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P.1 Born Brigsteer, 1927.

Attended school at Helsington, Sunday School at Hollin Crag Chapel,

Underbarrow.

Approx. 40-50 pupils at Helsington. Two classes. Teachers.

- P. 2 Garage at Bridgend sold toffees, petrol and bikes.
 Left school at 13. Father suffered from farmers' lung.
 Brother worked in the woods but helped on farm at busy times; coppicing, felling, etc.
 Brother served in Burma during war; lived at Underbarrow; worked for council and Pennington's quarry.
 Home Guard platoons at Levens and Underbarrow.
- P. 3 Damson orchards, apples, strawberries.
 Travel to Stramongate market with horse and cart; butter market.
 Father supplied Leightons (grocers) with produce; rest sold on market in Kendal.
 Butter factory in Kendal.
- P. 4 Fell running, going to the pictures, birds '-nesting. Dances at Levens and Underbarrow.

 Met wife at hunt ball at Cautley.
- P. 4/5 Sizergh estate given to National Trust 1941; farms owned by the estate
- P. 5 Shoots; pheasants; gamekeepers; wild partridge. Corncrakes.
- P. 6 Compulsory ploughing by horse and cart in wartime about twenty acres out of sixty.

 In bad harvests sheaves fed to hens.

 Keeping pigs. Father used to go round pig-killing.

 Smoking chamber at Park End used for smoking bacon and beef.
- P. 7 Inside the smoking chimney.

 Peat fire. Taking of peat to level a field.

 Building a peat fire.
- P. 8 Cutting and drying peat.
 Peat carted to Kendal 1700s and 1800s ten a penny.
 Boundaries Levens/Brigsteer/Helsington.
- P. 9 Bronze spear head found in peat bed now in Kendal Museum. Chariot wheel found near Whitbarrow.

 Birch rails laid to make firm foundation through peat moss. Staked body found on Underbarrow peat moss; re-buried at Underbarrow.

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- P. 10 No wood allowed from Sizergh estate.
 Fallow and red deer on Whitbarrow.
 Hunting foxes by Ullswater pack with John Bowman.
 In late 1800s one fox finished at Mardale. Men followed on foot, had drinks at Dun Bull.
- P. 11 Walter Parkin, Orton, became Lunesdale huntsman 1945-ish. Kennels in Orton, then at Woodhouse, Sedbergh. Roman drains in Lyth Valley made from birch trees hollowed out.
- P11/12 Speet drains how they were made.
- P. 12 River diverting. Tidal up to Brigsteer and beyond.

 Blue clay at Brigsteer making drains with it. Some clay used for sealing coffins and lining mill dams.

 Brigsteer Mill, Crosthwaite Mill.
- P.13 Brigsteer Mill was wool mill, then used for corn.
 Two springs fed the dams.
 Lead mines above the Wheatsheaf.
 Huge tap near mill dam supplied water in dry times; key kept at the mill.