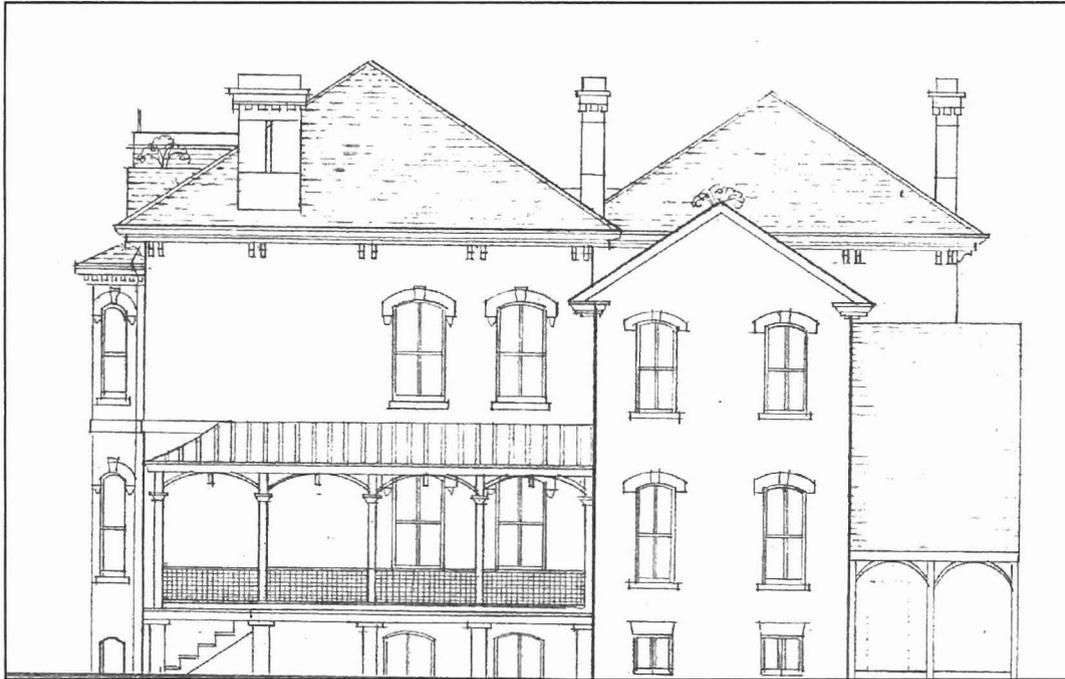


Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

SPRING 2007

NUMBER 52



1866 elevation of east wall, facing the garden, Spadina, Toronto

Under the verandah, the two windows half below ground shed some light into the basement kitchen. Kitchens were once typically below level in large houses, but by the end of the 19th century they were resituated on the ground level. The structure on the right speculates on a summer kitchen addition.

See Paul Sharkey's essay, starting on page 3.

(Courtesy of Spadina Museum: Historic House and Gardens, Toronto Culture)

Contents

President's Message	2	Mail Bag	14
Coming Up for Air: The Urban Ontario Kitchen Emerges from the Victorian Basement		CHO Program Review: Christmas Food in Historic Riverdale	
Paul Sharkey	3-9	Fiona Lucas	15
Members' News	9	CHO Program Review: Mary Williamson on Catherine Dalgairns	
An Old Canadian Kitchen	10	Amy Scott	16
Book Review: <i>Canadians</i> at Table		CHO Program Review: In Celebration of Edna Staebler	
Catherine Macpherson	11	Maggie Newell	17
Call for Nominations: 2007-2009		Upcoming CHO Events	18-19
CHO Board	12-14		

President's Message

I always enjoy reading the reports of past CHO events. They make me think again about the interesting topics covered by our speakers and remind me of good times shared with other enthusiasts of culinary history. For members unable to attend an event, the reports capture some of the information and insights conveyed by the speakers. This issue brings reports about our Christmas get-together with the Riverdale Historical Society, Mary Williamson's January lecture on P.E.I.-born Mrs Dalgairns, and Carrie Herzog's February celebration of Edna Staebler from Waterloo County. April was a busy month for CHO – there were two events! In the next issue of *Culinary Chronicles*, we can look forward to accounts of April's programmes: the second annual spring lecture at the Ontario Historical Society, delivered by Elizabeth Baird, who surveyed thirty years of Canadian cooking in the pages of *Canadian Living* magazine; and Christine Sismondo's talk about Canada's very own cocktail, the Bloody Caesar. And May brings two more food-history happenings. This has been a lively year of events for CHO members, thanks to our new Programme Chair, Carrie Herzog. Bravo, Carrie!

Please mark the date for the 2007 Annual General Meeting on your calendar: Monday, September 10, 7 pm at Montgomery's Inn Museum. This is an election year, so please also consider putting yourself forward for board or committee positions. Nomination forms are enclosed with this newsletter.

CHO's Electronic Resources Committee has a request in advance of the AGM. We need a volunteer to help manage the association's email. The task involves checking the in-box once each week and forwarding messages to the appropriate board or committee member (and also deleting any spam!). If you would like to take on this regular (but not onerous) responsibility, please contact me directly at liz.driver@sympatico.ca.

As this issue goes to press, rhubarb is springing up in gardens across southern Ontario. Although it comes earlier in B.C.'s Lower Mainland and later in some other parts of the country, it's one of our first edible plants in the new year. I'm sure I'm not the only CHO member who looks forward to his or her first rhubarb pie of the season!

Liz Driver, President

Canadiana.org Announces a New Cookbook Collection on Microfiche!

Beth Stover writes in the April e-bulletin (Vol. 7, No. 2) of Canadiana.org (formerly Canadian Institute for Historical Reproduction):

"In response to [a] burgeoning interest in culinary history, Canadiana.org is pleased to announce the creation of a Cookbook Collection on microfiche. We have assembled from our large microfiche collection, 224 cookbook titles and are making them available as a separate collection ... We are also offering for sale, a subset of 27 **previously unreleased** cookery/home economics titles. These titles, including *La cuisinière canadienne* – the first cookbook compiled in French in Canada – have never been offered for sale before to our subscribers."

Accompanying the announcement is an article by Liz Driver, "Good Cooking with CIHM!," which tells more about the treasures in the collection and how they may be used. See: <http://www.canadiana.org/pdf/en/bulletin200704.pdf> (French version also available).

Coming Up for Air: The Urban Ontario Kitchen Emerges from the Victorian Basement

Paul Sharkey

Paul is Exhibit and Outreach Technician at the City of Toronto Archives. This essay was written when he was a Program Officer at Spadina Museum. Spadina is pronounced Spa-deena.

Spadina Museum: Historic House and Gardens, in Toronto, stands as a marvellous illustration of the lifestyle and domestic environment of a wealthy, upper-middle-class, business-owning family of the Edwardian era. However, a careful study of the property through its architecture, old photographs and written records reveals a building with a broader social story to tell. The present building is largely the result of improvements made during the late 19th and early 20th centuries, but the building was also radically transformed in the middle of the 19th century when it was converted from a Regency-style house to a Victorian country villa. Many of these upgrades destroyed or concealed parts of the previous structure, but detailed archaeological analysis made during the 1982–84 restoration revealed the property's history.

The architectural investigation of the basement uncovered a set of rooms that were originally designed as a domestic space, including a possible servant's bedroom, cold storage rooms and a kitchen complete with a brick hearth and bake oven, all dating to 1817–18, making it one of the earliest surviving domestic spaces in Toronto. The Regency house's basement area had a floor space of approximately 1,600 square feet, of which about a quarter was for meal preparation and washing up. William Baldwin, the original builder, wrote in 1819:

I have a very commodious house in the country – I have called the place Spadina ... a Kitchen, dairy, root cellar[,] wine cellar and man[']s bedroom underground ...¹

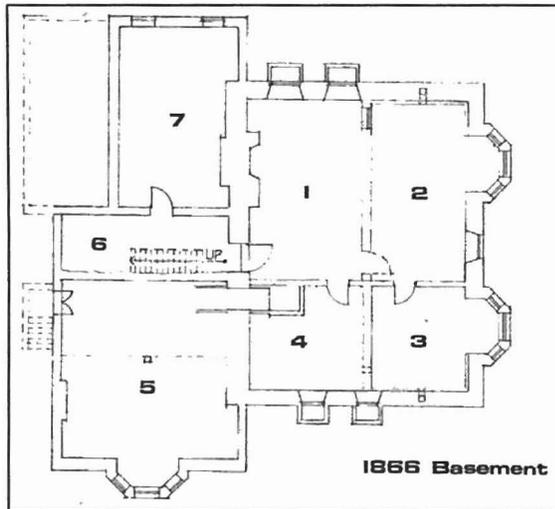
This kitchen was last used in the 1880s.² A "lean-to" kitchen was added to the rear of the house, probably in 1866,³ but this was tom down when the northern extension, incorporating the existing kitchen, was added in 1898. Like the few structures in Toronto that remain from the

"Muddy York" period, Spadina has undergone modernisations, but unlike some, it remains in its original location, allowing us to study the changing uses of space over the 19th century, in particular the domestic or service spaces of a wealthy household.

The changing positions of the Spadina kitchen expressed the trends apparent in the architecture of houses that were constructed, not only for the upper elements in society, but for the newly emerging middle class of clerks and office workers. This class-conscious group was strongly focused on "improvement" and social betterment, and they were keen on adapting the fashions and behaviours of their social superiors. It is the nature of this change in domestic architecture, and why the kitchen of large urban homes emerged from the basement (a standard location in the 18th and early to mid 19th centuries) to the ground floor, that is the main focus of this essay, for by the outbreak of the First World War, kitchens in all types of homes were almost exclusively at first floor level.

In early Ontario, cooking was accomplished at the sole hearth in the settlers' one- or two-room log cabins. As farm families prospered and built second homes, women did their own house-keeping, or perhaps employed the services of a "girl of all work." Many examples of farmhouses survive in Ontario, where kitchens were shared family spaces at ground level, such as the historic house museums of Gibson House in Willow Dale (1851), the second Stong House (1832) at Black Creek Pioneer Village, the Loucks House (1860s) at Upper Canada Village, and Hutchison House (1836) in Peterborough.

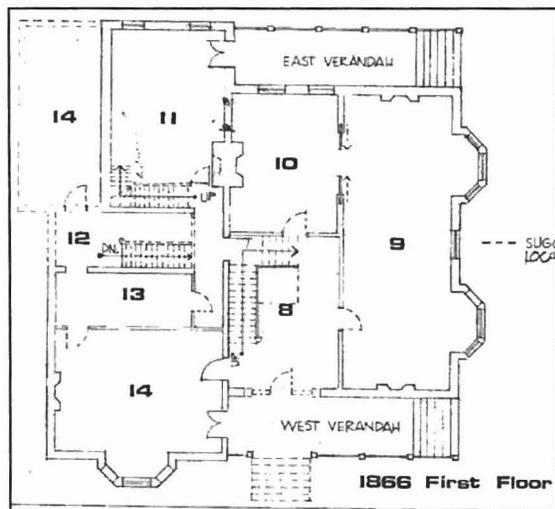
For the wealthy upper classes, the early wood-frame houses of the late Georgian period, like Maryville Lodge (1802), had kitchens separate from the main house because the land was



Floorplan of 1866 basement of Spadina

- 1 kitchen, with hearth on left (north) wall, two windows on east wall – see elevation on page one
- 2,3 servants' quarters
- 4 unknown, but part of the domestic offices

Lillipold Architectural Analysis Report of 1984, on file at Spadina



Floorplan of 1866 first floor of Spadina

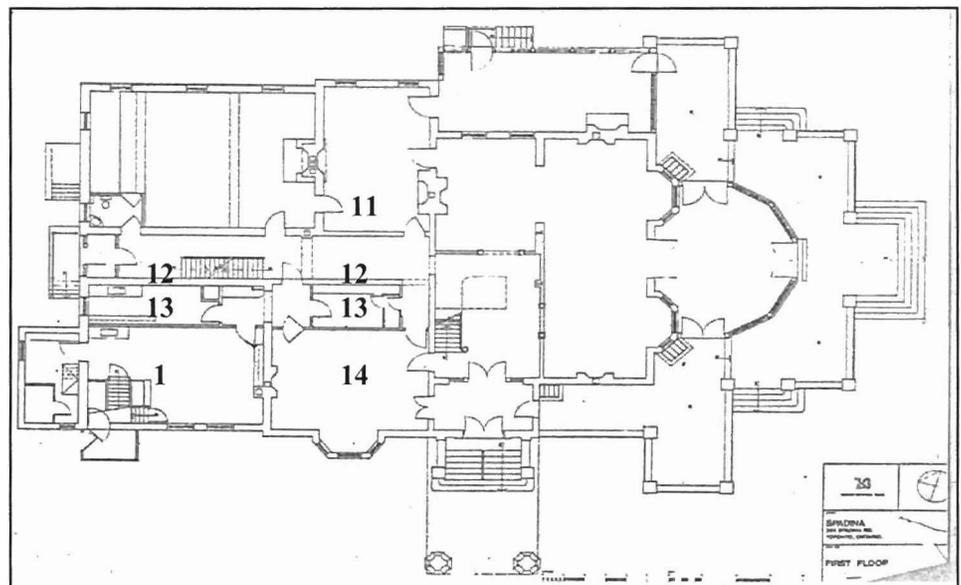
- 8 front hall
- 9 drawing room
- 10 reception room above kitchen (1 in floorplan above)
- 11 dining room
- 12 back hall
- 13 pantry (speculation)
- 14 parlour
- 14 top probably the summer kitchen (speculation)

Lillipold Architectural Analysis Report of 1984, on file at Spadina

Floorplan of 1898 alterations to first floor of Spadina

- 1 kitchen
- 11 dining room converted to library
- 12 extended hall
- 13 extended pantry, called butler's pantry
- 14 parlour converted to dining room

Architectural Survey, 1982, on file at Spadina



(Floorplans courtesy of Spadina Museum, Toronto Culture)

available.⁴ However, as the 19th century progressed, the wealthy constructed their homes on a larger scale and of brick. As in Britain, the kitchens of these households were located in basements because the occupants employed live-in staff. Basement domestic offices provided the best means of separating themselves from their employees. The Grange (1817), now part of the Art Gallery of Ontario, and Dundurn Castle (1835) in Hamilton are examples of the physical isolation of the servants' areas from the family compartments above. Other examples are the Ryerson (1860) and Gzowski (1855) houses, known by their floorplans,⁵ Campbell House (1822; at Yonge and Queen in Toronto) and the Officers' Mess at Fort York (1816). As the Victorian middle classes expanded in Ontario and aspired to higher positions, they mimicked lifestyles, habits and etiquettes of "the gentry," who, to maintain and illustrate their superiority, minimised contact with their employees and their duties.⁶

Indeed the entire design of the kitchen was planned, not for those who used it, but for their employers. Not just the kitchens were isolated, but the entire domestic work space. Pantries, sculleries, food cellars, laundry, and sometimes the servants' bedrooms, were hidden away in the basement.⁷ Their comings and goings were less visible through the separate back entrance, whilst toilets, refuse and other undesirable areas were all located within the basement or at the rear of the house.

Basement kitchens were generally dark and poorly ventilated.⁸ Water was carried in from a well. Once the daily tasks were completed, servants would often have to spend their recreation time in the same area. In a larger house, such as the Grange or Dundurn, there was a servants' hall, but in a smaller property, the kitchen became the centre of their social as well as working lives.⁹

The basement domestic offices at the Grange, the Officers' Mess at Fort York, Spadina, and Dundurn Castle were typical of the prevalent conditions in large spacious houses. Smaller row houses, such as Mackenzie House (1858) on Bond Street in Toronto, similarly put the kitchens partially underground, then built upwards. Mackenzie House took advantage of light and

ventilation from large windows looking east, so it was cool in summer, but warmer than the rest of the house in winter. Today, the ground level is a half a metre higher than it was, so the full effect is muted. The ground level has also changed at Spadina and Fort York.¹⁰

Many larger houses, whether in town or on the farm, had two kitchens to deal with Ontario's seasonal temperature fluctuations." The "winter" kitchen was located in the basement, whilst a "summer" kitchen might be located at the back of the house or as an "out-house" addition at ground level. Often, the cookstove was moved out there for the warm months. Colborne Lodge, a Regency property in Toronto, demonstrates this well, as does Ireland House at Oakridge Farm (1835–37) in Burlington.

The 1866 ground floor kitchen at Spadina, which now only exists in photographic and descriptive form, may have been a "summer kitchen," so that the 1818 basement kitchen, if it retained its use until the 1880s, could have served as the "winter kitchen." That the basement kitchen was used until 1882 is debatable. Did the wealthy Austin family retain the use of an open hearth until this date? This seems remarkable, but no extant archaeological, documentary or material evidence suggests the installation of an iron cookstove or range. Whatever the case, the separate summer kitchen was not added for the staffs benefit, but for the family's, so that they were not inconvenienced by the smells and heat of cooking food on warm summer days.¹²

If the separation of staff and family was still important at the end of the 19th century and into the early 20th, why did builders, architects and the householders themselves encourage the kitchen to be removed from the basement? Why did James Austin, Spadina's owner from 1866 to 1897, instruct his builder to add a ground level "summer kitchen" to the house when he purchased it, and why did his son Albert include a modern servants' main floor space in the 1898 addition? No great shift in attitudes towards servants occurred in the late 19th century. Families still wished to live a separate existence from the working activities of their houses, but, as designer Andrew Jackson Downing observed in 1850 in *The Architecture of Country Houses*, the practice of placing kitchens

in the basement was "giving way to the more rational and convenient mode of putting it on the first floor."¹³ Indeed by 1870, although many books of architectural designs (Downing's included) still contained plans for basement kitchens, they were regarded as passé, and by the century's last quarter, the majority of kitchens in new houses were on the ground floor, at the rear. Laundry facilities, cool store rooms, the furnace and its coal storage, and other service areas often remained in the basement, but the actual cooking area was elevated to the dining level.¹⁴ The single-function dining room was evolving into an important room for gracious entertaining, which required a nearby kitchen.

Downing's choice of "rational and convenient" was an interesting indicator of the motives behind the move. A basement kitchen provided adequate separation from the family dining room, but servants had to scale the connecting staircase to serve. This led to the increased risk of dropped dishes and food being served at less than ideal temperature, long an irritant to diners. Dumb waiters partially solved this situation, but also provided their share of inconvenience, for not only did a lift shaft have to be constructed, but there was limited space for dishes and a possibility of breakdowns.

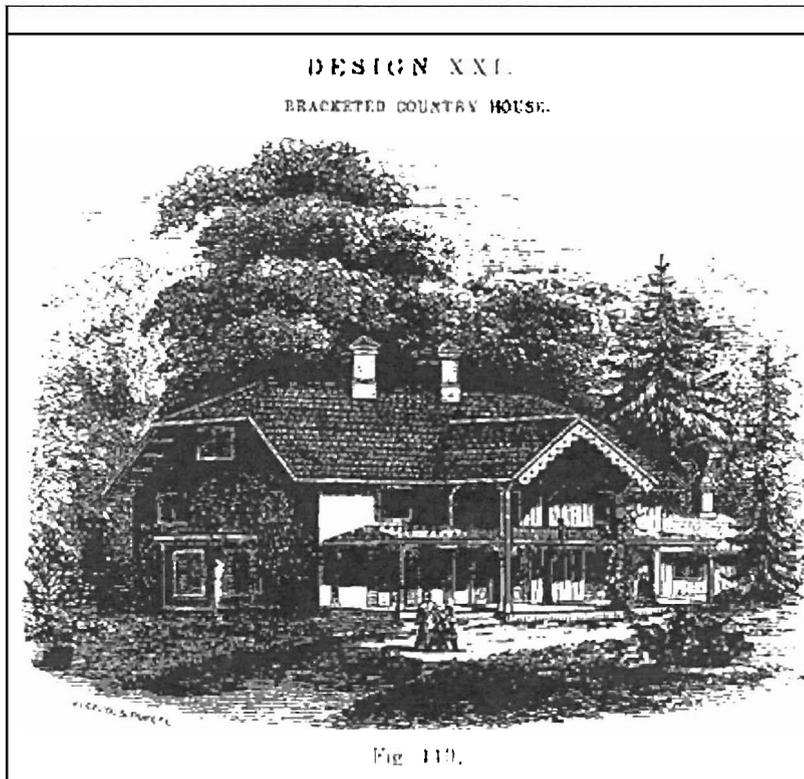
A kitchen on the same level helped eliminate these problems. However, a kitchen near to or adjacent to the dining room negated the entire idea of separation, hence the development of the butler's pantry. The kitchen would be as near to the dining room as possible, with a closed door leading to the pantry, which itself led to the dining room, separated by a fly or swinging door. "This effectively spared the employers the kitchen's indelicate environment, and preserved family privacy from intrusion by its coarse inhabitants."¹⁵ Spadina's 1898 kitchen is a good example. The butler's pantry originated as a small hallway separating kitchen and dining room, but soon developed into a separate space in its own right. In larger homes, the pantry became not only storage for good china, silver and glass, but also a place where the "little delicacies of the larder" could be kept without the journey from the kitchen. Also, wine could be decanted, salads assembled, and prepared food transferred to diners' plates.¹⁶ With the kitchen valuables in a separate area, the ladies

of the house could protect themselves against the staffs assumed dishonesty by either supervising this area themselves or entrusting this duty to a senior staff person, such as a butler. Dundurn Castle had a butler's pantry with a butler in charge of it.

However, was Downing's "rational and convenient" remark purely for the homeowner's benefit? Although kitchens were emerging from the basement, many were still inadequate, with unsatisfactory windows, lighting and ventilation.¹⁸ Early 20th century houses were generally smaller and more compact than their Victorian predecessors.¹⁹ The middle class population and its servant-employing proportion was expanding, but the numbers available for service were not keeping pace. This problem was noticed by Downing in the 1840s: many of his designs catered to "the mistress [who] expects to superintend the domestic economy of the household."²⁰ He recognised that many women were performing their own housework or running their own households with fewer servants than desired, so he tried to unite and combine rooms, seeking compactness and utility.²¹ The servant shortage contributed to the rationalising of house design by reducing the dependency households had on staff "houses should be designed with the assumption that good servants would be unobtainable and that housekeepers would be performing much of their own work."²² Kitchen modernisation, therefore, was for the employers' benefit.

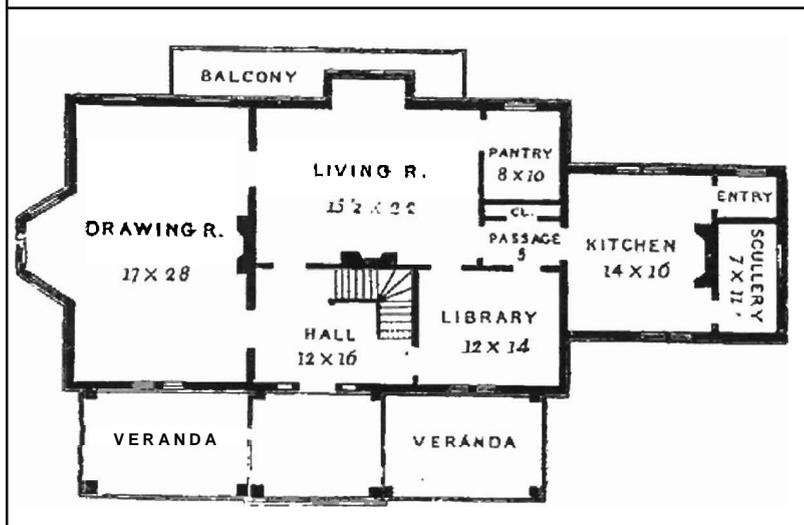
For the emerging and aspirant middle classes, Downing's ideas played second fiddle to outward signs of prosperity and status. The size of one's house and staff and the number of rooms were all signs of upward mobility. For the wealthy social-climbing home owner, there was another reason for raising the kitchen from the basement, but again not necessarily for the staff economy and health.

One of the greatest forces in modernizing kitchens was the work of sisters Catharine Beecher and Harriet Beecher-Stowe. Catharine was a contemporary of A.J. Downing and she argued similarly in her *Treatise on Domestic Economy* of 1841. She noted that the main priority when constructing a house should be economy of



A.J. Downing's Design XXI, "Bracketed Country House," in *The Architecture of Country Houses*, 1852

The plan illustrates the principal floor, showing the kitchen as a single storey addition to the property. Note the passage and pantry separating the kitchen from the living or dining room.



labour, money and health, and comfort and good taste.²³ She also said that "the health and capacity of the housekeeper should be of the first consideration."²⁴ By housekeeper she meant housewife. Her arguments against basement kitchens were based on preserving the housewife's health. Only her secondary point argued for the staffs welfare:

"It is very important to secure a light, neat and agreeable kitchen. Such an arrangement will make this part of the house more attractive ... and better secure the contentment of the domestics. For this reason, cellar kitchens are undesirable, besides often being unhealthful."²⁵

Securing the staffs contentment was so important to Beecher, that any person who takes general views of the tendencies of things in

this country, must be convinced, "that those who demand hired service, will every year increase, while the relative number of properly qualified domestics will constantly decrease."²⁶

Beecher was writing in 1841, but when her enlarged *Treatise* was re-issued in 1869 as *The American Woman's Home*, with her sister as co-author, it was to a different generation. Entering a crowded marketplace of home improvement and housekeeping books, *The American Woman's Home* had a disproportionate influence due to several factors. First, the notoriety of the Beecher sisters. Catharine's *Treatise* had been a bestseller twenty-eight years previously, and she had gone on to open a number of "domestic science" schools and other educational establishments for women in the United States, where housewives could be instructed on modern and efficient "home economic" techniques.²⁷ Harriet was a noted abolitionist and author, most famously of *Uncle Tom's Cabin* (1869). Both women were well known and their opinions valued. Their *American Woman's Home* sold for an affordable fifty cents.²⁸ It was available in Ontario and widely used.²⁹

Indeed, *The American Woman's Home* was marketed to middle-class ladies such as Susan Austin, first lady of the house at Spadina, from 1866 to 1898. The sisters' readers were white, Protestant, and part of the expanding group of home-owning suburbanites. These ladies, many new to privilege, employed servants to do the majority of housework and used *The American Woman's Home* as a reference for the most up-to-date expert advice on keeping house in the post-Civil War period.³⁰ American society was unstable, the economy fluctuating between boom and bust, and traditional social and gender norms were changing. Many people were less sure of their status within society.³¹ This was combined with rapid advances in technology, including the expansion of the electric power system and piped domestic gas and water, the plethora of new consumer goods, and the new suburban housing developments. *The American Woman's Home*, and periodicals like *Godey's Lady's Magazine*, offered clear, decisive, practical and economic solutions to a generation of unsure middle-class American ladies, including information about kitchen arrangements and servant relations.³² The book was a bestseller for many years in North America.³³



Catharine Beecher

(Photograph from *The American Woman's Home*, Nicole Tonkovich, ed., Rutgers University Press, 2002)

The Beecher sisters were not the first to advocate kitchen reform, but their widely read and influential ideas were adopted by housewives, and by architects and builders in response to their clients' wishes. As the demand for "good" servants outstripped supply, maintaining a healthy

and comfortable environment for them became a necessity for their retention. The *Home Cook Book* of 1877 included a chapter written in the first person called "Our Susan's Opinion of a Kitchen," in which a fictitious servant named Susan opined,

I often think that many people with whom money is no object, have very limited ideas of their responsibilities when it comes to the servant's quarter in the houses they build, with all they may have of modern improvements and conveniences.³⁴

She described a bright sunny kitchen, with geraniums, an easy chair, a ventilator, and a sink in front of large windows. As the middle classes expanded, modern techniques and designs were incorporated into the newly constructed houses in the less compact suburban areas of cities.

To return to Spadina: the basement area provides us with an old-fashioned, early 19th-century unreformed kitchen that separated staff and household, but with little consideration for the staffs well-being, although we do not know the specifics of the Austin's relationships to their servants. With the addition of the first ground floor kitchen in the third quarter of the 19th century, we witness new ideas of rationality and convenience being adopted in the Spadina floorplan and by century's end the Austin family had fully adopted the reform ideas. The new 1898 kitchen was spacious, above ground, sunny, well-lit and ventilated, with ceilings at the same 14-foot height as the rest of the main floor, whilst maintaining the separation of family and domestic apartments via an intermediary butler's pantry. Within Spadina we are fortunate to witness this evolution and adoption of ideas, influences and fashions that brought the kitchen up for air.

The author acknowledges the assistance of Fiona Lucas in preparing this article.

¹ William Warren Baldwin, 1819, quoted in Peter Ennals and Deryck W. Holdsworth, *Homeplace: The Making of the Canadian Dwelling over Three Centuries*, University of Toronto Press, 1998, p 42.

² A partially burnt copy of the *Methodist Guardian* newspaper, dated 1882, was found in the bake oven during archaeological excavations in the early 1980s. The hearth and

oven had been bricked over when this room was converted to a furnace room

³ The roof of this single storey structure is just visible in an 1875 photograph of the property, part of the Austin Family archives at Spadina.

⁴ Maryville house, 1802 floorplan and map in Eric Arthur, *Toronto: No Mean City*, 3rd ed., revised by Stephen Otto, University of Toronto Press, 1986, pp 22 and 23.

⁵ Claudette Lacelle, *Urban Domestic Servants in 19th-Century Canada*, National Historic Parks and Sites, Environment Canada – Parks, 1987, pp 108, 112.

⁶ Sutherland, D.E. *Americans and Their Servants*, p 30: "The most fascinating attempt to impress servants with class distinctions involved the architecture of American houses. The house was divided in order to minimize contact between employers and servants."

⁷ Ellen M. Plante, *The American Kitchen, 1700 to the Present: From Hearth to High Rise*. New York: Facts on File, 1995, p 40.

⁸ Dorene Yarwood, *The Nineteenth Century British Kitchen*. London: _____, 1981, p 21.

⁹ Sutherland, p 114.

¹⁰ Nancy Luno, *A Genteel Exterior: The Domestic Life of William Lyon Mackenzie and his Family*, Toronto Historical Board, 1990.

¹¹ Elisabeth Donaghy Garrett, *At Home: The American Family, 1750–1870*, New York: H.N. Abrams, 1990, p 95.

¹² Mary Ellen Snodgrass, *Encyclopedia of Kitchen History*, New York: Fitzroy Dearborn, 2004, p 192.

¹³ Downing, Andrew Jackson, *The Architecture of Country Houses* (1850), New York: Dover Publications, 1992, p 272.

¹⁴ Plante, pp 85, 88.

¹⁵ Sutherland, p 32.

¹⁶ *Ibid.*, p 33.

¹⁷ *Ibid.*, pp 32–33.

¹⁸ *Ibid.*, p 114.

¹⁹ *Ibid.*, y 188; *Homeplace*, p. 110.

²⁰ Downing, p 277.

²¹ Sutherland, p.189.

²² *Ibid.* p 188.

²³ Catharine Beecher, *Treatise on Domestic Economy: for the Use of Young Ladies at Home and at School* (1854), p 268.

²⁴ *Ibid.*, p 269.

²⁵ *Ibid.*, p 366.

²⁶ *Ibid.*, p 274.

²⁷ Catharine Beecher and Harriet Beecher-Stowe, *The American Woman's Home* (1869), introduction by Nicole Tonkovich, Hartford: Rutgers University Press, 2002, p x.

²⁸ *Ibid.*, p x.

²⁹ Jeanne Minbinnick, *At Home in Upper Canada* (1970), Toronto: Stoddart Publishing, 1994.

³⁰ *American Woman's Home* p xir.

³¹ *Ibid.*, pp x, xix–xxi.

³² *Ibid.*, pp xxi.

³³ Minbinnick, p 133.

³⁴ *The Home Cook Book*, pp 43–47.

Members' News

Tremaine Medal 2007

The Marie Tremaine Medal Committee is pleased to announce that Elizabeth Driver will receive the Tremaine Medal for 2007. Elizabeth Driver is an expert on culinary history. She is unequalled as a bibliographer in this field. Her two primary works are bibliographies: volume two of *A Bibliography of Cookery Books Published in Britain, 1875-1914* (London: Prospect Books in association with Mansell Publishing, 1989); and *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949* (forthcoming 2007, University of Toronto Press). She has also written articles and delivered lectures in this area of study. *Culinary Landmarks* is a labour of love, a life's work that took ten years to complete. The book is indeed a landmark that chronicles and combines bibliographical description and history (author biographies and corporate histories) of 2,225 Canadian cookbooks published between 1825 and 1950. The work also contains introductions for each province, highlighting regional differences in cooking, four indexes, and a chronology. The Committee extends its warmest congratulations to Elizabeth Driver.

COOKERY BOOKS.

BOYER'S Modern Housewife, 6s.
Boyer's Shilling Cooker, 1s 6d.
Mrs. Elliot's Practical Housekeeper, 10s.
Widdfield's New Cook Book, 6s.
Miss Leslie's New Receipts for Cooking, 6s 6d.
Miss Beecher's Receipt Book, 2s 6d.
Mrs. Horace Mann's Health and Economy in Cooking, 2s 1 1/2d.
Dr. Trail's Hydropathic Cookery, 2s 6d.
Mrs. Putnam's Receipt Book, 2s 6d.
Mrs. Rundell's Domestic Cookery, 5s 6d.
Walsh's Economical Housekeeper, 6s.
The Household Manager, by Charles Pierce, 4s 1/2d.
MACLEAR & CO.,
King-street East.
Toronto, April 1, 1858. 2400 B

Advertisement for Maclear's bookstore,
in the *Globe*, April 1, 1858

(Courtesy of Mary F. Williamson)



An Old Canadian Kitchen

The following is a charming passage from an article entitled "An Old Canadian Home" in the *Wentworth Historical Society Journal and Transactions* for 1908 (pp 74-75), by Justus A. Griffin. Mary F. Williamson sent this in, along with the accompanying illustration found in several issues of the weekly *Canada Farmer* in 1864.

The kitchen opens from the dining-room and is one of the most important parts of this establishment. Unlike some of our modern city kitchens where there is not room to swing a cat, there is here ample floor space for the many uses to which it is put. It covers as much ground as the whole of some of our respectable city dwellings. Here the itinerant preacher held service for the neighbourhood when churches and school houses were many miles apart. Here a company of militia slept on the floor when pursuing or pursued by the Americans in 1812. Here, too, were held the great merry-makings at the close of the various bees. So much was there to do and so full of energy were the Canadians of old that even their amusements and recreations were joined to or intermingled with work, and when jolly times were desired they gathered at each other's homes to pare apples, husk corn, or to make a quilt; and after the allotted tasks as completed, and not without lots of fun, either, the remainder of the evening was given up to pleasure around the great fireplaces and scattered about the house, they vied with each other in cracking nuts and jokes. The great kitchen gave room for such romping games as blind man's bluff, or for a dance if they were so inclined and the rules of the house permitted. In the cavernous sides of the fireplaces are the pot-hooks, the cranes and other contrivances with which the cooking was done before the days of iron stoves. Behind the fireplace is the oven, like a baker's; in this was baked the loaves of home-made bread, as well as the mince, apple and pumpkin pies, which the farmer's wife delighted to make and of which all the family were fond. At some of the old homes the oven was built outside, near the kitchen door, but this was more convenient, especially in cold and stormy weather. A door near the oven leads to the woodshed with its ample supply of well-seasoned fuel.

The kitchen, however, had still other uses. Hooks in the ceiling suspended long festoons of sliced pumpkins, strings of peeled and cored apples and bunches of herbs. The spinning wheel, too, was no unimportant article of furniture. When the young man of today persuades some lady to share his fortunes he will betake himself to the dispenser of licenses and obtain a document which permits John Jones, bachelor, to wed Jennie Smith, spinster. If the fair damsel can spin she is an uncommonly accomplished woman in this age. But our mothers and grandmothers were all spinsters in fact as well as in name. On the long, comfortable lounge in the corner the small boy would throw himself when he came in tired by his chores or his play, and drowse off to sleep as he listened to the hum of the busy wheel. In some neighboring homes there were looms also, where the yarn was woven into the homespun cloth of which the workday clothing was made for our old time Canadians.

Book Review: *Canadians at Table*

Catherine Macpherson

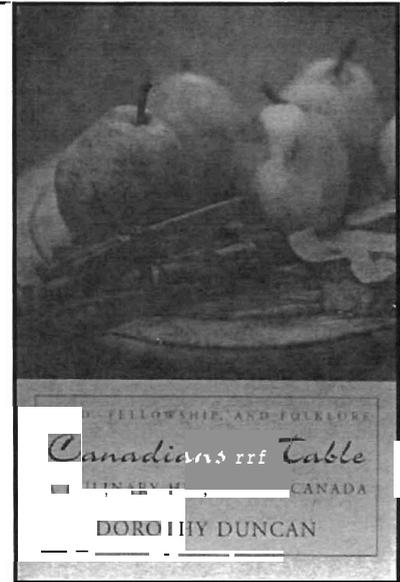
Catherine Macpherson is a Nova Scotian with a Master's Degree in Gastronomy from Boston University. A freelance writer and occasional caterer, she is currently researching the history of chocolate in Canada for the McCord Museum in Montreal.

Dorothy Duncan's book *Canadians at Table: A Culinary History of Canada* serves up a delicious banquet of historical facts. Not simply an overview of Canada's culinary heritage, the book is also a useful primer on Canadian history and a fascinating examination of the people who, over time, have chosen to call this vast country home.

Canadians at Table begins with Duncan painting an intriguing portrait of the earliest inhabitants of what is now Canada: groups of hunter-gatherers who made their way across the Alaskan-Siberian land bridge, possibly in pursuit of game, some tens of thousands of years ago. The reader is given a staggering overview, from Viking habitations in Newfoundland to the arrival of early French and British explorers and the settlements they encouraged. Duncan examines the foods of fur traders and First Nations tribes, dining practices in lumber, railway, and mining camps, staples of the Prairie farm kitchen and those of the Edwardian dining rooms of Canada's earliest metropolises. She addresses the impact of the industrial revolution, war, women's suffrage, television, and fast food, and she closes with a nod to contemporary food movements such as organics and local eating. It is an intriguing but exhausting read, squeezed into a mere 200 pages.

Duncan acknowledges the unwieldy magnitude of her book's scope when she states "every topic touched on here deserves to be explored and recorded in greater detail" and merits its own book to better understand its significance in Canadian culinary history. It is hard to get a sense from this text of any one particular dish, theme, or food product that is distinctly Canadian yet there are plenty of facts to engage the reader. I was surprised to discover that gingerale, Pabulum, and instant mashed potatoes are all Canadian creations. While glad to learn the story behind Red Fife wheat's introduction to Canada, I wish that Duncan had gone on to explain how this varietal was all but lost in the modern era. It

is now being revived through renewed interest in the preservation of our edible heritage, thanks to movements such as Slow Food, an international organization that Duncan briefly mentions in her conclusion.



Duncan's is an important voice in Canadian food studies and she has worked tirelessly to ensure that Canada's culinary history is treasured. This book is accessible to seasoned food historians and curious newcomers alike, but feels a little incomplete for either group. Certain food history knowledge is assumed when foods and culinary terms are mentioned without subsequent definition. Duncan includes wonderful passages from a vast array of historical sources, but I wanted more of her own words to help contextualize these quotes. Smoother transitions and more reflection on the historical contents would have been welcome additions.

Nonetheless, the reader is left asking important questions and reflecting on the overarching themes of food and feasting as forces that have shaped Canadian culture. Duncan makes it clear that we have not just survived, but thrived through our food customs. Food is the tool we use to celebrate, appreciate, give thanks, reward and revere both our selves and our land. It is the tie that binds and we should heed Dorothy Duncan's call to use her book as "the catalyst for new research, recording, and experimenting."

Call for Nominations to the 2007–2009 CHO Board

PREAMBLE:

In order to prepare the ballot for the election of officers to the Board of the Culinary Historians of Ontario for 2007–2009, the Nominating Committee presents this information in accordance with the Constitution and By-Laws. If you wish to (re)read the Constitution or By-Laws, as amended at the AGM in September 2006, please look at CHO's website at www.culinaryhistorians.ca or contact culinaryhistorians@uoguelph.ca.

The NOMINATING COMMITTEE, as appointed by the Executive for the specific purpose of arranging the ballot for the 2007–2009 elections, consists of Fiona Lucas, Past President, and Eva MacDonald, Member.

The TIMELINE shall be:

- mid May: call for nominations included in spring 2007 issue of *Culinary Chronicles*
- 15 July: nomination forms returned
- 1 August: preliminary ballot announced in summer 2007 issue of *Culinary Chronicles*
- 10 Sept: vote for new Board at AGM

RELEVANT SECTION OF THE CONSTITUTION:**IV EXECUTIVE OFFICERS AND DIRECTORS**

The Executive Officers shall consist of a Past President (when applicable), a President, a Vice-President, a Treasurer and a Secretary, who each shall be elected for a term of two (2) years at a general meeting called for that purpose. The Executive Officers form the Executive Committee of the Board of Directors. The Board of Directors shall consist of the Executive Officers and the Chairs of the Newsletter, Membership, Programme, Electronic Resources, and Outreach and Education Committees, and the Chairs of such other standing committees as may be appointed by the Executive Committee from time to time. No person may hold more than one executive position concurrently. Executive Officers may stand for re-election.

RELEVANT SECTIONS OF THE BY-LAWS:**II DUTIES OF EXECUTIVE OFFICERS**

President. The President is the Chief Executive Officer of the Culinary Historians of Ontario and as such fosters the overall welfare and acts as the main spokesperson of the organization. The duties shall include:

- Presiding at all Board of Directors and Executive Committee meetings.
Presiding at the Annual General Meeting and reporting to the membership at least annually on the activities of the Culinary Historians of Ontario.
- Appointing members of committees and delegates not otherwise provided for in the By-Laws.
- Acting as an ex-officio member of all committees.
Becoming the Past President at the end of the term as President, unless re-elected.

Vice-President. The Vice-President is the assistant to the President, and acts as the President's deputy in the President's absence. The Vice-President may be deputized by the Board to assume special duties and leadership for special projects. The Vice-President may choose to stand for President, but does not automatically become President at the next election.

Treasurer. The Treasurer shall be responsible for the safekeeping of the financial assets of the Culinary Historians of Ontario. The duties shall include:

- Maintaining adequate financial records.
- Depositing all monies received by him/her with a reliable banking company in the name of the Culinary Historians of Ontario.
- Paying expenses as required.
- Obtaining executive approval for all disbursements in excess of one hundred (100) dollars.
- Collecting the membership annual fees.
- Submitting an Annual Financial Report for the approval of the membership at the Annual General Meeting.

Secretary. The Secretary shall be responsible for the official record keeping of the culinary Historians of Ontario. The duties shall include:

Writing and answering official correspondence of the Board of Directors and Executive Committee, as directed by the Board or Executive Committee.

- Recording the minutes of Board of Directors and Executive Committee meetings, the Annual General Meeting and special meetings called by the Board.
- Maintaining the official records and archives of the Culinary Historians of Ontario.

IV COMMITTEES

a. The Culinary Historians of Ontario shall have the following standing committees, each directed by a chair

- 1) Programming Committee. This committee shall be responsible for the programming offered by the Culinary Historians of Ontario. The Committee's responsibilities shall include:

- Arranging suitable programmes and setting the date, time and place of events.
- Promoting events through such means as flyers, press releases and email.
- Submitting an annual report at the Annual General Meeting.

The Chair of the Programming Committee shall be the Programme Co-ordinator.

- 2) Membership Committee. This committee shall be responsible for the maintenance and development of the Culinary Historians of Ontario's membership. The Committee's responsibilities shall include:

- Organizing membership drives and other means of promoting membership in the Culinary Historians of Ontario.
- Maintaining an up-to-date membership list.
- Submitting an annual report at the Annual General Meeting.

The Chair of the Membership Committee shall serve as the Membership Secretary.

- 3) Newsletter Committee. This committee shall be responsible for publishing a newsletter. The Committee's responsibilities shall include:

Annual planning of themes and content for the Newsletter.

- Soliciting articles, columns and other contributions to the Newsletter from members of the Culinary Historians of Ontario, as well as members of the wider food history community.
- Providing technical assistance to contributors to the Newsletter.
Coordinating, designing, inputting, editing and arranging for the printing of the Newsletter.
Distributing the Newsletter to the membership in a timely manner.
Submitting an annual report at the Annual General Meeting.

The Chair of the Newsletter Committee shall serve as the Newsletter Editor.

- 4) Electronic Resources Committee. This committee shall be responsible for the web site and other electronic resources of the Culinary Historians of Ontario. The Committee's responsibilities shall include:

- Maintaining and updating the web site.
 - Soliciting contributions to the content, resources or links of the web site.
 - Responding to inquiries sent to the Culinary Historians of Ontario email address.
 - Co-ordinating responses to culinary queries submitted to the email address.
 - Development of such other electronic resources, from time to time, as are deemed appropriate.
- Submitting an annual report to the Annual General Meeting.

- 5) Outreach and Education Committee. This committee shall be responsible for raising awareness of historic foodways and co-ordinating education and information initiatives of the Culinary Historians of Ontario.

The Committee's responsibilities shall include:

Representing the Culinary Historians of Ontario at selected community events and maintaining an information table at such events.

- Creating and circulating travelling displays.
 - Developing informational material such as pamphlets or recipe sheets for distribution through local organizations.
- Developing standard lectures and a group of speakers to present at events held by other organizations.
- Developing other educational or community outreach projects, from time to time, as are deemed appropriate.

Submitting an annual report to the Annual General Meeting.

NOMINATIONS

Only members in good standing are eligible for nomination to the Board. If you are not currently a member and wish to stand for nomination, please send dues to the Membership Chair.

In an election year, all positions for **EXECUTIVE OFFICERS** are open for election:

President	Vice President
Treasurer	Secretary

APPOINTMENTS

Only members in good standing are eligible for appointment to the Board. If you are not currently a member and wish to stand for nomination, please send dues to the Membership Chair.

These positions for **COMMITTEE CHAIRS** will be open for appointment:

Newsletter
Membership

If you wish to put yourself forward for election or to express an interest in an appointment, please fill out the nomination form included in this issue of *Culinary Chronicles* and send it to the address on the form.

If you wish to be on a committee, please declare this interest to the current Chair. The appointments are confirmed at the first meeting of the new Board.

Mail Bag

CHO reprints a letter received from McFarland Publishers:

After noticing a listing of your organization recently, we are writing to introduce ourselves and to express to your members our interest in publishing serious book-length works on culinary history.

McFarland is one of the leading publishers of scholarly and reference books in the United States. Among our 300 books a year are well-known lines in baseball, performing arts, military history, and automotive history. You may also know us as the recent publisher of *The American Cookbook: A History* by Carol Fisher.

We'd like to invite your members to write us with proposals for food-related manuscripts they may be working on. We're most interested in historical works with substantial text and ample documentation. We don't publish cookbooks, and we're strictly a non-fiction publisher, but beyond these general stipulations we'd be receptive to a wide range of projects. We are happy to receive either a query letter or a full proposal, depending on the project's state of completion.

We are a regular, royalty paying publisher with a 27-year history. To browse our titles, and for an overview of McFarland, please visit our website at www.mcfarlandpub.com. The Authors section includes guidelines for proposals.

We look forward to hearing from any members who would like to discuss a project.

Sincerely,

Natalie Foreman, Editorial Assistant, nforeman@mcfarlandpub.com, 336 246-4460

La Varenne's Cookery

CHO president Liz Driver has received a copy of *La Varenne's Cookery: The French Cook; The French Pastry Chef; The French Confectioner* (Prospect Books, 2006). The book contains a modern English translation and commentary of three works by the 17th-century French cook François Pierre, Sieur de la Varenne, by Terence Scully, Emeritus Professor of French at Wilfrid Laurier University. He is the author of *The Art of Cookery in the Middle Ages* and he has translated *Le Vivandier*, *Le Viandier*, and the treatise on cookery by Chiquart. Scully's *La Varenne's Cookery* is a masterful work and CHO members will learn more about it in a future issue of *Culinary Chronicles*.

CHO Program Review: Christmas Food in Historic Riverdale

Fiona Lucas

Fiona is Editor of Culinary Chronicles.

In the Parish Hall of St Matthew's Church in Toronto's east end, the Culinary Historians of Ontario and the Riverdale Historical Society joined in an evening program on November 28 in anticipation of Christmas. More attended than expected, so a dozen more chairs had to be set out.

Riverdalian and retired U of T professor Gerald Whyte set the scene by talking about the local food stores, market gardens, and dairies of the Georgian, Victorian and Edwardian eras. I was interested to know that nearby Withrow Park had originally been a dairy farm. Riverdale – originally called Riverside – used to be full of market gardens, which were slowly replaced by factories and housing for the factory workers, starting in the early 20th century.

CHO President Liz Driver traced the evolution of Victorian Christmas food, including references to three historic cookbooks from the Riverdale area. Although Christmas feasting dates back many centuries, at the beginning of the 19th century Christmas dinner was a low-key event; by its end it was highly ritualized. Today it is hard to appreciate the seasonal excitement of ships arriving in port laden with exotic raisins, prunes, crystallized plums, spices, marzipan, oranges and lemons. Liz commented that the rich plum puddings, fruit cakes and mincemeats that use these ingredients are on the verge of dying out because we do not give ourselves the necessary time to mix them, let alone slow bake the cake or steam the pudding all day. Much effort was once required to prepare them, and time was allowed. Raisins, for instance, had to be individually stoned, sugar pounded and spices ground, then sifted. Fruit cakes are lightened with baking powder today, to enhance all the eggs, which are beaten in a mixer rather than laboriously whisked.

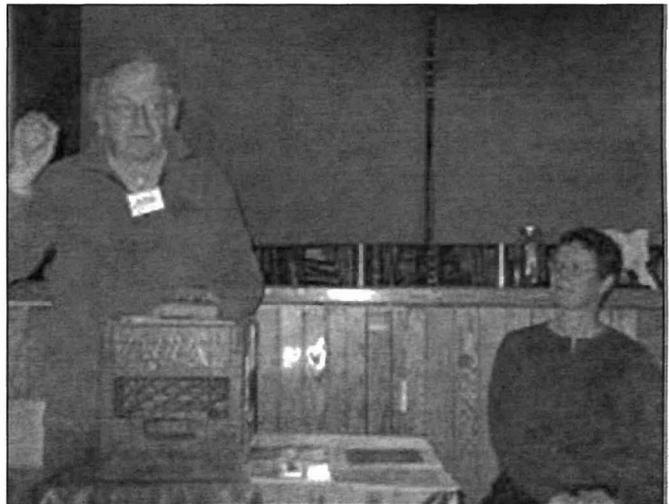
We learned a bit about three local cook books. North Broadview Presbyterian Church Cook Book is undated, but assigned to 1912 by Liz in her bibliography, *Culinary Landmarks*. It features several iconic recipes meant to be shared together

in fellowship. Its "Carrot Pudding," notably based on grated raw carrots and potatoes, was taken verbatim from the one attributed to Mrs McMaster in the Home Cook Book of 1877. This pudding, although not unique to Canada, was much more popular here than in England, the U.S., Australia and New Zealand; and in fact, Liz informed us, it rivalled plum pudding because it appeared in every well known Canadian recipe book of the time. *We Entertain*, compiled by the Women's Association of North Broadview Church in 1935, was noticeably different for it had many refrigerator desserts in it. The third book, *Treasured Recipes*, was published by St Matthew's on the occasion of their centennial in 1974 and included a special section on Christmas foods.

As we usually do at CHO events, we concluded with treats, this time Christmas treats prepared by Riverdale Historical Society volunteers from the three Riverdale cookbooks. My particular favourite was the Marzipan Bar.

Gerald Whyte and Liz Driver

(Photo courtesy of Edwin Rowse)



CHO Program Review: Mary Williamson on Catherine Dalgairns

Amy Scott

Amy is Chair of the Outreach and Education Committee, and as a Volunteer Historic Cook at Mackenzie House Museum in Toronto has a particular interest in Scottish foodways.

"Come Again Tomorrow, Whim Wham, and much more for 7s 6d: A Georgian Gentlewoman's Culinary Journey from Charlottetown to Dundee"

On Robbie Bums' Day, January 25, members of the Culinary Historians of Ontario, Friends of Etobicoke's Heritage, and members of the general public gathered to hear a fascinating lecture by Mary Williamson, a long-standing member of the CHO. Before Mary's talk began, CHO President Liz Driver presented her with an Honorary Membership in CHO for her many and varied contributions to the organization over the years.

Canadians are used to learning about Europeans who immigrated to our country or the United States, but this evening we learned about a woman who was born and raised in British North America and emigrated to Great Britain. Catherine Callbeck was born in Charlottetown to a prominent PEI family. Her father was the Attorney General and served as interim governor. In 1808, in Charlottetown, she married Peter Dalgairns, the younger son of a wealthy Scottish family. Her husband experienced variable financial fortunes in his various business pursuits. Eventually they moved to Dundee, Scotland. She had lived far fewer years in Scotland than in PEI when the cookbook was first published.

Most Scottish cookbook authors of the 18th and 19th centuries were women who, after time in domestic service, ran cooking schools where they mainly instructed the daughters of the gentry. Their cookbooks seem to have been written as textbooks for their students. Mrs Dalgairns was an exception – she was a gentlewoman. In the introduction to her *Practice of Cookery Adapted to the Business of Everyday Life*, first published in 1829, she said that her recipes were not original, but from internal evidence it is apparent that she did cook and test the recipes, probably in co-operation with her female cook, and adjusted them accordingly.

Mrs Dalgairns appears to have been encouraged to

publish a cookbook by Captain Basil Hall, a Royal Navy officer whom she may have known when he served in the Maritimes. Captain Hall traveled widely, including throughout North America, with his wife in the late 1820s, and published several very popular books on his travels. As he had served in India, it is possible he contributed many Anglo-Indian recipes to Mrs Dalgairns' cookbook, which includes a chapter exclusively on curries! Her cookbook went through many editions, and continued to be reprinted long after her 1844 death.

One of Mary's main points was that Scottish, British and British North American cookery was already cosmopolitan and international, drawing on recipes and ingredients from all over the world. Written for the gentry, the *Practice of Cookery* included sophisticated recipes for elaborate entertainments, as well as plainer dishes for family meals. The foods that are considered national dishes today generally originated as peasant fare, such as haggis and oatcakes in Scotland. The middle and upper classes had access to a wider range of ingredients and cooking expertise; meals among wealthy families in Scotland, England, and North America would have been similar in their breadth and sophistication. "Whim Wham," one of the dishes mentioned in the lecture's title, is a form of trifle, which with its many ingredients (several imported) and complex composition was very much a dish for an upper class dinner party.

Mary illustrated this international character of upper class cuisine by bringing us back to Canada and Ontario to discuss foods served at a St Andrew's banquet in Kingston and a Bums' Supper in Toronto in the mid-19th century. The Scots have had a strong influence and involvement in the development of Canada and Ontario, with many settlers of all classes originating from Scotland. This cookbook, which has both Canadian and Scottish roots, and which was advertised for sale in Quebec during the 1830s, is a valuable resource, and we can be grateful to Mary for repatriating it!

Continued on page 18

CHO Program Review: In Celebration of Edna Staebler

Maggie Newell

Maggie is Secretary to CHO's Board. She often writes Program Reviews for Culinary Chronicles.

Members of the Culinary Historians of Ontario and Friends of Etobicoke's Heritage, and fans of food that "schmecks" gathered on February 22 in the bar room at Montgomery's Inn in Etobicoke to honour and remember the late journalist and cookbook author Edna Staebler. Our speaker was Carrie Herzog, CHO Program Chair. Carrie has an MA in Canadian History and an MBA in Hospitality and Tourism with a specialty in Culinary Tourism from the University of Guelph. Her talk distilled research she did in 2004 as the Edna Staebler Research Fellow at the University of Waterloo.

Carrie began with a summary of the landmark events in Edna Staebler's life. She was born Edna Louise Cress on January 15, 1906, in Berlin, Ontario, and received a BA from the University of Toronto in 1929. Her first piece of published food writing may be an article on buttermilk for the student newspaper, *The Varsity*, in 1929. Edna taught school between her graduation and her 1933 marriage to Keith Staebler. The couple had no children and divorced in 1962. She died at age 100 in September 2006.

When Edna was born Kitchener was called Berlin, but anti-German sentiment during the First World War caused the name to be changed in 1916. This name change did not dilute the German and Old Order Mennonite influence in the area.

During her married years Edna published occasional articles in *Macleans* and *Saturday Night* magazines. As a journalist she immersed herself in a topic, sometimes living like an anthropologist with the people she was writing about. In 1950 she received a Canadian Women's Press Award for a story about the Old Order Mennonites. It was her relationship with the Old Order Mennonites of the Kitchener/Waterloo area that secured her place in Ontario culinary history. As a follow up to this article her publisher encouraged her to write more about their way of life. *Food That Really Schmecks*, recipes from Old Order Mennonites of Waterloo County, was published in 1968. It seems her timing was perfect: Canada had marked its

Centennial in 1967 and Canadians had discovered the "Cultural Mosaic." We had a new interest in celebrating ethnicity and the diverse immigrant groups that came together to create Canada. *Schmecks* was a great success because her anecdotal style brought the traditional recipes to life. Fourteen more cookbooks followed.

Edna Staebler became an unofficial Food Ambassador for Waterloo County, and the word "schmecks" reached a non-German speaking audience. She received many honours during her life. Today Cuisine Canada presents "The Edna" award to culinary professionals who have contributed to the promotion of regional cuisine and exemplify that region through their work.

Carrie's lecture was followed by the reminiscences of Edna's friends Jo Marie Powers and Rose Murray. Their stories revealed Edna's sense of fun, and pragmatic approach to cooking. She hated to waste food and substituted ingredients to use what was on hand. Testing the recipes included feeding samples to guests to avoid waste. Her dining table was several plywood circles in various sizes; she rolled out the appropriate size and placed it on top of a card table.

The evening concluded with treats from recipes in Edna's books, made by Mya Sangster, Jo Marie Powers, Rose Murray and Carrie Herzog. It was an evening of good food and fellowship.



Edna Staebler

(Photo courtesy of University of Guelph Special Collections and Archives)

CHO Upcoming Events

May 2007

CHO in partnership with Montgomery's Inn
**A lecture 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
Thursday, May 24, 7 pm

Throughout her career, Dorothy Duncan has been an advocate for the history of Canadian food. As 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, author and international lecturer, Dorothy has researched, written and promoted the historic food of the country to diverse audiences. In this special evening, Dorothy takes us through her inspiring career as a food advocate.

Dorothy is author of *Nothing More Comforting: Canada's Heritage Food*, 2003, and *Canadians at Table: A Culinary History of Canada*, 2006.

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. You may reserve a place by calling 416 394-8113. Cash payment at the door.

ALSO OF INTEREST TO CHO MEMBERS:

ALL THE TEA IN CHINA AND BEYOND
Eaton Theatre, Royal Ontario Museum
 100 Queen's Park Circle, 416 586-5797
Mon, May 14, 4:30–6:30 pm

Much can be said about the national habits of a nation, especially when it comes to national beverages. Tea drinking in China goes back several millennia, while in Britain the habit is only several centuries old. Speakers Anthony Lee, president of Asian Art Research, and the ROM's Brian Musselwhite will explore the history of tea drinking in both countries, looking at the subtle

and sometimes rococo expressions of the equipage used in tea rituals, along with the associated customs, especially in Victorian England. Participants will enjoy tea and sweets while viewing antique Chinese and British tea items from private Toronto collections.

\$40.00 general public / \$35.00 ROM members.

Mrs Dalgairns, *continued from page 16*

The evening closed with a selection of delicious cakes and cookies from the cookbook, prepared by Mary and by CHO member Mya Sangster.

Mrs Dalgairns' *Practice of Cookery* has been transcribed on the Internet, and is accessible at: www.electricscotland.com/food/cookery/index.htm The web site says that the book transcribed is 1840, but Mary says it is actually a later edition of the book ca. 1859; in particular, the third appendix was not written by Mrs Dalgairns, but added after her death from some other source. **An** article by Mary titled "The Publication of 'Mrs Dalgairns' Cookery': a fortuitous 19th century success story" will be published in the *Papers of the Bibliographical Society of Canada* 45/1 (Spring 2007).



Mya Sangster and Mary Williamson study the third edition (1830) of *The Practice of Cookery*.

(Photograph courtesy of Susan Houston)

September 2007

CHO'S ANNUAL GENERAL MEETING

Montgomery's Inn Museum
4709 Dundas St W, Toronto
416 394-8113 montinn@toronto.ca
Monday, September 10, 7 pm

FROLICS WITH FOOD: *THE FRUGAL HOUSEWIFE'S MANUAL* BY "A.B. OF GRIMSBY"

A lecture with Fiona Lucas and
Mary F. Williamson
Montgomery's Inn Museum
4709 Dundas St W, Toronto
416 394-8113, montinn@toronto.ca
Thursday, September 27, 7 pm

In early Victorian Ontario, community events were almost always punctuated by lashings of food and drink. Church picnics, bazaars, regattas, dinners and balls, along with barn-raisers and apple-drying bees, were much-anticipated events preceded by days devoted to food preparation.

The 67-page *Frugal Housewife's Manual* by "A.B. of Grimsby" was issued in 1840 by the Guardian Office in Toronto. The tiny volume of instructions was directed to women who fed extended families, farm workers and boarders. At the same time these women contributed to community gatherings and provided foods for holidays and special occasions. Living in Grimsby, A.B. could purchase imports such as spices, coffee and chocolate, citrus and dried fruits, and brandies and wines, and she was surrounded by home-grown fruits and vegetables, and wild game and fish. Even a casual reading of the *Manual* evokes the vivid flavours and aromas of foods enjoyed on a daily basis and at public celebratory gatherings.

The evening will begin with an open hearth demonstration of a few of A.B.'s recipes by the Volunteer Historic Cooks of Montgomery's Inn. The cooks will finish cooking the dishes while Mary and Fiona do their presentation, then A.B.'s dishes become the evening's refreshments!

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. You may reserve a place by calling 416 394-8113. Cash payment at the door.

November 2007

BARBARA KETCHAM WHEATON

*A Food Historians' Workshop:
Reading Cookbooks as Sources for the
Study of Social History*

Toronto location to be announced
416 781-8153, fionalucas@rogers.com
Sunday, November 4, evening dinner
**Monday to Thursday, November 5 to 8, 9:30
am to 4:30 pm**
Friday, November 9, 9:30 am to noon

CHO is pleased to announce that Barbara Wheaton, the noted American food historian and Honorary Curator of the Culinary Collection in the Schlesinger Library at the Radcliffe Institute for Advanced Study at Harvard University, and author of *Savoring the Past: The French kitchen and table from 1300 to 1789* (1983), will lead an intimate five-day workshop for serious Canadian food historians.

Cookbooks are excellent but complex sources for the study of food and social history. Participants will look at British, American and Canadian cookbooks of the 16th through mid 19th centuries, and learn some critical evaluation tools within these themes:

- Mon 5: Ingredients
- Tues 6: The Cook's Workplace, Techniques and Equipment
- Wed 7: The Meal
- Thurs 8: The Cookbook as Genre
- Fri 9: The Writer, Reader, Cook and Eater

This workshop is restricted to 15 persons, who must be members of CHO. If you are not currently a member, you must join before applying. Each person will be asked to fill in an application form explaining their wish to attend.

Estimated cost: \$750, which will include CD-ROM or paper copies of each cookbook, breaks, and four lunches.

Further details will be published in the summer 2007 issue, but if you wish to make a deposit of \$200 now you may do so. A non-refundable fee of \$50 will apply to all cancellations.

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 and other contributors. 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 *new* contact information is 416 781-8153 or fionalucas@rogers.com.

Upcoming themes:	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
	Summer 2008, Number 57 – Breakfast	Publication Date: August 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 Susan Houston, Catherine Macpherson, Marguerite Newell, Amy Scott, Paul Sharkey, Mary F. Williamson, and Doug Fyfe of Spadina Museum: Historic House and Gardens, Toronto Culture.

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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 Canada'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

Email: culinaryhistorians@uoguelph.ca

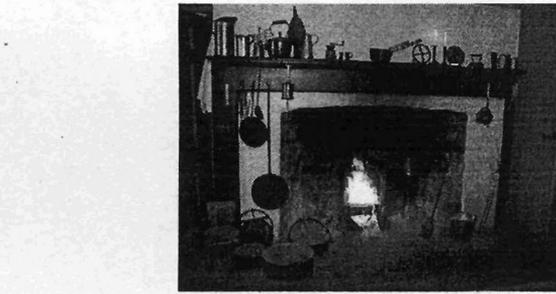
Mailing address: Culinary Historians of Ontario, 260 Adelaide Street East, Box 149, Toronto, Ontario, Canada M5A 1N1

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

Montgomery's Inn and the Culinary Historians of Ontario present:

An Evening with Dorothy Duncan

Canadian Food from an Advocate's Perspective



On this special evening, in the **1838** tavern and kitchen of Montgomery's Inn, Dorothy Duncan will take us through her inspiring career as an advocate for the history of Canadian food. In her many roles - from Curator at Black Creek Pioneer Village to Executive Director of the Ontario Historical Society - she has promoted the country's historic food to diverse audiences. Her expertise in equipping historic kitchens at Montgomery's Inn, Fort York, Colborne Lodge, and other sites has shaped the experience of cooks and visitors alike. Her latest books are ***Nothing More Comforting: Canada's Heritage Food*** (2003) and ***Canadians at Table*** (2006).

Thursday, May 24, 7 p.m.

\$12.00 per person, or

\$10.00 Friends of Etobicoke's Heritage + Culinary Historians
Includes refreshments. Call **416 394-8113** for information.

Montgomery's Inn
4709 Dundas **Street West**
(at Islington)

 **TORONTO Culture**



CALL FOR NOMINATIONS: 2007-2009 BOARD OF CHO

This nomination form is being sent to all current members of CHO. If you wish to stand as a candidate for one of the Executive positions at the Annual General Meeting, or for appointment by the new Executive to one of the committee chairs, please fill in the form and return it by 15 July 2007.

YOUR NAME: _____

1. EXECUTIVE: President, Vice President, Treasurer, Secretary

As a member in good standing of the Culinary Historians of Ontario, I state my intention to stand as a candidate for the-executive position of _____ at the AGM on September 10,2007.

Please state your reasons for standing for the position and provide a short biography (if you wish , use a separate piece of paper):

2. CHAIRS OPEN FOR APPOINTMENT: Newsletter, Membership

As a member in good standing of the Culinary Historians of Ontario, I express my interest in being appointed by the new Executive to the position of Chair of the _____ Committee.

Please state your reasons for wishing to be appointed to the position and provide a short bibliography (if you wish, use a separate piece of paper):

SIGNATURE _____ **DATE** _____

PHONE _____ **EMAIL** _____

Please send this form to: Culinary Historians of Ontario, Nominating Committee, 260 Adelaide Street East, Box 149, Toronto ON M5A 1N1 or fax to Bob Wildfong, CHO Treasurer, 519 886-7542,

The information provided by nominees will be used (a) to introduce the Executive slate to the membership at the AGM, to assist members in their vote; and (b) by the new Executive when considering the appointment of committee chairs, after the AGM, but before the first Board meeting.

*All candidates for election to the Executive will be contacted in early September. Members of the new Executive will be voted in or acclaimed at the AGM on September 10, 2007. Candidates do not need to be present to be voted in or acclaimed. Committee chairs will be appointed by the new Executive soon **after** the AGM.*