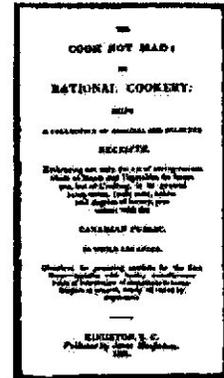


# The Culinary Historians Of Ontario

Summer 2001 Number 29



*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.*

## A Beginning: a publication history.

by Mary F. Williamson

When in the 1970s Roy Abrahamson issued a series of reprint editions of James Macfarlane's *The Cook Not Mad*, or, *Rational cookery* he unwittingly elevated a Canadian edition of an obscure American cookery book into a Canadian culinary icon, one that has become the point of reference for early English-Canadian cookery. In his introduction Abrahamson clearly (although not always accurately) outlines the tenuous Canadian connections to the content of the book but, alas, readers tend to skip 'the Introduction.' As a consequence, the facts behind publication of "Canada's first cookbook" in 1831 have remained obscure.

By the mid 1820s, James Macfarlane had become a successful publisher and bookseller in Kingston, U.C. Each spring, after the reopening of the summer navigation season, he would set out for New York City. Today it is hard to visualize the vital commercial and cultural ties that in 1831 closely linked Kingston to Toronto and Niagara as well as towns in New York state located on Lake Ontario. Steamboats maintained a regular schedule of calls at Sacketts Harbor (the port for Watertown), Oswego, and Rochester, with links to the Erie Canal which was completed in 1825 and direct access to New York City. From his firm's letter books we know that Macfarlane ordered books, paper, type and office equipment for himself and on behalf of other publishers and booksellers in nearby towns in Upper Canada. Sometimes requests forwarded to the New York book distributors he patronized explicitly left major supply decisions up to the vendor. For example, from John Hood Greer in early 1833 he ordered "the usual authors" by the gross, or "dozens" of each, or "one dozen copies of ...any knick-knackery Mr. Greer may think suitable for Christmas pieces," or "two or three copies of anything that may have appeared in the market since this writer left your

city." James Macfarlane was not fussy about the details of the titles he bought, and he knew what sold. In Kingston, under his own imprint, Macfarlane issued at least two books with guaranteed sales, Mavor's Spelling Book and The Statutes of the Province of Upper Canada (1831), neither of which he printed himself. His printing activities focused on the Kingston Chronicle, a leading Tory newspaper which he edited for 23 years, and job printing.

The publication history of *The Cook Not Mad* must begin with the original work upon which the Kingston edition is based. On October 11, 1830, Watertown NY publisher Knowlton & Rice, for copyright purposes, deposited a copy of *The Cook Not Mad* in the Northern District of New York Clerk's Office. George Willard Knowlton, the brains behind Knowlton & Rice, is described in a contemporary publication as "a patriot and public-spirited citizen," who, I suspect, is the author of the cookbook's fiery republican introduction which is reissued verbatim in the Kingston edition. James Macfarlane, according to his biographer, Jane Errington, "frequently proclaimed his loyalty to king, country and constitution," a system of beliefs far from the political sentiments Knowlton expressed in the cookbook's introduction.

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*A Beginning: a publication history. continued from page 1...*

Elizabeth Carroll, Knowlton's wife and "a potent and influential factor in the improvement of the literature, morals and material growth of the Black River country," is a plausible candidate for the position of author and compiler of the recipes which are written in a lively style, sometimes incorporating references to current literary works. *The Cook Not Mad* was evidently well-received. A second Watertown edition was published in 1831. Contrary to the description in Cagle's American books on food and drink, 1739-1950, this is not a second printing of the first edition because it has been completely reset with corrections and changes, for example the modern "yeast" is substituted for the antique "yest", and eleven new recipes are added. We learn in one additional recipe: #304 titled "How to use Nutmegs" that you "begin at the end, next to the stem, otherwise it will be apt to break" – a piece of advice worth noting. It would have been six copies of this edition that James Macfarlane imported in June 1834 from New York book suppliers rather than directly from Knowlton & Rice in Watertown. A further large format edition appeared in 1841.

There are only three known copies of the Kingston 1831 edition of *The Cook Not Mad*, two of which have a Kingston provenance. In a surprising twist, the 1830 U.S. edition on which it is based is almost as scarce, a copy described as "this rare book" being offered at the time of writing on an internet booksellers' site for US\$2800! A copy of the much more common second Watertown edition of 1831 can be seen in the Una Abrahamson collection at the University of Guelph Library.

In the introduction to his 1970s reprints, Roy Abrahamson raises various questions about the Kingston publication. The most obvious-- why did Macfarlane publish this book? – remains a puzzle. The book seems not to have been listed in newspaper advertisements for publications available from Macfarlane & Co.'s Kingston bookshop. During the early 1830s Macfarlane imported but didn't advertise multiple copies of American and British cookbooks, but it may be that they were already spoken for when they arrived in Kingston. Kingston women would have been acquainted with the latest publications through the US and British periodicals that were sold by Macfarlane.

Now to focus on the physical book. The assumption has been that the Kingston edition of *The Cook Not Mad* was published and printed in Kingston, which would make its Canadian associations a trifle more credible. But a comparison with the Watertown edition, and with other books published and printed by Macfarlane, leads this writer to the conclusion that the entire book was imported. The Kingston and Watertown editions are identical in their size (which is a tiny 14cm, or 5 ½ inches high), and in the text paper and the blue paper-on-boards of the binding. The only apparent differences are the wording of the title as it appears on the title-page and cover, and the copyright statement on the verso of the title-page. It was a common practice at that time for Canadian publishers to print their own editions from stereotype plates imported from the U.S., or simply to paste their own title-page into intact imported books, but in this case the title-page appears to be an integral part of the book. What really happened is elusive, but one of many possibilities is that Knowlton & Rice printed a small split run in October 1830, and the following spring, after the ice had receded from Lake Ontario, using the usual water route James Macfarlane was sent his share of the production line with his own title-page. We know that James Macfarlane was a community-minded citizen who supported local philanthropic endeavours including the Dorcas Society, a church-based organization whose members helped indigent women, and The Female Benevolent Society. It would be a wonderful "first" for *The Cook Not Mad* if in fact the book were sold as a fund-raiser for these groups, making it the earliest charitable cookbook ever!

And what of the republican sentiments in the introduction which we suspect would have been anathema to Macfarlane? Did he simply not notice them? Like many Scotsmen of his day, James Macfarlane held strong personal views which he did not allow to interfere with business opportunities. As Macfarlane's biographer reminds us in connection with his many philanthropic activities, "these beliefs and involvements, undoubtedly sincere, were also good for business," and a cookbook introduction extolling "good republican dishes and garnish" would hardly deter the monarchist James Macfarlane from issuing an enterprising and useful collection of recipes employing ingredients and techniques that would appeal to Kingston readers. Besides, his wife whom he married three years later was a tainted Yank from Oswego!

Mary F. Williamson  
Retired Fine Arts Librarian, York University.

**End notes**

. The James Macfarlane and Company account and letterbook for 1832-1834 is preserved in the Fairfield Family collection in the Archives of Queens University (Locator Number 2193b.) The ledger gives a glimpse of Macfarlane's business operations as a book importer and bookseller, and I have included here several quotes from his letters.

. R.A. Oakes. Genealogical and family history of the County of Jefferson. I. (New York: 1905) p.174-5.

. Jane Errington, "Macfarlane, James," Dictionary of Canadian Biography VII. (University of Toronto Press, 1988) p.558-9.

. Oakes, op cit. p.174.

. 6 copies were purchased from the Assignees of Collins & Hannay at \$.10 each. James Macfarlane and Company account and letterbook, op cit., 9 June, 1834,

# Yes I Have Met the Real Cook!

Dorothy Duncan, Executive Director  
The Ontario Historical Society

I still have a very vivid memory of the day that I met *The Cook Not Mad* in person. It was very appropriate, I think, that we met at Black Creek Pioneer Village, and the year was 1965, with the celebrations for Canada's centennial fast approaching. When Russell Cooper, the Village Administrator, told me that Una Abrahamson was coming to meet us because she had a matter of mutual interest to discuss, I was agog with curiosity - author, lecturer, historian, superb cook, the works!

When Una arrived and we sat down for our meeting, she unwrapped a small volume from its protective tissue paper and introduced us to *The Cook*. Her proposal was a simple one. She owned one of the few (perhaps the only) known copies of *The Cook Not Mad* or *Rational Cookery, Being a Collection of Original and Selected Receipts*, published in Kingston, Upper Canada by James Macfarlane in 1831, believed to be the first cookery book published in Canada. Una loved history and she loved the Village and wanted us to reprint the book faithfully and in its entirety, sell it in the Village gift shop and any other available outlets and keep the profits! She would, of course retain ownership and copyright of the book.

At that first meeting and many subsequent meetings we explored every possible avenue of funding for the costs of publication. *The Cook* often came to the meetings with Una and each time I had the opportunity to learn more about her. What a treasure! Never mind that her ancestors were American - born in Watertown, New York, in 1930, she had her own credentials and soon the Village was going to be able to make her available to the world, or so we believed.

Alas, it was not to be. Try as we might, we could not find the funds to clone *The Cook*. It was, after all, 35 years ago and donors could not imagine shoppers who would be willing to pay good money for a reproduction of an old receipt book, no matter how faithfully it was accomplished.

Despite this failure, Una and I became friends and often met for a quick lunch at L'Omelette on College Street in Toronto, as it was one of Una's favourite restaurants. We were often attending the same events, meetings, conferences and antique shows and I would pick up Una in my car (as Una did not drive) and as we toiled along Ontario's highways and byways, we had many long discussions about historical cookery

books in general and *The Cook* in particular, for Una never ceased to rejoice that she owned such a gem, and that somehow, somewhere, Black Creek Pioneer Village would find the funds to produce a perfect reproduction of it.

The day that Una's marriage failed, she called me and as a result we spent a great deal of time together in the days, weeks and months following. By now I was an eager apprentice, for I had begun my own modest collection of Canadian cook books and turned to Una for advice on provenance and purchases. Una had been researching and collecting for such a long time that it was natural to seek her advice as so many others did, and at the same time, distract her from mourning the end of an era.

Unfortunately, that was not all that was to be mourned, for again, I remember the day, a short time later that Una called (weeping) to announce that *The Cook* had vanished! Her treasured volume was gone from her library; not only was it a physical loss but an emotional one as well.

As many of Una's friends know, Una was struck by a car on the Friday morning of Thanksgiving weekend, 1978, as she crossed Leslie Street in Don Mills on a green light. She was confined to hospital for over a year, most of the time unconscious, but finally made a remarkable recovery. Her library of cook books, reading, writing, painting and entertaining gave her great satisfaction. Until her death, however, she still mourned the loss of one of her oldest friends, *The Cook Not Mad*.

For those of us who collect cookery books, there is always the hope that somewhere, sometime, an original copy will appear. More often we find reproductions published by Cherry Tree Press in 1972, 1973 or 1982, or reproductions published by the Ontario Ministry of Agriculture and Food and Cherry Tree Press in 1984. All of these reproductions appear with the copyright of Ray A. Abrahamson, Una's former husband.

## FIONA'S MUSINGS

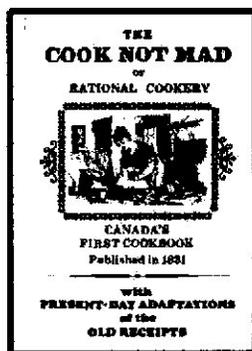
***THE COOK NOT MAD***, Kingston, Upper Canada: 1831; reprinted by Cherry Hill Press, 1972, 1973 and 1982, with introduction by Roy Abrahamson, and modern recipes for present-day use with explanatory notes by Joan Graham.

The tone of *The Cook Not Mad's* introduction by Abrahamson and modern recipes by Graham offends me. It is pompous, myopic, and reveals their lack of knowledge about historic cookery. Despite paying tribute to the book's historic significance and "literary flavour", they damn the recipes, the anonymous author and the cooks who used it as unsophisticated. Many comments fall into the unforgivable "weren't-they-stupid-back-then-but-we-know-better" category.

From the introduction the worst of many impossibly wrong-headed statements are: "it is inadvisable and hardly possible to use the receipts as is"; "we assure you [that] the contemporary adaptations are much better than great grandmother's"; "this is a reading cookbook rather than a 'how-to' cookbook".

I beg to differ. The original receipts are entirely possible to use as is, the contemporary adaptations bear no relation to the originals, and, this is eminently a 'how-to' cookbook. The CNM was, and still is, a lively, genuine and informative cookbook, whose publication date happens to have been 1831. It expresses its time, its author and its users, as any cookbook does.

Over the years I and many other hearth cooks have cooked and baked many fine dishes from the CNM, just like our mid 19th century counterparts. The clue is comprehension of the 18th /19th century culinary language, a point that Abrahamson and Graham fail completely to grasp. Achieving that comprehension is challenging but very worthwhile for 20th/21st century readers. The recipes' sketchiness proves the skill required to make them, skills lost to many today, which is why books like *The New Canadian Basics Cookbook* by Carol Ferguson (1999) and *How to Cook Everything* by Mark Bittman (1998) are still needed.



Many authors prior to World War II assumed their readers' basic cooking knowledge was much greater than ours today. Most cooks didn't need the handholding that many now do, so dependent are we on microwavable dinners and electrical food processors.

Today, electric ovens can be set for a steady temperature and remain so indefinitely – not so a fire in a bake oven, hence directions "to bake until done". Cooks who didn't rely on buzzers, timers, thermometers and burners had, and have, a sensory relationship to their cooking and baking that others lack. Farm women who tended fowl were not flummoxed by "butter the size of a duck egg". "Spice to your taste" didn't mean you had to have specific spices on hand or the cookie was undoable.

Home economist Joan Graham wrote the 22 modern recipes. They're all okay recipes, but they're not conversions, adaptations or refinements, as claimed. Egregious examples: *Soup Made of a Beef's Hock* (no. 34) becomes *Green Split Pea Soup* (p. 27). Onion and summer savoury ("to make it grateful" – delightful original phrase) are the sole 2 ingredients in common. Graham even substitutes a ham bone for a beef hock. *A Tasty Indian Pudding* (no. 76) is gussied up with molasses and whipped cream (p. 67) when nothing is wrong with the delicate plainness of the original. *Soft Cakes in little pans* (no. 178), redolent of rosewater, wine and nutmeg, are somehow the basis of *Cheese and Bacon Muffins* (p. 91). Ridiculous.

These pairs of recipes and most others are in no way related but merely have the same names. Her recipes sometimes replace butter with margarine, and include monosodium glutamate. She calls for canned golden mushroom soup in mock bordelaise. Definitely not conversions, adaptations, nor refinements of mid 19th century recipes. They are, however, very much of their time, the early 1970s. Just don't call them authentic.

The modern introduction and recipes ill serve the historic reality of *The Cook Not Mad*.

## JUMBLES, No. 115.

### ORIGINAL RECEIPT from *The Cook Not Mad*

"Two cups of butter, two of sugar, three eggs, as much flour as will make it thin, and any good spice you like."

### MODERN EQUIVALENT

The texture is delicate, so handle gently. Feel free to adjust the spices to suit your own taste.

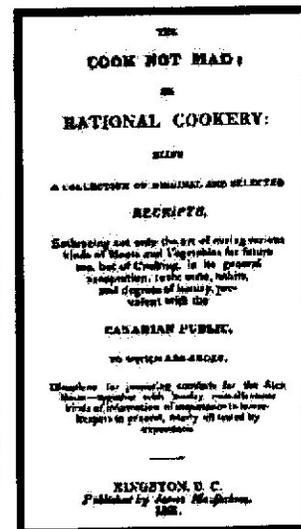
500	mL	soft butter	2	cups
500	mL	white sugar	2	cups
10	mL	nutmeg	2	tsps.
10	mL	cinnamon	2	tsps.
10	mL	ginger	2	tsps.
3		medium eggs	3	
1.5	mL	white flour	6	cups

<u>Cream:</u>	butter and sugar until very light
<u>Add:</u>	spices
<u>Whisk:</u>	eggs to a pale yellow cream
<u>Blend:</u>	whisked eggs into the butter and sugar mixture
<u>Sift in:</u>	flour, one cup at a time until a tender but not sticky ball of dough is formed; add more flour if necessary
<u>Roll Out:</u>	with a rolling pin on a floured surface, about 5 mm (1/4") thick, and then cut into shapes with cutters
	<b>OR</b>
<u>Slice:</u>	pieces off with a knife, roll them with your fingertips into ropes about 2 cm (3/4") in diameter and then twist them into 15 cm (6") rings
<u>Bake:</u>	in a moderate oven at 180°C (350°F) on ungreased baking sheets for 12 to 15 minutes, without turning
<u>Yield:</u>	about 6 1/2 dozen, depending on size

### HISTORIC BACKGROUND

Receipts (recipes) for **jumbles** first appeared in medieval cookery books. The word "jumble" is derived from the Latin *gemel*, meaning "twin". It was the shape, not the flavour, that characterized early jumbles. Originally, thin ropes of the dough were twisted into figure eights, circlets or knots, and then boiled, either in water or oil. (Boiled in water, jumbles are possibly linked to the development of pretzels and bagels, but boiled in oil, they are ancestors to doughnuts.) By the late 18th century, the word was being applied to dough rolled flat and stamped with circular cutters. Today, this flat type of jumble is more likely to be called a "sugar cookie". There are four different jumble receipts in *The Cook Not Mad*.

The phrase "as much flour as will make it thin" makes the assumption that the cook knows that jumbles are to be rolled, so the texture requires just the right amount of flour - too much makes a crumbly, dry dough but too little makes a sticky dough.



## CULINARY HAPPENINGS

### **An Exploration of Ontario Heritage Apple Varieties**

With Bob Wildfong, President of Seeds of Diversity (and renowned apple expert)

**Saturday, September 29, 2001, 1:00 p.m.**

Location and further session details to be announced. Please call Fiona to RSVP. (416) 534-1405.

### **Culinary Historians of Ontario Annual General Meeting**

All welcome. We'll talk about membership, committees, new initiatives, budget, raising annual dues, that sort of thing. Bring a nibbly to share, but we'll supply beverages.

**Montgomery's Inn, Sunday, November 4, 2001 from 1:00 - 4:30**

More info call Fiona (416) 534-1405.

### **Home Cooking through the Decades: Researching and Creating "A Century of Canadian Home Cooking".**

An evening with Marg Fraser, author of *A Century of Canadian Home Cooking* and other cookbooks, Home Economist and Food Stylist.

**Thursday, November 15, 2001, 6:30 p.m. to 8:30 p.m.**

At the Beeton Auditorium, Toronto Reference Library

For more info, contact Fiona at (416) 534-1405.

### *Two for One!*

#### **Cookbooks as Textbooks: Food Enters the University Classroom**

Nathalie Cook, Associate Professor in the Department of English at McGill University

#### **There is a Life after Butter Tarts: Upper Canadian Recipes in the North American Context**

Mary Williamson, retired Fine Arts Librarian at York University and long-time collector of Canadian Cookbooks, as well as British and American cookbooks used in Canada.

**Thursday, January 17, 2002**

At the Northern District Library

## Culinary Queries

 Alan Williams, a teacher from the Culinary Institute of Canada, is requesting information concerning Ontario's regional culinary history. He is talking to individuals and groups from across the country to ask for resources/materials that can really spice up this Canadian culinary course. He is interested in concentrating on the regional cuisines of each of the provinces and making units/lessons with an in-class and kitchen component to the course. The Institute is over ten years old and teaches between 80-100 students per year. They draw their students from across Canada and such countries as Japan. Anyone interested in helping this gentleman out? His email address is: [awilliams@athi.pe.ca](mailto:awilliams@athi.pe.ca) or his mailing address is 4 Sydney Street, Charlottetown, Prince Edward Island, C1A 1E9 



Becky Newman is a summer experience student at the Moore Museum in Mooretown. She would like to make traditional root beer for the visitors but is unable to find root beer extract. Members can contact Becky at the Moore Museum at (519) 867-2020 with any suggestions.

Old-Fashioned Root Beer, *The Toronto Cook Book*, 1915.

"Boil one-quarter pound of hops in three quarts of water. Strain and add three-quarters bottle root beer extract, ten drops spruce oil, ten quarts lukewarm water and one and one-half yeast cakes. Bottle and stand in a dark, cool place 48 hours".

# FAMILY FARE by Ed Lyons

*This is a column for our readers to share old family recipes, These recipes should have been used in families for 2 or more generations. We would also like some of the history attached to the recipes and your families.*



CHO member Peter Iveson writes on gardens and is an amateur cook and historian. We met when he visited the Spadina Museum kitchen in 1999. I was on duty and he was one of about 100 descendants of Robert Baldwin who were attending a family reunion on the site of their former family home. The Baldwins owned the Spadina property until 1865, when it was sold to James Austin, who built the existing building on the foundation of the 1836 Baldwin home.



Peter's contribution is a recipe for pound cake that has been handed down in his family for more than 150 years. His grandmother, the late Dorothy Whilemina Ritchie (née Bucke, 1886 – 1974), was raised by her grandmother, Whilemina Maley, in Brandon, Manitoba, in the 1890's. Her father had died of typhoid fever when she was five and her mother was one of the first women working outside the home in a responsible job other than nursing. Mrs. Bucke taught herself typing and shorthand and eventually became Head of the Dominion Land Office in Winnipeg. The Maley's came from Kemptville, Ontario, and went west when it was opening up to pioneering families.

Peter writes that his grandmother was a very good cook because she learned from her grandmother. He and his brother received the recipe from their mother, Mrs. L.B. Iveson of Carleton Place, Ontario. It is a delicious, buttery cake and has been a mainstay of 'afternoon tea', a tradition in their family for many generations.

## GREAT, GREAT GRANDMOTHER MALEY'S POUND CAKE.

1 cup butter	1 cup sugar
2 eggs	2 cups flour
2 tsp baking powder	pinch of salt
1/2 cup citron peel	

Cream butter and sugar, add eggs and beat. Sift flour, baking powder, salt and add. Dredge peel in flour and fold in. Put into a buttered 10" tube pan, sprinkle some sugar on top, and bake for 1 hour at 325F

*Get those family recipes in to me along with some historical notes.*

Ed Lyons

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Fax: 416-883-9100 PAUSE PAUSE 1140

Snail mail: P.O. Box 431, Station F, Toronto, ON M4Y 2L8

*Ed spends part of his retirement time volunteering as an historic cook at Spadina Museum in Toronto.*

# Culinary Calendar

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

## September

### Seed Saving Workshop

Doon Heritage Crossroads (519) 748-1914  
Kitchener, ON

September 15 9 am - 12

Learn the art & science of seed saving, methods of controlling pollination and proper harvesting and storage of seeds. Pre-registration required. Cost \$5 per person, materials included.

**Cooking from the Garden: Early Autumn Preserves**  
Spadina-Historic House and Garden (416) 392-6910

Sept. 15 or September 22 11 am - 4 pm

In the Edwardian kitchen costumed historic cooks will lead the hands-on experience of late 19th century preserving techniques. Foods to be made include *pickled grapes* and *tomato chow-chow* from authentic 1896 recipes. Includes all ingredients and preserving jars to take home the *fruits* of your labour!

\$45.00 plus tax. Pre-registration required.

### Apple Tasting Evening

Doon Heritage Crossroads (519) 748-1914  
Kitchener, ON

September 20 7 - 9 pm

Sample flavours of over 20 heritage apple varieties. Learn the secrets of selecting, storing and cooking with apples. Pre-registration required. Cost \$8.

### Corn Husks & Kernels

Joseph Schneider Haus (519) 742-7752  
Kitchener, ON

September 22 10 - 5 pm & 23 1 - 5 pm

Join in a husking bee and sample Pennsylvania German cornmeal cookery.

### Harvest Festival

Todmorden Mills Heritage Museum and Arts Centre  
(416) 396-2819

September 23 12 - 5 pm

This 19<sup>th</sup> century autumn festival includes period entertainment and demonstrations. Tour our historic houses as interpreters perform seasonal tasks in preparation for winter.

## October

### Apfelfest - In celebration of the apple

Doon Heritage Crossroads (519) 748-1914  
Kitchener, ON

October 8 1 - 4 pm

Villagers and farmers will be busy making apple butter, pressing cider and making apple schnitz.

### Preserving the Harvest

Joseph Schneider Haus (519) 742-7752  
Kitchener, ON

October 9 - 12

Throughout Oktoberfest week, the Schneiders will

demonstrate pickling, sauerkraut making, schnitzing, preserving, natural dyeing and baking.

### Brews & Beverages

Joseph Schneider Haus (519) 742-7752  
Kitchener, ON

October 13 & 14

Fruits of the harvest are converted to beverages for winter use. Cider, beer and wine-making are demonstrated.

### Apple Harvest Festival

Scarborough Historical Museum (416) 338-8807

Oct. 14 2 - 4 pm

Guests will enjoy traditional fare while sipping hot mulled cider. Learn about early preservation techniques as costumed interpreters make a variety of traditional apple dishes and preserves. Admission: Pay As You Wish!

### Harvest Adventures

Gibson House Museum (416) 395-7432

October 20 10 - 12:30 pm

Children ages 8 - 12 will enjoy spending the day preparing and enjoying a typical 19<sup>th</sup> century meal. Pre-registration & pre-payment required. Cost \$12.

### Dinner at the Gibsons'

Gibson House Museum (416) 395-7432

October 27 10 am - 2 pm

From Cock-a-leekie to old-fashioned trifle and all the trimmings in between, we will prepare a delicious Scottish meal. Pre-registration & pre-payment required. Cost \$25.

## Culinary Credits

### Co Founders:

Fiona Lucas (416) 534-1405  
Christine Ritsma (519) 272-1949  
Bridget Wranich (416) 690-7062

### Newsletter Committee

Amy Scott, Ed Lyons, Carrie Herzog, Melanie Garrison, Bridget Wranich

Thanks for this issue to Mary Williamson, Dorothy Duncan, Peter Iveson

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