

Name _____ Period _____ Date _____

THE OLD-FASHIONED WAY

Directions: Your assignment is to go back in time--a time when the modern conveniences we take for granted were beyond the dreams of the average person! You may choose one of the following tasks (or add one of your own) and complete it the same way your ancestors (grandparents or older) would have. It is important to only use the same resources they had to work with.

Be ingenious, ask a grandparent or older person for advice, and have fun!

- Do a load of laundry by hand in a tub of water, hang it out to dry, and iron it without spray starch.
- Iron something with an iron heated on the stove.
- Prepare a meal over a wood fire without aluminum foil, etc.
- Do dishes for a family meal by hand--no dishwashers.
- Type an assignment on a manual typewriter.
- Heat water for a bath and put it in the bathtub.
- Avoid all electrical appliances for one day.
- Make bread without a mixer or breadmaker and bake over a wood or charcoal fire.
- Darn a sock or mend something by hand.
- Do your homework by candlelight or an oil lamp (be careful!).
- Roll your hair in curlers, bobby pins, or rag ties. Let it dry naturally. (no gels or sprays)
- Get up when the sun does; go to bed at sundown.
- Whip cream by hand or churn butter.
- Other ideas? _____

When you have completed your task, answer the following questions:

1. Which chore did you choose? _____
2. How did you accomplish it? _____

3. How long did it take you? _____
How long would the same task take using your normal modern conveniences?

4. Were you inconvenienced by this experience? _____ If so, how?

5. Would you like to live back in time? _____ Why? or Why not?

OLD FASHIONED REMEDIES AND METHODS

SOAP

Sun or cold soap is made by adding one pound of cleansed grease, spoiled lard or butter, to each gallon of lye strong enough to float an egg. Set the vessel in the sun and stir thoroughly each day until it is good. There is no romance or poetry in making soap, only patient, hard work.

SOFTEN HANDS

To soften hands, before retiring, take a large pair of gloves and spread mutton tallow inside, also all over the hands. Wear the gloves all night and wash the hands with olive oil and white castile soap in the morning. Then rub them with oatmeal while still wet. It will amaze you. Washing the hands in milk makes them white and delicate.

HAIR DYING

Hair dying is permissible to cover greying of the hair.

Brown: Boil two ounces of black tea in one gallon water. Strain through a linen cloth. Add two or three ounces of glycerin, one-half ounce of tincture of cantharides, and one quart of bay rum. Let stand 48 hours.

Black: Mix juice of green walnuts as described above with Neat's Foot Oil, using about one part of the oil to four parts of walnut juice.

Red: Make a strong concoction of safflowers or of alkanet by boiling either in water to which a small amount of baking soda has been added. When hair is dry, wash with a solution of lemon juice or vinegar mixed with an equal quantity of water.

PREVENT BALDNESS

Take two ounces of castor oil, two drams of oil of rosemary, fifteen drops of the essential oil of bitter almonds, and three drams of the tincture of Spanish fly. Mix and rub a little thoroughly into the scalp. OR rub the bald spots with an onion.

HEAD OF THE BED

Has to face North in order to preserve the harmonious circulation of the nervo-electric fluids in the human head.

FURNITURE POLISH

1 tablespoon sweet oil

1 tablespoon lemon juice

1 tablespoon corn starch

RID HOUSE OF MOTHS

Wash the entire floor with lamp oil. It smells "loud", but will be gone in about two days; so will the moths. When the floor is dry, blow cayenne pepper into every crack and crevice, using a small pair of bellows for the purpose.

RID HOUSE OF MOSQUITOS

Burn gunpowder on a plate with a composition of one part salt peter, intimately mixed with seven parts flower of sulphur.

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PREVENT FREEZING CLOTHES

Add salt to the rinse water to prevent clothes from freezing and ripping in the wind.

WASH DAY

Always on Monday. A good husband doesn't expect anything but a cold dinner on wash day. May is the best month for bleaching.

OUTHOUSE

Privy. The darker the outhouse, the less flies. Use old pages from catalogues for daily use. Use the soft wrappings found in peach crates for guests.

SCOUR POTS

Use wet sand.

CLEAN WALLS

Wash the walls with pieces of bread.

RECIPE FOR TOAST

Take bread that is not too fresh. Trim off crust for crumb-jar. First warm each side of the bread, then move over a brisk fire, to have all parts toasted alike. If the slightest point is charred, scrape it off.

PRESERVE MEATS

Boiling is the way to make fresh meats rich and nutritious. "The pot should only smile, not laugh." A red pepper in the pot will prevent the unpleasant odor.

RECIPE FOR COUGH SYRUP

1 pint Maltine	Juice of 6 lemons	6 tablespoons sugar
10 cents worth good brandy	10 cents worth glycerine	

Boil 15 minutes and strain.

CONSTIPATION REMEDY

Take one pound figs, one pound raisins, one pound dates, four ounces senna leaves. Put all through a meat chopper and work the mixture into balls like small walnuts. Keep in a tin box and take one at bedtime.

TAPE WORM REMEDY

Refrain from supper and breakfast, and at eight o'clock, take one-third part of two hundred minced pumpkin seeds, the shells of which have been removed by hot water. At nine o'clock take another third; at ten o'clock, the remainder. Follow it at eleven with a strong dose of castor oil. Disguise castor oil by covering the necessary dose with lemon juice or whiskey, but the best way is to make a castor oil sandwich. Pour a layer of castor oil on a layer of orange juice and cover with another layer of orange juice.

RID SELF OF WARTS

Make a little roll of spider's web, lay it on the wart, set it on fire, and let it burn down on the wart. OR Rub a dead man's hand on the wart. OR Tie a string around the wart and pull it tighter each day.

HEADACHE REMEDY

Put hands in hot water. Washing dishes is especially good for getting rid of headaches as it keeps the hands in the hot water long enough to do some good.

BROWN SUGAR PUDDING RECIPE

1 teacup water

1 small paddle butter

1 scant handful of brown sugar and 1 scant handful of white sugar if you have it

Bring this to a boil to make a syrup.

Topping:

Heaping big spoon shortening

1 scant handful brown sugar

half teacup milk

1 large handful flour

1 spoon baking powder

1/2 spoon salt

1 egg

nuts, raisins, or whatever you have or want

Pour syrup in casserole dish. Put topping on top of the syrup and bake until broom straw comes out clean about 30-45 min. Make sure your oven is not too hot.

