

Cocoa was bought from the person in the neighbourhood who processed the beans and formed the sticks of cocoa.

Someone making cocoa tea would grate the stick of cocoa and put it to melt in a pan together with grated nutmeg and cinnamon and bay leaf . They would have to stand and watch the pan because the cocoa would boil up in the pan and could boil over . Each time it would rise up, they would have to pour some cold water to cool it down until all it was all melted .

Country people had coconut milk as well as cow's milk. Town people used to get cow's milk from Morne Prosper, Trafalgar or Grandbay . Children used to come from school with churns on their heads. They would drop off the empty churns at the farms on their way to school and collect them full on their way home. Letang in Cork Street, where Guyave is now, used to make iced milk and cake .

When country people came to town they wouldn't go back home without a bonbon Letang ! Their children would be looking out for the cake when the mothers got home from town .

Bread from the bakery .

They used to have the halfpenny bread the size of hotdog bread . You would have that with your cacao for breakfast. You would open your warm bread and put your red butter in that . Your belly would be full and ready for school .

Gertrude David
Age 90
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