

Kay's Kitchen

By Kay Fisher

Monday, Feb. 14 is Valentine's Day. It always strikes me that of lovely soft pink to deep red. Just about the only foods one can fix in those colors would be salads and desserts. I try to think of a special meal and some pink or red added attraction.

St. Valentine's Day is an "I love you" day. They're not lives to be loved with the everyday fast pace that we neglect to tell those we love how special they really are to us. And what better way than to serve a special meal.

First, decide how you want to make the dining room table look festive. I like to use the red Christmas candles up until after this special day. So I have a start and build around the candles. When the blue dollars and red ribbons have tucked here and there will make a pretty center piece. You may have heart-shaped cake pans which you can use for a heart-shaped salad, dessert, cake or all three. Do get out the best china and even if you serve coffee with the small white to demitasse cups for dessert.

Beets, a natural red vegetable, can be served as a hot dish or cold. If you want them to be hot, prepare them as Harvard beets, quantity depending on number of servings needed. I usually use 1/2 lb. butter, 1/2 lb. tablespoons cornstarch, 1/2 teaspoon salt, 1/2 cup vinegar.

Beets in saucepan, gradually add cornstarch, vinegar, sugar, salt. You may need to add some of the best beet dressing on the number of beets to be served. Taste for any additional seasonings needed.

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State okays Paris Pike widening

LEXINGTON—There are "no hitchhikes" completion of a four-lane highway between Paris and Lexington following the existing road corridor should be completed by 1981.

Secretary of Transportation John C. Roberts announced that he has instructed the state highway engineer to resume acquiring right of way for the Pike project.

The state has already purchased about 13 percent of the required right of the proposed project. Officials said that legislation in late 1973 to allow an outside consultant to review plans for the project.

While noting that his action would reinitiate work on the project, Roberts was not totally optimistic about proceeding with "no hitchhikes." When asked if he expected legal action, the secretary said that nothing would surprise him at this point.

He is also critical of an effort by the Kentucky Heritage Commission to have the roadway listed as a historical landmark. That listing could complicate federal funding, which will pick the largest share of the tab on the new road.

"We are most concerned about the loss of the nomination," he explained. "Coming at this late date it was filed in 1972 of this year," he said, "it could succeed in adding more delay to the month already lost."

Roberts said in detail the final report of the consultant, Wallace, McEgry, Roberts and Todd of Philadelphia, Pa., which he said he had reviewed recently. That "there seems to be no dispute about the need for improved facilities connecting Lexington and Paris."

He said the WMRT report concludes that the existing Lexington-Paris roadway is inadequate for future traffic loads through this corridor.

The new Harold W. Tatum, a 2.5-mile, four-lane, double-ridge, double-lane highway, would be 2.5 miles long and would be 40 feet wide. It would be 40 feet wide and would be 40 feet wide.

The church was decorated with a Christmas tree, Pennsylvania pine stems, holly, Christmas wreaths and a Christmas year series Christmas ring. Candles lined the aisles, windows and pews of the church.

Ms. Karen June Calvert, daughter of Mr. and Mrs. George W. Calvert Sr., of Paris, was the bride. The groom was Mr. Al E. Fryman, son of Dr. and Mrs. Johnnie G. Fryman of Morehead, on Sunday, Dec. 29 at 2:30 p.m. at the Morehead United Methodist Church.

The Rev. Harold W. Tatum, officiated at the double-ridge candlelight ceremony.

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Calvert-Fryman vows solemnized

Mr. and Mrs. Al E. Fryman

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Opening Thurs., Feb. 10 Goodman's Shoes

220 Locust St., Carlisle

Quality Shoes for the entire Family. Featuring Name Brand Shoes.

Grasshopper, Buster Brown, Footwalks, U.S. Kids, Air Step, Jarman, Rob Lee, Connie, Wolverine Boots, Levi's for Foot.

WELCOME! Come in and see our new Spring Fashion Shoes.

Mr. and Mrs. Charles David Pergern Jr. of Sharpshooter announce the birth of a daughter on Tuesday, Jan. 25, 1973 at the Nicholas County Hospital.

The weighed seven pounds, eight ounces and has been named Melissa Dawn.

Mr. and Mrs. Douglas Ray Dale of Route 1 announce the birth of a son on Wednesday, Jan. 26, 1973 at the Nicholas County Hospital.

He weighed seven pounds, four ounces and has been named Benjamin Lee.

COUPON SALE!

Foodtown Coupon Betty Crocker Ready To Serve 18 oz. Frosting 79¢

Foodtown Coupon Glad Food 25 Ct. Storage Bags 39¢

Foodtown Coupon 12 Oz. Mocha 49¢

Foodtown Coupon Glad 150 Ct. Sandwich Bags 59¢

Foodtown Coupon Wheeties 29¢

Foodtown Coupon Cold Water 8 oz. Woolite 69¢

Foodtown Coupon Hamburger Helpers 2/99¢

Foodtown Coupon No Stick Veg. 8 oz. Sami-Flush 79¢

Foodtown Coupon Mazola Spray 89¢

Foodtown Coupon Oven Spray 10 oz. Easy Off Reg. Lemon 69¢

Foodtown Coupon Golden Griddle Syrup 24 oz. 99¢

Foodtown Coupon Cream Sandwich 59¢

Foodtown Coupon Axion 89¢

Foodtown Coupon Vel Liquid 69¢

Foodtown Coupon Nu Soft Fabric Softener 64 oz. \$1.49

Foodtown Coupon Niagara 22 oz. Spray Starch 59¢

Foodtown Coupon Aetrol AD Fresheners, Rose, Lemon, Powder Room 79¢

Foodtown Coupon Renewitz 7 oz. 39¢

Foodtown Coupon Scoria White, Assorted 200 Ct. Facial Tissue 2/89¢

Foodtown Coupon Trash Bags 1.79

Foodtown Coupon We Welcome Federal Food Stamps

WHOLE FRYERS

lb. 39¢

Armour 15-18 lb. avg. Whole (Butt End lb. 1.09) Armour Semi-Boneless Hams lb. 99¢

Armour Sliced Bacon lb. \$1.29

Armour Hot Dogs 12 oz. pkg. 69¢

Armour Sliced Bologna lb. 99¢

Whole Hog Sausage lb. \$1.09

Armour 2 lbs. Dinner Franks \$1.79

Small, Lean, Meaty Pork Spare Ribs lb. 99¢

Fresh Boston Butt Pork Roast lb. 89¢

Sliced Pork Steak lb. 99¢

Fresh (3 lbs. or more) Ground Chuck lb. 99¢

U.S. Choice Beef Cube Steak lb. \$1.99

U.S. Choice Whole New York (Sliced Free! 10-12 lb. avg.) Sirloin Free! lb. \$2.29

U.S. Choice (Boneless lb. \$1.49) Round Steak lb. \$1.39

U.S. Choice Sirloin Steak lb. \$1.79

U.S. Choice T-Bone Steak lb. \$1.89

U.S. Choice U.S. Choice Boneless Rump or Sirloin Tip Roast lb. \$1.59

Foodtown Coupon Rome Apples 79¢

Foodtown Coupon Honey Pod Peas Van Camp 8 oz. Chilee Weenees Beannee Weenees 3/89¢

Foodtown Coupon Stokely F.S. Green, Cut Green, Shellie 303 cans Canned Beans 4/1

Foodtown Coupon W.K., C.S. 303 can Golden Corn Van Camp 300 can White Hominy 6/1

Foodtown Coupon Chopped & Shredded 303 can Canned Kraut 3/89¢

Foodtown Coupon Tomato Juice 46 oz. No. 24 Halves, Sliced 49¢ PEACHES

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