

# Kay's Kitchen

By Kay Fisher

For those who are interested in using herbs in cooking here are some suggestions. However the best way is for YOU to experiment and find the amount suitable to your taste.

Here are a few guidelines for using herbs and spices. When first experimenting take it easy. Use just enough to bring up the natural flavors. Start with 1/4 teaspoon of dried herbs if you are preparing a dish to serve four to one pound of meat, poultry, fish, to two cups sauce, vegetables or soup. Then taste as you go along. You might like a bit more and it is easy to add but impossible to take away!

Measure dried herbs until you get into the swing of using them and you will soon get the feel of each one. Before adding the herbs to a recipe put them in the palm of your hand and crush them a bit. It helps release the flavor and you will soon get the feel of each one. Before adding the herbs to a recipe put them in the palm of your hand and crush them a bit. It helps release the flavor and you will soon get the feel of each one.

If you are fortunate enough to have fresh herbs like parsley, dill or many others if you have a herb garden, use them for fresh cooking, add the herbs during the last half hour of cooking. This is also true in cooking with wine. If adding herbs to cold sauces, add well ahead of time—let stand over night on refrigerated tomato and add a bit of oil and vinegar dressing. Do this in time to let the tomatoes reach room temperature before serving. Fish, egg dishes, ground meat and poultry dishes are enhanced by



using basil.  
For soups and stews I use a bay leaf, thyme and parsley. Do remove the bay leaf before serving.  
Use CHIVES with all onion sauce recipes as a substitute. Remove them to add them the last minutes of cooking. If used on cold dishes the longer they stand they strengthen the flavor.  
Shrimp and fish sauce, potato salad, beans and cucumbers are given a lift with DILL.  
MINT with lamb, peas, tea, and chocolate.  
OREGANO with all fowl, dressing, broccoli, spaghetti and Mexican dishes.  
ROSEMARY with rice, spinach, roast pork, veal and chicken, also steaks.  
SAGE—pork, stuffing and meat seasoning, but do lightly, a little of each one.  
MARJORAM—Omelets, eggs cream cheese, meats, fowl and most vegetables.  
THYME—Chickens, apples, roasts, vegetables. This is a stronger herb, do go lightly.  
PARSLEY—One of my favorites. Use for flavor and garnish—it is a delightful fragrance and can be used with everything but with rice. Remember this, the stem has more flavor than the curly leaf.  
FLAVOR and garnish—it is a delightful fragrance and can be used with everything but with rice. Remember this, the stem has more flavor than the curly leaf.

For 1 tablespoon cornstarch for thickening—2 tablespoons flour or four teaspoons quick cooking tapioca.  
For 1/2 cup margarine—1/2 cup shortening plus 1/4 teaspoon salt.  
For 1 cup sour milk or buttermilk—add 1 tablespoon lemon juice or vinegar to 1 cup sweet milk. Let stand about five minutes.  
For 1 square unweetened chocolate—3 tablespoons cocoa plus 1 tablespoon butter or margarine.  
For one small onion—1 tablespoon instant minced onion.  
For 1 teaspoon baking powder—1/4 teaspoon soda plus 1/2 cup sour milk to replace 1/2 cup liquid.  
For 1 cup tomato juice—1/2 cup tomato sauce plus 1/2 cup water.  
For 1 cup catsup or chili sauce—1/4 cup tomato sauce plus 1/2 cup sugar and 2 tablespoons vinegar (for use in cooked mixtures).

These are some helpful tips if you need a substitute.  
For 1 cup cake flour—use 1 cup sifted flour plus 2 teaspoons fine sugar and sift two or three times.

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## Pilot Plant Air Pollution Control Test

An \$80,000 pilot plant air pollution control research test program of a new system to remove sulfur dioxide from electric generating station stacks has been announced with Kentucky Utilities Company as one of the co-sponsors.  
American Air Filter Company and the four electric sponsors, Louisville Gas and Electric Company, Cincinnati Gas and Electric Company, Public Service Indiana and KI, engaged in the joint project which will involve installing an AAF system on one of the coal-fired boilers at the Louisville Gas and Electric Cane Run Station.  
The system utilizing a two-stage wet scrubber in this pilot project will be adaptable in both new and existing fossil fuel burning electric generating stations. Intensive testing and monitoring will be conducted for several months.  
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**Webbers Sausage** 2 Lbs. **\$1.29**

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**Green Onions** 3/25¢

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**PEACHES** **4/51.00**

**Fleecy White Bleach** 1 Gal. **29¢**

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**PINK SALMON** 79¢

**PURE SHORTENING** 3 Lb. **59¢**

**MACARONI or SPAGHETTI** 10¢

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**BLACKBERRY PRESERVES** 49¢

**BORDEN 22 Oz. CREAMORA** 69¢

**SMUCKERS 18 Oz. Jar Peach Butter** 49¢

**COOKIES** 3/1.00

**Junior Club Happenings**

The Carlisle Junior Woman's Club held its regular meeting, Thursday, April 22, at the home of Mrs. Marshall Stone, with Miss Sara Swango as co-hostess.

The International Affairs Department presented the topic was "Lobanov," his native country.

Reports were given to the K.W.C. Convention in Louisville, April 15-17, by attending K.W.C. members. Awards presented to the club were: Best Over-All report in the Education Department, 100% Honor Certificate; second-place award in the State Knitting Contest, to Mrs. Bobby McFarland, and Club Woman of the Year, to Mrs. David Zachary.

It was voted by the club to sponsor a girl at Jewel Mazy for the club project next year. Jewel Mazy was a K.W.C. sponsored rehabilitation center for teenage girls in Louisville.

Elected to serve in 1971-73 are Mrs. Bobby McFarland, vice-president, and Mrs. Marshall Stone as secretary.

The Installation Banquet will be held May 6, in Paris, and not May 13 as previously reported.

**Garden Club To Meet**

The Carlisle Garden Club will meet Monday afternoon at 2:00 o'clock at the home of Mrs. Eugene Neal. A plant sale will be held.

Mr. Burley Grower, it is important that you VOTE and VOTE YES for BURLEY TOBACCO on May 4th.

A YES vote for Burley Tobacco is needed to keep tobacco strong in Kentucky!

Over the past 5 years BURLEY TOBACCO has been worth more than \$91,954,000.00 to this county!

Burley Growers--

The 1st National Bank has information sheets about the PRICE SUPPORT program for tobacco available in the bank. Ask anyone for your free copy.

YOU ARE URGED TO WATCH A SPECIAL TELEVISION SHOW ABOUT THE TOBACCO PRICE SUPPORT PROGRAM ON WKYT-TV CHANNEL 27, SUNDAY, MAY 2, from 4:30 to 5:00 PM. A GROUP OF BURLEY FARMERS WILL DISCUSS THE FARM POUNDAGE QUOTAS FOR BURLEY TOBACCO.

The 1st National Bank is sponsoring this program in order to help inform you about the tobacco referendum to be held on May 4, 8 A.M. to 6 P.M.

**The First National Bank of Carlisle**

VOTE YES FOR PRICE SUPPORTS "The Farmers Friend" VOTE YES FOR PRICE SUPPORTS

## Miss Kay Earlywine Weds Eddie Christopher

Mr. and Mrs. Larry Earlywine of Millersburg formerly of Carlisle are proud to announce the marriage of their daughter, Vicki Kay to Eddie Keith Christopher of Paris and Mrs. Elaine Christopher of Paris.

The marriage took place on April 14 in Wise, Va. at 6 p.m. with the Rev. Les Stanley officiating.

Their only attendants were Mrs. Lee Stanley and Elsie D. Christie.

brother, of the groom, Mrs. Christine Fisher will be a guest for this fall at the Bourbon County High School. She is the granddaughter of Herbert Hamilton of Paris and Mrs. Helen Hamilton.

Earlywine of Millersburg, formerly of Nicholas County, is a 1970 graduate of Bourbon County High School and is employed by Duncan Farms of Paris where the couple will make their home.



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## Personals

Miss Halley Griffin entertained Sunday night at the home of her brother, Robert Griffin, at the home of Mrs. George D. DeAtley, Maplewood Farm, Harrodsburg on Tuesday.

Mrs. Alice Clinkerbeard, Mrs. Albert Henry, Mrs. Frank Henry and Mrs. Emery Clark were guests last week of their parents, Mr. and Mrs. Matt Dykes near Mt. Sterling.

Mr. and Mrs. William Parkes and son Jimmy were in Elizaville Sunday to attend a family birthday dinner honoring Mrs. Parker's mother, Mrs. R.S. Fryor.

Miss Lucille Buntin spent several days last week with Mr. and Mrs. Matt Dykes near Mt. Sterling.

Miss Margaret Gibson, who has a patient at the Nicholas County Hospital, has returned to her home in Harrodsburg. Miss Gibson is a sister of Mrs. Joe F. Conley.

Mrs. Toby Elder of Kettering, Ohio, was a recent guest of her parents, Mr. and Mrs. Thomas Hickman of Bourbon County.

John Wolf of Cincinnati and Lake Carnton is a patient at Holmes Hospital, Cincinnati. Mr. Wolf underwent an attack on Monday, April 19.

Miss Linda Curbarger, daughter of Mr. and Mrs. Carvey Curbarger is in New York this week, taping a show for "What's My Name".

Mrs. Carolyn Powers of Millersburg accompanied Miss Curbarger to New York.

Roy Lowe left Sunday by plane, after spending a few days with his mother, Mrs. Eula Grimes. Mr. Lowe is a part-time radio performer.

Mr. and Mrs. George Carter and Mrs. Iva Cannon spent the weekend with Mr. and Mrs. Charles Carter and family in Lexington, Va.

Mr. and Mrs. Youie Shaw, Mr. and Mrs. Teddy Shaw, Mr. and Mrs. Jimmy Shaw and two children spent the day Sunday with Mr. and Mrs. Paul Smith and family of Lexington.

Mrs. Leona Bell visited her aunt, Mrs. W.B. Robinson in Mt. Sterling last week.

Mrs. Robert F. Hughes is convalescing at her home, Clay Manor Apartments, after having major surgery, April 12.

Mrs. J. R. Hamilton, Mrs. Grimes Caywood and Miss Betty

## Moorefield Homemakers

The Moorefield Homemakers met Mar. 31 at the home of Mrs. Glenn Hardin.

Roll call was answered with 13 members present.

Mrs. Elgin Clark was in charge of the Devotional.

Mrs. Hanson Ellington, Mrs. Glenn Ellington, Mrs. Corrado Viles, attended the State Meeting in Lexington, each gave a report.

Mrs. Elgin Clark gave a discussion on Marlboro.

Mrs. Harvey Wilson gave an interesting lesson on "Fireweed".

The next meeting will be held on May 6 at the home of Mrs. Hanson Ellington with Mrs. Harold Mitchell as co-hostess.

After the meeting adjourned refreshments were served by the hostess and co-hostess.

## Betrothal Announced; May 31 Date of Wedding

Mrs. Viola Curran announces the engagement of her daughter, Vicki Jo to Allen Ray Sparks, son of Mr. and Mrs. Charles A. Sparks. Miss Curran is a member of the 1971 graduating class at Nicholas County High School and plans to enter Central Kentucky Vocational School this fall.

Mrs. Sparks is employed in Carlisle. He is a 1966 graduate of Nicholas County High School.

The wedding will be May 31, at 7 p.m. at the Locust Grove Baptist Church. There will be a reception immediately following.

## Births

LETCHER  
Mr. and Mrs. Jim Letcher of Camp Lejeune, North Carolina announce the birth of a son, Timothy Allen, at the U. S. Naval Hospital, Camp Lejeune on April 11. He weighed 7 lbs. and 3 oz.

The maternal grandparents are Mr. and Mrs. Harold Mitchell of Moorefield. The paternal grandparents are Mr. and Mrs. Eugene Letcher of Myers.

## Miss Laughlin Sets Date for Wedding

Mr. and Mrs. Robert K. Laughlin announce the engagement of their daughter, Jennifer Montgomery Laughlin, to Mr. and Mrs. J.K. Flister.

The bride is a graduate of Lafayette High School.

Mrs. Flister also a graduate of Lafayette attended the University of Kentucky.

The wedding will take place at 2:30 p.m., May 23, at St. Paul Catholic Church.

Miss Laughlin is the granddaughter of Mr. and Mrs. J.K. Flister.

## Mrs. Montgomery To Speak At P.T.A. Meeting

The Nicholas County High School P.T.A. will meet Thursday, May 6, 7:30 p.m. in the school library. Mrs. Margie Montgomery, Nicholas County Librarian, will present a program on "Educational Aids Available to high school students through the Nicholas County Library."

All parents and teachers are urged to attend.

## Millersburg To Be Scene Of Miss George's Wedding

Mr. and Mrs. Paul George of Millersburg announce the engagement of their daughter, Dottie to Rick Johannes Kielman, son of Bruce Kielman of Mayville and Mrs. Freda Kielman of Bremerhaven, Germany.

Miss George is a 1970 graduate of Bourbon County High School and is attending nursing school in Lexington.

Mrs. Kielman was graduated from Mason County High School and attended Mayville Community College. He is now employed at LaGrange, Ky.

The wedding will take place at 7 p.m. on Friday, May 21 at the Millersburg Baptist Church.

Miss George and her friends and relatives are invited to attend.

## Recreation Council Has Meet To Meet Thursday

The Ladies Auxiliary of American Legion Unit #1 will meet Thursday night, May 6, at the Legion Hall, at 7:30 p.m. for a regular meeting.

Mrs. Frank King, president, wishes all members to be present. There is important business to be taken care of.



Mrs. Zachary Honored

## Nicholas County High Chorus To Present Spring Concert

The Nicholas County High School and Junior High School Chorus will present their Spring Concert on Tuesday evening, May 4, 1971 at 7:30 at the High School Gymnasium.

Some of the numbers that will be featured by the high school choir will be Scarborough Fair/Canticle, Selections from Camelot, Windmills of Your Mind, Ebb Tide, Glory in the Highest, Praise the Lord His Glorious Name, Theme from the "King of Kings", A Time For Us and others. Also being featured will be Joyce Dampier singing a Contemporary folk song, "Hymn" and quartet singing "Oona Nobuzar" and "Carch a Falling Star".

Lamb of God, and "Theme from Love Story". Also Judy Hunter will be featured in the Theme from Mondo Canoe.

The program will start promptly at 7:30. The public is invited and there will be no admission charge.

## Attend Crusade

The following persons attended the Billy Graham Crusade Sunday and Monday in Lexington.

They were Miss Herndon Wilson, Mrs. Cordia Hamilton, Mrs. Lillian Hamilton, Miss Pauline Blake, Mrs. Catherine Robinson, Miss Sally Ann Robinson, Mrs. Lida Mae Wade, and Mrs. Wilma Cleaver.

## Rhoda Gillispie Circle To Meet

The Rhoda Gillispie Circle will meet Monday night, May 3, at the home of Mrs. Donald Paul as leader. Hostesses will be Mrs. David Booth and Mrs. Julian Green.

## Mrs. Allison To Entertain Baptist Women

The Baptist Women Organization of the Carlisle Baptist Church will meet Monday, May 3 at 7:30 p.m. in the home of Mrs. Edgar Allison with Mrs. Edell Nofziger as co-hostess.

The program "America's Spanish Speaking" will be by Mrs. S.M. De Meyer.

The Day Group of the B.W.O. will be meeting at the church on Tuesday, May 4, at 2:00 p.m.

The program, "Sharing Experiences in Prayer" will be led by the Mission Action Leader.

## Recreation Council Has Meet

The Recreation Council held a called meeting, Thursday night, April 22, at the home of Mrs. Robert Sparks, president, presiding.

A motion was made and passed that Babe Ruth baseball games will be played on Tuesday and Friday nights, also that Sunday will be open for make-up games, to be coordinated through a representative of the Council.

Clifton Waugh was given permission to lease an invitation for the Babe Ruth Tournament to be held in Carlisle, during the middle of July.

Dr. Sparks announced that \$1000 has been donated to the proposed Recreation Park, by the Leading Valley Gap. This amount is to be placed in a fund for the park's playground equipment.

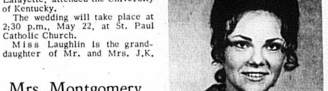
Officers and members of the Recreation Council are: Dr. Robert presiding, H. Dallas Sogge, treasurer, Mrs. Bobby Duncanson, secretary, Edell Nofziger, Mr. and Mrs. Custer Blair, John Soper, Neil



Miss Dottie George



Miss Vicki Jo Curran



Miss Jennifer Laughlin