

Kay's Kitchen

— By Kay Fisher —

As I write this the sun is shining, wind blowing and I can see the green tops of the jonquills popping out of the ground. Oh! Spring—I hope. My spirits may be dashed before publication day but right now my mind is on spring and that to me means beautiful spring lamb.

BROILED LAMB CHOPS

Select single or double chops of uniform thickness from loin, ribs or shoulder; remove "fatty" or outer skin and excess fat and wipe with damp cloth. You will find the loin chops have more meat and are also more tender and have less fat than shoulder chops. Place chops on slightly greased rack of broiler pan. If chops are 1½ inches thick it usually takes about 25 minutes. Turn chops occasionally while cooking. Serve with mint sauce or a very tart jelly.

LAMB STEW

2 quarts of water
2 pounds mutton lamb shoulder
1 large onion
1 green pepper, chopped
1 teaspoon salt
1 teaspoon black pepper or about 3 or 4 pepper corns
1 bay leaf
¼ cup canned tomatoes
1 cup canned peas
Other seasonings of your choice
Remove excess fat from shoulder; place in boiling water; add onion, green pepper, rice and seasoning. Simmer slowly until meat is tender. Add canned tomatoes and peas and cook about 10 minutes longer.
May be served with dumplings or bread of your choice. Be sure to serve a good tart fruit salad.

TUNA FISH RABBIT

Prepare rabbit using ¼ cup grated cheese; reduce salt to ½ teaspoon, and add 1 teaspoon Worcestershire sauce for mustard. Add small can of tuna and cook until thoroughly heated.

TOMATO RABBIT

Substitute 1 can tomato soup for 1 cup white sauce; add 1 cup grated cheese, 1 small jar chopped pimiento and 1 minced green pepper and cook until tender of your choice. Be sure to serve a good tart fruit salad.

Remember the most important thing of all is to purchase fresh tender lamb and to remove the "fatty" or outer skin and to remove excess fat before broiling.

Scouts will close with 'historical walk'

March 7-12 is National Girl Scout Week. Nicholas County Girl Scouts began this celebration by attending community worship services this past Sunday.
Locally the Scouts will close the week's activities Friday, March 12 by taking a "historical walk" and a tour through the Nicholas County Courthouse. At the close of this event there will be a "covenant of freedom" ceremony in conjunction with Scout troops throughout the world, in honor of the 64th Girl Scout birthday and the bicentennial.

Aye, and Kentucky loves the emerald green!

By Helen Price Stacy
"In Down Three Saints one grave do fill Brigat, Patrick and Columicell."
Patricias Succat died March 17, 40, and to choose a final resting place for the crusader of Christian faith in the Emerald Isle, two men were allowed to pull his bier, stopping where they pleased.
He was in County Down, and the graves of the three Saints today are marked by a single month of unweaned granite in the churchyard of Downpatrick Cathedral.



St. Patrick, native of Wales at the time of Roman occupation, was a son of a British church deacon and an Irish imprisonment and punishment before he was visited by an angel directing him to freedom.
St. Patrick was revered through the ages by the Irish. Much later when the New World began to open to immigrants, followers of Patrick showed the same courage in embarking on strange seas and alien paths. Who were some of the Irish who for various reasons took passage (or stowed away) ships bound for America?
William Orr left County Clare in 1763, in 1800 was a fisherman in Lawrence County where he died at age 80 on Blaine Creek. His wife Margaret was an Englishwoman. Among their children was a son Samuel who married Hannah Kirby in Floyd County.
Thomas Rhoden, born 1721 in Ireland, arrived in America in time to serve in the Revolutionary War. He married Susannah Beady and they lived 40 years in Fleming County.
Among the many Kentuckians who joined those going to Sangamon County, Ill. in the 1800s was Irishman Charles Dougherty. He was born in Erin in 1792, came to America in 1817 and in 1820 married a widow Mrs. Susannah Gants in Pennsylvania. With her nine children they moved to Wheeling, Va. (now W. Va.), then to Greenup County, Ky. and in 1838 to Illinois.
Cornelius Coherly of Ireland married Mary Hill in Virginia. With son James and other of 12 children he moved with Daniel Boone to Kentucky and lived at Esell's Station seven years, then in 1824 moved to Illinois.
Thomas Caldwell of Ireland was married there to a Welch lady, Betsy Harter. They emigrated to America, first to South Carolina, then to Virginia and finally to Jessamine County, Ky. She was a relative of John C. Calhoun.
Lawrence Kelly made up his mind to leave Ireland. He was a yeoman and his reasons for leaving are not known. He stowed away on a ship to Virginia, worked in the Press on the York River and became the ancestor of the Kelly families in Harlan County. He is buried at Kennerly.

CHANGING ROLES—Marshall State University Assistant Athletic Director John [Sweeney] Allen, right, goes over the baseball roster with Steve Hamilton, who took over this week as coach. Allen, MSU's baseball coach for 14 years, was elevated to his new position at the time of Hamilton's appointment.

Mrs. Frank Gudgeall has teachers' tea

Mrs. Frank Gudgeall entertained the 180-oz faculty of the former Headquarters Elementary School with a tea Saturday afternoon, March 1. Those present were: Mrs. Lois Hamann, Mrs. Lucille Feaback, Mrs. Ruth Anderson, Mrs. Dorothy Sandy, Mrs. Betty Lynn Conrad, Mrs. Marjorie Wilson, Mrs. Jeanette Wallace, and Mrs. Laura Mathes.

Garden Club meets Monday

The first meeting of the year of the Carlisle Garden Club will be Monday, March 15, at 1 p.m. in the basement of the hostesses, Mrs. William Layson and Mrs. S.M. DeMyer.

Second win for Carlisle

A potluck luncheon will be served at the Carlisle Garden Club on Wednesday, March 17, at 1:30 p.m. at the Masonic Temple at which time Friendship Night will be observed.



Friendship Night for Marie Chapter

Marie Chapter 259 will hold its regular monthly meeting, Monday, March 15, at 7:30 p.m. at the Masonic Temple at which time Friendship Night will be observed.
Refreshments will be served in the dining room after the meeting. All officers are requested to wear formal attire and all members are urged to attend.

Sparks host dinner party

Mrs. and Mrs. Robert Sparks entertained with a dinner party at their home on Clifty Ave. on Saturday evening, Feb. 28. The following guests attended:
Mr. and Mrs. Jim Colville and family and Mr. and Mrs. L.W. Brownhall of Louisville, their house guests for a few months ago.
Mr. and Mrs. Toby Elder and Brian Christopher, Fort Mitchell, were weekend guests of his mother, Mrs. Warren Fisher and Mr. Fisher. They visited Mrs. Elder's parents, Mr. and Mrs. Thomas Hickman in Bourbon County.
Woody Wilson, Nicholas County fire chief and owner of Woody's Auto Repair, remains a patient at St. Joseph Hospital, Lexington, where he submitted to major surgery on Monday afternoon.

Miss Kathy Green is among 452 student teachers

RICHMOND—Ten weeks of practice teaching are now underway for 452 seniors from Eastern Kentucky University, including Kathy Green, of Carlisle, Home Economics, Lafayette Senior High.
They are assigned by EKU's College of Education to school systems throughout the state, 136 to elementary schools and 316 to secondary schools.

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

FOODTOWN COUPON
LIQUID PLUMMER
15 Oz. Can
69¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
WIZARD AEROSOL
8 Oz. Can
49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
KIX CEREAL
9 Oz. Box
49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
IRISH SPRING
#112629
2.49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
BAGGIES FOOD STORAGE
#001-46233
25 Cl. 2.79¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Marzetti 8 Oz. Jar
49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
GRAVY TRAIN DOG FOOD
5 lb. Bag
1.19
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
SKILLET Dinners (Strawberry)
17 Oz. Box
89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
SKILLET Dinners (Lasagna)
17 Oz. Box
89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Keebler Club Crackers
18 Oz. Pkg.
49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Lemon English OLD AEROSOL
15 Oz. Can
99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Patio Pups
lb. 99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
ARMOUR STAR 9-11 lb. avg. Cut Hams
lb. 1.69
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
ARMOUR STAR
lb. 99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Johnson & Johnson BABY SHAMPOO
11 Oz. Btl.
\$1.39
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Marzetti 8 Oz. Jar
49¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
GRAVY TRAIN DOG FOOD
5 lb. Bag
1.19
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
SKILLET Dinners (Strawberry)
17 Oz. Box
89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
SKILLET Dinners (Lasagna)
17 Oz. Box
89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Keebler Club Crackers
18 Oz. Pkg.
49¢
Limit one coupon per family.
Expires 3-16-76

U.S. Choice Round STEAK

U.S. Choice Cube Steak lb. \$1.99
U.S. Choice Sirloin Tip Steak lb. \$1.49
U.S. Choice Boneless Rump or Sirloin Tip Roast lb. \$1.49
U.S. Choice Whole, (Sliced) Beef Half, Quartered Pork Loin lb. \$1.39
Cagle's Pride (Legs & Thighs lb. 89¢) Grade A Chicken Breast lb. 99¢

Speedy Armour Star 9-11 lb. avg. Cut Hams lb. 1.69
Armour Star lb. 99¢
(2 lbs. @ 77¢)
EDWARD'S WHOLE HOG SAUSAGE lb. \$1.39
(3 lb. pkg. or larger)
100% PURE FRESH ROUND BEEF lb. 79¢
No. 1 Sliced, Vacuum Packed DUBUQUE ROYAL BUFFET BACON lb. \$1.39
All Meat or Beef DUBUQUE WIENERS 12 oz. pkg. 69¢
(Center Rib lb. 1.49—Center Loin lb. 1.59)
MARHOEFER PORK CHOP SALE 1st Cut lb. \$1.19

— FINAL WEEK —
in \$10,000 Free Food Giveaway
Stop in and Register Today!
★ ★ ★ ★

— Green Giant Sale —
17 oz. CREAM STYLE CORN 3/1
17 oz. GOLDEN W.K. CORN 1
12 oz. can NIBLET CORN 1
Holloway House
Old Fashioned Baked Beans W/Bacon 16 oz. 69¢
Lasagna W/Meat & Sauce Holloway House 21 oz. \$1.49
French Style Green Beans 16 oz. can 3/89¢
Kitchen Sliced Green Beans 16 oz. can 3/89¢
Canned Peas 17 oz. can 3/1
Sliced—Whole Mushrooms 2½ oz. 2/79¢
Whole Asparagus Spears 15 oz. can 89¢
Frozen Corn On The Cob 4 Pk. 79¢

FOODTOWN COUPON
Betty Crocker TUNA HELPERS
Noodle & Cheese, Pot & Mash, Newburg, Nice-Tuna
9 Oz. Box
2.99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Fabric Softener FINAL TOUCH
8 Oz. Can
\$1.49
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
MRS. SYMP BUTTERWORTH
24 Oz. Btl.
99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
WESSON OIL
24 Oz. Can
69¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Past Super SUGAR CRISP
12 Oz. Box
59¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
AIM Family Size TOOTHPASTE
89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Pillsbury 11 Oz. Box PIE CRUST MIX
2.79¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
COOKING EASE
9 Oz. Can
59¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
LIFEBUOY Green, White BATH SOAP
3.79¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
The Twin Pack Sliced LUNCH MEATS
2 8 Oz. Pkg.
99¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Hunt's TOMATO SAUCE
15 Oz. Can
4.81
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Keebler Cookies
16 Oz. Pkg.
59¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Light Blend IMPERIAL
2.89¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
Betty Crocker POTATO BUDS
18 Oz. Box
69¢
Limit one coupon per family.
Expires 3-16-76

FOODTOWN COUPON
FOLGERS COFFEE
Lb. \$1.19
Limit one coupon per family.
Expires 3-16-76

The Delights of Quality FOODTOWN
C & G
Open 8-8 Mon-Sat