Kay's Kitchen

— — By Kay Fisher

January without a doubt is the longest month in the year. And right now, after all the Christmas gaiety you probably feel that you don't want to do anything. However in a week or two you will feel the need of outside company to brighten up the cold dreary days. So if you are lucky enough to have an open fireplace, have a good fire going and call some congenial friends in for a dinner easy to prepare and most of it can be done ahead of time.

Here is the complete menu. You may add to or take away, do your own thing, but to me this is easy and enjoyed by most everyone.

STANDING RIB ROAST

Select a 4 to 6 pound standing rib roast. Count 2 or 3 servings per pound. Place fat side up on a shallow pan—bones make the rack. If you do not have a meat thermometer, now is a good time to buy one. I cooked for years without one and most of the time luck was with me, and everything turned out alright. However, it is easier to know for sure the roast is going to be done to your liking. Remember, if some like their meat well done, serve them the outside slices, and serve the inside slices to those who like it rare. Insert the meat thermometer into the center of roast—do not let tip touch bone or fat. Do not add water. Roast, uncovered, in moderate oven (325 degrees) to desired doneness. Your meat thermometer will read 140 degrees for rare, 160 degrees for well done. Allow 2¼ to 2½ hours for rare; 2½ to 3¼ hours for medium, and 3¼ to 3½ hours for well done.

For roast beef au jus, skim fat from pan drippings and serve the hot, natural meat juices (do not thicken) with the roast.

ROAST POTATOES

Peel medium potatoes; cook in boiling, salted water 15 minutes; drain. About 45 minutes before roast is done (oven temperature 325 degrees) place hot potatoes in the meat drippings around the roast, turning potatoes to coat. Roast till potatoes are done, turning occasionally to baste. Sprinkle lightly with salt before serving. Potatoes should be a golden brown.

BROCCOLI

Cook broccoli according to package directions, without being covered, until tender and green. Leaving the top off helps keep broccoli from turning dark. Serve with Hollandaise Sauce.

EASY HOLLANDAISE SAUCE

½ cup butter
¼ teaspoon salt
dash of cayenne
1 tablespoon lemon juice
2 egg yolks

Beat butter in top of double boiler, (not over heat or hot water) till creamy. Add salt and cayenne. Add lemon juice a few drops at a time, beating constantly. Add the yolks, one at a time, beating mixture until it is light and fluffy. Set over hot, not boiling water a few minutes, or until glossy, stirring constantly. Water should not touch top pan, and sauce shouldn't stay over hot water too long. Serve warm over the broccoli.

Now you have meat, potatoes, and a green vegetable. Sounds like just an ordinary meal, so lets do something to make it a bit festive. Start out by serving a hot tomato cup.

TOMATO SURPRISE

1 46-ounce can tomato juice
1 can condensed consomme
1 teaspoon grated onion
1 teaspoon prepared horseradish
1 teaspoon Worcestershire sauce and dash of pepper
1 sliced lemon with whole cloves

In saucepan, combine juice, consomme, onion, horseradish, Worcestershire sauce and pepper. Heat to just boiling point and serve in punch cup on glass dessert plate with rye cracker. Garnish each cup of tomato juice with one thin slice of lemon studded with one or two whole cloves.

Instead of serving a regular salad, serve a platter of antipasto, using crisp cauliflower, pickled okra, olives—green and ripe, artichokes, cherry tomatoes, assorted dill pickles, and pickled onions.

PEARS IN WINE

4 fresh ripe pears
lemon juice
¾ cup Sauterne wine
¼ cup sugar
1 3-inch stick cinnamon
2 whole cloves
dash of salt

Peel pears; cut each into 10 slices. Place in bowl; sprinkle with lemon juice to prevent turning dark. Combine wine, sugar, cinnamon, cloves and salt in sauce pan. Bring to boil; simmer about 5 minutes. Pour hot over pears. Cool, then store, covered, in refrigerator for several hours or overnight. Spoon into sherbert glasses with liquid. Serve within 24 hours. Makes 8 servings, approximately.

East Union Homemakers meet

The East Union Homemakers met on Dec. 21, at the home of Mrs. J.W. Crump, with 11 members, two visitors and Mrs. Margie Wilson present.

The meeting was called to order by president, Mrs. William Dampier. Our devotional was given by Mrs. Crump. The devotional was given from Luke 2. She then gave a Christmas program, with several of the members taking part. Mrs. Raymond House gave the story.

We discussed plans for next year. It was suggested that members view some TV programs and discuss them later at a future meeting. Our club invites all women who are interested to join our club, regardless of race, color or creed. We welcome them.

We had a gift exchange. Refreshments were served by our hostess.

Meeting adjourned to meet with Clarine Lynam in January.

School lunch menus listed

Monday, Jan. 8: Weiner on bun, baked beans, slaw, french fries, peach half, cookie.

Tuesday, Jan. 9: Chili, cheese sandwich, crackers, pickles, orange, cookie.

Wednesday, Jan. 10: Fried chicken, buttered peas, macaroni and cheese, pineapple slice, rolls.

Thursday, Jan. 11: Ham, green beans, mashed potatoes, fruit salad, rolls and jelly.

Friday, Jan. 12: Fish on bun, tossed salad, french fries, applesauce, Ice cream.

Myers

By Mrs. Rena Crawford

Mr. and Mrs. Bobby Kinder and Kenny Walker visited Mrs. Rosemary Kinder a few hours one day during the past week.

Kenny Walker was in during Christmas on a 15 day furlough from the U.S. Army.

Mr. and Mrs. Otha B. Crawford and Mr. and Mrs. Otha D. Crawford and daughter visited Mrs. Rena Crawford a few hours Sunday.

Mrs. Kathleen Fryman and daughter, Mrs. Shellia Kinder visited Mrs. Rena Crawford a few hours one day during the past week.

Mr. and Mrs. Clay Fryman and daughter visited Mr. and Mrs. Harrison Fryman and family during Christmas.

Mr. and Mrs. Paul Milton and family, Mr. and Mrs. Stanley Bromagen and family, Mr. and Mrs. Bob Trussell and boys, Mr. and Mrs. Ronald George and daughter, and Mr. and Mrs. Meral McCarty visited Mr. and Mrs. Tom George for Christmas dinner.

Mr. and Mrs. Billy Wayne Flora and son, Mr. and Mrs. Allen Leon Flora, and Mr. and Mrs. Larry Flora and son visited Mr. and Mrs. Frank Flora.

Mr. and Mrs. B. Lewis visited Mr. and Mrs. Farris Flora for a few hours one day during the past week.

Mrs. Rosemary Kinder and son, and Mrs. Rena Crawford visited Mr. and Mrs. Farris Flora a few hours Monday.

MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Are the birth control pills responsible for breast cancer or any other type of cancer? – P.B.

It is too soon to tell. According to Dr. Joseph Meites, a University of Michigan State scientist, "... the longest experience (with the pill) is 13 years in Puerto Rico, because that is where they started giving these pills. It may take at least 20 or 30 years because breast cancer, like most cancers, is a disease of old age. It may take 30 years before cancer actually appears even though the initial stimulus may have occurred 30 years earlier. On the other hand, there just isn't any evidence that it might produce cancer in humans."

Does the use of a dipilatory or shaving legs increase the growth of hair? – J.B.

No. The number of hair follicles or the texture of our hair does not change. The hair may appear to be coarser simply because the hair that grows back has a blunt rather than a pointed end.

Can I deduct on my 1972 income tax return medical expenses which I had in 1972 but I won't pay for until 1973?

No. A medical expense is money actually paid during the taxable year. Why don't you resolve to keep your medical expenses straight for 1973? It's easy with my new Medical Expense Record Book for 1973. Send $1 plus two eight-cent stamps to me, in care of this newspaper.

I understand some women receive injections of silicone to enlarge their busts. Is this safe to do? – S.T.

NO! The American Medical Association says it's dangerous and the Federal Drug Administration says its illegal. The silicone can enter the bloodstream and deposit in the brain and lungs. Four known deaths have resulted this way. According to Dr. Marion J. Finkel, deputy director of F.D.A.'s department of drugs, "massive abscesses, necessitating surgical removal of the breast have followed such injections."

(c) 1973 McNaught Syndicate, Inc.

WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

Do you have an idea or product you want to sell to a company? If so, you may be wondering how to protect your idea/product or how to go about selling it. Try these hints:

Most firms do welcome new ideas from outside sources, a recent survey shows. The trouble is, most of the ideas submitted are old hat or impractical. Make sure your idea is dandy fresh, well thought out, and feasible before wasting your stamps.

Companies generally pay a royalty based on the sales revenue your product generates. Royalty rates may be fixed or negotiated, depending on the company, how good the idea is, and how skilled a bargainer you are.

Inventions can be patented, of course, but there's a fairly simple way to protect your invention that many people are unaware of: the U.S. Patent Office's Document Disclosure Program. For a fee of $10, you can put your product idea "on file" for 2 years as proof of the date you recorded the idea. For a free leaflet on this, write to the Patent Office, U.S. Department of Commerce, Washington, D.C. 20231. Ask for "Disclosure Document Program. What it is and how to use it." From the same source, ask for a list of booklets on how to obtain a patent.

Ideas as such cannot be patented or copyrighted. Even some product ideas with working models are not unique enough to qualify for a patent. In these instances, inventors can best protect themselves by maintaining a meticulous record of their inventive efforts, and of all correspondence with companies or individuals who might purchase the ideas. Next week – How Uncle Sam helps inventors.

READER SERVICE. For a free Copy of "Small Business Profits from Unpatentable Ideas," Management Aid No. 5.3, published by the Small Business Administration, send a postcard to Julie Thomas Pitman at this newspaper. Give title of leaflet. Allow several weeks for delivery.

ATTN: I.C. Forward requests for above to: Publications Office, Small Business Administration, 1441 L St. NW, Washington, D.C. 20416.

With Top Value Stamps you can get more for your prescription dollar

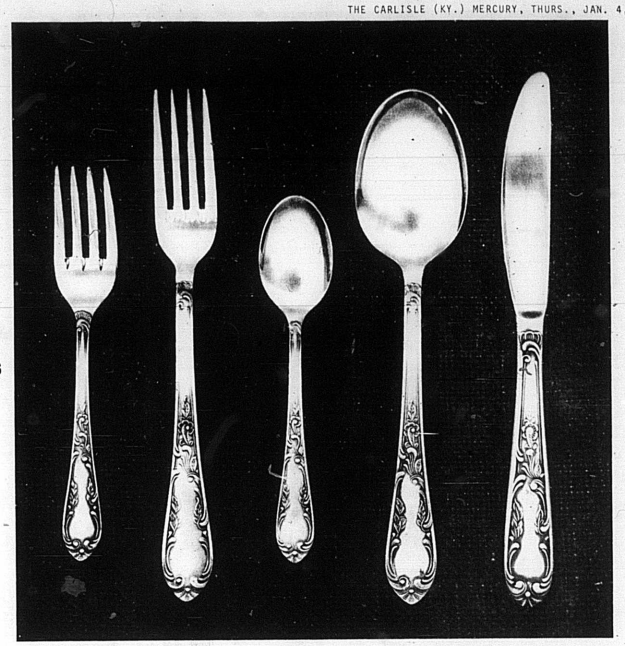
at "The Drug Store" that gives Top Value Stamps

Carlisle Drug Co.
THE Rexall STORE
CARLISLE, KY.

Imported English Ironstone still available.

By popular demand, we are still making available place settings of English Ironstone. You may buy a four-piece setting of this exquisite dinnerware for just $3.00 when you add $25 to your Passbook Savings Account, invest in a $100 90-day Certificate of Deposit or add $50 to your Checking Account.

English Ironstone goes beautifully with Eternal table service.



FREE AT ALL KENTUCKY GROUP BANKS

KG

CENTRAL BANK, LEXINGTON
FIRST NATIONAL BANK, GEORGETOWN
FIRST NATIONAL BANK, SADIEVILLE*
PEOPLES COMMERCIAL BANK, WINCHESTER
CITIZENS NATIONAL BANK, SOMERSET
CORBIN DEPOSIT BANK, CORBIN
TRADERS NATIONAL BANK, MT. STERLING
BANK OF WILLIAMSBURG, WILLIAMSBURG
FIRST NATIONAL BANK, MOREFIELD*
NATIONAL BANK, PARIS
PEOPLES BANK, BEREA
FIRST FARMERS BANK, OWENTON
FIRST FARMERS BANK, GRATZ*
FIRST NATIONAL BANK, NICHOLASVILLE
FIRST NATIONAL BANK, WILMORE*
BANK OF DANVILLE, DANVILLE
BANK OF DANVILLE, JUNCTION CITY*
POWELL COUNTY BANK, STANTON
POWELL COUNTY BANK, CLAY CITY*

* Branch Office.

FREE... elegant imported, hand polished table service when you bank with us.

Make dining in your home more elegant in 1973 with beautiful Eternal table service. Imported from Holland, each piece is hand-polished by Dutch craftsmen to a rich, soft patina that lasts and lasts. Eternal is gracious enough for formal entertaining, yet practical enough for everyday use.

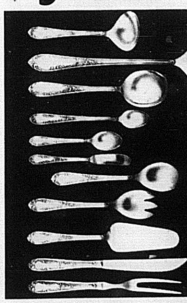
There are five different ways you may get your first five-piece setting of this lovely imported dinnerware, absolutely FREE, at any Kentucky Group Bank.

Your choice of three savings plans paying the highest interest permitted by law: ☐ Open a Passbook Savings Account with an initial deposit of $25. ☐ Invest in a $100 90-day Certificate of Deposit. ☐ Sign up for Automatic Passbook Savings (automatic transfer from your checking account) with savings averaging $5 a week.

Or use our banking services in one of these ways: ☐ Open a "No Service Charge" Checking Account with an initial deposit of $50. ☐ Secure an installment loan to buy something you want at low interest rates.

Additional place settings may be purchased at any Kentucky Group Bank for just $2.00 when you add $25 to your Passbook Savings Account, invest in a $100 90-day Certificate of Deposit or add $50 to your Checking Account.

It's a beautiful way to start the New Year.



Other lovely pieces at low, low prices

For very little cost, you can have an entire set of beautiful Eternal table service. Serving spoons, butter spreaders, carving sets and other pieces also can be purchased at unbelievably low prices at any Kentucky Group Bank.

The First National Bank, Carlisle, Ky. and Moorefield Branch

Each depositor insured to $20,000 by Federal Deposit Insurance Corp.