

Muffins: not just for breakfast

Muffins are a quick and easy hot bread that can add just the right touch to breakfast, lunch or supper. Most people think of them as a breakfast standard but they go equally well with a salad lunch or a soup supper.

My mother always said muffins were best made by a cook in a hurry with no time to blend, beat, or whip. If you notice tunnels, peaked topknots or toughness in your muffins, it is caused by over mixing the batter. Slap ‘em together with a wooden spoon rather than using a mixer and leave the batter a bit lumpy. Muffins should be gently moulded with a slightly pebbly top and a light, tender texture.

BASIC MUFFINS (one dozen)

- Two cups flour
- Four teaspoons baking powder
- Half teaspoon salt
- Quarter cup sugar
- One egg, beaten
- Quarter cup melted shortening

One cup milk
Sift dry ingredients together. Mix liquid ingredients separately, then stir into dry mixture using twelve to fifteen strokes, just enough to dampen. Fill greased muffin cups two-thirds full. Bake at 400F for twenty-five minutes. There are many variations possible with this basic recipe. Here are just a few ideas to try.

Savoury Muffins: Reduce sugar to one tablespoon, add one teaspoon cayenne pepper and half cup crispy bacon crumbles, chopped boiled ham, or shredded cheddar cheese. Good with chili.

Cherry, Blueberry, Cranberry, Peach or Pineapple Muffins: Add two-thirds cup chopped or crushed, well drained fruit and one third cup chopped nuts if you like. May add a shake

Cook's Corner

Liza Deines



of cinnamon to peach, a quarter teaspoon almond extract to cherry or replace nuts with one third cup angel flake cocoanut to pineapple.

Love pecan rolls but haven't time to let dough rise? Try pecan muffins. Must be baked in Teflon muffin cups. Do not use paper muffin cups with this recipe.

PECAN STICKY MUFFINS (12)

- Two cups flour
- One tablespoon baking powder
- Quarter teaspoon salt
- One teaspoon cinnamon
- Two eggs
- One cup milk
- Quarter cup cooking oil
- Half cup brown sugar
- One teaspoon vanilla extract
- Quarter cup melted butter (not oleo)
- Quarter cup brown sugar
- One cup pecan halves
- Sift dry ingredients together in a large bowl. In a smaller bowl beat eggs, milk, oil, brown sugar and vanilla until smooth. Stir the two together just until moistened. Prepare muffin tin by buttering cups well. In the bottom of each cup, place one and a half teaspoons melted butter, one teaspoon brown sugar and three or four pecan halves. Top with a quarter cup of batter, bake at 350F for thirty minutes. Line a cookie sheet with foil. The minute these come out of the oven place foiled cookie sheet on top of tin and invert. Wait two minutes, remove tin. Serve warm and gooey.
- You will need a miniature

muffin tin to make these elegant little morsels from Ida M. Chitwood's 1927 cookbook.

DIXIE BELLE TEA MUFFINS (24+)

- Three and a half cups flour
- Four teaspoons baking powder
- Three eggs, separated
- One and a half cups sugar
- Half cup real butter
- One third cup milk
- One third of a large nutmeg, grated fresh
- Half teaspoon cinnamon
- One cup candied orange peel slivers

Sift flour and baking powder together. Beat egg whites until stiff. In large bowl combine egg yolks with butter and sugar, beat until light, stir in milk and spices. Alternately add egg whites and flour mixture, folding in each addition. Fold orange peel in last. Butter muffin cups well and drop batter by teaspoon into cups. Bake twenty minutes at 350F. May be frosted if you please with orange juice glaze.

This recipe is not a muffin, but I have just enough space left to give you

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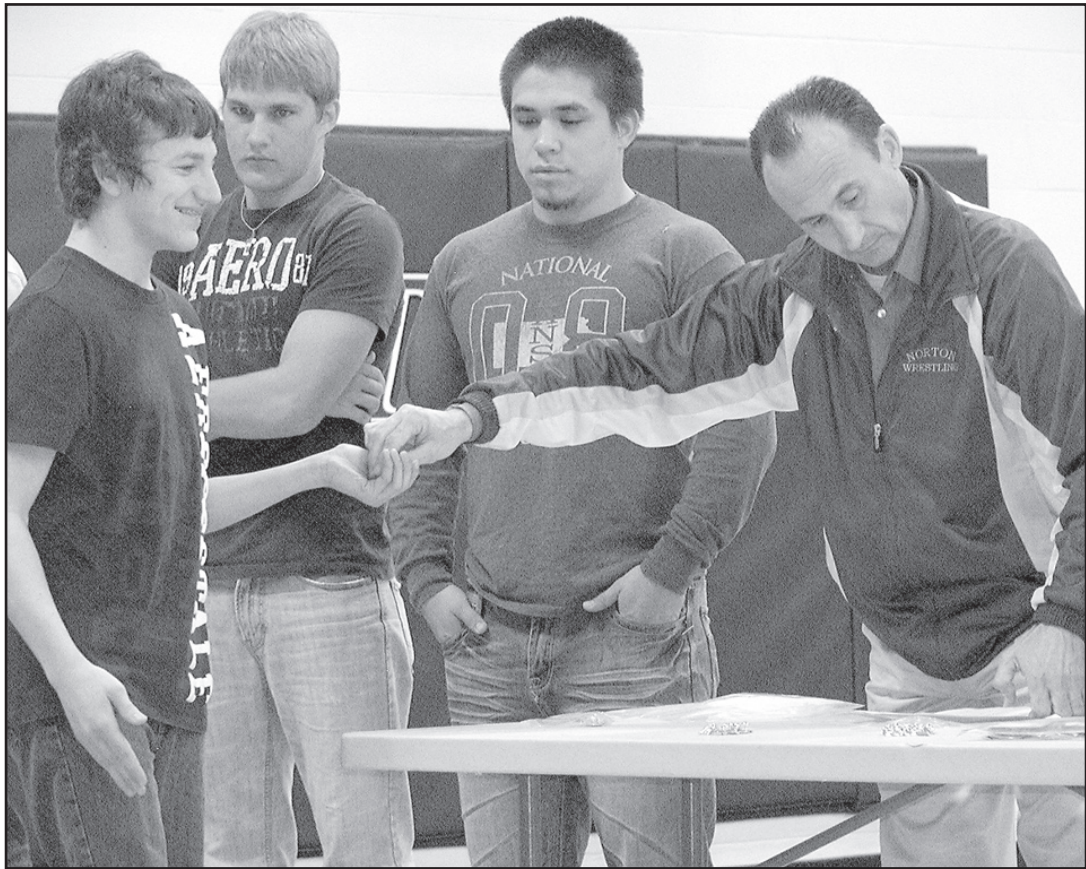
- One cup crushed graham cracker crumbs
- One cup chocolate chips
- One cup angel flake cocoanut
- One cup condensed milk
- Butter to grease an 8x8 pan. Into buttered pan layer the ingredients in the order given. Be sure milk covers all. Bake at 350F for thirty minutes. Cut while warm.

MY MAMA SAID: If your muffins are tuffins, don't beat them to death!

Liza Deines

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Recognizing excellence



The Norton Community High School winter awards banquet was held last Tuesday afternoon at the high school. Students were recognized for participation in winter sports and some were awarded with varsity letters and pins. Among the students honored was the high school wrestling team. Pictured (left to right), wrestlers Ethan Ross, Jared Bohl and Cayleb Campbell are recognized for their accomplishments while assistant coach Shane Miller hands out pins and letters.

–Telegram photo by Carlleen Bell

Center has new hours of operation

As of April 1, the Kansas Wetlands Education Center's hours and days of operation have changed.

Previously, the center was closed on Mondays and opened at 8 a.m. on Tuesday. From April 1 through Oct. 31, the center will be open on Monday.

New hours of operation will be April 1 through Oct. 31, 9 a.m. to 5 p.m. Monday through Saturday and Sunday 1 to 5 p.m. The hours from Nov. 1 to March 31 will be 9 a.m. to 5 p.m. Tuesday through Saturday and Sunday 1 to 5 p.m., closed

Mondays.

Information on the center can be found online at www.wetlandscenter.fhsu.edu.

For more information or any questions, contact Curtis Wolf, Site Manager, at 877-243-9268 or email cjwolf@fhsu.edu.

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.

March 15

March 5-Robert Lynn Barnett, Norcatur; Charge: Improper stop lamp or turn signal; Found: Guilty; Fine: \$153.

March 5-Robery Lynn Barnett, Norcatur; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$0.

Feb. 12-Mirna Amparo Barraza Flores, Greeley, Colo; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$168.

Feb. 27-Chris M. Chastain, Norton; Charge: Failure to wear seatbelt (14-17 yoa); Found: Guilty; Fine: \$60.

March 1-Peter Loewen Giesbrecht, Chic, Mexico; Charge: No oversize permit on 12.5 foot wide load; Found: Guilty; Fine: \$238.

Feb. 12-Katherine R. Kohr, Norton; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$195.

Feb. 12-Katherine R. Kohr, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$0.

Feb. 29-Bradford B. Parker, Phillipsburg; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$167.

Feb. 12-Ricky L. Robison, Norton; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$167.

Feb. 27-Jared L. Tallent, Norton; Charge: Failure to wear seatbelt (14-17 yoa); Found: Guilty; Fine: \$60.

Feb. 17-Aaron R. White, Norton; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.

Feb. 28-Mark A. Wood, Colby; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$143.

March 22

March 3-Mark E. Bailey, Norcatur; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Feb. 12- Mirna Barraza Flores, Greeley, Colo.; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$168.

March 14-Wayne Byler, Norton; Charge: Failure to wear seat belt; Found: Guilty; Fine: \$10.

March 15-Thadene Sue Con-

ard, Almaena; Charge: Failure to wear seat belt; Found: Guilty; Fine: \$10.

March 15-Trey Deal, Norton; Charge: Speeding 86 in 65; Found: Guilty; Fine: \$272.

March 15-Trey Deal, Norton; Charge: Failure to wear seat belt (14-17 yoa); Found: Guilty; Fine: \$0.

Feb. 7-Chris A. Engel, Doniphan, Neb.; Charge: Speeding 57 in 45; Found: Guilty; Fine: \$155.

March 8-Harold Hansen, Brown Valley, Minn.; Charge: Speeding 84 in 65; Found: Guilty; Fine: \$197.

Feb. 10-Samuel L. Hendrickson, Jetmore; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.

Dec. 7-Melinda L Kindall, Almaena; Charge: Duty of driver to report upon damaging unattended vehicle; Found: Bench trial-guilty verdict; Fine: \$298.

March 15-Meaghan R. Peterson, Norton; Charge: Failure to yield to pedestrian in crosswalk; Found: Guilty; Fine: \$173.

Feb. 11-Dennis Lee Raley, Canadian, Okla.; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$155.

Feb. 26-Rory B. Snell, Loup City, Neb.; Charge: Speeding 84 in 65; Found: Guilty; Fine: \$197.

Dec. 13-Cale L. Super, Hill City; Charge: Driving while license cancelled/suspended/revoked; Found: Guilty; Fine: \$398.

March 15-Juan Tinoco, Hugoton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

March 29

March 14-Kirk M. Butterfield, Hays; Charge: Liability insurance required; Found: Guilty; Fine: \$488.

March 14-Kirk M. Butterfield, Hays; Charge: Expired registration; Found: Guilty; Fine: \$0.

Feb. 26-Araceli G. Guillen, Dumas, Texas; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$203.

Feb. 26-Araceli G. Guillen, Dumas, Texas; Charge: Child passenger safety; restraining systems and seat belts; Found: Guilty; Fine: \$0.

Jan. 21-Jeremy T. Moore, Lexington, Neb.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$173.

March 12-Calvin J. Perkins, Lenora; Charge: Operating a motor vehicle without a valid license; Found: Guilty; Fine: \$788

March 12-Calvin J. Perkins, Lenora; Charge: Liability insurance coverage required; Found: Guilty; Fine: \$0.

March 12-Calvin J. Perkins, Lenora; Charge: Vehicles; Unlawful acts; e.g., registration; Found: Guilty; Fine: \$0.

March 15-Andrew C. Weskamp, Norton; Charge: Failure to wear seat belt; Found: Guilty; Fine: \$10.

April 5

March 12-Christian S. Hernandez, Kearney, Neb.; Charge: Speeding 89 in 65; Found: Guilty; Fine: \$239.

March 1-John Tyson McAdams, Dalhart, Texas; Charge: Move oversize load at night; Found: Guilty; Fine: \$268.

March 14-Shawn B. Taylor, Lenora; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$155.

Jason D. VanHooser, Beaver City, Neb.; Charge: Defective tail lamp on motor vehicle; Found: Guilty; Fine: \$143.

Accident Report

On March 29, a silver 1995 Ford Windstar, driven by Justin Wilhite of Norton, was traveling south bound on Highway 283 when a deer ran out of a ditch and onto the roadway. Wilhite was unable to avoid striking the deer causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Larry Land.

On March 30, a gray 2007 Ford Taurus, driven by Jennifer J. Hauser of Norton, was traveling east bound on Highway 383, just west of Almaena, when a deer entered onto the roadway. Hauser hit the deer causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Adam Wahlmeier.



K-State Homecoming Queen, Doris smiles for the photographer

Homecoming Queen at Kansas State University in 1952

80 Years Old and Still Beautiful, Happy Birthday!!

RW and all the Kids and Grandkids