chopped)**
- **50 grams onion (finely chopped)**
- **1 dessert spoon curry power**
- **1 tsp. tomato puree**
- **$\frac{3}{4}$  cup of water**
- **1 wineglass red wine**
- **A bay leaf**
- **Salt, sugar and pepper**
- **2 slices of lemon and a squeeze of lemon juice**
- **1-2 tbsp. apricot puree**
- **450ml mayonnaise**
- **2-3 tbsp. lightly whipped cream**

**Fun Fact #1 - The dish was created for the Queen's Coronation in July 1953.**

### **Directions:**

**1: Place two chickens in a tray with carrots, salt, and pepper in water and a little wine. Cook for 40minutes. Cool in the tray. Remove the bones from the bird carefully.**

**2: Heat the oil in a pan, add the onions and cook gently for 3-4 minutes. Add the curry powder and cook for 1-2 minutes.**

**3: Add the puree, wine, water, and bay leaf. Bring the mixture to boil, add salt, pepper, and the slices of lemon and lemon juice. Simmer (no lid) for 5-10 minutes.**

**4: Strain and cool the mixture. Add the mayonnaise, apricots and whipped cream.**

**5: Take a spoonful of the sauce (enough to coat the chicken) and mix together.**

## **Rice Salad:**

### **Ingredients:**

- **Rice**
- **Peas**
- **Cucumber (diced)**
- **Mixed herbs (finely chopped)**
- **French dressing**

### **Directions:**

**1: Place the rice in a saucepan and pour the water in until it covers the rice. Cook for 15-20 minutes.**

**2: Boil peas in a saucepan for 10 minutes.**

**3: Strain the rice and peas and place into a large bowl. Add cucumber and mixed herbs.**

**4: Add French dressing and mix well together.**

# Mini Sausage Rolls:

## **Ingredients:**

- **4 sheets of frozen puff pastry (defrost before using) or make your own!**
- **2 carrots**
- **1 medium onion**
- **½ cup fresh flat leaf parsley**
- **500g chicken mince**
- **500g pork mince**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1 egg**

## **Puff Pastry Recipe:**

- **225g/8oz plain flour, plus extra for rolling out**
  - **½ tsp fine salt**
  - **250g/9oz unsalted butter, cold but not rock hard (or you can use half butter, half lard)**
  - **150ml/¼ pint ice-cold water**
- 1. Sift the flour and salt into a large mixing bowl, then put the bowl in the fridge for a few minutes to chill. (Keeping the flour and bowl cold will help you to get a better result later and create nice layers of pastry.)**
  - 2. Meanwhile, cut the butter into small cubes. Using a round-bladed knife, stir the butter into the bowl until each piece is well coated with flour.**
  - 3. Pour in the water, then, working quickly, use the knife to bring everything together to a rough dough.**
  - 4. Gather the dough in the bowl using one hand, then turn it onto the work surface. Squash the dough into a fat, flat sausage, without kneading. Wrap in cling film then chill the dough in the fridge for 15 minutes.**
  - 5. Lightly flour the work surface and the pastry. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm/18x6in. Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.**
  - 6. Fold the bottom third of the pastry up, then the top third down, to make a block about 15x15cm/6x6in. It doesn't matter**

**if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.**

- 7. Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.**
- 8. Roll out and fold the pastry again, repeating this four times in all to make a smooth dough, with buttery streaks here and there. If the pastry feels greasy at any point, or starts to spring back when as you roll, then cover and chill it for 10 minutes before continuing.**
- 9. Chill the finished pastry for an hour, or ideally overnight, before using.**

### **Directions:**

**1: Preheat oven to 180 Celsius and place baking paper into two baking trays.**

**2: Place the defrosted puff pastry onto the work top. Cut up 2 carrots into chunks and parsley then place into a food processor until finely chopped.**

**Alternative: chop 2 carrots and parsley finely.**

**3: Add mince, salt, and pepper into the food processor and puree until it has a smooth consistency.**

**Alternative: Place all the ingredients (carrots, parsley, mince, salt, and pepper) into a large bowl and mix together with your hands.**

**4: Divide the mince mixture into eight equal portions.**

**5: Slice the 4 sheets of puff pastry in half. Place a portion of mince along the edge of the pastry and shape into a long sausage.**

**6: Beat 1 egg in a cup and brush the sides of the pastry with egg.**

**7: Peel the plastic backing from the puff pastry and fold the edge of the pastry over the mince and roll it over to seal. Ensure this is done as tightly as possible.**

**8: Brush the top of the pastry with egg. Cut up into 8 small rolls in a diagonal position.**

**9: Place the rolls onto a baking tray and bake for 20 minutes. Cool for 5-10 minutes.**

# Finger Sandwiches:

## Ingredients:

- **Loaf of White bread or Wheat bread**
- **Optional filling: Egg, Chicken, Salmon, or Tuna**

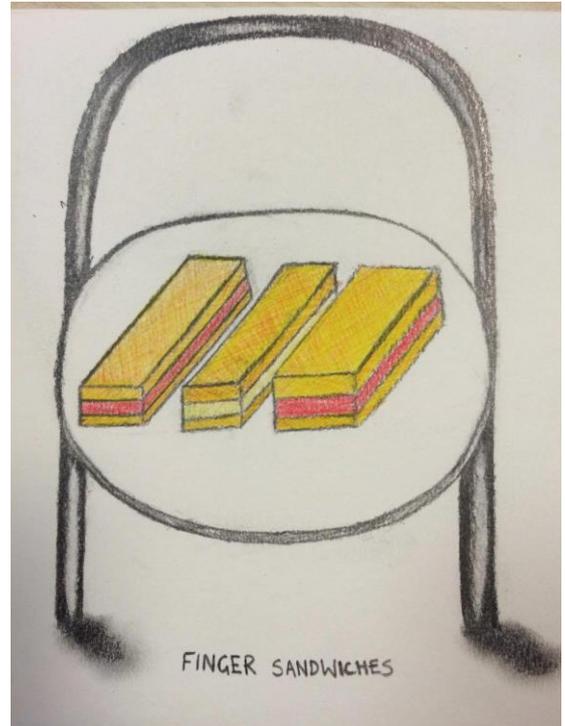
## Directions:

**1: Slice your bread into even slices (skip if your bread is already sliced).**

**2: (If you are using egg filling) Boil your egg in a pan of water over a simmering heat. Cook for 6 minutes for a soft boiled egg or 8 minutes for a hard-boiled egg. Pick off the shell and slice into even slices.**

**3: Place the filling of choice onto a slice of bread evenly and place another slice of bread on top.**

**4: Cut off all edges of the crust. Slice the sandwiches into small rectangular stripes.**



# Spam Fritters:

## Ingredients:

- **340 grams of Spam**
- **Oil for frying pan**

## For batter:

- **1 cup of flour**
- **½ cup of milk**
- **Pinch of salt**
- **1 large egg**

## Directions:

**1: Mix all batter ingredients together in a bowl. Cut spam into 8 slices and heat 2-3 tsp. of oil in a frying pan.**

**2: Coat the spam slices with batter, then drop into the hot oil.**

**3: Fry them for 2-3 minutes on each side, turning as required.**

## Sweets

### Victoria Sandwich Cake:

#### Ingredients:

- **115 grams butter or margarine**
- **115 grams sugar**
- **2 eggs**
- **115 grams flour**
- **½ tsp. baking power**
- **A little milk**
- **Jam**
- **Castor sugar**

#### Directions:

**1: Mix the butter or margarine and sugar until it is light and creamy.**

**2: Beat one egg into the mixture at a time.**

**3: Sieve the flour into the mixture and add the baking powder.**

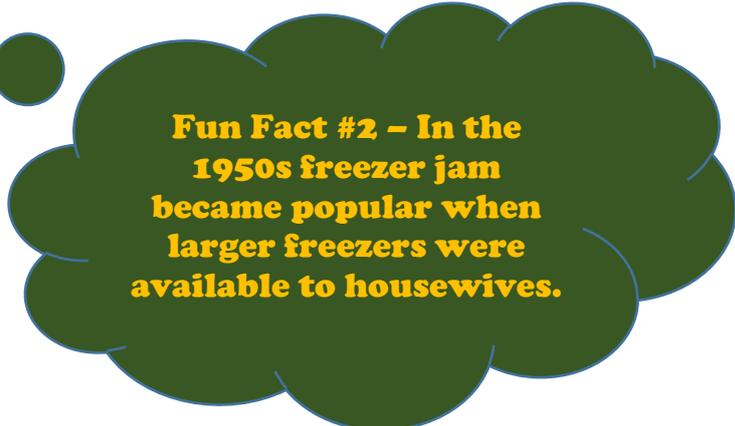


- 4: Pour a little milk until the mixture had a soft dropping consistency.**
- 5: Pour the mixture into two sandwich tins.**
- 6: Bake in an oven at 190 degrees for 25-30 minutes.**
- 7: Cool each sponge on a rack and when it is cold spread a reasonable amount of jam on one of the sponges and place the other sponge on top.**
- 8: Dust the cake light with castor sugar.**

## Jam:

### **Ingredients:**

- **1 Box of Pectin (49 grams)**
- **2 Cups Berries**
- **4 Cups Sugar**
- **$\frac{3}{4}$  Water**
- 



**Fun Fact #2 – In the 1950s freezer jam became popular when larger freezers were available to housewives.**

### **Directions:**

- 1: Place the berries into a large bowl and mash until smooth.**
- 2: Add 4 cups of sugar to the berries. Mix well and stand for 10 minutes.**
- 3: Prepare your jars or containers.**
- 4: Place  $\frac{3}{4}$  cup of water in a pan on the stove and mix in the Pectin. Boil for 1 minute.**
- 5: Pour the boiling Pectin mixture into the berry mix. Stir well and stand for 3 minutes.**

**6: Pour the final mixture into the jars or containers. Leave at least an inch of space for the mixture to expand in the freezer. Leave the mixture for 24hours and then freeze.**

## Peppermint Humbugs:

### Ingredients:

- **1kg soft brown sugar**
- **3 tsp. golden syrup**
- **285ml water**
- **85grams butter**
- **½ tsp. cream of tartar**
- **½ tsp. oil of peppermint**

### Directions:

**1: Put all the ingredients except the peppermint oil into a pan. Bring to the boil for 3-4 minutes without stirring and with the lid on.**

**2: Remove the lid and place the sugar thermometer in the pan. Boil until reaching temperature of 290 Fahrenheit or 143 degree Celsius.**

**3: Pour onto a well-oiled enamelled countertop. Leave to cool for 5-10 minutes.**

**4: Pour oil onto the toffee. Oil hands and fold all sides into the centre. Pull as soon as the toffee is cool enough to handle.**

**5: Roll evenly. Cut into squares or cushions with scissors. When cool, wrap in waxed paper.**



# Trifle:

## **Ingredients:**

- **2 large sponge cakes (or 6 small)**
- **Raspberry Jam (or other)**
- **1 tin of pears**
- **1 tin raspberries**
- **1 pack of jelly of preference**
- **285ml of custard**

**Optional:** if you are feeling naughty, add some of your favourite wine.

## **Direction:**

**1: Split sponge cakes in half. Spread generously with strawberry or raspberry jam.**

**2: Cut into 4 pieces and place at the bottom of a very 50 style decorative glass dish.**

**3: Strain juice from the tinned fruit. Pour it over the sponges (and maybe add some cheeky glugs of your favourite wine or sherry).**

**4: Place raspberries over the sponge and then pour hot custard on top. Put aside in the fridge to set.**

**5: Once set, place pears on top of the custard.**

**6: Place jelly in a jug and pour boiling hot water over it. Allow it to cool slightly before whisking to ensure it is fully dissolved.**

**7: Pour the jelly on top and allow to set. Add some decorative glace cherries to finish.**

# Beverages

## Fruit Punch:

### Ingredients:

- **1 large pineapple**
- **2 cups of cold water**
- **6 tsp. sugar**
- **3 medium limes**

### Directions:

**1: Peel the pineapple and cut out the core and chop into large chunks.**

**2: Juice 3 limes.**

**3: Place pineapple chunks, water, sugar, and lime juice into a blender until smooth.**

**4: Strain the liquid and transfer into a punch bowl.**

**Optional: place extra fruit in the punch such as strawberries, melon, and grapes.**

## Step Two:

*Making your party pretty and perfect...*



*No 1950s party is complete without a good bunting...*

**Bunting has been the staple item for any party decorator since the early 1900s where street parties were all the range. To make your party swishy and sophisticated, bunting is a must. Party decorations were not as complicated as they are now, just a few strands of bunting and some decent tablecloths and you had yourself a party!**

*Going with the 1950s mind-set of waste not want not, here's how to make your own bunting:*

### **What you need:**

- **Fabric - 2-3 Fat Quarters.**
- **Approximately 3 metres of Grosgrain Ribbon - approx.1inch wide**
- **Fabric Scissors**
- **Pins**
- **Unpicker**
- **Matching thread**

- **Sewing Machine - Straight stitch length 2.5**
- **A template made out of card**

**How to make it:**

**Step One:** Lay fabric facing up and use the template to cut out however many flags you want (Recommended 12 pieces of fabric).

**Step Two:** Place your first piece of fabric on the table with the right side facing up at you and place the other piece of fabric on top while pinning them together.

**Step Three:** Sew the two pieces of fabric together by going round the triangle.

**Step Four:** Trim off any excess material to make it neater.

**Step Five:** Sew your flags onto a piece of ribbon with sufficient space between each of them.

**Step Six:** Hang it up and be proud!



## Step Three:

*Looking fabulous and totally '50s chic...*



# Fashion

## Women's Fashion:

- **Women's fashion was transformed by the rock 'n' roll popularity. Women adopted the style of full skirts in bright colours. This was the craze for dancing and it was, luckily, made more available by the end of rationing in 1954.**
- **The sort-out figure shape was one of which had a tiny waist but big hips. This shape which could easily be asserted to the 'hour-glass' figure of today. **However, never fear, the 1950's look can be easily recreated for any shape or size today!****
- **As well as full skirts and dresses, tight fitting blouses that were tucked into slim line calf-length trousers (or 'pedal pushers') were popular with teenagers too. **So, if you're not the dress-wearing sort of person, don't worry! Trousers are super cool too.****

- **To accessorise the curvaceous designs, women wore short ankle socks; scarves tied around the neck and cropped**



**cardigans to add to their look. – In the 1950s the accessories was one of the most essential part of the look, (e.g. pearls). This will be easy to recreate! Everyone has a fancy colourful scarf around the house. Remember: waste not, want not.**

- **The two classic hairstyles of the 1950s for women were the French pleat and the traditional ponytail. Funnily enough, this is probably some of the few easiest and common hairstyle for women today. The ponytail has become an integral part of many women's lives.**

- **However, by the end of the 1950's a far more eccentric style took hold. The availability of hair products by**

**the end of the 1950s led way to the beehive arrangements. In other words, big hair was and is fabulous.**

- **Women also became more adventurous with the length, with the short-cropped hair making a wonderful appearance. Short hair was not neglected and was styled as intricately and boldly as long, with the most popular style being curled by bobby pins and plenty of product to hold it. So, don't worry if you've can't pull your hair into a ponytail, you can still look '50s and fabulous.**

## Christian Dior's New Look:



**This look was actually unveiled in 1947, but had a humungous impact on the wardrobes of women in the 1950s. This nipped, hourglass shape brought about a redefinition of womanliness after the harsh rationing of the Second World War. In short, women were looking better than they had ever done during the war! Demonstrated by the 'Bar' suit in Dior's first collection, this new design highlighted the silhouette of a small, nipped-in waist with a full skirt that falls below mid-calf length. Altogether, the bust and hips of the women were emphasised, alluding to the femininity.**

**(Picture: *Christian Dior's Bar suit* (The Met's Heilbrunn Timeline of Art History 2000), <[http://www.metmuseum.org/toah/works-of-art/C.I.58.34.30\\_C.I.69.40/](http://www.metmuseum.org/toah/works-of-art/C.I.58.34.30_C.I.69.40/)>)**

*If we're talking about iconic fashionistas from the 1950s, there is no one more fitting of that title than Grace Kelly...*

- **Grace Kelly was one of the most iconic figures, both on screen as an actress and off screen as a role model. This meant her outfits were some of the most talked about and copied of the decade, and they are still mimicked today. At just 20 years old, Grace Kelly embarked on an acting career, and appeared in New York City theatrical productions and over 40 episodes of live drama productions which were broadcast during the early 1950's, known as the Golden Age of Television.**

- **In October 1953, she truly gained stardom with her performance in the film *Mogambo* as it won her a Golden Globe Award and an Academy Award nomination in 1954. She had many leading roles, including *The Country Girl* for which her down-to-earth performance earned her an Academy Award for Best Actress. Other films included *High Noon* (1952), *Dial M for Murder* (1954), *Rear Window* (1954), and *To Catch a Thief* (1955) and *High Society* (1956).**



- **(Picture: Marie Claire, *Ultimate Style Icons: Grace Kelly* (Marie Claire, 2014), <<http://www.marieclaire.co.uk/fashion/ideas/34648/ultimate-style-icons-grace-kelly.html>>)**
- **Grace Kelly was renowned for the impact she had on fashion and trends and during her own lifetime, she introduced what is now more commonly known as the “fresh faced” look which she demonstrated through bright skin and a more natural look which displayed little makeup.**
- **Her influence is still relevant today, as her wedding to Prince Rainer III in 1956 called for her to make a dress which she had never worn before. Even today, it is certainly still acknowledged as one of the most memorable and elegant wedding dresses of all time, going on to inspire Kate Middleton in her dress choice for her own royal wedding. **Grace Kelly really does represent timeless appeal.****

# Men's Fashion:

- Towards the end of the decade, many young men adopted the 'Teddy Boy' appearance. This consisted of high-waisted, narrow 'drain pipes' trousers, long jackets, slim ties and large, shiny pointed shoes called 'winkle pickers'. **Surprisingly, these can be easily bought in many street retailers today! So, don't panic, you can still be hip.**
- The 1950s brought a new fashion sense for men including bright coloured suits, denim jeans, leather jackets, and berets. **Teddy Boys: single fitted breasted jacket (Drape) which was made of wool; paired with a white vest; suede shoes. So, be crazy with those colours! Think your orange shirt clashes with your green trousers? Great! You're officially the coolest kid on the block.**
- Conservative party clothes for men included dark blue, grey or black slacks. Also, cardigan sweaters were particularly popular. **Majority of gentleman have these items in their wardrobe, so you can still be hip, even on a budget.**



# Elvis Presley:



• One of the world's most recognizable faces and the King of Rock 'n' Roll, Elvis Presley came to fame in the mid-1950s with his Hollywood good looks and effortless ability to blend rockabilly with blues rock. **Elvis became known for his risky hip thrusts on stage, prompting critics to call him Elvis the Pelvis.**

(Picture: Julia Birkinbine, *Elvis Presley* (Closer Weekly, 2014),

<<http://www.closerweekly.com/posts/details-of-elvis-presley-s-intimate-relationships-revealed-in-new-book-46217>>)

- Funnily enough, early appearances of Elvis on television were often cropped in above the waist. An icon of both music and film, Elvis thrust his way into the public conscious and left behind quite the number of memorable looks. **Whether immortalized in an embellished white jumpsuit or a striped tee, Elvis remains an undeniable style icon.**
- Elvis managed to toe the line between outrageous and ordinary, providing for endless inspiration in the style department. Sporting an oversize jacket, his rock and roll image fuelled a lot of the 'teddy boy' style that was being reflected in Britain.
- Every detail about Elvis was provocative. This was evident in his choice of clothes, his hairstyle, the way he sang, and the way he moved on stage. Elvis can be seen to actually introduce a whole social revolution, by bringing a new edge to music, clothes and behaviour. Elvis' music influenced many people, but specifically teens, convincing them to express themselves in ways, which they had never done before.

## Step Four:

*Choosing the right music that everyone can dance to...*



## *Top of the Pops in 1957:*

- 1. Paul Anka - Diana**
- 2. Elvis Presley - All Shook Up**
- 3. Tab Hunter - Young Love**
- 4. Pat Boone - Love Letters In The Sand**
- 5. Guy Mitchell - Singing the Blues**
- 6. Lonnie Donegan - Gamblin' Man/Putting On The Style**
- 7. Harry Belafonte - Island In The Sun**
- 8. Johnnie Ray - Yes Tonight Josephine**
- 9. Pat Boone - Don't Forbid Me**
- 10. Frankie Vaughan - The Garden of Eden**

## Paul Anka:



**Paul Anka was born in 1941 in Canada and became an iconic singer, songwriter, and actor. Anka's music influence began at an early age as he sang in a choir at Church and studied piano. He recorded "Diana" at just the age of 15 and had numerous number 1 hits such as "Diana", "Put Your Head on My Shoulder", "Lonely Boy", and "Having My Baby".**

**Anka visited New York City to sing a verse from his to be number 1 song, "Diana", for Don Costa at ABC. This increased Anka's popularity with the population and portrayed capable song writing abilities. The song went to sell over 20**

**million copies.**

**(Picture: *Then and Now: Paul Anka (2016)*,**

**<http://www.oldiesmusicblog.com/then-and-now-paul-anka/>)**

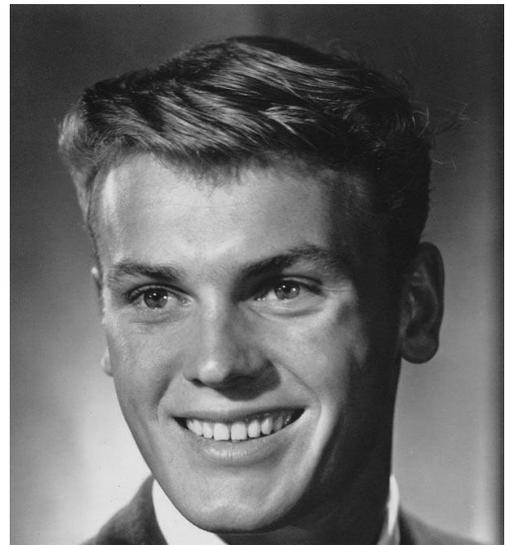
## Tab Hunter:

**Tab Hunter was an American actor, singer, and author born in 1931.**

**Hunter's song 'Young Love' was number one for six weeks on the Billboard Hot 100 chart and became a popular hit of the Rock 'n' Roll era. The song sold over 1 million copies.**

**Quote by Tab Hunter: 'On February 16<sup>th</sup>, 1957, I officially became one of the most popular singers in America when "Young Love" knocked Elvis Presley's "Too Much" from the top spot.'**

**(Picture: *Tab Hunter Profile (1949)*, <<http://famousdude.com/9268-tab-hunter.html>>)**



## Step Five:

*How to not embarrass yourself (or a.k.a. a how to strut your stuff)...*



**Dance crazes come and go. It has been this way since the dawn of time, and it is not any different for the era of the '50s. It was truly the era of rock and roll and this was really reflected in the dance moves...**

### *The Bop*

**With the bop, it's definitely a solo piece where you get to strut your stuff. It is similar to the Jive or Swing, but there is a whole lot of toe tapping involved. This dance move was particularly popular in Britain. Let's face it, there's less chance in embarrassing your partner here... Just yourself.**

### *The Stroll*

**This one is shown in many films, such as the timeless classic, *Grease*. The Stroll is basically just two lines of dancers with a large space in the middle (kind of similar to the start of any good dance battle). Dancers in each line do similar moves, slowly moving up the line to go down the middle, and re-joining it at the end.**

### *Rock and Roll*

**Let's not forget, by the end of the '50s rock and roll was trending throughout Britain, and dance was changing. It was all about going solo. Partners were left behind and people began to truly embrace the role of dancing on their own. This move is basically gyrating your whole body to whatever song is blaring from the record player.**

**Teenagers embraced this change in culture, and began to use the dances at the weekends as a way of socialising with either sex. By this time, dating became popular. Teenagers were finding impulsive freedom to be able to date various amounts of people. In other words, dancing was used as a gateway for the younger generation to make friends. The teenager as we know today was born under the pushing of boundaries and the secret kisses that many youths in the 50's shared at these events.**



**Pictures *How to Master Swing Dance for your 1950s Party (2015)*,  
<<https://www.retroyou.co.uk/how-to-master-swing-dance-for-your-1950s-party/>>**