

# One burdock root, mandrake, buchu leaves - spring tonic in 1911

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by Shirley Whittington  
Spring cleaning got you down? Well, with a vacuum cleaner, automatic laundry equipment and miracle cleaning agents to assist you, it can't last forever.

In the old days, spring cleaning was a major operation that could take a month out of the calendar. Fortunately there was usually somebody around the house to help out - a resident maiden-aunt, or grandmother, or a hired girl - but still they had their work cut out for them.

The Midland Cookbook, first published in 1911 by the Women's Auxiliary of St. Margaret's Church, was revised in 1922 by the Ladies Auxiliary of St. Andrew's Hospital, and in addition to some fascinating recipes from the Playfairs, the Pratts, the Horrells, Potvins, Letherbys and the Thompsons, there is a wealth of home maintenance information.

Reading it makes one grateful for easy-care fabrics and automatic appliances. Here are

some of the tips on good housekeeping from this venerable old volume:  
"When oilcloth is dull and shows signs of wear, it will be greatly improved with a thin coat of varnish."

"When blacking the kitchen range, mix the blacklead with vinegar if you want it to have a really good polish."

"Kerosene oil rubbed on tin tea kettles will make them like new."

"Remove the stains from tea cups with ashes. To remove mildew, soak in buttermilk and spread on the grass in the sun. Clean bottles with shot. An equal mixture of turpentine, and linseed oil will remove white marks from furniture caused by water."

"A quart of fine sand at two cents will do the work of three pounds of scouring soap costing five cents more. Good carpets should be brushed daily with an ordinary sweeper, and once a week with a common broom. Tea leaves should be

pressed tightly after they have been used and put aside to sprinkle over the carpet just before sweeping. They brighten the carpets and prevent the dust from flying and soiling the furniture and paper. While air and light are necessary to the well-being of the members of the household, it is not necessary that the sun should be allowed to stream across bright carpets, fading their delicate colours."

Washing blankets seems to have been a day long activity. After making soap jelly by simmering one pound of

soap in water, the housewife added ammonia to the solution and the blankets were pushed into this and left for a quarter of an hour. After they were wrung out, they were put into a fresh lot of suds and soured up and down. "And if the blankets do not look clean," says the book, "put them through a third lot of suds." After rinsing, they were to be shaken and hung to dry in "a nice airy place."

If all this activity gave the young homemaker a headache, Mrs. Playfair suggested the following remedy: "Headaches

almost always yield to the simultaneous application of hot water to the feet and the back of the neck."

Put together a burdock root, 1 ounce mandrake, 1/2 ounce buchu leaves, 1

ounce dandelion, 2 ounces hops, and 1 ounce sasparilla. Pour three quarts of boiling water over. Simmer six hours,

strain and add 1/2 pint whiskey and 1/2 pound white sugar. Be careful not to boil and take a tablespoonful 3 times a day."

## Seniors entertained in Harbour

The Royal Canadian Legion Branch 523 entertained about 60 members of the Georgian Club Senior Citizens in the Legion Hall on Friday evening, to a hot roast beef dinner. This is the third year the Legion members have entertained the senior citizens in this manner. One of the highlights of the meal was a beautifully decorated birthday cake as the Georgian Club had observed their fifth birthday the previous week. The cake was cut by acting president Mr. James Bonner assisted by first vice-president Mrs. Alice Robinson. Mr. Bernard Levesque president of the branch welcomed the guests and paid tribute to what the older people in the village had contributed during their lives. In the course of a short talk he said as soon as possible the branch would be trying to make plans for senior citizen housing units in the village so that senior citizens unable to look after their houses would not have to leave the village. He also spoke of the 50th anniversary of the founding of the Royal Canadian Legion and spoke of their members and some of the work they were doing.

Mr. Ernest Cadeau also stressed the need of senior citizens housing units and commended the Legion for their interest in village activities in so many ways. Mr. James Bonner expressed appreciation on behalf of the Georgian Club for this hospitality and thanked the Legion Branch for their many kindnesses to the Club. He also thanked the Legion and auxiliary members who worked preparing and serving dinner. Euchre and bridge were then enjoyed. Euchre prizes went to Mrs. J. Bonner, Mr. Edgar Arbour, Mrs. L. Belfry and Mr. A. Pelletier.


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For information call Sharon Laurie 526-6976

MINISTRY OF CONSUMER AND COMMERCIAL RELATIONS  
THE LIQUOR LICENCE ACT, 1975  
NOTICE OF SPECIAL MEETING

TAKE NOTICE THAT a Special Meeting of the Liquor Licence Board of Ontario will be held in the COURT ROOM #3 CHAMBERS, COURT HOUSE, BARRIE, ONTARIO, on TUESDAY, APRIL 13th, 1976, at the hour of 9:00 o'clock in the forenoon, at which time the Board will hear application for new licence in accordance with the Liquor Licence Act, 1975 and Regulations thereunder.

The following establishment has applied for a licence of the type indicated, and the application will be entertained at the aforesaid location and time:

Barrel Works Steak and Burger Restaurant  
Balm Beach, Tiny Township  
Entertainment Lounge

AND FURTHER TAKE NOTICE that any person who is resident in the municipality and objects to any application, may file the grounds of objection in person at the time and place of the meeting or in writing to:

Executive Director,  
Liquor Licence Board of Ontario,  
525 Lakeshore Boulevard East,  
TORONTO, Ontario, M5E 1A4.

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