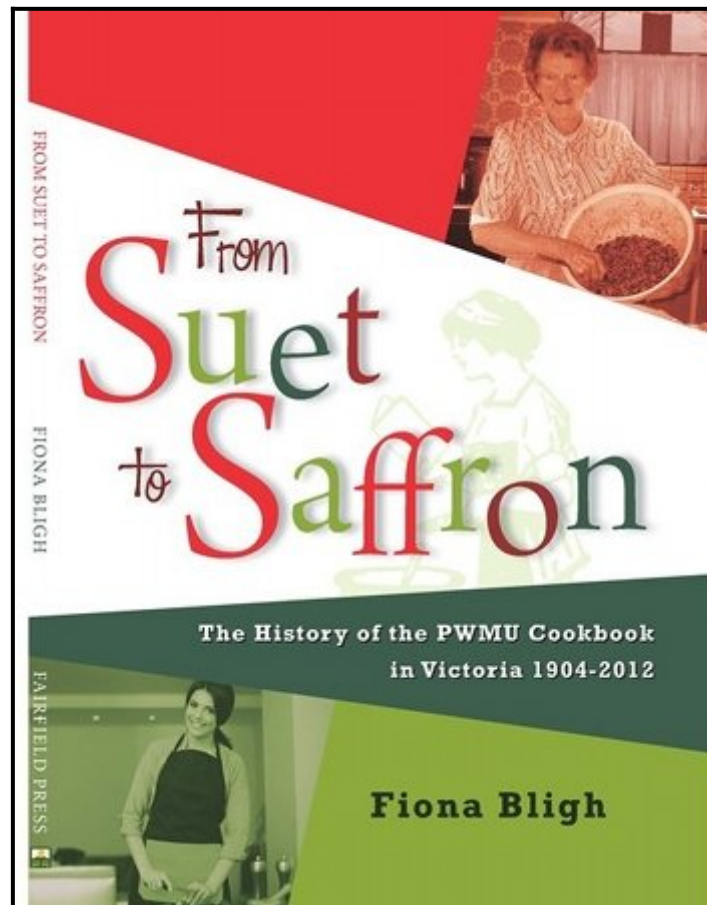


A long way from suet pudding



[dropcap style="font-size: 60px; color: #8F9F59;"] 0
[/dropcap]ld-fashioned cooking techniques and recipes are making a comeback, although perhaps without the levels of salt, fat and sugar that were all considered normal before a life sitting in front of computers made it harder to work off such nasties.

This week, **Michaelie Clark**, from **Warrnambool Books**, has chosen a gem that explores the history of one such book that was a must for all housewives, and yes, most married women were called housewives.

Ahh, those were the days...not! Over to Michaelie...

[dropcap style="font-size: 60px; color: #8F9F59;"] 'T

[/dropcap]he name of the recently published history of the PWMU Cookbook could not be more appropriate. ***From Suet to Saffron*** by Melbourne author **Fiona Bligh** celebrates the evolution of the book since its first edition was produced by a group of Victorian women in 1904, when offal and raw animal fat were well-loved staples, to the current day, when the menu is infused with multi-cultural cuisine.

As well as giving a good overview of the origins of Australia's oldest, continuously in-print cookbook and the changes it has undergone to achieve that designation, *From Suet to Saffron* also provides a snapshot through the ages of our country's socio-cultural norms and prescribed gender roles.

Amidst advice for 'invalid cookery', priceless 'observations on soup', recipes for sheep's head broth and instructions for cleaning ivory are replications of the advertisements that appeared in the book over the last century.

These range from macaroni ads in 1904 which ask 'Do You Love Your Husband and Children? If so, feed them on Rinoldi' (with a side serve of house-wifely virtue) to flyers by the State Electricity Commission of Victoria declaring in 1943 that 'Electric Cooking is Now Every Woman's Right!'

Whether you're a long-time fan of the PWMU Cookbook or just want to take a look at Australia's past from an interesting perspective, *From Suet to Saffron* is definitely a book you can sink your teeth into."



Melbourne author and historian Fiona Bligh has explored our changing tastes...and gender roles.

[box] Keep up to date with new releases from Warrnambool Books on their [Facebook](#) page. [/box]



Catch up on our other Bookmarks ...

[The Dressmaker still winning fans](#)

[Preserving Indigenous stories: Fiona Clarke](#)

[James Laidler's star-studded novel](#)

[Matt Porter: the lighter side of teaching](#)

[At last, a cookbook you can use!](#)

[Ben Sanders: Retro meets whimsy](#)

United we stand



Rev Malcolm Frazer and Rev Geoff Barker from the Warrnambool Uniting Church.

[dropcap style="font-size: 60px; color: #DDCE8D;"] E
[/dropcap]ach week we like to celebrate a quiet hero in South-West Victoria – somebody or something that is making a difference, if only a small one.

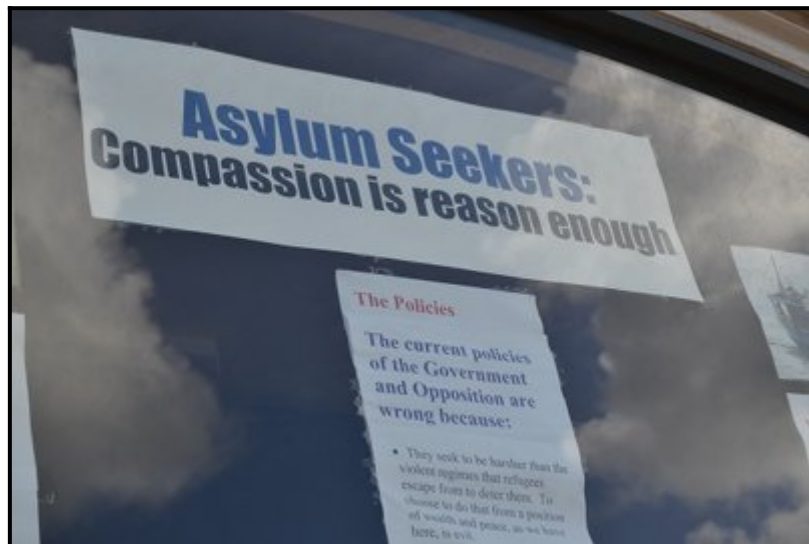
This week, we have found Warrnambool's answer to the Gosford Anglican Church, which has been lighting up Facebook with its witty church board postings that are, often, quite political (you can find them on Facebook [here](#)).

While not quite as public as Gosford Uniting Church, the **Warrnambool Uniting Church**, in Koroit St, has been making its views known about the treatment of asylum seekers who turn to

Australia for refuge.

A window display at the front of the church chastises both major political parties for their lack of compassion on an issue that, because of the politics being played, deeply divides Australia.

For what it's worth, we agree with them.



But there is more to the Warrnambool Uniting Church than making statements – they also act to help those in need, even if it is the need for company.

The church [holds a Wednesday lunch](#) for anyone to attend, creating a safe, non-judgmental space for people to gather and talk. It helps.

For these things, the Warrnambool Uniting Church and its leaders – **Rev Geoff Barker**, **Rev Malcolm Frazer** and **Pastor Marjorie Crothers** – are our quiet hero for the week.

[box] Our quiet hero will receive a voucher for coffee and cake from this week's sponsor, [Lozzar's Lounge Cafe](#), Kepler St, Warrnambool – thankyou for your support, Lozzar's.[/box]



Meet some of our other quiet heroes...

[Gary Webb – Bidding for the arts](#)

[Kylie Thulborn – pushing boundaries](#)

[The Drylies and creating art with kids](#)

[Susie Alexander fights cancer...and aims for a fun run](#)

[Holden Club helps out](#)

[Caring for the environment](#)

[Embracing diversity](#)

This jellybean is really jumpin'

Creators like Johanna Glennen have found a way around balancing their craft with raising their children: they are taking their work online.

Changing times for watchmaker

As a master watchmaker, Kylie Carter lives by the clock...and enjoys nothing more than restoring a time-piece to its former glory.

Classic story still dressing bookshelves



Rosalie Ham's debut novel is still a solid seller after 13 years. (Image courtesy of www.rosalieham.com)

[dropcap style="font-size: 60px; color: #8F9F59;"] T
[/dropcap]here is a great story behind this week's choice for Bookmarks, *The Dressmaker*.

It was published 13 years ago as the first novel for Melbourne author **Rosalie Ham**, who has managed to carve out a wonderful career, despite not being a 'big name' in writing or having a huge marketing machine behind her.

The novel was published by a tiny publishing house that no longer exists, but gave Ham the springboard she needed.

It is now listed on VCE reading lists and is about to be made into a movie, starring Kate Winslet and Judy Davis.

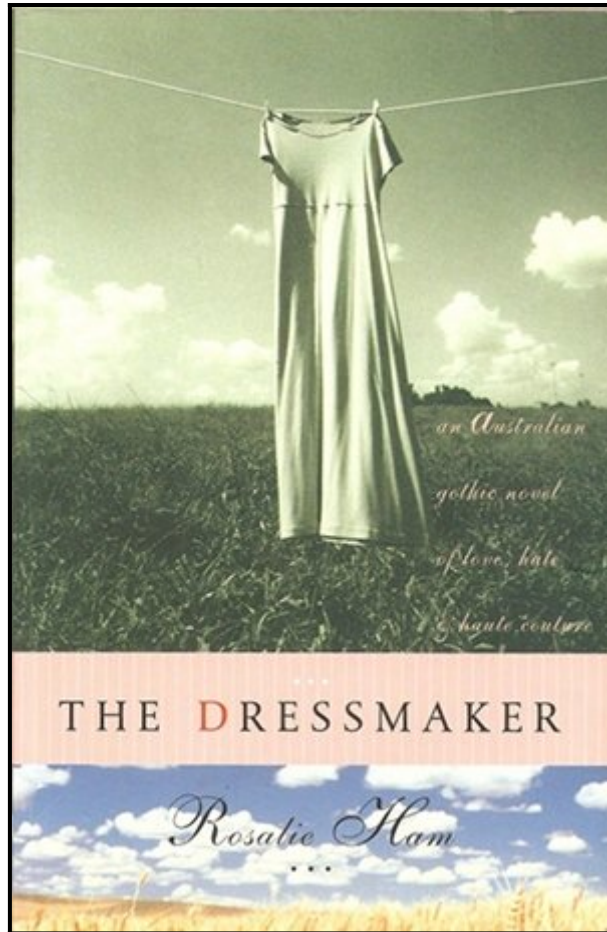
[dropcap style="font-size: 60px; color: #8F9F59;"] T
[/dropcap]his is what **Michaelie Clark** from **Warrnambool Books** has to say about her choice:

"Rosalie Ham's first book, *The Dressmaker*, has been steadily gaining momentum for over a decade. Far from being a seasonal sensation, the award-winning novel has been quietly adorning more and more bookshelves with a classic style that will never lose its lustre – and now it's about to grace the big screen.

Set in rural Victoria in the 1950s, the book tells the story of Myrtle 'Tilly' Dunnage, the disgraced daughter of a madwoman, who returns to her hometown after fashioning a life abroad that the residents of Dungatar can barely imagine.

Escaping the secrets and tragedy of her most recent past by confronting the traumatic events of her childhood, Tilly struggles to remain aloof as she faces the seething malice of the townspeople, her mother's deranged outbursts – and the romantic advances of her neighbour.

This is a decadent, unusual gothic novel that sticks with the reader, making them question some of the more poisonous threads that can hold a small community together."



[box] Keep up to date with new releases from Warrnambool Books on their [Facebook](#) page. You can also find out more about Rosalie Ham on her [website](#). [/box]



Catch up on our other Bookmarks...

[Preserving Indigenous stories: Fiona Clarke](#)

[James Laidler's star-studded novel](#)

[Matt Porter: the lighter side of teaching](#)

[At last, a cookbook you can use!](#)

[Ben Sanders: Retro meets whimsy](#)

[Gorgeous working dogs](#)