



# 10 Years!

*Culinary Historians of Ontario*

Part One – 1994 to 2004



Fiona Lucas, October 2019  
Created for CHC's 25<sup>th</sup> Anniversary



L to R:

**Christine Ritsma** (née Lupton)

**Bridget Wranich**

**Fiona Lucas**

We worked together at Fort York National Historic Site in the 1826 Officers' Mess Kitchen as Domestic Interpreters. Fiona thought we should start a culinary historians group in Toronto, following the model of groups in American cities.

This photo was taken in 2003 at the Thomas Fisher Rare Book Library at the University of Toronto, by **Mary Williamson**. On the table is a rare copy of *The Frugal Housewife's Manual*, by A.B. of Grimsby, 1840.

## CULINARY HISTORIANS OF ONTARIO

Spring 1994



number 1

### - TORONTO REGION -

Welcome to our inaugural issue!

We invite everyone, from the "just interested" to the truly dedicated to join us in celebrating what Ontarians have consumed and imbibed throughout our history.

Are you an amateur cook? volunteer or interpreter at an historical site? journalist? folklorist? restaurateur or professional chef? history teacher or student? anthropologist? historical re-enactor? food historian? cookery book bibliophile? food producer or farmer? nutritionist? librarian? Did we miss anyone?

We want everyone to share their collective knowledge and excitement about our province's culinary heritage!

There are already six American groups who meet under the banner of *Culinary Historians of \_\_\_\_\_*. Over dinner one night, we decided Canada needed to join the act. As far as we know, we're the first Canadian group. So – just who is "we"?

• **Fiona Lucas** is Senior Domestic Interpreter at Historic Fort York in Toronto. I consider myself to be a culinary historian partly because of my job description, but mostly because of my keen interest in Ontario's culinary history.

• **Christine Lupton** is a high school teacher in Stratford, Ontario. My involvement with food history began while I was a domestic interpreter at Dixon Heritage Crossroads in Kitchener and at Historic Fort York.

• **Bridget Wranich** is an interpreter at Historic Fort York, Toronto. My love of

food, cooking and historical research has inspired me to pursue the study of culinary history.

Over the past two decades, culinary history has emerged as a component of material culture studies and women's history. We want to combine practical know-how for those currently practising historic cookery at historic sites and re-enactments, or in their homes and restaurants, and the academic research that supports it.

We welcome all written and pictorial contributions to the newsletter: it's a forum to share information and ask questions. We really want to generate active interest in Ontario's culinary history.

The first meeting, to which you are all invited, will be a pot-luck "bring-your-favourite-food-along-with-the-recipe" in October. Future ideas include field trips to food producers and historic sites, picnics and restaurant meals, lectures and slide shows, theme dinners, historic cooking classes, visits from members of other Culinary Historian groups and participation in discussions and symposia. Please let us know about your special interests.

Eventually our plan is to apply for non-profit status so that tax receipts can be issued. In the meantime, we're looking for culinary angels to send in membership fees. Your money will buy paper, envelopes and stamps, plus such practicalities as a ledger book, receipt book and computer disks.

Look for the next issue in early autumn!

The *Culinary Historians of Ontario* is an information network for foodways research in Ontario. It is an organization for anyone interested in Ontario's historic foods and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve and celebrate Ontario's culinary heritage.

## First Newsletter

It was Bridget's idea to start with a quarterly newsletter to attract potential early members. Our first one was spring 1994. For many years Bridget, Christine and Fiona produced them quarterly, with the help of many contributors. At first it was just four pages long. And it had no name!

Notice that we called ourselves the **Culinary Historians of Ontario – Toronto Region**. We anticipated that other interested historians and museum staff in other cities would create their own groups. Nope, never happened!

We wrote our first mission statement to accompany the inaugural newsletter.

The *Culinary Historians of Ontario* is an information network for foodways research in Ontario. It is an organization for anyone interested in Ontario's historic foods and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve and celebrate Ontario's culinary heritage.

# 1994 | 1<sup>st</sup> Newsletter & Mission Statement



## First Meeting

We invited people who we thought would be interested in a culinary history group to an investigative meeting with a potluck dinner, which we held at Fort York in late October.

L to R:  
**Maria da Silva**  
**Fiona Lucas**  
**Unknown**  
**Elizabeth Nelson-Raffaele**  
**Mya Sangster**

For the next eight years we had all sorts of events.

Samples of many program flyers on the following pages show the variety of speakers and topics we covered.



1994 | 1<sup>st</sup> Meeting: Historic Fort York



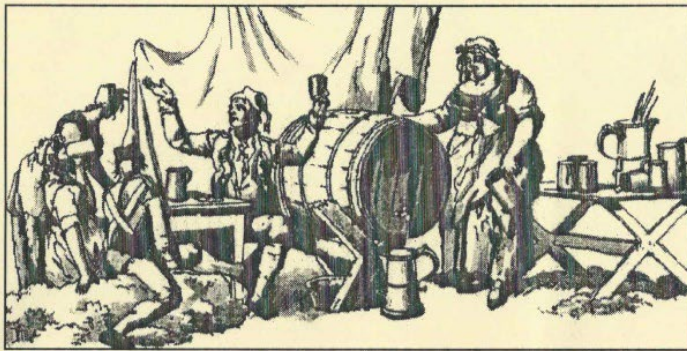
Our first official event following that first meeting was a March 1995 tour of the refinery and museum of **Redpath Sugar**, located on Queen's Quay. Twenty-three members got a personal and instructive tour with **Richard Feltoe**, curator of the Redpath Museum.



1995 | 1<sup>st</sup> Event

## Culinary Historians of Ontario

Toronto Region



Saturday, September 21 10:00 am - 4:30 pm

### From Rations to Riesling

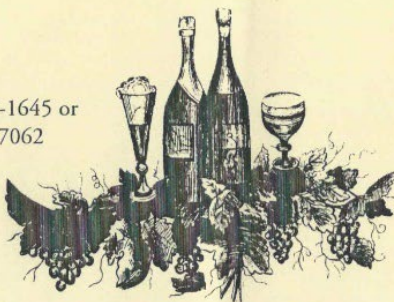
Remembering Ontario's Culinary History

The Culinary Food Historians of Ontario and Doon Heritage Crossroads will be hosting a food history conference on Saturday, September 21, 1996. This day long event will include guest speaker Sandra Oliver, editor of Food History News, an historic lunch, hands-on workshops featuring a variety of items and information specializing in Ontario's culinary heritage.

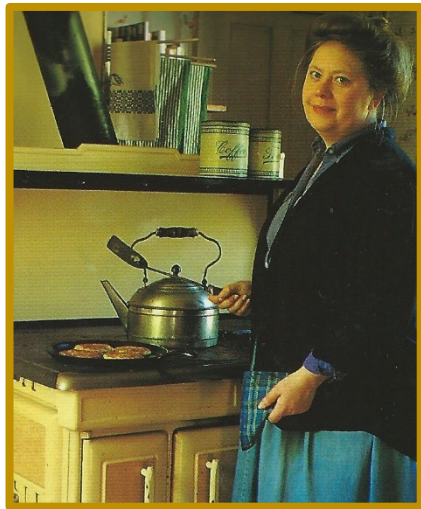
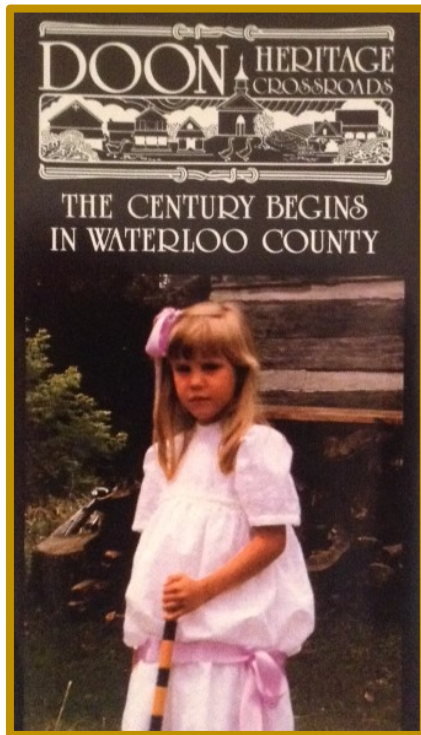
Cost \$35.00 per person.

For more information phone:  
Christine Lupton at (519) 749-1645 or  
Bridget Wranich at (416) 690-7062

To register, phone  
Doon Heritage Crossroads at  
(519) 748-1914



Our first partnership was a great one! With **Doon Heritage Crossroads** (now part of the Waterloo Region Museum), we co-hosted an ambitious day of workshops and talks. Our attendance goal was 100 people – which we achieved. We knew lots and lots of folks out there would be interested, and we were right.



The guest speaker was **Sandra Oliver**, editor of *Food History News* (1989 to 2009) and author of several excellent food history books.

1995 | 1<sup>st</sup> Partnership



# “LADIES, PLEASE PROVIDE.”

a public lecture about the surprising meaning of foods prepared for Women's Institutes meetings by

**Linda M. Ambrose**

author of

*For Home and Country: The Centennial History of the Women's Institutes in Ontario*

plus a costumed cooking demonstration of bread in the 1928 Women's Institute Building using a kerosene oven & an early electric oven

*Linda Ambrose is pleased to sign copies of her book*



**Sunday April 6 1997**

**2:00 - 4:00 pm \$5.00**

**Ontario Agricultural Museum, Milton**

directions on other side

*sponsored by Culinary Historians of Ontario*

In September, CHO presented two sessions at a **regional ALHFAM meeting at Dundurn Castle** in Hamilton:

- “From Then to Now: An Illustrated Chronological Overview of Ontario's Culinary Heritage” by **Fiona Lucas**
- “‘And so serve it forth’: an Introduction to Researching and Interpreting Pre-20<sup>th</sup> Century Cookery Books and Receipts for Late 20<sup>th</sup> Century People” by **Bridget Wranich** and **Christine Ritsma**



**Linda Ambrose**



*Culinary Historians of Ontario*

## BUTCHERING BEE WORKSHOP

1. Pennsylvania-German butcher Harold Snider demonstrates the Mennonite tradition of butchering a pig
2. Pennsylvania-German Mennonite Lunch
3. Swiss-trained butchers Franz and Daniel Kissling demonstrate the making of sausages in the European tradition
4. recreating the activities of a mid-19th century butchering bee with J.S.H. interpreters



FRIED SAUSAGES.



HIND LOIN OF PORK.

Saturday November 29

9:30 - 3:30

Joseph Schneider Haus Museum, Kitchener

\$10.00 includes lunch



## Culinary Historians of Ontario

presents

# LAST DINNER ON THE TITANIC

*"If you have to go, you may as well have an  
11 course meal first."*

Dana McCauley and Rick Archbold, authors of *Last Dinner on the Titanic: Menus and Recipes from the Great Liner*, will take us all, via wonderful slides, on the colourful social and culinary voyage of the doomed Titanic.



**Wednesday October 7 1998**

7:00 - 8:00pm \$5.00 refreshments included

766 College Street at Ossington Avenue  
(College Shaw branch of the Toronto Public Library)

- free parking at mall across street
- fully wheelchair accessible

## Culinary Historians of Ontario

presents

# TEA AS A SOCIAL INSTITUTION IN VICTORIAN ONTARIO

*For etiquette and social customs to the way in which teatime refreshments were prepared and served, this presentation offers a glimpse into that famous Victorian pleasure: taking tea. The Victorian era provided just the right setting for entertaining in this fashion. Whether a home was humble or grand, the teapot was always much in evidence.*

with guest speaker **Frances Hoffman**

Hoffman is author of *Private Life in Ontario from Victorian Diaries* and *Steeped in Tradition: A Celebration of Tea*. She is an oral historian at the Kitchener Public Library, a former board member of the Waterloo Regional Heritage Foundation and present chair of the Waterloo-Wellington branch of the Ontario Genealogical Society.



**Wednesday November 4 1998**

7:00 - 8:00pm \$5.00 refreshments included

766 College Street at Ossington Avenue  
(College-Shaw branch of the Toronto Public Library)

- free parking at mall across street
- limited wheelchair access

## Create a Christmas Cookie Collection



*Todmorden Mills Heritage  
Museum and Arts Centre*

(416) 396-2819

*Culinary Historians of Ontario*  
(416) 690-7062

**December 6 10:30 - 12:00 pm**

This cookie exchange is a great way to get your holiday baking done early. Learn about the history of holiday cookies with guest speakers, Dorothy Duncan, (Ontario Historical society) Carolyn Blackstock (Woodside National Historic Site) & Elizabeth Nelson-Raffaella (The Gibson House Museum). Homemade cookies only. Historic recipes always welcome. Gingerbread house Raffle. Please call to register. Cost \$2.00 (includes refreshments)

Be sure to stay & enjoy

*Todmorden Mills Christmas Open House*

(admission extra)



## The Culinary Historians of Ontario

presents

### YOUR PRESENCE IS REQUESTED: The Art of Dining in 18th Century Europe

*This elegant dining exhibition gathers together a unique collection of 18th century ceramic, silver and glass table wares, graciously loaned from many fine collections. For those who share in this visual feast, dinner will never be the same!*

an exclusive slide show and tour of exhibit with  
curator **Patricia Ferguson**

You are encouraged to visit the exhibit before joining us for this special day  
with the exhibit's curator.



Thomas Rowlandson (British, 1756-1827), After Dinner, pen and ink and watercolour, Art Gallery of Ontario, Purchase, 1937.

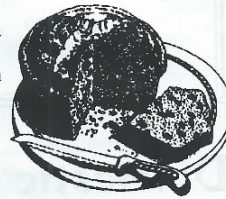
**Saturday January 23 1999**

**10:00 - 12:00 am \$10.00** refreshments included

The George R. Gardiner Museum of Ceramic Art  
111 Queen's Park  
(at museum subway station)

**"Give Us Our Daily Bread" . . .  
a leavening response to historic  
yeast and  
bake oven cookery.**

Just when you thought  
that we (Bridget, Fiona  
and Christine) had  
taken a sabbatical from  
organizing  
programmes for our  
members, we've  
planned another event  
for the spring!



Mark **April 10, 1999** on your calendar as interested  
folk will be traveling to **Joseph Schneider Haus**, in  
Kitchener, for a day on bake ovens and historic  
yeasts.

Such a topic can hardly be covered in a day, but let's  
hope this workshop will open up for more discussion  
and networking between sites.

The day will begin with a slide presentation by Susan  
Burke, Curator of Joseph Schneider Haus, which  
discusses the restoration of their historic  
"outbuilding" (smoke house, schnitz house, garden  
shed and bake oven. A tour of this outbuilding will  
include the firing of the bake oven. Following this,  
Sigrid Neuland (Black Creek Pioneer Village), Jenny  
Rieger and Anna Patrick (The Grange) and Bridget  
Wranich (Historic Fort York) will examine the  
puzzling characteristics of their unique bake ovens.  
Questions such as how to fire a bake oven, regulating  
temperature and historic recipes will be addressed.

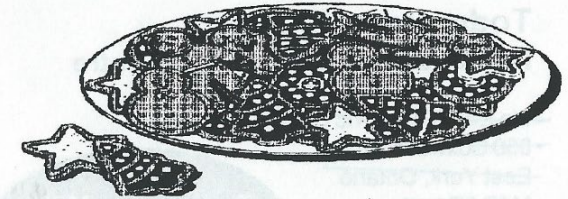
After lunch, the research and preparation of slow-  
rising/hop, brewer's and potato yeast will be shared  
by Jan Melega (Joseph Schneider Haus), Cathy  
Masterson (Dundurn Castle) and Maggie Newell  
(Montgomery's Inn). To complete the day,  
Elizabeth Nelson-Raffaele (The Gibson House  
Museum) and Karen Rennie (Joseph Schneider Haus  
Museum) will explore public and educational  
programmes using bake ovens and yeast.

**\$20.00 per person, including lunch. Registration is  
limited.**

## Culinary Historians of Ontario

invite you to create

### A Christmas Cookie Collection



**November 27, 1999**

10:30 - 12:00 pm \$2.00 refreshments included

**Todmorden Mills Heritage Museum and Arts Centre**  
(Pottery Road, just west of Broadview Ave. (416) 396-2819)

This cookie exchange will be a fun and stress-free way to have a variety of cookies  
for the holiday season while only making one type of cookie. Learn about the  
history of holiday cookies with our guest speakers:

**Carolyn Blackstock**  
Historical Interpreter, Woodside National Historic Site

**Pfeffernuse**

**Fiona Lucas**  
Senior Domestic Interpreter, Heritage Toronto  
Co-Founder, Culinary Historians of Ontario

**Shortbread**

**Bridget Wranich**  
Historical Interpreter, Historic Fort York  
Co-Founder, Culinary Historians of Ontario

**Gingerbread**

Bring **five** dozen of your favourite holiday cookies and copies of your recipe. Be  
sure to bring an extra container to carry home *your cookie collection*. Homemade  
cookies only. Historic recipes always welcome. **Pre-registration required.**



*Have a sweet tooth? Require some advice on boiling puddings? Want to know where to get suet and bladders? Curious to taste haggis? Need to know how to wrap a pudding in pastry? Just plain addicted to historical foods and facts?*

*Then join The Culinary Historians of Ontario and  
to explore all manner of:*



## **PUDDINGS** **Boiled, Steamed and Baked**

Saturday, January 22 ♣ 9:15 to 4:45

**GIBSON HOUSE MUSEUM ♣ 5172 Yonge Street**  
(half way between Sheppard and Finch at North York Centre subway station)

**\$25.00** (plus \$1.75 GST; includes lunch)

### **SCHEDULE**

9:00-9:15	Registration
9:15-9:30	Welcome and Introduction
9:30-12:30	GROUP A - Practicum: "A Species of Food ... Variously Made" GROUP B - Symposium: "Pudding Patter"
12:30-1:30	LUNCH: - featuring puddings sweet and savoury, of course - optional tour of Gibson House, 1:05-1:20
1:30-4:30	GROUP A - Symposium: "Pudding Patter" GROUP B - Practicum: "A Species of Food ... Variously Made"
4:30-4:45	Conclusion



**Bridget Wranich** setting a flaming plum pudding on a table, ready for tastes.



### **PRACTICUM: "A Species of Food ... Variously Made"**

- A cookery class in Mrs. Gibson's kitchen, featuring 19th century puddings.
  - Elizabeth Nelson-Raffaele, assistant curator, Gibson House Museum
  - Jocelyn Gordon, historical interpreter, Gibson House Museum

### **SYMPOSIUM: "Pudding Patter"**

- "Ah, what an excellent thing is an English Pudding!"
  - Fiona Lucas, co-founder CHO & senior domestic interpreter, Heritage Toronto
- "Haggis: Chieftain of the Pudding Race"
  - Maggie Newell, historical interpreter, Montgomery's Inn, Etobicoke
- "My Experience with Suet Puddings"
  - Mya Sangster, volunteer historic cook, Historic Fort York, Toronto
- "Meditations on Steamed Carrot Pudding"
  - Elizabeth Driver, author, *Bibliography of Canadian Cookery Books*, Toronto
- "Hoe Cakes and Hasty Puddings"
  - Joyce Lewis, social historian, Toronto
- "The Rise of the Pie"
  - Carolyn Blackstock, education co-ordinator, Woodside National Historic Site, Kitchener



After six years, Fiona, Bridget and Christine thought the time had come to expand CHO's management by creating committees.

CHO NEEDS TO MOVE TO A NEW LEVEL  
and we invite you to come with us.

Saturday 23 September  
Montgomery's Inn meeting room  
1:00 – 5:00



Three committees were formed:

- **Programs**
- **Membership**
- **Newsletter**

Three ongoing columns eventually became integral:

- "Fiona's Musings" by **Fiona Lucas**
- "Family Fare" by **Ed Lyons**
- "Book Review" by **Dean Tudor**

Newsletter 29 featured the theme of *The Cook Not Mad* as the first English-language cookbook printed in Canada. The articles were quoted in Liz Driver's 2006 *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825 to 1949*. Proof that CHO had gained academic credence!

L to R:  
**Fiona Lucas**  
**Bridget Wranich**  
**Christine Ritsma**

2000 | 1<sup>st</sup> Committees



# CHO ~ Getting Together in 2001

Mark your calendars for these fascinating new CHO sessions.

## Explore Canadian Cookery Books with Elizabeth Driver

Author of the soon to be published  
*Bibliography of Canadian Cookbooks*  
(1825-1950)



February 24<sup>th</sup>

Gibson House Museum - Lower Gallery -5172 Yonge Street at the North York Centre Subway - 12 to 4 p.m.  
Cost: \$5.00

Elizabeth will share her extensive research on cookbooks used in Canadian households in the 19th and 20th centuries. Bring along your favourite pre-1950 Canadian cookbook, and a dish prepared from one of its recipes for a potluck lunch. Elizabeth may be able to tell you something you didn't know about your book. (Facilities to heat dishes will be limited, so consider a cold dish.) More details about the potluck when you call/e-mail to register.

## CHO's First Movie Night

Featuring *Babette's Feast* and a documentary about Ukrainian ritual Easter breads.



March 30<sup>th</sup>

Social Hour from 6:30 p.m. and the documentary film begins at 6:40 p.m. Cost: \$5.00

## Northern District Library

43 Orchard View Blvd. - west off Yonge Street, one block north of Eglinton.

A chance to get together with your culinary friends and experience two wonderful movies about our favourite topic - food! We will start the evening at

the Northern District Library to view the movies. Then we will adjourn to Mary Williamson's home for an evening of 1960s cocktail nibbles (time to get out those cookbooks again!) and "virgin" cocktails.

*Babette's Feast* tells the story of a Parisian chef in exile who prepares a glorious feast for the inhabitants of a Danish village. The movie is visually sumptuous and lovingly details the preparations for the feast - the perfect foodie's movie, and it won an Academy Award for Best Foreign Film.

- • • • • To Register for the Cookbook or Film
- • • • • events: Call Elizabeth Nelson Raffaele at
- • • • • (416) 406-0146
- • • • • or e-mail:
- • • • • [elizabeth.nelson@sympatico.ca](mailto:elizabeth.nelson@sympatico.ca)

## CHO Road Trip

Sunday, June 3<sup>rd</sup>

An Expedition to the Country



We will be visiting Pat Crocker's home in an 1857 church (1 ½ hours north of Kitchener) for a picnic in the country. Watch for details.

### What's Inside:

CHO Getting Together in 2001	page 1
Cookery Collection	page 2
Culinary Query , Fiona's Musings	page 3
Article: Clan Macleod Gathering	page 4
"Family Fare" by Ed Lyons	page 7
Culinary Calendar	page 8

# "A Century of Canadian Home Cooking"

a public talk about Canadian cooking decade by decade and the writing of a cook book that celebrates Canada's culinary heritage

## Margaret Fraser

Co-author with Carol Ferguson

*A Century of Canadian Home Cooking, from 1900 to the 1990s*

THURSDAY 15 NOVEMBER 2001

6:15 refreshments made from Marg's book

\* 6:45 talk \*

\$8.00

## DEER PARK LIBRARY

40 St. Clair East, one block east of Yonge on north side

sponsored by

CULINARY HISTORIANS OF ONTARIO

All welcome!

No need to be a member of CHO. We encourage members to bring friends who like cookbooks and history.

Margaret Fraser (left) and Carol Ferguson, authors of *A Century of Canadian Home Cooking, 1900 Through the '90s*





*The Culinary Historians of Ontario*  
beckon all who are excited by food to be cerebrally stimulated  
by the intrepid and unconventional research of two of  
Canada's leading culinary historians!

## HOW TO TICKLE THE PALATE WITH A PEN

Nathalie Cooke

Associate Professor, Department of English  
McGill University

## OF COURSE THERE'S MORE TO COOKING CANADIAN THAN BUTTER TARTS

Mary Williamson

Period Cook book Collector, Senior Scholar  
York University

Thursday 17 January 2002

6:30 to 8:30 \* \$8.00

REFRESHMENTS INCLUDE BUTTER TARTS!

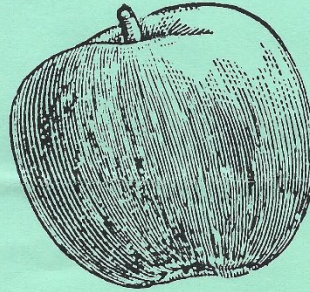
NORTHERN DISTRICT LIBRARY

43 Orchard View Blvd, 1 block north of Eglinton, west off Yonge

All welcome!

No need to be a member of CHO. We encourage members to  
bring friends who like cookbooks and history.

## Culinary Historians of Ontario PRESENTS



# Heritage Apples

*With Bob Wildfong*

President of Seeds of Diversity Canada  
& Renowned Heritage Apples Expert.

*An Ontario Harvest Time Experience*  
Saturday, September 28<sup>th</sup>

*Join us for...*

**A Visit to the Cambridge Farmers Market**

*A chance to explore the market and pick up Ontario produce.*



**A Picnic Lunch at Beverly Orchard**

*Bring-your-own or purchase provisions at the market.*



**A Heritage Apple Tasting**

*Join Bob Wildfong and learn the secrets of selecting distinctive  
heritage apple varieties for eating and storage.*



**An Exploration of Beverly Orchard**

*Tour this orchard of heritage trees with Bob Wildfong.*



**A Visit to the Beverly Orchard Farm-Gate Stand**

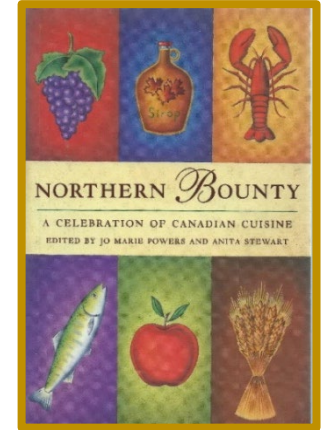
*Plan to pick-up a supply of unique apples for your  
baking, preserving and eating needs.*

**\$5.00 per person**

Contact Fiona Lucas at (416) 534-1405 or [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca)  
to RSVP and to join the carpool list.

**Carpools will leave Toronto at 9:00 a.m.**

**Our day at the orchard will end at 3:30 p.m.**



CHO sponsored four panels at  
**Northern Bounty V**, held at the  
University of Guelph and produced  
by Cuisine Canada (now Taste  
Canada):

- "How Have Immigrants Influenced Canadian Cooking?"
- "When Does an Imported Ingredient Become a Canadian Ingredient?"
- "Antique Cookbook Clinic" with **Liz Driver**
- "Cooks and Their Books" with **Liz Driver** and archivists of the U of Guelph Library



## Fasting and Feasting Today?

By Bridget Wranich co-founder, and René Malagón



breakfast or orders in pizza for Christmas dinner. Why do these things bother us? It's because we have in our mind a set of "rules" for what is appropriate on these occasions. Traditionally what was considered appropriate was handed down from the temple or the church. Today it is more likely based on our changing notions of culture, season, etiquette and health.

Fasting, in a strict definition, implies the total giving up of food and drink for a given period. Another level of fasting is abstinence, which usually suggests the giving up of specific foods or drinks for a prescribed period. An example of this would be the traditional abstinence of red meat on Fridays for Roman Catholics, although many people use the word fasting to describe this behavior. Abstinence also can imply the temporary suspension of other types of enjoyable or indulgent behavior such as smoking tobacco or sexual activity.

Feasting, on the other hand, is a celebration in which a specific food or drink is harvested, prepared and served in an elaborate or highly ritualistic and prescribed manner. The various steps in the preparation and serving of the food and drink are usually tied into a symbolic representation of the event being celebrated. For example, Easter foods such as eggs and lamb are reflective of the ending of the Lenten fast and the celebration of rebirth, new life and the coming of spring.

There is often a period of abstinence before the day of celebration and feasting, especially as seen in many religious observances. The feasting can be a solemn and serious occasion or it may be a celebration enjoyed with great gusto, drinking and merry making. The two approaches are not always mutually exclusive; they can be integrated into different components of the same feast or celebration.

This may seem somewhat removed from our modern day secular society. Today, most people in Canada do not fast, in the strict meaning of the word. This is partially due to the decline in our participation in organized religion and because many believe that a complete fast is not good for your health. Various forms of abstinence, for religious or cultural factors, are more common. There can also be a political facet to this type of behavior. Those who wish to exert non-violent, political pressure in a public manner may undertake a hunger strike. Those who undertake this activity hope that the publicity of their "sacrifice" will result in public pressure and sympathy towards their cause.

Today many people "fast" or at least abstain, from food that they crave but this behavior is now called dieting. We abstain from various types of food and drink with the hope of losing weight or simply to maintain a healthier lifestyle. Some diet out of medical necessity. Our society is so concerned with dieting that the food manufacturers have filled this need by developing fat and sugar free products. Almost everything today comes in a "light" version. An entire industry is trying to aid us in our abstinence, with none of the personal sacrifice. Feasting on the other hand comes quite easy for us. We are festive not only for holidays but also to demonstrate our wealth and sophistication on a personal or even political level. Fundraising dinners (feasts) for political parties or personalities is an established practice.

Does a feast mean more if it follows a fast? It seems likely. There must be a greater appreciation for the food set in front of you after denying yourself. Today many of us feel a little guilty after a big feast. We feel we don't deserve it, after all, there has been no real fast.

### Inside This Issue:

Pg. 2	Recipe & Cook Notes
Pg. 3	Fiona's Musings
Pg. 4&5	Canadian FHIN
Pg. 6	Book Reviews
Pg. 7	Family Fare
Pg. 8	Culinary Calendar

## Canadian Culinary History News

by Jo Marie Powers

*Culinary Historians of Ontario is pleased to announce that we are embarking on a partnership with Food History News. We will be sponsoring an article in each FHN issue, which will then be reprinted in CHO. This is our first, which will appear in FHN 52, spring 2002. Our thanks to Jo Marie for inaugurating this new venture!*

### COMING SOON

A NEW LOOK  
for the  
N  
E  
W  
S  
L  
E  
T  
T  
E  
R  
in the  
APRIL  
issue.

**Food History News**, a substantial quarterly source of knowledge from **Sandy Oliver** in Maine, ran for 20 years, 1989 to 2009. Its demise was much lamented by many North American food historians. CHO had articles in most issues over the last seven years.

The Newsletter Committee, led by **Bridget Wranich**, decided to expand the quarterly publication, initiate themes and provide writers' guidelines. A new look launched with Number 32.

### ARE YOU ...

- Someone who loves food and history?
- Someone who likes to collect recipes?
- Someone who wants to know who Mrs. Beeton was?

Then you should join



CULINARY  
HISTORIANS  
of Ontario!

2002 | New look & partnership for newsletter



## Have You Been Curious About What's Happening at the Gooderham and Worts Site?

*Then the Culinary Historians of Ontario Have the Outing for You!*

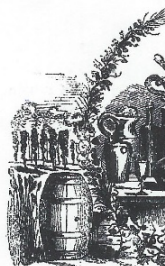
On Saturday, March 29<sup>th</sup> the Culinary Historians of Ontario will be exploring the past, present and future of this Toronto landmark.

We will have a unique opportunity to tour a mid-19th-century industrial site for whiskey production in transition from its original state to a new use as a premiere Cultural Centre for Toronto. We will visit the Stone Distillery, the Maltings, the Cooperage, and possibly the Pure Spirits Building. Leading the tour will be Edwin Rowse and Michael McClelland of ERA Architects, architects for the project and specialists in Heritage Conservation.

The historic buildings tour will be followed by a visit to Balzac's Coffee for a short break – and a chance to enjoy pastries and their micro-roasted coffee varieties from around the globe. After Balzac's we will head for the Mill Street Brewery – the on-site brewery that is proudly bringing alcohol production back to Gooderham and Worts – for a taste of their brew.

### The Essential Details

- ✱ Saturday, March 29<sup>th</sup>
- ✱ 1:00 p.m. to 4:00 p.m.
- ✱ \$5.00 per person at the gate.
- ✱ Meet at the Gatehouse at the entrance of the Gooderham and Worts site, which is on the south side of the T-Junction of Trinity and Mill Streets – between 12:30 and 1:00 p.m.
- ✱ We will be climbing stairs and walking through sand so wear sturdy shoes and non-restrictive clothing.
- ✱ The tour will be inside the buildings, so we will go ahead of you.
- ✱ Our group size will be limited so please pre-register with Raffaele at [elizabeth.nelson@sympatico.ca](mailto:elizabeth.nelson@sympatico.ca) or (416) 461-1111



For five years, CHO partnered with the OHS on "Cookbook Caper."

Members had a hardhat tour of the Gooderham and Worts site with **ERA Architects**, who were leading its transformation into The Distillery District.



If you are a cookbook collector, enjoy cookery or just like to read cookbooks, then you won't want to miss



## THE ONTARIO HISTORICAL SOCIETY'S ANNUAL COOKBOOK CAPER



**SUNDAY, NOVEMBER 16, 2003**

1 - 4 p.m.

at the John McKenzie House  
34 Parkview Avenue, Willowdale



The OHS is partnering with the Culinary Historians of Ontario to make this a bigger and better event than ever!

Hundreds of cookbooks new and used for sale as well as some cookery equipment



Cookbook authors of note will be on hand to sign & sell their books at a discount



**Every year treasures are found!**

If you have cookbooks or cooking equipment that you would like to donate to this year's sale, it would be greatly appreciated.

Contact the OHS at 416.226.9011 or  
Email: [ohs@ontariohistoricalsociety.ca](mailto:ohs@ontariohistoricalsociety.ca)





## First Election by Members

On the verge of reaching ten years, the three founders decided it was time to broaden the grassroots organization with an elected Board.

L to R:

**Eva MacDonald**,  
Program Chair

**Melanie Garrison**,  
Newsletter Chair

**Fiona Lucas**, "Past President"

**Maggie Newell**, Secretary

**Liz Driver**, President

**Bob Wildfong**, Treasurer

**Amy Scott**, Vice President

**Elizabeth Nelson-Raffaele**,  
Membership Chair

Photo taken on the grounds of  
Montgomery's Inn



Sept 2003 — Sept 2005 | 1<sup>st</sup> Board of Directors



We'd always managed without an official address by using the three founders' home addresses, but one of the first actions the new Board took was to rent a **postal box** at Toronto's First Post Office on Adelaide East. We still have it today, in 2019.



Another task the first CHO Board undertook was creating a **Constitution with By-Laws**; a revised version still supports the organization today.

Images from Toronto's  
First Post Office website

2004 | 1<sup>st</sup> Address: Toronto's First Post Office



# Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

SPRING 2004

NUMBER 40

## ANNIVERSARY ISSUE



Kate Aitken in her kitchen at Sunnybank Acres, near Streetsville, Ontario, 1955 (photograph courtesy Kate Aitken family).

### What's Inside

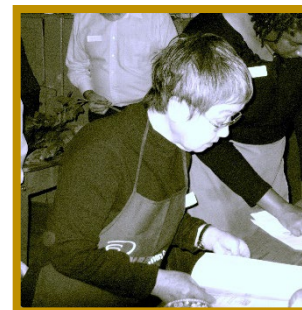
Message from the President	2
Studies & Reflections on Kate Aitken	3
Archaeology of Culinary History	10
Family Fare	12
Fiona's Musings	12
Culinary Calendar	13

In time for the 10<sup>th</sup> anniversary and the 40<sup>th</sup> issue of the newsletter, CHO finally gave the newsletter a name and gained an ISBN. The National Library was happy too because they became easier to catalogue. All the newsletters are housed there today.

They increased to sixteen pages, and eventually twenty and sometimes twenty-four. **David Robertson** laid out the first four Culinary Chronicles.

Through these years a group of volunteers got together quarterly to stuff the envelopes for all those newsletters. **Ed and Margaret Lyons** frequently hosted these marathon sessions.

**Margaret Lyons**  
participating in a CHO  
cooking class at  
Dundurn Castle,  
Hamilton.



**Ed Lyons** in costume as a  
cook at Spadina Historic  
House and Gardens,  
where he volunteered  
for many years.



# 2004 | Culinary Chronicles – at last, a name!



## The Archaeology of Culinary History



Saturday 21 February 2004  
Montgomery's Inn  
4709 Dundas Street West (at Islington), Toronto

This day long symposium, co-sponsored by the Culinary Historians of Ontario and Montgomery's Inn (Culture Division, City of Toronto), will bring together historical archaeologists and culinary historians to discuss how material culture research can inform culinary history.

Pre-registration is required as a limited number of spaces are available.

Members of CHO or  
Friends of Etobicoke's Heritage: \$20  
Non-members \$30.

Please register with Rita Wagner  
at Montgomery's Inn  
tel: (416) 394-8113  
email: rwagner@toronto.ca



## The Culinary Historians of Ontario

### ORANGE JUICE: INVENTION, PRODUCTION, IMITATION

**Pierre Laszlo**

Professor Emeritus, École polytechnique de Paris, and  
l'Université de Liège, Belgium

Have you ever considered that orange juice is not only our most popular breakfast drink, but also a business commodity, a chemical formulation and a cultural artifact? The story started at the beginning of the 20<sup>th</sup> century when advertising tycoon Albert Lasker created Sunkist's motto "Drink an Orange."

Wednesday, 2 June 2004  
7:00 - 8:30 pm  
\$8 members, \$10 non-members

NORTHERN DISTRICT LIBRARY  
43 Orchard View Blvd, 1 block north of Eglinton, west off Yonge

Professor Laszlo is happy to sign copies of his  
*Salt: Grain of Life*.

You may bring your copy or purchase one  
courtesy of THE COOKBOOK ST  
(Cash, Visa and cheques accepted)

This is the first in an occasional series on the his

**All welcome!**

No need to be a member of CHO. We encourage  
friends who like culinary history



**Liz Driver and  
Pierre Laszlo**

CHC's first website was launched on February 14, 2004. It was constructed and hosted for us by the University of Guelph.

The University also hosted our first email address.

Also in 2004, we affiliated with the Ontario Historical Society, which meant that CHC became a legal entity as an Ontario non-profit, non-shared corporation.





**Fiona Lucas**  
and **Liz Driver**  
symbolically  
cut the 10<sup>th</sup>  
anniversary  
cake.



The cake decorating workshop was  
lead by Master Baker **Monica Paradi**  
as the programme part of the 10<sup>th</sup>  
anniversary AGM.



2004 | 10<sup>th</sup> Anniversary AGM & Party





L to R:  
Fiona Lucas  
Ed Lyons  
Elizabeth Nelson-Raffaele  
Christine Ritsma  
Mary Williamson  
Bridget Wranich

Boston Mills Press, Guelph, Ontario – Linda Ambrose author photo, *For Home and Country: The Centennial History of the Women's Institutes in Ontario* (1996)

Doon Heritage Crossroads, Kitchener (Waterloo Regional Museum)

Mystic Seaport Museum, Connecticut, and Jamie MacMillan – Sandy Oliver author photo, *Saltwater Foodways: New Englanders and Their Food. At Sea and Ashore, in the Nineteenth Century* (1995)

Prentice Hall Canada, Scarborough – Margaret Fraser author photo, *A Century of Canadian Home Cooking* (1992)

Redpath Sugar Museum, Toronto

Toronto's First Post Office Museum, Toronto

Toronto Star (Getty Images) – Richard Feltoe photo



If any photo credit is missing,  
please contact Fiona Lucas at  
[fiona@culinaryhistorians.ca](mailto:fiona@culinaryhistorians.ca).