

Kay's Kitchen

— By Kay Fisher —



If you haven't been able to whitened down those extra pounds picked up during the holidays, perhaps this Pepper Steak recipe will be welcome. (It really isn't!) No restriction on serving hot steamed rice; for those wishing weight, serve over hot bean sprouts.

PEPPER STEAK

1 pound round steak
1 tablespoon margarine
1 cup chopped onion
1/2 cup boiling water
1 green pepper, cut in 1/2-inch squares
2 cups fresh, sliced mushrooms or one large can sliced mushrooms
2 tablespoons sherry or dry white wine
Trim any fat off steak, then slice diagonally into 1/8-inch thick strips. (Steak will slice easier if nearly frozen.) Melt butter in skillet, add onion and cook until limp; remove from pan. Add meat to skillet and brown on either side. Return onion to skillet. Dissolve bouillon in water; add to meat. Cover and cook about 35 minutes, or until meat is tender. Add green pepper and mushrooms; cover and cook 5 minutes. Add tomato, salt and pepper to taste

and wine. Let cook 5 minutes longer, stirring occasionally. Serve immediately. Makes 4 servings, approximately 281 calories per serving.

Since George Washington's birthday is coming up, try this instead of cherry pie.

CHERRY PUDDING

Heat 1 can of red sour cherries with 1/4 cup sugar.
Melt 1 stick of margarine or butter in 1 1/4-cup Pyrex dish. (The 7x11 1/2 size.)
Make a batter of 1 cup sugar, 1 cup flour, 1/4 teaspoon baking powder, pinch of salt and 1/2 cup sweet milk. The milk more or less makes a smooth batter, not too thin.
Pour the batter over the melted margarine, then the cherries and juice on top of batter. Do "not" stir. Bake 50 degrees until brown—about 30 to 45 minutes. Cut in squares. Serves 8 generously. This is good served warm with prepared whipped topping or a scoop of ice cream. If you have any left it is good cold.
Should you want to dress this up a bit



Miss Jean Moreland
Wedding plans are announced

Mrs. Carol Moreland, of Carlisle, and Gordon Moreland of Orlando, Fla., announce the engagement of their daughter, Jean Ann to Patrick Lowell Dunn, son of Mrs. Ruth Dunn, of Carlisle and the late Roger Dunn.
Miss Moreland is a graduate of Nicholas County High School, and is presently employed at the Deposit Bank. Mr. Dunn is employed at Jerry's IGA.
Wedding plans are complete.

SOCIETY

Mrs. Violet Lawson, of Covington, spent last Thursday with Mr. and Mrs. Shell Morris, on the Barterville Road.
Mrs. Odetta Miller has returned to her home after a three month visit with her son Coburn R. Miller, Mrs. Sarah Miller and her son, Michael in Water Park, Fla.
Mrs. John Hamilton of Alexandria, Va. has returned home after visiting her mother, Mrs. W.W. Riggs.
Dr. and Mrs. O.H. Lambert returned home Friday after spending a month at Ormond Beach, Fla.
Miss Sandy Story and Miss Marietta Story, both of Lexington spent the weekend with their parents, Mr. and Mrs. Donald Story.

New Salad Bar

Open 5 to 10 p.m. Each Evening
Make your own salad — 20 different ways
Pine Villa Restaurant
U.S. 27 Cynthiana, Ky.

Whaleys married half a century

An open house, honoring Mr. and Mrs. Lucien R. Whaley on the occasion of their Golden Wedding Anniversary, will be held at the Owingville Lions Clubhouse on Sunday, Feb. 15, by their children.
The Whaleys, whose home is in Midland, were married Feb. 17, 1926 and have 19 children. Their four daughters are Mrs. F.M. Six, Cynthiana; Mrs. Tommy Jamison, Graves City and Mrs. Kenneth Rogers and Mrs. Hugh Byron, Owingville. Their six sons are Tommy and Dale,

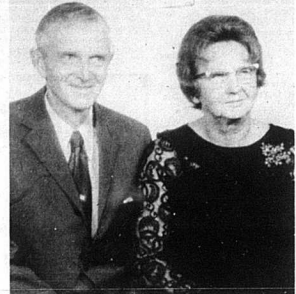
Withrows tell of engagement

Mr. and Mrs. Thomas Withrow of Carlisle announce the engagement of their daughter, Janet Catherine to John Thomas Jones, son of Mr. and Mrs. Marvin Jones of Morefield.

Miss Withrow is employed by Garrett's Restaurant. Mr. Jones is employed by Crockett and Gaunce Foodstore.
The wedding will take place at 7:30 p.m. Friday, Feb. 20 at the Bible Missionary Church in Millersburg. All friends and relatives are invited.

April wedding date is set

Mr. and Mrs. Bill Watkins of Morefield announce the engagement and forthcoming marriage of their daughter, Lisa Darlene Davis to Ricky Eli Hughes, son of Mrs. Ellen Moran of Carlisle.
The wedding will be an event of Saturday, April 24.



Mr. and Mrs. Lucien R. Whaley

Dance Lessons

I plan to take a limited number of students for Tap, Toe & Ballet Dance Instruction. Ages 5 and up. For registration or information phone 289-5153. Ginger Myers



Miss Elizabeth Davis
Couple chooses June wedding

Mr. and Mrs. William M. Davis of Carlisle announce the engagement and forthcoming marriage of their daughter, Elizabeth Ann, to Hugh Norris Wilson, son of Mrs. William A. Wilson, also of Carlisle.
Both Miss Davis and Mr. Wilson are graduates of Nicholas County High School, and are presently attending Morehead State University.
The wedding will be an event of Friday, March 5, at the Carlisle Presbyterian Church at 7:30 p.m. The custom of an open church wedding will be observed with the reception immediately following at the church.

Eighth graders to present play on separate dates

The Nicholas County Historical Society and the Nicholas County Elementary School will present the Presidents and Their Wives in a two-act play on Feb. 24 and March 23, at the Carlisle Presbyterian Church at 7:30 p.m. The custom of an open church will be observed with the reception immediately following at the church.

Mrs. Shaw is scorer

Mrs. John Allison was hostess for a dessert-bridge at her home on Thursday, Feb. 5.
Guests were Mrs. Bobby McFarland, Mrs. Billy Clark, Mrs. Joseph H. Conley, Mrs. James Noll, Mrs. Don Hughes, Mrs. Lyle Anderson and Mrs. Jimmy Shaw.
High score was won by Mrs. Shaw.

...By Long Distance.

Rates go down after 5 PM weekdays, when you dial the 1+ way. So you can call more often and talk longer.

Low 1+ rates do not apply to 0+ dialed long distance calls. 1+ rates do apply to station calls you did your self, or station calls placed with an operator where long distance dialing facilities are available. The 1+ rate does not apply to operator-assisted calls such as pay-to-person, coin, hotel-number, credit card, collect calls, and to calls charged to another number, including special billing numbers.

FOODTOWN COUPON Pillsbury Extra Lite PANCAKE MIX 2 lb. Box 69¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON Pillsbury 24 Serve WASHED POTATOES 18 Oz. Box 69¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON Pillsbury Family BROWNIE MIX 22 Oz. Box 79¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON EASY ON SPRAY STARCH 22 Oz. Can 49¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON PAM VEGETABLE SPRAY 9 Oz. Can 79¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON WOOLITE LIQUID 8 Oz. Box 69¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON COLD POWER DETERGENT 14 Oz. Box #001-462928 Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON Betty Hamburger HELPER 8 Oz. Box 2/99¢ Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON GIANT SIZE AXION Pro Soaker 23 Oz. Box 79¢ #001-462923 Limit one coupon per family Expires 2-17-76	FOODTOWN COUPON CARESS Bath Size BAR SOAP 3/89¢ Limit one coupon per family Expires 2-17-76
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HEART WARMING FOOD BUYS for Valentine's Day

100% Pure **FRESH GROUND BEEF** lb. 79¢ (3 lb. pkg. or larger)

CHOICE ROUND STEAK lb. **\$1.39** (Boneless lb. 1.49)

ARMOUR STAR SLICED BACON lb. 1.49

ARMOUR HOT DOGS 12 oz. pkg. 69¢

R.C. Cola, Diet Rite 16 oz. 8 pk. with bottles **\$1.09**

LUX DISH LIQUID 32 Oz. **99¢**

SYRUP 12 Oz. **59¢**

DIXIE BATHROOM REFILL CUPS 100 ct. **69¢**

FREE-DIXIE DISPENSER (15 Ct., 3 oz.) **69¢**

HELLMANN'S SALAD DRESSING 8 Oz. **69¢**

C.C. BIGGS COOKIES 14 Oz. **79¢**

LOG CABIN Buttered SYRUP #2286-4 **99¢**

POST TOASTIES #2186-4 **49¢**

TANG Breakfast ORANGE DRINK #1484-4 **1.39**

PIE CRUST MIX 11 Oz. **2/79¢**

MAZOLA NO STICK SPRAY Veg. **79¢**

ARMOUR STAR SLICED BACON Breakfast Slices lb. \$1.99

PILLSBURY BISCUITS Butter Milk & Country Style **6/79¢**

CHERRIES 18 Oz. Box #55373 **49¢**

GOLD MEDAL Plain FLOUR Self Rls. 5 Lb. **69¢**

TOWN HOUSE CRACKERS 16 Oz. Box **59¢**

HUNT'S SNACK PACK **69¢**

LA CHOY SALE
Beef Hi-Pak 4 1/2 lbs. \$1.29
Shrimp C.M. Bi-Pk. 4 1/2 lbs. \$1.29
Chick. C.M. Bi-Pk. 4 1/2 lbs. \$1.29
La Choy Mix. Veg. 4 1/2 lbs. \$1.29
La Choy Veg. Chop Stry 16 oz. 49¢
La Choy Soy Sauce 9 oz. 49¢
La Choy C.M. Noodles 5 1/2 oz. 29¢
La Choy Bean Sprouts 16 oz. 29¢
La Choy Bamboo Shoots 8 oz. 59¢
La Choy Water Chest. 8 1/2 oz. 59¢

HUNT'S WHOLE TOMATOES 4/\$1

WESSON OIL 1 Gallon **\$1.39**

Hunt's TOMATO SAUCE 8 Oz. **6/81**

ROUND WHITE POTATOES 20 lb. bag **\$1.69**

ARMOUR STAR SLICED BACON Breakfast Slices lb. \$1.99

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