

# Milkshakes, SUNDAES AND Cafe' CULTURE Education Kit

In the accompanying education kit you will find some exhibition activity sheets for secondary students. These activity sheets will help focus students' attention on aspects of the exhibition, while stimulating them to think a little beyond the exhibition to some of the implications of the exhibition content. There are also lots of fun questions.

It is suggested that students work in pairs to encourage discussion and exploration.

## This kit includes:

- |   |         |
|---|---------|
| > Brief introduction  | page 1  |
| > Syllabus requirements in a variety of subjects - suggestions for longer term projects based around the exhibition | page 1  |
| > Suggestions for classroom activities before and after the visit   | page 2  |
| > Background information and images from the exhibition for classroom use before and after the visit                | page 5  |
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## Introduction

Milkshakes, Sundaes And Cafe Culture is about cafes and milkbars of the past that were such an important feature of everyday life in cities and in country towns. It tells the story of some of those cafes and of the people who established and ran them. Many of the cafes featured in the exhibition were family businesses established by Greek migrants. The exhibition is an opportunity for students to find out about aspects of the history of everyday Australian life and Australian cultural diversity.

## Linking the exhibition to your teaching

### Design and technology

Use the exhibition as a resource for a design project, in particular in the areas of:

- > Preparation of food for consumption
- > Interior design in built environments



## English

Use this exhibition as the focus for a unit of work. All the pre- and post-visit activities as well as the activity sheets give students the opportunity to use different language registers and modes in a variety of contexts.

## History

Use the exhibition as a means of helping students to achieve knowledge and understanding about significant developments in Australia's social and cultural history through the use of interpretation, analysis and empathy, research and communication, in particular with reference to Stage 5 Topic 7 Contemporary Australia:

- > Egalitarianism and diversity in Australia society
- > Heritage and environmental issues

## Geography

Use this exhibition to help students to account for differences within and between Australian communities, in particular Stage 5 focus area 5A1:

- > Investigating Australia's identity

What to take on your exhibition visit:

- activity sheets
- writing materials
- clip boards
- enthusiasm

## Before the visit

You can prepare your students for the visit by carrying out some classroom activities.

### Reading Images

- > Discuss with your students all the different kinds of documents, including images such as photographs and paintings, that can be 'read' or interpreted for information and evidence about a different time in history or a different culture. Make the point that with photographs, the most obvious information will be about the main subject, but that you can also find information about other subjects that may have been captured by chance in the background, and that looking at images can be a way of putting yourself in another person's place.
- > Make good photocopies of the photograph included here from the exhibition of the Paragon Cafe, Lockhart (image A) and hand them out so that students can work in pairs.
- > Ask students to:
  - identify objects in the photo and speculate what they were used for, eg the drink dispenser
  - look at the person's clothing and comment on what he is wearing, eg braces, cuff savers
  - find all the different food that can be seen, eg the bottles of fruit syrup, chocolates, milk shake
  - speculate on what the people in the photo were thinking at the time and why the photo was taken, as well as who might have taken it.

## Words and phrases

There may be a few words and phrases in the exhibition that will be unfamiliar to your students, for example:

- bodgies and widgies
- soda fountain
- milkmaid
- beau
- drugstore
- war-time rationing
- Formica

> Ask your students to find meanings for these terms and discuss their origins and meanings with the whole class.

## Post-visit activities

Most of these activities are cross-curricula, and incorporate a variety of skills and themes from the Yr 7 and 8 syllabuses referred to above.

### Activity 1

#### Creating a recipe

- > There are many recipes and ideas for different foods in the exhibition, such as icecreams and milkshakes, as well as savoury dishes like omelettes and mixed grills. Ask everyone to come up with their own recipe and prepare it so that the whole class can taste it. It might be as simple as a new sandwich filling, or more complex like a cake. The important thing is that it is first written out as a recipe with an accurate procedure.
- > Everyone should also be ready to discuss their recipe and talk about the difficult bits, or why they like their particular contribution.

### Activity 2

#### Investigating the migrant experience

- > Ask your students to imagine that they are a young person like Mick Adams, Peter Panayioti or Con Vlismas, ie:15 or 16 years old and non-English speaking and coming from another country to live in Australia.

- > Have a class discussion and ask them to consider issues such as:
  - How would you feel in such a situation?
  - What kind of job do you think you would be able to get?
  - What are some of the skills that you think you would need to survive in your new country?
  - Why do you think so many Greek, Italian and Vietnamese migrants have started out in fruit shops, restaurants or cafes, or fish and chip shops?
- > Introduce a role play exercise in which some students may be migrants, others may be employers, etc.

## Activity 3

### New words and new customs

- > Spaghetti appears on every menu in the exhibition, but it was probably very different to what we think of as pasta today. Ask your students to research spaghetti. They should investigate the origins of the word, the food itself, and also find out why Australians know so much more about pasta now than our parents or grandparents did fifty years ago. They should use a variety of research tools such as talking to a range of people, using the internet, reading, tasting etc. Students should work in pairs and submit a report-style project on their research.

## Activity 4

### Popular culture

- > The exhibition mentions ‘the new teenagers of the 1940s and 50s’. Discuss with your students what defines ‘teenagers’ today. Ask your students to find out about teenagers in the 1950s, making use of different information sources such as the American television show ‘Happy Days’ or asking their parents and grandparents. Discuss the differences.
- > Ask students to create a multimedia presentation, ie with music, recorded voices, still images, video, or whatever they wish, that communicates the differences between the teenagers of the 1950s and today’s teenagers.

## Activity 5

### Making useful spaces - interior design and layout

- > Ask students to design a kitchen and café interior for a busy café in a country town or a city. Students should consider all the different functions that need to happen in such a space and how they can happen efficiently. They should also consider how to ensure that customers have a good experience and want to come back.

## The story of Cafes and Milkbars in Australia

The information included here is intended as background information to the exhibition. It includes much of the information found in the interpretive panels of the exhibition, plus more.

### Introduction

Every urban suburb and country town had a cafe or a milk bar. Niagara, Olympia, Garden of Roses, Bluebird, Paragon, Golden Gate, Blue and White. Today these names are not as familiar to us as convenience stores and multi-national fast food chains flood our suburbs and country towns.

Cafes have always been meeting places where friends and communities gathered together and enjoyed taste sensations such as coffee and milk shakes, hamburgers and chips and steak and lobster. Their long opening hours and simplified menu appealed to all members of the community and in country towns they would become the social hub of a community especially on busy days such as stock sale days or show day.

At first the milk bar was literally a **bar** at which to consume milk drinks rather than alcohol and no food was served other than those milk shakes that could be considered a meal. As milk bars developed and changed, they often sprang up around picture theatres and provided a meeting place for young people and the new 'teenagers' of the 1940s and 50s. Some even attracted troublesome boddies and wiggies with their jukeboxes and pinball machines. These days a milk bar may include booths for seating and serve larger meals and sell anything from cigarettes to take away roast chickens.

Although the two have merged into almost one and the same thing, the main difference has always been that a cafe will serve a full sit-down meal from breakfast to supper, whilst milk bars provided light refreshments and smaller meals.

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Both are feeling the pinch of a modern society as brightly lit convenience stores attract those looking for a last minute item and fast food chains offer instant hamburgers and fries. Many have updated their interiors in an effort to ‘keep up with the times’, but as they do this, we lose their charming characteristics and part of our heritage is lost. This is why it is important to appreciate and visit the ones that remain.

### The Beef and Mutton Extravaganza – Café Culture 19th Century Style

The worlds’ first public restaurant, as apposed to an inn or hotel where meals could be obtained, was owned by **A Boulanger**, a French soup vendor, who opened his business in the 1760s, offering his patrons ‘restoratives’, from which we get the word ‘restaurant’.

In 19th century Australia, whilst a restaurant was seen as a place for the upper classes, the cafe was an affordable eating-house where coffee and meals were had. Writing about Sydney in 1859, social commentator Frank Fowler declared that whilst the upper classes patronised the “usual club-house attractions of libraries, billiard-rooms and good cooks”, “for the middle classes there are the cafes and concert rooms”.<sup>1</sup>

One of earliest in Sydney was **The Cafe Restaurant**, in George Street in 1854. **The Cafe Restaurant** offered both the coffee and light refreshments of a cafe on one side whilst in the restaurant “the best style of French and English cookery” could be had.<sup>2</sup>

Cafes followed the strong fashion for all things French in the naming of their businesses. Fowler wrote that **The Cafe Francois** in George St, Sydney, was “much frequented by the young swells and sprigs of the city”. Here could be had various amusements as well as refreshments such as strawberry ices, sherry-cobblers and all other manner of foods.

For the most part, the type food offered by cafes in the 19th century followed traditional English lines of soup for a starter, followed by beef and mutton offered in a variety of ways, boiled, roasted, or stewed with vegetables, followed by pudding. Other meats may be on offer, but the preparation rarely varied from this theme.

The development of the oyster saloons in the later part of the 19th century allowed enterprising Greeks to enter into a type of small business where they were to flourish.

## I Zoi En Afstralia – Life in Australia

Greek newcomers to Australia have had a bigger impact on cafes and milk bars than any other culture. Greek migrants took the oyster saloon craze of the late 19th century and turned it into the milk bars and the cafes that we came to know and love over the 20th century in Australia.

As early as the 1860s, oral tradition tells of a Greek coffeehouse or *kafeneion* operating at the back of the Grace Brothers' department store in Broadway, Sydney in a lane known as Greek Street since 1871. The cafe was run by an immigrant from Corfu named Spinelli who advertised his business with a signboard painted with a camel. Little is known of Spinelli although his patrons referred to him as 'Dottoro' as he claimed to have some medical qualifications.

But the real development of Greek fish cafe ownership seems to have been born out of sheer coincidence and hard work. Having been told by his doctor that he needed to find light work and eat more fish, Athanasios Comino of Kythera, visited an Oxford St fish shop and was impressed at the ease with which the Welsh proprietor battered, cooked and served the fish. Along with partner John Theodore he opened a fish shop at 36 Oxford St, Sydney in 1878. Although fish was familiar to the island people of Kythera, oysters were not, and legend has it that upon receiving an order for battered oysters, the pair battered, cooked and served them still in the shell!

The flow of Greeks seeking a new life in Australia in the late 19th and early 20th century prompted a group of Greek businessmen including Comino to publish *Life in Australia*. It was intended to give an account of the success that could be found in Australia and it was to be the first book published in Australia in Greek.

Word of the success of Comino and Theodore and others spread back to Greece and friends and family came to Australia to assist in the shops and upon saving enough, open their own businesses. Many arrived as young men of 14 and 15 and worked extremely long hours to pay off a sponsor or a loan. "We were slaves", stated Peter Aroney in the later years of his life, having described 17-hour days and six-day weeks, scrubbing floors and cleaning furniture.<sup>3</sup> Peter once described an occasion when as a young boy he was carrying a large bag of shell fish through the streets of Sydney to the oyster saloon of his relatives, the Aroney family. With the weight of the bag he sat in the gutter to cry and a well-dressed lady approached him and upon hearing his story proceeded to escort him back to the saloon to chastise the owners for their treatment of such a young child. There are many stories of young men who arrived in Australia one day, and the next would be working in a country town cafe owned by a relative.

Living in country towns and isolated from their people, Greek cafe owners struggled to be accepted in Australian society. Name calling and harassment was prevalent with property sometimes vandalised. During WWI, public aggression led a group of Greek business owners to draw up and sign the 'Up-Country Shopkeepers Pledge' a document signed by 12 NSW shopkeepers that declared that if Greece came into the war against the Allies, they would give over their profits or whole businesses to the Red Cross provided they would be returned after the war. Such was their desire to demonstrate their loyalty to Australia. In their ignorance, their tormentors proclaimed them to be the enemy, even though they were not.

Long opening hours and the support network of the family business has been the resounding success story of many cafes and milk bars. Even with limited English businesses thrived and support networks developed that remain strong across country Australia even today. In every country was a Greek family and cafe, ready to assist any countrymen who may pass through their door. Many Greek Australians can trace their family origins to the early fish shops opened in Australia capital cities.

### The Coming of the Milk Bar

There is a vast difference between the milk bars of Australia today and the original milk bar that opened in Martin Place, Sydney in 1932. The original milk bar was truly a bar, like those in a hotel, only this one sold milk shakes and other drinks.

Joachim Tavlaridis came to Australia in 1906 at the age of just 14. His family had been living in the Greek community of Thrace in Turkey when their home was destroyed by an earthquake. Joachim had a brother living in Australia who then provided a ticket for him to travel to Sydney. After finding work amongst the local Greek community which was growing rapidly at this time, Mick Adams, as he became known, saved enough funds to establish a confectionary business in George St, Haymarket in 1911.

Then on November 4 1932, Mick Adams opened Australia's first milk bar, the **Black and White 4d Milk Bar** in Martin Place Sydney. Much fanfare and attention surrounded the opening of the milk bar with Lord Mayor Walder conducting the official opening and stage stars Cyril Ritchard and Madge Elliot assisting to serve the 5000 customers from behind the soda fountain. The **Milk Bar** became famous for the black and white mechanical cow that sat in the window with its calf and was patiently milked by a milkmaid. The cow produced a continuous flow of 'milk' (it was really oil) that had passers by so fascinated, the police were required to move people along so that traffic could get by.

The first round of milkshakes were purchased for a pound each and all proceeds from the opening day were donated to the Dalwood Home for Children an act of generosity that was repeated on the same day each year. Mick also gave generously to the families of returned servicemen donating Anzac Day takings to this cause, stating that he felt he ought to give something back to the adopted country that had treated him so well.

Mick Adams went on to open five more **Black and White 4d Milk Bars** around Australia with stores in Wollongong, Brisbane, Melbourne, Adelaide and at Town Hall Station in Sydney. The idea for the **Black and White Milk Bars** came from American drugstores and Micks belief that if alcohol could be so popular drunk at a bar, so could milk. The Metropolitan Milk Board were thrilled with the new businesses as the fashion for milk consumption sky rocketed to around 22 million gallons a year in the Sydney Metropolitan area by 1934.

Mick Adams started a type of business never before seen in Australia and introduced us to a new form of food and drink consumption. He lived by a simple philosophy that provided him with a successful and happy life – The world is my country and doing good is my religion.

## Service with a Smile – The Families Behind the Cafes

The stories of many cafe-owning families are repeated time and time again. Years of hard work and labour serving the community, long opening hours and working behind the scenes for even longer. Waiting on tables, preparing and cooking food, washing up, cleaning the kitchen, cleaning the shop, peeling potatoes, making chips, making chocolates, making ice cream, mixing syrups, collecting supplies, making pies were all every day activities for a family running a cafe.

Then there are the other contributions cafe owners make to country town life across Australia – child minding, providing a free feed for those families facing hardship, sandwiches and drinks for bush fire fighters, ‘taxi’ service, donations to charities, selling raffle tickets, counsellor and so on. And all done with a smile.

It is through the determination and the solidarity of these families that their businesses survived. How else could you run a business that is open 17 hours a day, 7 days a week with table and counter service and extensive menu offering a range of delights such as ‘fountain delicacies’, grills and ice cream sodas.

Here we highlight the contribution all of these families have made to Australian social history by focussing on the stories of just some.

### Meals At All Hours - The Bluebird Cafe Lockhart, NSW

When The Bluebird Cafe changed hands in 2000, the main street was closed off and the whole town turned out to farewell the Veneris family’s 97 years of service to the Lockhart community.

Fourteen-year-old Panayioti (Peter) Veneris and his father John came to Australia in 1903, and after landing in Cooktown, Qld, began working for their relatives in Lockhart’s Paragon Cafe that same year. After working several years in the Paragon, and a farming venture on the north coast of NSW which was struck by severe storm, Peter purchased the Paragon Cafe in 1919. Peter later proposed to a young woman from his home village and with the offer accepted, money was sent for KyriaKoola Mavroumatis, her sister Chrissoula and father Beneto to travel to Australia. Her brother Anthony followed some months behind them. Peter met them upon their arrival in Melbourne in 1922, and travelled with them to Sydney where the couple were married in the Holy Trinity Church in Surry Hills.

In 1931, Peter sold the Paragon Cafe, purchased another and renamed it The Bluebird Cafe and established a new business with his wife and her brother Anthony that remains to this day. Sadly, in 1935 Peter died suddenly, leaving KyriaKoola with six children and little English to get by on. Many local Greek families believed that she should return to Greece, but she stayed in Lockhart working hard with the market garden that supplied the cafe and much of the town. Control of the cafe business passed to her brother’s hands until 1950, when Anthony moved his family to Sydney and KyriaKoola and her children Violet, Mary, Peter and Jack took over the business their father worked hard to establish.

“For me it was hard as I was too shy to face up to the people behind the counter or serving on tables so out the back I stayed in the bottle shed stacking bottles in the cases for returns or peeling potatoes, plucking chooks, chopping wood, anything so I didn’t have to be in the shop” Peter Veneris, in an interview with the curator in 2001.

Although there were other cafes in Lockhart, such as the Art Deco ‘Monterey Cafe’, The Bluebird has always been a favourite with locals. Brothers Peter and Jack Veneris operated the cafe for 50 years making few changes to the decor of the cafe or the menu. The cafe still operates under new owners.

### Cafe Cabaret and the Brisbane Girl Brisbane, Qld

Chrysanthy Mallos (nee Aroney) was still a new bride when her husband Michael took her back to his cafe in Nanango Qld in 1943. As a born and bred Brisbane girl who had her own shop selling baby clothes, Chrys missed the city life and all that came with it.

Chrys’ father, Peter Aroney came to Australia as a 15 year old in 1900 and started work for the equivalent of 25c a week in the fish and oyster saloon business established fellow countrymen from the island of Kythera. Peter recalled that when he came to Sydney, there were only a handful of Greek businesses and very few Greek women. By 1910 he and a brother had a fish shop in Brisbane.

Peter then returned to Greece for a few years, at times giving lectures on life in Australia and on another visit fighting for Greece in the Balkans war.

From 1931-1937 Peter operated the sophisticated **Cafe Cabaret** in Queen St, Brisbane. In the front of the large, multi-storied shop was a magnificent chocolate display and cubicles for patrons to sit in, each with it’s own little light. The **Cafe Cabaret** did very well from the patrons of the nearby Her Majesty’s Theatre who ordered ice-cream for dessert which was always served with an ‘Adora’ wafer and glass of water, according to his daughter Chrys, who fondly remembers the Cafe.

Michael Mallos arrived in Sydney 37 years later than Peter Aroney and immediately travelled to Coonabarabran to start work in his sponsors’ cafe. Chrys recalls that at the time of his immigration, Michael was required to have 50 pounds in the bank, which his sponsors supplied him with and he promptly returned upon arrival in Australia. After working off what was owed for his fare to Australia, Michael moved to Yarraman in Queensland to work with his uncle and after having a shop for a short time in Blackbutt, established Mallos’ Cafe in Nanango.

Michael did all the cooking at the cafe in Nanango, while his wife Chris waited on tables and served customers. When their only child Tessa was born, she was placed in a playpen at the front of the shop where her mother could mind her and still be able to work. In the little spare time that they had, Chris and Michael would leave Tessa with a baby sitter and travel to nearby towns, sometimes 2 hours away, to attend parties and dances with other Greeks.

Business was very busy during WWII especially when Australian or American troop convoys would pass through town and order 200 cooked breakfasts! Chris and Michael stayed at Nanango til 1945, when they moved to Sydney and were partners in a milk bar in Rockdale and then opened their own milk bar at Sylvania, which they operated from 1957-73. They had one holiday in all that time.

### The Austral Cafe – A Great Place to Meet and Eat Murwillumbah, NSW

The Austral Cafe has operated in Murwillumbah in one form or another since 1919 when The Novelty Candy Store was established by an enterprising young man named Cornelius Constantine Vlismas.

Con was the eldest of six children born on the Greek island of Ithaca in 1895 to a stonemason father of high regard within his local community. Being an astute man, Con's father saw great opportunities for his eldest son across the sea and gathered together the 12 English pound fare. This entitled Con to only a deck chair on his journey to Australia on the tramp ship *The Roon* and required him to do some menial tasks also. When wishing his son goodbye, his advice was 'when you get out there son, don't go telling them how to run the country'. Con never forgot his father's advice and later came through on his promise to bring his four younger brothers to Australia.

Con landed in Sydney a young man of 15 with no money and nowhere to go. With perseverance he found work and eventually learnt the confectionary trade in Manly, before moving to the city to manage a confectionary business. After hearing stories of the opportunities up north, he left his job and travelled to the northern rivers district with his large confectionary making copper boiler for company.

After stopping off at towns along the way, Con settled on Murwillumbah where he established **The Novelty Candy Store** in 1919. This business he operated for a short time selling sweets and also homemade ice creams in the summer months. Upon moving to larger premises, he expanded the menu to include light refreshments to offset the lack of winter ice cream sales and changed the name to **The Austral Cafe**. An anecdote told by Con's son George regarding this name suggests that it was a slightly inebriated sign writer who came up with the name when Con couldn't decide what he wanted.

**The Austral** quickly grew to offer full meals and baked goods. It was the unreliability of his bakery supplier that prompted Con to begin making his own baked goods. **The Austral** became famous for its pies and fruitcake whilst in the summer months **The Austral** would utilise 50 gallons of milk a day in milkshakes.

Con made all his own ice creams until after WWII when new dairy treatment methods such as pasteurisation stopped many small businesses from producing their own ice creams. The flavours included Neapolitan, which was different from the one we know today and included eggs, sugar, cream and passionfruit pulp in its production. This was a specialty ice cream that would be included in the ice cream sundaes which came in a range of prices:

6 pence – Nutti Fruiti and Tutti Fruiti. One scoop of ice cream served with fruit salad and whipped cream and nuts on the Nutti Fruiti.

9 pence – Kia-Ora and Peach Melba. Two scoops of ice cream. Peach Melba had canned peaches arranged around the ice cream with strawberry syrup, nuts and whipped cream.

1 shilling – The Austral Special, Meet-Me-Here and Pick-Me-Up. These were made using the special Neapolitan ice cream made by Con.

Con was one of the first people to start making chocolate coated ice creams. These were called BONZ-A-BARS. All of the Vlismas children would assist Con in their production gathered around a large table cutting, dipping and wrapping the ice creams in their own printed glassine paper wrappers. They were sold for 3 pence.

Fruit drinks were made using real fruit and the orange included grated skin and sugar to give it a stronger flavour.

All of Con's four children became involved in this family affair starting out their Austral careers by standing on a Minties tin behind the cash register. Each had a partnership in the business and worked with their father at one time or another. The success of this local identity lies in the familiarity and friendly smile that greeted customers every time they walked through the door.

The **Austral Cafe** was founded during one world war and survived a second, although it wasn't easy. Staff were difficult for Con to find and his sons George and Jack would ride their bicycles down from school at lunchtime to help out in the shop, before heading back for afternoon classes, in addition to helping out in school holidays.

Con built and invested in real estate in his adopted town and contributed to the art deco style that makes Murwillumbah famous today. The **Austral Cafe** was sold as a business in 1985 and still operates with new owners. Many people in Murwillumbah still recall the old Austral with its curved front windows and mirrors behind the long soda fountain. The curved windows remain, but today the building is used as a bottle shop.

### The Niagara Beautiful – Cafe and Sundae Shop of Distinction Gundagai, NSW

2002 marks 100 years of the **Niagara Cafe's** service to the people of Gundagai and Australia. One of the most famous cafes in Australia, it has achieved this title for many reasons.

Opened by the Castrission family in 1902, the cafe remained in the family's hands until being sold to Nick Loukissas in 1983. Both families have made very few changes and it remains a classic example of the 'art moderne' style popular in cafes at the time of its' last renovation in 1933. Large curved windows and monogrammed doors at the front encourage visitors to enter and experience the timber booths, the long elegant soda fountain and silver service.

Unfortunately fire destroyed the ceiling of the **Niagara** which was painted with a deep blue and speckled with little stars that amazed all who saw it. So modern and impressive was the cafe, that American servicemen stopping by during the Second World War are said to have exclaimed, "Ahhhh! Home, Sweet Home".

The cafes' most famous event occurred late one cold dark night in 1942. Deep in the midst of war, Prime Minister John Curtin and his colleagues, including future PM Ben Chifley, stopped in town desperately in need of a meal and a chance to warm their bones. Despite being closed, former owner Jack Castrission welcomed the visitors and was rewarded with regular visits from political figures and an increased tea ration!

The Cafe remains an icon of its time and is a valuable link with former style and design.

### Keeping the Spirit Alive

The heyday of milk bars and cafes is over. The time when everyone went to the milk bar during interval at the pictures or for supper on a Friday night has past by as all things in our world evolve.

Cafes and milk bars have been affected by many things such as the development of clubs offering inexpensive dining rooms in country towns and the end of 6 o'clock closing, which saw the local hotel develop into an evening meeting place. And then of course there is the fast food chains that appear all over the country offering prices and speed the cafes can't compete with. Changing design trends have seen cafes update old style interiors in the hope of improving business and each time we lose a little of our history.

But many continue to exist in our suburbs and country towns. They still have the booths, the laminex, the long soda fountain and they still offer the same old-fashioned service and food from times past.

We hope that by visiting this exhibition, you will be inspired to return to your local milk bar or cafe, sit down and have a milkshake or a meal and take your friends with you to keep the spirit alive. Next time you are driving down a highway and feel like a break, stop at a local cafe instead of the nearest drive through fast food outlet. Support our surviving milk bars and cafes and taste the difference.

### NOTES

1. Frank Fowler, *Southern Lights and Shadows: being brief notes of three years experience of social, literary and political life in Australia* 2nd edition, Sampson Low, London, 1859, p.55
2. Michael Symons, *One Continuous Picnic: A History of Eating in Australia* Duck Press, Adelaide, 1982, p.114
3. Hugh Gilchrist, *Australians and Greeks, Volume 1: The Early Years* Halstead Press, 1992, p.200

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Museums and Galleries Foundation of NSW: [www.mgfnsw.org.au](http://www.mgfnsw.org.au)

Migration Heritage Centre: [www.migrationheritage.nsw.gov.au](http://www.migrationheritage.nsw.gov.au)

Education material prepared by Elizabeth Schaffer and Linda Raymond.

## Activity sheet for Exhibition Milkshakes, Sundaes and Cafe Culture

- > Read the panel called The Black and White 4d Milk Bars - a glass full of health. Do we still think milk is important for health? Why or why not?

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- > Back in 1932, when Mick Adams opened his milk bar, milk was just milk – you bought it in bottles, or you milked your own cow. How many kinds of milk can you buy today, and what sort of containers do they come in?

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### Back in the classroom

- list other products can you think of that are called milk, but don't come from cows
- work out why these things are called 'milk'
- find out the differences between pasteurised and unpasteurised milk, and homogenised and unhomogenised milk

- > Find the panel What's On the Menu What does Stavroula Sanders say about her family and what they ate? What have you eaten in the past week that perhaps isn't what Stavroula would have called 'Aussie food'?

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- > Using the menus provided in the exhibition, choose a meal of at least three dishes (not including a drink) that you would like to eat before a trip to the pictures. Note which menu each of the dishes comes from.

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- > Now choose a ‘nutritionally balanced’ one that your mum or dad would probably prefer you to eat!

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- > How many extra special or fancy sundaes can you find in the exhibition? List all the names below.

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- > What ingredients would you put in a sundae called Kiss Me Again? Why?

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- > Go to the exhibition panel **A Pleasant Place to Eat** Read it to find out how the Vlismas family lived and worked in their café, the Austral, in Murwillumbah.
- > Imagine you are also a member of the Vlismas family and you are helping prepare the Bonz-A-Bars for sale to your customers. Your job is to make a sign to advertise the Bonz-A-Bars in the café. Using the blank space below, write a sign that will really excite customers to buy your product.

**Back in the classroom**

You might also want to write a good two-line jingle for your bars. Using the first line given below, or make up your own if you like, write a catchy jingle for the Bonz-A-Bars.

Bonz-A-Bars a real taste treat,	-----
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- > Find the section of the exhibition called **Meals at all Hours** and look carefully at the photograph of Peter Veneris, his daughter and his father in their market garden. Describe what the Veneris family members are wearing and then write down what you or your parents would wear now to work in the garden or on your property.

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- > Read the panel called **Café Cabaret and the Brisbane Girl**. Do you think people today still work as hard as Chrys and Michael Mallos? Why or why not?

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- > List eight adjectives to describe the scene in the Mallos' café and kitchen when 200 soldiers arrive for breakfast!

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- > Where in your area do you and your friends like to meet and hang out? Why?

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- > What do you think is the main message or theme of the exhibition?

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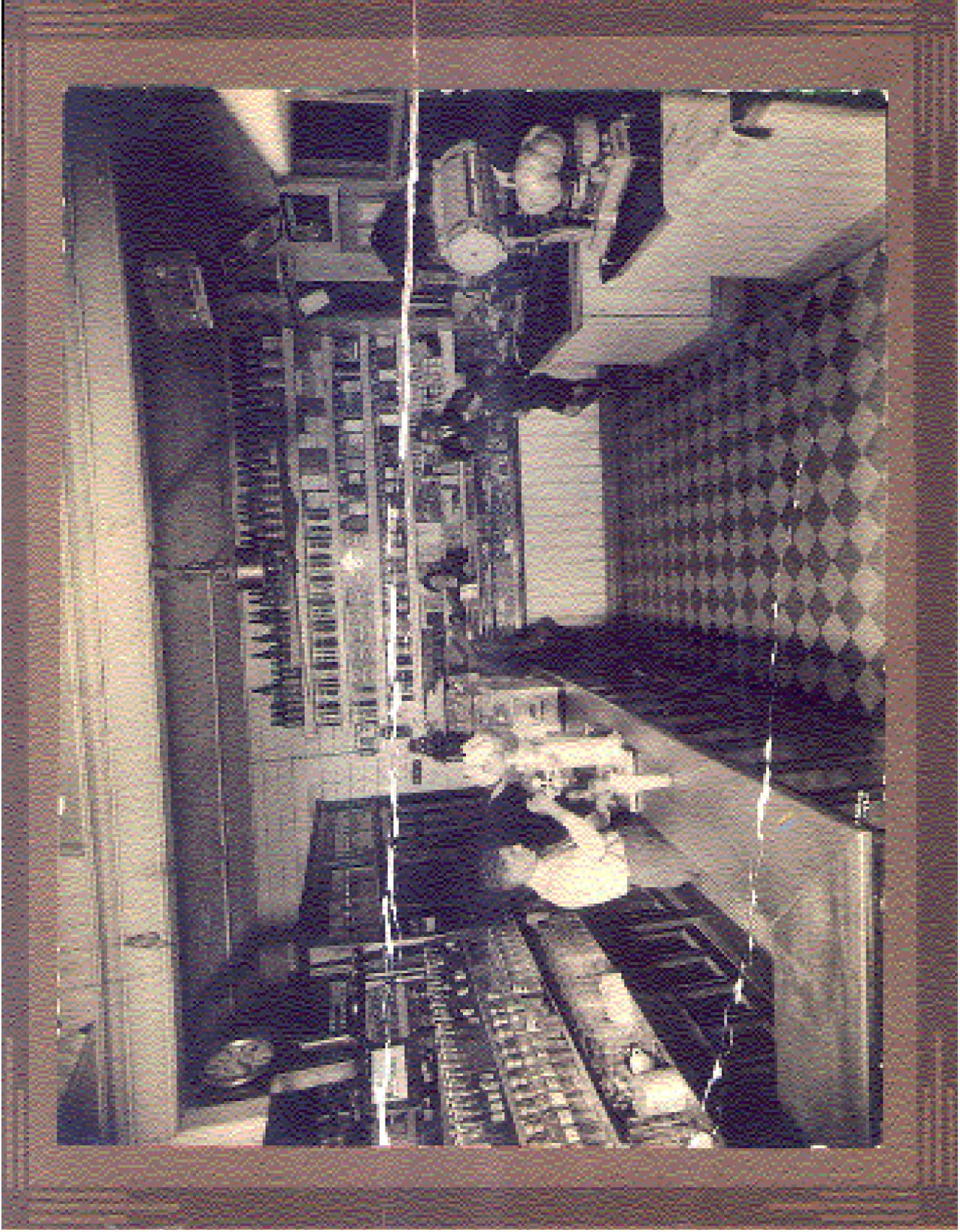


Image A: Inside the Paragon Café Lockhart in 1925. Behind the soda fountain is Anthony Mavroumatis and at the back of the café his sister Kyriakoda and her husband Peter Veneris. Separate dining rooms were at the rear of the café with a door for ladies on the left and gentlemen on the right. Courtesy Veneris Family.