

Kay's Kitchen

By Kay Fisher



No special meals or holidays for a few weeks. Just those regular three meals a day. It is really too early to start thinking of lighter spring foods, even on those bright sunny days, because knowing Kentucky weather, the temperature may drop at any time or tomorrow snow.

So for a few weeks I'll just ramble along and try to give you some recipes that will help you plan your meals.

The following recipe is an old fashioned one. You may serve it for breakfast, lunch or dinner.

SCRAPPLE
1 pound lean pork
1 quart water, to give you some recipes that will help you plan your meals.

PORK LOIN ROAST
Place a pork loin roast on rack in shallow roasting pan. Roast uncovered at 325 degrees, allowing 30 to 45 minutes per pound. Plan on 2 1/2 to 3 hours for a 3 to 4 pound roast; 2 3/4 to 4 1/2 hours for a 5 to 7 pound roast.

GINGERBREAD
2 eggs
1/2 cup brown sugar
1/2 cup molasses
1/2 cup melted shortening
2 1/2 cups flour
2 1/2 teaspoons baking powder
1/2 teaspoon soda
2 teaspoons ginger
1/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup boiling water
Add beaten eggs to sugar, molasses

Ada's and A.D.A. state meet is Feb. 9

Members of the Ada's... the ladies' auxiliary of the American Dairy Association of Kentucky will hold their annual State Meeting in conjunction with the annual A.D.A. meeting in Louisville, Feb. 9, at 2:30 p.m. in the Hoteliers Room of Holiday City Convention Center, Fern Valley Road. All dairy wives in the Nicholas county area are urged to attend this meeting.

If you really love her...
THE BEST WAY TO SHOW IT ON VALENTINE'S DAY IS TO GIVE HER A

Diamond Heart Necklaces on Lockets
With or Without a Picture
A beautiful gift for her...
19⁹⁵

Diamond Love Necklaces
A new design...
14⁹⁵

Three Diamond Heart Necklaces
A new design...
17⁹⁵

Diamond Love Necklaces
A new design...
14⁹⁵

Stim's Jewelry

United Methodist Youth to have talent show

Members of the Carlisle United Methodist Youth Fellowship (UMYF) are sponsoring a church-wide talent show Saturday night, Feb. 7 at 7 p.m. in the church annex.

Mid-winter board meeting attended by local women

Mrs. James D. Anderson and Mrs. Harry Boudier attended the Mid-Winter Board Meeting of the Kentucky Federation of Women's Clubs held recently in Louisville, Mrs. Anderson, president of the Carlisle Junior Woman's Club (KFWC), reported that the Bi-Centennial Bookshelf books are now available for purchase by the general public. The books included in the Bookshelf are all by Kentucky authors and may be purchased from any club member, or by phoning Mrs. Harry Boudier, club treasurer, at 288-2838.

February is International Month for Homemakers

February is the International Month for the Kentucky Extension Homemakers Association. Mrs. Bobby Dewey is Kentucky's International Chairman and Mrs. Earl Friedley of Georgetown is National Extension Homemakers Chairman.

BIRTHS

DAVIS
Mr. and Mrs. Charles Davis, Carlisle, announce the birth of a son on Sunday, Jan. 28, 1976 at Nicholas County Hospital.

BARNETT
Mr. and Mrs. Danny Ray Barnett, Ellenville, announce the birth of a son on Wednesday, Jan. 28, 1976 at Nicholas County Hospital.

Two home from hospital
Mr. and Mrs. Ollie Ray Cannon returned to their home on Saturday from Lexington where he spent the past ten days as a patient at Good Samaritan Hospital. She visited with her daughter, Mrs. John Bruckner and family.

Funeral
Funeral services for Mrs. Mary Ann... will be held at 2 p.m. on Saturday, Feb. 14, at the Valentine Home.

Homesteading '76' is program topic
The Conservation Department will be in charge of the program and will present a program on "Homesteading '76."

Betty Barbee is manager
Mrs. Betty Barbee has been named to replace Mrs. Mona Mahabukh as manager of Carnico County Club. The

Carlisle Drug Co.
A Woman Never Forgets A Man Who Remembers
"Try a Little Tenderness"
and remember her with a selection from
Abraham's Ladies Shop
A gift that will say...
"Happy Valentine's Day"
and be enjoyed long afterwards

Your representative in Frankfort

The highlight of this week's General Assembly was Governor Carroll's budget address. In the much awaited speech Governor Carroll reaffirmed his

FEBRUARY Clearance SALE
Group of Lingerie, Foundations & Rubes Reduced 1/3 to 1/2
Group of Dresses & Sportswear Reduced 1/2 Below
Abraham's Ladies Shop

Save by the fistful!
while shopping at **Crockett & Gaunce FOODTOWN**

Van Camp 5 oz. can 3/51	Van Camp Beef Stew 24 oz. can 79c	Swans Down Cake Mixes 49c	Potato Buds 1 lb. box 89c
Green Giant Vegetables 2/69c	Hot Dog Sauce 4/51	Sliced Beef Sliced Pork, Sal, Steak, Sliced Turkey Morton House 12 1/2 oz. 59c	Golden Sceptre 15 1/2 oz. \$1.29
211 Galpoina 35 oz. 89c	Kool Aid 33 oz. can \$1.99	Golden Sceptre 15 1/2 oz. \$1.29	Stokely Shredded Kraut No. 303 can 4/51
All Detergent 99c	Lysol Cleaner 99c	Golden Sceptre 15 1/2 oz. \$1.29	Stokely Golden Corn No. 303 C.S., W.K. 3/51
Bathroom 3 oz. 69c	Dixie Refill Cups 69c	Golden Sceptre 15 1/2 oz. \$1.29	Stokely Apple Sauce No. 2 can 4/51
Ajax Cleanser 14 oz. 2/39c	Aero Wax 27 oz. can 99c	Golden Sceptre 15 1/2 oz. \$1.29	Comstock Cherry Pie Filling No. 2 can 59c
Elbow Macaroni 69c		Golden Sceptre 15 1/2 oz. \$1.29	Stokely Apple Sauce No. 2 can 4/51

Domino Sugar 5 lb. bag **89c**
Winesap or ROME Apples 3 lb. bag **59c**
Foodtown Bread 16 oz. loaves **4/51**
Vine Ripe TOMATOES 5 lb. bag **79c**
Domino Sugar 5 lb. bag **89c**
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which will make Kentucky within \$122 of the average teachers' salaries in the six surrounding states by the next biennium.

The Governor gave fiscal support to the defense and schools for the next biennium. Another major event that occurred surrounded the New Rules Committee. In an attempt to make the committee more responsive to the people and function in a way that is not only fair but efficient, the New Rules Committee adopted new executive changes in the rules. Committee postings and actions used to be before anyone knew what was happening. Under the new rules a bill must be posted for three days before it can be considered. The press will receive a copy of the new posting request to get the people who will know what is going on in committee. All committee meetings will now be open to the public. These along with other changes will be appearing insignificant dire a sincere attempt to get the people involved with their government and to

U.S. Choice CHUCK ROAST
U.S. Choice
Boneless Stew Beef lb. \$1.49
U.S. Choice Chuck Steak lb. 89c
U.S. Choice Beef Short Ribs lb. \$1.19
(3 lb. pkg. or larger)
Fresh Ground Chuck lb. 99c
Fresh Pork Spare Ribs lb. \$1.19
Armour Star Pork Sausage lb. 79c

ARMOUR STAR SLICED BOLOGNA 12 oz. pkg. **99c**
SWIFT PREMIUM WIENERS 12 oz. pkg. **69c**
SWIFT PREMIUM SLICED BACON 12 oz. pkg. **\$1.59**
GRADE A WHOLE FRYERS (Cut Up lb. 49c) **lb. 43c**

Wich 12 oz. 59c
Blue Bonnet lb. 2/89c
Stick Margarine 49c
Hi-C Fruit Drink 49c
Crisco Oil 48 oz. \$1.49
32 oz. Btl. Duke's Mayonnaise 99c
Stokely 303 can Honey Pod Peas 3/1

Kraft American Singles 12 oz. pkg. **99c**
Downy Fabric Softener 69c
Banquet Meat Pies 4/51
C & G Open 8-8 Mon.-Sat
★ We Welcome Federal Food Stamps

Kentucky Truckers
4-H meets Jan. 29
The Fifth Grade Kentucky Truckers held a 4-H meeting at the Nicholas County Elementary School, Thursday, Jan. 29.

FOR SALE
Three bedroom frame home in town, well-kept, carpet, large kitchen and bath, one year old. Jewel Vice Realtor, 288-2525.