

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and stilled smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flower to hide the body odour! Hence the custom of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the priviledge of nice, clean water, then all the other sons and men, then the women and finally the children – last of all the babies. By then the water was so dirty you could actually lose someone in it! Hence the saying, 'don't throw the baby out with the bath water.'!

In those days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start again for the next day. Sometimes the stew had food in it that had been there for quite a while. Hence the rhyme, 'Pease porridge hot, pease porridge cold, pease porridge in the pot, nine days old.'!

Sometimes they could obtain pork which made them feel quite special. When visitors cam, they would hang up their bacon to show off. It was a sign of wealth that a man could 'bring home the bacon' They would cut off a little to share with guests and would all sit around and 'chew the fat'.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top or 'upper crust'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a 'wake'.

Now, whoever said that History was boring ? ! ! !



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