



Lane Cove Historical Society Inc

*(Affiliated with the Royal Australian
Historical Society)*

We acknowledge the traditional custodians
of Lane Cove the Cammeraygal and show
respect to Elders past and present.

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Carisbrook Historic House

334 Burns Bay Road

Lane Cove 2066

Mob: 0434 757 300

www.lanecovehistoricalsociety.com.au

www.carisbrookhouse.com

Editor: Karen Aubrey

Noticeboard

MARCH 2024

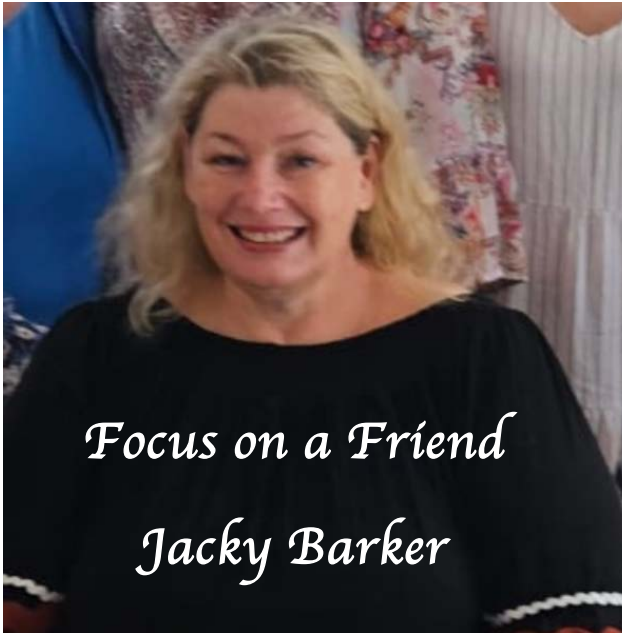
President's Message



In February the Lane Cove Historical Society held its first general meeting for the year, and a very successful meeting it was, because many people had come to hear our first Speaker at the Podium, Jim Haynes OAM speak. Originally trained as a history teacher, Jim later

branched out into other areas, becoming a singer, entertainer and broadcaster among other things. But at heart he remained a historian, and his talk drew on his most recent publication, *Heroes, Rebels and Radicals of Convict Australia*, (Allen and Unwin, 2023). Referring to the fact we all know that NSW was founded for the transportation of convicts, Jim pointed out an organized system of transportation from England had commenced in the 16th century, so it was not novel. Many were the hardships suffered by those who were transported to NSW and elsewhere, he acknowledged, though a democratic society ultimately emerged. He drew on the lives of many people, convict, free and Aboriginal, to illustrate what he said.

Our next Speaker at the Podium on 26th March, Associate Professor Carol Linton AO, will provide a talk on the Female Factory at Parramatta, which was designed by the convict architect Francis Greenway and opened in the time of Governor Macquarie. The women who were sent there were employed in manufacturing cloth of various kinds. They resented being placed there and sometimes rioted. Carol Linton is an authority on Parramatta and its history, and she has been doing recent new research on the factory and the women who lived there. In some ways her talk will complement Jim Haynes' talk. (see the advertisement below.)



Focus on a Friend

Jacky Barker

Founder *'In the Cove'*

Director: *'Local and Independent News Association'*

Co-Founder: *'The Sydney Library of Things'*

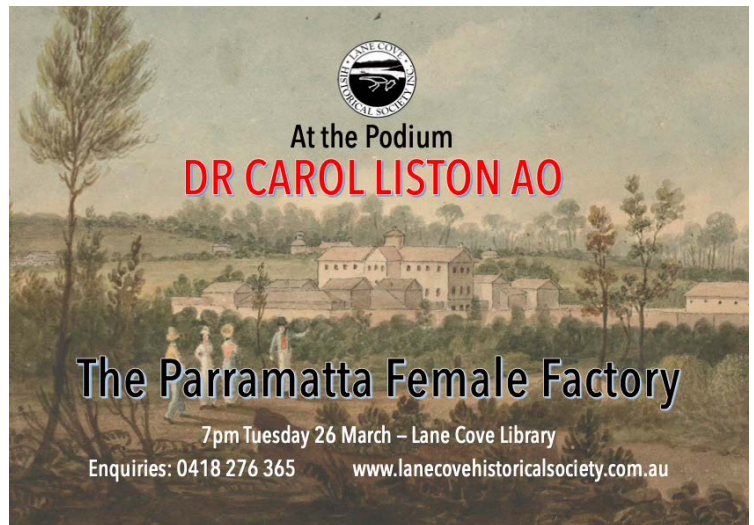
Set Up Co-Ordinator: *'The Lane Cove Toy Library'*

Jacky started *'In the Cove'* in November 2012. It started out as a way of telling people what was happening in Lane Cove, but it soon became apparent that people wanted local news. Jacky is a lawyer by training having worked for the Attorney General's Department, Corrs Chambers Westgarth and a multinational food company and an Australian retailer. She left the law, when her daughter started high school as she wanted to be able to provide support during her daughter's high school years. In the Cove has now taken over her life (in a good way). She loves reporting on local news, local events, and local businesses. Before starting In the Cove Jacky had driven by Carisbrook House on numerous occasions but never had the time to discover the house and the Lane Cove Historical Society. One of the best parts of her job is finding out about local community groups and discovering the committed volunteers who work tirelessly behind the scenes. In the Cove has a Facebook following of over 24 000 and the popular weekly e-news blast goes out every Wednesday to nearly 6000 locals.

We are now officially in autumn and as one of our autumn activities, an Open Weekend will be held at Carisbrook House 16-17th March, as part of the NSW Seniors Week celebrations. Seniors and their friends will be offered a glass of bubbly along with their coffee and scones. Once again Carisbrook will provide a welcoming venue for people to pause, have a chat and perhaps reflect on the lives of those who once called it home.

We hope that all members plan to call at Carisbrook from time to time, enjoy the house and its grounds, and support the work of the many people who volunteer their time and their energies in curating and maintaining the house.

Frances Christie



2024 Sunday 18th February



Friends Glenny Grunfelder (left) and Lesley Pike explored our iPad self-guided tour while enjoying Devonshire teas on our Sunday 18 February open day. Their verdict: the iPad was a 'wonderful' aid to their tour of Carisbrook. They are planning a further visit to introduce Carisbrook to another friend.



One of our new acquisitions - Do you know what it is? See if you're right next month!

Out and about at Carisbrook

2024 Saturday 17th February



Lindsay Edmonds enjoying his Devonshire Tea



The garden beds at Carisbrook are looking picture perfect at the moment. Pop in next weekend and have a peek!

What was for dinner in the Brooks home?

by Frances Christie

Marian Brooks and her husband, Charles Phillips Brooks, who lived in Carisbrook from the early 1880s, were comfortably off, and we may assume that they kept a good table. What might they have eaten, in the latter years of the 19th century? The Brooks had a vegetable garden, where they no doubt grew the traditional vegetables of their English forebears: potatoes, beans, peas, cabbage, cauliflower, carrots. They also had an orchard, and they kept chickens and a cow, so they probably produced their own butter. It is possible they kept a water-cooled safe for storing their milk and butter, because these were known in some form quite early in Australia (the famous Coolgardie safe was apparently invented in the 1890s, and it was in use in parts of Australia well into the 20th century).

What kinds of meals might Marian Brooks have cooked? What recipes might she use? What sources of fresh meat might she have used? Fish was freely available in the Harbour and in the Lane Cove river, and it may be that some members of the family liked fishing. Fish markets were opened in 1872 in Woolloomooloo and later at the Haymarket, and there may well have been fishmongers operating at the Quay. Fresh meat- lamb, beef, pork- would have been harder to obtain, at least in the area of Burns Bay.

The first butcher shop in Australia is said to have started in Woollahra in 1876, opened by Victor Churchill. Perhaps sheep, cattle and pigs were butchered in the Lane Cove area, and a good housewife and/or her maid would aim to cook the meat quickly, though she might also preserve it by salting it. But what about other sources of food-meats or vegetables? In fact, some housewives were quite adventurous in the foods they tried out, being willing to sample what native animals and plants they could use.

Almost certainly Mrs Brooks, as a literate woman, knew and used the famous *Mrs Beeton's Cookbook*, which first appeared in England in 1859. It was republished many times, and sometimes upgraded, while a section for the Australian context appeared from about 1891. This proved so popular that it was expanded in later editions. Australian fish was said to be good, though often expensive because it didn't reach the markets as often as one would wish. Vegetables were also said to be good, and some varieties unknown to the English were noted, including "sour sop" (like a custard apple), paw paw (good as both a fruit and a vegetable) and choko (good when boiled and served with white sauce)". Australian fruit, including apricots, were said to be good. Recipes were provided for "apricot jam, boiled choko, various fish dishes, parrot pie and three ways with kangaroo tail". "Melbourne Pancakes" were pancakes leavened with bicarbonate of soda, then stacked and interleaved with mashed and sweetened ripe fruit." Including apricots

Kangaroos were sometimes slaughtered to make soup, while parrots and all kinds of water birds were killed for the table. Emu eggs were recommended for making omelettes, and by the last decade of the century, *The Antipodean Cookbook* by Mrs Lance Rawson appeared in 1895. A cookbook specifically for the Australian household had thus arrived. A set of recipes in NSW has been kept from Rouse Hill, in which among other things, a recipe for cooking wallaby was provided: "In winter", it read, "the animal may hang for some days, as a hare, which it resembles, but in summer, it must, like all other flesh, be cooked very soon after it is killed. Cut off the hind legs at the first joints and after paunching (i.e. disembowelling) it, let it lie in water for a little while to draw the blood". The writer went on to say that the wallaby should be stuffed and trussed, then roasted "before a bright clear fire" for 1 ¼ to 1 ¾ hours". Perhaps Mrs Brooks sometimes cooked a wallaby at Carisbrook House.

One other dimension of the table and mealtimes that is worth remembering is the use of bread. The English settlers had brought to the colony their liking for wheaten based bread. By the closing years of the 19th century the wheat crops in NSW were flourishing and the flour mills were kept busy. Mrs Brooks' family, the Sims, owned flour mills, and they probably grew wheat themselves. She would have had access to good quality flour, so that the baking of bread must have been a regular feature of her week's work. Overall, the Brooks family probably ate well, enjoying the benefits of a good climate that provided plentiful food.

Sources of information

McClellan, Susan (1995) *Carisbrook. A History and a Guide*. Lane Cove Historical Society Inc.

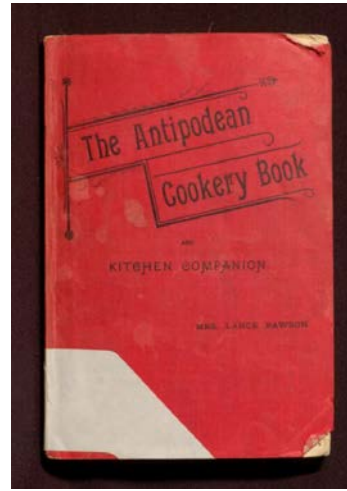
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An example of a well-read cookery book that may have been on the shelves in the Brooks' library.



Thank you to all those who came along to the first **'At the Podium'** on Tuesday evening 27th March to hear all about Jim Haynes OAM's latest book entitled **'Heroes, Rebels and Radicals of Convict Australia'**. It was an entertaining as well as informative meeting enjoyed by all.



We need your expertise and help one weekend a month to provide delicious scones for our Devonshire Tea weekends. Your baking skills will make a real difference. Please contact us via carisbrookhouse@hotmail.com or phone: 0418 276 365

Carisbrook Historic House

DEVONSHIRE TEAS

MARCH

Saturday 16th
Sunday 17th
10am-4pm

COFFEE AND CAKES



Complimentary glass of bubbly to celebrate 2024 Seniors Festival



www.carisbrookhouse.com

Enquiries 0418 276 365

Upcoming Events

DR CAROL LISTON AO
At the Podium
7pm Tues Mar 26



Lane Cove Library

Enquiries: 0418 276 365

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As all members are aware we have regular Open Weekends at Carisbrook, and welcome visitors to the House, Lane Cove's only House Museum. We need volunteers to help with many tasks, including putting up and taking down the canopies we use on the lawns.

Please can anyone willing to help us contact us at:

lchs@carisbrookhouse.com or call 0434 757 300.



Australia's Navy at Gallipoli

At the Podium
Noel Phelan



7pm Tuesday April 23 — Lane Cove Library

Enquiries 0418 276 365

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Helping hand