

FREE

March 6-19, 2013

Spring Antiques & St. Patrick's Day Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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Do You Know Where This Is?
SEE PAGE 3 FOR CONTEST



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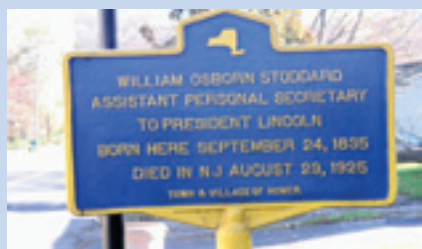
A guide in 19th century attire will welcome you and acquaint you with some of Homer Village's 222 architectural structures listed in The National Register of Historic Places.

Contact: K Beardsley ~ Tour Coordinator
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WELCOME TO OUR SPRING ANTIQUES & ST. PATRICK'S DAY EDITION

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette.. Here's some upcoming editions for you to look forward to!

March 20 - Spring Home Improvement, Real Estate & Easter Edition
(Deadline 3/15)

April 3 - Spring Motorcycle & Car Care Edition
(Deadline 3/29)

April 17 - Golf Enthusiasts & Dental Health Month Edition
(Deadline 4/12)

May 1 - "Pamper Me - Warmer Weather", Mother's Day & Lawn/Garden Edition
(Deadline 4/26)

May 15 - Memorial Day & Restaurants with "Outdoor Dining" Edition
(Deadline 5/10)

May 29 - Camping, Dairy Days & Pre-Dad/Grad Edition
(Deadline 5/24)

CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas!*

CORTLANDAREATRIBUNE.COM

Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed edition! Also find us on Facebook and Twitter (@tcatribune)!

ONLINE CLASSIFIEDS

Due to the increased amount of content we're putting into print these days, we've had to move our classifieds exclusively online. This allows for a wider audience and makes it easier to link to and share to spread the word. Email them to tcatribune@gmail.com or submit them online. Find the most recent on our home page and the rest at cortlandareatribune.com/classifieds/.

FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, March 15th for the next Edition.



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COMMUNITY CALENDAR

March 7 – Survivors of a Loved One's Suicide Support Group

Survivors Of a Loved One's Suicide support group provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. The March meeting will be held Thursday, March 7 at 7:00pm in the conference room of the Cortland Youth Bureau (35 Port Watson St in Cortland). Please note, this is a new location for the meetings. Please contact Cecile at 607-319-4036 or at cecilesl@rocketmail.com for more information. The group is facilitated by peers who have survived a loved one's suicide.

March 8-9 – The Mouse that Roared

7:30pm, Cortland High School Auditorium. This hysterical comedy will lighten your spirits and have you smiling for days to come. Tickets can be purchased for \$5.00 at Jodi's Hallmark or for \$6.00 at the door. For more information call 607-758-4110 or e-mail smcsweeney@cortlandschools.org.

March 9 – Community Singles Group

Join us at 6:30pm for an evening of games, food and conversation. Meet some new people and have fun! At the Community Hall in McLean Community Church on 50 Church Street in McLean. Please bring a snack for the refreshment table. It will be an evening of cards and games. Feel free to bring a favorite game to share and also suggestions for future fun nights. Reservations not needed. Questions call Mary 607-898-5019

March 9 – Groton Public Library Presents Balto Storytime & Movie

1:30 p.m. Balto Book Read Aloud by Marilyn Levine with Movie to follow. Free Popcorn and Water. Seating for the children will be on the floor and limited to first come, first serve – there will be room for parents to sit. For more information call 898-5055 or email director@grotonpubliclibrary.org.

March 10 – Local Vendor Fair

12 noon -5pm, Hope Lake Lodge, Virgil. An exciting day of shopping. Sixteen local vendors will display and sell their goods in the Grand Lobby and Adirondack Conference room. Support your local economy while enjoying a fun day in a beautiful location. This event is free and open to the public. For more information call 1-800-955-2754 x1160 or e-mail mcurbelo@greekpeak.net.

March 10 – Daylight Saving Time

Spring Forward! Welcome spring weather with the start of Daylight Saving Time. At 2 a.m. on, Sunday, March 10, 2013.



March 10 – Pancake Breakfast

Varna Community Center (943 Dryden Rd./Rte. 366). Includes Pancakes, French Toast, Bacon or Ham or Sausage, Scrambled Eggs, Hash Brown Potatoes, Sausage Gravy & Biscuits, Fresh Fruit, Breakfast Breads & Beverages. \$6.50 – Adults, \$6 – Seniors, \$5 – ages 5 – 12, under 5 free.

March 10 – Benefit for Chuck Brown

Dryden VFW 12:00 - 6:00 A benefit is being hosted by friends and family for Chuck

Brown as he is currently fighting Fibromyalgia and has been out of work for the past year. There will be live music, 50/50 raffle, cake wheel, silent auctions and a spaghetti dinner. Tickets \$10 for dinner and entertainment or \$7 without dinner. For more information call Rhonda 607-591-1236, Bobbie 607-345-5893, Denise 607-423-1609, Angela 607-351-0178, Bobbi 607-591-5499, Nichole 607-423-7812 or Kim 607-972-3025

March 11 – Dryden Senior Citizen Lunch

The next Dryden Senior Citizens Lunch will meet on Monday, March 11, 2013 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be corned beef, cabbage, boiled potatoes, carrots, onions, rolls, tossed salad, and pound cake with hot lemon sauce. Our speaker will be Michael Lane, Attorney at Law, who will talk about wills and health care proxies, etc. Are you new to the area? Want to join a great group? Then consider joining the Dryden Senior Citizens for only \$5.00 a year. Anyone over 55 may join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.



MARCH

16 **GOLDEN DRAGON ACROBATS**

22 **TED NEELEY**

APRIL

09 **DAVID SEDARIS**

12 **IMAGO - ZOOZOO**

13 **JOHN PRINE**

21 **BUDDY GUY**

26 **BILLY BRAGG**

MAY

17 **HOT RIZE**

18 **DAVID BROMBERG**

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March 7 – Health and Fitness Expo

3 to 6pm, JM McDonald Sports Complex, 4292 Fairgrounds Drive in Cortland. Free admission! Health and wellness exhibits, free health screenings, learn to cook healthy foods, health and fitness demonstrations, bounce house for kids, door prizes, refreshments made with locally produced foods, fun for all ages. Sponsored by Cayuga Medical Center, Cortland Regional Medical Center, JM McDonald Sports Complex, Song Mountain Resort, Seven Valleys Health Coalition, Fidelis and Radiation Oncology Services.

HAVE A COMMUNITY EVENT TO SHARE?

Please send all pertinent information, including a date, location, time, price, and a brief description to us at tcatribune@gmail.com, and we'll be happy to help inform the public!



**FOR A COMPLETE LISTING OF UPCOMING EVENTS:
CORTLANDAREATRIBUNE.COM
TWITTER.COM/TCATRIBUNE**

MYSTERY PHOTO CONTEST

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct – your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, March 15th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



DO YOU KNOW WHERE THIS IS?

See what you can WIN
if you know WHERE this picture is!
Congratulations to our latest contest winner:

**Linnett Short
of Dryden**

Answer from the Previous Edition:

Sears, Roebuck and Company of 8 Groton Avenue in Cortland

The winner of last issue is Linnett Short. Linnett won a gift certificate from Pets A Plenty located at 3925 West Road in Cortland! The winner from this issue will win a gift certificate from Dryden Agway located at 59 W. Main Street in Dryden! Enter your guess today!

We are looking for old photos to stump our readers! Do you have an old photo we could use?! Please call us or email us – THANK YOU!



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A WALKING TOUR OF HISTORIC HOMER, NY "A NEW LINCOLN MECCA"

A GUIDE IN 19TH CENTURY attire will welcome you and acquaint you with some of Homer Village's 222 architectural structures listed in The National Register of Historic Places. Sites of interest include...

- The charming Homer Green - Lot No. 45 of the New York State Military Tract of 1782 - lined with churches, such as the Congregational Church built in 1863 that had as a member Eli DeVoe, Homer native-son and detective that helped to foil a plot to assassinate Lincoln in 1861.
- Private homes that pre-date the Civil War, including...
- Birthplace on the old Albany Post Road of William O. Stoddard, assistant personal secretary to President Lincoln.
- Studios of Francis Bicknell Carpenter, Homer native-son who spent six months at the White House in 1864 painting Lincoln's First Reading of the Emancipation Proclamation.
- Birthplace of Andrew Dickson White, first

president of Cornell University.

- "The Hedges" - Mansion of Jacob Schermerhorn, wealthy Republican and acquaintance of President Lincoln and William Stoddard.
- Mansion of Jedediah Barber (built in 1826) whose commercial Barber Block on Main Street houses the Keator Opera House where the likes of Mark Twain once lectured.
- Home of David Hannum, Homer banker and horse-trader immortalized in Edward Noyes Westcott's famous novel David Harum (1898) and in a movie by the same name starring Will Rogers.

Contact:
K Beardsley
Tour Coordinator
607-749-3504
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BARN HOUSE ANTIQUES AND COLLECTIBLES

By Karen Hewitt

BARN HOUSE ANTIQUES AND COLLECTIBLES opened in Lansing in 1998. It is a fun business to own and operate. The ever-changing inventory is always a delight to offer our customers.

Barn House Antiques has done some remodeling, utilizing some space that was formerly assigned to rental space for antiques. We have rented space to a couple of dealers who are using it for their own retail antiques and collectibles business. Another area is being used for rental of climate controlled storage units.

We have compacted and rearranged the area for antiques and collectibles sales. The customer response has been terrific, and we've received many compliments on our updated look. We still carry a wide variety of antiques and collectibles for sale by quality dealers. We installed new lighting, making the shop even brighter than before.

We have a focus on books, ranging from vintage to modern, children's to adult, fiction and non-fiction. We have a large inventory and variety of books on gardening, ready for the upcoming season. Our cookbook collection is especially extensive.

We have a large primitives area, with both refinished and original condition country pieces. If you like canes and walking sticks, you've come to the right place to shop.

A favorite customer shopping spot is the booth that carries used, and therefore, inexpensive Flax clothing. Our selection of art work for your walls remains varied in type, size, and subject. From May through September our outdoor Bargain Barn will be open, as usual. Here, customers can find furniture projects, tools, housewares, and antiques at garage sale prices. It's always a fun spot for treasure hunters to shop.

Stop in to see us soon. We look forward to seeing you in 2013.



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Cortland Self-Storage is owned by Nancy Richards, who has been in the business for twelve years. In addition to the Luker Road facility, she operates three other storage facilities, which include 255 mini storage units. Two of the facilities are located on Route 13 N. in Cortland; the third is located on Copeland Avenue in Homer, NY.

The Copeland Avenue facility in Homer offers warehousing and commercial storage, as well as storage for RVs, boats and other watercraft, snowmobiles, trailers, cars, campers, fire trucks, race cars, and other vehicle storage. The Blue Route 13 storage facility offers self-storage and the Green Route 13 facility offers self-storage and summer rentals for college students. The Student Summer Storage includes one price for the summer, 4 ft. x 14 ft. units, 24/7 keypad access, and are secured by lock and key.

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Cortland Self-Storage is dedicated to providing you with safe and secure storage for all of your storage needs, whether commercial or residential. Cortland Self-Storage offers monthly or yearly leasing, and credit cards are accepted. Cortland Self-Storage hours are from 9-5, Monday through Friday, and currently, by appointment on Saturday.

For more information about Cortland Self-Storage, call (607) 756-4307, or visit www.cortlandself-storage.com



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GROWING UP ANTEEK

By Shana Seyfried-Karn, Co-Owner, The Second Knob Gifts & Antiques

The Second Knob Gifts & Antiques is located at 129 North St. Dryden NY and is open Tues-Saturday from 10-6 and Sunday from 10-5.

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I can't count the number of times I've repeated my tale of exactly how we came to call our shop The Second Knob; nor can I count the number of times I've had to "correct" my father's personal version of the tale in which he claims the name has something to do with Knob Creek Bourbon, his drink of choice. In any case, the full story of our name can be viewed on our blog: Hob-Knobbin (blog.thesecondknob.com).

What Made Us Open This Kind of Shop?

Easy answer! I grew up the child of a true "antiquer." Ever since I can remember, my father, Andy (owner of Andee's Anteeks), has collected antiques, collectibles, vintage items, "sum junque and uther stuff." I remember, when I was 10, we had a garage sale and my mom allowed me to sell whatever I wanted out of the garage. Imagine my father's surprise when he returned home to discover that I'd sold a large antique scale with weights for a mere \$5, which, at the time, I considered quite a profitable sale. I can't remember what else I sold from the garage - only the scale and weights stick out in my mind because of the size and weight; the purchaser needed the assistance of two other men to lift them into the back of his truck. While antiquing wasn't his real job—it was his real passion and I suppose it is natural that, after years of auctions, garage sales, estate sales, antique shops, eBay and Craigslist, (and because I was always a "Daddy's Girl") it is no surprise that antiquing became one of my passions. I definitely don't possess the amount of knowledge that Dad does when it comes to antiques but I have gotten pretty good at buying antiques and vintage pieces that I can turn-over within a fairly reasonable amount of time. And, thanks to Pinterest, Country Living and other references, I've gotten pretty good at decorating with antique and vintage pieces.

After years of watching the backbreaking work associated with setting up tent sales, I began dropping hints to Dad about opening a shop. Sometimes, he would look at me like I had three heads and brush me off but, as time went on, he listened more intently as I suggested a shop in Dryden where we could combine a line of new home décor and gifts that would tie in with his huge inventory of antiques. Opening a shop in Dryden was a given—having lived in Dryden most of my life, I knew that Dryden could use a little shop; I knew it would be nice for Dryden residents to have someplace where they could pick up a little gift when they needed one. After some time, Dad

agreed and we went into business and The Second Knob—a father-daughter venture and a business partnership was born.

There is nothing easy about working with Dad. He will likely say the same thing about working with me. Sometimes, we are two peas in a pod—both strong-willed, both stubborn and always right. Day by day we learn to function as a two-person team in the business world. Thankfully though, despite the differences of opinions; our different taste in merchandise (gifts and antiques) and the differences in our selling/display styles, when all is said and done we are still just Dad and daughter and I wouldn't trade it for anything in the world... and neither would he.



FRANK HOXIE'S SIMPLY HEIRLOOMS

SIMPLY HEIRLOOMS, by FRANK HOXIE is not a new business; however you may not have had the opportunity to visit the store yet in the McNeil building, suite 243. You're in for a TREAT! I have been engaged in the jewelry business since 1964. As a native of Cortland, I have seen the need to offer our citizens the unusual.

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I have found that there exists a desire for what I carry in other places as well. You will find a large variety of my Antique and Estate jewelry along with antiques and collectibles at two other locations: Papa Bears antiques, Marathon (exit 12) and at FOUND in Ithaca, behind Wegmans on Cherry Street.

The local showroom is located at:
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IT'S AWARDS SEASON AND AMERICA is on star watch for the glam couture and glitzy jewels worn by celebrities. While mainstream Americans may not walk the red carpet like a star, Allstate can help insure their jewels like one.

"Many people don't wear their jewelry because they are afraid they might lose it," said Jaclyn Darrohn. "Some pieces hold sentimental value that can never be replaced, but when our customers choose proper insurance coverage on jewels it gives them confidence and peace of mind that they are financially protected when the unexpected happens."

Ask an Allstate Agent about how to properly protect your jewelry items against perils like fire, theft and loss.

Allstate's tips to insure your jewelry

- Have a detailed appraisal and make sure you keep your bill of sale. To keep your coverage current, have your jewelry appraised every five years.
- Keep and maintain an inventory of your jewelry and individual valuables - this should be part of a broader home inventory to help you better understand everything you own.
- Review your current insurance coverage to determine what protection you have.
- Talk to your local Allstate agent to personalize your coverage to fit your needs.

The tips provided here are guidelines. Please use your best judgment when insuring personal property items.

The Allstate® Digital Locker™, available online at DigitalLocker.com and as a mobile app for iPhone, iPod Touch and Android, helps consumers create a detailed home inventory that can be securely stored online.

Contact SHIRLEY EIZEMBER, Exclusive ALLSTATE AGENT at the Pinckney Insurance Agency located at 41 Port Watson St Cortland, NY 13045..Ph 607-756-8505.

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43RD CNY MAPLE FESTIVAL MARATHON, NY

THE 43RD CNY MAPLE FESTIVAL, held in Marathon, New York April 13 and 14 has announced the 10 contestants in the Annual Pancake Eating Contest. The contest, which kicks off the two day spring time event in the High School Auditorium, begins at 9 a.m. and is a 15 minute contest. When the newly crowned Maple Festival Queen drops a sap bucket with a loud bang, eaters will dig in! The Marathon High School Girls Field Hockey Team will serve up 3 pancakes at a time to the hungry eaters, who are downing pancakes for their respective not for profit organizations. The 10 eaters will have campaigned for pledges and donations, since they learned their application was accepted by the Festival's Pancake Eating Contest Committee. Those contestants are: John Potter - CNY Living History Center; Patrick Rand - Moravia Volunteer Fire Department; Sam Rappolt - "Clarabug's Quest For A Cure"; James Cataldo - Marathon Presbyterian Church; Kevin Tillotson - Marathon Methodist Church; James Davenport - Tully H.S. Golf Team; Ben Johnston-Cortland Homer Rugby Football Club; Hunter White - Lime Hollow Nature Center; Ken Padbury - MCS Girls Field Hockey Team and Lucas Erno - Cortland County Youth Hockey Association. Supporters are encouraged to be on hand to cheer their "eater" on to victory.

MIKE'S FISH TANK CORYDORAS

CORYDORAS OTHERWISE KNOW AS CORYS is by far the largest genus of Neotropical fishes with almost 142 species. Several hundred corydoras species are not yet classified but are kept by aquarists. Corys are distributed east of the Andes to the Atlantic coast, from Trinidad to the Rio de la Plata in northern Argentina. Corys are also found in South America in a variety of environments. Corys are well known among aquarists and are hugely popular. They are well suited to tropical community aquariums as they get along well with other species and are not aggressive at all. Many types of corys are actually quite timid. Corys are mostly bottom dwellers, so it's a good idea to offer them sinking foods such as shrimp pellets and other tropical pellets. If you do flake foods, just be sure that some gets to the bottom for the slower more shy corys.

Corys can tolerate a wide range of water conditions, including temperatures that are cooler than Tropical. They do not do well in tanks with high Nitrate levels. So be sure that you do your monthly water changes which will get rid of any high nitrates. Corydoras are fairly easy to keep, being peaceful, hardy, active, and entertaining. Occasionally they will dart to the surface, sticking their snout above the water to take a breath of air. This behavior is perfectly normal and is not an indication of anything wrong. The corys longevity in the aquarium is noteworthy. There are cases of corys living to 27 years in captivity and 20 years are not uncommon. In the wild, corys are generally found in smaller streams and along the margins of larger rivers, in marshes and ponds. Cory cats are an excellent addition to your freshwater fish tank.

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FRANKINCENSE ESSENTIAL OIL SOME PROMISING BENEFITS

THE GIFT GIVEN BY THE wise men to the baby Jesus probably came across the deserts from Oman. The BBC's Jeremy Howells visited the country to ask whether a commodity that was once worth its weight in gold could be reborn as a treatment for cancer. The link below has more background info on frankincense. I copied the specific cancer part of the article below the link.

<http://news.bbc.co.uk/go/em/fr/-/2/hi/middle-east/8505251.stm>

So does this essential oil give promise to help get rid of cancer? An immunologist Mahmoud Suhail is hoping to open a new chapter in the history of frankincense. Scientists have observed that there is some agent within frankincense which stops cancer spreading, and which induces cancerous cells to close themselves down. He is trying to find out what this is.

"Cancer starts when the DNA code within the cell's nucleus becomes corrupted," he says. "It seems frankincense has a re-set function. It can tell the cell what the right DNA code should be.

"Frankincense separates the 'brain' of the cancerous cell - the nucleus - from the 'body' - the cytoplasm, and closes down the nucleus to stop it reproducing corrupted DNA codes."

Working with frankincense could revolutionize the treatment of cancer. Currently, with chemotherapy, doctors blast the area around a tumor to kill the cancer, but that also kills healthy cells, and weakens the patient. Treatment with frankincense could eradicate the cancerous cells alone and let the others live.

The task now is to isolate the agent within frankincense which, apparently, works this wonder. Some ingredients of frankincense are allergenic, so you cannot give a patient the whole thing.

Dr Suhail has teamed up with medical scientists from the University of Oklahoma.

In his laboratory in Salalah, he extracts the essential oil from locally produced frankincense. Then, he separates the oil into its constituent agents, such as Boswellic acid.

"There are 17 active agents in frankincense essential oil," says Dr Suhail. "We are using a process of elimination. We have cancer sufferers - for example, a horse in South Africa - and we are giving them tiny doses of each agent until we find the one which works."

"Some scientists think Boswellic acid is the key ingredient. But I think this is wrong. Many other essential oils - like oil from sandalwood - contain Boswellic acid, but they don't have this effect on cancer cells. So we are starting afresh."

The trials will take months to conduct and whatever results come out of them will take longer still to be verified. But this is a blink of the eye in the history of frankincense.

Years ago, Omanis gathered it and burnt it for its curative and cleansing properties. It could be a key to the medical science of tomorrow. Some frankincense facts: Boswellia sacra grows in Oman, Yemen and Somalia. Other Boswellia species grow in Africa and India. The trees may have been named after John Boswell, the uncle of Samuel Johnson's biographer. In

ancient Egypt frankincense was thought to be the sweat of the gods. This is from The Pharmaceutical Journal.

Jeremy Howell reports for Middle East Business Report on BBC World News.

It is important if one uses essential oils to get them from a reputable company who has outstanding quality control. Nature's Sunshine Products is a good source which I carry. Under no circumstances would one want to put their life in the hands of oils from a cheap source.

Till next time,



Diane L. Toombs, CNHC
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MANAGING A KITCHEN 100 YEARS AGO

By Karen Hewitt

IN THE POPULAR PBS SERIES Downton Abbey the action frequently takes place in the kitchen area. The series tells the story of the lives of the occupants of a large estate in England. Many of those occupants belong to the servant class. The servants gathered in the kitchen area in the "servant hall" for their meals, to socialize, and to receive their daily or nightly assigned duties.

In the 19th and early 20th centuries those who worked with food preparation were overseen by a head cook. Having a cook was a common practice, and middle class families hired them as well as the rich. The difference in their duties reflected the cook's responsibility and stature. If the cook had few, if any, other servants to help, and performed other household chores as well, then she was a "plain cook," more closely resembling a housekeeper of today. She was not expected to do more in the kitchen than "plain cooking."

If one were a "professed" cook, such as Mrs. Patmore in Downton Abbey, then one was expected to oversee a large staff. One was expected

to know how to make delectable food of all kinds both for the family and for large gatherings. They had to have knowledge of many cooking secrets and techniques, as well as a vast collection of recipes. They had to know how to order food for the larder and how to preserve it once it got there. The head cook gave instructions to the kitchen maids, who did some of the "plain cooking," and all of the clean-up and scrubbing of surfaces and utensils.

The larders stored the food. On a large estate there would be numerous rooms for food storage and preparation. Some rooms would be kept cooler, as in an icehouse, or a cold cellar, for dairy products. Others held salted meats dried herbs, fruits, and vegetables. Some cooks salted and smoked their own meats, and had a smokehouse on the premises for this purpose.

The cook's responsibilities included watching out for the finances of the estate, and saw that no food was wasted. When merchants delivered food to the kitchen, it was up to the cook to check for its quality. She also had to make sure food wasn't pilfered by the other servants, who might try to sell it for extra pocket money.

It was the cook's responsibility to see that when the footmen carried the food to the dining room, that the plates were warm, that the food was served at the proper temperature, and that each course was ready at the proper time. There were often many courses, and this was a difficult aspect of the job.

In summary, the cook's job was an important one. The larger the household, the more responsibility the cook had. She needed managerial skills as well as skill in cooking, baking, and ice cream making. For all that, in 1900 she was paid only several hundred dollars a year, and the job left little time for a personal life.



CANNING JARS

By Karen Hewitt

FROM EARLY TIMES MAN HAS attempted to set aside food, to preserve it for later use. The attempts to preserve food in containers were a dismal failure. It always spoiled. Early in the 1800's Nicolas Appert, a Frenchman, came up with a

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technique whereby he heated food in glass containers and sealed them with wax, removing all air. It worked, but not for the reasons Appert thought. He thought the air was spoiling the food while the reality was the bacteria in it was causing the spoilage. Heating the food killed the bacteria. It was the first step on the path to success in food preservation.

However, preserving this way was not foolproof. Sometimes, a worker would not heat it sufficiently. They didn't realize they needed more cooking time to kill bacteria when they varied the size of the jars.

The tin container called a "canister" came into use shortly after glass jars. The name was soon shortened to "can," and "canning" was finally on its way to becoming an industry.

About the mid 18th Century John L. Mason introduced a jar with a threaded top and rubber gaskets to seal out air. Home canning was now possible. Many other manufacturers appeared on the scene after 1880, when Mason's patent expired. The Ball Brothers jar became the most popular for use by consumers, and remains so today.

Today, antique canning jars are widely collected. Turquoise blue is the most common color. Other colors are amber and green, as well as clear.



THE HISTORY OF THE CORSET

By Karen Hewitt

WOMEN OF TODAY WHO CARE about looking their best often wear body shaping underwear. We have spandex, lycra, and nylon materials to help us. We have Spanx pull-ons and control top pantyhose to keep bulges smoothed. We are comfortable being "tucked in."

The old fashioned corset was a nightmare of discomfort in comparison. In an attempt to be fashionable women put up with uncomfortable bindings. The corset was at the root of this evil. In the 15th Century, laced up bodices were worn on the outside of clothing by both men and women. It was at this time that Catherine de Medici of France introduced the underwear that was to eventually be known as a corset. It flattened the torso, pushed the breasts up and over the top. It might have a flared shelf at the hips that held out the skirt. This shaping was made possible by iron strips covered in velvet. It was not possible to bend very much. The women of the French court decided they all had to have one!

In the 17th Century iron gave way to whalebone (called baleen) and wood, which had some flexibility, and women breathed a little more easily, though not much more. During the Victorian period the corset was at its height of popularity. Fashions and silhouettes had changed. The hourglass figure was the way to go. The corset nipped the waist, flared the hips, and pushed breasts up. Steel was again the choice for ribbed support. The Industrial Revolution made it possible for corsets to be machine made, and thus available to the general populace at a reasonable price. However, the practice of overly tight lacing was common. Women were often unable to breathe, and fainted. Sometimes they had gastrointestinal problems from all the squeezing of their internal organs. Changes were called for.

Unfortunately, the changes called for a metal fastening plate, called a busk, to be inserted in the front of the corset. This forced the wearer into an unnatural posture. The hips and buttocks jutted to the back, and the bust area was forced forward. This posture can be seen in the "Gibson Girl" images of the period around the turn of the 20th Century. This posture was terrible on the back. It remained in favor for about ten years.

Eventually, the invention of elasticized rubber material enabled a woman to body shape more comfortably. The corset became two separate pieces, the brassiere and the girdle. This coincided with the "Flapper" fashions of the day, and the hourglass silhouette was vanquished. It would reappear in favor in another twenty-five years. By then, modern engineering and materials made being pulled together, up, out, and tight by our underwear both possible and comfortable.

Today, corsets are still available, but are mostly worn by stage performers or for sexual titillation. Today's woman appreciates the ability to slip on a sports bra to go jogging, or a pair of Spanx before donning a tight fitting knit dress. Never again will women faint due to fashion.



CAN YOU COOK WITHOUT A BOOK?

By Karen Hewitt

AFTER MAN HAD MASTERED COOKING over an open fire, it wasn't long before recipes were being formed and passed around. Recipes were usually passed down from generation to generation, parent teaching child how to cook. Recipes were committed to memory, or later, hand written in journals.

Eventually the idea of a book of recipes was struck upon, and collections of recipes and cooking advice were bound together and sold. One of the first cookbooks unearthed was published in ancient Rome in the first century. For centuries after that, cookbooks were mainly written by men, for men, as professional cooks with a large staff. The head cook directed the staff in the cooking and preparation. Before the printing press was invented books were written and bound by hand, a very expensive process. Also, most common folk could not read. Once the printing press was invented, and the use of rags made paper much cheaper, books could be had by all.

The first cookbook for the housewife was Eliza Acton's Modern Cookery for Private Families, published in England in 1845. Across the Atlantic, American book publishers were beginning to print cookbooks because they sold well. However, most cookbooks did not list exact measurements. "A handful," or a "heaping spoon" were common terms. Listed cooking times varied, as well, since it was difficult to calculate cooking times for open fires.

Fannie Merritt Farmer was the author of Boston Cooking School Cookbook, published in 1896. At the time, she was head of the school. Farmer used the innovation of using exact and level measurements in recipes thus standardizing cooking. Now, a reliable product could be produced each time. By this period in time, cooking ranges were common. Open fire cooking was now rare, allowing cooking times to be standardized, as well. This book made Miss Farmer a household name. The book is still in publication, with many revisions occurring over the years as life modernized and tastes changed.

Today, besides having cookbooks to guide one, there are a myriad of cooking shows on television. Magazines and newspapers print recipes, and it's easy to find whatever recipe you want on the Internet. While family generated recipes are still important, our modern life makes it easy to try new ones.

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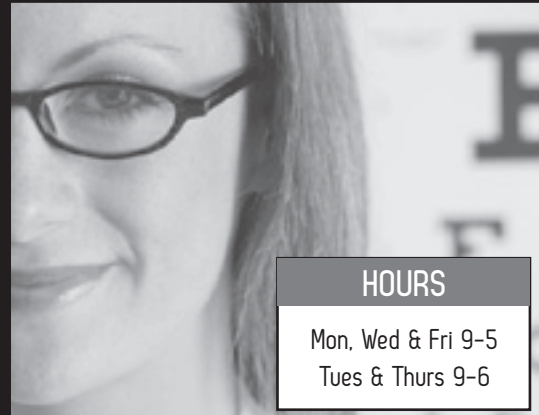
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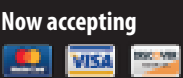
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PUZZLES & GAMES

WORD FIND

Find the 'Antique' & 'St. Patty's Day' related words below! Can you find them all? Good luck! Check our next edition for the solution!

d	i	c	l	s	s	l	e	l	b	a	u	l	a	v	o
l	o	a	l	a	s	i	a	r	p	p	a	s	n	a	a
o	g	b	r	l	h	e	n	o	g	y	b	u	t	t	f
g	r	b	e	t	s	i	l	v	e	r	a	r	i	t	y
f	e	a	n	t	i	q	u	e	s	h	o	p	q	a	r
o	e	g	g	r	r	f	t	h	c	e	o	g	u	a	l
t	n	e	o	e	i	c	a	e	r	i	s	a	i	r	e
o	i	d	b	y	c	m	r	c	a	r	r	n	t	a	w
p	p	c	a	d	r	p	a	a	t	l	b	p	y	c	e
i	e	a	o	o	e	o	d	e	e	o	a	c	a	m	j
c	h	p	c	l	g	n	t	b	w	o	o	u	a	e	e
p	i	k	i	r	a	a	r	s	r	m	h	r	c	d	o
h	a	l	d	l	t	s	n	o	i	t	c	u	a	p	e
s	e	e	e	s	n	i	o	c	c	h	a	r	m	s	w
q	e	r	e	r	i	s	p	g	e	a	a	a	b	h	e
l	i	c	l	o	v	e	r	e	i	p	l	e	r	i	s

antique shop • heirloom • antiquity • artifact • bygone • aged • relic
 rarity • priceless • silver • history • auction • appraisal • estate • valuable
 vintage • coins • jewelry • leprechaun • pot of gold • green • shamrock • rainbows
 clover • corned beef • cabbage • charms • ireland • parade • irish • march

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1					2		4	
4			1			7		
						5		9
9	4			5	3			
			4	1			6	8
8		9						
		7			9			6
	2		8					1

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9	3	7	6	2	8	5	4	1
5	4	6	9	3	1	7	2	8
8	1	2	7	4	5	3	6	9
1	2	5	4	8	3	9	7	6
6	9	8	2	5	7	4	1	3
3	7	4	1	6	9	8	5	2
7	5	9	8	1	6	2	3	4
4	8	1	3	7	2	6	9	5
2	6	3	5	9	4	1	8	7

WORD FIND

d	e	o	g	n	i	b	d	e	r	i	t	e	r	w	a	d
m	n	g	n	i	e	b	l	e	w	e	e	o	n	a	e	
y	u	a	r	n	i	d	e	n	p	e	e	e	i	t	s	o
d	t	s	l	a	g	l	a	a	n	a	n	d	s	d		
s	r	e	e	t	n	u	l	o	v	e	p	u	e	s	i	r
i	i	m	v	c	e	d	e	a	g	r	o	n	s	a	s	h
l	t	a	a	r	v	p	y	a	c	t	s	c	i	t	t	
v	i	g	r	r	d	r	x	a	s	u	y	i	n	e	a	l
e	o	d	t	e	l	o	s	i	r	e	d	t	c	s	n	a
r	n	r	e	g	i	n	d	e	p	e	n	d	e	n	c	e
i	r	a	e	i	h	s	s	n	m	t	n	e	l	f	e	h
a	s	c	t	v	c	i	r	n	s	i	g	t	d	n	a	a
g	n	i	n	e	d	r	a	g	l	a	s	s	e	s	c	s
o	r	l	r	r	n	o	i	s	e	f	l	o	r	i	d	a
a	j	i	g	s	a	w	p	u	z	z	l	e	l	n	e	g
g	w	d	c	r	o	s	s	w	o	r	d	y	e	g	d	
i	a	r	e	n	g	n	a	r	g	e	y	d	e	n	e	

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