

# Kay's Kitchen

By Kay Fisher



It really doesn't make any difference what the season is, one must always have a main dish in mind when planning a meal. You can call it an appetizer or by any other name but it is still that dish you build around to make a meal. A new main dish, whether it is an unfamiliar twist to an old

favorite or something entirely different, is like a breath of spring for perking up everyday meals. Here are some suggestions for economical appetizers that will please your family and still be easy on the food budget.

**CORNY CORN**  
Cook spaghetti according to directions, rinse and drain. Measure brown meat in skillet; add onion and cook about 5 minutes, or until onion is limp. Stir in sauce and cheese; simmer 5 minutes. Stir Parmesan cheese into cooled spaghetti; toss with buttered 2 1/2 cup casserole. Spoon meat mixture over spaghetti; top with corn. Dot with margarine. Cover and bake in preheated 350 degree oven for about 45 minutes, or until heated through. Makes 6 servings.

**CORNY QUICHE**  
2 cups fine cheese cracker crumbs  
6 tablespoons margarine, divided  
1 1/4 cups milk  
1/2 tsp. pepper  
1/4 tsp. celery salt  
1/2 tsp. onion

1 1/2 cups instant minced onion, drained  
1 1/2 ounce can white kernel corn, 2 eggs  
Make crumbs in blender; combine with 4 tablespoons melted margarine. Reserve 1/2 cup for top of quiche. Line a 9 inch pie pan with remaining crumbs, pressing down to make a smooth shell. Mix remaining margarine, onion, salt, pepper and milk in bowl; add egg until mixture is thick. Add salt, celery salt, pepper and instant onion, mixing well. Gradually add hot mixture to eggs. Add corn and pour carefully into shell. Bake in 400 degree preheated oven for 20 to 30 minutes, or until liquid is set. Let stand 5 minutes before serving. Cut in wedges to serve approximately 6 persons.

**MACARONI-BURGER**  
**CASSEROLE AND SAUCE**  
Brown hamburger in heavy skillet with sliced or chopped onion.

**SPAGHETTI CASSEROLE**  
8 ounces spaghetti, broken  
1 lb. ground round  
1/4 cup finely chopped onion  
2 tsp. chili powder  
1/2 tsp. salt

**DASH OF PEPPER**  
1 1/2 ounce can tomatoes, chopped  
1/4 cup grated Parmesan cheese  
1 lb. can whole kernel corn  
1/2 tsp. salt  
1 tablespoon margarine

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**CHEESE SAUCE**  
Melt in saucepan 1 tablespoon butter; blend in 1 tablespoon flour, stirring until smooth and thick. Add 1 cup grated sharp cheese. Season with salt and pepper.  
The amount of meat and macaroni depends on how large a casserole you want to make. I've made it using only 1/2 pound of hamburger, but you may use as much as you like. It should be fat, drain onion, mixing well. Gradually add hot mixture to eggs. Add corn and pour carefully into shell. Bake in 400 degree preheated oven for 20 to 30 minutes, or until liquid is set. Let stand 5 minutes before serving. Cut in wedges to serve approximately 6 persons.

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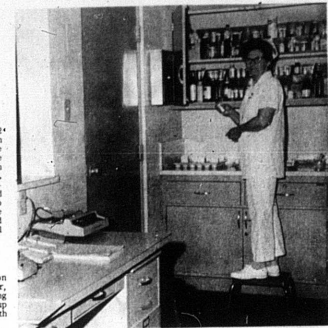
## Growing walnut trees info to be presented

The latest information on growing black walnut trees for timber and nut production will be presented at the annual meeting of the Walnut Council in Clarksville, Tenn., and Fort Campbell, Ky., on August 30-31. The meeting will be open to any person or firm interested in walnut.

Walnut is by far the most valuable of the many native hardwoods in the United States. Much has been learned about how to grow it faster and with good quality according to J. A. Newman, University of Kentucky Extension Forester. The purpose of the Council is to furnish information on growing walnut and to increase the research work on this most important forest tree.

A session on the latest information will be held at Austin Peay State University in Clarksville, Tenn., on August 30. On the following day, a bus tour of the country's largest black walnut planting and intensive management practices will be open to any person or firm interested in walnut.

Since it will be necessary to make advance arrangements for bus transportation and eating, advance registration will be required. Newman advises that interested parties contact Robert Phares, Black Walnut Council, Forest Science Laboratory, Southern Illinois University, Carbondale, Illinois 62901.



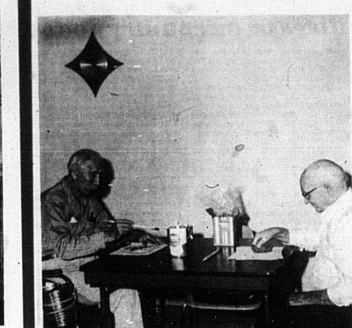
Mrs. Myrtle Jones, G.L.P.N., reaching for a bottle of medicine, is shown in the nurses' station at Johnson-Mathers Nursing Home. The public is invited to Open House, Sunday, May 21, 2:30 to 4:00 p.m.

## Nurses Station

The food made available to the State by the U.S. Department of Agriculture. The School Lunch program is administered by the Department of Education, but the Commodity Division allocates food to the schools.

Last year in Kentucky, the School Lunch program served around 530,000 children. This represents an expenditure of some 30 million dollars for food, labor and equipment. Of this amount, the Division of Commodity Distribution furnished food with a wholesale value of about seven million dollars. The remainder of the food was purchased from the market.

Federal investments in manpower programs are expected to increase by \$849 million or 20 percent to a total of \$4.1 billion in fiscal 1973. In the past decade, manpower outlays have risen by \$.8 billion. The Department of Labor will account for \$2.4 billion of 66 percent of the total manpower expenditures in fiscal 1973.



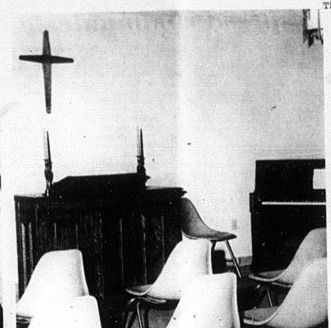
Tony Doran and Herman Conyers, residents are shown relaxing and creating at an arts and crafts work table at Johnson-Mathers Nursing Home. Open House will be held Sunday, May 21, from 2:30 to 4:00.

## Arts & Crafts

Mr. and Mrs. E. V. Delaney entertained the Headquarters M.Y.F. Monday night at their home. There were 26 present.

Freddie Hollar of Carlisle spent the weekend with Mr. and Mrs. Allen Hollar. Mrs. E. V. Delaney visited Mrs. Ida Martin of Paris and Mr. and Mrs. Ray Ingers of near Lexington on Sunday night.

Mr. and Mrs. Tommy Fryman, Mr. and Mrs. Bobby Brady and Mr. and Mrs. John Willard of Mt. Vernon, Ky., and Mrs. Garry Hollar and Miss Jessica McGree, Mrs. Bess Morris and Clyde Alexander spent Sunday with Miss Frances Barlow. They all called on Mrs. Fred Hollar in the afternoon.



The chapel, recently furnished, is used by the residents and visitors at Johnson-Mathers Nursing Home. Weekly worship services are conducted by the different ministers in Nicholas County. It will be open Sunday, May 21, from 2:30 to 4:00 during Open House.

## Chapel

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Mr. and Mrs. Tommy Fryman, Mr. and Mrs. Bobby Brady and Mr. and Mrs. John Willard of Mt. Vernon, Ky., and Mrs. Garry Hollar and Miss Jessica McGree, Mrs. Bess Morris and Clyde Alexander spent Sunday with Miss Frances Barlow. They all called on Mrs. Fred Hollar in the afternoon.

Mr. and Mrs. Everett Snapp visited Mrs. Bess Morris and Clyde Alexander of Bowling on Sunday. Mr. and Mrs. Sterling Hollar were Friday supper guests of Mr. and Mrs. Garry Hollar and children. Mr. and Mrs. Larry Woolley and children, Mr. and Mrs. Harvey Woolley and son, of Millersburg and Mr. and Mrs. Doug Woolley of Lexington were Sunday dinner guests of Mr. and Mrs. Bill Woolley.

**MYERS**  
Mrs. Kathleen Fryman and daughter and Miss Roselee Kinder visited Nashville, Tenn. week-end recently.  
Helen Flora spent the weekend with Mrs. Gerald Gray of Covington. Several from here attended the funeral of Miss Nannie Voss. Mr. and Mrs. Elm Flora spent the weekend with Mr. and Mrs. Otha and Mrs. Milton Flora.  
Melinda Crava for a celebrated second birthday on Saturday. She received many nice presents. Mrs. Rena Crawford

**Price controls could hinder food production**  
U.S. Assistant Secretary of Agriculture for Marketing and Consumer Services Richard Lyng says it is "impossible to devise price controls on raw agricultural products without risking chain-of-distribution" in food production.

Lyng said before a price commission hearing on food prices that Lyng said food prices fluctuate as supply build up or grow short. He said the time, because of our productive capacity, supplies are plentiful and farm prices are, if anything, too low.

Secretary Lyng told the commission that the production of farmers has made a major force in combatting inflation. He pointed out that broiler production increased eight-fold in the past 20 years. "If it were not for this it would be even higher," he said. "It is about half what it was then. Broiler-frysers are being listed in the USDA's monthly-plentiful foods list—featured on the May list."

"The price is too low today, and producers are not making a fair return on their investment," he said. "It is not necessary to do anything but to raise prices to a level that would be fair to the farmer."

Lyng said it was "essential, therefore, that we be able to understand and accept" the price of consumers and farmers to understand and accept. For example, he said, during March "when prices of beef dropped but retail prices continued to rise."

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## Food program marketing tool

The Kentucky Department of Agriculture, through its Division of Commodity Distribution handles

# image

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