

Kay's Kitchen

By Kay Fisher

PLEASE NOTE: 1 cup of vinegar was inadvertently left out of the recipe for "Sugarless Strawberry Sauce" on Aug. 4, 1977.



Since outdoor cooking and camping are not my forte, I will do my best to give you some recipes that are given to me, and are said to be many and good. Do you who have requested camping and outdoor cooking. I hope this column will help for your outdoor Day weekend.

One premise you who want outdoor camping food recipes are already familiar with fire starters, stoves, lighting the fire, best control, drip and fire control equipment, etc.

Tip from experts, I am, not, but this to say:

Before any outdoor meal, whether picnic, camping trip, or supper on the terrace, make a list of everything you need. Assemble everything before you start packing or cooking. A picnic is a lot of fun, but it is also a lot of work. It is so fun for someone most backpack unless to a store or home for some ordinary but necessary items.

Another stage: Before placing over an open fire, rub outside of pot and pans with oil. It makes them easier to clean. But some of you regular campers don't know that. Don't crowd your grill.

Design your cooking for a change of pace and taste.

Expect the unexpected and be flexible. Have an alternate plan for each item in case a sudden storm turns back you to a tent. If you get stuck with the first grilling, it is better to have one good steak than eight small thin ones from a grill that can hold only four at a time.

Have plenty of everything—fire and food alike. The outdoors is a barren wasteland. Leftovers are always used being home and are always in use.

another day—nothing can save a meal that is too little and too late.

Don't forget materials for cooking with soapstone, soda, fish, mustard and poison try.

Here are a few recipes for the outdoor cook:

SPICY BAKED BEANS
4 cups beans, dried
1 large onion, minced
2 cups ketchup
1 teaspoon prepared mustard
1/2 cup chili sauce
Sauce beans and onion. Stir in ketchup and onion. Bake in the sauce, mustard and chili sauce. Pour into saucepan and heat slowly over fire and cook for about one hour. Do not cover pan.

MEAT BALLS WITH PUFFY BISCUITS
A one-dish meal that is sure to please.
1/2 lb. ground beef
1/2 lb. ground pork
1 egg, slightly beaten
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon ketchup
1/2 cup milk (recipe below)
1 1/2 teaspoons organic
1/2 teaspoon yeast
1 large green pepper, chopped
1/2 cup onion, chopped
1 can (8 oz. each) tomato sauce
Mix meats, egg, salt, and pepper. Add onion, yeast, hamburger, ketchup, and brown in hot fat in skillet on grill or range stove. While meat is browning, mix mixture of organic and pork. When meat is browned, add onion, egg, salt, and green pepper, onion, and tomato sauce. Arrange biscuits on top of hamburger patty. Cover tightly; cook over medium heat 30 minutes, or until biscuits are done.

BISCUIT BALLS: Mix 1 cup Bisquick and 1/2 cup milk thoroughly. Roll out about 1/2" thick, shape into 12 balls.

BAVONIET BREAD
Make biscuit dough and roll up milk all at once to 1 cup Bisquick; stir with fork into a soft dough. Dip your hands in Bisquick to keep them from sticking. Roll dough between the palms of your hands to a width about 1/2" long and the width of your little finger. Roll a peeled green stick over the fire (twice as good for this). Wind a ribbon of dough spirally around the stick, pinching tightly at each end to hold it in place. Toast over hot coals, turning to bake evenly. With a good hot stick the bread takes just a few minutes and slip easily off the stick.

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Mr. and Mrs. Walter Wyrick and Karen of Lexington and Mrs. Nelson Hinkle and granddaughter Stephanie Ockerman spent the weekend in Louisville with relatives.

Mrs. Marie McCarty, Pam and Wendell of Fairport, Ohio, are spending a week's vacation with her parents, Mr. and Mrs. Thomas George of Myers. Eighteen had returned home on Chewester, Pa. where he has been a guest of Bobby K. King.

Mr. and Mrs. William Hostler of Lynchburg, Ohio spent the weekend with Mrs. Joan Chalkers and attended the Carlisle High School Alumni Banquet Saturday night. On Sunday Mrs. Chalkers also entertained Mr. and Mrs. Ewell Chalkers and Mr. and Mrs. Eugene Chalkers. On Thursday her guests were Mrs. Leslie Martin of Stanton, Ky.; Mrs. Estelle Hostler, Lynchburg, Ohio and Mr. Mrs. George Rowe of Hilltop, Ohio.

Mr. and Mrs. E. Ewert, Chargin Falls, Ohio has returned to her home after three weeks stay with her mother, Mrs. Dorsey Watkins. She was called here by her mother while she was a patient at Good Samaritan Hospital, where she submitted to major surgery on July 20 and Aug. 5. Mrs. Watkins has returned to her home where Mr. and Mrs. Gerald Watkins and children and Mr. and Mrs. Dorsey Watkins and Todd are caring for her during her convalescence.

Mr. and Mrs. David Kennedy and son Steve and Dan of Ogata, Tex. have returned to their home in Carlisle, Ohio. While here Mrs. Kennedy and Don attended the Stephen family reunion held at Lake Carlebo, Terrace Fowler of Atlanta, Ga. has

presented to three persons who have rendered outstanding service to the Kentucky Association of Home Economics Teachers. Receiving plaques were Mrs. J. D. Broome, member of the State Advisory Council for Vocational Education, Winchester; Lois Strong, president, Kentucky Association of Electric Cooperatives, Louisville; and John Hand, executive secretary, Kentucky Farm Bureau Federation, Louisville.

State officers for the Kentucky Association of Home Economics Teachers were elected at the conference: Riva Kerfoot, president—North Hardin High School, Bonnie Russell, president—Bryan Station High School, Dorothy McCubbin, vice-president—Barron County High, Thelma Jones, secretary—Shelby High; Eileen Smith, treasurer—Shelby High, and Ann Scott, Kentucky Vocational Association representative—Mason County High School.

Mr. and Mrs. Wayne Berry announce the birth of a son, born Aug. 11, 1977 at Harrison County Hospital. He weighed six pounds, five ounces and has been named Wesley David.

Maternal grandparents are Mrs. Virgil Brumagen and the late Mr. Brumagen. Paternal grandparents are Mrs. Malcolm Berry and the late Mr. Berry.

Mrs. Bobby Crockett represents Chapter Mrs. Carolyn Crockett represented Marie Chapter 289 at a luncheon at the Galt House in Louisville, Aug. 28. This was a committee meeting of the Eastern Star Auxiliary for religious leadership. All 1918 times, 27 Eastern Star scholarships were awarded to deserving boys and girls throughout the state. These boys and girls were sponsored by various chapters of the Order of the Eastern Star in Kentucky.

Miss Belinda Willoughby

Engagement announced

Mr. and Mrs. Herbert Willoughby of Preston, announce the engagement of their daughter, Belinda Galt, to Donald Allen Brumagen, son of Mr. and Mrs. John S. Brumagen of Carlisle.

The wedding will be an event of Sept. 25 at the Judyville Christian Church in Montgomery county at 7:30 p.m. No formal invitations will be sent. All friends and relatives are invited to attend.

The bride-elect is a 1974 graduate of Bath County High School and is employed at Blue Grass Industries, Mt. Sterling.

Submit wedding pictures early

Wedding pictures must be submitted to The Carlebo Mercury within three weeks following the wedding.

Workers and offices ordered for Pike to aid mine workers

Wedco gets cancer aid

MCC offers continuing education courses

To satisfy the need for development of new skills and cultural enrichment, Maysville Community College, through its Continuing Education Program, is offering a daytime course and three evening courses: Interior Decorating, Beginning Cake Decorating, Cooking with the Microwave Oven and Baking with the Microwave Oven.

Mrs. Eleanor Claybark will be the instructor for Interior Decorating. This course will cover points such as: basic concepts, planning a room, selecting fabrics, accessories and will include tours of five homes.

This course will interest those who are dissatisfied with the appearance and arrangement of their home and wish to change the decor.

There will be eight Wednesday night sessions starting Sept. 14 from 7:45 p.m. to 9:00 p.m. at the college. Fee for the course is \$15.

An introductory course in Beginning Sewing will be taught by Mrs. Ann Porter. Students will learn the basic skills of using the sewing machine, pattern selection, pattern fitting, application of darts, tapers, hand stitching, and other time saving techniques. A basic agreement will be constructed during the sessions.

Eight Thursday night sessions are scheduled to begin Sept. 14 at Mountain County High School in the Home Economics room. The fee for the course is \$15 and limited to 15 people.

Registration for these classes will be open at the college and the first night of class. All programs must have a minimum number of students in order for the program to be offered.

For further information concerning these classes or other continuing education offerings call Dave Krammer, Continuing Education Department at the college or the instructor.

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<p>C & G</p> <p>Fresh Ground Chuck (3 lb. pkg. or larger) 99¢</p> <p>Grade A Mixed Chicken Parts lb. 69¢</p> <p>Picnic Shoulder Roast Fresh 4-6 lb. avg. lb. 69¢</p> <p>Marhofer Vacuum Packed Sliced Bacon lb. 1.29</p> <p>Marhofer Just-Rite Bologna lb. 89¢</p>	<p>Dixie Queen</p> <p>8 pk. 16 oz. 2% Milk 99¢ (No Limit)</p> <p>Tab, Sprite With Bottles 99¢ (No Limit)</p>	<p>Banquet</p> <p>Reg. Diet 4/\$1</p> <p>Turkey, Beef, Sals, Steak, Chick, Ala King, BBQ Beef, Meatloaf, Veal</p>	<p>Round Steak</p> <p>U.S. Choice lb. 1.29</p> <p>(Bonless lb. 1.39)</p>	<p>Chiquita Bananas</p> <p>10 lb. bag lb. 19¢</p>	<p>Marhofer Just-Rite Wieners</p> <p>12 oz. pkg. 69¢</p> <p>Marhofer Canned Hams 3 lb. can 4.99</p> <p>U.S. Choice Boneless Rump or Sirloin Tip Roast lb. 1.59</p> <p>U.S. Choice Sirlin Tip Steak lb. 1.69</p> <p>U.S. Choice Cub Steak lb. 1.79</p> <p>Breakfast Slices lb. 1.89</p>	<p>Foodtown Bread</p> <p>4 Loaves 4/\$1</p>	<p>Country Store Potatoes</p> <p>Delmonte 59¢</p> <p>Tomato Juice 4.29</p> <p>Delmonte Peas 3/1</p> <p>Fiesta Print & White/Decorated Jumbo Roll 2/99</p>
<p>Blue Bonnet Margarino lb. 49¢</p> <p>Stokely Apple Sauce 303 can 3/1</p> <p>Paramount Hot Dog Sauce 10 1/2 oz. can 4/1</p> <p>Martha White Macaroni & Cheese Dinner 7 1/4 oz. box 4/1</p> <p>Stokely Fruit Cocktail 303 cans 39¢</p> <p>Hi-C Fruit Drinks 4 1/2 oz. can 2/89</p> <p>Hormel Vienna Sausage 5 oz. can 3/1</p> <p>Minute Maid Orange Juice 18 oz. can 89¢</p> <p>Prolate Pink Salmon 1 lb. 1.49</p> <p>Frozen Pizzas Pepp, Cheese, Sau, Hamib. Large 89¢</p>	<p>Stokely 14 oz. Tomato Catsup 3/89</p> <p>Shasta Drinks 12 oz. 6/89</p> <p>Smucker's Grape Jelly & Jam 18 oz. 5/9</p> <p>Smucker's F.P. Whole Kosh Dills 4 1/2 oz. 99¢</p> <p>Mrs. G's Mayonnaise 12 1/2 oz. 99¢</p> <p>Morton House Beef, Turkey, Pork, Sals, Steak 17 1/2 oz. 69¢</p> <p>Sliced Meats 17 1/2 oz. 69¢</p> <p>Alison, French Wishbone Dressing 1 1/2 qt. 4/9</p> <p>7 Flavors 1 1/2 qt. 4/9</p> <p>Cannister Kool-Aid 1.49</p> <p>Meadow Gold or 12's Borden Ice Milk Bars 99¢</p>	<p>SPAM 12 oz. can 99¢</p> <p>Jif Butter Smooth, Crunchy 8 oz. 89¢</p> <p>Borden Sour Cream 8 oz. 35¢</p>					

Nicholas Home Ec teachers learn about home buying costs

RICHMOND—Looking at homes in one of America's fastest growing areas today many Americans can do only "look."

The cost of a new home is preventing many Americans from buying, said Nancy Heman, instructor at the College of Home Economics, University of Tennessee, speaking at the meeting of the state Home Economics Teachers Association held recently at Eastern Kentucky University.

According to Mrs. Heman, just 23 percent of American families can pay cash for a home today. If you consider families who can make monthly payments on a home, the number increases to only 40 percent.

The cost of an average home ranges between \$29,000 and \$50,000. Payment on a house costing \$22,000 is approximately \$200 a month, and this does not include insurance or property taxes, explained Mrs. Heman.

There are many factors driving up the cost of housing. "Some of these factors are increased property taxes and insurance, the higher cost of construction materials, land and water. Government regulations and codes, with which builders must comply can also increase final cost to the consumer."

Those attending the conference learned not only about the housing problem, but how homes should be designed to meet the needs of the property and handicapped and to design a home for solar heating.

Dr. H. B. Partee, professor of College of Agriculture and Engineering at the University of Kentucky, presented the talk on home solar heating. Dr. Partee, state Department on Education, talked about housing for the elderly and handicapped.

Outstanding Service Awards were presented to three persons who have rendered outstanding service to the Kentucky Association of Home Economics Teachers. Receiving plaques were Mrs. J. D. Broome, member of the State Advisory Council for Vocational Education, Winchester; Lois Strong, president, Kentucky Association of Electric Cooperatives, Louisville; and John Hand, executive secretary, Kentucky Farm Bureau Federation, Louisville.

Linda Horn of Frankfort is learning about Kentucky by digging at Fort Hill

FRANKFORT—"I learned more about Kentucky's role in the Civil War by working in the Fort Hill dig," said Linda Horn, an eighth grader at Brookland Junior High School here.

Linda, 15, one of the 10 students who participated in the archaeological dig at the Fort Hill conducted by the Kentucky Historical Society during July. She is a member of the Kentucky Junior Historical Society (KJHS), the organization sponsoring the dig.

"We weren't really looking for artifacts, but trying to uncover the structure of the magazine to find the entrance and where they actually stored the guns and ammunition," Linda said. "However, we did find many rusty square nails and a piece of flat glass, but nothing from the Civil War period."

The student's equipment consisted of small picks, pointed trowels, whisk brooms, and buckets. "Initially, we learned archaeological techniques, how to dig around rock formations and how to record sites," Linda explained. "The work was well organized and we were allowed to work on our own pace."

Fort Hill was not an active battlefield, but Linda speculates that some artillery was positioned on Fort Boose where the students worked this summer. "Artifacts could exist, such as bullets, metal fragments or even a piece of a cannonball," Linda said.

The archaeological dig will be conducted during the next two-year period open to members and non-members of the KJHS. Students from 19-18 years of age are eligible.

In addition to projects like the dig, the KJHS gives awards each year at the annual convention to students who have excelled in such areas as photography, research, oral history, genealogical research, arts and crafts. "The KJHS appeals to students who have a wide range of interests and enjoy learning history through creative and hands-on experiences," said Nancy Penney, director of the KJHS.

Linda plans to enter the essay and photography divisions of the KJHS awards competition this year. She will research and write about a Kentucky woman who made important contributions to history, but was never considered famous.

Linda is also interested in art, horseback riding, hiking and Victorian architecture. She has even considered architecture as a possible career. "My father is an engineer. He likes to participate in building and I try to design buildings just for fun," Linda explained.

She lives with her parents, Mr. and Mrs. Gayle Horn, and sister, Karen, on Cayle farm near Frankfort.

Births

BERRY
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Mrs. Brooks Hinkle Wedco gets cancer aid
The Ephraim McDowell Community Cancer Network has recently added the Wedco District Health Department in continuing a grant for the development of a Community Nurse Oncology Program for Bourbon, Clark, Harrison, Nicholas, and Scott counties. The major goal of the program is: 1) establishment of regular cancer screening clinics at each of the five health centers; 2) development of efficient follow-up and referral systems to locate cancer victims within the five-county area; 3) coordination of existing cancer prevention and detection services; and 4) improved public and professional education for the general public.

1974 and 1975 statistics involving the counties of the same years. Previous cancer detection effort at the Scott County Health Center, located at Bourbon, Clark, Harrison, Nicholas, and Scott County Health Centers consisted of cervical and breast cancer exams.

Workers and offices ordered for Pike to aid mine workers

FRANKFORT—Gov. Julian Carroll has ordered more food stamp workers into Pike county and opened two temporary offices there to help process the food applications from striking United Mine Workers members.

Recently, the U.S. Department of Agriculture announced that it and the U.S. Department of Labor had authorized that the miners could not be denied food stamps if they qualified in other respects.

Gov. Carroll immediately beefed up the number of extra workers in Pike and six other Eastern Kentucky counties to 26 and promised more if needed.

His action, raising to 26 the number of extra workers, stemmed from recommendations by the Department for Human Resources. Reports forwarded to the Governor from Secretary Peter Conn indicated an even greater crunch than originally anticipated.

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