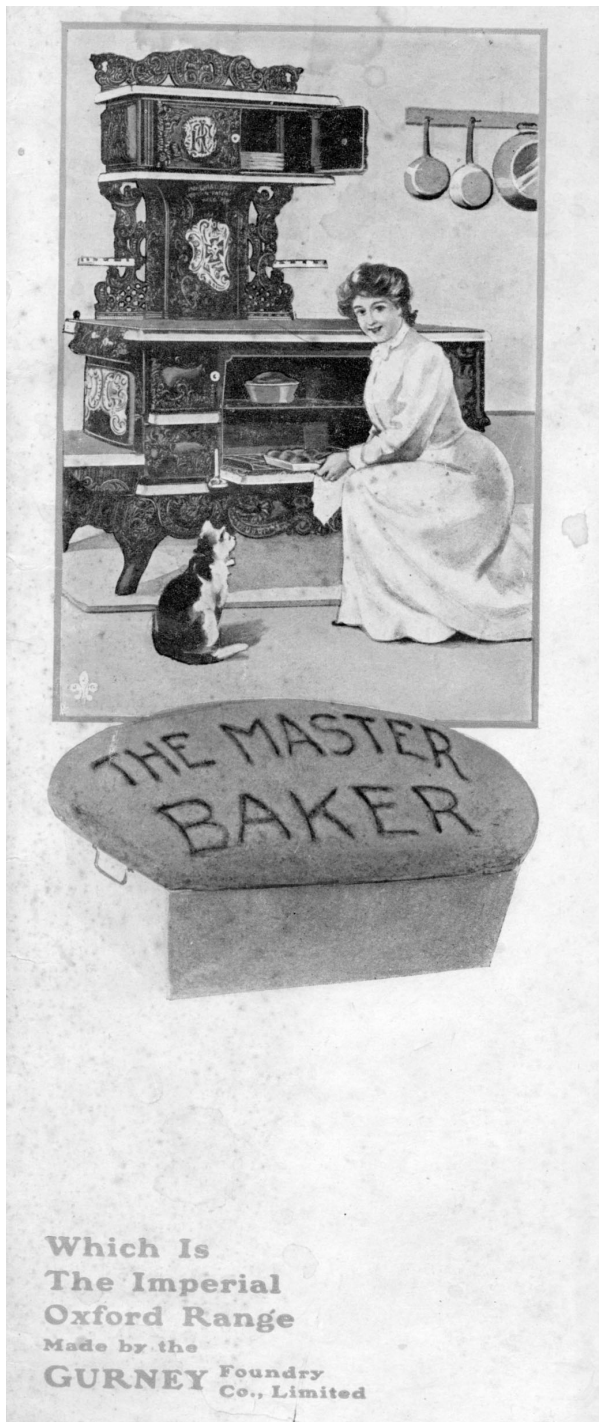


Culinary Chronicles

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Less than half a century after Confederation, Canadian stove manufacturers such as the Gurney Foundry Co. Limited were well on their way to becoming household names with advertising booklets such as this one, published in 1906.

Message from the President

January marks the beginning of CHO's membership year, and we are proud to start 2005 by launching CHO's first membership directory. On behalf of CHO members, I extend a big thank-you to Elizabeth Nelson-Raffaele, Membership Chair, for carrying the directory project through to completion. It's astonishing to see the variety of interests and expertise in our membership. If your name does not appear in the directory and you want to ensure that it does next year, simply contact CHO by email or snail mail and state that you agree to allow your name and contact information to be published in the directory (see wording on the membership application form at www.culinaryhistorians.ca).

If you are passionate about food history – and what CHO member isn't? – there is a wealth of opportunities to share your enthusiasm with like-minded folk in 2005.

CHO's first event of the year is on 2 March, at the Art Gallery of Ontario, where Dr Kathy Lochnan will welcome us to the Marvin Gelber Print and Drawing Study Centre. In her talk, "**Biting Satire: Food and Drink in Caricature,**" she will discuss how dining practices were depicted in 18th- and 19th-century works of art on paper. Food, art, and socio-political commentary – it's an intriguing mix! This special evening is for CHO members only and limited to 25 persons, so reserve your spot right away (details in Culinary Calendar). If you would like a friend to come too, this is a good opportunity to encourage them to join CHO.

On 13–15 May, in Ann Arbor, the Longone Center for American Culinary Research at the University of Michigan is holding its **first Biennial Symposium on American Culinary History**. There will be speakers, a banquet, and an exhibition of highlights from the Janice Bluestein Longone Culinary Archive, which contains thousands of items from the 16th to 20th centuries – from books, menus, and magazines to manuscripts, advertisements, and reference works. Given the close connections between Canadian and American food traditions, the proximity of the Longone Culinary Archive is a boon for Ontarians, and several CHO members are already making arrangements to car-pool for the drive to Ann Arbor. See the enclosed flyer or visit: <http://www.clements.umich.edu/culinary/symposium.html>.

CHO, in partnership with Hutchison House Museum, is planning a conference called "**Celebrating the Culinary Heritage of Peterborough County and Hinterland,**" scheduled for 24–5 September. Watch for more information about this exciting upcoming event in the spring newsletter. Just published by the Peterborough Historical Society, and at an opportune time for those of us anticipating the Peterborough conference, is CHO member Mary F. Williamson's "*To fare sumptuously every day*": *Rambles among Upper Canadian Dishes and Repasts together with Authentic Menus and Culinary Receipts*. Instructions for ordering this Occasional Paper No. 25 are on the enclosed flyer.

On 3–4 November, in Montreal, scholars in food history, nutrition, anthropology, sociology, cultural studies and material culture will discuss **What's for Dinner: The Daily Meal through History**, at a conference organized by the McGill Institute for the Study of Canada and the McCord Museum of Canadian History. CHO members are encouraged to submit proposals for papers by 1 March and to attend this international gathering.

Last October, in 2004, Mary Williamson and I attended the Culinary Historians of Chicago symposium "Munching Your Way through the Midwest." We heard Andrew Smith, Editor in Chief of the recently published *Encyclopedia of Food and Drink in America*, speak on the importance of food history; David Block, on the development of the milk industry in Illinois; Catherine Lambrecht, on pie, especially as a survival food; Yvonne and Bill Lockwood, on the (complex) foodways of the Midwest; and food scientist Dr Kantha Shelke, on new health-promoting food products she is developing, including the low-carb Dreamfields pasta and another product made with Saskatchewan flaxseed. We appreciated the warm hospitality of the Culinary Historians of Chicago, and remember particularly the Italian beef sandwiches – a Depression-Era Chicago invention. Discussions are underway for a possible joint CHO/CHC conference in spring 2006!

I thank Eva MacDonald, Fiona Lucas, Ed Lyons, and Dean Tudor for their contributions to this issue of the newsletter and Ed for taking on the task of guest editor.

Liz Driver, President

How the Cooking Stove Transformed the Kitchen in Pre-Confederation Ontario

By Eva M. MacDonald

A distilled version was presented at CHO's Archaeology of Culinary History symposium at Montgomery's Inn, Toronto, 21 February 2004. It is based on a longer paper written for Dr. Carl Benn's material culture course, Department of Museum Studies, University of Toronto. Eva MacDonald is Program Chair of CHO.

Introduction

In his book *Handy Things to Have around the House*, Canadian material culture historian Loris Russell wrote that the first revolution in domestic economy was the introduction of the cooking stove, which transformed the almost medieval kitchen with its open hearth into a very different workspace for the nineteenth-century housewife.¹ This article will chart the course of that revolution through a material culture study of the cooking stove, and assess the impact that it had on kitchen design and women's lives in pre-Confederation Ontario. To do this, information has been collected from many sources, including existing stoves, floor plans of nineteenth-century houses, primary accounts of domestic practice, commercial advertising, and prescriptive literature written for women, including cookbooks.

First, down hearth cookery, which preceded the invention of the cooking stove, will be characterized briefly in order to understand the domestic context into which the cooking stove was introduced. Second, a short history of the cooking stove and its manufacture in Ontario will be presented, along with the technology's advantages and disadvantages as the stove underwent numerous transformations and improvements during the nineteenth century. Finally, in order to understand why cooking stoves have been credited with starting a domestic revolution, one must employ the five senses and imagine what it must have been like to work in a kitchen before and after the introduction of the cooking stove. In particular, what was the significance attached to the control of fire and its placement in an iron receptacle, and did the advent of the stove affect more than cookery practices?

The Mechanics of Down Hearth Cookery

Down hearth cookery is just as it sounds. While some of the utensils were set down directly on the hearthstone, in front of an open fire, requiring the cook to stoop over to tend to them, other utensils were suspended from a large crane that projected into the fireplace.² Some fireplaces also contained separate brick bake ovens, usually placed off to the side. Typically, in the log cabins constructed in Ontario prior to the common use of cooking stoves, the kitchen fireplace was placed at one end of the structure on an exterior wall.³ Thus, from an architectural point of view, its importance to a house and its inhabitants was demonstrated by its incorporation into the structure as an integral building feature.⁴ Its dimensions were larger than other fireplaces in the home, if others were present, in part to allow the cook to manoeuvre safely around the fire, and to accommodate all the equipment needed for cooking. It also provided a much-needed source of light, as well as warmth in cold and damp weather. The central place that the kitchen fire held with respect to the domestic routine was expressed in a letter written by Francis Stewart, who emigrated from England and settled near Peterborough in 1822: "Our kitchen chimney is nearly eight feet wide and our other chimney is nearly four feet ... Every evening before tea and every morning after breakfast we have a fresh back log put on by one of the men ... In the morning we have only to take the kindled pieces out of the ashes, scrape the charred wood off the back log, put on fresh sticks and some chips, and in a few minutes we have a delightful fire which gives quite light enough all over the room for dressing, sweeping, sitting and laying the breakfast table."⁵

Flying ash, soot and smoke accompanied most kitchen tasks, not to mention the weight of the cast iron utensils, which were awkward to manoeuvre, especially when they were full of boiling liquid. Diarist Mary Gapper O'Brien, who lived near Thornhill in the 1830s, recounted the following humorous experience demonstrating the unpredictable nature of down hearth cookery: "I cast my eyes on the said bake kettle and, behold, its lid was raised upwards of an inch by the exuberant fermentation of the loaf within, which was threatening to run down its side into the ashes. Hastily ... I cut from the top of the loaf the exceeding portion and placed it ... before the fire on a plate ... I had just returned from the complacent contemplation of my arrangements when a treacherous stick, on which was resting at once for support and heat a saucepan containing a stew of cabbage and old cock, gave way and my stew emptied on my rusks ... The lucky plate saved my old cock from being buried in the ashes and enabled me to restore my stew."⁶

Enter the Cooking Stove

The *cooking* stove that found its way into Ontario kitchens was a descendent of the cast iron, wood-burning *heating* stove brought to North America from Europe in the early eighteenth century.⁷ The earliest Canadian heating stoves lacked a stove pipe and worked in conjunction with an existing fireplace chimney. They possessed five interlocking cast iron plates that formed a box supported by short legs, with the open side placed against the wall of the chimney.⁸ By the mid-eighteenth century, the St. Maurice Iron Works in Québec was manufacturing six-plate cast iron box stoves, which eventually became free-standing through the addition of a stove pipe.⁹ In a parallel development, American statesman and scientist Benjamin Franklin invented an open-fronted stove equipped with a system of heat exchange flues that returned warm air into the room.¹⁰

Designs for appliances made exclusively for cooking and baking did not appear until the late eighteenth century, the most notable belonging to Anglo-American inventor Benjamin Thompson, Count Rumford.¹¹ His design, based upon the scientific principles of heat and combustion, bore no

relation to the Canadian box or Franklin stoves, and incorporated roasting ovens, water boilers and ventilating tubes in a massive and intricate brick structure. However, only a limited number of American and English households installed "Rumford Ranges," as they were known, due to their expense and complicated design that was difficult to keep in good repair.¹² Instead, Loris Russell credits American iron founders with successfully converting the box heating stove into the popular cooking stove of nineteenth-century Ontario by dividing the interior into functional chambers.¹³ One of the earliest designs belonged to William T. James of Troy, New York, who obtained a patent in 1815.¹⁴ The central firebox was separate from the oven chamber, which was placed at the rear, while two large openings on top could be fitted with custom kettles, stew pots and double boilers that were sold with the stove.¹⁵ Furthermore, utensils placed on a projecting ledge or hearth in front of the firebox could be employed the same way they had been in down hearth cookery by opening the firebox door. Iron foundries in Pennsylvania operated by German immigrants also have been credited with manufacturing six-plate cooking stoves that contributed to the kitchen revolution in North America during the early nineteenth century.¹⁶ It is interesting to note that in England, the free-standing iron cooking stove was not widely adopted in the nineteenth century. Rather, the open hearth evolved into a "roasting range" that incorporated an open fire, an oven, and a hot water tank or boiling ring, by extending a cast iron plate across the existing fireplace structure.¹⁷ The different national opinions as to how cooking should be conducted was expressed in a letter that immigrant John Langton wrote from his home on Sturgeon Lake, near Peterborough, to his father in Liverpool, England, in 1837: "With regard to the cooking stove which you mention, I would certainly oppose such a thing coming from England; there are plenty of cooking stoves of Yankee construction to be bought here with all the coppers [utensils], etc., for £10 or £12 and a great convenience they are, though they can never entirely supercede [*sic*] a fireplace in a kitchen. Some I have seen sent out from England are by no means so complete and being intended for coal are very difficult to heat with wood."¹⁸

Social historians agree that for numerous reasons the cooking stove was adopted slowly after its invention, both in the northeastern United States and Ontario.¹⁹ These included faulty seals at the edges of the plates that allowed the fire or smoke to escape, thin iron plates that cracked, and the intensity and unevenness of the heat produced in the iron oven, which hindered reliable baking.²⁰ Nevertheless, by 1829, merchants such as H. and S. Jones of Brockville, Ontario, were placing newspaper advertisements for their shipments of “iron-ware,” including “bake kettles, pots, tea kettles, spiders, skillets, dog irons, [and] double and single cooking stoves.”²¹ The merits of different types of stove also were being discussed by immigrant settlers, and in 1833, John Langton wrote to his father in Liverpool, England, that “Franklins, cooking and common stoves, and chimneys of different constructions, have each their advocate.”²² Cookbooks also offered advice on how to get around the problems associated with using an iron oven. The first one to be published in Ontario, *The Cook Not Mad; or Rational Cookery*, which really was a Kingston edition of an American cookbook from Watertown, New York, offered two tips in 1831. One was to place bricks inside the oven that would absorb the heat, and moderate the temperature, as “those who use iron ovens do not always succeed in baking puff paste, fruit pies, &.”²³ The second tip was a recipe for a wood ash and salt paste that was guaranteed to seal any cracks that appeared in the cooking stove, both when it was in use or standing cold.²⁴

Joseph Van Norman, who emigrated from New York State to Long Point on Lake Erie, manufactured the first iron cooking stoves in Ontario around 1835 (Figure 1).²⁵ Van Norman and his partners had purchased an existing iron works 12 years earlier, and built a reputation for producing good quality iron between 1827 and 1847, when they closed the Normandale works to relocate to Marmora in eastern Ontario.²⁶ Not surprisingly, the Van Norman cooking stoves were advertised for their “simplicity of construction, economy in fuel, and really good oven,”²⁷ as these were important issues to women who had to be convinced that adopting the stove would be a stress-free and beneficial process. Women knew that the well-being of

their families depended upon their cooking skills, and the preface of *The Cook Not Mad; or Rational Cookery*, stressed this point in graphic detail: “The health of a family, in fact, greatly depends upon its cookery. The most wholesome viands may be converted into corroding poisons. Underdone or overdone food in many instances produce [*sic*] acute or morbid afflictions of the stomach and bowels, which lead to sickness and perhaps death.”²⁸

In fact, some historians have suggested that the relatively slow adoption of the cooking stove after its invention also was due to a reluctance on the part of women to abandon the familiar down hearth cooking practices.²⁹ Moreover, the early stoves were too small to handle simultaneously all the tasks necessary to prepare large quantities of food, were too low to stand at comfortably, and radiated much more heat than an open fireplace.³⁰ Catharine Parr Traill, who wrote extensively of her experiences so that others might benefit, noted the latter point in a letter written 9 May 1833: “The weather is now very warm – oppressively so. We can scarcely endure the heat of the cooking stove in the kitchen.”³¹ Some people mitigated the problem by placing their stoves in a separate “summer

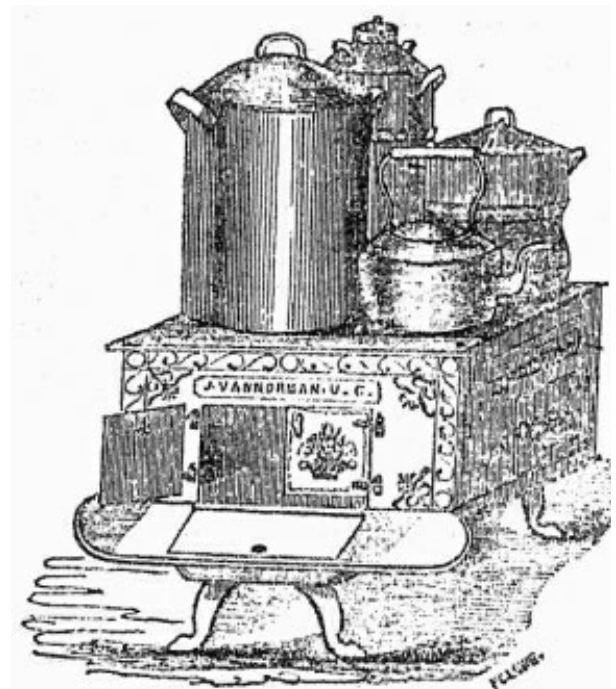


Figure 1: A Van Norman cooking stove as advertised in *The British and American Cultivator*, 1842.

kitchen” detached from the main house. Anne Langton, John’s sister, who also settled on Sturgeon Lake, described her stove arrangement in 1838: “This stove stands about ten yards from the back door, under a little shed. It measures 2 feet 7 inches each way. The chimney pipe rises at the top, an oval kettle fits into one side, a deep pan with a steamer above it into the other side, and a large boiler on a bake-pan at the bottom, each hole having an iron lid, when the vessels are not in, on which you may then place smaller saucepans, or heat irons, etc. The front of the stove has an upper and lower door and a little hearth - formerly there was something of an oven within, but it was out of repair before I was acquainted with it.”³²

In North America, patents for stove improvements were issued on a continuous basis from the 1830s onwards as stove manufacturers competed with each other for a share of the market. In one development, the oven chamber was raised above the level of the firebox and stovetop, so as to draw more hot air and smoke through the hollow oven walls and into the stovepipe, and also to increase the cooking and baking capacity of the appliance.³³ Iron founder James Griffin, of Waterdown, Ontario, obtained patents in 1851 and 1852 for an adjustable grate used to regulate heat, as well as a pan of water placed on the bottom of the oven to

equalize heat through the diffusion of steam.³⁴ Some brands were also known for their durability, at a time when stoves were notorious for breaking down, burning out, or were “thrown aside for improved patterns every four, five, or six years, and sometimes ... still oftener.”³⁵ As the technology improved, issues of style, in addition to function, increasingly became important to stove manufacturers, and in 1848, Reuben Colton of Brockville patented a cooking stove whose appearance was said to be “improved by Gothic carving on the oven doors, [and] by a Gothic panel on each end of the front plate and on each side of the front doors” (Figure 2).³⁶ In 1858, the Copp Brothers of Hamilton advertised that their selection of stoves could not be surpassed for “beauty of design, symmetrical appearance, and economy of fuel.”³⁷

Although it is difficult to know to what degree the cooking stove actually had “usurped”³⁸ the open hearth by the mid-nineteenth century, to judge by the language in commercial advertisements aimed at educated consumers, and the proliferation of brand names, it would appear that the cooking stove was a common feature of the Ontario kitchen. For example, in the 1850-1 *City of Toronto Directory* (Figure 3), J.R. Armstrong and Co. promoted their brand, the “Canadian Farmer,” specifically for use in the country, because it took “larger

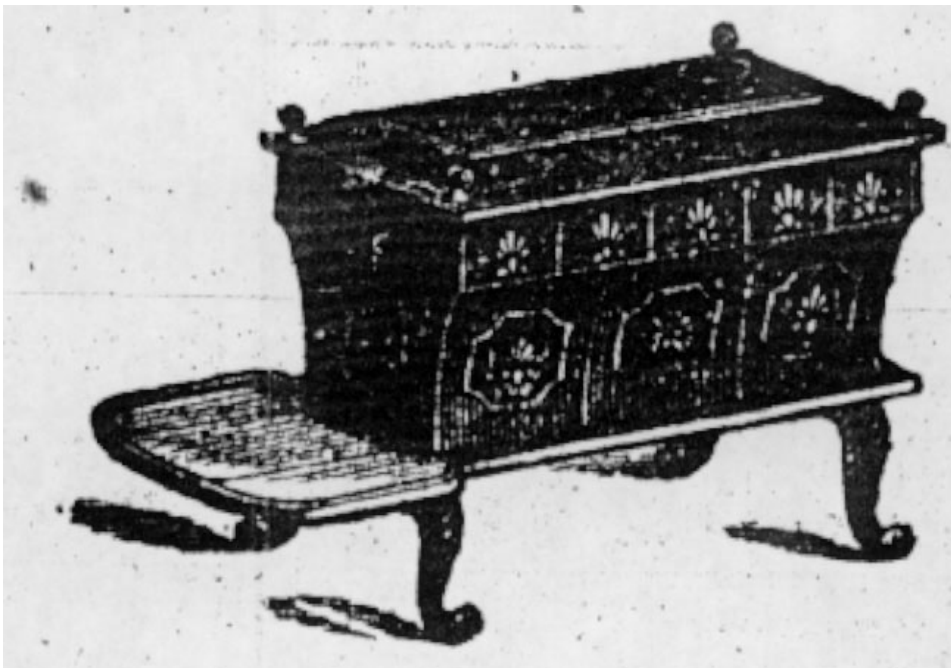


Figure 2: A “gothic” style cooking stove illustrated in an advertisement for the stove store W.H. Manning et cie, in *Aurore des Canadas* (August 1840).

S T O V E S.

J. R. ARMSTRONG & Co.

City Foundry, 116 Yonge Street, and 2nd door east of St. James's Cathedral, King Street, Toronto, C. W.

MANUFACTURER OF

CANADIAN FARMER COOKING STOVES,

Nos. 6 & 7, (SEE THE CUT),

<i>Burr Cooking Stoves.</i>	<i>Box Stoves 6 sizes.</i>
<i>Premium do. 5 sizes.</i>	<i>Air Tight do. 6 "</i>
<i>Bang-up do. 5 "</i>	<i>Parlor do. 7 "</i>
<i>Dairymaid Stove and Cauldron, 3 sizes.</i>	

The Canadian Farmer was patented by J. R. A. in June, 1850, and took the second Premium at the Provincial Fair this year, when the competition was very keen. It is the best stove in use for the county, because,

- 1st. It takes larger and longer wood than any other—from 2½ to 3 ft.
- 2ndly. It has more holes on the top to boil—No. 7, seven holes, No. 6, six holes.
- 3rdly. The plates are thicker, being from ¾ to 1 inch thick.
- 4thly. It bakes beautifully, and holds 9 large loaves of bread.

The celebrated BANG UP is better adapted for the town, where saving of fuel is an object—the oven being large and high. And for roasting and broiling it cannot be surpassed. The Dairymaid Stove and Cauldron, for steaming feed for cattle, boiling water, and for dairy purposes, should be used by every good farmer. It took the first Premium at the late Fair at Niagara.

POR ASH KETTLES cast with the mouth up, two sizes weighing 800 and 1100 lbs.

POR ASH COOLERS.

SUGAR KETTLES, three sizes, and a variety of castings.

COAL GRATES of the latest and most chaste styles from New York.

N.B.—Old Iron taken in exchange.

Figure 3: J.R. Armstrong and Co.'s stove advertisement, 1850.

and longer wood than any other ... it has more holes on top to boil ... the plates are thicker, ... [and] it bakes beautifully and holds 9 large loaves of bread."³⁹ On the other hand, the advertisement suggested that their smaller "Bang Up" cooking stove would be better suited to urban dwellers, as it had been "adapted for the town, where saving of fuel is an object."⁴⁰ The acceptance of the cooking stove as a necessary home appliance also is demonstrated by the introduction of a stove category at industrial and agricultural exhibitions, and the J.R. Armstrong and Co. advertisement further noted that their "Canadian Farmer" recently took the second prize at the Canada West [i.e., Ontario] Provincial Fair, where "the competition was very keen."⁴¹ By 1864, with the aid of a new railway network that facilitated shipments of consumer goods across Ontario, the Phoenix Foundry of Toronto could advertise 17 brand names of cooking stoves of varying sizes and shapes, including the "Protectionist," "Sylvan Witch," and "Good Samaritan."⁴² In Kingston, merchants such as Horsey and Brother on Princess Street hoped to secure a share of the market by advertising that consumers could find their store under the "Sign of the Stove."⁴³

A further measure of their acceptance into Ontario society by the mid-nineteenth century was the inclusion of the stove in wills that provided for the distribution of movable personal effects upon the death of the devisee. For example, in 1862, Richard Wilson of Richmond Hill specified that his wife Mary should inherit "two bedsteads, two beds and bedding, six chairs, one cook stove, one cupboard, two tables with the plate linen and china for the term of her natural life ... [and] ten cords of wood prepared for the use of the cook stove every year."⁴⁴ Although not every will prepared was as detailed as Wilson's with regards to items of household furniture, it is obvious that the cooking stove was essential to the maintenance of his wife's comfort, and he did not want her to lose that comfort after he was gone.

Concomitant with the stove's widespread acceptance was a decrease in its selling price. For example, in 1852, Susanna Moodie wrote of her cookery practices that when she had been a recent immigrant *circa* 1832, and "not having either an oven or cooking-stove, which at that period were not so cheap or so common as they are now, [she] had provided [her]self with a large bake-kettle as a substitute."⁴⁵ In 1854, Catharine Parr Traill noted in *The Female Emigrant's Guide, and Hints on Canadian Housekeeping* that new immigrants seldom could afford to buy a cooking stove during the first few years of homesteading, as a stove "large enough to cook food for a family of ten or twelve persons, will cost from twenty to thirty dollars."⁴⁶ Nevertheless, she could not praise them enough to the women reading her book: "I would recommend a good cooking stove in your kitchen: it is more convenient, and is not so destructive to clothes as the great log fires ... [The price] will include every necessary cooking utensil."⁴⁷ Furthermore, there were "a great variety of patterns," and she named several reliable brands, including the "Lion," the "Farmers' Friend," "Canadian Hot-Air," and "Burr."⁴⁸

The Cooking Stove Revolution

What was revolutionary about the cooking stove? The first generation of stoves measured less than three feet tall from floor to top plate, lacked an

oven thermometer, and the cook still employed cast iron utensils, thus her routine still involved stooping and lifting heavy objects, and gauging cooking times by feel. However, the stove represented the introduction of modern technology into the kitchen, and women felt more in control of the environment in which they worked. The wood fire was contained, reducing soot, smoke and ash from fouling the kitchen air, singeing clothes, and rendering the walls black.⁴⁹ To quote Catharine Parr Traill in her *Female Emigrant's Guide*, "among the casualties that bring danger and alarm into a Canadian settler's homestead, there is none more frequent than fire – The kitchen stoves are, from their construction, less liable to take fire than any other: the dampers being pushed in will stop the draught from ascending into the pipe."⁵⁰ Furthermore, the stove surface was solid and supported the utensils, which could be moved around the elements with relative ease.⁵¹ It also focused the activity of cooking into one place, as the oven was enclosed within the stove, not removed from it, saving the cook steps and energy while she performed her tasks. The atmosphere within the kitchen also changed dramatically with the loss of the fireplace, as an important light source was eliminated. Architectural historian John Rempel noted this in his survey of nineteenth-century building practices in central Canada and wrote that among log homes built after cooking stoves were in common usage, a window was placed in the ground floor wall in lieu of the fireplace.⁵²

The adoption of the cooking stove paralleled the changes being made in the way that interior space was organized. As families acquired the means to move out of their original log cabins and into more spacious frame, brick or stone houses, new designs accorded more space to the kitchen in keeping with the trend to define separate rooms that recognized public and private space within the home.⁵³ In 1835, for example, Catharine Parr Traill wrote that a considerable addition had been made to her home as "a large and convenient kitchen" had been built, with her family "taking the former one for a bedroom."⁵⁴ Especially by the 1850s and '60s, new homes were more likely to contain stoves, not fireplaces, to judge by the floor plans of several wooden structures documented by John Rempel.⁵⁵ The

Canada Farmer magazine, in 1864, published a model floor plan for an L-shaped "cottage" dwelling (Figure 4) that placed a spacious kitchen in the rear, and equipped it with a stove flue.⁵⁶ Finally, in 1869, the influential American reformers Catharine Beecher and Harriet Beecher Stowe published their design for the ideal kitchen that included a separate stove room and built-in kitchen forms for the sink, cutting board, bread moulding board and dish drainer.⁵⁷ They wrote in *The American Woman's Home: Or, Principles of Domestic Science* that, "if parents wished their daughters to grow up with good domestic habits, they should have, as one means of securing the result, a neat and cheerful kitchen ... entirely above-ground, and well-lighted."⁵⁸

Cooking techniques also changed with the adoption of the stove. To quote American food historian William Weaver, "more than any other single force, the cookstove brought a radical change to the art of cookery. The rules that applied in the past, the tech-

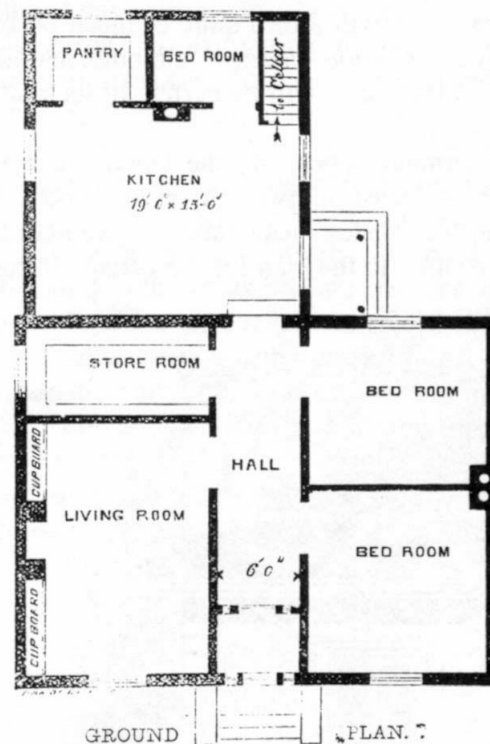


Figure 4: Model cottage floor plan in the 1864 *Canada Farmer* magazine. Note the spacious kitchen with flue for the cooking stove in the rear.

niques and oral traditions that had been relied on for centuries, were suddenly obsolete. American folk cookery was set adrift for awhile until cooks became accustomed to this very peculiar and demanding invention. It became less a matter of creative continuity than one of massive readjustment. It was as if the cooks had been forced to learn a new food dialect.”⁵⁹ Certainly, it is true that cooking stoves, because of their heating efficiency, were amenable to new forms of cooking such as quick breads and muffins leavened with saleratus, an early form of chemical raising agent developed in the 1840s.⁶⁰ Breads leavened with saleratus or other chemical agent, such as baking powder, worked best in the quick hot oven of the iron cooking stove, and they also did not require much preparation or baking time, compared to the time it took to bake with yeast. Plus, even the poorest family could afford to have these home-baked pastries because saleratus was inexpensive. Catharine Parr Traill provided a recipe for “common bush tea cakes” made with saleratus in her *Female Emigrant’s Guide*, demonstrating the willingness of Ontario cooks to incorporate new tastes and products into their repertoire.⁶¹ It would be at least another generation, however, before cookbook writers completely abandoned instructions for down hearth techniques in their recipes.⁶² Thus, if one used cookbooks as a line of evidence in determining to what degree the cooking stove had replaced the open hearth, it would appear that it was not until the late nineteenth century that the stove had been embraced by all those who cooked, especially cookbook authors who strove for idealized results. The greatest complaint found in household manuals was that food needed to be closely watched due to the intense heat, as the “introduction of cooking-stoves offers to careless domestics, facilities for gradually drying-up meats, and despoiling them of all flavour and nutriment – facilities which appear to be very generally accepted.”⁶³ English author Isabella Beeton in her *Book of Household Management* also made disparaging remarks about the roasting capabilities of an oven that did not have a proper ventilating system, rendering a peculiar taste to the meat.⁶⁴

Finally, the importance of the cooking stove to women’s lives was best expressed by Catharine

Beecher and Harriet Beecher Stowe. The sisters devoted a whole chapter of *The American Woman’s Home* to the construction and care of stoves, furnaces and chimneys, and wrote that: “Every woman should be taught the scientific principles in regards to heat, ... for her own benefit, and also to enable her to train her children and servants in this important duty of home life on which health and comfort so much depend.”⁶⁵ Thus, in their opinion, mastering the art of using an efficient, convenient and reliable cooking stove brought women into the world of scientific knowledge hitherto reserved for men. Since the early nineteenth century, cookbooks such as Dr. William Kitchiner’s *The Cook’s Oracle ... or the Most Economical Plan for Private Families*,⁶⁶ and later Isabella Beeton’s *Book of Household Management*, which were aimed at the emerging middle classes in England, stressed the need for more systematic household management. Ergonomic kitchen design and continued improvements made to the cooking stove would help women achieve the ideals set forth in those books by allowing them time to plan activities that involved fewer labour intensive chores.

Conclusion

The conservative habits of our northern European ancestors had changed little from the first yeomen’s houses of the fourteenth century until the approach of the Victorian Age in the 1830s, when the mass-produced cooking stove and its custom utensils would alter the kitchen and women’s work permanently.⁶⁷ Once the wood fire was safely contained within the stove, women controlled their workplace environment better and could concentrate on planning and preparing meals, with less time spent trying to keep the food, their clothes, and kitchen furniture free from soot, smoke, and ash. Furthermore, the stove provided a solid work surface, and focused the activity of cooking in a prescribed place, saving the cook energy as she performed her tasks. While the acceptance of the stove was slow after its invention, as the technology improved, women such as Catharine Parr Traill regarded them as indispensable for their convenience and for the safety features that regulated the fire. The loss of the light provided by the fireplace was mitigated through the redesign of the kitchen,

with the room enlarged and placed at the rear of the structure, where there was more opportunity to add windows on exterior walls.

Advocates of domestic reform also welcomed the cooking stove because its mastery symbolized the entry of women into the realm of science hitherto reserved for men. Familiarity with the cooking stove led to proficiency, and once women confronted them, and understood the principles that underlay their design, there was no turning back to the days of the open hearth.⁶⁸ By the time of Confederation in 1867, the cooking stove was a common feature of the Ontario kitchen. Its acceptance into the home paved the way for other technological improvements and mechanical gadgets designed to make domestic tasks more successful and less labour intensive. As Loris Russell observed, this multiplication of household accessories spilled over into the twentieth century and exploded into a thousand marvels of electrical engineering.⁶⁹ But in the nineteenth century, the improvement of domestic equipment was truly new and revolutionary, and it all began with the humble cooking stove.

End Notes

- ¹ Loris Russell, *Handy Things to Have around the House* (Toronto 1979), 29
- ² *Ibid.*, 16; Christina Bates, *Out of Old Ontario Kitchens* (Toronto 1978), 18-22; Rachel Feild, *Irons in the Fire: A History of Cooking Equipment* (Marlborough, England 1984), 79
- ³ John Rempel, *Building with Wood and Other Aspects of Nineteenth-Century Building in Central Canada*, revised edition (Toronto 1980), 49
- ⁴ Russell, *Handy Things*, 12
- ⁵ E.S. Dunlop, ed., *Our Forest Home, Being Extracts from the Correspondence of the Late Francis Stewart* (Montreal 1902), 48
- ⁶ Audrey Miller, ed., *The Journals of Mary O'Brien 1828-1838* (Toronto 1968), 141
- ⁷ Russell, *Handy Things*, 29
- ⁸ Eric Arthur and Thomas Ritchie, *Iron: Cast and Wrought Iron in Canada from the Seventeenth Century to the Present* (Toronto 1982), 182
- ⁹ *Ibid.*, 183-4
- ¹⁰ *Ibid.*, 183
- ¹¹ Peter Brears, "Kitchen Fireplaces and Stoves," in

- Pamela Sambrook and Peter Brears, eds., *The Country House Kitchen 1650-1900* (London 1997), 106-9; Arthur and Ritchie, *Iron*, 185
- ¹² Arthur and Ritchie, *Iron*, 187-8; Jane Nylander, *Our Own Snug Fireside: Images of the New England Home 1760-1860* (New Haven and London 1994), 218
 - ¹³ Russell, *Handy Things*, 29
 - ¹⁴ Nylander, *Snug Fireside*, 214
 - ¹⁵ *Ibid.*
 - ¹⁶ Feild, *Irons in the Fire*, 129
 - ¹⁷ *Ibid.*; Brears, "Kitchen Fireplaces," 92; David Everleigh, *Firegrates and Kitchen Ranges* (Aylesbury, England 1983), 19
 - ¹⁸ William Langton, ed., *Early Days in Upper Canada: Letters of John Langton* (Toronto 1926), 187
 - ¹⁹ Ellen Plante, *The American Kitchen 1700 to Present: From Hearth to Highrise* (New York 1995), 37; Nylander, *Snug Fireside*, 213; Jeanne Minhinnick, *At Home in Upper Canada* (Toronto 1970), 89; Russell, *Handy Things*, 29
 - ²⁰ Arthur and Ritchie, *Iron*, 184
 - ²¹ Advertisement dated Brockville, 20 May 1829, reprinted in Minhinnick, *At Home in Upper Canada*, 89
 - ²² Langton, ed., *Early Days in Upper Canada*, 20
 - ²³ Anonymous, *The Cook Not Mad; or Rational Cookery* (Kingston 1831), 93
 - ²⁴ *Ibid.*, 96-7
 - ²⁵ Russell, *Handy Things*, 29; Bates, *Old Ontario Kitchens*, 25
 - ²⁶ Arthur and Ritchie, *Iron*, 10
 - ²⁷ Advertisement dated Toronto, September 1837, reprinted in Arthur and Ritchie, *Iron*, 188
 - ²⁸ Anonymous, *The Cook Not Mad*, iv
 - ²⁹ Minhinnick, *At Home in Upper Canada*, 90
 - ³⁰ *Ibid.*, 89-90
 - ³¹ Traill, Catharine Parr, *The Backwoods of Canada*, Centre for Editing Early Canadian Texts edition, Michael Peterman, ed. (Ottawa 1997), 114
 - ³² H. Langton, ed., *A Gentlewoman in Upper Canada: The Journals of Anne Langton* (Toronto 1950), 70
 - ³³ Russell, *Handy Things*, 31
 - ³⁴ Arthur and Ritchie, *Iron*, 188
 - ³⁵ Catharine Beecher and Harriet Beecher Stowe, *The American Woman's Home: Or, Principles of Domestic Science*, first published 1869 (New York 1971), 75
 - ³⁶ Arthur and Ritchie, *Iron*, 184
 - ³⁷ Copp and Brother advertisement in William Shepard, *City of Hamilton Directory* (Hamilton 1858), xiii
 - ³⁸ Bates, *Old Ontario Kitchens*, 23
 - ³⁹ J.R. Armstrong and Co. advertisement in Henry Rowsell, *City of Toronto and County of York Directory for 1850-51* (Toronto 1850), 154

- 40 Ibid.
- 41 Ibid.
- 42 Phoenix Foundry advertisement in *Mitchell's Toronto Directory for 1864-65* (Toronto 1864), 104
- 43 Horsey and Brother advertisement in T.W. Robinson, *Directory of the City of Kingston* (Kingston 1857), 138
- 44 Markham Township Copy Book of Deeds (Instrument #86828), Archives of Ontario
- 45 Susanna Moodie, *Roughing It in the Bush*, first published 1852 (Toronto 1989), 104
- 46 Catharine Parr Traill, *The Female Emigrant's Guide, and Hints on Canadian Housekeeping* (Toronto 1854), 32
- 47 Ibid.
- 48 Ibid.
- 49 Minhinnick, *At Home in Upper Canada*, 59; Russell, *Handy Things*, 33
- 50 Traill, *The Female Emigrant's Guide*, 194
- 51 Bates, *Old Ontario Kitchens*, 25; Russell, *Handy Things*, 33
- 52 Rempel, *Building with Wood*, 67
- 53 Plante, *The American Kitchen*, 37
- 54 Traill, *Backwoods of Canada*, 224
- 55 Rempel, *Building with Wood*, 46, 169
- 56 Ground plan reprinted in Lynne DiStefano, "The Ontario Cottage: 'Perfect of its Kind,'" in Julia Beck and Alec Keefer, eds., *Vernacular Architecture in Ontario* (Toronto 1993), 46
- 57 Beecher and Stowe, *The American Woman's Home*, 32-5
- 58 Ibid., 371
- 59 William Weaver, *America Eats: Forms of Edible Folk Art* (New York 1989), 132-3
- 60 Ibid., 134
- 61 Traill, *Female Emigrant's Guide*, 105
- 62 Bates, *Old Ontario Kitchens*, 25
- 63 Beecher and Stowe, *The American Woman's Home*, 161
- 64 Isabella Beeton, *The Book of Household Management*, first published 1861 (London 1968), 260
- 65 Ibid., 66
- 66 William Kitchiner, *The Cook's Oracle; Containing Receipts for Plain Cookery, or the Most Economical Plan for Private Families*, second edition (London 1818).
- 67 Feild, *Irons in the Fire*, 11
- 68 Minhinnick, *At Home*, 93
- 69 Russell, *Handy Things*, 9

Margo Oliver: Good Canadian Comfort Food

By Fiona Lucas

Fiona Lucas is Co-Founder and current Past President of CHO.

"Readers liked my recipes," says Margo Oliver cordially, "because I explained things. If a sauce was likely to curdle, I explained how to correct it. And I advised that my marmalade be made in two batches, otherwise it darkened too much." Twenty-two years after her retirement as food editor for *Weekend Magazine*, Margo Oliver is still a familiar and well-respected name in Canadian food circles. Put her recipe books on your second-hand wish list, if they aren't already in your kitchen.

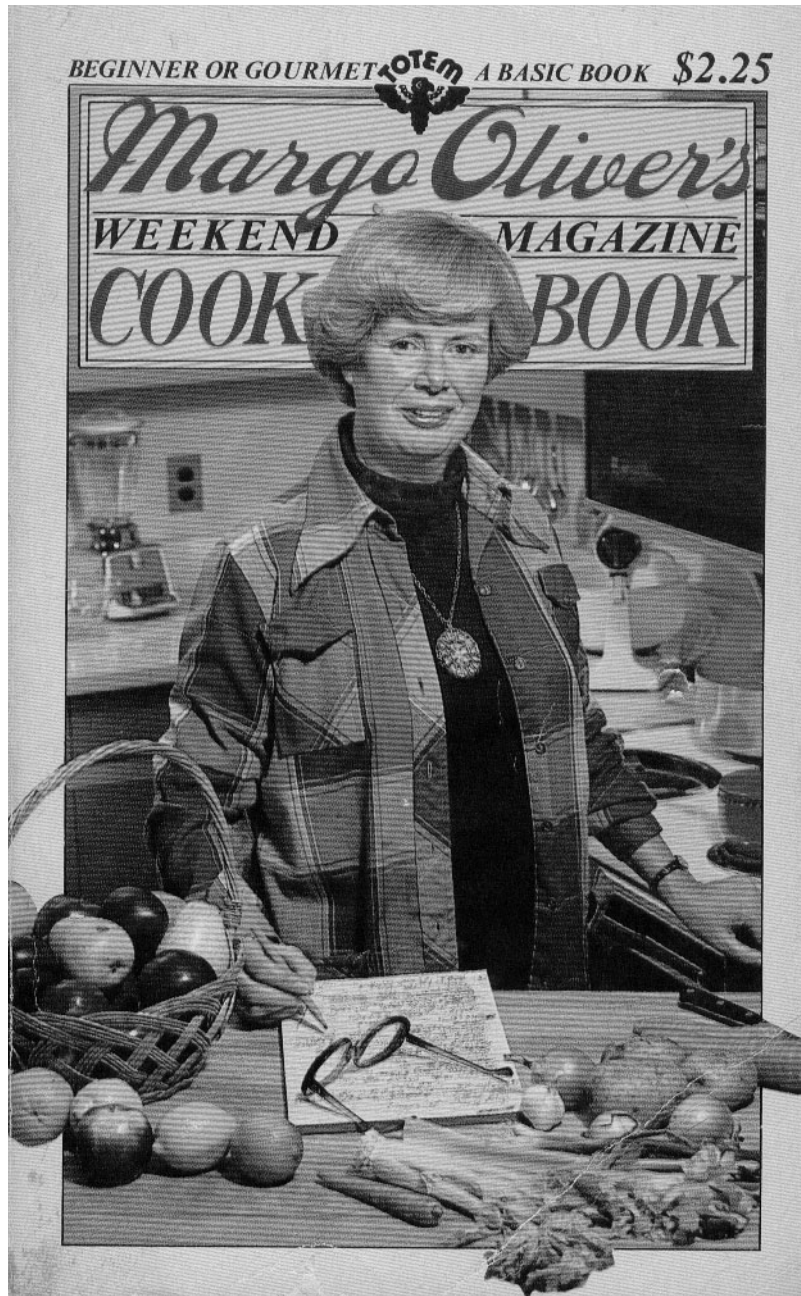
Margo began her culinary career as her family's Saturday morning baker. Her mother encouraged her to make muffins, cakes and cookies; in fact some of those very recipes appeared in her eventual cookbooks. First though, after graduating from business college following the Second World War,

she did a stint as a legal secretary, but "I was a very bad legal secretary," she said, laughing. Good thing, say I, otherwise Canada would have lost a stellar food writer.

In the early 1950s she returned to school to earn an undergraduate degree in Home Economics at the University of Manitoba (her home province), then, prompted by a colleague, went on to the University of Minnesota for graduate work. For a few years, Margo worked for General Mills in the Betty Crocker test kitchens, before returning to Canada as a representative of the Betty Crocker trade name. However, "Don't call me Canada's first Betty Crocker!" she exclaimed when I asked her about this soubriquet. When an early publisher named her this, to her mortification, she felt she

had to make amends by writing General Mills an apologetic letter. Betty Crocker was a fictional person designed to embody the domestic ideal fronting a corporate reality. Several home economists anonymously assumed the role, both in print and on radio, but Margo was not one of them.

Weekend Magazine debuted in 1951 as one of a group of weekend colour supplements to the daily newspapers that collectively became part of the country's cultural identity through the 60s and 70s. Margo started at the magazine in 1959 following the encouragement of Helen Gougeon, another well-known Canadian food writer. By the mid 60s its circulation had reached four million through inclusion in forty-one papers. Although based in Montreal and published by the *Montreal Standard*, *Weekend Magazine* featured "nice homey articles that celebrated ordinary Canadians," so the recipes had to suit homemakers and busy working mothers across the whole country. Easily available ingredients and clear writing were hallmarks of Oliver's recipes. *Margo Oliver's Weekend Magazine Cook Book* (1967) – her personal favourite of her seven cookbooks and the one most familiar to me when growing up – and *Margo Oliver's Weekend Magazine Menu Cookbook* (1972) were based, she says, on readers' interests. It was her *Stew and Casserole Cookbook* (1975) that had the most reaction though. With an appreciative laugh, Margo commented that she's heard from several men that these books went to college with them as gifts from their mothers. And no wonder, the recipes are for good classic comfort foods, like meat pies and casseroles. They're practical, lucidly written, don't require odd ingredients and, best of all, tasty. Her main audience, not surprisingly, was working mothers and housewives who wanted good family food that was easily prepared. Even today, her own family on the West Coast looks forward to the annual fruitcake that she mails to them.



Cover of 1977 paperback of *Margo Oliver's Weekend Magazine Cook Book* (1967). In the ten years since the first edition appeared in hardback, over 100,000 copies had been sold.

When asked which cookbooks her grandmothers and mother had used, Margo answered "Kate Aitken,* the Ogilvie cookbook,† and other Canadian cookbooks." To her regret, she inadvertently lost her mother's handwritten recipe manuscript when closing the family's cottage. The cooks she most admired were Julia Child and Madame Jeanne Benoît, although her recipe philosophy differed from

Madame Benoit's. "Jeanne was an instinctive cook; she did it by feel. She felt everyone should cook by feel, but I always felt that the recipe should be made how it was written the first time, then changed to suit." She was very particular about getting it right so she appreciated the up-to-date kitchen that the *Montreal Standard* built at her request in the Montreal head office. "It was beautiful," she says, and contained both an electric stove and a gas range, plus an area off the kitchen especially for photography. She was part of a team that included the magazine's Art Director, her own secretary for all those readers' letters, and two assistants for testing recipes, running errands and the inevitable dish washing.

In 1982, following a couple of years of journalistic tinkering, the faltering magazine died with the August issue, and with it ended her job of twenty-three years. She went on to write three more cookbooks: *Margo Oliver's Cookbook for Seniors* (1989), *Margo Oliver's Good Food for One* (1990) and *The Good Food Cookbook* (1993). She still cooks for herself from her own books and keeps abreast of culinary trends. Today she lives in retirement in an 1852

house overlooking the Gorge in beautiful Elora, Ontario. Even though she has been absent from the culinary scene for over ten years, she modestly acknowledges the coast-to-coast culinary influence and prominence she enjoyed for three decades in Canada.

* See Margo Oliver's review of the 2004 reprint of *Kate Aitken's Canadian Cook Book* in *Culinary Chronicles*, no. 40, spring 2004.

† *Ogilvie's Book for a Cook* was published by Ogilvie Flour Mills starting in 1905. It was republished by Whitecap Books in 2003.

Note: My thanks to Margo Oliver for her generous time. Background notes were gleaned from Nathalie Cooke, "Getting the Mix Just Right for the Canadian Home Baker," in *Essays on Canadian Writing*, no. 78, winter 2003, pp 192-219; *Ryerson Review of Journalism Online*, summer 2004, <http://www.ryerson.ca/trj/roto.html>; and Helen Hatton, Ontario Home Economists in Business, Hall of Fame Award Winner 1993, <http://www.oheib.org/HallofFame/mmorganhof.htm>.

Doris Ludwig and Depression-Era Cooking

By Ed Lyons

Mrs Doris Ludwig (born 1909, née Clark) is one of three remarkable sisters. Doris is a very old lady now, living in Hamilton, her home town. She graduated from McGill University with an Arts degree in 1930, living in Montreal for a total of ten years. After working for some 25 years as a family counselor and community planner, she obtained the degree Master of Social Work from the University of Toronto. Later she wrote "Successful Living," a self-syndicated column that appeared in about 20 Canadian dailies from 1960 to 1975. Subsequently, she wrote "Dear Doris," a weekly family advice column syndicated by the *Toronto Telegram* in more than 100 Canadian and U.S. papers.

Her two older sisters were also syndicated columnists. Eldest sister Sally Pearl (born 1901), a dietitian and advertising copywriter, wrote a "Health and Beauty" column for the *Farmer's Advocate and Canadian Countryman* for 13 years from 1951. In 1964-5, as "Sally Hamilton," she wrote "Coming of Age," a weekly feature syndicated by the *Toronto Telegram* and appearing in 10 Canadian dailies. In the 1970s, Doris and Pearl developed a retirement planning course for Mohawk College.

Sister Mary (1903-1978) was one of the first Canadian women to write a syndicated column, "Canadian Cookery for Canadian Women."

starting in 1928 and running for 50 years in newspapers across Canada. In addition, she wrote advertising cookbooks for Fry-Cadbury and St Lawrence Starch, and in 1978, the year she died, she saw published the *Mary Moore Cookbook*, which sold over 75,000 copies.

But back to Doris in Montreal in the 1930s, where her work unavoidably confronted the issues of food supply during the Depression. In an email to me (14 July 2004), she described this time in her life:

I was then employed by the Emergency Unemployment Relief Committee in dispensing 'relief' of several kinds to families of the English Protestant community - about 5000 families.

During those years, 1931 to about 1937, I fitted in a two-year course in social work along with the E.U.R.C. job; also worked for a while with the Family Welfare Association in Montreal.

Doris became involved with the research and production of a slim 1932 booklet, *How We Do It*. The Foreword explains:

... this booklet has been published following requests from families in receipt of unemployment relief who felt that some guide to the purchasing and use of food would make their weekly planning more simple.

The information it contains, including every order, menu and recipe, was obtained through a contest amongst those actually living on relief rations. The menus selected herein are selected from the many received.

The booklet contains suggested purchases for a week's supplies for families of two, three or four, and five or six. The committee checked the purchases and the prices against the grocery receipts from contest participants. This part is followed by weekly menus and pages of "economical recipes." You may think the quoted prices are incorrect, but

I can remember buying food at those kinds of prices in the 1930s in Ontario. If you were employed, you could raise a family very well on an income of \$30 per week, and families were larger then. Unfortunately, too many people were unemployed, or had only occasional work, so they depended on charity if they could get it, or starved if they could not.

Shopping baskets of weekly purchases are shown for families of two, three or four, and five or six. Page 2 (see illustration) gives suggested purchases for families of three or four. Notice that there are examples of four different weekly purchases, all costing about \$2.20, that cater to different tastes. Page 11 (see illustration) gives a weekly menu for Order no. 8, \$3.25.

Clients were also given a number of recipes from the families that had been sampled for the survey. These are "family recipes," written in a style that requires a good knowledge of cooking, and they reflect Anglo-Canadian traditions, representative of the English Protestant community served by the Emergency Unemployment Relief Committee. It is interesting to note how simple some of the recipes are. Would you find this tomato soup tasty or nourishing?

One-half tin tomatoes, 1 1/2 pints cold water. Boil together and season with salt and pepper. If desired, a little rice may be added and a little mashed potato. - Mrs. A.H.

Or, her recipe for pea soup?

Three-quarters cup dried peas. 1 quart cold water. Boil gently together for three or four hours or until peas are quite soft. Add two tablespoons rice, and season with salt. Cook until rice is tender and serve.

The booklet concludes with "Pass It Along," a half-page of extracts from letters with advice such as: "Sometimes we can get a small haddock or mackerel for 10 or 12 cents. This is boiled and makes a good change."

Order No. 8 - \$3.25

A WEEK'S SUPPLY OF FOOD

For Family of THREE or FOUR

Order No. 4:

1 lb. Rice	.08
1 lb. Sugar	.05
1 lb. Butter	.25
½ doz. Eggs	.15
Bran	.13
Marmalade	.12
3 lbs. Flour	.10
Macaroni	.05
Quaker Oats	.10
Cheese	.12
1 ½ lbs. Fish	.15
Beef	.39
Soap	.05
Cabbage	.05
Potatoes	.08
Carrots	.05
Apples	.13
Onions	.05
Prunes	.10
Oranges	.05
	<u>2.25</u>

Order No. 5:

1 bag Flour	.20
1 lb. Butter	.23
2 lbs. Sugar	.10
½ lb. Tea	.15
1 lb. Rice	.08
1 large tin Beans	.10
Cheese	.10
Cocoa	.10
Rollod Oats	.05
Oatmeal	.06
½ lb. Bacon	.09
1 Tin Peas	.10
1 tin Tomatoes	.10
2 lbs. Apples	.10
Potatoes	.14
Carrots and Onions	.10
Charcoal	.20
Macaroni	.05
Minced Meat	.10
Chuck Steak	.10
	<u>2.25</u>

Order No. 6:

1 doz Fresh First Eggs	.25
1 lb. Butter	.23
1 lb. Breakfast Bacon	.15
1 peck Potatoes	.13
3 lbs. Carrots	.10
1 Cabbage	.05
1 Turnip	.05
1 package Minute Tapioca	.10
1 package Porridge Oats	.19
6 quarts Cooking Apples	.19
2 lbs. Macaroni	.12
½ lb. Velveta Cheese	.12
5 lbs. Loim Pork	.50
	<u>2.18</u>

Order No. 7:

4 lbs. Roast Beef	.40
1 lb. Beef Brisket	.07
½ lb. Cheese	.13
1 lb. Macaroni	.10
1 lb. Prunes	.10
2 lbs. Oatmeal	.10
½ lb. Tea	.20
2 lbs. Butter	.46
1 lb. Split Peas	.08
1 can Tomatoes	.10
1 doz. Eggs	.23
Carrots	.05
1 peck Potatoes	.20
	<u>2.22</u>

Breakfast	Dinner	Supper
1st Day Porridge and Milk Toasted Bread Tea	Boiled Fish Potatoes Rice Pudding, Milk	Canned Tomatoes Bread and Butter Tea, Milk
2nd Day Boiled Eggs Buttered Toast Tea	Fried Liver * Baked Potatoes Bread and Butter Pudding	Bread and Butter Homemade Scones Tea, Milk
3rd Day Pancakes Molasses Bread and Butter Tea	Vegetable Soup Macaroni Pudding * Milk	Scalloped Potatoes Creamed Carrots Bread and Butter Tea, Milk
4th Day Poached Eggs on Toast Bread and Butter Tea	Roast Meat Creamed Potatoes Boiled Beans Rice Pudding	Bread and Butter Molasses Cake * Tea, Milk
	Fried Potatoes Boiled Rice, Prunes	Molasses Tea, Milk
6th Day Scrambled Eggs Buttered Toast Tea, Milk	Bean Soup Bread and Butter Pudding Milk	Potato Pie with Carrots Bread and Butter Tea, Milk
7th Day Zwieback and Milk Bread and Butter Tea, Milk	Baked Beans Baked Potatoes Steamed Pudding with Milk * Tea, Milk	Cheese and Maraconi Bread and Butter Tea, Milk

Comments:

We usually buy a small piece of meat to roast, and have the bone put in. The bone is then used for soup.

Rice was leftover from a previous order.

My special cake made with molasses has no eggs and no butter.

* Recipes given in recipe section for items starred.

Bread and Milk Tickets Additional

Increase Amounts for Larger Orders

How We Do It is a valuable document of how Montreal families managed in the Depression years because the budgets, menus, and recipes in the book were actually used by those on restricted incomes. On the one hand, the book is a stark reminder of how difficult those times were, and on the other, a powerful symbol of how people came together for mutual support. For the young Doris Clark, her work in the 1930s with the Emergency Unemployment Relief Committee and the production of *How We Do It* forged what was to become a life-long career in Social Work.

For those of you who might be interested, Mrs Ludwig still has copies of the booklet available at \$5.00, including postage to Canadian addresses. Her address is: 66 Rosedene Avenue, Hamilton, Ontario L9A 1E9. You can also contact her at dludwig@enoreo.on.ca.

Note: This article incorporates information from Robert Ludwig and from articles in the *Hamilton Spectator*, 4 June 1993, and the *Montreal Gazette*, 5 December 1993.

Book Review

By Dean Tudor

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

Booze: A Distilled History (Between the Lines, 2003, 497 pages, ISBN 1-896357-83-0, \$29.95 paper covers) is by Craig Heron, Professor of History and Labour Studies at York University in Toronto.

This is a history of Canadian drink and drinking. After a brief introduction on how he came to write the book (Heron had curated “Booze: Work, Pleasure, and Controversy” in 1998 for the Ontario Workers’ Arts and Heritage Centre in Hamilton), he dives right into the dichotomous nature of alcohol. His intent is not to ignore the problems of alcohol but to put them into a Canadian historical context, to present a balance between the good and the evil without encouraging either side of the equation.

The Greeks got it right with “Nothing in Excess.” Thus, he has covered all the rough spots: alcohol in native communities, temperance and prohibition, public drunkenness, bootlegging, alcoholism. And he has details on the social and business stuff: industry employment, breweries and distilleries, liquor traffic, workingman’s clubs, socializing, watering holes. In just about every case - good and evil - the slant is on the labouring classes as they work for breweries and distilleries, as they socialize after hours, as they behave in bars.

First off, he acknowledges that drinking is a predominantly male experience: They have the right to drink. There are pictures and illustrations of women drinking, from the turn of the 19th century, but they are socializing. They did not go to bars; they did not work in the industry. They were young, and they may even have been childless and unmarried (there’s no detail in the pictures on wedding rings).

This is a substantial but sprawling book, covering all of Canada. Drinking is a theme in many writings about the history of the working class. Over the past few years, Heron has uncovered a fair bit of research, presenting discussion papers at learned society meetings and history groupings. His resources include provincial and national archives, libraries, newspapers, plus the Alaska State Library in Juneau. There are almost 50 pages of end notes, a bibliography of 40 pages, plus an index. He has found copious illustrations, all black and white save the cover ad, with photographs, political cartoons, and advertisements in either the text space or in sidebars. He writes about drinking patterns and government control, the rise of the Liquor Control Board of Ontario (LCBO) and other regulatory bodies, plebiscites and referenda, the problems of the “wets,” concentrating (for Ontario) on Toronto, Windsor, Ottawa, London, and Hamilton, for these are the urban areas where the labouring classes worked and lived.

Much work still needs to be done on wine and wineries, the forgotten alcoholic beverage and industry. These are poorly covered in this book, and I can only assume (based on my own knowledge) that archival resources are very spotty – or else he would have included them. He does, though, have a large list of some fifteen or so topics which deserve further

research (add wine to the list). For CHO members, this means we need to dig more into tavern histories and life, a history of the LCBO and Ontario breweries and wineries.

Some interesting facts: from p 5, “Commercial producers of all kinds of booze were also on the cutting edge of mass consumerism, using increasingly effective systems of distribution, sales, and, eventually, advertising to promote purchases of their products. Alcohol beverages became one of the earliest mass-produced goods aimed at those able to buy them.”

What I don’t like about this book: Booze is a serious matter, yet the bumpf promo from the two blurb writers make light of it. I find this out of place. What I do like about this book: The 20-page index is very useful, although some of the broader topics need to be expanded or identified within entries with page numbers. For example, “abstention from drinking” has 23 entries but no further details, “advertising” has 19, and “wine” has 39. Montgomery’s Tavern is indexed at p 28 in the text, but not at p 37 where there is a historical drawing of the building. As an indexer, I know it is damn hard work for little money. The bright side: all of the end notes are indexed, which does not happen too often. Certainly, for the price, the book is a wealth of booze information.

Family Fare

By Ed Lyons

Some of you may recall Peter Iveson’s recipe for his Great Great Grandmother Maley’s Pound Cake (Newsletter no. 29, summer 2001). Peter wrote to me again to report that he and his brother Larry cleared away 85 years of family history when they emptied the family home in Carleton Place after their parents’ deaths last year.

They have inherited a varied selection of cookbooks, among them a fiftieth edition of Canada’s first fundraising cookbook, *The Home Cook Book*, from Rose Publishing, Toronto, given to his great grandmother in 1884; *The Wheat City Cook Book*, an early Manitoba community cookbook by the ladies of the First Methodist Church, Brandon, c. 1910; *Good*

Things Made, Said and Done for Every Household, an 1882 British advertising cookbook from Goodall Backhouse and Co., the Leeds pickle and condiment manufacturer; and *Breakfast, Luncheon and Tea*, from the best-selling American author Marion Harland (pseudonym of Mary Virginia Terhune).

Their grandmother, Dorothy Wilhelmina Ritchie (née Bucke, 1886–1974), was raised in Brandon, Manitoba, after her father died of typhoid fever when she was five. She married a manager of the Bank of Ottawa in 1912 and eventually lived in Carleton Place where he became secretary-treasurer of the Bates and Innis Valley Pride woolen mill, one of the largest employers in the area. As her husband did not drive, Dorothy often drove him around on business. This was most uncommon for housewives at the time. In Larry’s words:

High tea at the Ritchie’s would be in the living room around the circular tea table. Grandma would be on the Victorian settee surrounded by the ladies’ chairs with no arms and the high-back gentlemen’s chairs.

First, sherry in crystal glasses with cheeses, fruits and lots of conversation. Just as conversation began to settle, the silver tea service, hot scones and home made jams would arrive.

Tea lingered until late afternoon and finished with hearty good-byes at the door or a tour of the gardens.

Here is Grandmother Ritchie’s recipe for CREAM SCONES:

2 cups flour
3 tsp baking powder
4 tsp sugar
1 tsp salt
4 tbsp butter
2 eggs
1/2 cup milk or cream

Method: Reserve some egg white and sugar. Sift dry ingredients together, rub in butter. Beat eggs and milk/cream, add to dry mixture and mix. Toss

on floured board, roll to 1/2" thick. Cut into diamond shapes, brush with reserved egg white and sprinkle sugar. Bake in a moderate oven. Serve warm with butter and preserves.

PLEASE SEND YOUR FAMILY RECIPES TO ME, ALONG WITH SOME HISTORICAL NOTES.

E-mail: aprideoflyons@look.ca

Address: Ed Lyons, 9 Buller Avenue, Toronto, Ontario M4L 1B9

Culinary Calendar

Please send CHO information about upcoming food-history or related events. Events hosted by CHO are represented in the calendar by ***

February 2005

Bon Appétit! A Celebration of Canadian Cookbooks

Library & Archives Canada, Ottawa
395 Wellington St, (613) 995-9481, toll free: 1 (877) 896-9481
Until Sun, Feb 27

Your last chance to see the exhibition of Canadian cookbooks, curated by CHO member Carol Martin. Her selection of cookbooks reveals changing attitudes to food & cooking, from Native experience through pioneer times & multicultural immigration, to today's flavours & ideas. Free.

An Elegant Chocolate Repast

Spadina Museum: Historic House & Gardens, Toronto
285 Spadina Rd, (416) 392-6910 ext. 305 or spadina@toronto.ca

Sat, Feb 5 or 12, 11 am to 4 pm

Learn about the history of chocolate as you prepare sweet delights created from recipes in Spadina's collection of Edwardian cookbooks. Indulge in such sumptuous desserts as Chocolate Walnut Wafers, Chocolate Tartlets & Hilda's Chocolate Cake. \$40. Pre-registration & pre-payment required; call 416 392-6910 ext. 305.

Gone Barmy: Baking on a Wood Stove

Todmorden Mills Heritage Museum & Arts Centre, Toronto
Bottom of Pottery Rd, east of Bayview Ave, west of Broadview Ave; 416-396-2819 or todmorden@toronto.ca

Sat, Feb 5, 1 to 4 pm

Learn how fresh yeast & flour combine to make bread & other tasty treats. \$15. Pre-registration required.

Pretzel-Making Demonstration

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Sat, Feb 19

Folk-Artist-in-Residence Master Baker Karen Wadsworth demonstrates pretzel-making.

Never Done! Women's Work in 19th-Century Waterloo

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Sun, Feb 20, 1-4 pm

Exhibition opening & visit with Folk-Artist-in-Residence Master Baker Karen Wadsworth.

March 2005

*****Biting Satire: Food & Drink in Caricature**

Art Gallery of Ontario, Toronto
317 Dundas St West

Wed, Mar 2, 7 to 8:15 pm

Dr Kathy Lochnan will speak on how dining practices were depicted in 18th- and 19th-century works of art on paper. For CHO members only & limited to 25 persons; if you are not a member, join now so you can attend this special event (application form on website). Entrance to AGO free after 6:30 pm; assemble outside doors of Marvin Gelber Print & Drawing Study Centre, on main level of gallery, southwest corner, by 6:55 pm. \$10 for talk. Pre-registration & pre-payment required. Call Eva to register, 416 534-9384, then send cheque, payable to Culinary Historians of Ontario, to 260 Adelaide St East, Box 149, Toronto M5A 1N1.

Bake Oven Demonstration & Fresh Bread for Sale

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Fri, Mar 4, 12 to 4 pm, & first Fri of every following month

Braided breads, made in the museum's wood-fired bake oven, are the theme of Folk-Artist-in-Residence Master Baker Karen Wadsworth on 4 Mar.

David Gibson's Favourites, a Hearth Cooking Workshop for Experienced Participants

Gibson House Museum, Toronto
5172 Yonge St, (416) 395-7432 or gibsonhouse@toronto.ca

Sat, Mar 5, 10 am to 2 pm

Celebrate David Gibson's birthday by creating a delicious meal based on two foods that Mr Gibson remarked upon on his arrival in Canada – Roast Beef & Apple Pie, following 19th-century recipes. \$40. Pre-registration & pre-payment required.

"Bunny Breads" & Festive Easter Treats

Joseph Schneider Haus, Kitchener
466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Sun, Mar 20

Workshop with Folk-Artist-in-Residence Master Baker Karen Wadsworth. Contact museum for details.

Easter Traditions*Joseph Schneider Haus, Kitchener*

466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Fri, Mar 25 to Sun, Mar 27

Throughout the weekend, staff will be making Easter Cheese & Pennsylvania-German Easter eggs. Drop in to see the baby chicks!

April 2005**Maple Syrup Time***Joseph Schneider Haus, Kitchener*

466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Sat, Apr 2 & Sun, Apr 3

The sap will be simmering outside all weekend; inside, the Schneiders will be making taffy, maple butter & maple cake. Fresh maple syrup products available for sale.

Dinner at the Gibsons' – A Scottish Cookery Workshop*Gibson House Museum, Toronto*

5172 Yonge St, (416) 395-7432 or gibsonhouse@toronto.ca

Sat, Apr 16, 10 am to 2 pmCreate a delicious meal using recipes from Mistress Meg Dods's *The Cook and Housewife's Manual* (Edinburgh, 1833). From Cock-a-Leekie Soup to Trifle, the menu highlights the Gibsons' Scottish heritage. \$25. Pre-registration & pre-payment required.**Cold Comfort***Joseph Schneider Haus, Kitchener*

466 Queen Street South, (519) 742-7752 or bamarie@region.waterloo.on.ca

Sat, Apr 16 & Sun, Apr 17

Staff will be making butter & cheese for the Schneider spring-house.

Rare Breeds Canada AGM and the ALHFAM Canada Regional Meeting*Doon Heritage Crossroads, Kitchener*

10 Huron Road at Homer Watson Blvd., (519) 748-1914 or www.rarebreedscanada.ca or

Sat, April 30, 10 am to 4:30 pm

Each year, Rare Breeds Canada combines their AGM with an educational and fun day for the general public. This year, the AGM will be held at Doon Heritage Crossroads, which is also hosting a regional meeting of the Association for Living History, Farm, and Agricultural Museums on that day. Heritage breed livestock displays, lectures, and demonstrations are part of the \$15 admission for non-members/ \$10 for members of Rare Breeds Canada. BBQ lunch available for nominal extra cost. To join other CHO members travelling to this event, see p 20 of this newsletter for carpooling instructions.

May 2005**19th-Century Desserts Workshop***Gibson House Museum, Toronto*

5172 Yonge St, (416) 395-7432 or gibsonhouse@toronto.ca

Sat, May 7, 10 am to 2 pm

A delightful selection of 19th-century desserts will be prepared (& sampled) by participants – a wonderful Mother's Day treat! \$25. Pre-registration & pre-payment required.

First Biennial Symposium on American Culinary History*Longone Center for American Culinary Research, William L. Clements Library, University of Michigan, Ann Arbor*

(734) 764-2347 or jblong@umich.edu

Fri, May 13 to Sun, May 15The Janice Bluestein Longone Culinary Archive at the William L. Clements Library on the University of Michigan campus contains thousands of culinary items from the 16th to 20th centuries. The symposium will introduce the Archive to the public. See enclosed brochure or visit: <http://www.clements.umich.edu/culinary/symposium.html>. Registration begins mid-February.**September 2005*******Celebrating the Culinary Heritage of Peterborough County and Hinterland***Hutchison House Museum, Peterborough*

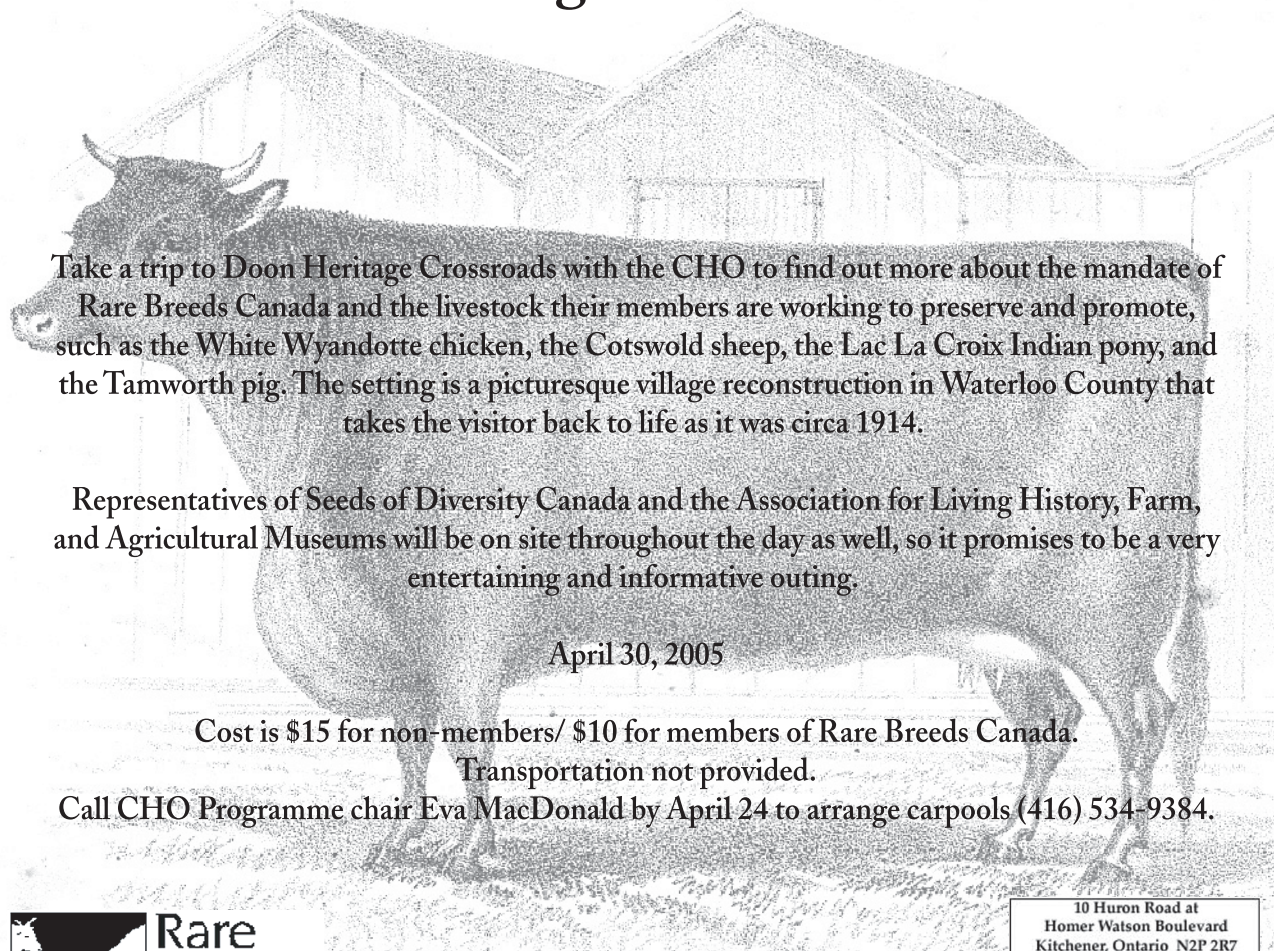
270 Brock St, (705) 743-9710 or hutchisonhouse@nexicom.net

Sat, Sept 24 & Sun, Sept 25

A conference presented by Hutchison House Museum, in partnership with CHO.

November 2005**What's for Dinner: The Daily Meal through History***McGill Institute for the Study of Canada & McCord Museum of Canadian History, Montreal***Thurs, Nov 3 & Fri, Nov 4**This conference will bring together scholars in food history, nutrition, anthropology, sociology, cultural studies & material culture to discuss aspects of culinary history as reflected in the daily meal. Submit proposals by Mar 1 to: Prof. Nathalie Cooke, MISC, (514) 398-3705, nathalie.cooke@mcgill.ca, or Melanie Martens, McCord Museum, (514) 398-7100, ext. 239, melanie.martens@mccord.mcgill.ca.

What would a recipe be without the ingredients to make it?



Take a trip to Doon Heritage Crossroads with the CHO to find out more about the mandate of Rare Breeds Canada and the livestock their members are working to preserve and promote, such as the White Wyandotte chicken, the Cotswold sheep, the Lac La Croix Indian pony, and the Tamworth pig. The setting is a picturesque village reconstruction in Waterloo County that takes the visitor back to life as it was circa 1914.

Representatives of Seeds of Diversity Canada and the Association for Living History, Farm, and Agricultural Museums will be on site throughout the day as well, so it promises to be a very entertaining and informative outing.

April 30, 2005

Cost is \$15 for non-members/ \$10 for members of Rare Breeds Canada.

Transportation not provided.

Call CHO Programme chair Eva MacDonald by April 24 to arrange carpools (416) 534-9384.



The Culinary Historians of Ontario is an information network for foodways research in Ontario. It is an organization for anyone interested in Ontario's historic food and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve, and celebrate Ontario's culinary heritage.

Members:

Enjoy the quarterly newsletter, may attend CHO events at special members' rates, and receive up-to-date information on Ontario food-history happenings. Join a network of people dedicated to Ontario's culinary history.

Membership fee:

\$20 (Cdn) for One-Year Individual and One-Year Household

\$35 (Cdn) for Two-Year Individual and Two-Year Household

Website: www.culinaryhistorians.ca

Email: culinaryhistorians@uoguelph.ca

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

Board: President: Liz Driver; Vice President: Amy Scott; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Programme Chair: Eva MacDonald; Newsletter Chair: [open]; Membership Chair: Elizabeth Nelson-Raffaele.

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