



## Virtual: Naumkeag Settlers to Salem Shippers Classroom Resource Guide

The House of the Seven Gables is pleased to offer this classroom resource guide. We hope it helps to prepare you and your students for the virtual *Naumkeag Settlers to Salem Shippers* program. Our staff strongly encourage you to use the included activities and information to make the program a more meaningful learning experience for all involved.

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### **Description of Program**

Along with a 3D virtual tour of The House of the Seven Gables, students are introduced to the daily lives of three colonial children; Jehoden Palfrey, the young daughter of an early Naumkeag (Salem) settler; John Turner II, whose father built The House of the Seven Gables in 1668; and Joan Sullivan, an Irish indentured servant. Students will engage with The Gables Historical Interpreter through hands-on activities, short videos and discussions to learn about colonial food preparation, carding wool and colonial games.

## Background Information: The Naumkeag People

Before European settlers arrived on this land, the Native Americans were here. They called this area Naumkeag, which means “good fishing” or “fishing place.” These shores were used as a summer place for the tribe. This meant that during the summer months the tribe would live here, but during the winter they would leave the area to live further inland, away from the ocean.

The Naumkeag people were living on this land when the Europeans arrived, and their descendants still live in the area today.

## Background Information: European Colonizers

Roger Conant and a group of about 20 English settlers, arrived on Naumkeag land in 1626. Conant and his people established a fishing station and hoped to later establish a larger plantation. Salem Harbor, which brought the Naumkeag people to the shore every summer, supplied their food needs by provided **codfish**. The settlers also dried and salted the codfish to trade with England.

Governor John Winthrop arrived in 1630. He brought with him additional settlers, as well as the first official charter of the Massachusetts Bay Colony. Winthrop shifted the colony’s center to Boston, which soon became the seat of government.

These new settlers sought religious freedom. They were known as Puritans because they wanted to simplify the creeds and ceremonies of the church and followed strict religious discipline. Salem’s Puritans differed from the Plymouth “**Pilgrims**,” who left England for complete religious separation from the Church of England.

Before the end of the 1600s the tiny fishing village had grown into the thickly-settled, bustling seaport town known as Salem. Wealthy merchants along the eastern shores of colonial America, like the Turners who built The House of the Seven Gables, had established the Atlantic Trade with **England** and the **West Indies**. This led to Salem becoming a vibrant shipping community by the 1670’s.

## Vocabulary List

- **Bodice** – a laced outer garment similar to a vest worn by women and girls in the seventeenth century
- **Breeches** – loose-fitting, below-the-knee length pants worn by men and boys in the seventeenth century
- **Card** – a wire-toothed brush used to disentangle fibers, like wool, before spinning into yarn (**Carding** is the act of brushing the tangled wool)
- **Chamber** – a room
- **Chamber pot** – a container used as a toilet at night
- **Codfish** – a type of large, non-oily fish plentiful in New England and easily dried for preservation. Cod was one of the first products exported from Massachusetts to other parts of the world.
- **Coif** – a close-fitting cap worn on the head by women and girls in the seventeenth century
- **Doublet** – a garment similar to a close-fitting, short coat worn by men and boys in the seventeenth century
- **Fish flakes** – racks for drying fish outdoors
- **Hall** – the main room in a 17<sup>th</sup> century house
- **Herb** – plant used as flavoring, as medicine, or for fragrance
- **Hose** – long, heavy stockings worn by both women and men, girls and boys in the seventeenth century
- **Indenture** – period of time, usually seven years long, during which a person was required to work for his or her master. Indentured servants were different from slaves because they might eventually become free. Many people in the seventeenth century became indentured servants to pay for their voyage to the Colonies.
- **Mortar and pestle** – a vessel and tool used for crushing/grinding substances like spices or herbs
- **Pelt** – the skin of an animal with the fur/hair still on it
- **Samp** – cooked cornmeal mush, similar in consistency to oatmeal or cream of wheat
- **Teague** – three-handled mug
- **Ticking** – the woven cotton or linen fabric covering of a mattress or pillow

## About the Characters:

**Jehoden Palfrey** was born in 1628, Jehoden was the daughter of Edith and Peter Palfrey, one of the original settlers who arrived with Roger Conant in 1626. Jehoden's name, like the names of many Puritan children, comes from the Bible (*Jehoaddan*, the mother of King Amaziah, is mentioned in II Kings 14:2 and II Chronicles 25:1). Young girls, like Jehoden, wore a jacket-like top called a **bodice**, a long skirt, and an undergarment called a **shift**. Her hair would be covered by a cap called a **coif**. When it was cold out, she would wear layers of **petticoats** and a cloak to keep warm. Jehoden would have gathered **herbs** from her family's garden, which could be used to flavor their food, add a fresh scent to the house, and as medicine. All the family's medicine came from the garden and knowing how to make medicine was very important to keeping the family healthy. Along with gathering herbs from the garden, Jehoden had other chores around the house, such as turning the codfish on the **fish flakes**, or drying racks, and making meals.

**John Turner II** was born September 12, 1671, to John and Elizabeth Turner, he was heir to one of the largest fortunes in Salem. We assume he was born in the house now known as The House of the Seven Gables, built by his father in 1668. John Turner II lived in the house with his three sisters and the family's servants. John Turner I was a successful merchant trading dried fish and sugar in the West Indies. The value of his estate, which included goods, warehouses, houses, land and ships, was equivalent to a millionaire's fortune today. John Turner II slept in his bed **chamber** on a mattress **ticking** filled with soft wool, unlike most people's, which was filled with straw. Tight ropes underneath supported the mattress. Young boys under seven wore dresses, but once John Turner II got older, he started wearing adult clothes, like **hose**, **breeches**, shirt, vest, and **doublet**. John Turner II followed in his father's footsteps. He also lived in The House of the Seven Gables, served in the military and took an active role in the civic affairs of his day.

**Joan Sullivan** was the Turner's indentured servant and lived with the family in the Mansion. Her parents needed money, so they sold her **indenture**, meaning her father arranged for Joan to sail to the colonies from their home in Ireland to work for the Turners for a few years. The Turners did not pay Joan for her work, but instead gave her a place to live and provide for her needs. Joan's life was very hard. Unlike John Turner II, who had a wool mattress, Joan had a straw one and she would have woken up when the sun rose to start her chores. In the morning she would have put on her **petticoats**, skirt, **bodice**, and **coif** before building the fire in the kitchen. She would then make **samp** for the Turners' breakfast. Joan would slice the bread while the samp was cooking and then serve the Turners' and clean up once they were finished. After cleaning the dishes, Joan would tidy the chambers, empty the **chamber pots**, sweep the floors, and begin **carding** wool to prepare for John's mother to spin it into thread.

## Virtual Program: At-Home Material List

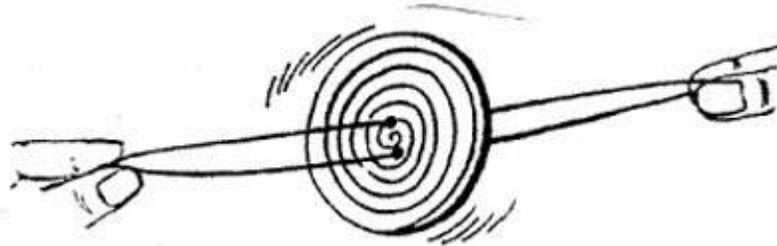
Students should have their materials close by at the beginning of the program.

- Abridged Tour of The House of the Seven Gables
  - Paper
  - Pencil
  - Vocabulary list
- Carding Wool
  - Cotton ball
  - One or two (clean) hairbrushes/combs
- Food Preparation
  - Small amount of spices in separate bowls or Ziplock bags
  - Salt
  - Cinnamon
  - Nutmeg
  - Ginger
  - Brown Sugar

## After Virtual Field Trip Activities Part 1: Toys

### How to Make a Whirling Toy

- Materials:
  - 3 pieces of heavy paper cut into large circles (cardboard would also work)
  - Glue stick
  - Heavy thread or fine string (about 4-ft long)
  - Scissors
  - Markers
- Directions:
  - Glue together your identically sized paper circles.
  - Use the markers to make designs on your circles.
  - Use the scissors to poke two holes in the center, about two inches apart.
  - Put one end of the string through each hole and tie the two ends together and move your circle to the middle of the string.
  - Use a circular motion with both hands going in the same direction to “wind up” the button on the thread. Once the button is wound up properly, you can keep it going by pulling the ends of the thread gently. Watch it re-wind itself



### How to Make a Ball and Cup Toy

- Materials:
  - Paper or plastic cup
  - Small wooden or rubber ball
  - Tape or heavy-duty glue
  - String
- Directions:
  - Attach one end of the string to the bottom of the cup and the other end to the ball.
  - Hold cup by the middle and try to get the ball into the cup by only moving the cup.

### How to Make a Jacob's Ladder Toy (parent supervision required)

- Materials:
  - Poster board
  - Scissors or exacto-knife
  - Glue stick
  - 3 pieces of 30in string or ribbon
- Directions:
  - Cut posterboard into 14 rectangles (3in x 2in each)
  - Pair rectangles face to face and glue, so you have 7 thick rectangles

- Lay out your rectangles short end to short end about ½in apart
- Take the first rectangle and tape the 3 strings to one short end. Position the strings so the two outerstrings are on one side and the middle string is on the other
- Continue to glue the strings to the short ends of the other rectangles, making sure to alternate string positions so the middle string is always opposite the two outer ones

## **After Virtual Field Trip Activities Part 2: Food**

### **How to Make Somp**

- Recipe:
  - 2 cups cornmeal
  - 4 cups boiling water
  - Sugar or brown sugar
  - Spices (ginger, cinnamon, ginger, nutmeg)
- Instructions:
  - Bring water to a boil in a saucepan
  - Stir in cornmeal and let simmer until soft and water is absorbed (about 10 minutes)
  - Put in a bowl and add sugar and spices to taste