

It's a matter of living in just the right place

Lucky for Smith County we moved over here and pushed them over the limit. It is now the "oldest" county in Kansas! Just kidding, those figures are from the 2000 census, it had nothing to do with us!

Not only is Smith County the oldest county in Kansas, it is number four in the nation. Maybe our move was lucky for us, are we now assured of living to 90? 100?

It has long puzzled me that while nutritionists tell us to eat more fish and salads to prolong our lives, people who live the longest live in rural Kansas where such diets were and are hardly the norm.

A favorite breakfast dish in my mother-in-law's Dettmer family is Pruttles. I don't like it. To me it doesn't smell or look good. It is greasy, mushy and mealy in the mouth. But the good old Germans love it.

I vaguely know pruttles are pork by-products. This is how you "fix" them: you put lard in a pan and fry them. You serve them over bread and top the whole thing off with syrup. Maybe I just don't care for food that needs fixing. If it needs fixing, who broke it?

I decided to look up Pruttles in the Dettmer family cookbook. There were two recipes for it and one for Knip (same thing, different name). Two of the recipes direct you to use pork and beef "meat." Meat is defined as anything from roast to neck bones. You boil the meat and remove the bones, fat and gristle. Then, grind the meat, add water, salt and pepper, bring to a boil and add oatmeal.

I guess I was being too hard on Pruttles, it is a health food. The oatmeal counteracts the effects of the artery clogging "meat". Bring on the Pruttles. Hold the syrup!

My dad used to wonder how he lived into his 80's. In the summer time we might have greens, he recollected, but the rest of the time it was potatoes, and maybe beets and turnips. There might be fruit in the form of berries in season, and apples. At Christmas oranges if you were very fortunate. There was always fresh chicken and eggs. (Watching your cholesterol?). But much of the rest of the meat was cured. Dairy foods were available. Is butter good or bad for you?

I read with amusement a controversy going on in the 333 column of the Salina Journal recently. A couple wrote in complaining that they did not like to eat at the senior center because they served "fried" chicken. How irresponsible! I once heard a cook in a nursing home bragging about how careful they were not to give the residents

Back Home Nancy Hagman



bacon. Just a thought — Why deny a nursing home resident the pleasure of a crisp slice of bacon? At that point isn't it a little late to be starting a diet that will prolong your life?

I decided that the reason many Midwestern people manage to live long, productive lives despite the deficits of their childhood diets is more because they ate less sugar when they were young. No matter how bad dairy may be for you, a glass of milk is still better than a bottle of pop.

Then there is the issue of portion sizes. It used to be that a can of vegetables was 16 ounces. Then it went to 15, now it is 14.5. But pop has increased from the 8 ounce bottles of my childhood to 12 ounce cans to 16 ounce bottles. At our local store 24 ounce bottles are the smallest you can buy. They do have 12 and 8 oz cans. A six pack of 8 oz cans costs the same as a six pack of 24 oz bottles. Now, just what is up with that?

My sister-in-law, Gail, says although our parents had diets high in fat, they were more active thus their bodies burned it instead of storing it in unhealthy ways. Maybe that is the secret to old age: keep moving!

A friend who comes from "back east" says everyone here ends up in a nursing home. She claims it is an option too expensive for many where she comes from. I also pick up an unspoken criticism that we do not care enough about our elderly to take care of them at home. But maybe we just end up in nursing homes in greater numbers because we live longer.

When the Dettmer Cookbook was being compiled, the cousins doing the work laughed because despite the German heritage, the majority of recipes submitted were for dishes like burritos, enchiladas, tortillas, tacos, chile rellenos, etc. What will these foods do to our life expectancy?

Both of my husband's Dettmer great-grandparents were born in Germany. They and all of their siblings immigrated to the United States, most to Smith or Phillips County. His great grandmother lived to the age of 88. Maybe long life is inherited.

Maybe it is all of the above. Whatever, the statistics are on my side, I am living in the right place!

Chamber brightens up Christmas

(Continued from Page 1) and Glenda Maurer, Lamont Shirt, DDS.

There are still 12 more \$50 winners to be picked from now until Dec. 20 and another 10 lucky people who will win \$200 in Santa bucks each on Dec. 21.

Remember to shop locally and visit the 47 participating businesses.

They are Almena State Bank; Bella Solé; Country Side Sales and Service; Decony and More; eleven skin essentials; Engel's Sales and Service; First Security Bank and Trust Company; Garden Gate Florals, Etc.; Jamboree Foods; Kellie's Alltel; Craig Krizek, DDS; Mortensen Computer Service; Norton Animal Health Clinic; Attitudes; ComputerPro; Norton Dairy Queen; Don's Floor Covering; End Zone; Felton's Ace Hardware; First State Bank; Hall's Clothing; Kansasland Tire Company; Kowpoke Supply; Moffet Drug Store; Nex-Tech; Norton Flowers, Gifts & Greenhouse; Norton Glass Company; Norton Homestore; Norton Shirt Company; The Norton Telegram; Pizza Hut ~ Taco Bell; Russ' Jewelry; Sander Furniture; Dr. Lamont Shirk, DDS; The Bank; ThunderChord Guitars; United NW Federal Credit Union; Walter Motor Company; Norton Shop and Save; Pamida; Pure Prairie Natural Foods; Ruth's Antiques; Security Abstract; Stoves and More; The Sewing Box; Twice Sold Treasures; and Valley Hope Association.



The Christmas story told in lights. These lighted figures can be found on the front lawn of Enfield's Funeral Home, 215 W. Main. — Telegram photo by Carolyn Plotts

Norton graduate earns Washington intern spot

(Continued from Page 1) sored by Rural Telephone in Lenora which paid for her one-week trip to the nation's capital.

"As an alum of the program, I was eligible to apply for the eight-week internship," said Miss Ninemire. "I had to write four essays, complete an application form and get two letters of recommendation. Colby College history and political science instructor Tom Moorhous agreed to provide one of the recommendations."

"Lacey has been a self-starter since day one at Colby Community College," said Mr. Moorhous. "I was not surprised when she was chosen for this honor. She is a leader among her peers and I know she will have much to contribute during the internship."

Although she will not receive any compensation while serving as an intern, accommodations are provided for the interns at the Georgetown University Hotel and she will receive a stipend for meals, said Debbie Schwanke, Director of Public Information at Colby Community College.

She plans to transfer to

Washburn University to continue her education.

"I plan to major in political science and then attend law school," said Ninemire. "I hope to have a career in politics and international law. I love history and political science and really enjoyed my high school trip to Washington, D.C. I also traveled to Europe as a Kansas Ambassador in Music dur-

ing high school and have a real interest in world affairs."

As an intern, Miss Ninemire will have the opportunity to meet President Bush, travel to Capital Hill to meet with representatives and learn how government works. She has applied to be the director's assistant, help with logistics and be the group's liaison to Capital Hill.

Logan to host Christmas Cantata

(Continued from Page 1) with supporting roles by Dawn Berry, Jim McDonald, Carol Bales, Crystal McDonald, Ken Tidball, John Ruff, Kodi VanLaey and Crysta Stanton. Rounding out the choir are Polly Bales, Deb Berg, Lou Plummer, Judy Stanton, and Allyson Switzer.

"The Christmas Shoes" is being performed in honor of the late Ray and Velma Lappin of Logan who supported music at the Methodist Church.

Cookies, candy raises money

(Continued from Page 1) pounds of candy were sold. Sixty-five cinnamon rolls were also sold. Almost 60 members of the church baked cookies and made candies for the event to raise funds for ministry and missions work supported by the church.

Another volunteer, Jean White said, "It was great, but we haven't decided yet if we're going to do it again next year."

The event was chaired by Korla Griffey and co-chaired by Beverly Kindler.

Phil & Carmen Lesh, Bobby Annon, Claude & Ellen Archer Estate, and Others
Saturday • December 16, 2006 • 9:30 a.m.
 4-H Building • Park Street • Norton, Kansas
 Wood working tools will sell at 12:00 Noon with the Vehicles selling at 2:00 p.m. and the furniture to follow the vehicles.



VEHICLE:
 1997 Chrysler Concorde LX, 4 Door, Sun Roof, CD, Tape Player, Auto Floor Shift, AM/FM Radio, Grey in Color, 71,985 Miles, Two Owners

1988 Dodge 600 Car 4 Dr. 2.2 Engine
APPLIANCES:
 G.E. Refrigerator 18.2 Cu Ft. No Frost - White in Color
 Whirlpool Over The Range Microwave Almond in Color - Light & Vent
 Sanyo Microwave
 GE Cabinet Dishwasher Black in Color
 Hotpoint Refrigerator White in Color Like New Used only 1 1/2 Years
 GE Electric Range Almond in Color
 Whirlpool Washer Heavy Duty Extra Large Capacity



FURNITURE:
 Hall Mirror & Stand
 Beige Sectional Brown Couch
 2 Gold Chairs
 Orange Chair
 Assorted End Tables
 Keller Scandinavian Dining Room Table, 6 Chairs, & Matching Hutch (Sets 12 With Leaves In)
 Kitchen Table and 6 Chairs
 3 Drawer 40's Buffet
 Duncan Pyfe Table
 40's Dresser
 Small Kitchen Table
 Wood Kitchen Stool
 2 Oak Chairs
 5 Oak Slat Back Chairs
 Twin Size Bed Quilt Rack
 Play Pen
 2 Tables

OFFICE ITEMS:
 4 Drawer Metal File Cabinet
 2 Drawer File Cabinet
 Combination Unifile Safe & 3 Drawers Office Chair
 Small Antique Typewriter Desk
 Electric Typewriter

DISHES:
 Clear Glass Bowl & Cover
 2 Bone China Cups & Saucers
 Blue/Gold Ruffled Dish
 Church Plates
 Hand Painted Jam Jar
 Limoges Plates
 Norton Centennial Plates
 German Shot Glasses & Holder
 Assorted Vases
 Small Ruby Red Vase
 Hollywood Ware Vase
 14 Forstoria Water Goblets
 Stemmed Goblets
 Woodhaven Patter Dish Set for 12
 Clear Pitcher
 Clear Berry Set
 Swanky Swag Glass
 2 Homestead J.E. Meakin Plates
 Lg Hand Painted Tray
 Donatello Bavarian Tea Set
 Set of Serenade Dinnerware
 Apple Painted Glass Cookie Jar
 Handled Grew Depression Mixing Bowl
 Rooster Spoon Stand
 Hobnail Cream & Sugar
 Fortune Candy Dish
 Paden City Pottery Bowls
 Pressed Glass Items
 5 Covered Chicken Salts
 Salt & Pepper Shakers
 Sugar Shaker

GRANITE & CROCKERY ITEMS:
 Red Wing Tea Pot
 Roaster
 Red Rim Water Bucket
 Dish Pan

COLLECTIBLE ITEMS:
 Viking Glass Figurine
 2 Elf Figurines
 Wood Pieces - Vases, Candle Holders, Bowls
 Glass Flower Frog
 1847 Rogers Brothers Silverware Service for 12
 Gorham Silver Creamer & Sugar
 Community Silver plate Mug
 Silver Candlesticks by Pool Silver Co

Sterling S/P Mayflower Weight Glass Lined Norman Rockwell Mugs
 Aunt Jimema Plastic Ware
 6 Over Glass Etched Cordial Handled Cups
 Ice Bucket
 Armed School Chair
 2 Marlow Wood Cuts
 Haeger Vase & Base
 2 Iron Ladles
 Bark Ripper
 4 Pint Jars with Bails
 Sea Shell Collection
 Entrance Sign
 Sad Iron
 Kerosene Lamp
 Map Case with Key
 Pencil Collection
 6 Bottle Openers
 Halloween Bat Nodder



HOUSEHOLD ACCESSORIES:
 Halogen Lamp
 Assorted Table & Pole Lamps
 Assorted Wall Hangings
 Magazine Racks
 Suitcases - 1 Set of American Tourist Like New
 Samsonite Cardtable & Folding Chairs
 Stadium Seats
 Diamond Edition Kirby Vacuum
 Humidifier
 3 - Four Leg Toad Tables
 Stereo & Speakers
FANS:
 Dog on Pillow Bank
 Black Cop Bank
 Chicken Bank
 Pumpkin Ghost Bank
 Black Beauty Bank
 Churn Bank
 Olive Oil Bank
 Dinah Bank
 Black Woman Bank



PAPER PRODUCTS:
 Several Antique School Books including
 The Crane First Reader 1902
 The Music Hour Book for Upper Grades
 Appletons' School Reader Fifth
 Silver-Burdett Reader Fourth
 Reader Digest Books
 Best Book For Children
 The Crowded Inn
 Jo's Boys by Louisa M. Alcott
 Fiction Books
 Autobiographies
 Set of 1981 Encyclopedia Britannica in Book Case
 Cookbooks - Several

PICTURES:
 Assorted Pictures Including:
 Dutch Girl
 My Bluebird
 Girl on Bench with Robin
 Holcolm Power Plant



KITCHEN ITEMS:
 Pots
 Pans
 Bakeware
 Kitchen Utensils
 Baskets for Casseroles
 Instant Hot Water Pot
 Whistler Tea Pot
 Large Coffee Pot 30 Cups
 Casserole Dishes
 Roaster
 Centennial Glasses in Holder
 40's Pie & Cake Carrier
 40's Apple Canisters

LINENS:
 Blankets
 Rugs
 Flower Chenille
 Sheets
 Dishtowels
 Bedspreads
 Towels
 Tied Quilt

TOOLS:
 Wheel Barrow
 Garden Tools
 5 Ft. Alum Step Ladder
 Yard Blower
 Block Plane
 Pipe Wrenches
 3 HP Electric Drill Manning-Bowman
 Staple Gun
 Quarts of Oil
 Sprayer
 Excelsior Spring Scales
 Senate Brass Round Scales
 Early 1910 Patented Pump Cup
 Metal Door Knob
 Garden Hose
 Extension Ladder
 Garden Wire
 Tree Trimmer
 C Clamps
 Corrugated Plane
 McGraw Bench Grinder
 Level
 Socket Set
 Saw Horse
 Extension Cords
 Bug Zapper
 Anvil
 Saw
 Metal Pulley

FEATURE ITEMS:
 Emerson Tube Type Antique Radio
 3 Sections of McCall Pattern Holders with 5 Drawers
 2 Liberator Tires 225-17

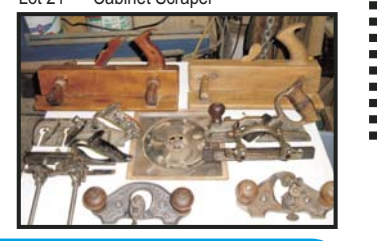


TOYS:
 15 Tonka Toys (have been played with a lot)
 Nice Selection Of Box and Board Games

SEWING ITEMS:
 Notions
 Material - Double Knit, Cotton Blends in 3-4 Yard Lengths
 Old Patterns
 Singer Sewing Machine In Cabinet

SPECIAL CONSIGNMENT: BOBBY ANNON
 51 Lots of Antique Woodworking Tools Identified from Stanley's Antique Tool Book (Will Sell at 12:00)

- Lot 1 #37 Stanley Plane Wood Bottom
- Lot 2 #35 Stanley Plane Wood Bottom
- Lot 3 #21 Stanley Plane Wood Bottom
- Lot 4 #113 Stanley Plane Circular
- Lot 5 #1120 Stanley 4 Square Block Plane
- Lot 6 No # Stanley 4 Square Tri Mitre Square
- Lot 7 #110 Stanley Block Plane
- Lot 8 #75 Stanley Bull Nose Plane
- Lot 9 #140 Stanley Rabbet & Block Plane with Guide
- Lot 10 #220 Stanley Block Plane
- Lot 11 #71 1/2 Stanley Router Plane
- Lot 12 #70 Stanley Router Plane
- Lot 13 #54 Stanley Planer & Rabbet Plane
- Lot 14 #46 Stanley Skew Cutter Combination Plane
- Lot 15 #78 Stanley Duplex Plane
- Lot 16 Adjustable All Wood Router Plane
- Lot 17 Adjustable All Wood Router Plane
- Lot 18 #66 Stanley Hand Bearer
- Lot 19 #81 Stanley Cabinet Scraper
- Lot 20 #292 Stanley Scraper
- Lot 21 Cabinet Scraper



Duane R. McEwen
 Auctioneer - Salesperson
 East Hwy 36 - 601 East Holme
 Norton, KS 67654
 Phone 785-877-3032

Auctioneer Notes:
 I know it is close to Christmas but I just had to work this special sale into the holiday schedule. Bring the family and spend some time shopping in our great Norton stores while you bid and buy at this auction. The Lesh's are moving to an apartment; Bobby Annon offers 51 lots from his collection and the Archer's have passed away. A lifetime of collectibles, household and antique items are in this sale. The vehicles are in good running condition with a lot of miles left in them. We will run two rings part of the day and move right along. The specialty tools will sell at 12:00 p.m. and the vehicles will sell at 2:00 p.m. with the furniture to follow. See you this Christmas Season!

Lunch Stand Available
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 select Auctions, and choose 11/18

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M. Wayne Willis Wildlife Art Auction
 Sunday, December 10
 1:00pm CST
 Kansas State University Alumni Center
 1720 Alumni Center - Manhattan, Kansas
 www.purplewave.com
 Purple Wave Auction Company



It's flu season again.

This year, don't let the Flu Bug U. Follow these tips and you will get through this flu season with a high degree of success:

- Get a Flu Shot - Vaccine is available this year
- Cover Your Coughs and Sneezes
- Wash Your Hands Often
- Stay Home if You Are Sick

For more information, contact your local health department.



This ad brought to you by the Kansas Department of Health & Environment.