

# Kay's Kitchen

— By Kay Fisher



If those extra calories are still showing, and you feel all is in vain, think this: Just 100 extra calories each day will add about 10 pounds a year. By the same token, limiting intake by 100 calories a day could mean losing as much as 10 pounds in a year. At that rate, by ridding even more, you will lose faster. However, it is better to lose at a slow but sure calorie count-down. There is a much greater possibility those extra pounds will stay off. Watch the size servings, 1/2 cup is more than you may think.

Here are more recipes, you can make a collection, switch them around, and make different combinations. You should be able to eat and enjoy each meal.

**REEF WITH GREEN BEANS**  
 1 (300) can green beans (you may use French cut, whole, or cut)  
 1/2 lb. mushrooms, sliced  
 1/2 lb. thinly sliced beef (a tender cut, optional, top round)  
 2 tablespoons soy sauce  
 1 teaspoon sugar  
 1 teaspoon cornstarch  
 1 clove garlic, minced  
 2 tablespoons salad oil  
 2 teaspoons butter or margarine  
 salt

Drain beans well, prepare mushrooms; set aside. Slice beef and put in bowl. Combine soy sauce, sugar, cornstarch and garlic; pour over beef and mix well. Heat a non-stick or heavy

**QUICK CHOCOLATE MOUSSE**  
 1/2 cup semi-sweet chocolate pieces  
 1/2 cup water  
 dash of salt  
 1/2 teaspoon vanilla  
 1 egg, separated  
 1/8 teaspoon cream of tartar

In a small medium weight saucepan put chocolate, water, salt and vanilla. Place over low heat until chocolate is melted; stirring to blend. Remove from heat, add egg yolk, one at a time, mixing well after each addition. Beat egg whites and cream of tartar until stiff; fold in chocolate mixture. Spoon into small sherbet glasses; chill well. Makes 5 servings. 100 calories per serving.

To help you along through the weeks here are some really low calorie vegetables: Asparagus, 8 stalks, 25 calories; green beans, 1/2 cup, 20; Jerusalem artichoke, 1 large tuber, 40 calories. These are delicious just cleaned, sliced, and eaten raw. One artichoke will make about 1/2 cup sliced or sliced pieces. Eat dipped in salt. Bean sprouts, 1 cup, 35; lentils, 1 cup, 40; brussels sprouts, 1/2 cup, 30. All desserts need not be eat of each during these calorie counting days. However, I do find them harder to find, but for those who feel they must have something sweet to top off a meal, I will keep working at it. The feeling one is good and easy to make. You may have to sacrifice something to enjoy this.



## UK receives \$10,000 for two fellowships

The University of Kentucky Patterson School of Diplomacy and International Commerce has received \$10,000 for two Dorothy Danforth Compton fellowships from the Compton Foundation, Inc. of New York.

The fellowships will be awarded to young American black students or members of other minority groups who seek the master of arts degree in the UK Patterson School to prepare for careers in diplomacy or other international-oriented careers.

A committee of nationally known educators will assist in the evaluation of the scholarship program which also will be in effect at the University of Virginia, University of Denver and Notre Dame University.

In the UK Patterson School's efforts to attract more minority students, it also is developing a close relationship with the Consortium for Strengthen-

**Births**  
**EARLYWINE**  
 Mr. and Mrs. Jackie Lynn Earlywine of Flemingsburg announce the birth of a son on Wednesday, Jan. 19, 1977 at the Nicholas County Hospital. He weighed eight pounds, eight ounces and has been named, Elliot Jerome.

**Food Stamp Program to be monitored closely**  
 The food stamp program will be monitoring more closely the sale of ineligible items for food stamps, the U.S. Department of Agriculture (USDA) announced recently.

Seven area offices nationwide will open mid-February to handle most such monitoring for the food stamp program's new compliance branch.

"When retail stores sell ineligible items, they constitute a threat to the integrity of the food stamp program," said Food Stamp Program Director Nancy Snyder. Compliance officers will be working throughout the country to more effectively identify and penalize such violators.

Compliance area offices will be located in New York City, Washington, D.C.; Atlanta, Ga.; Memphis, Tenn.; Chicago, Ill.; Dallas, Texas; and Oakland, Calif.

"While we are making an effort to establish a more tightly monitored program through this branch, even one violation can affect a community," said Mrs. Snyder.

Suggested food stamp violations by authorized retailers will be reported to compliance officers at the food stamp field office. If stores are found selling ineligible items for food stamps, they face disqualification from the program. If a compliance reviewer finds documented evidence of criminal activity, the case will be turned over to the Department's Office of Investigation.

Inter-cultural Understanding. This is a consortium of five black colleges which are members of the American Association of State Colleges and Universities.

Dr. Vincent Davis, director of the UK Patterson School and Prof. C. Eric Lincoln of Duke University recently talked with black students at these colleges located in the Birmingham, Atlanta and Washington, D.C. areas.

The Dorothy Danforth Compton Fellowships were set up in honor of Mrs. Compton's work in the civil rights movement. She is a member of the St. Louis family that founded Lincoln-Purina Company.

For more information on the fellowships and the University of Kentucky Patterson School, contact the school at Patterson Office Tower, Suite 160, Lexington, Ky. 40506, telephone (606) 252-4666.

**RECAPTURING DAYS of glory, St. Bernard and his trainees enjoy an outing atop Great St. Bernard Pass in Switzerland. Housheer retired from rescue work in this age of helicopters, the dogs are still bred at a nearby hospice by the monks for show as well as pets.**

**Sweetheart OF A GIFT**  
 FOR THE ONE YOU LOVE ON VALENTINE DAY  
 Pendants and Lockets with or without diamonds.

From **9.50**

12 Kt. Gold Filled  
 12 Kt. Gold Filled  
 Rose Cut Diamond Sterling Silver

**Sims Jewelry**  
 "All Sales Are Final" Phone 289-5423

## Miss Charlotte Fryman weds Mr. James Butcher

and was topped with a bride and groom. After a wedding trip to Gatlinburg, Tenn. the couple is residing in Carleisle.



Mrs. James Andrew Butcher

## Ada to hold annual meet

**Army Nurses Corp celebrates birthday**  
 NASHVILLE—On Feb. 2, the Army Nurses Corp celebrated its 76th year of service to the American soldier.

Since 1901, Army nurses have earned the respect and admiration of the American people for their unflinching dedication to the task of giving the best possible care to both soldiers and victims of disaster and disease throughout the world.

During World War I, more than 10,000 Army nurses served overseas in places such as France, Belgium, England, Italy and Siberia. The Corps reached its peak strength of 21,400 on Armistice Day, Nov. 11, 1918. Although no exact death toll as a result of enemy action, as a result of pneumonia, influenza, typhoid, and other diseases, more than 200 deaths were reported as a result of pneumonia.

Members of the A.D.A. luncheon on the annual free A.D.A. luncheon on Monday.

The luncheon and princess pageant are free and open to all members of the American Dairy Association of Kentucky and their families. At the business session, the ladies will hear reports from the president, Mrs. H.H. Barlow Jr., Cove City, committee members, the dairy prince coordinator, Mrs. John W. Beauchamp Jr., and select officers for the coming year.

The A.D.A. officer for District 9 is Mrs. L.S. Rogers, Mayfield.

**The Sewing Basket**

**CLOSE-OUT SALE**

- Double Knits 1/3 OFF!
- Baby Gits
- Threads, zippers & Packaged Notions
- Simplicity Patterns 1/2 OFF!
- Ribbons, Buttons, Trimmings
- Gibson Cards and Party Supplies
- Cloths & Cotton Blends 99¢ yd.
- Yarn 79¢ skein

Locust Street "All Sales Are Final" Phone 289-5423

## HUD gets taste of own medicine

Copied from "The City" the publication of the Kentucky Municipal League. Mayor Ernest Angelo of Midland, Texas, noted that in 1975 the city's application for funds from the U.S. Department of Housing and Urban Development required tight control through the paperwork processing system. So, when HUD asked the city of Midland, Texas for a reserved parking space at the municipal airport, the mayor set the opportunity to repay a long-standing debt.

Mayor Angelo wrote the following letter to HUD's Dallas office:

"You must submit three executed and 14 confirmed copies of this application."

"Submit an environmental impact statement. You will probably want to hire an expensive consultant for this item, as you probably have no one on your staff with the expertise to prepare the manufacture, servicing and operation of the same was paid according to the wage scale that complies with the requirements of the Davis-Bacon Act."

"Submit a chronological table from everyone who will operate said vehicle so that we can ascertain that there will be precisely equal percentage of whites, blacks and other minorities as well as women and the elderly."

"Submit certified assurances that this plan has been discussed at length with the Equal Employment Opportunity Commission and that the Commission's certification with the preceding requirement has been fully completed."

"Submit an environmental impact statement. You will probably want to hire an expensive consultant for this item, as you probably have no one on your staff with the expertise to prepare

## HOSPITAL NOTES

Jan. 21 to Jan. 27, 1977.

**ADMITTED:** Ruth Courtney, Willie Hardwick, Nannie Lee Luvell, Deborah Crockett, Melissa Irvin, Robert Berry Sr., Lloyd E. Willoughby, Jean W. Allison, Ronald P. Dale and baby boy, Barbara Bowen, Minerva Collins, Elizabeth She, Wilson Berry, Carlisle, Besse Morris, Ewing; Roberta Beener, Christine Patton, Heber W. Fryman, M. Oliver; William E. Snapp, Williamsburg; Gertrude Frew, Moorefield; Ellen Preston, Mary S. Wedde, Lexington; Nettie Barker, Owen C. Jackson Sr., Debra Peggrem and baby girl; Newwood Aukier, Leona C. Okerman.

**DISMISSED:** Howard Warner Sr., Gary B. Boots, Ellen Moran, Judy George, Carol Miller, Edith Bryant, Lillie Gaunce, Mary F. Whirlis, Betty

Boy, Samuel T. Stone, Belle Hughes, Christine E. Hardwick, Earl Pottit, Melissa Irvin, Jean W. Allison, Carlisle; Lovell Luvell, Brockville; Harlan DeW. Ewing, Corina Earlywine and baby boy; Flemingsburg; Ellen Preston, Lexington; Nicholas; Overly; Charles Burns, Rita Harber; Louise Wright, Roberta Abner, M. Oliver.

**Wagoner named sales representative**  
 Nicholas county native Jerry Wagoner of Paris has been named a sales representative with Agri-Sales, Inc., of 213 Stoner Avenue, Paris. Wagoner, his wife and two children reside on Lillieton Avenue, Paris.

## Store Mon. thru Thurs. 10 a.m. to 7 p.m. Hours: — Fri. & Sat. 9 a.m. to 7 p.m.

**Foodtown SUPER MARKET**

**Don't Miss Our Price-Cutting Caper!**

- Fresh (3 lbs. or more) Ground Beef lb. **79¢**
- Field Bacon lb. **\$1.19**
- Field Pro-League Wieners 12 oz. **59¢**
- Self-Rising, Plain 5 lb. bag Gold Medal Flour **69¢**
- 18 1/2 oz. Betty Crocker Layer Cake Mixes **49¢**
- Thank You Pudding 303 can **39¢**
- 11 oz. Pillsbury Pie Crust Mix **39¢**
- 80 Ct. Glad Sandwich Bags **39¢**
- Thank You 20 oz. Apple Pie Filling **49¢**
- Smucker's 18 oz. Blackberry Jelly **79¢**
- 303 can Pizzas **89¢**
- 13 oz. Stokely 303 can Apple Sauce **3/1**
- 2 can 49¢ Glad Wrap 100 ft. **39¢**
- Thank You 20 oz. Apple Pie Filling **49¢**
- Smucker's 18 oz. Blackberry Jelly **79¢**
- 32 oz. Paramont Sweet Pickles **99¢**
- 300 Paramont Chili W/Beans **49¢**
- Pints, Gt. North., Mixed, Lima, Kidney Lucks Beans **17 oz. 3/1**
- 32 oz. Bes Pak 15 Ct. Tall Kitchen Bags **79¢**
- Joy 48 oz. **1.49**
- Purina Tender Vittles 6 oz. **3/1**

**White Potatoes \$1.09 (2 lbs. 1.99)**

**Round Steak \$1.39 (Boneless lb. 1.49)**

**Yams 2 lbs. 39¢**

**Delicious Apples 10 for 99¢**

**2% Milk 1 lb. loaf \$1.49**

**Foodtown Bread 4/1**

**Coke-Tab-Sprite 99¢**

**We Welcome Federal Food Stamps**

We are sorry for the inconvenience caused by our closing Sat., Jan. 29. We were asked to close to conserve gas, and felt it was our civic duty to comply with this request.

Field's Country Sausage lb. **\$1.09 (2 lbs. 1.99)**

Unclassified **WHITE POTATOES** 20 lb. bag **99¢**

U.S. Choice **ROUND STEAK** 12 oz. **\$1.39 (Boneless lb. 1.49)**

Hormel 5 oz. Vienna Sausage **3/1**

16 oz. Stack Pack Crackers **69¢**

16 oz. Chicken Chow Mein **69¢**

16 oz. Beef Chow Mein **69¢**

16 oz. Shrimp Chow Mein **69¢**

La Choy Fancy 16 oz. Fancy Bean Sprouts **59¢**

12 oz. La Choy Fried Rice **49¢**

La Choy 5 1/2 oz. Chow Mein Noodles **43¢**

La Choy Chicken 42 oz. **1.29**

La Choy Beef 42 oz. **1.29**

La Choy Beef-Bi-Pak **1.29**

La Choy Shrimp Chow Mein Bi-Pak **42 oz. 1.29**

Yams 2 lbs. **39¢**

Extra Fancy Red or Golden Delicious Apples 10 for **99¢**

1 lb. loaf **2% Milk \$1.49**

**Foodtown Bread 4/1**

8 pk., 16 oz. W/Btts. **99¢**

**We Welcome Federal Food Stamps**