

Bile Them Cabbage Down

Traditional Arr. by Mary Greene

5 5 5 5 6 6 5 5 5 5 4
Bile them cabbage down, boys, turn them hoe-cakes round.

5 5 5 5 6 6 6 5 5 4 4 3
All in the world that I can sing is bile them cabbage down.

Went up on the mountain
To give my horn a blow,
Thought I heard my true love say
Yonder comes my beau.

Took my gal to the blacksmith shop
To have her mouth made small.
She turned around a time or two
And swallowed shop and all.

Someone stole my old coon dog,
I wish they'd bring him back.
He chased the big hogs through the fence
And the little ones through the crack.

Possum in the 'simmon tree,
Raccoon on the ground.
Raccoon said, "Mr. Possum,
Shake them 'simmons down."

Once I had an old gray mule,
His name was Simon Slick,
He'd roll his eyes and back his ears,
And how that mule would kick.

How that mule would kick!
He kicked with his dying breath:
He shoved his hind feet down his throat
And kicked himself to death.

Hot Cross Buns

5 4 3 -

5 4 3 -
 5 4 3 -
 3 3 3 3
 4 4 4 4

5 4 3 - - -

MARY HAD A LITTLE LAMB

5 4 3 4 5 5 5 -

4 4 4 - 5 7 7 -

5 4 3 4 5 5 5 5

4 4 5 4 3 - - -



GROUNDHOG-Frank Proffitt

3 _____ 2 _____ 3 _____ 0 _____

I shouldered my gun, and whistled for my dog,

7 _____ 6 _____ 7 _____ 4 _____

Shouldered my gun, and whistled for my dog,

5 3 4 2 3 3 0 -

Headed for the mountains for to tree a ground hog.

1 2 3 -

Ground hog.

3 _____ 2 _____ 3 _____ 0 _____

I took him home and tanned his hide,

7 _____ 6 _____ 7 _____ 4 _____

I took him home and tanned his hide,

5 3 4 2 3 3 0 -

Made the best shoestring ever I tied,

1 2 3 -

Ground hog.

IONIAN TUNING
D-A-A
1-5-5

THE WAGONER'S LAD

ARR. BY MARY GREENE

0 0 1 3 3 3 0 3 3 3 0 1 0 0 0 1 3
IN OLD NORTH CAR-O - LIN - A I WAS BRED AND WAS BORN, AND IN MY OWN
3 0 3 3 0 1 0 3 4 4 4 5 7 7 8 7 3 3
6 COUN - TRY I WAS A GREAT SCORN. AS I WAS A - RID - ING ONE MORN - ING IN
4 4 5 0 0 1 3 3 4 3 0 1 0
12 MAY, I MET AS FAIR DAM - SEL AS YOU EV - ER MIGHT SEE.

2. I VIEWED ALL HER FEATURES AND SHE PLEASED ME WELL, I HELD HER ALL ON MY MIND FOR TO TELL,
SHE QUICKLY CONSENTED MY BRIDE FOR TO BE, BUT HER PARENTS WEREN'T WILLING FOR HER TO HAVE ME.

3. I AM A POOR GIRL AND MY FORTUNE'S BEEN BAD, AND I'VE ONLY BEEN COURTED BY THE WAGONER'S LAD,
I'VE ONLY BEEN COURTED BY NIGHT AND BY DAY, BUT NOW HE'S A-LOADED, HE'S GOING AWAY.

4. YOUR HORSES ARE HUNGRY, GO FEED THEM SOME HAY, COME SIT DOWN BESIDE ME IS ALL I CAN SAY,
MY HORSES AIN'T HUNGRY, THEY WON'T EAT YOUR HAY, SO FAREWELL, PRETTY NANCY, I'VE NO TIME TO STAY.

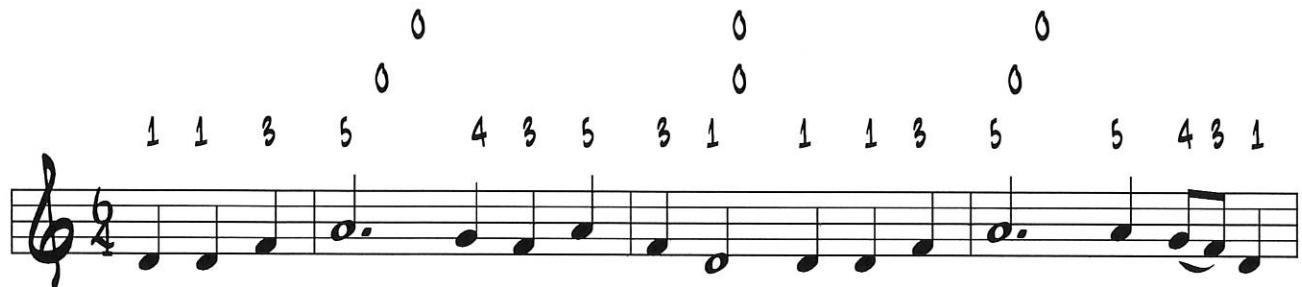
5. YOUR HORSES ARE NOT GEARED UP, NOR YOUR WHIP IN YOUR HAND, COME SIT YOU DOWN BY ME, JUST AT MY COMMAND,
MY HORSES ARE GEARED UP, MY WHIP IN MY HAND, SO FAREWELL, PRETTY NANCY, I'VE NO TIME TO STAND.

6. I'VE ONLY BEEN COURTED BY DAY AND BY NIGHT, I'VE ONLY BEEN COURTED BY THE WAGONER LAD,
AND NOW HE'S LOADING, HE'S GOING WAY; BUT IF I EVER MEET HIM, I'LL CROWN HIM WITH JOY,
(REPEAT MELODY OF LAST PHRASE): AND KISS THE SWEET LIPS OF MY WAGONER BOY.

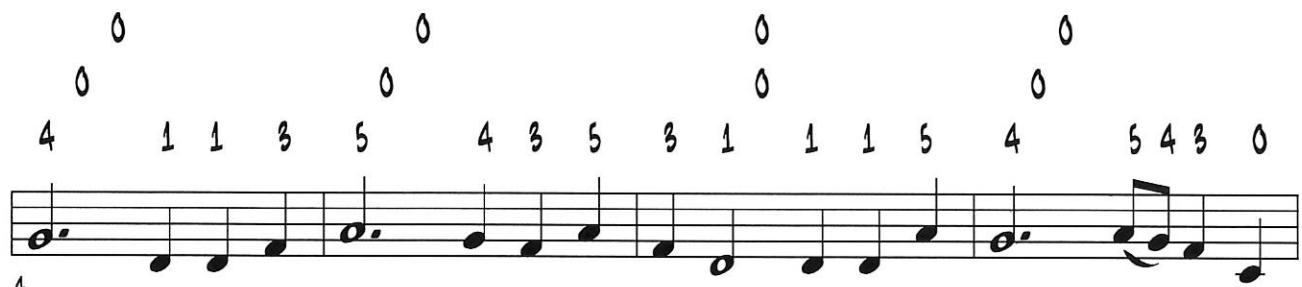
TUNING: AEOLIAN
D-A-C

THE DEAR COMPANION

ARR. BY MARY GREENE



1. I ONCE DID HAVE A DEAR COM-PAN - ION ; IN - DEED I THOUGHT HIS LOVE MY



4 OWN, UN - TIL A BLACK - EYED GIRL BE - TRAYED ME AND THEN HE CARES NO MORE FOR



8 ME.

2. JUST GO AND LEAVE ME IF YOU WISH TO
IT WILL NEVER TROUBLE ME
FOR IN YOUR HEART YOU LOVE ANOTHER
AND IN MY GRAVE I'D RATHER BE
3. LAST NIGHT WHILE YOU WERE SWEETLY SLEEPING
DREAMING OF SOME SWEET REPOSE
WHILE ME A POOR GIRL BROKEN HEARTED
LISTENING TO THE WIND THAT BLOWS
4. WHEN I SEE YOUR BABE A-LAUGHIN'
IT MAKES ME THINK OF YOUR SWEET FACE
WHEN I SEE YOUR BABE A-CRYIN'
IT MAKES ME THINK OF MY DISGRACE

PUBLIC DOMAIN- AS ADAPTED FROM THE SINGING OF
MRS. ROSIE HENSLEY OF CARMEN, NC, 1916

Oh How lovely

Arranged by
Mary C. Greene
© 2017

1

A handwritten musical staff on a grid. It features a treble clef, a sharp sign, a whole note, a sharp sign, a half note, and a quarter note. Above the staff, a circled '1' is written.

Oh, how lovely is the evening, is the eve-ning,

D	0	0	0	0
A	0	0	0	0
D	0	1	2	0

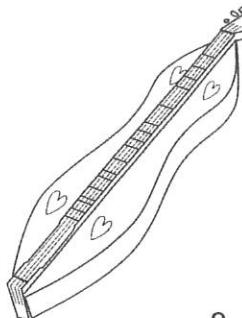
2

A handwritten musical score on a five-line staff. The key signature is A major, indicated by two sharp signs in the top left corner. The melody begins on the second line with a quarter note, followed by an eighth note on the first line, a quarter note on the second line, and an eighth note on the first line. This pattern repeats three more times, ending with a quarter note on the second line and a half note on the first line.

e) When the bells are sweet-ly ring-ing, sweet-ly ring-ing!

0	0	0	0
0	0	0	0
2	3	4	2
1	1	1	1

3



Tuning: Ionian
D-A-A
1-5-5

Traditional from Frank Proffitt, Sr.
Learn more about him at
<http://www.encyclopediaofappalachia.com/>
TAB By Mary Greene c. 2016
Clip Art Credit: www.pdclipart.org

The Groundhog Song

3 3 2 2 3 3 0
| ^ | ^ | ^ | ^ | ^

I shoulder-ed my gun, and whistled for my dog,

7 7 6 6 7 7 4
| ^ | ^ | ^ | ^ | ^

Shoulder-ed my gun, and whistled for my dog,

5 3 4 2 3 3 0 2 3
| ^ | ^ | ^ | ^ | ^ | ^ | ^

Headed for the mountains for to tree a ground hog. Ground hog.

Two in a rock, and three in a log,

Two in a roc k, and three in a log,

Good God Almighty! What a big ground hog! Ground hog.

Run here Jim with a great long pole,

Run here Jim with a great long pole,

To twist this groundhog, out of his hole, Ground hog.

Yonder comes Granny, walking on a cane,

Yonder comes Granny, walking on a cane,

Swears she'll eat them ground hog brain, Ground hog.

Yonder comes Sal, with a snigger and a grin,

Yonder comes Sal, with a snigger and a grin,

Ground hog grease, all over her chin, Ground hog.

The hide's in the cupboard, the meat's in the churn,

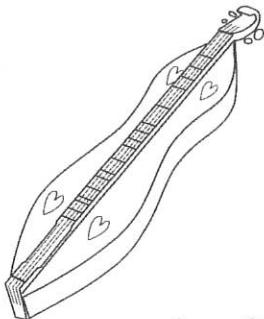
The hide's in the cupboard, the meat's in the churn,

If this ain't good ground hog, I'll be durned. Ground hog.

I took him home and tanned his hide,

I took him home and tanned his hide,

Made the best shoestring ever I tied, Ground hog.



Tuning: Ionian
D-A-A
1-5-5

Traditional
TAB By Mary Greene c. 2016
Clip Art Credit: www.pdclipart.org

The Water is Wide

0 3 4 5 4 3 1 0
| ^ | | ^ | ^ | | ^ | | ^ | | ^ |
The water is wide I can-not get o'er,

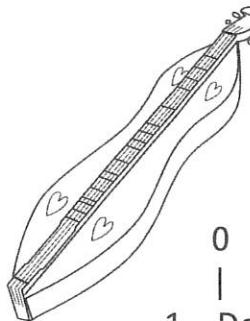
0 3 2 3 | 4 5 6 4
^ | ^ | ^ | ^ | ^ |
Nei-ther have I the wings to fly,

There is a ship and she sails the sea
She's loaded deep as deep can be
But not as deep as the love I'm in
I care not if I sink or swim

I leaned my back against an oak
Thinking it was a trusty tree
But first it bent and then it broke
So did my love prove false to me

I reached my finger in a rosy bush
Thinking the fairest flower to find
I pricked my finger to the bone
And left the fairest flower behind

Oh love is handsome and love is kind
The sweetest flower when first it is new
But love grows old and waxes cold
And fades away like the morning dew



Tuning: Ionian
D-A-A
1-5-5

Down in the Valley

Traditional
Arr. By Mary Greene
C. 2016
Clip Art Credit: www.pdclipart.org

0 3 4 5 3 5 4 3 4
| ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^
1. Down in the val - ley, val - ley so low.

0 2 4 6 4 2 3 4 3
| ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^ | ^ ^
Hang your head o - ver, hear the wind blow.

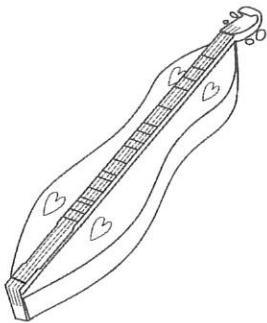
0 3 4 5 3 5 4 3 4
Hear the wind blow dear, hear the wind blow,
0 2 4 6 4 2 3 4 3
Hang your head o-ver, hear the wind blow.

2. Roses love sunshine, violets love dew,
Angels in heaven know I love you.
Know I love you, dear, know I love you.
Angels in heaven know I love you.

3. If you don't love me, love whom you please
Put your arms round me, give my heart ease
Give my heart ease love, give my heart ease
Put your arms round me, give my heart ease

4. Write me a letter, send it by mail
Send it in care of, the Birmingham Jail
Birmingham Jail love, Birmingham Jail
Send it in care of, the Birmingham Jail

5. Build me a castle, forty feet high
So I can see her, as she rides by
As she rides by love, as she rides by
So I can see her, as she rides by



Tuning: Ionian
D-A-A
1-5-5

Mary Greene c. 2016
Clip Art Credit: www.pdclipart.org

I Know Where I'm Going

2 2 3 4 2 2 _ 0 4 4 4 5 4 3 _ _
0 0 0 0 0 0 _ 0 0 0 0 0 0 0 _ _
3 3 4 5 3 3 _ 0 5 5 5 6 5 4 _ _
| ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^

I know where I'm goin' and I know who's go-ing with me,

7 7 7 7 2 2 3 4 5 4 4 3
0 0 0 0 0 0 0 0 0 0 0 0
7 7 7 7 3 3 4 5 6 5 5 4
| ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^ | ^

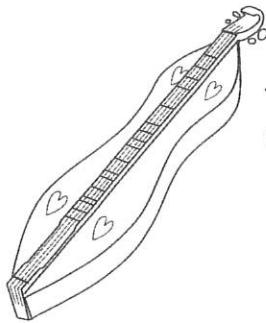
I know who I love, but the dear knows who I'll mar-ry.

I have stockings of silk and shoes of fine green leather
Combs to buckle my hair and a ring for every finger

Feather beds are soft, painted rooms are bonny,
But I would leave them all for my handsome, winsome Johnny

Some say he's bad, but I say he's bonny
Finest of them all is my handsome, winsome Johnny

Well, I know where I'm goin' and I know who's goin' with me
I know who I love, but the dear knows who I'll marry



Tuning: Aeolian
D-A-C

Mary Greene c. 2016
Clip Art Credit: www.pdclipart.org

Shady Grove

1 1 1 _ 2 1 0 _ 1 1 2 4 5 _ _ _
| ^ | ^ | | ^ | ^ | | ^ | | ^ | ^ | ^ | ^

Sha-dy Grove, my little love, Sha-dy Grove I know

7 7 5 _ 4 2 0 _ 1 2 4 2 1 _ _ _
| ^ | ^ | | ^ | ^ | | ^ | ^ | ^ | ^ | ^

Sha-dy Grove, my little love, I'm bound to go a - way

Cheeks as red as a blooming rose and eyes are the prettiest brown
She's the darling of my heart, sweetest little girl in town

I wish I had a big fine horse and corn to feed him on
Shady Grove to stay at home and feed him while I'm gone

Went to see my Shady Grove, she was standing in the door
Her shoes and stockin's in her hand, little bare feet on the floor

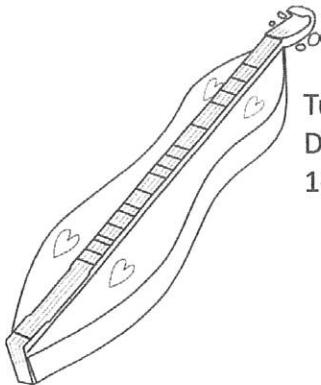
When I was a little boy I wanted a Barlow knife
And now I want little Shady Grove to say she'll be my wife

-Doc Watson's version of Shady Grove is a great way to introduce this famous North Carolina musician to your students.

-Learn more about him at <http://www.biography.com/people/doc-watson-20844877>

-Preview a children's picture book about Doc Watson at
<https://www.amazon.com/Talkin-Guitar-Story-Young-Watson/dp/0544129881>

-View a 4:21 clip from a film about him at <https://vimeo.com/82588547>
This clip shows Doc doing carpentry as well as playing music. He was, and continues to be, a pivotal influence on many musicians.



Tuning:Mixolydian
D-A-D
1-5-8

Traditional
Arr. By Mary Greene
C. 2016
Clip Art Credit: www.pdclipart.org

Old Joe Clark

4 5 6 5 4 3 2 4 4 5 6 5 4 4
| ^ | ^ | ^ | | ^ | ^ | | ^ | ^ | ^ | ^

I went down to Old Joe's house, he in-vited me to supper

4 5 6 5 4 3 2 2 0 2 1 1 0 0
| ^ | ^ | | ^ | ^ | | ^ | ^ | | ^ | ^

Stubbed my toe on the ta-ble leg and stuck my nose in the butter!

(Chorus)

0 0 0 4 3 2 0 0 1 0 0
| ^ | ^ | | ^ | | ^ | | ^ | | ^ | ^

Fare thee well, Old Joe Clark, fare thee well, I say

0 0 0 4 3 2 0 2 1 1 0
| ^ | ^ | | ^ | | ^ | | ^ | | ^ | ^

Fare thee well, Old Joe Clark, I'm gonna go a - way

Old Joe Clark, he had a house; fifteen stories high
Every story in that house was filled with chicken pie! (Chorus)

Old Joe Clark had a yellow cat, she would neither sing nor play
Stuck her head in the buttermilk jar and washed her cares away (Chorus)

Old Joe Clark, he had a mule; her name was Morgan Brown
Every tooth in that mule's head was sixteen inches 'round! (Chorus)

Don't ever marry Old Joe Clark, I'll tell you the reason why:
He blows his nose in old corn bread, and calls it pumpkin pie! (Chorus)

Four Standard Tunings

(For Dulcimers with or without the 6 ½ fret)

Standard Ionian (Major Scale, ex. "Go Tell Aunt Rhody")

- Tune the bass string to desired keynote.
- Fret the bass string at the 4th fret, play that sound, then tune all the other strings to it.

Examples:

GG-G-C	Ionian of C	Scale begins at the 3 rd fret on the melody string.
AA-A-D	Ionian of D	
BB-B-E	Ionian of E	do, re, mi, fa, sol, la, ti, do'

Standard Mixolydian (ex. "Old Joe Clark")

- Tune the bass string to desired keynote.
- Fret the bass string at the 4th fret and tune the middle string to it.
- Fret the bass string at the 7th fret and tune the open 1st strings to it.

Examples:

CC-G-C	Mixolydian of C	Scale begins at either the open melody string
DD-A-D	Mixolydian of D	or one octave higher (7 th fret)
EE-B-E	Mixolydian of E	do, re, mi, fa, sol, la, ti-flat, do'

Standard Dorian (ex. "Scarborough Fair")

- Tune bass string to desired keynote.
- Fret the bass string at the 4th fret and tune the middle string to it.
- Fret the bass string at the 3rd fret and tune the 1st strings to it.

Examples:

FF-G-C	Dorian of C	Scale begins at the 4 th fret.
GG-A-D	Dorian of D	
AA-B-E	Dorian of E	do, re, mi-flat, fa, sol, la, ti-flat, do'

Standard Aeolian (Natural Minor Scale, ex. "Shady Grove")

- Tune bass string to desired keynote.
- Fret the bass string at the 4th fret and tune the middle string to it.
- Fret the bass string at the 6th fret and tune the 1st strings to it.

Examples:

BbBb-G-C	Aeolian of C	Scale begins at the 1 st fret.
CC-A-D	Aeolian of D	
DD-B-E	Aeolian of E	do, re, mi-flat, fa, sol, la-flat, ti-flat, do'

Mary Greene Music of the Blue Ridge

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BUYING A MOUNTAIN DULCIMER

Watauga County, NC traditional builder Charlie Glenn Banner Elk, NC (828) 297-3432

Charlie is the “real deal” in every sense of the word. He learned to build from the older builders and is a remarkable individual to meet. Read about him at the Blue Ridge Heritage Artists Directory at

<http://www.blueridgeheritage.com/traditional-artist-directory/charlie-glenn>

Jeff Sebens of Fancy Gap, VA makes some fine instruments. He's just a fine man that you feel honored to spend some time with. <http://www.jeffsebens.com/JS/Welcome.html>

Ben Seymour is a luthier building some amazing instruments. Too much fun to talk too! Tell him Mary Greene said that! <http://www.blueridgeheritage.com/traditional-artist-directory/ben-seymour>

Ben Seymour Tryon, NC (828) 863-4384 kudzupatch@gmail.com

A cheap and great way to start is the ever famous cardboard dulcimer.

<http://www.backyardmusic.com/Welcome.html> Check out the group prices for a dozen or more kits!

Clarence and Clarence at High Country Dulcimers have a fine selection of instruments (mtn. dulcimer and hammered dulcimers) as well as the best local selection dulcimer books and accessories.

<http://www.highcountrydulcimers.com/> Go south on 105 and travel about 4-5 miles to reach their shop. It is in the Foscoe community on the right. There's a big sign – you shouldn't miss it. Call 828-963-TUNE (8863) to check their hours.

INTERESTING ARTICLES: DULCIMER PLAYER NEWS (Article by Stephen Seifert, Pg. 37, titled “Are We Leaving the DAA Tuning Behind?) http://issuu.com/dulcimerplayersnewsinc/docs/35-3_summer_2009

Lucy Long article <http://www.bearmeadow.com/smi/histof.htm>

Noter Style Dulcimer: <http://dulcimer-noter-drone.blogspot.com/2009/06/why-i-dont-use-bass-and-middle-strings.html>

TAB FOR MOUNTAIN DULCIMER

<http://www.ngfda.org/tabdude.html>

<http://doofusmusic.com/> They have tabs of the same songs and tunes for multiple instruments – this could help in forming a band.

<http://www.gilamountaindulcimers.com/tab.htm> Lots of links to tablature sites at this URL.

DULCIMER WORKSHOPS AND FESTIVALS

Ferrum College: The Crooked Road Dulcimer Festival (Thur-Sun over Memorial Day Weekend)

<http://crookedroaddulcimerfestival.org/>

Dulcimer U at Western Carolina University in Cullowhee, NC – The Mother Lode!

FIND A LOCAL CLUB

http://www.everythingdulcimer.com/clubs_display.php?state=NC This link will yield a map of the United States. Just click on a specific state and you will see a listing, often with contact information, for various clubs and what instruments you can bring to their meetings or jam sessions.