

Dorothy's Kitchen Korner

An email came into the office the other day, which I found very interesting. A significant number of old Nova Scotia Recipes, which have been passed down for many generations have been placed online. The Nova Scotia Archives newest online resource, *What's Cooking? Food, Drink and the Pleasures of Eating in Old-Time Nova Scotia*, includes digitized copies of about 1,000 old handwritten or early printed recipes, 17 cookbooks, as well as recipes found in newspaper supplements in the mid-20th century. The recipes, which date back to the late 1700s, can be found online at <http://novascotia.ca/archives/cooking>.



The online resource also includes a short history of food and dining in Nova Scotia, a list of published Nova Scotian cookbooks, lobster recipes, and even a collection of chocolate and candy recipes for commercial production.

After looking around the site for a while, I decided to pick two of the recipes. The first one presented here is from an Indian Cookbook by The Native Communications Society of Nova Scotia. Dated: February 1977; Reference: The Micmac News February 1977 Nova Scotia Archives V/F vol. 143 no. 2

Indian Pudding

- 4 cups milk • 1 cup yellow corn meal
 - 2 eggs, slightly beaten • 1/3 cup shortening
 - 1/2 cup sugar • 1/4 teaspoon salt • 1/2 teaspoon cinnamon
 - 1/2 teaspoon ground ginger • 1/4 teaspoon ground cloves
 - 1/4 teaspoon allspice • 1/8 teaspoon nutmeg
- Vanilla Ice Cream

1. Bring milk to a boil and add the cornmeal beating vigorously.
 2. Preheat oven to 325 degrees.
 3. When mixture is nearly cool, add the remaining ingredients, except the ice cream and mix well.
 4. Pour into a buttered baking dish, bake two hours. Serve hot with vanilla ice cream on top.
- YIELD: 10-12 servings.

The second recipe was found in *Cooking in Nova Scotia No 1*, under newspaper supplements published on Page 7 by the 4th Estate in the issue dated February 20, 1975 to May 14, 1975. The recipe I chose was Nova Scotia Seafood Chowder submitted by Mrs. J. W. Sellers, Pictou

Nova Scotia Seafood Chowder

- 2 medium potatoes • 1 medium onion
- 1 1/2 cups milk • 1 cup blend or heavy cream
- 5 oz tin shrimp • 5 oz tin lobster or crab
- Large can of baby clams • 1/2 lb cooked haddock cut up
- 2 tblspns butter • Salt and pepper to taste

Cook potatoes and onion until tender in as little water as possible. Do not drain off the fluid. Mash potatoes and onions. Add the remaining ingredients stir and cook slowly for 10 minutes. Chives may be added, also a dash of paprika to top of serving.

PLEASE NOTE: Reading and interpreting the old recipes can be challenging. For example, the ingredients are given by weight and not by cups, tablespoons, imperial or metric measure. Ingredients were also known by different names. For example, baking powder was called pearl ash and gelatin was called isinglass. Today's equivalents for several of the recipes tried by archives' staff are found in the modern methods section.

What's Cooking is the latest addition in a continuing series of digital products developed and released by the archives. For more information about archives' offerings, go to <https://archives.novascotia.ca/>

Even though they didn't have the same resources and equipment as we do, they were great cooks.

If you have a favourite family recipe and would like it published in the December issue, please send on or before November 15th. Please send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
 Fax: 902-647-2194 or email:
maurice@theshorelinejournal.com

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ISSUE	DEADLINE	PUBLISHED
December 2016	Nov 22, 2016	Nov 30, 2016
January 2017	Dec 12, 2016	Dec 20, 2016
February 2017	Jan 24, 2017	Feb 1, 2017
March 2017	Feb 21, 2017	Mar 1, 2017
April 2017	Mar 21, 2017	Mar 29, 2017
May 2017	Apr 18, 2017	Apr 26, 2017
June 2017	May 23, 2017	May 31, 2017
July 2017	Jun 20, 2017	Jun 28, 2017
August 2017	Jul 18, 2017	Jul 26, 2017
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October 2017	Sep 19, 2017	Sep 27, 2017
November 2017	Oct 24, 2017	Nov 1, 2017
December 2017	Nov 21, 2017	Nov 29, 2017
January 2018	Dec 11, 2017	Dec 20, 2017

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
 Ph: 902-647-2968, Cell: 902-890-9850
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The Shoreline Journal

Notes from our National Capital

One Year On...

A year into the majority mandate of Justin Trudeau's Liberal Government and he still has the support of most Canadians. Mr. Trudeau and his team have deftly navigated the tasks before him.

I can tell you that of the 6 Prime Ministers and 10 leaders I have had the privilege to know and work with in the past 28 years, Mr. Trudeau and his team are the hardest working in that group.

The previous Prime Minister relied on the discipline of party and caucus to achieve his goals. Mr. Trudeau leads by example and shows great self-discipline instead.

He is tough minded and persuasive, but he never bullies.

The record of free votes so far in this parliament are a testament to Mr. Trudeau's belief in the core of an MP's job: to represent his or her constituents.

Notes from our Provincial Capital

Home Warming and Heating Assistant Rebate Programs

It is that time of year when many of us are thinking ahead to the winter season and that means among other things, prepare our homes for the cold weather that we can expect. One of the steps homeowners take at this time is to look at ways to reduce heat loss in our homes. In a typical house, 80% of that heat loss is caused by drafts around doors and windows and as a result of poor insulation. Upgrades like improving insulation, installing new windows and doors and general draft proofing can help keep our homes warmer in the winter.

The Liberal Government of Nova Scotia continues to provide programs to assist low income families in keeping their homes warm during the winter season.

Home Warming is a new program for low income families made available through Efficiency Nova Scotia and supported by Clean Foundation, Nova Scotia Power and the Province of Nova

Scotia. Home Warming asks us to think about ways to reduce heating and power bills and provides upgrades to those Nova Scotians who qualify. Home Warming offers no-charge energy assessments to eligible Nova Scotians.

You may be one of those Nova Scotians and the Home Warming initiatives will help make your home more energy efficient. To be eligible your maximum annual household income (line 236 from your Notice of Assessment) must meet this criteria.

1 person	\$21 186
2 - 4 people	\$39 367
5 or more people	\$56 064

In addition to your income you must own a single unit home and be able to provide proof of ownership and it must be your *continued on page 6*



Bill Casey

Bill Casey, MP for Cumberland-Colchester

News from our Municipal Council - District 10

Palliser Property Development a challenge and opportunity

Hello folks. It is time to begin my third term on Council. It may seem silly after eight years but I am excited and look forward to four more years of working with a great group. The last couple of months have been sort of lame duck, but not really. Everyone was busy doing their job, but nobody really wanted to jump into anything new as it would have been unfair to a new council.

Keep in mind, that up until 35 days ago no one knew if they would be opposed so there was some uncertainty. As it turns out we have two changes; New Mayor, Former District 1 Councillor Christine Blair and one new councillor, Eric Boutilier who was acclaimed in MAYOR Blair's district. I look forward to the challenges and opportunities we will face over this 4 year term.

One of those challenges and opportunities will be developing the former Palliser property into a world class attraction that myself and many others feel has the potential be the anchor that

attracts tourists from all over the world to our region. There will be a cost to this. However, there is an expectation the cost will be spread over many jurisdictions, considering the benefits will also be spread over a very large geographic area. The municipality owns the land and is leading the development. You can be confident the potential for and the concerns of the residents will come first.

Tidal Energy could soon be another challenge and or opportunity. I have been reading and listening to all the different opinions, however there is very little actual factual data to work off to become truly informed. Like most developments, there will be competing positions and information. We really need to set down, ask the questions and determine if the answers are credible, and move toward ensuring any development is in the best interest of all. *continued on page 6*



Tom Taggart

News from our Municipal Council - District 9

TIR to review traffic data on Plains Road

I would like to extend my congratulations to our newly elected Mayor, Christine Blair, for her victory in the recently held municipal elections. Along with Mayor Blair's victory the only other change for our council is the addition of Councillor Eric Boutilier. Councillor Boutilier was acclaimed in Ward #1 which was held previously by Mayor Blair. I'm looking forward to a smooth transition as Mayor Blair and council (for the exception of our newest council member) have had a successful track record of working together and getting the job done.

I would also like to acknowledge the contribution Bob Taylor has made to the County of Colchester over the past 19 years as an elected official. Bob was first elected as a councillor in 1997 and again in 2000 & 2004. He then became Mayor in 2008 and was acclaimed in 2012.

I was recently informed by Transportation & Infrastructure Renewal (TIR) that they are in the process of reviewing traffic

data they collected this summer on Plains Rd. This study is a result of a request I made on behalf of area residents concerned about the amount of heavy truck traffic traveling through the village of Debert.

Hopefully the study will show the need for 'No Heavy Truck Traffic except for Local Delivery' signage and the enforcement of such signage. This will force the tractor trailers, currently using the Carrobie Rd through to Plains Rd as a short cut, back out onto the highway using exit #13 to enter the Business Park where they belong.

While I'm on the subject of road issues and TIR I should mention the bridge over Bairds Brook in Lower Onslow it is the one on the Truro side of Green Diamond Equipment. Anyone who travels the #2 through Lower Onslow is very familiar with this *continued on page 6*



Doug MacInnes

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