

Kay's Kitchen

By Kay Fisher



Here is a variety of combinations using cheese which make excellent substitutes for meat during Lent. These recipes will add variety to your meals at any time.

CHEESE SALMON LOAF
1 can salmon (diced)
1 cup grated American cheese
1 egg beaten
1/2 cup milk
1 tablespoon butter
1 tablespoon lemon juice
tomato catsup or purée
Mix lightly, shape into loaf pan or in shallow pan, put buttered crumbs on top. Bake 25 to 30 minutes in a 350 degree oven.

POTATO AND CHEESE SOUP
1 tablespoon chopped onions
tomato catsup or purée
1/4 cup milk
1/2 cup butter
1/4 cups grated cheese
3 pounds small potatoes
salt and pepper
Put the onions and butter in a pot with a little tomato catsup or purée. When this has browned, add the potatoes

(diced), put in a little salt. When the potatoes are seared, remove them with hot water, put in pepper. When potatoes are cooked, put in the milk, cheese, and more salt if needed. Serve with dash of Tabasco sauce.

CHEESE PUDDING
8 slices of bread (remove crust and butter each slice)
1/2 pound sharp cheese (grated)
1/4 teaspoon dry mustard
dash of cayenne pepper
2 cups milk or a little more
1 teaspoon salt
2 eggs
Put bread and cheese in baking dish in alternate layers. Beat eggs and add to milk. Pour this over bread and cheese mixture. Let stand 8 hours and bake in dish of hot water in moderate oven.

HOT FUDGE PUDDING
Sift together into bowl:
2 teaspoons baking powder

200 4-H members will participate in Talent Show April 1 at N.C.E.S.

The 4-H Council is sponsoring their two-night 4-H Talent Show this year at 7:30 p.m. Tuesday, March 30 and Thursday, April 1 at the Nicholas County Elementary School. The 20 "solo" and "small group" talent acts will perform on March 30 and the seven "cho acts" will perform on April 1. Approximately 200 members will be participating from the fourth grade through the 12th grade.

Ink Sketch Prints of Forest Retreat Tavern by Otis Tussey

Route 4, Lake Carcino
\$5 Each
Available at Carlsle 5810

Law's Blue Star Garden Center

We do all kinds landscaping
We have all garden needs
We have all kinds crafts and needlework
Mr. and Mrs. Charles Law & Mrs. Russell Bell
Hours 9:5 Mon. thru Fri. 9-12 noon Saturday

Hop into Spring!

60" Wide Spring Double Knits: Prints & Solids \$1.49 to \$3.98 yd.
60" Wide Polyester & Silk: Pastel Shades \$4.50 yd.
60" Wide Poly Gabardine \$2.79 yd.
Denims: Brushed & Tie Dye \$1.98 yd.
Crinkle Cotton \$1.98 yd.
GIBSON EASTER CARDS
Party Papers & Wrapping Accessories
NEW LINE OF BABY GIFTS
The Sewing Basket
Fabrics—Notions—Cards
Phone 289-5423 Locust St.

Wedding set for April 8

Mr. and Mrs. John W. Cleaver of Nicholas county announces that the marriage of their daughter, Sandra Kay Cleaver to Michael Lewis Boone, son of Mr. and Mrs. John R. Boone of Carlsle, will take place at 8 p.m. Thursday, April 8 at the Carlsle Christian Church.

A reception will be held in the basement of the church immediately following the ceremony. The custom of open church will be followed and all friends and relatives are invited to attend.

Mrs. Curtis entertained
Mrs. Ruth Curtis was entertained Sunday, March 14 with a surprise birthday dinner at the home of a daughter, Mrs. Douglas George.

Those present were Aven Hicks, Wayne and Hicky, and Mrs. Douglas George in Frankford, Mrs. George is hospitalized, but is improving. Mr. and Mrs. Zed Layton have returned to their home in Millersburg after spending a week in New Orleans where he attended the Southeastern Surgical Congress.

Perinatal care is urged
At the Board of Health meeting, a concern was expressed that pregnant women with a low income do not know about the help they can get at their local health center. Each health center has a program called the perinatal project. The project will give free prenatal care, free hospital care, and free delivery at the local hospital to a pregnant woman with low income.

Couple plan wedding for Friday evening
Mr. and Mrs. William M. Davis announce that the marriage of their daughter, Miss Elizabeth Ann Davis to Hugh Wilson, son of Mr. and Mrs. William A. Wilson will be an event of Friday, March 26 at 7:30 p.m. at the Carlsle Presbyterian Church.

All friends and relatives are invited to attend. Mr. and Mrs. William A. Wilson will host the rehearsal dinner at 7:30 p.m. tonight, Thursday, March 25 at Susie Tackett at Morehead on March Campbell's Restaurant in Paris.

It's A New World Of Fashion For Spring And Summer At OLDHAM'S

A "SPECIAL NEW SHOWING" IS NOW READY With The Most Attractive Styles In
"Dresses"—"Pantsuits"—"Coats"—"Shoes"—"Accessories"
"Sportswear"
"Dresses"
"Spring Coats"
"Pantsuits"
"Shoes"
"Bags"
"Estee-Lauder"

For your shopping convenience—open every Friday until 8 O'Clock—Saturday until 6 O'Clock
OLDHAM'S Mt. Sterling, Ky.

Hall selected to perform with Orchestra

Ullrich Hall, son of Mr. and Mrs. Carroll Hall of Versailles, was selected by addition to perform with the All-State Honor Orchestra for 1976.

Mr. and Mrs. Bill Dollins have returned home after having spent ten days in Florida visiting her sister, Mrs. Ray Dayton and Mr. Dayton in Sarasota and their son Larry Cameron, Mrs. Cameron and children in St. Petersburg.

Kentucky photographers urged to assist Commission
FRANKFORT—The Kentucky Arts Commission is seeking the assistance of the Commonwealth's photographers in assembling a slide presentation of "Kentucky Design."

Mr. and Mrs. A.W. Livinlie have returned to their home in Millersburg after spending a week in New Orleans where he attended the Southeastern Surgical Congress.

Mr. and Mrs. Edger George in Frankford, Ohio was hospitalized, but is improving. Mr. and Mrs. Zed Layton have returned to their home in Millersburg after having spent five weeks in Florida where they visited with their son, Zed C. Layton III, Mrs. Layton and family in Winter Park, Fla. They also visited Lake George.

Roger Barbour will present Professor Lecture tonight
When Roger W. Barbour talks about the future of wildlife in Kentucky, he often sides a question mark.

Webber's Sausage
Whole Hog lb. \$1.39 (2 lbs. \$2.77)
U.S. Choice Shoulder Roast lb. 99¢
U.S. Choice Beef Short Ribs lb. \$1.19
U.S. Choice Boneless Stew Beef lb. \$1.39
U.S. Choice Fresh Chuck Steak lb. 89¢ (Boneless lb. \$1.19)
Ground Chuck lb. 99¢
Pork Roast lb. 99¢
Pork Sliced lb. \$1.19
Pork Steak lb. \$1.19
Fresh Pork (3-5 lb. avg.) Spare Ribs lb. \$1.19
Reg. or Beef 12 oz. pkg. Fischer's Wieners 79¢

Fischer's Bacon
Mellwood lb. \$1.39
Fischer's Bologna
lb. 99¢
Vacuum Packed Reg. Thick, Garlic
U.S. Choice Boneless Beef Tenderloin lb. \$2.59
Sliced Free! (3-5 lb. avg.)
Feminine 30's Reg., Super Kotex Napkins \$1.69
Bathroom 3 oz. 100 Ct. Dixie Refill Cups 69¢
Liquid Toilet Bowl Cleaner 16 oz. Vanish Cleaner 39¢

Lipton Tea Bags
100 Ct. \$1.29
Era Laundry Liquid 32 oz. 99¢
King Size 84 oz. Tide Detergent \$1.89
Trix Cereal 8 oz. box 59¢

Skippy Peanut Butter
18 Oz. Jar 89¢
Kraft Mayonnaise (Limit 1 please) 32 Oz. Jar 89¢
Betty Crocker Gingerbread Mix 14.5 oz. 59¢
Bisquick 40 oz. 99¢
10 Ct. Glad Trash Bags 99¢
Glad Wrap 100 Sq. Ft. 29¢
Frisbies Assorted 14 oz. Dinners for Dogs 29¢

Heinz Ketchup
14.5 Oz. Jar 89¢
Snow Drift Shortening (Limit 3) 3 Lb. Can \$1.39
Borden's Cheese 24 oz. 99¢

Pringle's Potato Chips
9 Oz. Pkg. 89¢
Delmonico Thin Spaghetti 16 oz. 39¢
Vermicelli 16 oz. 39¢
Wide Noodles 8 oz. 39¢
Ex-Wide Noodles 8 oz. 39¢
Betty Crocker Pie Crust Mix 11 oz. 39¢

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Foodtown
FOODTOWN BREAD 4 FOR \$1
FOODTOWN ICE CREAM 89¢
Buttermilk & Country Style Pillsbury Biscuits 6/69¢
Turkey, Salisbury Steak, Meatloaf, Charcoal Beef, Turkey Cutlett, Sliced Chicken (Except Beef) Freezer Queen Meats 2 lbs. \$1.29
No. 303 cans Pinto, Mixed, Lima, Kidney Lucks Beans 3/1

Reports accident

Reese Smoot, Nicholas County Sheriff, reported a tractor-trailer accident about 1:30 a.m. Sunday, March 21 on Route 68 near Blue Licks. Smoot said that the truck, driven by Roger L. Brooks, 28, Athens, Va. was traveling toward Maysville when, due to the heavy rain and bad visibility the truck got off the shoulder of the road and the driver lost control. The truck, loaded with cattle, hit a fence on the George Insko farm.

Although there was no injuries to either the driver or the cattle, there was considerable damage done to the truck, he said.

He asks slides of "stone walls, log houses, the driver or the cattle, there was considerable damage done to the truck, he said.

Anyone with a camera is invited to send photographs to be reviewed for inclusion in the slide presentation, which will be assembled later this year. A handbill issued by the commission.

Storm uproots trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



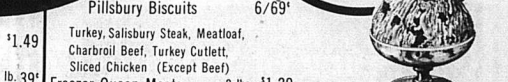
Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.



Huge trees which were uprooted Saturday night on Eastern Ave. The trees knocked out the breakers at the tree substitution causing an electrical outage. Electricity returning in some city homes for several hours, but most service was returned in a little over an hour—Mercury photo.

