She talks about the ways of the olden days when the folks would butcher a hog any time of the year and never had any trouble keeping the meat. They did not have any of the present day methods of cold storage or refrigeration, but knew how to cure, smoke and cook meat to preserve it for long periods of time. Long ago she says that people ate full meals and lived much healthier lives than they do now.

Times have been hard for her when she was young. Her mother died when she was eleven and she and her older brother had to stay home and take care of the younger children. She and her brother did not get to attend school very much, but they did see that the other children got as much schooling as possible. She wonders how they ever got along in those days. When her mother died, a baby brother was left for her to raise. She says she used to warm the baby's milk in a bucket set by the open fireplace.

In the daysbefore rest homes and nursing homes, she tells that the families always took care of their old folks and were happy for the privilege. The crippled and sick received care possibly beyond that of an institution. Great love and respect was shown by the Indians for their elderly, and enjoyed having them to look out after until they died.

Mrs. King says she is confused about the reports of hunger and poverty among the Indians. As long as she can remember she has never known of any Indian being hungry and poverty stricken, because it is not the Indian way of life as long as one is able to provide. She says they always raised plenty to eat and would share if necessary with neighbors. Sometimes a long time ago they used to take vegetables, fruit, chickens, and eggs to town and sell or trade for the few things they needed. She recalls the time when she sold eggs for five cents a dozen. She talks about the times they would dry all kinds of fruits and vegetables and sack them up for winter use. Molasses, cornmeal, and potatoes were always on hand. Sweet potatoes and turnips kept well when properly bedded. And people made most of their clothes during her younger days. Quilts and homemade rugs were an expression of pride, as well as being useful. She tells that a neighbor's grandmother had sold a quilt to Jim Hitchcock who ran a store at Eldon forty years ago, and after that time he made her a gift of the quilt. It was in excellent condition after all those years. Mrs. King showed a pole axe which was owned by her grandfather sixty years ago, and it shows the care with which those old timers gave their things.

She reflects again on her few years when she went to school. The children who were big enough to work all had chores to do before school time. She recalls that one of her jobs was to carry water from the spring nearly a quarter of a mile. She tells that the school teachers she remembers were Audie Hitchcock and Bertha Breshears, both of whom were part Cherokee. She remembers when the children would take their lunch to school in a half gallon bucket, and could hardly wait until noontime. When it was washday, the children would carry water from the spring to the house the evening before, and that was the hardest job of all.