



Downsizing your recipes

Reducing the Size of Recipes

If you are a young single or if your family has downsized to two people again, you may be thinking about how to downsize some of the old family recipes that would feed an army or at least a larger family. Many, but not all, recipes can be downsized successfully. Here are some guidelines that will make the adaptations more successful.

- It may be easier to make the entire recipe for baked goods and freeze half.

- When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.

- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use two tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.

- A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe, use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by

Home ed
Tranda
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specialist



25 degrees F. When substituting a glass pan for a metal one.

- Two Web sites that let you adjust their recipes to smaller serving sizes are:

- www.mealsforyou.com, and www.allrecipes.com

- To help divide recipes, remember:

- 1 cup = 16 Tablespoons
- 1 Tablespoon = 3 teaspoons
- 1 cup = 8 fluid ounces
- 1 fluid ounce = 2 tablespoons
- 1 pound = 16 ounces (weight)

- 1 pint = 2 cups
- 2 pints = 1 quart
- 4 quarts = 1 gallon

If you have questions about similar subject matter, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

Yankee Doodle Dandy!



The third and fourth grade students of Eisenhower Elementary under the direction of Joyce Morel performed a "From Sea to Shining Sea" Fall Concert Tuesday evening at the East Campus auditorium. The dancers performing "Yankee Doodle Dandy" are Alan Aupen, Brandon

Dawley, Ricky King and Henry Boutwell. The song and dance routine brought out audience participation as they clapped in time to the music.

—telegram photo by Harriett Gill



Cassie (Hillman) Trentaz

Alumni Award earned by Norton graduate

Dr. Cassie (Hillman) Trentaz, Portland, Ore. has received the 2010 Distinguished Young Alumni Award from the Anderson University School of Theology, Anderson, Ind. She received a BA from Anderson University in 2001 and MTS from the Anderson University School of Theology in 2004.

Dr. Trentaz has served in both education and mission fields and has recently become the new Theologian, Church Historian and Christian Ministries Department at Warner Pacific College in Portland, Ore. She served as an adjunct instructor at Warner Pacific College for the past year, teaching History of Christianity and Christian Thought.

An ordained minister within the Church of God (Anderson, Ind.),

Dr. Trentaz completed a Ph.D in theology, ethics and human sciences from Chicago Theological Seminary in May. Her doctoral work focused on the HIV/AIDS pandemic. Prior to her doctoral studies, she served the Church of God in the areas of youth and family ministries and leadership development at the Church of God national offices in Anderson, Ind. She has also taught courses at Anderson, Chicago and a series of trainings in East Africa. Her research and writings have appeared in various publications.

Cassie is a 1997 graduate of Norton Community High School and the daughter of Larry and Terry Hillman, Norton. She is married to Perry Trentaz and they have a one year old son, Winston.

Fall is flu season and vaccine time

By JUDY SHERARD
jsherard@nwkansanews.com

There's no shortage of flu vaccine this year, said Jenda Jones, Norton County Health Department staff nurse and immunization coordinator.

No cases have been confirmed in the County yet this flu season, she said.

With a few exceptions, health professionals highly recommend everyone get the vaccine.

People seem to be getting the message. So far the Health Department has used about one-half of the vaccine ordered. Vaccines also are available in doctors' offices.

Several employers encourage their employees to get vaccinated, and some hold clinics for employees and their families, even paying for the vaccine in some cases because it helps cut down on employee sick time.

Jones said the health department has held about 15 clinics in Norton County businesses, senior centers and for school staff members.

This year the vaccine is combined with the H1N1 vaccine, and anyone six months and above should get vaccinated, she said.

About two weeks after vaccination antibodies develop that

protect against influenza virus infection.

The nasal flu mist, a vaccine made with live, weakened flu viruses that don't cause the flu, is available for anyone ages 2-49 in very good health who aren't pregnant, Jones said.

Flu is a contagious respiratory illness that can be from mild to severe and even lead to death. It can be passed on to someone else by a healthy person a day before symptoms show up and five to seven days after becoming sick. Some people may be able to infect others for an even longer time.

Symptoms include fever or chills, cough, sore throat, runny or stuffy nose, body aches, headaches and fatigue. Vomiting and diarrhea is most common in children.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions, according to information from Jones.

The flu vaccines are available at the Health Department, 801 North Norton Avenue, during regular hours Monday through Friday. The department will bill most insurance companies.

Small patriot!



Ben Waggoner, grandson of Pat Ambrosier, waves his flag and salutes as the Vietnam Moving Wall Memorial and American Legion

Riders go past Pamida on their way to Prairie Land Electric. Ben is three and half years old and lives in Golden, Colo.

Stanton Nelson

PERFORMS

Sunday, October 17, 2010

2:00 p.m. • East Campus Auditorium



Stanton will be playing Chopin, Bach and Gershwin plus his own compositions. He's studied in Italy and is a sophomore at the University of Kansas. Don't miss this amazing talent from right here in Norton County.

Adults: \$5; Jr. & Sr. High: \$2
12 and Under: \$1; Reciprocity-\$3

SPONSORED BY

Norton County Arts Council, Inc.

FYI

There were three tables of Duplicate Bridge on Wednesday at Norton Manor.

First place went to Norman Walter and Claudia Bridges; second place, Myron Veh and Jerry Moritz; third place, Jackie Porter and Joyce Sumner.

Parent-teacher conferences will be held on Monday, Oct. 18, in Norton USD 211 and there will be no school for students on that day.

Conferences for the parents of Eisenhower Elementary School students will be held from 8 a.m. until 4 p.m.

Conferences at the Norton Junior and Senior High Schools will be held in two time periods: from

10 a.m. until 1 p.m. and from 3:30 p.m. to 6:30 p.m.

Stanton Nelson will have a concert on Sunday, Oct. 17, at 2 p.m. in the East Campus Auditorium. The concert is sponsored by the Norton County Arts Council, Inc.

Trivia Night, fund raiser for Second Chance Homeless Society on Oct. 23, 6 p.m. at the Eagles Lodge.

\$50 per table. Six to eight team members.

Drawings, prize money, giveaway and free popcorn.

Contact: Betty Terrell 877-2157 or Linda Terrell 877-5219.

Players must be 18 years of age.

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MEN'S | MEN'S BIG & TALL | WOMEN'S | section 37

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The Norton County Road and Bridge Department

Would like to invite you to join us in recognizing the dedicated service of

Bernard McCormack –
March 25, 1996 to September 30, 2010

Michael Coffey –
November 2, 1981 to October 15, 2010

L. Elvin Edgett –
June 1, 1972 to October 29, 2010

As they leave us to enter their retirement years

Friday, October 22, 2010
2:00-4:00 p.m.

Norton County Courthouse
Commissioners Room, 2nd Floor

Oct. 15-20

Showing at the
NORTON THEATRE SALT

1 Hour, 46 Minute (PG-13)
(PRESENTED IN DIGITAL SURROUND SOUND)

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday and Wednesday: 7:00 p.m.

EASY A
1 Hour, 40 Minutes (PG-13)

Let's Go to the Movie

All passes accepted for Easy A and All passes accepted for Salt

General Admission For both movies \$4.00 and \$6.00 \$3 Ticket Only
Show both movies use reciprocity, all passes accepted

Check the Theatre website for Upcoming Events
nortontheatre.com

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