



Bread & Butter The Murders of Polly Frisch

By Cindy Amrhein, Ellen Lea Bachorski

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In 1856, in the rural town of Alabama, NY one woman's family suffered from multiple unexplained deaths. The town folk grew suspicious of the now remarried Polly Frisch. An investigation commenced, bodies were exhumed, an affair—exposed. Polly would be arrested for the murders of her first husband and daughters. Her fourteen-year-old son would testify against her. If found guilty, the punishment for such a crime was the gallows. Would Polly be the first woman in Genesee County history to be hanged for murder? Bread & Butter is the true story of Polly Frisch who poisoned her family with arsenic and the five trials it took to convict her.

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Editorial Review

About the Author

CINDY AMRHEIN is the county historian for Wyoming County, New York. After working for ten years as a freelance abstractor for a title search company, Cindy changed her focus to title searching only historic properties and Native American land. From 2004 to 2006 Cindy was a weekly columnist for a Native American newspaper in northern New York State, *The Akwesasne Phoenix Sundays* (now out of print) under the pen name of History Sleuth, the handle she still uses online. Her latest book, *A History of Native American Land Rights in Upstate New York* is on its way to becoming a reference for land claims. It is now carried by 30 college/university libraries in 19 states including Columbia University, Princeton, Harvard, Oklahoma State, Texas A & M, and Yale University Law School Library. When she's not doing land research or writing historical true crime, you can find her plotting out murder mysteries.

ELLEN LEA BACHORSKI was the president of the Alabama Historical Society, and the museum director for the Town of Alabama Museum during the writing of this book. She lived in Alabama for over 15 years and operating a store called The Trading Post in the Hamlet of Basom where the authors met. Ellen currently volunteers for several not-for-profit organizations within her community including the Batavia International Peace Garden.

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