

The

# KMA GUIDE

October, 1967



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## **The KMA Guide**

OCTOBER, 1967

Vol. 14

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**The KMA Guide**



## A Chat With Edward May

For many people October is a time when things have settled back to normal, such as the resumption of school and its many activities, club meetings, football games, etc.

### Newlyweds at Niagara Falls

In the case of the Edward May family, back to normal means the wedding of Karen to Jim Sislo has taken place. It was a beautiful wedding, and it couldn't have been nicer. The newlyweds are now living at Niagara Falls, New York, where Jim is a dentist in the Air Force. He will be in the service for the next two years, and following this, he anticipates setting up private practice in his home state at Wausau, Wisconsin.

For the past several months I have promised to show you a picture of Karen's Jim. I am finally able to keep my word. The young man, shown in his dress uniform, is Captain James Sislo. Jim and Karen May were united in marriage at Shenandoah, Sunday, August 27.

### Wonderful Gifts

For several weeks prior to the wedding, numerous showers and parties were given in Karen's honor. At the showers she received many wonderful gifts which I am sure she and Jim will cherish and use for many years to come. Guide photographer, Joni, thought it might make a nice picture to show Karen with some of these wedding gifts. It was impossible to show the entire room which was all but overflowing with wedding presents, but you can see Karen

standing beside some of the lovely gifts. People are very nice, and Karen certainly appreciated all that was done for her.

### Harvest Time

In addition to things having settled back to normal, October means harvest time. In spite of a most unusual growing season, with too much rain early in the season and too little later, we have good crops and have much to be thankful for.

This is the best time of the year for many people, usually the weather in October is ideal, neither too hot nor too cold. However, some people don't like fall because they say it is a forerunner to winter and they very much dislike winter, but there isn't much we can do about it except enjoy the wonderful weather we should have the next few weeks.

### Winter Forecast

Speaking of winter, what kind of weather do you anticipate this winter? Have you seen any woolly caterpillars? If so, did they have a narrow band or a wide middle band? The saying is, "The wider the middle band, the milder the winter." Regardless of the woolly caterpillar, KMA promises to keep you informed about the weather, as well as other activities, so keep your dial set on 960.



## Frank Comments

By FRANK FIELD

In the spring catalog this year we listed a new cucumber called Burpless. Naturally, I had to try it out in my garden. Its principal claim to fame is the fact that it can be eaten in perfect safety by even those people who never could eat cucumbers before, and from all that I can gather it seems to live up to its name. We have given them to a number of people who would say, "Oh, I can't eat cucumbers - I belch them up for 24 hours." Well, that is why they named it Burpless. Apparently, there isn't a burp in a carload.

That one I'm holding measured just a little over 16 inches in length, and those in the foreground of the picture are already about a foot long and will easily make 16 inches before they are picked. Jennie likes them especially well for bread and butter pickles, as they are so firm and solid and the seeds are very small. Of course, not all of them grow absolutely straight. Sometimes they develop quite a curve, almost sickle-shaped, but that doesn't matter in the least if you are going to slice them anyway.

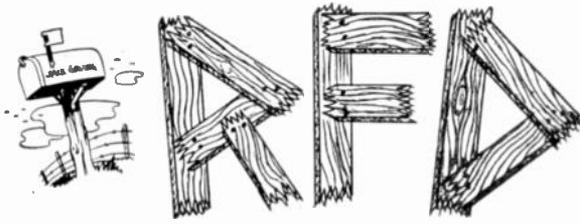
If you look closely you can see the Roma

Tomatoes right behind me, bearing their fool heads off, and in the background you see two hills of Hercules Squash. There must be almost 50 squash on those two hills, but we won't pick them for quite a while. The vines made a terrific growth and completely overran the sweet corn on the left-hand side of the picture, which didn't hurt a thing, as the sweet corn was picked and used long before the squash got that far. However, I am having a little problem keeping them out of that row of tomatoes behind me. We won't pick any of the Hercules Squash until they turn a dark tan color and the faint green stripes have all disappeared.

Now it is time to begin thinking about planting Dutch Bulbs. However, the planting will be put off for 2 or 3 weeks yet because the Petunias are making such a glorious showing now that we finally got some rain. I used Paleface Petunias last spring to mark the spots where the Tulips needed replanting, as it is so easy to forget during the summer. There isn't any real hurry about getting the Dutch Bulbs in anyway, just so they are in the ground early enough to make a good root system before the ground freezes up for winter.

There are a few new varieties listed this fall that I would like to try, but we probably will stick pretty much to the Giant Hybrid Darwins as we have in the past, the Pheasant Hybrids, having been extremely satisfactory.





with  
*Jack  
Gowing*

The crop report for September indicates that we have another huge crop on our hands. In my travels over the area, I find that many farmers are shaking their heads in disbelief. We hear such statements from officials as "conditions vary within fields from poor to excellent." We really won't know the full story until we have the crop all harvested.

We have had some people tell us that some fields weren't planted this year because of too much rain at planting time. There are reports now that insect damage is severe. Birds are reported to be eating kernels at the end of the ears. All of these will cut the crop estimate rapidly, and then the method of harvest can mean severe losses in the field, too.

Some of the experts are recommending crop rotation now as a means of helping to

control rootworms. If beetle population was heavy in your fields, the recommended practice would be to rotate, apply an insecticide at planting time and then a final check before lay-by and maybe a second application then if you find rootworms present.

One other thing on the crop estimate, we had a frost date forecast of October 20th. This would be ten days later than average. At the time I am writing this, it appears that a late frost will be a must if we are to have mature crops because the crop is a little behind schedule.

#### Soil Fertility Program

Don't forget to take a good look at your soil fertility program, too. This will play a big part as to whether or not you have a good crop in the drier years.

If you get the harvest done and weather permits, then this fall will be the time to start your fertilizer program and get a part of it done before the spring rush.

With the harvest season upon us, we want to remind you that now is the time to make a check on all of your harvest equipment and make the needed repairs so that the equipment will be ready when it is time to go to the field. Take the Keep Me Alive pledge and go over your operating procedure on each machine. If you have formed a habit that is not in the line of safe operating procedure, then try to change your system so that you can be a safer operator.

I want to mention the repairs again. You know that many times you find machinery parts that are about to break. Finding these ahead of time may prevent an accident, and it will definitely reduce your down time once the harvest has started.

#### Cloud Seeding

The IAMO cloud seeding project for Adams, Fremont, Page, and Atchison counties ended October first. It was a sixty-day contract, and it will take a few weeks to get a full evaluation of the project. Many people in other counties have indicated an interest in starting on the fund raising for cloud seeding next year. What is your reaction? Let us know.



Jack Gowing inspects generator in which silver iodide is burned at 2300 degrees for the purpose of seeding the clouds.

**ON THE**  
**PARTY** **KMA** **LINE**



She'd been doing this type of work for nineteen years, when **MARY HAMILTON**, sister of **KMA'S FRANK**, stepped into the place vacated by retiring **ETHEL BALDWIN**. Mary is the gal responsible for answering letters and phone calls which Frank receives in great quantity every day. She has a son, **PAT**, living in Reno, Nevada, son, **PETER**, in Shenandoah, and daughter, **MARY JANE (HAMILTON) KOWAL** in Omaha. By the three, Mary is grandmother to an even dozen. She has lived in Shenandoah all her life and refers to it as "the capitol of the world."



Visitors from across the sea came to **KMA** during August and September. Interviewed on the **KMA "Open Line"** was Mrs. **PATRICIA MASON**, (left, above) of Maidstone, Kent, in England. Mrs. Mason who lives 35 miles from London in what is called the "Garden of England," admired the beautiful flowers planted at the May Seed & Nursery Office Building. She spent two weeks visiting with her cousin, **WINIFRED LONGINAKER** of Randolph, Iowa.



From time to time, staffers at **KMA** are asked to talk at meetings out in the listening area, and in September, the Women's Club of Silver City, Iowa, invited **DUANE JOHNSON** and **JONI BAILLON** to clue them in on **KMA's "Keep Me Alive" Safety Campaign**. Duane explained the Defensive Driving Course and is shown instructing the ladies. Joni discussed home safety and the "Keep Me Alive" Pledge. Thirty-three women attended and fed our two well after the meeting.



Many people visit us during the summertime, and this year, twenty-two members of the Friendly Hour Group (left) in Manning, Iowa, stopped by to check out the KMA facilities.

Station Manager **NORM WILLIAMS**, traveled in September to Dallas and Atlanta, as a speaker for the Radio Advertising Bureau. The RAB Management Conferences were attended by general managers and sales managers of large to medium-market stations in an eight-state area around each of the cities. Norm told the story of KMA radio, and in particular, of our year-long Keep Me Alive campaign.

Was talking to **WARREN NIELSON** the other day when he mentioned they'd had a "Sundaymas" at their house. Didn't think it was a disease, sounded more like a holiday. Warren said this custom has been carried on for years with their family. Whenever things start getting a little dull, in between holidays and birthdays, he and **FLORENCE** and **HOLLY** pick out a Sunday and plan to make that a special day. The next few days are spent hunting up small presents for each other. This last Sundaymas, Warren received a shirt and pair of socks, Florence a brooch and earrings, and Holly got a tennis racket. Sounds like fun.

Our Sales Manager **JACK KATZ**, found himself without a way back from Omaha a few weeks back. During the time the rains were coming down, Jack had driven his car to the airport, jumped into his plane and piloted it up to Omaha. All one weekend it rained and was certainly not good flying weather. Jack will soon be able to fly on instruments alone, but that weekend he was forced to borrow a car to get back.

We're mighty proud of our talent here at KMA, maybe that's why we weren't too surprised when Announcer **MIKE LE PORTE**, won second place in a State Future Farmers of America contest in Sioux City. His topic, "The Chain of Agriculture," stressed the unlimited opportunities in that field. Mike was named an alternate for the North Central region contest in public speaking, and later gave his talk on **WARREN NIELSON'S** Saturday morning KMTV show.

Announcer **DAREL BARGAR** spent some of his vacation in August in Kansas City and St. Louis, Mo. He and his brother, **GARY** of Lincoln, Neb., attended baseball games in St. Louis and saw a country-western show featuring Minnie Pearl and the Wilburn Brothers preceding a Cardinal game.

The three smiling gentlemen below, were interviewed on different days on **JONI'S JOURNAL**. Wearing medallions are **DEAN ZINGG** of Grant, Nebraska, and **CHUCK DANSKIN** of Lincoln. Both students at Nebraska Wesleyan, members and organizers of the "Whiskey Run Singers," entertained this summer at Brownsville, Nebraska. That lad in the back is **IAN LEA**, of Nottingham, England. Ian spent a six week holiday in the United States traveling around the midwest and studying the American way to interior decorating, which is his field in England.



# 1967 Farm Industry Day

## 8,000 Gather For Annual Event

The day was lovely, bright and warm, as over eight thousand persons lined the downtown streets of Shenandoah for the annual **FARM INDUSTRY DAY** celebration. The festivities began with a morning kiddies parade and many farm machinery displays. There was a carnival in town for the kids and free lunch all afternoon.



World friendship was the theme of the Shenandoah Rotary Club float (top picture). Sidney, Iowa, built a replica of a chute from its Rodeo (above) and at right is the Nebraska City, Neb., float promoting Arbor Day. Essex, Ia., presented their queen on an outstandingly beautiful float.



Taking the spotlight at the afternoon parade was the Strategic Air Command Band from Offutt Air Force Base in Omaha. The sixty musicians, chosen for their ability and professional experience, led the parade.



Something new this year was a display of antique cars which drew young and old alike. The cars belonged to members of the Omaha Antique Car Club and were also driven in the regular parade. Club members enhanced the beautiful, vintage automobiles with costumes appropriate to the era.

For forty-five minutes a huge line of floats and marching bands from S. W. Iowa, antique cars, and clowns entertained the crowd. The girls were pretty, the clowns were ridiculous, and the floats were beautiful.

Climaxing the afternoon activities, the SAC Band played in concert under the late summer sky.

# DOLLAR . . .. SAVERS

This particular page of the KMA GUIDE, has been "your page" since January. Many of you have written to share your short-cuts in homemaking, and this month you'll see some new names on this page. If you haven't sent in a tip, remember the top five are worth \$1.00 each to their sender. Get yours in by October 15th for the next issue of the GUIDE.

Metal buttons cause many problems since the metal cuts the thread so get dental floss for your sewing basket, it's tough and already waxed and easy to use.

Mrs. Paul Oakes  
R. 2  
Atlantic, Iowa



When canning beets, use a french fry cutter for cutting them. Cook the beets, skin them, run through cutter, add beet juice, vinegar and spices, bring to a boil and can. This way is very quick.

Mrs. Fred Husman  
327 Fourth Ave. N. W.  
LeMars, Iowa



Empty lipstick tubes are ideal for storing needles, and liquid wax applied to wrought iron furniture occasionally will help prevent corrosion.

Ellamarie Braack  
7812 No. 28th Avenue  
Omaha, Nebraska

Try nailing a length of chain across clothes closets instead of a rod. Hangers will hang in the links, thus preventing clothes from pushing together and wrinkling.

Mrs. Ed Stiens  
R. R. 4  
Maryville, Missouri



Here's a shortent that I like to use . . . wash green peppers and cut out seeds and slice in strips. Put in plastic bags and freeze. Very good to use in stews, spaghetti sauces, soups, and to fry with onions and tomatoes. Also freeze parsley this way. Wash and cut the stems off and then squeeze it in a ball. Put the parsley in a plastic bag and freeze. When using, just cut some off for soups, etc., and put the rest back into the freezer.

Mrs. George C. Gillen  
3381 Jefferson  
Omaha, Nebraska



The perfect poison mark: Wrap a cord a number of times around the neck of all poison bottles and tie securely. Through the cord insert four pins in different directions and then there will be no mistake in identifying, even in the dark. Teach the children the significance.

Rosa Kahle  
Westboro, Missouri

Here's a good mildew recipe:  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup liquid bleach, and 2 quarts of water. This takes mildew out of white or colored clothes.

Mrs. Paul Oakes  
R. 2  
Atlantic, Iowa

When preparing a creamed dish from canned vegetables, use the liquid from the vegetables with the flour instead of water, makes the flavor much better.

Mrs. Fay Macy  
417 S. Fillmore  
Osceola, Iowa

To keep peeled apples from turning dark, cover them with salt water.

Mrs. Lewis O'Neal  
R. R. 1  
Clearmont, Missouri



To slice a rich cheese without having it crumble, heat the knife you use to cut it . . . also, try keeping an old rolled window shade in the trunk of your car, it can be a clothes saver if you have to get out and under the car for emergencies.

Mrs. David McCartney  
Hastings, Iowa



Does your pastry board move and slide around? Glue four jar rubbers to the under corners and the board stays put.

Letha Larson  
106 $\frac{1}{2}$  N. 16th  
Clarinda, Iowa

Use a toothbrush to clean the egg beater, and remember it also comes in handy when cleaning the food chopper, graters, and jewelry.

Mrs. David McCartney  
Hastings, Iowa

## Do It Yourself

### Fashionable But Warm Sweaters To Knit

When the holiday season comes a bit closer, this page will contain ideas for setting your table and setting your best "hostess look" forward. But this month, let's concentrate on some pretty ideas to keep you warm and fashionable during the cold weather months ahead.

The patterns pictured on this page are offered for 10¢, as always. If you wish to obtain the three patterns, send your name, address, zip code, and 10¢ to OCTOBER PATTERNS, KMA GUIDE, Shenandoah, Iowa, 51601.

This mini sweater mates well with a suit or kilt skirt. Knit in the stockinette stitch, the short sleeves and simple round neckline add up to a classic. There is a neck zipper opening in back. It is made of knitting worsteds for sizes 10-20.

The long pullover is one of this season's best sweater looks. This one mixes the nubby knit texture of a seed stitch with the tailoring of a blouse. A ribbed pattern rings the hipline, mandarin collar, and three-quarter sleeves. It is made of knitting worsted in misses' sizes 12-18.



And then there's a dandy of a sweater. Tom Jones, himself, would approve of the frilled knit trimming. The simple pattern stitch is knitted of super fingering yarn in misses' sizes 10-16.

All three of these patterns are yours for just 10¢. Remember, you can still order patterns from previous months. Just be sure to tell which Guide issue they appeared in and enclose a dime for each set.



# Witches and Goblins Like . . .

## PUMPKIN COOKIES

- ½ cup shortening
- 1 cup sugar
- 1 cup strained pumpkin
- 1 cup raisins
- ½ cup chopped nuts
- 2 cups flour
- 1 t. soda
- 1 t. baking powder
- 1 t. vanilla
- 1 t. cinnamon

**METHOD:** Cream shortening and sugar, add pumpkin, raisins and nuts. Sift and add dry ingredients. Drop from spoon on greased cookie sheet. Bake at 350° for 12-14 minutes. When cool, frost with powdered sugar frosting flavored with maple flavoring. **THESE COOKIES FREEZE WELL.**

**DRESS THE PUMPKIN:** Carve wide eyes and toothy smile, then add carrot nose, green pepper ears, (a slice on each side), olive eyes, and bushy parsley brows. Use toothpicks and hairpins and the trick is easy.

\* \* \*

## CITRUS SUNSHINE PUNCH

- One 6-oz. can frozen orange juice concentrate
- One 6-oz. can frozen lemonade concentrate
- One 6-oz. can frozen limeade concentrate
- 4 cups cold water
- Large bottle of ginger ale chilled (3½-4 cups)

**METHOD:** Combine first ingredients except ginger ale; pour over ice block in bowl. Add ginger ale just before serving. Makes 12 to 15 servings.

\* \* \*

## ORANGE-APRICOT CREAM FLUFF

- 2 pkgs. Orange Flavored Gelatin
- 1 cup boiling water
- 1 can (16 oz.) Apricots
- 1 cup Apricot Syrup (drained from fruit)
- ½ cup orange juice
- 1 can Apricot Nectar (12 oz.)
- 2 egg whites, unbeaten
- Dash of salt
- ¾ cup sugar
- 1 cup cream, whipped

**METHOD:** Dissolve gelatin in boiling water. Drain apricots. Add 1 cup apricot syrup, orange juice and apricot nectar to gelatin mixture. Chop apricots, drain well, cover, and set aside. Chill gelatin until almost firm. Beat in egg whites and salt until mixture is light and fluffy. Fold in sugar to whipped cream and apricots into gelatin mixture. Pour into a dish, or put in lightly in a cold water rinsed 7 cup mold. Chill until firm. Unmold on serving plate. Garnish with whipped cream, if desired. Serves 12-15.

## TINTED ICE CREAM BALLS

Combine 1 or 2 tablespoons Tang breakfast drink with 1½ cups flaked coconut in a large bowl or glass jar with lid. Toss with fork or shake in closed jar until coconut is evenly tinted. Then roll scoops of ice cream in tinted coconut and store in freezer until ready to serve. Use food coloring and coconut, or plain chopped nuts to roll other ice cream balls.

\* \* \*

## CRANBERRY FRUIT PUNCH

- 1 quart cranberry juice cocktail
- 1 pint orange juice
- ¾ cup lemon juice
- 1 cup pineapple juice
- ½ cup sugar
- 1 to 2 cups water

**METHOD:** Stir thoroughly and serve over crushed ice or ice cubes. Makes 8 to 12 servings.

\* \* \*

## POPCORN BALLS

(Use the same syrup with puffed rice cereal)

- 5 quarts popped corn
- 2 cups water
- 1½ cups water
- ½ t. salt
- ½ cup light corn syrup
- 1 t. vinegar
- 1 t. vanilla

**METHOD:** Keep corn hot and crisp in slow oven. Butter sides of saucepan. In it combine sugar, water, salt, corn syrup, and vinegar. Cook to hard-ball stage (250°). Add vanilla. Pour slowly over hot popped corn, stirring just enough to mix thoroughly. Lightly butter hands before shaping into balls or flat circles.

\* \* \*

## TAFFY APPLES

- 2 cups sugar
- 2 cups light corn syrup
- 2 bottles cinnamon candies (¼ cup)
- ½ t. red food coloring
- ½ t. cinnamon
- 6 medium red eating apples
- 6 wooden skewers

**METHOD:** In medium saucepan, combine first three ingredients with 1 cup water. Over medium heat, stirring constantly, cook until sugar and candies dissolve. **DO NOT BOIL.** Add food color and cinnamon, stirring well. Boil to 300° F without stirring. Wash apples and dry, remove stems, firmly insert skewers at stem ends. When temperature reaches 300°, remove taffy from heat and quickly dip apples until well coated. Place on buttered cookie sheet, skewer end up, and let taffy harden. Stand at room temperature until serving.

# October Fare

## LOW-CALORIE SOUR CREAM

$\frac{1}{4}$  to  $\frac{1}{2}$  cup buttermilk (depending on thickness you want)  
1 cup farmer or uncreamed cottage cheese  
 $\frac{1}{4}$  t. lemon juice  
Pinch salt

**METHOD:** Combine all ingredients in blender. Blend until smooth, completely eliminating all lumps. Refrigerate and serve. This does not stand up under heat as regular sour cream. Makes 1 cup, a total of 240 calories or 15 calories per Table-spoon.

## CHOCO-ALMOND VELVET

$\frac{3}{8}$  cup canned chocolate syrup  
 $\frac{3}{8}$  cup sweetened condensed milk  
2 cups whipping cream  
 $\frac{1}{2}$  t. vanilla  
 $\frac{1}{8}$  cup chopped toasted almonds

**METHOD:** In mixing bowl, combine syrup, milk, cream, and vanilla. Chill till very cold. Whip till mixture forms soft peaks and is fluffy. Fold in nuts. Pile into refrigerator tray and freeze till firm. Spoon into dessert dishes. Sprinkle with more almonds if desired. Makes 8-10 servings.

## APPLESAUCE BRAN MUFFINS

$1\frac{1}{4}$  cups sifted flour  
3 t. baking powder  
 $\frac{1}{2}$  t. salt  
2 T. sugar  
1 cup bran  
1 egg, beaten  
 $\frac{1}{3}$  cup milk  
 $\frac{3}{8}$  cup applesauce  
 $\frac{1}{4}$  cup melted fat or oil

**METHOD:** Sift together first 4 ingredients, mix in bran. Combine last 4 ingredients and add to the dry ingredients all at once, stirring only enough to moisten. Fill greased muffin pans two-thirds full. Bake at 400° about 20 minutes. Makes about 12 medium-size muffins.

## BONNY BERRY BREAD

$\frac{1}{2}$  cup butter  
 $\frac{3}{4}$  cup sugar  
1 egg  
 $\frac{1}{3}$  cup milk  
2 cups sifted flour  
2 t. baking powder  
 $\frac{1}{2}$  t. salt  
1 No. 2 can blueberry pie filling

**METHOD:** Cream butter and sugar; beat in egg. Blend in milk. Sift together dry ingredients. Add to creamed mixture. Spread half the batter in greased 8x8x2 inch pan; cover with three-fourths can blueberry pie filling. Spread with remaining batter; top with blueberry pie filling. Bake in a 375° oven for 30-40 minutes.

## FILLED POTATO NESTS

2 cups prepared mashed potatoes  
1 slightly beaten egg yolk  
1 egg white  
 $\frac{1}{2}$  t. paprika  
One 1-pound can mixed vegetables, drained  
 $\frac{1}{2}$  t. onion salt  
1 cup shredded sharp process American cheese

**METHOD:** Mix mashed potatoes and egg yolk. On greased baking sheet, form into 4 nests. Beat egg white and paprika, slightly; brush over potatoes. Mix vegetables and onion salt; spoon into nests. Sprinkle cheese over top. Bake at 400° for 25 to 30 minutes or till lightly browned. Serves 4.

## MOCK SWISS STEAK

$\frac{1}{4}$  cup flour  
 $\frac{1}{4}$  t. salt  
Dash black pepper  
 $1\frac{1}{2}$  pounds round steak (about  $\frac{3}{4}$  inch thick)  
2 T. shortening  
1 cup water  
1 can (10 $\frac{3}{4}$  oz.) condensed vegetable soup

**METHOD:** Combine flour, salt and pepper. Pound into steak with meat hammer or edge of heavy saucer. In large skillet, brown steak on both sides in shortening. Add water. Cover and cook over low heat until meat is tender, about 45 minutes. Remove cover; cook down excess liquid. Pour in vegetable soup. Heat. Makes up to 6 servings.

## BAKED FRUIT

1 No. 2 can Elberta peaches  
1 No. 2 can Queen Anne cherries  
1 No. 2 can apricots  
 $\frac{1}{2}$  cup brown sugar  
Juice and grated rind of 1 lemon  
Whipped cream

**METHOD:** Drain fruits and put them into an 8-inch square baking dish. Sprinkle sugar, juice and rind over fruit. Bake, uncovered, in a 350 degree oven for 30 minutes. Refrigerate about 24 hours. Serve with unsweetened whipped cream (flavored with cinnamon). Makes 8 servings.

## ONION SOUP QUICKIE

5 medium peeled and sliced thin, onions  
6 beef bouillon cubes dissolved in 6 cups hot water  
 $\frac{1}{4}$  cup Worcestershire sauce

**METHOD:** Place all ingredients in the soup pot and simmer, covered for 30 minutes. If desired, sprinkle each portion with 1 T. grated cheese and remember to add 28 calories to each serving. Makes 6 servings at 40 calories each.

# Jottings from Joni's Journal



Glorious October is here, and another birthday has slipped by unnoticed, because that's the way I'm beginning to observe them. Really don't know if one does become any wiser as the years go by. In any case, if you're celebrating a birthday this month, we all join in to wish you the "happiest."

As was mentioned last month, part of my family came to Shenandoah to visit the last part of August. We didn't have the pictures ready until now so take a good look. You'll see my dad and mom, my youngest brother, Jeff, and my great-aunt Florence Baillon. It certainly was fun to have them here for a few days, and I didn't mind cooking one bit.

The latter part of this month will be vacation time. Yes, one of my closest friends is being married on the 28th and of course, I wouldn't miss that for the world. Plan to spend some time in Madison, Wisconsin, with other friends, so I know that week will pass too quickly. Then it'll be time to settle down and plan for the holidays. By the way, we hope you will find the Christmas Album-Guide offer to your liking. Should make a nice gift idea for those on your list.

Mrs. David McCartney of Hastings, Iowa, sent me a lovely group of thoughts when she submitted her DOLLAR SAVERS this month. We'd like to thank her and share them with you now.

## THOUGHTS FOR THE WEEK

On Monday . . . Look for a smile today and return it with one of your own.

Give someone new faith and hope, it's such a beautiful loan.

On Tuesday . . . Gather a thought that's kind. One that's sincere and deep.

But be sure to pass it along, for such are too precious to keep.

On Wednesday . . . Forget yesterday's old sorrows, mistakes, sadness, and pain.

Lift your heart with hope and a song as flowers to sun and rain.

On Thursday . . . Offer a word of comfort and prayer to help someone in need.

A little thoughtful gift, some flowers or a smile make us all rich indeed.

On Friday . . . You shall not pass this way again. So do any good you can do.

Don't put it off till tomorrow or the chance be lost to you.

On Saturday . . . Today will soon be a memory so don't let it come to an end without a smile, without a song, or just a word with a friend.

On Sunday . . . Don't let worry and care depress you or brush the day's joy away, but rise and give thanks to God above for his love and another Blessed day.

I gave my mother one of the flowers used in the many beautiful table decorations for the Hand Community Hospital Auxiliary's Style Show this year. Mom would like to make a few for the holidays. The flowers were cut from cardboard then colored burlap of all patterns was pasted to the outline. They were potted in clay pots and finished off with faces of yarn. Maybe that's the idea you're looking for.



# PROGRAM NEWS FOR OCTOBER 1967

Dial 960 — K M A — 5,000 Watts

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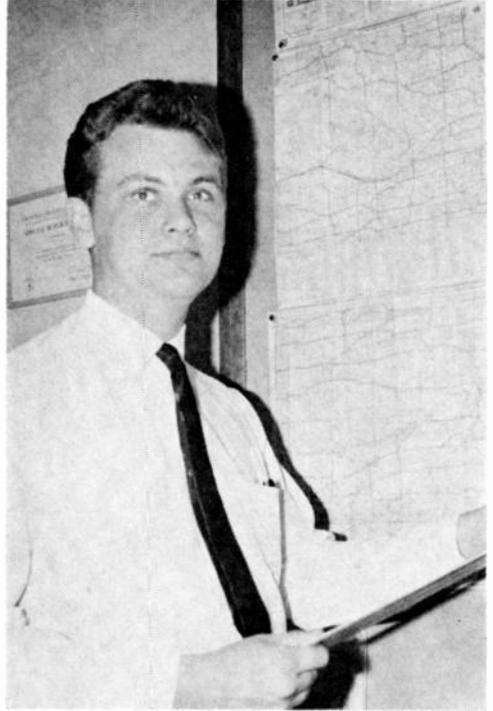
Announcer Darel Bargar presented check to Mr. and Mrs. Finch.

## Safety Tip Winner

On Thursday, September 14, the phone of MR. AND MRS. EARL FINCH of rural Sheridan, Missouri, rang off the wall. Mrs. Finch was busy doing the family laundry with an ear tuned to her transistor radio. She had been writing down the KMA "Keep Me Alive Safety Tips" as they were given each day, so when Darel Bargar called her, Mrs. Finch came up with the correct answer and won \$159.60.

The following day, Darel and Joni drove to the Finch residence to present the check and take pictures. It was then that Mrs. Finch mentioned her youngest son, Reggie, kidding her about keeping track of all the Safety Tips. She said he certainly was amazed when he came home from school that day. Mr. and Mrs. Finch have two other children, Joyce (Mrs. Arvin Cassins) who lives at Maryville with her husband and three children, and Robert, living in Villisca, who has two youngsters.

The Finches have lived on the family homestead since 1936. They have many friends in the area, several of whom called Mrs. Finch after hearing about her good fortune. The Finches plan to use the \$159.60



## NEW MAN IN NEWS

TERRY HEDEMAN joined the KMA News Staff in September. Twenty-two years old, Terry was born and raised in McGregor, Iowa, oldest son of Mr. and Mrs. ELMER HEDEMAN, JR. He has three brothers and three sisters ranging from fourteen months to twenty-one years of age.

Terry was graduated from Marquette-McGregor Consolidated High School in 1962. He was graduated from Brown Institute of Broadcasting in 1963, and attended Wisconsin State University for two years, majoring in Business Administration. Terry has worked in radio at Prairie du Chien, Wisconsin, and in Austin, Minnesota. He lists his major interests as radio-TV and the entertainment business. Terry (shown above) likes music and travel, and we hope you like Terry; we do.

in purchasing a new furnace for their home. Congratulations from KMA, Mrs. Earl Finch! Who will be the next big winner? The KMA "Keep Me Alive Safety Tips" are heard seven times throughout the day, Monday through Saturday on KMA, 960 Radio.

# Entertainment At Glenwood State School

Each year on the first Sunday following Labor Day, the saddle clubs from southwest Iowa get together and take their most gentle horses to the Glenwood State School to provide a day of entertainment for the residents. This year, members came from Shenandoah, Clarinda, Lenox, Sidney, Siam, New Market, Bedford and several other communities. They held a parade through the school grounds and passed the area where residents confined to wheel chairs could see the horses. Then the saddle clubs moved to the baseball field where they were greeted by more than 600 residents of the state school. After putting the



Each resident who was able was given a ride.

There was another big celebration in September when Governor Harold Hughes attended a special program honoring the 75 foster-grandparents at Glenwood State School. The picture on this page shows the Mother Goose House which is a center of enjoyment for the grandparents and their "adopted" grandchildren. One-hundred and fifty of the severely retarded children enjoy



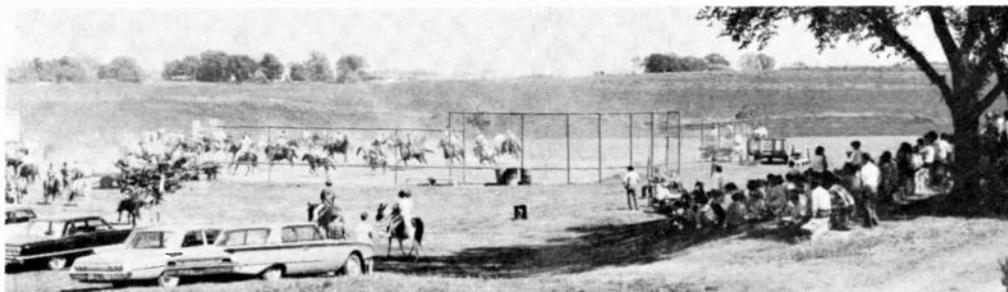
Saddle clubs turn out for annual entertainment at Glenwood.

horses through various activities, including a mounted drill, two hay racks were pulled together with just enough space between for the horses to walk. The residents formed lines leading to the racks, and for the next two hours, Charles Drummond loaded children onto the sixty horses provided by the saddle club members.



Foster Grandparents entertain in Mother Goose House.

two hours each day with their foster-grandparents. The program was initiated under the direction of Southwest Iowa Progress. The grandparents are over sixty-five years of age, and travel five days a week to do their part in helping to bring love to their foster grandchildren.



Saddle clubs demonstrate talents for 600 residents.

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JAN

LISA MANN, age 6, and her brother, HAROLD, JUNIOR, 5, posed for this Halloween safety picture, in costumes that meet all the safety requirements. When your youngsters "trick 'N treat" this year, remember to get them costumes that are light colored, or have reflectorized tape. The costume should be reasonably well-fitting and flameproof. If you're making the costumes, flameproof them with this method: dip costume in solution of 2 quarts warm water, 7 ounces borax, and 3 ounces of boric acid until the cloth is thoroughly soaked; drip dry and iron. Masks are all right, but it's a better idea to use makeup on the youngsters, or beards, or tinted hair spray so you're sure they can see where they're going. Apply a thin film of cold cream first and makeup will come off easily. If the "witches and goblins" are carrying props, make them out of cardboard. Have something substantial to carry the treats in and never send a Jack-O-Lantern with a candle — use flashlights. Lastly, if the youngsters are little, have someone to watch them, drive with extra caution on Halloween night, and keep your yard well-lighted to avoid accidents.



**K** **E** **E** **P** **M** **E** **A** **L** **I** **V** **E**