

Kay's Kitchen

— By Kay Fisher.

During the summer months with the great outdoors calling, it is hard to think of well-balanced meals. And certainly no one wants to spend a lot of time preparing dishes that require a lot of time and effort.

A good roast of beef always makes a delicious meal, summer or winter. Use standing rib, rolled rib, sirloin tip or rump roast. They do not require as long a cooking time, however, with what is left instead of making that good "water time" hash with onion, grind the beef, season with minced onion, seasoned salt or cheese and sirloin sauce and enough well seasoned white sauce to mold into croquettes. I like to make them about an inch in diameter and about three inches long; roll in cornmeal. Make them up in the morning and freeze in plastic several hours. When ready to use, cook in hot vegetable oil until brown. Turn them to brown on three sides. Serve with Chutney or Mushroom Sauce. For a quick mushroom sauce use minced mushroom soup with a can of broiled mushrooms added and heated.

Serve with well boiled potatoes and a green or yellow fresh vegetable. If you do not want to use croquettes, a light away, freeze on cookie sheet, and when frozen put into a plastic bag and seal well.

If you get into a cooking mood or are house bound by the weather, bake a cake or bake a refrigerator pie, icebox cookies are handy to have in your refrigerator. You can slice and bake them as you need them. Frozen fruit or vegetable salads are good to have on hand.

FROZEN CREAM CHEESE AND FRUIT SALAD.
2 packages 3 oz. cream cheese
3 tablespoons mayonnaise
1 cup heavy cream, whipped
1 cup mixed fruit, equal quantities of canned orange sections, dates, cherries and pineapple.

FROZEN VEGETABLE SALAD.
2 teaspoons gelatin
1/4 cup cold water
3/4 cup mayonnaise
1/4 cup frozen peas, whipped
3/4 cup diced tomatoes
3/4 cup sliced cucumbers
3/4 cup diced celery
3 tablespoons chopped green pepper
2 tablespoons finely chopped onion
1 teaspoon salt
1/4 teaspoon paprika
2 tablespoons lemon juice
1 1/2 cups water at 275 degrees.
Soften gelatin in cold water.

FROZEN CREAM CHEESE AND FRUIT SALAD.
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3 tablespoons mayonnaise
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apple, cut and drained; or fruit of your choice
1 tablespoon finely cut candied ginger
2 to 3 hours, or until firm, freeze in trays with butter; freeze until firm.

This week I have a delicious Pound Cake recipe and it keeps well if you are cooking for a small family.
Mrs. Dennis (Malinda) Hayes not only gave me the recipe but a generous allow to prove her culinary skills.

BROWN SUGAR POUND CAKE.
2 cups brown sugar
1 cup white sugar
1 cup Crisco
1 stick butter
6 eggs
1 cup sweet milk
2 cups plain flour
1 cup self-rising flour
1 teaspoon vanilla
1/2 teaspoon maple flavoring
1 teaspoon salt
2 cups cream sugar, butter and Crisco; add sweet milk and flour alternately, add eggs one at a time. Beat after each, add flavoring. Bake in tube pan for 1 1/2 hours at 325 degrees. (Grease pan and line with foll.)



Riverboat plans

Greene Line VP and General Manager "Cap" Betty Blake inspects model of new riverboat with Project Architect Robert Hinesky Jr. who points out construction features. The exterior design was created by James Gardner, one of the world's foremost ship designers who was joint-designer-coordinator for the Cunard QE2 and Cunard Adventurer. The



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Mrs. David Seard Couple wear in home ceremony

Miss Betty Showmaker, daughter of Mr. and Mrs. Maurice Showmaker of Springfield, and David Seard, son of Mr. and Mrs. Dudley Henry Seard of Shelbyville, were married June 17, 1972, at 2:00 p.m. at the home of the bride.

The Rev. Robert E. Jones of Springfield performed the double ring ceremony which consisted of readings from the King James Version of the Bible and the Prophet. The fireplace in the living room was the background for the ceremony. On the mantel was an arrangement of white gladioli and mums with gold candlesticks. Gold candles stood on each side.

The bride, given in marriage by her father, wore a gown of candle-lace and a long blue line gown with a pale blue satin ribbon insert down its front bound with wide white scalloped lace. The long, bubble-shaped veil was covered with the wide scalloped lace and ended with French cuffs covered with lace ribbons.

The groom had a mandarin collar with a pale blue satin ribbon heart overlaid with lace. The matching peaked chapel length train was overlaid with the bride's wide white ribbon. The train was trimmed with a narrow strip of pale blue satin. The head piece was a narrow crown of the white scalloped lace with greenery. The back of the crown formed a bow of pale blue satin ribbon. She carried a white rose with a pale blue ribbon.

A short reception followed the ceremony. Assisting at the reception were Mrs. Russell Yancy and Mrs. Leo Kooling. After a wedding trip to New York and Canada, Mr. and Mrs. Seard will make their home at Apartment 87, Wealey Apartments, Shelbyville, for the summer.



Miss Griffith receives scholarship

Miss Cary Griffith, daughter of Lt. Colonel and Mrs. Gerald Griffith, and granddaughter of Mrs. Hilda Handicapped Program, was awarded a \$750 scholarship by the college of her choice by the award officers Wives Club.

Miss Griffith also won a sweater and letter on the tennis team at Lawson, Okla. high school. Miss Griffith is now attending at Washington, D.C., working at the office with her father, Mr. Griffith has decided to attend Morehead State University.

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Miss Lana Darlene Vaughn, daughter of Mr. and Mrs. Henry Roger C. Dane, and Mrs. Raymond Dane of Kentucky, were married June 24, 1972, at St. Peter Catholic Church in Lexington, Missr. Saturday.

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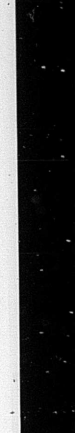
It's a Woman's Whirl

Today's young women look forward to a different life from that of their mothers. They are more independent, more assertive, more ambitious. They will live longer, be better educated, and more likely to work at a job for more years.

In spite of their preparation and more options for a career, the average woman who has held a job can't get her own money. They are employed in lower-skilled, lower-paying jobs. Many of these jobs have been eliminated through automation and computerization.

For example, more than half of the girls in public school vocational programs receive training in home economics, some even in child care occupations. Few are prepared for trade or private jobs unless they attend private schools. And few opportunities exist in these areas for women.

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