

Kay's Kitchen

By Kay Fisher



The ever faithful pot roast is good any time, any season. I suggest either a boudin chook or arm roast. You have your choice of roasts but remember I don't want to make some suggestions that might bring a new roast to a time word.

POT ROAST

Place the roast in a rack in a roaster, cover and cook at 250 degrees for approximately three or four hours, depending on size of meat. It is the long slow cooking that will make these less expensive cuts meet tender. When the roast cooks, prepare vegetables, potatoes, carrots, onions. When meat has been cooking about one or two hours, you can add these vegetables and sprinkle with salt and pepper. Remember, keep these vegetables well on the rack or on top of roast so they will not absorb the fat.

In separate saucapans cook canned or frozen whole green beans seasoned with salt and about 1 tablespoon of browned lard. Heat thoroughly a can of tomatoes in a number to be served of whole peeled tomatoes.

When meat and vegetables are done, remove from roaster to hot platter. Drain enough so the vegetables can surround the meat including beans and drained tomatoes. Remove all fat from drippings in roaster and make a medium gravy by adding one or two bouillon cubes, freshly ground black pepper, dash of Worcestershire sauce

and cornstarch. Spread evenly over roast.

FRUIT-SPICED ROAST

When you read this recipe don't just say Oh, No! Stop and think—don't you often serve reliable chutney, a sweet-sour vegetable like Harvard beets or a fruit salad with your roast? Then try this for something different. I'll give proportions for serving four to six.

Cut one 3 1/2 to 4 pound roast in Dutch oven. Use small pieces of meat cut from roast for browning. When brown, remove excess fat and excess fat. Add about one cup of water, 1/4 teaspoon salt, about 2 tablespoons mixed pickling spice, and bring to a boil. Add to roast dried mixed fruit and the roast. Bring to boil and simmer very slowly about 2 1/2 hours; longer until the meat is tender. Watch closely and add more boiling water as necessary. By the time the roast is tender and fruit done, there should be very little water. Remove meat and fruit. To serve, thicken juice slightly with cornstarch. Here is where the fun comes in! You may want to add a bit of vinegar and sugar to make a pleasant sweet-sour sauce. Surround meat with fruit and serve sauce in side dish. This is good served with rice and a green vegetable of your choice.

TOMATO-BEEF CASSEROLE

This is a quick and easy casserole that is good to use perhaps that one cup of leftover rice.

Methodist Women to have supper

The general meeting of the Carlisle United Methodist Women will be held in the Educational Building on Tuesday, April 6 at 6:30 p.m. A potluck supper will be served.

All those attending tourney are many

The following are some of those who attended the Kentucky State Basketball Tournament last week in Louisville: Mr. and Mrs. Custer Blair and Fred and her sister, Mrs. Robert Kirkpatrick, Mr. Kirkpatrick and their son Rob of Millersburg;

Ernest Clark, Paul Garrett, C.H. Enis, Joe Croach, Jamie Croach, Mr. and Mrs. Robert Calhoun, Susan Cooney, Mona Garrett, Renee Allison, Greg Letcher, Darrell Livanio, Thelma Mays; Mr. and Mrs. Wayne Shumate, Cliff and Paige, Mr. and Mrs. Mike Buckner and Angie, Emerson Baker, Andy Dudley, Tim and Sam, Jimmy Carter and Tate, Mr. and Mrs. Kimball Booth and Darrin; Kenneth Smoot, Mrs. Reese Smoot and Kim, Mr. and Mrs. Luther Anderson and daughter, Mr. and Mrs. Billy Ken Anderson and sons, Sammy Wick, Bill Clark, Kenny Hunt, Keith Wilcoxson, David Harwick, Ricky Hicks, Gary Gray, Mike Mattox, David Harwick, John Peters, David Snapp, Mark Mattox, Joe Ruppel, R.T. Massey, Steve Vye; Justin Owings, Tim Moreland, Jeff Randolph, Mark Ruppel, Glenn and Mitch Sargent, Greg Wills, Ernest Price, Pat Letcher.



Mrs. Steven Douglas Walker Georgetown is scene of March wedding

The marriage of Miss Sharon Allen Davis, daughter of Mr. and Mrs. Roy Allen Davis, to Steven Douglas Walker, son of Mr. and Mrs. George Lee Walker, all of Georgetown, and Miss Barbara Davis, cousin of the bride, of Paris. They were both given education at the Georgetown Baptist Church, Georgetown.

The double ring ceremony was performed by Dr. Frank C. King, great-uncle of the bride. He was assisted by Dr. Dan C. Moore. A program of wedding music was presented by Miss Virginia Covington, organist.

Hughes and Mrs. Gary Lewis Hughes announce the birth of a son, born March 27, 1976 at 9:42 a.m. at the Nicholas County Hospital. He weighed eight pounds, 12 ounces and has been named Richard Wayne.

Mr. and Mrs. Carl D. Evans announce the birth of a son, born March 27, 1976 at 9:42 a.m. at the Nicholas County Hospital. He weighed seven pounds, 12 ounces and has been named Chad Lee.

Miss Pittman is finalist

Miss Kathy Pittman, daughter of Mr. and Mrs. Robert W. Pittman of Lexington, and granddaughter of Mrs. J.M. Pittman of Carlisle, was a final contestant for the "Miss Lexington" title. The 12 finalists selected from 29 original candidates. She presented a dramatic reading and a vocal number from "The Sound of Music" in the final competition. Results of Wednesday's competition were not available at press time. The 12 finalists' pictures are on display this week at Fayette Mall in Lexington.

Why Myadec?

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Advertisement for Carlisle Drug Co. featuring Myadec and Hot Dog Sauce. Includes address: Carlisle, Ky.

HUSBANDS ... Paint Now ... Fish Later ...

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Advertisement for Reid & Vice, Inc. listing services like Interior Painting, Ceiling Tile, Floor Tile, etc. Phone 289-5279.

Booth completes law enforcement course

RICHMOND—Officials of the Kentucky Department of Fish and Wildlife who recently completed a four-week law enforcement course here included Herbert L. Booth, Nicholas county conservation officer.

The local official was among 51 wildlife personnel from across the state who received the police training, sponsored by the law enforcement division of the state justice department's Bureau of Training. The instruction was specially designed to meet the needs of the Fish and Wildlife department's efforts in enforcing wildlife laws.



Bake Day Pictured are some of the kindergarten class sponsored by the Carlisle Junior High School when they made cupcakes recently.

The Kentucky Chamber of Commerce will conduct its 90th Annual Meeting at the Galt House in Louisville on April 8 beginning with a noon luncheon. The meeting will follow a formal featuring four panel discussions, conducted three times each during the afternoon.

Advertisement for COMSTOCK CHERRY PIE FILLING and KRAFT SALAD DRESSING. Prices: 59¢ and 89¢.

Advertisement for U.S. CHOICE ROUND STEAK \$1.29, COKE, TAB, SPRITE, TENDER LEAF INSTANT TEA \$1.39, BLUE BONNET STICK MARGARINE 79¢, STOKELY APPLE SAUCE 49¢.

Advertisement for JOAN OF ARC Cut Asparagus No. 1 3/1, Frozen Orange Juice 59¢, Cream Style Corn No. 303 3/89¢, Light Red Kidney Beans No. 300 4/11, Butter Beans No. 300 2/49¢, Chili Beans No. 300 3/89¢.

Advertisement for STILLWELL COBBLERS. Apple, Strawb, Cherry, Peach Blackberry. 99¢.

Advertisement for KEEBLER ZESTA SALTINES 49¢, California Naval Oranges 4 lbs. 79¢, C & G Open 8-8 Mon-Sat.

Ohio wedding of local interest

Mr. and Mrs. Waverly Winfrey of Cleveland announce the marriage of their daughter, Miss Mary Terry A. Clark, March 31, in Cleveland, Ohio. Mr. Clark is the son of Mr. and Mrs. Charles Clark of Lexington and the grandson of Mr. and Mrs. Adrain Clark and Mr. and Mrs. Gilbert Reid.

Attending the wedding from Carlisle were Mr. and Mrs. Adrain Clark, Mr. and Mrs. Clifton House, Mr. and Mrs. Bill Holder, Mr. and Mrs. Larry Terrell, Mr. and Mrs. Vee, Mrs. Gilbert Reid, and Mr. and Mrs. Charles Clark of Lexington also attended.

Ceramic Studio is opening up

Carol Pyle is opening a new Ceramic Studio on Broadway across from Reid & Vice. The studio will have finished ceramics for sale and will also give lessons in making them. Registration for classes will be 6:30 to 9:30 p.m. tonight, Thursday, April 1 and Friday, April 2 on Saturday and Sunday afternoons, April 3 and 4 from 1 p.m. to 5:30 p.m.

Nurse and Law topic of workshop

Today's Professional Nurse and the Law will be the topic of a Continuing Education workshop sponsored by the Nursing Faculty at Maryville Community College. April 16 at headquarters of United Methodist Church, Lexington. Registration for classes will be 6:30 to 9:30 p.m. tonight, Thursday, April 1 and Friday, April 2 on Saturday and Sunday afternoons, April 3 and 4 from 1 p.m. to 5:30 p.m.

Union to meet

The Women's Christian Temperance Union will have a meeting at 2 p.m. Monday, April 5 at the Nicholas County Library.

Held Over Second Big Week!

One Showing 7:30 p.m. nightly "HINDENBURG" and Barry Newman — Cleavon Little in "VANISHING POINT" PG

Advertisement for Studio cinema featuring "HINDENBURG" and "VANISHING POINT".

Advertisement for Studio Stage Cinema. Starts Friday April 2 thru April 6. Features "Backbeards Ghost".

Advertisement for Bourbon Drive In Theatre. 3 1/2 Hours of High Performance Action. Two Great Chase Films Return... Together. Peter Fonda — Susan George in "DIRTY MARY CRAZY RYAN" PG

Large advertisement for VALUE COME ON! featuring various food items like Beef, T-bone, Bacon, Steaks, Burgers, and beverages like Coca-Cola, Sprite, and Wesson Oil.