

# Culinary Chronicles

The Newsletter of the Culinary Historians of Ontario

Summer 2006

Number 49

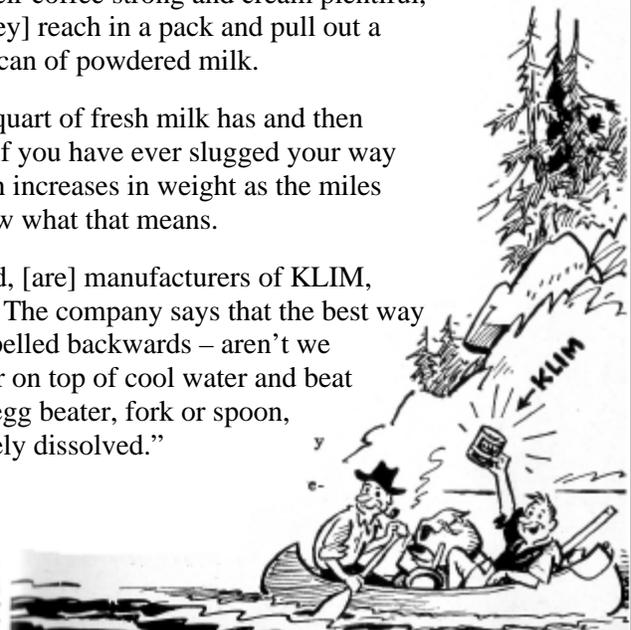
## Camp Food Issue



“Way up north, the men who like their coffee strong and cream plentiful, have discovered something. [They] reach in a pack and pull out a plum in the form of a can of powdered milk.

“It has, they say, everything a quart of fresh milk has and then something else. It is lighter. And if you have ever slugged your way over a portage with a pack which increases in weight as the miles unfold, you’ll know what that means.

“The Borden Company, Limited, [are] manufacturers of KLIM, our favourite powdered whole milk. The company says that the best way to mix KLIM (that’s milk spelled backwards – aren’t we clever?) is to place the powder on top of cool water and beat or whip briskly with an egg beater, fork or spoon, until completely dissolved.”



*Skillet Skills for Camp and Cottage*, Toronto, The Borden Company, 1947, pp 6–7.  
Cartoon by Jim Frise, pp 48–49. (See also page 6.)

## Contents

<b>Message from the President</b>	2	<b>Culinary Whatzits</b>	9
<b>Camp Kitchikewana Cuisine</b>		<b>Reviews of Two Books by Two Readers</b>	
Alexandra Rowse	3–4	Dean Tudor and Fiona Lucas	10
<b>Culinary Queries</b>	4	<b>Members’ News</b>	11
<b>“Beaver Camp” Food, Summer 1904</b>		<b>Program Review: Foods of a French Village</b>	
Fiona Lucas	5–6	Jeanine Avigdor	12–13
<b>Salmon Wiggle and Other Reminiscences of Camp Food in the 1940s</b>		<b>Program Review: A Victorian Banquet to Spring</b>	
Mary F. Williamson	7	Maggie Newell	14–15
<b>Camp Mazinaw Food Memories</b>		<b>CHO Silent Auction Bidding List</b>	16–17
Peter Iveson	8	<b>CHO Upcoming Events</b>	18–19
		<b>Credits</b>	20

## Message from the President

On behalf of CHO's Board, I am delighted to welcome **Carrie Herzog as the new Programme Chair**. Carrie has just graduated from the University of Guelph with an MBA specializing in Hospitality and Tourism Management. Her major paper was on marketing culinary tourism in museums in Ontario. She also has an MA in Canadian History, specializing in Canadian Food History. Currently, she is enrolled in the Ontario Museums Association Museum Certificate Program. As the 2004 Edna Staebler Research Fellow at Joseph Schneider Haus in Kitchener, she wrote a paper on Edna Staebler's contribution to Waterloo County foodways. Her other research topics have included barbecuing in postwar Canada, the study of food and the Canadian historian, and vegetarianism in Canada. When I asked her which were her favourite historic foods, she answered Battenberg cake and tea biscuits, and that she is also a big fan of tea and the ritual of afternoon tea. At home she has about 50 loose teas from across the world that she likes to blend on different occasions! Not surprisingly, she is an avid cookbook collector. Given Carrie's wide-ranging food interests, she is sure to bring depth and variety to CHO's programming.



Carrie Herzog, new Chair of CHO's Programme Committee

(Photograph courtesy of Carrie Herzog)

I am looking forward to seeing CHO members at **Ruthven National Historic Site for "Picnic on the Grand" on 19 August**, in the historic tavern at Montgomery's Inn Museum for our **2006 AGM on 28 September**, and in Hamilton on **21 October for the cooking workshop at Dundurn Castle and tour of Whitehern Historic House**. Be sure to pre-register for the Ruthven and Hamilton events ASAP!

At the AGM, we will be **honouring Mary Williamson** with a lifetime membership in CHO, so please join the Board and other CHO members at the AGM in celebrating the occasion. Also at the AGM, you can help boost CHO's bank account to support our activities at the same time as adding to your own culinary book shelf. CHO is holding a **Silent Auction of new and antiquarian cookbooks**. Check out pages 16 and 17 for the auction list for some great titles. The auction closes at the end of the AGM, but you can make bids now by email!

**Fiona Lucas**, Editor of *Culinary Chronicles*, has devoted the first half of this issue to camp food. Wherever you dine this summer – in a residential camp or wilderness park, on an urban patio, or at a picnic table in your own backyard – enjoy good company and reflect on the history of the food you eat.

**Liz Driver, President, CHO**



*Skillet Skills for Camp and Cottage*,  
Toronto: The Borden Company, 1947.  
Cartoon by Jim Frise, front cover.

## Camp Kitchikewana Cuisine

Alexandra Rowse

*Alex is a former counselor at Camp Kitchikewana on Beausoleil Island in Georgian Bay, which started in 1919. She is entering her fourth year in Geography at Queen's University in Kingston.*

As the bell rings, the sounds of hungry campers fill the summer air. Stomachs announce themselves as campers thunder towards the dining hall. Long days filled with swimming, canoeing, sailing and singing make for unimaginable appetites, so mealtimes at camp are anticipated events. Guessing the menus each day is a popular pastime. Three times a day, all campers and staff assemble in the dining hall. Before entering for meals, the girls and boys line up on opposite ends of the dining hall and each enters one at a time, the girls singing "I wish they all could be Kitchikewana girls," a take-off on the Beach Boys, and the boys bellowing tribal chants. Momentary chaos turns to order as campers find their assigned table and wait to say grace.

The type and quality of food served at camp is important, but it is really the traditions surrounding food and mealtimes that set it apart from regular cuisine. It is the need to eat that orchestrates an integral part of the camp day, but it is the singing, saying of grace, laughter and shared table conversations that create the unique atmosphere, unlike the environment in which most children eat meals at home. In some ways, it can be compared to the organized chaos of a family Christmas dinner.

At YMCA Camp Kitchikewana, or

"Kitchi," meals are served family-style. This means that one person from each table fetches a family-sized food portion from the kitchen. A typical menu for the day might be: English muffins with cream cheese, jam and margarine, hot and cold cereals, fruit, and juice or milk for breakfast; macaroni and cheese, veggies and dip, fruit, juice or milk for lunch; and lasagna, caesar salad, garlic bread, milk and Rice Krispie squares for dinner.

The menu has not changed a great deal over time. A typical menu in the summer of 1924 included porridge, bacon, raspberry jam, hot rolls, tea or coffee for breakfast; macaroni and cheese, lettuce salad, bread and butter, tapioca pudding and tea for lunch; and scalloped potatoes, radishes, fried ham, bread and butter, biscuits, lemon pudding, tea or coffee for dinner. Since Kitchi's first

summer of 1919, the staple camp diet appears to have stayed the same. From year to year the change that differentiates the meals is the cook.

Camp cooks are not boring. In my four years at camp, I experienced four cooks and four distinctly run kitchens. Each cook characterized the summer's menu. I'll never forget Wish's "Newfy stew" served at Family Camp, or Aunt B's extremely

fattening pudding pops. Mike Morden, Kitchi alumnus ('89-'05), spent



Alex (centre) and chums chow down on no-bake dessert.

(Photo courtesy of Alexandra Rowse)

one summer working in the kitchen, and attests that “working in the kitchen was more than a little surreal ... it’s an odd job, and it draws an odd demographic.” The camp kitchen is a mysterious no-mans’ land to the rest of the staff and campers. They begin their day at about 6:00 a.m. and end about 8:30 p.m., a different schedule than everyone else. Occasionally counselors or senior staff are thrown in to help out, and only then do others begin to understand the demands of cooking for 250 people three times daily.

Cooking for 250 is definitely a challenge – and pleasing everyone’s palates an equal challenge! Only one true test determines a meal’s popularity: the toaster line. When meals are not so popular, the line turns into a wild, wrangling mass of campers waiting to toast their bread. But the toaster line never really dies, even during the better meals, as the picky eaters rely on this option. Kitchi Alumnus John Thompson (’60–’70) fondly remembers the peanut butter jars his mother Bernice used to send him. He remembers eating peanut butter and bread for all three meals. Once the jar was finished he would use it to clear his plate of unwanted food, until the next arrived. John’s father also attended Kitchi in the early years, and his children Sean, Scott and Jordan furthered the family tradition.

Out-tripping is a traditional element of the Camp Kitchi experience. A unanimous agreement on camp food is: “out-trip food always tastes better!” Alice Sommerville (’04–’05) recalls that on out-trip “you are more hungry than you have ever been in your entire life (at least that is what you’re thinking at the time!).” Favourites, such as pita pizzas and no-bakes, continue to embed themselves in memories and stories of out-trip. Pita pizzas, a true out-trip classic, are a simple combination of pitas topped with tomato sauce, cheese, peppers and pepperoni, then fried in lots and lots of margarine. No-bakes make the perfect dessert: they are a combination of margarine, oats, brown sugar and chocolate chips mashed together in a big black garbage bag. Besides the predictable out-trip menus, new recipes arise as hunger gets creative! Katie Bell (’94–’04) recalls her ‘breakfast couscous’ creation of couscous made with milk and lots of dried fruit, which she found delicious, while her campers were hesitant.

The menu and types of food at camp may change over the years, but it is the culture of food and the special experience of mealtime at camp that remain timeless. Camp truly creates a unique culture for food. Where else do 250 active, starving young people eat three meals a day together, while singing and cheering? Traditions vary by the camp, but camp mealtime can be recognized by any camper, past and present, throughout Canada’s residential camps.



Alex on the right, with her fellow camp cooks.

(Photograph courtesy of Alexandra Rowse)

## Culinary Queries

- These two candy questions come from Hilary Hurst of Toronto:

“I was recently introduced to a strangely addictive ‘old fashioned’ British candy called **Floral Gums**. They are hard, pea-sized gum sweets with a lovely floral aroma and flavour. I would love to find out about their history, but I have been unable to determine which time period they originated in, or any information about the flavourings used in the candy. Also, what are **Chicken Bone** candies? Any information would be appreciated. Thanks!”

- Also, from someone who’d like to stay anonymous:

“Does anyone know what **Bear Claw Cookies** are? Apparently they are from the East Coast.”

## “Beaver Camp” Food, Summer 1904

Fiona Lucas, Editor of *Culinary Chronicles*

*Fred Dickinson was an ordinary boy of fifteen going on sixteen in the summer of 1904. But he kept an extraordinary daily journal about “Beaver Camp,” the tent that he and his three male cousins erected within distant hearing of “Sunnybank,” their grandmother’s cottage on Lower Rideau Lake, near Smith’s Falls. In between energetic rounds of swimming, sailing and rowing, they mostly cooked for themselves on a small wood stove and over a campfire, although they weren’t averse to joining the family sometimes. He even fed their aunts and uncles dinner a couple of times. One of their favourite activities was fishing for largemouth and smallmouth bass, sunfish, and the occasional salmon, then cleaning them for a meal. Astonishingly, he cheerfully comments on the regular dishwashing they undertook. Fred’s account extols the carefree mood of this particular summer, while at the same time embodying the mythical Ontario cottage experience.*

**Fred Dickinson. *A Boy’s Cottage Diary, 1904*. Annotated by Larry Turner. Ottawa: Petherwin Heritage, 1996.** (The late Larry Turner was a Canadian historian and Fred’s great-nephew.)

**Friday 29 July**, pp 21–22:

“After an excellent sleep we got up at seven o’clock and the fire-men Harold and Ernie put on a ripping fire in the stove for the cooks Edmund and Fred [himself] to get our breakfast. We had Force, boiled eggs, syrup, very strong coffee (I think we put in 2½ tablespoons of coffee), bread, etc. After breakfast we washed and dried the dishes and put them away in our cup-board, and then made the bed up. After this we went to the bush and gathered a lot of pine knots for fire wood. We stayed there till dinner time climbing trees and cutting branches with our jack-knives, etc. We cooked a rattling good dinner and instead of having tea we had coffee by putting water into the remains from breakfast. After dinner we had a swim in the canal and then we picked two quarts of raspberries for supper. We then played quites and nobbies. After this we had supper consisting of a tin of pork and beans, fried potatoes, cookies, biscuits, bread, etc. and after supper the four of us went in the rowboat to Oliver’s Ferry about 2½ miles away. There happened to be a social there that night and the Smiths Falls band was there. After treating ourselves and procuring our provisions we started for home after nine o’clock. It was a bright moonlight night and we rowed home in 37 minutes. We had some grub before returning and were soon asleep.”

Force was leftover ground meat mixed into stuffings and meatballs. This is the only time he mentions it, but “porrage,” boiled eggs and coffee appeared often in his other breakfast notes. Tinned pork and beans are mentioned several more times.

**Sunday 31 July**, p 25:

“Along with the help of the cottage folks we had an exorbitant meal consisting of ‘canned tomatoes,’ ‘canned pork and beans,’ ‘corned beef and tongue,’ ‘potatoes,’ beets, mustard, tea, soda biscuits, cookies, etc. When we got the table set it started to rain so we put it in the tent. The wind blew and shook the tent like fun, the thunder roared but all the same we had a slick supper.”

Many times they added fish to their meals:

**Monday 1 August**, p 27:

“We arrived home at 8:15 and had some supper. Little Tom [age 10] caught two large mud-pouts [catfish], each over a foot long, a 4 pound black [smallmouth] bass, a large pike, a shiner and numerous sunfish and rock bass tonight.” Next morning, Tom and Fred cleaned them for a fish fry.

Being perpetually hungry teenagers, snacks and treats featured regularly in Fred’s account.

**Thursday 4 August**, p 30:

“When we returned we had an early supper and the camp boys rowed to the Ferry for provisions. We had two large bottles of birch beer, peanuts and candy and about nine o’clock returned in the dark.”

Fred and his cousins particularly liked peanuts. Apples were a regular snack too. But his favourites were chocolates and ice cream, judging by the number of times he mentions them.

**Monday 15 August, p 53:**

“As we had no time to get a lunch before starting from the [Beveridges] locks we went and had ice cream and chocolates although this kind of a lunch was not very strengthening it suited us perfectly.” As did the sandwiches they had later in the day.

Several times they made candy on their stove.

**Tuesday 23 August, p 66:**

“Grandma brought out a big bag of shelled pop-corn this morning and we invited the cottage folks to the camp for the evening. Ernie popped a lot of corn on our stove. It popped fine as we had the stove red hot and we had a great time eating it. Auntie Min then made a lot of syrup out of brown sugar and poured it over a lot of pop-corn. It was delicious. This mixture is what the Yankees call ‘Crackerjacks.’ Auntie Min then made a lot of taffy and cream candy and we had a swell time eating it. Auntie Till then told us a lot of stories and we had a magnificent time. We broke up the party about 9 o’clock and said good night to our visitors. Harold, Ernie and Fred then lit the lantern and after putting out the fire and tying up the tent

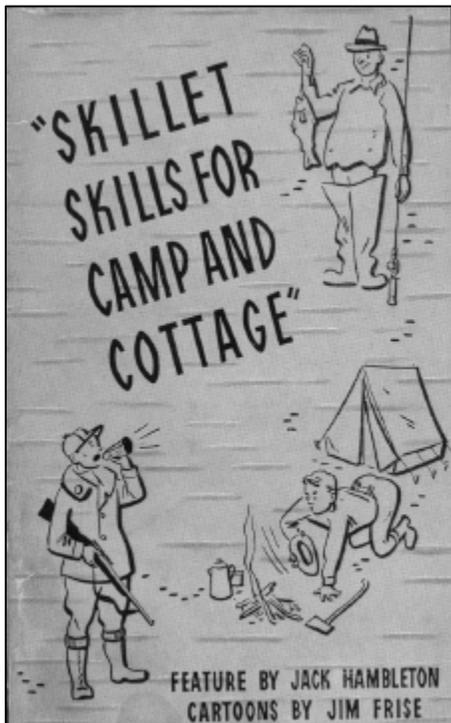
we played flinch in the tent until ten o’clock. We then roasted some apples on the top of the lamp chimney (our lantern is a candle with a lamp chimney over it and is so arranged as to carry it by a handle) and ate them.” Several days later they made crackerjacks again.

Despite continually expending their boyish energy in physical activities, to their satisfaction all four boys gained weight that summer. On their last day, Fred recorded how much.

**Friday 26 August, p 71:**

“After weighing ourselves we found that Fred [himself] gained 8 pounds, Ernie 8 lbs., Tom 3 lbs., and Harold 3 lbs.”

Fred’s summer 1904 journal epitomized a happy boyhood often spent at the family cottage. His many references to food and meals were simultaneously casual and integral to his experience, and the reaching for independence. And of course they provide invaluable information to historians today



(Booklet courtesy of Liz Driver)

***Skillet Skills for Camp and Cottage, Toronto: The Borden Company, 1947.***

This delightful little book was written by outdoors men for their fellow campers, fishermen and hunters. It was a man’s world only. No where on the faux birch bark cover, however, is it revealed that this is actually a booklet of recipes for KLIM – milk spelled backwards. A little disingenuous advertising!

Jack Hambleton, whose name appears on the front, wrote the witty opening essay, including the quotation on this newsletter’s front page. He wrote an outdoor column for the *Toronto Daily Star* and a fishing column for the *Globe and Mail*. The cartoonist was Jack Frise of the *Star*.

The recipes inside were meant to supplement the game and fish they caught on their wilderness trips and reveal a strong interest in eating variety and quality – despite the humour in the cartoons. Cream Sauce for your freshly caught bass? There are three to choose from. Want a quick but hot lunch in the rain? Sauté bacon strips in their own fat, place them between two thin bannocks and press them down to bake in the grease. “With a cup of tea or coffee – a satisfying meal.”

## Salmon Wiggle and Other Reminiscences of Camp Food in the 1940s

Mary F. Williamson

*Mary is an active member of CHO who writes frequently for Culinary Chronicles. She is a retired Adjunct Professor from the Fine Arts Department at York University*

From the age of seven, for at least two weeks each summer in the 1940s, I went to summer camp. When I reached thirteen, Camp Tanamakoon in Algonquin Park was my parents' choice, and I spent part of six happy summers there during the final years of the reign of its founder/director Mary G. Hamilton. In 1949 I wrote my parents that "the food is wonderful this year," a great change from my previous camps where I twice described the food as "awful." Those were, after all, the war years.

For Miss Hamilton, the cookout was essential to the campcraft program, presenting challenges and opportunities for experiencing life in the open. Between my letters home which have survived and Mary Hamilton's *The Call of Algonquin: Biography of a Summer Camp* (1958), plus my own cloudy bursts of memory, I am able to reconstruct the kinds of foods on the menu when we went for cookouts and over-night canoe trips. "Learning is most effective when it answers a real need," Miss Hamilton wrote, and "this was apparent when the campers started off in small groups, equipped with individual reflector ovens, food, and pangs of hunger. It did not take them long to discover that it was fun to cook their own meals." These lofty ideals do not precisely square with the description in my own letter home of August 8, 1947: "We went on a cookout Tuesday and had soup, spaghetti, coca (very watery) and soupish cocoanut pudding (ugh)." I had been a spelling champion earlier in my school life but apparently lost the talent during the summer. Another cookout in July of 1949 offered a more promising menu: "It's Clarky's birthday to-day and we're going on a cook-out and having pancakes, cheese and bacon."

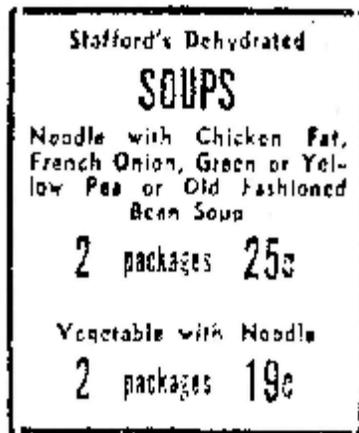
Canoe trips were planned for two to seven days, and we had to carry the basic foods (and our clothing, pots, pans and dishes) over portages between the lakes. Each meal was supplemented by fruits picked as we passed through abandoned

fields and trudged through the woods. Our guides sometimes managed to catch fish near the campsites. During World War II we were required to hand over our ration books for the duration of our stay. I well remember the dehydrated foods made by Stafford Industries – especially their noodle and vegetable soups – that had been developed during the war years and were marketed to cottagers after the war in large red and white tins. Powdered eggs and Klim (milk spelled backwards) always accompanied us on canoe trips.

At Tanamakoon each canoe trip was preceded by meetings where in co-operation with a dietician we worked out menus for each day. Then we organized the food packs according to the order in which the foods would be eaten. Canned foods were heavy to carry and were consumed early in the trip. In 1950 I sent my parents a detailed account of a five-day, 75-mile canoe trip to Big Trout and Opeongo Lakes. The menu featured "salmon wiggle, welsh rarebit, macaroni, pancakes, gingerbread, bran muffins and johnny cake made in reflector oven." Most would have been put together from prepared mixes. For this article a recipe for Salmon Wiggle proved elusive, but I eventually found one in the *Globe and Mail* (Dec. 5, 1941) which got it partly right: canned salmon (flaked), green peas (canned), and "well-seasoned" white sauce. But one final ingredient was missing: the hot biscuits on which the tasty concoction sits.



*Skillet Skills for Camp and Cottage*, 1947, p 9.



Two examples of camp foods from the  
*Toronto Daily Star*, June 9, 1943

(Courtesy of Mary Williamson)

## Camp Mazinaw Food Memories

Peter Iveson

*Peter Iveson is a long-time member of CHO who writes occasionally for Culinary Chronicles.*

I don't know how historic camp food from nearly sixty years ago is, but I thought I'd share some memories of two camps I knew.

We used to refer to "The Camp" when we went to Grandfather Iveson's summer cottage on the Ottawa River in the early fifties. After closing two farmer's gates and a slow drive over rough roads we had to carry our supplies some five hundred yards. There was no electricity or running water when we arrived. Those were the days of ice houses, iceboxes, wood stoves and oil lamps, as well as a trek of over half a mile to a spring for drinking water. I can remember using Cow Brand Baking Soda to brush our teeth in the now polluted Ottawa River. Our food was pretty basic and we ate around a communal table in the dormitory style cottage. Everything changed in the early sixties with the arrival of electricity, septic tanks and the new cottage. I miss "The Camp."

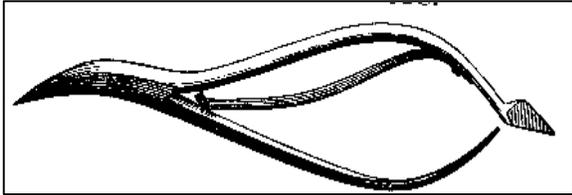
In the late fifties I was sent to a boys' camp called "Camp Mazinaw" on Lake Mazinaw, north of Kaladar in Eastern Ontario. This camp was for sixty boys. We were taught survival in the bush and to live off the land. I learned to swim and paddle. Camping trips in the virgin wilderness ranged from overnight to three days. Cooking was over an open fire using billy cans to boil water and frypans to fry the fish we'd caught and cleaned ourselves. The only building at Camp Mazinaw was a type of mess hall, but it had electricity and refrigeration. The kitchen was ruled by a dour Mrs Wicker from Parham, famed for her home-made pies, especially luscious blueberry made from the wild blueberries that covered Bon Echo Rock.

Breakfast featured canned fruit juice, big steaming servings of cream of wheat, oatmeal with raisins and Red River cereal, pancakes, cornmeal muffins, sometime freshly caught lake trout and pickerel, eggs, bacon and sausages. And cold toast. Liver and onions were fed to the growing boys at lunch once a week. I remember burnt soup. Meat loaf was often served at dinner along with great bowls of potatoes and vegetables. It was at Camp Mazinaw that my love affair with fish eyes and glue (tapioca pudding) began. No tea or coffee for growing boys in those days.

Camp lasted six and a half weeks, so you no sooner got finished school then it was off to camp. You might have a holiday of ten days before school began again. Camp was supposed to make a man out of you. Regretfully, Camp Mazinaw closed in the early nineties and the season adapted to changes in family holiday patterns.

## Culinary Whatzits

Last issue we started a new column on culinary mysteries. Below is an image of another whatzit for you to guess. The answer will be in the Autumn 2006 issue. If you have an educated guess about the new whatzit, or if you have a culinary whatzit that you'd like to suggest for future issues, please contact the Editor at [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca) or 416 534-1405.



### New Whatzit

It's a pair of scissors, but for what fashionable food of the late 19<sup>th</sup> century?



### Previous Whatzits

These culinary artifacts are displayed at Woodside, the Kitchener boyhood home of Prime Minister William Lyon Mackenzie King.

TOP: At the end of the 19<sup>th</sup> century, patents for this type of invention were popular. What kind of invention was this?

ANSWER: A can opener.

BOTTOM: These two-handled cups belonged to the King family and were recently donated by a descendent. What kind of cups are they?



ANSWER: Not only did **CHO member Joyce Lewis** know what the cup was, she had an amusing anecdote to pass along. The following notes are from two email messages to the Editor:

“Yes, it is a Soup Cup, used generally for consommés, hot or jellied, other clear soups and sometimes thin cold soups such as vichyssoise. There would have been dear little spoons to use with it, about the same size as a teaspoon but with perfectly round bowls. Usually, you would begin eating with the spoons, but it was quite acceptable to pick up the cup, holding the handles with both hands, and sip the last part of the contents.”

“In my youth I acquired *The Vogue Book of Etiquette*, edited by Millicent Fenwick (Simon and Schuster, New York, 1948), which was

so out of date even then that it showed illustrations of what the chauffeur in a small household should be wearing in Summer and Winter. If you ever want to know what to wear while larking up-country, I can inform you. I and a great friend of mine, who I roomed with at U of T, used to read bits out loud to each other, rolling around the floor with laughter when we should have been at Philosophy Class. However, on the subject of old two-handled cups it is more useful. ‘There are three kinds of soup cups that can be used for serving soup at luncheon: the standard soup cup which is exactly like a two-handled teacup and always has a matching saucer, sometimes called *bouillon cups*; the wide bowl called *cream soup cups* or bowls, a modern design half-way between a soup cup and a rimmed soup plate, which is sometimes sold with a matching saucer (this bowl can be also used at dinner); and pottery ovenware bowls, usually made with a cover, with a capacity almost twice that of usual soup bowls.’ (p 412). Actually, I get four soup holders out of this. Millicent has dozed. Cheers, Joyce.”

(Photographs courtesy of  
Woodside National  
Historic Site, Parks  
Canada, Kitchener)

## Reviews of Two Books by Two Readers

**Marion Kane. *DISH: Memories, Recipes and Delicious Bites*. Vancouver: Whitecap, 2005. 304 pages, ISBN 1-55285-646-1, \$24.95 hard cover.**

### Dean Tudor:

*Dish* is by Canadian food writer Marion Kane, food editor of the *Toronto Star* for 11 years. This is a collection of 76 of her favourite columns, albeit all undated, that explore the role that food plays in our lives. The diverse topics cover BBQ, raw food, other food writers and chefs (Child, Trillin, Bocuse), vegetarian cooking, hated foods, dieting, food banks, the movie *Big Night*, and the cooking of Quebec, Barbados, Britain and the Jews. She documents food in Toronto over the past two decades, as well as herself through memoirs. The 110 recipes come from other cooks, other writers and restaurants, but have been modified for home use. Each has both imperial and metric measurements. Some unusual recipes: potatoes Chanteduc, cheese shortbreads, roasted herb chicken, ricotta lemon parmesan tortellini, and lemon surprise pudding. The columns would have been more useful if they had publication dates attached.

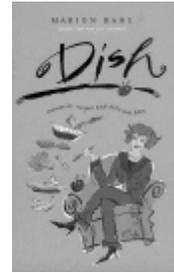
**Konrad Ejbich. *A Pocket Guide to Ontario Wines, Wineries, Vineyards and Vines*. Toronto: McClelland and Stewart, 2005. 272 pages, ISBN 0-7710-3055-X, \$22.99, paper cover with French leaves.**

### Dean Tudor:

Ejbich is a Wine Writers' Circle of Canada colleague who appears on CBC radio and writes a wine column for *Style at Home*. He is a Canadian correspondent for the *Wine Spectator*. His pocket book is modeled on Hugh Johnson's, with details about the history and development of all 125 wineries in Ontario. After descriptions for each winery he gives tasting notes and ratings for each wine. Gold prize winners have their medals identified and when a wine is dreck, he says so. The VQA Vintage Chart, 2004–1988, is great but he only spends four lines telling us what VQA is! It needs an index by varietal and price ranges. He has excellent, hard-to-find details on vineyards, a good discussion on the ladybug problem, but reviews non-VQA wines without a rationale for their inclusion. Since he picked his way among fruit wines, then he could have done the same with non-VQA wines. He provides some good

### Fiona Lucas:

Kane's columns are nicely organized into palatable themes but why are the original dates of the columns not given? Her passion for food and how it connects people and communities is palpable, as is her curiosity. Her writing is attractively uncomplicated, although on some occasions her brevity (probably due to the original size of her newspaper space) made for unclear comments and vague motivations, hers and her subjects. The cartoons are cute but I wished for more, or other illustrative material, such as a few photos that must have accompanied the original columns. The beef stroganoff is good but could be creamier, although my use of yogourt instead of sour cream may explain the lack of creaminess. The puree of peas and watercress made eight servings, not four, and the watercress flavour overpowered the peas. Really nutritious though!



notes for the better "Cellared in Canada" wines. Hey, despite my carping, I cannot wait for the 2006 version.

### Fiona Lucas:

As an impressive feat of research, this alphabetical compilation deserves accolades. Ejbich achieves his goal to write "the most comprehensive reference on Ontario wines ever written." I found his opinions and style honest, straightforward and trustworthy. I liked his blend of tasting notes and history, but a map would have been useful. Some ratings seem high, especially daily drinkers. The text is tiny to squeeze everything into a pocket guide; this shows how many wineries and wines are being marketed in Ontario right now. I am impressed with the Ontario wine industry's energy. The book will be outdated soon, so I wonder if the price is a bit high?



---

## Members' News

Please send your culinary history news to the Editor at [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca).

*CHO President, Liz Driver, gave the keynote address at the "Cookbooks as History" symposium at the Research Centre for the History of Food and Drink in Adelaide, Australia, on 3 and 4 July 2006. The Research Centre was founded in 1997. Liz's subject was "Observations from the Frontier of Canadian Cookbook Bibliography." Her report here is based on comments she sent for the Research Centre's website: [www.arts.adelaide.edu.au/centrefooddrink](http://www.arts.adelaide.edu.au/centrefooddrink).*

I have spent many years doing bibliographical research and, as my *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949* is about to go to press, I have been thinking of other ways to explore culinary manuals than through the lens of publishing history. It was fascinating and refreshing to hear papers at the symposium that took different approaches to cookbooks, whether it was the use of hermeneutics as an interpretive tool, Colin Bannerman's "number crunching" of recipe types and ingredients, Raelene Inglis's statistical analysis of magazine food pages, Duncan Galletly's tracking of annotations, Helen Leach's determined pursuit of the evolution of a dish – Pavlova!, or Michael Symons's perspective on classical antipodean baking as revealed in cookbooks. As I listened to the papers, most of which referred to books from parts of what used to be the British Empire, I found myself alert to similarities and differences of evolving culinary traditions in the former colonies and to the web of connections between them. I was reminded by Francis Bonner that the sexy 1960s celebrity chef Graham Kerr stirred the hearts of women not just in Canada, but in Australia, New Zealand, and Britain, too. Upon my return to Toronto, it occurred to me that it might be interesting to compare the works of Tasmania's Edward Abbott (his *The English and Australian Cookery Book* of 1864 was discussed by Barbara Santich) and Canada's 19th-century kitchen chronicler Catharine Parr Traill. Paul van Reyk was born into a Burgher family in Sri Lanka (the ethnic group made up of descendants of European colonists who married local women) and when I tasted his aunt's Christmas fruitcake with (what was for me a surprise) mixture of Sri Lankan spices, I felt a visceral connection through my taste buds across a cultural and geographic divide. Community cookbooks, stove technologies, and regionalism are subjects I have investigated in Canada, but I gleaned fresh insights from the papers focusing on these topics in Australia and New Zealand; I was especially intrigued by Kerrie Handasyde's explanation of how the Church of Christ cookbooks express the community's faith-based practices and values. Restaurateur Catherine Kerry's paper on the cookbook of ground-breaking Spanish chef Ferran Adria, and Liane Colwell's review of Australia's contemporary cookbook trends, reinforced for me the importance of keeping up with current developments, even for those carrying out retrospective studies.

Whereas the majority of papers examined the history that is recorded in cookbooks, **CHO member Nathalie Cooke of McGill University** offered a powerful explanation of how cookbooks *make* history, using Canadian examples. Another Montreal **CHO member, Rhona Richman Kenneally of Concordia University**, presented "Kitchener Kartoffel Kloesse and 'Curry for Canada': Nationalism and multiculturalism in mid-20th-century cookbooks," in which she referred to the foods at Expo 67 and to culinary titles by the Canadian Women's Press Club, Pierre and Janet Burton, the Canadian Home Economics Association, Jehane Benoît, Sondra Gotlieb, and Elizabeth Baird. There were many other thought-provoking papers and it's impossible to do justice to them all in a short report.

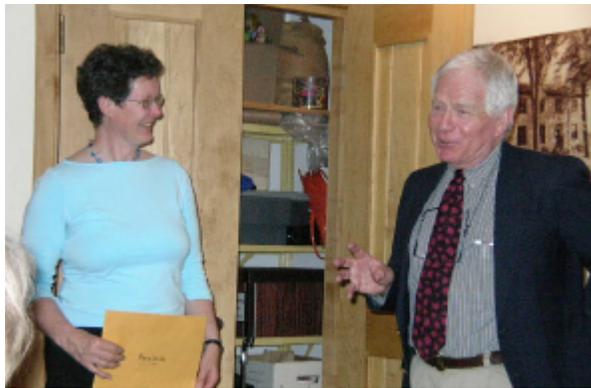
I mustn't forget to mention the delicious lunches: Canadian "Margaret Visser's chicken" on Monday and Sri Lankan-inspired sandwich fillings on Tuesday. At break-times we sampled a variety of classic Australian baked goodies. Monday evening's grazing-dinner-cum-trivia-game, which brought out a fierce competitive spirit at our table (the winning team "Jamie"!), was so much more fun than a formal banquet.

## Program Review: Foods of a French Village

Jeanine Avigdor

*Jeanine is Editor of The York Pioneer, the newsletter of the York Historical Society (Toronto) and “an unredeemed recipe collector.”*

On Thursday May 25, members of the Culinary Historians of Ontario and the Friends of Etobicoke’s Heritage enjoyed an evening at Montgomery’s Inn with Dr Pierre Laszlo, science writer and Professor Emeritus of Chemistry, who shared his love of French regional cooking with us. His lecture was illustrated with slides of many dishes, attractively presented. I won’t attempt to describe these photographs (the thousand-word cliché), but will state that I would be happy to find most of the plates in front of me at the dinner table.



Pierre Laszlo with Liz Driver

(Photograph courtesy of Ed Lyons)

Dr Laszlo lives in Sénergues, a village in the region of Aveyron. (I was pleasantly surprised to discover that it is about 12 km from Conques, where I stayed overnight a few years ago.) This is the *langue d’oc*, a distinctive part of France where Occitan has been spoken for centuries. He began by giving a brief geographical and historical description of the region, noting that the Lot River runs by his village. As a tributary of the Garonne River, for centuries the Lot has afforded easy access to the Atlantic and the regions between, as well as being a food source.

In earlier times, river boats carrying coal, wood and other goods dragged bags of salt cod behind

them. After this long soaking in fresh water, the cod on arrival was ready to be made into *brandade*, a traditional dish which varies from place to place, but is comprised of pieces of salt cod mixed with oil and cream. The name is derived from “*estofado*,” Spanish for “stew”; the recipe was brought to the region by Dutch mariners during the 17<sup>th</sup> century, when Spain ruled the Netherlands. Thus the river also served as a conduit for new ways of preparing foods.

We saw pictures of the handsome local cows, which have attractive lyre-shaped horns and a dark line around the eyes “like makeup.” Above the river valley is a broad plateau where the cows are taken during the growing season to pasture on the rich grass. There, the herdsman make the milk into *cantal* cheese, which is an ingredient in *aligot* (from Latin *aliquid*: something, i.e. something to eat). As Dr Laszlo explained, a weary traveler, having struggled over the plateau in the cold and rain, would need “something” to eat that was nourishing and hot. To make *aligot*, cream and butter are folded into mashed potatoes, then *tomme de cantal* (the drained, pressed and unripened cheese) is added. The serving I ate in Conques was delicious and satisfying.

Dr Laszlo sees *aligot* not primarily as a cheese dish, but as a tribute to the potato, the staple food which saved people from starvation in the lean years of the late 18th and 19th centuries. This was only one of several instances where he made reference to the social importance of food. One of the slides showed cheese streaming down into huge vats of the potato mixture, as large quantities of *aligot* were being prepared for a festival. At a special market of regional products near him, he observed that before the market opened, all the men (no women were present) were sitting together eating a breakfast of *tripe au feu* (tripe simmered in wine, with carrots, onions and herbs). For these merchants, the market was a social occasion.

Because people of the region consider the flavour of chicken “not very interesting,” chickens are kept mainly for eggs. Duck is the dominant fowl in cooking; and rendered duck fat is used not only where fat is needed, but also as a rich flavouring in many dishes. *Confit de canard* (pieces of duck meat cooked and potted in the fat) is one of the ingredients of *cassoulet*, a dish popular throughout the *langue d’oc*. Depending on the locality, *cassoulet* is made with either white beans or lentils, and includes sausage and slices of pork or mutton, as well as the *confit*. Duck *foie gras* is enjoyed along with a glass of port, another import from the west by way of the river. A popular alternative fowl is *pintade*, or guinea fowl. A slide illustrated pieces of the roasted meat served on slices of juniper-flavoured bread.

The most unusual picture was of a dessert cooked on a spit. As the spit slowly turns over the fire, batter is continuously poured over it, and baked until it is a crisp cake called *gâteau au broche*.

We heard the story of a “wild boy” found long ago, who had survived for years in the woods by eating wild mushrooms, nuts and fruits. Such wild foods are in common use in food and drink preparation. Of the wild mushrooms, chanterelles are often pickled in vinegar, while cepes are dried to be used as flavouring for soups and a popular fricassée. Although chestnuts are considered “starvation food,” walnuts are made into a wine using red wine as a base. The root of yellow gentian is made into a popular digestive, and blackberries into liqueur.

Dr Laszlo generously allowed me to copy his recipe for blackberry liqueur:

#### Crème de Mûr

1 kilo of fruit	500 g sugar
1 L water	2 L eau de vie (90 proof)

Heat water and sugar in a saucepan until you have *sirup au perlé*, meaning a spoon covered with syrup will yield pearls of syrup in a glass of cold water (i.e., a heavy syrup). Pour the syrup over the cleaned blackberries, and let the extraction proceed overnight in the cold. Filter, add the spirits, and let rest for two or three months.

In the social time following the lecture, we enjoyed a sample of *brandade de morue* prepared by Fiona Lucas, served with black olives.

What a delicious way to spend an evening!

**Brandade de Morue:** 10 servings  
*Joy of Cooking*, NY: Bobbs-Merrill, 1975, p 405.

Suitable for serving hot as a main dish or cold as hors d’oeuvre, a brandade is in either case beaten to a mousselinelike consistency.

? Please read about Salt Cod, [below].

Prepare for flaking and poach about 30 minutes in water to cover.

#### **1 1/2 lb. freshened salt cod**

Have ready:

#### **2 cups freshly boiled, rice potatoes**

Drain and flake the fish and combine it with:

#### **1/3 cup warm olive oil**

in which you have sautéed, then removed:

#### **2 cloves garlic**

Have ready:

#### **1 cup warm milk or cream**

Put the fish and oil mixture into a blender alternately with the potatoes and warm milk, and blend at moderate speed until it is smooth and fluffy. Serve it hot on a platter garnished with:

#### **Grilled Tomatoes, 332, and**

#### **Buttered Croutons, 551**

or chilled, garnished with

#### **Parsley and black olives**

**Salt cod**, often very tough, is pounded before desalting. To freshen salt cod, leave it under running water for 6 hours; or soak it up to 48 hours in several changes of water in a glass, enamel or stainless steel pan. Salt cod is most often used flaked. To prepare for flaking, put the desalted fish in cold unsalted Court Bouillon, 525, to cover, then bring it to a boil and ? simmer 20 to 30 minutes. Drain, skin, bone and flake it. One pound dried salt cod will yield about 2 cups cooked flaked fish.



Brandade decorated with olives and parsley.

(Photograph courtesy of Mya Sangster)

---

## Program Review: A Victorian Banquet to Spring

Maggie Newell

*Maggie is CHO's Secretary and a Program Officer at Zion School House, a City of Toronto museum.*

---

On Tuesday April 25, members of the Ontario Wine Society (OWS), the Culinary Historians of Ontario (CHO), and the Faculty Club of the University of Toronto (U of T) gathered at the Faculty Club for a special evening celebrating and recreating a Victorian Banquet.

The tone for the evening was set in the wood-paneled reception room where guests nibbled on appetizers based on historical recipes and sipped wine as they admired paintings by David Milne and members of the Group of Seven. Appetizers included salted almonds, cheese straws, and sausage rolls accompanied by mushroom "catsup," or ketchup. The source of each recipe was listed on the back of our program.

The dining room of the Faculty Club reminded me of a Regency ballroom with its Wedgewood blue walls soaring two storeys high to a white frieze. When the diners were settled we were welcomed by representatives of each group. It took many hands to produce all the elements of this special evening.

Leanne Pepper, General Manager of the Faculty Club, recounted the surprise expressed by their French-trained Chef when he was presented with the recipes. "A Chef does not work from recipes!" he exclaimed. She also gave a brief account of the late 19<sup>th</sup> century building, which has been home to the Club since 1940. Bob Moore, OWS President, expressed his pleasure that the Wine Society and the Culinary Historians were able to join together for this event. He observed, lightheartedly, that "while all winos are foodies," it doesn't necessarily follow that all foodies are winos. Liz Driver, CHO President, acknowledged the contributions of our dedicated volunteers, especially the cooks who prepared the condiments and confectionery for the evening: Mary Williamson made the red currant jelly; Mya Sangster cooked the mushroom catsup at Historic Fort York; and Fulvia della Schiava and Irene Herzuk created the selection of glacé fruits.

The many wines that we sampled during the evening were all from the Henry of Pelham Family Estate in the Niagara Region. Dan Speck spoke on behalf of his family and the winery. He began by recalling that about 13 years ago, when the fledgling OWS came to visit the winery, the barbeque and the basketball hoop were moved off the patio to accommodate their distinguished guests. The Speck "boys" and their winery have matured since those days. Today the three brothers, Dan, Matt, and Paul operate the family business. The vineyard was established in 1988, and began producing wine in 1989, but the family has a long history in the area. Their ancestor, Nicholas Pelham, was a bugle boy with Butler's Rangers, a regiment that fought on behalf of the British during the American Revolution. At the end of the war these United Empire Loyalists settled in Canada and were given land grants to reward them for their loyalty to King and Country. These grants could be extensive with 100 acres granted for each member of a family. Nicholas's son Henry stayed on in the area and styled himself "Henry of Pelham" on the liquor licence when he started a tavern. Henry's wife Catharine is remembered with the Henry of Pelham Cuvée Catharine Brut Rosé that was our first wine of the evening.

After these opening comments the diners enjoyed their meal with Dan introducing the wines that accompanied each course, concluding with a Riesling Icewine to go with dessert. The Bill of Fare included: Soup – Julienne Soup; Entrée – Salmon Pudding; Roast – Lamb or Broiled Chicken; Vegetables – Asparagus, Lyonnaise Potatoes, Lettuce Salad; and Dessert – Lemon Pie and assorted confectionery.

As befits a Victorian Banquet there were toasts before our dessert, and an after-dinner speaker. Mary Williamson reflected on Ontario's great banqueting years from the 1840s to the 1860s when gentlemen gathered under the banners of St

George, St Patrick and St Andrew, depending on their political or religious affiliations. A typical banquet at St Lawrence Hall would include decorations of evergreen swags, which, in the mid 19<sup>th</sup> century were used at all sorts of celebrations and not just at Christmas. A banquet would also include live music in a popular style and “spirited” singing after the dinner. Local papers at the time would send a reporter to the banquet and publish reports of these events, including who attended, the speeches, and the toasts.

Mary Williamson led us through a dinner menu from the 1853 Stephenson dinner that is preserved in the collection of the Toronto Reference Library. A facsimile copy of this menu was provided to each diner with the permission of the Library. The foods described on this menu of nine courses gives us a window into 1853, such as declaring that the salmon is from Scotland. Mary informed us that with the latest transportation technology in 1853, salmon could be transported from Scotland to Toronto in a mere 13 days. Domestic animals predominate, but they share the menu with a Game course. Some of these items are either rare or endangered today, including Sea Turtle, ubiquitous in soups, Prairie Hens and Manhattan Oysters. We may think of Toronto in 1853 as a small provincial town far out in the British Empire, but the menu reports some international influences, or what Mary compared to Fusion cooking today. We discover Indian elements in the form of Mulligatawny soup (a spicy curry vegetable soup), Italian Vermicelli, and many French dishes including Vol aux Vents.

Our Victorian Banquet was very enjoyable, and educational. My only regret is that there was no spirited singing at the end of the evening. Maybe next time?

Image of salmon tin from the *Toronto Daily Star*, June 9, 1943.

(Courtesy of Mary Williamson)



## Salmon Pudding

(*Ladies' Journal*, October 1884)

One can of salmon, two eggs, one teaspoonful melted butter, one cup bread crumbs, pepper, salt, minced green pickle. Pick the fish to pieces when you have drained off every drop of the liquor for sauce. Work in melted butter, seasoning, eggs, and crumbs. Put into a buttered bowl or tin cake-mould, cover tightly with a tin-pail lid or plate, and set in a dripping pan of boiling water. Cook in a hot oven – filling up the water in the pan as it boils away with more from the tea-kettle – for an hour. Set in cold water for one minute to loosen the pudding from the sides, and turn out upon a hot platter. Make the sauce by adding to a cupful of drawn butter, the liquor from the can, a raw beaten egg, a teaspoonful of chopped pickle, pepper, salt, and minced parsley. Boil up and pour over the pudding.

### LIZ DRIVER'S COMMENTS:

To test, I made *half* the recipe, using a 213 g can of salmon and a scant ¼ cup of finely minced *sweet pickles*; therefore, for the whole recipe, use 2 x 213 g cans of salmon and a scant ½ cup of minced sweet pickles. In the sauce, I used a generous amount of chopped parsley. I packed the mixture into a glass loaf-shape casserole (4½" x 8½"), to about ¾" depth. I covered the casserole with tinfoil and baked it at 350°F. I cut it (rather than tipping out of container as recipe suggests) into 4 servings, which were generous.

*A full recipe will make 8 servings or possibly more.*

At the Victorian Banquet to Spring, the mixture was baked in individual ramekins, in which case the yield depends on the size of the ramekins.

*Don't boil* the sauce, or it might curdle.

Easy to prepare and very tasty!

## CHO Silent Auction at AGM – Your List for Bidding!!

CHO is holding a silent auction of cookbooks to benefit our association – new copies of some entries in this year's national culinary book awards (donated by Liz Driver), and a selection of new and antiquarian cookbooks and a set of *Gastronomica* (donated by Mary Williamson). Bidding ends after the AGM concludes on Thursday, 28 September. Members can bid that evening, but may also start the ball rolling by placing their first bids now by email to [culinaryhistorians@uoguelph.ca](mailto:culinaryhistorians@uoguelph.ca). Indicate your name, address, phone number, item # and bid. We will periodically update the membership on the bidding by email newsflashes. If you make the winning bid(s), you can pay for and pick up the item(s) at the AGM. Otherwise, we will notify you that you have won and mail the item after receiving payment. An additional \$5 will be added for postage, per item. Any questions? Email CHO.

### ENTRIES IN THE 2006 UNIVERSITY OF GUELPH/COUISINE CANADA CULINARY BOOK AWARDS – Canadian Food Culture Category (English):

**1. Fercher, Anton, *Chapeau! Canada: les grands chefs*.** Chapeau Canada Les Grands Chefs Inc., St-Lambert, Quebec, 2005. <http://www.chapeauleschefs.com/>. Hardcover – NEW.

*Chapeau!* profiles 26 elite Canadian chefs and their cuisines. More than 200 recipes chosen by them are presented with beautiful photography. Bilingual (French and English). (*Too heavy to mail.*)

**Retail: \$206      Minimum bid: \$35**

**2. Foreman, Michèle, *Savour Quebec: regional bounty*.** Stellaire Éditeur, Montebello, Quebec, 2005. – NEW

The gracious and generous artisans welcome visitors to their farms and processing facilities and, with pride, offer sparkling cider, duck rillettes or a poultry terrine. Over 30 deliciously illustrated recipes are presented by professional chefs whose talents mesh perfectly with the artisan producers.

**Retail: \$35      Minimum bid: \$10**

**3. Levinson, Elizabeth, *An Edible Journey: exploring the islands' fine food, farms and vineyards*, 2<sup>nd</sup> ed.** TouchWood Editions, Surrey, British Columbia, 2005. – NEW

From neighbourhood bakeries and bistros to internationally renowned inns such as Sooke Harbour House, here are purveyors of an amazing variety of fabulous food.

**Retail: \$24.95      Minimum bid: \$10**

**4. Neering, Rosemary, *The Canadian Housewife: an affectionate history*.** Whitecap Books, Vancouver, 2005. – NEW

This cultural history describes how housewives from Acadia and New France to the 1950s triumphed over the tribulations of running a household in both turbulent and peaceful times. A section for 'The Cook' is featured for every time period.

**Retail: \$29.95      Minimum bid: \$10**

**5. Peacock, Sheila, and Joan Cross, compilers, *Flavours of Vancouver: dishes from around the world*.** Douglas & McIntyre, Vancouver, 2005. – NEW

CBC radio Vancouverites share the stories behind their favourite recipes burbling on the stove.

**Retail: \$24.95      Minimum bid: \$10**

**6. Salloum, Habeeb, *Arab Cooking on a Saskatchewan Homestead: recipes and recollections*.** Canadian Plains Research Center, Regina, Saskatchewan, 2005. – NEW

Over 200 recipes and the author's childhood recollections tell the story of a little-known group of early immigrants to the Saskatchewan prairies – the Syrians (later known as Lebanese). Their traditional foods and crops suited the dryland farming of the 1930s drought.

**Retail: \$29.95      Minimum bid: \$10**

**7. Wong, Janice, *Chow: from China to Canada: memories of food and family*.** Whitecap Books, Vancouver, 2005. – NEW

Born a preemie in 1917, Dennis Wong may have begun his love of food after spending his first months

keeping warm in his mother's oven. Miraculously surviving his tenuous beginning, he went on to open two Chinese-Canadian cafés in Prince Albert, Saskatchewan. His daughter Janice tells her father's tale through heart-rending stories and traditional Chinese village recipes. *Chow* contains early photographs, immigration and restaurant ephemera, and handwritten recipes. **Retail: \$24.95** **Minimum bid: \$10**

### GASTRONOMICA and NEARLY NEW AND ANTIQUARIAN

**9. *Gastronomica: the journal of food and culture.*** University of California Press. Vols.1–5, 2001–2005. When *Gastronomica* was launched in 2001, the publisher stated that “the journal aims to make readers aware of food as an important source of knowledge about different cultures and societies. Combining the latest research with an appreciation for the pleasures and aesthetics of food, *Gastronomica* will provide a forum for sharing ideas, provoking discussion, and encouraging thoughtful reflection on the history, literature, representation, and cultural impact of food ...” Mark Morton of the University of Winnipeg contributes regularly; Chris Bogan and Duncan Holmes are two other Canadian writers. An annual subscription is US\$45, so this 20-issue set of the first five years is a bargain! (*Too heavy to mail.*)

**Retail: over \$800** **Minimum bid: \$60**

**10. Duncan, Dorothy.** *Nothing More Comforting: Canada's heritage food.* Toronto: Dundurn Group, 2003. – AS NEW.

Compilation of “Country Fare” columns from *Century Home* magazine.

**Retail: \$26.99** **Minimum bid: \$8**

**11. Boorman, Sylvia.** *Wild Plums in Brandy.* Expanded ed. New York, Toronto. etc.: McGraw-Hill, 1969. IN EXCELLENT CONDITION WITH DUST-JACKET.

First published in 1962, this book caused a sensation. Perhaps the first attempt to get into a thoroughly modern subject: wild foods cookery. Charming line drawings by R.T. Lambert. **Minimum bid: \$10**

**12. *Good Housekeeping's Book of Good Meals: how to prepare and serve them.*** 9<sup>th</sup> ed. New York: 1927. IN GOOD CONDITION. As a solid basic cookbook, this book found itself in thousands of Canadian homes. Signature of original Toronto owner on flyleaf. **Minimum bid: \$9**

**13. Farmer, Fanny Merritt.** *The Boston Cooking-School Cook Book.* Boston: Little, Brown, 1925.

This copy of a basic American cookbook that was used by thousands of housekeepers across Canada, was owned by a Forest Hill Toronto family. **Minimum bid: \$12**

**14. Aitken, Kate.** *Canadian Cook Book.* Toronto: Wm. Collins, 1950. (Tamblyn Edition). Paperback.

A classic work whose author was featured in CHO's *Culinary Chronicles*. **Minimum bid: \$4**

**15. Edith, Sister St. Mary.** *The Secrets of Good Cooking.* Montreal: Canadian Printing and Lithographing Company, [1928]. Colour plates. COMPLETE EXCEPT TWO FRONT BLANK PAGES TORN OUT.

Sister Edith was Principal of the Montreal Cooking School. **Minimum bid: \$7**

**16. Perkins Hearth Cook Book.** Zion Guild of Zion United Church. Liverpool, NS: [1959]. Spiral bound. Commemorates Liverpool's Bicentennial Year, in conjunction with the Simeon Perkins house, a Loyalist home. Illustrations of house and contents. Recipes have ladies' names attached. **Minimum bid: \$5**

**17. Blake, Mary.** *Carnation Cook Book.* Toronto: Carnation Company, 1942.

A popular cookbook for Carnation Evaporated Milk that went into many editions. This copy has stains on the covers and title page – evidence that it was frequently used. **Minimum bid: \$4**

**18. *Wimodausis Club Cook Book.*** Toronto: Wimodausis Club, 1922. – RARE

The second of three editions, all presenting upper-middleclass Toronto cookery of the early 20<sup>th</sup> century. This cover is worn, pp 65–6 are partially missing, but otherwise in good condition. Names attached to many recipes. Chapters on canapes, fancy cakes, a full index and advertisements. **Minimum bid: \$10**

---

## CHO Upcoming Events

---

### August 2006

#### **PICNIC ON THE GRAND: EXPLORING FOOD HISTORY AT RUTHVEN PARK**

*Ruthven Park National Historic Site*  
243 Haldimand Hwy. #54, Cayuga  
905 772-0560, ruthven.park@sympatico.ca  
www.ruthvenpark.ca

**Saturday, August 19, 10:00 am–4:00 pm**

Enjoy a summer day at Ruthven Park, exploring more than a century of food history, from the 1840s to the 1960s. This special event includes tours of the magnificent house with an emphasis on food and kitchen history: the house has both an original hearth and bake oven, and a funky turquoise kitchen from the 1960s. That's history now too! Rain or shine.

\$16 and \$10 children for members of CHO and the Members of the Land Trust. Open to the general public at \$20 adults and \$10 children. Pre-register by calling or emailing Ruthven.

### September 2006

#### **CHO's 2006 AGM**

**Thursday, September 28, 7–8:30 pm**

*Montgomery's Inn Museum*, in the tavern  
4709 Dundas St W, Toronto  
416 394-8113, montinn@toronto.ca

Gather round the hearth in the historic tavern and enjoy an evening of conviviality and historic refreshments (to help the "business" go down!). This year we will have a silent auction too. See President's Message on page 2 and the enclosed flyer. All members welcome.

#### **HEARTH COOKING WORKSHOP with Fiona Lucas**

*Hutchison House Museum*  
270 Brock Street, Peterborough  
705 743-9710, hutchisonhouse@nexicom.net  
**Saturday, September 30, 11 am–4 pm**

Learn the five basic techniques of down hearth cooking and the simple principles of reading old recipes. Then eat your results! This hands-on

workshop is for people with little or no knowledge but lots of curiosity. Limited to 12 participants. Bring a sandwich for lunch. \$30 per person. Registration and pre-payment required.

### October 2006

#### **EXPLORING FOOD HISTORY IN HAMILTON**

A day-long event that includes a cooking workshop at Dundurn Castle, followed by a special tour of Whitehern Historic House. Limited to 15 participants. Registration in the workshop guarantees a place in the Whitehern tour. Total cost for the day is \$44.

#### **Recipes from Below Stairs, a Historic Cooking Workshop**

*Dundurn National Historic Site*  
610 York Blvd, Hamilton  
905 546-2872, dundurn@hamilton.ca  
**Saturday, October 21, 9 am–noon**

In Dundurn Castle's mid-19<sup>th</sup>-century kitchen, participants will prepare some fare served to Sir Allan MacNab's servants, then enjoy their meal in the servants' hall. Workshop includes a tour of the Castle and a recipe booklet to take home.

\$40 per person. Pre-register ASAP by contacting Dundurn Castle.

#### **Whitehern Historic House and Garden Tour**

*Whitehern Historic House and Garden*  
41 Jackson St West, Hamilton  
905 546-2018, www.whitehern.ca  
**Saturday, October 21, 1–2:30 pm**

This urban estate belonged to three generations of the McQuesten family. Highlights for culinary historians are the 1930s kitchen and servants' quarters (bedroom and sitting room), and a special viewing of a video featuring the McQuesten's cook Anne Vallesi, whose kitchen memories helped guide its recent restoration.

\$4 per person. Registration in Dundurn workshop confirms place in tour. Pay on the day.

## November 2006

### COOKBOOK CAPER

*Ontario Historical Society*

John McKenzie House

34 Parkview Ave, Toronto

416 226-9011, ohs@ontariohistoricalsociety.ca

**Sunday, November 12, 1 to 4 pm**

The Ontario Historical Society's annual cookbook sale features hundreds of old and new books on a variety of topics, food magazines, and collectible kitchen equipment. Every year new treasures are available! For the fourth year in a row, CHO contributes to this popular OHS fundraiser by offering a tearoom, where bargain hunters can relax with a pot of tea and delicious sweets while looking over their purchases. Free admission. Cookbooks or cooking equipment that you would like to donate to this year's sale would be appreciated. Also, volunteers are needed for the day, for which they receive a first look at the books. Please contact CHO Program Chair Carrie Herzog at 519 744-7973 or [cherzog@uoguelph](mailto:cherzog@uoguelph) if you can help.

### CHRISTMAS FOOD IN HISTORIC RIVERDALE

Riverdale venue and time TBA

**Tuesday, 28 November**

Join CHO and the Riverdale Historical Society for a festive and informative evening in anticipation of the Christmas season. Riverdalian and retired University of Toronto professor Gerald Whyte will set the scene by telling us about the local food stores, market gardens, and dairies of the area. CHO President Liz Driver will talk about Victorian Christmas food and trace the evolution of those traditions through historic Riverdale cookbooks. There will also be an "Antique Cookbooks Roadshow," so members are encouraged to bring along their favourite old cookbooks for Liz to consider their historic (not monetary) value. Everyone will enjoy Christmas treats prepared by RHS volunteers from old Riverdale cookbooks!

## April 2007

CHO and OHS Second Annual Spring Lecture

### 30 YEARS OF COOKING WITH CANADIAN LIVING MAGAZINE

**A lecture with Elizabeth Baird**

*Ontario Historical Society*

John McKenzie House

34 Parkview Ave, Toronto

416 226-9011, ohs@ontariohistoricalsociety.ca

**Monday, April 2, 7 pm**

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

## 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. 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](mailto:culinaryhistorians@uoguelph.ca) to indicate your interest in the ALHFAM 2008 committee.

*ALSO OF INTEREST TO CHO MEMBERS:*

### SECOND BIENNIAL SYMPOSIUM ON AMERICAN CULINARY HISTORY

University of Michigan, Clements Library  
Ann Arbor, MI

[www.clements.umich.edu](http://www.clements.umich.edu)

**May 18–20, 2007**

**BREAKFAST, DINNER, LUNCH AND TEA***Osborne Collection of Early Children's Books*Lillian Smith Library, southeast corner of College St and Spadina Ave  
**June 12–September 12**

Children's books abound in stories about food, from *Oliver Twist's* brave request, "Please Sir, I want some more," to the enthusiastic, non-stop munching of the Swallows and Amazons in Arthur Ransome's classic series. Come and see Mole and Toad at their picnic, the sinister Gingerbread House, and that revolt of the unappreciated greens *The Vege-men's Revenge*, in an exhibit of children's literary meals. Mon to Fri, 10 am–6 pm; Sat, 9 am–5 pm; closed Sundays and and holidays. Admission is free.



Table scene from  
*Cautionary Tales for Children*  
by H. Belloc, 1908.

(Illustration courtesy of The Osborne Collection)

**[www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)**

**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.

**Upcoming themes:** Autumn 2006, Number 50 – Restaurants, Catering and Eating Out      Publication Date: November 1  
Winter 2007, Number 51 – Chocolate and Candy      Publication Date: February 1  
Spring 2007, Number 52 – Canadian Kitchens      Publication Date: May 1

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

*For future issues, the Editor is looking for photographs of culinary whatzits. Do you have a whatzit you'd like to contribute?*

**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, Household and Institution

**\$55 Cdn** for Two-Year Individual, Household and Institution

American and international members may pay in American dollars.

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

**Website:** [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

**Email:** [culinaryhistorians@uoguelph.ca](mailto:culinaryhistorians@uoguelph.ca)

**Board:** President: Liz Driver; Vice President: Amy Scott; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Programme Chair: Carrie Herzog; Newsletter Chair: Fiona Lucas; Membership Chair: Amy Scott; Electronic Resources Chair: Liz Driver; Outreach and Education Chair: Amy Scott.

**Newsletter Committee:** **Fiona Lucas, Ed Lyons, Liz Driver.** Thank you to regular book review contributor Dean Tudor, and to Jeanine Avigdor, Peter Iveson, Janet Kronik, Joyce Lewis, Maggie Newell, Alexandra Rowse, Mya Sangster, Mary Williamson and Woodside National Historic Site.

ISSN 1198 9270 All rights reserved. Written permission is required to reprint articles.