

Kay's Kitchen

By Kay Fisher



Say Merry Christmas to your friends and neighbors with tasty homemade breads colorfully wrapped and tied with a gay bow. Look a little affection into each package.

CARAMEL-NUT POUND CAKE
1 cup butter
1 lb. box light brown sugar
1 cup sugar
5 eggs
1 tablespoon vanilla
1 teaspoon salt
1 teaspoon baking powder
3 cups sifted flour
1 cup chopped nuts
Cream butter, shortening and brown sugar thoroughly. Gradually add granulated sugar. Continue to cream. Add eggs one at a time, beating thoroughly after each addition. Sift together flour, salt and baking powder, add alternately with milk beginning and ending with flour. Add vanilla the last and blend well. Turn batter into a well greased and floured 10 inch tube pan and bake at 325 degrees for 1 and 1/4 hours or until cake tests done. Cool in pan for 10 minutes. Remove from pan, cool thoroughly. Wrap and store one day before slicing.

DATE BREAD
1 cup dates, chopped
3/4 cup boiling water
1 cup sugar
1 egg
pinch of salt
1 1/2 cups flour, sifted
1/4 cup butter, softened
1/4 cup vegetable oil
1 teaspoon vanilla
1/2 cup nuts
Four minutes water over dates and let cool. Add remaining ingredients. Mix thoroughly. Bake in greased pan for 30 minutes. Cool 15 minutes and remove from pan. Cool completely before wrapping.

COFFEE CAKE
3 sticks margarine
1 cup sugar
2 eggs
1/2 cup buttermilk
2 cups flour
1 teaspoon baking soda
1 teaspoon vanilla
1 teaspoon vanilla
Cream margarine and sugar. Beat in eggs. Mix dry ingredients alternating with milk. Sprinkle brown sugar, cinnamon and sugar on top. Bake 275 degrees 25-30 minutes in a 9 inch square pan. Nuts or raisins may be added. Freezes well.

CHERRY NUT BREAD
4 cups sifted flour
2 teaspoons baking powder
1 1/2 cups sugar
1/2 cup shortening
1/2 cup nuts
1 can apple sauce
1 cup chopped nuts
1 can red sour pitted cherries, well drained
1 teaspoon almond extract
Sift together flour, baking powder, salt and sugar. Blend sugar and shortening until fluffy. To this add eggs and beat until smooth. Then mix cherry and nuts alternately with applesauce. Stir in chopped nuts, drained cherries and extract. Pour into two greased 10x10 inch loaf pans. Bake 50 degrees for 60 minutes. Cool on wire rack 10 minutes before removing from pan. Cool thoroughly. Wrap and store one day before slicing.

Mr. and Mrs. Joseph H. Conley were guests at the Kentucky County Attorneys meeting held in Louisville on Dec. 6 and 7.

Mr. B. Jacobs will celebrate her 90th birthday on Monday, Dec. 17.

Mrs. Edna Grimes left Monday for California to visit her sons, Phillip Myers, Fla. on Tuesday to attend the Mrs. Janette Gulgelli and children Sunday morning breaking her left arm.

Mr. and Mrs. H.H. Wright flew to Ft. Myers, Fla. on Tuesday to attend the funeral of their son, Jack A. Wright.

Mrs. Jeanette Gulgelli and children enjoyed having several friends and neighbors in for punch and cookies on Sunday afternoon.

Sunday afternoon, Miss Charlotte Mitchell of Moorefield assisted Mrs. Gulgelli.

Mr. and Mrs. Morris Whitley will leave by plane Friday to visit their daughter, Mrs. Hedy Black and Mr. Black of Iowa City, Iowa. Mr. and Mrs. Whitley and Mr. and Mrs. Mack Wayne and Howard Leslie Lewis, University of Iowa basketball game on Saturday.

Lt. and Mrs. Harold R. Letton Jr. of Kilren, Tex. spent the weekend with his parents, Mr. and Mrs. Harold Letton, Carpenter Pike. Miss Lacy Letton arrived Monday from Michigan State University, East Lansing, Mich. to spend the Christmas holidays with her parents, Mr. and Mrs. Harold Letton.

Mrs. Gano Duncan, Mrs. Gladys Duncan, Mrs. Marie Hill and Miss Margaret Ellen Dungan attended a bridal shower Friday night, Dec. 7 at the home of Mrs. Frances Bayless of Burgher, bride-elect of Everett Charles Cort, Lexington. The shower was given by Mrs. Bobby Duncan, Carlisle, and Mrs. James Hill, at the home of Mrs. Fred in Lexington.

Miss Paula Lee Hamm, daughter of Mr. and Mrs. Paul Wayne Hamm, was third place in "Little Miss Snowflake Chorus" contest Saturday night, Dec. 1 at the Essex Creek High School, Lexington. The winners were presented with a bouquet of carnations and gifts. This page was sponsored by the Chapter of Beta Sigma Phi.

Miss Mann, Mr. Buntin wed Thanksgiving Day

Mr. and Mrs. Charles Mann Jr. of Carlisle announce the marriage of their daughter, Gwen Ellen Cooper, to Robert Henry Buntin, son of Gen. and Mrs. William B. Buntin of Carlisle, and Frankland.

The wedding took place Thursday, Nov. 29, 1973 at 10:30 a.m. at the First Christian Church with the Rev. Neal Thompson officiating. Nuptial mass was provided by William Caldwell, organist.

The church was decorated with baskets of pink rose buds and white carnations and topped papers.

The bride, given in marriage by Mr. Mann, wore an off-white Victorian style floor length gown. Her bouquet was white orchid and tiny tumbs. Her head dress was a small cluster of tiny white mums, worn at the back of her hair.

Her attendants were her mother and the groom's father, Mrs. Mann wore a pale pink plus size bodice and white armbands.

The bride is graduate of St. Albans High School, St. Albans, N. Va.

Mr. Buntin is a graduate of M.M.I., Millersburg, W. Va.

The couple is married at Carlisle, Ky.

The bride and groom will be on their honeymoon in the Blue Ridge area of Kentucky, Richmond. He is an Area Director of Civil Defense in Frankfort.

After a wedding trip, the couple is residing in Carlisle.

Briar and Rabbit Christmas dance

The Briar and Rabbit Club will hold their annual Christmas Dance Saturday, Dec. 29 from 8:00-12:00, at the Carlisle Armory. Featured will be the music of "The Four Seasons" by Vivaldi.

Admission will be membership card only, no money will be accepted at the door. Your membership card can be obtained from the clubmaster, Joseph H. Conley, or Joe W. Crouch, Carlisle, Ky. 40311, upon payment of dues. This will also entitle you to a free dance to be held in the spring, orchestra yet to be determined.

Local Chapter to hold meeting

Marie Chapter 569 will hold its regular monthly meeting Monday, Dec. 17 at 7:30 p.m. at the Masonic Temple. At this time the worthy Matrons and worthy Pastors elect will be installed.

After the business session the annual Christmas gift exchange and refreshments will be held in the dining room.

Births

Mr. and Mrs. Hayward Baker of Winchester are parents of a daughter, Jennifer Rena, born Monday at the Bourbon County Hospital.

Mrs. Baker is the former Donna Sue Berry, daughter of Mrs. Malcolm Berry, Carlisle and the late Mr. Berry.

SUMMER
Mr. and Mrs. Robert Summer, Carlisle, Route 2, announce the birth of a daughter, Sandra, Dec. 1, 1973, at the Nicholas County Hospital. She weighed seven pounds and 14 ounces.

Chi Omega plan Christmas dinner

The Bourbon-Nicholas County Chi Omega Alumna Chapter will have their Christmas dinner on Thursday, Dec. 27 at 6:30 p.m. at Duncan Tavern, Pa. For reservations call Miss Kate Mann, 567-508 or Mrs. Ronald Lewis 567-2623, Dec. 22.

Christmas party

The Community Woman's Club members and guests will go to Diner's at the Lexington for their Christmas party on Friday, Dec. 14.

The dinner will begin at 7:15 p.m. followed by the play "Love is a Time of Day."

Final 24 counties named in program

Kentucky's final 24 food distribution counties were recently designated for the first stamp program by the U.S. Department of Agriculture's Food and Nutrition Service (FNS).

The newly designated counties include Anderson, Boyle, Breckinridge, Bullitt, Callaway, Crittenden, Fleming, Grayson, Henry, Hopkins, Lincoln, Nicholas, Oldham, Pendleton, Spencer, Tipton, Warren and Woodford.

The exact dates when the newly designated counties begin issuing stamps will be announced locally according to Russell H. James, Southeast regional administrator of the Food and Nutrition Service. He said timetables

Hydrogen may be fuel of future

An almost limitless supply of fuel—odorless, pollution-free, and as safe as gasoline—may be a hydrogen gas, developed all around us. It is practically pollution-free, for when it is burned, it produces water and water vapor. Unlike electricity, it can be stored. And no nation or region has a monopoly on it.

Burners in home gas appliances can be converted reasonably and quickly, so that hydrogen can fuel cooking, heating and cooling units. It could also replace the fuel in all electrical appliances. Even more efficiently, it could be used to power fuel cells, which were perfected for supplying electricity for spacecraft in flight—and which can be used in large quantities to fuel a neighborhood or small enough for in-home use.

Auto engines can also be modified to run on hydrogen. And because of its high energy content, it is being studied for powering jet airplanes.

In America we presently use one third of the world's energy and (despite our arduous efforts to reduce consumption) it is estimated that as this century nears its end, that figure will double.

Hydrogen is not an answer to our pressing immediate needs but for relief from the drain on available supplies of energy, it offers more than a glimmer of hope as the "big pay-off."

Success in Marriage

DEAR PROFESSOR WILLIAMS: My daughter is 18, and still in high school. She is in love with her boyfriend, 17, who will be graduating this year. They plan to be married as soon as possible after he graduates high school. This has upset my husband and me; we feel they should wait a couple of years at least. Sometimes ago, you wrote a column on teenage marriages and I wonder if you would please repeat what you said for my daughter's benefit.—R.R., Fort Lauderdale, Fla.

PROFESSOR WILLIAMS: Your daughter and her boyfriend are quite young to be getting married. I'm not saying that a marriage can't work, many have but the parents encountered make the going rough for the first few years. We are living in a society where to obtain secure employment and a decent income, requires training or education beyond that of high school. Although young persons, today are better educated than ever before, they are more destitute emotionally, physically, and financially on the parents. At 18 or 17, many are not yet ready to face the responsibilities of marriage and its problems.

Let me pose a few questions which need to be answered to a fairly high degree: Have your daughter and her boyfriend dated long enough to really determine if their feelings involve love or is it just infatuation?

Is there adequate training or education to maintain an acceptable standard of living? In your daughter's case, this may not be true.

Has each developed a monogamous attitude? In other words, have they settled down to each other and have no "outside" romantic interests?

Is the couple ready to have children? Unless they are mature enough to assume responsibilities such as this, their children and marriage, itself, may suffer.

Does each have the ability to handle money wisely, at least to the extent that their marriage won't be jeopardized financially?

Is it not my purpose to discourage or encourage a couple considering marriage. However, if they are definitely going to get married, they should see a marriage counselor, minister, or someone who can give information in matters of budgeting, areas of adjustment, and general information as to what problems will likely arise in marriage. Also, a medical doctor should be consulted for a physical examination of the girl, birth control information, and whatever family planning information he will care to give.

Any person seriously considering marriage should ask himself the question, "Why, really, am I getting married?" Is it because of physical attraction, a "wow or never" feeling, the desire to enter a person, fear of losing out to someone else, or any of a number of possible reasons? It is emphasized, if love, based on a knowledge and understanding and appreciation of the knowledge and understanding of that person is not present, reconsider marriage may not be in the best interest of either.

If you have a question you want answered, write: Prof. J. Kenneth Williams, P.O. Box 1488, Pompano Beach, Fla. 33062, enclosing a stamped, self-addressed envelope. (c) 1973, McNaught Syndicate, Inc.

Fryman-Cox vows spoken

Brenda Fryman, daughter of Mr. and Mrs. James Fryman of Carlisle, and Donnie Cox, son of Mr. and Mrs. Elwood Cox of Nicholas county were united in marriage Saturday night by Rev. Frank Simons using the double ring ceremony. Margaret Cox and Gladys Cox were their attendants.

Santa Claus will visit Carlisle 5 & 10

Santa Claus will be at the Carlisle 5&10 Toyland located on Main Street on Saturday, Dec. 15 from 9 p.m. to 11 p.m. Candy will be distributed to the children. This event is co-sponsored by the Carlisle Jaycees and the local store.

Baptist Women meet Monday

The Baptist Young Women will meet Monday, Dec. 17, at 7 p.m. at the home of Mrs. Everett Covens in Seaton's Trailer Park.

famous timex watches for men and women

Handsome contemporary designs for every occasion, every taste; with unbreakable mainsprings, stainless steel backs. Yellow or chrome bezels, metal expansion or smart leather bands.

"mickey" ticks with kids

"Mickey Mouse", that lovable Walt Disney star, makes time-telling fun for kids. And he's a watch adorer, here in two versions with antimagnetic Swiss movements; chrome cases, black or red leather straps.

HOLIDAY FOODS

Ralston Purina Medallion 16-22 lb. av.

TURKEYS 59¢

Grade "A" 10-16 lb. av.
Ralston Purina Honeysuckle Hen Turkeys 1b. 79¢
Medallion Turkey Breast 4-7 lb. av. 1b. 59¢

Fresh Dressed Turkeys—'Never Frozen'
(Place your order now. Prices not available at printing of handbill, but we will be competitive.)

Fresh Ground Beef 3-lb. pkg. 99¢ or larger
U.S. Choice Rib Roast (First 3 ribs 1.39) 1b. 59¢

Veribest Butterfly (Boneless)
ARMOUR PORK CHOPS \$1.49

Fields Zip-Cut Hams 10-14 lb. av. 1b. 59¢
(fully cooked, Semi-Boneless, Whole or Shank Half)

Armour "1877" Hams Boneless, Fully Cooked 1b. 59¢
(Whole or Half, 11-13 lb. av.)

Armour Tux Pack Bacon No. 1 1b. 59¢
 Armour Hot Dogs 12 oz. pkg. 69¢

Webber's Sausage 2 lbs. 12.17 \$1.09

Fresh Dressed Legs & Thighs 1b. 69¢
Fresh Dressed Chicken Breast 1b. 89¢

FLORIDA ORANGES 5 lb. 59¢

Red Delicious Apples 3 lb. bag 69¢
Broccoli Bunch 59¢

Golden Bananas Lb. 12¢

Idaho Potatoes 10 lb. bag 1.19

LETTUCE Head 25¢
Celery Stalk 25¢
New Crop Shelled Pecans 1b. 2.29
Yellow Onions 3 doz. 3 lb. bag 49¢

Florida Tangerines \$1.19 8 pk., 16 oz. with bottles

Foodtown ICE CREAM 1/2 gal. 69¢

Brown & Serve Rolls 12 pk. 39¢

Coke, Sprite, Tab 79¢

Gen. Mills Snacks Shaped 39¢
Shaped 39¢

Hellman's Mayonnaise 32 oz. 79¢

Gold Medal Flour 5 lb. 69¢

Comet Cleanser 14 oz. 10¢

Zest Soap 2/39¢

Oxydol Detergent 49 oz. 77¢

Trash Can Liners 39¢

Folgers Coffee 1 lb. 79¢
(Limit 1 w/c and 55 order)
Expires 12-24-73

Fabric Softner \$1.09

Dove Dish Liquid 32 oz. 59¢

Folgers Coffee 10 oz. \$1.19

Foodtown Furniture Polish 59¢
(Reg. 99 cent size)
Expires 12-24-73

Foodtown Log Cabin Syrup 59¢
Expires 12-24-73

Foodtown Toilet Tissue 4/51
2 pk. Aurora Soft Fruit
Expires 12-24-73

Foodtown Hams 12 oz. 69¢

Foodtown Sausage 2 lbs. 12.17 \$1.09

Foodtown Apples 3 lb. bag 69¢

Foodtown Potatoes 10 lb. bag 1.19

Foodtown Lettuce Head 25¢

Foodtown Celery Stalk 25¢

Foodtown Pecans 1b. 2.29

Foodtown Onions 3 doz. 3 lb. bag 49¢

Foodtown Tangerines 8 pk., 16 oz. with bottles \$1.19

Foodtown Ice Cream 1/2 gal. 69¢

Foodtown Rolls 12 pk. 39¢

Foodtown Snacks Shaped 39¢

Foodtown Mayonnaise 32 oz. 79¢

Foodtown Flour 5 lb. 69¢

Foodtown Comet Cleanser 14 oz. 10¢

Foodtown Zest Soap 2/39¢

Foodtown Oxydol Detergent 49 oz. 77¢

Foodtown Trash Can Liners 39¢

Foodtown Folgers Coffee 1 lb. 79¢

Foodtown Fabric Softner \$1.09

Foodtown Dove Dish Liquid 32 oz. 59¢

Foodtown Folgers Coffee 10 oz. \$1.19

Foodtown Furniture Polish 59¢

Foodtown Log Cabin Syrup 59¢

Foodtown Toilet Tissue 4/51

Foodtown Hams 12 oz. 69¢

Foodtown Sausage 2 lbs. 12.17 \$1.09

Foodtown Apples 3 lb. bag 69¢

Foodtown Potatoes 10 lb. bag 1.19

Foodtown Lettuce Head 25¢

Foodtown Celery Stalk 25¢

Foodtown Pecans 1b. 2.29

Foodtown Onions 3 doz. 3 lb. bag 49¢

Foodtown Tangerines 8 pk., 16 oz. with bottles \$1.19

Foodtown Ice Cream 1/2 gal. 69¢

Foodtown Rolls 12 pk. 39¢

Foodtown Snacks Shaped 39¢

Foodtown Mayonnaise 32 oz. 79¢

Foodtown Flour 5 lb. 69¢

Foodtown Comet Cleanser 14 oz. 10¢

Foodtown Zest Soap 2/39¢

Foodtown Oxydol Detergent 49 oz. 77¢

Foodtown Trash Can Liners 39¢

Foodtown Folgers Coffee 1 lb. 79¢

Foodtown Fabric Softner \$1.09

Foodtown Dove Dish Liquid 32 oz. 59¢

Foodtown Folgers Coffee 10 oz. \$1.19

Foodtown Furniture Polish 59¢

Foodtown Log Cabin Syrup 59¢

Foodtown Toilet Tissue 4/51