

Kay's Kitchen

Christmas cooking and baking is over, we have all eaten too much and frankly I'm looking forward to that New Year frugal, pinch penny meal. I won't say inexpensive, because one cannot

prepare a meal today that is cheap. It never has been since 1972 start of year off with the meal of smoked bowl, cabbage or greens, black eyed peas or dried beans and cornbread. It isn't that I'm superstitious, I just need and want all the good luck that will come my way during the New Year. And besides that it does taste so good after the rich diet during the holidays.

Since this is the last week for this column this year, I want to have the slate clear so will publish the requests that have been unanswered to date.
When my phone rang a few weeks ago I was asked if I had a recipe for a Pop Corn Cake. I thought, that I'll never find. No answer to my \$2.00 asking for such a recipe. But there was a small Lettucehead on my shoulder, and I can't claim a drop of Irish blood, but in the mail a few days later there arrived a booklet of Christmas recipes from a friend to be used as I wished, and sure enough there was the recipe for Pop Corn Cake with the name and address of the person contributing the recipe. Here it is and I refer all questions to the contributor: Mary Dorst, 3662 Highway Road, Clifton, Mich. 48227.

POP CORN CAKE

4 quarts popped corn
1 package small gumdrops
1 bag blanched peanuts
1 large bag marshmallows
3oz. margarine
Combine peanuts and gumdrops in topped bowl. Melt butter and marshmallows. Pour over dry ingredients and mix. Press into greased angel food cake pan or large square pan.
The recipe didn't say so but I would think you would have to let it stand several days before cutting.

Next is the Frozen Custard. Now with this I know what I'm doing.
FROZEN CUSTARD
3 tablespoons flour
1 cup sugar
3 cups milk
3 egg yolks, slightly beaten
1 1/2 cups heavy cream
2 teaspoons vanilla
Mix flour and 1/4 cup sugar; add milk slowly mixing well. Cook over hot water 5 minutes, or until thick.



"Speakers, like sunsets, are more brilliant when they get down to earth."

By Kay Fisher

smooth and slightly thickened, stirring constantly; cool. Add remaining sugar, cream and vanilla and freeze. This may be made in an ice cream freezer or in your home freezer. If you use the home freezer stir custard once or twice while freezing. Cover lightly. The custard may be chilled for several hours overnight before freezing.
yest mixture and beat well. Then add and beat in 2 eggs and 2 1/2 cups flour. Beat with spoon until smooth and elastic. Divide equally and spoon into 2 well greased one-pound coffee cans. Cover with plastic top. Set in oven. Place and let rise about 35 minutes. Please do not remove plastic top. Bake in preheated oven at 375 degrees for 35 minutes or until well browned. Set on cake rack and let stand 10 minutes before removing from pan.
This brings us up to date and Happy New Year!

COFFEE CAN BREAD

In large mixing bowl put 1 1/2 cups flour; 1 package dry yeast; 1 1/2 cups water; 1/2 cup milk; 1/2 cup sugar; 1 teaspoon salt; and beat to just warm. Add flour and



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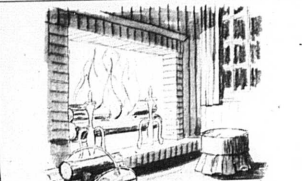


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Right now, the bargain counter is still hot with attractive buys in common stocks of all varieties. One can find an array of good-quality growth stocks, re-

bound situations for capital appreciation, and speculative situations at varying prices. Naturally, as previously mentioned, with the favorable prospects for building stocks of companies which stand to benefit from the home building boom are among the attractive buys for 1972. Nor should investors overlook the companies which stand to benefit from the investment tax credit. These include manufacturers and purchasers of trucks and truck transportation equipment. The farm equipment companies can also benefit from their "tax break" and considering the excellent farm year of 1971, demand for agricultural equipment should be turning upward after a long downturn. Other groups of stocks which should reflect better sales and profits in 1972 include chemical, containers, pollution and waste control, and those which have participation in the medical equipment lines. Remember also that the role of consumer spending looms important over the coming year. Therefore, many retail, food, and apparel stocks represent good candidates for capital appreciation.

Jewel Vice Real Estate Ray Flora, Salesman 289-5824 289-5279

STOCK MARKET OUTLOOK
Babson's Reports is looking for a good year for the stock market in 1972. The advance which began just after Thanksgiving Day 1971 should be extended in the year ahead, although correction phases are to be expected. Barriers some unforeseen in a major development, such as a radical degeneration of international conditions, the Dow Jones Industrial Average can mount yet another challenge to the previous all-time high near the 1,000 mark. Indeed, chances are that the previous top can be pierced as the stock market marches toward its high for the year, there is still a good supply of these preferred stocks which have the conversion privilege and which offer the investor a little better income than common stocks. That this opportunity may not be present for long. As stock prices advance, these convertible securities take on greater value, and as the peak coming sometime in either the latter part of the fall or the fore-portion of the winter season.



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"As we watch world problems, it might be well to remember that a child can ask a thousand questions a wise man cannot answer." - Ed Kummer, The Eaton (Colo.) Herald.
"An obedient wife is one who always her husband when he tells her to do as she pleases." - Berenda Shirley, Late (Fla.) Party Line.
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Cliff Hagan named state Cancer chairman

Cliff Hagan, vice president of Central Bank and Trust Company, Lexington, has been named State Chairman of the Kentucky Division, American Cancer Society's 1972 Educational and Fund-Raising Crusade which began on April 1.
The appointment was announced by Dr. Horace Norrell, president, Kentucky Division, who stated that Cliff Hagan had accepted the position because of his "deep concern about the urgent need for cancer control and the necessity to help win the battle through widespread public education."
The 1972 Crusade will be under the National Chairmanship of Joan Crawford, the celebrated actress who is also a successful business woman.
"Our theme is, 'We want to wipe out cancer in your lifetime,'" declared Hagan, "and we will be calling on our friends and neighbors to make a generous gift to the Society as well as to bring them a life-saving message about cancer."
Hagan brings to the post a dedicated commitment to help win the war against cancer as his mother and sister died of the disease. He attended the University of Kentucky on a basketball scholarship and was two years All American. He received a BA Degree from the University and a MA Degree from Washington University in St. Louis. He played professional basketball for the St. Louis Hawks for 10 years and later was head coach for the Dallas Chaparrals and was selected the Professional Coach of the Year.
"Every dollar that is given to support vital programs of public education, research and service," declared Hagan, "is a contribution to the fight for 1972 for Kentucky is \$78,000.



Happy New Year
May it be brilliant and beautiful!
A.V. (Doc) Allison

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May each day be like a holiday... carefree and gay!

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