

Chicken recipes from years back

Grocery prices are rising so quickly today it makes a cook's head spin. If you choose to turn back an aisle to pick up a forgotten item, chances are it's gone up ten cents in the interim. Chicken is one staple that seems to be holding steady, so I called to mind some of our favorites from years back when Mama was raising chickens. We ate a lot of wonderful fried chicken but she was always on the lookout for a new way to cook a bird. No written recipes, no amounts - these are all from my memory.

Cook's Corner

Liza Deines



of butter and pour over chicken and rice, bake another fifteen minutes, uncovered. Mollie served this as a spring dinner with fresh asparagus and new garden peas.

CHICKEN WITH CABBAGE

Use two or three small frying chickens, split in half. Marinate overnight in Italian dressing. (We used Wishbone.) Next day lay chicken halves, skin side up, in a roasting pan about three inches deep. Pour marinade evenly over the chicken, salt and pepper. Place pan in a 400 degree oven for fifteen minutes until chicken is brown and sizzling. Prepare a medium head of cabbage and lay wedges around chicken, add a quart jar of crushed tomatoes and juice, cover tightly with foil and bake for an hour at 350 degrees. Check occasionally and add a bit of boiling water or broth if more moisture is needed. Baste chicken with pan juices. Chicken legs and wings will wiggle easily when chicken is done. Remove foil and brown at 400 degrees about five minutes. Watch it closely so it doesn't get too brown.

We ate this with potato/corn cakes. Mama used leftover mashed potatoes and a small can of drained corn combined

with an egg and a bit of flour. Make into patties and brown in a greased cast iron skillet while the chicken bakes.

CHICKEN WITH WILTED SALAD

Use three pounds boneless chicken breasts or thighs, separated and sliced, then pounded between wax paper squares until they are as thin as possible. Sprinkle with salt, pepper, and flour on both sides. Use a big, flat skillet and brown each piece in hot oil. Don't crowd so they will brown well. Keep warm under foil until all are browned. Drain skillet and put chicken back in. Slice three lemons very, very thin and lay over chicken breasts. Add half cup capers and a cup of chicken broth. Cover, simmer just until lemon rinds are tender. Remove chicken and keep warm. Add three tablespoons amber vinegar to pan liquid, bring to a boil. Have ready A salad of chopped garden lettuce (or Romaine) tossed with green onion and radish slices. Pour in boiling pan liquid and capers, toss to wilt. Serve with chicken and lemon slices. We liked sliced, fresh tomatoes and cucumber sticks with this.

When Mama headed out to the yard with her long-handled chicken hook you could bet on chicken for lunch even if those birds ran for cover!

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Fall family round-up



The First Church of God held its Fall Family Round-up on Sunday afternoon. Despite the wind and chilly temperatures, the children decorated pumpkins, played horseshoes, frisbee and other games. (Pictured) Fourth grader Gracie Temmel gets her face painted by Kristine Nelson at the Round-up, which is an opportunity for the church to reach out and get to know people in the community. The event went indoors for a sing-spiration, worship service and dinner. This year's Fall Family Round-up more than tripled last year's event.

-Telegram photo by Mike Stephens

College to host senior preview day

Cloud County Community College's Concordia Campus is hosting Senior Preview Day on Thursday, October 18th. The theme will be "We have an app for that!" as the college takes the opportunity to present all that the college has to offer to seniors. Check-in for the event will begin at 8:45 a.m. and the day will conclude at 12:30 p.m. with a complementary lunch.

Students will have the opportunity to hear from the Career Center, Financial Aid, the Admissions Office, and a panel of current students. Students will receive a tour of campus includ-

ing on campus housing facilities. Additionally students will be able to meet with instructors, representing Cloud's many degree options, activity directors, coaches, and various other school representatives.

In order to reserve your spot for this event, call 1-800-729-5101, ext. 213 or email jbecker@cloud.edu with your name, contact information, and how many will be attending with you.

CLUB NEWS

Brenda Copeland, singer, songwriter and inspirational speaker, from Bastrop, La. will be in Norton on Thursday, Oct. 18 with the Norton After 5 group in the Town & Country Kitchen restaurant's back room. Brenda was here last year and it was unanimous for her to return again this year.

Brenda will sing a mini-concert followed by her entertaining and inspirational talk titled, "Walking on the Wild Side." The After 5 group may be attended by women and men. There are no membership fees. Reservations are required for the 6:30 p.m. dinner specially prepared for the group. For reservations call Joy Johnson at 874-4706 by the Tuesday before. Anyone may invite guests to attend with them. Ten dollars for the evening is paid at the door.

Brenda has been described as "anointed, inspiring and humorous." She was born in Houston, Texas, and it was evident from the start that God had given her the gift of communication, not only in words but also in song. She started singing in church at the age of three. Since that time she has blessed the hearts of people all over the U.S. and around the world. She has appeared on many television and radio programs including the Trinity Broadcasting Network on the "Praise the Lord"

program. God has given her a ministry to sing and speak at over 100 conferences, conventions, churches and fairs each year. She is a national speaker for Stonecroft Ministries out of Kansas City, Mo.

Brenda has 11 gospel music albums and a DVD project to her credit. She has been honored with several gospel music awards including soloist of the year, female vocalist of the year and entertainer of the year. Brenda was a Miss America preliminary contestant but soon found that she needed a different kind of crown.

Brenda shares with her audience how after straying away from church and living a life of drugs, alcohol and spousal abuse she found peace in Christ. She was diagnosed with a very aggressive form of breast cancer at age 29. However, she received a miraculous healing without undergoing the surgery, radiation or chemo-therapy treatments and lives victorious, free from cancer today.

Brenda has been married for 33 years to Bishop Kelvin Copeland and they have one daughter, Kristen, and two grandsons.

Norton After 5 is part of the Stonecroft international organization, active in 65 countries.

Comedy to be held Oct. 21

Oberlin Arts and Humanities will be attending the Southwest Nebraska Community Theater's production, "Send Me No Flowers" at 2 p.m. on Sunday, Oct. 21 at the McCook High School auditorium. The comedy is most well-known as a movie by Rock Hudson and Doris Day.

This is a season ticket event but reservations are needed in advance. Others who want to attend will need to register and pay \$12 for each ticket. Reservations are needed by Tuesday, Oct. 16 and can be made by calling Ella Betts 785-475-3557 or Mary Henzel 785-470-0218.

Some transportation will be available and must be arranged when making reservations for the theater. Car pooling is encouraged. The group will leave the Oberlin Gateway parking lot at 1 p.m.

Call Mike with all your social news.
877-3361
mstephens@nwkans.com

You Are Invited to the Annual
St. Francis of Assisi Catholic Church Parish Bazaar
SUNDAY, OCTOBER 14, 2012
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Sunday - 5:00 p.m.
Mon., Tues., Wed., 7:00 p.m.
The Expendables 2
1 Hour, 53 Minutes, (R)
All passes accepted for The Odd Life of Timothy Green; All passes accepted for The Expendables 2
Timothy Green is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
The Expendables 2 is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
Visit our Website: nortontheatre.com
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The Norton County Hospital urges women to get the facts about mammography. If you're age 40 or older, join the millions of women who get mammograms on a regular basis.

October is national breast cancer awareness month

NCH offers digital mammography

For More Information, call your Health Professional and ask about Mammography
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102 E. Holme,
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