

Diabetics enjoy oriental taste treat

Baby-sitters were not common when I was a child. My parents seldom went out for an evening and when they did, I was usually taken along or left with neighbors at their home. Doris and Ed lived nearby in a brown-shingled cottage and were always happy to have a child for an evening or sometimes even a weekend. I was happy, too, for their whole way of life was a revelation.

Doris and Ed's home was full of entertainments. For one, they ate in a breakfast nook, the first one I had ever seen. And, they had colored dishes and some of those new plastic bowls for cereal as well. They also had a "rumpus" room in the basement where toys were kept and a jigsaw puzzle was always in progress on a big table. Such luxury. Add to that a collie dog named Dixie and a couple of indulgent teen-agers to amuse me and you had all the ingredients for fun. A new experience always awaited at the supper table, too. Doris was not the kind of old-fashioned cook that my mother was. She was the first person with diabetes that I ever knew, and as

Cook's Corner



such she cooked with a whole different frame of reference. In the 1940s, the diet for a diabetic was very limited with no fat, sugar or starches allowed and very little fruit.

Vegetables and lean meat made up the bulk of meals in the absence of the potatoes, gravy, bread, noodles and desserts that marked much of Mama's cooking. It was healthier then as now.

Here's one of my favorites from Doris that introduced me to oriental flavors and textures. It has been one of my standbys and although the children were not fond of it, LeRoy and I were, so they learned to eat it anyhow.

AUCTION ACTION: Wow! Toys at a recent auction were bringing \$100 to \$2,400. Top seller was a tin windup "Daredevil" on a motorcycle dated 1881. A jointed wooden Popeye also went high and a molded rubber Auburn toy car. Better clean the toy box.

READERS

The Duplicate Bridge Club met Wednesday evening at the Norton Manor for its regular weekly session with three tables present. Winners tying for first and second place were Sam and Bonnie Manning and Claudia Bridges and Norman Walter.

— **Steak and seafood night, Thursday and Saturday, 6-9 p.m. American Legion. Members and guests. 5/3**

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The Colby Community College Endowment Foundation annual meeting will be held at 5:30 p.m. Monday, in the Fireside Lounge in the Robert Burnett Memorial Student Union on the college campus. The meeting is open to the public. Call Foundation Director Nick Wells at (785) 460-4684 for more information.

CORRECTION

In the April 29 edition of *The Norton Telegram*, under the Public Record section, Justin Michael Graham was incorrectly listed as Justin Michael Davis applying for a marriage license. The complete wedding story for Mr. Graham and his wife, the former Rebecca Jane Corcoran, appears in today's paper on this page.

Incorrect information was supplied to *The Telegram*.

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The Norton Telegram will correct or clarify anything that is wrong in a news story. Call our office at 877-3361 to report errors. We believe news stories should be fair and factual, and want you to tell us about any failure to live up to this standard.



Mr. and Mrs. Justin Graham (Rebecca Corcoran)

Rebecca Corcoran and Justin Graham, both of Norton, were married Saturday, April 16, at the Eagles Lodge. Judge Debra Anderson officiated.

Marlena Corcoran of Norton and Bernard Corcoran of Oberlin are the bride's parents. Tim and Wanda Graham of Norton are the groom's.

Eldo and Laverne Graham of Almena and Olin and Glenda Sprague of Norton are the groom's grandparents.

The bride's grandparents were the late William "Jeff" and Helen Corcoran and the late Henry and Mildred Elling.

The bride, escorted by her father, wore a white satin, halter-style dress with pearl beads. She carried a bouquet of red and yellow roses.

Michelle Stoney of Hays was the maid of honor. She wore a pale yellow gown and carried a bouquet of yellow roses, red carnations and daisies.

The best man was Kirk Persinger, Norton. He and the groom wore black tuxedos with red bow ties and red vests.

The flower girl was Sylvia Estes, Norton, daughter of the bride, and the ring bearer was Trenton Sprague, Norton, cousin of the groom.

Ushers were Chris Corcoran, Fort Collins, Colo., brother of the bride, and Drew Graham, Norton, cousin of the groom.

Guest book and gift attendants were Megan Corcoran, Fort Collins, niece of the bride, and Brandi Graham, Norton, cousin of the groom.

Nichol Graham, Beloit, sister of the groom, handed out programs. Sharon Corcoran, Goodland, sis-

ter of the bride, served punch, and Debbie Graham, aunt of the groom, and Nichol Graham served cake.

Sarah Sprague, Norton, cousin of the groom, played music; Steve Sprague, Norton, uncle of the groom, took pictures; and Jodi Sprague, Norton, aunt of the groom, and Renee Bruinekool, Norton, videotaped the wedding.

Out-of-town guests included Chris and Janice Corcoran and daughters Megan and Allison, Fort Collins, Colo.; Patricia Schultz and Tammy Schultz and daughter Chloe, Enid, Okla.; Martha Elling, Hays; Henry Elling Jr., Gem; Pat and Janie Stubblefield, Colby; Paul and Angela Corcoran, Oberlin; Crystal and Dennis Mahan, Hays; Maureen Corcoran, Salina; Roxanne and Bridget Corcoran, Manhattan; Regina Corcoran, Hays; Barbara Mitchell, Gillette, Wyo.; Ray Corcoran and Frances Nothdruff, Oberlin; Bob and Patricia Corcoran, Tarentum, Pa.; Rosie Bertagnolli, Lakewood, Colo.; Michelle Stoney's fiancé Paul, Johnson and her daughter Melissa, Hays; Melissa Solko and three daughters, Herndon; and Ron and Joyce Miller, Almena.

The bride works for Natoma Corp. in Norton, and the groom works at Northwest Diesel Repair. They plan a wedding trip in October.

MARKETS

At close of business May 2

Wheat	\$2.99
Milo	\$2.75
Corn	\$1.79

Essay shares pain of losing grandmother

An essay by Kaitlyn Bohl, a second grader at Eisenhower Elementary School was chosen as one of two winners in a contest sponsored by the Sunflower State Games.



Kaitlyn Bohl

Children throughout the state were asked to write a short essay on the negative effects of tobacco use. The essays were divided into two groups determined by grade level, first-third grade and fourth-sixth grade. Kaitlyn's was selected as the most exemplary from her group. More than 500 essays were submitted in this year's contest.

Kaitlyn will receive a T shirt, a medal, a \$25 gift certificate to Barnes and Noble bookstore, and a \$50 savings bond. She will also read her essay at the opening ceremonies of the 2005 Sunflower State Games set to be held at 6:30 p.m. Saturday, July 16, at Hummer Sports Park in Topeka.

She is the daughter of Scott and Michelle Bohl, Norton.

Kaitlyn's Essay

Last year I found out that my grandma had lung cancer. My mom said that it is usually from smoking.

My grandma smoked cigarettes.

She took lots of medicine that made her so sick that she spent time in the hospital and even at home she couldn't get out of bed.

Right before Thanksgiving my mom and dad came to get me out of school to tell me that my grandma had died. I was really sad that my grandma died.

Now, I can't ever go to spend the night with her or play with her again. It made me a little mad that she smoked because she knew that it could make her have cancer.

I think that if everyone knew how sad it was to have my grandma die, they wouldn't smoke.

Norton county history studied by local club

By BEVERLY KINDLER
Ermalea Mason was the hostess for the April 14 meeting of the Mid-Century Federated Club with Judy Davis as co-hostess.

Jean White presided over the business meeting and Lynn Nelson reported a profit of \$330 from the club's annual pie sale.

Eunice Neiltopp said thank you for the Meals on Wheels for two weeks. Club members voted to contribute \$50 to the American Field Service program.

Lynn Nelson said that she had crocheted and knitted 18 rectangles for the afghan project sponsored by the Warm-Up America Foundation.

The afghans are donated to homeless shelters, nursing homes and daycare centers.

A "History Hunt" was the program feature. Earlier members had drawn topics.

Teams of three researched their

topic and reported back with historical facts about Norton County.

Reports revealed that Theodore Roosevelt and Woodrow Wilson both visited Norton by train; Dr. Phoebe Briggs was the first woman doctor in Norton County; 20 to 40 women were employed in at Seymour Packing to pluck and pack chickens; the first newspaper in Norton County was *The Western Locomotive*, published in 1875; Dry Creek School was an early rural school and the Far View School was the last rural school to close (1967); creameries bought sour cream, eggs and poultry from farmers and sold them to Beatrice Co.; the opera house was erected in 1885 and served the community for 29 years; and in 1906 grocery stores were owned by Heaton's and Harmonson's.

Virginia Will took reservations for the spring dinner which will end the club year.

Winner spread money around

When Beverly Kindler said she was going to spread around the money she won in *The Norton Telegram's* Christmas On Us drawing, she meant it.

After winning \$500 in scrip money, Miss Kindler dropped \$100 of her winnings at Moffet Drug Store. Over the course of four months she spent \$150 at Jamboree Foods. The Sewing Box saw \$50 and \$25 was spent at Dairy Queen, Town and Country Kitchen, Norton Shop 'n Save, Norton Flowers Gifts and Greenhouse and Walter Motor.

Miss Kindler also donated \$25 each to God's Pantry, United Methodist Women and Methodist Youth Fellowship.

Does he look like he likes to rope and work cattle for people?

Happy 60th Birthday

Joe Lambert
From all of us

Open Mother's Day
1:00-5:00 p.m.

Mother's Day Gift Headquarters

Crystal Basket Filled with Spring Flowers — \$30.00

Yellow Rose Tea Cup and Saucer Filled with Yellow Spray Roses and Other Flowers — \$20.00

Assorted Spring Arrangements Starting at \$20.00

Angel Mug with "Mom" or "Grandma" Filled with Mini-Carnations and Daisies — Starting at \$25.00

Hanging Baskets — Greenhouse Fully Stocked

SPRING HOURS: (Through May) 8:30 a.m.-6 p.m. Monday through Friday
9:00 a.m.-4:00 p.m.—Saturday; 1:00-5:00 p.m.—Sunday

Norton Flowers Gifts and Greenhouse
Annette and Greg Overlease
209 N. Kansas, Norton, Kansas — 1-888-877-5822
(785) 877-3345 or (785) 877-5822

The Telegram is re-running this recipe because we accidentally omitted a few of the ingredients.

SPRING VEGETABLE MEDLEY

1 large carrot	1 pound fresh asparagus spears
1 small yellow squash	4 tablespoons butter
1 small zucchini squash	2 tablespoons soy sauce
1 cup fresh snow peas	2 tablespoons lemon juice
10 button mushrooms	

Prepare vegetables by slicing carrots and squash into thin disks, wash snow peas, slice mushrooms vertically, snap off tough ends of asparagus, leaving spears and tips intact. Put all except mushrooms to crisp in ice water for half an hour, then drain very well on a fabric tea towel.

In an electric skillet, melt butter and soy sauce together at medium temperature. Put carrot disks in first and cook a few minutes until they can be easily pierced with a knife tip. Add the mushrooms, next add the snow peas, then the squash, cooking only a very few minutes with each addition. Bring skillet up to high heat, add the lemon juice and a couple of tablespoons of boiling water. Lay the asparagus spears on top of the other vegetables, put lid on skillet tightly and turn off heat. Allow to set no longer than five minutes before serving.

This dish needs to be done at the last minute and served while the vegetables are all still tender crisp. Toss together with tongs and if necessary add a bit more butter over the top just before serving directly from the skillet. Works great as a buffet dish. And save the leftovers for soup (if there are any!).

EASTSIDE Memorial Chapel

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North of US 36 Viaduct
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