



DOROTHY FLESHMAN
DORY'S DIARY

Houses without cupboards

(Writer's note: This is not a late April Fool's joke. It's for real. Ask someone older than I at 95.)

A very long time ago when I was barely able to be aware of it, the cupboards on the wall were of my Dad's own doing regardless of where we lived. And, we moved a lot just like other folks did in those days.

What I am saying is that there was a time when cupboards like the ones now on the walls of my home wouldn't have been left behind by the previous owners — as they were in my case when I purchased the residence — a most unusual gift.

If that still isn't clear, I need to say that a newly purchased, or usually rented, house didn't naturally come with cupboards in which to store dishes and pans or clothing. Silverware came separate in their own boxes. You had to provide your own storage units.

These built-ins were the property of the persons just moving out.

That's true — they took the cupboards with them just as they did their tables and chairs, beds, and other furnishings.

This also included the heating and cooking devices such as the wood-burning kitchen range and the pot-bellied stove from the living room.

Moving from one house to another was not an easy thing, but it seems to have been systemized by everyone in those days.

In fact, I know that rooms themselves could be moved from one house to another by a carpenter to fit the needs of the family. That happened to one of the houses in which we had left. The house across the street needed an extra bedroom for the family moving in, so the carpenter just took out the nails, moved the room on skids, and finished up both houses to look as though they had always been just that way. Maybe house plans were similar and the remodeling not requiring a major undertaking.

Whatever it was, needs were handled by the average homemaker, including installing electric lights without the presence of a licensed electrician. They just seemed to know how to do all of the necessary jobs, maybe learning by doing. Those were the days before licensed installers were a requirement.

It is barely on the fringe of my remembrances that I see my father attaching a dish cupboard to the kitchen wall of the rental on B Avenue in Old Town into which we were moving. He was making the big wooden structure fit into the two walls of the corner and nailing it into place, saying that the walls of the house weren't "plumb" in a not happy voice. Maybe that's why I remember it.

People in our community seemed to move from house to house in those days, fairly often within the same neighborhoods. Sometimes they just traded houses for a while and, occasionally, traded back again.

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Tomato time



123rf

Celebrate the season with a tomato and chicken recipe

By LINDA GASSENHEIMER • Tribune News Service

Ripe tomatoes are in season. Here's an easy way to use them. To keep their fresh flavor, the tomatoes are not cooked. Their juice and seeds are blended into a sauce and mixed with mayonnaise. The remaining tomato pulp is cut into cubes and added to the sauce.

Boneless, skinless chicken thighs are used for the recipe. I like to flatten them so that the thick and thinner sections cook evenly.

Helpful Hints

- You can use fresh parsley or cilantro instead of basil.

Countdown

- Make the sauce and set aside.
- Make rice salad.
- Saute the chicken and complete the recipe.

Shopping List

To buy: 3/4 pound boneless, skinless chicken thighs, 1 large tomato, 1 jar reduced-fat mayonnaise, 1 can olive oil spray, 1 package microwaveable brown rice, 1 bottle reduced fat oil and vinegar dressing, 1 cucumber and one bunch fresh basil

Staples: salt and black peppercorns.



Linda Gassenheimer/TNS

Summer chicken with sauce Aurore (tomato mayonnaise sauce).

seeds and tomato liquid into a food processor or press through a sieve. Process until smooth. There should be about 1/2 cup of tomato puree. Mix tomato puree with the mayonnaise. Cut the remaining tomato flesh into cubes. Divide the cooked chicken between two dinner plates. Sprinkle with salt and pepper to taste. Spoon the sauce over the chicken and add the tomato cubes on top.

Yield 2 servings.

Per serving: 342 calories (50% from fat), 18.9 g fat (3 g saturated, 5.4 g monounsaturated), 156 mg cholesterol, 34.1 g protein, 6 g carbohydrates, 1.1 g fiber, 375 mg sodium.

CUCUMBER RICE SALAD

Recipe by Linda Gassenheimer

1 package microwave brown rice to make 1 1/2 cups cooked rice
4 tablespoons reduced-fat oil and vinegar dressing
Salt and freshly ground black pepper
1 cup cucumber cubes, cut into 1/4- to 1/2-inch pieces
1/4 cup fresh basil leaves, torn into small pieces

Microwave rice according to the package instructions. Measure 1 1/2 cups and save any remaining rice for another meal. Place rice in a bowl and add the dressing and salt and pepper to taste. Toss to coat the rice with the dressing. Add the cucumbers and basil leaves and mix into the salad.

Yield 2 servings.

Per serving: 217 calories (15% from fat), 35 g fat (0.5 g saturated, 1.2 g monounsaturated), 2 mg cholesterol, 4.7 g protein, 41.5 g carbohydrates, 2.9 g fiber, 16 mg sodium.

SUMMER CHICKEN WITH SAUCE AURORE (TOMATO MAYONNAISE SAUCE)

Recipe by Linda Gassenheimer

3/4 pound boneless skinless chicken thighs
Olive oil spray
1 large tomato
1/4 cup reduced-fat mayonnaise
Salt and freshly ground black pepper

Flatten chicken thighs with a meat mallet or bottom of a heavy skillet to about 1/4-inch thick. Heat a nonstick skillet over medium-high heat. Spray with olive oil spray and add chicken. Saute 2 minutes. Turn and saute 3 to 4 minutes or until a meat thermometer reaches 165 degrees Fahrenheit. While chicken sautes, cut tomato in half and scoop out the

Do's and don'ts of deadheading flowers



JENNIE HAGEN
GRANDMA'S GARDEN

For years I scorned dead-heading my flowers as absolutely unnecessary. And as my gardens grew and more flowering plants were added to the assorted collection, by July they looked pretty ragged. I had to do something different.

Deadheading is simply the process of removing blossoms that have finished their blooming cycle. For some plants, it's an easy read. They may be in focal points of

your yard or line a flower bed in the front of your home that is visible to those passing by. But whatever the reason, when this part of your routine maintenance is kept up with regularity, it makes all the difference.

Most annuals don't need dead-heading. Think of a large pot filled with petunias — if you endeavored to remove the spent blossoms each day, that would be all you would do. Not very practical.

There are annuals that appreciate regular deadheading, and their growth structure makes for easy trimming. Marigolds and zinnias are two good examples, as their upright habit and large

flower size keep your trimming time to a minimum. Certain types of marigolds are an exception. Tagetes marigolds may have hundreds of small, dainty blossoms at one time. Think of "Tangerine Gem" and "Lemon Gem," both prolific bloomers. They require no deadheading.

A word of caution is in order. It makes sense to trim as many plants as possible in one round of your garden. But there is a nasty catch here about doing too much without a purposeful break. Trimming foliage on some of your tomato plants increases the daylight amount to the fruiting bodies in the interior of the plant, but

trimming rose blossoms may transmit tobacco mosaic to roses if trimmers are not cleaned. Tomatoes may carry the mosaic, but they are relatively benign to the virus. Once infected with the mosaic, if not treated, rose blossoms will have brown spots, shriveled stems, and blossom mortality. So, after trimming your tomato leaves, wipe the blades with a paper towel soaked in rubbing alcohol. Soap and water do not always remove the disease. I keep rubbing alcohol in my garden room. Dry thoroughly before moving on!

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