



Top row, 1 to 4, Doug Darbro, Renee Smoot; Gerald Hatton; Second row, Raymond Compton takes out the ball; Rex Boyd goes in for a layup; Bath County's Robert Jones, seconds before he loses the ball to Rex Boyd; third row, Jr. Varsity-Victor Brownigan, Nicholas-Bath game liftoff; Reeves-Smoot; bottom row, in Jr. Varsity action, Doug Fryman goes for a lay-up; Nicholas County Freshman Team; Gerald Hatton.--Rob Lane photos.

Kroger to test nutritional labeling of food products

Nutritional labeling of food products will be tested by Kroger for a three-month period starting early in 1972, in cooperation with the Food and Drug Administration and the United States Department of Health, Education and Welfare.

Saltwell

By Mrs. Fred Hollar

Rev. and Mrs. Thomas Gaunce spent Monday night with Mr. and Mrs. Shelby Gaunce of Versailles. Marion Snapp and son Marlon Jr. of Lexington spent Saturday with Mr. and Mrs. Everett Snapp. Mr. and Mrs. Stanley W. Caswell of Paris spent Sunday with Mr. and Mrs. H. A. Gaunce and family.

Mr. and Mrs. Harvey Wooley and daughter Nancy spent the past weekend with Mr. and Mrs. Gran Keel of Louisville.

Mr. and Mrs. Bonnie Gaunce and children, including Mr. and Mrs. Wayne Gum and children of Headquarters spent Saturday 5 a.m. with Mr. and Mrs. Freddie Gaunce.

Mike Wooley spent Saturday night with Mike Sewell in Carlisle. Mrs. Rose Wells returned home Wednesday after several days treatment at University hospital Lexington.

Mrs. Ramona Sewell and Mrs. Fred Hollar were in Lexington on Monday and visited Arnold Mattox who remains a patient at Good Samaritan hospital. His condition is improving.

Our community was addressed by the passing of one of the former elderly citizens of our community on Saturday night at the Nicholas County hospital, Mrs. Rena Campbell.

Cleator Mattox and son Jeffrey visited Arnold Mattox at Good Samaritan hospital Sunday night. Mr. and Mrs. Billy Wooley and children visited Mr. and Mrs. Spears Collins Jr. and family on Saturday night.

Mrs. Alva Green spent Saturday night with Mrs. Della Hopkins and children of Cane Run.

Williams 7; Ripley 9; Milburn 2; Harris 9; Puffer 7; Richmond 3; Wilson 2.

Tomorrow night the Jackets will travel to East City.

of the Louisville division of Kroger Food Stores, said that three-month test will cover five food products distributed through 66 Kroger Food Stores in the Greater Cincinnati area.

The products which will carry nutritional information on their labels during the test are: Kroger Mel-O-Soft White Bread (16 ounce loaf); Kroger Homogenized Vitamin D Milk (1/2 gallon); Kroger Grade A Large Eggs (one dozen); Kroger Peanut Butter (18 ounces); Kroger Pork and Beans (16 ounces); Kroger Peanut Butter (18 ounces).

Although the Louisville Division area is not a part of the official test with FDA, Mr. LaRoy said that Kroger Grade A Large Eggs and Kroger Mel-O-Soft White Bread, which are distributed by Kroger in this area, will carry the same nutritional information as the test items.

Kroger also announced earlier this month a major policy decision to begin open dating of some 1300 perishable and semi-perishable products processed by Kroger's own plants or by outside manufacturers who pack under Kroger private brands.

Each label will carry a listing of major nutrients in the product and will indicate their importance as measured against the Recommended Dietary Allowances (RDA's) for adults, as established by the Food and Nutrition Board of National Academy of Sciences.

"Purpose of the test is to assist the FDA in determining the type of nutritional labeling which will be most helpful in consumers in planning family meals. Dr. Ogden Johnson, director of the Division of Nutrition for FDA, will be responsible for analyzing the results."

"Education of consumers toward eating for better nutrition is essential," Mr. Johnson said, noting that poor eating is found at every economic level in the U. S., which is being conducted, we hope to discover which type of nutritional information on labels will be most meaningful and most likely to be used by consumers."

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Kay's Kitchen

By Kay Fisher

While bewailing the fact that most everyone seemed to be on a diet, and the food that they were interested in, a cheerful friend reminded me saying, "Not everyone is on a diet." So with that encouragement, off I go again.

Last week I wrote about chuck and pot roasts, the least expensive cuts of beef. Since the weather is just getting better, it is a good time to think of meals using beef.

Unlike beef, all pork requires long cooking and served well does center chop have a excellent flavor, less fat and a good amount of iron.

These chops are more expensive than ribs and end chops, but are usually streaked with more fat. However when trimmed and cooked well, they are delicious.

A loin roast is made up of loin chops and is considered the choice roast. Lean expensive pork roast are shoulder roasts or fresh picnic roasts.

With proper cooking and seasoning, they are equally good. The same food value is in any cut. It is mainly more bone and fat.

To cook pork chops either rib or loin, wipe chops with damp cloth, sprinkle with salt and pepper and dust lightly with flour; sear in heavy skillet, 1 do not allow any fat because there is usually enough on the chops. Brown chops well, don't try to rush them or they will dry out and become tough.

When chops are brown, remove to baking dish with cover. In frying pan add one tablespoon butter, one can of mushroom soup, and enough water to cover chops. Bring to a boil

and pour over chops. If necessary add more water to cover chops. At this stage taste to be sure you have enough seasoning. Add more if necessary. Cover and cook in 250 degree oven for approximately two and one-half hours. When done gravy may be thickened if desired.

Be sure to have butcher saw thru base bones of rib roast for easier carving. Make gravy from drippings, season with salt and pepper.

For less tender cuts of pork roasts, you may simmer gently with vegetables in just enough water to cover. Season with garlic, thyme, sage and a hot red pepper or two.

Cabbage or greens go with a boiled pork roast dinner. Dressings of apple or oranges in a hot too rich form give a lift to a meal using pork. A tart conserve and gummy pickles are a nice complement too.

Select desired roast, trim off excess fat, parboil over and bring roast to room temperature before cooking. Place in hot oven and roast. With a sharp, small knife pierce roast in several places and insert 1/4 garlic clove and one or two pieces of rosemary. Make about six or eight incisions on top side of five to six pound roast.

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