

***BRANDESTON AND KETTLEBURGH  
PARISH NEWS  
APRIL 2016***

## PARISHES OF BRANDESTON AND KETTLEBURGH

Dear Friends

April already! a month that never fails to make me appreciate God's creation in all its variety, and in all its glory, living as we do in our lovely part of Suffolk. No wonder then that the Psalmists were moved to say "and his works are indeed marvellous." Reading Psalm 139 recently, one of my all time favourites where in verse 13 we have the words "I thank you, for I am fearfully and wonderfully made; marvellous are your works, my soul knows well". Or maybe you prefer Psalm 118 where in verse 23 it says "This is the Lord's doing, and it is marvellous in our eyes." Writing this month's letter on the theme of creation, and God's marvellous works, reminded of something I was given recently, and I thought to share it with you – hope you like it

*On the first day, God woke up*

*On the second he yawned, stretched like a light right across the third*

*On day four he was still, and let himself fill all the space he was in.*

*It was on the fifth day that he suddenly remembered*

*"Oh my goodness" he thought "I nearly forgot!" I knew there was something.*

*Day six was incredible.*

*He created the whole world in one lightning swirl of creative genius.*

*It was remarkable, no one else could have done it.*

*It was so beautiful that He could have cried.*

*Then, on the seventh day, he did cry,*

*because having worked at such a brilliant pace, he saw there were flaws.*

*Little cracks amidst the perfection,*

*that would open, over time and be the cause of endless grief.*

*The little mirrors of himself contained the largest cracks,*

*from side to side, though they still dazzled like the sun.*

*Once created things could not be undone, even by God.*

*He trembled with helpless love for it,  
and glittered from the tears in his eyes.*

With love in Christ

**Deirdre**

Brandeston

Elders: Miss Eileen Leach 685298  
Mrs Mary Baker 685807

Churchwardens: Mrs Alison Molyneux 685244  
Mrs Mary Baker 685807

Kettleburgh

Elders: Mrs Jackie Clark 723623

Churchwardens: Mr John Bater 723532

**DIARY FOR APRIL 2016**  
**(for further details of each event see below diary)**

Friday 1 <sup>st</sup>	10.30am– 12	<u>Coffee Morning</u> at Kettleburgh Village Hall
Saturday 2 <sup>nd</sup>	7.30pm	<u>Kevin Duffy Band</u> at Brandeston Village Hall
Sunday 3 <sup>rd</sup>	6.30pm	<u>Phoenix Singers and Woodbridge Choral Society Concert</u> at Snape Maltings
Wednesday 6 <sup>th</sup>	7.15 for 7.30pm start	<u>Kettleburgh Annual Church Meeting</u> at St Andrew's Church
Thursday 7 <sup>th</sup>	10.00am	<u>Brandeston Coffee Morning, 100+ Club Draw</u> at Village Hall
Friday 8 <sup>th</sup>	7.30pm	<u>Brandeston Film Club</u> - "Sufragette"
Saturday 9 <sup>th</sup>	10am	<u>Volunteer Clean –up of Brandeston Village Hall &amp; Playing fields</u>
Wednesday 13 <sup>th</sup>	7.30pm	<u>Monewden Local History Society Talk</u> – "A Village in Wartime" by Sheila Wright, at Monewden Village Hall
Sunday 17 <sup>th</sup>	2pm	<u>Bowls Season starts</u> at Easton
Sunday 17 <sup>th</sup>	2.30pm	<u>Spring Concert</u> at Kettleburgh Church
Tuesday 19 <sup>th</sup>	7.15pm for 7.30pm start	<u>Kettleburgh Village Hall AGM</u> at the hall



## ST ANDREWS KETTLEBURGH ANNUAL CHURCH MEETINGS

St Andrews Church will hold its annual meetings this year on Wednesday 6 April at 7:30pm in church. The first meeting will be to elect churchwarden(s) and is open to anyone on the Kettleburgh civil electoral roll. The second meeting, the Annual Parochial Church Meeting, is open to all those on the churches electoral roll. Its purpose is to receive reports about the life and activities of the church in Kettleburgh and to elect officers to carry out the business of the church for the next year. All are welcome to attend. Refreshments will be served from 7:15pm.

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**BRANDESTON FILM CLUB** 2<sup>nd</sup> Friday of each month starting at 7.30pm at the village hall. Membership is £10 for the year

April 8th	<b>Suffragette</b>	The foot soldiers of the early feminist movement fight for women's right to vote.  Stars: Carey Mulligan, Anne-Marie Duff and Helena Bonham Carter
May 8th	<b>A Good Year (2006)</b>	A British investment broker inherits his uncle's chateau and vineyard in Provence, where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold.  Director: Ridley Scott Writers: Marc Klein (screenplay), Peter Mayle (novel)  Stars: Russell Crowe, Abbie Cornish, Albert Finney

## VILLAGE HALL VOLUNTEER CLEAN-UP – Saturday 9<sup>th</sup> April

Once a year we have a really good tidy up of Brandeston Village Hall and playing field. Jobs include cleaning the high lights in the main hall etc. inside as well as weeding and generally sprucing up the play areas on the recreation ground. Anyone who can spare an hour or so on Saturday 9th April the hall committee members will be there from 10 o'clock and would be pleased of your help.

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## MONEDDEN LOCAL HISTORY SOCIETY

Talks are held on the 2<sup>nd</sup> Wednesday of each month from Sept to April, at 7.30pm at Monewden Village Hall (next to the church). Visitors welcome £2.50.

April 13 <sup>th</sup>	<b>A village in Wartime</b>	Sheila Wright
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**Summer is coming!  
A new season is coming!  
New players wanted!**

Why not try playing **bowls at Easton?**

We play in the Woodbridge and Fynn Leagues.

We play Friendlies and Club competitions.

We are a small but friendly group of people and welcome newcomers. If you are new to the game, there will be the opportunity to get tuition from regular players.

We have super new facilities - a cosy clubhouse with a kitchen and toilet facilities also suitable for the disabled.

Our league games are played on weekday evenings and our open tournaments on three Sundays throughout the season. New this year is the Monday Pairs which will be played from 10.00 am on five Mondays in the season.

The green opens on **Sunday 17th April** at 2.00pm. Why not come along and give bowls a try or, for further information, contact Carol Rook on 746162. If you would like to arrange an alternative time to try the game, please contact Mike Cattermole on 01473 614845.

It really is good fun and not just for old people! Come and learn a new game and new skill!!

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**A Spring Concert**

(including music by Tartini-Jacob, Barber & Corelli)

given by

**Suffolk Strings**

(Leader: Wendy Brown)

with

**Chris Allen** (clarinet)

Conducted by

**GEOFF LAVERY**

**Sunday 17<sup>th</sup> April, 2016**

**at 2.30pm**

**St Andrew's Church, Kettleburgh**

**Admission free (retiring collection)**

*(tea and cakes will be served in the Village Hall after the concert)*

## **KETTLEBURGH VILLAGE HALL AGM**

Kettleburgh Village Hall Management Committee will hold its AGM on Tuesday 19 April at 7:30pm in the Village Hall. This meeting is open to all residents, so if you are interested in what has been happening in the Hall, and plans for its future, do come along to the meeting. Refreshments will be served from 7:15pm.

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### **Plant Heritage Suffolk Group Warmly invites you to a talk**

#### **'A Cornucopia of Fruit and Vegetables Grown Within the Walled Gardens at West Dean Gardens, West Sussex'**

by

**Sarah Wain**

Sarah has gardened in Australia and England for 40 years She has worked as Gardens Supervisor at West Dean Gardens with husband Jim Buckland since 1991

**Saturday 23rd April 2016 at 2.30pm  
Stowupland Village Hall IP14 4BQ**

Plant stall including rare and unusual plants  
Delicious refreshments available for purchase

Admission: Free to members

£5 entrance fee for non-members

**New members and non-members are most welcome**

[www.suffolkplantheritage.com](http://www.suffolkplantheritage.com)

NCCPG Reg. Charity 1004009

No need to book!

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## **THE ANNUAL RESIDENTS MEETING FOR KETTLEBURGH PARISH - Thursday 28<sup>th</sup> April**

There will be reports from the County, the District and from all local organisations and there will be discussions and democratic decisions made about village business.

Refreshments will be served in the hall from 7pm.

*Martin Sims*

## ADVANCE NOTICES

Sunday 1 <sup>st</sup> May		<b>Walk and Picnic for Rogation Sunday</b> – see below
Saturday 7 <sup>th</sup> May	2 – 4pm	<b>Easton May Fair</b> – see below
Sat 14 <sup>th</sup> & Sun 15 <sup>th</sup> May		<b>Bible Exhibition and Church Birthday</b> at Hacheston – see below
Saturday 14 <sup>th</sup> May		<b>Eastern Angles Performance</b> at Brandeston Village Hall – more details later
Saturday 21 <sup>st</sup> May		<b>Race Night.</b> Come along with friends to this special evening in Brandeston village hall. Lots of fun and laughter at the races. More details later.
Saturday 28 <sup>th</sup> May	3 – 5pm	The Rev. Deirdre West invites everyone to a <b>Benefice Garden Party</b> at Smokey House, Tunstall – more details next month
Sunday 29 <sup>th</sup> May		<b>Brandeston Tennis Court</b> The official opening of the new tennis court will take place on 29 <sup>th</sup> May with exhibition matches, coaching and fun for all the family. More details next month.
Monday 30 <sup>th</sup> May		<b>Autojumble</b> at Church Farm, Kettleburgh
Saturday 11 <sup>th</sup> June	4pm	<b>Kettleburgh Fete and Dog Show</b> at the Chequers
Saturday 18 <sup>th</sup> June		<b>Brandeston Village Fete</b> This will be held again this year in the grounds of the Queen’s head by kind permission of Alexander and Lillie. A date for the diary.
24 <sup>th</sup> June		<b>Cats Protection Coffee Morning</b> at Manly. Kettleburgh

### WALK AND PICNIC

**On 1<sup>st</sup> May, ROGATION SUNDAY**, the Benefice Holy Communion will be held at Hacheston starting at **11.00am**. It will be followed by a walk along the Ore Valley to Marlesford Church where we will enjoy a picnic in the churchyard (weather permitting) . Otherwise it will be in the Church. We hope many of you will join us, if you don't want to walk, then drive to Marlesford. Transport will be arranged for anyone who does not wish to walk back to Hacheston.

Please bring your own food, but tea, coffee and cold drinks will be available. For more information please contact **Kaye Dawe (746441)**, **Nan Waterfall (747038)** or **Carol Cooke (747625)**.

# MAY FAIR



Saturday 7th May

2 till 4 pm

Easton Village

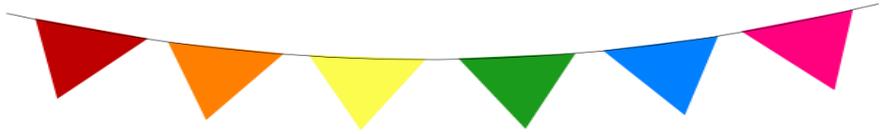
## **BIBLE EXHIBITION AND CHURCH BIRTHDAY.**

**Marlesford** is planning to hold a Bible Exhibition in conjunction with Pentecost over the weekend of **14<sup>th</sup>/15<sup>th</sup> May, 2016**. The exhibition will take place over Saturday/Sunday and on Sunday we will have a **Family Service with Holy Communion** to celebrate the Church's Birthday, and as many Children as possible will be involved in the Sunday celebrations. There will be a birthday cake after the service.

Therefore, we are asking all seven parishes in the Benefice to loan us Bibles for the weekend and to either mark a passage which is a favourite and/or a short explanation of why you love a particular passage or what your Bible means to you. We will receive the Bibles on the Saturday morning and the Church will be locked over Saturday night. We would also like to hear of any Children in the Benefice who might like to take part in the Service on Sunday. Can you please let either me (**747625** [cooke299@btinternet.com](mailto:cooke299@btinternet.com)) or Nan Waterfall (**747038** [nanwaterfall@gmail.com](mailto:nanwaterfall@gmail.com)) know if you are able to loan a Bible or have children who might like to be involved on the Sunday.

*Carol Cooke*

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# **KETTLEBURGH VILLAGE FETE**

**Saturday 11<sup>th</sup> June 4pm**

**The Chequers Garden**

All the usual attractions plus this year enter  
your pooch into the

**FUN DOG SHOW**



**CAT'S PROTECTION COFFEE MORNING** (*charity no. 203644*)

The annual coffee morning will be held at Manly, Kettleburgh on 24 June from 10:30am to noon. Guest Libby Purves, TV presenter, journalist, author, Mr Bill Clark will entertain again with his street organ which is much enjoyed.

*Kathleen Lusted*

## PAST EVENTS

### KETTLEBURGH GREEN TRUST LOTTERY

The results of March's KGT Lottery draw (held at the 'Chequers' are as follows:

1st Prize Jackie and Bill Clark

2nd Prize Sue and Trevor Jessop

*Trevor Jessop*

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### BRANDESTON 100+ CLUB

Results of March 100+ club draw:

£25 No 105 Helen & David Fletcher

£10 No 97 Jenny & Terry Robinson

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## NOTICES

### EARL SOHAM ALLOTMENT & LEISURE GARDENERS ASSOCIATION



Are you interested in having an allotment to grow your own fruit, vegetables and flowers. It is hard work cultivating a plot and those who take it on realise it is not easy but eating what you grow at the end of a busy day is like winning the lottery!

Come and join us, we have space. Quarter, half or full plot, from as little as £11.25 per annum including membership of the Association  
Contact Mavis Kerridge 01728 685700

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### KETTLEBURGH ALLOTMENTS

If you are interested in a Kettleburgh allotment, near the village hall, please contact Mark Hill on 01728 723415.

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### CAN YOU HELP?

Would you be willing to provide the altar flowers at Kettleburgh for two weeks once or twice a year. Our band of volunteers is diminishing and we could do with some new

recruits. If you are willing to help or would like to know more please contact Claire Norman 01728 724372 or [auntclaire@btinternet.com](mailto:auntclaire@btinternet.com)

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## **KETTLEBURGH VILLAGE GREEN NEWS**

### **Trustee vacancies**

The three trustees of the Kettleburgh Green Trust perform a key role in the management of the green ensuring financial stability of the trust for today and the future. However it is not a huge time commitment as the trustees and fundraising committee only need to meet face to face a few times a year. Many of the decisions made can be done via email or on the phone.

Two of the existing trustees would like to step down and therefore we have vacancies. If you would like more information about becoming a trustee and making a real difference to your community, please contact Caroline Wheeler-Rowe, [kgtchair@wheeler-rowe.com](mailto:kgtchair@wheeler-rowe.com) or 01473 609385 (day).

### **Planting**

You may have noticed that we have planted some stripling hedging plants in the rather untidy bed next to the Church Road entrance to the green. A working party of volunteers braved the cold and mud in February to do some planting and hopefully we should have a more attractive bed in the future. The plants are all good for wildlife providing cover for birds and small mammals. Thanks to The Conservation Volunteers and OVO Energy I Dig Trees programme for providing the plants free of charge.

### **Booking your holiday?**

Did you know that whenever you shop online, be it for a hat or a holiday, packed lunches or pencil cases, you could be raising a free donation for Kettleburgh Green Trust at no extra cost to you?

Simply sign up for free at [easyfundraising.org.uk](http://easyfundraising.org.uk) - it's as easy as 1, 2, 3! All you have to do is:

1. **Go to** <http://www.easyfundraising.org.uk/causes/kgt>
2. **Sign up** for free
3. **Get shopping** - your donations will be collected by easyfundraising and automatically sent to Kettleburgh Green Trust. It couldn't be easier!

There are no catches or hidden charges and Kettleburgh Green Trust will be really grateful for your donations.

Thank you for your support.

Keep in touch with us by liking us on Facebook, following us on Twitter @kgtchair.

Caroline Wheeler-Rowe  
Treasurer and Fundraising Committee Chair  
Kettleburgh Green Trust  
Registered Charity 1110467

kgtchair@wheeler-rowe.com  
[www.kettleburgh.onesuffolk.net/KGT](http://www.kettleburgh.onesuffolk.net/KGT)

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## **DO YOU ENJOY SINGING? CAN YOU PLAY THE PIANO/ORGAN?**

### **If so, your church choir needs you!**

We are very fortunate in this benefice. While a lot of churches have lost their choirs, we haven't. But it's pretty safe bet that once a church loses its music, it won't get it back again. So in order to ensure that we keep ours, we can always do with more singers and players.

So, if you can sing in tune, how about joining the benefice choir? You do not need to be able to read music (but, of course, it helps if you can!!). The commitment is not all that great. We always sing on the first Sunday of each month in one of the seven churches in rotation. When there is a fifth Sunday, we sing then – again on a rotation basis around each church. There is also the odd 'extra' on special occasions. We practice in Parham on Thursdays – 6.30 to 7.30 except on the Thursday before any Sunday when we are 'on', when the practice then takes place in the relevant church.

If you don't want to sing but can play the piano, would you consider joining the dedicated but small group of accompanists who play for the choir at the practices?

While some of our churches have a 'resident organist', not all of them do and there are times when it is difficult to find anyone who is free to stand in. So if you can play the organ, how about giving that a go?

If you can help in any way, please ring **Michael Dawe** on **746441** or e mail him.

[a.m.dawe@btinternet.com](mailto:a.m.dawe@btinternet.com)

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**'A Great Cloud of Witnesses'** Mark Cazalet, the artist in residence at the Cathedral has been commissioned to create 153 life size oil paintings of heads, not so much formal portraits, more a collage of colour and shape, all of which are building up to be the great the 'great cloud of Suffolk witnesses'. Mine is number 30, and was painted recently after I responded to the open invitation in the East Anglican. During the 45 minute session in a temporary studio high up in the North transept choir gallery, with all the life and sounds of the Cathedral going on below, you sit with Mark in silent meditation, with an empty third chair left for Christ to join you, only as Mark prays, he is producing a version of you in oils, which when complete, goes down stairs to hang on the walls of the Edmund chapel until All Saints Day.

I was sometimes aware of the smell of oil, or the scratch of a brush, but it was an uncommon luxury for your hardworking priest to have a whole 30 minutes to contemplate in silence and without interruption. One of the sessions of our Lent course sessions offered the chance to practice using silent prayer, and in an attempt to persuade you to try meditation for yourself, I can only say that I found the experience with Mark Cazalet to be profound, spiritual, and very moving. Knowing yourself being observed in prayer

should have been uncomfortable, but wasn't. I found myself, my thoughts and prayers directed to the empty chair, and the feeling of heaven was very close indeed, if that doesn't sound too fanciful, and it was, perhaps the most intimate prayer time I have had in a long while. The time passed in a flash, and I stayed afterwards to enjoy choral Evensong watching the golden light of late afternoon streaming through the west window, and hearing the choir practice at a distance. All in all an experience I would urge you to try, and as an added bonus the food in the Pilgrims Kitchen is so much improved over what used to be offered in the Refectory, they even have leather sofa's if you just want pot of tea or bowl of homemade soup.

There are both morning and afternoon slots so you could easily combine this treat with some shopping in Bury and lunch with a friend, you can book this experience, and there are still slots available for later in the year, by contacting Jayne Whitman in the Cathedral Office on 01284 748722

*Deirdre*

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### **NEW ORGAN AT HACHESTON**

The 'new organ', built by Cedric Arnold in 1955, was given to the church as a gift by Hamish Everitt from West Suffolk. It came from a disused congregational church in Wethersfield, West Suffolk, which Hamish purchased to turn into a house. In return he took away parts of our old organ to use in the construction of a staircase. The organ was installed in All Saints Church, Hacheston, in August last year with some final tweaking done on 5<sup>th</sup> February this year. It has been blessed by Deirdre and played for services on numerous occasions by Geoff Lavery and Graeme Hall and others.

We now plan to have an inaugural recital by the distinguished former Norwich Cathedral organist, Dr. Michael Nicholas, on Sunday April 17<sup>th</sup> at 4.00pm. This recital of 40 minutes will be followed by tea, coffee, cake and something stronger. There is no entry charge but hopefully a voluntary donation (however small). All are welcome and we hope you will come and enjoy this short recital.

*Graeme*

*Hall*

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### **ST ELIZABETH HOSPICE WILLS MONTH**

St Elizabeth Hospice's Wills Month returns in May and the local charity is inviting you to make or amend your Will at a reduced cost.

Throughout May, local solicitors will generously offer their time and expertise free of charge to provide a number of appointments for anyone to make or amend their Will at a reduced cost, in return for a suggested donation to St Elizabeth Hospice.

St Elizabeth Hospice is extremely grateful to the solicitors and will writers who have generously offered to give up their time and expertise. Taking part in Wills month are; Attwells; Prettys Solicitors; Watkins, Stewart & Ross; Ross Coates Solicitors; Wills Plan Ltd; Haywards Solicitors; Fairweather Stephenson & Co; Blocks Solicitors; and Bates Wells & Braithwaite.

Having an up to date Will is also important to ensure the people and charities you care about are looked after in the future.

Felicity Rook, St Elizabeth Hospice's Head of Fundraising, said: "Last year we raised over £5,000 through our Wills month and we hope that more people will take the opportunity to make their Will at a reduced cost this May, whilst supporting the work of the hospice by making a donation.

"We are hugely grateful to the local solicitors and financial advisor offering their time free of charge to support the hospice.

"Leaving a gift to the Hospice in your Will is a great way to ensure that we can continue to make a difference not only now, but in the future."

You can make or amend a basic Will, joint or mirror Will or Codicil an existing Will.

Appointments will need to be booked in advance.

Find out more about Wills month and booking an appointment at

[www.stelizabethhospice.org.uk/willsmoth](http://www.stelizabethhospice.org.uk/willsmoth)

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## **ST ELIZABETH HOSPICE LAUNCHES BRAND NEW FROTHY, FAMILY FUN EVENT**

This summer St Elizabeth Hospice is introducing a brand new bubbly event, Bubble Rush. Bubble Rush is a fantastic, family, fun-filled event which anyone of any age can take part in.

Participants, or 'Bubblers', can run, walk or even dance along the 5km route. The fabulously, frothy event features five 'bubble stations' with bubble cannons which blasts participants with crazy-coloured bubbles, covering you in safe, frothy foam! Each station jets out different coloured bubbles which also have a scent to go with their colour and unique music to listen to as you make your way along the route.

Participants will all receive a free white T-shirt to wear on the course and medal at the end. Merchandise stalls will be selling tutus, sun glasses, wigs and wings.

This sponsored event will take place on **Sunday 28 August** at Christchurch Park and is open to all age groups and abilities – so bring along your family, friends and colleagues and get bubblicious!

Sign up now at [www.stelizabethhospice.org.uk/bubblerrush](http://www.stelizabethhospice.org.uk/bubblerrush)

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## VILLAGE WEBSITES

For up-to-date information about your village, visit these websites:

[www.brandeston.net](http://www.brandeston.net)

[www.kettleburgh.suffolk.gov.uk](http://www.kettleburgh.suffolk.gov.uk)

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## MAGAZINE ARTICLES

Please send, deliver or e-mail any contributions for the magazine by 15<sup>th</sup> of each month to:

Mrs Val Butcher, Woodlands, Church Road, Kettleburgh, IP13 7LF

or e-mail [valerie.butcher@talk21.com](mailto:valerie.butcher@talk21.com), tel: 724777.

Please send e-mails in Microsoft Word format, or jpg for pictures/scans.

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## Covers

Thank you very much to **Janet Weston** who is providing regular drawings for our magazine cover.

If anyone else would like to draw a cover sometime, you are very welcome too.

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## CHURCH CLEANING

### Brandeston

3<sup>rd</sup> Ruth Garratt and Mary Baker  
10<sup>th</sup> Christine and Colin Matthews  
17<sup>th</sup> Julia Elson and Kelly Jeffery  
24<sup>th</sup> Jane Mitchell and Louise Paget  
1<sup>st</sup> May Helen Fletcher and Karren Piper

### Kettleburgh

Fay Clarke  
Claire Norman  
Anne Bater  
Pat Peck  
Val Butcher

## CHURCH FLOWERS

3<sup>rd</sup> Eve Crane  
10<sup>th</sup> Helen Saxton  
17<sup>th</sup> Ruth Garratt  
24<sup>th</sup> Jackie Hounsell  
1<sup>st</sup> May Alison Molyneux

Anne Bater  
Claire Norman  
Claire Norman  
Claire Norman  
Pat Peck

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## HISTORY CORNER

### **Superstitions and cures for complaints.**

In the 19th Cent, a Suffolk clergyman collected the following "remedies" for common complaints and had them published in The East Anglian Miscellany.

Warts. Allow a slug or snail to crawl over the wart and then bury the creature in a bed of manure or impale it on a thorn. As the snail dries up, so the wart will disappear. (Many people today agree that mind over matter helps and my parents knew of an old lady who could "charm" warts.)

Rheumatics are relieved by carrying in the pocket of his trousers, 4 moles feet!

Toothache. Carry in your pocket a hazel nut with two kernels or, sleep with your left stocking on!

Whooping cough. To cure this put in a small muslim bag, as many large spiders as the patient has years. Hold the bag in the mouth for a few moments then hang it on the head of the bed for the remainder of the night.

I am sure that many of you have heard of cures passed down through families which are sworn to work. My Mum made up a bread poultice, applied hot, to "draw" a boil. My wife remembers her bronchial step father being wrapped in a "thermogene" vest which was like cotton wool smelling strongly of menthol. One of the most common was dipping your feet in the contents of the "pot" to cure chilblains, and, before you ask, I have never had a chilblain in my life!

Perhaps the strangest story the good gentleman came across concerned a small boy who stabbed himself with a pitchfork. The wound was slight and had been dressed. At tea time, a servant brought a message from the coachman saying "Please tell Master Willie that the place will heal up soon because I have greased the pitchfork and hung it up so that keep bright till the wound mend."

Another little lad broke his thigh but couldn't understand why as he had never killed a robin.

When many people denigrate our wonderful National Health Service and talk about "The good old days" we should realise how far medicine has come. Thank goodness most "goesunders" have disappeared from our homes, or if not, probably hold flowers!

Peter Driver