

# Cookbook has quilting illustrations and more

A delightful part of the cookbook "Jenny's Country Kitchen Recipes for Making Homemade a Little Easier" by Jennifer Wood is the quilt watercolors.

Wood includes some of her baking mixes. There are tips for make ahead and freeze dishes and desserts.

#### Cheese Grits and Sausage Casserole

1 pound pork sausage  
3 cups water  
1/2 teaspoon salt  
1 cup quick cooking grits  
1 1/2 cups shredded cheddar cheese, divided  
1/4 cup butter  
4 eggs, lightly beaten  
1/2 cup milk  
Preheat oven to 350 degrees. Grease and set aside a three quart baking dish.  
Brown sausage in a skillet until all the pink is gone and is crumbly. Drain off fat.  
Bring water and salt to boil in a medium saucepan. Stir in the grits gradually. Cover,



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• postscript

reduce heat and cook for 5 minutes. Stir occasionally. Remove from the heat. Add 1 cup of cheese and butter to the grits and stir to blend.

Stir in eggs, milk and cooked sausage. Spread into the prepared baking dish. Sprinkle with the remaining cheese.

Bake for 1 hour uncovered until golden brown. Remove from the oven. Let stand for 15 minutes before serving.

#### Jenny's Famous Beef'n Noodles

2 1/2 to 3 pounds boneless chuck roast  
6 cups water  
4 beef bouillon cubes

1 teaspoon seasoning salt  
salt and pepper  
celery salt  
2 to 3 cups water  
1 (16 ounce) bag frozen egg noodles.  
For more noodles use 2 (12 ounce) bags.

Rinse meat under cool running water. Place meat in a slow cooker and cover with water and add bouillon cubes, seasoning salt, salt, pepper and a dash or two of celery salt.

Cook meat for 6 to 8 hours on low setting or cook for 1 hour on high and then turn to low to finish cooking.

Remove roast to a platter. Shred the meat and discard the fat. Into a large saucepan pour broth and add 2 to 3 cups of water. Bring broth to boiling.

Add noodles and cook until tender. Transfer the shredded beef, cooked noodles and broth back to the slow cooker. Season to taste and heat thoroughly.

#### Freezer-Stocking Lasagna

2 (12 ounce) boxes bowtie pasta  
vegetable or olive oil  
2 pounds lean ground beef  
salt and pepper to taste  
2 (24 ounce) jars spaghetti sauce  
1 (15 ounce can chopped Italian tomatoes or 1 additional (15 ounce) jar of spaghetti sauce  
2 (24 ounce) cartoons small curd cottage cheese  
2/3 cup grated Parmesan cheese  
8 cups shredded mozzarella cheese (2 pounds), divided  
4 eggs, beaten  
1/4 cup dried parsley flakes

Cook pasta according to the package directions. Do not overcook. Drain, rinse and drain again. Place pasta in a very large bowl and drizzle with a small amount of oil to prevent it from sticking it together. Stir and set aside.

Brown ground beef in a skillet until

cooked. Drain off fat and season with salt and pepper to taste. Mix in spaghetti sauce and tomatoes. Cover and set aside. Add cottage cheese, Parmesan cheese, 5 cups of mozzarella cheese, eggs and parsley flakes and mix well.

Grease two 9 x 13 baking pans (They will be very full.) or four 8 inch square pans. Evenly divide pasta between baking pans. Also divide ground beef mixture between the baking pans and spread to the edges. Tightly wrap casseroles to store in the refrigerator for up to 2 days or in the freezer up to three months.

Divide remaining mozzarella cheese into small storage bags according to the number of baking pans. Label appropriately.

To bake: Thaw in the refrigerator if frozen. Heat oven to 350 degrees. Bake covered for 45 minutes. Uncover and sprinkle on one bag of cheese. Bake for 15 minutes or more or until heated through. Remove from the oven and let set 10 minutes before serving.

## Landowners can reduce high deer populations by four methods

Landowners concerned about high deer populations on their property can do something about their problem, says the Kansas Department of Wildlife and Parks.

Kansas is blessed with one of the nation's finest deer herds, and thou-

sands of hunters enjoy deer hunting in the state each year. The U.S. Fish and Wildlife Service estimates that big game hunters spend nearly \$65 million a year on equipment and trip-related purchases in Kansas, while all hunters spend more than

\$245 million a year.

Deer are popular for wildlife watchers, who contribute more than \$125 million to the Kansas economy each year.

However, deer populations are too high in some areas of the state. Hunting is the most effective tool to reduce deer populations, especially the harvest of female white-tailed deer. Deer are polygamous, meaning that a buck can breed many

does. Taking a buck does nothing to reduce the reproductive cycle because another buck will take its place in the breeding season. Taking a doe removes not only that animal, but its offspring — commonly two fawns per year — and the reproductive potential of the offspring.

To control deer, hunters need access to private land. If a landowner does not allow hunting, even if the areas around their property do, a

refuge is created. Deer quickly learn where these safe havens are. They will continue to multiply, regardless of the number of permits issued.

To help control deer numbers, landowners can:

- Allow hunting on their property.
- Harvest antlerless deer themselves.
- Participate in the department's hunter referral program. There are plenty of hunters ready and willing

to harvest antlerless deer on private property.

• Apply for a big game control permit. These free permits allow the landowner to harvest a prescribed number of deer on their property outside of the normal season dates.

For information on these programs, call (888) 497-8661 toll free. This line is for deer population control information only. For other inquiries, call (620) 672-5911.

### 4-H news

The regular monthly meeting of the Sunflower 4-H Club was held Monday, Feb. 16, at the United Methodist Church.

The meeting was called to order by President Samantha Raymer. She led the group in the flag salute and the 4-H pledge. Roll call of "Do you like to snow ski?" was answered by 16 members, nine parents, two leaders and no guests.

Samantha led the group in "Row, Row, Row Your Boat."

During the business meeting, it was announced that the Favorite Foods Show will be Friday, March 12. The 4-H Days and Talent Show will also be the 12th.

Project talks and demonstrations will begin at 4 p.m., the talent show at 6 and life skills judging from

4:30-5:30. Members were urged to participate and to sign up at the meeting or before March 2. Anyone wanting to be in the club skit was asked to sign up.

Jason Krayca introduced the program with Nicole Hendrich giving a sewing project talk on making a "pillow in a quilt." John Hendrich gave safe gun handling tips.

Ryan Irvin gave a project talk on his Legos project, and Jason Krayca gave a demonstration on constructing pajama pants.

Dusti Chadwick led the group in a game of pop the balloon. Refreshments were served by the Krayca and Irvin families.

The next meeting will be 5:30 p.m. Monday, March 15, at the 4-H building. It will be the model meeting.

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