Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

AUTUMN 2008 NUMBER 58

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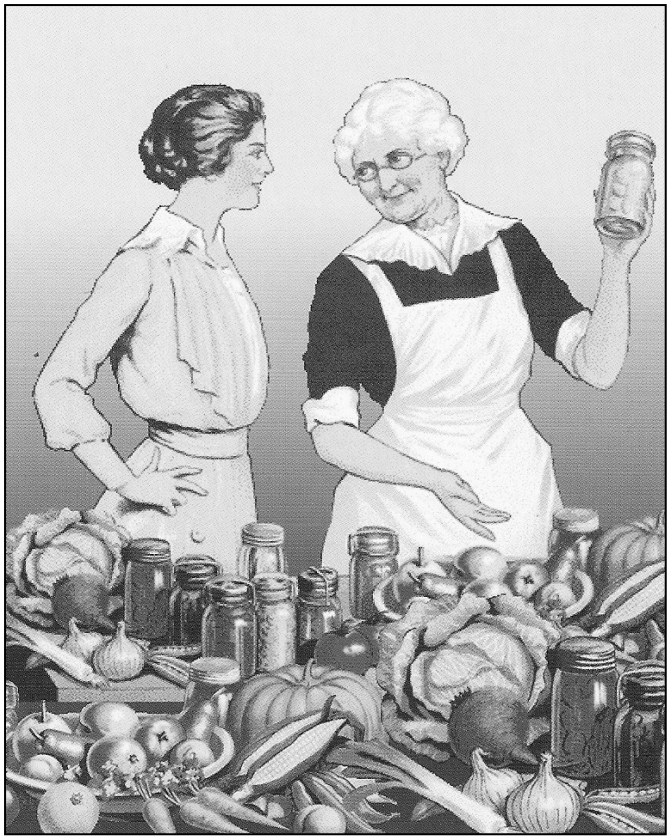


This lovely image of two women bottling abundant vegetables is being used as the advertising vehicle for the exhibit "Local Flavour: Eating in Toronto, 1930–1955." Coincidentally, it illustrates the necessity of preserving the bounty during wartime, an aspect of this newsletter's theme. A colour postcard of it is including in this mailing for you.

(Image credit: Canada Food Board, artist unknown, "Waste Not, Want Not," Howell Lithograph, 1914–1918)

President's Message

Our theme in this edition is the experience of food rations during the Second World War. We have three points of view from members who grew up in Toronto, Winnipeg, and Cambridge, England. Together these memories made me think of the privations and ingenuity around foods during wartime, but how we've largely lost those skills. As usual, the second half holds the reviews of recent CHO programs, as well as Canadian food history books. Pages 24 and 25 are full of our Upcoming Events, and we've included four program flyers. We are a busy organization.

Speaking of busy … One of our big 2009 events will be "Culinary Landmarks: A conference to celebrate the publication of Elizabeth Driver's *Culinary Landmarks, A Bibliography of Canadian Cookbooks, 1825–1949.*" We've included the call for papers and look forward to some interesting proposals. Mark May 1 to 3 on your calendars so you can participate in a Canadian first!

AT THE RECENT AGM – September 13, Montgomery's Inn Museum

Annual General Meetings can be dry affairs. But ours wasn't! It was a lively gathering. We made announcements about two new committees, awarded an honorary membership, and raised over $500 in a silent auction of cookbooks donated by Gary Draper. Gary even bought one back when Liz Driver waxed rapturously over how wonderful a booklet it was!! More of his donation will be available at our next silent auction at the May conference.

HAMILTON PROGRAM COMMITTEE: "Led by a Co-ordinator who reports to the Chair of the Program Committee, the Hamilton Program Committee is a distinct, but not autonomous, sub-committee of the main Program Committee. Members will generate program ideas for the Hamilton area, as well as carry through on their development, execution and assessment. The Co-ordinator is a non-voting member of the Board. The announcements and flyers for Hamilton programs are included in *Culinary Chronicles.* Expenses and revenue are recorded in the general CHO budget and an annual report is expected." The CHO Board is delighted with this development and look forward to what the Hamilton members accomplish. We hope that this arrangement with Hamilton will be a model for other cities across Canada, and we think it will strengthen CHO by fortifying regional representation.

The first Co-ordinator is **Janet Kronick** of Dundurn Castle. She studied History at Concordia in the early 1980s, but always thought she'd use it to be a lawyer. Instead, she worked in Social Work for over fifteen years as a cook for staff and clients in many group homes. She says that without cooking at work she would never have lasted that long! Her history background lead her to Dundurn Castle but her love for cooking pointed her eyes, nose and mouth but mostly her heart to the kitchen. Cooking grounds her, she says, and making a fire even more so... combining them is magical!

ADVISORY COMMITTEE TO THE BOARD: "Members of the Advisory Committee are 'ministers without portfolios,' who are invited by the Executive to participate at the quarterly Board meetings because of their enthusiasm, connections, knowledge, regional representation, and previous contributions. They do not vote on motions and do not contribute toward a quorum; nor do they need to attend each meeting. Advisors contribute ideas, feedback, expertise, skills, and advice to the CHO Executive and Board; represent CHO to the greater community and encourage new people to become members of CHO; assist at programs, such as collecting fees at the door and similar practical tasks; and take occasional leadership roles on special issues or projects, as required and as desired."

We are pleased to say that the following five members have accepted the Executive's invitation to be Advisors: **Gary Draper, Carrie Herzog, Dean Tudor, Mary Williamson and Bridget Wranich.**

Continued on page 15

"Everyone is welcoming butter rationing as 'simply wonderful'!": Coping with Food Scarcity and Rationing in the Williamson Household during World War II

Mary F. Williamson

Mary is a frequent contributor to Culinary Chronicles.

In July 1940, two English schoolboys named Tom and Christopher Sharp – my third cousins, in fact – joined our family in Toronto to wait out World War II. My mother, Marie Williamson, wrote weekly to their mother, Margaret Sharp, trying to draw her close to her sons as they grew up during particularly vulnerable years. The foods that our family ate at each meal and on special occasions were a continuous part of the story she told. Marie tried any means of encouraging the boys – both very picky eaters – to eat their vegetables and all the foods that were good for them. But the main problem was that as the war progressed, many foods became scarce. Feeding the soldiers became a government priority and little was being imported. It was the shortages that were hard to bear, not rationing itself. Too many people began to hoard butter, sugar, and meat, and rationing was a welcome solution to everybody being able to buy their fair share.

Marie Williamson, 1945

(Photographs courtesy of Mary Williamson)

Fruits and vegetables were plentiful when the boys arrived in summer 1940, and there is no mention of scarcity until the approach of Christmas in 1941. "There are no nuts and very few dried fruits to be had, and no cheese," Marie wrote on December 15. "I have not bought oranges for nearly a year." But there was canned grapefruit juice from Trinidad and tangerines were beginning to come in to the stores for Christmas. The price of fresh produce had gone up and meat was "sky-high." Sweets of all kinds were not restricted, but the government had just introduced voluntary rationing: "We have been asked to cut down beef and pork 50% but we scarcely ever had pork anyway." In January, the family was thrilled with a turkey sent by Marie's brother-in-law from Saskatchewan, "the first fowl we had had for months," except for Christmas.

In late January 1942 real rationing was coming in: "Sugar rationing is to start to-morrow [January 26, 1942] but will be no hardship as the ration (¾ lb. week) is more than we now use." By Valentine's Day, the sugar ration was not so restrictive that Aunt Emily in Burlington couldn't bake a heart-shaped gum-drop cake to mail to Toronto. There was plenty of maple sugar to be bought. But by April, the sugar allowance was even less, and tea and coffee were added to the ration list "on the honour system." When June came, things were getting serious."Meat is getting very scarce, especially beef, and may be rationed soon. The sugar ration has been cut to ½ lb. week and tea to half what we formerly used and coffee to three quarters what we formerly used. These rations are voluntary but there are stiff penalties for infringement." Ration books were on the horizon, and Marie observed: "I really think the Government is waiting until there are a sufficient number of articles to be rationed to justify the expense of issuing coupons." "Shopping is getting difficult," she reported on June 7, "with the shops

constantly 'out of' what you want – whether due to hoarding or short supplies, I don't know – probably mostly the latter as all manufacturing and processing of food is pretty strictly controlled. The price control system has worked surprisingly well so far." Temporary ration books came in on July 2, but for sugar only. Meat was so hard to find Marie was sure it would be rationed soon, but fruit remained plentiful.

When July came, Marie was revelling in an abundance of fruit, especially cherries. The sugar ration was increased for housewives who made their own preserves. "We can get plenty of sugar for canning and jam – that is, we get it by voucher – ½ lb. sugar for every lb. of fruit we bottle and ¾ lb. sugar for every lb. of fruit we make into jam." By the end of July, there was rationing in earnest: "sugar (½ lb. week) and a 20% tax on sweets and voluntary rationing of tea, coffee and bacon and pork and cheese. But of course a great many things are unobtainable or very scarce, or sold only in small quantities. I expect by next year rationing will be in full swing." As the Fall approached: "there is a lot of guessing as to what will come next on the list, with the betting on butter, beef and soap."

"Housekeeping and cooking are becoming increasingly difficult," Marie wrote to Margaret in October, 1942. "Meat is practically unobtainable. There is talk of rationing but they can't start until there is something on hand to ration, I suppose. We are not to have any tinned salmon or tinned meat any more as it's all being sent to Britain but there is more cheese available as the British quota is filled for this year. All sorts of prepared and tinned foods which we are accustomed to use to save time and labour are no longer being made – due to shortage of ingredients and of labour, so it means one has to do more cooking – and at the same time try to cut down one's electric fuel bills 15% as we're told we must. It is difficult to get sweet biscuits etc, so I have started baking our cookies and things." The next development was in December when "butter rationing begins to-morrow – ½ lb week per person. I am awfully glad. There has been a shortage for about a month now – I only had 2 lbs for 3 weeks.

At the end of January 1943, "the butter ration is being reduced by ⅓ for the month of February but

Skiing in winter 1945. From left: Mary's brother Peter, Tom, Marie, Mary, and Christopher

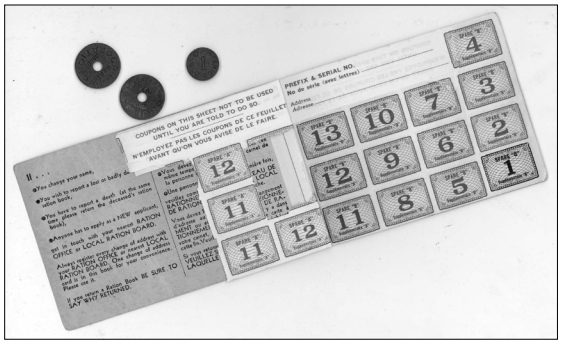
it is hoped it will be restored to ½ lb. week by March." At Easter, when my brother Peter came home from boarding school for the holidays, the family celebrated with bacon for breakfast, "our first bacon for at least 6 months. It was a present from a friend in the meat-packing business. Seventy-five percent of all the hogs killed have to be sent to Britain and by the time the army camps, hotels, restaurants etc have their whack at the remaining 25%, there's none left to the ordinary consumer – except an odd bit here and there which falls to people with sufficient time, energy and perseverance to canvas shop after shop (I'm not one of them!)." Marie thought it *very* interesting that beef was becoming available again, something that happened "every time the Price & Trade Board allows a price increase!" And then meat rationing was introduced in late May, but the formula was complicated. Marie knew she could leave the intricacies to her trustworthy butcher. There would be a greater allowance for meat cuts with more bone, but the meat allowance would be under 2 lbs. for meats with less bone. Bacon and sausage would be rationed, but not liver, kidney, and heart. The family butcher was more than a mile away, and with gas rationing, Marie found herself lugging an 8 lb. roast of beef home on the streetcar. Rationing brought one small consolation: no more 8 lb. roasts of beef to lug!

Then – almost immediately – finding vegetables was a problem, with potatoes "practically unobtainable." Imports from the U.S. were hugely expensive. Farmers in Ontario were planting less

because they couldn't find people to work in the fields, although teenagers in droves were being sent to spend their summers on a farm. Many of Marie's friends were growing their own vegetables, but the Williamson garden was shady. However, a rose bed was ripped out and lettuce and carrot seeds were planted, and tomato plants put in. There were already rhubarb plants, and fortunately now the government was allowing an extra pound of sugar for cooking rhubarb, plus 10 lbs. per person for bottling fruit and making jam. The Price & Trade Board had announced that for the fall of 1943 there would be no canned fruit in the stores. The failure of the maple syrup crop the previous spring had been a huge disappointment. In July, Marie was at Georgian Bay where she picked and bottled masses of blueberries. In the city, fruit was very expensive: "80¢ a quart for raspberries, black currants, ordinary red sour cherries." The cold 1942–43 winter had devastated fruit production and killed many peach trees. "The berry, cherry and currant crops have been the lowest for years and years and we are warned that the peach crop will be practically nil." It was cheering that the government was allowing a special preserving ration of sugar, "but I may not get enough fruit to use it." "Housekeeping and shopping get more difficult all the time," Marie wrote to the boy's grandmother, Mary Tout, on August 19, 1943. "I do hope they ration tinned food and a lot more items in the autumn. I feel I would rather live on bread and milk than scuttle about from shop to shop trying to find something that is in short supply. Fortunately the government has put a 'ceiling' on peaches, plums and pears, which, though high, is not outrageous, so we are easier in our minds than during the berry and currant season." By the end of August, Marie was dreading having to do much more preserving: "The sale in shops of jam, jelly, marmalade and honey, has been suspended pending the start of rationing of those foods. I am so glad they are to be rationed, but I do wish they had included canned fruit, as I don't think I was able to get more than 6 tins all last winter, and if I were sure of some, under rationing, as we now are of jam and marmalade, I wouldn't feel so pressed to do a supply – just some for 'extra'." There was good news in early September, 1943: "we've just started jam etc. rationing – such a comfort! We get 3 oz. jam, marmalade, honey or jelly a week, or 5 oz. tinned fruit, molasses or syrup or ¼ lb. sugar." Also the tea and coffee ration had been increased by a third. Oranges again were hard to find, but Marie rationalized that tomatoes were a fair substitute for getting your Vitamin C.

The traditional Christmas was again a challenge in 1943. "Every thing is so difficult now-a-days and I am having the family here for Christmas dinner again. The dinner will be simple but all the festive additives are either not to be had, or can only be obtained by hours of journeying from shop to shop and standing in line here there and everywhere – it's bad enough just for one's ordinary groceries and meat." But all went splendidly as Marie's brother-in-law once again came through with a turkey, and Great Aunt Ruby brought "a beautiful big mould of jellied fruit."

With that, there is no further mention in Marie's letters of food or rationing, although the boys didn't return to England until June 1944. Obviously, the experience of rationing varied with families and social circumstances. Not everyone was lucky enough to have an uncle who could produce a turkey for Christmas, or friends who lived on a farm and could send fresh produce. Not every Toronto family had a yard large enough to turn into a vegetable patch, or access to one of the "victory gardens" that proliferated throughout the city. We knew there were others who did not view the burden of rationing in the context of scarcity, who would go to considerable lengths to "carry on as usual." Some of us remember the scandal of a well-known patisserie on Yonge Street that miraculously produced rich French pastries at the height of butter rationing. But the black market during the war is another story.



Williamson wartime ration book and tokens

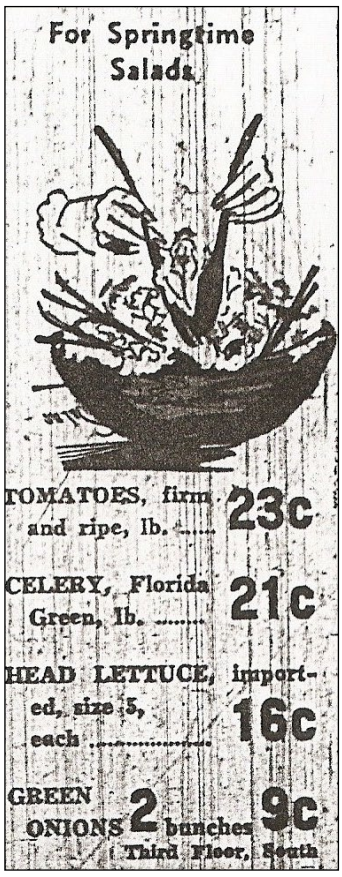
Rationing as I Recall It in Winnipeg

Peter Myers

Peter grew up in Winnipeg, Manitoba, but has lived in Toronto for many years.

We ate well as children in Winnipeg during the Second World War. I don't recall rationing as scarcity except in minor ways: the sense that sugar was limited and that we had to have ration books to buy meat. But as a child, it really didn't affect my perceptions: it seems to me that we always had enough to eat, including cookies, cakes and pies. The child is under the hedge, so to speak, and the adult world goes on above.

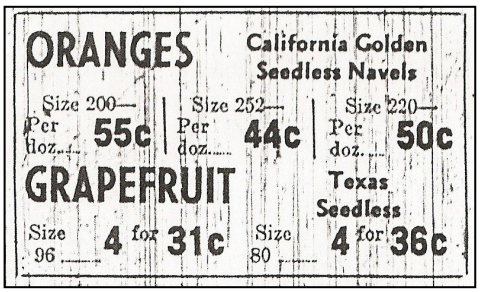
We always had peanut butter. My mother baked delicious bread, and spreading it fresh with butter and peanut butter, or with Manitoba honey, was a treat. Peanut butter may occasionally have been in short supply, although I don't recall this in our house, for on one occasion my aunt bought ground soy that was supposed to be a substitute for peanut butter. She had me smell it, and it smelled good to me. But on a slice of bread, it was terrible.



Out of curiosity and a faint memory of the time, I looked into foods available in the *Winnipeg Free Press* ads at the end of the European war. I was astounded to realize that the 1945 food supply system stretched across the continent and put into stores a vast quantity of fresh foods, rationed or not. Here are some examples from May 1945.

May 3 – Hudson's Bay Company: black cod, halibut, salmon, whitefish, pickerel; cross-rib roast, blade roast, plate brisket, short ribs, stew meat, hamburger. (The beef, whitefish and pickerel were local, the rest here and listed below were brought in by train.) **Shop Easy:** green onions, strawberries, leaf lettuce, celery, head lettuce, carrots, Cuban pineapple, Texas grape- fruit. **Red and White Stores**: peanut butter, 16 oz jar 25¢.

May 8 – Eaton's: California seedless navel oranges, Texas seedless grapefruit, California lemons. ('Our food order board will open at 8.30 Wednesday morning to accept food orders for delivery Wednesday afternoon …')



Two Eaton's ads of May 8, 1945, in the *Winnipeg Free Press*

May 10 – Shop Easy: BC rhubarb, Texas grapefruit, Sunkist oranges, head lettuce, new cabbage, ripe tomatoes, carrots, green onions, field cucumbers. **Safeway:** Florida celery, Arizona lettuce, BC cauliflower, California peas, Mexican tomatoes, Texas cucumbers.

The restriction for many of these foods would have been economic, rather than rationing: my family wouldn't shop for most of these items at this time of year – too expensive for sure. My sisters and I nowadays joke that we had salad at Christmas, and cabbage at that. I am uncertain of the 1945 price index compared to 2008, but some foods were certainly more expensive, relative to income, than today. Butter was 37¢ a pound, rationed or not, and eggs, 39¢ dozen. But Eaton's offered a 49-lb bag of flour for $1.19. Wages for a working man such as my father, a machinist on the railway, would have been about $40 for a 44-hour week.

How Alice Fed Her Family, 1939–1945

Rosemary Kovac

Rosemary grew up in Cambridge, England. After teaching school for seven years, in 1959 she and two friends came steerage on the Empress of Canada. They did not return, even after promising their parents they would stay for only two years. Marriage came in 1964, followed by three children. Having grown up surrounded by history she looked for something to do in Toronto that would involve things historical. She became a volunteer at Gibson House in North York, an educational guide at Black Creek Pioneer Village, and then a volunteer historic cook at Spadina House and Gardens.

This is an account of my family's' war time food experience in Cambridge, a market town fifty miles north of London, England. The town experienced two bombing attacks which resulted in loss of life, but the targets themselves were missed. Bombs were not a problem, but the bits and pieces which dropped off the retuning planes were. We were surrounded by air fields as the fenland was ideal for airfields.

Rosemary and her mother Alice Butler, about 1943

(Photographs courtesy of Rosemary Kovac)

Yes, there were shortages, but between the government and my mother, Alice, we ate well. My father was with us until 1942 when, at age 38, he was called up and thereafter was only home occasionally. When he left so did our rabbit and pigeon supply for pies and stews. My uncle was a game keeper and was glad of my father's help to keep down these populations. Our house was always full of people, evacuees, a land girl, aunts, cousins, and government workers. We needed our large garden. But before I go further I had better go back to the beginning of 1939.

In March 1939 we moved house. We went from one side of town to the other. No longer were we on a busy road but the last road in town, a quiet cul de sac of about thirty houses, all with long gardens. Our side of the road had been an orchard belonging to Chivers' Jam Factory so we had a wonderful variety of fruit. This would be a great advantage in the coming years. My mother bottled the blue plums, greengages, and pears. Jam from the plums and greengages appeared on the pantry shelf, along with blackberry and apple jam. In the autumn we went to my aunt's home (cycling fifteen miles there and back) to get the berries. If we were lucky we could find mushrooms in the fields near the house too. The apple trees provided us with fruit for eating, pies, puddings and dumplings. The garden shed had shelves covered with straw, so apples and pears were stored there over the winter.

In front of the orchard was the kitchen garden. Here we grew all manner of vegetables: peas, beans (French and Runner), potatoes (King Edwards), carrots, onions, lettuces, parsnips, and a few cabbages. My father before he left managed to rent the allotment behind our house and there we grew more cabbages, cauliflowers, brussel sprouts and extra potatoes. A greengrocer called, so we could purchase other vegetables, such as celery, which came from black earth fenlands around Cambridgeshire, similar to that found in the Holland Marsh north of Toronto. Since the house also came with a greenhouse, we

Cecil Butler and the wartime greenhouse, June 1956

had tomatoes and cucumbers. We were very self sufficient. The headmaster of our school was a keen gardener and we were all given a plot to grow our vegetables. I chose to grow radishes and pansies. There were no school meals. We had two hours for lunch so we all went home. If we had any extra fruit or vegetables they were given to neighbours and relatives. Fruits and vegetables were eaten in season and the more exotic fruits had to wait until the end of the war before they were on the shop shelves again.

A dozen chickens – Rhode Island Reds and Plymouth Rocks – had a home in our garden. By pooling our egg ration with my aunt we were able to keep that many. Every fall we put down the eggs in waterglass* so that mother had enough for cooking. Our eggs were often supplemented with eggs from my Aunt Sophie's larger flock in my mother's home village. She produced eggs for the egg packing station but after her quota was filled the family could have them. Often they were an odd shape. At harvest time my mother and I would go gleaning in the wheat field. We would first stook the sheaves, six to a stook, then pick up the dropped ears of wheat. How the chickens loved those ears and the eggs tasted so much better. I hope they appreciated my scratched legs and hands. Our chickens had a daily ration of bran and corn, which I collected once a month from the corn chandler. The meal was mixed with boiled potato peelings. Any peelings left over, plus any other food scraps, went into the bins placed around the street for the farmers to collect for pig food. Our small road had three. Milk was delivered by horse and cart from Chivers Dairy. Between the horse and the children on the street the milkman only had to sit on the cart. We did the rest. The gold top Jersey milk was highly prized because the thick cream at the top was great on apple pies. All the school children were given half a pint of milk per day. The government also provided us with a spoonful of malt daily. A large tin of malt was placed at the front of the room on a chair and we would come up a row at a time to dip in our spoons, then leave the spoons in our desks until the next day. By the end of the week they were a little furry!

Upon registering with the butcher you could hopefully get liver, kidneys, occasionally heart and other organ meats to supplement your ration. To go home with a nice piece of fat for the top of your beef ration was a bonus. Now the dripping bowl would be full for dripping on toast. MacFisheries downtown always seemed to have fish. We were not that far from the east coast, so we had herring, bloaters, cod, halibut, and sprats. Shrimps were also available, not from the fishmonger but the old lady who sat in the town centre with her great big basket of small cooked shrimp. The bags cost sixpence and you got a good scoop. They smelled of the sea and tasted divine. We couldn't go to the coast until after the war.

Bread was quite boring. We had white, brown or hovis. The best day at the bakers was doughnut day. If you went round to the back of the bakery you were able to purchase half dozen gooey deep-fried doughnuts with jam middles. Bread was delivered. Small merchants did have an allocation of petrol for delivery purposes. Cakes were made at home but biscuits [cookies] were bought. My uncle had a grocery store so we were registered with him for the bacon, butter, cheese and of course he also sold biscuits. Whenever the siren went in the early days we would get up, make a pot of tea and take a package of Dad's Cookies, go under the stairs to wait for the all clear. We went through a lot of cookies and tea. Mother had ways of bartering her bit of extra sugar for tea so we were never short of it. Our family didn't take sugar in tea. A jam ration could be exchanged for sugar. As the shop was on the way home from school I would go and

visit Aunt Janet for any family news and have a Yorkshire sandwich (two slices bread and butter, cheddar cheese and Gollyberry jam), and usually I came home with an extra pound of butter wrapped up in the *Women's Weekly* so Uncle George wouldn't see.

At the beginning of the war we were all issued identity cards and ration books. An ordinary adult ration per week in 1941, according to Katherine Knight in *Rationing in the Second World War: Spuds, Spam and Eating for Victory* (2007), was:

Bacon	4 oz	Butter	2 oz
Cooking fat	2 oz	Margarine	4 oz
Sugar	8 oz	Tea	2 oz
Meat	1 lb worth 1/2d (one shilling and tuppence)		

Service men on leave were given temporary ration books. Yes, there were line ups for food, especially at the butchers, but you went early and hoped you could get to the front of the line before your choice of meat ran out.

My mother was a good basic cook who always came up with a main course and a "pudding." However, there was one item she made only from 1943–1944. This was the time the Canadians and Americans came to tea. When they were coming a malt loaf would be baked. One of our government lodgers had American boyfriends and they loved to come to tea. Tommy and Robert were aircrew and liked nothing better than to talk with my mother, fall asleep in Dad's chair and eat malt loaf. They were very young. Researching the recipe for malt loaf I realized why mother could make it so often: it had no butter in it. Below is a recipe she could have used. I don't have Alice's own recipe in any of her cookbooks, which I brought to Canada when I closed up her house in 1997 after her death (at age 100). Her recipe must have come from a wartime magazine or newspaper. After the Americans left the malt loaf did not appear again.

Mother always made her delicious chocolate cake for my birthday. Add salmon, cucumber, paste, cress and jam sandwiches to that and you had a standard birthday tea. A red or yellow jelly added colour to the table. Christmas dinner and our other special occasions were large meals. The ingredients for the Christmas cake, mincemeat, and pudding were horded and stored in the pantry for the baking day. A very large rooster made its way to the festive table full of stuffing. That was the only time we ate chicken, unless one of our hens didn't lay well, in which case it went in the pot.

Malted Fruit Tea

8 ozs self-raising flour
a pinch of salt
2 tbsp dark soft brown sugar
6 ozs mixed dried fruit
2 tbsp golden syrup
2 tbsp malt extract
¼ pint fresh milk

Grease and line a loaf pan. Sieve the dry ingredients into bowl, mix well add mixed fruit. Melt syrup, malt and milk in a saucepan and heat gently until melted. Make a well in the centre of the dry ingredients add the melted syrup from saucepan.

This should make a fairly sticky consistency. Turn the mixture into the prepared tin. Bake at 325˚F for 1¼ hours.

Turn out to cool on wire rack. When cool wrap in grease proof paper and foil and keep for 1 day. Slice thin and spread with butter.

The Dairy Book of British Foods, London: Ebury Press, 1988: "It is a country-wide recipe."

We were glad when the war ended and once again food that had been in short supply was on store shelves. Butter was still rationed when I went to teachers college in 1950. Mother would send me extra through the post. The British people finished the war really healthy, thanks to the fair share policy organized by the government and lessons learned from the First World War. We should also thank the men of the merchant navy who despite great adversity continued to bring in much needed supplies from abroad and all the mothers who put food on the table every day. Thank you Alice.

*Waterglass is a solution of sodium or potassium silicate that was used for preserving fresh eggs.

The Spiced Beef Recipe of William Oscroft Ward

Doug Ward

Ottawa-based Doug Ward was a pioneer social reformer in the sixties as a leader of the Company of Young Canadians, volunteers in community work. At the CBC, he co-authored the report that formed the basis of far-reaching changes to the moribund CBC Radio Service and produced the precursor to the daily As It Happens*. As Director of CBC's Northern Region, he hired and trained many native broadcasters and managers, many of whom are community leaders today. In retirement, he continues his interest in farms, food, and community service as chair of the charity Farm Radio International (farmradio.org), which gathers African best farming practices, turns the information into simple radio scripts, and mails them to hundreds of rural African stations. Indigenous broadcasters translate the scripts into the local languages and broadcast the information to tens of millions of smallholder farmers.*

My grandfather, William Oscroft Ward, left England in the spring of 1885. He was the fourth brother to leave the tiny hamlet of Skegby, Nottinghamshire, where his family had a butcher shop. Three brothers went West and farmed in Manitoba and Alberta, but William settled in Toronto, and is first captured in the 1886 city directory as a butcher working for H. P. Waller.

Circa 1902 Christmas display at 302 College Street, telephone number "College 868." William stands in the doorway with his young son Douglas, the author's father, and Cliff is to the right

(Photographs courtesy of Doug Ward)

By 1907, William had his own store at 302 College Street, at the northeast corner of Robert Street. Four years later, he moved the family and shop farther west on College Street to number 374. Because he was largely a pork butcher, at a time when the area was filling up with Jewish immigrants, he had to make another, final, move in 1929, to 1510 Yonge Street, just above St. Clair at Delisle. He died in 1943.

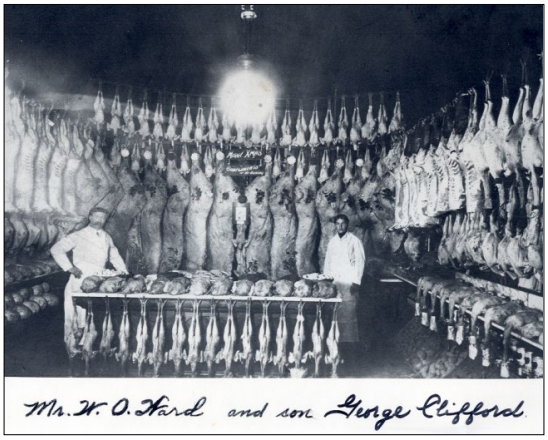
Unidentified driver in W. O. Ward delivery cart, in front of 374 College Street, circa 1911–1929

William had a keen eye for meat. My father remembered watching carters hefting huge sides of beef into the store. William would give each one a quick look, and without stopping whatever else he was doing, he would pass judgement. If he pointed to the door with his cleaver, the carter knew to take the offending side back to the wagon.

Nor did William wait for produce to be delivered to him. At three o'clock on Saturday morning, he would hitch up his pony and delivery wagon and head north on Yonge Street with one of his sons to the tavern in Hogg's Hollow, just beyond the old city limits. At the tavern, he would apprehend the farmers who were breakfasting there, before they made it to the farmers' market up the hill. William got the pick of the produce before it got to that market.

This high-quality produce brought William clients from across the city – from local housewives to liveried chauffeurs of the grand families on Palmerston or over in Rosedale. The highest

acclaim came for his spiced beef, made up in the early fall, for Christmas sale. My father told me that Eatons offered to pay William handsomely for the recipe, but he refused, proudly.



A pride shot taken for publicity, circa 1911

The spiced beef was a standard when my uncles Fred and Cliff took over the business in the late 1930s, and it was a treasured feature of Christmas when I was growing up in the forties and fifties in Toronto.

Fred and Cliff kept a thriving business going until their retirements in 1963. A number of William's descendants later used the recipe – adjusted, of course for smaller quantities – to turn out respectable slabs of spiced beef at Christmas. Whenever I tested the brine by floating a potato, I thought of William learning that trick from *his* father back in Skegby, and then later teaching it to *my* father, on College Street, on a crisp fall day in the new world.

I remember the spiced beef well – served cold and sliced very thin, on rye bread smeared with a dab of Keen's dry mustard made into a paste with water. The beef was black on the outside (from the dry spice rub) and pink inside (due, no doubt, to the saltpetre). It tasted spicy and moist and, well, wonderful and full of memories! From Christmas to New Year's, it was always on the sideboard, along with a special bottle of sherry, awaiting visiting friends and family. We started looking forward to it in about October when the first chill hit the air.

Now that all involved have gone on to the great butcher shop in the sky, I suppose I am free to share the recipe. Besides, there is no Eatons left!

Unfortunately, the small consumer recipe doesn't seem to have survived, but here is the bulk recipe:

William Oscroft Ward's Spiced Beef

1 lb ground black pepper	1 lb ground allspice
½ lb ground cloves	¼ lb ground mace
4 lbs brown sugar	1 lb saltpetre

Boil the above for 2 hours in water at the rate of 1 gallon of water for ¼ spices.

Make a brine 40% strong (strong enough to float a potato) of kosher or pickling salt and water. Mix the two liquids.

Add 4 round steaks, about 7 lbs each, (loose, to absorb the spices). Pickle at 40–50 degrees F temperature for 6–8 weeks. At the end, rub the steaks with a dry mix of the same spices. Tie up neatly for roasting.

Make ½" paste (as dry as possible) of flour and salt. Roll flat, then wrap entirely around the roast, to enclose the spices during roasting.

Roast one 7 lb roast for 3 hours at 350–400 degrees F. Watch the pastry during the first hour of cooking to ensure that it does not slip off.

Varnished Melons

This snippet originated in the United States, but was reprinted in the *Hamilton Weekly Times* (Ontario) on Thursday, September 15, 1881, p 3. We wonder how many Ontario farmwives tried it.

"A lady has discovered a plan to keep water-melons in their natural form and flavor for an indefinite length of time. She has successfully tried it in past seasons, and, as a consequence, has been able to treat her family to a watermelon supper at Christmas time. The plan is an inexpensive and simple one, and consists in giving the melon three or four coats of varnish to exclude the air. She says they not only keep from decay, but that the flavor and sweetness are retained, and when eaten at Christmas or New Year's the fruit seems to be wonderfully improved in these particulars. [Harrisburg Patriot]"

(Courtesy of Frances Hoffman)

The First Christmas Dinner in Sudbury, Ontario, 1883

Jim Fortin

Jim Fortin is Curator of the Heritage Museum of the City of Greater Sudbury.

In the City of Greater Sudbury, we are celebrating 125 years since the Canadian Pacific Railway reached this location. Many things have changed in the area since 1883. We have few relics of the first white settlers, although among them is an axe used by the first survey party to reach Ramsey Lake and a memoir written, reputedly, by the first white woman. Florence Howey was the wife of the Canadian Pacific Railway doctor assigned to this section of the railway. She was born in Delhi, Ontario, in 1856 and married her childhood sweetheart in 1879. When she arrived in Sudbury Junction at sunset on July 1, 1883, the settlement was only three months old. In 1933, Mrs Howey committed her

Mrs Howey, 1933

(Photograph courtesy of Heritage Museum of the City of Greater Sudbury)

memories to paper and in so doing provided us with a glimpse into our earliest years. In *Pioneering on the CPR* (Sudbury, 1938), published two years after her death, she limited herself to the period 1883 to 1886.

The topic in her memoirs I find most interesting is the meals she ate during those early days. Her first meal in Sudbury was at a boarding house operated by a Henry Smith. She recalled the menu as being "fried salt pork, potatoes, bread, and strong butter and evaporated applesauce" (p 53). Since the railway had not reached the settlement yet, all supplies were unloaded at the end of the rail line 40 miles away and transferred onto wagons that followed the survey line through the bush to the shores of Ramsey Lake, where they were stacked onto "pointer boats" and transported across the lake to be reloaded onto wagons headed to the settlement. No wonder the menu was a bit stark.

The rails reached the infant settlement of Sudbury in November 1883, in time for Mrs Howey to consider Christmas dinner. Dr Girdwood, the senior physician stationed at North Bay, had sent along turkeys for the patients and Dr Howey. The next question was: who to invite? The engineers who had homes in Canada had left, and the imported professional workers had returned to Scotland. That left the clerk (first name unknown) Gough and the bookkeeper Harry Fairman from the Company store, the construction draftsman Francis Fulford, Pierre Mueler from the Commissariat for the boarding cars, the supply store manager Mr Thompson and his young son Billy. Miss Harrington, the only other white woman in the camp, was also invited, as was Miss Horrigan, the governess to the children of the Hudson's Bay Post at Whitefish. In all, with the Howeys and their Ojibway servant girl Christina, 11 were present for the first formal Christmas dinner in Sudbury.

Miss Horrigan and Pierre Mueler took charge of providing decorations for the festive meal, turning the Howey's little dining room into a woodland bower. "They prided themselves on a 'Merry Christmas' done with cedar which extended nearly the length of one log on one side of the room. It was very much admired until little Billy, in a rather loud whisper, said to his father, 'see that S.' We all looked at the 'S' and discovered

for the first time that it was hind side before [backwards]."

There was not enough room on the rough-hewn table for the turkey so it was carved in the kitchen. Once the guests were seated, Pierre "brought it in carrying the platter high and marched solemnly around the table, proclaiming about St Nicholas and a turkey, until the company protested that they would rather eat it than hear about it ... It was a real Christmas dinner with most of the eatments and drinkments which custom and tradition have made necessities" (pp 111–113).

Mrs Howey observed that though they were a small group of strangers gathered from every direction, way back in the wilderness, hundreds of miles from any of their kin or friends, they were all in good spirits, if a little saddened by the isolation.

Letter To the Editor:

Like Mary Williamson ["Canada's Last Fruit Canning Plant Closes," Summer 2008 issue], my wife Margaret and I were shocked when we read about the closing of the last fruit cannery in Ontario. This will be a terrible blow to the Ontario fruit growers. However, we wondered why the farmers don't start a cooperative cannery? When Margaret lived in Mission (Mission City, as it was known then), British Columbia, before the war, the farmers there had a co-op that canned soft fruits and even exported barrels of strawberries to the U.K. for their jam factories. Now that we are starting to see the environ- mental costs of shipping products over long distances go up, our Ontario farmers may have a cost advantage that will supersede the labour-cost advantage of some exporting countries. And if we start taxing imports on their carbon foot- print, our farmers could have a significant advantage. It's also nice to know that the products of our Ontario producers are inspected and are required to conform to high standards.
Ed Lyons

Cuisine Canada and The University of Guelph Canadian Culinary Book Awards:

Meet Us at the Fair!

The Canadian Culinary Book Awards are going to the Fair – the Royal Winter Fair in Toronto! On opening night of the Fair, November 7, beginning at 4:30 p.m., the awards will be given to authors from all over Canada, and to both English- and French-language books. Radio broadcaster and award-winning cookbook author Jurgen Gothe will be Master of Ceremonies. Following the awards will be a gala reception presented by chefs and restaurateurs passionate about using local ingredients teamed up with local Ontario farmers. The chefs include Jeff Crump, Ancaster Old Mill; Mark Picone, Niagara College; Bob Desautels, Borealis Restaurant; David Garcelon, Fairmont Royal York Hotel; and for the dessert table, Dufflet Rosenberg, Dufflet Pastries. Wines throughout the reception will be from Niagara College's student-operated winery. The Fair, attracting 350,000 people and 25,000 students, gives Cuisine Canada a great opportunity to tell the story of celebrated Canadian food and beverage authors and their books. In addition to the awards, Cuisine Canada will have an exhibit linking Canadian ingredients, cookery and cookbooks, with culinary books for sale across from the exhibit (the Toronto Cook Book Store). On the Fair's cooking stage short-listed celebrity authors will cook from their books with the help of student chefs. Cuisine Canada and The University of Guelph's Canadian Culinary Book Awards will have an active presence throughout the ten days of the Fair. Volunteers will be needed. If you have an interest please contact Karen Baxter, email: kgerling@uoguelph.ca. For more information you can visit http://www.lib.uoguelph.ca/resources/archival_&_special_collections/the_collections/digital_collections/culinary/cuisine_canada/index.html.

All this would not be possible without the funding of the Agricultural Adaptation Council and our major sponsors, CanolaInfo, Royal Winter Fair, Harbinger Communications, Chicken Farmers of Canada, Ancaster Old Mill and Beef Info.

CHO Program Review: "A Tea Fit for the Kings"

Jean Hume

Jean is a registered dietitian who was a teacher and food lab technician at the University of Guelph before she retired. She is interested in the cultural aspects of food.

CHO joined with Liaison College, the University of Guelph and Cuisine Canada on June 14, 2008, to present a tea in the late 19th-century setting of Woodside, the boyhood home of Canada's tenth Prime Minister, William Lyon Mackenzie King, in Kitchener, then called Berlin, Ontario.

My friend, Mrs John Greenwood, and myself were honoured to join his mother, Mrs John King (Isabel Grace Mackenzie), and other friends. We wore our finest frocks. Upon arrival, we were graciously welcomed by Mrs King's friend, the elegant Mrs Thomas Powers III, an influential woman in the Temperance Society. She invited us to tour the King family home, now a National Historic Site house museum, where several beautifully dressed attendants dared to tell little tales that should have remained private! In the pantry I studied the preserves and believe me, they would have won prizes at the local fairs.

After the tour, Mrs Jo Marie Powers welcomed the well-known culinary historian, Mrs Dorothy Duncan, who talked delightfully about the King family and the upheavals at Mrs King coped with because of her husband's passionate ideas of how our evolving country should be governed. Since not everyone agreed with his political views, there were some unsettling times for the family. She also suggested what Mrs King might have served at a function such as the one we were attending.

Chef Brian Clafton of Liaison College explained the historical menu, noting that "high tea" is a hot cooked meal that uses a knife and fork, not a cold afternoon tea. Liaison College students had prepared the food and served our tables, set with hand-crafted linens and fresh flowers to compliment this special meal. Two people were "dressed" in late Victorian clothes, from undergarments to outer layers, by senior interpreter Ms Carolyn Black-stock, thus revealing some secrets of creating a stylish figure of the day. We had lots of laughs during this presentation. Then we were invited into the gardens while the tea tasting workshop was set up. The gardens made us feel we were out in the country rather than in the heart of Kitchener. The deer in the bush kept an alert eye on us as we stood under the magnificent tulip tree planted 110 years ago by John Mackenzie. Ms Carrie Herzog, a lecturer in the School of Hospitality and Tourism at the University of Guelph, presented a full description of what makes a good tea exceptional. Accompanying the teas was a menu of sweets based on late 19th century recipes.

We may have arrived graciously at the Homestead but we fairly waddled away.

White Fruit Cake

1 cup butter	1½ cups pulverized sugar
whites of 6 eggs	1 wine glass of white wine
½ pd of citron (cut fine)	½ pd of chopped almonds
½ cup cocoanut (sic)	3 cups sifted flour

3 teaspoons baking powder

Beat butter and sugar to a cream, add wine. Beat eggs to a stiff froth then add eggs and fruit. Sift baking powder in flour. Bake in two loaves if you wish.

King Family Recipes, National Archives

(Photograph courtesy of Jo Marie Powers)

President's Message – *continued from page 2*

Gary Draper is a soon-to-be-retired Associate Professor of English at St Jerome's University at the University of Waterloo. He has been collecting Canadian cookbooks for the past decade. From his collecting he has developed a professional interest in recipes as texts, and an amateur's enthusiasm for historical cooking.

Carrie Herzog is currently a Lecturer in the School of Hospitality and Tourism Management at the University of Guelph where she teaches on what she is most passionate about – food and culture. Her first introduction to food was at Woodside National Historic Site (Kitchener) as a volunteer, and it was these experiences that lead her into the world of food, and helped her improve her food preparation skills. Carrie has used her skills at Woodside, as well as for CHO and Cuisine Canada, to develop experiential food-related programs that allow participants to "taste" a food/beverage and learn about the society and culture in which it was situated.

Dean Tudor is Journalism Professor Emeritus of Ryerson University. In a previous life, he was a professional librarian with the Ontario government, and library education director at Ryerson. His main writing interests are popular music, wine and food, for which he has written award-winning popular bibliographic guides. He holds certificates and diplomas from George Brown in wine and food, and might have been a chef today – but he refused to spend 1900 hours peeling and chopping onions (an apprenticeship requirement at the time). Visit www.deantudor.com.

Mary F. Williamson has retired as Fine Arts Bibliographer at York University. While she continues to write about early book and periodical illustration in Canada, her current research is focused primarily on the history of food and cookery. Recent publications have addressed the use of spices in Canada before 1840; culinary lore in the Peterborough area in the mid-1800s; banquets in Victorian Ontario, and the early 19th-century Canadian-Scottish cookbook author Mrs Dalgairns. Mary is a long-time collector of early cookbooks

Bridget Wranich has worked in museum education for 22 years, 19 of which have been at Fort York National Historic Site in Toronto. Her time at the Fort has been spent doing research and development for programmes in late 18th and early 19th century British culinary history. She is a co-founder of the Culinary Historians of Ontario and looks forward to participating in a new advisory role.

HONORARY MEMBERSHIP AWARDED TO MYA SANGSTER: To be included in Winter 2009 issue.

Newsletter News

This is CHO's biggest newsletter ever!

Winter 2009 issue: I'm seeking information about culinary and food history courses being taught in Canadian colleges and universities and included in grade school curricula. Already I have some interesting items but I know there's more! Give me a name and a phone or email contact, and I will follow up. One item will describe the differences between food and culinary history.

Request for a book reviewer: I have a review copy of Pierre Laszlo's *Citrus, A History*, which you will receive for your library in exchange for the review. Professor Laszlo, you may remember, has spoken to CHO on two occasions, first on oranges (2004) and then on French foods (2006). Happily, he remains a member of CHO, even though his complimentary membership has expired. In fact, he's our only European member!

Request for program reviewers: In exchange for entry to CHO events, two copies of the issue your review appears in, and a new item on your resume, I'm looking for willing writers for these programs: Cookbook Caper, Natalie Cooke's talk on Canadian margarine history, and our first two collaborations with Whitehearn and Dundurn Castle in Hamilton. Details are on pages 24 and 25. Contact me at fionalucas@rogers.com or 416 781-8153.

Fiona Lucas, President of CHO, and Editor of *Culinary Chronicles*

CHO Program Review: "Canadian Food History 101: Compare and Contrast 1867 and 1967"

Jennifer Rieger

Jenny is Site Co-ordinator of The Grange, Art Gallery of Ontario, in Toronto.

Association of Living History, Farms and Agricultural Museums Conference (ALHFAM)
Ottawa, June 22–26, 2008
Panel: Elizabeth Driver, Fiona Lucas, Amy Scott, Bob Wildfong, Maggie Newell

Using the format of a mock university class, "Professor Driver" oversaw her "students" giving their final papers comparing agricultural technology, recipes and food products, food clothing (aprons), and kitchen technology between 1867, the year of Confederation, and 1967, the year of our Centennial. While it may seem a simplistic statement, there was a huge change in that 100-year span.

Initiating that change were developments in labour, technology, and food production explained presenter Bob Wildfong. In 1867, most Canadians were farmers using their land to provide food for their families with a small surplus for market. The invention of the tractor and the farming equipment to go with it, coupled with improved seed varieties, food storage techniques, and better transportation, enabled farmers to produce more food with less work. In the 1960s, processed food had an impact. Crop varieties and animal breeds tended to be restricted to those that could be easily processed; for example, potatoes became uniform to suit the form of french fries. And, no longer limited to a local diet, we became used to out-of-season food and lost our taste for salted, pickled, and smoked preserved food.

Changes in materials, production, and power sources also changed the way food was prepared, but not as much as one might think. Amy Scott reviewed kitchen technology, gadgets, and the space itself. She made an interesting observation that other than power source (gas and electricity replacing wood and coal) and construction materials (stainless steel and enamel replacing cast iron), stoves changed little in appearance in our 100-year study. Cooking gadgets continued to be produced to ease preparation, though the marketing of them became more aggressive in the 20th century. Kitchens in both years were places without eating areas, as the dining room was still the primary area where family and friends consumed food.

Fiona Lucas built on this with a look at recipes and food products. Focusing largely on the middle class, she noted the shift in Canadian cooking from being based on a British demographic to encompassing a large multicultural population. While Confederation did not inspire the publication of cookbooks, since only two were published that year, our Centennial did, with books that nostalgically looked back to the past and books that embraced the excitement of modernity. Jumbles, for example, were modernized in one cookbook with the addition of vanilla and margarine. While the 1860s saw the beginning of mass-produced factory food, the 1960s promulgated the improved hygiene and resulting health benefits of processed food. Lucas concluded with a wonderful list of the new inventions over the last 100 years, which included marshmallows, potato salad with mayonnaise, and that all-time favourite Italian meal of spaghetti and meatballs with garlic bread and an iceberg salad with Thousand Island dressing.

Along with food, cooking clothing changed, too. Maggie Newell's paper focused on the change in aprons as examples of material culture. In 1867, aprons were a part of occupational dress, often identifying specific professions. Their function was to protect one's outer clothing from dirt (except in the case of bed aprons which protected the sheets from the dirt on the maid). They were a necessary item for both the mistress and the servant. One hundred years later, the apron symbolized the scientific nature of cooking and the importance of cleanliness and hygiene in the kitchen. As part of

No photos were taken of "Canadian Food History 101," but this group of CHO members attended the 2008 ALHFAM conference. From left: Fiona Lucas, Linda Badcock, Rosemary Kovac, Carolyn Blackstock, Mya Sangster, Wendy Rowney.

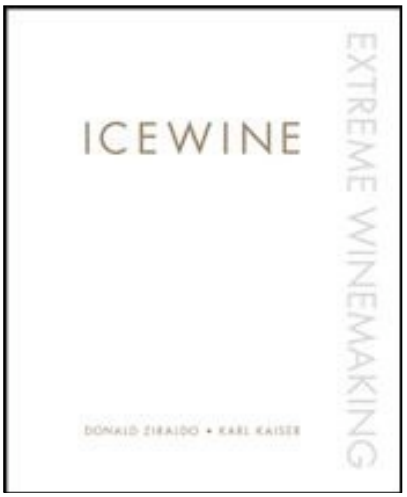
[Photograph courtesy of Mya Sangster]

popular culture, apron-clad women graced the covers of cookbooks and inhabited television kitchens. This wouldn't last, as the feminist movement challenged the solely domestic view of women and our easily washable clothing spelled the demise of routinely worn aprons. However, there is still a generation of women who remember their first home economics class sewing project: the creation of an apron. That simple project is a reminder to us all: The generation that actively remembers making an apron and eating "Hawaiian" food (because it contained pineapple) is still alive and willing to talk about food and food experiences. It is important to keep these more-modern sources in mind so as to not lose their recollections.

These four papers will be published as part of the Proceedings of the 2008 ALHFAM conference. For more information on the Association of Living History, Farms and Agricultural Museums, go to www.ALHFAM.org.

Dean Tudor's Book Review

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



Donald Ziraldo, *Icewine: Extreme Winemaking*, Toronto: Key Porter Books, 2007. ISBN 978-1-55263-926-9, 192 pp, $50.

Donald Ziraldo, with winemaker Karl Kaiser, founded Inniskillin Wines in 1974, the first new winery in Ontario since 1929. There's a foreword from Hugh Johnson, an icewine flavour wheel from Shari Darling, some notes from John Schreiner's book on icewine, scientific notes from Karl Kaiser, and recipes from the late Izabela Kalabis-Sacco pulled together by Lyn Ogryzlo. The bumph says: "A gorgeous collection, with full-colour photography and delicious recipes that explains the art behind Canada's wine delicacy." They forgot to say the book also contains a whack of scientific and technical data, with copious charts, graphs, and tables, compiled mostly by Kaiser. He has all the figures for the history of Inniskillin icewine, including year-by-year harvest brix, temper- atures, acid levels, ABV, and residual sugars for 1983 through 2006, and figures for British Columbia, Ontario, Germany, and Austria. Icewine made in other locations, such as New Zealand or New York, are cryogenic extractions (wines from the freezer). The book is very detailed with maps and photos, and discussions of the effects of terroir, grape varieties, pressing techniques, and cork quality. Ziraldo discusses VQA, the new sub-appellations in Niagara, and how to properly appreciate and taste icewine using Riedal glasses, which he helped create. There are cocktail recipes and 20 food recipes using or accompanying icewine. Some interesting or unusual recipes: foie gras with Granny Smith apples; seared foie gras with icewine-soaked apricots; grilled fig salad with gorgonzola; truffled cream of cauliflower soup; leg of lamb with fig compote.

Book Review: *Nutrition Policy in Canada*

Felicity Pope

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

Aleck Samuel Ostry, *Nutrition Policy in Canada, 1870–1939*, Vancouver: University of British Columbia Press, 2007. ISBN: 978-0-77481-328-0, 160 pp, paperback $34.95.

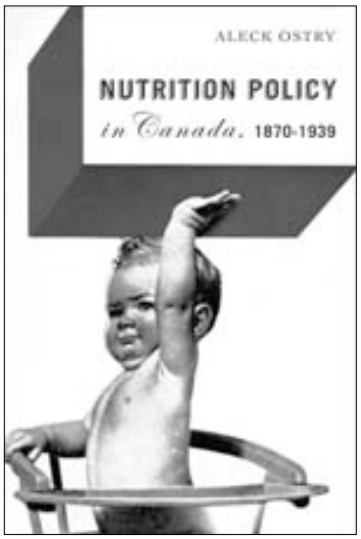
In the summer of 2008, an unusually large outbreak of listeriosis in Canada caused many deaths. The exact meat-processing plant where the contamination occurred was identified using coded information on the packaging, thus demonstrating the food surveillance system in action. How Canada's food safety and surveillance system developed is one of this book's themes.

Aleck Ostry is an epidemiologist holding a Canada Research Chair in the Social Determinants of Health at the University of Victoria. He chose to write an historical survey of policy-making about food, both as commodity and essential nutrition, in order to make the point that only by knowing the past can informed policies be made. Ostry's understanding of the importance of context comes from his longstanding research into workplace health, rural health, and the history of public health and healthcare policy. This book is about the historical context within which Canada was, for a time, a world leader in nutrition policy.

This original study, superbly organized and succinctly written, is on an important topic that has previously attracted little scholarly attention, as witnessed by the volume's slim size. After acknowledging Canada's colonial inheritance from the French and British regimes, the author frames our history of nutrition policy from 1870 to the present within five periods. Although this book deals with only the first two periods, up to the beginning of the Second World War, Ostry concludes with "lessons" that show why the topic matters to citizens and policy-makers today.

Ostry opens *Nutrition Policy in Canada, 1870–1939* by introducing us to the rapidly changing Canada of the 1870s, an industrializing economy, where newly urbanized populations were separated from their food supply, and where agri-business was developing. It was a country with high urban infant and maternal mortality rates and no Medicare. The cover image of a robust baby supporting the title block suggests the importance of new advertising techniques as much as it hints that infant nutrition lies at the heart of this study.

In surveying the 70-year span, Ostry discusses three themes: food adulteration, breastfeeding, and the scientific developments that led to a national dietary standard. Their context includes four sub-themes: the story of milk, the changing health and nutritional status of Canadians, doctors' roles in advising mothers about infant feeding, and the Department of Agriculture's developing role of shaping policy as it dispensed nutrition education.



In 1870, the federal government began introducing legislation protecting the consumer, as well as protecting the state as a trade partner. First was the Adulteration Act of 1874 whose 1890 Amendment established standards for individual foodstuffs that put Canada at the forefront of nutrition policy-making. The 1907 Meat and Canned Foods Act, dealing with the increasing consumption and trade in processed foods, and the 1914 Dairy Industry Act that followed it were both were under the Department of Agriculture.

A system (albeit not well funded) of inspectors, food analysts, and laboratories was set up from coast to coast. The true beginning of the state's interest in nutrition as a health issue began in 1919 when administration of the soon-to-be-repealed Adulteration Act moved from the Department of Inland Revenue to the newly created Department of Health and was replaced by the 1920 Food and Drug Act.

Ostry's four sub-themes explore the context within which these legislative and administrative changes occurred. He picks up the problems of the high infant mortality of urban babies and malnutrition. In the aftermath of the First World War, healthy populations, especially healthy babies, came to be regarded as an issue of national security. Ostry untangles the story of how milk changed its status from being a potentially deadly substance that had been adulterated or produced by diseased animals to a much-advertised "protective" food that contained the recently discovered vitamins. His linking of the rise of pediatrics as a profession with the decline of breastfeeding and the promotion of artificial feeding is intriguing. He teases apart the mixed messages that mothers received from industry advertising new products and from government promoting breastfeeding through the Child Welfare Division.

Two chapters about the Depression give the context for the creation of the Canadian Council on Nutrition and the first National Dietary Standard in 1938. The paradox of the 1930s was that during economic hardship, life expectancy actually increased from 43.1 years in 1931 to 51.4 years in 1941. Ostry poses an interesting question: "Were the poor and unemployed undernourished according to modern standards?" Using graphs and the concept of "national food disappearance data," which determines how much food is available in any year, he shows that more food at lower prices was available in Canada in the 1930s. The food policy developed in the 1930s under the Department of Agriculture was designed to promote consumption of meat and dairy products and the eating of more food. Ostry even locates evidence for concern about obesity amongst nutritionists from 1945 onwards. What makes this book so relevant today are Ostry's concluding "lessons." Firstly, that Canada needs an integrated food and nutrition policy that is not overpowered by Agriculture's mission. Secondly, that modern food standards are based on outdated surveys designed to make people eat more; thirdly, that the global economy may make it impossible for governments to set appropriate standards for their own population; fourthly, that sophisticated strategies must be developed to guide people to change their behaviour around food; and finally, that Canadians' access to food may be unable to withstand an economic crisis worse than the Depression.

The author makes full use of the sources he lists, though from a material culture perspective I think that his argument and evidence could have been deepened with the addition of extra sources, such as photographs of well-baby clinics in action or the famous image of the Toronto food inspector pouring contaminated milk into a sewer. But as an epidemiologist, Ostry is dealing with populations, not individuals.

As a last point, it is welcome to find real footnotes where one needs them. The only source of mild irritation was the misspelling of Dr Alan Brown's name throughout.

Culinary Query

Diabetes, Obesity and Scholarship

I couldn't help thinking when reading the Summer 2008 issue about how unhealthy historical cooking was, given our modern thinking on the subject. Butter, cream, animal fats, sugar, chocolate are very unhealthy given our current obsession about cholesterol and carbohydrates. Did our ancestors suffer from obesity and heart disease and early death due to unhealthy eating habits? I have had to give up my traditional style of eating because I have developed diabetes. How do other people feel about this subject? Is there documentation on this issue? As people interested in culinary history I think we should learn from past mistakes for the benefit of future generations.

Peter Iveson, iveson1@hotmail.com

TWO NEW BOOKS FROM CHO MEMBERS

Book Review: *Anita Stewart's Canada*

Nathalie Cooke

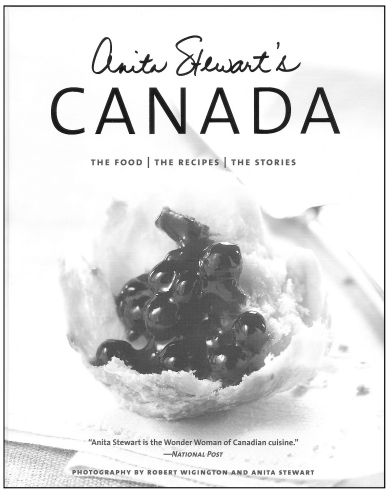
Nathalie is Associate Dean of Arts Research and Graduate Studies at McGill University in Montreal.

Anita Stewart, with photography by Robert Wigington and Anita Stewart.
Anita Stewart's Canada: The Food, The Recipes, The Stories. **Toronto: HarperCollins, 2008.**
ISBN 978-1-55468-231-7, 322 pp, $34.95.

With its wealth of stories and images, Anita Stewart's latest book is to be read and enjoyed, and will become a favourite in the kitchen – mainly for those not counting their calories too closely.

As its title suggests, *Anita Stewart's Canada* explores and celebrates Canada but makes no claims to be a definitive or comprehensive catalogue of Canadian culinary fare. Stewart describes "her" Canada. Through an engaging authorial voice, she invites readers to share her multicultural and diverse Canada, which involves an enthusiasm for the country's bounty, an appreciation of its beauty, and respect for indigenous traditions. The focus is on iconic Canadian foods and distinctive cooking methods; the illustrated discussion of the Bentwood box cooking, for example, is fascinating. But readers won't find recipes for all their iconic favourites. No tourtière, for example, or Nanaimo bars. Instead, pakoras, paneer, chimichurri sauce, char kuay teow (fried rice noodles with Chinese sausage and prawns), Azorian rice pudding, kashmiri mint chutney, caldeirada (peppery Portugese fish stew).

The book feels like a meeting place of ideas and conversations. This is no academic tome with ponderous footnotes, although sources are flagged and direct quotes identified with quotation marks. Readers wanting to follow up on tantalizing leads might wish for more detail. Where, for example, did Stewart learn of the Canadian cheese mite? Or that "the Romans enjoyed ices" but "it wasn't until the 1600s that the name 'ice cream' was first written on a menu in Britain"?



However, readers wishing to test recipes and sample Canada's culinary fare will be delighted. The print is legible, the cooking directions clear and, best of all, the pages stay open without breaking the book's spine. Recipe selection is intended as a representative sampling of Canadian home cooking, providing some introduction to new foods and cooking methods. There is a general and welcome sense of inclusiveness. Stewart resists the notion of a single Canadian cuisine; she is convinced there are hundreds. Her recipes draw from a variety of foodways traditions and refrain from snubbing tried and true shortcuts (Bird's custard powder, for example, is called for more than once) or common household brands. One recipe, she tells us, is inside the Tenderflake box.

Contributors are introduced with gracious generosity and seldom by rank – from Nova Scotia's Marie Nightingale to Vancouver's Vikram Vij, and to CHO's own Mary Williamson. If there is a hierarchy of sorts, it has to do with family and friends: This is Anita Stewart's Canada after all. Son Mark and his wife figure in several stories. Occasionally, stories and photos capture a moment of humour and humanity that caught her eye. My favourite: floury foot-prints on a sidewalk, evidence of the moment when friend Pierre Audette jumped to shake off the flour left by his work at Produits de Pâtisserie Orientale. Most photos were taken by Stewart herself of people who shared their stories or of scenes of visual and regional interest. While food photos are few, what they lack in number they make up in quality. I dare you to resist trying recipes illustrated by Robert Wigington's delicious images.

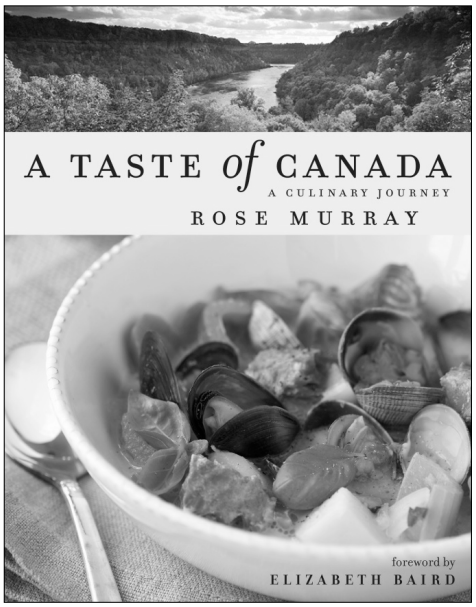
Book Review: Rose Murray's *A Taste of Canada*

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.

Rose Murray, *A Taste of Canada: A Culinary Journey*, Whitecap Books, North Vancouver, 2008. ISBN-13: 978-1552859117, 242 pp, $39.95.

Resist the urge to compare Rose Murray's *A Taste of Canada* to *Anita Stewart's Canada*. While both books are a culinary salute to Canadian cuisine, its harvest, and diverse contributors, the approaches are unique to the authors. Stewart might offer more to culinary historians, but Murray will win over home cooks and their lucky guests.



In *A Taste of Canada*, Murray takes the "proof is in the pudding" approach. After a foreword by Elizabeth Baird and a relatively short introduction – just enough history to brief readers on the milestones of our culinary past – Murray rolls up her sleeves and starts cooking. She presents a mix of familiar classics and inspired modern takes.

Her understanding and respect for food goes beyond an historical recipe collection. Though Murray doesn't regurgitate stodgy heritage recipes that should have been lost rather than handed down with the silverware, she knows when to deliver an authentic dish. Her Thai Tom Yum Shrimp Soup doesn't stray from tradition, but Murray unabashedly admits she "tarted things up a bit" with her not-so-standard pea soup. You'll find butter tarts in phyllo pastry and New World Coq au Vin made with (gasp) white wine, not red. The lighter, brighter results are a surprising improvement on the heavy, traditional approach. Inspired by our bounty, Murray also creates new dishes. Her Cheddar Apple Soup combines a classic duo in such a deliciously innovative way you'll wonder why it's not a Canadian standard.

Murray peppers the customary cookbook structure with special features on holidays, regions, and key ingredients. When acknowledging the role of geography, Murray looks at yield more than provincial boundaries. Regional menus like A Midnight Sun Supper showcase the Northern bounty, while A Maritime Company Buffet features seafood, fiddleheads, and rhubarb. Stunning landscapes, mouth-watering close-ups, and a pinch of history put the menus into perspective and leave readers focused on food, not facts. While culinary historians might hunger for more details, impatient cooks will have just enough information to whet their appetites.

Written with the modern palate and cook in mind, Murray's dishes can be made in the average kitchen with the standard equipment. She includes tips on harvesting, buying, storing, preserving, and cooking featured items. Almost all fresh ingredients can be found at the local supermarket, but she offers readily available and suitable substitutes for hard-to-find specialty items.

With hospitality as important as the meal itself, Murray is an excellent host. Her entertaining anecdotes set the tone for her delicious, approachable dishes that are rooted in the past but at home in the present. If Canadian cuisine is "what we eat," then Murray not only provides a thorough and surprising study of our nation's appetite, her recipes will ensure we continue our proud culinary traditions.

CHO Upcoming Events

MARK THESE EVENTS IN YOUR DIARY NOW!!

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.

CHO in partnership with Campbell House Museum
CONTRABAND AND CONTROVERSY: THE FIGHT FOR SPREAD FOR OUR BREAD
A lecture by Nathalie Cooke
Campbell House Museum
160 Queen Street W, Toronto
(at Osgoode Subway Stn)
416 597-0227, campbellhousemuseum@bellnet.ca
Thursday, 27 November, 7 pm

Margarine, invented in 1869, has been the focus of culinary (or perhaps, more accurately, chemical) creativity, contrivance and competition during the past two centuries. Despite a charged history that involves rhetoric reminiscent of liquor prohibition debates, a version of this product is likely in our home refrigerators at this moment.

Quebec's recent decision to lift the ban on coloured margarine provides closure to the heated history of this edible oil product in Canada. Cooke will take us on an illustrated journey of the margarine wars in Canada, offering glimpses of the home economists who personified Brenda York (of Margene) and Marie Fraser (of the Dairy Marketing Board), and a sense of why housewives and farmers, politicians and protesters felt compelled to fight for the right spread for their bread.

Cooke is Associate Dean of Arts at McGill University in Montreal. She is editor of the forthcoming *What's to Eat: Essays in Canadian Food Culture* and is currently writing a book on the food spokescharacters in Canada – fictitious characters, like Betty Crocker, who put a friendly face to the name of a product or promotion.

$10 members; $12 non-members. Cash at door.

January 2009

CHO in partnership with Dundurn National Historic Site
A Victorian Cooking Workshop
STOCK EXCHANGE
Dundurn Castle
610 York Blvd, Hamilton
Janet Kronick, Historic Kitchen Coordinator
905-546-2872 x 2700, jkronick@hamilton.ca
Saturday, January 24, 9 am–12 pm

Borscht, bisque, consommé, goulash, vichyssoise: the saga of soup is as old as the history of cooking. Discover why this food is a staple for so many cultures. Try your hand at exceptional 19th-century recipes in our historic kitchen and explore the rich history and tastes surrounding the act of cooking simple ingredients in a pot.

CHO members only. $45. Pre-registration and payment required.

February 2009

CHO in partnership with Fort York National Historic Site
MAD FOR MARMALADE, CRAZY FOR CITRON! – Second Annual
Fort York National Historic Site
100 Garrison Road, Toronto
(off Fleet Street, east of Strachan Ave, west of Bathurst St)

416 392-6907, fortyork@toronto.ca
Saturday, February 21, 10 am–3:30 pm

Three kitchens, three marmalades: Seville Orange Marmalade (1796), Pear Marmalade (1824) and Citron Preserves (1877). Try your hand at making these delicious spreads; savour Marmalade Chicken (1796) and and more at lunch; check out the Marmalade Marketplace. Hear a fascinating illustrated talk on marmalade's history with guest speaker Elizabeth Field, from Providence, Rhode Island, called "Marmalade: Comfort in a Jar."

Marmalade Competition: All welcome to enter. Two categories: Pure Seville Orange Marmalade or Other Fruit Marmalade. $5 entrance fee per person. Please call Fiona Lucas at 416 781-8153 for more information or to register.

$25 members, $27 non-members, plus entrance to Fort York ($7.62 adults, $3.81 seniors and youths, $2.86 children, plus GST). Pre-registration is advised. Cash at door.

In partnership with Whitehern Historic House
A talk with curator Sonia Mrva
WHITEHEARN'S RESTORATION AND KITCHEN
41 Jackson St. West, Hamilton
905-546-2018, smrva@hamilton.ca
Saturday, 28 February, 7 pm

Explore the intriguing history of the restoration of this urban estate spanning three generations of the McQuesten family. Learn about Anne Valessi, the family's long time cook, and daughter Hilda cookbook. Take a guided tour of the principal rooms, including the depression era kitchen and bathrooms.

Limited to 30 participants. $15 members, $18 non- members. Light refreshments.

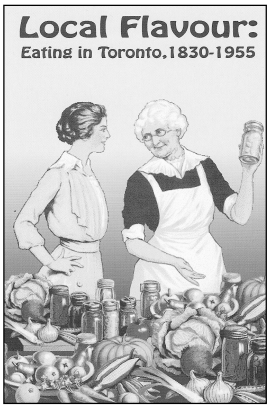
Also of Interest to CHO Members

A lecture by Liz Driver:
BOOKS FOR TORONTO COOKS
Toronto Reference Library
789 Yonge St., Toronto
Wednesday, November 26, 7 pm

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

TWO CULINARY HISTORY EXHIBITS:

Local Flavour: Eating in Toronto, 1830–1955
Toronto Reference Library,
789 Yonge St., Toronto
October 5, 2008 – January 11, 2009



125 years of Toronto's culinary history: cook books, 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.

During open hours. Free admission.

One Hundred Years of Canadian Dinner, 1908–2008
85th Annual Royal Agricultural Winter Fair
Direct Energy National Trade Centre, Canadian National Exhibition Grounds
November 7–16

Highlights the changes in food availability and dinner choices over a century. Sponsored by CropLife Canada – working to increase awareness and understanding of the benefits, value and safety of plant science technologies and innovations in providing an abundant, affordable food supply. Research by Fiona Lucas of Culinary Historians of Ontario. Teachers' kit available.

Included with admission to the Fair.

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:	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 Recreating Old Recipes in Modern and Historical 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 Charmian Christie, Nathalie Cooke, Jim Fortin, Frances Hoffman, Jean Hume, Linda Kenny, Rosemary Kovac, Peter Myers, Felicity Pope, Jo Marie Powers, Jennifer Rieger, Mya Sangster, Dean Tudor, Doug Ward 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

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