

# Abbey Genealogy Enthusiasts

Issue 29 Date - Wednesday 18th March 2009

Next Meeting - Wednesday 15th April 2009

Website: [www.walthamabbeygenealogy.co.uk](http://www.walthamabbeygenealogy.co.uk)



## Notice Board

### ➤ Trip To Essex Record Office

We are planning on doing another trip to the Essex Record Office which will be benefit anyone who needs to look up records in Essex. We are planning on going to the records office on 25<sup>th</sup> April 2009.

### ➤ Military Medals

An interesting website that shows you all the different types of medals that were awarded throughout the Second World War. This also covers medals from other countries.

[www.hallofmedals.co.uk](http://www.hallofmedals.co.uk)

### ➤ Uk Mining Villages

The site was set up by a small group of volunteers to provide information on miners' lives compiled from old reports, gazetteers and newspaper articles. Our main focus is on Lanarkshire and Fife but information is available on all areas of Scotland.

[www.scottishmining.co.uk](http://www.scottishmining.co.uk)

### ➤ The Modern Records Centre (Warwick)

The Centre and its records have proved increasingly useful to family historians around the globe who are tracing the lives and activities of their ancestors. Although the records in its care are not exactly 'tailor-made' sources for the family historian, and those sources that can be used are few in number (the Centre does not generally take in membership records), nevertheless certain collections can yield useful information.

[www2.warwick.ac.uk](http://www2.warwick.ac.uk)

### ➤ Sussex Record Society

The website holds a database of poor law records of English rural poor of the two centuries up to 1835.

[www.sussexrecordsociety.org](http://www.sussexrecordsociety.org)

## The Victorian Dentist



As we have seen from many old photos and family stories that our Victorian ancestors suffered with bad teeth and it's only been in the last eighty years that oral mouth hygiene has become more and more of an importance.

Dentistry in itself has come a long way and become so advanced with new machinery and technology to improve not only the health of our gums and teeth but also the look. However no matter how advanced we have become we still share one common thing with our ancestors; the dreaded fear of going to the dentist. The drilling sounds and the chemical smells that hits you as soon as you walk in to the reception. Its bad enough going for a checkup but if you're going, knowing that you have to have a filling or some hefty work it can make you quite nervous. Imagine having a bad tooth or one that's just giving you a bit of pain, well the Victorian dentist would have just pulled the tooth right out and they would not of had an injection or gas or anything to numb the tooth before hand. In those days you would have a very good reason to be scared of going to the dentist! False teeth could be made out of carved ivory, wood, animal's teeth or poor people's teeth, which had been pulled out and sold. However most of these teeth would over time start to become smelly and turn a yellow colour and begin to deteriorate. Cleaning your teeth with a toothbrush and toothpaste was a luxury and not very common. The toothpaste that rich people had was not nice and mint flavoured either - it was gritty and tasted horrible! People who couldn't afford toothbrushes and paste were told to either regularly eat brown bread because they thought that the flakes in it would clean their teeth, or to chew on a piece of tough celery so that the fibres would get between the teeth and clean them.

# A Victorian Pudding.

## **Ingredients:**

450g breadcrumbs from good quality white bread (about half a loaf)  
160g each of raisins, Sultanas and currants, roughly chopped  
250g sugar  
1/2 tsp mace  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
240g melted butter  
4 large eggs, lightly beaten  
1/2 tsp almond extract  
120g bitter (e.g. Dundee) orange marmalade  
pinch of cloves (optional)

## **Method:**

Firstly add the breadcrumbs and fruit to a large bowl along with the sugar and spices. Then mix in the melted butter and all the remaining ingredients. Mix thoroughly to incorporate then taste for seasoning and add more if needed (I generally add a pinch of cloves at this point). Traditionally this would have been made in a cloth. But if you want a round pudding then you can pack into a round pudding mould. Personally I use a plastic pudding bowl with a lid. Cover with greaseproof paper, add a lid and cover in aluminium foil if desired. Set the bowl in a steamer. You can either use a proper steamer for this or set a trivet in the base of a large pan and place the pudding bowl on top of the trivet. Never let the pudding bowl directly touch the base of the pan. If using this method add boiling water to half-way up the pudding. Cover with a lid, bring to a simmer and allow to steam for 6 hours. Ensure you check the water level frequently and never let the pan boil dry. The pudding is done when it turns a walnut brown colour and is firm to the touch. Once ready, allow the pudding to cool for ten minutes and store in a cool place. When ready to serve steam the pudding for 2 hours then unfold onto a hot

flameproof serving platter. Then you can your own decorative skills and decorate the top. This pudding can be served in the summer months or as a Christmas and seasonal pudding.

## **Wedding Day**

Did you know that one of the first to influence a young girl is choosing the month and day of her wedding? June has always been the most popular month, for it is named after Juno, Roman goddess of marriage. She would bring prosperity and happiness to all who wed in her month. Practicality played a part in this logic also. If married in June, the bride was likely to birth her first child in Spring, allowing her enough time to recover before the fall harvest. If you were to be married in May this was considered unlucky. "Marry in May and rue the day," an old proverb goes. But "Marry in September's shine, your living will be rich and fine."

***"Marry on Monday for health,  
Tuesday for wealth,  
Wednesday the best day of all,  
Thursday for crosses,  
Friday for losses, and  
Saturday for no luck at all"***

***"Marry In White--chosen right  
Marry In Blue--love will be true  
Marry In Yellow--ashamed of her fellow  
Marry In Red--wish herself dead  
Marry In Black--wish herself back  
Marry In Grey--travel far away  
Marry In Pink--of you he'll always think  
Marry In Green--ashamed to be seen"***

### **Contribute to the Newsletter**

Tell us how your getting on with your research so far and have you discovered any hidden skeletons you want share with us. Have you come across some unexpected Ancestors, lost relatives, a famous Ancestor? Or do you have any old photos and stories you would like to share in the newsletter, it's all history and we'd be happy to hear it.

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