Kay's Kitchen

— — By Kay Fisher

Since chicken continues to be about the best buy in the way of meat, here is another recipe that will serve eight or you may use half quantities.

PARTY CHICKEN

8 chicken breasts (this is generous), remove skin and bone
8 slices of bacon
1 package of chipped beef
1 can diluted mushroom soup
½ pint sour cream

Wrap each chicken breast with a piece of bacon. Cover bottom of 8x12x2 inch greased baking dish with chipped beef. Arrange chicken on chipped beef. Mix soup and sour cream and pour over all.

Bake at 275 degrees for 3 hours, uncovered.

VEGETABLE DUET/ZIPPY SAUCE

1 package frozen baby limas
1 package French beans

Combine, season, and cook as directed.

Make sauce of 3 tablespoons lemon juice, 2 teaspoons onion flakes, 2 teaspoons Worchestershire sauce, 1 teaspoon prepared mustard, ¼ teaspoon garlic salt, dash of Tobasco sauce, 2 chopped or sliced hard boiled eggs. Heat all in double boiler. Pour over drained vegetables. Garnish by sprinkling paprika over all.

To finish out this meal I would serve buttered rice or mashed potatoes, a congealed fruit salad, preferably something using a red jello for color or later in the season when homegrown tomatoes are gone, serve tomato aspic.

Now for the dessert. As you know by now I usually prefer to "make my own," but when you find something good, already mixed, I am not one to be unbending.

LEMON CAKE

In large mixing bowl: 1 box of Duncan Hines Supreme lemon cake mix; 1 package lemon Jello pudding mix (the kind that must be cooked, but here you just add the mix); 4 eggs; ½ cup cooking oil; 1 cup water plus 1 tablespoon. Beat 4 minutes. Bake at 350 degrees for 35 minutes in large oblong pan.

When done let stand 10 minutes. Then cut in squares ½ way through. (12 pieces).

Cover entire cake with sauce of 2 cups confectioners 10X sugar, juice of 2 lemons mixed together. Spread on cake while still warm. If sauce seems a bit thick, add more lemon juice. Be sure it gets in between the cut squares.

CHESS PIE

2 cups sugar
¼ cup butter, melted
4 egg yolks or 2 whole eggs
4 tablespoons meal
vanilla
1 cup heavy cream
1 unbaked pie shell

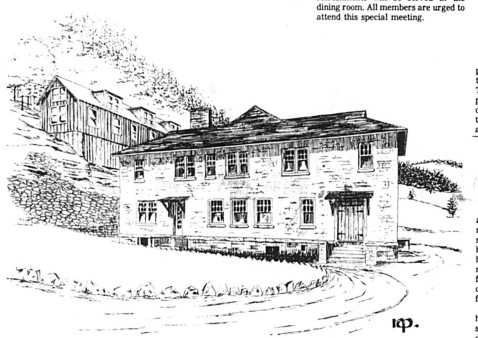
Combine ingredients; pour into pie shell. Top with meringue, if desired. Bake for 30 minutes at 400 degrees.

CHESS PIE

1 cup butter
3 cups sugar
6 whole eggs, well beaten
1 tablespoon vanilla
2 tablespoons vinegar
pinch of salt
2 unbaked pie shells

Cream butter and sugar; add eggs. Add vanilla, vinegar and salt. Pour into unbaked pie shells. Place in a 300 degree oven for 10 minutes. Increase temperature to 350 degrees; bake 35 minutes longer. Yield: 12 servings.

Newly elected officers of the Carlisle Junior Woman's Club are Mrs. Billy Hopkins, secretary, and Mrs. Frank Vaughan, vice president.



Text and drawing by Kentucky Heritage Artist Robert A. Powell

Country Club is scene of meeting

The Carlisle Community Woman's Club (KFWC) will hold its first regular meeting of the year on Monday, Sept. 22, at 7:30 p.m. at Carnico Country Club.

The Conservation Department will be in charge of the program, and Dr. and Mrs. W.R. Kingsolver will present a program on "Birds of Venezuela."

Spiritual values will be given by Mrs. W.R. Boothe.

Mrs. Nathan Young Jr., Mrs. Morris Whiteley and Mrs. William Wilson will serve as hostesses.

MEN'S SLOW PITCH TOURNAMENT

The Carlisle Rotary Club is sponsoring a Men's Slow Pitch Softball Tournament nightly, starting at 6 p.m., at the Nicholas County Recreation Park.

All proceeds go to the local Recreation Park. Admission is adults 50 cents, and children under 12 free. The tournament is played each night through Friday this week and on Monday and Tuesday next week.

Miss Marty Current pledges sorority

Miss Marty Current, daughter of Dr. and Mrs. Clay Current of Paris, has pledged Delta Delta Delta sorority at Brenau College in Gainesville, Ga.

Country club activities told

Friday, Sept. 19, Pre-Game Buffet, 4:30 to 7:00 p.m.

Sunday, Sept. 21, Weekly Buffet, 11 a.m. to 3 p.m.

Monday, Sept. 22, closed.

Tuesday, Sept. 23, closed.

Wednesday, Sept. 24, Salad night and card night.

MSU nursing class deadline

MOREHEAD—Morehead State University is accepting applications for its spring nursing class. Oct. 1 is the deadline.

Frontier Nursing Service was only medical resource to serve 10,000

The Frontier Nursing Service was founded in 1925 by Mark Breckinridge as the only medical resource to serve some 10,000 people in a 700-square-mile area of mountainous eastern Kentucky, where there was not a single resident physician.

The FNS maintains eight nursing centers in isolated, almost inaccessible areas, and participates today as part of the total regional health care system.

Each center contains a clinic and living quarters for two nurse-midwives. These uniformed family nurses travel in four-wheel-drive vehicles (which replace the horses they used until a few years ago), attending women in childbirth, nursing the sick and giving instructions in sanitation, health and hygiene.

The two nurses at each center give service to an area of about 80 square miles. Before the service was founded, charms and home remedies were the total medical resources and "morning" was strictly a woman's job—sometimes with the help of an experienced but untrained neighbor or relative.

When Mrs. Breckinridge, a registered nurse, determined to provide better obstetrical service, she was faced with the problem that midwifery has only partial recognition in the U.S. Since there was virtually no training available here, she had to import midwives from Europe or send American nurses abroad for training.

Today the Frontier Nursing Service retains an international reputation for training midwives. They have trained hundreds of nurses for work in more than 60 countries throughout the world.

The directing center and original home of Mary Breckinridge, at Wendover, is a modern two-story log house with a stone foundation. It is built on a steep slope overlooking the Middle Fork of the Kentucky River. The 18-bed hospital (built in 1928) was constructed six miles away at Hyden. The old two-story building has recently been replaced by a modern 40-bed hospital with a large outpatient clinic and a clinical-nurse training center.

More modern facilities, radio communications and up-to-date medical equipment are now used by the Frontier Nursing Service, Appalachian Regional Hospitals and other hospitals and clinics which now serve the region. Top-quality medical care is now provided, even though the isolation and rugged terrain create constant obstacles.

New flame retardant fabric finish is developed by USDA scientists

NEW ORLEANS, La.—A new flame retardant finish for fabrics made from blends of cotton and polyester has been developed by a team of USDA's Agricultural Research Service (ARS) scientists working at the Southern Regional Research Center here. Additional research is needed, but the new finish shows real promise.

Development of the new finish is timely because there is now no commercial finish for common cotton-polyester blends. However, there is a growing need for such a finish because recent amendments to the Flammable Fabrics Act of 1953 are resulting in stringent regulations.

For example, now there are stringent regulations for fire retardant finishes for children's sleepwear. ARS helped meet this need by developing several flame retardant finishes for various weights of all-common fabrics. These are in use by industry. Next to be regulated probably will be dresses, shirts and trousers, most of which are currently made from blends.

The new finish effectively imparts flame resistance to blends that contain 50 percent polyester. The finish remains effective through 50 home-type machine wash and dry cycles.

The treatment is not yet ready for commercial use because the treated fabric has a tendency to discolor slightly under some laundering conditions. However, the developers feel the problem can be corrected with additional research.

Starting point of the research was with a flame retardant ARS chemists Darrell J. Donaldson, Floyd L. Normand, George L. Drake Jr., and Wilson A. Reeves knew was a good one for the cotton component of the blend. The retardant is tetrakis (hydroxymethyl) phosphonium chloride reacted with urea or Thpc-urea for short.

They knew, too, that brominated compounds are effective flame retardants for polyester textiles. After a good bit of research, they settled on polyvinyl bromide (PVBr) emulsion for two reasons: (1) it proved compatible with the Thpc-urea, and (2) it has a high bromine content per molecule of compound.

State W.C.T.U. officer to speak here Monday

Mrs. Mitylene Holmes, president of the Kentucky Woman's Christian Temperance Union will be in Carlisle, Monday, Sept. 22 for a speaking engagement to be held in the basement meeting room of the Nicholas County Library. The meeting, to which all women of the county are invited, will be at 2:30 p.m. and is for the purpose of reorganizing a unit of the W.C.T.U. here.

Mrs. Holmes, of Mayfield, will be conducting the annual State Convention of the W.C.T.U. at Campton this week. She attended the National Convention of the W.C.T.U. in Glorietta, N.M. earlier this month.

Mrs. James Noll has dessert-bridge

Mrs. James Noll entertained with a dessert-bridge at her home on Thursday, Sept 11.

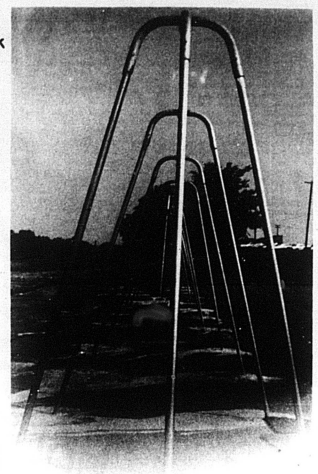
Guests were Mrs. Ralph Taylor, Mrs. Joseph H. Conley, Mrs. Billy Keen Anderson, Mrs. Jimmy Shaw, Mrs. Larry Allison, Mrs. Robert Sparks and Mrs. William Conley.

High score was earned by Mrs. Billy Keen Anderson.

Special meeting for Marie Chapter

Marie Chapter 259 will hold a special meeting Friday, Sept. 19 at 8:00 p.m. at the Masonic Temple. The purpose of this meeting is the installation of officers for 1975-76.

After the installation of officers refreshments will be served in the dining room. All members are urged to attend this special meeting.



Awaiting swings

Arches of playground equipment, waiting for seats and chains are viable on the blacktop behind the parking area. Children will soon be making good use of this equipment.—Duncan photo

Using a lightweight 50/50 cotton-polyester blend in laboratory research, the chemists wet the fabric with the Thpc-urea-PVBr solution to get a 90 percent wet pickup. The wet fabric is dried at 185 degrees F., then heat treated at 220 degrees F. for one to one and one-half minutes. The fabric is then rinsed or washed to remove unreacted chemicals and dried.

The treated fabric retains a high percentage of its breaking strength, more than half of its tearing strength without employing a softener, and has a good "hand" or feel.

Answers to questions on diet available in new booklet

Have you been wondering lately about your eating habits? Well, every now and then it's a good idea to take stock of your diet—and see if you've been eating right. While people differ in how much they want to know about nutrition, we all need to know a few facts about food so we can evaluate our diet and make better selections in the future.

The U.S. Department of Agriculture has a booklet which explains that food scientists have translated people's daily needs and the nutritive value of foods into an easy to use guide. It sorts foods into four groups based on their nutrient content. In addition to explaining the daily food guide, the booklet has a food buying and storing guide. For a copy of **Nutrition: Food at Work for You**, send 40 cents to Consumer Information, Department 45, Pueblo, Colo. 81009.

The booklet includes the following information about the four food groups you should be getting daily:

Meats, poultry, fish and eggs from the meat group—and their alternates—dry beans, dry peas and nuts—are valued for their protein. This is needed for the growth and repair of body tissues. These foods also contribute iron and B vitamins.

The vegetable and fruit group is a valuable source of vitamins and minerals. This is the group you can count on to supply Vitamin C—which you need for healthy gums and body tissues, and Vitamin A, which your body needs for growth, normal vision in dim light, an a healthy condition of the skin. Calcium helps you build strong bones and teeth. And you can meet most of your calcium needs from the milk group. It also provides protein, riboflavin, and vitamin A (if the milk is whole or fortified.) Cheese and ice cream supply these nutrients too, but in different proportions.

The bread-cereal group with its whole-grain and enriched bread and other cereal products furnishes protein, iron, and several of the B vitamins.

Nutrition: Food at Work for You (40 cents) is one of almost 250 selected Federal consumer publications listed in the current edition of the Consumer Information Index. Published quarterly by the Consumer Information Center of the General Services Administraion, the Index is available free from Consumer Information, Pueblo, Colo. 81009, or at Federal Information Centers throughout the country.

Pollution index developed for five cities in Kentucky

by Marva Gay

FRANKFORT—Burning eyes are being replaced as the most reliable method many Kentuckians have for telling if the air in their area is excessively polluted on any particular day.

The division of air pollution in the Kentucky Department for Natural Resources and Environmental Protection has developed a pollution index for five cities across the state—Ashland, Lexington, Newport, Owensboro and Paducah. The index will be released to the news media on weekdays through the Kentucky Department of Public Information.

According to Hisham M. Sa'aid, deputy director of the division of air pollution, for several years the news media has been pressing the division to issue an air pollution index for those cities similar to the one issued for Louisville by the Air Pollution Control District of Jefferson County and by other cities in the nation.

"We have been reluctant in issuing an index," said Sa'aid, "since we were not satisfied that existing indexes were meaningful. Many times we have seen an index of satisfactory range issued when one or two pollutant concentrations were elevated."

Sa'aid said that in the past the division has been more willing to issue actual pollutant concentration. "However," said Sa'aid, "the layman could not relate the actual pollution concentration figures to standards or episode criteria levels such as alert, warning or emergency stages."

The new index system was developed to present each pollutant category separately in an easily understandable way. "We decided to develop an index scale of 0 to 100 that directly reflects the concentration of any measured pollutants. The pollutants that will be shown on the index include sulfer dioxide, soiling, carbon monoxide, ozone, nitrogen dioxide and total suspended particulates. If any pollutant concentration is elevated, that pollutant will directly influence the index."

Sa'aid said the index was arbitrarily divided into four equal segments of 25 each. An index of 24 or below represents the satisfactory level. An index of 25 to 49 is unsatisfactory; 50 to 74 represents the alert state; 75 to 99 represents the warning level; and 100 and above is the emergency stage.

SAY YOU SAW IT IN THE MERCURY

Mattox reunion is held

Those attending the annual reunion of the late Hester and Emanuel Mattox at Blue Licks State Park, Sunday, were as follows: Mr. and Mrs. Homer Mattox, Mr. and Mrs. Sherman Hollar, Mr. and Mrs. Elgin Hollar and Mary Ann, Mr. and Mrs. Vaughan Mattox, Mr. and Mrs. Jennings Mattox and Joanna, Mrs. Thomas Gaunce, Mrs. Woodrow Gaunce, Alma Mattox, Mrs. Bobby Brady; Mrs. Erma Snapp and Tommy, Mrs. Velsie Burns, Mr. and Mrs. Strother Ellis, Mrs. Edna Anderson, Mrs. Naomi Snapp, Mrs. Ruby Rorer, Mrs. Pauline Cummins, Mr. and Mrs. Dee Dee Mattox and Wesley Mattox, Mr. and Mrs. Jesse T. Earlywine.

Everett Snapp, Mrs. Ollie Booth, Mr. and Mrs. David Booth and Jeffery, Mrs. Malcolm Snapp, Mrs. Donald McCord, Mrs. Louise Thompson, Amanda Small, Mrs. Nora Hamilton, Mr. and Mrs. Jim Wilson and Mike, Mr. and Mrs. Bill Emmons and Troy, Mr. and Mrs. Fred Hollar, Chris and Tracey Hollar, Mrs. Laverne Sismer and Missy, Kevil Rudd, Mr. and Mrs. Garnett Gaunce, Mr. and Mrs. Jack Gaunce, Randy and Rhonda Gaunce, Mr. and Mrs. Andrew Grey.

Everyone enjoyed a good day of fellowship.

Peter Conn is sworn in

Peter Conn, third from left, is sworn in as special assistant for administration to Gov. Julian Carroll by Court of Appeals Justice, John S. Palmore. Conn's wife, Mary Ray, and Gov. Carroll witnessed the swearing-in. Conn is a former member of the Kentucky House of Representatives, and most recently served as radio and television commentator for Louisville Station WHAS. Conn was also executive editor of the Jefferson Reporter, a Jefferson county weekly newspaper. His major responsibility in his new job will be assisting the governor in development of administration programs to be presented to the 1976 General Assembly.

UK reports record enrollment for Community Colleges

A record enrollment of 17,268 students has been reported by the University of Kentucky Community College System.

The record number is a 26.3 per cent increase over the 13,672 students who enrolled in classes last fall.

"This is a very significant increase in our enrollment, particularly when compared to the 5.6 per cent increase we experienced the preceding year," said UK President Otis Singletary. "Only in 1965 and 1968, when we opened several new campuses, have we experienced greater increases."

The total figure for the UK Lexington campus, community colleges and Ft. Knox Center is a record 37,739 students for the fall semester, compared with 33,313 students last fall. This total figure does not include 575 students enrolled in the off-campus (formerly extension) class program (350 last year) and 900 students enrolled in the evening class program (817 last year).

Singletary said precise causes of the enrollment jump have not yet been determined. However, he speculated that a combination of veterans utilizing their V.A. benefits to improve their employment opportunities and an munity college's academic programs increasing acceptance of the com- may be major reasons for the increase.

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Stokely No. 303 **APPLE SAUCE** 4/$1

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Chef Boy-Ar-Dee 2 pk. 28 oz. 99¢ **Cheese Pizzas**

Smuckers 32 oz. **GRAPE JAM** 89¢

PURINA DOG CHOW 25 lb. $4.99

Jumbo Kleenex **Thick & Thirsty Towels** 2/89¢

Downy Fabric Softener 64 oz. $1.49

Smuckers Apply Jelly 32 oz. 89¢

16 oz. loaves **FOODTOWN BREAD** 4/$1

Windex 8 oz. **GLASS CLEANER** 29¢

Stokely No. 303 **FRUIT COCKTAIL** 2/79¢

Nestea 3 oz. **INSTANT TEA** $1.39

Nestea 10 pk. Sugar&Lemon Flavor 1.7 ozs. per pk. **Iced Tea Mix** $1.19

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8 pk., 16 oz. W/Btls. **Coke, Tab, Sprite** 99¢

Rambo Cooking Apples 3 lb. bag 49¢

Bartlett Pears 6/49¢

½ gal. **Era Laundry Liquid** $1.99

Florida 5 lb. bag **WHITE SEEDLESS GRAPEFRUIT** 89¢

CELLO PACKAGE KALE 10 oz. pkg. 39¢