

The

KMA GUIDE



September, 1957

COVER STORY

In your hometown, just about anyplace you live in KMAland, right now is "Back-to-School" days for the youngsters. Many look forward to it with glee and anticipation, some a bit fretful, and those who stay behind are a study of mingled emotions. That's the case at the Edward May Household, too. Karen 9, will be in fourth grade at Forest Park school. Annette, 12, will be going to the high school building this year for the first time, entering the 7th grade. And though he's smiling now as he waves goodbye, there'll be a good deal of mingled feeling for Eddie, Jr, 3, who is sure to "miss" his big sisters as they return to the 3 R's.

The KMA Guide

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Bruce Falk and His Holstein Champion



PROUDLY DISPLAYING HIS RIBBONS is Bruce Falk, 12-year-old son of Byron and Florence Falk. Bruce exhibited this fine looking Holstein dairy heifer yearling at the Page County Fair. The animal won a blue ribbon in her class, and was named champion of her breed. Bruce also won a showmanship ribbon, representing the Fremont Farmers 4-H club. The young exhibitor talks often on his mothers radio show, which is broadcast direct from the Falk farm home each morning at 10:30.

A Chat With Edward May

The theme of this issue of the Guide could well be "school days", and the picture you see on the front cover shows Annette and Karen on their way back to school after a most enjoyable summer. The girls had a busy summer but seemed ready and anxious to start to school, particularly Karen who I believe would go to school twelve months out of the year because she has thoroughly enjoyed every minute of it since she started in kindergarten. Annette also was anxious for the school year to commence but she just didn't know quite what to expect the first few days in Junior High School. She knew it would be different but she likes it. Annette is in the seventh grade, and Karen is in the fourth. The third member of our family was a little unhappy about being left at home because now all of his neighborhood playmates are in school all day. The days may seem long for him until about 4:00 o'clock in the afternoon when the children return home after school. However, Eddie will have a nice playmate during the day, namely, his dog "Missy", which is a Shetland Sheep dog or miniature collie. You will see Eddie and his dog on Doris Murphy's page of this Guide.

The above picture shows Eddie eating one of his favorite vegetables which everyone recognizes as sweet corn. He is undecided whether he prefers sweet corn or tomatoes as his favorite, but actually he likes anything in the way of food. He takes after his sisters in this respect, and we have felt very fortunate that all three of our children have always eaten everything and anything which certainly simplifies the matter for Eleanor when it comes to preparing a meal. I know many children who are quite finicky about their food and won't eat this or that which does create a problem for the mother in trying to fix a well balanced meal. I always hate to see the summer come to an end which means the passing of the fresh vegetables. I think we have enjoyed the sweet corn this summer more than any summer for several years and Eddie, for one, just couldn't seem to get enough sweet corn and the same is true with tomatoes.

We try to preserve the flavor of some of these vegetables by either canning or freezing. Actually, we don't do much in the way of canning at our house but we do put quite a few things in the freezer, and our first choice when it comes to frozen vegetables is corn.

Annette did most of the canning at our house as she applied many of the things she has learned in 4-H. One day she put up several jars of pickled peaches, and she also made some peach butter and crab apple jelly. We are quite proud of her in this

respect and certainly try to encourage her. She has taken over the pie baking at our house and already has made several apple, peach, blueberry and other pies.

Getting back to school once again, the first day of school in Shenandoah was Tuesday, Sept. 3, and the students were only in school during the morning. However, in the afternoon of the first day, the Shenandoah Chamber of Commerce sponsored a Business Man's-Teacher's get-together and we all had a chance to become acquainted, and, following a short program at the school each business man took several of the new teachers through his place of business. We had six teachers at KMA and the May Seed Company. I think it is a good idea for the people of the community to become better acquainted with our teachers as the instructors in the schools have a great deal to do with educating our children, and the better we can become acquainted with the teachers perhaps the more interest the teachers themselves will take in our schools, in our community, and in our children. The teachers we had at KMA and the seed house seemed to enjoy themselves immensely and stated they thought such a program was a very good idea. I don't know if your community has such a project but, if not, it might be a good one to start.



Eddie May and his favorite food, a tender, tasty ear of golden sweet corn in August.

Frank Comments

By FRANK FIELD

By ZOANNA FIELD FISHBAUGH

(Ed. Note: It must have been mental telepathy! We were trying to call Frank's daughter Zo to prevail upon her to write her dad's column and to give a first hand account of our ailing radio favorite. At the precise moment the following letter arrived from Omaha.)

Hi!

When Dad got sick, all the family friends, people at the station and the seedhouse bustled around to see what they could do to help — and I've been mostly taxi-ing Mother. Then today as we were leaving the hospital, Dad said, "Say, my Guide copy is due. Will you write it for me?" So bear with me, this is how I'm helping.

I know what you all want to know is "How is Frank?" and "What happened to him?"

Looking back — and that's always easier than forward — I guess this all started several months ago when Dad mentioned his legs got tired when he mowed the yard or walked too far. What brought it all to a head was a series of three hemorrhages one Sunday evening. He had a group of X-rays run and it was thought to have been caused by a fissure. That first week Dad was off the air he was home resting but didn't seem to improve any. So on the advice of our family doctor at home, we brought him up to Clarkson Hospital in Omaha.

The first four days Dad was given a complete blood transfusion - seven pints - and every known X-ray and tests. Even some

tests not done before in this part of the country!

The stomach X-rays — and I think there were ten — were examined by four experts who diagnosed it as a stomach ulcer. So surgery was scheduled for Monday afternoon. But the surgery did not show any ulcer. What was causing all the distress was a muscle spasm.

Now you understand, I do not have a medical mind, but as I get it, this muscle had constricted so tightly, it had broken a blood vessel and as a result, Dad had been steadily losing blood over a period of months. This blood was being digested with his food and thus went undetected. Until finally, on that Sunday it bled so profusely as to cause a hemorrhage.

The surgery went off beautifully.* Dad dangled his feet over the bed the next day, walked around the second day, and felt quite good — except that one day he coughed and said it felt like something had come undone.

Of course, we laughed the regulation hospital laugh and said, "Ha! You can't pull those stitches loose." And for Pete's sake, when they removed the stitches three days later, he had pulled some tissue stitches loose.

So back to surgery he went to be re-stitched. That was day before yesterday and tonite he is feeling just quite good.

Tonight we put him in the wheel chair, over his protests that he could walk (but who can out talk two women) and wheeled him downstairs and out doors for a breath of good old muggy outdoor air!

We are anticipating that, by the time you read this, Dad will be back home moaning about those few blades of crab grass in the lawn, and the way the portulaca persists on growing on the rock driveway!

To end this — first, our thanks to all of you who sent cards and letters to Dad. I want you to know he read every single one and there were several thousand. Second, my father has been an extraordinarily good patient. Mother says he has complained a little about the food but most patients don't have much appetite and hospital food could be better, and besides who could compete with Jenny !!

As ever

Zoanna Field Fishbaugh

*Dad's appendix was covered with scars from previous attacks so it was removed but everything else was fine - gall bladder functioned perfectly, liver, kidneys, and spleen normal. Nothing wrong but that muscle spasm.



Here's a hospital shot of Frank and his two perennial visitors. Wife Jenny (1) and daughter, Zoanna, at right.



Grass Root Notes



By

MERRILL LANGFITT and JACK GOWING

KMA Farm Service Directors

Last month I told you that I was trying to get a sand point well out at the farm. We gave that up and had a well driller come in and dig two holes which were dry. There was some water in them but not enough to justify the expense of casing either one of them.

It seems that many folks are trying to find additional water again this year. This is an indication that we are still very short on moisture even though we have received more rainfall this year than we have the past 2 or 3 years.

I wonder if more people should be more concerned about this fact and in some way promote watershed development? Towns and cities should be more than glad to help in the development of watersheds because their future is at stake too.

Maybe we should have the watershed program in the department of defense because our nation's future could be greatly endangered if large sections of the food producing areas continue to have water shortages. We always have some drought periods in this area but in the last few periods the water levels have become lower and the periods of drought longer.

This trend of more severe dry periods may or may not be a constant trend, but I think it could be a warning that we can expect the water shortage to be with us for many years to come. Isn't this national defense?

I would appreciate your comments and thoughts on the matter of water and watershed development.

— Jack

Jack has been talking about water and that is always a timely subject. Perhaps I could enlarge his idea into another phase or two. Water for industry is of great interest to me and should be to all farm

people. As it continues to become more difficult to make a good living on the small farm, many farm people will need supplementary income. This extra income can best come from part-time employment in a factory located nearby. We need many small industries employing 100 - 200 people located in our small towns, dependent on part-time farmers as a labor pool. Since industry is so dependent on water, we must be constantly aware of the need for abundant water supplies. Only the communities that have solved their water problems will be in a position to attract industrial expansion. There are thousands of small manufacturers who would like to locate in our area if factory requirements are available. Most manufacturers are interested in farm people as workers. Farmers by reputation, are hard workers, good thinkers, dependable and inventive by nature. These are all desirable qualifications for workers. Assume that we can supply the labor pool from our small farms and small towns. The limiting factor for acquiring a factory might still be water.

Water, in addition to being a critical factor for industrial growth, is a necessity for recreational development. Certainly we need more recreational facilities — (water for boating, fishing, swimming, etc.) — if we are to keep our young people in this area. Otherwise they will want to migrate to either coast or to the south or north. This whole subject is deeply integrated with a vast social problem that all of us will need to work at to find solutions. If we are to be prosperous, grow industrially and not lose our population, all of which are requirements for a healthy, vigorous community, then we must start at once to solve the problem of a never ending water supply.

Midwest's Best Cookie Recipes For September

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

ALMOND WAFER BROWNIES

Cream together:

- $\frac{1}{4}$ c. butter
- $\frac{1}{4}$ c. lard
- 1 c. sugar

Add and beat:

- 2 eggs
- $\frac{1}{2}$ t. maple flavor
- $\frac{1}{2}$ t. vanilla

Sift and add:

- $\frac{1}{2}$ c. sifted flour
- $\frac{1}{2}$ c. cocoa
- $\frac{1}{4}$ t. soda

Spread very thin in greased 16 x 8 inch oblong pan. Sprinkle with blanched, slivered almonds. Bake about 10 to 12 minutes at 400°. Slice into strips warm.

SEA FOAM BARS

Cream well:

- $\frac{1}{4}$ lb. butter or margarine
- $\frac{1}{2}$ c. brown sugar packed
- $\frac{1}{2}$ c. white sugar

Sift together:

- 2 c. sifted flour
- 2 t. baking powder
- 1 t. soda

Add to creamed mixture alternately with:

- 2 egg yolks
- 1 t. vanilla
- 3 T. milk

Spread dough in greased 13 x 9 inch oblong pan then spread the following mixture over.

- 2 beaten egg whites
- $\frac{1}{2}$ c. powdered sugar
- $\frac{1}{2}$ c. brown sugar packed
- $\frac{1}{2}$ c. chocolate chips

Then sprinkle on $\frac{3}{4}$ c. peanuts. Bake 30 to 35 minutes at 325°.

BAKED FUDGE

Melt together:

- $\frac{1}{2}$ c. butter
- 3 squares (3 oz.) chocolate

Add:

- 2 c. sugar
- 3 eggs one at a time
- 1 c. broken walnut meats
- $1\frac{1}{2}$ c. sifted flour

Spread in greased oblong or square pan only $\frac{3}{4}$ inch thick. Bake slowly about 40 minutes at 300°. Cut in small squares.

BRAZIL NUT BARS

Sift together:

- 2 c. sifted flour
- 2 t. baking powder
- $\frac{3}{4}$ t. salt
- $\frac{1}{2}$ t. cinnamon

Cream well:

- $\frac{1}{2}$ c. shortening
- $\frac{1}{4}$ c. butter

1 c. brown sugar packed

Add and beat:

- 1 t. vanilla
- 2 eggs

Add sifted ingredients and $\frac{1}{2}$ c. sliced Brazil nuts. Spread in greased 15 x 10 inch pan. Beat and brush on 1 egg white. Sprinkle with $\frac{1}{2}$ c. sliced nuts. Bake 20 to 25 minutes at 350°. Cool on rack, cut in bars. Makes 6 dozen.

TUTTI FRUITTI SURPRISES

Beat well till foamy:

- 2 eggs

Gradually add:

- 1 c. sifted powdered sugar

Stir in:

- 3 T. shortening melted

Sift and add:

- $\frac{3}{4}$ c. sifted flour
- $1\frac{1}{2}$ t. baking powder
- 1 t. salt

Mix in:

- 1 c. broken pecans
- 1 c. cut up dates
- $\frac{3}{4}$ c. candied fruit

Spread in greased 9 inch square pan. Bake until top has a dull crust. Cut in squares while warm. Cool, then remove from pan. Baking time 30 to 35 minutes at 325°. Makes 16 squares.

BLACK WALNUT TOFFEE NUT BARS

Mix well:

- $\frac{1}{2}$ c. butter or margarine
- $\frac{1}{2}$ c. brown sugar packed

Stir in:

- 1 c. sifted flour

Press and flatten with hand to cover bottom of ungreased 9 x 13 x 2 inch pan. Bake 10 minutes at 350°, then spread with the following:

Beat well:

- 2 eggs

Stir in:

- 1 c. brown sugar packed
- 1 t. vanilla

Mix and stir in:

- 2 T. flour
- 1 t. baking powder
- $\frac{1}{2}$ t. salt

Mix in:

- 1 c. coconut
- $\frac{1}{2}$ c. black walnuts (broken or ground)

Return to oven and bake 25 minutes until golden brown. Cool slightly and cut in bars.

APRICOT BARS

Blend as for pie crust:

- 1 c. brown sugar packed
- $1\frac{1}{2}$ c. sifted flour

1½ c. quick oatmeal

¾ c. butter

1 t. baking powder

Spread in bottom of shallow pan. Spread the following over — cook together for 5 minutes, 1½ c. apricot pulp, 1 c. sugar, 1 c. water. Bake 45 minutes at 275°.

SAUCEPAN COOKIES

Melt ¾ c. shortening in a 2 quart pan and stir in 1 lb. brown sugar. Cool slightly, beat in 3 eggs one at a time. Add sifted dry ingredients:

2¾ c. flour

2½ t. baking powder

½ t. salt

Add 1 c. nutmeats and 1 package chocolate chips. Spread in 10½ x 15 inch pan. Bake for 25 minutes in 350° oven. Cut in bars. Frost as desired.

GUMDROP GEMS

Mix and let stand until needed:

½ c. fruit flavored gumdrops

½ c. finely cut nutmeats

1½ t. flour

Sift into mixing bowl:

1 c. sifted flour

¼ t. salt

½ t. cinnamon

Add:

2 eggs

1 c. brown sugar

2 T. cream

Beat hard for 2 minutes. Stir in gumdrop mixture. Spread batter in greased 9 x 9 inch pans. Bake 35 minutes at 325° (do not overbake). Cool. Spread top with powdered sugar icing and cut into 3 x 1 inch bars. Decorate with pieces of gumdrops if desired.

ALMOND SLICES

1 lb. brown sugar

2 large T. butter

4 eggs

½ c. chopped almonds

1½ c. flour

1½ t. baking powder

1 t. cinnamon

¼ t. allspice

Cream sugar and butter, add whole eggs, one at a time, beating well after adding each one. Sift all dry ingredients together and add gradually. Add almonds last. Bake in a 325° oven. Use a 9 x 13 pan which is well greased. Makes 24 bars. Ice with powdered sugar icing as desired.

APPLE FUDGE SQUARES

Melt 2 squares chocolate in

½ c. shortening

Blend in

1 c. sugar

2 beaten eggs

¾ c. applesauce

1 t. vanilla

Sift together:

1 c. flour

½ t. baking powder

¼ t. soda

¼ t. salt

Add to ingredients and mix well. Fold in ½ c. walnut meats. Spread real thin on cookie sheet. Bake 35 minutes in 350° oven. When cool frost with powdered sugar icing.

CHERRY-COCONUT BARS

Pastry:

1 c. flour, sifted

3 T. confectioner's sugar

½ c. butter

Blend as for pastry, with hands, till smooth. Spread thin with fingers in oblong pan 10 x 6 x 1½ inch. Bake 25 minutes in 350° oven. Stir together this filling:

1 c. sugar

¼ c. flour, sifted

½ t. baking powder

¼ t. salt

Mix well and stir into 2 eggs, beaten slightly.

Add:

1 t. vanilla

½ c. each of coconut, chopped nuts, quartered maraschino cherries

Spread over top of the baked pastry (not necessary to cool pastry). Bake 25 minutes more in 350° oven. Cool. Cut into bars and serve as cookies or cut into squares, top with ice cream and serve as dessert.

BRAZIL NUT BARS

A—2 c. sifted flour

2 t. baking powder

¾ t. salt

B—½ c. vegetable shortening

⅓ c. butter

1 c. light brown sugar, packed

C—1 t. vanilla

2 eggs

1 c. Brazil nuts, thinly sliced or chopped

1 egg white

Sift A, cream B, add C to B, beating until light. Add A and half of the nuts. Spread on ungreased shallow pan 15 x 10 or two 8 inch square pans. Beat egg white slightly. Brush over dough sprinkled with remaining nuts. Bake 20 to 30 minutes in 350° oven.

JELLY BARS

½ c. butter

½ c. powdered sugar

Cream until light and fluffy

Add slowly:

1 c. flour

Mix well and add 2 egg yolks, mixing until blended. Spread in ungreased pan. Bake for 10 minutes in 350° oven. Spread with jelly and cover with a meringue of 2 egg whites beaten stiff, to which has been added ½ c. white sugar. Fold in 1 c. ground nuts or ground coconut. Bake in 350° oven for 25 minutes. Cool slightly and cut into bars.

On the KMA PARTY LINE

By DORIS MURPHY

WHY the air conditioner in the news-room stopped one hot August day when the temperature was hovering around 100, is no mystery. Ralph Lund, KMA's engineer, found the reason why. But it's still a mystery where the "cause" came from. And you never could guess what "caused" the breakdown! A dozen prune seeds! That's right, when Ralph opened up the air conditioner, he found a dozen prune seeds inside, and one was jammed in against the fan. I've heard of people getting fed up on prunes, but never before have I heard of an air conditioner balking, because it was fed up on prune seeds.

It so happened Mrs. MERRILL LANGFITT, wife of KMA's Farm Service Director was in Clarkson Hospital in Omaha, for minor surgery at the same time FRANK FIELD was there. Visiting back and forth helped pass the time for the LANGFITTS and FIELDS. Among the many other visitors to see FRANK FIELD was the world-famous heart specialist, Dr. Paul Dudley White, who treated President Eisenhower when he suffered his heart attack. Dr. White was in Omaha to consult about another patient at the Clarkson Hospital and stopped at Frank's room for a few minutes visit.

The picture on this page shows how Homemaker BERNICE CURRIER spent most of her vacation at East Rosebud Lake in Montana, with her sister Mrs. Elizabeth Craig. The large rock on the roof is to hold the roof down when the wind howls down the canyon. There is a picture of BERNICE'S sister on page 15.



Here's the way Bernice Currier enjoyed her vacation.

ANNETTE MAY was late in getting her 4-H record book ready for the Fremont County Fair in Sidney in August. Her dad and mother warned her, she might not get a good rating, having rushed her book work thru in such a hurry at the last minute. But Annette worked hard the night before and again the next morning, and got it to the fair just in time. After the judging was completed, ANNETTE had won a first prize blue ribbon on her record book! But the nut bread she had spent so much time on . . . trying to bake it perfectly . . . was awarded a white ribbon. That shows . . . you just can't predict what will happen!

After 4 weeks of working on a ranch in Ogalala, Nebraska, STEVE CHILDS, son of newscaster RALPH CHILDS, and BRUCE, son of MERRILL LANGFITT, looked like real sunburned cowhands. STEVE was sporting a long haircut and a big western hat when he arrived home. The boys enjoyed helping put up hay, driving the tractor and doing farm chores, but were mighty glad to get back to Mom's cooking, after dining mostly on hamburgers and snacks. It was good experience for the boys and they learned a lot about ranch life.

Like father . . . like son! JACK GOWINGS's young son RANDY insisted on going to the fair. When questioned as to why he wanted to go, he replied: "I want to see the livestock!" So it looks like RANDY is a real farmer boy interested in cows and pigs.

How to keep three little girls happy and occupied during a 150 mile trip to Des Moines faced Mrs. DEAN NAVEN. She wanted to visit her mother before school started, but knew it would be difficult to drive, and at the same time look after the girls. Part of her problem was solved when DEAN built a platform to fit across the back seat, for the children to play on, and be up high enough so they could look across the front seat. Fifteen month old Kimberly liked the "built in playpen". Then Mrs. NAVEN decided it would be a good idea to make TAMI, age 6, feel she was a big girl

with responsibility. So she told TAMI she would have to be co-pilot on the trip. That suited TAMI fine . . . but little 4 year old JERI wasn't so sure the arrangement suited her. Right away she piped up: That means I'll have to be the little childrens!"

Learning to water ski was a big thrill for 16 year old Judy Langfitt, daughter of Merrill Langfitt, who was a guest of Betty Jane Rankin at the Rankin summer home in Mercer, Wisconsin during August.

Covering news stories for KMA often times presents many problems, but the boys overcome the obstacles and always come back with a true picture of the situation. On a recent plane trip to Miami, Oklahoma, to cover a story about the outbreak of Anthrax in that area, DEAN NAVEN and JACK GOWING found it necessary to use an old dilapidated car to drive around the countryside to interview the farmers. The car had been loaned to them by the airport. DEAN started out to drive to Vinita, Oklahoma, but to save his life he couldn't shift from second to high without the most terrific noise you ever heard. Of course, JACK had snide remarks to make about DEAN'S driving! But DEAN got his chance to laugh, when JACK took over the wheel and started to shift gears. No matter if he shifted fast. . . or slow. . . the same loud grinding noise came forth from the old car. It was no use. . . that car couldn't be driven without plenty of "sound effects". This didn't stop the boys from getting the story. . . however, and their experience that day made them more appreciative of their late model cars at home.

When I saw an egg lying on the announcer's desk I was a little surprised! Thinking it might roll off, I carefully maneuvered papers around it. Then I found out it was a hard boiled egg RALPH CHILDS had brought for his evening snack. Along about 9, RALPH and the KMA night watchman enjoyed a malted milk and the egg.

After seeing "Cinerama Holiday" in Kansas City, Mr. and Mrs. JACK GOWING decided to take their young son RANDY to the zoo in Swope Park. The bears, monkeys and elephants fascinated him, but when he came to the giraffes. . . he stopped cold. That was what he wanted to bring home with him. He liked the checkerboard effect of the giraffes. Can't you just see a giraffe fitting into the life on an Iowa farm?

Everyone loves a collie! That's why the new miniature collie, or Shetland Sheep dog at the EDWARD MAY home, has won over the hearts of all the family so quickly. Her name is "Missy". She is 6 months old, stands about 15 inches tall and will probably not get over an inch taller, as she has reached most of her growth. After arriving

home with the dog from Missouri, Missy was allowed to come in the house so the children could get better acquainted with her. But alas! Little "Missy" had an accident on the floor. ELEANOR JEAN was just in the act of mopping up, when little Eddie ran thru the door and the mop caught him right in the front tooth, pushing it back. This required a trip to the dentist's office to force the tooth back into position. And it all happened right in the "corn-on-the-cob" season, when he couldn't bite off the sweet corn because of his sore tooth! But his tooth was coming along all right, when a fall out in the yard while he was playing, gave the same tooth another knock, and pushed it back in again. Poor little EDDIE has been having his troubles this summer, but even with all his hard knocks, he hasn't gone back on his new puppy. Pictured on this page you see EDDIE sitting on the steps at home, petting "Missy" and forgiving and forgetting about his tooth troubles.

It was a big day for BRUCE FALK, son of "The Farmer's Wife" when his Holstein was pronounced the Champion in the dairy class at the Page County Fair. He also won first over all in the Holstein class, and second in showmanship. Karen won red ribbons on her cake, fruit bread and jelly, and a blue ribbon on her menu. Florence and the children stayed in Clarinda, attending the entire fair.



Eddie May, 3, has a new friend.

A Letter From The Farmer's Wife

Greetings from the farm !!!

Well, here we are at September, the summer behind us and the school year ahead. The summer in this great midwest has lived up to its usual variance. Some very hot days along with some beautiful ones sandwiched in between. But all in all with enough moisture to at least keep crops growing in some places and bountiful moisture in others, we can't complain.

Here on the farm, the small grain crops varied. The wheat combined out nicely and was of a good grade and yield. The oats were just fair but the seeding with the oats was so very good it compensated for the yield. This has been a year for hay in this area at least, and while we didn't have too many acres there was haying to be done. In fact, one week found farmers cultivating milo and sorghums, laying by corn, combining small grain and haying all at once practically. Good to have the crops.

At this writing (in August) the only thing my farmer seemed to find wrong with the corn is that it is maturing a bit too fast due to the extremely hot winds we had for a few days. At this writing there are new little baby pigs, new little wobbly calves and of course, lots of new little kittens. Life on the farm is far from monotonous.

Bruce has had a full summer with swimming, baseball, the county fair and work. Essex had a very fine baseball setup this summer, including boys from 7 years through sophomore year in High School. So Bruce pedaled his bicycle many a morning to practice and they had games with other towns. When the baseball session ended it was time to get his dairy heifer ready for

the County Fair. That took many hours of grooming, washing, teaching her to walk and stand right. But it paid off, for at the Page County Fair his heifer Star walked off with the blue ribbon in her class and championship of her breed, Holsteins. She also helped in Bruce's placing second in showmanship. He not only had lots of fun this summer but helped many times in the hay field, chores and wherever he was needed. He is in the 7th grade in Essex Public Schools.

Karen Ann has had a busy last two months. She has been working for her mother this summer, there has been so much to do. She applied for and received through examination, her State of Iowa learner's permit to drive the car with one of her parents right by her (as the law declares and is so flagrantly abused). Sewing has been her main hobby for the summer and the last of August found her turning out skirts, jackets and jumpers for good wear as well as for school. She had several entries in the 4-H Fremont Farmettes local achievement show earning four blue ribbons and one red ribbon. She took four entries to the county fair bringing back three red ribbons and one blue ribbon. Her blue being on menu for four featuring Vitamin A. She had to have four cans home canned foods, she took layered peas and carrots, small new potatoes and Bing cherries. You might be interested in the menu:

Tomato Juice

Browned Chicken

Buttered peas and carrots

Creamed new potatoes with parsley

Whole wheat rolls butter preserves
Bing Cherry Salad Milk Dessert

Karen Ann has had a lot of fun swimming this summer, learning to dive along with developing new strokes. She certainly has conquered her tremendous fear of water. Her houseguests for a week each were cousin Reva Carlson of Oakland, Nebraska and a former classmate Lonette Alber now of Boone, Iowa. She extended several courtesies to each while they were here.

The farm kitchen hasn't been too "hot" this summer as most of our efforts have gone into the freezer. Did some canning of beans, apples and some chicken. It is so handy to have canned meats and poultry to fix in a jiffy. I have quite a few quarts of wild grape, apple, mulberry juice to make up into jellies later on. I want to can some carrots with some peas from the freezer for soup when the snow flies.

I have had such a pleasant summer visiting along the way, so many fine radio tour visitors. I was sorry to have missed several, but on a farm, men do have to be fed.

Continued on Page 13



Karen Falk, 15, stands beside her blue-ribbon canning exhibits at the County Fair.

Homemaker's Guide

"THE FARMER'S WIFE"

By FLORENCE FALK

School bells are ringing and the lunch-box again appears upon the scene. August was Sandwich month nationally but really sandwiches are year around fare. Here are a few suggestions that you may use for lunch boxes or party fun.

SANDWICH FILLING SUGGESTIONS

1. Cream cheese, spread with strawberry jam.
2. Cream cheese, black walnut meats and grated carrots.
3. Over sausage, cream cheese, hardcooked eggs and mayonnaise.
4. Salmon, hard-cooked eggs, piccalilli and mayonnaise.
5. Crunchy peanut butter, grated carrots, raisins.
6. Cream cheese, dried apricots and prunes.
7. Cream cheese, walnuts, grated carrots, peanut butter or jam.
8. Peanut butter, grated apple, fried bacon bits, mayonnaise.
9. Peanut butter, deviled ham, piccalilli.
10. Cream cheese, bacon.
11. Cream cheese, deviled ham, piccalilli.
12. Chopped hard-cooked egg, crisp bacon, parsley, mayonnaise.
13. Chopped hard-cooked egg, mayonnaise, deviled ham, piccalilli.
14. Cheddar cheese and egg slices, chili sauce.
15. Grated American cheese, dried beef, chili sauce.
16. Cottage Cheese, minced onion, tomato catsup.
17. Ground raisins, nut butter, sweet cream, dash cayenne.
18. Flaked salmon, lemon juice, melted butter, catsup, salmon oil for consistency.
19. Flaked sardines, lemon juice, horse-radish, catsup.
20. Ground cooked meat, chopped hard-cooked egg yolks, chopped olives, mayonnaise.

* * * * *

SANDWICH SPREADS

1. Combine:
3 ounces cream cheese
 $\frac{1}{4}$ c. finely chopped nutmeats
3 T. grated carrots
Spread on raisin bread. Makes 3 whole sandwiches.
2. Combine:
1 c. baked beans
 $\frac{1}{4}$ c. piccalilli
Spread on Boston Brown Bread. Makes 4 whole sandwiches.
3. Spread on Rye Bread:
Sliced pimiento and brick cheese.

4. Combine:
 $\frac{1}{2}$ c. creamy peanut butter
1 $2\frac{1}{2}$ oz. can deviled ham
 $\frac{1}{4}$ c. piccalilli
2 T. mayonnaise
Spread on white bread. Makes 4 whole sandwiches.

5. Combine:
 $\frac{1}{2}$ c. crunch peanut butter
 $\frac{1}{2}$ c. crushed pineapple
Spread on white bread. Makes 3 whole sandwiches.

6. Combine:
1 $4\frac{1}{2}$ oz. frozen cooked shrimp, ground
 $\frac{1}{4}$ c. finely chopped green pepper
 $\frac{1}{4}$ c. finely chopped celery
4 T. chili sauce
Spread on 100% whole wheat bread. Makes 4 whole sandwiches.

7. Combine:
3 c. cooked beef
1 c. cooked pork
Grind with fine blade on chopper.
6 small sweet pickles
1 c. sweet green pepper or canned pimentoes
Chop very fine with knife. Combine with 2 c. mayonnaise and mix well.

8. Club Sandwiches:
Cut large size loaves of bread into $\frac{1}{4}$ inch slices. Remove crusts, toast lightly and spread with mayonnaise instead of butter. Put 2 slices of the breast of chicken on one slice. Cover with a slice of crisp brown bacon and a lettuce leaf, spread with a little mayonnaise. Put on the second slice of toast spread on both sides with mayonnaise. Cover the top of this slice the same as the first slice with chicken, bacon and mayonnaise—spread lettuce. Finish with a third slice of toast, spread with mayonnaise on the under side. Cut the pile across diagonally, garnish with slices of tomato and sliced dill pickles.

9. Bacon and Egg Sandwiches
Chop 2 or 3 slices bacon, brown in skillet. Drain off all the drippings and put in 1 egg beaten with 1 t. milk. Stir until egg is cooked and bacon covered with same. Spread between lightly buttered baking powdered biscuits (hot or cold) sliced into 3 layers.

10. Brown Sugar Chocolate Sandwiches
(This is a good cake substitute.)
Spread white bread slices with butter, then brown sugar moistened with a little cream or evaporated milk, and grate a little unsweetened chocolate over the sugar, then press on another buttered slice and cut in oblongs.

Because so many of the recipes call for piccalilli hope you try this recipe:

Continued on Page 13



HOMEMAKER'S VISIT

By **BERNICE CURRIER**

PECAN PIE WITH COFFEE

- A— $\frac{3}{4}$ c. sifted flour
- 1 t. baking powder
- $\frac{1}{4}$ t. salt
- $\frac{2}{3}$ c. sugar
- B—1 egg beaten
- $\frac{1}{3}$ c. milk
- $\frac{1}{2}$ t. vanilla
- C—3 T. margarine or butter melted
- D— $\frac{1}{3}$ c. chopped pecans
- E— $\frac{3}{4}$ c. brown sugar packed
- F—2 T. instant coffee
- 1 c. hot water

Line a 9 inch pie pan with pastry. Sift A. Combine B and add to A. Add C and stir just enough to blend. Add D. Pour into pastry shell, sprinkle E over top then combine D and pour over all. Bake 50 to 55 minutes or until well browned in 400° oven. Serve hot or cold, garnish with whipped cream and pecan halves.

* * * * *

LIME MARSHMALLOW MERINGUE

- $\frac{1}{4}$ lb. marshmallows
- 1 T. plus 1 t. lime juice
- few drops green food coloring
- 2 egg whites
- $\frac{1}{4}$ c. sugar
- $\frac{1}{4}$ t. salt

Place marshmallows and 1 T. juice in top of double boiler and set over hot water until very soft. Remove from heat and continue stirring until smooth and fluffy. Add coloring and cool. Beat whites till they form soft peaks then add sugar slowly and beat constantly to stiff peaks, add salt and remaining 1 t. juice. Fold meringue into the marshmallows and spread in swirls over a cool pie or slice of angel food cake, put in moderate oven until lightly browned.

* * * * *

LATE GARDEN RELISH

- A—9 small green tomatoes
- 6 medium cooking apples
- 2 medium white onions
- B—2 stalks celery
- C—3 c. sugar
- $1\frac{1}{2}$ c. white vinegar
- 1 t. salt
- 2 t. ginger
- $\frac{1}{2}$ t. each-tumeric, mustard and mace
- $\frac{1}{4}$ t. cayenne

Put A thru grinder. In a kettle combine B and boil 5 minutes. Add A, bring to boil and cook 10 minutes stirring often. Remove from heat, pour into sterile jars and seal. Makes about 7 half-pints.

* * * * *

CARAMEL PIE

- 2 c. sugar
- 1 c. hot water
- 3 egg yolks
- $2\frac{1}{2}$ T. cornstarch
- 2 c. milk
- 2 T. butter or margarine
- 1 t. vanilla
- 2 egg whites
- 4 T. sugar
- baked pie shell

Brown sugar in heavy skillet with very low heat, stirring constantly. When melted and brown, add hot water and stir until smooth. Cool. Beat yolks and add cornstarch dissolved in a little milk, add 1 c. milk then add to syrup, return to fire and stir until thick, then add the butter or margarine and vanilla. Pour into baked pie shell. Make a meringue by beating whites to soft peaks, gradually add sugar and beat to stiff peaks. Spread over cooled pie touching crust all around. Brown lightly in 375° oven. Sprinkle with coconut toasted in moderate oven.

* * * * *

PEPPER HASH

- 27 pickling onions
- 3 green sweet peppers
- 6 red sweet peppers
- $1\frac{1}{2}$ c. sugar
- 1 T. pickling salt
- 1 pint pure cider vinegar
- 1 T. celery seed
- 2 small hot red peppers

Sweet peppers are rounded at ends, hot ones are pointed. Peel onions and put thru chopper. Remove seeds and membrane from peppers and put thru chopper. Combine all and bring to boil and simmer 30 minutes. Put in sterilized jars and seal.

* * * * *

FROSTING FOR SOUR CREAM CHOCOLATE CAKE

- 1 beaten egg
 - sifted powdered sugar
 - $\frac{1}{4}$ c. melted butter or margarine
 - 1 T. instant coffee
 - $\frac{1}{3}$ c. cheese whiz warmed a little
- Combine all to creamy mixture and spread on cake in oblong pan. Delicious!



Nielsons Describe Vacation Trip

Florence, Holly and I enjoyed Canada for a full week, traveling in the provinces of Alberta, Saskatchewan and Manitoba. We entered through Montana and left by way of Winnipeg, coming back to Shenandoah thru Minnesota.

This was our first trip to the land of the Maple leaf. We found it easier to get good gasoline mileage in Canada because their Imperial gallon is one fifth larger than ours. Gasoline prices ranged all the way from 33¢ per gallon in Winnipeg to a staggering 48¢ at the Columbia Ice Fields high in the mountains.

We knew that our U. S. dollars currently are worth approximately five per-cent less than Canadian dollars, but it still came as a shock to receive just \$19 when we cashed a \$20 traveler's check! We found prices in general to be somewhat high, particularly in the grocery stores. For instance, bananas were two pounds for 49¢ and bacon was nearly \$1.00 per pound.

Speaking of grocery stores, we had lots of fun browsing through them wherever we went, since Florence cooked nearly all of our meals. We were intrigued by the delicacies which we saw packaged in beautifully decorated metal boxes and cannisters imported from England, which usually contained toffee or biscuits (cookies to us). Tea was sometimes more prominently displayed on grocery shelves than the coffee. Much of the coffee was in half-pound paper bags, and the brands were completely unfamiliar to us. It seemed strange to see the labels on canned goods printed in French as well as English.

Our first stop in Canada was Calgary, which we found to be a rapidly expanding modern city. From there, we headed northwest to Banff and Jasper National Parks, which contain some of the most rugged mountains in the Canadian Rockies.

We spent a delightful evening in the village of Banff looking at the beautiful things in the shops, particularly the wool blankets, Scotch plaid clothing and bulky knit ski sweaters at the Hudson Bay Store. Other shops specialized in lovely imported chinaware, and furs of all sorts were also in evidence. On the streets in Banff we saw many young men in uniform, wearing the traditional jaunty beret, as well as some attired in authentic Scottish regalia complete with plaid kilts and all! We learned that they were in a band which had travelled all the way from Nova Scotia, and we later heard them play their drums and bagpipes in a concert.

Our trip covered 5,000 miles, and we enjoyed every mile of it because of the things we saw. Holly summed it up while we were unpacking when she said, "We sure had fun on our vacation!"

THE FARMER'S WIFE

Continued from Page 11

PICALILLI

Grind with the fine blade on chopper:

1 peck green tomatoes
12 red peppers
12 green peppers
1 quart small onions

Let stand at least $\frac{1}{2}$ hour and drain. Cook uncovered for 30 minutes in 2 quarts of vinegar; then again drain. Discard liquid. Place in kettle with

1 quart of vinegar
7 c. sugar
 $\frac{1}{2}$ c. coarse salt
1 c. mustard seed
3 T. celery seed
1 T. cinnamon
1 T. allspice

Simmer for 3 minutes uncovered. Pour into pint jars and seal. Makes about 12 pints.

A LETTER FROM THE FARMER'S WIFE

Continued from Page 10

Maxine Crouse of Red Oak spent almost two weeks with us while Bob was at Camp Ripley. She really helped me along the way getting lined up for an ice cream social and family reunion. In an old house though the fixing never stops.

It was my privilege to take Bernice's programs while she journeyed on a much needed rest to Montana. It was fun. August 1st the Essex Luther Leaguers had an ice cream lawn social here, served about 125. This first Sunday in August found the family reunion on my side here. Because of the intense heat we'd been having I prepared the picnic for some 38 or so. And such a nice two days of cool weather sandwiched in between. We had seven houseguests so was glad to be cooler.

We've had so many fine families visit us this summer, folks that have gone out of their way to come to see us. I appreciate this so very much and feel humble. Do hope my half hour each day brings you something of worth.

Our vacations this summer have been varied. The farmer went to Kansas for the Falk family reunion at Concordia. The children and I spent 4 days at the Page County Fair. Bernice took my programs and I appreciated it so much. We spent two days at the Iowa State Fair and that was it.

A great big thank you for your cooperation, orders, letters and above all your steady listening to the Farmer's Wife's program. So now until November.

Keep Smiling,

Florence Falk

KMA Daily Programs For September, 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.—Take 30 For Music
 8:30 a.m.—Bernice Currier
 9:00 a.m.—Breakfast Club
 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.—2:30 Standard Time
 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.—Sports
 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.—Browns' 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.—Browns' 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.—Browns' 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.—Browns' 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.—Game Of The Week
 10:00 p.m.—Ralph Childs, News
 10:15 p.m.—Sports Roundup
 10:30 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.—Sports Scoreboard
 7:45 a.m.—Morning Headlines
 8:00 a.m.—Take 30 For Music
 8:30 a.m.—Bernice Currier
 9:00 a.m.—Saturday Shopper
 10:00 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.—Henry Jerome
 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.—Serenade In Blue
 9:30 p.m.—Hour of Decision
 10:00 p.m.—News
 10:15 p.m.—Manhattan Melodies
 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 SEPTEMBER

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

Listings Correct at Time of
Publication

However, all Programs Are Subject
to Change.

KMA's Family Album

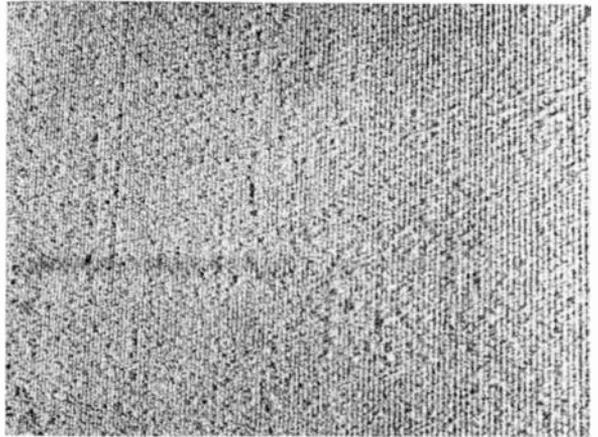


ELIZABETH CRAIG POSES AMONG MONTANA'S SCENERY

Mrs. Lee (Elizabeth) Craig, sister of Homemaker Bernice Currier, is shown here amidst the beautiful scenery at East Rosebud Lake, Montana where she and Bernice enjoyed a very pleasant vacation.

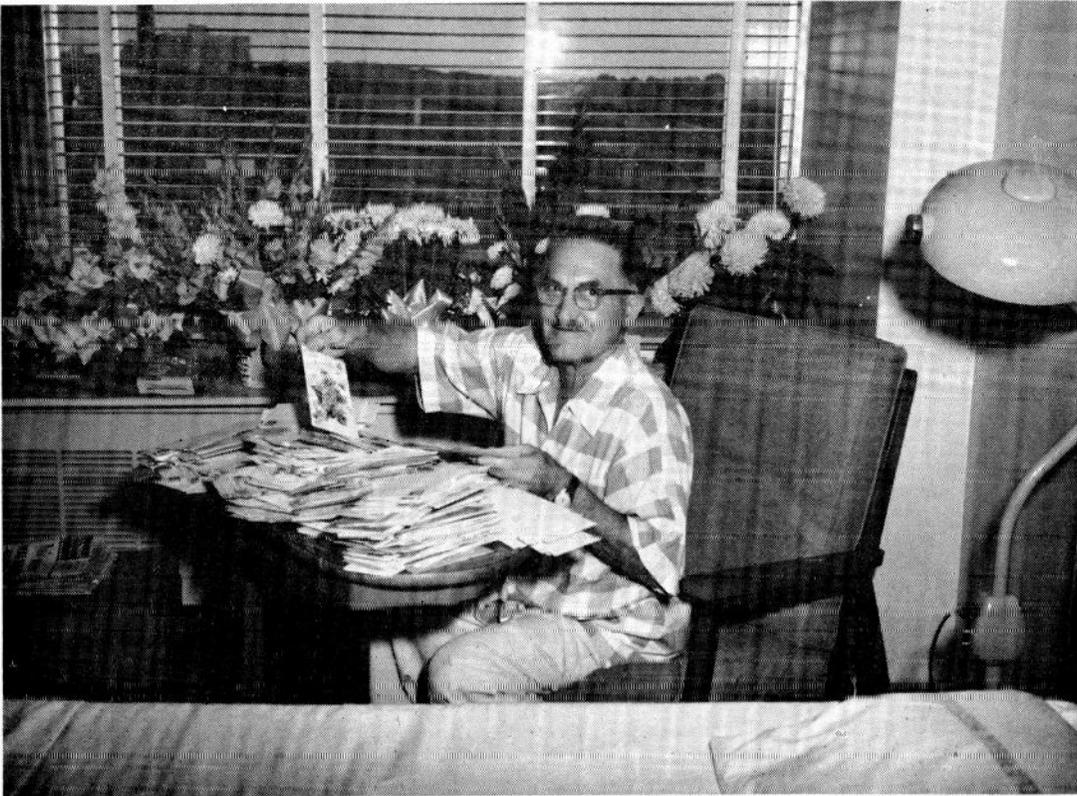
CAN YOU GUESS WHAT THIS IS? ? ?

On a recent plane trip, the Guide editor took a straight, 180-degree angle picture from the door of the plane. This is the result. Though at first glance it might resemble a close focus picture of a rug or the wave of a terrycloth towel — just about any old farmer can tell you it's a field of Iowa corn, looking straight down on top of it.



FRANK 'N JENNY AND LOTS OF MAIL

Here's a picture we thought you'd enjoy of Frank Field, our ailing hospitalized personality, with his wife Jenny, who helped Frank to open, read and sort thru more than 2,200 pieces of mail which flooded Clarkson Hospital after Frank was admitted for surgery. Frank is home now "recupping", and hopes to be able to resume his 7:15 a.m. show sometime during the middle of September.



FRANK FIELD sorts thru the 2,200 pieces of mail which swamped him after he had entered the Clarkson Hospital in Omaha for surgery. Frank's morning show has been taken over by Jack Gowing and also by other May Seed Company personnel. Frank plans to resume his broadcast activities in mid-September if his progress continues to satisfy his doctor. For a story of his hospitalization, see page 4.

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