

Ida's Notebook

Ida Risser



what we put on them such as butter or thick gravy. Often I serve thin broth rather than a thickened version.

Potatoes have been cultivated since before Christ by the Inca Indians. They were not generally accepted in Europe until Germany's King Frederick William ordered the peasants to plant and eat potatoes or have their noses sliced off!

My father ate raw fried potatoes every day of the week except Sunday. Sometimes he even had them for breakfast instead of just for supper. Our family has always enjoyed French fries and we usually made some at least once a week. We also made our own ice cream quite often when the children were home and then would have some before bedtime.

Now, we try to keep these rich foods for special occasions. But, sometimes I think what is the reason to try and live a long life if you can't enjoy it. Food has always been a pleasurable factor in people's lives and let us hope it will bring some happiness in the new year too.

Now that the twenty some kinds of cookies have been baked, packed and distributed to our Amish neighbors; and, the forty pound block of cheese has been cut and packaged for our relatives it is time to start thinking more of a better diet.

We've both been told that our cholesterol is too high. Although, in my defense I will add that this seems to run in our family as my sisters and even my children have

high levels too. Since all of our parents lived to be over 80 years old it would seem that maybe we too have a chance to achieve that age.

My husband could eat carrot sticks three times a day and so far I haven't heard anything bad about them. We also eat a lot of potatoes and sweet potatoes as we grew bushels of them in our garden this year. The problem here is

Alternative Household Cleaning Solutions

(Continued from Page B18)

2. Mix 3 tablespoons of washing soda per quart of warm water. Spray on and wait 20 minutes. Scrub with a fine steel wool pad if necessary.

3. Mix thoroughly 2 teaspoons of borax, 2 teaspoons liquid soap and warm water. Put in a spray bottle. Spray it on and leave for 20 minutes. Scrub with a fine steel wool pad if needed.

Tile/Tub/ Toilet Cleaner

1. Use soap and sponge, or a stiff brush and one of the following: baking soda, borax or salt.

Window and Glass Cleaners

1. Mix 1 part water to 1 part vinegar in a spray bottle. Wipe off with cleaning cloth. (Note: If unusual streaking occurs during the first time you use this solution, it is due to the wax that some chemical glass cleaners contain. Remove wax with a little rubbing alcohol and then clean with above solution).

Wood Polishes

1. Polish with a cloth dipped in olive or soybean oil.

2. Light polishing — use a damp cloth to clean most surfaces and dry immediately with a soft dry cloth.

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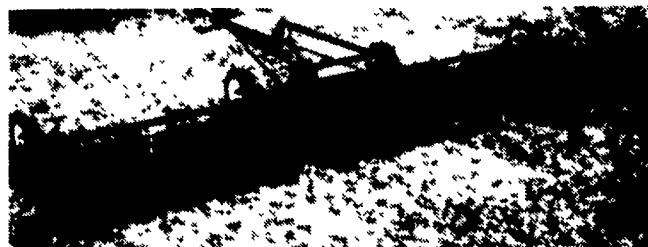
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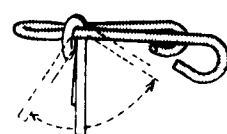
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