

# Kay's Kitchen

By Kay Fisher



Miss Mary Ann Mitchell is presented a necklace as she reigns as Queen at the Blackberry Festival.

## Life In The Hills Many Years Ago

By Helen Price Stacy

WEST LIBERTY, Ky.—Life as it was lived a number of years ago continues to have a fascination. The reason for its intrigue is not known exactly, but the spell remains. When traveling through the countryside at dusk, the hills make deep shadows in the valleys. It is pleasant to look through the distance to a far hill and if there is a light in sight—imagine all sorts of things.

Maybe there's a small fire in the fireplace to take away the evening chill, perhaps a coal oil lamp in a wick and a white haired grandma doing her mending by its pale light. Her companion dozing in his rocking chair nearby. They have done their day's chores and now comes the quiet time of day, inside where night is like a soft, hand-tucked comforter.

Could I but see into the lighted room on that far hill, the actual picture might be different. The couple might be enjoying the movie on TV which a record player makes music in another room, but might be provided by electricity, with continuous to put old time people and old time ways into those modern or lighted rooms on those far away hills.

Elliott County's Rufus Henderson Click is a master at describing the kind of life I have in mind. It's not that I would want to revert to the iron kettles, skillet and lid, churning milk with a dasher to

Sometimes the best concoctions come from just wanting to do something different with the same foods. Click, to borrow meal, flour, salt, acid or a cup of green coffee. The coffee then had to be put in a small tin on a hot fire and stirred until brown and ready for the coffee mill.

As strange as it might seem, roving as it was most often borrowed between trips to the store. Keeping live coals overnight was taken for granted, but occasionally when "one got up and found the fire out he went to the nearest neighbor to borrow live coals." On one occasion the Click household had early visits from two neighbors whose fires had gone out during the night. "So they both came to our house and each got a live coal between two chips of wood on a small shovel and kept it in the hearth until he got home."

Click was sixth in a family of 12 children of Dock and Jane Elliott County, he attended rural schools and later became a teacher and a minister. He wrote five books including regional history, poetry and sermons. It is his account of his early home life that is outstanding. That and his description of intermarriage.

In "History from the Rough," Click said that "a field of corn to be sown from the hills, break glory vines, or with wild sweet potato root shake one stalk of corn to set the entire field in motion. He goes on, "This may well compare with some geological trees which are talked about in the One young couple whom I knew well, married. They were cousins and even more. Their mothers were sisters and their fathers were first cousins. The bride's father and mother were first cousins. The groom's father was first cousin to the groom's mother and the groom's father was first cousin to the bride's mother. It would require more than an ordinary education to determine the relationship the children of this couple had to each other, their parents, grandparents, uncles and aunts."

The Click home was a remnant section in his early years and every time a peddler stopped at the farm it was talked about for weeks. The family had made saw ticks for all the beds, each tick (in a mattress) was covered with another made of feathers.

"I remember our first bed spring," recalled Click. "An agent came along trading aprons for feathers and partly emptied our feather bed and gave them for springs for one bed. All of us were in bed in the night. In one of his books of poetry, the Elliott Countyman wrote: Our home life to you may seem ruder; But it filled every need and desire; Now/then now I find more contentment Than was ours by our own chimney fire."

"Well do I remember the brown lid pots of thick corn bread—so better over baked—and the awfully hot coals on the hearth, set the skillet on, put in corn meal dough, then put no lid on and allowed coals on top."

"I still do remember the brown lid pots of thick corn bread—so better over baked—and the awfully hot coals on the hearth, set the skillet on, put in corn meal dough, then put no lid on and allowed coals on top."

Sugar was a commodity rare in country homes of years ago and at the Click farm as well as other farms in the region. "Each farmer raised a patch of cane from which he made a barrel of sorghum molasses for domestic use. Later cane mills were run till late hours at night which afforded a favorite place for gathering of both old and young."

The nobility act of borrowing was as much a practice back then as today. It was customary, also

I came up with this the other night and it turned out to be a delicious meal. As I was browning the chops I put them in a casserole and to see drippings added a package of Chili mix and added enough water to make a not-too-thick gravy, added dash of Worcestershire Sauce and seasoning salt, poured it over the chops, covered the dish and baked at 250 degrees about 2 1/2 hours. Cooking time depends on thickness of chops. Do cook them until fork-tender."

During the last 45 minutes of cooking, cook spaghetti per instructions on package, drain and rinse in colander. Add water to pan and put colander over water. Drain spaghetti, place chop in center and spooned chili gravy over it. With this I had sliced tomatoes and onions topped lightly with oil and vinegar dressing, green beans and French garlic bread. Someone suggested the name Italian Chili Chops, another Chili Chops. You take your choice.

.....

BEAN AND CARROT SALAD  
1 16 ounce can (or 2 cups) green beans, drained  
1 16 ounce can sliced carrots, drained  
1 16 ounce can red kidney beans, drained  
1 medium onion sliced  
1/4 cup chopped green pepper  
1/4 cup chopped celery  
2 tablespoons snipped parsley  
1/2 cup sugar (more or less to taste)

round with baked potatoes that have been baked, slightly mashed and buttered. Serve a green vegetable of your choice. Or you may try this.

SALMON PATTIES  
1 pound can Salmon  
1/2 cup finely chopped onion  
2 tablespoons margarine  
1/3 cup dry bread crumbs  
1 egg  
1/4 cup chopped parsley  
1 teaspoon dry mustard  
1/2 cup dry bread crumbs for coating  
Drain salmon, reserve 1/3 cup liquid, flake meat (remove bone and skin). Cook onion in margarine until tender, add Salmon, liquid, bread, dry mustard, parsley, mustard. Make into patties and roll in extra bread crumbs, or cracker crumbs.

Here are two good salads to serve with the salmon and can take the place of one vegetable. Both can be made ahead of time and are good either summer or winter.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

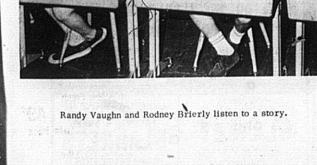
.....



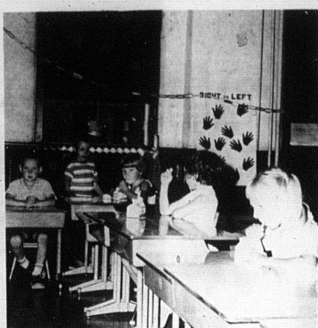
Mrs. Judy Owens tells children about "Foxy Loxy".



Small movable toys aid children in development of hand muscles. Pictured are Beverly Cox and Nancy Wooley.



Mrs. Jack Becker tells a story to Tim Hall, Randy Vaughn, Rodney Brierty, and Jesse Smith.

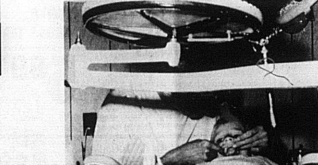
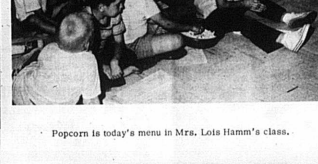


Steven Wilson, Billy Joe Linville, Rhonda George, Suzanne Gaddell, Marsha Smoot.

## An Adventure in HEAD START

pictures by Rob Lane

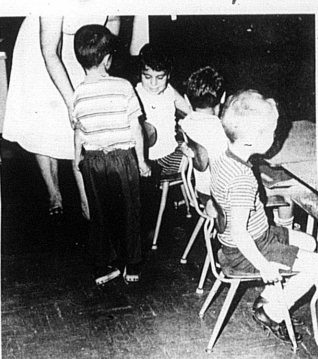
All names are from left to right.



As part of the comprehensive care provided by Headstart, Richard Cecil gets a checkup from the dentist.



Housework is women's work! But not to these two boys in Mrs. Permelia Cameron's class. They are David Richardson and Victor Henderson.



Mrs. Jack Becker's children learn the art of cleanliness.



Popcorn is today's menu in Mrs. Lois Hamm's class.



John Hunt puts empty carton in trash container.

LET US FILL YOUR NEXT PRESCRIPTION

YOUR DRUG STORE

Welcom

Recall DRUGS

master charge

Carlisle Drug Co. THE Recall STORE

CARLISLE, KY. Prescription Dept. Ph: 289-2528

**Chuck Roast Lb. 49¢**

Boneless Chuck Roast Lb. 69¢

**Webber's SAUSAGE** 2 Lb. Bag \$1.29

Ground Chuck Lb. 79¢

Chuck Steak Lb. 59¢

Shoulder Roast Lb. 69¢

Viva Towels Jumbo Rolls 3/\$1.00

Sweetheart Fabric Softener 1 Gal. 89¢

Kraft Mayonnaise (Limit One) Qt. 59¢

Lipton Instant Tea 3 Oz. 99¢

Twin Pet Dog Food (Limit Six) Can 07¢

Debbie Liquid 32 Oz. 39¢

Bake Rite Shortening 59¢

3 Lb. Yellow Corn 6 Ears 49¢

Round White Potatoes 10 Lb. Bag 59¢

Red Plums Lb. 39¢ Green Apples 29¢

2 Lbs.

**Hi C Fruit Drink** 46 Oz. Cans 29¢

Grape or Orange

Pacific Isle Canned Pineapple 20 Oz. 3/\$1.00

Dixie Milk 2% Milk 99¢ Gal

Scott Family Napkins Pkg. 160 CL. 29¢

American Singles CHEESE 12 Oz. Pkg. 59¢

Kitchen Fresh Potato Chips 49¢ Twin Pack

Red Cross Elbo Macaroni 7 Oz. Box 10¢

Van Camp No. 2 Pork & Beans 5/\$1.00