

MULLEIN



ANTHONY
RUSMEIER

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P.O. Box 145
Scottsboro, Al. 35768

MULLEIN:
A PROJECT IN
CULTURAL JOURNALISM

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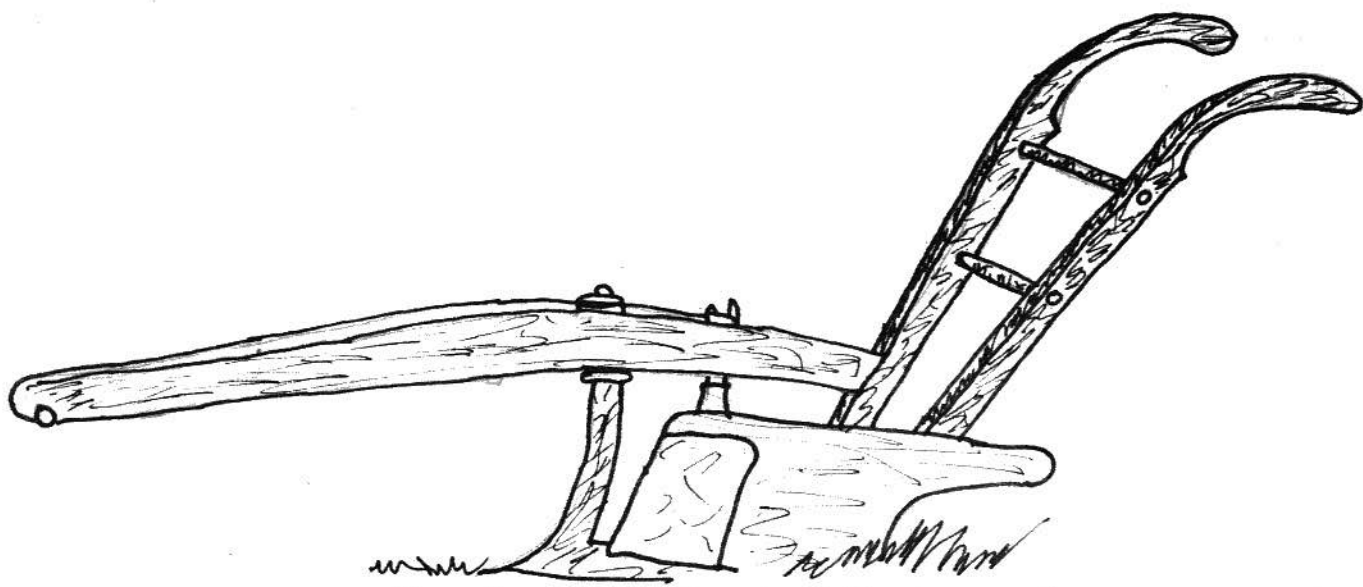
MULLEIN

Mull-

To ponder, to heat, to sweeten and flavor with spices

At a time when pollution and certain synthetics are causing controversy, some of us at Scottsboro Junior High School want to discover and use nature's healing secrets. A whole new way of life evolves which is simpler and more rewarding.

Forgotten and unnoticed, the flannel-leaf mullein plant is useful. It grows bountifully in our fields and on our roadsides. Like the interesting stories our grandparents and great grandparents tell us of the past, herbal lore, and herbal gardening are contagious. We have found that the two are interwoven in a way that is hard to explain.



The plow, as seen here, is quickly disappearing

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INTRODUCTION

The Mullein Staff would like to extend our gratitude to all those people who contributed to this book. Mullein is dedicated to bringing alive the past through senior citizens of the North Alabama area.

We have researched herbs and collected old recipes, remedies, beauty tips, and wise old sayings. We have written interesting articles about various activities of earlier days.

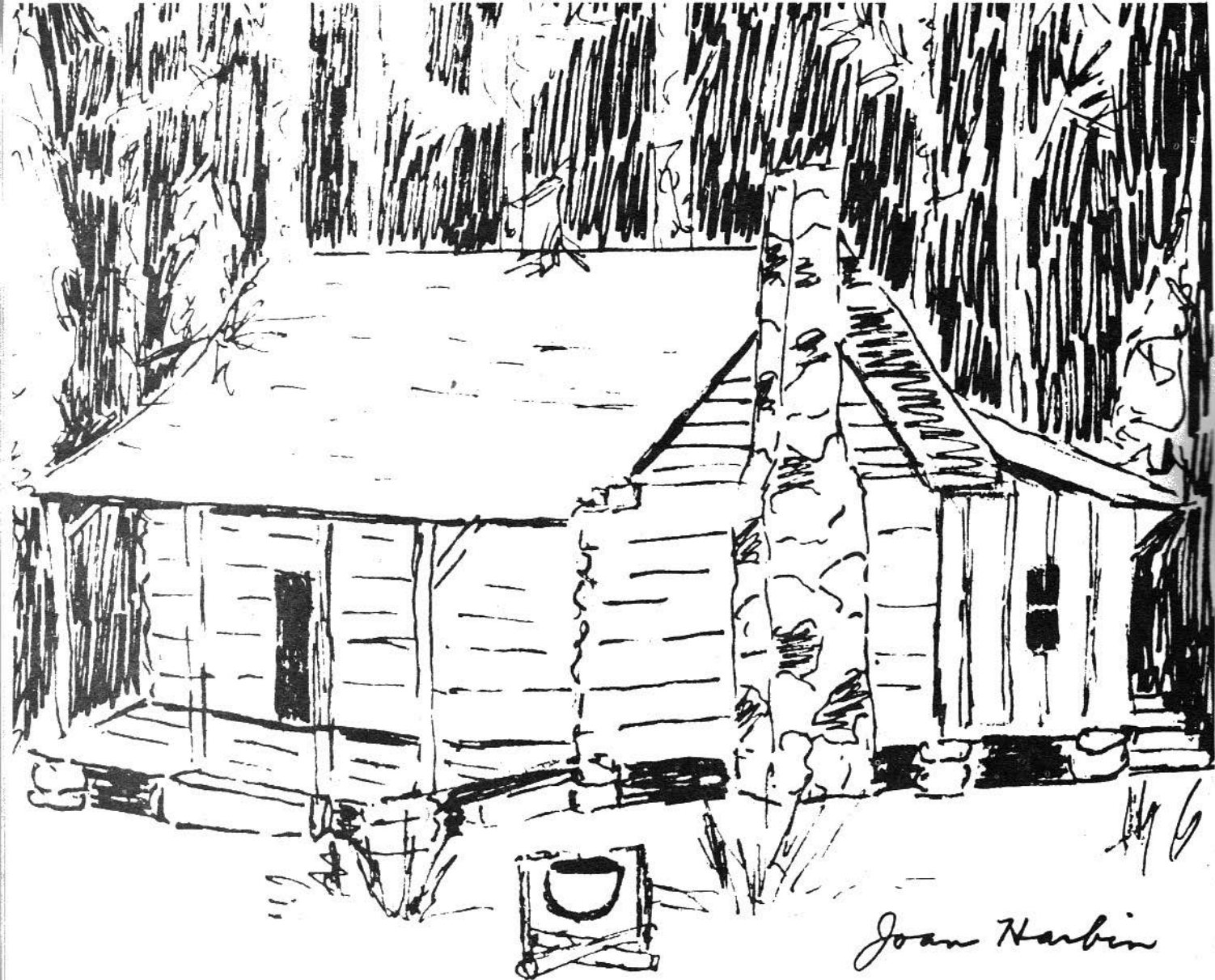
Dr. Norman Farnsworth said, "For every disease that afflicts mankind, there is a treatment or a cure occurring naturally on this earth."

Some of our adventures into the past have revealed the differences between the old and the more modern methods of preserving meats, fruits, and vegetables.

Mrs. Lethia Welch first introduced us to the art of making dolls. Then and there we fell in love with her and her beautiful dolls. These are just a few of the things that have increased our wisdom and eagerness to learn.

So, you spend some time with your grandmother and grandfather; learn the secret of their fortitude and integrity. Their wisdom and great sense of humor must be preserved, because without these, our book would have no purpose.

Susan Arnold



Joan Harbin

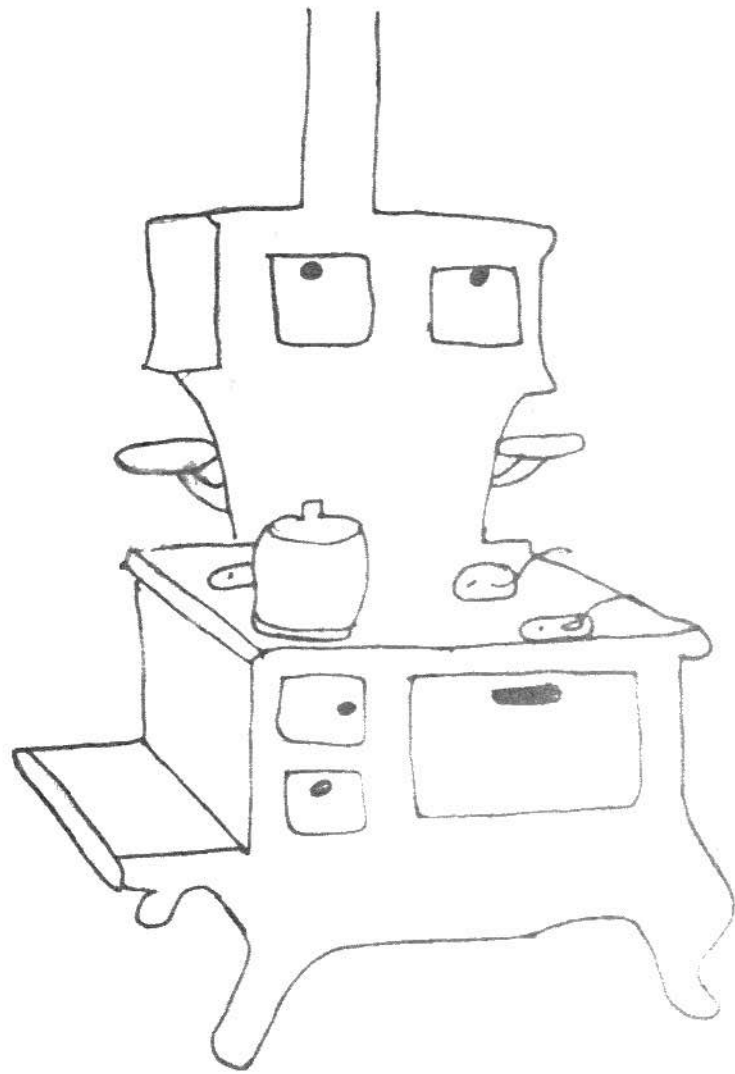
This wee, rough cabin that you see here
Has brought art to children and to me much cheer
Its purpose in the beginning was a necessary homestead
Now it affords learning through environment instead
Hope you take notice of its bit of cluttered junk
Take a look at everything from the chimney to the trunk
As time for us progresses we mustn't forget
looking back
Much is gained from our ancestors if we manage
to keep it intact
This nostalgic memorabilia is here for you to view
Many have enjoyed it so I hope you will too

The two-room log cabin pictured on the opposite page and now located in Roseberry was moved in the early 1970's from Riley's Cove, formerly known as Garland's Cove. The cove is located about five miles north of the Scottsboro courthouse. Some say, "Just North of Tater Nob."

The cabin was built by Taylor Chapman, whose wife was a Garland descendant. It is furnished throughout with articles common to the period. Facing the entrance are portraits of former owners, Mr. and Mrs. Taylor Chapman. Mrs. Chapman was a Garland. The portraits were painted by Mrs. Joan Harbin from pictures borrowed from Mrs. Chapman's grand-daughter, Mrs. Fannie Machen. Another Chapman grand-daughter married a Riley. It was the Rileys who continued to live in the cove.

Mrs. Harbin uses the cabin as a studio where she conducts her art classes. The setting is perfect for sketching and writing. She impressed upon the Mullein staff the importance of recording the nostalgia around them. Mrs. Harbin's paintings are varied, but one particularly notices her love for nature and early America.

Patrica Potter



DOES THE COVE CABIN CONTAIN A GHOST?

On a few acres of land dotted with pine trees stands an old log cabin from Riley's Cove. Mrs. Joan Harbin and her husband moved the little home from the original location in Riley's Cove to its present location in Roseberry. In this cabin hangs a pair of old pictures, paintings of an old man and woman, pioneers to Riley's Cove. Here the story begins.

On a cold and rainy night just about dusk, Mr. and Mrs. Harbin were about to give a tour of the cabin to a couple just arriving. The interested twosome were roaming about the small, three-room house while Mrs. Harbin was giving a brief account of the place. Mr. Harbin heard a voice from above; he thought it was the visiting lady. The sound came from the loft so he went to help her down. But she wasn't there! At the same time, the other visitor, hearing a voice also, went to the door to see who was there. There was no one at the door either!

Everyone heard the voice except Mrs. Harbin, because she was speaking. In any case, they never found an explanation for the voice. Was it someone playing a trick on them or were the spirits of the pioneers returning to their cozy little cabin? Decide for yourself. But it is a little strange ----- isn't it?

Susan Arnold



The picture shows part of Mrs. Welch's doll collection.

MRS. LETHIA WELCH

Mrs. Welch was born and raised in a two-room log cabin in Tennessee. She shared the house with seven other brothers and sisters. Mrs. Welch said, "I helped my mother take care of her babies. I'd bathed them an -- I'd just take care of 'em and feed 'em. I washed 'em and I'd just do anything for 'em. When time came for meals, everybody had a bench to sit on. They didn't say, 'I want this and I don't want that.' They ate whatever was on the table."

"Apples were picked in the fall and put in barrels or boxes and sealed to keep for Christmas. For winter time we picked up walnuts, hickory nuts and chestnuts. We had peanuts and popcorn. We would gather the nuts by the bushel and we would gather around the big fireplace to crack nuts and pop popcorn. We had cows and hogs and all kinds of canned vegetables and jellies and preserves. We had it all but sugar, coffee, soda and baking powder."

When we asked how they slept Mrs. Welch replied, "The two biggest 'ens slept at the pillows and my sister and me (that was younger than me) slept down at the foot of the bed. We slept together until we got pretty good size girls. I remember well that I had whoopin' cough. And now for the whoopin' cough, my mama got up and gave me a teaspoonful of sugar with coal oil on it. That's what we doctored whoopin' cough with."

When I was about four years old my mother sent me out to a neighbors house to borrow a live coal of fire. She started to cook dinner and her fire in the fireplace had gone out. In the wintertime we kept that fire all the time and started the kitchen

fire with a live coal from the fireplace. I carried a half-gallon syrup bucket to get the fire in."

"We'd work in the field, you see, through the week til' Friday. We'd just shout 'n' holler when Friday come. We washed and ironed our clothes on Saturday. We washed our hair, we ~~cleaned the yards~~. Our broom was made out of switches and we done all the work. Then our mama would take us to gather chewing gum. We'd go to a sweet gum tree, this white stuff oozed out of the tree, and mama would see that each of us had enough to do til' next Saturday. And we'd stick it up on the wall behind the door when we'd get tired of chewin' it and we'd come back to it later. Sometimes one would get the other one's gum and we'd fight over it!"

"On Sunday mornings we dressed up and went to the Baptist church below us. We went in a wagon or buggy. Every lady wore black hose then. If we started somewhere and had a hole in our stockings we would turn the stove-eye over and black our leg under the hole with soot. After church we would come back by home and eat dinner and then go on to our Mother and Daddy's church which was the United Methodist Church."

"My Mama made quilts. I went to the woods many times with her to gather the bark off certain trees to color her quilt linings. I remember the special tree was wild cherry and red oak bark. She'd put the bark in the large wash pots and boil it. Then she would take out the bark. She would have four or five linings made out of flour sacks to put in the pot. She stirred them real good to prevent streaking. Then to set the color, she put a hand full of salt into the pot."

"Another thing, every spring we'd paper our rooms with newspaper, I believe it was the "Chattanooga Times." When it was rainin, we'd play I see. I see so 'n' so letter, you see, I see

"We always was happy. We laughed and sang songs and played jokes on each other. The good times was Christmas. We would always get a ribbon bow for our hair and candy and oranges. All the other candy we got was made from home-made sorghum cane. Of course, we didn't have no dolls back then, we made 'em out of cornstalks. But we never were complaining. We only had one china doll apiece. Once my brother got mad at me and took my doll and stomped its legs."

"Now the games we played, every spring, why, we had straw beds and feather beds on top of those straw beds and we made work fun. We'd go to where there was a wheat field and we'd wash those ticks (pillow cases) and we'd fill 'em with straw. We'd fill those wagons up, way up high, an' boy, it was fun to ride home on them straw beds."

"One time this couple lived on our place and they had gotten married. So we were out, we had a log smokehouse, and we sat the dolls up in the cracks of this smokehouse. Well, we were just serenadin' away. We were a-hollerin' and a-whoopin'. We were callin' the dolls by their names, playin like when they got married, and we looked up and there they stood! Were we set back!"

Mrs. Welch has a lot of fun with her dolls that she makes. She told us that when she gets up in the morning, one of the first things she does is to greet some of her dolls and talk to them a little while. She told us a story about a funny experience she once had with a doll while she was in the hospital.

Mrs. Ruby Harper and Mrs. Janie Fennel sent Mrs. Welch a doll while she was sick. Then, Mrs. Welch's pastor from her church came to visit her. In the meantime Mrs. Welch's daughter-in-law, also called Mrs. Welch, was in the maternity ward. When the pastor asked to see Mrs. Welch, the nurse replied, "You can't see Mrs. Welch."

He questioned, "Why not?"

Then, the nurse said, "She's up in the maternity room havin' a baby."

"But," the pastor said, "well, I know Mrs. Welch couldn't have a baby at her age!" Later, when he finally got to her room and saw Mrs. Welch with the doll in her arms, he was really puzzled. "Well, if I'd have come down here before I spoke to the nurse, I would have thought I was tellin' a lie!"

"I went back to my old home a few years ago and painted a picture of the same house. It had changed a lot but this is the way it looked as I remember it." She keeps the picture in her bedroom.

There are alot of interesting, old articles lying about Mrs. Welch's house. In the following paragraphs, we would like to share some of the stories of these with you.

One thing that caught our eye, was an old-fashioned fly-swatter. It was made of cane and a newspaper, Mrs. Welch explained to us how you make one of these fly-swatters. "You take a cane, and double a newspaper over the cane and sew it on. Then, you tear the newspaper in strips and ruffle 'em. That was our flyswatter. We'd have to stand for hours at a time to mind flies while our company ate. We'd get so hungry and think we'll never get no chicken."

Another thing was a copy of a bag shown to Mrs. Welch by her friend, Mrs. Thomas, that women once used to keep their knitting in. It is one hundred-fifty years old. "The women would go to church, even revival meetings and be so behind on their sewing, they's carry balls of thread and things and knit in church. Mrs. Welch made a pattern of it and made one that hangs on one of her walls. It is about 10" x 8" and had a lot of hand work on it.

Mrs. Welch told us that when she and her husband first moved to Larkinsville and decided to build a chimney onto their house, hauled stones up from an old homestead where Confederate soldiers stayed during the war. The stones had Indian markings on them, but the chimney was built with the markings on the inside so no one could see them.

We would also like to tell you about the dough-roller Mrs. Welch's husband gave to her many years ago. Here is her story. "Fifty-six years ago I was married. We didn't have much money, but everybody was happy. So, we had some money but we didn't want to spend it, we wanted to save it. And so, my husband was out cuttin' wood one afternoon and he came in with something behind him. "

And he said, "Sis," that's what he called me, "guess what I have for you?"

"Have you found a nest of eggs?" He brought out this dough-roller. This just fell out of the heart of the wood that he was cuttin'. And I have used this for fifty-six years.

We hope you have enjoyed reading about Mrs. Welch and that you want to learn about her art, she is a very talented lady. She is our Grandma Moses.

MRS. WELCH'S DOLLS

Doll making is a popular hobby. At almost any art festival you can see this craft on display. Mrs. Welch creates many kinds of dolls from her vivid imagination.

One of the newer types of dolls she has created lately is her own "Aunt Jemima Doll." First, Mrs. Welch takes a detergent bottle and places gravel in the bottom of it so it will stand. Then, she takes a black styrofoam head and puts it on by pushing the neck of the bottle up into it. Aunt Jemima's mouth was made of red styrofoam, her eyes and earrings were bought. These were placed on the head completing the face. Next, Mrs. Welch made the doll's clothes: a long multi-colored patchwork dress and head-scarf trimmed with yellow embroidery.

Another pair of dolls she makes are the Grandpa and Grandma dolls that are made from detergent bottles also. They are weighted with rocks and the arms and head are sewed on after being removed from other smaller dolls. Mrs. Welch makes the clothes for them including a basket for Grandma and a walking cane for Grandpa.

Mrs. Welch often goes out back of her house into the woods and collects small pieces of wood, small tree stumps and branches. Then, again using her imagination, she creates things from them. For example: Once, she found a piece of wood, that to her, resembled the face of a horse because it was long and slender, splitting into two branches at the end. She added some eyes, a mouth, and nostrils, plus a little bit of cloth for the ears, it now, sits on one of her shelves. It's one of the first things that catches your eye.

This isn't all, almost life-size dolls, Orphan Annie and her dog rest in the middle of the living room. Paintings, patchwork quilts, and satin ladies fill her bedroom.

Her dolls are human. They all have names.



A close-up of Mrs. Welch with some of her dolls. A painting of her home as she remembers it.



The top picture shows Mrs. Welch's work room. Note detergent bottle bodies.

The bottom picture shows Mrs. Welch and Susan Arnold sitting on Mrs. Welch's front porch.

MRS. WELCH'S REMEDIES

1. For our sores we gathered sweet bubbie blooms and dog fennel seed and made a salve out of them by adding a bit of tallow. This was good for any sore. A bit of whiskey would keep it from souring. We made enough to last all winter.
2. For whooping cough we was given 1 teaspoon of coal oil and a large dose-one tablespoon full of castor oil.
3. For a rison (rising) or boil we used to scrape Irish potatoes and put on it and cover with a white rag. It would bring it to a head.
4. When hogs was killed all the hog head grease was cooked down and put on the throat and jaw for mumps.
5. For measles they would go for miles around to get sheep pills to boil down and make a tea to sponge off with to break the measles out.
6. For chicken pox the white part of chicken pills was boiled down to make tea to bath with to make chicken pox break out and to cure the sores.
7. For a chest pain or whatever, we used mustard plasters. We raised our own mustard seed. It was ground up on the coffee mill and mixed with a little oil or butter and put between a flannel cloth which was laid over the pain.
8. For the ear ache we would go to the woods and turn over a log or stump and catch a Bessie Bug. We would take a drop of blood from the bug.
9. To keep from having chills we would go dig sassafras roots, boil it down and drink a cup once a day. It was also used to purify the blood.
10. For kidney trouble we would boil watermelon seeds and make a tea and drink a half cup once a day. It would cure kidney trouble.

Mr. Jess Paradise

This story was the first to be brought to Mullein by seventh grader, John Sumner who interviewed his grandfather. John taped the interview, then typed the story himself.

"When I was a boy, son, I was always gettin' into something, like, for instance: me and Gordon Owens would steal eggs from our mother and daddy through the week and we would go get us some cigarettes. Eggs was six cents a dozen, Duke smokin' tobacco was a nickel, cigarettes was a dime. Sunshine cigarettes (they ain't none now), they used to be, Sunshine tobacco too, but they ain't none now, was a dime."

"Well, son, we worked all night." My dad would walk when I was a boy from our house five miles both ways and cut timber. We never saw our daddy from Sunday night to Sunday mornin'. He got two dollars a day for what work he did. His hands would swell up the awfulest you ever saw from toten a saw. How big it was I don't know.

We moved from there to Ed Snodgrasses place, I remember that.

Dad bought a pair of mules, little gray mules, about eight years old, then, I guess.

He put me to bedden the cotton ground, he strowed it with his hands, about thirty acres. Had what you'd call a bugle. He put this fertilizer in a sack and he would walk along and strow it with his hands, and I'd bed it with a one row cultivater. I'd cut the bed into every once and awhile, couldn't handle'em good, and dad he whipped me one time for cutten the bed's into.

Well, we'd get that bed sewed up. Then dad would give me a drag, and I'd get up on the drag and drag them beds down so we could throw them up and make them level. He'd plant cotton, well, we'd plant that crop.

We went on down then to my two uncles⁴. They leased a place down there standin' rent. They was s'pose to give twenty bales of cotton. They thought they had it made up when we went down there. So we moved on down there. It was right after World War One. So we got word that they was gonna take all we made for the standin' rent. They give their father one acre of land to clean it up to get what he made on it. They thought they would get rich.

So we went to Ed Snodgrass and went to picking cotton, and we was pickin' for white meat, which is side meat, and Uncle_____ and Uncle_____ they wanted us to come back, said they wasn't gonna take our crop.

Well they talked dad into gettin' the notion to move back down there. By that time it was startin' to get late, the ground was cold, and the last cotton hadn't been picked. It had gotten so cold. We didn't have no shoes, and they wrapped our feet up in rags, and toe sacks and we would go out and pull those cotton bolls and that night we'd pick them out by the fire. We had twelve bales of cotton, ~~and~~ we didn't owe nobody a dime except where we went and bought groceries from mister Charley Steelman on credit. It took about three years to pay that grocery bill, because my uncles did ~~take everything~~ we made, we never got a dime.

Well Uncle _____, he put in a little ol' grocery store in his apartment, and dad moved in right above him, cause he had always listened to him. So we had to make his crop and ours too.

Uncle _____ stayed drunk most of the time.

So, we had to go to plowing, I must not have been over twelve years old then. My brother Oak would get his mules tore up where he couldn't handle'em and I'd have to swap with him; to take his mules, and he'd take mine.

Uncle Johnson had an old cow that died, and he asked me to drag it off, and I said, "Uncle Johnson, let me skin that old cow, take the hide off and sell it." He said, "alright." So when I got her skint, and started to leave, he said, "Now you bring my part of it back." And he made me give him half of that old cow that I skint, and that was the best chilie I ever eat, cause I spent all of mine on chilie!"

We didn't have nothin but corn-bread and gravey for breakfast, thats all we had for breakfast, and part of the time for dinner. And we were happy in the spring, we had lettuce, mustard, and onions early. We'd cut it all up in our plate and pour hot greece over it, hot lard greece, for our dinner.

The next year, we moved to the house my other uncle lived in. So we moved down there. And Miss Martin she taught at the House of Happiness. She taught school over there in a little ol' wooden house. We sat on two by sixes for seats, and thats where I fell in love with your grandmother. She was seven years old, and I was about eleven. And my brother and another boy had a fight over her going with me. I said, "boys you can fight over her but she's gonna be my women some day."

Well, I had caught typhoid fever. It was a hundred and ten days before I came out, of the house, that is. This lady that ran the house of happiness took a likin' to me some way or another. And she wanted to send me to school free of charge.

Well, when I finished typhoid pneumonia, everybody was afraid of it, typhoid pneumonia. And my grandfather, he lived right above us, and the road went right by our house. He made a road plum around our house to keep from coming close to our house. Miss Martin was the only person

that would come to see me, I was about twelve years old then.

Miss Martin, she had a 26 T-model, that was 1926.

The Doc left there one evening, so the Doctor told dad, and said that I wouldn't be livin in the mornin'. "If he is call me." My stomach was swollen above my chin layen flat on my back.

Dad had heard that hot cow manuer would take the swollen out of your stomach. "Where he got the cow manuer I don't know. He might have dipped it out of a cow, I don't know!"

Doc came down the next mornin' and he said "where did you get all this" and Dad said, "Somebody told me about it."

Miss Martin asked daddy if she could have me if I got well, and Dad didn't beleive I would get well, so he said yeh. But when I got well dad wouldn't give me to her.

So she rented him a crop to get me over there on her place.

So I went over there and stayed with her a lot, and drove her around in her T-model. She learned me how to drive a T-Model. She run the Church orphanage for keeping orphan children. I'd go out with her to these places a'hunten for children and stuff like that.

She had just showed me how to drive her T-Model and me and her would stop in Gadsden. They wasn'd no paved roads then. We went on an old two-horse wagen road down to Guntersville, and on over to Gadsden. We'd always stay over night with a couple she knew down there in Guntersville.

"Well, I was drivin' after dark one night and this little boy steped out in t he road and he had on a straw brimmed hat. It was a stiff brim. He waved us down, and he got in and Miss Martin asked him where he was going and he said, "Chattanooga." I knew he wouldn't goin, but he thought he was.

Well, she said, "Well, why don't go by and spend the night with us and we'll carry you on up to Scottsboro in the mornin'," and he said "Okay."

Miss Martin made him take two baths before she let him go to bed and he went to bed with me.

And the next day she kept talking to him to get him to staying and she talked him into stayin without force or anything.

Well, he grew right fond of me and your granny there. When we went to them parties they had up there, he'd get on one side of her and me on the other. So that nobody could get hold of her other hand, he'd stay on the other side of her. He thought just as much of her as I did.

Miss Martin kept after me to go to school.

So I went to Gadsden Alabama Trade School. It was five dollars a week while I was down there. I was goin with your grandmother at the time. And I went to this Alabama Trade School. She sent me five dollars a week to buy cigarettes and go to the picture show.

She wanted me to take rock work, but I wanted to take carpentry work, but she wouldn't let me, so I quit. I come home and I got married forty-nine years ago.

I moved right over here across Backbone Ridge. We got married Saturday, and moved over here on Monday mornin in a house with a feller, and worked for Jess Croppy.

Back then the wages was about a dollar and a half a day.

And they promised they'd get me a house in two weeks and they didn't do it. So I rented a crop from Dewey Tiffen.

Well me and my wife went to town and Dewey came and got us in a two horse wagon.

Well, Gordon Owens wanted me to work for him. I had know Gordon all my life, and he said if I'd work for his daddy, help his daddy work his crop, he'd give me two dollars a day. I said, "Well, Gordon, I done got Dewey to carry my things over to his place." He said, I'll go get'em and I said, "Alright".

To show you how much furniture I had, he went and got it with a one seater car.

Well, I stayed down there and managed that crop with Mr. Owens. I worked from daylight to dark. I plowed one mule to death. I said then that I'd never worked for a man like that, because I worked that mule. We'd start in the mornin just'a flyin, and didn't quit until nighttime, or dinner. And when we finished dinner we would go back out and work until dark.

Then we moved up here with the old lady's brother-in-laws' place and picked cotton, well, I weighed cotton. They gave me two dollars a day, and they give me what I picked.

Next we worked down at Mr. Linsey's and he had a little mule that had never been worked none, it was about five years old.

I told him I wanted a crop, and he said "Well if you can work that wild mule I'll give you all the land you want, and I said I'd work him or kill'im.

So, I went down there and started work n that mule and made four crops.

The first cow I ever owned I bought it from him, I gave him twenty-five dollars for it, I paid him twelve-and-a-half dollars for it one year, and twelve-and-a-half the next year.

They started what you call the R.F.C. It was before Roosevelt ever

went in. It was in Hoover's days. Right at the last of Hoover's term.

This lady found out that I knew everybody in Saulty Bottom. She was a field worker, so she got to where she would come to my house and wanted me to carry her and show her where these people lived. So I got her to let me have a job at it.

Well, I worked, but well before that, in the fall, the first year I plowed up 92 dollars worth of cotton, and I laid that crop by.

Now, that's when I got on that R.F.C., that thing I was talking about. And they let you have a dollar a day. It depended on how many people you had in the family how many days they would let you have. They wasn't nobody but me and my wife, so they just let me have one day, one day a week. And they cut me off after five days and they owed me two dollars.

And then is when, I walked all the way from long hollow to the other side of the mountain which was about seventeen or eighteen miles, and bought a gallon of whiskey and walked off that mountain at night, and they wasn't no roads then, just old country roads. It was thunderin' and lightnin', and rainin', and I was going to drink some of my whiskey but I was afraid too, I was afraid I would get killed.

So, I come on home and they had just covered our house and they had some old boards-layin around, and I stepped on a board and it had a rusty nail stickin' out of it, and I hadn't drunk none of my whiskey, so I poured half of that whiskey on my foot and drank the rest of it! I didn't have no sore foot.

Then they started that project on the mountain, and they would go sign you up, them people that needed it.

We lived there on my daddy-in-laws' place and we had our milk and

butter, meat and lard, and had our chicken and eggs, and our vegetables, and we had about four or five hundred cans of fruit. So we didn't have to worry about something to eat.

But they carried us out there on the mountain and we signed up for a job. It started December, 1935, on Skyline, I was out there the 12 of April, 1936.

They give us 15 cent's an hour, they give us six and a half in a grocery order.

Finally then, they went to payin' us money, 32 dollars a month and 44½ cent's an hour, which was top wages at the time.

Well, they put me on a truck, helping a boy carry groceries from town. They had 500 families out there. We hauled a truck load of groceries every morning, and we would go out on a job and take lumber out to the unit.

Well, they took me off and put me onto a new ground. They had a barracks out there and they said they could keep some of us at night. We stayed there and worked awhile.

MR. MONROE CARTER

Eight-one year old Mr. Carter shared with two Mullein people a review of what life was like when he was a boy. Mr. Carter is a healthy robust man who moved to his present home on Scott Street in 1937. He worked with the state until he was seventy. Now he looks after cattle that he has on his farm and spends a lot of time in his garden. He is a dedicated gardner. When asked if he plants by the signs, he said, with a twinkle in his eye, "I sure do". He promised to tell us more about that. Mr. Carter has a lot of fun about him as those who interviewed him can tell you.

Mr. Monroe's father was Sam Carter. There were eight boys and one girl in the family. The boys helped their father do all the work around the farm. In the fall, Mr. Carter remembers how they owned their own syrup mill and would make a lot of syrup or molasses. He told us how the horse would go around and around in a circle to pull the lever which pressed the cane so the juice would run into a trough or pan. From there it ran into a vat where it was cooked. There had to be just the right amount of syrup and water to make a good flavor. The length of time the syrup was cooked also affected the flavor. Mr. Carter said that after their family made all the syrup they needed that his father would lend the mill to neighbors.

He also remembers when he was very young that his father would gather fine turnips. Leaving the green tops on the turnips, he placed them around a mound of dirt. Any moisture would run down and off the mound. Next he would build a typee of branches over the mound. Then the boys would cover the branches with straw or pine needles. The greens and the turnips provided the family with fresh greens all winter.

A Cold Day for Hog-Killing

Hog killing time was a big event. Mr. Carter's father, Mr. Sam Carter, killed four or five nice-sized hogs on the very first cold day in late November. With seven brothers, Mr. Carter said everybody had a job to do. The hogs were always killed by shooting them between the eyes or by landing a sharp blow to the front of the head. They were removed from the hog lot, and Mr. Carter said his dad always had the boys put the hogs on a sled or wagon and take them to the branch which ran out of the spring where they got their water. They had two big iron pots that they used when washing clothes. The pots were filled with water and a big fire built around them. Bucket after bucket of hot scalding water was poured over the hogs. By doing this, the boys could scrape all the hair from the hog's body.

Mr. Carter said they warmed by the fires, but they nearly froze in the cold wind. He could never understand why his dad didn't build a shed for a wind break. The wind whipped through the yard and barnyard catching the workers full force. It was a day's work to get the hogs killed and dressed out in the same day. The meat was laid out in the smoke-house to be salted.

Usually, most of the cutting was done the next day. The choice strips of meat on each side of the back bone cavity, the tenderloin, was always cut for breakfast. For supper everyone was ready for a feast of hot biscuits and fresh liver. Sometimes, if the pigs were large, the liver was smothered with onions. If the pigs were young, the liver was simply fried and smothered with gravy with plenty of black pepper. Mr. Carter said supper on hog-killing day was a laughing, happy time. With only two women in the house to cook for nine boys and men, the cook was always appreciated and complimented.

Breakfast on the morning after hog-killing was also special. Big and

little, young and old were up to the aroma of strong perked coffee and frying meat. On these mornings, Mr. Carter said his mother must have made biscuits for an hour to get enough to satisfy her family. Mr. Carter had a younger brother who was turned to help his mother and sister around the house. This brother could cook, so he was able to help their mother.

After breakfast, everyone was busy with the meat. The fat had to be cut up in small pieces for the lard pot. This turned out to be the cracklin bread, after the fat was cooked out. The cracklins (small, brown, cooked-out fat) were stored for future use. Mrs. Carter also made delicious pressed liver. She ground the liver with onions and pepper, stored it in pans and covered with brown paper or a cloth. Next, a weight was placed on the ground liver. This made a delicious cold meat when sliced.

All the sausage portions were cut off and put in a place to themselves. The next day these were ground, seasoned with black pepper, and packed in cloth bags and hung in the smokehouse. The hams and shoulders were hung there, too, after they were cured. The meat was usually packed in salt for several weeks, then taken out and washed good. It was covered with black pepper and hung up to smoke over a slow burning hickory fire. This process was known as curing the hams. They were hung by birch strips to the rafters. Some people covered the cured hams with paper to protect them during the summer. Parts of the head were soaked in salt water and later ground and seasoned with black pepper and spices. This mixture was pressed, also, and made a delicious sliced cold meat.

Sawdust Insulation

Mr. Monroe Carter told us how people used to store canned fruit and vegetables in the "fruit house". The house was a square building approximately

10 feet x 10 feet. There was an inner wall on all sides which allowed a six to eight inch space between the two walls. The space was filled with sawdust- thus an insulation was formed. Hay or fodder could be put in the ceiling or loft to insulate it. Shelves lined the walls on all sides. Nothing froze inside the building. Sweet potatoes were also kept there in the winter. In early spring the small plants were used for potato "slips" for planting.

Scottsboro's First "T" Model

Mr. Carter remembers when the first Model T Ford came to Scottsboro in 1911. He was attending school at a school building located on Fort Payne Highway. The school was about where Randall's Chapel Church is now located. The teachers, somehow, they knew when the car was coming by the school. All the students lined up to see it as it passed down the road. Three men dressed in suits and Derby hats came riding by at approximately 25 miles per hour. Everyone wanted a car and it wasn't long until Mr. Hal Hurt owned one.

Mr. Carter believes this was the same year that Haley's Comet came over. Everyone talked about the star with the tail.

The River

Mr. Carter remembers well how the ferry operated on the river. Dirt roads ran directly to the ferry. At the beginning, there were steel beam-gates that a hired man would operate. The gate-keeper did this so the driver would not have to get out of his car to open the gate. Once, in the winter of 1925, a friend's car ran off the forward end of the ferry. The driver of one of the first cars on the ferry got out of the car. That was a common practice. All the men got out and talked on the ride across the river. Everyone left his car out of gear. That is, all did except this first driver. He left his car in gear. When he got back into his car, the ferry neared the bank, and he

started the engine. The car shot off the ferry and into the water. Since it was winter, the windows were closed with the canvas buckled, but the man dived out the back window. He was wearing an overcoat and was not a good swimmer. Fortunately, someone on the tug boat threw him a line and hauled him in. The next day the tug went out with a hook and hoisted the car out of the river.

The River ;

The Tennessee River provided fish for all who liked fish. Mr. and Mrs. Carter have spent many an afternoon fishing. Mr. Carter recalled that years ago, he and friends would sometimes wade out into the water with a net. When they pulled the net in, it would have a lot of fish in it. If they didn't have a net, they would make one by sewing together potato sacks. One time when the water was high and pretty rapid after a heavy rain, Mr. Carter was fishing with his young son. Now, Mr. Carter says he should never have gone out in a boat in such rapid water. They were ready to leave and his son, Raymond reached out to get the fish that they had left anchored to some vines. The fish had moved around behind a log and this extra weight jerked his son, Raymond, into the water. Mr. Carter grabbed quickly and caught the boy's clothes. Both were frightened. Mr. Carter dropped his oar and they had to control the boat with one oar. Mr. Carter said he would never go out with a youngster in rough water again and he didn't.

He also told about watching a ferry being loaded with corn. There was a loading shoot which came down the mountain side to the river. Sending their corn down the shoot to the ferry saved the farmers many miles on the road. Hundreds of sacks of corn came down. Men loaded the two hundred pound bags on the ferry with little effort. Mr. Carter said he remembers seeing the ferry loaded high with corn before it started down the river.

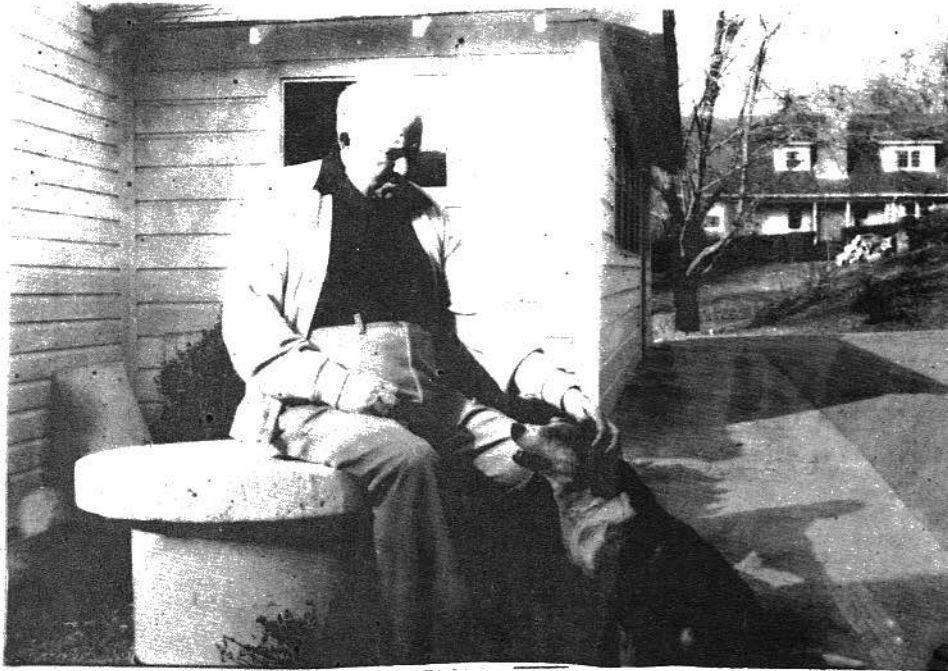
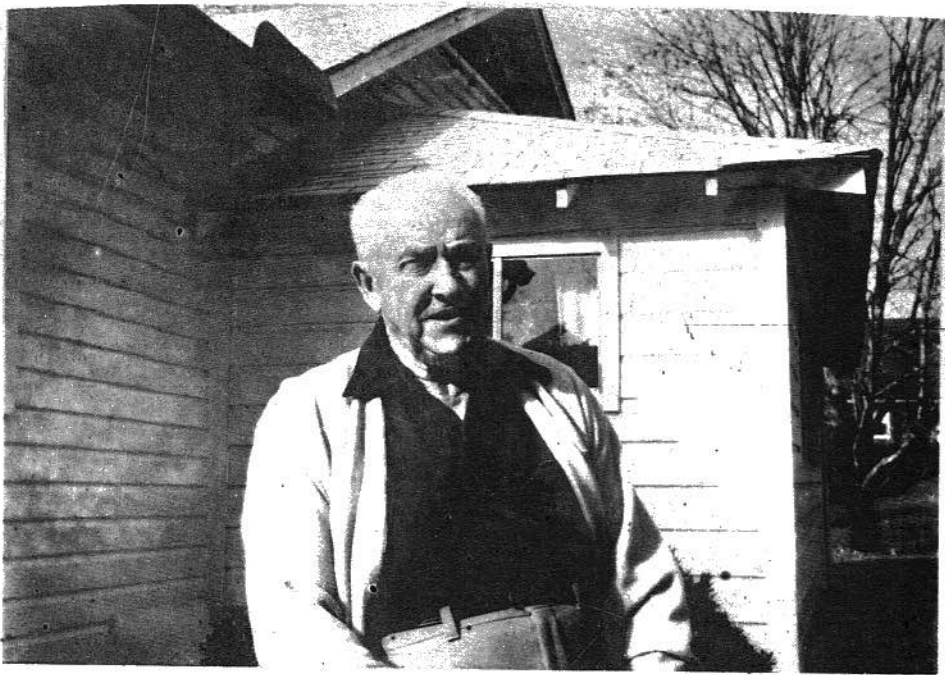
Sweet gum;

Mr. Carter told the group about getting sweet gum. In the middle of the summer, boys would go look for sweet gum on sweet gum trees. He said the trees would crack open and the wax-looking resin would run out. Then you could just go up to the tree and pinch the sweet gum off. It made a pleasant tasting gum. The flavor lasted longer than regular chewing gum. It was fine for people who couldn't eat sugar.

The Fire Screen;

Mrs. Dorcia Carter, Mr. Carter's wife, taught in the Scottsboro City schools for many years. She told about her mother making beautiful fire screens in the spring to set in the front of the fireplace. Her mother would make a frame from three inch wide wood strips. This would cover the fireplace. She covered the frame with white muslin. Next, she would take the three girls and go into the forest to find wild ferns. The trip would be a lark. The girls gathered violets, wild honey suckle, mayapple, or dogwood blossoms. Mrs. Carter remembers this as a favorite time of spring. The house would be filled with flowers and a sweet fragrance. Her mother would place the fern fronds on the new screen which had been dampened evenly with water. She would then sweep soot from the fireplace onto a paper. While the girls dropped the soot onto a screen, their mother guided it over the damp muslin. When the desired shading was accomplished, the fern fronds were carefully removed from the screen and a beautiful design appeared.

Laurie Thomas and David Wheeler



Mr. Carter at home.

AUGUSTA BENNING MARTIN

In 1925 or 1926, I was working for the Woodside Dairy, run by Miss Daisy Caldwell, when a nice young lady came and stayed at the Caldwell's house.

This young lady's name was Augusta Benning Martin, a social worker for the Episcapal Church. She staved with Miss Daisy Caldwell for ~~awhile~~, then moved to a house on East Laurel Street. This house was last used by the late Hamlin Caldwell Sr. for his home.

Miss Martin would go out over the county and find children whose parents could not support them. She would bring them into her home, clean them up and dress them and then take them to Montgomery for adoption.

After a year at this place she bought one hundred and sixty acres in the South Sauta area nine miles from Scottsboro. This place had a barn and a building that she used as a school house through the week and a church on Sunday. The men in the community built a log house where Miss Martin lived with the children. This came to be known as the House of Happiness.

There are several people around Scottsboro that helped out and worked with Miss Martin, Woodrow Steely and Scott Clemens for example. She saw that Scott went to college and he stayed in touch with her as long as she lived.

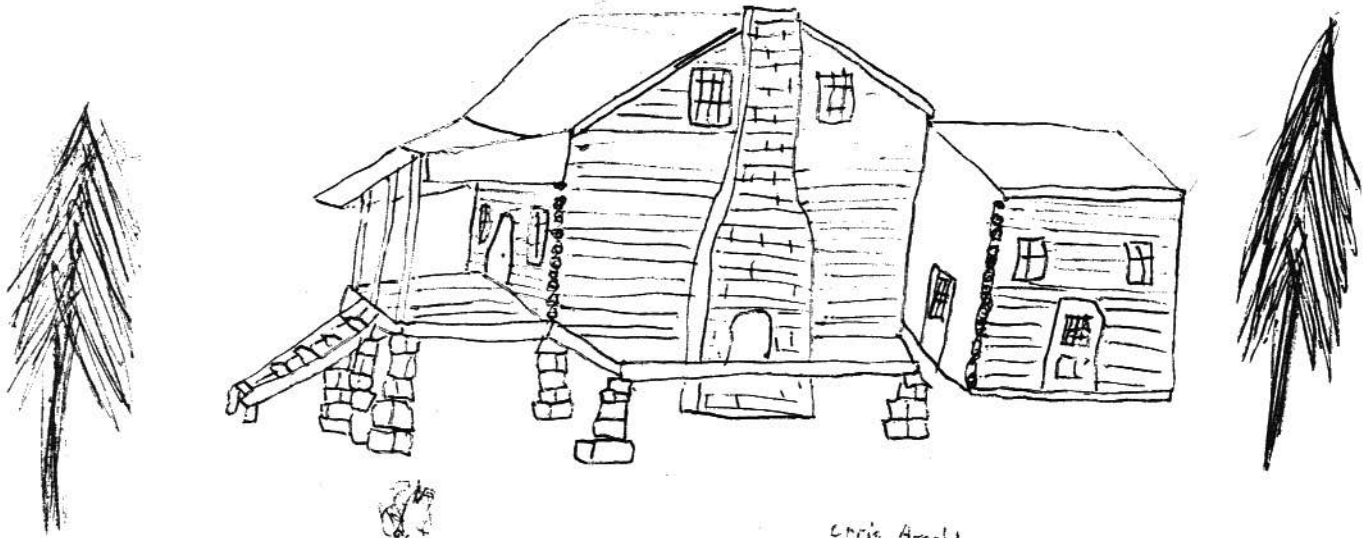
Miss Martin was a tireless worker and with the help of the people in that area turned a two story log cabin which burned a short time ago into a house of love. This house, perched on the side of the mountain, remains etched forever in the memory of many people. The barn, school and rent house still stand.

This lady was a wonderful person and because of her, today lots of people live a better and fuller life. She proved to be tireless in her efforts and I hated to see her leave. The place was never the same after she left.

Miss Netha Cox Barnwell came to help Miss Martin at the House of Happiness, but after Miss Martin left it was never the same. The church army finally took over it's management. They did not have the secret that kept things going as Miss Augusta had, however.

Frank Boyd
As told to grandson Robert Hodges

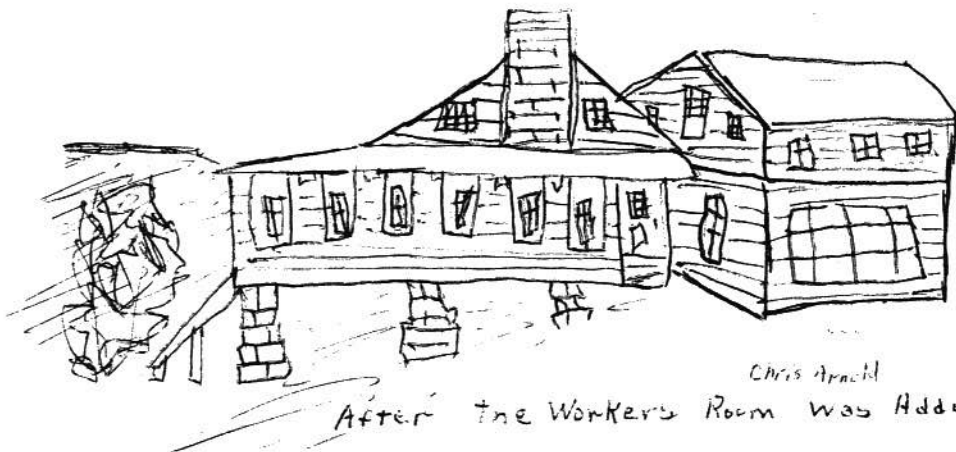




Chris Arnold



After the Henderson Sun porch was Added
Chris Arnold



After the Workers Room was Added
Chris Arnold

The drawings show various stages in the structure of the House of Happiness.

MISS MARTIN'S CHILDREN

This story was given to me by Melinda Smith. Her Husband helped build a road up to the House of Happiness. Mrs. Smith was Melinda Mance before she married Mr. Nathan Smith. She used to help the woman and work with the foster children. The woman who helped the children and started the House of Happiness was Augusta Martin. The neighbor men hewed the logs and built her a house. Miss. Martin called this house the House of Happiness. She had room built upstairs to store clothes for the community. She swapped the clothes to the people for food for the children. The people raised the food on thier farm. Miss. Martin made up baskets of things for the community on Christmas and other holidays.

After a while she got real sick and had to go home to Birmingham, Alabama. Then Miss. Nettie Barnwell took Miss. Augusta's place and Melinda Smith helped her, too, with the children. Then she left and went back to Mississippi. Captain Conder took over and he ran the place for several years. Miss. Melinda helped him too. Then Captain Wheat and his wife came and took over. Melinda Smith didn't wash clothes for them but she went back to see about the foster children sometimes.

These children needed a lot of love and it seems they got it from everyone. The christian training they received from Miss Martin made them into believing persons.

Treecy Brownfield

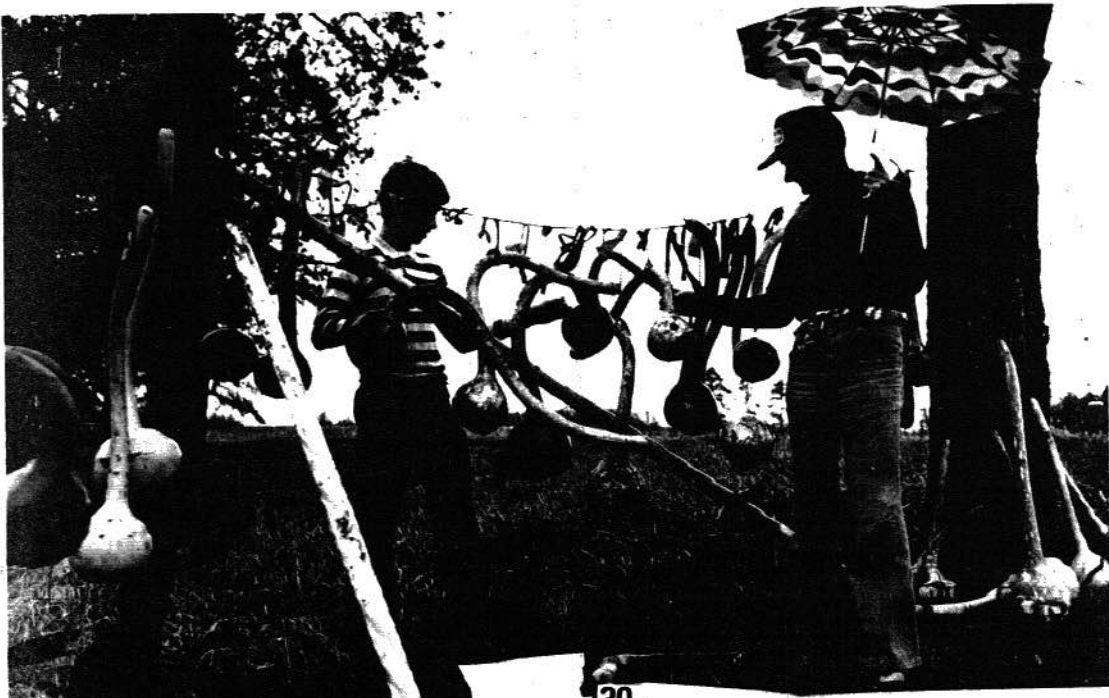
BLUE RIBBON GOURDS

Jack Alexander and son Ronnie and brother Roger, not pictured, have reason to display their gourds. One long, straight-handle, perfectly-dried gourd won a Blue Ribbon at the 1979 Blount County fair.

Mr. Alexander said a friend gave him the seed which he planted because he remembered how his father and mother used to grow gourds. When Jack was growing up in Browns Valley, Blount County, Alabama, he remembers how a gourd hung on a nail at every well.

Since the Alexanders put up the line to dry the gourds, many cars have stopped while Jack and the driver chatted. Papers in several states carried the picture about uses of gourd plants. Ours came from the Huntsville Times. One lady from Tennessee bought twenty-five gourds. Millein people are anxious to further interview Mr. Alexander.

A Staff Member



MR. JIM MOORE

David Wheeler, great-grandson of Mr. Jim Moore, interviewed Mr. Moore in Chattanooga, Tennessee. Mr. Moore is ninety-one years old, and lived most of his early life in Jackson and Morgan Counties.

After visiting Foxfire at Rabun Gap, Georgia. David knew that his grandfather and great-grandfather could tell him many stories.

The House Boat ;

When my grandmother, Mrs. Lucille Baugh was eleven years of age she lived in a two room houseboat on the Tennessee River at Hobbs Island. On the house boat with her lived her mother, father and two brothers. Her father, Mr. Moore, followed construction work and he worked at night.

Some nights when her father was working and it was stormy, she said it was real scary on the boat. Her father worked in hollering distance from the boat. When her father was working they would tie their boats to trees with cables.

One night when her father was gone to work my grandmother, her mother and her two brothers were left on the boat alone. They were all in the bed, it was storming real bad and my grandmother's mother got up to look out. When she looked out the window she saw some men untie the cables. She woke the children up and they all started hollering. When my grandmother's father got there the men ran away. It was a close call for their family. Grandmother remembers the river. She was raised on it.

Mr. Moore and the ferry :

I ran the ferry about fifty-five years ago. I operated it about twenty-five years. Well, I run a ferry and we crossed the river one night and we couldn't get back, the river was so rough. Well, we stayed there till we nearly froze to death. We run across the pike road and across the river road to keep

warm. It came three O'clock and it just kept getting colder and we were about to freeze to death, so we dicided we'd try to go across. I had Ulman Bearden a helpin' me and I was the pilot and he was out on the boat and he said, "We're gonna have to go in one way or another."

I said, "Well, how can we, the river so rough. Don't you know that the boat will sink out there?"

"Well", he said, "we gonna have to try, we gonna freeze to death anyhow." "We'll make a try fer it, maybe we can get on part of the boat till we can pull across".

"Well", I said "untie it! We'll try."

So we started across and got about middle ways the river and the boat sunk out there. But I still had the tug boat and I dropped it loose and tied a chain to the boat and we went on and managed to get to the bank. It was just me and him. We just barely made it with the tug boat. Just as we hit the bank, it sunk! It was full of water. It hit something or nother that broke it up.

The Ghost ;

A big crowd of us people were walking in a graveyard that was haunted. Someone said "Lord, come out."

"What are you doing out here?" the haint said,

"Ow, I'm just walking around to see what I can see."

"Well," he says, "What do you want to see? I thought you came out here to see a haint? Look down yonder on top of that barn and there's a man setting up across the roof."

"Well," I said, "That's right."

"Look back on the other side and see there's another man. What are you gonna do about it? There's two haints in the place of one! One on one corner

of the barn and the other on the other corner. I want to see what you do about it."

The haint came out under a sheet. The people saw the big sheet and they tore off running. One ran up against a fence and knocked his eye out.

"What does he mean by doing that?" someone said.

"Well, he said that haint come out on him". I said.

"Well, he come out here to see the haint. Why didn't he look at it?"

"It won't do for you to pull pranks like that," I said. The haint is here and a man can see it all the time.

Once Jim Hale and I went to Lankston and when we were coming back, we saw something up on the fence running along.

"There's that haint" I said.

"Well, what you going to about it?" Jim asked.

"There ain't nothing we can do" I said, "Nothing we can do."

So just as he past around the corner, the thing jumped on the back of his horse. It scared him to death and he run in; just fell off at the gate. His folks ran out, ya know, and said, "What's a Matter?"

He said, "The haint fell on me. It run out and grabbed me and I couldn't move."

Well, they said, "why didn't you talk to it". It would have told you what it wanted.

"I couldn't, I couldn't speak I was scared so bad."

"They said, "You'll have to get over that scared spell. The next time ya pass along there he'll tell ya what he wants."

"Jim says, Well, I won't pass that way no more. I don't want to see it no more.

Trapping:

I used to catch a heap of varmints. I had my traps out and I had another

fellow with me. He said, "Well, if you can make money that way I want to try."

I set traps and covered them over and this thing would come walking along a trail and he would step in that trap, ya see. This was the only way to catch varments, it was called blind trapping. You had to blind trap over a trail to catch anything. They would come walking along that trail and step in that trap; they walked a trail all the time.

See, you had a chain tied way out from the trap, covered up with leaves, and a rope around a tree to hold it, ya see. Where it couldn't get to the rope, the trap would catch it back here in one foot and over there in another, ya see? He would keep a rollin' around there till it got two feet in the trap. A hind foot and a fore foot and he was stretched out so he couldn't get out. It would try to get out but it couldn't get to the rope to bite it into because it was way out from these. They wouldn't be no way for it to get loose.

The Log Shoot :

Some men built a shoot up the mountain to shoot the logs from the top of the mountain to the river. It was on Sand Mountain and they had all kinds of timber out there. John Skelton had pines on his land; he said his fifty acres had never been cut at all. There were big old pines there that were four and five feet through. There was a sycamore tree in the valley where they had to shoot them logs over it.

Well, John Skelton borrowed a lot of money to build the shoot through there. He got it built, or thought he had it built, but that tree was still in the valley in the way. It caught all the logs and dropped them off in the valley there.

They decided to take one of these big old loggers, whole hand loggers, and they bored ten holes in that tree and poured it full of gunpowder, filled it up with five gallons of gun-powder outthere and put a fuse in it.

Well, Eli and Uncle Ike was a-coming along just about the time they got ready. The men found an old flue that was four inches in diameter and ten feet long. They poured a gallon of blasting powder in it and cut them some seed and hickory bark and drove it in that as hard as they could with a hammer. Then about the time Eli and Uncle Ike came along they set that off and it was right under a sweet gum tree that was about three foot through, and it cut that sweet gum tree half into and blowed it off in the valley, scattered it around down there and they had to clean it up.

Then they came back and they set that tree off where it was catching them logs and they blowed that tree up; stumps, roots and all plum across the river down in another fellow's field there. They were responsible for that and they had to go over there and clean that up out of this field, ya see.

Well, the men said, "We're about ready to go to shooten the logs down now. We're gonna see if they go through." Then they took fifty five gallon of axel grease and greased that shoot good and they started the log down, and it went through all right, down just on top of the river. They regreased the shoot and then took and cemented it up the mountain plum to the top. Cemented all under it where it wouldn't give or nothing or wear out.

They sent another log down and it only went half way of the river. So, they didn't know how they would check it up now. And they said, "Well, we'll quit greasen' it." And they said, "We thought we had it complete". So dreckly it got rough in there and they just go half way and they'ed always

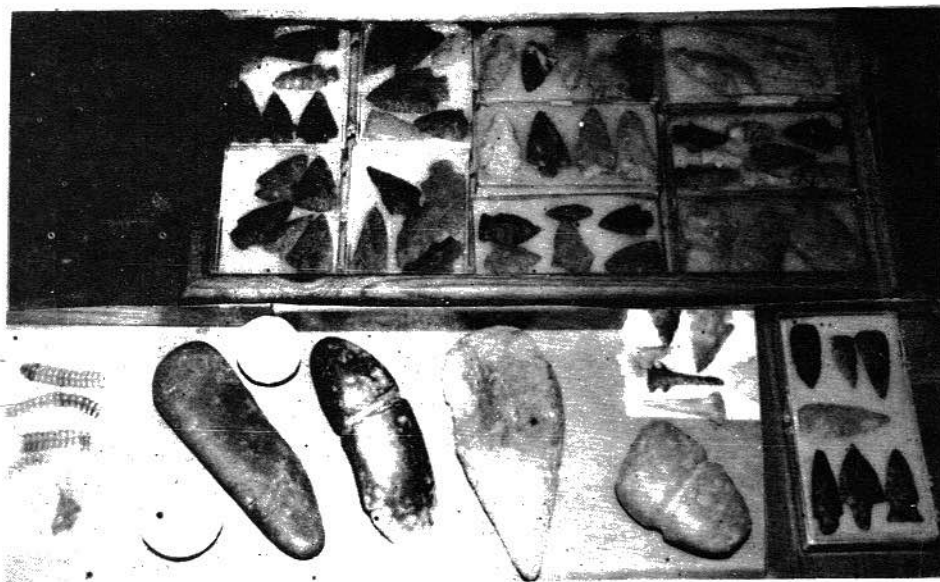
jump out of the shoot; out in the mountain there. So they cemented it solid all the way to the top of the mountain, so it wouldn't give no where. And they completed it then, but said it cost 'um \$150.000 to get that shoot ready to shoot them logs down on top of the river. They said, they thought they were all right then. And sure enough, they were.

SPRING: A TIME TO HUNT FOSSILS

The north Alabama, south-central Tennessee region is a gold mine for fossil hunters. It is one of two places in the United States known for the completeness and quality of preservation for minerals and fossils. The other area is in Iowa.

Fourteen years ago, a Huntsville family, interested in scouting began, what is today, one of the most extensive amateur mineral and fossil collection in the states. The Summers Taylor family collection has recently been given to UAH as part of a planned Natural History Museum representing this region.

There are many avid fossil and mineral forests in Jackson County. Many of the fossils and artifact in this area are quite rare. Mullein member, Laurie Thomas photographed one such collection.



Beside the rare, black arrow heads in the lower right corner is a Tommy-hawk. Note the groove where it was tied to a stick. The pointed stone beside the tommy-hawk is a corn digger. The Indians used it to till the soil. Beside the corn digger is a canoe chisel. Note the groove in it. The stone beside the chisel is a stone used in tanning hides - a tanning stone. Notice the paint bowl and the white stone ball. The ball was very light, and was probably used in sports.

In the left corner is a turtle stone and the several rattlers from a rattlesnake. Not only did this collection have many perfect and varied arrowheads, but it also contained many beautiful birdie stones. The owner particularly collects these tiny, various-colored arrow heads, which were used to kill birds. Many students are very interested in finding more people interested in arrow heads and Indian lore.

Laurie Thomas

BELLEFONTE

The origin of Bellefonte and how it happened to become the county seat of Jackson County, Alabama, were directed or directly related to the circumstances surrounding public and private land in the county in its earliest days. A review of these circumstances will provide a picture of how Bellefonte came to be.

The Treaty of February 27, 1819 with the Cherokee ceded the land that is now the part of Jackson county north of the Tennessee River. The Treaty also provided for the reservation of 640 acres of land in the ceded area, for each of certain specifically named persons. Among them was James Riley who, in this manner, came into possession of the land on which Bellefonte would eventually be established.

About 1820, people began to settle on the public land in various places around the country. Among the earliest to settle in the vicinity of what would be Bellefonte were Dr. George Washington Higgens and a Mr. Stephen Carter.

On October 3, 1820, James Riley bound himself in penal bond for the sum of \$13,000.00 to George W. Higgens and Stephen Carter. The bond void when the following conditions were met: First, Higgens and Carter paid him \$6,500.00 in specified installments to be completed by the year 1824; and second, he had signed over his 640 acre reservation to them. On the strength of this bond, presumably, Higgens and Carter founded, surveyed, and laid out the town of Bellefonte, naming it for the nearby spring that would supply the town's water for many years. The sight of the town was chosen for its proximity to the Tennessee River, but care was

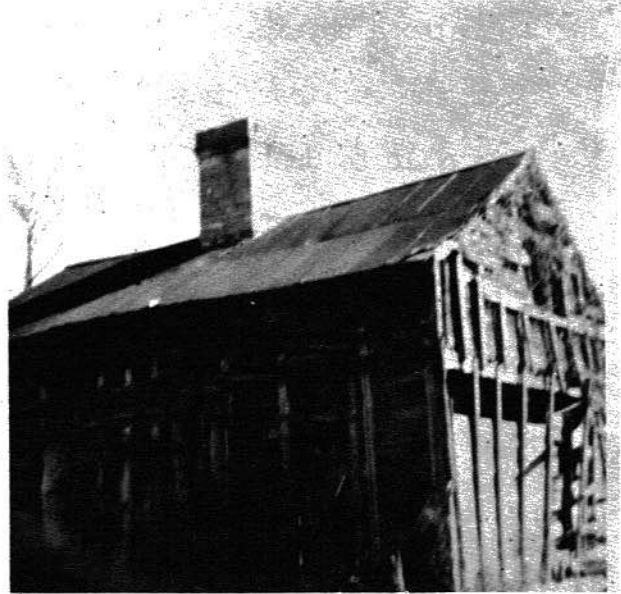
taken that it was enough removed and elevated to reduce the danger of flood and disease.

On December 13, 1821, in the same act that created Decatur County out of part of Jackson County, the Alabama legislature appointed seven Jackson County men to choose a temporary seat of justice for the county. Very shortly thereafter, on December 15, 1821, the legislature incorporated the town of Bellefonte inclusive of 60 acres, and by 1822, Bellefonte had been chosen as the second temporary seat of justice of Jackson County.

There was at least one store by 1828, a post office after February 14, 1822, some kind of temporary courthouse after 1821, a permanent courthouse after 1828, and a Presbyterian church by mid-1829. One of the proprietors of the town, George W. Higgins, was also a physician, so medical services were available in the town from the earliest time. In 1820, a stage line was extended from Knoxville to Huntsville on a road running parallel to the Tennessee River on its north bank. While there is no definite evidence that the stage ran through Bellefonte at this early time, it is probable that before the decade was over, Bellefonte was a regular stopping place on the route to Huntsville.

Today Bellefonte is the site of Bellefonte Nuclear Plant. What do the 80's hold for Bellefonte? That is the question in the minds of many people.

Mary T. Hurt Garner
as told to son William Garner



The four pictures give different views of the old Stagecoach Inn at Bellefonte. Mullein wants more stories about Bellefonte.

A Log House on Cumberland Mountain

Mrs. Easter Hastings Ivey is the grandmother of Angela Jeffery and was interviewed by Angela.

"Grandmother, what was the house like where you were born?"

"The house where I was born was a one bedroom house on Cumberland Mountain. I was born at home. We heated the house by a large open fireplace. My father died when I was very young. My brother and I had to help provide for the family."

"What were some of the things you did to help get money for the family?"

"We made cross ties out of logs. We worked hard and we sold the cross ties for \$1.00 each. We had to raise everything we ate. Just about, of course, but coffee, sugar, salt and flour. We killed as high as eight hogs during the winter."

"How did you keep your meat?"

"On a real cold day, after killing two or three hogs, we would put the meat in a smokehouse and we would trim it the next morning." Grandmother stored her meat in wooden boxes or barrels and covered it with salt. After being in salt for a few weeks, the meat was hung over a slow burning hickory fire and smoked for a day or so. Then it was hung in the smoke house.

"Did you can your vegetables?"

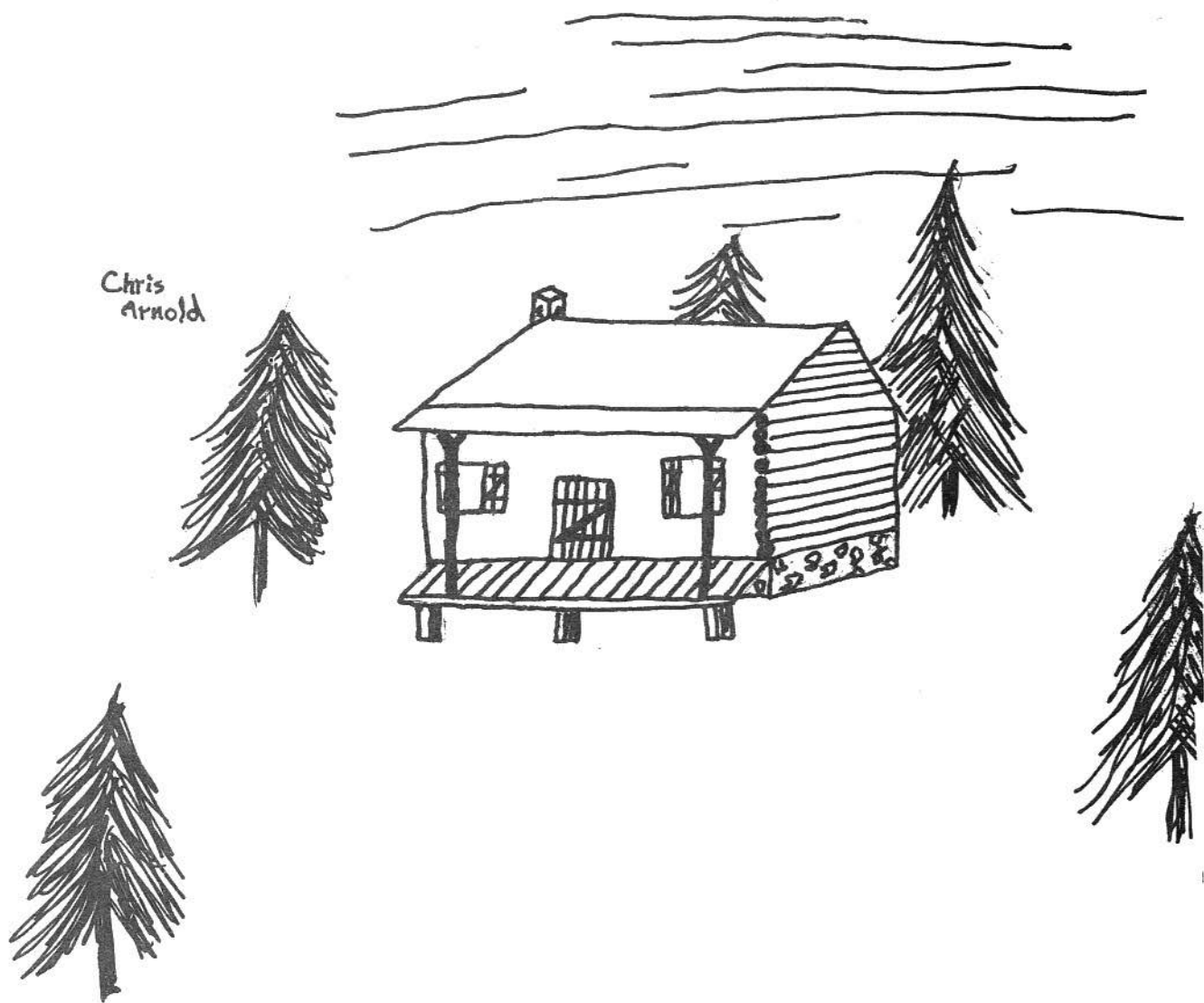
"Yes, we canned and dried our vegetables and fruits. We just trusted in the Lord and we always made it. We was always working."

"What kind of crafts did you do, mostly?"

"Knit, we knitted nearly everything. And my brother would hunt a lot for food."

When I asked grandmother what they did for entertainment, she said that they had box suppers, church and Sunday School. She said she walked three miles to school. She rode a mule four miles off the mountain to a grist mill

Angela Jeffery



A SPECIAL LADY

A certain lady in Jackson County, who requests that her name not be used, has the power to see into the future. Not only has she foreseen special happy events, but she has predicted death. When asked if she possessed E.S.P., the lady replied, "I don't call this ability of mine E.S.P. nor do I call it mental telepathy. It is just some power God has given me." She accepts this power. She doesn't worry about it or force her prediction on anyone.

The lady has seen the death angel three times. She told about two such times. The first time was when she was sixteen years old. Mrs. X was one of four girls. Her father had always wanted a son. It happened when her mother was forty-five years old that she gave birth to a baby boy. The baby was born at home, as was the custom in the early times. The family was happy and at first the baby seemed to be all-right. However, when he was several days old, he became ill.

The following night the death angel appeared. Mrs. X said she came awake in the night. A black shrouded figure was standing at the foot of the bed. She said he wore a robe with lace at the bottom. "It was a pretty gown. There was nothing horrible about that figure," she said. She spoke first. "What do you want?" she asked.

The figure said, "I have come to claim some child from this house. Which one do you wish me to take?"

Mrs. X said she thought for several minutes before she answered. "Take the baby if you must. We love all the girls too much. We cannot part with them."

She got up and went into her mother's bedroom. A friend was there holding the baby. It was only a short time later that the baby stopped breathing. Their father was so upset that he had to leave home for several hours until he could gain control of himself.

Another time when the death angel appeared to Mrs. X was shortly before her husband died. They were sleeping in separate bedrooms. She came awake in the middle of the night. The death angel was standing at the foot of her bed again.

He said, "I've come to take your husband."

Mrs. X said, "Oh, please don't do that. We need him so much."

"Very well, then, I'll leave him with you for a while longer," was the reply.

Mrs. X said she immediately went into the next bedroom to see about her husband. He was awake. When asked if he needed anything, he said, "No."

"Do you want me to come in and be with you?" Mrs. X asked.

"No, I am all right." Mrs. X went back to bed and went to sleep.

The next day she told the children she was worried about Daddy. The family persuaded him to go to the hospital for a few days. He went, but he seemed to worsen and lived only a few weeks.

One June day, Mrs. X was working in her garden when she realized some one would die at 11:00. She suddenly knew without anyone speaking to her that her friend's father was dead. The friend lived in Florida. That very afternoon Mrs. X wrote her friend and asked about the family. A letter came back in two weeks confirming

what Mrs. X had thought. Her friend's father had died about noon
on the day predicted.

Staff Member



J. J. Durham

ROBERT G. EDWARDS

1909-1977

My grandfather was a kinda shy person at times. I guess a lot of people knew him. His hobby was cutting people's hair.

Back, 38 or 40 years ago when he first started cutting hair, he charged a dime a head. Then in about the year 64 or 65, when I was born he went up to 25¢ a head. In the 70's he went up to 50¢ a head.

I grew up staying with my grandfather and grandmother because my mother worked and I stayed with them. My brother and I stayed with him for several years.

When I got up to the age of five or six we had fun with all the games we would play. But my grandfather was a type of person to make us mind him. If you were in the room where he was and he had company you better keep your mouth shut until you was called on to talk or say something, because if paw-paw was talking and you butted in, he would always cut one of his eyes around at you and you knew to shut up or else.

While my brother and I stayed with him, he would always go get groceries and get me and my brother a coke, potato chips, and something to snack on.

Somehow, someway, my brother would get me to ask him if we could have a coke each because he also bought a case of TAB for my grandmother. So here I would go out and say, "Paw-paw, can me and Wade have a TAB?" And all of a sudden, he would say with a harsh voice, "No! You've had your coke for now." But I would go

out there on the porch or wherever he was sitting and beg him out of two cokes. The only thing I never liked was Wade always wanted me to beg Paw-paw for something and I would. We had really good times, sometimes we would play games such as:

Way Down Yonder in the Paw-Paw Patch. That's a song we used to sing.

He would make me a whistling button too. He would get a string and a button; run the string through the button and pull it. The buttons would move. We also had many other games we would play.

The Paw-paw Patch Song

Where oh where is dear little Mary?

Where oh where is dear little Mary?

Way down yonder in the Paw-paw patch.

Come on boys lets go find her,

Come on boys lets go find her,

Way down yonder in the Paw-paw patch.

Picking up Paw-paws put 'em in your pocket.

Picking up Paw-paws put 'em in your pockets,

Picking up Paw-paws put 'em in your pockets,

Way down yonder in the Paw-paw patch.

Directions of the game

On picking, bend and scoop from the ground with the right hand.

On "Paw" stand up right. On "put" change "paw-paw" from right

to left hand. On pockets, slap paw-paw into left hip pocket.

Rheanetta Hurst

My grandmother told me how to make lye soap:

1 can of lye

5 pounds of grease

3 gallons of water

Boil for 30 minutes. Cook in iron pot and put the fire out from under the pot where you make it, and then let it cool till it gets cold. Then you can take it out of the pot and use it for washing dishes, scrubbing floors, and many other things.

As an old fashioned remedy you can use lye soap to cure the itch. If you cut yourself, rub kerosene on the wound.

Rheanetta Hurst

THE MYSTERIOUS LIGHT

My grandmother, Frances Shoemake, said when she was a little girl, her brother lived near Bellefonte, Alabama. The well where they got water was a dug well at the back of the house. At times a light would rise up and out of the well and come to the back of the house.

My grandmother's brother put a railroad iron across the path from the well to the house. My grandmother's mother was not afraid of anything, so she was going to watch for the light and say, "What in the name of the Father and of the Son and of the Holy Ghost do you want?" Three times the light was supposed to tell her why it was there. So, as the light came toward the house, it came to the iron. It sounded as if someone with work shoes on hit it with their right foot. There was a ring. As the light came closer, she asked, "What in the name of the Father, Son, and Holy Ghost do you want?" The light slowed down. She said it a second time. The light stopped at the third time and turned and came toward her. She ran back into the house and cried. Grandmother said that was the only time she ever saw her mother afraid of anything.

This story about Mrs. Frances Shoemake was written for Mullein by her grand-daughter, Wendy Shoemake.

LIVING IN THE COUNTRY WAS INTERESTING

We lived in a ten room house with porches upstairs and down. The porches ran all across the front. Long halls upstairs and down led to porches on front and back of the house.

When the sun came up it shone all the way down the halls, but the sunsets were partially hidden by the large trees in the back.

When the new moon came up, it was especially beautiful; lighting the hallways to the pleasure of old and young alike.

As with all old homes there was a ghostly occurrence. My widowed Aunt Josie lived with us. My husband, Clarence, and two sons, Ben and Jim, remember her story.

Aunt Josie occupied the front bedroom across from the living room.

Soon after we went to bed the porch swing would start swinging. Aunt Josie would go to the front hall door only to find the boy's dog looking at her with pointed ears and wagging tail. What had made the swing move?

We decided we would sit up without lights and catch the ghost. Imagine our surprise when we saw Dude go up to the swing, put his front paws on the seat and push forward, then backward, and push again until he built up momentum. Then he would jump up in the seat and ride until the swing ran down. After talking with the boys, we found out that they had taught Dude to jump in the swing with them. He could do it without them.

Dude was a retriever bird dog. Aunt Josie had a heavy suit of hair, and was always losing her side combs. Dude would always

find them and bring them to her.

We raised chickens and guinies. When the little ones died, he would bring the dead ones to the steps.

Halloween night we had so much fun. I had made a pumpkin face with a candle in it for the boys. It was on the front porch. My cotton hands had come to the back door to collect for their labor. By that time of the year, all had bought brand new brogan shoes for the wintertime. While Clarence was paying them, I helped a neighbor, who was visiting us, drape a sheet about himself and put the pumpkin head on his head. Only the arms were exposed to hold the pumpkin head on his head. He went out the front way and hid behind the lower garden fence. When the people who had picked cotton came by, he jumped out and startled them; they started running. Those new brogans went plop, plop, plop on the hard beaten path. Mr. Seabolt's dog came to see what was the matter. He ran at Claude and Claude turned back for the house with the dog chasing him. Claude started calling for Clarence to open the door. That was one joke that backfired!

My stepdaughter's grandmother kept her in Birmingham during the school terms, but she always spent the summers with us. We had lots of young people to entertain: ice cream parties, play parties, in the house and yard, nieces, nephews, and friends. Taking advantage of "Lib's" innocence and ignorance the boys planned a "Snipe Hunt". They took Lib and a friend through the orchard and through a lot of overgrown fields with honey suckle, and to a branch. They told the girls to hold a sack while they drove the Snipes up the ditch into the sack. On the back side of the orchard

was a wagon road. Clarence got a sheet and put over him and hid in the honey suckles. As the boys came down the road laughing about the joke they were playing on the girls, he arose and yelled real loud. Those boys had the wits scared out of them! In the meantime, I had gone to get the girls and brought them home another way. They met the boys at the house. If you ever have been Snipe hunting, you will know that Snipes never do come by themselves.

When Jim was only two and Ben four, the county road men did some dynamiting up the road to get out chert for the county roads. Jim did not like the explosions. One day a bad cloud was coming up. So I told the boys to help me get in some stove wood. Finally, I told them we had enough but Jim had to go back for one more stick. A bolt of lightning struck in a cotton patch across the driveway. The shock knocked Jim to the ground. I picked him up unconscious. I put him on the bed and bathed his face with cool water. As he came to he said, "God shoots big gun." It was amazing that it struck the field instead of the house. A place as large as a room was charred by the bolt of lightning. Yes, Life in the country was very interesting.

Mrs. Clarence (Bertha) Kirby
as told to Charlotte Raulston

GRANDPARENTS

This story was brought to Mullein by Kristin Lamberth, who interviewed her grandparents, Mr. and Mrs. Emmett Wheeler. Kristin feels that she and her grandparents are much closer since they have shared things common to all of them. Kristin says that our grandparents have a world of experiences to share if we will take the time to listen.

When I interviewed my grandfather and grandmother, Emmett and Nettie Wheeler, they gave me a lot of interesting stories and remedies to tell. My grandfather, 90 years old, has lived in Jackson County all of his life.

When asked what the kids used to do for entertainment in the evening, Grandpa told me some interesting games:

William Trimble Toe - Choosing a Leader

William Trimble Toe, he's a good fisherman
Catches hens, puts them in pens,
Some lay eggs, some lay none,
Wire briar, limber lock, 3 geese in a flock
Some flew east, some flew west, some flew
over the coo-coo's nest
O-U-T spells out goes he, you old dirty dishrag, You!

Robert died in my hand, Sally, pack me

Light a broom straw and pass it around a circle until the straw finally burns up. The person in whose hands the fire died is forced to lie on his stomach on the floor while someone holds a heavy object over the person's head. If the person on the floor doesn't guess what the object is, the object is put on top of him. It then goes to the next player. They keep doing this until the person finally guesses what object is held over his head.

The kids would also play dominoes and checkers. When the children would get tired of games they would sing songs such as "Old Lady Wiggle Way", "Moses", and "Who Built the Ark".

Grandpa told me that his father worked as a miller and farmer. Grandma told me that her father worked as a farmer and a pea-thrasher. Grandpa said that most people, including himself, lived in two-room log houses with a rock chimney and fireplace in the kitchen, separate from the house. He said he would wake up in the wintertime and there would be an inch or two of snow on the bed and floor, the snow would drift in through the cracks in the wall during the night.

The kids had many chores to do daily. The boys would feed the animals, work in the fields and work in the grist mills. The girls would wash, patch and mend clothes, churn the milk, take care of the little ones and scrub floors on Saturday with corn shuck mops.

Grandpa and his brother Charlie didn't get along well! One day Grandpa was having to stand up at the table to eat since he was short. Grandpa was a little piqued and when Charlie didn't jump as he was supposed to, so Grandpa said, "If you don't pass the gravy, I am going to throw this fork at you," and with that he let the fork fly. The fork stuck in Charlie's cheek and hung there. After his mother got through with him, grandpa didn't mind standing up! Another time Grandpa and his sister Myrtle had gone to the stream to get some water when Charlie came riding up on a jumpy horse. Grandpa whispered to Myrtle, "Now lets squat down in the bushes and be real quiet so as not to scare the horse." So as they were sitting down something came over Grandpa and he suddenly yelled "BAA". The horse of course threw Charlie. When they got home Charlie told his mother that Emmett jumped out at the horse and scared him. Grandpa said that he didn't jump at the horse and he forgot to mention that he had yelled BAA!

REMEDIES:

Bee or Wasp Sting

If you get attacked by bees or wasps heres what you do: take some wet tobacco or snuff and place directly on the sting. Works wonders!

Coughs

For those aggravating coughs here's what you do: take a teaspoon of sugar that has has a few drops of kerosene put in it.

Take some cherry bark, butterfly root and rock candy and put in a jar. Then take some whiskey, pour over the mixture and let it set.

Pour whiskey over rock candy and let it set before taking.

Dysentery

Pour water over white or red oak bark and let it set.

Upset Stomach

For upset stomach chew goldseal (yellow root)

Iron Tonic

Since people used not to have iron tablets Mother made their own iron tablets. Heres how. Take some nails, put them in vinegar and let set. Then drink it. Be sure to open your mouth wide and don't let it touch your teeth or it will turn them black.

Colds

Take kerosene and lard and mix it together. Put the mixture on a cloth and hold it before a warm stove or fireplace, until it gets good and hot. Then place it on a persons chest.

Stop Bleeding

Once my grandfather cut his artery. His mother promptly put a little soot from the fireplace right on the wound. Unto this day Grandpa still has a dark place on his arm.

Kristin Lamberth

HOMEMADE ASH HOPPER

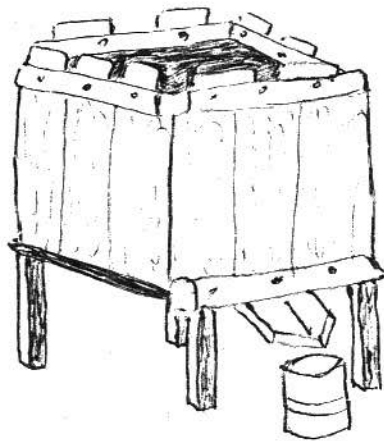
The old wood ash-hopper was a useful fixture around the place at the turn of the century. It was here that the lye-water for homemade soap or hominy was formed. Its home was usually under the back shed so it wasn't open to the rain. Most people burned hickory wood in a large fireplace. The fireplaces were wide and deep and held a lot of ashes. Sometimes the ashes were used as fertilizer for the garden or orchard, but mainly they landed in the ash hopper. Along about March, mothers or daughters every night would pour a bucket of water slowly into the ash hopper. When the ashes got over saturated, the lye-water would drip through the bottom of the hopper. The cloudy water was caught and stored.

About the time the new moon appeared in April or May, the soap supply was low and it was time to make a new supply. The lye water was put into the big black wash pot. Next, in went all the old meat drippings saved and stored in a can during the winter. A fire of scrap wood was built around the pot and the cooking began. The process lasted several hours. Someone had to stand near the pot and stir the contents.

When the mixture began to thicken, it was tested by allowing the contents on the paddle to cool. If, in the wind, a firm covering formed in a short time, the soap was done. The mixture was then dipped out and poured into flat pans. Usually, by the next day it was cool and hard enough to cut into nice size blocks and stored in a cool place.

Sometimes when the proportions didn't turn out right, the soap never hardened and had to be dipped out with a cup or ladle.

Spring was also the time to make hominy. Along with fresh tender greens, everyone wanted a new batch of hominy. Hominy making was not quite as time consuming as soap making. To make enough hominy to share with the neighbors, several gallons of corn had to be shelled. The large kernels were cooked slowly in lye-water for several hours or until the skins slipped off. The large puffy corn was then washed through several waters before it was ready to be eaten. When seasoned with butter and black pepper, the new hominy made a delicious dish.



D K

SOAP, HOMINY, AND LARD

Julie Crane interviewed her grandmother, Mrs. Ethyl Venable, who told Julie how her family used to make their cooking shortening (lard), homemade hominy and soap. The lard was made in early November when it was cold enough to kill hogs. The hominy was made later in January or February, and the soap was made in the spring.

I would save my pig fat and cook it in a large pot. We would add five gallons of water to four pounds of fat. We would then add a can of Red Devil lye. We would sometimes use lye-water that my mother had made from letting water trickle real slow through wood ashes and then put that water in the pot instead of clear water. We would stir the boiling mixture till it became thick and foamy. You could get some on the paddle, pull it up and let it cool to see if it was done. It got hard. If it was done, we would pour it into a flat container. The next day we could cut it into bars, and you had your soap. If it was too strong with lye it mostly had to be used in the wash pot to boil the clothes in. If it was not too strong with lye it would not hurt your hands. When washing, the clothes had to be lifted out of the hot water with a paddle. They were then dropped into a tub of clear water and swished around. They were then lifted into another tub before they could be squeezed out and hung up to dry.

Corn turned into hominy was mighty good. You would get a sound ear of good corn and shell it and boil it all day in a black pot of water with ashes from hickory wood in it. You would have

five gallons of water, three gallons of shelled corn and two gallons of hickory ashes. You would let it boil till the skin peeled off the corn and then you would take it out of the pot and wash it three or four times in clear water. Then you would put it in a clean pot and boil it till it swelled up.

When you wanted to have some for dinner you would season it with butter and black pepper. The hominy was stored in jars and covered with water. This made enough to give your neighbors some.

At the first good cold spell in late November, my family killed hogs. That was a big job and it took just about all day to kill two hogs. Usually the second day was spent making sausage. The next day was when we cut the fat from the hams and shoulders and trimmed up the middlings. We mixed these trimmings with that cut from the sausage pieces. We would cut the fat strips up into little two or three inch pieces. This was cooked in the wash pot over a big fire. We would add water to just about cover the fat meat. It took just about all day. But when the pieces of meat had shrunk up to cracklings - little pieces - we poured off the hot grease into buckets and that was the hog lard. Sometimes it was as pretty and white as bought lard. We would make enough lard from the two or three hogs that we killed to last all year.

Grand-daughter Julie Crane

Hog Killing Hasn't Changed

In early times one of the only sources of meat was by slaughtering the hog. The reason was that almost every part of the hog could be used for something. No part of the hog was thrown away.

On the morning of butchering day, the water that would be used for scalding was made ready. Most of the persons we talked to would use an iron bowl or a pot. While the pot was being filled, the fire was built under and around it and the water would be hot by the time the hog was killed.

Meanwhile, the hog was killed by shooting it in the back of the head or between the eyes, or sometimes by a sharp blow to the back of the head. While the bleeding slowed, the hog was carried to the scalding place and put into the hot water which loosened the hair. The hog was then pulled out and scraped with a not-too-sharp knife. The hog was then put into the hot water a second time and even a third time until all the hair was off the hide. A hog was not in water for a long period of time, since the hair would set instead of loosening.

After it was scraped clean, the hog was hung by its hamstrings. The hog was then cut around the base so the backbone was ringed. The head was taken off. The remaining blood was allowed to flow out of the body and a very sharp knife was used to make one long cut down the middle of the underside from chin to crotch. The cutter was very careful not to cut the membrane holding the intestines. All the entrails were allowed to fall out and the liver and gall bladder were cut free. The heart, lung, and the kidneys were set aside and saved. The arteries, veins, and valves, and the small

intestines were saved. These parts were then drained, washed, and left to soak.

The inside of the hog was now cleaned up. A sausage pot was started from the lean meat and ground the next day. Sausage could be kept by packing it in cloth bags or entrails.

The whole cutting was done over several days. This was the way most people cut-up hogs: They took out leaf lard while the carcass was still hanging, and put it into the fatpot to be made into lard. It wasn't cured. Then, they cut down the middle from the backbone to the back. The carcass was put on a table over to the side out of the way, and chopped all the way down both sides of the backbone. Afterwards, the meat fell into pieces. The tenderloin was removed. Tenderloin was on either side of the backbone and fatback was under that. Then both sections of the ribs were cut and the hams and shoulders were cut off. The ribs were chopped into blocks.

Shoulders and hams were trimmed up. The trimmings were placed into the sausage or the lard pots, and the rest set aside for immediate salting.

The backbones and ribs were canned or divided with neighbors. The liver, heart, tenderloin, kidneys and the head were cooked at once.

We thought that we would let Mr. and Mrs. Howard Moore tell us the way they slaughtered their hogs. It will also be illustrated by the pictures they took. This is the way Mrs. Wanda Moore told the story as she wrote it.

Story by Gerald McQueen
Pictures by Mrs. Wanda Moore

HOG KILLING

Start by shooting the hog through the head, right at the top point between the eyes, then stab the animal in the heart so you can get a good bleed on the animal. This is most important.



Now scald the animal in water about 205 degrees for about twenty minutes.



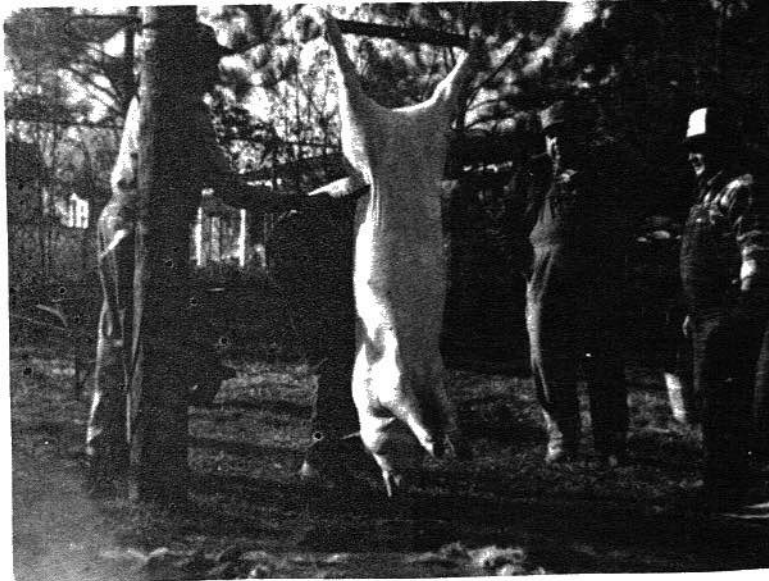
Roll the animal over and get an even scald.



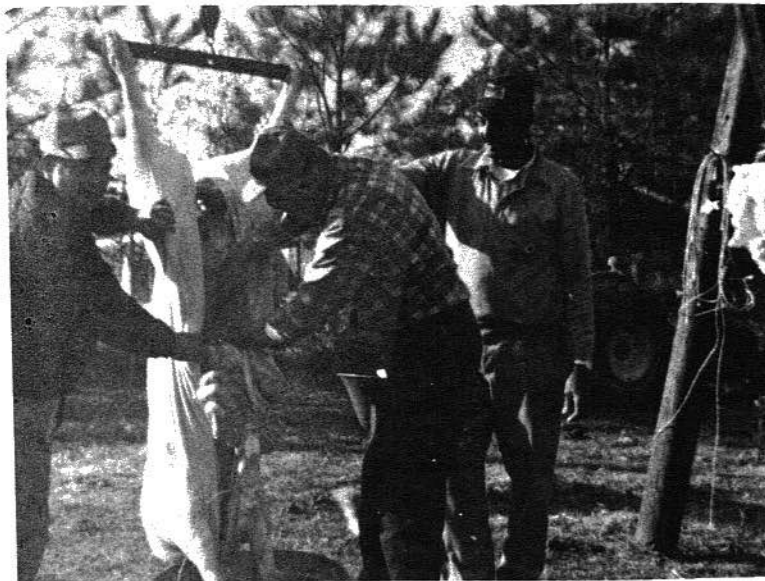
Now the fun begins: scrape all the hair from the skin.



Now hang the animal and cut from front legs to back legs straight down the middle of the stomach. Be very careful to cut only the top skin.



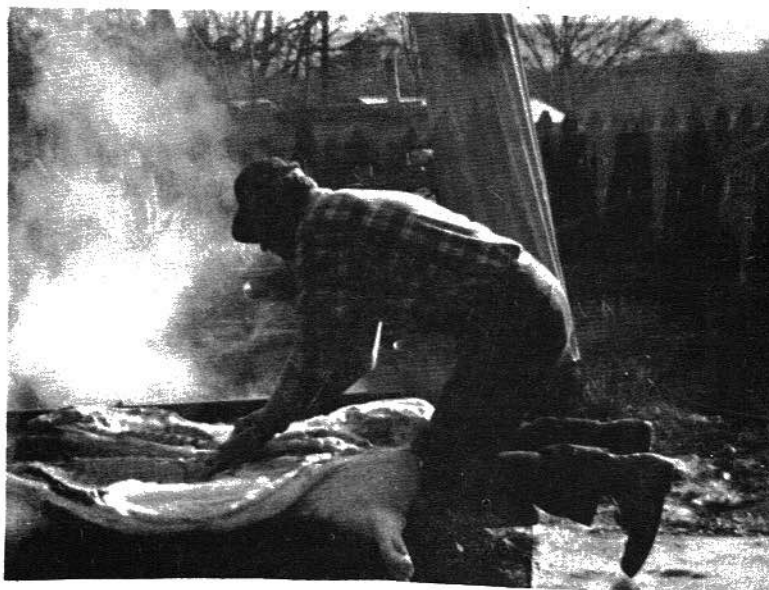
This part is very tricky. Cut very lightly so you won't cut the internals. Remove internals, heart, lights, and lungs.



The men in the picture are (left to right)
Walter Moore, Bobby Gant and Mr. Tucker



Split the animal through the back and start cutting the hams, shoulders, chops, bacon, neck and back bones. If you like cured meat, pack the pieces down in salt three or four weeks.



HONEY: NATURE'S PERFECT FOOD

Honey is nature's perfect food. Bacteria cannot live in honey due to the potassium content which keeps the honey pure.

Bee keeping is the way we get most of the honey that we eat today. Here is the way Mr. Edgar Williams catches his bees.

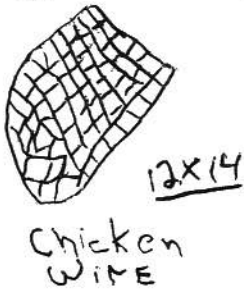
In the springtime the bees will swarm and land on a lower tree limb or bush. Mr. Williams will look for the queen bee in the swarm. When he finds the queen, he gently rakes the queen and all the swarm into a large clear plastic bag. He then takes the bag back home to his hives. He opens the top of the hive and puts the queen bee in the new hive. The other bees will then follow the queen into the hive. Mr. Williams says the bees will make honey in the chicken wire. Then, he will open the back (sliding door) and rake the honey into the bucket. The honey is then put into jars.

Mr. Williams, from Jamestown, Tennessee, says that he has raised bees since he was six years old. He does everything the old fashioned way. He makes his bee keepers (hives) himself as shown on the diagram. He sells some of the honey. Some of the honey is used in health remedies by his wife. Mrs. Ada Williams says, "My remedies can cure anything from a simple cough to double pneumonia."

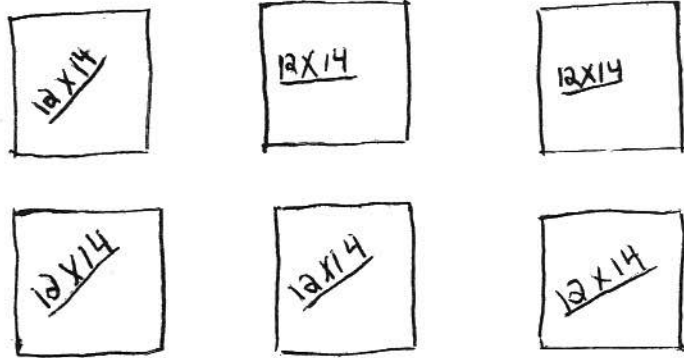
Bee keeping as told by grand-daughter
Sherry Garret

The drawings on the opposite page
are copies by Chris Arnold of the
original drawings by Mr. Williams.

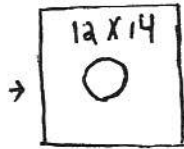
① By Chris Arnold



cut out six 12x14 pieces of wood.



Drill a hole About 5x6

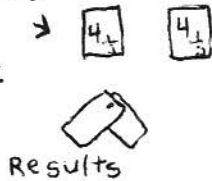


In one of the pieces of 12x14

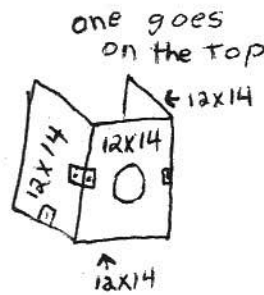
cut out eight 4 1/2 in. of wood



② nail the 4 1/2 pieces together to make fit



③ nail the 12x14 pieces together like this so you have used 5 pieces of wood



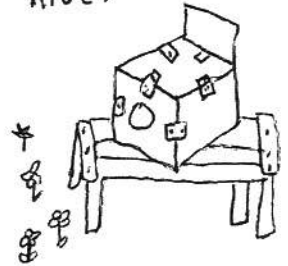
⑤ Take your last 12x14 and put a handle on it



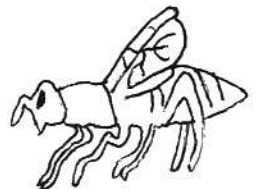
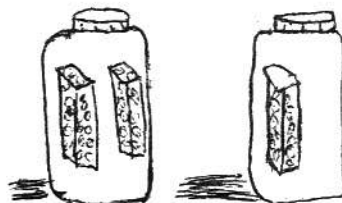
⑥ attach the door where it will move like this →



Plant flowers near hive.



For the stand you need 3 20x6 1/2 boards and 6 19x4 1/2 boards and 10 nails



Recipes - Remedies - Around the House

Mullein Candy

This recipe was given to Mullein by Miss Daisy Caldwell who told us that she and her sisters made mullein candy when they were growing up.

Boil two or three pieces of mullein root in a quart of water for thirty minutes or until liquid is reduced to a cup.

Mix and cook over low heat.

3 cups sugar
1 cup mullein extract
1 tablespoon butter

Cook over low heat until mixture forms a thread or until a soft ball forms when dropped in cold water.
Remove from heat.
Add butter and beat.
Pour into dish and cut.

RECIPES

Compiled by
LeeAnn Hinds

Grannies Rolls

½ cup shortening
1 ¾ cups hot water
1 pkg. yeast with ¼ cup water
3 cups flour (plain)
7 eggs
2 tsp. salt
½ cup sugar
4 cups flour (plain)

Combine the first 5 ingredients in the order listed. Beat until mixed then add the salt, sugar and flour. Knead all ingredients together. Let rise until double in size. Work the dough down and shape rolls. Put into greased pan. Bake at 400 degrees until brown.

Kristin Lamberth

Corn Pone (Hot Water Cornbread)

1 tablespoon shortening
¾ cup boiling water
1 cup cornmeal
1 teaspoon salt

Melt shortening in heavy 8 or 9 inch skillet in which pones will be cooked. Heat water to boiling point and pour in immediately over meal and salt. Add shortening, stir to blend well. As soon as mixture has cooled enough to handle, divide into four equal portions. Shape each portion into a pone ¾ inch thick by patting between the hands. Place in pan and bake at 450 degrees F. about 50 minutes or until golden brown.

Kristin Lamberth

Special Corn Bread

1 cup meal
3 eggs
1 cup sour cream
1 cup cream style corn
½ stick butter

Melt butter in skillet. Mix rest of ingredients and pour in skillet. Bake in oven like regular corn bread.

Fannie Thomas

Watkins Steamed Brown Bread

½ cup graham flour
½ cup yellow corn meal
½ cup flour
½ tsp. salt
½ tsp. soda dissolved in milk
¾ cup milk
¾ cup dark molasses
1 egg beaten very lightly and added last

This batter is rather thin. Use empty Watkins Baking Powder tins, well greased and steam 3 to 4 hours. Bake in oven 5 minutes. Seeded raisins are very nice in this bread.

This recipe came from Donna Hambrick's grandmother's Cookbook.

Cracklin Cornbread

1 cup of cracklings (diced)
1½ cups corn meal
½ cup white flour
½ tsp. soda
¼ tsp. salt
1 cup buttermilk

Mix and sift together dry ingredients. Add the milk, stir in cracklings. Pour into greased iron skillet and bake in oven at 400 degrees F. for 30 minutes. Cracklings are the pieces of meat left after the lard has been rendered from pork.

Kristin Lamberth
Ella Ruth Lamberth

Hoe Cakes

It has been said that-

Negroes working in the cotton fields first cooked this bread on their hoes over little campfires. (Also called corn dodger).

4 cups cornmeal
1 tsp. salt
Boiling water
1 tbs. bacon drippings

Mix cold cornmeal with enough boiling water to make a stiff dough. Add bacon drippings and salt. Shape into oval pones a handful at a time, leaving fingerprints across the tops. Bake in a greased pan in oven until brown on one side. Then turn and brown on the other side.

Tammy Winters

Herb Bread

yeast - granular, 2 tablespoons
water - $\frac{1}{2}$ cup
honey - $\frac{1}{4}$ cup
butter - $\frac{1}{4}$ cup
salt - 1 teaspoon
milk - 1 cup warm
eggs - 2 room temp. beaten slightly
dill weed - 2 teaspoon fresh chopped or 1 dried
majorum - 2 teaspoons fresh chopped or one dried
tarragon - 2 teaspoon fresh chopped or one dried
nutmeg - $\frac{1}{2}$ teaspoon ground
unbleached flour - 4 - 5 cups

Dissolve yeast in water. Mix the remaining ingredients together with exception of flour. Add three cups flour, make a dough that will clean the sides of bowl and can be gathered into a ball. Turn out onto lightly floured board and knead 10 minutes. Place in a greased bowl and turn over to grease the top surface. Cover with cloth and put in a warm place and let it double in bulk (about 1 hour). Punch down and divide into 2 halves and shape into loaves or place in two lightly greased bread pans. Cover and let rise again until double in bulk (about 1 hour). Then bake at 375 degrees for 20 to 30 minutes or until leaves sound hollow when tapped. Remove to a rack and let cool. Makes two loaves.

Tammy Winters



Angela Jeffery

DRIED APPLE PIE

Eighth graders, Kristin Lamberth, Tammy Winters, and Angela Jeffery arranged the fruit, pie, bread, and other things for the picture. Tammy Winters made the tasty herb bread, which the boys gobbled up after this picture was taken.

Kristin's mother, fifth grade teacher, Mrs. Ella Ruth Lamberth, dried the apples. She made pies for us twice. She is very much interested in Mullein activities.

A sugar-cane top is lying beside the herb bread. Molasses is made from the sugar-cane.



Drying Apples

Apples are peeled and sliced into slivers. They are then dipped into a mild salty water. This is supposed to keep insects off the apples while drying and keep them from turning dark. The apples are placed on "drying boards" out in the sun. The apples are turned 3 or 4 times during the day. It usually takes 2 or 3 days to dry the apples completely. Before storing, it is best to place them in an oven at about 225 degrees for a few minutes. They will keep better when this is done. The dried apples were used in making cakes and pies.

Kristin Lamberth
Ella Ruth Lamberth

Dried Apple Pie

Wash about 2 cups of dried apples. Place apples in bowl and cover with water. Let stand for one hour. Drain and place in stewer with water. Bring to boil and simmer until tender. (Water may be added to the cooking apples because they absorb the water) drain, mash with potato masher. Add $\frac{1}{2}$ t. salt. Also add cinnamon and sugar to taste. Set aside to cool.

Make pastry by your favorite recipe. Roll out thinly on a floured board. Place a saucer on the pastry. Cut the pastry around the edge of the saucer. Place 3 or 4 tablespoons of apple mixture on $\frac{1}{2}$ of pastry circle. Fold the pastry over to cover the apples. Seal edges by pressing edges with tines of a fork. With fork prick the top of pie to allow steam to escape while they are cooking. Some prefer to bake the pies. The baked pies are delicious served warm with butter melted on top or with vanilla ice cream.

Kristin Lamberth
Ella Ruth Lamberth

Syrup Candy

2 cups syrup
1 lump of butter (size of walnut)

Boil these together until the mixture threads, when you pour some from a spoon. Add $\frac{1}{2}$ teaspoon soda and stir. After it quits foaming, pour out on a greased table top or platter. When it cools, pick up a little and begin to pull it. Keep adding a little more to what you have pulled until you have pulled it all. (To pull means to stretch it out, then fold it back and stretch it again).

Mrs. Pearl Clark

Cold Biscuit Pudding

2 cups milk
2 eggs
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup flour
1 tablespoon vanilla

Put all ingredients into a sauce pan and cook until it starts to thicken. Pour over toasted buttered biscuits that have been left over from breakfast.

Wendy Shoemake

Upside Down Cake

$\frac{1}{3}$ cup butter
 $\frac{2}{3}$ cup sugar
2 eggs
 $\frac{1}{2}$ teaspoon vanilla
 $1\frac{1}{2}$ cups flour
3 teaspoons Royal Baking Powder
 $\frac{1}{3}$ teaspoon salt
 $\frac{2}{3}$ cup water

Cream butter; add sugar, add beaten egg yolks and vanilla. Sift flour, baking powder and salt. Add to first mixture alternately with water. Fold in stiffly beaten egg whites. While making the cake, melt four tablespoons butter and one cup brown sugar in frying pan. When thick and syrupy arrange in syrup slices of pineapple or halves of fresh or canned peaches or two cups of any fruit cut in small pieces. Pour in the batter and bake in oven at 375 degrees for 35 minutes. Remove to dish, turning upside down so fruit will be on top.

Fannie Thomas

Grandmothers Ole Timey Egg Custard (1 Pie)

$\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup flour
 $1\frac{1}{2}$ cup milk
2 eggs
1 teaspoon flavoring

Mix sugar, flour and milk in top of double boiler. Cook until it begins to thicken. Add beaten egg yolks. Cook until thick and add vanilla. Pour in baked pie shell and top with meringue.

Fannie Thomas

Cream Chocolate Pie

2 cups milk
½ cup sugar
yolks of 2 eggs
1 teaspoon vanilla, dash salt
4 tablespoon flour
3 tablespoon cocoa

Sift flour, cocoa and sugar together. Combine milk, eggs, and cook: add to cooked pie shell. Top with meringue.

Fannie Thomas

Butter Milk Pie

1½ cups sugar
3 whole eggs
1 tablespoon flour
½ cup buttermilk
1 teaspoon vanilla
2/3 stick melted oleo

Mix all ingredients and bake in unbaked pie shell for 1 hour at 350 degrees. Will make 1 - 9 inch pie.

Donna Hambrick
Aunt Mary Guin

150 Years Old Egg Custard

3 eggs well beaten
2 tablespoon flour
1 cup sugar
1½ cup milk
1 tb. vanilla
¼ stick butter

Mix all ingredients and bake in pie shell. Sprinkle nutmeg on top of custard.

Alice Garrett
LeAnn's great grandmother

Sawdust Salad

Dissolve in 2 cups hot water:
1 box lemon gelatin
1 box orange gelatin
Add in 2 cups cold water
3 bananas diced
1- No.2 can crushed pineapple drained
100 minature marshmallows
Chill in refrigerator until congealed

Cook until thickened, then allow to cool
1 cup sugar
4 tablespoon flour
2 eggs
2 cups pineapple juice
Spread cooked mixture over congealed gelatin
Blend 2 packages dream whip with
2 sm pkg. of cream cheese beaten until light
Spread over second layer
Sprinkle grated sharp cheese over top of salad

Maggie Lou Phillips
Jackie Thomas

Yummy Orange Balls

1 - stick Margarine - melted
1 - pkg. (12oz) vanilla wafers, crushed
1 - lb box powdered sugar
1 - cup pecans, finely crushed
1 - can (6oz) frozen orange juice (thawed)

Mix crushed wafers, powdered sugar, and pecans. Add melted butter and melted orange juice. Mix well. Roll into small balls and roll them in finely grated coconut. Store in refrigerator over night. They freeze well if you have any left for fall or winter. Serve with coffee or hot tea.

Maggie Lou Phillips
Jackie Thomas

Sassafras Tea

In the spring dig the roots of red sassafras. Wash well and cut into small chunks. Put into an old pot (stains it). Boil for one hour. Add sugar or honey to sweeten. Pour into crock pitcher. May be served hot or cold. Fine to drink hot as a blood purifier.

M. Carter

Scottish Cream Scones

Here is an old Scottish recipe brought from Scotland.

2 cups sifted all-purpose flour
1 tbls. baking powder
2 tbls. sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{3}$ cup butter
 $\frac{1}{2}$ cup cream
1 egg, well beaten
 $\frac{1}{4}$ cup chopped seedless raisins

Combine flour, salt, baking powder, and sugar in a bowl. Cut in the butter with fingertips. Mix in egg and cream with a fork. Stir in raisins. Turn dough out on a lightly floured board, and pat out in a circle about one half inch thick. Cut in wedges. Brush tops with slightly beaten egg white, and sprinkle with sugar. Bake in 400 degree oven for 15 to 18 minutes. Makes 12.

John McLaughlen

Irish Potato Candy

1 potato (size of large orange-boiled-grated or mashed crumbly)
1 box confectionary sugar (or more)
1 tsp. vanilla

Sift sugar into potatoes. Add vanilla before the mixture becomes hard. Add sugar to reach the consistency of bread dough. Sift confectionary sugar on large bread board. Roll potato mixture on board to about $\frac{1}{4}$ inch thickness. Spread lightly with peanut butter and roll up like a jelly roll using spatula under candy before each turn. Slice into $\frac{1}{2}$ inch slices. Let set a day before slicing.

Martha Caldwell

Old Fashioned Peanut Brittle

2 cups white sugar
1 cup white corn syrup
 $\frac{1}{4}$ cup water
2 cups Valenria peanuts
1 tsp. baking soda
1 tsp. salt
t tsp. vinegar

Combine sugar, corn syrup and water. Cook to soft ball stage. Add peanuts and cook until mixture turns dark. Remove from heat and add baking soda, salt and vinegar. Stir well. Pour onto buttered cookie sheet. Cool and break into pieces. Yield-2pounds.

Charles Perry

Tomato Catsup

1 gallon tomatoes
1 quart vinegar (use less if too strong)
1 quart sugar
 $\frac{1}{2}$ tsp. red pepper
1 tsp. allspice
 $\frac{1}{2}$ tsp. black pepper
1 tbs. salt

Crush tomatoes. Combine all ingredients into a large pan and cook slowly until thick enough. Bottle or put up in jars.

Herb Chicken Gravy

Use 2 cups chicken bouillon.
Add 1 teaspoon chopped parsley.
Add $\frac{1}{2}$ teaspoon poultry seasoning.

Orange-Honey French Dressing

3 tbs. frozen orange juice concentrate
 $\frac{1}{2}$ tbs. vinegar
 $\frac{1}{4}$ cup honey
 $\frac{1}{2}$ tsp. dry mustard
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ cup oil

In a bowl, blend all ingredients, except oil. Add oil slowly, beating constantly. Chill. Pour over fresh fruit cocktail. Yields 1 cup.

All the above recipes were
taken from an Old Watkins
Cookbook

Sallet Greens

Sometimes during the spring the women would go out in the fields and gather wild mustard, dandelion leaves, briar leaves and dock.

Reciepe:

Wash the leaves thoroughly. Place leaves in about three quarts of water; put fat back in with greens. Season with salt and about a teaspoon of sugar. Boil slowly for an hour or two. Serve with hot pepper sauce.

Kristin Lamberth

Stuffed Cabbage Leaves

4 large cabbage leaves
sugar
2 tablespoon corn oil
1/3 cup chopped carrots
1 cup mushrooms
freshly ground black pepper
freshly grated nutmeg
2 tablespoons finely chopped parsley
2 tablespoons beef bullion
1 med onion
1 cup cubed roast beef
1 cup peeled, deseeded and chopped tomatoes

Cook cabbage 3 to 5 minutes. Drain and cool. Spread each one out carefully and remove the hard stem from base. Heat half of oil in frying pan and fry the onions and carrots for 5 minutes. Add tomatoes, mushrooms, salt, pepper, nutmeg, parsley and slice of butter. Allow to cook until the juices from the tomatoes has evaporated. Let it cool. Place on cabbage leaves. Fold the sides over to trap the filling and roll up the leaves carefully. Bake in heated oven until brown, basting with a little stock from time to time.

Bessie Caldwell

Chitterlings (Chit-lings)

Wash chitterlings thoroughly and cover with boiling salted water. Add 1 tbls. whole cloves and 1 red pepper cut into pieces the size of oysters. Dip each piece of meat in beaten egg and then in cracker crumbs. Fry in deep fat until brown. Chitterlings are the smaller intestines of swine.

Kristin Lamberth

Hot Pepper Sauce

Wash hot peppers and place in a sterile pint jar. Mix $1\frac{1}{2}$ cups cidar vinegar and 2 tbls. of sugar in a small pan. Bring to a boil. Stir to be sure that sugar is dissolved. Pour over peppers in jar and seal.

Kristin Lamberth

French Beans and Herbs

1 lb. French beans, cleaned
Salt
1 tbls. corn oil
1 clove garlic, crushed
2 tbls. finely chopped parsley
2 tbls. finely chopped chives
Pinch of cinnamon
Freshly ground black pepper

Boil the beans gently until almost cooked but still slightly crisp. Heat the oil in a thick pan. Add the garlic and stir it over the heat for one minute, then add the parsley, chives, and cinnamon. Stir over the heat for another minute, then add the drained beans. Reheat gently, stirring to mix the beans, garlic, and herbs thoroughly. Sprinkle with pepper before serving.

Bessie Caldwell

Spice Prune Garnish

$1\frac{1}{2}$ cups granulated sugar
 $1\frac{1}{2}$ cups hot water
12 cloves
12 large prunes soaked in cold water
12 marshmallows

Combine sugar, water, and spices. Heat to boiling and add prunes. Cover and cook until tender (about 20 minutes). Take prunes from syrup, remove seeds, tuck marshmallows in center of each prune. Place under broiler until marshmallows puff. Garnish meat platter.

Mae Holley

Green Tomatoes Pickled

1 peck green tomatoes
6 onions
6 green peppers
2 tbs. ground ginger
2 tbs. ground mustard
2 tbs. ground cinnamon
3 pints vinegar
1 pint water
1 pint sugar

Slice tomatoes. Put salt between the layers and let stand twelve hours. Then put in a jelly bag to drain. Next morning put them on to boil with peppers, onions, and spices. Mix the vinegar and water with sugar. Let all boil slowly until clear and thick. (Cloves and all spice should be put in whole, tied in bags). Seal in jars.

Bessie Caldwell

Green String Beans

Cook string beans in a black pot. Let it come to a boil. Put in a small chunk of white meat. Bring to a boil. Put in 3 cups of green beans, $\frac{1}{4}$ tsp. salt. Cook real low until water is gone.

Alice Garrett
LeeAnn Hinds great-grandmother

Noodling Noodle Soup (Spring Onion Soup)

6 spring onions cut up fine
2 eggs
1 cup cornmeal
4 cups water
 $\frac{1}{2}$ tsp. salt
Dash of pepper

Spring Onion Soup (continued)

Bring water to boil, drop in onions. Mix eggs with meal to form small balls. Drop balls in boiling mixture with salt and pepper. Cook about 10 minutes. Serve piping hot.

Alice Garrett
LeeAnn Hinds great-grandmother

Corn Pone

2 cups corn meal (old-fashioned)
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. baking powder
 $\frac{3}{4}$ cup buttermilk
 $\frac{1}{4}$ cup water

Stir all together. Put in a greased pan (homemade lard). Cook in black skillet.

Alice Garrett

Sweet Potato Pie

3 medium sweet potatoes, sliced
 $\frac{1}{2}$ cup sugar
Pinch of salt

Make a dough mixture (like regular biscuits). Put potatoes and sugar on to boil. Place layer of potatoes and layer of small strips of dough and do it again. At the last roll out one large piece of dough to cover entire top of pie. Put butter on top. Bake at 375 degrees.

Alice Garrett

Herb Vegetable Bake

Prepare double recipe Herb Sauce (below). Toss with 3 cups thinly sliced zucchini, 2 cups cooked carrot strips, 1 cup cherry tomatoes and 1 cup croutons. Turn into two-quart casserole. Bake in 350 degree oven for 30 minutes.

Herb Sauce

Add $\frac{1}{2}$ tsp. dried dill weed or basil to 1 cup medium white sauce.

BUTTER, COTTAGE CHEESE AND HOMINY

Tammy Winters, an eighth grader, interviewed her grandmother, Mrs. Myrtle Ammerman, who shared the following recipes with us. Mrs. Ammerman was one of eleven children, five boys and six girls.

Cottage Cheese

To make cottage cheese take clabbered milk and put it in a pot and let it get real hot. Then put it in a cheesecloth and let it drain. Add salt and if you want creamed cottage cheese put a little cream in it.

Butter

To make butter, let milk sour skim off the cream and put it in the churn. The churn should be half full to get a good supply. Churn until droplets of butter begin forming. After that it takes 15-20 minutes for all the butter to be gathered. Work with dasher until in lump. Lift out of milk and place in dish or butter mold. In a dish work with paddle until butter firms. Shape into desired forms. If in butter mold when pressed the milk will be extracted, and butter will come out in design.

Hominy

To make hominy, take a barrel with a hole in the bottom and put wood ashes in it and pour water in it and let it stand for several days. Then drain the water off into a large container. Then take the white field corn and soak it in the lye water until the outer hull comes off (about 24 hours). Then wash the corn until all the lye water is off. Then boil corn until tender. Place in fruit jars and process it.

Squash Dressing

1½ or 2 cups cooked squash
2 cups cornbread crumbs
2 pieces loaf bread
3 eggs
½ cup chopped onions
1½ teaspoon sage
2 tablespoon melted butter
Salt and pepper to taste

Cook squash in small amount of water. Mash squash leaving water in, mix all ingredients together with squash. Bake in greased pan or baking dish 350 degrees for 1 hour or until done.

Donna Hambrick
Brooksie Hambrick

OLD TIME REMEDIES

Note: Old time remedies used turpentine or kerosene to prevent infection. Whiskey was used to prevent spoilage in teas and liniments.

Compiled by Lorie Thomas

Colds and Sore Throat:

For a bad sore throat, heat meal hot and place in a narrow cloth bag and wrap around neck. If kept warm for several hours, will cure sore throat. Alternate with two bags.

M. Jackson

For a sore throat, take a pinch of crushed mustard seed mixed in a bit of honey every hour or two. Put a little dab on back of tongue and let melt down throat.

F. Jackson

For side pluresy or pneumonia, make a paste of powdered mustard and a few drops of oil and water. Smooth the mixture over half a flannel cloth which is about 12 by 12 inches or a little larger. Fold cloth over and place on chest over pain. Go to bed. Remove the cloth when the plaster begins to burn the skin until it is red. Stay in bed until fever is gone. Drink hot chicken broth every two hours. Keep fever cooled by placing a cloth, which has been dipped in a weak vinigar solution, on the forehead.

B. Gibson

Gargle with vinegar and warm water when you feel a sore throat coming on.

Michael Curry

Dried mullein leaves can be smoked in a pipe to help open up sinuses.

F. Edwards

A vapor from hot mullein leaves will open up head colds and bronchial tubes.

F. Edwards

For Coughs

Wild cherry bark tea will stop a cough. Cut bark from wild cherry tree. Peel the thin layer of wood right next to the bark and put it in water and boil. Sweeten with honey and drink.

Wendy Shoemake

Gargle with vinegar and warm water when you feel a sore throat coming on.

Michael Curry

Find a wool cloth twelve inches long and ten inches wide. Put in a pan a half cup beef suet (tallow) and beeswax. Heat until melted. Put the cloth in the pan and keep until it has soaked up the mixture. Squeeze slightly and bind tightly around the neck.

S. Holley

A flannel piece of cloth was soaked in a tar solution and put on a child's chest at the beginning of winter to prevent colds.

J. McLaughlin

For colds, mix whiskey and honey and take a spoonful often.

J. McLaughlin

One teaspoon of sugar and a few drops of kerosene for your every day aggravating cough.

Kristin Lamberth

A poltice of cooked onions is good for pneumonia and pluresy. Also the cooked onions would be eaten every four hours.

M. Jackson

For baby's croup and colds, mothers would wrap an onion in shucks and place it in the ashes to cook slowly. The liquid would be given in small amounts to the baby.

B. Ward

For bad cold: Put a few drops of turpentine on a teaspoon of sugar and eat it slowly. Repeat every few hours.

M. Ammerman

For cough: Mix pure honey and lemon juice. Take teaspoon full every thirty minutes until cough improves.

M. Ammerman
Grand-daughter-Tammy Winters

Minor Irritations

Bleeding: Soot will stop bleeding. Get soot out of wood stove and/or fireplace and put on the wound.

For kidney infection, make a tea from boiling red sassafras root. The tea will be a bright amber. Sweeten slightly with honey. Drink this tea hot to help relieve congestion in head or chest.

J. McLaughlin

Burns: Use butter or the juice from alo vera leaf.

J. McLaughlin

Mullein leaves can be wilted down well in hot water and the leaves placed on a cloth or gauze and placed on the burn. This dressing can be changed each day.

Chris Arnold

For a sunburn, put unsalted butter mixed with honey on the burned area.

B. Lawrence

For cuts and open wounds, soak affected area in Epsom salts water. Bandage and repeat often.

B. Gibson

Ear ache: Keep the ear filled with goose grease.

M. Jackson

Drop a few drops of camphorated oil and alcohol which has been mixed and heated into the ear.

M. Jackson

For Seven Year Itch, dig poke-roots, wash real clean. Put in a pot and boil for 30 minutes. Then drain off the water and put it in your bath and soak in it.

M. Ammerman

MINOR IRRITATIONS

Poke Root- When washed and boiled down, poke root will kill the itch. Sponge the irritated area often.

Wendy Shoemaker

Infection- Stepped on a nail- coal oil poured over the wound when somebody stepped on a nail or thrown will take the soreness out.

Wendy Shoemaker

Infection- Vinegar and brown paper poultice: Cut the brown paper bag into strips. Soak the strips in pure vinegar. Place the brown wet strips over the infected area if there is swelling from a minor infection.

Wendy Shoemaker

For cuts and open wounds, soak affected area in Epsom Salts water. Bandage and repeat often.

J. Jones

Sore mouth can be cured by drinking a tea made by boiling yellow root and drinking it or just holding it in the mouth for awhile. This tea will also cure a sick stomach.

Chris Arnold

When you step on a nail put kerosene on the wound to prevent tetanus.

J. McLaughlin

Poultice for Swelling and Bruises

Home made liniment: Mix almost a pint of rubbing alcohol one cake of camphor gum, cut up and two or three ounces of Oil of Wintergreen. Rub this on sore joints.

Elizabeth Gibson

Crush a dirt dobber's nest with vinegar to make a paste. Apply the past, heaping up, to the bruised area and cover with sterile gauze or cloth. When cloth becomes stiff and dry, remove and make a new bandage. If you want the poultice to remain on several hours, put a few drops of olive oil in the paste. The poultice could be made of clay soil.

L. Lumsden

Bee Stings

Make a paste of baking soda and honey and place over the sting. Do not cover. If out in a field, and tobacco is on hand, put tobacco juice or snuff on the sting.

W. Holley

Mullein leaves wilted and made into a poultice are good for your bruises and sprains.

F. Holley

Bowel Trouble- For grown ups with bowel trouble, sift flour in water and make a white liquid, like milk. Drink on empty stomach. This soothes the stomach.

B. Gibson

For Worms- For worms in children, cook Jerusalem oak seed in water and sugar until a candy is formed. Feed to children and will get rid of worms.

M. Hayden

Appetites- Blood Pressure- Nerves

Wild cherry bark tea and the same amount of whiskey will improve the appetite. Drink a cup full each morning.

Salt raises blood pressure when used to flavor food eaten by a person who has a tendency to have higher blood pressure. Use very little salt. Herb seasoning is very necessary for such a person.

For high blood pressure, boil and strain garlic seed. Drink a tablespoon night and morning.

M. Holley

Put 3 or 4 dried mistletoe leaves into a cup and pour hot water over it. Steep for five minutes and drink $\frac{1}{4}$ cup after breakfast and at night. Be careful to avoid the berries as they are poisonous.

For nerves, a tea made from slippery elm bark is good for women. Black haw bark makes a good tea for a woman's monthly period.

J. Jones

Arthritis- boil several mullein leaves only until the color changes. Place on a cloth and place on aching joints. This will relieve the pain.

F. Holley

A large glass of warm water containing a tablespoon of apple cider vinegar plus tablespoon full of pure honey will prevent arthritis if drunk before breakfast each morning.

Quick Remedies

1. Castor oil and sulfur for boll hives
2. Fried onions and grease for colds
3. Wet snuff for bee stings
4. Kerosene to stop bleeding of cuts
5. Vinegar and dirt doobers nest made into a poultice for sprains.
6. Whiskey and peppermint for colds
7. Chewing yellow root for stomach trouble
8. Turpentine on a teaspoon of sugar for worms
9. Teaspoon of honey with 3 drops of lemon for cough or sore throat
10. Sasafrass tea to cure spring fever
11. Fat back for risings
12. Smoke dried mullein leaves to open sinuses
13. Poultice of scraped Irish potato for swelling or to remove worts
14. Onion juice in your ear will stop the ear ache
15. Watermelon seed tea will cure bladder trouble
16. Take one tablespoon of ginseng root tea before each meal. This will allow the kidneys to function properly.
17. For any kidney ailment, boil red oak bark and drink $\frac{1}{2}$ cup of tea night and morning
18. For worts, tape one slice of fresh potato to the wort every night until wort disappears
19. To break measles, drink hot tea made from whiskey and lemon juice.
20. Drink hot ginger tea to break out the measles.

AROUND THE HOUSE
BEAUTY, HINTS, AND QUIPS

Compiled by
Tabby Kendrick

Herbs for Beauty

Herbs are being used more and more as beauty aids. Their fragrance and astringent qualities as well as oils from the seeds may prove to be very beneficial in creams.

Eat plenty of fresh vegetables and use them externally, too.

Cucumber-Rub a slice over face and neck. It will soften and smooth skin by refining pores. Also eat them raw with salt.

Watermelon-Watermelon rind has many of the same qualities as cucumbers and is equally useful for beautifying skin. Rub the rind on face and neck.

Tomato-Tomato juice is great for oily skin. Try swishing a slice of raw tomato over the face from time to time.

Potato-Peel and grate a little white potato and place under the eyes. This is good for relieving swollen bags and dark circles.

Eggs-Egg whites, beaten and applied to the face, work as a tightening mask to draw up wrinkles. Skin can use external sources of protein from the yolk, too as time goes on. Smear the whites or yolks and rinse off with water after 15 minutes.

The white of an egg makes an excellent settling solution for the hair. Simply dip the fingers in the unbeaten egg white and moisten the hair. It not only provides protein to the hair but it dries quickly and will hold the hair in place as well as any spray.

Steep one ounce of dried rosemary, sage, or mint or a combination of these herbs in four ounces of white vinegar for two weeks in the refrigerator. Strain and use the herbal vinegar as a facial wash, skin refresher or hair rinse. The herbs are mildly astringent and the vinegar helps restore the natural skin acidity.

Peacnes, cream, and honey-Whip up a little heavy cream and mix with one teaspoon honey and one half pureed peach. Apply to face and leave on for 15 minutes. Remainder will last for two weeks in refrigerator.

Lemon-To whiten nails plunge them into the white part of lemon rind for a minute or two. Also get an additional gloss on nails, buff them with old fashioned buffer.

Herbal Skin Oil

Add 1 tablespoon dried rosemary, sage, or mint to four ounces safflower or wheat germ oil. Keep in the refrigerator and let stand 24 hours or longer then use for cleaning or lubricating the skin. The mild oils and aromatic herbs are said to be soothing to facial nerves.

Hand Wash

Thyme, rosemary, and sage steeped in vinegar was once used as an anti-septic hand wash. Today it is a soothing hand wash after soaps and detergents or smelly substances such as onions.

Breath Tainted by Onions

Leaves of parsley eaten with vinegar will prevent the disagreeable breath odor when raw onions have been eaten.

On a hot day to feel fresh after a bath, put two tablespoons of baking soda in a pan of water and rinse with it. This water is cooling and prevents perspiration odor.

Herbal Beauty Bath

Mix together one tablespoon dried lavender flowers, one tablespoon dried rosemary leaves, and one tablespoon mint, and one tablespoon dried thyme and tie into cloth. Put the bag under the faucet in a stoppered tub and turn on the hot water. Let the bag soak in hot water for 10 minutes. Fill the tub with water of bath temperature and relax for 15 minutes. It is said to soothe frazzled nerves at the end of the day and its fragrance makes you feel beautiful in mind and body.

HOUSEHOLD HINTS

Faded or slightly worn window shades can be renewed by spreading out flat and applying a coat of ordinary house paint.

If while boiling eggs they become cracked, add a teaspoon of salt to the water. The salt will close the cracks in the eggshells.

When the medicine is particularly unpleasant to take, hold a piece of ice in the mouth for two minutes before taking.

A light bluing water rinse after laundering white silk underwear will keep it snowy white and never give it a chance to yellow.

A light coat of varnish, applied every few months, will lengthen the life of linoleum and preserve the design.

If you wish to hang where there are only painted walls, attach a tiny piece of adhesive tape to the calendar and the other end to the wall. This will save driving nails or screws into the plaster.

An electric refrigerator can be used in making candy. Butter the tins used for ice cubes and pour fudge into them. The candy will harden almost immediately and there will be no cutting to do.

If you write your name on a piece of adhesive tape and fasten to the bottom of each utensil, your dishes will come back from the Church or bazaar sale.

Paint brushes can be cleaned by washing them on hot soda water.

Put a nickel's worth of sulphur in the dog's drinking water and leave it there. It helps keep the dog healthy and is especially good for a dog subject to worms.

Before turning out a cake you can prevent it from sticking by sprinkling the surface on which it is to be placed with powdered sugar.

Add a little baking powder to the flour in which you are going to roll chicken or other meat before frying. This insures a fine crisp outer covering.

A few drops of vegetable coloring added to the bubble suds will delight the children since the bubbles will be gay and colorful.

When sheets are made at home try making the hem the same width at both ends. They can be reversed, will distribute the wear, and will make them last longer.

Keep the sink drain free from grease by dissolving a cup of potash in one quart of boiling water and pour it down the sink once every week.

The Japanese make a fine clear paste by simply boiling rice in water until it is reduced to a fine thick paste.

Use a vegetable brush to wash men's collars and cuffs on shirts or other things which are badly soiled.

Lemon juice, salt, and strong sunlight are cures for stains on white materials.

Discolored china or any other crockery ware can be freed of discoloration marks by applying a solution of salt and vinegar.

A few drops of paraffin will usually remove odors and grease stains from the kitchen sink.

To remove white spots on furniture made by hot dishes, use powdered pumice and linseed oil, applied with a soft cloth, rubbed dry and polished with the grain.

Whenever you use gasoline for cleaning purposes, pour the residue down the kitchen drain, followed by boiling water. This process will cut the grease deposits that may have gathered and give a thorough cleaning to the pipes.

Lemon juice will remove rust from linoleum.

A pinch of salt added to hot starch will give a high gloss.

QUIPS

1. Two loaves under a silky moon means marriage will come real soon.
2. When it rains, it pours.
3. Don't count your chickens before they hatch.
4. A stitch in time saves nine.
5. It will be a cold day in August before I do that.
6. Early to bed, early to rise, makes a man healthy, wealthy, and wise.
7. Don't light a match in the open or you'll only have bread and butter.
8. An apple a day keeps the doctor away.
9. If you put salt on a bird's tail, you can't catch it.
10. When a full moon is out, the werewolves will howl.
11. A drink of wine will make you shine.
12. Throw three rocks over your shoulder and when you turn 18 you will be a soldier.

High school students have many opportunities plus many adjustments. For certain, they will be our tomorrow. What can they learn from the past? A common thread ran through all interviews: "It's not like it used to be. We had more time to talk with a neighbor. We lived longer and we were happier!"

Mullein students have learned from group activity. We know that deadlines must be met even if it means staying up till 2:00. We have learned better how to cope with disappointment. We know how to start over - like the two rolls of film which came back blank (one from Foxfire).

During A.E.A. some of us spent two days at Foxfire, Inc. in Rabun Gap, Georgia. We saw what a learning experience like Foxfire has to offer and how they developed their cultural journalism project. We know first hand that we learn by doing. Nothing ventured - nothing gained.

Martha Caldwell
MULLEIN Advisor

We are a group of people who set a goal. We agreed the first year that we would publish some magazine or booklet whereby we would learn and record some of our heritage. We hoped to gather facts about nature's herbs and nature's ways that would make our lives simpler and less complicated. We have made many mistakes and we have a long way to go, but we have also had some fun times. We hope we have written information that is helpful and interesting.

We are all searching for values and things in our lives that bring fulfillment and meaning. So maybe, just maybe, in 1980, we have latched on to something that is unfolding and exciting. (That something which will make us proud to be a product of a society that placed duty and hard work above personal pleasure.) We may not be able to wake up on a winter morning with snow on the bed and floor where it had blown through cracks in the wall, but we can spend week-ends and weeks with relatives in the country. For those of us who live in the country, we can take a look with new eyes to see what we really have. We can be sure there are many who would like to live where we live. And, perhaps, we can walk down a country lane at night singing or whistling instead of lying in front of the television set letting our muscles atrophy.

A few years ago when Mr. Page retired from Page School, he said, "Parents have tried hard to give their children much more than they had. Now we are approaching the time when one must be taught to live with less."

THIS BOOK PRINTED ENTIRELY BY THE STUDENTS AT JACKSON COUNTY
TECHNICAL SCHOOL AS A LEARNING PROJECT.