

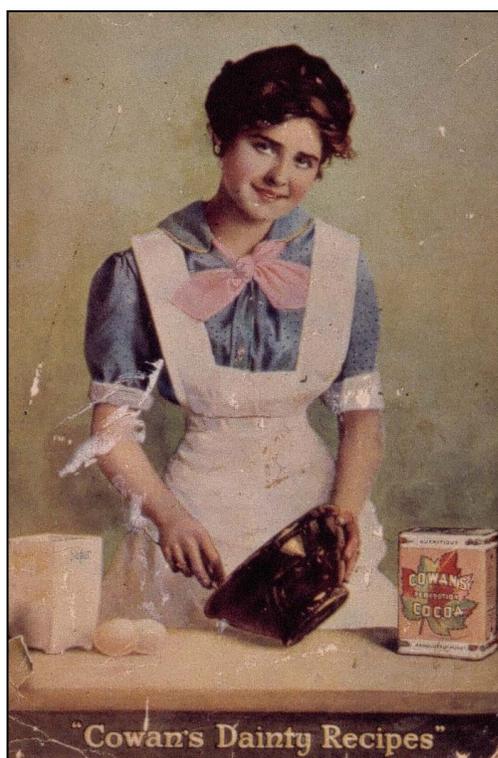
# Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

WINTER 2007

NUMBER 51

## CHOCOLATE, CANDY AND CAKES IN CANADA



“Cowan’s Dainty Recipes,” the brand name identifier on the front cover of the first edition of *Dainty and Delicious Dishes*, Toronto: Cowan Co. Ltd, nd [1915], depicting a pretty young woman in a blue blouse, pink scarf, and white apron, mixing batter in a shiny chocolate coloured brown bowl. The book belongs to Liz Driver and will be reproduced on the front cover of her forthcoming *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949* (University of Toronto Press).

(Courtesy of Liz Driver)

Canada Mints Canister  
© Canadian Museum of  
Civilization, artifact D-  
9442, image D2005-04672

(Courtesy of Hugette  
Desmarais-Foisy)



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## **President's Message:** **Mary F. Williamson Made Honorary Member of CHO**

*On 25 January 2007, at the conclusion of Mary Williamson's lecture on Mrs Dalgairns's cookbook, President Liz Driver, on behalf of the Board, presented Mary Williamson with a certificate of Honorary Membership, after reading aloud the text printed below.*

In autumn 2003, shortly after the adoption of CHO's new Constitution, the Board granted the first Honorary Memberships to the organization's three founding members. This past summer, the Board decided to recognize another significant figure in CHO's evolution, Mary Williamson, but since Mary was out of the country for part of this fall, we have had to wait until now to celebrate her Honorary Membership. The occasion of Mary's lecture is a most appropriate occasion.

CHO's Constitution states that Honorary Membership may "be granted by the Culinary Historians of Ontario in recognition of exemplary service to the Culinary Historians of Ontario or for excellence in the field of culinary history." Mary meets both criteria. Tonight I would like to acknowledge Mary's important contributions, almost from the beginning of the organization.

I was astonished to learn that it was not long after CHO's founding in 1994, by Fiona, Bridget Wranich, and Christine Ritsma (then Lupton), that Mary joined CHO. In fact, records show that early in the new year of 1995, on 17 January, Mary sent in her membership fee of what was then a modest \$10. Fiona remembers that Mary sought her out after hearing about the new group and asked if she could join. This was the first sign of Mary as a pro-active member!

Mary has been the most frequent contributor to the newsletter, from her first article in issue No. 7 about Canadian pioneers having a taste for spices and curry, to her most recent essay that brought to our attention Harry Webb, Toronto's remarkable baker, confectioner, caterer, and restaurateur. Typically, Mary's articles illuminate an unrecognized aspect of Canadian food history. As Fiona commented in our anniversary fiftieth issue, last fall, Mary has always been "an extraordinary advocate for rigorous primary research"; and her lecture this evening is a perfect example of what she has also encouraged in others. Mary persuaded the Board to pursue a proper name for our newsletter. We are proud of our recently christened *Culinary Chronicles!*

Over the years members have also enjoyed Mary's lectures on a range of topics. She has argued, for example, that "Of Course There's More to Cooking Canadian Than Butter Tarts" and, on the CHO panel at Cuisine Canada's Northern Bounty V, she helped to answer the question "When Does an Imported Ingredient Become a Canadian Ingredient?" Recently, she's been sharing her explorations of menus with us, in her presentation at last year's "Victorian Banquet to Spring" and also as part of tonight's talk on Mrs Dalgairns, whom she has single-handedly repatriated as a Canadian author. And we have another lecture to look forward to: "Frolics with Food," with Fiona Lucas, about *The Frugal Housewife's Manual*, by A.B. of Grimsby, 1840. Mary's talks have enriched our understanding of Canadian culinary history.

Mary played a crucial role in the development of our website, especially in fostering what has become an important relationship with the University of Guelph library, which hosts the site. She has helped CHO's financial health by donating significant items for silent auctions and door prizes, and by her idea of the Special Membership category, which allows members to contribute more than the standard fee.

Although Mary has assisted with committee work over the years, she has declined to run for election to the Board (perhaps she is just too sensible to take on this role!). Nevertheless, she has always been there to advise when asked; she has brought to the Board's attention ideas that have helped propel the association forward; she has provided motivation to the Board from behind the scenes; and she has always worked to make CHO an ongoing, successful organization.

*Continued on page 10*

## Chocolate in Canada

*Catherine Macpherson is a Nova Scotian with a Master's Degree in Gastronomy from Boston University. A freelance writer and occasional caterer, she is currently researching the history of chocolate in Canada for the McCord Museum in Montreal.*

Mmmmmmm, chocolate! A word that resonates with deliciousness at any time of year, but especially right around now when our thoughts may turn to things sweet and decadent to make for a beloved Valentine, or when we hanker for a warming cup of hot cocoa on a snowy winter afternoon.

If you are thinking of purchasing a heart-shaped box of chocolate bon-bons for someone special, or have been the glad receiver of one yourself, you have Ganong Bros Ltd, the chocolate company from St Stephen, New Brunswick, to thank for introducing this charming custom to Canada. Beyond bringing the heart-shaped box to the Canadian marketplace, this family-owned-and-operated business, one of the country's earliest chocolate makers (established in 1873), lays claim to a few other "firsts" in the chocolate business. In 1910, Arthur Ganong invented and introduced the first 5-cent chocolate nut bar in North America. They were the first confectioner in Canada to use cellophane in packaging (it was imported from France) and back in 1887, the Ganongs installed the first lozenge-making machine in Canada. Used for making pastilles, peppermints, and other small hard candies, the machine is still in use today and may possibly be the world's oldest candy-making machine in operation.

We all have favourite chocolate bars from our childhood, brand names we remember fondly, chocolates whose wrappers we can still describe. We have our own favourites today and many of the magical names we knew as children are still around: Laura Secord, Ganong, Moir's, Purdy's, and Roger's. But what were the sorts of chocolate treats enjoyed by families of the 19<sup>th</sup> century or even the 18<sup>th</sup>? Could everybody afford chocolate or was it a luxury item? Did they also enjoy hot chocolate as a beverage?

These are just some of the questions that I have been researching as part of an international team of scholars and historians working to record the unabridged history of chocolate's life in North

America, from the colonial era through the early 20<sup>th</sup> century. The project, funded by Mars Inc. (yes, THAT Mars), is administered in part by the University of California, Davis. The project seeks to record, in as much detail as possible, evidence of chocolate in North America, from its earliest use by explorers and the military, as an item of trade between Europe, North America and the West Indies, the medicinal and culinary use of chocolate, the manufacture and marketing of chocolate, and the place that chocolate held in society economically, culturally, politically, and otherwise. The McCord Museum has been contracted to research the Canadian content for this project, with additional research provided by historians at the National Historic Site of Fortress Louisbourg, where some of the earliest evidence of chocolate, in what is now Canada, is found.

By 1744, Louisbourg was a bustling trade town and the upper classes (senior officers, engineers,



Reproduction copper chocolate pot with a cup of chocolate used in programming at Fortress Louisbourg, Parks Canada, Cape Breton. Photo taken by Ruby Powell, Fortress Louisbourg.

(Courtesy of Catherine Macpherson)

and certainly the Governor) consumed chocolate. Dusquenel, Governor of Louisbourg at that time, had quite a lot of chocolate in his personal inventory. He kept it in his wardrobe near the bedroom with other valuables and health remedies, potentially confirming that, at the time, chocolate was both very dear and considered to have medicinal properties, acting as an overall restorative.

Chocolate was almost always taken as a beverage in its early history. It was sold “prepared” or “unprepared,” and was commonly served in the coffee houses of the 17<sup>th</sup> and 18<sup>th</sup> centuries. Prepared chocolate was essentially raw cacao beans toasted and ground into a paste, mixed with sugar and frequently with spices and aromatics such as cinnamon and vanilla, sometimes ambergris and orange flower water. The English often added brandy to their prepared chocolate.

The sweetened, spiced paste was then formed into cakes or balls to harden. To make a cup of chocolate, the prepared paste was grated or scraped into a vessel and hot water poured over the shavings. A carved wooden whisk – a “chocolate mill” – was used to blend the drink and to create the desirable foam on the beverage. The long handle of the mill was twirled between the hands, thus causing the mixture to blend and froth. Occasionally, milk or cream was mixed with the water, or used in place of it. The vessel could have been any jug or pitcher, although a chocolate pot designed specifically for the task was used for chocolate service in the various courts and wealthier households of the time. The chocolate pot looked much like any coffee pot or jug, save for its distinctive lid with a hole in the middle, allowing the handle of the chocolate mill to pass through while keeping the pot covered and the chocolate warm. Decorative chocolate pots were frequently three-footed.

By the mid-18<sup>th</sup> century, chocolate was appearing as a good sold by general merchants (although still a luxury item for most households). The earliest documentation I have found thus far for chocolate in Canada comes from the *Halifax Gazette*, Canada’s first newspaper, which had an advertisement for chocolate on March 30, 1752, the second issue. The merchant John Codman advertised “Bohea Tea, Loaf and Brown Sugar,

Chocolate, Coffee, Starch, Mustard, Chandlery Ware ...” among numerous other sundry items. An ad for wooden chocolate mills (presumably the mills used for frothing chocolate) occurred in 1785, offered for sale by Hugh Chalmers of Halifax. A dozen chocolate pots are listed for auction in a St John’s, Newfoundland, paper in 1815.

As a highly prized commodity, chocolate was frequently smuggled, often by members of the military who may have had access to chocolate as an energy-giving food ration. The Winslow Papers, a collection of Loyalist-era journals, contain an account of a chap named Waddington, in St John, New Brunswick, under prosecution for smuggling brandy and chocolate.

Chocolate was also showing up further west in inventories from fur forts. While not exactly a staple among fur traders, it was prized as a food that kept well, traveled well, and provided energy. A recipe for *biscuits au chocolat* (from 1750) is cited in a possible menu for a winter’s meal at a Canadian fur fort, around 1799. I have also come across numerous accounts of it being a staple in caches on Arctic expeditions and in Northwest exploration accounts.

The 19<sup>th</sup> century brought some major developments in chocolate processing and manufacturing which led to it becoming a more affordable and common commodity, and also a much more refined product, akin to the eating chocolate we recognize today. Chocolate continued to be consumed as a beverage, but it also developed as both a confection and as an ingredient in baking, in both solid and powdered (cocoa) form.

Canada had two fairly prominent cocoa manufacturers in the 19<sup>th</sup> century: John P. Mott and Co. started business early in the century and the John W. Cowan and Co. of Toronto started in business in 1876. Both were adept self-promoters. Mott’s newspaper advertisements extolled the virtues and quality of his cocoa. Cowan published a number of cookbooks, tramcar posters, and delightful sets of collectible trading cards, including one set of over 20 cards featuring birds of Canada. (See “Cowan’s Dainty Recipes” on the front page of this issue.)

The early 20<sup>th</sup> century saw the establishment of most of Canada's chocolate confectioners. The Walter M. Lowney Co., William Neilson Ltd and Willard's Chocolates Ltd all established factories in Canada by 1915. In Toronto, the first Laura Secord shop opened in 1913. Chocolate was fast becoming a popular treat in most Canadian homes. The marketing of the time, along the lines of Cowan's collectible cards, was clearly geared towards children. In 1947 the price of certain commodities, like cocoa and sugar, was driven up in the post-war era. The five-cent chocolate bar – long a staple purchase with a child's weekly allowance – now jumped to eight cents. Canadian children took to the streets to “strike,” demanding a return to the five-cent bar. Chocolate, once an exotic indulgence of the wealthy was now a fixture in the homes and hearts of all Canadians.

## An Abbreviated and Idiosyncratic Timeline of Canadian Chocolate

*Fiona Lucas, Editor of Culinary Chronicles, has long had an interest in chocolate history.*

*It is fun to know when your favourite chocolate bar was invented, or a familiar business started. However, the history of chocolate in Canada is full of contradictory information. For instance, a company's founding date may vary depending on whether it started as a grocery and morphed into a chocolate company, or switched ownership, or changed its official name. This timeline also reveals some of the vagaries of corporate ownership and expansion trends at the end of the 20<sup>th</sup> century.*

### 1712

First chocolate is offered for sale in United States by a Boston apothecary

### 1713

First known mention of chocolate in New France, at Louisbourg (Cape Breton)

### 1752, March 30

First mention of chocolate in the first Canadian newspaper, *Halifax Gazette*, in its second issue

### 1753

Swedish naturalist Linnaeus names cacao tree: *Theobroma*, Greek for “food of the gods”

### 1765

First chocolate factory in United States, HANNON'S BEST CHOCOLATE, later BAKER'S CHOCOLATE, in Dorchester, Massachusetts

### 1873

James and Gilbert Ganong establish GANONG BROTHERS in St Stephen, New Brunswick, Canada's oldest candy company

James Moir acquires permission from his father (Moir Steam Bakery and Flour Mill, Halifax, Nova Scotia, founded 1845) to concentrate on making chocolate and candy, later MOIR'S CHOCOLATES

### 1876

John W. Cowan and Co. of Toronto is established, called COWAN'S

### 1885

ROGERS' CHOCOLATES of Victoria, British Columbia, is founded by Charles W. Rogers and his wife Leah, although it begins as a grocery



### 1888

ROGERS' creates its 10-cent chocolate Victoria Creams, still made today

### 1893

NEILSON'S begins in Toronto as a family selling fresh produce, mincemeat and ice cream

### 1906

NEILSON'S supplements seasonal sales of ice cream with production of chocolates

### 1907

Richard Carmon PURDY opens a chocolate shop on Robson Street in Vancouver

### 1910

GANONG experiments with creation of milk

nut chocolate bar; this is the first 5-cent chocolate bar in North America

### 1913

LAURA SECORD is founded by Frank O'Connor in a small store at Yonge and Elm in Toronto, with a kitchen in his upstairs apartment

### 1914

*Soldier Bar*, individually wrapped bars of plain chocolate, introduced by NEILSON'S; thousands are shipped to Allied soldiers in Europe

### 1917

WILLARDS CHOCOLATES opens

### 1919

*Pal-o-Mine*, a fudge, coconut and nut bar coated with chocolate, is invented by GANONG

British chocolatier J.S. FRY (recently merged with CADBURY) partners with American company WALTER LOWNEY to start Montreal branch plant

Frank O'Connor, LAURA SECORD's founder, opens his first American shop in Rochester, New York, calling it FANNIE FARMER after the cook book author and Boston Cooking School principal

Confectionery Manufacturers Association of Canada is founded, with Arthur Ganong as its first president



### 1921

NEILSON'S introduces *Eskimo Pie*, first ice cream bar dipped in chocolate

### 1923

NEILSON'S *Crispy Crunch* is created

### 1924

NEILSON'S *Jersey Milk* is created

### 1926

GANONG'S *Pepts* (chocolate covered peppermint rolls) are first manufactured

### 1927, January

PURDY'S CHOCOLATES owner, Hugh Forrester, loses in British Columbia Court of Appeal in case of whether chocolates filled with

liquor should be banned under Prohibition laws

### 1928

MOIR'S *Pot of Gold* chocolate assortment is introduced, still made today by HERSHEY



### 1931

WILLARDS *Sweet Marie*, a chocolate bar full of caramel, fudge and peanuts, is launched; it is made today by CADBURY NEILSON'S

### 1932

GANONG introduces heart-shaped boxes of chocolates to Canada (first created by CADBURY in Britain in 1868)

### 1937

ROWNTREE'S *Aero* bar arrives in Canada

### 1947

To consumers' dismay, price hikes of ingredients following end of WWI prompt Canadian candy industry to increase five-cent bar to eight cents; on **Apr 25** Vancouver adolescents famously protest eight-cent chocolate bar

GEORGE WESTON LTD (Canada's largest food retailer, then and now) purchases NEILSON'S

### 1950

Federal government imposes a 30-percent tax on confectionery; chocolate sales drop significantly

### 1954

GEORGE WESTON purchases WILLARDS

### 1963

American chocolate company HERSHEY sets up shop in Smiths Falls, Ontario

### 1964

LAURA SECORD buys SMILES AND CHUCKLES

### 1965

*Reese's Peanut Cups*, originally invented in 1941, begin manufacture in HERSHEY plant in Smiths Falls, Ontario



**1967**

LAURA SECORD is bought by Massachusetts-based FANNIE FARMER CANDY SHOPS

MOIR'S is acquired by NABISCO

**1968**

CADBURY launches highly successful television advertising campaign that asks "How do they get the caramel into the Cadbury Caramilk Bar?"

**1969**

Most of LAURA SECORD CHOCOLATES is repurchased by a Canadian company, LABATT

**1970**

GEORGE WESTON merges WILLARDS with NEILSON'S

**1977**

NEILSON'S *Mr Big* chocolate bar combines Willards *Extra Good* and Neilson's *Denver*

**1982**

BERNARD CALLEBAUT, a fifth-generation Belgian chocolate artisan, arrives in Calgary, Alberta, where he opens a gourmet chocolate shop

**1983**

ROWNTREE purchases LAURA SECORD

**1987**

CADBURY CANADA temporarily leaves operations in Canada, selling its popular sponge toffee *Crunchie* and *Caramilk* chocolate bars to NEILSON'S

HERSHEY CANADA buys NABISCO, which includes MOIR'S CHOCOLATES

**1988**

GANONG exports *Delecto* brand to Japan, and opens a branch plant in Bangkok

NESTLE purchases ROWNTREE, which means it also purchases LAURA SECORD

**1990**

NEILSON'S restructures into two separate companies: NEILSON CADBURY for chocolate and NEILSON DAIRY for milk products

NEILSON CADBURY begins exporting *Mr Big* into the Asian market under name "Bang Bang"

**1991**

NEILSON CADBURY begins exporting *Crispy Crunch* and *Mr Big* into US market

**1993**

NEILSON CADBURY partners with Pepsico to produce chocolate *Milch* brand for Mexico

**1994**

American firm RUSSELL STOVER arrives in Canada with its boxed chocolates

**1995**

NEILSON CADBURY unsuccessfully tries low-calorie *Crispy Crunch Light*, with aspartame

**1996**

KRAVE CANDY COMPANY, founded by Chris Emery and Larry Finson of Winnipeg, Manitoba, specializes in *Clodhoppers*, chocolate-covered clusters of fudge, graham wafers and cashews

**1998**

DENMAN ISLAND CHOCOLATE, British Columbia, is founded by Daniel and Ruth Terry, who use organic Belgian dark chocolate and local ingredients like raspberries and hazelnuts

BERNARD CALLEBAUT becomes first North American to win Grand Prix Artisan Chocolatier Award at International Chocolate Festival in Roanne, France

**1999**

LAURA SECORD is sold yet again, this time to ARCHIBALD CANDY CO. of Chicago

**2002**

ARCHIBALD CANDY files for bankruptcy; a private US-based equity investment firm buys LAURA SECORD in partnership with Montreal's Fonds de Solidarite



For a list of the print and web sources used to compile this chronology, please contact Fiona at [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca).

## Exhibiting Sweet Foods

*Sheldon Posen is Curator of Canadian Folklife at the Canadian Museum of Civilization in Ottawa.*

“I can just imagine myself sitting down at the head of the table and pouring out the tea,” said Anne, shutting her eyes ecstatically. “And asking Diana if she takes sugar! I know she doesn’t but of course I’ll ask her just as if I didn’t know. And then pressing her to take another piece of fruit cake and another helping of preserves. Oh, Marilla, it’s a wonderful sensation just to think of it.”

Lucy Maud Montgomery, *Anne of Green Gables*, 1908

As any reader of *Culinary Chronicles* knows, food provides numerous pathways for the researcher to follow – but *sweet* food is particularly rich (a pun!). I am looking at the feasibility of an exhibition on sweet foods in Canada for the Canadian Museum of Civilization. The possibilities for exploration seem endless.

Here are some of the paths I’ve travelled. For a historical look at the foods themselves, I have been searching out individual recipes from early on to the present day. In a more analytic vein, I am surveying old recipe books in an effort to chart the preferences through the decades of the Canadian sweet tooth – from puddings to cakes, molasses to sugar. I have also considered the vicissitudes of the Canadian candy and chocolate industry, focusing on the corporate ups and downs of manufacturers such as Ganong and Moir’s, Cowan’s and Robertson’s, Paterson’s and Purdy’s. In a more contemporary frame, I have begun to construct a literal Canadian sweet food map and a conceptual Canadian “sweetscape.” This involves searching out local specialties foods that are commonplace in one town but unknown in the next, and regional or ethnic taste preferences (sweeter in one province than another, chocolate in one group versus molasses in another). I have also been casting an eye on multicultural treats and delving into the connections of sweet food and Time by looking at traditional seasonal specialties. I’m also exploring the role of sweets in celebratory and biographically symbolic foodways.

The last of these has yielded what might be some of the most rewarding data for me as a folklorist, stories about sweet foods that go beyond ingredients, beyond recipes, beyond chronology, to show how these foods “behave” and take on meaning in social interaction. I’m interested in the significance of particular sweet foods on different

scales in Canadian society. One small example is contained in the passage from *Anne of Green Gables* above: Anne can’t wait to preside at tea, where sugar, fruit cake, and preserves are not about how they taste or are made or where they come from, but about the social power that derives from offering them to a particular guest.

Here are two sweet food stories collected for this project, reconstructed from notes. They point to significance for the foods beyond any intended by the maker or even the teller:

1. My Aunt Gladys made wonderful **Date Squares**. They were her specialty, and whatever the family occasion – funeral, wedding, Christmas – we counted on her to bring them. When Aunt G got old, my cousin Marie made it her business to learn her date square recipe. Aunt G passed away last spring, and Marie made the squares. She brought them to the church hall where the funeral tea would be served, and the lady in the kitchen told her, “I’ll transfer them to a silver tray.” “Oh, no,” said Marie, “leave them in the pan. Aunt Gladys always served them in the pan.”

2. I grew up in a small town in Saskatchewan during the 1950s. At school, we sometimes had special days where the teachers asked kids to bring food: Tommy, you’ll bring sandwiches, Sally, you’ll bring a dessert. We knew a kid was from a poor family when for dessert he brought **puffed wheat cake**, squares of puffed wheat with a sticky chocolate syrup sauce.

I’ve been compiling dossiers on genres of sweet food and looking across them to their different uses and meanings. The question I ask of each is: What do you have to know to understand what this food is about? Or conversely, what meaning does this food store for its makers and consumers?

Take cake: here are three examples with three different arenas of meaning:

1. In 1923, an American teacher in Sally's Cove, Newfoundland, wrote home about an Orangeman's Day fundraiser: "The best part is 'guess-cakes,' big thick cakes, into which the maker has put something – a doll, orange, lid of a tea-pot, etc. ad infinitum and you get five cents a guess and the cake to the lucky guesser. We made \$4.00 on my guess cake, 80 guesses, you see."
2. **War Cake** was a 1914–18 era confection of limited ingredients (no eggs, lard for butter, brown sugar) and high density that kept well for shipping overseas. It was called **Blitzkrieg Cake** during the 1940s.
3. My wife and I baked a **Cocoa the Guinea Pig birthday cake** in 1992 for our 8-year-old daughter; it was a 3-D replica of her beloved pet, presented on a platter of Shredded Wheat

shavings and chocolate chip droppings.

The challenge of this (and I think, any) food exhibition is how to convey these meanings to a strolling audience. Displaying recipes, old chocolate wrappers, and candy moulds is relatively easy; invoking sentiment, life histories, and social connectors, particularly over time, is more difficult.

But that is for later. What I'm searching for right now are more data to help bring the Canadian sweetscape to life: information about local specialties and regional tastes, Canadian sweet food icons, and expressions in story – fictional or from life – of how sweet food figures in individual Canadian lives.

*If you have stories for Sheldon, he would very much appreciate hearing from you. Contact him at [Sheldon.Posen@civilization.ca](mailto:Sheldon.Posen@civilization.ca) or (819) 776-8228.*

## Culinary History Exhibits in Museums

We look forward to Sheldon Posen's proposed exhibit on sweets in Canada, at the Museum of Civilization in Ottawa. CHO members may currently visit three exhibits on aspects of food history at the following museums.

### NEWFOUNDLAND

#### "The Quest for Cod"

French Shore Historical Society, Conche, NF

[www.frenchshore.com](http://www.frenchshore.com)  
709 622-3500

May 23 to September 30, 2007

Interprets the 400-year history of France's role in the migratory cod fishery, in particular Petit Nord. The communities have documented this era of France's history, particularly Conche, Cape Rouge, St Julien and Croque, which used to be the Naval Headquarters of the French Shore.

### ONTARIO

#### "I'm Hungry: A Tasty Look at Dining"

Elgin County Museum  
St Thomas, ON

[www.elgin-county.on.ca](http://www.elgin-county.on.ca)  
519 631-1460, ext. 159

January 4 to April 7, 2007

Discover what food tasted like more than 100 years ago and what that small fork was used for!

### ONTARIO

#### "Bottom's Up! A Spirited History of Drink in Canada"

Steam Whistle Brewing  
225 Bremnar Ave., Toronto

[www.steamwhistle.ca](http://www.steamwhistle.ca)  
416 362-BEER

March 7 to April 2, 2007  
Monday to Saturday 12–6 pm

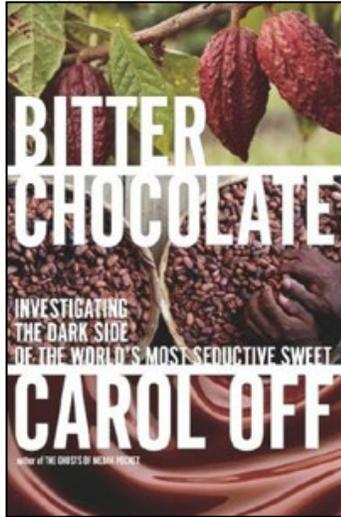
Presents an overview of the last 100 years of alcohol history in Canada, with a focus on health, history, technology, design, media and culture. A lecture series and historical walking tour will accompany the exhibit.

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## Dean Tudor's Book Reviews

*CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University; his wine and food reviews can be accessed at <[www.deantudor.com](http://www.deantudor.com)>.*

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**Carol Off. *Bitter Chocolate: Investigating the Dark Side of the World's Most Seductive Sweet*. Toronto: Random House Canada, 2006. 326 pages, ISBN 9780679313199, \$34.95 hard covers.**

Carol Off, a CBC documentarian and new host of “As It Happens,” has taken on the chocolate cartel. Half of this book is a history of exploitation and inequity, plus the usual synopsis on the growth of the major chocolate firms. The other half is about the current situations in Côte d’Ivoire (which supplies about half of the world’s cocoa), Mali, and Belize. This multi-billion-dollar industry exists in some of the most indebted nations in the world, creating poverty and making it easy for organized crime to create slave labour among young boys. Off has conducted extensive interviews in West Africa; there are many primary sources cited. This appalling abuse is yet another reason to buy Fair Trade and organic chocolate. Off’s book has been nominated for the \$15,000 Shaughnessy Cohen Prize, which honours the best in non-fiction political writing by Canadian authors.

**David Folster. *Ganong: A Sweet History of Chocolate*. Toronto: Goose Lane Editions, 2006. 136 pages, ISBN 0-86492-480-1, \$24.95 hard covers.**

By a long-time Maritime journalist who also wrote *The Chocolate Ganongs of St Stephen, New Brunswick* (shortlisted for the 1990 “Canadian Business Book of the Year Award”), this is a narrative business history that swings more down memory lane with a short account of the popularity of Ganong chocolates. By short (it is like an essay), I mean it is loaded with colourful illustrative material and the typeface is large. Some material is corrected and updated. Archival advertisements are on every page (they were quite the marketers), plus photos of the factory, offices and people involved. At one time this family-owned business produced 1100 different kinds of chocolates and confections. It developed the first All-day Sucker, the five-cent chocolate nut bar, the Maritime Chicken Bone. It was the first company in Canada to use the heart-shaped chocolate box, first for Christmas and later for Valentine’s Day. “Delecto” brand is their most famous chocolate name. Folster also details the company’s war efforts and the impact of the firm on the local economy.

“Our candies are good to eat, of that I am certain. I eat large quantities every day.”

Arthur Ganong, 1906

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*Continued from page 2*

### President's Message:

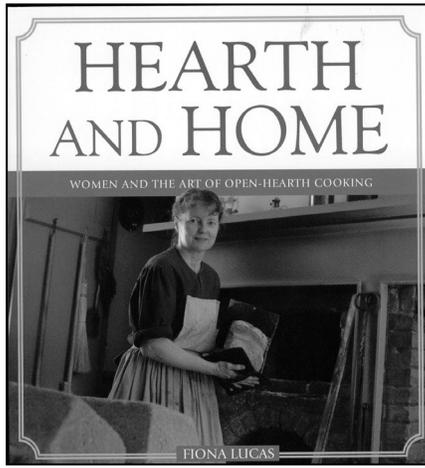
### Mary F. Williamson Made Honorary Member of CHO

In recognition of Mary’s dedication to the well-being and creative development of the Culinary Historians of Ontario, and the excellence and originality of her research in the field of Canadian culinary history, and in anticipation of her continued contribution to CHO, I would like to present Mary with this certificate of Honorary Membership in the Culinary Historians of Ontario.

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## Book Review

*CHO member Sonia Mrva is Assistant Curator at Dundurn Castle National Historic Site in Hamilton.*



**Fiona Lucas, *Hearth and Home: Women and the Art of Open Hearth Cooking*, Toronto: James Lorimer, 2006**

I was honoured when asked by Liz Driver, CHO's President, to review Fiona Lucas's book *Hearth and Home: Women and the Art of Open Hearth Cooking*. A founding member of the Culinary Historians of Ontario, Fiona is someone I have always admired. When I began learning the art of open hearth cooking at Colborne Lodge in Toronto, and later at Montgomery's Inn in Etobicoke, and stumbled upon an unfamiliar culinary term or a period recipe I couldn't figure out, my colleagues encouraged me to contact Fiona at Fort York. She was the resident culinary historian at the former Toronto Historical Board. Always willing to share her experiences and give advice, she saved me from many a mishap (except the exploding ginger beer incident). Her dedication to culinary history and historical accuracy inspired me to further my knowledge of historic cooking. I was excited to read her book, and I was not disappointed.

Using a chronological and geographical narrative, *Hearth and Home* begins by vividly illustrating the lives of early Acadians on Canada's east coast and *les habitants* in Quebec. This approach is useful for those who may not have a background in hearth cooking or Pre-Confederation history. All the intricacies of this art (such as what equipment was needed) are

succinctly explained in a straightforward manner. The less experienced reader emerges with an understanding of the subject. However, the book does not neglect readers who have some open hearth cooking knowledge. *Hearth and Home* is not merely a hearth cooking manual. Rather, it provides the more knowledgeable reader with a social commentary on hearth cooking. For instance, we should not overlook the fact that the story of hearth cooking also tells the stories of the women who used them.

To better understand the experiences of both poorer settlers and gentlewomen who settled in Upper Canada in the early 19<sup>th</sup> century, she intersperses accounts taken from such authors as Mary O'Brien and Susanna Moodie. These glimpses into the past bring humour and authenticity to the book. For instance, while many a gentlewoman knew how to bake and sew, she may not have been skilled in cooking. Using a passage from Mary O'Brien's diary, Lucas shows how a meal could go terribly wrong in a matter of minutes just as guests were about to arrive.

We discover hearth cooking did not limit the amount and type of food a cook was able to bring to the table. Elaborate and extensive meals were produced using only a hearth. At the end, she provides a selection of Bills of Fare showing how creative a hearth cook could be. Most notable is the Private Sleigh Ride Dinner, a two-course meal prepared for 20 members of the Quebec Driving Club in Quebec City, 1831, which had over 20 dishes. In the first course, members enjoyed such delicacies as oyster patties, tongues and fricasseed fowl with vegetables. The second course consisted of jelly, coffee cream, blancmange and Italian cream, to name a few.

*Hearth and Home* brings to life the realities of hearth cooking in Pre-Confederation Canada while providing commentary on women's lives as cooks. *Hearth and Home*, through its illustrations and text, takes us on a culinary journey through time, allowing us to experience the joy of open hearth cooking.

## CHO Programme Report: “Recipes from Below Stairs at Dundurn Castle, a Historic Cooking Workshop”

*Ed Lyons is an experienced period cook and a member of CHO’s Newsletter Committee.*

Sixteen eager cooks gathered at Dundurn Castle in Hamilton on October 21 for “Recipes from Below Stairs,” a hands-on cooking workshop on the kinds of food that 19<sup>th</sup>-century servants might have eaten in a wealthy Canadian household.

We were split into groups to prepare Soupe Maigre, Turnips in White Sauce and Potato Rissoles (all from Beeton’s *Household Manual*, 1861), simplified Hodge Podge (*Canadian Housewife’s Manual*, 1861), Winter Squash Pudding (*American Cookery*, 1796), Plain Buns (*Cook Not Mad*, 1831) and Apple-Pie (*Female Emigrant’s Guide*, 1854 [1855]). Where possible, the ingredients came from the Castle garden. Our hosts and helpmates – Janet Kronick, Historic Kitchen Co-ordinator, and Adam Jablonski, Historical Cook Demonstrator/Interpreter – ensured we had the materials and equipment for our assignments and were always there to help with problems of recipe interpretation.

After considerable frenzied activity, about noon we sat down for our meal. Janet explained that in practice this was an unlikely occurrence because, while the cook and butler would set the staff meal times, some servants were away attending their duties. Our food was very good. The buns were the only disappointment because they were a little tough since they had insufficient time to rise properly. Everything was well accepted; the most appreciated dish was the hodge podge, an excellent stew, though some pastry lovers demurred, contending that the deep-dish apple pie was the best. While we were making merry over our lunch, several groups of Castle visitors who came through the kitchen must have been jealous of our high jinks at table. I think

they might have been surprised to learn that everything was washed down with non-alcoholic cider.

After eating, Janet toured us around the Castle, something I have done many times and always enjoy. This time, I made sure to check the exact number of kitchen bells. This was important to me because, when I interpret Spadina’s kitchen, I like to mention that there are only four bells, while at Dundurn there are more, eleven actually, plus an extra one that rang up in the butler’s pantry. (I also like to ask our visitors what would befall the poor servant who was tone deaf.)

Dundurn (Gaelic for ‘fort on the water’) was completed in 1835 as a Regency-style villa for Sir Allan Napier MacNab (1798–1862), a typical rogue of the early Victorian period in Upper Canada, but has been restored to circa 1855. The appellation “Castle” was added by Hamiltonians in the 19<sup>th</sup> century. Janet pointed out that Dundurn servants were privileged to work in a basement area with many windows – most unusual for the period. Evidently, Sir Allan was a model employer for the time. (On the other hand, he might have been shrewd enough to know that he’d save a bundle on candles!)



Participants in the Dundurn workshop.

(Courtesy of Ed Lyons)

I remember visiting Dundurn during the 1940s when it was a typical small-town museum with glass cases, with the usual two-headed calf, old family diaries and hymnals, bibles, and my Uncle Archie’s World War I medals. The City of Hamilton is to be commended its foresight in restoring this beautiful mansion to its former glory.

## Members' News

**Jennifer Cockrall-King's** article "Keep the Blue Flame Burning" appeared recently in the *Edmonton Journal*. From their 1950s hey-days to near extinction now, utility kitchens seem to have come and gone. Well, not quite. Barbara Barnes supervises Edmonton's ATCO Blue Flame Kitchen, and she says that her live call centre is busier than ever with over 32,000 calls in 2006. This last bastion is in no danger of expiring soon. Read Jennifer's article at [www.canada.com/edmontonjournal/news/bistro](http://www.canada.com/edmontonjournal/news/bistro), and check out her website for her latest articles, [www.foodgirl.ca](http://www.foodgirl.ca).

**Liz Driver** was interviewed recently by Lea Zeltersman for a new culinary website called "Canada Eats: Edible Thoughts and Meanderings," which explores Canada and food from a wider perspective than just fashion. See [www.canada-eats.com](http://www.canada-eats.com).

**Liz Driver** has recently had published "Home Cooks, Book Makers and Community Builders in Canada" in *Moving Worlds: A Journal of Trans-cultural Writings*, University of Leeds, School of English, 6/2 (2006): 41–60. This issue, devoted to the subject of food, culture, and community, was edited by Dr Lynette Hunter, CHO's first Annual Spring Lecturer last year at the Ontario Historical Society. The issue is in memory of Alan Davidson, "one of [whose] lasting legacies ... was the creation of a world-wide community of food scholars" (Barbara Santich, p 6).

**Dorothy Duncan's** recent book, *Canadians at Table: A Culinary History of Canada*, was published by Dundurn Press in spring 2006. It is a celebratory exploration of the fellowship and folklore associated with food in Canada, along the historical path from the early First Nations to the early twenty-first century. The spring edition of *Culinary Chronicles* will have a review.

**Joan Moore** was a featured speaker on Saturday, 27 January, at the Nathan Phillips Square Cooking Demonstrations and Lectures as part of the City of Toronto's annual WinterCity Festival. Her topic was "Beyond the Pepper Mill – An Introduction to Herbs and Spices." She focused on herbs and spices in traditional Jamaican cooking.

## Culinary Query

**What are chicken bone candies?** asked Hilary Hurst in the Summer 2006 *Culinary Chronicles*.

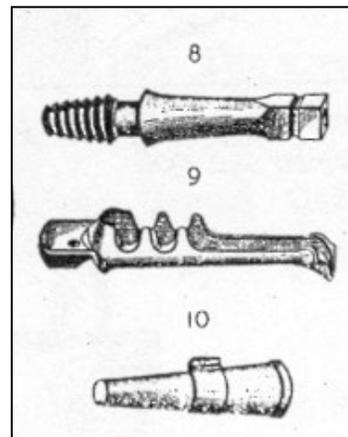
The answer comes from the Ganong website: [www.ganong.com](http://www.ganong.com). "A unique pink cinnamon outer shell surrounding Ganong semi-sweet chocolate in the centre. A Ganong original and a Canadian holiday tradition for generations. But just how does the chocolate get into the middle? The production of a Ganong Chicken Bone begins with the blending, cooking and kneading of ingredients. Flavour and pink colouring are added when the candy is kneaded. The candy is then pressed out and a roll of thick chocolate is placed in the middle of the candy. The craftsmen then roll this pink blanket of cinnamon candy around its chocolate centre. The roll is stretched by hand over an open flame and fed into a machine so that the width of the roll is the width of the average chicken bone, a difficult procedure. The end result is a candy that tastes of sweet cinnamon and has a luscious surprise of chocolate in the middle." It was invented in 1885.



## Culinary Whatzit?

From Autumn 2006, Number 50: **These three items are variants of the same what?**

Sap spouts for the collection of maple sap in the springtime. A spout is either hammered or twisted into a tree trunk; a pail is then hooked



over it to collect the drips of sap.

Susan Carol Hauser, *Sugartime, the Hidden Pleasures of Making Maple Syrup*, Toronto: Key Porter Books, 1998, p 113.

## CHO Upcoming Events

### February 2007

CHO in partnership with Montgomery's Inn  
**CELEBRATING THE FOOD WRITING  
 OF EDNA STAEBLER**

**A lecture with Carrie Herzog**

*Montgomery's Inn Museum*  
 4709 Dundas St W, Toronto  
 416 394-8113

montinn@toronto.ca

**Thursday, February 22, 7 pm**



This evening is in honour of the late Edna Staebler who introduced many Canadians to the foodways of Waterloo County and the Pennsylvania Dutch Mennonites. Carrie Herzog will talk about Edna's impact on Waterloo County foodways through her remarkable food writing. Bring your copies of Edna's cookbooks, and share your favourite recipes. Come celebrate the remarkable Edna!

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. You may pre-register with VISA, MasterCard or Amex at 416 394-8113, or pay cash at the door. Includes refreshments made from recipes in Edna Staebler's cookbooks. Please note that this lecture may take place in a part of the Inn that is not wheel-chair accessible.

### 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**



Register now to secure your seat for this much-anticipated lecture! Elizabeth Baird will speak about Canadian food trends of the last three decades, as pictured on the covers and in the

articles and advertisements of *Canadian Living* magazine. As Food Editor of the magazine since 1987, host of Food Network Canada's television series "Canadian Living Cooks," and author of best-selling books about Canadian cooking, Elizabeth has had an enormous influence in kitchens across the country, from her home base in Toronto. Included in the admission price are party sandwiches and "dainties" (squares and cookies) made from Elizabeth's favourite *Canadian Living* recipes.

\$10 CHO and OHS members; \$12 non-members. Pre-registration advised, with VISA, Amex or MasterCard. Refreshments included. Call Rob Leverty at OHS at 416 226-9011.



Cover of  
 May/June 1977  
 issue of  
*Canadian  
 Living*.

(Courtesy of  
 Elizabeth  
 Baird)

CHO in partnership with Montgomery's Inn  
**A LECTURE WITH CHRISTINE  
 SISMONDO**

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

**Thursday, April 26, 7 pm**

Christine is author of *Mondo Cocktail, a Shaken and Stirred History*, which was shortlisted for Cuisine Canada's 2006 Culinary Book Awards.

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. You may pre-register with VISA, MasterCard or Amex at 416 394-8113, or pay cash at the door.

## May 2007

CHO in partnership with Cuisine Canada  
**COUNTY COOKFEST**  
*Doon Heritage Crossroads*, Kitchener  
**Saturday, May 5, 11–4 pm**

Waterloo County is an area of great diversity, history and cuisine. Come then and join us for a garden tour highlighting plants from the area and a historic lunch showcasing Waterloo County dishes, prepared by Liaison College culinary students. Bring along your local cookbooks to be appraised for their historical (not monetary) value by author and historian Liz Driver.

\$45 per person. For more information contact Carrie Herzog at [cherzog@uoguelph.ca](mailto:cherzog@uoguelph.ca).

CHO in partnership with Montgomery's Inn  
**AN EVENING WITH DOROTHY DUNCAN:  
 CANADIAN FOOD FROM AN  
 ADVOCATE'S PERSPECTIVE**

*Montgomery's Inn Museum*  
 4709 Dundas St W, Toronto  
 416 394-8113 [montinn@toronto.ca](mailto:montinn@toronto.ca)  
**Thursday, May 24, 7 pm**

Throughout her career, Dorothy Duncan has been an advocate for the history of Canadian food. As a Curator at Black Creek Pioneer Village, Curator of Historic Houses for the Toronto Historical Board, Museums Advisor for the Province of Ontario, Executive Director of the Ontario Historical Society, and author and international lecturer, Dorothy has researched, written, and promoted the historic food of the country to diverse audiences. She has also furnished the kitchens at several historic sites in Ontario, among them Fort York, Montgomery's Inn, Gibson House, Colborne Lodge, and Black Creek Pioneer Village, all in Toronto, Battlefield House in Stoney Creek, and Muskoka Pioneer Village in Huntsville. Dorothy's expertise in planning these kitchen interiors and selecting equipment has literally shaped the experience of the cooks and visitors at these sites. Her most recent publications are *Nothing More Comforting: Canada's Heritage Food* (2003) and *Canadians at Table: Food, Fellowship, and Folklore* (2006). In this special evening, which will be held in the 1838 tavern and kitchen of

Montgomery's Inn, Dorothy takes us through her inspiring career as a food advocate.

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. You may pre-register with VISA, MasterCard or Amex at 416 394-8113, or pay cash at the door.

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*ALSO OF INTEREST TO CHO MEMBERS:*

### **SECOND BIENNIAL SYMPOSIUM ON AMERICAN CULINARY HISTORY:**

#### **Regional and Ethnic Traditions**

University of Michigan, Clements Library  
 Ann Arbor, MI

<http://www.clements.umich.edu/culinary/symposium.html>

**May 18–20, 2007**

Registration information is now posted on the website for the Janice Bluestein Longone Culinary Archive. The first symposium in 2005 was a great success, so you are advised to register early to guarantee a place for 2007. Attendance will be limited to 200 persons.

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## Mail Bag

### **Nancy Gyokeres, CHO member in Toronto:**

"What a really fantastic day I had in Hamilton yesterday [at Dundurn Castle in the "Recipes Below Stairs" workshop. See page 12 of this issue]. Thank you very much to all you hard-working planners. I couldn't have asked for more in the areas of information provided, wonderful food and great fun. I really do appreciate all your efforts."

### **Dianne Globe, CHO member in British**

**Columbia:** "Dear Amy and Friends of CHO. Just a note to once again say thank you for the wonderful programmes you people offer. What a wonderful organization you operate. It is doubtful that I can participate in much, but one never knows. (I am from Ontario, hence my serious interest). I do pass on information to people in Ontario and in BC whom I consider interested in the organization. Be encouraged. We really appreciate what you are doing and are trying to do. Warmest wishes."

## www.culinaryhistorians.ca

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

### ABOUT *CULINARY CHRONICLES*

**Submissions:** We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's contact information is 416 534-1405 or [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca).

<b>Upcoming themes:</b> Spring 2007, Number 52 – Canadian Kitchens	Publication Date: May 1
Summer 2007, Number 53 – Collecting Cookbooks	Publication Date: August 1
Autumn 2007, Number 54 – Breads, Flours and Yeasts	Publication Date: November 1
Winter 2008, Number 55 – Dairy Industry in Canada	Publication Date: February 1
Spring 2008, Number 56 – Children's Food in Canada	Publication Date: May 1

**Other possible future themes and topics on the Editor's list:** Canadian pasta; cookies; African-Canadian foods; community vegetable gardens; the diaspora of French-Canadian foodways; meals, mealtimes, definitions of meals; manuscript recipes; Inuit foodways; and so many more possibilities. Do you have a suggestion? Please contact the Editor if you wish to write on an upcoming theme.

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

**Newsletter Committee:** Fiona Lucas, Ed Lyons, Liz Driver. Thank you to Sheldon Posen, Catherine Macpherson, Sonia Mrva, Lindsay Rose, Dean Tudor, and the Canadian Museum of Civilization.

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### MISSION STATEMENT

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.

### MEMBERSHIP INFORMATION

Members enjoy the quarterly newsletter, *Culinary Chronicles*, may attend CHO events at special member's rates, and receive information on food-history happenings. Members 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.

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

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

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

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