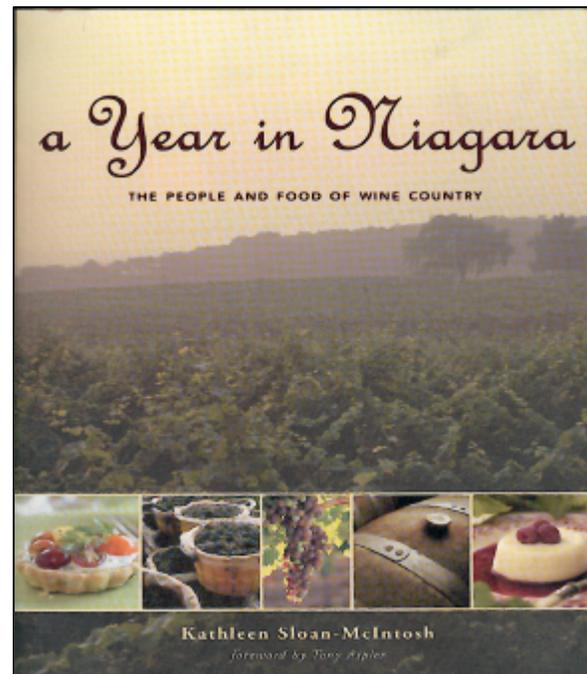
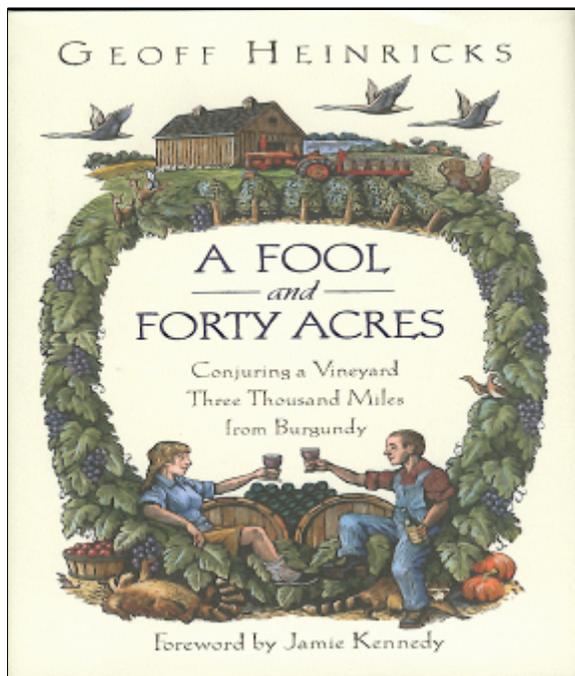


Culinary Chronicles

The Newsletter of the Culinary Historians of Ontario

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Message from the President

It's a sweltering July evening in Toronto as I write this last message before the election of the new CHO executive in the autumn. How I wish I had made another batch of refreshing Ginger Beer (see recipe on page 7) or, with raspberry season upon us, tried the Raspberry Vinegar recipe that follows Ginger Beer in *The Canadian Housewife's Manual of Cookery* (Hamilton, 1861).

Instead of winding down for the summer, your executive has been busy planning next year's events, including the AGM, and producing this newsletter. We are especially looking forward to meeting with other CHO members on 24 September in Peterborough for the joint symposium with Hutchison House Museum, "**Celebrating the Culinary Heritage of Peterborough and Area.**" It's going to be a great day, with a keynote address by noted historian Michael Peterman and papers about the culinary history of Peterborough and area, from early settler kitchens and the cultural exchange between native and English women, to Peterborough's 20th-century church cookbooks. And there will be good food to eat: in the morning, refreshments from Catharine Parr Traill's *The Female Emigrant's Guide* prepared by CHO members, a lunch recreated from local charity cookbooks by the ladies of St Andrew's United Church, and a garden party hosted by Hutchison House Museum. You can register now by telephone, email, or fax (see forms in this newsletter). We will be arranging car pools so please call Fiona at 416 534-1405.

Other fall events to mark in your calendar are **Craig Heron's lecture on beer** on 10 November, and "**Cookbook Caper**" on 20 November, when you can buy old cookbooks and kitchen equipment.

This issue of *Culinary Chronicles* features reviews by Dean Tudor of four Ontario food-and-wine books. Thank you to Dean for contributing these themed reviews, in anticipation of an event in 2006: The **Ontario Wine Society and CHO** are coming together for a **spring banquet**, which will feature an **1880s menu** created by CHO and wines selected by OWS. Stay tuned for future announcements.

From the beginning of the next membership year, January 2006, **CHO membership fees** will rise from \$20 (one year) and \$35 (two years) to \$25 and \$45, respectively. This modest increase was approved by the executive in order to maintain the quality of our programming and newsletter.

I am happy to announce a **new benefit of CHO membership**. Members may now purchase titles by Prospect Books and Southover Press through the David Brown Book Co. at a 20% discount. See page 17.

CHO is part of a new umbrella organization, called the **North American Culinary Historians Organization**. NACHO was formed in May at the First Biennial Symposium on American Culinary History, held in Ann Arbor, Michigan. To find out more about NACHO, visit its web page hosted by Food History News: <http://www.foodhistorynews.com/nacho.html>.

On the NACHO page, you will also learn about the **Foodways Symposium of the Americas**. FSA "is a proposal for an international conference on food history and culture to be held biennially in Chicago" (alternating with the Biennial Symposium on American Culinary History in Ann Arbor). The conference will embrace the food history of North and South America. "**Lost Foods of the Americas**" is the first year's theme. As the text on the NACHO page explains: "In every part of the hemisphere, foods and foodways have been disappearing under the impact of homogenization of food through modernization and industrialization. From the rainforests of South America to foods of ancient Mesoamerica to local food traditions in North America, much has been lost. This is a subject of great interest to large audiences and importance in our new global economy."

Enjoy the summer season, and I hope that some of you will try making the Ginger Beer!

Liz Driver, President, CHO

Mary Moore – The Story of a Canadian Cooking Phenomenon

Ed Lyons

Ed Lyons is a long-time member of CHO and contributor to the newsletter. He is a Volunteer Historic Cook at Spadina Museum in Toronto. Ed wrote an article on Mary Moore's sister, Mrs Doris Ludwig, for Culinary Chronicles No. 43, and included a recipe from Mrs Ludwig in No. 44.



MARY MOORE

Studio portrait, 1960s

(Photo courtesy of Marianne Pitts)

Many of the older members of CHO will remember reading recipes by Mary Moore in their local newspapers from the 1930s right through to the late 70s.

Born Mary Allen Clark in Hamilton in 1903, she took courses in home economics and journalism, and then married Henry Forrester Moore in July 1924, with whom she had two children, Marianne in 1932 and Peter in 1934. Unfortunately, the marriage broke down and the couple divorced in 1942, leaving Mary a single mother.

Her career as a syndicated columnist in many Canadian newspapers started by accident. It happened that her older sister, Pearl Clark, was asked to write a St Patrick's Day food article for the *Edmonton Journal* in 1928. Pearl turned the request down but made sure that Mary got the

assignment.¹ Mary obviously did a good job as she was asked to submit a weekly food column. When the editor moved to the *Peterborough Examiner*, her column followed. Eventually, her column appeared in up to twenty-five Canadian dailies over a fifty-year career.² Of course, there were problems. For example, she was carried in the *London Free Press* and the *Stratford Beacon-Herald*, newspapers with overlapping territories. In a letter to me, her daughter, Marianne Moore Pitts, wrote:

... For the London Free Press, she used her middle name, appearing as Mary Allen. Well, I remember her asking Pete and me to do our best not to disturb her on Thursdays – 'London Free Press Day.' These were special different columns on a page spread weekly because of the competing 'Stratford Beacon-Herald' only 20 miles away. Many readers subscribed to both daily papers and there her daily column was conducted by Mary Moore.³

Most readers would not be aware that Mary, with her sisters Pearl and Doris and the backing of their orthodontist brother, started a canning factory in 1936 or 1937 to produce high-quality gourmet products under the brand name of Mary Miles, still a familiar name to some Canadian shoppers. The company was incorporated in Ottawa with Pearl as owner and manager. Mary carried out the recipe experiments and Doris handled promotion and sales.⁴ In a 1972 interview with Carrol Allen Mary said:

Eventually we were canning 16 high quality products we had developed and perfected ourselves. We ran 666 tests before we released our mushroom soup. We had a staff of 13, we were shipping to Great Britain and France, and we were working like fools. Then, during the war, our supplies of tin were rationed and we had to cut back so severely we were glad to sell out. The amount of money we realised on the sale was so small I can't remember what we did with it.⁵

Doris remembers how the sisters worked together on their canned food enterprise:

Yes, we had a real canning plant at 8 Steven Street in Hamilton. After having done some experimenting in Mary Moore's kitchen we felt we had something worth doing. We all worked at everything. Even my father got into our canning efforts when he could.

We actually measured things like flour, butter and milk; held out for freshness of vegetables and used 32 percent cream in our cream soups. We had a canning machine which we all knew how to operate. There was a very large double-bowled cooker which heated up the large quantities. We had a large pressure cooker and brought the pressure up to ten pounds in closed cans, as required for sterilizing canned goods. Mary and Pearl were both dietitians and enjoyed cooking.

When the soups were processed and ready, we moved over to the next room and began hand labeling, the labels having been designed by us and printed by a local printer. Pearl had many years as an advertising account executive; could design things and call in other skilled designers to make our label the best we knew how.

With several cartons packed with two dozen cans in each, I started out to visit grocers. We headed for the specialty grocers or stores where cost was not the only consideration. Our price per can at retail was a few cents higher than what their shelves were full of.

... I went all over Ontario introducing Mary Miles, which was not anybody's name (except of a famous movie actress of those times). The name was just a try-out for something to put on the cans as we worked at designing, but it stuck!

We did hire some staff when business got brisk; and would have grown, if wartime had not restricted our supply of tin to put our products in.⁶

[W]e had re-orders from many stores, a large order from Loblaws, and one lovely order from Harrod's of London, England. With encouragement and enough tin, we might well have developed into a grocery staple across Canada, and maybe beyond! Anyway, I like to think so!⁷

For a while Mary stayed with the new owners, F.W. Fearman, supervising their continuing production of some of the canned goods, and

working out interesting menus using their products, such as pork; however, when she had developed a good chain of papers carrying her column to support herself and her family of two, she left Fearman's and worked full time at "Food for Thought," the name for her column.⁸

During World War II Mary found another opportunity for her freelance food writing. Carrol Allen explained the circumstances in her 1972 article:

Because sugar was on the rationed list, during World War II, the editor of the *Windsor Star* asked Mary to develop some recipes using syrup or honey for sweeteners. She spent a couple of days experimenting with cake recipes and when she was satisfied that cake and icing were delicious using only corn syrup, she plunked the cake in a dishpan, grabbed some plates and forks and drove to the offices of the St. Lawrence Starch Co. where she fed samples to the president and his staff. "St. Lawrence offered me \$1,200 if I could come up with a booklet of recipes using Bee Hive Corn Syrup instead of sugar – inside of three weeks." Mary flew into a cooking frenzy, and with the help of her sisters she met the deadline. "Actually, I've never once missed a deadline since 1928." The fee was used as down payment on a small four-room bungalow on Hamilton's mountain.⁹

After the war, Mary continued to produce daily columns for over three decades. Marianne kindly provided me with her mother's copy for the columns of the week of Monday, December 20, 1976. Typed copy went out to each newspaper on double-spaced foolscap paper and was set into print following her comprehensive instructions. (Remember, these were the days before computers, fax, and e-mail.) The first page, to be printed on the Monday, gave menus for each day of the week up to Boxing Day, Sunday December 26. Pages 2- 4 were recipes for some of the menu items and answers to readers' queries: These were printed each day during the week. Her Christmas message on page five was for the Christmas Eve editions on Friday (see opposite page). It is a heart-warming mix of personal communication with her readers and nutritional advice to better their lives.

Mary was a hard worker with a fantastic output.

CHRISTMAS MESSAGE FROM MARY MOORE

(Release FRIDAY DECEMBER 24, 1976)

By Mary Moore

Some of my friends and relatives wonder how I can be so patient with our readers.

They come into my office and see piles of mail on one side of my typewriter and me on the other side, head bent. Sometimes I'm trying to decipher handwriting, or figure out what they want from scanty descriptions.

But most of the time the readers are happy and compliment me on my practicality and economy and nutritive consciousness.

I enjoy it. I feel dutybound to keep on until I drop.

In the role of friendly helper I strive to reduce the time and effort you spend in the kitchen. In the role of economist I try to find economical buys and incorporate them into luxury class dishes. In the role of teacher I try to persuade you to observe good health rules and discard bad eating habits (junk food).

If you are a daily follower you will have noted my emphasis on whole grain products such as homemade breads, muffins and cereals. You will find that green and yellow vegetable dishes prevail and that most of my desserts include fruits.

How do your food habits rate - compared to Approved Food Rules?

- 1) **MILK**: Children (up to 12 years): At least 1 pint per day. Adolescents: At least 1 1/2 pints. Adults: At least 1/2 pint.
- 2) **FRUITS**: One serving of citrus fruit or tomatoes or their juices; and one serving of other fruit per day.
- 3) **VEGETABLES**: At least one serving potatoes (preferably skin on; baked); and at least two servings other vegetables per day, preferably leafy, green or yellow, frequently raw.
- 4) **CEREALS AND BREAD**: One serving of whole grain cereal and whole grain bread per day.
- 5) **MEAT AND FISH**: One serving per day of meat, fish, poultry or meat alternatives such as dried beans, eggs and cheeses. Use liver frequently.
- 6) **EGGS AND CHEESE**: At least three times a week each.
- 7) **VITAMIN D**: At least 400 International Units daily for growing persons and expectant or nursing mothers. **COMMENT**: We do not eat enough foods containing Vitamin D so we should have it in capsule form. Salmon sardines and milk contain it and it is added to margarine.

You manage the food. So adjust your menus to above.

Also, friends, take a long walk every day.

PERSONAL NOTE: I have to spread myself very thin for as you know I have two children, a son-in-law, a daughter-in-law and ten grandchildren.

This year it is my turn to be at Pete's in Toronto for Christmas. On December 11th I went to Marianne's and Herbie's on their farm near Perth for a pre Christmas dinner and gift exchange.

So Merry Christmas to all my beloved readers with a special salute to all Grams.

-30-

Imagine writing menus for every day, year by year, and supplying many of the recipes, which had been personally tested. Marianne and Doris commented about Mary's devotion to her readers:

She encouraged her readers to try new dishes and adventures in gourmet cooking. No cry of distress went unanswered, to the point that she would reply by long distance phone if the need was urgent. A phone call on Christmas Eve to a frantic cook preparing her first Christmas dinner was not unusual.

Readers' requests resulted in long-term friendships. She also shared her own daily activities, and family members became well known too. In later years, readers constantly begged Mary to put her recipes in a book, which she did, in 1978. The book [*The Mary Moore Cookbook*] went into ten printings and sold 75,000 copies.¹⁰

Of course, she had her flops. Not all of Mary's recipes turned out exactly as planned. But, like her life, she was able to make the best of a bad situation. On one occasion just before a special gathering, she pulled a cake out of the oven. Rather than raised and round, it was deflated and caved in the middle. She quickly ordered her daughter to whip up some cream and get some fruit. Marianne reports: "She inverted the cake, filled the cavity and called her impromptu creation a Viennese torte. Her guests loved it and wanted the recipe."¹¹

In the foreword to *The Mary Moore Cookbook*, written close to the end of her life, Mary described the pleasure she had taken from her career in the food business and from her relationships with readers, friends and family:

The writer of a daily food column finds herself at many a table around the world where good friends and good food make for happy visiting. I include [in this book] mementos from just such times, but the recipes offered here are, by far the greatest part, from my own table and the tables of my readers. From my readers, indeed, came the countless pushes and encouragements to which this book owes its birth, for without them it would not have been written.

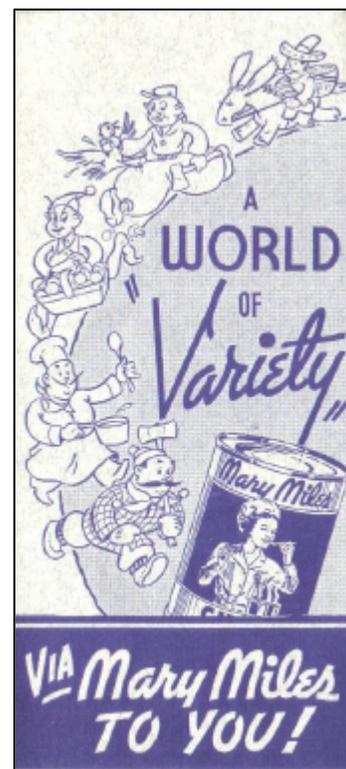
[As] a single parent with Marianne and Peter bustling in with their chums, I truly learned what a source of merriment and hospitality a kitchen can be, and over the years my kitchen, in various busy and aromatic states, has seen the invasion of many a food-fancier, and seen, as well, some of the early culinary creations of ten well-beloved grandchildren.

Readers from Atlantic to Pacific send dozens of letters every day. Although answering them often means working nights and weekends, it is from the treasured recipes they have shared with me, and from my own recipes they most frequently demand, that the contents of this cookbook have been gathered. Scores of readers, never met but often corresponded with, are old friends. They, and many others for whom good eating is one of the ways to the heart, it has been my privilege to know and to help and be helped by through the medium of my column which, I find it hard to believe, first made its appearance fifty years ago today.

March 17, 1978

Mary died in 1978, shortly after *The Mary Moore Cookbook* was published. Marianne carried on the Mary Moore name for another twenty years in a column featuring her mother's recipes.

Front cover of an advertising leaflet for Mary Miles canned goods (collection of Marianne Pitts).





This photograph of Mary Moore and a Canadian army cook was probably taken in 1959 at Fort Henry in Westphalia, Germany. Mary was visiting her daughter and son-in-law, who was an officer stationed there. (Photograph courtesy of Marianne Pitts)

- 1 Carrol Allen, interview with Mary Moore, *Homemaker's Digest* (July/August 1972), p. 60.
- 2 A list of some of the newspapers that carried her columns from time to time was compiled by her late brother-in-law, Robert Ludwig: *Brandon Sun, Brantford Expositor, Calgary Albertan, Calgary Herald, Edmonton Journal, Kingston Whig-Standard, Kitchener-Waterloo Record, London Free Press, Niagara Falls Review, North Bay Nugget, Ottawa Citizen, Peterborough Examiner, Red Deer Advocate, Regina Leader-Post, St. John's Evening Telegram, Sault Star, Stratford Beacon-Herald, Toronto Star, Victoria Times, Windsor Star.*
- 3 Marianne Pitts, letter, February 21, 2005.
- 4 Undated memo on Pearl's letterhead.
- 5 Allen, op. cit., p. 62. However, Pearl's memo says the date was 1937. In an e-mail of March 28, 2005 Doris states: "About Mary's own report, my figure about the experiments with Mushroom soup, is that she got up to approximately 132 before she found the one that satisfied her and Pearl. To me, to quote such a figure as 666 sounds ludicrous, even unbelievable. I feel that figure has to be a mistake."
- 6 E-mail from Doris Ludwig, April 16, 2005.
- 7 E-mail from Doris Ludwig, April 19, 2005.
- 8 E-mail from Doris Ludwig, February 25, 2005.
- 9 Allen, pp. 62, 64.
- 10 Letter to Ed Lyons, December 20, 2004.
- 11 Eric Akis, *Hamilton Spectator*, May 2004.

Ginger Beer

The following is a very good way to make it: Take of ginger, bruised or sliced, one and a half ounce; cream of tartar, one ounce; loaf sugar, one pound; one lemon sliced; put them into a pan, pour six quarts of boiling water upon them. When nearly cold, put in a little yeast, with the white of one egg mixed in it, and stir it for about a minute. Let it stand till next day, then strain and bottle it. It is fit to drink in three days, but will not keep good longer than a fortnight. The corks should be tied down, and the bottles placed upright in a cool place.

The Canadian Housewife's Manual of Cookery (Hamilton, 1861), pp 328–9

For loaf sugar, use granulated sugar. For yeast, use 1 tablespoon traditional granulated yeast and add it to the liquid when the liquid is blood temperature, i.e., the temperature for milk in a baby's bottle (too hot will kill the yeast). You may add the egg white directly to the liquid without mixing with the yeast. After the yeast has been active for about 24 hours, producing carbon dioxide, you will find that the beer begins to have a lovely sparkling quality!

Ed Lyons, who prepared this recipe in September 2004, commented to Liz Driver in an email: "Tried the ginger beer tonight along with a friend and Margaret. We all agreed it was excellent, very like the ginger beer we used to get in 'stone' bottles in the thirties. It was also very light and refreshing and would make an excellent summer drink for a patio party."

Royal Banquets in La Belle Province

By Molly Ungar

Molly Ungar teaches history at Concordia University in Montreal.

In May 1939, King George VI and Queen Elizabeth started a month-long tour of Canada and the United States by visiting the province of Quebec. At a time when war in Europe seemed imminent, the reception in the heart of French Canada was regarded as a test of the recently crowned monarchs' popularity and of Canada's future loyalty to the British Empire.

Two Royal Banquets highlighted the evenings of May 17 and May 18, setting a tone of enthusiastic welcome that would characterize the Tour in the rest of Canada. The provincial government hosted 400 guests at the first banquet, held at Quebec City's Château Frontenac, a Canadian Pacific Hotel. Chef Louis Baltera created the following menu:

| | |
|---|----------------------|
| Les Perles de Sterlet | Amontillado Sherry |
| Le Consommé de Volaille Montmorency | Chevalier Montrachet |
| Les Truites des Laurentides au Vin Blanc | Hospices de Beaune |
| La Couronne d'Agneau de Québec aux Primeurs | Château Haut Brion |
| Le Sorbet au Champagne | Grand Fin Champagne |
| Les Petits Oiseaux Blancs de l'Île d'Orléans en Belle Vue | Napoleon Brandy |
| La Salade Gauloise | |
| La Coupe aux Fraises Chantilly | |
| Les Friandises | |
| La Corbeille de Fruits | |

The Russian caviar was served on blocks of ice carved in the shapes of crowns, while the Rainbow trout had been caught by special government order in Laurentian National Park. Skinned and boned, the trout was poached in a whipped sauce of wine and sweet butter. The breasts of Île d'Orléans snowbirds were eaten on a bed of pâté de foie gras topped with a truffle, and the whole encased in aspic. These were accompanied by a salad of romaine and mushrooms cooked in sauterne.

The following evening 1,000 guests, invited by the City of Montreal, joined Their Majesties at the Windsor Hotel to dine on the following dishes, including a spectacular cake in the shape of Windsor Castle by the Windsor Hotel's head pastry chef, Edouard Fayet.

| | |
|---------------------------------------|---------------------------------------|
| La Tortue Claire Printanière | Le Vieil Amontillado "Reina Victoria" |
| Les Paillettes au Parmesan | Le Champagne Pommery Brut 1929 |
| Le Médaillon de Flétan à la Normandie | Le Champagne Mumm "Cordon Rouge" 1928 |
| Le Poussin poêlé | Le Porto et les liqueurs |
| Les Petits Pois | Le Moka |
| Les Pommes Noisette | |
| Le Sorbet au Curaçao | |
| Le Foie Gras truffé au Porto | |
| La Salade Princesse | |
| Les Fraises rafraîchies | |
| Les Frivolités | |

Sources: *Château Frontenac Banquet Menu*, Canadian Pacific Railway Archives, Windsor Station, Montreal; *Windsor Hotel Banquet Menu*, McCord Museum of Canadian History, fonds Mr. C.B. Brown, P452/c, Royal Visits to Montreal; *La Presse*; *Le Devoir*; *Montreal Gazette*; *Montreal Daily Star*.

Recipes Used on the Royal Train

By Liz Driver

At the end of 1939, to capitalize on the fund-raising power of the Christmas gift-giving season, the Women's Guild of All Saints Church in Ottawa published *Tested Recipes*. Excitement about the Royal Visit of King George VI and Queen Elizabeth the previous May had not waned, for the text begins with three "Recipes Used on the Royal Train" (p 5), submitted by Thomas G. Gear, Chef, Royal Train. Gear's recipe selection for this church cookbook – Chicken Indian Style, Cheese Pudding, and Corn Waffles – reflects more of a home style than the sophistication of the Quebec City royal banquets reported by Molly Ungar on page 8 of this issue of *Culinary Chronicles*. Copies of the cookbook may be consulted at the University of Waterloo and the Ottawa Public Library.

Chicken Indian Style

Spring chicken blanched whole, jointly seasoned with salt, pepper, then rubbed with curry powder. Fried brown in butter. Serve with garnish of stewed onions.

Cheese Pudding

Grated cheese, beaten raw eggs, dry mustard, salt and pepper beaten into milk at the rate of three eggs to four ounces of cheese to the quart. Pour into hot buttered scallop dish and bake in moderate oven.

Corn Waffles

| | |
|----------------------|---------------------------|
| 1½ lbs. corn meal | ¾ lbs. sifted wheat flour |
| 3 tsp. baking powder | ½ cup granulated sugar |
| 1 tsp. salt | ½ pint of water |
| ½ pint of milk | 6 beaten eggs |

Mix all dry ingredients together. Beat liquids together and add to dry mixture. Pour into hot waffle iron, dust with powdered sugar when serving.

The Mail Bag

CHO members are invited to send queries to the website, www.culinaryhistorians.ca.

From Linda Badcock in St John's, Newfoundland: I was interested to see a reference to **Mary Moore** in issue No. 44. My recipe files contain many clipped recipes from her column in the *Evening Telegram* during the sixties and seventies. Alas! One of my favourites has disappeared or disintegrated, and I have been unsuccessful in finding a similar one. The recipe was for bran muffins made with molasses and baker's bran, and also a little brown sugar, but I always left it out. I believe the instructions said something like: "Let stand until the bran is incorporated." It made a dark muffin, not very sweet, that I would like to find again.

CHO's action: Ed Lyons forwarded Linda's request to Moore's daughter, Marianne Pitts in Victoria, B.C. She delved into boxes that she had not opened in years and sent copies of some likely muffin recipes, saying it was a trip down memory lane to look at her mother's work again. A tasty bran muffin with dates seems to be the most likely, although Linda remembers different wording, perhaps because she had tweaked the recipe a bit. Marianne happened to write on her late mother's birthday, February 21, which co-incidentally is Linda's birthday too! It's nice to know that CHO helped a Newfoundlander get an answer from British Columbia. Linda says was delighted to have the correspondence with Marianne, and satisfied with the solution to her culinary mystery.

Three Books about Niagara Peninsula Foods and Wines ...

By Dean Tudor

CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University in Toronto. His wine and food reviews can be accessed at www.deantudor.com.

Kathleen Sloan-McIntosh. *A Year in Niagara: The People and Food of Wine Country*. Vancouver: Whitecap Books, 2002. 333 pp, ISBN 1-55285-398-5, \$22.95.

A Year in Niagara is by a well-known food writer who left life in Toronto in 2000 for the Niagara Peninsula. This is her account of the year 2001 in that region. And a great idea it is too. A lot of this book qualifies as “Canadian cuisine,” with its local recipes using local produce, descriptions and profiles of local food growers and merchants, bakers, chefs, innkeepers, and winemakers. The book is seasonally arranged, beginning with winter, January 2001, and moving through to Christmas. Matthew Speck (Henry of Pelham winery) provides a brief monthly commentary on life in the vineyard. Ted McIntosh, a sommelier, provides Niagara wine recommendations for the recipes, which include root cellar chowder, star anise-crust duck breast, rabbit rillettes, rhubarb fool, salmon on fiddleheads – about 150 recipes in all. (Some of this food was at the book launch, held at Avalon earlier in the month.) My colleague Steve Elphick provided the landscape photos. There is an extensive sources list and directory of addresses, with separate indexes for recipes and for people. Some nitpicking: while porcetta is raved over at one point in the book, there is no recipe for it, and Cuvee is held in late winter (beginning of March), not early spring.

What I don’t like about this book: The typeface is a little too light (sepia lavender ink?) for a sustained reading of the narrative, and the Wine Council of Ontario maps are too small; readers will need a magnifying glass. The maps also include extraneous regions such as Lake Erie and Toronto.

What I like about this book: Its seasonal approach, and style of writing.

Quality/Price Rating: 91.

Andrew Brooks. *Crush on Niagara: The Definitive Wine Tour Guide*. Vancouver: Whitecap Books, 2005. 160 pp, paperback, ISBN 1-55285-660-7, \$19.95.

Andrew Brooks is a sommelier who not only owns a Niagara vineyard but also a wine tour company (Crush on Niagara Wine Tours). He profiles 56 wineries in the Niagara Peninsula, from the smallest (Domaine Vagners, 1000 litres) to the largest. But the industry continues to shake out with several mergers and acquisitions announced after his book was put to bed. The directory data includes winery hours, contact information, annual production, acreage (not hectares), and where to purchase the wine. Other basic contents include wine serving and wine pairing suggestions, glassware tips, accommodation, shopping, and eating places. The book is very useful for information about the smaller and newer wineries, such as Caroline Cellars, Palatine Hills, and the organic Frogpond Farm. Each profile gets two pages, accompanied by photos. There is even one fruit (non-grape) winery. Chase gives an assessment of the better wines and his recommendations (“Sommelier’s picks”). Audience and level of use: Ontario wine lover, traveler. Some interesting or unusual facts: “From Grimsby to Niagara-on-the-Lake, this 40-kilometre stretch of land represents approximately 16,000 acres of vines, with hundreds of new vineyards being planted annually.”

What I don’t like about this book: The photographs are often small and dark. There are no real Tasting Notes.

What I do like about this book: Front and back covers have page references to wineries, listed in alphabetical order. There is a good chapter on tips on buying Niagara wines.

Quality/Price Rating: 90.

Brenda Matthews. *Niagara Flavours: Recipes from Southwest Ontario's Finest Chefs*. 2nd ed. Toronto: James Lorimer and Co., 2003. 128 pp, ISBN 1-55028-794-X, \$24.95.

Niagara Flavours was originally by Brenda Matthews but has recently been updated by Linda Bramble, a Wine Writers' Circle of Canada colleague of mine. Matthews has also written a similar book entitled *Muskoka Flavours*, while Bramble is an adjunct professor at Brock's Cool Climate Oenology and Viticulture Institute and author of *Touring Niagara Wine Country*. Bramble has added thirteen more recommended restaurants to this book's latest edition, and she has also contributed wine recommendations for each recipe. So there are now forty-five establishments, twenty-three in Niagara proper, and twenty-two in Stratford, Lake Huron, Lake Erie, and other exotic places. It is not quite restricted to the Niagara Peninsula. Ninety recipes are arranged by course, followed by profiles and photographs of the establishments. Typical dishes here, with recipes sourced as to chef, are for artichoke strudel, clover honey roasted quail, smoked chicken spring rolls, tomato basil tart, BBQ duck. You could have fun with this book.

What I don't like about this book: Too oversized, which does not make it travel-friendly.

What I like about this book: Gorgeous photographs of plated dishes.

Quality/Price Rating: 89.

... and One Book on Prince Edward County

Geoff Heinricks. *A Fool and Forty Acres: Conjuring a Vineyard Three Thousand Miles from Burgundy*. Toronto: McClelland and Stewart, 2004. 275 pp, paperback, ISBN 0-7710-4056-3, \$21.99.

Geoff Heinricks is a journalist and freelance writer who relocated to Prince Edward County in Southern Ontario a decade ago, to pursue a dream

of growing grapes, specifically pinot noir. Most of the book deals with a history of Prince Edward County, while some of it also covers Heinrichs and his family leaving the safety net of Toronto big city life for the rusticity and uncertainty of viticulture. There are sections on why pinot noir is particularly apt for the limestone areas of Hillier in the County, his relationships with his neighbours, the difficulty of survival of the vines over the winter, and his stick-to-itiveness for developing acres and acres of vines. Indeed, as a pioneer, he ended up as a consultant and coach, dispensing advice and guidance, to others who came after him, such as engineer Ken Burford, vineyard manager Deborah Paskus who fled from Niagara, and Chef Jamie Kennedy. Still, there is not much on other vine growers, or on any of the wineries (except for Waupoos/County Cider, which was there before Heinrichs arrived). And certainly, there are no tasting notes for current vintages. Some of this material had previously appeared in different versions in *Saturday Night* and the *Ottawa Citizen*. For the wanderers among us, there is also a healthy dose of Al Purdy poetry and conversation with the man himself. As an avid wine enthusiast, I particularly enjoyed the pages in the vineyards as fascinating reading. But the title is typically Canadian, too self-effacing.

Audience and level of use: The general reader interested in memoirs and/or wine, and certainly anybody in the hospitality trade in Ontario with a healthy interest in viticulture and winery management.

Some interesting or unusual facts: Wine yeasts are a subject of earnest discussion that often ends in winemakers taking swings at each other.

What I don't like about this book: Sadly, there is no index, which, in view of the lack of chapter descriptions and the sprawling unfocused nature of the writing, makes it almost impossible to pull together any kind of facts. Shame, shame!

What I like about this book: Well, I do like the sprawling nature and the sense that Heinrichs' life is unfolding nicely. It often reads as a novel, with a plot and some vivid writing.

Quality/Price Rating: 80 without the index, otherwise I'd give it a 90.

Report of CHO Event: Interpreting Historic Recipes

By Eva MacDonald

Eva MacDonald is Chair of the Programme Committee.



MARTIN HOUSE, built circa 1820



ST. CROIX SHEEP

(Photographs courtesy of Eva MacDonald)

The Culinary Historians of Ontario were invited to present a workshop for those attending the regional Association of Living Historical Farms and Agricultural Museums (ALHFAM) meeting at Doon Heritage Crossroads in Kitchener on Saturday, April 30. This was held in conjunction with the Rare Breeds Canada annual meeting, which provided much to see for those who came to spend the day at Doon. Liz Driver and I put together a presentation on interpreting recipes from historic cookbooks, and, in particular, provided an introduction to interpreting the systems of weights and measures used by cooks in the 19th century. (See pages 13 to 16 for a revised version of the handout we prepared.) While Liz talked to the crowd of fifteen people who gathered in the Martin House kitchen, I worked on two recipes chosen to demonstrate how challenging it can be to interpret 19th-century recipes. At the end of the hour, workshop attendees enjoyed a glass of refreshing rhubarb drink and a taste of Mrs. Traill's Indian meal pancakes fried on an iron frying pan.

CHO also set up an information table with other exhibitors in the Waterloo County Hall of Fame building, and our volunteers answered questions and passed out literature. We are looking forward to attending other events throughout the province as we become aware of them. If you know of a heritage event in your community that is looking for exhibitors, and would like to help CHO spread the word about Ontario food history and our association, please contact CHO with your idea.

News from the University of Guelph

- **The Culinary Collection** recently acquired the personal papers of several prominent Canadian food writers: **Norma Bidwell** (retired Food Editor of the *Hamilton Spectator*), **Rose Murray** (Ontario cookbook author), and **Julian Armstrong** (Food Editor of the *Montreal Gazette*).
 - **The University of Guelph** has also contributed photographs to the online digital archive of 900 photographs of everyday rural life in turn-of-the-century Canada taken by Goderich photographer Reuben R. Swallows. See <http://www.swallowsgallery.ca/index.html>.
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Weights and Measures for Historic Recipes

By Liz Driver

The text is based on a handout prepared by Liz Driver and Eva MacDonald for the Culinary Historians of Ontario/ALHFAM Workshop on 30 April 2005, as reported on the opposite page.

19th-Century Systems of Weights and Measures

In the 19th century, official systems for liquid capacities, dry capacities, and weights varied depending on the period and the country, and also by the commodity, e.g., beer, coal, wheat. This was true in England, the United States, and what is now Canada (where systems also varied by colony, then province and federal government). In England, in 1826, the Imperial System was legislated and remained the standard until the advent of the Metric System later in the 20th century. Earlier, from before 1707 to 1826, the official English standard was the Winchester System, where liquid capacities (except for the beer and ale market) were measured according to the Queen Anne Winchester Wine Gallon System. The United States never adopted the 1826 Imperial System, but adhered to versions of the earlier Winchester System. Similarly, in Canada, most provinces followed versions of the Winchester System until 1873, when the federal government legislated the Imperial System.

Toward the end of the 19th century in the United States, the newly established private cooking schools began to promote the importance of standardized measurements in cooking, in particular the “cup” of 8 fluid ounces. A seminal text for the new cup measure was Mary J. Lincoln’s *Boston School Kitchen Text-Book* of 1887, which defined a cup as “just half a pint (beer measure).” Fannie Merritt Farmer’s *Boston Cooking-School Cook Book*, 1896, spread the message afar, including into Canada, from its first Canadian edition of 1904. Although introduced in the 19th century, the 8-fluid-ounce cup was widely accepted in the United States and Canada only after 1900.

Interpreting Measurements in Historic Recipes: 19th Century

Knowing the dates of the various systems in each country, however, is only a guide for the interpretation of historic recipes. The official system of the time cannot be applied with certainty to recipes in printed cookbooks or manuscripts for a variety of reasons.

Firstly, the original source and date of a recipe is usually unknown. A new recipe is rare. Most recipes have been borrowed, copied, and shared amongst cooks over many years; therefore, their measurements may reflect an earlier system. The source of recipes in cookbooks published in Canada in the 19th century is often difficult to discover. Several 19th-century Canadian cookbooks were editions of American or British books, and British cookbooks were also published in U.S. editions, so that British recipes sometimes came to Canada directly or via the U.S. Some cookbooks compiled in Canada in the 19th century explicitly state on the title-page or in the preface that the recipes come from outside sources, but the country of origin of the individual recipes is usually not identified, although it may be apparent.

Another reason that the official measurement system of the time cannot be applied with certainty to printed or manuscript recipes is that it often takes years for the general public to put into use a new system. According to Lester Ross (see reference below): “... [in England] it required many generations for the Imperial Liquid Capacity System to totally replace the Queen Anne Winchester Wine Gallon System.” More recently, in Canada, in the 1970s, the Metric System was introduced, but many people continue to cook following their older non-metric recipes or, if they wish to cook from

an American web site or publication, they must use non-metric measurements.

Another complication when interpreting measurements for 19th-century Canada is that the influx of immigrants makes it difficult to know which system a cook employed when she wrote the recipe. It is likely that immigrants from the U.S. or Britain continued to use the systems in place in their home country at the time of their departure.

Understanding the differences between the systems and the difficulties of knowing which system was used in a particular recipe, however, are not insurmountable hurdles for interpreting recipes in 19th-century cookbooks and manuscripts. The main differences to note for culinary purposes are the gill, pint, quart, and gallon, which in the Queen Anne Winchester Wine Gallon System are 4, 16, 32, and 128 fluid ounces; and in the Imperial System are 5, 20, 40, and 160 fluid ounces. In both systems, for weight in cooking, 1 pound equals 16 ounces. It is reasonable to assume that recipes in Canadian 19th-century cookbooks and manuscripts mostly use the Queen Anne Winchester Wine Gallon System. Just as it took time after 1826 for the Imperial System to take hold in English kitchens, it also took time for the colonies to change. It was not until 1873, well after Confederation in 1867, that the Canadian government legislated the Imperial System for the new Dominion, and it allowed the gallon of the Queen Anne Winchester Wine Gallon System to be used until 1880. Canadians continued to use cookbooks and other products from the United States, where the Imperial System was never adopted.

In the kitchen, the 19th-century cook used a large degree of judgment. Neither ingredients nor spoons and glasses or other similar utensils were standardized; and it was only toward the turn of the 20th century that a more scientific approach to cooking and standardized kitchen measurements and measuring utensils began to prevail because of the influence of the domestic science movement. Skill and experience especially came into play when determining the amount of liquid to add to dry ingredients. Since

flour varied in dryness and texture, a common instruction was to “add enough milk to make a thin batter,” not to add a specific volume of milk to the flour. When interpreting recipes in 19th-century cookbooks, therefore, keep in mind the different measurement systems, but remember that 19th-century ingredients and utensils varied and that your modern ingredients also vary from the 19th-century equivalents. And always use your judgment as you proceed with the recipe, just as the 19th-century cook would have!

Interpreting Measurements in Historic Recipes: 20th Century

Although the trend through the 20th century in the Western World was to standardize measurements and culinary practices, the use of liquid capacity measurements in Canadian kitchens was, paradoxically, potentially more confusing than in the 19th century. As the official Imperial pint, quart, and gallon became more entrenched in some aspects of Canadian society in the first half of the 20th century (for example, at gas stations, where people filled their cars with 160-ounce Imperial gallons of gas), the American culinary influence on Canada grew, through the media (cookbooks, magazines, television, etc.), through corporate advertising for American food products and equipment, and through professional organizations, such as the American Home Economics Association. The American 8-fluid-ounce cup became widely used for measuring volumes in the kitchen, which led naturally to the use of all its derived measures (two 8-ounce cups = one 16-ounce pint). Volume measurements increasingly replaced weights in recipes, with the result that fewer families had scales for weighing ingredients. Cookbooks frequently included tables of volume equivalents for weights of particular ingredients; for example, 3½ cups flour = 1 pound.

When interpreting recipes in 20th-century cookbooks, magazines, or manuscripts, as for the 19th century, it is advisable to consider which measurement system is being used. Handwritten recipe books are idiosyncratic, but for a cookbook published in Canada, look to see whether it is an edition of an American or

English text. If the text originated in Canada, the author may give a table of measurements that stipulates the number of fluid ounces or cups in a pint, quart, or gallon; for example, both Nellie Pattinson's *Canadian Cook Book*, 1930, and *Kate Aitken's Canadian Cook Book*, 1945, specify 4 cups (32 ounces) in a quart.

Cynthia Brown (pseudonym of Mrs Rose Marie Claire Armstrong Christie, a writer for *Saturday Night* magazine) made her preferences for the cup known in *Cooking – with a Grain of Salt* (Toronto, 1938), in a chapter called “English v. American Measure,” although her reason was unusual – the idea that the cup need not be prescriptive, but suggestive (a reversion to the 19th-century tea cup in the cupboard!): “I often think I might have capitulated long ago [to using English cookbooks], being very susceptible to solid worth, had it not been that English recipes are worked out in ounces and pounds instead of spoons and cups. I am well aware that sound, accurate cooking is done with scales in the kitchen to weigh all ingredients. Well, I just don't like sound, accurate cooking. I like a bit of imagination included in the cupful, an extra dab of butter when the frying mushrooms look dry.” Nevertheless, she appended to her comments tables of equivalents for American and English measures to help her readers interpret English recipes. The 8-ounce cup may have been dominant in Canadian kitchens, but, given the federally legislated Imperial system and continuing English cultural influences, not dominant enough to dispel individual confusion about measuring systems, especially about how many fluid ounces to count in a pint, quart, or gallon.

The introduction of the Metric System in Canada in the 1970s added another level of confusion for the home cook, who had to decide whether to learn the new system and change or adapt past practices. Three decades later, the Metric System has still not eclipsed the 8-ounce cup and ounces (fluid and weight) in the home kitchen. Canadian culinary texts continue to acknowledge this fact (and, in effect, encourage the continuation of what is commonly called Imperial, but is actually the American system)

by presenting lists of ingredients in both Metric and cups and ounces.

The Imperial and American systems do not convert into simple units of Metric, or vice versa: For example, 8 Imperial fluid ounces = 227.3045 mL and 1 L = 35.1951 Imperial fluid ounces; 8 U.S. fluid ounces = 236.5882 mL and 1 L = 33.8140 U.S. fluid ounces. It is no wonder that to convert a recipe from one system to the other, the recipe writer must round off the amounts! It is important to recognize that when both cups/ounces and Metric amounts are given in a recipe, they are not exact equivalents of each other. When cooking a recipe that gives amounts in both systems, always measure all the ingredients using one or the other system.

Currently, it is difficult to know what is typical practice in Canadian kitchens. Fewer children are taught the basics of cooking in school, where standards are generally learned. The recent demise of the Canadian Home Economics Association means there is now no national association to offer guidance about measurements in cooking. And a population increasingly characterized by a diversity of cultures suggests that measuring methods in the kitchen vary more now than in past decades. The trend to standardize measurements in the 20th century may be reversing in the 21st!

Sources:

Ross, Lester A., *Archaeological Metrology: English, French, American and Canadian Systems of Weights and Measures for North American Historical Archaeology*, History and Archaeology 68, National Historic Parks and Sites Branch, Parks Canada, Environment Canada, 1983.

Ross, Alice, “Measurement,” in *The Oxford Encyclopedia of Food and Drink in America*, Andrew F. Smith, Editor in Chief, Oxford and New York: Oxford University Press, 2004.

“Unit Conversions” at www.sciencemadesimple.net.

Measurement Tables

Queen Anne Winchester Wine Gallon System

*(in England, pre-1707–1826; in the U.S., through 19th century;
most colonies/provinces in Canada, to 1873)*

| | |
|--|--|
| Fluid drachm (3.695 ml) | Pint = 16 fluid ounces or 4 gills |
| Fluid ounce = 8 fluid drachms (29.57 ml) | Quart = 32 fluid ounces or 2 pints |
| Gill = 4 fluid ounces | Gallon = 128 fluid ounces or 4 quarts or 8 pints |

Imperial Liquid Capacity System

*(in England, from 1826; Newfoundland, from 1834; British Columbia, from 1871;
Canadian federal government, from 1873)*

| | |
|---|--|
| Fluid drachm (3.55 ml) | Pint = 20 fluid ounces or 4 gills |
| Fluid ounce = 8 fluid drachms (28.4 ml) | Quart = 40 fluid ounces or 2 pints |
| Gill = 5 fluid ounces | Gallon = 160 fluid ounces or 4 quarts or 8 pints |

Imperial Culinary Liquid Capacity System

| | |
|--|---|
| Fluid drachm = 1 teaspoon (3.55 ml) | |
| Dessertspoon = 2 teaspoons | |
| Tablespoon = 2 dessertspoons or 4 teaspoons | (In contrast, in the U.S in the 20 th century, 1 tablespoon = 3 teaspoons.) |
| Fluid ounce = 2 tablespoons or 8 teaspoons (28.4 ml) | |
| Wine glass = 2.5 fluid ounces | |
| Tea cup = 5 fluid ounces | (Actual china teacups actually vary in size, despite this standard.) |
| Tumbler = 10 fluid ounces | |

Two Chinese Cooks in Toronto

By Doug Fyfe

Doug Fyfe is a Program Officer at Spadina Museum, a museum in the City of Toronto. This is a response to the article about the Japanese-born cook John Suzuki/Rayburn in Culinary Chronicles No. 44.

For the museum staff, one of our challenges has been to find out about the names and lives of the women who worked in Spadina's kitchens between 1866 and 1982, the years the Austin Family occupied the house. The household account books of the last lady of the house, Anna Kathleen Austin Thompson, open the door to the short period when men were in charge of the kitchen. Inserted into the book is a receipt dated 4 March 1953 for wages paid to Mr Woo Seto. While the Christmas list of 1952 indicates that most of the household staff received nylons (women) and money (men), Woo received a radio. A payment to Woo for extra work on Christmas Day 1948 indicates that he had been with Anna Kathleen for a number of years. James Thompson, great-great-grandson of James Austin, builder of Spadina, recalls that Woo had been "the cook for my grandmother in the 1950s. He always made delicious cakes that were over decorated with sugary additions. He never made Chinese dishes – always English ... but very rich even by English standards." The same household account book provides another tantalizing glimpse into Spadina's domestic sphere. On 15 April 1952, Chow Lee (Joe), another Chinese cook, left Anna Kathleen's employment. How long had he stayed? These scraps of evidence begin to paint a picture of Spadina's kitchen overseen by two Chinese male cooks through the late 1940s and early 1950s, maybe even cooking to tunes coming from Woo's radio. Our task now is to find more information to complete the image. It may be just as difficult to pursue the lives of Woo and Lee as those of the female servants who preceded and succeeded them.

Special Discount for CHO Members

CHO members may now purchase titles published by **Prospect Books** and **Southover Press** through the **David Brown Book Co.** at a **20% discount**.

Prospect Books has an extensive list encompassing cookery, food history, and the ethnology of food. There are facsimiles and reprints of historic cookbooks (Woolley, Glasse, and Bradley are among the authors represented); reprints of the proceedings of the Oxford Symposium on Food and Cooking and of the Leeds Symposium on Food History; and books on such diverse topics as trifle, chestnuts, the history of sweets, market gardening in London, Dickens and dinner, cooking weeds, the life and food of an Auvergne village, Catalan cookery, recipes of Corsica, Laotian cookery, building your own wood-fired oven, and more. Southover Press, in its "Historic Cookery and Housekeeping Series," produces reprints of classic British works by such authors as Raffald, Acton, Beeton, Soyer, and others, plus La Varenne's *The French Cook*.

To order: Visit the David Brown Book Co. web site – <http://www.oxbowbooks.com/trade.cfm> – and choose Prospect Books or Southover Press from the "Distributed Publisher List." During the ordering process, choose "additional information." At this point, identify yourself as a member of the Culinary Historians of Ontario and request the 20% discount. The discount will not show up on the screen, but the David Brown Book Co. will honour your request.

Culinary Calendar

Please send CHO information about upcoming food-history or related events. Events hosted by CHO are represented in the calendar by ?

August 2005

Flavours of Perth & Settlers' Fare Barbeque

Stratford-Perth Museum, (519) 271-5311
Elma-Logan Arena, Monkton, Highway 23 & County Road 25

Sat, Aug 13, 12 to 4:30 pm

A family event celebrating Perth County's rich agricultural heritage. Food samples, heritage displays (including CHO), entertainment, kids' activities. BBQ tickets extra.

The Elegant Dining Room: Forms of Silver and Forms of Etiquette in Victorian America

Silver Society of Toronto
Spadina Museum, 285 Spadina Rd, Toronto

Mon, Aug 22, 7 to 9 pm

Silver Society extends special invitation to CHO. Prof Charles Curb is an avid collector of American 19th-century flatware, author of many articles for *Magazine Antiques*, *Silver Magazine* and *New York Silver Society Newsletter*.

Audience is encouraged to bring silver pieces for ID after slide show. Free. RSVP to Fiona (416) 534-1405.

September 2005

Bake Oven Demonstration: Bienenstick

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752
or bamarie@region.waterloo.on.ca

Fri, Sept 2, 1 to 4 pm

Folk-Artist-in-Residence Master Baker Karen Wadsworth demonstrates Bienenstick (baking with honey). Fresh baking available in limited quantities. General admission.

Summer in the Jar

Montgomery's Inn, (416) 394-8113
4709 Dundas Street West, Etobicoke

Sat, Sept 17, 9:30 am to 12:30 pm

Learn about old preserving techniques in historic kitchen; then make jams and jellies in modern facility to take home. Pre-registration required.

? Celebrating the Culinary Heritage of Peterborough & Area

St Andrew's United Church, Peterborough
Sat, Sept 24, 9:30 am to 4:30 pm

A symposium presented by Hutchison House Museum, in partnership with CHO. \$35 members of CHO & Peterborough Historical Society; \$40, non-members; \$15, students. For information contact: culinaryhistorians@uoguelph.ca, or Gale Fewings, Curator, Hutchison House Museum, (705) 743-9710 or hutchisonhouse@nexicom.net, or Liz Driver (416) 691-4877. CAR POOLS WILL BE ARRANGED; please call Fiona at (416) 534-1405.

? The CHO Annual General Meeting follows the symposium.

Bake Oven Demonstration: German Rye

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752
or bamarie@region.waterloo.on.ca

Fri, Sept 30, 1 to 4 pm

Folk-Artist-in-Residence Master Baker Karen Wadsworth demonstrates baking German Rye. Fresh baking available in limited quantities. General admission.

October 2005

Edwardian Tea

Spadina Museum: Historic House & Gardens
285 Spadina Rd, Toronto, (416) 392-6910 x305

Sundays, Oct 16, 23 or 30; one-hour sittings at 12:30, 2:00 or 3:30 pm

Guests are invited to enjoy authentic afternoon tea in charming Sunroom, featuring recipes for tea sandwiches and pastries from late Victorian and Edwardian cookbooks. \$20 per person includes complimentary tour of house museum. Pre-registration required.

November 2005

What's for Dinner: The Daily Meal through History

McGill Institute for the Study of Canada & McCord Museum of Canadian History, Montréal

Wed 2, Thurs 3, Fri 4, Nov

The daily meal is a site of continuity and dramatic change in the 20th century. This colloquium brings together scholars in food history, nutrition, anthropology, sociology, cultural studies & material culture to discuss aspects of culinary history as reflected in the daily meal. A few speakers are: Micheline Mongrain-Dontigny, cookbook author and lecturer; Jean-Pierre Lemasson, U du Québec à Montréal; Rhona Richman Kenneally, Concordia U; Ross Fox, ROM; Margery Fee, U of BC; Yves Laberge, U Laval; Sarah Musgrave, food writer; Marie Marquis, U de Montréal; Jill M. Nussel, U of Toledo; Barbara Katz Rothman, City U of NY; Gary Draper, St Jerome's U; Sherrie Inness, Miami U; Sneja Gunew, UBC; Elizabeth Driver, Montgomery's Inn Museum, Toronto. Co-chairs: Prof Nathalie Cooke, MISC, (514) 398-3705, nathalie.cooke@mcgill.ca & Victoria Dickenson, McCord Museum of Canadian History, 690 Sherbrooke St W, Montréal, QC H3A 1E9, (514) 398-7100; \$50 CAD; \$20 students and McCord members. Banquet extra. Info and registration: Melanie Martens, McCord Museum, (514) 398-7100, ext. 239, melanie.martens@mccord.mcgill.ca.

"We Remember" – Baking with Poppy Seeds

Joseph Schneider Haus, Kitchener

466 Queen Street South, (519) 742-7752

Fri, Nov 4, 1 to 4 pm

Folk-Artist-in-Residence Master Baker Karen Wadsworth demonstrates baking with poppy seeds in the bake oven. Fresh baking available in limited quantities. General admission.

Stir Up Sundays Cooking Workshop

Montgomery's Inn, (416) 394-8113

4709 Dundas Street West, Etobicoke

Sun, Nov 13 or 20, 1 to 4:30 pm

Leave workshop with a plum pudding and a generous supply of mincemeat created in our open-hearth kitchen from Victorian recipes. Pre-registration required.

? CHO Beverage Series continues:

Craig Heron on Beer

Montgomery's Inn

4709 Dundas Street West, Etobicoke

Thurs, Nov 10, 7 pm

Craig Heron gives a spirited look at the working man's favourite beverage, beer. Heron is Professor of History & Labour Studies at York University, Toronto. His most recent book, *Booze: A Distilled History*, was reviewed in *Culinary Chronicles* No. 43, and will be available for sale during the evening. \$5 CHO members, \$8 non-members (includes snacks and one refreshment). Free parking. Information: Eva (416) 534-9384.

Bake Oven Demonstration: Pastry Pig's Ears

Joseph Schneider Haus, Kitchener

466 Queen Street South, (519) 742-7752

or bamarie@region.waterloo.on.ca

Fri, Nov 18, 1 to 4 pm

Folk-Artist-in-Residence Master Baker Karen Wadsworth demonstrates Pastry Pig's Ears. Fresh baking available in limited quantities. General admission.

Butchering Bee

Joseph Schneider Haus, Kitchener

466 Queen Street South, (519) 742-7752

Sat, Nov 19, 1 to 4 pm

Demonstration of traditional Pennsylvania-German butchering and sausage-making.

? Cook Book Caper

Ontario Historical Society, (416) 226-9011

John McKenzie House, 34 Parkview Ave, Toronto

Sun, Nov 20, 1 to 4 pm

OHS's annual cookbook sale features hundreds of old and new books, magazines, and collectible kitchen equipment. Every year, new treasures are found! For third year, CHO will contribute to this popular autumn fundraiser by offering tearoom, where bargain hunters can relax with pot of tea and delicious homemade scones and sweets.

? Cookbook and cooking equipment donations welcome!

? Volunteers for tearoom are needed, for which you receive first chance at books. Contact CHO co-organizer Eva MacDonald at (416) 534-9384.

Two New Organizations

Canadian Association for Food Studies / L'association Canadienne des études sur l'alimentation

Mustafa Koc, Associate Professor of Sociology, Ryerson University, Toronto, (416) 979 5000 x 6210:

“Founded in 2005, The Canadian Association for Food Studies (CAFS) promotes critical, interdisciplinary scholarship in the broad area of food systems: food policy, production, distribution and consumption. CAFS recognize the need for coordinated interdisciplinary research efforts in response to societal needs for informing policy makers, assessing the outcomes of community-based work, and demonstrating the environmental and social impacts of changes affecting food systems and food policies. Members are drawn from an array of disciplines including (but not limited to) adult education, agriculture, anthropology, economics, environmental studies, health studies, home economics, human nutrition, geography, philosophy, policy studies, public health, rural studies, sociology, social work and urban planning. Membership is open to academics, students, professionals and others interested in food studies research. CAFS encourages research that promotes local, regional, national, and global food security, but does not advocate or endorse specific policies or political platforms.”

North American Culinary Historians Organization

As an umbrella organization, NACHO has plans to create a list of all the organized culinary and foodways groups and independent/unaffiliated food historians, develop an email newsletter, form an email communication system, develop information on how to organize a Culinary Historians group, organize a newsletter exchange among formal groups, and act as a centre of resource sharing. An Ad-hoc Advisory Board is in place and will report on developments. See www.food-historynews.com/nacho.html.

Submissions to *Culinary Chronicles*: We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing and space. The Editor reserves the right to accept or reject submissions and to edit them.

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.

Members:

Enjoy the quarterly newsletter, may attend CHO events at special member's rates, and receive up-to-date information on Ontario food-history happenings. Join a network of people dedicated to Ontario's culinary history.

Membership fees:

\$20 Cdn for One-Year Individual and One-Year Household
\$35 Cdn for Two-Year Individual and Two-Year Household
American and international members may pay in American dollars.

Website: www.culinaryhistorians.ca

Email: culinaryhistorians@uoguelph.ca

Mailing address: Culinary Historians of Ontario, 260 Adelaide Street East, Box 149, Toronto, Ontario, Canada M5A 1N1

Board: President: Liz Driver; Vice President: Amy Scott; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Programme Chair: Eva MacDonald; Newsletter Chair: [open]; Membership Chair: Elizabeth Nelson-Raffaele, Website Chair: Liz Driver.

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