

Who's Who In The Kitchen

Loss Of Sight Has Not Dampened Marthena Frederick's Outlook On Life!

By Audrey C. Lodato
Post Staff Writer

It would be awfully hard not to like this week's lively, bubbly kitchen celebrity. "Everybody teases me," laughs Marthena Frederick. "They know I can take it." The fact that this indomitable spirit lost her sight three years ago has not dampened her outlook on life one bit.

Ms. Frederick lives independently, frequently going on shopping trips with good friend Helen Kirk, whom she refers to as "my real inspiration." Ms. Frederick is active in her church, Grace AME Zion, and attends meetings of the Second Ward High School Alumni Club.

The Charlotte native has lived her whole life in the Queen City, except for a brief period during World War II, when she lived in New York. One of the recipes she shares here with readers (the Buttermilk Custard Pie) dates from that period.

Born the youngest of 14 children, Ms. Frederick has a surviving brother, William Haygood—"he loves my salmon loaf"—and a sister, Rosena Gaines, who usually drives her to church.

When she first lost her sight, Ms. Frederick tried to learn braille, but the same diabetes that blinded her also deadened the feeling in her fingertips, making braille an impossibility for her. The disease, however, has not affected her sense of humor and love of life.

Ms. Frederick claims that the biggest adjustment with regard to her blindness was getting her family used to the idea. "As long as I have my other senses, not being able to see doesn't bother me," she asserts. "I am so happy there are so many things I can still do." Ms. Frederick admits she used to love to drive, and says that's about the only thing she really misses. Sometimes, too, she wonders what someone she's talking to looks like. She laughs and says that being blind gives her a chance to hug people more. She also takes every opportunity to tell other people that being blind isn't the end of the world.

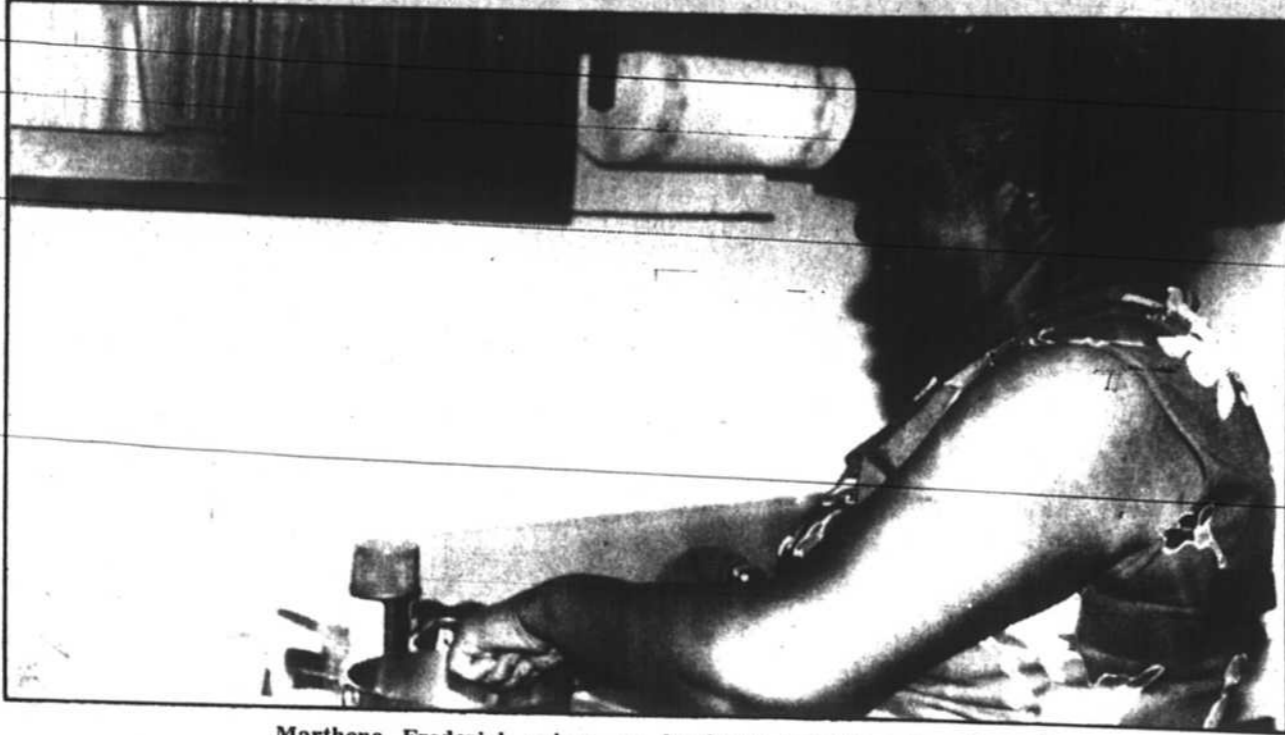
Ms. Frederick, who worked as a housekeeper and cafeteria worker before she lost her sight, loves to keep house and spend time in the kitchen preparing her favorite recipes. When she moved into her apartment last year, the Metrolina Association for the Blind marked the knobs on her stove with tape so that she could feel their position.

Ms. Frederick comments, "I prepared myself for blindness without knowing it, because I always tried to remember things."

On a recent Sunday, when she thought she was alone in church, she approached the piano and began playing songs she hadn't played in three years. Only once in the past three years had she attempted to play the piano. Before her blindness, she played regularly.

A lover of religious and classical music, Ms. Frederick enjoys listening to records and tapes. But music isn't the only thing she listens to. She has a complete New Testament on tape, as well as other "reading" material she can listen to. And, she adds, friend Helen Kirk "calls me up and reads The Post to me."

This reporter can attest to the



Marthena Frederick mixes up brother's favorite salmon loaf.

fact that, along with retaining her humor and high spirits, Ms. Frederick also has kept her ability to

turn out a luscious Buttermilk Custard Pie. Here are that and other favorite recipes.

BROTHER BILL'S FAVORITE SALMON LOAF

- 1 15 oz. can salmon, undrained
- 2 Tbsp. mayonnaise
- 1 egg
- 1/2 cup Pepperidge Farm dressing

Mix all ingredients thoroughly. Spray loaf pan with PAM or other non-stick coating. Pack mixture firmly into pan. Bake at 350 degrees for 20 minutes. ("This makes a very good main dish, with four nice size servings. It's also good cold and sliced, with mustard, for sandwiches.")

BANANA BREAD

- 1 stick butter or margarine
- 1 c. sugar
- 3 ripe bananas
- 2 eggs
- 2 c. flour
- 1 tsp. soda

Cream butter and sugar. Add mashed bananas and eggs. (Just stir in—do not beat.) Stir in dry ingredients. Bake in one large or two small loaf pans in 350 oven approximately 50 minutes. (During holiday time, add 1/2 c. nuts and 1 c. mixed fruits for fruited banana bread. Banana bread is good toasted with butter, too.)

MARTHENA FREDERICK'S "ONE-HALF POUND POUND CAKE"

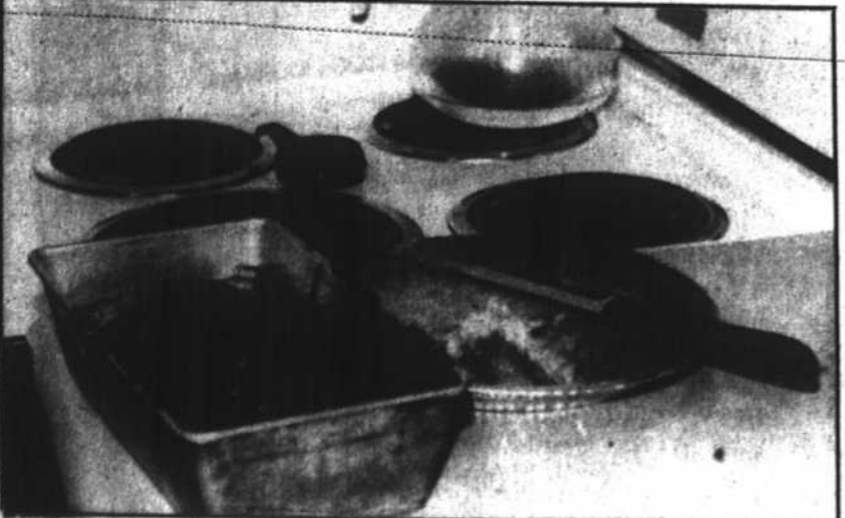
- 1/2 c. butter
- 1 1/2 c. sugar
- 1/2 c. Crisco oil
- 3 eggs
- 1/2 c. buttermilk
- 1 tsp. lemon flavoring
- 1 tsp. vanilla

("I use a blender because it's easier for me, but you can use a mixer. Also, be sure to leave your ingredients out overnight so they're room temperature. Using cold ingredients causes holes in a cake.")

Place 1/2 c. butter into blender. ("This is one recipe where I don't substitute margarine.") Gradually add 1 1/2 c. sugar, blending well after each addition. Add 1/2 c. Crisco oil and beat thoroughly. Add 3 eggs, one at a time, beating well after each addition. Add 1/2 c. buttermilk, 1 tsp. lemon flavoring and 1 tsp. vanilla. (Change flavors to suit your taste.) Add 1 1/2 c. plain flour and 1 scant tsp. soda. Beat thoroughly. Bake in loaf pan 45 minutes at 350. While still warm, glaze with mixture of 2 Tbsp. powdered sugar and 2 Tbsp. milk. ("If you don't have buttermilk, add 1 Tbsp. vinegar to regular milk and let it sit for awhile before using.")



Ms. Frederick is still able to do most of the things she loves. Here, she takes banana bread from oven. Stove knobs have been marked so she can feel what position they're in.



Fresh banana bread & buttermilk custard pie - after Post reporter got to it!

Have some recipes to share, or know some others who might? Let us feature you or them in Who's Who in the Kitchen. Call Audrey, 376-0496

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