



Reining in the Past

Reminiscence, Relationships and Remedies
A Booklet Compiled of Old Cures, Tips and Stories
Sure to Charm You

Acknowledgements

Ards Senior Forum and East Down Rural Community Network would like to thank all those who contributed to this booklet both named and unnamed whether it was providing a remedy for a minor ailment or cooking, providing beauty tips, giving quotes, or telling their stories, we have found the process of pulling this booklet together to be a very enjoyable experience and have valued all contributions made even those that didn't make it into the Booklet, due to lack of space. Special thanks goes to members of the Seniors Groups, namely:

- Ballygowan Senior Citizens' Friday Club
- Ballywalter Seniors, Ballywalter Community Action Group
- Greyabbey Monday Club
- Millisle Tuesday Club

We would also like to thank those bodies and organisations that were kind enough to provide financial assistance towards the project. They include:

- East Down Rural Community Network
- Workers' Educational Association
- Department of Agriculture and Rural Development - Building Sustainable Prosperity Programme
- Investing for Health
- Northern Ireland Housing Executive
- Ards Borough Council

Finally thanks goes to those individuals who co-ordinated the project and without who it wouldn't have been possible.

- Betty Hamilton
- Andy Hamilton
- Margaret Knocker
- Anne Dunn
- Adeline Carson
- Paul Fitton
- Suzanne Martin
- Maureen Pue
- Patrick McCluskey
- Carolyn Hale
- Sandra Henderson
- Frances Hughes

Foreword

“Life can only be understood backwards, but it must be lived forwards.”
Soren Kierkegaard. With this as our motto Ards Senior Forum and East Down Rural Community Network decided in January 2008 to run a Reminiscence Project involving members of the Seniors Groups involved with the Forum. We firmly believe that these older members of our community have knowledge and experiences that when recalled could inspire younger people. Some of their life experiences have been captured and recorded in this booklet. We hope that the value of their wisdom, that age alone brings, provides a small piece of enjoyment through the humorous telling of some of the stories and cures. Hopefully their natural remedies can influence the health and well being of younger generations as they progress through life’s journey.

The project ran on a cross community basis for several weeks and involved Reminiscence and IT Workshops. Ages of female and male project participants ranged from early 50s to 90s.

Finally, before reading, remember never neglect small daily ills, and do not get into the habit of relieving them temporarily. These minor ills are often symptoms - alarm signals - of a more serious ailment involving lungs, digestion, circulation and the nervous system that must be treated by a GP. The remedies given here are harmless, depending on allergies, and can be helpful but they do not cure major ailments. Consult a Doctor, if symptoms persist.

Ards Senior Forum and East Down Rural Community Network accept no responsibility or liability for side effects of the suggested remedies, anyone trying a remedy does so at their own risk.

Frances Hughes
East Down Rural Community Network

*"You don't stop laughing when you grow old;
You grow old when you stop laughing." Unknown*

Old Wives Remedies

Or Grandma's Cures

This chapter details a range of remedies or old cures for a variety of minor ailments from headaches to coughs to colds and lots of others in between.

Bruises & Sprains

Dissolve a teaspoon
Camphor (from a chemist) in $\frac{1}{2}$
pint olive oil to make a ointment.

Rub well in affected part twice
daily.

Bruises

To reduce bruising place a
cotton wool ball soaked in
vinegar on the bruise for one
hour.

Pains in the Knees

Place a leaf from a green curly
cabbage on top of the knee and
secure it with cling film
wrapped around the knee.
Leave this on all day or all
night to allow the sap to come
out of the leaf and into the
knee joint.

Sore Throat

• “As a small child I
remember having a very sore
throat. At the time there was

no such thing as antibiotics or
going to the doctor. You had
to make do with whatever
was at hand. Anyway, my
grandmother heated salt on a
shovel, poured it into a sock
and tied it around my neck. It
began to ease. She did this
for a couple of nights and my
throat cleared up in about a
week.” (Greyabbey Group)

• Mix 1 oz of marsh
mallow root, 1 oz honey $\frac{4}{5}$
pint of water and create
liquid. Gargle well several
times a day or
gargle salt
water.

• Mix $\frac{1}{4}$
cup vinegar
with a $\frac{1}{4}$ cup
of honey into
a syrup then take 1 tbsp of
syrup 6 times per day.





Night Cramps

- Grandmother's remedy for cramp that makes you leap out of bed at night was to have a piece of cork handy to put on the affected part. OR
- Stretch out the heel of affected leg (immediately) as far as possible while at the same time drawing in the toes.

Minor Burns

If there is no broken skin—

- Rub the affected area with a slice of raw potato. OR
- Mix together to a paste baking soda and water and rub onto affected area. OR
- Or rub affected area with soap.

Sunburn Relief

Potato poultice gives rapid relief from sunburn. Grate raw potato and spread between two layers of gauze and apply to the area.

Chapped Skin

A wonderfully softening and relieving face mask. Mix 3 oz of barley flour, 1 oz honey beaten up with white of an egg until hard. Apply to face for as long as possible and then rinse.

Chapped Hands

To soothe wash your hands in an oatmeal mix instead of soap. Afterwards dry well and rub

hands with dry oatmeal.

Swollen Eyelids

Soothe with raw potato cut in rounds, apply morning and evening.

Improving Circulation

Draw up your toes several times daily. Also use a mustard bath for icy feet. Prepare bath/dish dissolving a dessertspoon of dry mustard into 4 pints of warm water, soak feet for 20 minutes adding hot water to maintain temperature.

Cures for hiccups

- Tickle your nose with a feather to induce a sneeze.
- Drink in one draught a large glass of water in which there is an teaspoon drain to the last drop.
- Take snuff to make you sneeze.
- Swallow a small piece of ice (half a cube).
- Ask someone to give you a fright (sudden slap on the back).
- Hold your breath while mentally counting to 20 slowly.
- Breathe in and out of a paper bag, 20 times.
- Drink a glass of water from the opposite side of glass.



Sweating Feet

Wipe them with surgical spirit every morning.

In-grown Toenail

Dab hydrogen peroxide (10%) down the side of your nails, fizz for a bit then wipe away with a tissue.

Reduce Travel/Morning Sickness

Try drinking camomile, fennel or ginger tea.

Mouth Ulcer

Sage tea is good dabbed on.

Hayfever

Try drinking a mixture in equal parts of elderflower and nettle tea.

Chilblains

- Squeeze fresh root ginger or lemon juice over the un-broken skin. OR
- Use the water that potatoes have been cooked in to rub into the legs or any other part that is troubled by chilblains. The water should still be warm.

Splinters

- To remove splinters mash up bread mix with water to a gooey paste. Apply to the splinter which should then be drawn out by the paste. OR



- Apply a mixture of sugar And butter over a deep splinter and it will draw it out.

Sore Eyes

Wrap a cloth around a wet wooden spoon and put the flat side of the spoon next to your eye. Before the invention of teabags, tea leaves would be wrapped in a cloth and put on the eye.

Sty in the Eye

- An old remedy for this was to prick the sty in the eye with the thorn of a gooseberry bush. OR

- Rub the eye with the wedding ring of a widow.

Soothe Bite/Sting

Rub fresh sage leaves on it.

Treat Infected Cuts

Cuts and sores were cured by making a poultice with the white fatty part of bacon which was supposed to draw out the infection. The same was said for butter which when applied would draw out infection.

Boils

- Fill a bottle with boiling water. Empty it out and place over the boil, it will immediately drain into the bottle.
- Make a hot poultice with hot water and bread, then place it on a white cloth and sprinkle with Epsom Salts on top. This

would then be placed on top of the boil to draw out all the puss.

Migraine

Feverfew can help to reduce migraine attacks, pop a few leaves into a sandwich on a regular basis.

Headache

Sprinkle a scarf with vinegar or meths, fold in a triangle and tie around the head. Keep in place until the headache has gone.

Some people say that silk scarf works best.

Bee Sting

Crush marigold petals on the affected area.

A hypocrite will pray on his knees on Sunday and prey on his neighbours on Monday.

Stings

Rub with a rhubarb leaf. My grandmother once made me sit on one when I was stung!

Nettle Sting

Take oaken bubble seaweed and boil it, then let it cool and rub on affected area.

Baby Colic

Take a red hot cinder out of the fire and put into the babies bottle. Care must be taken that the bottle of milk does not become hot enough to burn the child.

Nappy Rash

Take a fresh egg and separate the yolk from the white, discard the yolk, whip the white of the egg

into a froth, then smear the froth over the nappy rash, repeat at each nappy change, using one fresh egg each day until rash disappears.

Cradle Cap

Rub the baby's head with fine salted butter. Leave for 5 to 10 minutes, comb out with fine comb, then wash head to remove sticky butter. Repeat until cradle cap disappears.

Asthma Relief

Mix 2 oz of honey with 1 oz of caster sugar into a syrup and take 1 teaspoon of the mixture in the morning and at night.

Warts

Rub the cut side of potato onto the wart then parcel it up and bury it in ground.

Itchy Burny Feet

“My husband had burny feet and could not sleep at night and used to have to stick his feet out of the side of the bed. He went to this man and he told him to bathe them in cider vinegar and it really helped.”

(Libby Erwin)

Coughs

- Layer sliced onion and honey in a dish leave for



1 hour then take a spoonful of the syrup as required.

- At bedtime rub the soles of Feet with Vick and put on socks this will ease cough.

Arthritis

- Drink small glass of water mixed with 2 teaspoons of honey and 2 teaspoons of cider vinegar, 3 times per day.
- Take a clean cloth and soak it in 1½ cups of hot water and ¼ cup of cider vinegar and wrap it over the affected area.
- Mix 1 cup of water with 2 cups of oats in bowl and microwave for 1 minute then rub mixture over the affected area.

Colds

- Infuse 1 inch root ginger in water and boil for 10 minutes then drink, use as needed.
- Strain the juice of an onion mixed with orange juice equal quantities then drink.

Heal Pleurisy

Mix linseed meal with boiling water, spread on a white cotton cloth and put on the sore area, leave on until cold. “I have used this myself to ease pleurisy and it really worked. It is a remedy that I have had for years and can’t remember where I learnt it. But the

method is very simple. (Lily Gibson and Florrie Dunwoody)

Bad Chests

Put on a brown paper poultice with camphor oil and linseed. The linseed is to stop you getting burnt and camphor was to help your chest. Pin the brown paper

When the red wine shines in the glasses, the issues of the moment are discussed and resolved, it is good that the weather and climate force us every now and again to spend time together and enjoy the intimate atmosphere of being at home.

bag to the inside of your clothes.

Paneda

“We have settled on this spelling as there are many varieties of it—Pineta, Paneta and Panida. The actual definition of the is unclear but appears to relate to bread pudding. It is a comfort food but was also used to encourage invalids to eat. It is very easy to make and is really delicious. It is bread mixed with hot milk and sprinkled with sugar. If you were really posh you added some dried fruit.”

(Millisle Group)

Grandma's Wisdom

Tips for Life

This chapter details a range of old remedies used in the past to enhance beauty, cooking and stay healthy.

Beauty Tips

The hundreds of ready made beauty preparation and toilet articles that we take for granted today were largely unknown in Grandmother's day. So she had to rely on her own good sense and a few handed down tips and recipes made from easily obtainable ingredients as aids to beauty. A number of these have stood the test of time and are used in today's beauty products.

Shining Hair

1. Old time formula for use when hair lacks vitality. Melt the marrow a bone blend in $\frac{1}{4}$ pint of warm rum in which a sprig of rosemary has been infused. Apply to the scalp, massaging lightly, wrap your head in a towel, leave for 1 hour then shampoo. Next to obtain sheen

add to the last rinse a few drops of lemon juice or cider vinegar. Repeat this operation twice a week. ALSO

2. Every other week shampoo your hair with the yolk of an egg beaten up in a little rum. Rinse with rain water. FINALLY

3. Clean your hair brushes regularly in $\frac{1}{2}$ oz of washing soda dissolved in 1 pint of warm water put bristles in the solution moving the brush to and fro for about 3 minutes.

Taming Flyaway Hair

Beer/pale ale makes and excellent settling lotion apply before putting in rollers or blow drying hair.

Hair Conditioning

Massage in lots of mayonnaise leave for



10 minutes before rinsing well.

Face Pack

This pack was given in Bond St at a guinea a time. It will stimulate and soften dry bound skin.

Mix together 1 tbsp of honey and 1 teasp of olive oil, then put in a jar, stand the jar in a saucepan of hot water until mixture is warm.

Check temperature is okay then apply to face and leave for 20 minutes.

No pack should ever be applied to the delicate skin under the eyes, put pads of cotton wool soaked in milk on your eyes while you relax.

Cure For Skin

Ailments

A paste made of baking soda and water is a great remedy for all sorts of skin conditions including: sunburn; mild acne; bee stings; chapped skin and chicken pox or hives. Baking soda can also be added to bath water to soften skin, as a gargle to relieve sore gums or brushed into

teeth to brighten them. Many kinds of toothpaste contain bicarbonate of soda.

Cooking/ Food Tips

Tomatoes

- When cooking tomatoes add a pinch of sugar to them it brings

out the natural flavour and lends that ideal sweet sun ripened taste.

- To prevent tomato paste from going mouldy in an opened can pour a little cooking oil

*Now I lay me down to sleep
I pray the Lord
my shape to keep.
Please no wrinkles,
please no bags and
please lift my butt,
before it sags.
Please no age spots,
please no grey
and as for my belly,
please take it away.
Please keep me healthy,
please keep me young.
And thank you dear Lord
For all that you've done.*

over it before refrigeration.

- To ripen tomatoes quickly place them in a perforated plastic bag with a ripe apple.

Baked Tomato Halves

Stand them in the hollows of a muffin or bun tray season with salt and pinch of sugar, sprinkle herbs, add garlic and dot of butter. Bake for 20 mins at 180 ° / 350 ° f.



Sweet Potato Treat

Enough for 6 servings

2-3 sweet potatoes peeled and thickly sliced.

¼ cup of melted butter

¼ cup of sugar

1 teasp cinnamon

1 teasp salt

Toss sweet potato in melted butter then spoon into shallow oven proof dish. Mix sugar, cinnamon and salt sprinkle over then bake for 45 minutes until brown and syrupy at 180 ° / 350 °f.

Tips for Better Health and Diet

Better Digestion

After a heavy meal drink an infusion of boiling water with a few sage leaves in it.

Painful Flatulence

Mix a pinch of aniseed and a pinch of cumin in a cup of boiling milk and drink.

Products to Reduce/Avoid

Cut down on salt only use sea salt in your kitchen. It is a rich mixture with all the natural minerals.

He that takes medicine and neglects diet, wastes the skill of the physician.
Chinese Proverb

Avoid Salt substitutes that simply replace sodium chloride with potassium chloride using one chemical to replace another is not the route to take. Try to eliminate as many additives as possible. Cook with flair using herbs, spices, garlic, wine and lemon juice.

Avoid the use of monosodium glutamate.

Cut down your intake of red meats and animal fats and refined sugars.

Health & Diet Do's

Include fibre in your diet, provided by vegetables, fruit, salads and unrefined cereals.

Drink plenty of water.

Don't allow healthy eating to become a bore and an obsession. Keep a balance, eat a balanced diet. Enjoy life and your food.

Cleaning Tips

Clean Glasses

When you have soaked your potatoes or chips in a bowl before cooking. Use the starched water to wash glasses as it leaves them sparkling.

Red Wine Stains

Rub salt into the stain and leave, will soak up the wine



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Charms

Mysterious Healing

This chapter details reminiscences with respect to charms and mysterious healing and people involved.

Mumps

“It was the summer of 1954 my brother Billy and I were both quite ill with Mumps, I was 8 years old and Billy was 14 months older than me. Back then Mumps were severe and painful. Our jaws were swollen (like we had gumballs in our cheeks) we couldn’t eat, talk or laugh. Great Uncle Tom came to the rescue, he had a charm for the Mumps. I was first to go, horses blinkers were put round my head and neck, I was led to the stables with horses’ reins. I remember not being able to laugh and was very glad only my brother was watching. He couldn’t laugh or make fun of me as he had to go through the same. I remember it was

almost instant pain relief. After living for days on sweet tea and dipped bread, we ate our first meal that evening. We really didn’t believe that this charm would work, but we were proof that it did. Neighbours came to see us the next day and couldn’t believe the swelling had gone down.” (Florence Norris)

Childhood Illnesses

“There was a lady in Portavogie who had the cure for Mumps and Whooping Cough and when she died she passed on to her son, Mr Warnock. People used to flock to him for cures for childhood ailments as well as shingles. You definitely have to believe in it and sometimes they seemed to cure by reputation.” (Jean Orr)

“My first born had the cure or charm for Whooping Cough.

People used to come to him with their children, for the cure. How it worked was that he had to give them something like a biscuit or a sweet. Something had to pass between him and the person to be cured. The reason he had the charm was because I married someone with the same surname as mine.” (Isobel Gilmore)

Jaundice

“About 1957 when I lived in Milford in Armagh, I had jaundice and was very ill and couldn’t keep anything down. Someone told my husband Lexie about a man who made medicines up for illnesses. He lived near the border at Middletown. Lexie drove there and got this bottle with white liquid in it which had to be taken before 12 O’Clock. I put half of it into a glass and drunk it and it just came straight back up again. My husband who had driven all the way to Middletown for it was cross so when he went out of the room I got myself together and put my hand down and got the bottle and just sipped it and that was me cured. It was made from herbs.” (Adelyne Carson)



Stitch in the Side

“If you were running and got a ‘stitch’ or a pain in your side then

my father, Sam McVeigh, had the very cure. It was a strange one but always worked. He would say—Bend down and pick up a stone. Now spit in the hole it came from, put it back and run on. I don’t know how it worked but it never failed.” (Ellie Pollock)

Charms for All

- “My uncle who was called Joe Garret had the ability to cure many things. It was a power that has been passed down through the family although I am not lucky enough to have it. He would never accept payment for a cure. He Believed that if he accepted money he would loose the charm.. Joe was known to cure warts, migraine, sprains, PMT and other lady’s problems, nose-bleeds, verucca, jaundice and burns. I witnessed him perform cures on several of these ailments. Warts, sprains and verucca were treated by hold a plain pin over the area over a period of 3 days. A new pin was used each day. The other cure I saw was done with the mind. I don’t think this would work for everyone you need special healing power.” (Tess Robinson)



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- “While at Ballygowan Seniors I had the opportunity of meeting the daughter (Mary Rice) of the man who charmed aerociphilus. When being charmed the person being charmed is not allowed to say ‘please’ or ‘thank you’ as this breaks the charm. This person has to attend the charmer 3 times. You must believe in charming.” (Jennie Peak)

- “You are not allowed to tell about charms. I had a charm which was handed down to me from a fella. I have a charm for bleeding and a charm for sprains. A man can hand it down to a woman but a woman can’t hand it down to another woman. I asked him for the charm. He was a Christian man and went to the local minister and asked him if it was all right if he had a charm. The minister said no because there was a bit of witchcraft about it. But there is no witchcraft about it at all; it’s a prayer.” (Iris Grant)

Carrie’s Wart

“I used to have a wart on my chin like a cauliflower. I went to hospital and had it burnt off but still it came back. I heard of a charm to get rid of warts where you

had to go to a funeral and while you were there before the body went in the ground you say a prayer and ask the corpse to take your wart with them to the grave. I suppose the corpse gets



your wart.

Later I was walking past a graveyard with my mother and a funeral was

being held. I said to my mummy I was going to ask the corpse to take my wart with him to the grave. She said “You can’t do that” and was really horrified. I said the prayer anyway and my wart disappeared and not like the time when the hospital removed it, it never came back.” (Carrie Stinson).

Healing Waters

Lourdes

“About 14 years ago I was having problems with my eyesight and found it difficult to carry out my job as a stitcher in a local factory. I couldn’t even read the clock. I had to work part time and was training another girl to take over my job as I would have to give up work because my sight was so bad. I went to the doctor and he told it was just wear and tear. I went to Lourdes to see if I could bet a

cure and a day or two after I came back I came back I looked up at the clock again and found I could see it with no trouble. I have never looked back since I have only had my glasses changed twice since then and although I am retired I am still able to knit and sew.”

(Margaret Breen)

St Cooley's Wells

Outside Portaferry there is a Well where the water has healing properties. There are 3 Wells at



this point, one where you can go to bathe, one to cure sore eyes and one where you can drink the water. One of the ladies at Greyabbey went to wash her eyes in the water to help her eyesight and she thinks it helped. When you have finished at the Well you hang a wee piece of cloth on a tree and it shows that you have been there for a cure. The water is spring water and it is not known if it is the property of the water or that the well was established my monks hundreds of years ago which gives the water the healing qualities.

Products That Heal Or Not

“I was interested in gardening and I had a garden when I owned

a house in England. When I bought the house the garden was very wild and I got all the weeds and nettles cleared out. I was pulling out the nettles that were just coming through the ground and I wasn't wearing gloves. Of course I got stung on my fingers. I had arthritis and I noticed that the arthritis on my hands disappeared. That's what made me think about nettle stings being a cure and I talked to my doctor about it and he said that it was true and that apparently the German's recognised this.”

(Ronnie Devlin)

“My father was always bothered with a bad back and my mother got a piece of red flannel with a piece of string at each end and tied it around his waist.

Apparently the red flannel had some properties which helped back ache. Just like elderly ladies who wore red flannel petticoats to keep them warm.” But did it work? “Not really, he always had a bad back! It probably just kept it warm and there's no doubt about it, heat does help pains.” (Jean Orr)



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Tales of Bygone Days

Memories to Charm

This chapter details personal stories of childhood memories fondly recalled of times past.

First Love

“I don’t know how we ended up together, maybe it was an alphabetical thing him being S and me being W but it was love at first sight. Everything about Sammy was big, very big, his jumper was rolled up at the sleeves his shorts were somewhere about he balls of his legs and the boots only stayed on my sheer effort on Sammy’s part. Sammy of course was not big in fact he was small for seven, he was the youngest boy of ten children, hence the access clothing. I’d never met anyone like Sammy before I worried about the holes in his socks, I worried if he got enough to eat and everyday I took something to share for our break.

Sammy didn’t mind mefussing and I liked it too. Mum drew the line at me taking him some new socks as he maybe hurt and generally was quite understanding about Sammy though his friendship did have its price as every night I had to endure her fine combing my hair ‘just in case’. Although we were such friends in class I never saw Sammy outside school or even knew where he lived as it was across a main road. Sadly as the year was coming to an end we learnt our little school was closing and we would be divided between two larger schools. This was the end of Sammy and me as the main road determined which new school we would attend. Fifty years on I still remember how though he had nothing he was

happy, he neither coveted or wanted, I think he taught me about contentment which makes us happy. . I hope Sammy has had a good life and good fortune.” (Margaret Knocker)

My Life on the Stage

“I suppose I got my first job in 1939, I was 3 years of age! It was a dancing engagement in the Calvin Theatre in Great Victoria Street, Belfast. The Theatre later became the News and Cartoon cinema. My family weren't in



show business but my mother always had a great interest in shows, that and the fact that I spent ALL my time dancing led

to my career on the stage. I continued to dance for several years in Theatres like the Empire and the Ritz. This was during the war years and up until my marriage.” (B'gowan)

Days On The Farm

“I have many good childhood memories being one of a large family and being reared on a farm. I had 4 sisters and a brother older than me and 4 sisters and a brother younger. Sadly another brother died age 14 before I was born. I had the best of both worlds for the older ones looked after me, spoiled me and scolded

me, and I was able to do the same for the younger ones. How did poor mother cope? I often wondered. She worked hard and we were all allocated different chores. Father was a cattle dealer and we had great fund going to the fairs with him. We couldn't all go so we had to share and make sure we did all our work or we definitely didn't go! My chores on the farm ranged from milking cows to planting cabbages in the field with mother. Another job was gathering sticks and this progressed to sawing wood with another sister, Edith using the cross saw. We got on well for a while and then the novelty wore off and we would fall out. I would either go too fast or too slow and Edith ditto. Another job was collecting eggs, no deep litter then, all free range. It was great fun it could be a nest in a hedge, in a far field or in a barn loft. You had to be older to allowed up the barn loft steps.”

(Adeline Carson)

Willie Miller

“Willie was man who was well thought of in our little village and surrounding



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area. I remember him as a jolly person and always willing to help anyone. I left our little village for many a year and decided one time to bring young boys to see where I came from to meet their relations. On this occasion one of my boys accidentally walked on some broken glass and acquired a nasty deep cut, so with blood running everywhere his friends carried him back to their house where we were staying. They were all hysterical and shouting "WHAT CAN WE DO?" My friend said go and see

if Willie Millar will take you to the Doctor's Home Surgery, so of we went sure enough Willie did not hesitate and away we went in his car, he was so kind to me and insisted that he waited to take us home again. This is just one mishap that happened in the village but I am sure there are loads of other people who would have many a tale to tell of good deeds Willie did for them but to me he will always be remembered for his kind nature. " (Jeanette Lemon Ferguson).

Boots and Cinders

"As a young girl I remember a time my older brother was home from the war. He had

been out earlier in day and had got his boots wet he placed them under the oven to dry out. Now I was cooking and lifted boiling water off the cooker and spilled some over the boots which got very wet now my sister decided to put the boots in the oven to dry them out and forgot about them. Later my brother came home and got dressed up for going out and started hunting about the house looking for something, enquiringly I



asked him what he was looking for and he told me his boots. At that point, memory returned and I rushed to the oven and took out the boots set them down and they disintegrated into cinders. My brother was livid and shouted and thumped me before going out, he had to get new boots. I meanwhile angry from being thumped decided to pay him back, figuring that he would be drunk when coming home later that night I polished under the mat at the door, believing that he would skid on it and fall. However, my brother did not come home that night and the next day forgetting that I had polished

under the mat I came rushing into the house skidding on the mat a flying across the room into the table. Didn't ever do that again." (Marjorie McCully)

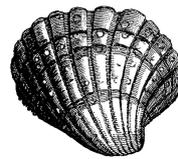
Grandfather's Dog Rules

"I was very fond of my grandfather. He was strict but was a good natured and kind man too. He had been left a widower at a young age so I never knew my grandmother. His life was a hard one because he had been left to bring up 3 small children by himself. My father was one of these children. My grandfather had a little orange coloured dog. It was a fox terrier and when it had a pup, my father asked if he could have one for the boys. My grandfather said that he could have a pup on one condition. The boys were not allowed to run in the fields with the dog on a Sunday. However, he said it was alright for the dog to run by itself!" (Ellie Pollock)

Childhood Memories

"I was born in Dublin and was one of 5 children. I had 2 brothers and 2 sisters. To tell the truth some details are a bit foggy. I don't remember the name of the school I went to but I do remember all too well that I hated it. Sometimes though our teacher would take us on a day

trip to Blackrock. The train fare for a child was only one penny in those days. It was a very long time ago. We would spend the whole day playing on the beach and searching for cockles. We would go home with our pockets and bags stuffed with them only to find out they were empty shells. We didn't mind, sure all the fun was in collecting them. We would paddle in the sea with our dresses tucked into our knickers legs so as not to get them wet. I moved up north



when I was 18. I came up to enlist. My father had served in the British Army during both world wars. As it turned out I married a Northerner and have remained here ever since. I prefer the North and I find the people much more caring." (Gertie McLoughlin)

Beside the Seaside Beside the Sea

"As a young girl I moved with my family from the busy streets of Belfast to the seaside village of Millisle. Our first home was a little holiday bungalow on a bank overlooking the sea.



Reining in the Past

Below us on the beach was gypsy caravan where a very colourful couple lived, he had some swing-boats and she did a bit of palm-istry. The income from these seemed to keep them going as they were happy and there was always music playing loudly for everyone on the beach to hear. The beach was a busy place with lots of things to watch, people climbing rocks looking for crabs and whelks, people out in rowing boats and swimming at the 'bathingbox' which was a changing room built on top of some large flat rocks. The constant activity and all the comings and goings made life seem one long holiday. We became great friends with the travellers who didn't actually go anywhere but added colour to our lives and that friendship lasted many years. How life changed in those seventy years and Millisle wasn't too bad as I never returned to city life." (Eddie Warden)





Be Inspired Tonics and Quotes

Finally this chapter compiles tonics and quotes all sure to inspire you

Ten Spiritual Tonics

1. Stop worrying, worry kills life.
2. Begin each day with a prayer. It will arm your soul.
3. Control appetite, over indulgences clog mind and body.
4. Accept your limitations, all of us can't be great.
5. Don't envy, it wastes time and energy.
6. Have faith in people, cynicism sours the disposition.
7. Find a hobby it will relax your nerves.
8. Read a book to stimulate imagination and broaden your views.
9. Spend some time alone, for the peace of solitude and silence.
10. Try to want what you have instead of spending your strength trying to get what you want.

Quotes to Inspire

When love and skill work together, expect a masterpiece.

A little of what you fancy does you good = desserts.

A friend is one who comes in when the whole world has gone out.

I'd rather have roses on my table than diamonds round my neck.

A friend is a rare book. of which but one copy is made.



Reining in the Past



Housing Executive



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