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# Kitchen-Klatter

REG. U. S. PAT. OFF.

## Magazine

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- Photo by Strom





LETTER FROM LEANNA

# Kitchen-Klatter

(Reg. U. S. Pat. Off.)

## MAGAZINE

"More Than Just Paper And Ink"

### EDITORIAL STAFF

Leanna Field Driftmier,  
Lucile Driftmier Verness,  
Margery Driftmier Strom

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My dear Friends:

This is a bleak, cold morning, and as I sit here at the dining room table, my favorite place to write letters for it faces the street, I've been watching the high school young folks hurrying to classes. Although they are bundled up in heavy coats and scarfs, *not one* has a cap on his head! In spite of the fact that this has been the fashion for teenagers for a number of years, it never ceases to surprise me!

Up to now we haven't had enough snow to require the use of the snow scoop — a broom has done the job very well. Heavy snows have fallen in most areas of the Midwest, but we've had very little here in our vicinity. Each time a storm is predicted, it goes north or south of us. One of these days we'll probably make up for it, and receive our moisture all at once.

We had to have a humidifier put in this winter and it takes eight buckets of water a day to keep the moisture content in our house up to the recommended 35 to 40 percent, so you can see how dry the air in the house would have been without it. It has worked so successfully in preventing dry throats and colds that Margery and Oliver took our advice and had one installed too.

Our household this winter consists of my husband Mart, my sister Jessie, Mart's nurse, Ruby Treese, and myself. We finally convinced Jessie, who is 85, that she should close her home in Clarinda, Iowa, and stay with us for a few months. She is having extensive dental work done, and when that is concluded and she has regained her strength, she hopes to go to California to visit her daughter Ruth and her family. Spring will be making its appearance by then and she'll enjoy the sunshine that arrives earlier in the West.

We all have our working schedules. I fix breakfast, Jessie does the dishes and straightens up the kitchen, Ruby

bathes Mart and dresses him for the day, and before we know it the mail has arrived. There are always interesting letters to share with each other, the papers to read, and magazines to glance through, and then it is time for lunch. I still plan and prepare all of our meals for I love to cook, and planning menus is easy for none of us have restricted diets. What a joy it is to cook for people with good appetites! Two years ago, when Mart came home from the hospital by ambulance, he weighed 135 pounds, a great difference from his normal 190 pounds. Now we are watching that he doesn't gain too much, for he has put on weight steadily these past couple of years.

The letters I mentioned coming in the mail play an important part in our lives, and we thank you for taking the time to write to us. *Kitchen-Klatter* goes to many faraway places. Last week I received a letter from a reader in Australia, and since it is always interesting to hear from homemakers in other countries, I thought you might enjoy part of it.

"We are very 'old' Australians as my forefathers came to this country in its early days. It is quite a fascinating land which should suit all for we go from the tropics of Darwin in the far north, through Queensland ('the sunshine state', as it is called), through our own state — the senior state of New South Wales where Captain Cook landed in 1770, through Victoria and down to English-style Tasmania, which was known as Van Dieman's land in the early days when our family first settled here. Then you go through quite lovely Western Australia to the desert of Central Australia. Here Ayres Rock is a mighty structure of nature, the great tourist attraction. There is a beauty of the desert all its own. Many of the aboriginal names are beautiful — towns like Nimitybel and Adaminaby, and lovely swollen rivers like Nurrumbidgee and Wollondilly."

Perhaps some of our other foreign subscribers will write a bit about their countries, too. It would be interesting to hear from them.

A few months ago we printed a picture of me working on a new tablecloth. Perhaps you'll remember seeing it. Well, that cloth presented quite a problem before it was finished, for I misplaced the color chart and had to plan *which* colors went *where!* I'll be more careful the next time and keep my eye on the chart so it doesn't wander away from my embroidery basket. We used the cloth for the first time the other evening when some of our family ate with us. Dorothy, our daughter who lives on a farm, brought four rabbits, all dressed and frozen, and that called for a rabbit feast when our son Wayne was here for a few days. Everyone thinks that this tablecloth is the prettiest one yet, and I guess I do too.

Speaking of new things, this past Christmas was our year for new small electrical appliances. Howard and Mae gave us a lovely new toaster, replacing one that was over 30 years old. Margery and Oliver gave us a new waffle iron to take the place of our 25-year-old one. And Donald and Mary Beth sent us a new electric can opener which is by far more convenient for me to operate than the wall-type opener I had been using. It looks like Santa called a board meeting about presents this year, doesn't it?

If you visit Shenandoah this year, you will miss two old familiar landmarks: The KMA auditorium and the KFNF studio. Both stations broadcast their programs from smaller new studios. Progress is the key word for expanding businesses need more office space.

As you may remember, our neighbors for over 40 years, the Howard Alexanders, moved to Tucson last fall. I miss Eltora dropping in every day, but she writes frequently and we have those letters to look forward to. Our new neighbors are a young couple with a seven-month-old daughter. I'm going to enjoy having a little girl next door and will be interested in her development.

The balance of this day is going to be used to start some spring cleaning. The first job to be tackled is cleaning out drawers in the dining room buffet. No telling what little forgotten treasures will turn up!

I know you will have especially busy days this spring, but do take the time to write to us, for we love to hear from you.

Sincerely,



## MARGERY TRIED AN EXPERIMENT THAT WORKED

Dear Friends:

This has been sort of a take-it-easy day — not because I didn't have much to do, but because I tackled my work in a better way. It gave me an opportunity to catch my breath, to mull over in my mind what is important and what isn't, to dream a little, and to plan a little.

Since I didn't feel a sense of pressure as I went about routine household activities, I think my day was more satisfying. So often it is rush, rush, rush to do the breakfast dishes so we can make the beds so we can dust the furniture so we can clean the refrigerator so we can run to the grocery, etc., etc., that before we know it we feel as if we've been on a merry-go-round.

When I got up this morning I decided that I was going to take a different attitude: that I wouldn't tackle each job as if I were waging a battle campaign and see if I felt more relaxed at the end of the day. It was an interesting experiment.

I think a great deal of unnecessary pressure is experienced when you project your thoughts to the next task as you're going through the motions of another. For instance, while washing the breakfast dishes I was usually thinking ahead to making the beds! Now there was no sense in that at all. Instead, why not look out the windows and think about our little garden and what we will be planting this spring? Before I knew it, the dishes were done.

While making the beds, I tried not to project my thoughts to the downstairs dusting and straightening up. Instead, I took my time and mentally reviewed an interesting documentary Oliver and I watched on television last evening, trying to organize some of the main points that might stimulate an interesting conversation with friends. Now I'll admit that this took a bit more time for I stopped to look up a related article in a news magazine on the bedside table.

I won't bore you with the details of the balance of the day, for I hope that by now I've made my point. I found it much more restful to do some constructive thinking as I went about routine work instead of concentrating on the urgency of hurrying to get on with what came next, which only creates tension and pressure. Instead of feeling as if I have been on a merry-go-round all day, I'm much more relaxed.

This system wouldn't work every day for me or for you, but when you *can*, do



Mrs. Driftmier and her son Wayne,  
whose home is in Denver, Colo.

take it easy! And whenever possible, do devote a little time to a hobby. It isn't easy for working women who have to crowd household chores into the evening hours to find time to work on a hobby. And it isn't simple for young mothers with growing children, either. But do try to find a little time *somehow* to devote to a special interest.

We've been reading a great deal about the retirement years, and goodness knows the happiest people are those who are the busiest. When suddenly retirement time is here, what will it really be like? Probably the first reaction to most people is that it will be *wonderful* to have all that *free time* — the first *really* free time for many, many people. Those who haven't built up a hobby or special interest over the years will probably be the first to become restless.

For those who have been accustomed to putting in full days on a job, time might hang very heavily. Retirement need not be uneventful, however. For many, helping others in the community has banished any sense of boredom. One of our readers wrote recently that she had been employed in an office all of her working life and missed the contacts with people. What was her answer? She found a volunteer job with a charitable organization and spends

What am I thankful for, this day?

I heard a poor man softly say,

"A chance to earn my daily bread.

A place each night to lay my head.

A soft white hand to ease my care,

A child's sweet voice to rise in prayer;

A special friend, both kind and true,

To help me right the wrongs I do.

To dwell where tyrants fear to tread,

Where freedom's flag floats overhead;

The faith to ask on bended knee,

God, may all men be rich like me."

—Unknown

three days a week with small groups of people. As our population expands, more and more volunteers are required to meet community needs.

Oliver and I still have many years of work ahead of us, but we often discuss retirement plans. As a matter of fact, that was one of the subjects that I thought about as I was working around the house today.

It's fun to let your mind wander from one thing to another in a relaxed sort of way. When I was dusting and picked up the copy of *Kitchen-Klatter* that contained Evelyn Birkby's article on table conversations, I started reminiscing about our table talk when I was growing up. We had quite a gang at each meal for there were nine of us plus an aunt or uncle, and a school friend or two was not unusual. Mother and Dad encouraged us children to relate any adventure that might be of general interest to the group. How they would silently groan (I learned much, much later) when I started to tell an experience! I was completely oblivious to their feelings about my story-telling, which was fortunate for me, for I stammered a bit in my speech and it took forever and ever for me to get a story out! But they were kind and, as I said, groaned silently. There is more than one way in this world to learn patience!

Each spring we have Spring Clean-Up Week. Did you ever hear how it started? I think it is an interesting story. It all began when a schoolteacher gave a new dress to a little girl in the slums of Cleveland. Scrubbed clean and wearing her new dress, the child went home. That evening her mother put a clean cloth on the supper table. Her father began to clean up the yard and fix the house. The neighbors, not to be outdone, also cleaned and repaired their homes. Spurred on by a local minister, city officials gave the block their support. Soon clean-up drives began in other areas to help eliminate health and fire hazards. Today, communities throughout the country participate in Spring Clean-Up Week.

All this proves what one kind deed can do! Isn't it amazing?

Now I've left you with something to think about as you run the vacuum today!

Sincerely,

Margery

### COVER PICTURE

I don't believe this picture needs much explanation, for most of you will recognize these three as Dad and Mother (Mr. and Mrs. M. H. Driftmier) and their faithful nurse, Mrs. Ruby Treese, who has been with them for over two years now.

—Margery





## Fly the Shamrock Line

A Saint Patrick's Day Party

by  
Mabel Nair Brown

Take plenty of shamrock cutouts, add a leprechaun or two, throw in an airplane ticket (or reasonable facsimile), set up a gay green "wind indicator" by your front door, polish off your best Irish jokes, call in your friends, and you are all set for fun-filled party that is sure to put the "March Lion" on the run!

If you decide on a written *invitation*, let it be cut from green paper, in shamrock shape, on which is written: "You are invited to take passage on the Shamrock Line for Killarney on March 17th. Reservation is being held for you at the Jean Adams Airport (hostess's name) for 8 P.M. Please wear something green so pilot can identify you."

### Decorations:

Blow up a large green oval balloon and with a marking pen write in large letters across it the words "SHAMROCK LINES". Suspend this on a tall pole anchored in the ground near your front entrance. This is your airport "wind indicator". Fasten a huge shamrock, cut from green foil paper, on the front door. Write the words "Shamrock Lines" across it, also.

Since this is a "flight of fancy" to Killarney, how better can guests be welcomed than by a leprechaun "stewardess"? The "pilot" for the games might also be costumed as one of Ireland's wee people. These costumes can be simply and quickly made of crepe paper, with tiny bells fastened to the shoes. Of course, they will use broad Irish brogues throughout the evening. Pixie type costumes of emerald-green paper will work out nicely. Some tiny metal package bells, such as used at Christmas, might be fastened to the blouse bottom of a pixie costume. Instead of a pointed cap the leprechaun might wear the traditional green paddy hat.

Wall decorations might be some large travel posters extolling the sights and beauty of Killarney and the Emerald Isles in general, all with a humorous angle, perhaps, and decorated with magazine cutouts, or sketches. Cap-

tions might read something like "Killarney Kapers Will Keep You Konvulsed", "Hear Double Talk with Pat and Mike in Dublin", or "You'll Love the Gallons of Water in Galway Bay".

Here and there on the walls, or fastened to draperies, fasten large paper shamrocks on which are written your funniest Pat and Mike jokes in order to start the party off with laughs.

For an attractive table arrangement make a Killarney Lake setting, using a large mirror, pebbles, twig trees, shamrock-leaf posies and several little leprechauns (Peanut Pixies with green vests and top hats) placed in tiny paper boats on the lake, kissing a blarney stone (in a construction paper castle along the "lakeshore"), or hiding among the pebbles and trees.

**Favors:** Make an airplane using a candy roll, a stick of gum, two Life Savers, and a rubber band. Cover the gum and the candy with silver foil. Assemble the plane by using the roll as the fuselage, attaching the Life Saver wheels to it by running the rubber band through them, then up and over the wings (stick of gum) on each side to hold it in position. Glue on a tiny green paper shamrock for the propeller. The words "The Shamrock Lines" might be written in black on the side of the fuselage.

**Fortune Punch:** Fortune-telling always makes for good fun. Fill your prettiest punch bowl with green punch and float in it enough "fortune ice cubes" so that each guest can have at least one. Make these ahead of time by getting large capsules from the drug-store and inserting in each a slip of paper, rolled tightly, on which a silly fortune is written. Freeze one of the capsules in each ice cube. You could use green water if desired. Have cubes almost frozen before inserting capsules, or they will dissolve. Then add to punch a few at a time, so that your guests will dip them out at once. At the party where we used them, the guests were soon breaking the ice to get at the fortune long before it melted in the punch cup!

### Entertainment:

**Dublin Art Gallery:** Each guest is given a slip of paper about 3" by 9". Fold it in thirds. On the first section each guest is to draw the head of *something*. The picture is folded over and passed to person next in line. In the second folded section is drawn a body of *something*. Again the paper is folded over and passed along, and next the feet are drawn. Now display the art for laughs and to judge the best "something". Since no one knows what has been drawn before, some mighty queer animals and people show up!

**With the Accent on Green** — a quiz.

1. Once an American financial queen. Hetty Green
2. A well known town in the Bluegrass State. Bowling Green, Ky.
3. A possession many prize. Greenbacks
4. A kind of fruit. Greengage plum
5. A famous part of New England. Green Mountains
6. Jealous. Green-eyed
7. Terra of the north. Greenland
8. Sometimes an everyday ration. Greens
9. On the moon long before rocket ship. Green cheese
10. A novice. Greenhorn

**Flight to Killarney:** A string is stretched tightly from one end of the room to the other. The player is given a pair of opera glasses and instructed to walk the length of the string, looking through the large end of the glasses. Toes and heels must be kept exactly on the line and steadying the free foot on the floor is forbidden. As soon as a player steps out of place, he must give his "plane seat" to someone else. Those who successfully complete the flight should receive prizes.

**The Guided Tour** (Each set of clues is a guide to a famous place in Ireland.)

1. I begin with an "S", with an "n" do I close;  
In a popular song I remind you of a rose. (Shannon)
2. My first means lassie, my second — you say!  
I'm a city, a county, and also a bay. (Galway)
3. I tell you my secret — my pride and my glory  
Are my lakes, famed in both song and story. (Killarney)
4. In popular usage and not meaning offence,  
Fact is I really don't make much sense. (Limerick)
5. My name is a curious one, I guess

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## THE WISCONSIN DRIFTMIERS DISCOVER A NEW HOBBY

Dear Friends:

This is an ideal day to sit down and write to you. The house is well stocked with groceries, both main-meal type foods and lunch-box fixin's. The children are all well and hence in school, and you know what quiet that provides those of us (the dog and me) left at home. It is bitterly cold, not the type of day that tempts one to go out unless it's unavoidable. I really should go out to let our dependable but aging car run for a while, so that if there were an emergency I would have an operable car battery.

We've had a very pleasant first of the year. Because of printing deadlines you'll have to excuse my references to the holidays. I know it's rather old news but perhaps you'll be interested in our doings.

The children had almost three weeks off from school before and after Christmas — just long enough for them to get bored with themselves and each other. Before Christmas everything went smoothly. Anticipation and good behavior was the order of every single day, but as our Adrienne commented after the presents were opened, "Now we don't have to be good any more!"

Donald and I spent lots of time playing "Skittles" with the youngsters and Don, especially, spent hours racing with Paul on his Dual-8 slot-car racer which Santa brought. For those of you who are as uninformed about a "slot-car" as I was, permit me to explain that these are miniature automobiles with some degree of electrical motor built into them, that run along a track which also carries an electrical impulse (I think). The word "slot" comes from the fact that on the front of each H-O scale car is a plastic tooth that hangs down and rides in a slot in the track. This helps keep the cars on the track. We discovered after reading the handbook that came with it that there are a thousand and one accessories that can be added to this original track and cars. One of Paul's friends also received a slot-car for Christmas, so the boys get together and bring their own racers to one another's houses, much as the girls tote their dolls to their friends' houses.

The girls each received a doll from their Grandma Schneider. (I just hope that when my daughters grow too big for doll playing that someone will remember to put some kind of a doll in my Christmas stocking.) Donald thinks it is outrageous that I enjoy the girls'



Slot-car racing seems to be taking the country by storm, even down to the small fry. Paul Driftmier received his track and cars for Christmas.

dolls so much, and that I can hardly walk past the doll counters in department stores without stopping to admire them. Maybe I'll find a little doll under the tree every year just as Howard Driftmier finds a popgun!

Have I told you that Paul has been going to a neighborhood gymnasium for exercises? He is growing fast—so much too fast for his coordination that he falls over his feet and tumbles. He's also a little hesitant to really exert himself, so we enrolled him in a class where he does exercises with weight lifting and swimming. We had been doing family exercises with a phonograph record of exercises set to music but he was not moved by the spirit of the thing. So we thought that his working with a stranger might be the answer. It is working wonders with him. His corduroy trousers are hanging down around his shoe heels because he has slimmed down his waist muscles to such a degree. He comes home from the swim period so starved that it behooves me to have supper on the table pronto. Donald has been meeting him after work on the days he is here, and is swimming many laps of the pool in an effort to tone himself up for the summer he has ahead. He'll be back at landscaping for exercise as soon as the weather permits. Thank goodness for his years of perseverance in the nursery fields when he was young! Most men would probably object to the repeated summers of putting in a lawn, but he seems completely willing.

Two weeks ago we had a pleasant evening with Wayne in Chicago. He was in the city for a convention and invited us to meet him for dinner. It

was a good thing we had some time for baby-sitter hunting, because we had two weeks of phoning for a new sitter in our new neighborhood only to be disappointed. We finally had to go back to our New Berlin neighborhood for a sitter. (It will be helpful when Katharine is of an age to "sit". I've begun to leave Adrienne and Paul with her during the daytime when I go grocery-shopping or on some other short trip, but I don't think it's proper to saddle her, at ten and a half, with night-time responsibilities.)

We drove to Chicago on a Sunday evening to meet Wayne. The roads were clear and the sky held no snow. I was almost giddy with the prospect of an evening out with my husband. It was almost like having a date!

Wayne took us to the College Inn of the Sherman Hotel, where we enjoyed a leisurely dinner. We talked and talked and talked. It had been a very long time since I had seen and visited with Wayne, and I can't even remember when I last saw Abbie. But we learned all the family news, and feel well caught up on their girls' activities as well as Clark's busy life.

My mellow chiming clock in the living room tells me that it is almost time to open a can of soup for Adrienne's lunch and for Katharine, also, today. Sometimes she likes to "mush home" through the deep snow to eat lunch with us, and today is one of those days. So I'll say goodbye until next month.

Sincerely,

*Mary Beth*





Are you one of the 52 million women in the United States who will be sewing this spring? This group of ladies will purchase nearly 700,000,000 yards of fabric, spend over two and a half billion hours at the sewing machine, and produce one out of every five garments worn by the women and children of this nation. Whether you sew everything or only an occasional dress for your granddaughter, the beautiful world of textiles that is available is enough to lure the most reluctant sewer to her machine.

In India, about 3000 years before the birth of Christ, man began to twist together the soft downy substance in the seed pod of the cotton plant. Then in China, 400 years later, man discovered the same secret within the lustrous filament of a cocoon, and thus we had silk. For many centuries silk and cotton, along with linen and wool, have faithfully served mankind with yarns for sewing and weaving. Then in 1938 the research laboratories produced nylon, which was the first completely synthetic fiber. Rayon and acetate, which came earlier, are classified as synthetic, but actually have wood pulp as their base, whereas nylon is completely chemical.

Some of the chemicals combined to make nylon are hydrogen, nitrogen, oxygen, and carbon. These are processed until a nylon salt is formed. Then the salt is melted down and forced through fine holes to produce a continuous filament of nylon or yarn. As a result of this research, we today enjoy not only animal and vegetable fabrics, but many synthetic fabrics, and combinations of the different fibers.

Today even those with limited time and skill can make lovely garments based on the selection of their pattern

and material. The number of pieces in a pattern is one guide to easy sewing, for the fewer pieces in the pattern, the less there will be to cut, handle, join together, and press. If you wish a quick project, choose a pattern with 10 pieces or less, or one that is marked "Easy" or "Quickie".

The selections of fabrics available this year differ in construction, weight, texture and finish, as well as the fiber content. The fabrics that are easiest to work with have a good deal of body, such as cottons or smooth-surface woolens. Some of the material that require special handling are jerseys, tricots, corduroy, velvet, suede cloth, slippery silks and sheers, chiffon, and whipped cream. Thick loopy woolens and loosely woven fabrics also require special handling care, and therefore it will take longer to make garments from these materials.

The wise shopper will want to keep several things in mind when selecting the material she wishes to work with. Study the fabric. Consider shrinkage. Is it guaranteed? Read the labels on the end of the bolt of material for fiber content and care. If the fabric is washable, it will be plainly stated. On the pattern is a list of fabric suggestions. It is wise to make certain that the material you are considering is listed as one of the suggestions.

An interfacing is not always needed with today's fabrics; however, when using them choose one that will add little bulk to the garment, and that is in keeping with the weight and texture of the fabric. In selecting thread a synthetic or silk thread should be used with blends having a high percentage of synthetic fiber. This thread is much stronger than cotton thread and should be used when long wear is desired. Mercerized cotton thread is available

in a wide variety of colors and sizes, and has been treated to add strength and luster not present in untreated cotton thread.

Use well-sharpened shears for cutting. Clay chalk should be used for marking all man-made fibers as wax chalk or carbon may leave oily marks on the material. Before pressing, experiment on a scrap of fabric, as many synthetics will melt even at medium heat. Press as you sew, but on synthetics and resin-treated fabrics be sure the seam is right before pressing, since creases may not press out.

Before stitching, test your machine by using a double thickness on lengthwise grain. The needle must be smooth and sharp to prevent breaking of fabric threads. Hold your material while stitching and do not let the lower layer "overfeed", but don't pull it through the machine. If you have the pressure set correctly, your work should feed along smoothly.

The extra hours required in working with many of today's fabrics will be worth the additional time and effort for the style-conscious sewer. When selecting a sheer, slippery silk or whipped cream type material, choose a basic pattern or one that features draping or folding effects. This type of fabric may shift while cutting. To help keep it under control, pin the material to wrapping paper. (Pin in the seam allowance as pins may leave permanent marks.) Stay-stitch over tissue paper to avoid puckering and marks by feed-dog. Experiment with the stitch length at about 9 or 10 stitches per inch with the tension slightly looser than normal. Test the material for pressing, since moisture tends to shrivel or shrink some fabrics of this type.

A popular group of textiles are the pile and napped fabrics. They include corduroy, velvet, suede cloth, and many woolens. A mistake in cutting these fabrics can be costly, for napped materials must be cut so that the nap runs in the same direction on each piece. Pile running up shows richness of color, while pile running down shows a satiny-shadow effect. Except with velvet the napped fabrics are cut with the nap running downward toward the hem. To determine the direction the nap runs, lay the material right side up on a table; then stroke the surface lengthwise with the palm of the hand. If the fabric feels smooth, you are stroking *with* the nap. If it feels rough, you are stroking *against* the nap. To avoid cutting errors, chalk lengthwise arrows pointing in the di-

(Continued on next page)



rection of the nap on the wrong side of the material.

Choose a simple pattern with a minimum of seams and darts, and check the amount of material needed for "fabrics with nap". The yardage may be more because additional material is usually required when laying all the pieces in one direction. Avoid top-stitching as the pressure foot will mat the pile. When possible, stitch *in the direction of the pile*, with 10 to 12 stitches per inch. Steam and press gently on the wrong side with the face of the pile down on a heavy turkish towel.

This spring you will see a large selection of laminated fabrics. Wools, jerseys, laces, sheers, crepes, and linings are being featured with a synthetic foam backing that is bonded or heat-fused permanently to one side of the material. The pattern should be of simple design, with few details. Lay pattern pieces on the right side of the material, cutting only one piece at a time. Work carefully, for ripped machine stitches show on some bonded fabrics. Steam pressing is most effective and the seams and darts should be pressed on a seam pressing roll or ham.

When choosing stretch fabrics select a pattern that calls for the stretch in the same direction as the fabric stretches. Lay the pattern so the stretch is across the shoulders and across the hips in skirts and slacks without stirrups. The stretch is up and down in most slacks and shorts. Cut the waistband in the non-stretch direction. Avoid stretching the material while working with it. Don't even let it hang over the edge of the table. Use short stitches (14-15 per inch), and nylon thread. Eliminate linings if possible but use a non-stretch interfacing to control the stretch in facings, jacket fronts, cuffs, and pocket openings. When pressing the fabric, lift and lower the iron, being careful not to pull or stretch the fabric.

While general techniques have been given, you will find it helpful to experiment a little with your fabric to find out how it will handle before beginning to sew. There is no substitute for actually working with a fabric.

This spring the textile industry has more to offer the home sewer than ever before. There are soft flowing crepes, festive brocades, and elegant lace for special events. A washable woolen is a practical choice for a child's spring coat. (Make certain that the lining and interfacing are also washable.) Wrinkle-proof fabrics and washable knits are wonderful for travel and casual wear. Mothers with small children will want



Andrew Brase found lots of interesting things at Great-grandmother Drifmier's house, including the elephant bell he's holding.

## IS YOUR FAMILY WEATHERWISE?

by  
Inez Ladd

When the winds blow cold and the snow crunches under the feet, it is not too difficult for a mother to manage her children; I must hasten to explain, in the area of "wraps". She might even have some doubtful assistance which could take the following form: "Mother," wails Sally, "I left my boots at Myra's last night." And from Timmy comes the forthright information that *he* lost his gloves last Saturday. At least one knows the facts! No, it is not too difficult to tie that scarf around the neck when the sleet is pelting down, nor to turn the coat collars high.

It is when the first deceptive spring zephyrs waft their gentle breezes that mother and child join battle. "But, Mother," Sally complains, "*none* of the other girls have to carry a sweater." And Tim, as slippery as an eel, does no arguing. He slips away from those loving hands as cleverly as a Houdini, leaving Mother wondering if she could use his technique herself sometime when *she* wants her way. But what to do during this changeable spring weather? Her mind wrestles with the problem as she washes the dishes and makes the beds.

A friend suggested a solution when I

to consider a dress made from material that has had a fluoridized treatment which makes it stain, spot, and soil-resistant and helps to repel liquids, leaving no need to cry over spilled milk. If you need a new housedress, try a stretch fabric for perfect working comfort. Regardless of your needs or budget, you will find delightful materials to make your spring sewing a pleasurable and profitable experience.

met with it in my household. "Get a BIG thermometer with good clear figures on it, and mount it in a north or west window. Set it at an angle so it can be easily read inside the house. And then let the children read the thermometer and decide for themselves what to wear," she said.

Of course general rules should be set up for the whole family, even Dad, which would apply under certain conditions. If it's pouring rain all should wear rubbers and raincoats; that's just common sense. If a spring shower threatens but it may possibly turn into a hot, clear day, give each child a triangle of light-weight plastic material. (A yard will make two.) It can be tucked into a shirt or trouser pocket, laid in the back of a book, or even tucked into the lunch box. It's a lifesaver in a downpour.

When the temperature falls to fifty degrees, a jacket or heavy sweater is called for; from forty degrees downward, coats, caps, and gloves are suggested. But with below-freezing temperatures it is best to take no chances with nipped toes or fingers, and to insist that these articles be worn. When the mercury slips to zero, with snow, sleet and high winds, then boots, coats, wool scarves, and gloves, and sometimes an extra sweater under the coat should be donned.

Let the children take turns reading the thermometer and announcing the result to the family. An additional help is for someone to step outside to see from which direction the wind is blowing and its approximate velocity.

There are many factors which will govern each family, such as each individual's reaction to temperature, where each will work or play, or whether there will be additional shelter. A child playing in a sunny, south patio, sheltered from the wind, may be quite comfortable in light wraps, while one in an exposed, damp and shaded area needs much warmer clothing.

The hot days of summer compare to the cold period of winter when temperatures are maintained within a certain slight fluctuation. People adjust quickly to these conditions and reach subconsciously for the proper clothing.

It is the variable temperatures of spring or the unexpected sudden cold snap of autumn that bring on the sniffles and sneezes. By adequate planning any family can meet the sudden changes of weather which often cause so much distress. Measures which will keep the family's health at a steady level are measures which should be adopted. And when it is family-planned, it will succeed.



## THE LATEST NEWS FROM THE DENVER DRIFTMIERS

Dear Friends:

A typical March wind is bending the bare branches of the bushes and trees back and forth and then to either side. Such a cold driving wind probably will soon be herding along another snow-storm. It's a fortunate thing for our house whenever Denver has weather like this; I settle down to a few oft-postponed cleaning jobs.

The half-bath has just been scrubbed from top to bottom after waiting reproachfully for far too long a time. The old familiar curtains aren't back hanging at the window, however. Age finally caught up with them and they disintegrated in the wash water. You know, it takes a great many years of service to make what used to be sturdy fabric become rent with holes from hand-washing. Thus one of the first orders of business after sending this letter along to you will be to get some new material and stitch up the replacement curtains.

It has been some weeks since I last wrote to you. During this interval Wayne was away for a week while he attended some nursery meetings in Chicago. Mary Beth and Don were able to drive from Milwaukee to join him there for dinner and an evening of visiting. Wayne next stopped off on his return to Denver for a short visit with his family in Shenandoah. Dad Driftmier certainly surprises all of us with his remarkable physical improvement after such a long period of disability.

Early this year Emily was thrilled and honored to have one of her dreams come true. She was chosen Queen of the 1966 Bishop's Youth Ball. This ball is sponsored annually by the Episcopal Diocese of Colorado on the night preceding the youth convention. Each parish and mission has the privilege of nominating one young man and woman for selection as king and queen. A committee from the Division of Youth selected four finalists for each position on the basis of service and devotion to their church. These eight finalists were then interviewed to determine their knowledge of the church. This committee of adults then made its choice of king and queen. The decision is kept secret until the coronation ceremony at the ball. Needless to say, Wayne and I were more than a little proud when this honor came to Emily.

Emily had been invited to attend the ball some weeks in advance, so there was plenty of time to make her gown. She requested a full-length formal made



Clark Driftmier, the youngest of Wayne and Abigail's three children, is showing interest in golf, and no doubt will be on the golf course with his father this summer.

in the empire style. At one of the local fabric shops I was able to choose from among many absolutely stunning fabrics. We finally selected the color — old gold.

The bodice was damask with rose blossoms woven into the fabric in gold metallic thread. The skirt was a perfectly matched gold peau de soie. Along the stitching line under the bust where the bodice and skirt joined we added a gold metallic braid instead of the ribbon called for by the pattern. I lined the bodice with sheath lining; the skirt was underlined with Pelon to make it stand out in a bell shape.

Making a formal is really not at all hard. Sometimes women are scared to tackle them because they look so elegant and therefore difficult. Actually, if you will just be conscientious about measuring and adjusting the pattern to fit the person by whom the garment will be worn, a successful result is almost always assured. I'm assuming, of course, that the sewing will be done with some care. For instance, I found it necessary with my pattern to shorten the back bodice one inch and add a small dart at either side of the back neck opening in order to get a good fit on Emily. Even the same size in the the same brand pattern will vary considerably from one style to the next. Therefore it is most important that each time you check actual measurements on the individual pattern against the measurements of the person. You dare not assume that because one pattern had one set of measurements, another in the same size will have identical allowances.

Another advantage of making a formal dress is the great saving. Formals are quite expensive, especially when you consider how few times they are worn. Without restricting myself at all on choice of material because of cost, I can still make a formal for about one-third the price of an inexpensive gown purchased in a store. So my message to those of you who sew but have never made a formal is: Take courage and care and give it a try. You may find this project an unexpected pleasure. (I'm thinking especially of those mothers who will be confronted by requests for new dresses for the Junior-Senior Prom or whatever the big spring dance is called at your daughter's school.)

It looks as if 1966 will be building-supervision year for Wayne. Our golf club is currently negotiating a move to a new location one-half mile west of the present one, which is built on flat, old creek-bed ground. It makes rather uninteresting terrain for golf, but is valuable for the deposits of gravel that lie below the surface. Since our club doesn't wish to operate a gravel business, we hope to acquire new facilities with a much more challenging layout. Wayne has been chairman of the grounds committee for some time and will, no doubt, serve on the committee that oversees construction of the new course. The local golf courses are good customers of the nursery year in and year out. Wayne loves to play golf and is anticipating the opportunity to learn more about how landscaping can be used to supplement and enhance natural terrain in making a championship course.

It also looks as if 1966 may at long last be the year that our St. James Parish builds its new church. We thought 1965 would be the year, but a few roadblocks delayed things considerably. The architect submitted plans that were bid in at least \$50,000 more than anticipated. Then he moved 1200 miles away and it has taken quite a while for new plans to be submitted. At our church annual meeting Wayne was elected the new Senior Warden. This is the most responsible laymen's position in the local parish, being comparable to chairman of the board of trustees. In this capacity he can't help but be responsible for overseeing construction if the bids received this time prove feasible financially.

Frankly, I would like to do a little building supervision myself in 1966. I wouldn't mind the least little bit overseeing construction of our long-awaited family room.

Sincerely,  
Abigail



**"WELL, HOW OLD IS SHE?"**

by  
Esther Sigsbee

It is getting more and more difficult to guess a woman's age.

Because of hair-color, you can't tell "does she or doesn't she?", and if you decide she does, you can't be sure if it is to change the shade or to cover up the grey. To complicate things even more, some youngsters who couldn't possibly be even prematurely white, bleach silver streaks in their hair!

You can't tell age by looking for wrinkles anymore because everybody's skin is so moisturized and make-up filmed. Figures are not a sure-fire give away either, what with Spandex, Lycra and Kitchen-Klatter Sweetener!

Even habits are not much of an indication because so many people who should be sweet little old ladies go batting around in sports cars.

I'm beginning to think the only way you can tell which is the mother of young children and which is the children's grandmother is that Grandma is more carefree looking!

But perhaps another way we have left to guess a girl's age (all females are "girls" from age 1 to 99) is by their memories. If you can get a girl talking about what she did, wore, or considered attractive during the time she was being courted, you can pick up a few clues.

You can't pinpoint it much more accurately than within ten years, and if she catches on to what you are doing she may clam up on you and not remember one blamed thing. But it is as good a theory as any.

For example, if she remarks that the fox trot is a mighty nice dance and she thinks she can still do the Charleston — if she occasionally calls a nice-looking young man a "Shiek" or a popular girl a "Flapper" — if she occasionally forgets and applies her lipstick in a cupid's bow and refers to a hair style as a "bob" — if she calls music with a fast tempo "jazz" — if she knows what a marcel is, a raccoon coat or a rumble seat — I'd say the lady is just about old enough to start collecting benefits from her Social Security.

If she looks knowledgeable when the Great Depression is mentioned, remembers Empress Eugenie hats, beach pajamas, Croquinole permanent waves, miniature golf, and big-name dance bands on radio — if she says a good-looking boy is "cute" — if she thinks the most attractive length for skirts is still mid-calf and the right age to be married is when the boy is out of



Mother (Leanna Driftmier) and Howard, the oldest of the four Driftmier sons, visiting after a big family dinner at Lucile's.

school and has saved a hundred dollars — then I'd say the girl isn't too far, either way, from her fiftieth birthday.

If a woman lets drop that most of her love letters came by V-Mail and recalls when most of the fellows left at home were "either too young or too old" — if she remembers when slacks were practically a uniform but if she did wear skirts they were short and skimpy — when a new pair of shoes cost several month's ration stamps — if she likes swing or boogie-woogie music — then I'd suspect that life has begun for her and she is forty — or soon will be.

If a girl doesn't laugh very hard at the idea of wearing saddle shoes (the dirtier the better), prefers bright red or purple lipstick and nail polish, remembers getting out the needle to shorten her skirts left over from the "New Look" — spent much of the time when she was on a date watching TV — if she remembers hula hoops, rock-and-roll music, pointed-toed shoes making their appearance, and teased hair replacing short, close-fitting cap hair styles — then I'd say it won't be long until the girl is thirty.

Naturally, we could analyze the trends even further, but for the purposes of guessing a female's age, it wouldn't do much good. A girl under thirty has no right to be coy about revealing her birthday!

**HAPPY BIRTHDAY, GIRL SCOUTS**

Birthday congratulations are in order for the Girl Scouts of the U.S.A. They will celebrate their 54th birthday this month.

Communities across the nation have been grateful for the influence of Scouting on their young people.

**PRESCRIPTION FOR FRIENDSHIP**

by  
Inez Baker

A Kentucky lady, visiting her daughter in our town, fell and broke her hip. Due to complications, she was hospitalized many weeks.

When asked to contribute to a Friendship Basket for her, I wrapped two small gifts: one, an inexpensive Bird Book because she's interested in birds; the other, an envelope containing nature stickers (birds, flowers, animals).

My gifts, together with those from neighbors and friends of the daughter, were placed in a basket. To each was tied a bright ribbon.

Since the idea was for the patient to pull one package from the basket each day, thus prolonging the fun and giving her something to anticipate, we needed "instructions" for her.

I wrote a little verse to accompany the basket, typing it to resemble, roughly, a prescription.

If you'd like to use this idea for a hospitalized person, shut-in or sick child, here's how it looked:

I. M. Shenandoah, F. D.  
(Friendly Doctor)

Page County, Iowa

For ..... (patient's name here).....

Date .....

Address .....

An ounce of courage, grain of pluck,  
A little bit of pure good luck.

Laugh when able, a smile or two  
Never fails to benefit you!

Friends have sent a basket of gifts  
With hope they give you happy "lifts".

So tug one ribbon every day  
To learn what treat has come your way!

You will want to change the wording to fit your particular need. For instance, put appropriate city, county and state names in the heading.

**THANKFUL**

Thankful for so much —  
things to hear and touch,  
to smell and taste and see;  
for what there is to be,  
for what there is to do,  
for all that's good and true  
and beautiful and gay!  
Thankful for the day  
so busy and so bright,  
for the quiet, star-strewn night.

Thankful for my friends,  
for the road that winds  
between their homes and mine.  
Thankful for each sign  
of warm and kindly thought  
that makes a pleasant spot  
in the world: for fires,  
lighted towns and spires,  
for rainbows arched above,  
and smiles of those I love!

—Helen Harrington



## A LETTER FROM FREDERICK

Dear Friends:

I had a nostalgic experience today; I drove David down to The Choate School in Wallingford, Connecticut. If you have been reading my *Kitchen-Klatter* letters for the past fifteen years, you know why I called it a "nostalgic" experience. You see, I was on the faculty of The Choate School for a brief period of time when we first returned from Honolulu, and for a little more than a year every one of my *Kitchen-Klatter* letters had some mention of all the good times we had there. Going back there today was like "Old Home Week", for we had a chance to visit with many old friends, to eat a meal in the same dining room where we used to eat, and to stand once again in the pulpit of the chapel where I used to preach. It was David's first visit to Choate, and he was impressed with the beauty of the campus. It really is a lovely spot right on the edge of a small Connecticut town. There is just a slight possibility that David will go to Choate next year. It is a good school with about 560 boys in small classes where there is much personal attention from the teachers. One nice thing about the school is its location. It is just a few blocks off the main four-lane highway that passes within a block of our home here in Springfield, and we were able to make the sixty-mile distance from our home in an hour.

Yesterday I had a most unusual experience. I was a guest at a men's luncheon club where the speaker of the day was a member of the Police Canine Corps of Hartford, Connecticut. He had with him one of the big German Shepherd dogs that are now being used for police work in the city of Hartford. In his talk he told of the many dangerous criminals that had been captured by the police dogs. Throughout the entire talk he had his particular dog on a leash, and the exciting thing was the dog's desire to tear me limb from limb. I sat within a few feet of the speaker, closer to the dog than any of the other guests, and that brute kept lunging at me with fangs barred and with a deep roar in his throat. It was a frightening experience, and I did not breathe easily again until that dog had been returned to the police car that brought the speaker and his dog to the luncheon.

As the days begin to get longer, I look back upon the winter just passed with a sense of wonder. I had dreaded this past winter very much, but now that it is almost gone, I wonder *why*? Why do I hate winter so much? On cold



Since Frederick makes frequent references to the small chapel in his church, we thought you might like to see it. His early service, which is broadcast each Sunday, is held in this room.

days I am invigorated, and I love the beauty of a snowstorm and the sight of mountains under a blanket of white. Yet, I do not like the winter, and I think it is because I love the sunshine so much. There are so many gray days in the wintertime — days when the sun is never seen and the clouds hang low in the sky. It isn't just the physical fact of gray days, but the psychological effect on myself and on so many others that I don't like. Of course, I know that behind every cloud there is a bright blue sky, and I know we must have the dark days to prepare the earth for the bright days to come, but at the same time, I can't help liking bright, sunshiny days better.

Here in our church we are very proud of the fact that few of our young people smoke. We do not allow any young person to smoke on church property, and we never have had any trouble enforcing this rule because our young people simply do not smoke. Actually, our church is somewhat unique in this, for many churches in this area permit young people to smoke. A few weeks ago I was a guest speaker at a youth meeting in one of our large New England churches, and I was dismayed to observe dozens of youngsters smoking while they sat there listening to me speak. Some of those smoking were not more than fourteen or fifteen years of age. How any church could permit such a thing, I do not know.

Last Sunday evening we had one of the physicians presently serving on our Board of Deacons speak to our young people about the dangers of smoking. I was absolutely astounded at some of the statistics he gave in

his speech. For example, do you know that last year the American people bought more than 510 billion cigarettes, or about 5,000 cigarettes for each person over eighteen years of age? Why, I can hardly believe it! 5,000 cigarettes for every adult in our country! If a young married couple, age 20, who each smoke "one pack a day", will deposit in the bank the money they will spend on tobacco for the next 40 years, or until their 60th birthday, they will accumulate \$17,654.00. Last year the American people spent over 7 billion dollars on cigarettes alone, not counting all the other forms of smoking tobacco. In addition to that cost, there was the cost of 200,000 fires caused by careless smoking, and the loss of 1,200 lives in those fires. This cost was estimated to be in the neighborhood of 70 million dollars. And the most startling fact of all is that the American people spent more on tobacco last year than they did on all their religious activities and charities.

If any youngsters listening to the doctor speak were not impressed with dollars and cents statistics, he had some real shockers in the area of health. Cancer of the lung is ten times more prevalent in smokers than in non-smokers, cancer of the bladder is two times more prevalent, cancer of the stomach two times, emphysema and chronic bronchitis is three times, coronary disease is two times, and stomach ulcers of all kinds is three times more prevalent in smokers than in non-smokers. Actually, more people are killed by cigarettes each year than are killed in automobile accidents.

(Continued on page 20)



**EVELYN'S FAVORITE WHITE BREAD**

- 4 1/2 cups water
- 2 pkgs. dry yeast
- 6 Tbls. sugar
- 2 Tbls. salt
- 4 Tbls. soft shortening
- 14 to 15 cups flour

Put 1/2 cup lukewarm water in a large bowl, sprinkle dry yeast over the top and let stand until dissolved. (1 tsp. sugar added to the yeast and water will help start the action of the yeast.) Add remaining 4 cups water to mixture. Stir in sugar, salt and shortening. Gradually add flour, beating well as long as possible. Continue adding flour until nice dough is achieved. Turn out on floured board and knead until smooth and elastic and it does not stick to the hands.

Place in a greased bowl, turn to grease all of dough, place a damp cloth over top and put in a warm place (never hot!). When doubled in bulk, about 1 1/2 to 2 hours, punch down and let rise again, about 45 minutes. Turn out onto floured breadboard, cut into four parts, and let rest for 10 minutes.

Take each section and knead well, patting and pressing. Shape into an elongated circle. Pound out all the air. Roll into a loaf shape; tuck the ends under. Put in greased bread pan, cut side down. Pull clear over to one side, not in center. This makes a more evenly shaped loaf. Repeat with other three sections of dough.

When dough has raised to edge of pan, bake at 400 degrees for 40 minutes, or until it is nicely browned and gives off a hollow sound when thumped. Remove from oven and take out of pans immediately. Cool on racks. Buttering the tops makes the crust more tender. If you prefer a crusty, crunchy top, do not butter. As soon as cool, wrap in plastic bags and store in freezer.

This is a wonderful recipe to use when you wish to freeze bread if it does not crumble. —Evelyn

**FROZEN BANANA SALAD**

Mix together and blend well:

- 1/4 tsp. salt
- 4 Tbls. mayonnaise
- 2 3-oz. pkgs. cream cheese
- 1/2 tsp. each of Kitchen-Klatter lemon and banana flavorings

Add:

- 1/2 cup chopped maraschino cherries
- 1 9-oz. can crushed pineapple
- 3 mashed ripe bananas
- 1 pint whipping cream, whipped

Gently fold in the last 4 ingredients and pour into a pan to freeze. Cut in squares to serve. This freezes very firmly, so you will need to remove it from the freezer about 15 minutes before cutting.

—Margery

**SALE DAY DINNER**

- 1 lb. hamburger
- 1 8-oz. pkg. macaroni, uncooked
- 1/2 cup finely chopped onion
- 1/3 cup chopped green pepper
- 1 Tbls. shortening
- 1 can tomatoes
- 1 6-oz. can tomato paste
- 1 cup water
- 1 1/2 tsp. chili powder
- 1/2 tsp. allspice
- 2 tsp. Worcestershire sauce
- Salt and pepper to taste

Slowly cook the hamburger, macaroni, onion and green pepper in the melted shortening until the meat is lightly browned. Add the remaining ingredients. Bring to a boil, then cover and simmer 20 to 30 minutes, or until the macaroni is done. Stir occasionally.

—Dorothy

**TOASTED CRAB MEAT BUNS**

- 1 dozen buns
- 1 can flaked crab meat
- 1 lb. processed cheese
- 1/4 lb. melted butter or margarine
- 1 tsp. Worcestershire sauce

Melt the butter and cheese together. Add crab meat and Worcestershire sauce. Spread on split buns. Toast under broiler until hot and bubbling.

**SALISBURY STEAK WITH MUSHROOM SAUCE**

- 1/4 cup onion, chopped
- 1/4 cup celery, chopped
- 2 Tbls. butter or margarine
- 2 lbs. ground beef
- 1/2 lb. bulk sausage
- 1/4 cup cracker crumbs
- 1 Tbls. parsley, chopped
- 1/4 cup green pepper (optional)
- 3 eggs, beaten

Brown onion and celery in butter until golden. Combine meats with other ingredients and then spoon celery and onion into mixture. Mold into thick patties. Place in well-greased baking dish. Bake at 350 degrees for 1 hour.

**Mushroom Sauce**

- 2 Tbls. drippings
- 2 Tbls. flour
- 2 cups beef stock or bouillon
- 1 4-oz. can mushrooms, undrained
- Salt and pepper to taste
- 1/4 tsp. Kitchen-Bouquet

Combine flour and drippings. Cook and stir for 5 minutes. Add stock or bouillon and mushroom juice and continue cooking and stirring until sauce thickens. Stir in mushrooms and Kitchen-Bouquet. Be careful not to add too much salt if bouillon is used as it is already salted. Add seasoning if needed. Serve sauce hot over steaks.

The steaks may be prepared in an electric skillet if you prefer. Grease the surface well and turn patties at least once. Cook at 350 degrees with skillet covered until done. —Evelyn

**ORANGE SHERBET PUNCH**

- 1 quart orange sherbet
- 1 pint vanilla ice cream
- 1 quart ginger ale
- 1/4 tsp. Kitchen-Klatter orange flavoring

Chop the sherbet and ice cream into portions small enough to mix well and combine in large mixing bowl. Whip with mixer until well blended and smooth. Gradually stir in flavoring and ginger ale. Spoon into small serving glasses or punch cups.

This makes a delightful punch. It is lovely to look at and just as flavorful. The color may be varied using different sherbets — raspberry for pink, pineapple for white, lemon for yellow, lime for green, etc. Use the same Kitchen-Klatter flavoring as sherbet flavor or vary the taste by combining fruit Kitchen-Klatter flavorings which would go well with the sherbet used.

This could be served with a variety of cookies for an adult party or used as the combined ice cream and drink to go with the birthday cake.



**MOTHERS' TEA CUPCAKES**

- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1 1/3 cups sifted flour
- 1/3 to 1/2 cup cocoa
- 1 tsp. baking powder
- 1/2 tsp. soda
- 1/4 tsp. salt
- 1/2 cup milk
- 1/2 tsp. Kitchen-Klatter vanilla flavoring
- 1/2 tsp. Kitchen-Klatter burnt sugar flavoring
- 1/2 cup hot coffee

Cream shortening and sugar together. Add egg and beat well. Sift together dry ingredients. (Amount of cocoa determines how strong the chocolate flavor will be — use the 1/2 cup if your family likes a sturdy chocolate flavor.) Combine milk and flavorings. Add to batter alternately with dry ingredients. Lastly, stir in hot coffee. Fill paper muffin cups 1/2 full. The batter will seem *very thin*. Bake at 375 degrees for 20 to 25 minutes, or until they test done. Frost with black walnut frosting.

These cupcakes went to the fourth-grade mothers' tea, hence the name. They are very light and delicious. I double the recipe and freeze some for future use as they do freeze very nicely.

—Evelyn

**TURKEY OR CHICKEN PIE**

- 1 unbaked pie shell
  - 3 cups broth
  - 1/3 cup chicken fat
  - 1/3 cup flour
  - Salt and pepper to taste
  - 1/2 tsp. Worcestershire sauce
  - 2 cups cooked turkey or chicken
  - 1 can mushrooms, drained
  - 3 eggs, separated
  - 1/2 cup toasted almonds
  - 1/4 tsp. salt
  - A dash of pepper
- Melt fat in skillet. Stir in flour and continue to cook and stir for 5 minutes. Add broth, salt and pepper and Worcestershire sauce. Continue to cook, stirring, until thick.

Measure out 2 cups of the sauce. Beat egg yolks and add to sauce. Stir in meat, mushrooms, seasonings and almonds. Lastly, fold in stiffly beaten egg whites. Pour into unbaked pie shell. Bake for 40 minutes at 350 degrees. Cut into wedges and serve with remaining hot sauce.

This is an exceptionally fine way to use leftover roast turkey or chicken. The bones may be stewed to make the broth needed. A casserole may be used instead of the pie shell base and baked as a souffle.

—Evelyn

**UNUSUAL AVOCADO AND MUSHROOM SALAD**

- 2 large avocados, peeled and cut into quarters
- 2 cans (small) whole mushrooms, drained
- 8 lettuce cups
- 1/4 cup vegetable oil
- 1 1/2 Tbls. tarragon vinegar
- 1/4 tsp. Worcestershire sauce
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. prepared mustard
- 1/2 clove of garlic

Combine oil, vinegar, Worcestershire sauce, salt, pepper, mustard and garlic in a jar and shake thoroughly. Put avocado quarters and drained mushrooms in a bowl and pour dressing over them. Let stand at least two hours before serving. When ready to serve, place an avocado quarter in each lettuce cup and fill cavity with the mushrooms.

(Note: we were fearful that the peeled avocados might turn dark while they were marinating in the dressing, but they didn't. This is an unusual combination of flavors in a salad and very refreshing and intriguing.)

—Lucile

**ASPARAGUS CASSEROLE**

- 1 can frozen creamed shrimp soup
- 1 3-oz. pkg. cream cheese
- 2 Tbls. milk
- 2 pkgs. frozen asparagus, cooked, or 2 cans asparagus, drained
- Buttered bread crumbs

Heat soup, undiluted, cream cheese and milk until melted and blended together. Put asparagus in casserole and pour creamed mixture over top. Sprinkle with buttered crumbs. Bake at 350 degrees for 30-35 minutes.

—Margery

**HAMBURGER-VEGETABLE SOUP**

- 1 lb. ground beef
- 1 cup onion, diced
- 1 cup potatoes, diced
- 1 cup carrots, sliced
- 1 cup celery, cut
- 4 cups cooked tomatoes
- 1/4 cup uncooked rice
- 3 cups water
- 3 tsp. salt
- 1/4 tsp. basil
- 1/4 tsp. thyme
- 1 bay leaf

Brown the ground beef and onion in a small amount of cooking oil. When lightly browned, drain off excess fat. Combine with the remaining ingredients in a large kettle. Simmer, covered, for 1 hour.

This is a delicious *quick* vegetable soup. Since it freezes nicely, it is a fine recipe to make in quantity and freeze for future meals.

—Evelyn

**DATE-BANANA CAKE**

- 1/2 cup margarine
- 1 1/2 cups sugar
- 3/4 cup mashed banana
- 1 cup chopped dates
- 2/3 cup crushed pineapple (well drained)
- 1/4 tsp. Kitchen-Klatter pineapple flavoring
- 1/2 tsp. Kitchen-Klatter butter flavoring
- 1/2 tsp. Kitchen-Klatter banana flavoring
- 2 cups cake flour
- 1/2 tsp. soda
- 1 tsp. baking powder
- 1/2 cup chopped nuts
- 1/2 cup sour milk

Cream the margarine and sugar thoroughly. Add the bananas, dates, pineapple and flavorings. Beat well. Sift the dry ingredients three times, mix in the nuts and add alternately with the sour milk. Bake in a moderate oven (350 degrees) 35 to 40 minutes if baked in layer cake pans, about one hour if baked in a 9 by 13 loaf pan.

**EXTRA GOOD SWEETENER COOKIES**

- 1 Tbls. Kitchen-Klatter No-Calorie Sweetener
- 2/3 cup water
- 1/4 cup shortening
- 1 cup raisins
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 tsp. salt
- 1 egg
- 3/4 cup apple, shredded
- 1 cup flour
- 1 tsp. baking soda
- 1/2 tsp. Kitchen-Klatter vanilla flavoring
- 1/2 tsp. Kitchen-Klatter maple flavoring

Combine sweetener, water, shortening, raisins and spices in a pan. Boil for 3 minutes. Add the rest of the ingredients in order given. Stir until well blended. Drop by spoonfuls onto greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes, or until done.

A little more flour may be added to this recipe as needed; the amount of liquid varies somewhat depending upon how high a flame is used to boil the first combination.

This makes an excellent sugar-free cookie. The appearance is brown and nicely rounded. Burnt sugar flavoring or black walnut flavoring may be used in place of maple for variation.

For additional Kitchen-Klatter Sweetener recipes, send a stamped self-addressed envelope to: Kitchen-Klatter, Shenandoah, Iowa 51601.



**KITCHEN-KLATTER SYRUP**

- 1 cup white sugar
- 1 cup white corn syrup
- 1 cup water
- 1 tsp. any Kitchen-Klatter fruit flavoring
- 1 tsp. Kitchen-Klatter butter flavoring

Food coloring, if desired

Combine sugar, corn syrup and water. Boil 3 minutes. Remove from fire. Add Kitchen-Klatter flavorings as desired. This is just right for the fruit flavorings. Add 1 tsp. of raspberry, strawberry, cherry, blueberry, orange, pineapple or banana flavoring for a delicious fruit-flavored syrup. Add coloring to match the flavor chosen; for example, a little red and blue coloring gives a purple to go with the blueberry syrup.

For maple syrup simply substitute brown sugar for the white and use the Kitchen-Klatter maple flavoring.

**SOUR CREAM WAFFLES**

Sift and measure 1 1/2 cups flour with 3 tsp. baking powder and 1/4 tsp. salt. Separate 2 eggs and beat the yolks in 1 cup of sweet milk. Add to the flour mixture and beat well. Add 1/2 cup sour cream to which you have stirred in 1/4 tsp. baking soda. Add 2 Tbls. melted butter. Lastly, beat the 2 egg whites and fold into the mixture. Bake in usual manner. This recipe will make six nice, crisp waffles.

**CARROT COOKIES**

- 1/2 cup shortening
- 1/2 tsp. Kitchen-Klatter butter flavoring
- 1/2 cup white sugar
- 1 cup brown sugar
- 1 tsp. Kitchen-Klatter vanilla flavoring
- 1/2 tsp. Kitchen-Klatter orange flavoring
- 2 eggs
- 2 cups sifted flour
- 2 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 2 cups rolled oats
- 1 cup raisins
- 1 cup grated raw carrots
- 1/2 cup nuts, or 1/2 tsp. Kitchen-Klatter black walnut flavoring

Cream together the shortening and sugars. Add beaten eggs and flavorings. Stir in the sifted dry ingredients. And the rolled oats, raisins, carrots and nuts. Drop by teaspoon onto a lightly greased sheet. Bake at 350 degrees about 30 minutes.

—Dorothy

**RASPBERRY FRUIT SALAD**

- 1 pkg. raspberry gelatin
- 1 cup hot water
- 1 cup vanilla ice cream
- 3 Tbls. orange juice
- 1 can crushed pineapple, undrained
- 1/4 tsp. Kitchen-Klatter pineapple flavoring
- 2 bananas, sliced
- Chopped pecans (optional)
- Combine gelatin and hot water. Stir

in ice cream and orange juice. Add crushed pineapple and juice, pineapple flavoring, bananas and nuts if desired. Turn into lightly oiled salad mold. Chill until firm. Turn out on lettuce leaves.

The pink, creamy color of this salad makes it especially nice to make in an attractive mold. It is an excellent choice for a buffet table or as a light salad for a company meal.

—Evelyn

**How Many SMILES to the Gallon?**

You can light up the neighborhood with your family's smiles when you add variety to the food you fix. One of the best ways is to use **Kitchen-Klatter Flavorings** (and you don't need a gallon, either!).

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**"FASTEN SEAT BELTS, PLEASE"**

by  
Evelyn Birkby

When Margery returned from her trip to New York City we were comparing notes on our feelings about flying. Strange how similar they are. Keeping feet firmly on the ground may not always be sensible or convenient. Statistics prove the safety of air travel per miles and passengers flown. But somehow the ground underfoot gives a sense of security.

Our conversation brought back to mind the first, and only, time I have flown. Robert and I had gone down to Arizona to visit my sister and her husband just a few months before her husband's death. Time was short and we wanted to spend as much of it as possible with them, so the decision was made to fly home.

The day of our departure was bright and sunny. Soon after we had picked up our tickets at the Phoenix airport a voice on the loud-speaker informed us that our flight was loading outside gate 5. Our plane was an enormous turbo jet, sleek and sturdy looking on the outside and beautifully appointed inside. Two lovely stewardesses welcomed us aboard.

Robert flew during World War II and was the wise, experienced member of this expedition. He chose the seats near the back so the view would not be obstructed by the wing. The seats were three abreast and our seating companion was a friendly lady from Los Angeles who was also making her first flight. We compared sensations and ignored the comments my experienced husband was making.

I fastened my seat belt *real* tight. The plane scooted down to the end of the runway and I hung onto the arms of the seat for dear life, reading the directions on the big escape door like mad. The fact that some of the words were written in Spanish didn't slow me down one bit. I got as far as "pull the handle" and then searched frantically to find the handle indicated. I'm not at all sure I ever did!

I pulled up hard on the chair arms and, sure enough, that plane went up, up, up! After feeling certain we were nearing Gabriel's domain I looked down. Several landmarks loomed into view. There was Camelback Mountain and Superstition's rugged outline. Then we could see the lakes — Saguaro and Canyon. It seemed incredible that we had been boating, swimming and picnicking along the shores of the first lake less than twenty-four hours before. The chain of lakes continued until



—Photo by Blaine Barton  
Evelyn Birkby (pictured with her family) enjoys new experiences, and we have an idea that she'll fly again at the first opportunity.

the dam and Roosevelt Lake came into view.

The air was clear as we flew on north and east with the mountains and valleys laid out in a beautiful panorama to the left and right. I wasn't about to lean over and see what was directly below, but assumed it was similar. My seat belt was fastened tightly every second — just in case.

How fast and high we went. We flew over the red slash in the earth's surface which is the Canyon De Chelly National Monument. We flew over great, towering, fleecy clouds which seemed to gather the sunshine into round pink clusters. Suddenly, before it was reasonably decent, the plane was flying over the snow-capped peaks of the Colorado Rockies. As we peered down at the tiny dots of lakes snuggled in rugged black cliffs, the pilot announced over the inter-com, "Pike's Peak is to the left. Fasten your seat belts. We will be coming into Denver in five minutes. We expect some turbulence from the wind off the mountains."

**TURBULENCE!** That I didn't need! Didn't need to fasten my seat belt, either; it was still holding me firmly in place. I hung on tight and concentrated on keeping the plane up and steady. Soon the plane began dropping and bumping. Robert said, "Open your eyes," so I did and watched the houses of Denver as they came rushing up and past the window. It was not so bad, really. The plane made it down just fine.

Time permitted us to get a lunch in Denver, but for *some* reason I wasn't a bit hungry. It seemed the better part of wisdom to have a glass of milk and *call* it lunch. Then we walked down the corridor and out the gate where a four-motored airplane was waiting.

"I do hope this plane is airworthy," I remarked to the gateman in what I hoped was a light flippant tone.

"It ought to be," he replied gruffly. "They've been working on it all morning."

Why, my wild imagination insisted, was it necessary to work on it *all* morning? I could feel a tingle in my scalp. But, determined to go through with what had been started, I forced my feet forward and climbed the steps into the plane which looked very tiny in comparison to the huge jet from which we had just deplaned.

Seat belts were again fastened. The engines warmed up, rocking the plane a bit. Down the runway it moved and lifted, with my help, of course, into the air. We bumped, we galloped, we jerked, but we flew! I looked for the escape hatch and found a little round window marked, "For Emergency". I regretted every extra pound I gained during our visit in Arizona.

The scene below smoothed out into the plains of eastern Colorado and western Nebraska. I began to relax when suddenly clouds closed in. Visibility dropped to zero! I grabbed a magazine and began desperately to read an article about the poor starving people in India. Just then the light flashed on saying, "Fasten your seat belts." No need to check me; I hadn't even considered *unfastening* mine! "What's the matter?" I gasped, feeling that *this* was it!

"Don't you know?" my unsympathetic husband said calmly. "We just ran right smack into a hard old cloud bank."

The plane bumped along for what seemed like hours and then suddenly the sun began to shine, the light went out, the other passengers unfastened their seat belts, and I decided I was not going to end my days in a spectacular crash after all.

By the time we circled over Omaha with its familiar landscape stretched out before us, I had finally decided this was a wonderfully speedy world of travel which might just be all right. When I told the three waiting boys about the excitement of the trip it grew more glamorous with the telling.

No circumstance has arisen where I need to get anywhere fast enough to warrant air travel since coming home from Arizona, so I've left flying to those who need to travel rapidly as well as to birds, daredevils and astronauts. But someday — someday — when it is essential or more sensible for me to travel by air again, I'll be right up there feeling like an experienced trouper.



## BABY SITTER TO A BIRD

by  
Selma Ross

Have you ever been a baby sitter to a parakeet? Or a "budgie" as they are called in Australia, their native habitat?

I was. A neighbor went to the hospital for an operation and I volunteered to take care of her parakeet. I was full of trepidation — how do you care for a tiny bird, delicate and weighing but an ounce-and-a-half?

Into my family's life came "Cooky" as he was named. He was green with a number of horizontal stripes on his forehead. This meant that he was under three months old. After that ripe old age, the stripes begin to disappear, the outer rims of the eyes turn from black to grey.

Up to now, a bird was a bird so far as I was concerned. But I was now to take an interest in ornithology — the branch of zoology that deals with our flying feathered friends.

On the appointed day, just before Ruth was to be taken to the hospital, she brought over Cooky, together with his cage, an assortment of paraphernalia and foods.

Ruth gave me a quick course in baby-sitting for her beloved pet. "He has consistent habits," said Ruth. "When he 'fixes his feathers' for instance, it's his way of taking a bath. He does this, conscientiously, once a day. And, when he can't see his beak in front of his face because of dim lighting, he will promptly, obligingly, fall asleep whenever you put a black felt hood over his cage. Be careful Cooky doesn't fly out the window," my friend warned. "Parakeets are not homing pigeons. They don't know how to get back. And remember he's only 2 ounces of feather and bone. Tell little Mary (she's my 7 year old) not to give him a sudden affectionate squeeze. That can mean disaster to such a tiny bird."

I began to feel sorry I had volunteered for this task. It sounded like it was going to be "one for the birds".

"A baby parakeet will sleep with both feet on the perch, his head tucked under his wing," my friend continued. "Cooky is an adult bird. He rests on one foot, with his head in the usual position. But if you see him sleep the way a baby bird normally does, it's quite possible he has a cold. Treatment? Place him in a warm location. If you see no immediate results, put an antibiotic in his drinking water."

Parakeets must have a house. Most

cages of any size are equipped with four stationary perches and one swinging one. I found out that parakeets adore chipping away at wood. That's why Cooky's chrome cage had narrowly spaced bars. His cage did not have a door that slides up and down. Any parakeet not mentally defective will soon master the trick of lifting it and flying out.

The floor of his cage had a removable tray to facilitate cleaning. This became a chore.

Cooky lived a life of luxury — one cup for seed hung on one side of his cage, one for water on the other.

Which brings me to feeding time. Don't be fooled by that old expression "eat like a bird". Parakeets eat about a hundred times their own weight annually! A human being would have to pack away about eight tons of groceries a year to equal that record.

Actually, a parakeet's diet is a simple one, consisting of a mixture of white millet and white canary seeds with some wheat and vitamin thrown in. A few seed mixtures put up in packages by such firms as Purina are especially prepared for a balanced diet, including the amounts of vitamins and proteins necessary for good health.

Along with the parakeet seed, Ruth's instructions were to put a lime cube or a cuttlebone in the cage. Either one was to provide Cooky with the calcium needed to make his feathers grow. I also had to make sure that the floor of his cage was covered with gravel. He required it for the same reason a chicken does — to grind-up seed in his gizzard.

I had to write myself memos so that I could keep track of the daily changes — and I had to watch his seed cup. Though partially full, a great deal of what looked like seed were just empty seed hulls.

I never realized how much effort went into finger-training a parakeet. But now I was to find out for myself. Ruth told me before saying goodbye to Cooky, that the most important thing to remember in finger-training a parakeet is slow movements. Even a tame bird will fly away if you make a quick movement toward him. It's his natural reflex.

I slowly opened the door of the cage and *slowly* moved my hand in. I gave him a few minutes to get used to the situation, then withdrew my hand. I repeated this procedure for three or four days. When he was no longer upset, I began slow movements toward him with my outstretched finger. I moved it horizontally toward his

(Continued on page 21)



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## Memo!

**TO: All Homemakers**

**FROM: The Kitchen-Klatter  
Family**

Our daily visit with you can be heard over the following radio stations Monday thru Saturday:

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KSMN	Mason City, Iowa, 1010 on your dial — 9:30 A.M.
KCFI	Cedar Falls, Iowa, 1250 on your dial — 9:00 A.M.
KWBG	Boone, Iowa, 1590 on your dial — 9:00 A.M.
KOUR	Independence, Iowa, 1220 on your dial — 9:30 A.M.
KOAM	Pittsburg, Kans. 860 on your dial — 9:00 A.M.
KWOA	Worthington, Minn. 730 on your dial — 9:30 A.M.
KFEQ	St. Joseph, Mo., 680 on your dial — 9:00 A.M.
KLIK	Jefferson City, Mo., 950 on your dial — 9:30 A.M.
WJAG	Norfolk, Nebr. 780 on your dial — 10:00 A.M.
KVSH	Valentine, Nebr., 940 on your dial — 9:00 A.M.
KHAS	Hastings, Nebr., 1230 on your dial — 9:00 A.M.



## COLOR IS MAGIC



Color is magic. It is the chief factor in achieving a beautiful decor. Whether your home is extravagantly or modestly furnished, you can have beautiful interiors by using colors wisely. Quality

paint is the easiest and most economical means of using color. Ten dollars is the approximate cost of repainting an entire room. Before choosing your paint colors, consider these important "do's" and "don'ts" which will help you take full advantage of the power of color in your home.

DO use deep colors in a large, barn-like room to create a friendlier, more intimate atmosphere.

DON'T use colors in equal proportions in any one room.

DO use light colors in a small room. Light colors create an impression of greater size.

DON'T use too many cool colors in a room with northern exposure. Cool colors will make the room seem even cooler.

DO emphasize the warm reds and yellows in rooms that face northeast or that are windowless.

DON'T use very bright colors on large areas because this will detract from your furnishings.

DO mix both warm and cool colors in each room.

Do mix both light and dark colors in each room.

DON'T paint the woodwork and trim a different color from the walls in a small or average sized room. This will make the room seem smaller and more cluttered.

DO keep in mind that colors are relative and must be seen together.

DON'T use glossy paints on ceilings or on walls except in kitchens and bathrooms where washability is a necessary factor. Flat paints are your better choice because they distribute light evenly without glare.

DO make your ceiling colorful and attractive. If the ceiling is very high, paint it a deeper color than the walls to make it seem lower. Paint low ceilings a pale tint of your wall color.

DON'T use too much red, orange or yellow in rooms with southern exposure or they will seem warmer. Cool blues and greens are ideal for such rooms.

DO remember when selecting colors from paint chips, that color looks darker on a large area than on a small area.

DON'T choose neutral colors simply because they are "safe". You want colors that will be flattering to you, your room and your furnishings.

DO study colors in both artificial light and daylight. Artificial light tends to change colors.



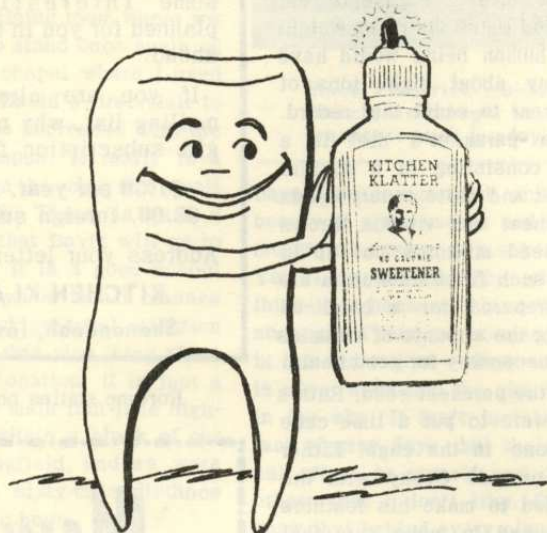
PEACE

Let's buy a house in the country  
On top of a wind-swept hill,  
Where the days are always peaceful  
And the nights are ever still.

Let's get away from this city,  
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—Carlita McKean Pedersen



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## ABOUT ROBINHOOD

by

Carroll Schauer Karch

Eleanor Wilson hurried to meet the postman when he drove up. Despite inclement weather and bad roads, the children had gotten off to school, her husband had gone to work, and now with the house chores done, the lonely hours she dreaded stretched endlessly ahead of her.

"Here's a big fat one for you, Mrs. Wilson." The postman handed her the bulky envelope. "Terrible day, isn't it?"

"That's my robin, Mr. Allen," Eleanor Wilson replied. "And the day's no longer terrible! Any day the robin flies in is a wonderful day!"

The mailman-delivered "robin" that arrived to brighten Eleanor Wilson's corner of the world is one among many. A round-robin, to be exact, is a series of letters in one envelope, written by any number of people, which makes the rounds from one person to the next on the robin roster. After Eleanor reads and enjoys all the other missives, she removes her old letter, writes an up-to-date one and adds it. She then mails the robin to the name beneath hers on the roster, always following certain rules of robin procedure such as writing on onionskin paper to lessen postage and getting the robin on the wing within 48 hours so it will complete its circle and return again soon.

Many flocks of robins stay on the wing providing friendship by mail and all kinds of people enjoy robinhood. Robins afford ideal therapy for shut-ins. Large families, scattered in these days of mobility, find this method an easy way to keep in touch. Robins, too, link hobbyists of every sort. There are robins for cooks who share recipes, robins for "rock-hounds" who exchange rocks and pebbles, robins for "contesters" who like to enter contests. They can link stamp collectors, coin collectors, crocheters, knitters...the list is endless and seldom dull.

Fascinating too are the names of



Oliver and Margery (Driftmier) Strom, who has just brought in the mail, enjoy reading a letter together. They keep in touch with many friends.

robins. To mention a few, there are the Ink Plotters, Whirlybirds, Glad-about, Lady Birds, Pen Feathers, Pensmyths, Orbiters, Kooky Kookers, and lastly Chipper Wills, which is composed of shut-ins.

Actually, any group of persons who share an interest can launch a robin. Many of the small "hobby" magazines print such requests drawing replies

from people throughout the country.

So, if long before the most misguided of birds even considers journeying north, you are eagerly watching for the red-bibbed harbingers of spring . . . if you enjoy receiving interesting, cheer-carrying letters from faraway pen pals . . . then join the robins and "fly" with them. Who knows? You may even decide to continue year 'round.

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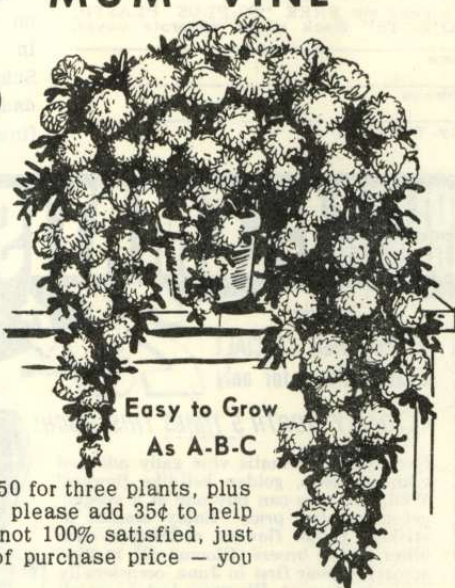
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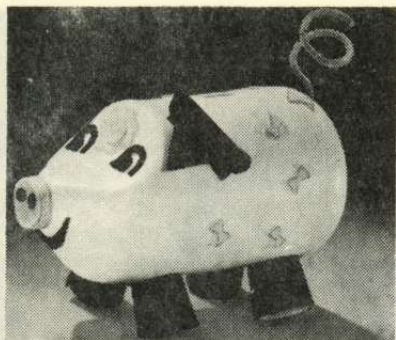
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## COME, READ WITH ME

by

Armada Swanson

A reading gift which has brought us joy is *A Gift of Joy* (J.B. Lippincott Co., \$4.95) by that great lady of the theater, Helen Hayes. Although she has achieved international fame, Miss Hayes has kept her "ordinariness". Different from the usual autobiography, *A Gift of Joy* is a collection of her thoughts and reminiscences as well as selected pieces from her favorite writers, including Emily Dickinson, Edna St. Vincent Millay, and Robert Louis Stevenson. Ida M. Tarbell's essay on "Work" expresses how Miss Hayes feels, also. Miss Tarbell writes that aside from books and friends and beauty, the most satisfying interest in her life is work. Having known sadness in her life with the death of her daughter Mary and her husband, Charles MacArthur, Miss Hayes introduces writings on faith that have meant much to her. When so much of today's reading is filled with hostility, it is an inspiration to read *A Gift of Joy*.

A collection of heart-warming essays on common tools and utensils is found in *These Simple Things* (Simon and Schuster, \$3.00). The editors of *House and Garden* commissioned some of the finest contemporary writers to set

down their thoughts on the small joys of life. Elizabeth Bowen writes about the teakettle, Marianne Moore discusses the essential knife, and Rhys Davies recalls the farmhouse stove of childhood days. The essay on bread by Rumer Godden is particularly perceptive. We are reminded that down through the ages bread has always signified something good and desirable. The word bread is used often in the Bible, as "Cast thy bread upon the waters for thou shalt find it after many days." *These Simple Things* is sure to bring pleasure.

Naturalist Edwin Way Teale has completed the fourth book in his series *North with the Spring, Autumn Across America, and Journey into Summer* with his latest, *Wandering Through Winter* (Dodd, Mead, \$6.50). Crossing the continent in leisurely fashion with his wife Nellie, Mr. Teale begins the journey at Silver Strand, near San Diego, with the sport of whale-watching as gray whales migrate down from the Bering Sea, making a comeback from near extinction. A visit to Death Valley, and White Sands with its miles of gypsum dunes, the diamond country in Arkansas, the white squirrels at Olney, Illinois, and sugaring time in Vermont are a few of the places included in their wanderings. Mr. Teale has a way of inspiring the reader to rediscover America.

My good friends, Laura and James Parker, of Glidden, Iowa, can be very proud of Mr. Parker's account of early homesteading days in Oklahoma. Written at the age of 81, Mr. Parker's account has inspired me to encourage others to recall on paper for future generations the trials and experiences and faith in our country's beginnings. Those with time on their hands could well follow his example. Running like a strong thread through the manuscript is Mr. Parker's pride and pleasure, despite many hardships, in endurance and hard work. Such an account can inspire our young people because it contains a true story of our nation's early history.

The man who moved a mountain began by carrying away little rocks.

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## THE JOY OF GARDENING

by

Eva M. Schroeder

How many of you are familiar with *Amaranthus*, oftentimes called "Love-Lies-Bleeding", "Prince's Feather", or "Joseph's Coat"? These tender annuals are native to the Philippines and other warm countries. The name, derived from the Spanish word "amairano" means "not to wither" or "long lasting". One seldom sees this unusual plant in gardens although it is bound to demand attention. There are several varieties available and all are easily grown because any soil suits them as long as the location is warm and sunny. Some kinds are valued for their brilliantly hued foliage, and others for the splendid tassels of bloom that cascade downward. *Early Splendor* and *Molten Fire* are two varieties that produce great spreads of pendent, flaming red foliage, and make choice background borders or specimen plants. *Fountain Plant* (*Salicifolius*) grows three feet tall and produces large drooping leaves of orange and bronze, colors giving the effect of a fountain of fire. *Crimson Pygmy* is a dwarf variety that has chenille-textured tassel flowers of crimson. It is best to start the seeds of most *amaranthus* indoors in March and transplant to the garden after danger of frost is past.

Speaking of starting seeds, it is time now to plant many of the slower-germinating flowers and vegetables indoors. Use a sterile planting mixture such as horticulture-grade vermiculite or finely milled sphagnum moss. Many seeds come pretreated against fungi, but if you are not sure, buy a packet of Spergon or similar fungicide and treat the seeds before planting. Gentle bottom heat, supplied by a small electric heat cable (costs under \$2.00), sterile planting medium, good light, and proper moisture will assure success in starting seeds early indoors. As soon as seedlings appear crowded, they should be pricked out of their container and transplanted into small peat pots or flats filled with good garden loam. To avoid tall spindly plants, grow the seedlings cool and give them good light. Coleus, petunias, snapdragons, *amaranthus*, celosias, impatiens, carnations, pansies, and angel trumpets are a few flowers that should be started in early March. Early tomatoes, egg plants and peppers should also be started now.

## WINTER-WORN

Under the crust of ice and snow  
Strength smoulders now.  
Warm fingers reach for elms,  
And somewhere robins  
Are tuning up their songs of spring.  
—Helen Virden



## HEART START

Mother's housework is precisely pat,  
Electrical helpers for this and that,  
But one thing is very emphatic:  
Mother's love is not automatic.  
It comes straight from her heart,  
Where all love gets its start.

—Cora Ellen Sobieski

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## HALFWAY ISN'T ENOUGH

In this day and age, there's no reason to put up with halfway measures. And yet, that's exactly the kind of bleach so many women are "making do" with.

Some are afraid of the harsh chlorine used in so many bleaches, so they use only half enough . . . and must be satisfied with dull, dingy clothes. Others use enough to get things white, and are horrified to find "bleach rot" ruining their clothing.

Don't put up with either. Change to **Kitchen-Klatter Safety Bleach**: the modern, wonder bleach that's strong enough to make whites and colors sparkle, yet is so gentle you can safely use it — even on the new synthetic fabrics — wash after wash after wash.

Say goodbye to halfway bleaches! Just remember: if it's washable, it's bleachable . . . in

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**SAFETY**  
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Amazing cushion-soft STIX  
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Frederick (left) and his assistant  
minister, Rev. Van Parker.

### FREDERICK'S LETTER - Concluded

Since it is now believed that 50% of all young people in the twelfth grade in American high schools now smoke, it is estimated that one million of them will develop lung cancer in the course of their lifetime.

Of all the pleasures that come to a clergyman, perhaps the most satisfying is that of baptizing children. Here in our church there are two Sundays in the year when we make a big thing of

it. On both of those occasions we make certain that all of the Sunday school children are present to participate in the service. Frequently we have smaller and more private baptismal services in our lovely Memorial Chapel. After one such service, a very proud father handed me a note on which he had written this little quotation from the writing of Carl Sandburg:

"A baby is God's opinion that life should go on. Never will a time come when the most marvelous recent invention is as marvelous as a newborn baby. The finest of our precision watches, the most supercolossal of our supercargo planes, don't compare with a newborn baby in the number and ingenuity of coils and springs, in the flow and change of chemical solutions, in timing devices and interrelated parts that are irreplaceable."

A short time ago we had the most interesting and inspirational lecture at a meeting of our South Church Men's Club. Captain Irving Johnson, the world's most famous sailor and a member of the staff of the National Geographic, spoke to us about his recent trip up the Nile River. It took me back to the days when I taught in a mission school there on the banks of the Nile, and as I watched Captain Johnson's pictures, I could see that the Egyptian people are the same kindly, friendly, hard-working people they were when I lived among them. Oh! how I would love to take the family and visit Egypt again. Perhaps someday we shall.

Sincerely,

*Frederick*

### MARCH WIND

A March wind is a boist'rous wind  
Shouting, "Old Winter, begone!"

Then whipping around  
With a fearful frown  
And hurling a snow-shower down.

A March wind is a gay wind  
With mischief in its heart,  
Swinging sheets around the lines,  
Snatching hats and slapping signs,  
And playing a rascal's part.

A March wind is a welcome wind  
Sweeping dull cobwebs away,  
Blowing white clouds into the sky,  
Tossing a robin's song on high,  
And commanding crossly, "Come out  
and play!"

A March wind is a young wind  
Bringing Spring to me,  
Swooping and swerving,  
Looping and curving,  
And laughing aloud with glee!

—Harverna Woodling

## CLIMBING STRAWBERRIES

BUY DIRECT AND SAVE 8 for \$2.86  
NOW ONLY 8 for \$1.00  
SAVE MORE (20 for \$2.00)

Pick Hundreds of Berries  
From Late Spring 'till Frost

- START PICKING FRUIT IN 60 DAYS!
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**WILL GROW IN ALMOST ANY GARDEN SOIL**  
**HUGE FIRM JUICY STRAWBERRIES**... that you can raise in your own garden and so easy too. Amateur gardener or housewife can achieve excellent results in any garden soil... within days, these wonderful plants come to life. Train them to grow up-up-up on walls, fences, trellises and arbors and in almost no time at all, you have huge succulent berries, some as large as plums, with natural luscious, sweet mouthwatering flavor. Yes, you'll actually produce

baskets and baskets of these berries from Spring 'till Frost. You will delight in the tempting fragrance and delightful mouthwatering taste of your home grown Strawberries week after week, month after month.

**HUGE BERRIES FROM SPRING 'TILL FROST**  
Climbing Strawberries planted this spring will grow and bear huge, luscious berries from late spring till frost. They will start to produce ripe berries about 60 days after planting and you will pick baskets and baskets of berries week after week, all summer long. Just picture their magnificent beauty too. Luxurious glossy green foliage, beautiful snow white blossoms and huge bright red berries.

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**ST. PATRICK'S PARTY - Concluded**

Reminding you of a maid in distress. (Belfast)

6. May the joys of the Irish, never more cease

But, like me, be on the increase. (Dublin)

7. I'm a little outdated, but often used in days passed

To keep in control, things that were glassed. (Cork)

8. Maybe not so great as my "cousin", but if you are fair

You'll agree that I do have a most special air. (London-derry)

9. I'm really well known even in song

If you make a mistake, you're doing wrong. (Erin - erring)

10. A castle renown is what you will see

A most famous place in Ireland to be. (Blarney)

*The Take-Off:* Divide into two groups for a relay race. The leader in each line is given a suitcase in which are a

**BABY SITTER TO A BIRD - Concluded** breast, as though it were a perch. After a few days he'd hop on for a test, and I knew I was home!

The entire family began to enjoy Cooky - even me! Like the red-breasted robin, parakeets like human companionship! They are friendly, trusting birds. At least, this one was. My friend had trained it well. He would perch on our shoulders, eat out of our hands, kiss us on the lips and talk.

"Good morning," he would chirp. "Mary be good! Mommy spank! Kiss me. Don't bite!"

His words were very clear.

"Tell me, how did you teach Cooky to talk like that?" I asked my friend when she came home from the hospital, and was sufficiently recuperated to take back my new boarder.

"With gentleness and patience. Regularity is important too, with a few minutes every day producing the quickest results. You choose a word or phrase of less than four syllables, and divide your syllables carefully, giving the whole phrase each time. Steer clear of the consonants l, m, n, or w, though. These sounds are difficult to pronounce.

We missed Cooky. He had become a member of the family. Even I did not realize how much he had grown in our affections until he was gone. There was nothing for me to do but buy one just like him.

Now I too, am one of the 10 million Americans who think a parakeet is one of the cutest birds alive.

coat, a hat, several sticks of gum (enough for all players) several balls of cotton, goggles, and a man's belt (for safety belt). At a signal from the "pilot" the player runs to opposite goal with the bag, opens it and dons the various articles, stuffs cotton in

his ears and chews the gum, then closes the bag and returns to first goal and removes clothing and cotton, puts it back into the suitcase, and passes it to player next in line who does the same thing. The line to finish first wins.



## DON'T YOU BELIEVE IT!

When you put **Kitchen-Klatter Kleaner** to work at your house, you won't be disturbed by a white knight thundering by on a white horse. Or frightened by your washer's growing taller and taller ... up through your eight-foot ceiling. And you won't see birds or housemaids flying in your kitchen window, or bald-headed handy-men with rings in their ears.

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House cleaning never will be fun, but it will be lots *easier*, when you use

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# Now...a policy for the entire family that pays \$100 a week (direct to you) resulting from sickness or injury for up to 52 weeks of hospitalization

...beginning the first day in case of accidental bodily injury, the fourth day in case of sickness

## and \$5,000 to your beneficiary

...if you die within 60 days as the result of an accident to any automobile, truck or bus in which you are riding or driving!

As you will see, this is the kind of policy which provides benefits when you need them most—at a price well within reason. It covers hospitalization from sickness originating or an accident occurring after the policy goes in force.

These benefits apply to you and each covered family member over 18 paying full rates. Half rates and half benefits apply to family members under 18. Covered family members (besides yourself) may include your spouse and unmarried dependent children.

## Lower cost possible by 3-day waiting period if hospitalized from illness

By having policy benefits for sickness

start with the beginning of the fourth day of hospital confinement, Old American can make the rate lower. This avoids small one, two, or three day claims that run up costs. But, of course, benefits are payable from the first day if hospitalized from an accident.

## The only hospitalization exceptions in the policy are these:

So that there will be no misunderstanding, the policy does not cover hospitalization for mental conditions; rest cure; intoxication (of a covered person); unauthorized use of narcotic drugs; pregnancy, childbirth, or complications of either; injury or sickness due to war or any act incident to war. Hernia is considered a sickness, not an injury. Confinement in a government hospital is not covered, nor is any person covered while in armed services of any country (but in such case, a pro rata refund of the premium would be made).

## Regular low monthly rates

Each person (man or woman) under 65	\$2.50
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Each unmarried dependent child under 18	1.25
(Here are typical family combinations)	
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Man and wife (both between 65 and 75)	8.50
Man and wife (under 65) and 1 child	6.25
Man and wife (under 65) and 2 children	7.50
Either parent (under 65) and 1 child	3.75

When you renew at the annual rate, you get 12 months for the cost of only 11. There will be a grace period of 31 days allowed for each renewal and the policy is renewable with the company's approval at rates stated above.

**NOTE:** Half rates and half benefits apply to children under 18. When they reach 18, you can, upon request, pay full rates (18-65) and full benefits will apply for conditions contracted after that time.

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☐ YES, please send me your Hospital Income Policy in force for 30 days on each person listed below—just as soon as this application is approved. I enclose 25¢. I AM LISTING BELOW IN STEP 1 ALL REQUESTED INFORMATION FOR EACH PERSON TO BE INSURED. I understand that eligible persons may include myself, my spouse, and unmarried dependent children and that all others must complete a separate application.

PLEASE PRINT

STEP 1—		PERSONS TO BE INSURED		HEIGHT	WEIGHT	DATE BORN
	First Name	Initial	Last Name	Ft.-in.	Lbs.	
SELF						Month.....Day.....Year.....
SPOUSE						Month.....Day.....Year.....
UNMARRIED DEPENDENT CHILDREN						Month.....Day.....Year.....
						Month.....Day.....Year.....
						Month.....Day.....Year.....

(USE SEPARATE SHEET OF PAPER IF NECESSARY)

## STEP 2—APPLICANT: FILL IN EACH SPACE BELOW

YOUR NAME \_\_\_\_\_  
 First Name Initial Last Name  
 STREET ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
 OCCUPATION \_\_\_\_\_ SEX \_\_\_\_\_  
 BENEFICIARY \_\_\_\_\_  
 (Person to be paid if you are killed)  
 RELATIONSHIP OF BENEFICIARY NAMED ABOVE TO YOU \_\_\_\_\_

PLEASE DATE and SIGN

TODAY'S DATE

Department H362M

Month Day Year

## STEP 3—MAKE SURE YOU CHECK "YES" OR "NO" BOXES

To the best of your knowledge, have you or any family member to be covered ever had or been treated for any of the following: Arthritis, hernia, venereal disease, apoplexy, epilepsy, mental disorder, cancer, diabetes, tuberculosis, sciatica, paralysis, prostate trouble, heart trouble, eye cataract, disease of the female organs?

YES NO  
☐ ☐

Have you or any other family member to be covered had medical or surgical care or advice during the past two years?

YES NO  
☐ ☐

Have you any cause to believe that you or any family member to be insured is in unsound condition mentally or physically, or is impaired in any way?

YES NO  
☐ ☐

IF ANSWER IS "YES" to any question above, please explain fully on separate sheet of paper, giving names, dates and circumstances.

MY SIGNATURE X

First Name Initial Last Name

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## \$100.00 IS YOURS

for selling only 10 boxes of our Parchment Magic All Occasion assortment. You make \$1.00 for selling 1 box, \$2.00 for 2 boxes, \$10.00 for 10 boxes, etc. You can make a few dollars or hundreds of dollars. All you do is call on neighbors, friends and relatives anywhere in your spare time. Everyone needs and buys Greeting Cards.

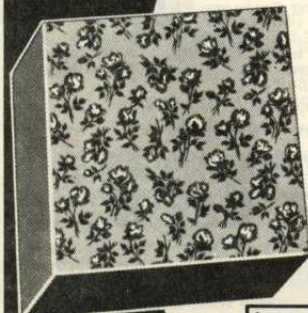
Cut out entire Business Reply Coupon below — mail it today — and free samples of personalized stationery — plus other leading Greeting Card box assortments will be sent you immediately on approval. No experience necessary.



**PARCHMENT MAGIC ALL OCCASION ASSORTMENT**  
21 really deluxe cards.  
Excitingly different



**PRETTY PASTELS ALL OCCASION ASSORTMENT**  
21 distinctive cards of rare beauty.  
Tremendous appeal



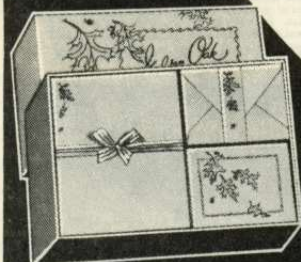
**DELUXE EVERYDAY GIFT WRAPPING ENSEMBLE**  
20 large colorful sheets plus matching tags.  
Terrific value

Last year some folks made only \$25 to \$50 while others made \$150 — \$250 — \$500 and more selling our entire line of greeting cards. Many church groups, organizations, schools, lodges, etc. do this year after year.

IT COSTS YOU NOTHING TO TRY



Cut Along Dotted Line



**GOLDEN OAK STATIONERY ENSEMBLE**  
Charming design on rich vellum sheets and notes, matching envelopes.  
Just lovely

CUT OUT ENTIRE BUSINESS REPLY COUPON AT RIGHT

FILL IN FOLD OVER, SEAL AND MAIL TODAY

No Stamp or Envelope Necessary

**FREE SAMPLES**  
PERSONALIZED STATIONERY and CATALOG OF OUR ENTIRE LINE

**CHEERFUL CARD COMPANY**  
Dept. N-34, White Plains, New York 10606

Cut Along Dotted Line—Seal (Paste, Staple or Tape) and Mail

Postage Will be Paid by Addressee

No Postage Stamp Necessary If Mailed in the United States

### BUSINESS REPLY MAIL

First Class Permit No. 589, White Plains, New York

## CHEERFUL CARD COMPANY

20 Bank Street

White Plains, New York 10606

**Dept. N-34**

DO NOT CUT HERE JUST FOLD OVER, SEAL AND MAIL—NO STAMP OR ENVELOPE NECESSARY

**CHEERFUL CARD COMPANY, Dept. N-34**  
White Plains, New York 10606

### YES, RUSH MY ALL OCCASION CARD SAMPLE KIT

I want to make extra money. Please rush me free samples of personalized stationery. Also send leading boxes on approval for 30 day free trial, and everything I need to start making money the day my sales kit arrives.

Fill in your name and address below — No stamp necessary

Name \_\_\_\_\_ Apt. No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

If writing for an organization, give its name here \_\_\_\_\_

THIS ENTIRE FOLD-OVER COUPON FORMS A NO-POSTAGE-REQUIRED BUSINESS REPLY ENVELOPE