

WESTPORT HISTORICAL SOCIETY



August 2018

Aunt Minerva's Kitchen

Sweet and Sour Red Cabbage

3 slices of bacon, fried, crumbled

6 cups shredded red cabbage

3 Tbs. vinegar

3 cloves

2 peeled and sliced/diced apple

Dash of cinnamon

1 cup boiling water

Salt and pepper to taste

1 Tbs. flour

¼ cup brown sugar

Fry bacon, crisp, and remove from pan. Add cabbage, salt, pepper, cloves, apples and hot water to pan of drippings. Blend flour, cinnamon, brown sugar, and vinegar and add to cabbage. Heat until thick, add crumbled bacon and serve hot.



AUGUST

Deep in the wood I made a house
Where no one knew the way;
I carpeted the floor with moss,
And there I loved to play.

I heard the bubbling of the brook;
At times an acorn fell,
And far away a robin sang
Deep in a lonely dell.

I set a rock with acorn cups,
So I quietly played.
A rabbit hopped across the moss,
And did not seem afraid.

That night before I went to bed
I at my window stood,
At thought how dark my house must be
Down in the lonesome wood.

~K. Pyle

Popular Herbs

Basil: seasoning for food; aids in digestion

Bee Balm: use flowers for a tea to relieve vomiting and nausea

Chamomile: sedative; relieves vomiting and nausea

Chives: a substitute for onions

Dill: seasoning for food; used to preserve food

Fennel: seasoning for fish; diuretic; mild stimulant

Lemon Verbena: for vertigo; and soothing coughs

Mullein: broad leaf used to line shoes as an order eater

Parsley: full of vitamins; aids in digestion

Primrose: expectorant

Rose Geranium: aromatic; astringent

Rosemary: tonic; helps skin problems; insect repellent

Sage: seasoning for food; preserves meat; treats liver disease, nervous conditions, and depression; reduces lactation

Tarragon: used in cooking; treats headaches

Thyme: seasoning for food; for coughs and respiratory infections; skin salve

Plants



At the beginning of the 1830's, houseplants were becoming popular in the United States. By the 1870's, housewives were bringing plants and cut flowers into the house as a reminder of nature and for health reasons. The ladies believed that once exposed to the sunlight, the plants and flowers would purify the air.

Victorian women also thought that when plants and flowers were in shade or dark, they would give off carbonic acid. Because of this belief, plants and flowers were never allowed in the bedrooms. Despite the worry, plants and flowers were a very important part of decorating in 19th century homes. Plants were inexpensive and could change the plainest room into a topical haven.

Since fireplaces were not used in the summer, and in the place of fireplace screens. Small flowering gardens were placed in the fireplace opening to hide the smoke stained fireplace walls. Fresh flowers were placed on the parlor tables and on dining room tables and sideboards. Frothy sword ferns or Boston ferns were placed on plant stands and window sills in the parlor. Window gardens were also popular as were plants suspended in front of windows streaming with sunlight. Some indoor plants were contained in WARDIAN cases—similar to a terrarium. Other containers were elegant and opulent, from decorated clay pots, cast iron pots, to crystal vases.

Victorian era houseplants might simply be plants dug up from the local woods or those that were imported and exotic varieties. Among some other favorites included: Palms Ferns Jasmine Heliotropes Potted citrus trees, parlor maples with dangling hibiscus type flowers which are native to Brazil, Peru's Jerusalem cherry which has white flowers and reddish-orange berries.

Many Victorian houseplants are still popular today and can add a touch of old world elegance to many rooms of your home.

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Summer Games

SHUTTLECOCK AND BATTLEDOOR

This game is too well-known to need much description. The shuttlecock, sometimes called the "bird," is a little ball stuck full of feathers: the battledoors are covered with parchment; and the object of the players is to keep the bird constantly passing and repassing in the air by means of striking it with the battledoors. Some people become so expert at it, that they can keep it up more than a thousand times, without once allowing it to fall. Little girls should not be afraid of being well tired: that will do them good; but excessive fatigue should be avoided, especially when it is unnecessary .



CORONELLA

This game is similar to SHUTTLECOCK and BATTLEDOOR, but is rather more difficult. Instead of striking the bird with a battledoor, two players throw the bird and catch it with wooden cups made for the purpose.



CUP AND BALL

Here a wooden ball, with a hole in it, is used instead of a bird. A stick is made with a cup at one end, and a point at the other. The object is to catch it in the cup or on the point. The cup and ball are fastened together with a string.

~*The Girl's Own Book*, Mrs. L. Maria Child 1833



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Special Exhibit
at
The Harris-Kearney House



SUMMER WHITES: A TRADITION

White was the favorite and popular color for hot-weather dresses during the Victorian Era and at the turn of the century. Thin cotton lawn was the fabric of choice as it allowed the slightest breeze to pass through the entirely breathable, natural fabric.

Because the white color reflects a certain amount of the sun's rays, the material acts as a physical shade, or UV protection. The intricate lace, trims, white works and tiny buttons make these garments beautiful to look at and beautiful to wear.

The SUMMER WHITES special collection is on exhibit June 15 through August 31 at the 1855 Harris-Kearney House Museum.

Exhibit admission is free with house tour purchase. Call 816-561-1821 or 913-231-6749 for more information and exhibit hours.

WESTPORT
HISTORICAL SOCIETY



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The Westport Historical Society is looking for:

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