

Culinary Chronicles

The Newsletter of the Culinary Historians of Ontario

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“A few years ago when I visited with my mother and sister, we arrived to find that Great Aunt Shirley had baked *three* different pies for us: apple, blueberry and raspberry. This of course called for pie to be eaten several times a day. My plate would often have a sliver of each gorgeous pie on it.”

See page 3 for Alison Norman’s story on her Great Aunt Shirley’s Canadian cooking.

(photograph courtesy of Alison Norman)

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President's Message

I am looking forward to our first annual spring lecture at the Ontario Historical Society, when Dr Lynette Hunter will speak to us about “**Community Responses to Changing Foods in Panniqtuuq, Nunavut.**” We will be transported by her pictures and stories to a food-world far from Toronto's concrete canyons. The event is on the evening of **Monday, February 13** – so don't delay, register now. Another event not to be missed is “**A Victorian Banquet to Spring.**” Who can resist this historical dinner, matched with Ontario's own Henry of Pelham wines?

The renewal of **CHO's Mission Statement** has been discussed at AGMs and further by the Board, who have prepared a draft of a new statement for your consideration. Please review the text in the box below and send me any comments before the next Board meeting on 8 April. The Board looks forward to receiving your response before producing the final version to be put to a vote at the 2006 AGM. As required by the Constitution, members will be given not less than 90 days notice of the proposed changes.

Why revise the Mission Statement? CHO has evolved from a grassroots network with a primarily Ontario history focus to a non-profit corporation with a Constitution and a growing coast-to-coast membership that has a broad range of interests not confined to Ontario's borders. Just look at the “Interests/Expertise” entries in the Membership Directory or consider the subjects of recent events or articles in *Culinary Chronicles* to appreciate the curiosity of our members. In addition to Ontario topics, we have read about national culinary figures, such as Kate Aitken and Mary Moore, royal banquets in Quebec, Australian “Canadian” Lemon Cake, and in this issue, Annapolis Valley home cooking. Events have covered orange juice in North America, French foodways in 17th-century Nova Scotia, and this month, traditional and modern Nunavut foods. CHO is the only food-history organization in Canada and it will continue to grow if its mission embraces the interconnecting strands of Canada's food history. You will also note a new element in the draft Mission Statement about “educat[ing] members and the public.” This we have always done, but it is not expressed clearly in the current Mission Statement. The Board recommends the inclusion of this sentence because we believe it will help CHO achieve charitable status, a priority of the new Board.

Liz Driver, President, CHO

Draft of New Mission Statement

Members are invited to send their comments to Liz Driver by 7 April, for discussion at the next Board meeting on 8 April, by email or regular mail, c/o CHO addresses on p 20 of newsletter.

The Culinary Historians of Ontario is an organization that researches, interprets, preserves and celebrates Canada's and Ontario's culinary heritage, which has been shaped by the food traditions of the First Nations peoples and generations of immigrants from all parts of the world. Through programs, events and publications, CHO educates its members and the public about the foods and beverages of Canada's past. Founded in Ontario in 1994, CHO welcomes new members wherever they live.

A Brief History of an Annapolis Valley Kitchen

Alison Norman

Alison Norman is a doctoral candidate at the Ontario Institute for Studies in Education of the University of Toronto. If you would like to contact Alison, please email her at anorman@oise.utoronto.ca.

Most of my memories of my Great Aunt Shirley revolve around food. She is 94 years old, and lives in the beautiful Annapolis Valley of Nova Scotia. My grandmother died before I was born, so my aunt has been my de-facto grandmother. I was born in Nova Scotia, but moved to Ontario at three, so grew up here. About seven years ago, I started making annual trips to visit my aging Aunt Shirley, and I have started to learn more about our family history. Food is a big part of it.

My Aunt Shirley was born in 1911 in Kentville, Nova Scotia, and still remembers hearing the blast from the Halifax Explosion in 1917. Her mother died when she was twelve, and her father when she was sixteen, so at a young age she was head cook of the house. She has told me that everyone always thought she was a good cook, but she doesn't know why. She married in 1931 and had three children, and still lives in the house she moved into when she was first married. Her husband ran a sawmill that made apple barrels for overseas shipping. As a result, they boarded some men who worked there, so this meant several more hungry mouths to feed. My Aunt Shirley is a woman who has cared for people her whole life, and that care included cooking and baking.

One of my favourite things about visiting her is that she lives in such a beautiful rural area. Her son owns a large farming operation in the valley, and this means lots of fresh carrots and onions, as well as corn and beans that I pick out behind her house. She makes what I think of as traditional Canadian fare, and she has been making these meals for decades. When I was there last September, she made a full pot roast dinner for ten

people, including mashed potatoes, gravy, carrots and turnip, and a cucumber salad, with fresh bread, and pie for dessert. She also made a ham dinner, and then used the bone to make split pea soup the next day. And there is a pot of tea at every meal. It always strikes me how everything is used, nothing is ever wasted, and all leftovers get eaten. She also collects all biodegradable waste in the kitchen and composts it in her backyard (who needs a Toronto-style green bin?!).



Alison Norman and her Great Aunt Shirley Wills

(Photograph courtesy of Alison Norman)

During one visit a few years ago, I asked her about what sorts of food she cooked for her family, and if she would give me some recipes. Most of the recipes she knows are in her head, but she told me about some cookbooks she had as a young woman that she had sent away for from the Maple Leaf Flour Company. After returning to Toronto, I began searching online to find these

cookbooks somewhere. I sent an email to CHO, and looked on abebooks.com to see if I could buy them, but I didn't have much luck, and left the matter for further research on another visit. This past September, on another visit to Aunt Shirley, I mentioned that I had been trying to find information about those old cookbooks. She proceeded to send me into the kitchen to open the "junk" drawer, and pull out a box from the back. Low and behold, there was the whole lot of cookbooks! Not only was the Maple Leaf Flour series there, but also a book called *Robin Hood Prize Winning Recipes*, published in 1947, a 1950 book called *Fun Fare* by Canada Packers, and one called *Snack-Time Symphony* by a Congregational Church in Massachusetts in 1956. I was thrilled!

I am most enthralled with the set of two books that were part of the “Maple Leaf Cooking School,” written by Anna Lee Scott, and published in 1932. The slogan was “That Every Girl May Learn to Cook,” and the books were designed to be “A Complete Home Study Course for Beginners and Others in Twelve Easy Lessons.” Aunt Shirley told me that she never looked at the early lessons, such as “Introduction to Cooking,” because by the time she got them, she already knew those things. I believe she must have got this set right after she was married. You mailed in coupons from the flour bags to the Maple Leaf Milling Company in Toronto for the books to write the “examination” for the “diploma,” if one wished. I don’t think Aunt Shirley needed the diploma! The lessons include “Sauces for meat, fowl, and fish,” “The simple batters,” “Pastry and pie fillings,” and “Eggs and cheese.” The book containing lessons nine through twelve is in the worst shape, so I assume she used it the most. These lessons include “Cake making,” “Cookies and sweet sauces,” and “Desserts.” Another book from Maple Leaf Milling, titled *Planning the Party*, seems to be in pristine condition. The author offers advice on hosting an afternoon tea, Sunday supper, luncheon, and a wedding reception, and she includes a list of possible colour schemes for a party (including matching the food to the holiday, i.e., green salads, green frosted cakes, and drinks garnished with green fruits for St. Patrick’s Day). I don’t think that Aunt Shirley had the time or the desire to match her foods. Instead, she cooked and baked delicious and hearty meals for her family.

When she began cooking as a young girl, her family lived in Canaan, on the South Mountain in Kings County, Nova Scotia. She told me that her family had an old-fashioned stove with a firebox, which was difficult to cook with, and that they made yeast themselves, which they kept in the cellar. She picked raspberries and made pies, but she remembers her father’s favourite was pumpkin pie. When she was twelve and her mother was ill, Shirley took over the family breadmaking, and she still remembers that the doctor who came to see her mother just loved her bread. I asked if her mother taught her how to cook, and she said, “I just seemed to know how to

do it. No one ever taught me. Everything always turned out good.” She credits her cooking ability to good sense. She says the one thing she remembers her mother making was what she calls Sugar Crisp Drop Cookies, with shredded coconut. She thinks the recipe probably came from a cereal box, but she doesn’t know anymore. But she tells me about the molasses cookies that she frequently baked. She always had a cookie jar full of them. The recipe follows.

Another thing that always makes me think of Aunt Shirley is freshly baked white bread with homemade strawberry jam. Every time I visit, she bakes some for me, then sends me home on the plane with a loaf for my father. The last time I returned to Toronto from a trip, he made sure that I got it out of my suitcase before he dropped me at home, lest I forget about it and eat it myself! Although she says that she is “all crippled up” with arthritis, she still manages to knead the bread and get it into the oven. She uses a large round plastic bowl or bin to mix the dough in, which makes it easier. She says that “you can’t mix bread in a square pan – it’s like trying to corner the devil!” She also says that bread is easy to make, and doesn’t take much time, but you need to be home to do it, and so few people are these days. Her bread recipe also follows.

Pies and doughnuts are two other delicious desserts she still makes. A few years ago when I visited with my mother and sister, we arrived to find that she had baked *three* different pies for us: apple, blueberry and raspberry! This of course called for pie to be eaten several times a day. My plate would often have a sliver of each gorgeous pie on it. Donuts are another story. I know that she visited my family in Toronto when I was a child, but the only thing that I can really remember is that she made donuts. Real home-made donuts, which I didn’t know existed! She would fry them in batches, and then toss them in a paper bag full of cinnamon sugar or icing sugar. What a treat! She still makes them on occasion, despite warnings from her children about the danger of cooking with oil. She tells me it is only dangerous if you walk away and leave it, so she sits on her stool and watches carefully. When she makes them, she puts them in the freezer so that she can give a few to her great grandchildren, her

neighbours, the minister, and me. When I saw her in November a few years ago, she said “Lord willing, I’ll make another batch before Christmas!”

For my Great Aunt Shirley, food is one way that she takes care of people, and shows her love for them. I am so happy that she has passed on her stories and recipes to me.

Aunt Shirley’s Molasses Cookies

1 cup molasses
 1/2 cup shortening
 bit of salt
 ginger
 1 egg
 1 tsp soda
 1/4 cup milk
 2 cups flour, or enough to roll them out without sticking to the rolling pin

- Mix and let stand.
- Roll out and cut into circles.
- Put into a good hot oven.
- They are ready when they puff up.

Aunt Shirley’s Bread

For two loaves.

- In a two cup Pyrex measuring cup, have two cups warm water, 1 tsp sugar, 1 tbsp Fleischmann’s active dry yeast.
- Sieve about six cups of flour into a large plastic bowl.
- Measure some salt into the palm of your hand, about 1 tbsp, plus 1- 2 tbsp shortening, and 2 tsp sugar.
- Knead around and around, adding water, mix bit by bit, for at least 5 min.
- Cover with a clean dish towel and let rise in a cool oven.
- Then knead down, and let rise again, for 2 hours
- Grease two square pans. Cut the dough in half, hit it, and put it into 4 balls. Put 2 balls of dough in each pan.
- Let them rise again, for about 1 hour.
- Then bake in a hot oven until brown. ?

Members’ News

CHO members are invited to send their food history news to the editor of Culinary Chronicles.

MARY WILLIAMSON and FIONA LUCAS will be co-presenting “Frolics with Food: *The Frugal Housewife’s Manual* by A.B. of Grimsby, of 1840” at the “Popular Culture and the Local” conference at Brock University in St Catharines, May 12–13, 2006. <http://pcn.brocku.ca>

TWO ITEMS FROM DEAN TUDOR:

1. www.winewriterscircle.ca As part of its commitment to the wine community, the **Wine Writers Circle of Canada** makes members available for consultations, wine judging, wine seminars, wine event announcing, wine product reviews, and the like. Each member sets his/her own fee, and there can be pro bono work as well. To get a list of the 31 wine writers (most live in the GTA but there are members in Niagara, Ottawa, BC, California, New York), or to communicate with the WWCC for the purpose of arranging a seminar or consultation, simply go to www.winewriterscircle.ca and click on “Contact Us.” A comment form will appear; just fill it in or check off the relevant request for data item.

2. www.ryerson.ca/~dtudor/foodsites.htm Part of Dean’s **World Wine Watch** (online since 1994), this collection of food links emphasizes portals and gateways to food references, nutrition and safety, food news, recipes, food knowledge, food history, specific foods, food associations and publications, discussion forums, Canadian sites, and Toronto sites. It is a beginning point for entrance into the food sectors of the Internet.

Grant for CHO

The Ontario Ministry of Culture has awarded CHO a Heritage Organization Development Grant in the amount of \$783.00 to assist with the 2005/2006 operations of the organization. This money will be used to offset the costs of our larger newsletter, as well as to supplement our outreach and educational events. CHO thanks the Ministry for their assistance.

Food History Books Eligible for Contest

Jo Marie Powers

Jo Marie Powers is Co-ordinator of the Canadian Culinary Book Awards.



In recent years a surprising number of food history books have been winners in Cuisine Canada's and The University of Guelph's Canadian Culinary Book Awards. In 2005 there were two winners of interest to food historians: *Canada's House* by Margaret MacMillan, Marjorie Harris and Anne Desjardins, and *Le menu quotidien en Nouvelle-France* by H  l  ne Andr  e Bizier and Robert-Lionel S  guin. Past winners with food history content include Julie Watson's *Simple Pleasures from our Maritime Kitchens* and Kristin Olafson-Jenkyn's *Culinary Saga of New Iceland*.

Books about culinary history and historical cookbooks are eligible in three categories: Cookbook, Special Interest and Canadian Food Culture. Many food history books, although primarily cookbooks, do not belong in the Cookbook category since judges generally select contemporary recipes. If a food history book contains recipes and historical notes, it is entered in the Special Interest category, designed for books that are not cookbooks but about food and/or beverages. If specifically about Canadian food history, the book is put in the Canadian Food Culture category. Each category is chaired by a food professional; CHO President Elizabeth Driver chairs the Special Interest category. The five judges for each category are food professionals chosen from across Canada. They select the best books based on criteria of excellence.

The 2006 deadline for entries is January 31 for books published in 2005. Entry forms are at http://www.lib.uoguelph.ca/resources/archives/culinary/cuisine_canada/. Books entered will be listed on this web site in March. The website is a useful resource for historians who collect Canadian food history books.

The Canadian Culinary Book Awards 2005

ENGLISH-LANGUAGE

Canadian Food Culture Category

Gold: Margaret MacMillan, Marjorie Harris, and Anne L. Desjardins; with Adrienne Clarkson and John Ralston Saul. *Canada's House: Rideau Hall and the invention of a Canadian home* (Alfred A. Knopf)

Cookbook Category

Gold: Lucy Waverman and James Chatto. *A Matter of Taste: Inspired seasonal menus with wines and spirits to match* (HarperCollins)

Silver: Rose Reisman. *Weekday Wonders: Healthy light meals for every day* (Penguin Canada)

Special Interest Food and Beverage Book Category

Gold: Gina Mallet. *Last Chance to Eat: The fate of taste in a fast food world* (McClelland & Stewart)

Silver: Geoff Heinricks. *A fool and forty acres: Conjuring a vineyard three thousand miles from Burgundy* (McClelland & Stewart)

FRENCH-LANGUAGE

Canadian Food Culture Category

Gold: Richard Bizier and Roch Nadeau. *R  pertoire des fromages du Qu  bec*, 2^{  me}   d. (  ditions du Tr  carr  )

Silver: H  l  ne-Andr  e Bizier and Robert-Lionel S  guin. *Le menu quotidien en Nouvelle-France* (Art Global)

Cookbook Category

Gold: Jos  e Di Stasio. *   la di Stasio* (Flammarion Qu  bec)

Silver: Diane S  guin. *La cuisine comme je l'aime* (Point de Fuite)

Special Interest Food and Beverage Book Category

Gold: Fran  ois Chartier. *La s  lection Chartier 2005: guide d'achat des vins et d'harmonisation avec les mets* (Les   ditions La Press)

Silver: Jacques Orhon. *Harmonisez vins et mets: le nouveau guide des accords parfaits* (Les   ditions de l'Homme)

Culinary Queries

*CHO invites queries to our email: culinaryhistorians@uoguelph.ca.
Here are some recent questions and answers.*

1. From Jerome and Carol Doutriaux: CITRON MELON

You list a recipe [in the Newsletter Index] for “Citron.” We wonder if it is a recipe for a green melon-sized squash which old friends call “Citron.” Can you tell us something about this hard flesh “Citron” squash with which our friends make candied squash in a heavy sugar syrup? (Editor: The CHO Newsletter Index is available on our website.)

Answer from Amy Scott:

The recipe in CHO’s Spring 1995 newsletter for “Citron Preserves” comes from an 1898 edition of *The New Galt Cook Book*, compiled by Margaret Taylor and Frances McNaught of Galt, Ontario. The citron in question is the citron melon, a variety of watermelon. It is inedible raw, but excellent for candying, and very pretty if the flesh and rind are cut into fancy shapes before being preserved, as the Galt recipe suggests.

The name citron makes us think of citrus. It most likely acquired the name because it is used and treated in a similar manner to a citrus fruit of that name native to the Mediterranean and Middle East. As that fruit produces little juice but has an aromatic rind, the rind is traditionally candied, and in England and North America was and is frequently used in fruit cake and similar baked goods, or as a decoration on desserts such as trifle.

Probably the earliest recipe for candying citron melon is in the first cookbook in the United States, *American Cookery* by Amelia Simmons, 1796. It is titled “American Citron,” suggesting the recipe’s origins were North American; however, this kind of attribution is not necessarily reliable. Watermelons are believed to have originated in Africa. This recipe calls for “the whole of a large watermelon [*sic*]” to be cut into pieces and simmered in strong sugar syrup for several hours. Interestingly, a cookbook that is sometimes claimed to be the first Canadian cookbook, *The Cook Not Mad, or Rational Cookery* (Kingston, 1831), has a recipe for “American Citron” that is obviously adapted from *American Cookery*. The Kingston *Cook Not Mad* was an edition of a work from Watertown, New York, which borrowed extensively from Amelia Simmons’s work, sometimes repeating the recipes verbatim, at other times making small, or even significant changes. In the case of this recipe, the adaptation differs from the original in several ways, which suggests that the author/adaptor probably was not familiar with the citron melon and therefore did not understand the context for the recipe. *The Cook Not Mad* recipe only calls for the rind of the watermelon to be candied, and uses a weaker syrup.

The melon in your photographs does indeed appear to be a citron melon, and your friends are following centuries of tradition by candying it.

To see these citron melon photographs in colour, please see the Culinary Queries page on our website. (Photographs courtesy of the Doutriaux.)



2. From Jim Anderson: WINNIPEG BOOKLET CALLED *HOMECRAFT*

As a bookseller dealing in antiquarian books, including early Canadian cookery, I am seeking information on an obscure Winnipeg booklet called *Homecraft*, edited by Gertrude Dutton and E.G. Kennedy (E. Gunn Ramsey). It lacks a publication date, but likely appeared between 1936 and 1950, is 111 pages long, includes a one page index, and measures 26 x 18 cm. It is stapled between tan-coloured stiff paper covers, the front illustration being of an elegant woman walking a dog. It features many colour illustrations, including several full-page of prepared food and food products, and many black-and-white advertisements, some illustrated. An errata sheet is tipped in to the verso of the front cover.

Gertrude Dutton was editor of *National Home Monthly* magazine and G.E. Kennedy was Director of “Canadian Demonstrations” of Winnipeg. There is a reference to Miss Dutton as “the Dean of Western Dieticians.” There are frequent references in the introduction to Winnipeg’s “Homecraft Theatre (a project of Canadian Demonstrations)” that “was first opened in 1936 as a permanent centre for women, where subjects of vital interest to the home may be discussed and where any woman may obtain assistance.” Homecraft Theatre in Canada was founded by a group of enthusiasts, including Mrs Kathleen Bowker (née Kirkhoffer). The foreword states, “Assisting Miss Dutton in the Theatre is Mrs. Edna Charland, our popular demonstrator.” Gertrude E. Cosgrove, dietician of the St Boniface Hospital in Winnipeg, has an article on a “reducing diet.” Alice Bracken, presumably the wife of Manitoba Premier John Bracken, writes a glowing introduction.

The latest date mentioned in the text is 1936. Other clues to the date include advertisements for what appear to be electric fridges and griddles. I found no listing for this booklet on the usual commercial web sites for used books, nor was it listed in the large library databases including Amicus and OCLC WorldCat. Dutton wrote other cookbooks, including *Specially Selected Recipes*, first published about 1931 by

Western Home Monthly, and *Questing: A Book of a Thousand and One Delights*, first published about 1940 by R.W. Love, of Toronto. In the latter book, she mentions testing the recipes in the Homecraft Theatre in Winnipeg. I have the September 1923 issue of *Western Home Monthly*, in which Dutton has a 3-page article called “Better Cookery,” comprised mostly of recipes. At the head of the article, her affiliation is given as “Manitoba Extension Service” (an arm of Manitoba’s Agriculture Department).

My questions are:

1. Who were Gertrude Dutton, E.G. Kennedy, and Kathleen Bowker, and how important were they in terms of Canadian cookery. Were they Canadian?
2. Does this booklet exist in any libraries, museums, archives, or private collections in Canada?
3. What is the Homecraft Theatre and “Canadian Demonstrations” and did these institutions exist beyond Winnipeg?
4. What artists produced the colour cover art and colour food art within the text?

Jim Anderson, c/o Jim Anderson Books, 840 Lyon St, Winnipeg, MB R3T 0G7. 204 287-2397; 204 298-6241 (cell); 204 475-8614 (fax). www.abebooks.com/home/jimandersonbooks.

Some answers from Liz Driver:

Gertrude Dutton: Her first column in the *Western Home Monthly* appeared in February 1920, in which she is described as a demonstrator in domestic science at the Manitoba Agricultural College. A January 1938 article about her in the retitled *National Home Monthly*, p 40, says that she “held important posts both in Canada and the United States where her work was greatly appreciated.” The article adds, “Not so long ago, the Manitoba School Board retained her services in connection with the evening extension classes for the unemployed ...” Dutton was commissioned to compile *Questing* by the Toronto manufacturer Robert Love because he had once lived in Winnipeg, where Dutton promoted his flavouring products on her radio show.

Kathleen Kirkhoffer Bowker (1881–1958, St Thomas, Ont.): The 1901 Census records her living in Brandon, Manitoba, with her parents, John and Clara. She married Edward C. Bowker and by the

1930s she was living with him in London, England, where he was Canadian High Commissioner. During her time in London, she wrote *The Maple Leaf Canadian Recipe Book* (first edition, about 1931) to encourage British housewives to cook with Canadian products. By 1934, a Canadian edition appeared in response to a demand for copies “received from our own Dominion.” An article in the June 1935 issue of *Chatelaine* magazine referred to her as “a Canadian woman who has done a great deal in ‘selling’ Canada to England.” She is buried in Toronto’s Mount Pleasant Cemetery.

Homecraft Theatre: The January 1938 article about Dutton in the *National Home Monthly* describes it as “an institute which is maintained by National advertisers for the housewife.”

3. From Ed Lyons: LEMON RIND

When I was in the kitchen at Spadina Museum recently, I made a batch of White Gingerbread cookies from Mrs Beeton’s recipe (1861 ed., p 858). She requires “minced lemon rind.” At home the following week, I was checking my ingredients in order to replenish my store of mincemeat, which I always make from Eliza Acton’s *Modern Cookery for Private Families* (1882 ed., pp 368-9). She requires “the grated rind of two large lemons.” Nowadays, we use the zest of lemons, but we rarely use the white because it is very bitter unless cooked. Does anyone know what the ladies actually meant?

Readers are welcome to respond to Ed’s query at aprideoflyons@sympatico.ca. We may include answers in a future issue.

The Mixing Bowl, a Collection of Wartime Recipes

Peter Iveson

Peter Iveson grew up in Carleton Place, Ontario.

The Carleton Place and Beckwith Historical Society and the Victoria School Museum collaborated on an exhibit in celebration of the Sixtieth Anniversary of the end of World War II called “Keeping the Home Fires Burning.” Located in the museum’s Hall of Valour, it was a tribute to the folks back home while their lads served overseas. From it came a booklet called *The Mixing Bowl, a Collection of Wartime Recipes*.

The authors of this seventeen-page booklet poured over hundreds of issues of the *Carleton Place Canadian* from 1939 to 1946, especially the columns of Anne Allan, Hydro Home Economist. Staff at the *Canadian* gave them enthusiastic permission to reprint some recipes, which were taste-tested by members of the Historical Society. Kerry Ingram did the historical research and Wendy LeBlanc, the typing.

Throughout the booklet are advertisements for government propaganda, as well as old neighbourhood grocery stores, now replaced by suburban supermarkets. “Help the War Efforts, Phone 9,” said the Hughes Grocery. “Vim, vigour and vitamins, and your Victory Vegetable Garden” promoted recipes for Scalloped Turnips with Cheese, Green Tomato Mincemeat and Mock Potato Cakes. Do you remember War Cakes, Soldier Cookies and how to stretch butter? Then there were the wartime bridal showers, wedding receptions and brides’ cakes. Christmas celebrations were to continue, although some of the traditional dinner garnishing may be dispensed with. Instructions were given on what to send to the men overseas and how to pack it.



Wartime was a time for thrift, due to food shortages and rationing. “The good habit of thrift we acquire will carry over after the war period.” My carry over after the war period: My Grandmother had coffee only at breakfast and tea only in the afternoon for the rest of her life.

The Mixing Bowl, a Collection of Wartime Recipes. Available from the Victoria School Museum, 167 Edmund St, Carleton Place, ON K7C 3E8. \$5.00 per booklet.

Bovaird House Rescues Rare 1850s Milk House

Fiona Lucas

Fiona Lucas is CHO's Co-Founder, current Past President and Editor of Culinary Chronicles.

In late September 2005, Historic Bovaird House in Brampton, Ontario, received an 1850s milk house onto its grounds. The small six by eight foot brick building was partially disassembled at its original location at a farm on Gore Road, just north of present day Brampton, moved to its new home on a flat-bed truck, and then carefully reassembled. It was built by pioneer Abel Robinson and retains its original wooden flooring, roof, doors and hardware. Originally, researchers thought it dated to the 1870s, but after its move they discovered it was built in the 1850s. Tiny though it is, the building is a significant piece of rural domestic-agricultural architecture.

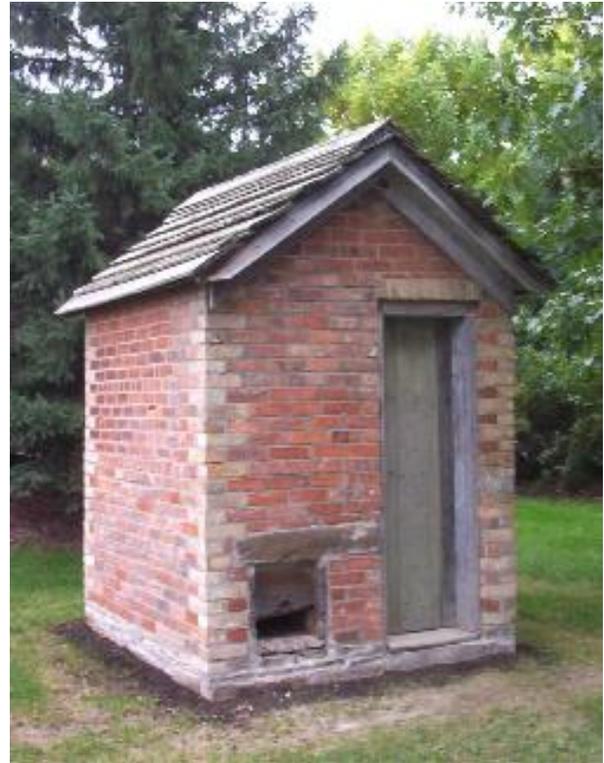
Beside the narrow front door is an opening called a portal, through which cold water diverted from a stream or well constantly flowed along a large trough placed on the floor.

It then trickled out a matching back portal. The trough may also have held blocks of ice. A milk house was for holding several milk cans, and in effect acted like an early refrigerator for the farmer as he (or maybe she) held them either for family use or for pick up by a local cheesemaker.

In a recent email conversation with me, Michael Avis, Chair of the Friends of Historic Bovaird House, said, "As an active member of the Brampton Heritage Board, Friends of Historic Bovaird House and the Brampton Historical Society, I found the whole exercise very gratifying inasmuch as it showed what is possible when everyone interested in the preservation of our cultural heritage all 'get on the same page'." He added, "Before being informed of the importance of this building, Baycliffe, the developer and owner of the building, was planning on its demolition. When approached by the Brampton Heritage Board, the developer was quite receptive to the suggestion that it be saved and relocated to the grounds of Historic Bovaird House and remained co-operative throughout the whole process."

Bovaird House was built about 1840, gifted in 1985 to the City of Brampton by the Bovaird family, and opened as an historic house museum in 1990. It is now operated by the Friends of Bovaird House as a museum that features household artifacts and furnishings from the period 1840–1910, some of which are on loan from the Peel Heritage Complex.

Bovaird House Museum, 563 Bovaird Drive East, Brampton (southeast corner of Kennedy Road and Bovaird Drive) • 905 874-2804 • www.bovairdhouse.ca • Re-opens for 2006 on Saturday 18 February.



1850s Milk House recently moved to the grounds of Bovaird House Museum
(Photograph courtesy of Bovaird House Museum)

Six Culinary Couplets

From *The Ladies Journal* (Toronto), January 1896, courtesy of Mary Williamson:

PANCAKES

Take two cups of buckwheat and of wheaten flour take one,
Two tablespoons baking powder; then, this being done,
Of salt take one-half teaspoonful, sift well together, make
Into thin batter, then at once, on a hot griddle, bake.

RICE GRIDDLE CAKES

Take two eggs and also use a cupful of boiled rice,
One pint of milk, one-half teaspoonful salt, to make it nice,
One heaping teaspoon baking powder use, and then you'll take
Flour to make thin batter. Stir well, and quickly bake.

HOMINY CAKES

Two cupfuls of cooked hominy, rubbed smooth; one teaspoon salt,
Two teaspoons baking powder; and then to have no fault,
Add one cup flour, stir well together, adding by degrees
One quart of milk, three well-whipped eggs; and bake thin, if you please.

From *The Maple Leaf, a Juvenile Monthly Magazine* (Montreal), July 1852, vol 1, p 29,
courtesy of Fiona Lucas:

Jars of jelly, jars of jam,
Jars of potted beef and ham,
Jars of early gooseberries nice,
Jars of mince meat, jars of spice,

Jars of orange marmalade,
Jars of pickles all home made:
*Would the only jars were these
That occur in families.*

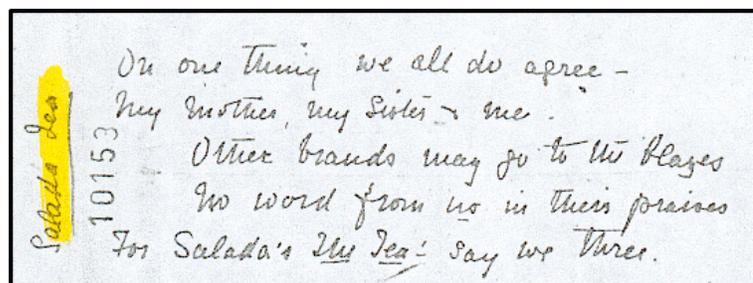
From the Traill Family Collection, Library and Archives Canada, MG 29, D81, vol 6, p 10153,
courtesy of Fiona Lucas:

SALADA TEA 1

On one thing we do all agree
My mother, my sister & me.
Other brands may to the blazes
No word from us in their praises
For Salada's My Tea say we three.

SALADA TEA 2

Salada Tea is a very fine brand
You'll find none so good in all the land
When you drink of some other
That you've nerves you'll discover
But while taking Salada feel just grand.



“Salada Tea” in the handwriting of Florence Atwood, Catharine Parr Traill’s granddaughter, from one of her Books of Clippings, c 1885–c 1925. There are also jingles for Bayer’s Aspirin and Shredded Wheat.

Quotation from George Bernard Shaw, *Man and Superman*, 1903, courtesy of Mary Williamson:

Tanner to Octavius: “There is no love sincerer than the love of food.”

Dean Tudor's Book Review

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.

Craig Heron. *Booze: a Distilled History*. Toronto: Between the Lines, 2003. 497 pp, ISBN 1-896357-83-0, \$29.95, paper covers.

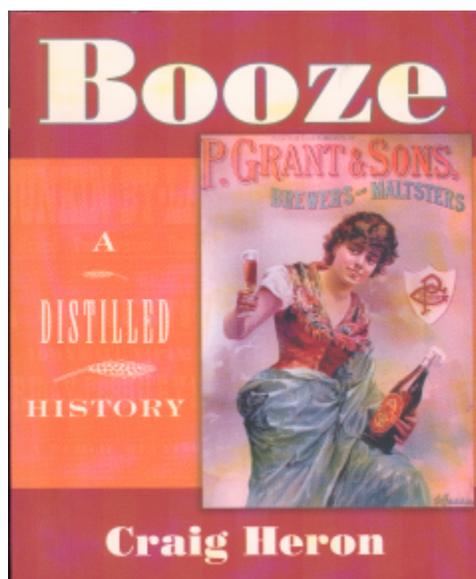
Craig Heron, a professor of history and labour studies at York University in Toronto, has written a history of Canadian drink and drinking. After a brief introduction on how he came to write the book (he had curated "Booze: work, pleasure, and controversy" in 1998 for the Ontario Workers' Arts and Heritage Centre in Hamilton), he dives into the dichotomous nature of alcohol.

His intent is not to ignore the problems of alcohol but to put them into a Canadian historical context, to present a balance between the good and the evil without encouraging either side of the equation. The Greeks got it right with "Nothing in Excess." Thus, he covers all the rough spots: alcohol in native communities, temperance and prohibition, public drunkenness, bootlegging, alcoholism. And he has details on the social and business stuff: industry, employment, breweries and distilleries, liquor traffic, workingmen's clubs, socializing, watering holes. In just about every case – good and bad – the slant is on the labouring classes as they work for breweries and distilleries, as they socialize after hours, as they behave in bars. First off, he acknowledges that drinking is a predominantly male experience: they have the right to drink. There are pictures and illustrations of women drinking, from the turn of the 19th century, but they are socializing in private. They did not go to bars; they did not work in the industry. They were young, and they may even have been childless and unmarried since there are no wedding rings in the pictures.

This is a substantial but sprawling book, covering

all of Canada. Drinking is a theme in many writings about working class history. Over the past few years, Heron has uncovered a fair bit of research, presenting discussion papers at learned society meetings and history groupings. His resources include provincial and national archives, libraries, newspapers, plus the Alaska State Library in Juneau. There are almost 50

pages of end notes, a bibliography of 40 pages, plus an index. He has found copious illustrations, all black and white save the cover ad, with photographs, political cartoons, and advertisements in either the text space or in sidebars. He writes about drinking patterns and government control, the rise of the LCBO and other regulatory bodies, plebiscites and referenda, the problems of the "wets," concentrating (for Ontario) on Toronto, Windsor, Ottawa, London, and Hamilton, for these are the urban areas where the



labouring classes worked and lived.

Much work still needs to be done on wine and wineries, the forgotten alcoholic beverage and industry. These are poorly covered in this book, and I can only assume (based on my own knowledge) that archival resources are very spotty – or else he would have included them. He does, though, have a large list of some fifteen or so topics which deserve further research (add wine to the list). For CHO members, this means we need to dig more into tavern histories and life, a history of the LCBO and Ontario breweries and wineries.

Some interesting facts from page 5:

“Commercial producers of all kinds of booze were also on the cutting edge of mass consumerism, using increasingly effective systems of distribution, sales, and, eventually, advertising to promote purchases of their products. Alcohol beverages became one of the earliest mass-produced goods aimed at those able to buy them.”

What I don't like about this book: Booze is a serious matter, yet the bumpf promo from the two blurb writers make light of it. I find this out of place.

What I do like about this book: The 20-page index is very useful, although some of the broader topics need to be expanded or identified within entries with page numbers. For example, “abstention from drinking” has 23 entries but no further details, “advertising” has 19, and “wine” has 39. Montgomery's Tavern is indexed at page 28 in the text, but not at page 37 where there is a historical drawing of the building. As an indexer, I know it is damn hard work for little money. The bright side: all of the end notes are indexed, which does not happen too often. Certainly, for the price, the book is a bargain for the wealth of booze information.

Report of CHO Event: “Tavern in the Town”

Maggie Newell

Maggie is CHO's secretary.

On Thursday 10 November, the Culinary Historians of Ontario and Friends of Etobicoke's Heritage gathered at Montgomery's Inn to learn more about the history of alcohol consumption in Toronto. Our speaker was Craig Heron, an academic at York University in Toronto and author of *Booze: A Distilled History* (reviewed at left). Canadians have had a long and complicated relationship with alcohol. This entertaining and informative talk touched on many aspects of this relationship.

One of Heron's themes was gender differences in drinking habits. In the early 19th century, European gentlemen gathered around their port after the ladies withdrew from the dining room. Working men gathered in the tavern after completing their day's labour. Women did consume alcohol, and sometimes brewed beer as part of their domestic duties, but generally they did not gather around alcoholic drinks as a social activity in public. This identification of drinking with masculinity continued into the mid 20th century with the physical division of the exclusively male Beverage Room from the mixed Ladies and Escorts area.

Following the lecture we adjourned to Thomas Montgomery's barroom in the restored Inn. When Thomas served his first customers here in 1838 a barroom was a place where men and women from all levels of society could take refreshment on their journey along the Dundas highway. We enjoyed historically appropriate pork pies and potato bread, and an opportunity to sample beers from several micro breweries, while the recollections continued to flow.



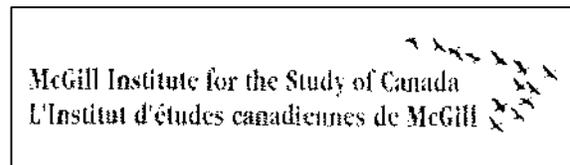
Our guest speaker, Craig Heron, enjoys a chat in the tavern with Liz Driver, CHO's president, in her role as Program Officer of Foodways at Montgomery's Inn Museum.

(Photograph courtesy of Ed Lyons)

**“What’s for Dinner? The Daily Meal through History”
Musée McCord Museum & McGill Institute for the Study of Canada
Montreal, November 2–4, 2005**

Fiona Lucas

Fiona Lucas is CHO’s Co-Founder, current Past President and Editor of Culinary Chronicles.



Last November, an audience of university and museum intellectuals and kitchen and restaurant scholars assembled in the attractively modernist auditorium of the McCord Museum of Canadian History in Montréal to participate in the first nationally focused conference on Canadian food history. We were there to ask “What’s for dinner?” Not unexpectedly, the answers were varied, fascinating and curious.

It was a wonderfully diverse program of films, speakers, meals and behind-the-scenes tours. As a discipline, food history is clearly coming of age in Canada – finally. What was particularly notable was the range of scholarship areas from which the speakers hailed: English literature, environmental studies, museology and archives, Aboriginal studies, feminist critical theory, hospitality and the restaurant trade, sociology, engineering, film and television, business, labour history, journalism, public relations and fine art. Here is a sample of the topics.

The opening keynote talk was by the prolific and amusingly iconoclastic American food historian Andrew Smith on “Talking Turkey: Thanksgiving in Canada and the U.S.” Speaking extempore, Andy – as he is familiarly known – gave us a history of the turkey and how it came to be the centre of the Thanksgiving meal: its exoticism endeared it to wealthy Europeans, who had a long history of big and beautiful birds, particularly peacocks, as symbols of celebration, and it tasted good. He also wondered why Canadians celebrate the quintessential American holiday of Thanksgiving, since it celebrates the

mythology of the Pilgrims’ founding of the American nation. We offered some suggestions, such as neighbourly proximity, Americanizing the old English tradition of Harvest Home, and Americans bringing their traditions to Canada. Andy just grinned and said he thought it was holiday envy.

In “Tradition in Today’s Québécois Menu,” Micheline Mongrain-Dontigny, author of twelve recipe books on Québec’s food history, showed how several dishes popular today in Québec’s homes, restaurants, supermarkets and take-outs have their origins in 18th-century French cuisine, such as Cabbage Soup, Baked Beans, Head Cheese, Salted Lard and Galette (flat flaky-pastry cake). Apparently tourtière is the most popular home-replacement meal in Québec.

Victoria Dickenson’s topic was particularly intriguing to me. Dr Dickenson, Executive Director of the McCord, is currently researching the role of novelty and change in Canadian foodways. Her talk, “Champlain and the Fruits of Nouvelle France,” looked at how the earliest European farmers in Canada planted seeds that were indigenous to North America, not by direct instruction from the Natives but by knowledge gained from their cultivation in Europe.

“Dinner parties were essential to social life in Lower Canada,” explained material culturalist Dr Ross Fox of the Royal Ontario Museum. In fact they were used as a “psychological weapon” in the elite’s “social warfare.” Using details from the journals and inventories of one man, Joseph Frobisher, and

slides of artifacts in several museum collections, Fox visually walked us around the conjectural c. 1800–05 diningroom of Beaver Hall in Montréal. They ate well, and plentifully, surrounded by beautiful objects.

Catherine MacPherson is an independent scholar collaborating with the University of California at Davis and the McCord Museum in order to write an encyclopaedia on the history of chocolate in North America. Her focus is “Chocolate in Canada, from the Colonial Era to 1910.” So far, her earliest evidence of chocolate consumption is 1713, the date of some chocolate pots found in archaeological deposits at Fortress Louisbourg on Cape Breton Island. Her earliest written reference is in the 1752 *Halifax Gazette*. I look forward to seeing the published encyclopaedia.

Red Fyfe Wheat was journalist Sarah Musgrave’s topic. She led us from its accidental arrival in Canada from Ukraine, through its absolutely key role in the West’s settlement, its eventual demise and disappearance from the wheat registration list in the 1950s, and its recent revival as a flavourful organic ingredient in artisanal baking, especially at Wildfire Bread and Pastry in Vancouver.

The second day concentrated on the relationship between cookbooks and dinner, and “The Stories Canadian cookbooks Have to Tell” about the Canadian dinner. Indeed, that was the title McGill professor Nathalie Cooke used for her presentation on how Canadians are perpetuating the family meal, despite dire predictions to the contrary. Liz Driver looked at English-language community cookbooks from 1900, 1925 and 1950 from across Canada, and has concluded that the typical dinner revealed a striking uniformity until the 1950s, when regional differences started to be noticeable and honoured. Gary Draper, from Jerome’s University, also chose 20th-century community cookbooks, but examined what he called the “sly little pseudo-recipe,” usually entitled “How to Preserve a Husband,” that appeared in so many of them. He contends that such recipes offer “a rich and sometimes funny reflection on power issues.” Carrie Herzog talked on the inadvertent ambassadorial role that author Edna Staebler gained for Waterloo County in Ontario because of her cookbooks on Mennonite cooking.

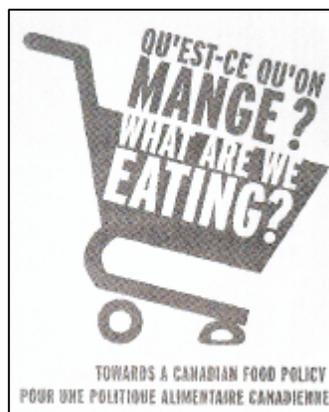
Looking at my notes, one theme seems to reach out to me: Canadian dinners, be they of the many First Peoples of Canada, the dominant Franco-Anglo colonists or 20th-century immigrants, have been a constant interplay between culinary continuity (tradition, terroir, precedent) and culinary transformation (multi-culturalism, diversity, eco-agrarianism).

I came away inspired to do further research on Thanksgiving in Canada as a follow-up to a paper I wrote several years ago. I am also really curious now to know more about the fruit and vegetable seeds that the earliest colonists brought to New France. It was gratifying to see so many other CHO members there as speakers and participants: Gary Draper, Carrie Herzog, Mary Williamson, Nathalie Cooke, Liz Driver and Amy Scott.

The presentations and the many conversations opened up interesting avenues for further research, as the organizers hoped. The stated goal of the “What’s for Dinner? The Daily Meal through History” colloquium was: “At both the conference table and the dining table we hope to forge a productive collaboration that will be the basis of future research on Canadian culinary history.” Victoria Dickenson of the McCord Museum and Nathalie Cooke of McGill University gathered together a superb array of articulate, thoughtful and amusing scholars, and hosted a successful, convivial colloquium.

*

In February, McCord and McGill will partner on a second colloquium, intended to answer another question: “What are we eating?” Together the two conferences address the past, present and future of foods and eating in Canada. To attend this one,



which is February 15–17 at the Omni Mont-Royal Hotel, contact the McGill Institute for the Study of Canada at (514) 398-8346 or misc.iecm@mcgill.ca, or visit www.misc-iecm.mcgill.ca/conf2006.

Other Food Happenings

The Canadian Association for Food Studies:

“We now have a home on the web. The site aims to be a useful resource for researchers across Canada involved in interdisciplinary food studies. Details of the upcoming conference and a growing compendium of links to journals, educational programs, public institutions and civil society organizations involved in food studies research are available on the website. Have a look and let us know what you think: <http://www.foodstudies.ca/>. To make the website a truly useful and relevant resource, we need your help. Please send us any teaching materials, details on educational programs, information about events, job postings, names and websites of organizations and associations we should be listing, and any photographs (open copyright or, better, your own photos) we could use in the banner.” Canadian Association for Food Studies, c/o Centre for Studies in Food Security, Ryerson University, 350 Victoria Street, Toronto, ON M5B 2K3. [Editor’s note: the CSFS website has a link to our website, for which we thank them.]

Mustafa Koc, Associate Professor, Department of Sociology, Ryerson University, mkoc@ryerson.ca.

The Fort Restaurant, Morrison, Colorado:

“I am the partner and co-owner of The Fort Restaurant in Morrison, Colorado (overlooking Denver). My father, Samuel P. Arnold, is an internationally known food historian and was honored last year at the conference of IACP (International Association of Culinary Professionals) for a Lifetime Achievement Award. Our Executive Chef is leaving and we would like to get the word out that we are looking to fill this position at our famous adobe replica of an 1830s fur trade fort called Bent’s Fort. The cuisine we serve is from 19th century recipes. We are a 350-seat restaurant. On slow days we do between 80 and 150 dinners, on weekends and in the summer, 300 to 500 dinners. We have a Sous Chef, but would love to find an Executive Chef who has a passion for culinary history. Please let me know if you have any chefs who would be interested! Thank you.”

Holly Arnold Kinney, co-owner, The Fort, 19192 Highway 8, Morrison, CO 80465. (303) 697-4771. www.thefort.com; hkinney@thefort.com

Canada Day 2006 Poster Challenge Competition

“I am writing to the Culinary Historians of Ontario on behalf of our client, Canadian Heritage, the federal government agency headquartered in Ottawa, Ontario. Iridium Design is the graphic design agency developing promotional materials for Canadian Heritage’s annual nation-wide student art competition entitled ‘Canada Day 2006 Poster Challenge Competition.’ In addition to inviting school children to submit original artwork for the competition, our official Poster Challenge website (www.canadianheritage.gc.ca/affiche-poster) also features Canada-related games and quizzes. As part of this activity we have created the ‘Canadian Food Trivia Feast’ which displays unique provincial, territorial and regional recipes. ... If you require further information on this nation-wide Canadian educational project, please contact me.”

Stephen Hards, Iridium, A Design Agency. (613) 748-3386. stephen@iridium192.com

Upcoming Themes for *Culinary Chronicles*

Culinary Chronicles is looking for new voices!

We hope some of you are inspired by these upcoming themes. Would you have a nugget of information to share, a memory, a photograph, a recipe or two, an old newspaper illustration, a menu, an old poem, or something else really neat that you'd like to contribute? Or perhaps you already have something written on one of the themes – maybe an unpublished student paper? Or perhaps you'll be inspired to do some original research because this call for submissions is the spark you've been looking for.

Or you may have something that is not related to these themes but you'd like to see it published anyway.

But remember that *Culinary Chronicle's* focus is Canadian.

As a thank-you, for a multi-page article CHO offers a year's membership (the four newsletters of the current year, plus the member's rate at events) and an extra copy of the newsletter the article appears in. For a single-page contribution we offer an extra copy of that newsletter. Plus you get to see your name in print, and if you've written an article, you can include it in your curriculum vitae.

If you would like to contribute, please contact Fiona Lucas at 416 534-1405 or lucasf@sympatico.ca.

Spring 2006, Number 48

Theme: Kitchens & Kitchen Equipment
 Due Date: April 1
 Publication Date: May 1

Summer 2006, Number 49

Theme: Camp & Camp Food
 Due Date: July 1
 Publication Date: August 1

Autumn 2006, Number 50

Theme: Restaurants, Catering, Eating Out
 Due Date: October 1
 Publication Date: November 1

Winter 2007, Number 51

Theme: Chocolate & Candy
 Due Date: January 1
 Publication Date: February 1

Other possible future themes and topics on the Editor's planning list: the dairy industry; pasta in Canadian kitchens; cookies; African-Canadian Soul Food; community vegetable gardens; the diaspora of French-Canadian foodways; meals, mealtimes, definitions of meals; manuscript recipes; Inuit foodways; oh! and so many more possibilities. Do you have a suggestion?

For the Spring 2006 issue, Fiona is looking for photographs of kitchen whatzits to add to the ones she already has for a quiz. Do you have a whatzit you'd like to see included?

Upcoming CHO Events

February 2006

CHO and OHS First Annual Spring Lecture
**COMMUNITY RESPONSES TO CHANGING
 FOODS IN PANNIQTUUQ, NUNAVUT**
A Lecture with Dr Lynette Hunter

Ontario Historical Society

John McKenzie House, 34 Parkview Ave, Toronto
 416 226-9011, ohs@ontariohistoricalsociety.ca

Monday, February 13, 7:00 pm

CHO's first annual spring lecture at the Ontario Historical Society welcomes guest speaker, **Dr Lynette Hunter**, Professor of the History of Rhetoric and Performance at the University of California Davis. Author of many books and articles and editor of *The Bibliography of Nineteenth Century Cookery and Household Books* for Prospect Books, she co-founded the Leeds Food History Symposium and recently held a Fellowship in Food History at the University of California Davis Humanities Institute. She has used food in performance art pieces to talk about Canadian literature and culture.

Over the past decade, Dr Hunter has researched ways that food at times consolidates and at others breaks up communities. One recent project involved facilitating a community cookbook in Panniqtuuq, Nunavut, where the introduction of southern foods has had a big effect on traditional eating patterns. Traditional foods are a repository of family and community history which many older and some younger people do not want to lose, and are integrally bound to a hunting and gathering way of life. She has visited Panniqtuuq three times to learn about Inuit food pathways, preparation and consumption, and stories. She will talk about community experiences and more generally about adaptation to new foods and loss of traditional foods.

\$10 CHO and OHS members; \$12 non-members. VISA, MasterCard, Amex. Includes light refreshments. Registration deadline is Fri 10 Feb. Contact Rob Leverty at OHS at 416 226-9011.

April 2006

A VICTORIAN BANQUET

The Faculty Club, University of Toronto
 41 Willcocks Street (Spadina and Bloor)

Tuesday, April 15

Reception 6:30, Banquet 7:00 pm

CHO, the Ontario Wine Society and U of T's Faculty Club are partnering on "A Victorian Banquet to Spring," featuring Henry of Pelham Wines to complement seasonal recipes selected from 1880s Ontario cookbooks. Recipes include Cheese Straws, Salmon Pudding, Roast Lamb, Lyonnaise Potatoes, Lemon Pie, and more.

CHO member Mary Williamson will set the scene by telling us about the fabulous banquets held in 19th-century Ontario. Dan Speck from Henry of Pelham Wines will introduce each wine.

\$75 members; \$85 non-members. Members may bring guests, one of whom may be at members' rate. Registrations postmarked no later Tuesday, April 18. See enclosed flyer. Contact OWS at 416 921-9798 for more information.

May 2006

**DAILY AND FESTIVAL FOODS AND
 DRINKS IN A FRENCH VILLAGE, 2005**

A Lecture with Dr Pierre Laszlo

Thursday, May 26

Location and time TBA

Pierre Laszlo will talk on his experience of the fascinating foods and feasts of Sénergues, France, where he has lived for a dozen years – the essential stockfish (codfish), regional specialties such as confit de canard, farçous, rissoles aux pruneaux, aligot, saucisse-aligot-vin de Marcillac, also dietary rules for school children and ritual foods like aligot géant or tripoux.

\$10 CHO members; \$12 non-members. Includes light refreshments. Details in next newsletter.

Book Launch

**HEARTH AND HOME: WOMEN AND THE
ART OF OPEN HEARTH COOKING**

Place and May date TBA

www.lorimer.ca

Illustrated social history book written by CHO
member Fiona Lucas. 72 pp. \$19.95.

August 2006

**EXPLORING FOOD HISTORY AT
RUTHVEN PARK – “PICNIC ON THE
GRAND”**

Ruthven Park National Historic Site

Hwy 54, Cayuga

905 772-0560, ruthven.park@sympatico.ca

Saturday, April 19, time TBA

www.ruthvenpark.ca

Enjoy a summer day at Ruthven Park, exploring more than a century of food history at the home of the Thompson family, from the 1840s to the 1960s. We will need members' help ahead of time for baking and assistance at Ruthven on the day. More details in the next newsletter.

2008 ALHFAM AGM

CHO seeks ideas

The June 2008 annual conference of the **Association of Living History Farms and Agricultural Museums** will be held in Ontario, at Upper Canada Village in Morrisburg and the Central Agricultural Museum in Ottawa.

CHO wants to have a strong presence at this conference because it will be a fabulous opportunity to showcase ourselves through presentations, cooking classes, hosting out-of-towners, and any number of other ways. But first we would like to convene a committee. If you are interested in participating on this committee, we would like to hear from you. A meeting will be arranged for the spring. If you live outside of Toronto, please consider joining since much discussion and arrangements can be done by phone and email. Please contact culinaryhistorians@uoguelph.ca to indicate your interest in the ALHFAM 2008 committee.

**News from the Outreach and
Education Committee**

Members of the “O and E Committee” will be going to **Doon Heritage Crossroads** in Kitchener on Sunday, April 30 to staff a CHO information table at the annual meeting of **Rare Breeds Canada**. They will also be going to events in various parts of Ontario during the summer and fall. If you would like to help on April 30 or to invite the “O and E Committee” to attend one of your community events, please contact Amy Scott at culinaryhistorians@uoguelph.ca.

ALSO OF INTEREST TO CHO MEMBERS:

16th Annual Decorative Arts Symposium at the Royal Ontario Museum

"THE HISTORY OF DINING"

April 20–22, 2006

Over the centuries, the way in which food was served and consumed has changed radically. A multitude of cooking utensils, serving pieces, flatware, place settings, and furniture survive to document changing tastes and social customs associated with dining. How did these evolve? The rich collections at the ROM document many of these changes. Explore the fascinating history of dining from ancient Roman times onwards to the present. Nine scholars from Canada and abroad will whet your appetite and inform your senses.

Sponsored by Waterford Wedgwood Canada. Additional support provided by Christie's Canada and Holiday Inn Toronto Midtown. Organized by the Department of World Culture and the Department of Museum Volunteers.

\$350; ROM members \$300. Early bird offer (deadline March 1) \$275. For information 905 278-9834 or elsamckay@rogers.com.

SPECIAL DISCOUNT FOR CHO MEMBERS

CHO members may 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 CHO and request the 20% discount. The discount will not show up on the screen, but the David Brown Book Co. will honour your request.

www.culinaryhistorians.ca

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:

\$30 Cdn for One-Year Individual and One-Year Household

\$55 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

CHO Board: President: Liz Driver; Vice President: Amy Scott; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Acting Programme Chair: Liz Driver; Newsletter Chair: Fiona Lucas; Membership Chair: Amy Scott, Website Chair: Liz Driver; Outreach and Education Chair: Amy Scott.

Newsletter Committee: **Fiona Lucas, Ed Lyons, Liz Driver.** Thank you to contributors Peter Iveson, Maggie Newell, Alison Norman, Jo Marie Powers, Dean Tudor, and Mary Williamson.

Submissions to *Culinary Chronicles*: We welcome items for the newsletter; however, their acceptance is at the Editor's discretion. The Editor reserves the right to edit them.

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