

# Kay's Kitchen

By Kay Fisher



With longer evenings here again the evening meal may be served to the children. Here are some ideas to help you plan a meal that will be both fun and nutritious. Growing children need extra kcalories.

This recipe for Fruit loaf would be good for any occasion.

**FRUIT LOAF**

1/2 cup margarine melted  
1/2 cup sugar  
3 eggs

1/2 cup orange juice. Grated rind of one orange.  
2 1/2 cups graham cracker crumbs. You may use half crumbs and half quaker oats.  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 cup chopped nuts  
Beat eggs one at a time. Add sugar and margarine and beat again. Mix in orange juice, rind, prunes, and nuts. Gradually add the dry ingredients and mix well. Bake in a 350 degree oven for

1 1/2 hours in 9x5 inch loaf pan. Try with toothpick to see if done. It should come out clean. If done, Cool in pan about 5 minutes. Turn out on rack to cool before slicing. This bread is good sliced and spread with cream cheese.

Make sandwich spreads from left over chicken, ham, or beef if there is not enough left to serve a family meal.

Grind the meat (whatever kind you have left) and add sweet pickle relish, finely diced celery, and enough mayonnaise to make spreading easy. Put in small containers on the lower shelf of the refrigerator so the children can fix their own sandwich.

Cookies and a glass of milk will be helpful, of course you can buy almost any variety of cookies but with food prices at an all time high, it is more economical to do some baking at home. The following recipe is quick and easy.

## Mayor proclaims May 1 Law Day

PHOENIX (AP)—On the occasion of the 15th annual nationwide observance of LAW DAY USA, on May 1st, I call upon every citizen to join with me in celebrating this important event.

Law Day is a special day set aside by joint resolution of the United States Senate and the United States House of Representatives, and by proclamation of the President, as an occasion for national remembrance of our legal heritage of individual liberty and freedom under law. In order to fully appreciate this day, we must know and understand how our legal and judicial systems operate to improve and safeguard our well-being.

The whole structure of our business, economic, social, religious and cultural life rests upon law. Without these laws, predicted upon equal justice and administered by independent courts, our whole social order would collapse.

NEW THIRTIERS, J. William Power, Mayor of Carlisle, Ohio, here in proclaiming Monday, May 1, 1972, as LAW DAY USA.

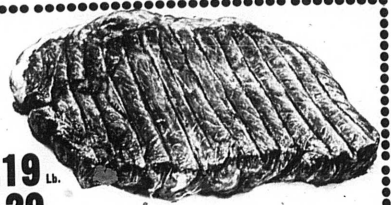
**SNACK COOKIES**

1 cup condensed milk  
1/2 cup butter  
1/2 cup shortening  
1 egg  
1 cup flour  
1/2 teaspoon soda  
1/2 teaspoon cream of tartar  
1 teaspoon vanilla  
1/2 cup broken pecans  
1/2 cup chocolate bits  
Cream sugar, butter and shortening. Add one egg, and flour, soda, cream of tartar, vanilla, nuts and chocolate. Mix well. Drop by teaspoon full on cookie sheet. Bake at 350 degrees for about 12 minutes.

Instead of the regular soft drinks, why not try these combinations: Equal part of ginger ale and pineapple juice; ginger ale and pineapple grapefruit; ginger ale and any one of many canned fruit juices.

## Takes exam

Sharon Mygaur is shown taking the exam with Sandra Reid, APES '72 junior leader. 25 selected high school juniors and seniors completed the APES '72 program which was co-ordinated by the County Extension Office. Four of the 25 scholars and one junior leader will be selected to attend a three-day Kentucky Youth Seminar to be held on June 19-21 at the University of Kentucky.



**U.S. Choice Round Steak 99¢**  
**U.S. Choice Sirloin Steak \$1.19**  
**U.S. Choice T-Bone Steak \$1.29**  
**U.S. Choice Cube Steak \$1.29**  
**U.S. Choice Boneless Rump Roast \$1.09**  
**Fischer's 12 oz. Wieners 59¢ pkg.**

**Fischer's 1 lb. Vacuum Packed Bologna 69¢ lb.**  
**Fischer's Smoked Picnics 49¢ lb.**  
**Fischer's Mellwood Bacon 79¢ lb.**

**Head Lettuce 25¢ hd.**

**Florida Oranges 5 lb. bag 59¢**

**U.S. No. 1 Maine Potatoes 20 lb. bag 99¢**

**Red Delicious Apples 3 lb. bag 49¢**  
**Fresh Yellow Corn 5 ears 49¢**  
**New Crop Yellow Onions 3 lbs. 39¢**

**Morton Pot Pies Turkey, Beef, Chicken 6/\$1**

**Smuckers Grape Jelly No. 2 jar. 49¢**  
**Nescafee Coffee Bonus Jar-- 10 oz. 12 oz. jar \$1.69 plus 2 oz. FREE**  
**Bold Detergent giant size 59¢**  
**Kleenex Facial Tissue 125 ct. 5/1**  
**Vid Dishwashing Liquid 32 oz. 49¢**  
**Hungry Jack Pancake Mix 2 lbs. 49¢**

**Coke or Sprite 8 pack-16 oz. with bottles 79¢**  
**Smuckers Seedless Black Raspberry Preserves 18 oz. 69¢**  
**Red Cross Elbow Macaroni 7 oz. 10¢ box**  
**Foodtown Hamburger or Hot Dog Buns 8 pk. 29¢**

**Lux Dish Liquid 22 oz. 39¢**  
**Northern Toilet Tissue 4 pak 2/59¢**

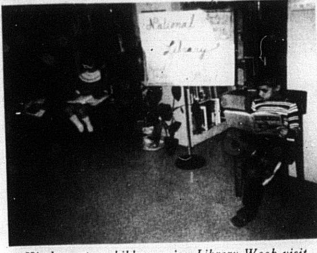
**Ivory Bar Soap Bath Size 60 size 2/15¢**  
**King Size Cheer Detergent \$1.09**

**Bee-Pak Lawn and Leaf Bags 7 59¢**  
**General Mills Snacks (Bugles, Bonas, etc.) 3/\$1**  
**Epic Coffee 8 oz. 99¢**

**Joy 9's Dish Liquid 59¢**  
**Sta-Flo Spray Starch 22 oz. 49¢**  
**Buc Wheats Cereal 8 oz. no. 691-11 33¢**

**Maxwell House Coffee 1 lb. 59¢ with \$5 order**  
**Instant Maxwell House 10 oz. \$1.19**  
**Top Choice Dog Food 36 oz. 79¢**  
**Giant Size Downy 33 oz. 69¢**  
**Ajax Window Cleaner 8 oz. 29¢**  
**P-300 Bath Size Bar Soap 2/19¢**  
**Joy 9's Dish Liquid 59¢**

**Sta-Puf Fabric Softener gallon 99¢**  
**King Size Rinsol 99¢**  
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**Epic Coffee 8 oz. 99¢**



Kindergarten children enjoy Library Week visit.



Kindergarten visits post office.

Kindergarten visits library during Library Week.

## Births

**COX** Mr. and Mrs. Marshall Cox of Jacksonville, Fla., are the parents of a daughter, born April 18, 1972. She has been named Sara Jeannette.

The maternal grandparents are Mr. and Mrs. Harold Mitchell. The paternal grandparents, Mr. and Mrs. Charles Cox.

**JENKINS** Dr. and Mrs. Van R. Jenkins, Lexington, announce the birth of a son, their fourth child, on Friday, April 21, 1972 at Central Baptist Hospital in Lexington.

Patronize Mercury Advertisers

**Clary - Rice marriage announced**

The marriage of Phyllis Clary and Dennis Rice, both of Lexington, was solemnized Saturday, April 8, at 2:30 p.m. in the Central Baptist Church.

Rev. Dallas Sugg performed the double ring ceremony in the presence of the immediate families and close friends. Also present were Mrs. Ronald Martin, sister of the bride, and Dean Blakeman after a trip south, the couple is living in Lexington.

Mrs. Rice is the daughter of Mr. and Mrs. Clarence Scott of Carlisle and Mrs. Rita of the son of Mr. and Mrs. Elmer Rice of Cynthiana.

**THANK YOU**

As chairman of the 1972 EASTER SEAL CAMPAIGN in Nicholas County, I want to thank all the people, organizations and business firms who supported our drive in so many ways. OVER \$900 WAS COLLECTED.

The many volunteers who gave of their time, talent and money, those who helped publicize the story of crippled children's needs including THE CARLEISLE MERCURY, LIL PEIRATTI, BOB WILSON, ANDERSON and the NATIONAL GUARDIAN, and NICHOLAS COUNTY SCHOOLS SYSTEM, can be assured that their efforts are deeply appreciated by our local campaign committee as well as by the more than 5,000 handicapped Kentuckians who benefit from gifts to the Easter Seal Campaign.

Easter Seal care for physically handicapped children today means useful, self-reliant, independent citizens of tomorrow.

As everyone knows, the work of the KENTUCKY EASTER SEAL SOCIETY goes on the year around, so it's never too late to give help to a crippled child.

Sincerely,  
**JOE GROUCH**  
Nicholas County Easter Seal Chairman

## March and April busy months for kindergarten

March and April have been busy months for the girls and boys in Kindergarten. During March we had a program for our parents at which time we showed them what a "typical day" of Kindergarten was like by bringing doing finger plays, quads and many other time and folk dances. We also showed the number of our writing and work sheets.

One day we made cup cakes and another day we planted seeds in our seed cups and took them home to watch them grow. We also visited the post office and the library.

We are going to visit the fire station next. Our next station next will be Sunday, May 7, at 3:00 p.m. at the Lutheran Church. The Kindergarten is sponsored by the Carlisle Junior Women's Club. If interested, enrollment for the fall term is now being taken. If interested, please call 289-2169 or 289-2508.

## Personals

Mr. and Mrs. George Carter and Mrs. Ida Carter are at the home of Mr. and Mrs. Charles Carter with Mr. and Mrs. Charles Carter and family in Arlington, Va.

Mrs. H. W. Bailey, Jr., Fiqua, Ohio and Mr. and Mrs. R. A. Bailey, and Mrs. J. M. Layton and Miss Elizabeth Miller of Millersburg were in Louisville to attend the meeting of the Garden Club of Kentucky.

Dr. D. Evans Brown, pastor of the Presbyterian Church, was in Louisville this week to attend the spring lecture series at Louisville Theological Seminary.

J. W. Parker, who has been a patient at the Nicholas County Hospital, was moved Monday to the Johnson-Mathers Nursing Home.

Mrs. and Mrs. J. Angus Jacobs on Monday.

Play D. K. Kerns of Flemingsburg, executive vice president of the Farmers Deposit Bank, here remains a patient at the Fleming County Hospital. Mr. Kerns is a native of Nicholas County.

Mrs. Clyde Sexton entered the Central Baptist Hospital Saturday, and submitted to major surgery on Monday.

John Darwin Jacob of Lexington, visited his grandparents, Mr. and Mrs. J. Angus Jacobs, and Mrs. Jimmy Conrad and Mr. Conrad during his spring vacation. Mr. Darwin returned Monday from a week's vacation in Hawaii. They also visited Diamond Point, San Jose, Calif.

Mr. and Mrs. David Jones and daughter, Janet Leitch, have returned to their home in Blackwood. Continued on page 12

## Elementary PTA to meet Monday

Monday, May 1, at 7:30 p.m. the Nicholas County Elementary P.T.A., will meet at the school, according to Mrs. Bascom Sorrell, president.

The Physical Education Department of the school will be in charge of the program.

Installation of new officers will also be a feature of the meeting. Parents and friends are invited to attend.

## Garden Club sees slides

The Carlisle Garden Club met Monday at the Methodist Church annex.

Rev. Dallas Sugg was the guest speaker. He showed slides of his recent trip to the Holy Land. The trip was a Christmas gift from the members of the Baptist Church. He had slides of the modern architecture, He spoke of the beauty of the city of Jerusalem.

Mrs. William Layton presided at the business meeting. The club voted to give \$50 to the Recreation and Park Board for the new recreation park.

Mrs. Lovell Holtzer was the hostess and was assisted by Mrs. Harvey Crouch and Mrs. George Dale.

## Methodist service groups to hold joint dinner April 27

A joint dinner meeting of the Women's Society of Christian Service and Wesleyan Service Guild will be held at the Carlisle United Methodist Church, Thursday, April 27 at 6:30 p.m.

The speaker for the meeting will be Miss Marilyn Benson, a church and community worker associated with the Shenandoah Episcopal ministry in Owen County. She works with eight rural churches.

"Miss Benson" is a graduate of Ashby College, class of 1946. After graduation she spent two years as a short-term missionary in Edoucho, Texas. At the conclusion of the two year period, she was assigned to the Eden



## Re-Cycling effort

Mrs. Fred Whaley on her knees to get the job done! Here she is loading papers in the "Mercury" station wagon at the rear of the office. Newspapers are being collected by the Carlisle Community Women's Club for recycling. You may help by taking papers, tied in bundles, to the collection station back of Southern States Cooperative. The Carlisle Mercury is a member of the National Association of Old and new papers to the drive.

## Mrs. Montgomery honored at coffee

The Nicholas County Library Board honored Mrs. Joe Montgomery, who resigned recently as librarian, with a coffee hour on Tuesday, April 18, at the library. At this time Ralph Shearer, chairman of the Board, presented her a gift in appreciation of her services to the library.

Others attending were Mrs. Roger Womack, Mrs. Thomas G. Johnson, Mrs. David Zachary, Joe F. Conley, Mrs. Mary C. Dawkins, Regional Librarian, Mrs. Powell Neal, Mrs. William Sams and Mrs. Taylor Snelling.

## 4-H Council to sponsor dance

The Public is invited to attend a Dance to be held at the Carlisle Armory on Saturday, May 6, 8 to 12:00 p.m.

The "Traditions" will provide entertainment for the dance which is sponsored by the 4-H Council and the "Gueses Whata" Teen 4-H Club. Tickets may be purchased at the door.

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Sea & Ski  
Coppertone QT  
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"Health-Care" provides extra shoulder-to-hip support.

No slope toward edges, no sag in middle.

**Garrett's**

**Foodtown Coupon**

<b>Maxwell House Coffee</b> Limit one coupon per family. Expires 5-2-72	<b>Instant Maxwell House</b> 10 oz. \$1.19 WITH COUPON Limit one coupon per family. Expires 5-2-72	<b>Sta Puf Fabric Softener</b> gallon 99¢ WITH COUPON Limit one coupon per family. Expires 5-2-72
<b>Top Choice Dog Food</b> 36 oz. 79¢ WITH COUPON Limit one coupon per family. Expires 5-2-72	<b>Giant Size Downy</b> 33 oz. 69¢ WITH COUPON Limit one coupon per family. Expires 5-2-72	<b>King Size Rinsol</b> 99¢ WITH COUPON Limit one coupon per family. Expires 5-2-72
<b>Ajax Window Cleaner</b> 8 oz. 29¢ WITH COUPON Limit one coupon per family. Expires 5-2-72	<b>P-300 Bath Size Bar Soap</b> 2/19¢ WITH COUPON Limit one coupon per family. Expires 5-2-72	<b>Bee-Pak Lawn and Leaf Bags</b> 7 59¢ WITH COUPON Limit one coupon per family. Expires 5-2-72
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