

# History records strengths of single mothers

There is no job more satisfying, demanding, and redeeming than that of mother. Life presents all types of mothers who may differ by circumstance, but ultimately share a collective goal: to provide the best life possible for their children.

History is peppered with stories of women who have persevered for the sake of their families, not for fanfare.

What many do not know is that every day remarkable women take on the challenges of life alone — raising their children and making history — as single mothers.

"If you are a single mother, you're not alone," says author Janine Turner. "History provides the warmth and comfort of women who have done

it successfully before you."

Turner is perhaps best known as an accomplished actress who has starred in hit television series, such as 'Northern Exposure' and 'Strong Medicine,' as well as box-office and television movies.

Turner is also a director, singer, and now an author. Her book "Holding Her Head High: 12 Single Mothers Who Championed Their Children and Changed History" (Thomas Nelson Publishers), chronicles the lives of 12 women in history and brings to light how they advocated for their children to make a difference.

Take, for example, Abigail Adams, whose husband John became the second U.S. president. She helped change the course of history

by helping to birth democracy with her valiant wartime single motherhood during the American Revolution.

Adams had to clothe, feed, educate and nurture her children as she managed the family farm and her husband's business.

Adams endured bitter winters and wartime fears and famine. Her devotion helped shape the character of her son — John Quincy — who would go on to further the family's political legacy by becoming the sixth U.S. president.

Turner, herself a single mother, pored through thousands of historical documents to bring alive the stories of women she says not only provided strength and inspiration, but changed the course of history as well.

Stories span generations and pinpoint women from the Roman Empire, such as Christian pioneer and saint Helena Augusta, to medieval times when Christine de Pizan became the first female professional writer. She may have been the antecedent, of sorts, for Elizabeth Timothy, the first female editor in colonial America.

"These women turned tribulations into triumphs, championed their children and changed history," offers Turner.

"I find their voices to be amazingly modern, no matter the era."

Find "Holding Her Head High: 12 Single Mothers Who Championed Their Children and Changed History" at your library or bookstore, or by visiting [www.thomasnelson.com](http://www.thomasnelson.com).

## What to fix? Why not give Mom's meat loaf a try

Few dishes are so instantly associated with home cooking as meat loaf. When most people see meat loaf on a menu, they instantly think of their Mom's own special recipe. With that in mind, Diane Phillips, author of "You've Got It Made: Deliciously Easy Meals to Make Now & Bake Later" (Harvard Common Press), offers the following recipe for Mom's Old-Fashioned Meat Loaf.

Serves 6

1 tablespoon unsalted butter  
1 cup finely chopped yellow onion  
1/2 cup finely chopped celery  
1 teaspoon dried thyme  
2 slices white bread, crusts removed  
1/4 cup milk  
1/2 cup ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
2 large eggs  
1/4 cup chopped fresh flat-leaf parsley  
1 pound ground beef (85 percent lean chuck is a great choice for flavor)  
1 pound lean ground pork

2 cups ketchup  
1/2 cup firmly packed light brown sugar  
2 additional tablespoons Worcestershire sauce (for baking)

1 tablespoon Dijon mustard  
6 slices bacon

1. Melt the butter in a small saute pan over medium heat. Add the onion, celery and thyme and saute for about 3 minutes, until the vegetables are softened. Transfer to a large mixing bowl and let cool.

2. Tear the bread into small pieces and place in a small bowl. Pour the milk over the bread and allow the bread to soak up the milk.

3. Add the ketchup, 1 tablespoon Worcestershire sauce, salt, pepper, eggs, parsley, and milk and bread mixture to the bowl with the vegetables. Stir to blend and break up the eggs.

4. Crumble the beef and the pork into the bowl, and stir until the ingredients are well distributed throughout the meat (you may want to use your hands for this).

5. Shape the meat loaf into a 9-inch-long by 5-inch-wide loaf shape (about 3 inches high). Place on the center of a large piece of heavy-

duty aluminum foil and wrap tightly. Slide the wrapped meat loaf into a large zipper-top plastic freezer bag and seal. Refrigerate for up to 24 hours or freeze for up to 1 month.

6. If the meat was frozen, defrost in the refrigerator overnight.

7. Preheat the oven to 350 F. Line a baking sheet with aluminum foil, parchment paper, or a silicone baking liner. Unwrap the meat loaf and arrange it in the center of the baking sheet. Allow the meat to come to room temperature for 20 minutes.

8. In a small saucepan over low heat, heat the ketchup, brown sugar, 2 additional tablespoons Worcestershire sauce, and mustard together. Spoon about half of the mixture over the meat loaf, reserving the rest. Lay the bacon over the top of the meat loaf. Bake the meat loaf for 55 to 60 minutes, until the bacon is cooked and meat loaf registers 170 F on an instant-read thermometer. Allow to rest for 15 minutes. Rewarm the reserved sauce. Slice the meat loaf with a serrated knife and serve, with the reserved warmed sauce on the side.

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