

Key's Kitchen

By Kay Fisher

This week back to the baking of bread. I had no idea so many people were interested in making a loaf of bread—Salt Rising or just plain bread. Anyway, since giving Salt Rising a try, I have made some from a recipe that has been in the Fisher family for a generation or two. Aunt Lurie Fisher's Salt Rising bread recipe. Reading this it seemed an impossible task and I shall not give it to you that way, but as I made it myself. The ingredients are the same but the instructions are simplified. Just one word—if you are in a hurry, forget it!

AUNT LURIE'S SALT RISING BREAD

About noon peel and slice thin, one medium size potato into wide mouth quart jar. Add 1 tablespoon cornmeal, 1/2 teaspoon sugar, 1/4 teaspoon salt. Pour over this, 1 cup of boiling water, stir and cover with a cloth and rest overnight. This must be kept warm until the next morning when it should have worked into a good "sponge" (bubbling up from the bottom). I kept the "sponge" warm by turning the oven on warm and putting the pan of water and contents over the vent burner.

The next morning add 2 cups of milk and cool to lukewarm. Empty sponge into another warm cup. Throw away potato, it's the liquid you want. Then add the warm milk. Add enough flour about 2 1/2 cups, to make a soft batter and beat. Use an electric mixer! Place bowl in warm place and let rise to double in size. Then add 1 heaping tablespoon of melted shortening, 1 teaspoon salt and 1/2 teaspoon sugar and enough flour to handle, about 4 to 5 cups. Knead until elastic. Divide into two loaves and place in 5 1/2 x 9 inch loaf pans. Put in warm place to rise to double in size. Bake at 315 degrees for 15 minutes then at 350 degrees for 45 minutes.

Turn out on cake rack. Butter top lightly. If you can't wait for the bread to be cool before trying it, cut with serrated knife and serve warm with plenty of butter.

If I had received this recipe first, I would have used this one. Anyway by the time you read this I will have made this Salt Rising bread.

SALT RISING BREAD
1. YEAST—(Unproof) step
In a pint jar slice one medium size potato (washed) Add 3 tea-

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spoons cornmeal (fresh—preferably home grown or water ground meal.
1/2 teaspoon sugar
FOUR cups boiling water to 1/2 cup of yeast and shake.
KEEP in warm place for approximately 12 hours. A white foam comes to top—the yeast is ready.

2. RISING—Second step
In a 1 1/2 quart pan (with lid) pour liquid yeast (all except potato) into. Add 2 large pinches soda (about 1/2 teaspoon).
Add All Purpose Flour to make a paste (not too thick a paste).
Mix well.
Cover and place in a warm place. (I prefer a warmed-over—be careful and not too hot.)
This will double in size in about 1 hour to 1 hour and 15 minutes.

3. INTO MIXING BOWL, put:
1 cup All Purpose Flour
1 tablespoon sugar
2 large tablespoons of shortening (each about size of an egg).
Mix well.
4. ADD RISING (Step No. 2) and mix well.

5. ADD 1/2 cup milk and 1 cup water which has been mixed and cooled to lukewarm. Do not touch but about of boiling).
6. Have prepared 3 well-waxed loaf pans and 3 pieces of foil to cover.
7. Knead mixture well, at least 7 to 10 minutes until in velvety condition.
8. Divide into 3 equal parts and grease in loaf pans.
9. smear a little shortening on the dough in each pan and also on the foil.

10. Cover with the foil and place in warm oven (not hot—don't leave heat on).
11. In about 1 hour to 1 1/4 hours, the dough doubles in size.
12. Remove from oven.
13. Heat oven to 300 degrees, insert loaves.
14. Bake for 30 minutes. (I then uncover pans and turn broiler on to make tops of loaves brown).
15. Remove from oven and pan. Cover with towels and sprinkle with water. (Place on towel and cover with second towel).
LET COOL—SLICE—OH, BOY!
Fred G. Francis
Prestonsburg, KY.

CHOCOLATE - CARAMEL
FICAN DROPS
Combine and melt over boiling water 3/4 pound vanilla caramels,

Traffic Safety
Listed below are the names of individuals who have lost their drivers license for the week ending Oct. 30, 1970. (Not released by the Department of Public Safety, to the Traffic Safety Coordinating Committee, Italy Clay Craig, 33, Carlisle, Route 3, until Feb. 2, 1971; Carl Steele, 42, Carlisle, Route 3, until May 19, 1971.

Country Dance Movement Underway
An movement is underway to establish a country dance society for the Blue Grass Area. Such a society will seek to revive the forms of social dancing of past generations particularly in early America. Nationally traditions of countries would come within the scope of the society's program, particularly where they formed a part of the heritage in early American culture.
An invitation to participate is extended to individuals who would find this form of activity as a way for social enjoyment and fellowship. Individuals who would like to develop the skill to serve as leaders in their community have a special invitation to join in the folkloric forms of dancing in their physical education classes or as an activity in public society.
Information about the country society will be sent upon request by writing to Carl M. Clark, 905 Mason-Headley, Lexington, KY, 40504 or by calling 254-9531 (evening) or through the Lexington Recreation Department 254-4017.

Jackstown Church To Open
The Jackstown People's Church will open Sunday, Nov. 15, 1970. Rev. Thomas Withrow, pastor.

NC High School Student Council Elects Officers
Wednesday, Oct. 28 the Student Council at Nicholas County High School met for the first time of the 1970-71 year, with Rodney Hatton, president presiding. Members of the council are one representative from each home room and the president of each class. All officers except the president were elected by the vote of the council. Nominations were from the floor. The president was elected vice-president his junior year and automatically became president.
Officers elected were: Reese Simcox, vice president; Linda Don't leave beat on!
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Gain Detergent 10¢ off label giant 59 ⁹⁵	Stokey Peaches sliced, halves 2 ³ /\$1	DEL MONTE #2 Pineapple sliced, chunks crushed 29 ⁹⁵	Ajax Cleanser 14 oz. 2/29 ⁹⁵ 2¢ off label
Stokey Stockings single 59¢ 2/\$1	Anti Freeze \$1 ⁵⁹	PEAK 1 gal. Anti Freeze \$1 ⁵⁹	Palmolive Liquid King 15¢ off label, 69 ⁹⁵
Zesta Crackers 37 ⁹⁵	Stokey #303 Pears 3/\$1	EXQUISITE SEAMLESS Dinner Rolls 33 ⁹⁵	Cool Whip dessert topping 59 ⁹⁵ large
Stokey #303 Corn golden NK or cream 5/\$1	WHIPPED MIRACLE Margarine 2 lbs. 79 ⁹⁵	NEW GREEN head Cabbage 19 ⁹⁵	Cookies KEEBLER 3/\$1 old fashioned sugar 14 oz. Fig Bars 14 oz. Eaton Fudge Sticks 7¢ oz.
STAR KIST Tuna 43 ⁹⁵	PILLSBURY CRESCENT Dinner Rolls 33 ⁹⁵	Bananas lb. 10 ⁹⁵ cello pkg.	
		Carrots lb. 10 ⁹⁵	

Foodtown to Open on Market Street Nov. 18



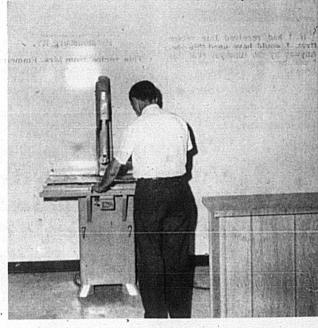
New store has nine-thousand square feet of floor space. Parking for 80 vehicles.

New Grocery Here Is First Since 1956; Bobby Crockett To Manage



Manual Muntz, refrigeration specialist talks with Bobby Crockett, store manager. Behind them is the Dairy case.

Like the legendary phenix, a new grocery store has arisen from the ashes of what once was the Carlisle Stockyards on Market Street. The Foodtown store is the first new grocery building in Carlisle since 1956.



Meat Cutter, Charles Faye, examines a new meat saw. Faye is Mr. Crockett's brother-in-law.



Near ceiling in the upper left is Paul Stone, Kentucky Utilities employee, who with the help of Samuel E. Wilson did the electrical wiring in the store.



Looking forward on the Broadway side of the store, at left the produce counter.

C & G

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