

Kay's Kitchen

Kay's Kitchen this week was sent in from the County Extension Office. I hope you will try the recipe. I haven't had time yet but certainly plan to, especially the Rhubarb Surprise Pie.

NICHOLAS CO. FISH & GAME CLUB

TRACTOR PULL

JACKSONVILLE, KY., HIGHWAY 11
SATURDAY, MAY 22
8 P.M.

GARDEN TRACTOR CLASS
1300-14,000 lbs.
4,000-6,000 lbs.
6,000-8,000 lbs.
8,000-10,000 lbs.
10,000-12,000 lbs.
12,000-14,000 lbs.
14,000-16,000 lbs.
16,000-18,000 lbs.
18,000-20,000 lbs.
20,000-22,000 lbs.
22,000-24,000 lbs.
24,000-26,000 lbs.
26,000-28,000 lbs.
28,000-30,000 lbs.
30,000-32,000 lbs.
32,000-34,000 lbs.
34,000-36,000 lbs.
36,000-38,000 lbs.
38,000-40,000 lbs.
40,000-42,000 lbs.
42,000-44,000 lbs.
44,000-46,000 lbs.
46,000-48,000 lbs.
48,000-50,000 lbs.
50,000-52,000 lbs.
52,000-54,000 lbs.
54,000-56,000 lbs.
56,000-58,000 lbs.
58,000-60,000 lbs.
60,000-62,000 lbs.
62,000-64,000 lbs.
64,000-66,000 lbs.
66,000-68,000 lbs.
68,000-70,000 lbs.
70,000-72,000 lbs.
72,000-74,000 lbs.
74,000-76,000 lbs.
76,000-78,000 lbs.
78,000-80,000 lbs.
80,000-82,000 lbs.
82,000-84,000 lbs.
84,000-86,000 lbs.
86,000-88,000 lbs.
88,000-90,000 lbs.
90,000-92,000 lbs.
92,000-94,000 lbs.
94,000-96,000 lbs.
96,000-98,000 lbs.
98,000-100,000 lbs.

Nicholas County Fish & Game Club
Box 100 - Jackson, Ky. 40301
Admission - Adults \$1.00 - Children 50c
Refreshments - 10c
For Additional Information Write to:
Miss Mary Ann Gentry, Box 100, Jackson, Ky. 40301

LYRIC

CARLISLE, KY

JOE NARATH

C.C. BYRD
ANN-MARGREY

6 slices bacon
2 quarts water
1 tablespoon salt
1/2 teaspoon pepper
1/2 teaspoon hot pepper sauce, or to taste
3 pounds cleaned, chopped collard or mustard greens
In large kettle, fry bacon until tender. Add water and seasonings; bring to boil. Add greens, boil, uncovered for 5 minutes. Cover and simmer over low heat 30-35 minutes, or until stems are tender. Remove greens, bacon and half of pot liquor to a heated bowl. Drop CORN DUMPLINGS into remaining simmering pot liquor. Cover and steam 15 minutes. Uncover, cook 5 minutes longer. Serve on top of hot greens. Serve with butter.

CORN DUMPLINGS

1 cup enriched self-rising corn meal
2 tablespoons butter, melted
1/2 cup milk
1/3 to 1/2 cup pot-liquor
In combine corn meal, butter, egg and 1/3 cup pot-liquor. If necessary, add more pot-liquor to make sticky.

SEVENTH GRADENATIONAL HONOR SOCIETY MEMBERS - Kneeling:

Ernie Jones, John Peore, Glenn Harper and David Snapp, Second Row; Bonnie Deas, Bobby Wade, Patricia Hopkins, Judy Johnson, Yvonne Curran, Ann Marshall and Susan Cooney, Third Row; Janet Sparkler, Betty Inhamel, Debra Fryman, Teresa Barlow, Sandra Collins, Ricky Mattox, Ricky Hicks, Fourth Row; Kathy Strawer, Tina Thacker, Vicky Mitchell, Cheryl Lowe, Barbara Falt, Michael Rawlings and Jeffery Rose.

LOSE UGLY FAT

LOSE 25 POUNDS IN 12 WEEKS
LOSE 50 POUNDS IN 24 WEEKS
LOSE 75 POUNDS IN 36 WEEKS
LOSE 100 POUNDS IN 48 WEEKS
LOSE 125 POUNDS IN 60 WEEKS
LOSE 150 POUNDS IN 72 WEEKS
LOSE 175 POUNDS IN 84 WEEKS
LOSE 200 POUNDS IN 96 WEEKS
LOSE 225 POUNDS IN 108 WEEKS
LOSE 250 POUNDS IN 120 WEEKS
LOSE 275 POUNDS IN 132 WEEKS
LOSE 300 POUNDS IN 144 WEEKS
LOSE 325 POUNDS IN 156 WEEKS
LOSE 350 POUNDS IN 168 WEEKS
LOSE 375 POUNDS IN 180 WEEKS
LOSE 400 POUNDS IN 192 WEEKS
LOSE 425 POUNDS IN 204 WEEKS
LOSE 450 POUNDS IN 216 WEEKS
LOSE 475 POUNDS IN 228 WEEKS
LOSE 500 POUNDS IN 240 WEEKS
LOSE 525 POUNDS IN 252 WEEKS
LOSE 550 POUNDS IN 264 WEEKS
LOSE 575 POUNDS IN 276 WEEKS
LOSE 600 POUNDS IN 288 WEEKS
LOSE 625 POUNDS IN 300 WEEKS
LOSE 650 POUNDS IN 312 WEEKS
LOSE 675 POUNDS IN 324 WEEKS
LOSE 700 POUNDS IN 336 WEEKS
LOSE 725 POUNDS IN 348 WEEKS
LOSE 750 POUNDS IN 360 WEEKS
LOSE 775 POUNDS IN 372 WEEKS
LOSE 800 POUNDS IN 384 WEEKS
LOSE 825 POUNDS IN 396 WEEKS
LOSE 850 POUNDS IN 408 WEEKS
LOSE 875 POUNDS IN 420 WEEKS
LOSE 900 POUNDS IN 432 WEEKS
LOSE 925 POUNDS IN 444 WEEKS
LOSE 950 POUNDS IN 456 WEEKS
LOSE 975 POUNDS IN 468 WEEKS
LOSE 1000 POUNDS IN 480 WEEKS
LOSE 1025 POUNDS IN 492 WEEKS
LOSE 1050 POUNDS IN 504 WEEKS
LOSE 1075 POUNDS IN 516 WEEKS
LOSE 1100 POUNDS IN 528 WEEKS
LOSE 1125 POUNDS IN 540 WEEKS
LOSE 1150 POUNDS IN 552 WEEKS
LOSE 1175 POUNDS IN 564 WEEKS
LOSE 1200 POUNDS IN 576 WEEKS
LOSE 1225 POUNDS IN 588 WEEKS
LOSE 1250 POUNDS IN 600 WEEKS
LOSE 1275 POUNDS IN 612 WEEKS
LOSE 1300 POUNDS IN 624 WEEKS
LOSE 1325 POUNDS IN 636 WEEKS
LOSE 1350 POUNDS IN 648 WEEKS
LOSE 1375 POUNDS IN 660 WEEKS
LOSE 1400 POUNDS IN 672 WEEKS
LOSE 1425 POUNDS IN 684 WEEKS
LOSE 1450 POUNDS IN 696 WEEKS
LOSE 1475 POUNDS IN 708 WEEKS
LOSE 1500 POUNDS IN 720 WEEKS
LOSE 1525 POUNDS IN 732 WEEKS
LOSE 1550 POUNDS IN 744 WEEKS
LOSE 1575 POUNDS IN 756 WEEKS
LOSE 1600 POUNDS IN 768 WEEKS
LOSE 1625 POUNDS IN 780 WEEKS
LOSE 1650 POUNDS IN 792 WEEKS
LOSE 1675 POUNDS IN 804 WEEKS
LOSE 1700 POUNDS IN 816 WEEKS
LOSE 1725 POUNDS IN 828 WEEKS
LOSE 1750 POUNDS IN 840 WEEKS
LOSE 1775 POUNDS IN 852 WEEKS
LOSE 1800 POUNDS IN 864 WEEKS
LOSE 1825 POUNDS IN 876 WEEKS
LOSE 1850 POUNDS IN 888 WEEKS
LOSE 1875 POUNDS IN 900 WEEKS
LOSE 1900 POUNDS IN 912 WEEKS
LOSE 1925 POUNDS IN 924 WEEKS
LOSE 1950 POUNDS IN 936 WEEKS
LOSE 1975 POUNDS IN 948 WEEKS
LOSE 2000 POUNDS IN 960 WEEKS
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LOSE 11950 POUNDS IN 5736 WEEKS
LOSE 11975 POUNDS IN 5748 WEEKS
LOSE 12000 POUNDS IN 5760 WEEKS
LOSE 12025 POUNDS IN 5772 WEEKS
LOSE 12050 POUNDS IN 5784 WEEKS
LOSE 12075 POUNDS IN 5796 WEEKS
LOSE 12100 POUNDS IN 5808 WEEKS
LOSE 12125 POUNDS IN 5820 WEEKS
LOSE 12150 POUNDS IN 5832 WEEKS
LOSE 12175 POUNDS IN 5844 WEEKS
LOSE 12200 POUNDS IN 5856 WEEKS
LOSE 12225 POUNDS IN 5868 WEEKS
LOSE 12250 POUNDS IN 5880 WEEKS
LOSE 12275 POUNDS IN 5892 WEEKS
LOSE 12300 POUNDS IN 5904 WEEKS
LOSE 12325 POUNDS IN 5916 WEEKS
LOSE 12350 POUNDS IN 5928 WEEKS
LOSE 12375 POUNDS IN 5940 WEEKS
LOSE 12400 POUNDS IN 5952 WEEKS
LOSE 12425 POUNDS IN 5964 WEEKS
LOSE 12450 POUNDS IN 5976 WEEKS
LOSE 12475 POUNDS IN 5988 WEEKS
LOSE 12500 POUNDS IN 6000 WEEKS
LOSE 12525 POUNDS IN 6012 WEEKS
LOSE 12550 POUNDS IN 6024 WEEKS
LOSE 12575 POUNDS IN 6036 WEEKS
LOSE 12600 POUNDS IN 6048 WEEKS
LOSE 12625 POUNDS IN 6060 WEEKS
LOSE 12650 POUNDS IN 6072 WEEKS
LOSE 12675 POUNDS IN 6084 WEEKS
LOSE 12700 POUNDS IN 6096 WEEKS
LOSE 12725 POUNDS IN 6108 WEEKS
LOSE 12750 POUNDS IN 6120 WEEKS
LOSE 12775 POUNDS IN 6132 WEEKS
LOSE 12800 POUNDS IN 6144 WEEKS
LOSE 12825 POUNDS IN 6156 WEEKS
LOSE 12850 POUNDS IN 6168 WEEKS
LOSE 12875 POUNDS IN 6180 WEEKS
LOSE 12900 POUNDS IN 6192 WEEKS
LOSE 12925 POUNDS IN 6204 WEEKS
LOSE 12950 POUNDS IN 6216 WEEKS
LOSE 12975 POUNDS IN 6228 WEEKS
LOSE 13000 POUNDS IN 6240 WEEKS
LOSE 13025 POUNDS IN 6252 WEEKS
LOSE 13050 POUNDS IN 6264 WEEKS
LOSE 13075 POUNDS IN 6276 WEEKS
LOSE 13100 POUNDS IN 6288 WEEKS
LOSE 13125 POUNDS IN 6300 WEEKS
LOSE 13150 POUNDS IN 6312 WEEKS
LOSE 13175 POUNDS IN 6324 WEEKS
LOSE 13200 POUNDS IN 6336 WEEKS
LOSE 13225 POUNDS IN 6348 WEEKS
LOSE 13250 POUNDS IN 6360 WEEKS
LOSE 13275 POUNDS IN 6372 WEEKS
LOSE 13300 POUNDS IN 6384 WEEKS
LOSE 13325 POUNDS IN 6396 WEEKS
LOSE 13350 POUNDS IN 6408 WEEKS
LOSE 13375 POUNDS IN 6420 WEEKS
LOSE 13400 POUNDS IN 6432 WEEKS
LOSE 13425 POUNDS IN 6444 WEEKS
LOSE 13450 POUNDS IN 6456 WEEKS
LOSE 13475 POUNDS IN 6468 WEEKS
LOSE 13500 POUNDS IN 6480 WEEKS
LOSE 13525 POUNDS IN 6492 WEEKS
LOSE 13550 POUNDS IN 6504 WEEKS
LOSE 13575 POUNDS IN 6516 WEEKS
LOSE 13600 POUNDS IN 6528 WEEKS
LOSE 13625 POUNDS IN 6540 WEEKS
LOSE 13650 POUNDS IN 6552 WEEKS
LOSE 13675 POUNDS IN 6564 WEEKS
LOSE 13700 POUNDS IN 6576 WEEKS
LOSE 13725 POUNDS IN 6588 WEEKS
LOSE 13750 POUNDS IN 6600 WEEKS
LOSE 13775 POUNDS IN 6612 WEEKS
LOSE 13800 POUNDS IN 6624 WEEKS
LOSE 13825 POUNDS IN 6636 WEEKS
LOSE 13850 POUNDS IN 6648 WEEKS
LOSE 13875 POUNDS IN 6660 WEEKS
LOSE 13900 POUNDS IN 6672 WEEKS
LOSE 13925 POUNDS IN 6684 WEEKS
LOSE 13950 POUNDS IN 6696 WEEKS
LOSE 13975 POUNDS IN 6708 WEEKS
LOSE 14000 POUNDS IN 6720 WEEKS
LOSE 14025 POUNDS IN 6732 WEEKS
LOSE 14050 POUNDS IN 6744 WEEKS
LOSE 14075 POUNDS IN 6756 WEEKS
LOSE 14100 POUNDS IN 6768 WEEKS
LOSE 14125 POUNDS IN 6780 WEEKS
LOSE 14150 POUNDS IN 6792 WEEKS
LOSE 14175 POUNDS IN 6804 WEEKS
LOSE 14200 POUNDS IN 6816 WEEKS
LOSE 14225 POUNDS IN 6828 WEEKS
LOSE 14250 POUNDS IN 6840 WEEKS
LOSE 14275 POUNDS IN 6852 WEEKS
LOSE 14300 POUNDS IN 6864 WEEKS
LOSE 14325 POUNDS IN 6876 WEEKS
LOSE 14350 POUNDS IN 6888 WEEKS
LOSE 14375 POUNDS IN 6900 WEEKS
LOSE 14400 POUNDS IN 6912 WEEKS
LOSE 14425 POUNDS IN 6924 WEEKS
LOSE 14450 POUNDS IN 6936 WEEKS
LOSE 14475 POUNDS IN 6948 WEEKS
LOSE 14500 POUNDS IN 6960 WEEKS
LOSE 14525 POUNDS IN 6972 WEEKS
LOSE 14550 POUNDS