

# A Look Back

**I was doing a literature search on ‘folk medicine’ and came across a few gems about health related topics from the early 20<sup>th</sup> Century. I thought that it would be fun to share the information. Some of it was written over a hundred years ago. The topics are presented exactly as these appeared in the original newspaper articles.**

**Mable Everette, 2015.**

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## **#1. Columbus Chronicle January 1900**

### **How to Serve Poached Eggs**

**Break an egg carefully into a coffee cup, and sprinkle it lightly with salt and pepper. Have ready a small stew pan containing some boiling beef tea which has been nicely seasoned. Carefully slip the egg into the pan and poach it in the usual way. When it is done place it on a rather thick round of buttered toast. Thicken a small quantity of beef quickly with a little corn flour, and pour it over the egg.**

**Another way of serving a poached egg is as follows: Break a new-laid egg into a buttered teacup, season it with salt and pepper, and place the cup in a stew pan containing sufficient boiling water to reach rather more than half-way up the cup. As soon as the egg is set, turn it carefully onto a piece of hot buttered toast. While the egg is cooking boil a small quantity of cream in a sauce pan, season it with a little celery, salt and pepper, and add a teaspoon of chopped parsley to it; pour the cream over the egg and serve at once. A small hot water plate, with a cover, should be used for all hot dishes sent to the invalid's room, and remember that the cover should be heated as well as the plate.**

## **Household Hints**

**Keep two gridirons in the kitchen, one for meat and one for fish.**

**All meat should be cleaned with a soft, damp cloth before cooking.**

**Windows should never be cleaned when the sun is shining on them.**

**Sand paper will whiten ivory handled knives which have become yellow.**

**Poultry should never be cooked until twelve to fourteen hours after being killed.**

**When flannel underclothing irritates the skin do not discard flannel, but wear a soft muslin garment next to the skin.**

**There is nothing that so promptly cuts short congestion of the lungs, sore throat, and rheumatism as hot water, when applied promptly and thoroughly.**

**Vegetables of any kind should not be boiled after once well done. Further cooking destroys their flavor and makes them watery and insipid.**

**If tea leaves are to be used to collect the dust in sweeping, they should be put in a colander, well**

**washed with cold water, squeezed dry and spread on the carpet only just before beginning to sweep.**

**Those who drink hot water every morning will find it more palatable if a small piece of orange peel is added. The fresh peel is preferable, but when there is not available the dried answers the purpose almost as well.**

**In laundering colored shirt waists of negligee shirts use lukewarm water with plenty of salt in it and a moderate application of some pure white soap. Dry wrong side out in the shade and remove from the line as soon as dried.**

**New rice is much inferior in quality to old, and is liable to produce indigestion and rheumatism. It should not be eaten for at least 6 months after it has been gathered. The seeds are then dry and hard, and have the yellowish tinge, while new rice is perfectly white.**

## **For the Housewives**

### **Delicious Tea**

**If one wishes to have delicious tea, it should be made in an earthen tea pot in which boiling water has stood for some time. When the pot has become thoroughly heated, the water should be poured off and in its place should be put one teaspoon of tea to each half pint of water to be used. Add water that has reached the boiling point, and set the teapot on the back of the stove for 5 minutes. Some send it directly to the table and cover with a cosey for ten or twelve minutes.**

### **The Flavor of Meats**

**After an experience of several years with all sorts of meats I am come to the conclusion that the flavor is derived from the bone and not from the flesh. For example: Cut from a young chicken that part of the breast covering the wish-bone; remove the bone and broil with butter, adding a few strips of bacon. Serve to your guests as “ruffed grouse.” Or what we indiscriminately call partridge, and he will think you have returned form the woods the woods after a successful week with live game. In another dish serve a breast cooked with the wish-bone in, and he will say “chicken.” A beef steak broiled with the**

**bone in has an entirely different taste from one broiled with the bone out. Try it. Beyond doubt everything is bred in the bone. What makes the shad so delicious? The bone.**

**By Victor Smith, in New York Press.**

### **Farmer's Fruit Cake**

**To make a farmer's fruit cake, chop fine half a pint of dried apples; cover with half a pint of cold water and let them soak overnight. The next morning add a cupful of golden syrup; simmer gently for one hour. Stand aside to cool. Beat half cupful butter to a cream; add one cup of granulated sugar. Dissolve a teaspoon of soda in two tablespoons of water and add it to half a cupful of buttermilk or sour milk; add this to the butter; add two teaspoonful of cinnamon, half a teaspoon of cloves and one egg well beaten,. Sift two cupfuls of flour, a little of the dried apple mixture and a little more flour until you have the whole well mixed. The batter must be the thickness of ordinary cake batter. Pour this into a well-greased pan and bake in a moderate oven for one hour.**

**Mrs. S.T. Rorer, in the Ladies Home Journal.**

## **#2. Fort Smith Echo**

**July 21, 1939(Vol. 11, No.3)**

### **Health Hints**

#### **Our Body and Its Needs**

**Nature was a wonderful mechanic when she perfected or made the “Human Body”. From Mother Earth it came and unto Mother Earth at an appointed time shall it return. In the human body, all of the geometric figures are found-triangles, circles, squares etc. The vital and delicate organs are well protected by muscles and bony encasements and projections or bones, from possible jars and blows.**

**The heart, the greatest pump of all known structures, sends the blood coursing through large, small, and minute pipes or blood vessels to the remote parts of the body.**

**This wonderful machine is subject to wear and tear and occasionally repair.**

**Food is necessary to replace the tissue that have worn out, and to give the body energy so it can do its work and keep up its heat. Every time we move or think the cells of our body are working and by so doing, in a course of time, these cells will need food,**

**rest and repair. Too much rest is just as bad as too much work. The process of replacing worn-out tissues keep the body from wasting away. Consequently every few years we almost completely have new bodies.**

**One of the essential requirements of the body, in order to become full grown, strong and healthy, is the right kind of food. In it the body gets the “balanced ration”, thereby building material and energy.**

**This great body of ours needs air-fresh air- air that is not too moist, air that is not too dry. Air temperatures, while remaining still in our rooms, should be 65 to 68 degrees Fahrenheit. Never should it pass 70 degrees. Of course, when we are working in a room, the temperature may still be lower.**

**The body requires plenty of water. Twelve or fourteen glasses a day is not to be regarded as an excessive amount of water.**

**We cannot live very many days without sleep. In fact, four or five days without sleep is impossible. Sixteen hours out of every 24 hours is the amount of sleep the body should get its first year. Ten or twelve hours of sleep for children ten to twelve years of age.**

**For the body, one man has said, eight hours of sleep, eight hours of work and eight hours for recreation. Some people boast of the loss of much sleep. But if the loss of sleep continues the body will break down and something terrible will happen. The heart will show signs of weakness. In so many case this weakness has advanced to a stage beyond repair. Hence, the end may come gradually or suddenly-“Bad Heart”.**