

Kay's Kitchen

— By Kay Fisher



Time to think of Christmas cooking as this week I am going to give you some recipes for good old English Plum Puddings. For those of you who will be fixing this for the first time, don't be discouraged. It just sounds more complicated than it really is. Since most plum puddings are steamed, I will give those instructions first.

RULES FOR STEAMING PUDDINGS
Place pudding in well greased pudding mold, or in any receptacle you can cover lightly with aluminum foil. Use one cup water and steam for one hour. If you use a rice size pudding, and fill it finely over open end. Fill mold or molds two-thirds full. Place on a rack in a kettle of boiling water. Keep water boiling and do not jar kettle or let water diminish. Add boiling water when necessary so that more than one-half of mold is immersed all the time. This will insure a light, well-cooked pudding.

OLD ENGLISH PLUM PUDDING
1/2 cup sifted flour
1 1/2 teaspoons salt
1/2 nutmeg, ground
1/2 teaspoon cinnamon
1/2 teaspoon mace
1/2 teaspoon nutmeg
7 eggs
1/2 pound seeded raisins

4 tablespoons cream
1/2 cup brandy or sherry
3 cups grated bread crumbs
7 eggs
1/2 cup orange juice and 2 tablespoons grated orange rind may be substituted for brandy.
Prepare first four ingredients and dredge with flour. Add remaining ingredients in order given. Place batter in greased mold. Steam pudding for 6 hours. Serve with Hard Sauce.

STEAMED DATE PUDDING
1 cup chopped dates
1/2 cup water
1 cup brown sugar
1 egg beaten
1/2 teaspoon vanilla
1/4 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 cup broken nut meats
Cream butter and sugar, add beaten egg, vanilla and then combine and sift ingredients, alternately with milk, last add nut meats and dates.
Steam pudding in mold for two hours. Serve hot with whipped cream.

PLUM PUDDING
1 pound suet, chopped
1 pound seeded raisins
1 pound currants, washed and dried
1 pound citron, chopped
1/2 cup flour
1/2 nutmeg, ground
1/2 teaspoon cinnamon
1/2 teaspoon mace
1/2 teaspoon nutmeg
7 eggs
1/2 pound seeded raisins

Saltwell United Methodist Women have Pledge and Thanks program

The Saltwell United Methodist Women met Monday evening, Nov. 8, at the Saltwell Methodist Church for a combined Pledge Service and World Thanks Program. Led by the president, Dorothy Jones. "Count Your Many Blessings" was the opening song with Sue Tanner giving the invocation. Minnie Brunker and Nellie Smith led the responsive readings, and Wynne Smith and Barbara Spatz presented a

Rehabilitation Services have served 56 in Nicholas

FRANKFORT—In Nicholas county, the Kentucky Bureau for Rehabilitation Services served 56 people and rehabilitated 17 during fiscal 1978-79, according to figures released by the state bureau. Kentucky continues to rank among the top 10 states in the nation in helping the handicapped, especially the severely disabled. Rehabilitation Services, the entire list of disabilities the responsive readings, and Wynne Smith and Barbara Spatz presented a

Creation of Legislative Speakers Bureau to state capitol legislative speakers bureau

A new link between the State Capitol and citizens throughout Kentucky has been established with the creation of a legislative speakers bureau. The increased emphasis on rehabilitation and serving the severely handicapped was mandated by the Rehabilitation Act of 1973. Top priority is given to those individuals who have a disability which seriously limits their functioning capacities.

Happy Thanksgiving with THANKS-GIVER

with THANKS-GIVER—your Thanksgiving Superstar—fresh oranges, flowers in orange and brown tones, arranged in a festive Thanksgiving basket with a hush! basket container. the F.T.D. Way

Small's Greenhouses

★ Also many other designs from which to choose for your Holiday centerpiece. Eastern Ave. Phone 289-2256

Precinct officers to be selected at meet Dec. 4

A Democratic committee man, committee woman, and one member under 30 years of age will be elected in each precinct in Nicholas county on Saturday, Dec. 4, at 10 a.m. All Democrats are urged to attend the meeting in his precinct.

Ribbon pillows class is Nov. 29 at high school

The crafts class on ribbon pillows, originally scheduled for Nov. 18 will be held Monday evening, Nov. 29, in the home economics department of the Nicholas County High School. The class will begin at 7 p.m. Students will need to bring their own supplies for the pillows. A supply list is available at the high school. All students are reminded to also bring pins and thread.

Mrs. Carolyn Dotson to present class on holiday foods

Mrs. Carolyn Dotson, Kentucky Utilities Home Economist will present a program on Christmas foods at 7 p.m. Tuesday night, Nov. 30 at the Carlisle First Baptist Church. The program is sponsored by the Nicholas County Extension Homemakers Association and is open to anyone who wishes to attend.

Bradley Allison has birthday Mrs. Carroll to present Historic compilation

FRANKFORT—Mrs. Julian Carroll is scheduled to present the first compilation of Kentucky properties on the National Register of Historic Places to a state Department of Education representative Dec. 3. The presentation will take place at a late afternoon reception at the Jefferson Club in Louisville.

Births ANDERSON

Mr. and Mrs. William Anderson of Route 4 announce the birth of a son born on Tuesday, Nov. 2, 1978 at the Good Samaritan Hospital in Lexington.

Correction please

Mrs. W.J. Clark was recently elected treasurer of the Carlisle Garden Club, not Mrs. Taylor Soelling, as was indicated in the Nov. 18 issue of The Carlisle Mercury.

Power plants effects is subject

A public meeting to explain the effects various types of power plants have—or could have—on the Ohio River Basin will be held from 10 a.m. to 4 p.m. Dec. 3 at the University of Louisville.

CHILI SUPPER

Thursday, Dec. 2 5 p.m. to 8 p.m. Basemnt of Nicholas County Library. Homemade Chili, Vegetable Soup, Sandwiches, Pie and Drinks. "Before the Christmas Parade come on in!"

Metric series—transportation

Editor's note: Third in a series of five articles on the metric system. 1. By Cyril Peason

When the American motorist slides behind the wheel of his car in the coming years and rolls it onto the road, he's going to find that a number of things are quite different than what he is used to today.

That's because the conversion to the metric system of measurements is going to change the transportation industry just as it is going to change many other aspects of our lives.

The way he measures distance, the way he buys gasoline and the way the home driver on his car are all going to be revised by America's adoption of the metric system.

Mr. and Mrs. Nathan Young and Mrs. and Mrs. Wayne Badden have purchased Dr. William Morgan's home in Section C at Lake Carmico and moved there last weekend.

"But for someone who is reasonably well aware of what it's all about, it shouldn't be too much of a problem," Thompson assured. "Distances don't mean that much to the average driver anyway."

"Most drivers think in terms of how long it will take to get somewhere rather than how far it is."

Therefore, he explained, the main thing most motorists need to know is that, if they obey the speed limit they can travel about 90 kilometers in an hour; they can travel that last 12 kilometers to Indianapolis in about an hour and 20 minutes.

But distances and speed limits won't be the only things that will change, Thompson went on. Possibly the biggest headache motorists will encounter will occur when they pull into a gas station.

They won't find gasoline selling for 56.9 cents per gallon, because there will be no gallons. With the change-over, gasoline, like all other liquids, will sell by the liter.

It is easy to remember that a liter is a little larger than a quart (1.06 quarts, to be exact); but it may be a "bit of a cultural shock," Thompson said, "that it takes a driver encounters a sign advertising gasoline for 18.8 cents-per-liter."

And it might also be a shock the first time he fills up his small import and sees the pump pouring 33 liters of gas into his tank.

The pressures won't be measured in pounds per square inch any more, because there won't be any pounds or inches. Just what the new standard will be hasn't been decided yet; but it will probably be kilograms per square centimeter or something similar, the U. S. auto industry says.

The aviation industry will have to throw out most of its old tools and buy a new set of metric tools. That's because American automobiles of the future—their present-day foreign counterparts—will be built to metric scales.

As a matter of fact, one U.S. automobile—the Chevrolet—is virtually all metric right now, and the auto companies are tooling up for the complete metric switch already.

Naturally, this means that speedometers and odometers will register kilometers rather than miles. So used-car buyers of the future should remember that a car with 100,000 on the odometer may not be the cheater that it would appear at first glance. After all, those 100,000 kilometers only represents about 62,000 miles.

The aircraft industry will be affected by the new system, too. But Thompson emphasized that the change there will be a good deal more gradual than in the other fields.

"The aviation industry is so critical, they're proceeding with extreme caution. They're not about to make any hasty changeover that will effect so many people's lives," he said.

Designing the aircraft themselves are expected to go metric quite soon. But such things as instruments, ground control signals, runway dimensions and even some thermometers

FOODTOWN SUPER MARKET

Prices good starting Friday.

Chief-Boy -Ar-Dee
-Spaghetti & Meatballs
2/89¢

Sliced Bacon
lb. \$1.29

Oscar Mayer
Dixie Lily Biscuit, Pancake, Cornbread 6 oz.
Dixie Lily Mixes 8/11

Glass Cleaner
Windex
2 lb. box
Zesta Crackers 99¢

Nestea Tea
Instant
3 oz.
\$1.39

Potato Chips
9 oz.
79¢

U.S. Choice Boneless Netted Beef Pot Roast \$2.99

First Cut
Pork Chop Sale lb. 99¢
(Center Rib lb. 1.29—Center Loin lb. 1.39)

Oscar Mayer
Reg. or Beef Wieners lb. 99¢

Oscar Mayer
Piggie Sausage lb. 1.29

Oscar Mayer 12 oz. pkg.
Bologna Reg. or Beef 99¢

Fresh Ground Chuck lb. 99¢
(3 lbs. or more)

Post Toasties
59¢

Blackberry Jam
3 lb. jar
Old Virginia W/Seeds \$1.99

Smucker's Strawberry 18 oz. Preserves 79¢

Laundry 32 oz. Era Liquid 99¢

Palmolive 32 oz. Dish Liquid 99¢

Pert 200 Ct. Facial Tissue 3/11

Pink Salmon
16 oz. can \$1.49

Cool Whip
9 oz. 59¢

White Potatoes
20 lb. bag 99¢

Florida Tangelos 79¢

Florida Grapefruit Each 10¢

Florida Fresh Kale 10 oz. 39¢

White Seedless 40 Ct.

Johnson & Johnson
Newborn 24's Diapers \$1.99

Big John 16 oz. Beans 'N Fixins 59¢

Bath Bar Beige, Pink, White Safeguard Soap 2/59¢

Hungry Jack Buttermilk 2 lbs. Pancake Mix 59¢

French's Big Tote 1 lb. Mashed Potatoes 89¢

Birdseye Cool Whip

FILE UP BARGAINS

Instant 10 oz. jar Nescafe Coffee \$2.99

U.S. Choice Boneless Stew Beef lb. 1.49

Oscar Mayer Reg. or Beef Wieners lb. 99¢

Oscar Mayer Piggie Sausage lb. 1.29

Oscar Mayer 12 oz. pkg. Bologna Reg. or Beef 99¢

Cereal 18 oz.

3 lb. jar Old Virginia W/Seeds Blackberry Jam \$1.99

Smucker's Strawberry 18 oz. Preserves 79¢

Laundry 32 oz. Era Liquid 99¢

Palmolive 32 oz. Dish Liquid 99¢

Pert 200 Ct. Facial Tissue 3/11

Pink Salmon 16 oz. can \$1.49

Cool Whip 9 oz. 59¢

White Potatoes 20 lb. bag 99¢

Florida Tangelos 79¢

Florida Grapefruit Each 10¢

Florida Fresh Kale 10 oz. 39¢

White Seedless 40 Ct.

Johnson & Johnson Newborn 24's Diapers \$1.99

Big John 16 oz. Beans 'N Fixins 59¢

Bath Bar Beige, Pink, White Safeguard Soap 2/59¢

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Oscar Mayer 12 oz. pkg. Bologna Reg. or Beef 99¢

Cereal 18 oz.

3 lb. jar Old Virginia W/Seeds Blackberry Jam \$1.99

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