

Kay's Kitchen

By Kay Fisher



BISCUITS
If you like your biscuits rich, roll just up over the recipe. I like mine light and crisp. I'll give you two recipes—the results should be the same.

2 1/2 cups self rising flour. Mix in with fingers to crumbly stage 1/2 cup shortening. Add enough milk to make a dough easy to handle, about 3/4 cup. Lift out on floured bread board, knead lightly, roll out 1/2 inch thick and cut. Bake at 425 degrees until brown; about 15 minutes. By using self rising flour you may use either sweet milk or buttermilk.

BISCUITS
1 teaspoon salt, 1 1/2 teaspoons baking powder, 1/2 teaspoon soda, 1/2 cup sweet milk. You may use sweet milk by omitting soda. Follow directions above. You may make up either of these recipes, up to adding the milk. Stop there and store in a lightly covered container in refrigerator. Take out as much as you need—say one cup for 2 or 3 persons—add enough milk for dough and proceed.

ALL-BRAN MUFFINS
2 tablespoons shortening, 1 tablespoon sugar, 1 beaten egg, 1 cup All Bran, 1/2 cup sweet milk, 1 cup sifted flour, 2 1/2 teaspoons baking powder, to teaspoon salt.

These breads will take care of most any occasion. For parties, use small muffin tins or make tiny biscuits. There are dozens of recipes for biscuits, muffins, popovers, corn breads, yeast rolls and buns, loaves of bread, loaves bread and Sally Lunn, etc. If you really want to get with the bread making, a good cook book will see you through. The above recipes are just quick, easy and good!

SPONGE BREAD
Pour 1 cup boiling water over 1 cup cornmeal, 1/2 teaspoon salt and 1 tablespoon brown drippings. Add 1 egg, 1 cup buttermilk, 1/2 teaspoon soda.

CORN BRISKS
Grease corn stick pan (or hot muffin tin). Heat until piping hot in oven. Mix 1 1/2 cups (unbleached) cornmeal, 1 teaspoon salt, 2 teaspoon baking powder, 1 egg, 1/2 teaspoon soda, 1 tablespoon brown drippings, enough buttermilk to make a thick batter. Pour into hot pan. Omit soda if you use sweet milk. Double mix cornmeal may be purchased at a local grocery. Bake at 425 degrees until brown. This cornbread may also be baked in an iron skillet or pyrex baking dish.

WHOLE WHEAT ROLLS
For those who like whole wheat rolls, this is simple.

Dissolve 1 pkg. dry yeast in 1 cup lukewarm water until creamy. 1/2 cup shortening and 2 tablespoons sugar. Add yeast mixture and 1 1/2 cups whole flour. Add 1 1/2 teaspoons salt and 1 1/2 cups whole wheat flour and beat well. Grease up lightly and refrigerate until next day. Make out into rolls, brush top with butter. Let rise in warm place several hours. Bake 400 degrees for 20 minutes.

All these recipes are good and simple. Note: require kneading. The dough should be made usually 12 hours until most of mixture is taken cheddar cheese to the flour-shortening mixture before adding milk. This biscuits recipe comes from Mrs. Robert (Elsie) Anderson. I would name it "Springs Biscuits."

1 cup self rising flour, 3 heaping teaspoons of mayonnaise, 1/2 cup sweet milk. Mix well and drop from spoon into six greased muffin tins. Bake at 400 to 450 degrees until brown. These are quick and easy. I would call them a cross between a biscuit and a muffin!

Local history lecture topic

Mrs. John Hamilton and Mrs. Lewis Robbins spoke on "The History of Nicholas County and Carlisle" at the Feb. 12 meeting of the Carlisle Junior Woman's Club, G.P.W.C., at the Nicholas County Library.



Rev. and Mrs. H. Dallas Sugg

Judge-Ervin vows spoken

Miss Fay Ann Judge of Moorefield and Hoy Lee Ervin of Lexington were united in matrimony Saturday, Dec. 30, 1973, at the Park Methodist Church by the Rev. T.O. Harrison. A double ring ceremony was performed.

Baptist Church honors Rev. Sugg and family

The Rev. H. Dallas Sugg, pastor of the First Baptist Church, and his family are being honored this week as an expression of appreciation for their contribution to their church and to Carlisle and Nicholas county.

Pledges sorority

Miss Vickie Crawford, daughter of Mr. and Mrs. Maxwell Crawford, has pledged Chi Omega Sorority following spring term.

Local parishioners attend workshop

The Office of Religious Education of the Catholic diocese of Covington sponsored a workshop for religion teachers in Lexington, Feb. 17. The workshop was held at the Newman Center of the University of Kentucky in Lexington.

Kathy's Beauty Boutique

is proud to announce a new stylist has joined the staff.



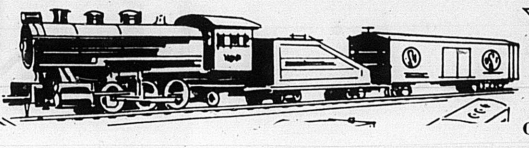
Gayle Waagner Reed

She would like to invite her patrons and friends to come into the shop for a hairdo

Adult sewing class will meet tonight
The Adult Education Class on sewing tips will meet Thursday (tonight) at the home of Mrs. Eugene Neal on Chestnut Street. The class will begin at 6 p.m. A trip to the fabric shop has been planned for this week.

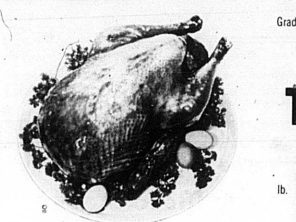
Attended convention in Monte Carlo
Mr. and Mrs. Jewel Vice have returned after attending a Stratton and Terresgno Company sales convention held in Monte Carlo for dealers and manufacturers from 15-19, while there they also toured Monaco, Nice, France, Rome, Italy and San Remo, Italy.

TRAIN LOAD SALE



The Spirit of Quality FOOTOWN HOME OF LOW PRICES

C & G Open 8-8 Mon.-Sat.



Grade "A" Armour Star 10-12 lb. avg.
Hen Turkeys
lb. **39**

Armour Smoked Hams Whole or shank half lb. 59¢
Center Slices lb. 99¢
Butt Half lb. 69¢
S. Choice **Round Steak** lb. \$1.19
S. Choice **Boneless Rump Roast** lb. 1.19
U.S. Choice **Cube Steak** U.S. Choice lb. 1.19
Fresh Ground Beef lb. 79¢
3 lb. pkg. or larger
Armour Hot Dogs 12 oz. pkg. lb. 89¢
Webbers Sausage 2 lb. roll 1.19

Green Giant
Frozen Niblet Corn 10 oz. **3/51**
Frozen Peas 10 oz. **89¢**

Ken-L Ration Dog Food 6 1/2 1/2 oz. cans **89¢**

Kitchen Slice 303
Green Beans 4/1
Niblet Corn 12 oz. 4/1
Cream Corn 303 5/1
Peas 303 4/1
Whole or Sliced 2 1/2 oz.
Mushrooms 3/1

Bananas lb. **10**
Quaker Oats 18 oz. box **28¢**
Winesap Apples 3 lbs. bag 49¢
Wisconsin Potatoes 20 lb. bag 99¢
Vineripe Tomatoes lb. 29¢
Carrots cello 2 lb. bag 29¢
Grapefruits 40 ct. 10¢
Cabbage ea. lb. 10¢

Trains To Give Away
Wed., Feb. 28

Steak Sauce Dawn Fresh 5 3/4 oz. 10/1
Peeled Tomatoes Hunts Whl. 28 oz. 3/1
Manwich Reg. or BBQ 15 1/2 oz. 3/1
Fruit Cocktail Hunts 15 oz. 4/1
Tomato Juice Hunts 46 oz. 3/1
Pears Hunts 15 oz. 3/1
Pineapple Dole Jce. Pack No. 2 sliced, chunks, crushed 3/1
Cokes, Sprites 16 oz. 8 pk. **79¢**
with bottles
Cat Food 29¢
2 cans
Complete 2 lb. **Pancake Mix** 59¢

SOOCIETY

Personal
The charge for all wedding and engagement pictures is \$1.50

Mr. and Mrs. Marshall Cox and daughter of Richmond were the weekend guests of their parents, Mr. and Mrs. Charles Cox and Mrs. Harold Mitchell.
Dr. and Mrs. O. H. Lambert returned home Thursday after a month's holiday at Ormond Beach, Fla.
Paul K. Dermal of Louisville was the weekend guest of the Rev. and Mrs. D. T. Brumback.
Mr. and Mrs. Fred Burshaw have returned from a vacation in Florida. While in Florida they visited relatives in Orlando and visited Disney Land.

BIG 8" x 10" LIVING COLOR PORTRAIT
A PORTRAIT SPECIAL FOR EVERYONE
AT 99¢
Plus hair styling
Compare at \$25.00!

School lunch menus listed
Monday, Feb. 26: Hamburger on bun, french fries, lettuce leaf, baked beans, chocolate cake.
Tuesday, Feb. 27: Chili, cheese sandwich, pickles, crackers, corn.
Wednesday, Feb. 28: Fried chicken, buttered peas, macaroni and cheese, jello, rolls and butter.
Thursday, March 1: Bologna sandwich, buttered corn, potato salad, tomatoes, apple pie.
Friday, March 2: Chicken salad sandwich, cranberry sauce, potato chips, pineapple slice, ice cream.

Births
PRATHER
Mr. and Mrs. Freddie Prather of Route 3 announced the birth of a son, Feb. 17, 1973 at Nicholas County Hospital. She weighed seven pounds, 10% water.
PECK
Mr. and Mrs. Donald Bruce Peck of Route 2 announced the birth of a daughter, Feb. 17, 1973 at Nicholas County Hospital. She weighed seven pounds, 12 ounces.
CLARK
Mr. and Mrs. Donnie Ray Clark of 111 West Main, are the proud parents of a son, born Feb. 9, 1973 at Nicholas County Hospital. He weighed seven pounds, 12 ounces.
MOORE
A daughter was born Feb. 12, 1973 to Mr. and Mrs. James Moore of Route 1 at Nicholas County Hospital. She weighed seven pounds and four ounces.

Domino 5 lb. Sugar CS-096 **49¢**
WITH COUPON Expires 2-27-73

Viva Towels jumbo 4/51
WITH COUPON Expires 2-27-73

Crisco Oil 38 oz. 69¢
WITH COUPON Expires 2-27-73

Maxwell House Coffee 1 lb. 59¢
WITH COUPON Expires 2-27-73

10 oz. Maxwell House Instant Coffee 99¢
WITH COUPON Expires 2-27-73

Footdown Ice Cream 1/2 gal. 59¢
WITH COUPON Expires 2-27-73

4 pack Hunts Snack Pack 49¢
WITH COUPON Expires 2-27-73

Kleenex 200 ct. Facial Tissue. 4/51
WITH COUPON Expires 2-27-73

No-Soft 33 oz. Fabric Softener 49¢
WITH COUPON Expires 2-27-73

Northern 4 roll pkg Toilet Tissue 3/51
WITH COUPON Expires 2-27-73

Gala Decorator 160 ct. Napkins 29¢
WITH COUPON Expires 2-27-73

Biz giant 59¢
WITH COUPON Expires 2-27-73

Close-Up 5 oz. Tooth Paste 49¢
WITH COUPON Expires 2-27-73

Phase III Bath Size 2/29¢
WITH COUPON Expires 2-27-73

Dove Liquid 22 oz. 39¢
WITH COUPON Expires 2-27-73

Chips Potato chips 9.5 oz. 71257 39¢
WITH COUPON Expires 2-27-73

Hunts 15 oz. Tomato Sauce 2/39¢
WITH COUPON Expires 2-27-73

Hunts 14 oz. Ketchup 3/69¢
WITH COUPON Expires 2-27-73

Easy On 22 oz. Spray Starch 39¢
WITH COUPON Expires 2-27-73

12 gal. Bespak tall Kitchen Liners 15 ct. 39¢
WITH COUPON Expires 2-27-73