Kay's Kitchen

By Kay Fisher

Before we get too far into holiday recipes let's try something different. Spaghetti with Shrimp is good, that is if you like shrimp. I don't expect everyone to like everything I do, or to even try all the recipes that find their way into this column. However if you have an adventurous spirit and like to try something new, here is a good place to start.

SPAGHETTI WITH SHRIMP

10 or 12 ounce package cleaned, cooked, frozen shrimp. Or use 2 - 4 1/2 ounce cans of large or medium shrimp
1 - 8 ounce package spaghetti
2 cloves of garlic
1/2 teaspoon salt
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 stick margarine
3 tablespoons olive oil*
1/2 cup coarsely chopped parsley (use fresh)
Grated Parmesan Cheese
Freshly ground pepper

Cook spaghetti following package directions. Drain in colander and keep hot.

Heat margarine, olive oil, minced garlic, salt, oregano and basil in heavy saucepan. Cook about five minutes. Add parsley and dry sherry. Reheat and thicken slightly with two egg yolks or a bit of corn starch. Add thawed shrimp and keep warm. Do not cook after adding shrimp. They have already been cooked, and more cooking will make them tough.

Serve the shrimp sauce over the hot spaghetti. Sprinkle generously with parmesan cheese and freshly ground black pepper.

It is equally good served over cooked rice. I have tried it both ways. Makes four moderate servings.

Serve with hot French bread and tossed salad.

* Do use olive oil, there is definitely a difference in the taste than when using regular salad oil.

BEEF BURGUNDY

Use round steak, cut in serving pieces and dipped in flour. Brown in fat, either margarine or cooking oil. As steak browns, season with seasoned salt and worchestershire sauce. Remove from frying pan into casserole. From drippings in pan, brown one medium onion, sliced. Add 1 can mushroom pieces and juice. Bring to boil and pour over steak. Add enough water to almost cover steak. Cover, place in oven and cook 2 1/2 hours or until meat is tender at 325 degrees. Add 1/2 teaspoon marjoram, 1/2 teaspoon oregano, 1/2 teaspoon basil and 1 teaspoon dried parsley or 2 teaspoons freshly chopped parsley and 1/2 cup burgundy wine. The herbs and wine should be added the last 15 minutes of cooking time. The herb and wine flavor will fade with too much cooking.

If during the cooking time, more liquid is needed add more wine.

When meat is very tender, remove to heated platter. If gravy is too thin, thicken with a smooth paste of cornstarch and water. Taste for more seasoning if necessary. At this stage add only salt, seasoning salt, pepper or worchestershire. Be sure to serve rice, potatoes or noodles so everyone can enjoy this delicious gravy.

In using round steak, cooking time will be longer since this is a less tender cut of meat.

BEEF BURGUNDY

3 pounds beef (sirloin tip) cut in inch squares
Instant meat tenderizer
1 garlic clove
3 medium onions, sliced
4 teaspoons butter or margarine
1/2 pint sour cream
2 cans beef gravy
1/4 teaspoon marjoram
1/2 teaspoon oregano
1/2 cup burgundy wine

Cut beef into 1 inch cubes, treat with the tenderizer. Saute garlic and onions in butter slowly until soft. Discard garlic; remove onions from pan. Add the meat, gravy, salt and pepper. Return onions to the pan and simmer for 1 hour or longer until beef is tender. Add herbs and wine; simmer 15 minutes longer. Stir in half the sour cream; garnish with remainder.

Serve over flat noodles.
SUGGESTIONS: Serve with buttered carrots with parsley flakes, green salad, hot bread.

Add water and more wine if the sauce gets too thick or begins to stick to the bottom.

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Bank of Danville, Danville ..... Powell County Bank, Stanton ..... First National Bank, Carlisle
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Miss Kathy Mae Keal

Engagement announced

Mrs. Lillian Keal of Carlisle announces the engagement of her daughter, Kathy Mae, to Larry Mason Humphries, son of Mr. and Mrs. Larry Humphries of Millersburg.

No date has been set for the wedding.

Odds against inch snow before Dec.

Snow on the ground before December? Don't bet on it! Snow totalling 1-inch or more over a 24-hour period, doesn't often come before early December in most Kentucky communities, says A.B. Elam, climatologist for Kentucky at the U.S. Weather Service Office, University of Kentucky College of Agriculture.

After checking snowfall records over the past 51 years, Elam reports that the average time of the first 1-inch, 24-hour snowfall is mid-December for the eastern half of Kentucky and late December for the rest of the state.

The exception to this is southeast Kentucky, where 1-inch snows come earlier at higher elevations. In the Cumberland-Benham area (elevation about 1,500 feet), the average date is Nov. 24, based on records kept there since 1949.

Of course, you may see some snow before then--these dates are just the average. For example, in Lexington, there's a five percent chance of a 1-inch snow before Nov. 3, a 50 percent chance before Dec. 15, and a 90 percent chance before Jan. 19. In other words, central Kentucky usually has had at least an inch snowfall before January, with Dec. 15 the average date of the first snow--and there's only one chance in 20 of an early November snow.

But that 20-to-1 chance hit a big way only five years ago (Nov. 23, 1966), when the state's biggest early snow of the century piled up to 17 inches deep in some sections of central Kentucky. Elam says the earliest snow in Kentucky since Weather Bureau records began was on Oct. 10, 1906, when there were "heavy flurries north and east".

Last year was an exception too. The earliest 1-inch snow was Nov. 4 in the southern Bluegrass area. And, on that date high up on Cumberland Mountain in Bell County, Hensley settlement had five inches of snow on the ground.

"The man who has complete control of his own conduct won't try to control that of others."--Mrs. Gary Hiott, The Pickins (S. C.) Sentinel.

The most frustrating occupation in the world must be an elevator operator. He never gets to hear the end of a good story.--Harold S. May, The Florence (Ala.) Herald.

Thank You

I wish to thank all the citizens of Carlisle for their support in the recent election and for electing me to serve as a councilman for the next two years.

I will try to be honest and fair in all matters that are brought before me and will try to help Carlisle stay the nice town that it is. Again I say thanks.

Donald Smith

Local students attending UK

The following list of students from Carlisle and Nicholas County are registered at the University of Kentucky for the 1971-72 term.

They are; Judy James Bellamy, sophomore; George S. Brannock, freshman; Elaine S. Broderick and Gary B. Broderick, juniors; Annetta F. Burden, sophomore; Joe Hamilton Burden, sophomore; Mary Letitia Burden, freshman; Jackie Dean Carpenter, junior.

Douglas Keith Myrman, freshman; Charles Smith, sophomore; Marsha Ann Soper, junior; Jane Ellen Talbert, senior; Robert L. Talbert, senior PHA; Neil C. Thompson, junior and William David Wilson, sophomore.

Ky youth safety effort best, officials say

James D. Sewell, executive assistant to the Kentucky Traffic Safety Coordinating Committee, said the state's youth traffic safety program appears to be the most comprehensive in the country.

Sewell made the comment after returning from a national traffic safety conference where he compared Kentucky's program with those of other states.

"It would appear that we are at least a year ahead of the National Youth Traffic Safety Program and far ahead of the individual states in their programs," Sewell said.

He represented Kentucky at the National Youth Traffic Safety Conference in San Francisco.

Recommendations at that meeting closely paralleled those made by Kentucky high school students at a series of regional conferences already held here, Sewell said.

"Some delegates from other states were surprised that we have high school students on a state agency determining traffic safety policy," Sewell said. "The U.S. Department of Transportation has a youth advisory board but it doesn't have actual policy making power. Our young people do."

Man has built-in daily clock

Many animals, including man, have built-in daily clocks. Some scientists now suspect that animals, maybe even man, also have annual clocks or yearly cycles.

Most people fall asleep at roughly the same time every night. Their peak activity periods are not too different from day to day. They have daily clocks. So do most animals.

But many animals also have yearly cycles, most obvious in hibernating animals and migratory birds. According to a recent article in Scientific American, "Annual Biological Clocks," some scientists think yearly clocks may be as universal as daily ones. Research suggests the clocks are internal, already set and wound at birth, and operating independently of the enviornment.

Even ground squirrels raised in the laboratory--and surrounded by food--stop eating in October, just as they do in the natural environment.

Even ground squirrels raised in the laboratory--and surrounded by food--stop eating in October, just as they do in the natural environment. Their breathing becomes drastically slower and their body temperature drops almost 40 degrees.

Investigators are just beginning to explore the possibility of annual clocks in man, and a preliminary study of psychotics suggests yearly rhythmic ups and downs and cycles of inactivity.

Very little is now known about annual clocks, or even daily ones, for that matter. No scientists completely understands why sleep occurs. It just does; and if people are deprived of sleep they show psychotic symptoms.

Changes in daily and yearly cycles are usually accompanied by drastic changes in breathing patterns. The Kentucky Tuberculosis and Respiratory Disease Association does not have any information on yearly clocks; but they have booklets about breathing and how the lungs work. They know it's a matter of life and breath.

SOCIETY

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Personals

Mrs. C.H. Enix, Carlisle, and her brother, Cecil Baker of Vanceburg, have returned from a holiday in Sarasota, Fla., where they visited their brother, Cova Baker.

Mr. and Mrs. Ralph Shearer returned home this week after a two-week vacation in Orlando, Fla. where they visited Capt. and Mrs. Haizlep.

Mr. and Mrs. Raymond Bruce, Mr. and Mrs. Ben Toll and son David of Lexington, visited Mrs. Bruce's sister, Mrs. Robert Smith and Mr. Smith, Sunday in Owen County.

Mrs. Lewis Robbins and Mrs. Nathan Young have returned from a visit with Mrs. Lynn Jefferies in Columbia, Ky.

Mr. and Mrs. Lynn Bowles and Mr. and Mrs. Russell Bowles have returned from an automobile tour through West Virginia, Virginia, North Carolina and Tennessee. They were accompanied by Mr. and Mrs. Jimmie England of West Virginia.

Mr. and Mrs. John Hamilton, Mr. and Mrs. Harold Letton and Mr. and Mrs. W.R. Buntin Jr. attended the Kentucky-Vanderbilt football game in Nashville, Saturday.

Mrs. Jessie Kerr, Mrs. Earl Huber, Mrs. Billy Middleton, Mrs. Bess Loyd of Mason County were guests of Mrs. Frank Henry, Tuesday.

Miss Betty Caywood spent several days this week in Bethesda, Md.

Mr. and Mrs. Enock Julliann of Washington, Ind. have concluded a visit with Mrs. J.R. Hamilton.

Mrs. Boone Clark has returned home after surgery at Central Baptist Hospital, Lexington.

In a UK release of girls who pledged sororities published in last week's Mercury, Miss Judy James Bellamy was listed as an art major. She is a pre-med student.

Mrs. Howard Colliver of Harrodsburg was a visitor in Carlisle on Saturday.

Glenn Smith, son of Mr. and Mrs. Don Smith, North Street, was treated at the Nicholas County Hospital Friday night for the removal of a fish bone lodged in his throat.

Mr. and Mrs. Patrick See have moved from their apartment in West St. Paul, Minn. and their new address is 3269 72nd Street, Inver Grove Heights, Minn. 55075. Mrs. See is the daughter of Mr. and Mrs. R.L. Talbert.

Mrs. Raymond Cooke of Latonia, Covington, spent last Thursday with Mr. and Mrs. John Blake, near Blue Licks.

Mrs. R.L. Talbert, Mrs. Warren Fisher, Mrs. Joe F. Conley, Mrs. S. Evans Brown, Mrs. Emery Clark, Miss Isabelle Knight, Mrs. A.B. Crouch, Mrs. Teddy Poe, Mrs. Joe D. Blount, Mrs. Bobby McFarland, Mrs. James Noll, Mrs. Bill Clark, Mrs. Lyle Anderson, and Mrs. John Allison were in Millersburg Friday night to attend the Benefit Bridge given by the M.M.I. Auxiliary.

Mrs. Sam Hagley, Wendell, N.C. is visiting her daughter, Mrs. Licha Farah, Mr. Farah and children for several weeks. The Farahs and Mrs. Hagley spent Sunday in Maysville visiting Mr. and Mrs. Clifford Huffman.

Mrs. S. Evans Brown will return Saturday after spending a week with her daughter, Mrs. George Peery, Mr. Peery and family of Mars Hill, N.C.

Mr. and Mrs. H.W. Bailey spent the weekend at Shakertown, Pleasant Hill. On Saturday evening they attended a Kentucky Utilities reception and dinner.

GOLDEN WEDDING ANNIVERSARY--Mr. and Mrs. Dwight Lynam of First Street, Pontiac, Mich., were guests of honor at an open house, Sunday, Oct. 31, 1971, at the home of their daughter, Mrs. John Willwerth of 6166 Grace K. Street, Waterford Township, Mich., honoring Mr. and Mrs. Lynam's golden wedding anniversary. The Lynams have four other children: Mrs. Mary McKee of West Rutgers Street; Clarence Lynam of Princeton Street; Mrs. Harry Chamberlain of White Lake Township; and Charles Lynam of Silver Springs, Md. There are 11 grandchildren, and six great-grandchildren. The couple was wed on Nov. 1, 1921 in Carlisle.

First Christian Church to observe Woman's Day

Woman's Day will be observed at the First Christian Church Sunday, Nov. 14 at the morning service at 10:30 a.m.

Mrs. Loren A. Broadus, Jr. of Lexington will be guest speaker. Her subject will be "A Time to Listen, A Time to Act." She is a graduate of Florida State University and attended Lexington Theological Seminary. She is president of the C.W.F. at Crestwood Christian Church, Lexington and is active in C.W.F. work on state and national levels.

The mother of three sons, she and her husband have written "Laughing and Crying with the Little League" to be published next spring.

The women of the church will participate in the service.

Garden Club to hear 'Christmas Ideas'

The Carlisle Garden Club will meet Monday afternoon at 2 p.m. at the Methodist Church.

The program, "Christmas Ideas" will be narrated by Mrs. Taylor Sweitling.

Mrs. George Gaffin is hostess for the meeting.

Bible Week set in November

At the request of Gov. Luis A. Ferre, governor of Puerto Rico, Gov. Louie B. Nunn has proclaimed the week of Nov. 21-28 as Bible Week in Kentucky.

Governor Nunn called upon the people of the Commonwealth in his proclamation to set aside this week to encourage men, women and children of all faiths to read the Scriptures and set up a plan of regular examination of the Foundation Book of the Judeo-Christian heritage.

"The meaning of such words as freedom, justice, love and responsibility are all rooted in Biblical revelation," Governor Nunn said. "The foundations of society are shaking as never before and there is an imperative need to recover understanding of these foundation principles and what God requires of modern man."

EKU to host Science Academy

The Kentucky Academy of Sciences will hold its 57th annual fall meeting Friday and Saturday, Nov. 12-13, at Eastern Kentucky University. Dr. H. H. LaFuze of the EKU Department of Biology will serve as the official host.

Registration will be held from 4-7 p.m. Friday in the lobby of the Keene Johnson Student Union Building and refreshments will be available from 4-6:30 p.m.

Homemakers to meet Friday

The Carlisle West Homemakers Club will meet at the home of Mrs. Virginia Donovan on Nov. 12 at 1:30 p.m. The lesson for the day will be on colors and there will also be an auction.

Leaders will be Mrs. Lena Williams and Mrs. Grimes Caywood.

Our president, Mrs. Lida Mae Wade is ill and in the hospital. We wish her a speedy recovery.

Hospital notes

Oct. 31, 1971 to Nov. 5, 1971
Visiting hrs. 2-4 and 7-8:30 p.m.

ADMITTED; Elizabeth Kokendoffer, Hazel Smart, Beatrice Booth, Imogene Mann, Lucy Jane Kerns, Ollie Finch, Vernie Stone, Clarence Hopkins, Mabel Morris, Carlisle; Lida Linville, Mt. Olivet; Charles Wagoner, Flemingsburg; Lorena Saunders, Sharpsburg; Florence Dixon, Brookseville.

DISMISSED; Jasper Groves, Ruth Mann, Joe Mitchelltree, Lida Duncan, Annabelle Gill, Charles Hobbes, Nancy Hardwick, Perry Feeback, Neil Brayfield, R. T. Brayfield, Judy Hardin and baby boy, Charles Guy, Virginia Hunt, Daniel Burden, Lee Hall, Ervine Green, Brenda Kiskaden and baby boy, Hazel Smart, Bernice McClanahan, Carlisle; Gilbert Curtis, Mt. Olivet; Bettie Higgins, Flemingsburg; Mayme McConnell, Moorefield.

Elementary lunch menu

Menu for Week of Nov. 15-19

Monday--Weiner on bun, baked beans, slaw, peach half, raisin applesauce cake.

Tuesday--Chili, cheese sandwich, crackers, apple, cookie.

Wednesday--Bologna sandwich, fruit salad, creamed peas, potato chips, cookie.

Thursday--Spaghetti, pineapple and cottage cheese, green beans, peanut butter and crackers, muffin.

Friday--Fish on bun, tossed salad, pinto beans, applesauce, ice cream.

FHA raises money for Arthritis Fund

By Mary Mitchell

Future Homemakers of America raised money for the Arthritis Foundation in several road blocks set up in Carlisle Sept. 25. On Sept. 27, approximately 35 members assisted in a house-to-house canvass including the business district. Nearly three-fourths of the goal of $700 was raised, the sum being $512.82.

In the canvass, girls were paired and assigned certain streets to collect on. When they finished their streets they met at the Nicholas County High School for refreshments provided by some of the Chapter mothers.

Buy a '72 Ford before price freeze thaws

Price freeze may end Nov. 13--'72 Fords at '71 prices--now!

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