

JOLLY FIVE FUDGE CAKE

1c. sugar	2 Tbsp. cocoa
¼ c. melted shortening	1 egg, well beaten
dash of salt	1 tsp. baking soda
1½ c. sifted flour	1 tsp. vanilla
½ c. boiling water	½ sour milk


Combine sugar and cocoa; stir in melted shortening. Add beaten egg and mix well. Add baking soda to sour milk and stir to dissolve. Add this milk mixture alternately with the flour and salt. Stir in water and vanilla. Stir until smooth. Pour into prepared pan and bake in 350° oven for 30 minutes. - **Ellena Fredette**

This recipe was originally printed in the Owl's Head Grange Cook Book 1939, but only listed the ingredients. This was typical of that era as most experienced cooks intuitively knew how to mix them together. The baking instructions above were found in another cookbook under a like recipe and reviewed by our homemaking staff.)

Mainstay Inn

From 1915-1920, Effie Dyer, Ellena Fredette's mother, took in boarders and cooked their meals in her home, the "Mainstay." Ellena grew up there and remembers that many of the boarders came from Waltham, Massachusetts. They traveled to Rockland by train or boat and were met by "Uncle Jim" Mullins or Ella Hare in their horse and buggy. Among the workers employed by Effie were Grace Heard, Dot Whalen, and Marion Dyer Harvey (Effie's daughter and Maurice Harvey__ the mailman's mother). Effie served "everything" from lobsters and clams, to steak and chicken. "There were garden vegetables, white cakes, chocolate cakes, and pies, just everything," recalls Ellena a bit wistfully.

From the book.. Rest Stops in Owl's Head Her Inns, Restaurants and Boarding Houses Since 1800 -
by Carol Walker (reprinted with permission)



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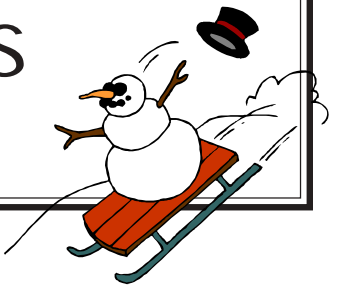
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Mussel Ridge News

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Remembering Ellena



Owls Head will never be the same without Ellena Fredette (1911-2010). In recognition of her service to this town, we would like to dedicate this newsletter to her. She will always be remembered for her positive influence she had on everyone she ever met... neighbors, friends, and family. Her smile and the love she showered on those she came in contact with and cared for, will live on in our hearts and memories for many years to come. She would have celebrated her 100th birthday this month. She was an amazing woman, being a caregiver to "elderly" folks at 99!

Even though she lived in several Knox County towns while caring for others, Ellena Fredette was always passionate about her town, Owl's Head. She was born at Ash Point, February 17, 1911 and was the youngest of four children of Linwood and Effie Witham Dyer. Educated in local schools, she was a graduate of Rockland High School, Class of 1928.

In 1930, she married the love of her life, Alfred Fredette and they lived at the Dyer homestead, 'Mainstay' at Ash Point. In earlier years, Ellena worked as a bookkeeper with Rackliff & Witham Lobster Company in Rockland and over time worked in most of the area's sardine factories, once demonstrating sardine packing at the Rockland Lobster Festival.

Ellena was long interested in civic affairs and politics and devoted her life to helping others both publically and quietly behind the scenes. For more than 25 years, she served as Town Clerk for Owl's Head and was later administrator at The Talbot Home in Rockland. She was a founding member, the first Lecturer and Past Matron of the Owl's Head Grange, and a member of the Order of the Eastern Star in Rockland.

Ellena was always an advocate for causes and people. For example when the Maine Lobstermen's Association was taken to court in 1957 for anti-trust violations in urging lobstermen to "tie up" when the lobster price dropped to 30 cents a pound, she worked tirelessly on their behalf, including urging the Grange to have a supper to raise funds on their behalf. She often advocated on behalf of those not able to do so with local, state and federal agencies and brightened many lives with a box of fudge.



Please read the Article on the Mainstay Inn which was run by her mother in the early 1900's. Also you will find a recipe of hers that was published in the Grange Cookbook in 1939. (See back page of newsletter)

Ellena Fredette on the left

I DIDN'T KNOW THAT !

A snow flakes fall at about 18 mph. Hail falls at about 96 mph. The various particles of smoke and dust in the atmosphere create resistance against the kite like snow flakes, but hail collects those particles in it's layers of ice, which give it even greater mass and weight. One hailstone was recorded at 2.2 lbs.

A rule of thumb: It takes ten inches of light powdery snow or five inches of heavy, wet snow to melt down for an inch of water

Ever heard of Ice Cocks? They were horseshoes with sharp prongs long enough to give the horse good grip on snow or wet ice, yet not so long as to cause foot and leg trouble when stabled on a wooden floor. The change over each Fall and Spring kept the blacksmith busy and the gossip moving.

LOOKING FOR: The Mussle Ridge Historical Society is in need of old doors and windows, (with the wavy glass), to replace the ones in our Old Homestead on Ash Pt. Drive. The house is a Cape Cod style from the late 1790s or very early 1800s. . If you know of any place where we might find these, please e-mail us at: history@musselridge.org or telephone, 207-596-6879. Thank you.

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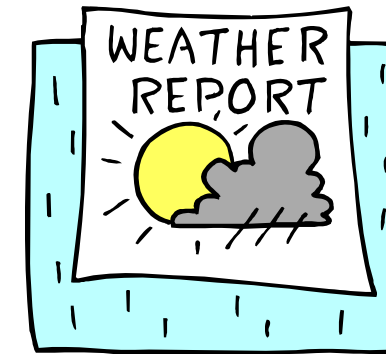
I would like to join or learn more about the Mussel Ridge Historical Society. Please contact me.
 I am interested in volunteering in the following areas
 Restoring Homestead Writing Research Fundraising
 One Room Schoolhouses Preserving the Grange Hall
 I have items that I would like to share or donate or stories to tell. Please contact me.
 I have enclosed a tax deductible donation. (Please note if you would like it used for something specific)

Please mail to the MRHS, Linda Christie, Treasurer, PO Box 133, Owl's Head, ME 04854.

GRAMMY WAS WEATHER WISE

Before we had satellites in outer space and Doppler Radar on the ground to provide us computerized minute by minute forecasting, just how accurate were those little rhymes and axioms the old timers used to predict their weather? Does **“A Ring around the moon tell a storm coming soon”**? Or how about that old saw, **“Red sky at night, a sailor’s delight. Red sky in morning, sailors take warning”**?

To fully explain how this works would require too much space in this newsletter. A condensed version reads thus. Light waves, (think colors), are scattered when colliding with smoke particles, water droplets, dust, etc. in the atmosphere. Blue and violet rays are scattered when confronted with the gasses in the air while the red rays, require heavier particles to be detoured. When the sun or moon appears to be at the horizon, as in sunrise or sunset, the light waves have traveled the farthest distance to reach the observer. All blue and violet rays have been eliminated leaving, under specific weather conditions, the orange and red light waves to be viewed. Below are other axioms that have proven to be very reliable.



“Mare’s tails and mackerel sky: not long wet, not long dry”. It was explained when we see those wispy, cotton candy like clouds, they could be indicators of continued fair weather. But, if they begin to resemble long hair in the wind, (“mare’s tails”), and then immediately thicken and form into gray stripes, (“mackerel sky”), we can expect an intermittent light rain within twenty-four hours.

“The cows are down!” The old folks kept a close eye on animal behavior as predictors of changing weather. Approximately a half-hour before heavy weather arrives, your pets may become nervous and want to come in and hide. Pastured animals will lay down with their butts toward the approaching storm. Sea birds will rest on the water or fly inland. Likewise, the birds that had been at your feeder all day will take shelter in the thickest shrubs on your property. If they don’t, expect light showers. By now, the air has a distinct scent of moisture. Time to roll up the truck windows and cover your wood pile.

“When rain comes quick, it’ll go quick”. This suggests we can estimate how long the inclement weather will be with us by observing the speed of it’s approach. If it creeps into our area and seems to be dreary for some time before the precipitation arrives, then it will take at least that long for it to depart. On the other hand, if we see a squall scudding toward us, it’s being driven by a gust of wind. This storm will likely be a brief downpour; possibly a period of thunder and lightening and then clearing. And there will be strong winds on the trailing edge of the storm.

“West is best & East is least”, reminds us to be continuously aware of the wind direction. The clearest, coolest, driest breeze comes from the west. These conditions were most desirable for sailing downeast. The hurricanes of summer and blizzards in winter come out of the east.

Another excellent indicator of improving weather is to observe how birds fly when leaving the shrubs. Short spurts close to the ground indicate you’re still in a low pressure system. To soar high and wide birds need the higher barometric pressure associated with good weather. If a storm brings physical sluggishness, then it stands to reason any improvement in the weather brings on vitality and energy. Just ask Grammy. Her rheumatism, too, is a reliable indicator of changing weather.


Weather watching is an ancient practice that goes all the way back to the days of cave men. It could be a worthwhile endeavor, possibly life saving, to observe and learn to predict the local weather.

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