

Around 1989, while Stanley Knowles was in Parliament as an Honorary Officer of the House of Commons, he was asked for his favourite recipe for a United Way fundraising cookbook, *Recipes from the Hill*. This was his contribution.

Ian Waddell, M.P. said that Mr. Knowles liked to pause around 3 in the afternoon for tea and an arrowroot cookie while he discussed the day's business with his secretary.

AFTERNOON TEA with Mr. Knowles

I LIKE A GOOD CUP OF TEA (wrote Stanley Knowles).

Empty the tea kettle, and fill it with fresh cold water.

Bring water to a vigorous boil.

Pour some of the boiling water into the empty tea pot. Put the lid on the tea pot, and let it sit for at least half a minute, preferably for a minute.

Now empty the tea pot and put into it one or two tea bags. In most cases one is enough. Pour in the boiling water. Make sure it is still boiling when you are pouring it in, and fill the teapot. Then let it steep for two or three minutes.

One can learn from experience how many tea bags to use. Indeed each person can decide on the taste of tea one likes.

Do not indulge in any shortcuts. Sticking to the rule makes certain that everyone will have a good cup of tea!

Stanley Knowles, M.P., March 31, 1958
with his daughter Margaret and son David Photo: WCPI (Bill Rose)



Grace Before Meat

We are thankful for these and all the good things of life.
We recognize that they are a part of our common heritage and come to us through
the efforts of our brothers and sisters the world over.

What we desire for ourselves, we wish for all.

To this end, may we take our share in the world's work and the world's struggles.

James Shaver Woodsworth