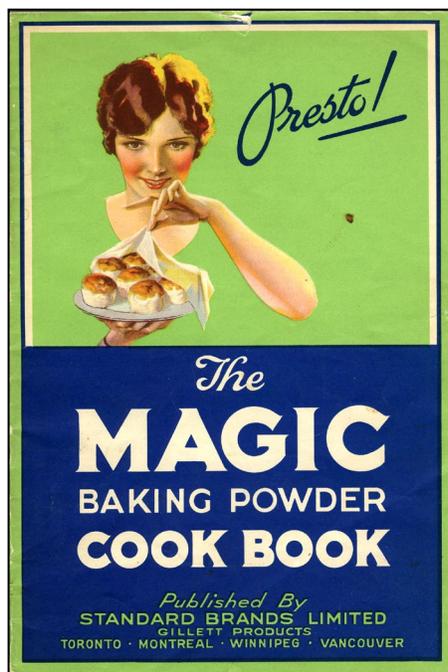


# Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

SUMMER 2007

NUMBER 53



## Canadian Cookbooks

This issue of *Culinary Chronicles* is devoted to Canadian cookbooks. These two pretty covers for Standard Brands' famous Magic Baking Powder are part of a series from the 1920s and 30s that were published in English and French.

(Photographs courtesy of Gary Draper)

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## President's Message

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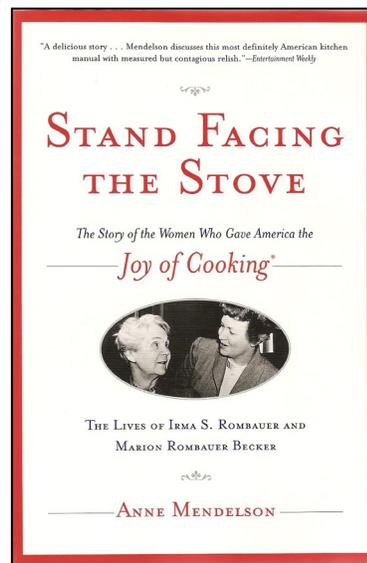
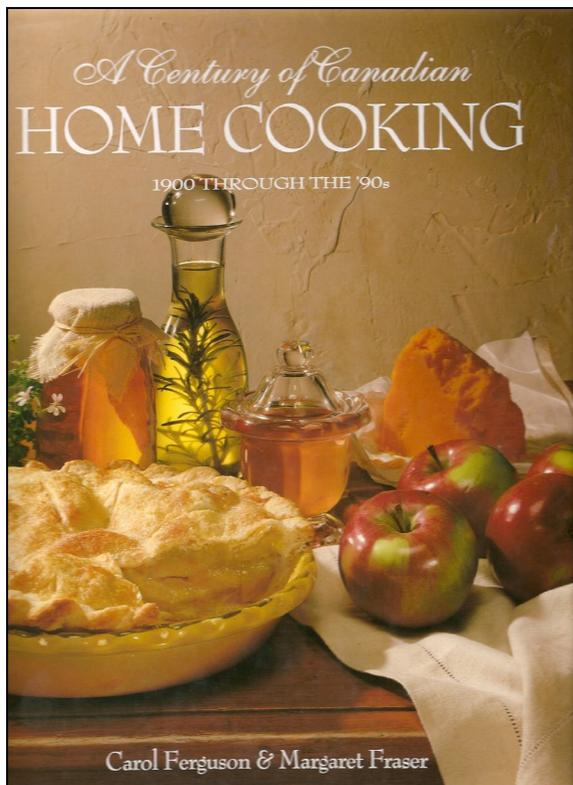
As befits a summer newsletter message, I have no serious thoughts on culinary history to impart. Canadian summers are brief and likely most appreciated by those who live here through the winters, but they are glorious when one is properly attuned to them.

A food-history thread will run through my summer adventures. Unusually for my family this summer, instead of camping or cottaging (my favourite pastimes), my husband and two now-adult children are meeting up in Europe. It's a chance to see where our son has spent his year working in Geneva and to catch up with our daughter at the end of her post-graduation travels, or Grand Tour as it used to be called in the eighteenth century. First, before we depart, a Croatia-German wedding feast! Then chocolate and cheese in Switzerland will be followed by a week in a Provencal village called Cotignac, which I recently discovered (in an issue of the English food-history magazine *Petits propos culinaires*) means quince paste, a medieval confection. What my husband's cousins will serve at the family reunion in Dorset, England, remains a surprise. Fresh corn and tomatoes will greet us (metaphorically) upon our return to Ontario in mid-August. May you also find delicious "food ways" to enjoy your own summer days!

I look forward to sharing members' news at our annual gathering for the AGM, at Montgomery's Inn Museum, on September 10, at 7 p.m. Our Program Chair, Carrie Herzog, is organizing a tasty coffee-themed evening and, as last year, there will be a super silent auction of culinary books, old and new, and kitchen objects. If you have items to donate to the auction, please contact me at [liz.driver@sympatico.ca](mailto:liz.driver@sympatico.ca).

**Liz Driver**

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*Stand Facing the Stove* is the definitive biography of the Rombauer mother and daughter team who wrote this essential American cookbook that also is found in Canadian kitchens. See the reminiscences on pages twelve and thirteen and the review of the latest edition on page eleven.

*A Century of Canadian Home Cooking* is a lively, carefully researched and important book for understanding Canadian foodways for the twentieth century. Many people rely on it as an essential source of information. And some Canadians were so influenced by it that they started to collect cookbooks because of it. See Gary Draper's personal rumination on pages three to six.

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## The Joy of Collecting Cook Books

Gary Draper

*Gary is an Associate Professor of English at St. Jerome's University in the University of Waterloo, Ontario. He is a long-time member of CHO, but this is his first article for the newsletter.*

In 1992 I bought – as a gift – a copy of a new book called *A Century of Canadian Home Cooking* by Carol Ferguson and Margaret Fraser. I soon discovered it to be a book of exceptional beauty and intelligence, and I scooted back to the store and bought a copy for myself. The book has many virtues, including, as I now know, no-fail recipes. But it was the history and, more especially, the images, of Canadian foodways that I initially found most engaging. One of the most charming evocations of this was in the pages that showed some typical cookbooks, decade by decade. At that point in my life I had been a dedicated if desultory collector of Canadian literature for long enough that anything I still wanted but lacked – such as a first edition of Alice Munro's first book – had priced itself out of my reach, or at least out of my range of interest. Thus, these

images of bibliographic ephemera had a special resonance for me.

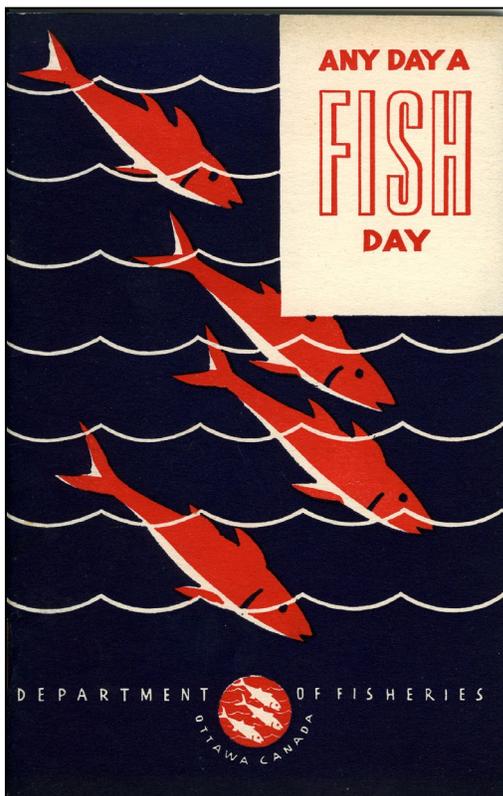
Nonetheless, it was quite some time before, on a regular used bookstore visit, I encountered a small basket of little-regarded paper ephemera; and there among the knitting books and *Life* magazines was a cookbooklet, just like the ones I'd seen in *A Century of Canadian Home Cooking*. It was *Any Day a Fish Day*. I think it cost 25 cents. My life was about to change.

Why?

I do know that my collecting impulse goes back a long way. As a child, I couldn't go to the beach without bringing home the prettiest stones; and when I noticed that the milk bottle cap at my grandparents' was different from our own, I kept it (sadly, two was the height of that particular collection). For many people, this gathering impulse stops somewhere before adulthood. For some of us it doesn't. The first summer I worked in a brewery I accumulated a little hoard of beer-caps from across North America. The only thing that puzzled me was why everybody else didn't also.

Depending on the critic you choose, an attraction to collecting arises from one or another unhealthy source. According to Werner Muensterberger in *Collecting: An Unruly Passion*, the desire to collect is rooted in an unhappy childhood. He argues that "Collectors share a sense of specialness, of once not having received satisfying love or attention or having been hurt or unfairly treated in infancy."<sup>1</sup> In an essay entitled "The System of Collecting," French theorist Jean Beaudrillard, who argues that every collection is a kind of harem, calls collecting "a discreet variety of sexual perversion."<sup>2</sup>

(All photographs courtesy of Gary Draper and Deborah Adesso)



I admit that there is a seductive quality in all such theorizing. At the same time I'm struck by the degree to which all the theorists I've read depend upon assertion rather than evidence, as well as by their general lack of sympathy for (or, at least, personal experience of) collecting. Without a background in psychology, I'm not in a good position to offer a rebuttal. Instead, as a collector myself, I'd like to try to answer two questions. First, what are the pleasures of collecting, as I've experienced them? And, second, why cookbooks?

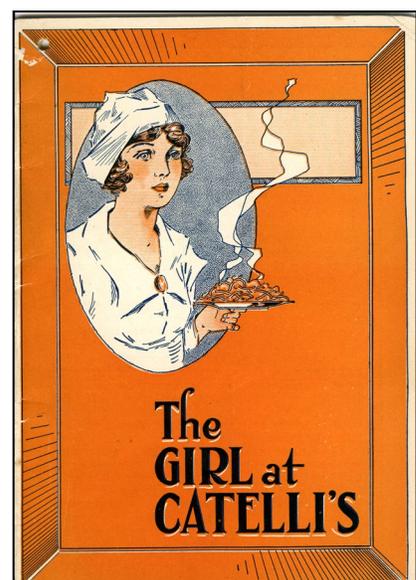
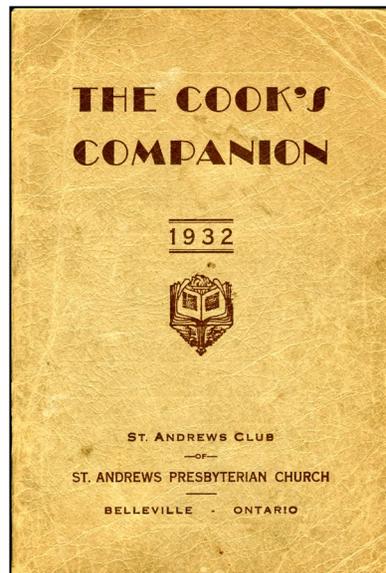
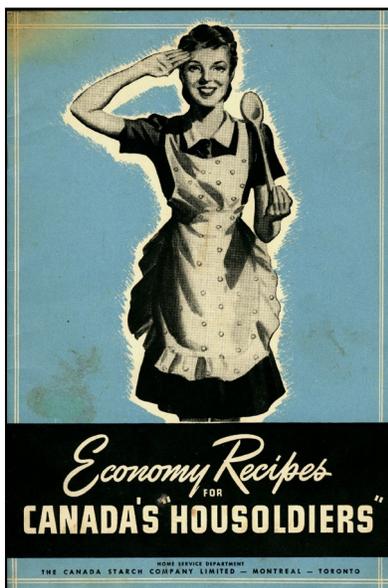
For me, the underlying pleasures of all collecting are threefold. First, there is the intellectual (or, perhaps, aesthetic) pleasure of noticing or creating patterns. Every collection is a variation on a theme, whether it's typewriters or ceramic elephants. At the beginning stages, the collector is creating categories, discovering and imagining a map of the territory. How many of these things might there be? Of what kinds? What goes with what? What features will be used for separating and arranging? What's more, the single pleasure of the individual item is multiplied when it is placed within a context of analogous pieces. There would be little pleasure in collecting identical things.

The second pleasure is connected to but slightly different from the first, and has something to do with completion. Think of the joy of finding a home for that last piece of the jigsaw puzzle. I

spoke above about imagining a map of the territory. Sometimes that map already exists. I recall, from my brief juvenile career in philately, what a pleasure it was to cover the image of a stamp in my album with the real thing. Or think of numbered sets. I once overheard a small boy running through the "traders" of a fellow hockey-card enthusiast, with this ritualistic chant: "gotm, gotm, needm, needm, gotm, needm." Whether the map is in a book, is predetermined by a numbered set, or is in the imagination of the collector, there is always a pleasure in filling in the blanks.

The third pleasure is the hunt itself. The collector is always alert to the possibility of turning up a new specimen. It can happen after diligent search or by happy accident. The chance of a new discovery can add excitement to the most mundane of trips. Of course this third pleasure is closely related to the first two: each new find either fills in a blank, or expands the map of possibilities.

Certainly these three universal pleasures have played their part in my collecting of cookbooks. I realize in retrospect, for example, that one of the earliest pleasures was finding copies of the books represented in my inspirational source, *A Century of Canadian Home Cooking*: needm, needm . . . gotm! Quite soon, of course, I was turning up titles that did not appear in the book, at which point I began having to devise (and

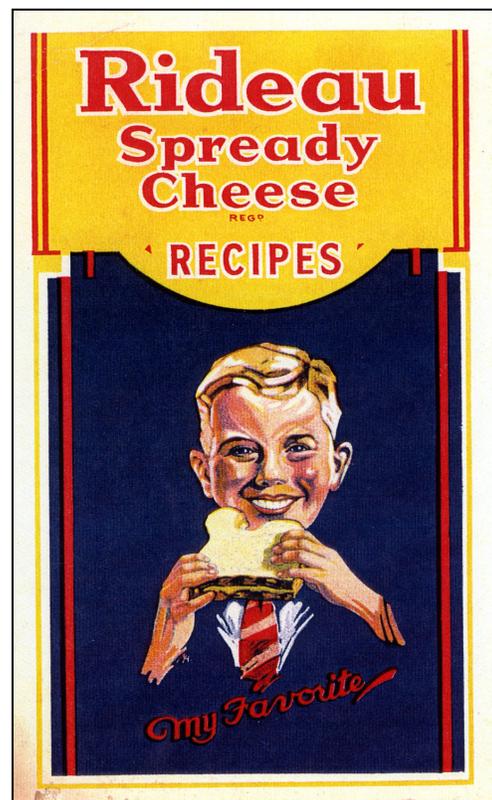
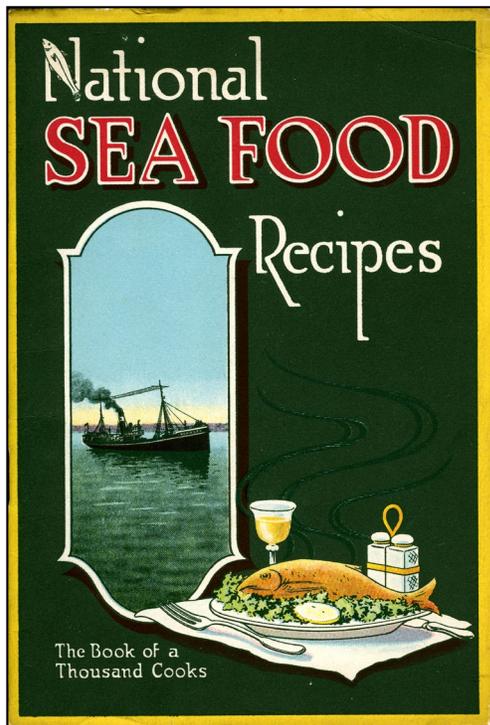


revise) my own categories: government publications, advertising flyers, newspaper supplements... . Then, a few years on, I had the luck and pleasure of meeting Liz Driver, who is well known to all readers of this publication. She persuaded me of the values of community cookbooks, and launched me into an area that had been of little interest to me before.

Which brings me to the particular pleasures of cookbooks. For starters, they share the pleasures of all books: the feel and the smell of paper; the beauty of a particular typeface; the very idea that one person's thoughts can be encoded in text, and recorded, and decoded by you when you pick up the book. Then the interactive nature of cookbooks: each recipe is a delicious little narrative, with the reader as hero. After all, when the book says, "Measure flour and add baking powder and salt," it is *You, the reader*, who measures and adds.

When I began collecting, I was drawn above all to small, commercial cookbooklets, many of which feature very arresting cover illustrations. I've chosen eight of them for this small personal rumination. While such images are not, obviously, high art, they can nonetheless engage a sympathetic viewer on many levels. Lots of

them offer an aesthetically pleasing use of space and colour. A perfect example would be my very first discovery, *Any Day a Fish Day*: a rich blue background broken by scooped white lines for waves, through which plunge, diagonally, four abstract red fish. Some covers play sentimentally on the stereotypes of age and gender. One easy-to-find example would be the shining faces of three generations of wholesomely beautiful women (homemakers, all) on the cover of *A Family Tradition: The Magic Baking Powder Cook Book*. The same text appears under the cover title of *Presto*, featuring the face of an altogether less domestic young woman who is uncovering, with a delicate gesture and a seductive look, a plate of small cakes. Both covers are on this newsletter's front page. Other examples are quite literally too numerous to mention. The idealized and chocolate-loving cherubs of many of the publications of the Cowan Company are hard to resist. And I have a soft spot for the perky little chap with the red tie (and almost equally red lips) who is about to devour a cheese sandwich on the cover of *Rideau Spready Cheese Recipes*. Some commercial covers use humour, and many are as



nostalgia-inducing as any mid-century *Saturday Evening Post* cover.

When it comes to the pleasures of the text, I've found community cookbooks – those published by women's groups attached to churches, hospitals, and the like – to be the richest. The best of them include clever advertisements, naïve poetry, and enough assumptions about such issues as race, class, and gender to keep a social scientist busy for a lifetime. Many community cookbooks reveal a good deal about the ethnic background of the contributors, and, of course, a good deal about the foods that were actually being prepared and consumed.

One pleasure caught me by surprise. When I was accumulating literary texts, I was always eager to find the cleanest book I could, one that showed no evidence of its previous owner. In the catalogues of used book sellers, it is the "mint" category that commands the highest price. But slowly it dawned on me that what I loved in a cookbook was almost the opposite: there's an astonishing intimacy that can develop from annotations ("good," "too salty," or just a large, bold X) and from inserted handwritten recipes. And those stains and scorches tell me what pages were most often opened, and how much the book was loved and used. Charles Dickens is a great writer, whether or not the book I own shows signs of having been read. But the only sure way to tell how a cookbook has been valued is through evidence of use.

These three – graphics, text, and evidence of use – seem to me the principal joys of old cookbooks, but I suspect that other collectors could add many more. And now, having put these thoughts on paper, I find I have mixed feelings about going public. On the one hand, it's great fun to speak – however briefly – about the rewards of this slightly eccentric passion. On the other hand, I'm hoping that, if you're not already a cookbook collector, you won't decide to become one: heaven knows there's already enough competition for these little bits of bibliophemera. Listen, maybe you'd like to try beer-caps: I can vouch for the joys a really fine beer-cap can bring.

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- Rideau Spread Cheese Recipes*, Ingersoll, ON: Ingersoll Cream Cheese Co, n.d.

<sup>1</sup> Werner Muensterberger, *Collecting: An Unruly Passion, Psychological Perspectives*, San Diego: Harcourt Brace, 1994, p 43.

<sup>2</sup> Jean Beaudrillard, "The System of Collecting," in *The Cultures of Collecting*, John Elsner and Roger Cardinal, eds, London: Reaktion Books, 1994, p 19.

## Toronto Club, 1861

This interesting snippet about food prices in mid 19<sup>th</sup>-century Toronto comes from the archives of The Grange. Attorney William Boulton (1812–1874), son of its builders, D'Arcy Boulton and Sarah Robinson, was a member of the Toronto Club, which was a convivial private dining club for men in downtown Toronto.

### List of Prices and Charges

	s.	d.
Breakfast of any kind	2	0
Dinner, Club Table 1½ and 6 pm	2	6
Luncheon, Chops and Potatoes	1	6
Do. Cold meat and potatoes	1	6
Do. Do. and bread	1	3
Do. Cheese, Bread and butter	0	9
Do. Soup, per bowl	0	9
Sandwich and glass of ale	0	7½
Biscuit and glass of Sherry	0	7½
Beds to members for night only	2	6
Rooms by the day, including beds	5	0

Jenny Rieger  
Historic Site Co-ordinator  
The Grange  
Art Gallery of Ontario, Toronto

## Selling British Columbia's Fruit: Home Canning Recipes from B.C. Tree Fruits Ltd

Mary Leah de Zwart and Linda Peterat

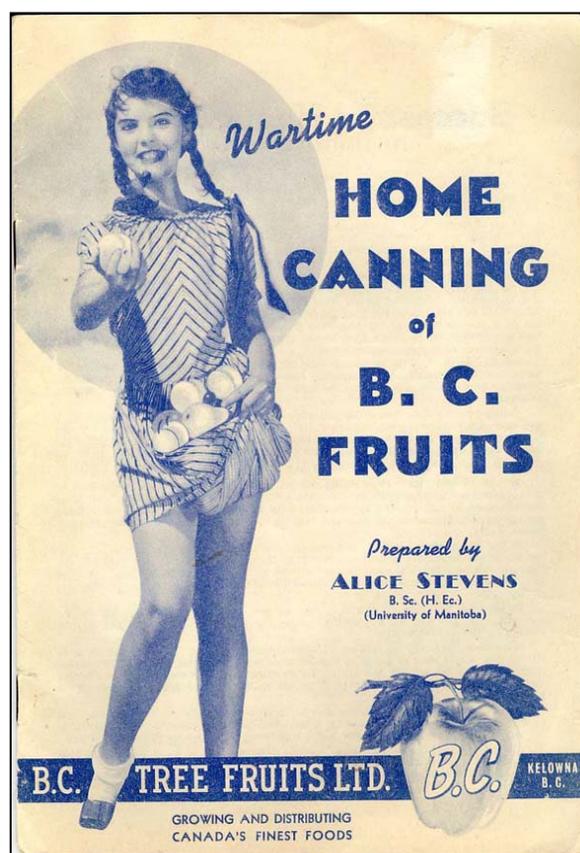
*Mary Leah and Linda are both home economists with an interest in historical cookbooks. They have worked together on several books and articles, and have further projects planned. Linda is a recently retired University of British Columbia professor living in Vernon and Mary Leah is a secondary school teacher in Surrey, B.C.*

British immigrants started the first orchards in the Okanagan and Kootenay Valleys over a century ago. The struggle to create a sustainable tree fruit industry continues today. B.C. Tree Fruits Ltd was created as the marketing arm of the British Columbia Fruit Growers Association in 1936. In 1939 it became the sole selling agency for the area, just in time to enjoy a profitable wartime era of fruit marketing.

One marketing strategy used by B.C. Tree Fruits was to produce recipe books that encouraged home canning. The books were produced annually starting in 1943 and were provided free to consumers through retail outlets across B.C. and the Prairies. Prior to B.C. Tree Fruits, the Research Branch of the Dominion of Canada Department of Agriculture had provided publications that promoted home canning. This role was later taken over by the Agriculture Canada Research Station at Summerland, B.C. In the 1940s and 1950s, B.C. Tree Fruits, in co-operation with the Research Station, took a more visible role through the recipe books as a direct marketer to consumers. Today these recipe books are readily available in many community archives and in Library and Archives Canada, can be found in used bookstores, and are still part of many home collections. Remarkably, this marketing strategy receives no mention in the main historical accounts of the tree fruit industry in the Okanagan.<sup>1</sup> We examined four recipe books produced by B.C. Tree Fruits in the 1940s and 1950s, and compared the reasons stated as to why homemakers should do home canning, the canning methods encouraged, and the recipes provided. In this article we include a recipe for Cherry Olives because it appears in all four books, has appeared in numerous community recipe books, and can be found in a current book

of cherry recipes.<sup>2</sup> Cherry Olives exemplify one reason people undertake home canning, which is to create flavours that are somewhat exotic and not otherwise available. With the current increasing interest in locally grown foods, home canning shows signs of being popular again.<sup>3</sup>

The cover of the first book we examined, *Wartime Home Canning of B.C. Fruits* (1944), shows a young girl with pigtails, holding up her skirt filled with peaches. "Food is considered as



(All photographs courtesy of Mary Leah de Zwart and Linda Peterat)



as important as munitions,” states the introduction, and specific instructions are given for using the correct ration coupons. Less time in transit means more time on the tree and the corresponding increase in natural sugar content and health-giving properties results from the intense Okanagan sunshine. “Insist on BC fruit,” the book states. “It is a little later than imported but is worth waiting for.” The hot-pack method of canning, in which fruit is cooked before being put into the jars, is recommended because it reduces the number of containers by 40 to 50 per cent. Canning without sugar is advised. Patriotism had a practical Canadian twist – using tree-ripened fruit required fewer sea shipments of sugar and therefore did not risk the lives of sailors. Alice Stevens, a home economics teacher in Vernon who had obtained a B.Sc. in Home Economics from the University of Manitoba in 1923, edited the book.

*Home Canning of B.C. Fruits* (1947), also edited by Stevens, features the same girl on the cover,

this time holding a basket of apples. The focus in this book changes from winning the war to winning over the housewife. It proclaims: Housewives will look with pride at the natural colour and appearance of their home canning efforts. Canning encourages the housewife’s natural instinct to “squirrel” away food for the winter. And, nutrition is given as a further reason for canning, with the reminder that Canada’s Food Rules (created in 1942) call for at least one serving of fruit each day. The book offers support and encouragement to housewives. Canning requires planning, the book concedes, and advises housewives to have their “decks cleared of other household activities” so they could “go right at it.”

In both the 1944 and 1947 books, canning methods are complex, with different recommendations and recipes for each fruit. Although the 1947 edition again recommends the hot-pack method, the reason changes from decreasing the number of required containers to being able to pack more fruit into each jar and process the jars for a shorter period of time. Proportions for thin, medium and thick syrups are provided, with the suggestion that thin (one cup sugar to two cups water) is the most popular because people had lost their taste for the thick syrup (two cups sugar to one cup water) used before sugar rationing was imposed in 1942.

Both books describe the varieties of each fruit available on the market, although the 1947 book gives considerably more space to recipes and uses. Both recommend canning over jam making as a better use of resources. A combination of plums and apples is recommended for jam because the two fruits supplement each other for acid and pectin, thus requiring less sugar. The 1947 book includes a section on Frosted Foods, a nod to the increasing number of consumers who had access to frozen food lockers.

Two additional undated, post-1952 recipe books credit Dorothy Britton as editor. Britton obtained her B.Sc. in Home Economics from the Macdonald Institute in Guelph in 1939 and was hired by the Summerland Experimental Station in 1952. She appears on the cover of the *B.C. Fruit Preserving Guide*, holding a jar of neatly

labelled prune plums in front of three rows of shiny fruit-filled jars. In this book, marketing instructions are given in more direct and explicit. Consumers are instructed to look for the B.C. Tree Fruits logo on every box of fruit. Home canning is encouraged as an easy and satisfying art. It is now claimed that the fruit is “scientifically picked” and “properly packed” to provide the “very best fresh fruit eating and the finest preserves.” In contrast to the two earlier publications, Britton’s approach is to demystify canning and preserving by shortening and simplifying instructions. Where a paragraph had previously been used to describe canning without sugar, in this edition two short sentences do. Recipes fill almost six pages of the 15-page booklet and the use of Certo (a commercial pectin) is encouraged in jams and jellies.

The cover of *Your Home Canning Guide for Sunshine Meals*, the second of the books edited by Britton, features a delicious looking jar of peach preserves superimposed on a stunning view of an Okanagan lake. The foreword directly addresses the intended audience of Western Canadian homemakers with a description of the excellent fruit-growing conditions of the Okanagan Valley. Once again reference is made to scientific picking and proper packing. Big red letters remind homemakers to wait for the superior flavour and appearance of B.C. fruit. Economy is encouraged. “B.C. peak-of-the-season preserving prices will make it well worth your while.” Varieties of available fruits are extensively described and photographs show actual packing methods. More photographs are used to illustrate the canning procedures. The recipe section is enlarged to eight pages out of fifteen. The cold-pack method is recommended because it produces a better-looking product that resembles commercial canning. Homemakers are instructed on how to make their food more attractive. For example, the B.C. Special Fruit Salad recipe features a half pear or peach on a bed of watercress, flanked with finger sandwiches filled with chicken and celery salad, around which are arranged celery sticks filled with cream cheese and chopped nuts, garnished with cherries or grapes.

These four recipe books reflect economic and



societal changes in Canada as much as they show the how-to of canning and preserving. During this time, the target audience changed from the wartime housewife whose work was as important to the war effort as guns, to the post-war homemaker who was expected to make things look nice and support the economy. The recipe books edited by Stevens promoted thrift in order to win the war and recover from its effects. Those by Britton promoted appearance and increased use of resources, a micro-economic example of increasing consumer spending in order to prevent the occurrence of macro-economic problems.

Home canning in 2007 can be seen as both nostalgic and ideological: nostalgic because it takes us back to the kitchens of our mothers and grandmothers “putting away” nature’s bounty, and ideological because it promotes food security through the use of local foods. The Cherry Olives recipe on the next page epitomizes the sustainability value inherent in canning. We can hardly wait for Okanagan cherries to be in season to try this ever-popular recipe!

## Cherry Olives

The 1944 and 1947 books recommend Cherry Olives for their increasing popularity at parties, particularly with the men. The later editions used more sugar and mixed pickling spice. This is the simplest version, from the 1944 wartime edition.

4 pounds B.C. cherries  
1 quart vinegar  
1 cup water  
1 cup sugar  
1 tablespoon salt

Wash the cherries and cut off the stems with scissors to a length of about one inch. Pack the cherries in jars and cover with a solution made by combining the vinegar, water, sugar and salt. Seal the jars and store in a cool, dry place.

Yield – 5 pints of Cherry Olives.

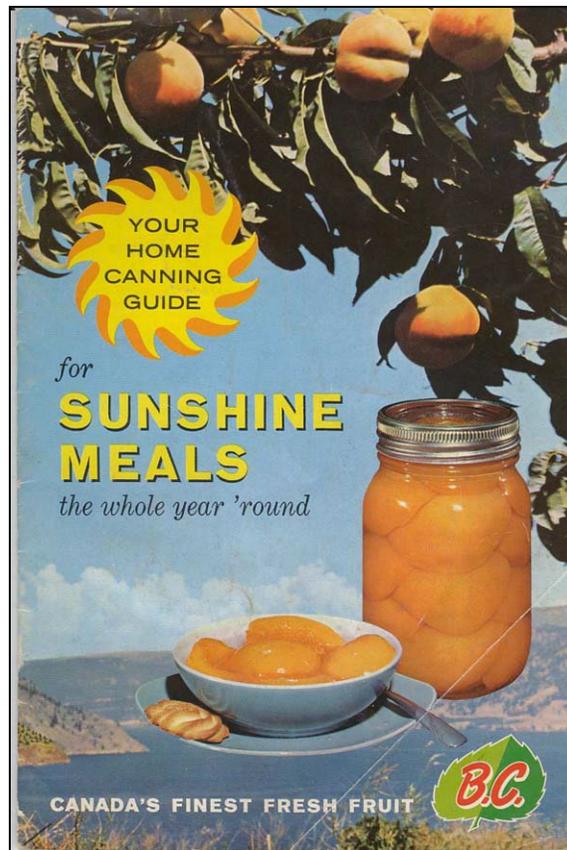
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<sup>1</sup> Dendy, David. *A Cent a Pound or on the Ground: Okanagan Fruit Growers and Marketing 1920–1935*, unpublished 1981 MA thesis, University of British Columbia, accessed April 28, 2007, at [www.livinglandscapes.bc.ca/thomp-ok/acent/](http://www.livinglandscapes.bc.ca/thomp-ok/acent/). David Dendy and Kathleen Kyle, *A Fruitful Century: B.C. Fruit Growers' Association, 1889–1989*, Kelowna, B.C., 1990. Christopher Garrish, *Okanagan Fruit Growers and the Abandonment of Orderly Marketing*, unpublished and undated MA thesis, University of Saskatchewan, accessed April 28, 2007, at [www.bcpl8s.ca/thesis/index.htm](http://www.bcpl8s.ca/thesis/index.htm).

<sup>2</sup> Denise Nahirney, *Okanagan Cherry Sensations, A Special Okanagan Recipe Collection*, Kelowna, B.C.: Orchard Industry Museum, 1996.

<sup>3</sup> Judy Kingry claims Canadians devote more time to canning than Americans in *Food for Thought*, Fall 2001, accessed April 28, 2007, at [www.growingalberta.com/foodforthought/fft-harvest-2001](http://www.growingalberta.com/foodforthought/fft-harvest-2001).



## Members' News

*Members are encouraged to submit their news.*

“On Monday, June 25, I had the pleasure of attending the **2007 Ontario Volunteer Awards** celebration, which is part of the provincial Ministry of Citizenship and Immigration. At the ceremony, **Fiona Lucas** was honoured for her ten years (plus) volunteer commitment and dedication to the Culinary Historians of Ontario. Fiona co-founded CHO and we are a strong organization because of her inspiration and hard work. Congratulations, Fiona!

“Other CHO members also received awards for their volunteer commitment at Mackenzie House Museum, where I know they make a significant contribution to the historic kitchen:

**Margaret Lyons**, 10 years  
**Eva MacDonald**, 5 years  
**Amy Scott**, 10 years”

Liz Driver, President, CHO

## Book Review: A New Convert to the New *Joy*

Annie Antonenko

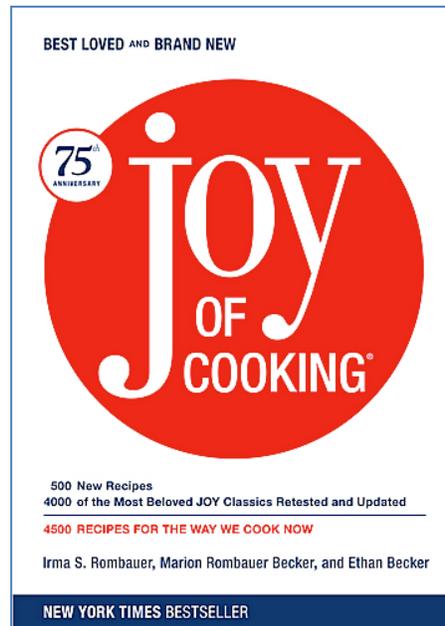
*Annie is a mathematics teacher and a Volunteer Historic Cook at historic Mackenzie House in Toronto.*

“But where are the big glossy pictures?” I asked. What a neophyte! I obviously didn’t understand the *Joy of Cooking* until my sister, a devotee, explained it to me. It’s a reference, not a source for dinner ideas, not a coffee table book, and certainly not “food porn.” For example, if I want to make rolls, or in my sister’s case apple butter, I can just look up the recipe. Or if I want to know the difference between baking soda and baking powder, *Joy of Cooking* has that information too.

Although I now understand its purpose, its sheer size and hard cover make me reluctant to use it in the kitchen, especially since my sister’s 1970s ring-bound copy makes it a lot more user-friendly. Nevertheless, my idiosyncrasies aside, I can honestly say that the new *Joy* is a veritable feast of information.

There are many added sections in this new version, including an expansive index with new categories relevant to today’s cooks; it boasts a section on vegetarian recipes, for example. Also, a bigger ethnic component includes such recipes as pad thai, pita bread, dal, fortune cookies, and sushi, to name a few, each listed in the index by ethnicity. This version is also well versed in contemporary trends, such as wraps, focaccia, bagels, dry rubs and pastes. Those hankering for exotic ingredients like truffles (the fungus) and ostrich fillets, will find recipes to suit.

Since *Joy of Cooking* is an American cookbook, its lack of Canadiana is no surprise. There are no recipes for beaver tails, Nanaimo bars or salmon on a cedar plank. However, the collection does do justice to its own regional cuisines, as you



will find regional specialties that have become mainstays, such as Po’boy sandwiches and pulled pork, each indexed under its own appropriate heading (e.g. Cajun, Southern).

Those who are up-to-date know that children’s parties with all the bells and whistles are the rage. The anniversary addition has a section for that too, but if you prefer feeding hoards of adults instead of children, a section for crowd-size recipes is also included.

The party drinks section has someone’s old favourites, including pink lady, sidecar, and gimlet, although I am more familiar with the fuzzy navel (a new addition) as a shooter, not as a highball. My disappointment is soon remedied when I notice “plugged watermelon” (filled with alcohol) which my generation can understand.

If you enjoy “junk food” like caramel corn, corn dogs, and ice cream cones, *Joy of Cooking* gives you the recipes so you can still have your favourite junk food, but have control over the ingredients. However, those who shy away from junk food can turn to the nutrition section, which gives information on types of fats and proteins, managing weight, reading food labels, healthy substitutions, and serving sizes, as well as recipes for healthy snacks like root vegetable chips. In fact, those who enjoy an active lifestyle can look to the backpacking menu suggestions.

*The Joy of Cooking* will be particularly enjoyed by cosmopolitan cooks used to a multitude of choices but tired of paying take-out and high wine prices. This anniversary edition will let them save money and enjoy cooking in the comfort of their own homes.

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## Canadian Memories of *Joy of Cooking*

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*Last year was the seventieth anniversary of the quintessential American cookbook Joy of Cooking. Last fall CHO sent out a newsflash requesting memories of Joy for the summer 2007 issue of Culinary Chronicles. We were curious to know how essential it is and was to Canadian cooks. Here are several responses.*

I have never owned a copy of *Joy of Cooking* but I do have one memory of this cook book. Many years ago my sister went to Japan as an English teacher. I went to visit her for three weeks. The first full day I was there she presented me with a copy of *Joy* and asked me to make Strawberry Shortcake. She had promised to take it to a party that night but wouldn't have time to make it since she had to work late. I made the recipe (an adventure in itself with Japanese ingredients and an unfamiliar stove). A week later she planned a pizza party at her place. I ended up making pizza dough for the first time in my life and in Japan! Again the recipe came from *Joy of Cooking*. So how did my sister get a copy of this book in Japan? It was being passed from one English-speaking person to the next in her town. As one person left they made a gift of it to someone staying on. For all I know that book is still circulating somewhere in Hirosaki, Japan!

**Carolyn Blackstock**

For Canadian women of my generation the *Joy of Cooking* is *The Boston Cooking-School Cook Book* of my mother's day. For us these cook books were and are indispensable tools in the kitchen. The Rombauer's cookbook answers those knotty questions about how long to roast various cuts of meat. And when it comes to common vegetables it reliably suggests ways of sprucing them up. Most of the stains in my 1953 edition – purchased in 1955 – appear in these sections. I was on the verge several years ago of replacing it with the latest edition but then I noticed that the barbecue sauce I whip up each summer had been dropped. That was that. I figured that the 1953 *New Joy of Cooking* (as it was titled on the dust jacket only) would carry me through.

**Mary F. Williamson**

For a budding cook who had to phone her grandmother to ask how she should cook canned peas, I received the *Joy of Cooking*, 1953, as

Moses received the Ten Commandments. The only drawback to that edition was the often repeated instruction "cook until done," which was no help when faced with, for instance, kohlrabi. Would this be ten minutes or half an hour? My copy is full of notes to myself, "try longer," or "slightly higher temp," and well spattered with my efforts. About thirty years ago I had it rebound by a gentleman who had never seen a *Joy* and who rendered the authors as Romsauer and Becker because the spine had been broken right through the "b." I bought a second copy in 1964 and still use them both, as there were a number of editorial deletions and additions... I [have] put it on my birthday list to bring my collection up-to-date. Oddly enough, two years after I bought the *Joy*, I bought a copy in English of *Tante Marie's French Kitchen*. Evidently she was the French equivalent of the *Boston Cooking-School Cook Book*, going back for generations in French families. The difference between the two was wonderful, in that where Rombauer fussed about details and scared me away from trying meringues, Tante Marie just breezed ahead without bothering about problems of humidity, etc. It was fortunate that I tried them with Tante Marie before looking at my *Joy* or I never would have attempted them.

**Joyce Lewis**

My dad gave my mom the 1946 edition with the inscription "to Jane in the hope that my ulcers will not get any worse." Which wasn't fair as he maintained he married her for her omlets. She used to make the curried veal (using leftover lamb roast) on page 163. I still make it. Some other marked pages are 389 for tartar sauce, 365 for roast quail (which I don't remember ever having), 361 for roast duck (which we did have occasionally), 159 for steak and kidney pie, which I loved and still make, 147 for ham loaf with cooked ham. We usually had a roast on Sundays and leftovers done in a casserole or variant on Mondays. My favourite birthday cake

as a teenager was a chocolate cake with seven minute sea-foam icing on 619. Mom made a lot more from it as the book is well worn, missing a cover and splattered. I received the 1964 edition in 1974 from a boyfriend who gave it to me "with all his love" – no talk of ulcers! I tend to use it as a reference book telling me how to prepare ingredients I am not familiar with (e.g. sweetbreads) and how long to roast a turkey,

although the timing has changed since 1974. I make the chicken marinade, Yorkshire pudding, and tomato aspic, which my children loved when they were young. If I could only have one cookbook it would be the *Joy of Cooking* – fun to read, good information and advice, and recipes to cook anything, including squirrel!

**Jenny Rieger**

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## Later *Joy* in Canada

Liz Driver

*Liz Driver is CHO's President.*

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The publicity surrounding the 75<sup>th</sup> anniversary of *Joy of Cooking* in 2006 might lead Canadians to think that this American book was as well known, for as long, north of the border. The first edition of *Joy* was self-published by Irma Rombauer in St Louis, Missouri, in 1931. In 1936 it was taken up by the publisher Bobbs-Merrill and by 1943 it had reached bestseller status in the United States. The twists and turns of its American history, especially the difficult relationship between author and publisher, are told masterfully in Anne Mendelson's *Stand Facing the Stove: The Story of the Women Who Gave America the Joy of Cooking* (New York: H. Holt, 1996). Yet, no mention is made of the cookbook's reception in Canada.

In the course of research for *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949* (forthcoming, University of Toronto Press), the earliest sign I found of *Joy of Cooking* in this country dated back only to December 12, 1942, when Jean Brodie recommended it as a Christmas present in an article in Toronto's *Star Weekly* (Magazine Section No. 2, p 11): "It's a grand book, written in a friendly intimate style." Only three copies with the Canadian imprint of McClelland and Stewart surfaced from the 1940s, two dated 1945 and one 1947. This hardly matches the bestseller status the book was enjoying in the United States! And it's difficult to imagine these few copies being real competition for our favourite Canadian works of the time, such as those by Kate Aitken, Nellie

Pattinson, and the up-and-coming Jehane Benoit. Popularity of *Joy* in Canada must have taken longer to build, as the testimonials in this newsletter bear witness – perhaps starting in the 1950s, as copies of American editions circulated (see Mary Williamson's memories) and increasing through the 1960s when further Canadian editions were issued. The impression I have from *Joy*'s Canadian publishing history and from anecdotal evidence gleaned through my research is that this iconic American text registered most with Canada's Baby Boom generation, not with their mothers.

When I could not find a Canadian cookbook to purchase in London, England, in 1975, I bought the 1974 reprinting of the 1963 enlarged American edition of *Joy*. Like Annie Antonenko when she reviewed the new anniversary edition, I was disappointed not to find the familiar Canadian recipes I wanted for Date Squares and Butter Tarts, but I discovered Irma's Chocolate Brownies Cockaigne and they are the best! The book proved to be a good reference, for example, for the amount of cocoa and butter to substitute for solid chocolate, cake batters that I churned out on birthdays, a basic Chocolate Cornstarch Pudding, and a Lemon Sponge Custard where the delicate batter rises to the top, leaving the lip-smacking lemon sauce below. My paperback has fallen apart with use and is held together by an elastic band. The text may not reflect the nuances of Canada's food culture, but it's a "keeper" on my cookbook shelf nevertheless.

## CHO Program Review: Elizabeth Baird “30 Years of Cooking with *Canadian Living* Magazine”

Lydia Robertson

*Lydia is an avid collector of cookbooks and culinary magazines.*

If we learn anything from history – or magazine covers – we learn that history repeats itself. This is ever so true of food and its ever evolving trends. Clearly this was illustrated on April 2, 2007, at Elizabeth Baird’s presentation to members of the Culinary Historians of Ontario (CHO), the Ontario Historical Society (OHS) and the general public. Baird has been Food Editor of *Canadian Living* magazine since it began in 1975.

The evening commenced with an introduction from Robert Leverty of the OHS, which started in 1888. He spoke about the John McKenzie House, which was built in 1913, and after many trials and tribulations to secure a lease, became the OHS’s home in 1989. Rob also thanked CHO for their hand in helping with the annual Cookbook Caper. Then Liz Driver, CHO’s President, introduced Elizabeth Baird.

We were privileged to have such a celebrity to come to so intimate a venue. Her humour was appreciated right from the start of viewing the slides, setting the trend of her presentation. The slides of the *Canadian Living* magazine covers were true to life with a pinch of humour. I doubly enjoyed them as I personally own most of the magazines shown.

Baird brought home to us how food preparation has gone full circle; for instance, an early cover showed one-pot cooking and now slow cooking once again is in vogue. The same is true of fondue. But Canadian food awareness has evolved too. For example, she said that in 1975, the year of the premier issue, there were only twenty-nine small cheese manufacturers in Canada and now there are over one hundred. Also, she touched on the multi-cultural thread that runs through Canada as expressed in the abundant ethnic recipes in the magazine.

She told us how the magazine opened its test kitchen in 1985; prior to that the food was prepared off site. Although the food is made in the test kitchen, any cook at home can easily replicate the recipes. She emphasized how food styling is an art in itself, and explained the meticulous nature of the work that goes into planning each photograph because the food cover shots must be a perfect blend of appeal, food and design.

If a picture is worth a thousand words, then Elizabeth Baird’s presentation of past and present food covers of *Canadian Living* magazines left a delicious impression on the mind of all those in attendance.

To cap the evening off we had tasty sandwiches and squares from recipes in the magazine. Hm, hm, good!



**Elizabeth Baird**

(Photographs  
courtesy of  
Elizabeth Baird)



**May/ June 1977 cover**

## **CHO Program Review: Dorothy Duncan** **“Canadian Food from an Advocate’s Perspective”**

Jeanine Avigdor

*As Honorary President of the York Pioneer and Historical Society,  
Jeanine is interested in all aspects of Ontario’s heritage.*

On May 24, a group of CHO members and guests gathered in Montgomery’s Inn ballroom to “meet” Dorothy Duncan. Although we were all familiar with Dorothy’s reputation as a food historian and as former Executive Director of the Ontario Historical Society, Dorothy’s talk enlarged our knowledge of who she is, and what she has done for Ontario’s heritage.

Dorothy sees her career as “a journey, and the outcome of being in the right place at the right time.” In the 1960s, she explained, she was a former teacher living in Markham, “at loose ends.” By co-incidence, Black Creek Pioneer Village was in need of teacher-guides. At that time in the Village’s history, programs were in their infancy, and beyond three booklets published by the Royal Ontario Museum, there was no useful support material. Eventually, she was named curator of the Village, and working with a new director, took the Village in a different direction. Programs were developed, including cooking; and kitchens in each building were designed appropriate to the inhabitants’ places of origin.

In 1974, Dorothy left Black Creek to work as a free-lance consultant. Because of the growing interest across the province in restoring historic buildings, she was frequently asked by the Ministry of Culture to advise on projects. In 1975 she became Museums Advisor for the Ministry, and was involved in the restorations of such heritage sites as Battlefield House in Stoney Creek, Gibson House in Toronto, and Montgomery’s Inn in Etobicoke. Her feasibility study for Fort William required researching the North-West Company, which eventually provided material for her books. She described her role as “a traveling Ann Landers,” often conducting workshops in various communities

for small groups of volunteers who wanted a museum, but didn’t know how to go about it.

Dorothy became Supervisor of the Museum section in 1980, at a time when the Ministry and the Ontario Heritage Foundation had funds available for heritage projects. She established a set of standards for grant applications, and assisted with the identification and conservation of artifacts.

In 1982, Dorothy moved to the Ontario Historical Society as Executive Director, a post she held until 2002. The 1980s were also a time of growth in organizations. The OHS was instrumental in forming the Ontario Museum Association. For the OHS centenary in 1988, Dorothy suggested a conference on the history of food in Ontario. “Consuming Passions” was a great success. Subsequently, Dorothy spoke at such symposia as the Oxford Food Symposium in 1992, on “Feasting and Fasting”; and at the University of New York City in 1994, on fur traders’ fare. She continues to research and write about Canadian food history.

Dorothy finished her presentation by showing us a series of before and after slides of the kitchens in Mackenzie House, Fort York, Gibson House and Colborne Lodge. These pictures gave us an impression of the challenges involved in restoring semi-derelict spaces to become working heritage rooms.

What Dorothy didn’t mention in her talk, but was apparent to her audience, is that she gave a much-needed impetus to the preservation and appreciation of our early heritage at a time when it was in need of help, and that she continues to enlighten us.

We moved downstairs to the candlelit kitchen

where we tasted treats chosen for their special significance, which Dorothy pointed out to us. The recipe for caraway-flavoured “Nice Cookies that will keep good three months,” is No. 104 in *The Cook Not Mad* (1831). (Recipe is below.) Rhubarb has been used in Chinese medicine for 4000 years; our pioneers called it pie plant, and used it as a sweet, like the rhubarb conserve on the table. “Queen Elizabeth Cake” appears in many of our cookbooks. Dorothy mentioned that no one knows the origin of the name, or to which Queen Elizabeth it refers. And what would a Canadian sweet table be without maple tarts?

#### DOROTHY’S BOOKS:

- Editor: *Consuming Passions: Eating and Drinking Traditions in Ontario*, papers presented at the OHS conference, Ontario Historical Society, 1990.
- Editor: *Buon Appetito! Italian Foodways in Ontario*, papers presented at the OHS conference, Ontario Historical Society, 1999.
- Author: *Nothing More Comforting: Canada’s Heritage Foods*, Dundurn Books, Toronto, 2003.
- Author: *Canadians at Table: Food, Fellowship and Folklore, A Culinary History of Canada*, Dundurn Books, Toronto, 2006.

In addition, Dorothy is the author of many articles. See also the Newsletter of the Culinary Historians of Ontario, Summer 1996, Number 9, for an interview with her.

### Nice Cookies That Will Keep Good Three Months

*Cook Not Mad*, No. 104, Kingston, UC, 1831

Nine cups flour, three and a half of butter, five of sugar, large coffee cup of water, with a heaping teaspoonful of pearlsh dissolved, in it; rub your butter and sugar into the flour, great spoonful of caraway.

### Dean Tudor’s Book Review

*Dean is Journalism Professor Emeritus at Ryerson University. His wine and food reviews are at [www.deantudor.com](http://www.deantudor.com).*

**Andrew F. Smith, ed., *The Oxford Companion to American Food and Drink*, Oxford University Press, 2007, 693 pages, \$64.95.**

Andy Smith teaches culinary history and professional food writing at the New School University in Manhattan. He has written several books on food history, consults to a wide ranging group of food media and, more importantly, also edited the two-volume *Oxford Encyclopedia of Food and Drink in America* upon which this one-volume *Companion* builds.

The basic criteria for inclusion are foods and beverages consumed in the US. So there’s nothing here for Canada or Latin America, except for what creeps across the borders. The one thousand articles are mainly popular material, with hundreds of historical photos, many in colour. Over two hundred contributors wrote for this book; all the articles are sourced by the author. Smith himself, as most editors do, wrote about 150 articles. Types of entries include political and social movements such as Temperance, Prohibition, vegetarianism, organic food, and slow food (covered, of course, as Slow Food USA); chronological surveys; entries on a specific food or drinks; contributions of ethnic groups; biographies of 58 important culinary people; and corporate histories of commercial products, including junk foods and fast foods. Thus you will find macaroni and cheese, vichyssoise, anadama bread, hush puppies, chitterlings, American chop suey, Central Asian food, and wedding cakes.

This is a typical *Oxford Companion* production which sells quite well at this price. There is a topical outline by subject, an index, and plenty of cross-references and bibliographies. All of it is formatted in an A to Z arrangement. The book is easy to read in its three-column layout and the paper is heavy and substantial to feel.

*For a review of the two-volume Encyclopedia by Mary F. Williamson, see Spring 2005, Number 44.*

## CHO Events in September 2007

### ANNUAL GENERAL MEETING

Culinary Historians of Ontario  
Monday, September 10, 2007  
7:00 p.m.

Montgomery's Inn Museum  
4709 Dundas St. West, Toronto

#### Draft Agenda

#### Approval of the Agenda

Minutes of AGM of Thursday, September 28, 2006

#### President's Report

#### Treasurer's Report:

**Resolution:** Be it resolved, by unanimous consent, that the members waive the requirement of an audit of the financial statements for the next fiscal year, and that the Corporation shall not appoint an auditor, to be effective until the next annual meeting of the members.

#### Committee Reports:

Membership

Newsletter

Program

Electronic Resources

Outreach and Education

Nominating:

Election of New Officers

Charitable Status

New Business

Adjournment

**COFFEE-THEMED PROGRAM and  
SILENT AUCTION!!!**

#### 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 pre-register by calling 416 394-8113. Cash at the door.

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

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*The Culinary Historians of Ontario are pleased to announce that Barbara Ketcham Wheaton, the noted American food historian who is 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* (University of Pennsylvania Press, 1983), will lead an intimate five-day workshop for serious Canadian food historians here in Toronto.*

**November 4 to 9, 2007**  
**Massey College at the University of Toronto**

**Sunday, November 4 – 4:00 to 8:00 p.m.**

**Candlelight Dinner at Fort York National Historic Site**

**100 Garrison Road (off Fleet Street, between Strachan and Bathurst Streets)**

The week starts with a dinner to become acquainted with Ms Wheaton and fellow attendees. A fuller understanding of period cookbooks can be achieved if the recipes are actually prepared and consumed. Through cooking and eating we gain insight into the practices, mindsets, aesthetics and tastes of the societies in which the books were originally published. Courtesy of the Volunteer Historic Cooks of the Officers' Barracks at historic Fort York, registrants will dine in the candlelit 1826 kitchen from recipes selected from the Fort's 18<sup>th</sup>- and early 19<sup>th</sup>-century cookbook collection.

**Monday, November 5 to Thursday, November 8 – 9:30 a.m. to 4:30 p.m.**

**Friday, November 9 – 9:30 a.m. to noon**

**The Round Room, Massey College**

**4 Devonshire Place (north-east corner of St George and Harbord)**

Cookbooks are excellent but rich and complex sources for studying food and social history. Attendees will closely read and analyze about ten British, American and Canadian cookbooks of the 16<sup>th</sup> through 19<sup>th</sup> centuries, and learn some critical evaluation tools within the following themes:

**Monday 5: Ingredients**

After introductions and practical matters, Ms Wheaton introduces the cookbooks. Each participant receives a list of four books to read during the week; each list includes books from at least two countries and three centuries. After a lecture on the day's topic of ingredients, everyone starts to compile a repertory of the (sometimes surprising) ingredients in their book, followed by a discussion on production, preservation, novelty, tradition, seasonality, characteristic combinations, and other subjects.

**Tuesday 6: The Cook's Workplace**

We begin with each attendee reporting on what their study of yesterday's book revealed. Today's introductory lecture is about the kitchen, the cook's workplace. Aspects explored include techniques and equipment, managing heat and cold, materials, surfaces, fuels, water, the complexity of measurements, and how the Industrial Revolution affected all these. After lunch, more group discussion, consultation and reporting.

**Wednesday 7: The Meal**

After individual reports, the group moves into discussing the books' revelations about meals and menus. Ms Wheaton addresses aspects of the flow of supplies through the workplace and into the eating space, such as selecting cold and cooked foods for bills of fare, table placement, ceremony and etiquette, and the role of servers and eaters in the theatre of the dining room. The afternoon is for more group and individual exploration of the assigned cookbooks.

**Thursday 8: The Cookbook as Genre**

Again, we have the opportunity to individually state what's been learned. The daily lecture is about the cookbook as a genre of literature that reflects personal and regional peculiarities, and differences in nationality, gender, race and class. Also considered are recipe formats, chapter sequencing, annotation, wear and tear, and the cookbook's place in publishing history.

**Friday 9: The Writer, Reader, Cook and Eater**

On the last morning, final consideration is given to the worldviews of the four people involved in every cookbook: the writer, the reader, the cook and the eater. The lecture and the discussion centre on intended audiences and the author's presence.

With Ms Wheaton's guidance, we will move in the course of the week from the very specific to the increasingly general as a myriad of patterns emerge and layer over each other. By Friday noon, each participant will have a collective concordance of cookbooks examined and a better grasp of other culinary history sources, such as inventories and archaeological findings. No matter what area of culinary history is your speciality, you will learn invaluable tools for critically evaluating the cookbooks you read, both historic and current.

**Friday 9, optional – 12:30 to 2:00 p.m.****Lunch in the private dining room at Massey College**

Having had a concentrated, intense and illuminating week, we conclude our study of food with a splendid meal. Cost is \$54 per person. Please indicate on the application whether you will join the group.

**REGISTRATION** in this special workshop is restricted to 15 persons, who must be members of CHO. If you are not currently a member, please join at [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca). Each person is asked to fill in an application form, including as a separate flyer in this newsletter. A package of information will be sent upon registration.

**COST** is \$750, which includes the four and a half-day workshop, the Fort York dinner, morning and afternoon breaks, and lunches for Monday through Thursday in the Ondatje dining hall at Massey College. Friday's lunch is optional, and costs an extra \$54.



**MASSEY COLLEGE** at the University of Toronto is the home of *The History of the Book in Canada* project. It will be a congenial intellectual environment for Barbara Ketcham Wheaton's *Reading Cookbooks as Sources for the Study of Social History Seminar*. CHO thanks Massey College for the use of The Round Room.

For more information of this special educational opportunity, please contact Fiona Lucas at 416 781-8153 or [fionalucas@rogers.com](mailto:fionalucas@rogers.com).

## 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>	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
	Autumn 2008, Number 58 – Rations in Worlds War One and Two	Publication Date: November 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.

**Newsletter Committee: Fiona Lucas, Ed Lyons, Liz Driver.** Thank you to Deborah Adesso, Annie Antonenko, Jeanine Avigdor, Carolyn Blackstock, Gary Draper, Joyce Lewis, Linda Peterat, Jenny Rieger, Lydia Robertson, Dean Tudor, Mary F. Williamson, and Mary Leah de Zwart.

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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.