

Kay's Kitchen

-- By Kay Fisher --



When someone gives me an especially good recipe, I always want it along to those of you who really like to cook, and you must like it to make this bread. It really is not that difficult but it does take time. For me the first time to follow a recipe is a bit hard because I'm used to just going by ear. Do I try this bread.

HONEY WHOLEWHEAT BREAD
1 pk. dry yeast (tablespoon)

- 1 cup lukewarm water
- 1 cup scalded milk
- 2 rounded tablespoons shortening
- 1 1/2 cup honey
- 3 cups whole-wheat flour
- 3 cups white flour

Dissolve yeast in lukewarm water, adding a sprinkling of sugar to make it foam more quickly; cream shortening, salt and honey together. Pour scalded milk over this mixture, stirring to blend and to moisten shortening. Cool to lukewarm and add yeast mixture. Add the flour to medium-stiff dough.

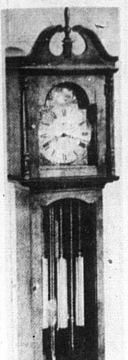


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Knitting can be fun!!!

Knitting can be fun if you don't believe it just ask the women who attended the Beginners Knitting Class, sponsored by the Nicholas County Extension Service. The 4-H knitting project books were used as resource information. At first, it was hard to laugh when one had to unravel two or three hours work. By the end of the workshop, the atmosphere had changed and everyone could laugh, even the one who had erred. Another realization was that they were "all in the same boat". Everyone else was just learning, too. The ladies are real proud of their new skill and received a lot of personal satisfaction from having completed their sweaters. What did the rest of the ladies project and the knitting class? Well, some of the girls said, "Now you can play with me!" Some husbands were lucky enough to get a new sweater.



Interstate roads cost car owners

car owners in Nicholas County are beginning to realize that Uncle Sam's \$2,500 million for the Interstate System, now three-quarters finished, has become a more costly undertaking than expected. They know that because they, along with the rest of the motorist, are footing the bill through their purchase of gasoline, tires and other items.

At the present time, the Federal government is collecting some \$60,000 a year from car operators in the local area. The bulk of it is derived from the four-cent tax levied on every gallon of gas. Not included in this total are the auto and gas taxes collected by the state.

For the typical driver in Nicholas County, who drives 10,000 miles a year and gets 14 miles to the gallon, the annual cost is about \$80, according to government figures. For those who travel more or less than the average, the cost varies proportionately.

Based upon the 2,560 cars in operation in the local area during 1970, it adds up to \$60 million. The increasing cost is attributed to the expansion of the highway system from the original 41,000 miles to 32,500 miles and to the fact that the expected completion date is now 1978 instead of 1972.

As a result of the changes, the ultimate expenditure will be about \$75 billion, it is estimated. That is nearly double the figure set in 1956, when the project was started. Because of the extended construction time, car owners in Nicholas County will be contributing an additional \$55,000 before it is finished, six years hence.

There is special interest in the Highway Trust Fund that is this time because of the demand by many civic groups that it be used, in part, to support some public needs that they consider more urgent.

They contend that there is a pressing need to refurbish other transportation facilities, such as railroads, airports and mass transit generally, and that some of the money should go in that direction.

WEEKEND REVIVAL
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MMC represented at workshop

Four representatives from Mayville Community College, Dr. James S. Roberts, Director, Mrs. Alpha Strub, Student Affairs Officer, Mrs. Rosemary Moffet, assistant professor of English, and a workshop entitled Exploring Post-Secondary Educational Opportunities for Black Students on March 22 and 23 in Lexington.

The workshop, sponsored by the Southern Regional Education Board, in association with the UK Community College System and the Bureau of Vocational Education, faced the problem that very few Black and other minority students are finding their way to the state's vocational schools and community colleges. Administrators, counselors, teachers and students met to determine ways by which Black students could be recruited and retained in the expanded opportunities available for post-secondary education.

Participants at the workshop noted that some schools and certain courses of study have large waiting lists while others seem to attract few Black students and continued planning by the state to re-align perceptions and better design programs and courses to meet the needs of the Black and other minority groups in Kentucky.

Output per man hour for the nation's agricultural producers is 33 times higher than 20 years ago, while output per man hour in U.S. manufacturing has increased only 1.7 times in that period, according to the Farm Bureau Federation.

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Student teachers

Six student teachers arrived at Nicholas County High School Friday, March 10 from Morehead State University. They are Mrs. Gretchen Hale from Mr. Sterling; Miss Diana Willey, Cynthia; Miss Debra Bush, Plevinville; Miss Clayton Caddill, Whitesburg; Assistant when picture was taken; Larry Burke, Flemingsburg and

Lloyd Hall, Floyd County, the four ladies are doing their student teaching under the supervision of Mrs. Charles E. Hamilton and wife. Mrs. Sorelli, Sr. and wife, Mrs. William Hillander and wife, 1.16 acres, more or less on Highway 36 in Charles E. Hamilton and wife. John R. Boone and wife, house and lot on Sharon Way to Arthur Rukle and wife, Emory Richardson, Jr. and wife, one acre more or less on Morning Glory Road to James M. Willson and wife, R. P. Alexander and wife, lot Number 14 in Alexander Subdivision to Teddy Shaw and wife, Frances Broderick, seven acres more or less on Bartterville and Salmon Road to James E. Taylor and wife, Herman Bretz and wife, Store near Meyers on Highway 32 to Ernest Gray and wife, John Morford, .05 acre, more or less on Scub Grass Road to Edward L. Hardwick and wife, Nicho is a County Development

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