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Lovie: The Story of a Southern Midwife and an Unlikely Friendship

Sandra C. Clariday

Tennessee Wesleyan University

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Blakeney Hodges Special Collections and University Archives (SCUA).

Dollar earned his bachelor's degree in Journalism and a master's degree in Library Science from the University of North Carolina at Chapel Hill (UNC-CH). He also holds a Master's degree in English from The University of North Carolina at Greensboro (UNCG).

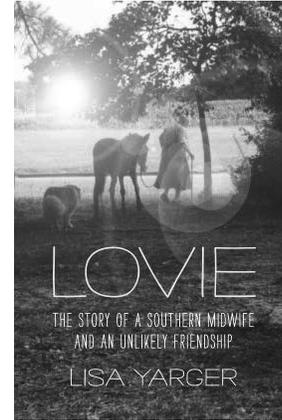


Prior to joining the University Libraries, Dollar served as a temporary archives assistant at UNCG, as well as various student positions and internships at libraries across the state. He is interested in promoting access to archival materials, as well as promoting diversity in archival collections.

As Processing Archivist, Dollar will assist the team at SCUA with processing collections, working with born digital materials, and promoting access to the collections through outreach and instruction.

BOOK REVIEWS

Lovie: The Story of a Southern Midwife and an Unlikely Friendship. Lisa Yarger. Chapel Hill: University of North Carolina Press, 2016. ISBN 978-1-4696-3005-2 (cloth, \$34.95); ISBN 978-1-4696-3006-9 (ebook: \$19.99). 306 p.



Lovie: the story of a southern midwife and an unlikely friendship has been a two decades long labor of love (no pun intended) for its author, Lisa Yarger (www.lisayarger.com). Ms. Yarger was a folklorist at the North Carolina Museum of History in 1996 when she first interviewed Lovie Beard Shelton, 71-year old midwife – this interview was the beginning of a relationship between the two that ultimately led to the writing of this book.

As noted on the book jacket, “from 1950 until 2001, Lovie Beard Shelton practiced midwifery in eastern North Carolina, delivering some 4,000 babies to black, white, Mennonite, and hippie women; to those too poor to afford a hospital birth; and to a few rich enough to have any kind of delivery they pleased.” This volume, one in a series from the Center for Documentary Studies at Duke University, is much more than a recounting of the history of midwifery in North Carolina. It is the story of Lovie’s indomitable spirit as she acquired the education and the tools for what she thought of as her vocation in life – midwifery defined her. Despite hardships and tragedies, her faith and perseverance sustained her as she made inroads into prejudices and false perceptions about this age old profession. Lisa, who becomes quite close to Lovie as she chronicles her life, portrays the best of Lovie Shelton along with her blind spots. Sometimes Ms. Yarger shows us an intolerant woman with deep feelings about race and religion – at other times we see a Lovie with equally deep feelings about white bread vs. wheat bread. We witness Lovie’s naïveté along with her great sense of humor. She also manages beautifully to portray Lovie as a fallible human being passionate about her mission.

The story of author and midwife are beautifully intertwined as we learn about Lisa in her interviews and interactions with Lovie. Yarger herself says that Lovie chose her as much as she chose Lovie. It is, at times, as much a story about her as it is Lovie – hence, the title. Yarger’s research

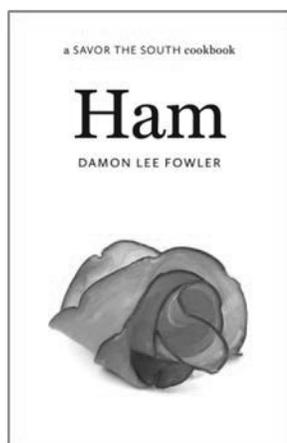
and Lovie Shelton's stories provide an overview of the history of midwifery as well as its social history in the Appalachian region.

Is it preachy? Yes. Is it didactic? Certainly! But these are Lovie's words and Yarger presents an honest, entertaining portrait of a remarkable woman. Know that up front and readers will find much to think about. For those of that consider our professions to define us, there is even more to think about.

This volume is of value to women's studies providing a narrative of the roles and perceptions of women for the last hundred years. Recipient of the 2017 American College of Nurse-Midwives Media Award, it is also a good choice for those considering midwifery as a profession as Lovie Beard Shelton gives the good along with the bad. Other books to consider exploring include *Listen to Me Good: The Life Story of an Alabama Midwife* by **Linda Janet Holmes**, *Mary Breckinridge: the Frontier Nursing Service and rural health in Appalachia* by Melanie Beals Goan, and *Motherwit: an Alabama Midwife's story* by Onnie Lee Logan.

Sandra C. Clariday
Tennessee Wesleyan University (retired)

Ham: A Savor the South Cookbook. Damon Lee Fowler. Chapel Hill: University of North Carolina Press, 2017. ISBN: 978-1-4696-3589-7 (Hardback); 978-1-4696-3590-3 (ebook) 141 p. \$16.96.



Ham: A Savor the South Cookbook is an enjoyable and entertaining work of genius sharing above fifty delectable sounding ham recipes, ham culinary techniques, and the history of pigs.

Author Damon Lee Fowler makes his home in Savannah, Georgia. Mr. Fowler is the culinary author for *Savannah Morning News* and has written eight other superb cookbooks. An interesting section Ham Basics includes details on dry-curing, brine-curing, country ham, old ham, picnic ham, ham hock, ham knuckle, ham steak, seasoning

pieces, center-cut slices, boiled ham, canned ham, and pressed ham. Techniques and Basic Recipes consists of explanations of sautéing, frying and pan-frying, pan-broiling, baking, boiling, glazing and toasting. The recipes are easy to follow. The number of servings for each recipe is provided. Attention-grabbing facts about each section topic intrigue the reader. For instance, the section Ham Salads, Biscuits, and Sandwiches shares John Montagu Earl of Sandwich created the sandwich to munch on while he was in card games. Above each recipe is thought-provoking information about the recipe. To honor Italy's soprano Luisa Tetrazzini, ham (or ham and turkey) tetrazzini was invented. The southern United States includes ham in tetrazzini in contrast to the Italians who use chicken. Prosciutto stuffed zucchini is often feasted on by Italians on the Ligurian Riviera. What's more, Ilda's ham and potato gratin is a dish the author savored as a student in Portofino and San Frutuoso Italy. Fascinatingly, the author suggests dining on old-fashioned southern hambone soup without heating the soup during warm meteorological conditions. Fried rice like the recipe Helen's ham fried rice is a meal in China in comparison to the United States appreciating fried rice as a side dish. Ham lo mein is ham with thin Chinese noodles or thin spaghetti. Ham and eggs a la Suisse with Gruyere or Emmentaler cheese is much-loved in Switzerland. Cubans partake of a scrumptious sandwich recipe called Cubano packed with ham, pork, and Swiss cheese. Prosciutto and eggs are frequently relished in Montepulciano, Tuscany. Twenty-two assorted *Savor the South* cookbooks by other authors are available as of 2012. *Ham: A Savor the South Cookbook* is an absolute must for public and academic libraries and splendid as a gift. This magnificent masterpiece is excellent for researchers of ham and people looking for wonderfully delicious ham recipes.

Melinda F. Matthews
University of Louisiana at Monroe Library

Rereading Appalachia: Literacy, Place and Cultural Resistance. Sara Webb-Sunderhaus and Kim Donehower, eds. Lexington: The University Press of Kentucky, 2015. ISBN 978-0-8131-74426. (pbk, \$28); ISBN 978-0-8131-6559-2 (cloth, \$50); ISBN 978-0-8131-6560-8 (epub, \$50); ISBN 978-0-8131-6561-5 (web pdf, \$50). 238 p.

