

Menu for a Week

Collector: Marie Marshall

Contributor: Ruby Cabot

Marie Marshall:

Okay Ruby.

Ruby Cabot:

Yup. Usually in the early years when we were growing up, it's back in the 30's and 40's, they use to try and do up their menus as best they could for their weekly meals.

On Sundays, mostly every Sunday, we'd have fish and brewis for breakfast, coffee or tea, then for dinner, we'd have, well if you had rabbit, you'd have a baked rabbit or some sea birds or it'd be birds, or not very often we have any meat. But anyway, we'd either have birds or rabbit with vegetables, and pudding and tea, that would be for dinner. For supper, we would have the bread, cake and and some cheese maybe, prunes or jelly and custard and tea. That would be our Sunday menu.

Monday for breakfast would be roast capelin, jam bread and tea. Dinner, it would be boiled beans with ah.... or..... or hash and the hash would be made from the vegetables left from the Sunday dinner, and tea. For supper we would have soup. Mom use to always make, what you calls a butter soup, and what she would do to make a butter soup was she'd put some butter in the boiler and some onions, fry the onions and throw the water in on that, put the vegetables, and the can of tomato stuff in, and the rice and that would be her soup. So we'd have soup with dumplings and tea and molasses or molasses cake or whatever we had.

On Tuesday, we'd have porridge and toast and on ... 'fer dinner we would have a gigs dinner with dumplings, spread with jam and tea. And for supper we'd have hash made from the vegetables left from dinner and we'd have some vinegar pie. Now, I'm gonna have to explain to you how vinegar pie is.....

Marie Marshall:

Hmmm.....hmmmm

Ruby Cabot:

Now, I'm gonna have to explain to you how vinegar pie is.....

Marie Marshall:

Yes, I don't.....

Ruby Cabot:

It's not very much too vinegar pie...

Marie Marshall:

I don't have an idea of what you're talking about.

Ruby Cabot:

In order to make a vinegar pie, you get a cup of vinegar, 1 and ½ cups of water, ½ cup of sugar, and ½ teaspoon of spice. You boil all that together for 10 minutes, and then you thicken it with a corn starch, and you make it or with an ordinary flour, you make a thick paste, and then you fill the paste, fill the shell with this filling and you bake at 400 degrees until nice and brown and that's a nice vinegar pie.

Marie Marshall:

Did you like them?

Ruby Cabot:

Oh yes, yeah.

Marie Marshall:

(laughs)

Ruby Cabot:

Yeah, I like 'em, yes sir.

And on Wednesday we would have porridge and toast and tea. And for dinner on Wednesday we would have fish and potatoes with scrunchins or drawin' butter, tea and tea buns. And for supper we would have some soup, and bread and jam.

On Thursdays, we would have boiled salt fish for breakfast, jam bread and tea. And for dinner, we would have, if we had some meat or or we would have a corn beef stew and vegetables and tea and pie. For supper, we would have bread, jelly custard, cake and all the left overs we could fine.

Marie Marshall:

Oh, okay.

Ruby Cabot:

'fer Friday we would have boiled herring for breakfast.

Marie Marshall:

Ohhhhhhhh.

Ruby Cabot:

Now, what you coming boiled herring, bread and tea. And for dinner, we would have capelin, fried capelin or whatever kind Roast capelin or whatever with potatoes and

we also had some dumplings made that we could eat with molasses, called coady. Molasses coady, they was called.

Marie Marshall:

What was molasses coady?

Ruby Cabot:

That's boiled that's molasses boiled for about a couple of minutes.

Marie Marshall:

Oh. Okay.

Ruby Cabot:

It's called molasses coady, and tea. And for supper we would have baked beans and bread and tea. That was our recipe for Friday.

On Saturday for breakfast we would have bologna, toast and tea, we'd have pea soup and dumplings for dinner with tea and tea buns, we have mashed potatoes fried in scrunchins. (laughs)

Marie Marshall:

(laughs) Gettin' better all the time.

Ruby Cabot:

Gettin' better (laughs).... and jam bread and tea. Now that was our weekly menu. We'd try to keep as close to that as we could, but now that's what we had to do. That's as close as they could keep to it.

Marie Marshall:

Sounds really good Ruby, thank you very much.

Ruby Cabot:

Good food..... Good food Good food.