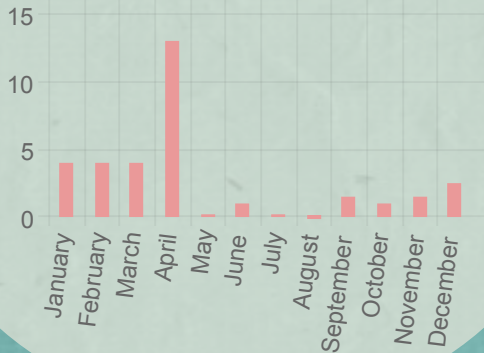


# Salt

by Canon Jones

## Salt bought in 1761

at the Glassford & Henderson Colchester store  
(Ready Money)



Salt was usually bought by men because they were the ones that did the meat preserving, but women used the most salt for seasoning when cooking.



Most bushels of salt were bought in April. The reason for this was they needed to preserve meat for the upcoming summer. Spring and winter were cooler. So preserving meat was less essential.

A bushel of salt weighs around 50 pounds.

## Where salt was found in the US

By the end of the 18th century, the United States was producing its own salt. They got it from places like Ohio, Michigan, Indiana, and Missouri.

## Salt-Petre

Two types: salt-petre and petre-salt. Salt-petre is the stronger.

Found in caves, salt springs and rock walls.

Three types of common salt: bay salt, sea salt, rock salt.

Most common used in meat preservation, seasonings, and melting ice in the winter.

## Common Salt

## Salt in Health

The people saw a decrease in diseases because now meat was a lot safer. Through preservation of their meat from home and overseas.

## How to preserve meat with salt

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