

In these days of escalating food prices every cook is searching for new ways to stretch a dollar while still providing satisfying meals for the mouths around the table.

Vegetarian meals are often recommended by economists but not enthusiastically received by hungry families. If you find it difficult to come up with appealing vegetable variations, perhaps the following ideas will help.

This one we ate in Bangkok and tried to recreate at home.

CABBAGE THAI STYLE

- One large head of cabbage, shredded (about 6 cups)
- One cup diagonally sliced celery
- One can bamboo shoots, rinsed and drained
- One yellow onion, chopped
- One green or red pepper, chopped
- One tablespoon cayenne pepper
- Two tablespoons soy sauce
- One third cup rice wine vinegar
- One tablespoons sesame oil
- Three tablespoons toasted sesame seeds
- Salt and cracked peppercorns
- Heat two tablespoons of vegetable oil in the bottom of a deep kettle. Stir in celery, onion and green pepper and sauté three minutes. Dump in the cabbage, bamboo shoots, cayenne and vinegar.

Stir, cover and steam eight minutes. Add salt and cracked peppercorns to taste. Toss with sesame oil and seeds. Serve hot. Leftovers? Wonderful starter for vegetable soup or cold as a salad.

From a friend who called this her "funeral" salad since she always kept the supplies in the pantry in case she needed to make something for a church luncheon.

MARINATED VEGETABLE SALAD

- One can LeSeuer baby sweet

Cook's Corner

Liza Deines



- peas, drained
- One can white shoe peg corn, drained
- One can sliced mushrooms, drained
- One jar pickled artichoke hearts with liquid
- One can mixed Chinese vegetables, rinsed and drained
- One jar pimento
- One onion, diced
- Ten baby carrots cut in thin slices
- Eight stalks celery, sliced
- Dressing:
 - One cup sugar
 - Quarter cup good green olive oil
 - Quarter cup cider vinegar
 - One tablespoon garlic powder
- Combine all vegetables in dressing and chill at least overnight. Keeps well in refrigerator.

From another summer school wife stretching pennies in Emporia in 1965.

CONNIE'S FRIDAY CASSEROLE

- One can or 10-oz package frozen asparagus cuts
- Four tablespoons chopped pimento or red pepper
- Half a cup of grated cheddar cheese
- Two beaten eggs
- Half a cup sour cream
- Quarter cup milk
- Salt, pepper
- One cup crushed round cracker crumbs
- Three hard-boiled eggs, sliced
- Combine first seven ingredients plus half the cracker crumbs in a two-quart casserole. Top with sliced eggs and remaining cracker crumbs. Bake at 350F for 25 minutes until bubbly and browned.

Easy and fast and the surprise is how well the flavors complement each other.

SWEET POTATO SURPRISE

- Cold mashed sweet potatoes
- Whole pecan halves
- One by two inch slices of Colby cheese
- Cornflake crumbs
- Sandwich a slice of cheese between two pecan halves and enclose in the center of a mashed sweet potato ball. Roll balls in cornflake crumbs and bake on a cookie sheet until brown.

Served at the Park Hotel in Hong Kong, of all the unlikely places!

CHEESY ONION PIE

- Thirty saltine crackers, rolled fine
- Quarter cup of butter, melted with a tablespoon Worcestershire sauce
- Three cups thinly sliced yellow onions, sautéed in a bit of butter
- Half a pound of shredded extra sharp Cheddar cheese
- Three eggs beaten with one and a half cups of lukewarm milk
- Salt and pepper
- Combine cracker crumbs with butter and press into and up sides of a deep pie plate. Fill crust with sautéed onions and cover with shredded cheese. Pour milk, eggs and seasonings over onion-cheese layer.
- Bake in a 325F oven until center tests firm with a knife. Good hot or cold. Try this with Vidalia onions and Swiss cheese for an entirely different taste.

Yes, artichokes and asparagus are expensive as vegetables go but when they are a meat substitute they're worth the cost.

Onions, cabbage and sweet potatoes are still pretty reasonable and very nourishing.

Give these recipes a trial run past your family. They may discover that a vegetarian meal occasionally is not a bad idea at all. Pass the vegetables, please!

Crunch



Traffic was tied up for a little more than an hour at the intersection of State Street and Woodsfield on Thursday afternoon. Kelsey Nuzum, in the white car, was on State Street, stopped at the intersection to make a left turn onto Woodsfield when Stephanie Eagleburger, in the dark car, failed to see the stopped vehicle and rear-ended it. Though there were no visible injuries, Ms. Eagleburger was taken to the Norton County Hospital by ambulance, where she was treated and released. Both vehicles had more than \$1,000 worth of damage. Assistant Police Chief Jeremy Hartwell said he did not cite Ms. Eagleburger.

- Telegram photo by Brandy Leroux

Eisenhower spellers onto county bee

By MELISSA MCCLAIN

Eisenhower Elementary Spelling Bee Coordinator

The Eisenhower Elementary School Spelling Bee was held on Wednesday, Jan. 28 at 2:00 in the Eisenhower Elementary cafeteria. Twenty-eight spellers competed from grades four through six for the chance to represent Eisenhower in the Norton County Spelling Bee.

At the start of Round 3, there were still 26 spellers in the Bee, but 8 of them were eliminated in that round misspelling words such as "ratio" and "despair." Round 4 eliminated 6 more students with the words "chocolate," "frolic," "diplomat," "denture," "denim," and "algebra." Four more students went out in Round 5 by incorrectly spelling "renovate," "elite," "enamel," and "totem."

Round 6 began with the eight remaining spellers. Chris Reynolds, sixth grade, went out in this round misspelling the word "withdrawal."

In Round 7, fifth-graders Cole Tyrrell and Kristin Stewart were eliminated on the words "sauce" and "nozzle." Top-finishing fourth-grader Caitlyn Cox incorrectly spelled "fatigue" in Round 8 for fifth place, and in Round 9, Hailey Branek, fifth grade, was named fourth place and county bee alternate after misspelling "falsetto."

Three spellers remained in Round 10 and were declared the Norton County Spelling Bee representatives, but the competition continued to declare the Eisenhower champion. Sylvia Estes, fifth grade, began the round and misspelled "crochet." Audrie

Burge, fifth grade, went next and also incorrectly spelled her word, "panelist." Sixth-grader Conor Cox was the final competitor in this round to approach the microphone and correctly spelled the word "antonym." He was given his potential championship word "tragedy" and spelled it correctly, which made him the 2009 Eisenhower Elementary School Spelling Bee Champion.

In a spell-off for second place, Sylvia Estes spelled "benefactor" and "mobilize" correctly after Audrie Burge misspelled "samaritan" to earn runner-up.

The Norton County Spelling Bee will be held on Wednesday, Feb. 11 at 4:00 at the East Campus Auditorium with students representing Norton Community, Northern Valley, and Lenora Schools.

Hoxie woman records gospel music

By BRANDY LEROUX

bleroux@nwkansas.com

Twila Bainter, Hoxie, daughter of Pauline Loughry of Hoxie and the late Elzie Loughry, began singing at age 8, when she was taking piano lessons.

"I could just pick out a song and could play by ear," she said.

She began writing music over 30 years ago, and only recently decided to share this music with the public by recording some of her favorite tunes.

"I'm 65, and by my age, if I don't put this together now, I never will," she said.

Mrs. Bainter released a compact disc, titled "It's All About Jesus" through Advantage Studio in Hays. The disc contains 14 songs, all written by Mrs.

Bainter, and ranges in tempo from a slow waltz to fast-paced praise and worship. Peggy Hestor, Hays, John Braun, Victoria, and Wayne Billinger, Hays, performed the vocals.

"I was taken in by Twila's music as she played the first piano track in the studio," said Mr. Billinger, who also owns Advantage Studio. "Her melodies boast a flavor of the old-time gospel style integrated with fresh, energetic, yet easy-listening feel. Her lyrics bring the selections home with thought-provoking cohesive



Twila Bainter

messages."

Mrs. Bainter said her inspiration comes to her during two parts of her daily schedule: worship time and during the night.

"I often get up at night and go to the piano," she said, noting that sometimes the melodies come first and at other times, the words.

She said she hopes her music will touch hearts and be a blessing.

"My hope is to draw the listeners closer to God," said Mrs. Bainter.

The discs are available at Rock Good Book Store in Hoxie, Hoxie Office Supply, at Pure Prairie Natural Foods in Norton, or by contacting Mrs. Bainter at 785-675-2211 or jimtwila@ruraltel.net.

Calling contest slated Saturday

There will be a Calling Contest on Saturday, Feb. 7.

The contest is for two-man teams, and the cost is \$30 per team.

The fee includes a meal on Saturday night, and each team member's name in a drawing for a .257 Weatherby Magnum Rifle.

Teams must be pre-registered before 6 p.m. on Friday, Feb. 6.

The calling hours will be one-half hour before sunrise to sunset.

Callers may use any legal means to call and shoot coyotes,

bobcats and crows as allowed by the state hunting regulations.

Each coyote is worth 10 points, bobcats are worth 12 points, and crows (HIP stamp) are worth 2 points each.

The team with the most total points will win the contest.

A tie-breaker will be determined by the earlier team to check in.

Trophies will be awarded to the top team, with a 70 percent pay back to the top five teams.

The remainder of the proceeds will be donated to youth shooting sports.

Awards will also be given for

the largest coyote and the most crows.

Check-in time will be from 5:30 p.m. to 7 p.m. at OBrien's rear parking lot at 110 S. State Street in Norton. There will be no check-in after 7 p.m.

Checks can be made to John Baker, 1005 Hartford, Norton KS, 67654.

For more information, contact Rick McChesney, 877-2606 or John Baker at 877-3253.

Business spotlight

Business Name: White Fields Coffee House

Owners: Kirk and Renee Griffith

Address: 128 S. State Street

Phone: 785-874-4686

Type of Business: Coffee House

Date Established: 2003

Business Description: We serve Espresso, Smoothies and Daylight Doughnuts

Q: Why did you decide to start your business?

A: We had a concrete company, Custom Flatwork, for 5 years. Kirk fell off a building and broke his back. We continued to do concrete work until God gave us both the vision of the coffee house.

Q: Why did you choose Norton?

A: We lived here and loved

the people.

Q: How long did it take for you to get from idea to open doors?

A: It took us 5 months.

Q: What has been your greatest success?

A: Leading people to Christ.

Q: What has been your greatest challenge?

A: Our greatest challenge has been finances.

Q: What would you do differently?

A: We wouldn't do anything differently. Every mistake we made was something we needed to learn and our mistakes have now become our strengths.

Q: What is your vision for the future for your business?

A: We'd like to have a larger space and possibly a highway location.

Q: What do you see in the

future for the business economy of Norton County?

A: We see huge growth. The drought is over. We see the community becoming a bustling town of wealth like in the old pictures in the courthouse. We are centrally located and have so much to offer.

Q: What is most rewarding about being a business owner in Norton County?

A: We love being a part of a community that loves and helps each other.

Q: What advice do you have for other business owners in Norton County?

A: Never quit, no matter how hard it gets. You will never have to ask yourself, "what if I'd stayed one more year? Would I have made it?" Do whatever it takes to stay open. The drought always ends.

The Norton Telegram - News you need!

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ANNUAL
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Farm Consignment Auction
 McMullen & Wyatt Auctions is now taking consignments for our Annual Spring Auction. Any farm related items, livestock equipment, tools, machinery, tractors, or trucks accepted for the March 28 auction. To consign or for more information, please contact Donald or Robert
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