

How to stretch your food dollars

1. Plan, plan, plan! Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2. Get the best price. Check the local newspaper and at the store for sales and coupons. Ask about a loyalty card at larger stores for extra savings at stores where you shop. Look for specials or sales on meat and seafood which are often the most expensive items on your list.

3. Compare and contrast. Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4. Buy in bulk. It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

Homeed

Tranda Watts,
Extension
specialist



5. Buy in season. Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6. Convenience costs...go back to the basics. Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own - and save!

7. Easy on your wallet. Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas

are good choices.

8. Cook once...eat all week! Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9. Get your creative juices flowing. Spice up your leftovers - use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10. Eating out. Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

If you have questions, feel free to contact your local K-State Research and Extension Office, or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

Nurturing a crop of cantaloupe is not easy

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One of the crowning achievements of any High Plains gardener is the successful growing of a good cantaloupe. There's just something about the aroma and flavor of a good ripe homegrown cantaloupe that assures a gardener that it has been a successful season. Realistically, the nurturing of a good crop of cantaloupe is not the easiest garden project, but is perhaps the most satisfying to one who has successfully completed the task. You may call them cantaloupes, or you may refer to them as muskmelons. Both names are considered acceptable by those who work closely with them. Actually, "muskmelon" is the botanically correct reference. The name refers of course to the musky aroma and taste of the melon. The moniker of cantaloupe comes from the Castle Of Cantalupo, Italy where they were first grown successfully several hundred years ago. Of one thing we can be sure; both names describe the wonderful sweet, musky, earthy, floral, spicy, or berry-ish taste that is truly ambrosial, or the food of the gods.

Several good gardeners tell me they just don't grow cantaloupe, and usually offer a couple of reasons for not doing so. Reason number one is that they just don't have room in the backyard for all those vines. Unlike newer developments in cucumbers, I don't believe I've ever seen bush-type cantaloupe. Reason number two seems to be that many gardeners have difficulty getting good germination. Indeed, germination of melon seed can present a problem, and is usually caused by one of

two reasons; either planting too early in soils that are too cool, or by covering the seeds too deeply, and literally smothering them. Some of us have learned the hard way. Planting cantaloupe before the soil temperature reaches 60 degrees just isn't a good idea. A reading of 65 degrees is even smarter, which means that cantaloupes should be one of the last crops you plant in the spring. Not only does the seed need a warm birthplace, but the plants must have warm daytime temperatures to grow to maturity.

Even harvesting a melon can be a little tricky. One indication of ripeness is the absolutely wonderful aroma it gives off. An even better test is called the "slip" method. When you believe the melon is ready for plucking, pick it up carefully and give it a slight tug. If it's ready, it will detach from the vine easily. If it doesn't, try it again tomorrow. Just because the color of the melon indicates it is ready to harvest, be advised that different melon varieties show different color at maturity and some ripe melons still may have a streak or two of green color. Also be advised that when you pick a cantaloupe that is not yet ripe, it will not ripen while lying there on the kitchen cabinet, like tomatoes do. You get what you pick!

Years ago, I heard the story from a gardener that when cantaloupe are ripe and the aroma begins to drift over the neighborhood, the possibility of theft is extremely high. A famous plant breeder verified that assessment, but was sympathetic. "Finger blight," he said. "Very serious. No known cure!"

Lowry-Rolland Engagement



Bill and Susan Lowry of Hoisington announce the engagement of their daughter, Andrea Alice Lowry, to Garrett Steele Rolland, son of Gary and Samette Rolland of Norton.

The bride-to-be is the granddaughter of the late Roger and Maxine Lowry of Almena, and Sylvia Kats of Long Island, and the late Allan Kats. The groom-to-be is the grandson of Ivy Rolland of Norton, and the late Cleo Rolland and Sam Paylor of Norton, and the late Virginia Paylor.

Andrea is a 2007 graduate of Northern Valley High School in Almena and graduated col-

lege from Fort Hays State University with a Bachelor of Science in Business Education. She is employed at the First State Bank in Norton in the bookkeeping department.

Garrett is a 2002 graduate of Hays High School and received a Bachelor of Science in Beef Cattle Management from Fort Hays State University. He is employed by Leachman Cattle of Colorado and Rolland Ranch Enterprises.

The wedding will take place Sept. 1 and will be held at the Norton Christian Church in Norton. The couple plans to reside in Norton.

COLLEGE NOTES

Several area students were among 70 recipients of 90 agricultural scholarships from Fort Hays State University's Department of Agriculture for the 2012-2013 school year.

Norton: Kyra Fulton, a 2011 Norton Community High School graduate and a college sophomore, accepted a \$1,000 Anthony Legeiter Memorial Scholarship and a \$100 Edward and Carolyn Scanlon Scholarship. She is an animal science major.

Prairie View: Eric Woodside, a 2009 Northern Valley High School graduate and a college senior, accepted a \$500 Doug

Palen Scholarship and a \$100 Clifford and Rebecca Schauf Foundation Scholarship. He is a general agriculture major.

RE-ELECT

Cynthia Joan Linner

County Treasurer

"Experience That Works For You"

- ★ Born and Raised in Norton County
- ★ BS in Business Degree, Major in Accounting, 1985
- ★ Elected to office in November, 1996
- ★ Streamlined Tax Receipting with Bar Code System, 2001
- ★ Completed KCTA Educational Courses as Certified Finance Executive, 2003
- ★ Implemented Instructional Permits, Driver Education Restricted Licenses and Out-of-State Licenses, by appointment, Fall 2008

PAID POLITICAL AD BY CYNTHIA JOAN LINNER, CANDIDATE FOR COUNTY TREASURER

POLICE LOG

July 23
Report of two vehicle accident
Report of stolen storm windows
Report of lost property in Elmwood Park
Report of two vehicle accident
Transport inmate to court
Request to speak to officer concerning being threatened
Keys locked in vehicle
(2) two vehicles stops
Removed dead deer from Love's parking lot
July 24
Report of theft
Request from Norton Co. Hospital for assistance
Patrol at Elmwood Park for fair
Two vehicle accident, Elmwood Park
EMS assist
Vehicle stop
July 25
Assist SRS
Report of kids driving mower through mud hole
Report of suspicious vehicle

Court paper service
(4) four vehicle stops
Motorist assist
Parking complaint
Keys locked in vehicle
July 26
(2) two vehicle stops
Complaint concerning kids driving by yelling
Report of broken yard sprinkler
Activated alarm, Credit Union
Court paper service
Fair patrol
Court paper service
July 27
(2) two vehicle stops
Report of missing items, Ag Valley
Report of fight
Keys locked in vehicle, Elmwood Park
Fair patrol
Parking complaint
Report of gas skip, Love's

Request for extra patrol
July 28
(4) four vehicle stops
Report of kids sitting in street
Report of fight
Assist KHP with out of service vehicle
Report of criminal damage to property, one arrest
Report of items being stolen two years ago
Court paper service
Report of harassing text messages
Fair patrol
July 29
Report of missing child, parents picked child up
Parking complaint
Request to remove individual from property
Civil standby
Civil standby
Keys locked in vehicle
Fair patrol
Vehicle stop

VOTE

for . . .

Carolyn Applegate

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604 NORTH JONES NORTON, KANSAS

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Don't let the subtle beauty of the outside fool you, this home has been updated with quality and exceptional craftsmanship from the lifetime warranted steel siding, new windows and metal roof to the spacious well maintained interior which features newly carpeted living room and formal dining room, 2 large bedrooms, bath with tub/shower combination and lovely open kitchen/great room with oak cabinetry and stainless steel appliances included. Relax or entertain in the coziness of the great room which is finished with knotty pine timber and large Pella windows.

Downstairs contains a family room or could be used as a game room with 2 bedrooms, bathroom and utility room.

Lovely landscaped patio area connects the detached oversized single car garage and the 28' x 40' heated double car garage/workshop.

A home with lots of storage and many extras, a must see to appreciate!

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