

Kay's Kitchen

— By Kay Fisher —



Since chicken is one of our more economical meats to serve for guests, let me give you this recipe that can be fixed before guests arrive—then put in oven, covered with Reynolds wrap and broiled.

CHICKEN BREAKFASTS IN SHERBY
Halves of chicken breasts (4 whole—but do split them in half). Put 1/4 pound of margarine in heavy large skillet. Brown chicken slowly in this, take about 20 minutes. When brown transfer chicken to an open pyrex baking dish—add 1/4 cup water, 1/4 cup straight cooking sherry, salt, pepper and sugar to taste. Just a hint of sugar. Bring to boil. Pour this sauce over chicken. Be sure chicken is placed side down in baking dish and cook uncovered 30 minutes at 375 degrees.

LADY KISSES
1 egg whites
1 teaspoon vinegar
1/4 cup confectioners sugar
1/4 cup chopped pecans
Beat egg whites until firm but not dry, add sugar and vinegar gradually and continue beating. After sugar has been added beat 5 minutes. Fold in nuts and vanilla. Drop from teaspoon into greased baking sheet. Bake 10 to 15 minutes in a slow oven 275 to 300 degrees. Kisses should be firm but very light in color. Let stand a few minutes before removing from sheet. Yield 4 dozen.

GREEN VEGETABLE, CONGEELED FAT SAUCED AND HOT and you have a company dinner. Instead of congealed salad you might like spiced fruit. Cling peaches and pineapple are good.

Drain juice from fruit—add two sticks of cinnamon, 1 piece of ginger root, 4 whole cloves, 1/4 cup vinegar and two and three tablespoons of sugar and brown in medium size onion, thinly sliced, in the margarine chicken was broiled—add 1/4 cup water, 1/4 cup straight cooking sherry, salt, pepper and sugar to taste. Just a hint of sugar. Bring to boil. Pour this sauce over chicken. Be sure chicken is placed side down in baking dish and cook uncovered 30 minutes at 375 degrees.

Barren county couple guilty of welfare fraud

FRANKFORT—A Barren county couple has been found guilty of welfare fraud and has been sentenced to one year in prison each.

The case involved the couple's procurement of \$1,000 in food stamps and assistance payments secured from the Department for Human Resources through false information.

Both entered pleas of guilty to the charge of "obtaining money under false pretenses."

The court action was brought after a Department for Human Resources caseworker learned the couple was making regular bank and rent payments but reporting little or no monthly income.

Court records show the couple failed to report a month's salary income of \$596 which resulted in their ineligibility for continuing assistance payments.

Prosecution evidence revealed that they had provided false information to the caseworker for a period of over 18 months resulting in the receipt of \$1,000 in state assistance.

After serving their sentences the couple will still be liable for restitution of those monies to the state.

Requests to prevent fraud include requiring caseworkers to make home visits and thoroughly investigate cases if discrepancies are thought to exist and requiring caseworkers to report any such discrepancies to their supervisors.

Cases are reviewed at least twice a year; some of the difficult cases are reviewed every three months.

Entries now being taken for Miss Spring Pageant

Entries are now being taken for the first annual Little Miss Spring Pageant, sponsored by the Carlisle Junior Women's Club.

Entries will be taken from Nicholas County residents until March 31.

Parents or guardians must fill out the entry form in this week's issue of the Mercury.

No form will be accepted without proper signature. An entry fee of \$2.00 must accompany the form.

Mail the completed form to: James M. Anderson, Route 3, Carlisle, Kentucky 40301.

Parents or guardians must fill out the entry form in this week's issue of the Mercury.

Comments to be used as commentary during pageant; activities, hobbies, etc.)

ENTRY FORM LITTLE MISS SPRING PAGEANT

Child's name _____

Child's age (as of April 15, 1978) _____

Parent or Guardian _____

Relationship _____

Address _____

Phone _____

Comments to be used as commentary during pageant; activities, hobbies, etc.)

Mail to: Mrs. James M. Anderson, Route 3, Carlisle, Ky. 40311 or Mrs. Paul Hardin, 114 Mockingbird Lane, Carlisle, Ky. 40311.

Dance Lessons

Tap, Toe, Jazz & Ballet Instruction

Ages 5 and up

Registration For Classes — Sunday, March 7, 1 PM to 4 PM Monday, March 8, 4 PM to 6 PM

445 North Broadway (Back Entrance)

For information phone 289-5153.

Ginger Myers

Wedding plans announced for Miss Wendy Lee Owings

Miss Wendy Lee Owings, daughter of Mr. and Mrs. Charles Van Meter, son of Mr. and Mrs. Charles Van Meter of Lexington.

Miss Owings is a 1973 graduate of Nicholas County High School and is presently employed at the University of Kentucky Medical Center, Department of Psychiatry.

After serving their sentences the couple will still be liable for restitution of those monies to the state.

Requests to prevent fraud include requiring caseworkers to make home visits and thoroughly investigate cases if discrepancies are thought to exist and requiring caseworkers to report any such discrepancies to their supervisors.

Cases are reviewed at least twice a year; some of the difficult cases are reviewed every three months.

Birthing Tea honors daughter

Mr. and Mrs. Donald Bruce Peck announce the birth of a son on Saturday, Feb. 21, 1978 at Nicholas County Hospital.

He weighed nine pounds, 14 ounces and has been named David Wayne Peck.

The following guests attended: Mrs. Lyle Anderson, Mrs. Roy Dotson, Mrs. Mike Jones, Mrs. David Mays, Mrs. Paul Wayne Ham, Mrs. Harold Crowe, Mrs. Bill Guibrie and Mrs. Larry Willis.

40,000 visited Old State Capitol in six months

FRANKFORT—According to unofficial figures compiled by the Kentucky Historical Society, the Old State Capitol and annex were visited by over 40,000 people in a six-month period ending in January, 1978.

The figures, taken from computer readings in the Old Capitol and the annex, said most of the visitors were in touring groups. "During peak seasons," she said, "we get from 10 to 20 groups daily. Luckily, three-fourths of the groups make reservations so we can be ready for them."

The peak season, Mrs. Blackburn said, begins in early February and continues through June. This is especially true she said in years when the legislature is in session.

Mrs. Blackburn said the museum's busiest day is Sunday, closely followed by the weekdays when the Governor's Mansion is open to the public—Tuesdays and Thursdays.

Although the annex is open seven days a week, the Old Capitol itself is closed on Mondays to save expenses.

Bourbon County High School play is attended

Mr. and Mrs. Joseph F. Conley, Mrs. H. Dallas Sugg, Mrs. Joseph H. Conley and Mr. and Mrs. William Conley attended the Bourbon County High School production of "Carousel" on Thursday night, Feb. 26.

William Conley, a freshman at Bourbon County, had a part in the play.

Mr. and Mrs. Roger Womack attended the production Saturday night, Feb. 28. Mrs. Womack's niece, Mrs. Sarah Stevens, Paris, was dramatics coach for the production.

Other family members attending were Mrs. Womack's two sisters, Mrs. William G. Bailey and Mrs. Bailey and Mrs. H.T. Wilcox, all of Paducah, and Mrs. and Mrs. James H. Thompson of Paris.

VFW Auxiliary plans meeting

The VFW Auxiliary will meet on Wednesday, March 8 at the club room on Walnut Street. Leona Truett, president, asks that all members attend.

Sewing classes will be offered at high school

The Nicholas County High School Home Economics Department is sponsoring a series of four lessons on "Advanced Sewing Techniques and Finishing Tips." The classes will be held at the Home Economics Department at the high school. Meeting times are as follows: Tuesday night, March 9, 10, 22 and 28. The classes will begin at 7 p.m.

The classes will be taught by Bonnie McMeals and Martha Taylor assisted by Nancy Karnes and Terry Ellison, student teachers.

Door prizes will be given and baby sitting will be provided. For further information call 289-7111, 289-5092 or 289-3038.

Mrs. Snapp to host Woman's Club meet

The Carlisle Community Woman's Club will meet Monday, March 8, at 7:30 p.m. at the home of Mrs. Lester Snapp.

The Public Affairs Department will be in charge of the program and will present a program on cancer.

The spiritual values will be given by Mrs. Henry Peters Jr.

Go-together for the evening will be Mrs. Emmert Darrall and Mrs. Fred Whaley.

Mary Childs Hospital joins Miss Green is initiated

MOREHEAD—Mary Childs Hospital in Mt. Sterling has become an affiliate of Morehead State University's nursing program.

MSU President Adorn Doran and Mary Childs Administrator Ken Houtland said the hospital would provide clinical experiences for student nurses in MSU's advanced degree program.

The affiliation has been approved by the Kentucky Board of Nursing Education and Nurse Registration.

"We are pleased that this fine hospital has agreed to become a valuable part of our nursing program," said Dr. Doran.

MSU student nurses also utilize clinical facilities at St. Claire Medical Center and Daniel Boone Convalescent Center in Morehead, Our Lady of Bellefonte Hospital in Ashland and the Veterans Administration Hospital in Lexington.

Following completion of the two-year degree program, MSU students are eligible to take the state examination to become registered nurses.

Leet's Beauty Salon SPECIAL

On All Permanents And Frostings. Beginning March 8 through April 17.

—Shop Will Be Open 6 Days A Week—

Open Evenings By Appointment — Operators

Elaine Hardwick, Mgr. Diana Jackson Carlisle, Ky Phone 289-7283 Elm Street

COLETTA SOCIETY

Mr. and Mrs. D.L. Noel, Lake Carnie, have returned home after spending two months in Leesburg, Fla. Mr. and Mrs. A.B. Whaley returned home from Houston, Texas, where they attended the National Marine-Anjou sales meeting.

Mrs. I.W. Balle, Lake Carnie, attended a seminar in Danville Thruout horticulture, sponsored by the Bluegrass 4-H Council, March 5.

Mrs. Hazel Moore attended the funeral of her brother-in-law, Dwight Lyman, Friday in Poston, Mich. Mrs. Ina Brady was moved to the Nicholas County Hospital late Monday afternoon after becoming ill at her home on Locust Street.

Mrs. Marie Flora and Mrs. Brooks Hinkle went with Mrs. Hazel Swartz, Jan. 22 to New Orleans where Mrs. Swartz left for a 30-day cruise. Miss Flora and Mrs. Hinkle spent ten days in New Orleans before returning home.

Mr. and Mrs. Robert Pumphrey of Louisville visited his uncle, Robert Fisher and Mrs. Fisher in Carlisle on Sunday.

Clyde Seton is recuperating at his home after spending ten days in the Nicholas County Hospital.

Miss Junita Gannoe of Louisville spent a few days last week with her sister, Mrs. Charles Tanner and Rev. Tanner in Harrison county and her brother, Bruce Gannoe and Mrs. Gannoe in Nicholas county. She and Mrs. Tanner visited the following week.

Miss Kathy G. Green, student at Eastern Kentucky University, has recently been initiated into the Beta Tau Chapter of Phi Upsilon Omicron. Phi Upsilon Omicron is an honorary society promoting home economics related careers. Membership requirements include a 2.75 overall grade point average and good standing with the university.

Miss Green, daughter of Mr. and Mrs. Julian Green of Carlisle, is presently doing her student teaching in home economics at Lafayette Senior High School in Lexington.

Mrs. and Mrs. Sam Galbraith of Lexington were visitors in Carlisle the past weekend.

Mrs. Charles Gannoe and Mrs. Joseph Hospital, Lexington, Saturday, Feb. 28 where she remains a patient.

Nicholas County Elementary Mar. lunch menus listed

The Nicholas County Elementary School menu for March is as follows:

March 4—Chili, cheese slice, oranges, muffin, milk.

March 5—Fish on bun, brown beans, slaw, pear half, ice cream, milk.

March 6—Barbecue on bun, French fries, pork and beans, applesauce, cake, milk.

March 7—Fish, pimento cheese, crackers, orange, ice cream, milk.

March 8—Ham, fruit salad, mashed potatoes, peas, rolls, cookie, milk.

March 9—Chili, tomato cheese sandwich, orange, crackers, ice cream, milk.

March 10—Pizza, pimento cheese sandwich, orange, crackers, ice cream, milk.

March 11—Chicken and dumplings, green beans, mashed potatoes, jello, rolls, cookie, milk.

March 12—Lunch meat sandwich, potato chips, pork and beans, pineapple slice, Reese cup, milk.

March 13—Pizza, tossed salad, buttered corn, peach half, brownie, milk.

March 14—Spaghetti, slaw, green beans, peanut butter on cracker, milk.

March 15—Ham, fruit salad, mashed potatoes, peas, rolls, cookie, milk.

March 16—Chili, pimento cheese sandwich, orange, crackers, ice cream, milk.

March 17—Fish, brown beans, slaw, applesauce, pork and beans, ice cream, milk.

March 18—Hamburger, tossed salad, French fries, pear half, brownie, milk.

March 19—Chicken noodle soup, pimento cheese, apple, pudding, milk.

March 20—Beef pattie, mashed potatoes, fruit salad, buttered corn, rolls, cookie, milk.

March 21—Ham, green beans, jello, macaroni and cheese, rolls, cookie, milk.

March 22—Chicken salad sandwich, buttered peas, potato chips, pineapple, ice cream, milk.

March 23—Barbecue, lettuce leaf, French fries, peach half, cake, milk.

March 24—Beef stew, cornbread, tossed salad, green beans, peach half, milk.

March 25—Hamburger, tossed salad, French fries, pear half, brownie, milk.

March 26—Chicken salad sandwich, pimento cheese, apple, pudding, milk.

March 27—Beef pattie, mashed potatoes, fruit salad, buttered corn, rolls, cookie, milk.

March 28—Ham, green beans, jello, macaroni and cheese, rolls, cookie, milk.

March 29—Chicken salad sandwich, buttered peas, potato chips, pineapple, ice cream, milk.

March 30—Barbecue, lettuce leaf, French fries, peach half, cake, milk.

March 31—Beef stew, cornbread, tossed salad, green beans, peach half, milk.

March 32—Hamburger, tossed salad, French fries, pear half, brownie, milk.

March 33—Chili, cheese sandwich, crackers, orange, muffin, milk.

March 34—Chicken noodle soup, pimento cheese, apple, pudding, milk.

March 35—Beef pattie, mashed potatoes, fruit salad, buttered corn, rolls, cookie, milk.

March 36—Ham, green beans, jello, macaroni and cheese, rolls, cookie, milk.

March 37—Chicken salad sandwich, buttered peas, potato chips, pineapple, ice cream, milk.

March 38—Barbecue, lettuce leaf, French fries, peach half, cake, milk.

March 39—Beef stew, cornbread, tossed salad, green beans, peach half, milk.

March 40—Hamburger, tossed salad, French fries, pear half, brownie, milk.

March 41—Chili, cheese sandwich, crackers, orange, muffin, milk.

March 42—Chicken noodle soup, pimento cheese, apple, pudding, milk.

March 43—Beef pattie, mashed potatoes, fruit salad, buttered corn, rolls, cookie, milk.

March 44—Ham, green beans, jello, macaroni and cheese, rolls, cookie, milk.

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