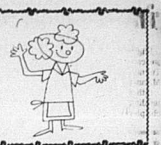
Kay's Kitchen



— By Kay Fisher —

With on again, off again, hot and cool weather, it is no wonder we find ourselves with jaded appetites.

The recipes this week are made of fresh garden vegetables because canned and frozen ones are ahead of us during the long winter months.

If you haven't tried fried cucumbers, try them, they are good. I use medium size cucumbers, pealed and sliced about ¼ inch thick. I turned the slices in corn meal and sauted the slices in hot butter and when lightly browned turned the heat low and cooked until tender. Season with salt and pepper.

Just a reminder, eggplant is delicious cooked the same way. The only difference I usually use a mixture of half flour and half cornmeal and keep turning to serve crisp and brown.

Okra is also good cooked and served in this manner, thus avoiding the slick consistency many find objectionable in this vegetable.

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BAKED TOMATOES AND ZUCCHINI

2 or 3 medium size tomatoes
2 or 3 medium size zucchini
1 medium onion or several green onions
salt
pepper
butter
1 cup crushed butter crackers

Peel and slice tomatoes, wash and slice zucchini, chop onion fine. Grease a baking dish; make alternate layers of tomatoes, zucchini and onion. Season each layer and dot with butter. Top with crushed crackers. Pour ½ cup melted butter over crackers and bake at 350 degrees until vegetables are tender.

This recipe is easily decreased for two or may be increased for a larger number. As I have given it, four may be served.

CABBAGE AND TOMATO CASSEROLE

1 small onion, minced
¼ cup or more butter
1 can tomato sauce
3 cups cooked cabbage (cook only until just tender)
1 cup grated cheddar cheese
1 cup dry bread crumbs
chopped green pepper

Saute onion in 2 tablespoons butter until limp but not brown; add tomato sauce. (You may need more than one can to keep the casserole moist). Arrange alternate layers of cabbage and sauce in greased baking dish, sprinkling each layer of cabbage with cheese crumbs and chopped green pepper. Top with bread crumbs and dot with butter. Bake in hot oven until heated through and lightly browned. Be sure to select tender green cabbage, core thoroughly and cut each quarter into about six pieces.

Kay's Kitchen Cookbook order blank on classified page.

Music Society seeks subscriptions for tickets to season's concerts

The Chamber Music Society of Central Kentucky is once again conducting its annual subscription drive for season tickets to its concerts. The society depends on its annual subscription drive and a grant from the University of Kentucky to bring in chamber groups each year.

This year's concert series includes four European groups:

—Sunday, Oct. 17, the Melos Quartet, Stuttgart, a German string quartet—young in age—who have performed in all countries of Europe, Great Britain, USSR, North Africa, the Middle East, and North and South America.

—Sunday, Nov. 21, Michel Debost on flute and Christian Ivaldi on piano, both from France, who have toured together since 1958 and made some 300 appearances as well as records and radio-tv broadcasts on European networks.

Sunday, Feb. 6, The Warsaw Quintet, which launched its international career with a London debut in 1963 and has performed repeatedly in all the major European capitols, in Hong Kong, Tokyo, and India, and in the U.S., Canada, and Mexico.

—Sunday, April 17, The Freiburg Baroque Soloists of Germany, an instrumental ensemble with a nucleus of six performers consisting of winds, strings, and harnsicord—the exact number on stage dependent, upon the requirements of the music presented.

Now in its 26th year, the Chamber Music Society of Central Kentucky first started as an opportunity for professional musicians to work together in small ensembles. In 1950, the society began the annual concert series.

Tickets for the chamber music series are sold by subscription only. Single memberships are $12 for the year. Patron memberships with guest privileges are $30 per couple.

Season memberships in the society can be purchased by writing Harold E. Wetzel, 320 Sycamore Road, Lexington (40502), or can be purchased at the first concert on Oct. 17.

UK students with validated ID cards are admitted free to all concerts which are held in UK's Memorial Hall, beginning at 8:15 p.m.

Nicholas county native is winner in Bake-Off

Mrs. Warner (Reta) Ebbink of Torrance, Calif. is the $5,000 refrigerated foods winner in a national Bake-Off Contest held recently in Boston, Mass.

Mrs. Ebbink's recipe this year was in the biscuit category—a beef casserole with a seasoned, blend of cheese filled biscuits to bake on the one-skillet meal. Besides top eating quality, the rules call for favorite family recipes that have popular appeal and are good values.

In addition to the $5,000, Mrs. Ebbink won an all-expense-paid trip to Boston, Mass, a self-cleaning range, $100 in expense money and a heavy duty stand mixer.

Mrs. Ebbink, the former Reta Hash, formerly lived in Nicholas county.

Bride elect is incentive for miscellaneous shower

Mrs. Luther Sapp entertained with a miscellaneous shower Thursday night, Sept. 30 at the home of Mr. and Mrs. Joe Sapp in honor of Miss Jerry Barton of Waukegan, Ill. who is the fiance of James D. Sapp.

Those present were Mrs. P.D. Vickers, Mrs. Russell Rudd and daughter, Mrs. Elwood Vickers, all of Lexington; Mrs. O.C. Linville, Mrs. G.W. Love, Mrs. Charles Irvin, Mrs. Sue Carter, Mrs. Francis Peck, Mrs. Luther Sapp, Miss Debbie Morefield, Miss Darlene Morefield, all of Paris.

Mr. and Mrs. Roy Sapp and daughter, Mr. and Mrs. Paul L. Sapp of Millersburg; Melvin Shannon, Sherry White, Mrs. Roger Hamilton, Mrs. James N. Woods, Mr. and Mrs. W.F. Herrin, Cheryl and Beverly Herrin, Mr. and Mrs. Clay Sapp, Scott Rue.

Mrs. Trapp recently attended General Grand Chapter Order

Mary Trapp has recently returned from Cleveland, Ohio where she was among many from all over the United States and other countries who attended the General Grand Chapter Order of Eastern Star.

She is a Grand Representative to Georgia in Kentucky. She was accompanied by Gladys Simpson of Ft. Thomas and Nell Long Rosebud of Covington, both of District 3.

She attended many special meetings and took part in the opening ceremonies; she also attended the Grand Representatives luncheon, a reception honoring the Most Worthy Grand Matron and Most Worthy Grand Patron. She also attended the breakfast for the Kentucky delegates.

Retired teachers to meet Monday at county library

Nicholas County Retired Teachers will hold their first meeting of the 1976-77 school year in the Nicholas County Library on Monday, Oct. 11 at 2 p.m.

All retired and former teachers are invited to attend.

Mrs. Geneva Allison will be guest speaker telling about her European trip.

Hostesses are Mrs. Joe Smart, Miss Fleet Allison and Mrs. Joe Grimes.

Wedding date set for Dec. 18

Mr. and Mrs. George E. Rainey of Paris, announce the engagement and forthcoming marriage of their daughter, Ms. Linda Plummer, to Mr. Joseph Edward Stamper, son of Mr. and Mrs. Dennis Stamper Sr., also of Paris.

Ms. Plummer is a 1971 graduate of Bourbon County High School. Mr. Stamper is a 1973 graduate of Bourbon County High School. He is presently employed at Sam Cummins Chevrolet in Paris.

The wedding date has been set for Dec. 18.

Forest Retreat luncheon

Beautiful autumn weather graced the luncheon guests Sunday at Forest Retreat. The private luncheon was served to around 120 guests before the dedication ceremonies at 3 p.m. Punch and cookies were served to visitors at the house after the dedication.—Mercury photo

SOCIETY

Mrs. Dale attends state Homemakers meeting in Berea

Mrs. George Dale, president of the Bluegrass Area Homemakers attended the mid-year state Board Meeting of the Kentucky Extension Homemakers at Boone Tavern in Berea Sept. 27-29.

Mrs. Mitchell Bertram, state president, presided at the meetings. While at the meeting reports of all state chairmen and the 14 area presidents were heard. Workshops in various fields of homemaking were held under the direction of Dr. Doris Tichenor and Mrs. Florence Parker from the University of Kentucky.

Mrs. R.B. Foster, state chairman of Cultural Arts, showed slides of Kentucky Heritage Homes from every county in the state.

Births

ARGO

Mr. and Mrs. John William Argo Jr. of Lexington announce the birth of a daughter born at the Good Samaritan Hospital in Lexington on Sunday, Sept. 19, 1976.

She weighed eight pounds and 14 ounces and has been named Crystal Dawn.

Maternal grandparents are Mr. and Mrs. Woodrow Ring of Carlisle. The paternal great grandfather is Henry Mynear of Carlisle.

SHEPHERD

Mr. and Mrs. Jackie Edward Shepherd of Mt. Sterling announce the birth of a son on Monday, Sept. 27, 1976 at the Nicholas County Hospital.

He weighed eight pounds, seven ounces and has been named Jackie Edward Jr.

WAUGH

Mr. and Mrs. Allen Waugh of Route 3, Cynthiana, announce the birth of their first child, a daughter, on Monday, Sept. 27, 1976.

Whe weighed six pounds, three and one-half ounces and has been named Aimee Colette.

Paternal grandfather is Clifton Waugh of Carlisle. Maternal grandparents are Mr. and Mrs. Ross Pepper Jr.

Family reunion is held Oct. 3 at Blue Licks

The Atkinson family reunion was held on Sunday, Oct. 3, at Blue Licks State Park.

The following people attended: Mrs. Ray Northern, Mr. and Mrs. Robert Wheeler of Kettering, Ohio; Mr. and Mrs. Bill Woodring, Miss Lisa Atkinson, Mrs. Sonny Rutledge, John Stephen Campbell of Louisville; Dr. and Mrs. Larry Atkinson and Laura Susan of Maysville; Mr. and Mrs. W.C. Powers, Miss Nora Lee Powers, Mr. and Mrs. Dwight Sontag and Cam, Mrs. Atha Frederick, Mr. and Mrs. Robert Gorham, Mrs. Duane Cox, all of Lexington, Mr. and Mrs. Larry Sansom of Paris; Mr. and Mrs. Steve Atkinson and Bill, Falmouth; Mr. and Mrs. Alton C. Craig, Mt. Olivet; Mr. and Mrs. Roy S. Hamm and Miss Alma Atkinson of Carlisle.

Not being able to attend the annual event, Mrs. Maude Atkinson Seamands of Kettering, Ohio sent a greeting to the family which was read by Mrs. Alton Craig.

Miss Pumphrey hosts retreat

Miss Laura Pumphrey was hostess for a group of her Alpha Xi Delta Sorority sisters at Dr. and Mrs. Frank Mathias' Lake Carnico cottage over the weekend.

About 50 girls from the University of Kentucky sorority attended the retreat. Miss Pumphrey, a senior at UK, is the daughter of Nicholas County High School Coach and Mrs. Ben Pumphrey.

Luncheon is given for Mrs. Rondolino

Mrs. Sue S. Woodall hosted a luncheon Thursday, Sept. 30 in honor of Mrs. Idell Rondolino of St. Petersburg, Fla.

Those who attended are Mrs. W.W. Cook, Mrs. James H. Wade, Mrs. Charles Hopkins, Mrs. Robert Coatney, Mrs. John Buckner and Mrs. Billy D. Guthrie.

Wayne Shumate to discuss 'Special Olympics' at club program on Monday night

The Carlisle Community Woman's Club will meet Monday, Oct. 11 at 7:30 p.m. at the home of Mrs. Powell Neal. Mrs. Harold Letton and Mrs. Hazel Moore will serve as co-hostesses.

Mrs. Richard Chamberlin will give the spiritual values.

The International Affairs Department will present Wayne Shumate, chairman of the Board of Blue Grass Industries who will discuss "Special Olympics."

BGI created the special design swimsuit used in the Special Olympics in the summer of 1975 on the campus of Central Michigan University. The Special Olympics is sponsored by the Joseph P. Kennedy Jr. Foundation.

Miss Cay Pruitt, Millersburg, Miss Cheryl Lowe, Eastern Kentucky University, Doug Markesbery, Asbury College, and Miss Karen A. Garrett visited Frank P. Hopkins on Sunday afternoon.

Mrs. Jack Alexander was a recent guest of her sister-in-law Mrs. Mattie Archer in Mt. Orab, Ohio.

Mrs. Peter Davenport and son Taylor of Millersburg spent last Thursday with Mrs. Toby Elder and son Brian in Ft. Mitchell.

Mr. and Mrs. Edgar Easterly of Frankfort spent the weekend with Mr. and Mrs. Warren Fisher at Lake Carnico.

Dr. and Mrs. James Zealy of Goldsboro, N.C. will leave Saturday after a visit of two weeks with her mother, Mrs. Ernest Piper.

Mr. and Mrs. Robert Fisher flew to Rippon, Wisc. two weeks ago for a visit with relatives and friends. Mr. and Mrs. R.L. Bloedal of Rippon drive them home, arriving in Carlisle, Saturday.

Mrs. James Brady of Lexington was the weekend guest of her mother, Mrs. Jack Alexander.

Mr. and Mrs. Lowell T. Fryman and four children, Mr. and Mrs. Jerry Warmouth, Mr. and Mrs. Robert Sears spent several days recently in the Smokies in North Carolina.

Mr. and Mrs. John Smoot and children of Millersburg spent last weekend at Carter Caves State Park.

Hobart Crump was named chief of the Millersburg Volunteer Fire Department last week by the Millersburg City Council to replace Kenney Dampier who resigned the position because he no longer resided in Millersburg. Crump was formerly assistant fire chief.

Mr. and Mrs. Vaughn Frey and son Billy were the guests last weekend of his mother, Mrs. Billy Frey.

Mr. and Mrs. Kenneth Knapke and children have returned to their home on Sycamore Street after spending a week in Washington, D.C.

Mrs. Bobby Mann returned to her home in Millersburg on Thursday after being released from the Bourbon County Hospital where she submitted to major surgery last week.

Mr. and Mrs. Robert Smart, London, Mr. and Mrs. Randall Ritchie and son were dinner guests of Mrs. Albert Booth on Sunday.

Mr. and Mrs. David Zachary, C.H. Enix, Carroll Wallace and Emery Clark spent last weekend at Lake Barkley State Park at Cadiz where Mr. Zachary and Mr. Enix played in the Boots Randolph Golf Tournament.

Mrs. Lloyd Wells and son Danny have returned to their home in Kennedy Heights after spending five days with her mother, Mrs. Virginia Martin in Lawrenceville, Ga.

Rev. and Mrs. H. Dallas Sugg and Alicia spent a few days last week visiting their daughter, Mrs. Larry Clinkenbeard and Mr. Clinkenbeard in Columbus, Ind.

Shower honors the Herringtons

Misses Jennifer and Joyce Cox entertained with a wedding shower on Sept. 25 at 7 p.m. at the home of Mr. and Mrs. Virgil Ritchie Sr. Honorees were Mr. and Mrs. Terry Herrington who were married Oct. 2 at the Dover Methodist Church in Dover.

Guests were: Mr. and Mrs. Clarence Daniel, Mrs. Pattie Hampton, Lisa, Ritchie and Cathy, Bunker Mitchell, all of Dover; Frank Atchley, Mrs. Mabel Pierce, Bowling Green; Charlie Kisdaden, Cynthiana; Mrs. Addie Ritchie, Myers Station; Mr. and Mrs. Andrew Herrington and Charlie, Mr. and Mrs. Jerry Herrington, Brian and David, Mrs. Eugene Letcher, Mrs. Tommy Vice Sr., Mrs. Roy Cox and daughter, Beverly, and granddaughter, Kristie, Paul Ritchie, Mr. and Mrs, Virgil Ritchie Sr., Shirley, Opal and Kenneth Brumley, Mrs. Edna Thompson, Margina White, and Mrs. Jim Moore, Shawna and Bill, all of Carlisle.

Merle Norman Cosmetics
Return to basics with Complexion Care in
— Three Steps —
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422 Main Street
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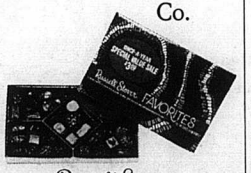

Russell Stover FAVORITES
(1 LB. 6 OZS.) $3.69
OCT. 1-31
Once-a-year special value sale.....Russell Stover FAVORITES. A selected sampling of famous creams, nuts, caramels in milk chocolate, dark vanilla chocolate and butter bons. (1 lb. 6 oz.) of delicious goodies.....NOW $3.69.

Miss Bow presents certificates during regional FHA meet recently

by Patricia Fair, Reporter

Two hundred, ninety-seven regional chapter officers of the Kentucky Association of Future Homemakers of America from all parts of Region 15 met Saturday, Sept. 25 at Danville High School in Danville for the "FHA Leadership Voyage". Regional officers instructed the chapter officers in their responsibilities and duties. Advisors of the officers served as consultants during the meeting. The program included sessions on leadership and responsibility and group sessions on FHA concerns.

A member of the Nicholas County chapter who took part in the program was Jadene Bow, a member of the Honor Roll committee. Jadene helped present Honor Roll certificates to those schools receiving such an honor.

Highlights of the program included a welcome by E.R. Durdom and Don Turner. Also presented was "Stateside Manners" by Jeanette Chapman.

Other officers and members attending from the Nicholas County chapter were: Nyiri Price, May Ann Harper, Kim Smoot, Rita Miller, Paula Snapp, Kathy Lyons, Letha Hardin, Shirley Lyons, Patricia Fair, Linda Ticher, Kathy Lynam, Lynn Judge, Julie McDonald.

Mrs. Ralph Taylor and Mrs. Tom Metcalfe, advisors to the Nicholas County chapter, also attended.

Kathy Lyons and Patricia Fair were two of seven winners of a drawing held at the meeting.

Beat Paris Friday

FOODTOWN SUPER MARKETS

GREAT PICKIN'S FOR FALL

FISCHER'S MELLWOOD SLICED BACON lb. $1.19

PURNELL'S Old Folks (2 lbs. $2.57) WHOLE HOG SAUSAGE lb. $1.29

C & G

FRESH GROUND BEEF lb. 79¢ (3 lb. pkg. or larger)

Dixie Queen 2% Milk Gal. $1.49

PARTRIDGE WIENERS 12 oz. pkg. 59¢

ARMOUR 10-14 lb. avg. GOLD BAND TURKEYS lb. 49¢

Campbell's 10¾ oz. can TOMATO SOUP 6/$1

Bama Strawberry 18 oz. jar PRESERVES 79¢

U.S. Choice Porterhouse Steak lb. $1.89
U.S. Choice Sirloin Steak lb. $1.69
U.S. Choice T-Bone Steak lb. $1.79
Clermont Boneless Partridge Hams lb. $1.39
Fully Cooked Whole, 6-9 lb. avg. (Half lb. $1.49)

FOODTOWN COUPON 48 oz. WESSON OIL $1.29 limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Hunts 14 oz. KETCHUP 3/$1 limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Premium lb. box CRACKERS 39¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 1 Cho. Sandwich 16 oz. FUDGE COOKIES 59¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Pillsbury Gingerbread MIX 14½ oz. 2/99¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Post 15 oz. RAISIN BRAN 59¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Bath DIAL BAR SOAP 4/$1 limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 32 oz. LUX LIQUID 79¢ limit one coupon per family Expires 10-12-76

LIPTON TEA BAGS 24 Ct. 99¢

$ Stokely Sale $

Shellie Beans 2½ can 3/$1
Cut Green Beans 2½ can 3/$1
Golden W.K. Corn 303 can 3/$1
Golden C.S. Corn 303 can 3/$1
Honey Pod Peas 303 can 3/$1
V.C. Vienna Sausage 5 oz. 3/$1
V.C. Chilee Weenees 8 oz. 3/$1
V.C. Beanee Weenees 8 oz. 3/$1
Tomato Juice 46 oz. 49¢
Tomato Sauce 8 oz. 6/$1
Y.C. Peaches, Halves & Sliced 2½ can 49¢

PORK CHOP SALE First Cut lb. 99¢ (Center Cut lb. $1.29 — Loin Cut lb. $1.39)

COKE, TAB SPRITE, 99¢ 8 pk., 16 oz. with bottles

FOODTOWN BREAD 4 Loaves /$1

Betty Crocker 18 oz. LAYER CAKES 39¢

4 pk. White, Pink & Green, Yellow & Blue CHARMIN (Limit 1) 59¢

8 size Honey Dew Melons 59¢

Seedless 48 Ct. White Florida Grapefruit 3/49¢

3 lb. bag Yellow Onions 49¢

BANANAS lb. 19¢

ROME APPLES 79¢ 3 lbs.

NO. 1 WHITE POTATOES 10 lbs. 79¢

CELLO CARROTS lb. 19¢

CELERY Stalk 29¢

FOODTOWN COUPON Super 18 oz. SUGAR CRISP 89¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 20¼ oz. BIG JOHN BEANS 49¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Cookies 16 oz. PITTER PATTER 69¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Toothpaste Family size, CLOSE-UP Red, Mint 89¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 20 oz. MAGIC SIZING 59¢ limit one coupon per family Expires 10-19-76

FOODTOWN COUPON Window Cleaner 18¾ oz. EASY-OFF 59¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Sea Pak 16 oz. ONION O's 69¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Water Conditioner 2½ lbs. CALGON $1.49 limit one coupon per family Expires 10-12-76

FOODTOWN COUPON Oven Cleaner 8 oz. MR. MUSCLE 69¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 32 oz. LIQUID DRANO 79¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 32 oz. WISH 99¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON 24 oz. GOLDEN GRIDDLE 99¢ limit one coupon per family Expires 10-12-76

FOODTOWN COUPON CARESS BODY BAR Reg. 3/79¢ limit one coupon per family Expires 10-12-76

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