

# Kay's Kitchen

— By Kay Fisher —



Sometimes the best concoctions come from just wanting to do something different with the same foods. I came up with this one last night and it turned out to be a delicious meal. As I was browning the chops I put them in a casserole and to the dripping grease and package of chili mix and added enough water to make a 60-40-40 gravy, added a dash of Worcestershire sauce and seasoning salt, poured it over the chops, covered the dish and baked at 350 degrees about 3/4 hours. Cooking time depends on thickness of chops. Do cook them until fork-tender.

**SALMON Patties**  
1 pound can Salmon  
1/2 cup finely chopped onion  
2 tablespoons margarine  
1/2 cup dry bread crumbs  
2 beaten eggs  
1/4 cup chopped parsley  
1 teaspoon dry mustard

Drain Salmon, reserving 1/2 cup liquid. Drain and pat dry. Add onion, margarine, bread crumbs, eggs, parsley, mustard. Make into patties and roll in extra bread crumbs or cracker crumbs. Fry in 2 inch deep oil until browned. Drain on paper towels. Serve with tartar sauce.

**BROCCOLI SALAD**  
2 (10 oz.) boxes of frozen broccoli, cooked till just tender. Remove tops and dice coarsely.  
6 hard boiled eggs  
1 package gelatin  
1 can consommé  
1/2 cup mayonnaise  
bit of lemon juice  
salt to taste  
Worcestershire sauce and Tabasco to taste

Chop egg, add broccoli and mayonnaise. Soak gelatin in 1/4 cup consommé. Heat rest of consommé sufficiently to dissolve gelatin. Add egg and broccoli mixture and season well. Pour in mold or square pan.  
1 hour. This is better the day after. Will serve eight.

**BEAN AND CARROT SALAD**  
1 (16 oz.) can of 2 cups green beans, drained  
1 (16 oz.) can sliced carrots, drained  
1 (16 oz.) can red kidney beans, drained

Every meal can be a regular feast. Most of the time we must prepare meals that are nutritious and just as important, attractively served. The can of Salmon on the pantry shelf can make a meal that is impressive, good and as most people want now, low in calories.

## Smoots entertain Class

Mr. and Mrs. John Smoot entertained the class of 1966 from Nicholas County High with a potluck supper at their home in Millersburg on Saturday. There were 25 guests present.

(Paul Hardin), Mr. and Mrs. Mike Dotson (Mike Dotson), Mr. and Mrs. John Hamilton (John Hamilton), Mr. and Mrs. Michael Jones (Michael Jones), all of Carlisle.

Mr. and Mrs. Edie Price (Marlynn Gannon), Gaye Shaw, Mrs. Danny Hutton (Ginger Hamm), Mrs. Paula Donovan, all of Lexington; Mr. and Mrs. Marty McClanahan (Nancy Booth), Mr. and Mrs. Aaron Berts (Judy Curtis), of Cincinnati, Ohio; Mr. and Mrs. Howard McClarty (Howard Winky McCarty), of Hillsboro, Ohio; Mr. and Mrs. Edie Jackson (Teresa Ellington), of Bowling, Mr. and Mrs. Richard Smart (Rita Hunter), of Richmond; Mr. and Mrs. Larry Mattox (Larry Mattox), of Bowling, Mr. and Mrs. John Smoot (John Smoot), of Millersburg; and David Kerus, of Lakeland, Fla. Bobby Terrell will be in service in Florida with all greetings.

**Miss Calvert**  
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**brothral told**

Mr. and Mrs. John C. Calvert of McDaniel announce the engagement and forthcoming marriage of their daughter Jacqueline to Robert W. Kingsolver of Nashville, Tenn., son of Dr. and Mrs. Wendell R. Kingsolver of Carlisle.

The bride-elect is an honor graduate of Centre College, where she was a member of Phi Beta Kappa and Phi Alpha Theta, and has attended the University of Louisville School of Law. Kingsolver, an honor graduate of Centre College and member of Omicron Delta Kappa, currently attends Vanderbilt University.

The wedding will take place at 2 p.m. Saturday, July 31, in the Presbyterian Church in Danville.

## Miss Woodward to marry July 11

Miss Tami Allison Woodward, daughter of Mrs. Barbara Woodward of Carlisle and Howard Woodward of Paris, was the bride for her marriage to Richard Fuller Sams, son of Mr. and Mrs. William Sams of Carlisle.

The wedding will take place at 2 p.m. Sunday, July 11, in the back yard of the home of Mr. and Mrs. William Sams on the Old Paris Pike. A reception will be held immediately following the ceremony. All friends and relatives are invited to attend.

## Sexton-Ring plans complete

Miss Peggy Sue Sexton, daughter of Mr. and Mrs. Estill Sexton of Carlisle and the late Area Ruth Sexton has completed plans for her marriage to Charles A. Ring, son of Mr. and Mrs. Charles Ring Sr., also of Carlisle. The wedding will take place at 7:30 p.m. Friday, July 16 at the Morehead Christian Church. The reception will be held at the church following the ceremony.

## 25th class reunion Aug. 21

The 1951 graduating class of Nicholas County High School will hold its 25th reunion on Aug. 21 at Lake Carrico Country Club. A dinner is planned for the evening. Each member will be notified of details for the event.

## Mrs. McFarland entertains club

Mrs. Bobby McFarland entertained with a dessert bridge at her home on Thursday, July 8.

## Singletary named to education board

ATLANTA—University of Kentucky President Otis A. Singletary is the 1976-77 vice-chairman of the Southern Regional Education Board (SREB)—the compact of 14 southern states for the advancement of higher education. He succeeds Purman University President Gordon W. Blackwell of Greenville, S.C.

# SOLELY

Mr. A.B. Crouch has returned to her home on Chestnut Street after having vacationed for the past month. She and her daughter, Miss Sidney Crouch of Quincy, Ill., took a "Rhine River Cruise" to Europe. They spent a few days at Lacerne, Switzerland, took a boat trip on the Rhine River and visited the Castle of Heidelberg in Germany. They also visited the Cathedral at Cologne and spent some time in Amsterdam, Holland. After their European trip, Mrs. Crouch returned home with her daughter to Quincy (near Chicago) where she spent two weeks. They returned to Carlisle the past weekend and will be home again the weekend and will now return to her home.

Janetta Scott, Gail Feback and boys visited Mrs. Scott's sister, Sara McCarty and family and Mr. and Mrs. Arthur Mix in Buford, S.C. all last week.

Mr. and Mrs. Chontelle Layson of Millersburg have as their guest for the month of July, their grandson, Terance Fowler, of Atlanta, Ga.

Mr. and Mrs. Christopher Hills had as their guests for the holiday weekend her cousin Mrs. Leo Potts, Mr. Potts and sons of Asheville, N.C. and her uncle, Leo Kenney and Mrs. Kenney of Atlanta, South Australia.

Mr. and Mrs. Harry C. Otte and their son Clifford have returned to their home in Millersburg after a vacation at Myrtle Beach, S.C.

Recent guests of the Richard Chamberlains have been his brothers, Calvin and Martin Porter and Mrs. Chamberlain and daughter, Arla Kay, all of Kearney, Neb. Monday afternoon callers were Mr. and Mrs. John W. Kays Sr., Mrs. Chamberlain's parents and her brother, Chaplain (LTC) John W. Kays and Mrs. Kays and son, Michael of Goshenham, Germany.

**Birth**  
**TINCHER**  
Mr. and Mrs. Paul Tinchler announce the birth of a son, James William, born June 26, 1976 at Fleming County Hospital. He weighed seven pounds, 13 and one-half ounces.

**Announcing**  
**Kathy Allison**  
is now  
employed  
full time at

**The Beauty Shoppe**  
113 E. North  
Carlisle, Ky.  
PERMANENT WAVE SPECIAL  
\$10<sup>00</sup> July 6-10  
Phone 289-5772  
Open Evenings by appointment six days a week

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**Oldham's STORE-WIDE CLEARANCE SALE IS NOW GOING ON!**  
"Greatly Reduced Prices" Now Being Made on Dresses - Pant Suits - Shoes - Bags - Shorts - Tops - Slacks - Shifts - Bathing Suits - Robes - Gowns - Pajamas and Other Items  
**FOR REAL VALUES BE SURE TO SHOP . . .**  
**Oldham's**  
Mt. Sterling

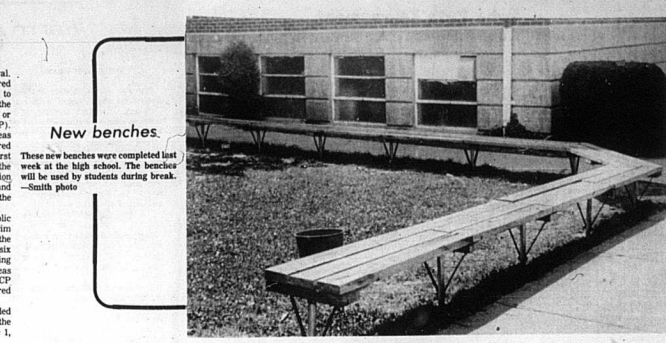
## Needy areas to receive federal WIC aid programs

WASHINGTON—Areas with the highest levels of infant mortality, low birth weight and low income will be given the first opportunity within available state agency resources to begin a Special Supplemental Food Program for Women, Infants and Children (WIC), under amended regulations announced by the U.S. Department of Agriculture (USDA).

Recent amendments (P.L. 94-16) to the Child Nutrition Act of 1966 require that states be given the first opportunity to take advantage of the increased benefits—including nutrition education, medical determinations and administrative cost savings—under the WIC program.

The change is in line with public comments received after the interim regulations were published in the Federal Register on Jan. 11. Eighty-six responses opposed the provision giving priority for WIC approval to areas willing to terminate SFP or FCP programs; only one comment favored this requirement.

The policy established by amended regulation, which was published in the Federal Register on Tuesday, June 1, is effective as of April 1.



New benches. These new benches were completed last week at the high school. The benches will be used by students during break.—Smith photo

**FOOD BARGAINS**  
Are Our Business!

**U.S. CHOICE CHUCK ROAST** (Boneless lb. 69¢ (Boneless lb. 1.09))

**TENNESSEE PRIDE SAUSAGE** lb. \$1.39

**U.S. CHOICE SHOULDER ROAST** lb. 99¢

**U.S. Choice Chuck Steak** lb. 79¢ (Boneless lb. 1.19) (Boneless lb. 1.19)

**U.S. Choice Boneless Stew Beef** lb. \$1.39

**U.S. Choice Beef Short Ribs Extra Lean** lb. 99¢

**Fresh Pork Spare Ribs (Small, Tender)** lb. 1.29

**Marhofer Canned Hams** 3 lb. \$4.99

**Armour Patio Pups** lb. 99¢

**Windex 15 oz.** 69¢

**Glass Cleaner** 69¢

**Post Toasties 18 oz.** 59¢

**Cereal** 59¢

**20 oz. Magic Sizing** 69¢

**Betty Crocker 1 lb. 6 oz. Pie Crust Sticks** 79¢

**See Pak Fattant 7 oz. Shrimp N Butter** 79¢

**Hormel 5 oz. Vienna Sausage** 3/\$1

**Foottown Bread** 16 oz. loaves **4 Loaves / \$1**

**Crisco** 3 lb. can **\$1.29**

**Hi-C Fruit Drink** 2/89¢ 46 oz.

**Layer Cake Mixes** 2/99¢ All Flavors except Angel Food

**Pert Toilet Tissue** 4 roll pk. **49¢**

**Orange Juice** 59¢

**Minute Maid 12 oz. cans**

**Star Kist 6 1/2 oz. limit 2 Chunk Light Tuna** 2/99¢

**Bama 18 oz. Grape Jelly Seedless Grape Jam** 59¢

**3 oz. Refill 100 ct. Dixie Bathroom Cups** 69¢

**Lipton 100 ct. Tea Bags** \$1.99

**Glad Family 20 ct. Trash Bags** \$1.79

**Calgonite 35 oz. Dishwashing Detergent** 99¢

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**Crisco**

**★ We Welcome Federal Food Stamps**