



*Whidbey Island's own magazine*

Volume 2 Number 1

# *Spindrift Two*

*Summer 1978*



# Driftin' along

Each of the three principal settlements on Whidbey Island have their own well-established annual summer festivals. Oak Harbor has its big Olde Fashioned Fourth celebration which is going on as I write this. Coupeville decks its waterfront street out each August for an area-wide Arts and Crafts Festival, and Langley Fair Grounds is the site each year for the Island County

Fair. This year both the Festival and the Fair are being held the same weekend.

Of course, there are many other activities going on around Whidbey Island in the summertime. There is the North Whidbey Stampede in late July where rodeo riders and horsy people come from all over the Northwest to compete. South Whidbey also has an Arts and Crafts Festival each summer. Then there is boating, hiking, swimming, camping, exploring, shopping, and all the other activities so dear to the hearts of outdoorsy Americans. Visitors come from near and far to stop, look and listen to (and hopefully drop a few pence) all the picture postcard glories of our beautiful island.

The oldest continuous celebration is the Island County Fair which began back in the 1920s. Coupeville's Arts and Crafts Festival is a relative

newcomer, but the present festival is but a reincarnation of an Indian Festival and Canoe Races which were held on Front Street and in the Cove during the 1930s. The accompanying picture was taken at one of those early parades, when local Indians got all dressed up and celebrated for days. According to some oldtimers, it was often more difficult to get the festival started than to get it started.

In its present form, the first Coupeville Arts and Crafts Festival was held on Front Street in August 1964. Exhibits were set up in the empty buildings of the nearly abandoned waterfront street and hundreds of people came to see and to buy the wares of local craftsmen and artisans. With each passing year the Festival has grown — both in size and in stature as artists come from all over the Northwest to exhibit, and people



**Spindrift:** windblown sea spray; also called spoodrift.

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flock to Coupeville from all over the state to enjoy the two-day festivities.

Profits from past festivals have been used to refurbish Front Street, rebuild and maintain restrooms, repair and maintain the wooden boardwalk (one of the few remaining), build an observation deck and stairway to the public beach, purchase trash containers, and to provide benches for tired torsos to rest on while their owners enjoy the pictorial grandeur of Mt. Baker and the sometime serenity of Penn's Cove.

This year many thousands of people are expected to come to enjoy both the Coupeville Festival and the Island County Fair the weekend of August 12 and 13, and we will be among them. See you there . . .

Lee Brainard



Fifteenth Annual

AUGUST 12 & 13

# COUPEVILLE FESTIVAL



SPEND A DAY IN HISTORIC COUPEVILLE  
ON BEAUTIFUL WHIDBEY ISLAND

On Front & Alexander Streets  
Arts and Crafts Exhibits  
Strolling Minstrels

Wine Tasting & Preview Party  
Coupeville Recreation Hall  
Friday, Aug. 11, 8 p.m.

# Assault, Battery in Early Courts

All was not sweetness and light back in the early days of the 1850's at Oak Harbor, in spite of the heroic, hilarious and enduring spirit depicted by historians.

Things have not changed much. The journals of early-day Justices of the Peace such as Caleb Miller, James Buzby, J. M. Izett, G. Haller, Jerome Ely, and W. H. McCaslin, from 1859 through 1899 record details of man's failure to "keep the peace."

Jerome Ely, early settler who was also Oak Harbor's first Mayor, was a thrifty soul who used the same record book begun

by Caleb Miller in 1859, and was subsequently used by other Justices. Ely and McCaslin were the only Oak Harbor Justices, the others listed were Crescent Harbor settlers.

The journal is the possession of Vernon Ely of Oak Harbor, son of Jerome.

The first entry, by Caleb Miller recorded the calling of a jury to determine the cause of death of one Charles H. Greenman, of Utsaladdy, there being "no coroner in Island County." Said jury returned the verdict of accidental death by shotgun by his own hand. Jurors were paid \$2 each.

Grievous bodily injury by assault and battery were seemingly well-known in those early days, but justice court was available, and many an assault-and-batterer was hauled into court to face the consequences.

Grand larceny charges were filed in 1859 against an Indian who stole from the Izett house a pair of pants, six shirts, two undershirts, three pairs of drawers, one handkerchief, four sheets, four pieces wife's underwear, a night cap and many small items. The Indian was bound over in the sum of \$500 to appear at District Court. In the absence of bail he was imprisoned at Port Townsend.

In spite of incarceration, he was one ahead of the law. He made no return of his thefts!

Bills owed and unpaid were brought into court, many of them settled out of court at a little less than the bill.

Robberies were common. James Buzby's court told of an assault with an iron bar case on the person of William Baily by Michael Sullivan.

The J.P. had written in small letters "Extracting teeth with little skill, with an iron bar and against his will."

A murder at Utsaladdy aboard ship resulted in the arrest of one George Washington who was stabbed seven times by seaman Michael Williams. Willful murder was the verdict.

In 1895 the office of Justice of the Peace was taken over from Jerome Ely by W. H. McCaslin, Ely's father-in-law. Most of the cases involved money owing and petty larceny. Money was scarce in pioneer days, and a sum owing of as much as ten dollars was important.

The entries in the journal are handwritten in ink, in spidery flowing style, the court costs patiently listed in amounts minute in comparison to today's costs.

**"The most unusual shop in town"**



**POT POURRI**

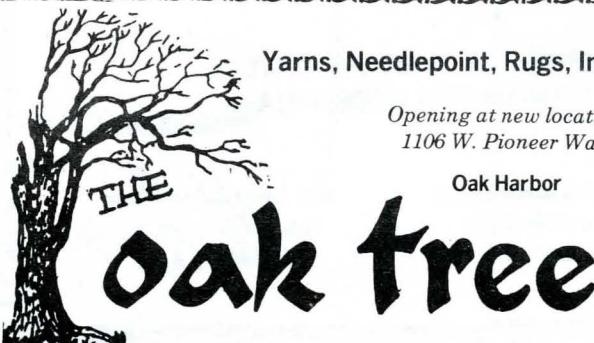
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# Parsley is Prolific

Parsley may be the most maligned of all edible herbs. Used as decoration with a main dish or salad, it is most often left after the meal is over, a forlorn sprig of green richly endowed with calcium, iron, and vitamins A and C, among the discards.

Eating the parsley is definitely gauche. Like drinking the water in the fingerbowl. But who says so? One must think sanely about this little green herb. Who said it is to be used only as a touch of color on an otherwise colorless plate, a garnish to take one's mind off whatever it is garnishing?

Parsley is highly concentrated nutrition. It grows easily outdoors in the garden where it reseeds itself, or indoors in a pot on the kitchen window sill. It doesn't mind being nipped off here and there as the cook needs it, but sprouts new leaves.

Used liberally in soups and stews, it not only adds color but nutrition. Combined with iron-rich potatoes, it amplifies the iron intake, dresses up the dish, and provides an excellent flavor.



Dried parsley is three to four times stronger than the same measure of fresh parsley. Dried herbs do not lose their potency by grinding as some spices do. The flavor of dried parsley can be brought out by soaking them in water or juice before use in a salad.

The root, leaves and seed are important. For healing power the roots and leaves both are excellent medicinally for hepatitis fevers and obstruction of liver and spleen, according to those who make a study of herb uses.

Hot fomentation of parsley is applied to insect bites and stings. A poultice of bruised leaves is excellent for swollen glands and will dry up milk.

In other times it was found that head lice could be killed by a tea made from the crushed seeds.

Parsley is rich in potassium, and according to May Bethel, author of a book on herbs, cancer cells cannot multiply in potassium.

Then if one runs out of maladies to inhibit, ease or cure, one can always return to the conventional use of our little friend parsley. A sprig on a dinner plate looks festive!



Legend of the Robin.

Far, far away, in a land of woe and darkness, are spirits of evil and fire. Day after day a little bird flies there, bearing in his bill a drop of water to quench the flame. So near the burning stream does he fly that his feathers are scorched by it, and hence he is named "Bron-rhuddyn" — breast burned.

— Carmarthenshire

An advertisement for Chris' Bakery. It features a black and white illustration of a windmill and a landscape. The text includes "Chris' Bakery", "Locally owned &amp; operated 6007 60th N.W.", "SELF SERVICE COFFEE &amp; ???", and the phone number "675-6449".

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# Meet the Jones Road Raccoons →

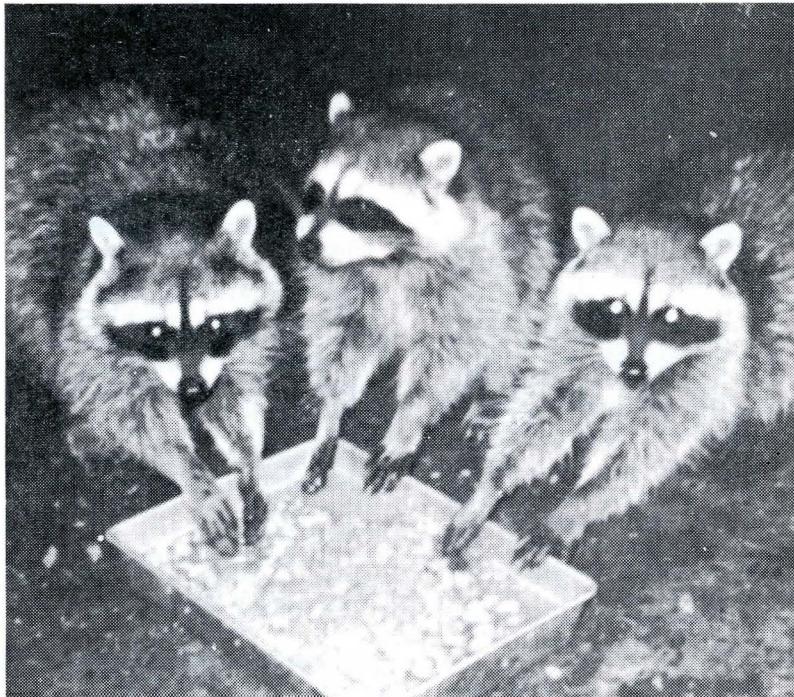
Whidbey Island raccoons never had it so good as the raccoons who live on Jones Road, out toward the northeast edge of Whidbey.

There, at the home of L. C. and Leona Logan, they are fed regularly. They are fat and sleek and somewhat arrogant, these black-masked small bandits, who come to feed on the Logan's patio at any time during the day or night.

The Logans have lived there since 1965, and found the raccoons already there.

Hungry, intelligent, and friendly, they soon took to having a dish of dog food put out for them. That was only the beginning. In 1975 Logan bought \$115 worth of dogfood, and "that was on sale!"

They are totally unafraid of their hosts, and if the patio door is left open, they will follow Logan into the kitchen. The old ones will come and eat a morsel out of the hand, but Logan cautions that they don't seem to know the difference between the dogfood and a finger. They have sharp teeth.



Dry dogfood is taken to the nearby garden pool for washing before being eaten, and if the dogfood is soaked, the raccoons frequently leave the dish to wash their hands and face in the pool.

In August the old ones bring

their little ones to the patio for their first "eat-out," little balls of fur, according to Logan. The Logans know them by name, and as many as 17 have been photographed at one time on the patio, taking turns at the dogfood dish.

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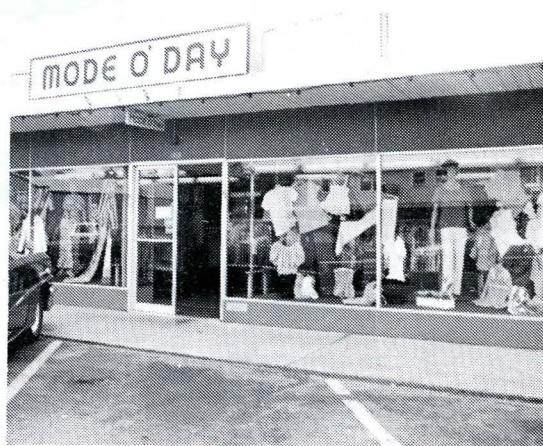
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DOWNTOWN OAK HARBOR



The raccoons are not afraid of the family dogs, who intuitively give them a wide berth.

The only negative aspect of the patio feeding depot is that when they run out of food, the raccoons stand up to the glass doors and windows, leaving their little paw-marks all over, like children. The secret is to not run out of food!

The Logans are unusual hosts to their wildlife. They also feed hummingbirds at the rate of two gallons of juice per day, chipmunks by the two-pound box of crackers, and salted peanuts for the squirrels.

Now that they have started the wildlife cafeteria, there seems to be no way out. The little "bandits" with their black masks aren't going to take "no" for an answer.

And who could resist a tiny ball of fur on his first trip to the cafeteria?



## Let The Cat Out

Harry had a cat so old it had lost most of its hair, looking like a mangy old rug. So Harry decided something should be done. When his family was in bed he would take the cat to the river to be disposed of.

A woods of some size was between Harry's house and the river and in the dark Harry became completely lost. He was unable to find either the river or the way home.

That was when he let the cat out of the bag!

Cat went unerringly home, with Harry following. Safely at home, he contemplated his gratitude to the cat for not having to spend a night in the woods, and that if anyone wanted to dispose of the old cat they could count him out.

Island County Times, 1911

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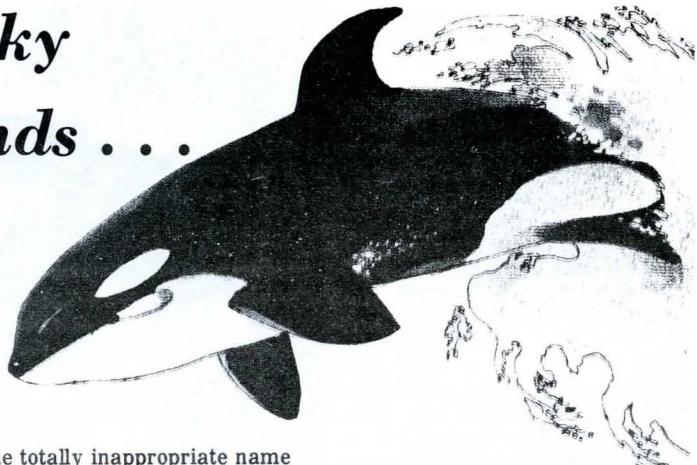
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# *Happy Go Lucky Sea-going Friends . . .*

The "orca" (Spanish for whale) also known as "blackfish" or "killer whale" has long been a denizen of the waters of Puget Sound. Traveling in pods, from three to five or by the dozen, these happy-go-lucky mammals are sighted from time to time off West Beach of Whidbey Island, swimming through Deception Pass or disporting themselves in Penn Cove.

One never-to-be-forgotten year of the Salmon Derby on North Whidbey the whales came to visit in Oak Harbor, with traumatic results. The biggest catch was a dogfish . . . the salmon hurriedly left the scene or were eaten by the Big Ones!



The totally inappropriate name "killer whale" may have come from ancient Indian legends. An Eskimo tale states "We know from our ancestors that they once tried to kill a whale and they barely wounded it. The whale capsized the boat and chewed up both men in it. It is said that these whales have a good memory and even after many years, they know which human being had been shooting at them."

The orcas have no predators in the sea, even the sharks can be their prey. The misnomer "killer whale" has been applied in spite of the fact that there is no evidence that they take advantage of this powerful place in the sea; no reports of killing for sport or greed, and no indication of unprovoked attacks against humans.

The orcas are the largest of dolphins. They spend from 8-10 months of the year within the northwest island waters, joining migratory pods and fish for herring, cod and salmon along the coasts.

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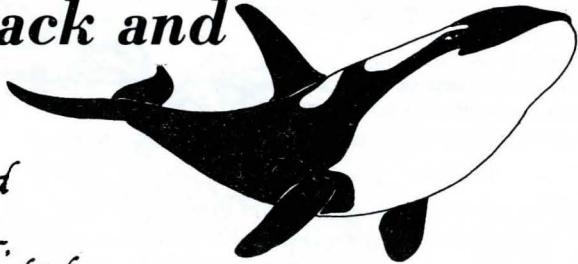
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# "Orca" Study in Black and



Pods of orcas can be identified by the telltale dorsal fin. It breaks the water first, followed by the lovely black and white body. Sometimes pods join, and groups of 200 have been sighted.

The orca has a strong sense of family. A whale stays with its pod for a lifetime of 30-40 years. There is often a large bull in a pod sometimes 28 feet long with the six-foot dorsal. A newborn calf measures seven feet in length.

Captive orcas are friendly, playful and gentle with human beings, seemingly have a natural curiosity toward them.

A New Zealand psychologist and cetologist who worked and lived with wild orcas on Vancouver Island said:

*To My Friend  
O great whale,  
take me to the depths*

*Share with me—  
what no other will see.*

*Give to me—  
that which I will selfishly  
guard with my life.  
Leave with me your brotherhood,  
as I will leave you  
with my love.— Unknown)*

*... White*

"As I opened my mind to these creatures, I came to respect them more and more. Eventually my respect verged on awe! I concluded that *Orcinus orca* is an incredibly powerful and capable creature, exquisitely self-controlled and aware of the world around it, a being possessed of a zest for life and with a healthy sense of humor, and moreover, of a remarkable fondness for an interest in humans."



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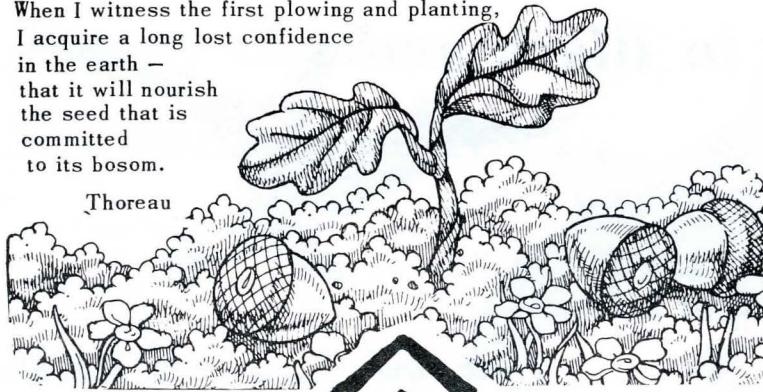


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in the earth —  
that it will nourish  
the seed that is  
committed  
to its bosom.

Thoreau



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# 'Everlasting' Flowers

If one can air-dry the blossoms with no special treatment and if the dried petals are tough and adhere to the stem, the flower can properly be called an "everlasting."

Flowers that can be dried with warm sand or silica gel are not proper "everlastings," for they are too fragile.

Bunches of dried "everlastings" from the florist can cost a bundle, so drying one's own home-grown can be rewarding in many ways.

Flower arrangers and growers of the everlasting strip off most of the foliage and hang clusters of them in a dry room. A paper hood will protect from dust.

Some of the most popular of this class of flowers include the Cockscomb and Celosia, and run to deep red, scarlet, gold and rose shades.

Globe Amaranth has thumbnail size, clover-like blossoms in white and bright lavender, cerise, rose, purple, red and gold.

The Helianthus annuum, or Sunflower, in single flowered varieties are especially good for drying, red and gold. The blossoms are smaller and more numerous than of the big sunflower. Harvest blossoms before fully opened for best results.

Strawflower is one of the best known for drying with a wide range of colors. For best results harvest a bud or half open stage and replace fragile stems with fine florist's wire.

Statice, or Limonium produces clusters of tiny flowers on wiry stems. White, yellow, blue pink and rose.

---

Oh the praties they are small  
Over here, over here  
Oh the praties they are small  
When we dig 'em in the fall  
And we eat 'em coats and all  
Full of fear, full of fear.

— Irish famine song 1846-47

# Young Sailor Jumps Ship, Settles Here

Thomas Johns, who joined the English Navy when he was 17, sailed as part of a carpenters' crew on an English man-of-war. His father had been the captain of a large sailing ship, and honored with many medals from the Crimean War. The carpenter crew did all the repairs needed to the ship, even to replacing masts.

Johns was a small-boned wiry young man only 5'3 inches tall. He had typically English light blonde hair, blue eyes and light skin.

Two years after joining the Navy, Johns' ship sailed from England around the "horn" and up the Pacific Coast as far north as Esquimault, British Columbia, on Vancouver Island.

Nine of the crew liked the looks of the new country, and they knew if they sailed back to England it might be years before they could return. They decided to desert ship.

After dark, in a small boat, the nine rowed south, the waves lapping at the top of their overloaded craft. They rowed all night and all the next day, arriving near Dungeness, not far from Port Townsend. They hid in an abandoned shack over night then decided to separate so they would not be captured so easily. Johns made his way to Port Townsend where he bought some new clothes to replace his English uniform.

At Port Townsend he met the Whidbey Island settler Ed Oliver, who persuaded Johns to go with him to his Island and become partners in a logging venture. Johns was delighted, and soon fell in love with South Whidbey and its rolling lands of fir, spruce and cedar.

Not long after locating on South Whidbey, news came that Queen Victoria had offered pardon to all those

deserters of Her Majesty's Navy who had left ship to make their homes in America. Johns was thereafter freed of any stigma of desertion under which he had labored.

In the mid 1870's Thomas Johns, of Deer Lagoon, on a trip to Port Townsend, met a pretty little waitress by the name of Mary Jane Coffett.

She had been born in Iowa in 1853 and upon the death of her father she came west with her mother and brother to see two other brothers, one living at Friday Harbor and the other on Lopez Island in the San Juan Islands.

The San Juan Islands offered little to a girl in her twenties, and she returned to Port Townsend where she found work as a waitress in a restaurant.

Thomas and Mary fell in love and were married on April 12, 1878 at the home of her brother on Lopez Island where her mother also lived. Johns was 37, Mary was 26.

Most of the neighboring women (they lived sometimes miles apart) were Indian girls married to white men, and Mary longed for the companionship of a white woman. In spite of this the Iowa girl made her husband's bachelor cabin look like a real home. She had a little stove on which she cooked the vegetables she grew in the rich ground, and the fish, clams and deer meat her husband provided.

It was beautiful country, but isolated. The outstanding scenery, the colorful sunsets, the tall trees and the sparkling water made their world different from any the Iowan had known. Ducks and geese came by the hundreds to the lagoon to raise their young, leaving in the fall for southern winters.



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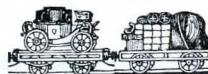
## *A Whidbey Boat for California*

California is getting a Whidbey Island boat for service between Newport Beach and Santa Catalina Island. Owners Phil Tozer and Bill Edelhauser operate the Catalina Passenger Service, and the "Catalina Holiday" will ply the California waters once she is safely out of Puget Sound.

Santa Catalina is Spanish for Saint Catherine, and was named by early Spanish explorers to the Gold State.

Builders of the Catalina Holiday is Nichols Brothers Boatbuilders, Inc. at Freeland on South Whidbey. The boat is built long and thin for speed, and the three engines produce 1400 horsepower for a speed of 15-16 knots.

She is 115 feet long and 25 feet wide, and will hold 450 passengers, contains a lounge and a clipper bow. On May 13 public excursions were given from the Holmes Harbor Yacht Club dock, around Baby Island following the boat's launching.



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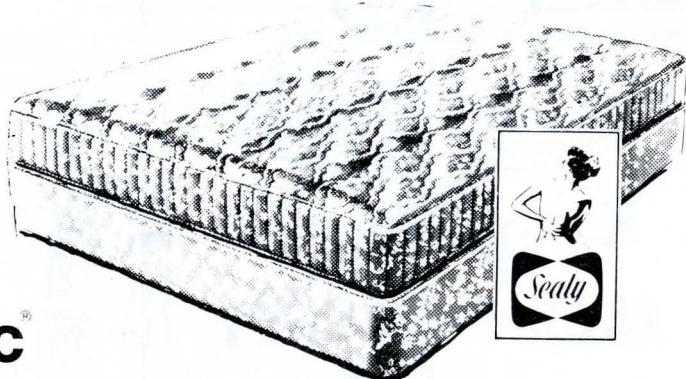


*Melvin  
Sez:*



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# Pacific Grey Whale Makes Comeback



How do I know  
my youth has been spent?  
Because my get-up-and-go  
Got up and went!

**WASHINGTON** — The Pacific gray whale, once severely depleted by 19th century hunting,

has made a strong comeback that represents a triumph for conservation, the head of the National Oceanic and Atmospheric Administration said yesterday.

"It vividly demonstrates that humankind can indeed protect endangered species and that, once protected, they can recover," Richard Frank said in a report on the status of the gray whale and the bowhead whale.

Frank, who also is U.S. commissioner to the International Whaling Commission, also said a recent research program indicates more bowhead whales than

expected — an estimated 2,264 — passed Point Barrow, Alaska, between April 15 and May 30.

The whale, the official California state mammal, winters off Baja California and summers in the northern Bering Sea.

Eskimos hunt the bowhead for food but their take was restricted this year due to a whaling commission ruling.

Frank said the Pacific gray whale, which has been on the International Whaling Commission's endangered list since 1946, is now approaching its mid 19th century level of approximately 15,000 animals. As a result, he said the gray whale may be removed from the endangered list.



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# *The Bird is a Bustard, Y'know!*

a poem about a bird and illegitimacy has won the \$50 first prize in a national limerick contest.

It goes like this:

*The bustard's an exquisite  
fowl,  
With minimal reason to  
growl:  
He escapes what would be  
Illegitimacy  
By grace of a fortunate vowel.*

"The idea is very clever and made me laugh, and the one-word fourth line is delightful," said the judge, famed science fiction writer Isaac Asimov.

The winning entry came from George D. Vail, a retired associate secretary at Yale. His was among the 12,000 limericks that were mailed to Mohegan Community College, sponsor of the contest.

## *Have a Cup o' Herb*

Beverage plants along Whidbey Island roads, such as strawberry, blackberry, salmonberry and thimbleberry leaves may be dried and steeped for various teas. Wild strawberry leaves, high in Vitamin C, make a delicate tea from either fresh or dried leaves.

The flavor of these teas is enhanced by the addition of a dash of lemon or oranges and honey.

Dried stems and leaves of mint along or mixed with rose hips or strawberry leaves make a fine

tea. The petals of the wild rose which grows in profusion on Whidbey also makes a delicious tea.

For healing properties, teas made of dried leaves of comfrey, chickweed, dandelion, fireweed and either fresh or dried leaves of young nettles are efficacious.

The root of the dandelion dried, ground and roasted may be used as a coffee substitute with a good flavor.



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# Wolves Unsettled Early Settlers

In the 1850s wolves were a menace and a nuisance on Whidbey Island, and an account by Jerome Ely tells of the trials of the Crescent Harbor settlers.

"John M. Izett had been running a spar camp on Camano Island for a long time, coming across to Whidbey Sunday morning and returning early Monday. It would be hard to convince the young men of today (written in 1912) that there could be any danger here from wild animals in going to see your best girl, yet young Izett sometimes had to prepare to defend himself from the large timber wolves that at that time infested the Island.

If he heard them howling before he entered the woods he would get a good club to use in case they attempted to gather him in.



Alf Miller almost ran into a small band that were asleep in the woods east of the Haller orchard. It was warm weather in July and they seemed to be too lazy to exert themselves.

Alf had such urgent business somewhere else that he failed to interview the wolves or even to ask them for a clear right of way.

Camano Island was also infested with the brutes, and if help hadn't been near one cold spell, Izett thought his chance for survival would have been slim. He was hard-pressed by the wolves and too cold to handle himself lively.

Fortunately his cries for help were heard at the camp and the men came to his assistance. Izett had been out cruising for trees for ship spars.

Often some of the men would have to sleep in the ox shed to give the oxen confidence during the night, the wolves did so much howling.

# What's Cookin' on Whidbey

## RUSSIAN HAMBURGERS

For dough, dissolve 2 cakes yeast, one-half tbs. sugar in one-third cup warm water. Bring to a boil one cup milk, cool.

Cream together one-third cup sugar,  $\frac{1}{2}$  cup shortening, 2 tsp. salt and 2 eggs. Add milk and yeast mixture, and enough flour to make a light dough. Knead gently, place in greased bowl and let rise until double in bulk.

For filling brown 1 lb. ground beef in skillet, mashing with fork. Add 1 tbs. catsup, 1 tbs. minced onion, 1 tbs. finely chopped sauerkraut, 1 tsp. mustard. Cool in pan.

Knead dough, roll out to  $\frac{1}{2}$  inch thickness, cut in rounds or two inch squares. Place piece of dough in hand, pulling to spread then place a rounded tsp. of filling in center, sealing dough over it. Place in greased baking pan, just touching, let rise to double in bulk, then brown in a 400 degree oven. Makes 3 dozen. Wonderful served hot. Can be frozen and reheated.

## HAVE A COOKIE

This recipe was submitted by Dana Burt, 14, who used his own ingenuity to produce a tasty cookie.

2 $\frac{1}{4}$  cups flour sifted with 1 tsp. baking soda and 1 tsp. salt. Combine 1 cup softened butter or shortening, 1 $\frac{1}{2}$  cups sugar, 1 tsp. vanilla and 1 tsp. water. Beat well and add 1 cup milk. Add to flour mixture, then add 1 12-ounce pkg. chocolate chips.

Drop onto greased cookie sheet by half tablespoons and bake at 375 for 15 minutes.

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## Cracked Crab — San Juan Island Style

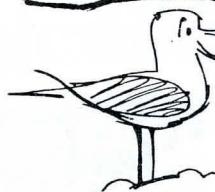
(Note: Only male crabs can be lawfully caught and eaten!)

The live crabs can be dropped into boiling salt water. We prefer to kill them first by piercing them between the eyes with an ice pick or sharp knife. This is easy and quick. Grab the legs on one side and pull body and all legs (all in one piece) away from the shell. Clean the inside of the body by washing with running water. Then with a brush clean the legs, still joined to the body, to remove all sand and mud. Crack the body in two so that you have two halves with legs still attached to each. Put in salted water, enough to cover all the crabs you are cooking, bring to a boil and boil for 15 to 20 minutes. When done drain water off and rinse cooked crab in cold water. Then let drain and cool. After serving give each person a nutcracker and pick and let them "have at it." Serve lemon wedges and this sauce:

1 cup mayonnaise —  $\frac{1}{4}$  cup chili sauce — 1 tbsp. freshly chopped parsley — 1 tsp. tarragon — 1 tbsp. capers — lemon juice to taste



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# Old and New Recipes for Islanders

## WHEAT GERM

### ZUCCHINI BREAD

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3 eggs  
1 cup salad oil  
1 cup each white sugar and firmly packed brown sugar  
3 tsp maple flavoring  
2 cups coarsely shredded zucchini  
 $2\frac{1}{2}$  cups all purpose flour (unsifted)

$\frac{1}{2}$  cup toasted wheat germ  
2 tsp each soda and salt  
 $\frac{1}{2}$  tsp baking powder  
1 cup finely chopped walnuts  
 $\frac{1}{3}$  cup sesame seeds

Beat the eggs well with rotary mixer, add the oil, sugar, and maple flavoring, and continue beating until mixture is thick and foamy. Using a spoon, stir in the shredded zucchini. Combine the flour, wheat germ, soda, salt and baking powder and the walnuts stir gently into the zucchini mixture just until blended.

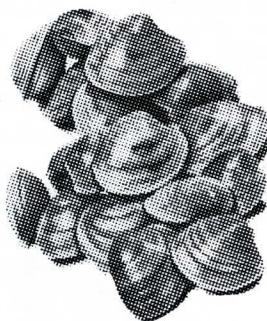
Divide the batter equally between 2 greased and floured 5 by 9 inch loaf pans. Sprinkle the sesame seeds evenly over the tops of each. Bake in a  $350^{\circ}$  oven for 1 hour or until wooden pick comes out clean. Cool in pans ten minutes; turn out on wire racks to cool thoroughly. Makes 2 loaves.



## Rose Hip Sauce With Honey

4 cups Rose Hips  
5 Medium Apples - Tart Gravensteins  
1 cup Honey

Slice and peel apples. Add small amount of water and cook until soft. Wash Hips then cut stem and blossom ends from them. Open and remove seeds. Cook in small amount of water until soft and press through food mill or place in osterizer. Mix with apples, add honey and stir in. Use within a short time or put in container and freeze.



## Cocoa Mix

2 cups powdered milk  
5 tbsp. cocoa  
1 cup sugar  
 $\frac{1}{2}$  tsp. salt

Sift together powdered milk, cocoa, sugar and salt. Use 3 tablespoons of this mixture in cup, and fill with hot water. Recipe makes about 15 servings. Cost: 2.5 cents per cup.

## Whidbey Island Clams

Best for steaming are the little neck, small butter clams and soft shell clams. Large butter clams, cockles and horse clams can be chopped up for chowder or fried.

## CLAM FRITTERS

1 quart ground clams  
4 eggs, beaten  
1 tube saltine crackers, crushed  
1 cup pancake mix

Mix clams, eggs, crushed crackers, and pancake mix to a rather sticky batter. Spoon out half cupfuls onto hot oiled skillet. Flatten and fry, turning to brown on both sides.

## QUICK CLAM DIP

1 cup ground clams, cooked and drained  
1 pkg. dry onion soup mix  
1 pint sour cream  
1 tablespoon ketchup  
Mix thoroughly. Chill one hour.

## Oregon Grape Jelly

Wash and pick over berries. Remove all wormy berries and insects. Place berries and water to cover  $\frac{1}{2}$  to  $\frac{1}{3}$  depth in preserving kettle. Bring to boil and boil 10 minutes. Mash and boil an additional 5-10 minutes or until soft. Put through food mill to remove seeds. Boil juice to evaporate some of the water. Add  $\frac{3}{4}$  cup sugar and juice of  $\frac{1}{2}$  lemon to each cup of juice. Bring to rolling boil and boil until thick enough to sheet from spoon. Skim and place in sterilized jars and seal or cover with parafin while jelly is still hot. Salal berries or apple juice may also be added to berries to vary the flavor.

# More 'vittles' . . .

## CHICKEN SUPREME

Halve 6 large chicken breasts, bone. Form pockets or pound meat. Sprinkle with 1 tsp. monosodium glutamate, salt and pepper.

Melt  $\frac{1}{2}$  cup butter, add  $\frac{1}{4}$  cup chopped onion and 2 tbs. chopped parsley and  $\frac{1}{2}$  tsp. each rosemary and basil. Fry until tender but not brown. Add 1 $\frac{1}{2}$  cups stuffing mix and  $\frac{1}{2}$  cup boiling water. Mix.

Fill breasts and place in shallow baking pan, brush tops with  $\frac{1}{4}$  cup melted butter, bake at 350 for one hour. Serve with:

### Sauce

Melt 3 tbs. butter, add 3 tbs. flour, 2 chicken bouillon cubes in 1 and  $\frac{3}{4}$  cups hot water, bring to boil, then add 2 egg yolks beaten with  $\frac{1}{2}$  cup heavy cream, add  $\frac{1}{2}$  tsp. paprika and 2 tsp. lemon juice.

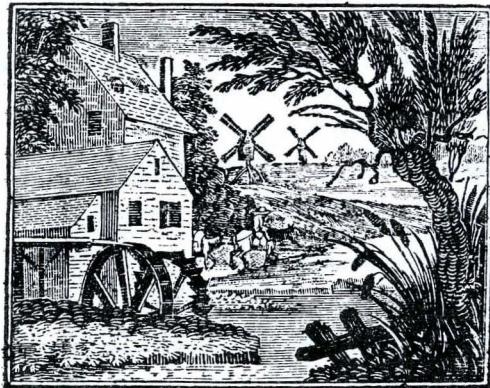
## Picnic Loaf

One fourth lb. spaghetti  
1 large onion  
1 tbs. butter  
2 cans mushroom pieces  
One half bell pepper  
1 cup cream (half and half)  
1 can chopped olives  
1 med. can tomatoes  
1 tsp. flour  
One fourth cup butter  
1 cup grated cheese

Boil spaghetti until tender. Fry onion and pepper in  $\frac{1}{4}$  cup butter, add tomatoes and salt. Simmer 40 min. Make a white sauce of cream, flour and butter. Layer ingredients and cover with cream sauce. Bake 35 min. at 350. Serves 12.



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## ROAST TURKEY BREAST

4-8 pound turkey breast

Place thawed turkey breast skin-side up on rack in shallow pan. Brush with melted butter if desired. If a roast-meat thermometer is used, insert it into the thickest area. Bulb must not touch the bone. Roast at 325°F. for 25 minutes per pound, or until the thermometer registers 180-185°F.

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Oak Harbor

# If You Dig Clams . . .

## Know Where To Dig

The beach stretching from Penn Cove to San de Fuca is one of the state's most popular clamming sites. Other regions along the island's eastern shore also produce large quantities of clams.

Horse, butter, cockies and little neck (steamer) clams can be found on Whidbey Island. The bag limit for horse clams is five, and the daily limit for others is seven pounds in the shell, but not to exceed 40 clams, or three pounds in the shell.

All clams with broken shells must be kept.

Equipment for clam digging is simple: (a garden fork or shovel, a bucket, and a pair of boots), and clams are easy to find if you understand a little about their preferred habitats.

### Type of clam

Little neck  
Cockles  
Butter clams  
Horse clams  
Soft shell

### Type of beach habitat

gravel  
sandy or muddy (surface)  
any type (dig deep)  
sandy (deep - 1 1/2')  
mud flats, high ground

Look for & avoid contaminated beaches.



## TANGY MEATBALLS

1 pound lean ground beef  
1/4 teaspoon pepper  
1/2 teaspoon salt  
1 tablespoon prepared horseradish  
1/4 cup finely chopped onion

Combine all ingredients and mix well. Roll meat mixture into 36 balls, one inch in diameter. Thread 3 meatballs on each skewer, and broil four inches from the heat for 5 minutes. Use 2 skewers (6 meatballs) for each serving. Serves 6. Approximately 124 calories per serving.



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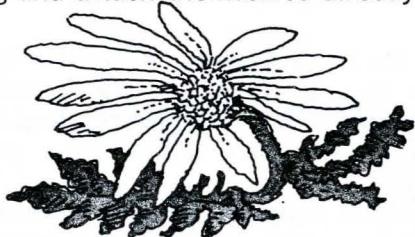
# Tansy Ragwort! Be on the Look-out

What is a tansy ragwort? It is a harmful weed that's becoming more and more of an agricultural problem in Western Washington. Spreading across pastures, cut-over forest land, and other areas, tansy ragwort is causing liver damage, and often death, to cattle, horses and, to some extent, sheep.

Most poisoning occurs when feed becomes scarce or when small seedlings are accidentally intermixed with desirable forage. Because the plants are not very palatable, under normal pasture conditions horses and cattle will avoid eating tansy ragwort.

To help check this weed you need to be on the lookout. In its blooming stage tansy ragwort makes itself very visible with daisy-like golden flowers. These rosette plants have irregular, lobed leaves with visible blade regions near the top. The leaves are 5 to 9 inches

long and attach themselves directly to



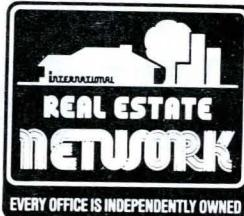
the main stalk. Leaves may vary from light to dark green in color. Tansy ragwort spreads principally by seeding and individual plants may have as many as 150 thousand seeds.

If you should find tansy ragwort growing in your area, please report the exact location of the site immediately to your County Extension Agent or to the Department of Agriculture, Olympia, Washington, (206) 753-5046. Suggestions on how to destroy tansy ragwort plants are also available from these agencies.

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Uncle Sam originated during the War of 1812 at Elbert Anderson's storeyard at Troy on Hudson (now Troy), New York. The name comes from the yard's inspecting superintendent, "Uncle Sam" (Samuel) Wilson. Each of his approved cases of the storeyard's military provisions was marked "EA-U.S.," meaning "Elbert Anderson—United States." However, the workers and longshoremen joked that the initials "U.S." stood for the inspector "Uncle Sam." Thus "Uncle Sam" and the United States became one. Uncle Sam then spread quickly as a personification of the United States during the war, partly to counter the British enemy's symbol of John Bull (the personification of England or the typical Englishman, based on the character named John Bull, a bluff, bullheaded English farmer, in John Arbuthnot's 1712 satirical political allegory *Law in a Bottomless Pit*, later retitled *The History of John Bull*). It wasn't

## 'Uncle Sam' from 1812



until 1868, however, that Thomas Nast, the cartoonist for Harper's Weekly, drew Uncle Sam as we would recognize him today, adding the beard and putting stars on his vest, copying some of the details from a drawing he had made of the famous circus clown Dan Rice in his red, white, and blue striped "flag suit," top hat, and goatee (Rice wore this suit as part of his publicity hoax that he was running for the presidency).

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The 1920s was a complex decade. Our main image of the period is of its flaming youth, a term first used by the muckraking magazine writer Samuel Hopkins Adams. For after World War I, war-jaded youth did go on a rampage, releasing pent-up emotions and reacting to the dazzling new stimuli of peacetime prosperity, speakeasies, movies, cars, radios, and the newly popular Sunday supplements and confession magazines. It was the first young generation to take itself seriously as a separate, distinct group—and the first to be analyzed, egged on, and exploited by the books, movies, newspapers, and magazines of its own day, which shocked and titillated the public with stories of flappers and sheiks.



The flapper and the sheik were originally Ivy League student types, soon copied by other students and then by working girls and young salesmen, clerks, and office boys. Shocking as they

## *Roaring Twenties, Flappers, Sheiks*

were supposed to be, they were actually created by their times, by commercial products, and by books, newspapers, movies, and magazines. They learned what to wear, say, think, and feel from the cartoons, articles, and stories in College Humor, from John Held Junior's illustrations in the old Life, from ads and articles in Harper's Bazaar, and from Fitzgerald's 1920 novel This Side of Paradise, Maxwell Anderson's and Lawrence Stallings's 1924 play What Price Glory, and Percy Mark's 1925 book The Plastic Age.

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Answers  
on page 23  
→

Pray  
Tell! ↓

## The King's English

ALTHOUGH THE PEOPLE of Great Britain and the U.S. speak the same language, we not only do so with a different accent but we also sometimes differ on the terms used for certain common items. Can you provide the "American" word for these words used in England?

1. LORRY	3. DRAUGHTS	5. PRAM
2. PETROL	4. TORCH	6. FLAT

"The proper way for a man to pray,"  
Said Deacon Lemuel Keyes,  
"And the only proper attitude  
Is down upon his knees."

"No, I should say the way to pray,"  
Said the Reverend Doctor Wise,  
"Is standing straight with outstretched arms,  
And rapt and upturned eyes."

"Oh, no, no, no!" said Elder Slow,  
"Such posture is too proud,  
A man should pray with eyes fast closed  
And head contritely bowed."

"It seems to me his hands should be  
Austerely clasped in front,  
With both thumbs pointing toward the ground,"  
Said Reverend Doctor Blunt.

"Last year I fell in Hidkin's well,  
Head first," said Cyrus Brown,  
"With both my heels a-stickin' up,  
My head a-pointin' down."

"An' I made a prayer right then an' there,  
Best prayer I ever said,  
The prayinest prayer I ever prayed,  
A-standing on my head!" (Sam Walter Foss)

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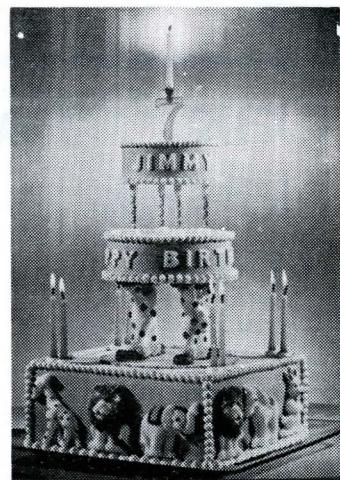
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"Looking at Energy"



Wind is one of the world's oldest forms of energy. Man first harnessed the wind thousands of years ago when he used it to power sailing vessels, and later windmills. Over the centuries windmills have been used to grind grain and pump water, but it was not until the 1890's that windmills were used to generate electricity. When cheaper and more reliable forms of energy, such as coal, petroleum and natural gas were put to use, wind power became secondary.

With our country facing an energy shortage, many tests and experiments are being conducted to re-examine the potential of wind energy and to develop better ways of harnessing it.

One such project is being conducted by Puget Power on Camano Island. Working with Snohomish County PUD and John Strickler Jr., a private consultant, Puget Power is studying wind generation as a viable source of supplemental energy.

The greatest restraint in the development of wind power has been its cost in comparison to other forms of energy. These costs are greatly increased when batteries for storing power are used. Because the wind is quite variable and unpredictable, either storage batteries or backup utility service are necessary.

These problems mean that the wind will only be able to fulfill a small percentage of the nation's future energy requirements. Wind energy will, however, become an increasingly important power supply to supplement our other energy resources.

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## ... IT CAME TO PASS

A story is told of an old Alabama sharecropper barely literate enough to read a few Bible passages. Whenever he felt particularly troubled by something he would thumb through his tattered Bible until he found a certain reassuring phrase: "And it came to pass . . ." "Thank you, Lord," he would then exclaim, "that it came to pass and didn't come to stay!"

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### "Beware Of Water!"

A remarkably large number of Scottish words come from the French, because of an old alliance between Scotland and France against England. For instance, an Edinburgh University student magazine is called "Gardy-loo!" This may not seem French, but it's derived from that language and here's how:

"Gardy-loo!"



In olden days modern sanitation was completely unknown in Edinburgh. Refuse was allowed to lie in the streets and the smell was said to be horrendous.

When housewives and servants wanted to get rid of liquid refuse, they would just open a window and throw the contents of slop pails into the street below. As they did this, they shouted "Gardy-loo!"

Probably they didn't realize it, but they were shouting a corruption of the French, "Gardez-l'eau!" or "Beware of the water!" However, Teacher's Scotch Information Centre points out proudly that today you can walk down a street in Edinburgh without worrying about gifts from above.

**Gertie Goober Sez:**



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# Last Whidbey Indian Massacre

Miller's Point, east of Mayor's Point and forming one side of Crescent Harbor was the site of a small store in the 1850's. The owner was known as Trader Brown and he kept merchandise for both white and Indian trade.

When he was found murdered in his bed, and his store rifled, Capt. Eli Hathaway, then sheriff of Island County, raised a 15-man posse, and they set out by Indian canoe. "Indian Bob" a local Skagit, had disappeared the night of the murder, and was found on a beach on Camano Island by the posse. Bob protested his innocence of the affair, and finally promised to lead the posse to the murderer.

The posse turned to go to the mouth of the Skagit River, and then to a point about four or five miles above where Mount Vernon is located.

This was wild country, a swift river and almost unpenetrable forest. Indian Bob led the posse

about four miles through the forest toward the foothills, and finally came to a large building where he said the murderer was concealed.

Upon entering the door of the building, the men found another house inside and completely enclosed, with a passageway around it.

The posse rushed to the outer door, and started around the passage where they were met by the hunted Indian. He had a huge, old-fashioned revolver which he fired at his pursuers.

Louis Walker lost two fingers in the barrage, and two others had similar injuries.

The Indian then dashed for the outer door which was

guarded by W. A. Hastie. He dove at Hastie with a knife, but Hastie shot him with a single ball from his rifle.

In an account by an early writer, he was "a bloodthirsty Skagit, hunted for having been involved in other bloodshed on the Swinomish."

The Indian proved to be a brother of the informer. Inside the lodge was found Trader Brown's store stock, proving the dead Indian's guilt.

The party returned to Whidbey Island and Dr. Kellogg dressed the injuries of the wounded men.

This was the last "massacre" of a white man by an Indian on Whidbey.



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## CHEWING THE FAT

"God made the vittles, but the devil made the cook," was a popular saying used by seafaring men in the last century when salted beef was staple diet aboard ship.

This tough cured beef, suitable only for long voyages when nothing else was as cheap or would keep as well, required prolonged chewing to make it edible. Men often chewed one chunk for hours, just as if it were chewing gum and referred to this practice as "chewing the fat."

# Nautical Nomenclature

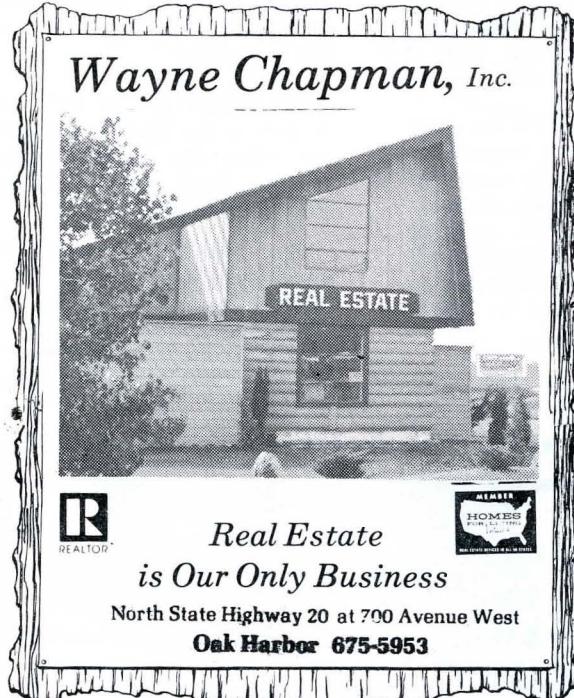
## HELLO, HOWDY, HI

Hello, Howdy, Hi, or words to that effect, are used by most of us several times a day. *How do you do?* (literally "how is your health?"), good morning, good afternoon, and good evening have been English greetings since the mid fifteenth century. Howdy, a contraction of *how do you do?*, is an Americanism popular since the 1840s. Although we consider "Howdy, stranger" a western greeting, howdy was originally very southern and was taken west by Civil War veterans.

## YANKEE

Americans are known by their nicknames from Honk Kong to Timbukto; one of the most widely used is "Yankee." Its origin is uncertain but it is believed to have been given us by the early Dutch.

Early American sea captains were known but not revered, for their ability to drive a hard bargain. Dutchmen also regarded as extremely frugal, jokingly referred to the hard to please Americans as "Yankers" or wranglers and the nom de plume persists to this day.



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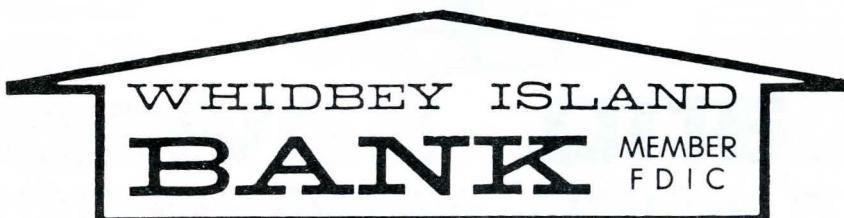
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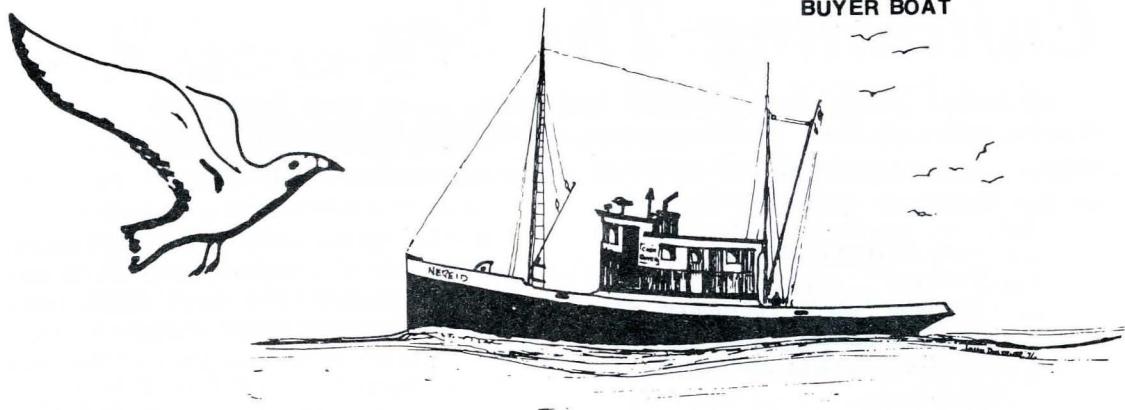
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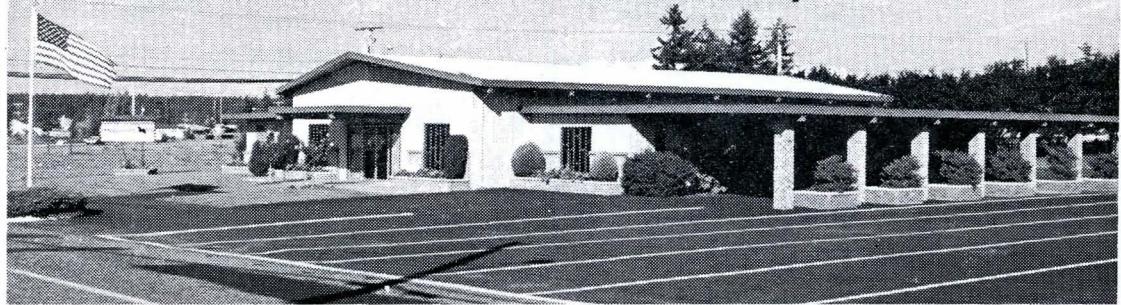


#### BUYER BOAT:

Some of the men who operate the buyers own their boats and they sell the fish either to canneries or to fish markets. Others may be operating a boat owned by a cannery so, of course, all fish taken on goes to that particular cannery.

A buyer is equipped to buy and store the catch of a number of fishermen and is available in nearby waters all hours of the day and night when the season is open. A small buying boat can hold as much as 16 tons of fish. Unless a fisherman has committed his catch to a specific cannery he can dispose of his catch to any one of the buyers without having to return to port to unload. When the fish are hitting it might be necessary to get rid of the haul more than once during the night. The fishermen tie up on one side of the buying boat and transfers the catch into the scale on the buyer. The fish are then counted and weighed, and the fishermen are payed on the spot the going price for the catch.

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# Cultivating The Sea

Abundant yields from forests and fields have long benefited Washington's citizens. The Department of Natural Resources is now researching the potential of cultivating and harvesting another crop — but this one grows in the sea.

Nori. Wakame. Konbu.

Puzzled?

Perhaps you'll recognize the scientific names more readily. *Porphyra*, *Undaria* and *Laminaria* respectively.

But seaweed by any other name, even in Japanese or Latin, is still seaweed. The three kinds mentioned are prized in Japan for their taste as well as their vitamin and mineral content.

Japanese records dating from the 17th century document the cultivation of seaweed for food. For generations, family rights to shorelines for cultivating the sea have been passed from father to son. Villages with fishermen's cooperatives can be found throughout the islands.

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Although many seaweeds are native to Washington waters, seaweed use or aquaculture in the state boasts no such history. Still it is a subject being researched by Dr. Tom Mumford, algologist (one who studies algae) with the Department of Natural Resources.

In Japan, Mumford reports, seaweed culture is a \$500 million a year business, involving more than 70,000 families. He knows because he's seen it firsthand.

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Judged by the Company One Keeps

One night in late October  
When I was far from sober,  
Returning with my load with manly pride,  
My feet began to stutter,  
So I lay down in the gutter,  
And a pig came near and lay down by my side.  
Then I warbled, "It's fair weather  
When good fellows get together."  
When a lady passing by was heard to say,  
"You can tell the man who boozes  
By the company he chooses,"  
And the pig got up and slowly walked away.

# — Seaweed

Limited seaweed harvesting has taken place in eastern coastal U.S. and Canada. The extract, carrageenan, from the seaweed "Irish moss," is used as a stabilizing agent in food and other products. According to Mumford, there's a ready and growing market for it.

Mumford's own research with *Iridaea*, a seaweed native to Pacific coast waters (consisting of 60 percent dry weight carrageenan), could be the forerunner to development of a new industry for Washington. It would be an industry with minimal environmental impact, for seaweed growth requires a pollution-free environment.

Mumford and his researchers are determining the practicality and potential for future seaweed cultivation on a commercial scale.

For two years, Mumford has been supervising experimental growing and harvesting of seaweed in test beds bordering the San Juan islands. *Iridaea* is the fastest growing and most common of native seaweeds, but others, such as edible *Porphyra*, are also being examined for possible cultivation.

Possibilities include leasing suitable portions of submerged marine lands under DNR management to private industry. Harvesting rights to DNR-owned seaweed nets might be made available to industry. Selling seeded nets for individuals to maintain and harvest themselves is another possibility.

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# Sea Capt Settled So. Whidbey in 1850

South Whidbey was settled some years after the white men arrived to make their homes near Coupeville and Oak Harbor on North Whidbey. The first white men were loggers who cleared the land then planted crops. The great bulge of land designated as South Whidbey Island offered camp grounds for Indians, and the first white men who came to establish homes married Indian women.

The first settler on South Whidbey was Robert Bailey, a sea captain and trader who came from the east coast and became the Indian agent in 1850. He settled on the southwestern side of the bay that was to bear his name. He married an Indian woman and they had two sons and a daughter.

In 1859 Bailey, who must have thought that he had Whidbey Island to himself, became aware of two neighbors, Edward Oliver, and Thomas John Johns.

Oliver had settled at Sunlight Beach south of the old mill site, while Johns made his home at Deer Lagoon, north of Sunlight Beach. Johns built the first house on the Cove.

Other early settlers were Joseph F. Brown who made his home at Sandy (Brown's) Point; and Luther B. Moore, Maxwelton's first homesteader.

By 1872 there were more settlers, James Phinney, Robert Ware, Chris Anderson, William Johnson, George Perga, George Francis Finn and others.

In 1874 Michael Lyons brought his wife Mary to Maxwelton. She is believed to have been the first white woman to live on South Whidbey.

It was quite a different life for Mary Lyons on South Whidbey, from that of the women who lived on North

Whidbey, on Penn's Cove. Penn's Cove was the place chosen by the "sea captains" for the homes they would come to when their journeys all over the world ended. They brought back silks from Asia, even pianos around the "Horn." The Penn Cove settlement, with Coupeville on one side and Oak Harbor on the other, offered more people, doctors, stores and a social life.

Schools for the children became an important objective in the lives of pioneers everywhere, and for Mary Lyons this was no exception. In November, 1884, she was elected clerk of the District 8 school board. Directors M.J. Lyons, W.L. Weedin, William George and Thomas Stringham hired one S.L. Clark to teach school at the Lyons house for a three month period.

In this great land of the Puget Sound, many strange circumstances came about to further the pioneers' need for schools, churches and homes.

Lyons had met Clark at Chimacum Valley on the Hood Canal (Olympic Peninsula) where he and his family were visiting Mrs. Clark's uncle. The uncle rented a farm from Lyons. And upon becoming acquainted, Lyons asked Clark if he would consider coming to Whidbey Island. Clark said yes.

The trip from Port Townsend aboard a small steamboat was a rough one. A sudden storm came up and the waves killed the fires under the ship's boiler. The wind tore away the sails and the ship wallowed in the storm. Maxwelton historians recorded that the Clarks, their son Earl and even their dog were considerably "green behind the gills" when the craft finally drifted into shore with tide . . . . at the Lyons ranch!



