

Easy like Sunday morning ... and afternooon ... and evening

In days gone by, very little work was done on Sunday; it really was a day of rest. Obviously, local farmers still had to milk the cows twice a day but the Port Isaac fishermen did not go out to sea.

Shops did not open - even the newsagents didn't open on Sundays. Fathers and children walked to Trewetha to buy Sunday newspapers from a lorry. Locals also remember Trelights farmer, Fred Melliush, and a couple of helpers delivering the Sunday papers around the village and also Fred Molloy, who ran the main shop and Post Office in Trelights, delivering Sunday papers to Port Isaac.

Most people attended one of the two chapels in the village or St Peter's Church and children were sent to Sunday School.



Roscarrock Hill Chapel Sunday School Outing - 1940s

"... the men used to wear their Guernseys - all week they wore navy blue ones but on Sundays they would wear a white one ..." Joan Murray

"During the war years meat was reserved for the Sunday roast, a meal taken at midday, cooked and eaten no matter what the weather. Hot weather made no difference. No wonder men would go to bed for a snooze after dinner. Sherratt's would light their fires on Sunday and for three-pence you could cook your roast in the bakery ovens. Ernie Rocket was often the Sherratt employee who was on the Sunday shift."



Sunday School outing, 1915 - Harry May (with the Panama hat and the buttonhole) is the driver and Mrs Ada Hills is at the front in her fancy hat

"If you went down to the Town Platt at 5.30pm on a Sunday, all the fisherman would be there along with the men home from yachting, and they would keep walking backwards and forwards, turn round and backwards and forwards. This was because this is what they were used to doing on the small yachts where there wasn't much room for exercise."

Dennis Knight

taken from **THE REAL VOICES OF PORT ISAAC**