

# Kay's Kitchen

By Kay Flahe



School is out, the children are home and lunches must be prepared. It is not an easy task but by giving it a bit of thought and some preparation, your task can be lighter. You know the foods your children will eat, so stay within that limit. However you can dress those foods up and make them

more satisfying and filling, if you don't mean extra work for yourself. Start by making a basic salad. It can be chicken salad, tuna fish salad, salmon salad, or ham salad. For those who want sandwiches have a good selection of bread. Either hamburger buns (and there is a variety of them), French bread,

rye bread or plain, sliced bread, have plenty of green or red lettuce, pickles and mayonnaise. For those who prefer a salad you are prepared. Serve the salad on crisp lettuce, garnish with tomatoes, green pepper or olives, or served in peeled tomatoes, quartered almost through. Serve with a variety of crackers.

You can even dress up aologna sandwich. Try this. Spread bread of your choice with butter, add one slice of bologna, tomato slice and top with slice of cheese. Broil until cheese begins to melt. Serve with plenty of pickles. You can do this with a variety of luncheon meats.

Good stand-by to serve for lunch, that will please both adults and children, is cold roast beef sandwiches. Cook a rolled rump roast, well done, and let it get cold before slicing for sandwiches. Serve on bread with horseradish mayonnaise. When meat gets beyond slicing, grind and mix with mayonnaise and minced sweet pickle. This makes a good spread.

Of course sandwiches are a favorite with children, but adults often prefer salads. So if you are making salads be sure they are filling and of generous proportion. You are making a jelly salad, use plenty of fruit, dried celery and raisins. Make a cottage cheese dressing. Serve with tomatoes, cucumbers, onions or vegetables in the jelly, use enough to make a heavy meal. Try a sharp cheese salad with congealed vegetable salads.

If congealed salads do not appeal to you, use vegetables, apparatus, and herbs. Try a fresh uncooked cauliflower heads, on a bed of lettuce, topped with your favorite dressing and Parmesan cheese. Here are a few more ideas you might try. Mix 1/2 ground onion with 8 ounce package of cream cheese, adkorned with a dash of tobacco sauce and pinch of salt. Place about a tablespoon in center of a boiled ham slice. Spread to edges and roll up. Slicer with toothpick. Use about two or three slices of ham per salad. Top with mayonnaise and green pepper slices.

Don't forget the ever faithful frankfurters. Try this for a change. 2 cans of chili with beans, 1 can condensed cheddar cheese soup, two 8 ounce packages of cream cheese, adkorned with a dash of tobacco sauce and pinch of salt. Place about a tablespoon in center of a boiled ham slice. Spread to edges and roll up. Slicer with toothpick. Use about two or three slices of ham per salad. Top with mayonnaise and green pepper slices.

Here are two frozen goodies for the children. FROZEN GICOLE 1 package jelly 1 package coolaid (each the same flavor) 1 cup sugar 2 cups boiling water Mix well and pour into small paper cup or paper cupcake cup. When partly frozen insert plastic spoon and freeze until firm.

FUDGEKICE 1 package instant chocolate pudding mix 1/2 cup sugar Five Acres of Mobile Homes to choose from. AT DOYLE'S! Nationally advertised brands. 12ft. wide, 3 bedrooms-\$3,995.00 See our Windsor with solid glass-front and rear. The Park Estate with double pull out rooms on either side. Our Monarch double wide houses some deluxe get 11 to 12 thousand. OUR PRICE-\$8,950.00 delivered. On Display: Beautiful Lake Cottage with 30 ft. Natural wood deck and roll up. Slicer with toothpick. Use about two or three slices of ham per salad. Top with mayonnaise and green pepper slices.

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Sunday, June 20

- TWO OUNCES ELECTRIC RAZOR
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Chuck Steak	Lb. 69¢
Rib Steak	Lb. 1.99
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**CHEER** Giant Size 69¢

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Open till 8 thru weekly, 7:30 till 8 Sat. till 8:30

### CONGRESS VOTES Saltwell

Clarksville, Tenn. Mrs. James Snapp and Mrs. E. V. Delaney were in Lexington on Thursday.

The Headquarters Vacation Bible School will begin on Monday, June 21, at 7:30 p.m. and run through Friday night June 25. All children in the area are invited. Miss Vickie Cain spent the past week with Miss Carole Preston of Bowling Green.

Mrs. and Mrs. Fred Holliar visited Mrs. Alice Marie Gauce of Carlisle, Ky. Mrs. E. V. Delaney is a patient at Nicholas County Hospital as a result of injuries received to her left hand when it was hit by a mower blade at her home last Friday. Three of her fingers were gravely severed from her hand.

Mrs. Frank Preston of Livingston spent the past week with Mr. and Mrs. Richard Cain and family. Rev. and Mrs. Thomas Gauce were Tuesday supper guests of Mr. and Mrs. Shelby Gauce and daughter Linda of Versailles.

Ronnie McDonald and Gary Holliar spent the weekend fishing and visiting with Sterling Holliar of Vinton, Va. Mrs. and Mrs. M. J. Moore visited with Mrs. and Mrs. Thomas Gauce on Friday, June 16, Nays 215. Motion picture, June 9, Mrs. Watta voted NAY.

Whether to amend the Agricultural Trade Development Act to permit the display of American wines at foreign trade fairs, financed under the Act (H.R. 1161). Mrs. Watta voted YEA, June 7, Nays 298, Nays 13, Passed, June 7, Mr. Watta voted YEA.

Whether to adopt a resolution (H. RES. 471) to consider H.R. 866. The vote refers to a procedural motion, Yeas 215, Nays 166. Adm. on June 10, Mrs. Watta was paired for the motion.

Whether to adopt a resolution (H. RES. 472) to consider H.R. 823. The bill to continue until Sept. 30, 1973 the International Coffee Agreement of 1968. Yeas 336, Nays 14. Resolution agreed to, June 8, Mrs. Watta voted YEA.

Whether to recommend H.J. RES. 97 to committee with instructions to report it back with an amendment calling for a \$5 million fund (in lieu of goods) contribution from

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### Ben Humphrey III Graduates At UC

Ben Humphrey III, son of Mrs. and Mrs. Ben Humphrey II, Flemingsburg, Ky., was among the 5,466 persons to receive degrees at the University of Cincinnati's 152nd commencement exercises, held at Nippert Stadium, Sunday, June 13. Humphrey received his A.B. degree from the Mt. St. Charles College of Arts and Sciences, with a major in math and pre-med. While at U.C., he was a member of the football and track teams, in addition to academic work. Humphrey, having accepted an assistantship at U.C., will teach Calculus at the University during the next term while working on his Master's Degree in mathematics. Young Humphrey is a grandson of Mrs. Laura Humphrey, and was graduated from Heliovue High School in 1968.

Interested Parents - Discussing the Title VI summer school program which began Monday and continues for six weeks are from left, Mrs. Chlois Thompson, Mrs. Leona Walton, Mrs. Sue Capps and daughter) Mrs. Phyllis Hamilton, Title I secretary, and Mrs. Vernon Hubbell.

Remember the weekend services at the Wesley Church here. Rev. Bill Shumate of Winchester will be the guest, Every one welcome. Mrs. Ben Linville, Mrs. Beate Jackson and Billy Truesell attended the dedication services at the Missionary Church of Dr. Jimmie Jolly in Carlisle on Sunday.

Mrs. Roger Truesell and boys were Sunday guests of her mother, Mrs. Cundiff and family.

Miss Deborah Buswell was a guest of Mrs. Bessie Robinson for two weeks while finishing school.

Time is a luxury to many of us and it doesn't seem to

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