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Fischer Muscle Maker 'All Beef' Franks 1-lb. Pkg. 85¢ | Fischer Vac-Pac Sliced Bologna 1-lb. Pkg. 79¢ | Fischer Quik Cut Hams lb. 95¢ | MachMore CANNED PICNICS 3-lb. Can $2.59

Chicken of the Sea *Chunk Lite* Tuna 6½-oz. Can 29¢

Hellman's Real Mayonnaise 32-oz. Jar 69¢

Fryer Breasts lb. 59¢

Legs & Thighs lb. 49¢

TableRite Cut-Up Fryers lb. 33¢

TableRite U.S.D.A. Grade 'A' Country Skillet Legs & Thighs lb. 49¢ WHOLE Fryers lb. 27¢

Mazola Corn Oil 48-oz. Bot. 98¢

At IGA We Really Care!

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With Coupon In This Ad — Gold Medal *Plain or Self-Rising* Flour 5-lb. Bag 39¢

4¢ Off Label Crisco *Pure Vegetable SHORTENING* 3-lb. Can 69¢

TableRite Cheese Spread 'Smooth 'N Melting' 2-lb. Pkg. 89¢

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TableRite Cream Cheese 8-oz. Pkg. 29¢

TableTreat Sugar Donuts 12-oz. Pkg. 39¢ | Layer Cake 10-oz. Pkg. 59¢

Ivory Soap 4-oz. Bar 22¢ | Lava Soap 4-oz. Bar 17¢

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IGA Golden Fried Onion Rings 16-oz. Pkg. 59¢ | IGA Shoe String Potatoes 20-oz. Pkg. 29¢ | Ore South Fruit Cobblers 2-lb. Pkg. 89¢ | Cool Whip Dessert Topping 8-oz. Pkg. 49¢

Maxwell House Instant Coffee 6-oz. Jar $1.15 | 10-oz. Jar $2.19

Tide Fabric Rinse 33-oz. Box 39¢

Cello Pascal Celery . . . Stalk 19¢

Willow Seedless Grapes . . . lb. 29¢

Red Button Radishes . . . 8-oz. Cello 10¢

Sweet Juicy Bartlett Pears . . . Can 10¢

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IGA twin pkg. Potato Chips 39¢

IGA Coatney's FOODLINER CARLISLE, KY.

Kay's Kitchen

By Kay Fisher

Since I have been asked to give a recipe for Lasagna, here are two. Each one different and delicious. Try first one and then the other, and see which you like best then stick with that one for your Lasagna meal. Basically Lasagna recipes are the same. It is more a matter of seasoning and cooking time.

LASAGNA

2 tablespoons olive oil
2 pounds ground beef
2 large onions, diced
2 tablespoons Italian seasoning. (This I have not been able to purchase locally so you can substitute by using 1 large bay leaf, 2 tablespoons oregano, 2 tablespoons parsley flakes.)
1 large can of tomato sauce
1 small can tomato paste
1 large (2 1/2 size) can tomatoes
Salt and pepper to taste

Brown the ground beef and onion together. Pour off all fat. Add olive oil and remaining ingredients. Simmer 3 or 4 hours, stirring occasionally.

Cook 10 Lasagna noodles according to package directions. Drain and place 5 noodles in bottom of large 7 x 13 inch greased casserole. Cover with half the sauce, 2 slices of mozzarella cheese, sprinkle generously with Parmesan cheese, then repeat in order given.

Cook 350 degrees for one hour. Serve hot.

All this may be prepared ahead of time, except for the last hour of cooking.

Joanie Conley

LASAGNA

Chop and brown in 1/4 cup of olive oil; 1 large onion, 1 garlic clove, 6 springs of fresh parsley or use 3 teaspoons of dried parsley flakes. Add 1 No. 2 1/2 can of tomatoes, 1 can tomato paste, 2 bay leaves, 1 teaspoon salt, 1/4 teaspoon red pepper, 1/2 cup water and 1/2 teaspoon sugar.

Break up one pound of ground round in small pieces, add to sauce and simmer over low heat for 1 hour.

Make a cheese sauce by melting 1/2 stick of butter, 1 finely chopped onion. Add 3 tablespoons flour, 3/4 cups Parmesan cheese. Gradually add 2 cups milk and cook until thick. Beat slightly 2 egg yolks, add small amount of cheese sauce to egg, then return all to sauce.

Cook 1 pound Lasagna noodles, drain, grease large casserole. Put in noodles, tomato sauce, cheese sauce. Repeat ending with cheese. Taste the sauce. You may want to sprinkle a bit more cheese on top.

Bake 20 minutes at 325 degrees, then brown under broiler. Serve hot.

Lillian Collins Tucker

GROUND BEEF WITH RICE

This is just an idea, you must work out the proportions to suit your family. It can be made easily for one serving or many. This is an easy one to experiment with different seasonings. I made it the first time to use up about 1/2 pound or less of hamburger and was delighted to find I had made a one-dish meal except for a green vegetable or green salad.

These are the proportions I used.

Cook 1/2 medium onion, chopped; 1/2 green pepper diced in about 2 tablespoons margarine until tender. I cooked mine slowly and covered to keep from browning too much. When tender, add ground beef broken into small pieces, and brown. Add 1 bullion cube, Worchestshire Sauce, Lawry's Salt and 1 teaspoon of marjoram. Be generous with seasoning because you are adding rice.

Drain off all liquid into cup and add enough water to make total of 1 1/3 cups of liquid. Return liquid to skillet and when boiling add equal amount of pre-cooked rice. Cover, bring to boil, remove from heat and let stand 5 minutes. Stir mixture to mix all ingredients and to fluff rice.

Before serving, taste. You can add more seasoning now and it's a good time to experiment. In dishes like this I often use more bouillon cubes and less salt. They not only add salt but beef flavor. If you add it at this stage, dissolve in as little boiling water as possible, unless you find the whole mixture a bit drier than you like.

When serving Lasagna or spaghetti remember you need only a tossed salad and French bread with garlic butter.

Should you feel the need of dessert, do keep it light. This is what I usually serve.

FRUIT CUP

I use canned fruits for salad then add a can of drained grapefruit sections, fresh orange sections and sliced bananas. Mix all fruits together in large bowl.

When ready to serve use slotted spoon to drain well and serve in parfait glasses or sherbert glasses. Fill glasses with fruit then pour chilled gingerale over fruit, filling glass about 3/4 full. If you don't care for gingerale, you may use 7-Up or any lemon-lime carbonated drink.

Nursing Home News

By Virginia Smith Donovan

There is something in your freiendship. Very sweet for rainy days--'Tis your thoughtfulness in finding What I like in little ways, And of doing one by one, Things that others leave undone.

The weekly worship service was conducted Sunday afternoon by Rev. Neil Thompson, pastor of the First Christian Church. Roy Blount led the singing of several hymns. Mrs. Junior Buntin was at the piano. Rev. Thompson read parts of the 32nd and 98th Psalms, but took his text from 1st Peter, 1st verse. He explained that faith is a source of joy and a continuing thing, something to base our lives on. He said that joy raises us above our suffering. There were prayers and a poem "Joy" was read. 17 were present.

Continued on page six

Scenes From Jaycee Boat Tour At Lake Carnico On Sunday, Sept. 6

Farm & Home

Continued from page 2

MANNERS

Experts who study the reasons behind automobile accidents estimate that nine out of 10 highway mishaps could be prevented if drivers would develop and practice safe, courteous driving habits.

--Never enter or leave a car from the street side if it means you must step into traffic. You or your car door could be struck by an oncoming vehicle, or a motorist who might swerve sharply to avoid hitting you could be involved in a collision.

--Always signal for turns with turn indicators or hand signals. Signal light eight to 10 seconds before you begin to turn.

--Bright headlights should be dimmed for oncoming traffic at night. If an approaching motorist does not dim his lights, don't brighten yours to pay him back!

--Don't "tailgate." This means: don't follow too closely.

--Courteous drivers remember their manners when stopping at an intersection.

--When leaving a parking space, look first and then signal before entering the street's traffic lanes.

--Rely on your brakes, not your horn! The horn is there for a warning signal.

--Respect and cooperate with the safety patrol boy and adult crossing guards near schools.

--Give the other driver a break. If another car is trying to pass you, slow down so that he can get around you safely and quickly. His misjudgement of speed and distance could involve you both in an accident.

--Be thoughtful of your passengers. Keep your start and stops smooth, and free from sudden jerks. Keep your eyes on the road.

--If you approach a one-way bridge and see another car closely approaching it from the other direction, allow the other driver to proceed by waiving him through. This courtesy applies on narrow roads and driveways.

All of us can help make our street and highways safer by heeding the expert's advice. Here are a few of their suggestions.

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* Daylets M
* Surbex C
* Surbex T
* Micebrin T
* Unicaps
* Zymacaps

CHILDREN

* Chocks
* Pals
* Flintstones
* Paladec
* Paladec with Minerals
* Tri-Vi-Sol
* Deca-Vi-Sol
* Poly-Vi-Sol
* Zestabs
* Zestabs with Iron

Hopkins Drug Co.

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Jr. Woman's Club Meets, Announces Committees

The Carlisle Junior Woman's Club held its first meeting last Thursday evening, Sept. 10, at the home of Mrs. Lyle Anderson in Liberty Heights with 21 members in attendance.

Mrs. Eddie G. Price resigned the presidency of the club due to the moving of her and her husband to Lexington.

Mrs. David Zachary installed Mrs. John Allison, vice president, as the new president of the club and Mrs. Robert McFarland as the newly appointed vice president. The remainder of the meeting was devoted to getting acquainted with the new members that were present. They were: Mrs. Bill Donovan, Mrs. Rodney Brookshire, Mrs. Jerry Hughes, Mrs. Jimmy Hall, Mrs. Bill Anderson, and Mrs. Joe Hayes.

Mrs. Mike Buckner was cohostess for the evening.

The department chairmen met at the home of Mrs. John Allison, Monday, September 14 to plan their programs and complete their committees. They are as follows:

Education--Mrs. R.S. Wills Jr., chairman; Mrs. Jerry Cameron, Mrs. Bobby Duncan.

Home Life--Mrs. Gayle Kelly, chairman; Mrs. Michael Buckner, Miss Diane Mann.

Public Affairs--Mrs. Marshall Stone, chairman; Mrs. Jimmy Shaw, Mrs. William Clark.

Fine Arts--Mrs. Ralph Taylor, chairman; Mrs. David Zachary, Mrs. Charles Judge.

International Affairs--Mrs. Charles Canupp, chairman; Mrs. Tom Metcalfe, Mrs. Robert Curtis.

Conservation--Miss Sarah Swango, chairman; Mrs. William Mathes.

Kindergarten--Mrs. Don Hughes and Mrs. David Zachary, co-chairmen.

Contest--Mrs. Tom Metcalfe.

Social--Mrs. Jerry Cameron, chairman; Mrs. Lyle Anderson.

Hospitality--Mrs. Charles Canupp, chairman; Mrs. R.S. Wills Jr.

Membership--Mrs. Gayle Kelly and Mrs. Ralph Taylor, co-chairmen.

Publicity--Mrs. Charles Judge, chairman; Mrs. Bobby Duncan.

Telephone--Mrs. William Clark, chairman; Mrs. Michael Buckner, Mrs. Lyle Anderson.

Finance--Mrs. Lyle Anderson.

Year Book--Mrs. David Zachary, chairman; Mrs. William Mathes, Mrs. Don Hughes.

Spiritual Values--Mrs. Jimmy Shaw.

Auditing--Miss Diane Mann, chairman; Mrs. Marshall Stone, Mrs. Gayle Kelly.

Recreation Park Project--Miss Diane Mann.

Two Attend UK Meet

Mrs. Virginia Donovan and Mrs. Allie Clinkenbeard recently attended a meeting at the University of Kentucky on the Commission of the Aging. These meetings are being held over the state of Kentucky and in other states.

On Sept. 24 and 25 at 1 p.m. at the Carlisle United Methodist Church, there will be a meeting each day. All interested persons from 55 and over are urged to attend. This meeting will mean much to the needs and consideration of the future senior citizens of Nicholas County.

Out-of-Town Guests Attend Wedding

Out-of-town guests attending the McCarty-Vice wedding on Sept. 4 were:

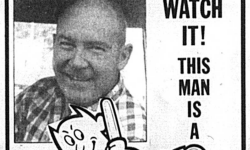
Miss Sallie Liscombe, Larry Clinkenbeard, Allen Waugh, Cincinnati, OH; Mr. and Mrs. Harry H. Vice Sr., Mrs. Winnie Vice and Miss Ellen Vice, Williamsburg, OH; Mr. and Mrs. George Hunt, Mrs. Raymond Bowling, Paris; Mr. and Mrs. R.H. Barnett, Bobbie and Julia, Lexington.

Miss Rosemary Barnett, Richmond; Mr. and Mrs. Charles McCarty, William Earl and Marvin and Mr. and Mrs. Douglas McCarty and son, Bourbon County; Rober Dunn, Morehead; Rev. and Mrs. George Mitchell, Mrs. and Mrs. Hamonds and Edna, Ewing; Mrs. Raymond Barnett and Diana, Nepton.

O.E.S. To Meet Mon., Sept. 21

Marie Chapter 259 OES will meet Monday, Sept. 21, at 8 p.m. for its regular meeting and election of officers.

This announcement from Worthy Matron Jean Rogers.



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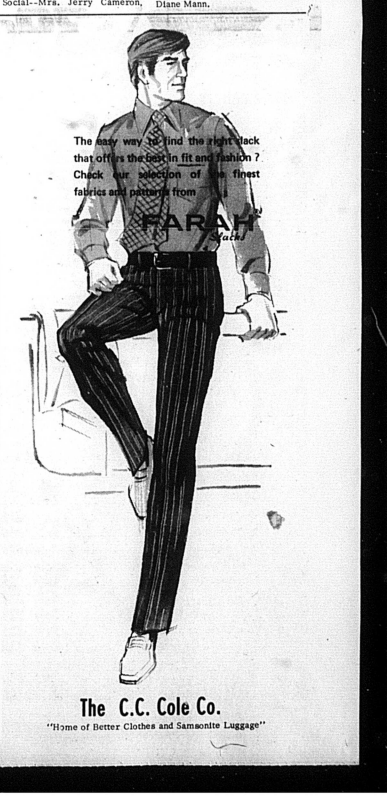

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