



Newsletter Date August 2018

Volume 2018 Issue

Email us at ghhs738@gmail.com or msg. us at Kinmount Heritage-GHHS on



Message from the President

Hello Everyone: We are off to a great start this year! First of all, I would like to thank the Municipality of Trent Lakes for \$500.00 grant money and also the W.B. Foundation for their generous grant. With these grants we have been able to get new equipment and supplies. We will be at the Highland Games in Kinmount, Kinmount Family Funfest, and Kinmount Fair. We will also be contributing to the Galway Book compilation, and the Cavendish Book compilation. If the cleaning of the headstones in Galway Pioneer Cemetery goes ahead, this year, we will participate. We are looking forward to serving the people of Trent Lakes and Kinmount.
Barbara Cain

Our Team

Officers:

President	Barbara Cain
Vice-President	Guy Scott
Secretary	Margo Phillips
Treasurer	Jim Walker
Directors	Kathy Lee
	Brenda Schryer

Volunteers:

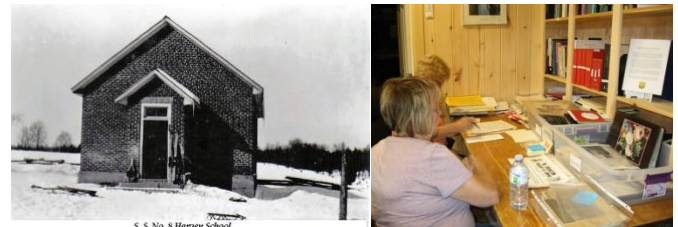
Ruthann Allen	Janice Stange
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Our Ongoing Projects:

1. Sorting donated pictures
2. Map of original town lots of Kinmount Village
3. Collecting more family trees for our collection
4. **Schools project** for Kinmount Fair
5. Completing the inventory of our collection



The height of luxury back in the day!!



We are always looking for willing and able volunteers!!

If you know of anyone who has an interest in local history and would like to help by becoming a member, please pass along!! For less than the cost of a pizza, they can help preserve history!!!

Nova Scotia Oatcakes

Ingredients

2 Cups Oatmeal
1 Cup Flour
½ tsp Salt
½ Cup Vegetable Oil or Butter
¼ tsp Baking Soda
½ Cup Brown Sugar
¼ Cup Boiling Water

Instructions

Preheat oven to 400 degrees and line baking sheet with parchment paper.

Dissolve baking soda in boiling water (add a little more water if needed).

Combine dry ingredients with butter, then add dissolved baking soda.

Mold into a dough ball, then press it out onto a baking sheet. You can roll it out with a dough pin to make it thin as you want it to be about ¼ inch thick.

Cover and chill for 10-15 minutes to firm up the dough, then remove and score down the middle and across to make 8-10 squares (you'll use these lines for clean cuts after it's done baking).

Bake for 12-15 minutes until they are golden brown. They should be crisp and crunchy, not chewy.

Separate the cakes along the score lines with a thin knife and then allow them to cool.

Enjoy with your favorite coffee or tea or add them to your day pack for some quick energy during a hike or a long road trip.

This recipe is adapted from an old fashioned recipe book from Sherbrooke Village NS



THEORETICAL NUMBER OF ANCESTORS (No Cross-Linking) IN 18 GENERATIONS

15 th Great Grandparents	131,072
14 th Great Grandparents	65,536
13 th Great Grandparents	32,768
12 th Great Grandparents	16,384
11 th Great Grandparents	8,192
10 th Great Grandparents	4,096
9 th Great Grandparents	2,048
8 th Great Grandparents	1,024
7 th Great Grandparents	512
6 th Great Grandparents	256
5 th Great Grandparents	128
4 th Great Grandparents	64
3 th Great Grandparents	32
2 nd Great Grandparents	16
Great Grandparents	8
Grandparents	4
Parents	2
Self	0

**Total Number
of Ancestors in
18 Generations** **262,142**

....and now for the latest news

Tuesday Evening, Nov. 5 1907

BUCKHORN

The new dam is making progress, though the weather is not of the best.

Boats are still running and some are of the opinion that navigation will be open late.

This is getting to be a great town and has arrived at the distinction of having a real robbery. About eight o'clock on Monday evening a well-dressed stranger entered Mr. Purser's store and asked for a plug of tobacco. In making change he no doubt noticed the amount of money in the till. He went to the door and Miss Purser and Miss Higgins went into the house adjoining. The man immediately returned and opened the till and as he grabbed the money about \$25 Miss Higgins entered and seized him by the arm. He drew a revolver and retired to the door where Miss Purser entered and tried to hold him, but the revolver restrained her, and the robber escaped. The young ladies displayed remarkable bravery under the circumstances. The man may yet be captured.

Strawberry Shortcake

2 cups sifted flour
¼ cup sugar
4 tsp. baking powder
½ tsp. salt
Stir well and then add:
6 Tbsp butter

Mix well again until it is coarse and crumbly.
Then add, one at a time:
1 well beaten egg
1/3 cup milk

Mix well and roll or pat into individual shortcakes, or one large round. Place on a buttered cookie sheet or other flat pan. Bake at 400 degrees F for 10 minutes if individual or 15-20 minutes if a round. About an hour before serving, wash, dry and cut up one quart of fresh strawberries, reserving several whole ones for decoration. Add about ½ cup white sugar to the cut-up berries and let stand at room temperature. Split the shortcakes, spoon on the berries and juice, put on the shortcake tops and finish with whipped cream and whole berries. Serve immediately.

"Nothing More Comforting Canada's Heritage Food" by Dorothy Duncan



When our hearts turn to our ancestors, something changes inside us. We feel part of something greater than ourselves. -Russell M. Nelson



A wet day in Kinmount

Old Medical Terms of Illness

Ablepsy – Blindness
Ague – Malarial Fever
American plague – Yellow Fever
Anasarca – Generalized massive edema
Aphonia – Laryngitis
Aptha – The infant disease thrush
Apoplexy – Paralysis due to stroke
Asphyxia – Cyanotic and lack of oxygen
Atrophy – Wasting away or diminishing in size
Bad Blood – Syphilis
Billious Fever – Typhoid, Malaria, Hepatitis or elevated temperature and bile emesis
Billiousness – Jaundice associated with liver disease
Black Plague – Bubonic plague
Black Fever – Acute infection with high temperature and dark red skin lesions and high mortality rate
Black Pox – Black small pox
Black Vomit – Vomiting old black blood due to ulcers or yellow fever
Blackwater fever – Dark urine associated with high temperature
Bladder in throat – Diphtheria
Blood poisoning – Blood infection, septicemia
Bright's Disease – Chronic Inflammatory disease of kidneys
Bronze John – Yellow Fever
Bule – Boil, Tumour or swelling
Cachexia – Malnutrition
Cacogastric – Upset Stomach
Cacospysy – Irregular pulse
Caduceus – Subject to falling sickness or epilepsy
Camp Fever – Typhus
Canine Madness – Rabies, hydrophobia

One Hundred Years ago.....

The year is 1918, one hundred years ago. What a difference a century makes! Here are some statistics from the year 1918:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14% of the homes had a bathtub.

Only 8% of homes had a telephone.

The maximum speed limit in most cities was 10 m.p.h.

The tallest structure in the world was the Eiffel Tower.

The average US wage in 1910 was \$0.22 per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year.

A dentist \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

A mechanical Engineer about \$5,000 per year.

More than 95% of all births took place at home.

Ninety percent of all doctors had no college education.

Instead they attended so-called medical schools, many of which were condemned in the press and the government as “sub-standard”.

Sugar cost \$.04 per pound.

Eggs were \$.14 per dozen.

Coffee was \$.15 per pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The five leading causes of death were:

Pneumonia and Influenza

Tuberculosis

Diarrhea

Heart Disease

Stroke

The American flag had 45 stars.

The population of Las Vegas Nevada was only 30.

Crossword puzzles, canned beer and iced tea hadn't been invented yet.

There was neither a Mothers' Day nor a Fathers' Day.

Two out of every 10 adults (20%) couldn't read or write.

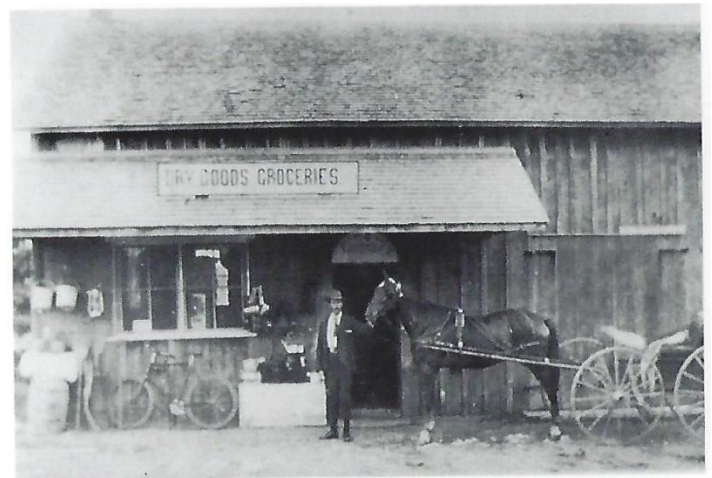
Only 6% of all Americans had graduated from high school.

Marijuana, heroin and morphine were all available over the counter at local drugstores.

Back then, pharmacists said “Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels and is, in fact, a perfect guardian of health.

Eighteen per cent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the entire US.



The Original Lakehurst Store

The original store was torn down this picture was taken circa 1900 shows the store in operation. The picture was donated by Mrs. (Coons) Whiteside. She thinks the man is Harry Elliott.



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