

Heritage Trails

A JOURNAL OF THE EUROPEAN-AMERICAN FOLK



"To Thee
I Pledge
My Troth"

THEY STEP OUT OF THE PAST
By Justin Martin

PETER'S COTTAGE
By Peter Fearon

WERE THEY REALLY HERE - LONG AGO?
By John L. Perraud

AND STILL MORE.....

SOCIAL CUSTOMS THROUGH THE AGES, PART ONE
By Elaine D. Rapp

THE DULCIMER - A EUROPEAN-AMERICAN MUSICAL HEIRLOOM
By Paal Filssunu

MAYBE THEY KNEW A THING OR TWO AT WATERLOO VILLAGE
By Peter A. Vanderhuff

HERITAGE TRAILS

"AN ETHNOLOGICAL VOICE FOR AMERICANS OF EUROPEAN ORIGIN"

Editorial Staff

Robert Blumetti, Bronx, N. Y.
Otto A. Krumbach, Ridgewood, N. J.
Elaine D. Rapp, Nashua, N. H.
Ronald Reniewicki, Spring Valley, N. Y.
Harold F. Wahl, HoHoKus, N. J

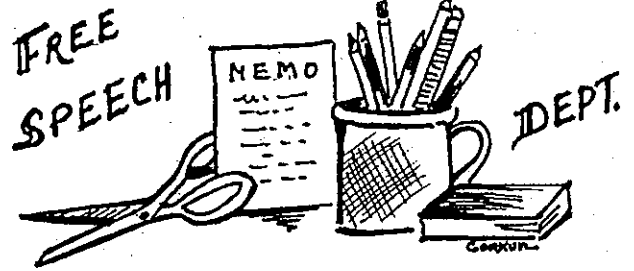
Art Staff

Mary Lee Gorkun, Ridgewood, N. J.

Circulation Manager

Jean D. Lohman, Ridgewood, N. J.

HERITAGE TRAILS, P.O. Box 445, Ridgewood, N.J., 07451, U. S. A., is published four times a year. Subscription: \$6.00 U. S.; \$8.00 elsewhere. All material is copyrighted. Manuscripts or graphics donated will be read but not returned unless accompanied by SASE.



HERE'S YOUR CHANCE! READERS ARE INVITED TO SOUND OFF; TO LET THE EDITORS AND OTHER READERS KNOW HOW IT REALLY IS -- OR WHATEVER! LETTERS TO THE EDITOR WILL BE PRINTED IN WHOLE OR IN PART UNLESS OTHERWISE RESTRICTED BY THE WRITERS.

Dear Editors:

Your objective of recalling the cultural heritage of Americans of European origin is laudable. Can your writers include some sources to which we could refer?

Mary C. Bickman
Sante Fe, N. M.

DEAR MRS. BICKMAN:

WE TRY TO PROVIDE FURTHER REFERENCES IN SOME CASES BUT MUCH OF WHAT WE WRITE ABOUT IS NOT CONSIDERED TO BE OF GREAT SIGNIFICANCE SO RESEARCH REQUIRES EXTENSIVE DIGGING IN MANY DIFFERENT PLACES. WE'LL KEEP YOUR REQUEST IN MIND, THOUGH.

ED. STAFF

Dear Editors,

I notice you keep your material on a relatively simple level. Don't you think your readers are ready for more thoughtful commentary?

Robert C. Armington
Denver, CO

DEAR MR. ARMINGTON;

WELL, WE KNOW WE MUST COMPETE WITH TELEVISION. IF WE GET MORE LETTERS SUCH AS YOURS WE MIGHT GET OUR COURAGE UP AND TRY SOME DEEPER WRITINGS.

ED. STAFF

Dear Editors:

I have never come across a publication such as yours before. It never occurred to me that there was such a wealth of material embodied in my own cultural history that I had never really thought about.

Mrs. Lori Flynn
Boston, MA

DEAR MRS. FLYNN:

YOU HAVE IT RIGHT, MATERIAL RELATING TO OUR PAST IS LIMITLESS AND EXCITING. YOU WERE NOT ALONE IN YOUR PREVIOUS LACK OF KNOWLEDGE OF THE PAST. WE HOPE TO BRING THE WORD TO MORE PEOPLE STILL IN THE DARK.

ED. STAFF

A CHANGING "AMERICA"

The United States of America was the creation of European immigrants who sought to establish a free and democratic society in their new land. Early American institutions, industries, schools, and communities reflected the relatively homogeneous nature of the people. The immigrants easily dropped their European ethnic designations as they united behind common goals and became proud, unhyphenated "Americans".

But a national metamorphosis is taking place which some Americans of European origin seem reluctant to acknowledge. The reality is that their country is not a monolithic society any longer but is a nation which is changing rapidly into a pluralistic gathering of all of the world's peoples. "European-Americans" is a hitherto little-used phrase now coming into use to describe members of the majority group. The new designation may initially seem to some people to shatter the dream of living in harmony with all other citizens, united in common cause above only personal or group gain.

Dreams die hard but die they do. Ethnic and racial divisions within the population are becoming ever more apparent. Members of minority groups, who are as American as people in the majority, readily accept the reality of our pluralistic society. They do not find it necessary to deny their own unique identities in order to be full-fledged American citizens. Hopefully, it will not be necessary for any citizen to cast aside his or her heritage in order to build a sound society.

Many observers of human behavior are aware of the crucial role played by positive group identification. This would seem to apply to Americans of European origin no less than to members of minority groups. The true, past and present characteristics of European-Americans may properly be sought out and studied carefully.

But more than clear, self-identification is at stake. Most of the world's countries of the past were made up of groupings of relatively homogeneous people, as are most current nations. The greatest challenge which lies before the new United States may be to prove that its pluralistic society can work without sacrificing anyone's vital interests.

Editorial Staff

NOTICE

NOTICE

IT'S ALWAYS GIFT SUBSCRIPTION TIME!

Since no ready readership existed for HT when it came on stream, we have had to "make a market". Some of our readers have helped by giving gift subscriptions! If you would like to give a subscription to a library, friends, or relatives, we'll send them a notice of your gift and an extra, free copy. The more HT is read, the more it is enjoyed!

PASS THE WORD!

SOCIAL CUSTOMS THROUGH THE AGES



Part One

It was long, long ago that people living in the ancestral homelands of the Europeans looked skyward and saw symbols of universal power clearly revealed in the celestial bodies. They saw the same divine power manifest as a "life force" in the fertility of the land and of all living creatures. Dutifully expressing their reverence, they assumed themselves to be a part of the whole cosmic process as they followed those social practices which seemed to reflect the divine intention. They believed it was their holy duty to achieve maximum fulfillment of their inborn promise, whatever difficulties they faced.

Early people were aware of their dependence upon fertility to insure propagation of all life forms, so females were first to be singled out for special reverence. A Mother Earth Goddess arose from the land. As the role of males was more clearly understood, they assumed important places in the cosmic plan and family practices and a Sky Father daily swept across the heavens. So it was that the natural partnership of male and female in close pair-bonding was sanctified by spiritual inspiration. Gods and goddesses embodying various human and divine attributes followed.

It will come as a surprise only to those unaware of ancient customs to learn that women in "barbaric" Europe, and into the first millennium A. D., were quite independent, highly regarded, and equal to males in important areas of their relationships. In Indo-European and later societies, the natural base for their views apparently caused early people to assign equal but different roles to male and female.

Early folk also appear to have envisioned their bodies as temples so their actions were of great importance. As a consequence, high standards of personal, moral conduct prevented the condoning of sexual promiscuity. Chastity and monogamous marriage remained goals throughout the years. As far back as the eye can pierce, another practice may be seen. Indo-European marriage customs, as well as those of later societies, placed primary emphasis upon the free will of each partner. The high importance of mutual attraction is a feature unique to European pair-bonding.

In early societies, marriage rites were not religious rituals but were ceremonies ranging from simple declarations of vows before relatives and friends to elaborate festivals, but they were solemn occasions as befit the importance of the act. Marriage contracts usually set out the duties and responsibilities of each partner and allowed a woman to retain and control property after marriage. Divorce was possible and a woman retained a strong relationship to her family after marriage, for both maternal and paternal families were important.

In Iron Age Europe, similar marriage practices continued although women retained most

freedoms in Teutonic societies, and experienced the least in Roman societies, which possibly reflected eastern practices. It was during the Christian era that women were enjoined to "obey" their husbands. During the Middle Ages, women in the upper classes were increasingly used as a means of securing wealth or gaining economic advantage, further decreasing their freedom.

The needs of the entire family provided practical inducements to maintain monogamous marriages. Future prospects for their children were seen to be related to the aspirations of the parents so they usually exercised a high degree of parental responsibility.

Nuclear families were common in early Europe, although there was much cooperation between related families in household and clan groups. The household system came from the Indo-Europeans and was made up of closely related family members. Leadership was exercised by a male who served the needs of the household without pay. The clan was also made up of closely related members with each family exercising its own autonomy as far as was practical. In Iron Age Europe, household families and clans often owned land in common and leased cattle from their leaders. Elsewhere in Europe, completely free, individual families owned land and other substantial personal possessions.

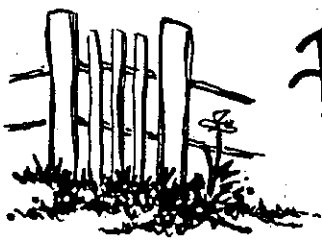
During the first millennium A. D., clientism, a cooperative arrangement developed in which voluntary obligations were made to leaders for mutual benefit. Also, during this time the household system translated into the feudal system as power struggles among the domineering forced local leaders and individual families to band together in formal groupings for protection and economic security.

Two more family units evolved as monetary wealth became more dominant; one the stem family, in which the inheriting son lived with his parents, and the other the joint system, found mostly in eastern Europe, in which several sons might live in their parents' household. Inheritances were usually divided among all family members although the trend toward primogeniture, in which the inheritance went primarily to the eldest male, came into practice as the amount of family wealth increased. In the case of primogeniture inheritance, the primary beneficiary was obliged to offer necessary assistance to close family members and other dependents. Otherwise, siblings were required to fend for themselves. Although the system seems harsh, it reflected the widespread European desire for independence.

In all of their early social customs, respect for the individual was always present, and practices which reflected their desires for personal freedom and voluntary associations to assert local autonomy were clearly evident.

(To be continued.)

Elaine D. Rapp



Peter's Cottage

It was a brisk, clear December morning in the year 1972 when I alighted from the salesman's car. I took one look around and said to myself, "Dear God, if only this were mine." I could see forever -- a fantastic view of the midland farms of Ireland. The sight was revealed after a continued ascent of three miles from the main road from Carlow, through Ballickmoyler. The road continues on and leads to the Dublin Kilkenny Road which is only half a mile away.

The "improvements" upon the property consisted of an authentic thatched-roofed cottage, a stone cow shed, a small, stone dairy house, a garage, and three small sheds. All were in various stages of disrepair, some even possibly beyond any hope of restoration. But reality was no match for my dream.

In a state of euphoria, mixed with apprehension about the action I was taking, I put a deposit down on the place, then and there. The other documents which had to be signed would be looked after by two solicitors, one for the seller and one for me. I had no problems during my remaining time on this short visit, automatically becoming an Irish citizen as my parents were Irish from County Down. The sale was approved by the Irish Land Commission and completed three months later.

My new Irish citizenship gave me a real feeling of contentment and also the hope that it would help me to become accepted by my farming neighbors. It turns out that I needed the assurance because the initial reaction of many of the local people was concern about what this "Yank" with his money would be doing to their beautiful and tranquil land. It would not be until they learned the money was not unlimited and that my personal labors were prodigious that they began to come around.

On the first visit to my farm in 1973, I almost turned away and left it; the place looked so awful! I realized I certainly had an immense amount of work confronting me and I would have to do most of it on my own. First, I had to concentrate on water (electricity was already in, fortunately). I had my Reader's Digest "Do It Yourself" book with me and this turned out to be my workday bible on many projects. I had a long talk with myself and decided to stay and get down to work.

Having the months from September to June back in America to think out the different priorities of the various projects to be done on the farm, I was able to get to Ireland each July and begin to work with no waste of time. It seemed that more was accomplished each succeeding summer than I had anticipated and I learned that I had capabilities I never knew about before.

But I did not work alone. I was blessed by having a neighbor with the name of Paddy Kelly who turned out to be my partner in all of the major work projects, and there were many. Paddy also had the expertise of a stone mason and plasterer, having worked in construction as well as in farming. He proved to be a true friend, acting as caretaker in my absence, lavishing care upon the farm as if it were his own.

Our labors bore fruit. Always keeping authenticity in mind even as we modernized, both the main house and the cow shed converted into guest house had full plumbing, wall to wall carpeting, central heating with separate thermostats, and individual telephones installed! The other buildings were restored and the grounds were suitably landscaped.

One great problem remained, the replacement of the thatched roof. Years of searching had proved fruitless. Along with other elements of my heritage, the skills required for this kind of work were disappearing. While driving along one day about fifteen miles from my farm, I saw to my astonishment, a beautiful thatched roof, one of the few remaining in Ireland! Disregarding protocol, I stopped and knocked on the door. It was the home of none other than Jack Carbery, a professional thatcher.

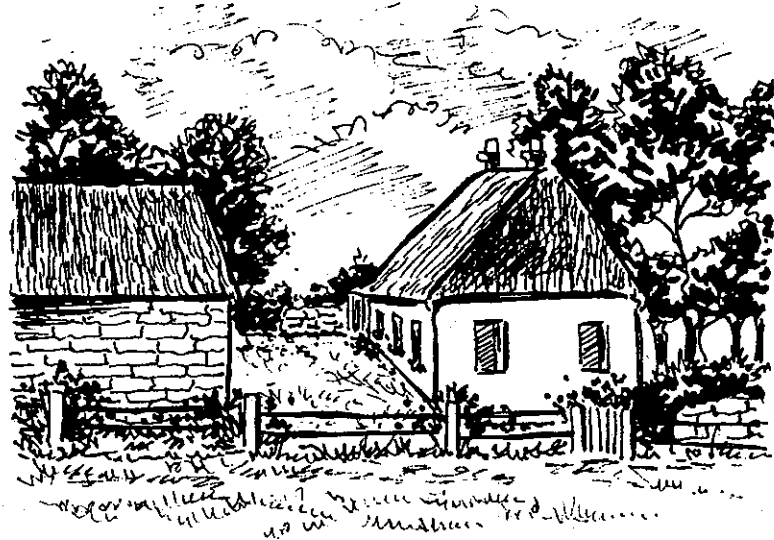
Jack proved to be quite interested in my project so the three of us planned the roofing project. We were able to get the oaten straw cut specially for thatching. In the summer of 1982 we took off the old roof and put the new one on. It took a whole month, six days a week, and I safely say it was a tough job. Today the cottage is one of the finest looking thatched cottages in the whole country.

Today my impossible dream has become reality. I feel as much at home on my farm which I named "Serenity" as I do here in America. I have many, many treasured memories, meeting, mingling and working with some of the finest people in my lifetime during these past twelve summers in Ireland. I thank God for them and for the good health He gave me so that I could bring the project to its completion.

But all things must come to an end. The added years have taken their toll upon me and I must think now of the future of the farm. Other people have referred to it through the years as "Peter's Cottage". I know it is much more than that. It belongs to anyone who has the stirrings of kinship within his breast who will deeply appreciate what has been done here.

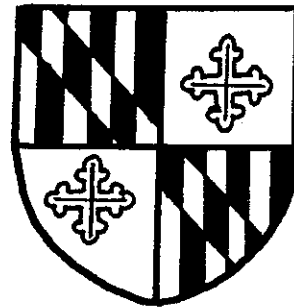
As I confront the need to finally part with the farm, I do so with mixed feelings. Certainly, I feel a profound sadness but I know the farm will stimulate feelings of joy and gladness in its future owners and in all who view this obvious labor of love. Nearly everyone will respond warmly to our outreach made to those who were here before and to those who will pass this way in the future.

Peter Fearon





THEY STEP OUT OF THE PAST



Not figments of imagination nor wishful images, but real people of the past who struggled and lived in the long ago. What's so exciting about that? Nothing at all except that their lives made yours possible! Forebears can come to life for anyone who cares to look to his origins.

George Washington, Richard Nixon, Winston Churchill, Herman Goering, George III, Bonnie Prince Charlie - a roll call of some of the most powerful men in history. Some are separated from each other by the span of time, while others among them are distanced even further from each other by enmity. Yet one thing in common unites them. They share a common descent - all are descended from Charlemagne (King of the Franks and Roman Emperor, 742-814 A. D.)! Put scientifically, they had each inherited their individual Y-chromosome from that same illustrious source.

This amazing feat of detection, by no means elementary, was achieved through the art of Genealogy - the process of tracing the human Y-chromosome over long periods of time, or put simply, tracing the descent of families. In order to fully appreciate its significance we must bear in mind that each human being living today owes his/her very existence, not just to his/her parents, but to every single one of his/her personal ancestors since mankind began. George Washington and all the other historic figures mentioned above could never have been born had Charlemagne's mother died in childhood. Furthermore, consider the following; none of you could ever have been born if your father's father's father's father had died in infancy. But do you know who he was? Can you identify an actual flesh and blood forefather who lived, let us say, in the eighteenth century? All our ancestors are interesting, for all were necessary in handing down life to us even if they lived one thousand years ago.

When you engage in genealogical enquiry you find a thrill in weaving a tapestry of past lives enriched by the contrasting colour of diverse walks of life. However, you should never join the chase genealogical if your sole reason is a quest for "blue blood". Most families, traced back far enough, will have some, but nevertheless it is always an exciting discovery. Indeed, you may set off in search of a king - and find a horse-thief! Undoubtedly there are Americans of Irish ancestry with the "blue" blood of an Irish king in their veins. They may be distinguished by their names - royal names such as Bryan, O'Brien, O'Connor, Donovan, Kingley, McLaughlin, O'Neil, O'Rourke, O'Donnell, and more. Whatever you discover about your forebears adds to the store of received history, and for the amateur genealogist history is no longer a dead letter, a roll call of names and a series of dates commemorating a mythology of a time before yours. Genealogy gives history a fresh animation and ought to be considered as a necessary element of modern education.

Where do you begin to trace your family tree? Never neglect the obvious. The first step in your research should be to write down all you know about your family, or rather, the side of the family in which you are particularly interested. Your relatives may fill in the gaps. Many families keep a Bible in which births are recorded and this can serve as a register of earlier generations. Then there are documents, photographs - in fact anything which will provide a name or date. All these simple methods will turn up enough information to give you an outline picture of the family you are tracing. But as American descendants of European folk you will reach the point when you must focus your research on the land of your forebears. If you are sufficiently interested in tracing your ancestors, inevitably your enthusiasm will take you across the Atlantic, but preliminary research may be carried out from your own home. One may avail of the Computer File Index of the Church of Jesus Christ of Latter Day Saints which consists of many millions of entries (births, baptisms, and marriages) from the parish records of many countries. However, be warned that data fed into the computer comes from printed or manuscript transcripts of the original registers and consequently mistakes do occur. Also, some areas are less well covered than others.

If your searchings fail to provide any information or if the data uncovered is scanty or obscure, then this is where the genealogist operating from the "old country" may be able to help. He is obviously ideally situated to consult all the relevant records available and for a fee will make a preliminary search (for names, birthdates and birthplaces of grandparents or great-grandparents) or, at a negotiable rate, he will undertake a more detailed search for the construction of a family tree. The outcome simply depends upon the amount of relevant information available. A search may uncover a lot of names and a lot of information or, conversely, just a few names and little information. Nevertheless, whatever you find you will consider it a worthwhile pursuit - not just for having satisfied a curiosity, but for having been introduced to that special genetic composition which has formed to make you.

But however you make your trek back into time, enjoy yourself. Daniel Corkery, the celebrated Irish author, relates the story of an old man accused of playing the fool who retorted, "I am no fool, I know my genealogy!"

Justin Martin

Ed. Note: Mr. Martin, 9 Fortfield Gardens, Rathmines, Dublin, 6, Ireland, is a HT subscriber and a practicing genealogist who will carry out a preliminary search for persons who can claim Irish descent.

The Dulcimer:



A European-American Musical Heirloom

If baseball, hot dogs, apple pie (and Chevrolets!) are truly American, we ought not to forget in that pantheon a musical instrument worthy of our admiration -- the Dulcimer!

What is a Dulcimer, you ask? Well, a Dulcimer is a simple wooden and stringed instrument whose relatives in other cultures include the Indian Sitar, the German Zither, and the Latin Guitar. The famous Banjo is also a cousin, and one which is rightfully a native of our climes, yet the Dulcimer commands our attention due to its Northern European lineage and its North American birth.

"Dulcimelo" is the best word of origin we have to describe a Dulcimer in musical terms. It stems from the Italian meaning, "Sweet sounding". Yet, its northern origins are far from the Latin name ascribed to the instrument today.

The best we can tell you is that the Dulcimer is one of the few truly homespun instruments which we Viking types have in our armament of cultural artifacts. Unlike the Latins and Greeks who took joy in the development of the older Psalteries and Viol string instruments which later were to become part and parcel of our orchestral heritage, the Norse had only their wooden comrades to pluck -- namely the Langeleik (Norwegian), Langspil (Icelandic), and Hummel (Swedish). The Germans came up with the Scheitholt, and through all of this, the American Dulcimer was born.

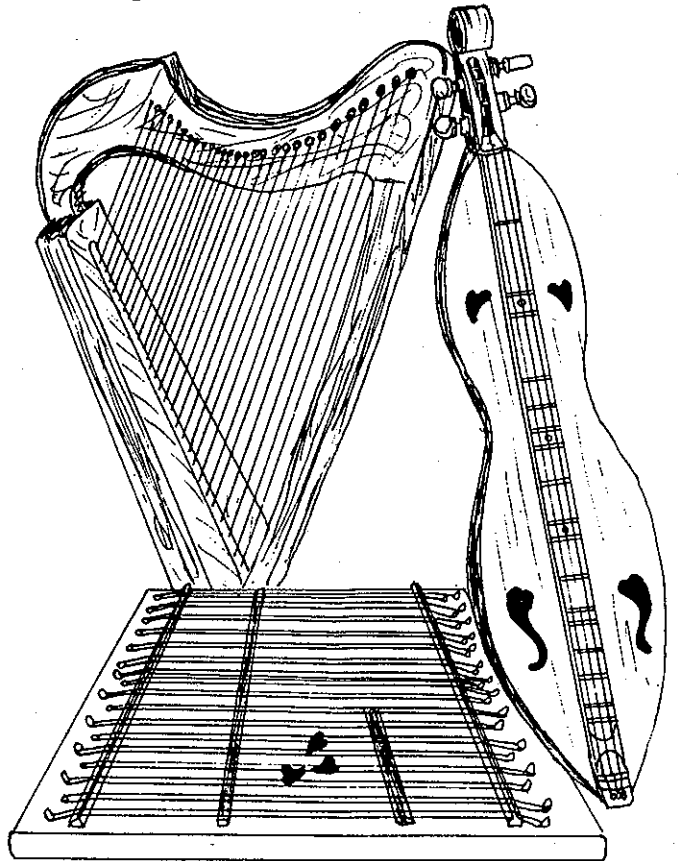
The German and Scandinavian settlers of the American northeast, especially in the Appalachians, were a woodsy and isolated folk who whittled their time away on carvings, including their own original Dulcimers, when things got too boring and quiet. An unique instrument, the Dulcimer is a lap-held piece about two times the size of a violin. Its fret board is arranged for melody, as opposed to harmony. It has three or four strings, and one of these is used as a drone note string, rather like the older Sitar, and the Bagpipe as well. Because of this bagpipe sound and its handiness in playing out jigs and reels, the Dulcimer has received a great deal of exposure in the Celtic camp.

There are really two kinds of Dulcimers in use today, the fretted, or plucked version which is most like a "stripped down Guitar", and the larger, hammered Dulcimer which resembles a piano with keys, its strings are sounded with wooden mallets and its origins go back to British court instruments and crude harpsichords. The fretted version is the direct descendent of most Scandinavian models, utilizing a tuning box, with pegs, and having in most cases a slender body. Hollow, it rings out the tunes that the strings play when plucked, and all according to some musical laws of good sounds which are known as modes.

Unlike its Guitar relatives which take extensive courses to learn, the Dulcimer can be played on the first day, and usually self-start knowledge can be worked on in a matter of weeks. Its musical range of notes and chords is quite limited due to its diatonic note scale which does not possess half notes like the chromatic guitar. One might call it a fancy, stringed xylophone.

Interest in this indigenous product has been on the rise lately with concerts and albums dedicated entirely to it. Whole outings of Dulcimer fans have produced numerous contests. Craftsmen and Luthiers are busy assembling new models everyday.

It is perhaps the accessibility of this strange, wooden box that has made it so popular. With a population not quite as culturally aware as generations before it, there is a need for some basic heritage grounding in music which Rock and Roll cannot supply. To play a Dulcimer is to be part of a new and rising "in crowd" in our society.



A great feature of Dulcimer playing is the adaptability of the instrument to music in such a way that it brings us closer to our authentic European roots. There is the ability to play tunes from Scandinavia, Germany, England, Scotland, and Ireland. The Dulcimer is verily our own peasants' Bala-laika of sorts, not a piece found in neighborhood Guitar and Violin stores, but one which our country folk make and sell amongst themselves as an expression of their earthiness and the traditions on which their forebears were raised.

There is no healthier sign in any civilization than its folkdom's contentment with what was bequeathed to them by their predecessors. Our Dulcimer is such an heirloom whose history touches a root deep within us and whose strings create magical sounds which can draw us together.

Paal Filssunu



WERE THEY REALLY HERE LONG AGO?

The trail winds up the wooded slope. There on the right is the first visible megalithic structure. It is called the "Watch House". Other strange stone objects and structures come into view along the trail. Some are named with unusual designations such as "The Sacrificial Table", the "Tomb of Lost Souls", and the "Oracle Chamber". But this is only the beginning.

You are at "America's Stonehenge" located at North Salem, New Hampshire. The site is so named because of the remarkable resemblance in some ways of its megalithic structures to those in Europe! Latest dating techniques confirm the age of the site to be older than four thousand years! Unfortunately, historic tradition holds that there were no Europeans in North or South America until the fifteenth century so the reason for the similarities of these structures with those of early Europe remains a deep mystery, investigated by few.

There is more startling evidence to confound the curious. At the main site on top of the hill is situated an observation post which provides a view in all directions. It is not the scenery which draws attention. Pathways have been cut through the trees in fourteen directions. At a distance from the observation point very large and deliberately shaped stones may be seen along these lanes, each marking an alignment from the observation point to the rising or setting sun or moon during major solar or lunar events! The solar solstices and equinoxes are indicated very accurately in this manner as are lunar minor north and south points!

Who built these most interesting stone structures and indicators? Will the facts ever be known? Possibly not by empirical evidence even though the similarities suggest an early European presence. Could they have been constructed by later people and could the underlying dating of the site be misleading? The site has been occupied and visited by many different people since its apparent original selection for living and religious purposes.

Little is known about the exact climatic conditions in the northern hemisphere during the Bronze Age although latest speculations suggest a warmer climate existed for some part of that time than is the case today and that the Atlantic may have been a comparatively calm sea for an extended period of time. European

sailors were quite expert and the commercial search for copper and tin to make objects of bronze was probably quite intense.

America's Stonehenge, although one of the largest calendrical sites in North America, is not unique. All over North and South America, artifacts and structures exist which do not seem to be related to solely Indian cultures. These objects point to the distinct possibility that Europeans may have been present on the two western continents in considerable numbers at times in deep antiquity. Traces of their possible presence have been lost except for tantalizing hints given by ancient objects and innumerable Indian legends about "white Gods" from over the western seas.

No problem you say? Simply open your mind to the real possibilities of what early people may have done? Well, its not that easy. Postulations cannot be regarded seriously. More research and study must be carried out if deductions about early times are to stand upon firm ground.

Just this is happening in the more daring areas of the academic world. Some of today's scholars are beginning to consider the possibility that more advanced social activity was taking place in Europe itself than was previously thought, even before the Bronze Age which began about 3,000 B. C. In these new presumptions, the possible beginning of human civilization is moved further back in time and its point of origin is moved further north than is usually believed, centering in the lower Danubian regions of Europe.

But the story about America's Stonehenge and other early times will not end here. These are exciting times in archeology, anthropology, and historic research. The American Institute for Archeological Research, Inc., P. O. Box 6068, Newburyport, MA 01950, is a new, non-profit organization founded to undertake responsible research on North American artifacts. The Institute publishes a journal and its members would be glad to know of your interest.

More, not less, is being learned about ancient practices everyday due in part to latest dating skills, in part to modern communication and scientific techniques, and in part to man's insatiable curiosity about himself and his forebears. Stand by for new chapters unfolding now!

John L. Perraud

HT NEWS. Too late to have the news included in our previous issue, HT was invited by the Office of Ethnic Affairs of the Department of State of New Jersey to present an exhibit at the latest Annual State Ethnic Festival, held September 8 and 9!

A steady flow of folk poured over our outline map of Europe which had the names of nationality and ethnic groups on each side with lines going to their respective places of origin. While it was a new perspective for many visitors, they all seemed to greatly enjoy their searches to find their own "heritage trails"!

The cordial attitude of interested viewers suggested we are on the right track, and will be pondered at length by staff members. We even sold some copies and subscriptions!

Ethnic Culinary Corner



SCALLOPS PROVENCALE

I do believe we've done it again! Coquilles St. Jacques is their French name. Legend has it that when knights bearing the body of St. Jacques to his final resting place in Spain emerged from an inlet of the sea they found their clothing weighed down with live scallops. Because of this good omen, pilgrims traveling back from the apostle's tomb in Compostela proudly pin the cockle shell of St. Jacques on their bonnets to show where they've been.

To commemorate this event with an entree for 6 people, wash 1 POUND OF SCALLOPS in cold water; pull off the very small, hard white lump usually on one side of the muscle. Drain and dry the scallops and cut into slices 1/4 inch thick and spread on wax paper. (Bay Scallops may be used whole). Just before proceeding, toss with a sprinkling of SALT, PEPPER and FLOUR.

SAUTEING. Saute rapidly in OIL to brown very lightly--about 1 or 2 minutes. Toss with 2 CUPS OF DICED FRESH TOMATOES --canned Italian plum tomatoes, drained and seeded can be used instead of fresh-- 4 TABLESPOONS OF MINCED SHALLOTS OR SCALLIONS, A LARGE CLOVE OF GARLIC, PUREED (I use a small one), and 1/2 CUP OF DRY WHITE FRENCH VERMOUTH OR WHITE WINE. Boil over high heat for a moment, tossing, until sauce has thickened enough to coat the scallops; fold in 2 TABLESPOONS OF FRESH CHOPPED PARSLEY. Correct seasoning.

FINAL ASSEMBLY. Turn the scallops into a buttered shallow baking dish. Sprinkle with a mixture of 3 TABLESPOONS EACH OF GRATED PARMESAN CHEESE AND FRESH WHITE BREAD CRUMBS and drizzle A LITTLE OIL over the top. Before serving, heat slowly under the broiler only until bubbling and lightly browned.

Shrimp may be substituted for the scallops.

Elaine D. Rapp

MAYBE THEY KNEW A THING OR TWO AT WATERLOO VILLAGE



Recent years have seen a growing uncertainty about the absolute superiority of all things modern. Even in the field of medicine, prior practices are being reexamined and merit is being found in what were previously considered to be outlandish practices.

A recent article published in Parade Magazine, written by Cheryl Mays Halton, gave a good account of a new application of an old cure. Believe it or not, European physicians have been using the much maligned bloodsucking leeches for more than a decade to treat various ailments! Even in the United States they are being used once more, especially to aid in microsurgery, and in many research projects.

Their use in microsurgery has been found to be beneficial in the reattachment of severed limbs and fingers because the leeches can drain off excess blood which accumulates when damaged veins are unable to return the full flow of incoming blood. They also secrete an anticoagulant called hirudin which enables the blood to flow more freely until normal circulation is restored.

Researchers are now studying the protein from the salivary glands of leeches which contains an exciting blend of anesthetics, anticoagulants, and antibiotics! They are only beginning to speculate on the future use of this product in treating various symptoms of cancer. Some researchers believe their studies of nerve cells may help them to learn how human brain cells respond to drugs, how learning and memory take place, and may even help them to understand why certain birth defects occur.

Believe it or not, our ancestors may have known a thing or two about medical techniques. The restored Waterloo Village, near Stanhope, New Jersey, has other evidence than leeches of the validity of early medical treatment. Mrs. Gladys Luckyer, who tends the Apothecary Shoppe, will graciously volunteer more wondrous information about early responses to health problems. It may be that the various herbal treatments were also reasonably effective.

But to show the intuitive understanding of early doctors, here is a poem she offered to a recent visitor, written by a Quaker doctor in the year 1775:

When patients comes to I,
I physics, bleeds and sweats 'em,
And then if they should choose to die,
What's that to I?
I lets 'em!

Well, we said only "maybe" about early knowledge but, at any rate, in many ways our prior folk did have some accurate knowledge after all.

Peter A. Vanderhuff