

Kay's Kitchen

— by Kay Fisher

Though we would like to dismiss summer lunches with the ever faithful peanut butter and jelly sandwiches, there are some who might not go for this sort of lunch. However, lunches should be quick, easy to prepare, and tasty. Of course foods prepared always make the task easier. Keep plenty of relishes, radishes, green onions and carrots cut and cleaned to use as snacks or garnish. Too, it is a good idea to keep hand boiled eggs in your refrigerator to use in salads, sandwiches or to use for dressed eggs. If you really want to splurge, cook a sirloin tip roast, allow to cool and use for roast beef sandwiches, sliced, cold for meat for your main meal served with hot vegetables.

Here are some sandwich ideas that are filling and will make a hearty lunch. Serve with crisp celery, and carrot sticks. I call these "Super Sandwiches."

This one has an oriental touch.

CHOW MEIN BURGERS
1 pound ground beef
¼ cup chopped onion
1 (1 lb.) can chop suey vegetables, drained
¼ cup water

COLESLAW
1 (1 lb.) head of cabbage, shredded
1 (1 lb.) head of cauliflower, shredded
1 (1 lb.) head of lettuce, shredded
1 (1 lb.) head of carrots, shredded
1 (1 lb.) head of radishes, shredded
1 (1 lb.) head of green onions, shredded
1 (1 lb.) head of celery, shredded
1 (1 lb.) head of parsley, shredded
1 (1 lb.) head of dill weed, shredded
1 (1 lb.) head of dill seed, shredded
1 (1 lb.) head of onion, shredded
1 (1 lb.) head of garlic, shredded
1 (1 lb.) head of ginger, shredded
1 (1 lb.) head of turmeric, shredded
1 (1 lb.) head of paprika, shredded
1 (1 lb.) head of cayenne, shredded
1 (1 lb.) head of black pepper, shredded
1 (1 lb.) head of white pepper, shredded
1 (1 lb.) head of salt, shredded
1 (1 lb.) head of sugar, shredded
1 (1 lb.) head of vinegar, shredded
1 (1 lb.) head of oil, shredded

Big Sandy, Tenn.
Miss Rose Ann Farah, infant daughter of Mr. and Mrs. Licha H. Farah of the Carpenter Pike, was baptized after the 10 a.m. Sunday, June 20 at the home of Our Lady of Goodhope Catholic Church. Miss Kathryn Kannon of Wendell, N.C., aunt of Mrs. Farah is the child's Godmother. Her Godfather is Ignatius Koury of the Carpenter Pike. Her godparents are Mrs. Mary Carter of Danville and Mrs. Licha Farah. Mr. Farah and family. Mr. and Mrs. E.T. Houlton Jr. of Lexington, Mrs. Prudence Douglas and Mrs. Joe Pryor of Lexington were guests Sunday. Mr. and Mrs. W.B. Parker at their Lake Carnico cottage. Emery Clark had as his father's Day guests Sunday, his son, Dr. Emory Clark, Mrs. Clark and their children, Terry, Chrissie and Todd; and Miss Shirley Fry Pickrel, all of Fleming county and his son Bill Clark, Mrs. Clark and their children, Billy, Cindy and Cami of Carlisle.

Births
Mr. and Mrs. Wm. Vaughn Fry of Glasgow announce the birth of a son, their first child, on Tuesday, June 15, 1976 at T.S. Sisson Community Hospital, Glasgow.
He weighed eight pounds, 13 ounces and had been named William Vaughn Fry.
Maternal grandparents are Mr. and Mrs. Harold D. Becker of Bowling Green. Paternal grandparents are Mrs. W.H. (Billy) Fry of Carlisle and the late Mr. Fry.

NICHOLS
Mr. and Mrs. Charles Mac Nichols, Rt. 4, Cynthia, announce the birth of a daughter on Wednesday, June 2, 1976 at Harrison Memorial Hospital in Cynthia. She weighed 6 pounds, 6 ounces and has been named Crystal Dawn Nichols. Her godparents are Mr. and Mrs. George E. Sexton of Carlisle. Paternal grandparents are Mr. and Mrs. Mac Nichols of Cynthia.

50th anniversary
Mr. and Mrs. Thomas T. Trussell of Myers will observe their 50th wedding anniversary Sunday, June 27, with an open house at the home of their daughter, Mrs. Robert T. Trussell, 309 Second Street, Carlisle.

Marriage vows exchanged
Mr. and Mrs. Harold Crouch, Mr. and Mrs. H.T. Crouch and Mrs. Kenneth Soper spent the day last Wednesday in Lexington.

100th birthday celebrated
Mrs. Sally Clark of Mt. Olivet celebrated her 100th birthday Sunday, June 20 with an Open House at her home from 2 to 4 p.m.

4H Drama Club
There will be a meeting of Act 1, 4-H Drama Club Monday night, June 21, at 8:00 in the basement of Nicholas County Library.

Carlisle Garden Club hears talk on flower arrangement
The June meeting of the Carlisle Garden Club was held Monday, June 21 at the Library. Mrs. Charles Wilson, president, presided over the business, assisted by Miss Mary Lois Campbell, recording secretary.

Infant baptism is held Sunday
Miss Rose Ann Farah, infant daughter of Mr. and Mrs. Licha H. Farah of the Carpenter Pike, was baptized after the 10 a.m. Sunday, June 20 at the home of Our Lady of Goodhope Catholic Church. Miss Kathryn Kannon of Wendell, N.C., aunt of Mrs. Farah is the child's Godmother. Her Godfather is Ignatius Koury of the Carpenter Pike. Her godparents are Mrs. Mary Carter of Danville and Mrs. Licha Farah. Mr. Farah and family. Mr. and Mrs. E.T. Houlton Jr. of Lexington, Mrs. Prudence Douglas and Mrs. Joe Pryor of Lexington were guests Sunday. Mr. and Mrs. W.B. Parker at their Lake Carnico cottage. Emery Clark had as his father's Day guests Sunday, his son, Dr. Emory Clark, Mrs. Clark and their children, Terry, Chrissie and Todd; and Miss Shirley Fry Pickrel, all of Fleming county and his son Bill Clark, Mrs. Clark and their children, Billy, Cindy and Cami of Carlisle.

First Baptist Church in Carrollton is scene of Gaunce-Phelps wedding

The First Baptist Church, Carrollton, was the scene Saturday afternoon, June 13, for the wedding of Miss Audrey Lee Gaunce, daughter of Mr. and Mrs. Harold E. Gaunce, Carrollton, and David Anthony Phelps, son of Mrs. Luther B. Phelps, Bowling Green, and the late Mr. Phelps. The Rev. J.W. Farmer performed the double ring ceremony.



Mr. and Mrs. David Anthony Phelps

Carlisle Garden Club hears talk on flower arrangement

The June meeting of the Carlisle Garden Club was held Monday, June 21 at the Library. Mrs. Charles Wilson, president, presided over the business, assisted by Miss Mary Lois Campbell, recording secretary.

Mrs. Wilson first called for a few moments of silent prayer, in respect to Mrs. Clara Clark, deceased, who had been a charter member of the club. Mrs. Ernestine Eads gave the spiritual words, using "Garden" as her topic. Plans were made for the club's four-tiered wedding cake with yellow icing and white daisies, topped with white, cream and pink roses. The bride and groom were Mrs. David Cherry, sister of the groom, Bowling Green, Mrs. Paul Kelly, sister of the groom, Paducah, Louisville, Mrs. Charles Buckley, Louisville and Mrs. William E. Kidwell, Milton.

Four attend alumni fete

Mr. and Mrs. S.T. Minton of Nicholas county and Mr. and Mrs. Bobby Mann of Millersburg attended the Bourbon County High School Alumni Banquet held Saturday night, June 19 at the Ramada Inn Imperial in Lexington.

The following prenuptial showers and dinners were given in honor of the bride:

The rehearsal dinner was held at the Nicholas Hotel, on June 11 in the home of Mr. and Mrs. Luther Phelps.

On March 29 a dinner and miscellaneous shower was given by Miss Denise Kuehler in Lexington.

Mrs. Ray Spennberg, Carrollton, entertained with a miscellaneous shower June 4.

On June 5, Mrs. Doug Simpson gave a miscellaneous shower in Bowling Green.

Mrs. Garland Farmer entertained with a tea on June 5 in Orymbiana. A rice party was given by Miss Tracy Gaunce, June 10.

Mrs. Phelps is the granddaughter of Mrs. Spencer Gaunce and Mr. and Mrs. Alle Tipp of Carlisle.

Mrs. Frances Dotson and John G. Harty were married at the Carlisle Baptist Church on Friday, May 28, with Rev. Eugene White performing the double ring ceremony.

Out of town guests were Mrs. Emogene Brownfield, Covington; Mr. and Mrs. Dean Selby, Newport; Miss Elizabeth Hall, Mr. and Mrs. William officials.

Mrs. Clark has six children: Miss Myrtle Clark, at home; Robert Clark, Owsleyville; Osborne Clark and Mrs. Mable Mastie, Mt. Olivet; Hazel Musselman, Cold Springs; and Mrs. Anna Mae Curtis, Mayville.

Clay Taylor of Carlisle is a nephew of Mrs. Clark.

Vacation Bible Schools planned for several weeks

First Baptist Church and the Shrine of Our Lady of Goodhope are having Vacation Bible Schools this week. Plans have been completed for some other churches Bible Schools. They are:

at Carlisle Wesleyan Church
Nightly at 7:30 p.m. Services Sunday morning at 11 a.m. Singing 2 p.m.

featuring
The Singing Hutsons
Evangelist,
Rev. Gary Long
of God's Bible School,
Cincinnati

June 25, 26, 27

Carlisle Wesleyan Church
Vacation Bible School for the Carlisle Wesleyan Church will be at 1 p.m. each day Monday, July 5 through Friday, July 9.

Lowest Grove Baptist Church
The Lowest Grove Baptist Church Vacation Bible School classes will be from 9 to 11 p.m. Monday, June 28 through Friday, July 2.

Blue Licks Christian Church
Blue Licks Christian Church will start on Monday, June 28 and end Friday, July 2. Classes will be held each evening from 8:30 to 9 p.m. Anyone desiring more information should call 239-5611.

Local Methodists attend Sunday rally
The United Methodist Churches of the Mayville District on Sunday completed the last of five rallies for the Sunday School at the Flemingburg United Methodist Church. Direction for the rallies was given by the District Superintendent, Dr. William M. Pope, Carlisle, with the largest Sunday School of the District, had the following to attend: Mr. and Mrs. James Lowe and Cheryl, Miss Cuy Pruitt, Mrs. Charles Rowe, Luther Anderson, W.H. Campbell, Mrs. David Zachary, Rev. and Mrs. Richard Chamberlin.

Rebaptism to Beat The Band! Read Today's Classified Ads!

Dr. Morris L. Norfleet, Morehead State University's vice president for research and development, Monday was named the school's acting interim president.

Be one of the first to obtain your copy of the "History of Nicholas County" July 4

Cloud 9 Savings

U.S. Choice Beef
Rump Roast
or Sirloin Tip Roast
lb. **1.49**

U.S. Choice Beef
Round Steak
Boneless lb. **1.19**

U.S. Choice Beef
Ground Beef
3 lbs. or more
lb. **89¢**

Marhofer Smoked Pork Chops
Center Cut
lb. **1.69**

Armour Star Sliced Bologna
Vac Pak
lb. **99¢**

Chaf Boy-A-Dee Spaghetti & Meatballs
15 oz.
2/89¢

Banquet Fried Chicken Dinner
15 oz.
39¢

Gravy Train
25 lb. bag
Dog Food
\$5.99

Virginia Brand Hickory Smoked Sliced Bacon lb. **1.39**

Echrich Jumbo or Beef Frank lb. **99¢**

Armour Veribest Boston Butt Roast lb. **99¢**

Pork Steak B. **1.19**

U.S. Choice Sirloin Tip Steak lb. **1.39**

U.S. Choice Beef Briskets 5 to 7 lb. **99¢**

Cagle Chilled Pak Grade A Mixed Chicken Parts lb. **59¢**

With Top Value Stamps you can get more for your prescription dollar

PRICES SHOT DOWN...

Blue Bonnet Margarine 39¢ lb.

Foodtown Ice Cream 1/2 gal. **89¢**

Zesta Saltines 16 oz. **49¢**

Bounce 60 ct. **29¢**

Sure Roll-On 8 1/2" reg. unscented **89¢**

Mr. G. 2 lbs. French Fries **49¢**

Johnson's 18 Overnight Diapers **12 1/2**

RC Cola 16 oz. **1.09**

3 oz. Lipton TEA **\$1.39**

Smokers 2 lb. Grape Jelly **\$1.99**

200 lb. Reynolds wrap **59¢**

10 oz. Post Toasties **89¢**

Borden's 24 oz. Cottage Cheese **59¢**

Banquet 14 oz. Cream Pie **49¢**

White Seedless Grapes 2 qt. size **69¢ lb.**

Kool Aid 39¢

single roll Teri Towels 49¢

Phase III 2/69¢

Dixie 3 oz. Bathroom Dispenser 55¢

Betty Crocker 15 1/2 oz. Brownie Mix 59¢

Lucks Beans 3/1 Pint, mixed, Lima, kidney 303

Peter Pan 18 oz. Peanut Butter smooth, crunchy Limit one

79¢

3/1 Fireside Cookies

8 oz. sandwich creme, 5/4 oz. sugar wafers

Purina 10 lb. Cat Chow 139¢

Fireball 18 lb. Marshmallows 49¢

U.S. No. 1 California Long White 10 lb. bag

Potatoes \$1.39

Peaches 3 lbs./\$1

Head Lettuce 3/\$1

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