

1-1-1967

New Harmony Homestead, Part II

Ferdi Knoess

New Harmony Homestead

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Recommended Citation

Knoess, Ferdi (1967) "New Harmony Homestead, Part II," *Green Revolution*: Vol. 5 : Iss. 1 , Article 3.

Available at: <https://research.library.kutztown.edu/greenrevolution/vol5/iss1/3>

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THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
PUBLISHED MONTHLY

Volume 5, Number 1

January, 1967

25c per copy, \$3 per year



A PHONED-IN BREAD ORDER from a health food store is taken by company president Isabel Mease.—from *Natural Food News*

New Bread Uses Sprouted Grain; A Staff of Life That Needs No Crutches

By Mildred J. Loomis

A large friendly man and a charming, petite woman with sunny hair and taffy-colored sweater greeted me on shady Heathcote lane at the School of Living annual meeting in August. They were Richard and Isabel Mease, known widely for their sprouted-grain bread.

Ten years ago they ran a small country store in the village of Schoenck, Penna. They had a strong concern for health and good bread, and firmly believed they could make an honest, nourishing loaf superior to the bread they sold in their store. After work hours and on weekends they experimented in their tiny kitchen. Neighbors and friends were intrigued with the tantalizing odors, and became customers.

The home-made bread business flourished. A loaf came into the hands of a Seventh Day Adventist minister, who came to encourage them to try baking a flourless loaf—one baked of grain that has been soaked, sprouted and ground instead. This bread too was a success, and resulted in their first distant order, for 30 loaves to the Adventist center near Washington, D. C. In 1957, it took 12 hours with their meager facilities to fill this order.

Nowadays their big, modern bakery at the edge of Schoenck averages 800 pound-loaves per shift. By early 1966 the Meases had baked their half-millionth loaf. They give demonstrations and pass out samples at natural food meetings; the quality, texture and taste of the loaf creates a demand wherever it is displayed. Now they ship their product to over 100 health food retailers and individual mail order customers in the East, and as far west as Chicago and Texas.

In 1961 a Florida couple stopped at the Holgrain retail outlet in picturesque Pennsylvania Dutch country. They sampled the bread that has all its natural food elements and needs no synthetics—"the staff of life that needs no crutches" (a phrase that has become the Holgrain slogan). Orders increased from Florida, and from other distant places. Shipping the bread is no problem; without preservatives, it has a shelf-life of a week or ten days. Large orders go out in refrigerated trucks.

Descriptive Booklet

When the federal Food and Drug Administration questioned some of the claims about the bread's contents, the Meases had their bread analyzed by some of (continued on page 4)

New Harmony Homestead, Part II

By Ferdi & Rebecca Knoess
New Harmony Homestead
Pennington, Minn.

Harvest Report

Oct. 22. We've had a wonderful summer. Geordie is doing very well. His grandparents from New York visited here in August and his grandma and great-grandma from Indiana were here in September.

A couple of weeks ago we moved to a somewhat larger shelter that used to be the granary of the barn. There was nothing but a wooden box in the beginning, but we have it almost winterized now. I put in two windows, a standard door, roofing, siding, insulation, walls and floor. The smaller cabin is now available to other occupants who would join us.

Last Sunday we harvested the last of the vegetables from the garden: carrots, beets, rutabagas, parsnips and 23 heads of cabbage, for our storage cellar. Previously we dug out over 650 lbs. of potatoes. We also put over 230 quarts of fruits and vegetables into jars. With tomatoes still ripening indoors, the total should

reach 250 quarts. Not bad I think, especially since almost all canning was done outside over an open fire. We pressure canned this way too.

We've been very busy cutting and hauling firewood lately—over two cords stacked in the barn so far, but must secure much more. We haven't had much time to correspond with interested communiteers, but will try to make amends during the winter months.

Snow and Butterflies

Oct. 31. We had a bit of snow last night and this morning. One of those fine blowy kind that finds its way into every crack of one's winter defenses. So, Winter has announced himself and we're busy as never before to meet the challenge in a new land. The woodpile is still small and we will have to do much cutting prior to deep snow.

This morning I discovered three butterflies hid in some clothing hanging in our loft. They were cold and dormant. After bringing them inside they were reviving within ten minutes, and now they're fluttering around (continued on page 4)

The Inscription Over the Judge said: "Reason Is the Life of the Law."

By Ken and Dee Sprague

Above the judge's bench in the crowded, panelled courtroom, the inscription stood out boldly and reassuringly. It was Thursday, Dec. 8, 1966—Juvenile Day—the day reserved for juvenile and school cases. It looked like a full docket as all the seats in the small courtroom were filled. "REASON IS THE LIFE OF THE LAW." Surely it would apply in our case.

We were opposed to vaccination for our three children: Jerry 16, LaVerne 14 and Keith 8. However, the State of Maryland has a law compelling all parents to have their children vaccinated against smallpox. Because of the great variations in similar laws throughout the states and the absence of such laws in some states, we had ignored the first request from the schools that the children be vaccinated—and so, apparently, did one elementary and one high school, for all of last year nothing was said, and a couple of months of the current school year had passed before any action was taken.

When the school authorities ran into this rare case of dissenters to compulsory medication, there was a flurry of phone calls and letters as each tried to pass on this "hot potato" to the next higher authority. We were called on by a visiting teacher from the Board of Education. Kindly but firmly we were told that the vaccination was mandatory by law and since the children were not allowed in school without vaccination we would be also charged with truancy. She promised to find out if an oral vaccine (the Homeopathic treatment) would be acceptable. We considered this method of immunization as an alternative to a legal struggle, but not without reservations.

Meanwhile we wrote what we considered a very reasonable letter to the Board of Education (see page 2) and sent our children back to school. The repercussions were immediate, as Keith was made to sit in the lobby of his elementary school all day, and the vice principal of the high school phoned to inform us that the children would be suspended that day (so as not to have us charged with truancy) and we were advised to call the director of pupil personnel at the Board of Education. Through him we learned that the judge had spoken: as law violators we would face charges of neglect and be summoned to court. Our letter had evidently brought no consideration and we were told that oral immunization was not acceptable.

So today we appeared as summoned in the chamber where reason was said to reign. All duly stood out of respect to the judge as he entered the courtroom. Possibly we were disarmed when we ought to have become alarmed by the casualness with which the first cases were tried. Summarily, a woman was given custody of her sister's child, since the mother had disappeared. Said the judge: even if she comes back who knows when she will take off again? About five adolescent boys, charged with disorderly behavior in a shopping plaza, were scolded, told to stay away from the plaza and to "straighten out and fly right." Another adolescent, who had been found asleep in a stolen car, when the evidence seemed to indicate that he

didn't know the car was a stolen one, was told to get back into school and maybe go to church, so he wouldn't be pumping gas all his life! Then it was our turn to stand before the judge.

What followed is almost unbelievable as a "due process of law." Our convictions regarding the wisdom (or lack of wisdom) in giving shots and vaccines as an approach to health were not pertinent at this early stage of the proceedings. We were not sure of the stance of the court or the strength of the

law. There were no precedents to guide us. We had decided, with the aid of Clinton Miller, of the National Health Federation (who had come up from Washington to be with us at the hearing) to place ourselves at the mercy of the court and ask that an attorney be appointed for us. We had no intention to plead our case at this preliminary hearing.

It soon became apparent, however, that the court had no intention of permitting this. Prejudicially, the judge had pretty much determined the tactics for our case: intimidation especially beamed at the mother in the case, Dee Sprague. We had previously decided to let Ken be spokesman in the case, but the judge would not let him speak. His (the judge's) increasing anger was apparent in the brief exchange in which Dee quietly held her ground; her few comments on our reasons for not wanting the children to be vaccinated were given only perfunctory attention.

At one point the judge said, "I'm no doctor. I don't know if that vaccine is any damn good. With your kids in school I don't expect my kids to get smallpox, your kids to get smallpox or their schoolmates to get it. But the law is the law and it's my job to see it is obeyed. Out of 100,000 pupils in Baltimore county schools yours are the only three unvaccinated. I'm going to issue a bench warrant for your arrest."

As we later pieced this scene together, this was the dramatic moment when the family (the children were right there with us) was supposed to crumple up and submit, for we later learned in the health department that a doctor had been alerted to vaccinate the children when they appeared in the clinic that same morning. Moreover, the deputy sheriff disclosed that his initial instructions were to "take her to Baltimore City Jail to be fingerprinted, mugged and booked."

When we left the courtroom there was evidently some confusion and delay since we did not bend or break down as anticipated. After a long wait the deputy sheriff appeared with a bench warrant for Dee's arrest, with bail set at \$250. Then she was handcuffed, taken to the County Jail, "processed" and locked in first a cage and later a cell, even though we indicated our intention to meet bail. There was no abuse in this procedure. Meanwhile Ken and Clint went to the health department to learn more about the State's position regarding homeopathic immunization. A couple of hours later bail was posted, and Dee was released. We can only assume that the harsh treatment directed at her was a direct result of the judge's first heat of reaction to our firm stand.

At this writing, immediately after this day's ordeal, we are not sufficiently aware of legal matters to declare the whole thing a travesty of justice. That we had violated a law for which we could be penalized by being made to pay a small fine. We were aware. That any of us could be arrested at the hearing, where we were denied legal counsel, came as a terrific shock, especially when the charge was "neglect," for our children are so obviously un-neglected that under different circumstances such a charge might seem funny. What seems most sinister is the (continued on page 2)

Heathcote on Christmas Letters

Heathcote Center was featured on 1966 holiday greetings to many people. Grace and Tim Lefever, Sonnewald Homestead, Spring Grove, Penna., effectively joined their message with the photo of Heathcote. The following opened their Christmas letter to 300 friends:

"The Old Mill has a lot of meaning for our family. Along with many other families and friends we spent about a weekend each month helping to renovate the building so it can soon be used for a center. On New Year's weekend it will have been two years since we began to fix up this wonderful old stone building. We had to carry out dirt and debris, scrape walls, plaster and paint, fix windows and doors, put a new roof on the low end and spouting all around, include a new bathroom and kitchen with running water, pour a new cement floor on part of the ground level, and now we are working on the heating plant. With all volunteer labor and approximately \$2,000 we have given the place quite a face-lifting.

"The stream sings its constant song of joy, the woods give serenity and hope, and our dream is that this new Heathcote School of Living Center may truly become an educational venture that will be directed toward humanization in this age of technology, as we learn to live again with nature and feel the pulse of the Universe.

"... As one learns what is going on behind scenes in today's world where money and power predominate, it is not hard to realize why we are trying our best to preserve our freedom of choice by working with the School of Living which to us has a sane approach to all major problems of living.

"As we become in tune again and the vibrations of LOVE flow out toward all people, we hope the Christmas message can become a reality:

There shall be peace on earth;
but not until
Each child shall daily eat his fill;
Go warmly clad against the winter wind
And learn his lessons with a tranquil mind.

And thus released from hunger,
fear and need,
Regardless of his color, race or creed,
Look upwards, smiling to the skies;
His faith in man reflected in his eyes.

—Dorothy Roigt

Heathcote stationery is suitable for any season. 20 sheets for \$1, from School of Living, Brookville, Ohio 45309.

New Bread Uses, cont'd

the nation's leading research laboratories.

"We spared no expense for these analyses," says the tall, 230 pound Richard Mease. "We are glad we did, for they not only substantiated our claims; in some cases they found we even surpassed them!"

A booklet was prepared describing the bakery and the baking process and listing the ingredients and the analysis. It says that Mease's Holgrain Bread includes: "sprouted, high protein wheat, pure bacteriologically tested well water, wild-flower honey, soy oil, sea salt, fresh yeast, unbleached lecithin, dehydrated alfalfa, dulce, okra, parsley, carrots, dandelion, watercress, blackstrap molasses, brewers yeast and hydrolized vegetable protein."

As indicated on the bread wrapper, three slices per day supply the adult minimum daily requirements of 100% iodine,

41% iron, 34% niacin, 29% phosphorus, 16% calcium, 17% thiamin and 10% riboflavin. For all four types of bread, calorie count averages approximately 70 per slice.

The bread has: carbohydrates 46.50%; moisture 33.98%; protein 11.51%; fat 3.41%; ash 2.68%; fiber 1.92%.

The booklet states: "The most precious elements in seeds are probably the B and E vitamins. Seven parts of thiamin (vitamin B-1) becomes nine parts in sprouted wheat. Riboflavin (vitamin B-2) increases four times. In sprouting wheat, niacin increases by 40%; pantothenic acid by 40%; pyridoxine by 44%; biotin by 53%. Folic acid—that vitamin so rare that none of us gets enough of it—increases from 28 parts to 106 parts after sprouting."

Could anyone doubt that here, indeed, is the staff of life? Moreover, there isn't a person who eats it who doesn't exclaim, "What a wonderful flavor!" One customer waxed poetic and said, "rich and natural as a field of wheat under a summer sun."

Herbs And Your Health

By Ben C. Harris*

Part II

Speak of herbs and the health-enthusiast or neophyte herb user conjures up all kinds of sure-cures and quick-quicker roads to better health. Well-meaning folks have come to me expecting a miracle cure in every package of herbs. Many had been ailing for 15-20 years, violating almost every law of life, and sought herb remedies to cause all their ills to vanish almost overnight.

How misled can one be? Herbs are not a do-all like DUZ; using herbs is only a guide to your own Fountain of Youth, to your own Shangri-la.

To reach the realm of a personal paradise on earth, you must work hard at it. Good health is not easily come by and must be well earned. Take time to study and evaluate such other facets (or spokes of the wheel of health): everyday habits (e.g., sleeping and exercise), organic garden, dangers of chemical drugs, need of fasting, selection of and combination of foods, proper diet, choice of food seasoners, the problem of drinking and smoking, etc. Once each spoke of the health-wheel is correctly utilized and coordinated with the others, and then practiced everyday as preventers of disease, then do herbs have meaning and their use, purposeful.

For example: One who suffers from a persistent stomach distress must not equate the final answer with herb remedies. Everyday excesses and gluttonies need to be eliminated, often requiring a short fast. Eliminated from the diet are most—a compromise—man-made, boiled-spoiled, foodless foods; included are more fresh fruits and vegetables. Also, morning exercises are in order, as is walking to work or to market, and far less car-riding and a minimum of TVing.

I do not recommend laxatives of any kind—Senna, Cascara, Mandrake, et al. The following herbal remedy is a mixture of alkalizing and cleansing herbs and is suitable for most internal disorders. The herbs are easily obtained from your druggist or health-food store.

The herbs: Mallow, Linden, Boneset, Yarrow, Blue Vervain, Mint or Catnip.

Preparation: Mix together equal parts of the herbs. Stir well (25-30 times) one teaspoonful in a cup of hot water and cover 15-20 minutes (or until tepid). If necessary, use honey to sweeten. Sip slowly one such cupful morning (as a substitute for breakfast), mid-afternoon, and one hour before bedtime.

*Ben Harris is author of *Better Health with Culinary Herbs*, and other books. His address is 237 May St., Worcester, Mass.

New Harmony, cont'd

the place to our delight.

"If you've been having steak a long, long time, Steamed and boiled beans taste just fine."

Keep up the great work, and let any interested person write us for directions and welcome to New Harmony Homestead.—Ferdie Knoess, RFD, Pennington, Minn.

Financial Record

May through October, 1966

Land:

Cost \$3200; 157 acres with barn.

Equity in property \$970 (two government "Soil Bank" payments).

Received \$3000 from a close relative to purchase land. Have repaid \$500 from one of the Soil Bank payments. Since then, relative has made us a gift of the remainder that was due.

Accepted \$25 from a friend toward the community planned here.

Had saved about \$1000 from several jobs over a period of a year and a half (included periods of unemployment). Rented, ate and lived "economically."

The tax collector relieved us of \$115 for property taxes. (Land tax will be 40% off beginning in '68; we'll be eligible for "homesteading" deduction.)

Transportation:

Bought a 1951 truck for \$125 to continue our search for land (1965) and finally moved to Minnesota in May, 1966. Eventually shelled out over \$125 for new tires and battery. Prior to this we looked by bus and friend's car. About \$300 additional was spent actively looking for land (gas, but fare, misc.).

Building Materials:

Approximately \$250 for building and repair materials. A small amount to repair a tiny cabin that housed us in spring and summer, the remainder for our present quarters in a section of the "barn."

Baby:

So far Georgie has accounted for a cash outlay of \$30. However, the little one's advent netted \$112 from relatives and friends. A nice batch of infant clothing was also received.

Clothing:

Brought to homestead clothing acquired over the past few years. Have since received some discards from relatives for us and the baby. Have bought a few articles for baby at local rummage sales for 5 and 10 cents each. Much good adult clothing also available at such sales for a few cents. Many things will be made by us of commercial and preferably home spun wool (we have fleece, need a spinning wheel).

Food:

Try to use as much of our own as is possible to grow and store successfully. Cash output since coming to New Harmony has been very low. Purchase "economical" foods and eat much of wild plants. Since summer we've subsisted primarily on our garden produce. Have stored and preserved much cultivated and some wild foods for winter and spring. Will have to buy some food before next year's wild and knoess, cont'd from Dec. domesticated plants arrive. Hope to eventually do without buying (much) food. Before the garden came in we spent less than \$5 a week on groceries; much, much less now. (Note: Even in the city we spent only \$10 per week on groceries for the two of us; this usually included some non-food items.)

Furniture & Household Items:

Furniture and many other household articles like kitchenware are secondhand from relatives or bargain stores. Some things have been given to us by our new neighbors here. We bought a used wood cook stove for \$7. A few things have been purchased new.

Cash Income:

There exist opportunities for

cash income; I've been offered three jobs, without looking, since arriving in the area (planting trees, cutting trees, and sawmill work). Have worked for neighbor at threshing time (who refused cash for many small favors and 100 bales of good hay). Other cash possibilities open: beekeeping, fire fighting, vegetables, lumbering, crafts, knitting and weaving (wool is cheap), etc.

Reserves:

\$800 plus a helluva lot determination.

Letters To Newspapers

Readers of *Green Revolution* often present their ideas in letters and items in newspapers and magazines. We'd be glad to learn of them and reproduce them when space permits, to indicate the range and impact our readers have on the public. We begin with Howard Morris' letter in the Dec. 22 *Dayton Daily News*:

Occupancy and Use of Land

At this, the Christmas season, "peace on earth" is conspicuous in print, but throughout the entire year numerous strikes and, alas, wars make the absence of peace conspicuous and prevent thoughtful adults from being deeply cheerful.

We would do well to act on a profound fundamental concept expressed by Abraham Lincoln, prompted by his experiences as a lawyer in defending citizens who were trying to acquire enough land for a homestead. . . . Defending them against unscrupulous "land sharks" and greedy landlords, he said:

"The land, the earth God gave to man for his home, sustenance and support, should never be the possession of any man, corporation, society or unfriendly government, any more than the air or water, is as much. An individual, or company, or enterprise requiring land should hold no more than is required for their home and sustenance, and never more than they have in actual use in the prudent management of their legitimate business, and this much should not be permitted when it creates an exclusive monopoly. All that is not so used should be held for the free use of every family to make homesteads and to hold them as long as they are so occupied."

Four score and seven years ago—in 1879—an exceptionally able, sincere, noble thinker, Henry George, elaborately developed this same concept.

Howard L. Morris
3131 Ferry Road
Bellbrook, Ohio

Letters, cont'd

and vaccinations. For the most part natural living, breast feeding and good natural food from their homestead should bring this little one through in fine shape. Our five-year-old son has never had any shots or needles injected into him. He is very well, except for an occasional cold, which we handle via rest, fasting and simple food. For our peace of mind we had a doctor give him a check-up, and all is well.

Rather than investigate all aspects of vaccination, why not read such books as Rene Dubois' *The Mirage of Health and Orthotrophy* by Dr. H. Shelton, Box 1277, San Antonio, Tex., for \$5. — Jean & Bill Peavy, 1675 Bette, Merced, Calif.

Interest In India

To the Editor:

I highly appreciate the work you are doing in your School of Living, and the life-saving information in *Green Revolution*. . . . Our center was founded by Gandhi in 1946, and we regret he was not spared to guide its activities, but we have the guidance of Balkoba Bhawe, Vinoba Bhawe's younger brother. Today we have more than 60 patients, use no drugs or any kind of sup-

plements. We have a farm, with grapes and other fruits, produce all our grains and have a model dairy, 18 miles from Poona City. —K. Chandra, Nature Cure Center, Uruli-Kanchan, India.

Praise For Cats

To the Editor:

So many wonderful things happen almost daily, isn't it so? Can you remember many? Can you count them? To count the good; to ignore the bad. . . .

My beautiful, fluffy cat, Mandy, lies here on a box-seat beside my desk. One comic leg sticks up as she licks its every hair into place. Cat feet are to me the most comic animal structure I have ever seen. Short, blunt, just a rounded end to the stick and yet the cat can climb anything, run faster than a dog, manipulate things with those stubs called feet. To me they are comic all over again, every day. Mandy sails across the room and flies up into my lap like a thrown ball . . . and she so soft and warm. We never had pets before. My husband had no patience with them. But in his old age he begins to love them, and is good to them. Our dog has quietly become his instead of mine, which is perfect, for Mandy won't let him hold her at all. Funny people, animals.—J.B.

No Vitamin E In Frozen Foods

To the Editor:

An advertisement in a trade journal states: "The cold fact is that vitamin E in most frozen foods actually breaks down in storage." Foods fried in vegetable oil containing a lot of vitamin E were later frozen, tested, and then contained almost no vitamin E. . . . Most people get about half the amount of vitamin E which officialdom says is good. If you eat many frozen foods, don't depend on them for vitamin E. —Mildred Rexrode, Dayton, Ohio

Hiivaleipa (Finnish Rye Bread)

I would like to share this favorite recipe for Finnish rye bread with readers. The following is a "quick method" recipe.

1½ cups hot water
2 tablespoons butter or salad oil
2 tablespoons raw sugar (for dark rye use ¼ cup dark molasses)
2 teaspoons sea salt
1 package yeast (2 tablespoons of bulk dry yeast)
½ cup lukewarm water
3 cups coarse rye flour (whole wheat may be used)
2½ cups unbleached white flour (may take a bit more)
Melted butter or salad oil

Place hot water in large mixing bowl, stir in butter, sugar and salt (molasses). Set aside to cool while you dissolve yeast in ½ cup warm water. Let stand about 5 minutes. Blend into first mixture when it becomes lukewarm. Stir in rye flour (or whole wheat). Beat with wooden spoon for 1 minute. Add 2 cups unbleached flour and blend well. If too sticky add ½ cup more unbleached flour. Put ½ cup unbleached flour on kneading board and pour out dough onto floured board. Knead about 10 minutes; add more flour if necessary.

Place dough in buttered (oiled) bowl. Brush top with butter (or oil). Cover with a slightly damp cloth (I put a piece of plastic on top of cloth to keep it moist). Place in warm area, about 80°. Allow to rise until double in bulk, about 1 hour.

Punch down and knead lightly; divide dough in half. Shape each half into a round loaf, place on lightly oiled baking sheet (a cookie sheet will hold both loaves). Press down with hands until dough is about 1 inch thick. Cover and allow to rise, about 45 minutes, in warm place. Bake loaves in a fairly hot oven (375°-400°) for 25 to 30 minutes, until crust is a nice brown.

Cut in wedges, split in half while warm; and buttered is a special treat for boys of all ages (girls love it too, but it's calorie-loaded). —Nina Johnson, Rt. 1, Box 249, Newberg, Ore.