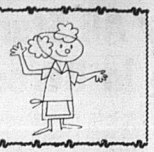
Kay's Kitchen



By Kay Fisher

Since most garden vegetables are in abundance now you may want to try out some new recipes and give them a new and different taste. Fresh green cabbage can be boiled and served with butter, scalloped, fried, made into slaw and is the "body" of most congealed vegetable salads. Now here is something different—Cabbage Relish. You can use this instead of a salad and can be made ahead of time and kept in refrigerator in tightly covered container. Good with chili, hamburgers and barbecued meats. You may vary it some by adding shredded carrots and diced celery.

CABBAGE RELISH

Make a marinade of:
½ cup vinegar
½ cup water
¼ cup sugar
½ or more teaspoon salt
1 teaspoon celery seed

Pour over about 4 cups of finely chopped cabbage and over finely chopped green pepper. Mix well, cover and chill.

BAKED CREAMED CABBAGE

This is very much like Scalloped Cabbage, only a bit more seasoned.
1 medium head of cabbage
boiling water
3 tablespoons of butter
3 tablespoons of flour
½ teaspoon salt
1½ cups milk
enough bread crumbs to cover top
1 tablespoon Worchestershire sauce
½ medium onion, diced thinly
grated Parmesan cheese

Shred cabbage very fine and cook in boiling salted water until just tender. Drain well. Place in buttered baking dish. Melt butter in saucepan, add onion and cook until limp, but not brown. Stir in flour, salt, Worchestershire sauce and add milk, gradually stirring until mixture is smooth and thickened. Taste the sauce to be sure it is well seasoned. You may want to add a dash of Tobasco sauce. Pour sauce over cabbage, put bread crumbs over top and sprinkle generously with Parmesan cheese. Bake at 325-350 degrees until heated thru and crumbs are browned.

* * * *

Zucchini and summer yellow squash are my favorite summer vegetables. They are delicious simply cooked until tender with salt and pepper. However there are many special ways, all good.

SQUASH SOUFFLE

2 lbs. small yellow squash
1 tablespoon chopped onion
½ teaspoon salt
2 eggs, beaten
¼ lb. sharp cheddar cheese, grated
½ cup cracker crumbs
¼ stick of butter
paprika
fresh ground black pepper

Cook squash and onion in salted water until just tender. Drain off water, cool, add beaten eggs and mix well. Put in baking dish and add cheese. Put cracker crumbs on top and dot with butter. Sprinkle with paprika and fresh ground black pepper. Bake 350 degrees about 20 minutes or until browned.

ZUCCHINI WITH CHEESE

About four zucchini if large or eight small ones unpeeled and cut into ½-inch slices. Saute in mixture of ¼ cup butter, 2 teaspoons water, one crushed garlic clove, ½ teaspoon salt and pepper. Cook about 10 minutes, until tender. Serve hot with Parmesan cheese.

ZUCCHINI WITH TOMATO

3 slices bacon
½ cup diced onion
3½ cups unpeeled sliced zucchini
1 (8 oz.) can tomato sauce
¾ teaspoon salt
pepper

Fry bacon until crisp. Remove from pan, add onions and cook until golden, add remaining ingredients; cook covered until tender and sauce is absorbed. When ready to serve sprinkle crisp bacon over top.

VEGETABLE SALAD TO FREEZE

1 large head of cabbage, chopped fine
1 quart celery, cut in small pieces
3 green peppers, chopped
2 onions, chopped
2 cups sugar
3 cups vinegar
1 teaspoon celery seed
1 teaspoon mustard seed
1 teaspoon salt

Mix all ingredients until sugar is dissolved. Freeze in pint or ½-pint cartons. Use size to accommodate your family. Do not fill cartons too full. Allow for expansion in freezing.

Kay's Kitchen Cookbook order blank on classified page.

Visit 'The Admiral House'

Ms. Betty Blake at Vice President Rockefeller's home, "The Admiral House" in Washington, D.C. where travel writers were welcomed home after 'Around-the-world trip' to invite foreigners to come to America in 1976. From left, Ms. Blake, Vice President Rockefeller, Ms. Carolyn Patterson, National Geographic.

Phillippino native is guest speaker for Methodist Women

The general meeting of the Carlisle United Methodist Women will be held at Ralph Bowen's cottage on Lake Carnico on Tuesday evening, Aug 10 at 6:30 for the annual potluck picnic. Co-hostesses for the meeting with Mrs. Bowen will be Mrs. Helen Roberts and Mrs. Pat Fisher.

The speaker for the evening will be Rev. Limerio C. Garibay of the Phillippines. He is in the United States for six weeks to fulfill a series of speaking engagements and to visit his daughter who is presently a student in Southwestern College in Kansas.

Rev. Garibay, one of 10 children of a minister's family, was born in Pangasinan on July 31, 1929. After his graduation from Union Theological Seminary in Manila in 1958, he served as pastor in the frontier areas of Mindanao. He served as pastor for 16 years, four years as District Superintendent, and has been for the last three years executive secretary of the Central Conference Board of Missions of the United Church in the Phillippines. He also served in different capacities as chairperson of the Board of Ministry, member of the National Coordinating Council, the highest programming body of the United Methodist Church in the Phillippines.

He was also director of the Mindanao Summer Pastor's School for 10 years and presently is a part-time member of the faculty, teaching courses in missions and evangelism at Union Theological Seminary in Manila. He serves also as a member of the Board of Trustees of Harris Memorial College, the only Methodist school for training women church workers.

Rev. Garibay has been a delegate to several General Conferences including the one held in St. Louis, Mo. in 1970.

Mrs. Garibay, also a graduate of Union Theological Seminary is presently associate editor of New Day Publishers. She is also national secretary of the Women's Society of Christian Service.

The United Methodist Women of the Carlisle Church extend an invitation to the United Methodist Women in surrounding churches and other interested friends to join them for the picnic and to hear Rev. Garibay.

SOCIETY

Mr. and Mrs. Paul Day of Carlisle have returned home after spending a weeks vacation in Charleston, S.C. They also visited Mr. and Mrs. Milton Coker and Mr. and Mrs. J.W. Sweatman of Holly Hill, S.C.

Carl and Ray Banta, Lexington, spent Thursday and Friday with their cousin, Mrs. James Neal Wood, Mr. Wood and family.

Mr. and Mrs. Bill Woodring of Louisville and Mrs. Richard Lowe and four children of Greensboro, N.C. were recent guests of Miss Alma Atkinson.

Mr. and Mrs. Don Hughes and children spent last week at Barren River State Park in Glasgow.

Ms. Ann W. Crouch and Carl Banta of Lexington were visitors in Carlisle Monday.

Mrs. William Medina of Charleston, S.C. was the guest last week of her parents, Mr. and Mrs. Chontrelle Layson in Millersburg.

Mr. and Mrs. Zed Layson Jr. and children Kathy, Chip and Ashley of Winter Park, Fla. are visiting this week with his parents, Mr. and Mrs. Zed Layson of Millersburg.

Greg and Paige Haney spent last week with their uncle, Jimmy Haney, Mrs. Haney, Cindy and Mike in Sharpsburg. They spent a day at Kings Island.

Detective Bennie Bowles, Mrs. Bowles and children moved last week from Millersburg to Bowling Green where he was transferred by the Kentucky State Police.

Price Huston and his son, John Charles of Millersburg spent last weekend at Camp McKee in Montgomery county.

Dr. O.H. Lambert entered St. Joseph Hospital Wednesday, July 28 and submitted to surgery on Friday.

Miss Connley Stewart, Mrs. Teo Nutini and daughter Eleanor of Ashland spent last week with Mrs. Nutini's brother, Warren Fisher and Mrs. Fisher at Lake Carnico.

Mr. and Mrs. A.B. Whaley spent the weekend in Carrollton where they attended a cattle meeting.

Mrs. Walter Mikula returned to her home in Chicago, Ill. last Friday after spending a week with her brother, Thomas G. Hickman and Mrs. Hickman at their home in Bourbon county.

Mrs. Stanley Hutchings returned to her home in Akron, Ohio after spending two months with her daughter, Miss Mary Margaret Hutchings at Lake Carnico.

Mr. and Mrs. Zed Layson of Millersburg had as their guests last week Mr. and Mrs. Warren Hodge of Perry, Ga.

Mrs. Wadsworth Jones has returned to her home in Millersburg after being a patient at Bourbon County Hospital where she was admitted for tests and observation.

Mr. and Mrs. Carl Hughes had as their guests recently her brother, Eugene Clavell, Mrs. Clavell and son, Gary of Connersville, Ind. and their son Winford Hughes, Mrs. Hughes and their daughter Kay of Lexington.

Miss Grace T. Patrick was moved last week from her apartment on Main Street to the Mayfair Manor Nursing and Convalescent Home at 3300 Tates Creek Road in Lexington.

Mrs. J.M. Pitman visited several days last week with Mrs. Stanley Hutchings at Lake Carnico.

Senator and Mrs. H. Stanley Blake were in Cincinnati on Monday, July 27 to view the "Mississippi Queen" as the guests of their daughter, Ms. Betty Blake. Ms. Blake is president of The Delta Queen Steamboat Company, owners of the Mississippi Queen. Mr. and Mrs. William S. Blake of Dayton, Ohio also attended.

Mr. and Mrs. Jeff Layson of Paris had as their guests recently her parents, Mr. and Mrs. Charles Baumgarden of Florida.

Mr. and Mrs. Donald Haney and Mr. and Mrs. Cliff Shumate returned home Friday after spending a week in Montreal where they attended some of the swimming, field and track events at the Olympics.

Christopher and Patrick Loring, sons of Mr. and Mrs. Maynard Loring of Norwell, Mass., flew from Boston last week for a three weeks visit with their grandparents, Mr. and Mrs. W.J. Clark. Michael, Kevin and Stuart Burton, sons of Mr. and Mrs. Harold R. Burton of Lexington, are guests of their grandparents this week following their vacation to Atlantic Beach, N.C.

Terance Fowler plans to return to his home in Atlanta, Ga. tomorrow (Friday) after spending a month with his two months with her daughter, Miss Mary Margaret Hutchings at Lake Carnico.

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Betty Blake is alumni speaker

Ms. Betty Blake of Cincinnati, president of the Delta Queen Steamboat Company, will be the featured speaker at the Carlisle High School Alumni Banquet to be held Saturday, Aug. 21 at 6 p.m. at the Blue Grass Industries cafeteria.

Anyone planning to attend should contact Carolyn S. Terrell at Route 1, Moorefield, Ky. 40350 or phone her at 289-5722. Reservations must be made no later than Wednesday, Aug. 18.

Pre-nupital parties fete bride-to-be

Catherine Ann Kehne, whose marriage to William Reed Caldwell will be solemnized at 3:30 p.m. Saturday, Aug. 7, at the Chapel of Memories, Central Christian Church in Lexington, has been honored recently with the following pre-nuptial parties:

A miscellaneous shower given by the teachers of Yates Elementary School at the home of Mrs. David Ramey in Lexington on May 26;

A luncheon by Mrs. Phillip Hammond in Shaker Heights, Ohio, on June 12;

A cocktail party, June 15, by Mrs. George B. White in Shaker Heights, Ohio;

A tea, July 20, given by the CWF of First Christian Church, ——;

Mr. Caldwell was the guest of honor, Wednesday, Aug. 4, at a dinner given by the Men's Fellowship of First Christian Church at Carnico Country Club.

Mr. and Mrs. William Shanklin Caldwell will be hosts for the rehearsal dinner at the Little Inn in Lexington on Friday, Aug. 6.

Mrs. Wiley Walker given baby shower

Mrs. Wiley Walker of Covington was honored with a baby shower on Saturday, July 31 at Blue Licks State Park. Hostesses were Mrs. Eugene Sibert, Mrs. Allen Bowles and Mrs. Paul Purcell.

The traditional color scheme of pink and blue and white was used in the decorations. Forty-three guests attended.

Out-of-town guests were: Mrs. Otis Poore, Kevin and Polly of Byrdstown, Tenn.; Mrs. Gist Goodall, David and Dana of Morgantown; Mr. and Mrs. Charles Zachary of Covington; Mrs. Willie Walker and Mrs. Kelly Choate of Cowan.

Mrs. Walker, the former Glenna Purcell, is the daughter of Mr. and Mrs. Glenn Purcell of Nicholas county.

Mynears host feast

Mrs. Dora Mynear, Katherine, Charlie and Edna Wagoner entertained the following with homemade ice cream Saturday afternoon: Mr. and Mrs. Danny Curtis of Ft. Mitchell, Mark Kennedy and Bonnie of Covington, Mr. and Mrs. William Hoover of Lawrenceburg, Ind. and Mr. and Mrs. Robert Harney of Shady Nook.

Sunday afternoon guests were: Mr. and Mrs. Eugene Gaunce, Spencer Mynear and Beasie Smith of Carlisle, and Rev. and Mrs. Howard Ritchie of Millersburg.

1931 Class has reunion

The Carlisle High School Class of 1931 will have a class reunion at 3 p.m. Saturday, Aug. 21 at the Carlisle Christian Church. John Tapp requests that all class members attend if at all possible.

25th reunion of 1951 Class

The 25th reunion of the Nicholas County High School Class of 1951 is being planned for Saturday, Aug. 21 at Carnico Country Club. A buffet dinner will be served at 6 p.m.

Any teacher of that year is also invited to attend.

Reservations can be made by mailing $3.25 per person to Betty Goebel, 327 Hicks Pike, Walton, Ky., no later than Saturday, Aug. 14.

Register Aug. 13 for Kindergarten

The Carlisle Junior Woman's Club Kindergarten will begin Oct. 4. Registration for the 1976-77 class will be held Friday, Aug. 13 in the basement of the library from 10 a.m. to 1 p.m.

Those students who have pre-registered for this school year are: Joe Hatton, Christopher Knapke, Leslie Hardin, Heather Hughes, Casey Sithers, Andy Anderson, Sarah Blount, Mark Allison, Jay Ecton, John Gabriel, Danny Wells, Chad Mitchell, Rodney Hedges, John Snapp, Todd Fuller, Gretchen Judge, Jamie George, Mary Farah, Nicki Baker and Stephanie Ring.

School reunion to be Aug. 8

Moorefield teachers and students will hold their semi-annual reunion Sunday, Aug. 8 at the Moorefield Methodist Church.

Pot luck lunch will be served at noon.

'For Such A Time As This'

by

Rev. Harold L. Rice

former minister of Carlisle Christian Church

Please send me ——— copies of FOR SUCH A TIME AS THIS by Rev. Harold L. Rice at $5.00, plus 75 cents for postage and handling per copy. I am enclosing my check for $5.75.* Mailing address is P.O. Box 228, Wrightsville, GA 31096.

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Carter's Men's & Boy's Clothier

MSU post-summer session begins; fall semester to start this month

MOREHEAD—The post summer session and opening of the fall semester highlight the August calendar of events open to the public at Morehead State University.

Post Summer, a two-week term in which students may earn up to three semester hours of credit, starts Monday, Aug. 2, and ends Friday, Aug. 13. Registration is scheduled Aug. 2, from 8 a.m. to 10 a.m. at Button Auditorium.

The fall semester begins Monday, Aug. 23, with registration of seniors and graduate students. Classes start Thursday, Aug. 26.

Whirling bodies and music dominate the campus the week of Aug. 8 as the Kentucky Dance Institute assembles for its 23rd year. More than 120 persons of all ages will participate.

Also opening Aug. 8 is the first annual Camp Olympus, a judo camp for boys and girls. Sessions will meet at Button Auditorium and University Breckinridge School.

More than 400 junior and senior high school cheerleaders are visiting the week of Aug. 8 for a camp sponsored by Universal Cheerleaders Association.

Copies of the fall class schedules, on campus and off, are available from Office of School Relations, MSU, Morehead, Ky. 40351.

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Kentucky reflections

Elkton

by George Street Boone

The current simmering brouhaha over the canalization of some streams in Western Kentucky reminds us that one man's public improvement is another man's ecological disaster.

The great wall of China probably divided farms as our interstate highways have done, and surely those magnificent Roman roads disrupted some drainage patterns.

A favorite story of a corporate comeuppance delivered in Southwestern Kentucky is the story of the Elkton and Guthrie Railroad, the old "E & G", a spur line built by local capital to connect to Hetty Green's L & N nearly one hundred years ago.

According to custom, communities not directly on the main line would construct feeder rail lines, financing the construction with local dollars and, usually immediately upon completion, lease the line to the major connecting railroad which would operate its equipment and pay a sufficient rental to retire the bonds sold to build the spur.

Such a line, some twelve miles long, was constructed in the early 80's from Elkton, the county seat of Todd, to Guthrie, a significant railroad center on the Kentucky-Tennessee border where main lines crossed.

Promptly after the line had been completed, engineering representatives from the flourishing L & N, according to local legend, were dispatched to inspect the tracks and facilities of the Elkton and Guthrie.

Reportedly they were pleased with the quality of facilities offered to them. As they progressed in their inspection from the rail intersection at Guthrie toward the track-end in Elkton, they were pleased until, as they neared the county seat on a noticeable down grade.

Continued on page 12

EKU registration begins Aug. 23

RICHMOND—Registration of students for the fall semester at Eastern Kentucky University will begin at 1 p.m., Monday, Aug. 23 at Alumni Coliseum. Dormitories will open the previous day.

Juniors, seniors and graduate students will enroll first, and freshmen and sophomores will begin enrolling at 1 p.m., Aug. 24 and continue into the next day. Classes will begin Aug. 26.

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August 13 & 14

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Jeno's Pizzas 13 oz. pkg. 89¢ Sausage, Pep., Hamb., Cheese

Banquet TV Dinners 49¢ Chick., Turkey, Beef, Salisbury, Meat Loaf, Spagh.&Meatballs, West. Dinner, Beans & Franks, Mac.&Cheese

Single Roll Teri Towels Assorted, Decorated 49¢

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U.S. Choice Whole Beef Ribeye lb. $2.49

U.S. Choice Shoulder Roast lb. 99¢

U.S. Choice Beef Short Ribs (Extra Lean) lb. 99¢

U.S. Choice Boneless Stew Beef lb. $1.39

100% PURE FRESH GROUND BEEF (3 lb. pkg. or larger) lb. 69¢

U.S. CHOICE CHUCK STEAK (Boneless lb. $1.19) lb. 79¢

ARMOUR HOT DOGS 12 oz. pkg./59¢

ARMOUR NO.1 SLICED BACON lb. $1.39

Marhoefer Smoked Pork Chops (Center Cut) lb. $1.69

Southern Star Patio Pups lb. 99¢

FRESH PEACHES 4 lbs./$1.00

Kentucky HOME GROWN TOMATOES 3 lbs./$1.00

Chiquita or DOLE BANANAS 2 lbs./39¢

YELLOW CORN 5 Ears/49¢

Cucumbers and Green Onions 2/29¢

Giant size Cheer Detergent $1.19

Hungry Jack 1 lb. Mashed Potatoes 89¢

Lipton 3 oz. Instant Tea $1.39

100 Ct. Kleenex Tissues 3/79¢

Bathroom 100 Ct., 3 oz. Dixie Refill Cups 59¢

Disposable 24's Daytime Johnson Diapers $2.39

Calgon 16 oz. Bath Oil Beads 89¢

Minute Maid Frozen Orange Juice 6 oz. cans 3/89¢

Brillo 10 Ct. Soap Pads 3/$1

46 oz. Hi-C Drinks 49¢

Gravy Train 25 lb. bag Dog Food $5.99

Lipton 100 Ct Tea Bags $1.69

Margarine lb. Nu-Maid Sticks 39¢

Bath Size Lifebuoy Soap 2/59¢

plus Bottles Cokes 6 pk., 32 oz. $1.49

Ever Fresh 14 oz. Frozen Donuts 79¢

Stack Pack 12 oz. Ritz Crackers 69¢

6 oz. Kraft Mustard 2/39¢

Kraft 18 oz. Barbecue Sauce 59¢

Sea Pak 8 oz. Fish Sticks 49¢

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