

Kay's Kitchen

— By Kay Fisher —



A Bicentennial cooking column in 1976 could run into pages. In fact I know know on early American cooking have been written on the subject for this 200th birthday of our country. So for a column I will only touch lightly.

Most of our foods today go back to many countries. We first of course think of the English as being the first settlers, but there were others, the French, Dutch, Scotch-Irish, Germans and Spanish. So one could write columns about the foods of any one of these countries.

The greatest difference in food of 1776 and 1876 is in preparation and storage. The Colonists had to cook in a most primitive way and foods were preserved by salting, smoking and drying of meat and game. Many fruits and vegetables were also dried for winter use.

The wives of the Colonists brought with them their own recipes. They were exchanged. I'm sure as we do today, and each one then perhaps changed a bit to suit their taste. Even then it could purchase salt, spices, cane sugar and molasses.

As the early settlers moved west and settled in various parts of the country their cooking became a part of our heritage. So today we associate certain foods with a particular region. If one mentions Cajun-Creole cooking we immediately think of Louisiana; Baked Beans of Boston, dishes of the Northeast or Northern Cooking; Weiner Schnitzel, beer, Sauerkraut or Sauerkraut as German; and Scotch and English "boiled dinners", lamb, roast beef and peas, and Dutch breads. It would be impossible to give recipes in their original form. The spelling and wording would be different. But the recipes were to feed a large number of people so would be impractical for our times. I'll try to give a few recipes from the countries making up the Colonists.

GERMAN MEAT BALLS
1 1/2 lbs ground beef
1/2 lb ground veal
1/4 lb ground pork
2 tablespoons grated onion
Salt and pepper

Couple wed at home of bride's parents

Miss Sharon Ockerman and John Walters of Lexington were married at 4:30 on June 28, at the home of the bride's parents in Carlisle. Mrs. Walters is the daughter of Mr. and Mrs. Chester Ockerman of Carlisle. Mr. Walters is the son of Mr. and Mrs. Clifford I. Walters Jr. of Shelbyville. Miss Paula Donovan of Lexington

Local 4-H talent to appear on TV

The Nicholas County 4-H Talent Show winners will perform at 11:30 a.m. Sunday, July 4 on TV Showcase on WLEX-TV Channel 18, Lexington. Margaret Duncan, Sandy Caswell, Debbie Fryman and Jane Ellen Dampier will do a silent movie skit entitled "The Ballroom Hop". Benita Humberger will play "The Entertainer" on the

50th anniversary is forthcoming

Mrs. Chamberlin and her brother, Chaplain John W. Kays Jr. will give the reception at Fourth Avenue United Methodist Church, Fourth and St. Catherine Streets in Louisville on Saturday, July 10 from 2:30 to 5:30 p.m. Mr. and Mrs. Kays reside at 2819 Meadow Drive, Louisville, Ky. 40220.

Rev. and Mrs. Richard Chamberlin were in Louisville on Tuesday making preparations for the Golden Wedding anniversary reception of her parents, Mr. and Mrs. John W. Kays Sr.



1799: The Post Office with no stamps.

25th wedding anniversary is celebrated

Mr. and Mrs. Jimmie H. Gaunce of Manchester, Tenn., formerly of Carlisle, celebrated their 25th wedding anniversary on Wednesday, June 16 in Manchester.

They were married June 18, 1951 in Junction City and are the parents of three children, Mrs. Connie Thompson, Steve and Jennifer.

She is the former Pat Willis of Carlisle.



Mr. and Mrs. Jimmie H. Gaunce



Miss Jan Fritz
Fall wedding is planned

Mr. and Mrs. Fritz of Cythiana, announce the engagement of their daughter, Jan Lee to SP4 George Keith Ring, son of Mrs. Geneva King, of Salt Lake City, Utah and the late John King.

Miss Fritz is a 1976 graduate of the Harrison County High School and is presently employed at the Bel-Aire Amusement Company.

Ring is a 1973 graduate of the Nicholas County High School and is now serving in the United States Army, stationed in Korea.

The wedding will take place, Sept. 10, at 7:30 p.m. at the First United Methodist Church of Cythiana.

The custom of an open church will be observed.

Mr. and Mrs. Robert Hill and children Sara Kate and Bradford of Lake Waccamaw, N.C. spent last week with Mr. and Mrs. Emmett Darrell.

Mr. and Mrs. Pamias Allison entertained with a birthday dinner Saturday night at Carriaco Country Club, honoring their son, Dennis Allison. Other guests included Mrs. Allison and Mrs. Catherine Holter.

Mr. and Mrs. Bobby McFarland and children and Mrs. Bettie Mathers attended the Cincinnati wedding of Miss Virginia Ann Corley and Gregory Allen Miller on June 26, Mrs. Miller is the granddaughter of Mrs. C.A. North of Cincinnati.



Miss Savana McGinley to wed Aug. 28

Mr. and Mrs. Jim McGinley, Lexington, announce the engagement of their daughter, Savana Kay, to Wayne Allen Rowe, son of Mr. and Mrs. William Rowe, son of Mr. and Mrs. Bryan Rowe, Lexington.

Miss McGinley is a graduate of Bryan Station High School and attended the University of Kentucky and Eastern Kentucky University. She is presently employed at the University of Kentucky College of Dentistry as a Dental Auxiliary.

Mr. Rowe is a graduate of Bryan Station High School and Eastern Kentucky University where he received a BBA degree. He is presently employed by Charles Rowe and Son.

The wedding is planned for 2 p.m. Saturday, Aug. 28, at Broadway Christian Church, Lexington.

The custom of an open church will be observed.

Miss McGinley is the granddaughter of Mrs. Walter Clara, Carlisle, and the late Herman McGinley and Mrs. Clara Roundtree of Paris, formerly of Carlisle, and the late Lee Roundtree.

Wedding plans are completed

Mrs. Jeannie Snapp has completed wedding plans for her marriage to Stan Hardin.

The ceremony, officiated by Rev. H. Dallas Sugg, will take place on Saturday, July 3 at 4:30 p.m. at First Baptist Church. The custom of an open church will be observed.

A reception will be held, immediately following the wedding, at the home of Mr. and Mrs. William S. Hardin Sr.

Erva Crawford was admitted to St. Joseph Hospital, Lexington on Wednesday, June 30 where she plans to submit to major surgery today (Thursday, July 1).

Mr. and Mrs. Calvin Minton and Mrs. and Mrs. J.B. Minton were in Mayville Monday to attend the funeral of Mrs. Irene Higgins.

Mrs. Morris Whiteley had as her guest this weekend her niece, Mrs. Joe Wilkes of Margate, Fla. While she was here, she and Mrs. Whiteley visited another niece, Mrs. J.B. Price and family in Perce Valley.

Mrs. Jimmie Gaunce and daughter Jennifer of Manchester, Tenn. were the guests last week of her parents, Mr. and Mrs. Jasper Willis.

Mr. and Mrs. John W. Allison and sons visited Mr. and Mrs. Lawrence Gabriel in Columbus, Ohio during the past week.

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Picture of Judge unveiled

The Fiscal Court Monday unveiled a picture of the late Nicholas County Judge, Floyd Clark. The picture, made by Billy Marvlin, is a color photograph will be hung in the Court-house as a memorial to the Judge.



The members of the Court as pictured on page one of this Mercury are at left, Joe Sapp, Paul Tischer, Judge Mildred Clark, Eugene Bloth, Glenn Hardin and Bobby Price.

1792: Our first taste of minted money.

We've had quite a mixture of old coins in our new country. Coins from New Jersey, Maryland, Massachusetts. Coins from all over Europe. Coins stamped from parts of powder kegs the French sent us for the Revolution. Coins made from dies engraved by a man who once was in jail for counterfeiting. Now, we think it's time to put all of our coins into one pocket. Secretary of the Treasury Alexander Hamilton convinces Congress to authorize a mint in Philadelphia. Our first national coins are very attractive indeed. A silver half dime, worth five cents. A dime, worth a dime. A copper cent. And a copper coin with a plug of silver, so it's really worth what it says on its face. Who knows? They may become collectors' items someday.

WANTED
All types of construction work. Building, remodeling, concrete and masonry work and dry wall.
JAMES TERRELL
BUILDING CONTRACTOR
Phone 285-5311 after 5:30
285-7286 Day
754-5091 Day

38th annual meeting of Fleming-Mason RECC is July 14

All members, their families and friends of Fleming Mason Rural Electric Cooperative Corporation are urged to keep in mind the 38th Annual Meeting of the Co-op which will be held July 14 and 15 at the Fleming-Mason Co-op grounds at Flemingsburg.

Those nominated for re-election are: Clyde R. Cannon, J.E. Smith Jr. and Elmer Fawcett.

There will also be annual reports by: Hanford T. Moyer, president; J.E. Smith Jr., secretary-treasurer; and Huston Delaney, Manager of the Co-operative.

Members in attendance will also receive a bucket of balls, an informative printed Financial Report and will be eligible to receive door prizes including a micro-wave oven, an electric blender and three each of electric corn poppers, hot warmers and slow cookers.

In a special contest a modern boy's bicycle and a girl's bicycle will be given away to some lucky boy and girl. Entries for the ever popular Miss Fleming-Mason RECC of 1976 contest are now being received and the winner of the contest will represent Co-op at the State Beauty Pageant to be held in Louisville. She will also receive gifts and other honors. Runner up in the contest will also receive gifts and will represent the Co-op in the State Beauty Pageant should the winner be unable to attend. All entrants will receive souvenir gifts.

Professional entertainment will be provided by The Pleasances nationally known country and spiritual singing group whose recordings of "This Old House," "How Great Thou Art,"

America We Salute You

with Salute to '76 FOOD SALE

U.S. Choice Round Steak (Boneless lb. \$1.49) lb. \$1.39

U.S. CHOICE SIRLOIN STEAK lb. \$1.79

U.S. CHOICE BEEF RUMP OR SIRLOIN TIP ROAST lb. \$1.59

FISCHER'S MELLWOOD BACON lb. \$1.59

FISCHER'S SMOKED PICNICS

U.S. Choice T-Bone Steak	lb. \$1.89
U.S. Choice Porterhouse Steak	lb. \$1.99
U.S. Choice Cube Steak	lb. \$1.99
Fresh Ground Chuck	13 lb. pkg. or larger lb. 99¢
Marhofer Pork Loin Sale Extra Trim, Bladeless Whole, Halves, Quarters	lb. \$1.39
Fischer's Skinless Wieners	12 oz. pkg. 79¢
Fischer's Sliced Bologna Reg, Thick, Garlic	lb. \$1.09
Kahn's Jumbo or Beef Franks	lb. \$1.19
Kahn's Big Red Smokies	lb. \$1.39
Kahn's Hillshire Smoked or Polish Sausage	lb. \$1.39
Kahn's Deluxe Club or Beef Bologna	8 oz. pkg. 79¢
Kahn's Bratwurst	lb. \$1.39

Smuckers Strawberry 18 oz. jar PRESERVES 76¢

California White Potatoes 10 lb. bag \$1.19

BANANAS 2 lbs. \$39¢

GREEN ONIONS, RADISHES, CUCUMBERS 2/29¢

Sana Rosa Plums lb. 59¢

Van Camp No. 300 cans	3/76¢
Pork & Beans	3/76¢
Borden's 12s	76¢
Elsie Posicicles	76¢
Sunshine State Frozen	6 oz. cans
Orange Juice	6/129¢
Hunts 32 oz. bitl.	
Tomato Ketchup	76¢
Ocean Spray 32 oz.	
Crabney Juice	76¢
Dukes Qt. jar (Limit 1)	\$1.69
No. 300 can White, Golden	
Bush's Hominy	4/76¢
Delmonico 7 oz.	
Elbow Macaroni	4/76¢
Delmonico 7 oz.	
Thin Spaghetti	4/76¢
100 Ct.	
Dixie White Plates	76¢
Minute Maid 12 oz. cans	
Reg. Pink	
Frozen Lemonade	2/76¢

TEA BAGS 89¢

DOG CHOW \$4.99

REYNOLDS WRAP 59¢

INSTANT TEA \$1.29

MUSTARD 29¢

MARGARINE 49¢

JENO PIZZAS 76¢

FRIED CHICKEN \$1.99

POTATO CHIPS 59¢

HOT DOG BUNS 2/76¢

COKE, TAB, SPRITE 76¢ (Limit 1)

Additional Cartons \$1.09 Each