

Family History Newsletter

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The Family History Group meets on the first Wednesday of each month at 7pm at the Maple Ridge Library.

**Find us on the web:
www.mapleridgemuseum.org**

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Subscriptions are a benefit of membership in the Maple Ridge Historical Society. Please send membership applications, with \$20 to the Maple Ridge Historical Society.

Family History Group Meetings

The March meeting will be March 2, 2011.

Family Recipes Tell our Story

By Brenda L. Smith



Photo: Bill Kehler and Watkins Truck, Peace View, British Columbia, c1944

I agree with Martha Stewart that recipe collections tell wonderful stories about our families. In the October 1999 issue of Martha Stewart Living magazine she detailed a couple of simple projects to harvest and display the tasty tidbits of flavour that speak so eloquently of our ancestors.

This year the British Columbia Genealogical Society is celebrating its 40th anniversary by producing a heritage cookbook. Editor Pearl Phillips invites members to help commemorate the occasion by submitting treasured recipes along with photographs of the cooks. Here are a couple of my family's favourites from one of our accomplished cooks, my father.

William Kehler often said, "Just call me the unpaid Bill." He worked on the building of the Alaska Highway during World War II. Trucking up the muddy,

dangerous trail day after day was hungry work and he learned to prepare a couple of nutritious puddings to see him between construction camp cook houses. Later, Bill sold Watkins Products and "Pure Vanilla Extract" became an essential ingredient. When he married in 1945, he did not choose Dorothy for her culinary skill; she could make toast and tea but not much more. Bill taught her his two standby recipes, and I learned them as I grew to be the family cook. Both recipes can be made larger by adding proportions of one egg to one cup of milk to each additional cup of rice or bread. Our preferred accompaniment is thick, fresh cream.

Rice Pudding

Cook a pot of rice. Start with 1 cup of rice and 2 cups of water, and a little salt. Bring to a boil, and keep on low heat until steamed through and all water is absorbed. This gives about 3 cups of cooked rice. For each cup of cooked rice, add about one cup of milk to the pot and stir well until hot but not boiling. Stir in some raisins or chopped apples, sugar to taste (brown sugar is good), and cinnamon. Beat well 1 large egg for each cup of milk. Put a little rice mixture into the eggs and stir well to heat eggs. Then add the rest of the rice mixture, stirring well. Serve warm with vanilla ice cream, or cool with thick cream.

Bread Pudding

Butter a deep baking dish. Break up into bite-sized chunks about ten or twelve slices of bread. Add raisins, chopped apples, semi-sweet chocolate chips, or berries to taste. In a saucepan, heat 3 cups of milk with 1 cup of brown sugar until bubbles form around edge of pan and milk steams. Beat well 1 large egg for each cup of milk. Put a little hot milk into the eggs and stir well to heat eggs. Stir in the rest of the milk and add vanilla and cinnamon to taste. Pour over bread chunks and fruit till covered. Dot generously with dabs of butter. Sprinkle with nutmeg. Bake in 350° F oven about 40 to 50 minutes until knife inserted in custard comes out clean, and the top is crusty. Serve warm with vanilla ice cream, or cool with thick cream.

BCGS Heritage Cookbook Committee

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Online Resources

New At Ancestry

Canada, CEF Commonwealth
War Graves Registers, 1914-1919

<http://search.ancestry.ca/search/d b.aspx?dbid=1952>

These records contain details about the death of a soldier by name, regimental number, date of death, date and place of burial, name of next of kin and may also

include the cause of death. Most soldiers are usually listed by their initial and surname. The information in this database is very similar to the information you can find at the Commonwealth War Graves Commission at <http://www.cwgc.org/> or Veteran's Affairs Canada <http://www.veterans.gc.ca/eng/su b.cfm?source=collections/virtual mem>.

Canada, CEF Burial Registers, First World War, 1914-1919

<http://search.ancestry.ca/search/d b.aspx?dbid=1973>

These records contain similar information to the previous records but may also contain a detailed description of their cause of death. You can search by the soldier's full name. However, the database only goes from A to the surname Sims so anything after this is missing.

These records are not included when you order copies of WWI service records.

Both sets of records have two pages (back and front) so make sure to download both.

History Fair

The local Community Heritage Commission presents young historians, grades 4-10, in a history fair.

Wednesday, April 20, 2011, 3:00 pm – 5:00pm at the Maple Ridge Library.

For information call 604-467-7417

Family History Events

Abbotsford Genealogical Society

- **Spring Seminar** with Professional Genealogist Lyn Meehan, Saturday, May 6, 2011. Doors open for registration at 10:am, Clearbrook Public Library, Fee: \$30 Before April 15, 2011 - \$35 afterward.

Program

- **Canada's National Treasure** 10:30 am - 12:30 pm
- **Before and Beyond the Internet** 1:30 pm to 2:45 pm
- **Research Plans that Work!** 2:45 pm - 4:00 pm.

Printable Registration Form at: www.abbygs.ca

For more information call Donna at 604-855-3693.

Surrey Libraries

5642-176A Street, Surrey offers free orientations the 1st Saturday of every month 9:30 – 10:30am.

- **Heritage Quest Database Online: Tutorial** with Laurie J. Cooke, Saturday, April 30, 2011, 10:30am – 11:30am. Free.

Pre-registration is required – please check the Family History section of the Surrey Libraries website www.spl.surrey.bc.ca or call us at 604-598-7328.