

The Cochrane Heritage

Volume 12

Winter

December 1999



From the Pipes of the High Commissioner

Dear Clan Members:

I hadn't been to the Stone Mountain GA Games in probably 10 years. I was pleasantly surprised as to how many people remembered me.

We had a general meeting at these Games and this gave me the opportunity of meeting members of Clan Cochrane who I have only talked to on the phone or via email. I was able to put faces with the voices. It was a good meeting. Members verbalized a lot of enthusiasm for our organization. The only person at Stone Mountain that I had met face to face was Laurie Clarkston. She is the Treasurer. We have been to various games across Virginia. Cynthia Scheuer, our Genealogist and I have been talking for years on the phone and it was good to have finally met her. I owe a lot to these two ladies. The three of us have kept this organization going. People come and go and they still come and go but these two ladies have stuck through it all. I have a feeling the bug has bitten our new Commissioners, Dwight in Georgia and Kay in South Carolina. They all showed a great degree of enthusiasm.

We talked about changes. We are setting up for the next century. I am one of those people who believe the century begins in 2001, so we have plenty of time. In keeping with the pulse of the planet we are looking to see about sending the newsletter out over email. Those of you, who are not computer literate, don't fret. You can opt to get a hard copy via snail mail. I am one of those people who want a hard copy. I have a lot of pictures and information downloaded in my computer but I can't figure out how to access it.

If you are looking for a copy of "The Fighting Cochranes", the Earl of Dundonald, our Chief, has them for \$30.00 each. You may find another person in Nevada selling the books, but they are \$50.00. I'm frugal; I'd go to the Chief.

Yours Aye

Michael

CLAN COCHRANE DROPPED AS SEPT OF CLAN DONALD!!!

One of the more interesting results of the Stone Mountain Games in Georgia was the information by Carlisle Simon, Commissioner for Clan Donald in Tennessee, was that Clan Cochrane has been dropped as a Sept of Clan Donald!

This was good news for me. I have been fighting for independence from Clan Donald for as long as I can remember. The information has always been there. It's just a matter of the right people getting the right information. I have no doubt that we will still be considered a part of Clan Donald until they finally wake up. This is a start.

Let me give you the information from the top. The Lord Lyon is the Queens representative for all the Clans. I wrote him for clarification and he wrote back "this would appear to be an appropriate step to take." He continues that he is not in a position to confirm this because he could not possibly be aware of all the Septs of the various Clans. The 15th Earl of Dundonald, who is our Chief, makes it clear that we are descended from Scandinavian seafarers. The earliest use of the name is 1262. For those who are history buffs you will know the Vikings, Norsemen invaded and settled in England, Scotland and Ireland. They were the terror of the times. IN 1140 Somerled came over from Ireland and the Danish (Norsemen, Vikings, and Scandinavians) were assimilated. This is what happened to us.

I have always maintained that Clan Donald have claimed us as a Sept because of a family of MacEachern's on fleeing the Campbell's moved to the Lowlands and changed their name to Cochrane. This was in the 17th century. We had already been well documented in the history books by that time. My reference is "Clan Septs and Regiments of the Scottish Highlands" by Frank Adams, page 314. This information is under "Septs of Clan Donald". Don't be confused; some Cochrane's are MacEacherns; they are not likely you. They are certainly not related to the Earl of Dundonald or to myself.

BIOGRAPHIES OF NOTABLE AMERICANS, 1904

The Source for these Biographies is: *The Twentieth Century Biographical Dictionary of Notable Americans*

Vol. II – COCHRAN, Charles Fremont, representative, was born in Kirksville, MO Sept. 27, 1848. He removed to Atchison, Kansas in 1860, and there acquired his education in the common schools. He was admitted to the bar and engaged in the practice of law and also in newspaper work. He was prosecuting attorney of Atchison County, Kansas and returned to Missouri in 1885, settling in St. Joseph. He was a state senator and a Democratic representative in Congress from 1897 to 1905.

Vol. II – Cochran, David Henry, educator, was born in Springville, NY, July 5, 1828; son of Samuel and Catherine (Gallop) Cochran; grandson of Samuel Cochran; and a descendant of a Scottish refugee who settled in Londonderry, Ireland, and thence immigrated to Vermont, U.S.A. He was from a Scot Clan which Dundonald and Admiral Cochrane of the British Navy have made famous. Catherine Gallop was a descendant, on the maternal side, of a Huguenot refugee, who met Cochran on shipboard. After arriving in America they were married and located in northern Vermont.

David was graduated at Hamilton College A.B. 1850, A.M. 1853, and was a teacher in the Clinton Liberal Institute 1850-51. He was afterward principal of the Fredonia Academy, 1852-54; professor of Natural Science in the New York State Normal College, Albany, 1854-55; and president of that institution from 1855 until 1864, when he accepted the presidency of the Brooklyn Collegiate and Polytechnic Institute. As the head of the State Normal College he made extended mineral researches throughout the far west and into the northwestern British Provinces. He also visited Europe in 1862 to study educational methods and reported his observations to the executive committee of the normal school. His success as educator was illustrated in the rapid and permanent growth of the Brooklyn Collegiate and Polytechnic Institute which was incorporated as an academy in 1854, enlarged to a college of technical and liberal arts in 1870 and chartered and incorporated as the Polytechnic Institute of Brooklyn in 1889. In 1896-97 it included the academy with six-year preparatory course, the institute with technical and collegiate courses with degrees B.A. and B. S., and post-graduate year for degrees of Civil and Electrical Engineer. The reference and study library embraced over 10,000 volumes. The institute had fifty instructors and 719 students. Dr. Cochran was the originator of the plan of Regents' examination, adopted by the board, drawn up the same and presented it to Chancellor Pruyn. At one period over one thousand of his former pupils were engaged in teaching. He resigned the presidency of the Polytechnic Institute of Brooklyn in March 1899. The regents of the University of the State of New York conferred him the degree of Ph.D. in 1862, and Hamilton College, of which he was a trustee from 1875, gave him a degree of LL.D. in 1869.

This will be continued in the next newsletter.

BOOKS AVAILABLE FOR COCHRAN RESEARCH!!!

Early Cochran Marriages 1699-1900, Vol. 1 by Larry and Cynthia Cochran Scheuer, Scheuer Publications, 1989; 91 pages; \$23.50 plus shipping.

Review by Everton Publishers that appeared in the *Genealogical Helper*.

Early Cochran Marriages 1699-1899 (includes various spellings). This book is the culmination of three years of arduous researching through more than 1500 United States Counties and numerous counties of England, Scotland, Ireland, and Wales. The authors have also searched many family, Bible and other records, and welcome any additional information on COCHRAN's. Marriages were actually found in about 900 counties and these are indexed in the first section of the book. Rather than divisions by bride and groom, this marriage book has a COCHRAN section and a section for the spouses. Information given includes surnames, given names, state, county, marriage date (if known) and other information such as maiden name of bride (if this is a second marriage). (What they didn't include in this article was that also the last column is spelling in the record if other than COCHRAN was used).

Chronicles of the Cochrans by Ida Cochran Houghton

This two volume set is by Ida Cochran Houghton. The first volume was published in 1915 and the second in 1925. These books tell the story of the COCHRANS from their beginning in Scotland to when some went to Ireland and finally settling in the United States. This is a great research tool for anyone tracing COCHRAN's. They mainly trace the lines from "Honest" Robert Cochran of Chester County, PA to his descendants who went west. They also list information on some OH, VA, TN, KY, etc., COCHRAN'S. Reprinted for use as a research tool only! Cost is \$20.00 plus shipping. Book rate takes 3 to 4 weeks. Order from Scheuer Publications, 722 E. Center St., Warsaw, IN 46580-3322.

Note: 2010 Order from:

Cynthia Cochran Jones

6260 Keith Bridge Rd.

Gainesville, GA 30506-3906

Email: cmsj27ga@bellsouth.net

For information on prices as costs have gone up as copy costs and postage costs have risen.

SCOTTISH ATTIRE



Sketch by Linda Byrd - from "The Scots Sketchbook"
published by Smoke & Fire Co www.smoke-fire.com

This gentleman is dressed in the traditional "Feileadh Mor" – The Great Kilt or Belted Plaid. Made of one piece of material, approximately 9 yards (18 feet) long by 6 feet wide it is hand pleated over his belt each time he puts it on. The excess above the belt is fastened to the shoulder by means of a broach or pin. (In earlier times it was tied up with a ribbon to the shoulder instead of a broach). He wears a sturdy jacket made of heavy wool and the shirt beneath is of cotton. His bonnet has a red band around it – a pre-runner to eh diced band of today. In his kilt he carries his "sgain dubh", or black knife.

CHRISTMAS WALK

By Laurie Clarkston

Saturday, December 4, 1999 on a beautiful crisp, but not too cold morning, Clan Cochrane gathered to march in the annual Christmas Walk Parade in Alexandria, Virginia. I have a very active imagination. When I see the Clans standing together by their designated slot on the road talking among themselves and shouting greetings to other clans, it reminds me of a scene in the movie *Highlander* when the "McLeods" were waiting on the field of battle for the "Frazers" to show up. Now it is hard to compare fighting a battle to a parade lineup, but squint your eyes together, and just watch for a minute or two. It's the excitement of the event! Well, that is what I see for a quick moment. This was the 29th parade and it is highlighted as one of the events in the Washington D.C. area to see.

MEMBERSHIP RENEWAL TIME!!

It is that time again.....renewal of your membership. Enclosed you will find a renewal form. Please fill it out and mail to the address on the back of the sheet. Also note that the price of membership has increased to \$20.00 per year. Send Check or US money orders only. No Cash!

ARE YOU MOVING???

Well, don't forget to take Clan Cochrane with you!! Several members have moved over the last year, and forgot to send me a change of address. The post office does not always forward the newsletters. Please remember to fill out those "Change of Address" cards, you can get them free from any Post Office. And the best part is, you only have to pay the cost of a postcard stamp. Mail your changes to: Laurie Clarkson, 503 Ronnie Court, Spotsylvania, VA 22553 or email to: garadh@erols.com.

SCOTTISH KILT MAKERS CLASH OVER PLEATS AND PRINTS

By Caroline Bryne, Associated Press Writer

LONDON (AP) – Scotland's kilt makers are waring over the creation of a standards agency to regulate the tartan trade, which has grown steadily since Mel Gibson donned a kilt for the 1995 movie *Braveheart*. The Scottish Kilt Makers Association is drawing up guidelines to ensure the Highland Kilts swing with uniform cut and quality. Rules governing everything from the type of stitching to a standard number of pleats.

There are now more than 1,000 types of tartans, with the average kilt selling for above \$480.00. Quality control is in everyone's interest, said Ian Chisholm, operator of Chisholm's Highland Dress in Inverness, Scotland, and a founding member of the new association. Membership is to be voluntary and Highland manufacturers will have their products policed by a former kilt inspector for the Ministry of Defense, the regulatory body for Scotland's traditional dress, Chisholm said. But some of Scotland's largest kilt makers question why they should submit centuries-old practices to the secretary of a new agency. Others fear if they don't customers will assume their product inferior. "We already have our own in-house assessor, and after all of our hard work the last thing we need is someone else from an independent body coming in to pass judgment," Said David Sutherland, operations manager for Hector Russell Kilt Makers, which manufactures kilts for the British Army's Highland Regiments.

Sutherland scoffed at suggestions that a standard kilt should have 29 pleats – one of the association's new rules. "There is no standard. It depends on the tartan and size of the customer." He said, "That strikes us as complete nonsense." Students at the Keith Kilt School in Keith, Scotland, are so incensed that they're meeting Nov. 26 to decide how to counter the association. Keith students spend one year learning to hand stitch, machine stitch and pleat kilts before they are granted a Scottish Qualification Authority Award, approved by the Scottish Kilt Authority.

"We've got a group that are less trained than my graduates and they are suggesting – that unless you are a representative of their association you must be a cowboy," said school

administrator Blair McNaughton. McNaughton estimates that kilt sales in Scotland have reached \$80 million a year. (Stuart Morrison of Clan Morrison forwarded this article).

THE AMERICAN EMMIGRANT WALL OF HONOR WEBSITE
ELLIS ISLAND FOUNDATION

Very interesting website!!!! Search your family names to see if they came through Ellis Island! And more (links, etc). HYPERLINK: www.wallofhonor.com

CONTEMPORARY COCHRANES
By Laurie Clarkston

Ruth Catlin is one of those members who made up her mind to get involved with Clan Cochrane and had been going strong ever since. When she goes to a festival, she is a real "Go Getter" in recruiting for Clan Cochrane. You can find Ruth at the Strawberry Hill Games, Richmond, VA in October and I think she has decided to make the Christmas Walk in Alexandria, VA a regular family event.

Ruth Cochran Catlin

She was born in 1941 in Farmville, VA where her father, Bob Catlin was City Manager.

Ruth's maternal great-grandfather was the Hon. Solomon W. Cochran of Union City, TN, a judge of the Circuit Court and by special appointment to the State Supreme Court. He represented Obion and Lake Counties in the legislature and was appointed Brigadier-General by Gov. Harris in 1861. Solomon Cochran was a descendant of John Cochran, one of the early settlers of Blandford, MA and his wife Rhoda Ferguson, great-granddaughter of Walter Stewart.

Ruth is a Certified Personnel Consultant (CPC) with a thirty-year career in executive recruiting. Ruth is with Recruiting Resources in Midlothian, VA.

She has a 38-year old daughter, Laura, and a grandson, Hunter who is 11. Her younger daughter, Ashley died at age 23 of cancer. Ruth has been a member of Clan Cochrane for about 4 years. She enjoys her work so much it should be listed as a "hobby" along with doing other things with family members, reading, and trying to attend as many Scottish events as possible.

Don't forget to email your bios to Laurie Clarkston at garadh@erols.com

STONE MOUNTAIN HIGHLAND GAMES MEETING NOTES
By Jewell D. Cochran

October 16, 1999

At 4:00 p.m. on Saturday we held the first (for all of us) Clan Cochrane family meeting. The purpose was for us to discuss what is currently happening with the Clan, and where we would like to be in the future.

In attendance was Michael Cochran (Lt. to the Chief for North America); Dwight Cochran (GA Commissioner) and myself; Kay Shepherd (SC Commissioner) and her daughter, Angela; John Cochran; Rob and Laura Cochran, Tyler and Pat Cochran, Laurie Clarkston (Membership/Treasurer), and Cynthia Cochran Scheuer (Clan Genealogist).

Michael led us off with a brief history of our Clan in North America. He was appointed Chieftain about ten years ago by the 14th Earl of Dundonald, who has since been succeeded by his son, Ian Alexander Blair Cochran, 15th Earl of Dundonald. It was interesting to find out that Clan Cochrane in North America started in Georgia. Michael's philosophy is that "everybody" in our Clan has a voice. He

is excited to get more people involved in their genealogy, and feels one of the main objectives is to get people in touch with their family heritage.

One of the things we discussed is membership. We have decided to raise the annual fee to \$20.00, which is more in line with most of the other Clans we have spoken to. This \$5.00 increase (the first increase in over 8 years) will be in effect January 2000. The main purpose is to help defray the cost of publishing and mailing out the newsletters. Right now, Laurie and Cynthia are paying many costs "out of pocket" in order to keep the information from lapsing due to lack of funds. The treasury currently has about \$100.00 in it, and another newsletter is planned for the end of the year (this one).

The concern was also expressed that those members hosting tents are paying everything on their own. Dwight pointed out "it is our choice to do this, and our contribution to help spread the word about Clan Cochrane, we expect no reimbursement," Michael stated he hopes some day we will have the funds to assist Clan members with these things whenever possible, and applauded efforts of all members willing to continue to do so.

Pros and cons were discussed for the increase in membership fees. We want our members to feel like they are getting something in return for their fee. It was decided that if the member joined in the last six months of the year, the fee would be only \$15.00 instead of \$20.00. Various fund raising ideas were discussed. Ken Cochran had provided us with great golf-style shirts that have the Clan Cochrane badge embroidered on the front, as well as matching baseball caps. He is sharing the proceeds of the sales made this weekend with the Clan. We did have Clan Badges for sale at these games with the proceeds going to the Clan. Pat is checking on the possibility of having some T-shirts silk-screened to sell. Cynthia has also said she would donate part of the proceeds of any book orders she made from this weekend. Tyler made a great suggestion to put information on our website about the items we offer for sale.

The newsletter in general was discussed. We will try to put a list of Clan "needs" in the newsletter. Cynthia is definitely working on one more issue for this year, and gave us a deadline of December 1 to get information to her. It has also been suggested that with the onset of email, some members might elect to receive their newsletter information by email. Since not everyone has email access, we considered adding a line on the membership form asking if the person would be interested in receiving the newsletter via email instead of regular mail.

It was suggested that the web page be expanded to include a Message Board (which it has) as well as more information on upcoming Games and meetings the Clan may be involved in. Guy Cochrane has done an excellent job creating and maintaining our web page, and has asked for suggestions on where we would like to expand it.

Angela Shepherd pointed out that the key to successful growth is communication, and that the web page was an excellent place to implement that. We also reiterated that Commissioners need to keep in contact with members in their areas.

One of the things we would like to have is funds for is trophies and awards at Games around the country, such as for Athletic or Dance Competitions, Clan Spirit, The Kilted Mile, etc. This idea was greeted with enthusiasm, and Commissioners were encouraged to investigate further.

It was further suggested that a new position of Corresponding Secretary be created. No decision was made at this time.

The meeting was adjourned at 5:15 p.m.

Clan Cochrane webpage: www.clancochrane.org

FLOWERS OF THE FOREST
Cynthia Cochran Scheuer

I want to take this space to remember our loved ones who have become a Flower in the Forest. I was sent the following poem and want to dedicate it to the memory of all who have crossed our paths and are now gone from us. I hope it is of comfort to all was it was to me.

DO NOT WEEP, I DID NOT DIE

Do not stand at my grave and weep
I am not there, I do not sleep
I'm a thousand winds that blow
I'm a diamond glint on the snow
I'm the gentle rain,
When you awaken in the morning hush
I'm the swift uplifting rush
Of quiet birds in circled flight
I'm the soft stars that shine in the night
Do not stand at my grave and cry
I'm not there. I did not die.

I received this from a lady in New Zealand two days after Larry's death and it was a great comfort to me. I have read it many times this last year.

CLAN COCHRANE PHOTOS
STONE MOUNTAIN GAMES
By Cynthia Cochran Scheuer

I have been told I am dangerous with a camera!!! I think after Stone Mountain members of Clan Cochrane would agree! Stone Mountain Scottish Highland Games was my first time attending a Scottish Festival. I was amazed at all the Clans and the different Tartans.

I was very glad to have finally met Michael and Laurie as I have talked on the phone numerous times over the past years as Genealogist and Newsletter Editor/Publisher for the Clan. And to spend 2 days with them was a pleasure for me. And getting to meet Dwight and Jewell Cochran and Kay Shepherd was a bonus for me!!!! They are all terrific people!

I also met several people that stopped by the tent to find out about their heritage and they were amazed at what I told them about their ancestors and were able to sign up a few new members for the Clan. Of course I always enjoy talking about the Cochran(e)'s and their heritage as I am sure Michael and Laurie can tell you!!

To be able to walk among all the Clan tents and talk to the different ones that I descend from was mind boggling to say the least. The Bruce, Scott, Galbreath, Elliott, Stewart, Henderson, Blair, just to name a few. But I am a Cochran by birth so that is where my biggest loyalty is.

The highlight of the entire weekend for me was two fold – the first being able to be a part of the Parade of Tartans. Wow I have never seen so many Clans in one place as there was on the field at the end of the march standing with Clan Cochrane was a great honor for me!!! And the 2nd was being a part of the whole weekend with such wonderful people as Michael, Laurie, Kay, Dwight, Jewell, and of

course, Kay's son, Michael. He was a pleasure to have around. Thank you Michael for you for all your help.

And I need to thank Dwight and Jewell for inviting me to their home on Sunday night to spend the night with them. Oh what lovely people we have as GA Commissioners! That was above and beyond the call of duty. Note: had it not been for their invitation I would have had to spend the entire evening and night at the Airport in Atlanta as my plane didn't leave until Monday morning to return to Indianapolis.

And now on the next few pages my photo's of the Stone Mountain Scottish Highland Games.



Laurie Clarkston and Michael Hartley Getting the tent ready



Michael Hartley, Cynthia Cochran Scheuer, Dwight Cochrane



Finishing Touches on the Tent



Discussing Cochrane ancestry with visitors



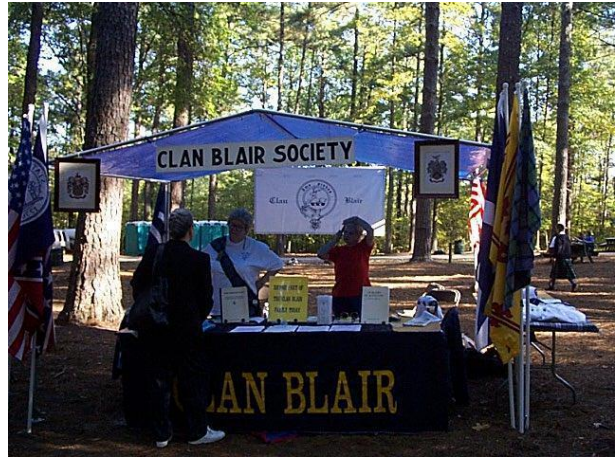
Clan Cochrane Tent



Michael Hartley with Beth Gay of the Odom Library



Michael Cochrane, Kay Shepherd, and Beth Gay
discussing the Odom Library



We were right beside Clan Blair!



Jewell Cochran and Michael Hartley



A few of the Clan Tents



Taking a much needed break!!!



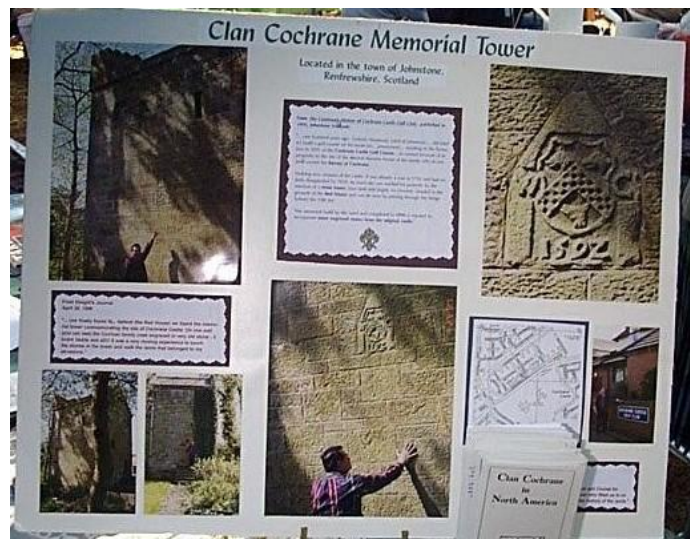
More Clan Tents!



Even More Clan Tents!



Michael and Cynthia



This display was done by Dwight and Jewell Cochran
Pictures and History of the Cochrane Tower in Scotland



The Clan Representatives: Michael, Dwight, Cynthia, Jewell, and Laurie

FOLKLORE by Laurie Clarkston

Violets and Pansies: Winter is upon us with the expectations of the holiday joy, family gatherings, and the expected dread of unpredictable weather. This time of the year most of us have put our gardens “to bed” (a term used to cut back dead plants, add mulch to winterize and wait for signs of Spring!). Those of you who can garden all year long are in great envy of those of us who can’t. But then again, we get the spectacular Fall colors with the leaves changing, and we don’t have to weed all year round. So, there is a trade off of sorts. That is a big plus even if I do not like the winters here in Virginia. But, have no fear; you can still have a bright patch of bright colors to get you through the dark days of Winter. Every Fall, homeowners and gardeners alike swarm garden centers for plants that will extend our seasons of color. There are Chrysanthemums (Mums) that lead the Fall Parade of Color. Each plant has hundreds and hundreds of flowers and today’s varieties produce a large selection of colors to choose from! Chrysanthemums are showy, but they usually are gone before the first frost hits. Hellebores’ (also known as Christmas Roses and Lenten Roses) add such quiet grace to any shady garden spot that they are worth the investment. These natives of NE Greece, Turkey, and Soviet Georgia are hardy to 15 degrees C and still bloom. Leaves will die off around 10 degrees C. So there are two varieties to choose from so far, but the true garden champion is the Viola. They are also known as Violet, Viola, Pansy, Johnny Jump-ups, Heartease, and Ladies Delight. The Gaelic name for Pansy is “Spog na cubhaig” meaning “heart’s ease”, and for viola is “drail chrach” meaning “field bowl”. I have read that there are now more than 800 varieties of Viola. And, they are grown everywhere!

Here are a few native varieties: *Viola arizonica* (Arizona), *Viola applachiensis* (Appalachian), *Viola arvensis* field pansy (European wild pansy), *Viola beckwithii* ssp. *Glabrata* (Western Pansy), *Viola Californica* (California), *Viola canina* ssp. (Montana heath dog violet), *Viola Floridana* (Florida violet), *Viola palustris* var. *palustris* (Marsh violet), *Viola labradorica* Schrank (native of Arctic North America, south of New Hampshire, Colorado, and California), *Viola blanda* Wild (Sweet White Violet native of Quebec, New England, west to Minnesota, and south of N. Georgia in the mountains), *Viola Canadensis* var. *Canadensis* (Canadian White Violet), and *Viola Canadensis* var. *rugulosa* (Canadian creeping root violet), *Viola lutea* Hudson (native of W. Europe, from Scotland and Ireland to Spain and east to Switzerland), *Viola herderacea* (Australian Navie Violet), and a real Virginia Native; *Viola pedatal*, Bird’s Foot Violet (native of New York to Wisconsin, south to Florida and E. Texas). How can you resist these garden gems? Their colors vary from white to bold blues, purples, raspberry, reds, oranges, gold, yellow, pastels, Tri-colors, and there is a variety called “Penny Black” and flowers are a rich black color. They grow to heights of 12 inches. Space them at a time of planting about 10 inches. Although pansies are considered annuals, they are biannual with the attitude of a perennial. Fertilize during the growing season. They can be propagated by seed or cutting. They perform best during hot weather. Rich soil and plenty of moisture is needed for the production of large flowers. Remove spent flowers to keep your planting blooming. And if your area is still mild during the winter, you may be blessed with a continuation of color from Fall to Spring.

Some of the varieties found today can be credited to the fierce competitions between Scottish and English gardeners. For years they would compete against each other for the best flower or variety of pansy or violas.

According to Culpepper’s *Complete Herbal*, printed in 1653, violas were used to reduce fevers, and inflammation to the eyes. The dried leaves or flowers were used to make a purge if it was feared you were coming down with cholera. The flowers were used to treat pleurisy, all diseases of the lungs, and hoarseness of the throat, back pains, bladder, the liver and jaundice. The flowers of violets were used as

laxative, the roots and stems as a purgative. The leaves were used along with other herbs to make salves and poultices to inflammations and swellings, and applied externally.

On a happier note, fresh violets coated with very fine sugar were treats for children. Candied violets have been eaten as sweets since medieval times. The leaves can be eaten as a type of wild spinach, and the flowers can be used in salads and desserts. Young leaves fried and eaten with orange or lemon juice and sugar made an agreeable herbaceous dish.

Violets can also be used in a recipe for skin treatment. Take a handful of Borage flowers, rose petals, lavender flowers, sage, and violets crushed in a cupful of fresh cream and adding the yolk of an egg for dry skin or the whipped white for oily skin, apply to your face, relax for 15 minutes, then rinse off with tepid water.

In the Language of Flowers, the pansy is for Thoughts, blue Violets for Faithfulness; Dame Violet for Watchfulness; Sweet Violet for Modesty, and the Yellow Violet for Rural Happiness. To dream of violets is said to devote advancement of life. The three petals of the Viola Tricolor (Johnny Jump-up) were thought to be representative of the Christian doctrine of the Trinity, and was sometimes called the "herb trinity".

Now you would think after reading all this that violas are the darling of the garden, but they too come with their superstitions. If roses and violets bloom in autumn, it is a sign that some epidemic will follow in the coming year.

Violet crowns are said to cure headache, bring sleep, and calm anger. According to the doctrine of Signatures, pansy leaves, which are heart shaped, were used to cure a broken heart!

Violets, lavender, apple blossoms, yarrow, and roses are mixed together to create love potions. The leaf is protection from all evil. German and Scottish folktales called pansies stepmother, the large flower petal is the mother, the two large petals to either side of her are the well-dressed daughters, and the two small upper petals are the poor step-daughters.

I hope your holidays this season are filled with friends, family, laughter, and your own folklore traditions.