# Kay's Kitchen

— By Kay Fisher

When you tried on last year's suit, did the waist band feel a bit tight? Or perhaps a summer of being lazy, too much fried chicken, sandwiches, etc. has caused you to hesitate buying a pant suit. If so, it is time to start counting the calories.

A steady diet of broiled foods and butterless vegetables can be monotonous and uninteresting. Here are three good ones.

**MOCK SPAGHETTI**

1 pound ground round
1 cup chopped onion
1 (8 ounce) can tomato sauce
1½ cups tomato juice
1 clove garlic, minced
1 (4-ounce) can mushroom stems and pieces, drained
1½ teaspoons seasoned salt
¼ teaspoon oregano
1 tablespoon parsley flakes
2 (1-pound) cans bean sprouts, drained
grated parmesan cheese (optional)

Saute beef in large skillet, breaking up as it cooks. Add onion and cook until onion is limp. Add remaining ingredients except bean sprouts and cheese. Simmer, covered, until desired consistency. Serve over hot bean sprouts. Sprinkle with parmesan cheese, if desired. Makes 5 servings, approximately 224 calories per serving.

Note: If parmisian cheese is used, add 30 calories per tablespoon. Bean sprouts (1 cup equals 20 calories) is substituted for spaghetti (1 cup equals 220 calories).

**CHINESE CHICKEN**

1 pound boned, raw chicken, cut in pieces
1 cup water
2 chicken bouillon cubes
1 cup onion slices
2 cups fresh sliced mushrooms
1 (10-ounce) package frozen peas
1 can water chestnuts
¼ cup soy sauce
1 teaspoon brown sugar

Place chicken, water, onion and bouillon cubes in large skillet; bring to boil and simmer, covered, until chicken is tender. Add mushrooms; continue cooking for about 5 minutes. Add remaining ingredients, mixing well. Cover and cook just until peas are tender. Do not overcook. Makes 4 servings, approximately 229 calories per serving.

**CALORIE-COUNTER CHOP SUEY**

1 pound ground round
1 cup diced onion
2 cups sliced celery
1 (4-ounce) can mushroom stems and pieces and liquid
1 (5 ounce) can water chestnuts, drained
3 to 4 tablespoons soy sauce
1 teaspoon brown sugar
1 (1-pound) can bean sprouts, drained

Saute meat in skillet, breaking up as it cooks. Add onion and celery and simmer until tender. Add remaining ingredients, mixing well. Cook, covered until heated through. Makes 4 servings, approximately 256 calories per serving.

* * *

Now for you who need not worry about the calories, here is an unusual roll recipe.

**COLDWATER YEAST ROLLS**

Cream together 1 cup lard or shortening, ¾ cup sugar. Add and beat well 2 eggs, 1 tablespoon salt. Dissolve thoroughly 2 packages yeast, and 1 cup cold water. Add 1 cup cold water, and 6½ cups all purpose flour.

Let rise double. Knead lightly, roll ¼ inch thick, cut and dip in butter. Let rise. Bake 10 to 12 minutes at 450 degrees. Makes about 2½ dozen.

This also makes delicious loaves of bread. Roll out, spread with butter, sugar and cinnamon to make sweet rolls.

**ORANGE SLICE CAKE**

1 cup margarine
2 cups sugar
4 whole eggs
1 cup buttermilk
1 teaspoon soda
3½ cups sifted flour
1 small package (No. ½) dates, chopped
2 cups pecans
1 pound candy orange slices, cut in small pieces
1 can flaked coconut

Cream butter and sugar, beat in eggs, add buttermilk with soda. Add flour, fold in dates, pecans, chopped orange slices and coconut.

Put in large tube cake pan. Bake at 275 degrees for 2 hours. Cool a few minutes and remove from pan. After removing from pan, turn top side up for the glaze and put on cake while still warm.

**GLAZE**

Mix well and pour over warm cake, 1 cup powdered sugar and ⅓ cup thawed frozen orange concentrate.

## Wagoner-Hunter vows exchanged

Mr. and Mrs. Edward Wagoner, Carlisle, announce the marriage of their daughter, Virgie Lynn, to Larry Thomas Hunter, son of Mr. and Mrs. Edwin Hunter, also of Carlisle.

The vows were exchanged Friday, Sept. 19, at 7:30 p.m. Rev. Mickey Hartley officiated at the double ring ceremony.

Mr. and Mrs. Billy Linville served as attendants.

The bride is a 1973 graduate of the Nicholas County High School and is presently employed at True Value Hardware and Variety.

The groom is presently employed by Bob Jones. He does custom farming work.

The couple is residing at Route 2, Carlisle.

# Births

**HOBBS**

Mr. and Mrs. Charles K. Hobbs of Carlisle announce the birth of a son on Friday, Sept. 19, 1975 at Good Samaritan Hospital, Lexington. He weighed 10 pounds and has been named Brent Travis.

**ARCHBOLD**

Mr. and Mrs. George Archbold of Cincinnati, Ohio announce the birth of a daughter on Tuesday, Sept. 9, 1975.

She weighed six pounds, 11 ounces and has been named Heather Ann.

Mrs. Archbold is the former Brenda Sue Flora, daughter of Walter Flora of Carlisle. The paternal grandmother is Mrs. Nathelee Archbold of Paris.

**BOWLES**

Mr. and Mrs. Phillip Bowles announce the birth of a daughter on Sunday, Sept. 14, 1975. She weighed seven pounds, four ounces and has been named Carriee Renee.

## Sorority retreat held at Carnico

Members of Alpha Xi Delta Sorority at the University of Kentucky, Lexington, held a retreat at the Lake Carnico home of Dr. and Mrs. Frank Mathias, Dayton, on Friday, Sept. 26.

Miss Laura Pumphrey, daughter of Mr. and Mrs. Ben Pumphrey, was hostess for the annual retreat.

## Mrs. Wayne Mann is given shower

Mrs. Wayne Mann, recent bride, was entertained with a miscellaneous household shower on Sept. 23 at the home of Mrs. Kimball Booth.

Decorations carried out a wedding bell theme accented with yellow and white with over 25 guests in attendance. Co-hostesses for the party were Mrs. Ben Pumphrey, Mrs. Robert Coatney, and Mrs. Booth.

# SOCIETY

Mr. and Mrs. Roy S. Hamm, Mrs. Roy W. Dotson and Tracy, Mr. and Mrs. Orville Atkinson, Miss Alma Atkinson, Mr. and Mrs. Steve Atkinson of Falmouth, and Mrs. Alton C. Craig, Robertson county, attended the 25th wedding anniversary of Mr. and Mrs. W.C. Powers held at their home in Lexington, on Sunday afternoon. Mr. and Mrs. Powers have four daughters and three grandchildren. Mrs. Powers was the former Delores Jean Atkinson.

Mrs. James Marks has returned to her home in Henderson after visiting her brother, Rev. H. Dallas Sugg, Mrs. Sugg and Alicia.

Mr. and Mrs. Bob Jackson of San Rafael, Calif. were overnight guests Tuesday night of Mr. and Mrs. Carl Hughes.

Mr. and Mrs. Lloyd Breeze of Florida spent Sunday with her father, Richard Hunt and Mrs. Hunt.

Mr. and Mrs. Lester Hunt of Connersville, Ind. visited his brother, Richard Hunt on Saturday.

Mr. and Mrs. Chester Hill of Ft. Lauderdale, Fla. are spending this week in Carlisle visiting Mr. Hill's sister, Mrs. Gladys Duncan and family.

Mr. and Mrs. Walter Flora and Mr. and Mrs. Lewis Tolle of Cynthiana spent Sunday with Mr. and Mrs. George Archbold and daughters in Cincinnati.

Miss Nell Craycraft visited with her nephew, Allen Clay and family in Maysville from Wednesday through Sunday.

Miss Clara Shaw of Whitesburg has returned home after visiting her two sisters, Mrs. Youie Shaw and Mrs. O.R. Cannon and friends and relatives in Lexington.

Mrs. Billy Hunter and Mrs. William Layson attended a democratic luncheon at the Cynthiana Country Club on Wednesday, Sept. 24. The luncheon, attended by Mrs. Julian Carroll, was sponsored by the Harrison County Democratic Woman's Club.

William J. Lynam has joined the U.S. Army and is doing his basic training at Fort Jackson, S.C. His address is PVT William J. Lynam, 400-92-7804, 3rd. Plt., Co. B. 5th Bn. 1st. Bt. Bde., Fort Jackson, S.C. 29207.

## Cub Scouts to re-organize

Don Hughes has announced that there will be a Cub Scout meeting on Tuesday, Oct. 7 at 7:30 p.m. at the Carlisle Christian Church. The purpose of the meeting is to re-organize the Cub Scout program for this year.

He urges all Cub Scouts and all boys ages 8, 9 and 10 years old who are interested in Cub Scouts to bring their parents and attend this meeting.

Cracked earth!

The State Highway Department maintenance crew was on the job Friday morning repairing a bump on Broadway in front of the home of Mrs. Ernest Piper.—Duncan photo

## Attend Homemakers meet in Florida

Mrs. George Dale, Bluegrass Area president, and Mrs. Walter Kendall attended the 39th annual conference of the National Extension Homemakers held in Orlando, Fla. Sept. 14-18.

There were 224 Kentucky Extension Homemakers attending this meeting. Kentucky had the second largest delegation of the 2,400 registered Homemakers from 44 states. The theme of the conference was "The Wonderful World of Women."

Kentucky won second place on the essay, "Pathways Toward a Better America," third place in the Cultural Arts award and second in Public Information.

The Homemakers attending the conference also visited Disney World, Cypress Gardens, Kennedy Space Center, Daytona Beach and St. Augustine.

The 1976 National Conference will be held Aug. 15-20 at the University of West Virginia, Morgantown, W. Va. The theme will be "The Heritage Trails to the Future."

## Elementary P.T.A. to meet Monday

The Nicholas County Elementary School P.T.A. will meet Monday, Oct. 6, 7:30 p.m. at the Elementary School Cafeteria. The officers will meet at 7 p.m.

A discussion considering the feasibility of a "fall festival" will be on the agenda for the business meeting, after which the movie entitled "Parents Take Action" will be shown.

The goal of 150 members has been set for this year's membership drive. Membership dues are 50 cents and can either be paid in care of the school or at the next P.T.A. meeting.

## Two honored with party

Mrs. Faye Berry and Mrs. Donna Baker entertained with a surprise birthday dinner in honor of Mrs. Susie Bromagen and Mrs. Jewell Berry on Sunday, Sept. 21 at the home of Mrs. Berry.

The following guests attended: Mr. and Mrs. Victor Lee Bromagen, Mr. and Mrs. Stanley Bromegan and Missy, Mrs. Nora Bromagen and Ramona, Mrs. Jessie Mitchell, Cindy and Jennifer, Mike Baker, Jeff Randolph, Wayne, Mike and Becky Berry.

## KFWC meeting in Louisville

Those attending the KFWC Fall Board meeting on Friday, Sept. 26 at the Holiday Inn South, Louisville were Mrs. James D. Anderson, Carlisle Junior Woman's Club president, Mrs. Marshall Stone, Mrs. H. Dallas Sugg, Carlisle Community Woman's Club president, Mrs. David Zachary, KFWC Family Living chairman, and Mrs. Harold Letton.

## Water withdrawal applicants being scrutinized by state

by Marva Gay

FRANKFORT—Until recently, few Kentuckians worried much about running out of water. That's changing.

In recent years, the division of water resources in the Kentucky Department for Natural Resources and Environmental Protection, has been looking more closely at applicants seeking to withdraw water from streams and lakes in the state. In a couple of instances, the division has cut back the amount of water a permit applicant is allowed to withdraw.

Dick Rohlf, who is in charge of the division's water withdrawal permit program, predicts that the number of applications cut back or rejected will increase as industrial development increases.

In 1966, the state began keeping tabs on who was using water from Kentucky streams and lakes. The 1966 law was intended to control the development of water resources. Today, the division issues permits to users of more than 10,000 gallons of water a day.

The first water withdrawal permit was issued to Shelbyville, which was withdrawing one million gallons of water a day in 1966. In 1974, its permit was revised to allow withdrawals of two million gallons a day.

Since then, 777 water withdrawal permits have been issued. The latest was issued to Gal-Glo Coal Co. of Whitley county. It will withdraw 240,000 gallons of water a day from Bennetts Branch.

Of the permits issued, Rohlf estimates just over 600 are active. Many of the inactive ones are issued to small municipal water plants that have been consolidated with another water withdrawal plant.

Louisville—with one withdrawal point—is the largest single user of water in the state. It takes between 120 and 130 million gallons of water from the Ohio River every day. Lexington—with two withdrawal points—takes 32 million gallons a day from the Kentucky River.

Some industries, such as Westvaco in Western Kentucky, rival for second place. Westvaco withdraws 25 million gallons a day from the Mississippi River. DuPont at Louisville withdraws about 40 million gallons a day from the Ohio River.

One of the largest water users, however, isn't permitted. That's the TVA Paradise Plant which uses the water for cooling. Power plants and agricultural consumers aren't required to obtain a permit. Water withdrawn to be injected underground for secondary recovery of oil or gas also is exempt.

According to Rohlf, much of the water that is withdrawn is returned to the streams. Municipal water systems return much through their sewage treatment plants. However, other water, such as that which evaporates from the TVA cooling tower, is lost.

As long as a stream will carry enough water for all users, Rohlf said the division will issue a permit to withdraw water for any purpose. However, if the withdrawal will limit the water available to other users, the permit will be denied or the amount of water the division will allow the applicant to withdraw will be reduced.

The division monitors how much water is being withdrawn through semi-annual reports submitted by the permit holders. The computer files on those reports have been used by water planning analysts and state government consultants.

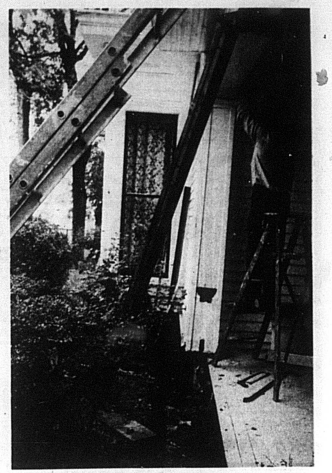
Usually there's enough water to go around. "If the withdrawal is from the Ohio or the Mississippi, we don't look at the permit application very hard," said Rohlf. "There's plenty of water in those rivers to go around."

However, Rohlf said some proposed water withdrawals have been reduced during the last few years. "These have been minor cases," said Rohlf, "and not major denials or cutbacks." One denial was for a trailer park. Rohlf said the proposed water withdrawal would have lowered the affected stream so much that not enough water would have been left for the users downstream.

"Though we've just gotten into denials," added Rohlf, "as development continues and as more sources withdraw water from some streams, we'll probably be denying more applicants for permits. For sure, we're looking at the permits harder now because some of the streams already have near their maximum of permitted withdrawals."

Service your TV or Radio. Contract Wiring—Call for a FREE Estimate

DUNCAN'S ELECTRICAL SHOP

'Do it yourself'

## Soil specialist urges nitrogen use in pastures

Fertilize Grass Pastures: Putting some nitrogen fertilizer on grass pastures this time of year will pay off in extra growth for winter grazing. So says Lloyd Murdock, Extension soil specialist with the University of Kentucky College of Agriculture.

Murdock says adding fertilizer now will enable you to graze grass pastures later into the winter. However, he cautions that fertilization will not pay unless you can make use of the extra feed.

Murdock recommends an application of 50 to 70 pounds of actual nitrogen per acre on straight grass pastures with less than 25 percent legumes. Fescue is the grass which will respond best to nitrogen. Fescue is ideal for late fall and winter grazing, because its quality stays high and its sugar content goes up after frost.

**Home repairs sometimes become a do-it-yourself project, as is the case with Willmer Halcomb, and the front porch of his home on Sycamore Street. One end of his porch had sank. He has removed the post and railing on that end, jacked up the porch roof; and according to Mr. Halcomb he is now "playing it by ear," as to what to do next.—Duncan photo**



# Allen Waugh, Cynthiana minister, moonlights as disc jockey

by Malcolm Stallons
Special Writer

**[Editor's note: This article appeared in the Sept. 29 Lexington Herald. Allen Waugh is the son of Clifton Waugh of Carlisle.]**

Nearly every teenager at one time or another dreams of becoming a radio disc jockey. But only a few manage to slip into the mystical stardom of the broadcast industry.

During the mid-sixties, Allen Waugh, Cynthiana, also dreamed of entering the profession.

Unlike most, however, Waugh, who is also pastor of a small, rural Harrison county church, was successful in his efforts.

Approaching several area radio stations to seek employment, Waugh found that, like many other applicants, he lacked broadcasting experience.

"When I applied for jobs the first question they'd ask was how much experience I had had," the 26-year-old Waugh recalled.

"I don't know what they're going to do when all the experienced people die," he added. "They won't have anybody to work."

Waugh's broadcasting career began at a Maysville radio station. He served as an extra man, working nights and weekends.

Although I didn't have a big responsibility at WFTM, I did get the experience that I needed," he explained.

Three years ago he was hired at radio station WCYN, Cynthiana, as news director. With personnel changes he soon found himself with a live program.

As morning disc jockey, he views his job at the station as a means of sharing the ministry.

According to several listeners, Waugh's morning program is best to be found on any station.

One of the reasons for his popularity, he feels, is his format and performance style.

"Basically, I designed the program around making people's days a little better," he said. "They've got enough to frown about. I try to reach both the youngest and oldest."

Many radio personalities have made their careers by poking fun at someone else's weaknesses. Waugh disdains this approach.

"It's important to me that the things people hear over the air be clean and decent. No off-color jokes. Those were my feelings long before I got into the business," he relates.

According to Waugh, the listeners make the man on the board what he is.

"People in communication need to remember it's the listeners who are the important ones."

"There's a lot more to someone in radio than what he does behind a microphone," Waugh commented. "It's talking to them on the telephone, or meeting them on the street. People appreciate you for what you are."

Listeners have come to expect just about anything to happen during the hour which Waugh is on each day.

Perhaps his most widely-known air feat involved helicopter eggs.

A resident of Sunrise reported one day that he saw a helicopter pass over his farm a couple of days in a row. The gentleman shared a theory with Waugh concerning what was for him an unusual event.

"He told me he thought it was because it had a nest somewhere in the area," Waugh said. "It's only natural that you have helicopter eggs."

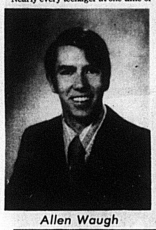
Program listeners then became interested in the story and began hunting for eggs.

"Every day an egg of some sort would come in the mail," he said.

Upon winning his first trophy for broadcast performance in a high school speech tournament, Waugh decided the credit wasn't his and still feels that way.

"I told God that if He made me good at broadcasting that I'd give Him the credit," he maintains.

"Without His help, it wouldn't be possible." Days find him in the pulpit of the Sunrise Christian Church, in a community 12 miles north of here. His congregation, numbering in the 80s, have accepted their minister and his unusual form of employment quite well.



Allen Waugh

## Voter registration ends Monday, Oct. 6

Monday, Oct. 6, is the last day that voters may register to vote in this year's Nov. 4 election.

The Kentucky election laws permit any person to register to vote or change his party affiliation in person, or by mail, at any time prior to 30 days before any primary or general election. Thus, Oct. 6 is the deadline for this election.

## Innovative program continues

The Nicholas county public school district is participating in a regional innovative educational program, "Center for Open/Non-Graded, Career and Environmental Programs", funded through Title III of the Elementary and Secondary Education Act.

As Title III programs are funded in three year cycles, the 1975-76 school year marks the third and last year of the program's operation. Open/Non-Graded, Career and Environmental programs have been established in participating schools during this three year period.

Center operations involve delivering to both public and non-public schools in the Central Kentucky Region the following services: "on-call" consultant in each of the three project components; a resource center from which in-service materials may be checked out and used for teacher training; and funds releasing teachers and administrators to attend state, regional, and local school workshops. Thirty-three public school agencies and eight non-public schools participated in the program during the year.


# GOOD AND THRIFTY FOOD VALUES

(Boneless lb. $1.59)

**U.S. CHOICE ROUND STEAK** lb. $1.49

100% Pure (3 lb. pkg. or larger)
FRESH GROUND BEEF lb. 89¢
WHOLE FRYERS Fresh Dressed (Cut-Up lb. 55¢) lb. 49¢
FISCHER'S WIENERS 12 oz. pkg. 79¢
FISCHER'S BOLOGNA Vacuum packed, Reg., Thick, Garlic lb. $1.0[illegible]

COKE, SPRITE, TAB 99¢ 4 pk., 32 oz. with btls.

PUREX BLEACH Gal. 59¢

U.S. Choice Boneless
Rump or Sirloin Tip Roast lb. $1.69
(Thin sliced breakfast steak lb. $1.99)
Sirloin Tip Steak U.S. Choice lb. $1.89
U.S. Choice Cube Steak lb. $1.99
Fischer's Mellwood Bacon lb. $1.89

No. 2 59¢ Comstock Cherry PIE FILLING

Pillsbury 2 lbs.
Extra Light Pancake Mix 69¢
Era Laundry Liquid 64 oz. $1.99
Smuckers Apply Jelly 2 lbs. 99¢
Potato Buds Betty Crocker 1 lb. 89¢
100 ct., 5 oz.
Dixie Knock Knock Cups 89¢
Family size
Pepsodent Tooth Paste 7 oz. 79¢
Hunt's Tomato Ketchup 32 oz. 69¢
Hunt's Fruit Cocktail 15 oz. 39¢
Hunt's Pear Halves 16 oz. 39¢

Hunt's 46 oz. TOMATO JUICE 55¢

2 lbs. FREEZER QUEEN MEATS $1.19

Spin Blend 32 oz. Hellmann's Salad Dressing 79¢ (Limit 1)

24 oz. Dinty Moore Beef Stew 79¢

Reg. & Diet All Flavors 12 oz. Shasta Beverages $2.99 (Case of 24)

No. 2½ Halves, Sliced HUNT'S PEACHES 49¢

Joan of Arc No. 2½ KIDNEY BEANS 49¢

Swans Down 18.5 oz. CAKE MIXES 49¢

Nestea 3 oz. INSTANT TEA $1.39

Debbie 32 oz. DISH LIQUID 39¢

Smuckers Strawberry 18 oz. PRESERVES 79¢

Franco American 16 oz. Spaghetti O's w/meatballs 2/89¢
Spaghetti w/meatballs 2/89¢
Spaghetti O's 2/49¢

Campbell's 10½ oz. Vegetable Soup 4/85¢

Campbell's 10½ oz. Tomato Soup 2/39¢

Campbell's 46 oz. V-8 Juice 65¢

FLORIDA GRAPEFRUIT WHITE SEEDLESS 5 lb. bag 79¢

Broccoli Bunch 49¢

VINE RIPE TOMATOES lb. 29¢
No. 1 WHITE POTATOES 10 lb. bag 99¢
YELLOW ONIONS 3 lbs. 59¢
HEAD LETTUCE Head 29¢

Pringles 13½ oz. POTATO CHIPS $1.19

Chicken of the Sea Light 6½ oz. Light Chunk Tuna 2/99¢

Sweetheart Pink Gal. Fabric Softener 99¢

1 lb. box ZESTA CRACKERS 49¢ (No Limit)

The Sheild of Quality FOODTOWN HOME OF LOW PRICES

C & G Open 8-8 Mon.-Sat

★ We Welcome Federal Food Stamps