

# Kay's Kitchen

By Kay Fisher

If I would name this column I would say "Be Prepared," though I think that phrase belongs to someone else.

Anyway this week my mind seems to be going around in circles so all this just may be a jumble of ideas. Things I have tried and they have "saved my neck," so to speak.

Recently I was preparing tomato sandwiches for lunch and discovered I had no salt. (Poor management on my part). As you know lettuce in a sandwich serves several functions, especially in a tomato sandwich. It helps the bread from becoming soggy, adds crispness, looks pretty and helps fill you up. Well I solved the soggy problem which is really most important and pass the trick on to you.

Spread each slice of bread generously with cream cheese, then mayonnaise and tomato. It also makes a more filling sandwich and is delicious.

As you have probably learned by this time, I don't go in much for prepared mixes, instant foods or what have you. However if you could see my pantry, and I mean an old fashioned one, you would see I have an open mind regarding such items.

Take instant potatoes. For an example, they have come to my rescue several times.

Everyone has counted "noses" in selecting the number of potatoes for cooking. You would use one potato and you find you have an extra guest or two. Don't panic—that if you have the instant potatoes. Merely cut each potato in half, scoop out the insides into a sautepan and mash with butter, salt and milk. Now add more milk and instant potato and stir until creamy. Pile generously into potato shells. Heat in oven until lightly brown. Serve with Sour Cream and Parmesan Cheese.

Of course the deep freeze is

Plain mashed potatoes may be stretched by adding small curd cottage cheese, your cream, grated onion, salt and pepper. Place in buttered dish, brush with milk, dot with butter and bake about 20 to 30 minutes at 350 degrees. The amount of extra ingredients depends on how far you need to stretch.

Let's go back to the pantry again. It is one of my favorite rooms and when we moved into our home my friends laughed at me because it was the first room, small as it is, to be cleaned, painted and even carpeted for the small window.

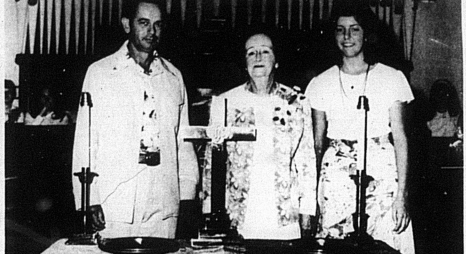
If you don't have a pantry, take a good look at your cabinet space and see what you have stored in the way of canned food and ready mixed foods. Don't waste your space on foods your family doesn't like. Sort the good ones in your well stocked pantry. Could you prepare a good meal with what you have on hand? You need meat, fish, vegetables, (two or three your family likes), fruit, canned milk, cake mixes and puddings. You might add a few extras to have on hand when you want to add a gourmet touch to a meal. Canned mushrooms, chutney, a warm or spicy pickle or condiment which goes well with lamb, veal or pork roast, olives (green and ripe), pimientos, canned tomatoes, water chestnuts and parmesan cheese.

Have a variety of pickles. They make an attractive relish tray in minutes. Try some different ones: a change pickle, artichoke, dill pickle, cucumber, sweet pickles, pickle sandwiches or watermelon pickle. Serve sweet, sour, hot and just plain pickles and let your guests select the ones they want to try for a new taste treat. Don't forget herbs and spices you will use.

Of course the deep freeze is

**GREEN TOMATO PICKLE**  
7 lbs. green tomatoes, sliced thin  
2 gal. lime water, 2 cups lime  
10 cups sugar  
6 cups vinegar  
1 tablespoon cloves  
1 tablespoon ginger  
1 tablespoon onion seed  
1 tablespoon mace  
1 tablespoon cinnamon  
Soak the sliced tomatoes in the lime water overnight. Drain and soak four hours in fresh water, change water every hour. Drain well.  
Combine the sugar, vinegar and spices, and bring to a boil. Add tomatoes and boil about 10 to 15 minutes.  
Pack in hot sterilized jars and seal. Makes six to eight quarts.  
Deliciously crisp.

**GREEN TOMATO CRISP**  
7 pounds green tomatoes, sliced thin,  
cucumbers (2 gal. water and 2 cups lime for 24 hours  
3 pounds sugar  
1 tablespoon ground spice  
1 tablespoon celery seed  
1/2 cup salt  
Wash tomatoes and soak for three hours in ice water, then soak overnight in 2 quart vinegar and water solution, changing water in the following day. Cook 30 to 40 minutes in jars to seal.  
Refrigerate for best results.



The youth of the Carlisle United Methodist Church were in charge of the weekly service Sunday morning. Members of the Methodist Youth Fellowship (MYF) purchased and donated sandwiches which are used on the offering table and the pulpit, to the church in honor of Mrs. Sterling Blake, in 1923 the Epworth League of the Carlisle Church changed its name to



**Carlisle High School's class of 1945 held it's 30 year reunion Saturday**

The Class of 1945 of Carlisle High School held its thirty year reunion at the Carnico Country Club on Saturday evening, Aug. 31, 1975.

Of the 28 members of the class, 19 were present. There is one member of the class who is deceased, there were 33 present.

Those present were: Gayle Stone, Flashing, N.Y.; Mrs. Catherine Lawrence Allard, Carlisle; Mr. and Mrs. Carl L. Thomas, Frankfort; Mr. and Mrs. Parker Springer (Martha Smart), Lexington; Mr. and Mrs. Robert Courtney (Virginia Lee Cowan), Carlisle; Mr. and Mrs. Quentin Wieman (Louise Swindorf), Lexington; Mrs. Austin Mefford (Betty) Wood, Louisville; Mr. and Mrs. Robert W.C. Vico, Lexington; Mrs. W. B. Mount (Jeanette Barrett), Paris; Mr. and Mrs. William Woodall, Paris.

Of the eight members not present, three live in Kentucky, one member in California, one member in Illinois, one member in Indiana, one member in Pennsylvania, and one member in Washington, D.C.

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Fabrics — Notions — Gibson Cards Lucist St.

## Saltwell

Mr. and Mrs. Leonard Houmabell of Richmond, Mr. Ralph Wesley, Danville, and Mr. and Mrs. Ralph E. Wesley and family of Lexington visited Mr. and Mrs. Martin Featback the past Sunday.

Mr. and Mrs. Chester Mattox visited Mrs. Paul Logan who is a patient at Norton County Hospital, the past

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after a ten day stay with Bob Kenney and family at Covington.

Mr. and Mrs. Jim Wilson and Mike spent the weekend at Woodson Bend near Sycamore.

Eddie Snapp of Cincinnati spent several days the past week with Mr. and Mrs. Roy E. Snapp and guests Mrs. Ray Fayner and Tina Amantull of Middletown, Ohio.

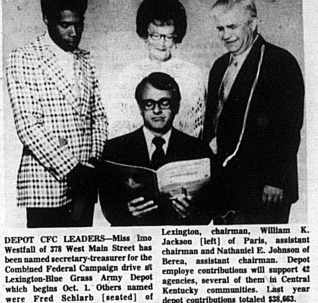
Mr. and Mrs. J.K. Maffett who have been patients at Bourbon County Hospital, spent the past week recuperating at the home of Mr. and Mrs. Kenney W. Gance and returned home on Thursday. Mrs. Reynolds Allison visited them on Thursday night.

Miss Jim Wilson spent Tuesday with Mr. and Mrs. Fred Holler.

Miss Ragena Mattox, student at Morehead State University spent the weekend with Mr. and Mrs. Chester Mattox and Jeff.

Mrs. Woodrow Gauce spent Saturday with Mr. and Mrs. Andrew Grey in Carlisle.

Harold Mattox, Lexington, Sterling and Layne Holler enjoyed a fishing trip on the Ohio River Saturday and



Saturday night.

Miss Bernice Sword, Millersburg, and Archie Sears of Fayette county were united in marriage on Friday night, Aug. 28 at 7:30 by Rev. Curtis Jones at the home of Mr. and Mrs. Donald Riggs. Parents of the bride and groom also attended the wedding.

Mrs. Harold Blakely and Mrs. Albert Booth spent a few days the past week with Mr. and Mrs. Freddy Smart and daughter of London.

Mrs. Wayne Gum and Mrs. Dickie Grimes, entertained with a miscellaneous shower honoring Mr. and Mrs. Kenney W. Gance at the Headquarters Store on Saturday night. Refreshments were served and games were played and they received many lovely gifts.

W.G. Burden of Headquarters entered Nicholas County Hospital on Wednesday, suffering from pneumonia and remains a patient there.

Mr. and Mrs. Freddie Gauce spent Friday with Mr. and Mrs. Wayne Gum and sons. Trummy Gum has been ill the past week, but is better at this writing.

Miss Kathy Fryman of Odellville spent the weekend with Mr. and Mrs. Bobby Brady.

**DEPUTY CFC LEADERS**—Miss Ina Woffall of 7th West Main Street has been named secretary-treasurer for the Combined Federal Campaign drive at Lexington. Miss Grass Army Depot which began Oct. 1. Others named were Fred Schlarb (secretary)

Lexington, chairman, William K. Jackson (left), of Park, assistant chairman and Nathaniel L. Johnson of Berea, assistant chairman. Depot employee contributions will support 42 agencies, several of them in Central Kentucky communities. Last year total contributions totaled \$26,662.

# Savings in Food

ALWAYS IN SEASON HERE

<p><b>U. S. Choice</b></p> <h2 style="text-align: center;">Chuck Roast</h2> <p>BONELESS 1 1/2 LB. <b>79¢</b></p>	<p><b>U. S. Choice</b></p> <p>Shoulder Roast lb. <b>1.01</b></p> <p>U. S. Choice</p> <p>Beef Short Ribs lb. <b>1.11</b></p>	<p><b>U. S. Choice</b></p> <p>Chuck Steak lb. <b>89¢</b></p> <p>U. S. Choice</p> <p>Stew Beef lb. <b>1.11</b></p>	<p><b>12 oz.</b></p> <p>Fischer's Beef or Reg. Wieners pk. <b>79¢</b></p> <p>Fischer's Bologna Vacuum packed lb. <b>1.01</b></p> <p>1/4 Pork Loin Sliced lb. <b>1.11</b></p> <p>Country Style Pork Ribs lb. <b>1.11</b></p>
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**Pork Chops**

**FIRST CUT LB. \$1.29**

(Center Rib lb. \$1.59 — Center Loin lb. \$1.69)

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**100% Pure Ground Beef** 3 LB. PK. or larger **79¢**

**Edward's Sausage** (2 lb. pkg. \$2.77) **LB. \$1.39**

**Buckboard Sliced Bacon** TUX-PACK **lb. \$1.49**

Lipton Instant Tea 3 oz. **1.49**

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**Frozen Gobblers** 2 lb. Stillwell all varieties **99¢**

**Elbow Macaroni** Delmonico 10 oz. **2/39¢**

**Strawberry Preserves** Bama 18 oz. **79¢**

**Instant Coffee** limit one with order **Nescife 10 oz. \$1.99**

Sara Lee Brownies 99¢ 12 oz. Cho. Cake, Devil's Food Cake, German Cho. Cake, Orange Cake, Banana Cake

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**Perch Fillets** Sea Pak lb. **89¢**

**Parkay** Stick lb. **49¢**

**Margarine** 49¢

**Miracle Whip** 89¢

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**Macaroni & Cheese 7 1/2 oz.**

**Kraft Dinner 4/51**

2 1/2 sliced or Natives

**Stokely Peaches 49¢**

5 lb. Plain & Self-Rising bag

**Robin Hood Flour 79¢**

Dixie Knock Knock Cups 5 oz. **89¢**

New Freedom Maxi Pads 30 ct. **99¢**

Heavy Duty 16x pads **1.79**

Green Magic Cleaner 12 oz. **79¢**

Shout Stain Remover 12 oz. **79¢**

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**Red Delicious Apples 79¢**

3 lb. bag

**Russett Potatoes 10 lb. bag \$1.29**

**Yellow Onions 3 lb. bag 59¢**

**Peaches 3 lbs. \$1.00**

**Bartlett Pears 6/49¢**

**Kimbies and Night Diapers** 12's Day **\$1.29**

**Cottage Cheese** Borden lb. **59¢**

2 qt. size sugar added **Kool Aid 45¢**

Heinz 57 Steak Sauce 5 oz. **29¢**

Delmonte Peas No. 303 3/1

Delmonte Tomato Juice 46 oz. **59¢**

assorted, decorated Jumbo Scottowels 2/89¢

12 oz. Kraft American Cheese Singles 89¢

Grape Drink 40 oz. Sunshak Orange Drink 49¢

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**Miss Carol Regan Engagement announced**

Mrs. Polly Regan of Lexington, N.C. and Barnes Hogan of Corwys, S.C. announce the engagement of their daughter, Miss Carol Jean, to James McKee Zealy Jr., son of Dr. and Mrs. James McKee Zealy of Goldsboro, N.C. The wedding is planned for Dec. 28 at the Trinity Methodist Church in Lexington, N.C.

Mrs. Ernest Piper of Carlisle is the grandmother of the groom.

**Party is held for O.E.S. Patron**

On Saturday evening, Aug. 23 a party was held in Frankfort, for Omar Marshall, Associate Grand Patron of the Grand Chapter, Order of the Eastern Star of Kentucky. Approximately 300 people attended.

Those from Carlisle attending were Carrie Shamate (Grand Electa), Cliff Shamate, Betty Fay, Chas. Linn Fay, Ollie Hamilton and Edith Smith.

On Sunday afternoon, Aug. 24 Betty Fay, Charles Fay, Carrie Shamate (Grand Electa), Cliff Shamate, Ollie Hamilton, Edith Smith, May Anderson and Mr. and Mrs. Bobby Crockett attended a party in Versailles for the Grand Officers of the District.

**Couples in brochure**

Mr. and Mrs. Woody Wilcox and Mr. and Mrs. Rudy Pittman, Lexington, are pictured on the inside of a Gattaburg, Tenn. road brochure.

The four were visiting Gattaburg last year when the brochure was being made up and were asked to pose for the picture.

**Mr. and Mrs. Charles Whaley to observe 50th anniversary**

Mr. and Mrs. Charles Whaley will be honored with an open house from 2 to 4 p.m. Sunday, Sept. 7.

Hosts will be their son and daughter-in-law, Mr. and Mrs. Fred Whaley at their home on the East Union.

**Woman's Club Conference tackles control of COPD**

The Carlisle Community Woman's Club (KFWC) will begin the new club year with a public lecture for members, husbands, new and prospective members on Monday, Sept. 8, 6:30 p.m. at the City Reservior picnic grounds.

Each member is expected to bring a dish. Drinks and eating utensils will be provided.

The title of the raffle will be held in the fellowship hall of First Baptist Church.

Anyone wishing to recommend a new member should contact the Membership Committee, Mrs. S. Evans Brown and Mrs. David Zachary.

**Couple married at Lake Carnico**

Mrs. Diane Burgess Gebro and Charles Boete Layson were married Saturday, Aug. 23, 1975 at 2 p.m. at the summer home of the groom's parents, Mr. and Mrs. Fred Layson at Lake Carnico.

The Rev. A.D. Hillsbrand officiated at the ceremony. Mrs. Reese Day was matron of honor. Reese Day served as best man.

The couple is making their home in Lexington.

listed as the number 10 killer in the Bluegrass State, and ranking sixth for white males.

But women are catching up with men, showing the greatest relative increase in deaths for the past 100 years (1964-1973). ("You come a long way, baby!")

On Sept. 44, some 50 conferees from medical and health-related professions will meet in Lexington to discuss the care and control of COPD in Kentucky.

Kentucky statistics for 1973 show similar trends, with emphysema alone

Mr. and Mrs. Charles Whaley will be honored with their golden wedding anniversary party on Sept. 10, 1975. All friends and relatives of the couple are invited.

Both the number of deaths and the death rate for the chronic obstructive pulmonary diseases (COPD) increased an all-time high in the United States in 1973. The total of 11,042 deaths reported by the National Center for Health Statistics (NCHS) represents 19.6 percent of the total deaths.

Of these deaths, 72% were attributed specifically to emphysema, bronchitis and asthma, with most cases caused by emphysema. While men made up about three-quarters of the victims in Kentucky, Kentucky statistics for 1973 show similar trends, with emphysema alone

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