Kay's Kitchen

By Kay Fisher

The ever faithful pot roast is good any time, any season. I suggest either a boneless chuck or arm roast. You have cooked dozens of pot roasts, however I do want to make some suggestions that might bring a new zest to a time worn dish.

Place the roast on a rack in a roaster, cover and cook at 250 degrees for approximately three or four hours, depending on size of roast. It is the long slow cooking that will make these less expensive cuts of meat tender. While roast cooks, prepare vegetables, potatoes, carrots, onions. When meat has been cooking about one or two hours, you can add these vegetables and sprinkle with salt and pepper. Remember keep these vegetables well on the rack or on top of roast so they will not absorb the fat.

In separate saucepans cook canned or frozen whole green beans seasoned with salt and about 1 tablespoon of bacon drippings. Heat throughly a can (size depending on number to be served) of whole peeled tomatoes.

When meat and vegetables are done, remove from roaster to hot platter large enough so the vegetables can surround the roast, including beans and drained tomatoes. Remove all fat from drippings in roaster and make a medium paste by adding one or two bouillion cubes, freshly ground black pepper, dash of Worchestershire sauce and cornstarch. Spread evenly over roast.

FRUIT-SPICED ROAST

When you read this recipe don't just say Oh, No! Stop and think--don't you often serve relishes, chutney, a sweet-sour vegetable like Harvard Beets or a fruit salad with your roast? Then try this for something different. I'll give proportions for serving four to six.

Brown 3 1/2 to 4 pound roast in Dutch oven. Use small pieces of suet cut from roast for browning. When brown remove to platter. Pour off excess fat. Add about one cup of water, 1 1/2 teaspoons salt, about 2 tablespoons mixed pickling spice, and bring to a boil. Add 1/2 pound dried mixed fruit and the roast. Bring to boil and simmer very slowly about 2 1/2 hours or longer until the meat is tender. Watch closely and add more boiling water as necessary. By the time the roast is tender, and fruit done, there should be very little water. Remove meat and fruit. To serve, thicken juice slightly with cornstarch. Here is where the tasting comes in! You may want to add a bit of vinegar and sugar to make a pleasant sweet-sour sauce. Surround meat with fruit and serve sauce in gravy boat. It is good served with rice and a green vegetable of your choice.

TOMATO-BEEF CASSEROLE

This is a quick and easy casserole and a good way to use perhaps that one cup of left-over rice.

1/2 pound ground beef
1 medium onion, chopped
1 can tomato soup
1/2 soup can of water
1 cup canned peas
1 cup cooked rice
1/2 cup shredded, medium-sharp cheese

In skillet brown beef and onions, stirring to separate meat. Stir in soup, water, peas, and rice. Spoon into 1 1/2 quart casserole dish and cover with cheese. Bake at 350 to 375 degrees about 20 or 25 minutes.

If you are observing Lent, you may omit the meat and substitute mushrooms and saute with the onion. Of course fresh mushrooms are best but you can use whole or sliced, canned ones, drained.

FRUIT SALAD

1/2 cup mayonnaise
1/2 cup cream, whipped
1 tablespoon lemon juice
2 cups drained peach slices
1 cup marshmellows
1/2 cup halved marashino cherries
1/4 cup chopped nuts
1 banana, sliced

Combine mayonnaise, whipped cream and lemon juice, mix well. Fold in remaining ingredients. Chill. Make several hours before serving to marinate.

This was given to me by Margaret Metz of Owingsville and it is delicious. May be served as a dessert or salad. I have used it both ways, and each time worked out well. It was particularly good served as a salad with ham.

Have you forgotten to return any chairs that you borrowed?

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Hilberg Breaded Patties Veal and Pork 10/$1.00

Pepsi Cola Coca Cola 79c
8 Pk. 16 oz. With Bottle
Cold Power 19c
New Heavy Duty 20 oz.
Pacific Isle Canned Pineapple 3/$1.00
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Kerns Bread 3 Loaves $1.00
Pro Trim, Wheat, or French
Slim Jim Wieners 12 oz. 48c

Birds Eye Cool Whip 9 oz. 49c
Smucker's Strawberry Preserves 13 oz. 49c
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FOR SALE: 1 Wood's Cadet 60, 3 point hitch Bush Hog. Used about 2 years. Good shape. Jack Craycraft, Route 2, Carlisle. 4-1-2tchg.

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FOR SALE: 1 H. Farmall Tractor, late model. Real Good. Jack Craycraft, Route 2, Carlisle. 4-1-2tchg.

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FOR SALE: Allis Chalmers Model B Tractor with plow and cultivator. Jack Craycraft, Route 2, Carlisle. 4-1-2tchg.

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FOR SALE: Dodge D-300 truck, 1966 model, cab and chassis. See Bob Coatney. 4-1-1tchg.

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FOR SALE: Farm of 52 acres located close to Moorefield. Good home with 2 baths, furnace, good barns, silo, all good fence. Tob. base 1.57 acres. Located on blacktop road. A real one, if you want a good farm. See Fightmaster Real Estate Agency. 1-7-tfn.

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FOR SALE: Scratch pads, Rubber stamps made to order. Mercury Office. Locust Street, Phone 289-2464. 3-12-tfn.

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FOR SALE: Corning Ware pie plates, covered sauce pans, cake dishes, skillets, Bake'n Fry Set, percolators, 4 piece pan cradle, sauce pan set includes 1 qt., 1 1/2 qt., 1 3/4 qt. pans. See at Garrett's Furniture. 9-17-tfn.

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USED APPLIANCES: Refrigerators, gas ranges, electric ranges, Used living room suites. Garrett's Furniture Co. 1-28-tfn.

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FOR SALE: Hay and Timothy seed. Call 289-2190 or 289-5225. 2-11-tfn.

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FOR SALE: 1969 Dodge Dart--GTS 2-door hardtop, 340 V-8 automatic, power steering, extra sharp. Phone 289-5241. 3-18-3pd.

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FOR SALE: Live fishing bait. Contact Billy Mac Gaunce, 216 High Street, Carlisle, Ky. Phone 289-2341. 3-18-tfn.

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FOR SALE: 1968 Ford Bronco, low mileage, excellent condition. Call 289-5823. 3-25-3tchg.

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FOR SALE: 1964 Ford Pick-up. Call 289-2170. 3-25-tfn.

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FOR SALE: Peach trees, presidential series, creeping phlox, strawberry plants. Small's Greenhouses, phone 289-2256. 3-25-3tchg.

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FOR RENT: Three room furnished apartment on Broadway. Miranda Wilson, Phone 289-5226 and 289-5209. 4-1-1tchg.

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FOR RENT: Four room trailor on Broadway, Miranda Wilson, phone 289-5226 or 289-5209. 4-1-1tchg.

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FOR RENT: Upstairs front apartment. Wonderful view. All new and modernistic, all electric with automatic control. Furnished and wall to wall carpeting. Phone 289-2678 after 7 p.m. 1-28-tfn.

NOTICE

NOTICE: NICHOLS DOG FOOD CO. Remove fresh, dead animals, cows, horses, ponies or crippled animals. Phone 289-5420, 12-10-tfn.

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NOTICE: All kinds of roofing material and paints. Worth W. Scott, Route 2, Carlisle, Representative for South Western Petroleum. Phone 289-5819. 3-18-3tchg.

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EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of Alando D. White, Sr., deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Della F. White, Executrix, of the estate of Alando D. White, Sr., deceased, Conley & Conley, attorneys. 3-18-3tpd.

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ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of John H. Cronan, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Virginia Cronan, Administratrix, of the estate of John H. Cronan, deceased, Conley & Conley, attorneys. 3-25-3tpd.

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CO-ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Reuben Clifton Willoughby, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Oma M. Willoughby, Apt. 6, Briar Cliff, Frankfort, Ky., Nina Clay Kaenzig, Route 2, Flemingsburg, Ky., Co-Administratrix of the estate of Reuben Clifton Willoughby, deceased. Womack and Hopkins, attorneys. 4-1-3tpd.

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NOTICE: Want to buy a "Gone With The Wind" lamp my mother sold or gave to someone some 30 years ago. See or call or write Virginia Donovan, 289-5470. 4-1-1tpd.

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NOTICE: SUNDAY MENU--Broiled Chicken or Tenderloin, Au Gratin Potatoes, Candied Yams, Fresh Green Beans with Almonds, Waldorf Salad, Blackberry Cobbler, Homemade Rolls. We will still be open and operating until July, Town and Country Restaurant. 4-1-1tchg.

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NOTICE: Working Girl's Homemakers Club will have Food Sale, Saturday morning, 9:00, April 10, at Ishmael's Dry Cleaners. For special orders call 289-5224. 4-1-2tchg.

FOR RENT

FOR RENT; 3-room apartment. See Bob Coatney. 4-1-1tchg.

* * * * *

FOR RENT; Nice room with two piece bath. Ground floor, on Main. Marguerite Graeter. 4-1-1tpd.

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FOR RENT: 130 acres good grazing near Crooked Creek. Call 484-3464. 3-25-3tchg.

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NOTICE: BLOUNT or BLUNT--Seeking information for family history ancestors known to have lived in Nicholas County; need data on births, marriages, burials, wills, etc., particularly Blunt and Blount burials in Locust Grove Baptist Cemetery. Write Jim Blount, 1744 Sunset Drive, Hamilton, Ohio 45013. 4-1-1tchg.

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CARD OF THANKS: We wish to thank the staff of the Johnson-Mathers Nursing Home, also the Nicholas County Hospital for their wonderful care and kindness they gave our aunt, Mrs. Maggie Hammonds. Also Dr. Hamon for his concern and attention during her illness. The Family of Mrs. Maggie Hammonds. 4-1-1tchg.

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CARD OF THANKS; I wish to thank the nurses and aids at Johnson-Mathers Nursing Home, Dr. Kingsolver and Mathers-Shearer. Also all who sent flowers, and made visits to Mrs. Nancye Crouch. The Family. 4-1-1tpd.

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CARD OF THANKS; I want to thank each one who helped in any way while I was in the hospital and sick at home. Thanks to everyone for the prayers, cards and gifts. Special thanks to Dr. Kingsolver, my church, basketball coaches, my class and teacher. God bless all of you. Stevie Walton. 4-1-1tchg.

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NOTICE: Dozer and bog harrow work. Call 247-2342 collect. New equipment, 20 years experience very reasonable rates. Job Fortune, Mt. Sterling. 3-25-8tchg.

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SHERIFF'S SALE
NICHOLAS QUARTERLY COURT
WOODROW WILSON PLAINTIFF
VS; DOUGLAS SEXTON DEFENDANT

* * * * *

By virtue of judgment directed to me, which issued from the Clerk's Office of the Nicholas Quarterly Court, in favor of Woodrow Wilson Woody's Auto Repair and Body Shop, I, or one of my deputies will on Saturday, April 10, 1971, at the hour of 2 o'clock P.M., at the Courthouse Door in the City of Carlisle, Nicholas County, Kentucky, expose to public sale, to the highest bidder, the following described property, to satisfy plaintiffs' debt, interest, and costs, to-wit:

1969 Chevrolet Chevelle, SS 396, 4 Speed Transmission, 2 Dr. Hardtop

Terms: Sale will be made for cash.

/s/ W.R. Dollins, Sheriff,
Nicholas County, Kentucky. 3-25-3tpd.

CARD OF THANKS; We wish to take this opportunity to express our most heartfelt thanks to everyone who was so kind to us during the illness and death of our husband and father. We are especially grateful for those who sent food, flowers and cards, to Mathers-Shearer for their efficiency, and a special thanks for business establishments who demonstrated their respect by closing during funeral services. The Family of Lonnie Giffin. 4-1-1tchg.

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CARD OF THANKS; I wish to thank everyone who was so kind to me while I was a patient in the Nicholas County Hospital. Thanks for all the cards, gifts, flowers and visits I received. Thanks especially to Bro. Rice, Bro. Sugg, Dr. Morford and the hospital staff. Also to my brother, Bruse J. Ring, his wife and family for everything they did for me and my family. God bless each one of you. John T. Ring. 4-1-1tpd.

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LEGAL NOTICE

The undersigned are the court appointed co-committee for Verna Stone and we are the only persons authorized to provide for his welfare and to take care of his property. Anyone who assumes any responsibility for him without first consulting with us does so at his or her own risk, and we will not be responsible for any debts which we have not authorized.

Carolyn S. Terrell, Dorothy Kimberling--Co-Committee for Verna Stone 4-1-3tchg.

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CARD OF THANKS; We wish to acknowledge our grateful appreciation to each one who helped us during the illness and death of our beloved husband and father. To our neighbors and friends who were with us in our time of need, to those who sent flowers, food and cards. Each kind word and deed was a comfort to us. To Dr. Kingsolver and the wonderful staff of the Nicholas County Hospital, for your tireless efforts and great concern for our loved one, each task great or small will be remembered by us all. To Mathers-Shearer for their sevices they conducted. A special thanks to Rev. Sugg who comforted with us and prayed with us. Our thanks for his words of sympathy and encouragement, and the wonderful tribute he gave our loved one in his services. To our friends at Blue Grass Ind., Blue Grass Knitting, Ladish Co., and Mr. Julian Green for their patience and understanding. May God bless you all. The Family of Mr. Cecil Howard. 4-1-1tpd.

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WANTED

WANTED; Yards to mow. Reasonable rates. City or Lake Carnico. Call Jimmy Shrout, 289-5348 after 6 p.m. 4-1-1tchg.

* * * * *

WANTED: Woman to come to my home to care for baby and clean house. Liberty Heights. Call 289-2508. Alma Curtis. 3-25-2tpd.

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Public Auction

Sat., Apr. 3 At 10 A.M.

122 Acre Farm-Livestock-Tools-Furniture
Located 2 miles from Carlisle on East Union Road

Mr. and Mrs. Gilbert Duncan have owned and lived on this farm for 53 years. Because of their age and health they must make a change. This farm consists of 122 acres of land, all clean and in good grass. Farm is well watered by ponds, plenty of hay. All outside fence is good. Improvements consist of a good six-room house, with enclosed back porch-double garage, small stable, A1 stock and feed barn, the other barn is 50x48. Other small buildings. All buildings in good conditon. There is no tobacco base on this farm as Mr. Duncan never did raise any tobacco. Following sale of farm we will sell the following:

FURNITURE

Dressers, tables, dishes, metal cabinet, oil heating stove, iron kettle, brass kettle, chairs, coal cooking stove, Victrola, beds, other household items.

TOOLS-FEED-CATTLE

Hay rake, mowing machine, harrow, 2 horse farm wagon, 2 sleds, plows, 150 ft. of rope, hay elevator, manure spreader, cultivator, corn planter, electric separator, sheep feeder,--Other small tools, 19 yearling steers, 2 milk cows fresh by day of sale 1 good stock cow, 60 white rock hens, 1 team of mares 5 and 8 years old will work anywhere, about 150 bales of Timothy and Red Clover hay, 1951 Chevrolet truck with new engine, Several other items.

Farm will be shown by owner or agent. Owner will finance two thirds of selling price for 6% interest.

OWNER: Mr. and Mrs. Gilbert Duncan

FIGHTMASTER REAL ESTATE AGENCY
Phone 289-2470 Carlisle, Ky.

Public Hearing

The Carlisle-Nicholas County Planning Commission resolved at a special called meeting, March 15, 1971, to arrange for a public hearing on the proposed zoning ordinance for Nicholas County, Ky. In accordance with Chapter 100, and Chapter 424, Kentucky Revised Statutes, a public hearing will be held March 31, 1971, in the Court House at Carlisle Ky., at 7:30 p.m. at which time the new zoning ordinance will be discussed with all interested persons.

Mike Berry, Chairman
Nicholas County Planning Commission

"Neither Rain, Nor Sleet, Nor Break-In"

Postal Clerk Frankie Hughes weighs package Monday morning for Gary Hurst, as business as usual went on in the Carlisle Post Office following a break-in by thieves. Pried drawer may be seen at bottom left.--Mercury photo

In 1968, the farmer received 39 cents of the dollar the consumer spent for food produced in the United States, one cent more than in 1967. In the past ten years, the farmer's share ranged from 37 to 40 cents.

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person caught trespassing in violation of this notice will be reported to the Sheriff and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife.

Mrs. Clara McGohan, Route 1, Ewing.
Glenn S. Craig, Route 2, Mt. Olivet, Ky. 2-4-7t
Mrs. Harriet Craig, Route 2, Mt. Olivet, Ky. 2-4-7t

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Estate Auction

Sat., Apri. 3 At 10 A.M.

Located 2 miles from Carlisle on the Lower Jackstown Pike.
For the Estate of the late John Cronin

121 acre farm with 1.93 tob. base, 4 acre corn base and 8 room house with new Aluminum siding, 6 bent tob. barn, large feed barn. Farm is all in grass, watered with pond and creek.

Livestock

25 turn out cows some with calves others to calve soon. Black Angus and grade cows, 2 Black Angus Bulls, 15 small steers and heifers, 1 horse.

Farm Machinery

1967 2 ton Chev. truck racks and corn bed (like new) 1970 Ford pickup (like new), 1960 Chev. car, Jeep, John Deere Tractor, Int. Cub Tractor, 140 Int. tractor, 2 sets of cultivators, 2 tractors mowers, 2 sets of tractor plows, set of harrows, carry-all, manure spreader, tob. setter, tob. bed burner, 2 wagons, trailor, Bush Hog, Iron sled, water pump and hose, 1200 gallon water tank, small water tank, chain saw, fertilizer spreader, truck cover for pickup, tob. spray, fence stretcher, 12 ton Jack, 3 sets of boomers, log chains, ropes, steel post, stripping room lights, 8 tob. presses, some horse drawn equipment, 9 milk cans, lot of small tools, chain hoist, milk cooler, corn sheller, 400 bales of hay, 40 bales of straw, 200 bushel of corn.

Furniture Some Antiques

2 walnut folding beds, 3 Walnut dressers, 7 rocker, 2 straight chairs, Antique harp, wicker basket and top, pie safe, 4 matching captain chairs, 2-8 day clocks, brass bed, old bottles and picture frames, Walnut table, 6 matching chairs, R.C.A. T.V., 2 hand made saws, 2 saddles, sausage mill, 3 cream separators, 3 sets of harness, 2 cutting boxes, many other articles too numerous to mention.

6 Good Coon Dogs

Executrix - Mrs. John Cronin Conley and Conley Attorneys
Property will be shown by agent or executrix

Earl Hamm Auctioneer and REAL ESTATE BROKER
Carlisle, Ky. Office Phone 289-5720
Home Phone 289-5320