



New Editor's Comments

After several years of exemplary effort in producing the Bi-annual Newsletter, Susan Roser has sought someone (anyone!) to take over the editor's functions allowing her to concentrate on the work of Society Historian which she does with excellence. Under her expert guidance membership in the Canadian membership will continue to increase, and the standard of historical research will be elevated. Being recently retired, I am venturing to undertake the editor's job, having no credentials, other than a passion for the past, and an interest in learning new skills in the exchange of information. Note the use of the word "exchange", signifying a preference for interaction, and dialogue, over one-way communication. Comments, queries, research findings, articles of interest, for the next couple of months should be addressed as follows:

Betty Anne Field, Editor, // Canadian Pilgrim Newsletter // 88 Mason Blvd. // Toronto, ON M5M 3E1

We are in the process of selling our house so will advise you in the next newsletter of our new address.

Letters to the Editor

I am happy to have received notes from the following:

Mary Nichols, Member at Large, has compiled and forwarded a copy of her personal holdings reference list containing 37 titles, a number of works tracing Pilgrim descendants in Nova Scotia.

Bernard Mullen, a Maritimer now living in Ontario, forwarded a picture of two of the many Cook gravestones in the Town Point Cemetery, Chebogue N.S. and information about Capt. Ephriam Cook, who came to Chebogue with Capt. George Ring in 1762. Ephriam, a descendent of Francis Cooke, married George Ring's daughter Louise. Bernard informs us that "George Brown's Yarmouth N.S. Genealogies has a dozen pages on Cooks."

Myrna Geldart, sent notice of publication re the Ebenezer Rider Genealogy. Ebenezer was a Loyalist who removed to New Brunswick in 1783. His Mayflower ancestors include Brewster, Hopkins and White. Those interested in purchasing this UEL & Mayflower record may contact Dale T. Lahey at 72 Vanier Drive, Guelph ON N1G 2L4.

Marian Worthen, who will be a regular contributor of "Notes from Nova Scotia" has issued a call to arms to her fellow Maritimers to get to know each other. In her words, "If we can come together with joy and visibility perhaps we can convince others that the Mayflower Society is not some arcane Toronto club, but the manifestation of a meaningful rich inheritance from those who first came to these Atlantic Shores."

George Baldwin, conveyed news about the BC Colony's first year of formal existence. The Executive Officers, elected at their Annual Meeting, November 7, 1995 include George Lydiard, Regent, and Karen Johnson, Vice-Regent. George Baldwin, the founding and now Past Regent will assume Secretary/Treasurer duties and Donald Kelly has been elected Member at Large. George writes, "I am happy to report a 33% increase in our numbers of Members and Associates to seventeen, twelve of whom reside in Vancouver or vicinity." The program at their first Annual meeting was a great success "despite a torrential BC mist". Bud Winslow, the colonies only member to bear a Pilgrim's name, gave an account of his attendance in England at the 400th anniversary of the birth of his ancestor and his visit to Plymouth Colony. Bev Oswald described how her ancestors trekked from Plymouth to the West, in part by covered wagon. Others shared in demonstrations of reference books and memorabilia. The meeting was concluded with the video entitled "Plymouth Plantation".

Report of the Annual Meeting and Fall Banquet

The 15th Annual Meeting of the Canadian Society of Mayflower Descendants was held 25 Nov 1995 at the Howard Johnson Hotel in Oakville. Present were representatives of 17 Mayflower families and friends.

The meeting opened with a warm welcome from Mr. Robert Cruikshank, Governor. During his general remarks, Mr Cruikshank announced that our society would be entitled to send five delegates to the General congress held in Plymouth next September. He invited any member who was interested in attending this meeting to contact the Recording Secretary, Miss Deborah Clarke. He then asked Mrs Deborah Clarke to read the Mayflower Compact and the Descendant Roll Call. Mr. Allyn Dean, then read the Necrology. Our society lost 3 members this year: Beatrice Warmksi, #14, Charlotte Winslow, #68 and Louise Alma Bean #163.

Reports from the Board of Assistants

Minutes of the last Annual Meeting: Mr. Robert Cruikshank asked for a motion to dispense with the reading of the last Annual Meeting. This motion was passed.

Treasurer's Report: Mr Allyn Dean stated that we have \$2016.15 in our Savings Account, \$129.50 in our U.S. account and two G.I.C.'s. There are 74 life members and 101 regular members in our society. Six members did not pay their 1995 dues.

Historian's Report: Mrs Susan Roser said that during her three year term as Historian she has handled over 840 pieces of correspondence, answering letters from Canada, United States and England. She has process 68 applications, of which only 2 were rejected. At present there are 40 applicants working on their lines. Mrs Roser went on to state that publicity was the key to the growth of our society and complemented Mr Paul Hill, our Publicity Chairman, for his work in contacting over 100 newspapers. She stressed the importance of other members getting involved in promoting the Society.

Editor's Report: Mrs. Roser has resigned as Editor after ten years of dedicated service. She introduced our new Editor, Mrs Betty Field. Mrs Field stated that in her first newsletter, she intends to include a list of members broken down by region as well as a Reader Survey.

Report from the Nominating Committee.

Mrs Myrna Geldart, Chairman, presented the report of the Nominating Committee. As there were no nominations from the floor, the nominees were elected. Historian - Mrs Susan Roser, Corresponding Secretary- Mrs. Judith Galvin, Treasurer- Mr Allyn Dean, Member at Large- Mrs. Mary Nichols.

The reports from the Board of Assistants were approved on a motion by Mrs. Susan Roser.

Other Business

Late delivery of the Mayflower Quarterly. Mr Marshall Dean suggested that members make a note of the date they receive the Quarterly and contact Miss Clarke. Miss Clarke also asked to be informed when members do not receive their Quarterly.

This concluded the business part of the meeting and a delicious Turkey Dinner was served.



Pilgrim Ways

Members who were able to attend the fall banquet were treated to a presentation by Dorothy Duncan who for many years has been involved in heritage research, restoration and interpretation. She is a regular columnist for Century Home magazine and is the Executive Director of the Ontario Historical Society. Dorothy has kindly provided her speaking notes for inclusion in this newsletter. Here then, is the essence of her talk for you to savour.

Please Eat the Plates!

For that incredibly brave group of Pilgrims, that, on September 6, 1620 left the old world to start a new, and hopefully, better life here in the new world, I have great admiration. I want to thank you for inviting me to speak to you today about a subject that is close to my heart, their food traditions.

I would like to begin by discussing what traditions and foodways were common in Great Britain and Europe at the period. First and foremost, the fare was plain and simple. The meat, comprising mutton, pork and beef, would be locally grown and served fresh, salted or potted. Gardens for the growing of vegetables were fairly new and the vegetables they might have grown included cabbages, cauliflowers, broccoli, carrots, turnips, parsnips, onions, peas and beans. These would have been boiled for long periods of time for there were strong suspicions of any raw vegetable. Grain would have been locally grown and bread was baked in your own kitchen or by the commercial bakers who were strictly controlled by law to make pure loaves of a regulation size.

Ale would be the common drink, even for children, for water was much feared, and wine was only for the well to do. There were many new foods and beverages just coming on the market at this time. We can be assured that Pilgrims would have known them, but had they ever tried them? Macaroni from Italy, Hotch Potch from Spain, allspice, pepper and chocolate from the West Indies, sugar from the Barbados, tea from China, coffee from Arabia and Turkey.

How would these foods, old or new, be prepared, cooked and served? Every kitchen had a broad, deep fireplace and usually a beehive oven, or a large bake kettle with a lid. Using these two sources of heat, vegetables and meat would be boiled in large cast iron cooking pots, meat could be roasted on long, iron spits turned by boys, or dogs, or a clockwork jack. Since the medieval period great cakes were made from butter, cream, flour, sugar and spice (if you had it). These were made in tinplate hoops and weighed up to 30 lbs. Gingerbread and biscuits were favourites, as were puddings, baked, steamed or boiled in a hollowed out turnip in a large pot.

It was common for a household to have 30 or more members who would take their meals together in the hall. The master of the household and guests sat on a raised dais at one end of the room, and everyone else by rank, or age, seated on stools at one long, or several long, tables stretching down the room at right angles from the main table. There was a white linen cloth on the table, napkins, open salts, sugar castors (if you had sugar), spoons, and of course plates. In very wealthy households the plates were silver or gold, in more moderate households they were pewter or delftware and in humble homes they were wooden or bread, and called trenchers. Bread was often placed on the other plates too, to soak up the sauces, juices or gravy. They were often collected and given away to the poor waiting at the gates of larger manors. Food was placed on the table on large platters, called chargers, or in bowls and everyone dived in! Everyone had their own knife, used for spearing food, cutting it and carrying it to the mouth. Forks were new and rare and if you had one, you would carry it with you in a little pouch with your knife. There were large communal drinking bowls passed from hand to hand with everyone drinking from it. At the end of a meal a vorder, a basket, was passed around to collect the dirty dishes and utensils.

What might a typical day's menus look like? For breakfast, cold meat, bread, butter, cakes, ale; for dinner (at noon) meat and soup as first course, lighter meats, game and sweet things as second course, fruit, cheese and sweets as third course, all washed down with ale; for supper, cold meat and sack possett.



So these were their memories, these were the foods and beverages they knew, the daily round that was common in many homes. How did they prepare for that incredible journey that was to bring them to a new world? I understand that they packed sacks of the well-known vegetables that would keep - turnips, onions, cabbages. They brought salt, an important item for seasoning and preserving. In a rowboat they brought rabbits, chickens, geese and ducks. What did they eat on that journey that lasted 66 days, with only 3 small, iron boxes half-filled with sand that could be used as a stove? One of the most popular dishes was lobscouse, a thick soup of dried peas, salted beef and water. They had ship's biscuit, large, flat, round biscuits made of flour, salt and water. They brought dried foods - codfish, beef, pork and smoked herring. They also brought cheese, spices such as ginger, mace, cloves, nutmeg and green ginger and beverages such as beer, ale, wine, gin and brandy. Over the firebox they made doughboys of wet flour fried in pork fat, burgoo of hot oatmeal and molasses and plum duff, a fatty pudding with raisins or dried prunes added.

As we know, they finally arrived and what did they find in the way of food? Mussels, cod, turbot, herring, lobsters, crabs, eels, clams, and oysters. They found grapevines, herbs growing wild, watercress, leeks, onions and wild berries, as well as walnuts and acorns. They soon found that English grain did not grow well in this new soil, but thankfully Indian corn did, and thanks to the First Nations they were taught how to plant it properly, care for it, harvest it, and the multitude of things it could be used for - flour for bread, puddings, soups, hominy, succotash, cakes and much more.

The homes they built were simple, comprised of one room, where all the cooking and baking was done, and the daily round of making clothes, preserving food, making medicines, eating, drinking and sleeping was carried out. A stone fireplace dominated the room with grapevines strung from the ceiling with vegetables and fruit drying for food, and herbs such as parsley, sage, marjoram, rosemary and marigolds were drying for seasoning, scent, and those all important medicines when someone was ill. Under the houses were root cellars where the harvest from the gardens were stored: carrots, sweet potatoes, turnips and artichokes as well as barrels of salted and pickled foods. Tomatoes were known, but much feared, as they belonged to the deadly nightshade family, and just one bite was considered poisonous. Every family kept chickens for their eggs, often laid in the garden near the house, so the children had a daily search to find them. Eggs were boiled, roasted, fried or baked in custards called hot pots, or pickled in vinegar.

Everyone was up at dawn, and to bed at dark. Three meals a day were normal: bread, pudding and beer for breakfast; dinner at noon was the biggest meal of the day with soup, a stew with meat, vegetables, and a pudding, and a small repast late in the day of bread, pudding and beer just before bed. No one needed to be told to eat their plate, food was scarce, and their trencher of a thick slice of bread would have been a tasty part of the meal. The table was cleared and the children often climbed up on the table and slept there, while the cook mixed the ground corn and water in a kettle over the fire for the next morning's breakfast, the parents banked the fireplace and climbed into the bed, with plump pillows at their backs so that they were almost sitting up and curtains all round for privacy and warmth.



As more and more newcomers arrived to swell the colony, the quality of life improved and their diet became more varied. More pigs, sheep and goats arrived, as well as cows and horses. They also found new trading partners. Instead of sending to England for everything they needed, they began to trade with settlers in the West Indies. The Pilgrims sent salted fish, pickled beef, and lumber and in return received cinnamon, ginger, cloves, nutmeg and cardamon, sugar and molasses. Seeds of every kind became available as well as the latest and most innovative farming tools and equipment, so that slowly those first difficult years of survival began to fade.

Something that has not faded however, is that now famous feast of thanksgiving hosted by Governor William Bradford in the autumn of 1621. The children gathered eels, clams, mussels and oysters, as well as onions, leeks and watercress for a sallet. Four men were sent to hunt and returned with ducks, geese and turkeys. There was cornflour bread, dried plums and berries and grape wine.

The Native Chief Massasoit arrived with ninety braves and realized that the foods prepared for the feast would not stretch to feeding everyone, so he sent his four best hunters into the woods, who soon returned with 4 deer, that were roasted and added to the feast.

The meal that followed has become an important part of North American history, legend and folklore, a tribute to the courage of the Pilgrims who, when they began their journey, knew less about their destination than the astronauts did who were sent to the moon.

I hope that my comments today will encourage each of you to share your own family's history, legends and folklore about your food traditions as descendants of those courageous newcomers.

Semi-Annual Meeting and Spring Tea

The Spring Tea will be held at Montgomery's Inn, a historic Toronto property, which in the time of its construction represented a day's ride out of town, but now is accessed by a short walk from the Islington subway station. The Inn is located on the SE corner of the Dundas and Islington intersection and the parking lot is on the east side of the building entered from Montgomery Road. The program will feature Susan Roser's video of the festivities honouring the 375th anniversary of the Mayflower's arrival in Plymouth followed by a short talk from the Montgomery Museum director, Mr. Ernest Buchner who was formerly the Director of the Pilgrim Society and Pilgrim House Museum. Mr. Buchner helped to plan the 375th celebration. The title of his presentation is "A Canadian in Plymouth"

You are invited

Date: Saturday, May 11, 1996

Time: 2:00-4:30 p.m.

Please telephone Betty Field at (416) 483-2226 on or before May 6th so that we can confirm numbers. The cost of the tea service is \$5.00 per person payable at the event.

Appointments



It is with relief and great gratitude that we report the appointment of Bill Hosking as Society Librarian. His systems expertise will provide us with the ability to computer catalogue the Society's holdings at the North York Library and, in the not too distant future, to share information and newsletters with other Family History societies by means of Internet.

The Alberta Colony has a new Regent, in the person of Peter Young. Hopefully the next edition will have further news of the Colony's activities along with contributions from Nova Scotia and British Columbia.

Arrivals and Departures

Susan Roser asks us to welcome aboard the ten new members who have joined since last September. They are:

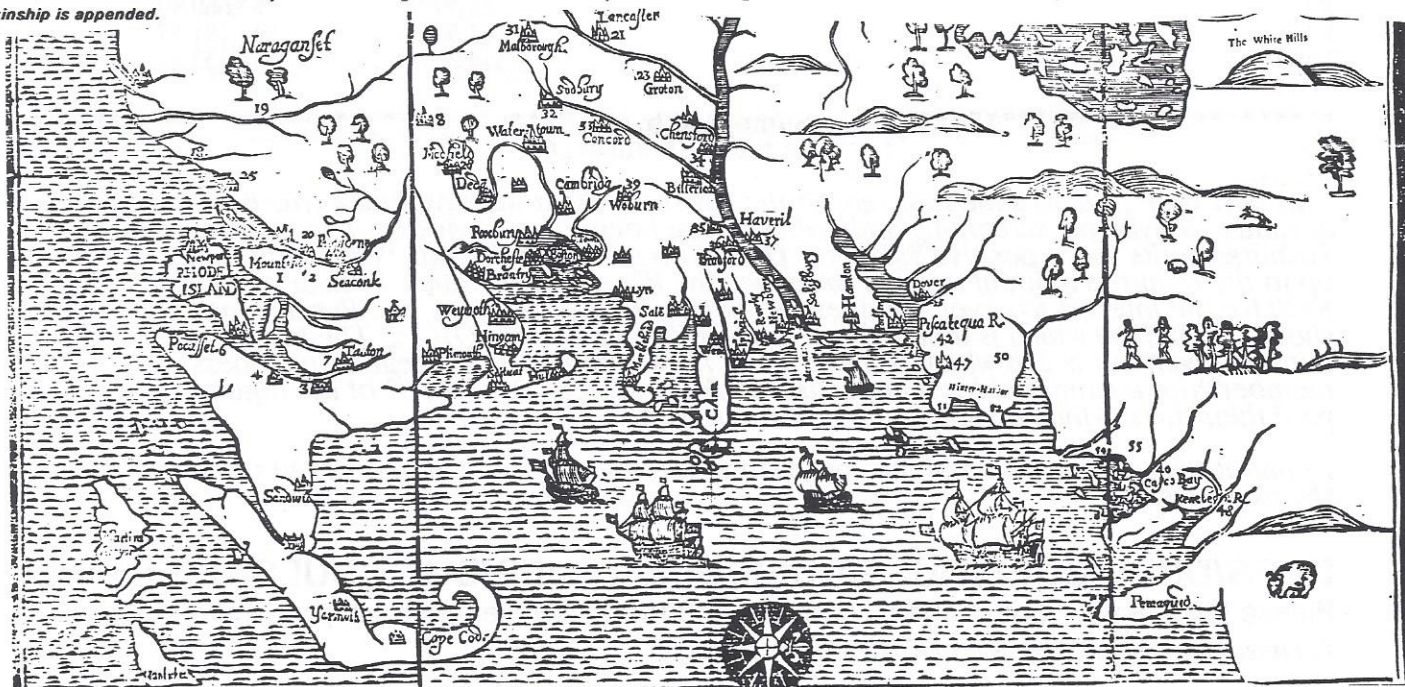
| | | | |
|------|-----------------------|-------------------------|----------------------|
| #225 | George H. Hayward | 29 Leeds Drive | Fredericton, N.B. |
| #226 | John C. Bell | 168 Florence St. | Ottawa, Ontario |
| #227 | Wilfred H. Allan | 2707 - 8210 111 Street | Edmonton, Alberta |
| #228 | Dr. Ian H. Anderson | P.O. Box 503, Stn Main | Rothesay, N.B. |
| #229 | Murray Gregory | R.R. #3 | Georgetown, Ontario |
| #230 | Lucy B. Traves | R.R. #2 | Falmouth, N.S. |
| #231 | Mrs. Judith Lee | R.R. #3 | Harley, Ontario |
| #232 | Dr. Harold W. Cumming | 309 Union St. W. | Kingston, Ontario |
| #233 | Wilson Abraham | P.O. Box 311 | Parry Sound, Ontario |
| #234 | Joseph P. Barss | 19 Kempley St. | Canton, Maine MA. |
| #235 | Lester B. Bartlett | 486 Montgomery St. | Fredericton, N.B. |
| #236 | Mrs. Dorothy Hale | P.O. Box 122 | Hebron, N.S. |
| #237 | James B. Cumming | 2655 Habersham Rd. N.W. | Atlanta, Georgia |
| #238 | Mrs. Lois Stevens | 26 Sioux Cres. | Woodstock Ontario |



We also note with sadness the death of two founding members of the Canadian Society, #27 Francis J Barnes of Ville Lorraine P.Q and #12, Mrs. Madeline Warren of Hamilton.

Membership Roster

To commemorate the 15th Anniversary of the founding of the Canadian Society and to encourage further communication and exchange, an updated list of members by locality, and kinship is appended.



**FINANCIAL STATEMENT FOR THE YEAR ENDING 31st DECEMBER 1995
(INCLUDING COMPARISON TO 1994 FIGURES)**

| | 1994 | 1995 |
|--|--------------------|--------------------|
| 1. <u>STARTING AMOUNTS as of January 1,</u> | | |
| Bank Accounts & GIC's | \$14,389.71 | \$13,414.78 |
| Petty Cash | 150.00 | 150.00 |
| | <u>\$14,539.71</u> | <u>\$13,564.78</u> |
| 2. <u>RECEIPTS</u> | | |
| Annual Dues | \$2,050.00 | \$2,750.00 |
| Donations | 180.00 | 61.00 |
| Life Memberships | 250.00 | |
| Application & Historian Fees | 747.00 | 1110.00 |
| GIC & Bank Interest | 290.07 | 666.88 |
| | <u>\$3,517.07</u> | <u>\$4,587.88</u> |
| 3. <u>DISBURSEMENTS</u> | | |
| Postage | \$204.01 | \$215.80 |
| Library | 288.81 | 45.00 |
| Stationery & Printing | 251.28 | 273273.86 |
| General Society Dues | 2514.00 | 2380.13 |
| Alberta Colony | | 102.00 |
| Incorporation Fee | | 30.00 |
| Historian Fees | 240.00 | |
| Banquet Loss (Gain) | (31.14) | (209.43) |
| Governor General's Visit | 448.71 | |
| Rental Premises | 107.04 | 130.00 |
| Newsletter | 425.71 | 640.08 |
| Miscellaneous | 28.58 | 31.95 |
| Bank Charges | 15.00 | 21.50 |
| | <u>\$4,492.00</u> | <u>\$3,660.89</u> |
| 4. <u>FINISH AMOUNTS as of December 31st</u> | | |
| Bank Accounts | \$2,414.78 | \$3,341.77 |
| Petty Cash | 150.00 | 150.00 |
| Canada Trust GIC | | |
| Due 15 Apr. 1995 | 11000.00 | |
| Due 15 Apr 1996 | | 1000.00 |
| Due 15 Apr 2000 | | 10000.00 |
| | <u>13564.78</u> | <u>14491.77</u> |
| 5. <u>BALANCE</u> | | |
| #1 | \$14,539.71 | \$13,564.78 |
| #2 | 3517.07 | 4587.88 |
| Total | <u>\$18,056.78</u> | <u>\$18,152.66</u> |
| #3 | \$4,492.00 | \$3,660.89 |
| #4 | \$13,564.78 | \$14,491.77 |
| Total | <u>\$18,056.78</u> | <u>\$18,152.66</u> |

***** Submitted by: *****
L. Aliyn Dean, Treasurer

Treasurer's Report

This past year 1995 was the first year in the past seven that we have had a true excess of funds. Maybe my screaming and hollering are beginning to pay off. The receipts minus Disbursements was a positive \$926.88. This by no means brings our Permanent Fund up to the required amount needed to service the life members' dues. It takes approximately \$320 for the interest to cover the dues. So having 73 life members, the Permanent Fund should be \$23360 which is much above the \$11,000 we have in GIC's. The last membership number given out is 238 which is made up of 73 life members, 112 regular members and 53 memberships terminated for many reasons. As of March 22, 1996, 61 of the regulars have paid their dues, which means that 51 have not paid.

I think it that it is very kind of our historian to forego any payment in order to try to meet the expenses.

DUES/DUES/DUES/DUES/DUES/DUES/DUES/DUES/DUES/DUES/DUES

Please folks, if your one of the 51 who are in arrears, please reach for your wallet and forward a check for \$25.00 to Aliyn today!