



**Good Things to Eat as Suggested by Rufus
By Rufus Estes (b. 1857)**

Rufus Estes was born a slave in 1857 in Tennessee, and experienced first-hand the turmoil of the Civil War. He began working in a Nashville restaurant at the age of 16, and in 1883 took up employment as a Pullman cook. In 1897, he was hired as principal chef for the private railway car of U.S. Steel magnates (the fin-de-siecle equivalent of today's Lear Jets for corporate travel). There he served succulent fare for the rich and famous at the turn of the 20th century. (Summary by Denny Sayers)

Read by Dr. Pamela Russ, Denny Sayers, Kristen McQuillin, scoshi, Catherine Fitz, Robin Cotter, Alys AtteWater, Patricia Oakley, Kara Shallenberg, Joyce Nussbaum, J. C., & Betsie Bush. Total running time: 06:12:23.

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