

Jennings News

By Louise Cressler

Lawrence and Lila Jennings attended a family dinner on Oct. 15, hosted by Steve and Joyce Carlton at the Frontier in Oberlin to honor Steve's parents, Clair and Betty Carlton of Keno, Ore., on their 58th anniversary.

Those present were Bruce Carlton, Bakersfield, Calif.; Nadean Stoney, Jerry and Waunita Stoney, James Jennings, Brett Jennings, Scott Carlton and Nelda Vaughn, Oberlin; Jane Jaraske, Cozad, Neb.; Brian and Westley Jennings, Solomon; and Brent and Brendan

Jennings, Junction City.

Karen Stueve, Amanda, Katie and Zach, and Amanda's friend, Kyra, of Gardner came Wednesday to visit her parents, Bud and Helen Rhodes. Others callers were Jeff and Sheila Rhodes; Jerry and Lisa Rhodes, Norcatur; Corey Grace, Noah and Ava, Wamego; Megan Rhodes, Hays.

Wayne and Louise Cressler went to Hebron, Neb., on Wednesday to visit Don and Hazel Gaston. Sharon Gaston, Ames, Iowa, daughter of Wayne and Louise, was helping out

ather in-law's. Hazel had colon cancer surgery, but is doing well.

United Methodist Women will meet at 2 p.m. on Nov. 2. The lesson topic is "The Prayer Jesus Taught Us" led by Lila Jennings.

Lila and Lawrence Jennings had dinner on Oct. 16, in Erie, Colo., at the new home of Dan and Alissa Zubko, Victoria and Mitchell. Other guests were Marcia Case, Marlene Hounshell, Jeremy and Maranda Hounshell, and Andrew and Samantha Hounshell. The group helped Andrew celebrate his birthday.

A check of the flower head will indicate maturity. Florets in the center of the flower disk should be shriveled, heads should be turned down, and the backside of the flower should be a lemon yellow color.

Check the seeds to see if they are properly filled by pulling off a few and splitting them with a knife. Poorly-filled seeds may be due to a lack of pollinating insects.

Seed heads can be allowed to ripen on the plant, but will need protection from bird. To prevent loss, cover the heads with a paper sack, cheesecloth or nylon netting once yellow petals start turning brown. Secure the sack with a rubber band or twist-tie.

Heads can also be cut and placed in a paper sack once a few seeds start turning the traditional black with white stripes. The flavor will not be as good as those ripened on the plant, but you'll have less loss.

To harvest, cut the seed head with about a foot of stem attached and hang in a warm, dry, well-ventilated, rodent- and insect-free area.



Home Time

By Tranda Watts

Multi-county Extension Agent

A paper bag with holes or cheese-cloth can be placed over the heads to catch falling seeds as they drop during drying.

Once the seeds are dry, they can be rubbed easily from the heads. Humidity levels must be kept low to prevent spoilage.

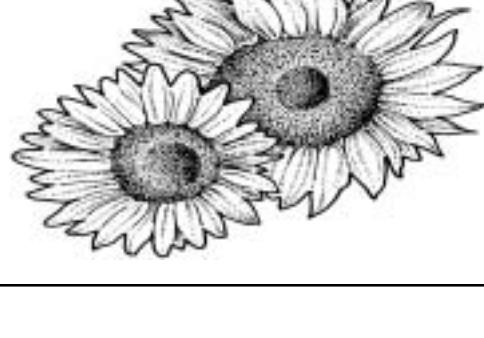
Roasting the Seeds

Raw, mature seeds may easily be prepared at home by covering unshelled seeds with salted water (1/4 cup salt to 2 quarts of water). Bring to a boil and simmer two hours, or soak in the salt solution overnight. Drain and dry on absorbent paper.

Put sunflower seeds in a shallow

pan in a 300-degree Fahrenheit oven for 30 to 40 minutes or until golden brown, stirring occasionally. Remove from the oven and add 1 teaspoon of melted butter or margarine, or cooking oil, per cup of seeds. Stir to coat. Put on absorbent toweling. Salt to taste.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.



Selden News

By Jacque Boultonghouse

The Selden Community Building has taken on a new look. Eighteen showed up to help with putting tin on the roof, forming up and pouring the curb and gutter, wrapping the building and getting the bottom part of the tin on. Wow! What a busy day.

Volunteers reporting for duty included Nick Koerperich, Francis Porsch, Bob Hazlitt, Bob Pope, Chris Bainter, Leroy Spesser, Steve Shaw, Rick Shaw, J.R. Albers, Darrel Dipman, Steve Rogers, Robert Ritter, Jeremy

Schiltz, Nate Schaben, Darrel Bruggeman, Dave Brantley and Jacque Boultonghouse. Betty James

and Lola Cook served meat loaf with baked potatoes and corn for lunch.

Herndon News

By Carroll Ginther

Ann Martin attended the wedding of her grandson, Grant Jones, in Wichita on Oct. 15. Others who attended from here were Lucy and Butch Evans, McCook; and Hank

and Tyler Martin, Herndon.

Mildred Kleidosty spent last week with her son, Tony, and family in Riverdale, Neb.

TRICK OR TRUNK ON PENN AVENUE

Bring all the little SPOOKS down for the fun, Monday, Oct. 31st - 4 p.m.

Gather for the SPOOK PARADE at 4 p.m.
at the Good Samaritan Center

Merchants and General public are encouraged to dress up on this day.

**GHOUls &
GOBLINS**
parade south to the
fire truck, then
trick and trunk
their way back north.

BEST COSTUME
contest with judging
to begin at 2 p.m.

Prizes are:
\$50 - \$30 - \$20
(in scrip money)



HAPPY HALLOWEEN

STOP BY AND SEE US IN OUR COSTUMES!

Fredrickson Insurance Agency
183 S. Penn – Oberlin – 785-475-3883

It's a "Spooktacular"
Fashion Show by The Dresser
Sunday, October 30th
2 p.m.
at The Gateway, Oberlin

gifts-entertainment-treats
Monetary donations accepted for
the Decatur County Food Pantry

STORE OPEN FOLLOWING THE SHOW

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