

Canada catches up to cookbook

By BILL DZUGAN

When the government-enforced deadline for metric measurement sizzled into Mississauga this spring, Constance Crossley's metric cookbook moved back onto the front burner.

Crossley cooked up the idea for Canada's first-ever metric measurement cookbook five years ago while visiting Britain. Within a three-month period, the Isles had changed completely from old standards of measurements to metrication. From her observations, Crossley figured Canada would be making a similar switch shortly.

So the Mississauga artist combined her creative talent, her taste for fine foods and her foresight to concoct the Oxbow House Cookery Book.

The novel idea combines appetizing delights from 206 family recipes with scenic pen and ink renderings of historic sites in Mississauga and surrounding areas. Illustrations of the Old Inn and Toll House on Mississauga Rd. join excerpts from diaries of pioneers who settled in the vicinity.

The mixture of recipes, hand-printed and easy to follow, sit neatly arranged with separate indexes for each section. Divided into Savories, Appetizers, Soups, Sauces and Butter, Salads, Eggs, Vegetables, Meats, Fish, Desserts and Drinks, the

book features all the delights Crossley's enjoyed for years. Except for Indian Spruce Beer, which helped pioneers avoid scurvy because of the vitamin 'C', Crossley uses them all.

And when she uses them, she follows the metric measurements, something she claims isn't too difficult at all. First she suggests purchasing a set of metric measuring cups to replace the soon-to-be outmoded Imperial tools. "It was a challenge," she said about venturing into the metric morass. "I knew nothing about metric; I was in the dark as much as everyone else, but I learned it."

The Peel Board of Education purchased Crossley's product because they found the book instructional for students studying the shift to metric and cooking. "Ever since I could reach the counter I've always loved cooking," said Crossley.

Published in 1977 on thick, quality paper with plastic binding, the book sells for \$12.95 from her home at 3523 Mississauga Rd. or by calling 820-9188.

"It isn't limited to a cookery book, nor is it a history book, nor is it an art book," said Crossley. "I call it a cultural book. With it I remembered history and at the same time went ahead with the inevitable — metrication."



Mississauga artist Constance Crossley got the idea for her metric cookbook while on a visit to Britain. Although she was a few years ahead of her time when she first brought the book out in

1977, Canada caught up with her this year. Interest in the book increased when the government made the Metric system official.

(Staff photo by Bill Dzugan)