

# OBITUARY

## Carrie Mae Malcolm Feb. 28, 1914 - Feb. 13, 2009

Carrie Mae Malcolm, daughter of Hercules Murphy and Sara Elizabeth (Crammer) Holiday, was born Feb. 28, 1914, in Long Island, and died at the Andbe Home in Norton, on Feb. 13, 2009, at the age of 94.

Carrie grew up in the Long Island community, attended rural grade school, and graduated from the Long Island High School. On Feb. 19, 1936, Carrie and George Malcolm were united in marriage at her parents' home in Long Island. They moved many times because George was in construc-

tion, and in 1942, they moved to Almena. Mr. Malcolm died July 15, 1991.

Carrie was a member of the Methodist Church and various community clubs.

Survivors include: two daughters, Margaret McElroy and Carol Ann Wertemberger, both of Topeka; two sons and their wives, Donald and Linda Malcolm, Almena; Thomas and Rhonda Malcolm, Lawrence; eight grandchildren; 13 great-grandchildren; other relatives and friends.

She was preceded in death by

her parents, her husband, two sons-in-law, Bill McElroy and Dale Wertemberger, two sisters and their husbands, Marie and Henry VanDeWege and Louise and Ernest Gramzow, and one brother and his wife, Myron and Marge Holiday.

Funeral service was Monday at Crossroads Church in Norton. Interment was at the Mount Hope Cemetery in Almena. Memorials may be made to Gideons International for Bibles.

Enfield Funeral Home, Norton, handled arrangements.

## Columnist happy plaid is back 'in'

Mama would be happy. Recent fashion magazines and newspaper style columns are featuring plaid fabrics in all colors and materials as the very latest thing for those who live their lives around what's "in." On the society pages wedding parties show bridesmaids wearing plaid taffeta gowns with fancy wide sashes. Fabric shops here, usually awash with flowery textiles for spring, are pushing delicate pastel plaids for Easter sewing projects.

Mama would also be very surprised. As far as she was concerned plaid was always in and would never go out of style. Along about the middle of the summer new bolts of plaid material would come in at JC Penney and the quest would begin to find the very prettiest one. A plaid dress for the first day of school was as much a requirement to Mama as a Big Chief tablet or new crayons. She'd pay as much as thirty nine cents a yard if necessary, an exorbitant price in the 1940's. She leaned toward the red and blue blends, while I always liked the greens and browns.

Intricate hand-loomed woolens, called tartans, originated in Scotland hundreds of years ago, reserved originally for the royalty and certain designated families. Later on they identified the regimental clan of Scottish soldiers. Now the authentic family tartan plaids are available for tourists to purchase. My sister visited the British Isles on a recent trip and brought me a Black Watch tartan shawl that I cuddle into on chilly evenings. Celtic weddings with the men in clan kilts are not at all unusual these days and bagpipers

### Child of the 40s Liza Deines



are almost always seen in kilts with all the traditional accessories.

With the industrial revolution machine-driven looms came to the garment industry and plaids in many fabrics became easily available to home seamstresses. The "new" designs sold like hotcakes. Paper dress patterns began to carry instructions on how to cut and match this new concept in material. Dan River Fabrics manufactured a line of dainty, feminine plaids exclusively for use by Nelly Don Fashions. Pendleton Woolens out on the west coast came out with wonderful wool plaids. The colorful blocks popped up everywhere.

My school dresses were all created especially for me by my very own designer and seamstress, Edie of WaKeeneey, and almost all were sewn from chicken feed sacks. The snugly woven cotton bags were printed with many perky, paisley and flower designs but they were never plaid. Two bags would make a full skirt dress with puffed sleeves and a sash. Most of the girls I went to school with also wore chicken coop couture so a plaid dress was a special treat. Mama matched the pattern at the seams with great precision and would shake her head in dismay when she saw ready-made clothes with slipshod workmanship.

My first dress from a mail order

catalog was a beautiful blue and yellow plaid percale that delighted my heart. When I outgrew it the salvaged material turned into an apron for Mama. As I got older, many of my clothes were expertly restyled from hand-me-downs. My career girl sister passed along lots of goodies, including a grey glen plaid skirt which I wore all the way through high school. I felt slim and businesslike in my first straight skirt. Of course a girl's wardrobe was not complete in those years without a plaid, pleated skirt.

Plaid wasn't just for females. Dad wore a blue plaid Mackinaw jacket, as did most of his working men buddies. Plaid flannel shirts were a welcome Christmas gift for any male relative and were almost a uniform for the farm boys in my high school classes, a sharp contrast to the tee shirts most of the townies wore. A form of plaid, Argyle socks, worn with a matching sweater were a popular choice for a snazzy guy to wear on a date. And who could forget those plaid golfing slacks worn with such panache by Jack Nicklaus? Dad even had a couple of plaid neckties.

Perhaps it was my mother's Scot-Irish heritage that fostered her fondness for plaid. However it happened, I know now how blessed I was to have a plaid-loving mother who sewed. We all envision angels garbed in white, glowing robes but I hope an exception was made for Mama. When I arrive at the end of my earthly journey I wouldn't be at all surprised to be greeted by Angel Edie in a colorful plaid robe with neatly matched seams.

## All together...



From far left, Weston Ebert, Taylor Dicks, Alexis Hartwell and Mike Kasson spent their physical education class jumping rope in a variety of ways to raise money for Jump Rope For Heart. Students will be collecting donations for Jump Rope For Heart throughout the next two weeks.

- Telegram photo by Brandy Leroux

## Tips to help keep diabetes controlled

Diabetes is a serious condition, but it can be controlled with diet, exercise and medication. Many books have been written to assist people with diabetes- and no wonder, there's a big market for them. According to Centers for Disease Control and Prevention, nearly 24 million Americans have diabetes — nearly 8 percent of the population. About one-quarter of those remain undiagnosed.

There are many ways a person with diabetes can be helped.. Physical activity helps control blood sugar, so you can start an exercise program. (Be sure to consult with a doctor to make sure you do so safely).

Stress and illness can also affect blood sugar, so be sure to keep checking glucose levels during those times, and ask the doctor for guidance on making any adjustments in medication.

As for meal planning, now is the time to consult with a dietitian if possible. Having a professional guide you through the process would be a great help for any person learning to live with diabetes. In the meantime, the American

### Home ed Tranda Watts, Extension specialist



Diabetes Association offers some great guidance:

Count carbs. Carbohydrates are what raise blood sugar levels. While the right amount of carbohydrates varies with the individual, the American Diabetes Association suggests starting with a limit of 45 to 60 grams of carbohydrate per meal - that's important information for you as you plan your family's meals.

Foods containing about 45 grams of carbohydrates include a cup of pasta or rice; a medium baked potato; or a cup of black beans or corn. Other starchy vegetables, as well as non-starchy foods, including fruit, sauces and yogurt, also often contain carbs. Check Nutrition Facts labels or consult a reference book or an

online nutrient database for that information. And measure your foods to make sure your portion sizes aren't too big.

Use the "Create a Plate" method to focus meals more on vegetables and keep carb and protein portions limited to healthful levels. Just draw an imaginary line vertically down the middle of your plate. Then, on one side, draw a horizontal line to cut that section in half again. Fill up the big section with non-starchy vegetables - salad, green beans, cauliflower, broccoli, spinach, carrots, for example. On the other side, fill one of the smaller sections with a healthful protein - lean poultry, beef or pork, eggs, fish or seafood, tofu or low-fat cheese. The other small section is for a starchy food — potatoes, rice, pasta, beans, peas, corn or bread. When possible, choose whole-grain options (whole wheat bread or pasta, brown rice).

If you have further questions about diet and diabetes, contact a registered dietitian, your local doctor, or you local K-State Research and Extension Office or e-mail [twatts@ksu.edu](mailto:twatts@ksu.edu).

## FYI

Rural Telephone said today that Jordann Wiltfong of Stockton has been selected to participate in the 2009 Leadership Through Learning Program, sponsored by the Foundation for Rural Education and Development.

Jordann will join 13 other high school juniors and seniors from rural areas for a week of activities in Washington, D.C.

Between April 19-24, the students will visit landmarks, meet with government officials and socialize with students from all over the United States.

The Leadership Through Learning Program is possible because of a generous donation from the National Exchange Carrier Association.

A member of the telephone company must recommend each applicant, and final selection is determined by the evaluation of the student's essay.

Jordann attends Stockton high school and is the daughter of Kelly and Doug Wiltfong, Stockton; and granddaughter of Eugene and Maxine Wiltfong, Norton.

The Double D Wranglers will perform at 7:30 p.m. at The Gateway in Oberlin on Saturday, Feb. 28.

The trio features award-winning yodeling, harmonies and instrumentals, all in one package. Chris and Charity Gudge of Ainsworth, Neb., team up with Paul Siebert of Aurora, Neb., to form this new western group.

The guitar, banjo and dobro, the fiddle, bass and harmonies make the whole western music listening experience complete.

Sponsored by the Oberlin Arts and Humanities Commission, this is a season ticket event or \$10 for adults, and \$5 for students, grades 1-12 at the door.

For details, call Ella Betts, (785) 475-3557 or Mary Henzel

(785) 470-0218.

The family of Arlene Hix of Norcatour is requesting a card shower in honor of her 90th birthday on Feb. 20.

She grew up on a farm southwest of Logan and has lived in Norcatour for more than 30 years.

Her family includes Lloyd and wife Sharon Stanton of Salina, Marjorie Prince of Liberty, Mo. and Gail and wife Denise Bailey of Norcatour. Cards may be sent to her at RR1 Box 100, Norcatour, Kan. 67653.



Arlene Hix

## Looks good!



Ed Lively, a city employee, hung flags along State Street Monday morning for Presidents' Day.

- Telegram photo by Brandy Leroux

## READERS

— Norton Rotary Club Scholarship Soup Supper, next Monday, 5-7 p.m., Norton High School.

— Steak and Seafood Night, Thursday, 6-9 p.m., Norton American Legion. For members and guests.

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