

Liang Shi Mah Poy

Liang Shi Mah Poy infused central Alberta life with the food, language and cultural motifs native to her homeland - China.

Traditional Chinese food and clothing was non-existent in Ponoka, Alberta's stores. Liang Shi prepared her own Chinese dishes such as salted fish and cured duck. She also made and used traditional Chinese baby carriers to strap her babies to her back while she tended daikon and bok choy plants in her garden.

Liang Shi left some cultural practices behind in China. Her feet were bound when she was a girl and although she unbound them when she came to Canada in 1912, Liang Shi walked with discomfort all her life.

Born: 1879 – Died: 1965

Additional Resources

- **Alberta on Record**
<https://albertaonrecord.ca/mah-poy-family>



Liang Shi Mah Poy, Ponoka, Alberta
Glenbow Archives PA-3685-2

Our Collections

Glenbow Museum

<https://www.glenbow.org>

Glenbow Western Research Centre | Glenbow Library and Archives

<https://libguides.ucalgary.ca/glenbowlibraryandarchives>

Glenbow Library and Archives | Digital Collection

<https://digitalcollections.ucalgary.ca/asset-management/2R340826N9XM?WS=PackagePres&Flat=1>