

The
KMA GUIDE

August, 1957



COVER STORY

The picture on this month's cover is Haven Hill, the comfortable 40-acre farm of Jack Gowing, KMA associate farm service director. This picture was taken during Mid-July by the Guide editor, from a low flying plane piloted by Merrill Langfitt, KMA farm director. Jack has a detailed story about Haven Hill, which can be found on page 15 of this month's GUIDE.

The KMA Guide

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S O S S O S

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DISC JOCKEYS Mike Heuer, left, and Tommy Burns set up shop at Rose Garden in Shenandoah for their regular Record Hops. These dances, sponsored by KMA in conjunction with civic organizations, will continue thru summer and also are planned for after school starts again. Mike and Tom plan to promote several more record hops for the KMAland youth during August, so listen to their shows for details.



A Chat With Edward May

This column was written the day after we returned from vacationing in Wisconsin. We spent most of the month of July in the north woods and had one of the finest vacations ever. The children seemed to thrive and had no signs of cold or sickness. Annette and Karen were swimming almost every day, and in between swimming they occupied themselves by using a raft which I helped them build, and having lots of fun in the canoe and also the motorboat. Annette learned how to start the motor and had lots of fun taking Karen and others for a ride in the motorboat. We went fishing twice but, frankly, fishing wasn't too good. Even so, we had a good time spending the few hours trying to catch a fish or two. Annette caught seven or eight perch about the same size and was certain she was catching the same fish. Our guide, Steve Thompson, marked one of the fish and threw it back in the lake and told Annette if she caught the marked fish again he would buy her six ice cream cones. He made the same offer to Karen. For the next two hours Annette and Karen had lots of fun catching perch hoping to catch one of those marked fish in order to win the six ice cream cones, but they had no luck in hooking one of Steve's marked fish.

The area where we were certainly presents a contrast to the region around Shenoah. In northern Wisconsin, there is practically no farming as the soil is all sand and gravel and about all it seems to be good for is for growing trees. The area is covered with timber and the trees include birch, pine, cedar, maple, balsam, poplar and others. Occasionally you see a small farm and about the only crop growing is hay for the dairy cattle. The region contains literally hundreds of lakes and the lake we were on is approximately three miles long and is

one of several lakes on the Turtle River Chain.

The country abounds with deer and we saw five. We also saw several bears. A popular pastime is to drive about ten miles to an area known as the "garbage pit" where most of the garbage is hauled. The bears have found the "garbage pit" and come out of the woods every evening to ramsack the garbage. Tourists by the hundreds drive to the area and we were there twice. The first time we saw six bears and the second time we saw three. However, we didn't have to drive very far to see a bear, or at least to see evidence of a bear visiting the "garbage pit" about 150 feet back of our house. The last evening we were there we were standing by the car and we looked up and sure enough there was Mr. Black Bear himself. He was medium-sized and took off into the woods but even so none of us would have had enough courage to venture close to him.

It is always nice to have a vacation but I believe the best part of any trip is returning home and seeing your friends. We arrived home Sunday afternoon, July 28, which was my birthday, and we were fortunate in the fact that we didn't have one close call on the highways, nor did we see any sign of an accident or near mishap. When we pulled into the driveway of our house, there was a card attached to our garage door saying, "Welcome Home", and inside the card was a message which said, "Happy Birthday! Supper will be ready." and it was signed by some of our friends. They had a very nice birthday dinner for us and it was a nice welcome. Like I said earlier, the best part of any trip is returning home with the pleasant thoughts of a nice trip behind you and looking forward to the days ahead.

Frank Comments

By FRANK FIELD

You have heard me mention from time to time our daughter, Peggy, who married Jim Bellamy and who lives in Dallas, Texas. Well, she and the three boys came up the first of July and stayed for three weeks. Jim couldn't get away until sometime this fall so Peggy and the three boys just got on the train and came up that way. She and two of the boys made their headquarters with Zo Fishbaugh and the other boy stayed at our house. First week we had the middle boy, Chris, and the next two weeks we had the older boy, Shannon.

In this picture reading from left to right, you see John Fishbaugh, 15 years old standing with his arm around his mother, Zo Fishbaugh. We used to call him "little Johnny" to distinguish him from John Field, who was "big Johnny" but we can't do that much longer as "little Johnny" is just as big as "big Johnny."

Then you see Peg standing behind the three boys, the biggest one is Shannon, 9 years old, the little one, is Jimmy D, who is 2½ years old, then at the extreme right is Chris, 5 years old.

Peg had intended to stay a full month

figuring that Jim could get away the first of August to drive up after them and they would all go home by car, however Chris started wheezing and coughing shortly after they got here and the doctor thought it was a kind of bronchitis brought on by the heat and high humidity here. He said it might take him another month to get acclimated and the thing to do was to get him back to his own climate where they have plenty of heat but practically no humidity.

John is taking as much agriculture as he can in school this year and as his FFA project he is actually farming 15 acres of land all by himself. He rented it from his Grandfather Fishbaugh and gives 2/5 of the crop as rent.

The project called for 5 acres of oats, 5 acres of soy beans and 5 acres of milo. John not only prepared the ground, but planted the seed and tended the beans and milo himself, even going through with the hoe and cutting out any volunteer corn or weeds which the cultivator missed. If I remember rightly he said his oats made between 30 and 40 bushel to the acre. He sold them to his father who is going to feed them to cattle this winter.

About the middle of July we ran into a city water shortage here in Shenandoah and some pretty severe restrictions were put into effect regarding the use of city water.

Have been using quite a little water on the yard at our house and we think it looks pretty good, so we were a little worried when the watering restrictions went into effect. Just two days later the drouth was broken when we got a little over three inches of rain in a three day period. That soaked things up beautifully and also knocked out the restrictions on watering, so I think everything is going to be alright now.

This picture, by the way, was taken on the east side of our house right next to the lot line. Its a solid row of roses, right down the dividing line between our place and the Jennings next door. And as you can see, they have done right nicely. That funny thing growing out over the top of Shannon's head is the tip end of a hollyhock plant several feet behind him and the tree you can see just back of Chris is the top of a young pin oak tree down on the lower level of Jennings yard.



Frank's daughters and four of his grandsons.

Grass Root Notes

by

MERRILL LANGFITT

KMA

Farm Service Director



We learned in Shelby County, Iowa recently that many of you farm folks are adding a tremendous electrical load to the wiring in your farm home and other buildings. Electricity can do so many chores for you, but unless your wiring has been modernized to handle the additional load, you may be asking for trouble. Most wiring systems that were installed 15 - 20 years ago were designed to handle a monthly usage of from 50 to 100 kilowatt hours per month, yet according to the manager of the Nishnabotna Valley Rural Electric Coop., most of you are now using up to 500 KWH per month. This simply means that you are over taxing your wiring systems. In many cases the load on a particular line is so heavy that your wires heat up like a heating coil. When they heat, your electrical energy is being wasted in the form of heat energy instead of through the appliance where you want it. Two things can result. The load can be so heavy and heating so intense that a fire will result. The other thing is heavy increase in electrical costs because of the lost energy or power. Actually there is a third hazard. Low voltage to your motors can cause damage to them, hence added maintenance costs on your equipment.

I visited a farm that had over 50 motors in use. Why don't you start counting motors. If you have even 10 motors in use and your house was wired 15 - 20 years ago, you are asking for trouble. Many buildings need more lines to handle the load. If for example, you are trying to run a washer, dryer and home freezer on the same line you are lucky if you haven't already burned up your motors or your

house. Increasing the size of the fuse to keep them from blowing out so often only further aggravates an already bad situation. I have been impressed with the fact that nearly all farms need to be re-wired to be safe and to give the kind of service you want and should expect on your electrified farms. Near Shelby, Iowa I saw a new electrical heating system being installed. It's wonderful. No motors to wear out, no forced air to carry dust around the house, and its completely invisible, noiseless and quite economical. They told me with electric heating you don't heat the air, you heat your home instead. It will compete with any type of furnace for installation cost and will compete with bottle gas or oil in operational costs and you have a more even heat than with most any other system. Unless your rates are excessive it is certainly the best system I have seen and if I ever build another new house it will be electrical, indirect heating for me.

Again, I would like to stress the need for looking over your wiring. Inspect it carefully for bare wires, for over loaded circuits and bad connections. When they were re-wiring the farm near Shelby that I mentioned earlier, they found two absolutely bare wires in the hay mow of their big barn. There was a danger spot that could have caused the barn to burn down. Tomorrow might be too late to make that inspection. Do it today! With proper wiring, and with the addition of new appliances as the farm income will support them you will more fully enjoy your electrified farms and homes and on the farm, electricity will make your work easier and more pleasant.

Midwest's Best Cookie Recipes For August

(Selected from more than 3,000 recipes which KMA Homemakers have received during the annual Christmas Cookie Teas)

APPLE ORANGE COOKIES

Cream —
2 c. brown sugar packed
1 c. shortening
Add —
1 egg
1½ t. vanilla
Sift and add —
3 c. sifted flour
3 t. baking powder
1 t. salt
Alternate above with —
¼ c. orange juice
¼ c. milk
Fold in —
1 c. raisins
2 large apples, pared and grated
Drop by dessert spoon on well greased cookie sheet. Bake 12 to 15 minutes at 375°.

* * * * *

CHOCOLATE BIT COOKIES

Cream
1 c. shortening
½ c. sugar
1 c. brown sugar packed
1 t. vanilla
Add and beat
2 beaten eggs
Sift and add
2½ c. sifted flour
1 t. baking soda
1 t. salt
Fold in
½ c. chopped nuts
1 pkg. (8 oz.) chocolate bits
Drop by rounded teaspoon on greased cookie sheet. Bake 10 to 12 minutes at 375°.

* * * * *

SESAME SEED CRINKLES

Toast in 350° oven —
½ c. sesame seed
Cream —
1½ T. butter
1 c. brown sugar packed
1 egg
1 t. vanilla
Sift and stir in —
2 T. flour unsifted
¼ t. salt
Stir in —
browned sesame seed
Mixture is soft. Grease cookie sheet, sprinkle with flour and shake off excess. Drop by ½ teaspoon on cookie sheet allowing only 9 to sheet. Bake 6 minutes at 350°. Let stand ½ minute before removing.

PRUNE COOKIES

Cream —
⅔ c. shortening
2 c. brown sugar packed
2 eggs
Sift together —
3½ c. sifted flour
1 t. baking powder
1 t. baking soda
½ t. salt
1 T. cinnamon
Add alternately with —
2 cans Gerbers baby prunes
1 T. vanilla
1 c. milk
Drop by teaspoon on greased cookie sheet. bake 10 minutes at 350°. Frost with icing made of grated rind of 1 orange, juice of 1 orange, 1 T. melted butter, and powdered sugar to make consistency to spread.

* * * * *

WALNUT CLUSTERS

Cream —
¼ c. soft butter
½ c. sugar
Add and beat well —
1 egg
1¼ t. vanilla
Stir in —
1½ squares chocolate melted
Sift and add —
½ c. sifted flour
¼ t. baking powder
½ t. salt
Stir in —
2 c. broken walnut meats
Drop by dessert spoon on greased cookie sheet 1½ inches apart, bake 10 minutes at 350°.

* * * * *

COCONUT KISSES

Beat to soft peaks —
2 egg whites
Add gradually —
1 c. sugar
Beat to very stiff peaks.
Fold in —
2 c. corn flakes
1 c. moist shredded coconut
½ t. vanilla
Drop by teaspoon onto well greased cookie sheet, bake 15 to 20 minutes at 350°. Place pan on damp towel and remove cookies immediately with spatula.
Makes 1½ dozen KISSES.

* * * * *

BUTTERSCOTCH DROPS

Cream —
¼ c. butter
1 t. vanilla
¾ c. brown sugar

Add and beat —

1 egg

Sift together —

1¼ c. sifted flour

¼ t. salt

¼ t. baking powder

½ t. soda

Add alternately with —

½ c. sour cream

Drop by teaspoon on greased cookie sheet, bake 10 minutes at 400°. When cool frost with the following: Heat ¼ c. butter till golden brown, stir in 1 c. powdered sugar and 1 t. vanilla. If it needs more moisture add a tiny bit hot water.

* * * *

DIABETIC COOKIES

⅓ c. butter or crisco, creamed
then add —

1 egg

6 grains of saccharine

⅓ c. uncooked oatmeal

⅔ c. flour sifted with

½ t. soda

½ t. baking powder

2 t. milk

1 t. each cinnamon and nutmeg

½ c. raisins

½ c. nutmeats

1 t. vanilla

salt, if desired

Cream shortening and then add ingredients in order given. Drop on buttered cookie tin. Pat out slightly. Bake for 20 minutes in 375° oven.

* * * *

BANANA DROP COOKIES

2¼ c. sifted flour

2 t. baking powder

¼ t. soda

¾ t. salt

⅔ c. shortening

1 c. sugar

2 eggs

1 t. vanilla

1 c. mashed ripe bananas (2 to 3)

sugar and cinnamon

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually, beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Stir in vanilla. Add flour mixture alternately with the bananas, beating after each addition until smooth. Drop by teaspoons onto ungreased cookie pans about 1½ inches apart. Sprinkle with sugar or sugar and cinnamon mixed. Bake in moderately hot oven 400° about 12 minutes. Remove from the pans at once. Makes about 6 dozen medium size cookies. Coconut or chopped nuts may be used for topping.

* * * *

EGG YOLK COOKIE

1 c. brown sugar

1 c. white sugar

1½ c. shortening (part butter)

12 egg yolks, well beaten

2 t. vanilla

3½ c. flour

2 t. baking powder

1 t. soda

½ t. salt

Combine the sugars and shortening. Cream well. Add egg yolks beaten until light. Add flavorings. Add dry ingredients. Drop on greased cookie sheet. Bake 10 minutes in 375° oven.

* * * *

MOLASSES DELIGHTS

1 c. shortening

1 c. sugar

1 c. molasses

2 eggs

4 c. flour

2 t. soda

1 t. cinnamon

1 t. ginger

1 t. salt

½ t. cloves

Cream shortening and sugar, add eggs and molasses. Sift the remaining ingredients together and add to the above mixture. Chill and bake. Drop from a spoon. Bake 375° oven 10 to 12 minutes.

* * * *

SURPRISE MERINGUES

2 egg whites

⅛ t. cream of tartar

¾ c. sugar

⅛ t. salt

1 t. vanilla

1 6 oz. package chocolate chips

¼ c. chopped walnuts

Beat egg whites, salt, cream of tartar and vanilla, until stiff. Add sugar slowly. Continue beating until stiff. Fold in chocolate chips and walnuts. Cover cookie sheet with plain brown paper. Drop mixture by spoonfuls onto brown paper. Bake in slow oven 300° about 25 minutes or until lightly browned.

* * * *

LUNCH BOX COOKIES

Combine and cook 5 minutes:

2 c. raisins

1 c. water

Cream —

1 c. shortening

1 c. white sugar

1 c. brown sugar

Add —

3 eggs

Add —

raisin mixture

Sift and add —

4 c. flour

1 t. cinnamon

1 t. soda

1 t. salt

½ t. nutmeg

½ t. mace

½ c. nuts (optional)

Drop on greased cookie sheet. Bake 15 minutes in 375° oven. Makes about 6 dozen.



On the KMA PARTY LINE

By DORIS MURPHY

A motorcycle didn't seem to be the answer to the transportation problem in the WARREN NIELSON family, since Holly has reached the age of 3½, and always wants to accompany her daddy on errands. So the motorcycle was sold, and in its place, WARREN purchased the 1948 English Austin car you see pictured on this page. Holly loves the sport car because it is so little, and the Skyline top rolls back, allowing the passengers to enjoy the sunshine and fresh air while riding. WARREN is intrigued by its 40 horse power engine, bucket seats, and low gas consumption. He gets 35 miles to the gallon. The radio is located in the glove compartment. You can get some idea of the small size of the car, by noting how tall WARREN appears, standing up in it. Holly is happy as a lark now, since she has things all figured out. She says: "The station wagon belongs to "Holly and mama", and the Austin car to "Holly and daddy". That way, she's bound to get in on plenty of rides!

All of a sudden, things got all fouled up at the home of Guide Editor TOKE NELSON. Young Sandy, age 4½, fell off a neighbor's porch and broke his collar bone. Now Sandy is faced with the problem of wearing a shoulder brace for a couple of

weeks or more. And 2 year old Jennifer fell down, cracked her head on the coffee table! A stitch had to be taken in her forehead, to sew up the wound. Two accidents within four days! To top it off, Rod, the baby in the family is cutting teeth. So you see things have been pretty lively around the NELSON household.

Good food . . . recipes . . . and pleasant "get acquainted" talk was the order of the day, Sunday, July 7th, when KMA Homemakers BERNICE CURRIER and FLORENCE FALK, along with ETHEL BALDWIN were invited to visit Miss June Walters in Murray, Iowa. Miss Walters has been a faithful KMA listener for many years, and many of her choicest recipes have been shared with you, thru the KMA microphone. Even though the thermometer on the Walters porch registered 108, it was pleasant and cool inside with air conditioning, and the intense heat was soon forgotten as the girls enjoyed Miss Walter's gracious hospitality. A delicious luncheon, including five different kinds of yeast rolls, was served at 12:30. From 1:30 to 2, Miss Walters held Open House. Around thirty people of the community came to call and meet the homemakers. Orange punch and tea cookies were served.

Following the Open House, a group of ten more guests came to visit, and to partake of Miss Walter's superb lemon chiffon pie. It was a delightful day for BERNICE, FLORENCE and ETHEL, and they were appreciative of the opportunity to become better acquainted with their listeners in the Murray, Iowa area.

Apparently the unbaked cookie recipe craze isn't as new as we think it is. The "Farmer's Wife" recently received from a listener a letter, in which she enclosed a recipe for unbaked Chocolate Mounds. And she said the recipe had been in her family for seventeen years! FLORENCE can vouch that women were equally as good cooks then, as now, because the cookies were certainly delicious.



Here's Warren and Holly's New Austin.

It's fun to get letters that give you a lift, and this one that disc jockey TOMMY BURNS received from a Red Oak listener, gave him a big chuckle. Here is what she wrote:

I like your voice
Listen every day.
I like your music
It is here to stay.
I am glad you are young and fancy
free.

But alas . . . alack . . . you're not for me
Because I soon will be . . . just 73!

If you happen to be driving by the FALK farm, and see something running around that looks like a lion, don't get alarmed. It's only their dog, Tippy III, who had to be sheared because of the hot weather. Her fancy haircut, left her with a ruff around her neck, and the end of her tail fluffy. Passersby gaze, but Tippy doesn't mind. She's much more comfortable with her heavy coat of hair shaved off. Just like having "air conditioning"!

It was just like a daily letter from the boys at camp! That's the way the Iowa and Nebraska families feel about the 10 minute visit they heard over KMA, direct from the National Guard Camp of the 168th Infantry, 34th Division held at Camp Ripley, Minnesota for two weeks starting July 29th. The telephone broadcasts are by one of KMA's announcers, Specialist 3rd Class TOMMY BURNS who is a member of Shenandoah's Company E. TOMMY told the things that had been going on, and kept the families throughout the KMA area, posted on the happenings each day. The broadcasts came direct at 6:20 p.m. and were repeated again at 10:15 p.m. It was TOMMY'S eighth year at camp, having attended from South Dakota previously. This picture of TOMMY in his uniform shows how he looked BEFORE attending camp. But he always adds five pounds every year because of the wonderful army chow, so we can't guarantee he'll look so sylph like on his return.

BERNICE CURRIER spent a week's vacation in Billings, Montana visiting her sister, Mrs. A. Lee Craig. Several days were spent at the Craig summer cottage at East Rose Bud Lake, 90 miles from Billings up in the mountains. It was an ideal place for relaxing and resting.

Who will win? That's the exciting part of a contest, and that's the part both MIKE HEUER and I have

been participating in, recently. We've been among the judges in contests in the area. MIKE was one of the judges of the Atchison County 4-H talent contest in Tarkio, July 16, and I was one of the judges of the parade and old time costumes at the Centennial celebration in Thurman, Ia., on the Fourth of July, and of the Page County "Queen of the Furrow" contest August 1st. I always wish everyone could get a prize!

A traditional country fried chicken dinner was served by BYRON and FLORENCE FALK at a family reunion held at their farm home August 4th. The "FARMER'S WIFE" was up bright and early that morning, frying eight chickens, scolloping potatoes, making three kinds of salads and desserts to serve the forty relatives.

IN MEMORIAM

Mark Eischeid, the pleasant and popular treasurer of May Broadcasting Company, died suddenly on Wednesday, July 3, after a short illness. Mark leaves his wife Gertrude and three children. A tireless and devoted executive, he will be missed by his host of friends, as well as his family. Funeral services were held Saturday, July 6, from St. Marys Roman Catholic Church, with interment at Rose Hill Cemetery in Shenandoah.



Soldier Tommy Burns loads his "weapons" for Camp.

A Letter From Bernice Currier

Dear Friends:

I started a letter to you a few days ago when the humidity was so high and it just wasn't my day for writing I guess. All I could think about was how miserable every one was. It was pretty bad. Today the temperature is much higher but that illusive ingredient of every weather forecast, humidity, is low.

A nice letter from Red came yesterday. I sent him a pair of lounging pajamas for his birthday and he said he liked them very much. I had in mind the times he comes home all hot and tired from running around all day in the humid heat of southern Illinois. He can take a cool shower, change into the lounging pajamas and be ready to get that picnic meal going down in their Steamboat Room in the basement where they have such a wonderful fireplace. As he says, there are no bugs, ants, flies or mosquitoes down there. They had Lynn Rae's hair cut not long ago and like it very much. I suppose every girl has to have long hair once in her life or she feels as though she had been cheated. Those of us who had long hair for years and years were plenty glad when the short hair came in style. We welcomed it and never intend to have it long again. Lynn is a very pretty child, small boned like her mother, Janet. Red and Janet both have red hair, but Karen and Lynn have not. Karen is a golden blond and Lynn is a brunette. Karen loves to swim and play golf and is very active in all school activities. Good student too.

A letter from Elizabeth assures me of my welcome when I trek out to Billings, Montana the 26th of this month which is July but will be August when you read this. She hasn't been able to get up to the cabin yet this summer on account of the unusual rain they have been having. That is supposed to be a dry land wheat country and this year they have had rain and more rain. The road up to East Rosebud Lake is purely a mountain road, 90 miles of it. But wherever we are the week I am there, you may be sure we will both be talking at once, and I will be drinking coffee while Elizabeth has apple juice or ice tea and lectures me about so much coffee. Then we will both laugh and have some more.

Florence says she will be glad to talk to my homemakers while I am gone and I know you will enjoy her. I hate to ask so much of her. She has plenty to do as it is. Bless her heart, she says she will be glad to sit down for a half hour to rest and chat.

Many of you have been asking about my Aunt Sue Reynolds in Lincoln, Nebraska. I called her this morning and she is just fine. I marvel at the courage, the happi-

ness and the contentment she has. She is my father's sister and is probably over 80 years old. She is almost totally blind, lives alone in an apartment where she has lived for over 20 years. Does all of her work including washing and ironing, baking rolls and pies, making coffee or tea and never spilling a drop or burning herself, and she cleans her cupboards, goes down town shopping and to the grocery store and always to church. This summer she went to Kansas City where her son lives and from there went to Cleveland, Ohio, with her son and daughter-in-law where their daughter, her grand-daughter, was married. She went on to Barbeton, Ohio, to visit her daughter and husband and to see their daughter's new twin girls. So she has had what she calls a "whirly-go-around of a summer" and is going to sit down and rest for three months. She is a remarkable person.

I was just looking at the June Guide and notice that I began by saying it was a cold rainy day with the temperature 46! ! ! Can it be possible? Here I sit today and the temperature is now 101.

Ethel Baldwin, Florence and I spent one Sunday at June Walter's home in Murray, Iowa a couple of weeks ago and had a wonderful time. She loves to cook, re-finish antique walnut furniture, re-model kitchens and entertain her friends. We had lunch at 12:30, then at 1:00 she had friends come in to meet us and to visit a while. At 2:30 another group came and with that group was Veva Johns (Mrs. L. E. Johns) of Osceola, Iowa. Her son is married to my sister's daughter so that makes me related to somebody or other, I can't quite figure out who.

Someday I am going to learn more about antiques so I can rattle off a few names glibly and impress people with my knowledge ! ! ! (Ha Ha) Right now I'm wondering when I will have time to clean my china cabinet. It takes all day to do it and there just isn't that much time.

Not only my time has run out but my space as well. Be listening every morning at 9:00 o'clock when I will be sitting here at my desk talking to you. Until then —

Bless your hearts —

Goodbye.

Bernice.

A smile is one of the greatest gifts God has bestowed upon His children. A smile has lifted people out of the depths of despair. A smile has changed a day of gloom into one of sunshine and courage.—W. Clay Missimer in Good Business.



Homemaker's Guide

HOMEMAKER'S VISIT

By BERNICE CURRIER

Here is a chart, for the calorie counters, showing the daily food plan for an intake of 2,445 calories per day. That is the stabilization diet for a woman keeping her weight at 123, who is between moderately and very active.

	Calories
1 c. grated raw carrots -----	25
½ c. cooked green beans -----	15
1 medium orange -----	70
1 medium apple -----	75
1 medium baked potato -----	95
½ c. cooked onions -----	40
3 c. whole milk -----	495
¾ c. macaroni & cheese -----	350
1 3 oz. hamburger -----	315
1 egg -----	75
5 slices enriched bread -----	315
1 c. enriched cornflakes -----	95
2 inch square gingerbread -----	180
3 T. butter -----	300
<hr/>	
Total for day -----	2,445

DINNER MENU

- Chilled juice
- Chicken fried round steak
- Lyonnaise potatoes
- Broccoli or string beans
- Ambrosia salad
- Nutmeg Feather Cake
- Lemon Sherbet
- Butterhorn rolls
- Butter or margarine

CHILLED JUICE

- 2 parts tomato juice
- 1 part sauerkraut juice
- Place crushed ice in fruit juice glass and pour juice over.

CHICKEN FRIED ROUND STEAK

- 1½ to 2 lbs. round steak, ½ inch thick
- 2 beaten eggs
- 2 T. milk
- 1 c. fine cracker crumbs
- ¼ c fat
- salt and pepper
- Pound steak well with sharp-edged meat pounder. Cut into serving pieces. Mix eggs and milk. Dip meat into mixture, then into the crumbs. Brown on both sides

in hot fat. Season. Cover and cook over very low heat for 45 to 60 minutes. Makes 6 servings.

LYONNAISE POTATOES

Cook potatoes in jackets. Remove skins and dice quite small. Fry in a generous amount of hot bacon drippings with thinly sliced onion added. Turn often to brown and crisp. Add salt and pepper to taste.

BROCCOLI

Remove outer leaves and tough part of stalks. Cut remaining stalks in 1 inch pieces, paring if tough. Do not discard the flowerettes. Wash thoroughly. Cook, covered, in very small amount of boiling salted water or uncovered in boiling salted water to cover. Stalks should be cooked 5 minutes before flowerettes are added. Cook 15 to 20 minutes. Serve plain with melted butter, salt and pepper or with Golden Sauce, or Hollandaise Sauce.

GOLDEN SAUCE

Combine in double boiler:

- 3 beaten egg yolks
- ½ c. light cream
- ¾ t. salt
- dash nutmeg

Stir constantly and cook till thick. Add 1 T. at a time . . . 4 T. butter, add gradually. . . 1½ T. lemon juice. Keep hot until serving time. Makes 1 c.

HOLLANDAISE SAUCE

Melt ½ c. butter in top of double boiler. Gradually pour this into 4 well beaten egg yolks, stirring well. Gradually add ½ c. boiling water. Return to double boiler and cook, stirring constantly till thick. Remove from hot water and slowly add 1½ T. lemon juice and ¼ t. salt, stirring constantly. Cover, place over hot water (not over heat) till serving time. Makes 1½ c.

AMBROSIA SALAD

- Combine . . .
- 2 sliced bananas
- ¾ c. diced oranges
- ½ c. seedless grapes
- ¼ c. chopped dates
- Sprinkle over. . . 3 T. lemon juice. Toss with salad dressing whipped with whipped cream. Garnish with ¼ c. moist finely grated coconut. Makes 4 to 6 servings.



(Cut Along This Line And Save)

"THE FARMER'S WIFE"

By FLORENCE FALK

The following are the prize winning recipes in the recent pecan recipe contest held on The Farmer's Wife's program.

Classification I — Bread and Rolls

ICE BOX MUFFINS

- 1 c. sorghum
- $\frac{3}{4}$ c. sugar
- 1 c. butter or margarine
- 1 c. buttermilk
- 4 c. flour (sifted)
- 1 c. pecans, coarsely chopped
- $\frac{1}{2}$ c. raisins
- 1 c. dates, chopped
- 4 eggs
- 1 t. ginger
- 1 t. salt
- $\frac{1}{4}$ teaspoon allspice
- $\frac{1}{2}$ t. cinnamon
- 1 t. soda

Cream sugar and fat (shortening).

Add soda to milk. Beat eggs and add to the sugar and fat. Add sorghum and beat well. Add soda and milk. Sift all dry ingredients and add. Add nuts, raisins and dates. This may be refrigerated for as long as 3 weeks, or bake in greased muffin tins for 25 minutes in 350° oven.

Mrs. Harley Fisher
Maysville, Missouri
* * * *

Classification II — Cakes and Cookies

PECAN FUDGE SQUARES

Melt over low heat:

- 1 c. butter
 - 4 squares unsweetened chocolate 4 oz.
- Beat 4 eggs slightly
Add gradually 2 c. sugar
Add melted butter and chocolate
Combine 1 $\frac{1}{2}$ c. sifted flour
1 t. salt
1 $\frac{1}{2}$ c. chopped pecans
Stir into sugar mixture.
Add 2 t. vanilla

Pour into a greased 10 x 15 jelly roll pan. Bake 30 minutes in 350° oven. Remove from oven and sprinkle with confectioner's sugar. Let cool in pan. Cut into bars.

Mrs. Clifford K. Hansen
Blair, Nebraska
* * * *

Classification III — Pies

YUMMY CARAMEL PECAN PIE

- 1 envelope plain gelatin
- $\frac{1}{4}$ c. cold water
- $\frac{1}{2}$ pound vanilla caramels (28)
- $\frac{3}{4}$ c. milk
- dash salt
- 1 c. heavy cream, whipped
- $\frac{1}{2}$ c. chopped pecans
- 1 t. vanilla

Soften gelatin in cold water. Melt caramels over double boiler in milk. Stir until dissolved. Then add softened gelatin, dash

of salt. Let set in refrigerator until partially set. Fold in pecans, whipped cream and vanilla. Pour into chilled crumb crust.

Crumb Crust

- 1 $\frac{1}{2}$ c. fine graham cracker crumbs
- $\frac{1}{3}$ c. melted butter
- $\frac{1}{4}$ c. sugar

Combine and press in a buttered 9 inch pie plate. Fill with filling and chill. Decorate with pecans in the center and around the edge.

Miss Marilyn Hawkins
Bogard, Missouri
* * * *

Classification IV — Desserts and candies

FROZEN PUDDING

- 1 package instant coconut pudding
- 2 c. whole milk
- 2 c. vanilla wafer crumbs
- 1 c. white raisins
- 1 c. quartered candied cherries
- 1 c. chopped pecans
- 1 c. shredded coconut
- $\frac{1}{4}$ c. powdered sugar
- 1 t. vanilla

- 1 c. whipping cream
- Whole maraschino cherries
- Whole pecan halves

Combine the pudding and the milk. When set fold in the crumbs, fruit, pecans and coconut. Add powdered sugar and vanilla to the whipped cream. Fold in. Place in a quart buttered mold. Freeze firm. Unmold and garnish with the cherries and pecans.

Mrs. Joy Hammett
Manhattan, Kansas
* * * *

Classification V — 4-H Club

PINEAPPLE-PECAN COOKIES

- 1 c. shortening
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs, well beaten
- 1 8 oz. can crushed pineapple
- 1 t. vanilla
- 1 c. pecans
- 1 c. coconut
- 4 c. flour
- 1 t. soda
- 1 small bottle maraschino cherries (drained and cut fine)

Cream the shortening, sugar and brown sugar. Add the beaten eggs and stir. Add the crushed pineapple, vanilla, pecans, coconut and maraschino cherries and mix. Sift the flour and soda and add. Mix. Drop by teaspoonfuls on greased cookie sheet and bake in 360° oven 8 to 10 minutes.

Entered by Food Demonstration Class
Ridgeway 4-H Club (Missouri)
Mrs. Kenneth Craig — Project Leader
Members:

Diana Jones, Sharon Jennings, Joy Ann Stanley, Sherri Polley, Connie Curtis, Jennifer Millegan, Linda Gillispie, Dale Elifritz, DeWayne Craig, David McReynolds, Larry Trammell, Dennis Wilson, Jimmy Metzger.

Mrs. May Describes Far East Cities

Hong Kong
July 16, 1957
Dear Friends,

I believe I left off writing to you when I first arrived in Hong Kong, June 14th. I hope I will not repeat too much about Hong Kong which is indeed one of the most fascinating cities of the world. It is also one of the busiest. It has one of the finest harbors in existence covering an area of 17 square miles. Hong Kong Island lies on one side of the harbor, on the opposite side is Kowloon peninsula, the New Territories and a large number of smaller islands. It is the cross roads of all ships passing thru the Orient and the harbor is studded with vessels of every conceivable size from warships and majestic liners to fishing junks and sampans. Hong Kong is a Crown Colony of Great Britain but the English population is a very small percentage of the 2¾ million people living here. The Chinese make up the majority. About 120,000 Chinese make up a boat population living in small boats called sampans. Generations spend their entire lives on these boats. During the past 2 or 3 years, 200,000 Chinese refugees have poured into the colony which has created quite a housing situation. The whole area of Hong Kong including New Territories is only about 394 square miles. I have been staying at Peninsula Hotel on Kowloon, a large, old fashioned, air conditioned hotel. It overlooks the harbor and very near most interesting shops. Over on the Hong Kong side are the lovelier homes and many large commercial buildings. Most of the hotels are on Kowloon. We spent one entire day sight seeing on Hong Kong side. We ferried across, then took taxis, drove all around, later taking the funicular up to Victoria Peak (1809 feet), a taxi once more to Repulse Bay Hotel where we had a delicious luncheon. We sat on the porch overlooking a beautiful garden and a lovely sand beach where hundreds were swimming. Afterwards we returned via the fishing village Aberdeen. Here we had a ride in a sampan which was guided by two women. Our last stop was via a section called China Town, on a portion of Ladder Street. This street is several blocks long or high as steps go from the bottom up to the top of this long hill. Occasionally a street crosses it and sometimes a landing in front of a shop. Shops line both sides of the street all of the distance. The portion we stopped to see was the Thieves or Flea Market, consisting of porcelains and cloisonne.

June 18th we flew to Bangkok, Thailand, formerly called Siam. Bangkok is another unusual city. We were so surprised to see such a large modern terminal at the air port until we learned that all planes

going thru the Orient stop there. There is plenty of space for large runways which Hong Kong lacked. The Thai (tie) people are of Mongolian ancestry but have quite different features from the Chinese and Japanese. They seemed to be a happy, easy going people. It was 100° so one could understand why not too much speed. The people as a rule were clean, stress education and we saw a few modern factories. The principle items to sell in their shops were Thai silk, enamel jewelry and bronze table ware called Niello — most attractive. Bangkok, too, had a boat population similar to the one here. Their religion is Buddhist so we visited several elaborate Temples, as usual off came all shoes to enter the Temple.

From Bangkok we flew to Siem Reap, Cambodia then drove to Angkor Wat to see the ruins, interesting but very tiring to tramp and climb, in over 100° temperature. It was hot, no screens on the windows of the hotel (of course no air conditioning) so 24 hours gave us sufficient time and we did not appreciate the large bugs and lizards and cockroaches. We were glad to return to Bangkok for another interesting day of sight seeing. We took taxis about 7:00 a.m. for the large canal where we went in two boats to see the early Sunday markets, the small boats (some were filled with flowers, fruit, vegetables, floating restaurants, raw meat for sale). People drink, bathe, cook and swim in the water of the river. Later in the morning we visited another Buddhist Temple. In the afternoon we rested, packed and prepared to leave on the 1:45 a.m. plane to Hong Kong. Part of our group bade us goodbye and left for India. The rest of us had 24 hours together at Peninsula Hotel when our tour ended, and every one was going back to the U. S. via different routes and countries. It had been a pleasant group of people and we had thoroughly enjoyed the American President Oriental tour.

I left June 25th on Pan American plane for Manila where I am spending July and August with Dr. and Mrs. C. S. Reddy of Ames, Iowa. I will tell you about them in my next letter. Mrs. Reddy and I came over to Hong Kong last Friday and will fly back tomorrow. Hurricane Wendy has passed up Hong Kong tonight but it has been raining nearly all p.m. and evening and is quite windy, but I imagine by a.m. our plane will go. Today flights to and from Manila were cancelled.

Sincerely,

Gertrude May

New Territories is land leased for 99 years from China.

KMA Daily Programs For August, 1957

DAILY DAYTIME PROGRAMS

MONDAY THROUGH FRIDAY

5:00 a.m.—Town & Country Hour
 6:00 a.m.—News & Weather
 6:15 a.m.—Western Star Time
 6:30 a.m.—Merrill Langfitt
 7:00 a.m.—Dean Naven, News
 7:15 a.m.—Frank Field
 7:30 a.m.—Markets
 7:35 a.m.—Let's Go Visiting
 (Tues. Thurs.)
 7:35 a.m.—Lawrence Welk's Show
 7:45 a.m.—Morning Headlines
 8:00 a.m.—Breakfast Club
 9:00 a.m.—Bernice Currier
 9:30 a.m.—When A Girl Marries
 9:45 a.m.—Whispering Streets
 10:00 a.m.—Kitchen Club
 10:15 a.m.—Housewives Serenade
 10:30 a.m.—Florence Falk
 11:00 a.m.—Back To The Bible
 11:30 a.m.—Tennessee Ernie
 11:45 a.m.—Morning Markets
 12:00 noon—Dean Naven, News
 12:15 p.m.—Edward May
 12:30 p.m.—Jack Gowing
 12:45 p.m.—Markets
 1:00 p.m.—Frank's Letter Basket
 1:15 p.m.—Lawrence Welk's Show
 1:30 p.m.—Tommy Burns' Show
 2:30 p.m.—Siesta Serenade
 3:00 p.m.—Tommy Burns' Show
 4:00 p.m.—Mike's Matinee
 5:00 p.m.—Kiddie Korner
 5:30 p.m.—Corn Country Jamboree
 5:30 p.m.—Sparta Polka Band
 (Friday)
 6:00 p.m.—Farm Bulletin Board
 6:15 p.m.—Casual Clips
 6:30 p.m.—Ralph Childs, News
 6:45 p.m.—Edw. May, Mkts &
 Weather

MONDAY NIGHT

7:00 p.m.—Club 960
 9:00 p.m.—Browsin' With Burns
 9:35 p.m.—Mysterytime
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Dance To The Bands
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:30 p.m.—Back To The Bible

TUESDAY NIGHT

7:00 p.m.—Club 960
 9:00 p.m.—Browsin' With Burns
 9:35 p.m.—Mysterytime
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Dance To The Bands
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:30 p.m.—Back To The Bible

WEDNESDAY NIGHT

7:00 p.m.—Club 960
 9:00 p.m.—Browsin' With Burns
 9:35 p.m.—Mysterytime
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Dance To The Bands
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:30 p.m.—Back To The Bible

THURSDAY NIGHT

7:00 p.m.—Club 960
 9:00 p.m.—Browsin' With Burns
 9:35 p.m.—Mysterytime
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Dance To The Bands
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:30 p.m.—Back To The Bible

FRIDAY NIGHT

7:00 p.m.—960 Hit Parade
 8:00 p.m.—Club 960
 9:00 p.m.—Browsin' With Burns
 9:35 p.m.—Mysterytime
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Dance To The Bands
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:30 p.m.—Back To The Bible

SATURDAY PROGRAMS

5:00 a.m.—Town & Country Hour
 6:00 a.m.—News & Weather
 6:15 a.m.—Western Star Time
 6:30 a.m.—Merrill Langfitt
 7:00 a.m.—News
 7:15 a.m.—Frank Field
 7:30 a.m.—Lawrence Welk's Band
 7:45 a.m.—Morning Headlines
 8:00 a.m.—Saturday Shopper
 9:00 a.m.—Bernice Currier
 9:30 a.m.—No School Today
 10:30 a.m.—Florence Falk
 11:00 a.m.—Back To The Bible
 11:30 a.m.—KMA Country Tops
 11:45 a.m.—Practical Land Use
 12:00 noon—News
 12:15 p.m.—Edward May
 12:30 p.m.—Jack Gowing
 12:45 p.m.—Market Review
 1:00 p.m.—Saturday Matinee
 6:00 p.m.—News & Sports
 6:15 p.m.—Vincent Lopez
 6:30 p.m.—News
 6:45 p.m.—Stars For Defense
 7:00 p.m.—Dancing Party
 7:30 p.m.—National Jukebox
 8:00 p.m.—Lawrence Welk's Army
 Show
 8:30 p.m.—Noro Morales
 9:00 p.m.—Dance To The Bands
 9:30 p.m.—Platterbrains
 10:00 p.m.—News
 10:15 p.m.—Guest Star
 10:30 p.m.—Music In The Night
 11:00 p.m.—News
 11:00 p.m.—Music In The Night
 11:55 p.m.—News

SUNDAY PROGRAMS

6:30 a.m.—Back To The Bible
 7:00 a.m.—News and Weather
 7:15 a.m.—Here's To Veterans
 7:30 a.m.—Sunday Worship Service
 7:45 a.m.—Morning Headlines
 8:00 a.m.—Radio Bible Class
 8:30 a.m.—Your Worship Hour
 9:00 a.m.—Sunday School Lesson
 9:15 a.m.—Bible Truth
 9:30 a.m.—Sun. Album
 12:00 noon—News
 12:15 p.m.—Baseball Warm Up
 12:25 p.m.—K. C. Baseball Game
 4:30 p.m.—High Moments In Music

5:00 p.m.—Mon. Morn. Headlines
 5:15 p.m.—Paul Harvey
 5:30 p.m.—Wings of Healing
 6:00 p.m.—Radio Bible Class
 6:30 p.m.—Prison On The Hill
 7:00 p.m.—Revival Hour
 8:00 p.m.—Music Hall
 9:00 p.m.—Edwin Canham
 9:15 p.m.—Travel Talk
 9:30 p.m.—Hour of Decision
 10:00 p.m.—News
 10:15 p.m.—Lets Go To Town
 10:30 p.m.—Revival Time
 11:00 p.m.—News
 11:05 p.m.—Music In The Night
 11:55 p.m.—News

K. C. BASEBALL GAMES AUGUST

1	OPEN	
2	Baltimore (2 games)	7:00
3	Baltimore	5:55
4	Baltimore	11:55
5	OPEN	
6	Chicago	6:55
7	Chicago	1:15
8	Chicago	1:15
9	Cleveland	7:00
10	Cleveland	1:00
11	Cleveland	11:25
12	OPEN	
13	Detroit (2 games)	1:25
		& 7:55
14	Detroit	7:55
15	Detroit	1:25
16	Cleveland	7:55
17	Cleveland	7:55
18	Cleveland	1:25
19	Cleveland	1:25
20	New York	7:55
21	New York	7:55
22	New York	1:25
23	Baltimore	7:55
24	Baltimore	1:25
25	Boston	1:25
26	Boston	1:25
27	Washington	7:55
28	Washington	7:55
29	OPEN	
30	Chicago	7:55
31	Chicago	7:55

Listings Correct at Time of
 Publication
 However, all Programs Are Subject
 to Change.

Jack Gowing Tells About "Haven Hill"

I was surprised but happy to learn that our farm "Haven Hill" would be featured on the cover this month.

As I recall, I think I gave a description of it in 1955 when we purchased it. Since then we have made several changes and of course have plans for many more as we have time and money.

As you look at the picture, the top is northeast and Essex is off in the distance about 3 miles. The small pasture at the road intersection used to be an orchard but most of the trees were dead or dying so we removed them the first year, now it serves as pasture for a few sheep. Another small pasture lays just east of it along the road and it comes up along the east side of both barns.

As you look on beyond the buildings you will see some terraces and then the row of trees beyond that is actually a creek. The creek is dry part of the time, but the ditch is about 25 feet deep and about 30 feet wide. Someday I hope that it will be put under a watershed plan and I think it would justify such a plan because it begins about 10 miles north of our farm and drains about 3500 acres.

We have all of the farm seeded to alfalfa and Brome grass this year except 6 or 7 acres which is in grain sorghum, strawberries and raspberries.

To the north of the house is our garden. That is where Pauline spends much of her

time. She has just about everything you would expect to find in a home garden. At the time of this writing her big problem is insects and moisture. We had to dig a new well in 1955 and we are afraid to use any water on the lawn or garden. Presently, I am in process of putting down a sandpoint in the center of the farm so that I can water livestock in just about every field. We don't have any permanent cross fences, we use electric fence because it can be moved with very little work. Its also cheaper to build and maintain. At this time our livestock consists of Angus cattle and sheep. If we had hogs we would have to go to permanent cross fences.

The barn on the left serves as a machine shed and cattle shelter, the one on the right for hay storage, livestock shelter and a well cluttered work shop, too. The small building near the front of the picture is a granary. I plan to move it over by the barn where it can be more easily used. We have a set of farm scales which will be moved and placed along the side of the granary. We moved one building off the farm and plan to tear down a couple of sheds as they need repair. Buildings are fine but expensive and must be utilized. If this can't be worked out then I feel the thing to do is get rid of them.

We do enjoy living in the country. It has some disadvantages but we feel they are out weighed by the many advantages.

KMA Baseball Excursion Will Go To See A's-White Sox on September 1

The annual KMA Baseball Excursion to Kansas City will leave from eight different points by air-conditioned busses on Sunday, September 1.

This year fans will get an opportunity to watch the A's tangle with the fast-finishing Chicago White Sox, who are trying hard right now to overtake the Yankees for the American League pennant.

Here's the best news of all. The cost for this one-day-only trip is just \$7.00 per person. You can board busses at Omaha, Council Bluffs, Sidney, Atlantic, Red Oak, Corning, Shenandoah, and Clarinda. The \$7.00 price includes your roundtrip bus fare plus a choice reserved seat at the ball park.

It is a Sunday afternoon game, starting at 1:25. Plans are made so that all folks on the excursion will be able to eat at the

Forum cafeteria and taken to the ballpark by one o'clock so you can witness the pre-game activities.

We were only able to get a limited number of choice reserved seats for this big game, so you'll have to act at once. It will be first come, first served until the ticket supply is exhausted.

All you have to do for reservations is send check or money order for \$7.00 for each adult you wish reservations for. Send your check and order to Lou Carroll, Trailways Depot, Shenandoah, Iowa. Mr. Carroll will promptly mail your reservation receipt, which is redeemable as you board the bus in any of the eight towns. Depot agents in the eight communities can also give you further information, regarding departure schedules, time of return, etc.

Return Postage Guaranteed

POSTMASTER If addressee has moved and forwarding order is on file, send form 3547, postage for which is guaranteed. If undelivered for any other reason, return to sender.

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Shenandoah, Iowa

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KMA DJ's Start Series of Record Hops



MIKE HEUER IS SWAMPED BY GIRLS

It's a pleasant life for DJ's like Mike Heuer at the KMA Record Hops. Here Mike is swamped by a group of girls — whose big interest is a handful of new records which Mike promised to play at the big dance.

TOMMY BURNS LEADS BUNNY HOP

Recognize the fella leading the bouncing parade of young dancers? It's Tommy Burns afternoon DJ on KMA. Tommy and Mike plan a series of Record Hops during the rest of the summer and the fall for KMAland young folks.

