



There were not "too many cooks" in this modern city kitchen. They each enjoyed preparing some part of the delectable Indian meal. The distinguished "cooks" are, left to right: Mrs. Kameswaremma Kuupswamy, of India; Begum Amin-ud-Din, Pakistan; Mrs. Matilda Greiss, Egypt; Dr. Krishnabai Nimbkar of India, and Begum Hussain Malik of Pakistan. In the background left, Miss Anna P. Lewis, Director W.I., Ontario, and Maud M. Kerr, Women's Editor, Family Herald and Weekly Star.

## Sugar 'n Spice 'n Everything Nice

By Maud M. Kerr

YES, everything nice went into the cooking of the most delectable meal it was our good fortune to savor during the A.C.W.W. Conference in Toronto. The place — the home of Mrs. John C. Shackleton in North Toronto, sister of Anna P. Lewis, director of Ontario Women's Institutes. The cooks — a group of Eastern delegates to the international Conference who wanted to return a little of the hospitality which they experienced during their sojourn in Canada. It was fun—for the cooks, who in their lovely saris adapted themselves so easily to a city kitchen and an electric stove that they might have been doing it all their lives — and for the fortunate guests, who couldn't "keep their noses out of the kitchen," drawn there by the tantalizing aroma of this Indian meal in preparation.

The guests turned hostesses included Dr. Krishnabai Nimbkar, a physician and social welfare leader of India; Mrs. Kameswaremma Kuppuswamy of Mysore, vice-president of the All-India Women's Conference; Begum Hussain Malik, daughter of Pakistan's Governor-General and secretary-general of the All Pakistan Women's Association, and Begum Mi-an Amin-ud-Din, wife of the Governor of the Punjab. Mrs. Matilda Greiss, a Cairo economist and outstanding social worker also had a finger in the pie. There were no boundary

lines in the kitchen — Indian and Pakistani worked smoothly side by side — nor was there any fuss as these distinguished hostesses from Pakistan and India answered question after question while serenely chopping vegetables or marinating chicken — or whipping up the delicious dessert. Saris were covered with kitchen aprons — and there was much laughter as the ladies demonstrated their culinary arts.

Meantime appetites were being whetted and guesses being made as to what was the pervading aroma — or the predominant spice. We haven't got the quantities used, but I did manage to take a mental note of the "goings on" in the kitchen. Our meal, served buffet style, included curried chicken and rice with peas, potatoes cooked Indian style, eggplant sauted in spiced butter, a delicious salad of cucumber, tomatoes and grated peanuts, seasoned with oil and mustard seed. Hard-boiled eggs cooked in a tomato puree, were exceptionally tasty. There was a thick sauce—something like bread sauce—highly seasoned, based on cream-of-wheat, which the Indian women said was used extensively in their country to eke out the rice. The rich dessert of almost liquid consistency was made of cottage cheese, powdered sugar, and a little cream, all whipped to-

gether and seasoned with nutmeg. It was delicious.

Guests who participated in the fun and enjoyed the "Indian" food included Lady Coomaraswamy, Lady Evelyn de Soysa, and Mrs. F. B. De Mel, all of Ceylon; Mrs. Raymond Sayre, Ackworth, Ohio; Mrs. J. R. Futcher, St. Thomas, Ontario. Mrs. J. E. Houck, Brampton, Ont.; Miss Frances MacKay, Winnipeg, Man.; Mrs. Elgin Hastings, Toronto; Miss Lonnie Landrum, So. Carolina; Miss Anna P. Lewis, and Miss Mary James, Toronto and myself.

John Shackleton voted the meal a great success.