

# Thicken your fruit pies

Summer fruit pie is a tasty treat. But if the filling turns out runny or gummy, the treat can be ruined.

There are a variety of thickeners that can be used to form a gel. The holding power, or gel strength, is determined after the pie is baked and cooled. It will vary by the type of thickener, and with the other ingredients in the filling. Here are some popular thickeners:

All purpose flour and potato flour: These give a cloudy appearance and can require more to give a good gel.

Cornstarch: This also gives a cloudy appearance, but has strong gel strength. A little goes a long way.

Instant Clear Jel: This thickener can survive a wide range of temperatures and still have good gel strength. It thickens liquid at room temperature without cooking. The gel appearance will be

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hazy and semi-translucent.

Arrowroot, tapioca flour, and potato starch: These produce a clear fruit gel. Potato starch has the best gel strength followed by arrowroot and tapioca flour.

Quick-cooking tapioca: This works best when combined with the filling and allowed to soften and soak up the juice. It is stronger than tapioca flour and gives a slightly bumpy appearance.

The best way to incorporate thickeners is to combine it with sugar then adding the mixture to the liquid. This will give an even distribution and better consistency in the final product.

Source: The Baking Sheet, Summer 2011

If you have food and nutrition related questions, please feel free to contact your local K-State Research and Extension Office or Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

## SCHOOL CALENDAR

### NCHS ACTIVITIES

#### Saturday, Aug. 27

- Little Kids Cheer Camp at Stull Gym: 8 a.m.
- Tennis at Trego: 8:30 a.m.
- Canned food football scrimmage and photos: 8:00 a.m.

#### Sunday, Aug. 28

- FCCLA Take Aim Conference in Salina

#### Monday, Aug. 29

- FCCLA Take Aim Conference in Salina
- Junior Class magazine sales begin
- Junior Class officers meeting: 1 p.m.
- Junior Class meeting: 1 p.m.
- National Honor Society

#### Tuesday, Aug. 30

- Jay Singers: 7:30 a.m.

### NJHS ACTIVITIES

#### Tuesday, Aug. 30

- Football/Volleyball photos: 3 p.m.

#### Wednesday, Aug. 31

- KAY Membership party at junior high gym

### NORTHERN VALLEY ACTIVITIES

#### Tuesday, Aug. 30

- High school volleyball at Mankato: 4 p.m.

#### Thursday, Sept. 1

- Junior high volleyball/football at Agra: 3 p.m.,

- SADD officer meeting
- JV Tennis at Russell: 3 p.m.
- JV/V volleyball at Osborne with Colby: 4:30 p.m.

#### Wednesday, Aug. 31

- Pre-Road word activity: 8:30 a.m.
- SADD

#### Thursday, Sept. 1

- FCCLA coat drive begins
- Jay Singers: 7:30 a.m.
- KAYS
- Tennis at Hays: 3 p.m.
- Norton Invite Cross Country: 4:30 p.m.
- FCCLA Board: 7 p.m.

#### Friday, Sept. 2

- Football vs. Ellis (H): 7 p.m.

#### Thursday, Sept. 1

- Volleyball/Football at Phillipsburg: 4 p.m., 5:30 p.m.

#### Friday, Sept. 2

- Spirit Spreader Clinic at Russell: 8:30 a.m.

- 6 p.m.
- Cross Country at Norton: 4:30 p.m.

#### Friday, Sept. 2

- High school volleyball at Weskan: 2 p.m.
- High school football at Weskan: 3:30 p.m.

## SCHOOL MENU

### Eisenhower Elementary Menu

#### Monday, Aug. 29

- Breakfast: Cold strawberries, bagel/cream cheese, milk, apple juice
- Lunch: Spaghetti, tossed salad, peaches, garlic bread, milk

#### Tuesday, Aug. 30

- Breakfast: Shipwreck, orange juice, milk
- Lunch: Corn dog, tater tots, baby carrots, fruit cocktail, cookie, milk

#### Wednesday, Aug. 31

- Breakfast: Banana Spears, apple wedge, oatmeal muffin, toast/peanut butter/milk, grape juice
- Lunch: Scalloped chicken, corn, pears, celery stick, whole wheat roll, milk

#### Thursday, Sept. 1

- Breakfast: Sausage pancake stick/syrup, strawberry fruit cup, milk, apple juice
- Lunch: Beef burrito, cheesy broccoli, applesauce, blonde brownies, milk

#### Friday, Sept. 2

- Breakfast: Hot ham slice, hashbrown patty, peaches, orange juice, milk

- Lunch: Beef and Noodles, whipped potatoes, green beans, mandarin oranges, cheese rolls, milk

### Norton Junior-Senior High School

#### Monday, Aug. 29

- Breakfast: Breakfast Round or choice of cereal, toast
- Lunch: Hamburger gravy, whipped potatoes, carrots, apples, rolls, cookies or chef salad

#### Tuesday, Aug. 30

- Breakfast: Scrambled Eggs, Hash brown patty, fruit or juice; or choice of cereal, toast
- Lunch: Chicken and noodles, whipped potatoes, carrots, rolls, pineapple chunks or chef salad

#### Wednesday, Aug. 31

- Breakfast: Donut twist, fruit or juice; or choice of cereal, toast
- Lunch: Cheeseburger, lettuce and tomato, corn, chocolate pudding or chef salad

#### Thursday, Sept. 1

- Breakfast: Yogurt Parfait, fruit or juice; or choice of cereal, toast
- Lunch: Chicken alfredo, green beans, carrots, cinnamon bubble, applesauce or chef salad

#### Friday, Sept. 2

- Breakfast: Biscuit and sausage gravy, fruit or juice; or choice of cereal, toast
- Lunch: Chicken quesadilla, combo salad, peaches, snickerdoodle cookie or chef salad

### Northern Valley Menu

#### Monday, Aug. 29

- Breakfast: Granola Bars, ham, hashbrowns, apple slices and assorted cold cereal
- Lunch: Hamburger on a bun, french fries, buttered peas and lemon pie

#### Tuesday, Aug. 30

- Breakfast: Waffles, syrup, links, hashbrowns, orange juice, assorted cold cereal
- Lunch: Chicken strips, sauce, hot roll, mashed potatoes, California blend vegy and peach slices

#### Wednesday, Aug. 31

- Breakfast: Cherry muffin, patties, scrambled eggs, apple juice, assorted cold cereal
- Lunch: Mexi-tot supreme, tossed salad with dressing, bread stick, buttered carrots, watermelon and canteloupe
- Milk is served at each meal. Students have a choice of white or chocolate.

## PUBLIC RECORD

### Municipal Court

In the near future, municipal court will be issuing arrest warrants for all persons who are delinquent or who have failed to pay their fines as due.

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The cases were given to the paper with the date of the hearings.

July 30 - Adam Walker, Utica. 1. No insurance, 2. Stop sign vi-

olation. Plea: Charge 2, no contest, charge 1 dismissed/proof. Found Guilty. Fine \$100, Costs \$76, Total \$176

July 7 - Jennifer Karabin, Norton. Domestic Battery. Dismissed by city prosecutor for costs. Costs \$76

July 19 - Veronica Monier, Norton. Driving Under the Influence. Diversion. Year Diversion, Alcohol and Drug Safety Action Program - \$150, Assessment \$500, Kansas Bureau of

Investigation Lab Fee - \$400, Diversion Fee \$100, Costs \$76, Year Probation, Total \$1226

Oct. 1, 2010 - Cathleen Escudero, Littleton, Colo. Limitations on backing. Plea: No Contest. Found Guilty. Fine \$60, Costs \$76, Total \$135

Aug. 7 - Stephen Davis, Norton. No insurance. Dismissed/Proof.

Aug. 5 - Clark McCartney, Phillipsburg. No insurance. Dismissed/Proof.

## The gift of life



The American Red Cross blood drive was held Tuesday in Norton. The drive collected 94 units of blood. Above, local volunteer Don Stuvick of Norton chats with Timm Meyer of Norton as Meyer waits to give the gift of life at the Legion building in Norton.

-Telegram photo by Carleen Bell

## PUBLIC RECORD

### District Court

These transactions were taken from the records of filings in the offices of the District Court Clerk at the Norton County Courthouse. Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

### Traffic

April 23-Caspian Whitesell, Norton. No liability insurance. Plea: Failed to appear-license suspended.

May 5-Issac M. Paura, Grand Island, Neb. Driving on suspended license. Plea: Guilty. Fine: \$198

July 2-David L. Becker, Beaver City, Neb. Expired Registration. Plea: Guilty. Fine: \$75

July 15-James E. Glau, Oberlin. Operating boat in restricted area. Plea: Guilty. Fine: \$98

July 20-Roger A. McLaen, Britton, S.D. Speeding 70 in 55. Plea: Guilty. Fine: \$173

July 27-Roger D. Collins, Iola. Speeding 75 in 65. Plea: Guilty. Fine: \$143

July 29-Francisco M. Garcia, Mosca, Colo. Child restraint violation. Plea: Guilty. Fine: \$173

July 30-Galen D. Miller, Strasburg, Colo. Speeding 81 in 65. Plea: Guilty. Fine: \$179

July 30-Galen D. Miller, Strasburg, Colo. CMB by minor. Plea: Diversion. Fine: \$300

July 30-Colby Poage, Colby. CMB by minor. Plea: Guilty-license suspended. Fine: \$298

Aug. 1-Wayne A. Baumann, Culbertson, Neb. Motor carrier safety rules and regulations (Log Book). Plea: Guilty. Fine: \$213

Aug. 3-Crista E. Rhoades, Oberlin. Speeding 85 in 65. Plea: Guilty. Fine: \$203

Aug. 5-Curtis J. Baker, Logan. Failure to wear seatbelt. Plea: Guilty. Fine: \$10

Aug. 5-Kevin D. White, Logan. Failure to wear seatbelt. Plea: Guilty. Fine: \$10

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Aug. 6-Benjamin J. Tallent, Norton. Failure to wear seatbelt. Plea: Guilty. Fine: \$10

Aug. 6-Billy L. Tallent, Norton. Failure to wear seatbelt. Plea: Guilty. Fine: \$10

Aug. 7-Charles E. Ziemann, Greeley, Colo. Speeding 76 in 65. Plea: Guilty. Fine: \$149

Aug. 13-Franklin L. Baker, Galesburg, Ill. Speeding 77 in 65. Plea: Guilty. Fine: \$155

Aug. 13-Randa A. Young, Oshtosh, Neb. Speeding 66 in 55. Plea: Guilty. Fine: \$149

Aug. 14-Caleb E. Stokes, Mt. Vernon, Mo. Speeding 81 in 65. Plea: Guilty. Fine: \$179

Aug. 15-James E. Swigart, Pollock Pines, Calif. Speeding 80 in 65. Plea: Guilty. Fine: \$173

Aug. 17-Kale R. Shafer, Beaver City, Neb. Failure to wear seatbelt. Plea: Guilty. Fine: \$10

## COMMUNITY CENTER MENU

**Monday, Aug. 29** - Pasta, Beef and Tomato Casserole, California blend vegetable, cook's choice fruit, bread and pudding

**Tuesday, Aug. 30** - Ham and beans, orange pineapple salad, cornbread and cookie

**Wednesday, Aug. 31** - Taco salad, cantaloupe,

chips and fruit cobbler

**Thursday, Sept. 1** - Chicken patty sandwich, tater tots, corn, bun and fruit mix with bananas

**Friday, Sept. 2** - Beef roast, mashed potatoes with gravy, green beans, roll and cook's choice fruit

## Norton County Health Promotion Blood Screening

At the Norton County Health Department



Provided by a joint effort of the Norton County Health Department and the Norton County Hospital

Need to be fasting (no food or drink after midnight) before testing

### Health Profile and CBC #1 - \$40.00

Screens electrolytes, kidney function, alkaline phosphate, glucose, cholesterol (HDL, LDL, VLDL and triglycerides) and CBC

### PSA - #2 - \$20.00

Evaluates prostate condition

### TSH - #3 - \$15.00

Evaluates thyroid levels and function

### HbA1C - #4 - \$35.00

Measure average blood sugar levels - (diabetics only)

**LOCATION: Norton County Health Department**

801 N. Norton, Norton, Kansas

Questions? Call the Norton County Health Department at 785-877-5745

**NO APPOINTMENTS NECESSARY**

ACCEPT CASH AND CHECK ONLY! INSURANCE BILLING NOT AVAILABLE!