

Kay's Kitchen

By Kay Fisher

Since I like to cook and enjoy good food, I like to share all I seem worthwhile to me. However, I realize there are a lot of people who don't get excited over a new recipe or plan, planning a dinner. If you are in this category perhaps the recipe this week will appeal to you or remind you to use them if you have served them before.

MEAT CASSEROLE

This recipe is to serve four. If your family is larger, use number of chops necessary and increase other ingredients proportionately.
1 1/2 lbs. round steak, cut into 1/2 inch cubes
6 tablespoons raw rice
1 bouillon cube, dissolved in 1 cup boiling water
1/4 teaspoon marjoram
1/4 teaspoon thyme
1 large onion
2 ripe tomatoes or 1 No. 303 can of whole tomatoes, drained
3 cups pepper, cut in rings
salt and pepper to taste
2 tablespoons of fat
Brown chops in the fat in the skillet. Pour the bottom of grease into casserole. Put the chops on the rice and top each one with slices of onion, tomato and

green pepper, seasoning as you go. Add flour to make a thick sauce and pour over all to cover.
If you have used canned tomatoes, you may need more flour to make 1 cup of adding water, if necessary and add bouillon to make 1 1/2 cups. Add contents of casserole, add enough water to do so.
Cover and cook at 225 degrees for approximately 2 hours.

STUFFED STEAK

1 round steak, about 1/2 inch thick
1 medium onion
1/2 cup minced salt
2 tablespoons of fat
Place two center cut slices of ham in a casserole. Open a No. 303 can of fruit cocktail and pour over ham. Bake 1 hour at 250 degrees.

BAKED HAM SLICES

This is so simple and easy it's ridiculous and just goes to show you don't have to spend a lot of time to have something good.
Place two center cut slices of ham in a casserole. Open a No. 303 can of fruit cocktail and pour over ham. Bake 1 hour at 250 degrees.

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Bicentennial Ball to benefit KFWC Children's Charities

The Kentucky Federation of Women's Clubs president, Mrs. Donald W. Dammert, has announced a Liberty Bells Bicentennial Ball will be held in Lexington, Saturday, Feb. 28, at the Phoenix Hotel. Proceeds of the ball will benefit the KFWC Children's Charities, (Cardinal Hill Hospital, Norton Children's Hospital, Burns Center and the Kentucky Society for the Prevention of Blindness.)
Mrs. G. Kennedy Engle, Lexington, has been named general ball chairman. The Lester Linn Orchestra will play for the formal, or period costume affair. Governor and Mrs. Julian Carroll will lead the Grand March after Parade of Colors by the 100th Division Bicentennial Color Guard. Tickets may be obtained, at \$20 per person, from Mrs. Robert Pollock, 2123 Lakewood Drive, Lexington, Ky. 40502. Phone (608) 366-732. Checks are to be payable to KFWC.

Saltwell Women held meeting

"A Theology of Giving" was the program theme for the Feb. 8 meeting of the Saltwell United Methodist Women, led by Dorothy Jones, president. The theme was followed by "Take My Life and Let I Be", followed by appropriate scripture and meditation by the leader.
Sue Rute, Sally Tanner, Dorothy Jones, Manie Brunner and Sue Tanner presented the separate program topics with separate discussion of each. Additional readings were given by Virginia Fryman, Wynona Smith and Carolyn Gausne.
Mrs. Betty Gausne read a poem for the group, followed by the closing song, "The Magic Penny", and the benediction.
A brief business session was conducted by the president. Refreshments were served by Dorothy Jones and Elsie Hitehite.
The next meeting of the Saltwell United Methodist Women is scheduled for Monday, March 8, with Manie Brunner as program leader.



Mr. and Mrs. Charles Sheffer

Couple wed at Blue Licks Spring celebrate

Mr. and Mrs. Charles Sheffer of Lexington will celebrate their 25th wedding anniversary on Sunday, Feb. 29 at the First Christian Church, Paris with an open house given for them by their son, Raymond Sheffer, Mrs. Sheffer and children, Pam and Debbie, Mr. and Mrs. George Spradlin will assist with the entertaining.
The open house will be held from 2 until 4:30 p.m. and all relatives and friends are invited.
Mr. and Mrs. Sheffer were married at her home in Blue Licks Spring, on March 4, 1951 by Bro. W.L. Sparks.

Mrs. Harper is honored with dinner

Mrs. William Harper was the guest of honor at a surprise birthday dinner given by her children at Carnico Country Club on Sunday, Feb. 15 in honor of her 80th birthday.
Guests were Mr. and Mrs. William C. Harper, Mr. and Mrs. Ed Grode and children, May Ann, Mary Jane and Miss Beth Harper, all of Cincinnati; Mr. and Mrs. Bob Henley, Louisville; Mr. and Mrs. William R. Smith, Fort Thomas; and Mrs. Charles Harper, Lynn Harper and Lisa Harper of Lexington.
Mr. and Mrs. Bobby Harper and children, Gary, William, Jr. and Mrs. Oliver Curry, Rev. Herman Kamlage, all of Carlisle.

Junior Club finalizes plans for Little Miss Spring Pageant

Plans for the Little Miss Spring Pageant, sponsored by the Carlisle Junior Woman's Club will be finalized, Friday. The pageant will be held Thursday, April 15. Dave Murray from Radio Station WJAP will be Master of Ceremonies of this event.
Young ladies from two to nine years of age are invited to compete, each in their own division, for an entry of \$2.00. Entry forms will be available shortly. Proceeds will benefit the Institute for the Blind and the Burns Institute for children in Louisville and

Kentucky receives funds for preservation projects

WASHINGTON—Kentucky has received \$42,702 in federal funds for fiscal year 1976 for state historic preservation projects. Mrs. Eldred Melton, executive director of the Kentucky Heritage Commission, has announced from Washington.
Mrs. Melton, who traveled to Washington to receive the funds for the state, explained that the money will be used to develop historic preservation surveys and plans, as well as state, local and private projects in their own areas.
This fiscal year's allotment to the state sends Kentucky's total over the million dollar mark in funds received for historic preservation projects. Mrs. Melton said that the Commonwealth now ranks 13th in the nation in total funds received under the act.

Dance Lessons

I plan to take a limited number of students for Tap, Toe, Jazz & Ballet Dance Instruction. Ages 5 and up. For registration or information phone 289-5153.
Ginger Myers
★ Develop sense of balance and rhythm
★ Improve coordination
★ Build confidence and imagination

Coffee honors

Mrs. Wendell Kingsolver entertained Wednesday, Feb. 11 with a coffee honoring Mrs. Mary Ann Moore's 60th birthday.
The following were invited: Mrs. Dan Rich, Mrs. Eugene Neal, Mrs. Kenneth Cable, Mrs. Emma Darnell, Mrs. Ernie Hitehite and Mrs. George Dale.

Fleming couple celebrate 40th

Mr. and Mrs. J.C. McCord of Fleming will celebrate their 40th wedding anniversary Saturday, Feb. 21. They will be honored with an open house at their home on Saturday night from 7 p.m. to 9 p.m. given by their children, Mr. and Mrs. Larry McCord, Mr. and Mrs. Ronald Elmo McCord, Mr. and Mrs. Gary McCord, Mr. and Mrs. Danny McCord, Mr. and Mrs. Charlie Klaber.
All their friends and relatives are invited to attend.

Mrs. Margie Wilson gives lesson on basic food group and '36's'

The Nicholas County Head Start Parents met at the Head Start Center on Thursday, Feb. 12 at 7 p.m. Mrs. Lela Peller gave the devotional, Mrs. Linda Sparks, acting chairman, presided at the meeting. Minutes of the last meeting were read by Beverly Irvin, secretary. The treasurer's report was given by Kenneth Thorsburn.
Dorothy and Kenneth Thorsburn resigned their offices since they will be moving later in the month. Margaret Bealret was elected vice chairman and Esther Purvis, treasurer.
Mrs. Margie Wilson, County Extension Agent talked to the group about nutrition. She discussed the basic food group and the "36's" foods: Go, Grow, Glow. She also discussed the "34's" that should not be used, these "34's" were Grab, Gobble, Go. Along with the nutrition lesson was a tasting party and the group tried new foods.

Homemakers meet

The Elizaville Homemakers met at the home of Mrs. Ora Bell on Wednesday, Feb. 4. Mrs. Peggy Henry presided. Mrs. Gladys Moffatt gave the devotional. Eleven answered roll call with "Your favorite saying." Mrs. Thelma Fryman read the minutes of the last meeting and Mrs. Paty Smoot

County Attorney Conley is discussion leader

What is free enterprise? Discussion of these topics included such points as: What is free enterprise? How does capitalism compare to socialism? What are the advantages and disadvantages of a capitalist economy? How does a group organize? Why is it important for an organization to set goals and objectives? And, what is the role of officers in an organization?
Highlight of the session was the question and answer exchange between Conley and the youth scholars.
David Wilson, Deposit Bank, will discuss "Power of Choice" at the next meeting. The session was held at the home of Mrs. Thelma Fryman.
Top performers in the local study program will earn expense-paid trips to a three-day seminar to be held on the campus of the University of Kentucky in June.

Joek Conley, County Attorney, participated as the discussion leader with a group of high school students from Nicholas County last Thursday. Conley is one of several community and state leaders participating as discussion leaders with the American Private Enterprise System study program.
Conley's comments dealt with the subjects of "The American Private Enterprise System" and "How People Create and Use Organizations".
He was the treasurer's report. Mrs. Wilson made some announcements and gave the lesson on quilting. Gifts and Valentines were exchanged.
The next meeting will be Wednesday, March 3, at the home of Mrs. Marguerite Nunnally.



FREE FOOD CONTEST

FOUR WEEKS LEFT — REGISTER TODAY!
3 Weekly 400 Winners
at C&C FOODTOWN

people pleasing... PRICES
100% PURE FRESH GROUND BEEF
lb. 69¢ (3 lb. pkg. or larger)
Change In Drawing —
Beginning Feb. 23 drawings will be daily over WYLK Radio. During each week 3 winners from our store will be drawn and announced sometime during the week.
Food certificates will be mailed direct to winners from our warehouse in Lexington, Ky.
After our 5 weekly drawings, all tickets will be compiled together with

ARMOUR SMOKED HAMS

Center Cut Slices lb. \$1.39 (Butt Half lb. 99¢)
19-22 lb. avg. Whole or Shank Half
89¢
17 oz. Basin, tub, tile
Lysol Cleaner 99¢
Aerosol Plunger 5.99
Drain Opener Drano \$1.59
Auto. Giant
All Dishwasher Det. 89¢
Era Detergent Gt. \$1.09
Softasilk 32 oz.
Cake Flour 59¢
Van Camp No. 2
Pork & Beans 39¢
Stokely F.S., Cut & Shellie No. 303
Green Beans 3/89¢
Golden Cream Style No. 303
Stokely W.K. Corn 3/1
Stokely No. 303
Mixed Vegetables 3/89¢
Stokely No. 303
Honey Pod Peas 3/1
Stokely 14 oz.
Tomato Juice 49¢
Stokely 14 oz.
Tomato Catsup 39¢
Stokely 14 oz.
R.C., Diet Rite Cola 8 pk., 16 oz. \$1.09 W/Btts.
Nu Soft 33 oz. 79¢
Cho. 16 oz.
Hershey Syrup 39¢
Welch's 40 oz.
Grape Juice 99¢
Bes Pak 10 Pk. 30 Gal.
Trash Bags 79¢
The Birth of Quality FOODTOWN
C&C
Open 8-8 Mon.-Sat.

Banquet T.V. Frozen Dinners 39¢ (limit 6)
Instant 3 oz. jar NESTEA TEA \$1.39
Grade A Large Eggs 69¢
Betty Crocker 18 1/2 oz. box LAYER CAKE MIXES (Except Angel Food) 49¢
Cottage Cheese 59¢
Cheese, Saug., Hamb., Pepp. Jeno's 13 oz. 89¢
Frozen Pizzas
Jelly, Jam & Preserves
Welch's Grape 20 oz 69¢
Sanitary 30 Ct. Maxi, Reg. Super
Kotex Napkins \$1.49
Tangerines Doz 59¢
Mushrooms lb. 89¢
GABBAGE lb. 12¢
Stokely Apple Sauce 303 3/79¢
Stokely Pear Halves 303 2/79¢
Fruit Cocktail 303 2/79¢
Jif 18 oz. jar Creamy, Crunchy PEANUT BUTTER 79¢
Stokely Premium Crackers lb. box 49¢
Oscar Mayer Bacon lb. \$1.69
Piggie Sausage Oscar Mayer \$1.49
Oscar Mayer Bologna 12 oz. pkg 99¢
Variety Pack 12 oz. pkg.
Oscar Mayer Luncheon Meat \$1.39
R.C., Diet Rite Cola 8 pk., 16 oz. \$1.09 W/Btts.
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Mrs. Anderson hosts club

Mrs. Billy Keen Anderson was hostess at her home for a dessert bridge on Thursday, Feb. 12.
The following guests attended: Mrs. Lloyd Wells, Mrs. Robert Sparks, Mrs. Jack Morford, Mrs. Carroll Wallace, Mrs. Henry Peters, Mrs. Ralph Taylor and Mrs. William Conley.
High score was won by Mrs. Carroll Wallace.

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Aerosol Plunger 5.99
Drain Opener Drano \$1.59
Auto. Giant
All Dishwasher Det. 89¢
Era Detergent Gt. \$1.09
Softasilk 32 oz.
Cake Flour 59¢
Van Camp No. 2
Pork & Beans 39¢
Stokely F.S., Cut & Shellie No. 303
Green Beans 3/89¢
Golden Cream Style No. 303
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