

# Mayflower Education Gazette

Volume I Issue I

October 2014

Welcome to our inaugural education committee electronic newsletter. Please share this with your local education committee members. We plan two or three (or maybe more) newsletters a year with helpful hints for displays for your meetings, sewing hints and patterns for making outfits, informative articles and whatever else you request.

It is important to focus on multigenerational presentations. Our members all appreciate reminders of forgotten facts as well as new lore. Your input, suggestions and constructive critiques are always welcomed.

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In this issue we are presenting our initial clothing pattern as well as suggesting a spring educational theme. It may take you a while to gather materials for the display and read some of the bibliography so that you can adapt our recommendations to your particular geographic region while still maintaining historic integrity.

## Clothing Project The Apron

Members have asked us about period clothing. We have decided to feature one article of clothing an issue through the web page. This way you can have a whole outfit for the next BOA meeting or your own state meeting. There are a few commercial patterns and we are investigating them to find the easiest. Several of your clothing items can be quickly and easily made at home. We suggest buying your coif (white hair covering) and felt hat from Plimoth Plantation.



The first article we suggest you start with is the apron. The preferred material is osnaburg, but linen, muslin or a similar fabric can be used. You will need a piece about 33 inches wide and 36 inches long and about 1 ½ yards of twill tape or bias tape for the belt.

1. To finish the sides of the apron, turn under and pin ¼ inch on both 36 inch sides.
2. Iron this flat.
3. Now turn each side under ½ inch and pin in place.
4. Iron flat.
5. Stitch down. This can be done with a running stitch on your sewing machine and can be a fairly long stitch. If you are doing this by hand, use a hem stitch.
6. To complete the hem, do the same steps (1-5) across the bottom.
7. The top of the apron is addressed by turning under ¼ inch across the top, pin and iron flat.
8. Turn this edge under two inches, pin and iron flat.
9. You will now use your running machine stitch along the ¼ inch edge and also across the apron along the very top edge ¼ inch in from the edge. This makes a casing for your belt.
10. If you are hand sewing, a running stitch can be used to make the casing.
11. Use about 1 ½ yards of twill tape or bias tape for the belt.
12. With a large safety pin to guide the front end, feed it through the casing.
13. Remove safety pin and tie a knot in the end of each side of the tape to stop unraveling.
14. You now have a period apron.

Questions about this project email us at [mbrown@ct.metrocast.net](mailto:mbrown@ct.metrocast.net) or [eswayne@comcast.net](mailto:eswayne@comcast.net)

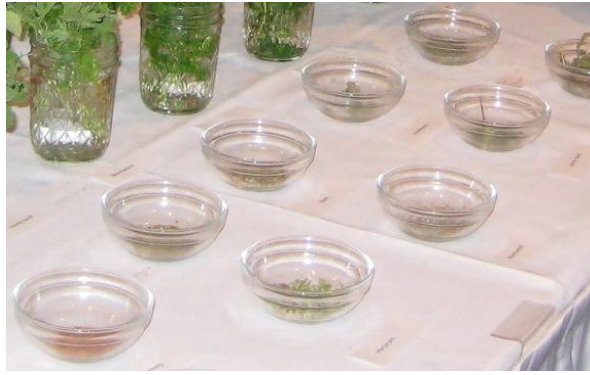
### **Educational Meeting Display**

Our featured exhibit is Herbs and Spices. We developed this display to inform our members about the role of herbs and spices in the plantation. Herbs were central to the lives of our Pilgrim ancestors. They grew culinary herbs to add to their foods, medicinal herbs to aid in curing ills, and strewing herbs to provide pleasant scents in less sanitary conditions than we are accustomed to today. More than a few herbs were useful for all these needs.

Spices were also used in the 17<sup>th</sup> century largely for culinary and medicinal uses. Many were expensive and imported. The search for them guided explorers, and thus directed much of the course of history. The Pilgrims used many spices familiar to us today such as allspice, nutmeg and cloves.

Many spices and herbs have antimicrobial properties. Thus, our ancestor mothers who added sage or cloves to her preservatives, contrary to common lore that these meat dishes were unwittingly using food additions to her pot were used to mask the unpleasant flavors of spoiled foods.

The Pilgrims had six basic spices in their cooking: black pepper, cinnamon, nutmeg, mace, ginger, and cloves. A small amount of each is placed in labeled dishes for pinching and sniffing. (signage is attached at the end of the article for you to copy)



Additional dried herbs may be displayed for additional pinching and sniffing. Make sure you label each one. Sage, basil, chives or shallots, mint, thyme, rosemary and lemon balm are a few suggestions. Please label each sample. (see signs at the end of the article)



We chose to display fresh cut herbs from our gardens as well as a selection of potted herbs purchased at the local grocery. These were potted herbs were later raffled off for our scholarship fund. Several people took the cut herbs home to attempt to root them.

Herbs on display at Plimoth Plantation included:

Horehound  
 Pot Marigold  
 Good King Henry  
 Wild Carrot  
 Primrose  
 Wild Ginger  
 Sweet Cicely  
 Sweet Woodruff  
 Catnip  
 Rue  
 Columbine

Lady's Mantle  
 Viola/Heartease  
 Agrimony  
 Pennyroyal  
 Caraway  
 Lavender  
 Goldenrod  
 Borage  
 Ambrosia  
 Summer Savory

Flax  
 Wormwood  
 Thyme  
 Lavender Cotton  
 Elecampane  
 Germander  
 Clary Sage  
 Foxglove  
 Winter Savory  
 Hyssop  
 Sweet Basil

Gillyflower  
Iris  
Angelica  
Mullein  
Spearmint  
Valerian  
Lemon Balm  
Sorrel  
Curley Parsley  
Flat Parsley  
Teasel  
Feverfew  
Wild Woad  
Mugwort  
Fennel  
Burnet  
Cammomile

Lovage  
Dill  
Sweet Knotted  
Marjoram(Oregano)  
Strawberry  
Sweet Rocket  
Yarrow  
Madonna Lily  
Blessed thistle  
Costmary  
Pot Marigold  
Blue Valerian  
Tansy  
Wild Daisy  
Comfrey  
Rosemary  
Sage

Bedstraw  
Chive  
Coriander  
Chervil  
Tarragon  
Chicory

Further reading:

*American Household Botany* by J Sumner

*Herbs and Herb Lore of Colonial America* by Colonial Dames of America

*Colonial Herbal Remedies* by M Thompson

*The Old English Herbals* by E Rohde

Please let us know how your exhibit was received. Any and all comments, criticisms and suggestions are very welcome. You can contact us at [eswayne@comcast.net](mailto:eswayne@comcast.net) or [mbrown@ct.metrocast.net](mailto:mbrown@ct.metrocast.net).

Suggested Signage follows:

You may print these out and use in your display.

HERBS  
&  
SPICES

*used in the*

17<sup>TH</sup> CENTURY

	Ginger	Thyme
	Mace	Sage
	Black Pepper	Lemon Balm
	Cinnamon	Wormwood
	Cloves	Mint
	Nutmeg	Lavender



*Pinch & Sniff*