

# Kay's Kitchen

First things first - For Mrs. Avery Wise of Salt Lake City, Utah here is a recipe for Kentucky Cucumber Gumbo. Hope it will be to your husband's liking. It came from the late Clay Gray's Cookbook published in 1953. He was the Food Editor for the Courier Journal for a number of years.

**SOFT CUSTARD**  
3 cups milk  
1/4 cup sugar  
1/4 teaspoon salt  
Eggs, beaten lightly  
1 tablespoon vanilla

Scald the milk with the sugar and salt to the top of a double boiler. Beat eggs slightly and slowly stir in the hot milk. Strain if desired, but I don't think it is necessary. The straining takes out any small clumps of the white of the eggs that cooked before blending. Return all to the double boiler. Cook over 1/2 inch of simmering water, stirring constantly until the mixture just coats a metal spoon. Custard will thicken some on cooling, so don't try to cook it thicker or it may curdle.

Remove the top of the double boiler immediately from the fire and set in cold water. If you're using a glass double boiler, pour the custard into a pan in cold water. Add vanilla and chill.

Here it is. I promised some recipes for the calorie counters, and for one who has stepped back into the straight and narrow diet routine, the simplest thing is the easiest and best.

If you are really earnest, get a good calorie chart that will list you how many calories are in this and that. There are lots of books out that get really complicated in counting grams, etc., but it all ends up with the calorie intake.

First here is a list of vegetables 100 or less calories per serving. Here are vegetables cooked only in water and salt for seasoning. If you feel you can add the extra calories, you may add a fat of butter. However don't forget to add 50 calories. Or you can add a bit of lemon juice or vinegar and you only add about 5 or less calories.

I know when I say 1/2 cup per serving it sounds like a mighty little bit, but if you actually measure out 1/2 cup, then put it on your plate it is almost what you would serve yourself normally. I know, because I have tried it.

Green beans-1/2 cup, 26 calories; Carrots-1/2 cup, 100 calories; Potato, baked-100 calories; Brussels Sprouts-1/4 cup, 55 calories; Zucchini-1 cup, 25 calories; Turnips-1 cup, 50 calories; Tomato-1 medium, fresh, 25; Canned-1 cup, 50 calories; Squash, summer-1/2 cup; 25; Spinach-1/2 cup, 25; Corn-1/2 cup, 50; Cauliflower-1 cup, 30; Corn on cob-1 medium, 60. You can see it isn't really the initial vegetable but what we add to it.

Meats are the same way. Lamb without fat has the least number of calories per serving, then beef, veal, pork and ham. Fish, broiled, comes from around 100 calories and up per serving. Chicken-1/2 trolley, 125 calories.

For fewer calories in fried chicken, serve with lemon slices topped with anchovy fillets and capers. Garnish with parsley.

This is how the recipe was given to me several years ago. However I prefer sole to the cod fish, and of course I like the anchovy fillets and capers. Many people do not, so if they are omitted you definitely would have less calories but you would need to add a dash or two of salt.

As the recipe stands there are about 134 calories per serving.

**BEef GUMBO**  
2 lbs. boneless lean chuck  
1 1/2 teaspoon salt  
1/4 teaspoon cayenne for a dash of Tabasco Sauce  
1 bay leaf  
2 medium onions  
1-200 can tomatoes  
2 eggs, slightly beaten  
2 cups skim milk  
1/2 teaspoon vanilla  
1 tablespoon ground lemon rind.  
Put 1 teaspoon honey in each cup of water and brush around sides. Combine remaining ingredients and pour into cups. Set in pan of hot water in slow oven (325) 50 to 60 minutes, or until custard is set. Chill. Make 4 servings. About 103 calories per serving.

Rarely do two calorie charts list the number of calories the same. However I do not think they will vary enough to make any difference.

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may be  
Purchased at

C & G Foodtown  
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Sexton's Cash Grocery  
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Coatney Bros. IGA  
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Frank Weaver  
AnEl Gift Shop

**Potatoes** 5 lb. Bag 99¢  
**Grapefruit** 49¢  
**Carrots** 2 lb. bag 25¢  
**Lettuce** 25¢

## Nursing Home

Continued from Page 4

his roommate, "Pud" Goodwin acts like Mr. Harvey said his sister, "Miss" Nellie had been right sick; had stayed with his son and then had to be taken to our local hospital.

Mrs. Paula Grimes, who has been working in Lexington, was around Sunday and visited with Mrs. Pearl Craig; said she used to buy at "Miss" Pearl's store. Mrs. Craig said with a smile, she could remember a little about it.

J. P. Barber said his son, Avery and Sam Grey from Cowan, were up to see him. He was so proud of his little boy that he had frozen on New Year's from the Barterville Church Youth Class, and it helped him keep with the times, and he felt like he should have said them something for it, but they wouldn't take anything. He was very busy that day, let us move from being "professing Christians" to "practicing ones."



LADIES OF THE WOMAN'S MISSIONARY SOCIETY of the Carlisle Baptist Church, displaying lap ribbons which they made for the residents of Johnson-Mathers Nursing Home. They are left to right: Mrs. Dallas Sugg, Mrs. Hazel Moore, Mrs. Raymond Bruce, Miss Kimmie Fada, Mrs. Dan Rich, Mrs. Edith Smith, Mrs. Essel Noffsinger, Mrs. James Weils and Mrs. Frank Stone.

Myers  
By Mrs. Rena Crawford

Milton Flora, Helen Flora, Kathleen Flora, visited Milton Wood Flora over the weekend.

Mr. and Mrs. Joe Garza, Indianapolis, Ind., visited her daughter, Rena Crawford visited Mrs. Joe Flora and family one afternoon last week.

Mrs. Rosemary Kinder visited Flora spent a few hours with his parents, Mr. and Mrs. Frank Flora last week.

Mrs. and Mrs. Otha Crawford spent a few hours with their mother, Mrs. Rena Crawford, Sunday, Mrs. Flora and family one afternoon last week.

Mrs. Vina Flora spent one afternoon with her aunts, Mrs. Dee Bowen and Miss Jodie Hill.

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**Baking Hens** lb. 29¢

**Sausage** WEBBER'S MADE ON THE FARM Whole Hog SAUSAGE 2 lb bag \$1.29

**Rib Steak Or Roast** 1b 89¢  
First Three Cuts 1b. 99¢

**Webber's Wieners** 12 oz 49¢  
Field's Wortmore Bacon 2 lb. 99¢

**Viva Towels** 3/\$1  
**Large Eggs** doz. 47¢

**Shortening** Bake-Rite 3 lb. Can 59¢

**Orange Juice** SUNSHINE STATE 3/\$1.00 12 oz.

**Elbo Macaroni** Long Spaghetti 7 oz. 10¢  
**Jelly** 18 oz. 3/89¢  
**Cleanser** 2/25¢  
**PLAIN LILLIE Meal** 14 oz.  
**DIXIE or Self-Rising** 5 lb. 49¢  
**Matine** 20-lb. . . .

**Chocolate Morsel** 12 oz. 49¢  
**Wesson Oil** 48 oz. 99¢  
**Debbie Liquid** qt. 29¢  
**GOLD MEDAL Flour** 5 lb. 55¢  
**KELLOG'S Pop Tarts** 39¢  
**MRS. FILBERT'S Margarine** 1 lb. 3/10¢  
**LIPSON Tea Bags** 48 Count 59¢  
**Ivory Soap** 69¢  
**12 Bar Pack** . . . . .

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FOR RENT: 6 room house with bath. Hot and cold water. On Westmore Road, Malcolm Mills, Concord Road. Phone 289-2297. 1-28-1tpd.

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FOR RENT: Available now two bedroom apartment. Lower Broadway. Call 289-5365. 1-28-1tpd.

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**FOR SALE**  
FOR SALE: Farm of 52 acres located close to Moorefield. Good home with 2 baths, furnace, good barns, silo, all good fence. Top base 1.57 acres. Location black-top road. A real one, if you want a good farm. See Flighmaster Real Estate Agency. 1-17-1tp.

**FOR SALE**  
FOR SALE: Corning Ware top plates, covered sauce pans, dishes, Adilite, Baker's Fry Set, percolators, sauce pan grade, sauce pan set includes 1 qt., 1 1/2 qt., 1 3/4 qt. pans. See at Carlett's Furniture. 1-17-1tp.

**FOR SALE**  
FOR SALE: Used irrigation equipment, 170 ft. (300') McQuay-Norris coupled pipe, 19 Skimmer sprinker, hars 7/25". See Johnson and Reynolds. Call 289-5611, 21-21-tpd.

**FOR SALE**  
FOR SALE: Used chrome dinette table and 4 chairs. Used floor natural gas furnace. Call 289-5343 or see Stanley Rose. 1-28-1tpd.

**USED APPLIANCES**  
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FOR SALE: Household furniture, good as new. Refrigerator, stove, livingroom, maple table, maple dinette, hutch, TV, freezer, gas heaters. Phone 289-5079. 1-28-1tpd.

**FOR SALE**  
FOR SALE: 1952 one ton Chevy truck. Suitable for delivery and camper. See or call Billy Gaudin, 289-2341. 1-28-2tpd.

**Notice To All Property Owners**  
All property must be valued at its Full Fair Cash Value for tax purposes for 1971. This includes all real estate and improvements, automobiles, trucks, house trailers and mobile homes, all equipment and merchandise inventories. All stocks, bonds, notes, mortgages and insurance subject to withdrawal must be listed. This office open daily 9:30 a.m. to 5:00 p.m.

**ESTATE AUCTION**  
Sat. Feb. 13 At 2 P. M.

66 acre farm at the Court House Door for the Estate of the late Mrs. Tom Asbury.

This farm is located 2 miles north of Millsburg, Go out the Carpenter Pike 1 mile go back a lane to the mouth of Brushy Fork and Hinkston.

Farm has 6 room house, large tob. barn, 1.26 tob. base, corn base 4 acres, more than half of this farm is Hinkston bottom land. Call us or agent for more information Property will be shown by agent or attorney.

Adm. - Mrs. Lura Ritchie  
Womack and Hopkins Attorneys  
**Earl Hamm** Auctioneer REAL ESTATE BROKER  
Carlisle, Ky. Office Phone: 289-5720  
Home Phone 289-5320

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**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 McCoban, Route 1, Ewing.  
Glenn S. Craig, Route 2, Mt. Olivet, Ky.  
Mrs. Harriet Crayton, Route 2, Mt. Olivet, Ky.  
H. W. Small, Crayton Area, 11.5-1m.

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2. All Tax Bills now require a 2% penalty and if not paid by February 1, 6% penalty will be added to all tax bills.  
W. R. Dollins  
Sheriff of Nicholas County

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**NOTICE**  
City Stickers  
Are now past due. Effective Feb. 1, 1971, all violators will be prosecuted  
**PLEASE HAVE YOURS PROPERLY DISPLAYED**  
Thanks,  
Raymond Hall, Police Judge