

Kay's Kitchen

— By Kay Fisher —



HERBS AND SUBSTITUTES

For those who are interested in using herbs in cooking, here are some suggestions. However, the best way is for you to experiment and find the amount suitable for your taste buds. Here are a few guidelines for using herbs and spices. When first experimenting take it easy. Use just enough to live up to the natural food flavors. Start with a teaspoon of dried herbs if you are preparing a dish to serve four; to one pound of meat, poultry, fish; to two cups sauce, vegetable, etc. If you are using a herb as a seasoning, you might like a bit more and it is easy to add and possible to take away!

Measure dried herbs until you get into the swing of using them and can tell how much you like of each one. Before adding the herbs to a recipe put them in the palm of your hand and crush them a bit. It helps release the flavor and, too, you will soon get the touch in the palm of your hand and can tell just how much you want.

If you are fortunate enough to have fresh herbs like parsley, dill or many others, use three or four times as much. In dishes that take long cooking, add the herbs during the last half hour of cooking. This is also true in cooking with wine. If adding herbs to juices or cold sauces, add well ahead of time—let stand overnight if possible.

I use sweet basil on a fresh oil and vinegar dressing. Do this in time to let the tomatoes reach room temperature before serving time. Fish, egg dishes, ground meats and poultry dishes are enhanced by using basil.

For soups and stews I use a bay leaf, thyme and parsley. Do remove the bay leaf before serving. Use cloves with all onion seasoned recipes as a substitute. Remember to add them the last minutes of cooking. If used on cold dishes the longer they stand the stronger the flavor. Strain and fish sauces, potato salad, beans and cucumbers are given a lift with dill. Mist with lamb, peas, tea and chocolate. Grease with all fowl, dressings, broccoli, spaghetti and Mexican dishes. Rosemary with rice, spinach, roast pork, veal and chicken, also steaks. Sage—pork, stuffing and meat seasoning, but do so lightly; a little goes a long way. Marjoram—omelets, eggs, cream cheese, meats, fowl and most vegetables. Thyme—cheeses, spaghetti, roasts, vegetables. This is a stronger herb so use lightly. Parsley—one of my favorites. Use in flavor and garnish—it is a delightful

fragrance and can be used with everything but with restraint. Remember this, the stem has more flavor than the curly leaf. You can use the stems for flavor chopped fine and the leaf for garnish.

SUBSTITUTES

These are some helpful tips if you need a substitute.
For 1 cup cake flour—use 1 cup minus 2 tablespoons all purpose flour and sift two or three times.
For 1 tablespoon cornstarch (for thickening)—1 tablespoon flour or four teaspoons quick cooking tapioca.
For 1/4 cup margarine—1/4 cup shortening plus 1/2 teaspoon salt.
For 1 cup sour milk or buttermilk—add 1 tablespoon lemon juice or vinegar to 1 cup sweet milk. Let stand about five minutes.
For 1 square unsweetened chocolate—1 tablespoon cocoa plus 1 tablespoon butter or margarine.
For one small onion—1 tablespoon instant minced onion.
For 1 teaspoon baking powder—1/2 teaspoon soda plus 1/4 cup sour milk to replace 1/2 cup liquid.
For 1 cup tomato juice—1/4 cup tomato sauce plus 3/4 cup water.
For 1 cup catsup or chili sauce—1 cup tomato sauce plus 1/4 cup sugar and 1/2 tablespoon vinegar (for use in cooked mixtures).



American Dairy luncheon

Nicholas is host to Dairy meeting

The Nicholas County American Dairy Auxiliary was host to the District planning meeting on Saturday, April 21 at the Carlisle Baptist Church for a luncheon.

Mrs. L.S. Rogers of Maysville, president of the 9th District presided. Mrs. Lucille Barlow, Russellville, state president, gave reports. Miss Shelia Greenwood of Mt. Sterling, State Dairy Princess, looked on. Officers elected for the coming year were Mrs. John Ulterback, Walling-Snapp, Cynthiaanna, secretary-treasurer. Door prizes were won by Mrs. Estel Noffsinger, Miss Judy Hunter, Mrs. Diana Eggers, RN., Emergency Room Supervisor at the University of Kentucky at St. Luke Hospital, Fort Thomas, Ky. Her topic concerns "Emergency Room Nursing." Interested area nurses will be invited to attend.

Bicentennial Week observed by V.F.W. Ladies Auxiliary

The Ladies Auxiliary, Lloyd George Post 866 VFW, Carlisle, elected the following officers for the coming year: Aileen Bock, president; Helen Rawlings, senior vice-president; Helen Ruble, junior vice-president; Dorothy Gray, conductor; Faye Bock, chaplain; Leona Trussell, treasurer; Alma Joy Wilcox, guard; Imogene Shannon, three-year trustee; Ruth Curtis, two-year trustee; Mayme Price, one-year trustee. The appointed officers will be named later by the new president. The outgoing president is Leona Trussell. The auxiliary members are in the

Carlisle Baptist Church scene of Vice-Goins vows

Identical to the maid of honor, they all carried a long stem white rose, babies breath with ivy, and ivory streamers. Stephanie Ring was flower girl. She wore a floor-length dress identical to the maid of honor. Mrs. Marsha Nickles, sister of the groom, presided at the guest book. Eunetta Carter, Suzanne Grimes and Mary Nickles distributed rice bags. Larry Barker of Carlisle served as best man. Visitors were Van Davis, Larry Montgomery and Bill Jost, all of Frankfort. A reception was held at the Carnico County Club. Those assisting were Mrs. James Carter and Mrs. Barbara Grimes, sisters of the bride. After a trip to Galatinburg, Tenn., the couple is living at 259 Woodhill, Frankfort.

Attains high average

University of Kentucky College of Education has honored 48 students from Kentucky for high academic achievement during the 1975 fall semester. To be honored by the education dean, students must attain a 3.5 grade point average based on a 4.0 system. Elizabeth Kay Ramey, junior art teacher at the Carlisle Baptist Church, Elizabeth, Route 2, attained this achievement.

COOLLY

Mrs. W.T. Shields of Dayton, Ohio spent his Tuesday night Thursday last week with Mr. and Mrs. J. Angus Jacobs.

Sgt. William V. Bowen has returned from a 13-month stay in Korea. He and Mrs. Bowen are enroute to the Naval Air Station at Key West, Fla. Mrs. Bowen is the daughter of Mr. and Mrs. David Williams.

Mr. and Mrs. Allen B. Whaley and Mrs. W. W. Hensley returned home Friday after having visited with her daughter, Mrs. Robert Harrod, Mr. Harrod and family in Elizabethtown, and her sister, Mrs. Robert McConahy, Mr. McConahy and family in Charleston, W. Va.

Mr. and Mrs. William V. Burroughs have returned to their home on Eighth Street in Millersburg after spending a week vacationing in Williamsburg, Va. Mrs. J.B. Jacobs, Mrs. David Booth, Mr. and Mrs. J. Angus Jacobs, Ernest Jacobs and Mrs. W.T. Shields attended the funeral of Wooda Jacobs in Mt. Sterling.

Miss Sandy Story of Lexington recently completed a week's special training in Chicago, Ill. for IBM. Miss Story is the daughter of Mr. and Mrs. Donald Story.

Caroline Kirkpatrick, Susan McCormack and Terri Johnson, all of Millersburg, members of Girl Scout Troop 287 spent the past weekend at Camp Chatterbox at Jenny Wiley State Park.

Miss Deena Pallas August wedding planned by couple

Mr. and Mrs. Rudolph H. Thurnberry, Lakeland, Fla., announce the engagement of her daughter, Deena Wood Pallas, to James Harold Wilburson, Jr. and Mrs. William S. Wilbur, Miami Springs, Fla. The bride-elect is also the daughter of Ernest Wood Pallas, Davenport, Iowa, formerly of Cyrtiana. Her maternal grandparents, William M. Hodson and the late Mrs. Hodson, were former residents of Nicholas county.

Miss Pallas is a graduate of Florida State University and is employed by Burdines in Miami. Wilbur attended Florida State University and Duke Junior College and is employed by American Hospital Supply.

An Aug. 14 wedding is planned.



Mr. and Mrs. Frederick Hampton Goins

Attend Spring Convention Community Club Junior Club

Carlisle Community Woman's Club was represented at the Kentucky Federation of Woman's Club's annual meeting held April 20-22 at the Phoenix Hotel in Lexington, by Mrs. Fred Whaley, president-elect; Mrs. H. Harold Lettner.

Mrs. Whaley and Mrs. Sugg attended the President's Breakfast where Mrs. Francis Pennington, KFWC Parliamentarian, was the guest speaker. Mrs. James W. Davis, Suschel Woman's Club, was elected KFWC president; Miss Pat Lee, Louisa Junior Woman's Club, second vice-president; and Mrs. Evelyn Wheeler, Paintsville Junior Woman's Club, fourth vice-president.

Joy, Julia M. Carroll was the guest speaker for the Wednesday evening banquet. Special music was provided by Reflections of Love, a vocal group from Lafayette Christian Church, Lexington, commemorating the Bicentennial.

Caring is Telling Mother "I'm Glad I'm Yours" WITH Flowers from Bowen's Florist Order your Flowers Today!

Moorefield Homemakers meet

The Moorefield Homemakers met Wednesday, April 7, at the home of Mrs. Hanson Ellington in Carlisle, with Mrs. Mildred Greene as co-hostess. Mrs. Joe Smart, president, presided over the meeting. Roll call was answered by 18 members, answering with a "Commer Hunt." Mrs. W.J. Clark was the devotional.

Dollhouses displayed

Mrs. Hanson Ellington and Mrs. Mildred Greene gave a lesson on "Do Ahead Models." The club voted to give \$25 to the Cancer Fund. Mrs. W.J. Clark was in charge of the recreation. After the meeting adjourned refreshments were served by Mrs. Ellington and Mrs. Greene. The May meeting will be at the home of Mrs. Rusty Lawrence with Mrs. James Hamm as co-hostess.



Mrs. C.V. Whitney is pictured with the miniature Princess Margaret Guest House which is on display at Parker Place, 511 W. Short Street, in Lexington through Sunday, May 2. Also on display is the dollhouse replica of the Whitney mansion. Funds raised from these Lexington, Mrs. Joett Redmon, a native of Nicholas county, daughter of Thurman and Bessie Waggoner, formerly of the county, has the responsibility of cleaning and caring for the dollhouse. According to Mrs. Redmon, who has various other duties as an employee of Mrs. C.V. Whitney, it takes about one day to clean two rooms of the miniature house. The hardest job, she said, is polishing the tiny pieces of brass and silver.

In Service
Navy Fireman Robert R. Mason Jr., 18, son of Mr. and Mrs. Robert R. Mason Sr. of Moorefield has returned to Mayport, Fla. after a four-month deployment to the Mediterranean Sea. As a crew member aboard the destroyer USS Bagley, he participated in Naval exercises with the U.S. Sixth Fleet and visited ports in Tunisia, Italy, Yugoslavia, Morocco and Spain. A former student of Nicholas County High School, he joined the Navy in July 1974.

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Sunsit Lemons 6/39¢ 186 ct.
Green Onions, Radishes, Cucumbers 2/29¢
South Shore Salad Olives 10 oz. 69¢
Prelate Pink Salmon 16 oz. \$1.69
Smucker's Candied Dill Spears 18 ct. 89¢
Oxydol Detergent 18 ct. label 49 ct. \$1.19
Thank You Strawberry Pie Filling 20 oz. 69¢
Friskies Buffet Cat Food 6 1/2 oz. All varieties 5/11
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Kraft Mustard 9 oz. 2/49¢
Valvetta (Limit 1 please) 2 lbs. \$1.49

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