

# Kay's Kitchen

By Kay Fisher

Since giving you the Congealed Peach Salad a friend in Frankfort tells me there is now a new recipe on the market and sent the recipe. It is just like the peach salad only using the apricot jelly, instead of the whipped cream, also used two cups prepared whipped topping. It will give you apricots or peaches, you will really like this salad.

My dear friends who have had gardens this year and know how much I enjoy fresh vegetables like, as always, most generous. I really do thank you.

The more experience I have in cooking and the more I learn about the one I am learning about the one I will give you right now—most of the recipe tell you to cook the vegetable too long. I have found that if you are going to fix a casserole of the squash or zucchini it is better to cook them for only a few minutes. Take the following recipe as an example.

**SQUASH CASSEROLE:**  
2 cups sliced squash or zucchini  
1 large onion, chopped  
4 or 5 strips of bacon  
3 cups milk  
1 cup fine bread crumbs  
1 cup grated cheese  
salt and pepper to taste

Fry bacon, drain well. Sauté onion in small amount of the bacon drippings until soft. Add the remaining ingredients and crumbled bacon. Save about half the degrees about 10 to 15 minutes, or until lightly brown and bubbly. Put in buttered baking dish and bake about 30 minutes or until bubbly and golden brown. Top with one tablespoon of aluminum foil loosely over top.

The original recipe called to bake 1 hour. I have tried it both ways and find about 30 minutes better for me. You try and see what I mean. I don't like the squab to be a complete "mush."

**ZUCCHINI CASSEROLE/W/BEFF**  
This is a good way to use large zucchini and left over beef. Really you could use any left over meat.  
One large zucchini cut in half lengthwise. Scoop out the center portion and cube. Sit aside. Using the left-over meat cut into small cubes. If you have any beef juices or gravy left add the meat along with a small jar of sliced mushrooms, with juice, 1/2 cup cracker crumbs and macaroni. Season well with seasoned salt, Worcestershire sauce, minced onion and chopped parsley. You may season the meat mixture any way to your liking. Sprinkle the inside of the zucchini with seasoned salt and fill with meat mixture. Top with about one tablespoon of mayonnaise on each half, then sliced

## Clark-Pickrell vows spoken in historic Fleming church

The Flemingsburg Presbyterian Church, one of the oldest landmarks in Fleming county, was the setting on Saturday, Aug. 14, for the candlelight wedding ceremony of Miss Cyle Anne Clark, daughter of Dr. and Mrs. Emory Clark III, brother of the late Mrs. Gerald Pickrell, son of Mrs. Warren G. Pickrell, of Lexington, and the late Mr. Clark, and Miss Kay Fisher, daughter of Mr. and Mrs. Warren G. Pickrell, of Lexington, and the late Mr. Clark.

The bride was given in marriage by the Rev. Robert J. Blumer, of Clinton, S.C., uncle of the bride, officiated at the double-ring ceremony. A program of wedding music was presented by Miss Gary Carter, of Lexington, Ohio, cousin of the groom, and Mrs. Kenneth Fern, organist. The bride wore a gown of white tulle with a full skirt and a long train. Her hair was styled in a classic updo. The groom wore a tuxedo with a white shirt and a red tie. The ceremony was held in the historic Fleming church, which was built in 1810. The church is a fine example of early American architecture. The wedding was attended by many family members and friends. The reception was held at the home of the bride's parents. The bride and groom are now residing in Lexington, Ohio.

By Neryll Shackelford  
UK College of Agriculture  
The late parables of the character of Lush seasons, summer and autumn, September has been called "transition" and autumn's best of cheer.

On the farm and in the garden, September is a busy month. It is the harvest period for many crops—period when corn is cut and made into silos or ground into silage, when potatoes are dug and the last green tomatoes gathered for storage. It is a time when "tanned farmers" labor

without slack" to harvest and store away the "rich fruits of the field". In the calendar of Chariemagne, September was called the harvest month, and in some countries it still bears that name. In their choice of a name for this month the Anglo-Saxons were more specific. They called September the "barley month". Many of our months have undergone changes in their number of days, but since old Roman times, September has

## Green named pharmaceutical association director recently

At the 99th Kentucky Pharmaceutical Association Convention held in Louisville in July, Dwayne K. Green, formerly of Carlisle, was installed as a member of the Board of Directors for the state chapter. Green was one of two candidates for the position in a statewide election in which several fellow pharmacists were nominees.

While in Louisville Green had an active part in the Convention Conference. The three day conference was culminated in a post-convention conference held in Honolulu, Hawaii. He is co-owner of Sager Drug, Inc. in Lexington.

# FOODTOWN SUPER MARKET

## COME TO OUR PRICE STOMPING SALE

**Armour Star No. 1 Sliced Bacon lb. \$1.99**  
 **Armour 12 oz. pkg. Hot Dogs 69¢**

**C & G**  
8 pk., 16 oz. With Bottles  
**Pepsi, Mt. Dew, 7-Up, Diet Pepsi 99¢**

**U.S. Choice Round Steak \$2.29 Boneless lb. \$1.29**

**U.S. Choice Sirloin Steak lb. \$1.79**  
**U.S. Choice T-Bone Steak lb. \$1.79**

**IMPERIAL MARGARINE lb. 49¢**

**U.S. Choice Boneless Rump or Sirloin Tip Roast lb. \$1.99**

**RIGHT GUARD A/P Reg. Powder 8 oz. 99¢**

**ZESTA SALTINES lb. 39¢**

**U.S. Choice Boneless Turkey 10 lb. 69¢**

**FOODTOWN COUPON Gillette FROSTING MIX 4/89¢**

**POST TOASTIES 18 oz. 49¢**

**U.S. Choice Boneless Cube Steak lb. \$1.99**

**FOODTOWN COUPON Gillette MASHED POTATOES \$1.29**

**FOODTOWN COUPON Maxwell House COFFEE lb. can \$1.79**

**U.S. Choice Potatoes 79¢ 10 lb.**  
**Bananas 19¢ lb.**

**FOODTOWN COUPON Hunt's 4 pk. SNACK PACK 69¢**

**FOODTOWN COUPON LIPTON TEA BAGS 100 ct. 99¢**

**U.S. Choice Onions 49¢**  
**Carrots 19¢**  
**Cabbage 10¢ lb.**

**FOODTOWN COUPON Hunt's 6 oz. BISQUICK 4/49¢**

**FOODTOWN COUPON Heinz BARBECUE SAUCE 16 oz. 39¢**

**U.S. Choice New Crop 3 lb. bag Red Apples 79¢**  
**Yellow Corn 5 ears 5/49¢**  
**White Grapes lb. 49¢**

**FOODTOWN COUPON P.B.O. 10 1/2 oz. CHOCOLATE 59¢**

**FOODTOWN COUPON KIX CEREAL 9 oz. #1640 49¢**

**U.S. Choice Green Giant Sale 69¢ 3/51 3/51.09**

**FOODTOWN COUPON Betty Crocker BROWNIE 2 1/2 oz. 69¢**

**FOODTOWN COUPON EASY-ON SPRAY STARCH 59¢ 22 oz.**

**U.S. Choice Betty Crocker 1 1/2 oz. GINGERBREAD MIX #1621 2/99¢**

**FOODTOWN COUPON Formula 409 SPRAY 22 oz. 79¢**

## Kay's Kitchen Cookbook order blank on classified page.

My dear friends who have had gardens this year and know how much I enjoy fresh vegetables like, as always, most generous. I really do thank you.

Mr. and Mrs. Dale Hudson of Ft. Lauderdale, Fla. arrived Saturday to visit Labor Day weekend with Miss Lois Hill of the Old Park Picnic Saturday night they will see the dinner guests of Mrs. Gladys Duncan.

Dr. and Mrs. S. Evans Brown of Winchester were visitors in Carlisle one day last week. Mrs. Ann Williams Bowen has accepted a position, as the Medical Transcriptionist at the Kentucky Keys Memorial Hospital at Key West, Fla. Her husband, Sgt. William V. Bowen is stationed at the Marine Base there. Mrs. Bowen is the daughter of Mr. and Mrs. Rubel Williams.

Dr. and Mrs. H.C. Blount of Chattanooga, Tenn. was the guest Saturday of this county. Mrs. H.W. Bailey and Mr. Bailey and his aunt, Mrs. S.M. DeMyer, and Mrs. Dwayne Green of Lexington, Ky. and Mrs. Julian Green and Miss Kathy Green spent last week in Hamilton, Ohio, attending the wedding of Miss Cheryl Purns and Artie Fisher. Miss Green was a member of the wedding party.

Mr. and Mrs. G.F. Sanders and Mr. and Mrs. Glenn Jones and daughter have returned home after a vacation in the Smokey Mountains in North Carolina.

State Trooper Leonard Conkright, Mrs. Conkright and children moved over the weekend to Mrs. V.C. Moscoe's home in Millersburg.

Mr. and Mrs. Warren Fisher and their house guests, Mr. and Mrs. Teo Nutini of Ashland, Ky. and Mrs. William B. Parker, Mrs. and Mrs. John Soper, Mrs. and Mrs. Fred Whaley, Mr. and Mrs. Roger Wampler and Mr. and Mrs. James Young.

On Sunday, Miss Tina Heint and John B. Wood of Cincinnati and Mrs. Marybelle C. Wimberly of Versailles came for a cookout. While here, Mr. Blake toured Forest Retreat and Claiborne horse farms.

## Mrs. Jimmy Shaw wins high school

Mrs. David Zachary entertained Thursday with a dinner-party at her home on Cliffway Drive. Guests were Mrs. John Allison, Mrs. Jimmy Shaw, Mrs. Bill Clark, Mrs. Joseph H. Conley, Mrs. Don Hughes, Mrs. Bobby McFarland and Mrs. Lyle Anderson.

High scores for the evening of bridge was won by Mrs. Shaw. The Carlisle Community Woman's Club will have a Hawaiian Luncheon Monday evening, Sept. 13 at 7 p.m. at the home of Dr. and Mrs. W.R. Kingler. Swirls will start at 8 p.m. Members, husbands and prospective club members will be guests. Hostesses include Mrs. John Soper, Mrs. David Zachary and Mrs. King-solver.

**Wedding date set for Sept. 24**  
Mr. and Mrs. Eugene Asbury of Nicholas county, announce the engagement and forthcoming marriage of their daughter, Betty to Michael W. Loughby, son of Mrs. Wilma Mason of Lewis county and Vernon Williams of Carlisle. The wedding will be an event of Sept. 24 at 11 a.m. at the Moorfield Methodist Church. All friends and relatives are invited to attend.

**Birth**  
Mr. and Mrs. Charles ("Pudding") Zachary of Covington announce the birth of a daughter at 8:47 p.m. on Wednesday, Aug. 25, 1976, at the St. Elizabeth Hospital in Covington. She weighs nine pounds, eight ounces and has been named Nerene Marie. Mrs. Zachary is the former Barbara Sorrell of Carlisle. Maternal grandparents are Mr. and Mrs. Bascom Sorrell Sr. of Carlisle.

**Rhoda Gillespie Circle to meet**  
The Rhoda Gillespie Circle of the Carlisle United Methodist Church will meet Tuesday, Sept. 14 at 7:30 p.m. in the educational building for a regular meeting. Edith Blake will lead the program, and Miss Beulah Hughes and Mrs. Etha Mae Alexander will co-host the meeting.

**Heat pumps most economical**  
"People in our service area are discovering that heat pumps are the most economical way to heat with electricity," says Lynn Schrader, vice president of Kentucky Utilities. "In fact," he adds, "more heat pumps were installed in new homes and apartments during the first six months of 1976 than any other type of electric heating systems."

Not only do heat pumps save the customer energy and money, but they enable KLU to better serve the heating needs of customers. Since curtailments of natural gas by most Kentucky suppliers, electric heating has been installed in over 50 per cent of all new residential construction in the area served by KLU. Heat pumps were used in 31.4 per cent of the new dwelling units built in KLU's territory during the first six months of 1976. This compares to 12.1 per cent in the same period in 1975; 3.9 per cent in 1974, and 1.3 per cent during 1973. Electric furnaces, which used to be the biggest seller, were installed in only 25.3 per cent of the homes and apartments during the same period, down from a high of 43.4 per cent in 1974. "A homeowner can save about 50 per cent on operating costs by using a heat pump rather than an electric furnace," according to studies conducted in recent years by KLU's Schrader notes. In a typical 1300 square foot home, about 500 kilowatt hours could be saved annually by using a heat pump rather than an electric furnace. This would amount to just over \$100 at today's rates.

"In principle, a heat pump is little more than an air conditioner which is also equipped to run backwards," explains Schrader. "It cools just like any air conditioner, absorbing heat inside and expelling it outside. To heat, the machine simply reverses itself and absorbs heat outside and discharges it inside. No matter how cold it is outdoors, there is always heat in the air and delivers it into the house where it is distributed by the unit fans. Because the heat pump is a mechanical piece of equipment, it must be installed and serviced by a well-trained, reliable technician. Of course, KLU does not install or service heat pumps," says Schrader, "but our personnel are knowledgeable about their operation and they work with owners and contractors to encourage proper installation." Contractors personnel who work with customers and builders have been thoroughly trained to answer customer's questions.

## Woman's Club Hawaiian Luau is Monday night

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