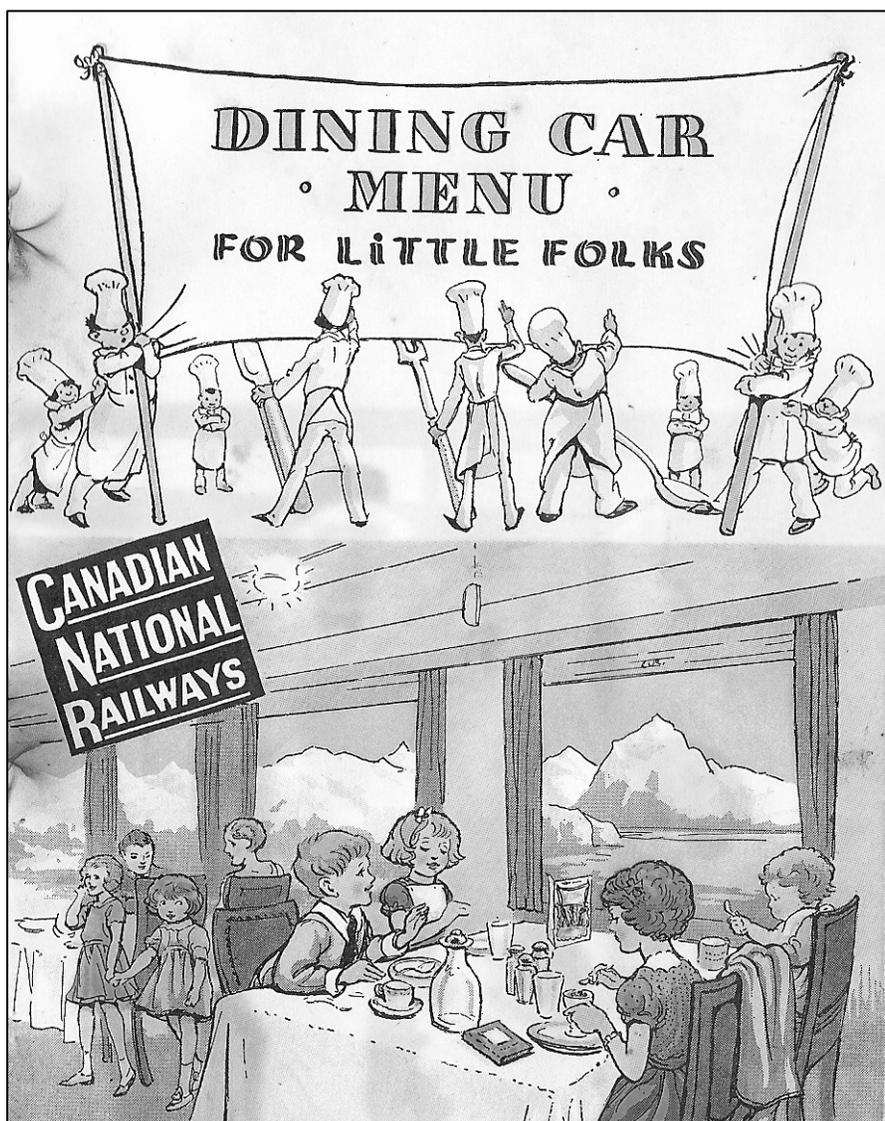


Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

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Front cover (full size) of a delightful little menu book for children from Canadian National Railways, March 1946. See pp 4, 5 and 7 for a menu and images from another CNR booklet of 1925.

(Collection of Mary F. Williamson)

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President's Message

I'm wearing both my CHO hats on this page! On the left I'm President, and on the right I'm CC Editor.

I have a ton of unread books piled under my desk at home. I'm a book magnet, especially on the histories of food, kitchens, cooks, servants and domestic material culture. Many of you can relate, I know! I'm midway in Steve Penfold's *The Donut: A Canadian History* and a third of the way into *The Short Life and Long Times of Mrs Beeton* by Kathryn Hughes, both excellent studies of their subjects. Donuts were our topic in April's program and Mrs Beeton will be our May topic. It's becoming increasingly challenging to keep up with the books I want to read. Something else I know many of you can relate to!

CHO Logo: At the most recent CHO Board meeting, we discussed the need for a logo. Is there an artist among our members who would be able to help us develop a fabulous and distinctive image to use on our newsletter, letterhead, website, banner, advertisements, and so on? Or, perhaps you know a high school or college student artist who could use this as a course project. We would be interested in hearing from you!

Fiona Lucas
President of CHO and Editor of *Culinary Chronicles*, fionalucas@rogers.com

Campbell House Museum Seeks Kitchen Volunteers

Do you enjoy cooking over the open hearth or would you like to learn? Liz Driver, the new Curator of Campbell House Museum, would like to expand culinary activities at the 1822 Georgian-style home of Sir William Campbell, the oldest remaining building from the original Town of York. If you are interested in being a Volunteer Historic Cook at Campbell House, please contact Liz at 416 597-0227 or campbellhouse@bellnet.ca. The museum is at the corner of University Avenue and Queen Street West in downtown Toronto, at the Osgoode subway station.

Newsletter News

New Member: I am pleased to welcome Eleanor Gasparik to the Newsletter Committee, joining me, Ed Lyons, and Liz Driver. Eleanor is a professional editor with lots of experience.

Seeking Writers: The first half of each issue is based loosely on a theme. If you want to write for an upcoming theme or if you have something available you consider suitable, we'd like to know. On p 20 are the themes and publication dates. Material is requested at least six weeks ahead. Also, Winter 2009, Number 59, will be about "Teaching Canadian Food History" and with your help I'd like to produce an annotated list of classes and courses, everything from historic sites that offer frequent cooking classes to high school teachers who incorporate culinary history into class work, to full-fledged Canadian food history courses at university.

Seeking Book Reviewers: It is so exciting to see the recent numbers of food history books, either about Canada or by Canadians. The next issue, Number 57, will include lots of reviews. If you're willing to write one of these, please contact me:

Sugar: A Bittersweet History by Elizabeth Abbot, a professor at the University of Toronto
Bitter Chocolate: Investigating the Dark Side of the World's Most Seductive Sweet by CBC journalist Carol Off, winner of a Culinary Book Award from Cuisine Canada
Anita Stewart's Canada: The Food, The Recipes, The Stories
Nutrition Policy in Canada, 1870-1938, by Aleck Samuel Ostry
Apples to Oysters: A Food Lover's Tour of Canadian Farms, from the well-known Toronto journalist Margaret Webb
The Donut: A Canadian History by Steve Penfold, who was CHO's guest speaker in early April, so we will place the book review alongside the program review

Feeding Baby: Abbreviated and Idiosyncratic Timeline

Fiona Lucas

Fiona is President of CHO, Editor of Culinary Chronicles, a food historian who works for the City of Toronto Museums, and an aficionado of timelines

18th century, Europe

Rise in commercial objects for feeding babies

1841, USA

First patent for an infant feeding vessel: a glass “artificial breast” with a deer leather nipple

1843, USA

Patent for rubber nipple, but smells pungent

1852, Philadelphia

The Ladies' New Book of Cookery by Sarah Hale included “Cookery for Children” chapter

1856, Munich

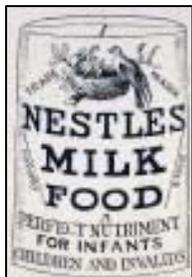
Liebig's Soluble Food for Babies

1856, New York

Borden's condensed milk

1867, Toronto

William Henry Cumming, *Food for Babes; or, Artificial Human Milk, and the Manner of Preparing It and Administering It to Young Children*



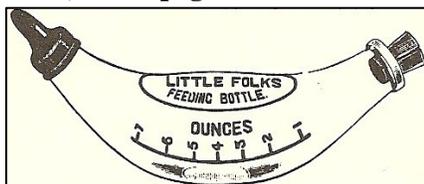
1867, Switzerland

First brand of artificial infant food, “Nestlé's Milk Food,” a powder mixed from crumbs of baked malted wheat rusks and sweetened condensed milk; trademark by Montreal artist, John Henry Walker

1894, London, England

Double-ended feeder by Allen and Hanbury, with a teat at one end and a valve at other, enabled constant milk flow and easy cleaning

1910, Winnipeg



Little Folks Feeding Bottle, Hudson's Bay Co. catalogue, p 241

1906

Arrowroot cookies for teething babies

1927, Columbus, Ohio

Milk-based Franklyn Infant Food renamed Similac

1928, Fremont, Michigan

Gerber Company introduces strained peas, prunes, carrots, and spinach

1931

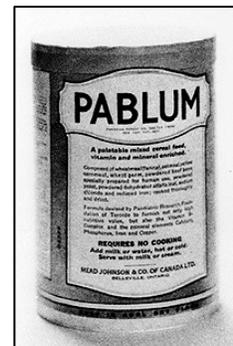
Beech-Nut enters baby food market with fruits and vegetables in innovative small glass jars, instead of tin cans, that assured mothers of its purity

Heinz introduces baby food

Gerber Baby ad with famous smiling baby

1934, Toronto

Pablum, first pre-cooked, vitamin- and mineral-enriched cereal for infants



1938, Canada

Mandatory pasteurization of milk

1946, New York

Benjamin Spock, *Pocket-Book of Baby and Child Care*

1950s

Heat-resistant upright Pyrex baby bottle

1956, Elmhurst, Illinois

La Leche League founded to promote “good mothering through breast-feeding”

1959, Michigan

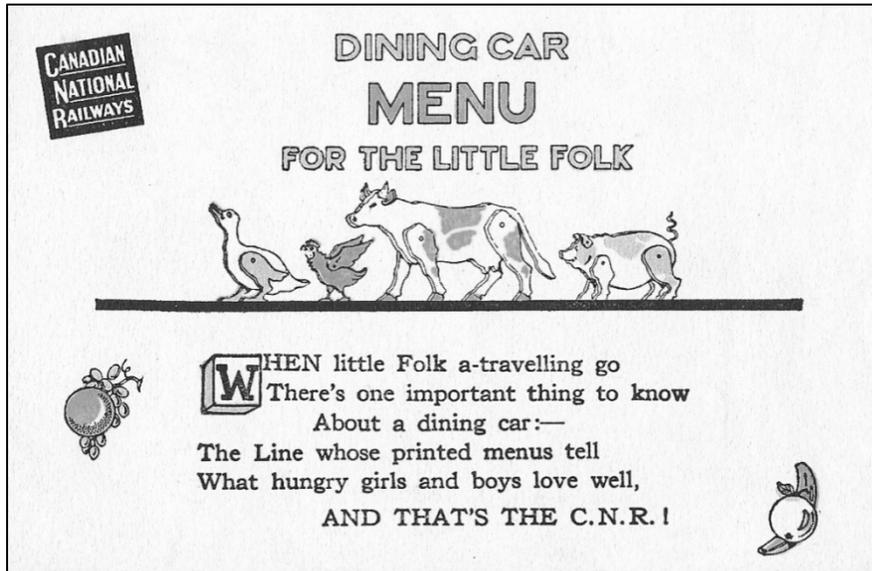
Enfamil by Mead Johnson Company

1997

Gerber introduces Tender Harvest label of organically grown foods

Thanks to Mary Louise Drake, University of Windsor, and Liz Driver, for their help. For the print and web sources used, contact Fiona.

Two CNR Children's Menus, 1925 and 1946



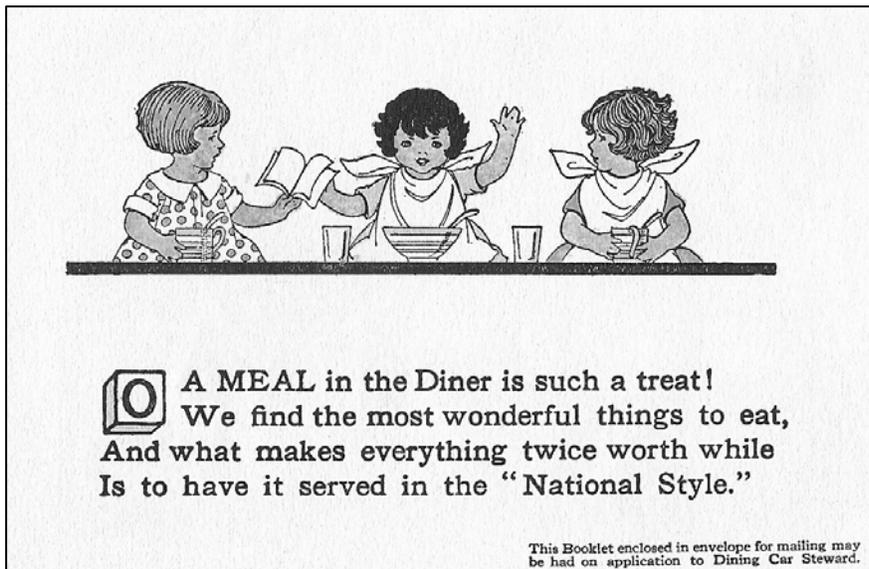
Dining Car Menu for the Little Folk, CNR, July 1925

LEFT: Front cover (three-quarter size)

MIDDLE: Menu in centre of booklet, p 4 and 5 (cropped on sides, about half size)

BOTTOM: Back cover (three-quarter size)

BREAKFAST		DINNER		TEA	
40c Baked Apple Toasted Brown or White Bread Milk or Cocoa	50c Sliced Orange Cereal Poached Egg on Toast Toasted Brown or White Bread Milk or Cocoa	50c Soup Boiled Potatoes Milk or Cocoa Sliced Banana with Cream	75c Soup One Lamb Chop Mashed Potatoes Milk or Cocoa Pudding or Ice Cream	35c Boiled Egg Brown or Raisin Bread and Butter Sliced Orange Milk or Cocoa	60c Omelette Sliced Tomatoes Assorted Sweet Biscuits or Raisin Bread and Butter Jam or Jelly Milk or Cocoa
50c Grape Fruit Cereal Boiled Egg Corn Meal Muffin Milk or Cocoa	60c Grape Fruit Cereal One Poached Egg on Toast Milk or Cocoa	65c Soup Poached Egg on Toast Mashed Potatoes Fruit Salad Milk or Cocoa	85c Soup Fresh Fish Boiled Potatoes Fruit Salad Milk or Cocoa	40c Egg Salad Brown or Raisin Bread and Butter Malted Milk	65c Soup Scrambled Eggs on Toast Raisin Bread and Butter or Graham Biscuits Honey Milk or Cocoa



(Collection of Mary F. Williamson)

This Booklet enclosed in envelope for mailing may be had on application to Dining Car Steward.

*Dining Car
Menu for
Little
Folks,
CNR,
March
1946*

(full size
but cropped
on both
sides)

(Collection
of Mary F.
William-
son)

MENU
FOR LITTLE BOYS & LITTLE GIRLS

BREAKFAST

<p>25c</p> <p>Choice of Fruit or Cereal Bowl of Bread and Milk</p>	<p>25c</p> <p>Choice of Fruit or Cereal Toasted Brown or White Bread or Rolls Milk or Cocoa</p>	<p>35c</p> <p>Choice of Fruit Cereal Toasted Brown or White Bread or Rolls Marmalade or Jam Milk or Cocoa</p>
<p>35c</p> <p>Choice of Fruit Boiled or Poached Egg Toasted Brown or White Bread or Rolls Marmalade or Jam Milk or Cocoa</p>	<p>45c</p> <p>Choice of Fruit Cereal Eggs as desired or Bacon with Egg Toasted Brown or White Bread or Rolls Marmalade or Jam Milk or Cocoa</p>	

DINNER

<p>25c</p> <p>Soup with Biscuits Mashed Potatoes with Gravy or Choice of Dessert Milk or Cocoa</p>	<p>30c</p> <p>Soup with Biscuits Poached Egg on Mashed Potatoes Milk or Cocoa</p>	<p>35c</p> <p>Fruit Juice Vegetable or Fruit Salad Buttered Brown Bread Milk or Cocoa</p>
<p>40c</p> <p>Soup or Tomato Juice One Lamb Chop or Fresh Fish Mashed Potatoes Choice of Dessert Milk or Cocoa</p>	<p>50c</p> <p>Soup or Tomato Juice Hot Meat Boiled or Mashed Potatoes Vegetable Choice of Dessert Milk or Cocoa</p>	

SUPPER

<p>25c</p> <p>Dry Cereal with Milk Toasted Brown or White Bread Milk or Cocoa</p>	<p>30c</p> <p>Milk Toast Fruit Milk or Cocoa</p>	<p>40c</p> <p>Plain Omelet Bread and Butter Honey Malted Milk</p>
<p>50c</p> <p>Fruit Juice Cold Sliced Chicken with Lettuce Buttered Brown Bread Ice Cream Milk or Cocoa</p>	<p>50c</p> <p>Soup Scrambled Eggs on Toast Sliced Tomatoes Bread and Butter Jam or Marmalade Milk or Cocoa</p>	

Continued on page 7

Pablum's Precursor

Felicity Pope

Felicity, who cooks and lives in Cobourg, works as a freelance curator specializing in the history of health care.

Pablum, the infant food, is probably recognized by CHO readers as a Canadian product. Canada Post Corporation chose it for the subject of one of Canada's millennium stamps, thus acknowledging its significance in improving the well-being of generations of infants. What is not so well known are its precursor and the context within which both came to be developed.

Today it is hard to imagine the surprise and excitement that vitamins caused in the early 1900s. Focused research by biochemists (a new specialization) in North America and Europe identified individual vitamins and led to an understanding of how they worked, where they were found, and what happened when they weren't available. A new disease concept developed: that diseases could be caused by a lack or deficiency of something as opposed to the existing disease model of an external "something" causing disease. The editor of the *Canadian Medical Association Journal* wrote excitedly in 1921 about the discoveries of what he called "vitamines [*sic*] or accessory food factors" and speculated that "their synthesis in the laboratory may not be a far-off event!"¹ Well, he was right. By the 1930s the chemical structure of some vitamins, as they became known, was understood; vitamin C was the first to be synthesized in a laboratory in 1932.

When Dr Alan Brown, a physician trained in post-graduate biochemistry and nutrition, was appointed to the Hospital for Sick Children, Toronto, in 1915, he found a hospital with a high death rate and failure to thrive amongst its young patients. He aimed both to prevent cross-infections and to halve the death rate on his ward by applying his knowledge of hygiene and nutrition to strengthen the patients' immune systems. He set up Nutritional Research Laboratories at the hospital and hired trained staff to work in them, notably Drs T.G.H. Drake, F.F. Tisdall and Ruth Herbert. Throughout the



Mead's Cereal made in Canada, c. 1930, was originally sold in drug stores in these round boxes

(Photograph courtesy of the Museum of Health Care at Kingston)

1920s these four with additional colleagues carried out studies concerned with the questions of the day: nutrition, metabolism and deficiency diseases. They tried to solve such questions as: Why do many infants fail to gain weight despite "rational feeding"?; or, knowing that cereals are cheap energy-producing foods: What amounts of the newly identified vitamins and minerals shown to be needed for health should be added to them? They used studies on rats and pigeons to answer some of these questions, and they tested the new cereal on themselves and other willing hospital staff. They carried out studies in cooperation with other agencies, for example the City of Toronto Well-Baby Clinics and the Loyal True Blue and

Orange Home in Richmond Hill.

Nine years after the *CMAJ* editorial about mysterious “accessory food factors,” this intensive research by Drs Drake and Tisdall enabled them to create a food fortified with all the vitamins and minerals that were known to be necessary for health – a biscuit to be manufactured by McCormick’s as the Sun Wheat Biscuit. The biscuits may still be available in Ontario supermarkets; they are pleasant, crunchy cookies. Drake, Tisdall and Brown’s 1930 scientific paper describes the biscuit, based on whole-wheat flour and irradiated wheat germ, milk, bone meal, and iron, as belonging to the “protective class of foods.”² This paper was followed later in the same year by another that introduced “a new cereal mixture containing vitamins and mineral elements,” the cereal which reached fame as Pablum. Originally marketed as Mead’s Cereal because it was made by Mead Johnson in Belleville, it was pre-cooked so that it could easily

be mixed with milk or water. Dr Drake is credited with naming it Pablum, a contraction of pabulum, the term used for fodder or essential feed, usually for animals!

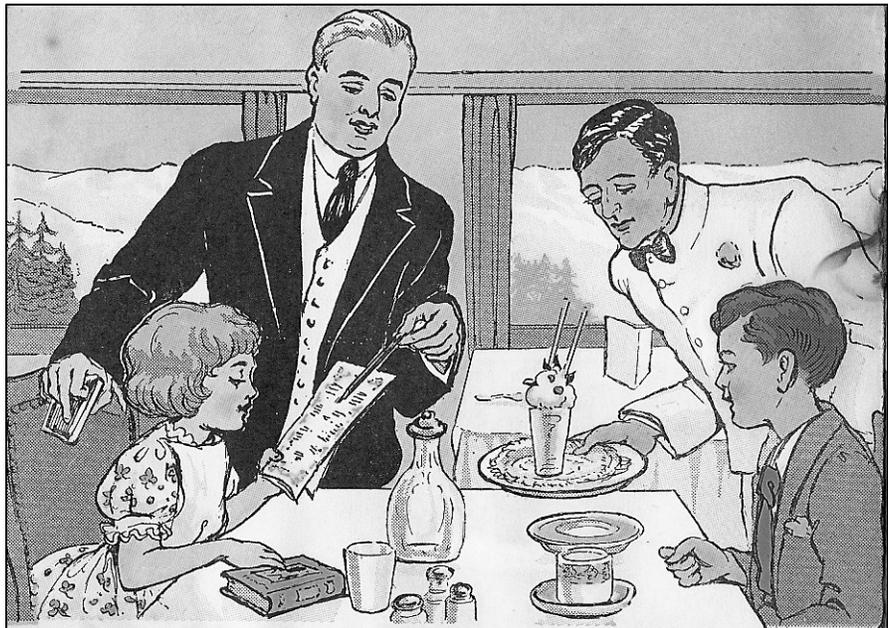
Drake, Tisdall and Brown carried on with their nutrition research leading to the fortification of bread. That story, however, is for another occasion.

¹ Editorial, “Vitamines or Accessory Food Factors,” *CMAJ*, 1921 March, 11(3): 212–213.

² Frederick F. Tisdall, T.G.H. Drake, Pearl Summerfeldt, and Alan Brown, “A New Whole Wheat Irradiated Biscuit, Containing Vitamins and Mineral Elements,” *CMAJ*, 1930 February, 22: 166–170.

Continued from page 5

Dining Car Menu for Little Folks, CNR, March 1946, p 5



I'D MUCH prefer the dining car,
And be the *steward* so polite,
I'd find you seats and murmur low
“The chicken's specially good tonight!”

I THINK a *waiter* I would choose,
And carry high a loaded tray,
I'd serve the girls and boys so well
They'd want a dozen meals a day.

Recipe Compilations and Collections

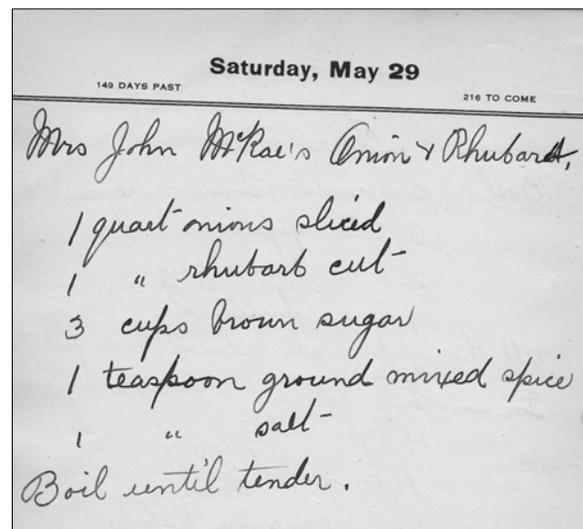
Frances Hoffman

Frances Hoffman is the author of several books: Across the Waters: Ontario Immigrants' Experiences 1820–1850, Much to be Done: Private Life in Ontario from Victorian Diaries and Steeped in Tradition: A Celebration of Tea. Besides these, she has produced numerous genealogical reference publications such as naturalization records, newspaper indexes and church records. She has a particular interest in social and culinary history. She lives in Waterloo Region.

From the writings of explorers consumed with seeking out wild foods while charting routes across this vast and wondrous country to 21st-century women cozily ensconced in comfortable kitchens, we have inherited a splendid legacy. It is a legacy of letters, journals and manuscripts, as well as published cookery manuals, filled with writings and related commentary about food. It has been my good fortune to delve into many such materials and to soak up our culinary past in a most delicious way.

As with many women of her age, my grandmother never owned a cookery book. Fortunate women of the Victorian age may have owned one or two, but most did not. Today's world, when food fads and styles are promoted by an array of iconic media cooks telling how to prepare just about every conceivable food, would surely boggle the minds of earlier women. For my Granny, recipes were committed to memory, with the exception of a package of odd jottings carefully stored in a kitchen drawer. I recall the auspicious day around the time I was preparing to get married. Granny, who lived next door, came and sat with me. Together we went through her collection of recipe notes, some of which looked ancient enough to be in her mother's handwriting. This passing on of knowledge is a rite of passage, and an experience shared by countless women back through the mists of time. I recall the gratitude I felt, especially later on, when moments of triumph in my kitchen heralded splendid teatime treats of the "Granny's favourite" sort. Today, sons and daughters are simply phone-calls or e-mails away, meaning recipe enquiries for "that perfect Yorkshire pudding" or "the special pâté" can be answered in an instant. But the continuity remains. Each of us who loves to cook forms a part of this great chain, this historical thread passing through the generations.

Besides coming to rely upon their favourite cookbooks, large numbers of women began compiling collections of handwritten recipes. They used ledgers, account books, notebooks, and in times of scarcity, etched cookery directions onto whatever came to hand. Today we value these collections for the insight they bring, the glimpses they give into the culinary activities of the women who compiled them. One can imagine the feverish pitch with which some women amassed their collections, sharing and reviewing each recipe as they went, carefully identifying the donor of each – Mrs Jack Bartlett's pickled cucumbers, Mrs Secord's red sauce, Mrs Rowlatt's potato buns, Mrs McCullough's receipt for canning beans, or, as seen below, Mrs John McRae's recipe for onion & rhubarb [relish?].¹ Is it possible that women came to measure prowess in the kitchen by the number of recipes requested of them?



Mrs John McRae's Onion and Rhubarb Relish

(All images courtesy of Frances Hoffman)

As their collections grew, perhaps wise cooks refrained from formally adding new recipes until successful experimentation guaranteed the worth of the recipe. But some entries obviously needed little in the way of trials. They were simply added with glowing recommendations, such as Mrs Pring's jelly cake – "Susie found this one real nice." Today, as we read these old texts, it usually takes little in the way of sleuthing to determine in which category most of these old-time recipes fell. Simply viewing well-thumbed pages tells which were the most popular, clearly evident by splatters of grease and food particles, imprints from busy fingers of yore.

The very nature of these compilations, with additions made in hodge-podge fashion, showing little or no attempt at categorizing or organizing contents, can bring an amusing juxtaposition to modern eyes. We find cake recipes sandwiching directions for silver polish and liniments. Directions for cleaning carpets are squished between Dutch peach pudding and apple pudding, followed by how to save picture frames by brushing them with water in which onions have been boiled, then a recipe for seed cake. Sprinkled throughout, we are liable to come across multiple versions of recipes for truly popular items. One Toronto collection, clearly indicating a persistent fondness for ginger, includes seven variations on a theme for ginger snaps and five for gingerbread. Perhaps this compiler spent years searching for the perfect version. But every compiler knew how to find her way through her own collection. Each developed methods of notation and means of defining amounts of ingredients, as in Miss Louisa Mason's recipe for Xmas cake, which asks for "15¢ walnuts."²

Tidbits bearing little relationship to other entries on a given page often appear in these old written records. We find such items as "Add teaspoon of tea to each person have tea steeper warm & water boiling good before wetting the tea," set amid recipes for ice cream and preserved eggs. Today, the jumble of it all adds to the charm. And, although some women made attempts at sorting their collections, possibly keeping preserves and pickle recipes together, all else seems entered at random. Oddities, or at least items unusual in the

minds of today's cooks, occasionally creep to the surface as we explore these writings of long ago.

One particular recipe appears perhaps more suited to doing away with somebody rather than promoting their well-being. This puzzling concoction is intriguingly titled Oil of Gladness.

Oil of Gladness

1 quart of raw Linseed Oil, 1 ounce Arrigawin Oil, 1 ounce Hemlock Oil, 2 ounces Gum Camphor

Mix oils thin. Pulverize the camphor, add it to the oils, if required it will mix in five minutes[.] inwardly a dose for an adult from fifteen to thirty drops.³

Whatever the results of ingesting this strange and unappealing mixture, it is difficult to imagine it proving beneficial. Had the writer misread directions, inadvertently suggesting it be taken "inwardly" rather than used as a topical rub?

Mrs Richard Reinhart, of Waterloo County, kept her compilation of recipes in a large account book, which she appears to have begun on August 18, 1927.⁴ Her agricultural background shows through on page 115, in "How to sugar cure hams." In this collection, we find a cure for rheumatism sandwiched between magic fudge and nut bread, evidence that the book was always on hand, ready to note the latest finding in chronological order no matter the topic.

Not to do things by half-measures, one of the most overwhelming recipes for putting down and preserving meat, certainly in terms of quantity, came from Waterloo County's Mrs Huber, whose handwritten cookbook of c. 1895 asks for:

One Thousand Pounds of Meat
10 Quarts Salt
1 Pound Black Pepper
1 Pound Saltpetre
Water to Dissolve [*sic*]
3 Pounds of Sugar

Mrs Huber's directions were:

“not to put any more water than can be helped. Just use enough water to dissolve saltpetre, then rub both sides of meat. In six days take off salt that lays on top of meat and make wet, then put on again. Let lay for 10 days, then smoke.”⁵

We find noticeable differences between the recipe collections of farmwomen and of those in urban areas. To begin with, the farmwife, particularly within Amish and Mennonite settlements, was responsible for creating products such as summer sausage and head cheese. In addition, there were chores around cheese making and other dairy products. So today, we find that the recipe collections of Mennonite women include a surprising number of recipes for limburger, cheddar and colby cheeses, along with that time-honoured standby, cream cheese. It is with cream cheese that some overlap exists between urban and rural kitchens, since many a town housewife mixed batches to use up sour milk.

Regardless of whether a person lived in the country or in town, a constant round of community events necessitated the preparation of foods. Celebratory gatherings, commemorations of historic festivals, feast days, plus family affairs such as wedding feasts and funeral breakfasts, ensured busy kitchen work. In urban areas, those who abided by visiting protocol made the rounds of Morning Calls, At Homes, and Afternoon Teas. Food played an important role at these affairs with dainty tidbits served at teas and substantial cakes reserved for larger functions. Conversation undoubtedly touched upon recipes as new temptations were ushered in. The following calling card, with a recipe written on the back, is perhaps a prime indication of the sort of chatter



occupying women during these social gatherings.⁶

Cut beef in 1" cubes
Put in casserole
Add 2 cups gravy
1/2 cup chopped celery
2 lbs finely " carrots
1 onion - (thin slices)
1 cup of Tomatoes
1/2 cup Worcester's sauce
1/2 tsp salt & pepper
cover & bake 1/2 hr.
Then add 1/2 cup
of peas & 1/2 cup of
mushrooms.
1 cup potato cubes -
cover cook - 30 min.

Beef Casserole recipe on the back of Miss Jeffery's calling card

Since the very beginning, women's magazines and newspapers have provided information about food preparation. And, as literacy amongst women increased, more and more food topics were addressed. Women became occupied in clipping and sticking, as newspapers vied for subscriptions by offering advice, along with columns of recipes from experts. So it came to pass that these old handwritten collections often became stuffed to the brim with later additions, namely carefully harvested snippets of newsprint, touting recipes that promised to succeed.

Early Canadian newspapers, certainly from the 1840s onwards, generally included anonymous recipes, frequently reproduced from British and American newspapers. But, by the early 20th century, Canadian housewives had an assortment of newspaper food writers from whom to choose. By the 1920s and 30s, writers such as Ann Adam of *The Mail and Empire* and Marie Holmes of the *Toronto Daily Star*, both pseudonyms, had gained celebrity status. Besides recipes, they occasionally addressed the history of particular

foods along with changes in preparation methods and ingredients. Each community had its equivalent writer. Our legacy from this era comes in stacks of carefully clipped newsprint. Most, perhaps, saved out of habit. A certain romance shines through as we explore these old collections. To my mind, there is something rather idyllic and blissfully comforting in visualizing these women of long ago, perhaps after a long day's work, carefully adding to their inventories of culinary delights by the light of the fire or kerosene lamp, always with the aim of providing satisfying and nutritious meals for their families.

There is, of course, something highly tantalizing about the prospect of trying new and promising recipes. Just as we today fall into the temptation of hoarding recipes from magazines, squirreling them away with a view to trying them someday, so too did the women of yesteryear. But gems do

surface, evident by pencilled notes along margins, comments such as, "really good beef recipe" – a few simple words validating this pastime of newsprint-clipping. And the end result was surely that women in general achieved a higher degree of competence in those kitchens of long ago, and perhaps a greater willingness to be adventurous about trying out new produce and products.

¹ A Daily Log 1920, Toronto, containing handwritten recipes in Author's collection.

² Account Book containing recipes compiled by Miss Louisa Mason, possibly of London, Ontario, c. 1920, in Author's collection.

³ Author's collection, inherited from Ryan Taylor.

⁴ A ledger containing recipes of c. 1925, also including accounts relating to Breslau Hall in Woolwich Township, Waterloo Region, in Author's collection.

⁵ Collection of Norma Huber, Kitchener.

⁶ Author's collection, inherited from Ryan Taylor.

First Spring Delights

Margaret Lyons

Margaret grew up on a market garden farm in Mission, B.C., in the 1920s.

Some look for snowdrops or early crocuses. But I recall my grandmother's salad of bright pink forced rhubarb, ready in late January. On her farm, the fat stalks went to market, but the pencil thin rejects were for our salads, cut into two-inch pieces, blanched, and dressed with vinegar, a pinch of sugar, and a dash of soy sauce. By early spring we had had enough of root cellar cabbage and nappa. Japanese sauerkraut had become too salty and sour, and pickled radish was no substitute for something fresh.

By March, we looked for fresh dandelion leaves before they became dark, coarse and bitter. They had to be blanched, the water changed to rid it of bitterness and brought to a boil a second time, and the leaves plunged into cold water to stay bright green. Colt's foot didn't need a water change, but the squeezed leaves were rolled into tight logs, cut into one-inch lengths, arranged on a plate, sprinkled with ground roasted sesame seed, and usually doused with soy sauce. This was our early spring oshitashi, the classic Japanese cold leafy-green side dish. In April, I followed grandmother into vacant meadows for the bracken shoots that looked like woolly pale purple-gray fiddleheads on stalks, but which were gathered while tightly coiled or they were tough and bitter. These too were blanched and served cold with sesame seeds.

My grandmother had never heard of Nicholas Culpepper's 17th-century dandelion prescription for clearing the gall, liver and spleen, which "openeth the passages of urine both in young and old; [and] powerfully cleanseth imposthumes and inward ulcers in the urinary passages." Colt's foot extracts are good for coughs and agues; a poultice from its boiled water relieves hot swellings and "the burning heat of the piles, or privy parts." About bracken, he advised burning the mature plants, "the smoke driveth away serpents, gnats and other noisome creatures," but he warns that it causeth barrenness.¹ I cannot remember any herbal remedies from my grandmother's traditions – perhaps they were unsuitable for young ears.

¹ *Culpepper's Complete Herbal*, Chartwell Books Inc., New Jersey, 1985.

Holdsworth House, c. 1784, in Digby, Nova Scotia

Margaret Gray

Margaret owns Bayview Clipper Hair Experts in Toronto, and has recently become a Bed and Breakfast operator in Digby, Nova Scotia. Toronto has been her home for the past 19 years, but she returns to Nova Scotia annually during the summer months.

A summer's day, August 1998. We were visiting friends and family in Digby. It was a beautiful day in this shore town on the Bay of Fundy. The sky was so clear, if you closed your eyes, you could almost smell the blueness.

That day, driving past 36 Carleton Street, we noticed a weather-beaten "For Sale" sign. Tony (now my husband) and I decided to satisfy our curiosity and arrange a viewing of this seaside property. Since I grew up in the Digby area, I was familiar with the home, but didn't know a lot of the details regarding its history or current interior condition. Within a couple of hours, we found a real estate agent and gained access. Pushing open the front door and entering the central hallway, I could instantly tell that fresh air hadn't made its way into these rooms in quite some time.



Margaret Gray in her c. 1784 kitchen

(Photograph courtesy of Andre Gagnon)

At the end of this hallway was the kitchen – a large room with a pantry off to one side and a 1920s wood cookstove sitting prominently askew, with the stovepipe suspended from the ceiling not quite finding its mark. An open door revealed a staircase leading to rooms above. Ascending the stairs, very cautiously I might

add, I ended atop the kitchen in two dusty, unkempt rooms filled with old travel trunks, rugs and stuff. Rising up through the 12-inch floorboards was a monolith of brick chimney reaching to the ceiling rafters.

My imagination went into overdrive. What lies behind the kitchen wall, behind the layers of drywall, plaster and bad wallpaper? Discovering where my thoughts were taking me, I knew this house needed me to own it. After three days of negotiating, I had a brand new 216-year-old home. When the time came to start the restoration I was more than anxious to swing the sledgehammer. When the drywall came tumbling down from the north kitchen wall, I stood in awe. The two-century-old majesty was completely intact, including the brick bread oven. The fireplace and oven bricks were dismantled, cleaned, and re-used in the reconstruction. With the help of family, friends and local craftspeople, I have a beautifully restored 18th-century home filled with warmth and love provided by the brick soul of the kitchen. Over the past few years, I have been practising the art of open-hearth cooking. I have left in my wake a share of over- and under-done fare.

This July, the Holdsworth House will operate as a bed and breakfast. I believe it is the only one of its kind in Canada. Guests will experience life first-hand as it once was in the 18th century. And in conjunction with the 225th Anniversary of the Loyalists' arrival Holdsworth House is hosting A Day in the Life of the Loyalist on July 11–13.

I would like to thank some of the people who shared my vision in restoring this neglected piece of Canadian architectural history: my parents, Dorothy and John Gray, Laurie Gagnon and family, Freda Bond and family, Johnny Gray, Aralee Green (Hattie) and family, and Rodney Haight. Last, and by no means least, my husband Tony, for being my foundation of support and love.

Margaret's Molasses Doughnuts

1¾ cups flour or just enough more to make dough not too sticky

1 tsp soda	1 egg
1 tsp salt	¼ cup brown sugar
½ tsp ginger	½ cup sour milk
½ tsp nutmeg	½ cup molasses

Sift all dry ingredients together. Whisk together egg and brown sugar. Whisk this mixture into sour milk, then whisk in molasses. Mix into dry ingredients, adding more flour if needed. Shape pieces of dough into ½-inch diameter “logs,” pressing ends together to form doughnut. After making several, deep-fry in hot fat, turning once. Makes about 2 dozen.

Does anyone else know of a similar Bed and Breakfast business in Canada? If so, please inform the Editor at fionalucas@rogers.com for inclusion in a future issue.

Holdsworth House

36 Carleton Street
Digby, Nova Scotia

www.holdsworthhousebandb.com

Reservations: 1 866 643-1784

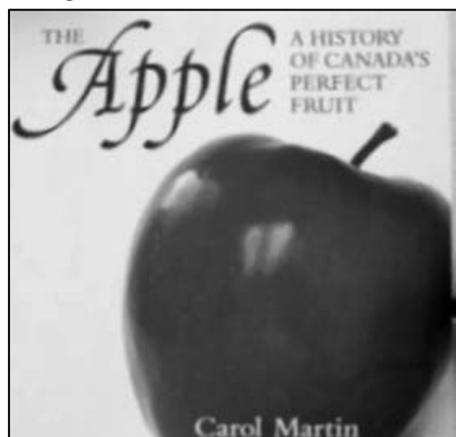
Book Review: *The Apple*

Peter Iveson

Peter is a long-time member of CHO, a garden writer, and a permanent gardener for the City of Toronto.

The Apple, A History of Canada's Perfect Fruit, Carol Martin, Toronto: McArthur & Co., 2007. ISBN 978-1-55278-679-6, 160 pp, \$24.95.

This delightfully illustrated little book is an excellent addition to any culinary historian's library. The apple is the only fruit with so many different varieties. The origins of our modern apple are traced from Kazakhstan through Greek and Roman times to 16th-century France and finally to 18th-century Britain. McIntosh's



wonderful discovery of the Ontario apple that bears his name revolutionized the apple industry. I didn't know about Alexander Stevenson, the “Apple King” of Manitoba, or the 1890s irrigation systems of Lord Aberdeen's Coldstream Ranch, which began the modern fruit industry in the Okanagan Valley, British Columbia.

“The Proof is in the Eating” is the final chapter. How many of us pay attention to the small sticky label on each apple? I don't. Four digits indicate a conventionally grown apple, five beginning with “9” identify it as organically grown, and five with “8” means the fruit has been genetically modified.

Interspersed throughout the book are recipes by famous cooks, such as Apple Dumplings by Mrs Glasse, Croquants aux Pommes by Mme Jehane Benoit in chapter two, “The Orchards of New France and Quebec,” and Apple Pandowdy from old Prince Edward Island kitchens in chapter five on apple history in the Maritimes. Stuffed Apples with Pork, an old German treat from Edna Staebler's *Food That Really Schmecks*, made me go out and buy a pork roast and a bag of McIntoshes.

Carol Martin is a former publisher, editor, and publishing officer with the Canada Council. She works from her home in Thomasburg, Ontario. Her previous books include *A History of Canadian Gardening*, *Catharine Parr Traill: Backwoods Pioneer*, and *Martha Black: Goldrush Pioneer*.

CHO Program Review: “Mad for Marmalade, Crazy for Citron!”

Liz Driver

Liz Driver served as CHO's President from 2003 to 2007. She is thoroughly enjoying her new position as Past President and Program Chair.

February is marmalade month. Why? Because it's citrus season in warmer climates, far from Canada's snowy geography. This year Mya Sangster, CHO Program Committee member and Lead Volunteer Historic Cook at Fort York, suggested that we gather at Fort York for a special marmalade event, which took place on February 23, 2008. CHO members seem to have a special passion for this confection. We are “Mad for Marmalade” and an eccentric few are “Crazy for Citron!”

Upon arrival, we organized ourselves in three groups, each assigned to a recipe (reprinted on the next page). Most marmalade recipes call for cutting up the fruit the day before cooking, then soaking the peel overnight to draw out the pectin. Our challenge was to find recipes that could be made in one day, so that everyone would share in the labour. Many hands make light work of chopping peel, which can be an onerous task when done alone.

Mya selected a recipe from her favourite 18th-century English culinary author, Hannah Glasse. She supplied the bitter Sicilian oranges, picked fresh from her own tree, which thrives through



**Lydia Robertson and Heather Davis
stirring marmalade**

(All photographs courtesy Mya Sangster)

the winter in a glass house attached to her Toronto residence. The recipe was cooked, as Glasse would have done, in a cauldron, over a hearth fire. I selected two recipes from *The Home Cook Book*, Canada's first community cookbook, which saw thousands of copies widely distributed from 1877 to 1929. For the marmalade recipe, we used Mya's Sicilian oranges, plus “common” oranges and lemons purchased from an Asian greengrocer because it was much cheaper than buying from a regular grocery store; for the other recipe, we used red-seeded citrons harvested by CHO Treasurer Bob Wildfong from a Doon Heritage Crossroads garden in Kitchener and by Mary Williamson from her Toronto garden. This hardy fruit stores well through the winter.



Gary Draper stirring marmalade

It was important to get chopping and simmering the peel, but once our work was well underway, Mary Williamson shared with us some essential marmalade lore, including its special place in Canadian food history. As Mary related, marmalade's origins go back to Portuguese quince paste, called “marmelada,” and beyond. (See C. Anne Wilson's *The Book of Marmalade*, London: Constable, 1985). Orange marmalade made from imported Spanish bitter oranges (“Seville”) became a favourite British spread,

and the Keillor family of Dundee, Scotland, were prominent, early producers, starting in the 18th century. Keillor remains an iconic brand of marmalade today. Mary found Canadian advertisements referring to the sale of marmalade going back to the early 19th century. Another of Mary's research coups was discovering that, in the 1830s, four of the seven Keillor children moved from Dundee to Canada, to escape an outbreak of cholera. One of these children, John Keillor, opened a confectionery store in Montreal, which also sold marmalade, which was customary for confectionery stores whose trade was based on sugar. By the late 19th century, cookbooks show Ontarians making many varieties of marmalade at home. Canadian cooks took great pride in their preserves, including Mary's relative, who won a prize for her marmalade in a World War II contest.

What was the most extraordinary marmalade connection at the workshop? We learned that workshop participant Heather Davis's grandmother, Janet Keillor Sturrock, was descended from the part of the Keillor marmalade family that stayed in Dundee. Janet emigrated to Canada in the early 20th century.

The workshop was such a success that next year we have determined to hold a full-day marmalade festival. Planning has begun.



Left and centre: marmalade and citron preserves from *Home Cook Book*; right: Hannah Glasse's dark marmalade

Thanks go to Mya for her inspiration, leadership, and Sicilian oranges; to Mary for sharing her research; and to Kim Mouldsdale for donating preserving jars.

To Make Orange Marmalade

Hannah Glasse, *The Art of Cookery Made Plain and Easy*, London, 1796

Take the clearest Seville oranges and cut them in two; take out all the pulp and juice into a pan, and pick all the skins and seeds out; boil the rinds in hard water till they are very tender, and change the water three times while they are boiling, and then pound them in a mortar, and put in the juice and pulp; put them in a preserving-pan, with double their weight of loaf-sugar, set it over a slow fire, boil gently forty minutes, put it into pots, cover it with brandy-paper, and tie it down close.

Orange Marmalade

The Home Cook Book, Toronto: Rose-Belford Publishing Co., 1878, p 243, but appearing earlier in *The Home Cook Book of Chicago*, Chicago: J. Fred Waggoner, 1876.

Mrs J. Young Scammon

One dozen Seville oranges, one dozen common oranges, one dozen lemons; boil the oranges and lemons whole in water for five hours; scoop out the inside, removing the seeds; cut the peel into thin slices with a knife, and add to every pound of pulp and peel a pint of water and two pounds of sugar. Boil twenty minutes.

Citron Preserves

Carter

Cut the citron in thin slices, boil in water with a small piece of alum until clear and tender, then rinse in cold water. Make a syrup of three-fourths pound of sugar to a pound of citron; boil a piece of ginger in the syrup; then pour the citron in and let it boil for a few minutes. Put in one lemon to five of the fruit.

CHO Program Review: “Hannah Glasse: Tribute to a Remarkable Cookbook Author”

Kim Mouldsdale

Kim is a Volunteer Historic Cook at Spadina Museum: Historic House and Gardens, one of the sites operated by Toronto Culture.

I am a Volunteer Historic Cook at Spadina, and also proud and pleased to be an active member of the Culinary Historians of Ontario (CHO). I have met many wonderful people who share my love of anything to do with culinary history. The familiar saying “too many cooks spoil the broth” is not true when everyone gets together at an event! I was honoured when asked to write a review of this day, which was a combined effort between CHO and Fort York National Historic Site.

On Saturday, March 8, 2008, during one of Toronto’s biggest snowstorms this year, over 30 people still came out to Fort York to celebrate the 300th birthday of Hannah Glasse, author of three cookbooks, including the most successful one of the 18th century, *The Art of Cookery Made Plain and Easy* (London: 1747). Coincidentally and appropriately, the date was also International Women’s Day. So many people worked to make the day a success and it was! As long as public transit was running, members were not deterred by the weather.

Our first stop was the 1826 officers’ dinner kitchen. Volunteer Historic Cooks Mya Sangster, John Hammond and Ellen Johnstone had already prepared salmon with nutmeg in paper packets; puff pastry (ice water, butter, egg yolk) for a delicious Onion Pie (onion, potatoes, apples, hard-boiled eggs) and melt-in-your-mouth Almond Pudding. There was also a pork roast cooking on the open hearth. “Snacks” included Great Cake and Mince Tarts. All recipes were from *The Art of Cookery*. Guests were invited to help with the activities by rolling pastry, grinding almonds, and whipping egg whites. There was also Hannah Glasse marmalade served with Wigs (yeast cakes from the Dutch word for wedge).

The second stop was the Blue Barracks. Fiona Lucas gave a wonderful talk about Hannah, her life and times, and her rise to “superstardom.” It was



Mya Sangster and participant Heather Thomson wrapping a pudding

(Photograph courtesy of Mary F. Williamson)

obvious that Fiona had done a lot of thorough research about Hannah, who was a dressmaker as well as an author, and who became an entrepreneur out of financial necessity. Unfortunately, Bridget Wranich of Fort York, who had created an illustrated presentation on her long experience of cooking with Hannah’s recipes, was unable to attend. Cookbook collector Mary Williamson delighted the group by showing two original Glasse books and telling a short story about the “Canadian connection” to Hannah Glasse. [See next page.] Mary also provided copies of a 1920s article from *Saturday Night* perpetuating the myth that Hannah Glasse was not a real person and had never existed! Thank yous were extended to those who worked hard to make the day fun and enjoyable, particularly Mya Sangster, whose idea it was to honour this remarkable woman.

Lunch was also prepared with recipes from Hannah’s cookbook and included: Chicken Pie, Potato Pancakes, Paco-Lilla (pickles with carrot and cauliflower); Cheshire cheese, and miniature Portugal Cakes. Thank you to everyone who

helped prepare these tasty treats! (Rosemary Kovac, Joan Derblich, Joan Moore; and Mya, John and Ellen). After lunch, many sat and talked and shared information in small groups, while ongoing cooking demonstrations and more food were in the officers' kitchen. No one cared about the weather! But our feasting wasn't over: the Onion Pie was baked, the pork was roasted, and the Wigs cut into wedges to accompany the pork. The Almond

Pudding was simply decadent. We spent another half hour hovering over the tables, eating, talking and having a wonderful time.

I can't think of a better way to spend a cold, snowy Saturday in Toronto eating good food with good friends in celebrating an extraordinary woman. Many thanks to everyone who made this day a wonderful success.

Historical glimpses in Canada of *The Art of Cookery Made Plain and Easy*

Mary F. Williamson

Mary is a collector of rare and antiquarian cookbooks, who frequently writes on Canadian culinary history.

When Hannah Glasse died in 1770 Canada did not yet figure on a map, but in that year we begin to see editions of *The Art of Cookery* for sale in bookstores in Halifax, Montreal and Quebec City. Robert Fletcher, a Halifax printer and bookseller, advertised "Glass's Complete Art of Cookery" in 1770 for 12 shillings and 7 pence, a fairly steep price for the time. John Neilson, a bookseller in Quebec City, had copies in 1800. Like most booksellers in the Canadas, Neilson advised his suppliers that he preferred cheaper American editions if these existed, however the first American edition did not appear until 1805. By 1820, Mrs Glasse was thought to be old-fashioned, and booksellers in the British American colonies had dropped *The Art of Cookery* in favour of Mrs Rundell, William Kitchener, Colin Mackenzie, Louis Ude, and Amelia Simmons.

When it first appeared in 1747, *The Art of Cookery* was attributed simply to "A Lady," but by the fourth edition in 1751 the author was named. Still, the lady was an enigma, and for 150 years after her death she was generally assumed to be a total fiction. A writer in the December 11, 1920, issue of *Saturday Night* (Toronto) repeated at some length the old canard that the cookbook was really authored by a Dr Hill to whom it brought "great wealth." Edward Dilly, a contemporary of Hill, had written that "Mrs. Glasse's cookery, which is the best, was written by Dr. Hill, and half the trade know it." The attribution to pharmacist John Hill surfaced soon after Hannah's death and was

sustained until 1938 when the anonymous "A Lady" was properly identified by M.H. Dodds. For the full biography of Hannah Glasse see her entry in the *Oxford Dictionary of National Biography*, which is available online through subscribing libraries.

Recipes from *The Art of Cookery* undoubtedly were reproduced in Canada, but it would be difficult to determine their influence. A late 18th-century cookery manuscript owned by Library and Archives Canada (RG5-A-1, Civil Secretary's Correspondence, Upper Canada Sundries, pp 137811-37) contains one page devoted to a transcription of the title page of an early edition of Mrs Glasse. At least a few of its recipes – e.g., Muffins, Oatcakes, Water-Soakey, and To Dress a Goose in Ragoo – have been copied into the manuscript with the usual slight changes. It is thought that the manuscript was brought from England to Canada by an immigrant family.

Finally, anyone with a special interest in Hannah Glasse should visit the Thomas Fisher Rare Book Library, University of Toronto, which owns the unique 1747 folio edition of *The Art of Cookery*. This copy was treated in its time as a kind of archive, and therefore not exposed to stains and spattering in the kitchen. The pages are interleaved with blank sheets of paper to which have been affixed dozens of manuscript recipes, some in 17th-century hands. Truly a worthy object of future research by a culinary historian.

CHO Upcoming Events

MARK THESE EVENTS IN YOUR DIARY NOW!

May 2008

CHO's annual spring lecture, in partnership with the Ontario Historical Society:

**A lecture with Leslie Howsam:
RECIPES REVISED: 19th-CENTURY
EDITIONS OF MRS BEETON'S *BOOK OF
HOUSEHOLD MANAGEMENT***

Ontario Historical Society

John McKenzie House

34 Parkview Ave, Willowdale

416 226-9011, ohs@ontariohistoricalsociety.ca

Tuesday, May 6, 7 pm

Leslie Howsam will discuss how Isabella Beeton's books morphed through the 19th century, while retaining her name and solidifying her image. Howsam is University Professor in the Department of History at the University of Windsor. She specializes in the history of books and authorship, publishing and reading – including cookery books, bibles and scientific books. An article called "Food For Thought" about Beeton's *Book of Household Management* appeared in the magazine *Rare Book Review* in April 2004. She is President of the Canadian Association for the Study of Book Culture and General Editor of the University of Toronto Press series *Studies in Book and Print Culture*.

\$10 CHO and OHS members; \$12 non-members. Includes refreshments made from Beeton's recipes. Cash payment at the door. Pre-registration is advised: 416 226-9011 or ohs@ontariohistoricalsociety.ca

June 2008

TEA FIT FOR THE KINGS

Woodside National Historic Site, Kitchener

Saturday, June 14, 10:30 am to 4:30 pm

A partnership between CHO, Cuisine Canada, and Woodside. \$40, tickets purchased through Liaison College, Kitchener. For details contact Carrie Herzog at cherzog@uoguelph.ca.

**ANNUAL MEETING AND CONFERENCE:
Association for Living History, Farm and
Agricultural Museums**

Canada Agricultural Museum, Ottawa, and Upper
Canada Village, Morrisburg

Sunday, June 22–Thursday, June 26

The conference theme is "Loyalty in Living History." CHO is contributing a presentation called "Canadian Food History 101: Compare and Contrast 1867 and 1967" – a dramatic mock class where participating members take on the roles of professor (Liz Driver) and students (Bob Wildfong, Fiona Lucas, Amy Scott, Maggie Newell) to compare and contrast agriculture, food, cookbooks, kitchen technology, and fashion, at two significant events in Canadian history, Confederation and Centennial. For conference information, see www.alhfam.org

July 2008

For CHO members only:

**SUMMER PICNIC IN PRINCE EDWARD
COUNTY**

Liz Driver's 1860 farm near Milford

Address and directions to be provided

**Saturday, July 26, 11 am, for lunch at 12:30;
overnight camping optional**

CHO members and their partners (and children) are invited to the First Annual CHO Summer Picnic in the County! Join fellow culinary historians for a potluck picnic, beverages provided. Enjoy the food and a summer afternoon exploring the 100-acre farm, barn, and outbuildings, about 2 hrs 45 mins east of Toronto. Consider stopping overnight (at a local B&B or camping at the farm) and visiting other favourite or undiscovered sites: Black River Cheese Factory, wineries, Sand Banks Provincial Park, local "secret" beaches, antique shops ... RSVP to Liz by 19 July: 416 691-4877 or liz.driver@sympatico.ca, indicating number attending and your potluck contribution. Liz will send farm address and directions.

September 2008

CHO AGM + APPLE-ICIOUS!

Montgomery's Inn Museum

4709 Dundas St W, Toronto

416 394-8113, montinn@toronto.ca

Saturday, September 13, Times TBA

CHO's AGM in the morning will be followed by a partnered event with Montgomery's Inn Museum and Slow Food Toronto, featuring an apple tasting led by CHO's Treasurer, Bob Wildfong, who is also Executive Director of Seeds of Diversity, and demonstrations and tastings of apple recipes prepared in the Inn's historic kitchen by the museum's Volunteer Historic Cooks. More information in July's newsletter.

October 2008

CHO in partnership with Montgomery's Inn Museum

A narrated slide show with Herb Kingston: "RIGHT TO YOUR FRONT DOOR": THE HOME DELIVERY BUSINESS OF MILK IN DAYS GONE BY

Montgomery's Inn Museum

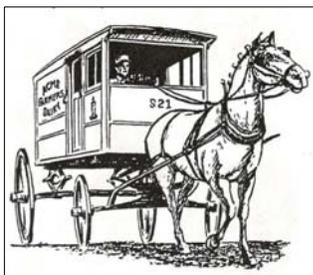
4709 Dundas St W, Toronto

416 394-8113, montinn@toronto.ca

Thursday, October 9, 7 pm



Herb Kingston used to help his Dad deliver milk in his horse and wagon for Blantyre Dairy. The grown-up Herb drove for Blantyre Dairy, Silver-



wood's Dairy and Simpson's department stores. Herb has an astonishing collection of photographs, stories and memories of

delivering groceries, particularly dairy products, to Toronto homes.

"Toronto's city council tried in 1935 to ban night delivery of milk, yet the by-law didn't pass. So, at 3 a.m. you could still hear the clip clop of old Nellie the milkman's horse, the steel wheels of her wagon, and the rattling of milk bottles in the milkman's 8-quart basket. But, every once and a while on a hot summer night when the windows were open to let in the breeze came a voice that yelled, 'Milkman, keep those bottles quiet!' It wasn't until September 1954 that the City passed a noise by-law which prevented milk delivery from starting before 7 a.m. Finally, my father got to work in daylight after thirty years of delivering milk."

\$10 CHO members and Friends of Etobicoke's Heritage; \$12 non-members. Cash payment at the door. Refreshments included. Pre-registration is advised: 416 394-8113 or montinn@toronto.ca.

November 2008

COOKBOOK CAPER

Ontario Historical Society

John McKenzie House

34 Parkview Ave, Willowdale

416 226-9011, ohs@ontariohistoricalsociety.ca

Sunday, 23 November, 1-4 pm

The Ontario Historical Society's annual cookbook sale features hundreds of old and new books and food magazines. Every year new treasures are available! For the sixth year CHO contributes to this popular fundraiser by offering a tearoom, where bargain hunters can relax with tea and delicious sweets. Donations of cookbooks or cooking equipment are appreciated and can be made throughout the year by contacting the OHS. Free admission.

February 2009

CHO in partnership with Fort York National Historic Site

MAD FOR MARMALADE, CRAZY FOR CITRON! – Back by Special Demand!

Fort York National Historic Site

100 Garrison Road (off Fleet Street, east of Strachan Ave, west of Bathurst St), Toronto

416 392-6907, fortyork@toronto.ca

Saturday, February 21, Times TBA

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 new contact information is 416 781-8153 or fionalucas@rogers.com.

Upcoming themes:	Summer 2008, Number 57 – Breakfast	Publication Date: August 1
	Autumn 2008, Number 58 – Rations in World War One and Two	Publication Date: November 1
	Winter 2009, Number 59 – Teaching Canadian Food History	Publication Date: February 1
	Spring 2009, Number 60 – Canadian Prairie Cuisine	Publication Date: May 1
	Summer 2009, Number 61 – The Challenges of Historical Cooking in Modern and Period Kitchens	Publication Date: August 1
	Autumn 2009, Number 62 – Vegetarianism in Canada	Publication Date: November 1
	Winter 2010, Number 63 – Cookbooks and Gender	Publication Date: February 1

Please contact the Editor if you wish to write on an upcoming theme, or to propose another.

Newsletter Committee: Fiona Lucas, Ed Lyons, Liz Driver, Eleanor Gasparik. For contributing to this issue, the Newsletter Committee thanks Mary Louise Drake, Liz Driver, Margaret Gray, Frances Hoffman, Peter Iveson, Margaret Lyons, Kim Mouldsdale, Felicity Pope, Mya Sangster, and Mary F. Williamson.

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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.

Membership year: January 1 to December 31

Website: www.culinaryhistorians.ca

Email: culinaryhistorians@uoguelph.ca

Webmaster: University of Guelph

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

2007–2009 Board: President: Fiona Lucas; Vice President: Amy Scott; Past President: Liz Driver; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Program Chair: Liz Driver; Newsletter Chair: Fiona Lucas; Membership Chair: Joan Moore; Electronic Resources Chair: Liz Driver; Outreach and Education Chair: Amy Scott.