

Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

SUMMER 2008 NUMBER 57



Tributes to Elizabeth Driver on the occasion of the publication of *Culinary Landmarks*

CHO publishes three tributes that recognize the extraordinary gift that Liz Driver has given to historical culinary scholarship in Canada, indeed internationally, with the much anticipated arrival of her *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*. See pages three to eight.

Liz is the new Curator of Campbell House Museum in Toronto. She is Past President Culinary Historians of Ontario and the current Chair of the Program Committee.

(Photograph courtesy of Nancy Rahija)

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President's Message

This issue of *Culinary Chronicles*, Number 57, is full of evidence of the growing interest in Canadian culinary history and the activities of CHO's members.

Foremost is the appearance of Liz Driver's long awaited *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949*. In appreciation for her efforts, three people have written tributes to her, and a book review. CHO will be hosting a symposium in Liz's honour next May, and we hope you'll be able to join us. See the announcement box below. In addition to the stellar *Culinary Landmarks*, so many books are now appearing that are either about an aspect of our food history or written by Canadian authors, that it's a challenge to keep up. We review seven books, and plan seven more for the autumn issue, due out on November 1. Two recent CHO programs are summarized here for those of you unable to attend, and more will appear in future issues. If you look at page nineteen you'll see seven notices of upcoming talks on some aspect of Canadian food history, four of them by CHO members.

ANNUAL GENERAL MEETING – Saturday, September 12, 10 am to 12 pm

I bring to your attention some items planned for the meeting. I hope you plan to join us! Please see the enclosed AGM agenda and Apple-icious flyer.

Silent Auction: Continuing the tradition started three years ago, we will have cookbooks available, this year from CHO member Gary Draper, who has kindly donated a large selection of community cookbooks. Please support CHO by bidding on treasures to add to your growing culinary collections.

New Honorary Member: The Board is pleased to say that another dedicated member, Mya Sangster, will become an Honorary Member of CHO, joining Mary Williamson and co-founder Bridget Wranich.

Two New Committees: The Board is thrilled to publicize the formation of two new committees that will help CHO continue to improve and expand. Formal announcements about the Advisory Committee and the Hamilton Program Committee will be made at the AGM.

Apple-icious: Partnering with Montgomery's Inn Museum, CHO's first autumn 2008 program will be all about apples. Bob Wildfong, our Treasurer, and also Executive Director of Seeds of Diversity, has a fascinating roadshow on unusual and heritage apple varieties that you'll be sure to want to taste. The Inn's Volunteer Historic Cooks will have tastes too, as part of their demonstrations in the old kitchen and the recently restored bake oven in the tearoom.

FIONA LUCAS, President of CHO, and Editor of *Culinary Chronicles*

Culinary Landmarks: A Symposium in Honour of Elizabeth Driver

May 1 to 3, 2009

- Friday, May 1:** *an evening reception featuring historical recipes*
Saturday, May 2: *speakers and panels discussing a wide variety of topics about Canadian cookbooks, keynote speaker: Liz Driver*
Sunday, May 3: *historical breakfast prepared on the hearth of Campbell House Museum*

University of Toronto campus and Campbell House Museum

A call for papers is being prepared

Revolutionary Bibliographer

Nathalie Cooke

Nathalie is Associate Dean of Arts Research and Graduate Studies at McGill University in Montreal. She is a member of CHO.

Until I met Liz in 2001, I was pretty sure I knew what a bibliographer was and did. As a graduate student at the University of Toronto and Cornell, I begrudgingly took the required and very unpopular course "Bibliography." I have also taught that course at McGill. Like those who taught it before me and to me, I questioned much: Do we need five style manuals? Won't the superlative and slim *Elements of Style* do? Why must surnames come before given names in citations? Shouldn't first names come first? Bibliographers, I suspected, were complicit in creating the very confusion they professed to demystify. I was to learn that I was very wrong.

When Bill New asked me to write the entry on "Canadian cookbooks and culture" for the *Canadian Encyclopedia*, I blithely accepted, naively thinking my work on Canadian literature would provide the necessary insight into that dauntingly ambitious title.

And that's where Liz comes in. I don't remember who suggested I contact her. It could have been any number of people because Liz has a vast network of friends and colleagues – including cookbook collectors and those from the worlds of kitchens, museums, and universities – all of whom have benefited from her generosity in sharing her knowledge.

Liz belies the typical image of the bibliographer by spending as much time outside the walls of the library as she does within, exploring private cookbook collections, testing old

recipes in kitchens with sundry stoves or open hearths – often dressed in period costume – always sharing her insights. In violation of the cardinal rule of bibliographers, particularly those with a healthy dose of self-interest, she has also chosen to study an infinite set of texts.

Liz has a soft spot for community cookbooks, which she believes provide rare insights into the communities that produced them and, therefore, into Canadian domestic history. Liz also believes cookbooks should be placed in the context of their production. Her *Culinary Landmarks* attempts, and achieves, the impossible: It places each cookbook chronologically and geographically in the province in which it was produced. Thanks to Liz, ask me about a cookbook and I can probably tell you its date and province of origin.



Liz Driver, left, with Alison Fryer of The Cookbook Store, June 7, 2008

(Photograph courtesy of The Cookbook Store)

Over the past few years, I have seen Liz engage audiences from Canada to Australia with a mix of precise information and provocative suggestions about fruitful avenues of further investigation, all delivered with an enthusiastic twinkle of things culinary in her eye. Canadian cookbooks have found their advocate. Liz has revolutionized the field. And I have been happily proven wrong.

Here's to Elizabeth Driver – in appreciation and with admiration.

A Bookseller's Homage

Jim Anderson

Jim is a writer and antiquarian bookseller in Winnipeg.

As an antiquarian bookseller in western Canada specializing in early Canadian cookbooks, I've known of Liz Driver's work on her definitive bibliography, *Culinary Landmarks*, for almost a decade. She contacted me as part of her research and, shortly thereafter, we began sharing information on scarce and rare publications I was acquiring for my business.

Bibliographers and booksellers are natural collaborators: the former need access to books in a chosen subject area; the latter need accurate bibliographical information to describe books offered for sale. As Liz discovered that previous Canadian bibliographers had largely ignored cookbooks, she was compelled to travel widely and contact an extensive range of informants for her detective work.

The daunting nature of her task is obvious: chronicling the Canadian cookery canon in two languages from ten provinces plus the territories through an immense span of time, especially given that most books of interest were never formally published, were often local in focus and distribution, and had been largely ignored by libraries and bibliographers.

Looking back recently over hundreds of emails Liz and I exchanged for the better part of ten years, I see how we both benefited from our shared interest. In return for providing her with information on, and sometimes loaning her, books I acquired, she graciously answered my questions about publication dates, editions, authors, food companies, kitchenware firms, and the like, thereby helping me describe and market books to Canadian libraries. While benefiting in a commercial sense, today I most recall the non-commercial sharing of information, our ideas and mutual fascination for the subject. Early on, Liz wrote me: "I think you have found, as I have, Canadian cookbooks to be enthralling for many reasons beyond the culinary."

I felt Liz was honouring countless Canadian

women who had spent most of their waking hours growing, harvesting, preserving, cooking, and serving food to their families, and to their communities at weddings, funerals, and other gatherings – often with little food to go around. Women like my mother, who was married at seventeen, raised eight children, and benefited from the grassroots recipe exchange women forged in her day. I still recall her *Blue Ribbon Cookbook* stuffed with yellowing clippings from the *Free Press Weekly*.

In those earlier generations, women's names appeared in print perhaps thrice in a lifetime: when they were born, when they married, and when they died. Liz offered them a fourth moment of recognition in print by rediscovering the old community cookbooks containing their favourite recipes, along with their names, and often an account of their town, church, women's league or chapter.

Liz's status as an independent scholar – one not driven by dreams of tenure or material ambition – also drew me to her project. Liz's grace, professionalism, and academic zeal earned her the enthusiastic support of legions of food writers, librarians, archivists, scholars, cookbook collectors, booksellers, entire university departments, not to mention her dedicated family. I heard many anecdotes of the amazing lengths they would all go to assist her. Good friend and supporter Mary Williamson, a retired fine arts bibliographer from York University, helped a lot, such as a search for the genealogical details of a key author in a Toronto cemetery. Ottawa librarian Peter Dechesne analyzed obscure typescript in a particularly puzzling cookbook to establish the approximate date it was published.

I'm pleased I was able to play a small part in contributing to Liz's impressive publication. It's been remarkable, unforgettable, to see the process up close. I'm convinced this book will be a major landmark for those who follow her lead in chronicling the culinary history of our country.

Canada's Pre-Eminent Culinary Historian

Fiona Lucas

Fiona is Co-Founder and current President of CHO, as well as being the Editor of Culinary Chronicles. Her career as an active culinary historian began at historic Fort York in Toronto 21 years ago, and she continues to work for Museum and Heritage Services of the City of Toronto. This piece is modified from the transcript of the talk she gave at the official launch of Culinary Landmarks on April 28, 2008.

I am delighted to be here on this occasion.

I first met Liz in the kitchen of the 1826 Officers' Brick Barracks at Fort York, about sixteen years ago. I was teaching a cooking class using recipes from the Fort's collection of 18th and early 19th century cookbooks in an appropriate setting over fires in the brick hearth and oven. Liz was a participant. I think the class theme was "Elegant Desserts," which included a fancy 1801 Trifle and an 1826 Apple Charlotte.

I recall a conversation about historic and modern differences between almond extract and almond essence, the kind of esoteric topic that true culinary historians delight in. We've been having such conversations ever since, I'm delighted to say. Liz is indeed a true culinary historian. Carl Spadoni of McMaster University, President of the Bibliographical Society of Canada, called her Canada's pre-eminent culinary historian during his address at the Tremaine Medal presentation.¹ All of us would concur; and the evidence is this remarkable feat of scholarship, *Culinary Landmarks*.

Liz came to that long-ago class to learn some first-hand hearth cooking skills to help her understand the old recipes. She had already embarked on the cookbook bibliography that we're celebrating today, all these years later. None of us in that class understood the monumental task she'd undertaken. Liz probably didn't either. One reason it took so long is Liz's exemplary attention to detail while researching, her persistence in finding the story, not just in the libraries and archives but in the homes and kitchens of Canadians – not to mention the many people who constantly appeared with yet another cookbook for her to investigate.

Liz has been a part of CHO since the beginning – spring 1994, fourteen years ago. When, as a

grassroots organization, we'd grown confident enough to elect an honest-to-goodness Board, she became the first President, and held that office for four years. She led CHO forward with vigour, for example by starting to expand our membership Canada-wide, rather than just in Ontario. She has been my friend, my fellow CHO Board member, my copy editor, and my fellow culinary historian for these past many years.

Liz: On behalf of your fellow CHO Board members and the general membership, of other culinary researchers and historians everywhere, not just in Canada, and of the community of people who will be using this remarkable resource for many years to come, thank you for creating this outstanding bibliography, and for all the intensity, passion, innovation, and thoughtfulness that went into its compilation.

One last thing: I would like to announce that a symposium in Liz's honour will occur next spring, hosted by CHO, called, appropriately enough and with Liz's permission: "Culinary Landmarks." The symposium will be about this wondrously fascinating topic of Canadian cookbooks. Planning has begun, and I hope that many of you will be interested in attending. We'll let you know once major details are set, so you can put it on your calendar for spring 2009.

Culinary Landmarks: A Symposium in Honour of Elizabeth Driver

Friday May 1 to Sunday May 3, 2009

**University of Toronto campus and
Campbell House Museum**

¹ To read Spadoni's presentation of the Medal on behalf of the Bibliographical Society and Liz's acceptance, see *Papers of the Bibliographical Society*, Fall 2007, pp 193–197.

Book Review: *Culinary Landmarks*

Fiona Lucas

As a Canadian food historian, Fiona is overjoyed to have Culinary Landmarks in her library.

Elizaabeth Driver, *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*, Toronto: University of Toronto Press, 2008. ISBN 978-0-8020-4790-8, 1,257 pp, illustrated, \$185.

About a decade and a half in the making, *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*, has been received into the eagerly waiting arms of culinary researchers everywhere. And what a legacy Elizabeth Driver has created! How will anyone every match it for quality, precision and sheer scope in Canadian food history studies? No one can now dismiss Canadian cookbooks as inconsequential or as a minor element in our national literature.

Liz set out to “map the publishing history of the [cook]books and to identify the most significant works,” and in so doing she has succeeded in proving that “cookbooks and their authors [are] an incontrovertible part of Canada’s literary history” (p xvii). Their ordinariness in the family kitchen made them virtually invisible as a genre, which is precisely why they are essential for understanding our daily life, and are, thus, cultural building blocks. Food and how to prepare it, and therefore recipes and cookbooks, are at the heart of every family’s uniqueness, every region’s sense of self, every ethnic group’s persistent nature, every country’s identity. *Culinary Landmarks* will be required reading for any Canadian food-related research question. Researchers on thematic missions will save time and attain higher quality investigations because of this tome’s major and essential groundwork.

This is a big book, metaphorically and at six cm thick and 1,257 pages long, literally. Preceding the 2,276 titles in the individual bibliographic entries are 65 introductory pages. First is a graceful foreword by the late Alan Davidson, founder of the venerable Oxford Symposium on

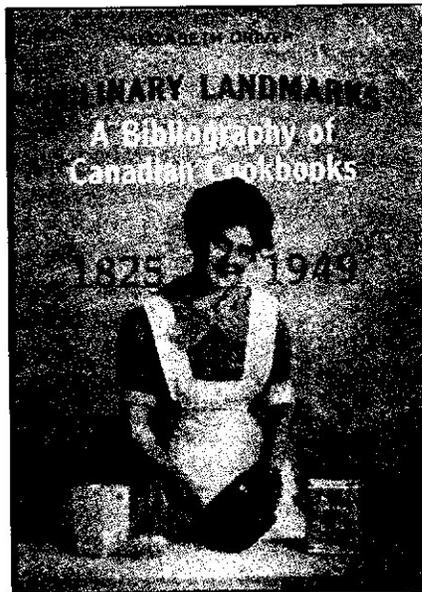
Food and Cookery, who points out that that unlike earlier bibliographies that list cookbooks as artifacts, this one contextualizes the artifacts as evidence of lives lived. Liz’s acknowledgements follow. At six pages – the longest I’ve ever seen – they reveal the collaboration behind this huge undertaking. Assistance came from curators,

librarians, archivists, home economists, professors, food historians, publishers, private collectors, booksellers, authors’ descendants, translators, other bibliographers ... it’s a fascinating roll of folks attracted to cookbooks and the treasures therein.

The heart of Liz’s introductory matter is an essay, “The Evolution of the Genre in Canada,” a summary of the national historical sweep of Canadian cookbooks: how they reflect women’s lives, our food practices, and ethnic awareness; how they stand as touchstones

for the histories of manufacturing, philanthropy, agricultural advances, and more. This splendid essay is followed by a chronology of important dates. And then forty (!) columns of abbreviations on the many book locations and the secondary reference materials. The front matter closes with five maps pinpointing the dozens of towns that have as few as one and as many as twenty or more cookbooks to their name.

The bibliography itself is arranged geographically by province from east to west, and then chronologically within each province, followed by a few books published in other countries. Each province has one or two representative recipes and its own overview essay which addresses similar themes for comparison, for example, drugstore almanacs,



school textbooks, department of agriculture publications, male chefs as authors, and ethnic representation. Additional essays, of varying lengths, offer explanations of a book's strength and significance, mini author biographies and corporate histories.

At the back are four indexes: subject, place of publication, name and short title. Who knew so many Canadian cookbooks were titled *Tested Recipes*? And that doesn't include its variants, like *Tested Recipes and Kitchen Lore* (B102). I smiled at the frequency of alliterative titles, for example, *Clever Cooking for Careful Cooks* (Q21) and *Dainty Desserts for Dainty People* (Q69). Fifty-one photographs of excellent quality are tucked into the volume's centre.

Liz Driver is an experienced bibliographer, having previously published *Bibliography of Cookery Books Published in Britain 1875-1914* (1989). She has also collaborated with Whitecap Books in Vancouver by writing introductions to seven titles in the Classic Canadian Cookbook series, and has authored numerous essays for academic journals, and, of course, various short pieces over the years to CHO's newsletter. She shares her knowledge generously, as I know since I have been a beneficiary. Her research is impeccable, her assessments authoritative, her comments precise – the irritatingly relentless claim, for example, that *The Cook Not Mad* was Canada's first cookbook, is trounced: it "is more accurate to describe it as the first English-language cookbook bearing a Canadian imprint" (p 286). As a detail-oriented person, I have for years been awed by Liz's keen and tenacious eye for historical and editorial detail. If you didn't realize how important the tiniest detail is in determining each edition's provenance and credentials, then you sure will after using this volume.

But this is not just a statistical analysis of our cookbooks. It's stories about real people and places. I learned about Jessie Read, food columnist for the *Toronto Evening Telegram* in the 1930s, who in 1936 stared in the "first cooking school talking picture to be made in Canada" (p 771), but died before she could become an early culinary celebrity. I discovered Mother Superior Caron of Montreal's Institute of Providence, whose biographer said she furnished

the convent with "old cracked irons stoves, mended kitchen-ware, and ... even discarded razors converted into use for table knives" because "she was always on her guard against excessive comfort" (p 98). For her, the flames under the saucepans were reminders of the flames of hell! The women of each isolated community and urban downtown, each church and charity group, each region, are the dramatis personae of a lively narrative energizing the potentially dry bibliography.



Jessie Read

Though I'm familiar with the field, there were many surprises, for instance, that *La cuisiniere canadienne* (Q3) went through as many as twelve editions between May 1840, when it was published as the first French-language cookbook written in Quebec, to the late 1920s. Clearly it met a need. It would be fascinating, however, to examine each edition minutely to see how its changes reflected, denied or influenced Quebecois culinary trends. Similarly, a close comparison between the *Five Roses Cookbook* and *La cuisiniere Five Roses* (1913, 1915, 1939) (Q79) "would illuminate the differences between the two cultures" (p139). The small corpus of French-language cookbooks "provides a remedy for anyone wishing to pursue similar questions in Canadian food history" (p 80). Equally, this could be undertaken with the multiple editions of other cookbooks. How were these books used in Canadian homes through the years and across the regions, especially in comparison to the food columns of daily newspapers and monthly women's magazines, namely *Chatelaine* and its American counterparts read in Canada? Just what was the route Mrs McMaster's Carrot Pudding took from *The Home Cook Book* (1877) (O20) to becoming "the classic Christmas dish in English Canada" (p 323)? What do the four Ontario and one British Columbia books of Halloween recipes have in common and how do they foreshadow today's popular commercialized customs? More Jewish people lived in Ontario than Manitoba, but

how is that the Manitoba Jewish women produced fourteen cookbooks to Ontario's four? How did the arrival and dispersal of new ingredients like Cottonlene shortening and the rival brands of baking powder, both supported by brand-name recipes, alter our baking preferences? Unravelling these fascinating intricate knots and untold others is made easier by having each title and its editions identified, dated, minutely described and, in many cases, closely assessed. Most important, stopping *Culinary Landmarks* at 1949 begs answers about the sixty years of cookbooks since then; perhaps there are scholars out there willing to tackle bibliographies of one decade each?! And in my dreams I see a similar bibliography for unpublished manuscripts of handwritten recipes held in private and archival collections.

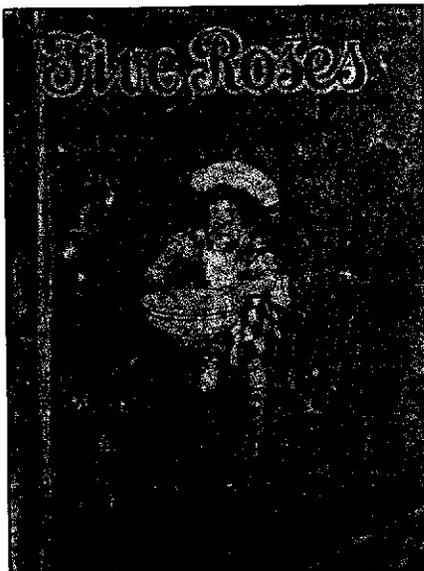
In accumulating this compendium, Liz gleaned publishing history and foodways patterns that would have been harder to detect otherwise, and would certainly have taken longer to disseminate in other ways. She's able to correct both minor misunderstandings, such as the founding date of the Blue Ribbon Company, which published a very popular self-named book (M71), and alert researchers to serious mistakes, most notably that community cookbooks were an American phenomenon, not a Canadian one. In Ontario alone up until 1949, Liz found 507 of them, with presumptions of more. Of community cookbooks, also known as fundraising and charity cookbooks, she says "their importance within Canadian cookbook publishing, or, indeed, within the

context of Canadian print culture generally, remains to be investigated" (p xxvi). Interestingly, between 1888 and 1949, English Quebecers compiled 58 fundraisers, but the quebecoises did not, probably due to the Catholic Church's restrictive influence: an intriguing topic.

As many of you know, Liz's writing style is literate and elegant, and a pleasure to read. She writes with clarity and passion, and with an ease achieved from many years' familiarity with her enormous topic. I do have two stylistic quibbles, however. I found many paragraphs to be infuriatingly and distractingly long, and, a personable foible, I dislike parentheses when commas or conjunctions could be used instead or a sentence recast. But her indexes and cross-referencing are exemplary.

I've not done it yet, but I'm looking forward to matching my own extensive collection of pre-1950 Canadian cookbooks to the editions in *Culinary Chronicles* in order to checkmark the ones I have and pencil Liz's identification numbers onto the upper right corner of the inside covers. I imagine other bibliographies will be marked with the owner's idiosyncratic marginalia. Like other collectors, curators, researchers, librarians and archivists, I want to establish the editions I own, such as my three different copies of *Ogilvie's Book for a Cook* (Q55) that are all marked 1905, even though it had incarnations up until 1931. By the way, I was surprised to learn it's "a recycled American text" (p xxvi). From

now on, Canadian cookbooks from 1825 to 1949 will be identified by their Driver number. And that's a permanent legacy Elizabeth Driver's *Culinary Landmarks* has bequeathed to Canadian historical food studies.



English and French front covers of the *Five Roses* cookbooks from the Montreal-based flour company

(Images from *Culinary Landmarks*)

Dean Tudor's Book Reviews

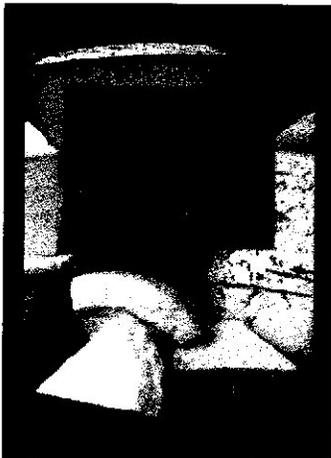
CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University; his wine and food reviews can be accessed at <www.deantudor.com>.

Gurth Pretty, *The Definitive Guide to Canadian Artisanal Cheese*, Vancouver: Whitecap Books, 2006. ISBN 978-1-55285-760-1, 352 pp, \$29.95.

Gurth Pretty, a Canadian professional chef who has worked in many kitchens around the world, is also now a food writer of books and articles. He covers over 1700 cheeses from about 150 producers in eight provinces. Quebec, naturally, has the most with 74, followed by Ontario (24) and BC (15). He didn't get around to everybody, and there is a short list of some 17 fromageries with just names and addresses. The others all have necessary contact information, hours of opening, pictures of labels and the cheeses, type of milk used, type of cheeses produced, where to buy it, local attractions to visit, and other tourist data. He begins with basic info on the evolution of the Canadian cheese industry, plus how to deal with cheese at home, and concludes with thirty basic recipes which use cheese. At the back there are a glossary, a bibliography, and multiple indexes by cheese name, by type of milk, and by recipe. So the book is part tour guide, part industry directory, and part cookbook.

Audience: cheese lovers everywhere, reference libraries.

Some interesting or unusual recipes: Garlic Oka Gratinée Soup; Portuguese Corvo Cornbread



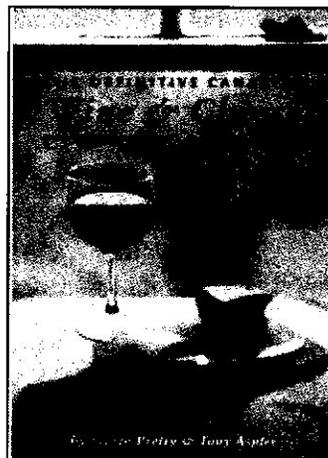
Up side to this book: He has both Imperial and metric measurements for each ingredient.

Gurth Pretty and Tony Aspler, *The Definitive Canadian Wine and Cheese Cookbook*, Vancouver: Whitecap Books, 2007. ISBN 978-1-55285-896-7, 240 pp, \$35.

Chef-writer Gurth Pretty and wine-writer Tony Aspler are both well-known to Canadian food and wine people. This is Pretty's second book on cheese, but it delves into more international types. The basics of milk types, pasteurized and raw, buying, storing, and serving are covered. He describes how to make a great cheese board. Aspler addresses the principles of wine and cheese matching. The wine and cheese charts pair Canadian cheese and Canadian wine, and international pairings. Two concepts going on here: the cheese board and cooking with cheese. The 100 recipes are arranged by course, such as brunch, lunch, hors-d'oeuvres, appetizers, mains, sides, and desserts. Each has a suggested Canadian cheese, with international variations. Pretty indicates prep times, cooking times, and service numbers. Aspler makes both red and white table wine suggestions (including apple wine), but he also recommends fizzy stuff too where needed, such as sparkling wine and beer.

Audience: cheese lovers who want to cook.

Some interesting or unusual recipes: Roasted Garlic and Double Cheddar Bread with a full-bodied white, Tavel, or Belgian beer



Up side to this book: There are Canadian wine recommendations.

Book Review: *The Donut*

Linda Kenny

Linda is a member of CHO and a Volunteer Historic Cook at Montgomery's Inn Museum.

Steve Penfold, *The Donut: A Canadian History*, Toronto: University of Toronto Press, 2008. ISBN 978-0-8020-9545-9, 256 pp, \$20.95.

Steve Penfold's *The Donut* is a scholarly work replete with charts, graphs, and historic photographs to illustrate his salient points. It is also an interesting, informative, and entertaining look at a special Canadian icon, the doughnut, or donut as he prefers to spell it since that is the simpler spelling on the commercial product he is exploring. Penfold sets out to examine "the way one commodity intersected with broad social forces and sweeping cultural developments" (p 15). The central question that guided his research is, "What is the link between commodities (economic goods that can be bought and sold) and culture (the values, ideas, and practices that give meaning to everyday life)?" (p 8).

Penfold begins his exploration of this central question by examining the technological advances of the 1920s that helped move the donut from a tasty homemade treat to the mass-produced commodity of today. He chronicles the methods that early donut entrepreneurs used to entice consumers to buy their products, which included tying the donut to a modern calendar of festivals, such as advertisements showing Santa Claus eating donuts, lengthy pamphlets with instructions on how to host parties that included donuts, or the crowning of a Donut Queen every October. These and other tactics served to move the donut away from maternal connections and into the realm of a commodity.

Chapter 2, entitled "'Our New Palace of Donut Pleasure': The Donut Shop and Consumer Culture, 1961–1976," traces the growth of car ownership and how the dynamics of "automobile commerce" changed consumerism. Donut shop owners and franchisees deliberately sought locations along mainstream automobile routes. Signage was also geared to car culture: set close to the road, the short messages could be read at forty miles per hour. Donut shop owners needed

potential customers to be aware of their establishment before they passed quickly by the entrance.

No discussion on the Canadian donut industry would be complete without a thorough look at the rise to dominance of the Tim Hortons chain under the efficient and ruthless care of Ron Joyce. Penfold does an excellent job of researching and analyzing the changing commercial landscape from single "Mom and Pop" outlets to the growth and proliferation of franchises such as Country Style Donuts and the iconic Tim Hortons.

This book is well worth reading but you will never be able to think of the donut as a simple tasty treat again. Dr Penfold shows that the donut is far more than a treat because it can be connected to "social networks, to changes in urban space, to larger chains of production and distribution, and to complex configurations of consumption in the post war era" (p 7). The notion of the donut as a simple Canadian icon has been irrevocably altered.

Steve Penfold

(Photograph courtesy of Mya Sangster)



CHO Program Review: “The Donut and the Making of Convenience” – A Lecture with Steve Penfold

Linda Kenny

On April 14, the Culinary Historians of Ontario hosted a lecture by Steve Penfold, author of *The Donut and the Making of Convenience*, at Montgomery’s Inn Museum. Liz Driver introduced Dr Penfold, who is an Assistant Professor at the University of Toronto. His area of specialization is Business History. His recent book examines the nature of convenience with the donut as the central icon of a modern mass commodity, looking particularly at the donut’s connection to the car culture that developed following the First World War.

Donuts were not a new phenomenon in the 20th century but rose to popularity after the first war when returning soldiers clamoured for the same donuts they had been served by the Salvation Army overseas. Automation was necessary to accommodate this mass production, and Penfold traces its evolution from Adolf Levitt’s early attempts to break down the donut-making process into individual steps that machines could perform. Thus began the manufacture of this modern convenience food.

In the 1930s, a donut and a cup of coffee cost 10 cents. Most donut shops of this era were “walk throughs.” Popular in America, they had not yet become a major part of the Canadian convenience food scene. By the 1960s, the donut was being produced by controlled hand production that required precise timing and instructions. Frederick Taylor developed an assembly line process that depended on more efficient and precise human movements.

By the 1960s, donut shops had arrived in Southern Ontario and Western Quebec. Firmly tied to the burgeoning car culture, these shops offered a quick and easy snack food. Soon, donut consumption relied on speed and convenience. Donut shops featured large and distinctive signs that could be read and recognized by drivers and their passengers while travelling at forty miles per hour. The “drive in” society was a product of the 1960s. By the 1980s, we had become a “drive

through” society. Penfold spoke about his “Equation of Convenience”: a donut + anything = convenience. Donuts quickly became cultural short hand for convenience.

In Canada, the donut became a patriotic icon with the growing number of Tim Hortons and Eddie Shack’s donut shops. These two Canadian hockey greats gave their names to the lowly donut and raised its status in the world of convenience food. There’s no need for further explanation when you say you are going for a “Timmy’s.”

After the slide presentation, everyone went upstairs to the historic kitchen for a tasting experiment. Four historic cooks had prepared traditional 19th century “dough nuts” based on the recipe in *The Female Emigrant’s Guide* by Catharine Parr Traill (1854/55). Prepared by Vi Carmella, Sharon Majik, Beth Potter and myself, they were pitted against the ubiquitous “Tim-bits.” Since the traditional version was a runaway hit, the cooks were hard pressed to keep the supply adequate to the demand. While you could never call the traditional doughnut a convenience food, the flavour and texture of these little morsels fried over an open fire are a far more delicious treat than their modern fast food counterpart.

This is the Traill recipe (p 105) we used:

Dough Nuts – Another

Take one pint of flour, half a pint of sugar, three eggs, a piece of butter as big as an egg, and a teaspoonful of dissolved pearl-ash; when you have no eggs, a gill of lively yeast will do; but in that case they must be made over-night. Cinnamon, rose-water, and lemon brandy, to season, if you have it. If you use half lard instead of butter, add a little salt. Do not put them in till the lard is boiling-hot. The more fat they are fried in, the crisper they will be.

Canada's Last Fruit Canning Plant Closes

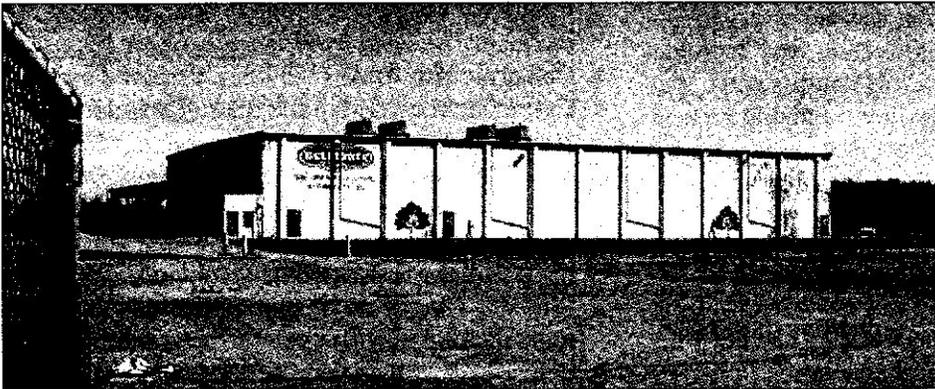
Mary F. Williamson

A long-time member of CHO, Mary writes frequently for Culinary Chronicles.

"As Canada's last fruit canning plant closes, what happens to the farms, the markets and the consumers?" – Headline of a story in the *Hamilton Spectator*, June 28, 2008.

"It's the end of an era," lamented a CanGro employee when in early July I visited the just-closed canning plant in St. Davids, in the Niagara region. "Not just the end of an era," I thought, as I reviewed in my mind the many generations of fruit farmers in the area, and the fruit canning factories that go back for well over a century.

The inevitable cut in fruit production in the area surely strikes a blow to our local culinary culture. The factory in front of me had shut its doors on June 27 after concerted efforts on the part of local growers to save it.



CanGro fruit canning factory in St. Davids, after closing

(Photograph courtesy of Mary F. Williamson)

How ironic that just when everyone demands local food – and many of us living in this area are convinced that Niagara peaches are the best in the world – the whole industry has been knocked on its head, and canned fruits from China will take their place.

When the canning factory departs, fruit growers face an uncertain future, and already many of the peach orchards around St. Catharines have disappeared. Peaches and other soft fruits, such as pears, plums, apricots, and cherries, are being

supplanted by wine grapes. Most of us are thrilled that Niagara wines are at last being noticed by the international wine press, but we also see towns like Virgil – smack dab in the middle of the best agricultural land – seeming to encourage galloping suburban growth.

The report in the *Hamilton Spectator* spelled out the sequence of events that led to the demise of CanGro and its labels Del Monte and Aylmer. Much blame is placed on Canada's regulatory and taxation policies, but also on a need for more capital investment and automation of the canning

processes.

Apparently the factory was making money, but CanGro was simply not a part of "the global economy." Sales of canned fruit have been stagnant, and I confess that I am one of those purists who spurn canned fruit as unacceptable except

in an emergency. But if you try Del Monte canned peaches from Niagara, as I have several times in past weeks, and compare them with imported "fresh" peaches, the canned versions win out and are, to my surprise, impressive. And canned, as they are, in fruit juice or simply water, they are far more "natural" in taste than imported canned peaches.

In late June, the last shipment of canned fruit headed from CanGro to Toronto for distribution to stores and supermarkets all over the province. I have found Del Monte canned peaches and pears are still readily available – the bigger the store, the more variety. But be careful: not all of the fruit is a product of Canada; some is imported. For example, the Del Monte pears in

clear plastic jars were grown here; those put up in cans were imported. At time of writing (July 20), the CanGro Foods website, with recipes, is still up (www.cangrofoods.ca) and I can recommend the Peach Streusel Coffeecake, which calls for one can of Del Monte Peach Slices.

Some insight into what we have lost comes from a booklet owned by the Museum of Science and Technology in Ottawa: *Genuine Canadian Fruits and Vegetables*, published in the 1890s by the Canadian Packers' Association. The Association was a group of nine Ontario canning factories, one of them Aylmer. At that time apples, peaches, pears, plums, cherries, currants, gooseberries, raspberries, blackberries, and strawberries were being canned. The packers claim in the booklet that, "It is a fact not generally understood, that the Fruits and

Vegetables grown in Ontario are unsurpassed in the world, for fineness of fibre and flavor, no other country can equal it in this respect." At a time when imported foods are not always reliable or healthful, does it make sense to depend on foods produced in other countries using unsustainable farming practices?

Increasingly, the global economy dictates that we abandon the glorious agricultural bounty that nature and hard-working farmers have bestowed on us in Ontario. Until the canning of Niagara fruits resumes – perhaps as an artisanal venture – culinary historians would do well to put on their aprons and do their part to preserve Niagara's fruit crops. And then in winter create fruit puddings, cakes, crumbles, and pies based on a line of jars proudly set down in our own cellars.

Book Review: *Sugar, A Bittersweet History*

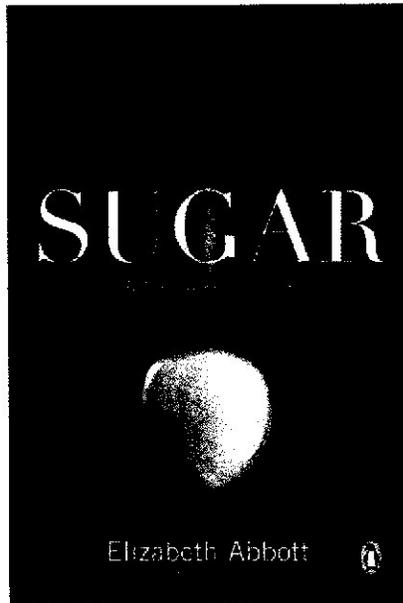
Richard Feltoe

Richard is the Curator of the Redpath Sugar Museum in Toronto.

Sugar, A Bittersweet History, Toronto: Elizabeth Abbott, Penguin Group, 2008.
ISBN-13: 978-0-14-301713-4, 464 pp, \$24.

To claim that *Sugar, A Bittersweet History*, is simply a history book on a specific topic does the work a grave injustice as it comprehensively and minutely documents the economic, social, and political influence of sugar during the past two millennia. Drawn from a wide range of sources and authorities, Elizabeth Abbott's latest book documents this product's impact on the development of the current world and evinces that this seemingly innocuous substance has been more important than was previously credited.

The author has done such a good job that one almost feels that she has approached her topic with an eye to detail that would do a legal advocate proud: The book includes every possible documented piece of



evidence that would help establish her case – for the prosecution. Unfortunately, she also takes the position that any piece of evidence, historical context, or mitigating information that would balance this litany of horror and injustice (all of which, it must be recognized, is historically correct and documented) must be equally scrupulously avoided or omitted in order to ensure that the reader pronounces the desired verdict of guilty.

While I found this book to be an excellent source of detail and information, it might be deemed (in this reviewer's opinion) a touch one-sided in its moral assertions on the topic of sugar's long history.

CHO Program Review: "Mrs Beeton's Famous Cookbook"

Maggie Newell

Maggie is CHO's Secretary, and she often writes reviews of CHO programs.

It was a capacity audience on Tuesday, May 6 at the John McKenzie House. This was the third annual spring lecture co-hosted by CHO with the Ontario Historical Society at their charming Arts and Crafts home in Willowdale. Our speaker was Leslie Howsam, a Professor in the department of history at the University of Windsor (Ontario) and President of the Canadian Association for the Study of Book Culture.

Professor Howsam began with a few examples on the continuing significance of Mrs Beeton in popular culture. The name "Mrs Beeton" was recently licensed to a meat pie company in the UK for £1 million, while a first edition *Beeton's Book of Household Management* recently sold for \$3,500 US at auction, and nine love letters between Isabella and her husband-to-be, Sam Beeton, started a bidding war.

Professor Howsam gave a brief overview of Mrs B's life history and then untangled the publication history of her *Book of Household Management*. From 1859 to 1861, it was published in 24 parts, at three pence each. These 48-page pamphlets were collected and bound into volumes by some

of their original owners before the complete work appeared in an authorized single volume in 1861. This first single-volume edition sold an astounding 60,000 copies. By the time the next edition was issued in 1865, Isabella had died, just shy of age 29 and not yet a household name.

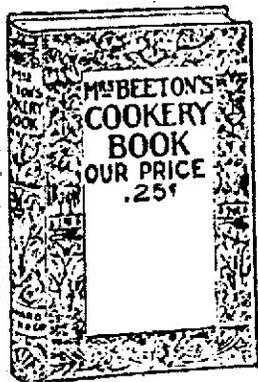
When Sam Beeton's publishing company went bankrupt in 1866, the rival publishing company of Ward, Lock & Tyler bought the copyright and, leaving behind all references to the mortal Isabella Beeton, began the metamorphosis of "Mrs Beeton" into an immortal personality. Two new undated editions of the *Book of Household Management* followed in 1867 and 1888. A new chapter on utensils and recipes for ice cream were among the additions to these updated texts. The 1888 edition was thoroughly revised and included foreign cookery that the slightly xenophobic Isabella would have wrinkled her nose at. Subsequent editions continued to include new recipes to reflect changing tastes, but these changes also shifted the book's emphasis away from general household management to cookery.

In 1906, C. Herman Senn, former chef at the Reform Club and a consulting chef to the National Training School of Cookery, oversaw drastic revisions to the text. With the addition of a medical section and a chapter on kitchen technology, the volume totaled 2,056 pages. Ironically, it was this 1906 edition that led to the popular conception of Mrs Beeton as an omniscient authority and a rather extravagant cook. When the 1960 centenary edition was published, with the help of 55 expert contributors, none of the original recipes were retained. I think we can also assume the same is true of *Mrs Beeton's Book of Microwaving*.



Fiona Lucas, CHO President, with guest speaker Leslie Howsam

(Photograph courtesy of Rob Leverty, Ontario Historical Society)



A Short History of *Mrs Beeton* in Ontario

Mary F. Williamson

Mary collects rare and antiquarian cookbooks and writes frequently on Canadian culinary history.

In 1861, Henry Richards of Hamilton, Ontario, an immigrant from the Isle of Guernsey, printed his 360-page cookbook *The*

Canadian Housewife's Manual of Cookery, compiled "from the best English, French & American works, especially adapted to this country." Probably no more than a hundred copies were printed, and only five are known to have survived. In autumn of that same year, following distribution in serialized form over the previous two years, Mrs Beeton's 1,112-page *Book of Household Management* was published in England. Unlike Mr Richards, Mrs Beeton failed to acknowledge her lack of originality in spite of having copied almost all the recipes from English cookbooks, including those by Mrs Rundell and Alexis Soyer, two of Mr Richard's principal sources. In its first year of publication, Sam Beeton, Isabella's husband, claimed that 60,000 copies of *Household Management* had been sold; to this day, countless stripped-down and totally rewritten editions are being published, making Mrs Beeton one of the bestselling "authors" of all time. There are many reasons for the overwhelming success of the Beeton cookbooks, especially in comparison with Richards' little-noticed omnibus, with presentation and superlative marketing heading the list.

In 1861, users of cookbooks in Ontario were still dependent on English standbys Mrs Rundell and Eliza Acton and Americans Mrs Beecher, Miss Leslie, and Mrs Howland (another Richards' source), as well as recipes from popular American cookbooks that were being regularly reproduced in Canadian magazines. It seems that *The Book of Household Management* was not immediately picked up by Canadian booksellers. While a Quebec City bookseller was advertising it in 1864, G. Mercer Adams may have been the first in Toronto, listing it in his 1866-67 Christmas catalogue at \$2.00. By 1872, the original book,

trimmed of its non-culinary content, was issued as *Mrs. Beeton's Every Day Cookery* and *Mrs. Beeton's All About Cookery*, both sold by Willings and Williamson for \$1.00 and 75¢ respectively. But some Torontonians surely would have been aware of Mrs Beeton before 1861 through the fashion and cookery column she wrote for her husband's *The Englishwoman's Domestic Magazine*.

As usual, the T. Eaton department store was keen to sell any book that was a guaranteed hot property, but with Mrs Beeton it took a while until finally, in the 1894-95 Fall-Winter catalogue, *The Book of Household Management* was listed at a special price: \$1.75, reduced from the "regular" price of \$2.75. Well into the 20th century, shoppers across Canada could order this, and other Beeton knock-offs issued by publisher Ward Lock, from Eaton's Fall-Winter and Spring-Summer catalogues.

Looking for Mrs Beeton in Ontario libraries involves checking the catalogues of the Mechanics' Institutes, which preceded public libraries throughout the province. While cookbooks are occasionally listed, the only reference to Beeton I have found is in Goderich in 1894 where *The Book of Household Management* was in the "Sciences and Art" section. Oddly, although the Toronto Public Library's Central Library in the years 1883 to 1900 owned well over a hundred cookbooks, Mrs Beeton in any form was not among them.

In her *Culinary Landmarks*, Elizabeth Driver identifies editions of *Mrs. Beeton's All About Cookery* that were published in London, Melbourne, and Toronto starting around 1910. It was the English 1909 edition of *Mrs. Beeton's Every-Day Cookery and Housekeeping Book* that the *Toronto Daily World*, "Canada's leading and Toronto's favourite morning newspaper," gave away to its subscribers. And yet it seems that, while the name of Mrs Beeton inspired Ontario cooks in the late 19th and early 20th centuries, the cookbooks published under her name were not the ones they instinctively turned to for guidance and instruction.

Book Review: *Apples to Oysters*

Charmian Christie

An inquisitive palate and itchy feet keep freelance writer Charmian on the go. When not on the road, she blogs about the culinary adventures in her own kitchen at <www.christie-corner.blogspot.com>.

Margaret Webb, *Apples to Oysters, A Food Lover's Tour of Canadian Farms*, Toronto: Viking Canada, 2008. ISBN-10: 0670066249 and ISBN-13: 978-0670066247, 272 pp, \$34.

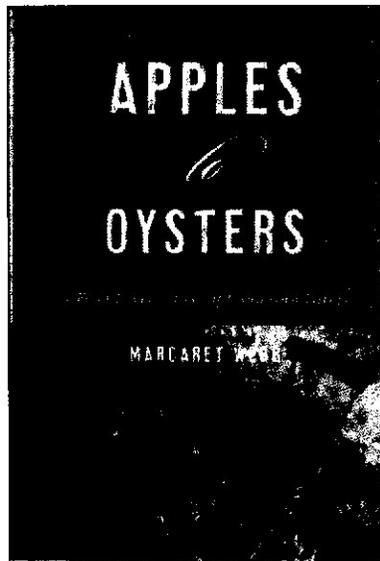
"The story of Canada is in that cheese," Montreal cheese shop proprietor Alain Besré said. "Once you go to that place and see it, for your whole life, there will be a special spot in your heart for that cheese" (p 229). Although Besré was referring to a Quebec dairy product, these words apply just as well to the apples, flax, scallops, and beef farms food writer Margaret Webb visits in her intriguing and moving book, *Apples to Oysters*.

In less than 300 pages, Webb takes readers on a cross-Canada culinary tour. Rather than a laundry list of organic crops raised in each province, Webb studies a signature food or sustainable technique, illustrating each region's unique flavour, feel, and landscape. Whether bracing herself to swallow Johnny Flynn's raw PEI oysters, captivated by Saskatchewan's ephemeral blue flax blooms, or freezing her fingers while harvesting Ontario's ice wines, Webb provides a hands-on tour and a bumper crop of food for thought.

This well-balanced, well-researched, and well-told book is as refreshing and uplifting as the food Webb samples. While she doesn't downplay the threat of diminished fish stocks, the environmental dangers of chemical pesticides, and the realities of competing against industrialized farms, Webb sidesteps the almost mandatory preachy diatribe. She delivers the facts in a way that raises awareness, not hackles.

In each chapter, Webb examines the history of the food she's researching, extols its nutritional

benefits, and ponders the future of the artisanal farmers. But her real skill lies in bringing the food and farmers to life. Each chapter has its own feel, yet ends with two or three recipes featuring the chapter's main ingredient.



A firm supporter of organic and sustainable food, Webb is more food writer than politician. After an intense tour of a Newfoundland cod farm, she admits, "And about now, I have had enough fish pellets and enough politics. What I would really like is to try one of those fat, juicy [cod] fillets" (p 97). She delivers descriptions so crisp you can taste the ocean inside the oyster, can understand how the Ambrosia apple lives up to its name, and yearn to try flax-laced baklava.

Those accustomed to research texts might expect illustrations, footnotes, and an index, but Webb is so deft with words, those who read for pleasure won't miss them. The chapters are so tightly focused an index is unnecessary for the casual reader, although historians might have appreciated one, as well as endnotes.

To prevent this book from becoming mere province hopping, Webb weaves her own story into the pages. Having grown up on a farm, she understands the physical toll and monetary realities of farming. She provides a sympathetic yet unsentimental view that manages to bring the flavours to life, and in doing so, makes a stronger case for artisanal farming than a stack of op-eds.

Book Review: *Bitter Chocolate*

Amy Scott

Amy is a Volunteer Historic Cook at Mackenzie House in Toronto, and works as a guide at Black Creek Pioneer Village. She is Chair of CHO's Outreach and Education Committee.

Carol Off, *Bitter Chocolate: Investigating the Dark Side of the World's Most Seductive Sweet*, Toronto: Vintage Canada [Random House of Canada], 2007. ISBN 978-0-697-31320-5, 328 pp, \$22.

Today, nearly half the world's chocolate originates in West Africa, particularly Ivory Coast, where corruption, violence, and forced child labour are widespread among the cacao groves. The development of fair trade chocolate provides some hope – and Carol Off details certain interesting Canadian connections. Her book also shows the other side of the equation: the consumer's desire for low prices.

For a non-recovering chocoholic like myself, *Bitter Chocolate* was a difficult but worthwhile read. In this book, Off (an award-winning, Toronto-based journalist who has covered many international conflicts for the CBC and written several other books), delves into the long history of exploitation behind the production of this highly addictive sweet. The first chapters trace chocolate's history in pre-Contact Central America and the early Contact period in America and Europe. Her source notes acknowledge a heavy reliance in these sections on Sophie and Michael Coe's *The True History of Chocolate* (1996), still the most thorough and detailed work on the subject. Off's overview sets the stage for the later period and establishes the pattern of labour exploitation that is repeated again and again up to the current day. Since its earliest use as a foodstuff – some 3,000

years ago by the Olmec in Mesoamerica – chocolate was produced by one class for consumption by another. Adopted first by the Maya and later by the Aztecs, it was a high-status beverage extracted as a tribute from subjugated peoples in areas where cacao trees grew. The Spanish conquistadors

were not initially impressed by it, but eventually it became an elite beverage in Spain and then throughout Europe. Although cacao trees may have been cultivated by slaves before Contact, it was the European empires that created the true misery of chocolate production. As with the extraction of other valued resources, such as gold and silver, native Americans were forced into slavery to produce it. When they died of brutality, sickness, and overwork, millions of enslaved Africans were brought across the Atlantic to replace them.

Having just celebrated the 200th anniversary of the abolition of the British slave trade last year, it may come as a shock to many readers that slavery is alive and well today, and in fact has never left us. When African slaves could no longer be used to produce chocolate in the Caribbean and Central America, the cacao tree was transplanted to Africa. On the Portuguese islands of Sao Tome and Principe, so-called “contract labourers” from Angola who grew and processed the cacao were, in reality, enslaved workers. Chinese “coolies” replaced Africans in the Caribbean but worked in essentially the same conditions. High-minded Quaker chocolate-makers in Britain – the Cadburys, Rowntrees and Frys – while creating model communities for their workers in 19th-century Britain, turned a blind eye to how their basic ingredient was being produced.

In illustrating the consumer side of the coin, Off recounts the story of a crusade by Canadian children in the 1940s, who held public protests when the price of a five-cent chocolate bar increased by sixty per cent.

Off's use of “cocoa” instead of the more historically appropriate “cacao” aside, her story is compelling and should make anyone with a sweet tooth think twice about the source of their next piece of chocolate.



CHO Upcoming Events

MARK THESE EVENTS IN YOUR DIARY NOW!!

September 2008

CHO AGM + APPLE-ICIOUS!

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

Saturday, September 13

AGM: 10 am to 12 noon

Apple-icious: 1 to 4:30 pm

CHO's AGM in the morning, which includes a silent auction of antiquarian cookbooks, will be followed by Apple-icious at Montgomery's Inn. Features 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 Volunteer Historic Cooks. Please see flyer inserted in this newsletter.

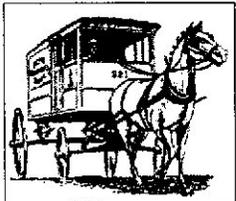
October 2008

CHO in partnership with Montgomery's Inn
**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 photos, stories and memories of delivering groceries, particularly dairy products, to Toronto homes.

"Toronto's city council tried in 1935 to ban night milk delivery, 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 milk bottles rattling 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 a breeze came a voice that yelled, 'Milkman, keep those bottles quiet!' It wasn't until 1954 that the City passed a noise by-law to prevent 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; \$12 non-members. Cash 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

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

Fort York National Historic Site
100 Garrison Road, Toronto
(off Fleet Street, east of Strachan Ave, west of Bathurst St)
Saturday, February 21, Times TBA

Also of Interest to CHO Members

PRESENTATIONS BY CHO MEMBERS:

**A culinary historical walk with Shirley Lum:
CELEBRATE THE 130th ANNIVERSARY OF
TORONTO'S LOST FIRST CHINATOWN**

Old City Hall's front steps (Queen and Bay Sts)

Sundays, August 17 and September 7

10 am to 1:30 pm

Adult \$43, Sr/St (ID) \$38.50, Child \$27.50;

Includes samples from Chinatown's oldest family-run bakery and a hosted dim sum lunch.

Shirley Lum, Culinary Historian and Guide

A Taste of the World, Toronto

416 923-6813 or info@torontowalksbikes.com

www.TorontoWalksBikes.com

A talk by Dorothy Duncan:

**FOOD AND FOLKLORE IN JANE AUSTEN'S
TIME**

Calvin Presbyterian Church

26 Delisle Avenue, Toronto

(one block northwest of Yonge and St. Clair Sts)

Sunday, September 14, 2 pm

Jane Austen Society of Toronto

Nancy Stokes (membership secretary, JASNA)

416 425-2195 or nariston@sympatico.ca

A talk with Anita Stewart:

CANADIAN COOKING

Toronto Reference Library, Beeton Auditorium

789 Yonge St., Toronto

Thursday, October 30, 1 pm

Tantalizing recipes and stories from her new book
Anita Stewarts' Canada.

A lecture by Liz Driver:

BOOKS FOR TORONTO COOKS

Toronto Reference Library, Beeton Auditorium

789 Yonge St., Toronto

Wednesday, November 26, 7 pm

Toronto printers and publishers have been producing

cookbooks since 1840. Liz Driver has selected Toronto's top cookbooks through the decades and will discuss how each one reflects its own era, from food fashions and women's place in society to economic trends and world events.

**THREE LECTURES ON FOOD STUDIES IN
CANADA AND THE U.S.:**

Sponsored by Canada Research Chair in Gender and History of Medicine (Dr Wendy Mitchinson), Social Science, Humanities Research Council of Canada, and Conrad Grebel University College.

The Future of Food Studies, Professor Jeffrey Pilcher, University of Minnesota
Wednesday, August 6, 4 pm

Teaching Global Food History, Professor Daniel E. Bender, University of Toronto, and **Cookbooks in the Archive**, Professor Donna Gabaccia, University of Minnesota

Thursday, August 7, 9 am

*Great Hall, Conrad Grebel University College
University of Waterloo*

These three free public lectures are in conjunction with the two-day workshop "Edible Histories, Cultural Politics: Towards a Canadian Food History." The invited participants will produce a scholarly volume that will map a terrain for a Canadian food history by demonstrating a Canadian engagement with international and multi-disciplinary literatures and by providing empirical studies that show how viewing the past through the lens of food and its attendant practices can shed new light on the Canadian past and its diverse peoples. For more information, contact Dr Marlene Epp at mgepp@uwaterloo.ca. (Directions: <http://grebel.uwaterloo.ca/aboutgrebel/directions.shtml>.)

CULINARY HISTORY EXHIBIT:

Local Flavour: Eating in Toronto, 1830–1955

Toronto Reference Library, TD Gallery

789 Yonge St., Toronto

October 5, 2008–January 11, 2009

During open hours. Free admission.

125 years of Toronto's culinary history: early cookbooks, the development of household appliances, the rise of manufactured and convenience foods, grocery shops, dining out, victory gardens and rationing during the wars, and the growing sophistication of urban palates. Associated programming includes talks by Anita Stewart and Elizabeth Driver.

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:	Autumn 2008, Number 58 – Rations in First and Second World Wars	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 Jim Anderson, Charmian Christie, Nathalie Cooke, Richard Felton, Linda Kenny, Rob Leverty, Maggie Newell, Nancy Rahija, Amy Scott, Dean Tudor, 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.