

TX 1  
K574  
C. 2

# Kitchen-Klatter Magazine

SHENANDOAH, IOWA

30 CENTS

VOL. 41

AUGUST, 1977

NUMBER 8



—Photo by Blaine Barton

77  
W. E. PETERSON  
1022 HAMMILL AVE  
SHENANDOAH MO 64505



## Kitchen-Klatter

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

MAGAZINE

*"More Than Just Paper And Ink"*

Leanna Field Driftmier, Founder  
Lucile Driftmier Verness, Publisher

Subscription Price \$3.00 per year (12 issues) in the U.S.A.  
Foreign Countries \$3.50 per year.  
Advertising rates made known on application.  
Entered as second class matter May 21, 1937, at the post  
office at Shenandoah, Iowa, under the Act of March 3, 1879.

Published monthly at  
The Driftmier Company  
Shenandoah, Iowa 51601

Copyright 1977 by The Driftmier Company.

### LETTER FROM LUCILE

Dear Good and Faithful Friends:

When I wrote to you last month I mentioned the tremendous banging and pounding going on right outside the windows of this room. Well, today I am happy to report that the new redwood fence is entirely completed, and the sight of it more than justifies the noise that went with it.

This summer more work has been done in our front yard and back yard than since my husband, Russell, was alive and keeping everything up in beautiful condition. He has been gone now for fourteen years, and the explanation for our present vastly improved condition is due to the fact that Betty Jane Tilsen (who lives with me) is an absolutely avid gardener! My daughter, Juliana, loves to garden so she and Betty Jane really hit it right off the bat when they got together.

There still remains much to be done, of course, since anything pertaining to gardening never comes to a dead halt in mid-air, but at least the monumental basic work is finished and I can look out over the garden with joy—and not with the downright horror that I experienced for many years.

Summer months bring class reunions so I much appreciate the opportunity to see and to talk with people whom I've had no contact with for many years. It is astounding how many mutual memories we share! For instance, when one former classmate from Clarinda called, I remembered instantly that the first window "ice box" I ever saw was at her home, and there was a dish of gelatin with whipped cream in it! She was astonished that I could still remember those details.

My only child, Juliana, and my two grandchildren, James and Katharine, were able to fly home to spend almost two weeks with us, and I am still in a state of being profoundly grateful that they arrived home safely and could have a good time. I will always have a very warm spot in my heart for my old friends who planned activities for the children: fishing trips, picnics out of town, etc. They will

always have star-studded crowns on their heads as far as I am concerned.

Now that the children are older (Katharine had her seventh birthday party while she was here and James is nine), I see so many, many family characteristics becoming apparent from their Lowey-Driftmier inheritance. Probably if you are with your grandchildren frequently you may not notice these things so clearly, but when you see them at widely spaced intervals family traits come sharply into view almost immediately.

I wish to give Juliana and her husband, Jed Lowey, a heartfelt "thank you" at this time. They are wonderful parents! They seem to know exactly when to crack down (including cracking down very hard!) and when to allow their children the absolute maximum of safe freedom. In my daily mail I read so many letters from distraught grandmothers who are concerned about the actions of their grandchildren that it makes me realize I have so very, very much for which to be thankful and grateful.

At this date I have managed to stay out of any hospital since two days before Christmas, and it makes me feel like running up our old, musty U.S. flag. I still cannot contemplate a trip of any distance, but my plans are to drive up to Dorothy's and Frank's farm at Lucas, Iowa, for the first stage of a trip, stay a day or two, and then on to Iowa City to see my dear cousin, Gretchen Fischer Harshbarger. Word from her says that she is feeling greatly improved (we have the same bone ailment) and I've gone as far as having her husband measure doors, etc., at a motel so I'll be sure of a place to stay in Iowa City for a couple of nights. He has done this before for me, but I guess that word reached me when I felt so totally helpless to get beyond the Shenandoah city limits that I didn't save the measurements.

Someone asked me the other day when I planned to retire, and I said in genuine shock: "Retire? Why, my work is my life, my contact with the world in which I can never again travel easily and freely. I do not ever plan to retire."

I am most fortunate to have Betty Jane living with me. She not only takes care of the garden beautifully, but she shares my interests in testing recipes (alas! she's on a very restricted diet right now because of a gall bladder infection), changing things around in the house for the sake of variety, and working up some enthusiasm for entertaining people as I once did almost as a matter of course. We enjoy the same books, the same music, etc., so I feel enormously grateful to be able to live with her.

We get out in the evening occasionally when it isn't too hot, but we don't often go by the old Driftmier house. To me there is something very mournful about



In Shenandoah at last! Ralph Edgar, a wonderfully competent pilot, took the small local airport plane down to Kansas City to meet the huge TWA plane James, Katharine and Juliana Lowey had boarded in Albuquerque. (I was sitting in my car just a very short distance from this small plane and trying in vain to keep tears out of my eyes when my beloved daughter and grandchildren arrived. —Lucile)

looking at the sign in front that says: FOR SALE. This was our family home for 52 years and I still feel a vivid sense of unreality about not going into it again. MY! The living that went on in that house for 52 years was so full of activity and the changes that come to a large family it's a wonder it is still in such good shape!

The way time flies by, school will soon be opening again with all of the changes that event brings to many people. The other day when we drove five miles north to Essex I saw a line of school buses parked in a neat line, and I thought how soon they would be making their usual rounds.

Five members of Betty Jane's family are arriving tonight, so I must leave this typewriter and get to the kitchen to see what I can do to help with the potato salad, etc. Thank goodness we have loved ones to cook for!

Until next month I am, as always,

Faithfully yours,

Lucile

### GARDEN GAL

I have a little garden  
It isn't very big,  
But I am truly grateful  
For a place where I can dig.

For in this digging process  
Working with a spade,  
I give vent to energy  
And let my worries fade.

I find it so refreshing  
I confess I must agree,  
That gardening is a good thing  
For a garden gal like me.

—Verna Sparks



# DOROTHY WRITES FROM THE FARM

Dear Friends:

It has been wonderful to have our oldest grandson, Andy Brase, visiting us for a few weeks this summer. When I finished addressing the magazine the last of May I waited an extra day so I could pick him up in Nebraska City. He left home the day school was out in Chadron as he had a ride with one of the teachers and his family as far as Nebraska City. They live across the street from the Brases, and Kyra Bachle is a good friend of Kristin's. Actually the Bachles were going to Sterling, Nebr., to the home of Kyra's parents. They spent the night there and Mr. Bachle brought Andy to Nebraska City to meet me. On the way to our meeting place they stopped in the beautiful park at Arbor Lodge and Mr. Bachle gave Andy a history lesson on the founding of Arbor Day and a science lesson about the beautiful trees in the park. He was sorry he didn't get to go through the lovely big Morton home, but maybe we can get that done yet before he leaves.

Margery and Oliver had ridden over with me to get Andy, so when we got back to their house Marge fixed a lunch for us and they had a chance to visit a little more with him before we started home. We stopped just long enough to say hello to Lucile and Betty Jane and Howard and Mae. I noticed last summer that Andy had become very much interested in his heritage, and decided that while we were alone (it was close to Memorial Day) and we had the time, I would take him around to see a few of the places that would make it all more real to him.

Before leaving Shenandoah we stopped at Rose Hill Cemetery to take flowers to his Granny and Grandfather Driftmier, and to stop at the Field family plot to see where his great-great-grandparents are buried. We drove past Sunnyside farm where his Granny Driftmier was born and grew up. On to Clarinda where we drove past all the houses where I had lived as a little girl, and those where my aunts, grandfather and even my great-grandparents on the Driftmier side of the house had lived. We drove past the Clarinda Cemetery where many of his relatives are buried. On the long ride home I told him stories of my childhood that I thought would interest him.

On the next day we went to the Chariton Cemetery and where Frank's



Andy Brase has been spending part of his summer vacation at his grandparents' farm near Lucas, Iowa.

family are all buried. There aren't as many for him to remember on his grandpa's side of the house. I think so many of the young people have become more aware and interested in their ancestry after watching the television adaptation of the book *Roots*.

Andy had hoped when he came back here that he might be able to get a job or two picking up hay bales, but we told him that everyone we knew had gone to big bales so there wasn't as much of this kind of work as there used to be. With his allergies I doubt that he would have been able to do much of this anyway. Frank told him that if he wanted to make some money he would pay him for cutting thistles. He could do this early in the morning and late in the afternoon when it wasn't so hot. This isn't a very glamorous job, but we told him it was an important one and was something Grandpa would really appreciate.

Andy is old enough now and can swim so we felt free to let him take the kayak to the bayou and have some fun with it. He has also gone fishing every weekend with the Dyers, and hunted for arrowheads with Peggy. He was excited when he found one.

The Dyers had us come up to their timber for a wiener roast one Saturday night. When we were roasting marshmallows I told Andy how his mother used to toast them. Kristin was not quite three when we moved to the little house on top of the hill just a little way from where we were right then. We lived there for four years before the Rural Electric Company went past our house, so we had to use Aladdin lamps. Kristin's room was upstairs and at first she wanted me to leave the lamp in the hall outside her door, but I told her it had to go back downstairs with me. She didn't like this, so as a special treat I told her that when we took the lamp upstairs when she went to bed she could also take a marshmallow on a fork and we would toast it over the top of the lamp before I took it back downstairs with me. This was something she looked forward to every night, and she thought it was so

much fun that she never made a fuss about sleeping in the dark again.

One day after I had been telling Andy some stories about Kristin when she was a little girl, he asked, "How come my mom has never told me all of these things?" I said, "Because grandmothers remember some things better than mothers, and because we love to think back to when our children were little and at home with us. Granny Driftmier used to tell your mother stories about me, and when you have children your mother will tell them about you."

The crops still look good around our area but if we don't get rain they won't. The rains seem to be spotty this year. Some places will get an inch or more and three or four miles away they won't get any. The young man who farms some of our ground for us was here last evening. He farms quite a bit of land around this locality, and he says our corn on the bottom is the best piece of corn he has.

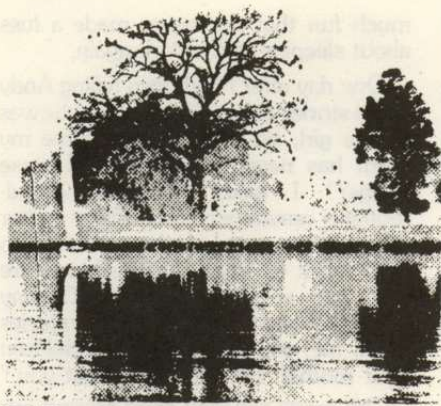
We have put out some new plantings in the yard this year and it has required a lot of water to keep them alive. Andy has pumped and carried buckets and buckets of water for us from one of the wells. We told him this would keep him in good condition for all the sports he participates in at home.

Frank was afraid our cute little wood ducks that have been around for so many years weren't here any more because we hadn't seen them. He just came in to report that while he was out looking for some of the cows a while ago he saw two of the mama ducks with little babies swimming around on the bayou. Speaking of ducks, we have come to the conclusion that the Pekin ducks don't make very good mothers. They will take those tiny, weak little baby ducks to the bayou the minute they are hatched, and lose half of them on the first trip—half to the turtles and some because they are too weak to keep up. We have so many large turtles in the bayou now that it is amazing any baby ducks are left after their first swimming expedition.

We are losing two families in our neighborhood whom we hate to see go—Mr. and Mrs. Walter Clothier and their son and family, Mr. and Mrs. Ed Clothier. They have both sold their farms and are moving to Missouri. Walter was born and reared on his farm, as was his father before him, so it is going to seem very strange not to have a Clothier on this place. Walter's mother was a charter member, along with Frank's mother, of the Plympton Sunshine Club, so Frank and the Clothier children grew up together. Walter's and Madeline's daughter, Evelyn, started to Plympton school the same year Kristin did, and they were friends all their school years. We hope both families will enjoy their new home in Warrensburg.

(Continued on page 22)





## Sing and Praise

### FOR OUTDOOR VESPERS

by  
Mabel Nair Brown

The singing is an important part of the praise to the Great Creator in this service. Make arrangements beforehand to have a guitarist or flutist, or perhaps someone on a chord organ to accompany the singing. A record player or a tape recorder might also be used, if necessary.

Choose the loveliest spot available for the service—in the woods, a park, in a beautiful garden, or near a lake. The most memorable outdoor vespers I remember is of a Galilean service held beside a small local lake at sunset. As we gathered there and seated ourselves on blankets spread on the ground the sound of a hymn came to us from across the water. It was then we noticed two boats coming toward us across the lake. In the boats were the program leader and helpers and a trumpeter. They pulled the boats up to the water's edge close to us and conducted the service from the boats. It was most effective. You might think about such a setting if there is a lake near you.

**Opening Hymn:** "Day Is Dying in the West".

**Leader:**

So that we may know God better  
And feel His quiet power,  
We are gathered here together  
In this "Meditation Hour".  
To understand God's greatness and His love,

The blessings He gives to us each day,  
The soul must learn to meet Him  
In a meditative way.  
"Be still and know that I am God."  
Yes, if we would know the Father's will,  
We must seek Him in the silence  
When all is calm and still.  
There we can offer up our thanks,  
We can sing our love and praise—  
Secure—knowing tenderly He watches  
o'er us

Throughout all our days.

—Adapted from a calendar poem by  
Helen Steiner Rice

**Scripture:** Psalms 84: 1-4 RSV

**Hymn:** "How Great Thou Art".

**Reading:**

Each day I thank the Lord above,  
For these the blessings of His love:  
The emerald grass beneath my feet,

The scent of roses, soft and sweet,  
The coolness of a summer breeze,  
The sound of birds in budding trees,  
The laughter of a child at play,  
The golden sun at dawn of day,  
The warmth of spring that fills the air,  
The fruitful birth where ground was bare,  
The waves that dance upon the sea,  
The wonder of what life can be,  
The love of friends, the joy of birth,  
The miracle of Mother Earth.  
The winter, summer, spring, and fall.  
I thank the Lord I've shared them all.

—From an old greeting card

**Hymn:** "For the Beauty of the Earth".

**Scripture:** Psalms 89: 1-2 RSV

**Leader:** Surely no one can look at the beauty of a flower, or listen to the song of a bird, or see a sunset without being aware of how much our Heavenly Father loves us. Pause in the quietness of these moments to think of all the beauty in the world that is ours just for the looking or the hearing. (Pause briefly.) It is quite a list, isn't it? How much He loves us indeed! Listen now to the reading of the Scriptures to see how God wants us to pass this love along to one another—remember Jesus when he said, "Thou shalt love thy neighbor as thyself."

**Scripture:** I Cor. 13 RSV

**Chorus:** "Love Makes the World Go Round".

**Scripture:** Matt. 6: 25-30 RSV

**Leader:** Can we look at the beautiful trees, some bearing fruit, some bearing nuts, some providing the coolness of shade for our comfort, and not know of God's care and concern for us? It is God who sends the sunshine and the rain that make the crops to grow that we might have food. The mountains and valleys yield up minerals and oils for our warmth and comfort and use in living, again showing us of the Creator's care and concern for our needs. The cattle grazing in the pastures, the swine in the feed lot, the sheep in the fold, yes, even in the animals of the earth we see God's care for us. For all the things that show God's care and concern for all humankind, let us raise our voices in this hymn of praise.

**Hymn:** "O Worship the King", verses

1-4.

**Scripture:** Psalms 65: 5b-13 RSV.

**Leader:** The seasons of the year, the sun, the moon and the stars, the seas and the rivers all remind us of God's power and of His wisdom, His ordering of the universe. Truly it all is a wonder of wonders to us. His wisdom and power should fill us with praise and gladness. The Bible says it best: *Blessed is the man . . . (whose) delight is in the law of the Lord . . . He shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf shall not wither; and whatsoever he doeth shall prosper.*

**Hymn:** "O How Glorious Full of Wonder".

**Scripture:** John 14: 27 and Philippians 4: 7-9.

**Leader:** Lastly I would have us think about the peace of God. Truly it is in silence, in the restful quietude of moments with nature, or in our own homes, wherever we, ourselves, **MAKE** time for quiet meditation, that God's peace can find its way into our hearts. What a wonderful blessing it is in a world filled with discord, in days when we meet want and suffering and life's tragedies. Each of us should strive to find those moments of serenity in each day in which we can "be still and know" the joy that comes when peace fills the heart.

**Chorus:** "I've Got Peace Like a River".

**Hymn:** "Now the Day Is Over".

**Benediction:** Now may the Heavenly Father, Creator of the universe, which in so many ways speaks of God's love, wisdom, care, and peace, be with each of us in all we do, wherever we may be. Amen.

### SEE IT THIS SUMMER

God built a continent with glory and filled it with treasures untold.

He bedecked it with soft, rolling prairies and pillared it with towering mountains.

He studded it with sweetly flowing fountains and encompassed it with long, winding streams.

He graced it with deep, shadowed forests and filled them with song.

These treasures would have meant little if myriads of people, the bravest of the races, had not come, each bearing a gift and a hope.

They had the glow of adventure in their eyes and the glory of hope in their souls; and out of them was fashioned a nation, blessed with a purpose sublime.

They call it **AMERICA!**

If you cannot sleep, don't count sheep.  
Talk with the Shepherd.

Hope enables you to see the light at the end of the tunnel.  
Faith keeps it lit.



## SUMMER CAMP AND PEANUT BUTTER SUNDAY

by  
Evelyn Tuller

When 16-year-old Margie Andrews, of Elwood, Kansas, boarded the bus for summer camp, she really did not know what was awaiting her. What is summer camp but a time to make new friends, have fun, enjoy the sun and engage in various activities? Why should this week for Margie be any different from any other?

This year Margie was going to camp as a volunteer worker. Not just any camp, but to the Kansas Jaycee's Cerebral Palsy Ranch at El Dorado, Kansas. This is a summer retreat for cerebral palsied visitors, presenting summer recreation and therapy programs.

The camp is located in a lovely rural setting of a 151-acre ranch. The campers occupy a rustic lodge and separate dorms for boys and girls. In the lobby of the boys' dorm is a large piano, and a television has been placed in the lobby of the girls' dorm, so each location has opportunities for entertainment.

The rural acres offer outdoor experiences to those whose world is often bounded by four walls. Along a 28-acre spring-fed lake are ramps equipped to allow for wheelchair mobility, and the excitement of trying for the big one which got away. Life jackets and inner tubes are carted along, for the peace and pleasure of paddle boat or rowboat rides on the lake. Picnic tables are situated for meals to satisfy healthy appetites after the outdoor exercise.

Margie found out before her first day in camp was over what camping, fishing, horseback riding, and other activities had to do with a kid in a wheelchair or an old man on crutches. The young volunteer discovered that the camp provides a positive approach to overcoming fun-preventing handicaps and achieving frolicking fellowship and unknown adventures, all with the support, help and encouragement of camp personnel.

While at camp, the guests are guided through a complete program of activities, including arts and crafts, supervised swimming, fire truck rides, and supervised games. Trips to the stock car race track and parties given throughout the week, with fun and games in the dorms decorated for the occasion. Horseback riding, yachting, singing around the campfire and dances are also part of the activities.

Margie couldn't get over the dances. "Did you ever do the hustle with a wheelchair?" she asked her friends after returning home. At one time there were five wheelchairs on the dance floor, as everyone participated in square, folk or



A group of campers and volunteer workers enjoys a hayride at the Kansas Jaycee's Cerebral Palsy Ranch at El Dorado.

modern dancing, with volunteers enjoying the excitement right along with the regular campers.

Three vans, owned by the camp, are especially fitted to transport the special guests. The back door lets down to the ground so wheelchairs can be run onto them, and then are lifted into the van. Each chair is secured against movement when the van is in motion.

The first week Margie was at the ranch, the groups consisted of 18- to 24-year-olds, and the second week the visitors were in the 10- to 13-age group. During other weeks there will be older visitors, such as the 65-year-old man who had been in an extended care home for about twenty years. At the camp he experienced his first airplane ride, and the following day had the first boat ride of his life.

"That may seem like a simple pleasure to put off until your mid-60's," Bernie McGuire, Executive Director of the Kansas Cerebral Palsy Foundation remarked, showing the interest typical of the camp personnel for their visitors. "But it has brought many of our guests memorable moments in their lives."

The camp is run on a one-to-one basis, with a staff of fifty charged with the care of the guests. The majority of the staff are volunteer youths between 14 and 16 years old, who alternate working the summer months without compensation, except for the joy of helping others less fortunate than themselves.

The workers are chosen carefully. The prime qualification, other than a specific profession such as nursing, is interest in the program. Empathy and interest are the main ingredients. A number of students at Wichita State University with special education majors serve each summer on the ranch staff. Many of these will eventually be professionals in helping the handicapped.

"We were up at 7:00," Margie reviewed a typical day's events. "That gave the volunteers 15 minutes to get

dressed and ready for action. At 7:15 the guests were awakened and given whatever help was necessary to be on the dot for breakfast at 8:00 o'clock."

Breakfast menus were varied and wholesome to appeal to finicky or homesick appetites. "They really had a neat cook," Margie explained later. "If you are thinking of volunteering, just try one of those meals and you'll be convinced!"

After breakfast, the volunteers guided the campers back to the cottages. At 9:20 they checked the schedule which told them where, and with whom, they were to spend the day. The groups were divided into leagues, two for the girls, two for the boys. Then the day's varied activities began.

What does Peanut Butter Sunday have to do with Summer Camp? That was another fact that Margie learned early in the summer. Each fall the Kansas Jaycees hold a Sunday when they sell peanut butter to support the work of the Cerebral Palsy Ranch.

So, for Margie and many like her, happiness is truly Summer Camp and Peanut Butter Sunday.



### GUESTS

I can't abide the dreary thought  
Of dull, unwanted gloom;  
Instead, I want the full warm sun  
To light my every room.

I have no place for those grim guests  
Of Envy, Greed and Lust;  
When they come sifting into mind,  
I swipe them out, like dust.

The guests I want are Goodly Thoughts  
Of all that's bright and best;  
I've found that when I dwell on these  
There's no time for the rest.

—Don Beckman



## FREDERICK WRITES FROM THE PARSONAGE

Dear Friends:

I am writing this letter to you on a Sunday afternoon. We had our usual two services at the church this morning, and I have been visiting in some of the hospitals since lunch. I was so pleased to greet some of our Kitchen-Klatter radio audience after the eleven o'clock service. There was a Mrs. Hall from Parsons, Kansas, and Mr. and Mrs. Dux and their two handsome blond sons from Pierce, Nebraska, and a Dr. and Mrs. Yanek and their delightful family of several children from Oklahoma. Quite often we have one of our Kitchen-Klatter friends in the congregation, but to have three families at one service was a very special treat for us. If you happen to be coming out this way, be sure to give us a call. We would love to meet you.

Not long ago, I had a letter from Mr. Ollenburg of Lincoln, Nebraska. He said that he and his family would be coming east this summer after attending a conference in Milwaukee, and he wanted some suggestions as to what they should plan to see in the ten days they would have available after the Milwaukee conference. It was my suggestion that the Ollenburs plan to take a ferry from Milwaukee over to the Michigan side of the lake, and then head straight for Detroit. The next stop after Detroit should be Niagara Falls, going through a stretch of southern Canada on the way. We hope that they will stop off for a few hours in Springfield, and then head for Sturbridge, Massachusetts, and then on to Boston. After one full day in Boston, people with a very limited travel schedule should head for New York City, stopping to see the Mystic Connecticut Seaport Museum along the way.

When we drive to New York City, we usually leave our car in some suburban parking lot and then take the train for the last few miles. It is not at all difficult to drive in New York City, but it is difficult to find a place to park the car after one arrives. It is much more relaxing to see the city without having to worry about parking. If you are coming to this part of the country, you really must see New York City. It is a great place, and you never will regret having visited it. Philadelphia is another place you simply must plan to visit someday. A stop at Valley Forge just outside of Philadelphia could be one of the high points of any trip to the East.

Betty and I had sixty-four guests for dinner last night, and we had every intention of eating at card tables set up under the trees on our lovely back lawn. We had planned the dinner for weeks, and yesterday morning our gardeners mowed and raked and trimmed the lawn until it was as beautiful as I ever have



Betty Driftmier (seated) serves coffee to a group of church ladies.

seen it. One hour before guests arrived, it started to rain.

When I heard the thunder of the approaching storm, I said to Betty: "Oh no! It simply cannot rain. It rained on our party a year ago, and it rained on our party the year before that. How can it possibly rain today? No one should have such bad luck three years in a row!" In all of our planning I had promised good weather, for the law of averages alone should have guaranteed that.

There was nothing to do but have the dinner served inside. We seated fourteen at our dining room table, twelve in our reception hall, ten in the library, twenty in the living room, and eight in the sun room. It was a difficult rush to get everything changed from the garden to the house, but once all were inside, things went very smoothly.

Mary Lea, Vincent and our grandchildren, Isabel and Christopher, are now here for the summer. The children have their room and bath, and Vincent and Mary Lea have their room and bath, and so all is quite comfortable. Our house is so large that we really do not get in each other's way. The one precaution I have had to take is that of securing doors. Isabel, at three years, is at that age where she has a compulsion to open every door she sees, and to protect her, I have put hooks on several swinging doors, and a small fence across the access to the back stairs.

In a short time David and Sophie will be arriving from Vancouver. With all of this activity around, I am trying to write a book!

Recently, I was in a doctor's office where I was waiting to have some X-rays taken of my back and neck. A few weeks ago, I had a very hard and rough landing in a hot-air balloon, and my back and neck have pained me every since. While waiting to see the doctor, I watched several patients who had young children with them. I cringed when I saw one mother slap the hand of her little boy. He had done nothing wrong—just what every little child does, looking curiously

at every book and nicknack in the place. What that mother did not seem to realize is the fact that the child could not help himself. He *had* to be curious! Children have an inborn drive or instinct to explore—opening doors, picking up objects, looking under tables and chairs, crawling up onto shelves, etc., etc. Like every small creature, they have to learn, and God has given them this streak of curiosity to encourage the learning process.

During the past month, I have made several trips with members of our Benevolence Committee, the church committee responsible for spending many dollars a year to help worthy causes. We have a very large committee that is divided into sub-committees with the responsibility for particular aspects of our total benevolence program. When a church conference center asked for a substantial gift from our church, a sub-committee paid the center a visit. Another day one of our sub-committees visited a home for retired missionaries to see what our church could do to be of help. Last week I went with one of the sub-committees to visit an old farm high up in the mountains, a farm that is being converted into a youth center. We took our church bus, with me at the wheel, and drove through some of the most beautiful scenery in this part of New England. On the way home we stopped at a lovely old inn for dinner. All in all, it was an educational and delightfully entertaining trip. Quite frankly, I must say that I do not know of another church that has so many of its members actively involved in a missionary program of this type.

We had a wonderful experience last Saturday. About forty members of the church used rakes and hoes and brooms to clean up the neighborhood. We went over one entire square block of tenements, picking up every scrap of paper, every tossed bottle, every discarded can, and everything else that looked like litter.

Do you know what I liked best about that experience? It was the number of professional persons who were doing the cleaning. We had bankers, lawyers, teachers, army officers, clergymen, and so many others, all pitching in with a will to make the church neighborhood better.

I hope the members of your church are busy doing all kinds of good for your community. We all would be better people if we put into practice what we learn in our Sunday worship.

Sincerely,

*Frederick*

He believed in man . . . Can you do less?



## LATEST NEWS FROM ALISON

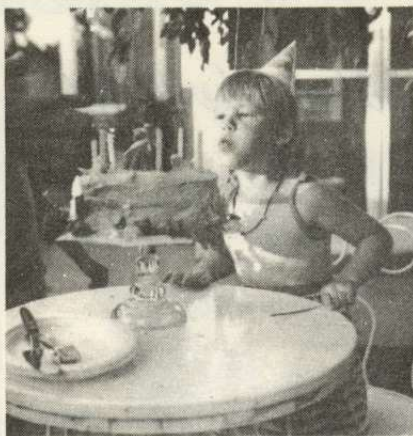
Dear Friends:

My, this is a letter-writing day if I've ever seen one! For outside there is a torrential downpour of rain, complete with resounding thunder and a lightning display. We have certainly been blessed with lifesaving rain this year. Sometimes I feel if the good Lord had intended for the western prairie to be used for farming, he would have left us crops instead of grasslands. I know that in the Midwest, heavy rains can be as devastating as droughts, but here in the dryland acres of western Texas it can never rain too much. It seems we are always on the verge of drought, and every drop of rain falls like a gift from heaven. And this year the gifts have been coming like Christmas! Many old-timers have remarked to me that they could never recall the plains looking so green. The whole country just swells with abundance. Let's hope our good fortune will be spread throughout all the farmlands in this great agricultural country.

All this moisture has meant more work in the yard trying to keep all the new growth mowed. However, this is a chore I really don't mind. If the greenery around our house is kept fairly short, it seems to keep down the rattlesnake population. For those of you who recall my letters of last summer—we had to keep a perennial ear open with every step, always listening for their telltale rattle. These delightful creatures kept me just about half-scared silly most of the previous year, and were so numerous in the yard that my sister Emily nicknamed our place "Rattlesnake Ranch". At any rate, with the grass mowed short, if they aren't frightened away, at least we'll be able to see the little rascals!

We really haven't had time to do the garden justice this year. And yet it seems to be doing remarkably well despite our neglect. In late winter I began a new job, one which I enjoy very much. My only complaint is that, like any job, it takes up time that could be spent working around the house. However, I guess one positive aspect is that it makes one appreciate the quiet working time in the garden or kitchen even that much more.

I am employed by the Texas A&M University Veterinary Laboratory; a branch office here in Amarillo. As a veterinary technician I had previously worked for local practitioners, and this has been quite a change. However, I find it challenging and rewarding. I work studying viruses, and the majority of our time is devoted to helping solve problems that arise in feedlots. This is a tremendous cattle-producing area, and it takes a great deal of management to handle such large numbers of cattle on a mass production, mass-feeding type



**Katharine Lowey had to summon up every bit of breath she had to blow out all seven candles. Incidentally, she left all of her cake decorations here in Shenandoah because, as she put it, "they'll be much safer at Granny Wheels' house!"**

basis.

Mike is still working at the county hospital in their laboratory, and has several projects that entertain his fancy on weekends. He is one of those men who likes to tinker with machines. I'm sure many of you have one of those living at your house—the kind that likes to take the TV apart to see if he can "fix" it (usually doing more harm than good). If you're married to a member of that breed, you have my sympathy! For-

## COVER STORY

Katharine Lowey had been here almost no time at all when the calendar turned to June 7 and her seventh birthday.

We had a little birthday party for her in our garden, and borrowed Hallie Blackman's outdoor grill to fix the kind of food that kids enjoy. They had been swimming earlier and acted like savages on the verge of starvation when they arrived here about six o'clock.

We put our little ice cream table and four chairs (these are the real McCoy which came out of a drugstore here in Shenandoah many years ago) under the weeping crab that has never bloomed before as beautifully as it did this year. Perhaps having little rain has been helpful in developing the blooms.

Katharine is in the front at your left, then next to her is Karen Eckholm; next to Karen is Paul Teget and then James Lowey.

I made a huge three-layer white cake and Betty Jane made a delicious pale pink icing. We had candles, favors, sparklers and all the rest that goes with a child's party.

Then just before bedtime Katharine's father called her from Albuquerque and that made this seventh birthday complete!

—Lucile

unately, with summer here, he has forsaken my household appliances and left for the greener pastures of his outdoor "toys".

Actually I shouldn't poke fun at his inventive nature, for he is involved with some very interesting projects. He belongs to a local group of citizens and neighbors which meets frequently to discuss energy research. Although they explore all forms of alternative sources, solar, etc., Mike's main field of interest is electricity derived from wind-charged generators. Many of you remember the days of single dimly lit lamps being run off small charged battery systems. This was in the days prior to rural electrification programs. I haven't the smallest understanding of mechanical matters, but he has been tinkering with these wind chargers, trying to perfect better systems. He has had me searching every farm sale and advertisement for a Jacobs' 110-volt generator for use with his latest plan. Apparently there are not many of these still around, and I'm afraid his search has been unfulfilled. But I have had more fun looking at antiques at these sales! What women are not browsers by nature? Just give me a horse sale or an estate auction and I'm in heaven.

Speaking of antiques reminds me that I had promised in my last letter to tell you about my latest project—a quilt that I have been working on slowly but steadily. If you'll recall, in the May issue cousin Juliana told the details of my sister Emily's wedding. Being that she is my only and dearest sister, I wanted to give her a wedding present that would be extra special. In an earlier visit I had noticed her thumbing through some quilt books in my needlework library, and when I casually asked her which was her favorite pattern, she pointed to the "Bridal Wreath". Although no formal announcement had yet been made, I put two and two together and heard the distant wedding bells ringing!

The very day she left, I went to the fabric store and purchased the material and started work. I deliberately chose fabric that was appropriate for bygone days—a traditional color scheme for a very old and traditional pattern. The leaves are pale green, the hearts rose print and peach, and the background beige. Although the color scheme is not dynamic, I think it will look perfect for the hundred-year-old bedroom suite for which it is intended. It has been a labor of love to make it, and with the help of a steady hand I hope to have it completed by their first anniversary. One day not too long ago, I came to the revelation that the custom of long engagements must have come about to give the local ladies enough time to complete the traditional bridal quilt!

Sincerely,  
Alison Walstad





In August thoughts often turn to vacations and so it is an ideal time to have an armchair party for the stay-at-homes, letting the theme carry them afar in imagination.

### DECORATIONS

These can be large maps and travel posters. If it is to be a luncheon party, cut placemats from old highway maps, or cut mats from pretty wallpaper in the shape of different states. Later, as a game, see if each guest can guess the name of the state by its shape. Or, you might cut all of the maps in the shape of your own state and, as a game, provide pencils and have guests draw in rivers, the capitol city, their birthplace, and other important places of interest as you designate. Award a prize to the best map.

Balloons and streamers in bright colors will also help to carry out the party theme. For summer parties one is sure to need fans to "keep it cool", so how about some pretty wind chimes placed in the fan breeze to give atmosphere?

### ENTERTAINMENT

**Color My Song:** The idea is to name a song to fit the color. 1. White "White Christmas". 2. Blue "Alice Blue Gown". 3. Red "When the Red, Red Robin". 4. Grey "Put on Your Old Grey Bonnet". 5. Yellow "Yellow Rose of Texas". 6. Silver "Silver Threads Among the Gold". 7. Brown "I Dream of Jeannie with the Light Brown Hair". 8. Red "Red Sails in the Sunset". 9. White "White Cliffs of Dover". 10. Red "Red River Valley". 11. Blue "Five Foot Two, Eyes of Blue". 12. Green "Wearin' of the Green". 13. Green "Green Grow the Rushes". 14. Yellow "When You Wore a Tulip". 15. Silver "By the Light of the Silvery Moon". 16. Blue "Blue Tail Fly". 17. Black "Bye, Bye Blackbird". 18. Blue "Bye, Bye Blues". 19. Blue "Blue Skirt Waltz". 20. Yellow "Tie a Yellow Ribbon Round the Old Oak Tree".

(Note: If you have a good pianist, the songs above might be played, with the players listing the proper color after hearing the songs.)

**Color Basket Upset:** This is played like "Fruit Basket Upset", with the players being assigned a color instead of

## Color My World Party

by  
Virginia Thomas

a fruit. The player in the center ("It") calls out two colors and those players must change seats while "It" tries to get one of the seats first. Or "It" may call "Rainbow", when everyone must change.

**Fantastic Trip:** These are all places we will tour on our fantastic trip. 1. The extinct king of the prairie. (Buffalo) 2. What the suitor called as his sweetheart was drowning. (Savannah) 3. What the young man yelled as he was headed over the falls. (Cedar Rapids) 4. A military defense and a famous dressmaker. (Fort Worth) 5. What spinisters long to find. (Manitou) 6. An exclamation, maternal, and a laugh. (Omaha) 7. A favorite roll of many people. (Bismark) 8. Very stylish and a while back. (Chicago) 9. The name of a famous railroad. (Santa Fe) 10. A favorite season and where you find a farmer. (Springfield) 11. An afflicted stream (Cripple Creek) 12. To get out of the way and a larger town. (Dodge City).

**Geography Alphabet:** The first player to be "It" calls out the name of a country, state, or city. The player next in line must quickly answer with a country, state, or city beginning with the last letter in the name just called. Examples: Minnesota, Atlanta; Mexico, Ohio; etc.

**Colors Are the Thing:** 1. What familiar sayings using colors express what we mean? "Green with envy", "Got the blues", "Red as a beet", "Once in a blue moon", etc. 2. A social function might be. A pink tea. 3. What are the rainbow colors? Red, yellow, orange, green, blue, indigo, and violet. 4. Places you'll find on a U.S. map, using a color. Red River, Blue Ridge, Green Mountains, Blackhawk Lake, White Mountains, Greensboro, Yellowstone Park, White Sands National Monument, etc. 5. With what color do you associate these nations? United States — red, white and blue; Ireland — green; Russia — red. 6. Name some pastel colors. Pink, mint green, lavender, light blue, yellow, peach, orchid. 7. If a singer sings a sad song, what is he, or she, singing? Blues. 8. What colors are called the primary colors? Blue, red, and yellow. 9. Before the "moon walks" of what was the moon said to be made. Green cheese. 10. What is your worst mood? Black.

## HOBO FESTIVAL

by  
Ethel Johnson

(This flexible festival idea came in a Kitchen-Klatter letter and seemed interesting enough to share with you friends. It was originally planned as a supper which was a fund-raising project. It could be adapted to a family night, summer fellowship meal or a club gathering.)

For decorations, we covered the tables with newspapers. Flowers and weeds were tucked into cans, bottles and jugs for the centerpieces. One of our ladies made and dressed little five-inch hobo dolls. She also made boxcars out of shoe boxes, cutting doors on both sides, painted them, printed the name of a railroad on each and arranged them on the tables with the hobo dolls slumped down beside them. Also made were small garments to hang from tree branches: tiny shirts, overalls and even red and white long underwear complete with flap that opened in the back. These looked as if the hobos had hung their clothes on little trees to dry.

Our menu was "Rock Stew" (any good stew recipe will do) and chili, so the diners had a choice. Plastic knives, forks and spoons were used. The plates were tin or aluminum pie plates. We used tin cans for the coffee, but put a styrofoam cup inside each one to keep the metal cool enough to hold comfortably. The kind of cardboard boxes which hold pop in grocery stores were obtained; these had been cut down for display purposes and made fine trays.

The ticket seller was dressed as a hobo with patches on his clothes, his feet wrapped in old gunny sacks and a crazy little straw hat on his head. Some of the people who came for the meal dressed in old clothes and had a great time behaving like a "bunch of bums"!

We had a judge choose the most "royal-looking" man and woman who were crowned King and Queen of our festival. Plans were made for them to reign for a year and we'll have another festival next year built around the hobo theme.

Our king added much to the entertainment with a violin solo. The use of a mouth harp, a kitchen band or "junk" orchestra would also be a suggestion for suitable entertainment.

### EARLY MORN

When the dove serenades his love-mate nearby,  
And the sun, from my window, casts a beam to the eye,  
When birds sing and chatter, and still others chime in,  
Is it a call from the Heavens — to "Arise, and Begin"? —Marjorie A. Lundell



## GLEANINGS FROM GREYSTONE "SUMMER"

by  
Harold R. Smith

Summer is a golden season, arriving without fanfare. Leaving spring behind, we round the corner and face summer headlong. The seasons, marked by the passage of time on our calendar, continue their endless cycles. Cool evenings are replaced with warm temperatures as the sun continues to climb higher in the sky. Mornings are incredibly beautiful; dew-sparked grass rivals the diamonds of an Indian prince. The gossamer web of a spider, etched against a background of greenery, reveals a feat of clever engineering while the growth of grass is checked by the monotonous hum of lawn mowers.

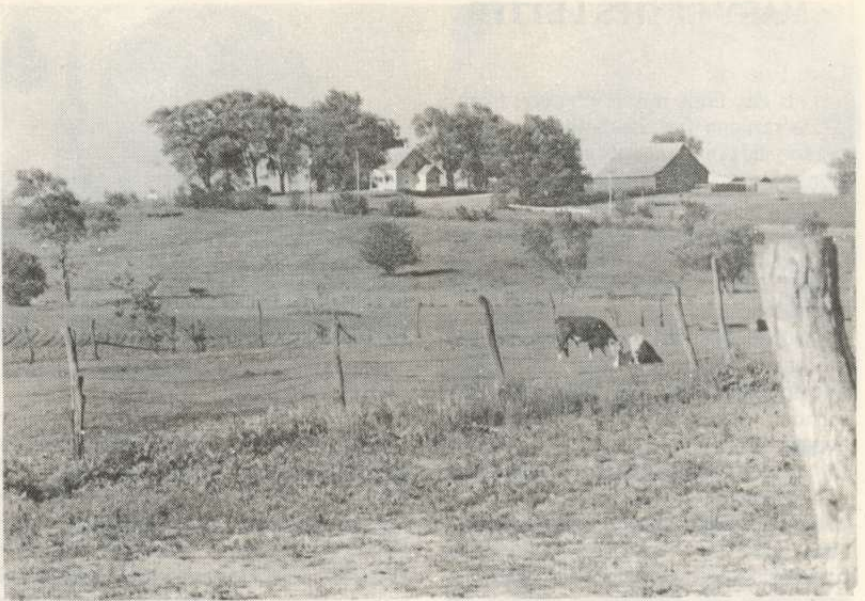
The cloudless sky is an intense blue and we cast our eyes upward many times during the course of a day to see if rain clouds are forming. In the distant horizon a wooded cliff, with rocky outcroppings, juts out sharply before dipping gently to a meadow where a small stream meanders through tall grasses and a grove of trees before joining the river. The lush growth under the forest trees and into the meadow itself creates an impenetrable sanctuary alive with the scurrying of small creatures. Birds, chattering and scolding, fly in and out among the trees. It is one of my favorite views.

Gardens flourish with a continuous succession of vegetables appearing on the daily menus. Tender new peas and the small potatoes of early summer are replaced with firm heads of cabbage, green beans, okra, corn on the cob, cucumbers, squash and carrots.

Holding a vine-ripened red tomato in hand is our first choice of all the garden's bounty. Imprisoned within is the summation of summer's goodness. Chilled and sliced, sprinkled with salt and freshly snipped parsley, in our opinion such a tomato has no peer in the vegetable kingdom!

Cherry tomatoes, planted in a flower bed, climb the Virginia creeper vines on the old house necessitating the use of a stepladder to harvest the crop. Excellent in salads, these tiny tomatoes are also a delight to the eye and palate when garnishing a meat platter.

Activity often centers in the kitchen as fruits and vegetables are preserved or frozen. Favorite recipes are shared for making pickles, relishes, jams and jellies. Arguments abound as to what variety of fruit or vegetable freezes better and what is better canned. Late one hot afternoon, while at the checkout counter at the grocery store, I overheard two women discussing the merits of canning and freezing. One lady remarked, "I never



—Photo by Mark Jewell

**Summer in the country looks peaceful on the surface but it is a very, very busy time for farm families. This quiet scene could be duplicated in many Midwestern areas.**

saw a green bean frozen that was fit to eat", and the other woman replied, "We won't eat green beans any way but frozen!" Unfortunately, I had to leave and shall never know the outcome of the argument, but I feel each held true to her own convictions.

As summer progresses the humidity grows higher and this, in turn, makes us more uncomfortable. It is said moisture is responsible for the fresh-appearing complexions of the English people, but in Missouri it tends to make us perspire profusely. No one seems to credit humidity with beauty-giving qualities, if any, for everyone is too busy mopping his face!

The thick stone walls of our old house don't permit heat to invade the interior as in frame homes, but eventually the air inside grows stale. Air conditioning is used sparingly to conserve electricity in today's energy crisis, but fans are turned on sometimes to help circulate the air. We also conserve water whenever possible. Our farmer friends, always conservation minded, put the water left over from paring vegetables on flowers growing near the kitchen door. Peelings, thrown at the edge of the garden spot, are plowed under in the fall to provide added nutrition to the soil. The term *recycle* is not new to country friends.

This evening, after an early supper, my mother, Frances, and I sat on the front porch sipping iced tea laced with bruised mint leaves and watched approaching clouds. A group of dark-colored birds spiraled restlessly in the sky, for nature seemed to forewarn them of a storm.

I walked to the back lawn. Birds flew in and out of the vines on the house as thunder vibrated the windows. A shower began gently, increased in intensity and

developed into a hard, driving rain. Trees swayed, darkness came rapidly and jagged streaks of lightning unzipped the sky as torrents of rain fell.

I feel, at this moment, that all is well, for the falling moisture promises a renewal of life in all living things, nourishing our souls as well as the parched earth.

As I go into the house and close the door, I hope the rain will continue throughout the night. I am thankful for this season called summer with its many incomparable gifts. Its beauty is etched forever in my heart!

### WHAT CAKE?

To be answered by kinds of cakes.

1. What a bride wears? (White cake)
2. A sheer material? (Chiffon cake)
3. Heels over head? (Upside down cake)
4. What variety is like? (Spice cake)
5. For a heavenly being? (Angel food cake)
6. A cleaning item? (Sponge cake)
7. Games are played with it? (Marble cake)
8. A warm drink? (Chocolate cake)
9. Here comes the bride? (Wedding cake)
10. Appropriate for Satan? (Devil's food cake)
11. We give gifts with it? (Birthday cake)
12. What hens are? (Layer cake)
13. When we don't work? (Loaf cake)
14. Grows on trees? (Fruit cake)
15. Not long? (Short cake)
16. Sixteen ounces? (Pound cake)
17. Dairy product? (Cheese cake)
18. Part of a set of dishes? (Cup cake)
19. It will burn? (Hot cake)

—Evelyn Lyon



## MARY BETH'S LETTER

Dear Friends:

This day finds me writing you from a place ranking far down the list of my personally popular spots in town, and yet ironically it should be one of my very favorite places in the world.

I am sitting in an artificial limb store waiting, as one does mostly in these stores, while a highly skilled craftsman whittles and shapes a new leg to my measurements. Without these specialty stores I would not lead the active, exciting life that has been my good fortune to pursue, but because I am accustomed to being busy and on the go the unavoidable waiting is not adapted to very gracefully by me.

Artificial legs wear out with about the same speed as a new automobile. I have never known any life other than that associated with wearing an artificial leg, and as a result my subconscious mind doesn't think of this store-bought limb as anything but a normal, proper way of life. Hence, when something goes wrong with it or indeed if it has the audacity to wear out, I find myself annoyed with the mechanical flaws and distressed that it doesn't last like my good leg. Which all goes to prove again that man has not yet managed to duplicate God's wonder of a body. He surely comes close and certainly the man-made product is better than none, but the advances in the past forty-five years have been miniscule.

One of the funny asides that occurred this year in my classroom came about when the weight-bearing U-bolt in my foot snapped, and my formerly silent tread through the classroom became a noisy clack far in excess of any squeaky pair of shoes you ever heard. My class of students were all too polite to ask outright what the new noise was, but each of us was painfully conscious of the new addition to each day.

Eventually a school day arrived when I was scheduled to get a quick (?) repair on the noisy foot, so I told the kiddies that the next day I would be late to school and why. Thanks to the widely watched Bionic Man, which this age group views with great delight, they were very much impressed with my highly simplified explanation of what I was having done. I believe they must have expected that inside this leg was a maze of wires and super-deluxe gears such as power television's Bionic Man. I could not help but chuckle over their immediate acceptance of what had been to me a subject never before discussed with them. When I had second graders there was no need to explain, because they noticed almost nothing different about me, but these fifth graders were very aware of their surroundings and especially of my few but distinct problems.



Donald Driftmier relaxes with a book after a busy day.

I chuckled even more the next day when I finally got to school, later than I had expected, to find upon my desk a fine big colored picture of the TV star Wonder Woman. Although Wonder Woman doesn't have any mechanical parts, they determined that the nickname Bionic Wonder Woman or B.W.W. would be my nickname when those relaxed times of the day arrived when we were on a casual enough basis to use intimate terms.

Probably the best thing to come out of our discussions came as a result of the ordering from Chicago of a new U-bolt because the substitute measures first attempted did not correct the problem. I was losing my ability to slip up on the class when they were left to pursue some studies unattended because they "could hear Mrs. Driftmier coming before they could see her"! The new U-bolt came by mail and for some reason which escapes me now the school secretary delivered it to me during class. They were very curious to see what a U-bolt looked like, so I showed them, and we had a guessing contest to determine who could come the closest to knowing how much it was worth.

They did not succeed in guessing, of course, because they were unaware of the hand milling that went into this piece and the extremely strong metal it had to be made from because of the pounds per square inch of weight it had to carry. They did understand these two features when I had explained them but when I revealed their cost they immediately shot off into space on a tirade against greedy business men who charged too much for a product. I let them ramble for a time while they became more and more incensed for me that I had to pay so much money for such a small piece.

It really reminded me of the insane letters I read in the letters to the editor or perhaps the editorials on the television where the greedy business man catches it for charging a price that the market will bear. But these were only fifth grade children and already they were mentally attuned against the free market. Finally I reminded them that without this part I was going to be unable to walk and I

chose to buy a part that would hold up and not break again because it was too cheap to perform properly. I explained that the quality of the U-bolt and my demand for it really set the price. I honestly believe that when we were through that afternoon they had learned a worthwhile lesson in economics. I wonder what I shall use next year to give them this illustrated lesson in pricing, but I certainly hope it won't be anything related to this new leg.

With the full knowledge that my worn-out leg was on its "last leg" (forgive me for the terrible pun), I took Paul and Adrienne to Chicago shortly after school was dismissed to see the King Tut Treasures at the Field Museum. This was a day and a half squeezed into fourteen hours by the time we returned home, but it was worth every frazzled nerve and weary muscle that accompanied it.

We pulled into the driveway of the museum at 8:30 a.m. and I let the children out to stand in the already-formed line. (How can I possibly dare to call my six-foot-five, nineteen-year-old son a child, but he is still my child mentally. Such a problem to have one's children growing up!) I took the car around behind the museum and drove blocks south and parked in the Soldiers' Field parking lot. I prayed a lot, believe me, that my foot would stand the miles it had to endure and it did. But back to the line; by the time we were ready to put down our tiny admittance fee of 50¢ it was 10:30. From here we hustled ourselves inside where we were issued numbered tickets and we were then told that in six hours our numbers would be allowed to enter the main display hall. The numbers were 6,909 and the next two consecutive numbers! That many people had been issued tickets by 10:30 a.m. Everyone in the building was prepared for this kind of wait because I never once heard any complaints about how slow it was or of anyone's getting special early admittance. The museum handled the crowds with great planning and thought. We handled our time with equal planning because we turned around and went directly to a taxi at the front drive and were whisked off to the Art Institute.

We walked and walked and walked past centuries of beautiful paintings and sculptures. I finally excused myself after a few hours of this kind of exercise and fled in search of the Garden Restaurant which I spotted on the diagrams of the various floors. Down a long hall and located in a center atrium completely shielded from any noisy taxi horns or other big city noise, was a beautiful open-air garden. There was a spacious central fountain and plantings of growing trees which reached the full two stories to the open sky. It felt so good to sit in the sun

(Continued on page 22)



## GREETINGS FROM MONTANA

by  
Jeff Birkby

*(Jeff Birkby is the middle son of Evelyn and Robert Birkby. This month he writes about the activities connected with his summer research project.)*

Greetings from southeast Montana, a land of 10 billion mosquitoes and 55 thousand rattlesnakes.

A great deal has been happening since I came to Miles City for the summer. Scientific research is really, really exciting, especially when it can be applied to help people. I doubt if I have worked much harder in my life than I have in the past three months, but I'm really enjoying everything I'm doing.

The local installation is known as "Hiplex" (High Plains Experiment) and has a staff that ranges to nearly 40 in the summer and about 15 during the winter. It is involved with weather modification studies, the effect of increased rainfall on grain production, and a study comparing native range growth under normal conditions with that which is being grown under simulated rainfall. (The last is the area in which I'm working.) The project is operated by the Bureau of Reclamation and the Montana Department of Natural Resources and Conservation.

My work involves two common range grasses that are very important to southeastern Montana: blue gamma and western wheatgrass. I have two different experimental plots of about three acres each containing both grasses. Smaller plots inside the larger areas are being subjected to varying amounts of precipitation: 1. 1/2 inch every two weeks, 2. 1/4 inch every week, 3. continually wet, 4. natural rainfall, 5. wet in the fall, 6. wet in the spring.

Each plot contains several soil moisture-measuring instruments, wind speed recorders, thermometers, humidity recorders and a great deal of irrigation equipment.

The overall director of the experiment, and my advisor, is Rich Moy, the head of the Montana Department of Natural Resources. John Neubauer, a fellow student and range ecologist, is my co-worker. We are measuring the productivity of each grass under different treatment in terms of the actual weight of the grasses at different times of the year. One device I use is called a *capacitance meter* that I place over a section of grass in the ground, push a button and up pops an electronic number that tells me the weight of the grass under the meter. It looks like a weapon from a Flash Gordon movie.

John and I have to be in the field before dawn to take some measurements before the ground heats up. I have been, and will be, getting up at 4:30 a.m.

(yawn!). Going to bed at 10:00 p.m. is necessary, although it still seems early. Last week we worked a couple of days from 5:00 a.m. to 7:30 p.m. and I crawled into bed as soon as I wolfed down supper.

I've been eating well, although I cannot force myself to get up any earlier than I do so I can prepare a really good breakfast. However, I do fix a good lunch to eat out in the field, and when I get home in the evening I practically tear the door off the refrigerator and gobble away until I'm stuffed. My menus have included lots of hamburger, rice, potatoes, chicken and wieners, also gallons of orange juice and milk. In fact, I drink so much milk I've resorted to buying only nonfat dry milk and mixing my own.

The weather has been nice. The best time for me is dawn when the temperature is around 60 and the mesas



Montana puts out interesting welcome signs for the visitors who come to the Big Sky Country. New resident, Jeff Birkby, stands at the base of one of the roadside greetings, assured that the state is glad he chose Montana State University to further his education.

and buttes really show their colors in the early morning light. That is also the time that most wildlife abounds. The meadowlarks sing lustily all around our plots, and I have seen antelope every morning this past week. Yesterday I saw a coyote and investigated a prairie dog town about 200 yards from where we were working. Lots of geese and ducks fly overhead each morning on their way to the irrigation sloughs.

There are some detriments to the early morning hours, namely, the mosquitoes. I've never before seen so many, and can only compare them to the black flies my Scout troop experienced on our canoe trip in northern Minnesota and Canada. I have to wear a long-sleeved flannel shirt, long pants, a hat and a bandana to keep from being eaten alive, even though I put on a lot of the best insect repellent available. When the wind picks up about 11:00 a.m. the mosquitoes are usually blown away and

life becomes bearable again. After the mosquitoes leave, I can remove my shirt, pull on cutoffs and add to my suntan. By the end of the summer I should be close to the color of a Snicker candy bar.

Miles City is a town of about 10,000. The big places for nightlife are the Hole in the Wall Cafe, the Montana Theater and the Eastern Montana Custer County Race Track. The weekend of the annual bucking horse sale is the big event of the year when every cowboy from miles around comes to Miles City to sell bucking horses for the rodeo circuit, to drink deer, and chew tobacco. Not being a tobacco chewer or a beer drinker or a bucking horse buyer, I wandered over to the carnival which turned out to be about half as large as the one usually held in Sidney during the August rodeo. I looked but did not find a church food stand like the one usually run by the Sidney Methodist folk.

For a town this size there are a large number of churches, twenty if I count correctly. I managed to get a list of the various churches and the times that they all hold their services, which included everything from a Seven Day Adventist to a Mormon church and a Missouri Synod Lutheran. Being of sound mind and religious spirit (I was Methodist Youth Fellowship chairman when I was in high school) I decided that since I had thirteen Sundays when I would be in Miles City, I would attend thirteen different churches. I started off the first Sunday at the Presbyterian church, then United Methodist, the Church of God, the Catholic, the United Church of Christ, and then the Jehovah's Witness meeting. So far it has been a fascinating experience in observing the various modes of worship.

Each Sunday afternoon I drive out onto the plains and collect plants and take pictures. I've collected a great number of plants and hope to obtain more before this project is completed. After a refreshing rain the prairies come alive with flowers: yucca, prickly pear, sego lilies, sunflowers, wild mustards, and many more. I really enjoy my Sunday afternoon excursions. One Sunday I caught a horned toad! No sign of rattlesnakes yet, despite all my talk and the fact that this area is supposed to be rife with them.

If all goes well with this project, I'll be able to get back to Iowa for a visit in September. In the meantime, I'll dream of the time I can get into the freezer at home and enjoy the strawberries (they sold for 90¢ a box in the grocery store here during the peak of the season), the raspberries, corn, green beans and other goodies Mom and Dad have been putting up all during the summer.

Mom wrote last week to tell me about the raspberry and gooseberry pies already made and put in the freezer. She  
(Continued on page 20)



# Recipes

## Tested by the KITCHEN-KLATTER Family

### RUBY FRUIT SALAD

- 1 3-oz. pkg. cherry gelatin
- 1 cup boiling water
- 1 cup cold ginger ale
- 1/4 tsp. Kitchen-Klatter cherry flavoring

- 1 cup small watermelon balls
- 1/2 cup peaches, sliced
- 1/2 cup strawberries or blueberries

Dissolve gelatin in boiling water. Cool. Stir in ginger ale and flavoring. Chill until slightly thickened. Stir in remaining ingredients. Chill until firm.

This is a very refreshing and pretty salad. Served with open-faced sandwiches or crispy crackers it makes a fine refreshment for a club or church group.

—Evelyn

### SPECIAL TOMATO COCKTAIL JUICE

- 10 lbs. ripe tomatoes (about 25)
- 1 medium-sized onion, diced
- 1 green pepper, chopped
- 2 stalks celery (or 1/2 tsp. celery seed tied in a bag)
- 2 bay leaves
- 1/2 cup sugar
- 2 tsp. salt
- 1/4 tsp. pepper

Chop onion, green pepper and celery into a large kettle. Add a small amount of water and begin simmering. While these are cooking, wash tomatoes and remove and discard stem ends and any white areas. Cut into chunks and add to simmering vegetables. Add bay leaves and, if used, celery seed which has been tied into a small cloth bag. Simmer until vegetables are all tender. Put through strainer.

Return juice to kettle and add sugar, salt and pepper. Bring to a boil and ladle into jars. Seal. For best storage, process according to latest directions for processing any tomato juice. This can also be frozen.

For a thicker juice or puree, after vegetables are cooked they can be liquefied in the blender rather than strained. (Remove bay leaf and spice bag before pureeing.) Proceed as directed. This recipe makes an excellent-flavored tomato juice cocktail.

—Evelyn

### HOMEMADE PIZZA

- 1 cup hot tap water
- 2 6½-oz. pkgs. pizza crust mix
- 1 15½-oz. jar pizza sauce
- Grated Parmesan cheese
- 1 4-oz. pkg. pepperoni, sliced
- 1 2¼-oz. can sliced ripe olives
- 1 2½-oz. jar sliced mushrooms
- 1/4 lb. raw hamburger
- 1 8-oz. pkg. mozzarella cheese, shredded

Mix hot tap water and pizza crust mix in mixing bowl and let rise for five minutes. Divide dough in half. Grease bottom and edges of two 12- or 14-inch pizza pans. With greased hands spread dough evenly on bottom and up the edge of pans making a ridge. Pour sauce over unbaked crust. Sprinkle Parmesan cheese over sauce. Arrange pepperoni over sauce and cheese. Next sprinkle ripe olives and mushrooms over pepperoni. Then crumble raw hamburger on top. Sprinkle mozzarella cheese evenly over top of mixture and bake for 20 minutes at 425 degrees.

### A PIE TO REMEMBER

- 1 1/4 cups chocolate cooky crumbs
- 1/4 cup sugar
- 1/3 cup melted butter
- 1/2 cup water
- 1/2 cup sugar
- 1 envelope plain gelatin
- 1/2 cup sugar, divided
- 1/8 tsp. salt
- 1/2 cup cold water
- 3 eggs, separated
- 1 tsp. Kitchen-Klatter mint flavoring
- 1 1-oz. envelope liquid bitter baking chocolate

1 cup heavy cream, whipped  
Combine the cooky crumbs, 1/4 cup sugar and melted butter. Press into a 9-inch pie pan to form a crust. Bake for 5 minutes in a 400-degree oven. Chill.

Combine the 1/2 cup water and the 1/2 cup sugar in a small saucepan and cook until the sugar is dissolved and it has become a light syrup. Set aside to cool.

In the top of a double boiler mix the gelatin, 1/4 cup sugar and salt. Stir in the 1/2 cup cold water and then blend in the egg yolks, one at a time. Place over boiling water and cook, stirring constantly, until gelatin is dissolved and slightly thickened. Remove from heat. In a 1/2-cup measure combine the mint flavoring, liquid chocolate and enough of the sugar syrup to make a full 1/2 cup. Add this mixture to the gelatin mixture and chill, stirring occasionally, until the consistency of egg whites.

Beat egg whites until almost stiff and then add the remaining 1/4 cup sugar gradually and beat until stiff. Fold the egg whites into the gelatin mixture and then fold in the whipped cream. Put this into the chocolate crust and chill until firm.

—Mae Driftmier

### LOW-CALORIE ORANGE SHERBET

- 1 pkg. plain gelatin
- 1/4 cup cold lemon juice
- 1 tsp. liquid no-calorie sweetener
- Pinch of salt
- 1/2 cup orange juice, heated
- 1 1/2 cups skim milk
- 1/2 tsp. Kitchen-Klatter vanilla flavoring

Soften gelatin in the cold lemon juice. Add sweetener, salt and the heated orange juice. Stir until gelatin is dissolved. Cool. Add the milk and flavoring and freeze until mushy. Whip until light and frothy. Return to freezer to freeze. Contains 24 calories per 1/4 cup.

—Hallie

### MEXICAN QUICKIE

- 1 1/2 lbs. hamburger
- 1 medium-sized onion, chopped
- 1 1/2 cups taco sauce
- 1 cup water
- 1 12-oz. pkg. tortilla chips
- Shredded lettuce
- 1 lb. mild Cheddar cheese, grated

Cook hamburger and chopped onion until meat is done; remove as much grease as possible. Add the taco sauce and water; let simmer to blend flavors.

In the bottom of a 9- by 13-inch pan place the tortilla chips, keeping the chips unbroken. Cover the chips with a layer of shredded lettuce two inches deep. Pour meat mixture over lettuce and top with grated cheese. Bake in a 350-degree oven for 15 to 20 minutes. Cut into squares and serve.

—Donna Nenneman

### VIENNA FREEZER DESSERT

- Vienna finger cookies
- 1 regular-sized pkg. instant pudding mix
- 1 cup milk
- 1 tsp. Kitchen-Klatter vanilla flavoring
- 1/4 tsp. Kitchen-Klatter almond flavoring

- 2 cups vanilla ice cream or ice milk

Line an 8-inch square pan with Vienna finger cookies (the long slender cookies with icing in the middle). Combine instant pudding mix, milk and flavorings. Beat well. Beat in ice cream or ice milk. Spoon over cooky layer. Chill in freezer at least one hour before serving. If desired, cover with foil or plastic and freeze for several weeks.

This is a quicky dessert that is so simple to make but elegant to serve and eat. Various flavors of instant pudding mix can be used with different flavorings to enhance as desired. The friend who sent this likes pistachio instant pudding with vanilla flavoring added. Plain vanilla, chocolate or fruit-flavored ice creams are delicious with this simple basic recipe. A swirl of whipped topping and a few fresh fruits for garnish can make this into an instant company dessert.



**GLAZED PEACH PIE**

- 1 baked pie shell
- 4 cups sliced peaches
- 1/2 cup water
- 1 cup sugar
- 3 Tbls. cornstarch
- 1 Tbls. butter
- 1/4 tsp. Kitchen-Klatter butter flavoring
- 1/4 tsp. Kitchen-Klatter almond flavoring
- 1 cup crushed peaches

Prepare baked pie shell. When cool, slice the 4 cups peaches into the crust. Meanwhile, cook until clear and thick, stirring, the water, sugar, cornstarch, butter, flavorings and crushed peaches. Cool and pour over sliced peaches in pie crust. Chill. Delicious plain, but excellent with whipped cream or ice cream.

This pie is equally good with canned peaches. Drain peaches well, reserving the juice. Use the peach juice for the topping in place of the 1/2 cup water. Follow directions as given. —Evelyn

**RIPE TOMATO PRESERVES**

- 4 cups tomatoes
- 4 cups sugar
- 1 3-oz. pkg. lemon gelatin
- 1/4 tsp. Kitchen-Klatter lemon flavoring

Choose firm, ripe tomatoes. Scoop out juice and as many seeds as possible. Dice firm flesh of tomatoes and measure. Put into heavy saucepan with sugar. Cook about 20 minutes, stirring occasionally. Remove from heat and stir in lemon gelatin and flavoring. Seal in sterilized jars.

**FROZEN FRUIT SALAD**

- 1 8-oz. pkg. cream cheese, softened
- 2 envelopes whipped topping
- 2 Tbls. mayonnaise
- 1 Tbls. Kitchen-Klatter Country Style dressing
- 1 Tbls. lemon juice
- 1/4 tsp. Kitchen-Klatter lemon flavoring

3 bananas, diced in small pieces  
1/2 cup maraschino cherries, diced  
2 cups miniature marshmallows  
A dash of salt  
1/2 cup nuts, chopped  
Combine cream cheese, whipped topping (which has been prepared according to directions on package), mayonnaise, dressing, lemon juice and lemon flavoring. Mix well or blend with mixer. Gently stir in remaining ingredients. Spoon into 9- by 13-inch pan or make individual portions by placing paper baking cups in muffin tins and filling with salad mixture. Freeze. Cover tightly for storage. Remove from freezer, cut in squares and place on lettuce leaves, or serve directly from paper baking cups. Cherries can be used to garnish the top if desired.

**BANANA BREAD**

- 2 cups all-purpose flour, sifted before measuring
- 1/2 tsp. baking powder
- 1/2 tsp. soda
- 1/4 tsp. salt
- 3/4 cup sugar
- 1/4 cup butter
- 1 egg
- 2/3 cup mashed bananas
- 3 Tbls. buttermilk
- Chopped nuts, (optional)

Resift flour with baking powder, soda and salt; set aside. Cream sugar and butter. Beat in egg and mashed bananas. Stir into flour mixture in three parts alternately with buttermilk. Fold in nuts, if desired. Pour in greased loaf pan and bake for about one hour at 350 degrees. —Lucile

**QUICK DESSERT**

- 1 white cake, baked
  - 1 can apricot pie filling
  - 1 small can chunk or crushed pineapple, well drained
  - 2 bananas, sliced
  - 1 Tbls. powdered sugar
  - Whipped topping
- Bake your favorite white cake. Mix pie filling, pineapple, bananas and powdered sugar. Serve over white cake wedges topped with whipped topping. —Hallie

**EXTRA DELICIOUS CARROTS**

- 1 lb. carrots
- 1 cup light raisins
- 1 cup water
- 1 tsp. salt
- 3 Tbls. brown sugar
- 2 Tbls. honey
- 3 Tbls. butter
- 2 Tbls. lemon juice

Scrape the carrots and cut diagonally in thin slices. Combine with the raisins, water and salt and cook until tender, about 20 minutes. Drain. Sprinkle with brown sugar. Add the honey, butter and lemon juice. Heat over low heat, stirring often, to glaze the carrots. —Dorothy

**DONUT MUFFINS**

- 1/2 cup sugar
- 1/4 cup margarine, melted
- 1/4 tsp. Kitchen-Klatter butter flavoring
- 1 egg
- 1/2 cup milk
- 3/4 tsp. nutmeg
- 1 tsp. baking powder
- 1 cup flour
- 1/4 cup melted margarine
- 1/2 cup sugar
- 1 tsp. cinnamon

Mix all ingredients with the exception of the last three. Place in a 12-cup greased muffin tin. Bake in 375-degree oven for 15-20 minutes. Turn out and dip in the 1/4 cup melted margarine and then in mixture of sugar and cinnamon.

—Dorothy

**CHICKEN PACIFICA**

- 3 lbs. or more chicken wings
- 1 stick butter or margarine
- 1 cup soy sauce
- 1 cup brown sugar
- 3/4 cup water
- 1/2 Tbls. dry mustard

Arrange wings in shallow pan. Combine remaining ingredients and heat until butter or margarine melts. Pour sauce over chicken and marinate several hours or overnight. Turn chicken wings over once or twice while marinating. Bake for 1 1/4 to 1 1/2 hours at 325 degrees.

This is great for outdoor eating or a buffet. —Betty Jane

**GARLIC DILLS**

- 11 cups water
- 3 cups vinegar
- 1 cup pickling salt
- Cucumbers
- Garlic buds
- Dill

Combine water, vinegar and salt in kettle. Bring to boil, stirring to dissolve salt. Pack small- to medium-sized cucumbers in clean jars. In each jar place one garlic bud and three heads dill. Cover with boiling mixture to within one inch of top. Seal. Place jars in hot water canner. Bring to boil and boil for 15 minutes. Remove from canner. Let cool. Store in cool, dark place. —Evelyn

**RODEO STAND  
BARBECUED HAMBURGERS**

- 10 lbs. ground beef
- 3 cups onions, chopped very fine
- 9 tsp. salt
- 3/4 tsp. pepper
- 3 cups tomato juice
- 3 cups tomato catsup
- 1 cup brown sugar
- 1/4 cup prepared mustard
- 1/4 cup vinegar
- 1 1/2 Tbls. Worcestershire sauce
- 4 to 5 cups rolled oats (to thicken)

Brown the ground beef slightly in heavy skillet. Add the other ingredients and continue cooking, stirring constantly until well blended. Cover and simmer at low heat until time to serve. This needs about 30 more minutes of simmering time to insure all the flavors will permeate the mixture.

When this is prepared for the Sidney, Iowa, rodeo stand, the cooks use three very large skillets in the church kitchen. After the meat is lightly browned and the other ingredients added and blended, it is all poured into a large pressure canner. One canner will hold two full recipes of the barbecued hamburger. The lid is fastened into place, without pressure, and the mixture simmers on low heat until time to carry it out to the stand. The pressure canner carries well and keeps the mixture hot as it is served.

—Evelyn



**DILLY CORNED BEEF SALAD**

2 cups cubed cooked potatoes  
 1/2 medium head cabbage, shredded  
 or thinly sliced  
 2 cups cubed, cooked corned beef  
 1/2 cup chopped dill pickle  
 1/4 cup chopped onion (or 1 Tbls. instant minced onion)  
 1/4 tsp. salt  
 1/2 cup mayonnaise or salad dressing

In large mixing bowl combine all ingredients; mix well. Chill before serving. Serve on lettuce leaves and garnish with radish slices, if desired.

—Verlene Looker

**TANGY LIME GELATIN SALAD**

1 pkg. lime gelatin  
 1 cup hot water  
 1/2 tsp. Kitchen-Klatter lemon flavoring  
 1 cup mayonnaise  
 1 cup cottage cheese  
 1/2 cup chopped green pepper  
 1 cup chopped celery  
 1 Tbls. shredded onion

Dissolve the gelatin in the hot water to which the lemon flavoring has been added. Add the mayonnaise and stir well. Add the cottage cheese, chopped celery, chopped green pepper and shredded onion. Chill until completely set before serving on salad greens.

—Hallie

**DOROTHY'S SYRUP**

1 cup water  
 2 cups sugar  
 2 tsp. Kitchen-Klatter maple flavoring

Bring water to a boil in a saucepan. Remove from heat and stir in the sugar. Stir until the sugar is all dissolved. Add the maple flavoring. You can substitute the fruit flavorings for the maple, and a couple of drops of the butter flavoring adds to it. This will thicken some when stored in the refrigerator in a covered jar.

**PENNSYLVANIA DUTCH GREEN BEANS**

3 strips bacon, cooked and crumbled  
 1 small onion, diced  
 1 can water chestnuts, sliced thin  
 1 lb. can cut green beans  
 2 tsp. cornstarch  
 1/4 tsp. salt  
 1/4 tsp. dry mustard  
 1 Tbls. brown sugar  
 1 Tbls. vinegar

Brown onion and water chestnuts slightly in hot bacon fat. Drain beans, saving 1/2 cup liquid. Mix liquid with remaining ingredients and add to onion and water chestnuts in skillet. Cook, stirring until mixture boils. Add beans and heat thoroughly. Serve garnished with crumbled bacon. Four 1-cup servings.

—Dorothy

**CRANBERRY-SOUR CREAM SALAD**

1 3-oz. pkg. cherry gelatin  
 1 cup hot water  
 1/4 tsp. Kitchen-Klatter cherry flavoring  
 1 can whole cranberry sauce  
 1/2 cup chopped celery  
 1/2 cup chopped pecans  
 1 cup commercial sour cream

Dissolve the gelatin in the hot water. Add all the other ingredients and stir until well blended. Pour into a mold or glass dish and chill overnight. This is delicious, and since it calls for the canned cranberry sauce, it can be used any time of the year.

—Dorothy

**UNUSUAL CHOCOLATE CHIP COOKIES**

1 cup sugar  
 1/2 cup shortening  
 1 egg  
 1/2 cup sorghum or honey  
 2 cups flour  
 1 tsp. salt  
 1 1/2 tsp. soda  
 1 tsp. Kitchen-Klatter vanilla flavoring  
 1/2 tsp. Kitchen-Klatter butter flavoring  
 1 cup rolled oats  
 1 cup chocolate chips  
 1 cup flaked coconut

Cream sugar and shortening; add egg, sorghum or honey and beat well. Add sifted dry ingredients. Stir in flavorings. Fold in remaining ingredients. Drop by teaspoonfuls onto greased cookie sheet. Bake at 375 degrees for 10 minutes, or until done. Do not overbake for a chewy cookie.

—Evelyn

**LIGHT AND LUSCIOUS DESSERT**

2 cups vanilla wafer crumbs  
 1 cup water  
 1 cup crushed pineapple with juice  
 1 cup sugar  
 1/4 tsp. Kitchen-Klatter pineapple flavoring  
 4 egg yolks, beaten  
 1 3-oz. pkg. gelatin (lemon, orange or pineapple)  
 4 egg whites, stiffly beaten  
 Nuts, as desired  
 Prepared whipped topping  
 Butter bottom of a 9- by 13-inch pan.

Sprinkle crumbs into the pan. Combine water, crushed pineapple (juice and all), sugar, flavoring and beaten egg yolks in a heavy pan. Cook over moderate heat, stirring, until slightly thickened. Remove from fire and stir in gelatin. When dissolved, chill until partially set. Fold in stiffly beaten egg whites. Spoon over top of crumbs. Top with more of the vanilla wafer crumbs and nuts as desired. Refrigerate. Cut in squares and serve with whipped topping. This makes an excellent club dessert which may be varied according to color and flavor.



**Try  
 your choice of  
 KITCHEN-KLATTER  
 FLAVORINGS**

**In this diet milk drink.**

\*\*\*\*\*

**LO-CALORIE MILK SHAKE**

1/4 cup low-fat powdered milk (dry)  
 3/4 cup water  
 Kitchen-Klatter no-calorie liquid sweetener to taste  
 3 to 4 ice cubes  
 1/4 to 1/2 tsp. Kitchen-Klatter flavoring of your choice

Combine all ingredients in blender. Blend just until ice cubes are crushed but still icy.

\*\*\*\*\*

There are sixteen flavorings. Here is the complete list:

<b>Strawberry</b>	<b>Coconut</b>	<b>Vanilla</b>	<b>Cherry</b>
<b>Pineapple</b>	<b>Butter</b>	<b>Raspberry</b>	<b>Burnt Sugar</b>
<b>Mint</b>	<b>Blueberry</b>	<b>Orange</b>	<b>Black Walnut</b>
<b>Lemon</b>	<b>Banana</b>	<b>Maple</b>	<b>Almond</b>

**KITCHEN-KLATTER FLAVORINGS**

If you can't yet buy them at your store, send us \$2.00 for any three 3-oz. bottles. Vanilla comes in a jumbo 8-oz. bottle, too, at \$1.25. We'll pay the postage. Kitchen-Klatter, Shenandoah, Ia. 51601.



## BETTY DRIFTMER TAKES US ACROSS THE COUNTRY

Dear Friends:

Most of you know, through the *Kitchen-Klatter Magazine* or radio program, that our daughter, Mary Leanna, Vincent, Isabel and Christopher have decided to leave the beautiful and exciting Southwest to return to their native area of New England.

Both Vincent and Isabel have suffered from bronchial asthmatic attacks this past year, apparently brought on by the dust in the air of that region of Arizona where they were located. Much as they have come to love the culture and more relaxed way of life in the Southwest, Mary Lea and Vincent decided to come home to New England, close to the ties of the larger family life that are recognized anew as being important to human development.

In every age, pulling up stakes and traveling across the country with small children has required courage, strength, and fortitude. So many important decisions have to be made wisely in a very short period of time. Mary Lea and Vincent decided to sell or give away everything that would not fit into a 6-by-12-foot rental trailer. With unusual perseverance, and with thirty-six packages sent on ahead by United Parcel and the U. S. Postal Service, they were able to do this. On June 3, at 4:00 p.m. when Vincent's official duties ended, the Palo family said a final farewell to the Rough Rock Demonstration School. So ended an interesting, meaningful and yet very difficult tour of duty.

Their first stop was the Lowey home in Albuquerque. Over these past five years Juliana and Mary Lea have developed an affection and respect for each other far beyond the usual ties of cousinly relationship. Their families have enjoyed a great compatibility which I am sure will last over the years of spatial separation. That Saturday morning in the Lowey home must have been *slightly chaotic*. Jed was up by 4:30 a.m. to take off for a fishing trip in the Jemez Mountains. Mary Lea and Vincent had planned to get an early start across country, but instead they decided to stay over that day with their former landlords, the Weavers. Meanwhile, Juliana, Katharine and James Lowey left on the noon flight for Kansas City and Shenandoah for a two-week visit with Lucile. One of the distinguishing features of our times seems to be casual mobility!

Arising at 5:00 a.m. on Sunday to begin the arduous trip east, Vincent discovered a flat tire on the trailer. After an hour of fruitless search for help on a Sunday morning, Vincent phoned the emergency trailer rental number and help was soon forthcoming. It was far better to have problems before they hit



Betty and Frederick are enjoying a summer visit with their grandchildren, Isabel and Christopher. They are the children of Vincent and Mary Leanna Palo.



the highway, and that flat tire in Albuquerque was their only mechanical problem. The large car they drive took the trailer easily across country.

The first two days were so warm that they stopped early to enjoy the motel pools in Shamrock, Texas, and Clarksville, Arkansas. All four, including four-month-old Christopher, enjoyed the refreshment of swimming in the motel pools. Mary Lea was very impressed by the friendly concern of a motel guest who left the pool at Clarksville, Arkansas, to drive her into town to get necessary baby supplies before the stores closed.

From Arkansas, the Palo's followed Route 40 across Tennessee and into Virginia where their last overnight stop was just north of Roanoke at Harrisonburg. All the way they were extremely lucky about the weather; their first two days were warm, but the real heat of over 100 degrees came to the Southwest after they left Texas, Oklahoma and Arkansas. Tennessee and Virginia were delightfully cool and pleasant, and the only rain occurred on the last day as they drove through Pennsylvania.

We grandparents had been very concerned about the effect of this long trip on the children—especially upon Isabel, who is such a husky, active youngster. Isabel and Christopher were absolutely wonderful, riding for hours with no complaint. Isabel was a little restless at the end of each long day's trip, but there was no crying and great good nature all along the way. By their actions, both Isabel and Christopher earned the love and gratitude of their parents and the relieved plaudits of worried grandparents. We are all so happy to have them safely home where Gretta and Vin Palo, and Frederick can meet grandson Christopher David for the first time, and I can see his amazing growth since I left Rough Rock in February.

Modern children fill us with amazement by their adaptability to new ideas and new experiences. How rich we feel to have them closer, so that we can share

the fun and responsibility of grandparenthood.

I close with this delightful quotation. It is a child's definition of a grandmother.

"A grandma is a lady who has no children of her own, so she likes other people's children . . . Grandmas don't have anything to do except to be there . . . If they take you for walks, they slow down past pretty leaves and caterpillars. Grandmas never say 'Hurry up.' Sometimes grandmas are fat, but not

(Continued on page 23)

### Cook First Class

Why settle for second best  
when the

### KITCHEN-KLATTER COOKBOOK

has the top quality recipes  
available?

Users like Mrs. D. C. from Indiana write:

*"I'm sending to you my most sincere thanks for publishing a super cookbook. My in-laws live in Nebraska and during every home visit I listen to your radio program. I was quite skeptical of your cookbook. After all, don't I own what the rest of the world calls best in cookbooks? But on our last visit home I bought your Kitchen-Klatter Cookbook. I've found the best in your book!"*

ORDER YOURS TODAY!

**\$5.00, per copy**  
(Iowa residents,  
add Sales Tax.)

**KITCHEN-KLATTER**  
Shenandoah, Iowa 51601





## A SPICY BOUQUET OF USEFUL IDEAS

by  
Mae Dragoo

When making pickles, always use the freshest picked cucumbers possible. It is best to pick and *immediately* make into pickles, starting with your favorite recipe. Letting cucumbers stand even overnight can cause deterioration and a less-than-perfect pickle. Too old a cucumber, too large and seedy, too much water content (during an especially rainy year) or too little water content (when not enough rain falls) can make a difference in the finished pickle.

Many fruits and vegetables can be made into pickles. Spiced grapes, pickled cherries, dilled green beans, pickled carrots, okra, onions or cauliflower, chutney (a mixture of fruits)

and chopped mixed garden vegetables all make delicious pickles.

If freezing is your favorite method of preserving, try freezing cucumbers. Peel and slice. Place 1 cup of the cucumbers in a plastic bag, seal and freeze. When ready to use, cover, while still frozen, with a solution made of 1 tsp. sugar, 1/8 tsp. salt, 1/2 cup mild vinegar and 1/2 tsp. dill seed (optional). Place mixture in refrigerator to thaw and use as needed.

Carrots can be frozen by grinding or shredding fresh carrots. For each 1 cup of carrots, add 1 tsp. sugar. Put in plastic bags and freeze. When making a salad or stew, add carrots in the amount desired, and allow to thaw. Stir to combine with other ingredients.

Peppers and onions can be frozen. Grind or grate. Freeze in ice cube trays with enough water to moisten. When frozen slip cubes into plastic bags, return to freezer. A cube or two at a time can be put into salads, stews, soups, etc.

It is simple to make pimientos from home-grown sweet red peppers. Wash and quarter the ripe, sweet peppers. Remove seeds. Soak in a strong salt solution (4 Tbls. salt to 1 quart water) overnight. In the morning drain and rinse. Make a syrup solution of 1/2 cup vinegar, 1/2 cup sugar, 1/2 cup water. Make amount needed to just cover peppers. Combine with drained red peppers. Simmer 5 to 7 minutes. Seal in

sterilized half-pint jars. These keep well in refrigerator after jars are opened.

Did you know that Grandmother's use of grape leaves in making pickles is still a useful method for today's product? Something in the grape leaves helps keep cucumbers firm. Added to cucumbers when placed in brine, they are as helpful today as they were years ago. Discard when cucumbers are taken from the brine for whatever the next step may be in making pickles.

## LOW-COST FREEZER CONTAINERS

by  
Martha Ann Callow

Rows of identical boxes on the freezer shelf satisfy a certain esthetic sense, but to the economy-minded housewife rows of no-cost containers are equally pleasing.

Saving the square wax-coated cardboard milk cartons is an excellent way to be prepared for the freezer season with a supply of boxes that provide other advantages in addition to the economy factor. In most cases the cartons are made of heavier material than the commercial containers. With either kind of container, it is necessary to use a plastic bag liner, but the milk cartons have the advantage of being leak-proof and, in the event of a punctured plastic bag, will not permit the staining of other frozen food packages.

The half-gallon size cartons probably have the widest variety of freezer uses for a family. One of these will hold a cut-up fryer, a pre-cooked and boned hen, baked beans, juices prepared for as-needed jelly making, a meal-sized amount of cookies, cupcakes, or donuts (with no danger of crushing), or even four ears of roasting corn.

The one-quart container is equally useful. In addition to storing smaller amounts of the above foods, they are ideal containers to use with pint freezer bags for normal food storage.

The gallon container can be used for four quarts of food by making a grid-type cardboard divider to separate the bags.

To prepare the boxes for use, simply remove the staples at the top and wash each box in soapy water. Rinse and dry thoroughly. Cut around the box at the point where the top begins to angle up for the closure. Insert the plastic bag and fill and fasten securely. Slit the corners of the box down as far as the top of the contents and fold in the sides alternately to form a cover. Secure with masking tape or a large rubber band and label for easy identification.

Boxes may be reused or simply discarded without a qualm as the only cost is the time required to wash and cut them as directed.

## KITCHEN-KLATTER RADIO VISIT

Your  
Most  
Trusted  
Companion



Listen to us every weekday on one of the following stations:

<b>KVSH</b>	Valentine, Nebr., 940 on your dial — 10:15 A.M.
<b>WJAG</b>	Norfolk, Nebr., 780 on your dial — 10:05 A.M.
<b>KHAS</b>	Hastings, Nebr., 1230 on your dial — 11:00 A.M.
<b>KOAM</b>	Pittsburg, Kans., 860 on your dial — 9:00 A.M.
<b>KWOA</b>	Worthington, Minn., 730 on your dial — 1:30 P.M.
<b>KSIS</b>	Sedalia, Mo., 1050 on your dial — 10:00 A.M.
<b>KLIK</b>	Jefferson City, Mo., 950 on your dial — 9:30 A.M.
<b>KWBG</b>	Boone, Iowa, 1590 on your dial — 9:00 A.M.
<b>KWPC</b>	Muscatine, Iowa, 860 on your dial 9:00 A.M.
<b>KCOB</b>	Newton, Iowa, 1280 on your dial — 9:35 A.M.
<b>KMA</b>	Shenandoah, Iowa, 960 on your dial — 9:00 A.M.
<b>KSMN</b>	Mason City, Iowa, 1010 on your dial — 10:05 A.M.



## THE JOY OF GARDENING

by  
Eva M. Schroeder

"A neighbor borrowed our sprayer to spray his fruit trees last spring," writes G. D. "He returned it, not telling me he had also used it for applying a herbicide. I rinsed it out before filling it with spray material for my roses. I sprayed them last week and now they are defoliating. At first I thought it could be the material I was using, even though I had followed directions exactly. Our county agent examined the roses and told me to ask my neighbor if he had used a weed killer in the sprayer. He said he had, but he'd run water through it afterward. Our county agent said that equipment that has been used for applying herbicides should be reserved *exclusively* for that purpose. Some can be washed out, but many are almost impossible to remove completely. I thought your readers might be interested in this information."

G.D. went on to say that she not only killed her six rose bushes but damaged other plants. She didn't have the heart to tell her good neighbor of the loss, as she is sure he had no idea that a herbicide could be so potent or so hard to remove from the sprayer. Her county agent told her to add a cup of household ammonia to two gallons of warm water, place in sprayer and discharge a little through the nozzle and let the remainder stand overnight in the tank. Empty the tank, rinse it and the hose thoroughly. Add 1½ ozs. sal soda (washing soda) to two gallons of warm water. Fill tank with this solution. Let stand a few hours and discharge through the nozzle. Rinse the tank again, refill with water and discharge through the nozzle. This should take care of water-soluble formulations and make the sprayer reasonably safe for use again.

To clean a sprayer of oil-soluble compounds, add 1½ cups of kerosene and a little household detergent to the sal soda mixture and proceed as described above. You can also use 10 ozs. of lye to two gallons of water. Shake the sprayer and discharge through the nozzle. Be careful not to get any on your skin or clothing. Because even rinse water can damage plants it touches, the rinse water should go down the drain. Dispose of empty herbicide containers with care. Do not burn but bury deeply in a plot that is free of garden plants and ornamentals.

### BEAUTY

There is beauty in the forest

When the trees are green and fair.

There is beauty in the meadow

When wild flowers scent the air.

There is beauty in the sunlight

And the soft blue beams above.

Oh, the world is full of beauty

When the heart is full of love.

—Author unknown

## If You Love Iowa, You'll Love



### THE *Iowan*

IOWA'S COLORFUL SHOWCASE MAGAZINE  
WITH AN IMPERIAL 9 x 12 SIZE

With an eye to the outstanding, *The Iowan* travels the state to bring you a host of fascinating features about its people, places and events — all of them given exciting, colorful and in-depth treatment so that each seasonal issue is a feast of good reading.

Balloon racing, county fairs, an Amana Christmas, pony breeding, Herbert Hoover's West Branch, tulip festivals, fox hunting, seasonal beauty, outstanding homes, fine art, talented people — these, plus over 16 pages of brilliant color per issue, are the type of things you'll encounter in *The Iowan*.

Join today the thousands of readers who for 25 years have enjoyed our state's showcase magazine. Money-saving guarantee: we'll refund the unused portion of your subscription at anytime.

It's easy to order — just call our toll free number: 800-432-4166 (Iowa only) or mail the form below to: *The Iowan*, Box 130, 118 S. Elm Street, Shenandoah, Iowa 51601.

*The Iowan*

Box 130 • Shenandoah, Iowa 51601

Please enter a subscription at the one-year rate of \$9.00 to:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

If gift, sign card: \_\_\_\_\_

☐ Bill me

☐ Payment enclosed



## KITCHEN-KLATTER SALAD DRESSINGS



### The Summer Cooks' Best Friends

**Italian Dressing** is a great all-purpose marinade and an excellent basting sauce for rotisserieed, grilled and baked meats.

**Country Style** in potato salad and deviled eggs makes these and other simple dishes especially delicious.

**French** goes on fruit and vegetable salads plain or with a little honey added for a real taste treat.

\*\*\*\*\*

If you can't yet buy these at your store, send \$1.50 for an 8-oz. bottle. Specify Country Style, French or Italian. Kitchen-Klatter, Shenandoah, Iowa 51601. We pay the postage.

Listen to Kitchen-Klatter.

### Take "THE STORY OF AN AMERICAN FAMILY" along



Whether you are hauling the Little League players to practice, the Cub Scouts on an outing, or the neighborhood kids to the zoo, take along a copy of "The Story Of An American Family" to read while you wait.

This book is the account of two well-known Iowa families — the Fields and the Driftmiers. You'll enjoy reliving their experiences as written by Lucile Driftmier Verness.

**\$3.00 per copy**

Send your orders to:

**Kitchen-Klatter,  
Shenandoah, Iowa 51601**



These charming children are Brian and Melissa Maxine. Their parents are Mr. and Mrs. Charles Maxine of Shenandoah, Iowa. "Chuck" is supervisor of production at our Kitchen-Klatter plant.

## COME READ WITH ME

by  
Armada Swanson

Do you have a busy, hectic schedule this summer, or are you enjoying a leisure pace? The former is probably the case, but hope you can find some time for reading. One book I've read recently is *Women of Courage* (Wm. Morrow and Co., \$7.95) by Margaret Truman Daniel. She chose to explore courage—its forms, its roots, and its limits. She examined women's courage in the challenges of early American life, the nineteenth century problems of a moral nature, and the women of the twentieth century who worked against sinister business practices.

It was First Lady Dolley Madison who rose to the crisis of the burning of Washington by British troops in 1812, and saw that the portrait of George Washington was saved from the White House fire, as well as the Declaration of Independence and other valuable documents. Her acts infused the nation with a new spirit.

Sarah Winnemucca's Indian name was Thocmetony or Shell Flower. She belonged to a tribe called the Southern Paiutes. General O. O. Howard, commanding officer at Ft. Lyon, had great respect for her. He wrote, "If I could tell you but a tenth part of all she willingly did to help the white settlers and her own people to live peaceably together, you would think as I do that the name of Thocmetony should have a place beside the name of Pocahontas in the history of our country."

Elizabeth Blackwell suffered loneliness and discouragement in her struggle to become America's first woman doctor, but she persevered, and thanks to her fortitude, most people recognize the fact that doctors' abilities are measured by skill and training, not by their sex.

Dr. Frances Kelsey was awarded the Distinguished Federal Civilian Service Medal in 1962 for her refusal to permit

the sale of the drug thalidomide in America.

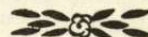
*Women of Courage* is especially interesting because most were not members of the "Establishment" and suffered criticism as they met their challenges alone. In her closing words, Margaret Truman Daniel writes, concerning American men and women, "... can I imagine a better way to bring American men and women together to fight for the values of a true community, whether it be against greed of the few or the apathy of the many, than to remind them that they share a heritage of courage."

*What to Do When—and Why* by Marjabelle Young Stewart and Ann Buchwald (David McKay Co., \$7.95) is a complete book of social guidance for the pre-teen and teen years when so much of a girl's world is changing. The authors stress etiquette and good manners, but also offer sound advice in such areas as beauty, exercise, diet, and many others. It will help foster the poise and confidence necessary to help young people feel at ease in their important day-to-day activities. The authors write, "These are your green years, your in-between, soon-to-be teen years. Now is the time to plan a few goals, look forward to high school, take stock of yourself and the direction in which you hope to go." This is the third book by this experienced team of writers. The wide range of topics is discussed in an easy-to-understand style.

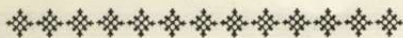
Most readers have a favorite doctor story or book. One just recently written by Margaret Nelson (Mrs. Raymond S.) is called *Berky* and refers to the late Dr. Charles F. Berkstresser, who was a family doctor in the Sioux City area, and established the student health center at Morningside College in 1936. Dr. Berkstresser was a practical person. Mrs. Nelson writes, "He was not one to give a lot of medication or use a technical medical term when he felt it was carelessness on the part of the individual in not using his good common sense. He was a fine diagnostician and when he felt there was something basically wrong, he gave his undivided attention to the patient and the problem."

When one student complained of not feeling well, and it was suggested he see Dr. Berkstresser, the student said, "He just tells me to take some aspirin and go to bed. He says I have been staying up too late and burning the candle at both ends." When asked what he thought he needed, he said, "I suppose some sleep."

*Berky*, the story of a beloved doctor, is available from Morningside College, Lewis Hall, Rm. 120, Sioux City, Iowa 51106, \$5.00. It is Volume I of the Morningside College History Series.







## FLOUR SACK DISHTOWELS

by  
Carol Nilsson

I have been hunting for the old-fashioned, giant-sized dishtowels made out of flour sacks. I have found that they are almost as extinct as the American buffalo!

In the olden days, (which means when I was a young girl) every young lady had a large supply of dishtowels in her hope chest. Most of the dishtowels were embroidered with daisies, gamboling lambs or fruits and vegetables. A girl had to be careful not to overdo it or the dishtowels could be prettier than the bride. Most sensible girls steered clear of embroidering dishtowels with days of the week, knowing that if you held Wednesday over and used it on Thursday because it was still clean it could throw you badly off schedule.

Remember the phrase, "A three-hanky movie"? We used to have "three-dishtowel dinners" when company came for special meals. Crisp brown-skinned turkey, creamy white mashed potatoes and spicy pumpkin pies with whipped cream, plus all the fixin's, pretty well used up all the dishes in the house. After dinner the adults sat around to catch up on the family gossip while the kids did the dishes. My brother's favorite trick was to wait until his dishtowel was thoroughly wet and then snap it at the girls' legs. I can still remember how it hurt.

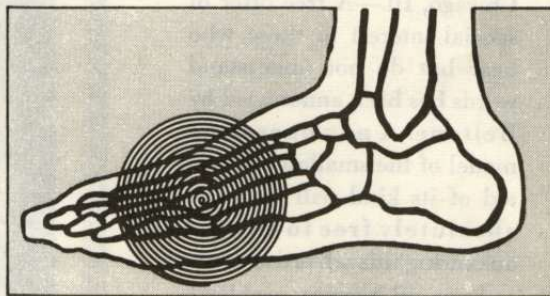
Big dishtowels are excellent for a variety of uses. One can be tied around a small visiting toddler's neck for a bib. Nothing is better for an impromptu luncheon cloth for a picnic. If you need an apron quickly a dishtowel can be adjusted to fit almost any size waistline. A snowy white dishtowel wrapped around a freshly baked loaf of bread to be taken to a neighbor's is a joy to behold.

In the Sunday supplement of our daily newspaper I recently saw an inquiry from another person about the same problem as mine, the lack of large dishtowels. The column answer gave an address where you could send thirty dollars and get fifty large-sized dishtowels, guaranteed to be made from original flour sacks. I really didn't think I could use fifty (and sight unseen at that; I like to flex them, scrutinize them for flaws and generally become acquainted with them before they move into one of my kitchen drawers). Besides, although I really have an affection for big dishtowels, I am just not that crazy about doing dishes, certainly not with thirty dollars worth!

Take good care of things — home, equipment, health, money, friends — and they will take good care of you.

# My Feet Were Killing Me ...Until I Discovered the Miracle of Hamburg!

It was the European trip I had always dreamed about. I had the time and money to go where I wanted—see what I wanted. But I soon learned that money and time don't mean much when your feet hurt too much to walk. After a few days of sightseeing my feet were killing me.



Oh, I tried to keep going. In Paris I limped through Notre Dame and along the Champs-Élysées. And I went up in the Eiffel Tower although I can't honestly say I remember the view. My feet were so tired and sore my whole body ached. While everybody else was having a great time, I was in my hotel room. I didn't even feel like sitting in a sidewalk cafe.

The whole trip was like that until I got to Hamburg, Germany. There, by accident, I happened to hear about an exciting breakthrough for anyone who suffers from sore, aching feet and legs.

This wonderful invention was a custom-made foot support called Flexible Featherspring. When I got a pair and slipped them into my shoes my pain disappeared almost instantly. The flexible shock absorbing support they gave my feet was like cradling them on a cushion of air. I could walk, stand, even run. The relief was truly a miracle.

And just one pair was all I needed. I learned that women also can wear them—even with sandals and open backed shoes. They're completely invisible.

Imagine how dumbfounded I was to discover that these miraculous devices were sold only in Europe. Right then I determined that I would share the miracle I discovered in Hamburg with my own countrymen.

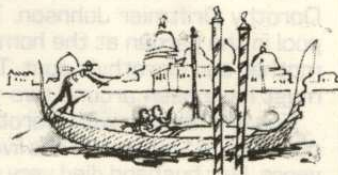
Today thousands of Americans of all ages—many with foot problems far more severe than mine—have experienced this blessed relief for themselves.

Here's why Feathersprings work for them and why they can work for you. These supports are like nothing you've ever seen before. They are custom fitted and made for

your feet alone! Unlike conventional devices, they actually imitate the natural elastic support that Nature originally intended your feet to have.

Whatever your problem—corns, calluses, pain in the balls of your feet, burning nerve ends, painful ankles, old injuries, backaches or just generally sore, aching feet. Flexible Feathersprings will bring you guaranteed relief with every step you take.

**Don't suffer pain and discomfort needlessly. If your feet hurt, the miracle of Hamburg can help you. Write for more detailed information. There is no obligation whatsoever. Just fill out the coupon and mail it today.**



© Featherspring International Corp. 1977  
514 N.E. 124th, Seattle, Washington 98125

**FEATHERSPRING INTERNATIONAL CORPORATION**  
514 N. E. 124th, Dept. K.K.87  
Seattle, Washington 98125

YES! I want to learn more about the guaranteed relief Flexible Featherspring Foot Supports can give. Please send me your free brochure. I understand that there is no obligation and that no salesman will call.

Print Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_



ADVERTISEMENT

## Are You Trying To Hide A Hearing Problem?

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the smallest Beltone aid of its kind will be given absolutely free to anyone answering this advertisement.

True, all hearing problems are not alike . . . and some cannot be helped by a hearing aid. But audiologists report that *many can*. So, send for this non-operating model now. Wear it in the privacy of your own home to see how tiny hearing help can be. It's yours to keep, free. The actual aid weighs less than a third of an ounce, and it's all at ear level, in one unit.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. Thousands have already been mailed, so write today to Dept. 4159, Beltone Electronics, 4201 W. Victoria St., Chicago, Ill. 60646.

## OLD FASHION CHINA DOLL



**KIT:** Hand painted china head; arms, legs; basic pattern for body and clothes, 16" tall \$12.75 P.P.

**Assembled:** Undressed; with patterns for clothes 16" \$20.35 P.P.

**Dressed;** in small print cotton, old fashioned style, 16" \$26.85 P.P.  
Catalogue 35¢

**EVA MAE**

Doll Co., Box 331K  
1931 15th Street  
San Pablo, Calif. 94806



## From Our Family Album

In our vast collection of family pictures there are few that leave us with more poignant feelings than this particular photograph.

On the left is Louise Fischer Alexander, and the second little girl is Dorothy Driftmier Johnson. They are studying their reflections in the pool in the garden at the home of Helen Field Fischer, who was Louise's mother and Dorothy's aunt. The picture is not dated, but I believe they must have been around two years of age.

You are familiar with Dorothy's way of life and her family, so I will skip over this to Louise who has lived in Claremont, California, for many, many years. Her husband died very suddenly of a heart attack around the time that my husband, Russell Verness, died so suddenly of the same cause.

Louise has a daughter, Jean, who is a medical librarian in Cleveland, Ohio; her only son, Carter, is an executive with IBM and lives in London. Louise has two children and three grandchildren whom she is able to see only on rare occasions.

—Lucile

**WELCOME TO MONTANA — Concl.** listed homemade rolls, zucchini casseroles and stuffed peppers also in the freezer waiting for my return. Do you suppose she's trying to tell me she is anxious for my visit?

The hunger pangs are growing just from thinking about all the food waiting for me. Since I've not been home since last Christmas, I'm really looking forward

to vacation time (honestly, not *just* to eat!) and then will be back at Bozeman to continue my master's studies during the fall term.

The best criticism you can make of another's work is doing better yourself.

You can do much better tomorrow . . . if you start today.

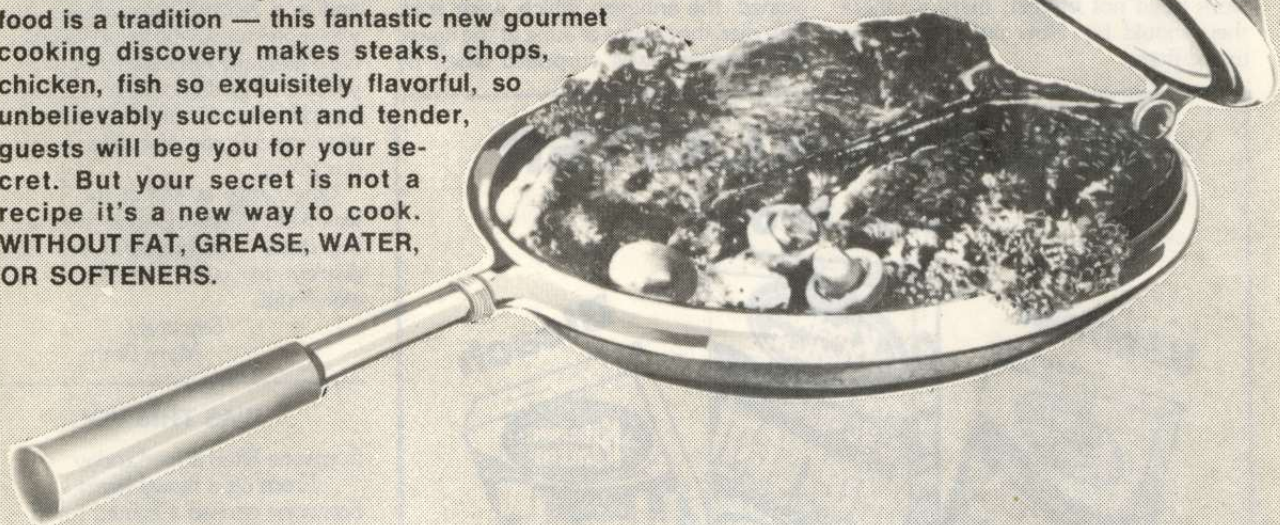


# LaCotta Steak Maker<sup>TM</sup> The Natural Greaseless Way To Turn On Flavor

From the wine country of Northern Italy where good food is a tradition — this fantastic new gourmet cooking discovery makes steaks, chops, chicken, fish so exquisitely flavorful, so unbelievably succulent and tender, guests will beg you for your secret. But your secret is not a recipe it's a new way to cook. **WITHOUT FAT, GREASE, WATER, OR SOFTENERS.**



**COOKS  
BIG STEAK  
FOR TWO**



## LA COTTA IS TOTALLY AND TASTEFULLY DIFFERENT

It's made of special volcanic rock found only in Northern Italy's wine country. This porous rock works like magic to draw out fat, bitterness and acidity from food. Five different lead-free stones are ground together in a secret formula, then molded into the cookware; aged, sun dried, and now ready for your gas or electric range. The result is a revolutionary new way to cook; a new taste experience.

## THE LA COTTA COOKING REVOLUTION OBSOLETES THE METAL PAN

It doesn't build up the intense temperatures that toughen meat. ■ Porosity draws out fats, bitterness, acidity — Lets you taste natural food flavors. ■ Spreads and holds heat evenly, so there's less shrinkage. ■ Self-basting, preserves natural juices. ■ Makes meats

tender, succulent without tenderizers or spices. ■ Cleaned in plain hot water — no soap necessary.

### SPECIAL OFFER ONLY \$9.95

As exclusive distributor for the U.S., American Consumer is proud to offer LaCotta to you at this special price, backed by American Consumer's own money-back policy. If not delighted, return within 14 days for a full refund (except postage & handling). Over one million La Cotta Brand cookers have been sold. So join the cooking revolution NOW. Prompt delivery guaranteed. We've received a huge shipment, but hurry and get your order in!

### La Cotta Recipe Collection

### FREE RECIPES

If you order now, you'll receive these fabulous recipes. Chock-full of exciting dishes to make with your new La Cotta Steak Maker.

© 1977 American Consumer Inc., Caroline Rd., Phila., PA 19176

### MAIL NO-RISK COUPON TODAY

**AMERICAN CONSUMER, Dept. LS-176  
Caroline Road, Philadelphia, PA 19176**

Please send me \_\_\_\_\_ (LS) La Cotta Steak Maker(s) at only \$9.95 plus \$1 postage & handling.

**SAVE!** Order 2 Steak Makers for only \$18.95 plus \$2 postage & handling.

If after receiving my order I'm not delighted, I may return it within 10 days and you will refund the full purchase price (except postage & handling).

Amount enclosed \$\_\_\_\_\_ (PA residents add 6% sales tax). Check or money order, no CODs please.

**CHARGE IT:** (check one) Exp. Date \_\_\_\_\_  
☐ BankAmericard ☐ American Express  
☐ Master Charge  
BANK NUMBER \_\_\_\_\_

Credit Card # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

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

Canadian customers, please send orders to  
Mail Store Ltd., Dept. LS-176  
312 Rexdale Blvd., Toronto, Ontario M9W1R6  
(Ontario & Quebec residents add sales tax)

8076-002



## KITCHEN-KLATTER MAGAZINE

Should not be forgotten  
in the summer's rush.



# REMEMBER

to check the expiration date on your subscription to Kitchen-Klatter Magazine so you can get in your renewal before it expires.

Or, if you are not on our mailing list, send your subscription to:

**Kitchen-Klatter**  
**Shenandoah, Ia., 51601**

\$3.00 per year, 12 issues

\$3.50, Foreign countries

(Iowa residents, please add Sales Tax.)

If you have built castles in the air, your work need not be lost; there is where they should be. Now put foundations under them.

—Thoreau



Frank and Dorothy Johnson's two younger grandsons, Aaron and Julian. They are the sons of Mr. & Mrs. Art Brase of Chadron, Nebraska.

### DOROTHY'S LETTER — Concluded

In the April and May issues of the magazine I told you about the big antique sale we had in Lucas in March, and a little about Roy Palfreyman, the man who owned the antiques which were sold. Roy died the middle of June at the age of 89. Everyone was surprised when he

decided to have the sale when he did, the proceeds of which he donated equally to the three churches in Lucas, but now we feel he must have known his time was limited and wanted to take care of things in his own way. He just seemed to be a permanent part of the Lucas community and it is strange to have him gone. The churches went together and served the meal to the relatives at the community hall the day of the funeral.

Frank and Andy just came in for some ice cream, so I'll close and see what I can do to help. Until next month . . .

*Dorothy*

### MARY BETH'S LETTER — Concl.

and wait for an umbrella-topped table to become available. I could not shake off the peculiar feeling of having no urgency to hurry.

Eventually, Adrienne and Paul joined me for lunch and we had a good lunch and in a relaxed atmosphere. My foot was moaning quietly in its Wallabee shoe but I mentally reminded it of what it had yet to do that day in the remaining hours. It and I resigned ourselves to hurting and after many cups of coffee we resumed our hiking.

One family in line at the Tut exhibit was from Missouri, so if you can stand the drive, I recommend this Egyptian display to you very highly. It was wonderful.

Sincerely,  
Mary Beth

### WAS THIS YOU?

Someone lifted a load today  
From off a heavy heart.  
Someone carried a lighted torch  
Where all was dim and dark.  
Someone entered a prison cell  
Where hope was well nigh gone,  
Someone visited a hospital ward  
And sang a cheerful song.

—Anonymous

### RULES FOR TODAY

Don't lose your head — you may need it.

Keep cool — even in hot weather.

Don't spread rumor — it doesn't need your help.

Watch your talk — horse sense is seldom hitched to a wagging tongue.

Keep sweet — don't let life curdle.

Think — even if it hurts.

Don't block out your mind — that would aid opposing forces.

Keep on loving — hate will incapacitate you for duty.

Keep your faith — you can't afford to lose it.

Use the "up look" — the star of hope still shines.

—Selected

## KITCHEN-KLATTER

### Blue Drops



## THE BIG THREE

**The Best Helpers You Can Have Around the House Are the Three Kitchen-Klatter Cleaning Products.**

**The Kleaner:** An all-purpose cleaner to tackle jobs all over the house.

**The All-Fabric Bleach:** Keeps white clothes white and colored clothes bright; rough on stains but easy on fabrics.

**The Blue Drops Laundry Detergent:** A concentrated, biodegradable detergent to deep-clean every load of laundry quickly and economically.

Ask for the Kitchen-Klatter products at your local grocery store.



## "Little Ads"

If you have something to sell try this "Little Ad" department. Over 150,000 people read this magazine every month. Rate 25¢ a word, payable in advance. When counting words, count each initial in name and address and count zip code as one word. Rejection rights reserved. Note deadlines very carefully.

October ads due August 10  
November ads due September 10  
December ads due October 10  
**THE DRIFTMIR COMPANY**  
Shenandoah, Iowa 51601

**MANUSCRIPTS: Unsolicited manuscripts for the Kitchen-Klatter Magazine are welcome, with or without photos, but the publisher and editors will not be responsible for loss or injury. Therefore, retain a copy in your files.**

**CASH IMMEDIATELY FOR OLD GOLD** — jewelry, gold teeth, watches, diamonds, silverware, spectacles. Free Information. Rose Industries, 29-KK East Madison, Chicago 60602.

**GOSPEL PIANIST:** Add chords, "runs", progressions. Twenty lessons, "Playing Evangelistic Style Piano". \$5.95. Evangelical Music, KK-1, Hawarden, Iowa 51023.

**FREE QUILT PATTERNS** in "Quilter's Newsletter Magazine", PLUS catalog illustrating hundreds of quilt patterns, quilting stencils, pre-cut metal patterns, quilting books, supplies, kits, fabrics — \$1.00. Quilts, Box 501-F40, Wheatridge, Colorado 80033.

**DISHTOWELS**, 30x38, good weight, bleached, hemmed, 69¢ each, minimum order 1 dozen, include \$1.50 for shipping and handling. Miller Supply Co., 2275-KK Territorial Rd., St. Paul, MN. 55114.

**WE NEED DISTRIBUTORS** for Shaklee Corporation. Sell your friends and neighbors. Household products and food supplements. Good profit and monthly bonus. For information: Mary Shepherd, R. 3, Wakeman, Ohio 44889.

**SEND LOTS OF GREETING CARDS?** Send "Remembrance" greetings! Charming designs with thoughtful sentiments. 20 All Occasion cards — \$2.00 box, plus 50¢ postage. The Gift Fair, Box 1125-K, Oak Park, Ill. 60304.

**PECANS, WALNUTS**, almonds. Write: Canecreek Farm, Cookeville, Tenn. 38501.

**SAVE MONEY:** Get extra cash from refunds, coupons, labels, other ideas. New, concise report tells how, only \$2.00 postpaid. Dahlborg, 37 Wall, Brockton, Mass. 02401.

**NEED IDEAS?** Useful Crafts (129 ideas) or games adults enjoy (55). \$2.00 each. Both postpaid \$3.50. Easy Pak, (KK) Clear Lake, MN. 55319.

**ADORABLE EMBROIDERY PATTERNS** for children. Infants, clothing, quilts, etc. Pack of 30 — \$3.50. Irene Bladt, 206 Sherman, Wayne, Neb. 68787.

**NEED CASH?** Buying old gold jewelry, rings, gold teeth, and pocket watches, and etc. Any condition, any amount. Check sent the same day. Satisfaction guaranteed. Hamblin's Precious Metal Co., Drawer 100, Concordia, Mo. 64020.

**THE MIDWEST'S FINEST COOKBOOK:** over 700 locally tested recipes. Send \$4.50 plus 75¢ postage. Trinity Guild Cookbook, Hartington, Nebraska 68739.

**SEE HOW TO BEAT THE ENERGY CRISIS.** Tour the Amish Farmlands. Cedarwood Restaurant, 684-6212, Jamesport, Missouri 64648.

**CHURCH WOMEN:** Will print 150 page Cook Book for organizations for \$1.35 each. Write for details. General Publishing and Binding, Iowa Falls, Iowa 50126.

**RHUBARB JELLO CAKE:** Cookies, squares, shortcake, cakes, desserts. All rhubarb recipes. \$1.00 postpaid. Addie's, Drawer 5426-8KK13, Eugene, Oregon 97405.

**DIABETIC? OVERWEIGHT?** You'll love these sugarfree, cakes, pies, cookies, jams, candy, salads, desserts. \$2.00 postpaid. Addie's, Drawer 5426-8KK51, Eugene, Oregon 97405.

**WEAVE FOR PROFIT AND PLEASURE** — Our 90th year to supply quality looms and weaving supplies for making beautiful handloomed rugs. Warp, filler, accessories, and Loom parts available. FREE catalog K. Newcomb Loom Company, Box 3204, Davenport, Iowa 52808.

**SHARE MY SECRET** — mixed two cooking ingredients. Lost 15 lbs. twice! For recipe mail \$2.00 to: Recipe, 2060 E. 2nd Street, Fremont, Nebraska 68025.

**OUT OF PRINT BOOKFINDER.** Vantreuren, 1950 Post-108KK, San Francisco, Calif. 94115. Send wants.

**WEIGHT LOSS OR CONTROL.** 242 Luscious Low Calorie (counted) recipes plus conversation about diet and nutrition. Book, cost \$4.80. The Tolvan Co., P. O. Box 1933, Appleton, Wisconsin 54911.

**FOR SALE:** Cookbook. Favorite recipes of residents and staff. \$2.75. Ogden Manor, Ogden, Iowa 50212.



### NEW "ZUCCHINI LOVERS COOKBOOK"

Bigger—Better than ever. Cakes, cookies, breads, casseroles. \$2.25.

Addie's Recipe Box,  
Drawer 5426-8KK23,  
Eugene, Oregon 97405.  
(Fund-raisers—dealers write for volume prices.)

## 1000 GOLD STRIPE ZIP CODE LABELS 75¢



### FREE LOVELY GIFT BOX

1000 Gold Stripe, 2 Color, gummed, padded Labels, printed with ANY name, address & Zip Code, 75¢ + 10¢ pstg. & hdg., or 85¢ in all. Or, 3 sets, all the same or each set different, only \$2.40 ppd. Fund raisers write for quantity prices.

Money Back Guarantee. FREE GIFT BOX! Pls. allow up to 6 wks. for delivery.

**LABEL CENTER** Dept. L-533,  
808 Washington St. Louis, Mo. 63101

## RUBY'S KNITTED SWEATERS

The girl's sweater comes in sizes 1 to 6 and has three appliques on it. Ruby uses three skeins of fine quality yarn, washable, and all you need to do is to specify the size and color. The price postpaid is \$5.95.

The boy's sweater comes in sizes 7 to 12 and has a turtle neck done in a single cable stitch. You select the color and size. The price is \$8.95 postpaid.

Ruby will answer all questions about these sweaters, but be very sure you enclosed an addressed, stamped envelope for her reply. Her address is: Mrs. Ruby Treese, 409 Evergreen, Shenandoah, Iowa 51601.

## LEND A HAND

Lend a hand to one another  
In the daily toil of life.  
When we meet a weaker brother,  
Let us help him in the strife.  
There is none so rich but may,  
In his turn be forced to borrow;  
And the poor man's lot today  
May become our own tomorrow.

## BETTY'S LETTER — Concluded

too fat to get down and tie kids' shoes . . . They answer questions like 'Why do dogs hate cats?' and 'How come God isn't married?'

"When they read to us, they don't skip words, or mind if it is the same story over and over again. Everybody should try to have a grandma, because grandmas are the grownups who have got time."

I pray that I will remember this every moment I am with our grandchildren.

Sincerely,  
Betty Driftmier  
Springfield, Mass.

## HEARING AIDS

UP TO 50% OFF COMPARABLE AIDS ★

• BUY DIRECT • 30 DAYS FREE TRIAL

Body Aids \$59.50 up. Tiny, inconspicuous All-in-the-Ear; Behind-the-Ear; Eye Glass Aids. One of the largest selections of fine quality aids. Very low battery prices. Write for FREE literature. No salesman will ever call: Good hearing is a wonderful gift. ★ LLOYD CORP. ★

Dept. KT, 128 Kish. St., Rockford, Ill. 61104 \*

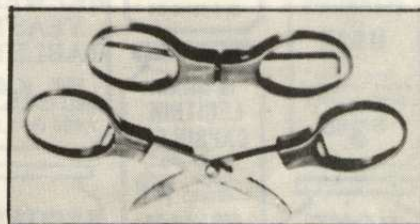
Organizations: Make money by compiling your favorite recipes into a cookbook.

**Cookbooks Are Our Specialty**

BEST-WAY PUBLISHING, LTD.  
BOX 779

IOWA CITY, IOWA 52240

Phone: 319-354-4048, 319-337-9121, 319-338-7194



**HANDY DELUXE FOLDING SCISSORS**—Quality steel blades, cushioned plastic handles fold to safe 3" to slip easily into pocket, purse, sewing kit, first aid kit, glove compartment, tackle box, etc. Vinyl case included. Only \$1 pr., 2 pr. \$1.79, 6 pr. \$4.75, 1 dz. \$8.75 ppd. Fund raisers write for volume prices. Two Bros., Dept. FS-244, 808 Washington, St. Louis, Mo. 63101.



## 50 YARDS LACE \$1.45

LACE — LACE — LACE . . . 50 yards of Lace in delightful patterns. Edgings, braids, insertions, etc. All beautiful colors, full widths. Pieces at least 10 yards in length. Marvelous for dresses, pillow cases, etc. Terrific as hem facing on new double knit fabrics. Only \$1.45 plus 30¢ pstg., double order \$2.79 plus 50¢ pstg.

**FREE with lace 50 BUTTONS!**

50 New, High Quality Buttons. All colors, sizes, and shapes. Many complete sets. Free with each Lace Order. Order Now! Satisfaction absolutely guaranteed! "Pls. allow 6 wks. for delivery."

**LACE LADY**  
808 Washington

Dept. LN-560  
St. Louis, Mo. 63101

## 50 BRAND NEW TOWELS \$1.45!

**Biggest Towel Bargain in U.S.**

UNWOVEN COTTON OR RAYON Assorted beautiful Pastel Colors. BRAND NEW NOT Seconds 50 Towels for \$1.45, or 100 for only \$2.75, 150 just \$3.90. Super Quality. Pls. include 30¢ extra for pstg. & hdg. with EACH set of 50 Towels you buy. Make good money selling these Towels. We've sold 70,000,000 already and include sure-fire MONEY. MAKING PLANS with your order. Money-Back Guarantee. No C.O.D.'s Pls. allow up to 6 wks. for delivery. 50 TOWEL CO., Dept. R-365, Box 662, St. Louis, Mo. 63101



**VITAMIN B6**  
50 MG  
TABLETS  
100  
TABLETS **95c**  
500 for 4.25

Cherry Flavored  
**LIQUID**  
Prodiged—Soluble  
**PROTEIN**  
(15 grams  
Prodiged  
protein per ounce)  
16 oz. **5.49**  
32 oz. **9.85**

**GARLIC & PARSLEY TABLETS**  
100  
TABLETS **75c**  
500 for 3.25

**VITAMINS FOR HAIR CARE**  
Same Formula  
Others Sell for 9.95  
50 DAY SUPPLY  
**\$3.95**

**BONE MEAL TABLETS**  
100  
TABLETS **39c**  
1,000 for 2.49

Super Potency  
500 MCG.  
**VITAMIN B12**  
100  
TABLETS **1.19**  
500 for 4.25

**DOLOMITE Calcium Rich**  
100  
TABLETS **49c**  
500 for 1.85

10 MG.  
**ZINC TABLETS**  
100  
TABLETS **49c**  
1,000 for 4.45

**"Formula T-M"**  
Therapeutic  
Multi-Vitamins  
with Minerals  
100  
TABLETS **\$1.85**  
500 for 8.99

**HERBAL LAXATIVE**  
100  
TABLETS **95c**  
500 for 3.75

**BIG 4**  
KELP, VIT. B6,  
LECITHIN,  
CIDER VINEGAR  
100  
TABLETS **98c**  
500 for 3.88

19 GRAIN  
**LECITHIN CAPSULES**  
(1,200 mg.)  
100  
CAPSULES **1.59**  
300 for 4.39

**RAISIN NUT & SEED**  
Trail Mix  
Natural Snack  
12 oz. **1.49**

ONE GRAM  
(1000 mg)  
**VITAMIN C**  
With Rose Hips  
100  
TABLETS **1.49**

**FORMULA S-6**  
(Comparable to  
"STRESS TABS  
600")  
60  
TABLETS **2.89**

**PAPAYA PAPAIN**  
(Digestant)  
100  
TABLETS **75c**  
500 for 3.25

100 mg VIT. C.  
& Acerola in Each  
Delicious Tablet  
**ACEROLA-C**  
100  
TABLETS **98c**  
500 for 4.49

HI-POTENCY  
**STRESS FORMULA**  
(Same formula  
as PLUS 72)  
100  
TABLETS **1.95**  
250 for 3.89

**BREWERS YEAST TABLETS**  
250  
TABLETS **65c**  
1,000 for 1.95

**LECITHIN POWDER**  
Dissolves Easily  
8 oz. **1.25**

100 MG.  
**GINSENG**  
TABLETS  
50  
TABLETS **99c**  
250 for 3.95

**SUPER GINSENG**  
250 MG.  
100  
TABLETS **2.98**  
500 for 12.95

**ALFALFA**  
Tablets  
100  
TABLETS **49c**  
500 for 1.95

Desiccated  
**LIVER**  
100  
TABLETS **79c**  
500 for 3.49

**VITAMINS A & D**  
(5,000 A; 400D)  
100  
TABLETS **49c**  
1,000 for 3.50

50 MG.  
**VITAMIN B2 (RIBOFLAVIN)**  
100  
TABLETS **1.25**  
500 for 5.50

**HERBAL DIURETIC**  
100  
TABLETS **1.75**  
500 for 6.50

GIANT  
20 MINIM  
**WHEAT GERM OIL CAPSULES**  
40  
CAPSULES **1.10**  
120 for 2.89

83 MG.  
**POTASSIUM TABLETS**  
100  
TABLETS **1.25**  
500 for 5.00

500 MG.  
**BEE POLLEN TABLETS**  
100  
TABLETS **2.49**  
500 for 9.85

**ACIDOPHILUS CAPSULES**  
(Our Price)  
100  
CAPSULES **1.98**  
250 for 4.25

**GARLIC OIL CAPSULES**  
100  
CAPSULES **59c**  
1,000 for 4.95

**Fruit & Nut CAROB**  
Candy Bars  
3 oz. **60c**

MULTI-MINERALS  
9 VITAL  
**MINERALS**  
100  
TABLETS **98c**  
500 for 4.50

**TIME RELEASE VITAMIN C**  
500 MG. CAPSULES  
100  
CAPSULES **2.98**

**VITAMIN E**  
Beauty Cream  
1 oz.  
Jar **1.00**

**SUNFLOWER SEED KERNELS**  
12 oz. **89c**  
6 for 4.99

**BY MAIL POSTPAID**

**VITAMINE**

400 UNIT CAPSULES

☐ 50 DAY SUPPLY **88c**

☐ 100 FOR **\$1.49** ☐ 500 FOR **\$7.25** ☐ 1000 FOR **\$13.98**

Limit: One of Any Size to A Family ONLY WITH THIS AD

Mail Coupon with remittance to  
**NUTRITION HEADQUARTERS**  
104 West Jackson, Dept. N1551  
Carbondale, Ill. 62901

© 1975 NUTRITION HQS

500 MG.  
**ASCORBIC ACID**  
VITAMIN C  
100  
TABLETS **95c**  
500 for 4.49

**WHEAT GERM RAW FLAKES**  
1 lb. **59c**  
5 lbs. for 2.79

**KELP**  
Tablets (Iodine)  
100  
TABLETS **29c**  
1,000 for 1.69

**RNA/DNA BREWERS YEAST**  
ONE HEAPING  
TABLESPOON  
CONTAINS:  
RNA...1,008 MG.  
DNA...112 MG.  
1 POUND **\$2.98**  
4 POUNDS **\$9.95**

Our **"TOP-B" B-COMPLEX "50"**  
Famous Formula at a  
Sensational Low Price!  
Every Capsule Contains 50 mg.  
B1, B2, B6, Niacinamide, Panto.  
Acid, Choline, Inositol; 50 mcg.  
B12, Biotin; 30 mg. Paba; 100  
mcg. Folic Acid.  
50 Capsules 4.95 Value **1.69** | 100 Capsules 7.45 Value **2.98**

500 MG.  
**BRAN TABLETS**  
Easy way to get  
this important  
wheat fiber.  
300  
TABLETS **\$1**

**"SPECIAL C-500"**  
500 mg. Vit. C Plus  
Rose Hips, 200 mg.  
Bioflavonoids, 50  
mg. Rutin, 25 mg.  
Hesperidin  
100 TABLETS  
4.95 VALUE **1.29**

**Money Saving MAIL ORDER BLANK**

**RUSH Your Order Now to:**

**THE BEST TIME TO SAVE IS NOW!**

**NUTRITION HEADQUARTERS**  
104 West Jackson St.—Dept. N1551  
Carbondale, Ill. 62901

**List items you wish here:**

QUAN- TITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

**SATISFACTION GUARANTEED** **WE PAY ALL POSTAGE** **TOTAL—amount enclosed**

PRINT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

© 1975 NUTRITION HQS.

**"KITCHEN FARM" SEED SPROUTER**  
Make your own  
bean sprouts.  
Complete  
Kit **1.00**

**PROTEIN DIET POWDER**  
16 oz. CONTAINS 415  
GRAMS OF PROTEIN  
lb. **3.98**

**ORGANIC IRON Supreme**  
100  
TABLETS **1.49**  
500 for 4.95

**DOLOMITE & BONE MEAL**  
100  
TABLETS **69c**  
500 for 2.65