

Kay's Kitchen

By Kay Fisher



WAKE-UP RARIN' TO GO
when you sleep on a **SPRING AIR BACK SUPPORT MATTRESS**



Exclusive Kar flexible and comfortable support with luxurious surface contact.
Health Center provides extra shoulder to knee support.
No sleep toward edges, no leg in middle.
Garrett's
If your fisherman is having luck

The recipes this week have been published before, but since I have had numerous requests for these and others, I thought it a good idea to give you them again this week since they are appropriate for this season.
With fresh strawberries now on the market, here is the recipe for English Strawberry Shortbread.

SHORTBREAD

2 cups all purpose flour
2 tablespoons powdered sugar (sifting)
1 tablespoon corn starch
1 1/2 sticks of butter or margarine
Sift dry ingredients into bowl and work in the butter with your fingers until it is like coarse meal. Smooth out on a greased baking sheet until about 1/4 inch thick. Straighten edges by gently pressing with a spatula, smoothing top with open hand. Prick all over with fork. Bake at 250 degrees or 275 degrees about 30 minutes.
Cut into squares while still hot. Allow to cool before removing from baking sheet with spatula.
While shortbread cools, wash and hull strawberries and dry on absorbent paper. Always wash berries first then cap. This helps to keep them from getting water logged. When berries are dry put into crystal bowl and sprinkle with sugar to taste.
When ready to serve place shortbread squares in bottom of serving dish you will need a deep one. Cover with berries, another square of shortbread and more strawberries. Serve with rich cream, and to make it pretty top with a spoon of whipped cream and a perfect strawberry. In spite of the cream the shortbread will be crisp to the last bite.
This shortbread may be used with other fruit.

you will want this one now.

BROILED BASS

4 pounds of bass
2 teaspoons salt
1/2 teaspoon pepper
Use one or two tablespoons of sauce over rice. Pour rest of sauce in small bowl so everyone may add to each serving.
COCA COLA CAKE
2 cups sugar (sifted)
2 cups flour (sifted)
1/2 cup vegetable oil
1/2 cup butter
3 tablespoons Coca Cola
1 cup Coke
Place one egg and 1/2 cup of milk in small deep bowl and mix well. I use a bottle with wide mouth and a good shaking before using each time.
Do use pure Olive Oil. For other salad dressings and to marinate, use vegetable oil but for this do use imported Olive Oil.
Bring these 4 ingredients to a boil. Pour over the dry mixture, then add; 1/2 cup buttermilk, 1 teaspoon soda, 2 eggs, 1 teaspoon vanilla, 1 1/2 cup small marshmallows.
Mix well together, pour in greased pan. Batter will be thin. Bake at 350 degrees for 45 minutes or until done.
ICING
1/2 cup butter
3 tablespoons Coca Cola
6 tablespoons Coke
Let all this get hot, take from heat and add 1 box confectionary sugar, 1 teaspoon vanilla and 1 cup pecans. Mix well. Spread on cake.
Mrs. Donald Story

CHICKEN BREASTS IN SHERRY

Halves of chicken breasts (4 whole, but split). Put 1/4 pound of margarine in heavy large skillet. Brown chicken slowly in this, take about 20 minutes. When brown transfer chicken to an open roasting baking dish (at 8 3/4"x13 1/2") If you don't have this size, use smaller ones will do.
Brown one medium size onion, thinly sliced in the margarine chicken was browned in-add 3/4 cups water, 1 cup straight cocktail sherry-(not cooking sherry), 1 cup tomato juice. Salt, pepper and sugar to taste. Bring to boil. Pour this sauce over chicken, be sure chicken is placed skin down in baking dish and cook uncovered 30 minutes at 375 degrees. Turn, cook 30 minutes. Turn again and cook 15 minutes. During last 15 minutes, cook Minute Rice-when done place in center of large warm meal plate and put chicken breasts around rice. Hot rice with butter and fresh ground pepper.

OIL AND VINEGAR DRESSING
1/3 cup vinegar



Governor Nunn Calls Environmental Conference

Gov. Louie B. Nunn has invited representatives of civic, industrial and conservation groups to a conference May 27 and 28 with state officials whose duties affect pollution and the environment.
The conference will be held at Laurel Bridge State Park.
Governor Nunn said he mailed invitations, to some 60 interested persons in the hope that "they will bring the ideas, information and experience needed to complement the objectives of the conference."

He outlined the three main objectives of the conference as:
• Defining the present condition of Kentucky's environment.
• Outlining programs now being carried out to improve the environment.
• Determining a direction based on the objectives of the conference to follow in continuing the improvement of our environment."



NOTE NELSON ROBERT ALLEN
TUESDAY 25th
IN THE RAILROAD COMMISSIONER RACE-2nd column at top.
I support Bert T. Combs for governor of this state. "Graduate of Morehead" Educator
Pd. Pol. Adv.

Blue Grass Industries

proudly salutes...
THOROBREDS of 1971



Edgar Allison

Barbara Tolliver

James Mann



Rankin Byrd

Mary Ruth Gray

Rosemary Evans

The Blue Grass THOROBRED Service Club is composed of all personnel who have given faithful service to the company for 15 years or more. As an expression of deep appreciation, the company asks each one day annually to honor these loyal people. There are now 123 active members of this organization in the industry's five localities.
This year 18 new THOROBRED members were honored at Carlisle on May 6, 1971, as they were presented an award watch. They are pictured here as Wayne Shumate, president, and Harry H. Wolf, Jr., treasurer, present them with the official THOROBRED blazer.

Other members of the Thorobred Service Club

- | | |
|---------------------|--------------------|
| 1948* | Agnes Terrell |
| Carrie Shumate | Aileen Boots |
| Clifford Shumate | Lillian Lemons |
| James Wells | Nancy Gaunce |
| Mabel Shrout | Betty Howard |
| Juanita Scott | Polly Wells |
| Edith Saunders | Bonnie Minton |
| 1949* | 1953 |
| Virginia Parsons | Harry H. Wolf, Jr. |
| Mayne Clark | Harry H. Wolf, Sr. |
| | Betty June Stull |
| | Lottie Cox |
| 1950* | Myrtle Ledford |
| Elizabeth Wilcoxson | Louisa Wagener |
| Helen Shaw | Margaret Cameron |
| Josie Ratliff | Minnie Rawlings |
| Dean Watkins | Aileen Samples |
| Mary F. King | Clarine Finch |
| Alma Curtis | 1954 |
| Ruby Louise Ritchie | Cordie Bretz |
| Neville Doyle | Gloria Garrard |
| Anna Lee Lawson | Kash Grimes |
| Jessie Berry | Norma Mastin |
| Edith Rejd | Elsie Sexton |
| 1951* | Erma Richey |
| Betty Barbee | Ruby F. Morris |
| Gladys Hammonds | Thelma Willoughby |
| Leona Trussell | Josephine Flora |
| Willie Wagoner | Wanda Shrout |
| | 1955 |
| Wayne Shumate | Beulah Gates |
| Christine Grey | Bessie Smith |
| Edna Mitchell | Mildred Green |
| Eugene Gaunce | Julia Boyd |
| Sarah Fryman | Lillie Koehler |
| Estella Marshall | Margaret Reiss |
| Mary E. Jones | Lena Mitchell |
| Elizabeth Mastin | Ab Sharp, Sr. |
| Martha Jane Snapp | Elsie Ruth Burden |
| Margaret Ring | Louise McCarty |
| Avis Claypool | Anna Smoot |
| Aleta Ormes | Eula Carter |

*20 Year Gold Star Members



Pansy Gilley

Mary Byrd

Willard Tolliver



Herma Lee Maze

Dorothy Ritchie

Janie Sargent



Betty Markland

Viola Curran

Nora H. Hamilton



Nancy Bussell

Amanda C. McElfresh

Georgia Brady

VOTE FOR Bruce L. Vice FOR State Representative 74th District
Bath, Montgomery and Nicholas Counties

Vote for the candidate that is qualified for the office by experience and knowledge of the problems of the District.
Mr. Billy Patterson announced in Newspapers and on the radio that he was withdrawing from the race and will support Bruce L. Vice. This announcement came too late to get Patterson's name off of the ballot. Mr. Patterson requests that voters ignore his name and vote for Bruce L. Vice.

This is the way to vote for Bruce L. Vice

Charles B. Hart
Billy P. Patterson
Bruce L. Vice

Final Week
to register for prizes. Drawing to be held at 6 P.M. Saturday, May 22. Do not have to be present to win.

C & G
Chuck Roast lb. 55¢

Rib Roast lb. 99¢	Shoulder Roast lb. 69¢
Boneless Chuck lb. 79¢	Chuck Steak lb. 69¢
Ground Chuck lb. 79¢	Delmonico Steak lb. 1.19
Rib Steak lb. 1.19	Spare Ribs lb. 59¢

SWIFT'S Canned Hams 5 Lb. Can \$3.99
Whole Quick-Cut Hams lb. 79¢

Giant Size TIDE 49¢ (Limit One With Additional 5 Order or More)	Ragu 15 1/2 Oz. 3/89¢	Nestle's 2 Lb. Chocolate Quik 79¢
Box	Spaghetti Sauce 3/89¢	Dole No 2 Cans
	Lipton Instant Tea 3 Oz. 99¢	Juice Pack Pineapple 3/1.00
	Van Camp No. 2 Size Pork & Beans 5/1.00	R.C. or Diet-Rite Cola with bottles 8 Pack 16 Oz. 79¢
	Fleecy White Bleach 39¢	2% Dixie Queen Milk 99¢
	Sweetheart Lime 32 Oz. Dishwashing Liquid 39¢	Kobay Potato Sticks Can 10¢
	Kitchen Fresh Twin Pack Potato Chips 39¢	Comet 4 Pack Bathroom Cleaner 29¢
	Miracle Whip Salad Dressing qt. 39¢ (Limit One With Additional 5 Order or More)	Fauntless 22 Oz. Can Spray Starch 49¢
	DIXIE 100 Cl. Paper Plates 59¢	Wilson's 3 Oz. Cans Potted Meat 8/1.00
	Paper Cups 69¢	Kingsford Charcoal Marzetti 8 Oz. Jar 69¢
		Slaw Dressing 33¢
		SMUCKERS 16 Oz. Blackberry Jelly 49¢
		Grape Jelly 39¢

Strawberries \$1.00
3 Pint Boxes

Winesap Apples 3 Lb. Bag 49¢
Yellow Corn 5 Ears 39¢
Cantalope 3 45 Size \$1.00

The Shield of Quality FOODTOWN
STOKELY
PING & PONG 46 Oz. 3/1.19
GATORADE Regular or Orange 32 Oz. 4/1.19
LEMONADE 46 Oz. 4/1.19

Lexington Cream
plain or self rising Flour 39¢
5 Lb. Bag (Limit One With Additional 5 Order or More)