

Edible, but are eggs credible

While always retaining their edibility, eggs have struggled to maintain their credibility. They got bad reviews from so-called experts years back when the big cholesterol scare hit. Nowadays, even the American Heart Association has changed its stand on eggs, no longer limiting them in a heart healthy diet. They have concluded there is only a small amount of beneficial cholesterol in egg yolks, balanced out by high quality, easily digestible protein and unsaturated fat in a seventy-calorie egg. Plus "hen fruit", as my grandpa called eggs, are loaded with antioxidants and more than a dozen essential vitamins and minerals. Egg substitutes, on the other hand, have extra sodium, stabilizing additives, and artificial food coloring.

I'll be the first to admit commercially produced eggs are not nearly as tasty as "country" eggs but they are reasonably economical and easily available. Still, if you can obtain free range chicken eggs from a local farmer or market, the following recipes will taste even better. Here are some of Mama's tricks plus some ideas from Penn Dutch and German cookbooks that made a meal when money or meat was scarce.

This old German recipe was often made when you had five kids and only three eggs. Roughly translated, schmarren means a scrambled pancake omelet.

GRANMUTTER'S SCHMARREN

- Three eggs
- Half cup milk
- Half cup flour
- Quarter teaspoon salt
- One teaspoon baking powder
- Two tablespoons sugar
- Some butter

Melt butter in a large, deep skillet. Meanwhile beat all other ingredients together until smooth. Turn heat up to sizzle, pour in batter. Turn heat down, allow to brown slowly. As soon as mixture starts to set up, take a fork and knife and start hashing it into small squares, turning and browning them as you go, until golden brown on all sides. Serve hot from skillet with just a drizzle of molasses.

BACON EGG CUPS

- Six eggs
- Six slices half cooked bacon (not crisp)
- Cream, Salt, Pepper, Bread crumbs, Butter

Wrap limp bacon slices around inside of oiled

Cook's Corner

Liza Deines



custard cups, break one egg into each cup, put one tablespoon cream on each egg, salt, pepper, a dab of butter and a sprinkling of crumbs. Bake at 350F until eggs are set to suit and bacon is crisp. Use a muffin tin to do a dozen.

COZY EGGS

Make a batch of hash from leftover pot roast and veggies or use a can of corned beef hash, the kind with potatoes and onion mixed into it. Spread in greased glass pie plate, make hollows in hash and heat at 350F until sizzling, about fifteen minutes. Remove from oven and break one egg into each hollow. Salt, pepper, and put one tablespoon Heinz 57 Sauce on each egg. Place back in oven for another five or six minutes until eggs are set to your taste. Do a single in a microwave using just a slice of hash and one egg.

A HOLE IN ONE

Cut a circle from center of a slice of bread, toast on one side in a buttered skillet, turn, break an egg into circle, cook to desired doneness. Serve toasted circles on the side.

CHOW MEIN EGGS

Six eggs, beaten frothy
Half cup any kind of diced cooked meat
One can Chinese mixed vegetables
OR Half cup EACH chopped mushrooms, water chestnuts and bamboo shoots.

Combine all ingredients and pour into hot buttered skillet. Turn flame down to medium and cook until setting up at edges. Use spatula to lift and scramble gently. Leave slightly soft, serve hot over hot rice with soy sauce and snipped chives to sprinkle on top. Will stretch leftover scraps of roast beef, pork, chicken or ham to feed eight.

A Dutch egg stretcher when the hens aren't laying well:

HOOTFSLA

Cut half a loaf stale homemade bread into inch squares, brown in bacon grease until crispy. Beat six eggs with salt, pepper, and half cup milk. Pour over crispy bread and scramble together.

Almost all these ideas could profit from the addition of scraps of cheese or meat if you happen to have any around.

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Leaf rust in south is moving north

Wheat Foliar Fungicides...

As of early mid April the traces of leaf rust that are attacking some plants are now present in the southern parts of the state, and moving north. Late April and May is a critical time to look at any foliar fungicides for wheat. Looking at current disease pressure, varietal resistance, and yield potential can help decide treatment. Research suggests the best time to apply a foliar fungicide is between flag leaf emergence and up to flowering stage. Most labels will prevent application to wheat that has reached the fully headed or flowering stage. Some fungicides can be applied as late as flowering. Statewide research done by Kansas State University has showed between 4 percent to 14 percent yield response to treatment, with an average of 10 percent over a 20 year period. These trials were with a single application made to wheat between full flag leaf extension and the flowering stage.

There is a narrow window of time to apply these fungicides to protect the plant at optimum time. Emergence of the flag leaf to heading and completion of flowering may only take 10-14 days. Flowering (yellow anthers present) begins at the middle of the head itself and progresses to head tip and base at the same time. Stripe Rust moves in a line or linear shape along the veins of the flag leaf and prefers cooler conditions; leaf rust stays in a circular spot on the leaf prefers warmer conditions.

Typically the recommendation is to consider treatment if you feel your yield potential may be at or greater than the 40 bushel mark, or you are producing seed wheat or you have very susceptible varieties and optimum rust conditions. A field would be a candidate for a fungicide application if it is at the flag leaf emergence through the flowering (anthesis) stages of growth. If leaf rust becomes established on the flag leaf prior to heading, yield losses may exceed 30 percent and more in susceptible varieties. In this situation the next generation of lesions is already developing within the plants, and considerable damage to the leaf tissue has already occurred. Many products are locally systemic which means they will be rain fast as soon as they dry on

the leaves but will not move into parts of the plant that are not covered by the fungicide. Most fungicides in Kansas are either the "strobilurin" or "triazole" class and some are combinations of the two. Both classes will be good at correcting "new" infections but the triazoles have a stronger curative action for especially stripe rust.

With the help of the USDA rust lab we have previously looked at the Norton County wheat plots and although the data is several years old it does show some interesting facts. From 1998-2004 in our previous plots the average increase over treatment versus not treating was a benefit of 7.5 bushels. Some years the difference was not in favor of using fungicide. Again, for fields with higher disease pressure, higher yield potential and higher selling price the economics are more attractive to a fungicide treatment for wheat. Wheat varieties that are susceptible to leaf and stripe rust are Jagger, Jagalene, Danby, Overly, 2137 and Tam 112. Varieties that are susceptible to stripe rust and moderately susceptible to leaf rust are Bullet, Hatcher, Fuller, Post Rock, Santa Fe, Smoky Hill, Hitch and Art. More information can be received at the Twin Creeks website, twincreeks.ksu.edu. The following publications can be found on the Crops and Livestock page: "Identifying Rust Diseases of Wheat and Barley", Evaluating the Need for Wheat Foliar Fungicides, and "Foliar Fungicide Efficacy Ratings for Wheat Disease Management 2012."

Cedar Apple Rust...

This time of year the very prevalent fungus disease will begin to show in the juniper related trees. With warmer temperatures and some higher humidity or rain, we will see the orange jelly like galls form on the juniper trees. These rarely cause severe damage but can become very thick on a tree and interrupt needle growth. The fungus is now passing from the Juniper trees to species of crab apple or apple trees. When it then harbors in these tree species it can cause some loss in the foliage and fruit if it is extremely heavy on trees.

The main concern is for the control of the disease on the ap-

ple trees. The current treatment is to remove the orange galls from the juniper trees if it is not too overwhelming of a job. The galls die when removed. The other best treatment is to treat the foliage of the apple or crab apple with a fungicide that has cedar-apple rust specifically on its label. Some ingredients are ferbam, maneb or mancozeb, chlorothalonil, and triforine are among a few that you may find. Follow the label guidelines but usually applications are needed about every 10 days from late April to early June on the apple tree foliage.

It does not really make any difference about planting distance between juniper types and apples. The fungus can travel by wind for 1/2 mile or more.

Fertilize Peonies

Peonies do all their major growth in the spring before and at bloom. Their prime time for extra fertility need is early spring. Applying a low grade (10 to 20 percent nitrogen) fertilizer at a rate of two to three tablespoons now and in the fall after dormancy will really do wonders! Never apply fertilizer to crown but place fertilizer around the soil about 8-18 h from the crown and scratch it in.

For more information, contact K-State Research & Extension, Twin Creeks District - Norton County Office at 785-877-5755 or Decatur County Office at 785-475-5755.

Call Mike with all your social news.
877-3361

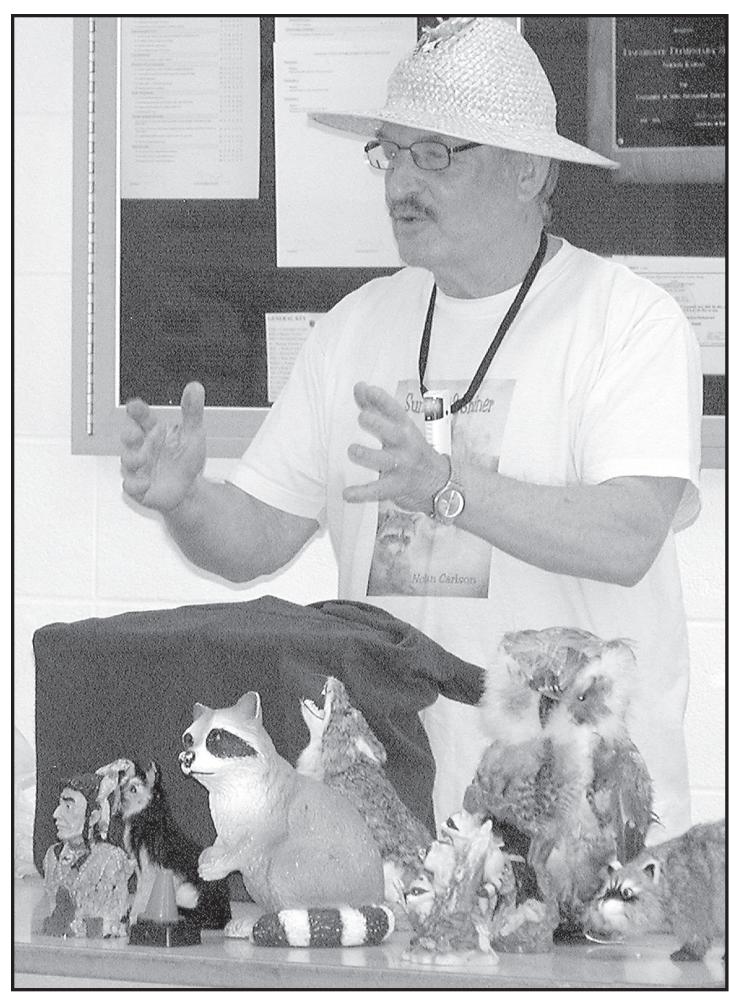
Medical Fund Raiser in Lenora for Mike Korte's Cancer Surgery and Treatments
A Potato Bar with Dessert will be Served
Monday, April 30
FROM 11:30 TO 1:00 OR 4:30 TO 7:30
IN THE LENORA COMMUNITY ROOM

FREE WILL OFFERING - The donations will be matched by Thrivent, a Lutheran Financial Corporation. If you wish to donate, a M. Korte medical account is open at First Security Bank. Lenora F.C.E. and others are the sponsor

Sharing the gift of knowledge

Kansas native and author Dr. Nolan Carlson visited Eisenhower Elementary students on Thursday to talk about his experience growing up in Kansas and using fiction writing to share his experiences. He has written 27 novels with his most recent as the Summer and Shiner series. Dr. Carlson told the students about growing up in Kansas and parts of his books that are based on his own experiences.

-Telegram photo by Carleen Bell



Concerns over wheat rust arise

The wheat crop in Kansas is generally considered to be ahead of schedule thanks to warmer than normal temperatures in March. The return of cooler weather in early April slowed the crop's development and has also favored the development of diseases, with many reports of stripe rust, leaf rust, Septoria tritici blotch and tan spot from central and eastern Kansas.

The elevated disease activity has many farmers thinking about possibly using a fungicide to help protect the crop.

"Producers have a lot of excellent fungicide options," said Kansas State University plant pathologist, Erick De Wolf. "In my experience, based on all the data I have seen in research trials in Kansas and other states, the importance of correctly identifying situations where fungicides are needed or not needed is far greater than the choice of fungicide product."

Most reports indicate that low levels of rust diseases can be found on the top three leaves but is probably most common on the second and third leaf down into the canopy, said De Wolf, who is a wheat disease specialist with K-State Research and Extension. Infection of the flag leaf by stripe rust has been reported in southeast and south central regions this past week. Recent reports indicate the disease is increasing rapidly in central and north central regions of the state. Tan spot and Septoria tritici blotch are at moderate levels in many fields, with infections commonly occurring on the lower leaves and mid canopy.

"The excellent yield potential of many fields and emerging risk of disease has many farmers thinking about fungicide applications," he said. "Based on the information I have to date, it appears that most areas of central Kansas are at a moderate risk for disease-related yield loss this year. I suggest that farmers scout their fields for disease and carefully evaluate the need for fungicides."

The residual life of a fungicide is influenced by many factors, including the rate at which the product is applied, the targeted disease and the level of disease pressure, De Wolf said. Fungicides applied at the full-labeled rate will generally have longer residual life. Fungicides will generally provide longer residual life against rust diseases (often more than 21 days) than leaf spot diseases. Some products may provide additional residual life but this extra residual does not always translate into more grain yield.

"The research I have reviewed indicates that fungicides listed in the publication Foliar Fungicide Efficacy Ratings for Wheat Disease Management 2012, EP130, will generally provide 21 days of solid protection against fungal diseases," he said. "This includes products with the active ingredient tebuconazole that is listed in the table as the product Folicur, but is also marketed in generic formulations. These products are generally the least cost product option." The publication is online at: www.ksre.ksu.edu/library/plant2/ep130.pdf.

Based on questions he's re-

ceived so far in April, De Wolf believes there is confusion about the preventative and curative activity of various fungicides.

"All of the fungicides listed in the Foliar Fungicide Efficacy Ratings for Wheat Disease Management publication are best applied when the disease is at low levels," the plant pathologist said. "The triazole fungicides are generally considered to provide some limited curative activity, which means they can stop the development of fungi already inside the plant. The triazole-only fungicides include products such as Prostar, Carmaba, Tilt and Folicur. Triazole fungicides are also included in mixed mode-of-action products such as Quilt Xcel, Stratego YLD, and TwinLine. Both the triazole and the mixed mode-of-action fungicides provide excellent protection against new infections that is often considered 'preventive' activity."

It would be an error to think that a triazole fungicide does not provide preventive activity simply because it also has curative activity, De Wolf added. The curative activity is a good thing, especially with a disease such as stripe rust where the fungus grows within the plant to cause additional expansion of the stripes.



Maxine Wiltfong
will celebrate
her 80th
Birthday on
Mon., April 30
Her children request a
card shower for her at
**305 Ward Avenue,
Norton, KS 67654**

Accident Report

On April 1, a white 2008 Dodge Caliber SXT, driven by Gayle Lynn Alexander of Alma, was traveling west bound on Highway 383 when a deer came out of the north ditch onto the roadway. Alexander was unable to avoid striking the deer causing over \$1,000 damage to the vehicle. No injuries were reported. The accident was investigated by Norton County Sheriff Officer Scott Bohl.

On April 9, a white 2002 Dodge Ram 1500, driven by Derek Michael Pfannenstiel of Norton, was turning into New Age (private drive) when Pfannenstiel said he dropped his coffee. As he was reaching for his coffee Pfannenstiel turned too

sharply and ran off into the ditch, hitting the culvert and causing damage to the vehicle and hit his head on the windshield, causing injury to himself. Pfannenstiel was taken to the Norton County Clinic for treatment of his injuries. Norton County Sheriff Officer Larry Land investigated the accident.

April 20-
April 25

Showing at the
NORTON THEATRE
The Lorax
(PG) 1 Hour, 34 Minutes - Presented in Digital Sound
Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

This Means War
1 Hour, 40 Minutes
(PG)

Let's Go to the Movie

Since both movies are non-premieres, all passes accepted

The Lorax is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
This Means War is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

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