

Branum & McCullough Families 2023 Almanac

Edited by James Matthew Branum

FEATURING:

* A calendar with most holidays, moon phases, gardening and cooking tips, etc.

- Lots of old family pictures
- Plus a few **family mysteries!** --- some solved, others unresolved), including:

1. Was Nanny (Ruth Rozella Sullins) born in Texas or Oklahoma?
2. Did Lawrence McCullough and Imo Newton fib at the courthouse to elope as teens?
3. Is it true that JB and Roberta Branum were not just spouses, but also step brother and sister to each other?
4. How did Imo McCullough spend her 18th birthday?
5. What did the Branum siblings (Sue, Sherri, Sandy, Butch, and Kathy) look like when they were in high school and/or college?
6. Where did Nanny (Ruth) run a boarding house in 1940?

Branum & McCullough Families 2023 Almanac

CREDITS/NOTES: Thanks to Almanac.com for the moon phase data. The photos come from a variety of sources including Ancestry.com, newspaper archives, old school yearbooks and some pictures from family members.

This almanac uses the standard genealogical practice of indexing women by their maiden name, except when quoting from a historic record.

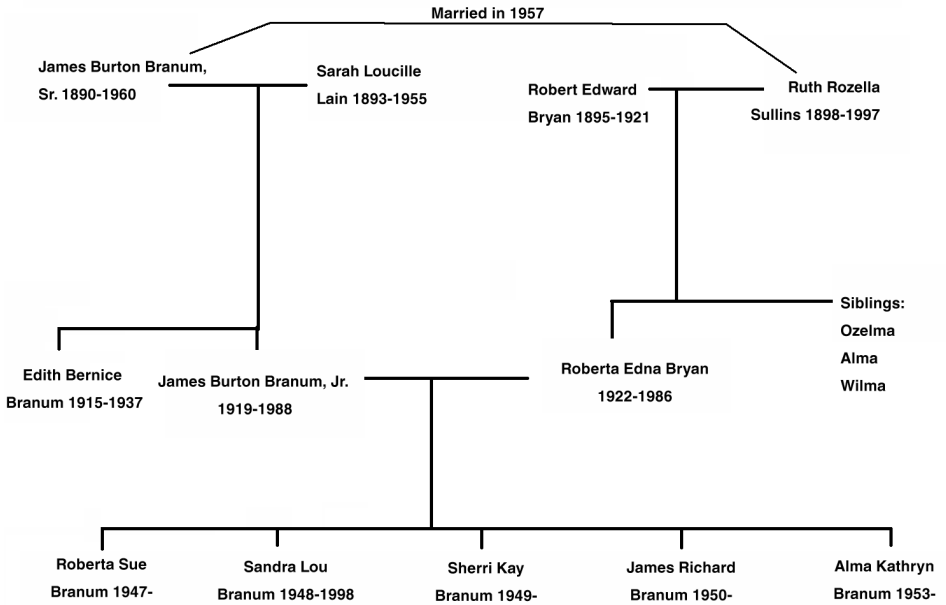
If you have any information or photos you would like me to include in the 2024 almanac, please email me at jmb@jmb.bike.

For Updates, errata, etc. please visit:

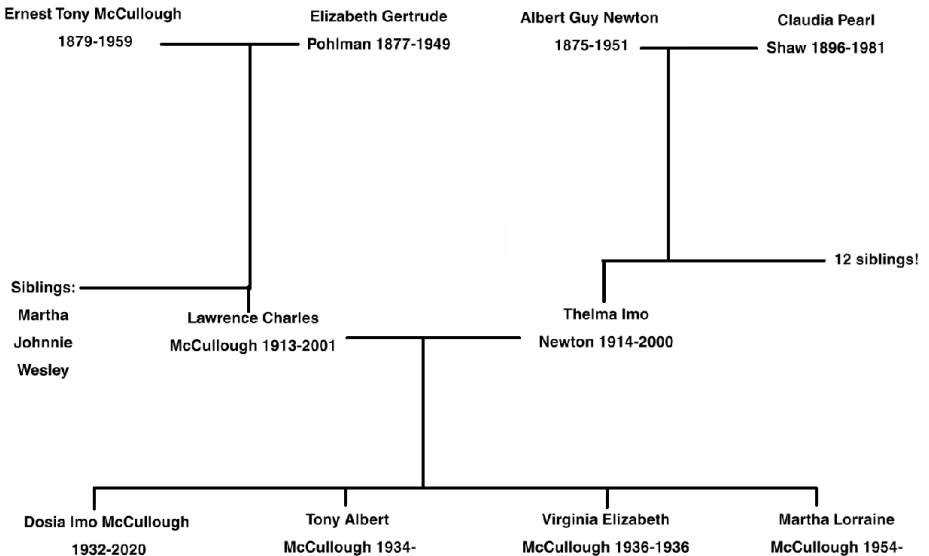
[Bettertimes.net/family](https://www.bettertimes.net/family)

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Family tree of J.B. & Roberta Branum Showing Children, Parents and Siblings



Family tree of Lawrence & Imo McCullough Showing Children, Parents and Siblings





January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day	2	3	4	5	6 ☉	7
8	9	10	11	12	13	14 ☾
15	16 MLK Day	17	18	19	20	21 ●
22	23	24	25	26	27	28 ☾
29	30	31				

Ideas on how to preserve and share Family Pictures, old Documents, etc.

Many folks have lots of family pictures, old documents, and other materials that document the story of their families, but there is always worry about what will happen to those items over time, so I want to share a few ideas on how to safely, effectively and frugally preserve and share these items.

1. Digitizing—Paper documents and photographs yellow and fade over time. While there are preservation techniques that can help to keep these items in as good of shape as possible, these techniques aren't perfect. This is why I recommend digitizing these items, either by scanning them or by taking pic-



The Branums and The McCulloughs together, circa 1981

Front Row (L-R): James Burton Branum, Jr, Roberta Edna Bryan, James Matthew Branum, John Lawrence Branum

Back Row: James Richard Branum, Ruth Rozella Sullins, Themla Imo Newton, Lawrence Charles McCullough, Martha Lorraine McCullough

tures of them (even a simple cell-phone camera can work well for this).

2. Write down names! — If you remember who are the people in an old photograph, write that down and keep the note with the photograph. Future generations will thank you!
3. Redundancy in archiving is im-

portant as a way to preserve materials from fire or other loss. Consider saving digital materials on digital drive (i.e. One Drive, Google Drive, etc.) but also consider sharing items on services like Ancestry.com or Archive.org (the later is my preference as no membership is required to access the materials in the future.



February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 ☉	6	7	8	9	10	11
12	13 ☾	14 Valentine's Day	15	16	17	18
19	20 ● President's Day	21 Mardi Gras	22 Ash Wed.	23	24	25
26	27 ☾	28				

MOST WANTED PHOTOS!

I'm looking for photos of the following places and people. If you have a photo you would like to share with me for use in next year's almanac (and to be archived with other family history materials), please email me at jmb@jmb.bike.

1. From Minco—Photos of Branum's Variety store in Minco (exterior or interior), the tag office and the homes of where family members lived.
2. From Caddo County—Pictures of the old house that Lawrence & Imo lived in before building the new house.
3. People who died young —Robert Edward Bryan and Edith Bernice Branum.
4. Any pictures shot by J.B., particularly during WW2.



Engagement picture of Roberta Edna Bryan and James Burton Branum, Jr. They were married on February 22, 1946.



March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			1	2	3	4
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5	6	7 ☉ Purim	8	9	10	11
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12 DST Begins (US)	13	14 ☾	15	16	17 St. Patrick's Day	18
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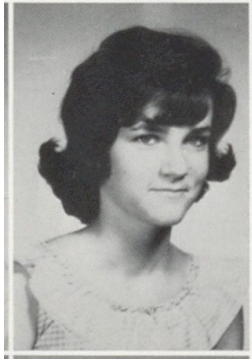
19	20	21 ● March Equi- nox	22	23	24	25
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26	27	28 ☾	29	30	31
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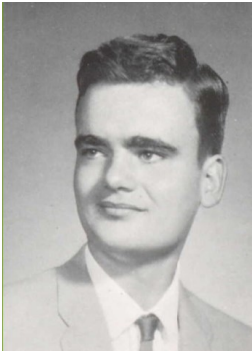
Roberta Sue
Branum (1960)



Sherri Branum
(1965)



Sandra Branum
(1966)



James (Butch)
Branum, 1968



Alma Kathryn
Branum (1970)





April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 ○	6 Passover Begins	7 Good Friday	8
9 Easter	10	11	12	13 ◐	14	15
16	17	18	19 ●	20	21	22
23	24	25	26	27 ◑	28	29
30						

* * *

MINCO SOCIETY MEETS WITH MRS. HILL

(By Express Correspondent)

Minco, March 5—The Methodist Missionary Society met Wednesday afternoon in the home of Mrs. Jack Hill. Mrs. B. B. Copelin conducted the lesson from The World Outlook. Mrs. J. B. Branum presented stewardship for the quarter. Mrs. D. McCormick conducted the business meeting.

Those present were: Mesdames Repford Stevens, A. C. Little, C. A. Duerksen, B. B. Copelin, D. McCormick, J. B. Branum, T. W. Dare, Jack Hill.

The next meeting will be on Thursday, March 17, at the church.

A delegation representing the Minco Missionary Society attended the Aldersgate meeting in St. Luke's Church at Oklahoma City Thursday. Included in the group were Mesdames D. McCormick, Repford Stevens, B. B. Copelin, C. A. Duerksen and Rev. E. M. Walker.

March 6, 1939



James Burton
Branum, Sr. "Pop"

**BRYAN - J. B. BRANUM SR.
MARRY APRIL 19**

Mrs. Ruth Bryan and J. B. Branum Sr. both of Minco, were united in marriage Friday, April 19 at 5 p. m. at the Branum home.

The ceremony was performed by Lester Stowe, Minco, Church of Christ minister.

Their only attendants were Mr. and Mrs. Junior Branum of Minco.

Mrs. Bryan wore for her wedding a navy blue dress, navy blue accessories and pink carnation corsage.

They took a short trip and are establishing their home in Minco.

The story of how my paternal grandparents were also step siblings with each other!

I'm telling this story based on what I heard from my dad growing up. His paternal grandfather (J.B. Sr, aka "Pop") was widower, having lost his wife in 1955, while my dad's maternal grandmother (Ruth, aka "Nanny") had been widowed for many years (since her husband Robert died in a tragic accident in 1921.

As the story goes, my dad's family had over both Pop and Nanny for dinner, and at some point my dad (who would have been pretty little at the time) blurted out that the two of them should get married!

And they ended up doing just that, on April 19, 1957, but sadly Pop died less than three years later in 1960. Nanny would go on to live for another 37 years, but used Branum as her last name for the rest of her life.

Which means that JB, Jr and Roberta were step-siblings to each other starting in 1960!

April 19, 1957

**COTTON
BUYING**

If you wish to sell your cotton, I would like the opportunity to make you an offer.

J. B. BRANUM
MINCO, OKLA.

Minco Minstrel Nov. 21, 1957



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	1 Int'l Workers Day	2	3	4	5 ☉	6
--	------------------------	---	---	---	-----	---

7	8	9	10	11	12 ☾	13
---	---	---	----	----	------	----

14 Mother's Day	15	16	17	18	19 ●	20
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21	22	23	24	25	26	27 ☾
----	----	----	----	----	----	------

28	29 Memorial Day	30	31
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1965

**Nanny and "The
Twins" (Alma &
Wilma)**

1940 US Census: Nanny, The Twins and Roberta in OKC

1940 United States Federal Census for Ruth Bryan
Oklahoma > Oklahoma > Oklahoma City > 78-52

POPULATION SCHEDULE

NAME	SEX	AGE	RACE	MARITAL STATUS	OCCUPATION	BIRTHPLACE	EDUCATION	RENT	PROPERTY	VEHICLE	REMARKS
Ruth Bryan	F	42	W	Widowed	Manager of rooming house	Texas	8th grade	\$954			
Alma	F	20	W	Single	Waitress	Texas	8th grade				
Wilma	F	20	W	Single	Waitress	Texas	9th grade				
Roberta	F	18	W	Single	Student	Texas	Junior year high school				
[Lodgers]	M/F	[Various]	[Various]	[Various]	[Various]	[Various]	[Various]				

In the 1940 census, the family was living at 317 NE 14th St in Oklahoma City (just two blocks from where I would later work and live for a good chunk of my life, at 504 NE 15th St). The house she lived in is no longer there, and was replaced in 2017 with a new house (currently valued at more than \$500,000 in 2022!).

Ruth was the head of the household. She was widowed and paid \$50 per month in rent (\$954 in today's dollars). She also reported that her highest grade completed in school was the 8th grade, and that she worked 30 hours per week as the manager of a rooming house. She also mysteriously said that she was born in TEXAS (which contra-

dicts some other sources). The Twins (Alma and Wilma) were both 20 years old and were working as waitresses in a restaurant for 40 hours per week. Alma had completed the 8th grade, while Wilma had completed the 9th grade, but neither were in school anymore.

Roberta was 18. She was still a student and had completed her junior year of high school (presumably this was her senior year). She was not working.

There were seven other lodgers (a married couple, 1 single woman and 4 single men) living at this address.



June 2023

Sun Mon Tue Wed Thu Fri Sat

1 2 3 ☉

4 5 6 7 8 9 10 ☾

11 12 13 14 15 16 17 ●
Loving Day

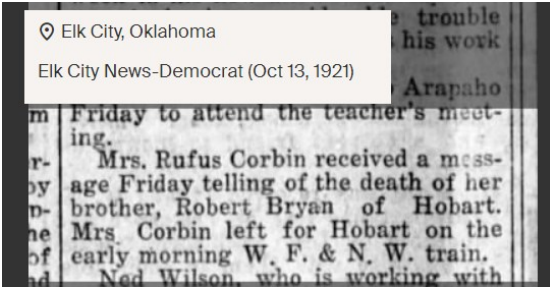
18 19 20 21 22 23 24
Father's Day Juneteenth June Solstice

25 26 ☾ 27 28 29 30



John I Bryan (photo from 1933) and Ella Hughes England were the parents of Robert Edward Bryan (Nanny's 1st husband). Ella is of Cherokee ancestry on her mom's side.





Robert Edward Bryan died tragically in an accident in Clinton, OK, but was buried in Hobart. Nanny (Ruth) was pregnant with her youngest, Roberta at the time of her husband's death.



John & Ella Bryan and family, 1914

Mollie England and Ella Hughes England as children. The woman in the center is possibly their mother Martha Carolina Tate, but I think it is more likely (based upon her age) to be either a grandmother or other relative on the Cherokee side of the family.



Photo from Karen Goodin .



July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 ☉	4 Independence Day	5	6	7	8
9 ☾	10	11	12	13	14	15
16	17 ●	18	19	20	21	22
23	24	25 ☾	26	27	28	29
30	31					

MYSTERY: Did Lawrence & Imo fib to elope as underage teenagers?

Lawrence was born on October 29, 1913, which made him 17 years old when he got married (and not 21 years old as his marriage license stated!). And Imo was born on July 24, 1914, which meant that she was only 16 years old (and not 18 as stated on their wedding license). They got married in front of a judge in Anadarko with Imo’s mom being one of the witnesses (but Lawrence’s parents not yet knowing about their wedding — look for the 2024 almanac to hear that story!).

Imo would spend her 18th birthday (July 24, 1931) giving birth to her first-born daughter Dosia in their farm home.

The Evidence...

L. Lawrence McLough
APPLICATION FOR MARRIAGE LICENSE

STATE OF OKLAHOMA, CADDO COUNTY IN COUNTY COURT.
L. Lawrence McLough, the undersigned, hereby apply for a Marriage License to be issued to
 Mr. *Mark Call*, aged *21* years, whose residence is *Mark Call*
 State of *Oklahoma*, and Miss *Emma Newton*, aged *18* years
 whose residence is *Carnegie*, State of *Oklahoma*, and for the purpose of procuring
 the same, do solemnly swear that I have personal knowledge of the facts herein stated; that the names, ages and places of residence of said
 parties are truly and correctly set out above; that neither of said parties are disqualified or incapable under the law of entering into the
 marriage relation, nor are they related to each other within the degrees prohibited by law. That I am _____ years
 of age, and reside at *Mark Call*, County of *Adair*, State of *Oklahoma*
L. Lawrence McLough Applicant.
 Subscribed and sworn to before me, this *23* day of *January* 19 *31*
My Comm Court Clerk.
Exp May 7, 1931 By *D. Notary Public* Deputy.

I, the undersigned _____ of _____
 named in the above application as being of the age of _____ years, do hereby consent to _____ marriage
 to _____
 Dated at _____ Oklahoma, this _____ day of _____ 19 _____
 _____ Parent or Guardian.

STATE OF OKLAHOMA, CADDO COUNTY, ss.
 BEFORE ME, _____, a _____
 in and for said County and State, on the _____ day of _____, 19 _____, personally appeared _____
 to me known to be the identical person who executed the within and foregoing instrument, and acknowledged to me that
 executed the same as _____ free and voluntary act and deed for the uses and purposes therein set forth.
 WITNESS my hand and official seal, the day and date above written.
 My commission expires _____ 19 _____

MARRIAGE LICENSE

STATE OF OKLAHOMA, CADDO COUNTY IN COUNTY COURT.
 To any Person Authorized to Perform and Solemnize the Marriage Ceremony—GREETING:
 You are hereby authorized to join in Marriage Mr. *L. Lawrence McLough*
 of *Mark Call* County of *Adair* State of *Oklahoma*
 aged *21* years, and Miss *Emma Newton*
 of *Carnegie* County of *Adair* State of *Oklahoma*
 aged *18* years. And of this License you will make due return to my office within thirty days from this date.
 WITNESS my hand and official seal, at Anadarko, in said County, this *23* day of *January* A. D. 19 *31*
Seal *L. Lawrence* Court Clerk
 By *County Judge* Deputy
 Recorded this *23* day of *Jan* 19 *31*
 By *Deval Williams*

CERTIFICATE OF MARRIAGE

STATE OF OKLAHOMA, CADDO COUNTY, ss.
 I, *H. L. Lawrence* Judge County Court
 of *Anadarko* in *Caddo* County, State of Oklahoma, do hereby certify that I joined in
 marriage the persons named in and authorized by this License to be married, on the *22nd* day of *January* A. D. 19 *31*
 at *Anadarko* in Caddo County, State of Oklahoma, in the presence of
Miss Emma Newton of *Carnegie, Okla*
 and *H. F. Cooper* of *Anadarko, Okla*
 Witnesses: *Miss Emma Newton* *H. L. Lawrence*
H. F. Cooper *County Judge*
 Returned and Recorded this *27* day of *Jan* 19 *31*
 By *Deval Williams* Court Clerk.
 Deputy.



August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ☉	2	3	4	5
6	7	8 ☾	9	10	11	12
13	14	15	16 ●	17	18	19
20	21	22	23	24 ☾	25	26
27	28	29	30 ☉	31		



The McCulloughs and the Newtons together, presumably after the elopement in the early 1930's!

(L-R: Claudia Pearl Shaw, Albert Guy Newton, Earnest Tony McCullough, Elizabeth Gertrude Pohlman)



Mr. and Mrs. Lawrence McCullough, Fort Cobb, receive award.

Fort Cobb Man Awarded Area Indian Land Honor

Lawrence McCullough of Fort Cobb, 7th district, received the honor.

PAUL JACKSON ARE HOSTS TO A CHRISTMAS PARTY SUNDAY

Mr. and Mrs. Paul Jackson Jr. and daughters were hosts on Sunday to a Christmas party honoring the descendants of the late Ernest McCullough and wife, Elizabeth. All the children, grandchildren and great-grandchildren were present except two. After a visit from Santa Claus and a buffet lunch, the afternoon was spent taking pictures and visiting.

Those present were Mr. and Mrs. A. L. Mason, Jo Anna Mason, Mr. and Mrs. Johnny Mason, and daughters Patty and Sandy, Mr. and Mrs. Dalton Petty and daughters Penny and Judy, all of Norman; Mr. and Mrs. Wesley McCullough, Mr. and Mrs. Lawrence McCullough, a daughter Martha and Mr. and Mrs. Tony McCullough and daughter Cynthia, all of Fort Cobb; Mr. and Mrs. Allen McCullough and son Mark of Mountain View, Mr. and Mrs. John McCullough of Apache, Chris Seaborn of Carnegie, Mr. and Mrs. Carl Phillips and daughters Karla and Camille, recently returned from Germany; Mr. and Mrs. Jackson and daughters. The Phillips left after the party to report to Fort Campbell, Ky.

1. SERIAL NUMBER 1452	2. NAME (Print) Lawrence Charles McCullough	3. GRADE NUMBER 1416
4. ADDRESS (City) R.F.D. 4	45 Cobb	Caddo Okla
5. TOWNSHIP None	6. AGE IN YEARS 36	7. PLACE OF BIRTH Caddo
8. STATE OF BIRTH None	9. DATE OF BIRTH Oct 23 1890	10. COUNTRY OF BIRTH U.S.A.
11. NAME OF PERSON WHO WILL ACCEPT KNOW YOUR ADDRESS Mrs. Ino	12. RELATIONSHIP OF THIS PERSON The McCulloughs	13. CITY Wice
14. ADDRESS OF STATE EMPLOYER R.F.D. 4	15. PLACE OF EMPLOYMENT Self	16. ADDRESS OF EMPLOYER 76 Cobb Caddo Okla
17. PLACE OF EMPLOYMENT OR BUSINESS R.F.D. 4	18. ADDRESS OF EMPLOYER 76 Cobb Caddo Okla	
I AFFIRM THAT I HAVE FURNISHED ABOVE ADDRESS AND THAT THEY ARE TRUE.		
REGISTRATION CARD U. S. N. FORM 1		
Lawrence McCullough		



September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day	5	6 ☾	7	8	9
10	11	12	13	14 ●	15	16 Rosh Hashanah
17	18	19	20	21	22 ☾	23 September Equinox
24	25 Yom Kippur	26	27	28	29 ○	30



1973 SWOSU



1974 SWOSU



Mrs. James R. Brannum

1975 Engagement

My mom: Martha Lorraine McCullough



Dosia Imo McCullough

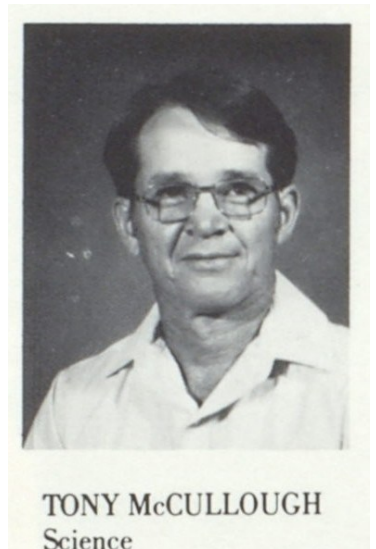


Paul Jackson



Tony McCullough & Della McDaniel

Wedding Photo, June 1956



1981 Fort Cobb yearbook



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Indigenous Peoples Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				



Ernest McCullough, age 18





Photograph used for a story in the *Oklahoma Times* newspaper in 1972.





Caption: "Never before, as far as long-time capitol observers can remember, has anyone lined up to file for state office more than two or so days before the filing period opens."

Alma, Wilma
& Roberta Bryan
circa 1925





November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5  DST Ends (US)	6	7	8	9	10	11 Veteran's Day (US)
12	13 	14	15	16	17	18
19	20 	21	22	23 Thanksgiving (US)	24	25
26	27 	28	29	30		

NEVER MIND *Jeter Bryan Darling*

**Mother Deserving Of Fine *Her*
Tribute Received Today *1950s***

By JETER BRYAN

Today marks the universal observance of Mother's Day throughout America, a day on which men, women, boys and girls, honor the greatest gal in the world, Mother.

It is natural, of course, for anyone to become a little personal when thinking of Mother's Day. And that is as it should be.

Each of us can think of our favorite Mother doing a thousand things with and for us . . . rather, countless thousands of things . . . bandaging a cut finger, brushing hair for Sunday school, seeing that neck and ears are clean for school, packing lunches, washing clothes, reading from the Bible and stories from favorite books, mending clothes, welcoming a herd of young buckaroos home from school with fresh baked bread, "buns" or cinamon rolls . . .

* * *

This column was written sometime in the 1950's by Jeter Bryan in the newspaper he edited at the time, *The Carlsbad Current-Argus* (New Mexico). Jeter is a brother of Robert Earl Bryan, which would make him Nanny's uncle.

We like to recall a Mother who made the long trek from the hills of Tennessee to north Texas by covered wagon at the age of seven, walking a good distance of the way to spare the horses at times and at other times just to stretch and enjoy the exuberance of childhood; a Mother who gained a grammar school education today; a Mother who later traveled, again by covered wagon, across the Red River into Indian Territory where her "professor" husband spent many years teaching country schools after the college he founded burned to the ground; a Mother who saw her house and most of the family fortunes blown away by a tornado; a Mother who, despite a lack of more years of formal education speaks better English than her 10 children and can sit most of them down yet in a spelling contest; a Mother who some way found time to recognize the changing tides of a troubled world . . . one who was able to grasp the full meaning of the domestic, economic and political scene and apply it to a world picture; a Mother who contributed greatly to the education of a large family, and a larger number of grandchildren.

* * *

Those are memories of a Mother of another generation. Not all of them happy because of the hours of hard work, times of pain and suffering, but all cherished.

There's a Mother of a different generation, one whose childhood dates of modern school buildings, paved streets and automobiles. Yet, she has met and is meeting every day changes in a topsy turvy world, fraught with uncertainties and fears; a Mother who is giving the same devotion and direction to her children, while picking up the job of looking after a husband where the first Mother left off (or perhaps they two just collaborate in that task); a Mother who is contributing no less than the first, in a different generation.

* * *

Presents for Mother surely are appreciated. A visit would be the most appreciated. But for those who are several hundred miles away and cannot make a trip to pay a personal visit, a personal communication, a letter, a telegram or a telephone call would gladden the heart of any Mother and bring a little more sunshine into her day on this Mother's Day.

Both of the Mothers remembered here would be the last to claim they were anything special—just everyday, average American Mothers, living their lives according to their training and precepts of Motherhood. Each of you have just as many fond and cherished memories of your own. This is a day on which mankind forgets its differences in this country to pay tribute to a great institution—Mother.

We would like to salute our two favorite Moms, one who has remained young enough to match wits with sassy grown-up children, even though she is beyond 80 years, and the other who is matching wits with a pair of modern day youngsters and a stubborn husband—the two Mrs. Bryans.



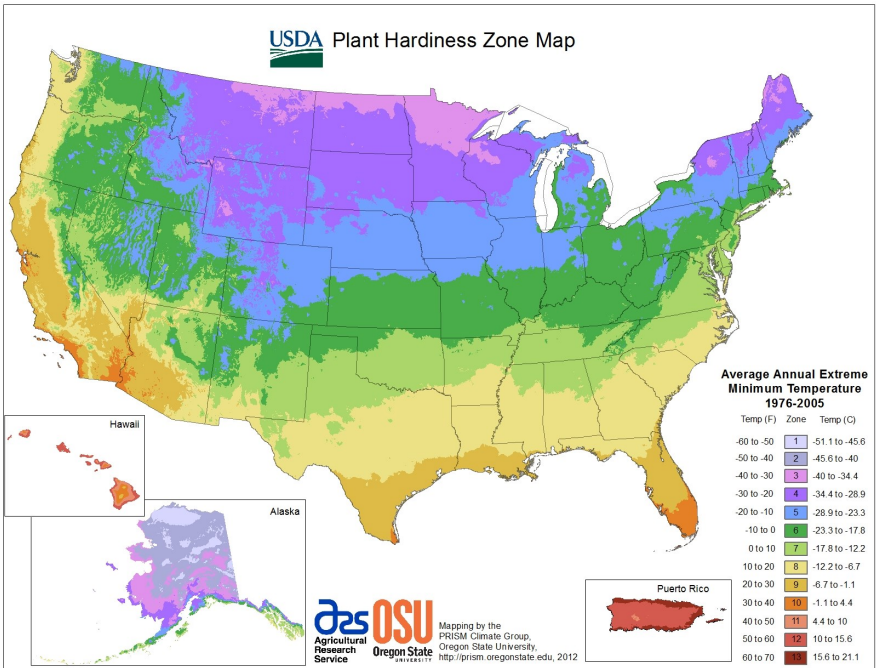
December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Hanukkah begins	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 December Solstice	23
24	25 Christmas	26 1st Day of Kwanzaa	27	28	29	30
31 New Years's Eve						

Do you know a good family story that you want to record?

If you have a story you would like to see in next year's family almanac (and also archived online and in print form in a few places), please contact me at jmb@jmb.bike. I'm glad to work with typed stories, handwritten notes (best if you take a picture or scan though, as I prefer not to have the only original), but also can schedule a time for us to talk in person or via zoom so I can record you telling the story. Doing this will ensure that these stories will live on for generations to come!

Also — I need recipes! Please send them too, as I would like to share a lot of recipes in the 2024 Almanac.



Gardening by the moon?

Gardeners have been using the moon phases for centuries to help them decide when to plant, cultivate, and harvest their crops. This practice is based on the idea that the gravitational pull of the moon affects the soil, the water and the plants in the garden.

The moon affects the tides and the earth's magnetic field in various ways, hence some gardeners believe these effects can be harnessed to their advantage. Planting during certain moon phases can help to maximize the growth of plants, as the moon's gravitational pull affects the water content in the soil and the amount of nutrients in the soil. For example, planting during a waxing moon might help to increase the water content in the soil, while planting during a waning moon might help to increase the nutrient content.

Gardeners also use the moon phases to help determine when to harvest their crops. These phases are seen as an indicator of when the crops will reach peak ripeness, and the right combination of moon phase and crop can help ensure a successful harvest. For example, some gardeners believe that harvesting root crops during the waning moon phase can help to ensure that the crops are plump and full of nutrients. Similarly, harvesting above ground crops during the waxing phase can help to ensure they are juicy and full of flavor.

We don't claim that gardening by the moon actually works, but we do find it to be an interesting cultural practice.

7 Easy Steps to Kitchen Frugality and Tasty Food!

By Bob Waldrop (of blessed memory, 1952-2019)

1. Understand that food is not just fuel, food is the way we maintain life. It speaks of our families and our culture, our identity as persons, families, communities, "You are what you eat", as they say. Eating is an agricultural act, and eating is a moral act. Our food choices have impacts far beyond our own kitchens. The nice thing about that is what's best for us in the kitchen is also best for the planet too. This is why we are abandoning manufactured fast foods in favor of slow food, true food, good food, loving and healing food, nutritious food, tasty food..



2. Develop a certain level of organization in your kitchen. Plan your meals and organize your shopping. In the beginning, plan more, as you gain more experience you can improvise more but in the beginning it is best to write everything down and make lists and schedules. The busier you are, the more necessary it is that you do this. Most of us waste a tremendous amount of money in groceries stores because we buy on impulse, or because we think we might need something sometime in the future for some unknown recipe. Then we get home and find we forgot something we actually needed, so we go back to the store and end up with more junk that we didn't really need because we went in to get "just one thing."

3. Start cooking your meals from basic ingredients. Stop buying mixes and prepared foods Use the strategies described in this publication to reduce your monthly supermarket food cost.. Shop smart, and shop wisely. Practice does make perfect in these activities.

4. Start a garden. If you have no land, find a community garden. Get some food processing equipment, learn weekly, monthly, and seasonal food pro-

cessing. Grow as much food as you can, and preserve food you grow in the summer for eating in the winter. If you don't have a freezer, get one. Share one with a neighbor if necessary.

5. Stock up on basic staples and increase the amount of food you keep in your pantry so that you are not vulnerable to weekly or monthly mood swings in supermarket prices. Note that this is the equivalent of having your own in-home grocery store. The more times you go to the store, the more money you will spend, so shop less and you will spend this. To do this successfully, you must keep more food on hand in your pantry.

6. Set aside one or two afternoons a month and "cook ahead". Look at your meal plan, and do what you can ahead of time on these "cook days". Use your freezer to help you prepare quick meals of "slow food" later in the week or month. You can make bread dough for a week in 20 minutes. If you will need 4 pounds of fried ground beef for 3 meals, fry all 4 pounds on Cook Day and freeze it until you need it. Make soup stocks and freeze them for use later. Keep a bag of cooked, frozen meatballs, and a bag of cooked, frozen hamburger patties in your freezer, and there are the basic ingredients for spaghetti and meatballs, Oklahoma meatballs, hamburgers, or Redneck Salisbury Steak. Do one or two projects at a time, don't attempt too much at first. Don't be afraid to start small, that's the best way.

7. As you get more experience with this Better Times way of doing slow food easily and conveniently, you will save money on your supermarket groceries because you are changing your shopping and cooking habits. Now you can look for better quality ingredients from local sources, even if they cost a bit more. You will find that you can spend a little more for quality local ingredients (depending of course on your access to them) - such as locally grown organic produce, free-ranging and grass fed meats, olive oil instead of shortening, butter instead of margarine - while at the same time spending less overall on your groceries. My household now gets 80% of its food directly from Oklahoma farmers, and we aren't spending any more money than we did when we used to get everything from supermarkets. Some of this savings is possible because we have a garden and grow vegetables, we also have fruit and berry trees and bushes. Having fruit and nut trees and berry bushes is like having money grow on trees right there in your own yard.

Used with permission from: <http://www.bettertimes.net/bobwaldrop.htm>

Table of Measures

Household

1/2 teaspoon = 2 mL

1 teaspoon = 5 mL

3 teaspoons = 1 tablespoon

1 tablespoon = 15 mL

16 Tablespoons = 1 cup

1/4 cup = 60 mL

1/3 cup = 75 mL

1/2 cup = 125 mL

2/3 cup = 150 mL

3/4 cup = 175 mL

1 cup = 250 mL = 8 oz.

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

2 gallons = 1 peck

4 pecks = 1 bushel

1 liter = 1.057 U.S. liquid quarts

1 U.S. liquid quart = 0.946 liter

1 U.S. liquid gallon = 3.78 liters = 231 cubic inches

1 imperial gallon = 1.20 U.S. gallons = 0.16 cubic foot

1 gram = 0.035 ounce

1 ounce = 28.349 grams

1 kilogram = 2.2 pounds

1 pound = 0.45 kilogram

Linear

1 inch = 2.54 centimeters

1 centimeter = 0.39 inches

1 meter = 39.37 inches

1 yard = 0.914 meter

1 mile = 1.61 kilometers

1 kilometer = 0.62 mile

1 hand = 4 inches

1 link = 7.92 inches

1 span = 9 inches

1 foot = 12 inches

1 yard = 3 feet

1 rod = 5 1/2 yards

1 mile = 320 rods = 1,760 yards = 5,280 feet

1 Int. nautical mile = 6,076.1155 feet

1 fathom = 2 yards = 6 feet

1 furlong = 1/8 mile = 660 feet = 220 yards

1 league = 3 miles = 24 furlongs

1 chain = 100 links = 22 yards

Temperature

$^{\circ}\text{C} = (^{\circ}\text{F} - 32) / 1.8$

$^{\circ}\text{F} = (^{\circ}\text{C} \times 1.8) + 32$

Area (square)

1 sq. inch = 6.45 sq. centimeters

1 sq. yard = 0.84 sq. meter

1 sq. mile = 2.59 sq. kilometers

1 sq. kilometer = 0.386 sq. mile

1 acre = 0.40 hectare

1 hectare = 2.47 acres

1 sq. foot = 144 sq. inches

1 sq. yard = 9 sq. feet

1 sq. rod = 30 1/4 sq. yards =

272 1/4 sq. feet

1 acre = 160 sq. rods = 43,560 sq. feet

1 sq. mile = 640 acres = 102,400 sq. rods

1 sq. rod = 625 sq. links

1 acre = 10 sq. chains

1 sq. chain = 16 sq. rods

Volume (Cubic)

1 cubic yard = 0.76 cubic meter

1 cubic meter = 1.31 cubic yards

1 cubic foot = 1,728 cubic inches

1 cubic yard = 27 cubic feet

1 cord = 128 cubic feet

1 board foot = 144 cubic inches

Speed

1 km/hr = 0.62 mph

1 mph = 1.61 km/hr

1 knot = 1 nautical mile per hour

Apothecaries'

1 scruple = 20 grains

1 dram = 3 scruples

1 ounce = 8 drams

1 pound = 12 ounces

Avoirdupois

1 ounce = 16 drams

1 pound = 16 ounces

1 hundredweight = 100 pounds

1 ton = 2,000 pounds

1 long ton = 2,240 pounds

Biblical and Talmudic Measurements

Taken from the Jewish Encyclopedia (1906) edition, which is in the public domain.

MEASURES OF WEIGHT

	Talent.	Mina.	Italian Mina.	Tartimar.	Shekel of the Sanctuary.	Common Shekel.	Zuz.	Gerah.
Talent.....	1							
Mina.....	37½	1						
Italian Mina.....	60	1½	1					
Tartimar.....	120	3½	2	1				
Shekel of the Sanctuary.....	1,500	40	25	12½	1			
Common Shekel.....	3,000	80	50	25	2	1		
Zuz.....	6,000	160	100	50	4	2	1	
Gerah.....	38,000	960	600	300	24	12	6	1
Grams.....	21,510	573.6	358.5	179.25	14.34	7.17	3.585	.5975

MEASURES OF LENGTH.

	Day's Journey.	Ris (Parasang).	Sabbath Day's Journey.	Ris (Stadium).	Ammah (Pest'ah).	Zeret.	Hasiq.	Tefah.	Ezba.
Day's Journey.....	1								
Ris (Parasang).....	10	1							
Sabbath Day's Journey.....	40	4	1						
Ris (Stadium).....	300	30	7½	1					
Ammah (Pest'ah).....	80,000	8,000	2,000	266½	1				
Zeret.....	320,000	32,000	8,000	533½	2	1			
Hasiq.....	480,000	48,000	12,000	800	3	1½	1		
Tefah.....	960,000	96,000	24,000	1,600	6	3	2	1	
Ezba.....	3,840,000	384,000	96,000	6,400	24	12	8	4	1
Centimeters.....	4,481,482.64	448,148.264	112,037.316	14,938.3088	56,018658	28,009329	18,672886	9,33644	2,38411

DRY MEASURES.

	Cor.	Letek (Peskta).	Ephah.	Se'ah (Gerwa).	Cab.	Kapiza.	Log.	Tuman.	Ukla.	Bezah.
Cor.....	1									
Letek (Peskta).....	2	1								
Ephah.....	10	5	1							
Se'ah (Gerwa).....	30	15	3	1						
Cab.....	180	90	18	6	1					
Kapiza.....	360	180	36	12	2	1				
Log.....	720	360	72	24	4	2	1			
Tuman.....	1,440	720	144	48	8	4	2	1		
Ukla.....	3,600	1,800	360	120	20	10	5	2½	1	
Bezah.....	4,320	2,160	432	144	24	12	6	3	1½	1
Cubic Centimeters.....	395,533.2	197,766.6	39,553.32	13,184.44	2,197,406883	1,098,783676	549,391338	274,696669	109,8743	91,565223

