

Kay's Kitchen

By Kay Fisher



If you are busy this spring, either in or out, these meals must be served. Short orders will do, but they are really more trouble than an even cooked meal. Of course, any one meal takes time to prepare, but it is nice, when you are tired from your day's work to have the dinner ready except for a few last minute things.

This week here are some recipes you can get together in the morning before you start your day's work. One hint, when cooking rice or potatoes cook enough to have some left over to make casseroles, or rice to add to a casserole that would extend that bit of leftover meat.

4 cups potatoes peeled
1/2 salt to taste
Put roast in roasting pan. Combine 1/2 teaspoon salt and soy sauce, sage and pepper, and rub mixture into roast. (At this stage you can stop and refrigerate until cooking time.) Bake seasoned roast in preheated 325 degree oven for about two hours. Do not cover roast.

Peel and slice potatoes in half, quarters, or 1/4-inch slices, and parboil 5 or 6 minutes in boiling salted water. Drain well. Remove roast from oven, remove excess fat, then arrange potatoes around the roast in a 2-quart baking dish. Heat milk. Melt butter and add flour, blending until smooth. Cook, stirring, for 2 minutes. Gradually add hot milk, stirring constantly to prevent lumping. Bring to a boil and cook 5 minutes, stirring constantly. Add salt, pepper and cheese and stir until cheese is melted. Remove from heat. Add pistachio and parsley and blend well. Pour over onion.

Top with crushed cracker crumbs. Pour melted margarine over all. Bake 25 degrees until lightly browned and bubbly.

1/2 cup flour
2 cups milk
1/2 teaspoon salt
1/2 cup grated sharp cheese
1/4 cup minced pistachio, small jar 1/4 cup minced parsley
crushed cracker
melted butter

Peel onions and cook, whole, in boiling salted water for 15 minutes or until just tender. Drain and place in 2-quart baking dish. Heat milk. Melt butter and add flour, blending until smooth. Cook, stirring, for 2 minutes. Gradually add hot milk, stirring constantly to prevent lumping. Bring to a boil and cook 5 minutes, stirring constantly. Add salt, pepper and cheese and stir until cheese is melted. Remove from heat. Add pistachio and parsley and blend well. Pour over onion.

Top with crushed cracker crumbs. Pour melted margarine over all. Bake 25 degrees until lightly browned and bubbly.

SAGE PORK ROAST
3 1/2 to 4 pound boneless pork, rolled and tied
1 1/2 teaspoons salt
1 tablespoon soy sauce
1 to 2 teaspoons crushed sage
1/2 teaspoon freshly ground black pepper

SCALLOPED ONIONS
2 pounds small white onions
1/4 cup butter or margarine

Milk, was the guest of her sister, Mrs. Julian Green and Mr. Green last week. On Thursday Mrs. Green, Mrs. Spring and Mrs. Carl Scott visited their aunt, Miss Pearl Jackson of Mt. Orah, N.C., and Mrs. Rose LaMasters of Covington.

Miss Margaret Combs spent a few days recently with Mr. and Mrs. Jim Ellington and Mr. and Mrs. Jim Lattrell of Grant county.

Mr. and Mrs. Jimmy Ellington and Mrs. and Mrs. Charles McCain returned home last week after spending the winter in Rockport, Texas.

Mrs. Nellie Brayfield returned home from the Nicholas County Hospital Monday after five weeks of treatment for a fractured pelvis.

Mr. and Mrs. Harry Budd entered the Association of Trial Lawyers of America, Sixth Circuit Seminar, held in Gallatinburg, Tenn., Wednesday thru Sunday.

Edgar A. Ford of Fresno, Calif., arrived Friday night to spend a week with his niece, Mrs. Bill Guthrie, Mr. Guthrie and Mrs. Sue Woodard.

Mr. and Mrs. Vaughn Frey and son Billy of Glasgow spent the weekend with his mother, Mrs. Billy Frey. Misses Liza and Tracy Shaw spent Saturday with their great-grandparents, Mr. and Mrs. Tommy Johnson and Mr. and Mrs. Charles Crawford.

Mrs. and Mrs. Toby Elder and son Brian of Ft. Mitchell spent the weekend with his parents, Mr. and Mrs. Warren Fisher. Mrs. Elder and Brian stayed to spend a few days with her parents, Mr. and Mrs. Thomas Hickman of Bourbon county.

Dr. and Mrs. Verne Housh of Chicago, Ill., were guests this week of Mr. and Mrs. Tommy Johnson.

Mr. and Mrs. Charles McCain returned home last week after spending the winter in Rockport, Texas.

Mrs. Nellie Brayfield returned home from the Nicholas County Hospital Monday after five weeks of treatment for a fractured pelvis.

Mr. and Mrs. Harry Budd entered the Association of Trial Lawyers of America, Sixth Circuit Seminar, held in Gallatinburg, Tenn., Wednesday thru Sunday.

Edgar A. Ford of Fresno, Calif., arrived Friday night to spend a week with his niece, Mrs. Bill Guthrie, Mr. Guthrie and Mrs. Sue Woodard.

Mr. and Mrs. Vaughn Frey and son Billy of Glasgow spent the weekend with his mother, Mrs. Billy Frey. Misses Liza and Tracy Shaw spent Saturday with their great-grandparents, Mr. and Mrs. Tommy Johnson and Mr. and Mrs. Charles Crawford.

Mrs. and Mrs. Toby Elder and son Brian of Ft. Mitchell spent the weekend with his parents, Mr. and Mrs. Warren Fisher. Mrs. Elder and Brian stayed to spend a few days with her parents, Mr. and Mrs. Thomas Hickman of Bourbon county.



Mrs. G.C. Myers who was severely injured in an automobile accident between Paris and Lexington, Friday, remains a patient in the Intensive Care Unit of St. Joseph Hospital. On Tuesday her condition was reported to be slowly improving.

Mr. and Mrs. Dwayne Green of Lexington spent Easter Sunday with his parents, Mr. and Mrs. Julian Green and Kathy.

Mr. and Mrs. Taylor Stelling returned Monday from a visit with Mr. and Mrs. James T. Clay in Lombard Key, Fla.

Mrs. Leona Bell has returned from Cincinnati where she visited her sister, Mrs. Emma Towles.

Mr. and Mrs. George Roberts visited Mr. and Mrs. Larry Gabriel in Columbus, Ohio last week.

Miss Precia Johnson, daughter of Mr. and Mrs. David Johnson of Charlotte, N.C., returned home Sunday after spending a week with her grandparents, Mr. and Mrs. Tommy Johnson and Mr. and Mrs. Charles Crawford.

Mrs. and Mrs. Toby Elder and son Brian of Ft. Mitchell spent the weekend with his parents, Mr. and Mrs. Warren Fisher. Mrs. Elder and Brian stayed to spend a few days with her parents, Mr. and Mrs. Thomas Hickman of Bourbon county.

1/2 cup flour
2 cups milk
1/2 teaspoon salt
1/2 cup grated sharp cheese
1/4 cup minced pistachio, small jar 1/4 cup minced parsley
crushed cracker
melted butter

Peel onions and cook, whole, in boiling salted water for 15 minutes or until just tender. Drain and place in 2-quart baking dish. Heat milk. Melt butter and add flour, blending until smooth. Cook, stirring, for 2 minutes. Gradually add hot milk, stirring constantly to prevent lumping. Bring to a boil and cook 5 minutes, stirring constantly. Add salt, pepper and cheese and stir until cheese is melted. Remove from heat. Add pistachio and parsley and blend well. Pour over onion.

Top with crushed cracker crumbs. Pour melted margarine over all. Bake 25 degrees until lightly browned and bubbly.

Mrs. G.C. Myers who was severely injured in an automobile accident between Paris and Lexington, Friday, remains a patient in the Intensive Care Unit of St. Joseph Hospital. On Tuesday her condition was reported to be slowly improving.

Mr. and Mrs. Dwayne Green of Lexington spent Easter Sunday with his parents, Mr. and Mrs. Julian Green and Kathy.

Mr. and Mrs. Taylor Stelling returned Monday from a visit with Mr. and Mrs. James T. Clay in Lombard Key, Fla.

Mrs. Leona Bell has returned from Cincinnati where she visited her sister, Mrs. Emma Towles.

Mr. and Mrs. George Roberts visited Mr. and Mrs. Larry Gabriel in Columbus, Ohio last week.

Miss Precia Johnson, daughter of Mr. and Mrs. David Johnson of Charlotte, N.C., returned home Sunday after spending a week with her grandparents, Mr. and Mrs. Tommy Johnson and Mr. and Mrs. Charles Crawford.

Mrs. and Mrs. Toby Elder and son Brian of Ft. Mitchell spent the weekend with his parents, Mr. and Mrs. Warren Fisher. Mrs. Elder and Brian stayed to spend a few days with her parents, Mr. and Mrs. Thomas Hickman of Bourbon county.

1/2 cup flour
2 cups milk
1/2 teaspoon salt
1/2 cup grated sharp cheese
1/4 cup minced pistachio, small jar 1/4 cup minced parsley
crushed cracker
melted butter

Peel onions and cook, whole, in boiling salted water for 15 minutes or until just tender. Drain and place in 2-quart baking dish. Heat milk. Melt butter and add flour, blending until smooth. Cook, stirring, for 2 minutes. Gradually add hot milk, stirring constantly to prevent lumping. Bring to a boil and cook 5 minutes, stirring constantly. Add salt, pepper and cheese and stir until cheese is melted. Remove from heat. Add pistachio and parsley and blend well. Pour over onion.

Top with crushed cracker crumbs. Pour melted margarine over all. Bake 25 degrees until lightly browned and bubbly.

Moorefield Christian Church is scene of Lyons-McDonald nuptial vows

The marriage of Miss Amy Lyons, Moorefield Methodist Church, and Richard McDonald, son of Dennis McDonald and Mrs. Helen Fryman, all of Carlisle, was solemnized



Mr. and Mrs. Richard McDonald

Miss Kathryn Janette Bishop weds Ricky Newcomb in Portsmouth, Va.

The marriage of Miss Kathryn Janette Bishop, daughter of Mr. and Mrs. Paul T. Bishop, and Ricky Leon Newcomb, son of Mr. and Mrs. David H. Newcomb, all of Portsmouth, Va., was solemnized at 3 p.m. Saturday, April 16 at Resurrection Roman Catholic Church in Portsmouth, Va. Fred Heckel, pastor of the Church of the Resurrection, officiated at the double ring ceremony.

Mr. Newcomb is a graduate of Manor High School and is employed by Tenico Corporation in the Newport News Shipyard.

Following a brief trip to Nags Head, N.C., the couple will be at home in the

Hodges Ferry area of Portsmouth. The bride is the granddaughter of the late Mr. and Mrs. Spencer T. Bishop and the late Mr. and Mrs. Kelly B. Trumble of Washington county, and the Godchild of Mr. and Mrs. Joseph F. Cooley of Carlisle.

Miss Kathryn Janette Bishop, daughter of Mr. and Mrs. Paul T. Bishop, and Ricky Leon Newcomb, son of Mr. and Mrs. David H. Newcomb, all of Portsmouth, Va., was solemnized at 3 p.m. Saturday, April 16 at Resurrection Roman Catholic Church in Portsmouth, Va. Fred Heckel, pastor of the Church of the Resurrection, officiated at the double ring ceremony.

Mr. Newcomb is a graduate of Manor High School and is employed by Tenico Corporation in the Newport News Shipyard.

Following a brief trip to Nags Head, N.C., the couple will be at home in the



Mrs. Ricky Leon Newcomb

First aid and safety clinic for babysitters is offered

The Carlisle Junior Woman's Club (JWC) will hold a first aid and safety clinic for babysitters. Mrs. Robert Sparks and Miss Sharon Alexander will teach the one-day course in the basement of the Nicholas County Library Saturday, April 30 from 10 a.m. to 3 p.m. Participants are asked to bring a sack lunch.

The course is open to anyone of any age employed part-time or full-time as a babysitter. The purpose of the clinic is to educate babysitters in the fundamentals of proper safety measures, first aid and safe entertainment for young children.

The Carlisle Junior Woman's Club offers this service free of charge to anyone wishing to learn first aid and safety procedures. Mrs. Marshall Stone, vice president of the club explained, "We especially hope that teenagers who babysit evenings and weekends will take advantage of this training. We want to teach them what to do if a child should be injured while in their care."

Persons completing this course will receive a certificate from the University of Kentucky. Those wishing to do so will have their names placed on a registry to be published in the Carlisle Mercury the following week. For young children.

Garden Club has speaker

The Carlisle Garden Club met Monday, April 18 at the Nicholas County Library with 18 members and several visitors present. Mrs. James Wilson, president, presided over a brief business session. Mrs. William Clark gave the spiritual words.

Alfred Reece, president of the Lexington Audubon Society was the guest speaker. He showed slides of birds, making comments about each. This was especially interesting since many of the birds were those seen in this area.

Mrs. Charles Crockett, Mrs. W.G. Irwin and Mrs. George Griffin, hostesses, served a salad plate and cold drink.

Ladies Auxiliary chooses officers

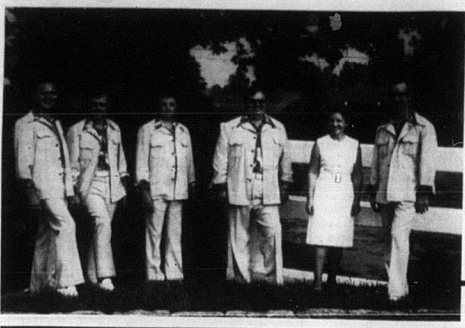
The Ladies Auxiliary to PVF Post 866 elected officers for the coming year on Monday night, April 11. The following officers were elected: Aileen Bots, president; Minnie Hawkins, senior vice president; Brenda Trussell, junior vice president; Brenda Waggoner, secretary; Dorothy Gray, treasurer; Linda Giese, chaplain; Ruby L. Ritchie, conductress; Mayme Price, guard; Imogene Shannon, three-year trustee; Brenda Buckler, patriotic instructor; Ruth Curtis, historian; Lucille Owens, Vest Price, Faye Kinnes, Helen Rubin, noble bearer; Gail Gault, R. Harris, banner bearer; Alna Wilcox, flag bearer.

Births

HAY
Mr. and Mrs. Robert Franklin Hoy of Mayville, announce the birth of a girl on April 19, 1977. She weighed seven pounds, four ounces, and has been named Emilee Carol.

WATKINS
Mr. and Mrs. Bobby Gene Watkins of Carlisle, announce the birth of a boy on April 17, 1977. He weighed six pounds, 11 ounces, and has been named Michael Robert.

25% off
on Spring & Summer Apparel
April 25 thru 30
- Register for Free Gifts -
Hours: Mon-Sat. 9:30-5:00
Fri. 9:30-4:00
24 S. Walnut St.
Cynthiana, Ky.



Concert Saturday

The Singing Instruments will be in concert at First Baptist Church on Saturday, April 30 at 7 p.m. They will give a half-hour concert prior to the revival services which are continuing at the church through Sunday evening. They have performed at several churches in this locality, and have been enjoyed by several groups throughout the county. The public is invited to attend.

FOODTOWN
SUPER MARKET
Open 8-8 Mon-Sat

C & G

(Limit 4 please)

GRADE A WHOLE FRYERS
3 lb. pkg. or larger
Fresh Ground Beef lb. 89¢
12 oz. pkg.
Fischer's Wieners 69¢

Jumbo Roll Color Border
Gala Towels 49¢
Ritz Crackers 69¢

Fischer's Strawberries
Pint **49¢**
Cauliflower Head 79¢

Kraft Dinner
Macaroni & Cheese 74¢
3/89¢

Stokely Pears
303 can **39¢**
Chef Boy-Ar-Dee Large **Frozen Pizzas 89¢**

Foodtown Bread
16 oz. loaves **4/\$1**

Blue Bonnet Margarine
1 lb. pkg. (Limit 2) **39¢**

Shasta Drinks 12 oz. Assorted **6/89¢**
1 lb. box
Betty Crocker Potato Buds 89¢
Calgonite 65 oz. **1/69**
Bran Chex Cereal 14 oz. **79¢**
Purex 40 Cl. Toss 'n' Soft Fabric Softener 1/39
Sani Flush 12 oz. **Liquid Toilet Cleaner 89¢**

Smuckers Grape Jelly & Jam 59¢
Orange, Grape, Cherry Orange Pine, Punch, Apple 46 oz. cans
Hi-C Fruit Drinks 2/89¢
Dash Laundry Detergent 100 oz. **2/29**
5 1/2 oz. Biscuit, Butter Milk Bis., Cornbread, Corn Muffin, Pancake White Lily Mixes 10/11
Ajax Cleanser 14 oz. 3/69¢

Hospital notes

April 15 to April 21, 1977.
ADMISSIONS: Mayme Mann, Carla R. Sexton, Mary T. Tinsley, Janis Watkins, Lattie Mae Ritchie, Nellie Hughes, Myrtle Whaley, Victoria Hill, Rhonette, Minnie Latcher, Irene Wilson, Julie McCord, James George, Glenn Ledford, J. W. Cassany, Carlisle; William Jackson, Ashland; Janice Warrenton, Irving; Helen Joyce Montgomery, Georgetown.

DISCHARGES: Lloyd Allen, James Wade, Ralph Bowen, Reynolds Gausser, Mae Ashcraft, Rena Crawford, Belle Hughes, Beanie Hines, Neke Brayfield, Mary Tinsley, Thompson Anderson, Carla Seaton, Nellie Hughes, Janie Watkins and baby boy, Virgil Florence, Jamie George, Julie McCord, Carlisle; William Jackson, Ashland; Emma Cooper, Dover; Marguerite Swartz, Irving; Helen Joyce Montgomery, Georgetown; Pamela Gray and baby girl, Myrtle; Anna L. Crump, Millersville; Betty Stewart, Nellie King, Mt. Olivet; Isabelle Bots, Sherrington.

Need a LAWN & GARDEN LOAN?
We make loans 'til 6:00 P.M. For your convenience.
First National Bank
CARLISLE & MOOREFIELD
Member FDIC

...You Don't pay more for Quality Foods!

Fischer's Mellwood Bacon lb. \$1.29
Fischer's Smoked Picnics 6.8 lb. **59¢**
Valencia Oranges 4 lbs. **79¢**
Lettuce 3 Heads **\$1**

Banquet Dinners Man Pleaser **99¢**

Large Eggs Doz. **59¢**
Instant Tea Nestle 3 oz. **\$1.59**

Stokely 303 cans
Apple Sauce 3/89¢
Charmin 4 Roll PK Toilet Tissue White & Assorted **69¢**
Pringles 9 oz.
Potato Chips 69¢

Gold Medal Flour Plain & Self Rising 5 lb. bag **69¢**
Cheer Detergent 49 oz. **\$1.29**

We Welcome Federal Food Stamps