

An intangible collection

Somewhere in your kitchen there's a recipe box. It may be a tidy little box full of 3x5 cards neatly typed out, but I'd be willing to wager it's a battered shoebox filled with yellowing ripped out clippings, sticky notes with three indecipherable words scribbled in eyebrow pencil, and tattered cocktail napkins with jotted ingredients. Just as I thought -- it looks just like mine!

An intangible collection almost every housewife possesses and prizes, however, is that of the family recipes passed down through the years from Mom or Grandma. The column on dishes with memories prompted a number of people to write or call and tell me not only of their favorite dishes but also the foods served in them.

One reader told me that at every family dinner, no matter what the holiday or occasion, summer or winter, one of her aunts always brought wieners and sauerkraut in a particular old green casserole. Another said their family felt it wasn't Christmas without her mother's Snow Salad in the red glass bowl. Snow Salad? Real whipped cream, marshmallows, white grapes and Queen Anne cherries with pecans on top of it all. I want to go to her house next year. At our home the Christmas treat was Mama's applesauce cake with brown sugar frosting. It required chunky home canned apples, lots of walnuts, dates, prunes and raisins and was truly delectable when served up, of course, on the pink glass cake plate.

My husband's family is Volga German, so their family recipes are very different from what I grew up on. An extra special dinner always began with German noodle soup and butterballs. The butterball ingredients never seemed to be available at my house -- a stale loaf of homemade bread crumbed into clarified butter with allspice. The soup was usually followed by roast goose with sweet cream raisin stuffing, which was interesting for a girl raised on sage and onion dressing. Saturday night supper was often fruit soup, which is rehydrated dried fruits, simmered in cream and chilled, served with grebel, which were small

Cook's Corner

Liza Deines



pieces of dough deep fat fried and rolled in sugar. My mother-in-law makes the best cream pie filling ever with nary a measuring spoon or cup in sight. Are there recipes for these treats? No, you just have to be there at the elbow to watch again and again, which is the only way to

preserve a true traditional recipe.

One of the memorable foods mentioned by a number of readers was the fried chicken of yesteryear. Nothing today tastes quite like a barnyard chicken, butchered in the morning, crisp fried in lard (tch!) and on the table by noon, especially when accompanied by real cream gravy with crunchies. A wide variety of platters were remembered heaped with this Sunday meal. A mouth-watering treat in my memory is my Aunt Florence's pressed chicken. It was made from an old hen stewed until it fell off the bones, then skinned out and ground up with little green onions, salt and pepper, and jelled in its own broth in a crockery bowl. Spread on one of Mama's light biscuits with homemade butter, it was a picnic delight. I miss it still.

Yes, the latest cookie recipes and those swell, new, quick and easy desserts that make the rounds are great. Box mixes are my friends, too, as are cooking shows and recipe magazines. Everyone likes to try a new and different salad or casserole. And I particularly enjoy the memories roused by recipe file cards that have someone's name scribbled on them or were hand written by an old friend.

But truly treasured recipes are so buried in your heart that they never need to be inscribed on a card. Keep that file safe by passing it on to the young cooks in your family through shared experiences and happy times together in your kitchen.

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Plant something new in your garden

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Last week, I enjoyed the opportunity to discuss this year's All America winning vegetables and flowers, never available to American gardeners until now. I urge you to seek out All America seeds, including those from past years. They are the varieties that assure you of a productive crop, no matter where you live in America.

But you know, there are hundreds of new varieties developed each year that don't quite make the elite All America designation. And only a few of them are listed in the new seed catalogs. Those that are, are tagged as "new" this year, and certainly deserve your consideration. Watch for them in the catalogues and on the seed racks at the garden center.

There are a few new vegetable and flower cultivars that have caught my eye this winter, and I want to name them. First, the huge new aroma-type tomato called SuperSauce, offered by the Burpee Company just begs for a place in my garden, and I will give 'em a try. A packet of 25 seeds has cost me \$6.50, and I'll try to grow them myself. I'll only set out a couple of them, so if they all grow, I should have a

few plants for someone else to try. I'll try to give you a report on them at harvest time.

The Vermont Bean Seed Company, the nation's premier purveyor of all kinds of beans, has again named one of their own as the "bean of the year," and this year they are offering a new green bean called Accelerate. This is a great looking bean, and I may give it a try. The Jung Company also has an extremely interesting new bean named Nikki. This one is a French filet type, and the beans should be harvested when they are no larger than a pencil. Filet beans are always extremely flavorful, and I'm very tempted. The Accelerate from Vermont is only \$2.95 a packet, and the Nikki is just \$3.25 from Jung.

As I mentioned last week, the Jung Seeds and Plants catalog is my favorite place to shop for seeds because it is so well organized, plus it carries most of the varieties I prefer. It also lists many new ones. I've never been picky about the zucchini seed I plant since, to me, one zucchini tastes like all the others. But I always plant a couple of hills of both the yellow and the green zucchinis just to surprise and infuriate my friends and neighbors who forget to lock

their cars at harvest time. Jung has a new zucchini this year in both green and yellow, whereby you can buy a packet of each for just \$4.50. It's called "Easy Pick Gold and Green" and the vines are said to be less prickly than most squash vines, and I appreciate that, because I detest prickly vines more than the zucchini itself. Lock your cars.

I am also impressed by Jungs new Fragrant Angel coneflower. It's a beautiful white one that often produces blooms up to seven inches across. Jung's new Waooh mid-size sunflower may be the most prolific sunflower offered this year. The guy who hybridized the plant shouted WAOOH when he saw the blooms.

And finally, Pinetree Garden Seeds is offering a new leaf lettuce that is going to be difficult to ignore. It's called Red Fire, and is extremely slow to bolt when the hot weather sets in. It is also said to be one of the most attractive lettuces with a deep red color and frilly leaves.

Hey, that's just a few of the new ones. Plant something new in your garden this year, and be surprised when it's time to harvest! Waooh!!

forthays.collegiatelink.net/organization/studentsforlife/documentlibrary>https://forthays.collegiatelink.net/organization/studentsforlife/documentlibrary or pick up a form at the CTC HelpDesk (Tomanek Hall, room 113) and return it along with payment to the Center for Student Involvement (Memorial Union, room 014) or the CTC HelpDesk.

Registration deadline is April 10. Late registration will be accepted but will not include the T-shirt.

For more information regarding the Light in the Dark 5K, contact FHSU Students for Life Vice President Becca Kohl at rkohl@mail.fhsu.edu or call 785-259-4562.

CORRECTION

Due to reporter error the outline under the photo about the Early Childhood Development screening in the 3-26-13 issue of the Telegram incorrectly stated that it looked like Michael would be going to school next year. For all children, information is compiled and then a determination is made.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.

We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

For help with your advertising needs please give Dana a call 877-3361 email: dpaxton@nwkansas.com

SENIOR CENTER MENU

Tuesday, April 2
Chicken and rice casserole, Italian blend vegetables, Jell-o w/fruit, bread and fruit crisp.
Wednesday, April 3
Little Smokies, macaroni and cheese, stewed tomatoes, bread, applesauce bar.
Thursday, April 4
Liver and onions in gravy, mashed potatoes, Harvard beets, bread and apricots.
Friday, April 5
Frito chili pie, Ambrosia fruit salad, corn chips and cinnamon roll.
Monday, April 8
Goulash, seasoned carrots, pineapple, bread and cookie.
Tuesday, April 9
Open face turkey sandwich, mashed potatoes/gravy, green beans, bread and pears.
Wednesday, April 10
Smothered steak, scalloped potatoes, peas, bread and mixed fruit.
Thursday, April 11
Chef salad, strawberries and bananas, bread stick and fruit cobbler.
Friday, April 12
Baked fish, parsley potatoes, winter mix vegetables, bread and cook's choice fruit.
Monday, April 15
Chicken patty, potato salad, peaches, bun and pudding.
Tuesday, April 16
Spanish rice w/hamburger, corn, tropical

fruit, bread and bar cookie.
Wednesday, April 17
Ham, sweet potatoes, cook's choice vegetable, bread and applesauce.
Thursday, April 18
Meatloaf, mashed potatoes/gravy, Watertown salad, bread and birthday cake.
Friday, April 19
Taco salad, Mandarin oranges, chips and brownie.
Monday, April 22
Meatballs, scalloped potatoes, green beans, bread and apricots.
Tuesday, April 23
Polish sausage, mashed potatoes, sauerkraut, bread and rosy pears.
Wednesday, April 24
Tater tot casserole, peas and carrots, bread and fruit cobbler.
Thursday, April 25
Paprika chicken, macaroni salad w/veggies, pineapple, bread and cookie.
Friday, April 26
Cook's choice entree, hash brown casserole, stewed tomatoes, bread and Jell-o with fruit.
Monday, April 29
Sloppy Joe's, tator triangles, hot cinnamon apple slices, bun, cook's choice complement.
Tuesday, April 30
Chili, 5-cup salad, crackers and cinnamon roll.

A winning formula in store

By Ron Wilson
Huck Boyd Institute

How does a locally owned, small town grocery store compete in today's economy? Here's a formula: "I want to have the cleanest, friendliest store with good value and the best possible service," said Michael Braxmeyer, owner of Williams Brothers Supermarket in Atwood, Kan. Along with a lot of hard work, that formula has enabled this store to compete.

Michael Braxmeyer's family has been involved in Williams Brothers Supermarket from its founding. His mother was a Williams - a first cousin to the two brothers who co-founded the store in Atwood in 1937.

In 1962, the last of the two co-founders passed away. Michael's parents then moved from Nebraska to Atwood to manage the store. Michael attended K-State, met his wife, and served in the military before commencing a career with K-Mart which took him to Des Moines, Chicago, and Milwaukee. By 1974, he and his wife had a daughter.

"We didn't want to raise our kids in a large city," Michael said. They moved back to Atwood and joined the family business, Williams Brothers Supermarket. A son and another daughter were born in Atwood as well.

Michael found that his father enjoyed the people and the grocery business, but did not enjoy the increasing paperwork, regulations, and computers.

"My dad walked me back to the office, pointed at the office door and said, 'I don't ever want to go in there,'" Michael said. So Michael picked up the back-office operations, learned from the department heads, and worked his way into store management.

"I swept the floor and stocked the shelves and learned from the people who were doing it," Michael said. Today, Williams Brothers Supermarket has expanded to an 11,000-square-foot store with 28 employees.

Michael recently participated in a food distribution dialogue hosted by K-State's Center for Engagement and Community Development. Dr. David Procter, the director of the center, led the dialogue. One key issue discussed is how locally-owned rural grocery stores can compete in today's economy.

No easy answers were found, but Michael Braxmeyer believes the key is found in value and service from local stores.

"You're never going to be as big or have as many frills as the big box stores," Michael said. "We want to be as clean and friendly as we can be and provide a good value for your dollar."

"I heard a guy say one time, 'I've invested in this business, I pay taxes, and you owe me your business because I'm local,'" Michael said. "But I don't agree with that. I believe you owe me your business because I earned it."

Michael goes the extra mile for his customers - and I mean that literally. His store provides home delivery of groceries, as well as a remarkable diversity of services within his store.

There's more than milk and eggs. Inside Williams Brothers Supermarket, one can find a sit-down deli, ATM, stamps, money orders, notary public, UPS service, photocopier, dry cleaning, fax machine, Western Union, and even a laminating service. Such services are remarkable to find in a rural community like Atwood, population 1,258 people. Now, that's rural.

The store is even on the World Wide Web, with recipes, advertising specials, and online coupons at www.williamsbrossupermarket.com. Michael also believes in giving back to his community, whether it is advertising for the football team or donating to local church benefits.

That's part of the reason that K-State's Center for Engagement and Community Development launched its rural grocery initiative.

"Local grocery stores represent a critical piece of the infrastructure sustaining America's rural communities," Procter said. "These stores are often the main provider of healthful food in town. They offer local jobs and provide significant tax revenue to the community. And stores like Atwood's Williams Brothers Supermarket provide a wonderful place to see neighbors, meet friends, and catch up on local happenings."

So how does a locally-owned, small-town grocery remain competitive? Good environment, good value, and great service. We salute Michael Braxmeyer of Williams Brothers Supermarket for developing this formula. For businesses that commit to that formula, I think good things are in store.

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 21

March 17-Donna Lee Leuszler, Almena; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$143.

March 13-Carl Joe Robinson, Clayton; Charge: Vehicles; Unlawful acts; e.g., registration; Found: Guilty; Fine: \$173.

March 1-James M. Schefler, Eau Claire, Wis.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

March 13-Kegan J. Vanover, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Feb. 2-Lane Edward Vanover, Norton; Charge: Speeding 87 in 65; Found: Guilty; Fine: \$221.

March 28

March 1-Rex Allen Lofts, Veteran, Wyo.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$155.

March 1- Rex Allen Lofts,

Veteran, Wyo.; Charge: Motor carrier safety rules and regulations; Found: Guilty; Fine: \$115.

March 15-Patricia Ann Smith, Logan; Charge: Speeding 70 in

55; Found: Guilty; Fine: \$173.

Feb. 11-Matthew Lee Watson, San Jacinto, Calif.; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$185.

March 27-
April 3

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1 Hour, 49 Minutes (PG)
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Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.
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2 Hours, 1 Minutes (PG-13)

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