

Kay's Kitchen

By Kay Fisher



Most of you have ideas about certain foods being seasonal, either, or you naturally think of corned beef as being a winter, or at least, mid-winter, or fall, as it was so popular some years ago. I am sure you know what to do with it, but that was one of the best meals I have prepared and eaten in a long time. The beef had already been prepared, but when I put it in the pot to bring to a boil, then lower the heat so it would just plunk along for several hours, I added a few herbs of my own. Namely, a pinch of thyme, about 1/2 a teaspoon basil, oregano and dill. A generous sprinkling of coarse ground seasoned pepper. While I'm thinking of the seasoned pepper, you will find it an addition to fried eggs, omelets, pot roast and many other foods you would normally season with pepper. Since my introduction to it to me and presented me with my first jar, I am an avid consumer as I am seasoned salt and that is really something.

To get back to the corned beef, I added a bit of garlic powder. Do remember to lower the heat just as soon as it comes to a boil so it will simmer. When tender when pierced with a fork, remove from liquid and allow to "rest" before trying to carve.

Caring is just as important as cooking. No matter how tender the meat may be it is not cut across the grain the meat will be stringy. Sometimes it is difficult to find the way the grain runs and you may have to make several cuts, but when you do get started right, slice thinly and place on platter with slices overlapping.

When the meat is cooking, prepare the cabbage by removing the outer leaves, cutting into quarters and removing the core. Soak in cold water to insure crispness. When ready to cook, cut the cabbage, taste the liquor to see if it is too salty or strong. If it is stronger than you like, remove about a cup of the liquor and add a cup of water to add salt back. Usually I think you will find it about right. Add the cabbage to the pot.



CORNED BEEF

1 good size piece of ginger root, coarsely grated
2 tablespoons lemon juice
2 lemons, very thinly sliced, then halved

Wash the tomatoes, remove stems and prick each one several times with a needle, then place the skin from popping too much. When using yellow tomatoes it is better to cut them into quarters or halves, since the skin is not as tender as the cherry red tomatoes.

Remove the sugar in the water, using a large heavy kettle; bring to a boil and cook rapidly for five minutes. Add the tomatoes and cook gently for ten minutes. Remove the tomatoes with a slotted spoon. Add remaining tomatoes to the syrup and simmer for 15 minutes.

Now for the most important thing of all to make the dimer complete, cornbread. You may use your favorite recipe, a mix, or a mix of your own. Cook and cover and let stand overnight in a cool place. Pack just the tomatoes and lemon pieces into hot canning jars. Bring the syrup to a boil. If the syrup seems too thin boil a little longer, or if too thick add a little water and bring to a boil. Four over tomatoes. Seal, and process in a hot water bath.

If you still have tomatoes on hand or left in the garden and want to get your canning over and done with, this seems a good catch-up recipe.

GREEN TOMATO CATSUP
1 gallon green tomatoes
1 gallon cabbage
14 pint hot peppers
1 quart onions
3 tablespoons mustard seed
1 tablespoon clove
1 tablespoon cinnamon
1 1/2 gallon vinegar
1 tablespoon ginger
1 tablespoon tumeric, optional
salt to taste
Curd tomatoes, cabbage, peppers and onions all together, add salt and let drain until all juice seems drained out. Put in large kettle and add remaining ingredients and let 20 minutes. Bring timing after mixture reaches a steady boil. Mrs. Earl Haman

GINGER TOMATO PRESERVES
4 lb. small cherry tomatoes
7 cups sugar
4 cups water

Fox, those of you who have chrysanthemums in abundance here is a delightful preserve. It is also good as an accompaniment to meat. Small yellow tomatoes may also be used.

To save dishwashing and to make a pretty platter I put the potatoes in the center of a large platter and surrounded them with the meat, or surround the meat with the potatoes. Be sure to sprinkle the potatoes with the seasoned pepper.

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Breathitt to speak at MSU tonight

MOREHEAD—Former Gov. Edward T. Breathitt will be featured Sept. 28 at the Golden Anniversary Rural Development Conference at Morehead State University. Breathitt, a Hopkinsville attorney and a 1940 graduate of the University of Kentucky, will be MSU President Adron Doran will deliver the welcoming address and discuss "The Role of Morehead State University in Rural Development" at 9:30 a.m.

Special interest group sessions are scheduled during the afternoon. Francis Mowbray, deputy director of the Appalachian Regional Commission in Washington, D. C., will conduct a session on "Housing Developing in Rural Areas."

Laurel Trow of Frankfort, administrative of the Kentucky Program Development Office, will moderate a panel on his office's role in rural development.

The conference is primarily for public officials but all interested citizens may attend, said Dr. Jack Bizzell, a conference coordinator and an MSU political science professor.

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Carlisle Drug Co.

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CARLISLE, KY.



Breathitt

McKee engagement

Mr. and Mrs. Olan McKee of Millersburg announced the engagement of their daughter, Martha Carol, to Thomas Allen Dalley, son of Mr. and Mrs. Sammie Dalley of Morefield.

Miss McKee attended Bourton County High School, Mr. Dalley is a 1972 graduate of Nicholas County High School.

All friends and relatives are invited to attend. A reception will be held immediately following the ceremony in the following hall.

Wedding plans made by Miss Tincher

Lisa Tincher, bride-elect of Larry Berry has completed her wedding plans for Friday night, September 29, at 7:00 p.m., at the Carlisle Christian Church.

All friends and relatives are invited to attend.

Band Boosters to meet

The Nicholas County Band Boosters will meet regularly monthly meeting Monday, Oct. 2, at 7:30 p.m., at the home of Mrs. Walter Shepherd. Hostesses will be Mrs. Sterling Blake and Mrs. Woodrow Rich.

Homeaker clubs hold meetings

The Moorefield Homemakers met Sept. 7 at the home of Mrs. Herman Vee, with Mrs. J. Argus Jacobs co-hostess.

The meeting was called to order by Mrs. Harvey Wilson, president.

The Club voted to make a donation to the Recreation Park. The members received their new books for the coming year. Mrs. James Hamm discussed the minutes of the last meeting and the treasury report.

The Club voted to make a talk on "Air Pollution" and "Exclusion, Refund, and Compliments." Mrs. S. S. Wilson gave the lesson, "The Clothing Guidepost."

Mrs. James Hamm was in charge of the Recreation. Cinderella Sisters exchanged gifts and drew names for the ring adorned. Refreshments were served by Mrs. Vee and Mrs. Jacobs.

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127 paid members attend NCE, PTA

A total of 127 persons paid their membership dues at the Nicholas County Elementary P.T.A. meeting held on Tuesday, Sept. 19.

Gerold B. PTA president, presented an engraved silver tray to Mrs. Baconn Sorrell Jr., P.T.A. president, who in turn presented it to Charles Wilson, school principal, for use at the school. The tray was won by the PTA last year for the greatest increase in membership over the previous year.

Mrs. Carol Leavelle's first grade homeroom won the \$5.00 from court award. The award is given each meeting night by the PTA to the homeroom with the largest percentage of parents in attendance.

After the introduction of this year's school staff by Mr. Wilson, the meeting was adjourned so that the parents could visit the teachers and rooms of their children.

The next meeting will be a called meeting in approximately three weeks. Thereafter meeting will be held on the first Monday night of each month.

WCS to meet

The Rhoda Gillispie Circle of the W.C.S. Carlisle United Methodist Church will meet Monday, Oct. 2, at 7:30 p.m., at the home of Mrs. Walter Shepherd. Hostesses will be Mrs. Sterling Blake and Mrs. Woodrow Rich.

Clubwomen attend KFDY Foundation workshop

Mrs. James D. Anderson and Mrs. Charles Judd, representing the Carlisle Junior Women's Club, attended the KFDY Foundation of the Central Kentucky Workshop held at the University of Kentucky Medical Center, Saturday, Sept. 23.

The workshop included Mrs. James D. Anderson, chairman, Mrs. Mary Margaret, secretary, Mrs. Jack Randa, Junior Home Unit, chairman, Mrs. Gladys Landrum, chairman, County Unit, chairman, Mrs. Leonard V. Crimmins, president, KFDY Foundation of the Central Kentucky Medical Center, president, Mrs. Robert Siegel (Neurologist), KFDY Foundation, president, Mrs. Emma Green, N.R. Supervisor, KFDY Foundation, president, Mrs. Alice Judd, KFDY Foundation, president.

Devisational was given by Mrs. Carl Hughes, Mrs. Mae Wilson and Mrs. J. Argus Jacobs. Mrs. Williams called the roll and gave the secretary and treasurer report in the Foundation Machinery used. Mrs. Williams and Mrs. Judd were welcomed at this meeting. Mrs. Bill Gadd and Mrs. Linda Teddar, Mrs. Alma Atkinson was a visitor.

The lesson on Clothing Guidepost by Mrs. Rachael Taylor. After the lesson, delicious refreshments were served by the meeting adjourned to meet at the home of Mrs. Lida Farrah in October.

Book's tour

This summer, many political Democrats have been in Florida, Florida, Florida. They were not there to see Miami Beach but to see the conversion of two such groups and their satellites to two new groups.

Marlow and I attended our first caucus through a converted democrat. Thinking we could demonstrate to the other side, the demonstrators got up, we were completely taken over by the demonstrators. The entrance we had previously used at the caucus was now blocked by hundreds of demonstrators.

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PERSONALS

Miss Pat Allison, daughter of Mr. and Mrs. A. J. Allison of Camp Harrodsburg, was named Executive Director of the Kentucky Girl Scout Council in Louisville, The Council serves 27 counties in Kentucky and six in Indiana.

William L. Lyman entered the Good Samaritan Hospital last Monday and submitted to surgery the following Thursday.

Mrs. Maude Seamonds, Miss Alma Atkinson, Mrs. Roy Woodson, Darrin and Tracy were guests Wednesday of Mr. and Mrs. Alton Craig in Mt. Olive.

Mrs. Bobby Duncan who has been visiting her brother, Dr. Cyrus Robinson and family in Spain will arrive home on Friday.

Mr. and Mrs. Jimmie Hill, Mr. and Mrs. Harvey Wilson, Mr. and Mrs. J. S. Willis Jr., Mr. and Mrs. J. S. Willis, Mrs. and Mrs. Howard Irvin, Mrs. and Mrs. Russell Shrut and attending the wedding of Mrs. Jody Irvin and John Burns at the Second Presbyterian Church in Louisville Sunday afternoon Sept. 24.

Mrs. W. S. Atkinson-Falmouth was a guest of Miss Alma Atkinson one day last week.

Mrs. Thomas Hickman of Bourton County will attend the National Head State University, He is a nephew of Mr. and Mrs. Billy Layton.

Dr. S. Evans Brown, A. V. Allison and Mr. J. S. Willis.

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CJWC announces committees

Mrs. Charles Judd, president of the Carlisle Junior Women's Club, announced committees for the club year 1972-73.

Education Department: Mrs. Billy G. Anderson, chairman; Mrs. Paul Hampton, Mrs. Russell Lawrence, Mrs. Lyle Anderson, Mrs. Allen Stone.

Home Life Department: Mrs. John Allison, chairman; Mrs. Jimmie Hill, Mrs. Michael Buckner, Mrs. Tom Metcalfe, Mrs. Tommy Manning, Mrs. Tommy Manning, Mrs. Tommy Manning.

Public Affairs Department: Mrs. Marshall Stone, chairman, Mrs. Frank Vawter, Mrs. James D. Anderson, Mrs. James D. Anderson, Mrs. James D. Anderson.

Arts Department: Mrs. James D. Anderson, chairman; Mrs. James D. Anderson, Mrs. James D. Anderson, Mrs. James D. Anderson.

International Affairs Department: Mrs. R. S. Willis Jr., chairman; Mrs. Bobby Hutton, Mrs. James D. Anderson, Mrs. James D. Anderson.

Conventions Department: Mrs. Lynn Lewis, chairman; Mrs. Billy G. Hopkins, Miss Betty Hutton, Mrs. John Allison, Mrs. James D. Anderson, Mrs. James D. Anderson.

Standing committee: Yearbook Chairman, Mrs. Paul Hampton, chairman.

Mrs. and Mrs. Ray Northern and Mrs. and Mrs. Bob Wheeler of Kettering, Dr. Cyrus Robinson and family in Spain will arrive home on Friday.

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Checking

King Size Tide
limit one with \$5. order or more
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Cascade Detergent giant size 59¢
for automatic dishwashers

Foam Cups -12 oz. 29¢

General Mills Snacks 39¢
Cheez Wilkers, Wheat Chips, Pop-R-Corns

Borden Creamora 22 oz. 89¢

Purex Bleach
39¢ gallon

Smuckers Seedless
Blackberry Jam 18 oz. 49¢

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and MOOREFIELD BRANCH
Nine Convenient Locations to Serve You

KENTUCKY GROUP

Smoked Picnics

lb. 49¢

Fischers

Ground Beef lb. 69¢

U.S. Choice Chuck Roast 59¢ lb.

U.S. Choice Boneless Chuck Roast lb. 89¢

U.S. Choice Shoulder Roast lb. 89¢

U.S. Choice Stew Beef boneless lb. 99¢

U.S. Choice Chuck Steak lb. 69¢

Fresh Dressed Baking Hens lb. 39¢

Sto-Puf Fabric Softener 1/2 gal. 79¢

Lipton Instant Tea 3 oz. \$1.19

Lipton Iced Tea Mix 24 oz. \$1.39

Lipton 100 ct. tea bags and Glass tea pot

Bes-Pak Waste Basket Bags 24 ct. 49¢

Big Wally Wall Cleaner 24 oz. \$1.29

Paramount Hot Dog Sauce 10 1/2 oz. 2/49¢

Fresh Up Deodorant Soap 4 bar pack 59¢

Pepsi or DIET Pepsi 16 oz. 8 pk. carton 79¢

Kellogg's Pop Tarts several flavors box 39¢

Heinz Tomato Ketchup 32 oz. 59¢

Premium Saltines Crackers 29¢ pound box

Hunts Snack Pack and Fruit Pack 4 pack 49¢

Medal Gold Fudges, Twin Pops, Ice Milk Bars 12 69¢

Bordons Yogurt several flavors 3/79¢

Head Lettuce 25¢

Apple Cider 1/2 gallon 79¢

Tomatoes lb. 29¢

Carrots 17¢ lb. cello package

PERSONALS

Kentucky Historical Society officers, board members named

The meeting of the Nominating Committee of the Kentucky Historical Society was held in the office of the Society, Old Capital Building, Louisville, Friday, Sept. 22.

William Foley of Versailles, chairman, called the meeting to order. Committee members present were Roger Womack, Carlisle; Mike Ewator, Tullahoma; Norman Lawson, Mrs. Bailey Wootton of Frankfort, and Norris Armstrong, Louisville.

Mr. Foley presented the report of the committee and placed the following persons in nomination, Hugh O. Fisher, Owensboro, president; Robert R. Martin, Richmond, first vice president; Richard E. Robertson, Frankfort, second vice president; Judge Jean Auener, Pikeville, third vice president. Executive members for terms expiring 1973 were Warren R. Robert, Berea; Robert