

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

kooky wardrobe choices worn by seven gals. The program portion was devoted to setting goals for our chapter including local and state worthwhile projects and membership. We were reminded that the next morning friendship coffee is Aug. 22 at Destination Kitchen. The next meeting will be Sept. 11, 7:30 p.m., at the home of Sue Ann Stutheit with Jean Williams as co-hostess. We will reveal our secret sisters.

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.

NVHS Menu

Monday, Aug. 27
Breakfast-Streusel top muffin, eggs, hash browns, juice or assorted cold cereal.

Lunch-Taco salad, fresh carrots/celery, cinnamon puff and pineapple tidbits.

Tuesday, Aug. 28
Breakfast-Eggs w/ham, hash browns, toast or assorted cold cereal.

Lunch-Chicken patty, bun, mashed potatoes, gravy, buttered green beans and watermelon.

Wednesday, Aug. 29
Breakfast-Monkey bread, watermelon, scrambled eggs or assorted cold cereal.

Lunch-Wiener wagons, potato wedges, buttered corn and Mandarin oranges.

Thursday, Aug. 30
Breakfast-Oatmeal w/toppings, hash browns, strawberries or assorted cold cereal.

Lunch-Chickennuggets/sauce, mashed potatoes, fresh broccoli/cauliflower, whole wheat roll w/jelly and strawberry/banana dessert.

Friday, Aug. 31
Breakfast-Pancake on a stick/syrup, eggs, orange juice or assorted cold cereal.

Lunch-Hamburger on a bun, sweet potato fries, buttered carrots and fruit cup.

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 teaspoon 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.

to eggs react to the proteins in egg whites, but some can't tolerate proteins in the yolk. As a result of the body's attempt to attack the proteins in eggs, an individual who has an allergy to eggs may experience some or several of the following common symptoms: wheezing, trouble breathing, coughing, hoarseness, throat tightness, stomach ache, vomiting, diarrhea, itchy, watery, or swollen eyes, hives, red spots, swelling, and/or a drop in blood pressure

As flu season approaches, those with an allergy to eggs should keep in mind that the

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 twatts@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 Almena Com-

munity 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 Almena, 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

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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.

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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**

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