

# Kay's Kitchen

— By Kay Fisher —



During the holidays I'm sure we all indulged in too rich a diet. And I'm sure I am not the only one who feels a waist band a bit tight! By next week I hope to have a few recipes that will be good and on the slimming side. So until then just try eating less.

**VEGETABLE SOUP**  
Should the weather be anywhere near normal for January, soup recipes should come in handy. Soup for lunch on a cold day or for supper if you have your main meal at noon is hard to beat. If you are making vegetable soup from soup meat, I suggest you cook the meat and bone the day before. I do this and refrigerate overnight so the fat can be removed easily from the stock and meat. Too, while the meat is cold and after fat is removed, cut the meat in small pieces "across" the grain.

When cooking the meat, add a bay leaf and if you like it, a pool of dried hot red pepper, seasoned salt, Worcestershire sauce, and bouillon cubes. After removing fat, cook vegetables in meat stock. Use any combination of vegetables you like, dried potatoes, sliced carrots, and a green vegetable

like canned cut green beans (drained), peas, or lima beans. Sliced okra is also good. As I rule I do not add tomatoes. Use what you want to make tomato soup. Of course, add onion if you like. Should you want your soup a little thicker than just beef stock and vegetables, you may thicken it with a thin paste made from cornstarch and water or flour and water. The amount used depends on your preference.

**HOMEMADE POTATO SOUP**  
Boil diced potatoes in small amount of water as possible with about three strips of bacon, one or two ribs of celery with tops, one medium onion, sliced. Boil until tender. Remove bacon and celery. Add three or four cups of milk. (Depending on amount of potatoes used and number to be served.) Thicken to desired consistency. Serve with a dash of Tabasco and Worcestershire sauce and freshly ground pepper.

**CORN CHOWDER**  
Serve slowly until lightly browned. Add 1/4 cup chopped salt pork or bacon; add and saute until golden brown; 3 tablespoons chopped onion, 1/4 cup chopped celery, 3 tablespoons chopped

green pepper; add and simmer: 1 cup peas, or lima beans. Sliced okra is also good. As I rule I do not add tomatoes. Use what you want to make tomato soup. Of course, add onion if you like. Should you want your soup a little thicker than just beef stock and vegetables, you may thicken it with a thin paste made from cornstarch and water or flour and water. The amount used depends on your preference.

**CHICKEN GUMBO**  
Cut into pieces and dredge with flour. Browning chicken, brown it in 1/4 cup bacon grease. Pour over it 4 cups boiling water. Simmer soup covered until the meat falls from the bones. Remove bones from soup and cut meat into small pieces. Add 2 cups peeled tomatoes, 1/4 cup canned corn, 1 cup canned or frozen okra, 1/4 teaspoon salt, 1/4 cup diced onion, paprika to taste, and 8 cups water. Cook until vegetables are tender. Add 1/4 cup cooked rice. Yields about 12 cups.

Head but not the soup. Serve it sprinkled with chopped parsley. Yields about 6 cups.

## Buckners host birthday party

Mr. and Mrs. Mike Buckner entertained with a party at their home Saturday, Jan. 10 in honor of their daughter Karri Beth's third birthday. The following guests attended: Travis Sims, Jarrod Wills, Joshua Guttrich, Billy Joe Netherlands, Glenn Stone, Phillip Chamberlin, Andy Anderson, Millie Ann Bussell, Rebecca and Jennifer Jones and Angie Buckner.

## Marie Chapter to meet Jan. 19

Marie Chapter 229 will hold its regular monthly meeting Monday, Jan. 19 at 7:30 p.m. at the Masonic Temple. After the business meeting and initiation refreshments will be served in the dining room. All officers are requested to wear formal attire and all members are urged to attend.

## Entertained with surprise supper

Mrs. Christine Garrett and George were entertained with a surprise birthday supper Sunday, Jan. 4 at their home. Those attending were Mrs. Ann Holladay, Paul Kiser and Mrs. Frankfort; Mrs. Beale Purcell, Ann Sylvia Green and Ellen, Aarn and Tracy Garrett, Carlisle.



## Mrs. James McKee Zealy Jr. Miss Carol Regan weds James McKee Zealy Jr.

Miss Carol Jean Regan of Kerraville, N.C., daughter of Banks G. Regan of Conway, S.C. and Mrs. Pauline M. Regan, and James McKee Zealy Jr., of Winston-Salem, N.C., son of Dr. and Mrs. James M. Zealy of Goldsboro, N.C. were married Sunday, Dec. 28 at Trinity United Methodist Church in Kerraville, N.C. Honor attendants were Miss Jane Hill of Kerraville and Mrs. James S. Kins, Charlotte, N.C., sister of the bride. Bridesmaids were Mrs. Charles Terry Goss of Atlanta, Ga., sister of the groom, Miss Belinda Kinney, Miss Becky Smith and Mrs. Hugh M. Clement, Winston-Salem, N.C., Mrs. Steve Hudson, Rockingham, N.C. and Miss Phyllis Shoemaker, Concord, N.C., all cousins of the bride. Dr. Zealy served his son as best man. Ushers were Charles T. Goss, James S. Kins, Michael R. Kinney, Howard Ward, Howard Montague, Steven Bennett, Steven Holston and John Ellison. The reception was held in the church fellowship hall after the ceremony. The bride is a graduate of Appalachian State University in Boone, N.C. where she majored in speech and drama. She was a dean's list member and a member of Alpha Phi Omega national dramatics honor society. The bridegroom received a degree in industrial relations from the University of North Carolina at Chapel Hill. He was a dean's list student. He is a graduate student at Guilford College and is employed by Thomaville Furniture in Winston-Salem. He is the grandson of Mrs. W.E. Piper of Carlisle.

## On Dean's List Mrs. Shaw hosts bride

Miss Kathy G. List, student at Eastern Kentucky University, has been named to the 1975 Hall Deans List with a 3.82 grade point average. A 3.5 average out of a possible 4.0 is required. Miss Green is the daughter of Mr. and Mrs. Julian K. Green of Carlisle. She is a second semester senior at Eastern Kentucky University in Home Economics Education. Miss Green will do her student teaching in the Fayette County School system this spring and is a candidate for a B.S. Degree in May. Mrs. Jimmy Shaw entertained with a dinner-bridge at her home on Thursday evening, Jan. 8. Guests were Mrs. Dick Letton, Mrs. Bobby McFarland, Mrs. Don Hughes, Mrs. Joseph H. Conley, Mrs. David Zachary, Mrs. Lyle Anderson, Mrs. John Orson and Mrs. Billy Clark. Mrs. Anderson won high score for the evening of bridge.

## Births

**OLIVER**  
Mr. and Mrs. John Oliver, Chicago, Ill. announce the birth of a son on Friday, Dec. 19, 1975 at University Hospital, Chicago. He weighed seven pounds, 12 ounces and has been named John Joseph. Maternal grandparents are Mr. and Mrs. Noah Middleton of Carlisle.

**RIGGS**  
Mr. and Mrs. Gary Riggs, Mt. Olive, Tennessee, announce the birth of a daughter on Saturday, Jan. 3, 1976 at Nicholas County Hospital. She weighed seven pounds, three ounces and has been named Tara Lynn.

## Ladies Shoe Sale 35% Off

More and more active women are seeking truly comfortable footwear. They require shoes that deliver real support. Not for just a few hours but they require shoes that will give you more and more active women are stepping into Comfort Shoes. We work your wonderful.

**Carter's Men's Clothier**  
Curling Ky.

# HERE'S where the BEEF BARGAINS are

**Potatoes** 20-lb. bag \$1.39  
**Head Lettuce** 3 hds. \$1  
**Round White Potatoes** 20-lb. bag \$1.39  
**Head Lettuce** 3 hds. \$1

**U. S. Choice Shoulder Roast** 1 lb. \$1.09  
**Boneless Chuck Roast** 1 lb. \$1.09  
**Boneless Stew Beef** 1 lb. \$1.09  
**Beef Short Ribs** 1 lb. \$1.09  
**100% Pure Fresh Ground BEEF** 3-lb. package or larger 1 lb. 69¢  
**Tomatoes** 1 lb. 29¢  
**Armour Hot DOGS** 12-oz. package 69¢  
**Marhofer PORK CHOP SALE**  
1st cut ... 1 lb. \$1.19 Center rib ... 1 lb. \$1.49  
Center loin ... 1 lb. \$1.59  
**1/4 Pork Loin** Sliced into chops free lb. \$1.29  
**Whole Hog Sausage** 1b. \$1.29 2 lbs. \$2.79  
**Grade A Whole Chicken Breasts**... 1 lb. 99¢  
**Fresh Dressed Chicken Legs**... 1 lb. 89¢  
**Armour Star Sliced BOLOGNA** 1 lb. vacuum packed 99¢  
**Armour No. 1 Sliced BACON** 1 lb. \$1.29  
**Chef-Boy-Ar-Dee Frozen Pizzas**  
Pepperoni—Cheese—Sausage —Beef & Cheese each 89¢  
**Armour Star Patio Pups** ..... 1 lb. 99¢  
**Armour Star Speedy Cut HAMS** whole 1 lb. \$1.19 (Boneless-Fully Cooked-9 to 11 lb. average)  
**Delmonico Thin Spaghetti**... 7-oz. .... \$1.09  
**Pillsbury Butter Milk or Country Style BISCUITS** ..... 6-pack .... 79¢  
**Kraft Orange Juice** ..... 1/2 gal. .... 79¢  
**CRISCO SHORTENING** ..... 3-lbs. .... \$1.49  
**Zesta Saltines** ..... 1 lb. box ..... 49¢  
**Jumbo Viva Towels** ..... 2 rolls for 89¢  
**50-lbs. Purina Dog Chow** ..... \$8.99  
**Stillwell Frozen Cobblers, blackberry, cherry, Peach, Strawberry** 2-lb. each 99¢  
**Minute Maid Frozen Orange Juice** 12-oz. 59¢  
**Old Virginia Applesauce** 25-oz. 49¢  
**Heinz Ketchup** bonus pack 32-oz. 79¢  
**Coke, Tab, Sprite** 16-oz. 8-pack w/btl's. \$1.09  
**Delmonico Elbow Macaroni** 7-oz. 5 for \$1.09  
**Smuckers Seedless Blackberry or Strawberry Jam** 32-oz. jar ..... \$1.29  
**Morton Salt, plain or iodized** 26-oz. 2 for 29¢

## Pat Conley returns from Mexico trip

Pat Conley, a senior at the University of Kentucky returned home Friday after a two-week trip to Mexico City and Acapulco, Mexico. Four other college students accompanied Conley on the trip. They are Scott Painter, Alexandria and David Hanes, Bowling Green, both UK students; and Harry Akins and Rick Ware, Vanderbilt University students from Dallas, Tex. Conley is the son of Mr. and Mrs. Joe Frank Conley of Carlisle. He returned to UK on Sunday where he resumed his duties as a Dorm Counselor.

## DR. JOSEPH H. LEVINGTON

Mrs. Dwayne K. Green of Lexington was a recipient of a Master's Degree in Education from the University of Kentucky in December. She is presently continuing post graduate studies and teaching under an assistantship in elementary education from Dallas, Tex. Conley is the son of Mr. and Mrs. Joe Frank Conley of Carlisle. He returned to UK on Sunday where he resumed his duties as a Dorm Counselor.

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Mrs. Danny Hahn, Lexington, is recovering at home from severe burns suffered in a household accident at her home on Tuesday, Jan. 6. Mrs. Hahn, 42, was injured when she was struck by the following visitors during the Christmas holidays: Mr. and Mrs. Horace Kokenfelder, Conservville, Ind.; Mr. and Mrs. Winfred and family, Lexington; Mr. and Mrs. Don Hughes and family and Mrs. Jim Hughes and family. Mrs. Paul Smoot returned home Tuesday after submitting to major surgery at the St. Joseph Hospital in Lexington last week. Jody Duncan, son of Mr. and Mrs. Bobby Duncan, submitted to minor surgery last Wednesday, Jan. 7 at the Nicholas County Hospital. He is recuperating at his home on the Old Paris Pike. Mrs. Robert Paul was admitted to the Methodist Evangelical Hospital in Louisville last week. Dr. Jack Morford was admitted to St. Joseph Hospital in Lexington on Sunday night, where he remains a patient. Mr. and Mrs. George Dale and Mrs. Ernie Ritchie entertained the following: Mr. and Mrs. Joe Acker of Huntington, W. Va.; Mr. and Mrs. James T. Clay, Wendell, N.C.; Mr. and Mrs. John Wolf, Cincinnati, Ohio; Mr. and Mrs. Taylor Stelling, Mr. and Mrs. Emmett Barrell, Tommy Barrell of the University of North Carolina and Miss

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Suzanna Kenney of Springfield, Ky. and Mrs. Emmett Darrell Kenney of the following guests recently: Tommy Darrell, University of North Carolina at Chapel Hill, N.C.; Mr. and Mrs. Brian Robertson, Lewisburg, N.C.; Mr. and Mrs. Jessie Smith, Rocky Mt., N.C.; Harry Stevens, Taylor City, N.C.; Mitchell Smith, Kenston, N.C.; Mr. and Mrs. James M. Shroat, Sharpburg; Miss Suzanna Kenney, Springfield, Ky.; Mr. and Mrs. Shelly Gaudance and Mrs. Linda Berry and Kent, Versailles, Mo. and Mrs. Sam Feboak of Cincinnati, Ohio, formerly of Carlisle, spent Christmas vacation with their daughters, Misses Mary Glenn and Judy Feback in Santa Monica, Calif. Mrs. Feback accompanied them to the Ushers were Charles T. Goss, James S. Kins, Michael R. Kinney, Howard Ward, Howard Montague, Steven Bennett, Steven Holston and John Ellison. The reception was held in the church fellowship hall after the ceremony. The bride is a graduate of Appalachian State University in Boone, N.C. where she majored in speech and drama. She was a dean's list member and a member of Alpha Phi Omega national dramatics honor society. The bridegroom received a degree in industrial relations from the University of North Carolina at Chapel Hill. He was a dean's list student. He is a graduate student at Guilford College and is employed by Thomaville Furniture in Winston-Salem. He is the grandson of Mrs. W.E. Piper of Carlisle.

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*The italics march across the vellum as regularly, smoothly, and stately as the Highland Brigade on parade*

**John Lohr**  
NATIONAL GEOGRAPHIC NEWS SERVICE

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**DISH ALL** 35 oz. 79¢  
**WITH COUPON**  
Expires 1-20-76

**Pillsbury Family BROWNIE MIX** 22½ oz. 79¢  
**WITH COUPON**  
Expires 1-20-76

**Fabric Softener NU-SOFT** 64 oz. \$1.39  
**WITH COUPON**  
Expires 1-20-76

**Kneader Fudge Stripe COOKIES** 12½ oz. 69¢  
**WITH COUPON**  
Expires 1-20-76

**Dixie Lily Plain Sifted CORN MEAL** 5 lb. 69¢  
**WITH COUPON**  
Expires 1-20-76

**Hot Smoked Mustard Regular** 16 oz. 59¢  
**WITH COUPON**  
Expires 1-20-76

**Post Fortified OAT FLAKES** 12 oz. 59¢  
**WITH COUPON**  
Expires 1-20-76

**Galins w/egg BURGERS** 36 oz. \$1.09  
**WITH COUPON**  
Expires 1-20-76

**6L. Detergent DRIVE** 79¢  
**WITH COUPON**  
Expires 1-20-76

**Heinz Ketchup DILL PICKLES** 32 oz. 59¢  
**WITH COUPON**  
Expires 1-20-76

**Betty Crocker HELPER** 8 oz. 2/99¢  
**WITH COUPON**  
Expires 1-20-76

**Betty Crocker TUNA HELPER** 8 oz. 2/99¢  
**WITH COUPON**  
Expires 1-20-76

**Dry Bleach CLOXOR 2** 40 oz. 79¢  
**WITH COUPON**  
Expires 1-20-76

**Family Size Toothpaste CLOSE-UP** 6.4 oz. 79¢  
**WITH COUPON**  
Expires 1-20-76

**Peach Pack BISBUCK** 6.4 oz. 3/39¢  
**WITH COUPON**  
Expires 1-20-76

**Heinz Strained BABY FOOD** 4½ oz. 10 bars \$1  
**WITH COUPON**  
Expires 1-20-76

**Soft Weave Toilet TISSUE** 2-pk. 2/79¢  
**WITH COUPON**  
Expires 1-20-76

**Knobler Fudge Stripe COOKIES** 12½ oz. 69¢  
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**Armour Star Sliced BOLOGNA** 1 lb. vacuum packed 99¢  
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**Armour No. 1 Sliced BACON** 1 lb. \$1.29  
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**Imperial Stick MARGARINE** 49¢ lb.  
**WITH COUPON**  
Expires 1-20-76

**Mrs. Butterworth's SYRUP** 36 oz. \$1.49  
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**Scoties assorted, white FACIAL TISSUE** 200 ct. 2/79¢  
**WITH COUPON**  
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**14½ oz. Great American HEINZ SOUPS** several varieties 4 cans \$1  
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**Knobler Deluxe GRAHAMS** 13½ oz. 69¢  
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