

# Kay's Kitchen

**By Koy Fisher**

table so each guest can reach it easily. Then the fun begins.

CAPER SAUCE

1 cup mayonnaise  
1/4 cup finely chopped pickles  
2 tablespoons chopped capers  
1 tablespoon chopped parsley  
1 each spoon Worcestershire  
SAUCE

1/4 teaspoon Tabasco  
(If had some of this sauce left it is delicious with fish and oysters.)

ONION-HORSERADISH SAUCE

1/2 cup mayonnaise  
1/4 or less cup finely chopped onion  
1/4 cup finely chopped horseradish  
1/4 teaspoon Tabasco  
dash of Worcestershire Sauce  
Combine all ingredients.

Since Fondue suppers are growing in popularity I thought I would touch on them lightly this week. Many are now familiar with Cheese Fondue but if you have a Fondue pot with forks, you can really enjoy every man for himself and if his beef is not hungry to his liking he has no one to blame but himself. For everyone cooks his bread, toasted salad and various sauces are all you need in the way of food. The only other absolutely necessary thing is congenial company. "Small is just about as informal as one can get and desirable in an around the kitchen-table affair. If you are devious you might serve a small baked potato to make the party more formal.

First thing to do when having a Fondue is to make the sauce. Make them ahead of time so you can marinate. You can take 1/2 cup mayonnaise as a base and go from there. Let your taste buds be your guide. I'm, lucky, I have a willing partner in my kitchen and she is also creative.

Here are three recipes for Fondue. Put them up with your "spin creative."

**CURRY SAUCE**

1/2 cup mayonnaise  
1 tablespoon curry powder (more or less)  
1/4 teaspoon Tabasco  
2 tablespoons Sherry  
Mix well, cover and refrigerate until serving time.

**LOSE UGLY FAT**

It's the "eat" you eat that makes you fat. The "eat" you eat is the "eat" you eat. The "eat" you eat is the "eat" you eat. The "eat" you eat is the "eat" you eat. The "eat" you eat is the "eat" you eat.

**When ready to serve**, the uncoked fork is placed in small dishes before each guest.

At each place each guest is provided with a Fondue fork, dinner fork, knife and spoon. The Fondue fork is used to cook the meat in the boiling butter and oil. When ready to make the sauce, you should also.

When ready to make the sauce, you should also.

**"Imagine your baby playing on the floor next winter?"**



**Draft-free electric heat sure makes a difference!**

Mr. & Mrs. David Bogges of Central City, Ky. "Our baby loves the floor," says Mrs. Bogges, "and with our electric heat she's perfectly safe. It's so even and cozy—wall to wall, toe to toe. The right humidity helps keep her healthy, too."

"The cozy, two in one, too," says Mr. Bogges. "But I'm really impressed with electric heat's economy!"

**LISTEN TO FACTS NOT FICTION.**

If you plan to build or modernize, call our nearest office. We'll give you an accurate estimate of all electric heating costs.

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KENTUCKY UTILITIES COMPANY

Ice Cream Sandwiches 6/49¢  
Biloxi 8¢  
Cove Oysters 3/110¢  
Welschenberg Plain 5 lb. 49¢  
Corn Meal 49¢  
Sweet Spread 2 lb. 49¢  
Grape Jelly 57¢  
Banquet 4/99¢  
Cookin' Bags 4/99¢

## Park Service Expects Record Season In 1971

Spring cleaning begins early for the National Park Service. White cloth winds still blow, rangers and maintenance men are busy cleaning roads, marking trails, checking Passover exhibits, and sprucing up reception centers. They expect 100 million visitors in 1971. More than 172 million enjoyed the Park System last year, the National Geographic Society says.

**SALES RESURICED**

Visiting one of the 283 areas administered by the Park Service will be easier than ever with the Golan, checking Passover exhibits, and sprucing up reception centers. They expect 100 million visitors in 1971. More than 172 million enjoyed the Park System last year, the National Geographic Society says.

Two new areas—Gulf Islands National Seashore and Voyageurs National Park—have been blotted into the National Park System this year. A third, the Chesapeake and Ohio Canal, has been expanded and redesignated a National Historical Park.

One of the Nation's earliest man-made waterways, the 184-mile C&O Canal parallels the Potomac River from Washington, D.C., to Cumberland, Md. George Washington had pioneered the idea, President John Quincy Adams turned the first spade of earth for it in 1828.

Financial woes, labor problems, and ongoing difficult construction, but the canal finally was opened to trade in 1850.

After the Civil War, profitable

**The Shield of Quality FOOTDOWN**

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Open till 6 thru week; Fri. till 8; Sat., till 8:30

**Smoked Picnics Lb. 29¢**

(Limit one with additional 15¢ order or more. Without order 35¢ Lb.)

**Boston Butt Pork Roast Lb. 49¢**

**Pork Steak Lb. 59¢**

**Chestnut Bacon Chicken Breast Lb. 59¢**

**Legs and Thighs Lb. 49¢**

**Chicken Liver Lb. 59¢**

**Green Giant Sale 4/89¢**

**Cream Corn 12 oz. 30¢**

**Niblets Corn 30¢**

**Mexi-Corn Peas 30¢**

**Kitchen Sliced Green Beans 30¢**

**Pork and Beans 5/510¢**

**Stockley 46 oz. 3/510¢**

**Tomato Juice 3/510¢**

**Oranges 5 lb. Bag 49¢**

**POTATOES 10-lb. Bag 69¢**

**Celery stalk 19¢**

**Bananas Lb. 10¢**

The rhythmic chants of the colorful French-Canadian voyageurs who paddled from Montreal deep into the North American wilderness, taking furs for the European trade.

**PRESCRIPTION FOR PROFIT: A WANT AD**  
by mail or phone 299-2464

**NOW! NEW DECORATOR STYLES AND COLORS.**

**NEW! 12" x 12" DESIGNER SQUARES.**

Just stop of the paper backing—press down the tile

**FLINTKOTE peel-stuck tile**

**GUARANTEED TO STICK**  
When used according to manufacturer's instructions confined in every package.

**Reid & Vics, Inc.**

**Miss Mitchell Weds In April**

Mr. and Mrs. Edward Mitchell announce the engagement of their daughter, Brenda Kay Mitchell, to Mr. and Mrs. James A. Sargent, Jr. The bride is a graduate of Carlisle High School and is employed at Blue Grass Industries Inc.

**Girl Scout Parent-Daughter Banquet To Be March 29**

The annual Girl Scout Parent-Daughter banquet will be held Monday, March 29, at 6:30 p.m. in the Blue Grass Industries dining room. The flag ceremony will be conducted by Senior Florio, 170. The intercession Friendship theme will be carried out in the table decorations and by a puppet troop.

**Carlisle West Homemakers**

The Carlisle West Homemaker club will meet at the home of Mrs. C. B. Ingels with the theme, "Magis Gignit Pro." The president, Mrs. Lida Mae Wade, presented the devotional was given by Mrs. Juanita Cummins.

**Methodist Youth District Banquet**

The annual banquet of the Wesley Sub-District of the Methodist Youth Fellowship was held Monday evening at 7 p.m. at the R.C.C. Auditorium in Flemingsburg. The president, Mrs. Lida Mae Wade, presented the devotional was given by Mrs. Juanita Cummins.

**Recession Effects Insurance Coverage Of Local Residents**

Residents of Nicholas County, reacting to the national economic downturn during the last year or so, have set about putting their finances on a sound footing. Notwithstanding the fact that their paychecks have been on the rise, most families have been affected by the recession.

The higher cost of living, the growing amount of unemployment combined with the fact in Vietnam, and the need to postpone some of their non-essential spending.

Most of the money they would have spent, under normal conditions, went into their savings accounts. Reducing their general indebtedness and life insurance and health insurance.

From the standpoint of insurance, Nicholas County residents are better protected, as a result, than they have ever been.

In the local area, the amount of life insurance in force at the beginning of this year reached a new high of \$15,269,000.

The facts and figures on the distribution of insurance coverage by area, are contained in the 1970 Life Insurance Fact Book. They show that the average family increased its protection by \$1,600.

The additions have brought the force in the United States to more than \$14 trillion.

Kentucky State's share of this total is placed at \$16,491,000,000. The county's share of \$1,269,000,000 covered a year ago.

Insurance coverage by the Fed-

## High School P.T.A. To Meet On April 1

The Nicholas County High School P.T.A. will meet on Thursday, April 1, at 7:30 p.m. in the school library.

## American Legion District Meeting In Carlisle

The 9th District of the American Legion will meet at the Legion Hall of Post No. 17 on Main Street, Sunday, March 28 at 1 p.m.

## Jr. Woman's Club To Meet Tonight

The Carlisle Jr. Woman's Club will meet on Wednesday, March 25, at 7:30 p.m. in the home of Mrs. J. A. Whaley.

## Is Blacksmithing A Lost Art?

WEST LIBERTY, Ky.—My father, the late Earl Price of West Liberty, taught me appreciation of country things. While most of his life was spent in a so-called city area, he was ever mindful of his boyhood years on a farm near West Liberty.

When his work on the United Fruit and Wayne Lintetic & Co. brought him to Kentucky he found it as easy to talk with a farmer about country blacksmith as with the Cabots and Loggs with the same ease of pleasure.

Through the years he acquired many tools, strange and unfamiliar to me, and he was ever mindful of some of them on his inquisitive nature. A number of them, hand-forged and by hand, were handed by blows of a smith's hammer on an anvil.

Frequently in interviewing farm folk for a story I would come away with an ancient bit of iron that performed an ancient work of the past.

And yet, as history and fashion repeat themselves, I repeat the work of the blacksmith is not the most far out.

Not exactly carried away at the time by my list of hand tools, I did not bother to learn their uses. I kept trying to work out an artistic wall hanging with tongue-a common piece of sculpture made by the anvil.

Common sense told me that a large pair of tongs that came with hand-forged androns should be used to lift, sliding another log onto the fire, but not until I bought a second-hand book on practical blacksmithing did I learn slightly a few things. As we used by a smithy to hold horsehoes. Using the same theory I tried to make a still smaller pair into tools for pony shoes, only to find out they were hand-forged tooth picks used by one of Morgan County's first blacksmiths.

When Fayette County—or another county—gets a state park, provision should be made for an old-time blacksmith or farrier to solve many people's collectible and many farmers retain them to do necessary repairs around the farm. There are ever young old-timers, amidst in their day, who could be called on for back ground knowledge.

Some of the tools in blacksmithing, compiled and published by M.T. West in 1890, he called on people of great smiles to relate their experiences in smithery. One took to write heavy hammers, and said, "I've heard springs in this way for many years, and I have never failed."

The more common wrenches for handles, they were made with the same degree of perfection as were the iron parts. The handles were soaked in linseed oil for a week then rubbed down every day for two weeks to give them a lustrous beauty and durability.

To prevent rust on a tool, caustic soda oil rubbed on the tool, as a result, as it is a coating solution of India rubber in gasoline.

Another preventive method was to use one-half ounce camphor dissolved in one pound melted lard and mixed with fine red sand as pencil graphite.

To remove rust, coat the metal farm. There are ever young old-timers, amidst in their day, who could be called on for back ground knowledge.

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## Extension Homemakers' Meet Attended By Local Women

Nicholas County Homemaker Club members and friends attended the annual meeting of the Extension Homemakers Association at the campus in Lexington this week to see how they can help their neighbors.

## Modular Home Plant Opens In Louisville

Commerce Commissioner Paul W. Gubbs recently announced the opening of Housing Systems, Inc., a new modular home manufacturing plant in Louisville.

The firm occupies 20,000 square feet of the former Ford Motor company building at 1000 Square.

The modular construction industry embodies the use of factory-built rooms or groups of rooms (modules) set together to form permanent dwelling units.

## How to Visit Grandma without going over the river and through the woods.

Simple Dial a Lovin' Phone call direct. It's as inviting as homemade apple pie.

First dial "1", then the area code (if different from your own), then the number.

Dialing long distance direct is faster and easier than going over the river and through the woods. In fact, it's even faster and easier than going through the operator.

And the rates are low every night and all weekend long. So enjoy your visit. What else costs so little gives you so much pleasure!

South Central Bell

**Carlisle (Ky.) Mercury, Thurs., Mar. 25, 1971-7**

**Visit School**

Mrs. J.S. Wilson, Miss Louella Huddleston, Mrs. Margaret St. Pierre, and Walter Shepherd visited the Owenston Elementary School, Owenston on Thursday.

Their interest was the open concept method used in this new elementary school.

concrete frame modules for apartment, town house, and garden-type developments for multiple-story projects.

The modular construction industry embodies the use of factory-built rooms or groups of rooms (modules) set together to form permanent dwelling units.

**The Old Times**

"Radar spelled backward is 'dard', so get your eyes going!"