

Porridge  
for  
 Parkinson's

**Peas porridge hot ..**

In old days, Scots cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while -hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

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There was an **old woman of Norwich,**

Who lived upon nothing but porridge;

Parading the town,

She turned cloak into gown,

The thrifty old woman of Norwich.

*Anonymous*

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***There was an old woman,***  
Who lived in a shoe;  
She had so many children,  
She didn't know what to do.  
She crumm'd 'em some PORRIDGE  
Without any bread;  
And she borrowed a beetle, and she  
knocked 'em all on the head.  
Then out went the old woman to  
bespeak 'em a coffin  
And when she came back she found  
'em all a-loffing.

*Mother Goose (17th-18th century)*

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**"He receives comfort like cold  
porridge."**

*Attribution: William Shakespeare (1564-  
1616) in The Tempest, act 2, sc. 1, l. 10-11  
(1623)*

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***Porridge Anagram:***

Rearranging the letters of 'Porridge'  
gives: Dire prog

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**"Save your breath to cool your  
porridge"**

*Attribution: The Banquet of the Seven Wise  
men. 14 Plutarch (D 46? – AD c. 120)*

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***Porridge Education.***

"Sometimes when a knowledgeable chap is told that he must have a college education, he says 'no; I had a porridge education' meaning that he was brought up in the Scottish manner, that it was little more than porridge and "educated" by some heavy-handed village domininie"

*Partridge's Concise Dictionary of Slang and Unconventional English*

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***lob-lol-ly***

*n. pl. lob-lol-lies*  
*Chiefly Southern U.S. A mudhole; a mire.*

Loblolly is a combination of lob, probably an onomatopoeia for the thick heavy bubbling of cooking porridge, and lolly, an old British dialect word for "broth, soup, or any other food boiled in a pot." Thus, lolloolly originally denoted thick porridge or gruel, especially that eaten by sailors onboard ship. In the southern United States, the word is used to mean "a mudhole; a mire," a sense derived from an allusion to the consistency of porridge.

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***brose***

\Brose\, n. [CF. Gael. brothas. Cf. Brewis, Broth.]

Pottage made by pouring some boiling liquid on meal (esp. oatmeal), and stirring it. It is called beef brose, water brose, etc., according to the name of the liquid (beef broth, hot water, etc.) used. [Scott.]

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***bur·goo***

Pronunciation Key (bûrg, br-g)  
n. pl. bur·goos

Any of several thick stews, originally an oatmeal porridge.

A spicy stew made of poultry, game, other meats, and vegetables, usually cooked outdoors. A picnic featuring such a stew.