



# *My Dear Cassandra. . . . .*

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*In time for the holidays, we give you a Christmas sign-a-long :  
We wish you a merry Christmas,  
We wish you a merry Christmas,  
We wish you a merry Christmas  
and a happy new year.*

**Thank you. Thank you. Thank you.**

Special thanks for the generous donations from:

Leslie Gautschi for the beautiful set of glass pudding bowls,  
Elizabeth Marshall the lovely Royal Albert tea set,  
Alicia Morgan the pretty cup and saucer

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**Congratulation to Jasna Canada,  
They have just received a very nice donation to their library**

JASNA (Canada) Lending Library

Thanks are due to Margaret MacLean. Life Member and Toronto member, who has donated her collection of books, newsletters, critiques, magazines, etc. to our Library, which can be accessed at [www.jasna.ca](http://www.jasna.ca) and JASNA(Canada)Library. If you want a hard copy of the library list, call Nancy Stokes at 416-425-2195. Thanks as well to our librarian, Patricia Wepruk ([patriciaw@canada.com](mailto:patriciaw@canada.com)) for maintaining the library. By the way, our president, Elaine Bander, announced at the Portland AGM that our Canada website [jasna.ca](http://jasna.ca) has been redesigned. It includes the updated library list and looks great - have a look.

**\*\*\*\*\*We also have a very good library and it is also available on line – check it out!\*\*\*\*\***

## Fee Information

All but the "life" fees for JASNA(Canada) have been reduced, as follows: Student \$20; Individual \$33; Family \$50; Sustaining \$66. The Individual Life Membership is \$500; Family Life Membership \$700; Convert to Family Life from Individual Life (adding someone at your address) \$200. Send cheques payable to JASNA (Canada) to Membership Secretary Nancy Stokes, 105-195 Wynford Dr., Toronto, ON M3C 3P3. Note: the date for paying your membership for the next year is September 1. the membership Period being September 1 to August 31. (You receive the annual journal *Persuasions*. the biannual JASNA News, information on the AGMs, plus other benefits.

The Calgary Region annual membership fee of \$15 renewable in January of each year.

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## **A fabulous report on food and stuff in the 18<sup>th</sup> and 19<sup>th</sup> Century.**

This past summer the Visiting Fellow at Chawton House Library was Dr. Catherine Morley, a JASNA Vancouver member. Here is her report:

During July 2010 I had the good fortune to be a Research Fellow at Chawton House Library. My research program combined my interests in dietetics history, textile history, and the work of women to [re]create home and family. My primary area in dietetic research is the effect of illness on family eating rituals. I was curious about the invalid's dietary of the period and how it related, if at all, to present day dietetic practice. As a 2010 graduate of Capilano University's Textile Arts program, I am interested in textiles historically used in food preparation, preservation and service, dining, bathing, and sleeping. I wanted to learn about the linens used during the long 18th century, their fibre content, origins, how the fabrics were acquired, who might have worked them up, and their life cycle (how long they lasted and how the ragged remains were disposed of. My research plan was ambitious in the 17 working days I had available.

In reviewing cookery books from between 1690 and 1840, I was completely confused - why was there such commonality of recipes, and what were they all used for? I extended my search to determine the rationale behind the recipes. It took some detective work to figure out that all recipes related to efforts to manipulate the four humours (blood, phlegm, yellow bile, black bile). The belief until at least 1840 was that all conditions were caused by an imbalance of the humours. These were treated with a combination of bloodletting, laxatives, purgatives, blistering (making open sores on large surface areas such as the thigh or back), and feeding (if one survived the above) foods that would restore balance. My biggest challenge in conducting this research was letting go of what I have learned about the human body, digestive physiology and pathophysiology and food composition to try to understand the beliefs systems about feeding during the 18th century. I was astonished that these beliefs held right through the end of the 19th century and within a few decades were supplanted with ideas of how we think of the body today, how it functions and uses food, and the birth of the profession of dietetics. This research left me with many questions to explore adding to my ongoing program of research in the history of dietetics.

About household linens, I found virtually nothing. I learned instead about Hampshire's role in wool production, that Jane Austen was an expert needlewoman, and that the Jane Austen

House Museum has a substantial textile collection. My hope is to further my textile history studies as they relate to Chawton and Jane Austen by returning to the Jane Austen House Museum to catalogue the collection, and to Chawton House Library to explore the Chawton House estate's historic contribution to textile production.

My sincere thanks to the Chawton House Library and Jane Austen House Museum staffs and volunteers for their enthusiastic reception of and support for my program to study, and to family, friends, friends and JASNA members followed my blog. ([www.summerinchawton.blogspot.com](http://www.summerinchawton.blogspot.com)).

Catherine Modey. PhD.RD.FDC. Independent Scholar. Dietician. Textile Artist.  
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### **A new P&P movie taken from the Toronto JASNA Newsletter**

Editor: Nancy Stokes.

The Summer issue of *JASNA News* mentioned the latest Jane Austen film adaptation, *Pride and Prejudice: A Modern Day Tale of First Impressions*. It was filmed in May and June and is currently in post-production editing, for release in December or January of 2011. Although set in the contemporary U.S. (filmed in Colorado), it will use original dialogue. Maia Petee plays Elizabeth Bennett and Caleb Grusing plays Mr. Darcy. The film's screenwriter, producer, and director, Bonnie Mae, says the novel's plot remains unaltered and "There will still be balls, mansions, proposals, and yes, a happy ending." even though it is set in the present day. Ed.note: This film will be release both at theatre and on DVD in February 2011.

### **Members Corner**

If you have any news about our members that may be of interest to the club members please let Alicia Morgan know...403-241-0963

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#### **Jane Austen Calgary Contacts:**

Regional Coordinator : Catherine Gardner ~ 403-242-5016

Program Coordinator : Helen Gardner ~ 403-242-5016

Dance Group: Sprigged Muslin – Randi Lind ~ 403-284-4059

Member's Corner : Alicia Morgan ~ 403-241-0963

Website: [www.jasnacalgary.ca](http://www.jasnacalgary.ca)

**Our next Meeting: January 15 2011**

**This is our "Jane Austen Tea" Party.**

Meeting place: Sunalta Community Centre, 10th Ave and 16th St SW

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Deadline for articles for the Newsletter : 10th of the month.  
Change of address / email and any articles for this newsletter,  
please contact ..... Ann Craig [ancraig@shaw.ca](mailto:ancraig@shaw.ca)

Our thanks for this page to  
"The Jane Austen Society of North America / Greater Louisville Region. Holliday Edition 2010.  
Bonnie Wise. Regional Coordinator.

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### Some Austen Christmas Quotations

#### *Persuasion*

"I hope I shall remember, in future," said Lady Russell, as soon as they were reseated in the carriage, "not to call at Uppercross in the Christmas holidays..."

#### *Northanger Abbey*

"The very first day that Morland came to us last Christmas-the very first moment I beheld him-my heart was irrecoverably gone..."

#### *Emma*

"These kind of things are very well at Christmas, when one is sitting round the fire; but quite out of place, in my opinion, when one is exploring..."

#### *MP*

"If they were at home to grace a ball, a ball you would have this very Christmas..."

#### *P&P*

"I sincerely hope your Christmas in Hertfordshire may abound in the gaieties which that season generally brings..."

#### *S&S*

"I remember last Christmas, at a little hop at the Park, he danced from eight o'clock till four..."

### Wassail

#### Ingredients:

- 6 cooking apples
- Soft brown sugar
- 15 g/ ½ oz ground ginger
- Half a grated nutmeg
- Pinch of powdered cinnamon
- 225 g/8 oz Demerara sugar
- 1.75 litres/3 pints ale, mild or brown
- ¼ bottle sherry
- 1 lemon

#### Cube sugar

#### Method:

1. Core apples, but leave the peel on. Fill the holes with soft brown sugar and roast in a moderate oven, Gas 3, 325° F, 160° C, for about 45 minutes to one hour. Make sure they don't burn.
2. Meanwhile, in a saucepan mix the ginger, nutmeg, cinnamon and Demerara sugar. Add 600 ml/1 pint of the ale and bring to the boil.
3. Stir in the rest of the ale, the wine and 10 cubes of sugar that have been rubbed on the rind of the lemon. Heat the mixture, but do not allow it to boil.
4. Put the roasted apples in a bowl and pour in the hot ale mixture with half the peeled and sliced lemon.

Serve in thick glasses or pottery mugs (preferable).



Thanks to Michael (Mr. Tilney) Ellis and Jill Heink for their contributions to this issue.