

Calories	2,000	2,500
Total Fat	65g	80g
Less than	20g	25g
Sat Fat	300mg	300mg
Cholesterol	2,400mg	2,400mg
Sodium	3,500mg	3,500mg
Potassium	300g	375g
Total Carbohydrate	25g	30g
Dietary Fiber		

INGREDIENTS: Whole Grain Wheat, Wheat Bran, Raisins, Natural Milled Sugar, Barley

VITAMINS & MINERALS: Ferric Phosphate (Iron Source), Ascorbic Acid (Vitamin C), Vitamin B6 (a B Vitamin), Calcium, Zinc Oxide (Zinc), Cyanocobalamin (Vitamin B12), Pyridoxine (Vitamin B6), Vitamin B12, Folate (Vitamin B9), Riboflavin 25%, Niacin 25%, Vitamin B12 25%, Zinc 10%

Percent Daily Values are based on a diet of 2,500 calories. Your daily values may be higher or lower depending on your calorie needs.

Handwritten notes on the cardboard flap, including "I don't want to take up his time" and "I don't want to take up his time".

To: Martha Klundt
Lindsborg, Kansas

From: Rod Doorman
Earl Claire, Wisconsin

Handwritten note at the bottom right: "I don't want to take up his time" and "I don't want to take up his time".

Raisin Bran

WHOLE GRAIN MULTIGRAIN & RAISIN CEREAL

Raisin Bran

TRADER JOE'S

LOW FAT
LOW SODIUM
HIGH FIBER
8 GRAMS OF FIBER
PER SERVING
EXCELLENT SOURCE
OF 6 B VITAMINS

290002
P001576

2

Exclusive
at Joe's
CA 91010
old by weight
settling of contents
during shipping.

February 4, 2015 — Dear Martha

I'm writing this right now so I
There hasn't been all that much to do for
venture outside to scrape off the solar h
does ~~it~~ take up quite a BIT OF TIME, b
pot for the past three days. And not coo
attached the recipe for you! See, when

And damn, yeah, those forays outside
It's been a slightly ~~above~~ above-average year
up outside. So quiet now that you wouldn't
up in the morning. I know that little red knob

I know I haven't written you for a while
was the fact that only a handful of people were
the summer prior. It had been in operation for
since he saw smoke ~~come~~ coming off of it off
and the basic structure was more or less intact
and get the mechanisms pieced back together

and kids - Hello from Wisconsin!
I have it ready to go first thing when the courier shows
for the better part of 4 months except sleep, cook, eat, sit
easter windows, snag more wood for the stove and scoop up
but I made a damp, big batch of stew earlier this week
which has freed things up. Haven't made such a good stew
it comes right down to it, we men can take care of ourselves
I have been more and more occasional as winter has progr
t, snow-wise, and there hasn't been even one warmish stre
believe it. It's to the point that I don't even look at
it will be stuck at the bottom.
while, but I've had reason. The Chipewa flooded last May, t
and Eau Claire drowned - maybe 1/2 a dozen. But it al
all of NINE MONTHS. Sure, saw some use in that time
or a few really intense days in early September. The good
st. Just needed to clean it up really good, replace the few lost
and put into running condition again. Easter said than du
to get it all to get it in

up, which will probably be early March.
by the fire and nap or lead, and occasionally
some snow for making water. Well, ok, all that
and have been eating it straight out of the
in a long time. I'm proud of it, actually, and have
es.

essed. It has just ~~been~~ been so cold lately.
ok since mid-November. So everything's just piled
the thermometer on the kitchen window when I get

ook almost half the town with it! Most fortunate
most ruined the mill we'd just finished building
... especially the other tall. One of the mill's new
thing is that the millstone didn't get washed downstream
parts, - the water wheel, mainly - and wooden parts
ne, of course. - It took about a 1/2 dozen of

was all summer and then a
good crop to process, and most of it got
beer down for the Octoberfest this year. Yes
well, we did have plenty of ~~the~~ cranberries
I sure hope we have a decent crop this

Havent heard back from Vern
and leave. Not that I dont take you
that he would do so, but if he shows
house. If he comes back to you,
non grata in my neck of the woods.

Along those same lines, Barb left. In time
eventually got used to it. Then, you know
about that before, dont want to talk about it
again. I tried to calm her down, told her
but she wouldnt listen. One we got word
brandy and climbed into the attic. She slams
I didnt want things to get violent again so
hard cases, but he said
and I didnt want to take up his fire

to get it all. Back into working order. What will
I put thru in good order. (Before the mice got all of
ah, we still celebrate it - how else are we going to get out
ry/maple brandy, so it wasn't a total loss. I didn't
is coming year to feed into the mill. (AND) that it

ie yet, have you? I still, for the life of me,
u at your word. And, for the record, he's not my
vs up here, he'll get turned away. Forget how
then + only then will I welcome him back as a br
(Yes - persona non grata. All this winter reading
dsight, it had been a long time coming. She was sure too happy
, everything stopped working and she couldn't get her medicine
t again. But last Spring when the rain was so bad and
more times than I can remember that we personally were sa-

that the Chappie
med the dur
I just went
he thought
we any further.

va crestel she lost
behind her and
out and then
some St. Johns
so I picked up a

it and took some cash
slid something heavy
to find to Dr. Carter
wort might help her
tincture of the stuff

In all the fall and spring, there was a menorah or
f). Bad part of it was that we weren't able to get any
rocks off before everything freezes shut up here?
Feel much like drinking last ~~fall~~ fall, anyways.
Doesn't flood here again!!!)

can't imagine why he'd blow up like that
brother any longer. I have had no indication
old it is, he'll not be allowed in this
other. Until that point, he is a person,
s paying off in the vocabulary department!

when we moved out here from St. Paul, but
ations and just got really unstable. I told you all
the river was rising, things got real bad
re-living so far uphill and east of the river—

pages, some beet jerky, and cheese and
behind it - I think that old day bed.
Well, he was busy w/ other
ut. That was all he could recommend.
on the local "alternative apothecary"

When I got home late afternoon, ~~Barb~~ Barb was outside
for 40 days and nights, just to be certain, and that I
if I tried to argue or coax her inside ~~she would~~ on
she was chanting "39 days, 39 nights" over + over
on toast + a little pinky glass of apple brandy. (Brand
want into her appetite. She ate her whole break
waited. This all repeated itself every meal for a couple
so I heated some water on the stove and gave her a


I had hoped I could keep dosing her w/ Brandy
go survey the damage at the mill. When I got back +
pantry were gone, and Barb's bicycle wasn't in the ga
peaks so I went down. You can come too. Bring r.

I looked at the map and guessed which road she'd
up and bring back. But I hadn't caught her by the
spend the night in a barn. I asked the exceedingly
meeting Barb's description, and to spread the word
southeast to

le, sitting in that little rowboat we own and holding
had to bring her food + brandy everyday. well, aq
2 of us would have gotten hurt for certain, so I
when I went out to talk to her. I went back ins
is/was all Barb would drink while in an episode
fast in four bites, then drank the brandy in a
of days. Then, she came into the house ~~at~~ mid- of
half decent pan bath and she let me put her to bed aft
and st. Johns wurt. But a couple days after I thou
o the house, I found the front door open. Half +
rage. I checked the ~~garbage~~ ^{attic} and there was a little r
est of cheese and another bottle Of BRANDY.
be most likely to take, and bolted down to it to try to c
time I'd reached Memonemie, and it was so late by
friendly farmer who's barn I'd crashed ~~in~~ in to
then took back off towards Eau Claire at first light th
wards Fair child. I didn't

an umbrella. She said she was going to wait there
all day, so I didn't want to cross her. Because I knew
she went inside and slept by myself. The next day
she came outside and fixed a little breakfast for her: an egg
so I mixed of few drops of St. John's
her fell swoop. I took everything back inside and
afternoon and said she wanted to take a soother
towards.

right I got her stabilized, I had to help
her cheeses and all the meat jerky in the
note that read "31 days left, going to Pike's)

catch up to her. Violence or no, I'd catch
the time I got there, I had to
keep his eyes  open for a woman
the next day, stopped at home just in case,
and a child

she'd found her way back, then appear soon.
So I had a quick lunch and asked the local auto
home and did the same thing. And I didn't sleep that night
think of where she might have gone or where she might
summer for any indication of where she'd been, but I
to her... but I can't bring myself to mention them now
either.

Obviously, fall and winter have been difficult. But in a
set ups, so busy I was last spring and summer with
and find her that I wasn't able to continue on with the solar
put up plenty of wood for winter made the solar heating ~~business~~
back into the swing of things in April or May, once it warms up
the bitterness of the weather right now.

I've included some sketches for you. They're not blue
damn things are so simple that chances are you could put together
several years ago. If you can dig one ^{up} at the ~~the~~ library, it would prove
So, regardless of what happened last year, I wish you a
if you're still doing that. Tell Marty, Yasmin, + Betty their w

... to please remain on the lookout for Barb, then I
right at all, I guess, for a week or so. It was the nur
it be or what happened to her. The local sheriff had
they never found any sign. He suggested a couple of th
I kept riding all over Eau Claire and Chippewa counti

In addition to the reading + keeping up shop, I've tried to
fixing up the mill and trying to keep up my mind off
car heater business, but I had to prioritize, and the fac
thing a less pressing issue than having good flour and crack
abit. Last year ~~we had~~ they were quite in demand, and

prints, as such, but they should be enough information to lead to ge
a pretty decent one w/ just the information here. But, I know the
sibly help immensely.
Happy (belated, no doubt) New Year and (hopefully not belated) Ea
le says hello, and that they don't have to share this cheese w

Red's OWN STEW:

- 1 c. pearled barley
- 2 lbs. fatty beef (or pork, just make sure it has a bone)
- 3 turnips


- 3 carrots
 - 2 onions
 - 3 cloves garlic
 - 2 tbl. salt if you have it
 - 1 gallon water
 - 1 pepper
- Move pot to edge
sliced up +
Then let it simmer for an
You can remove the
with good borte
the edge of th
off. You
into a
You

Bring the water to
and bone if its w

the time I'd reached a ...
- rode thru Osageo on the way
st. .. It was bad. I still can't
d his deputies on the look out all
ings that might have happened
es trying to locate her, but found nothing

keep busy planning new solar heaters.
- what might have happened to Barb
of that most folks around here are able to
ed brewing grain for everyone. I fully expect to get
d I don't think that will have lessened any, what w/

et you underway, if you wanted to make one for yourself. The
re was a good article about these in Mother Earth News

ster!  I hope you all had a great passion play
th their friends if they don't want to. (It's to a-bouda

Boil on top of stove and add barley, meat (cuped up best you can),
pole, crack it open to expose the marrow. and boil for 1/2 hr. **ROD**

of stove and simmer for an hr. then add rest of ingredients
hin as you can, and bring back to boil for another few minutes.
n how or as long as you can stand it before breaking down.
bone. The stew will lodge only on top. Soak the fat up
y bread and eat that first, w/ a little salt. Keep the pot on
e stove so it will stay warm but not boil.
can add more water afterwards to stretch it
i soup, if need to.