Nicholas Conservation District News

With the cooperation of the weather, spring is just around the corner and a robin should be seen soon. If you are interested in "inviting birds to your home", now is the time to start some planning and preparation.

The U.S. Soil Conservation Service has a pamphlet No. 982 entitled "INVITE BIRDS TO YOUR HOME". There are crabapple—29 species of birds; elderberry—50 species of birds; sunflower is an annual plant that attracts 32 species of birds.

The above pamphlet gives soil and sites, heights and source of planting material. Write the U.S. Soil Conservation Service, Box 303, Carlisle, Ky. 40311.

many shrubs and trees that can be planted that will produce food that birds like. These shrubs are also some of the common ornamental shrubs grown around the home used for landscaping.

Some examples of shrubs and number of birds that eat the fruit are: Autumn-olive—15 species of birds; Russian-olive—31 species of birds;

MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Has science made progress for a diabetic cure? — Mrs. F.C.

One of the latest developments that I have read about is cellular mass transplants. Scientists are transplanting the islets of Langerhans (the insulin producing portion of the pancreas), from healthy rats to diabetic rats. In this early stage of development, it is considered to be successful. Human transplants are a long way off, but some day they may be a reality.

I am taking bismuth subcarbonate for diverticulitis. One teaspoonful 15 minutes after meals. Can you tell me just what this is supposed to do? — Mrs. F.C.S.

The bismuth subcarbonate is being used as "preventive" medicine. That is, it forms a protective coating in the colon, plus it has a mild constipating effect. If either one or both effects occurred, it would help to "prevent" the diverticulitis from "flaring up." The proof is in the results.

Do medical bills generally vary with age? — L.M.

They certainly do. The average medical bill for a person 65 or older during 1971 was $961. The average for a person between 19 and 64 was $323. Under 19 the average bill was $140. Having bills which are above or below average for 1973 can be a matter of good or bad luck. You owe it to yourself and your family to keep your medical bill records complete and intact for maximum deductions at income tax time. The Medical Expense Record Book has it all. For a copy, send $1 and two 8-cent stamps to me, in care of this newspaper.

What drugs cause constipation? — L.K.

Lots of them. Antacids, narcotics (which include codeine, morphine, and paregoric), mineral oil and anticholinergic drugs (which include drugs for ulcers and drugs for Parkinsonism). If you have this problem and you are taking medication, ask your pharmacist or physician if the drug which you are taking could be the cause.

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WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

With gardentime approaching, why not plan to make delightful, scented concoctions for sale, gifts — or your own enjoyment? Or, if your garden doesn't grow, you can buy dried petals and rosebuds from herb houses or perfume suppliers. With your sweet smelling ingredients, make potpourris (pō pōr rē'), sachets, incense, pomander balls, toilet waters, scented candles and other flowery things.

Medleys of flowers, fragrant oils, herbs and spices can fill decorative jars to scent a room, or be wrapped in pretty fluffs of organdy for drawers and closets, to name two uses. Possibilities for homemade fragrance products are abundant.

Bath potpourris, for instance, is a charming idea. You mix equal parts of dry potpourri with borax crystals (from the druggist). Place mixture in a tightly covered jar; let blend for two weeks. Enclose result in small bits of cloth and hang a "bag" from the hot tap as water runs. The steam releases the fragrance and gently scents you as you bathe.

Making dry potpourri mixture is simple, but tricky. By a favored method, you slowly dry flowers, leaves and herbs, then add fragrance oils. Study a detailed how-to book, such as "Potpourri, Incense and Other Fragrant Concoctions," by Ann Tucker. This 96-page book can be ordered for $3 postpaid from the Caswell-Massey Apothecary (518 Lexington Ave., New York, N.Y. 10017), which also sells perfume supplies by mail.

Locally, you can buy fragrance supplies in herb stores, health food stores, regular food stores, old-fashioned drug stores and some pharmacies. Your neighborhood drug store may have what you want, or be willing to order it for you. If you're stumped on local suppliers, check with nearby botanical gardens, garden clubs and herb societies. Making fragrances is not only enjoyable work, but a way to keep the smell of spring lingering year 'round.

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MAGICWORD by JULIE QUARY

HOW TO PLAY. Read the list of words. Look at the puzzle. You'll find these words in all directions — horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle then strike it off list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

LONELY WORDS . . . Sol. 8 letters

CLUES

A—Ache, Alone; C—Common, Cry; D—Death, Devastating; E—Everywhere; F—Fall, Fear, Feel, Frustration; H—Heartbreaking, Hurt; I—Ignored; K—Killing; L—Learn, Life, Lose, Loss; M—Masked, Mateless; P—Pathetic, Private; S—Sad, Separation, Stillness, Suffering; T—Tears, Terrible, Test, Tragic, Trials, Trouble; U—Undeserved, Universal, Unwanted; W—Weep

ANSWER NEXT WEEK . . . 43

Last Week's Answer: SEGREGATION

G	N	I	K	A	E	R	B	T	R	A	E	H	M	E
C	N	O	S	U	F	F	E	R	I	N	G	A	H	P
N	O	I	T	A	R	T	S	U	R	F	T	C	A	N
D	H	M	L	D	E	K	S	A	M	E	A	T	U	O
S	A	T	M	L	E	A	R	N	L	V	H	D	N	I
S	D	S	A	O	I	T	S	E	T	E	T	E	D	T
E	E	V	U	E	N	K	S	R	T	R	E	T	E	A
N	R	E	E	N	D	S	A	I	Q	Y	T	N	S	R
L	O	R	F	F	I	G	C	U	T	W	A	A	E	A
L	N	C	A	A	I	V	B	F	E	H	V	W	R	P
I	G	O	L	C	M	L	E	E	A	E	I	N	V	E
T	I	O	L	T	E	A	P	R	R	R	U	E	S	
S	N	O	R	T	R	I	A	L	S	E	P	E	D	O
E	S	U	G	N	I	T	A	T	S	A	V	E	D	L
S	'	H	Y	R	C	T	E	R	R	I	B	L	E	E	F

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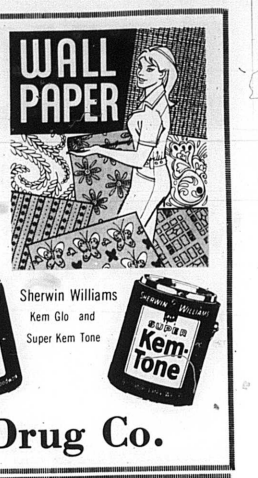

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Pruf Spray Starch	22oz. 59¢
Scottissue	Single Roll 5/89¢
Sun-Maid Raisins	15 oz. 69¢
DanDee Preserves	18 oz. assorted 39¢
Lipton 100 ct. Tea Bags and Corning Glass Teapot	$2.49
Kraft Strawberry Jam	32 oz. $1.05
Special Morning Instant Breakfast	asst. 69¢
Quaker Oats	18 oz. 35¢

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POTATOES 10 lb. bag 99¢ Idaho 40 ct.

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Dole Crushed Pineapple	No. 2 3/$1
Paramount Sloppy Joe	300 size 65¢
Paramount Tamales	300 size 2/79¢
Paramount Chili With Beans	300 size 2/69¢
Zest Soap	comp. size 15¢
Nestles Chocolate Morsels	12 oz. 49¢
Glad Sandwich Bags	150 ct. 39¢
Hunt's Big John Hamburger Fixins	asst. 49¢
Smuckers Blackberry Jam or Jelly	18 oz. 69¢
Joan of Arc Whole Kernel White Corn 303 size	2/49¢

Sunshine State Orange Juice 6 oz. 6/99¢ (Limit 6 please)

Van Camp's Beef Stew 59¢ 24 oz.

Parkay Margaine	4 lbs. $1
Scott Family Toilet Tissue (Limit one please)	4 roll pkg. 29¢
Gain Detergent (Limit one please)	king size 99¢
Chef Boy-Ar-Dee Pepperoni Frozen Pizza	14 oz. 79¢
Sausage Frozen Pizza	14½ oz.
Cheese Frozen Pizza	13½ oz. 69¢
Dixie Queen 2% Lowfat Milk	gal. $1.05

SOCIETY

Personals

The charge for all wedding and engagement pictures is $1.50

Miss Henry

Miss Henry betrothed

Mr. and Mrs. Emmett P. Henry of Carlisle, are proud to announce the engagement of their daughter, Anita Sue, to Charles Burley Wohlwinder, son of Mr. and Mrs. Cecil Wohlwinder of Cynthiana.

Miss Henry is a 1972 graduate of Nicholas County High School and is employed at Blue Grass Industries in Carlisle. Mr. Wohlwinder is employed at Bundy Tubing Company in Cynthiana.

A spring wedding of May 4 has been planned.

Hobert-Allison vows spoken

Mrs. Christine Holbert, daughter of Mr. and Mrs. Eugene Williams of Cynthiana, and Dennis Allison, son of Mr. and Mrs. L.J. Allison of Carlisle were married Feb. 9, 1973 at the Carlisle Baptist Church by the Rev. Dallas Sagg.

Their attendants were Miss Debbie Mofford of Brooksville and Patrick Donovan of Carlisle.

The couple is residing at 349 Locust Street in Carlisle.

Birthday party given Sunday

Mr. and Mrs. Wayne Gum entertained with a birthday party on Sunday afternoon, March 4 at their home for their son Daniel's eighth birthday.

Those attending were: Jo Lynn Feeback, Robert Hughes, Barry Myers, Kevin Watkins, Kevin Zachary, Randy Howard, Timmy Gum, Tony Ritchie, Danny Grimes, Mark Ritchie, Deanna Grimes, Bonny Grimes, Mr. and Mrs. Freddie Gaunce.

Jr. Woman's Club to meet March 12

The Carlisle Junior Woman's Club will hold its regular meeting Monday night, Mar. 12, at 7:30 p.m. at the Nicholas County Library. Hostesses for the evening will be Mrs. Jimmy Hall, Mrs. Tom Metcalfe, Mrs. Marshall Stone and Miss Jane Snider.

Spiritual values will be given by Mrs. Marshall Stone.

Mr. and Mrs. Allen T. Whaley of Stilesville, Ind. spent Saturday with Mr. and Mrs. J.A. Whaley.

Mr. and Mrs. James A. Flora Jr. and son, William, of Lexington were guests of Mr. and Mrs. James A. Flora Sr. of Carlisle Wednesday. While here they celebrated William's second birthday.

Miss Karen Ann Garrett was the guest of Mrs. Betty Fay Sunday evening.

Mrs. Cecil R. Sapp of Waycross, Ga., is recovering nicely at her home after being in a car accident about two weeks ago.

Mrs. Elwood Manley, Route 2, was admitted to Bourbon County Hospital last week.

Mr. and Mrs. Paul Tincher, Mr. and Mrs. Billy Tincher spent Saturday night in Nashville, Tenn. and attended the Grand Old Opry.

Mr. and Mrs. John S. Tapp enlertained Saturday night with a dinner for Mr. and Mrs. Wayne Tapp and son, Jonathan, Mr. and Mrs. Bill We Sloan, Mr. and Mrs. Paul Sloan, Mr. and Mrs. James Young Jr. and sons, William and Paul, all of Lexington.

Mr. and Mrs. W.B. Parker have returned from a three week vacation in Winter Park, Fla.

Mr. and Mrs. Willard Tolliver entertained Sunday with a birthday dinner in honor of their grandson, Tracy. It was his 11th birthday. Those present were Mr. and Mrs. Joe Reid, and Mr. and Mrs. William Tolliver and family.

Mrs. Robert Fletcher was admitted to the Bourbon County Hospital on Mar. 1.

Mrs. Warren Fisher left Sunday for Richmond, Va. to be with her sister, Mrs. Francis Gallaway, who is convalescing from surgery, at her home 6 Granite Ave., Richmond.

Mrs. Guy Neal who is spending the winter with her son, Rev. Paul Neal and family of 7 Maywood Ave., Clearwater, Fla. 33515, recently submitted to surgery and is reported to be recovering satisfactorily.

Mr. and Mrs. Joseph H. Conley and children spent the weekend visiting his aunt, Miss Margaret Gibson, of Harrodsburg.

Mrs. Danny Hatton and Monica of Lexington spent Tuesday afternoon with Miss Alma Atkinson.

Mrs. Alton Craig of Mt. Olivet spent Monday with Miss Alma Atkinson.

Miss Alma Atkinson, Mrs. Roy S. Hamm, Mrs. Roy Dotson, Darrin and Tracy, spent Thursday with Mr. and Mrs. Steve Atkinson, Falmouth.

Horace F. Marshall, Comptroller Directorate, Lexington-Blue Grass Army Depot, was presented a special service award for his help in promoting the Christmas Help the Needy Program at the installation. Mr. Marshall has served as chairman of the program from 1965 thru 1972.

Births

DENT

Mr. and Mrs. Gerald Dent, Route 1, are parents of a son born Wednesday, Feb. 28, 1973 at the Bourbon County Hospital.

HALL

Mr. and Mrs. James Hall of Route 4 announce the birth of a daughter, March 4, 1973 at Nicholas County Hospital. She weighed six pounds, nine ounces.

Community Woman's Club to meet Monday

The Community Woman's Club will meet Monday, Mar. 12, at 7:30 p.m. at the home of Mrs. Estil Noffsinger on Eastern Avenue. Mrs. Willmer Halcomb and Mrs. Glenn Clay will assist Mrs. Noffsinger.

Spiritual values will be given by Mrs. Henry Peters Jr. The Education Department has asked Mrs. William Hunter to discuss "Pre-School Education."

Legion Auxiliary to meet Tuesday

The American Legion Auxiliary will meet Tuesday, Mar. 13 at 7:30 p.m. at the Nicholas County Library.

The program will be Community Service. Mrs. Elizabeth Caywood and Mrs. Lucille Stone will be in charge of the program.

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Miss Gentle to wed Fred Leon Fisher

Mr. and Mrs. Delano Francis Gentle, Paris, announce the engagement of their daughter, Nona Delleah, to Fred Leon Fisher, son of Mr. and Mrs. George D. Fisher, also of Paris.

Miss Gentle, formerly of San Diego, Calif., is now a student at Bourbon County High School.

Mr. Fisher is a graduate of Nicholas County High School and attended United Electronics Institute in Louisville. He presently resides in Paris.

A June wedding is planned.

It's now Kentucky Lung Association

The Kentucky Tuberculosis and Respiratory Disease Association will be renamed effective April 1.

The new name, Kentucky Lung Association, was adopted at a meeting of the association's board of directors.

Charles E. Locke, president of the group, said the board felt the shorter name would be more easily recognized and remembered.

The Kentucky Lung Association will continue to use the symbol of the double-barred cross and the slogan, "It's a matter of life and breath."

Kay's Kitchen

By Kay Fisher

In planning any special meal the most important thing is delicious food; and next is eye appeal. For a St. Patrick's Day meal color is almost as important. So with a bow to the Irish think GREEN! Of course you can't have all the food green but do carry the color scheme in your decorations. Have on hand plenty of green food coloring, garlands of artificial greenery, a green tablecloth or mats and napkins, or white cloth with green napkins.

It is a gay and happy time, so let yourself go and "do your own thing". How about a corned-beef dinner, Irish style.

CORNED-BEEF

3 to 4 lbs. corned beef
2 onions, sliced
2 garlic cloves, minced
6 whole cloves
2 bay leaves

Place corned-beef in Dutch oven and add the seasonings. (You buy the beef brisket already corned.) The seasonings you add just make it taste that much better. Cover with hot water. Simmer—do not boil—about 1 hour per pound, or until fork tender.

Cooking is only half the job. Carving it is just as important. After meat has set for about 15 to 30 minutes carve across the grain. The grain may run in several directions, so you may be carving on two sides, first one then the other. Remember to keep the slices thin. I would suggest you carve in the kitchen and put the meat on a large platter to allow you to surround it with boiled potatoes, naturally sprinkled generously with fresh chopped parsley. Serve fresh green cabbage.

• • • • • •

This is a good green salad and goes well with corned-beef and men like it too. And for lack of a better name it has always been called GREEN SALAD in our family.

GREEN SALAD

1—3 ounce package cream cheese
1 small can crushed pineapple, drained
1 cup finely chopped celery
½ cup chopped nuts

Add to 1 package of lime flavored gelatin made with 1¾ cups water and the juice from the pineapple heated to dissolve gelatin.

This recipe can easily be doubled to serve about 18. Top the salad with dressing made by mixing a little mayonnaise with cream cheese and top with green Maraschino cherry.

• • • • • •

For dessert serve a white cake with white icing covered with green tinted coconut. Use your favorite white cake recipe or white cake mix. Frost with Seven Minute Icing. To tint coconut: Add food coloring to 1 tablespoon water till you get the color you want. Put coconut in jar; add colored water, cap jar, and shake until uniformly tinted. Dry on paper toweling.

• • • • • •

You may want to try this for dessert. If not now do try it later. It was sent to me by an Irish friend. It is delicious and rich, more like a torte than a cake.

IRISH APPLE CAKE

3 cups sifted flour
and please do sift
¾ cup sugar
½ teaspoon salt
3 egg yolks
1 cup butter
grated rind of 1 lemon
1¾ cups or 1 No. 303 can applesauce
½ teaspoon cinnamon
¼ teaspoon cloves

Pre-heat oven to 350 degrees. Grease a square 9x9x1¾ inch pan. Mix flour, sugar, salt, egg yolks, butter and lemon rind. Divide mixture in two parts; press one part into bottom of greased pan. Mix applesauce, cloves, and cinnamon and spread on top of dough in pan. Sprinkle rest of dough over applesauce. Bake 40 to 50 minutes. Top with whipped topping or hot lemon sauce.

• • • • • •

Now I have a request. I need two things. 1—An honest, truthful recipe for Beaten Biscuits. 2—A recipe for real fondant. Too, if you have learned any helpful hints as to handling, working, or using fondant please include them with your recipe. Send to Kay's Kitchen, The Carlisle Mercury, Carlisle, Ky. 40311.

Cooks tour

by Nancy Cook

Washington is probably the most socially inclined city in America. Parties are a must for fun and friendship, but often have business, political and governmental purposes behind them as well. Consequently, social gatherings here are numerous and often very elaborate. It's amazing how much effort goes into these events and the protocol almost becomes a science!

It's impossible to be in Washington in our capacity without getting involved in this social phase. During the last two months, I've been swamped with party planning.

We had several personal parties at home during New Year's and the reconvening of Congress. Late January brought the Inaugural luncheons, one for the President and Vice President and their personal parties, and one for the Cabinet members and their wives. Then Feb. 1 was my parents' fiftieth wedding anniversary. (Isn't that marvelous?) We made a short trip to Florida for a celebration that included the whole family. On George Washington's birthday I entertained our International Club at the Capitol with a luncheon including a bit of history of the holiday. I'm still a bit breathless!

So much time can be spent attending to every detail of a party—the correct room, flowers, menu, service, china and silver. And yet, no matter how carefully one checks, details rarely does everything go as imagined.

In planning the menu for the Presidential luncheon following the Inaugural ceremonies, I tried to keep in mind the Spirit of '76 theme (red, white and blue, of course!), the talents of the Senate cooks, and the short time the President's party could remain at the Capitol.

The choices of courses was made with no difficulty until we came to dessert. After many suggestions, much time, thought and discussion, I finally decided on fresh strawberries. I thought they would be especially bright, light and appealing in January.

All seemed to be going well during the luncheon. The President was in high spirits, table-hopping and chatting with everyone. He returned to his place at our table with word that time was running short. "No one would mind if we skipped the strawberries, would they?" he asked. But this and the other small frustrations do not detract for long from the pleasant times Marlow and I have had participating in some of Washington's recent social events.

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