Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

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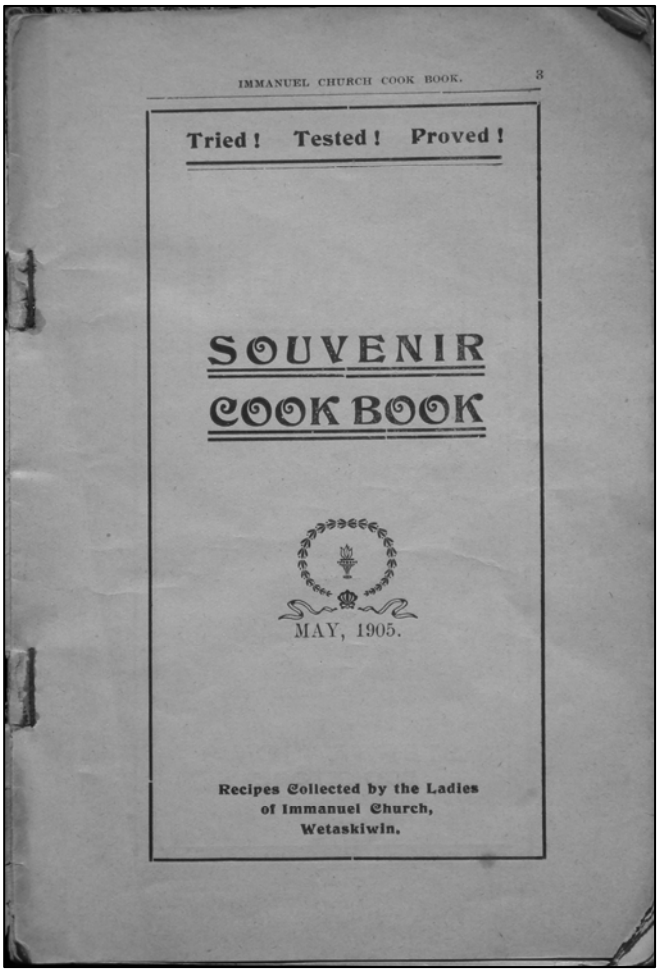
A New Alberta Cookbook, circa 1905

The Culinary Historians of Ontario are excited to tell members about a recent discovery of an early Alberta cookbook, likely the earliest published in that province. See Gary Draper's story inside!

(Photograph courtesy of Gary Draper)



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President's Message

Amazingly, CHO has been functioning for 15 years! A little grass roots group interested in the obscure topic of old recipes in old cookbooks and how to make them using old equipment and old techniques has blossomed into Canada's only volunteer group dedicated to understanding Canadian food and culinary history in all its varieties, ethnicities and regions. Little did the earliest members think this would come to pass. Our longevity is a tribute to the members across the country who continue to be interested in our quarterly newsletter and regular programs, and to the various volunteers who come forward to assist at each event and to fill each position.

I am pleased to report that the **Culinary Landmarks Conference** last May was a resounding success! The general assessment was really positive. Here are two representative comments: "The conference was an unforgettable experience for me personally, and I hope an inspirational beginning for new Canadian food history scholarship." "Congratulations. Culinary Landmarks was a remarkable conference. Your organizational skills and eye for detail resulted in a smoothly run, intellectually stimulating and gastronomically interesting three days." One of the remarkable things about Liz Driver is her ability to observe the importance of something that other historians have missed and by revealing her awe about it she motivates the rest of us. Her *Culinary Landmarks* bibliography, which inspired the conference, has propelled Canadian food and culinary history to really come of age. To paraphrase Elizabeth Baird: Who would have believed a few decades ago that butter tarts would be a serious scholarly pursuit? CHO's Board and the conference organizers thank all the members and new friends who attended. Please see pages 13 through 19 for the summaries of presentations and foods. We learned so much and ate really well!

Annual General Meeting

September 12th will be our next AGM. We'll eat cake to celebrate our 15th birthday! Following the usual Board reports, which I promise will be kept short, short, short, we will discus a key decision about CHO's future by reconsidering our name – perhaps we should become the **Culinary Historians of Canada**. On behalf of the CHO Board of Directors I invite all members to respond by email, postal mail or phone via the contact information on the back page. We would really like feedback about the potential change of name. All opinions by members unable to attend will be read aloud to become part of the record. Have your say in your food history group!

Call for Volunteers

Board Members: The September 2009 AGM will include electing a new slate of Executive Officers to the Board of Directors for a two-year term. Each position is open, as are the Chairs of the Newsletter and Membership Committees. A nomination form is in this summer package. Like many special interest organizations, the Culinary Historians of Ontario relies completely on keen volunteers, starting with board members. Please consider giving your energy and interest in Canadian foodways to this organization!

Mad for Marmalade, Crazy for Citrus, February 27, 2010: Plans are underway for the next marmalade festival with Fort York, renamed *Mad for Marmalade, Crazy for Citrus* (not just Citron). We want to create several sub-committees led by co-ordinators, under Fiona's direction as Chair of the Marmalade Program Committee. Specific requests are for people to co-ordinate registration, publicity, the marketplace, the competition, the children's activities, and the finances. Together we'll form one big, happy committee to produce a larger, fabulous, jam-packed event!

Newsletter News

I am pleased to announce that Hamilton-based **Janet Kronick** is joining the Newsletter Committee as the first reviews editor. Janet will be responsible for assembling writers and photographers for the pages dedicated to reviews of new food history books and exhibits, as well as the summaries of CHO events. **Ed Lyons** in Toronto will continue doing the preliminary

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Found! – A New Alberta Cookbook, circa 1905

Gary Draper

Gary is a retired English Professor and an active cookbook collector who lives in Kitchener, Ontario. He is a member of CHO's Advisory Committee.

The *Souvenir Cook Book* is a modest-looking assemblage, measuring 20.5 x 14.0 cm. Its 80 pages, plus seven unnumbered leaves at the end, are turning brown. My copy lacks a cover, and the two staples that hold it together are dark with rust. But this unpretentious little book now appears to hold a mightily important historical distinction.

According to Elizabeth Driver's *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949* (University of Toronto Press, 2008), only one Alberta cookbook predates this one: *Pingle's 1904 Calendar Cookbook*, published by Medicine Hat druggist and stationer Charles S. Pingle. The first community cookbook listed in Driver, *A Book of Cookery*, was published by the Presbyterian and Methodist congregations of the town of Lamont, between 1906 and 1910. But according to its title page, the *Souvenir Cook Book*, "Collected by the Ladies of Immanuel Church, Wetaskiwin," was published at least a year earlier in May of 1905, fully four months before Alberta entered Confederation, making it the province's earliest known community cookbook.

The book appears to be a typical example of early community cookbooks in Canada. It is clearly organized by types of dishes and sprinkled throughout with advertisements for local businesses. Its debt to the influential *Home Cook Book* (Toronto, 1877) is apparent in the legend above the title: "Tried! Tested! Proved!"The title page itself is clear and graced with a decorative emblem of laurel leaves and ribbon. With some of its most polished cousins, the book shares the device of preceding each section with an apt quotation. For Soup: "The first dish pleaseth all"; Fish: "Fish for fasting days and flesh for holidays"; Meats and Entrees: "And who abstaineth from meat that is not gaunt." Though I am far from expert, the recipes also appear to me to be reasonably typical of their time. I was not surprised, for example, by the preponderance of desserts. The sections run as follows, the number in brackets indicating the total number of pages, excluding advertisements: Soup: pp 7–10 (4), Fish: 11–14 (4), Meats and Entrees: 15–22 (7), Vegetables: 23–25 (3), Salads: 27–31 (5), Pickles and Sauces: 33–38 (5), Puddings: 40–49 (7), Bread: 50–51 (2), Pies: 53–57 (3), and Cakes: 59–79 (18). That makes a total of 28 out of 58 recipe pages devoted to dessert. The final section is a bit of a miscellany, including among the cakes, recipes for cookies, one for date and nut sandwiches, one for tomato jelly, and another for lemon marmalade.

Immanuel Anglican Church & Parish Hall, c. 1959

(Photograph courtesy of Wetaskiwin Archives, accession #81.44/40 11370)

Among the recipes that caught my eye was one for "Fat Rascals," cookies in which butter makes up more or less one-quarter of the total ingredients. Another, for "Oyster Cromeskies" – suggesting perhaps a Polish influence, though its creator is "Mrs. Macleod" – turns out to be what appears in many other early cookbooks as "Pigs in Blankets" (oysters wrapped in bacon).

The advertisements within these pages suggest a lively community with many services available In addition to those for various general stores, there are advertisements for – among others – a book-

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My Mother's Cookbooks

W. D. Valgardson

Bill is the author of thirteen books for adults and children. His children's book, Thor*, includes a recipe for Icelandic pancakes. His mother loved to cook, and his father created recipes and particularly liked to cook fresh water fish. Bill is comfortable cooking for one guest or twenty.*

This memoir first appeared on July 1, 2009, in the number 13 issue of Logberg-Heimskringla*, an Icelandic Canadian newspaper published in Winnipeg. Thank you to Bill for permission to reprint.*

There are six of them. One's missing a cover. They're all well worn, tattered edges, split spines. Two of them are actual cookbooks made by someone else. *Gimli Gourmet Recipes,* published by the Johnson Memorial Hospital Auxiliary, is in pretty good shape. It's still got its cover. The recipes are identified by women in the community who donated them. Pie Pastry by Joey Thordarson. Doughnuts by Mrs. A. Kasupski. There's Lekuchen and Snickerdoodles, Jello Graham Wafer Cake and something called Broken Glass Dessert. It's made with lemon, lime and cherry "jellow" [*sic*]. There are a lot of hamburger recipes. But the Icelandic quality of Gimli is evident with Kyofa, an Icelandic Meat Loaf. There's no date on the cookbook but you know there wasn't much money around because there are a lot of jello recipes and casseroles. People still made their own pickles. There are recipes for Bread and Butter Pickles and Fourteen Day Pickles.

It is impossible to tell where the second published cookbook came from because its cover is long gone. The pages are well thumbed and a bit stained from the ingredients of many recipes. It, too, owes its contents to various housewives, although these come from farther afield. Raisin, Date, and Nut Pie has been contributed by Mrs. T. S. Arason from Cypress River, Man. Million Dollar Pickle is from Mrs. F. A. Finson of Port Arthur, Ont. There are a lot of pies and tarts. Vinegar tarts, lemon cheese tarts, coconut tarts. Puddings are important. Part way through the book there is a loose page of Household Hints. "When silver becomes dull," it says, "rub it with a piece of potato dipped in baking soda." "When making mayonnaise add the white of the egg to the mixture after the vinegar is added. This will prevent curdling." These were the precursors to Martha Stewart, TV and the Internet.

Here, there are pages of recipes for pickles, relishes and jams. With these recipes you can make Watermelon Rind Pickle or pickle cherries. With all this chopping, kneading, boiling, baking, there was still a few minutes for leisure because there is one page for making cocktails and cooling drinks.

This book provided all sorts of support to the new housewife. In a time of little medical assistance and few medications, it provides pages dedicated to Invalid Cookery. It details the contents of a liquid diet, a soft solid diet, a light diet, a full diet. It explains how to make gruels, how to albumenize milk, to make junket, and beef tea. It reveals its heritage with two pages on how to make *flatbrauð, mysuostur* and *pönnukökur*. That's flatbread, a whey cheese and crepes rolled hot with brown sugar. All Icelandic.

But it is not these books that interest me as much as the other four my mother made for herself. Many of the recipes are in her tidy hand. Others have been clipped and pasted into the pages with her notes beside them. Although her parents both came from Northern Ireland, there are no Irish recipes here. She married at sixteen into an Icelandic Canadian family and community and became so much part of the Icelandic tradition that she even learned to make Rosettes.

The first recipe in the book gives the recipe for rosettes: a cup of flour, a cup of milk, a pinch of salt, 2 eggs and a teaspoon of sugar. It explains how to mix the ingredients but in a separate note to one side it says to "Dip Rosette iron into hot fat to heat. Shake off surplus fat. Dip into batter, making sure no batter goes over the edge of the mold. Dip into fat and fry till Golden Brown. Then remove and place on brown paper." These rosettes when made properly have the shape of a rose, are light

The Valgardson Family at Dinner

(Photograph courtesy of W. D. Valgardson)

crunchy and usually topped with a dollop of cream and a dab of strawberry jam. The recipe floods me with memories of watching my mother holding what looked like a branding iron, making each rosette individually, while I and my brother waited away from the pot of hot fat, knowing that we'd each get one topped with whipped cream and a bit of strawberry jam along with instructions to go outside and play.

The pages are nearly as soft as tissue. Many of the recipes are blurred from having water or milk dropped on them. The recipe for Chinese Chews becomes more obscure as it goes down the page. There's a recipe for home made marshmallow, for Julia's Perogies and Holopchi. The recipes are not organized as in a formal cookbook under categories. They follow one after the other as my mother discovered them.

In the three ring binder there is a recipe for Snowballs. I pity anyone who did not grow up having Snowballs at Christmas. They were made weeks in advance and packed into small boxes and put away until guests came for Christmas. Sinfully rich, made of mashed potatoes, icing sugar, peppermint flavouring, Baker's chocolate, corn starch, and coconut, they melted in your mouth.

My mother loved desserts. Her lemon pies were legendary. No guest could leave without having had a raisin tart or two. However, she made other things we clamored for. Many Sundays when she asked us what we wanted for supper, we said rabbit pie. Browned rabbit, baked with vegetables and gravy, sealed with a tender pie crust.

There is a recipe for pinwheel sandwiches. When my mother made these for special occasions, my brother and I would volunteer to help make round sandwiches in return for getting to eat the ends. The bread loaf was sliced lengthwise, spread with softened cheese, then rolled around a pickle so when the roll was cut, the sandwich had a green centre and a spiral of yellow cheese.

There's a recipe for stew and dumplings, a dish that filled the house and had us looking around the corner into the kitchen to see how soon it would be ready. It was a family meal, first just for us, then after we married, for our families as well. And in her recipe books, as we grow older there is evidence of our lives. My ex is enshrined with "Mary Anne's Pancakes." My son with "Val's Waffles." My brother's teenage girlfriend is remembered with "Nina's Ice Box Cookies."

There are recipes for puffed wheat cake and rice crispy cake. My mother made it in large pans. She kept sacks of puffed wheat under the cupboard. No matter how busy she was there was always time for making puffed wheat cake or rice krispie cake. She had a sweet tooth and it shows in her cookbooks. She passed that sweet tooth on to me. I have a love for cream puffs, calla lilies, vínarterta, and pies of all descriptions, including green tomato pie.

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Manitoba Memoir

Jim Anderson

Jim is proprietor of Jim Anderson Books in Winnipeg, Manitoba. He has a particular interest in Canadian cookbooks. His email address is j39anderson@mts.net.

Recently I discovered an unpublished memoir of a pioneer Manitoba family that contains some revealing accounts of foodways that prevailed in their area during the early years of the 20th century. The writer of these reminiscences is Miranda Woodward (née Matson), who was born about 1902 in a two-storey frame house five miles north of Libau, Manitoba, near the extensive marshlands that fan out into a vast delta where the Red River meets Lake Winnipeg. Miranda recounts the domestic and other aspects of life in a home presided over by her mother, Caroline (Larson) Anderson, a widow with five children who married a local man, Charlie (Karl) Mattson, in 1901. Miranda's food-related accounts appear below as excerpts from her memoir. They span the years from the early 1900s to mid-century. Her account of butter-making likely dates to the period before the First World War.

Eggs and butter would be bartered at the local [Selkirk] stores for groceries, etc. Butter was brought in five to ten gallon crocks, and eggs in 12 to 15 dozen crates. It was not unusual for my mother to make 30 to 35 pounds of butter at a time. The cream was put into a wooden churn and we all [the family] had to take turns turning the handle. After the buttermilk would be drained off, the butter would be washed several times in cold water, water pumped by hand from the well outside. There was no waste, as the buttermilk was drank [*sic*]. The butter was [then] put in a large wooden bowl, into which salt was mixed with a large wooden paddle. A press would be used to make one-pound blocks, although, mostly the butter would be packed into large crocks (sometimes 50–100 gallon size).

Our customers would keep the butter in their basements [likely cellars] and it usually lasted a few months. Most of the time, butter was made from sour cream. My mother used a thermometer to test the temperature of the cream. If it was too hot she added cold water, if it was too cold she used hot water. Butter was sometimes made from sweet cream. However, we preferred the butter made from sour cream.

[Later], in the depression years, a five-gallon can of cream brought less than $3.00. People were by then shipping cream to the dairies, rather than making butter.

My mother's donuts were always something special, and her bread was light as a feather. The yeast would be set late in the evening, kept warm overnight and the next morning the dough would be kneaded and the container wrapped in blankets, put in a warm place and left to rise before it was put into pans.

We had an ice house for which ice from the lake [Lake Winnipeg] was brought home during the winter and put in a hole dug in the ground over which a building had been built. The ice was then covered with straw or hay and usually lasted most of the summer.

Sometimes meat was put in a flour bag and hung down the well to keep cool. Mother also canned meat as well as vegetables. All canning was boiled for three hours. Standing over a hot stove on a very hot summer's day was not exactly a glamorous job.

Fresh fish was available year round and we always had chickens. [Later], in the early 40s, meat was delivered from an abattoir in St. Boniface [then a sister city of Winnipeg] and sold for six cents a pound.

In the fall, we would collect the ripe hazelnuts f rom the trees around our place. They would then be husked and stored in flour sacks in the attic. By Christmas, they would be dried and ready to eat.

Fruit was plentiful: black currants, loganberries, gooseberries, wild strawberries, chokecherries, saskatoons, wild plums, highbush cranberries, thimble berries [similar to lowbush cranberries.] However, as the land became more cultivated and more cattle was [*sic*] brought into the area, the fruit diminished.

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The Wheat City Cook Book, 1910 edition

Peter Iveson

CHO member Peter writes occasionally for Culinary Chronicles.

I have been fortunate to inherit what is probably the third edition of *The Wheat City Cook Book*, 1910, compiled by the ladies of First Methodist Church, Brandon, Manitoba. Thanks to Elizabeth Driver, who viewed it in 2004, I learned that this is the second oldest cookbook compiled in Manitoba, after *The Souvenir Cook Book* of 1896, from Grace Church in Winnipeg. In her bibliography, *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*, this book is M3 and my edition is M3.2.

My copy of *The Wheat City Cook Book* lacks the title page and ads at front and back, and has been rebound in brown card covers. I have a collection of cookbooks that originally belonged to my great-grandmother, Mary Bucke (1860–1959). My grandmother, Mrs Bucke's daughter, the late Mrs D.W. Ritchie, (1886–1974), kept them carefully, with other cookbooks, in the drawer of a cupboard at the end of the kitchen in the family home in Carleton Place, Ontario. They were inherited by my late mother, Mrs Agnes Iveson (1919–2003) who lovingly kept them in the same drawer. My great-grandmother probably brought the cookbooks with her when, in her old age, she came to be looked after by my grandmother in the mid-1950s.

The Wheat City Cook Book is 92 pages in all, and what I find especially interesting are the "Miscellaneous" pages. Here one discovers recipes for Furniture Polish, Photographer's Paste, Cleansing Fluid for removing grease spots, Wash for Hands from a Mrs B. Trotter, and Silver Polish from a Mrs Leech. On the last page is a table of imperial measurements that includes a gill. I had never heard of a gill, which is equivalent to eight tablespoons of liquid or six tablespoons of dry material.

I have had trouble finding recipes for Mullagatawny Soup (as made in India), but there's one in here: "Two onions, one carrot, one turnip, one head of celery or one half spoonful celery salt, put into two quarts of stock, keep it over a brisk fire til it boils, then place on the back of the range and let simmer for twenty minutes, add a dessertspoon of curry powder, one tablespoon of flour, moisten in cold water and add to the soup. Let it boil up, pass it through a colander and serve with pieces of roast chicken in it." Some of us could heed the instructions on cooking rice: "A dish of rice to be served separately with this soup must be prepared thus: Put three pints of water in a saucepan and one tablespoon of salt; wash well in three waters; half a pound of rice, strain it and throw into the boiling salt water, let boil for twenty minutes, strain through a colander and pour over it two quarts of cold water, this will separate the grains; put it back in the saucepan and place it near the fire hot enough to send to the table." In the poultry section are instructions on how to prepare a tough chicken, wild goose, and Prairie chicken.

Advertisements for Brandon businesses are interspersed through the book – I love the one from McWhirter & Ball, Outfitters to Men and Boys, at 712 Rosser Ave., an advertisement for clothes for boys suits for ages from three to 17 years. There are also interesting quotes throughout, such as, "Give me solid pudding in preference to empty praise (Pope)" in the section on puddings and pies. I will close with the quote from the extensive pickles and sauces section: "My lord, I hope you are pepper proof (Swift)

President's Message *Continued from page 2*

layout and **Eleanor Gasparik** in Montreal is staying on as copy editor. If any one would like to help the committee by starting with a small task, we would still like to see a co-ordinator of Members' News and CHO Upcoming Events. For the time being, I will remain as general editor, but I would like to step down. I will assist in the transition. Please come forward.

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

My Experience with Eating in the Arctic

Emily White

Emily is a teacher and adventurer. She is almost finished her Master's in Education and hopes to teach in the North again soon. She misses the taste of iceberg tea.

From 2004–2007 I had the good fortune of teaching Grade 4 at Ataguttaaluk Elementary School in Igloolik, Nunavut. The first thing the school principal said to me after I accepted my teaching job was, "The sealift is due in a week." So, my first introduction to living and eating in the North was frantically flipping through a 100-page catalogue while on the phone with my future roommate, deciding how many tins of canned tomatoes, packets of chocolate chips, pounds of rice, and the like we would need for the coming year.

Emily showing her organized sealift pantry

(All photographs courtesy of Emily White)

Igloolik is a remote Inuit community of about 1600 people, located on a small island off the northwestern side of Baffin Island. Like all settlements in Nunavut, Igloolik is a fly-in community, but once a year, usually at the beginning of September, three boats bring supplies from the south. One of the boats carries fuel and the other two bring everything else, including personal sealift orders.

Our sealift order was delivered to our doorstep in a huge plywood crate. After much hefting and unpacking of boxes we got everything neatly stowed away for the coming year. There weren't too many surprises, although we were shipped a case of miniature boxes of sugared cereal instead of the regular-sized raisin bran we had requested. We ran out of chocolate chips sometime around February, and the supply of stewed tomatoes that we ordered lasted well into our third year.

The two local stores stocked many foodstuffs, but the prices were often much higher than in the south. The stores also had a small selection of fresh produce flown in weekly, often much the worse for wear after the long journey. I remember cradling a small avocado in my hands and thinking about how far it had travelled to reach me. And one dark winter day when I longed for the taste of something fresh, I spent seven dollars on a cucumber. Often my students would surround me in the store and ask about the contents of my shopping basket. "What's this vegetable called?" they would ask. "What does it taste like?

For the most part, the locals in the community ate a mixed diet of both southern food and what is commonly referred to as Country food, meaning traditional Inuit food hunted or gathered from the land. When I asked my students what their favourite food was, Beluga muktaaq with soy sauce and poutine always tied for first place, while caribou and spaghetti competed for second. Muktaaq, also spelled muktuk, includes the outer hide, a thin layer of skin, and a layer of blubber.

As Igloolik is an island, marine life is abundant. Seal, most commonly ringed seal but also harp seal, and Arctic char are staples in the diet of many Igloolik households. Beluga and Narwhal muktaaq are a welcome treat in the late summer and fall. Caribou is also a favourite, although it was somewhat scarcer in Igloolik than in other communities in Nunavut. Igloolik hunters often have to travel hundreds of kilometres by skidoo or

boat to find caribou and there is always a flurry of activity down by the shore when boats laden with caribou meat arrive after a long journey. I was told that, traditionally, hunters returning from the hunt would present their bounty to the family elder, who would then distribute the meat to various family members as he or she saw fit. When I lived in Igloolik, choice pieces of meat were still given to elders after each hunt.

Loading up the komatik with Arctic char after an ice-fishing trip

The meat for which Igloolik is famous – and one of the only foods I didn't dare to try – is ignunaq, or fermented walrus meat. Ignunaq is made by carefully and tightly wrapping walrus meat in walrus hide and burying the bundle under a pile of rocks for about six months. Most Inuit I have met consider ignunaq a great delicacy. More than once on the plane flying out of Igloolik I have been seated next to someone bringing a present of Igloolik ignunaq to friends or family members in another northern community.

Country food is most often eaten raw or frozen in Igloolik. At community feasts, held in the gym of the school, cardboard is placed on the floor and mounds of frozen meat, mostly char and caribou, are laid out. After a communal prayer, family members choose pieces of meat to bring back to families, who sit in clusters on the floor around the gym. Adults then use knives to cut small pieces of meat for themselves and their children.

During my time in the Arctic I made a point of trying to get out "on the land" as much as possible. My roommate and I bought our own skidoo and komatik (sled) and eventually collected everything we needed to be self-sufficient Arctic travellers. This way, when our Inuit friends called to tell us that they were off to go ice fishing or seal hunting for the weekend, we could easily tag along. When we travelled long distances, caribou hunting for example, we would stop every couple of hours to fill the skidoo's gas tank from the supply of fuel we carried and to fill ourselves with warm tea and bannock.

I encountered three different types of bannock during my travels in the Arctic. One type, my favourite for long cold land trips because it didn't freeze as solidly as the others, was deep-fried in individual pieces, sometimes with chocolate chips and cinnamon. The second type, and the most common, was usually made at home before the journey started. It consisted of flour, shortening, water, and salt cooked in a lightly greased frying pan for about an hour, with careful turning once during the cooking. This bannock travelled well and was often served sliced with jam. The third type of bannock, made over a Coleman stove in the tent while camping, was cooked in a pan with lots of oil for about ten minutes on each side and eaten immediately.

Emily's friend, Elder Lydia Quanaq, makes bannock

Where North Meets West: Cooking in Fort Smith

Lauraine Armstrong

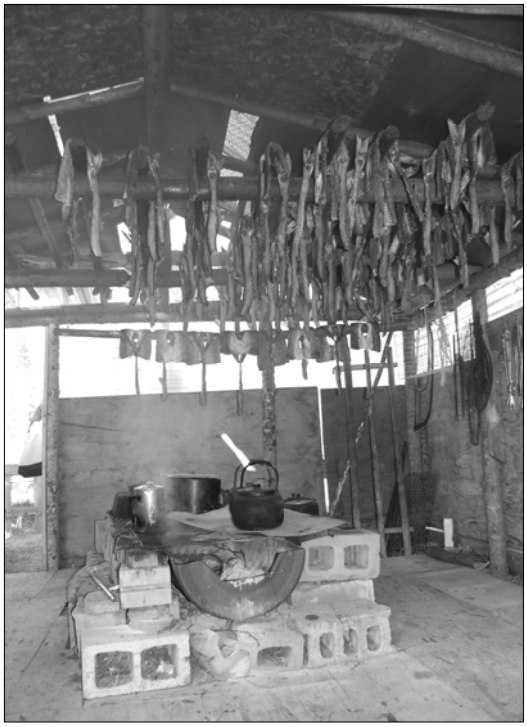
Lauraine moved from Saskatoon to Fort Smith, Northwest Territories, in September 2000. She makes use of her Northern Cookbook *and* Canadian Fish Cookbook *when preparing moose, bison, and freshly caught lake trout and walleye ("pickerel" to Canadians who aren't biologists or married to biologists).*

Fort Smith in the Northwest Territories sits just above the 60th parallel and is home to Wood Buffalo National Park's headquarters and Aurora College's main campus. The population of about 2,400 is approximately one-third Dene, one-third Métis, and one-third non-Aboriginal.

Our many community events typically involve the whole family and shared food. This is attributed to several factors. Eating can be a form of entertainment for people living in remote communities. What better way to celebrate people who may have travelled a long way to visit you? Feasting was inevitable when Aboriginal people gathered to fish or hunt, and their efforts met with success. Living in a small community makes it feasible to invite the entire population, especially if many events take place outdoors, as most of ours seem to.

Depending on the occasion, the food served can be traditional, modern, or both. Aurora College, for instance, whose student body is primarily Aboriginal, hosts a Christmas lunch that features ham, turkey, stuffing, and cranberry sauce. The college also holds a hamburger and hotdog barbecue the week the students return in the fall, and a barbecue, chili contest, and stew-with-bannock lunch in February. March brings the ski loppet (Norwegian for a long-distance cross-country ski race with a mass start), a potluck at the Anglican Church hall, and the fishing derby. The derby runs three days, with some people making daytrips and others camping for the weekend. Organizers use both a propane stove and wood fire to serve up chili, caribou or moose soup, fish chowder made with freshly caught walleye or pike, bannock, and coffee and tea (Red Rose with tinned milk). Some people come out just to eat and visit, and don't even bother to bring fishing gear. Community fish fries are held to celebrate National Aboriginal Day (June 21) and Canada Day (July 1), and this year on June 24 to celebrate Aurora College's 40th anniversary.

Whitefish is preferred, along with corn on the cob and the ubiquitous bannock. Late summer, when the forest fire season is pretty much over, there is often another fish fry or barbecue in conjunction with the water bomber flypast. People gather at the riverbank to visit, eat, and watch the planes drop their loads of water into the Slave River. On the Labour Day weekend, the two locals of the Union of Northern Workers host a community barbecue in the same park used for the Canada Day fish fry.



Drying fish hanging over the fire

(Photograph courtesy of Lauraine Armstrong)

What I find interesting is the blending of traditional and modern foods, which can contrast with the conservative nature of some recipes. Fish is a traditional food but using Shake 'n' Bake as the flavouring in the flour coating is a modern innovation. Similarly, people will make caribou,

moose, bison, or fish soup but use a dried soup mix as the seasoning base, especially in the bush. A mix packaged in a sealed, waterproof foil envelope is light, non-breakable, and generally a better choice to take by plane, boat, or snowmobile to your cabin. However, the recipe I used at the Northern Life Museum when making bannock with visitors called for the lard to be melted. Why? It was a northern recipe – lard at "room temperature" in a tent or trapper's cabin often meant frozen and people did not have oil. Lard is also easier to transport.

Some traditional foods, such as dried fish or dry meat, are rarely seen at community events, perhaps because they are time-consuming to prepare. Some Aboriginal people still make both and are teaching these skills to students at Aurora College and at "Culture Camps" in the schools. Dried fish involves catching fish in gill nets, filleting them but leaving the skin on and the fillets attached at the tail, hanging the fish over poles above fires where they are smoked for two days, and then drying the fish in the sun for another few days. Dry meat is made by slicing caribou, moose, or bison meat very thinly and placing it on racks where the sun or wind, or a smoky fire, can dry it.

Manitoba Memoir *Continued from page 6*

Many of the children had to take lunches to [the one-room] school, so in winter the school board provided the cocoa for lunch. Each family would take turns supplying the milk for a week. The girls took turns in the mornings putting water on the stove to heat and make cocoa, which was made in a large canner-style pot.

Picnics were held to wind up the school year. A concession stand, covered with tree branches, would be built in the shade on the north side of the school. Soft drinks would be kept cool in large tubs filled with cold well water. The ice cream tubs would be wrapped in layers of newspapers to prevent melting.

The Bolin girls and my sister [Matilda] and I quite often stopped in to visit Rooney on the way home from school. She usually served us tea with wild plum pie. Of course, we had to have our tea cups read before we left.

My Experience with Eating in the Arctic
Continued from page 9

Of course, the best food to eat while hunting and fishing is the food that you have just caught. On my first seal hunting trip with an Igloolik family, the twelve-year-old son caught a seal on our way across the frozen ocean. Once we had made camp, the seal was cut open and we gathered around to eat before going to sleep. I was cut a piece of liver, still warm, to try. It was surprisingly tender, and tasted salty and fresh. The next morning the remaining seal was cut up for stew and cooked with a couple of packages of tomato soup. I have seen the same method used to make caribou stew, with an onion and a couple of potatoes and a carrot sometimes added to the pot.

I think that it would be negligent to write about food and eating in the North without saying at least a few words about tea. Like bannock or caribou stew, tea is a part of the way of life in the North. Red Rose seems to be the brand of choice and is usually drunk black with lots of sugar. I think the best cups of tea that I have ever had were made on a Coleman stove, brewed from blue glacier iceberg water, and drunk on the wind-blown frozen tundra. Indeed, the taste of glacial ice water makes such a difference in a cup of tea that many people in Igloolik, particularly elders, keep a large chunk of this ice in a bucket under the sink for just this purpose.

When spring comes to Igloolik and the land is bathed in 24-hour-a-day light, many families head out egg-picking. The children especially take great delight in gathering eggs from the nests of migratory birds just returned from the south. It was on one of these egg-picking trips that I sat outside the tent with an elder friend of mine, sprinkling salt on the large, rich, hard-boiled snow goose eggs we were eating. My friend told me she still remembered how exciting egg-picking was to her as a child. She explained that after a long winter of eating almost only meat, the taste and texture of goose eggs brought a welcome change to her diet. Indeed, the smile on her face told me that eating goose eggs still brings her a similar thrill. This made me realize that although much has changed in the ways of eating in the Arctic since my friend was a child, much has also remained the same

Found! – A New Alberta Cookbook, circa 1905 *Continued from page 3*

store, a jeweller, men's and ladies' clothiers, real estate agents, farm implement dealers, a coal dealer, a bank, a drugstore, a meat market, and a bakery.

The book appeared at a time of great change. Four months after its publication, in September 1905, Alberta entered Confederation. The following year, Wetaskiwin became a city. The name is originally Cree – "Wetaskiwin Spatinow" – meaning the place where peace was made, which refers to a peace accord between Blackfoot and Cree peoples in the mid-1800s.

Although the cookbook does not make note of the fact, in 1905 Immanuel Church was celebrating the tenth anniversary of its construction. It had been built in 1895 at a cost of $663, most of which was contributed by its first rector, C. H. Andras. By the time of the book's publication, the rector was Reverend C. G. Austin, whose wife is, not surprisingly, among the contributors. Her recipes include "Excellent Stuffing for Baked Fish," "Chinese Fruit Cake," and others.

After I spoke with Angela Smith, Acting Archivist of the City of Wetaskiwin, she was able to identify a copy of the book in the archives, one that had remained unidentified until now because its first seven pages (including its title page, of course) are missing. She is one of those who have shared with me the excitement of identifying this lost gem. Others are Lindsay Moir, Senior Librarian at the Glenbow Museum; Reverend Ted Eden, currently the Rector at Immanuel Church; and – of course – Liz Driver, who first drew to my attention to just how special this book is.

As Liz said in *Culinary Landmarks*, "no doubt further material remains to be discovered in out-of-the-way and unexpected places" (p xx). The copy I have described was acquired in a lot of half a dozen old cookbooks from an online book dealer, who could only say that he had acquired it at an auction, so its provenance is unfortunately unknown. And it is, as I said, an unprepossessing little thing. But it would be hard to overstate its importance. Unless and until an earlier example is discovered, this is the first community cookbook published in the territory that would become the province of Alberta. Stand up and take a bow, Wetaskiwin.

Information about Wetaskiwin, Alberta, and about Immanuel Church was provided by Reverend Ted Eden, Rector, Immanuel Church, Wetaskiwin; Angela Smith, Acting City Archivist, City of Wetaskiwin Archives; and the archives website (http://www2.wetaskiwin.ca/Archives/).

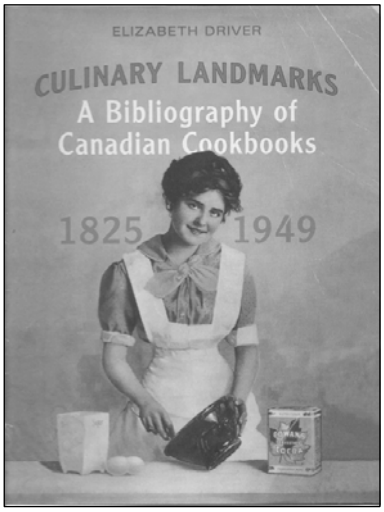
My Mother's Cookbooks *Continued from page 5*

We all learned to cook. My mother was tolerant in the kitchen. It was a domain she was happy to share. My father cooked. His specialty was fresh water fish. I cook. My brother cooked. You can't be around someone who enjoys cooking so much and not catch some of that enthusiasm.

This last lined hard-covered scribbler stops part way through. There are blank pages but then I stumble on a recipe for pumpkin pie. There is nothing special about it. Not like my daughter's ice cream Sunday pumpkin pie. It's just a regular pumpkin pie recipe. But it is written with a black marker in large letters. My mother wrote it out, I realize, after she got macular degeneration. She could no longer read her usual recipes. In these large dark letters is her tragedy. Finding ways to be able to read, to be able to cook, for a little while longer before she had to stop altogether, then go into a nursing home.

It's all there. A woman's life. A family's life. The memories. The people. The years when times were hard and hamburger and jello filled the pages and later, when times were better, there was roast beef and Yorkshire pudding recipes. It's all there.

CHO Program Review: Culinary Landmarks: A Conference to Celebrate the Publication of Elizabeth Driver's *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*



In *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949* (University of Toronto Press, 2008) Elizabeth Driver's purpose was "to map the publishing history of [Canadian cookbooks] and to identify the most significant works."

Through her exhaustive descriptions of the cookbooks, and her thorough research into their authorship, sponsorship, and ownership, she highlighted areas in Canadian culinary history that would benefit from research. Accordingly, the theme at the conference hosted by the Culinary Historians of Ontario from May 1 to 3, 2009 was: What are the unanswered questions about Canadian cookbooks?

Many people gathered at the University of Toronto to share their questions and answers about issues raised in *Culinary Landmarks*.

Summary of Morning Sessions

Alexandra Grigorieva

Sasha, as she prefers to be called, is a new member of CHO. She is a food and wine writer with a PhD in Classics from Moscow State University. She moved to Toronto in 2007.

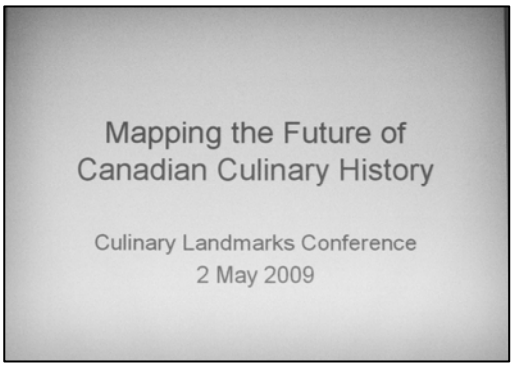
The much-anticipated *Culinary Landmarks* conference was a veritable gala of Canadian culinary history.

The author of the celebrated *Culinary Landmarks* bibliography, **Liz Driver**, opened the morning sessions as keynote speaker. Her intense, information-packed presentation, "Mapping the Future of Canadian Culinary History," was full of fascinating new ideas. She talked about the seminal importance and grassroots origins of Canadian community cookbooks and their widespread reach, some even being republished in New Zealand and Australia. She also touched upon the phenomenon of the vastly popular fictitious home economists' cookbooks in Canada – a topic brilliantly addressed later in the morning during the "Home Economy Professionalized" panel presentation with by **Kirsten Hardie** ("The Betty Phenomenon: The Sisterhood of Fictitious Home Economists as Food Brand Characters," Bournemouth Arts Institute, U.K.) and **Nathalie Cooke** ("The Everyday Problem of Food and the Canadian Women Entrusted to Solving It," McGill University, Montreal).

Liz outlined several important avenues of further research she considers worth exploring. For example, how is Canadian culinary culture different from others? One of the ways this issue should be assessed is by comparing culinary practices both from within (English-language and French-language Canadian cookbooks) and from without (books from U.S., U.K., and France are the most influential sources). She feels three practical projects need to be undertaken:

- A Canadian food timeline would greatly help all Canadian food history researchers.
- A Canadian recipe database would be useful if accessible online (as would be the continuation of the Culinary Landmarks bibliography after 1949).
- A "Canadian Encyclopedia of Food and Drink."

Still, according to Liz, it is vital to maintain a broader focus of culinary history research analyzing grassroots connections: talking to people who cook, tracking changes of food styles (both local and global), enjoying new cooking and tasting experiences. "Every day we shop, cook, and eat, we are creating culinary history; it's all about sharing and making connections," she concluded.



Driver's presentation was followed by the "Nineteenth-Century Ontario" panel. **Eva M. MacDonald** (Archaeological Services Inc., Toronto) provided some interesting insights into the problem of identifying different types of Ontario redware (as opposed to more expensive stoneware) found on archaeological sites in her "Using Cookbooks to Research the Material Culture of 19th-Century Ontario" presentation. **Fiona Lucas** (President of Culinary Historians of Ontario) displayed the magnificent character of Catharine Parr Traill – an English emigrant to the backwoods of Canada and one of the foundational Canadian literary authors – and her four-dimensional (cooking, kitchen-garden, household, emigration) work in a presentation titled "The Importance of Catharine Parr Traill's *Female Emigrant's Guide*, 1854." By the way, the scrumptious breakfast cooked for conference participants the following day by Liz Driver and her volunteers (many thanks!) in the open-hearth Campbell House kitchen included recipes from the *Female Emigrant's Guide.* I confess that never before had I tasted oatmeal porridge so delicious or buckwheat pancakes of such splendid flavour.

At the second morning panel, **Rebecca O'Neill** (University of Toronto) presented "Following the [Food] Rules: Canada's Food Rules / Canada's Food Guide and Nellie Lyle Pattinson's *Canadian Cook Book*, 1923–1991." Her paper explored changes made in new editions of Pattinson's book to conform to the new editions of the Food Guides and the emphasis on healthy choices. After that came the two aforementioned fascinating analyses by Kirsten Hardie and Nathalie Cooke of the marketing behind fictitious home economists and "their" books. During the discussion that followed, it came to light that health-conscious Mrs Pattinson had been known to bake unashamedly sinful chocolate birthday cakes for her little neighbours. On this heartening note, the conference adjourned for lunch – and a fabulous one, too – of Kate Aitken's signature dishes.

Summary of Afternoon Sessions

Eva MacDonald

Eva MacDonald has been a member of the CHO since 1995, and practises what she learns with the Volunteer Historic Cooking Group of the City of Toronto Museums. Her main interest is in the material culture of historic foodways, which she also researches in her role as the Manager of Historical Archaeology for Archaeological Services Inc.

Liz Driver summed up the day when she noted that the conference represented the first time in Ontario that a conference had been held about cookbooks, not food history. Even the lunch was catered to a cookbook theme, and after a delightful meal with Kate Aitken, conference attendees listened to a diverse range of topics inspired by the printed word.

In the first afternoon session, cookbook collector and English professor **Gary Draper** (University of Waterloo) presented his typology for the different kinds of poetry that can be found between the covers of community cookbooks in his funny presentation entitled "Culinary Verse: A Survey of Cookbook Poetry in Canadian Community Cookbooks." He has noted five

different kinds: rhyming recipes, verses about the cookbook, pious verses, verses about cooking, and quotes from other sources. Thus, like others before him, Gary has found that these cookbooks can be astutely studied for more that just the recipes. He was followed by "The Butter Tart: The Evolution of a National Dish," presented by **Caitlin Coleman** (MA student, Museum Studies, University of Toronto), who compared the tart with regional antecedents and traced its popularity outside of Ontario to the commercial popularity of the Karo brand of corn syrup in the 1920s, although several members of the audience suggested an earlier time could be proven. This first afternoon session concluded with "Changing Culinary Traditions of the Six Nations Women of Grand River, Ontario" by **Alison Norman** (PhD Student, Ontario Institute for Studies in Education, Toronto), who did not have the benefit of cookbooks when studying how public meals are composed at the Six Nations Reserve near Brantford, Ontario. Rather, Alison relied on the minutes of the Women's Institute and oral history to characterize their community dinners during the 20th century.

Liz holding the eighth known copy of the Australian edition of *The Home Cook Book*

(Photograph courtesy of Angie McKaig)

The afternoon continued with a session on "Canadian Jewish Cookbooks." **Sasha Grigorieva** demonstrated in her survey of books published between 1915 and 1960 that recipe collections could modulate between presenting both kosher and non-kosher meals, and were a reflection of the culinary fashions at the time of publication. **Donna Goodman** from Concordia University in Montreal set up a literary myth analysis to read Jewish cookbooks as a dialogue between women in order to assert their voice into an overtly male religious tradition. This is appropriate because many customs take place around the feasting table, which stands in for the temple ark, therefore women play an important role in imparting traditions through the sharing of food. Finally, **Robin Bergart**, a librarian at the University of Guelph, shared with the audience her personal journey in search of the perfect matzoh ball "Evolution of the Matzoh Ball: Passover Recipes in Canadian Jewish Cookbooks."

The conference concluded with "Cookbook Reflections," a panel moderated by **Mary Williamson** and composed of three publication experts: **Patricia Fleming**, general editor of the "History of the Book in Canada" project, antiquarian book dealer **Jim Anderson**, and the manager of Toronto's Cookbook Store, **Alison Fryer**. All agreed that cookbooks, both old and new, are more than collections of recipes to be used in the kitchen.

The talks closed with a gift presentation to Liz Driver of a particularly special edition of *The Home Cook Book*, compiled from recipes contributed by ladies of Toronto and other Canadian cities and towns. It was the first community recipe book published in Canada when it appeared in 1877, but it became by far the most popular. Several hundred thousand copies were sold over a fifty-year period. Fifteen pages of *Culinary Landmarks* detail at least 51 variant editions and printings between 1877 and 1929. A surprising discovery was its publication in Australia and New Zealand, still mentioning the ladies of Toronto. When the so-called seventy-fifth edition appeared in Sydney, New South Wales, around 1889, the state was still a colony of Great Britain. The Australian editions were actually printed in Toronto, with the Fraser & Fraser of Sydney imprint on the title page. Liz had identified only seven surviving copies of the Sydney edition, but intrepid cookbook collector Mary Williamson found the copy presented to Liz – prompting someone to comment, "And now there's an eighth known copy."

The Culinary Landmarks conference demonstrated that researchers are using Liz Driver's bibliography to formulate those unanswered questions that Liz knew were buried in the books.

Pat Fleming and Jim Anderson, two members of the "Cookbook Reflections" panel

(Photograph courtesy of Angie McKaig)

Summary of Refreshments and Meals

Donna Penrose

Donna Penrose is a long-time gardener and preserve maker; formerly a molecular biologist, she's now a culinary enthusiast.

Canadian cookbooks were the stars of the Culinary Landmarks Conference. Cookbooks cited in Liz Driver's monumental bibliography generated a wealth of material for the papers presented, and, perhaps more importantly, provided recipes for the array of foodstuffs served throughout it. Fiona Lucas and Mary Williamson, both members of CHO and avid cookbook collectors, searched their collections to select recipes to illuminate papers being presented, honour early cookbook authors, and represent various forms of Canadian cooking.

L to R: Julian Armstrong (Food Editor, *Montreal Gazette*), Victoria Dickenson (Director, McCord Museum, Montreal), and Kirsten Hansen (Harper Collins Publishers) sharing a laugh

(Both photographs courtesy of Angie McKaig)

Friday Evening Reception

The opening reception in the gracious Common Room of Massey College featured a selection of traditional Canadian hors d'oeuvres and canapés, along with an intriguing tomato cocktail from *The Wimodausis Club Cook Book* (Toronto: 1922). The *Naomi Cook Book* (Toronto: 1928) was the recipe source for a number of the foods: Mushroom Canapé (served on crispy toast rather than in patty shells); Celery and Cream Cheese (especially delectable because prepared with Roquefort cream cheese); Sweet and Sour Meat Balls; and Chopped Liver Canapé, which garnered compliments even from non-meat eaters. Other appetizers included Cornish Pasties

L to R: Edwin Rowse (ERA Architects and Liz Driver's husband) and CHO member Ralph Eades deep in conversation

from *The Family Herald Cook Book* (Montreal: 1924); delightful Cheese Straws made with sharp cheddar as in Grace Denison's *New Cook Book* (Toronto: 1906 ed.); and Salted Nuts from Jessie Read's *Three Meals a Day*, (Toronto: 1949). During the 1930s and '40s, Jessie Read was well known to the public in her role as a home economist and food editor for the Toronto *Telegram*.

Saturday Snacks and Lunch

The next day was filled with food – meals, snacks, refreshments, and talks about it.

We began with a continental breakfast buffet of Bran Muffins (Robin Hood Flour, *Baking Made Easy*, Montreal: 1938); Cinnamon Buns with Cream Cheese Frosting (*Blue Ribbon and Pure Gold Cook Book*, 15th ed., Winnipeg: [1936]); Spice Gems (*New Cook Book*, Toronto: 1903); Citron Preserve, a delightful traditional Ontario breakfast condiment prepared "from an old family recipe"; and fresh fruit tray. The Bran Muffins recipe was a prize-winner for Mary Williamson's Aunt Lillian Williamson, and the lovely small cinnamon buns with real cream cheese frosting were much more palatable than the oversized, overly sweet cinnamon buns popular today.

During morning break, line-ups formed quickly around tables filled with sweet snacks because it was impossible to resist the Butter Kuchen from the *Naomi Cook Book* noted above; Date Nut Bread from the *Blue Ribbon and Pure Gold Cook Book*; and Orange Marmalade Bread, as in the *Famous Royal Household Recipes Series 1: Hot Breads*, by Mrs H.M. Aitken, better known as Kate Aitken (Montreal: 1934).

All of the dishes served at the "Kate Aitken Luncheon," honouring one of the most memorable names in Canadian culinary history, were prepared from recipes found in the first edition of her *Kate Aitken Cook Book* (Montreal: 1945) and some later editions. The menu for this meal incorporated foods familiar to many of us who have attended church lunches and dinners, particularly in the 1950s and 1960s, foods such as Tea Sandwiches (egg salad, roast beef, tuna, watercress with cream cheese, and cucumber), Devilled Eggs, Jellied Green Salad ("Perfection" Salad), Iced Potato Salad, Cole Slaw (cabbage and carrots with mayonnaise), Waldorf Salad (apples, celery, walnuts, and raisins), Tossed Salad (baby spinach, Boston and red leaf lettuces, carrot julienne, and flower petals) served with Boiled Dressing, Fruit Segments, Carrot Cake, Chocolate Brownies, Butter Tarts, Chinese Chews, Date Squares, and Krispy Marshmallow Squares (i.e., Rice Krispie Squares).

Judging by the plethora of baked goodies offered, Canadians have always had, and still have, a sweet tooth. During the afternoon break more sweets graced the food tables and conference participants responded with gustatory enthusiasm. Iconic Canadian sweets featured at this break included Ginger Snaps (*Canadian Farm Cook Book*, Toronto: 1911); Favourite Brownies by Jehanne Patenaude (i.e., Madame Benoit) as in her *Chocolate Around the Clock* (Montreal: [1941]); Macaroons (*Coronation Cook Book*,

The Kate Aitken Lunch

Above: crustless sandwiches, top left: cakes, top right: devilled eggs

(Food photographs courtesy of Angie McKaig)

Women's Auxiliary of Victoria Hospital, London: 1937); Shortbread Cookies (*Kate Aitken's Canadian Cook Book*, Montreal: 1945); Economy Jelly Roll/Sponge Cake (*Robin Hood Prize-Winning Recipes selected by Rita Martin*, Robin Hood Flour Mills, (Moose Jaw: 1947); and Chinese Chews from *Three Meals a Day*.

Saturday Dinner at Hart House Grill

Dinner was served in the Gallery Grill, Hart House, at the University of Toronto. Hart House is one of the City of Toronto's architectural treasures. Its unique fireplaces, hand-painted stained glass windows, and well-worn wooden floors made it a perfect setting for a dinner that featured French-Canadian foods. Chef Suzanne Bâby created the menu and prepared this remarkable dinner.

Upon arrival we were offered an array of beverages – Niagara Echoes Bistro White Chardonnay, Niagara Tawse Winery Red Merlot / Cabernet Franc, non-alcoholic Burdock Cordial and Sparking Water – and a selection of elegant and delectable hors d'oeuvres including Paté aux Poireaux Printemps et Oka (Spring Leek Paté with Oka Cheese), Saumon Fumé / Gelée de Cidre Glace (Smoked Salmon with Jellied Ice Cider), and Fêves au Lard de Canard (Baked Beans with Duck Fat).

L to R: Fiona Lucas, Chef Suzanne Bâby, and Mary Williamson

(Photograph courtesy of Elizabeth Baird)

Diners enjoyed a first course of Legumes Conserves aux Vinaigre (Pickled Vegetables), a tasty mix of pickled spring vegetables such as spring leeks and dandelion greens; Salad aux Pissenlits / Beignets de Chêvre/ Compote de Pomme (Dandelion Salad with Goat Cheese and Apple Compote) with delicious, mouth-watering bread. The second course was a choice of three tantalizing entrées: Râgout de Boulettes en Pattes d'Agneau / Les Gourganes Herbes Salées (Stew of Lamb Meatballs with Broad Beans and Salted Herbs), Tourte d'Herbes et d'Oseille / Celeri en Salade (Herb and Sorrel Tart with Celery Salad), and Pot-en-Pot Fruits de Mer (Seafood Casserole).

The dessert, Pouding Chômeur d'Érables / Soupe de Rhubarbe (Frugal Maple Pudding with Rhubarb Sauce), featured freshly harvested maple syrup and rhubarb – a Canadian dessert indeed.

Sunday Breakfast at Campbell House Museum

Sunday morning breakfast at historic Campbell House Museum was delightful. The cooks – including two Canadian culinary icons, Liz Driver and Elizabeth Baird – prepared breakfast over an open hearth and served it to partakers seated on benches around the long table in the downstairs kitchen. This 19th-century Ontario breakfast included Buckwheat Pancakes (Catherine Parr Traill, *The Female Emigrant's Guide*, 1854) accompanied by Ontario maple syrup; Scottish Oatmeal Porridge made with steel-cut oats and served with cream and brown sugar; "Mixed Eggs," that is, scrambled eggs, with either smoked pork, onion, or mushrooms (*The Canadian Housewife's Manual*, Hamilton: 1861); "make-your-own toast," using bread made from Ontario Red Fife wheat flour, topped with freshly churned butter, and Prince Edward County wild grape jelly and apple butter. Freshly brewed tea and coffee, and some of the best tasting cider I've had in a long time, rounded out this wonderful meal.

Sunday Afternoon at Colborne Lodge

It was a perfect Sunday afternoon for an outing to Toronto's historic kitchens. I chose to go to Colborne Lodge, located at the south end of High Park, for afternoon tea; others went to Historic Fort York for an officers' meal. The weather was warm and sunny, and conference attendees were ready to roll up their sleeves and start cooking alongside the Volunteer Historic Cooks.

The menu of afternoon tea staples consisted of Derby Cakes as in *The Cook Not Mad or Rational Cookery* (Kingston: 1831); Wafers, from *The New Female Instructor or Young Woman's Guide to Domestic Happiness* (London: 1834); Queen Cakes from *Mrs. Rundell's Domestic Cookery* (London: 1859); Shrewsbury Cakes from John Farley and *The Art of Cookery* (London, 9th ed.: 1800); Isabella Beeton's "Victoria Sandwiches" as in *Beeton's Book of Household Management* (London: 1861); and Cucumber Sandwiches, a Colborne Lodge recipe.

We prepared all the fare using the wood stove in the summer kitchen, and the open hearth and bake oven in the winter kitchen. The afternoon tea, prepared with enthusiasm and consumed with gusto, was an appropriate ending for a conference celebrating Canadian culinary landmarks.

Victoria Dickenson, Director of the McCord Museum in Montreal, stirring the pot of oatmeal for Sunday breakfast

(Photograph courtesy of Fiona Lucas)

Culinary Query: "Revelentea"

From Colborne Lodge in High Park, Toronto, comes this query**: The Howards bought a lot of *revelentea* over a number of years. What this could be?**

Right: **Revalenta Arabica** from *Cassell's Dictionary of Cookery* (London: ca. 1880), p 729.

Below: Pye Henry Chavasse, *Advice to a Mother on the Management of her Children*, pp 24–25, (Toronto: 1878)

(16.) For a delicate infant, lentil powder, better known as **Du Barry's "Ravalenta Arabica,"** is invaluable. It ought to be made into food, with new milk, in the same way that arrow-root is made, and should be moderately sweetened with loaf-sugar. Whatever food is selected ought to be given by means of a nursing bottle.

Revalenta Arabica.—Under this name a preparation has long been sold as an empirical diet for invalids, uncommon restorative properties being attributed to it. It is really nothing but a preparation of the common lentil. Its nutritive value is about on a par with that of good pea-meal, the constituents of 100 parts of each being as follows :—

Lentil Meal or Revalenta.

Water	12·70
Nitrogenous matter	24·57
Starch	59·43
Fatty matter	1·01
Inorganic matter	2·29
	100·00

Pea Meal.

Water	12·60
Nitrogenous matter	25·30
Starch	58·38
Fatty matter	1·20
Inorganic matter	2·52
	100·00

Thanks to Mary F. Williamson for answering this culinary query.

CHO Program Review: A Lecture with Rhona Richman Kenneally: Tandoori, Shashlyk & Grouse, Oh My! – The Food Culture of Expo 67

Fiona Lucas

Fiona is Editor of Culinary Chronicles *and CHO President.*

A scholarly consensus exists that the worldwide change that arose in the mid-1960s was the culmination of the post-war shift into modernism. One manifestation was the Montreal World's Fair in 1967, the year of Canada's centenary. Expo 67, as it was called, was a technological, architectural, culinary marvel, and an international sensation. Fifty million visitors came to Montreal that year. For proud Canadians, it contributed to a burgeoning cohesive national identity, as well as a new sense of culinary adventure, as Rhona Richman Kenneally's talk on May 28, entitled "Tandoori, Shashlyk & Grouse, Oh My! – The Food Culture of Expo 67," ably and wittily demonstrated. This talk was the annual partnership between CHO and the Ontario Historical Society.

Richman Kenneally spoke of her adolescent food experiences at Expo 67, especially her first glistening red lobsters. This prompted audience members to recall their Expo 67 food memories, such as first tastes of wiener schnitzel and perogies. As an adolescent, I too went to Montreal for Expo, and although I have no memories of specific foods or meals, I do recollect the excitement and curiosity around the variety of national foods offered by the various pavilions. One press release she quoted from noted enthusiastically that it was possible to eat "breakfast in Tokyo, lunch in India, tea in Ceylon, an aperitif in Trinidad, and dinner in France, or in Mexico, in the Netherlands, in Switzerland, in Czechoslovakia, in the Soviet Union, in Scandinavia, in one or another of the provinces of Canada, etc., etc."

Canada's national pavilion had two restaurants, La Toundra [The Tundra] and The Buffet, both of which explored historical and contemporary Canadian foodways in complicated ways. She explained how the two opposites of culinary tradition and culinary innovation converged in their menus, sometimes comfortably, sometimes awkwardly. The experience of eating at La Toundra was enhanced by the credibility and authority of traditional foods such as Aboriginal bison and French Canadian tourtière, but updated to meet modern standards, such as curried seafood. Together they represented an emerging conceptual- ization of Canadian food culture in the mid-1960s: diverse, indigenous, and cosmopolitan. La Toundra's three-in-one bilingual menu was divided into Canadienne, Arctic, and International, which seem distinct, but the actual food choices weren't categorized so obviously. For example, Pork Chop Hochelaga (Hochelaga being the native name for the site that eventually became Montreal) was placed on the International menu, and flambéed bison – a North American meat prepared in a classic French manner with brandy – was in the Arctic section, even though bison are prairie animals. Nevertheless, the effect on the Canadian public was to suggest that our food is culturally inclusive.

Rhona Richman Keneally

She feels Expo 67 and the late 1960s was a national "food moment," and although its momentum drifted in succeeding years, it became a step along the route to the current Canadian appreciation of ethnic cuisines and quality food. Recent interest in terroir, locavorism, and organics has led to another food moment, one that seems to have real impetus.

CHO Program Review: Play Date at Home of Artist Vivian Reiss

Fiona Lucas

Fiona is CHO President and Editor of this newsletter.

Early in June 2009, a few Culinary Historians of Ontario members and their friends went to play at the extraordinary home of artist and CHO member Vivian Reiss, who hosted a "play date" for those with a soft spot for toy stoves, miniature kitchens, and children's tea sets. This was an opportunity to see and touch her remarkable collection, which she started as a child. Her first toy kitchen was a green metal one received from her mother in the 1950s, and as we could see, it is still in good condition.

One day, little Vivian asked her mother if she could have real food to put in the bowl of a set of toy dishes. She covered the dried alphabet pasta with water, and presto, the next morning it was "cooked." She always enjoyed cooking after that.

Vivian Reiss standing on a ladder in front of one cupboard with a few of her toy collectibles

(Both photographs courtesy of Fiona Lucas)

Today, instead of cans of salmon and boxes of cereal, Vivian's glass-fronted kitchen cupboards house her collection of miniature stoves and tiny kitchen accoutrements. The stunning kitchen of handcrafted wood cabinetry and carving was designed by Vivian herself.

Also on that warm June evening, Vivian showed us her urban kitchen garden of radishes, buckwheat, sorghum, and the ancient grain amaranth, among other things, growing right beside the front sidewalk on Lowther Avenue in downtown Toronto – proof that food can be raised anywhere.

And what's a CHO gathering without refreshments? On this occasion, suiting the theme of miniatures, we ate such delights as baby bananas and tiny olives, quail eggs, and iced cakes on toy dishes.

Continued from page 20

Rhona Richman Keneally is an Associate Professor in the Department of Design and Computation Arts, Concordia University, Montreal. For further reading, see her essay "The Cuisine of the Tundra: Towards a Canadian Food Culture at Expo 67" in *Food, Culture and Society, An International Journal of Multidisciplinary Research*, vol. II, no. 2, September 2008, pp 287–314.

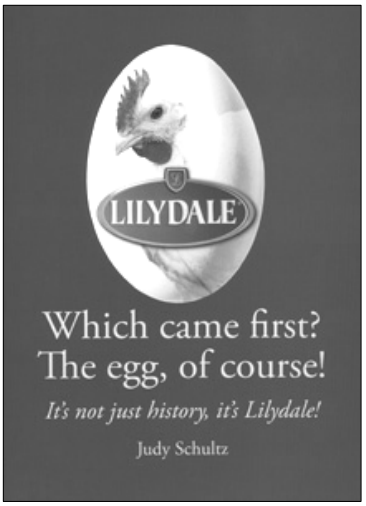
Book Review: *Which Came First? The Egg, Of Course!*

Jennifer Cockrall-King

Jennifer Cockrall-King is a food writer based in Western Canada. Most recently, she has launched The Okanagan Food + Wine Writers Workshop. The first program is scheduled for September 17 to 19, 2009.

Judy Schultz*, Which Came First? The Egg, Of Course!: It's Not Just History, It's Lilydale!*, Edmonton, Alberta: Lilydale Inc., 2009. ISBN: 978-0-9810958-0-6,168 pp, $34.99.

In the late 1930s, Alberta's poultry farmers are struggling to make ends meet. Fluctuating prices, ineffective grading and distribution methods, and general industry disorganization leave both the poultry farmers and consumers feeling that they are not getting fair value. By 1940, the Second World War rages overseas, Canadian troops are fighting once again, food is being rationed in Great Britain, and a small group of poultry farmers decide they need to stabilize the domestic egg industry in the province. A handful of Alberta poultrymen band together as the Alberta Poultry Producers Ltd., a marketing co-operative that later becomes Lilydale Inc. In 1941, fresh eggs are rationed in Great Britain: one egg per person per week. In 1942, Alberta dehydrated eggs arrive in England and The British Ministry of Food distributes overly optimistic recipe pamphlets about the culinary miracles possible with powdered eggs, everything from Christmas cakes to reconstituted scrambled eggs on toast (a.k.a.Welsh Eggs) for dinner. By 1943, Canada ships the equivalent of 63 million dozen eggs in powdered form. Lilydale is one of the three Canadian egg suppliers.



Who says that culinary history isn't edge-of-your-seat compelling?

As Lilydale Inc. approached its 70th birthday, this Edmonton-based, Canada-wide company commissioned veteran food writer Judy Schultz to put its history onto the page. The result, *Which Came First? The Egg, of Course!*, is a rich and absorbing account of the birth and growth of a well-known and thriving Canadian food company.

Of particular interest to us culinary historians, Schultz's vast food writing experience and obvious enthusiasm for the project allows the book to transcend its potentially limited "corporate" subject matter. Schultz is an award-winning cookbook author, food writer, novelist, and memoirist and was *The Edmonton Journal* food section editor for 26 years; she ably and memorably puts this small Prairie company's achievements into global culinary context on nearly every page.

In addition, the smatterings of recipes are delightful, especially with Schultz's recipe testing and tasting notes. "Although apparently tested by the Royal Baking Powder Company of Great Britain," Schultz writes in a preamble to War Cake for Christmas, "Please note that the author has also tested this recipe and found the finished cake hard as a rock and almost inedible. It was therefore offered to local wildlife as a one-time-only special treat. Nobody, not even the local coyote, would tackle it." And then, to put any question of the recipe's usefulness to rest, Schultz continues, "The recipe is included here for historic interest, and as an object lesson in the importance of the egg as an ingredient."

The final chapter of this book catalogues classic poultry recipes from the 1930s (Chicken Pot Pie) into the new millennium (Thai Chicken Salad). It also illuminates the stories behind famous chicken recipes such as Chicken à la King and Chicken Kiev. In other words, it's not just a book about one Canadian chicken company: It's Canadian culinary history, from egg to chicken.

Which Came First? is for sale at selected bookstores and at www.lilydale.com.

September 2009

CHO's AGM
North York Central Library, Room 1
(5120 Yonge St., beside North York Civic Centre at Yonge & Sheppard. Paid parking. North York Centre subway station.)
Saturday, September 12, 1:00–4:00 pm

Come celebrate CHO's 15th birthday with cake and one of our cookbook silent auctions! We welcome members to discuss a change of name to the Culinary Historians of Canada.

Also, be a "classmate" in a reprise of **CANADIAN FOOD HISTORY 101: COMPARE AND CONTRAST 1867 AND 1967 – A dramatic "mock class,"** first presented by five CHO Board members at the June 2008 meeting of Association of Living History Farms & Agricultural Museums.

In a "mock class," the audience "audits" *Canadian Food History 101*, where the five members of CHO take on the roles of "professor" and "students" to compare and contrast agriculture, food fashions, cookbooks, kitchen technology, and kitchen fashion, at two significant dates in Canadian history – Confederation in 1867 and Centennial Year in 1967. "Professor:" Liz Driver; "Students:" Agriculture: Bob Wildfong; Cookbooks and Food Fashions: Fiona Lucas; Cooking Technology: Amy Scott; Kitchen Costume: Maggie Newell.

October 2009

CHO in partnership with the Museums of Prince Edward County
TASTE THE HISTORY!
Macaulay House, and other PEC historic sites
Saturday, October 3 – times TBA

Join CHO members, PEC museum cooks, and County chefs in the open-hearth kitchen of Macaulay House, and at other PEC historic sites, to celebrate the 225th anniversary of the arrival of the Loyalists in Prince Edward County and the long tradition of local harvests and seasonal cooking in County kitchens. Details will be posted on the CHO website or contact Liz Driver: liz.driver@sympatico.ca, 416 691-4877. PEC website: www.pecounty.on.ca/museums.html

November 2009

CHO in partnership with Campbell House Museum and Dundurn Castle
A lecture by Elizabeth Abbott:
SWEET REVOLUTIONS: THE ECONOMIC AND SOCIAL IMPORTANCE OF SUGAR AS FOOD

Elizabeth Abbott traces sugar's place in society from an indulgence for the wealthy to a necessity for the lower classes. It fueled the Industrial Revolution, particularly when paired with tea. As sugar trickled down to the lower classes, it was served in new forms: confectionery, candy, ice cream, cakes, cookies, and puddings.

Abbott is a writer, historian and author of the bestselling *A History of Celibacy.* Her newest book is *Sugar: A Bittersweet History*, which was short-listed for the Charles Taylor Prize for Literary Non-Fiction. She is a Research Associate at Trinity College, University of Toronto, where she was Dean of Women, 1991 to 2004.

1. *Dundurn Castle, Hamilton*
610 York Blvd.; take York Blvd exit off Hwy 403
Saturday, 14 November, 1–3 pm
905 546-2872, dundurn hamilton.ca

2. *Campbell House Museum, Toronto*
160 Queen West, at Osgoode Subway Station
Tuesday, November 17, 7– 9 pm
416 597-0227, campbellhouse bellnet.ca

$10 CHO members, $12 non-members. Tea and sweet refreshments included.

February 2010

CHO in partnership with Fort York National Historic Site
MAD FOR MARMALADE, CRAZY FOR CITRUS! – Third Annual
Fort York National Historic Site
100 Garrison Road, Toronto
(off Fleet Street, east of Strachan Ave, west of Bathurst Street)
416 392-6907, fortyork@toronto.ca
Saturday, February 27, time TBA

Plan to join in on the third annual celebration of citrus in winter!

www.culinaryhistorians.ca

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

ABOUT *CULINARY CHRONICLES*

Submissions: We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's contact information is 416 781-8153 or fionalucas@rogers.com.

Upcoming themes:	Autumn 2009, Number 62	– Vegetarianism in Canada	Publication Date: November 1
	Winter 2010, Number 63	– Canadian Jewish Cooking	Publication Date: February 1
	Spring 2010, Number 64	– Kitchen Gardening in Canada	Publication Date: May 1
	Summer 2010, Number 65	– Foodways of Canada's Atlantic Provinces	Publication Date: August 1
	Autumn 2010, Number 66	– Foodways of Canada's First Nations	Publication Date: November 1

Please contact the Editor if you wish to write on an upcoming theme, or to propose another. Deadline for copy is six weeks prior to publication.

Newsletter Committee: Fiona Lucas (General Editor), Ed Lyons (layout), Eleanor Gasparik (copy editing), Janet Kronick (reviews). For contributing to this issue, the Newsletter Committee thanks Jim Anderson, Lauraine Armstrong, Elizabeth Baird, Jennifer Cockrall King, Gary Draper, Sasha Grigorieva, Peter Iveson, Eva MacDonald, Donna Penrose, Bill Valgardson, and Emily White.

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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

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