

"Our cooking utensils were heavy iron ovens and pots suspended in the open fireplace on cranes. All cooking was done by the open fire places which were eight to ten feet long. I never saw a cooking stove until I was an old woman".

Speaking of the diet of her early days, Mrs. McCool said, "We had few sweets. We knew how to bake pumpkin, potato and fruit pies which for the most part were sweetened with molasses or brown sugar made at home. Pork and bread were the great staples of diet, Fresh vegetables and fruits were abundant in season, but canning and preserving were unknown".

"Dried fruits, dried vegetables, dried beef and wild game relieved the monotonous diet of hog meat and corn bread during the long winter months. Dried string beans were known as 'leather breeches' and soft peaches mashed thoroughly and dried on a plank in the sun were 'peach leather'. Beets, pumpkins, beans, peas..... fine white clay were sometimes used for face powder".

"Smoking pipes was common among women a hundred years ago, and they all used home grown tobacco, perfumed with fig leaves. Pipes were made of cobs or clay. Adulterations for tobacco were unknown.

"Doctors were scarce a hundred years ago, because there was so little demand for them. People were healthy. They lived simple natural lives, and worked mostly in the out-of-doors. Preachers did not preach-they merely exhorted, but never-the-less did much good".

"People as I recall them in my early life were sociable, lived plainly, were neighborly, practiced democracy. There were no clans or cliques".

A thing for which Mrs. McCool is most thankful on her one hundredth Thanksgiving is her "ability to worship according to the dictates of my conscience, free from disturbance or molestation. I am thankful for the long life that my Heavenly Father has given me on this earth, and I'm looking forward to an endless one over yonder".

Asked the secret of her long life, Mrs. McCool said, "Moderation; nothing in excess when it comes to eating, drinking and smoking. When I played, I played hard; when I worked I didn't play at all. I've tried always to think new thoughts, throw off old habits, and never fear age".

(Mrs. T. M. Lee).