

Our Kitchen Korner

Sometimes it is worth looking at the past as reminds us what we were excited about, but through time have forgotten. While doing some research for old recipes, I was reminded of an initiative, about five years ago, when a significant number of old Nova Scotia Recipes, which have been passed down for many generations was uploaded to the internet.



The Nova Scotia Archives, which does a fantastic job recording Nova Scotia's history provided a new 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>

Because we are keeping closer to home, as a result of observing safety protocols for CoVid-19 pandemic, we need to find ways to keep our mind occupied, and stimulate ourselves.

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 a useful resource of 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:

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 Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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ISSUE	DEADLINE	PUBLISHED
December, 2020	November 17	November 28, 2020
January, 2021	December 17	December 23, 2020
February, 2021	January 19	January 27, 2021
March, 2021	February 16	February 24, 2021
April, 2021	March 23	March 31, 2021
May, 2021	April 20	April 28, 2021
June, 2021	May 18	May 26, 2021
July, 2021	June 22	June 30, 2021
August, 2021	July 20	July 28, 2021
September, 2021	August 24	September 1, 2021
October, 2021	September 21	September 29, 2021
November, 2021	October 19	October 27, 2021
December, 2021	November 16	November 24, 2021
January 2022	December 14	December 22, 2021

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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Notes from our National Capital

Unfortunately, Lenore's column not available this month



Lenore Zann

Notes from our Provincial Capital

Fire Brigades receive \$59,486.12

Making funds available to volunteer fire departments through the Emergency Services Provider Fund is something of which I am very proud. Each year the Government of Nova Scotia has provided an opportunity for local fire departments to submit an application for eligible costs related to lifesaving equipment needed by the brigades.

This protective equipment is critical in keeping our volunteer firefighters safe. Each fire brigade identifies their own needs and submits an application for provincial funding up to 50% of eligible costs. This equipment varies from one brigade to another and I am pleased to announce that funding for 2020/21 exceeded \$1 million across the province.

Brigades are eligible every third year to submit their application. This year three brigades in Colchester North were eligible and each brigade was successful with their application.

Debert Volunteer Fire Brigade identified protective equipment including breathing apparatus, air bottles, hose and bunker gear necessary to protect their volunteer fire members. A total of

\$19,486.12 has been provided to the brigade by the provincial Government.

Five Islands Volunteer Fire Brigade included similar protective gear, as well as additional tanks and radios for a total of \$20,000 which Government approved. Great Village & District Fire Brigade also received \$20,000 towards the purchase of their protective equipment.

I commend the members of all brigades for their ongoing efforts to be progressive with their lifesaving equipment. This provides protection not only for the members themselves, but it assists them in safely responding to emergencies in our communities. With most brigades the matching 50% of the funds is covered by fundraising activities from both the fire brigade and the brigade auxiliary. Any support that community members can give to their fire brigade goes directly to these equipment purchases.

Karen Casey, MLA, Colchester North is also Deputy Premier and Minister of Finance.



Karen Casey

News from our Municipal Council - District 10

Congratulations to retiring councillors

Hello from West Colchester. I would like to begin by offering Congratulations to Mayor Christine Blair. Mayor Blair won a decisive majority on October 17 and most certainly deserves congratulations and credit. I am confident that everyone knows that I was successful in that I was acclaimed.

I am very grateful for the opportunity to represent District 10 over the next four years and I thank you for placing your trust in me. We have a new council and as much as I am disappointed to some degree having lost 2 friends who were defeated I am equally excited to work with new councillors who will undoubtedly bring new and fresh opinions and vision.

I would like to take a moment to thank retiring Councillor Ron Cavanaugh on his well deserved retirement after, I believe, 29 years serving the residents of District 8. Those that regularly read my articles will be aware that I often speak to the fact that many reasons we as the Municipality of Colchester succeed are a result of strong management and vision of councils before us. Ron Cavanaugh would have served on at least 6 of those great Councils.

I began my Municipal elected time 12 years ago. I knew some of the Councillors around the table at that time. One I did not know was District 3 Councillor Bill Masters. As it turns out Bill

would become my very best friend on Council and was without question my mentor. I believe Bill served 20 years as the representative for Old Barns, Clifton, Lower Truro and Shorts Lake. He was a great leader and I will miss his wisdom and advice. Thanks and congratulations to Ron and Bill.

As I stated earlier I look forward to working with Mayor Blair and our new council over the next four years. Personally I plan to advocate for stronger rural communities as well promote more climate friendly communities, newer cleaner technologies in Municipal solid waste and recycling as well a Policing review. When I say policing review, do not confuse that with defunding police or even changing police forces. However, we, or should I say you pay in excess of \$5,000,000 annually for policing and we need to ensure we get the very best service, in particular, security and response for our rural communities as possible.

Enjoy these last beautiful fall days before old man winter is upon us.

Tom Taggart is Colchester's Councillor for District 10.



Tom Taggart

Bell Expands Wireless Home Internet Service

On October 19th, Bell announced the expansion of its innovative high-speed Wireless Home Internet (WHI) service to rural Atlantic Canada, with access planned for approximately 70,000 households by the end of 2020 and a total of 200,000 locations over the next 2 years.

In its listing of companies who will receive the service, the following Cumberland and Colchester Counties communities were included: Brookfield, Londonderry, Oxford, Parrsboro, Pugwash, Stewiacke and Tatamagouche.

River John was included where Wireless Home Internet (WHI) is now avail-

able or coming soon. WHI has also recently been enhanced to deliver 50/10 access speeds (50 Megabits per second download/10 Mbps upload), which will be available to about 70% of connected homes. All WHI customers also receive the advanced Bell Home Hub modem to provide the fastest Wi-Fi throughout the home

Bell will bring WHI service to approximately 200,000 rural residences in Atlantic Canada over the next 2 years: about 68,000 will be in New Brunswick, 86,000 in Nova Scotia, 27,000 in Prince Edward Island and 15,000 in Newfoundland and Labrador.



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