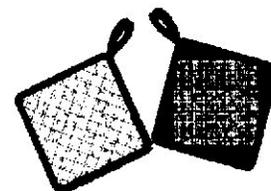


# Culinary Historians of Ontario

Spring 2000    Number 24



## *Celebrating One Thousand Years of Ontario's History*

Sounds like an impossible subject to cover in a weekend? But cover it we did at the three day Ontario Historical Society symposium that was held at the North York Civic Center in early April.

Although I was unable to participate in the Friday night or Sunday morning programmes, I was able to attend the Saturday program which contained the majority of papers. There were so many speakers that impressed me, but one that stood out in particular was the session on "Traditional Storytelling in Ojibwe Culture". Esther Osche, of the Whitefish River First Nation, truly hypnotized her audience with deeply moving stories from her culture. Osche also spoke to the audience of her involvement as the Lands Manager of her tribe and the present-day problems she and her people are facing concerning land claims.

The afternoon sessions were separated into four different themes: *From Babies to Battlefields*, *Interpreting and Preserving History*, *From the Beginning....*, and *Towards a Modern Ontario*. All themes offered registrants a diverse and eclectic mixture and it was difficult to choose which one to attend. Fortunately these papers will be published by the OHS and offered to members and non-members within the near future.

What most impressed me about this day was the diversity of people, from all walks of life, that had something important to say about Ontario history. There was no subject that was deemed more important than the other. People were given an opportunity to speak of their own

interests and expertise. And it was this kind of sincerity and enthusiasm that really pulled the day together. There were papers on home children, black and white separate schools, agricultural societies and fairs, Anna Jamieson, Norsemen in pre-Columbian Ontario, loyalists and thirty-four other topics from men and women from across the province. It's not often that one gets a chance to see and hear this kind of history and I will look forward to when the papers are published.

One thing that did stand out in my mind, was the lack of culinary history explored during these presentations. Granted, the OHS gave people only about three weeks to respond to their "Call for Papers". For many of us this was very little time to get "our stuff" together or even to get time off of work. In the future, I'd like to challenge more of our members to take a chance and respond to these kinds of opportunities, whether it be OHS, ALHFAM, or OMA workshops.

I know I did and the feedback I received was so encouraging!

*Christine Ritsma, CHO Co-founder*

### What's Inside

Culinary Collection	pg 2
A Reunion Cookbook	pg 3
Culinary Colleague	pgs 4&5
Five Roses Reprint	pg 6
Costa Rican Cuisine	pg 7
Culinary Calendar	pg 8

# COOKERY COLLECTION

Continuing with the modern equivalents to recipes used at our conference *From Rations to Riesling: Remembering Ontario's Food Heritage* held back in September 1996 at Doon Heritage Crossroads, Kitchener. Here are 2 recipes from Eliza Acton, *Modern Cookery for Private Families*, facsimile of 1845 edition, (London: Elek Books Ltd., 1966), pgs. 140-141.



## English Salad

### Original Receipt

*The herbs and vegetables for a salad cannot be too freshly gathered: they should be carefully cleared from insects and washed with scrupulous nicety; they are better when not prepared until near the time of sending them to table, and should not be sauced until the instant before they are served. Tender lettuces, of which the stems should be cut off, and the outer leaves be stripped away, mustard and cress, young radishes, and occasionally chives or small green onions (when the taste of a party is in favour of these last) are the usual ingredients of summer salads. (In early spring, as we have stated in another chapter, the young white leaves of the dandelion will supply a very wholesome and excellent salad, of which the slight bitterness is to many persons as agreeable as that of the endive.) Half-grown cucumbers sliced thin, and mixed with them, are a favourite addition with many persons. In England it is customary to cut the lettuces extremely fine; the French, who object to the flavour of the knife, which they fancy this mode imparts, break them small instead. Young celery alone, sliced, and dressed with a rich salad mixture, is excellent: it is still in some families served thus always with roast pheasants. Beetroot, baked or boiled, blanched endive, small salad herbs which are easily raised at any time of the year, celery, and hardy lettuces, with any ready-dressed vegetable, will supply salads through the winter. Cucumber vinegar is an agreeable addition to these.*

### Modern Equivalent

1	head of lettuce ( boston, cos, oak leaf etc.)	1
¼ pkg.	spinach	¼ pkg
½ bundle	cress	½ bundle
½ bundle	mustard	½ bundle
4 - 6	young radishes	4 - 6
3 - 4	small green onions	3 - 4
½ head	blanched endive	½ head
2	stalks celery	2
1	small cucumber	1

Wash all ingredients well. Break the lettuce into small pieces. Slice radishes, green onions, celery and cucumber thinly. Toss all together. Top with favourite dressing. (A wide of range of lettuces, herbs and vegetables can be substituted for the above. It's best to choose from heritage varieties.)

## French Salad Dressing

### Original Receipt

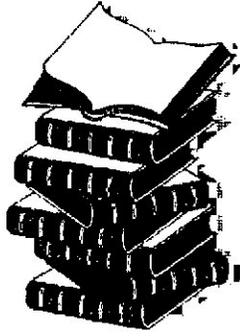
*Stir a saltspoonful of salt and half as much pepper into a large spoonful of oil, and when the salt is dissolved, mix with them four additional spoonful of oil, and pour the whole over the salad; let it be well turned, and then add a couple of spoonful of tarragon vinegar, mix the whole thoroughly, and serve it without delay. The salad should not be dressed in this way until the instant before it is wanted for table: the proportions of salt and pepper can be increased at pleasure, and common or cucumber vinegar may be substituted for the tarragon, which, however is more frequently used in France than any other.*

*Salt, 1 spoonful: pepper, ½ as much; oil, 5 saladspoonful; tarragon, or other vinegar, 2 spoonful.*

### Modern Equivalent

1 tsp.	salt	5 ml
½ tsp.	pepper	2 ml
5 tblsp.	olive oil	75 ml
2 tblsp.	tarragon vinegar	30 ml

Whisk together well. Pour over salad just before serving and toss.



# The Williams Family Reunion cookbook

by Eva MacDonald, CHO member

Fiona Lucas' article in CHO number 17 (Summer 1998) on "Creating Your Family Recipe Book" inspired me to compile a cookbook, and I would like to share that experience with CHO members.

Although my grandmother passed away in 1997, I had collected many of her recipes while she was alive, and I knew that my younger cousins were just beginning to express an interest in their culinary heritage, and would want their own copies of "Granny Olive's" recipes. So, in the fall of 1998, I embarked on the project of putting together a cookbook for an upcoming family reunion, and I opened it up to all the descendants of my paternal grandmother, Olive Williams, and her seven brothers and sisters, who were born between 1905 and 1917 on Prince Edward Island.

Living in Ontario as I do, however, I am somewhat removed from the food traditions of my dad's family, who largely still live in the Maritimes. The anthropologist in me wanted to find out what life was like when my father and grandmother were growing up, so I actually started with some oral history, and interviewed my father for his recollections of how meals were organized during the four seasons of the year on the Island during the 40s and 50s. This became my organizing theme, and each chapter in my cookbook relates to a season and the activities important in a rural community. I then wrote letters to my immediate family as well as my father's cousins and aunts, asking them to submit their favourite recipes along with stories and memories that inspired their particular contribution.

As Fiona noted in her article, a cookbook is an interesting way to approach family history, and each recipe in my book is introduced with a vignette wherever possible. The end product is very "organic" in that it reflects what people chose to send to me. As an editor, I had to decide whether to transcribe verbatim the recipes as they were passed along to me, even if a given cookie recipe consisted of a list of ingredients with no instructions on what order to combine them, or what temperature to bake them at. So many of the older generation do not measure things, make do with what is at hand, or take for granted how hot the oven is, as compared to my grade eight home economics class, where we took notes on how to broil a cheese sandwich! I also learned that different "versions" of a particular family favourite exist for the reasons just cited. No one version is correct and I had to grapple with "the truth" several times.

It was an extremely rewarding project, and the end product consisted of approximately 125 recipes collected in a double-sided, coil-bound booklet that will lay flat on your kitchen table. It is dedicated to my grandmother, Olive Williams, who taught me how to share with others, especially her love for her family and the community where she came from. I would like to thank Fiona and the Culinary Historians of Ontario for inspiring me to document this heritage for my family.

*Eva is an archaeologist with Archeology Resources, Toronto.*

**Has anyone else created a family cookbook you'd like to tell CHO about?**



## ANITA STEWART

### Canada's Most Fervent Culinary Ambassador

*Anita's Stewart's writing is an impassioned and thoughtful defense of Canada's sovereignty as expressed through food. She is founder of Cuisine Canada and a prolific culinary writer, having written 14 cook books, numerous articles and conference papers, as well as making countless media appearances.*

"I hold up a mirror to my country, Canada". Anita Stewart records what she witnesses, and one of those things is how wonderfully our ingredients define our regions -- just like they do everywhere else in the world -- only we Canadians have been slower to realize it. Our local ingredients are fabulous, albeit we've been too modest about telling ourselves and the world about them. As a food writer she makes those connections for us. She loves expounding from her "soap box" and loves how Canadians are reacting to what she, and others, have to say.

Her interest in food started "when I was a kid". Her first teacher was Thelma Barer-Stein, who readers of CHO will recognize as the author of *You Eat What You Are: People, Culture and Food Traditions* (and CHO member too). While living in London, ON, in her mid 20s, Anita found Thelma inspirational, and after moving to Elora with her young family, she wanted more. She found it at Guelph U, where Jo Marie Powers (also a member of CHO, see issue #3) was teaching such courses as culinary history. More than a mentor, Jo Marie became a friend and together the women wrote *The Farmer's Market*. It was a Pan-Canadian cook book, a descriptive term Anita uses in her conversation a lot.

That, however, wasn't Anita's first cook book. Little did she know when she wrote *Juice and Cookies* for the Elora Co-op Pre-School in 1973-74, where her first son was attending, that a career was beginning to take shape. It was a little handbound photocopied fundraiser that cost only \$5. One of the dads worked for Xerox, who donated free photocopying.

Carol Ferguson (Culinary Colleague, issue #5), editor of *Canadian Living* at the time, said "I like your style", but showed her some tricks of the trade, like how to build the skeleton of a story.

Anita, her husband, and their 4 sons camped all over Canada as she explored regional foods in a burgeoning career. Today, the oldest is a professor at Guelph U in Food and Hotel Administration, the 2nd is a philosopher and the twins are chefs.

Anita founded Cuisine Canada in 1994 following the conjunction of several incidents. Since she'd just been travelling extensively coast to coast, she realized how

minimally culinary connections were being made between regions. On the West Coast she visited one of Canada's premier restaurants, Sooke Harbour House, which promotes the necessity of supporting fresh local produce. While there she attended a conference whose keynote speaker said in all seriousness that he believed British Columbia was slated to become the 51st American state. She was upset, but thought "Gulp! What if he's right? What do we do to prevent this?"

Very soon after, following an exciting food tour of New Brunswick, she talked with her neighbour on the home flight. Interested in her ideas, he said, "Send me your stuff, maybe I can help". That businessman turned out to be Archie McLean of McCain Foods, Canada's largest food company! He offered the services of a corporate lawyer for the founding meeting of Cuisine Canada. Anita feels that such wonderful serendipity has come her way on many occasions.

Cuisine Canada was born out of a meeting of like minds (Anita, Jo Marie, Donna Messer and Liz Driver -- yet another CHO member, see issue # 4) at a conference called Northern Bounty at the Stratford Chef's School. Everyone agreed that such an organization was needed. Anita had the fire and so agreed to organize nationally. Today it is a strong voice for culinary Canadiana.

Anita is profoundly concerned about the survival of Canada's farms. She talks to farmers a lot and feels that we and our farm community are in a major crisis, largely because Canadians don't shop locally. It's so serious, she believes, that we are in grave jeopardy of losing our sovereignty. The federal and provincial governments are being profoundly shortsighted in squandering this agricultural legacy.

However, she continues to do her utmost to promote our Canadian foods and farms. Agriculture Ontario, for instance, is consulting her about policy. Her next book, due out in September, is *Flavours of Canada*, which will be actively promoted by Tourism Canada and Agriculture Canada, as well as Raincoast Publishers. Like her previous book, *Great Canadian Cuisine: The Contemporary Flavours of Canadian Pacific Hotels*, it will feature stunning photography. She thinks all cook books need colour as part of their inspiration. This book took so much energy that for now other books can wait. She wants to devote major effort to promoting

*Flavours of Canada* because she feels strongly that it is truly a publishing benchmark.

Meanwhile, Anita is off to Germany to write the hospitality menu for the Commissioner General at the World's Fair. She wants it to be as Canadian as possible and is planning it as a bridge between our heritage and agriculture.

Anita is an inspirational speaker, a devoted Canadian foodie and a passionate advocate of our Canadian identity through food. We would do well to heed her words.

*Fiona Lucas, CHO co-founder*

### CUISINE CANADA

"*Cuisine Canada* is the first ever national alliance of Canadian culinary professionals who share a common desire to encourage the development, use, and recognition of fine Canadian food and wine. *Cuisine Canada* celebrates Canada's unfolding culinary traditions. *Cuisine Canada* is about culinary awareness and national pride."

"*Cuisine Canada*'s objectives:

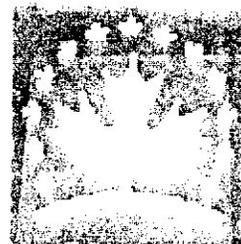
- Promoting Canada's food history and the multicultural and regional diversity of Canadian cuisine, leading to increased knowledge and demand.
- Providing members with a national communication link and interaction among Canada's culinary community.
- Encouraging use of quality Canadian products nationally and internationally.
- Offering young members of Canada's culinary community an opportunity to enhance their educational / work-related career pursuits."

"*Cuisine Canada* is a national association broken down into 5 regions. Within the regions are smaller chapters, which offer grassroots programming and networking. Communication is achieved through regular newsletters, Northern Bounty conferences, electronic communication and on-going networking among members through regional and chapter meetings."

web: [www.cuisinecanada.ca](http://www.cuisinecanada.ca)  
 e-mail: [info@cuisinecanada.ca](mailto:info@cuisinecanada.ca)  
 tel: 1 (877) 828-7463  
 fax: 1 (877) 387-6637  
 post: Box 1645, Lloydminster  
 Saskatchewan S9V 1K6

## AMAZING WEB SITES YOU SHOULD CHECK OUT!

- ▶ <http://aceis.agr.ca/newintre.html> *Agricultural and Agri-Food Canada's Electronic Information Service (ACEIS)*  
Table of contents for Agriculture and Agri-Food Canada.
- ▶ <http://aceis.agr.ca/agriweb/geograph> *Agri-Web Canada - By Geographic Location*  
Under Ontario: huge info sources, e.g. the first 3 entries under A are: ACE Bakery (in Toronto), Animal Health and Nutrition (ADM), Agricultural Groups Concerned about Resources and the Environment (AGCare).
- ▶ [www.eharvest.com](http://www.eharvest.com)  
*Canadian Agriculture, Farm and Food: Extension Information Network and Exchange (CAFFEINE)*  
Search engine for Agriculture Canada, e.g. cattle auctions, canola oil, employment opportunities, crop protection, chicken feed. This urbanite was amazed!
- ▶ <http://foodnet.fic.ca>  
*Food Net*  
Developed by the Food Institute of Canada. Itemizes all sorts of food regulations, e.g. the Food and Drug Act, the Canadian Food Safety and Inspection Act, and much, much more.
- ▶ <http://aceis.agr.ca/cafe-fcaa/main.html>  
*Canadian Agriculture and Food Celebration: Feeding the Canadian Spirit.* Official Web site that explains the celebration, the second annual in October, in conjunction with Thanksgiving (Oct. 9 and World Food Day (Oct. 16).

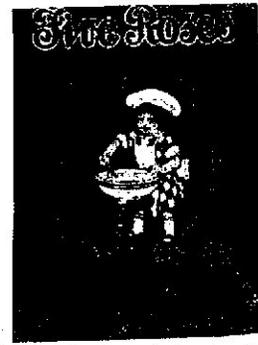


**Agriculture and  
 food celebration  
 fête de l'agriculture  
 et de l'alimentation**

*These sites were all found following a link in the Cuisine Canada web site.*

## Book Review

# The Return of Five Roses



A mainstay of early twentieth century Canadian kitchens has returned! Some of you might be familiar with the Canadian recipe book, Five Roses Cook Book: Bread, Pastry, Etc., which was sold for many years by Lake of the Woods Milling Company, the producers of Five Roses Flour. New editions of this cookbook appeared every few years and were a staple in many households. It was also available in French.

While exploring at an ephemera show in Toronto many years ago I purchased a 1913 edition of this cook book to use in researching appropriate recipes for use in a 1914 Old Order Mennonite farm at an historic site. I was fortunate to discover that this was a very popular cook book among Mennonite families as well as others in the area.

Shortly after this, a friend purchased a 1915 edition of the same cook book which she shared with me occasionally. It was interesting to compare these two books because some things changed in just two years. The later edition came with lovely colour photographs.

In October I discovered that the 1915 edition of the Five Roses Cook Book was being reprinted and would be available soon. I anxiously awaited a preview copy from the publishers and was very excited when I received it. At this point some of you are probably wondering what the fuss is about and it is difficult to answer. I guess I'm excited because this is one of the first Canadian reprints in a long time. If well done it sets the stage for further reprints which will allow greater access to historical recipes for those who can't afford originals.

Finally my preview copy arrived. It is listed at a very reasonable price and appears in a paperback format similar to the original. The front cover looks exactly like the 1915 original and I was able to overlook the writing on the spine. The cover lacks the hole and the string of the original which were used to hang the cook book in a convenient area of the kitchen. Elizabeth Baird has written a great personal forward which explains the importance of the Five Roses Cook Book to her family and to Canadians.

Unfortunately some of my excitement dimmed when I looked a little closer at the reprint. For some reason there is a picture of a woman and a dedication by Carol Ann Shipman who has the copyright on this reprint. This could cause confusion if people think

they were involved with the original cook book. This too can be ignored but I couldn't overlook the lack of coloured photographs since that was the major difference between the 1913 and 1915 editions. The evocative introduction on the inside of the front cover of the 1915 edition reflects the wartime era but unfortunately this has been excluded in the reprint. It stated that:

*The recipes were supplied by Canadian Housewives and are suitable for use in all parts of the Dominion. These recipes were carefully tested by competent authority thoroughly versed in the culinary requirements of Canadian Housewives. The Book was printed in a Canadian Shop, and the paper, both inside and cover stock, was produced in a Canadian Mill. No Cook Book published anywhere has received such popular appreciation. Already, over 950,000 copies are in daily use in Canadian Kitchens – practically one copy for every second Canadian Home. Wherever possible, buy "Made in Canada" goods. True patriotism urges all loyal Canadians to encourage the "Made in Canada" movement.*

Further into the book little has changed fortunately. You still find Mock Cherry Pie on page 81, Boiled Cake on page 94 and Maple Sugar Cookies on page 134. This was, and still is, a very usable cookbook. Although I wish the colour pictures were in this reprint it is still a good effort and I do recommend the book.

A reprint will never replace the joy of finding an original cookbook with added handwritten recipes or notes by the users but the reprinting of the Five Roses Cookbook restores a bit of our Canadian culinary heritage. This cookbook truly reflects the different needs and backgrounds of the average Canadian housewife. It had sturdy recipes for feeding family and a few dainty recipes for impressing friends. Open the covers, try some of the recipes and taste some Canadian heritage.

<p><u>Five Roses Cookbook</u>          Published in 1999 by Whitecap Books          Paperback          144 pages          ISBN 1551109956          List Price: \$14.95</p>
--

*Carolyn Blackstock is Education Officer at Woodside National Historic Site in Kitchener.*

# A Culinary Glimpse of Costa Rica

When we were finally able to get away on our long delayed and much anticipated winter vacation it seemed that Playa Tamarindo on the west coast of Costa Rica was the place to go. I was intrigued by the name Tamarindo and was told by a friend that the town was likely named after a tropical fruit. This peaked my culinary curiosity so I did a little research into Tamarindo, which I quickly learned is Spanish for tamarind.

Tamarind is a tropical evergreen (*Tamarindus indica*) that produces a brown, curved, brittle-skinned pod which is approximately 7 - 13 cm in length. Once opened the pod reveals a reddish brown pulpy fruit. This fruit tree represents an integration of Old World plants into a New World setting. It originates from East Africa and Southern Asia and was cultivated in India for centuries and used as a souring agent in curries, stews and soups. It was introduced to Europe through the Middle East and was eventually brought by the Spanish to their New World colonies in the West Indies/Central America in the 17<sup>th</sup> century. Tamarindo grows wild in Costa Rica and is still used as an ingredient in fruit drinks called *refrescos*. These are made with local fresh fruits such as papaya, mango, banana, watermelon, nagarilla, carambola, guava, tamarindo and is blended with water, ice, sugar and sometimes with milk. Tamarind is especially known for its thirst-quenching properties. I really enjoyed sampling the various types of *refrescos*.

When I travelled through the countryside I was fascinated by the profusion of foods available and the large fields of sugar cane, watermelon and the many mango groves. Sugar cane is one of the largest commercial crops in Costa Rica and has an unusual use for molasses. Most of the roads are unpaved and get dusty in the hot tropical sun, especially during the long dry season (December - May). The thick molasses is sprayed onto the dirt roads and forms a tar-like covering which helps keep the dust down. The sweet heavy smell was noticeable as we walked along some of these rural roads outside the village.

In the local restaurants we wanted to try typical foods (*comida typica*) and found in Costa Rica that the combination of rice, beans, meat and often times a fried egg had the interesting name *casado* which means marriage in Spanish. This name certainly reflects the long established union of these typical Latin American food staples. While not unexpected to find these foods in Costa Rica, we were satisfied with its local interpretation. Ceviche was also a popular menu choice and included many types of seafood marinated in lime juice, herbs and spices. I also found a recipe for a ceviche made with mango.



A flan, custard or pudding was the dessert offered in most restaurants. I was often too full and only took the opportunity once to sample a delicious rice pudding with fresh pineapple. These desserts are also popular in many other countries throughout Central America.

The name *Costa Rica* means rich coast in Spanish but to me this country also has a rich culinary heritage which I experienced in Playa Tamarindo.

<b>More about Tamarind...</b>
<b>Also Known as:</b> Tamar-hindī (arab) meaning Date of India
<b>To Buy:</b> Often sold in plastic wrapped brown bricks
<b>How to use:</b> Boil tamarind in water, steep, and strain, used especially for drinks
<b>Other Uses:</b> Pectin in fruit used for jam and jelly making Ingredient in Worcestershire sauce Leaves used to make red and yellow dyes
<b>Culinary:</b> In Jamaica used in rice dishes, stews and desserts

*Bridget Wranich, CHO co-founder*

# Culinary Calendar

Please send CHO information about your upcoming food history or related events. We are pleased to include them in the newsletter.

## May

### How Does Your Garden Grow?

#### A History of Gardening in Toronto

Canada Trust Gallery, Toronto Reference Library

April 15 - June 18

This exhibition traces Toronto's love of horticulture.

### Nineteenth Century Desserts

The Gibson House Museum, Toronto

(416) 395-7432

May 13 10 - 2 pm

Learn to create sweets from the past in the open hearth kitchen. Pre-registration and pre-payment required. Cost \$25.

### Old Toronto Gardens

Beeton Auditorium, Toronto Reference Library

May 16 7 pm

Guest Speaker Pleasance Crawford, author & landscape historian.

### Heritage Plant Sale

Doon Heritage Crossroads, Kitchener

(519) 748-1914

May 21

### Victorian Cream Tea

Scarborough Historical Museum,

(416) 431-3441

May 22 12 - 4 pm

Admission pay-what-you-can, tea and scone \$ 3.

### Georgian Boiled and Baked Puddings

Historic Fort York

(416) 392-6910

May 28 11 - 4 pm

Participate in this hands-on workshop in the historic kitchen. Pre-registration required. Cost \$40 + GST.

## June

### Cookbooks of Wellington County

Annual General Meeting of the Wellington Historical Society

Aboyne Room, Wellington County Museum

June 5th 7:30 pm

Guest speaker Elizabeth Driver

### Strawberry Social

Spadina Historic House & Gardens

(416) 392-6910

June 25

Enjoy our annual garden party based on Mary Austin's

1901 party. Delicious traditional strawberry shortcake, strawberries and cream, a strawberry pie contest and much more! Admission \$2.

### Grits, Greens and Everything in Between: The Foods of the African Diaspora and American Transformations

Culinary Historians of Chicago

June 23 - 25

For more information or to register contact Susan Ridgeway, CHC, (815) 439-3960.

## July

### Bread Dough Rising

Doon Heritage Crossroads, Kitchener

July 23

### Food and Memory

Oxford Symposium on Food and Cookery,

Oxford England

September 9 & 10

Contact: Jane Levi

Email: [foodsyp@banksider.demon.co.uk](mailto:foodsyp@banksider.demon.co.uk)

101 Millennium Tower, 65 Hopton St., London UK SE1 9JL Cost: £60 or \$100 US.

## Culinary Credits

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\$12 (Cdn.) annual subscription.

Deadlines for entries for July 2000 issue —  
June 15, 2000

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