

Kay's Kitchen



and she serves it for special occasions.

- VEAL FARMIGIANA**
Let's make the sauces first. **TOMATO SAUCE**
1/2 onion coarsely chopped
1/2 carrot, peeled and coarsely chopped
1 tablespoon salad oil
2 tablespoons flour
2 cups chicken stock (may be made with 2 chicken bouillon cubes and 2 cups boiling water)
2 tablespoons tomato paste
1 small clove garlic, chopped
generous pinch of rosemary, pinch of sugar and salt
Place onion, carrot and celery in saucepan, add oil and cook until vegetables are slightly brown. Add flour and cook stirring occasionally, for 1 minute. Add chicken stock, tomato paste, garlic, rosemary, sugar and salt to taste. Simmer for 30 minutes then strain, set aside to keep warm.
- CHEESE SAUCE**
1 tablespoon butter
1 tablespoon flour

I've long since stopped trying to out-guess the weather. If it is cold and I think a pork roast dinner would be just the thing, or think of bowls of hot soup, by publication time the temperature has jumped and it is in the mid 60 degree state. So I try now to stay with seasonal and holiday foods. They haven't changed the holidays too much yet.
If you are tired of the same meats, beef, pork or chicken give yourself and your family a treat with this real recipe. I admit it sounds like a bit of work, but really after the first time it is not at all difficult, and you can make the sauces ahead of time and keep warm or reheat.
This recipe is from a friend

By Kay Fisher

Business firms warned by BBB

Business firms throughout the state are warned by the local office of the Better Business Bureau to be alert for increased repairmen who claim to be using a "dip cleaning" process for cleaning heavy equipment and tools.

The Better Business Bureau of Greater Louisville has been contacted by several business firms stating that they have been offered "special cleaning prices" on machinery and equipment.

One group of itinerant repairmen has visited Louisville from time to time using different names. Firms in Beaver Dam and Elizabethton, and Evansville, Ind., have been approached by such repairmen. The firm approached in Beaver Dam was billed 20 times the amount indicated at the time the job was solicited.

Ellisville Homemakers

The Ellisville Homemakers held their March meeting at the Blue Licks Lodge Hall, with Mrs. Tim Markwell as hostess, 17 members and one visitor, Mrs. Gilkerson, were present.

Mrs. Margie Wilson brought out the lesson, "Combining New and Old Furniture". She said it is permissible to mix furniture, more correct.

In April we will meet with Mrs. Fred Gibbs.

we make electrical repairs

Service by TV or Radio
Contract Wiring—Call for a FREE Estimate

DUNCAN'S ELECTRICAL SHOP

LUMBER & BUILDING MATERIALS HEADQUARTERS

BOARD FOR BOARD...SERVICE FOR SERVICE.

The People We Sell Building Materials To Are Our Best References.

Ratliff Bros. Co.
PHONE 289-5257
CARLISLE, KY.

FREE PORTABLE TV OR AM-FM STEREO

WITH EACH NEW MOBILE HOME PURCHASED DURING THE MONTH OF MARCH

12 WIDE HOMES FROM \$3495

WEBCO MOBILE HOME SALES
ABERDEEN, OHIO
795-2446

Local Rep. Boon Clark
Ph. 289-2834

COUNTRY SQUARES

Blend 2 cups graham cracker crumbs, 1 1/3 cups of mince-meat, 1/2 cup milk, mince-meat, and add 1 cup water. Put on stove and boil 5 minutes. 1 1/3 cups condensed milk.

Turn into well greased 9x13x2 cake at 350 degrees until lightly browned, about 30 minutes. Bake in pan and cut into squares. "Really good!"

Midway College generates 3 million per year

A recent study undertaken by the Council of Independent Kentucky Colleges and Universities (CICKU) has measured the economic impact of the state's independent educational institutions.

Midway College, the only independent women's college in Kentucky, generates nearly three million dollars in income per year based upon a multiplier of 3.0 and expenditures of \$375,000, for salaries, \$90,000 spent by students, parents, and visitors and an additional \$514,000 spent by the school throughout the state.

The replacement value of the college's classrooms, dormitories, and related facilities is estimated at over \$20,000,000.

Midway currently has a full time enrollment of 234 students. From these students Midway collects \$84,000 in tuition and fees—10 percent of the college's educational costs of \$839,000. The school annually raises \$400,000 through private sources to make up the balance in scholarships to its students.

One of the largest industries in the community, Midway, a Christian College, employs 70 people and is widely noted for its excellent 8-1 student-teacher ratio.

Midway draws students from many foreign countries (eight percent of international students) and from several states, although 85 percent of her students are from Kentucky.

Located in Woodford county in Central Kentucky, Midway College is governed by a Board of Trustees who donate their time to the school and administered by Dr. Albert N. Cox, her president.

“Cost of electric heat?”

Renew Your subscription today

I spend more for gasoline!

A man and his car! But as Mr. Kirby admits, a comfortable home for his family comes first. So the Kirbys converted to the best—nameless electric heat. Yet their annual bill of \$175 is less than keeping their car on the road. Electricity saves nothing up into the sky either! And as any car owner will appreciate, electric heat means farewell to maintenance costs. There are several types of electric heat. But your present ductwork makes it especially easy to convert to an electric furnace. Contact our nearest office for a free cost estimate.

Electric heat... for a cleaner home, a cleaner world!

Mr. Dennis Kirby of London, Ky.

Bourbon

DRIVEN TO 7:30
Fri-Sat at 7:30

A Western with Joe Hamath as "The Last Rebel!"
At 9:13
"Drive, He Said!"
1st feature rated PG-2nd one R Adm. 1+

The Best Buys for your table

Armour Veribest Pork Chops

69¢ First Cuts lb.
89¢ Center Rib lb.
99¢ Center Loin lb.

Armour No 1 Bacon 12 oz. Tux Box **lb. 69¢**

Webbers Sausage 2 lb. bag **\$1.49**

Fields Little Leaguer Wieners 12 oz. pkg. **49¢**

Armour Mello Sweet Hams 1 lb. **89¢**

Fields Sliced Bologna 1 lb. **69¢**

Frozen Hen 39¢ lb.
Turkey Hen 39¢ lb.

Cheer Detergent family size **\$2.29**

Tasters Choice Coffee 4 oz. **\$1.10**

Maxwell House Coffee 10 oz. **\$1.49**

Lady Scott Facial Tissue 175 **3/89¢**

Skippy Peanut Butter 12 oz. creamy, chunk **49¢**

Miss Georgia Peaches 2 1/2 size limit 4 piece **4/\$1**

Keebler Cookies 6 varieties **3/\$1**

Prelate Tuna 1/2 size light chunk **3/\$1**

Kleenex Boutique Napkins 140 ct. **29¢**

Gala Decorator Solid Towels jumbo **3/\$1**

Prell Liquid Shampoo imperial size reg. \$2.15 size **\$1.49**

Smuckers Strawberry Preserves 18 oz. **49¢**

Miracle Whip Salad Dressing limit one with additional \$3. order **39¢** quart

Kitchen Fresh Potato Chips twin pak **39¢**

Baké Rite Shortening limit one with \$3. order or more **59¢** 3 lb.

Head Lettuce 23¢ head

Vine Ripe Tomatoes lb. **29¢**

Idaho Potatoes 10 lb. bag **89¢** Yellow Corn 5 ears **49¢**

The Shrine of Quality FOOTDOWN HOME OF LOW PRICES

C & G Store Open From 8 a.m. to 8 p.m.

Cooperative Extension Service news

Humidifier is pal to house, pets, plants and people

When cold winds blow and the mercury plummets, central heating is purely wonderful. But if you don't have a humidifier, that desert-dry air is hard on your house, hard on its contents, and hard on you.

University of Kentucky Extension housing specialist Kermit Mills says that too little moisture in the air can lead to respiratory ailments, high fuel bills, and extreme drying out of furnishings, pets, plants and people.

How can you tell if the humidity is too low at your house? According to Mills, your lips get dry and even chapped, your skin itches, the membranes in your nose are uncomfortably dry. If you sleep in a heated room, you wake up each morning with a dry mouth and dry throat. Houseplants droop and need frequent watering. Sparks fly when you touch a doorknob or metal after walking across the carpet. Furniture joints creak and furniture joints loosen up.

Usually, the humidity in your home should be from 45 to 50 percent, but the house will be comfortable if it's anywhere from 40 to 60 percent. When the humidity is much lower than that, the moisture in your skin evaporates quickly and you feel chilly. That makes you turn up the heat, but it gets even drier, and you burn more fuel. Heated air expands, which increases the volume of air and thereby decreases the percentage of moisture in it. With



the proper humidity, you can be comfortable at a lower heat setting. Mills recommends the use of a humidifier to solve this problem. If you have a hot-air heating system, an automatic humidifier can be installed on you. That it uses the furnace air ducts. Where there is no hot-air system, you can buy a free-standing unit. Some models force warm air into the air with a heating unit. Others put out moisture without means of a centrifugal atomizing unit. The humidifier control on your humidifier will regulate the moisture content of the air.

Then there's what Mills calls "the poor man's solution," a scumming tea kettle. It can add considerable amounts of moisture to the air. In fact, if the windows are not opening up, you should turn the tea kettle for awhile. A forced air heating system will efficiently spread the moisture throughout the house.

When your family is suffering from the increased humidity in your house will bring more relief. It works on the same principle as the vaporizer your doctor often recommends for severe respiratory conditions.

Mills reminds householder that the humidifier must be cleaned occasionally and that hard water when it gets even drier, and you burn more fuel. Heated air expands, which increases the volume of air and thereby decreases the percentage of moisture in it. With

ENTHUSIASM

Nicholas County cheerleaders please the crowd with their enthusiasm, and antics in pulling for their team in spite of eventual defeat. Sharon Crawford, Pat Ockerman, Patty Doyle, Sharon Linton, Janet Booth, Connie Gatz, Sharon Cleaver, Kathy Ritchie, Duncane



Best safety record earned

The 3,211 employees of Columbia Gas Transmission Corporation, and affiliates of the Charleston Group Companies, have established the best safety record in both the disabling injury and vehicle accident categories for 1971 in a Columbia Gas System contest. Columbia Gas Transmission has 1,399 employees. The Charleston Group employees were in competition with the employees of the Pittsburgh and Columbus groups.

In recognition of this achievement, both of the George S. Young safety awards will be presented in the near future.

NEW! From Sherwin-Williams

900 colors

Rogers Best

Rogers Latex & Paint Enamel

\$5.99 gal. Latex
\$7.99 gal. Enamel

Also Kem-glo & Kem-Tone

Guarantee - - -
Guaranteed to give you complete satisfaction when used according to label directions or the purchase price of the paint will be cheerfully refunded.

Hopkins Drug Co. Inc.

Your Prescription, our speciality.

MISCELLANEOUS

BECOME A BEAUTICIAN — only 12 weeks. You. Applications taken daily. Winchester Beauty College, 47 So. Main, Winchester, KY, Dial 744-3121.

LOSE USUALLY FAT Start losing weight today or meet only 12 weeks. You. Applications taken daily. Winchester Beauty College, 47 So. Main, Winchester, KY, Dial 744-3121.

The Census Bureau reports the average income in 1968 of men 25 years or older with a college education was \$4,500 more than the average income of men with no more than a high school diploma. The mean income received by American men 25 and older in 1968 was \$7,900. For men with more than a high school diploma, the mean income was \$8,400. For those with four or more years of college it was \$12,000.

A member of the U. S. House of Representatives from Tennessee, Mr. Richard H. Fulton, states "Utilities are producing 75 percent more electricity today than they did in 1960, but power reserves have declined from 30 percent of their capacity in 1960 to 16 percent in 1970. The Federal Power Commission considered a 20 percent reserve level adequate."

Southern States

SPRING SALE March 3-18

66 great prizes given away!

Unico Tri-Rib Front Tractor Tires
Provide center steering, better control. Top roadability. Provide necessary flotation.
500 x 15 4-ply **\$13.98** plus 1% Fed. Tax
600 x 16 4-ply **\$16.55** plus 1% Fed. Tax

"Super-Highway" Farm Truck Tires
These Unico tires give great highway performance, good traction off the highway too. Nylon cord.
670 x 15 tube-type 4 ply, 6 ply rated **\$20.75** plus 1% Fed. Tax
700 x 15 tube-type 4 ply, 6 ply rated **\$24.25** plus 1% Fed. Tax

Long Handle Shovel **\$2.35** Regular Suggested Retail Price \$2.95

Acrylic Latex White House Paint **SALE \$5.95** gal. Regular Suggested Retail Price \$7.95 gal.

Super 12M Motor Oil **SALE \$8.65** 5-gal. Regular Suggested Retail Price \$9.85

Unico Super 12M 10W-40 oil means clean engine, maximum power. Re-usable can.

Save on Milk Replacer
See off on each 50-pound bag of any Southern States Milk Replacer. Raise profitable replacements or weavers for less.

Ice Cream Freezer **SALE \$11.95** Regular Suggested Retail Price \$13.95

50 ft. 1/2 in. Vinyl Hose **SALE \$3.79** Regular Suggested Retail Price \$4.95

Fl. Trouble Light **SALE \$2.75** (includes bulb) Regular Price \$3.75

Small Flower Garden Hoe **SALE \$3.25** Regular Suggested Retail Price \$3.95

Weed Cutter No. 19-723. **SALE \$2.19** Regular Suggested Retail Price \$2.75

Galvanized 5 Panel Gate 12 x 4 ft. **SALE \$20.50**

Magnet Flashlight **SALE \$1.69** Regular Suggested Retail Price \$1.89

Unico Extra Heavy Duty Batteries

48-month pro-rata guarantee. Prices include trade-in.

6-Volt. No. EHD-1 Regular Suggested Retail Price \$22.35 **SALE \$17.25**

12-Volt. No. EHD-22F Regular Suggested Retail Price \$27.70 **SALE \$17.85**

12-Volt. No. EHD-24 Regular Suggested Retail Price \$27.45 **SALE \$21.50**

Southern States CARLISLE CO-OPERATIVE
PHONE 289-2161
CARLISLE, KY.

Free Lawn Seed Offer

Buy 10 pounds of any Southern States Lawn Seed Mixture... get another pound free.

100 Feet of 1/2" Sisal Rope

SALE 85¢

Regular Suggested Retail Price \$1.89

Strong, tough. Ideal for general use around farm and home. Stock up.