

# Coming back to life



Schamber Restoration started work on the porch of the Lyons house this week. Lynn Schamber helps guide the lift operator in placing the front portion of the new porch as Brian Luther and Dave Turnbull position and attach it.

— Telegram photo by Dana Paxton

# CLUB NEWS

Chapter AA, PEO met at the home of Deb McClymont on Aug. 7 with Jill Lively as co-hostess. A young lady who is a new resident to Norton and is a PEO member from North Dakota was welcomed by the group.

Corresponding Secretary Sara Brehmer read a personal note signed by students from Northern Valley High School thanking us for the scholarship donation as a Post Prom prize.

A few members won small prizes for noticing

# SCHOOL MENU

**Norton Jr.-Sr. High Schools Menu**

**Monday, Aug. 27**  
Breakfast-Long John, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Pigs in a blanket, pork and beans, rosy applesauce, broccoli and cauliflower salad, or chef salad and milk.

**Tuesday, Aug. 28**  
Breakfast-Chocolate banana bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Steak fingers, whipped potatoes w/country gravy, carrots, hot roll w/margarine, pears, or chef salad and milk.

**Wednesday, Aug. 29**  
Breakfast-Hot cereal, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef quesadilla pizza, carrots and dill pickles, peaches, or chef salad and milk.

**Thursday, Aug. 30**  
Breakfast-English muffin w/ sausage and cheese, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken fajitas, lettuce, chopped tomato and cheese, onions and green peppers, oranges, or chef salad and milk.

**Friday, Aug. 31**  
Breakfast-Monkey bread, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef and noodles, whipped potatoes, celery sticks, fruit cup, rolls w/margarine, or chef salad and milk.

**EES Menu**

**Monday, Aug. 27**  
Breakfast-Monkey bread, grape juice and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.

**Tuesday, Aug. 28**  
Breakfast-Banana spears, apple wedge, oatmeal muffin, toast w/peanut butter, orange juice and milk.

Lunch-Corn dogs, tater tots, baby carrots, fruit cocktail, cookie and milk.

**Wednesday, Aug. 29**  
Breakfast-Sausage pancake stick, warm maple syrup, strawberry fruit cup, apple juice and milk.

Lunch-Scalloped chicken, corn, sweet heart pears, celery stick, whole wheat roll and milk.

**Thursday, Aug. 30**  
Breakfast-Shipwreck, orange juice and milk.

Lunch-Beef burrito, cheesy broccoli, rosy applesauce, blonde brownies and milk.

**Friday, Aug. 31**  
Breakfast-Hot ham slice, hash brown patty, peaches, apple juice and milk.

Lunch-Beef and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.

# Baking tips for egg allergies

Baking Tips for Those With Egg Allergies

Eggs are one of the eight most common food allergies. It affects about 1.5 percent of all young children, but it can be outgrown as they grow older.

Since many commercially made foods contain eggs, many families make homemade products to avoid eggs. Here are some substitutions for eggs. They work best when substituting for one to three eggs.

- 1 teaspoon baking powder plus 1 tablespoon liquid plus 1 tablespoon vinegar
- 1 teaspoon yeast in 1/4 cup warm water
- 1 1/2 tablespoons water plus 1/2 tablespoon oil plus 1 teaspoon baking powder
- 1 packet gelatin plus 2 tablespoons warm water
- 1 tablespoon pureed fruit
- 1 tablespoon ground flaxseed plus 3 tablespoons water

Most people who are allergic

**Home ed**

**Tranda Watts,**

**Extension specialist**



viruses for the flu vaccine are grown in chicken eggs. If you have an egg allergy, ask your doctor about whether it's a good idea to get the vaccine. Also, if you have an egg allergy, get your flu shot in a doctor's office, not at a supermarket, drugstore, or other venue.

If you have questions regarding allergies, visit with your family doctor or for very general questions, contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health, and Safety at twwatts@ksu.edu.

Call Dana for help with your advertising needs.

877-3361

dpaxton@nwkansas.com

# SCHOOL CALENDAR

**NCHS**

Monday, Aug. 27  
Tornado drill, 2:20 p.m.

Tuesday, Aug. 28  
Jay Singers, 7:30 a.m.

S.A.D.D. Officer meeting, A.P.

FFA test plot field trip, 12:30 p.m.

JV Tennis; Singles Tourney at Russell, 3 p.m.

HS VB at Colby; Holcomb and Osborne, 4 p.m.

Wednesday, Aug. 29  
S.A.D.D. meeting, A.P.

Thursday, Aug. 30  
Jay Singers, 7: 30 a.m.

National Honor Society, A.P.

Varsity Tennis at Hays, 3 p.m.

"C" VB at Colby vs. Heartland/TMP, 4 p.m.

NCHS Invitational, Cross Country at PDRA, 4 p.m.

Friday, Aug. 31  
Junior class magazine sales begin

Junior class officers meeting, 1 p.m.

Junior class meeting, 1:30 p.m.

Football vs. Smith Center (H), 7 p.m.

**NJHS**

Monday, Aug. 27  
Tornado drill, 2:20 p.m.

Tuesday, Aug. 28  
Cheer/football/volleyball photos, 3:30 p.m.

Thursday, Aug. 30  
VB/FB vs. Phillipsburg (H), 4 p.m./5:30 p.m.

**EES**

Tuesday, Aug. 28  
A.R. meeting, 3:40 p.m.

Wednesday, Aug. 29  
S.I.T., 7:30 a.m.

Thursday, Aug. 30  
ECD-2 grade level meeting, 3:40 p.m.

**NVHS**

Monday, Aug. 27  
HS FFA Back to School party in the Ag Shop, 7 p.m.

Tuesday, Aug. 28  
HS VB vs. Cheylin, Wheatland and Triplains/Brewster in Grainfield, 3 p.m.

Wednesday, Aug. 29  
Meeting in Phillipsburg, 8:30 a.m.-3:30 p.m.

NVEA Back to School supper at Alma Community Building, 6:30 p.m.

Thursday, Aug. 30  
JH VB and FB in Osborne, VB at 4 p.m. and FB at 6 p.m.

HS CC in Norton, 4:30 p.m.

Friday, Aug. 31  
HS VB and FB vs. Alma in Alma, VB at 5 p.m. and FB at 7 p.m.

Freshmen Class work auction during halftime of FB game.

## BRICK HOME PLUS LARGE LOT TO THE EAST



**16629 KQNK Road, Norton, Kansas**

Large living room, dining room, kitchen combo with all appliances. Built in bar. Two bedrooms, 1 bath with utility room on main floor. Partial basement. Attached single car garage with shop area.

## WONDERFUL, OLDER TWO STORY HOME



**509 N. Second, Norton, Kansas**

Three bedrooms, large living room with fireplace, TV room, eat-in kitchen with appliances, 1 1/2 baths, original woodwork, full basement with a large single car detached garage. Paved alley in back.

**GORDON COMPANY REALTORS**

James E. Gordon, Broker—Home: 785-877-3103

**"WE TAKE THE WORRY OUT OF BUYING A HOME"**

105 S. NORTON — PHONE (785) 877-2225 — NORTON, KANSAS

# M-B-M

## Motor Sports and NEPRA

PRESENTS

IMCA Sport Mods - URSS 305 and IMCA Non-Sanctioned Winged Sprints

Kansas Antique Racers - Colorado Vintage Oval Racers

## for TWO DAYS OF RACING

## SATURDAY, SEPTEMBER 1

## AND SUNDAY, SEPTEMBER 2

# ELMWOOD PARK SPEEDWAY

## NORTON, KANSAS

URSS 305 and IMCA Non-Sanctioned Winged Sprint Cars and IMCA Sport Mods will be the competition attractions. Vintage Sprint Cars, Midgets, Modifieds and Roadsters will have a static show and on track exhibition racing.





RACES WILL START AT 7:00 P.M. • GRANDSTAND OPENS AT 5 P.M./PITS AT 4:00 P.M.

Admission: Adults-\$12.00; 13 and Under-Free with paid Adult; 2 Day Adult Pass-\$20.00; 13 and Under-Free with paid Adult

**For More Information Call Don McMullen, 877-3299; Jerry Bantam, 877-5353 or Rick Schwab, 871-0851, Randy Bantam, 871-7370**

## VINTAGE RACE SPONSORS INCLUDE:

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