

# Kay's Kitchen

By Kay Fisher



With the changing of seasons appetites seem to change and, too, is a more general interest in food. So in these lovely cool days, let's branch out and serve something different. To these facts we are stuck with the same cuts of beef, pork, lamb, veal and fish, but you can change their flavor, by using sauces, herbs, vinegars and seasonings. Don't be afraid to try new combinations. When you get into an experimental mood, invite a couple to share in the excitement. If the dinner is a "top," you can always fix yourself some eggs and bacon! There are things you can do to scrambled eggs, too, that will make them a good supper dish. I will go into that later.

If you have never tried curry, the following recipe is a good one to start out on. Mainly because it is an inexpensive dish, easy to prepare and it would not be lost, you would still have the rice.

**TUNA-RICE-CURRY**  
 3 tablespoons butter  
 1/4 cup flour  
 1/4 teaspoon curry powder (more or less)  
 2 cups milk  
 1 beef bouillon cube  
 1/2 cup grated cheddar cheese  
 1 1/2 cups (9 1/2 ounce can) tuna  
 3 tablespoons butter  
 1/2 cup onion chopped parsley or parsley flakes

2 1/2 cups cooked rice (approximately 1 1/2 more general interest in food. So in these lovely cool days, let's branch out and serve something different. To these facts we are stuck with the same cuts of beef, pork, lamb, veal and fish, but you can change their flavor, by using sauces, herbs, vinegars and seasonings. Don't be afraid to try new combinations. When you get into an experimental mood, invite a couple to share in the excitement. If the dinner is a "top," you can always fix yourself some eggs and bacon! There are things you can do to scrambled eggs, too, that will make them a good supper dish. I will go into that later.

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**STUFFED PEPPER SAUCE**  
 2 medium green peppers  
 1 1/2 cups package cream cheese  
 2 tablespoons mayonnaise  
 1/4 cup sweet pickle relish  
 1/2 teaspoon minced or grated onion  
 Remove top slice of pepper and cut around ends, Blend cheese and remaining mixture. Fill peppers carefully, with cheese mixture, packing firmly.  
 Chill several hours. Arrange, slice pepper, croquette. Toss with three slices on bibb lettuce, garnish with tomato wedge, if in season, or this salad.

## Births

**HATTON**  
 Mr. and Mrs. Rodney Hatton announce the birth of a girl on Wednesday, Sept. 10, 1975 at Nicholas Hospital in Lexington. She weighed eight pounds and has been named Christie Kay.

The paternal grandparents are Mr. and Mrs. Takemacie Hatton of Nicholas county.

The maternal grandmother is Mrs. James W. Parsley, Lexington.

**KINDER**  
 Mr. and Mrs. Bobby Kinder announce the birth of a son, born Wednesday, Sept. 10, 1975 at Nicholas County Hospital. He weighed six pounds, 13 ounces and has been named Bobby Kinder Jr.

## Surprise dinner honors birthdays

**CASWELL**  
 Mr. and Mrs. John David Caswell of Carlisle announce the birth of a son on Wednesday, Sept. 10, 1975 at Nicholas County Hospital.

He weighed eight pounds, three ounces and has been named John David Jr.

**WINKLE**  
 Mr. and Mrs. Wilbert Winkle Jr. announce the birth of a son, born Wednesday, Sept. 10, 1975 at the Harrison County Hospital. He weighed eight pounds, one ounce and has been named Eric Paul.

The paternal grandfather is Wilbert Winkle Sr. of Boone S. Cynthia. Maternal grandparents are Mr. and Mrs. Arnold Holland of Hazard.

**COLEMAN**  
 Kenneth Stephenson of Sydney, Australia and president of Speedco, accompanied Mr. and Mrs. Kimball Booth to the Carlisle Presbyterian Church one Sunday recently.

Mr. and Mrs. C.G. Robinson of San Antonio, Tex. were visitors in Carlisle a few days recently. They also visited Mrs. Robinson's home state, Maryland, before returning home.

Miss Bobby Darrell has returned home from a seven day vacation in West Palm Beach and Lake Worth, Fla. She also visited with friends at Big Stone Gap, Va.

Mrs. Nelson Hillcock has returned home after a two-week visit with her son, Harold Hillcock and Mrs. Hillcock of Russell Springs.

Mrs. James W. Parsley of London,

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## Miss Bellamy weds Aug. 16

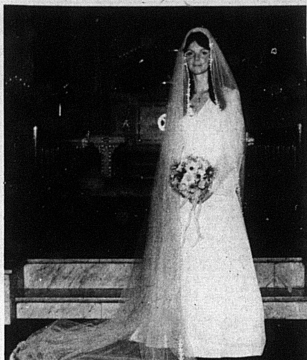
Miss July James Bellamy, daughter of Mr. and Mrs. James R. Bellamy Jr., Carlisle, was given in marriage by her father to Michael Henry Bullington, son of Mr. and Mrs. T.C. Bullington of Ashland.

The Rev. Moultrie McInnis officiated at the double ring ceremony on Saturday afternoon at the Christ Episcopal Church in Lexington.

The bride finished her own gown of white crepe with lace sleeves and midriff. A floor-length veil edged in lace framed her face and hair. She carried a nosegay of yellow daisies and white roses.

Mrs. Carol Agee, sister of the bride, served as matron of honor. Mrs. Rose Marie Boyd, sister of the groom, was the bridesmaid. Miss Nancy Sue Henon and Miss Mary Ann Henon, twin cousins of the groom were junior bridesmaids. Mrs. Agee and Mrs. Boyd wore floor length lime green gowns with empire waists and white picture hats with matching ribbons. The junior bridesmaids wore floor length yellow dotted swiss dresses with matching hair bows. The attendants carried yellow and white roses.

After a short honeymoon the couple is residing in Lexington.



Mrs. Michael Henry Bullington

## Birthday parties held on Sunday

Mr. and Mrs. William Henderson entertained at their home on Sunday, Sept. 14, in honor of the birthdays of Mrs. William Sides and Mr. and Mrs. James Sides.

Guests were Mr. and Mrs. Clyde Snapp and grandson, Headquarters; Mr. and Mrs. William Sides and Mrs. Daphne Bartwell; Mr. and Mrs. Dan Smith and children, Misses Barbara and Priscilla Sides, Lexington; Bonnie Scott, Manterville; Mrs. Ruby Morris and Mrs. Jack Spahr, Cincinnati, Ohio; Mrs. Lois Ritchie, Cynthia; and Mrs. James Sides and children, Carlisle.

The following state officers attended: Geneva Kettering, state membership chairman, Georgetown; Neil Snapp, state publicity chairman, Paris; and Betty Jones, former state president of Paris.

Kenny Murphy, 10th district president, presided. Auxiliary members from Cynthia, Richmond, Lexington, Georgetown, Paris and Carlisle attended.

## V.F.W. District held Sept. 15

The 10th District VFW Ladies Auxiliary held their meeting at Carlisle Sunday, Sept. 14 at the club rooms on Walnut Street.

The Lloyd George Auxiliary 8666 served a dinner following the business meeting.

The following state officers attended: Geneva Kettering, state membership chairman, Georgetown; Neil Snapp, state publicity chairman, Paris; and Betty Jones, former state president of Paris.

Kenny Murphy, 10th district president, presided. Auxiliary members from Cynthia, Richmond, Lexington, Georgetown, Paris and Carlisle attended.

## THERE'S A BRAND "NEW LOOK" TO THIS FALL'S FASHION PICTURE AND YOU WILL FIND THIS AT

# OLDHAM'S

**Special Showing of "New Fall Coats"**

AGAIN THIS FALL OLDHAM'S IS RIGHT IN STEP WITH THE FASHION WORLD. THE MOST EXCITING NEW LINE OF COATS IS NOW READY FOR YOUR SELECTION.

"SUIRAN COATS"  
 "FANT DRESSES"  
 "CASUAL DRESSES"  
 "CASUAL LENGTHS"  
 A LARGE SHOWING OF LADIES - MISSES AND JUNIOR STYLES. BE SURE TO SEE THESE LOVELY COATS.

SELECT SEVERAL TODAY.



**Special Showing of "New Fall Dresses"**

ITS A NEW WORLD OF FASHION FOR AUTUMN AT OLDHAM'S. NEW ARRIVALS MAKE FALL BEAUTIFUL IN HUNDREDS OF PRETTY DRESSES.

IN "JACKET DRESSES"  
 "FANT DRESSES"  
 "CASUAL DRESSES"  
 "CASUAL LENGTHS"  
 "THE NEW WHELED LOOK"  
 "THREE PIECE WHELED-INDIES"  
 "FOUR PIECE WARDROBE"  
 SELECT SEVERAL TODAY.

**Special Showing of "New Fall Shoes & Bags"**

TO COMPLETE YOUR NEW FALL OUTFIT BE SURE TO SHOP OLDHAM'S SHOE DEPT. SHOWING THE LATEST NEW STYLES IN LEATHERS - "NATURALIZER" - "BASS" - "AIGNER"

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**Garden Club meets Sept. 15**

The regular monthly meeting of the Carlisle Garden Club was held Monday, Sept. 15 at 1 p.m. at the Baptist Church by Mrs. Margie Wilson as hostess. Mrs. Harold Mitchell gave the spiritual value.

Roger Moll, Horticulturist for Fayette county was the guest speaker. His subject was "Rhubarb and Fall Bulbs." He showed slides of rhubarb especially suitable for lawns in this area and gave helpful information about various bulbs, and the time and correct way to plant and fertilize. Mrs. Wilson served refreshments to members present and four visitors, Mrs. Nathan Young, Mrs. Maud Hardin, Mrs. Russell Shovel, and Miss Sharon Alexander.

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## Farm and Home

County extension agent  
 Earl J. Neffinger  
 Sharon Alexander  
 Mrs. Margie Wilson

**4-H Drive Underway**  
 Have you ever considered the value of 4-H on the lives of young people? Just what does it offer? Youngsters belonging to 4-H feel strongly about their organizations and experiences it gives them. Here are some of their reactions:

"4-H has helped me develop as a complete person. Through special psychological and sociological activities, I've been able to establish my goals in life. And, through practical, learn-by-doing 4-H projects, I've already begun to achieve some of them."

"4-H has shown me first-hand that it's better to help a person do for himself than to do for him."

"Through 4-H, I've become sensitive to other people, their problems and needs, and I've learned to take control when and where I can to bring about positive, concrete results."

"4-H has molded me into who I am. It has taught me leadership, responsibility, and it's helped me develop good character."

"4-H has made me into a solid, well-rounded person through exposure to a wide range of experiences in learning and communicating with others."

These comments prove 4-Hers are sold on their organization and what it has done to develop them into the leaders of tomorrow.

They are saying:

"4-H makes better people by teaching youngsters to enjoy what they have, to explore new interests and make decisions. It develops their good fellowship, projects, activities, conferences, exchange programs, and awards and scholarships."

"Let's use this 4-H program to the fullest by encouraging youngsters to join 4-H and offering our support to the organization's activities and functions. Nicholas county 4-Hers are now involved in a calendar drive. When they call on you, please give your support. The money goes for various 4-H events and activities throughout the year."

## Farm Bureau leaders protest grain halt decision

LOUISVILLE—State and national Farm Bureau leaders are strongly protesting Secretary of Agriculture Earl Butz' decision to halt further grain sales to the Soviet Union.

In yielding to political and labor union pressures, the farm leaders note, Butz is jeopardizing the 1975 psychological and sociological activities, I've been able to establish my goals in life. And, through practical, learn-by-doing 4-H projects, I've already begun to achieve some of them."

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more corn and more wheat," he said. "The farmer decided to increase their plantings in light of all indications that a market would be available for the higher crop yield."

"Now the secretary of agriculture, bowing to the demands of short-sighted consumer and labor spokesmen, says away a potentially profitable segment of the world market, just as the crop report indicates the probability of substantial surplus production this year."

Koon said he hopes the action to halt further grain sales to Russia will hold down the cost of living while increased costs of labor, energy and food tend to be passed on to the consumer," he said.

"But every time a roadblock is thrown between American farmers and their overseas customers, even for a brief time, damage is done to the overall U.S. trading position. This action by the secretary will definitely cost farmers money, the only question is how much."

On the national level, American Farm Bureau President William J. Kaufman, an Illinois farmer, said Butz' export restrictions on this year's huge U.S. grain crop could "spell disaster for American farmers, jeopardize our balance of payments and depress our national economy."

Kaufman said farmers have gone along to provide a bountiful crop this year "in anticipation of high domestic and world demand."

"Why should farmers be denied price increases in the market and be single out to hold down the cost of living while increased costs of labor, energy and food tend to be passed on to the consumer?" he asked.

In a related area, the AFB chief indicated that the delay on Soviet sales could have been partially the result of recent statements by a dockworkers union that East Coast longshoremen would refuse to load grain bound to Russia.

Noting that the union's real objective is to put pressure on farm groups to support added cargo preference mandates for unionized U.S. shippers, he said such use of "monopoly power of labor unions to dictate American foreign and economic policy should be of serious concern to the administration."

Kaufman called on Congress to take steps that will "curb the monopoly power of labor union leaders" when the lawmakers return to Washington next month.

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**100% PURE GROUND BEEF** 1 lb.  
**79¢** (3 lb. pkg. or larger)  
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**\$1.69**  
**U.S. CHOICE CHUCK**  
**WEBBER'S WHOLE HOG SAUSAGE** 2 lbs.  
**\$1.49** (2 lbs. \$2.97)

**KIX CEREAL** 9 oz.  
**49¢**  
**CHIPSO'S POTATO CHIPS** 12 oz.  
**89¢**  
**WANS DOWN CAKE MIXES** 18 1/2 oz.  
**49¢**  
 Shout 12 oz.  
 Stain Remover 79¢  
 Smucker's Smooth, Crunchy 18 oz.  
 Peanut Butter 79¢  
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 White, Assorted  
 Facial Tissue 2/89¢

**MR. G. FROZEN FRENCH FRIES** 2 lbs.  
**49¢**  
**FREEZER QUEEN MEATS** 5 oz.  
**4/\$1**  
**AMERICAN SINGLES** Kraft 12 oz.  
**89¢**

**CRISCO**  
**\$1.59**  
**DELICIOUS APPLES** 3 lbs.  
**69¢**  
**HEAD LETTUCE** Need 29¢  
 FRESH ASPARAGUS lb. 89¢

**HEAVY DUTY REDUX WRAP** 100 sq. ft.  
**\$1.39**  
**R.C. COLA, DIET RITE COLE** 16 oz., 8 pk. W/Btl.  
**99¢**  
**BRAWNY PAPER TOWELS** Jumbo  
**2/89¢**

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**Vel Dish Liquid** 32 oz. Bonus Pack 69¢  
 Chef Boy-Ar-Dee 15 oz.  
**Chili W/ Beans** 49¢  
**PARKAY MARGARINE** lb. **2/89¢**

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