

The format may also present some difficulty to the user. The volume is divided into four sections: Municipal, Educational, Religious, and Private sources. To locate the holdings of one particular institution, for example Lang Century Village, the reader must thumb through the book. One entry can be found on page 74 of the Private section, with a reference to "Peterborough County" in the Municipal section where more records are listed near the bottom of a densely-printed section. An index for each volume of the set would be a decided advantage to users, while the absence of a map of townships in the region is sure to be keenly felt. Some of the information-packed sections where one becomes lost in an interminable list could be more easily digested in a lighter, more varied presentation.

Volume one of *Ontario's Heritage: A Guide to Archival Resources* indicates Robert Taylor-Vaisey's concern for our heritage and the Toronto Area Archivist Group's determination to display it. The public can indeed be excluded from access to records by ignorance as well as by malevolent intent. Publication of guides do more for freedom of information than any number of bills or acts or in legislature. They ensure that the public, whether genealogist, academic, or student, has some inkling of the extent of our recorded heritage and where it may be found.

Peter Moran
Simcoe County Archives

Out of Old Ontario Kitchens. CHRISTINA BATES. Toronto: Pagurian Press, 1978. 190 p. ISBN 0 88932 073 X \$9.95.

Everyday a Feast. Collected, adapted and tested by MURIEL BRECKENRIDGE. Toronto: McGraw-Hill Ryerson, 1978. 244 p. index ISBN 0 07 082776 1 \$14.95.

Christina Bates calls her book, *Out of Old Ontario Kitchens*, a "look at cooking and eating in Pre-Confederation Ontario". Combining authentic recipes, taken from both manuscript and printed cookbooks and household manuals of the period, with material from contemporary accounts of Upper Canadian life between 1820 and 1867, she created a clear picture of one of the most basic aspects of life in that evolving society. The author has excellent qualifications as a "pioneer cook". She learned to cook using a hearth and brick oven during a year at Fort York, working for the Toronto Historical Board, and then set up the 1850 kitchen at Montgomery's Inn in Etobicoke, where she taught the staff to use it in the preparation of traditional Upper Canadian fare. She worked at the Inn from 1975 to 1978, when she was appointed Director/Curator of the restored Hutchison house in Peterborough.

Out of Old Ontario kitchens is an interesting and entertaining as its author's scholarship is meticulous and thorough. Christina Bates knows her field and loves it. She visited many Ontario archives and libraries to do research, to ensure accuracy and authenticity. The book is fully footnoted and includes a lengthy, unannotated bibliography. Recipes are drawn from several Canadian Cookbooks, but principally from *The cook not mad; or Rational cookery* (1831), Mrs. Nourse's *Modern practical cookery* (1845), *The Canadian settler's guide*, (1855), by Catherine Parr Traill, *The Canadian housewife's manual of cookery* (1861), by Henry I. Richards, and *Dr. Chase's recipes* (1867). Descriptive material and historical documentation comes from British and American books too, and from many accounts of pioneer life, notably those of Anne Langton, Mary O'Brien, and Susannah Moodie. Her book has the traditional cookbook format, with a chapter devoted to each course in a meal, but it is far more than a cookbook. Three preliminary chapters, "The Colonial Kitchen", "Early Cookbooks", and "Ontario Culinary Traditions", provide an excellent introduction

to the recipes and their accompanying commentary, and could almost stand on their own as brief historical treatises.

Recipes are divided into two categories: those for reading and those for eating. The first category describes methods of cooking and eating preferences which, while of interest, are not suitable for the modern family. Pioneer cookbooks called for lengthy cooking of all vegetables. Carrots were cooked for two to three hours in rapidly boiling water. Cooks were warned of the dangers of potato water. Carefully drained cooked potatoes were only added to stews just before serving. Before 1850 there was no sugar refinery in Ontario, although there were many breweries and distilleries. Flour was poorly milled and there was no baking powder. People lived for months on salt pork, with an occasional aged fowl for variety and of course recipes of the period reflect this situation. The recipes for eating, however, are appetizing and attractive. There are fewer of them than of the 'reading recipes', but they are clearly marked and are well worth a trial. 'Dr. Chase's Apple Custard Pie—the Nicest Pie Ever Eaten' is a treat.

All of the recipes were tested in the kitchen of Montgomery's Inn. Christina Bates describes the work as hot, heavy and disagreeable for a cook using a hearth, or even an early stove. She ensures that the modern cook will experience something of the pioneer cook's difficulties. The recipes are given in the somewhat vague terms in which they were originally recorded, with no temperature or timing instructions. However, she has included a conversion table for measurements giving quantities by weight, volume and metric measurements, and has occasionally included enough information to enable the modern cook to avoid culinary disaster. All of the recipes are expressed in bold type, which gives the book considerable visual appeal. It is handsomely done, with well-chosen illustrations and facsimilies, but the reproduction of the illustrations is poor, and the book does not open well—something of a draw-back in a cookbook. Nevertheless, Christina Bates has a light hand as a historian and as a cook, and *Out of Old Ontario Kitchens* is fun to read and use.

Everyday a Feast, is a cookbook, first and foremost, although the author does include some undocumented historical tidbits drawn mainly from unidentified newspaper sources. The recipes are simple, economical and good though this quarto-sized cookbook, which opens well, recalls the big family kitchens of the nineteenth century and is difficult to use in a modern, duodecimo-sized apartment kitchen.

Joyce Banks
National Library of Canada

Subject-Matter Index of Patents for Inventions issued by the United States Patent Office from 1790-1873 inclusive. Compiled by M.D. Legett. Washington, D.C.: US Government Printing Bureau 1874. 1951 p. Reprinted in New York: Arno Press, 1976. 3v. (America in Two Centuries: An Inventory series) ISBN 0 405 07737 8 \$118.00.

In 1960, Nathan Reingold the Science Bibliographer at the Library of Congress' Science and Technology Division observed that "the records of the United States Patent Office remain largely unexplored by historians . . . despite the fact that they represent a tremendous body of original source material for the years 1790 to the present". Regrettably, the passage of nearly two decades has done very little to change this state of affairs though likely revision will be necessary in another twenty years if the growing interest in historical technology continues. The reprinting of Legett's classic work is a step in the right direction. How much more useful it could have been with an introduction such as Reingold provides in his notes on Patent Office records as research sources in the journal *Technology and Culture* (1, no. 2, 1960: 156-67).

Published in Washington by the Government Printing Office in 1874 under the