

LYTTON MUSEUM and ARCHIVES

August 2009

420 Fraser Street, Lytton, B.C.

Issue 10 Number 1

Wood Pipe is #1 - Who Would Think It?

In Issue 9 Number 2, we had an article on wire-wound wood pipe. Who could have imagined that it would be the subject of the most feedback ever?

It seems that everyone around Lytton has a story about or sighting of wooden pipe, and many of them wanted to share with us.

The two best are below. Gord Davis pointed out that there was wooden pipe just off a well-travelled road nearby. A quick field trip found a mostly intact irrigation system a few hundred feet long and several badly deteriorated random sizes and lengths of pipe.

As well, Lorna Fandrich found a still-

working water feed system at Alexandra Lodge made from wire-wound wood pipe.

Both finds are remarkable, and show that history is all around us!



New Health Centre Opens!

We have run several articles in our newsletters about Lytton's long history with its hospitals.

It is our pleasure to be able to now add that the new Health Centre is officially open.

The St. Bartholomew's Health Centre and Chief David Spintlum Lodge were officially opened on July 31, 2009.

The new facility houses an emergency room, lab, x-ray, several offices for various health services and new nurses' quarters, as well as the Lytton Medical Clinic and Peoples Stein Valley Pharmacy.

The Lodge has six assisted living suites as well as a common room, a new handi-capped tub and facilities for a hair salon.

The Health Centre has been in use since

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Gord Davis gave directions to find this still useable, but abandoned, irrigation system. A couple of hundred feet of wooden pipe were fed by a now dry irrigation ditch and once supplied water to a local ranch. Photo courtesy Richard Forrest



This photo shows wire-wound wood pipe still carrying water at Alexandra Lodge. Photo courtesy Lorna Fandrich

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March, and the Lodge is still awaiting staffing (as of August 2009) before it can be put into operation.

The Museum volunteers have put a wonderful display of the old artifacts from the previous building into the new lobby for all to see. Our thanks go to all who participated.



Dorothy Dodge Steps Down As Our Curator

On June 17th, 2009, a Special Meeting of the Executive of the Lytton Museum and Archives Commission was called to deal with Dorothy Dodge's letter of resignation.

The resolution was to accept her resignation with regrets and our heartfelt thanks for her many years of service to the Museum.

Since shortly after our opening on July 1st, 1995 until her resignation, Dorothy has held the position of Curator/Archivist. During that time she has introduced a cataloging system and has accessioned almost two thousand photographs, several hundreds of written pieces and hundreds of artifacts.

This has made the Museum a storehouse of history for residents and historians alike.

School groups, tourists, local residents and researchers all have found Dorothy willing and able to help them use and enjoy the Museum.

Dorothy has resigned for family reasons, and will no longer be burdened with the responsibilities of being the Curator.

She is, however, staying on as an active volunteer and will be doing cataloging and other work at the Museum as her schedule permits.



So You Think It Is Tough Now!

With all of the talk about the current recession, we thought that it would be interesting to re-print the Meat Rationing Chart from World War II.

This rationing chart was amongst the artifacts that were given to the Museum from the estate of Nellie Russell. Dorothy Dodge has been organizing and accessioning this material and has come across many interesting tidbits.

Meat rationing took effect on May 27th, 1943, and after that date you could not buy any of the meat products listed if you did not have the necessary coupons!

The government set the prices for the rationed goods and instituted price control regulations.

Housewives were encouraged to write down the prices they paid each week in a "Blue Book", and to report price increases to the authorities.

Each person was limited to two meat coupons per week.

It is interesting to note that many meats were not rationed, including smoked sausages and cooked meat loaves.

By 1943, Canadians were already familiar with rationing and rationing coupons. In January 1942, Canada had brought in its food rationing program.

Gasoline was rationed starting in April 1942. Tires could not be purchased at all, unless you could prove that driving was a necessity.

In January 1942, each person was limited to twelve ounces of sugar a week, but by April, the sugar allotment was reduced to eight ounces per week.

Tea and coffee were also tightly controlled, with a weekly ration being estimated at fifteen cups of coffee, or two cups per day with a bonus cup once a week! Tea was ten bags per coupon.

The ration book also included an application form which had to be completed and submitted in order to get extra sugar coupons for canning and preserving items like jams and pickles,

In December 1942, butter was added to the rationing schedule at eight ounces per person per week.

December 1943 saw molasses, apple and honey butters, maple syrup, canned fruit and evaporated milk all coming under the rationing rules.

In 1944, goodies such as cheese, canned blueberries and pie filling were also rationed.

Later, beer coupons were added. Alcohol was scarce and highly-priced.

Silk stockings became a rarity since importation was limited, and many women would draw a "seam line" representing silk stockings on the backs of their legs with make-up pencils when stockings were unavailable.

Even cosmetics were controlled.

Each manufacturer was limited to six colours of nail polish and four shades of rouge and face powder. Perfumes were limited to four scents and lipsticks limited to four shades.

The Wartime Prices and Trade Board did let the manufacturers pick different colours:

"And lest the lady who likes to vary her complexion to suit her mood may think that she has now very little scope, we would point out that each manufacturer may choose different perfumes and shades — which should still give an adequate variety."

Ration books were also used after the end of WWII, because Canada sent a great deal of emergency food and supplies to war ravaged Europe, causing shortages to continue at home.

The last Canadian ration books were issued in 1946.



INFORMATION ON MEAT RATIONING



READ CAREFULLY
KEEP FOR REFERENCE

Coupon Rationing of Meat goes into effect on May 27th, 1943

MEAT COUPON VALUE CHART

THE BROWN SPARE "A" COUPONS FROM RATION BOOK 2 WILL BE USED FOR PURCHASING MEAT... EACH PERSON CAN SPEND TWO OF THESE COUPONS A WEEK.

If you buy meat from **Group A**, you will get $\frac{1}{2}$ lb. per Coupon
 If you buy meat from **Group B**, you will get $\frac{3}{4}$ lb. per Coupon
 If you buy meat from **Group C**, you will get 1 lb. per Coupon
 If you buy meat from **Group D**, you will get $1\frac{1}{4}$ lb. per Coupon

GROUP A - $\frac{1}{2}$ LB. PER COUPON

SMOKED MEATS

Back Bacon (Sliced and Rindless) Side Bacon (Sliced and Rindless)
 Side Bacon (Sliced Rind on)

COOKED MEATS

Butt (Boneless)
 Ham (Boneless)

PORK CURED

Boneless Back (Sliced, Not Smoked or Cooked)

Any Uncooked Group "B" Cuts — when Cooked

GROUP B - $\frac{3}{4}$ LB. PER COUPON

BEEF - FRESH or CURED

Chuck Roast or Steak (Boneless)
 Flank Steak (Boneless)
 Hind Shank Meat (Boneless)
 Minute Steaks and Cube Steaks (Boneless)
 Neck (Boneless)
 Rolled Rib (Boneless)
 Round Steak or Roast (Bone in)

LAMB or MUTTON-FRESH

Frontquarter (Boneless)

PORK - FRESH

Back (Boneless)
 Belly (Boneless)
 Butt (Bone in)
 Ham (Boneless)
 Ham, Centre Cuts (Bone in)
 Picnic (Boneless)
 Picnic Skinless (Boneless)
 Tenderloin

PORK - SMOKED

Back Bacon (in the piece, Boneless)
 Cottage Roll (Boneless)
 Ham (except Shank End, Bone in)
 Ham, Skinless (Boneless)
 Picnic (Boneless)
 Pork Roll (Boneless)
 Side Bacon (in the piece)

VEAL - FRESH

Cutlets and Fillers (Bone in)
 Front Roll (Caul Wrapped, Boneless)
 Leg Roll (Caul Wrapped, Boneless)

PORK - CURED

(Not Smoked or Cooked)
 Back (Boneless)
 Belly (Boneless)

COOKING GUIDE - KEEP FOR REFERENCE

BEEF

Group B: Rolled Rib, Sirloin Tip (boneless), Tenderloin.
Group C: Hamburger; Porterhouse Roast; Rib; Rump; Sirloin; T-Bone Roast; Wing Roast.

LAMB or MUTTON

Group B: Frontquarter (boneless).
Group C: Loin (flank off).
Group D: Front; Hind; Leg; Loin (flank on); Rack.

VEAL

Group B: Front (rolled), Leg (rolled), Tender loin (all boneless), Round.
Group C: Blade; Round Bone Shoulder; Rump; Sirloin.
Group D: Breast; Leg (whole or shank half); Loin (flank on); Kack.

Roasting

Use moderate oven (325-350°F) for entire cooking period. Cook uncovered, fat side up. Do not add water. Add fat to lean roasts. Baste them occasionally during roasting. Place rolled or flat roasts on a rack. Turn rolled roasts every half hour. Cooking time varies with kind of meat, weight, thickness, shape of roast and proportion of bone and fat. Time tables can only be approximate. Let roast stand in a warm place for a short time before carving. Make plenty of gravy.

Flouring is optional. Whether meat is seasoned before or after cooking is unimportant.

PORK (Fresh)

Group B: Butt (bone in or boneless), Ham (centre cut), Back, Ham, Picnic, Skinless Picnic, Tenderloin (all boneless).

Group C: Ham (butt end); Ham (shank end); Loin (end cuts, centre cut, whole); Picnic (hock on or hock off); Trimmed Ham; Trimmed Loins.

PORK

(Cured or Smoked)

Specially processed for tenderness

Group B: Ham (except shank end), Back (in the piece), Cottage Roll, Picnic, Pork Roll, Skinless Ham (all boneless).

Group C: Whole Ham.

Pot Roasting

Dredge meat with seasoned flour; brown all over in a little hot fat, using heavy pan or Dutch oven. Place rack under meat; add $\frac{1}{2}$ to 1 cup water. Cover closely. Cook slowly on top of stove or in oven (300-325°F) until tender, allowing about 40 minutes per pound. Turn meat several times during cooking. Vegetables may be added during last hour of cooking. Make gravy from drippings in pan.

BEEF

Group B: Chuck (boneless), Round Roast.
Group C: Flank (boneless), Rump (round and square end); Short Rib Roast.
Group D: Blade Roast; Chuck Roast; Round Bone Shoulder Roast.

BEEF

Group B: Minute and Cube Steaks; Tenderloin.
Group C: Hamburger; Porterhouse Steak; Sirloin Steak; T-Bone Steak; Rib Steak; Wing Steak.
Group D: Fresh Sausage.

LAMB or MUTTON

Group C: Centre Loin Chops; Patties.
Group D: Rib Chops.

VEAL

Group B: Cutlets and Fillets; Tenderloin.
Group C: Loin Chops (centre); Sirloin (cutlets); Veal Patties.

Broiling and Pan Frying

BROILING: Pre-heat broiler, grease rack, snip edges of outside fat. Place meat 2 to 3 inches from heat. Sear quickly on both sides. Finish cooking at moderate heat. Turn meat once during last few minutes. Season.

PAN-BROILING: Cut a small piece of fat from meat. Rub over a hot skillet. Sear meat, turn, and reduce heat. Pour off fat as it gathers during cooking. When meat is almost done, turn again, and finish cooking. With light weight frying pan, meat must be turned frequently to prevent sticking.

FAT CHOPS AND BACON: Start in a cold pan.

PAN-FRYING (SAUTEING): Dredge meat with seasoned flour, or coat with egg and bread crumbs. Cook in a small amount of hot fat. Drain on absorbent paper.

PORK (Fresh)

Group B: Tenderloin.
Group C: Loin (centre cut chops).
Group D: Fresh Sausage.

PORK

(Cured or Smoked)

Group A: Back Bacon; Side Bacon (sliced, rind on or rindless); Boneless Back.

Group B (Cured): Ham (centre slices).

Group B (Smoked): Ham (except shank end), Cottage Roll, Picnic, Pork Roll, Skinless Ham (all boneless).

BEEF

Group B: Round Steak, Chuck and Flank Steak, Hind Shank, Neck, Stewing Beef (all boneless).
 Group C: Rump, Flank, Front Shank Meat (both boneless), Front Shank (centre cut).

LAMB or MUTTON

Group D: Flank; Front.

VEAL

Group B: Stewing Veal (boneless).
 Group D: Breast; Neck; Flank.

BEEF

Group B: Round Steak, Flank Steak, Hind Shank, Neck (all boneless).
 Group C: Front Shank (centre cut), Rump, Flank, Front Shank Meat, Plate (all boneless).
 Group D: Front Shank, Short Ribs.

LAMB or MUTTON

Group D: Flank; Front.

VEAL

Group B: Cutlets and Fillets.
 Group C: Loin Chops (centre); Sirloin (cutlets).
 Group D: Breast; Rib Chops.

PORK (Fresh)

Group B: Tenderloin, Ham (centre cut).
 Group C: Ham (butt end); Loin (end cuts); Loin (centre cut chops); Loin (centre cut).

BEEF

Group B: Hind Shank (boneless).
 Group C: Front Shank (centre cut); Brisket Point, Front Shank Meat, Plate (all boneless).
 Group D: Brisket; Brisket Point; Front Shank (whole or knuckle end); Neck; Plate.

LAMB or MUTTON

Group D: Flank; Front.

VEAL

Group D: Flank; Front or Hind Shank; Neck

Stewing

BROWN STEW: Dredge small, uniform pieces of meat with flour and brown in a little hot fat. Add water to cover meat. Cover and simmer 1 to 2 hours, until nearly tender. Add vegetables and complete cooking. Season. Thicken with a little flour, mixed to a smooth paste with cold water.

LIGHT STEW: Use same method but do not brown meat.

Braising

Dredge meat with seasoned flour, brown in a little hot fat. Add 1½ cups liquid—water, vegetable water, canned tomatoes or juice. Cover closely, cook slowly on top of stove or in oven (300-325F°), until meat is tender. Thicken liquid.

Simmering

Cook meat below boiling point in water to cover, until tender.
BOILED DINNER: Add vegetables and seasonings. Addition of vegetables should be timed so that meat will be cooked when vegetables are tender.

CORNED BEEF: Start in cold water, bring to boil and cook 5 minutes, discard water, add boiling water to cover and simmer until tender.

HAMS AND BACON: If salty, cook as corned beef.

SOUP STOCK: Cover meat, cracked bones, vegetables with cold water. Bring to boiling point, simmer 3 to 4 hours. Add salt and seasonings toward end of cooking.

COUPON VALUE CALCULATOR

The table below shows how much meat (in pounds) can be obtained for from 1 to 10 coupons in any of the four coupon groups.

Number of Coupons	POUNDS PER GROUP			
	A	B	C	D
1	½	¾	1	1½
2	1	1½	2	2½
3	1½	2¼	3	3¾
4	2	3	4	5
5	2½	3¾	5	6¼
6	3	4½	6	7½
7	3½	5¼	7	8¾
8	4	6	8	10
9	4½	6¾	9	11½
10	5	7½	10	12½

You may buy less than a full coupon's worth of any meat, and take the rest of the coupon value in meat from the same or any other coupon group.

FOR INSTANCE: If you want half a pound of hamburger (worth half a coupon), you can buy, at the same time, ¼-lb. of any Group A meat, OR 6 ounces of any Group B meat, OR ½-lb. of any Group C meat, OR 10 ounces of any Group D meat—giving one coupon to cover both purchases.

PORK (Fresh)

Group B: Boneless Belly.
 Group C: Side Pork (bone in).
 Group D: Hock.

PORK

(Cured or Smoked)

Group A (Cured): Boneless Back.
 Group B (Cured): Backs, Cottage Rolls, Ham Butt Roll, Pork Roll, Shoulder Roll, Side or Belly (all boneless).
 Group B (Smoked): Ham (except shank end), Back Bacon, Cottage Roll, Side Bacon in the piece, Picnic, Pork Roll (all boneless).
 Group C (Cured): Ham (butt end), Ham (shank end); Picnic (hock on or hock off); Trimmed Ham.
 Group C (Smoked): Ham (shank end); Picnic.
 Group D: Hock.

Prepared by Consumer Section, Dominion Department of Agriculture

NOTE: CUTS (EXCEPT HAMBURGER AND TENDERLOIN) INCLUDE BONE, UNLESS FOLLOWED BY "(BONELESS)".

Sirloin Tip (Boneless)
Stewing Beef (Boneless)
Tenderloin

Round (Bone in)
Stewing Veal (Boneless)
Tenderloin

Cottage Roll (Boneless)
Ham Butt Roll (Boneless)
Ham Centre Slices (Bone in)
Pork Roll (Boneless)
Shoulder Roll (Boneless)

COOKED MEATS
Any Uncooked Group "C" Cuts
— when Cooked

GROUP C - 1 LB. PER COUPON

BEEF - FRESH or CURED

Brisket Point (Boneless)
Flank (Boneless)
Front Shank Meat (Boneless)
Front Shank (Centre Cut, Bone in)
Hamburger
Plate (Boneless)
Porterhouse Steak or Roast (Bone in)
Rib Roast or Steak (Bone in)
Rump (Round and Square End, Bone in)
Sirloin Steak or Roast (Bone in)
Short Rib Roast (Bone in)
T-Bone Steak or Roast (Bone in)
Wing Steak or Roast (Bone in)

LAMB or MUTTON-FRESH

Centre Loin Chops (Bone in)
Loin (Flank off, Kidney and Suet out, Bone in)
Patties (made from Necks and Flanks, Boneless)

PORK - FRESH

Belly Pork (Bone in)
Ham, Butt End (Bone in)
Ham, Shank End (Bone in)
Ham Trimmed (Bone in)
Loin, Centre Cut Chops (Bone in)
Loin, Centre Cut (Bone in)
Loin, End Cuts (Bone in)
Loin Whole (Bone in)
Picnic, Hock On or Hock Off (Bone in)

PORK - CURED

Ham, Butt End (Bone in)
Ham, Shank End (Bone in)
Ham, Whole (Bone in)
Picnic, Hock On or Hock Off (Bone in)

PORK - SMOKED

Ham, Shank End (Bone in)
Ham, Whole (Bone in)
Picnic, Hock on or Hock off (Bone in)

COOKED MEATS

Any Uncooked Group "D" Cuts
— when Cooked

GROUP D - 1 1/4 LBS. PER COUPON

BEEF - FRESH or CURED

Blade Roast (Bone in)
Brisket Point (Bone in)
Chuck Roast (Bone in)
Front Shank, Whole or Knuckle End (Bone in)
Neck (Bone in)
Plate, Brisket (Bone in)
Round Bone Shoulder Roast (Bone in)
Sausage, Fresh
Short Ribs (Braising, Bone in)

LAMB or MUTTON-FRESH

Flank (Bone in)
Front (Bone in)
Hind (Bone in)
Leg (Bone in)
Loin, Flank on (Bone in)
Rack (Bone in)
Rib Chops (Bone in)

VEAL - FRESH

Breast (Bone in)
Flank (Bone in)
Front Shank (Bone in)
Hind Shank (Bone in)
Leg, Shank Half (Bone in)
Leg, Whole (Bone in)
Loin, Flank on (Bone in)
Neck (Bone in)
Rack (Bone in)
Rib Chops (Bone in)

PORK - FRESH

Hock (Bone in)
Sausage

PORK - CURED

Hock (Bone in)
Mess (Bone in)
Short Cut Back (Bone in)

PORK - SMOKED

Hock (Bone in)

RATION COUPONS ARE NOT REQUIRED for any meats that are not listed above. For example, oxtail, liver, heart, tongue, kidneys, wieners, bologna, and other smoked sausages, cooked meat loaves etc., are not rationed, and your meat retailer will not collect coupons when you buy them. **ON THE REVERSE OF THIS PAGE** is a coupon value calculator, and a cooking guide for rationed meats. It will be a practical convenience to the housewife in buying meats and in preparing meals.

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

RB.87

Ten Years of Newsletters?

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Our first two releases are: *Lytton A Story In Pictures*, a 109 page illustrated history of Lytton originally published by The Lytton & District Centennial Society in 1967 and *Our Native Peoples Volume 3 Interior Salish*, a reprint of the 1952 British Columbia Department of Education volume. It is 53 pages and contains interesting information on the pre-contact history and culture of the Interior Salish peoples.

Both of the above volumes are \$15 each and are available through the Museum, Kumsheen Rafting Resort retail store (in season) and other local outlets.

Our third release, scheduled for early September, is *That They Might Have Life*, an autobiography by the late Reverend Canon Stanley E. Higgs.

Reverend Higgs was the Anglican minister in Lytton from 1928 to 1933 and again from 1937 to 1941. This book chronicles those, plus the intervening years in great detail.

The title refers to Higgs' efforts to establish a tuberculosis hospital for the First

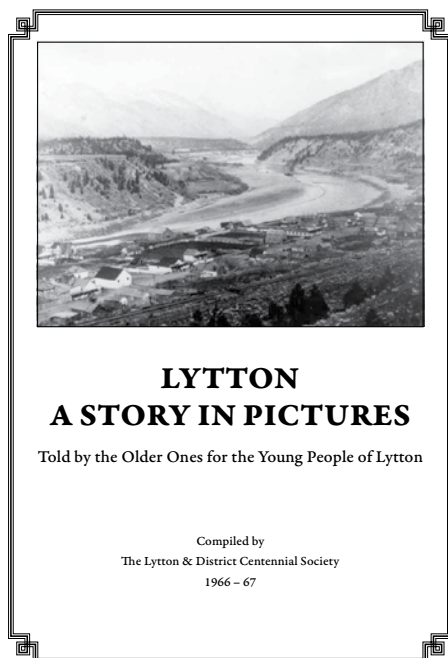
Nations peoples of British Columbia, a long and frustrating task that was finally successful.

The book includes Higgs' account of the Lytton fire of 1931, the opening of the new hospital in 1937 and the Royal Visit to Kamloops in 1939 as well as accounts of his travels, mostly by horseback, down to Boothroyd and Boston Bar, up the Westside to Nyshakup and his rides across the Fraser with "Captain" Alec at 14 Mile. His dealings with locals and church superiors are related "straight from the hip".

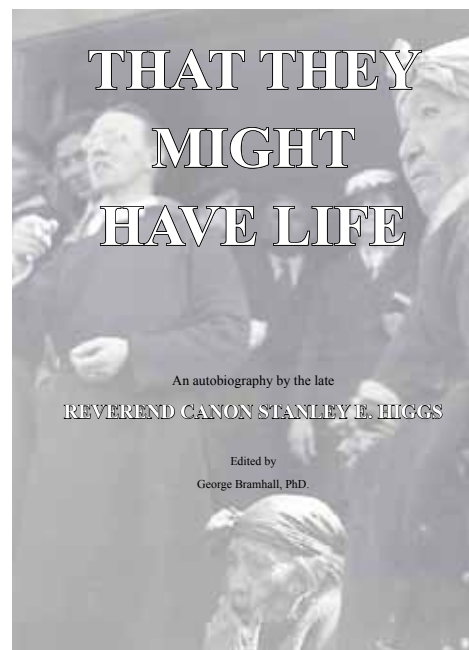
This book has been edited from Higgs' original diaries and notes by George Bramhall, PhD., a long time friend of Reverend Higgs.

It is 484 pages, plus photographs, maps, chronologies and index. It is a fascinating local history about an important era in Lytton's history.

We are presently working on several other local history titles and may have another ready for publication in time for Christmas.



109 pages — 78 illustrations



484 pages — 8 photographs — maps and chronologies

Wartime coffee ad from the FREE PRESS PRAIRIE FARMER, WINNIPEG, September 16, 1942.

Avalon Dairy Ltd.



“The Story of Avalon Dairy Ltd, 1906-1996” includes a brief history of the dairy industry in B.C., by Everett Crowley, compiled by Jean M. Crowley. A family tree of the Crowley family is included.

Al Graw has donated two milk bottles from the dairy - both square bottles: a one litre and a 500 ml size. The one-litre bottle is embossed and celebrates the 100th anniversary of operation.

Avalon Dairy still operates from the original building in Vancouver, but a new building is presently under construction. The dairy is still operated by descendants of the Crowley family. The present owner is Lee Crowley, with CEO Gay Hahn as manager.

Gay and Pat Hahn own property in the Botanie Valley, Lytton, hence the connection with the Lytton community. Their good friend, Al Graw, also lives in Botanie Valley, and has had a long friendship with the Crowleys.

Al has been their sign painter for years, and his boys had their first jobs with Avalon.

One of the specialties of this dairy is that they still sell pasteurized (not homogenized) milk in clear square

bottles, where the cream still separates to the top, and it is delicious!

The bottles are fitted with plastized paper caps which fit over the rim of the bottle, and each bottle is embossed with the name of the dairy. When Mr. Crowley decided to go to square bottles he patented the new shape. Other dairies now use the same shape, but must apply to Mr. Crowley for permission.

The bottled product was delivered door to door to Vancouver customers until 1973, when larger corporate dairies' lower prices forced the business to stop home deliveries. Now, however, Avalon products are once again being delivered to the doorsteps of customers, reviving a centuries-old tradition.

The history of the 103 year old dairy is fascinating, with ups and downs that must have tried the patience of the family, particularly the younger ones. However, the family held together and prospered. The Avalon Dairy is noted as the longest continuously operated family-owned Dairy in B.C.

As previously mentioned, we have two ‘modern’ artifacts thanks to Al Graw. Now we are trying to find an

Ten Years of Newsletters?

You may have noticed that this is Issue 10, Number 1. Does that mean there are ten years of newsletters?

Sort of...

Issue 1 was printed in November of 1999.

When we decided to publish our newsletters as a collection, we renumbered them so that the first issue was included with the three published in 2000.

That makes this the tenth year of newsletters. For those who like statistics, this is also the thirtieth newsletter that we have published.

If you have not read them all, you can order a newsletter binder from the Museum that contains all of the newsletters plus an index in a three ring binder. You just need to punch new newsletters and put them in the binder. We will supply an updated index once a year — on request only.

You can also get back issues in pdf format online at:

www.lyttonmuseum.ca/newsletters.html.

You will notice that the online collection is a little dated. We do not put new issues on line until they are a year old. Museum Commission members always get the latest issues.

The newsletter has been published by Freedom Graphics in Lytton since the first issue in 1999. This is about to change as all of the publishing of Freedom Graphics is now being done by Freedom Graphics Press. The same people, with a slightly different name and a focus on publishing local history and other items of interest.

Continued on Page 7 ...

available copy of the book for the Museum, as it details an important part of the dairy industry in B.C., and the book is now out of print.