

THE
TRADITION
OF
AUSTRALIAN
COOKING



Anne Gollan

This book examines the cooking methods and household gadgetry of Australia's past. Its span and documentation make it by far the most comprehensive essay to date on the subject.

Beginning with the food and cooking techniques of the tribal Aborigines, and of those Europeans for whom the campfire was the kitchen, the author moves on to the days of outhouse kitchens and shortages of ingredients, the industrial awakening and the first influx of gadgets, the revolution in the kitchen caused by gas and electricity, and the postwar flood of packaged and processed foods, together with the recent interest in natural foods which counteracts this trend. There is a liberal larding of recipes and illustrations at every stage of the argument, while an occasional comment on broader aspects of Australian society supplies a touch of spice and the flavour of humanity.

This book will be valued, read and used by serious students of Australian food, by those who would enjoy an historical glance at Australian society, past and present, through its kitchen activities, and by the frankly nostalgic seeking to re-create childhood culinary memories.

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Anne Gollan

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Canberra, Australia and Norwalk, Connecticut
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*For Lisa
who is an eighth generation
Australian*

Preface

When European settlers arrived in Australia they paid scant attention to the culinary habits of the Aborigines (who had been living off the land for more than thirty thousand years), and did their best to reproduce the food and customs of their homeland. And so it is that many Australians still grow English roses in their gardens, and eat rich, hot Christmas pudding in December. But the scene is gradually changing. This is a book about the food and cooking methods, the kitchens and gadgets, and the slowly changing culinary traditions of Australians from the early Aborigines and the first days of European settlement to the present.

It is not a comprehensive history. Such an undertaking would need more than a single volume. It is an excursion—partly nostalgic, partly of discovery—back through time and the evidence; one person's interpretation of the nature of some of the broad trends, and the reasons for them. Of necessity many facets of the subject have been left virtually untouched. I have paid little attention, for instance, to differences in cooking and eating habits between classes, and have described mainly the kitchen processes of the thousands of ordinary, undistinguished but well fed families that one thinks of as 'average Australian'. In particular I have left it to others to redress the omission of any real examination of foreign influences on Australian cooking—a fascinating subject that limitations of time and space prevented me from pursuing.

The decision to change the pounds and ounces, pints and quarts of the old recipes to metric measurements was not taken without misgivings. If some of the historical spice has been lost in the change, I hope that the recipes have been made more accessible to tomorrow's cooks. At the risk of being accused of inconsistency, I have not altered the cup measurements, which throughout this book mean the same breakfast cups our foremothers used (containing roughly 8 fluid ounces or 225 millilitres). The old cup measurements were inexact at the best of times, and it would be an intrepid author indeed who sought to make them laboratory-precise. Similarly I have not altered the old tablespoon and teaspoon measurements, which were slightly smaller than the new metric spoon measurements. The old recipes rarely indicated whether the spoon measurements were flat or heaped, and all these

measurement problems can in any case be overcome by simply using the cups from the crockery cupboard and the spoons from the cutlery drawer for measuring, just as cooks have done down the generations, plus a little experimental boldness. In the recipes the symbol used for tablespoon is *T*, and that for teaspoon is *t*.

All the early recipes are genuine, and their origins can be traced through the notes at the end of the book. I do not claim to have tried them all, but writing about food all day gives one an appetite, I have found, and many of my evenings recently have been spent cooking and tasting. There is an element of chance in trying an old recipe which makes cooking an adventure. Given that ingredients may have changed a little, and that early recipes were less precise than those written for us less expert modern cooks, a dash of inspiration can add to the fun, and sometimes to the taste as well.

A project such as this book captures the imagination of almost everyone who hears about it, and I am grateful to the many friends who lent me rare books, helped me solve problems, suggested new interpretations, and expressed interest and encouragement during the months of research and writing. I owe a special debt to Beverley Kingston, Godfrey Linge, and Dan Coward, all of whom made their research in related fields freely available to me. All the material I have used on nineteenth-century Queensland is from Dr Kingston's research; Dr Linge provided the information on the nineteenth-century manufacturing industries; and Dr Coward's research equipped me to comment on the adulteration of such foods as tea and butter. The generosity of these three people enabled me to complete the book to a seemingly impossible deadline. (Any interpretations based on this material are, of course, my own.) Beverley Kingston, Jill Roe, and Heather Radi knew how to help me launch myself, and Diane Barwick, Shirley Purchase, Grace Richardson, Paddy Maughan, Michelle McConnell, Betty Meehan, Moira Scollay, and John Reid all weighed in with their special skills when the going was tough. I am grateful for the help of the staffs of the Australian Institute of Aboriginal Studies, the National Library of Australia, the Mitchell Library, the Swan Hill Pioneer Settlement, the Lachlan Vintage Village at Forbes, and the ANU Press. Robin Gollan gave me the same quiet encouragement that has helped many other inexperienced and under-confident writers to complete their projects.

Much of my early childhood was spent in a bush kitchen watching the culinary magic of a cook who blended into her ingredients the generosity of the Irish, the precision and caring of the trained nurse, and the individuality of the rebel. Her results were spectacular, and some of her recipes are reproduced here. Although she is no longer here to receive it, my last acknowledgment goes to her.

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The
Outdoor
Kitchen

1

The Original Inhabitants

Australia is a harsh continent. Those of us whose food supply depends on the corner shop, the family freezer, and the backyard vegetable plot, must sometimes wonder how we would survive if we were lost in the bush without guns, matches, cooking pots, or supplies.

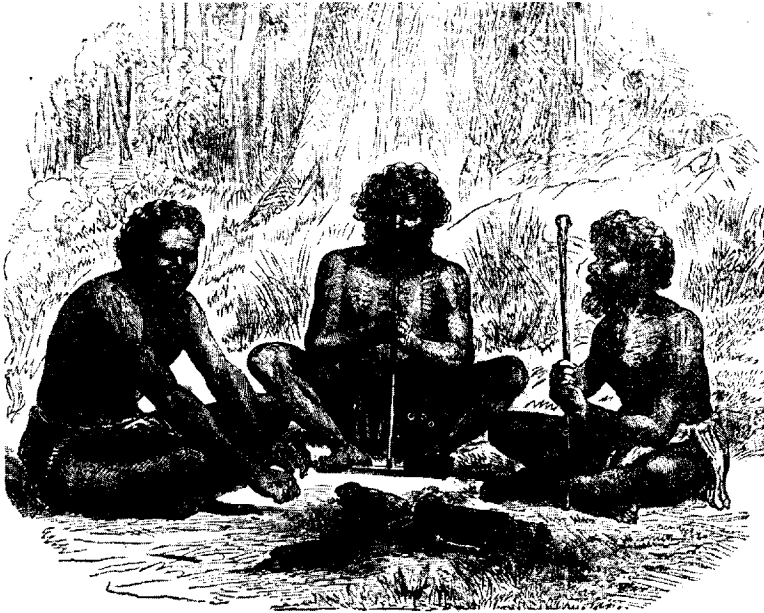
The exercise of living off the land in the true sense of the phrase is difficult enough to imagine in a place such as the eastern Australian coast, with its equable climate, its adequate rainfall, and the rich harvest of its coastal plains, estuaries, and seashores there for the taking. But what of the chilling nights and dry, sun-scorched days in the sand and stones of the Centre? The Cooper's Creek area, for much of the year a string of drying, mud-caked water-holes, faintly brackish, where nothing seems to move among the stunted trees except the occasional bird, has been a grave to well-equipped explorers, and has put a chill of desolation into the hearts of many travellers since.

And yet, for more than thirty thousand years, in these two places and elsewhere throughout Australia, tribal Aborigines have managed to survive, lean and tough, on nothing but what they could dig, catch, trap, and scavenge—mostly, anthropologists agree, without using up all their reserves of time and energy. Such was their ingenuity, adaptability, and knowledge of plants and animals, that they seem not to have suffered from scurvy or beriberi, even in times of general famine when the Europeans, living beside them, were not able to avoid these vitamin deficiency diseases.

The early accounts of Aborigines by Europeans are full of value judgments about improvident savages, benighted nomads, and the like, but despite this bias, something of the Aborigines' remarkable absence of greed is apparent. It is this absence of greed which causes a whole chain of differences between the Aboriginal way of life and that of the European. The notion of sharing, for example, is much more natural and immediate in a society which is not given to hoarding things. It also follows that jealousies and aggressiveness about material possessions, including food, are minimised. The Aborigines have a freedom of movement that is denied to more acquisitive societies. Perhaps most important of all, the shortages experienced in the 'civilised' world, caused by the 'rainy day'

philosophy of putting aside for one's own use more than one needs, are not a part of the Aboriginal life style. Their attitude of using what they need, and leaving tomorrow's food for tomorrow, has worked well over the centuries, and their ingenuity, as well as their food supply, has managed to come through unscathed, at least up to the time of European influence. This is not to say that the Aborigines experienced no shortages, nor is it to imply that they never stored or preserved any food, but the evidence suggests that there were fewer real shortages than are often thought to have been, and certainly the storing and preserving of food was not common practice.

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Natives making fire.
Engraving from *Australian Town and Country Journal*, 6 May 1871. Mitchell Library (ML).

The first detailed description of Aborigines and their food habits was an account of Aborigines on the northwest coast, as seen by William Dampier in 1688:

Their only food is a small sort of Fish, which they get by making Wares of stone, across little Coves, or branches of the Sea: every Tide bringing in the small Fish, and there leaving them for a prey to these people, who constantly attend there, to search for them at low water. This small Fry I take to be the top of their Fishery: they have no Instruments to catch great Fish, should they come; and such seldom stay to be left behind at low water: nor could we catch any Fish with our Hooks and Lines all the while we lay there. In other places at low water they seek for Cockles, Muscles, and Periwinkles: Of these Shell-fish there are fewer still; so that their chiefest dependance is upon what the Sea leaves in their Wares; which, be it much or little, they gather up, and

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march to the places of their abode. There the old People, that are not able to stir abroad, by reason of their Age, and the tender Infants, wait their return; and what Providence has bestowed on them, they presently broil on the Coals, and eat it in common. Sometimes they get as many Fish as makes them a plentiful Banquet; and at other times they scarce get every one a taste: but be it little or much that they get, every one has his part, as well the young and tender, as the old and feeble, who are not able to go abroad, as the strong and lusty. When they have eaten they lye down till the next low water, and then all that are able march out, be it night or day, rain or shine, 'tis all one: they must attend the Wares, or else they must fast: For the Earth affords them no Food at all. There is neither Herb, Root, Pulse, nor any sort of Grain, for them to eat, that we saw: nor any sort of Bird, or Beast that they can catch, having no Instruments wherewithal to do so.

It was just a hundred years later that Governor Phillip, writing about the Aborigines he found in the Sydney Cove area, was able to spend a little more time observing them, and so provide a somewhat fuller picture of their way of life. In the *Historical Records of Australia* is this description:

Their food is chiefly fish. The shark, I believe, they never eat. The fern root, wild fig, and the kernels of a large fruit that is not unlike a pine-apple, but which when eaten by the French seamen occasioned violent retchings. [This was almost certainly the cycad, *macrozamia*.] Their hooks are made from shells, and their lines and nets, I believe, from the flax-plant, but I have some that were made from the fur of some animal, and others that appeared to be made of cotton. The craw-fish and lobsters they catch in small hoop nets, the making of which shows some art . . . Their huts are generally surrounded by oyster and muscle shells . . . I have seen one of them, after having in his hand a piece of pork, hold out his fingers for others to smell, with strong marks of disgust; and tho' they seldom refused bread or meat if offered them, I have never been able to make them eat with us, and when they left us they generally threw away the bread and meat; but fish they always accepted, and would broil and eat it.

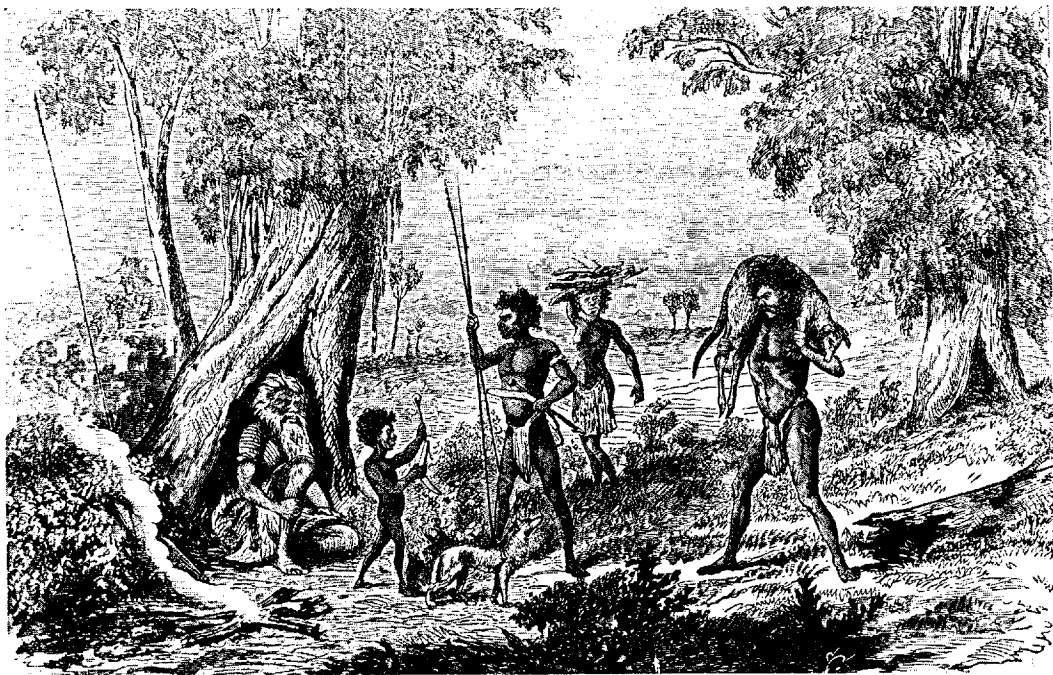
Other early observers have remarked on the Aborigines' dislike of fat. James Backhouse wrote of the Tasmanian Aborigines in 1833 that they so much abhorred fat

as even to reject bread, cut with a buttery knife. On my companion offering some soup to a poor emaciated woman, on board the cutter, who had a baby that looked half-starved, she tried to take it, seeing it was offered in good will; but having a little fat upon it, she recoiled from it with nausea. John R. Bateman, master of the brig Tamar, once had some soup made

for a party of these people, whom he was taking to Flinders Island: they looked upon it complacently, skimmed off the floating fat with their hands, and smeared their hair with it, but would not drink the soup!

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But there is ample evidence that the fat of the native animals, that were a traditional part of the Aboriginal diet, was a much prized food, so it must have been the fat of imported animals that so revolted them. They also smeared their bodies with fat to keep out the cold.



They had ingenious methods of hunting down most native animals. It seems they ate dingoes only if times were very hard, preferring to tame the pups for use round the camp, mainly to help with hunting other animals. But the possum was a staple in many areas, as were the kangaroo and the goanna, and in the Centre especially, the lizard. Small animals were mostly roasted on the hot coals with the skin on, but after having removed the entrails. This last was done by different means for different animals, but the Aborigines' knowledge of anatomy was shown by the precision and neatness of the cut through which the entrails were taken out. The smaller and less obtrusive the cut, of course, the less ash and grit found its way into the carcass while it was cooking. In some cases no cut was made, the entrails being hooked out through the mouth. The animal having been cleaned, and its fur plucked off if it was wanted to make into string, as sometimes was the case with rabbits, it was put into a bed of ashes, with more hot ashes raked over it,

Native hunters. Engraving from *Town and Country Journal*, 29 April 1871. National Library of Australia (NLA).

and left until it was cooked, or the ashes were cold, or the diners were hungry, whichever happened the sooner. The skin, which had acted as a cooking pot, keeping the juices from drying up and the meat from scorching, could now be removed, and was usually given to the dogs, while the meat was portioned out according to strict tribal precedence.

For larger animals and fish a ground oven was in fairly widespread use. The Aborigines would light a fire to heat up a number of large stones. If stones were not available they used pieces of antbed. Beside the fire they would dig a long shallow hole, its dimensions depending on the food to be cooked. Sometimes the fire was not beside the hole but in it. This may seem like a more efficient method, but it would mean more ash in the oven, and there would still be some rearranging of stones. The hole had to be lined with hot stones, and then they would put the animal, cleaned but still with its skin, either directly on the hot stones, or on some wet branches (especially bottlebrush or red river gum branches, which gave the meat a pleasant flavour). Mostly the animal would be laid on its back, and there are descriptions of the weird sight of a smoking mound, with two large hind legs of a kangaroo poking out at one end, and two forelegs at the other. In the case of very large animals, the Aborigines usually put hot stones inside the animal as well, to help cook it evenly. Any vegetables were added at this stage, before more hot stones, and perhaps wet leaves, covered the food, then a layer of paperbark was added to keep it clean, and finally the oven was sealed up with an earth cover. The idea was to prevent any smoke or steam from escaping, thus maximising the oven's efficiency.

Kangaroos, emus, goannas, bustards (bush turkeys), and other large game, as well as dugong, large fish, and turtles, were cooked in a ground oven. This method had the disadvantage that often large animals were undercooked the first time, a handicap which bothered the Aborigines less than it might bother people whose food prejudices belong to a different tradition. Since with large animals there was often some meat left over, which could be cooked again, it was a remediable fault in any case. There was also an advantage, apart from the obvious one that in a society without stewpans and casserole dishes it was a practical way of cooking animals that were too big, or the wrong shape, for cooking in the coals. The ground oven method, like the method of cooking an animal in its skin, retained intact the nutrients, juices and flavours of the food cooked in it, in a way that gourmets of the European tradition have long been trying to emulate, by devising recipes for food wrapped in a cocoon of pastry, or in foil, oven paper or plastic, and similar coverings.

Bandicoots, possums, snakes, lizards, rats, caterpillars, witchetty grubs, moths, small birds, flying foxes, fish, shellfish and vegetables were usually cooked on the hot coals. A snake needed special attention, since it had first to be stretched over the fire, someone

holding each end under tension and drawing it back and forth until its reflex movements stopped, when it was removed, and two quarter-inch-deep incisions made along the length of the backbone, one on each side, to cut through the sinewy parts. It was then rolled up rather like a roast of beef, secured in some way, and cooked among the hot coals. It would need turning now and then to ensure even cooking, and the entrails removed before eating. Snakes are said to have firm white flesh similar to that of a chicken, and delicious round nodules of fat. Water snakes are said to taste even better.

Flying foxes were a great delicacy to the Aborigines. Since they sleep hanging head-down in colonies, one method of catching them was for the Aborigines to deaden their human scent by smearing themselves with mud, and to creep in among the colonies with pieces of beaten and frayed paperbark attached to long sticks. These they set on fire, and the resulting smoke and flames confused and burned the waking flying foxes, which dropped to the ground and were easily caught.

Back at the camp, the wings were singed off, and the membrane cut off near the body. Then they were cooked in the hot coals, entrails and all, since their diet consists only of honey, fruit and nectar. The gall bladder was the only part not eaten.

Goannas needed rather more cleaning, and a ground oven for cooking. The flavour and food value of a goanna depended on the amount of fat it had. First its scales were crisped by turning it on the fire. Then the Aborigines removed its intestines, usually through the vent, but occasionally by inserting a small barbed stick through the mouth to hook them out. Sometimes the gall bladder was removed through a cut under the forearm. It was then ready for the ground oven. When it was cooked, everyone had some of the much prized fat. Sometimes after cooking the meat and bones were pulverised into a hash, and eaten thus without any waste at all. The eggs of the goanna were mostly taboo to the young—they were for the old men only—a probable sign that they were particularly delicious. The Aborigines cooked blue-tongues in the same way as goannas.

James Backhouse described the way Aborigines in his party on Flinders Island in 1832 cooked a kangaroo rat, during a halt made till the tide ebbed enough for them to cross a creek:

The animal was thrown into the ashes till the hair was well singed off, and it became a little distended by the heat; it was then scraped, and cleared of the entrails, after which it was returned to the fire till roasted enough. This is the common mode of cooking practiced by the Aborigines, who find that, by thus roasting the meat in the skin, the gravy is more abundant. In eating, they reject the skin, and it forms the portion of their numerous dogs . . . The flesh of the Kangaroo Rat is much like that of a rabbit . . .

All kinds of birds and water birds were part of the diet, often very ingeniously caught. Mrs Charles Meredith's description of an Aboriginal method of catching ducks on the Murray River was published in 1844:

They place nets (very similar to those used by wild-duck trappers at home) over a narrow portion of the river or 'creek' which the ducks frequent, and then, by chasing and frightening them at a distance, gradually drive the birds near to the snare; the risk is then that they may fly over it; to prevent which, the blacks fling up three-cornered pieces of bark high into the air, at the same time accurately imitating the cry of a hawk, and the poor ducks, stooping to escape the supposed enemy, dart into the snare and are caught.

Lakes and rivers were always the scene of much fishing activity. The coast supported large numbers of Aborigines, whose preference for fish when it was available was demonstrated not only by their frequenting of riverside and seaside, but also by the fact that where the fish were plentiful they used the vegetables and fruits that could be found in the bush close by only to add variety to the diet. It was in the dry interior, where lizards were the most plentiful animals, that the diet was largely vegetarian.

Shellfish must have been a great favourite. Huge mounds of empty shells have been found, representing thousands of shellfish meals—one, on the northwestern coast, ten feet high and covering nearly half an acre; one on Cape York Peninsula closer to thirty feet high. They were cooked by being thrown skilfully into the glowing coals, with the points of the shells downward, so that each shell formed a tiny cooking pot. They were retrieved when cooked by means of a pointed stick. Sometimes the shellfish were eaten raw.

Small fish were usually cooked on a grid. Richard Tester, writing of a trip he made from Adelaide to the Victorian goldfields in the 1850s, describes the method, which sounds so easy and efficient that it is hard to imagine why it was not in wider use among the white population.

At the sight of our frying pan, they [the Aborigines who were travelling with the party] set up a howl of derision, and, kicking the pan off the fire, proceeded to make a gridiron after their own fashion, laying some green twigs crossways, and fanning the smoky wood 'till it got tolerably clear, laid the fish thereon. They understood cooking better than we did: The fish was done to a turn, and we relished our supper amazingly.

The Aborigines used various methods of catching fish, including lines with fish hooks, spears, weirs or fences, traps, and nets, but one of their most ingenious methods was to use the bark, roots, or leaves of certain trees and shrubs to 'poison' waterholes, so that the

fish floated gasping to the surface and were easily caught. Many of these additions to the water were probably narcotics, and Geoffrey Blainey reports that emus who drank the water were also stupefied and easy to catch—presumably the same would apply to other animals as well. Some of the ‘poisons’ recorded were fresh gum tree boughs with the leaves on, and the leaves of two wattles (*binervata* and *longifolia*). After some hours, or overnight, the fish became stunned and floated to the surface. This method was only of use in small waterholes, needless to say.

Fishing with nets and fish spears near Rapid Bay at the mouth of the Parananakooka Creek, S.A. Engraving from *Illustrated Australian News*, 20 March 1871. NLA.



Anbara people fishing for barramundi in Banalka Creek, near the mouth of the Blyth River in Arnhem Land in 1972. The fish are herded into the arc of the net, then speared, as in the engraving a hundred years earlier. By courtesy of Betty Meehan and Rhys Jones. Australian Institute of Aboriginal Studies.

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The larger harvest of the sea—for example turtles and dugongs (some of which latter could be the size of a young bullock)—needed a ground oven. It must have been a major task to scoop out and line with hot stones a depression large enough for a dugong, place it in, cover it entirely with more hot stones, then paperbark, and then sand. It would be left all day to cook, and in the evening when the covering was removed very carefully, the paperbark would be left in chunks to serve as plates for the meal. The leftovers, often substantial, and often undercooked as well, could be recooked on



Feeding from beached whales, possibly at Nobby's Beach, Newcastle, N.S.W. Watercolour by Joseph Lycett (1774-1825). NLA.

the following days, until it had all been eaten. Sometimes the catching of a dugong was the occasion for a banquet, with people coming from some distance away to join in the spoils.

Turtles were a great delicacy. When the entrails were removed, the liver and other edible organs were grilled separately and eaten with relish. The turtle was washed out, and hot stones were stuffed inside it in place of the entrails. It was cooked for three or four hours in a ground oven, on its back, so that the shell became a large bowl containing the flesh and juices. Any soft unlaidd eggs found inside the turtle were cooked and eaten, and the laid eggs were either cooked each one separately in the ashes, set on end, with a hole made in the upper end of the shell to prevent it exploding, or several were broken into a paperbark sheet, which was tied up, and put into the ashes to cook into a kind of egg cake, which stayed fresh for several days.

Some of the better known small delicacies of the Aboriginal diet were witchetty grubs, bogong moths, and ants and their eggs. The

grubs were found in the trunks of wattle trees, and could be eaten raw, or were cooked till crisp on the white ashes. Green ants and their larvae were eaten as food, and also as a medicine for headache and diarrhoea. The larvae were rolled into balls and either eaten raw, or could first be squashed up with some ants, and the result washed in water which the Aborigines later drank. The queen ants were eaten without being squashed. A favourite method of collecting ants was to stand on an antbed, and to sweep the ants as they crawled up the legs into the hands and thus to the mouth. The moths were lightly roasted in the ashes, in much the same way as the grubs. They were said to have a sweet, nutty flavour, and were juicy with fat. Certainly the Aborigines flocked to the Snowy Mountains every spring to feast on these easily caught morsels, and grew fat by the end of the season.

Aboriginal people appear not to have added salt to their foods, although it was often available, particularly in coastal areas, and round the edges of drying salt lakes in the interior. They did at times use various leaves as a flavouring when cooking, but their most consistent taste preference was for sweet things. Because of this predilection, they developed some ingenious ways of discovering honey. One method is described in Sir Thomas Mitchell's journal of his 1835 expedition:

We, at length, encamped on a lagoon to which the natives led us, and which they named 'Cookopie'.

We were now in a 'land flowing with honey', for the natives with their new tomahawks, extracted it in abundance from the hollow branches of trees. This honey is very clear and the natives also eat the wax which is sweet and palatable. It is made by a very small bee, more resembling a fly, and it seemed that in the season the natives could find it almost every where. To such inexperienced clowns as they probably thought us, the honey and the bees were inaccessible and invisible, save only when the natives cut it out, and brought it in little sheets of bark, thus displaying a degree of ingenuity and skill in supplying their wants, to which we, with all our science, could not hope to attain. They would catch one of these bees and attach to it with some resin or gum, the light down of the swan or owl—; thus laden the bee would make for the branch of some lofty tree, and so betray its home of sweets to its keen-eyed pursuers.

Among other methods of determining whether a tree held honey were looking for minute pellets of dung round its base, tapping the tree for a hollow sound which may indicate a hive, and putting an ear to some natural orifice near the base of the tree to listen for a buzzing sound. The honey might be removed by sucking through a hollow reed, or by sponging it out with a mop of grass on the end of a stick. It was usually added to water, which the Aborigines

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drank without waiting for it to ferment, but sometimes the whole 'sugar bag' was eaten, wax, bees, and all.

Many native plants held nectar in their flowers, too, which the Aborigines liked to suck out. Among these were the banksia, the waratah, lambertia, kennedia, melaleuca, and flowering gum trees. There were various fruits growing in different parts of the continent which were used as food wherever they were found. Some of these were a wild grape, the fruit of the dogwood, many wild fig varieties, as well as plums, berries such as native cranberry, the fruit of the lillipilli, kangaroo apple, breadfruit, geebung, five corners, and pandanus, the fruit of which was first roasted if it was not ripe. The young shoots of the lawyer-cane were collected for food, as were the growing stems of the cabbage-tree palm, the base of the young leaves, the young flowers and shoots of the grass-tree, the flowers and stalks of the waterlily, the leaves of some portulacas (baked in the ashes), the leaves of the clover sorrel, and the central growing shoots and heart of the fan palm.



Anbara women and children collecting pandanus fruits at Djunawunya, near Blyth River, Arnhem Land, during the dry season of 1972. By courtesy of Betty Meehan and Rhys Jones. Australian Institute of Aboriginal Studies.

The *Nymphaea gigantea*, or gigantic lily, a water plant, was a favourite, and every part of it could be eaten. The big stalks that grew in almost every waterhole could be eaten raw, and the large yellow tubers were cooked on the coals. The seed pods were ground between two stones to make flour, which the Aborigines made into cakes or bread by adding a little water, and cooking the dough in the ashes rather like a damper.

They also ground many other flours to make their bread. The kernels inside cycad nuts were one source of flour. The Aborigines sliced the kernels with a sharp bone, dried the slices for a couple of days, and then stored them in bags. Before using them they had to soak them in water for several days to leach out their toxic juice,

which causes severe illness if not removed, and then grind them, add water, and cook them in shapes no more than three inches thick. The kernels tended to ferment and give off an unpleasant smell when they were soaked, but this did not affect the taste, or dampen the Aborigines' appetite. The flour of the cycad kernel was said to be of a very good quality, rather like arrowroot.

Other seeds and nuts were also ground to make flour—especially grass seeds. Nardoo, a clover fern which grows in central Australia, and after rain reaches twelve inches or so in height, was an important source of food for Aborigines far from the verdant forests of the coast. They gathered the withered plants, removed the seeds from the spore cases, and slowly reduced the hard grey seeds to flour by grinding. A light winnowing, either in the breeze, or by a well directed breath or two, carried away the husks, and the nardoo meal was eaten raw, mixed to a paste with water, or baked into bread in the ashes. The Aborigines and their nardoo cakes became increasingly important to the members of the Burke and Wills expedition, who were unable to leave Cooper's Creek in 1861 because of lack of supplies and exhaustion. On several occasions the Aborigines gave nardoo cakes to the three survivors of the long trek north, but after the death of Burke and Wills from weakness and starvation, King, the only one left, allowed himself to be befriended by the Aboriginal people, who fed him on nardoo gruel and fish for the remaining two months until a relief party arrived. He would not have survived without the food and expertise of the Aborigines.

Another source of flour was wild rice, which the Aborigines collected and tied up in bundles which were soaked under water for a considerable time before being dried and winnowed, when the rice was ground and used for bread. Native millet, or panicum, also yielded flour. They collected the grass while it was still green, to avoid losing the seed, and stacked it together till dry. It was then easy to collect the seed off the ground beneath the stacked grass. Threshing could be hastened by trampling on the seed in a hole in the ground, and husking by pounding it in a hole with a heavy log. They blew off the dirt and dust, and stored the seed in bags. Portulaca seed was also collected by the same method of stacking the plants in heaps and waiting for the seed to collect underneath. The seeds of some wattles were another food source, as was the gum that exuded from their trunks. In some places clay from anthills, and white clay or kaolin, made an addition to the diet, mainly as a filler. The processing of the white clay meant pounding and sifting it to remove grit and make it smooth, then working it into a stiff paste with water in a bark trough, making it into a cake, drying it for about a week in the sun, wrapping it in leaves and burying it in the hot ashes to cook. When cool it was a favourite dish.

Perhaps the most important vegetable foods were roots, tubers and rhizomes. As well as the lily tubers already mentioned, there were many others. The roots of some acacias were roasted, some-

times being peeled first. The long radicles of the mangrove were cooked till soft in the ashes, and then peeled, pounded between stones, and the resulting yellow mash was squeezed under water, the milky substance allowed to settle, and the clear water was poured off. After repeating this washing and pouring off about four more times, the Aborigines made a sieve by wetting and smoothing the surface sand of a basin-shaped hole. They drained the residue in this, and the result was a substance rather like mashed potato, both in appearance and taste. They also roasted and ate the rhizome or the roots of several portulacas, the clover sorrel or oxalis, wild geranium, several kinds of orchid, bulrush, mallee (roasted and pounded), kurrajong, water-lily and flag reed, many yams, taro, wild ginger, nutgrass, hardenbergia, hibiscus, arrowroot (grated, washed, leached, and cooked), fringed violet, and bracken fern, to name only a few. 'These roots are cooked', wrote Backhouse, 'by heating stones in the fire, and covering them with grass, laying the roots upon the grass, and a covering of grass upon them, and lastly, one of earth over the whole.'

The bracken fern, also known as tara-fern, was an important staple, especially in Tasmania, where both James Backhouse and J. H. Maiden reported that it grew so tall that it could hide a man on horseback. Its rhizome was prepared in similar manner to the mangrove radicle. It is comforting to find a use for this prolific plant, which has long been a scourge to farmers.

Many yams were poisonous, and had to be sliced, peeled, and soaked in water overnight to leach out the poisonous juice, as described for the cycad nut, before they were fit to eat. According to Bill Harney, Aborigines tested unfamiliar yams by driving a fingernail into the freshly dug tuber, then holding the nail up to the sun. If the drying juice reflected a dull light on the nail, the tuber had to be leached before it could be eaten. Geoffrey Blainey reports that a white man who tasted a poisonous yam in the 1870s suffered an acutely swollen tongue, to the point where those with him thought he would die.

In such a dry continent as Australia, scavenging for water needed a great deal of skill and local knowledge. To clear a muddy waterhole the Aborigines threw in some ashes, which carried the sediment to the bottom. But sometimes the waterholes were dry, and they were forced to look elsewhere for water. They often dug wells—in the dried up beds of creeks or waterholes, near old swamps, or deep wells in the desert sand—down to water. But this latter source was not always permanent, and was sometimes saline. Coastal Aborigines dug wells in the sand above high watermark. Permanent wells were often near tea-tree scrub, desert oak stands, or in limestone outcrops or the low parts round salt lakes. Near pandanus trees, the Aborigines might make a hole with a spear. If the end of the spear was damp, they would ram a bunch of dry grass down the hole as a filter, then suck up the moisture through a hollow reed. *Melaleucas* were another possibility in a water crisis.

Some melaleucas have a lozenge-shaped bulge near their base, which stores salt-tasting water. It was simply a case of making a cut in the bulge, and drawing off the water. Another method of collecting water was to tie long strips of bark round the smooth trunk of the pandanus, the loose ends of which led into cockle shells placed beneath the tree. Rain running down the trunk was conducted into the shells, each of which could hold two to three pints. Some travelling Aborigines in dry weather carried water with them in kangaroo-skin bags. Certain kinds of mallee scrub, the kurrajong, and the desert oak or casuarina, have long horizontal roots that are like waterpipes, and the Aborigines would dig up a few feet of root and drain it into their mouths. The young branches and cones of the she-oak also yielded a pleasant, fresh acid when chewed, and were used by thirsty cattle as well as thirsty Aborigines to moisten dry mouths. Collecting the early morning dew off the grass and leaves was another method of assuaging thirst; tedious, but rewarding. In the desert there were also for the finding small green and yellow frogs which slept for months in burrows beneath the dried up waterholes, bloated with stored water. When they were dug up, they could simply be squeezed into waiting mouths as if they were so many oranges.

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An Anbara girl, Betty Nguraba Nguraba, collecting water from a well on the beach at Lalar-gadjiripa, a wet season camp on the western bank of the Blyth River in Arnhem Land, in 1972. A flour drum has been sunk into the ground to prevent sand from falling into the well, and the large shell can be used to clean the water hole and fill the containers. By courtesy of Betty Meehan and Rhys Jones. Australian Institute of Aboriginal Studies.

One might expect that a nomadic people would not stay long enough in one place to acquire the art of fermenting drinks. In fact they were unaware of fermentation, but were happy to drink any naturally fermented drinks they came across. A Tasmanian cider eucalypt, in particular, was a favourite for its sweet, slightly intoxicating sap. The Aborigines also chewed a native tobacco, made from the leaves of a shrub called duboisia, which had an intoxicating effect. They made glue from the gum of the silver and black

wattles, and from the yellow sap of the grass tree or xanthorrhoea. They also used clays and herbs for medicines, remedies, and cosmetic decoration.

Many pioneers wrote with disapproval of the Aboriginal habit of gorging when food was plentiful, instead of storing some for leaner times. By and large the idea was to eat one's fill while food was plentiful and fresh, and if the task seemed too difficult, to call in help, and so enjoy the company of others and at the same time dispose of the food while it was still edible. There were often feasts when a dugong was captured, or when the spring schools of fish were running, and the bogong moth migration to the Snowy Mountains meant a simultaneous migration of large numbers of Aborigines, to spend a few weeks feasting and gossiping together. At certain times, too, a palatable gum oozing from wattles in Western Australian swamps attracted many people to the area.

One of the most famous of the Aboriginal 'festivals' was the Queensland bunya-bunya feast. Here is Anthony Trollope's description of it:

The district in which the bunya-bunya tree bears fruit is very restricted, and it bears in profusion only once in about three years. When this occurs the supply is vastly larger than can be consumed by the tribes within whose territory the trees are found. Consequently, large numbers of strangers visit the district, some of them coming from very great distances, and all are welcome to consume as much as they desire; for there is enough and to spare during the few months while the season lasts. The fruit is of a richly farinaceous kind, and the blacks quickly fatten upon it.

It was the cones of the tall bunya-bunya pine tree that the hundreds of visitors were after. The floury kernels could be eaten raw or cooked, and were very fattening, and an important food source for Aborigines within a radius of a hundred miles.

In spite of all this prodigality, however, there were some instances of storing food, and even preserving it. The storing of sliced cycad kernels and of grass seeds, for use as flour, has already been mentioned. Harry Allen cites a store of portulaca seeds found northwest of the Darling River, weighing a bushel and a half. The seeds were wrapped in grass, and coated over with mud. Skin bags and wooden receptacles also held stored seed. One store in central Australia held almost a ton of grain. Torres Strait islanders knew how to smoke fish, and also preserved turtle slices by boiling them in a melon shell, then drying them in the sun, stuck on long skewers. Near the Murray River Aborigines preserved mussels by burying them alive in damp sand, where they lived for several weeks without deterioration. Aborigines in one or two places also built clay dams to hold stores of water. As might be imagined of a peripatetic race, however, evidence of storing was the exception rather than the rule.

One would have to admit that the philosophy of moving on when the supply of fresh food ran out might have at least as much to recommend it as the philosophy of staying put, and spending one's time tending crops and herds, drying, bottling, canning, freezing, curing, and storing.

There was never any need for the Aborigines to be drawn into the toils and delays of agriculture. They had a botanical expertise concerning the native plants that enabled them to live without having to acclimatise exotic vegetables to unfamiliar conditions—a knowledge of bush survival which more white men would have done well to study. The lives of many explorers and travellers might have been saved if their understanding of edible Australian plants had been stronger. Bill Harney's account of Mr Brooks is only one of many similar stories of ignorance and waste:

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It was remarkable to see the way some of the bushmen persisted in eating only their own food when all around them the natives were gathering fresh food from the bush. One man, named Brooks, at the Carlo Border Netting Camp near the Mulligan River, was smitten with the vitamin deficiency disease which carried people off so quickly. Realising that he was going to die, he asked the natives to dig a grave in a sandy patch under a shady tree. When the grave was dug, with bushes and a blanket laid on the bottom of the hole, he lay down in it and wrote a letter to the nearest boundary rider, 25 miles away; he wrote that he was dying, and asked his mate to come up and look after his things. He explained that he had got the natives to dig his grave so that he would not make a nuisance of himself to others. He sent his letter off by a foot-walk native, and when the other rider galloped up, he was dead, lying in his grave under the tree.

It is strange and sad to think of him dying so bravely, in his lonely grave, when all around him were wild yams, anyeroo nuts growing prolifically in the sandhills, and the various wild bananas and nuts of the region.

All the same, perhaps a word of warning would be in order here. Common or general names have been used in this account of Aboriginal vegetable foods, partly because precise botanical names are not of interest to the general reader, and partly because determined experimenters armed with a list of botanical names still have a problem of identification of the plants. It is possible to trace the botanical names through some of the sources I have quoted in the notes at the end of this book, in particular Chapter 15, by Jack Golson, in Mulvaney and Golson's *Aboriginal Man and Environment in Australia*, but the Aborigines had an extensive understanding of poisonous plants and how to deal with them, without which experiments with unknown foods are somewhat hazardous. Most native Australian animals are protected against needless killing these days—a necessary consequence of the arrival of the

The Original
Inhabitants

white man with his shotgun and his passion for clearing native vegetation, and so reducing drastically the area of bush capable of sustaining wildlife.

It is a sobering thought that the Aborigines, with their habit of hunting and gathering only what they immediately needed, and moving on before any one area was ravaged beyond recovery, managed for more than thirty thousand years to live in harmony and balance with a system of plants and animals which less than two hundred years of white exploitation and destruction has altered to the point where some species of plants and animals are in danger of extinction, others are already extinct.



2

Campfire Colonists

It is still less than two hundred years since the crew of the First Fleet dropped anchor at Sydney Cove, hoisted the Union Jack, and began landing their cargo of convicts to make a settlement near the best source of fresh water they could find—the Tank Stream. They cleared ground, pitched tents, landed supplies, and set up for Governor Phillip a portable canvas house which he had thoughtfully brought from England.

The first meals eaten on Australian soil by these invaders must have been prepared over a campfire, not quite as the Aborigines would have cooked, since the Englishmen brought pots and pans with them, but the outdoor cooking provides some element of continuity with the methods of the original inhabitants. In time, of course, the convicts erected buildings—brick storehouses for the colony's supplies, a residence for the Governor, gaols and huts for themselves—but it would be some time before many in the colony could boast of a roofed-in kitchen with a fireplace for cooking. (By the middle of the nineteenth century the combined population of Queensland, New South Wales, Victoria and South Australia was a little over a million, of whom one-fifth were still living in tents or temporary huts.)

As the fleet completed its voyage there were already food problems. They had been refused portable soup, wheat, and pickled vegetables, and their food consisted mainly of flour, meat, pease and butter. After four months on Australian soil the lack of fruit and vegetables in the diet had resulted in many cases of scurvy, and a few deaths. Presumably with the pease they made pease pudding or pease porridge—of nursery rhyme fame. The recipe will give some insight into why, in the rhyme, it may have been 'in the pot nine days old'.

PEASE PUDDING

Tie a pint of dry split peas up loosely in a cloth, and boil them two hours or more, till tender. Empty them into a bowl, and beat them smooth with a little	salt and butter, and the yolk of an egg if liked. When the paste is quite smooth, tie it up again in a cloth, and boil it an hour longer.
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This was supposed to be very nourishing, but it was evidently not nourishing enough, without other vegetables, to keep the little colony healthy.

The portable soup that might have saved them from illness was a predecessor of our tinned or packet soups, and was made as follows:

PORTABLE SOUP

Take the marrow from 2 knuckles of veal and 3 shins of beef. Put these bones, the marrow, a large faggot of herbs, 2 bay leaves, 3 each onions and carrots, 2 heads of celery, 2 blades mace, 6 cloves, and some salt into a stock-pot, cover with water, and simmer 12 hours or more. Strain, leave in a cool place till the fat can be removed, then reduce the liquor over a hot fire in a shallow pan for 8 hours, stirring occasionally to prevent burning. Leave it to rest for a day, then prepare a stew-pan of boiling water, place the dish of soup in this, and keep it boiling. Stir the soup occasionally, and when it has thickened it is done. Pour small quantities of the soup into the bottom of cups, and when cold, turn them out on a cloth to dry. Pack them away in airtight tins.

Soup can be made in five minutes by dissolving a walnut-sized piece of portable soup in a pint of warm water, and simmering for 2 minutes. Additions such as vermicelli can be made, but allowance must be made for cooking these.

Why such a useful soup should be denied the party is a mystery. The matter of vegetables for the voyage had been under discussion at least since 1782, when a Mr Graefer had begun negotiations for supplying 'Bore-Cole', prepared dried vegetables, which swelled to four times their dry weight when boiled, and were said to be palatable and anti-scorbutic. These vegetables, he claimed, could be used to thicken portable soup, and would keep indefinitely. At first bore-cole was suspect because it would need too much water for cooking—always a problem on ships. But Mr Graefer went back to the drawing board, and was soon able to announce that the result was equally good if the vegetables were soaked for twelve hours in salt water, then thoroughly drained, and then cooked in the steam of either fresh or sea water for fifteen minutes. For a vegetable stew, 4 ounces of bore-cole, a quart of water, a little allspice and 4 ounces of butter could be stewed over a gentle fire in a covered pan for an hour till tender. Independent tests of bore-cole were made, and apparently proved it satisfactory (it certainly sounds a sensible addition to the diet), but in the end the decision was not to include it in the provisions for the voyage.

Once landed in New South Wales, Governor Phillip tried hard to find native vegetables to fill the dietary gap, and was soon writing about 'wild celery, spinages, samphose [samphire perhaps—a

maritime plant used chiefly as a pickle], a small wild fig, and several berries which have proved most wholesome, particularly the leaves of a small shrub which is found in such plenty that it has not yet failed us as most of the others have done'. The weekly ration for marines and male convicts in 1788 was 7 lb bread or flour; 7 lb beef or 4 lb pork; 3 pints pease; 6 oz butter; and 1 lb flour or $\frac{1}{2}$ lb rice. Women were to receive two-thirds of the ration, and children one-third, but Phillip several times had to order the children half or

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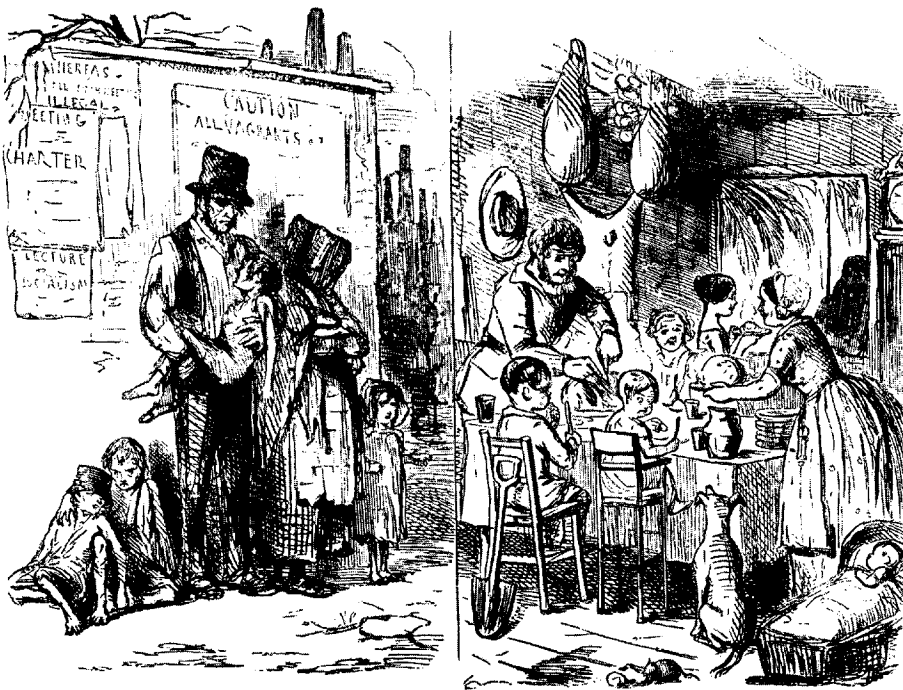


two-thirds rations, as one-third proved too little. By September supplies were short, and from then till the arrival of the Second Fleet in June 1790 it was a constant battle to keep the isolated colony from starvation. Hours of labour were shortened, since the workers were becoming weaker, theft of food was punished with draconian severity, and people invited out to dinner brought their own bread with them.

Conditions improved with the arrival of several ships with food supplies, and, as the colony gathered momentum, it began to be the envy of many a working family in Britain, because of the abundance and cheapness of the food by comparison with conditions at home.

Campfire cooking has, in a sense, never lost its place entirely in the Australian way of life. The climate has always been a big factor in this predilection for the bush, the out-of-doors, camping, and the rough, simple life. But in earlier days for many it was a necessity rather than, or as well as, a pleasure. The need to travel was one circumstance that entailed cooking out, and in many cases sleeping out as well, although by 1852 the road between Sydney and Melbourne was described as 'studded with taverns, of one class or another'. This journey took six days by coach, but travelling on horseback without changes of horse would make it about a fifteen-day trip. The gold rushes in the middle of last century filled the roads with travellers from all directions, camping out on the

Emigrants at dinner on a ship to Australia. Engraving from *Illustrated London News*, 13 April 1844. NLA.



HERE AND THERE;
Or, Emigration a Remedy.

Originally from a newspaper of 1849, this cartoon shows the expectation of a better life in Australia. Reproduced from C. Turnbull, *A Concise History of Australia*, by courtesy of The Mansell Collection.

journey, and finally arriving in tent towns on the goldfields, using the same camping techniques for however long it took to go broke, make a fortune, or tire of the life. Then there were the explorers who set out for very long periods of camping out, trying to find a way to map Australia's vastness without perishing; the people who first went to live and work in the outback, heading into the trackless bush with a few possessions on a dray, and beginning their new life by cutting enough timber and bark to make themselves a shelter; and the now legendary swagmen, who for one reason or another made the wallaby track their home and, except on lucky nights, the stars their roof. Shepherds and stockmen spent long periods of time either camped in huts on isolated sheep runs, or moving cattle from place to place, a few miles a day, camping at night wherever they happened to be. And, of course, no catalogue of itinerants would be complete without a mention of the bushrangers, whose lives—usually short—were spent on horseback, in caves, or in whatever other comfort and security they could find for themselves.

For all these different kinds of campers the diet was much the same. A combination of what was available and what was practicable to carry in saddlebags for days or weeks in hot weather produced a basic diet of tea, damper, and salt meat, and if this seems to a modern imagination to lack interest and variety, there is



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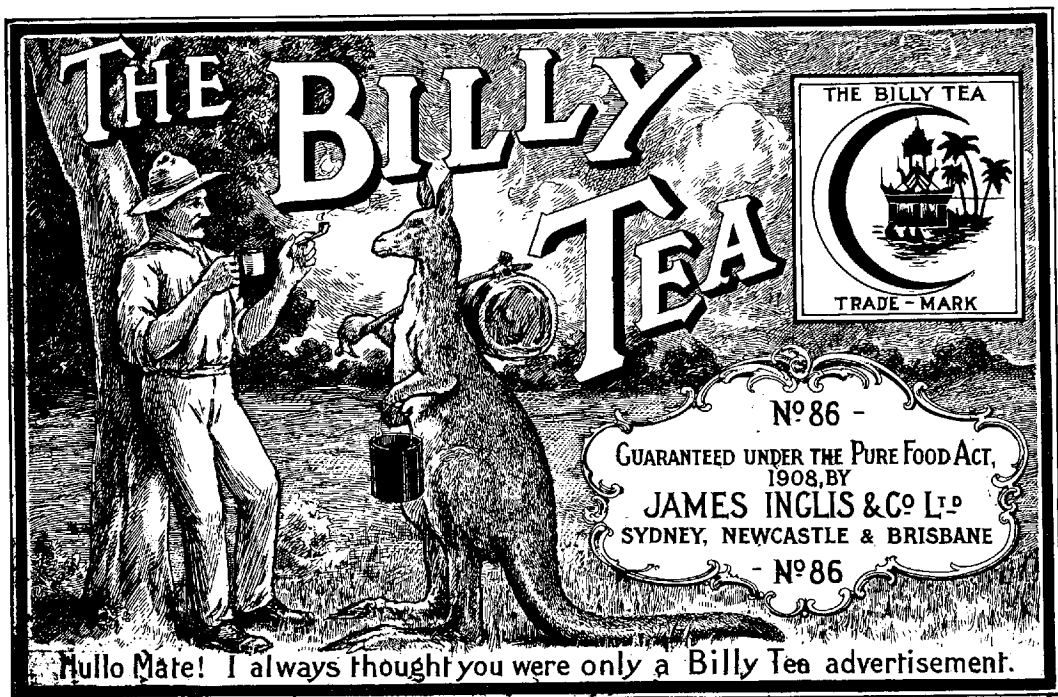
Two tramps; the first with his matilda or bluey (bedroll wrapped in a grey or blue blanket) on his back, and an animal snare; the second with numerous bundles, a splendid billy, and a bowyang round one trouser-leg. ML.

plenty of evidence that the campers of the last century made the same complaints.

Tea is an ideal drink for travellers, since its bulk and weight are negligible, and its only additional requirements are water and perhaps sugar (another dry ingredient, and therefore also easy to carry). But the requirement of water sometimes caused problems, quite apart from the initial one of where it was to be found. It was usual to camp by some stream or waterhole, but new chums might still not know enough about bush ways to make a successful cup of tea. Richard Tester describes one incident:

I left my mate to strike the tent, roll up the blankets, and get the swag ready for starting, while I went to get the horses in; in the interim the kettle filled from a neighbouring puddle, was now hissing on the fire. On my return, my mate had prepared breakfast. We did justice to the salt beef and damper, the puddle tea was rather thick and nauseous, and my mate's stomach not being so well seasoned as my own, he retired a short distance to cast up accounts, declaring that if this was *a sample of future tea*, he should most certainly die. 'Never say die, mate. Depend upon it, and I won't deceive you, we shall have to drink much worse. . . .'

When next they made tea, these two found clearer water, but managed to boil up a few leeches in the tea. Later still they devised a system of straining the mud and leeches out of the tea through an old shirt remnant. Old chums in the bush usually dealt with the



The original billy tea advertisement, still used in a modified form on billy tea packets today. By courtesy of Bushells Pty Ltd.

sediment problem by throwing some ashes, Aboriginal fashion, into the water, or a couple of spoons of flour, or some Epsom salts (not too much, for obvious reasons). All act the same way, carrying the sediment to the bottom.

The quart-pot was the original vessel used for making tea in the bush. It was a tin measuring vessel with a side handle, and was not overtaken by the now ubiquitous 'billy' until about 1850. The advantages of the billy over the quart-pot were a lid, and a wire handle by which it could be suspended over the fire. Traditionally bush tea was made by boiling the water in the quart-pot or billy, throwing a handful of tea on top of the boiling water, and employing one of several methods of helping it to sink to the bottom and draw. One method was to hold the billy by its handle, and make the arm into a propeller, whirling the billy in a circle, and drawing the leaves to the bottom of the can by centrifugal force. For the less athletic there was the method of gently tapping the side of the can a few times, while the notion that good bush tea needed a bit of a stir with a gum twig for added flavour had its adherents too. The tin mug from which bushmen drank their tea was called a pannikin.

The bush tea was of varying quality and most bushmen liked to make it very strong. One nickname for strong bush tea was Jack the Painter, so called because of the mark it left round the drinker's mouth. Another was post-and-rail tea, from the fact that some of the large bits of the tea floating about in the billy resembled the posts and rails of the wooden fences. Occasionally people new to

bush ways complained about the difficulty of drinking billy tea with large leaves floating on the top. Old hands knew the answer. If you blow gently across the surface of the tea just before you drink a mouthful, you can clear enough of the surface to avoid taking in the leaves with the tea. Of course if the leaves have been properly coaxed to the bottom of the billy, and the tea poured carefully into the pannikins, leaves should be little problem.

Because tea was often scarce and expensive in the early days, and because people living in isolated places ran the risk of running out of supplies, it was only logical to try out various native plants to see if a substitute could be found. The tea-tree was one of these—a name given to the leptospermum and the melaleuca, the leaves of both of which were used as tea substitutes in the early days of white settlement. *Correa alba* was another tea substitute, its leaves making an infusion known as Cape Barren tea. Sassafras bark was used to make an infusion also. It was a tonic and tea substitute.

But tea alone is not very sustaining, and with it usually went damper, the bread of the bush. Originally this was plain flour and

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water kneaded together to form a dough, usually with a little salt added. Sometimes the kneading was done on a piece of bark, in the way of the Aborigines. If there was no bark handy, the mixing could be done by punching a fist-sized hole in the middle of the flour in the flour bag, and carefully pouring water into this depression, mixing in flour from round the edges of the depression by stirring, always the same way, with a stick. The water took up enough of the surrounding flour to make a dough, which could then be lifted out of the flour bag, leaving only dry flour in the bag.

Morning. Painting by S. T. Gill (1818–80), showing drovers at breakfast. ML.

Campfire Colonists

The dough was made into a flat circular shape, two or three inches thick, and placed in a hole of the right size, scraped in the hot ashes of a fire. More ashes were raked over the top of the dough to cover it completely, excluding all air, and so prevent it burning. The cook inspected it in half an hour or so. Soon after tiny cracks appeared on its surface—caused by the escaping steam—it would sound hollow when tapped with a stick. This was a sign that it was cooked, just as it is in the case of the yeast bread that is our modern staple. The ashes could be blown or shaken off the cooked damper, and, eaten hot, it tasted as good as its delicious smell. There were many testimonials to its virtues, although to be truthful one would have to add that there were also many complaints in the early bush literature about its indigestibility. Some said it looked dirty after having been cooked in the ashes; others marvelled that it came out of its ash oven so cleanly and completely without grit. Whatever its faults and virtues, it was an artless way to cook, and one that would be easy enough to imitate, since the ingredients were minimal and utensils non-existent.

Tramps or sundowners, so called because of their habit of arriving at a homestead when the day's work was over, but in time for the evening meal, being given food and perhaps a roof for the night. Many station owners complained that the large numbers of itinerants (who were likely to damage one's property if they were not fed) were a crippling financial burden. ML.



With such a basic and important food as damper, all kinds of preferences soon developed, so that there were as many opinions about how to make a good damper as about how to light a fire. Those with more delicate digestions soon added a rising agent to their small list of essential bush supplies, and those who carried a camp oven began making their dampers in this. Camp ovens were originally large iron pots with three legs. Newer ovens are of steel or aluminium—both of these lighter than iron, and not subject to brittleness with age, so better suited to the rough handling of bush life. A good camp oven should have a flat, wide lid, so that ashes can be piled on top without falling into the dinner, and a large handle, in the style of a billy handle, to make it easy to hook out of the fire.

The rising agent was most likely to be soda bicarbonate, often with cream of tartar added, but if these were not available some enterprising bush cooks in more recent times have used Eno's fruit salts for the same purpose, apparently successfully, although it seems unlikely that a bush camp that was without soda bicarbonate would have Eno's fruit salts handy. The simplest way of dealing with the rising agent problem now, of course, would be to use self-raising flour, and foil wrapping is the simplest camp oven—two conveniences not available to earlier cooks. The damper recipe which follows is one person's guide to how to begin. A true bush cook will develop his own damper style.

DAMPER

Mix 9 cups SR flour (or 9 cups plain flour, 2 T cream of tartar, and 1 T soda bicarbonate) and a little salt to a soft dough with water. Flour or grease the bottom of a camp oven, and leave the dough on this to rise, covered, for 15 minutes. Put some hot coals in a shallow hole near the campfire, put the camp oven on these, and shovel more coals over the lid, covering it over completely, so it does not burn. Investigate in 30 minutes and try the knocking test to see if it sounds hollow. If so, it is cooked.

Bill Harney notes that rubbing a damper all over with some fat from corned beef prevents it from becoming hard in dry weather, if it has to be kept for some time. My own preference would be to make a fresh damper for each meal rather than try to keep it even for a few hours, since it soon loses its charm when it becomes cold.

Damper was very much part of the bush mythology and hospitality. Rory O'Halloran in Tom Collins' *Such is Life* 'had a painfully outspoken scruple against eating the damper of idleness', while Tom Collins himself offered quaint but warmly generous hospitality to a swagman he met: 'I rooted my damper out of its matrix, flogged the ashes off it with a saddle-cloth, and placed it before my guest, together with a large wedge of leathery cheese, a sheath-knife, and the quart-pot and pannikin'.

It is hard to say to what extent our damper tradition was influenced by the Irish soda bread predilection. Our yeastless bread was, of course, the product of necessity to a large extent, since it would be impossible to carry home-made yeast on long treks in the bush. Nevertheless, soda bread has long been a staple of the Irish, and since there is a large proportion of Irish in our ancestry, we can assume, at the very least, that the Irish immigrants took to damper easily, and possibly had a hand in adding the rising agent to it. Perhaps they were also responsible for another trend in damper recipes. In places where milk was available, the recipes often substituted milk, sour milk, or buttermilk for the water of the original recipe. This is a further similarity to Irish soda bread.

The same basic damper mixture also made four other bush foods. Johnny-cakes were small dampers, or scones, which could be cooked, like a damper, in the ashes, or very slowly and carefully, to prevent burning, on a frying pan dusted with flour over the fire. A handful of flour made one Johnny-cake, so the cook multiplied the number of handfuls by the number of Johnny-cakes he wanted to produce. If cooking it in a frying pan, he tossed it over and over, to cook it on both sides, and when it was nearly done he stood it against a stick in front of the fire, to finish cooking slowly while he cooked another Johnny-cake in the frying-pan. An even smaller version of the same thing was known as devil-on-the-coals. These were for the occasions when there was not time to make a damper, since they cooked in only a few minutes. They were the same mixture, made into a largish biscuit shape, thrown on the embers, and turned quickly with the hand.

A Johnny-cake shape fried in whatever fat was available was a leather-jacket. These bush pancakes or fried scones must have been a welcome change occasionally, when there was butter, suet, or fat from the meat to spare, instead of a long unbroken diet of damper.

The final variation was boiling. The damper mixture, made into spheres somewhat smaller than a tennis ball, and added to the boiling stewpot, or cooked in boiling water with a small addition of fat to help seal the dough, either served as dumplings with the stew, or were eaten hot with golden syrup. It should surprise no one that they were known as sinkers.

The meat that went with all these mountains of flour and oceans of tea was most likely to be salt beef, mutton, or pork. There are recipes at every turn for curing these meats. Those included here have been chosen mainly for their simplicity.

TO SALT A HAM

For a medium sized ham, beat well together 450 g (1 lb) bay salt, 450 g common salt, 60 g (2 oz) saltpetre and 30 g black pepper. Rub the ham thoroughly with this mixture every day, turning it each day for four days. Then rub in 450 g treacle, turning and rubbing it every day for a month, and basting it with the liquor. Hang it to dry; it is fit for use in a month more. Boil it without soaking more than is necessary for cleaning it.

TO PICKLE MUTTON (or other meat)

To half a kerosene tin (9 l) of boiling water add 4 cups salt and 1 T saltpetre. Add the mutton, cut into joints, and boil 20 minutes. Lift off the fire, and tie a piece of muslin soaked in vinegar over the top of the tin. Sprinkle salt on top of the muslin, and store in a cool place. Next day remove the fat, and weight the meat down under the brine with a stone. Leave for a week before using the meat.

TO CURE PORK WITHOUT SALTPETRE

Scurvy will never arise from the use of salt provisions unless saltpetre be used in the curing; salt alone answers all purposes, provided all the animal heat be entirely parted before salting. The insertion of pork in pickle alone is not sufficient, but it should be rubbed thoroughly with a dry salt after it has entirely parted from its animal heat, and then the fluid running from the meat should be poured off before packing the meat in the barrel. This should be done sufficiently close to admit no unnecessary quantity of air; and some dry salt should occupy the

space between the pieces; and then pickle, not water, should be added. Great care must be taken to fill the barrel entirely full, so that no portion of the meat can at any time project above the surface of the fluid; for if this occurs a change of flavour ensues such as is known as 'rusty' pork. The pickle of course must be a saturated solution of salt and water, so strong that it is capable of dissolving no more salt. It must be remembered that cold water is capable of dissolving more salt than hot water.

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Some cooks added a cup of sugar to their half kerosene tin of pickling solution, and some added soda bicarbonate in the same quantity as saltpetre (1 T to half a kerosene tin) when curing bacon, saying that it prevented the lean from becoming hard, and was an inhibitor of rancidity. Some believed that bacon kept longer if it was sliced and partly fried as soon as it was cured, then laid away in its own grease till needed, when it could be lightly refried and served. Juniper berries, thyme, and bay leaves were tasty additions to the brine.

All these recipes presupposed large receptacles in which the meat could be stored in brine for long periods of time. These were not often available to true bush cooks, who had to solve the problem in a slightly different way.

TO CURE MEAT BUSH-STYLE

If available, mix and heat up 2 cups common salt, 30 g (1 oz) saltpetre, 60 g bay salt, 2½ cups brown sugar and ¼ cup vinegar. If not available, use plenty of common salt by itself. Cut the meat into joints, and make a few cuts in the thicker parts of large

pieces. Rub the salt or salt mixture well into the meat, over every surface, and leave it on a bed of gum leaves, covered from the flies by day, and spread out in the open air at night. After 2-3 weeks it can be hung to dry.

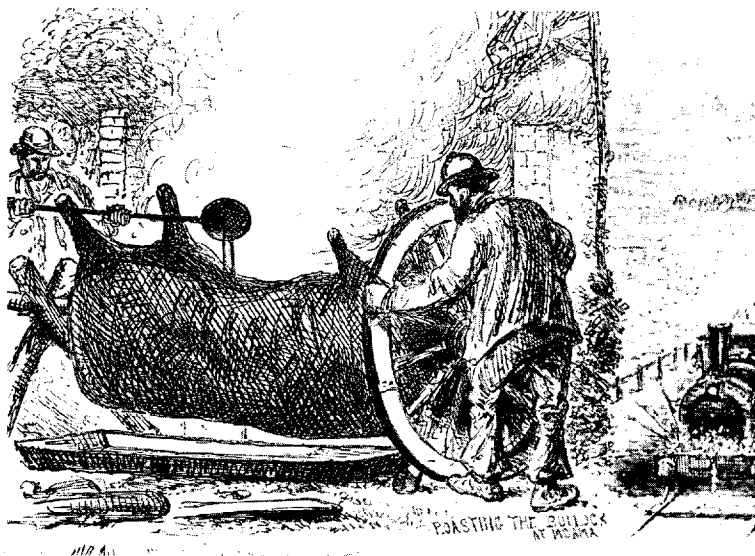
Fish can be cured in similar fashion. After removing the heads and entrails, split the fish open and remove backbones. Rub the pieces well with salt, or half salt and half sugar, and lay

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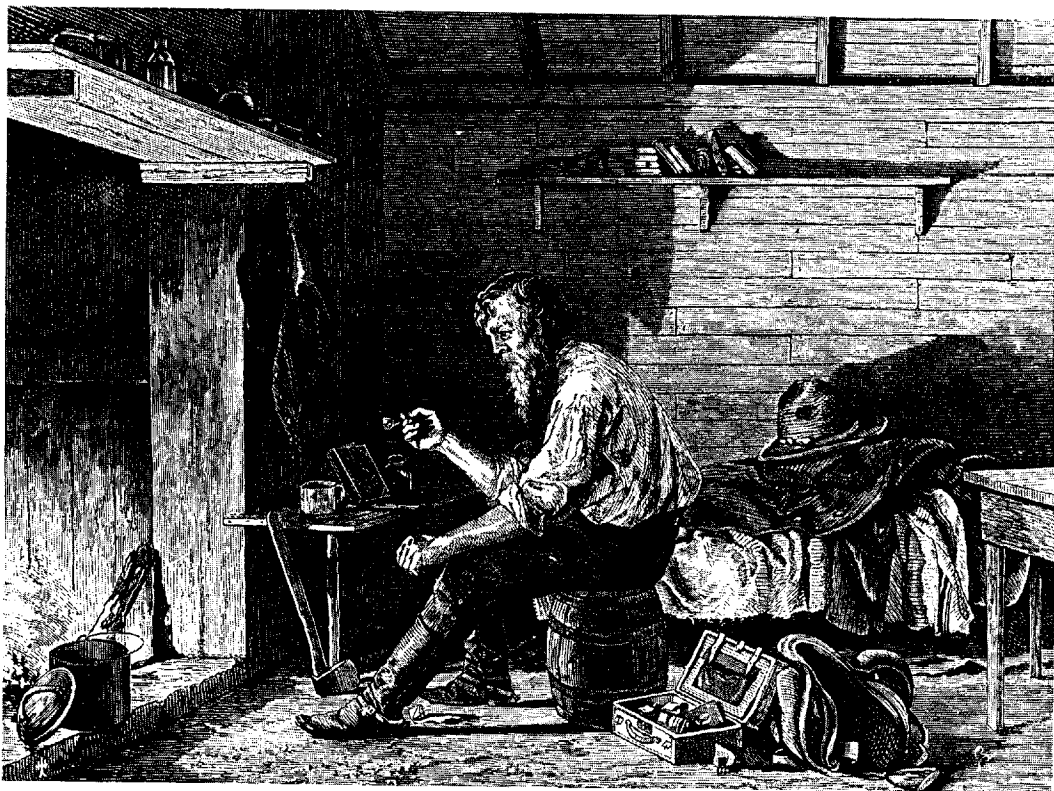
them out singly in clear windy weather, turning them every 2-3 hours. At night and in bad weather stack them under a

cover, such as a tarpaulin, but let them dry out when the weather is good, until they are completely cured.

Roasting the bullock at Moama. Note the splendid spit-roasting improvisation. Engraving from *Australasian Sketcher*, 5 Aug. 1876. NLA.



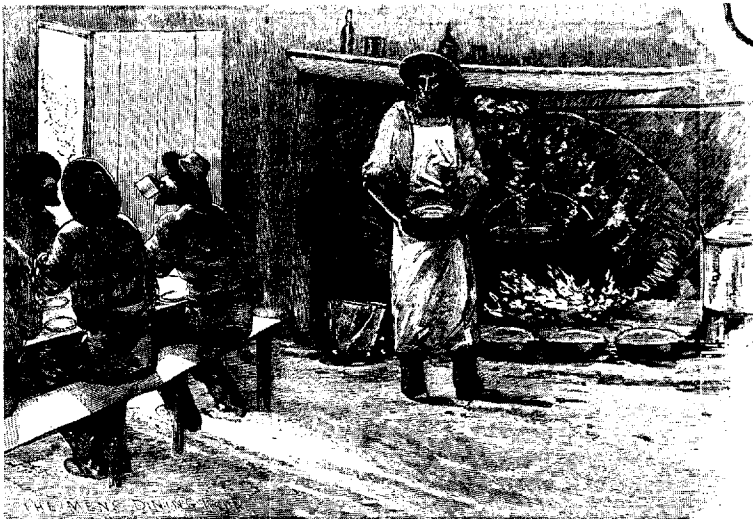
Fireside reflections. Engraving from *Illustrated Sydney News*, 28 March 1874. NLA.



Jerked meat, or 'jerky', was meat with all visible fat removed, cut into thin strips, sprinkled with salt or not, according to taste and the state of the salt supply, and strung up on a piece of stick or wire to dry. Desperate explorers sometimes jerked their horses and camels as they died on long trips in inhospitable country. The dried meat strips were light and easy to carry, as well as proof against heat and time.

Two methods of making putrid meat sweet again were well known in the bush. The first is still in fairly general use where there is no refrigeration, and never fails to improve a potentially hopeless situation. A cloth dipped in vinegar and used to rub over every surface of the offending meat removes any objectionable smell, and at the same time corrects the somewhat sticky, slimy feel of meat that is a little older than one might wish. Many a dinner has been saved this way. The other method is much more instinctive, yet it seems less well known. The Aborigines use it to great advantage, not only with meat, but also with poisonous juices from vegetable matter. It is to soak the meat in running water, perhaps for as long as two days, or if that is not possible, to wash it well in several changes of water, until the smell and appearance have improved to the point where the cook can serve it confidently. Flavourings, such as herbs and spices, have been used for centuries to mask the taste and smell of meat that is not quite fresh.

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The men's dining room.
Engraving from *Australasian Sketcher*, 22 April
1882. NLA.

It is not hard to imagine how depressing the diet of tea, damper, and salt meat might become after weeks, or perhaps months, of living away from civilisation. An entry in the diary of E. W. Landor, when he was minding his own and others' sheep in an isolated hut for some time, tells the story:

22nd.—The Doctor is enjoying himself at York, and E. lives on the fat of the land at Perth, whilst I have never tasted anything

but salt pork and kangaroo for many months, and have nothing to drink but tea. I have almost forgotten the taste of a potato. We have nothing here but kangaroo and pork, and unleavened bread, called damper . . . I consulted John this morning about killing a sheep, as none of them seemed inclined to die naturally. John caught at the idea with great quickness . . . We fixed upon one of E's sheep, as it looked the fattest; and he being the richest, and never coming himself to look at his flock, will not care about a few sheep more or less. I'd kill one of my own, but they are such a seedy lot . . . I hereby confess that I killed it with my own hand, and afterwards . . . [directed] a verdict of 'Visitation of Providence' to be recorded in the accounts relating to the flock. We had the liver for supper. Excellent! never tasted anything half so good.

23rd.—Dined on sheep's head and trotters. (Tea to drink, *toujours*.)

24th.—Saddle of mutton.

25th.—Leg.

26th.—Shoulder.

27th.—Leg.

28th.—Shoulder.

29th.—Finished the sheep, and polished the bones.

Mrs Caroline Chisholm recognised the difficulties of trying to cook meals every day with only salt meat and flour as ingredients. Writing in the 1850s, she did her best to counteract depression by describing ways of making the same food seem different. One of her suggestions was Station-jack, made by soaking and beating salt beef, then rolling it in a paste of flour and water, and boiling it. Another was the Queen's Nightcap, small pieces of salt beef stewed in water, then drained, and cooked gently a little longer with a sprinkling of flour. From more flour mixed with water a pancake was formed, fried, and the stewed beef was served on top of the pancake. The same salt beef, cut small, mixed with a flour dough to form dumplings, and fried, she called trout dumplings, while the cut-up meat stewed, and covered with a dough crust, which could be cooked in a camp oven, was labelled stewed goose.

When it was available, bush game added variety to the menu. Sticker-up was spit-cooked kangaroo slices. The spit was a thin green branch, which was strung with the meat, and either slung between two forked sticks over the fire, or one end of the spit stick was driven into the ground to the lee of the fire, close enough for the meat to cook slowly without burning. Another kangaroo dish, made of steaks and chopped tail, with a few slices of salt pork, stewed for a couple of hours in a little water in a covered vessel, was called steamer.

Richard Tester described how he and his mate cooked and ate a turkey they had caught, on a dark night with only the light of the fire to see by.

We felt too lazy to pluck the feathers, and the state of our stomachs could not allow of any very long operation of cooking. So we agreed to boil the legs only. A pot of muddy water was soon obtained, and the legs, after a hasty plucking, were thrust into the pot, and we lay down before the fire, and passed away the time by smoking and listening to the bubbling of the turkey legs. We soon found our lodging very uncomfortable. The wind blew strong, and sent showers of fine sand into our faces and thickly covered our garments and blankets. My mate intimated that the legs must be done & accordingly proceeded to convince himself. The pot and its contents was not long in being removed from the fire, and we squatted down, knife in hand, to commence operations. Each seized a drumstick, but we could not get them out. They had swelled to the full size of our saucepan, and were so firmly wedged that it took force to get them out. But I must remind you that our saucepan was only a small one, and also that wild Turkey legs are considerably larger than any English Turkey. We had a little salt with our supper, and a great deal of sand too, and almost every mouthful of flesh had its fair proportion of feathers.

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The problem of the feathers was traditionally dealt with by



A comfortable camp.
Painting by S. T. Gill.
ML.

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plunging the bird into boiling water to soften the quills. In the bush, however, there was not always enough boiling water. The alternative method was to dip it in cold water, then roll it round on the fire. The steaming water softened the quills in the same way.

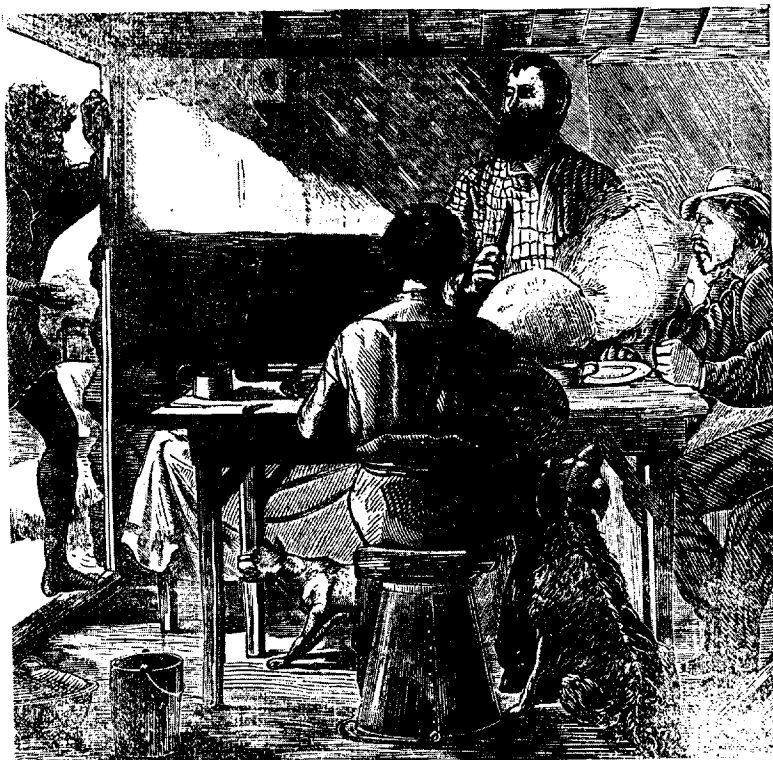
The fact that the name 'turkey' has been applied to three different Australian birds has caused some confusion. We have the true bustard (also called native turkey, plain turkey and wild turkey), the brush turkey (also called wattled turkey and talegalla), and the scrub turkey (native pheasant, mallee-fowl). Of these, the bustard was the one the hungry hunter prized most, both for its size and the quality of its flesh.

Although rabbits were not native to Australia, they were thriving in the Australian environment in the 1820s. By 1860 they had become a pest. One way to cook a rabbit in the bush was to soak it if possible in salt water for an hour, then dry it, removing the tail bone to avoid the wild taste. It could then be split down the middle and laid flat on the gridiron, seasoned with salt and pepper. A sauce made of the chopped liver, cooked with butter and herbs, added a gourmet touch if the ingredients were available.

A method of keeping game fresh for some time, which was in use in 1875, was to put some finely powdered charcoal in a muslin bag, and place the bag inside the bird, hare, or whatever. The charcoal was changed daily, and kept the game sweet. Charcoal was also

An uncomfortable camp.
Painting by S. T. Gill.
ML.





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Christmas in the bush.
Engraving from *Town
and Country Journal*, 25
Dec. 1875. NLA.

Interior of a settler's hut,
1849. Wood engraving,
drawn by J. S. Prout,
from *Illustrated London
News*, 17 March 1849.
NLA (Nan Kivell
collection).



used, powdered and mixed with water, to sweeten vessels that had 'contracted impure smells', and a few pieces of charcoal added to the water in which fish or meat too long kept were boiled made them taste and smell fresh again. The purifying properties of charcoal are still recognised by the many people who take charcoal in tablet form for minor stomach ailments, and who add charcoal to flower vases to keep the water sweet.

If the bushman had to choose only one implement to take with him into the bush, perhaps he would choose a shovel, since it has so many uses, including that of a frying pan. Many a chop and onion has been fried over the fire on a cleaned and greased shovel. The billy, too, has been used for cooking a few things stranger than tea.

DROUGHT LOAF

To 1 cup plain flour, 1 cup bran, ½ cup sugar and ½ cup sultanas, add 1 T treacle, and 1 t soda bicarbonate mixed with 1 cup milk. When mixed in a billy, put the lid on, and boil about 1½ hours. When cold, serve it sliced and buttered.

BILLY FRUIT LOAF

Mix together 3 cups plain flour, ½ t salt, 1½ t soda bicarbonate, 3 t cream of tartar, 1 t mixed spice, 1 T ground cinnamon, 2 T sugar, and 1 cup bran. Rub in 1 T butter, then add 1 T golden syrup mixed with a little milk. Add more milk slowly, mixing all the time, till the mixture is a soft dough. Lastly add 1 cup mixed fruit. Put in a greased and floured 3-pint billy. Put the lid on, and bake 1½ hours (or less) in the ashes, as for damper, being careful not to burn the loaf.

BILLY WHOLEMEAL

Mix 2 cups each of wholemeal and SR flour, ¼ cup sugar, 1 cup sultanas and nuts mixed, and a little salt to a soft dough with milk, and cook in a greased and floured billy with the lid on in the very moderate heat of the ashes.

For these recipes it was best to punch a small hole in the lid of the billy, to let the steam out. Soup tins, or any other tin of the right size, would serve as well, with a foil lid.

Cooking fish over the campfire presented no problems. As well as the conventional methods, employing the frying pan or the fish kettle, a fish could be cleaned and cooked whole, wrapped in wet gum leaves and put carefully in the ashes. After half an hour or less, depending on size, when it is cooked, the skin comes away with the leaves, and the juices have not been lost. Another way to retain the juices and flavour is to wrap the fish, cleaned but whole, in a one-inch layer of clay or mud, and then wrap the whole bundle in newspaper to keep the clay in place until it is on the fire. This needs

a continual fire on top of it, and may take up to two hours to cook, but when done the skin comes off with the clay coating, as in the gumleaf recipe, and the fish is juicy inside.

A novel way of keeping fish fresh in hot weather or during a long journey was to fill the mouth and gills with a paste of breadcrumbs and spirits of wine, then wrap the fish in fresh nettles, then in an envelope of straw.

Opinions differed about the requirements for an excursion into the bush. The Reverend David Mackenzie's list, written in the middle of last century, was as follows:

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A good horse, a pair of hobbles, a tin pot for boiling tea, blanket, greatcoat, tinder-box, pocket-compass, and saddle-bags, containing a couple of regatta-shirts, two or three pairs of cotton socks, a blank cheque-book, and some negrohead tobacco. The blank cheque-book must be one of those which will do for any bank.

Early breakfast. Painting
by S. T. Gill. ML.

The negrohead tobacco served instead of money, beyond civilisation.

One of Bill Harney's precious necessities for bush cooks was a set of long wire hooks, for lifting the lids off pots on the fire. He used the rations mentioned in *The Old Bark Hut* ballad for one week's rations in the bush: 8 lb flour, 10 lb beef, $\frac{1}{4}$ lb tea, 2 lb sugar. To these he added baking powder, jam, rice, and vegetables.

But no matter with what forethought one has chosen one's bush gear, unthought-of emergencies are likely to arise. What follows here is a pot-pourri of old remedies, hints, and bush-lore gleaned from the research for this chapter. So much of it is lost knowledge

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now, that it may be helpful to revive some of the practices of simpler days.

To boil water without a vessel, look for a tree with a knot-like protrusion, covered with bark. These were much used by the Aborigines. With knife or tomahawk cut round the bark where the protrusion joins the tree, and remove the bark vessel. To dry the inside of sap, heat it gently over the fire for a few minutes; then fill it with water and leave it near the fire. Heat up some stones in the fire, and immerse them when very hot, one by one, in the water for a few seconds each, till the water boils.



Late supper. Note camp oven in foreground. Painting by S. T. Gill. ML.

Half a teaspoon of sugar will usually revive a dying fire.

A fishbone in the throat often responds to a raw egg swallowed immediately.

In cases of uncontrollable smoke from a fire, a wet handkerchief tied over mouth and nostrils helps prevent suffocation.

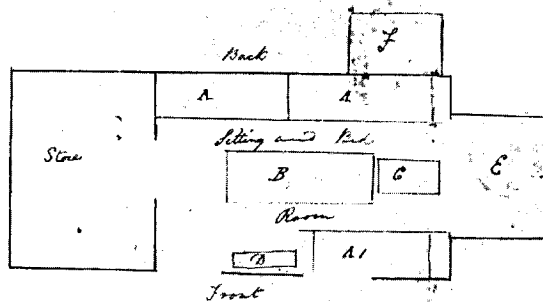
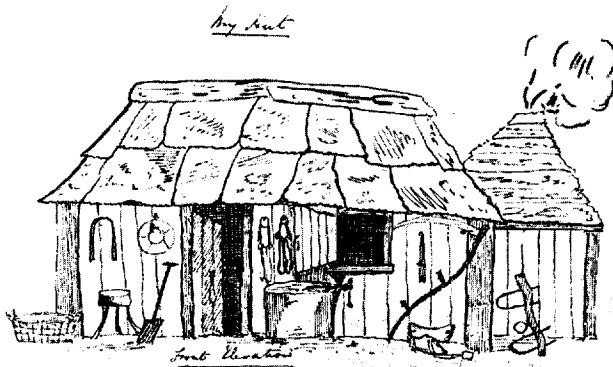
Honey has antiseptic properties, and can be used with water as an eye wash. Undiluted, it helps draw the inflammation from boils and whitlows. It also helps glandular swelling and sore throats.

Fats, including suet and butter, carry best in the flour bag.

A stock-keeper's light was made by rolling up a piece of rag and sticking it into an old cup or pannikin full of dripping. It was known as a slush lamp.

To waterproof boots, warm a little beeswax and mutton suet till it is liquid, then rub this over the soles, and past where the stitches are. If boots are wet, fill them quite full with dry oats, which overnight will soak up the moisture, and swell in the process, making a tightly fitting last to prevent the leather shrinking and hardening. In the morning shake out the oats into a bag, and hang

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- A. B. - beds, or bed places
- A. - Bed
- B. - Table for sitting on
- C. - My own stool
- D. - Bench for bashing basin &c.
- E. - Fire place
- F. - a small yard containing some trees

The hut is composed of slabs of wood cut split from a tree called Iron Bark and Gum - the roof of Bark stuffed in large sheets from neighbouring trees

To To

E. H. Shaw

Ink drawing and plan of a hut in N.S.W. by E. H. Shaw, 1 Dec. 1840. NLA (Nan Kivell collection).

the bag near the fire to dry out the oats for the next wet night.

Snakes do not like the volatile oils in geraniums. A planting of these, especially the scented ones, is a protection against them.

Visible stings from a wasp or a bee should be extracted. A strong solution of ammonia in spirits or water, or, failing that, warm oil may be applied to the skin.

To allay the pain of a wound, sprinkle brown sugar on a panful of burning coals, then hold the wound in the smoke for 15-20 minutes. Hot foment (that is, cloths dipped in very hot water, wrung out, and applied steaming hot to the area) also help allay pain, relieve irritation and relax spasms. Poultices are used for treating inflammation and soreness too. A bread poultice is made by soaking coarsely crumbled bread in boiling water, draining off any water not absorbed, and spreading the bread 2 cm thick on a cloth. Apply it to the area to be treated as soon as it is not too hot to bear. For a mustard poultice mix equal quantities of dry mustard

and linseed meal in warm water (for a weak poultice) or vinegar (stronger), or use mustard only with the vinegar (very strong). Bran, sewn up in a bag, is another poultice which keeps its heat well, and it can be reheated. It is especially useful for sore throats.

Twenty grains of soda bicarbonate, taken last thing at night, is an old remedy for sleeplessness.

The long pendulous strips of dry bark hanging from many gum trees make excellent kindling, even in wet weather (especially if



Interior of a settler's hut.
Unsigned pencil sketch.
NLA (Nan Kivell
collection).

taken from the lee side of the tree), and were often called settlers' matches.

To make a bush bed-warmer for a cold night, dig a hole where your feet will be, and put in this a few shovelfuls of red hot coals. Cover with some earth, and trample it down. The warmth will be felt through a sleeping bag. This same method can be used for warming an aching back.

For jelly-fish or bluebottle stings, ammonia or bluebag are good remedies, but are not often handy. The stings are neutralised to some extent if rubbed with sand as soon as possible. Keep rubbing for a long time.

To make greenhide from the skin of a dead animal, cut it into narrow strips, and shave off the hair with a knife. It can be softened by rubbing. Either way, greenhide is a very strong substance with many uses, such as to replace rope, bag-strings, chains (or to replace a link in a chain), hoop-iron, or hinges.

Three ways to tan skins:

Take equal parts of salt, alum, and Glauber's salts, and $\frac{1}{2}$ a part of saltpetre; pulverise and mix. Handle the skins and rub the mixture well in 3-4 times a day, the oftener the better. If the skin has not enough moisture to dissolve the salts, put a little water into the latter. The result is mothproof.

To prepare rabbit or possum skins, lay the skin, fur undermost, on a board and tack it down thoroughly with tinned tacks. (For the last hundred years or more, since fencing wire became common, it has been standard practice to leave the rabbit skin in a tubular shape instead of splitting it open, and to dry it by pulling it like a sweater over a loop of fencing wire.) Dip a sponge in a solution of 60 g alum in $2\frac{1}{2}$ cups warm water and moisten the surface all over. Repeat this several times a day for three days. When the skin is quite dry remove the tacks, roll it up loosely, hair side inside, and draw it backwards and forwards through a large smooth ring to soften it. Unroll it, and roll it up again, still with the hair side inside, but the contrary way, and repeat the softening operation.

To tan small skins nail them, fur side down to a board and clean off all the fat with a dull knife, taking care not to cut the skin. When you wish to tan them, soak till soft in cold water, squeeze out the water, and leave them for 30 minutes in a well stirred solution of $3\frac{1}{2}$ l soft water, $1\frac{1}{2}$ cups salt, and 30 ml oil of vitriol. Remove the skins, squeeze them by hand (do not wring them), and hang in the shade, fur side inside, to dry. Tanned this way, the skins should be soft and mothproof.

Cobwebs laid over a cut hasten healing.

Finally, since bites and stings can still happen in extremely isolated places, here is one person's verbatim experience of self-help, for interest rather than for imitation:

As the season of bites with reptiles is near, I send you a simple and easily obtained remedy for stings or bites. It is a plaster of clay, or, instead of clay, common swamp or gutter mud, applied as soon as possible to the wound. I have tried it on myself. In one case I was stung by hornets, in several places in my neck and arms. I went to a swamp near, the poison being so severe that my sight was much affected. I immediately applied the mud, and, in half an hour, the only effects were small sore lumps round each sting. I knew a neighbour who was bitten by a snake some miles from home; his companion left him and went for help as fast as possible, it being just night. He was not able to return until morning. When going, he met the man returning, with the poison conquered. He had got to a swamp, dug a hole with his tomahawk, inserted and buried the bitten place in the mud. That was all.



The
Outhouse
Kitchen

3

Pioneer Cookery

The first seventy years of European settlement in Australia were years when there were no resources to fall back on but one's own. Even the various colonies, as they developed, were isolated from one another, while the gulf between the residents of Australia and of the rest of the world was enormous. Without access to any wisdom other than what they carried with them, the settlers were facing new problems of living, and a greater need for self-sufficiency than had been their experience at home.

Many housewives may have brought with them English recipe books to guide them through their housekeeping problems, but these would have had only limited application in a new colony, where ingredients differed and cooking facilities were more primitive. In any case, the great day of recipe books had not yet arrived in England. Mrs Beeton's splendidly comprehensive *Book of Household Management* was not published until 1861—too late to help the Australian pioneer housewife in the first half of the nineteenth century. The obvious practical solution was for each housewife to make her own recipe book, bringing with her from England the housekeeping expertise handed on to her by her mother and friends, and adding to it whatever experience she gained in the new colony, and whatever recipes and hints were passed on to her by housewives who had met and mastered some of the new problems before her.

Not many of these early manuscript recipe books survive in libraries. However, it seems that a carefully hand-written recipe book, perhaps with leather binding, title page, date, and index, was the sign of a wife who took her duties seriously, and was an important part of a bride's trousseau. Amongst the recipes for curing hams, and for jams and puddings, are such items as how to wash silk stockings, make French curtains, remove stains, exterminate pests, waterproof boots, prepare quills, and recipes for furniture oil, plate cleaner, dyes, cold cream, ink, sealing wax, and candles.

The housewives who made their own recipe books were, of course, the better educated ones, to whom writing came easily. It was the others—the young girls with little or no household training, who had to battle with the interminable salting of meat and making of bread in the bush—whose plight Caroline Chisholm recognised

Method of Curing Mutton Ham
 It is necessary that the mutton should be very fat,
 two ounces of raw sugar must be mixed with
 an ounce of common salt, and half a Spoon
 full of Saltpetre,
 The Meat is to be rubbed well with this, and
 then placed in a Tub,
 It must be heated and turned twice a Day during
 three consecutive Days,
 And the skin which comes from the Meat
 having been taken off, it is to be wiped,
 and again rubbed with the mixture,
 The next Day it should be again heated,
 And the two Operations should be repeated
 alternately during ten Days, care being taken
 to turn the Meat each time,
 It must be then exposed to the Sun or
 for ten Days,
 These Hams are generally eaten Cold

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Outhouse Kitchen

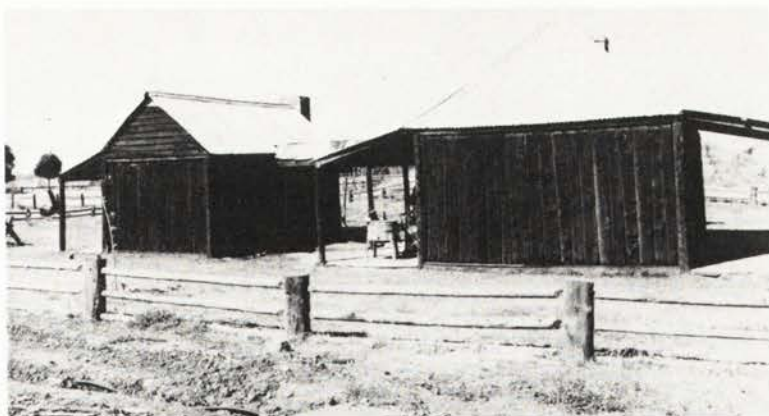
Left: A page from the manuscript recipe book, dated 1827, of Mary Mitchell, wife of Sir Thomas Mitchell. ML.

Top right: The original home (1850s) of the Debenham family, farmers in the Forbes area, consisted of a kitchen/living room (on right of picture) and a bedroom behind, joined by a walkway. Later they added a larger wing in front. The slab walls, sealed with metal strips, were then papered inside. The ceiling was lined with natural hessian. By courtesy of Lachlan Vintage Village, Forbes, N.S.W.

when she wrote down a few ideas to help those without recipe books, servants, or access to information. Her recipes have been mentioned in Chapter 2.

Except in the case of the wealthiest colonists, the usual practice was to begin building one's house by building a hut or lean-to, which later became the kitchen, when bedrooms, a sitting room and a verandah were built separately and in front of it. The number of outhouses, like the size of the main house, depended on the need (that is, the degree of self-sufficiency required) as well as the opulence of the family. Outback stations, for example, might find a need for an outhouse dairy, a slaughterhouse or shambles, a laundry, and huts for the station hands and servants, as well as the detached kitchen which was customary in every home other than the one-roomed hut. There might also be some kind of store-room, to house bulk supplies of flour, sugar, tea, salt meat, and other foods, enough to feed for some months the full complement of station residents, as well as the inevitable straggle of bullockies, shearers, and sundowners. The station owner was also expected to keep supplies of soap, shaving gear, tobacco, and 'slop clothing' ('blue jacket and trowsers, red baize and striped cotton shirts, duck

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The slab and bark out-house kitchen of Henry Lawson's childhood home, a large, high-ceilinged room with a storage loft at one end. Originally at Eurunderee, near Mudgee, the house has been rebuilt at Forbes. By courtesy of Lachlan Vintage Village, Forbes.

frocks and trowsers . . . strong quarter boots for large sizes'). These he sold to his workers as they needed them (often, in the early days, at double their cost, although Edward Curr reports that by the 1820s this practice was considered disgraceful, and was not very much in vogue).

The cook could choose between an open fireplace, with its array of black iron pots hanging from hooks above the fire, and the colonial oven or bread oven, made of bricks or clay, and often outside the kitchen, perhaps built against an outside wall, or standing free some distance from the house. To make the bread or scones in this was a lengthy job, since the cook had to light a fire in the bottom of the oven two hours or more in advance to heat the bricks. Then, when the scones were ready to go in, she had to scrape

out the fire, and lift in the tray of scones on a peel—a long flat wooden carrier with a handle.

A well-furnished kitchen would have a large scrubbed deal table in the centre of the room, a dresser for the crockery, a stone or earthenware bread crock, and a kitchen safe to keep the food away from the flies. A separate meat safe, usually hanging from a verandah joist or a branch of a nearby shady tree, but sometimes, like the kitchen safe, standing with its legs in tins of water to discourage ants, might have its frame covered with hessian or fly-wire. There was often a basin of water on top of the cooler, from which wet towels or strips of hessian dangled down on all sides of the safe. The breeze dried the towels and more water was absorbed. This evaporation process helped to keep the contents of the safe cool. A more

The
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Interior of the kitchen of Henry Lawson's childhood home. Note safe at right of picture, and central kitchen table. By courtesy of Lachlan Vintage Village, Forbes.

elaborate safe, which was probably more efficient, has been described to me by a Queenslander. It was very large, with inner and outer walls made of wood, with ventilation holes here and there. The space between the inner and outer walls was packed with charcoal, and a slow drip of water kept both charcoal and wood damp.

The food available varied from place to place, with the greatest choice in those places which had markets. On her arrival in New South Wales in 1839, Mrs Charles Meredith (Louisa Meredith, poet and novelist) found that

The market in Sydney is well supplied, and is held in a large commodious building, superior to most provincial market-houses at home. The display of fruit in the grape season is very beautiful. Peaches are also most abundant, and very cheap; apples very dear, being chiefly imported from Van

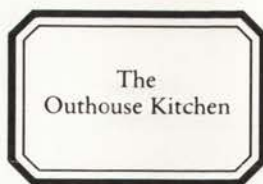
Pioneer
Cookery

A pot crane, two hot water fountains, a gridle, and bellows, for open-fire cooking. By courtesy of Swan Hill Pioneer Settlement.

A miner's hut, Lithgow Valley, N.S.W., 1899. The beehive-shaped structure on the right is probably a clay colonial or bread oven. NLA.

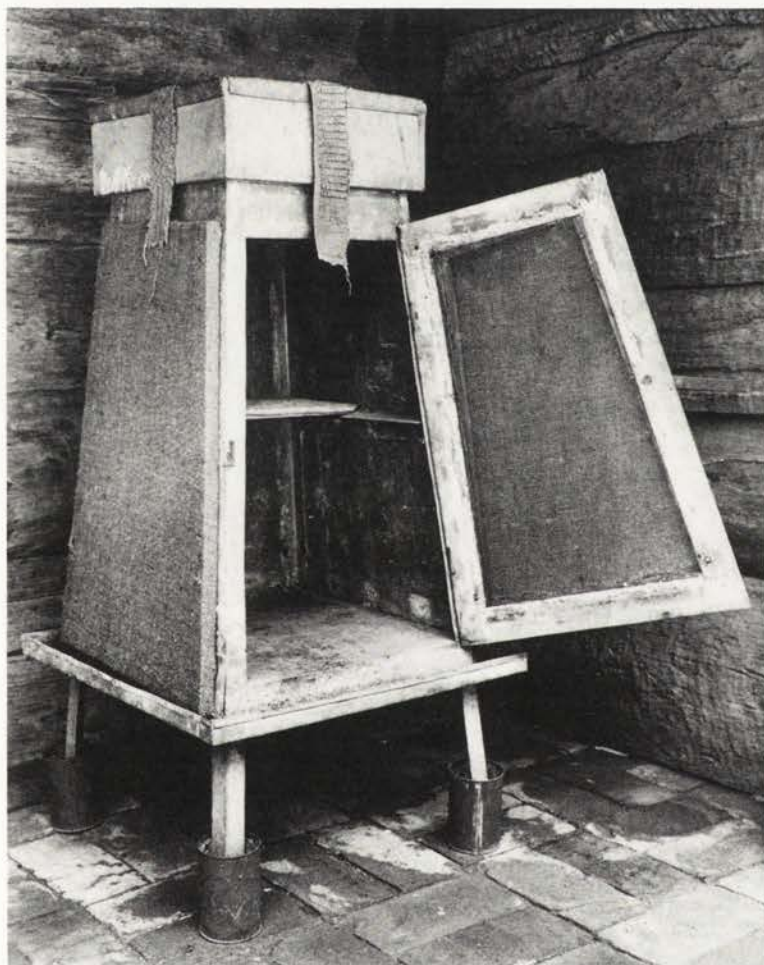


Diemen's Land, and frequently selling at sixpence each. The smaller English fruits, such as strawberries, &c., only succeed in a few situations in the colony, and are far from plentiful. Cucumbers and all descriptions of melon abound. The large green water-melon, rose-coloured within, is a very favourite fruit, but I thought it insipid. One approved method of eating it is, after cutting a sufficiently large hole, to pour in a bottle of Madeira or sherry, and mix it with the cold watery pulp. These melons grow to an enormous size . . . and may be seen piled up like huge cannon-balls at all the fruit-shop doors, being universally admired in this hot, thirsty climate.



In 1826 James Atkinson was writing that

Fruits are in great abundance and variety, and many of excellent quality; the principal are oranges, lemons, citrons, peaches, nectarines, apricots, figs, grapes, olives, loquats, grenadillas,



One type of Coolgardie safe. Strips of fabric convey moisture from a basin of water on top of the safe to the hessian walls. The evaporation keeps the food cool inside, and a tray at the base collects any excess water, so it can soak up the hessian sides again. Tins of water prevent ants from climbing up the legs of the safe. By courtesy of Swan Hill Pioneer Settlement, Swan Hill, Victoria.

pears, apples, plums, cherries, quinces, mulberries, raspberries, strawberries, and pomegranites . . . Peaches are more abundant than any other fruit; considerable quantities of cider are made from the juice; and swine are fed with them by many people, for three or four months in the summer and autumn.

A little later the Reverend David Mackenzie was growing 'carrots, parsnips, turnips, cauliflowers, asparagus, broccoli, onions, cabbages, potatoes, pumpkins, rock and water melons, cucumbers, vegetable marrow, and peas.'



Paddy McBride relating his story. Engraving from *Town and Country Journal*, 24 July 1875, showing a typical kitchen scene, with fire-place, central table, and dresser. NLA.

Wheat and maize were established crops by the beginning of the nineteenth century, but the coastal climate proved less suitable for wheat than for maize, and as the price of wheat rose because of its scarcity, maize became a common though less satisfactory substitute.

To augment the diet of introduced meats (beef, pork, and mutton), gradually the pioneers learned to eat bush game, such as wallabies, possums, bustards, and kangaroo rats, and to appreciate the local fish. Here is Mrs Meredith again:

There are some excellent fish to be procured here . . . The snapper, or schnapper, is the largest with which I am acquainted, and is very nice, though not esteemed a proper dish for a dinner-party—why, I am at a loss to guess; but I never saw any native fish at a Sydney dinner-table—the preserved or cured cod

and salmon from England being served instead, at a considerable expense, and, to my taste, it is not comparable with the cheap fresh fish, but being expensive, it has become 'fashionable,' and that circumstance reconciles all things.



Mrs Meredith also comments favourably on the Sydney rock oysters and crayfish.

Those not living near the markets had to be as self-sufficient as possible, and of the various vegetables grown in home gardens, pumpkins, potatoes and cabbages seemed to thrive best. It was still

PEARSE'S PATENT HANGING MEAT SAFES

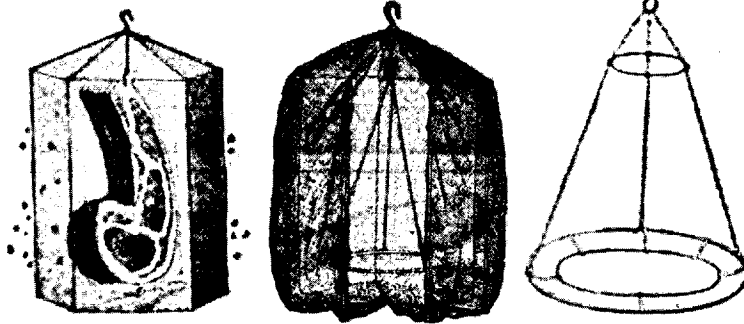


PLATE SUSPENDERS

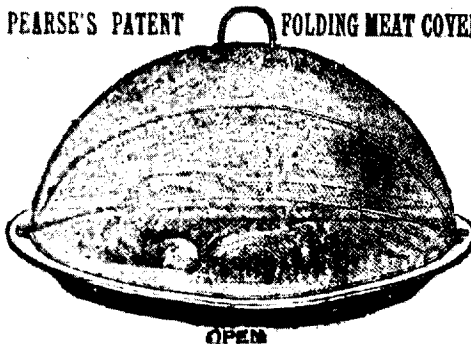
(REGISTERED).

Two sizes. Made of stout wire, suspended by a chain; cannot be upset, and are capable of holding large joints.

Retailed at 1/6 and 2/ each.

A cheap form of the same sold at only a few pence.

PEARSE'S PATENT FOLDING MEAT COVERS



OPEN



PEARSE'S ORIGINAL MEAT SAFE, COMPLETE WITH HOOK.

1/ size, 16 in. diameter, 17 in. length.
1/6 " 18 in. " 25 in. "

Can be obtained with wire or cane frame, and are the cheapest and best in the market.

LIBERAL TERMS TO SHIPPERS AND THE TRADE.

JAMES PEARSE

& COMPANY,

Sole Manufacturers,

110 & 17 FORB ST., EXETER.

77

a somewhat monotonous diet, but the pioneer cooks soon learned the art of making a few basic ingredients into as many different dishes as possible, so that there appeared to be more choice than there was.

One problem that could not be overcome by practising pioneer self-sufficiency was the water problem. Early settlers in a district would take up their position close to a creek, but it was not possible for everyone to live near a constant supply of fresh water. The first settlers in Melbourne, for example, depended on the Yarra River for their water supplies, and drew up for their own use buckets of 'a compounded dose of lukewarm water and Glauber salts; and though it was physic one would hardly throw to the dogs, the people of Melbourne had to swallow it.' As the population grew, pumps were installed, and a water-carrying trade grew up.

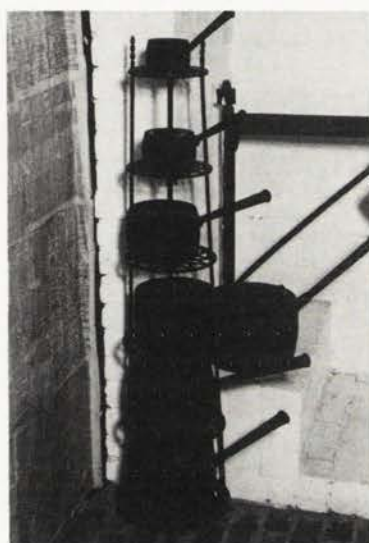
An advertisement for meat safes and meat covers, from *Australian Ironmonger*, 7 Sept. 1899. NLA.

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At intervals along the north side of the river's bank, from the Falls to below the site of Prince's Bridge, ran a line of rudely constructed pumps from which the water was discharged into barrels mounted on carts, and delivered to householders at so much a barrel . . . In each dwelling-yard there was placed close to the gate a receiving barrel into which, by means of a hose and a square opening cut into the fence, the waterman used to empty the liquid element. One load of water per week sufficed for the majority of families, and presuming a load to be delivered on Monday, its residue was the reverse of pleasant drinking on the Friday or Saturday following, by which time many of the household barrels contained an unsavoury sediment of mosquitoes, centipedes, spiders and cockroaches, dead, alive, and dying.

Right: A water filter from Henry Lawson's home.

Far right: Saucepan stand and iron saucepans in the kitchen at Nelungaloo homestead.



Silver meat cover from the dining room at Nelungaloo homestead. All three from Lachlan Vintage Village Forbes.



The more enterprising settlers thought up ways of filtering their drinking water through charcoal, or used deflocculents, just as the Aborigines had done for centuries, to make the sediment sink to the bottom of the tank. Even so, the purity of the water supply was always a worry, as Steel Rudd recognised in this vignette from *On Our Selection*:

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One hot, thirsty day it was Joe's turn with the bucket, and he managed to get back without spilling very much. We were all pleased because there was enough left after the tea had been made to give us each a drink. Dinner was nearly over. Dan had finished and was taking it easy on the sofa when Joe said, 'I say, Dad, what's a nater-dog like?'

Dad told him. 'Yellow, sharp ears and bushy tail.'

'Those muster bin some then that I seen—I don't know 'bout the bushy tail—all the hair had comed off.'

'Where'd y' see them, Joe?' we asked.

'Down 'n the springs floating about—dead.'

Then everyone seemed to think hard and look at the tea. I didn't want any more. Dan jumped off the sofa and went outside; and Dad looked after Mother.

So many skills were necessary for the smooth running of a pioneer household that the daughters of the house began their training early, both to fit them to run their own future households, and to ease the burden on mother, who needed every helping hand she could get for the time-consuming task of feeding a family before the days of the local supermarket.

One of the most basic of the skills to be learnt, and one of the hardest to master to perfection, was bread-making. Mary Kennedy, who spent her childhood very early in the nineteenth century, took justifiable pride in her bread-making ability, amongst other household arts she had mastered:

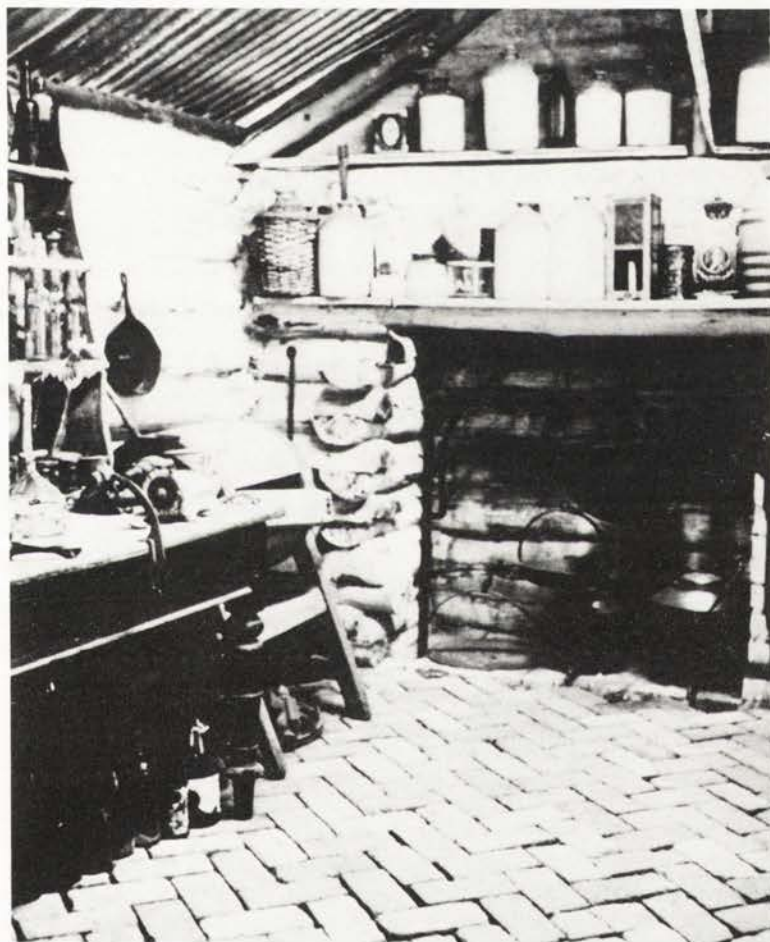
I lived very quietly as we had to take up the burden of life and learn all household arts, at 13 I had to help with everything and it was my pride that at 15 I could make the butter as well as my Mother, could prepare and roast a turkey, or sucking pig, and knead up a large batch of bread in the baking trough, and bake it in the brick oven, and to this day 'My hand has not lost its cunning.' I know the exact heat it requires to bake a loaf the exact brown, without burning it, and still to have it done. I could manipulate the wooden peel, with which I placed the loaves on the white hot bricks, after having heated it exactly, and let no novice think that they can do it, it is also an art, an iron peel and mop BEING REQUIRED to remove the fire and cool the heated bricks.

Then, the washing and starching and ironing, and then the making of great boxes of candles, made in moulds and put by for the Summer how the fat must be the exact heat to enable them to 'draw', a frosty night being a great help.

The yeast, too, had to be made, initially from hops, but once the housewife had started the culture, she kept some of it to activate the next batch, the same way that the culture for ginger beer or yoghurt can be kept going indefinitely. Once she had the first batch of yeast made with hops, she usually added mashed potatoes, with very little additional hops, when she wanted to replenish her yeast supply. Bread made with the potato yeast was said to be lighter and of better texture than bread made with plain hops yeast.

The recipes for hops yeast and potato yeast are innumerable. I shall give only enough to indicate the extent of the variations.

The kitchen at Tyn-tynder homestead, near Swan Hill, Victoria, built 1846. Brick floor is typical. Note mincer clamped to side table. NLA.



TO MAKE YEAST

To 2.25 l (2 quarts) siftings cup hops and $\frac{1}{2}$ cup sugar. When (= bran), add 4.5 l water boiled cool set it working, and bottle it. and strained, then throw in $\frac{1}{2}$

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Outhouse Kitchen

TO REPLENISH YEAST SUPPLY

Mix 5 T flour smooth in 1.1 l (1 quart) cold water, and boil slowly 20 minutes, stirring frequently after the manner of boiling starch. When lukewarm, add 1 cup brown sugar and 6 T of the previous batch of yeast. Stir it well and place it near the fire for a day, then bottle it and keep it in a cool place. 7 cups flour require a small wineglass of this yeast, shaking it before using it. Keep 5 T of the old yeast to make the new. After adding the yeast to the bread dough, keep the dough a day before baking it.

The above recipes, both written in 1822, are unusual, since they require only a small quantity of hops, and no potatoes. They are the earliest Australian recipes for yeast I have found. Those that follow are more conventional.

HOPS YEAST

To make yeast without any yeast starter, boil 1 cup loose hops in 2.25 l (2 quarts) water 20-30 minutes, or till hops fall to the bottom; strain away the hops, retaining the liquor, which should be left till lukewarm. Then add 1 T salt and $\frac{1}{2}$ cup sugar. Blend $\frac{1}{2}$ cup flour with a little of the liquor, and stir it in to the mixture. Bottle, cork, and tie down. If left in a warm place, it is ready to use after 24 hours. Use 2 T of this yeast to 3 cups flour for breadmaking.

POTATO YEAST

Boil 6 medium potatoes in 1.1 l (1 quart) of water. When quite done, remove them and mash them smooth, then add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup flour, and mix all together in the water the potatoes were boiled in. When lukewarm, add $\frac{1}{2}$ cup yeast saved from the last batch, and let it stand 12 hours before bottling. Use 2 T yeast to 3 cups flour, as before.

YEAST FOR A HOT CLIMATE

Boil 60 g (2 oz) hops in 4.5 l (4 quarts) water for 30 minutes. Strain, and cool to lukewarm. Mix in 1 cup sugar and 1 T salt, then stir in 3 cups flour gradually till quite smooth. Let it stand 3 days, then add 1.4 kg (3 lb) boiled mashed potatoes. Next day strain, and it is ready for use. This yeast is very

strong; use about half the usual quantity necessary for baking. It will keep 2-3 months in a cool place.

BREAD FROM HOME-MADE YEAST

Add 1 *T* salt to 18 cups (6 *lb*) flour in a basin, and make a well in the centre. To the yeast (12 *T* of ordinary yeast, or 6 *T* of hot-climate yeast) add 3 cups warm (not hot) water, pour it into the well in the flour, and beat it into a batter with some of the flour (don't mix it to a dough). Cover the batter with some dry flour, put a cloth over

the basin, and let it stand near the fire overnight, then work in the remainder of the flour to make a dough. Knead it till smooth and not sticky, and let it stand again to rise. When it looks ready to crack on the top, make it into loaves, let it stand for a few minutes, then bake in a moderate oven.

Self-raising flour was still a convenience ingredient of the future, and housewives had supplies of soda bicarbonate and cream of tartar in their cupboards, as well as their carefully tended yeast bottle. The proportions for making one's own self-raising flour were well known, and may be useful to modern cooks who object to a clutter of different flours on their shelves.

HOME-MADE SELF-RAISING FLOUR

To 1 *kg* plain flour, add 10 *g* tartar, and a scant teaspoon soda bicarbonate, 20 *g* cream of salt.

Anna Colcord, nineteenth-century cookbook writer, includes in her bread section a recipe for unleavened bread (for sacramental purposes).

UNLEAVENED BREAD

Sift 3 cups white flour, add a pinch of salt and $\frac{1}{4}$ cup thick cream, rub together thoroughly, then moisten with cold water till of the consistency of thick pie crust. Knead 15 minutes, roll out to 1 *cm* thickness, and cut in cakes 10 *cm* square. Mark out

each cake into 2.5 *cm* squares with a knife, so that when baked it may easily be broken, and prick each square with a fork to prevent blistering. Bake in a hot oven on floured baking tins, being careful not to burn.

Since wheat flour was scarce and expensive, many women used bread and cake recipes which substituted other grains for all or part of the wheat flour. Mrs Meredith complained that the use of boiled rice or maize flour in bread made it 'hot, bitter, or unpleasantly moist, as the case might be.' Nevertheless, the author of this rice

bread recipe claimed that it made about thirteen kilograms of 'excellent white bread'.

RICE BREAD

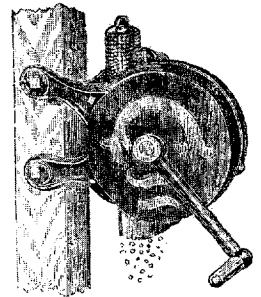
Boil 3 cups rice gently in 15 cups water for 5 hours, stirring it, and often beating it up into a smooth paste. Mix this while warm into 12 cups flour, adding at the same time the usual quantity of yeast. Allow the dough to work in front of the fire for some time, then divide it into loaves and bake it.

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Outhouse Kitchen

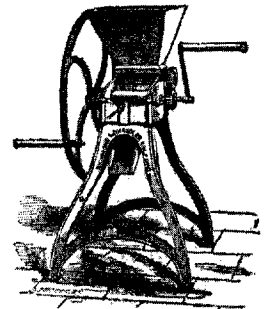


A primitive maize mill or plumping mill. Engraving from *Town and Country Journal*, 5 June 1875. NLA.

Below: Patch's corn sheller, patented in U.S.A. From *Town and Country Journal*, 7 Sept. 1872. ML.



Maize was the grain crop which grew most prolifically in the early days of white settlement, and was often the chief grain—sometimes the only grain—available for cooking. For people without mills, the problem of processing the maize could be solved by making hulled corn. The corn was boiled in lye made from wood ash until the hull or skin was ready to separate. It was then washed and stirred to remove the hulls, soaked in successive waters to remove all traces of the lye, and boiled till tender. To make a 'plumping mill' (plump: to drop down abruptly and heavily) it was necessary to burn and dig out a cavity in a wooden stump to make a mortar, then attach a heavy hardwood pestle to a long springy pole, with which, slowly and tediously, to grind the grain in the mortar.



Lassetter's corn cracker. *Town and Country Journal*, 15 Aug., 1874. ML.

MAIZE BREAD

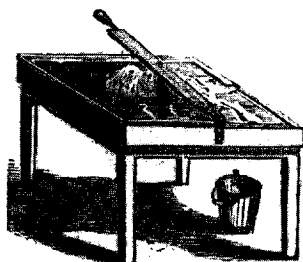
Mix 2 cups buttermilk, $\frac{1}{2}$ cup fresh milk, 3 eggs, beaten separately, and 1 *t* soda bicarbonate with enough maize meal to form a dough, and bake.

ANOTHER MAIZE BREAD RECIPE

Put $2\frac{1}{2}$ cups yellow cornmeal in a bowl and scald with enough boiling water to cover it. After 10 minutes, add enough cold water to make a soft batter. When lukewarm add $\frac{1}{2}$ cup molasses and $\frac{1}{2}$ cup potato yeast, 1 *t* soda bicarbonate, $\frac{1}{2}$ *t* salt, and $2\frac{1}{2}$ cups warmed flour. Mix well, let rise overnight. Next morning stir it down again, and put in oiled tins to rise. Bake 2 hours in a moderate oven.

From *Town and Country Journal*, 21 Feb. 1874. ML.

A method of preserving grapes. From *Town and Country Journal*, 3 May 1873. ML.



An Efficient Butter-Worker.

THE butter-table herewith figured is very convenient, and well adapted for economizing labour. The top is a slab three or four inches in thickness, so as to have weight and solidity; four-feet long and two or three-feet wide, according to the quantity of butter to be worked on it. It is mounted on four stout legs 27 inches long. A rounded channel or groove passes around the edge to collect the buttermilk, which runs off into a pail placed to receive it, as shown in the engraving. The butter-worker is a triangular staff three feet long, and four inches wide on each face, with a handle on one end and a swivel attachment whereby it hooks on to a staple fixed to one side of the table at the other end. The slab having been washed with salt water and well rinsed with cold water, is ready for the butter as it is taken from the churn. As soon as it is laid upon the table it is cut or gashed and groomed with the staff, and freed very quickly from the butter-milk.

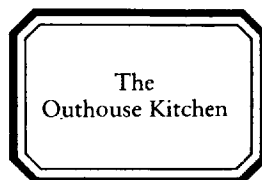
Facts for Farmers.

FARMERS still having grapes on their vines at the end of the season can keep them fresh and juicy by observing the following method: Cut the grapes with a considerable stem, having one or two knots below and one above the grape (see engraving). The upper end of the stem is to be covered with beeswax to prevent the escape of the circulating juices. After the grape is thus prepared, remove all bad berries from the bunch, and place the stem in a bottle of water, having a layer of charcoal at the bottom, which tends to keep the water clean; then close the bottle with a cork, leaving the stem pass through the centre, and cover the top with beeswax. Grapes prepared in this manner will keep fresh and juicy for months.



The following contribution to the *Australian Town and Country Journal*, describing a country Christmas in 1874, gives an insight into the ingenuity required at short notice in the best regulated bush households.

Our Christmas Pudding.—It was made without flour or sugar, because in crossing a creek, the day before, the dray with our supplies capsized, and all the flour and sugar were spoilt. There were several children in the house, and even the seniors felt it hard to lose their Christmas pudding. 'What shall we do?' said Mrs B., looking sorrowfully at the children; 'I have plenty of everything but flour and sugar. We must be content with snap-dragon, and the pudding must be abandoned'. A general howl from the youngsters followed this. 'Hold on!' said Ned, the storekeeper, a middle-aged American, 'you shall have a



Christmas pudding; I'll make it myself'. 'How can you,' said Mrs B., 'without flour?' 'Never mind, I'll make it. Get to work on the suet and plums, and take the stones out of the currants.' We all turned to work with a will, made a snap-dragon for the children, and sent them to bed quite happy. At about midnight Ned took the fruit to the kitchen, locked us all out, and told us to go to bed. Next day was Christmas Day. The dinner table was loaded with ducks, fowls, a turkey, ham, &c. Ned carved calmly—Mrs B. looking very doubtful—all of us curious. At last the first course was removed, and in came a monster pudding, decorated with leaves and blazing in triumph. The children shrieked with delight. The monster was sliced, passed round, and pronounced as fine as any ever tasted. Toasts were drank in honour of Ned, who kindly gave the receipt on which he had acted. This may be of use to people situated as we were in the bush, and is therefore appended: One quart [1.1 l] of boiling milk is thrown into a deep dish; 2 lbs [3 cups] of treacle are immediately stirred in; corn meal is then sprinkled and stirred in until the mass is thick—add plums, currants, spice, &c., according to means and taste; pour into cloth, tie up loosely, and place in boiling water; keep boiling for eight hours.

The snap-dragon referred to was a Christmas game. Brandy, poured over a dish of raisins, was set alight, and the players tried to snatch out the raisins and eat them while still burning. It sounds dangerous fun, and perhaps fell from favour because of the plethora of burnt fingers.

Corn husk mattresses were made, both commercially, and by families for their own use. Manufactured mattresses were made of the husks cut into narrow strips, dried, and filled into ticking which was then tacked and buttoned, but home-made mattresses worked well when the soft inner white husks were divested of their stems and butts, dried thoroughly, and left unbuttoned in the ticking, so that they could be stirred round occasionally.

Here are some other uses of corn:

CORN VINEGAR

Steep 1.1 l corn in about 22.5 l liquor into a cask, adding about cold water 2-3 hours, then heat 4 cups sugar. Set the cask where it till the corn shows signs of the sun can shine on it, and in bursting. Do not let it burst, but 3-4 weeks it will have become take it off the fire and strain the vinegar.

POPCORN

To make corn pop, put the kernels in a very hot pan, either dry, or more usually with a little oil, and cover the pan till the kernels pop. Do not overcrowd the pan, and at the first pop begin shaking it vigorously over the fire to prevent burning. For the sweet coating, cook honey or molasses with 1 t

vinegar to the 'hard-ball' stage (a small quantity dropped into a saucer of cold water becomes a hard, brittle ball). Stir in a little butter and a pinch of salt. Stir into the popped corn to coat each kernel. Set on paper to harden.

HOMINY

After removing the hulls from a quantity of maize, boil all day, stirring occasionally to prevent burning, and replenishing with hot water as needed, to keep the maize covered. Add salt, put in a jar, and keep in a cool place. Warm in small quantities as needed, with a little cream, or milk and butter, and sugar if liked. Serve hot as a winter porridge.

Porridge, of course, was made with a variety of grains, as shown by the three recipes that follow.

WHEATMEAL PORRIDGE WITH DATES

Into 1-1 l boiling salted water stir sifted wheatmeal till a rather thick porridge results. Cook slowly 1 hour, stirring very little after it has thickened. Add 1 cup chopped dates, steamed raisins or stewed figs just before taking from the fire. Serve with milk and cream.

RICE GRUEL

Wet 1 t rice flour in a little cold milk, and stir into it 2½ cups boiling water; salt slightly, and boil till transparent. Flavour with lemon peel.

Interior of a shepherd's hut. Wood engraving drawn by T. S. Cousins, from *Illustrated Australian News*, 28 Feb. 1870. NLA.



OATMEAL GEMS

To a beaten egg yolk add 1 cup pinch of salt. Lastly fold in a cooked oatmeal porridge and $\frac{1}{2}$ stiffly beaten egg white. Butter cup milk or cream, and beat the heated gem irons, and nearly together thoroughly, while fill the cups. Bake in a hot oven adding 1 cup white flour and a to a light brown.

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Outhouse Kitchen

Gingerbread nuts, or ginger nuts, were a great favourite of the pioneers, and recipes like the one that follows were among most early recipe collections.

GINGERBREAD NUTS

Mix together 250 g brown ginger, and enough flour to sugar, 250 g butter, 250 g make a dough. Knead, then roll treacle, a little ground coriander into little nuts and bake on tin and caraway, 1 T ground sheets.

Judging by the absence of fish recipes in surviving early cookbooks, Mrs Meredith's complaint that the new settlers did not appreciate the local fish must have been right. The Sydney rock oysters were an exception; there are descriptions of parties setting off on oyster picnics, armed with hammer and chisel, oyster knife, vinegar bottle, and pepper pot, from early in the nineteenth-century literature. Mrs T. L. Mitchell's hand-written recipe book, dated 1827, includes a recipe for oyster sauce:

OYSTER SAUCE

Take 3 dozen oysters; do not mix the liquor with butter and take the beards off, but cut them flour to make a melted butter in half with a sharp knife, without tearing them. Boil them well sauce. Add the oysters, reheat, and serve. in their own liquor only, then

Meat was in the early days of settlement, as now, the main source of protein. The usual practice was to slaughter a beast at dusk, when the flies had disappeared for the night, and to hang it overnight in the open, often from a branch of a tree that was always used for the same purpose, since the mess made by the blood dripping out on to the ground was then confined to a small space. Early next morning, before the flies had time to find it, the farmer would cut the beast into large joints, and hang it from hooks in his meat safe. Whatever meat could be consumed in a short time was left unsalted, and the rest was cured and stored to ensure a continuing meat supply. The odds and ends of meat—heads, feet, and offal—were much more widely used then than now, and were very nutritious and tasty, if a little more trouble to prepare.

TO PREPARE TRIPE

Take part of the paunch, wash it thoroughly in cold water, and soak 12 hours in salted water. Then dip it into scalding water, and the inner skin can be peeled off easily. It is then ready for cooking, or can be salted for keeping, the same as beef.

STEWED TRIPE

Cut into small pieces, and stew gently in milk. Thicken with flour, butter, and a beaten egg yolk; flavour with salt, pepper, a finely chopped onion and parsley.

FRIED TRIPE

Parboil the tripe, then cut into pieces, dip in batter, and fry.

SWEETBREAD (pancreas)

Cut into thin slices, dip in egg and breadcrumbs, and fry.

BAKED OX CHEEK

Cut the meat off the bone, and stew slowly with an onion, herbs, pepper and salt in water to cover for half an hour. Take out the meat, arrange it in a dish, cover with a layer of breadcrumbs, and bake a light brown. Skim off the fat from the gravy in the stewpan, thicken it with butter and flour, and serve in a gravy tureen with the meat.

BULLOCK'S HEART

Soak in warm water 2 hours, wipe well, cut off the lobes, and stuff with highly seasoned forcemeat. Bake 3 hours, and serve with gravy.

BULLOCK'S HEAD BRAWN

Make sure the head is carefully cleaned and split down the centre. Half a head makes a good-sized brawn. Boil gently in plenty of water 6-7 hours, till the bones separate easily. Strain off the liquor, and chop the meat fine. Season with salt and pepper, spice, 1 *T* sugar, and herbs; add some of the liquor to moisten, then press into a mould or basin and place a weight on top. It is ready to use next day. The liquor makes a good soup, flavoured to taste.

SHEEP'S HEAD

Thoroughly wash and split open the head, and remove the tongue and brains. Boil both the head and tongue until tender, when the bones will separate easily—about 2 hours. Remove the meat from the bones, and lay it in a shallow dish with chopped hard-boiled egg and parsley, salt and pepper. Cover the top with breadcrumbs, pour $\frac{1}{2}$ cup gravy into the dish, and bake in a hot oven for half an hour or a little longer. Serve with gravy. The tongue can be sliced and added to the meat, or

used as follows:—Cut it into very thin slices; line a basin with pastry and fill it with alternate layers of sliced bacon and ton-

gue, well seasoned. Add a chopped hard-boiled egg and some chopped onion. Bake in a slow oven, or boil in a cloth.

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TOASTED KIDNEYS

Cut some slices of bacon and lay them on a plate in front of the fire, just close enough to toast the slices. Split open some kidneys, put them on a toasting fork, and hold them over the

bacon so that every drop of gravy will fall on it. When the gravy ceases to run freely, the kidneys are done enough, and can be served on buttered toast with the bacon, salt and pepper.

TO PREPARE SHEEP'S BRAINS

Soak 1 hour in cold salted water, then remove the skin and blood vessels carefully. Blanch by covering with cold water and

a little vinegar or lemon juice, bringing to the boil, and straining immediately.

FRIED SHEEP'S BRAINS

Coat the prepared brains, cut in 2 or 4 pieces, in seasoned flour, then beaten egg, then bread-

crumbs, and fry till golden. Serve with fried bacon and parsley.

BOILED CALF'S HEAD

Tie the head in a cloth, and boil in plenty of water 2 hours. Tie the brains in a separate cloth, with parsley and a sage leaf, boil 1 hour, chop small, and warm in a saucepan with butter, salt and pepper. Lay the tongue, boiled for the same time, and peeled, in

the middle of a small dish, with the brains around it. Or mince the brains, adding more parsley and butter, and pour over the head. Serve with bacon, ham, or pickled pork in another dish, with a lemon garnish.

BOILED COW HEEL

Boil the well cleaned heel 5-6 hours with 6 onions and 1-1 1/2 milk. Add salt, and serve with

parsley and butter, and ham, bacon or corned pork.

CALVES' FEET BROTH

Boil 2 calves' feet, adding 110 g each of veal and beef, some fresh breadcrumbs [the original recipe stated 'the bottom of a

penny loaf!'], 3 blades mace, and a little salt, in 3-4 l (3 quarts) water, until it is reduced by half. Strain, and remove fat.

The original method of making any kind of jelly—savoury or sweet—was to boil calves' feet. It was a long process, and the cook needed to begin preparations days before the jelly was needed. Mrs Beeton's detailed instructions for making jelly were as follows: scald 2 calves' feet, remove the hair, slit them in two, removing the fat between the claws, and wash the feet in warm water. Put them in a stewpan with 3-4 l cold water, bring them gradually to the boil, and remove all scum. Boil gently 6-7 hours to reduce the liquor rather more than half; strain into a basin, and leave to set. To clarify it, remove all the fat from the top, pour over a little warm water to wash away any remaining fat, and wipe the jelly with a cloth. Remove the sediment from the bottom, put the jelly in a saucepan, and for 1.1 l (1 quart) add 170 g (6 oz) loaf sugar, the shells and well-whisked whites of 5 eggs, and stir these ingredients together cold. Put the saucepan on the fire, but stop stirring as soon as it begins to warm. Let it boil 10 minutes, then add 1 cup cold water, boil 5 minutes longer, then cover the saucepan closely, and leave it 30 minutes near the fire. Dip a jelly-bag into hot water, wring it out quite dry, and fasten it on to a stand, or the back of a chair, placed near the fire (to prevent the jelly setting before it runs through the bag). Put a basin underneath to receive the jelly, then pour it into the bag, and repeat this straining if the jelly is still not clear.

A jelly-bag was usually home-made, of very stout flannel double stitched in the shape of an inverted dunce's cap (about 35 cm deep and 20 cm across). It was attached by strings to a hoop the size of the mouth of the bag.

Once made, the jelly could have additions and flavourings appropriate for the purpose the cook had in mind. For invalids it was often sugar, port or sherry, brandy, and strained lemon juice. A savoury jelly for serving with meat might have salt and pepper, mace, herbs, slices of lemon and pieces of bacon in it.

By the middle of the nineteenth century sheet gelatine, of which isinglass was the finest type, was substituting for all this boiling up of calves' feet. It needed only breaking off the right sized piece from the sheet, and fairly lengthy soaking in cold water, to perform the same function, although many writers, including Mrs Beeton, complained that it made a tougher, flavourless jelly. Powdered gelatine appears to have made an entry towards the end of the nineteenth century.

Recipes that used up cooked meat, and were suitable for salt meat as well as fresh, were popular. One such dish was wet devil.

WET DEVIL

Warm some slices of cooked meat in a little fat in a frying pan, then pour off the fat, mix together 1 T flour, 1 t mustard, 1 t sugar, a knob of butter, 2	chopped chillies, 3 T vinegar, and 1 cup water. Pour this over the meat, let it thicken in the pan, and serve.
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A first slab shelter, before the bush is cleared. Cooking takes place some distance from the hut, which as yet has no chimney. ML.

After poultry or game had been killed, the task of preparation usually fell to the cook (in this book 'the cook' means whoever it is who does the cooking). The best way to pluck a fowl, we are told, is to start with the soft feathers under the wings and over the breast, then graduate to the back and up the neck, taking only a few feathers at a time, and pulling carefully, so as not to break the skin. Unless the bird is still warm, plunge it first for a few minutes into boiling water to soften the feathers and make them easier to remove. The down and fine hairs can be singed off by passing the bird over a flame.

To draw the bird, cut off the head 6 or 7 cm from the body, split and loosen the skin, and remove the neck where it joins the backbone. The flap of loose skin will cover the hole. Take out the crop. Insert the fingers at the neck, and break the threads which attach the frame to the organs. Cut a piece off the vent, insert the fingers beside the vent, and loosen the inside from this end. Carefully draw out the entrails, being careful not to break the gall bladder which is attached to the liver, as it will taint the flesh. Wipe the inside of the bird with a damp cloth.

To truss a fowl for roasting, cut off the feet at the first joint, scald the legs, and peel off the skin. If the fowl is old, break the leg bone half way between the foot and the next joint, twist the skin till it breaks, and draw out the sinews with a skewer. After the sinews have been removed, cut off the foot at the break. Flatten the backbone, if arched, with a rolling pin.

Put the stuffing inside the neck of fowls, and inside the body of ducks or geese. Fold the flap of skin at the neck over the back and sew it, or turn the wings back so that a skewer run through the pinions keeps both them and the flap in place. Press the legs

downwards against the sides of the body, and run a skewer through the points of the thighs and the body. Tie the leg ends and tail together. Dry the bird; lard it by laying strips of bacon over it for a particularly nice effect; and dredge it with flour.

To truss ducks or geese, fold the wings as for fowl. Wash, scald, and scrape the feet, and twist the foot and leg round towards the body so that the foot lies on the bird's back. Skewer the legs in position.

To bone wild birds, first cut off the legs and wings where the flesh begins to be thick, and remove the first and half the second bone. Cut off the head, leaving more than half the neck on the body. Slit down the skin, and remove the neck where it joins the back. Take out the wishbone, and loosen the flesh to the wing joint. Twist the wing to dislocate the joint. Separate the wing from the body. Push down the flesh and skin gradually, scraping and leaving the bony carcass intact. Treat the leg like the wing. Remove the tail part, and draw and scrape the flesh right off the carcass. Turn the flesh inside out, and scrape the bones from legs and wings. Turn right side out and stuff.

For turkeys and larger birds the skin on the back is cut from head to tail, and the legs and wings are often left whole. The bird is stitched after being stuffed.

Ducks should hang a day or two before being dressed.

To dress rabbits or hares (which should also be hung first), cut off the feet at the first joint. Slit the skin on the inside of the back legs up to the top of the tail joint, and peel the skin back over the head, like removing a sweater. Cut off the head and skin, well up the neck. Remove the tail bone and vent area. Clean the inside and wipe it dry. Before cooking, soak for some time in tepid water with a strong lacing of vinegar to draw out the blood and remove the wild taste.

TO JUG HARE, RABBIT, PIGEON, ETC.

Wash the prepared game, and cut it into joints. Flour them, and fry a light brown. Fry 110 g diced bacon. Cover game and bacon with boiling water or gravy-beef stock, and add 2 sliced onions, herbs as liked, 6 cloves, 3 whole allspice, $\frac{1}{2}$ t black pepper, a little lemon peel, 2 T mushroom ketchup, 1 T flour, 2 t butter, and pepper and salt. Simmer till tender (hares take 3-4 hours). When cooked, take out the meat, and strain the gravy. Thicken it with butter and flour, boil 3 minutes, and return the meat to it. Add 1 t red currant jelly and 1 wineglass port wine. Serve with fried forcemeat balls.

White Australians have always eaten more than their share of meat. Writing in the mid-1840s, the Reverend David Mackenzie remarked that 'the immense quantities of animal food used by both males and females in this colony cannot fail to be injurious to health and to personal beauty . . . no *personal* female attractions,

however great, can long remain scathless against beefsteaks at breakfast, cold beef at noon lunch, roast and boiled beef at dinner, and cold beef at tea or supper. . . . At much the same time, Lieutenant-Colonel Mundy was making much the same point. 'It has often been remarked,' he wrote, 'that the profuse meat diet of the English in this country tends rather to injure than to fortify the health, and to diminish rather than augment the physical power.' The figures speak for themselves—average meat consumption per head of population in the colonies late in the nineteenth century was 270 *lb* per year, while in Britain it was 109 *lb*, in the United States 150 *lb*, and the average for other European countries was about 60 *lb*.

A by-product of all this meat-eating was a large quantity of animal fat. Indeed, during the depression of the 1840s, when sheep were selling for only one shilling or so per head, and cattle for about five shillings, millions of sheep and thousands of cattle were boiled down for their tallow, which could be sold for about six shillings per head for sheep, and £3 per head for cattle. The tallow was used to make soap and candles.

TO MAKE CANDLES

Take 6 parts by weight of alum and harden the tallow. Before
to 5 parts of tallow; dissolve the fixing the wick in the mould, dip
alum in a little water, then melt it in spirits of turpentine. This is
the tallow in the alum water, to make a more brilliant light.
stirring frequently, to clarify

Candles were often made simply by attaching several long wicks to a hoop of wire or wood, and dipping them repeatedly into a container of hot wax, so that the coatings of wax built up to make candles of the right diameter. Wicks were made of heavy quality, tightly braided string. Fine wire braided in made a brighter flame. Dipping in vinegar was a substitute for dipping in turpentine. The wick was then left to dry before dipping in the wax.

TO MAKE SOAP

To 5.5 *l* water add 1.4 *kg* and add to it 230 *g* common
quicklime (shell lime is best), resin and 1.6 *kg* of any fat. Boil
and 1.4 *kg* washing soda. Boil this 30 minutes, leave till cool,
for 30 minutes; let it stand all and cut into bars.
night to clear. Draw off the lye,

Some aspects of this recipe need further comment before it can be used a century later. Most importantly, lye reacts with aluminium and galvanised iron in a quite spectacular and dangerous way, and should not come in contact with them. The tin vessels used by our fore-mothers were safe, as would be enamel or glass. The soap was

usually poured into wooden moulds, but cardboard milk cartons work well. The fat should be salt-free. Lard or beef dripping make the best soap, or some of the fat can be omitted, and coconut oil, olive oil, or other vegetable oil substituted. 'Common resin' is nowadays very uncommon and can be omitted. Borax is usually added to make the soap lather readily.

The reference to quicklime from shells is interesting. Some early Australian mortaring was done with lime made from burnt sea-shells, in places where shells were more available than limestone. But one of the marvels of the modern age is the discovery that dissolving 340 g ($\frac{3}{4}$ lb) caustic soda in 850 ml ($1\frac{1}{2}$ pints) cold water makes a similar lye. No boiling is necessary. The fat (1.6 kg), melted but cooled, is added gradually to the lye, then 3 T borax (plus a small bottle of herb oil for fragrance, and 90 ml glycerine and 3 T ammonia for texture, if liked); mix together, then leave till the mixture thickens, pour into moulds, and cut into cakes before the soap gets too hard (about 10 hours later). It will be ready for use after 2 months. Vinegar helps to counteract the burning if some of the lye spills on to the skin.

Fat and bone marrow were also ingredients used for making the lotions and potions of the cosmetic/medicine cupboard.

PASTE FOR CHAPPED HANDS

Wash 110 g (4 oz) unsalted spoon of honey, and as much hog's lard in rosewater, and mix oatmeal or almond meal as will it with 2 egg yolks, a large work into a paste.

FACE OR HAND CREAM

Mix equal quantities of fat. Add eau-de-cologne or a glycerine (or almond oil) and favourite perfume.
pure rendered (clarified) mutton

POMADE

Render down 230 g (8 oz) bone glycerine and a few drops berg-marrows in the oven. When cool, amot essence.
beat with a fork, adding 15 ml

POMADE FOR FALLING HAIR

Mix 30 g beef marrow, 15 ml ture of cantharides, 12 drops castor oil, 1 drachm [about each, oil of bitter almonds and 3 g—a very small amount] tinc- lemon.

The conscientious housewife kept her various fats separately, since for the connoisseur they served different purposes. Beef dripping, together with a little of the brown jelly that collects underneath it, was a tasty substitute for butter on bread. Most people added a little salt and pepper. Clarified beef or mutton fat was used

instead of oil for frying and roasting and could also be used for cakes, biscuits, and pastries instead of butter (using slightly less fat than butter). But for these special purposes (cakes, biscuits, pastry) suet and lard were best.

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TO CLARIFY FAT

Cut the fat into small pieces, occasionally. Remove the lid, and for 1 kg fat add 1½ cups and boil till the water cold water, cover the saucepan, evaporates. When it is cool, and boil gently 1 hour, stirring strain into a basin.

Suet (the solid fat from round the kidneys and loins of sheep and cattle) had to be freed from skin, chopped small, and dredged with a little flour to make it less sticky. It was used fresh, but suet puddings needed longer boiling than butter or dripping puddings—not less than two hours for a small pudding.

SUET PUDDING (to serve with roast meat)

Chop 170 g (6 oz) suet very small, after freeing it from skin, and mix it well with 3 cups flour, add salt and pepper, and make into a smooth paste with 280 ml (½ pint) milk or water. Tie the pudding in a floured cloth, or put it in a buttered basin, and boil 2½-3 hours. Herbs may be added if liked. To enrich it, substitute up to 3 beaten eggs for some of the milk, and increase the quantity of suet slightly. If the pudding is made in a sausage shape, it can be sliced just before the meat is served. Lay the slices in the dripping pan a minute or two, then brown them by the fire.

This last recipe is from Mrs Beeton's *Household Management*. She goes on to point out that, as an economy measure, if the pudding is served up to the children before the meat, they are likely to need less meat than otherwise.

OXFORD PUDDING (a suet dessert)

Grate 110 g (4 oz) bread-crumbs, add 110 g currants, 110 g suet chopped very finely, a large spoonful of sugar and a little nutmeg. Mix with 3 beaten egg yolks, make the puddings up into balls, and fry them light brown in butter. Serve with sherry sauce.

SHERRY SAUCE

Beat 110 g butter till almost cream, add 2 T white sugar and a glass of sherry. A good sauce for plum pudding.

SUET PASTRY (see also another recipe on p. 155)

Sift 3 cups flour, and make it into a firm paste with about 230 ml ($\frac{1}{2}$ pint) water. Free the suet from skin, and cut it very small, or put it twice through a mincer. Roll out the pastry and put half the suet pieces over it;

sprinkle with flour and fold in three. Double the ends over until they meet, roll out again, put the remaining suet over the pastry, and proceed as before. Let it stand for an hour in a cold place before using.

FLAKY PASTRY WITH LARD

Sift 3 cups flour, cut about 30 g (1 oz) lard into it with a knife, then mix to a paste with about 230 ml water. Roll it out, and lay on it 60 g each of butter and lard, cut in tiny pieces. Sprinkle

with flour, roll up as before, and roll it out again. Lay 60 g butter and 30 g lard over it, and proceed as before. Let it stand an hour in a cold place.



A half-cellar, built partly underground for coolness. Widely overhanging roof and slope of the ground prevent rain from entering. By courtesy of Swan Hill Pioneer Settlement.

All this saving and using of fats was at least partly because butter was often expensive and sometimes scarce. Since it was perishable, in most homes someone had to make it or the family went without. Butter churns were primitive and far from universal; cream separators were an invention of the future.

The dairy needed to be as cool a place as possible. Sometimes it was a slab room with a thatched roof, sometimes it was built underground for added coolness. Like the kitchen, it usually had a brick floor. Here the shallow pans of milk were housed on shelves until the cream rose to the top and could be skimmed off.

The *Australian Town and Country Journal* reported on 12 March 1870 that butter could be made without a churn by jerking

the milk back and forth in a goatskin hung between two sticks (butter can be made from unskimmed milk, but cream gives a richer product). On 21 May of the same year it announced that 'the ordinary mode of churning in Chile is to put the milk into a skin—usually a dog-skin—tie it to a donkey, mount a boy on him with rowels to his spurs about the length of the animal's ears, and then run him about four miles'. The pioneers seem to have taken the protestant work ethic too seriously for such colourful capers, sadly, and settled for putting the cream in a wide-necked jar, and shaking it for however long it took (sometimes an hour) for the cream to suddenly form a lump, then straining off the buttermilk, washing and salting the butter, and forming it into a squarish lump for use or storage. The washing was to remove the last traces of buttermilk; the salting to help preserve the butter. The best way to squeeze out the water and buttermilk and distribute the salt evenly was to knead the butter by hand. Butter was easier to make in cool weather, and a better product resulted, so the good housewife was up early in summer, making the butter before the temperature began to rise. A common substitute for the wide-necked jar early in this century was the 7 lb cocky's joy (golden syrup) tin, with a cloth under its lid to ensure a tighter fit, which could be jiggged up and down rather like jiggging a baby.

One common method of keeping the butter that was in use cool was to put it, in its dish, inside a porous earthenware bowl with a lid and hang it in a cool breeze in the shade of a tree or a verandah. The earthenware bowl and lid were first immersed in water till they soaked up enough water to cool the butter by evaporation for some time, or a wet drip or cloth could be arranged over the lid, as for the drip-safe, or cold water poured into a saucer-shaped indentation in the lid, fashioned for that purpose. Another method was to put the butter dish on a larger plate which had some water in it, and cover the dish with a damp cotton cloth, tucking the edges of the cloth down into the plate of water.

Butter to be kept for any length of time was covered 3 cm deep with brine, and stored in a cool place away from any strong odours, since one of the properties of butter is that it attracts odours from nearby. This property was used by the perfume industry, in a process known as 'enfleurage'. Butter was left in an enclosed space with flowers, to absorb their scent. Then the butter was immersed in alcohol, which in turn extracted the scent from the butter, and became a perfume.

A method of preserving cream, said to preserve it for several months, was to dissolve 340 g white sugar in the smallest possible quantity of water over a moderate fire, boil the solution for 2 minutes in an earthenware vessel, then add 340 ml of fresh cream, mixing it together thoroughly while hot. When it cooled it was bottled, corked, and stored, airtight, in a cool place. The preserved cream was, of course, sweetened by this method, a fact which had to be taken into account when it was subsequently used.

If milk had to be kept through the hot part of the day it was safest to scald it, by heating it over a pan of boiling water until the surface looked thick (*not* until it boiled). One school of thought said it was done then, and should be kept covered in a cool place in the vessel in which it had been scalded or, if in another vessel, one that had just been scalded with boiling water. The other school of thought kept it at heat (88°C, 190°F) for an hour, then cooled it quickly, taking the same precautions as before. Of course, those lucky enough to have a shady stream close by could leave their milk and other perishables in suitable containers in this, tied to the branch of a tree. Another method of keeping milk sweet was to add a small pinch of soda bicarbonate for each pint. If the milk was already sour, the addition of the soda bicarbonate, and then re-boiling it, was a way of restoring it.

In spite of all these wrinkles for keeping dairy products from turning sour, there must have been large quantities of sour milk, cream, and buttermilk in any household where there were cows in milk, and no pigs to be fed on the spoilings. Fortunately, some of the most delicious and highly regarded recipes called for sour dairy ingredients, which the cook in pre-refrigeration days did not have to sour first herself by adding lemon juice or vinegar, as she often has to do a century or so later.

CLOTTED CREAM

Leave milk in a shallow vessel until it begins to sour and coagulate. Then stir, and either drain off the whey, or skim off the curd and cream (which is in clots among the curd).	If after 24 hours the milk has not soured and coagulated, heat the pan gently to about 70°C (160°F) without disturbing it. After a further 12 hours, skim off the cream.
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SOUR CREAM

Leave cream in a vessel until it has soured, then eat it with fresh	cream and sugar, or fresh milk and sugar, or fruit.
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COSTORPHEN CREAM

Put 3- or 4-day-old milk together with its cream to sour and coagulate it. Then draw off the whey, and add fresh cream.	This dish is simply sour curd and fresh cream, and, eaten with sugar, is a popular supper dish.
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HATTED KIT

Put 4-5 l (1 gallon) of sour buttermilk in a milk pail, and milk 1-1 l (2 pints) or more of the milk from the cow into it. The new warm milk coagulates as it mixes with the acid of the sour	milk, and, being lighter, rises to the top and forms a creamy scum or hat over it—whence the name. This is taken off and eaten with sugar.
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MILK SYLLABUB

This is formed in similar manner to hatted kit, but over a glass or two of wine instead of the sour buttermilk. The wine and hat are then eaten with

sugar. People without a cow must warm the new milk, and squirt it into the wine or buttermilk.

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CURDS AND WHEY

Pour a little boiling water on a very small piece of rennet, and soak it for 6 hours. Then add a tablespoon or so of this mixture to 2.25 l (2 quarts) milk, which must be heated to the heat of milk fresh from the cow (37°C, 100°F). Leave the milk in a warm place 2-3 hours until it coagulates. As it is cut, it forms curds and whey, which can be eaten with salt or sugar.

Curds and whey is exactly the same recipe as junket, except that junket was not cut, cochineal was often added to make the junket pink, and, whether pink or white, nutmeg was dusted on top. Junket is usually made with a junket tablet (which contains rennet), and the preparation of rennet is now largely a lost household art.

TO PREPARE AND USE RENNET

Get the butcher to save you the stomach of a young calf. (Rennet can also be made from a lamb, kid, or pig.) Wash it clean and salt it inside and out. Let it stand 3-4 days in a glass or earthenware vessel, then hang it up for a few days to drain it. Salt it again, return it to the jar, and cover the jar with a tight paper with holes pricked in it. It will keep for 12 months. When

required for use, soak a small piece cut from the rennet in warm water for 12 hours, then strain off the water, and add this water to the milk to be thickened. The same piece of rennet can be used again. (Mrs Beeton's method of making rennet was to scour and salt the calf's stomach, and stretch it on sticks to dry.)

SOLID SYLLABUB

Mix together 570 ml (1 pint) thick cream, 570 ml white wine, 310 g (11 oz) sugar, and the juice and peel of a large lemon. Beat with a whisk until thick,

then fill dessert glasses with the syllabub. (Mrs Mitchell, whose recipe this is, avers that this will keep for a week or ten days.)

CHEESECAKES

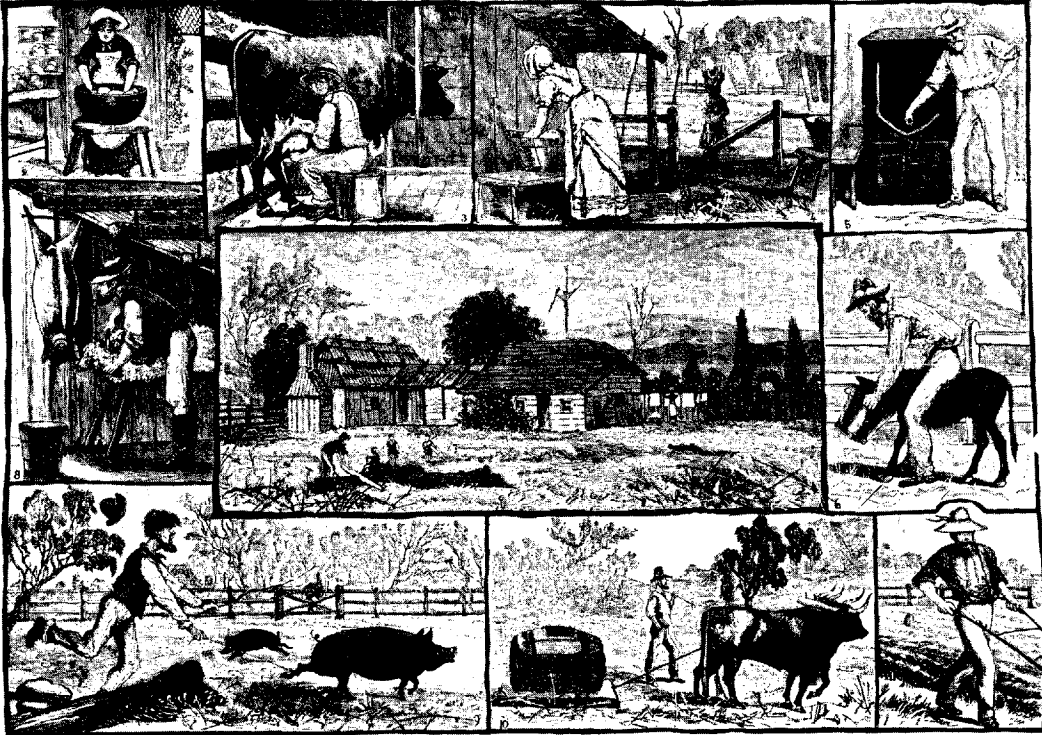
Turn 2.25 l (2 quarts) milk with a tablespoonful of rennet water [see above, or use junket tablets]; rub the curds through a

sieve; weigh them, and add an equal weight of butter and powdered sugar, the yolks of 2 eggs, and some finely grated

lemon peel. When mixed well, a little sugar over them, and line some tart pans with pastry, and fill with the cheesecake. Sift and bake lightly.

A SUBSTITUTE FOR CREAM

Beat the yolks of 2 eggs well, and strain them into 570 ml milk. Add 2 t sugar, and heat gently, stirring carefully in one direction until the whole is the consistency of cream. Use for tea, coffee or fruit.



The free selector at home. 1 (centre). A specimen of bush architecture. 2. Bread-making. 3. Milking. 4. Washing. 5. Churning. 6. Hand-feeding. 7. Ploughing. 8. Butchering. 9. Obstructiveness. 10. Hauling water. Engraving from *Illustrated Australian News*, 10 June 1882. NLA.

Of the many methods of preserving eggs, here are three examples:

THREE METHODS OF PRESERVING EGGS

Wipe each egg dry, then pack them in dry salt, covering each layer well. Every egg must be set on end, with the broad end uppermost.

Put the eggs, several at a time, into a net, and in this hold them in boiling water for 20 seconds

(the water must be kept boiling throughout), then pack them in sawdust.

Smear the shells with butter, then pack in bran or sawdust, each egg separated from the others.

Fruit and vegetables presented a preservation problem of similar dimensions to that of eggs and dairy products, since the harvest took place over a short period, leaving the housewife with a dual dilemma—what to do with the sudden abundance now (several people in the early nineteenth century reported that the surplus peaches were being fed to the pigs every summer), and what to eat for the rest of the year, when no crops were ready for harvest. Some fruits and root vegetables could be stored for fairly long periods with reasonable success. Others, especially fruits, could be dried. Still other vegetables were preserved in brine or vinegar, or made into chutneys, or sauces such as tomato sauce. Then of course there were jams. Some exceptionally useful and prolific vegetables could be used in all sorts of imaginative ways.

TO MAKE STARCH FROM POTATOES

Wash the tubers to remove any earth, then rasp them to a pulp. Put the pulp in a sieve, and continue washing it in a gentle stream of water so long as the washings run through milky (due to the starch granules held in suspension). Collect the milky liquid, and leave it undisturbed till the sediment subsides, then draw off the water,

and wash the deposit repeatedly with fresh water till the washings are no longer coloured. Run the starch through a fine sieve to remove any sand, let it settle again, and drain it in baskets lined with ticking. Put it in a porous receptacle of unglazed earthenware, and dry it in the open air.

TO MIX BOILED STARCH

Mix what starch powder you need to a smooth cream with cold water, add a little borax dissolved in boiling water, and a little white wax or tallow (the borax whitens and stiffens; the wax (white candle shavings will do) prevents the starch from sticking to the iron—a lump of

sugar and a little turpentine serve as well). Stir well, and pour on boiling water, stirring well, till the starch becomes transparent. Use it when hand-hot. To thin it, add more water; to thicken it, heat and evaporate.

TO MIX RAW STARCH

Make a smooth paste of $1\frac{1}{2}$ cups dry starch in cold water. Dissolve 2 t borax and a half-marble sized piece of spermaceti [a fatty substance from the sperm whale] or 3 drops turpentine for each 280 ml ($\frac{1}{2}$ pint) or a few flakes of white soap in boiling water. Add this when cooled to the starch, and make

up to 1.7 l (3 pints) with hot (not boiling) water. Strain through muslin. This will keep some weeks, covered from dust. When wanted for use again, pour off the water and add the same amount of fresh water, rinsing any dirt off the top of the starch sediment in the process.

Anyone who doubts the usefulness of these starch recipes only has to think of all those yards and yards of starched linen, cotton and lace that went on to the table and on to the backs of the nineteenth-century colonists.

CHEESE FROM POTATOES

Boil a quantity of potatoes, peel them, and reduce them to pulp. To each 2.3 *kg* (5 *lb*) pulp, add 450 *g* (1 *lb*) sour milk, work this up and allow it to rest 3-4 days. Knead again, and lay the

cheeses in little baskets to drain, then put in layers in large vessels and leave at least 15 days—the longer the better. They will keep for years in a dry place, well covered.

TO PRESERVE POTATOES

Dip them for 1-2 minutes in boiling water. They will last about a year, according to H. Scott, writing in 1822.

NORFOLK ISLAND PRISON TOAST

Fry thick slices of sweet potato—a cross between sweet cake and breakfast toast.

PRESERVED GINGER FROM PUMPKIN

Cut up roughly (2.5 × 7.5 *cm*) a yellow fleshed pumpkin; put in a deep dish and sprinkle with salt. After 12 hours pour away the liquid. Make a strong syrup with water in which crushed ginger has previously been boiled (for 900 *g* pumpkin use 30 *g* crushed ginger, 450 *g* sugar, and enough water to just dissolve the sugar; boil the ginger and water 1 hour, then remove ginger and add water to sugar). Boil up this syrup, pour it on the cold pumpkin, and leave till cold. Repeat the boiling up of the syrup and pouring it on the pumpkin till the pumpkin begins to look trans-

lucent at the edges. Now put pumpkin and syrup in a warm oven, and leave it there till a fork passes freely through it (if the pumpkin is not properly scalded first, the resulting preserve is soft instead of crunchy). Finally pour off the syrup, add enough water and sugar to make enough volume to fill the preserve jars, and boil it up, adding a sliced lemon, a shaving of camphor, and a patchouly leaf (from the herbalist). Put the pumpkin in the jars, fill with syrup, and cork down well. It improves with keeping, and 'will deceive a practised palate'.

PUMPKIN SOUP

Dice 900 *g* (2 *lb*) pumpkin and fry a few minutes with 1 *t* sugar, 1 *t* salt and 3 *T* butter, stirring to prevent sticking. Add 2½ cups stock or water, and simmer till

pumpkin is tender. Rub through a sieve, add 7 cups milk and 1 *T* flour mixed with a little of the milk. Reheat and serve.



PUMPKIN PIE

To each cup of dry mashed, boiled pumpkin add 2 beaten eggs, $\frac{1}{2}$ cup milk, the grated rind of a lemon, 1 *t* cinnamon, $\frac{1}{4}$ *t* nutmeg, 1 *T* golden syrup and 1 cup sultanas. Mix well, and add

the juice of a lemon. Line a pie dish with pastry; add the filling, cover with more pastry, brush the top with egg or milk, and bake 30 minutes in a moderate oven.

Sunday in the lbush.
Engraving from *Town
and Country Journal*, 8
April 1871. ML.

PUMPKIN SCONES

Beat 1 *T* butter and $\frac{1}{2}$ cup sugar to a cream; add 1 cup boiled mashed pumpkin and 1 egg. Sift in 3 cups flour, 2 *t* soda bicarbonate, 1 *T* cream of tartar [or

use SR flour]. Roll out; cut into scone shapes, and bake in a hot oven. If the dough is a little stiff, add milk.

CARROT PUDDING

Mash 340 g boiled carrots, add 230 g breadcrumbs, 230 g raisins, 110 g currants, 110 g suet, $\frac{1}{2}$ cup sugar, 3 eggs, salt, and

nutmeg. Make into a stiff batter with milk. Bake 1 hour in a buttered pie dish.

CARROT SOUP

Slice 900 g washed carrots into a stewpan with 4 *T* butter, a



Jan. 1854.

*Bush Kitchen
Victoria*

Bush kitchen, Victoria, 1854. Reproduced from a drawing in Emma von Stieglitz's Album. ML.

little salt and cayenne, and stew gently till soft, then add 2.25 l (2 quarts) stock, and simmer until the carrots are soft enough

to put through a sieve, skimming off any scum. Sieve, and serve.

MARROW JAM

Cut 1.5 kg old vegetable marrow into dice; add 1.5 kg sugar, 2 sliced lemons, and 60 g

ginger. Boil until it becomes a dark colour, adding water if it looks dry.

TO PRESERVE FRENCH BEANS

Put young beans in a wooden box in layers 7 cm deep, with a thin layer of salt between. Insert a fitted wooden cover into the

box, and put a weight on it. When wanted for use, soak beans in water for a few hours, then cook as usual.

PICKLED CUCUMBERS

Sprinkle salt over thick slices of cucumber, and let them stand overnight. Drain them for several hours; put in a jar, and pour boiling vinegar over them, enough to cover them. Keep in

a warm place 1 hour. Pour off the vinegar, and boil it up again, adding some peppercorns and bruised ginger. Pour it over the cucumber slices, and seal the jar from air.

TO DRY PEAS

Pick and shell fully grown but not old peas, and spread them thinly on tins in a cool oven, or by a bright fire. Stir frequently, and let them dry gradually. When hard, let them cool, then

pack them in stone jars, and keep covered close in a dry place. Soak them for some hours in cold water before use, till they look plump again.

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POTTED MUSHROOMS

Put 5 cups small mushrooms in a stewpan with 1 *T* butter, 1 *t* salt, and $\frac{1}{2}$ *t* cayenne and mace, mixed. Stew till the mushrooms

are tender, then press them into small pots, pour clarified butter over them, and put on an airtight cover.

MUSHROOM CATSUP

To every 6 handfuls of mushrooms add 2 of salt, and stir 3–4 times a day for 3 days, till the salt is dissolved and the mushrooms liquid. Bruise any remaining bits, then set it all over a slow fire to extract the goodness, strain, and boil the

liquor with allspice, peppercorns, ginger, onion and horseradish (or garlic, mustard seed, or any other ingredients that seem suitable). When it has simmered some time, skim it, strain, and bottle it. When cold, cork tightly and seal the corks.

TOMATO FIGS

Pour boiling water over the tomatoes, then remove the skins. Let them stand in a stone jar for 2 days, with an equal weight of sugar, then pour off the syrup, boil it, and skim till no scum rises. Return it to the tomatoes, and let them stand 2 days as before. Boil and skim again. After the third time they

are fit to dry if the weather is good. If not, leave them in the syrup until the weather is dry. Dry them in the sun on earthenware plates. It will take about a week. Then pack them in wooden boxes, with fine white sugar between the layers. Prepared in this way, tomatoes should keep for years.

TOMATO CATSUP

To 18 *l* (4 gallons) skinned tomatoes add 1.1 *l* (1 quart) vinegar, 450 g salt, 110 g black pepper, 60 g cayenne, 6 onions,

30 g cloves, and 900 g sugar. Boil 3 hours, stirring very often to prevent burning. When cool, strain and bottle.

GREEN TOMATO DESSERT

Cut tomatoes in halves, and to each 450 g add 230 g sugar and 1 cup water. Stew till soft, and

serve cold with wheatmeal biscuits and whipped cream.

PICKLED PEACHES

Wipe the down from 8 peaches at their full growth, just before they begin to ripen, then put them into a brine that will float an egg. After 3 days drain them for several hours. In 1·1 l (1 quart) vinegar boil 60 g whole

white pepper, 60 g slightly bruised ginger, 1 t salt, 2 blades mace, 230 g mustard seed, and $\frac{1}{2}$ t cayenne for 10 minutes. Put the peaches in a jar, and pour the boiling pickle on them. They will be fit for use in 2 months.

PEACH LEATHER (also known as Almack)

Remove the stones from some peaches, and force the peach flesh through a sieve till only the skins and pits remain. Pour and spread the pulp and juice evenly on planed boards with raised edges, or greased pans. Leave

these in an oven, or in the sun, to dry. When it has sufficiently hardened, it can be peeled away from the pan, cut in squares, and stored in tins with paper between the layers, for use in desserts.

PLUM SAUCE

Put 4 kg stoned plums in an enamel pan with 4 large chopped apples, $9\frac{1}{2}$ cups brown sugar, 2 T salt, 2 t ground

ginger, a few peppercorns, a little crushed garlic, and 11 cups vinegar. Simmer 3 hours, then strain and bottle.

GREEN FIG PRESERVE

Prick half-ripe figs near the stalk, and blanch them. When warm, put them in cold water, then drain them. Make a thick syrup, add the figs, and boil them up 3–4 times with the pan covered. Skim well, and put in an earthenware jar in the oven overnight [this was a fuel oven,

which would be cooling off]. Next day drain off the syrup, boil it up several times, and when lukewarm pour it over the figs. Repeat next day, then boil up the syrup and figs together once more, and remove all scum. Bottle.

FIG PUDDING

Mince 230 g suet and rub into it 230 g breadcrumbs, 230 g flour, 140 g sugar, and a grated nutmeg. Mix together, then cut up 900 g figs, moisten slightly

with 3 beaten eggs and a little milk, press it well into a buttered basin and boil in a pan of water at least 4 hours. Serve with custard.

APPLE CHEESE

Peel and core large green apples; boil till soft, drain, and leave to

cool. Then pound them smooth, and to every 450 g of pulp add

450 g sugar, and the rind and half the juice of a lemon. Boil again till the fruit looks clear,

and put into a china shape. It will turn out quite stiff.

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APPLE JELLY (can also be made with crab apples)

Take a quantity of apples—those with red skins make the best coloured jelly—wash them, but do not peel them, just cover them with water, and boil till they are all pulp. Strain them

through a sieve. To every 570 ml (1 pint) juice add 450 g (1 lb) white sugar and a little lemon essence; boil till it is perfectly clear, and jellies when cold.

QUINCE JAM

Pare and core quinces, cutting first into quarters, then into smaller pieces. Add 570 ml water to each 450 g fruit; boil slowly about 1 hour, till quinces are soft, then stir in 450 g sugar

for each 450 g raw fruit, add a few cloves, and simmer 3 hours, stirring to prevent burning. Pour into pots, but do not cover till next day. A few drops of cochineal make it a nice colour.

TO KEEP LEMON JUICE

Squeeze lemons; strain juice through fine muslin, put in very small bottles, filling to 3 cm from the top. Fill the remaining

space with salad oil. Cork tightly. When wanting to use the lemon juice, remove the oil with a piece of cotton wool.

ESSENCE OF LEMON

Cut off, as thin as possible, the rind of some lemons. Fill a bottle with this thin rind, and add spirits of wine or brandy. In three or four days it is ready for

use, and can be poured off into another bottle without the rind, or left as it is, and the essence taken off as needed.

LEMON SYRUP (see also another recipe on p. 120)

Peel a lemon, and put the rind in a basin. Remove the white pith from the lemon, then slice it thinly into the basin. Add 2 cups sugar and 2 T tartaric acid.

Then pour on 2 cups boiling water, and stir well. Cook a little, then strain into a bottle. Cork when cold. Use 1 part of syrup to 6 parts water.

PICKLED LEMONS

Score the rind of some lemons in 4 or 5 places, not cutting the pulp. Fill the incisions with salt, and rub them with salt daily for 3 days. Boil some vinegar, and

spice it with cloves, whole pepper, ginger and mace. Pour this on the lemons while hot. In 2 months they are ready for use.

PORTABLE LEMONADE

Powder 15 g tartaric acid and 85 g sugar; mix them, and pour a little essence of lemon on them, a few drops at a time. When well mixed, divide into 12 parts, and wrap each part in white paper. When wanted, dissolve one in a tumbler of water, to make lemonade.

TO KEEP GRAPES

Remove any imperfect grapes from bunches that are not too ripe, then lay the bunches on a layer of dry bran in a box, so that the bunches do not touch. Add a layer of bran between the layers of grapes. Cover all with bran, and make the box airtight.

GRAPE JUICE

Cook washed grapes, with 570 ml water to every 3.4 l grapes, slowly for 30 minutes, or till grapes burst open; strain the juice through a jelly-bag. Reheat, adding $\frac{1}{2}$ cup sugar to 1.1 l juice, and put in sterilised jars, filling to 3 cm from the top. Cork and seal with wax over the corks. Keep in a cool, dark place, moving it as little as possible.

WAX FOR SEALING CORKS

Dissolve gelatine in glycerine by heating. Cover the cork with this while it is hot, and leave to set.

And what of the demon drink while all this feverish activity was going on to supply good food to the pioneer families? By the time Philip King became Governor of New South Wales in 1800 there was a lucrative import trade in liquor, especially rum, being conducted by the officers of the New South Wales Corps. Some even set up illicit stills, to make their sideline pay off with less effort. King thought that imbibing of strong drink was getting out of hand, and welcomed the brewing of beer as an antidote. Mr James Squire brewed the first ale made in Australia in 1795—only seven years after the first settlement. By 1803 there was a brewery at Parramatta (then called Rose Hill), and in 1812 James Squire had harvested his first crop of hops, at Ryde, Sydney. For a long time there were problems of transport, naturally enough. Carrying anything long distances by dray in the heat had its hazards, but beer was particularly unstable, and likely to be affected by heat and movement. Much later in the nineteenth century it was found that increasing the amount of cane sugar in the recipe starved the yeast of excess nitrogenous food, and that this helped to stabilise its performance in hot weather. In the meantime, recipes for home-brewed beer abounded. The following recipe dates from about 1822.

FOR 10 GALLONS OF BEER (45 l)

Boil 4.5 kg (10 lb) sugar in 55 l water (it boils down to 45 l) till all the scum has risen and been removed. Add 280 g (10 oz) hops and boil 25 minutes. When cooled a little, put in a keg, hops included. While this is boiling, pour 2.25 l ($\frac{1}{2}$ gallon) boiling water over 900 g (2 lb) siftings [bran] and strain. Add this liquor to the keg, and when all has cooled, add 1 cup yeast. Put keg on its end, leaving a hole open but covered from dust so the beer can work for a week or so. After 2-3 weeks it will be clear. Then bottle it.

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Colonial beer was known sometimes as jerrawicke, and later as shearer's joy. It was a heavy, dark ale in the early days of the nineteenth century, superseded later by the now familiar lighter one.

Garryowen wrote that the drinks available at race meetings in the first half of the nineteenth century were 'rum, brandy, ginger-beer and bottled porter, but the tippie most in demand was the "spider" (an infusion of brandy and ginger-beer) and the price paid for the "insect" was 15d. Weak shandygass (ginger-beer and beer) was the ladies' favourite, if they drank at all'.

Edward Curr described champagne lunches at Melbourne auction rooms in the 1840s, at which were served cold fowls, hams, beer, brandy and champagne. Anyone who had nothing better to do would saunter in, knock the head off whatever bottle he fancied with a knife, chat a few minutes, and saunter out again. Curr wondered why there seemed to be such a shortage of corkscrews in the colony, and concluded that the colonists had left England with a supply, but worn them out on the passage!

PINK CHAMPAGNE

Dissolve 4 kg (9 lb) loaf sugar over heat in 13.5 l (3 gallons) water; remove scum. Pour the boiling liquor over 4.5 l (1 gallon) red and white currants. Leave till cool, then add 1 cup yeast. Allow to ferment 2 days, put in a cask, and add some isinglass or white of egg to clear. Bung up the cask, but not too soon, or there will be an explosion. When ready for bottling, add a lump of sugar to each bottle.

There were by 1833 'many acres of vineyards'. The evidence seems to be that it was far from being a dry colony. Mrs Meredith even complained that the servants had a universal failing. Not only did one have to lock away one's rum, but also one's eau-de-cologne and lavender water, from their unassuageable thirst. Here she is complaining again:

The prevailing vice of drunkenness among the lower orders is perhaps more resolutely practised at this [the Christmas] season than any other. I have heard of a Christmas-day party being assembled, and awaiting the announcement of dinner as long as patience would endure; then ringing the bell, but without reply; and on the hostess proceeding to the kitchen, finding every servant either gone out or rendered incapable of moving, the intended feast being meanwhile burned to ashes.

In spite of the fact that many of the prisoners were assigned as servants to the settlers, there were not enough domestic servants to fill the demand, and many a smart dinner party was achieved with the aid of a team of professionals who hired themselves out for the evening to whoever the host happened to be.

These dinners tended to be elaborate. Lieutenant-Colonel Godfrey Mundy reported the menu of a dinner at the home of Lieutenant-General Sir Maurice O'Connell on 29 June 1846 as having been wallaby-tail soup, boiled schnapper with oyster sauce, a haunch of kangaroo venison, a wing of wonga-wonga pigeon with bread sauce, and for dessert plantains, loquats, guavas, mandarins, pomegranites and cherimoyas (a fruit native to Peru).

Less self-conscious dinners in the bush were just as likely to have tables groaning with food, but cooked and served with an informality which has become the mark of Australian hospitality. Caroline Chisholm's description of a Sunday dinner at a bush home about 1850 has a slightly familiar ring, even today.

The family room was large, with a commodious fire-place. The table was laid for twelve; the plates and dishes were of blue delf; the knives and forks looked bright and shiny. It may be remarked, that the settler's table in New South Wales is somewhat differently arranged from what one is accustomed to see in England, for here the knife and fork were placed at the right of the plate, while a chocolate-coloured tea-cup and saucer stood at the left; a refreshing cup of tea being made a part of the dinner repast. By the fire-place might be seen a large black pot, full of potatoes, with a white cloth laid on the top for the purpose of steaming them. Again, at the outer door might be noticed the son with a man-servant, looking into an oven, and drawing from thence a large hind-quarter of pork, followed by a peach pie.

'Lend a hand here!' shouted the son.

'Ah! I thought you could not do without me', said the father.

'Keep the youngsters out of the way, and look about you, girls', cried the mother.

Moving where I could better see the cause of the outcry, a round of beef, cut large and 'handsome', as the settlers say in the Bush, had been forced into the pot; but no fork, although a Bush-fork is rather a formidable tool, could remove it.

'You ought to have put a cord round it', remarked the mother.

'Turn the pot on one side', said the father.

'Over with it; out with it; shake!—oh, here we have it now.'

As the pot was removed, the beef was seen to advantage, reeking in a bright clean milk-pan.

'Now, let us make it look decent', said the self-trained cook, as with his knife he cut the out-pieces off to improve its appearance. His trimmings were substantial cuttings, and displayed to advantage the fine quality of the beef; each cutting he threw to his dogs, as they watched at a respectful distance his operation . . .

The arrangement of the table was something in unison with the rest. The pork, so well seasoned, graced the head of the table, while the burly piece of beef, now reeking and streaming from its late trimming, was placed before the honest master of this patriarchal family, with a plentiful supply of potatoes, peas, and greens, ranged in their proper places. As soon as the party had partaken of the substantials, the eldest daughter poured tea into the cups set by each one's place—for this is the custom amongst the Australian settlers; at the same time the good landlady cut up the peach pie.

The eldest son could now be seen through an open doorway, peering again into the rudely constructed oven, from which he pulled, with a good deal of self-importance and glee, an orange tart, whilst his assistant cook placed custards on the table in tumblers. The good wife looked amazed, the husband thoughtful.

'How did you get the oranges', asked the mother.

'Why, Frank Gore brought 'em', he replied.

'And who made the custards?'

'I made 'em!'

One of the charming things about this description of a meal was the help given by the eldest son. I am not sure it was a typical picture in that respect, although the list of chores that had to be seen to if the household was to run smoothly was so formidable that any sensible housewife might think of enlisting her children's help in whatever ways she could.

Picture a typical working end of a house. There was the stockpot simmering on the freshly blackleaded stove, or hanging suspended over the fire. This needed to have its bones changed regularly, and more water added as stock was drawn off. There were all the kegs and vats and tubs of various things pickling—the meat salting, the various vegetables in their individual pickles, all needing to be turned or boiled up or rubbed or drained. Perhaps some fruits and vegetables were drying, and needing to be brought in at night, or turned in the sun. Some fruits had to be boiled up several times in syrup for bottling. The jams needed stirring and watching. The bread was rising or baking, and in the dairy there was the cream separating, the butter to be churned, perhaps cheese to be made, and the utensils to be scalded. There was probably beer, ginger

beer, or barley water to be attended to, the various fats to be clarified, the eggs to be preserved in some way, and the laundry, washing up and cleaning to be done without mechanical aids, as well as all the tarts and pies and milk and stodge puddings, the plucking and preparing of the fowls, the soap, candles, cough mixtures and face creams to be made. Let us not even think about the knitting and dressmaking that must have taken up whatever time was to spare. If it had its satisfactions, it certainly also entailed backbreaking drudgery.

Yes, the pioneer women made their contribution.

The research for this chapter brought to light a quaint miscellany of recipes and hints, from which I have chosen a few to preserve a little longer from being lost.

To clarify quills, scrape off the outer film and cut the ends off, then put the barrels into boiling water with a small quantity of alum and salt. Leave for 15 minutes, then dry them in a hot pan of sand or an oven.

To harden quills, thrust the barrels into hot ashes, stirring them till they are soft, then take them out, press them almost flat on your knee with the back of a sharp knife, and afterwards reduce to a roundness with your finger. Another method is to set alum and water to boil; and while boiling put in your quills (barrels only) for one minute only, then lay them by.

A weatherproof paint can be made by sifting 3 parts air-slaked lime, 2 parts wood ash, and 1 part fine sand, then adding linseed oil to form a paint consistency. Mix well and paint on. Impenetrable to water, and the sun hardens it.

To make cold cream, mix 15 g white wax, a tiny piece of spermaceti, and 110 ml oil of almonds. Heat very gently, stirring, till mixed, then perfume it with a few drops of lavender, bergamot, or your preferred perfume when cold.

To mix a curry powder, grind to a powder separately 110 g coriander seed, 110 g turmeric, 30 g cummin seed, 230 g ginger, 15 g black pepper, and a pinch of cayenne. Mix all together.

An emollient to soften the skin can be made by mixing oatmeal to a thin gruel, or throwing a little in the water when washing. Good for eruptions on the face.

Glycerine is healing, and keeps out the cold. It is good for dry and peeling lips; diluted with water it keeps the hair soft and pliable; mixed with equal parts of eau-de-cologne it is useful for rough and sore hands.

Cucumber peelings are good for the complexion, and a very cooling skin tonic rubbed on the face. They are said to destroy cockroaches if strewn on the floor, cut thick, for several nights.

To clean decanters, roll up into balls thin strips of blotting paper, dampen them and rub soap on them, put them in the vessels with a little warm water, and shake them about for a few minutes, till the

deposit disappears from the glass. Remove them, and rinse the vessels in clean water.

To expel mosquitoes, evaporate a small piece of camphor by holding it over a lamp or candle in a tin vessel, taking care it does not ignite.

To clean plate, take 30 g each of cream of tartar, alum, and common salt, boil it in 4.5 l water, add the plate, and boil again. Remove when cool enough and rub dry.

To cook tough meat or poultry, add vinegar or lemon juice to the cooking water. This tenderises, reduces the cooking time, and removes any unpleasant odour that old meat may have.

To remove clinkers from the inside of a stove throw 3 or 4 oyster shells in the stove while the fire is hot, and leave them there.

Ammonia has multiple uses. A teaspoon in a litre of warm soapsuds wipes off flyspecks. A teaspoon in half a litre of soapsuds cleans and brightens silver. A little in the washing up water makes glasses sparkle. For washing mirrors and windows, use a few drops of ammonia on crumpled newspaper. To remove grease spots from fabric, put ammonia almost neat on the spot, with blotting paper underneath to absorb the grease, and press with a hot iron. A few drops in the bath or in the laundry water remove perspiration odours. One teaspoon to half a litre of water cleans hair and nail brushes. A few drops of ammonia in lukewarm water stimulates roses, geraniums, fuschias, etc. Feed them only once a week.

To remove mildew, put sour buttermilk on the spots and lay them in the sun. For iron rust use salt mixed with lemon juice.

Save all the stones from the loquats when making pies and preserves, put them in a bottle, and fill it with spirits of wine. Cork tightly. A teaspoon of this is a good substitute for almond essence.

A peach leaf is a good substitute for a bay leaf, and has flavoured many custards and other dishes.



4

Gadgets and Refinements

By 1850 Australia had been colonised for over sixty years. A second generation of Australian-born colonists had grown up (known as 'currency', as distinct from 'sterling', who were the British-born residents), and they must have thought they looked forward to a predictable and steady future.

A year later the discovery of gold started a ferment which lasted ten years, and changed every aspect of Australian life.

The trickle of adventurers who set out for Bathurst, the first confirmed goldfield, became a steady stream, and then a torrent, changing course as each new goldfield began to show yields, until the roads were full and the houses empty, the steady life at home was forgotten, and the overnight fortune was the big Australian dream. It has remained a prominent feature of the Australian psyche ever since.

Here is the Reverend David Mackenzie's description of what happened:

In one week, upwards of 2,000 persons were counted on the road to the Bathurst diggings, and only eleven coming down. Hundreds of men, of all classes and conditions, threw up their situations, and leaving their wives and families behind them, started for the diggings. Whole crews ran away from their ships, which were left to rot in our harbours, the men having willingly forfeited all their wages, clothes, etc. Within one week, the prices of the following goods rose 25 per cent in Sydney:—flour, tea, sugar, rice, tobacco, warm clothing, and boots. Throughout all the towns, nothing was saleable but provisions, and diggers' tools and clothing. Every man who could handle a pick or spade was off, or preparing to be off, for the gold-fields. The roads were crowded with travellers, carriages, gigs, drays, carts, and wheelbarrows: mixed up in one confused assemblage might be seen magistrates, lawyers, physicians, clerks, tradesmen, and labourers . . . The fields were left unsown—flocks of sheep were deserted by the shepherds. With one stockholder, who has 20,000 sheep, there remained only two men. Masters were seen driving their own drays; and ladies of respectability and ample means were obliged to cook the family dinner. Servants and apprentices were off in a body. . . .



Soon the news of the Australian gold reached the rest of the world, where it had a similar effect. Ships began disgorging adventurers from every country of Europe, America, and the East. 'The nobly born and the gently nurtured, professional men and navvies, artisans, farm labourers, deserting soldiers and runaway sailors, political refugees from France, Germany, and Russia—representatives, in short, of every civilized and almost every uncivilized people under the sun' arrived to try their luck on the diggings. Almost overnight, following discoveries of gold in Victoria which in ten years increased the population of that colony tenfold, Australian society became cosmopolitan, with regular communications between the colonies and with Europe and America.

Newspapers and weekly journals became more commonplace, containing, for the housewife, a women's page, with recipes, household hints and ideas (often acknowledged as of overseas origin), as well as fashions, home decoration, instructions on hobbies considered suitable for women (such as pressing flowers or making skeleton leaves), sewing ideas, uplifting advice about the need to be cheerful and uncomplaining, attentive and sympathetic about one's husband's complaints, kind but firm in bringing up one's children, unrelenting in teaching one's daughters the household arts, economical without appearing mean in household management. Occasionally, it is a relief to report, a gleam of

Top left: Diggers' breakfast, 1852. Lithograph by S. T. Gill. NLA (Nan Kivell collection).

Bottom left: A butcher's shamble near Adelaide Gully, Forrest Creek, 1852. Lithograph by S. T. Gill. NLA (Nan Kivell collection).



Above: Interior of John Alloo's restaurant, Balarat, 1855. Lithograph by S. T. Gill. NLA (Nan Kivell collection).

all-girls-together humour found its way into these otherwise overwhelmingly instructive columns.

Cream may be frozen by simply putting it into a glass vessel, and then placing the whole into an old bachelor's bosom.



The
Outhouse Kitchen

A Chinese costermonger.
Engraving from *Illustrated Australian News*,
27 Oct. 1866. NLA.

If you want your tomatoes to be particularly nice, put in a little white sugar while cooking. An old bachelor's palate was so tickled the other day with some sauce of that sort, that he immediately made honourable proposals to his landlady. The real name of the tomato, by the way, is 'love apple'.

It is a nice change to see the old bachelor coming in for some of the unkind ribbing often reserved in more recent times for the old maid and the mother-in-law. But the greatest relief is to find an occasional frivolity amongst all that need for improving one's unworthiness of character and performance as organiser-in-chief of household affairs.

But this is a digression. The effects of the Australian gold rushes on the women at home were threefold: there was a great shaking up of society, with people bobbing up from underneath and appearing on top, and the servant class, always in short supply, becoming noticeably scarcer; Australia had its first taste of inflation (prices rose rapidly, but wages rose even faster); and at the same time the influx of foreigners brought different cultures, different ways of cooking, and more possibilities for contact with the outside world, so that the days of pioneer cooking, of assembling the few available ingredients, the even fewer cooking gadgets, and of having to knock something up with what was there, over an open fire, were gone forever. With the new population and new communications came new ideas, new ingredients, new habits of eating, new preferences, and a steady stream of kitchen gadgets—mostly from the United States—which has not abated to this day.

It would be impossible in a book of this size to trace the foreign influences on Australian food—that is a subject for another book. Suffice to say that there is ample evidence in the recipe books that began appearing in the latter part of the nineteenth century, as well



A colonial or two-fire stove; an early fuel stove which was soon replaced by a stove with a single firebox. By courtesy of Swan Hill Pioneer Settlement.

as in the recipe sections of the journals that were circulating about the same time, of foreign influence, particularly German, although French influences are there too, some Italian influences, and many notions that claimed American origin. It would be interesting to speculate on the exact origins of the foreign contributions to our cuisine—there were, for example, from early in our colonial history pockets of German wine growers in South Australia, while in this century, some Italian influence resulted from the consignment of Italian internees during World War II to many large properties, where their cooking accustomed some Australian palates to the delights of Mediterranean food.

One group whose culinary skills percolated exceedingly slowly through to our kitchens was the Chinese, of whom there were large numbers in Australia in the latter half of the nineteenth century. Generations of Australians have enjoyed Chinese food in restaurants—often it was the cheapest way to eat out—but not many generations have tried to cook Chinese meals at home, or to modify Chinese ideas, such as the all-in-together cut-small stir-fry method, for use with our traditional ingredients. The early contribution of the Chinese to our diet was the market garden. Even during the gold rushes, when many Chinese were digging for gold alongside all the other nationalities, some were tending their market gardens, grow-

ing and selling more and better vegetables than the colonies had seen before, and subtly changing our diet from mainly meat and bread to meat, bread, and vegetables. Many a country town came to rely on its Chinese vegetable man, who carried his baskets of vegetables through the streets once a week, and always found a ready clientele. Later he became a familiar sight in suburban streets.

Bit by bit, new gadgets and inventions were arriving in Australia to broaden the scope of what the housewife could provide, and to make the terrible drudgery of the kitchen a little easier. An early but important example of this was the series of cooking ranges, from the first built-in two-fire type, through the built-in one-fire improvement, to the portable fuel range, which seems to have arrived in the 1850s, and which had innumerable advantages over

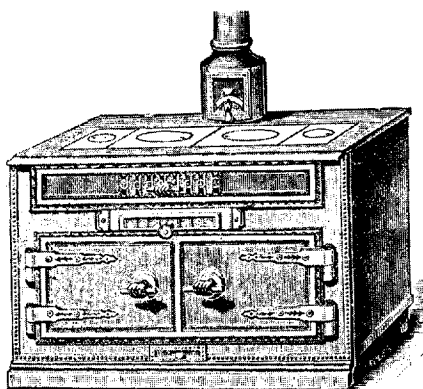
The
Outhouse Kitchen

THE LATEST ONE FIRE COOKING STOVE.

Right Thing at Last.

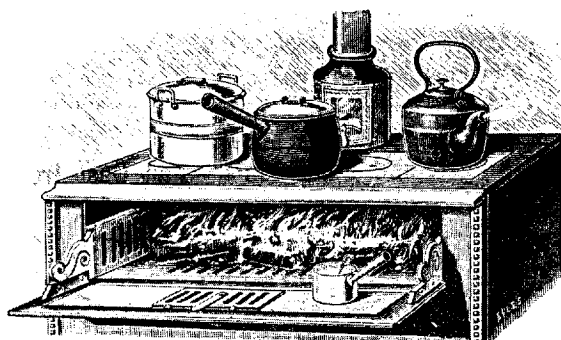
No more removing Top Covers
to burn long wood.

Patent Applied for.



One-fire fuel stove
advertised in the *Aust-
ralasian Ironmonger*, 1
Aug. 1899. NLA.

FIRING DOOR WHOLE LENGTH OF FIRE



Forming shelf
and open fire
when down.

The most...
UP-TO-DATE
STOVE in
Australasia.

For Lists of this
and our (Patent)
Coal and Wood
Stoves, Ranges,
Grates,
Bedsteads, and
Fenders apply—

Another one-fire fuel
stove advertised in
the *Australasian Iron-
monger*, 1 Oct. 1888.
NLA.

HOLMES & SONS,

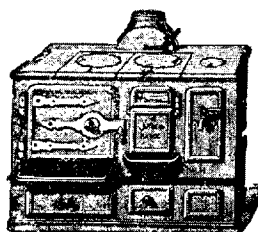
Star Foundry,

ROBERTSON STREET, KENSINGTON,
VICTORIA.

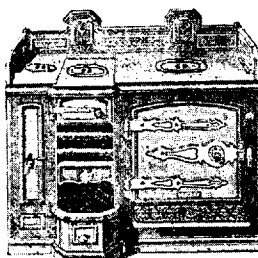
Telephone 34 Ascot Vale.

Gadgets and
Refinements

Right: Sausage filling and salting machines available in 1907. From Anthony Hordern's catalogue. NLA.



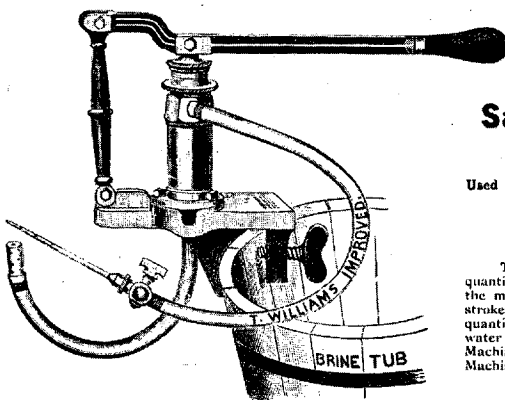
THE "LIVINGSTONE"



Above: Some fuel ranges and other iron products advertised in the *Australasian Ironmonger*, 1 Nov. 1888. NLA.

the open fire for cooking. To begin with, it was safe, and could be left unattended for longer periods, since the fire was caged in a firebox. It was also more efficient, economical, and convenient, since the fire was surrounded by a metal oven and hotplate area, which absorbed the heat quickly and retained it for long periods. It usually had a hot water compartment, or, if not, a boiler could be put on one corner of the hotplate area so that there was always hot water at the turn of a tap. Considerably less soot and ash flew about the kitchen, too, although it would have to be said that the ritual of cleaning and blacking the fuel stove was a daunting one, and was customarily carried out at least once a week. Another advantage in a predominantly hot climate was the fact that it heated up the kitchen less than an open fire. The proof of this is in the habit that

ANTHONY HORDERN & SONS, ONLY UNIVERSAL PROVIDERS.



WILLIAMS'

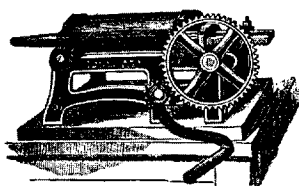
IMPROVED

Salting Machines.

Used by Butchers, Hotelkeepers, Squatters,
Farmers, and Private Families.

To preserve fresh meat inject a small quantity of very strong brine into that part of the meat most likely to become tainted. Six strokes of the handle will inject a sufficient quantity. After using, put a little lukewarm water into the box and pump through the Machine. Full directions are sent with every Machine.

No. 0B ... 38/6



WILLIAMS'

ADVANCE SAUSAGE FILLING MACHINES.

Each Machine complete. Two Nozzles.

Holds	7	10	12	lb.
	28/6	43/6	50/-	

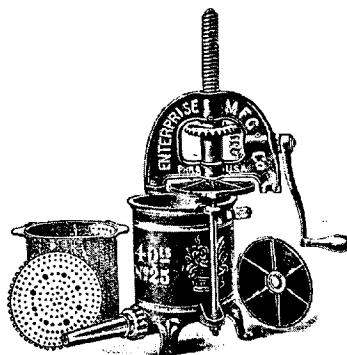
Butchers' Marble Slabs, with back and sides, for use on Salting Tables ... 25/-, 35/-, 45/-

Send measurement of Table to be fitted with Slab.

Butchers' Wood Salting Tables ... 22/6

For Butchers' Knives, see opposite page.

All Prices in this Catalogue are subject to Market Fluctuations from whatever cause arising.



ENTERPRISE SAUSAGE STUFFER, . .

. . LARD AND FRUIT PRESS,

With New Patent Corrugated Spout.

No. 20- 2 quarts, screw, tinned	...	...	20/-
No. 30-4 " " " "	...	...	26/-
No. 40-8 " " " "	...	...	32/-

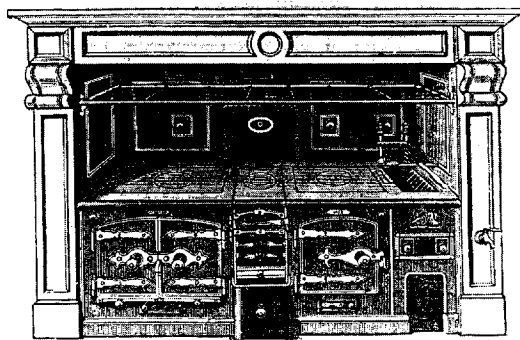
POINTS OF MERIT.

The Iron Cylinder is bored true.
The Tin Cylinder has lips to enable the operator to remove the hot crackings with little or no inconvenience.
No Hot Iron Cylinder to handle when pressing lard.
The Patent Latch prevents breakage of plates.
The New Patented Corrugated Spout prevents air entering the casing, thus assuring the preservation of sausage.

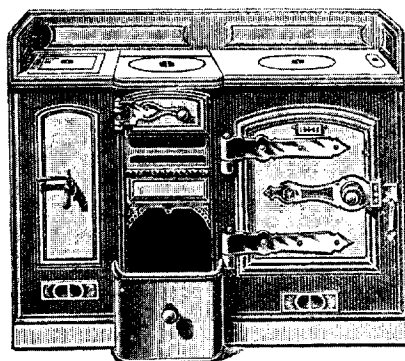
grew up among the lower orders—and is there no reader who can remember doing it herself on cold evenings when no one was watching?—of opening the oven door after the dinner had been served and washed up at night, drawing up a chair to the right position, and savouring the last of the heat of the stove with one's feet in the oven.

In the wake of the fuel stove came a flood of lighter, easier to clean cooking utensils that were less serviceable for open-fire cooking, but suitable for a range, and much more convenient and attractive than the heavy iron pots that had hung from hooks over the fire. Mail order catalogues featured displays of tinned or

The Outhouse Kitchen



RADCLIFFE AND CO.'S LEXINGTON RANGE.



enamelled utensils piled up in pyramids, and recipes began to specify what type of vessel should be used for a given recipe. It was the beginning of modern consumer society, with the housewife being encouraged to buy new gadgets to serve particular purposes, instead of making do with what she had, and only buying new gadgets to replace broken or unserviceable ones.

One of the gadgets that enjoyed enormous success and became part of the basic kitchen kit was the mincer or sausage-maker. It performed a function that was difficult to perform any other way, and had obvious appeal because it represented a way of using small quantities of meat, and inferior cuts, in a practical and attractive way.

Two fuel ranges illustrated in the *Australasian Ironmonger*, 1 Oct. 1888. NLA.

OXFORD SAUSAGES

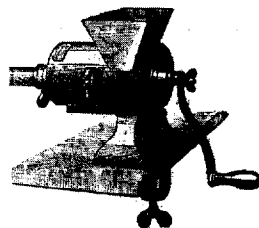
Mix by passing through the mincer two or three times 900 g lean pork, 900 g veal, 675 g beef suet, a little sage, salt and pepper, 2 eggs, 1 cup bread-

crumbs and a little water. Shape into sausages; flour them well, and fry in dripping, or lay them in a baking dish and bake in a quick oven.

GERMAN SAUSAGES

Pass twice through the mincer 2.3 kg (5 lb) lean pork, 450 g suet, 1.4 kg (3 lb) steak, and

900 g (2 lb) tongue if available. Season with 60 g pepper, a little saltpetre, 140 g salt, and 2



A sausage machine (mincer) advertisement from *Town and Country Journal*, 15 Aug. 1874. ML.

Gadgets and
Refinements

glasses claret, and let it stand in a cool place 3-4 hours. Fill some prepared skins through the mincing machine, making sure they are quite full, and each no

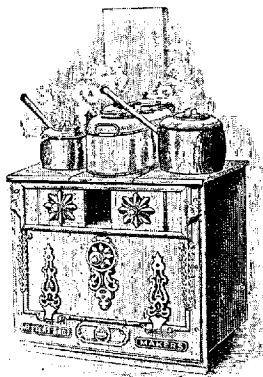
longer than half a metre (20 inches); tie at each end, and hang up in the chimney in the smoke for 10-12 days.

A notion of the change produced by the mincer can be had from some of the newspaper advertisements appearing at the time. The Stanthorpe *Border Post* of 23 May 1873, for instance, carried an advertisement to the effect that a local man had installed a sausage machine, the only one in the district, and had employed an expert from Brisbane to superintend it, so that now he could offer all kinds of smallgoods, such as beef and pork sausages, black pudding, brawn, pressed tongue, and saveloys. Some of the more laborious chores of the housewife were being taken over in bulk by the machine.

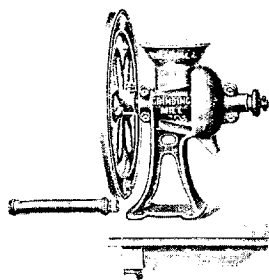
On the subject of meat, the use of pawpaw to tenderise meat, which was presented in Australia as an exciting new idea in the late 1950s, was reported in the *Australian Town and Country Journal* of 2 May 1874, as coming from Indian research.

The pawpaw tree and its juice are used, says the 'Morning Post', in India to make meat tender. The juice or a solution of it undoubtedly softens, digests, or dissolves meat, albumen, and gluten. Assistant-Surgeon Gopal Chunder Roy has written an interesting paper on this subject in the 'Calcutta Journal of Medicine'. He compares the action to that of a ferment, and suggests the administration of a few grains of the dried juice after meals in case of indigestion depending on a deficient secretion of gastric juice. His experiments were conducted at Netley, under Dr Parkes. In the West Indies the leaves of the pawpaw-tree are used for the same purpose.

By the mid-1860s in Victoria and New South Wales, and by 1870 in Queensland, various methods of preserving meat on a commercial scale, with export to England as a goal, were being tried. Some of the experiments were to immerse the meat in brine, to wrap it in melted fat, to pack it in tins, and to refrigerate it by finding some means of making sufficient quantities of ice on ships during the voyage to keep the meat frozen. Until the mid-1880s there were many failures, some of them of a singularly frustrating kind (for example, many shipments of Victorian frozen meat deteriorated on the journey to England because the ten-mile journey from the meat works to the wharf, undertaken at night because of the heat, still proved a stumbling block; after three years of failures, a new processing plant was built nearer the wharf), but even in world terms these early Australian firms were forerunners of commercial-scale food preservation.



One-fire fuel stove advertised in the *Australian Ironmonger*, 1 Oct. 1888. NLA.



Dental's New Grinding Mills (No. 584), for hand power, fitted with patent flexible grinding plates. These mills are suitable for farms, stables, domestic purposes, grocers, chemists, or poultry feeders. They are capable of grinding to fine meal, or kibbling all kinds of grain, coffee, drugs, charcoal, cocoa, broken oyster shells, dog biscuits, oil cake, etc. ... 31 -

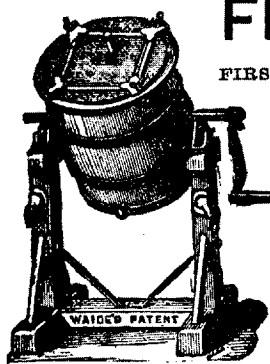
From Anthony Hordern's 1907 catalogue. NLA.

Also in the mid-1880s the roller-mill began displacing the grindstone for processing flour on a commercial scale. Flour milled by the new process was whiter, finer, stronger, and more able to absorb moisture. It was understandably popular with bakers because it also went further—they found they could make 750 instead of 680 4 lb loaves from a ton of flour. It would perhaps be unfair to blame this invention entirely for the growing characterlessness of manufactured bread, but anyone wanting to trace its decline in flavour, texture, and appearance might do worse than to start at this point.

In the field of dairy products the development of the centrifuge cream separator in Scandinavia revolutionised the butter-making process, both for factories and for the small farmer. The de Laval separator, which became the best known, came to Australia in the early 1880s, and a similar separator is still in use nearly a hundred years later. The butter churn was changing, too, from the box shape used previously to a circular shape on the centrifugal principle, which kept throwing the cream to the outside wall, then drawing it in again to the centre, while using the beating action of the older churns as well, and thus speeding up the process by acting on the cream more evenly.

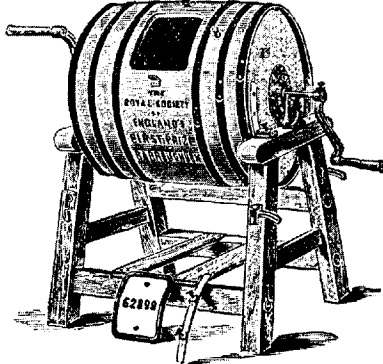
The
Outhouse Kitchen

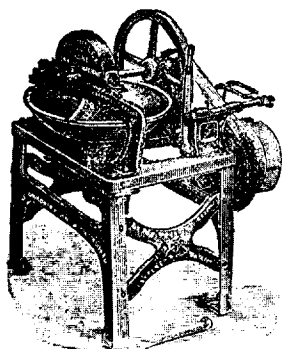
Churns and sausage machine advertised in the *Australasian Ironmonger*, 1 Jan. 1890. NLA.



FIRST PRIZE

London Dairy Show, 1885.
FIRST & SECOND PRIZES, London Dairy Show, 1886. **TWO FIRST PRIZES**, Royal Jersey Show, 1885. **FIRST PRIZE**, London Dairy Show, 1887. **SILVER MEDAL**, Staffordshire Show, 1888. **FIRST PRIZE**, Royal Show, Windsor, 1889. **CHAMPION PRIZE**, Yorkshire Show, Hull, 1889. **CHAMPION PRIZE**, Dairy Show, London, 1889
 As supplied to Her Most Gracious Majesty Queen Victoria.
THE BEST CHURN FOR SHIPMENT.
 Suitable for all Climates.
 Specially adapted for Shipping and Export Trade.
 SOLE PATENTERS AND MANUFACTURERS—
WM. WAIDE & SONS,
 LEEDS YORKSHIRE, ENGLAND.





THE SIMPLEX SILENT SAUSAGE MACHINE AND PIE MEAT CUTTER, BOTH FOR HAND AND STEAM POWER.

These Machines are universally acknowledged the most perfect Silent Sausage Machine in existence.

ILLUSTRATED PRICE-LIST AND FULL PARTICULARS ON APPLICATION. SPECIAL TERMS TO MERCHANTS & SHIPPERS

JOHN GARDNER & SON

PATENTERS AND SOLE MAKERS.

Smithfield Works, 11 Bradford Street, BIRMINGHAM.

MESSRS. A. G. KIDSTON & CO.

IRON, STEEL, METAL, TINPLATE, AND HARDWARE EXPORTERS,
Established 1830.



PORTABLE FLOUR MILL.

A portable flour mill, worked by steam or water power, and suitable for grinding wheat, maize, barley or rye. From *Town and Country Journal*, 8 Dec. 1874. ML.

An early cream separator advertisement, from *Australasian Ironmonger*, 1 Jan. 1890. NLA.

Factories for processing dairy products were springing up everywhere, so that there was more opportunity—and more inclination—to sell milk or cream to the cheese and butter factories than to process it oneself. Cheese had long been a food beloved of the English, and there is no doubt that it was made in early Australian homes, but there is not much evidence of its having been an important item of diet before the cheese factories set about persuading people of its virtues. Perhaps the fact that the making of hard cheese requires equipment, space, time, and trouble had something to do with it, although there is no real evidence that cottage cheese, which is easily made, enjoyed more than very moderate popularity.

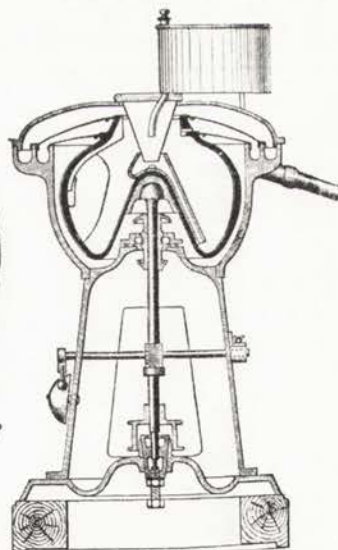
COTTAGE CHEESE

Warm 1.7 l (3 pints) milk gently to the temperature of new milk. Add $\frac{1}{2}$ cup buttermilk. (If you want to speed up the process, add a small piece of rennet or a few grains off a junket tablet, but this is not essential.) Cover the milk, and keep it in a warm place (about 38°C, 100°F) until a firm curd develops—it could be 24 hours, or longer. Line a colander with cheesecloth, and dip the thick milk slowly and carefully into the colander, which should be set over a large

pan. Allow the whey to drain off overnight into the pan underneath. Then tie the ends of the cheesecloth together and hang it over the pan to complete the draining for a few hours. Salt may be added in the making, but the cheese is more versatile if any flavourings (chives, honey) are added when it is about to be used. [Nylon organdie is a modern version of cheesecloth which is easier to keep clean and just as efficient.]



Hand Machine.



Sectional Illustration of Power Machine.

**The "Midget" Is The
Ideal Home Separator**



For private use by owners of one or two cows it has no superior—without a doubt the most efficient and best value Household Separator on the market to-day.

With an 8-gallon per hour capacity, it is an easily-turned separator, well finished and correctly designed.

For greater convenience the bowl comes entirely apart, making it easy to clean.

Say good-bye to old-fashioned methods, and order a "MIDGET" SEPARATOR to-day.

Then you can always have a supply of pure, clean cream for table use, and for fresh butters when required.

Price - £5.

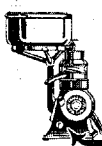
Full particulars sent free on request.

Buzacott & Co
LIMITED

"Machines sold for Domestic Use and Export."
211, MARKET STREET, SYDNEY. And 49-51, ADELPHI STREET, LONDON.

**MORE CREAM
HOW?**

**The "New Era"
Separator**



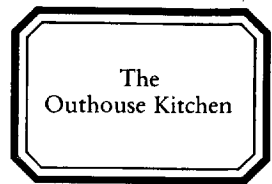
Keep consistently "on the job" day in and day out. It has no intricate parts—nothing to get out of order. It is because of its simplicity of construction that the "New Era" has attained its pre-eminent position in the dairy-
ing world.

Since you are probably interested in better, cleaner, quicker separating, let us send you a catalogue to-day.

Made in 5 sizes, with capacities from 15 to 91 gallons per hour.

Buzacott & Co
LIMITED

211, MARKET STREET, SYDNEY
AND 49-51, ADELPHI STREET, LONDON
"Machines sold for Domestic Use and Export."



Two later advertisements for cream separators, from *Sydney Mail*, 18 Feb. and 21 April 1920. NLA.

There are many recipes for hard cheese. The one that follows is a basic set of instructions, incorporating the steps common to most hard cheeses.

HARD CHEESE

Leave the first day's milk overnight at room temperature to ripen. Next morning warm it to new milk temperature, stir the risen cream back into it, and add the fresh milk from the morning's milking to it. Add a little rennet, stir it in well, and leave the milk to set like a junket at blood heat. Break the curd into pieces (about 2-3 cm square) by cutting it; stir the curd pieces very gently for some minutes to try to get them evenly broken; then heat all together very slowly to about 38°C (100°F), stirring gently from time to time. Keep them at this temperature for another hour to make the curd firm. Ladle the curds into cheesecloth

[or nylon organdie] to drain off the whey. Add salt, and gently squeeze the curds together to make a round cake shape. Put the cake on several layers of cheesecloth, with more layers on top of it, and a doubled strip of cheesecloth pinned tightly round it. Press the cheese cake in a cheese press, or by covering it with a flat board with two bricks on top. After 12-24 hours, turn the cheese upside down and re-press with two more bricks added. In another day, the cheese can be coated with salt, butter or melted paraffin wax and left to mature in a cool place. It should be turned every day, and will be ready after 2-3 months.

If a yellower colour is preferred, Mrs Beeton recommends turmeric, or marigold petals (presumably dried and pounded to a powder) added to the milk.

As industrialisation quickened pace, some of the new food ideas were condensed milk, tinned butter, and oleomargarine. Mar-

THOMAS BRADFORD & CO.'S SPECIALITIES.

New Illustrated Catalogues, with Agents' Names and Addresses, free on application.

Bradford's New Patent "P. & P."
Pure and Perfect!
BUTTER-MAKING APPARATUS.



The accompanying illustrates the No. 6 size "P. & P." (Pure and Perfect) Butter Drying and Moulding Apparatus, price £4 4s, which has been shown in full operation at all the leading Agricultural Exhibitions, together with larger sizes, both for hand and steam power. Won Ten Silver Medals during 1895 (including one at the London Dairy Show), and One Gold Medal. Agents' new Catalogues now ready.

Bradford's
"FISHBACK" CHURN.



The accompanying illustrates the Churn with Granulated Butter floating upon the Brine, ready for filling into the Drying and Moulding Hoppers of the "P. & P." Apparatus.

The "Ironmaster" (see illustration) is specially adapted for Colonial use. Write for Agents' new Catalogues.

Bradford's Patent
"DIAPHRAGM" CHURN.



The "Diaphragm" Churn has proved itself to be the best Churn that is made. It won during 1894 the First Prize in each class at the "Royal" at Cambridge; and its success during 1895 was also remarkable. Our new Agents' Catalogue contains an interesting account of the "record" achievements of this favourite Churn.

Bradford's Patent
"ARCH ALBANY" BUTTER WORKER.



This is one of Bradford's celebrated Butter Workers, the others being the "Aisle Albany" and the "Midland." See our new Agents' Catalogue, which is the most practical and interesting that is published.

Bradford's
"TUDOR" WRINGING and MANGLING MACHINE.



This is Bradford's latest and best Family Wringing and Mangling Machine. None compares with it for real practical utility and durability. Full particulars will be found in our new Agents' Catalogue, free by post.

Bradford's Patent
WASHING, WRINGING, and MANGLING MACHINE.



This is one of Bradford's most popular Family combined Washing, Wringing, and Mangling Machines—viz., "Vowel" A1, £20 6s. There are thousands in use, giving the greatest satisfaction. See new Agents' Catalogue, a supply of which will be sent free on application.

Victoria Avenue,
MANCHESTER.

140 to 143 High Holborn,
LONDON.

130 Bold Street,
LIVERPOOL.

CRESCENT IRONWORKS, MANCHESTER.

Some of the gadgets available at the end of the last century. From *Australasian Ironmonger*, 1 April 1896. NLA.



An early barrel-type butter churn. By courtesy of Swan Hill Pioneer Settlement.

garine's reception was mixed—people complained that the quality of the factory butter was poor, and the price high, but they were suspicious of margarine, and no doubt were victims of the campaign waged by dairy farmers and butter manufacturers in the 1880s, reminiscent of more recent campaigns of the same kind, against a threatening competitor. 'Butterine' was made from beef fat, which was processed to separate an oil from the tallowy residue. The oil was mixed with milk and colouring, then churned and treated rather like butter. It cost about 9d a pound, whereas butter cost about 3s 6d. It was used extensively by biscuit manufacturers, but its acceptance as a family substitute for butter was very slow, and awaited the vegetable-oil poly-unsaturated changes of the last twenty years as a final persuasion.

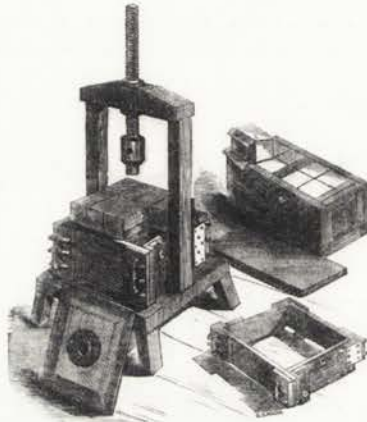
The earliest Australian recipe for ice cream I have found is in *The English and Australian Cookery Book*, by an Australian Aristologist, dated 1864. It is made without an ice cream churn.

ICE CREAM

Stir sugar to taste slowly into cream; mix well, then strain this into a tin with a close-fitting lid, and set it in a tub. Fill the tub with cracked ice strewn with quantities of salt. Scrape the cream down with a spoon as it freezes round the edge of the tin.

While it is freezing, stir in gradually some lemon juice or some mashed strawberries or raspberries. When it has frozen, dip the tin in lukewarm water, take out the frozen cream, and put it in glasses.

The
Outhouse Kitchen



Far left: A cheese vat, with rotary plate of blades for cutting the curd. From *Town and Country Journal*, 26 Feb. 1870. ML.

Left: The latest method of pressing, curing, and packing cheese, illustrated in *Town and Country Journal*, 20 May 1871.

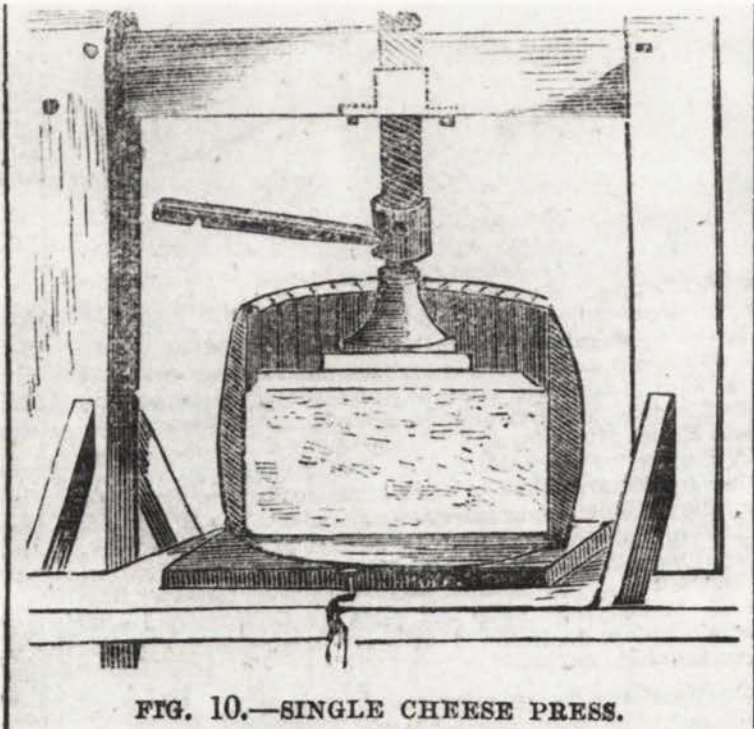


FIG. 10.—SINGLE CHEESE PRESS.

Left: A press for a single cheese. From *Town and Country Journal*, 18 July 1874. ML.



Above: Two butter churns. The square box churn is an early model, and appeared as a new improvement in the *Town and Country Journal* of 19 Nov. 1870. The barrel churn is to be found in the small room adjoining the kitchen at Nelungaloo homestead, first built in the 1860s near Parkes, N.S.W. By courtesy of Lachlan Vintage Village, Forbes.

Right: An ice cream churn advertisement from *Australasian Ironmonger*, 1 Sept. 1889. NLA.

It was usual to keep turning the freezing pot (which ideally was made of pewter rather than tin) round in the ice, always in the same direction, to keep the contents from separating and the heavier ingredients from falling to the bottom. The pot usually had a handle on the lid, by which it could be rotated. The sides had to be scraped from time to time to freeze the cream evenly. When the mixture was frozen, more ice was piled on the lid and it was left until the dessert was needed. When the ice cream churn was invented, it was simply a wooden bucket with a handle at the side, which attached to cogs inside the bucket, on which the ice cream container rested, so that by turning the handle the operator turned the inner vessel containing the mixture to be frozen. The best proportions of ice and salt were two-thirds ice to one-third salt, packed well down beside and under the inner vessel.

GINGER ICE CREAM

Bruise 170 g ginger in a mortar with 280 ml ($\frac{1}{2}$ pint) milk, and sieve it. Add 230 g sugar and the juice of 2 small lemons. Mix with 570 ml (1 pint) cream. Freeze, and when half frozen add 60 g ginger cut fine. Continue freezing, then serve.

APRICOT WATER ICE

Make a syrup of 450 g sugar, 570 ml water, and the yellow part of 2 lemon rinds. Sieve 6-8 ripe apricots and pound the skinned kernels. Mix, and let stand till cold. Add the juice of the 2 lemons, strain, and freeze.

The success of the experiments conducted by Thomas Mort and others into refrigeration techniques for commercial purposes had its spin-off also for the family home, and towards the end of the

SAMPLES FREE ON APPLICATION TO

PFEIL & CO., 149 ST. JOHN STREET, CLERKENWELL, E.C.

CHARLES CHURCHILL & CO.

AMERICAN MERCHANTS,

21 CROSS STREET, FINSBURY, LONDON, E.C.

STAR ICE-CREAM FREEZER.



The Star Ice-cream Freezer has double action so arranged that both the can and stirrer are revolved.

We call attention to the following points of merit:—The tub is made strong and of best quality cedar, bound with galvanised-iron hoops; the gearing is completely covered, so that nothing can get between the cogs; the can can be revolved to harden cream after stirrer has been removed; the cross bar is arranged to give the greatest facility for packing ice; the can and stirrer both revolve, but in opposite directions; the scraper is self-adjusting; the workmanship and material are of the very best.

Sizes, 2 3 4 6 8 10 14 quarts.
Prices, 15 6 18 9 23 29 37 6 46 58 6

AMERICAN ICE-CREAM FREEZER.

It has all the advantages of the higher-priced freezers, but is considerably cheaper, owing to its simplicity.

Sizes, 2 3 4 6 quarts.
Prices, 11 6 13 6 15 6 21

CROWN ICE CHIPPERS ... 2 6 EACH.

STAR ICE CHIPPERS ... 1 6 "

DISCOUNTS TO TRADE ON APPLICATION.

nineteenth century the faithful and ubiquitous Coolgardie safe began to be supplemented here and there by ice boxes and ice chests. An ice box was a large metal or wooden box with a lift-up lid, which was lined (box and lid) inside with an efficient insulator, such as felt, sawdust, or charcoal, covered with a galvanised or other non-rusting metal, and had spring catches to ensure a close fit when the lid was closed. Into it went first a block or two of ice (depending on size), and then the perishable foods were stacked on and round the ice. There was a small drainage hole near the bottom of the box, with some kind of plug, so that the melted ice could be drained away without disturbing the contents of the box. Often a rug was folded and thrown over the box for added insulation, and then the box might also serve as a padded seat when needed. The modern picnic drinks cooler is a mini-version of the old ice box, which cooled food very efficiently, but was a little inconvenient to load and unload.

The ice chest was a step towards the modern refrigerator. It was an upright cupboard, usually made of wood, and insulated as before, except that later models had a white enamelled interior. It stood on small legs (which could be put in tins of water to discourage ants), and had two compartments, a large lower compartment, with movable shelves, in which most of the food was stored, and a

The
Outhouse Kitchen



Corrugated Cup

HINTS ABOUT REFRIGERATORS.

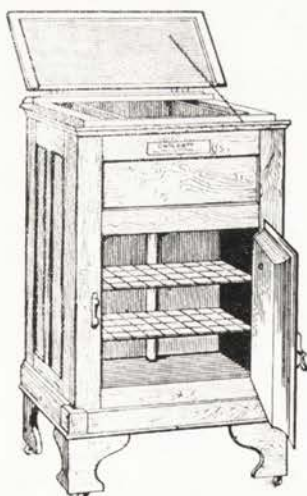
Stand the Refrigerator in a dry airy place, and keep the lid open when there is no ice inside. When the Refrigerator comes home, and before using it, fill both Ice and Provision Chambers with Ice, this will thoroughly cool the apparatus.

When the Refrigerator is once cool do not place any ice in the Provision Chamber, or Provisions in the Ice Chamber. Never put **hot food** in the Refrigerator; let the food be thoroughly cool first, and by this means there will be a great saving of ice.

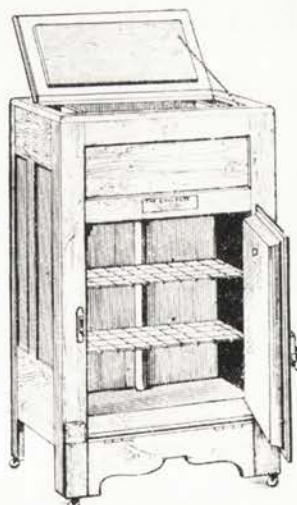
Once a week, at least, wash all the inside parts, but do not use soda, remove all incrustations from zinc and parts, and wipe with a perfectly dry cloth to free from dampness.

A Corrugated Cup is supplied to be fixed on pipe **under bottom** of Refrigerator, and the end of the pipe must be kept submerged in the water, exactly as shown in illustration, to prevent the warm air from passing through into the Ice Chamber.

A dish should be placed underneath Refrigerator to catch the waste water from the Ice Chamber.



Design No. 1, in three sizes.



Design No. 2, in two sizes.

Ice chests, from Anthony
Hordern's catalogue,
1914. NLA.

smaller upper compartment, with access by a separate door, which had a slightly corrugated floor for drainage purposes, and which held the block of ice. Any food that was best kept very cold was stored there too, beside the ice. There was a drainage hole at the back of this compartment, attached to a pipe or hose, which carried the melted ice down into a tray under the ice chest (which had to be emptied every day or it would overflow), or occasionally there was some device by which the water drained away outside the house, and required no attention. In an age when many people have never used an ice chest, their efficiency has largely been forgotten, but they were in fact a great luxury, and worked surprisingly well. Apart from the chore of emptying the tray and cleaning out the ice compartment (ice blocks collected all kinds of dirt when they were being brought to the ice chest) the only problem was how to come by the necessary ice. It was a case of having your own ice-making machine, or living close enough to someone else's machine to have it delivered. In the latter case, the kitchen was always kept open for the ice delivery, even if the householder was not there, and the delivery was accompanied by a steady trail of melting ice dribbling all over the floor, and a flurry of mops and floor cloths to obliterate the ice-man's path.

The ice chest made life much easier for the housewife, but it was not large enough, universal enough, or reliable enough to be an alternative to all the other methods of keeping food and drinks cool, and the Coolgardie safe, the canvas water cooler hanging under the tree, and the wet towels draped over the keg on the bar of the hotel were not yet anachronistic.

Battalions of smaller gadgets came and went—many of them American imports. There were gadgets to hold the bucket while milking (some that also incorporated a stool to sit on), egg beaters,

PULSOMETER ENGINEERING CO. LD.

THE "CHAMPION" HAND ICE MACHINE



**INVALUABLE IN
HOT CLIMATES.**

**ALWAYS READY FOR USE.
ICE CAN BE MADE IN THREE MINUTES.**

*No expensive freezing powders required: Commercial
Sulphuric Acid being the sole reagent.*

Will ice carafes for the table in 2 or 3 minutes, and will
make block ice, ice puddings, and ice creams at a
nominal cost. Also suitable for cooling champagne, &c.

No. 1 Size, suitable for Yachts, Clamps, and Small Families, &c., £3. 5s.;
Attachment for forcing Wines, 10s.; Ice Cream Jar, 5s. extra.

No. 2 Size, most suitable size for export and domestic use, £12, extra
as above. Packing in all cases extra.

No. 3 Size, for hand, or can be driven by strap, £25; will make
about 100 lbs. of ice per day, or about 20 lbs. per hour.

**Ice Making and Cooling Machinery up to the largest
installations. Guaranteed to produce ice and to
cool air at a smaller cost than any other system.
Pumping Machinery for every possible duty. Please
write for our List of Pumping and General Ma-
chinery No. 9.**

PECE

Telegraphic address: "Pulsometer London."
Hundreds of these Machines are being sold.

9 ELMS IRON WORKS, LONDON, S.W.

An ice-making machine
advertised in *Austral-
asian Ironmonger*, 1
March 1890. NLA.

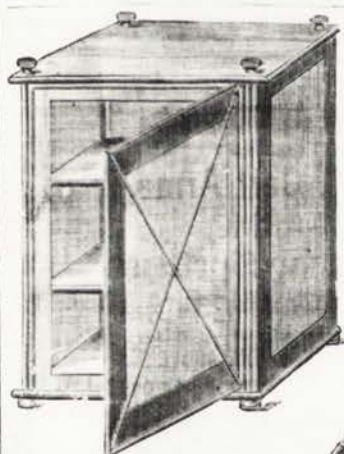
graters, strainers, vegetable cutters, coffee pots, vinegar and cider makers, fruit bottling outfits, and portable, fold-up safes. Anthony Hordern's monumental catalogues sometimes devoted a whole page to various gadgets for making lemonade, and the *Australasian Ironmonger* had a section in each issue which announced and described some of the new household paraphernalia that had appeared on the market since the preceding issue. It was a time when people had been stimulated by the industrial revolution in Britain, Europe and the United States to apply their inventiveness to making repetitive drudgery easier with the aid of machines, and anyone with an idea could find customers tired enough of the drudgery to give the new gadget a try. The eagerness with which these inventions were greeted a hundred years ago was natural

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An ice box, an ice cream churn, and a water cooler bag. From Anthony Hordern's catalogue, 1907. NLA.



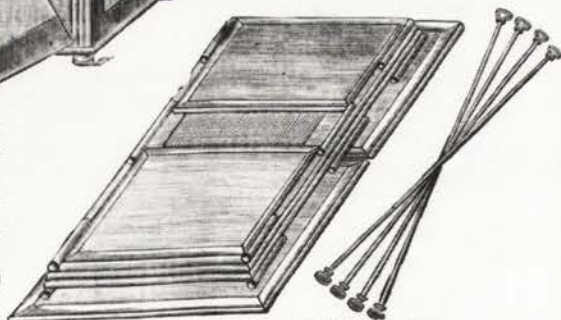
JOSEPH NICHOLS & SON
ESTABLISHED 1841.
Cheapside Wire Works,
BIRMINGHAM, ENGLAND



**JAPANESE
FOLDING
MEAT SAFE**

- No. 1.—18 in. long x 16 in. wide x 24 in. high.
„ 2.—20 in. long x 18 in. wide x 27 in. high.
„ 3.—22 in. long x 20 in. wide x 30 in. high.

Fitted complete with Shelves and Lock.



This Sketch represents Meat Safe folded for Packing.

HIGHEST AWARD

AT
MELBOURNE
CENTENNIAL
INTERNATIONAL
EXHIBITION,
1890-1900.

HIGHEST AWARD

AT
ADELAIDE JUBILEE
EXHIBITION,
1897-8.

AUSTRALASIAN REPRESENTATIVE—

T. K. STEANES, 56 Margaret-street, Sydney.

A neat folding meat safe advertised in *Australasian Ironmonger*, 1 March 1890. NLA.

enough—until the remarkable changes of the nineteenth century the European lifestyle had been relatively unchanged for hundreds of years, and the new promise of an easier, more comfortable existence was intoxicating. The remarkable thing is that although life has in fact become immeasurably easier and more comfortable in the last hundred years, the automatic intoxication with new gadgets—more and more specialised gadgets—lasted unabated through it all, and it is only the very recent drop-out generation who have been able to see the absurdity of a house bulging with more and more complicated gadgets, each useful for only one purpose, many regularly superseded by newer styles, none of them achieving much more than can be achieved with a few basics like a sharp knife, a good stove and oven, a few cooking pots, old-fashioned cleaners like soap, washing soda and ammonia, left-over jars and boxes, and a little know-how or willingness to learn. Gadgets started out having a real purpose to fulfil, and slowly became the confidence trick of the century.



An early coffee percolator. Boiling water is put in the pot to just cover the false bottom (A). When the pot goes on the fire, the steam under A forces hot water up through the pipes (B), into the drum at the top (C), and down through perforations to the muslin bag (D) full of ground coffee. When this small amount of coffee is very strong, the drum and bag are removed, and the pot filled with hot water to make a greater volume of less strong coffee. From *Town and Country Journal*, 28 March 1874. ML.

Improved Coffee Pot.



To Make Cider-Vinegar Rapidly.

To hasten the production of vinegar from cider, it is to elevate the barrels upon a frame sufficiently high above ground, to admit of a keg being placed under the faucet, with a frame of laths made in the shape of a funnel placed in it. The frame is loosely filled with shavings, and a stream of cider is allowed to run out of the faucet into it and amongst the shavings. Here it is separated into a great many small streams and very thin sheets, and a large surface is thereby exposed to the air, and the process of souring is very much hastened. A further hastening is caused by putting into the barrels a piece of brown paper covered with brewer's yeast, and by proceeding in this manner vinegar can be made in warm weather in a few days. A faucet should be put into the keg about the middle, and as the keg becomes filled the cider should be drawn off and returned into the barrel. As a matter of course this requires attention, but a child is able to manage it, and if the keg is replaced by a tub or half-barrel, attention is only required twice a day. The bung-holes of the casks should be open, and should be covered with a piece of gauze or mosquito-net to keep out flies and moths.



Egg Tongs.

EVERYBODY has experienced the inconvenience of the ordinary egg-cups, and all who eat eggs will be thankful to the ingenious inventor of an elegant and convenient substitute for a very awkward appliance of the breakfast table.

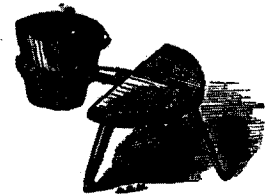
The accompanying engraving shows the device so clearly that no explanation is needed. Lovers of hot boiled eggs will find this article a great addition to the luxury of eating them as hot as desired, as by their use, an egg may be held without discomfort, and the end of the shell being removed, the remainder of the shell forms a cup in which the egg may be seasoned and prepared for eating. Another advantage is, that the fingers need not be soiled by the contents of the shell, when eggs are eaten, as they always ought to be, soft boiled.

Along with the receptivity of the late nineteenth-century housewife to labour-saving devices came a new adventurousness towards the menu. More ingredients were arriving in Australia from other countries, more foods were being grown or processed in Australia, the cooking arrangements were becoming less primitive, the population (and therefore the food preferences) more cosmopolitan, and gradually people were gaining knowledge about such things as tropical fruit, wild Australian game, and Australian fish. Herbs, too, were beginning to creep into the recipes. Until very recent times in Australia there has never been the variety of herbs grown as a matter of course that were considered almost essential in England and Europe, but a few, such as parsley, mint, rosemary, and perhaps thyme, marjoram and sage, were becoming quite common in the kitchen gardens of families who cared about food. The following are a few examples of the new interest in varying the diet.

WILD DUCK SOUP

Cut up 1 or 2 pairs of ducks, and cover with water in a pot. Boil 3 hours, strain off the liquor, season, and thicken if preferred with a little arrowroot or cornflour (but most people

prefer it without thickening, since this takes from the gamey flavour). The ducks can be curried or served with melted butter.



Above and right: Two inventions to make at home. By holding the bucket just under the cow's udder, no milk is lost, the bucket is kept clean, and overturning by a kick from the cow is prevented. The bucket can be clamped between the milker's knees, but this causes fatigue, which these gadgets are trying to overcome. From *Town and Country Journal*, 29 April 1871 and 11 Oct. 1873. ML.

Gadgets and Refinements

Some of the gadgets advertised in *Australasian Ironmonger*, 1 Dec. 1899. NLA.

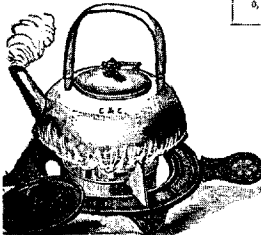
Crowden & Garrod's Specialities—All Net Prices.

HOME COMFORTS.



THE COMPLETE KITCHENER includes—
1 Spirit Stove. 1 Kettle.
1 Frying Pan. 1 Saucepan.
Complete, in Emery Box, 21/6 per doz.

THE RECHAUD ATMOSPHERIQUE "SPIRIT STOVE."



C. & G.'s SPECIALITY.
(Regis. card.)

An adaptation of the atmospheric principle to Spirit Stove.

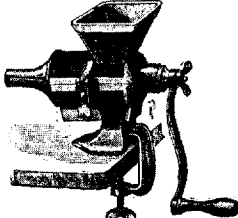


Cup to hold the
Mechanical Spirit.

3 1-Maroon Bronze, as illustrated.
3 2-Do. and Brass Believed Strong Tubes
TIN KETTLES for Boiling
etc. ordinary ... 3/4; best Quality ... 6/ per doz.
etc. do. ... 4/5 do.

C. & G.'s "IMPERIAL" MINCER & PERFECT SUET CHOPPER.

The Best Mincer in the Market.



The Propellers are made of Tinned Malleable Iron.
This Mincer is beautifully finished, and includes every improvement possible. Extra Large Hopper, Extra Large Base, Central Delivery, Revolving Scales.

Each in a Wooden Box.
0, 4/5; 1, 4/5; 2, 5/6; 3, 5/6; 4, 5/6; 5, 5/6; 6, 5/6; 7, 5/6; 8, 5/6; 9, 5/6; 10, 5/6; 11, 5/6; 12, 5/6; 13, 5/6; 14, 5/6; 15, 5/6; 16, 5/6; 17, 5/6; 18, 5/6; 19, 5/6; 20, 5/6; 21, 5/6; 22, 5/6; 23, 5/6; 24, 5/6; 25, 5/6; 26, 5/6; 27, 5/6; 28, 5/6; 29, 5/6; 30, 5/6; 31, 5/6; 32, 5/6; 33, 5/6; 34, 5/6; 35, 5/6; 36, 5/6; 37, 5/6; 38, 5/6; 39, 5/6; 40, 5/6; 41, 5/6; 42, 5/6; 43, 5/6; 44, 5/6; 45, 5/6; 46, 5/6; 47, 5/6; 48, 5/6; 49, 5/6; 50, 5/6; 51, 5/6; 52, 5/6; 53, 5/6; 54, 5/6; 55, 5/6; 56, 5/6; 57, 5/6; 58, 5/6; 59, 5/6; 60, 5/6; 61, 5/6; 62, 5/6; 63, 5/6; 64, 5/6; 65, 5/6; 66, 5/6; 67, 5/6; 68, 5/6; 69, 5/6; 70, 5/6; 71, 5/6; 72, 5/6; 73, 5/6; 74, 5/6; 75, 5/6; 76, 5/6; 77, 5/6; 78, 5/6; 79, 5/6; 80, 5/6; 81, 5/6; 82, 5/6; 83, 5/6; 84, 5/6; 85, 5/6; 86, 5/6; 87, 5/6; 88, 5/6; 89, 5/6; 90, 5/6; 91, 5/6; 92, 5/6; 93, 5/6; 94, 5/6; 95, 5/6; 96, 5/6; 97, 5/6; 98, 5/6; 99, 5/6; 100, 5/6; 101, 5/6; 102, 5/6; 103, 5/6; 104, 5/6; 105, 5/6; 106, 5/6; 107, 5/6; 108, 5/6; 109, 5/6; 110, 5/6; 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TO COOK SMALL FISH

One is often puzzled to know how to cook the small fish caught by children. After cleaning them, put them in a pie dish with some peppercorns and salt sprinkled over them. Cook them

in the oven, then let them stand in their own liquor till cold. Pour vinegar over them. Any fish can be done like this; also eels.

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WRAPPED SMALL FISH

Wash and dry any edible small fish. Well butter a sheet or sheets of stiff writing paper [foil would be a good substitute, some 80 years later], lay the fish in; sprinkle them with finely

chopped onion or shallot, parsley, pepper and salt. Squeeze over a few drops of lemon juice, put a few pieces of butter on top, wrap up, and bake 20 minutes.

CODFISH AND POTATO BOUILLABAISSÉ

Heat $1\frac{1}{2}$ T butter in a saucepan; add 2 leeks or 1 onion, chopped, and brown without burning. Add 1.1 l water, a fagot of herbs, a pinch of saffron, and 450 g peeled potatoes. Boil, and when nearly cooked, slice 900 g Murray cod and lay

it in. Cook slowly 20 minutes, then put fish in a hot dish surrounded by potatoes. Season and flavour the liquor, and boil it up. Slice a bread roll, put it in a hot dish, strain the liquor over, and serve with the fish.

QUAIL PIE

Open and draw the quails, separating the gall, liver, and gizzard; with these and a little fat bacon, salt, pepper and thyme make some forcemeat. Border a pie dish with puff pastry, slice 2 sweetbreads, season with salt and nutmeg, and put the slices of sweetbread,

the quails (wrapped in thin slices of bacon) and forcemeat in layers to the top of the dish, with mushrooms or truffles to fill up the spaces. Mix a little butter with spices and salt, and lay it on top. Cover with puff pastry, and bake.

PIGEON PIE

Border a dish with puff pastry; lay a veal cutlet or piece of rump steak, cut in thin slices, at the bottom of the dish, and season with salt, cayenne, and nutmeg or pounded mace. Add cleaned pigeons to fill the dish, sea-

soning as for the quail pie, with hard-boiled egg yolks in the spaces. Put butter over them, fill up with gravy, cover with pastry, glaze with egg yolk, and bake.

RABBIT PIE

Skin, clean and bone 2 rabbits, and cut them into neat pieces. Stew down the bones and trimmings with seasoning of nutmeg, mace, onion, herbs, pepper and salt for 1 hour. Strain off the liquor for gravy. Arrange the rabbit in layers with slices of bacon or ham and yolks of hard-boiled eggs and seasoning. Pour the gravy over; cover with puff pastry, and bake 1½ hours. Add a little gelatine to the gravy if it is to be eaten cold. If the rabbit is already cooked before being put in the pie, cook the pie just till the pastry is done.

BOILED THISTLES

Take the common sow thistle—the younger the better—wash it thoroughly, and boil it like cabbage. Serve with melted butter. Pigweed can be treated in the same way.

PUMPKIN TOPS

Take the young shoots of the pumpkin vine, put them in boiling water, and let boil 20 minutes. Drain, and serve with butter. [I first cooked and ate pumpkin tops with Niuginian friends, who taught me to peel off the hairy outside skin of the stems first, then boil the tops in coconut milk—they make a delicious vegetable.]

BOILED LETTUCE STALKS

Take the stalks of young lettuce that are going to seed, peel off the outer skin, tie in small bundles, and boil in salted water for 2 hours. Serve with melted butter. Rather like asparagus.

BANANA CHIPS

Peel and slice large plantain' bananas. Fry, and serve with pepper and salt for breakfast.

SWEET POTATO TOPS

Only the young shoots of the vines or the leaves are used, and they boil down quickly, so you need a large quantity. A bucketful of leaves will fill a vegetable dish when boiled like spinach.

PIGWEED OR SOW THISTLE SALAD

Soak the thistles for 1-2 hours, then treat them and the pigweed leaves like lettuce, tear into pieces and serve with a dressing.

PICKLED NASTURTIUM PODS

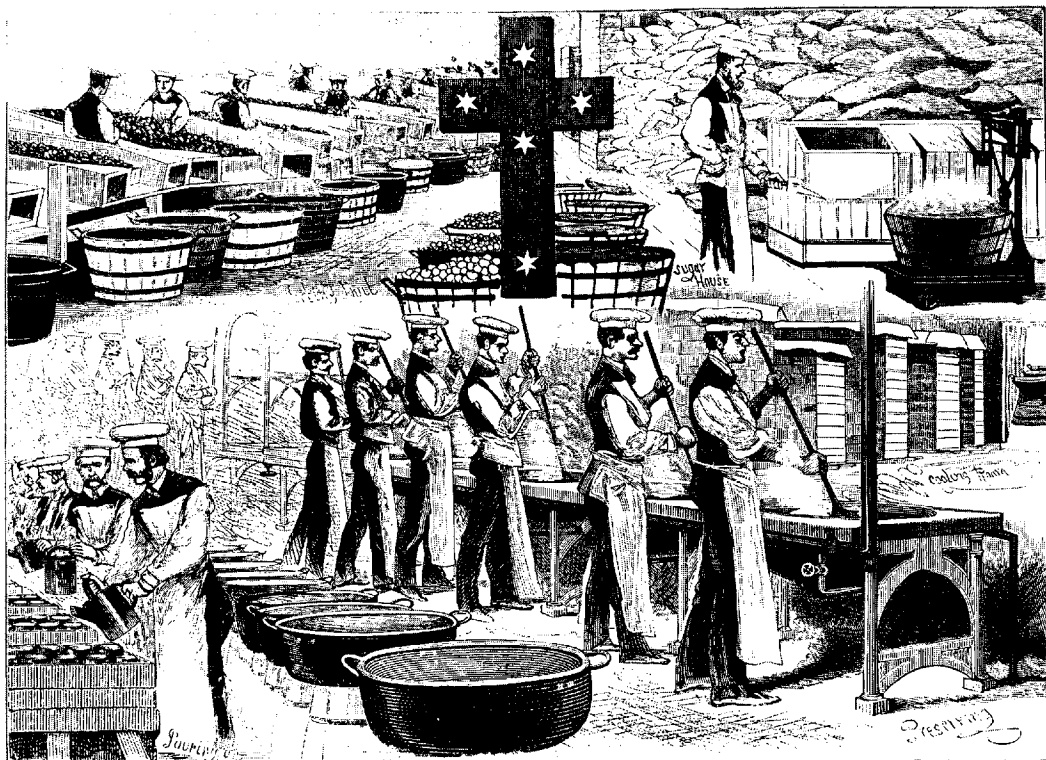
Put the pods, ripe and dry, in a bottle; add 1.1 l vinegar, 60 g salt, 12 peppercorns, cork well, and leave till next season (10-12 months), when they can be used instead of capers.

SALSIFY OR VEGETABLE OYSTER SOUP

Wash, scrape, and place the salsify in cold water to prevent discolouring. When enough is prepared, cut into slices, and cook slowly till tender in an equal quantity of water. Then add 2-3 cups milk, a few spoons

of cream, or a little butter; reheat, and slightly thicken with a little flour rubbed smooth in a little cold milk. Let it boil a few minutes, season with salt, and serve.

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ARTICHOKE SOUP

Put 900 g peeled Jerusalem artichokes in vinegar and water for 1 hour to make them a good colour. Mix 1 cup milk with 2.25 l white bone stock, and boil the artichokes, 2 onions, and 12 peppercorns in this for 1 hour. Rub them through a sieve with a wooden spoon. Stir in 2½

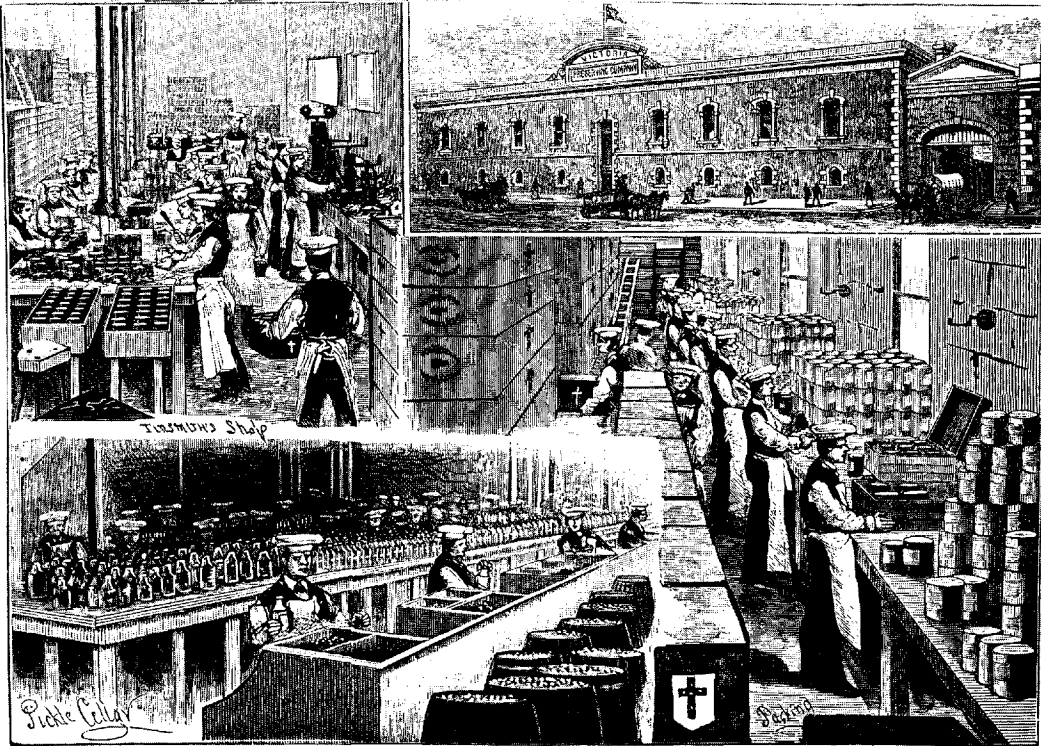
cups milk and some salt, pour back into the saucepan and stir till it boils. If the artichokes do not thicken the soup sufficiently, sprinkle in a little sago or semolina when it is returned to the saucepan. Serve with fried bread.

Scenes from the Victoria preserving factory. Clockwise from top left: sorting fruit; the sugar house; preserving; pouring on.

GUAVAS, STEWED IN ORANGE JUICE

Peel sound ripe guavas, cut them in halves lengthways, and lay them in a deep pie dish. Any windfall oranges do for the juice; squeeze the juice of 6 or 7 over the guavas; add about 1

cup water, sugar to taste, and let them stew in a slow oven 2-3 hours. Squeeze an orange over them before eating them, either hot or cold.



Also from the Victoria preserving factory. Clockwise from top left: the tinsmith's shop; exterior of the factory; packing; the pickle cellar. Wood engraving from *Australasian Sketcher*, 13 March 1880. NLA.

PRICKLY PEARS

Gather ripe fruit, and throw them in a tub of cold water. Stir them about roughly to get rid of some of the little prickles which are a trouble if they get in your

hands. With a thick cloth, such as flannel, rub off the rest of the prickles. The fruit can be eaten raw, but is very good stewed.

STEWED PRICKLY PEARS

Make a syrup of sugar with a little water, and while boiling put in the pears, either with or without peeling them; add a few pieces of lemon peel, the juice of a lemon, and let all boil together

till the pears are soft but not broken. Remove the fruit into a deep dish, add a little more sugar to the syrup, let it boil up, and pour over the pears. Best eaten cold, with whipped cream.

PRICKLY PEAR JAM

When the pears are quite free from prickles, cut them lengthwise, and remove the seeds. Cover them in a dish with white sugar, pound for pound, and let them stand overnight. Next day put them in a preserving pan with all the sugar, and a little water if they seem dry, the rind of 2-3 lemons cut fine, and their juice squeezed in. Boil slowly till the whole is a firm pulp. It makes a delicious jam, but will not keep very long.

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MELON PEEL PRESERVE

Pare off the green and white into 2 cm squares. Drop the pieces in boiling syrup, and boil till they are transparent and tender, then turn them out into a vessel, pour back the syrup, and boil till pretty dense. Pour this over the pieces and keep till wanted for dessert. The syrup may be flavoured with lemon or ginger.

PINEAPPLE PRESERVE

To every pound of fruit allow the same weight of sugar and a cup of water. Peel the fruit and cut into slices. Boil the rind in the water for 10 minutes, strain, add the sugar, and boil the syrup 20 minutes, removing the scum as it rises. Put in the slices of pineapple, and boil 15 minutes. Next day pour off the syrup, boil it 20 minutes, put the pineapple into jars, pour the boiling syrup on the fruit, and cover the jars closely. The preserve, if airtight, should keep 2-3 years.

Australians have always had a sweet tooth, and even those who cooked round a camp fire and carried their ingredients with them often finished a meal with damper and jam. Those leading a more settled life thought nothing of serving several puddings at lunch and dinner. Perhaps these puddings were the cook's display of ingenuity and craftsmanship at a time when the main diet tended to be monotonous. For someone who wanted to express her creativity in the preparation of food, the daily puddings were the only way of bringing variety and brightness to the dinner table.

Anthony Trollope wrote this description of the meals at a country gentleman's table in Victoria in the early 1870s:

No table more plentiful or more hospitable was ever spread. Its chief distinctive feature is the similarity of the meals. The breakfast is nearly as substantial as the lunch and dinner, and between the lunch and dinner it was long before I could find out any difference. Two or three hot joints of meat and four or five dishes of vegetables, wine decanters, and not uncommonly a teapot, are common to both of them. As regards the time allowed, or the appetite, or that addition to appetite which greediness furnishes throughout the world, I could not ascertain that there was any distinction between the two. With us at home

the cook never exerts herself,—or himself,—for lunch, and is not indeed expected to do so. The Victorian cook is equally awake all the day long. At last I perceived that at luncheon there would never be more than two puddings. At dinner the number was not limited.

This natural sweet tooth showed up with recipes for confectionery as the housewife's lot became easier and the household's expectations more sophisticated.

TOFFEY

Melt 2 *T* butter in a small saucepan, stir in 230 g moist sugar and 110 g honey. Boil 30 minutes, or till it will set on a cold knife, then add the juice of a lemon or a spoonful of vinegar. Pour on to a buttered dish, and when cool, mark into squares with a buttered knife.

MOLASSES CANDY

Mix 1 cup molasses, $\frac{1}{2}$ cup sugar, 1 *T* butter, 1 *t* vinegar, and boil, stirring constantly or it will burn. When cool enough to handle, pull it, and twist into sticks. Leave to harden.

BARLEY SUGAR

Boil 450 g loaf sugar in 1 *T* vinegar and $\frac{1}{4}$ cup water about 15 minutes, stirring constantly, till it will snap like glass in cold water. Take the saucepan off the fire, and dip the bottom of the saucepan in cold water to prevent the mixture becoming sugary. Add 6 drops lemon essence, and pour into a buttered dish to cool. Then cut into strips, and make twists with buttered fingers.

BUTTERSCOTCH

Boil $\frac{1}{2}$ cup butter, 1 cup treacle, and 1 cup sugar till it snaps in cold water. Cut into squares before it sets on a buttered plate.

ALMOND ROCK

Boil 2 *T* butter, 230 g sugar, 110 g treacle. When nearly cooked add some chopped almonds and 1 *t* vinegar.

CHOCOLATE CREAMS

Boil 450 g sugar in $\frac{1}{2}$ cup milk for 5 minutes. Take off the fire and stir till it is thick enough to roll. Put some grated cooking chocolate in a basin over boiling water to soften it. Add 1 *t* boil- ing water; drop small balls of the cream mixture in one at a time, roll them round to coat them, and leave them on paper to dry.

PEPPERMINT DROPS

Mix 230 g sifted powdered sugar [icing sugar] with white of egg and 20 drops peppermint essence. Colour green if liked. Mix with a knife to a stiff paste, adding more sugar if necessary. Roll out and cut into small circles with a thimble or similar shape.

The
Outhouse Kitchen

PRESERVED CITRUS PEEL

Soak thin strips of orange and lemon peel in salted water 1 week, or till transparent, changing the water every second day. Next put peel in boiling syrup made of 1 cup water to every 450 g sugar, and boil 1 hour.

As more and more food processes became the preserve of factories, the family gradually lost control of what ingredients went into their food. It would have been strange, human nature being what it is, if no short cuts had been taken by manufacturers to get a little advantage on the side, but the clever little ways of cheating seemed more unscrupulous in food industries than in others, since tampering with the ingredients used to make basic foods could have truly disastrous consequences. Various Acts were passed from time to time, to try to prevent adulteration of food for sale. Some of the main targets were the bread industry, cattle slaughtering and meat preserving, alcoholic liquor, and dairy industries.

In the case of the dairy industries, the main offender was not the butter or cheese manufacturer, but the farmer. Since the manufacturer paid him by the gallon of milk delivered, the temptation to water it and make it go a little further was very strong. Some farmers added as much as 40 per cent water. The solution to this problem was to pay the farmers according to the butter-making capacity of their milk rather than the bulk, and to devise a test for the milk that would indicate this capacity. The Babcock test for butter fat content was introduced into Australia from the United States in 1892. Another problem with the milk to be processed into butter and cheese was its boric acid content. The farmer often added boric acid so that the milk would arrive fresh at the factory, and the manufacturer added more to preserve the butter until sold, since even with the advances in refrigeration, a further preservative was needed, and the amount of salt alone that would be necessary to perform this function would have made the butter unpalatable. After some decades of regulations limiting the amount of boric acid permissible in butter, its use was finally prohibited altogether in 1927.

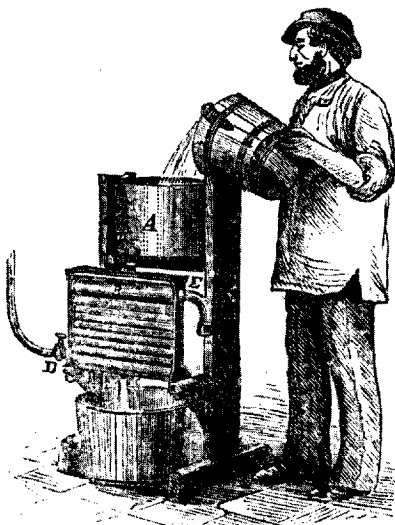
One of the most blatant examples of adulteration was that of tea, which by 1885 was causing alarm in the New South Wales Parliament. Some of the additions to make it go further were spent tea leaves, the leaves of several other plants, iron filings, gypsum, and Prussian blue. One parcel of tea analysed in Victoria had no

Right: The invention illustrated and described here is a reminder of the problems connected with preserving milk in the days before refrigeration. From *Town and Country Journal*, 13 Dec. 1873. ML.

Far right: This engraving and description of a new barrel churn appeared in *Town and Country Journal*, 3 Oct. 1874. ML.

uninfused tea leaves at all. It was no wonder that many writers in the nineteenth century wrote of tea as being a poisonous drink, and strongly advised against its use. One early nineteenth-century writer produced the information that tea brokers, from being obliged to smell the boxes containing tea varieties, generally fell victims to apoplexy. In 1889 the *Dawn*, a paper produced by radical women, may have been objecting to this adulteration, or perhaps to the growing tea-party habits of middle-class women, when it wrote thus of the ills of tea-drinking:

Tea-drinking may become as vicious, as far as the health of the individual is concerned, as the drinking of alcoholic liquors.



Improved Milk Refrigerator.

THIS is an English invention, made by Lawrence and Co., London, who say that, by the aid of these refrigerators, the milk intended for transit, or for the making of butter or cheese, may be cooled as soon as it leaves the cow, and before any injurious change can possibly have taken place. It has long been a well known fact that milk is preserved in proportion to the rapidity with which it is cooled. Why this is so has never been satisfactorily explained, but recent scientific investigations have proved beyond a doubt that, when milk is suddenly cooled, the infusoria or vital organisms, the cause of rapid decomposition, are destroyed, and the milk is consequently preserved, whereas if cooled by slow degrees, living infusoria will still be found in it.

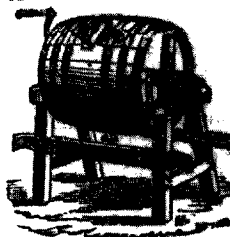
By passing warm water through the refrigerator, instead of cold, the temperature of the milk may be readily raised to any degree required, which, in cold weather, is an advantage in cheese making.

The warm milk is poured into the receiver, A, whence it passes through the refrigerating box, A, in which is a coil of pipes through which cold water enters at D, discharging at E, while the cooled milk is drawn off at C.

Tinkler's Patent Prize Barrel Churn.

(From the *Practical Mechanic's Journal*.)

ROTATORY barrel churns, from their simplicity, compactness, and efficient churning action, have gradually superseded all the older contrivances which have been originated for conversion of cream into butter. The more complex mechanism of this kind cannot stand against the simple power of this less pretentious apparatus, which receives continuous accessions of



improvement, as a standard machine worthy of the refining touches of time. A very satisfactory form of this churn has recently been successfully introduced, amongst the current improvements, by Mr. Robert Tinkler, Great Dockray, Penrith, Cumberland. Mr. Tinkler's barrel is carried upon a horizontal spindle, supported upon anti-friction rolling bearings, upon an open timber frame, so as to work with superior ease. The dashers, fixed in the interior of the barrel, are built up out of several pieces of wood, each consisting of two longitudinal bars, with cross pieces morticed between them. This system of construction is far superior to that in which solid boards are used for dashers, for the built dashers are stronger, and are easily repaired when any part gives way. Three separate dashers are used in each barrel, each having staves or cross pieces of a different width, so as to cause a more energetic agitation of the cream. The time of churning is from 15 to 20 minutes, the rate of revolution being about 60 per minute. As the barrel is air-tight it is necessary to allow for the accumulation of internal air-pressure, due to the churning action. This is done by a spring valve, which simply requires pressure once or twice after starting work, to allow the air to escape. The air-discharge can be accomplished without stopping the action of the churn. One of the longitudinal bars of the frame is contrived to open out for the admission of a catch vessel beneath the churn, to receive the butter milk, or any waste water that may be used for washing the barrel. In cleansing the churn, all that is necessary is to pour in a little water, and a few turns of the barrel are then sufficient to carry off the foreign matter. In this churn there are no working parts of metal, to injure the cream and butter. This is an important feature, as the butter made in it must necessarily be better and sweeter than it can possibly be when metal bearings work in the mass of churned butter.

The Sydney agent for this churn is Mr. W. G. Ainsworth of York-street.

There are temperaments that cannot endure safely the medicinal effect of tannin. The consumption of tea has become so enormous as to have suggested a study of its effects upon the health of the people. There are those who look upon it as an evil only second to that connected with the excessive use of alcohol.

The
Outhouse Kitchen

Tea was, indeed, a very popular drink, but other beverages were beginning to gain popularity by this time. Coffee was one. It was usually mixed with chicory, since it was even then an expensive and scarce commodity. The recipe for 'Mrs Kearney's Doctored Coffee' in Elizabeth Coghill's diary gave the proportions as 14 ounces of chicory to 34 ounces of coffee. The slightly bitter taste which the addition of chicory gave to the coffee may at first have been

THE SYDNEY MAIL, WEDNESDAY, JUNE 9, 1920 - Page 79



From *Sydney Mail*, 9
June 1920. NLA.

My Good Morning Tea

EARLY in the morning, after your night's sleep—when you find your mouth thirsting for dainty refreshment—when your palate is dry and supersensitive to taste—that is the time when you are a true connoisseur—your own critic of tea quality!

Can you say "My GOOD Morning Cup of Tea?"

Indeed, yes! For here is the tea that is scientifically cured—cured so the fresh flavor of the native juice is left in the leaf—

to spring forth again once steeped in the steaming pot—to put a sparkle of satisfaction in your eye as you smell its pungent, aromatic fragrance. It tastes good—it is good!

Young, succulent leaves, from which the juice is never burned out by excessive "firing" or curing, and freedom from bitter tannin dust, give Bushells Tea its peerless flavor, at a saving to you of 4d. or 5d. on every pound. It brews 200 cups where the ordinary teas brew only 150 or 160 cups.

For genuine enjoyment of the early morning tea cup, when the sense of taste is most sensitive, this Bushells Tea is beyond compare. The delectable strength of its true "teay" flavor, the satisfying fulsome pleasure of it, is never impaired by the bitter tannin dust of ordinary teas.

Bushells
Spoken for

considered a handicap, but the use of chicory was so widespread that the bitter taste became part of the coffee taste, to the extent that in more recent times, when it is more usual to drink our coffee without chicory, many people miss the bitterness, and add a pinch of mustard to create the same effect.



Five o'clock tea in town
and in the bush. Engraving
from *Australasian
Sketcher*, 22 Jan. 1876.
NLA.

Other popular drinks were barley water, ginger beer, orange juice, home-made lemonade, and raspberry or lemon syrup (the predecessors to cordials).

BARLEY WATER

Wash 60 g pearl barley, put it in a saucepan with 2 cups cold water, boil for 15 minutes, strain off the water, and add 2.25 l fresh boiling water. Boil it until the liquid is reduced by half, strain, and set aside to

cool. A little lemon peel may be added either when it is cooking, or with sugar after it comes off the fire. A little lemon juice can be added to the cold barley water as a flavouring.

GINGER BEER

Bruise 45 g whole ginger, and put it in a large pan with 4½ cups sugar and 2 T cream of tartar. Peel 2 lemons and squeeze the juice. Strain, and add with peel

to the other ingredients. Then pour over them 13.6 l (3 gallons) boiling water and let it stand till nearly cold. Add 2 T fresh yeast, stir, cover with a

cloth, and leave 12 hours near the fire. Skim off yeast and pour the liquid into another vessel carefully, so as to leave the

sediment. Bottle and cork tightly. It will be ready in 3-4 days.

The
Outhouse Kitchen

This recipe was a predecessor to the ginger beer made with a ginger beer plant, which seems to have been a twentieth-century invention. The later recipe is included here for purposes of comparison.

GINGER BEER PLANT

Mix together 1 cup sugar, 1 *T* ground ginger, the juice of 2 lemons, and 1.1 *l* water. Leave covered for 3 days, then pour off almost all the liquid, and feed the plant each day for 7 days with 1 heaped teaspoon sugar and 1 level teaspoon ground ginger. It is ready for use after 4 more days.

GINGER BEER FROM PLANT

Add 5 cups sugar to 5 cups boiling water in a large non-metallic vessel. Stir with wooden spoon to dissolve sugar, add 1 cup strained lemon juice, 2 cups ginger plant, and stir well. Then add 2 *t* ginger and 11.3 *l* cold water. Stir well, and cover. Stir again after 2 hours, then leave covered and untouched 24 hours. Strain the clear liquid through muslin, bottle, cork, and leave 3 days before using. Put the sediment in a covered jar, and feed it daily with 1 *t* ginger and 1 *t* sugar, as above. Ginger beer may be made many times from this plant.

HOME-MADE LEMONADE

Squeeze the juice of 5-6 lemons into a large jug, add the rind of 2, 4 *T* sugar, and a little grated nutmeg. Fill up with boiling water, and use when quite cold. [Some of the later recipes sub-

stitute soda water for the plain water, which would, of course, make a drink much more like the bottled lemonade popular today.]

LEMON SYRUP (see also another recipe on p. 82)

Boil 6 cups sugar with 1.1 *l* water for 5 minutes, then pour into a large jug. Add 30 g citric acid, and stir well till dissolved. When cold add 15 *ml* lemon essence. Bottle and cork. To serve lemon syrup, use 1 *T* of the syrup in a tumbler of soda water or iced water, with a slice of lemon. [For lemon essence, see p. 82.]

RASPBERRY SYRUP

Make this the same as lemon syrup, but use 25 *ml* raspberry essence instead of the lemon essence.

Of the alcoholic beverages consumed in Australia, none attracted more comment from visiting Englishmen than the 'nobbler', which was usually either whisky or brandy. R. E. N. Twopeny, writing in 1883, gave an engaging description of Australian social and business drinking habits:

In all country towns, if you go to see a man on business, out comes the whisky-bottle. If you meet an old friend, his first greeting is, 'Come and have a nobbler!' No bargain can be concluded without it. If it is a warm day, you must have a nobbler to quench your thirst; if it is freezing, to keep the cold out.

He goes on to ask, 'And what about Australian drunkenness?'

Statistically it is not very much worse than in England, but the difference lies in the class who get drunk. Here it is not merely the

Tom Castro's butcher's
shop, Wagga Wagga.
Engraving from *Town
and Country Journal*, 6
July 1872. ML.



TOM CASTRO'S SHOP, WAGGA WAGGA.

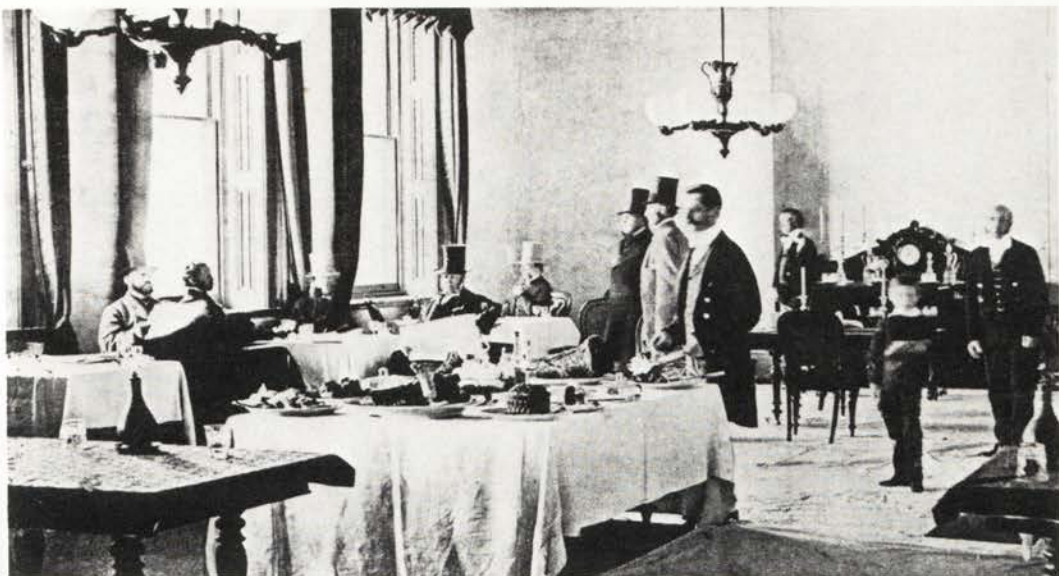


O'KEEFE AND CO'S STORE, GREY AND MEADE STREETS, GLEN INNES.

lower classes, but everybody that drinks. Not a few of the wealthiest and most leading citizens are well-known to be frequently drunk, though their names do not, of course, appear in the papers or in the police reports. The state of public feeling on the subject, though improving, is much as it was in England twenty or thirty years ago. Society says, 'Capital fellow, Jones; pity he drinks!' but no social reprobation attaches to Jones. He may be known to be carried to bed every night, for all it affects his reputation as a respectable and respected citizen.

O'Keefe's stores, Grey and Meade Streets, Glen Innes. Engraving from *Town and Country Journal*, 16 May 1874. ML.

In the early days of European settlement social life had been rather restricted—apart from a few lavish dinner parties and other entertainments at the homes of the wealthy and influential, entertaining had necessarily been informal, and there had been few public places of entertainment. By late in the nineteenth century the picture was changing, and as well as balls and private dinner parties there was a growing number of restaurants and tea houses, picnics and race meetings, children's parties, and clubs. Lunch at the club was a popular practice for business men; women had begun the daring habit of meeting their friends for afternoon tea in a tea shop; Christmas—always celebrated in the colonies as well as circumstances permitted—was becoming an elaborate occasion; and even preparations for children's birthday parties were becoming tests of the cook's ingenuity.



The Melbourne Club, luncheon time, 1863. Reproduced from Hugh McCrae, *Georgiana's Journal*, by courtesy of Lady Cowper. NLA.

A HEN'S NEST FOR A CHILDREN'S PARTY

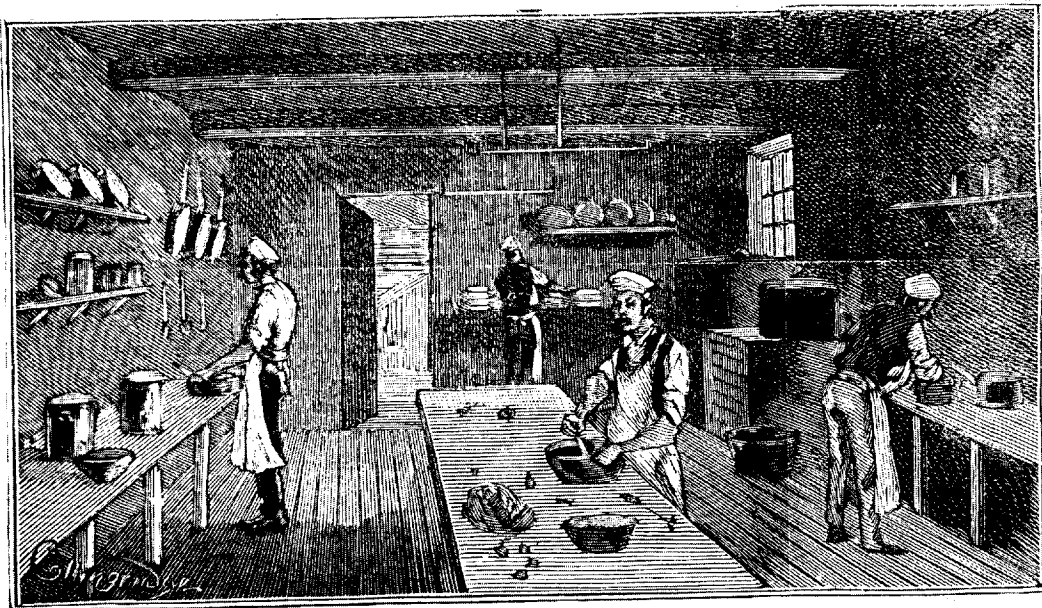
Make a hole at one end of each of 5 small eggs, and empty the shells. Fill them with blanc mange, and allow to set. When stiff and cold, take off the shells, pare the yellow rind very thin from 6 lemons, boil the rinds in water till tender, then cut them

in thin strips to resemble straw, and preserve them with sugar. Fill a small deep dish half-full with jelly, and when it has set, arrange the straw on top in the form of a nest, and put the eggs in the nest.

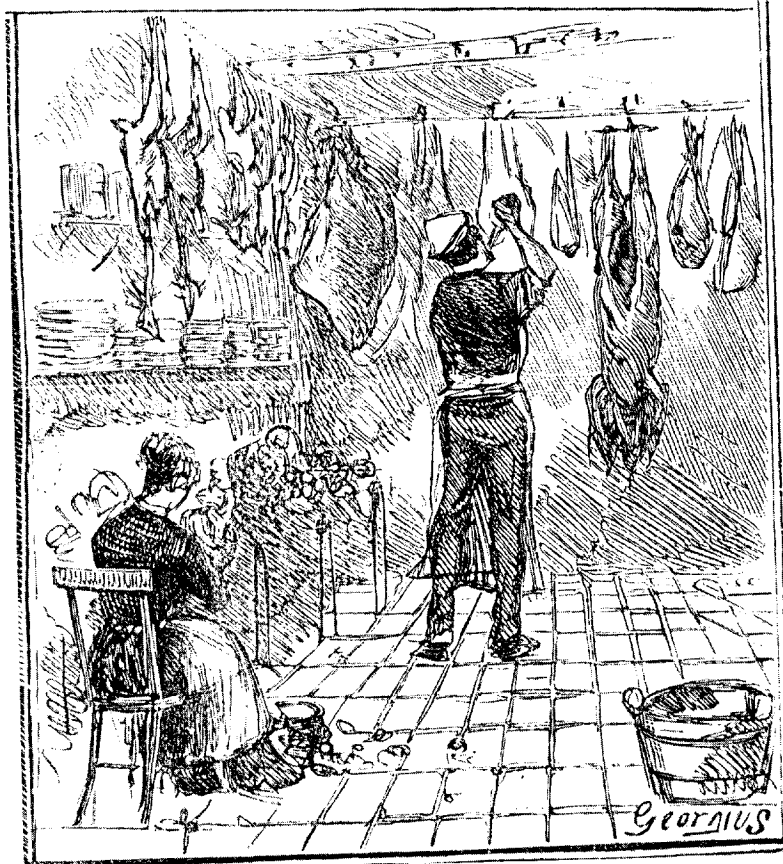
TOADSTOOLS

Beat 2 egg whites until stiff, then beat in $\frac{1}{4}$ cup fine sugar [castor sugar] till the mixture is stiff again. Fold in $\frac{1}{4}$ cup more fine sugar gently, then put it in a triangular calico bag [piping bag] with a small hole in the corner. Force the mixture through the hole on to a piece of oiled paper on a baking sheet, making circles for the tops of the toadstools, and pulling the piping bag sharply up and off

for the stalks. Sprinkle the flat circles lightly with cocoa. Bake in a very slow oven (120°C , 250°F) 1-2 hours. When they are cooked, the meringues should come off the paper without any trouble. Stick the heads on to the stalks with a little cream when they are cold, or if necessary, make a small hole underneath the heads and stick the stalks in the hole.

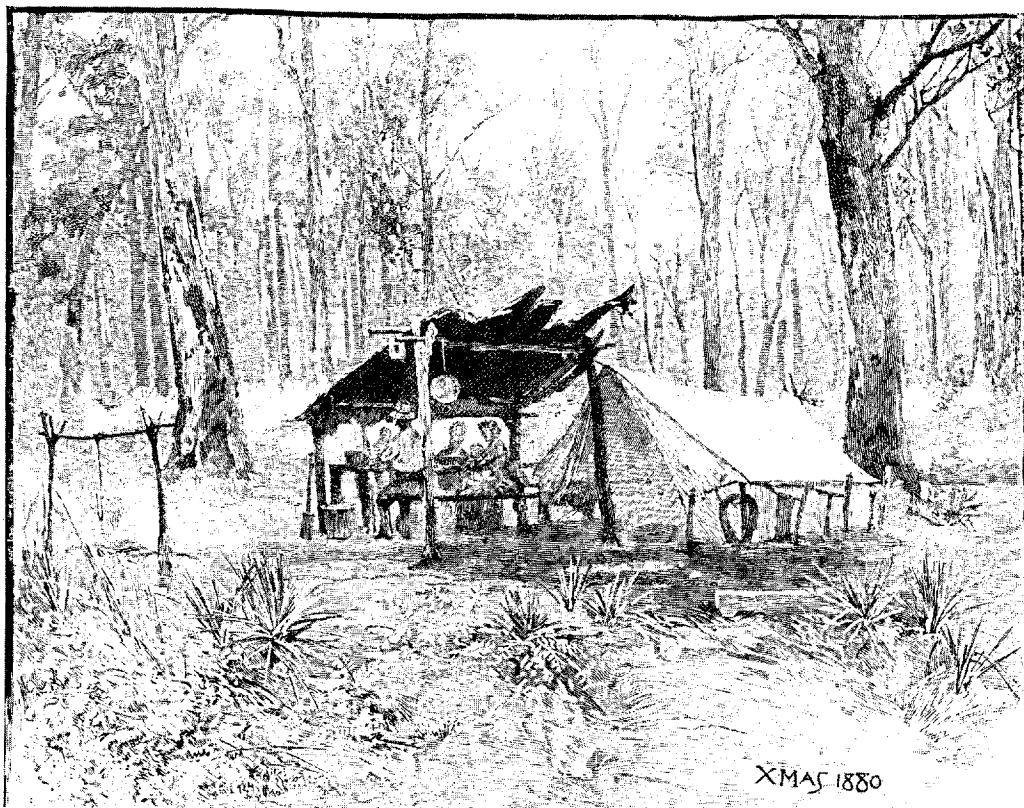


Above: Campagnoni's café, 1880. This was in Pitt Street, Sydney, and was one of the largest and best appointed cafés in the colony. Its new kitchen had the latest steam cooking apparatus. There was a gentlemen's dining hall, and a separate dining hall for the ladies.



Left: The meat-hanging room at Campagnoni's. These two engravings from *Illustrated Sydney News*, 5 Aug. 1880. NLA.

Right: Two Christmases in an Australian free selector's life. Engraving from *Sydney Mail*, 21 Dec. 1889. NLA.



With the increasing number of social occasions came a widening interest in points of etiquette, approved ways of serving food, carving meat and fish, and decorating the dinner table. One of the mysteries that had previously been the preserve of the trained servant was the art of folding table napkins. Some of the designs, used with instructions, are given here.

The
Outhouse Kitchen



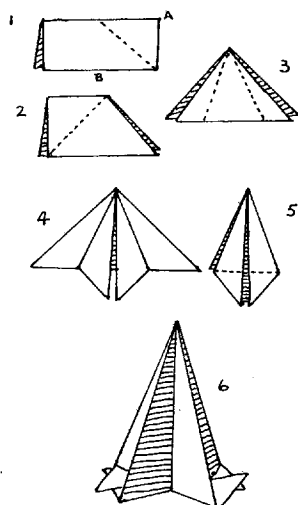
An undated picnic at
Moruya, N.S.W. NLA.

TABLE NAPKIN FOLDING

The Tent Design

Take the top right-hand corner A between thumb and index finger of the right hand, inserting the thumb between the two edges, and fold it down *inside* to bring A down to B (diagram 2). Repeat with the left-hand side (diagram 3). Fold the right-hand upper side over to the centre; repeat with left-hand upper side (diagram 4). Turn napkin over and repeat the last two folds (diagram 5). Turn up the ends at the dotted line (diagram 5) to form a base for the tent; cross the ends over a little to expand the tent and allow it to stand upright (diagram 6). Good for small table napkins. Looks well standing at corners of the table.

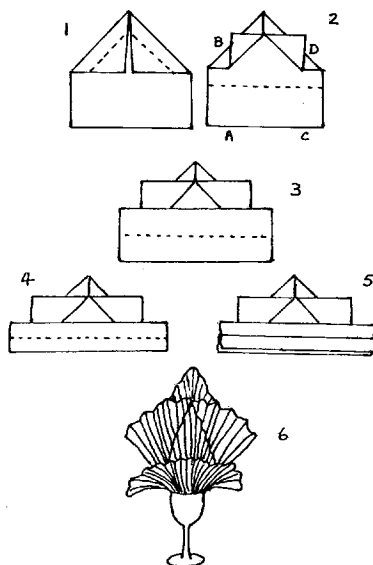
1 THE TENT DESIGN



The Triple Fan Design

Lay the napkin out flat, then bring the top right-hand corner to the centre point of the napkin. Repeat with the left-hand corner (diagram 1). Turn back the left and right corners at the dotted line (diagram 1) as shown in diagram 2. Fold the lower edge of the napkin at the dotted line (diagram 2) so that A reaches B and C reaches D (diagram 3). Turn up the lower edge again at the dotted line (diagram 3) so that the napkin looks like diagram 4. Now turn *back* the top of the fold just made, at the dotted line (diagram 4), to bring it level with the lower edge (diagram 5). Now pleat up in a fan form. Press the folds well, and stand the fan in a wineglass (diagram 6).

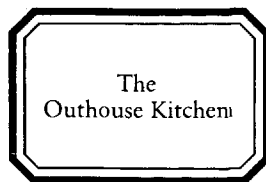
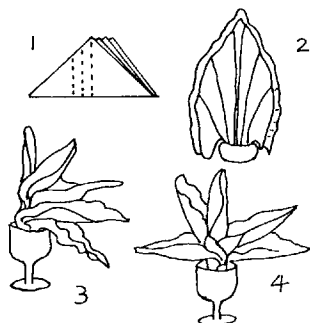
2 THE TRIPLE FAN DESIGN



Another Useful Design

Fold the napkin in four, then diagonally across, so that there are two loose single corners on each side of the central right angle. Pleat all the way along, in the direction indicated by the dotted lines (diagram 1). It can be arranged in a serviette ring in a leaf or fan shape, as in diagram 2, or pull down the five leaves as in diagram 3, or pull down two leaves on each side of the central one as in diagram 4, and stand it in a wineglass.

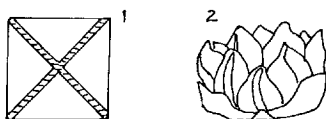
3 ANOTHER USEFUL DESIGN



The Rose

Lay napkin out flat, and fold the corners over to the centre (diagram 1). Repeat this folding of corners to the centre twice more, making a small square. Now turn this square face downwards, and fold the corners over to the centre again. Now hold the centre points with fingers or a cup or serviette ring, and pull the corners up from underneath—three sets of corners (diagram 2). A bread roll may be placed inside.

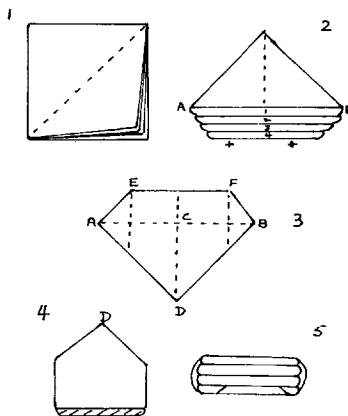
4 THE ROSE



The Roll

Fold the napkin in two, then in two again so that the four corners are as in diagram 1. Turn the corners towards you, and roll up each separately and tightly towards the dotted line marked in diagram 1, keeping each in position with a weight till the next roll is finished. The four rolls should show, as in diagram 2. Reverse the napkin, placing thumbs underneath and fingers on top at the places marked with a cross, so that the rolls are underneath (diagram 3). Fold over the corners A and B along

5 THE ROLL



the dotted lines at E and F to meet at C. Then holding them down with fingers on top, thumb underneath the roll nearest you, fold at the dotted line AB so that the point D

comes up and over (diagram 4), with the rolls still underneath. Reverse, and tuck the point D in between the first and second roll (diagram 5). This makes a pocket for a small bread roll.

Carving instructions, usually with an identical set of diagrams, were included in several books about food and etiquette. In fact the same set of diagrams was still appearing in the 1930s. Instructions for carving a selection of meats are given here, with basically the same diagrams re-drawn.

THE ART OF CARVING

Leg of Mutton

Always have the shank to the left hand, as shown in the diagram. Place the fork in at about 7, to hold it steady, and cut right down to the bone along 1-2. The juiciest slices are from this line upwards towards 5, though some people prefer the shank or knuckle. Fat may be found on the ridges 5-5, and should be cut in the direction 5-6.

Should you wish to cut out the cramp-bone, cut down to the thigh-bone at 4, pass the knife under the cramp-bone in the direction 4-3, and remove the bone.

These carving instructions apply to a roast or boiled leg of mutton.

Shoulder of Mutton

The first cut should be in the direction 1-2, cutting right down to the bone, causing the gravy to run into the dish. The best fat is on the outer edge, and should be sliced off in the direction 5-6. If there is a large company, after the bottom part in the line 1-2 is finished, there are

some delicate slices on each side of the ridge of the blade-bone along 3-4. The line 7-8 marks the direction of the edge of the blade-bone, and cannot be cut across. Some prefer the under side of the shoulder, as being more full of gravy.

Loin of Mutton

This joint requires little skill in carving, but it should be properly jointed by the butcher before being cooked. There is then nothing to do but to separate the meat into chops, and help one of each all round.

Leg of Lamb

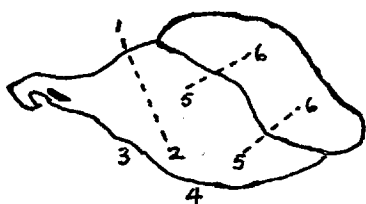
Carve in the same manner as leg of mutton.

Loin of Lamb

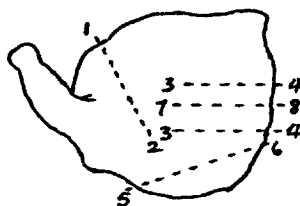
This is carved as for loin of mutton, except that the fat is more delicate, consequently a larger portion may be given to each guest.

Leg of Pork

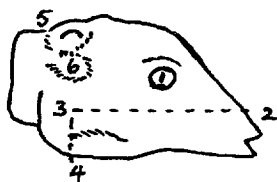
Whether roasted or boiled, a leg of pork should be carved across the middle, exactly as for carv-



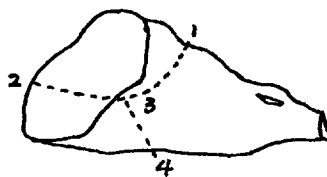
LEG OF MUTTON



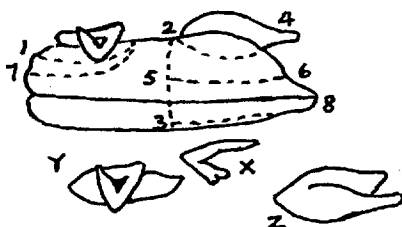
SHOULDER



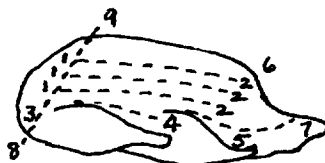
CALF'S HEAD



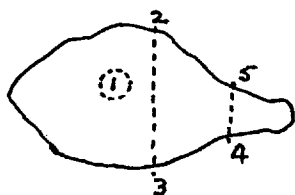
KNUCKLE OF VEAL



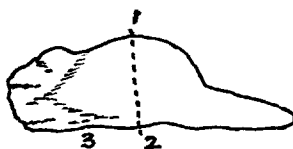
FOWL



GOOSE



HAM



TONGUE

ing a ham. If it is roasted, be sure to give some stuffing and crackling to each plate.

Loin of Pork

Carve like a loin of mutton.

Hand of Pork

Carve like a shoulder of mutton.

Calf's Head

Start by cutting right along the

cheek in the line 3-2. Several slices may be taken from this part. At the end of the jaw-bone is the throat-sweetbread, which is esteemed a great delicacy; this may be found by cutting in deeply at 3-4. Tongue and brains are usually served in a separate dish. The best part of the tongue is a slice close to the root.

Loin of Veal

Carve this in the same way as a loin of mutton, but remember that the choice portions are the fat and kidney underneath.

Gigot of Veal

Carve like a leg of mutton.

Shoulder of Veal

Serve like a shoulder of mutton.

Knuckle of Veal

This may appear easy to carve, but is not. It should be cut with a sort of semi-circular sweep from 1 to 2. The bones should be cut from 3 to 4. Give every plate a little of the fat, which is to be found at 4.

Fowl

Perhaps the most difficult thing to carve is a roast fowl. The cut which the diagram shows is of the fowl on its side, with a leg, a wing, and a neck-bone removed. First detach the joints in the line 1-2-4. Next cut off the neck-bones by inserting the knife at 7, running it under the broad part of the bone in the line 7-2, then lifting it, and breaking off the end of the shortest part of the bone. Now divide the breast from the back by cutting through the ribs on each side from the neck to the tail (8). Turn the back upwards, fix the fork in firmly, and lay the edge of the knife in the line 2-5-3, press it down, raise the tail, and it will easily divide on the line 2-5-3. Lastly, put the lower part of the back upwards with the head towards you, and cut off the side-bones by forcing the knife through in the line 5-6. X, Y, and Z represent respectively

a neck-bone, a wing, and a leg, in the forms they ought to be when skilfully carved.

Boiled fowl is carved the same as roast fowl. The wings and breast are the choicest parts. The legs of a boiled fowl are more tender than those of a roast fowl.

Goose

This should be placed with the neck-end before you. Cut three long slices from 1-2 right to the bone; detach these slices from the bone, and take off the leg by turning the bird on one side, putting the fork through the small end of the leg bone, and pressing it close to the body. By this means; when the knife has entered at 4, the joint can easily be raised. Pass the knife under the leg in the direction 4-5. If the leg still hangs at 5, turn it back with the fork, and it will separate.

The next matter is to take off the wing. Pass the fork through the pinion, pressing it close to the body, and insert the knife at the notch 3; pass it beneath the wing in the line 3-4. It requires practice to do this nicely. Now remove the leg and wing on the other side. Next cut off the part between the lines 6-5-7, and the merrythought in the line 9-8. The other parts are taken off in a similar way to those of a fowl.

The best parts of a goose are slices from the breast and the fleshy parts of the wing. The sage and onion stuffing should be just above 7. You will need to insert a spoon into the interior of the bird to serve a little stuffing to each plate.

Duck

This is carved and served like a goose. Only two slices should be taken from the breast; then the joints should be separated.

Ducklings

Cut these down the middle lengthways, and give half a duckling to each guest.

Turkey

Turkey may be served in the same manner as fowl, excepting the breast. This is the best part, and many good slices, which should be cut lengthways, can be taken from a turkey breast. These should be served with a little stuffing, and also sausages and forcemeat balls. The turkey has no merrythought. Boiled and roast turkey are served in the same way.

Ham

There are three ways of cutting a ham. One is to begin at the

knuckle, on the line 4-5, and cut thin slices, gradually working up to the best part of the joint. This is the most economical way to carve it. Another plan is to cut in at 2-3 and serve slices from either side. The third method is to take out a small piece at 1, and cut thin circular slices, thus enlarging the cavity slowly. The advantage of this method is that it preserves the gravy and keeps the joint moist. It is, of course, only practised when the ham is served hot.

Tongue

This should be cut nearly through at 1-2, and slices served from right or left. Some people are particularly partial to the fat and roots, which should be cut from 3 and 2.

In carving all joints it would be well to remember the saying of a certain noble old *bon vivant*, 'You can always tell a man's breeding by his cutting beef thin and mutton thick.'



The
Respectable
Kitchen

5

Gas and the Indoor Kitchen

At the Intercolonial Exhibition in 1875 five Australian manufacturers exhibited gas cookers, and one of them claimed to have sold 2,000 already. Five years later the Metropolitan Gas Company opened a stove department in Melbourne and employed demonstrators to help break down the suspicion that the gas smell would somehow taint the food. This company offered stoves for hire, and had over 12,000 stoves on hire by 1890, although four years later, when the depression was making an impact on the domestic economy, half of these were handed back. By the turn of the century, when the depression had eased, gas cooking was again popular, and by 1926 the Australian Gas Institute was boasting that 50 per cent of Victorians, and 90 per cent of Melburnians, were eating food cooked with gas. Presumably other states were not far behind.

The impact of the gas stove on the kitchen was enormous. Without the ambient heat and soot of a wood-burning range, and with no bundles of chips to be stacked on the hearth, the kitchen was a long way towards becoming an ordinary room. The need for it to be separated from the rest of the house had gone; indeed the housewife became more vocal about the need to have it under the same roof as the dining room as servants became scarcer, and she was forced to carry food long distances from an outhouse herself, trying to keep it hot on the way. Slowly the kitchen crept on to the back verandah, and then to the back of the main house—at first across the passage from the dining room, and later sharing a wall with it, so that a hatch could be cut through for serving. With a sideboard under the hatch in the dining room, and shelves and a work-bench at the kitchen side, many steps were saved in the serving of food.

Although the need for a brick chimney-piece into which to set the stove vanished with the introduction of the gas model, it was not until well into this century that builders gave up installing the gas cooker in a chimney-piece almost identical to the one that had housed the fuel stove, and before it the open fire for cooking. It is an interesting illustration of human conservatism that the gas stove at first closely resembled the fuel stove it replaced, just as the electric stove, when its turn came, imitated the gas stove, and early refrigerators imitated ice chests in appearance.

RICHMOND

& CO LTD

WARRINGTON
STRATFORD
& LONDON.



The
Respectable
Kitchen

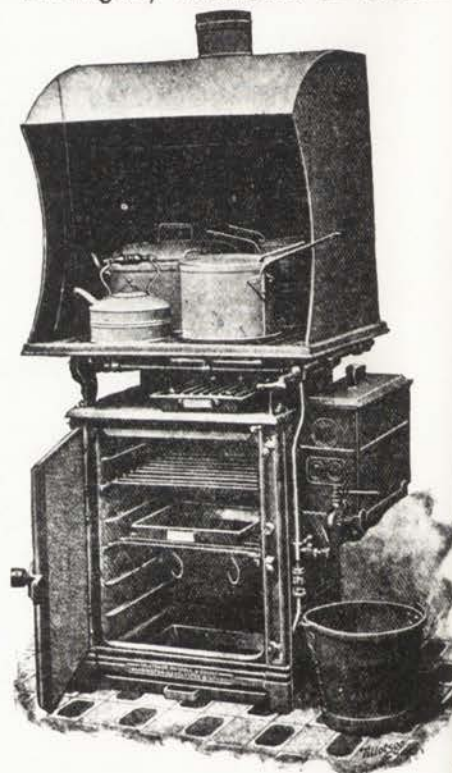
FLETCHER, RUSSELL & CO.,
LTD.

Gas Engineers

AND

ARTISTIC IRONFOUNDERS,

Warrington, Manchester and London.



COOKING RANGE,

With BOILER. HOOD. and UTENSILS.

Two early gas ranges
advertised in *Austral-
asian Ironmonger*, 1
May 1899 and 1 March
1901. NLA.

Gas and the Indoor Kitchen

Apart from the regulation brick chimney, however, the kitchen gradually lost its outhouse atmosphere now that it was under the main roof. In many cases its brick floor was replaced by wood and linoleum, for more comfort underfoot and easier cleaning. In almost all cases its windows expanded to give the same light enjoyed by the other rooms. Flywire helped here, since the Stygian gloom of the outhouse had been an attempt to keep flies at bay. Kitchen walls, often in the past lined with newspaper, became respectable with plaster.

CHAS. WILSON & SONS, Carlton Works, LEEDS, ENGLAND.

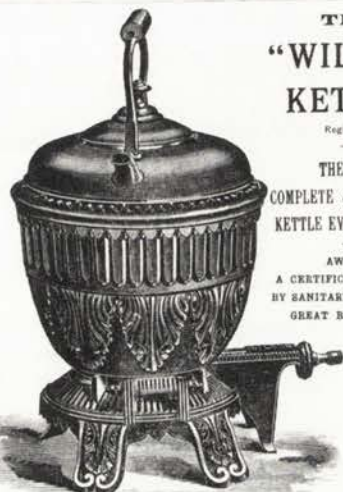
THE "WILSON" GAS COOKING STOVES.

Tinned Copper Boilers
can be fixed at the side
of these Cookers.

The Taps can be fitted
either on the Side
or Front.



No.
195



THE "WILSON" KETTLE.

Registered.

THE MOST
COMPLETE & ECONOMICAL
KETTLE EVER INVENTED.

AWARDED
A CERTIFICATE OF MERIT
BY SANITARY INSTITUTE OF
GREAT BRITAIN, 1888.

Name of Stove.	Number	Height.	Hot Plate.		Oven.			No. of Baking Burners.	Price.	Double-oven and Fitted, Galvanized Outside.	
			in.	in.	in.	in.	in.			£ s. d.	£ s. d.
"COTTAGE"	193	24	15	12	12	10 1/2	18	1	2 0 0	2 12 6	
"DOMESTIC"	194	33	20	16	14	13	20	2	4 0 0	4 4 0	
"CAMDEN"	198	35	24	16	15	14	21	2	5 5 0	5 10 0	
"ECLIPSE"	195	36	27	19	17	15 1/2	24	3	7 0 0	7 7 0	
"EXETER"	196	38	28 1/2	22	18	16	26	4	8 0 0	8 8 0	
"CARLTON"	197	39	31	28	21 1/2	19	28	5	9 0 0	9 9 0	

The "WILSON" KETTLE consists of a strong Copper Kettle, lined inside, and placed within the Cassin Case, which is attached to a powerful atmospheric Gas Burner by a hinge. The Case contains the heat in the Kettle, which ensures the greatest economy; and to empty, the Kettle is pulled forward on the hinges, and empties with the greatest ease.

It will be found invaluable either in the Kitchen or on the Counter in Hotels, Restaurants, &c.

No. 1.—One Gallon, complete, with strong Copper Kettle .. 15s. 0d

With Ebony Handle, 2s. extra. Case and Burner Nickel-plated, 10s. extra. ;
Strong Copper Saucepan and Cover for do. 7s. 6d. extra.

No. 2.—Two Gallons 25s. 0d.

With Ebony Handle, 3s. extra. Case and Burner Nickel-plated, 15s. extra.

No. 1 will boil one gallon with 4 1/2 feet of gas.

A gas stove and gas kettle from *Australasian Ironmonger*, 1 Nov. 1888, supplement. NLA.

By 1910 the general reappraisal of the nineteenth-century penchant for dust-collecting bric-à-brac was in full swing. Surplus ornaments and furniture were seen as extra work, and therefore not very appealing. Slowly this new attitude also affected stove design. The splayed and grooved legs, the deeply moulded doors, and the ornate hinges and openwork were recognised as grease traps and cleaning nightmares. By the 1930s the black gas stove had become entirely enamelled and nickel-plated, and the terrible cleaning ritual with stove polish, rags, gloves, paper, brushes, and turpentine had become a matter of a rub over with a cloth wrung out in warm water, soap and washing soda.

In the 1920s the kitchen began to shrink in size. Large kitchens were needed when several women might be working in the same room, and when stoves, dressers, safes, and ice boxes were bulky.

WRIGHT'S GAS STOVES.



WRIGHT'S PATENT
"EUREKA" GAS COOKER

These Cookers have received

5 GOLD MEDALS,
20 SILVER MEDALS, and
14 BRONZE MEDALS;

A larger number than have been awarded to any other Cookers.

Over 30,000 "EUREKA" COOKERS are now in daily use.

No.	Inside Dimensions of Barter				No. of Bars on Hot Plate	Price *		Price Reassessed Steel	
	Width	Height	Length	Weight		£	s. d.	£	s. d.
1047	12 in.	12 in.	220 in.	13 lb. 15 oz.	3	4	0	4	14 6
1047	12 in.	12 in.	220 in.	20 lb. 10 1/2 oz.	4	4	14	6	5 6
1047	14 in.	14 in.	220 in.	22 lb. 30 oz.	4	5	15	6	6 10
1047	16 in.	16 in.	260 in.	28 lb. 22 oz.	5	7	15	6	7 10
1047	16 in.	16 in.	260 in.	30 lb. 14 oz.	5	7	15	6	8 17
1047	17 in.	19 in.	280 in.	27 lb. 12 1/2 oz.	6	8	18	6	10 0
1047	20 in.	19 in.	280 in.	31 lb. 36 oz.	7	12	0	0	13 0

For Prices of Builders and description of Cookers, see Catalogue.

Complete Illustrated List of Gas Cooking and Heating Stoves for 1888 post free on application to

JOHN WRIGHT & CO., ESSEX WORKS, **BIRMINGHAM,**
LONDON-185a UPPER THAMES STREET, E.C.
AUSTRALIAN AGENT-Mr. W. H. HEADSHAW, 82-84 EXCHANGE, ADELAIDE, SOUTH AUSTRALIA
MELBOURNE EXHIBITION, STAND NO.

WRIGHT'S
" SPRAY "
INSTANTANEOUS
WATER HEATER

No. B1032 will heat one gallon per minute, from 60° to 110° Fahr. **Price 40/ Complete.**

No. B1034 will heat two gallons per minute, from 60° to 110° Fahr.



GAS BOILING STOVES.

These are most powerful and substantial stoves, of very perfect construction, and cost entirely in one piece. We recommend them as superior to any other stove.



No.	B510.	Size 10 inches long x 6 inches wide.	Price 19
B312	124	84	3
B314	124	8	3

RAPID GRILLER AND BROILER.



Nos. B633 and B635 are
Fitted with Doors.

No.	OUTSIDE DIMENSIONS.			Price complete with Pan and Grid.	
	Width.	Depth.	Height.	1.	2.
B629	11½	8½	6½	7	0
B630	13	9½	9	9	0
B631	14	11½	9	11	6
B633	15½	12½	10	15	6
B635	17	12½	10	21	0



Colonial Gas Cookers



Water Boilers.



Colonial Hyphae



Gas Fires.



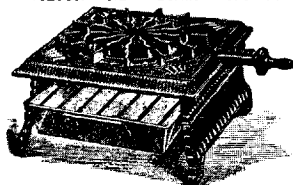
Boiling Burners.

But this space became a handicap when only one woman was likely to be using smaller equipment. The central kitchen table, which had for so long been the place for doing all the food preparation, now became an obstacle to be circumnavigated, causing unnecessary fatigue and loss of efficiency. As the kitchen shed about one-third of its size, the central table had to go. It was replaced by cupboards round the walls, and pine work-tops, perhaps with a marble panel for pastry-making.

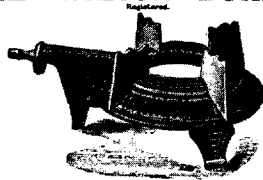
The disappearance of the kitchen table had a significance which should not be overlooked. It was perhaps the symbol of the old order—the elaborate, time-consuming food operations that kept probably all the women of the household busy most of the day with

Right: Gas rings and grillers from *Australasian Ironmonger*, 1 Sept. 1888. NLA.

THE "WILSON" NEW BREAKFAST COOKER.



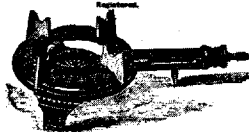
THE "WILSON" BURNER.



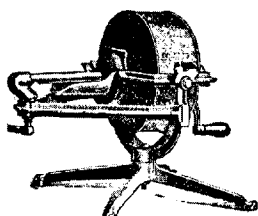
THE IMPROVED GRILL & TOASTER.



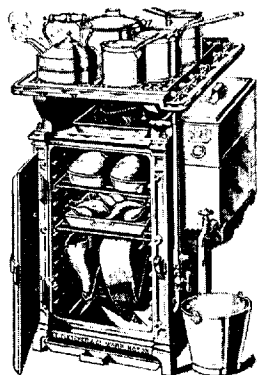
THE NEW "WILSON" BURNER.



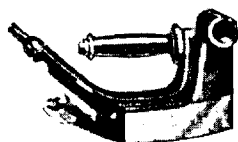
Below and left: Note the gas smoothing iron and coffee roaster among the gadgets advertised in *Australasian Ironmonger*, 1 June 1901. NLA.



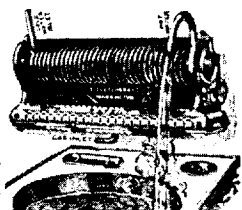
Coffee Roasters.



Gas Cookers.



Gas Smoothing Irons



Instantaneous Water Heaters.

the mysteries of companionable creativity. These women, whether housewife, servant, mother, sister, daughter, relative or friend, spent most of their time in the co-operative pursuit of caring for the family's needs. Father's favourite pie, the Christmas dinner, the family birthday party, something to tempt the sick child, the best way to make use of the surplus harvest from the garden or farm, the picnic lunch, a satisfying meal for a cold night or after a long journey—all these special occasions and more were taken into account, planned and catered for with care, pride, and confidence. The kitchen table was a focal point, a place round which several women could work at their own jobs (which might be part of a larger objective, such as preparing several kinds of fruit for the Christmas cake, or several courses for the evening meal), and spend time together gossiping companionably in the warm kitchen atmosphere. This was also the place where small daughters climbed up on kitchen chairs to watch the mysterious processes, and later helped in little ways, learning all the time to have a feeling for a light pastry, a well-kneaded loaf, a nicely creamed butter and sugar mixture for a cake, a neatly jointed chicken, and so on. This was the best cookery school of all, the one in which the child grew up surrounded by the cooking processes, developing an instinctive understanding of the uses and influences of the various ingredients and methods. It was a great loss that so few small boys had this experience at the time, just as it is a great loss that so much of all this has gone now—along with the kitchen table, many of the ingredients and processes of home-made food, the companionship of the kitchen, which now tends to be a lonely place, and the caring and satisfaction associated with bringing off a difficult piece of culinary expertise successfully.

By the thirties, in Robin Boyd's words, 'architects dreamed of the kitchen as a machine for cooking in', and began to streamline it so that it became more like a machine. The first stainless steel sinks appeared. It was not hard to persuade women to give up the pine bench that had to be scrubbed regularly to keep it clean and remove

smells and germs, and even the terazzo sink, which solved several of the problems of pine bench-tops, had an unhygienic join with the porcelain sink, which had to be kept free of a dirt build-up by scrubbing with a brush under the overhang. The homely old dresser did not disappear until almost World War II, but built-in cupboards and the notion of the modular unit plan had already been born in the early thirties.

From the point of view of passing on to the next generation the cooking skills learnt by the current one, the transfer of work from a large, multi-sided, 74-centimetre-high table to a narrow, one-sided, 92-centimetre-high work-bench was disastrous. It was no longer possible for small children to see what was going on without standing on something, and the nature of the long thin bench-top work space made obstructions along its length difficult for the cook to endure.

A further erosion of the working conditions of the cook was, of course, the change from a work surface at a height for sitting to one at a height for standing. This was done under the banner of added efficiency, and housewives, some of whom still spend the greater part of their day in the kitchen, have been standing to work ever since. Many of them are so in the habit of standing and being as efficient as possible that they even stand at the sink to gulp down their mid-morning cup of coffee, or to have their lunchtime sandwich, while scarcely losing a stroke of the stirring of the cake or the chopping of the vegetables.

What were the origins of the twentieth-century interest in streamlining and efficiency? Perhaps the several reasons for the trend can all be sheeted home to a greater or lesser degree to the industrial revolution.

Servants had never been as plentiful in Australia as they were in early nineteenth-century England, and many an Australian household had never had household help. As factories opened in both countries, the new job opportunities were far more attractive than the menial exploitation of domestic service, and in Australia, as in England, what there was of the domestic work force flocked to the production line, leaving the scrubbing and polishing, the washing and ironing, the sweeping and dusting, the bed-making, dairying, and cooking, not to mention the child-minding, to whoever cared to take over the responsibility. But these difficulties for the mistress of the house did not mean she could lower her standards of housekeeping, meal-providing, or gracious entertaining. It was many years more before it was acceptable to give up pretending that the lady of the house never soiled her hands at menial tasks. Somehow she contrived for close on two generations to do the chores as invisibly as possible, and to remember to remove the apron and mob-cap (to keep her hair free of dust during cleaning and free of steam on wash-day) before she answered the door. In her dual role of lady of the house and cook-general, she soon became critical of anything that added to the work load, and



Top left: Dresser built by a bush cabinet maker in the 1850s, from the kitchen of Debenhams' slab and shingle cottage.

Centre left: Dresser in the bark-roofed kitchen of Henry Lawson's childhood home.

Bottom left: Dresser in the kitchen of Nelungaloo homestead. By courtesy of Lachlan Vintage Village, Forbes.



A typical cluttered sideboard in a Victorian dining room—this one in the dining room at Nelungaloo (built 1860s). By courtesy of Lachlan Vintage Village, Forbes.

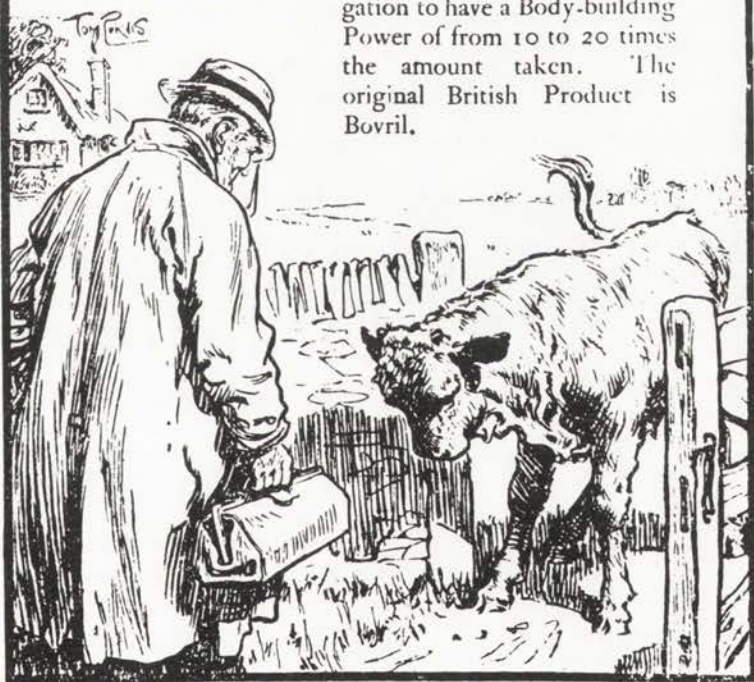


A "LITTLE

BOVRIL"

Keeps the Doctor away

Bovril is the food proved by independent scientific investigation to have a Body-building Power of from 10 to 20 times the amount taken. The original British Product is Bovril.



Advertisement from
Sydney Mail, 28 April
1920. NLA.

welcomed easy-to-clean surfaces, less clutter, and work areas which saved unnecessary steps.

Another outcome of the industrial revolution was the increasing reliance on factory-produced foods. Bread, cheese, butter, and tinned foods were some common examples. But, as we saw in the last chapter, factory managers were more interested in profits than in community health, and the quality of many of the daily staples fell off markedly when the cook at home lost control of their production. This, and to an extent the early working conditions in the factories, began to make a noticeable difference to people's stature, general health, and resistance to disease, which so alarmed

The
Respectable
Kitchen



governments and the medical profession that they hastily initiated new research into such topics as hygiene, physical health, and the composition of food.

The new concern for hygiene resulted, amongst other things, in an attempt to eliminate heavy furniture in favour of built-in cupboards and work areas, with fewer hard-to-reach cracks where dirt might accumulate, more interest in germ-free bench and floor surfaces, a campaign to persuade households of the necessity for an ice chest, and a move to educate people about sterilisation of babies' bottles, milk containers, and other utensils.

In the field of physical health and food composition and value many new books began appearing, arguing for the inclusion of fresh salads in the diet, giving warnings about scurvy, explaining in

The cookery class.
Engraving from *Australian Sketcher*, 30 Oct.
1875. NLA.

Gas and the
Indoor Kitchen

some detail the necessity of putting vegetables in boiling water (and not much of it) and of not overcooking them to preserve their food value, deploring excessive meat-eating in a warm climate, encouraging the inclusion of fish and seafoods in the diet, and so on. In the vanguard of this movement was Dr Philip Muskett, an eminent surgeon who at one time was surgeon superintendent to the New South Wales government. From his pen flowed a stream of books on health, hygiene, child care, and diet. He argued tirelessly for the inclusion of cookery and domestic economy in school and technical college curricula, and lived to see this happen. It may be that he sometimes went too far in his arguments about cooking—is it being



A fashionable school of cookery. Engraving from *Illustrated Sydney News*, 20 Nov. 1880. NLA.

over-sensitive to find something insufferable in his assertion that cookery is a valuable exercise in character forming, since it requires accuracy, attention to detail, cleanliness, punctuality, and wise economy? Be that as it may, in spite of his obsession with health and diet, and his considerable influence for good on the understanding of dietetics in Australia, he himself died in 1909 of a heart ailment at the comparatively youthful age of fifty-two. His work on diet was carried out in the crucial thirty years in which research throughout the world was piecing together the data leading up to the discovery of vitamins, but he died three years too early for the conclusion of that research and the coining of the word 'vitamin' itself.

From the United States and other places a major contribution to the changes wrought by the industrial awakening was the endless supply of labour-saving appliances for the housewife. These all had to be fitted neatly into the kitchen—the large appliances to be catered for in the modular planning, and the smaller gadgets needing either increased bench space, or increased cupboard space, or both. The new devotion to efficiency and the uncluttered line was also beginning to be reflected in architecture, which became more box-like and characterised by long straight lines and flat surfaces. In art, too, the cubists and constructivists, and the artists of the Bauhaus in pre-Nazi Germany were trying to come to terms with

The
Respectable
Kitchen



Cookery class at the Working Men's College. How many men can you see? At least cookery was finding a place in technical colleges and schools. Engraving from *Illustrated Australian News*, 1 May 1891. NLA.

and express the technical and industrial age that was streamlining and dehumanising everyday life.

The fact that the first half of this century saw Australian participation in two world wars hastened the release of women from the certainty of full-time work in the kitchen. Whenever enlistment created manpower shortages, women were encouraged to provide the labour necessary to keep the factories, shops, and offices going. Greater efficiency and a more easily accomplished routine at home became necessities. Gradually women were being wooed away from self-sufficiency and the satisfactions of the household arts, towards greater financial independence and reliance on the consumer treadmill. In this process they gained a great deal, and few would

Gas and the
Indoor Kitchen

The domestic science section at Telopea Park School, Canberra, 1928. From T. C. G. Weston, *Album of Canberra Scenes*, 1928. NLA.

argue that the clock should be set back, but it would be less than honest to deny the loss of vast areas of satisfying skills, of knowledge and understanding of some of the fundamental aspects of everyday life, and of the particular status that attached to these skills and this wisdom.

In the culinary field, recipe books changed in character to cater for the new generations of cooks. It was no longer safe to assume a basic knowledge of ingredients or cooking processes. Every step in a recipe had to be precisely described; every ingredient precisely determined. Some recipe books even included detailed instructions on such subjects as laying and lighting a fire in a fuel stove, setting



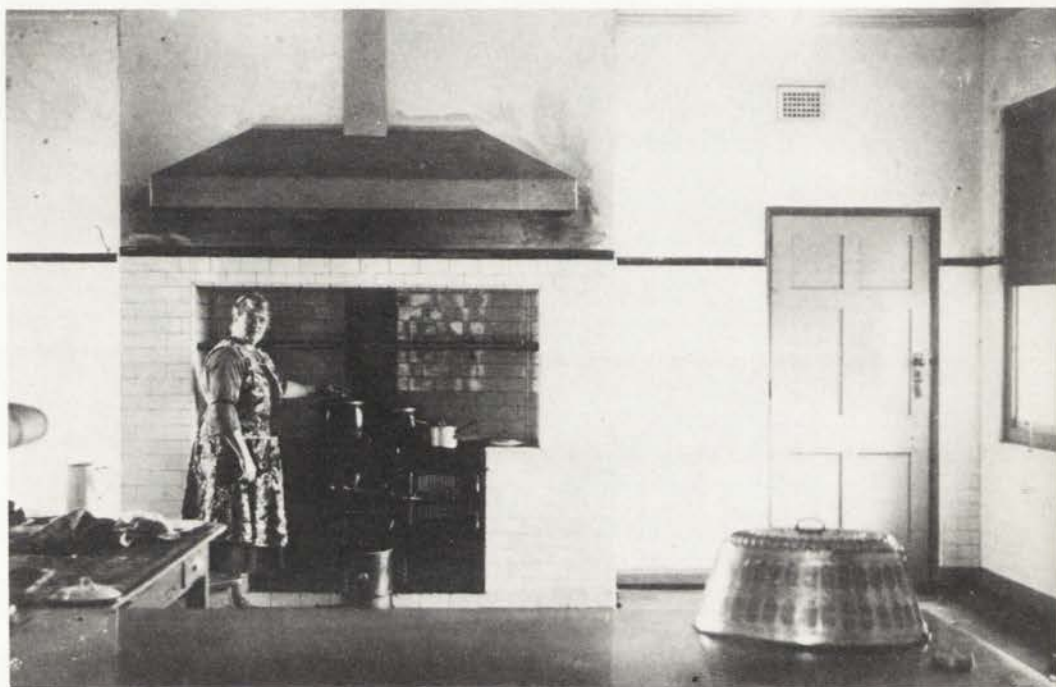
a table, and making tea, while most reflected the new research on dietetics by giving information on food values and the importance of preserving vitamins and planning balanced diets.

In spite of the accent on efficiency in the kitchen, and a steady stream since the last years of the nineteenth century of primus stoves, large and small kerosene stoves, gas stoves and grillers, and finally, in the twenties, electric stoves, the fuel stove took a long time to be eclipsed. In Canberra, for example, a fuel stove (and no other) was installed as a matter of course in all newly built government houses until the fifties. The following passage, written by a cookery columnist in 1920 in an effort to persuade housewives of the convenience of having a small, fast-heating cooking appliance in addition to the ubiquitous fuel stove, illustrates the problems of being without one, as well as their curious unpopularity with the housewife after thirty or more years of availability.

You can get (for a few shillings) handy little stoves which burn kerosene or methylated spirits. How often have I seen a woman intent on making a cup of tea, only to find the fire 'black out',

and no kindling wood chopped. Very often the tea is given up to save trouble. Now, even the smallest spirit stove would be invaluable in such cases as this. Then there is the supper, perhaps, at about 10 o'clock. No one feels really inclined to light up a fire for a cup of tea. Perhaps it may be raining, and it is some distance to go to the wood-shed. I remember once staying in a country home where someone was ill. Night after night I have seen food warmed up in a tiny pan held over half-a-dozen lighted candles. Think how helpful and invaluable would have been a small spirit stove at that juncture. But my hostess had never given the idea a thought. She seemed quite surprised when I suggested it. But the invalid recovered after a week or so, and the spirit stove was further off than ever.

The
Respectable
Kitchen



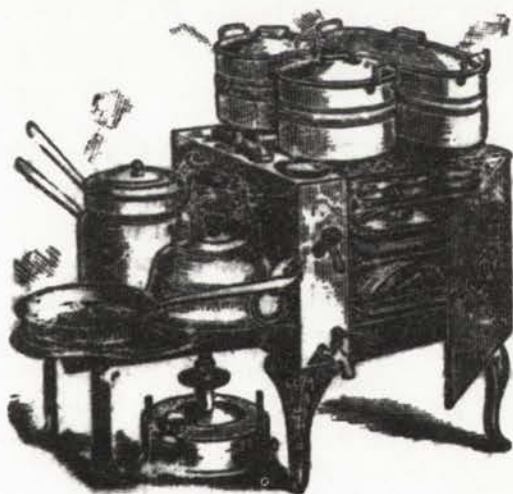
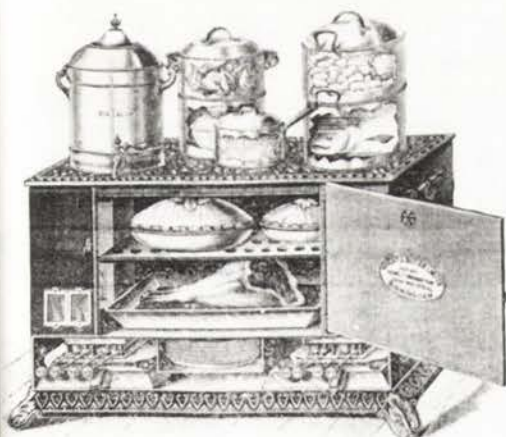
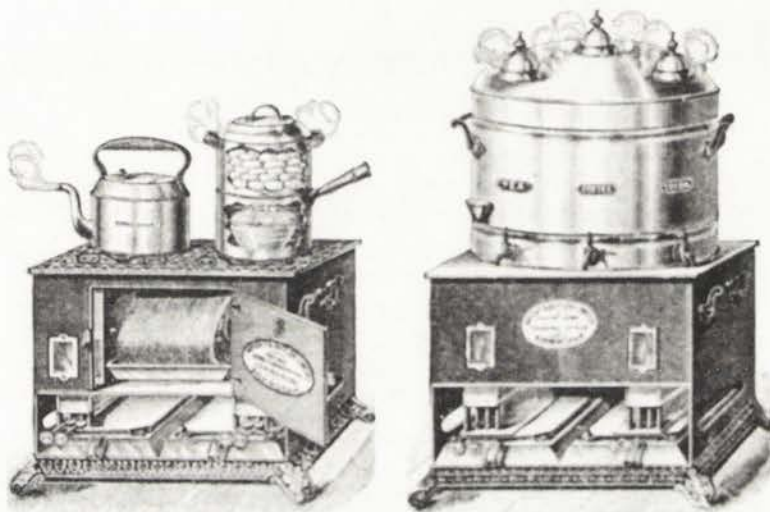
The change from solid fuel to gas, and later to electricity, for cooking, depended on the availability of gas and electricity. Cities and large towns were serviced before country areas, and in such a large and sparsely populated continent as Australia there are still many areas so remote that to use electricity entails owning and servicing a generator, and to use gas entails carrying cylinders from some gas storage depot a long distance away. The expense involved in changing to the new appliances meant that they were espoused for a long time mainly by the better off, and became more general only when mass production brought prices to a level competitive with more traditional kitchen apparatus. The benefits to the housewife of the new cooking methods were enormous. No more

An early kitchen, Canberra, probably late twenties. NLA (Vest collection).

Gas and the
Indoor Kitchen

collecting and cutting of chips, no more kitchen heat, dirty washing up, soot, ash disposal, nasty stove cleaning, chimney sweeping, and above all, no more lighting and stoking the fire, and waiting for the right heat to meet the requirements of the food to be cooked. A fast or a slow oven, a rolling boil or a gentle simmer, could be achieved in a few minutes by regulating a switch, instead of depending on the expertise of the cook to overcome the innate cussedness of the fire. All this was not achieved without some loss, however. What the kitchen lost was its winter cosiness, its free and abundant supply of hot water, and its various areas of gentle warmth which had been so useful for warming plates, raising bread, setting junket or cottage cheese, drying fruits, airing clothes (or nowadays perhaps would be used for setting yoghurt and sprouting beans).

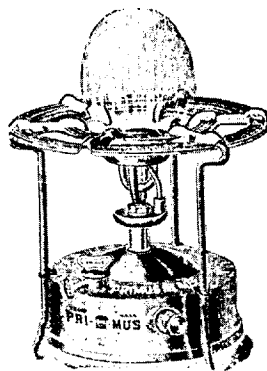
A complicated primus-based cooking apparatus called the Primus Chief (below right), and three small oil stoves available in 1890 for those who wanted a quick cooking device in addition to the fuel stove.



Experienced fuel stove cooks knew how hot an oven was by feeling the air round the open door with their hands, but there were two common tests that gave reasonably accurate results for those without the confidence of long experience. One was the flour test, for which the cook sprinkled a tablespoon of flour on a baking dish and left it in the oven for five minutes. If the flour emerged dark brown the oven was hot; if golden the oven was moderate; if pale brown the oven was cool. The other was the paper test. If a sheet of white paper left in the oven for a few minutes became a pale straw colour, the oven was suitable for slow cooking, such as meringues or sponge cakes. It was ready for meat pies, bread, pound cake, and other recipes needing steady soaking heat if the paper became the colour of pine wood or deal. If the paper emerged light brown, like nicely baked pastry, the oven was suitable for fruit pies or vol-au-vent. If the paper blackened, the oven was too hot for cooking, and could be cooled by standing a large oven-proof basin of cold water in it until it was the right temperature.

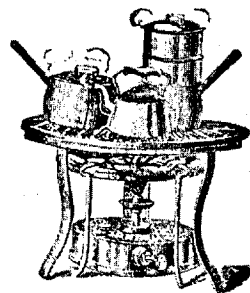
The hay box or fireless cooker deserves a mention here. It seems likely it was in use during the nineteenth century, but I can find no references to it before the twentieth century. Such a gentle, fool-proof, economical method of cooking deserves to be resurrected in these days of scarce and expensive energy resources.

The fireless cooker was a box, usually made of wood, with eight or ten centimetres of hay (or dried grass, cork chips, fibre, or newspaper covered with flannel) in the bottom. The lidded casserole dish to be used in the cooker was put in the centre of the box on the bed of hay, and more hay was packed round it tightly, and left for long enough to compact, so that the casserole could be removed carefully without disturbing the hay. The food to be cooked could then be heated on the stove to boiling point in the casserole dish, then lowered gently into its place in the hay box. A cushion eight to ten centimetres thick, stuffed with more hay, was put in place over the lidded pot, and finally the lid of the hay box was lowered into place. The hay insulation kept the food near boiling point for a long time, so that it kept cooking slowly, with no chance of burning or spoiling, without any external heat. Perhaps a dish that required very long cooking might need to be reheated half way through the cooking time, but many dishes required no further attention, and stayed hot until they were needed. The *Woman's Mirror Cookery Book*, published in 1937, gave a timetable for food cooked by this method, which included the following: soups, stews and porridge, bring to the boil, then leave in the cooker overnight, and reheat before serving; beans, peas, cabbage, cauliflower and parsnips, boil five minutes, then leave in the cooker for two hours; carrots, pumpkin and marrow, boil five to ten minutes, then leave in the cooker two and a half hours; dried vegetables, boil fifteen minutes, and leave twelve hours in the cooker; fruit, boil five to ten minutes, then leave in the cooker one and a half hours for rhubarb, three

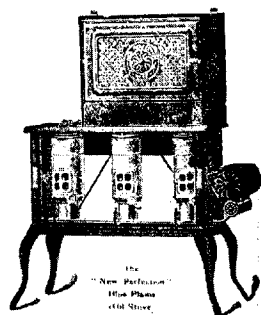


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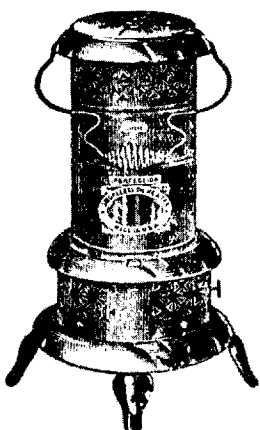
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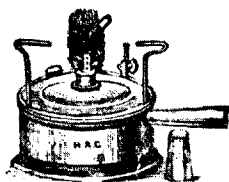
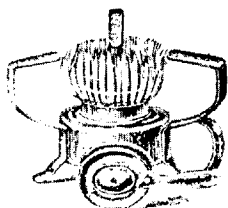


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Some of the small stoves advertised in Anthony Hordern's catalogue in 1924. NLA.

hours for apples, three and a half hours for peaches and apricots, nine hours for pears and quinces, twelve hours for prunes.

An edition of Mrs Beeton, undated, but according to the Library of Congress catalogue published in the 1920s or 1930s (one of only two editions of Mrs Beeton which included a section on Australian cooking), describes the fuelless cooker, and gives as a general cooking timetable a quarter the regular cooking time on the stove, then four times the regular cooking time in the hay box.

Of course, food can be cooked slowly without a hay box. The crock pot is the modern version of hay-box cooking, but some clever working women, lacking a crock pot, have for years used their ovens in much the same way as a hay box. The only handicap is that the economy of fuel achieved by the hay box is not made by oven cooking, however slowly done. In households where there is no one at home all day to prepare long-cooking stews and casseroles, it is still a more economical way to feed a family than to rely on the grills that can be cooked quickly after the day's work is over, and before family tempers fray from hunger.

BEEF BRAISED IN BEER OR CIDER

In the evening slice 700 g top-side 1 cm thick; rub in flour, and fry till brown on both sides with 4 sliced carrots. Fry 450 g sliced onions slowly till soft and coloured, then put alternate slices of meat and onions in a casserole. Pour 600-700 ml pale ale or cider over this, and

sprinkle in 1 T brown sugar. Season with salt, pepper, thyme and a bay leaf. Leave overnight. In the morning add a little more ale or cider to cover the meat and vegetables if necessary, and cook all day at 40°-70°C (100°-150°F), or 3-4 hours at 120°C (250°F), closely covered.

CASSEROLED CHICKEN AND MUTTON

In the evening put a boiling fowl in a large casserole dish, with a lean shoulder of mutton, cut in 4 large pieces, around it. Add 450 g skinned tomatoes, 450 g skinned and sliced onions, 230 g quartered green capsicums, 230 g peeled and cubed marrow, a crushed clove of garlic, salt and pepper. Pour over

this ½ bottle white wine or cider, and leave overnight. Soak 170 g haricot beans or dried peas. Next morning drain peas or beans and add them to the casserole. Add water to cover. Cook all day at 40°-70°C. In the evening joint the fowl and remove its skin. Serve with crusty bread.

This method of preparing and marinating the ingredients at night, then cooking slowly all day, can be used for any casserole, but it is a pity that these days of instant results seem to have done for the hay box, and, to some extent, the habit of slow cooking in general.

Whatever the method of cooking used, in the first half of this century the new research on vitamins and food values, the inclusion of cookery in school and technical college curricula, the recognition of the salad as a useful and nutritious addition to the diet, two world wars and a depression all influenced what appeared in the cookery books and on the dinner table.

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At first Australians almost invariably followed the English style of serving a lettuce salad. This was to cut a lettuce in half, then in smaller wedges, and soak these for some time in cold water to clean and crisp them. They were dried by draining and shaking in a tea towel, then shredded very finely, piled into a glass salad bowl, and decorated with slices of hard-boiled egg, and perhaps sliced tomato, cucumber, and beetroot, or radishes and curled celery stalks. A little lemon juice and salt and pepper—or sometimes sugar—made a common dressing, although most people had a preference for mayonnaise if there was some made. The ghost of the shredded lettuce salad still survives limply here and there as a garnish on plates of sandwiches. It was overtaken finally by the French torn and tossed lettuce salad during World War II, give or take a year or two, although Philip Muskett was arguing for the French version as early as 1893.

As well as the French method of making mayonnaise by adding olive oil drop by drop, which no one to my knowledge has ever claimed was easy, there were other methods in vogue, ranging from the ultra-simple condensed milk dressing to the cooked dressing that owed something to white sauce.

CONDENSED MILK DRESSING

To 1 *T* condensed milk add $\frac{1}{2}$ *t* pepper. Thin this to a pouring mustard, 1 *t* salt, and a little consistency with vinegar.

BOILED SALAD DRESSING

Melt 1 *T* butter, blend in 1 *T* egg yolk. Return to the stove flour, add $\frac{3}{4}$ cup milk, and stir until the egg is just cooked, and this constantly till boiling. Add add 2 *T* vinegar slowly, stirring 1 *t* salt, 1 *t* sugar, 1 *t* mixed with a wooden spoon. mustard, a little cayenne and an

As well as the basic green salad, all kinds of exotic combinations were being discovered to add to the new craze.

CELERY AND PEANUT SALAD

Shell and skin 1 cup peanuts, salt and pepper. Mix in a little chop them, and add to 2 cups salad dressing, and serve in lettuce cups. chopped celery, seasoned with

HARD-BOILED EGG SALAD

Boil eggs 12 minutes, remove to cold water, and shell them when cool. Cut in half, and cut a small piece off the bottom so each half egg stands flat. Remove yolks and mash with a little butter, salt, pepper, cayenne, parsley, and minced sardines or ham. Pile this filling back into the egg cases, and serve with a salad dressing.

PAWPAW SALAD

Pour 1 T lemon juice over 2 pieces. Season with salt and cups diced pawpaw, then mix in pepper, and serve in lettuce 1 cup shelled and chopped cups, garnished with parsley. prawns, or of crabmeat in small

PEACH SALAD

Arrange on lettuce leaves slices with salad balls and serve with of peach and pineapple. Garnish honey dressing.

SALAD BALLS

Mix $\frac{1}{2}$ cup butter, a little lemon juice and cayenne; and one of the following flavourings: 1 T parsley, 1 t anchovy flavouring, $\frac{1}{2}$ t mustard, 1 t curry powder, or 2 T grated cheese. Leave on the ice to firm up. Make small balls of this mixture to decorate salads.

HONEY DRESSING

Mix 1 T honey with 4 T lemon juice, salt and pepper to taste. again, and add 1-2 T cream or evaporated milk. Just before serving mix well

There was a freer use of sweet fruits in these salads than we have been accustomed to more recently. At the same time the fruit salad dessert was gaining ground. It is still a favourite stand-by in many typical Australian homes.

FRUIT SALAD

Any fruit in season is used in this salad, so long as no one flavour is allowed to dominate the dish. Peaches, nectarines, apricots, apples, pears, grapes, strawberries and other berries, oranges, bananas, pineapples, pawpaws and other tropical fruits, all make excellent additions to a fruit salad. Chop the fruit, or grate hard fruits, mix all together, and let stand half an hour with castor sugar and lemon juice stirred in, to bring out the flavour. Add passion-fruit pulp if available. Serve with cream, custard or ice cream.

As part of the emphasis on good nutrition, the salad-filled roll or sandwich was gaining popularity for school children's and workers' lunches.

In 1932 in a school in Oslo, Norway, an experiment in nutrition began, the object of which was to make good any deficiencies in the home diet of the children. Instead of the usual hot lunch, the children were offered wholemeal rolls and butter, cheese and milk, fruit or a salad. It was an unqualified success from the start, and it is to Australia's shame that this country was slow to follow—something like twenty years later—and that even then the introduction of the Oslo lunch concept in school canteens was patchy, depending on the decision of the local parent group, without much encouragement or education from state or federal health authorities. It would be interesting to know what percentage of school canteens in Australia now offer Oslo-type lunches and refrain from offering sweets and ice blocks to the youth of a country with a world reputation for bad teeth.

Apart from the accent on salads, Australian recipes did not change much from the end of the nineteenth century until after World War II. What did change was the amount and variety of food offered at any one meal, and this fluctuated from one economic climate to another, as well as from one social class to another.

The depression of the 1890s had lowered wages from a peak they did not regain until 1920. The affluence of the 1880s, which had expressed itself in part by producing tables groaning with two or three meats, and perhaps half a dozen puddings, for the two main meals of the day, was gone forever.

World War I was remote from our shores, and had little effect on our diet other than the exotic names that began creeping into cookery books.

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The fire being withdrawn from an outdoor oven at Broadmeadows army camp, Victoria, ready for baking potatoes, New Year's Day, 1915. From *Australasian*, 9 Jan. 1915.



ANZAC KISSES

Beat 1 cup butter and 1 cup sugar to a cream. Add 2 eggs, 2 cups SR flour, and 2 t cinnamon. Roll this mixture thinly, and cut biscuit shapes. Bake in a moderate oven 10-15 minutes. When cool, join two together with jam, and ice the top.

CAIRO BISCUITS

Cream $\frac{1}{2}$ cup butter with $\frac{1}{2}$ cup sugar, add $1\frac{1}{2}$ cups sifted flour and a little vanilla essence. Mix until the dough no longer sticks to the sides of the basin. Turn on to a board, and shape into a long roll 4 cm in diameter. Cut in $2\frac{1}{2}$ cm thick slices, and bake on greased tin in moderate oven till golden brown.

Most Australian households in the first half of the twentieth century would have enjoyed fairly frequent roast dinners (especially lamb or mutton), home-made soups, mainly boiled vegetables (except for the roast pumpkin and potato that went with the lamb), fruit and vegetable salads, milk and stodge puddings, fancy cakes, pavlovas, and the whole gamut of pikelets, tarts, and decorated little cakes for great occasions, and the ubiquitous peach Melba, named after one of Australia's proudest exports, but which quickly deteriorated into a couple of slices of tinned peach with syrup, a dollop of jelly (perhaps in two colours), a piece of stale sponge cake, and a drowning of custard. The recipes that follow are all typical, and are the result of distilling a mass of similar recipes from the pre-war period and extracting the essence.

CHICKEN BROTH

When preparing a fowl, keep aside the heart, liver, neck, gizzard, and skin (which can be peeled off after being immersed in boiling water). Put these in a saucepan with chopped onion, salt and pepper, and 4 cups water. When boiling add 2 T rice or pearl barley. Simmer 3 hours, then remove the meat and skim off the fat. Mash the liver and return it to the broth. Reheat and serve.

MUTTON BROTH

Remove the meat from the bone of 700 g scrag end of mutton, and cut it into small pieces, rejecting the fat. Add to the meat and bones 2.25 l (2 quarts) water, salt and cayenne, and $\frac{1}{4}$ cup pearl barley. Simmer 30 minutes, then add some diced carrot, turnip, onion and celery. Simmer $1\frac{1}{2}$ hours longer, skim well, remove bones, add chopped parsley, salt and pepper to taste, and serve.

PEA SOUP

Soak $1\frac{1}{2}$ cups split peas overnight. Peel and cut up roughly 1 onion, 1 carrot, and 2 sticks celery, and put these, with the peas, some salt and pepper, and some ham bones or bacon rind into a saucepan with 3-4 l (3 quarts) water. Simmer 3

hours. Remove bones, and sieve soup, rubbing all the vegetables well through. Mix 2 T flour to a paste with a little cold water and stir into the soup; boil 3 minutes. Add a little chopped mint, and serve with cubes of fried bread.

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TOMATO SOUP

Peel and slice an onion and 900 g (2 lb) tomatoes. Add 1 cup water, $\frac{1}{2}$ slice chopped bacon, and salt and pepper, and simmer till tender. Rub through

a sieve, bring to the boil again, add 2 t sago, and cook until clear. Remove from heat, and add 1 cup hot milk.

MACARONI CHEESE

Drop 250 g macaroni into boiling salted water, and boil till just cooked. Strain, and set aside. Make white sauce, and add 100 g grated cheese and the

macaroni. Put in a greased pie dish, sprinkle grated cheese and butter on top, and brown under griller or in oven.

BACON AND EGG PIE

Line a sandwich tin with short crust, sprinkle lightly with flour, and line bottom with strips or small pieces of bacon. Break in 4-5 eggs, or as many as required to fill the pie. Break eggs with a

fork, add salt, pepper and grated cheese. Cover with more pastry, and bake 45 minutes in a moderately hot oven. A nice hot pie, or a nice pie cold for a picnic.

FRICASSEED MUTTON

Remove the fat from 250 g neck chops, dice a small onion, and put these in a saucepan with water to barely cover. Add salt and pepper, and simmer $1\frac{1}{2}$ hours. Blend 1 T flour with a little milk. Remove chops from

the saucepan, and mix $\frac{1}{2}$ cup of the liquid with $\frac{1}{2}$ cup milk, and the blended flour. Boil 3 minutes, stirring all the while to avoid lumps. Add 2 t chopped parsley, and serve with the hot chops.

BOUQUET GARNI

Tie in a muslin bag 1 blade mace, 1 bay leaf, 1 sprig each marjoram and thyme, 6 pepper-

corns, 4 cloves, and a strip of lemon rind.

STEWED OX TAIL

Remove fat from tail, and cut it into neat joints. Coat joints in seasoned flour. Brown a sliced onion, then the meat and 1 *T* flour, then add 1-7 *l* (3 pints) stock or water, a bouquet garni, 1 *t* lemon juice, and simmer 4

hours. Add a sliced carrot, and simmer 1 hour longer. Remove the bouquet garni, thicken the gravy if necessary with sago or blended flour, and serve with a plate of vegetables.

BRAISED STEAK

Cut up 1 onion, 1 carrot, and 1 turnip. Coat 1 *kg* steak (or any other small joint or piece of meat) in seasoned flour, and brown meat and vegetables in a

large saucepan. Put lid on pan, and cook 30 minutes. Add 1 cup water, and simmer a further 2 hours. Serve with gravy and vegetables.

STEAK AND KIDNEY PUDDING

Cut 450 *g* steak into dice; chop 2 sheep's kidneys finely; dice an onion. Sprinkle on to these 1 *T* seasoned flour and mix together well. Make a suet crust, and cut off $\frac{1}{4}$ for covering the basin. Line a greased pudding basin with the remainder, filling the centre with the meat mixture. Add water to cover the meat. Roll remaining pastry into a circle,

and cover the pudding, pressing the edges together well. Cover with a greased paper, then with a cloth, and tie securely. Put basin in boiling water to half way up its sides, and steam it 3-4 hours. When ready, remove basin from pan, take off the cloth and paper, and serve on a dish, with a napkin round the basin.

SUET CRUST (see another recipe on p. 71)

Skin and chop 60 *g* (2 *oz*) suet. Sift 1 cup SR flour and a pinch of salt, and rub in the suet with fingertips. Add 2 *T* water or less

gradually, to make a very dry dough. Knead pastry slightly, and roll out for use.

IRISH STEW

Remove fat and gristle from 700 *g* neck chops, and chop bones to uniform convenient lengths. Dip each chop in 1 *T* flour mixed with 1 *t* salt and $\frac{1}{2}$ *t* pepper on a plate, then place chops in saucepan, sprinkle in remaining flour, add 2 cups water, and simmer 30 minutes. Add 2 sliced onions to the chops, and season with more

salt and pepper if needed. Peel and cut up 6 potatoes, and add these on top of the stew. Simmer, covered, for 1½ hours. To serve, lift out the potatoes and place them round a hot dish, with the meat in the centre. The meat and potatoes should absorb all the gravy, but any left could be added to the chops. Garnish with parsley.

STEAK AND MUSHROOM PIE

Cut up 700 g blade or round steak and one bacon rasher, coat with flour, and put into a greased pie dish with some chopped or minced onion, salt and pepper. Place the dish, covered, in a moderate oven $1\frac{1}{2}$ hours. Allow to cool. Add 18-20 mushrooms, fried in butter. Sprinkle on more pepper and salt. Wet edges of dish and cover with puff pastry. Brush over with egg yolk, and bake about 30 minutes till golden brown.

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TOAD IN THE HOLE

Fry 450 g skinned sausages or sausage mince for 5 minutes in the smallest quantity of butter possible. Meanwhile make a batter by beating together till smooth 1 cup flour, $\frac{1}{2}$ t salt, 2 eggs, and 1 cup milk. Pour this batter over the sausage dollops, and bake in a very hot oven (260°C , 500°F) 10 minutes. Reduce heat to 220°C (425°F) and bake another 30 minutes.

LAMB'S FRY AND BACON

Wash and dry liver, and cut it in thin slices. Dip each piece in seasoned flour. Fry slices of bacon till the fat is transparent, then remove them from the pan and keep hot. Fry the liver 8-10 minutes, turning frequently. Remove these from the pan, and drain off nearly all the remaining bacon fat from the pan. Sprinkle in a little more seasoned flour, and stir till well browned. Add 1 cup water, and stir till boiling. Strain gravy if necessary, return to pan, add liver and bacon, and simmer gently until all are well heated through. Serve with chopped parsley.

FISH CAKES

Mash well a small tin salmon or other fish. Add 1 cup mashed potatoes, pepper and salt, $\frac{1}{2}$ t lemon juice, and some chopped parsley. Mix well. Shape small portions of this mixture in a coating of flour, then brush them with beaten egg, drain them well, and toss them in breadcrumbs, firming these well on with a knife. Fry till golden, drain on kitchen paper, and serve with lemon and parsley.

CAMP PIE

Put 700 g shin of beef and 250 g bacon through mincer. Add 1 t salt, a pinch each of mace and cayenne, $\frac{1}{2}$ t mustard and 1 T gelatine. Bind all this with a beaten egg, and pack into a greased tin or billy can. Cover with buttered paper, press down well into the tin, and put a lid on the tin. Steam $2\frac{1}{2}$ hours, then remove from the steamer, and put a weight on the pie until it is firm. Turn out on to a plate.

PORK AND RABBIT BRAWN

Soak half a pig's head and 1 rabbit, then simmer both till tender. Take meat from bones, and cut into small cubes. Return bones to liquor with 2 chopped onions, 1 chopped carrot, 2 each bay leaves and cloves, salt, pepper, and cayenne. Reduce stock to 1 cup slowly, strain, and add $\frac{1}{2}$ t mace. Add stock to meat, place in a wet mould, and allow to set, pressing down with a weight on top.

As well as these meat recipes, there would have been a very occasional roast fowl (in pre-battery-chicken days fowls were expensive, and were a special treat for Christmas, or a birthday dinner, or some other great occasion), and lots of sausages, rissoles, savoury mince, and daring curries (using apple, sultanas, onion, sugar, meat and a very small quantity of a bright yellow and astonishingly tasteless curry powder).

The Christmas ham would be cooked in the laundry copper, resting on a large enamel plate. The ritual was to cover it with cold water, add cloves, mixed spice, and a cup of brown sugar, and light the fire underneath. When the ham had been simmering half an hour, the fire was scraped out, and the copper well covered with old blankets to seal in the steam. After twelve hours or more, when the water was cool, the ham was taken out, skinned and glazed, or sprinkled with crumbs.

The notion of the casserole was a little new and foreign. The editor of the cookery section of the *Sydney Mail* wrote at some length in 1920 to explain what a casserole was.

In response to the request of a correspondent, directions are here given for the use of a casserole. For the benefit of such of our readers who have no knowledge of such an article I may tell them that it is a fireproof dish with a close-fitting lid, in which all kinds of foods are cooked and sent to table without any turning out of the little pan. No special art is required for its use, and it is really only a question of stewing or simmering a little longer than in an ordinary saucepan. In appearance a casserole is very much like a round vegetable dish, and all sizes are available. These dishes are by no means cheap, and run into quite a good deal of money. Foods which may be cooked by its means include meat, poultry, fruit, eggs, fish, and vegetables. As the lid is kept on, and the cooking is so gentle, none of the flavour is lost, and the food is very superior so far as taste is concerned. The meat, etc., being served in the casserole saves time and labour. The time for cooking should be about half an hour or so longer than is ordinarily allowed. The food is prepared in the usual way, the meat being placed in the dish with a little water, flavouring, etc., and the fruit with a little water and sugar. The casserole must then be put in a very cool oven, the heat to be gradually

increased, or, if preferred, the little fireproof pot can be stood on an asbestos mat on the top of the stove. The great point to remember is that the heat must be very gradual all the time. This is really only the old-fashioned method of 'jugging', when game was placed in a stone jar right at the bottom of a warm oven, and allowed to simmer there for hours. Soup made in this way is specially nourishing, and the gravy never 'divides', as inevitably happens when it is allowed to boil like a hurricane on the top of a red-hot stove.

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Many of the puddings that were old favourites have long since almost disappeared from the culture, in favour of one extreme or the other—either ultra-sweet fluffy confections, or nothing at all except cheese, biscuits and coffee. One would have to concede that some of them were no loss.

BREAD AND BUTTER PUDDING

Cut 2 thin slices of bread. little grated lemon rind. Pour Remove dark crusts, butter this over the bread, and add bread, and cut the slices into grated nutmeg on top. Stand pie oblong shapes. Place in a dish in a tin with a little cold greased pie dish with 1 T water in it, and cook in a slow sultanas. Beat 2 eggs with 2 T oven 20-30 minutes, till set. sugar, add 3 cups milk and a

BOILED CUSTARD

Mix 1 t cornflour or plain flour of a double saucepan over boil- smoothly with a little milk. Put ing water, stirring with a Put 1 cup milk on to boil, and when wooden spoon until the custard boiling stir in the cornflour coats the spoon (do not let the mixture. Continue cooking 1 custard boil). When a little minute, then leave to cool. Beat cooler, stir in a few drops van- 1 egg with 1 T sugar or brown illa essence, and dust the top with nutmeg. and reheat the custard in the top

BANANA CUSTARD

Make a boiled custard, and sliced bananas. when it is cool, pour it over 2-3

LEMON SAGO

Soak $\frac{1}{2}$ cup sago in 2 cups cold stirring throughout. Pour into a water. Add a grated lemon rind wet mould or a glass dish and and the juice of 2 lemons, 2 T leave to cool before serving with golden syrup and 1 T sugar, custard or cream. then boil till sago is cooked,

TAPIOCA DESSERT

Soak $1\frac{1}{2}$ *T* tapioca overnight in 1 cup water. Add 2 scant cups milk and 2 *T* sugar, and cook in the top of a double saucepan about 30 minutes till soft, stirring now and then. Add 2 beaten egg yolks gradually, stir-

ring for a few minutes. Beat 2 egg whites to a stiff froth, and pour the hot tapioca on to them slowly, beating all the time. Add vanilla essence and leave to cool. Sprinkle with nutmeg.

PASSIONFRUIT FLUMMERY

Soak 1 *T* gelatine in 2 cups cold water. Blend 1 *T* plain flour and $\frac{1}{2}$ cup sugar with 1 cup cold water, and add to this the juice and rinds of 2 oranges and 1 lemon. Put gelatine and juice mixtures all into a saucepan, and bring to the boil, stirring

constantly. Remove from heat, and take out the fruit rinds. When cool, add the pulp of 6 passionfruit, then 2 stiffly beaten egg whites, beating the flummery until it is thick and white. Set in a glass dish, and serve cold with custard.

RICE PUDDING

Put 2 *T* rice in a pie dish with a scant cup of water, and cook slowly until the rice has absorbed the water. Add $1\frac{1}{2}$

cups milk, 1 *t* butter, 1 *T* sugar and a little nutmeg, mix well, and bake in a very slow oven 1-1 $\frac{1}{2}$ hours.

PEACH (OR PÊCHE) MELBA

Use either tinned peaches, or fresh peach halves poached gently in syrup. A slice of sponge cake can be placed in the bottom of each dish if liked. Then half a peach, cut side

uppermost, with the cavity filled with vanilla ice cream or whipped cream. Pour over this a little strawberry or raspberry jam or syrup, and serve.

Parties of all kinds, from the family celebration down to the ladies' afternoon tea party, were occasions to keep the cook and her helpers busy for days. David Meredith's description of the party for his mother's sixtieth birthday in *My Brother Jack* is a description of almost any such party in the thirties.

... Mother and Jean and Marj kept coming up from the kitchen with still more dishes to add to the prodigious bounty on the big table. My sisters, I suddenly realised, must have been baking and cooking and preparing for two whole days! There were dishes of cold chicken and ham and corned beef and brawn and pork sausage, there were salads and beetroot and radishes and spring onions, there were sandwiches of cheese and of egg-and-lettuce and meat and of lemon-butter for the children, there were plain

scones and fairy scones and sultana scones and date scones, there were Banbury tarts and apple tarts and jam tarts and pikelets and queen cakes and rock cakes and éclairs and napoleons and lamingtons, there were sliced Madeira cake and sliced plain cake and sliced caraway seed cake, there were mince pies and sausage rolls and coffee scrolls, there was a plain cream sponge and a chocolate sponge and a coconut sponge and an orange sponge, there were jellies and wine trifles and neopolitan blanc-manges and fruit-salad-and-cream, there were bananas and passion-fruit and pineapples, there were cheese straws, and there were milk arrowroot biscuits and rusks for the babies.

These occasions, together with the cookery section at the local country show, and the cake stall at the local church or school fête, were somewhat competitive moments for the cook. It was important to put on as good and lavish a spread as the next family at parties, and a reputation as the best pavlova-maker or the lightest sponge-maker in the district was jealously guarded. A reputation as a jam- or pickle-maker was also a desirable asset. Some recipes for party favourites follow.

LAMINGTONS

Cream 140 g (5 oz) butter and 140 g sugar, add 2 beaten eggs, 4 T milk, and a few drops vanilla, and lastly 280 g (10 oz) sifted SR flour. Pour mixture into an oblong or square greased dish, and bake in a moderate oven 30 minutes. Leave to cool till the following day on a cake rack, then cut in squares and ice.

ICING FOR LAMINGTONS

Cream 4½ T butter and 230 g (8 oz) icing sugar; add 1 T cocoa mixed with a little hot water, and a few drops vanilla. Ice the square cakes all over, then roll them in desiccated coconut that has been browned by placing, spread on a shallow tin, in a slow oven for a few minutes.

VANILLA SLICES

Prepare and roll out to 1 cm thick some puff pastry. Cut into oblongs 4 cm by 10 cm, and bake in a quick oven till pastry is fully risen, then reduce heat and complete the baking. Melt 1 t butter, stir in 1½ T castor sugar and 2½ T flour, then stir in a generous cup of milk, a teaspoonful at a time, beating till the mixture is smooth. Cook, stirring, 3-4 minutes on the fire, then remove from heat and stir in a beaten egg (or 2 yolks) and a little vanilla essence. Cook over a pan of boiling water a few minutes, then leave to cool. Spread this custard between the pastry slices, adding icing to the top pastry slice, and sprinkle with desiccated coconut or chopped nuts if liked.

PAVLOVA

Beat 4 egg whites very stiff, then add slowly $1\frac{1}{2}$ cups sugar and 1 *t* cornflour, beating stiffly after each addition. Beat in 1 *t* lemon juice and 1 *t* vanilla, keeping the mixture very stiff. Grease a circle of white paper, and put under it something flat and ovenproof. Fashion the meringue on this circle to form the

base and small sides of the pavlova. Bake in a slow oven 2 hours or longer, till meringue is quite firm and slightly coloured. Remove from oven, place on serving dish, and fill with chosen filling, such as cream or ice cream, and strawberries, fruit salad, rhubarb, passionfruit, chopped pineapple, etc.

NIENICH TARTS

Cream 3 *T* butter and 1 *T* sugar, rub in 140 g (5 oz) SR flour and a pinch of salt, and mix to a stiff paste with 1 egg. Knead, and roll out very thin on

a floured board. Line patty tins with the pastry, and fill with a very thick custard. Glaze the tops with a thin icing, half white and half chocolate on each tart.

MARBLE CAKE OR RAINBOW

CAKE (a favourite for children's birthday cakes)

Cream 170 g (6 oz) butter and 170 g sugar, add 3 beaten eggs and a little milk, then 230 g (8 oz) flour sifted with 2 *t* baking powder. Beat well, and divide the mixture into 3 equal parts. Leave one part plain, colour one pink with a few drops of cochineal, and add 2 *t* cocoa to the third to colour it brown. For marble cake, place a tablespoon

of each colour alternately into a cake tin, give the cake the tiniest swirl without mixing the colours, and bake in a moderate oven. For rainbow cake, bake each colour separately, and join one on top of the other with a filling of cream or mock cream, raspberry jam, lemon cheese, or some other favourite filling.

CHOCOLATE FUDGE CAKE

Cream 110 g butter and 1 cup sugar, add 1 egg, 2 *T* cocoa, and a pinch of soda bicarbonate dissolved in $\frac{1}{2}$ cup milk. After mixing, add $1\frac{1}{2}$ cups sifted plain flour, 2 *t* baking powder and a

pinch of salt. Lastly add $\frac{1}{4}$ cup boiling water and a little vanilla. Bake in a moderate oven till cake leaves sides of tin. Ice with melted chocolate.

TEA CAKE

Beat an egg white stiffly, whisk in $\frac{1}{2}$ cup sugar gradually, then the egg yolk. Stir in $\frac{1}{2}$ cup milk and a little vanilla essence, then 1 cup sifted SR flour, and lastly 1 *T* melted butter. Cook at

180°C (350°F) 20-25 minutes. While hot, cut from side to side and butter thickly, then replace top, brush it with butter, and sprinkle with cinnamon and sugar.

PIKELETS

Beat an egg in a cup, and add milk to make a full cup. Beat well, adding 2 *T* cream and 3 *T* sugar. Lastly mix in 1 cup SR flour and a little salt. Drop spoonfuls on to a hot greased griddle. When they begin to bubble, turn them over with a spatula. When golden on both sides, remove from griddle and cool in a cloth or on absorbent paper. Butter when cold, and add jam if liked.

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CHEESE STRAWS

Rub $1\frac{1}{2}$ *T* butter into 60 g (2 oz) flour, then add an egg yolk, 60 g grated cheese, a little salt and cayenne, and a few drops of lemon juice. Knead well, and roll out thin, adding a little more lemon juice if it becomes too dry. Cut in strips about 10 cm by 0.5 cm, and bake in a moderate oven for a few minutes, till a light brown colour.

MOCK CHICKEN SANDWICH FILLING

Put into a saucepan 1 *t* butter, a small chopped onion, a chopped tomato, salt and pepper, and 1 *t* herbs. Cook a few minutes, stirring. Add a beaten egg, and cook a little longer. Allow to cool before spreading on sandwiches.

LEMON CHEESE (a cake filling or sandwich spread)

Grate into 340 g (12 oz) sugar the rind of 1 or 2 lemons. Add the yolks of 4 eggs. Beat the whites, and fold these in, then slowly add the juice of 3 lemons, stirring it in. Put the mixture in a double saucepan, and boil hard for 30-40 minutes. Add a small piece of butter, and put the lemon cheese in bottles, sealing well, for future use.

ASPARAGUS LILY SAVOURIES

Slice skinned devon or other sausage thinly. Spread a little mayonnaise on each slice, then roll the slice up like a lily petal round an asparagus spear. Secure with a toothpick. Arrange the lilies in a pattern on a serving plate.

As well as the adults' parties, there were the children's birthday parties, with the birthday cake (fruit cake, chocolate cake, rainbow or marble cake) elaborately decorated with candles, a centrepiece, silver cachous, piped rosettes and trailing leaves, piped borders, and birthday messages. There were organised games, including the peanut hunt, when the children had to find and gather up as many as they could of the hidden caches of peanuts. The child with the most peanuts at the end won a prize, and everyone settled down to eat the nuts.

The main business of the afternoon was, of course, stuffing in as many goodies as possible in the time available. The birthday table (often a door, taken off its hinges for the afternoon, covered with a sheet and decorated, like the room, with tinsel and streamers, crepe paper, ferns and flowers) held the usual assortment of *de rigueur* offerings, from fairy bread (bread and butter with hundreds and thousands or non-pareils), through all kinds of cream cakes, angel cakes, gingerbread men, jellies set in orange-skin shells, and lamingtons, to the birthday cake. Some time during the thirties the ice cream cake was born, and parents wanting to outdo their neighbours in extravagance ordered one for their child's birthday cake. It did tend to cause a crisis sometimes, depending on the style of the ice cream cake, about where to put the candles. Each child, already uncomfortable from eating so much rich food, took home a home-made cardboard basket filled with the sweets favoured for such occasions, and many regretted their celebratory excesses for hours afterwards.

Bottled drinks, or 'lolly water', had begun to take over from the home-made fruit syrups, so that the party food was washed down with lemonade, orangeade, creaming soda, orange and lime cordials, and '50-50' (orange and lemon cordial mixed).

The same home-made sweets also appeared on school and church fête days, along with the nauseous fairy floss (that pink spun sugar confection that eats like cotton wool) and toffee apples.

TOFFEE APPLES

Wash and dry some apples, and put each on a wooden skewer. To make the toffee, boil together 450 g (1 lb) sugar, 1 t butter and 2 t water for 20 minutes; let it cool, then reboil it for 15 minutes. It should become brittle when dropped into cold water. When it is done, add a little cochineal, and dip the apples in one at a time, coating each one thoroughly, then set them aside to harden.

ANGEL OR BUTTERFLY CAKES

Cream 110 g (4 oz) butter and 110 g sugar, add a little vanilla essence, beat in 2 egg yolks gradually, then add $\frac{1}{4}$ cup milk, 170 g sifted SR flour, and 1 t cornflour, the liquid and dry ingredients alternately and slowly. Lastly fold in the stiffly beaten whites of 2 eggs. Bake in half-filled patty pans 15-20 minutes. When cooked and cooled, cut the tops off carefully, scoop out a little cavity in each cake, and fill with whipped cream or mock cream. Cut the round tops in half, and replace like two wings. Add a maraschino cherry, or a piece of one, in the centre.

CHOCOLATE CRACKLES

Mix 250 g icing sugar, 4 T cocoa, 1 cup desiccated coconut and 4 cups rice bubbles. Melt 250 g cophia gently, pour on to dry ingredients, and mix together. Put spoonfuls in paper patty pans, and allow to set.

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CHOCOLATE BISCUIT CAKE

Make a larger amount of the chocolate binding in the last recipe, omitting the coconut and rice bubbles. Now spread some of this on the bottom of 4 coffee biscuits, and set them, 2 side by side, and 2 more behind them, on a glass tray. Spread the mixture over the top of these, and add 4 more biscuits above the others. Spread these, and continue to build up the cake to a height of about 8 cm. Cover the top and sides of the cake with the chocolate mixture, and allow to set. When cut across, the cake is striped with biscuit and chocolate, and is very rich.

CHOCOLATE FUDGE

Put a generous cup of sugar, a scant $\frac{1}{2}$ cup milk, 1 T butter, 1 T cocoa, and a pinch of salt in a saucepan. Give this a peremptory stir to begin the mixing process, but do not mix it in. Put on the stove, and let it boil hard 7 minutes. Remove it, and let it stand a few minutes. Add vanilla essence, and some chopped walnuts and/or raisins or sultanas. Beat hard 7 minutes, or until it loses its shine and shows signs of setting. Pour into a buttered tray, and, when cooler, cut into squares.

COCONUT ICE

Mix 230 g (8 oz) sifted icing sugar, a pinch of cream of tartar, a beaten egg white, and 3 T condensed milk. Work together till smooth, gradually adding more icing sugar to make a stiff paste. Roll this out on a board dusted with icing sugar to 1 cm thick. Make the same mixture all over again, this time adding cochineal to make it a soft pink. Roll out as before, brush some white of egg over the white layer, press the pink layer down on top, then cut into squares or bars, and leave to harden.

DATE CREAMS

Mix 450 g (1 lb) icing sugar with 1 egg white, the juice of $\frac{1}{2}$ a lemon, and 2 t hot water. Add vanilla essence and beat well. Cover with a damp cloth to prevent hardening too soon. Stone some dates, and fill the cavity with some of the fondant. Leave aside to harden.

HONEYCOMB

Boil 2 *T* sugar, a knob of butter, and stir in quickly 1 *t* soda and 2 *T* golden syrup for 10 bicarbonate. Leave to set on a minutes. Remove from heat, buttered tray.

MARSHMALLOWS

Mix together 1 cup sugar, 1 cup water, 1½ *T* gelatine, and ½ *t* cream of tartar. Simmer 10 minutes, then leave to cool. Add the juice of a lemon, 2 *t* rose-water (from the chemist), and nuts and dates if liked. Beat till the mixture is thick and white, pour into a greased tin, and leave to harden for a few hours. Then cut in squares and roll each square in icing sugar. The marshmallows can be toasted a little in front of the fire, held on the prongs of a fork, and then dipped in melted chocolate.

FRENCH JELLIES

Soak 30 g (1 oz) gelatine in 550 ml (a scant pint) water 1 hour. Add 900 g sugar, and bring to the boil slowly, then cook 20 minutes, stirring and skimming now and then. Add red, green or yellow colouring essence, or separate into 3 portions, colour each differently, and pour into wetted tins to set. After 24 hours, turn the jellies out on a bed of icing sugar, cut into strips and then squares with scissors, dust well with icing sugar, and store with plenty of icing sugar between layers in an airtight tin.

While mothers were at home making all these confections, the grocer was displaying on his wide wooden counter a row of large glass jars, with their lids at an angle, to tempt the customer with boiled lollies, humbugs, bulls' eyes, butter balls, musk, licorice allsorts, and all-day-suckers. If home-made sweets were for special occasions, there were plenty of others to be getting on with in the meantime. The cult of the ice cream cone and bucket was gathering momentum as well. The 'sweet-tooth' reputation of Australians is well deserved.

The Greek cafés—there was at least one in the main street of every town of any size and status—were selling their fish, chips, and potato scallops, or their meat pies, sausages and mash, and steaks with either eggs, tomato, chips, or 'steak and the lot'. A little later the hamburger joined the menu. These were also the places to go for a pot of tea (few people were willing to brave the extraordinary liquid that went by the name of coffee in cafés before the espresso machine) and either buttered toast, raisin toast, cinnamon toast, or a plate of sandwiches or mixed cakes. In tea shops with a claim to style it was Devonshire tea—a pot of tea with buttered scones, strawberry jam, and whipped cream.

In the thirties all of this, including the lavish spreads at celebration parties, was against a background of the severest depression that Australia had experienced. One in three of the work force was out of work during the worst period, and the poverty and misery was widespread. Large numbers took to the road in search of work, and many a ragged swagman turned out to be an educated man. Wherever there were large concentrations of unemployed there were likely to be soup kitchens, where various charitable organisations did what they could to ease the hunger pangs by serving, with chunks of bread, bowls of soup from large coppers, often out-of-doors. Where practicable they were set up near the school, and the children of the unemployed were given permission to leave the school grounds at playtime or lunchtime to join the queue with their parents for their hot meal.

It was a time when a rabbit-shooting excursion was more than sport, when people who had never eaten much offal learned to like it, when mince and sausages were more sought after than steak and roasts, when a joint furnished enough left-overs for several more meals, and when macaroni cheese, cauliflower cheese or Welsh rarebit were common substitutes for a meat meal.

With so much hunger, and the degrading indignities connected with massive unemployment, it is perhaps not hard to see why celebrations took on a new lavishness. The decade of the thirties, perhaps more than any other, was the decade of escapism, and Hollywood was there to help the escapism along. So great was the need to be distracted from the fears and miseries of everyday life, that a Ginger Rogers and Fred Astaire film would attract a queue half a block long. There was a boom in cinemas, and into these palaces of plush with crystal chandeliers poured the victims of the economic crisis, to live for a few hours by proxy the life of the Hollywood fast set, to warm their hands at the glamour and the unreality of a tinsel world.

In the late twenties the *Australian Women's Weekly* had made its appearance—the first of its kind. It fed on the Hollywood cult, by supplying full-page coloured pictures of film stars, and details of their lives, their tastes in interior decoration, their favourite foods. There were also for the first time regular recipe sections with colour photographs of the finished dish, looking succulent and enticing, and with a definite theme for each section. All this was escapist reading of the best sort, and it was small wonder that the *Women's Weekly* flourished. As well as glimpsing through its pages the rich society, the glittering display of wealth that was what Hollywood represented, the reader could linger over the glossy recipes with their colourful illustrations of mouth-watering food as a substitute for eating it. The cookery pages brought a new sophistication to the kitchen scene, even in cases where there was no possibility of emulating the tastefully garnished dishes for a long time to come. The features on salads, casseroles, ices, cool drinks, soups, vegetable cookery, and so on made a lasting impression: those who

could not make use of the new sophistication at the time stored it away for later, and it became part of the process of change.

In the cities by the late thirties a few coffee shops, serving first quality coffee, had opened and become the meeting places for intellectuals and other sophisticates. For the price of a cup of coffee one could spend the afternoon at one of their tables, either reading a book quietly, or noisily settling the world's problems in argument with friends. Most people, however, settled for a café, or a beer in the bar of a hotel (no women allowed except in the ladies' parlour—usually a room decorated in a style befitting second-class citizens). Wine had fallen from favour, except at the two ends of the social scale. Those who could afford to be gourmets still relished a good vintage with their dinner. At the other end of the scale, the wine parlours, usually poky little bars behind shop windows cluttered with bottles, dimly lit, musty smelling, and serving cheap wines and sherries, were left strictly to the city flotsam and jetsam. It was not until after World War II, when the steady increase in the migrant population brought many changes to Australian eating and drinking habits, that wine became a possible regular tippie for the average Australian—whoever that is—in competition with beer.

During World War II meat, sugar, tea and butter were rationed. This caused headaches for anyone trying to organise a special occasion that entailed feeding large numbers of people, although usually the feast could be achieved with a little generosity from relatives, friends and neighbours who were prepared to contribute a spare coupon or two so that enough of the rationed food could be bought. By and large people managed to eat reasonably well; in fact some, intent on using up their ration, probably ate more of the rationed goods than they might otherwise have done. Fish, delicatessen goods, chickens and rabbits were not included in the rationed meats, so there was no need to go hungry. For the rich whose consciences allowed it there was also the black market, where many a tasty morsel to add variety and bulk to the menu could be had at a price. In an effort to simplify people's needs for manufactured goods, so that more workers producing foodstuffs could be released for war jobs, the government of the day issued a series of regulations concerning the use of non-essential ingredients. The most famous of these was the regulation forbidding the use of pink icing on cakes. It is not clear whether this deprivation finally won the war for Australia's allies, but it certainly was a source of endless humour in what were otherwise somewhat dismal times.

During the war, with many husbands away from home for very long periods, and with wives busying themselves with full- or part-time work or with voluntary war work, as well as running their homes and rearing their children single-handed (it was called 'keeping the home fires burning'), the need for short cuts in food preparation became extreme. A tin of condensed soup became the gravy for a casserole; pastry came from a packet of pastry mix; custard powder made a quick, no-failure (if somewhat glutinous)

custard; and a tin of condensed milk was the basis for seemingly endless desserts. If food lost ground in the areas of dainty garnish, tasteful presentation, and subtle flavour, it gained handsomely in the area of speedy and labourless preparation. With the end of the war and the return to normal conditions, the influence of the war years remained in this respect. Housewives had become people whose interests were more widespread; they were not to be sent meekly back to the kitchen to re-create all the labour they had just found ways of saving themselves from. And so the full-time professional housewife, the craftswoman whose reward is her results, and who delights in taking infinite pains to achieve those results, became an anachronism. Whether or not women went out to work in postwar Australia, the recognition of their entitlement to something other than full-time service to the other members of the family grew, so that now there is likely to be less division of labour in the kitchen, and neither the full responsibility nor the full acclamation for a well-run house and a well-fed family is likely to rest with the housewife.

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The recipes given earlier in this chapter were all common ones, to be found in almost every recipe book published in the period, and old favourites in most households. Some of the less common ones may be of use or of interest some forty to eighty years later. They have come to me largely through the same folk process by which recipes have been handed on for generations, but in general their origins are the same as those given in the notes for the earlier recipes in this chapter.

EEL PIE

Soak eels for several hours in cold salt water with a dash of vinegar. Then skin them, and cut into slices. Arrange a layer in a greased pie dish, add salt, pepper and parsley, then	another layer of sliced eel, and so on to fill the dish. Cover the eels with milk, top with a suet crust, and bake 30 minutes in a moderate oven.
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EEL WITH LEMON

Soak and skin eels as above, and cut them into fillets. Dip these in flour, put in a greased baking dish, sprinkle liberally with vinegar or lemon juice, and add a few knobs of butter, and salt and pepper. Mix grated lemon	rind in between the layers of fillets, and bake 40 minutes in a moderate oven. Make a thin white sauce, adding lemon juice and a little grated rind, and serve this with the eels.
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BÊCHE-DE-MER (TREPANG) SOUP

Soak bêche-de-mer for three days, changing the water daily.

Wash thoroughly inside and out, scrubbing lightly or scraping with a knife. If the bêche-de-mer still smell unduly fishy, boil them for an hour or two, then wash again in cold water. Simmer until soft and clear in 5 cups stock, then remove and slice the bêche-de-mer. Return the slices to the stock, adding

110 g sliced mushrooms. Simmer 1 hour in a covered pot. Mash the yolks of 2 hard-boiled eggs with the same volume of flour, and add a little water to make a stiff paste. Rub through a sieve into the soup. Boil up for 2-3 minutes, add a glass of sherry and a pinch of cayenne, and serve.

TO COOK BI-VALVE SHELLFISH

Boil the bi-valves in sea water for a few minutes, then collect all the white meat out of the opened shells, and add it to

some grated potato, milk and butter in a saucepan. Simmer 30 minutes, add chopped parsley, and serve as soup.

CURRIED PRAWNS

Prepare 900 g (2 lb) prawns. Slice a marrow thickly, leaving the skin on, remove centre seeds, and steam to soften. Pour a cup of boiling water over 1½ cups desiccated coconut, stir well, set aside, and strain when cold. Fry a diced onion in plenty of butter, then add 1 T flour and 1 T curry powder and a pinch of

salt. Slowly add 1½ cups stock, stirring to keep it smooth. Simmer 30 minutes, then add the prawns and coconut liquid, and a little lemon juice. Put the hot marrow rings on a bed of boiled rice, and fill the centres with the prawn mixture. Serve with lemon wedges.

PRAWN SALAD

Steam flowerets of cauliflower till tender but crisp; drain, allow to cool, and add 1 cup French dressing. Prepare 900 g prawns. Arrange flowerets as a border on a plate, and pile prawns into

the centre. Top prawns with mayonnaise thinned slightly with lemon juice. Garnish with a dusting of the yolks of 2 hard-boiled eggs rubbed through a sieve.

FISH PASTE

Remove the heads and tails from 6 salted herrings; mince the fish. Melt 230 g (8 oz) butter, add the fish and 3 beaten

eggs. Stir till mixed and thickened, then put in jars. Pour melted butter on top to fill each jar, and cover closely.

PEANUT BUTTER

Shell and remove the red skin from 2 cups of peanuts. Put

them three times through the mincer, adding ½ t salt before

the final mincing. The peanuts contain sufficient oil to make a paste, which can be potted just

as it is, or a little melted butter can be added and mixed in thoroughly.

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VEGETABLE EXTRACT PASTE

Melt 2 *t* butter in a casserole. Peel and cut into thick slices 450 g carrots and 450 g turnips. Without removing skins, roughly chop 450 g brown onions; add 1 whole unpeeled clove garlic, 1 *t* salt, 1 *T* brown sugar, and 1 *t* mixed herbs. Put the vegetables in the casserole, add water to just cover, and simmer in the oven 4-5 hours,

till the liquid is thick and brown. Strain the liquid into a saucepan, adding more salt if necessary, and some pepper. Stir in 2 *T* gelatine, bring to the boil, and skim off any scum. When cool put in small pots, adding melted butter to fill the pots, then greaseproof paper and air-tight lids.

FRENCH MUSTARD

Mix 1 *t* dry mustard, 1 *t* sugar, 1 *T* curry powder and a pinch of

salt to a paste with some cold strong tea. Bottle and seal.

DEVILLED ALMONDS

Blanch 1 cup almonds by pouring boiling water over them, then removing the brown skin. Crisp them again in cold water, then pat them dry on a towel. On a flat oven dish turn them in 1 *t* butter or olive oil to coat

them all over, then cook them in a moderate oven, turning occasionally, till a light brown. Sprinkle with 1 *t* salt and a pinch of cayenne, stirring a little to coat evenly. Shake off excess salt, and serve hot or cold.

PICKLED WALNUTS

Use green walnuts with soft shells. Prick them well with a darning needle, put them in a stoneware vessel, and cover with brine ($\frac{3}{4}$ cup salt to a litre of water). Allow to stand 6 days, stirring 3 times a day. Drain, and leave them in fresh brine for 3 days. Drain, and leave them

spread out in the sun till quite black. Sterilise some wide-necked bottles, and put in the walnuts to $\frac{3}{4}$ fill the bottles. Boil up 1.1 *l* vinegar, 1 *t* salt, and 3 *T* allspice, and leave to cool. When quite cold, add to the bottles, and cover well.

PICKLED OLIVES

Pick the olives green but fully grown, being careful not to bruise them. Steep 10 hours in lye made of 100 g washing soda to 4.5 *l* (1 gallon) water. Now

remove olives to clean water, which must be changed every day for about 2 weeks, until the acrid taste has gone from the olives. Transfer the olives to

bottles in a brine of 450 g salt to 4.5 l water. At this stage they will turn black if exposed to the air. Cover closely.

CRUMPETS

Sift 450 g flour with 1 t salt and leave in a warm place. Melt 3 T butter, and add 1 cup milk. Mix 1 t yeast and 2 t sugar to a cream, add 1 beaten egg, and the warmed milk and butter. Make a well in the flour, pour in the liquids, mix, and beat well. Leave covered 1 hour till the dough doubles in size. Drop a tablespoonful at a time on a hot greased griddle; brown well on both sides. One side should be covered in cavities. To serve, toast by the fire, and add butter. May be eaten with honey or jam, or with a poached egg on top.

DOUGHNUTS

Add 2 T castor sugar and 1 t ground cinnamon to 110 g SR flour. Stir in 1 beaten egg and enough milk to make a soft dough, and roll out to 1 cm thick on a floured board. Cut into large circles, then cut a very small circle out of the centre (with something like a thimble). Fry to a pale gold on both sides, drain, and roll in a mixture of equal volumes of cinnamon and castor sugar. Serve hot with jam.

COFFEE MADE FROM WHEAT

Wet 900 g whole wheat; drain in a colander, and spread out on an oven slide. Mix 4 T sugar with 1 t salt, and sprinkle this over the wheat. Stir to mix in evenly. Bake slowly till dark brown, stirring towards the end to prevent burning. Store in an airtight tin, and grind just before making the coffee.

COFFEE FROM PARSNIPS

Scrape some parsnips, mince them, and spread on flat plates in a slow oven. Leave till the coffee is dark brown. To make the drink, add 1 T of the parsnip coffee to each cup of hot milk and water mixed, then bring to the boil, strain, and whip with an egg beater.

COFFEE FROM PRICKLY PEARS

Singe off the prickles over an open fire. Cut the pears lengthways, and scoop out the seeds. Spread the skins out on trays, insides uppermost, and dry them in the sun for about 3 days, bringing them in each night. When dry and crisp, break them up by rolling with a rolling pin or bottle to make somewhat flaky grounds. Store in an airtight tin, and use like ground coffee.

COFFEE ESSENCE

Add 8 *T* coffee, 2 *t* brown sugar, a pinch each of salt and dry mustard to 2 cups boiling water. Cover, and leave 20 minutes just under a boil. Stir and bottle.

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CHILLI WINE

Pour 4 cups boiling water over 3 cups sugar, add 8 crushed dried bird's-eye chillies, and boil 10 minutes. Add 15 *g* citric or tartaric acid and 1 *T* burnt sugar. Strain when cool, add 1 *t* lemon essence, and bottle. Use a little with a glass of water.

MULBERRY WINE

Crush the juice out of ripe mulberries, and strain through 2 layers of net. Add 1 cup water for each cup juice, and strain through 2 layers of cheesecloth. Add 1 cup sugar for each cup of the wine. Fill a container with the sweetened wine, keeping back about 1 litre to refill the container as the wine ferments and flows over the top. Keep it topped up every day for 6 weeks. When it stops working, put the bung in the wine container, and keep at least a year before drinking.

PASSIONFRUIT CORDIAL

Pour 2½ cups boiling water over the pulp of 12 passionfruit, 2 *t* citric acid, and 2 cups sugar. When cold, strain and bottle. Use a little with a glass of water.

EASTER EGGS

Sift 230 *g* icing sugar, mix in 110 *g* ground almonds, 3 *T* cocoa, a little vanilla and almond essence, and stir in all or part of 1 beaten egg, to make a stiff paste. Mould into small egg shapes, with a chocolate chip in the centre of each one if liked, then roll in non pareils or chocolate shavings, and leave a few hours to harden.

PRESERVED CUMQUATS

Prick cumquats with a darning needle, soak overnight in cold salted water to cover, then drain, put cumquats in a saucepan, cover with cold water, and simmer till fruit is transparent and tender. Drain, and put the fruit in a syrup of 450 *g* sugar to each 570 *ml* water. Boil 10 minutes; allow to stand overnight. Next day add another ¼ cup sugar for each 570 *ml* to the syrup, boil up, and pour over the fruit. Allow to stand 48 hours, then add the same amount of sugar again to the syrup, boil up, and pour over the fruit. Repeat after a further 48 hours. Finally, drain the cumquats, roll in coarse sugar, and dry slowly on wire racks in the sun or in a cool oven. Store in a box lined with greaseproof paper.

PRESERVED GINGER

Scrape the ginger roots, wash thoroughly, and dry in the sun or in a cooling oven. For each 450 g ginger, allow 450 g sugar and 570 ml water. Soak ginger in the water 24 hours; simmer 45 minutes till tender, then add the sugar, and cook 1 hour till the syrup is thick. Pack the ginger in jars, fill with syrup, seal, and allow to stand as long as possible before eating.

RHUBARB TOFFEE PUDDING

Butter a pudding basin thickly, and sprinkle over it 1 T brown sugar, pressing it into the butter. Roll out 230 g pastry and line basin. Put in 230 g chopped up rhubarb, 100 g brown sugar, another 230 g chopped rhubarb, and $\frac{1}{2}$ t ginger. Top with pastry, tie greased paper over the basin, and bake 2 hours in a moderate oven. Turn out on a hot dish.

HAND CREAM

Put 450 g lard in a basin, fill with boiling water, and leave to cool. When the lard has risen to the top, skim it off and repeat the process. When cold, and skimmed again, whisk it with a paper knife till it becomes smooth and creamy. Add lemon essence for perfume.

A PASTE FOR GLUING

Mix together 1 T plain flour, 1 T sugar, 1 t alum powder, and 2 t starch powder with a little cold water, stirring out any lumps. Pour on enough boiling water to make a thick transparent paste, stirring continuously. Keep in a lidded jar for use.

TO REMOVE LETTERING FROM FLOUR BAGS

Sprinkle kerosene over the lettering the night before washday. Strong soapsuds and the lettering will disappear. Next morning boil the bags in

Flour bags, sugar bags, and salt bags were used for a variety of purposes. Flour bags were just the right size to serve as pillow slips; children's clothing was sometimes made from the soft cotton, and it was also a great source of bandages, and rags for polishing, or for tying up a pudding or straining a cheese. Perhaps its most common use was for handkerchiefs, sometimes hemmed and used as regular handkerchiefs, sometimes unhemmed and thrown away after use.

The family medicine chest probably contained the regulation gruesome set of remedies. There were senna leaves to make an aperient tea, cascara, and castor oil, which was usually offered with

orange juice (and turned generations off oranges) or with a chunk of dry bread, and epsom salts, all reflecting the obsession of the time with regularity. There were Condly's crystals and methylated spirits for disinfecting, alum to stop bleeding, eau de cologne for headaches, camphorated oil for rheumatism and sprains, menthol for sinus trouble, brandy and sal volatile for faintness, vinegar for bruises, vaseline and zinc ointment for chafed or sore skin, Friar's balsam for laryngitis and cuts, eucalyptus oil for catarrh, glycerine for chapped hands, and used with water as a gargle for coughs and sore throats, soda bicarbonate for burns, scalds, and indigestion, boracic acid for dusting wounds, iodine for cuts, and ipecacuanha wine as an emetic.

Instead of a hot water bag in a sickroom, a hot sand bag held the heat longer and avoided the possibility of burns and scalds. To make one, put clean dry sand in a flannel bag 20 centimetres square, covered with cotton. Heat this slowly in the oven. When it is comfortably warm tuck it up to the invalid's back for long-lasting warmth.

The growing demand for instant miracle cures, the increasing use of antibiotics and other drugs to meet this demand, and the consequent need to consult the doctor for ills that had previously been the province of the home remedy, have banished most of the contents of the prewar medicine cabinet. Minor ailments now cost more to cure, have their nuisance value in time spent in doctors' waiting rooms and in travelling there and back, and are likely to be treated with unnecessarily strong drugs, the side effects of which are more serious than the ailment. Worst of all, ordinary men and women have lost their capacity for judging the seriousness of a patient's symptoms, and have therefore become the victims of the medical mystique to a much greater degree than ever before.

That there are signs of recognising and resisting the consumer and medical hoaxes, and how the resistance is being tackled, is the subject of the next chapter.



6 Kitchens for Humans

Soon after the end of World War II many changes were afoot, both in the shops that offered food for sale and in the kitchens where it was cooked.

The servery that had linked the kitchen to the dining room gradually increased in size, adding more counter space to the kitchen and lessening the isolation of the cook as she served up the next course for those waiting in the dining room. After a time the intervening wall disappeared altogether, leaving only a breakfast bar to separate the two rooms. For family meals it was obviously a saving of work if everyone sat round the bar, with whoever was positioned on the kitchen side doing the fetching and carrying for the meal. Dining rooms, except in houses geared to formal living, became as unused as the front parlour of earlier days had been, and began to merge with the sitting room. The living room was born, often an L-shaped area with the kitchen taking up the space enclosed by the two sides of the L, and a table separated by chairs or a bookcase from the main sitting room area, so that dining was partly attached to the sitting room, and partly attached to the kitchen. Sometimes the dining area turned its back more firmly still on formality, and became an extension of the kitchen, quite separate from the sitting room.

The easier, friendlier style of living made meals much less work to serve and clear away, and included the kitchen slaves in the mealtime and pre-meal conversation. Dinner guests appeared in the kitchen doorway, or sprawled across the breakfast bar, engaging the cook in conversation, which often resulted in the omission of the essential ingredient from the dish she was preparing with half her attention. It was a step towards honesty—an admission by all sides that the house had no staff of servants, and the hostess, together with whatever support staff she could muster from husband, children, or guests, did the organising and cooking of the meal as well as helping to welcome and entertain the guests.

It was a pity that this excursion into honesty took a side track of another kind. Now that the kitchen had suddenly become a room that friends wandered in and out of, the housewife began to regard it as a public room, a room that projected her image, and therefore one that required decoration and treatment for a careful effect. The shining, brightly coloured kitchens of American glossy magazines

became the desirable goal. Gadgets, potplants, window treatments, all had to match the decor, and now were chosen rather with an eye to the effect to be achieved than to more mundane considerations like need or convenience.

A confusing array of cleaners appeared on the market, each, with anonymous ingredients, advertised to do a very specific cleaning job, so that one needed all or most of them to cover the whole range of surfaces to be cleaned. And how important cleaning had become! To achieve the House and Garden effect it was necessary to have every surface gleaming and looking brand new. In this showplace that had so recently been a work room a few splashes of spilt water or a worn bench-top would spoil the whole effect. The task of eliminating every sign that work was ever carried on in this laboratory was pursued relentlessly. It was naturally time-consuming and exhausting, and part of the desirable effect was that the housewife should appear serene and unruffled, thoroughly competent at producing meals from a kitchen which always looked to be in mint condition.

There was only one way to achieve this effect. In order to reduce the amount of mess and cleaning up in the kitchen, the cooking had to be reduced. Just when the housewife was trying to provide the family's food without getting anything dirty, the food processors and marketers began to make it easy for her to do so. The sliced and wrapped loaf of bread made no breadcrumbs; a packet of frozen vegetables meant that only a nice clean box, or sometimes a plastic bag, had to be disposed of, instead of a heap of pea shells or bean or carrot trimmings; dried soup vegetables could all be tipped into the soup or stew together, leaving no mess behind; and orange juice in plastic containers or tins made squeezing oranges and disposing of the peel outdated. Frying tended to splash fat around, but frozen potato chips could be heated in the oven, and grilled meat was quick, almost foolproof, and made the minimum mess. And so it went on—the list of processed and quickly prepared foods that appeared and were enthusiastically accepted by housewives struggling with families, high standards of house maintenance, and often full-time jobs as well, was endless. The compost heap suffered, and the garbage man developed back trouble. The culmination of all this labour- and mess-saving was, of course, the take-away. When all else failed someone was despatched at the last moment to bring home a Chinese meal, or a barbecued chicken, or fish and chips, or meat pies or hot dogs, or even a container full of stew. Not far behind the take-away was the range of full meals in a packet that needed some heating or mixing. Into this category came all the rice-and-prawn, rice-and-chicken, rice-and-curry dishes, and, of course, the TV dinner. One TV dinner for each member of the family, popped in the oven, then handed out and eaten on its own disposable plate, meant that no one needed to miss any of the evening's television serials through mundane things like cooking or washing up. It did rather make for tastelessness, lack of variety,



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negligible nutrition (and quite soon the debt-collectors I should think—no one has ever advertised convenience foods as economical of money, only of time and effort) but the marketers of convenience foods still flourish, and many of the old ingredients that were sold in the days when people made up recipes themselves are now becoming scarce through lack of consumer demand.

The shops providing foodstuffs needed a new orientation to meet the change in buying patterns too. The old grocer's shop, with its subtle mixture of food smells, its wide wooden counter, its shelves and drawers from which the grocer produced the assortment of ingredients on the customer's list, slowly faded out of the picture. Gone are the biscuit tins, from which he weighed out a pound of iced vo-vos and put them in a paper bag; gone are the hazards of carrying home half a dozen eggs in sawdust in a paper bag—or sometimes without the sawdust; gone the earnest discussions, the advice the grocer offered on the right ingredient, the right household cleaner, the best biscuit to try. To fit in with the new speed and efficiency of the postwar world the small grocer was swallowed by the supermarket chains, and customers became conditioned to entering through the one-way gate marked IN, moving with the tide up and down the aisles, filling their trolleys from the furlongs of mesmerising shelves, all packed with a bewildering array of tins, packets, bottles, jars, tubes, cartons, and plastic bags, to wait uncomplaining in a queue beside the 'shoplifters will be prosecuted' sign to be told what to pay, and then to stagger off laden with the spoils, hoping to reach home before the flimsy brown paper carrier bag split and scattered its contents everywhere. At home the bright outer boxes reveal much smaller packets inside, so that any attempt to gauge the amount to buy by choosing the right sized box ends in disaster. The supermarket trend may have made shopping more efficient, and given the customer more freedom to handle the merchandise, read the instructions, make her own brand and price comparisons, but it has certainly also de-humanised the shopping process, to the point where it is possible to buy and pay for a week's food supplies without one word being spoken by either customer or cashier.

In many supermarkets it is possible to buy not only the goods that once were supplied by the grocer, but also those that were the province of the greengrocer, the butcher, the baker, the milkman, the delicatessen proprietor, the toy-seller, the clothing merchant, and to some extent the nurseryman, pharmacist and newsagent. No longer can the customer nominate the amount she wants to buy. She can buy the small or the large packet, or any multiple or combination of the two. She buys her meat and cheese already cut and wrapped, and her fruit and vegetables on wrapped trays in quantities considered suitable by the supermarket management. By stocking certain brands, or withholding certain sizes of a product, or not stocking some foods at all, the supermarket chains can influence people's buying habits, train them to buy in certain ways,

and ultimately dictate to some extent what people eat and what they do their cleaning with. The supermarket chains have certainly helped to train people to reach for the most eye-catching packaging rather than the most nutritious contents, and to accept without question food processed to look succulent, but which has little taste, less food value, and may in fact contain additives which do positive harm. Today's consumer protection associations, and the Consumer Affairs Departments which have recently been formed by some state governments, indicate a growing recognition of this problem.



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The disappearance of the small grocer's shop and its replacement by the supermarket chain brought an almost instantaneous reaction in the retailing world. Recognising the many shortcomings of supermarket shopping by comparison with the helpfulness of the small grocer, and at the same time showing interest in an area of marketing that was unsuitable for supermarket selling, a few people who had been promoting natural foods in a small way for some time (such as the religious group which had been running convalescent hospitals, marketing breakfast cereals and dispensing fresh fruit juices) opened shops here and there which were reminiscent of the small grocer's shop. These left the highly processed foods to the supermarkets, and concentrated on nuts and dried fruits, herbs and spices, wholemeal flour, honey, and herbal cures. The health food shop was born. By the early fifties there was an established demand for the products they offered, and they were expanding slowly but surely.

At first they were true bulk stores, with wooden drawers filled with merchandise which the assistant measured into a paper bag, weighing and calculating, just as the grocer had done. For liquids the customer was expected to bring her own bottle or jar, which the assistant weighed first, then filled, weighed again, and subtracted one weight from the other to arrive at the weight to be paid for. It was a brave and intelligent revolt against the dishonesty and wastefulness of glossy packaging. Unfortunately, such a labour-intensive method of serving customers could not long compete with the supermarket methods, and the sensible practice of using slack time to weigh up packages of this and that ended in health food shops setting out their shelves of pre-packaged goods rather in the manner of supermarkets; except that the packages are likely to be plain see-through plastic or cellophane bags, with the identification label hand-written and stuck on, and there is usually someone in a health food shop who can advise the customers about the uses of the various ingredients, and suggest herbal remedies for a range of ailments. There are often books and pamphlets about diet, health, natural foods, and natural remedies as well. Apart from the fact that many flours, dried beans, yeasts, and other goods which are not available in supermarkets are stocked by health food shops, one might have more faith in the quality, freshness, and wholesomeness of the products, and one can usually see quite clearly what one is

buying—three important characteristics of these shops which make them of great value as a complement to the supermarket.

Just as the proliferation of the supermarkets had been partly the response of retailers to the new demands of consumers, and partly the response of consumers to the new direction taken by the retailers, so the health food shops could not hope to succeed in a vacuum. There had to be some kind of demand for their speciality, some awareness of a need unfulfilled elsewhere. The health food shops saw their role in one way as an educative one, and helped by this means to create the demands that they were equipped to satisfy. But that could not be the whole answer; there must have been some dissatisfaction with highly processed and dishonestly packaged and advertised foods lurking in the background, and some underlying feeling of responsibility for the health and general well-being of the people being fed by the spender of the housekeeping money. How did this come about?

First let me say that when I write about the generation whose housekeeping and family rearing spans the period from the fifties to the present I am writing about my own generation, and if I seem hard on them I hope that those who have been through it with me will forgive me. Self-criticism does no permanent harm, and perhaps now is a good time to take stock.

The years of the war, and before that the years of the depression, had been a very low-key time. There had been frustrations, sacrifices, tragedies, hardships, lots of make-and-mend, and not much luxury. When the war was over and rationing was lifted, people went wild. The 'new look' dress fashion was an example of the sudden feeling of pressure released. After years of austerity clothes, women luxuriated in impossibly full skirts swirling close to their ankles.

From the early days of the fifties, when women who had to work were considered unfortunate, and women who chose to work without need were deemed perverse and selfish, through the sixties, when the goal of *The Good Life* was forcing more and more women into the work force to meet the family's never-never repayments, to the seventies, when financial independence for women has become a desirable goal in itself, the pressures on families to be certain things, to have certain things, and to act in certain ways, have increased steadily. Perhaps the main recipient of these pressures has been 'the little woman', who tried to hold down a part-time or full-time job to help finance the family dreams—often against considerable community condemnation—while not being allowed to surrender any of her traditional responsibilities at home. She needed her convenience foods and her miracle cleaners. She had good reason to welcome and encourage the throw-away society. Just think of the release from drudgery occasioned by the arrival of the paper tissue handkerchief. (Anyone who has difficulty with that proposition should try washing and ironing three or four dozen soiled handkerchiefs.) She no longer had time to make jams and

pickles, so she threw away her jars when they were empty. She found it easier to buy what she needed than to make it, and once she launched herself into buying her needs, it became easier next time. It is no meaningless figure of speech to say she was on a treadmill. Since her need for money increased now that she had no time to make things herself, she found herself having to work harder to earn more money to satisfy her own and her family's demands. Meanwhile, to give herself a lift in her unsatisfying lifestyle she needed more comforts and luxuries.

This treadmill effect applied also to the more traditional family breadwinner, of course, and he was the victim of increasing pressures, just as she was. If the working wife felt them more, it was partly because of her dual role and the pressures of two jobs, and partly because she tended to be the member of the family who did most of the budgeting.

It was hardly surprising that all these pressures, together with the Hollywood-style dreams which had lain dormant since the thirties (subtly fed now and then by the glossy magazines), and the new affluence which had largely been created by women's entry into the work force, turned people's ambitions towards luxury living which was measured in terms of material possessions and comforts. Somewhere along the line the more nebulous aspects of the quality of life were lost. Food lovingly prepared for good taste and good health disappeared, along with generosity, the luxury of spending time living simply, the satisfaction of making at home a special recipe, a special item of clothing, a special pot, or whatever, to fill a particular need on a particular occasion.

Needless to say, the offspring of this generation were leaders in making the demands that kept their parents on the treadmill. But fortunately, as they grew up and were faced with the fatal step on to the treadmill themselves, increasing numbers began to see the whole endless process as unnecessary, even undesirable. They began to talk about a simple lifestyle, co-operative living and buying of food, growing their own vegetables, re-learning the skills of the pioneers, replacing acquisitiveness with an attitude of sharing, conserving what remains of the world's resources, taking only what is needed for today's survival, and replacing it if possible, and making a real attempt at self-sufficiency, after the style of the first settlers, who had it forced upon them, and the Aborigines, who knew no other way.

An early trickle of books on every aspect of alternative living, including acquiring and preparing natural foods, began in the United States, and soon became a torrent, originating also in Britain, and later in Australia too. By the mid-seventies large numbers of Australians were still vehemently rejecting the alternative lifestyle, both for themselves and for others, but everyone was aware of its existence, and perhaps, in small ways at least, more people were affected by it than realised they were.

Coinciding with world meat shortages and consequent price increases, many people eat less meat than was their custom a decade ago. Australia's reputation as a meat-eating nation is still strong, since most other countries have managed for a long time on far less than our present per capita meat consumption, but the general tendency in Australia to cut down on our traditional meat excesses chimes in to some extent with the trend among the alternative lifestylers, many of whom are vegans (eating no animal products of any kind) or vegetarians (eating eggs and dairy products, but rejecting the notion of killing animals to provide for the human diet protein which could be more efficiently provided by growing soy beans). The recipes which follow reflect this tendency, by concentrating mainly on vegetable ingredients, and, when using meat, making it go further than the more traditional recipes in which meat was the main ingredient.

LIGHT RYE BREAD

Mix 1 sachet dry yeast with 1 *t* brown sugar and 60 *ml* warm water. Cover, and leave in a warm place 10 minutes. Sift into a basin 1½ cups baker's flour, and ½ cup made up of 3 *T* gluten flour and the rest wholemeal. Add 1 *t* salt. Mix flours together, and make a well in the middle. Add 310 *ml* warm water to the yeast mixture, and pour this into the well in the flour. Mix all together, and knead until it is smooth and elastic. Put in an oiled tin, cover with a teatowel, and stand it in a warm place 25 minutes till the dough is level with the top of the tin. Bake 55 minutes at 220°C (425°F).

WHEATGERM LOAF

Put 1 sachet dry yeast, 2 *t* honey, ½ cup warm water, and ½ cup baker's flour in a small vessel; cover, and leave in a warm place 15 minutes. In a basin mix 2 cups wholemeal flour, 1 cup baker's flour, 2 *t* salt, 1 *T* wheatgerm, and 1 *T* gluten flour. Add 1½ cups warm water and 1 *T* oil to the yeast mixture, pour this into the dry ingredients, and knead well. Put in an oiled tin, cover with a cloth, and leave in a warm place 45 minutes. Put into the oven at 245°C (475°F), and immediately turn oven back to 200°C (400°F). Bake 50 minutes.

WHOLEMEAL LOAF

Put ½ cup warm water, 1 sachet dry yeast, ½ cup wholemeal, 2 *t* lecithin (optional), and 1 *t* sugar in a large jug; cover, and leave 15 minutes in a warm place. Sift into a basin 3 cups wholemeal flour, 1 cup baker's flour, ½ cup gluten, ½ cup rye, ½ cup soya, ½ cup oatmeal, 2 *t* salt, 2 *t* caraway seeds. Add scant 1½ cups warm water and scant 1½ *T* oil to the yeast mixture, and stir. Mix this into the dry ingredients. Knead 5 minutes. Push flat in an oiled dish; cover, and leave in a warm place 30

minutes. Knead again 2 minutes. Put in an oiled tin and leave in a warm place 5 minutes. Cook 35 minutes at 230°C (450°F), or 20 minutes at the same temperature for rolls.

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Sesame seeds make a nice topping on any of these breads.

Dry yeast is easy to use because it stays fresh for a long time in a dry place. Those who prefer to use compressed fresh yeast, which is less everlasting and needs to be kept in the refrigerator, say it gives better results. To substitute, use 30 g (1 oz) compressed yeast for 1 sachet dry yeast. Those who feel sufficiently at home with yeast may like to try making it themselves, as the pioneer women did.

MUESLI

(the original Swiss muesli, with wheatgerm
and nuts added)

Leave 1 *T* wheatgerm and 1 *t* whole oats to soak overnight in 4 *T* water in the refrigerator. Next morning add 1 *t* lemon juice, honey and cream or top milk to taste, and mix well. Shred or finely chop an unpeeled apple into this; add some chopped nuts, and serve. Grapes, berries, peaches, bananas, etc. may be added or substituted for the apple.

LIVER PÂTÉ

Wash some liver (calf, chicken or goose), and cut out the tough bits. Brown 1 onion and 1 clove garlic, both chopped, in a little butter, then remove these, and fry the liver in the butter, adding salt, the onions and the garlic when the liver is just nicely brown. Put all the hot solids from the pan in a blender, adding 1 *T* chopped parsley and 1 *T* wheatgerm. Thicken the gravy in the pan with 1 *t* soya or wholemeal flour, and add a little stock to make a rich gravy. Add this when cool to the blender, and blend till smooth. Put pâté in jars, adding melted butter to seal, and refrigerate.

BEAN SPROUTS

These are a source of greens that can be invaluable when fresh vegetables are hard to come by. Many different kinds of beans can be sprouted and eaten, but alfalfa (lucerne) and mung beans are the least trouble. Alfalfa are smaller, and their sprouts are smaller, so more are needed to achieve the same bulk as mung beans. They have a fresh, delicate taste. Mung beans are the ones sold by the Chinese grocers. They are very easy to sprout. Try putting some mung beans in a dark coloured glazed pottery bowl. Fill the bowl with warm water, cover with a plate, and leave in a warm place for 8-10 hours. If you have a hot water storage tank with a flat top, this may turn out to be ideal, in the absence of a slow-combustion fuel stove with racks above for gentle warming. After 8-10 hours, drain

out the water, and lay a folded piece of heavy-ish fabric (such as denim) over the beans, to simulate the pressure of the soil. Then replace the plate, and return the beans to their warm spot. Twice or three times a day pour warm water over the beans, leave it for 5-10 minutes, then drain it off, replace the denim, the plate, and return the bowl to its warm spot. If the sprouts overflow the bowl, decant some into a similar bowl, and treat them in the same way, but they grow strongest when they are a bit overcrowded, so don't be too generous with space. In 2-3 days, depending on the warmth being just right, they should be the size of the sprouts in the Chinese shops, and a good deal crisper, since they're still growing. Refrigerate.

BEAN SPROUT SALAD

Add to some bean sprouts herbs, and French dressing or a minced garlic or onion, green mixture of French dressing and and red capsicum cut fine, fresh mayonnaise.

BEAN SPROUT SOUP

Add to some hot chicken stock up an egg, and while the soup chopped shallots and a generous boils, trickle the egg in. Serve at quantity of bean sprouts. Beat once.

COOKED BEAN SPROUTS

Fry a little onion and garlic in butter or oil. Add bean sprouts, Chinese cabbage, or comfrey and any additions that are to leaves, herbs, etc., then moisten hand such as cut up zucchini, with chicken stock or soy sauce, celery, capsicum, mushrooms, a add seasonings, and serve.

A SATISFYING CHICKEN SOUP

Cover a medium-sized dressed soup. Add a little coriander and chicked with water, add some soy sauce, then some quartered chopped shallots, garlic, salt mushrooms. Serve with whole- and pepper, and simmer $2\frac{1}{2}$ meal bread. This soup can be hours. Remove chicken meat served as a main course to quite from bones, and replace meat, a large number of people. cut into small pieces, in the

LEEK AND POTATO SOUP

Slice 3 large leeks, using all but potatoes, peeled and sliced the oldest of the green part as thinly, 4 cups chicken stock or well as the white bulb, and fry 5 water, salt and pepper to taste. minutes in butter, stirring to Cook 30 minutes, then sieve or avoid discolouring. Add 450 g put through a blender. Return

to the saucepan, add $\frac{1}{2}$ cup cream or milk, and reheat without boiling. Sprinkle chopped parsley on top.

Instead of leeks, zucchinis

(cut but unpeeled) or chokos (peeled, halved and cored) can be substituted, with onions, to make a similar thick green soup.

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EGGPLANT SOUP

Cover 2 cups raw cubed eggplant with stock, and simmer 10 minutes. Blend 1 cup milk with 1 *t* basil or other herbs, 3 *T* chopped parsley, and 3 *T* nutri-

tional yeast (or a little vegetable extract). Blend gradually with the eggplant mixture, heat and serve.

LEMON SOUP

Boil 7 cups stock, then add $\frac{1}{2}$ cup brown rice, cover, and simmer 30 minutes. Mix a pinch of savory and 3 *T* nutritional yeast (or a little vegetable extract) with 4 beaten eggs. Add the juice and rind of 1 lemon.

Gradually add $\frac{1}{2}$ cup of the hot stock to the egg mixture, stirring constantly. Take the stock off the heat, and add egg mixture to soup. Top with chopped chives.

ONION SOUP

Cut 2 medium onions finely, and put in a heavy saucepan with a few splashes of water—just enough to begin to steam. Cook over low heat till water

has evaporated and onions are browned. Add 2 $\frac{1}{2}$ cups stock and cook 5 minutes. Season and serve.

MUSHROOM BROTH

Melt 2 *t* butter in the top of a double boiler, and fry a small chopped onion till golden. Add 1 cup mushrooms, chopped very fine, cover, and simmer 10

minutes, stirring occasionally. Add 2 cups vegetable stock, place the pan to heat through over hot water for 15 minutes to blend the flavours.

SOY SOUP

Melt 3 *T* butter in the top of a double boiler; add $\frac{1}{2}$ cup soy flour, blend thoroughly, and cook a few minutes. Slowly stir in $\frac{3}{4}$ cup hot water, and simmer 15 minutes till thick, stirring to prevent sticking to pan. Add 2

cups stock, place pan over boiling water, and bring to the boil. Add a pinch of curry powder, $\frac{1}{2}$ *t* brown sugar, seasoning, and some chopped parsley, chives, comfrey or spinach leaves. Finally add 2 *t* soy sauce.

GREEN PEA SOUP

Mince and mash 1 cup shelled fresh green peas. Add 2½ cups vegetable stock, and simmer 5 minutes. Add seasoning, and ½ cup cream. Serve without reboiling.

BORTSCH

Add 4 small chopped beets, 1 chopped onion and 1 chopped potato to 2½ cups water and 2 T butter. Simmer, tightly covered, 20 minutes. Add the juice of 2 lemons, 5 cups stock, 2 T brown sugar, and a little salt and paprika. Simmer 30 minutes more. Stir in 1 cup whipped sour cream or yoghurt. Can be eaten hot or cold.

UNCOOKED AVOCADO SOUP

Blend together till smooth 2 peeled and pitted avocados, 5 cups stock, 2 cups sour cream or yoghurt, and any seasoning needed. Chill and serve.

ICED YOGHURT SOUP

Blend 2½ cups yoghurt with 3 chopped cucumbers, the juice and rind of 1 lemon, 1 t dill, 1 clove garlic, 3 T oil, 1 T mint leaves, and 1 t soy flour. When smooth, chill thoroughly and serve.

UNCOOKED TOMATO SOUP

Blend 6 tomatoes and 1 onion, roughly chopped, with 1 cup stock, a little peanut oil, and 1 T chives. Chill when smooth.

ICED CARROT SOUP

Melt a little butter, add 450 g young sliced carrots and 1 chopped onion. Cover, and cook slowly 10 minutes. Add 4 cups chicken stock, ½ t sugar, and salt and pepper to taste. Simmer, covered, 1 hour. Purée the soup, add the juice of 4 oranges, strained, and leave to cool. Stir in 1 cup cream, chill and serve with chopped chives on top.

CHOP SUEY

Chop into cubes enough cooked meat—pork, chicken, beef, ham, whatever is there—to fill 1 cup. Add to it salt and pepper, 2 T each of vinegar and water, and 1 cup chopped mushrooms. Put this aside to marinate. Fry 2 chopped onions in a little butter. Add to this a green vegetable (1 cup bean sprouts or bamboo shoots, or thinly sliced celery or French beans blanched in boiling water), and fry these in the butter 5 minutes. Now add the meat and mushrooms, and cook 5 minutes more. Add

1 *t* soy sauce, 1 *t* sugar, and a little allspice. Simmer 15 minutes, and serve with long-

grain rice. Add a little lemon juice if liked.

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HERBED CHICKEN LIVERS

Fry 1 onion and 1 clove garlic, chopped, in oil. Add 450 g chopped and trimmed chicken livers, and stir to brown evenly. Add 2 *T* tomato paste broken down with red wine to make 1

cup. Add seasoning, and a little fresh basil and oregano, or other fresh herbs. Simmer 10 minutes. Serve with rice and vegetables, or on buttered toast.

KIDNEYS IN WHITE WINE

Skin and halve 8 sheep's kidneys, removing cores. Cover with boiling salted water, and stand 5 minutes, covered, off heat. Drain and dry kidneys. Simmer $\frac{1}{2}$ cup white wine, some parsley, a clove of garlic, a bay leaf and a little thyme until liquid has reduced to $\frac{1}{2}$ cup; strain. Melt 2 *T* butter, and

cook the kidney halves and 100 g sliced mushrooms 5 minutes, stirring to cook all sides evenly. Sprinkle in 1 *T* plain flour, salt and pepper to taste, and add the strained liquid. Stir gently till sauce boils and thickens, then serve at once with rice.

ASPARAGUS CASSEROLE

Slice 4 hard-boiled eggs, and arrange in a greased casserole dish with fresh cooked or tinned asparagus spears. Make a white sauce with chicken stock instead

of milk, add $\frac{1}{2}$ *t* made mustard, and pour over the contents of the casserole. Bake 20 minutes in a moderately hot oven.

ONION TART

Make a shortcrust from 230 g flour, 110 g butter and 4 *T* water. Line a tin with this, and bake 15 minutes at 200°C (400°F). Peel and slice 450 g onions, and fry slowly in 1½ *T* butter until soft but not

coloured. Sprinkle 3 *T* flour over the onions; beat up 1 cup milk, $\frac{1}{2}$ cup cream and 2 small eggs, and mix with the onions. Fill the pastry case. Bake 30-35 minutes at 180°C (350°F).

STOVIES

Slice enough onions and potatoes to fill a frying pan, adding salt and pepper to the layers. Cover with a layer of bacon

rashers. Barely cover with stock, put lid on, and steam gently at one side of the stove till cooked.

A similar dish, of fried left-

over vegetables which often included cabbage or silver beet, is well known as bubble and squeak.

MUSHROOM CASSEROLE

Boil 700 g button mushrooms 10 minutes in a small quantity of stock. In another saucepan, blend 2 T melted butter with 3 t flour, and gradually stir in 1 cup scalded milk. Simmer 5 minutes, then add 24 green olives, 24 black olives (whole, not pitted), 4 T chopped capsicum, 2 T capers, and bring to the boil. Add 2 cups cream gradually, stirring well. Add mushrooms and reheat without reboiling. Season with salt and pepper, and add 1 T brandy if liked. Can be served on toast.

BAKED SPINACH AND MUSHROOMS

Boil 900 g spinach for 2 minutes in the water that clings to the leaves after washing. Drain well, and place in buttered casserole dish. Stand the casserole in a sink or dish of hot water to keep it warm. Fry 350 g sliced mushrooms and 2 medium onions, minced fine, in 2 T butter till hot but not brown, stirring constantly. Work 2 T flour into $\frac{1}{4}$ cup stock smoothly, and add to mushrooms. Cook till thickened, stirring well. Season with salt, pepper and a little nutmeg. Put this over the spinach, and top with buttered breadcrumbs. Bake 20 minutes at 180°C (350°F).

MUSHROOM-STUFFED CAPSICUMS

Blanch 4 large green capsicums in boiling water. Allow to cool. Remove caps $\frac{1}{4}$ inch from the top, and reserve. Clean out seeds and fibres carefully. Fry 4 cups chopped mushrooms (or mushroom stems) in 4 T butter. When they are cooked, add 4 slices bread previously soaked in tasty stock, squeezing out most of the stock and reserving it. When bread and mushrooms are mixed together, add salt, cayenne, 2 minced onions, and 12 minced green olives. Simmer 10 minutes. Fill capsicums with the mixture, adding a little more stock if necessary. Replace caps, and put them in a baking dish. Add stock to halfway up their sides. Bake 30 minutes at 180°C (350°F).

CURRIED MUSHROOMS

Slice 2 onions into rings; brown these in 1 T butter, then push onions to side of pan. Add 2 T butter, and brown 450 g small mushrooms. Push mushrooms to side of pan with onions. Add 1 T butter, and blend in 2-3 t curry powder as it melts. Gently fry 2 quartered tomatoes in this. Reheat the onions and mushrooms, and serve with rice boiled in seasoned stock, drained, and arranged on a serving dish.

AUBERGINE AND MUSHROOMS

Fry 1 cubed aubergine (peeled or unpeeled), 450 g small mushrooms, and 2 *T* tomato paste in 4 *T* olive oil in a large casserole dish. After 5 minutes add salt and pepper, cover dish, and simmer a further 10 minutes. Remove lid, and cook till liquid has been absorbed. Add $\frac{1}{2}$ cup meat stock, and cook on high heat, uncovered, 5 minutes, then serve.

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POOR MAN'S CAVIARE

Put aubergines in the oven whole, and bake in a moderate heat till tender (about 40 minutes). Take out, and make a deep incision where the stem was; drain away all the fluid. Now scrape out pulp and seeds into a bowl, chopping any coarse pieces. Fry chopped onion in enough oil to form part of the French dressing later. Pour this over the pulp, together with lemon juice and seasoning, and mix all together. May be eaten hot, or cold as a salad. If preferred, combine the pulp with other pre-fried vegetables, such as zucchini, capsicums, peeled and chopped tomatoes, leaving out the lemon juice dressing.

AUBERGINES WITH RICE

Slice thickly 6 unpeeled aubergines, sprinkle with salt, leave 30 minutes, then wash and dry the slices. Fry the slices in 1 cup olive oil, with a sliced onion. Add salt and pepper, 1 *t* sugar, and 2 cloves garlic, crushed. Now add 2 cups yoghurt. Serve with boiled rice.

AUBERGINE STEW

Dice 4 aubergines, 230 g capsicums, 230 g peeled tomatoes, and 230 g celery or okra; add a little crushed garlic. Stew all these in plenty of olive oil (up to a cup) till cooked but not too soft. Season, and add 100 g pitted black olives.

BROCCOLI PUDDING

Remove, or split in halves, any thick stalks with 450 g broccoli. Put the broccoli in a greased pudding basin, adding 2 beaten eggs mixed with 100 g grated cheese, 1 *T* butter, and 1 cup warmed milk. Season to taste; tie greaseproof paper over the basin, and steam 1 hour.

SWEET AND SOUR RED CABBAGE

Shred coarsely 900 g red cabbage, discarding the stem part. Coarsely chop 3 peeled green apples, then in a buttered casserole put layers of cabbage, apples, uncooked rice ($\frac{1}{2}$ cup altogether), and a sprinkling of brown sugar, salt and pepper, repeating the layers till the casserole is full. Pour over all $3\frac{1}{2}$

cups water mixed with $\frac{1}{2}$ cup vinegar and 2 *T* melted butter. Cook covered in a very slow oven 3 hours.

SWEET AND SOUR WHITE CABBAGE

Shred $1\frac{1}{2}$ kg cabbage, removing the stem part. Fry cabbage in 3 *T* butter in a heavy pan till slightly coloured. Add 1 *T* each sugar and lemon juice, and salt and pepper to taste. Reheat, then cover, and simmer very slowly 40 minutes, adding a little more butter halfway through if it becomes too dry. Add 100 g chopped nuts just before serving.

JERUSALEM ARTICHOKE CHEESE

Cook 450 g artichokes till tender in a little water, then rub off skins, and slice them into a greased pie dish. Fry a sliced onion in butter, and add this to the dish, then 100 g grated cheese, then enough wheatmeal breadcrumbs to cover the dish. Dot with butter, and put in a hot oven 20 minutes to brown.

TASTY NOODLES

Simmer 170 g noodles in 2 cups boiling salted stock till most of the liquid is gone (about 10 minutes). Add 2 beaten eggs mixed with $1\frac{1}{2}$ cups milk, 100 g cottage cheese, 1 *T* raw sugar, and $\frac{1}{2}$ cup yoghurt. Mix this with the noodles, adding a little paprika, and $\frac{1}{2}$ cup wheatgerm sprinkled on top. Heat through in a moderate oven.

YOGHURT

Mix in a saucepan 300 *ml* water, 750 *ml* milk, and enough full cream or skim milk powder to convert 600 *ml* water into milk. Stir until it just reaches boiling point, then remove from heat, and leave till cooled to blood heat (putting the saucepan in a sink of cold water helps to speed the process). Beat 2 *T* plain yoghurt (either commercial yoghurt, or some saved from your own last batch) to make it smooth, and if necessary add to it a little of the cooling milk to thin it more. Add this to the milk in a glass or pottery bowl when it is at blood temperature; stir it in, cover the bowl, and leave it undisturbed in a warm place to set. The time taken to set depends on the warmth—ideally it should be kept at blood heat throughout. In the absence of a slow combustion stove with racks above for gentle warming, wrapping the bowl well in a blanket and leaving it in the warm (not hot) sun, or near the fire, or on top of the hot water storage tank, are all possibilities. When it is ready, refrigerate. Yoghurt refrigerated as soon as the curd forms is very mild; if you like more bite, leave it some hours in its warm place after the curd has formed. Remember to save two tablespoons of this batch to start the next one. Yoghurt is a delicious breakfast or dessert with raw sugar, fruit, wheatgerm, or any combination of these.

SOY NOODLES

Sift 450 g soy flour; add 2 egg yolks, 1 *t* salt, and enough cold water to make into a very thick paste. Leave this aside, wrapped in a cloth, for an hour or more,

then roll it out thinly, and roll the sheet of paste into a sausage. Cut very thin slices off the sausage, and boil them 5 minutes in salted, fast boiling water.

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ORIENTAL EGGS

Mix together 3 beaten eggs, 1½ cups bean sprouts, 60 g sliced mushrooms, 1 diced onion, 1 *t* salt, ¼ *t* sugar, a little crushed garlic, and fresh ground pepper. Fry this in oil, pressing it down

to make a cake in the pan. When half cooked, add ½ cup stock, and stir in well, then turn the cake over. Can be served with rice or vegetables.

FLORENTINE EGGS

Remove the stems from a bunch of silver beet; tear leaves into large pieces, and wash them well. Cook covered in ¾ cup water till tender; drain and chop fine. Fry in 3 *T* butter to evaporate the last of the water. Put in a greased pie dish. Poach 6 eggs and arrange them on the silver beet; keep the dish warm. Melt 3 *T* butter, add 2½ *T* flour, stir over heat 1 minute. Remove

from heat; gradually add 425 *ml* milk. Stir till boiling, then simmer, covered, 3 minutes. Remove from heat, add ½ cup cream and 60 g grated cheese. Season with salt and pepper. Spoon the sauce over the eggs, and sprinkle a further 60 g grated cheese on top. Put the dish in the oven or under the griller till cheese melts.

EGGS MORNAY

Cut 8 hard-boiled eggs in halves lengthways, and remove yolks. Chop 230 g shelled prawns and 110 g mushrooms, and fry in 2 *T* butter till tender. Remove from heat, stir in 3 *T* cream, adding salt and pepper. Put this filling in the centres of the egg halves, and arrange in a greased casserole. Make a white sauce

with 1 *T* butter, 1 *T* flour and 1½ cups milk, adding 60 g grated cheese. Add the sauce to the sieved egg yolks a little at a time, beating well after each addition till sauce is smooth. Pour sauce over eggs in casserole, and bake 30 minutes in a moderate oven.

BEANS AND BACON

Wash 1 cup lima beans; cover well with water, and soak 24 hours. Drain, add to boiling water, and boil 1-2 hours till tender, adding salt for the last

10 minutes cooking time. Drain, and leave aside. (Or use frozen or canned lima beans, which take less time to prepare.) Fry a sliced onion, 2 sliced red caps-

cums, and 1 sliced green capsicum in butter or oil. Peel 100 g mushrooms, cover them with boiling water, and leave them aside a few minutes, then drain, and either grill or fry them, together with 8 bacon rashers. Add the capsicum mixture to the cooked beans, and reheat, stirring. Arrange the bacon and mushrooms on top, adding slices of orange if liked.

One easy way to add protein to a meatless or meat-low diet is by eating cottage cheese or cream cheese. The recipe on p. 99 is a good one, and makes something similar to commercial cottage cheese in the space of a few hours by using a quarter of a junket tablet, and not straining off all the whey, just enough to make a dry but not too dry consistency. Without the rennet (i.e. with no junket tablet addition) it makes a delicious cream cheese in a rather longer time.

A similar protein-rich food supplement, long beloved of the Asians, is bean curd, also known as tofu (Japanese) and tahu (Indonesian). It can be cut into cubes and served as it is, or fried in coconut oil and seasoned with salt before serving.

SOY BEAN CURD

Mix 1 cup soy bean powder with 4 cups water. Leave to stand 20 minutes, stirring occasionally. Bring the mixture to the boil in a large pot, stirring constantly. Simmer 5 minutes. Remove from heat, and add 4 T lemon juice quickly, while stirring. When cooled to room temperature, ladle carefully into a colander lined with cheesecloth or nylon organdie. Wrap the drained curds in the cloth, and hang over a basin 1 hour to finish draining. Remove cloth, and store bean curd in refrigerator, covered with water.

PICKLED CARROTS

Boil 450 g whole baby carrots till tender; drain. Bring 1 cup sugar and 1½ cups white vinegar to the boil. Add 4 cloves, 2 sticks cinnamon (or 2 t powdered cinnamon), 2 bay leaves, 6 peppercorns, 1 t salt and a dash of tabasco sauce. Simmer 15 minutes, then pour all into jars and cover tightly. Refrigerate. When chilled they make a good addition to a salad.

ZUCCHINI SALAD CONSERVE

Cut 4 zucchini into thick slices, and put in a saucepan with 1 T parsley, 1 T tarragon, a little thyme (all chopped), ½ t salt, some ground black pepper, a dash of tabasco, 1 bay leaf, 1 T lemon juice, ¼ cup olive oil, 1 crushed or sliced clove of garlic, and 1 cup water. Simmer till zucchini are just cooked and still quite firm (7-8 minutes). Refrigerate when cool. Serve with the pickled carrots on lettuce leaves as a salad or an hors d'oeuvre.

SESAME FINGERS

Mix 2 cups rolled oats with $\frac{3}{4}$ cup raw sugar, $\frac{1}{4}$ cup sesame seeds, $\frac{3}{4}$ cup desiccated coconut, and $\frac{1}{2}$ t salt. Add 6 T melted butter, mix well, and press on to a greased and floured tray. Bake 30 minutes at 200°C (400°F). Cut into fingers when cool.

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ORANGE (OR LEMON) YOGHURT CAKE

Cream 170 g butter with 1 cup white sugar and the grated rind of 1 orange or 1½ lemons, then gradually work in $\frac{3}{4}$ cup brown sugar and 1 t vanilla. Add 3 unbeaten eggs, one at a time, and fold in 1 cup sifted SR flour, 1 t salt, and $\frac{1}{2}$ t each ground cloves and cinnamon. Next add 1 cup orange or lemon flavoured yoghurt combined with the juice of 1 orange or lemon. Fold in 1½ cups more sifted SR flour. Bake in a moderate oven 45 minutes or longer, till cooked through.

WALNUT DROPS

Cream 170 g butter with 170 g raw sugar, then add 60 g or more of roughly chopped walnuts, 2 eggs, and 2½ cups wholemeal flour. After mixing, drop teaspoonfuls on a greased tray and cook in a moderately cool oven.

BANANA BREAD

Cream till light and fluffy 110 g butter and $\frac{1}{4}$ cup raw sugar; add 1 egg, and beat well. Combine $\frac{1}{4}$ cup yoghurt or buttermilk with 1½ cups mashed banana, stirring enough to mix and no more. Add alternately portions of dry ingredients (1 cup wholemeal plain flour, $\frac{1}{2}$ cup wholemeal SR

flour, and 1 t salt) and banana mixture to the creamed butter and sugar, stirring to mix but no more. Put in a greased loaf tin, and bake 50 minutes in a moderate oven. Allow to cool 10 minutes before removing from tin.

BUTTERMILK CAKE

Dissolve 2 t soda bicarbonate in 570 ml buttermilk. Cream 1 cup butter with 2 cups sugar; add buttermilk and soda, then 450 g raisins, and lastly 4½ cups sifted plain flour (all or part can be

wholemeal). Bake 1½ hours in a moderate oven. The buttermilk should be slightly sour. This is a large cake, with excellent keeping properties.

By concentrating on what I have interpreted as the main trends—the de-humanising and re-humanising of the rituals connected with food and the kitchen, if you like—I have so far left several important developments unconnected with these trends out of the picture. Of the many exciting new techniques and new food fashions that

have come and gone since the end of World War II, three have perhaps made a more lasting impact than most.

The first is the all-pervading influence of the New Australians, especially the large numbers of European migrants that began pouring on to our shores soon after the war ended. To these people the Old Australians owe an enormous debt for culture enrichment, not least of which has been the food and drink enrichment that followed soon after they arrived here and began to comprehend the extent of our food philistinism. The enticing delicatessens with their white-coated multi-lingual staff advising about the salamis, the pâtés, the cheeses, the olives, the breads, the Continental biscuits, the conserves, the cured hams and the coffee varieties are a postwar phenomenon it is difficult to imagine how we ever did without. Similarly, the notion of the *vin ordinaire*, the common everyday quaffing wine, at last freed ordinary Australians, long noted for their obsession with middle-class respectability, from their dread of wine-drinking. (This dread was a twentieth-century phenomenon brought about by a combination of the temperance (i.e. abstinence) lobby and the sorry example of the wine parlours, where the staple drinks of poisonous cheap sherry and port had identified wine with drunkenness and destitution.) Australia in its conservative isolation has been much slower to welcome its Asian neighbours to its shores, but there has been a recognisable Asian influence on the Australian cuisine in recent years, as evidenced not only by the proliferation of restaurants offering Japanese, Chinese, Vietnamese, Indonesian and Malaysian food, but also by the recipe books on these subjects finding their way into Australian homes, and the interest in Asian cooking that is a natural result of having a meal with Asian friends, or learning something of their culture through getting to know them. Presumably the recent boom in the Australian overseas travel industry has also added to our food horizons, although a three-week jet-propelled safari through a succession of identical hotels in large cities, be they European, Asian, Australian, or inter-planetary, is perhaps a better way to shield oneself from than to expose oneself to foreign cultures.

Another postwar influence that deserves mention is that of the pressure cooker. The principle of cooking by steam pressure is at least three hundred years old, but the modern pressure cooker appeared just before World War II in the United States, and just after the war elsewhere. In Australia, the claims made for the method, that it cut cooking time by about 75 per cent, and that it preserved the flavour, appearance, and vitamin content of the food better than conventional cooking methods, hit the housewife amidst a time when time and fuel economy were important, and she was conscious of the need to preserve vitamins. For some time the pressure cooker was on the crest of the fashion wave; no progress-minded housewife would confess to not owning and using a pressure cooker, and there was an element of competition in the claims about how much fuel and time each housewife could save by

its canny use. As with all fashions, the enthusiasm for the pressure cooker moderated in time, helped along no doubt by the combination of lack of expertise on the part of the operator and lack of good design on the part of some early models of cooker, which resulted in occasional eruptions during which the family dinner was sprayed all over the ceiling. These were teething troubles, however. The principle of the pressure cooker is an excellent one; the saving of time and fuel and the preservation of food value and appearance are real; design has improved, and with it the likelihood of unexpected eruptions has all but vanished; and the contribution of the pressure cooker to modern kitchen gadgetry is a good one.

Most general cookery books published in the fifties included a section on pressure cooking, and some authors devoted books entirely to recipes suitable for the pressure cooker. The two following examples will give an idea of the method, and the time saving to be made.

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CURRIED RABBIT

Disjoint a rabbit; soak in salted water 30 minutes. Melt 2 *t* butter or oil in pressure cooker. Drain and dry rabbit pieces, and coat them in seasoned flour. Fry them in the cooker, then add 2 *t* curry powder (or more if liked), and 2 chopped onions. Fry a few minutes. Add 425 *ml* stock, 2 sliced carrots, 1 sliced green apple, 2 *t* salt, 2 *t* brown sugar, 3 *T* sultanas, and 1 crushed clove garlic. Secure lid; bring to 15 *lb* pressure; allow 25 minutes cooking time at pressure. Reduce pressure by trickling cold water over lid. Remove lid after pressure has been reduced. Taste for seasoning; serve with boiled rice.

PICKLED PORK

Soak a belly of pickled pork (about 6 *cm* thick and weighing about 1.5 *kg*) in cold water 1 hour or more. Drain, and place on rack in pressure cooker. Add 3½ cups water, 2 cloves, and 2 *t* vinegar. Secure lid; bring to 15 *lb* pressure; cook 45 minutes at pressure; remove from heat and allow pressure to reduce gradually. Remove lid after pressure has been reduced. Lift the skin off the pork. It should come off easily if the pork has been sufficiently cooked.

Perhaps the most valuable postwar gain of all the kitchen gadgetry was the freezer, which was the logical extension of refrigeration. At the end of the war refrigeration was far from being the basic necessity that it has since become in Australia, and it was some years before the ice-man finally stopped doing his rounds. In the early fifties in Australia's federal capital those who needed ice deliveries put a sign in some prominent place so that they would not be forgotten. By the time ice for the home ice chest became an anachronism, it was in demand for keeping the bottles cool at

picnics and parties, and so the automatic ice dispenser began appearing at service stations to cater for the less regular demand from a wider range of consumers.

The refrigerator began close to the modest proportions of the ice chest, but soon increased in size as people realised they could shop less often and use their refrigerator as a storage cupboard. The tiny freezer box at the top of the refrigerator space, sufficient to freeze 2 trays of ice cubes, or one of ice cubes and one of ice cream, became inadequate when commercial freezers appeared in supermarkets, and a wide range of frozen vegetables, followed later by meat, poultry, desserts, cakes, and ready-prepared dinners, began to offer serious competition to the tinned, bottled and dried foods that had been the alternatives to fresh foods previously.

There is no doubt that for many types of food preservation by freezing is quicker, easier, and the results are closer to the original than preservation by any other method. The family food-buyer began bringing home armfuls of boxes of frozen foods, and as the refrigerator manufacturers thoughtfully enlarged the freezing compartment in her refrigerator, in went whole frozen chickens, a wide variety of vegetables, some fruits, meat for roasting, grilling, and stewing, large cartons of commercially produced ice cream—in fact enough to see family and friends through a siege. By the time the convenience and economy of bulk-buying at times of market glut had demonstrated themselves (usually with the help of a friendly and persuasive electrical goods salesman) the refrigerator could no longer cope with the full load of frozen food storage, and the separate full-sized freezer became the answer. The necessity for so much storage of food is, to say the least, debatable, and some of the stories about people on their death beds willing their next two years' cut lunches to a favourite relative could be regarded as macabre in more ways than one, but the usefulness of comparatively unlimited frozen storage space, especially for farming households, cannot be denied. Much as one might regret the rat-race quality of a large section of modern life, given that it is not unusual for Australians to live a large part of their lives under pressure, the freezer makes a real contribution towards minimum-care smoothly running households. Properly done, the practice of bulk-buying food at its peak of quality and cheapness, and freezing it so as to retain its freshness, is a challenge that few people interested in home management as an art can resist. The freezer is one postwar gadget which is certainly here to stay, and is capable of making a considerable impact on buying habits and home management.

And so Australians in the kitchen find themselves at something of a crossroads. On the one hand there are the pressures to be part of the with-it (or perhaps have-it) generation; to be gulled by the big business promoters who know how to tap the twin nerves of avarice and competitiveness; to be the first in the street to own the latest gadget; and to be smart and heat up a cardboard box or a plastic

bag for dinner. The time saved in food preparation is spent in the supermarket queue, and if the victims of this lifestyle feel unwell or snappy, it is likely to be only partly the fault of the various hidden additives that go into processed foods to preserve them for long periods, to add to their sweetness, to improve their colour, and to return to them the flavour lost in the processing. The malaise would be partly caused by the built-in frustrations of the lifestyle—the lack of an outlet for creativity, and the extension of the need to compete with other humans, from the battlefield and the sports-field, through the office or factory, along the peak-hour roads, and into the domestic scene.

On the other hand there is the natural lifestyle, aimed at resisting all these pressures as far as possible, being as independent of consumer society as circumstances and talents permit, and savouring the simple pleasures that the pioneers knew more about than we do, and that the Aborigines have never lost sight of.

In between there are most of us, caught in the pressures to a greater or lesser extent, but conscious of something lost in the quality of life, and recognising that it cannot be bought, but must be searched for.

The barbecue, the picnic, and the camping holiday in the bush, all a strong part of the Australian tradition, are expressions of this search. Anyone who has debated about the best way to cook a damper, and perhaps after a charred failure or two pulled from the campfire a delicious smelling scone with a pale golden crust, shared it round with butter, and received just praise, knows that life's pleasures can be simple, and far from the rat-race. Food has always been a symbol of hospitality, of caring about other human beings. Long may it stay that way.



Sources and Notes

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- 7 Advantages of ground oven: Harney, p. 42.
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- 17 Seed stores: Allen, p. 314.
- 17 Preserving fish and turtle meat: Blainey, pp. 195-7.
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- 32-3 Landor quote, pp. 263-4.
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- 46-7 Contents of station store-room: Curr, *An Account*, pp. 72, 96.
- 48 For a cool safe, or Coolgardie safe, description, see Adams, pp. 61-2.
- 48-50 Meredith quote, p. 43.
- 50-1 Atkinson quote, p. 57.
- 51 Mackenzie quote, *Ten Years*, p. 29.
- 51 Wheat and maize crops: Coghlan, *Labour and Industry*, Vol. 1, p. 6.
- 51-2 Meredith quote, p. 43.
- 52-4 Melbourne's water supply: Garryowen, p. 40.
- 54 Rudd quote, pp. 5-6.
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- 56 Recipes for hops yeast and potato yeast: from several sources, including Colcord, p. 116, and Rawson, p. 12.
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- 57 Bread from home-made yeast: Rawson, pp. 12-13.
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- 62 Gingerbread nuts: a composite recipe from Scott and Mrs Mitchell.
- 62 Oyster parties: see, e.g., Mundy, p. 17.
- 63-4 Offal recipes: mainly taken from Rawson, pp. 24, 25, 45, 47.
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- 114 Melon peel preserve, pineapple preserve: *Dawn*, 5 Nov. 1889, p. 19; *Australian Town and Country Journal*, 10 Jan. 1874, p. 65.
- 114-15 Trollope quote, pp. 448-9.

- 115 Toffey, molasses candy, barley sugar, butterscotch, almond rock: Rawson, p. 103.
- 115-16 Chocolate creams, peppermint drops: unknown origin.
- 116 Preserved citrus peel: *Dawn*, 5 Dec. 1889, p. 19.
- 116 Adulterated milk: see, e.g., *Sydney Morning Herald*, 26 Jan. 1894, p. 3; Laffan, pp. 6, 10.
- 116-17 Adulterated tea: see, e.g., N.S.W. *Parliamentary Debates*, Ser. 1, Vol. 17, Session 1885, pp. 336, 560.
- 117 The injurious effects of tea on brokers: Armstrong, pp. 89-90.
- 117-18 *Dawn* quote, 5 Oct. 1889, p. 7.
- 119-20 Barley water, ginger beer: Beeton, p. 896; Rawson, p. 95.
- 120 Ginger beer plant: Schauer, p. 621.
- 120 Lemonade: Rawson, p. 94.
- 120 Lemon syrup, raspberry syrup: unknown origin.
- 121-2 Twopeny quotes, pp. 64-5, 70.
- 123 Hen's nest, toadstools: *Australian Town and Country Journal*, 26 March 1870, p. 21; unknown origin.
- 127-9 Table napkin folding: *Colonial Everyday Cookery*, pp. 373-80.
- 129-32 The art of carving: *Modern Etiquette in Public and Private*, pp. 147-56.

5 Gas and the Indoor Kitchen

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- 135 The popularity of gas: Keating, pp. 110-12.
- 135-7 The kitchen comes indoors: Boyd, pp. 68-70, 76-7.
- 139 Kitchen as a cooking machine quote, Boyd, p. 108.
- 140 Servantless households: Kingston, p. 49.
- 142-3 Arguments concerning health and food composition: see, e.g., Muskett, *passim*.
- 143 Muskett on cooking, p. 111.
- 143 Dr Muskett's death: *Australasian*, 28 Aug. 1909, p. 551.
- 143 Discovery of vitamins: Drummond and Wilbraham, esp. pp. 505-8.
- 145 New topics included in recipe books: see, e.g., *Golden Wattle Cookery Book*, *Woman's Mirror Cookery Book*.
- 145-6 Spirit stove quote, *Sydney Mail*, 14 April 1920, p. 23.
- 148 Flour test, paper test: *Golden Wattle Cookery Book*, p. 168; Rutledge, p. 198.
- 149 Fireless cooker timetable: *Mrs Beeton's Household Management*, p. 395.
- 149 Slow-cooked casseroles: unknown origin.
- 150 Lettuce salad: see, e.g., Muskett, p. 164; *Schauer Cookery Book*, pp. 661-2; *CWA Cookery Book*, p. 149.
- 150 Condensed milk dressing, boiled dressing: *Woman's Mirror Cookery Book*, p. 270; *Schauer Cookery Book*, p. 676.
- 150-1 Celery and peanut, egg, pawpaw, peach salads, salad balls, honey dressing: *Schauer Cookery Book*, pp. 663, 658, 667.
- 151 Fruit salad: many origins, but see, e.g., *Golden Wattle Cookery Book*, p. 264.
- 152 Oslo lunch: Drummond and Wilbraham, p. 550.
- 153 Anzac kisses, Cairo biscuits: *CWA Cookery Book*, pp. 235-6.
- 153-65 Sources of these recipes were Aronson, *Australasian*, *Australian Town and Country Journal*, Beeton (1936 edition), Colcord, *Coronation Cookery Book*, *CWA Cookery Book*, *Dawn*, *Golden Wattle Cookery Book*, Rutledge, *Schauer Cookery Book*, *Sydney*

Mail, Woman's Mirror Cookery Book, Australian Women's Weekly, and the folk process.

157-8 Casserole quote, *Sydney Mail*, 14 April 1920, p. 23.

159-60 Quote from *My Brother Jack*, Johnston, pp. 226-7.

166 Escapism and the cinema: see, e.g., Johnston, p. 186.

168-74 Sources for these recipes and hints are the same as those on pp. 153-65.

6 *Kitchens for Humans*

The interpretation of events and trends in this chapter is entirely my own, and is based on my own recollection, but I was glad to have my memory jogged by Boyd, especially pp. 120, 165-6, on kitchen design, and by the Foreword by D. J. Turner in Cox, p. 7, on pressure cookers. The recipes given are the result of cooking my way through the years under discussion, and copious recipe-swapping with friends, but the *Commonsense Cookery Book*, the two Hemphill books cited in the bibliography, Howard and Patten, *Woman's Day* and the *Australian Women's Weekly* all featured early in my accumulation of general cookery knowledge; Cox was an early influence in pressure cookery; and in the field of natural and vegetarian foods Hauser, Hunter and Fliess were prominent in my early reading, followed later by Knottenbelt, Parkhurst, and the alternative lifestyle periodicals, *Mother Earth News* (USA), *Grass Roots*, and last but far from least, *Earth Garden*.

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An isolated bush childhood gave Anne Gollan an early grounding in pioneer self-sufficiency. Since graduating from Sydney University she has worked as a teacher and book editor while bringing up a family, but within the limitations of knowledge, skill, and time she has always preferred to make whatever her family has needed rather than shop for it in the marketplace. Like William Morris a century ago, she regrets the loss of opportunities for individual creativity entailed in the consumer philosophy, and tries in a small way to redress the balance.

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