



Freida Abigail Howard

December 29, 1920 - April 15, 2016

Frieda Abigail Howard, 95, of Cape Girardeau passed away Friday, April 15, 2016 at the Lutheran Home.

She was born December 29, 1920 in Des Arc, Missouri to the late Fred and Ethel Lewis.

She was a 1939 graduate of Des Arc High School and attended Southeast Missouri State University. She and Truman John Howard were married April 14, 1943 at the First Presbyterian Church in Cape. He preceded her in death July 30, 1987.

Frieda taught school in Des Arc, Missouri until her marriage. During the war she worked as Rosie the riveter at the Consolidated Aircraft Plant in San Diego, California. She and her husband owned and operated the Donut Drive In at 1617 Independence Street in Cape Girardeau for 28 years. She was a 62 year member of Centenary United Methodist Church, a member of the American Legion Auxiliary and past president of the 14th District. In 2011 she was recognized for her many years of volunteer work at the Missouri Veterans Home and was named volunteer of the year in 1998.

Frieda was a loving mother, grandmother, and great grandmother. She was an avid Cardinal baseball fan and enjoyed Redhawk basketball as a season

ticket holder. She enjoyed quilting, cross stitching, working word puzzles, and reading. She was famous for her chicken and dumplings. She will be remembered for speaking her mind, and for being gracious and kind to everyone she met.

Survivors include a son, Richard Lewis Howard and wife DeAnne of Derby, Kansas; a daughter, Barbara Gail Johnson and husband Norris of Cape Girardeau; four grandsons, Timothy Howard and wife Colleen of Philadelphia, Pennsylvania, Keith Johnson and wife Sara of Leesburg, Virginia, Scott Johnson and wife Claire of San Diego, California; Todd Howard and wife Julie of San Diego, California; nine great-grandchildren, Derek, Caroline, Julia, Zackary Johnson of Leesburg, Virginia; Kayleigh, Ainsley, Rylee Howard of Philadelphia, Pennsylvania; Owen Johnson and Truman Howard of San Diego, California; brother, Freeman Lewis and wife Alice; a sister-in-law, Florence Lewis all of Cape Girardeau; a brother-in-law, Jerry Howard (the late Shirla) of Dexter; many beloved nieces and nephews.

In addition to her parents she was preceded in death by her brothers, Frank (Irene), Francis (Melva Rose), and Bill Lewis; sister, Leta Bahn (Larry); sister-in-law, Ferne Volkerding (Vernon) all of Cape Girardeau.

Visitation will be from 4:00 to 8:00 p.m. Friday, April 22, 2016 at Ford and Sons Mt. Auburn Funeral Home and also one hour prior to the funeral. Funeral service will be Saturday, April 23, 2016 at 10:00 a.m. at the funeral home with Rev. David Conley officiating.

Burial will follow at Cape County Memorial Park.

Frieda has been a resident at the Lutheran Home in Cape since December 2012. The family wishes to express their appreciation to all the staff for the compassionate, attentive and loving care provided to her during her residency.

Memorial donations may be given to Centenary United Methodist Church.

Cemetery Details

Cape County Memorial Park Cemetery

2315 Highway 61 North
Cape Girardeau, MO 63701
(573) 334-1909
<https://www.fordandsonsfuneralhome.com/>

Previous Events

Visitation

APR 22. 4:00 PM - 8:00 PM (CT)

Ford & Sons Mt. Auburn Chapel
1001 N. Mt. Auburn Rd.
Cape Girardeau, MO 63701

Service

APR 23. 10:00 AM (CT)

Ford & Sons Mt. Auburn Chapel
1001 N. Mt. Auburn Rd.
Cape Girardeau, MO 63701

Tribute Wall

RW

“ Dear Family,

I am part of the extended American Legion and Auxiliary family. So many treasured memories of July 4th picnics, and the Thanksgiving and Christmas dinners/ parties. Frieda was a part of the Depression/World War II generation who taught us through the way they lived their lives---love of God and country, with dignity and inner strength. So many other lessons could be added. I had forgotten about the strawberry jello salad that Vicky has mentioned. It was one of my favorites too. I remember the Sunday treats from the donut drive-in. I remember my parents, John and Alberta Heimbaugh, especially Mom going to the state legion conventions with your parents.

I have memories of your mother at Dad's passing, my wedding day, and Mom's passing.

I have treasured this friendship.

Our lives have been blessed, because of your parents. It is such a blessing as Christians to know they are in heaven with God and our loved ones.

*My prayers are with you,
Rita Heimbaugh Weber*

Rita Heimbaugh Weber - April 23, 2016 at 04:40 PM

VR

“ Richard, Barbara, your families and the Lewis families---how blessed we all were to have such a special woman in our lives. Some of my best childhood memories involve holiday dinner at Aunt Frieda and Uncle Truman's house and the donuts every Sunday morning after my mom would go to help out with the early rush at the Donut Drive In. Although my kids and grandkids didn't meet her they know her name because of a strawberry jello salad recipe she shared with me 45yrs ago and now every holiday meal at my house includes Aunt Freida's Strawberry Jello salad and the recipe has been passed on to my daughters. I regret my visits back to Cape have been so infrequent over the last number of years and that I cannot attend the funeral, but I will be there in thought and I am happy she will join my mom and Grandma Howard in watching over us from heaven. I pray all of you God's peace and comfort at this difficult time.

Your loving cousin,

Vicky(Volkerding)Roundtree (Girard), and Anne Finchem, Arielle Brozik(Lucas, Aiden, Evelynn and Adeline), David Finchem and Darian Roundtree

Victoria Roundtree - April 22, 2016 at 10:05 PM



“ Country Basket Blooms was purchased for the family of Freida Abigail Howard.



April 21, 2016 at 05:38 PM

SV

“*Frieda was a special person and it was a pleasure to know her. Perhaps the following saying will be of comfort to her family.*

*"Death is not extinguishing the light.
It is turning out the lamp because the dawn has come."*

By: Tagori, a Bengali poet.

Love, Prayers, and God Bless.

Sue Vogelsanger

Sue Vogelsanger - April 21, 2016 at 11:06 AM

SL

“*So sorry to hear of the loss of sweet cousin Freida. My Mom & Dad are there to greet her. She and my Mom had become close these past few years, they always had lots to talk about. My thoughts and prayers are with the family.*

Susan Lewis-Mehan (Howard & Verna's daughter)

Susan Lewis-Mehan - April 20, 2016 at 04:38 PM



“*Basket of Memories was purchased for the family of Freida Abigail Howard.*



April 20, 2016 at 11:17 AM

RG

“ Rich,

I remember the donuts like it was yesterday. Didn't know that smiling face was your mother.

Our prayers are with you and your whole family and we pray that you may have the "Peace That Passes All Understanding"

Ron & Angie Gray ronl.gray @jpl.com

Ron Gray - April 18, 2016 at 02:11 PM