

# Our Kitchen Korner

Sometimes it is worth looking at the past as reminds us what we were excited about, but through time have been forgotten. While doing some research for old recipes, I was reminded of an initiative, about seven 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>.

CoVid19 by encouraging us to stay home and avoid large crowds we had to change our habits. As a result gardening, pickling, preserving became a higher priority. Concurrent, to that we became more selfish, wanting things done differently, a different job, higher wages or perhaps not wanting to work. The "new ME" now results in worker shortages.

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 choose one recipe. It 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. I have a second one in mind Nova Scotia Seafood Chowder by Mrs. J.W. Sellers, Pictou published in 1975 and may present it later.

## Indian Pudding

- 4 cups milk • 1 cup yellow corn meal
- 2 eggs, slightly beaten
- 1/3 cup shortening
- 1/2 cup sugar • 3/4 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.

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](mailto:maurice@theshorelinejournal.com)

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Issue	Deadline	Published
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January, 2025	December 9, 2024	December 17, 2024

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### Notes from our Federal Capital

**Town halls and satellite pop-up offices.** During the Constituency Week in October, we took our office services on the road and held a series of town hall and satellite pop-up offices throughout Cumberland-Colchester. I met constituents one-on-one to hear their concerns, and for me to outline my working agenda and directions taken in Ottawa.

I believe it is essential to connect with as many people as possible in various communities in Cumberland-Colchester.

The issues facing people in this part of the country reflect much the same challenges as in other places in Canada: healthcare, home mortgages and rents that have doubled, climate change, and food price increases that see many people forced to decide between eating a meal or paying for electricity.

In the forefront of this mix is the Trudeau Liberals that have invoked a carbon tax on fuel and heating oil. We are paying 16 cents more for gasoline and it's going to keep on increasing - as long as

Trudeau has his hand on the pump nozzle. This carbon tax is especially hurtful to citizens in Cumberland-Colchester since we are primarily a rural area. We need to drive to get to where we need to be. There isn't a public transit alternative, as in large, populated cities. These ever-present issues created similar discussions when I met constituents at the town halls and pop-up offices in Parrsboro, Pugwash, Tatamagouche, Great Village, and Stewiacke. I hope a tradition of town halls and pop-up offices will be developed.

**Crippling fuel tax isn't working.** Justin Trudeau claims part of the reasoning behind the carbon tax is that it will induce Canadians to consume less fuel. "The whole point of a carbon price is that it is a signal to change behaviours," he said. *This isn't true.* Sta-



Dr. Stephen Ellis

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### Notes from our Provincial Capital News worth sharing from House of Assembly

Fall is a busy time of year for Nova Scotians. For the government, it means heading back to the House of Assembly.

I'm guessing most people aren't following the daily business at the Legislature. I get it. Watching bills become law is not exactly riveting television. But there are exciting things happening in this session that are worth sharing.

It's no secret Nova Scotia is experiencing a housing shortage. We're addressing this issue head-on. We have invested close to \$300 million in housing and affordability. That includes 222 new public housing units and many more affordable units across the province, 3,000 new rent supplements to help people pay their rent, shelters for people experiencing homelessness and more money for the Senior's Care Grant.

But building takes time. In the meantime, houses and apart-

ments that could be long-term homes are being rented out short-term. So we're making changes to short-term rentals like Airbnbs, including higher registration fees based on community size, that will help make more long-term housing available.

In Halifax Regional Municipality, where the housing shortage is most severe, we're taking bold action to get more housing built faster. Changes to the HRM Charter will speed up approvals and reduce barriers to building housing.

We remain focused on healthcare. We're cementing our commitment to universal mental health and addictions care for all Nova Scotians with changes to the Health Services and Insurance Act. This bill brings us one step closer to all Nova Scotians - not

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Tim Houston

### Notes from our Provincial Capital Only 2 questions on Healthcare

Hello all, I hope this article finds you all well. I am actually writing this while setting in the Legislature. I have lots of time as the opposition is filibustering a piece of Legislation. To explain, on any bill any member can speak one hour on any piece of Legislation. We started a 3pm and it is now 8 pm with no end in site. To be fair, this is not unique to this particular opposition, however it can be quite boring and long, as often they just keep repeating the same thing over and over. Hence, I have chosen to do my writing.

While on the legislative theme, I will comment that typically you can tell where the opposition believes they can make ground, is with the questions posed to the Premier and Ministers during question period. For me the fact that after 6 days, I believe there has been 2 questions on health care, an indication that the opposition must believe that we are making succeeding in our efforts on our number one commitment during the past election "Health

Care". It is interesting that the NDP seem to be focused on PET Evictions and no, that is not one of my common spelling errors. This has been mentioned numerous times during question period and members statements. Not to diminish the value of Pets, however we as Nova Scotians face some pretty significant challenges. I guess we all have different priorities. Pet evictions is not on the top of my list

Going back to Health care, you will note the temporary office building at the West Colchester Medical Clinic. Over the past I believe 4 years since Dr Ewing retired many had concerns about the future of our clinic. Additionally, when Nova Scotia Health and the Medical Society met with the community and discussed turning over the operation of the clinic to Nova Scotia Health there was

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Tom Taggart

### Notes from our Provincial Capital \$2.2-Million for housing investment in Truro

More than \$2.2 million in planned spending will be invested in housing in Truro as result of Premier Houston's government unveiled an \$83-million commitment to construct 222 new public housing units in Truro, Bridgewater, Kentville, Cape Breton, and HRM serving more than 522 families in rural and urban communities. More than \$2.2 million in planned spending will be invested in housing in Truro.

"I'm pleased this announcement means more people will have a safe and affordable place to call home," said MLA Ritcey. "This investment by our government will help make that a reality for more families in our community."

Tim Houston's PC Team remains steadfast in its commitment to rapid housing development.

Their strategy includes initiatives such as: Eliminating the HST on new housing construction; Attracting more individuals to pursue careers in the trades through the More Opportunities for Skilled Trades (MOST) program and Accelerating the completion of major residential construction projects, despite vocal opposition from the NDP.

The government also announced the construction of 236 new rental units in March. More than half of those units will be rented at below 80% of local market average. The Houston government has invested more than \$200 million in affordable housing so far in 2022-23.

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Dave Ritcey

### Notes from our Municipal Council - District 10 Not-for-Profit Grant Applications due

The Debert Business Park is booming! What an exciting time for development. With new growth comes new jobs, which is important in so many ways. If you would like to learn more about the park, check out <https://debertbusinesspark.ca/>

Colchester County is very fortunate to have several beautiful parks and trails. The parks and recreation department work very hard to keep everything in tip top shape. Did you know there is a list of all of the parks and trails online? Check it out at <https://colchester.ca/find-a-park> What a great way to spend some time exploring our lovely county.

We are quickly approaching grant season in Colchester. You can find a list of all non-profit organizations funding possibilities at <https://colchester.ca/grants-and-funding> I know how hard the volunteers of community groups work to deliver quality service to residents of Colchester County. We are all very lucky that these

groups put their thinking caps on and design creative ways for folks to get together. I am happy to chat about any of these funding opportunities please contact me.

Council recognizes how important housing is for our residents, especially affordable housing. There has been a study done on affordable housing in Truro Colchester, you can find the information at <https://colchester.ca/community-development> It is important information to know so we can best prepare for the needs of our residents.

As always please reach out anytime. I enjoy connecting with you no matter the topic. Be well and stay safe!

**Victoria Lomond, Colchester District 10 councillor can be reached at: 902-890-1493 or email me at [vlomond@colchester.ca](mailto:vlomond@colchester.ca)**



Victoria Lomond

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