



Boone County Senior Services, Inc.

515 Crown Pointe Drive

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Friendly Visitor News

Several of you have requested a copy of the One Egg Cake recipe. I have never been able to recreate the exact taste or texture of her cake. Over the years we have experimented with butter or shortening instead of lard and whole milk instead of sweet milk, but it never tastes the same. It may be because I don't use a hand crank mixer (grandma never had an electric mixer) nor do I have her cast iron baking pans. Chances are there may be a pinch of "this" and a smidgen of "that" that never made it onto the recipe. Regardless, it's a great cake. Enjoy!*

Grandma's One Egg Cake

1 1/3 cup sugar

1 cup sweet milk*

1/2 cup lard

3 tsp. baking powder

1 egg

2 cups flour

Cream sugar and lard. Add egg and mix well. Sift flour and baking powder. Add milk alternately with flour mixture. Pour into round cake pans. **

* Sweet milk may be nonhomogenized raw milk. A friend who grew up on a dairy tells me that they called the fresh cows milk sweet because it soured very quickly.

**Grandma never used round cake pans. She used a cast iron baking loaf pan.

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The *Friendly Visitor News* is a monthly newsletter for volunteers who participate in the FV Program.

Information contained in the newsletter is meant for education as well as activities that can be used with clients.

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Friendly Visitor^{NEWS}

“Tis Season For Sharing...at Your Family Reunion



Ahhh, summertime! Longer days, vegetables fresh from the garden and family reunions. So far this summer we have attended three family reunions. Reunions

are a time honored tradition in my family. It's a great time to welcome the newlyweds and new babies and a perfect opportunity to reconnect with the generations. One thing I've learned, never ask an senior family member, "How are you doing?" Why? Because if you ask, they will tell....and tell....and tell.

Seniors in my family wear their ailments like battle ribbons. Bragging rights go to those who challenge their physicians the most. I know more about Uncle Jim's prostate than his urologist. It's not that I don't care about the health of my favorite uncle but honestly, this is the man who taught me how to ride a two wheel bike. Hearing him talk about his first experience in stirrups in the doctors office was over the top.



My own dad is no exception. You should hear this guy try to one up his seven siblings. Before the day is over, they are comparing battle scars from falls they took as youngsters and recent surgical procedures they have endured now that they are old



men. When Uncle Joe asks if anyone wants to see his scar from his emergency hernia surgery last year, I know it is time to make my exit. I think I'll go get some dessert!

What is it about seniors that they feel the need to relay their health chart to anyone who has the misfortune of being in the room? My husband tells

me it gives the old guys something to talk about. How about sports? I thought guys always talk about sports. Or cars. Can't they tell a story about a Buick?



I don't think women do this. The last thing we want to discuss is going to the doctor. We pride ourselves on staying current. For example, my Aunt Eddie, who will be ninety-seven this years asked me if I thought Lindsay Lohan would survive her jail experience. Not that I care about Lindsay Lohan but here is a lady who knows what is going on in the world today. Then she said it was a shame that Elizabeth Taylor and Richard Burton were splitting up again. Apparently Aunt Eddie doesn't care which issue of National Enquirer she reads. So much for my theory. And if anyone needs a birthday gift idea for Aunt Eddie, I think I can make a recommendation.



I love my extended family and cherish the few times we get together each year. It's great to get out the old pictures and joke about Aunt Gertie's beehive hairdo and how skinny we used to be. We talk about days gone past and remember those who have gone before us. Conversations at a reunion are a treasure chest of information about you heritage. As summer comes to a close I am looking forward to the last reunion of the season. However, when it comes to starting a conversation with one of my beloved uncles, I plan to say, "Hey, you look great." "How about those Colts?" "Is that your shiny new Buick?"

By Judy Brower

