

# THE WAY OUR PEOPLE LIVED

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## A PURITAN VILLAGE IN 1680

The basic principles of human conduct in the Puritan civilization were work and piety, but they were inseparable and had to be practiced together. If you had been a Puritan of the 17th century you might have been possibly one of the most willing, industrious and capable workers in the colony. But if you had lacked piety, if you had neglected the church, if you had played games on Sunday, if you had observed Christmas as a holiday and a time of merrymaking, the heavy hand of authority would have fallen on you and most of your holidays would have been spent in the stocks.

But on the other hand, let us suppose that you were as pious as Cotton Mather, that you never failed to pray and to attend church, to read the Bible and to keep the holy commandments; but, let us suppose further, that you never got out of bed until 10 in the morning, that you never did a stroke of work and scorned industry of all kinds. In that case, though your piety would have been commendable you would have found yourself in the stocks,

side by side with the atheist who made work his religion.

The Walling family combined work and piety in such sound proportions that the two parts fitted together perfectly. Every member of the family—except the very young children—had some kind of work to do. Even little daughter Patience, who was only eight, had been taught to embroider samplers and to hem table napkins.

Henry, the oldest son—he was 22—was employed by his uncle in Boston. This relative owned a number of vessels that made trading voyages to the West Indies. Young Henry did not expect to remain permanently in the shipping trade. His father wanted him to pass a few years in that occupation, and to make voyages in the ships so that he might learn something of the world at first hand. After his experience in business and travel he was to come home and give his time to the Walling farm and other properties.

The second son, who had the Puritan name of Feargod, worked on the farm under Samuel Gaylord. He was not a laborer but

a kind of student, learning what he could. Feargod Walling cherished a deep and rankling discontent which broke out occasionally in tantrums, or fits of temper. He did not want to be a farmer; he had no interest in the soil, in agriculture, in stock breeding, yet he was bound to these occupations, probably for life. If he lived today he would be called an intellectual. In 17th-century New England the only pursuits open to an intellectual were the ministry and schoolteaching. Feargod, although a faithful Puritan, was not sufficiently theological in temperament to pass his life preaching on Biblical texts. As to schoolteaching—that was impossible. In all colonial communities the schoolteacher stood low in the social scale, and usually with good reason. He was often a drunkard, or ne'er-do-well, and his pay was so small that he had to live in a state of perpetual shabbiness. No, Feargod Walling did not want to be a schoolmaster.

Harriet, the Wallings' oldest daughter, had been taught to do everything that belonged to the duties of a Puritan housewife. Part of each day she spent in the spinning and weaving room in the lean-to, where she spun flax and wool and wove them into cloth. Among her occupations was the accumulation of linen for her own hope chest. She had already 12 pairs of linen sheets. She had also 21 towels and 46 table napkins. The large number of napkins was due to the fact that forks had not come into use as table implements. Food was picked up on the flat end of a knife, or in a spoon, or with the bare hands. Whenever bones were encountered, as in a turkey or a piece of pork, both hands were used. In the course of an ordinary meal the hands became soiled several times. Before each person at the table stood a small ewer of water in which he would dip his hands and wipe them with a napkin. As a result many napkins were used at each meal.

Waitstill's wife Rebecca, a plump and blooming matron, was busy every day from morning to night with household tasks. Besides her grown daughter she had two maids to help her, and all of them had as much as they could do. Cooking stoves did not exist—nobody had ever heard of such a thing—and the huge meals were cooked on an open fire. In the yard of the kitchen there was a brick oven for baking bread and roasting venison. All the water used in the house had to be brought by hand from a well in the barnyard.

In addition to the ordinary household activities there were others which are entirely unknown to the modern housekeeper, such as candle molding, soap making, weaving and dyeing, the making of brooms and the brewing of beer for the household.

Another of her jobs was the compounding of household remedies. Every girl, before her marriage, was trained to make palsy drops, mithridate, Venice treacle, snail water and pokeberry plaster, besides a long list of other salves and ointments. There were no physicians in Sudbury and the nearest apothecary was in Boston, so the housewife had to be prepared to meet sickness in the family with remedies from her own medicine closet.

(To Be Continued)

There are houses built of lumber in the United States over 200 years ago that are in good condition and in use; in Europe there are lumber dwellings at least twice that old.

## S. W. Redmond

Southwest Redmond, Dec. 28 (Special)—Mr. and Mrs. Charles Wilden were Christmas dinner guests at the home of Mr. and Mrs. Frank Nutley.

Mr. and Mrs. Walter Holt and Mr. and Mrs. Mildred Wallenburg and daughter, Lois, were guests Christmas eve at an oyster supper and family Christmas tree at the Floyd Holt home.

Mr. and Mrs. Francis Winkler, of Fort Lewis, arrived Saturday to spend the Christmas holidays with Mrs. Winkler's parents, Mr. and Mrs. August Anderson.

Mr. and Mrs. Thomas Leach and son, Vonne, spent the holidays with relatives in Portland.

Nadine Davenport, of Portland, arrived Friday evening for a few days' visit with her parents, Mr. and Mrs. A. B. Davenport, and her sister, Iris.

Mr. and Mrs. Owen Brown and family were Christmas dinner guests at the Fay Hein home in Prineville.

Christmas day guests at the Ora Foster's at Powell Butte were Mr. and Mrs. Sam Ritter.

Mr. and Mrs. Charles Wilden visited Sunday afternoon at the Walter Holt home.

Mr. and Mrs. Walter Holt entertained the following guests at their home at Christmas dinner: Earl Hackett, Mr. and Mrs. Floyd Holt and family, Robert Ledbetter, and Mr. and Mrs. Milfred

## Wallenburg and daughter.

Members and friends of Redmond grange enjoyed a Christmas party at the hall Friday evening. Main entertainment feature was an excellent program of recitations, songs and skits by children of the juvenile grange, supervised by Mrs. John Viegas, juvenile matron. A decorated tree, gifts and treats were provided for the youngsters, while all grange members enjoyed a gift exchange. Popcorn, candy and oranges, and a lunch of cake and coffee, were served by the committees in charge. Mr. and Mrs. Cork provided music for dancing later in the evening.

## G.I. CAN WIN TRIP

Port of Spain, Trinidad (AP)—To spur personnel at this No. 1 U. S. Caribbean base, Commodore C. C. Baughman, U. S. navy, commander naval operating base, has announced a week-end trip via air to one of the best-known pleasure resorts in the West Indies as a reward to the enlisted men nominated by the war bond officer in each activity, as contributing the most toward the war bond sale. This trip will be awarded on the basis of the amount of work, time, and effort expended by the enlisted men and not for the high-

Heneguen, the fiber of which is used to make twine, rope and cordage, grows well in Cuba because of the limy nature of the soil.

## Looking Down in the Mouth



When George Blackman, attendant at San Francisco's Fish-hacker Zoo, lost a bucket, he immediately checked up on two-ton Pebbles, the hippopotamus. Above, Pebbles says "A-a-ah" to prove he didn't swallow the bucket.

## HELL'LL HAVE TO HOOF IT

New Bedford, Mass. (AP)—George W. Pittsley, 17, of New Bedford is going to get plenty of exercise walking in the next year. A district judge recently sentenced him to a year of no bicycle riding after he pleaded guilty of stealing a bicycle.

## Margie Says...

**YUM! YUM! MAKES COOKIES TASTE EXTRA GOOD!**

**PASTEURIZED SKIM MILK ADDS TO ITS GOODNESS**

**Durkee's TROCO MARGARINE**

SO MILD SO SWEET  
SO COUNTRY-FRESH IN FLAVOR

### Congress Food Values For a Happy NEW YEAR

**Specials Friday and Saturday**

Cranberries . . . . .lb. 39c	
Walnuts . . . . .lb. 45c	<b>MJB</b>
Peanuts . . . . .lb. 29c	<b>COFFEE</b>
Mixed Nuts . . . . .lb. 39c	<b>2 lb. jar</b>
Almonds . . . . .lb. 49c	<b>65c</b>
Filberts . . . . .lb. 45c	
Pecans . . . . .lb. 49c	

### Best Mince Meat, 2 lbs. 49c

SAVE RED POINTS	pint
2 lbs. 49c	25c

### H&D Pumpkin . . . 2 1/2 can 15c

### Sweet Potatoes, 3 lbs. 29c

Celery—Carrots—Lettuce—Squash—Onions, etc.

### BIRDS EYE FROSTED FOODS

Full Line of Fruits and Vegetables Point Free

### Jonathan APPLES box 2.59

Marshmallows lb. 39c

### Kerr's Ass't. Jellies . . . . .lb. jar 25c

Still Point Free

### S&W Marmalade . . . . .lb. jar 22c

### Kraft Dinner . . . 3 pkgs. 25c

### Lumberjack Syrup . . . . .31c

24 Ounce

### For New Year's Dinner

Pork Roast . . . . .lb. 35c	Fancy Loin—(5 Points)
Veal Shoulder Roast . . . . .lb. 29c	
Beef Roast (5) . . . . .lb. 28c	
Loin Pork Chops (8) . . . . .lb. 39c	
Veal Shoulder Steak . . . . .lb. 29c	

10 lb sack **79c**

## CONGRESS FOOD MARKET

210 Congress Phone 360

### BACKACHE, LEG PAINS MAY BE DANGER SIGN Of Tired Kidneys

If backache and leg pains are making you miserable, don't just complain and do nothing about them. Nature may be warning you that your kidneys need attention.

The kidneys are Nature's chief way of taking excess acids and poisonous waste out of the blood. They help most people pass about 3 pints a day.

If the 15 miles of kidney tubes and filters don't work well, poisonous waste material stays in the blood. These poisons may start making backaches, . . . muscle pains, leg pains, loss of eyes and ears, getting up nights, swelling, puffiness under the eyes, headaches and dizziness. Frequent or acute passages with smarting and burning sensations are other warning signs that your kidneys are backache.

Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will build the 15 miles of kidney tubes flush out poisonous waste from the blood. Get Doan's Pills.

### Better Equipped

In our new offices to help you with your health problems. Our modern equipment and methods include:

- Hydro and Physio-Therapy
- Tox Eliminator
- Convenient Terms

**Dr. R. D. Ketchum**  
Chiropractic Physician  
124 Minnesota Ave. Phone 794

## In 1945 expect SAFEWAY to offer the best VALUES

- Edwards Coffee . . . . .2-lb. jar 54c
- 1-Lb. Jar 28c
- Nob Hill Coffee . . . . .1-lb. bag 23c
- Whole Bean
- Airway Coffee . . . . .1-lb. bag 20c
- Whole Bean
- Hershey's Cocoa . . . . .1-lb. pkg. 10c
- Borden's Hemo . . . . .1-lb. jar 59c
- Drink It Hot!
- Canterbury Tea Bags . . . . . 13c
- BLACK—16 in Pkg.
- Sun Valley Beverages . . . . . 1/2 gal. 39c
- PLUS DEPOSIT
- Tomato Juice . . . . .No. 2 can 10c
- Sunny Dawn—(2 Stamps)
- Prune Juice, Libby's . . . . .qt. bottle 27c
- Burgundy Wine . . . . .fifth 77c
- Fidelis
- Wines, Cresta Blanca . . . . .fifth \$1.28
- Sauterne
- Ritz Crackers . . . . .1-lb. pkg. 23c
- Cocktail Size
- Soda Crackers . . . . .2-lb. pkg. 28c
- And Grahams

- ### WHILE STOCKS LAST!
- Champagne bottle \$1.98
  - Monte Cristo—The Real Thing! 24 oz.
  - Mrs. Wright's Bread . . . . .1 1/2-lb. loaf 12c
  - 1-Lb. Loaf 9c
  - Cinch Cornbread Mix . . . . .1-lb. pkg. 18c
  - Fisher's Biskit Mix . . . . .2-lb. pkg. 29c
  - Softasilk Cake Flour . . . . .2 1/2-lb. pkg. 26c
  - Kitchen Craft Flour . . . . .10 lbs. 44c
  - 5-Lb. Sack 24c
  - Calumet Baking Powder . . . . .1-lb. can 19c
  - Sno-White Salt . . . . .pkg. 7c
  - Plain or Iodized
  - Vanilla Flavor . . . . .8-oz. bottle 10c
  - Or Lemon Westag
  - Beet Sugar . . . . .5-lb. sack 32c
  - Pure Granulated
  - Royal Satin Shortening . . . . .3-lb. jar 59c
  - Snowdrift Shortening . . . . .3-lb. jar 68c
  - Spry Shortening . . . . .3-lb. jar 68c

- Sun Maid Raisins, puffed, 15-oz. pkg. 14c
- Kanana Banana Flakes . . . . .5 1/2-oz. can 37c
- Peanut Butter, Beverly . . . . .1-lb. jar 25c
- Or HOWDY Coarse Grind—1-Lb. Jar 25c

### FRESH PRODUCE

Safeway produce is rushed from farm to store.

Friday and Saturday

### NEW CROP—Rich and Juicy NAVEL ORANGES 5 lbs. 49c

Crate \$5.98 1/2 Crate \$3.00

- Grapefruit, Tex. Pink, lb. 10c
- Juice Lemons . . . . .lb. 11c
- Green Peppers med'm lb. 23c
- Fresh Broccoli . . . . .per lb. 14c
- Louisiana Yams . . . . .lb. 10c
- Onions . . . . .3 lbs. 10c

### SPEAKING OF RESOLUTIONS!

I RESOLVE TO DO MY BEST TO WORK BETTER IN 1945 SO I CAN GROW UP TO BE A GOOD CITIZEN!

I RESOLVE TO WRITE MORE LETTERS TO MY FRIENDS IN THE ARMED FORCES SO THEY'LL KNOW WE'RE THINKING OF THEM!

I RESOLVE TO LIVE AND EAT WISELY SO MY WORK FOR VICTORY WON'T SLACKEN IN 1945.

I RESOLVE TO SERVE MY FAMILY NUTRITIOUS FOOD—TO SHOP AT SAFEWAY AND SAVE MONEY—TO INVEST MY SAVINGS IN WAR BONDS!

### SAFWEAY "CAT AND DOG" Clearance Sale

By "Cats and Dogs" we mean discontinued items, and overstocked merchandise that "need a home." We are offering them at ridiculously low prices to clear them out before the first of the year . . . prices that will save you real money! While they last!

- Molasses bot. 10c
- 36-oz. bottle — Red Hen Brand — New Orleans Molasses — 18-oz. bottle 5c
- Guava Jelly . . . . .can 25c
- Delicious tropical guava fruit jelly . . . sweet, tasty—No. 2 1/2 Can.
- Cocktail 3 pkgs. 10c
- Or SAUCE—Little Major—Cocktail or Tomato Sauce—1-oz. pkgs.
- Beans 8-oz. pkg. 8c
- Pre-Cooked — Copeland's Brand—Pink or White Beans.
- Soup Mix, 4-oz. pkg. 5c
- De Luxe Mushroom Soup Mix . . . . . Very Good!
- Washing Powder 10c
- Pop Brand—Lots of Suds—24-oz.
- Toilet Soap 2 bars 5c
- Maseline or Fine Arts Brand—a real buy!

MANY OTHER ITEMS ON DISPLAY. DON'T MISS 'EM!

### New Year Cleaning Needs

- Toilet Soap . . . . .3 bars 14c
- White King
- Su-Purb . . . . .50-oz. pkg. 39c
- Granulated Soap
- White Magic Bleach qt. bot. 10c
- Parson's Ammonia, qt. bot. 23c
- Steel Wool . . . . .pkg. 5c
- For Pots and Pans
- Floor Wax pint bot. 49c; 1 free
- Penn Champ
- Favorite Matches, 6 boxes 21c
- House'd Toothpicks 10c pk. 8c
- Cider Vinegar . . . . .gal. jug 52c
- Old Mill

Shop wisely—pay no more than ceiling prices—help keep prices down.

### Resolve to buy War Bonds with your savings in 1945

. . . and here's a good way to start your New Year savings right now . . . Resolve to buy all your foods at Safeway in 1945. You'll find all the brands you know and like—the best values of 1945—at your Safeway store—plus naturally fresh produce and guaranteed meat.

- Happyvale Peas . . . . .No. 2 can 11c
- 2 Blue Stamps
- Solid Pack Tomatoes . . . . .No. 2 1/2 can 20c
- Exquisite—(3 Stamps)
- Cut String Beans, Lorraine No. 2 can 10c
- 1 Blue Stamp
- Country Home Corn . . . . .No. 2 can 15c
- Whole Kernel—2 Blue Stamps
- Emerald Bay Spinach . . . . .No. 2 1/2 can 17c
- Pel-la-co Sweet Potatoes No. 2 1/2 can 26c
- Cudahy Deviled Ham . . . . .3-oz. can 13c
- Swift's Cudahy's
- Prem or Tang 12-oz can 32c
- Delicious Canned Meats
- Tuxedo Tuna Fish . . . . .No. 1/2-can 25c
- (3 Red Points)
- Sea-Lect Fish Flakes . . . . .14-oz. can 38c
- Heinz Cucumber Pickles, 24-oz. jar 25c
- Stuffed Olives . . . . .4 1/2-oz. bottle 27c
- Los Olivos
- Green Olives . . . . .6-oz. bottle 21c
- Los Olivos Queens
- Green Olives . . . . .3-oz. bottle 13c
- Los Olivos Queens
- Chopped Olives, Libby, No. 1/2 can 13c
- Nu Made Mayonnaise . . . . .pint jar 27c
- Duchess Salad Dressing . . . . .pint jar 23c
- Lunch Box Sandwich Spread, pt. jar 25c
- Durkee's Famous Dressing 10-oz bot 27c
- And Sauce
- Conway's Cranb'y Sauce 17-oz. can 20c
- (4 Stamps)
- Margarine, Sunny Bank . . . . .2-lb. pkg. 35c
- (2 Points Pound)
- Wild Blossom Honey, B-Z-B . . . . .1-lb. jar 29c
- Sleepy Hollow Syrup . . . . .pint bottle 21c
- Grade "A" Eggs lge. dz. 65c; med. dz. 61c

### GUARANTEED MEAT

No matter what the cut or price—Safeway meat is guaranteed.

Sliced Halibut . . . . .lb. 40c	Beef
Fresh Oysters . . . . .pt. 65c	Chuck
Medium Size	Roast
Veal Shldr. Steak, "A" lb. 28c	A Grade
Veal Shldr. Roast, "A" lb. 28c	lb. 27c
Ground Beef . . . . .lb. 28c	Mince
Pork Sausage, type 3, lb. 30c	Meat
Sirloin Steak, "A" . . . . .lb. 40c	1/2 lbs. 45c
(13 Points)	

A Practical and Worth-While Resolution, Mrs. Housewife!

Good food helps to keep us all strong and healthy. And good food is what Safeway specializes in — at prices which make real savings possible! Make Safeway your headquarters for food in 1945!

## SAFWEAY