

Author of New Natural Foods Cookbook Now Living Here

It's a good many miles from Deaf Smith County Texas, to Santa Cruz County but Susan Hillyard, one of the authors of THE DEAF SMITH COUNTRY COOKBOOK, and her family now are living in Soquel.

Susan and co-author Marjorie Winn Ford will be at Bookshop Santa Cruz for an autograph party Saturday from noon to 1:30 p.m. and will be serving samplings of cookies and bread made from recipes in the natural foods cookbook just published by Collier Books. Marjorie and the third author in the trio, Mary Faulk Kooch, still live in Deaf Smith County.

According to Susan, Deaf Smith County was named for an onery, half-deaf frontiersman who scouted for General Sam Houston in the Texas revolution even though he never set foot near the county.

Susan says Deaf Smith County is famous for having one of the most fertile and mineral-rich soils in the world and is the home of "the town without a toothache." The uniqueness of the county and the health and robustness of the residents have been the subject of numerous magazine articles.

"The foods grown in this county are well known for their high nutritional values," says Susan. "Deaf Smith County is located at the southern end of the High Plains. It is one of the flattest pieces of ground one could hope to find anywhere. I found myself living there with our family of four for a year while my husband worked at Arrowhead Mills, a well known natural foods company."

She said that she and her two friends decided to put all of their years of cooking and recipe collecting together and the result is THE DEAF SMITH COUNTRY COOKBOOK.

Susan formerly studied photography at San Francisco State and the fine photographs in the cookbook were taken by her.

Her background in natural foods is extensive, beginning in 1966 in San Francisco. She and her husband, Roger, then moved to a New Mexico farm and began learning the southwestern style of natural foods cookery.

"This included what to do with goat's milk, as well as the goat," she quips.

Next stop for the Hillyard family was Boston where Susan began an intensive study of macrobiotics and where she cooked and managed a macrobiotic study house for a year.

After three years in Boston the Hillyards returned to the West Coast, bought a '54 Chevy schoolbus and began a tour of the U.S. and Canada, finally coming to a halt in Deaf Smith County, Texas.

Susan says the cookbook was written for those who are just getting started in natural foods as well as those who already have made the plunge. It is a vegetarian book and recipes include eggs and dairy products.

"We have tried to be as comprehensive as possible and have included a Southwestern section, children's recipes, trail foods and charts for cooking whole grains, flakes and cereals and dried beans and bean flakes, in addition to the standard soups, salads, main dishes, breads and desserts."

—MILDRED ANN SMITH



SUSAN HILLYARD

Branciforte PTSA Group Makes Plans

Plans for the school's Christmas program and Christmas dance were made when the Branciforte Junior High School Parent-Teacher-Student Association met.

The program will be December 6 at 7:30 p.m. in the cafeteria, and will feature the choir and orchestra and presentations by the Spanish and German classes. A short business meeting will precede the program.

A PTSA bake sale also will be featured, with proceeds used for a reading machine. Opportunity will be made for joining the PTSA and ordering the PTA magazine.

The Christmas dance will be December 7, and PTSA will provide refreshments and chaperones.

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