

Back to nature lifestyle hard but healthier

By JANICE MIDDLETON
Family Editor

BURGESSVILLE—If you want something really unique and and you don't want to pay a fortune for it—make it yourself.

That's the philosophy behind the skeins of wool and bags of fleece piled in Carolyn Jamieson's front room.

Last summer Carolyn attended a weaving workshop at Bellwood Lake near Orangeville and has grown to love the craft so much she's expanded her hobby into a business.

June 1 she hung out her shingle on the front porch and now the Loom Room is supplying fellow spinning and weaving enthusiasts with all kinds of wool plus cotton fibres and nature dyes.

The former interior decorator from Whitby says she was always interested in making her own fabrics and hangings and living in the country but never really had the opportunity until her husband, employed with General Motors was transferred to Woodstock from Oshawa.

The Jamiesons have lived in the rambling red brick farmhouse on their two acre plot in Burgessville for the 2½ years and Carolyn, 33, says she'll never go back to the city.

"I'm against additives, preservatives and chemicals in foods."

Also a vegetarian, Carolyn gardens organically and tends chickens, ducks, four lambs and eight cats.

Growing your own and canning is more work but the feeding a family of three on \$20 is worth it, she says.

And being self-employed is also satisfying. Carolyn's customers come to her Burgessville shop from as far away as Windsor and Guelph.

"When you're a weaver you'll drive many miles for the right wool."

Though cottage spinning and weaving is centuries old it was not popular with the modern day woman until the '60s when the youth headed en mass back to grassroots lifestyles.

"And the craft is still

growing." Carolyn says, "because doing it (spinning and weaving) is terrific. It's simple to learn basic weaving and there's no end to possibilities and patterns."

VEGETABLE DYES

Next time you walk through field and forest and marvel at nature's beauty take some home and wear it.

Nature dyes are softer and more lustrous than chemical dyes and even when faded with age retain great beauty and charm.

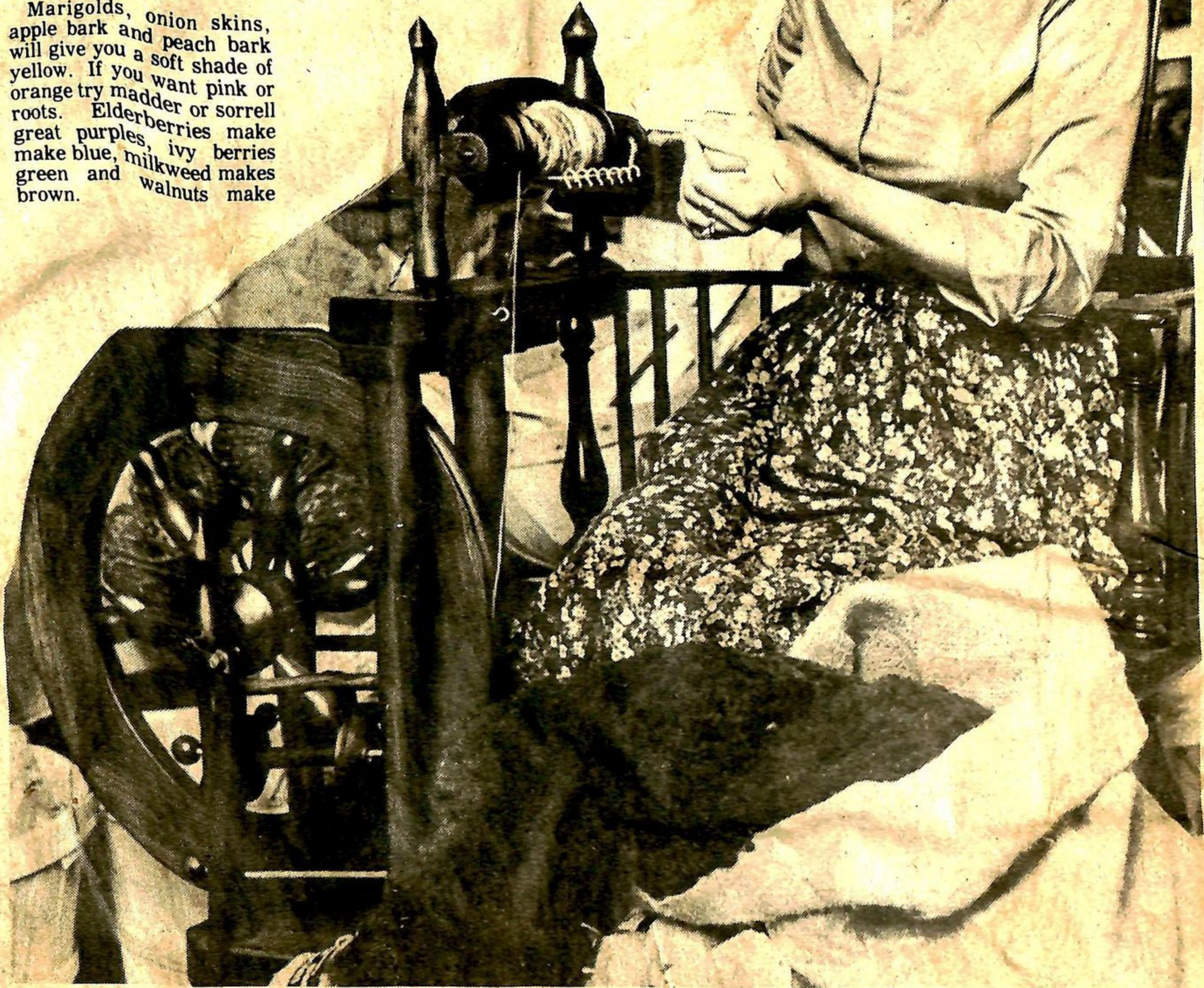
"They mellow in a uniform way not in patches like chemical dyes," says Carolyn.

Marigolds, onion skins, apple bark and peach bark will give you a soft shade of yellow. If you want pink or orange try madder or sorrell roots. Elderberries make great purples, ivy berries make blue, milkweed makes green and walnuts make brown.

Learn how to make these and other dyes by reading Minerva's Notebook on spinning and dyeing.

The booklet is a collection of notes made by Minerva Shantz. Miss Shantz, who died in February 1977 at 81 was a familiar figure at Upper Canada Village in Morrisburg until 1961 and at Doon Pioneer Village in Kitchener from 1968 until 1977. She also gave demonstrations at Ontario's larger fairs at the Elmira Maple Syrup Festival.

She used all natural dyes for coloring her wool.



Carolyn Jamieson spins black fleece sheared from the family's lamb in her Burgessville wool shop.

—Staff photo by Philip Walker

Christmas gift boxes

for disaster victims

Nov. 21/79

Miss May Dennis was hostess for the November meeting of the Burgessville Women's Institute.

Mrs. Jack McCready opened the meeting with greetings. The Ode was sung and the Mary Stewart Collect repeated. Mrs. Ross Johnson gave the minutes of the last meeting also the treasurer's report. A report was given by some of the different convenors. Roll call was by show and tell a craft you had made.

It was decided that for our Christmas meeting, instead of buying a gift for our secret partner, we use that money and bring a box with five articles of canned food which will all be used to

make food parcels for New Durham and East Oxford tornado victims who lost all. Members please note

Mrs. Ross Johnson gave her report as delegate to Area Institute Conference held in St Marys. Mrs. Maurice Buckrell was convenor of the meeting and the motto was "The value of crafts in our daily lives." Having a craft as a pastime is a good thing to occupy your hands and mind. In school they teach the students crafts which are of great value as they become older. Some handcraft people often make their own tools to work with. Crafts relieve tension and overwrought nerves. Doing crafts is a way of life to

many people such as the blind and retarded.

Mrs. Buckrell introduced the guest speaker Mrs. Lorne Lynch, Woodstock and Mrs. Ruth McMillen, Burgessville who have beautiful button collections. Mrs. Lynch had buttons of handmade leather, whalebone, ivory and many others. She had buttons from South Africa which represented their cults, also of the provinces of Canada. Mrs. Buckrell thanked the ladies for their displays of buttons and telling us about them. She presented them each with a gift for which they thanked the Institute. The meeting closed with the singing of the Queen. Lunch was served and a social time spent.

UCW meet

Oct. 31/79

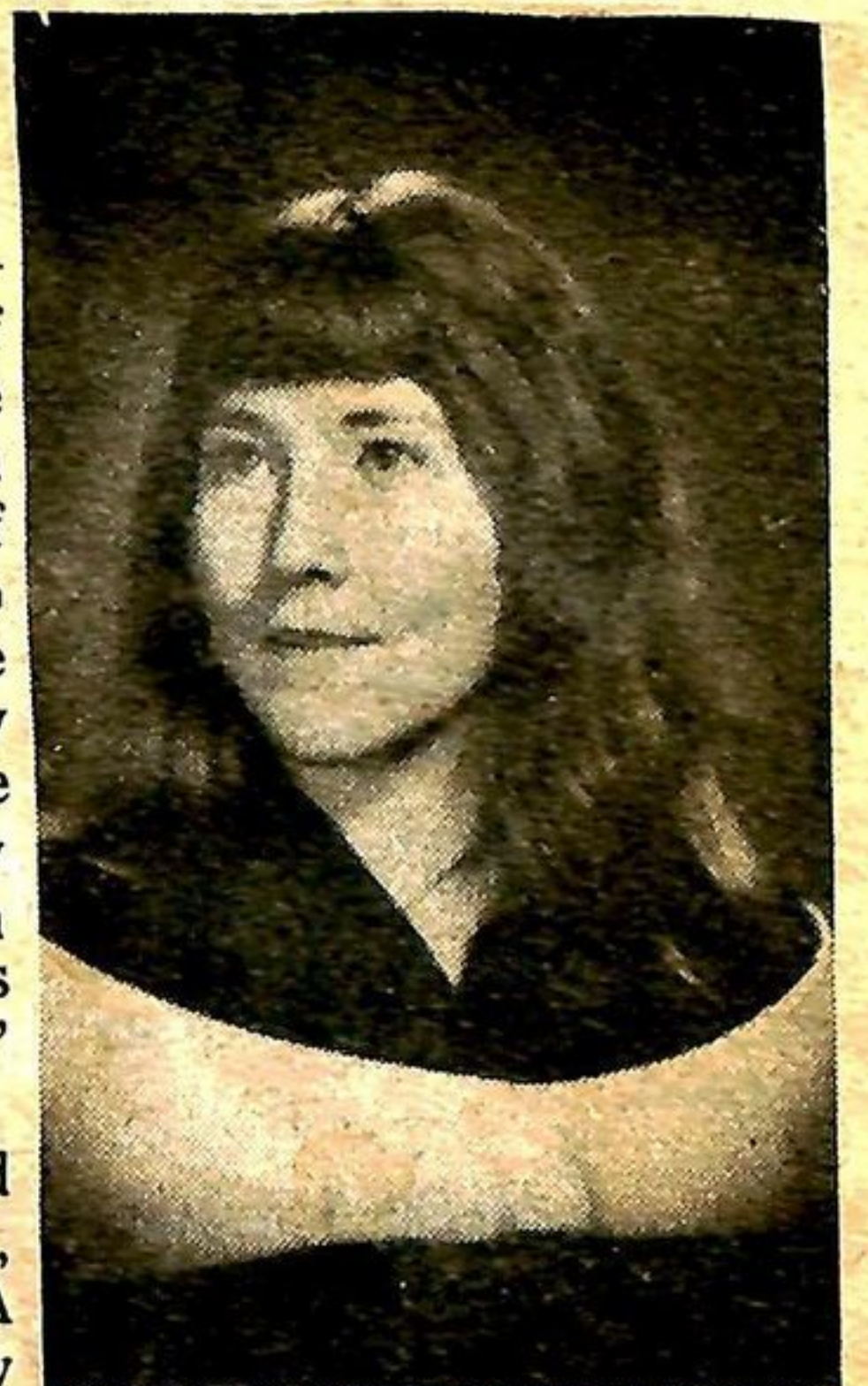
BURGESSVILLE (C) — The October meeting of Group Three of the Burgessville United Church Women met at the home of Mrs. Merton Penny, with two members absent and one visitor present. Mrs. Morley chose as the Scripture reading Psalm 100 led by Mrs. Kelly and repeated in unison. The meditation was "Happy Harvest Time" followed by prayer.

Mrs. McMillen read "October" by Edgar Guest, Mrs. Penny's choice was "A Quiet Place" and Mrs. Kelly gave "Thanksgiving Prayer," Mrs. Parkhill chose "Thanksgiving Day."

Mrs. Morley reminded us of past happenings of this time of year including Hurricane Hazel, first appearance of the Ford car and Aimie Semple McPherson's crusade.

Moved by Mrs. Penny and seconded by Mrs. Kelly that donations replace the auction sale of last year.

Articles for the layette were sewed followed by lunch served by the hostess.



Lahring Priscilla Tribe, daughter of Harry and Jessie Tribe, received her degree of Master of Arts in English at the Fall Convocation of Western Ontario on Friday, October 26. Lahring was a graduate of N.D.H.S. and also received her Bachelor of Arts in Honours History and English from the U.W.O. She has now accepted a position in Management Training with the Epic Book Company in Chatham.