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Kay's Kitchen

By Kay Fisher

Christmas holidays are over, we are into the New Year, and I hope with no turkey left, even in the freezer.

I'm sure most of us are ready for just good plain cooking for two or three. First, we all find the cost of eating, second, most of us have had perhaps, too rich of the last few weeks and feel the need to "make that line" or even trim down.

In planning meals, remember the most important thing is to serve well balanced meals.

When buying meat, buy top quality, but cheaper cuts. If you buy a pot roast, don't expect it to taste like tenderloin but it can be delicious. The secret to cooking cheaper cuts of meat is long slow cooking. Boiling beef often leaves it stringy and tasteless. I have the best long cooking a chuck or shoulder roast in a roaster, leathery cover. In the oven. Add no water but add a little fat. That may be by adding beef, barbecue sauce or vegetables including onions.

Cook at 225 to 250 degrees for several hours, depending on size.

- MEMORABLE BREAD**
To make yeast bread, here are some easy recipes to try.
- OLD FASHIONED GATEAU BREAD**
- 2 cakes compressed or 2 packages dry yeast
 - 1/2 cup lukewarm water
 - 1 cup milk, scalded
 - 1/4 cup sugar
 - 1/2 tsp. yeast salt
 - 1/3 cup shortening
 - 5 to 5 1/2 cups sifted all-purpose flour
 - 1 1/2 cups Quaker Oats (quick or old-fashioned)
 - Sifted yeast in lukewarm water, stir several minutes over sugar, salt, and shortening, stir occasionally until thoroughly mixed. Cook add lukewarm, stir in eggs and 1 cup flour, add softened yeast and salt. Stir in enough more flour to make a soft dough.
 - Turn out on lightly floured board or canvas, knead until smooth, about 10 minutes. Pound dough into ball, place in greased bowl, brush lightly with warm water.
 - Cover and let rise until double, until double in size, about 1 hour.
 - Punch dough down, let rest 10 minutes. Divide dough in half. Place in 1 1/2 x 4 1/2 x 2 1/2 loaf pans. Bake at 350 degrees, 45 minutes. Lightly with melted shortening, cover and let rise until nearly double in size, about 45 minutes. Bake in pre-heated moderate oven 75 to 80 degrees, 45 to 60 minutes. Remove from pans, brush tops with melted butter. Cook makes 2 loaves.

side and repeat. Then divide into two loaves, place each in a well greased bread pan and cover with towel and let rise for one hour.

Pre-heat oven to 375 degrees. Put shells at low level, bake for about 40 minutes.

Ten minutes before baking time ends, brush tops with milk, and return to oven to brown the crust for the last 10 minutes of the baking time. Make 7 loaves.

IMPORTANT: Never use cold ingredients. Keep the dough always covered and in a warm place.

- SURE YEAST BREADS** (very easy)
- 1 1/2 cups sugar
 - 1/2 cup lard
 - 1 cake yeast or 1 package dry yeast dissolved in 1/4 cup lukewarm water (discard use of extra liquid)
 - 2 cakes compressed or 2 packages dry yeast
 - 1 cup milk, scalded
 - 1/4 cup sugar
 - 1/2 tsp. yeast salt
 - 5 to 5 1/2 cups sifted all-purpose flour
 - 1 1/2 cups Quaker Oats (quick or old-fashioned)
 - Sifted yeast in lukewarm water, stir several minutes over sugar, salt, and shortening, stir occasionally until thoroughly mixed. Cook add lukewarm, stir in eggs and 1 cup flour, add softened yeast and salt. Stir in enough more flour to make a soft dough.
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Notice

Notice is hereby given that the undersigned has made and filed their Final Settlement with the Judge of the Nicholas County Court and that the same will be confirmed as a matter of law unless formal exceptions are filed thereto.

Clary Fitzmaurice, Executor of Mary Lizzie Crockett Clay, estate.

Virginia Cronan, Administratrix of John H. Cronan, estate.

Meredith Evans, Executor of Loyd Evans, estate.

J. Berry Buraw, County Clerk

W THE ACTION WAY! OS

FOR SALE

FOR SALE: 1000 Polyester Pile Sheeplead Rug, 12' x 12', \$199.95. Call 285-2208. 9:30-10:30.

USED ITEMS FOR SALE: 6 electric ranges; 1 upright freezer; 2 refrigerators; 2 automatic washers; 1 living room suite; 3 dressers; 1 color TV, 18-inch; 3 good black and white TVs; 1 good used juicer and mixer; also one used 18,000 B.T.U. air conditioner. All items reconditioned and ready to go. See at Garrett's Furniture Co., phone 289-2308. 11-25-72.

FOR THANKS

We wish to express our sincere thanks to so many friends, neighbors, and relatives for the flowers, food, cards, and sympathy during the past few days, during home and hospital. The Family of Dan E. Wells.

EXECUTOR NOTICE

All persons knowing themselves to be indebted to the estate of W. T. Mitchell, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same property proven to the undersigned for attorneys for payment. James McCarty, Room 2, 217 E. Kentucky Street, Louisville, Ky. 40202. 1-6-72.

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WANTED

WANTED: We need listings of farms in all sections of county and homes in Carlisle, have buyers. Call or see Earl Hamm, Auctioneer and Real Estate Broker, Phone 289-5270 or 289-5320. 1-6-72.

ORDER FORM

FILL IN The Carlisle Mercury, Box 272, SEND TO Carlisle, Ky. 40311. Amount Enclosed

Nicholas County Building and Savings Association

SAVE SALES Your Money Loaning? SAVE SALES

FOR AS LITTLE AS 25¢ PER WEEK YOU MAY OPEN A SAVINGS ACCOUNT WITH US—OUR DIVIDENDS ARE ALWAYS PAID ON THE 24th OF EACH MONTH. THIS IS AN ADDED ATTRACTION TO OUR SAVINGS PROGRAM THAT OTHER SAVING INSTITUTIONS DO NOT OFFER. AS THEIR DIVIDENDS ARE PAID AFTER THE 24th OF EACH MONTH.

FOR MORE INFORMATION ABOUT OUR ASSOCIATION MAY BE HAD BY CONTACTING JOHN W. ALLISON, SECRETARY OR ANY OF OUR DIRECTORS.

JANUARY IS THE MONTH TO START NEW SHARES, AND I FEEL THAT YOUR SAVINGS WILL MAKE US BOTH GROW STRONGER IN THE FUTURE.

We pay 4 1/2% Dividend. John W. Allison, Secretary

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Compare NEA'S SKY

SQUARE DEAL GROCERY FOOD STORES

Fresh Fryers

whole 29¢ lb. cut-up 35¢ lb.

Spare Ribs 59¢ lb.

Webbers Sausage 2 lb. bag \$1.39 75¢ lb. bag

Bologna in the piece 59¢ sliced 69¢

We now stock SAP'S BAKERY PRODUCTS

Domino Sugar (with \$5 order or more) 5 lb. 37¢

Del-Monte Corn Golden Cream Style 303 2/45¢

Del-Monte Fruit Cocktail 303 3/89¢

Del-Monte Tomato Catsup 20 oz. 33¢

Birds Eye Cold Whisp 4 1/2 ct. 33¢

Miss Georgia Peaches 2 1/2 2/59¢

Dixie Queen 2% gallon 99¢

lowfat milk 99¢

Parkay Margarine lb. 35¢

Van Camp Pork & Beans 2/45¢

Idaho Potatoes 10 lb. bag 79¢

Yellow Onions 3 lb. bag 29¢

Golden Ripe Bananas lb. 10¢

FOR SALE

FOR SALE: Charolais bulls. Contact Donald Hill, Millersburg, 684-3452.

FOR SALE

FOR SALE: 12 x 57 W. Vallant house trailer. Two bedrooms, two full bathrooms and carpeted. Excellent condition. Lot included with trailer. A building 15' x 16' foot used for a dryer, a water pump insulated for winter. Also a large cleaver. Trailer and building with septic tank. Ready for occupancy. Phone 289-5310 after 7 p.m. 12-30-72.

FOR SALE

FOR SALE: 63 acre farm—300 five room electric home—subsoil—pondage 1500. Two good barns—equipped for small dairy. Figgmaster Real Estate Agency. 1-6-72.

FOR SALE

FOR SALE: 188 acre farm—good five room home—built in 1920—subsoil—pondage 1500. Plenty of grass and water. Figgmaster Real Estate Agency. 1-6-72.

FOR SALE

FOR SALE: 1960 4 dr. Ford Falcon Station Wagon. A fine family car. Elmer Damper, Night phone 289-5176. 1-6-72.

FOR RENT

FOR RENT: Superb electric furnished 4 apartment—Delmonte New, 1 Couples only. Phone 289-2678 after 7 p.m. or 289-0900 daytime. 10-21-72.

FOR RENT

FOR RENT: Superb building on corner of Main and Taylor. Call Conley and Conley, 289-5162. 1-6-72.

FOR RENT

FOR RENT: Upright furnished apartment. One or two occupants. Available Jan. 10. James Harlin, phone 289-2475. 1-6-72.

NOTICE

NOTICE: Let us figure your next job on "Wash Wall" carpeting. Phone 289-2208. 9-30-72.

NOTICE

NOTICE: E-Deil Beauty Salon. Telephone No. 289-9924. 10-21-72.

NOTICE OF SALE

MRS. ETHEL MILLER ET AL. DEFENDANTS

By virtue of a judgment and order of sale of the Nicholas Circuit Court, entered in the above styled action on December 13, 1971, the undersigned Master and Commissioner will on the 16th day of January, 1972, at or about the hour of 10:00 o'clock P.M., at the Court House door, in Carlisle, Kentucky, offer for sale the property and best bidder, for cash or on a credit not exceeding twelve months from date of sale, the following described property:

1. A certain tract or parcel of ground with the improvements thereon situated in the City of Carlisle, Nicholas County, Kentucky, known as the estate of Dan E. Wells, deceased. Beginning at the southeast corner of Lot 10, in the margin of Elm Street and Ash Alley, thence northward with the margin of Elm Street fifty five feet to a stake or post; thence at right angles eastward and parallel with the north margin of Ash Alley to the line of Ash Alley, thence northward with the north margin of Ash Alley to the line of Ash Alley, thence northward fifty five (55) feet to the north margin of Ash Alley, thence eastward with the margin of said alley to the beginning. Being the same property conveyed to Mary Johnson by W. J. Figgmaster, by deed dated July 15, 1964, and recorded in Deed Book 21, page 443, Nicholas County Clerk's Office, said Mary Johnson having died leaving her sole estate to said Dan E. Wells, her son.

NOTICE

By virtue of the above described property, the purchase price will be payable in cash or in a credit of six and twelve months in equal installments from date of sale, and bearing interest at the rate of six (6) percent from date of sale until paid, for which deferred payments the purchaser shall execute bonds with the Master Commissioner, with surety to be approved by said Commissioner. Said bonds shall have the force and effect of a judgment, and shall remain a lien on the property sold until fully paid. Purchaser may pay pro-rated money bonds, with accrued interest, at any time before maturity. Joseph T. Conley, Master Commissioner. Nicholas Circuit Court. 12-23-72.

NOTICE

NOTICE OF BID
The Nicholas County Board of Education will receive sealed bids on the following property: The Headquarters Elementary School Building and lot. The Carlisle Elementary School Building, gymnasium and lot. The Moorefield Elementary School Building and lot.

All bids are to be turned in to

LP GAS

Estie & Bill Insulation
Dependable Service
SOUTHERN STATES
Owingsville Petroleum Service
Phone: 674-6322 Owingsville

Attention Farmers

Fresh Dead and Crippled Horses Cows and Ponies Removed Free
Call Collect Georgetown 502-863-1656
Seven Days A Week
Service 24 Hours A Day
Lee Dog Food Co.

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ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Meredith Hopkins, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same property proven to the undersigned for attorneys for payment. Lucile W. Feist, Room 2, Carlisle, Ky. 40311. 1-6-72.

ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Jane R. Kerna, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same property proven to the undersigned for attorneys for payment. Alton Kerna, Room 3, Carlisle, Ky. 40311. 1-6-72.

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Fresh Fryers

Whole 25¢ lb. Cut Up 31¢ lb.

Spare Ribs 59¢ lb. 55¢ lb. 59¢ lb.

Boston Butt Pork Roast 55¢

Pork Steak 59¢

Armours Bacon lb. 69¢

Zest Crackers lb. 29¢

Tide Detergent \$1.99 Family Size

Go Rounds 3/51

Smuckers Strawberry Preserves 18 oz. 49¢

Hi-C Fruit Drinks 48-oz. 3/89¢

Scott Towels big roll 3/51

Hunt's Tomato Sauce 15 oz. can 4/51

Pacific Isle Pineapple whole slices no. 2 29¢

Ajax Detergent 59¢

Bake Rite Pure Shortening 3 lb. 69¢

Staf Pure Fabric Softener gallon. \$1.29

Epic Freeze Coffee 4 oz. 79¢

Head Lettuce 29¢

Yellow Onions 3 lb. bag 29¢

Vine Ripe Tomatoes lb. 29¢

White Seedless Grapefruit 40 ct. each 10¢

Twin Pet Dog Food no. 1 can 6/49¢

Bakers Angel Flake 14 oz. Coconut 59¢

Stokely Peaches 2 1/2 3/51

Stokely Shelled 2 1/2 Green Beans 4/51

Big John's 20% off Beans N Fixings 39¢

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