Some Also Jog

By Lois M. Anderson

They begin arriving about 6:00 a.m. Some come by bike, others by car, and most are running as they enter the gate to the Murray High School track, located at Valentine and Eustis Avenues. Their appearance is as diverse as their age, body build, and size. One man wears a bright orange sweater to prevent him from being hit in the early morning darkness. A second person wears a red sweat suit with a matching tasseled stocking cap. Many wear jeans and sweatshirts. Most wear a good quality pair of tennis shoes. They call themselves "joggers," and each person interviewed seemed to have a very special reason for spending the precious early minutes of their day exercising at the track.

George Aus (age 73), has been running one mile, six days a week, twelve months of the year, for the last ten years. He remembered reading about six medical interns who were featured as joggers in a St. Paul newspaper article. Aus decided if it was good enough for them, it was good enough for him. Because his colleagues feared he would experience heart failure, George checked with his doctor who approved the one-mile exercise program. George stated: "It's a real tonic for me; it tones me up — both in my mind and in my body."

All four St. Anthony Park residents were asked if they had negative comments about jogging. Only one complained. He jogs as early as possible to escape the gasoline fumes from cars on Highway 280.

Langford Park following the parade. Children are encouraged to decorate their trikes, bikes, and wagons and to dress in a bicentennial costume. Co-chairmen of the 4th of July Committee are Paul Meyers and William Pais.

Summer Sounds

The St. Paul Parks and Recreation Department is again offering a summer of musical programs at the Como Lakeside Pavilion and downtown parks.

The Sunday concerts at the Como Pavilion, with Max Metzger and the Parks Pops Orchestra, will begin on June 20 and run through August 29. Shows begin at 4:00 p.m.

The noontime concerts at downtown parks will begin with a June 21 show at Rice Park. Concerts will be held each Monday and Wednesday at Rice Park, and each Tuesday and Thursday at Mears Park for eight weeks. There will also be six concerts at the Osborne Plaza. All concerts run from 11:45 a.m. to 1:15 p.m.

A Country Western Jamboree will start the Monday night concerts at Como Pavilion on June 21 at 7:00 p.m. Several Old Tyme Dances have also been scheduled, beginning June 28 at 7:30.

All the concerts are free, courtesy of the St. Paul Parks and Recreation Department, St. Paul Musicians Union Trust Funds, and numerous downtown merchants.

Cover photograph is by the Bugle staff photographer, Mary Walker Sjowall, who is exhibiting her photography at St. Anthony Park Main Bank. Mary graduated from the University of Minnesota with a B.S. in Art Education. She continued her education at the University of Hawaii, taking courses in photography, sculpture, ceramics, and calligraphy.

With this issue of the Bugle, we begin home delivery for the first time. We welcome your comments on this new service.

The deadline for copy and advertising for the June Bugle will be June 7. It will be distributed on June 16.
One-Room Schoolhouse Recreates History

By Jo Nelson

Children who have heard stories from their elders about country school can now experience — for a day — what education was like in a rural school at the turn of the century, thanks to the Ramsey County Historical Society.

The old one-room schoolhouse on the grounds of the Society’s Gibbs Farm Museum has become a center for re-creating a phase of history for children. In a unique program conducted by the Ramsey County Historical Society, each summer children can attend this one-room country school and find out how their grandparents or great-grandparents learned the three R’s.

The sessions have become so popular they are now held for six weeks during the summer. Since a child may register for only one day of school, more than 500 children can attend each summer.

A glimpse into the schoolroom arouses nostalgia in anyone who has attended a country school. Filling a corner at the back of the room are a bench with washbasin, pail and diper, a roller towel and mirror. A picture of George Washington and the schoolroom clock adorn one wall. At the front of the room are the dunce cap and stool, the teacher’s desk, the long bench where children sit for class — all familiar furnishings at the turn of the century.

A reed organ stands in a corner near the teacher’s desk, and a kerosene lamp is fastened to a side wall near a hanging globe, a map of Minnesota and a picture of Christopher Columbus.

Many of the girls who attend like to dress in the style of the turn of the century. Mothers often sew a bonnet and a long dress for their daughters, specifically for the one-day school sessions.

The school day begins at 9:00 a.m. As the bell is rung, the children form in line outside the door, then march to their seats and recite the pledge of allegiance. As study material, each child receives a copy of a pamphlet designed for his or her particular grade. Called “Pages from Old-Fashioned American Schoolbooks,” the pamphlets are actual pages photocopied from such old books as McGuffey’s Readers which are in the schoolroom library. Each child is also provided with a slate and a slate pencil to do arithmetic.

Since the school program is a learn-by-doing experience, after recess the children may take turns at sawing wood at the side of the schoolhouse. It is then they learn to appreciate the labor involved in accumulating a pile of wood to feed the stove that heats the building.

At noon, on the lawn in front of the schoolhouse, the children eat the bag lunches they have brought from home. A highlight of the afternoon may be a treasure hunt of finding and identifying a mimeographed list of objects in the red and white barns and in the old farmhouse on the grounds. Back in their seats, the children discuss what they have found, whether it is an old scythe, a buttonhook or a stereo scope. The day’s activities often close with an old-fashioned spelling bee.

The one-room school was moved to the Gibbs Farm Museum in 1966 from Chippewa County, where it had been built, in 1878 near Milan. After it was furnished and restored to the period of about 1900 by the Society, it was opened to the public May 1, 1967. This summer marks the tenth year classes have been conducted in the building by the Historical Society.

What’s important about the country school is that a past comes alive each year for some 500 boys and girls of the 70’s through the classes they attend. The many children who ask to return each year is proof of the program’s success.

Registration for the country school will begin June 15 by calling the Ramsey County Historical Society, 646-8629. A minimal tuition fee will be charged per child for the one day each is permitted to attend, according to Virginia Kunz, director of the Ramsey County Historical Society. School will begin July 6 and continue for approximately six weeks. Children are accepted on a “first come, first served” basis and there’s always a waiting list, says Ms. Kunz.

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Lynne Mitchell, a Gibbs Farm employee, assumes a school marm pose in front of the old schoolhouse. Photo by Mary Walker Sjovall.
Dr. and Mrs. Eugene Wright’s residence at 1307 Chelmsford.

At Home

Story and Photo by Mary Walker Spjwell

What house has no windows on the north and south sides, yet has a light, airy feeling reminiscent of houses in Hawaii?

If you guessed the residence of Dr. and Mrs. Eugene Wright, 1307 Chelmsford, you’re correct. The house stands on two lots so the back yard has a wild space when summer foliage grows. Looking at the front exterior, an imposing contemporary structure fills the eye. From the back one views a large expanse of glass, including five sliding glass doors which open onto balconies or patios.

The house, built in 1961 by Dick Hammel (Hammel, Green, and Abrahamson, Inc.), features several innovative concepts including eight foot construction modules, a single cylinder which contains all wiring and plumbing, and two furnaces, one of which heats the first and third floors while the other heats the second floor. A unique design feature includes an enclosed exterior stairwell which prevents cold winter drafts from entering the living area.

In 1972 the house was purchased by a family of four, Dr. and Mrs. Wright, and their two children, Stewart, 19, and Emily, 17.

Mrs. Wright, who is interested in seventeenth century furniture, furnished their previous home on Como Ave. In that period. The family’s decision to move to this contemporary house on Chelmsford, reflects their appreciation for a variety of taste and styles. Perhaps seventeenth century did not follow the Wright’s to their new home, but part of Como Ave. did. The bricks used in the front walk and entrance as well as the brick path in the backyard are from the old Como Ave. brick street.

Entering the house on the ground level entryway, very large, healthy plants greet a visitor. There is a recreation room on this level as well as a double garage. Stairs lead to the main living area which is a very large expanse — open, light, and airy — the living and dining room area. Although a large area, the room lends itself to several conversational spaces and an area for reading or quiet study, separated from the rest by an extra-deep fireplace that has a cantilever hearth of birch and slate.

The ceiling has recessed lighting and is partially lowered birch. The latter gives the room an Oriental island feeling, enhanced by more large plants and a sliding door walkout. Heat ducts placed at the base of each door along with wool draperies balance any drafts one might expect in this climate. A movable wall separates the living room area from the kitchen.

The kitchen features a large work area, three sinks, and many cupboards. The traffic flow was planned so that people walk on either side of the work area. The countertops are teak as is the buffet in the dining area.

At the top of the stairs to the second floor, a large open area leads to three bedrooms. All bedrooms have balconies; double sinks and a combination dressing area highlight the bathroom. Also on this floor, the utility room houses a washer and dryer.

The house is built on two lots so there is room in the back yard for a little wild space when the summer foliage grows. This house’s design combines ideas from the islands with the capability to cope with the changes of our climate; it must have been a challenge to the architect. The challenge was well met, the house works.

Anniversaries

Stanley and Margaret Hooper of 1501 Raymond Ave. will celebrate their golden wedding anniversary on June 16. Mr. Hooper is known for his service as the shepherd at the University St. Paul campus. Mrs. Hooper is an active church person at the St. Anthony Park Congregational Church.

Mr. and Mrs. Arthur Page will celebrate their twenty-fifth anniversary on June 16, 2115 Folwell Street.

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Thoughts on the Future

By Steven Weerts

Elvin C. Stakman, cofounder of the Green Revolution and plant pathologist at the University of Minnesota since 1949, is one of the most renowned scientists the University has produced. But he is much more. Stakman the educator and philosopher has carefully thought about man's capabilities and his interaction with nature.

"We must quit being pessimists or optimists, we must become realists," Stakman says in regard to world food problems and overpopulation. He thinks man has the basic knowledge to solve the biological problems of food production but laments that the human problems are much greater.

The first point people should realize, according to Stakman, is that our resources are finite. He says that Americans once thought there was no limit to productivity and now must lose such irrational "youthful enthusiasm." He stresses that soil is exhaustible and water and fertilizer are definite limiting factors. He thinks that a continually expanding economy is not realistic because resources are precious. Stakman believes America has been moderately chastened by depressions and the Viet Nam war and now must consider others more thoughtfully.

"If people want to live comfortably, they have to adjust population to their resources," Stakman says. He thinks if man is really civilized he will devise ways of avoiding famine.

The developed world, says Stakman, has the altruistic obligation to aid developing countries in providing minimum diets for their people and in controlling overpopulation. Stakman sees a small amount of progress in birth control and hopes it can be done in a humane manner. He feels certain that no "beneficial Providence" would want so many children that they couldn't live as human beings.

"We've got to develop better standards of ethics than we are practicing now," Stakman says. He gives an example of bribes that businessmen have paid to obtain foreign contracts. He says businessmen have condemned the practice but have not devised a system of punishment for it. Stakman thinks many people are naive about the skullduggery that goes on. He believes that in certain instances our country is morally and ethically pretty bad and that people must concentrate more on ethical development. According to Stakman, the best way to improve our ethics would be to practice the "golden rule."

Stakman says science has not reached the point of diminishing returns. He thinks we have hardly scratched the surface of scientific knowledge and that yields can be significantly increased, pests can be better controlled, and agriculture in general can become much more efficient. Stakman says cropping systems should be developed to save costly fertilizers and pesticides. For example, he thinks there needs to be increased work on resistant varieties in order to replace some pesticides.

"We will always need research because conditions keep changing," Stakman says. He gives the energy problem as an example of where research might have an important role. Energy shortages would affect the supplies of fertilizer and fuel and could drastically alter the shape of American agriculture.

Stakman defends the Green Revolution by saying that new varieties have not demanded greater use of fertilizers and pesticides. The new crop varieties can use fertilizer more profitably so more is being applied. But he says the main reason for selecting the new varieties were high yields, rust resistance, stiff short straw for machine harvests, and good agronomic quality.

Meat will continue to have a role in our diet because certain soils and terrains make animals more efficient harvesters than machines, says Stakman. However, people could change to vegetable diets and live perfectly well, he pointed out.

"Will it work or won't it is the best plan for teaching," Stakman thinks. He believes educators must use their common sense and realize there is a limit to teaching methods. He also says teachers must know a lot more than they have to teach and that they should treat their students like they want to learn. Stakman thinks teachers are often too afraid to get away from textbooks and that practical experience is the best teacher.

"It was so darn interesting I wanted to keep on doing it," Stakman says in reference to his studies in plant pathology and education in general. He also says he was influenced by many of his teachers and he considers himself lucky because of their quality. Stakman believes teachers and students must have some mutual respect to get the best results.

Over 90 and still maintaining a working office in a building that bears his name, Stakman hopes that through education, man can adequately provide himself and stop war and contention.

Editor's Note: Mr. Stakman lives in the Park at 1411 Hythe Street. The author, Steven Weerts, is an agricultural journalist student on the St. Paul Campus.
The day care program’s Family Life Education Project at the After School offers child development information and parenting techniques, served nearly 100 parents and over 125 children during 1975.

Last year the day care program received a state grant to establish satellite family day care programs for infants and children up to age 2½ who are too young for CHSM’s regular day care services. Four satellite child care homes are now operating and are serving 14 children and their families.

Most day care income in 1975 came from tuition paid by parents and tuition reimbursement for qualifying parents under the Federal Title IV and Title XX child care programs. Additionally, the day care program received over $3,000 in state grants for the Rochester center and a $1,800 grant for starting the new family satellite day care service.

The day care program also received $33,800 in food assistance from USDA and donated commodities valued at $12,000. Additional income came from therapeutic programs contracts with the public schools and foundation grants. 96% of the cost of all day care services in 1975 was covered by either client fees or fees and grants from government agencies.

For the coming year, the day care program looks forward to instituting the Early Periodic Screening Clinics in more of the centers. Expansion of satellite family day care service is also underway. In 1976, the Society for Child Development hopes to serve even more pre-school children and their families through its comprehensive educational services.

Women Artists Show

The Muse Feminist Artist Community, formerly the Woman’s Art Community at the College of St. Catherine is a newly founded on-going community offering a traveling show displaying the members’ artwork, and workshops and lectures on women in art, past and present. The show opened Friday, May 14, 7:00 p.m. at the Visual Arts Building of the College of St. Catherine, 2004 Randolph Avenue, St. Paul.

Any group interested in providing space for our show or workshop please write to: Janice Helmsland, 1661 Jumbo Avenue, St. Paul, Minnesota 55105, or call evenings and weekends 698-1279 or 825-3213.

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Your Yard-n-Garden
Q. My lawn this spring seems to be full of bumpy spots. What causes them? Is there anything I can do to remedy the situation?

A. Bumpy spots in the lawn are the castings of earthworms or night crawlers. They often occur where organic matter is high. They can be beneficial, but if abundant you may want to thin them down; they will spread out better if they are wet before raking. If they are so abundant that you wish to get rid of them, water the lawn and apply 2 to 3 pounds of 5% chloradane per 1000 sq. ft. of lawn. Chloradane probably will not be recommended in the future, but may be used this year from supplies which nurseriesmen and hardware stores have on hand.

Dr. Lawrence K. Cukkomp
Dept. of Entomology
Fisheries & Wildlife

Q. Ants always seem to be a problem at our house in summer. How can I control them?

A. Ants are most readily controlled if you can find their nesting areas which may be treated with chlorodane or Diazinon. To prevent ants from coming into the house, treat thoroughly around the outside walls and foundation of the house. Household sprays need to be applied along baseboards, under sinks and in cupboards, avoiding any possible contamination of dishes and food. Liquid spray material may be applied with a paint brush. Aerosol bombs which apply a coarse spray are also useful. They are available through hardware stores and some drug stores. Approved sprays should be labelled for crawling insects in the house and may contain either Diazinon, Malathion or Ronnel. In some cases the bomb may also contain pyrethrum materials or dichlorvos (Vapona) which give quick kill when ants contact the material. The other materials should kill ants several days later. A more complete discussion can be found in a Fact Sheet Entomology No. 19 of the Agricultural Extension Service, University of Minnesota. If large black ants are a problem they might be Carpenter Ants which are described in Entomology Fact Sheet No. 30, also available from Bulletin Room, University of Minnesota, St. Paul 55108.

Laurence K. Cukkomp
Dept. of Entomology

Q. How late can one plant rose bushes successfully? Should they be pruned at planting time?

A. Roses that are canned or potted can be planted in the garden at anytime as they are actively growing and do not need pruning.

“Dormant” roses packed in moss or bark should be inspected with care. If bud break and shoot elongation has taken place, plant with care and do not break off. If shoots are much over lunch, do not buy. If any cane die-back is seen, prune out. Do not expect much success with packaged roses after June 15th.

Dr. Harold Wilkins
Dept. of Horticultural Science

Q. Will it harm spring-blooming bulbs to cut the tops down when they are through blooming to make room for other flowers?

A. Yes! These leaves are necessary to make food for next year’s flowers. Allow these leaves to turn yellow!

Harold Wilkins

Q. How early is it safe to set out tomato plants? Since this is an earlier spring than usual, is it safe to set them out around the 19th or 20th of May?

A. It probably would be safe in the St. Anthony Park area, though you might be taking about a 20 per cent chance. Listen to the long-range weather forecasts and you’ll have a pretty good guide as to what to do. Normally, the advice is to wait till about Memorial Day to set out tomato plants.

Dr. David Davis
Dept. of Horticultural Science

Q. Chrysanthemums didn’t winter over very well this year. So why are they called hardy mums?

A. The proper name to use is garden chrysanthemums. They are considered hardy or resistant to outdoor growing conditions in general, but not necessarily to tough winters! This winter the protective snow cover was absent at times and there were periods when the soil was very wet: thus, poor plant survival. If we lose some varieties every few years, we have an opportunity to try new and better ones.

Dr. Richard E. Widmer
Dept. of Horticultural Science

Q. What are some of the University-developed garden chrysanthemum varieties available locally that you would recommend for planting?

A. The Dept. of Horticultural Science and Landscape Architecture has a mimeographed list of some sources, available for the asking. Among some of the recently introduced varieties are: Minnflow, a vigorous cushion type that produces lemon-yellow blooms with darker yellow centers in mid-September; Minnyellow, lemon-yellow flowers on cushion-type plants that begin blooming about Sept. 20; Minnruby, dark red double blooms flowering in mid-September; Lindy, lavender-pink, 4½-5 inch quilled flowers blooming in early September; and Wendy Ann, fawn yellow 4 to 4½-inch semi-spun double blooms flowering in late August or the first half of September. These are only a few of the University-developed ‘mums adapted especially to this climate. The Minn prefix of the name indicates a cushion habit of growth introduced by the University of Minnesota.

Richard E. Widmer

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New Housing Being Built for Missionaries on Home Leave in Park

Since the turn of the century, the women of the Women’s Missionary Federation have been very supportive of the missionary process. They have helped in locating and caring for the homes that house the missionaries. The houses in St. Anthony Park will be replaced by a new type of facility. On the corner land at Como and Eustis Avenue, a home-leave apartment is under construction. The complex will inherit some of the furnishings from the former houses, including some identifying brass plaques that were a part of these residences. The house at 1555 Fulham will be used as a dormitory for women seminary students. The Fulham house was donated by the Lutheran Daughters of the Reformation. Women of the church interested in assisting with the new complex furnishings, contact Division for World Mission, 422 South Fifth Street, Minneapolis 55415.

Take a Book Break

You may have good reading for all seasons brought to your home by a volunteer every three weeks, the St. Paul Public (central) library and its ten branches provide this service.
- If you are unable to come to the library
- If you are physically disabled or handicapped
- If confined to your home by prolonged illness or
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- Live within the city limits of St. Paul.

Call 644-5828 for a Home-bound library card; call 644-5828 if you wish to be a volunteer.

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When’s the last time your Sundae was perfectly free? Too long, we suspect. So clip out this coupon and bring it to Bridgeman. We’ll give you a luscious hot fudge sundae absolutely free when you buy a Bridgeman Burger. (The Bridgeman Burger, you will recall, is a big juicy, all-beef pattty, with cheese, two strips of bacon and a sesame seed bun.)

So come to Bridgeman soon, and enjoy the delicious Bridgeman Burger... and get in on an exceedingly rare treat—a free sundae!

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The Third Annual
St. Anthony Park
Festival

Friday, June 4 & Saturday, June 5

Friday Events

MAP NO. | TIME | EVENT
--- | --- | ---
3 | 6:45-7:15 | Drum & Bugle Corps
3 | 7:15-7:45 | St. Anthony Park Gymnastics Club
3 | 7:45-8:15 | Songs of the 1980's, Jackie Ruttingame & Shirley Kastert
3 | 8:15-8:30 | Drawing for Prizes
3 | 8:30-11:00 | Igor Rainikaskoff & Band

Saturday Continuous Events

MAP NO. | EVENT
--- | ---
9 | Quilting Demonstration at Country Peddler
12 | Weaving Demonstration at Threadbinders
5 | Baklava & Expresso Stand run by Kelt & Warren Gore
2 | to be announced
2 | to be announced
13 | Hamburger Stand run by Gymnastics Club
7 | Candy Floss Stand run by Young Life
14 | Refreshments Stand run by Drum & Bugle Corps
14 | Joan Aune, Folk Singer
16 | Bridgeman's Ice Cream Truck

Saturday Events

MAP NO. | TIME | EVENT
--- | --- | ---
15 | 9-10 a.m. | Art Fair
15 | 9-11 a.m. | Book Sale
16 | 11-1 p.m. | Como Zoo Exhibit
11 | 10:30 a.m. | Flames Dancers
11 | 11 a.m. | Roundhouse Rodney
14 | 11:45-12 | Jean Patridge, Fiddler/Inger
14 | Noon | Swedish Dancers
3 | 1 p.m. | Swedish Dancers
13 | 1:30 p.m. | Shirley Starr & Her Puppets at the Lutheran Church North
14 | 2 p.m. | Czechlovakian Dancers
14 | 2:30 p.m. | Poetry reading with Keith Gunderson, Phoebe Hancin, Wendy Knut & Stanley Kiesel, Sponsored by Miscellaneous
3 | 3 p.m. | Czechlovakian Dancers
14 | 3:45 p.m. | Drawing for Prizes
8 | 3:45-4:30 p.m. | Participatory soft sculpture with Compass artists
9 | 3:45-4:30 p.m. | Tony the Tramper from the Minnesota Science Museum
13 | 11-12 p.m. | Cover-McKay's Standard
Festival Features Biggest, Best Arts Fair & Book Sale

The seventh annual Arts and Crafts Fair will be held on Saturday, June 5, between 9 a.m. and 4 p.m. at the St. Anthony Park Branch Library, Como at Carter Avenues.

More than 70 artists and craftpeople will be exhibiting and selling paintings, wood carvings, pottery, stained glass, weaving, jewelry, wooden puzzles and toys, sand paintings, hand-crafted dulcimers, batiks, sculpture — everything interesting and all articles made by the person displaying them.

The uniqueness of the St. Anthony Park Art Fair — one of the oldest and largest in St. Paul — is based on its policy of bringing excellent professionals in many fields together with artists who are just beginning to participate in Arts Fairs. The final registration date for exhibitors is May 26.

Information and registration forms are available at the branch library.

All exhibitors donate 10 percent of their total sales to the Branch Library Association, which uses this money for branch library needs. Library association funds have air-conditioned the auditorium and the entire upstairs of the Carnegie Library for summer comfort. The money from the 1975 and the 1976 Art Fairs will be used to remodel and redecorate the auditorium, which is used almost daily throughout the year for community activities.

The Association Presidents this year are Mrs. Nels Nelson and Mrs. Sally Stoppel. Chairwomen of the Art Fair are Mrs. LeRoy Quale and Mrs. Jack Johnson.

Mrs. Magel Hedback, head librarian of the St. Anthony Park Branch Library, will be in charge of the Book Sale which will occur on the same day. Over 5,000 withdrawn library books will be for sale on the lawn behind the library. Librarians from three branch libraries will be present to assist you. Come to browse and buy.

Bigger, better, more fun than ever! The exhibitors come prepared to spend the day talking with people who appreciate their work and want to know more about it. Stroll among the exhibits on the lawn and in the auditorium and enjoy Joan Autrey's folk songs and the many demonstrations — wood carving, quilting, Ukrainian egg decorating, stained glass art, weaving, and many others.

Circle June 5 in red on your calendar and plan to come to the Art Fair at the Library.

Americana Festival: Ag Campus Potpourri

Less than a week away, Americana Festival continues to grow.

A St. Paul campus art show will be held May 23-28 in conjunction with the Americana Festival. Featuring the work of students, faculty, staff and alumni on the St. Paul campus, the show will be judged by A. Russell Barton, coordinator of the Minnesota Town and Country Art Show, and called the Minnesota Art Exhibition, from 1952-1970: Suzanne Kohn of the Suzanne Kohn Gallery in St. Paul; and James Conaway, art instructor at Anoka-Ramsey Community College and Hamline University.

The public is invited to attend the opening reception on Sunday, May 23, from 5:30-7:00 p.m. at the Student Center. The exhibits will be featured in all Student Center art galleries from noon to 10:00 p.m. Sunday, and from 8:00 a.m. to 10:00 p.m. Monday through Friday.

Governor Wendell Anderson has donated a sweatshirt printed "THE GOV" and University of Minnesota President C. Peter Magrath and others have contributed in an old-time country auction which will be featured on Sunday, May 23 at 3:30 p.m. The event will be held on the Coffey Hall Mall of the St. Paul Campus. Items are still being accepted. Call 373-1051.

As part of the student celebration, thesabians on the U of M St. Paul Campus are putting together a program called Americana Voices to be presented free of charge Monday, May 24 at 7:30 p.m. in the North Star Ballroom.

American Voices — a program of readings from American literature — celebrates the bicentennial, not by reliving the wars and politics, but by recalling the moments of emotion experienced by the people.

Poet's Party is scheduled for 6:00 p.m. Thursday, May 27 on the St. Paul Campus of the University of Minnesota in the Cherrywood Room of the Student Center.

Poet's Party is a vegetarian, style dinner and poetry reading, is part of the week-long Americana Festival, a bicentennial celebration planned by students at the University of Minnesota, St. Paul Campus.

Menu will include vegetarian lasagna, French bread, sherbet, iced peppermint tea, and coffee. The featured poets will be Roy McBride, Beryl Williams, Mary Pat Flandrick and Michael Kincaid. They will dedicate their program to the memory of Frank Brainerd who was a well-known and much-loved poet of the Twin Cities area.

Tickets can be obtained by sending $2.75 and a self-addressed envelope to: Student Activities, Room 2, Student Center, University of Minnesota, St. Paul, MN 55108.

Other events during the week include free band concerts by the University of Minnesota Jazz ensembles and the concert band ensemble. There will also be a free jazz concert by Preservation Hall Jazz Band on Friday, May 28 at 8 p.m. in Northrop Auditorium.

Arts and crafts exhibits and demonstrations, tours of the campus (farm animals for the kids) and a host of other activities will occur during the week. Everyone is cordially invited to attend. Call 373-1790 for more information and a complete schedule.

What's New? What's New?

Cocktail Service
is now available in our
main dining room, as well as the Pub Lido.

Lido Cafe

1611 W. Larpenteur at Snelling 646-2656

Soft and Free...

Halo of curls, pin curls; a finger wave and wet set all confidently supported with a perm. The variety is endless with Apple Pectin Pern — acid balanced.

For Appointment, Call 373-1790
A beautiful free offer from your First Bank.

While Spring is here, make the most of it. Plant a free tree, evergreen or flowers. Or bring home a free indoor plant to make the most of your house or apartment.

You can choose any growing thing you see in this folder. It’s free* from your First Bank, and it’s easy to qualify:

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Once you’ve qualified, you’ll receive a certificate that entitles you to pick up your free gift at any of the five Frank’s Nursery locations. Or if you wish, you can pick up a free indoor plant right at the bank and take it with you. And Frank’s will unconditionally guarantee whatever you choose for one full year.

Plus a very special way to make the most of what you’ve got. If you invest $5,000, you’ll get two special benefits. (1) You’ll earn a high rate of interest, up to 7 ½% with the six-year First Bank Savings Certificate. (2) You’ll be able to choose your free gift from a special selection of larger trees: Norway Maple, Mountain Ash, Cutleaf Weeping Birch, Colorado Spruce, Pyramidal Arborvitae or a larger indoor plant. A special high interest rate and a special free gift choice . . . two more ways to make the most of what you’ve got.

So look over the free trees, evergreens, flowers and indoor plants you see here. Choose something you like . . . and let the celebration begin.

First Security State Bank
of St. Paul, University at Raymond, 646-8866.
We’ll help you make the most of what you’ve got.

Musings...

Spring
Is willingness to grow
Or allowing others
It is Candida’s garden
Or your daughter
Dropping potato seed in dark holes
Scuffing them with her toes.

Marj Sucoff
from In Our Image, Hale & Son, 1973

Poetry Class Offered for Senior Citizens

A summer class in writing poetry is being offered for St. Anthony Park senior citizens. The class, which begins June 3, will be taught by poet Kate Green.

Green may be familiar to Park residents through her week-long visit to Murray High School in February. The poet, who now lives in Minneapolis, grew up in St. Paul. She is a Phi Beta Kappa from the University of Minnesota, and received the Academy of American Poets Award in 1971. She has worked for the past year in the Minnesota Poets in the Schools program.

Green says that the class will be informal, and that people who have never written are welcome. The class will read some contemporary poetry, and may attend local readings, but will focus on the actual writing.

The free class is part of the Seniors and the Arts project of COMPAS (Community Programs in the Arts and Sciences), which sponsors art classes all over the county. It will be held at the St. Anthony Park Library on Thursdays through August 26, from 1 to 3 p.m. Register by calling the COMPAS office, 227-8241, Ext. 167.

Graduation Cards

American Greetings

The very special day to remember

Miller Pharmacy

2309 Como  •  646-3274  •  646-8411
Monday - Saturday, 8:30 a.m. - 9 p.m.
Sunday, 9 a.m. - 5:30 p.m.
Is the picture window a frame for the outside world, or the life within? Most suburban streets would suggest the latter, but we are really unsure of how or why we use glass. Can windows be an energy waster, a maintenance headache, a security problem, and at the same time be a source of heat, a surface cleaned by rain, and a surface that is a safety device? Even our preoccupation with views ignores the more vital daylighting potential.

Older homes were generally built with an unrestrained pattern of similar sized units, owing more to what was commercially available than to attempt to enliven space. Often a single change can substantially modify the balance of natural light. The greatest effect can be achieved along the winter sun path; southeast, south, and southwest; control of heat is also easier here. Other exposures should not be dismissed, general day illumination can outperform artificial lighting. A skylight could be the way to make under-used space more livable. Clerestory or other high windows may be the solution to glare or privacy problem; translucent material could be considered. If the demand for openings is in conflict with the need for a single building envelope, it shouldn’t seem strange to remove some of the less useful glass. Not every room needs a window (please direct your calls to 646-1173). Minor occupancies like bathrooms, can borrow light and air from adjoining space. When the need for internal illumination is met, it makes sense to locate vistas and take maximum advantage of them. The conventional expansive view could well be complemented by unexpected intimates; objectionable scenes can be blocked.

When someone asks how to maintain such an installation, I hope they aren’t looking for me; having sufficient experience cleaning windows, I get tremors above the third rung of the ladder. Combination storm/screens can help keep us off the high places, but openings of unusual size can be expensive. Glass that is primarily used for lighting doesn’t have to be cleaned, the rain does an adequate job. How’s that for rationalization? View windows belong where they can be easily reached. Where is the magic using material that solves all the problems?

Do windows behave optically the way we expect them to? How many people are more likely to dress before a draped window at night than when they can see what is outside it?

More Felines

The cat is back! During the month of May, wild animals will again visit the Saint Paul Public Library at branch locations. Another big cat from Cougars Unlimited will be featured in a free educational program on endangered animal species. For information on program dates and times, call your neighborhood library. Children and adults are invited.

Ve Olde Launderette

Maytag equipment
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Self-service
Daily: 7am-11pm

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Rose Hill Nursery
NURSERYMEN-LANDSCAPE DESIGNERS
2280 W. CARPENTER AVE. TEL. 644-7541
Open Mon.-Fri. 8-6; Sat. 8-5; Sun. 10:30-5.

Senior Citizen Hi-rise now accepting applications

Applications are being taken for the newly constructed senior citizen hi-rise at 625 S. 6th Street. Located on Raymond Avenue, one block north of University Avenue, the hi-rise has 143 one bedroom apartments, including 15 apartments specially designed for the handicapped. Dwelling units will be available beginning June 1, 1976.

Each apartment comes completely furnished, including heat, water, gas, and electric service. Rent is based on 25 percent of income and includes all utilities.

To be eligible, a person must be at least 62 years of age or handicapped or permanently disabled, have assets of less than $10,500, inclusive of personal and household effects, and meet certain other requirements.

Annual income limits, after allowances for exemptions and deductions, are as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>$4,200</td>
</tr>
<tr>
<td>Two person families</td>
<td>$5,200</td>
</tr>
</tbody>
</table>

Apply in person at:
Housing and Redevelopment Authority Rental Office
261 East University Avenue, Saint Paul, 299-5158

Monday through Friday from 9:00 a.m. to 4:00 p.m.

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644-0110

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9-15 & 10-30 at school.

ST. MATTHEW'S EPISCOPAL
Sunday 8 & 10:30, Communion 1st & 3rd. Prayer
2nd & 4th.

ST. ANTHONY PARK LUTHERAN
Sunday 8:45 & 11 a.m. Communion both services 1st
Sunday and 11 a.m. 3rd Sunday.

ST. ANTHONY PARK UNITED CHURCH OF CHRIST
Sunday 10 a.m. Worship and Church Schools.

ST. ANTHONY PARK UNITED METHODIST
Sunday Education Hour 9:30. Worship 10:45 a.m.

ST. PAUL CAMPUS MINISTRY
Catholic Services. 10 a.m. Sunday Mass. 1407 N.
Cleveland, 442-4561.

Foreign Exchange Students
Looking for St. Paul Homes

Youth for Understanding, the
nation's largest student ex-
change program, announced
today that teenagers from 23
countries will be arriving in
Minnesota during August to live
with host families and attend
high school.

“We are anxious to have these
students live with St. Paul
families,” says Philip Yasiniski,
Executive Director, “because
this community has so much to
offer those special foreign vis-
tors.”

This summer over 2500 other
students from Latin America,
Europe, Africa and Asia will
arrive in the United States to
spend a year living with Amer-
ican families across the country.

A show of water colors, pen
and ink drawings, and acrylics
by Barbara Goghs-Novak will
open June 5 at Artisans' World,
2274 Como Ave., in
conjunction with the St. An-
thony Park Festival. All recent
works, the paintings and draw-
ings have as their theme old
houses located in St. Paul,
Minneapolis, Stillwater, and
Duluth.

Ms. Novak began painting and
drawing in Salt Lake City,
where she was active in art
circles for many years and
where she first became fasci-
nated with the old house
theme. She later resided in
Moorehead, Minnesota, where
she has had four one-man shows at Rourke Gallery.

For details on becoming a host
family to one of the 8 students
who will arrive in St. Paul and
suburbs this summer, contact
Mrs. Katherine Merrian at
644-8875 today. You could be
host to a student from Chile,
Sweden, France, Greece or
any of dozens of other coun-
tries around the world. Contact
Youth for Understanding to
day. Our foreign visitors are
eager to meet their American
families from St. Paul.

Old Houses Theme of Art Exhibition

A show of water colors, pen
and ink drawings, and acrylics
by Barbara Goghs-Novak will
open June 5 at Artisans' World,
2274 Como Ave., in
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Moorehead, Minnesota, where
she has had four one-man shows at Rourke Gallery.
Bicycles Ho!
The St. Paul Parks and Recreation Department will again designate scenic parkways for use by bicyclists this summer.

This year, however, these roads will not be blocked off to motorized traffic, so both bikers and drivers are urged to use caution on bike-in days.

Each bike-in will be held on a Sunday and will run from 1:30-6:00 p.m. The routes reverse themselves, and bikers may join in anywhere along the course.

Scheduled bike-ins: May 30, from Pelham Boulevard and West River Boulevard to Minneapolis city limits, in conjunction with Minneapolis bike-in; June 13, from Johnson Parkway and East 7th St. to Burns Ave, and west to Mounds Park; June 27, East Mississippi Boulevard from Summit Ave. to West 7th St.; July 11, Wheelock Parkway from Arcade St. to Como Park and a free concert at Como Pavilion; July 18, Johnson Parkway from East 7th St. to Burns Ave. and west to Mounds Park; July 25, East Mississippi Boulevard from Summit Ave. to West 7th St.; August 5, Wheelock Parkway from Arcade St. to Como Park and a free concert at Como Pavilion; August 22, Johnson Parkway from East 7th St. to Burns Ave. and west to Mounds Park; September 12, Pelham Boulevard and West River Boulevard to Minneapolis city limits in conjunction with Minneapolis bike-in; September 26, Edgecumbe Road from Jefferson to Fairview.

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PLANT "N" POT
Hanging Basket Sale
8" Basket — $6.95 (Regularly $8.95-$9.95)
10" Basket — $10.00 (Regularly $12.95-$14.95)
Offer good through May 31
Plant-N-Pot also has smaller plants: African violets, bonsai, bromeliads, begonias, etc. There is also a wide variety of seeds, herbs, teas, wildflowers, indoor house plants and vegetables for the garden.
2228 Carter at Como
645-7070
2042 St. Clair at Cleveland
698-4377
Hours: M-Sat.: 10-6, Sun.: 11-4

Centennial Birthdays Celebrated
Pauline Schellbelski and Anna Burth, residents of Commonwealth Nursing Home, were honored at a celebration on their 100th birthdays on Sunday, April 11.

Councilman Victor J. Tedesco entertained them and led a group of some 80 people singing happy birthday to Pauline and Anna. Tedesco presented each of the ladies a letter of congratulations from Mayor Cohen and in addition gave them a marble paperweight as his personal memento to them.

Michael Fraser, University of Minnesota student from New Zealand, demonstrates sheep shearing as part of the Festival of Nations held at the St. Paul Civic Center. Michael represented the local "Down Under" club, composed of people from Australia and New Zealand. Photo by Mary Walker Sjovall.
Cookbook Exposes “Good Old Days”

By Sheila Widmer

The good old days. Were they really so good for the Minnesotan frontier family?

Marjorie Kreidberg, author of Food on the Frontier, Minnesota Cooking from 1850 to 1900, thinks sometimes they were anything but good. The pioneer suffered from lack of food (caused by grasshoppers in 1856, '57, '64, '65, '73 and '77), floods, droughts, spoiled food and botulism to name a few.

In researching and writing her book, which took 10 years, Ms. Kreidberg discovered many old cookbooks and diaries of pioneer housewives in the nineteenth century. From reading these diaries and accounts of their lives, she has come to know these people and how they relate to their problems.

She believes the character of the frontier people shaped our life styles. “Because they were willing to endure hardships and improve things, we can live the way we do now,” she said in a recent interview. The tone of her voice and her willingness to talk about them shows respect for our forefathers.

The life of a pioneer was a hard one. Summers were devoted to replenishing the food supply for the winter. Gardens took up a lot of time, Kreidberg said, and everyone had one, regardless of where you lived, because they were necessary as a food supply.

Grasshoppers were a constant threat to people then. The author recounted the story of a Nicollet County housewife who picked tomatoes from her garden in the morning, and in the early afternoon the sky darkened and soon her garden and the field crops were demolished.

After such an attack, the pioneers had to resort to killing any wild game they could find and using up their winter supplies, just to survive. Needless to say, by the end of winter, these families were indeed “scraping the bottom of the barrel” for food.

Because food was scarce, people ate it even if it was spoiling. “Botulism and indigestion were prevalent, because people ate food on the brink of spoilage,” Kreidberg said. Pepper was used in great quantities back then, to disguise the taste of the food and to hide the fact that it was spoiling. Some people also believed pepper would keep animals such as rodents away from the food stored in the cellar.

Commercially canned food gained acceptance, and in 1877, the Stillwater Gazette editor wrote, “If they keep on canning new things for the table, pretty soon a man will not need to get married at all. He can rent a room, buy a can opener, can live on the fat of the land, with a dog to lick off the plates.”

Housewives canned food in a variety of containers. Some put food in stone or earthenware crocks, some in tin cans, glass jars or tumblers. If the container had no cover, a layer of fat would be placed on the top, and then it was stored in the cellar. Some meat and fish were canned this way. It is no wonder incidence of botulism was so high, Kreidberg said.

Bread was the yardstick of a housewife’s domestic accomplishments. Kreidberg said in her book. Many women made their own yeast, or made salt-rising bread, which used the yeast from the air. Salt-rising bread was difficult to perfect, as Ms. Kreidberg well knows. She said she has tried seven times to make salt-rising bread, but has never succeeded yet. Those women who could successfully make it were very smug about their accomplishments, she said.
WANTED. An experienced painter would like house painting jobs for the summer. Starting date: May 28. Call Paul Breitenfeldt at Luther Seminary for more information and free estimates. 646-2712 ext. 283. Licensed — Bonded — Insured.

AVON USERS: I will gladly take your Avon Orders for this area. Please call and set up an appointment. Mrs. Joan Jenson, 2336 Bowene Ave., 645-4729.

GUITAR LESSONS: Arra location, 646-4278.

INTEREST IN SUMMER NURSERY SCHOOL? For more information call 644-7171.

FOR SALE: Car (top tent, yard sweeper, portable zig-zag sewing machine, edger, wardrobe trunk, shoes 7AA, 5/4 drill. Evenings or weekends, 646-8706.

WANTED: To rent garage in St. Anthony Park for boat storage. 338-8646 (9 a.m. to 5 p.m.)

FOR SALE: Slide projector Alrequisipt — excellent condition $50. With noon, electronic focus, self-timer, remote control, pop-up editor. 338-8646 9 a.m. to 5 p.m.

BRIDAL DRESS FOR SALE: Elegant polyester crepe with lace bodice and detached head. Short train. Size 13/14. Drycleaned. $50.00. Call after 6 p.m. — 645-6065.

WE NEED A GARDEN: Our yard is too shady. Free tomatoes, etc. ... to you for the use of a small garden plot in your sunny yard. 645-4940.

COMPLETE SET OF REDWOOD PATIO FURNITURE in good condition! Includes lounge and cushions, chair and cushion, one sq. table and four benches. Price negotiable. Call Les, 644-2188.

SWEDISH/AMERICAN COUPLE graduate students, over 30, need 1 or 2 bedroom apartment beginning August or September. Can help around house and garden. 644-5116 (writing Sweden June 9-July 19).

RUMMAGE SALE: Saturday, May 22nd, 10-4 p.m. in basement of St. Anthony Park Library. Household, clothing, furniture. SAP Gymnastics Club Benefit.

FOR SALE: Dinette includes table, 2 leaves, 4 chairs, 12,000 BTU air conditioner. 644-6090 after 5 p.m.

ANTIQUE SALE: Refinished Victorian furniture. Also 1860's miscellany, May 21-22 — 8 a.m.-4 p.m., 1587 Burton, University Grove.


PART-TIME, general office work, typing, coordinating volunteers, 20 hours per week, for application, call 336-1556.

WANTED: Portable sewing machine Singer feather-weight at least 15 years old. 644-9800 (evenings).

Garrison Keillor appeared at the University of Minnesota St. Paul Student Center for a live taping of his show "Prairie Home Companion" on April 30. See the June issue of the Park Bugle for a personal interview with Mr. Keillor.

Buzz on down to Bea's

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opening June 5

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no brush needed... no brush to clean!
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Come early and choose your roses. We will "babysit" until planting time.

15 The Bugle
BORROW A GOOD TIME FROM US.

Vacation loans are an important part of our installment loan service. Even if you don't have the cash you still need a break. We think your vacation is important enough to borrow for.

Do something nice for yourself. Apply for a vacation loan at St. Anthony Park Bank. After all what are neighbors for.

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Hours Main Bldg: 9am-3pm Mon.-Thurs., 9am-6pm Fri. *Loan officers may be seen after 3pm by prior arrangement. Drive-In/Walk-Up Center: 7:30am-6pm Mon.-Fri. 9am-Noon Sat.