

Business and craft expo



The home based business and craft expo was held on Saturday at the Norton National Guard Armory. Pictured, Kristine Knapp of Norton purchases Pampered Chef products from Darlene Johnson of Phillipsburg. Knapp was one of the many people who shopped the numerous exhibitions at the expo.

—Telegram photo by Mike Stephens

Homemade 'n hand-me-downs

Pieces of life's puzzle
Liza Deines



the asymmetrical hemlines of today's styles were not in vogue then.

There were no thrift shops in my childhood days; clothing was passed around and worn until it went to the rag bag. Before that, all zippers, buttons, trims and belt buckles were tucked away in Mama's sewing basket. The church rummage sale got whatever was too good to dismantle and discard.

Today's resale shops are established businesses with clever names, enabling one to wear higher quality fashions than your budget might allow. One-time wear fashions, prom dresses or holiday sparklies are available marked down dramatically. Thrift stores not only offer bargains but provide a place to take your own closet clutter and many benefit charitable causes. Multitasking at its best. Everything old can actually be new again - at least to you.

Redesigned homemade fashions and hand-me-downs are a wise way of making pennies stretch. Some of the best-dressed ladies I know prowl the thrift shop circuit regularly. No longer does the bargain shopper feel like "Second Hand Rose wearing second-hand clothes"; rather she's a well-dressed woman, making her money work for her. Besides, nothing compares to the psychological lift of getting a real steal!

Liza Deines
1098 NE Independence Ave. #230
Lee's Summit, MO 64086
childofthe40s@gmail.com
816-554-0398

An annual occurrence at The Carlyle Retirement Home where I live is a clothing swap day in the autumn. We all clean our closets and contribute anything we no longer want or need. For three or four days residents may take any of these items from tables in the activity room. Whatever is left is bundled up and taken to one of the local thrift shops.

It is fascinating to hear the comments about this event. A few disdain it completely, turning up their noses at the entire idea. Most, like me, grew up wearing hand-me-downs and homemade creations so we always go look to see if something "good" might turn up. Last year there was a Pendleton wool jacket in the giveaway. Tags still on it, had never been worn. Far be it from a girl raised by a thrifty mother to pass up such a bargain.

My mother was a genius at recutting and remodeling clothing, making something out of nothing, and finding bargains. It never occurred to me that there were people who felt they were too good to wear clothing that had been previously owned. If it hadn't been for my sister, Ann, my cousins Margaret and Marilyn and Mom's talent for redesigning, I might not have had any clothes at all for high school.

Mom could let it out, take it up, dart, tuck, add a ruffle, flip a hem up, down or sideways without a moment's hesitation and come up with a garment anyone would be proud to wear. If you went to school in the 1930-40 era you must recall dresses made from chicken feed sacks. When the new shipment of printed

Purina came in, every lady in town dashed down to the elevator to get first choice. One sack would make a simple princess dress, two would make a dress with puffed sleeves, sash and pockets, leaving just enough to make Mom an apron. Trimmed with ric rac, bright buttons, or a reused bit of eyelet lace, my school dresses were the cutest ones in town, or so I believed.

My sister claims her grade school undies were made of bleached flour sacks with "Semolina Flour" still faintly visible across the seat. Mom never used commercial patterns. She could hold newspapers up against the body in question and fit our shape. Joan still remembers the gentle touch of Grandma's hands as she patted, marked and trimmed to create a pattern.

It was odd, however, that while Mom worked with great confidence on feed sacks and redesigning hand-me-downs, she would mess up every time she had brand new fabric for a project. Perhaps it was a peculiar form of "stage fright" that caused her to invariably choose the wrong style or pattern for new material. I remember a corduroy skirt cut against the grain of the fabric with disastrous results and a shantung dress unwisely made with gores that sagged and stretched until the day it wore out. Too bad

Getting the benefits of a good breakfast

Most have been told that it is important to eat breakfast because it is the first time that the body has taken in food for 12 or more hours.

Eating every four or five hours is the norm, so after twelve or more hours, energy levels and stomachs have been depleted. In order to maintain blood sugar at a more constant level, it becomes more and more important to eat breakfast. Breakfast should be about the same size as the other two and provide about one third of your daily calories. Many Americans do not eat breakfast at all. One of the most commonly given reasons for not eating breakfast is lack of time.

Are you rushed in the morning? Packing a breakfast-to-go can be an easy meal solution that usually is less expensive and more nutritious (and many times faster) than foods purchased from a vending machine or a restaurant. Consider packing it in the evening, then putting it into the refrigerator, so it's cold and ready to grab!

Homeed
Tranda Watts,
Extension
specialist



For a very quick meal in the morning for each member of your family, choose a FRUIT (such as a fresh pear or banana, raisins or other dried fruit, or 100 percent juice); a DAIRY food (such as a cup of yogurt, a glass of milk or a cheese stick); a PROTEIN food (such as a peeled hard-boiled egg, nuts, or peanut butter on a spoon), and a WHOLE GRAIN food (such as a whole wheat mini bagel, bread, or ready-to-eat cereal). If desired, add a VEGETABLE (such as low-salt tomato juice, cherry tomatoes, carrots or celery sticks).

Health experts recommend reducing the amount of sweetened

beverages that you and your family drink. Drink water, fat-free or low-fat (1 percent) milk, low-sodium vegetable juices, and 100 percent fruit juices more often, instead.

Enjoy the benefits of eating a healthful breakfast every day!

If you have further questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda W. Watts - Multi-County Extension Specialist, Food, Nutrition, Health and Safety at twatts@ksu.edu.

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L to R: Cheri, RN; Theresa, RN; Misti, RN, Director of Nursing; Lisa, RN; Penny, RN



Dr. Maria DeVilla



Dr. Ahmed Awais

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Chemotherapy treatments from people who care is one more way we make sure advanced care is always available for you and your loved ones.

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OBITUARIES

Patty A. Jensen

Oct. 21, 2012

Patty A. Jensen passed away on Sunday, Oct. 21, 2012 in Wichita at the age of 54.

She is preceded in death by her parents, John Jimenez and Phyllis Annon.

Patty is survived by her husband of 38 years, Ron; children, Matt Jensen, Amy (Brent) Engelbert and Melissa (Nic) Means, all of Wichita; siblings,

Mike Jimenez of Sacramento, Calif., John Paul Jimenez of Visalia, Calif., Rita Meryhew of Grand Junction, Colo., and Tina Alire of Kalispell, Mont.; grandchildren, Dalton, Emily, Carter, Madelyn and Laetyn.

A celebration of Patty's life will be held at 10 a.m. on Wednesday, Oct. 24 at Baker Funeral Home, Wichita, KS.

PUBLIC RECORD

District Court
These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

Oct. 11
Sept. 29-Andres Juarez Giron, McClave, Colo.; Charge: Speeding 87 in 65; Found: Guilty; Fines: \$221.

Sept. 30-Leann Michelle Henderson, Norton; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.

Sept. 10-Scott Michael Hobgood, Norcatgur; Charge: Speeding 86 in 65; Found: Guilty; Fine: \$212

Sept. 16-Brad Anthony Strathman, Colorado Springs, Colo.; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$149.

Aug. 30-Justin M. Wilhite, Hill City; Charge: Failure to

wear seatbelt; Found: Guilty; Fine: \$10.

Your Vote Would be Appreciated on Nov. 6

Carolyn Applegate

REPUBLICAN

write-in candidate for
Norton County Commissioner
2nd District

EXPERIENCE COUNTS

Paid for by Carolyn Applegate for County Commissioner, Russ Erbert, Treasurer

Adult Coed Volleyball

Play Begins Sunday, November 11

Teams are forming now.

FEE:
\$70.00
Per Team

Entries are Due
October 26th

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OSTMEYER

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- ★ Strong Reverence for Traditional Family Values, including the Basic Right to Life
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- ★ The Vision to Streamline Government and Reduce Tax Burden on Our Citizens
- ★ Making Kansas More Business Friendly to create more jobs
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Vote November 6 - General Election

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