



Miss Sharon Carroll, Home Economist for Huron County, demonstrating food preparation for the project, A World of Food in Canada, at a Training School for leaders at Wingham.

A WORLD OF FOOD IN CANADA

By Frances Hucks

CENTENNIAL-YEAR-PLUS-ONE is filled with reminders of the varied and wondrous ways Canadians celebrated their country's one hundredth birthday. Across the land, thousands of memorial trees are pushing down their roots and branching out to shade pioneers of Canada's second century. Community centres, parks, restored historic sites, arenas and swimming pools, libraries and museums, new or improved civic buildings, homes for older citizens, local histories, regional and national cook books, and a host of other permanent reminders of centennial year are evidence of awakened pride in Canada and its people.

In countless attics and store-rooms, centennial costumes have been cleaned and packed away — who knows — someone may wear them again in 2067! And in more than 13,000 Ontario homes 4-H Homemaking Club girls have personal mementos of their centennial project "A World of Food in Canada". They have their own record books, many of which are outstanding examples of imaginative and artistic ability and which contain a wealth of information on the development of Canadian food customs. Their recipe collections, too, reflect the influence of the traditional dishes of other lands brought here through the years by people who have chosen Canada as their home.

This project established at least one record for 4-H Homemaking Clubs — every club in Ontario selected "A World of Food in Canada" as one of its 1967 choices. In tracing the origin of food customs, the girls had many a lesson in geography and history; it was stimulating to note how many of the clubs used maps and flags and costumes to illustrate interrelationships. It was fascinating also to see the collections of antique kitchen equipment,

old cook books and treasures from other lands which were unearthed and displayed at Achievement Days across the province. And it was heart-warming to learn of the willingness and enthusiasm of friends and neighbours from other countries to add color and interest to the project by demonstrating some of their traditional dishes, telling of their national customs and even showing pictures of their homelands. Many of these guest speakers wore national costume and described its origin and the occasions on which it is worn.

Another interesting sidelight of this project was the way it spread throughout families and communities. In most clubs the final meeting was a party. Many and varied were the themes, and to most of the parties guests were invited — parents, members of sponsoring Women's Institutes and friends. One club transformed their party room into an attractive Italian restaurant and served Italian food, buffet style, to their guests. One comment overhead at this party was "We might have been in Italy."

Another club took their guests on a "Flight to Great Britain" complete with costumed stewardesses, English food, and entertainment in the form of slides taken by the leader on her recent trip to "The Old Country."

Another "Travel Party by Air" touched down at several countries and served food typical of that "stopover."

Old-time parties served pioneer foods, displayed old kitchen treasures, entertained with square dancing or folk music, and had a lot of old-fashioned fun in their old-fashioned costumes.

Many served an international buffet with the dishes labelled as to country of origin and recipes available for those interested. And the guests **were** interested — foreign-flavored recipes are circulating in many a community