

Ida's Notebook

by

Ida Risser



On this rainy morning, I decided to read my diary from 50 years ago. You see, I've written everyday since I was 17 years old. I wish that I had started sooner.

Many things have changed since we started farming and yet I'm surprised to read that many things are the same. The first week in October, 50 years ago, I was expecting our second child. Our first little girl was two years old and she tried to help with everything. This included pulling carrots, beets, and celery from

the garden when I did not want her to.

Then as now, there was always mending to be done. I've always been a person who puts a patch on a patch when mending overalls. My husband went away to see his parents quite often, and he still thinks of places to go most everyday. Another thing that has not changed is the fact that he picks up a lot of black walnuts. Since he made a contraction to hull the nuts, I no longer sit and do it by hand.

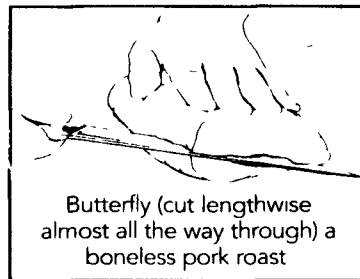
When I think of what has

changed, the first thing that I remember is my old washing machine with a wringer on top. I filled it with hot water by hand and then carried buckets full outside to empty it when the washing was finished. I kept careful records, even as I do today, and I see that very little was frozen but almost 300 quart was canned. I surely remember those beans cooking for three hours in the big blue canner.

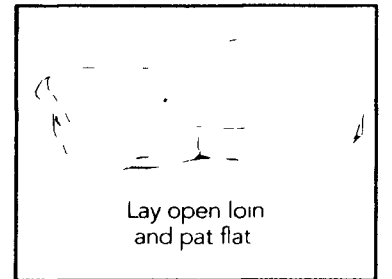
We had a lot more company then, who just dropped in anytime, than we do today. Now people feel they must phone first. Then they often stayed for meals and to use an expression, "made themselves at home."

One thing that I do not miss is the milking equipment that I washed every morning for 20 years. Some things have changed for the better.

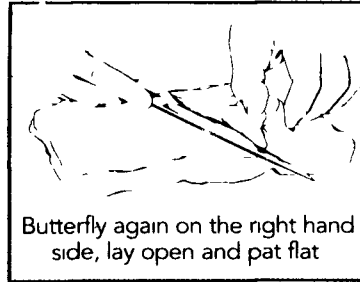
Prepare Double-Butterflied Stuffed, Rolled Pork Loin



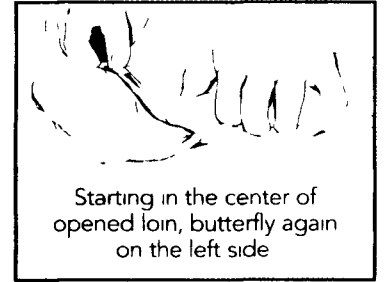
Butterfly (cut lengthwise almost all the way through) a boneless pork roast



Lay open loin and pat flat



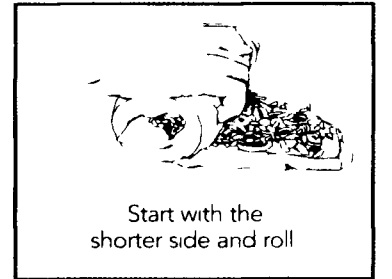
Butterfly again on the right hand side, lay open and pat flat



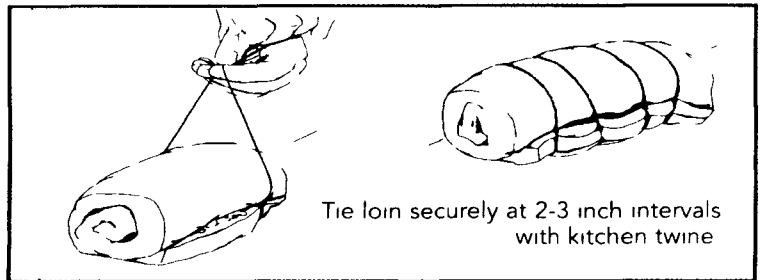
Starting in the center of opened loin, butterfly again on the left side



Evenly spread stuffing over loin



Start with the shorter side and roll



Tie loin securely at 2-3 inch intervals with kitchen twine

Volunteer To Help A Child

"One hundred years from now it won't matter what kind of car I drove, what my clothes looked like or how much I had in the bank...but the world may be a little better because I was important in the life of a child."

Margaret Fishback Powers

Do You Suffer From Fibromyalgia?



When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia. I was so depressed and in pain the majority of the time. I was taking steroids and four other medications one of which made me so 'groggy' I could hardly get out of bed and another gave me ulcers. I began taking New Image secretly because I thought my family would make fun of me. After a month, I discovered I had lost eight pounds and seven inches. Wow! Then it dawned on me I was feeling better, the depression and pain were gone. In two months I was off all medications. "I feel SUPERIFIC" Now, two years later I have lost 43 pounds and 30 inches. Thank you New Image for giving me a new life again. Judy Swift - Mt Washington, KY

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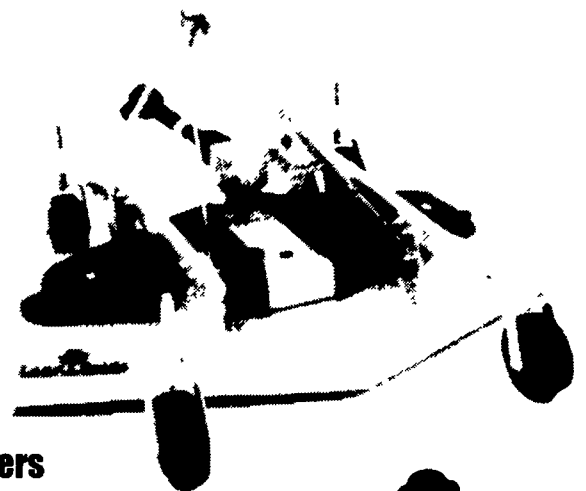
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