



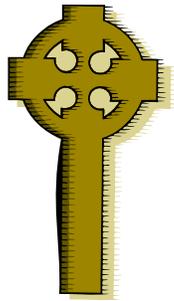
Hidden in the Heather

Daughters of Scotia, Desert Thistle Lodge, Scottsdale, Arizona July 2007

Charlotte Bleh Schulz/McIntosh

The Lord's my herd, I sall nocht want.
Whaur green the gresses grow sall be
my fauld. He caas
me aye
whaur fresh sweet
burnies rowe.

He gars my saul be blyth
aince mair
that wandert was frae
hame,
and leads me on the
straucht smaa gait
for sake o' His ain name.



Tho I suld gang the glen o mirk
I'd grue for nae mischance,
Thou bydes wi me, Thy kent and cruik
maks aye my sustenance.

Thou spreids ane brod and gies me meat
whaur aa my faes may view.
Thou sains my heid wi uylie owre
and pours my cogie fou.

Nou seil and kindliness sall gae
throu aa my days wi' me,
and I sall wone in God's ain hous
at hame eternallie.

(Douglas Young, A Clear Voice: Douglas Young, Poet and Polymath 1976)

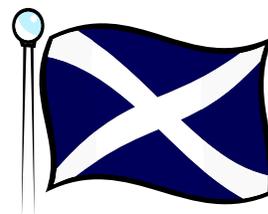
A Parcel of Rogues in a Nation Robert Burns (1759-1796)

Since America's celebration of the Declaration of Independence is the fourth of this month, I've been thinking of what to include in this edition that would bring to mind our fierce Scottish independence and the many years of struggle we have had to maintain our freedom, especially from the English. The Union of the Crowns, following the death of Elizabeth I of England and the ascension of her Scottish nephew, James VIth of Scotland (son of Mary, Queen of Scots) in 1603 resulted in one monarch for the two countries. A little more than a century later the union of the English and the Scottish parliaments in 1707 was extremely unpopular among ordinary Scots (most of whom did not have the vote) because the Scots parliament was dissolved, although we did retain some important elements which supported our identity as a separate nation. Bribery was involved in bringing about some Scottish votes, that Parcel of Rogues in a Nation, that some of us have long remembered. But we have our Parliament again, the Stone of Scone is back in Scotland, and if there be rogues in our Parliament, to quote Sir Walter Scott, we can "aye peeble them wi' stones" if we have them under our control here in Scotland.

**Fareweel to a' our Scottish fame,
Fareweel our ancient glory!
Fareweel ev'n to the Scottish name,
Sae famed in martial story!
Now Sark rins over Solway sands,
An' Tweed rins to the ocean,
To mark where England's province stands -
Such a parcel of rogues in a nation!**

**What force or guile could not subdue
Thro' many warlike ages
Is wrought now by a coward few
For hireling traitor's wages.
The English steel we could disdain,
Secure in valour's station;
But English gold has been our bane --
Such a parcel of rogues in a nation!**

**O, would, or I had seen the day,
That Treason thus could sell us,
My auld grey head had lien in clay
Wi' Bruce and loyal Wallace!
But pith and power, till my last hour
I'll mak this declaration: -
"We're bought and sold for English gold' -
Such a parcel of rogues in a nation!**



Scots Wha Hae Call this war by whatever name you may, only call it not an American rebellion; it is nothing more or less than a Scotch Irish Presbyterian rebellion. (*Anonymous Hession officer, 1778, quoted in "How the Scots Invented the Modern World, The True Story of How Western Europe's Pporest Nation Created Our World & Everything in It. Arthur Herman, Three Rivers Press, 2001)*



Elsie Inglis (1864-1916) was born in India of Scottish parents and lived there until her father retired in 1878 and returned with his family to live in Edinburgh. She studied medicine at the Edinburgh School of Medicine for Women and also received training at Glasgow Royal Infirmary. Dr. Inglis also established a maternity hospital that was staffed entirely by women. In 1925, the Elsie Inglis Memorial Maternity Hospital was established in her honor not far from Holyrood House and operated until 1988.

Committed to the rights of women and suffrage, Dr. Inglis was active in organizing the Scottish Women's Suffrage Federation. March 28th, 1917, the Qualification of Women Act was passed which gave the right to vote to women who were over thirty, were homeowners or the wives of homeowners, or rented property for which they could pay an annual rent of 5 pounds, or were graduates of British universities. Women were not granted the right to vote in the United Kingdom on the same terms as men until 1925.

When the Great War, or the War to End all Wars, or World War I broke out in 1914, Dr. Inglis suggested that women should be permitted to serve as nurses and physicians.

Even faced with the opposition of the War Office, Dr. Inglis, leading the Scottish

Women's Hospitals Committee sent the first women's medical unit to France three months after the War began. By 1915, the Scottish Women's Hospital Unit had established a 200 bed hospital in the 13th Century Royaumont Abbey. Dr Inglis later took women's medical units to Serbia, Corsica, Salonika, Romania, Russia and Malta. In 1915 she was captured during an by the Austrians in 1915 but later released. The remarkable work of Dr Elsie Inglis was unfortunately cut short in 1916 when she was taken ill in Russia and forced to return to the United Kingdom, where she died in the day after her arrival on 25th November at Newcastle Upon Tyne.

(Charlotte will have more information about the history of women's suffrage in Scotland during Desert Thistle Lodge's July meeting)

The Spurtle

Last month we had Solid Weight Conversions from British Imperial weights to European Metric. Here are some more conversions which may be helpful when working with Scottish recipes. In August, I'll add "Gas Mark" conversions. When I was in "Domestic Science" classes in Senior Secondary, we used marks and not temperatures when baking.

Teaspoons t. or tsp.	Tablespoons T. or Tbsp.	Cups c.	Fluid Ounces fl. oz.	Milliliters ml
tsp.	1 Tbsp.		½ Oz.	15 ml
6 tsp.	2 Tbsp.	1/8	1 Oz.	30 ml
12 tsp.	4 Tbsp.	¼	2 Oz.	50 ml
16 tsp.		1/3		75 ml
18 tsp.	6 Tbsp.		3 Oz.	
24 tsp.	8 Tbsp.	1/2	4 Oz.	125 ml
30 tsp.	10 Tbsp.		5 Oz.	
32 tsp.		2/3		150 ml
36 tsp.	12 Tbsp.	¾	6 Oz.	175 ml
48 tsp.	16 Tbsp.	1	8 Oz. ½ Pint	250 ml
		2	16 Oz. 1 Pint	500 ml
		4	32 Oz. 2 Pints 1 Quart	1 liter

A wee bitty mair: A dash or a pinch is less than 1/8th teaspoon – I usually just sprinkle into my recipes just what I can gather up with my thumb and forefinger;

For oven temperatures:

225F = 105C = 1 / 4 Gas Mark = Very Cool

250F = 120C = 1 / 2 Gas Mark

275F = 130C = 1 Gas Mark = Cool

300F = 150C = 2 Gas Mark

325F = 165C = 3 Gas Mark = Very moderate

375F = 190C = 5 Gas Mark

400F = 200C = 6 Gas Mark = Moderately hot

425F = 220C = 7 Gas Mark = Hot

450F = 230C = 8 Gas Mark

475F = 245C = 9 Gas Mark = Very hot

Finally, as it says on the spoon my Granny gave me when I got married, "Kissin' don't last, Cookin' do."

And The Last Word Goes To? You – please feel free to contact me about this newsletter, trips to Scotland, or anything that might be *HIDDEN IN THE HEATHER* at jeatsax1@msn.com or by mail to 5254 West Redfield Road, Glendale, AZ 85306