

Look for traditional, trendy or just plain terrific in cookbook

FOOD

The Great Nova Scotia Cookbook, by Pauline Carter. Nimbus. 648 pp., \$29.95

A former teacher with an interest in community history, the author worked on this book from her historic ancestral home in Pleasant Valley. She's taken traditional recipes that have been passed on down through the generations and, with an eye to a busier, more health-conscious populace, done some updating. There are more fresh ingredients than might have been available to our grandparents, and there are some shortcuts they'd never have dreamed of taking. Carter has amassed more than 1,000 recipes, and each one is marked with up to three indicators — three symbols that indicate traditional, trendy or best. The symbol for best is used sparingly, as would seem proper. So what you have is an ultra-traditional recipe like Green Tomato Mince-meat (which you can never find at the end of September, when you need it) and one that fits in the trendy category, like Crab Cakes With Roasted Red Pepper Sauce, and then one of the author's best, like Rhubarb Custard Pie. It all sounds mouth-watering.

MUSIC

The Indie Band Bible, by Mark Makoway. Madrigal/Raincoast. 232 pp., \$21.95

Being written by a musician (Makoway is lead guitarist for Moist) gives this book credibility. The fact that it was written by a Canadian musician



Best of the rest

gives it even more. For every megastar up on stage, there are thousands of bands struggling in small clubs, and author Makoway is vehement that while talent will take you a long way, brains and discipline will take you all the way. The book is full of useful information the author knows from first-hand experience is what's needed. He talks to club owners, record executives, talent agents, journalists (one has this memorable line: "Good press and bad press are the same thing. The only bad press is an obituary"), entertainment lawyers, publicists, sound technicians and just about everyone in the business. Aspiring megastars learn the ins and outs of the business, as well as some of the basic dos and don'ts.

HISTORY

A Short History of Canada, by Desmond Morton. M&S. 394 pp., \$22.95

This is a revised and expanded fifth edition of this book by an author who is widely recog-

nized as an engaging and lively stylist — crucial attributes for a chronicler of history. He has a way of making events long past sound exciting and vital, whether describing the beginning of the Hudson's Bay or the impact of the Canadian Alliance and its motley crew. The information has been updated to include the 2000 federal election, which is just about as close as you're going to get, in the publishing world. Aside from being an accomplished historian, Desmond Morton is a storyteller, and a man who obviously loves his country. He ends his book with this: "Under a shell of cynicism and self-deprecation, Canadians are as proud of their land as any people on earth. Make no mistake about it."

BIOGRAPHY

María Callas, by Anne Edwards. St. Martin's Press. 342 pp. \$31.5

Fans of well-researched, well-written biography are always thrilled when a new Anne Edwards book hits the shelves (she's done Princess Diana, Katharine Hepburn and Queen Mary). This time her subject is also a formidable woman, and one whose life on and off opera stages around the world was shrouded in mystery, scandal and deception (which nowadays we call publicity). Callas is known to those who follow the gossip sheets for her dalliance with Aristotle Onassis, which ended as he went after bigger, younger fish — namely Jackie Kennedy. Those who follow the ups and downs of the music world know that Callas's career became difficult when her ambitious mother took her from New York to Greece



The ultimate diva, María Callas.

on the eve of the Second World War, leaving behind the city and the father Maria loved. While the singer seemed to quite deliberately encourage misinformation about all aspects of her life, biographer Edwards has obviously dug much more deeply than most, looking past the bravado and smokescreens to find the woman within.