

Srednja škola Mate Blažine Labin

*Kako so živeli
naši stori*

*How did our
ancestors live*

Secondary school Mate Blazine Labin



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KAKO SO ŽIVELI NAŠI STORI

HOW DID OUR ANCESTORS LIVE



Kade so živali
Where did they live



Kako so se nosili
How did they dress



Kako so delali
How did they work



Ca so jali
What did they eat



Kako so se lecili
How did they cure themselves



Kako so se urejvali
How did they take care of themselves



Kako so se zabavljali
How did they entertain themselves



Kade so živali
Where did they live

Va takovih kućah so živali naši stori.
Živali so drugošlje nego danas.
Ko bi te propjo oteli znat kako je bilo smo van
provali pokazat va ven mićen librete.



Our ancestors lived in houses like this one.
Their lives were different than ours and if you
want to know more how our ancestors used
to live keep reading our “small book”.



Kako so se nosili
How did they dress



Facol
Kerchief
Stomanja
Shirt
Kotola
Clothes
Tarverša
Apron
Kržot
Waistcoat

Stomanja
Shirt
Kržot
Waistcoat
Brageši
Trousers
Holjovi
Stockings
Postoli
Shoes



Kako so delali
How did they work



Delo na njive
Till the ground



Dela se tartoja
Make a hay-stock



Ca so jali
What did they eat

Kuhalo se na ognjišču va lavece,
a peklo se pod crepnjo.



Our ancestors prepared food
on fire place in earthenware.

MANEŠTRA

Ca pride nutra: 4 l vodi, 15 dek pažula, 15 dek truginji, 30dek kumpira, 50dek kosti od pršuta, 5 dek pešta l sol.

Kako se dela: Klas vodu da kuha, kada zakuha stavit pažul, truginju i suhe kosti. Kada se pažul skuha na pol klade se pešt i kumpir porežen na fetice. Klade se i soli po volji. Pusti se kuhat do mekega.

Pešt se storije tako da se špeh i česan dobro spahtaju.

Ingredients:

4 l water

15 dag beans

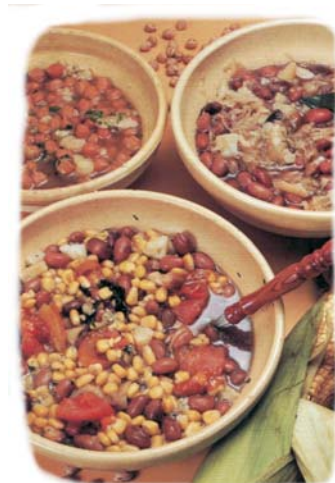
15 dag corns

30 dag potatoes

50 dag ham

3-5 dag "pešta"
salt

Method: Put water to boil. When water is boiled, add beans, corn and ham. When beans are half cooked put "pešt" and potatoes cut in cubes and then add some salt. You may also add pasta. Boil until everything gets soft.



KRAFI

Ca pride nutra:

Za testo treba: 50 dek muki, 4 joja, sol. Zmesit testo.

Za napunit krafu treba: 20 dek freškega sira od kravi, 5 dek parmezana, 2 joja, 2 žlice cukara, naribana kora limona, 10 dek grožđica

Kako se dela:

S pironon speštat sir od kravi, klas ribanac, stučena joja, sol, cukar, koro limona i grožđice.

Se to dobro zmešat.

Testo razvoljat i po njen delat kupiči od smese.

Pokrit ih s testom i s mižolon rezat krugi keh treba s pironon stisnut se na okolo.

Na kraju hi treba klas kuhat va slono vodo.



Ingredients:

Filling: 50 dag flour, 4 eggs, salt

For mixture: 20 dag cottage cheese, 5 dag "parmezan" cheese, 2 eggs, 2 spoons of sugar, grafe lemon's peel, 10 dag raisins.

Method: First mash cottage cheese, parmezan, eggs, salt, sugar, lemon's peel and raisins, then mix with a fork. Roll the dough and put little heap filling on it, cover them with dough and with a glass make circles. Press the circles with fork all around because if you don't the filling will go out. Then cook them in salted water.

BAKALAJ NA BELO

Ca pride nutra: 40 dek suhega bakalaja, 3 deci ulja od uliki, 3 deki cesna, 1 list od jagurinki, 2 deke soli

Kako se dela: Bakalaj treba najprvo pustit da se moci va vode preko noći. Onda ga treba stavit kuhat va slono vodo, dodat malo cesna, list od jagurinki i kuhat dok ne pride mehki. Treba ga očistit od kosti i od crne kožice i onda ga tuć s mikseron ili s kuharico toliko dok ne pride koko kumpir pire. Ono ca je zustalo od cesna treba isjeekat, popražit malo na ulju od uliki I dodat bakalaj. Staviti soli. Stalno mešat i dodavat ostalo ulje. More se jes som skruhom, ali anke s pasuticami ili palento.



Ingredients: 400 g cod fish, 3 dcl olive oil, 30 g garlic, 1 maple leaf, 20 g salt

Method: Put the cod fish in the water overnight. Then boil it in salted water, add some garlic, maple leaf and boil it until it gets soft. Remove the bones and black skin and beat it with food processor or ladle. Hash the rest of the garlic, fry it in olive oil and add the cod fish. Add some salt. Mix constantly adding the rest of the oil. Eat it on bread or with Istrian pasta called "pasutice".

SUPA

Ca pride nutra: 2 feti domoćega kruha, pol litri crnega vina, 2-3 vele žlice cukara, 2 breskvi

Kako se dela: Stavimo peč kruh na žeravicu od ognjišća. Obrnjivamo ga s obe bondi dok ne dobije lepi žuti kolor. U bukaletu vina stavimo cukar i očišćene breskvi narezane na kusi. Kad vinemo kruh od žeravice spuhnemo popel i dok je još tepal stavimo ga va vino.



Ingredients: 2 slices of white home made bread, 0,5 l of red wine, 2-3 big spoons sugar, 2 peaches

Method: Roast slices of home made bread on live coal. From time to time switch sides of slices until they get nice brown. Put the sugar and sliced peaches in the wine. When the bread is done, blow of the ash and put it in the wine.



Kako so se lecili **How did they cure themselves**

STORE MEDEŽIJE



FEBRA

**celo telo (celo, vrot, ruki,
nogi i prsa) pokrit sa impaki
od rakiji ili sa impaki od vinskega
osta
miću decu zamotat va hladni
mokri lancun**

UPALA UHA

**ulje od uliki zateplit tolako da se uho ne
zapece i stavljivat va uho**



OLD MEDICINE

FEVER

**cover whole body (forehead, neck,
arms, legs, chest) with compresses
of brandy or wine vinegar
wrap babies into cold wet compress**

EAR INFECTION

put the warm olive oil into your ear



LIJAVINA

- pit čaj od suhe oskoruši

DIARRHEA

- drink tea of dry service (berry)

ŽULJ

*Zet pol glovi cesna, ocistit i spestat.
Klas na žulj ujutro i navecer, za 3-4
dni će žulj past*



BLISTER

*Take a half of a garlic clove.
Clean it and smash it.
Put it on the blister in the morning
and in the evening. For 3-4 days
it will fall off.*

OPEKLINE

*Zet jenu žlicu sitno zreženega lista
ranjeniha, ulja od uliki, meda i
bejlanjka od jenega jojeta. Se to
mešat jenu uru. Pokle tega s ten
namazat opeklini i one će brzo pasat.*



BURNS

*Take a spoon of finely chopped
betonica leaf, olive oil, honey
and 1 egg white. Put this mixture
on the burns and they will pass soon*



Kako so se urejivali ***How did they take care of themselves***

ZA PRAT VLOSI I ROBO

klali so popel va vodo
skuhali so
pustili so da se ohlodi
precedili so da makno popel
zostala je samo bistra voda
ka je anke i jaki lug
sa to so vodo proli vlosi I robo



WASHING HAIR & CLOTHES

people used to put ashes
into water
cooked mixture
left it till it got cold
filtered to remove ashes from the
mixture
only clear water was left and
it was also a strong base with such
water they used to wash hair and clothes

GLATKA KOŽA

- *pomešamo 2 žlice morske soli sa sokom od limona i s ten istrljamo celo telo, a pokle tega operemo s vodon.*



SMOOTH SKIN

- *2 spoons of salt mix with 2 spoons of lemon juice and with this mixture you rub your body and then you wash it with water*

MASKA OD MEDA

- *jena žlica meda, jena žlica kiselega vrhnja, jeno žuto od jojeta*
- *sve dobro zmešamo i klademo na lice va tankem sloje i to pomažemo tri puti*
- *držimo dvajset minuti i maknemo tako da operemo lice s teplo vodo.*



HONEY CREAM

- *1 spoon of honey, 1 spoon sour cream, 1 egg yolk*
- *mix it; put it on face in a thin layer; repeat the procedure 3 times*
- *leave it for 20 minutes and then wash the face with warm water*

BRKANJE VLOSI

*steplili so železno šipko na ugnje
zamotali so vlasi okolo šipki
držalijeno vreme
odmotali vlasi od šipki*

ili

*razbili su krpo na miči kusi
zamotali vlasi sa prstami – storili
“pužiči”*

*zavezali pužiče sa krpicami
pustili dokle se vlasi ne osuše*



CURLING THE HAIR

*people used to warm up the iron bar on the fire
enveloped the hair around the bar
kept for some time
then unrolled the hair from the bar*

or

- people used to tear the cloth into little pieces*
- enveloped the hair with the fingers creating little "snails"*
- bint these "snails" with those little pieces of cloth*
- left the hair to dry*



*Željezna šipka za brkanje vlasi
Iron bar for curling the hair*



Kako so se zabavljali **How did they entertain** **themselves**

ZABAVA

Va Istre su vaika bile narodne fešte. Delali su hi va nedelju spreda crekve va kakove lože. Toncalo se i igralo na horti. Toncalo se balun, ruki-nogi, cotić, valcer, verac, šato, balo di kušin, na kantrege i drugi tonci. Mlajje divojke nisu smele biti dugo, samo do ure ku su mater i otac in rekli i mogle su bit samo s ken su oni rekli (prvo su se ženili samo s ken su in doma rekli da moru).



PARTIES

Public festivities or "fešte" were very popular in Istria. They took place in front of the churches or city halls on Sundays. People danced and sang and played "harmonica" accordion and "gunca" which are famous Istrian instruments. The younger girls could stay at the party only till the hour that their parents had allowed them to, and strictly with the boys that also their parents had arranged (marriages were arranged before between parents, without their daughter's opinion). At those parties people were drinking a lot of wine. They also danced a lot. The most popular dances then were: balun, ruki-nogi, cotić, valcer, verac, šoto, balo di kušin, na kantrege and other dances.

SPORT

Anke prvo su vajka igrali na balon. Somi su delali bali tako da su je zašili od storih kusi krpa i guma. Zvali su je balon.

Puno su se igrali i sa glinenih balotah, ke su anke delali doma sami, a igralo se tako da se bala od gline na ku je bi takan špog vrtila i onda hitala ča daje. Najboji je bi onaj isti ki je hiti najdaje.

Naši stori su anke dosta peljali bičikletu samo ča su prvo bičiklete bile puno drugošje i puno sporeje nego danas.

SPORTS

Even then football was very popular, but they couldn't afford to buy balls so they made them out of pieces of rubber and parts of sheets and other fabrics that they could find, in the way that they sawed all that up into a ball which they called "balun".

Very popular were also balls made of clay which they made at home. A clay ball on which was attached some rope was spinned and then thrown as far as possible. The winner was the one who threw the ball the most.

Our grandfathers also loved bicycles. But bicycles from that time were very strange and not so fast as today (the wheel in the front was much bigger then the one in the back)



STORI ĐOGI

OLD GAMES

ĐOG S MIČI KAMIKI:

• Na tlo se va đir stavi pet mićih kamiki, a saki ki igro drži još po jenega va ruke. Moru igrat samo dvo od njih, a more i više. Đog počne tako da saki ki igro hiti kamik z ruke vajer i dok taj kamik pada, onaj ki igro mora zet drugega s tla. Pokle tega hita ta dvo kamika i zima tretega s tla. Ako ne rivo ćapat kamiki i oni mu podu na tlo on više ne more igrat. Dobiva onaj ki na kraju ima najviše kamiki va ruke.

GAME WITH LITTLE STONES

• You have to fold five little stones into the circle, and each player has another stone in his hand. The number of players is unlimited. The game starts when each player tosses the stone from the hand, and in the meantime when it falls down, he has to pick up another stone from the floor. Than he tosses these two stones and picks the third stone from the floor. If he doesn't manage to catch the rocks, he is out of game. The winner is the player who in the end has the most stones in his hand.

ĐOG S KOLONBARI

• Za igrat nan robi jena palica duga poli jenega metra i desetak drvenih kolonbari. Ta palica se zabije u tlo, a oni ki igraju stoje por metar dugo od palice i moraju ca više kolonbari hitit na palicu. Na kraju će dobit onaj ki je najviše kolonbari zade na palicu.

GAME WITH WOODEN CIRCLES

• For this game you need one stick and about ten wooden circles. This stick has to be sticked into the ground and the players stand at the certain distance. The point is to throw as much circles as possible on to the stick. In this game wins that player with the biggest number of the circles on the stick.



ZBIJAT JOJA

Igro se tako da se jeno kuhano joje stavi blizu poli zida, a oni ki igroju zbijaju to joje s mićimi dinari. Oni ki igroju moraju bit por koraki dugo od joja. Dobiva onaj ki prvi zbije joje.



SHOOTING EGGS

Players have to put one boiled egg beside the wall and they shoot it with little coins from certain distance. The winner is the one who shoots the egg first.

Naši stori neso imeli stvora kako ca hi imamo mi, viture, TV, čelulari, kompjuteri, ma so bili "somi svoj majstor" i živeli su va nature i s naturo.

Z ven mičen libreten smo provali pokazat vam pasano vreme i da bolje kapite se ca so nan naši stori pustili da bi nan pokle bilo lepše.



Our ancestors didn't have products of modern technology, cars, TV, mobile phones, computers, but they were "masters" of every situation and they lived in nature and with nature.

This book is our attempt of going into the past in order to see the importance of preserving our natural and cultural heritage. We want to inform the readers of this book, with this special part of the heritage of our country.



***Dajmi mola pit kafe
Bit ću s tobom po noće
Dajmi mola jest pršuta,
Bušat ću te sve do jutra.***

*Jugriol Ana Ljilja Lea
Valeritua Dunja Tihana
Draža Dunja Manjela
Martina Anučen's Katia
Kristina Andra Ivana
Maja Ivana*



Labin, 2003.g.

