

Kay's Kitchen

By Kay Fisher



For those who just adore counting calories for Valentine's Day or maybe receive a lot of candy from that special one, here I am again with a few more recipes to add to your collection to help make dining easier. Don't forget if you did get ready for Valentine's Day at a place before dinner and it will help curb your appetite, and be sure you add 100 calories to your total calorie count for the day.

QUICK SHRIMP CASEROLE
1 (4 1/2) can shrimp
1 (10 oz.) pkg. frozen peas
1 (8 oz.) can water chestnuts, drained and sliced
1/2 cup chicken broth or 1 chicken bouillon cube dissolved in 1/2 cup water
1/2 teaspoon salt
1 tablespoon cornstarch
1 tablespoon oil
1 cup fresh, shelled mushrooms
Cook peas, mushrooms, water chestnuts in chicken and until just tender. Add cornstarch mixed with water and cook until thickened and clear, stirring constantly. Add shrimp and heat thoroughly. Approximately 150 calories per serving.
If you have friends who are dieting, here is a dish that can only give a festive touch. So get together for some fun and still stay on your diet.

SCALLOP-PINEAPPLE KABOBS
1 lb. from scallops, thawed
1/2 teaspoon lemon juice
1 tablespoon salad oil
1/2 teaspoon seasoned salt
1 cup pineapple chunks (packed in own juice, no sugar added)

FROZEN LEMON CUSTARD
1 egg, separated
1/2 cup sugar
1 tablespoon lemon juice
1/4 teaspoon ground lemon rind
1/4 cup ice cold water
1/2 cup instant non-fat dry milk
2 tablespoons graham cracker crumbs
In a small bowl, combine egg yolk, sugar, salt, lemon juice and rind, and seal. In a chilled one-quart mixing bowl, mix together egg white, water and non-fat dry milk. Beat on low speed until well mixed, then beat on high speed until mixture stands in peaks.
Fold egg yolk mixture into whipped milk. Sprinkle 1 tablespoon graham cracker crumbs over bottom of a heated 8 inch bread pan. Spoon in custard and sprinkle remaining crumbs over top. Cover and place in freezer until firm. About 60 calories per serving.

EGGPLANT CASEROLE
1 medium eggplant
1/2 cup water
1/2 cup chopped onion
1 tablespoon margarine
1/2 cup grated cheddar cheese
2 eggs, beaten
dash of tabasco
2 tablespoons Parmesan cheese
1 medium eggplant
1/2 cup water
1/2 cup chopped onion
1 tablespoon margarine
1/2 cup grated cheddar cheese
2 eggs, beaten
dash of tabasco
2 tablespoons Parmesan cheese
Peel and slice eggplant into 1/2 inch slices. Drain. Sauté onion in margarine until limp. Combine eggplant, remaining seasoned salt, onion, cheese, eggs, tabasco sauce and pepper. Turn into buttered 1 quart casserole. Sprinkle 1/2 teaspoon lemon juice over top. Bake in 350 degree oven for about 30 minutes or until a knife inserted in center comes out clean. Makes 4 servings about 143 calories per serving.



Receives highest award

Plans complete for Pumpfrey-Conley wedding

Miss Laura Nell Pumpfrey, bride-elect of Patrick Conley, has completed the plans for her wedding. The marriage will take place Sunday, Feb. 20, at 4:30 p.m. at the First Christian Church on Catherine Street in Carlisle. Rev. Ben Pumpfrey, brother of the bride, and Rev. Herman Kanne, pastor of the Shrine of Our Lady of Guadalupe Catholic Church, will perform the double-ring ceremony. The reception for the wedding guests will follow at the Carnegie Country Club. On Friday, Feb. 18, Mr. and Mrs. Joseph P. Conley will host members of the wedding party and their guests for the rehearsal dinner at Carnico Country Club. Miss Pumpfrey will have her bridesmaids with a luncheon at the Coach House in Lexington, Saturday, Feb. 19. The bride-elect has been honored with several parties recently. Mrs. Robert McFarland and Mrs. Martin Dolan entertained with a miscellaneous shower at the McFarland home in Kentucky Heights in late January. Mrs. Robert Cooney honored Miss Pumpfrey with an afternoon shower and Valentine tea at her home on Eastern Avenue on Saturday, Feb. 5. Miss Pamela Rietter entertained on Feb. 8 with an on-campus party for Miss Pumpfrey at the University of Kentucky for several friends. Miss Debbie Watson and Miss Barbie Barker honored Miss Pumpfrey with a Saturday luncheon and shower at the Watson home on Highland Drive in Flemington on Feb. 12. On Saturday evening, Feb. 12, Mrs. Horace Marshall and Mrs. Spody Marshall entertained with a miscellaneous shower at Mrs. H.F. Marshall's home in North Lexington on Sunday, Feb. 13. Ladies in Mr. Conley's and Miss Pumpfrey's families were guests. The women of the First Christian Church entertained for Miss Pumpfrey on Wednesday evening at the home of Dr. and Mrs. Robert Sparks on Clifway Drive.

Mrs. Hughes entertains

Mrs. Don Hughes entertained with a dinner at her home recently. Guests were Mrs. David Zachary, Mrs. Bobby McFarland, Mrs. John Allison, Joseph H. Cooney, Mrs. Jimmy Shaw, Mrs. Billy Clark, and Mrs. Frances Conley.

Hospital notes

Feb. 4 to Feb. 10, 1977.
ADMITTED: Juanita Hunt, Carolyn M. Caswell, Virginia Scroggs, Jeanne Whitcher, Charles Purcell, Brenda McDaniel, Virginia Scroggs, Adam Mabel Morris, Oscar Lawrence, Adam Joseph Bowles, Carlisle, William E. Hunter, Ewing, Herbert W. Fryman, M. Olive, Patricia Fiera, Pratts; Beulah Smith, Sharpburg.
DISMISSED: Arran Lee Sexton, Robert Berry, Wilson Beverly, Henry Bramlett, Horace P. Marshall, Mary L. Hutton, Juanita Hunt, Mary Beckert, Ebertha Hunt, Carolyn M. Caswell, Mary Doria Beck, Brenda McDaniel, Virginia Scroggs, Adam Joseph Bowles, Carlisle; William E. Hunter, Ewing, Herbert W. Fryman, M. Olive, Patricia Fiera, Pratts; Beulah Smith, Sharpburg.

Fashions in Dining is theme

The Nicholas County High School Home Economics Department is sponsoring three classes on Fashions in Dining beginning Feb. 17 at 7 p.m. at the home of Mrs. Tom Metcalfe on West Second Street. The schedule of classes is as follows:
Feb. 17, Fashions in dining and dining accessories.
Feb. 21, Workshop on making dining accessories.
March 1, Workshop continued. Each class will meet at 7 p.m. The second and third sessions will be held at the same location and these will be workshop classes and students are asked to be prepared with materials and equipment to work on items.
For further information call Bonnie Metcalfe 289-2303, Martha Taylor 289-2662, or the high school at 289-7111. Watch the Mercury for notice of food classes beginning March 7.

Going-Out-of-Business SALE

Buttons, Trims, Thread, Zippers

1/2 Off

• Simplicity Patterns
• Gibson Cards & Party Papers
• Cotton Blends 99¢ yd.

The Sewing Basket
Locust Street — All Sales Final — Phone 289-5423

PATIENT-AIDS WHEELCHAIRS

Easy-Roll and Standard Models

Guaranteed for 3 years against defects in material or workmanship. Complete with brakes and footrest. The only wheelchair with built-in tilt in seat and back for maximum comfort. Manuevers easily with little effort. Folds compactly for travel or storage.

Easy-Roll Model
Standard Model
Rental rates on request.

TOP VALUE STAMPS

REXALL

"The Drug Store"

Carlisle Drug Co.
THE REXALL STORE
CARLISLE, KY.

Council votes to stop gas service to businesses not

Will be increased to \$500 per month, and hauler and Willoughby will receive \$1.50 per hour. The increases become effective March 1. Bids posted

SAVE \$13.40

TO: The Courier-Journal BARGAIN OFFER
Louisville, Ky. 40202

Send me the through mail coverage of The Courier-Journal for the month of _____ 1977. I will have my check for \$34.00 (plus \$1.00 shipping and handling) payable to The Courier-Journal, 1100 Broadway, Louisville, Ky. 40202. I will have my check for \$34.00 (plus \$1.00 shipping and handling) payable to The Courier-Journal, 1100 Broadway, Louisville, Ky. 40202. I will have my check for \$34.00 (plus \$1.00 shipping and handling) payable to The Courier-Journal, 1100 Broadway, Louisville, Ky. 40202.

Name _____
Address _____
City _____ State _____ Zip _____

Chemical bids from Puritan Chemical Company and Diamond Research Corp. were tabled until they can be considered at a called meeting scheduled for Monday, Feb. 28. Paul Stansbury of Blue Grass Area Development Corp. will be invited to the Feb. 28 called meeting to explain the Affirmative Action Plan required of the City because it has over 15 employees. Stansbury will also explain the new revenue sharing rules. To prepare for the Feb. 28 called meeting, another called meeting will be held Friday to discuss City finances. Other matters passed. The City voted to purchase a generator from the county to be used as a backup source for emergency purposes at the sewer plant. The price quoted by Mr. and Mrs. Edith Walton stating that water from a manhole, during a rain storm last May, ruined \$60 worth of terrazzo chemicals and a roll of plastic under their home on Walnut St. The consultant of opinion was that H.P. Alexander was responsible for the damage because he was installing the sewer line at that time and was responsible for plugging the line each night. Council agreed unanimously to write a letter to Alexander informing him of the situation. Vanlandingham was asked by motion to get figures to correct a water drainage problem on Dorsey Ave. Resolved parking denied. Mr. and Mrs. Bill Campbell request that a parking space be reserved in front of their home for Campobello. They were informed that this could not be done. However, the City Police have been asked to check frequently for any parking violations on the street. It was stated that from two to 30 cars are sometimes parked there by visitors—not residents. January poller report: Arrests 72; Fines collected \$704.31. Parking meter collections \$126.31. Total \$863.31.

NOTICE

Beginning March 1, subscribers to the Carlisle Mercury will pay \$2.00 for one year and \$1.50 for two years.

SOCIETY

David Zachary, Lloyd Wilms, Jimmy Shaw, Andy Dudley, Cassie Hill, Harvey Wilson and Jimmy Carter of Carlisle and Ron Gray of Millersburg returned Sunday on a four-day golfing trip to Sebring, Fla.

Mrs. E.H.D. Allison was admitted to the Nicholas County Hospital last week where she remains a patient. Mr. and Mrs. J. Vernon Layton have returned to their home in Millersburg after vacationing in Ft. Lauderdale, Fla.

Mrs. H.C. Caswell returned home last week from Nicholas County Hospital. Mr. and Mrs. Lawrence Goebel of Warburg, Ohio, spent the weekend with her parents, Mr. and Mrs. George Roberts.

Mrs. Willie Taber and her daughter, Peggy, attended the American Dairy Association meeting held last week in Louisville. Miss Taber who is District 9 Dairy Princess was in the State Dairy Princess competition.

Mr. and Mrs. Ewell R. Lyons were the Sunday evening guests of the Singing Instruments at the home of Mr. and Mrs. George Cunningham Jr. on Woodmont Drive in Paris.

Mrs. L.S. Rogers, of Mayfield, was elected president of the Ada's Ladies' auxiliary of the American Dairy Association at their meeting held in conjunction with the annual A.D.A. meeting, Feb. 7. She succeeds Mrs. Herman Barlow Jr., Cave City.

Hear Ye!! Hear Ye!!

Goodman's Shoes

Corner of Main and Locust Sts., Carlisle, Ky.

Invites you to come in and see our complete line of Spring Shoes.

Featuring **Buster Brown**

Most Styles Available in Narrow & Medium Width! Also some Extra Wide

Bring the entire family for One Stop Shopping

Miss Amy Lyons Engagement announced

Mr. and Mrs. Surescote Lyons Jr. of Carlisle, announce the engagement of their daughter Amy Marie to Richard Lee McDonald, son of Dennis McDonald and Mrs. Helen Fryman, both of Carlisle.

Miss Lyons is a 1974 graduate of Nicholas County High School. Mr. McDonald is also a 1974 graduate of Nicholas County High School. A March wedding is being planned.

Girl Scouts sponsor Craft Class Feb. 26

The Nicholas County Girl Scouts are sponsoring Art and Craft classes for girls nine to 13 years old. The classes will be held at the home of Mrs. Tom Metcalfe on West Second Street. The schedule of classes is as follows:
Feb. 17, Fashions in dining and dining accessories.
Feb. 21, Workshop on making dining accessories.
March 1, Workshop continued. Each class will meet at 7 p.m. The second and third sessions will be held at the same location and these will be workshop classes and students are asked to be prepared with materials and equipment to work on items.
For further information call Bonnie Metcalfe 289-2303, Martha Taylor 289-2662, or the high school at 289-7111. Watch the Mercury for notice of food classes beginning March 7.

Miss Kathy Allison receives license

Miss Kathy Jean Allison, daughter of Mr. and Mrs. Henry Allison of Carlisle, received her Kentucky State Board of Cosmetology license on Thursday, Feb. 10 in Louisville.

Mrs. Steve Ockerman and Mrs. Herb Allison accompanied her to Louisville. She is an employee of The Beauty Shop in Carlisle.

Washington's Birthday SALE

FOODTOWN SUPER MARKET C & G

Wieners or Beef Franks lb. \$1.09

Oscar Mayer Vacuum Packed Bacon lb. \$1.59

Oscar Mayer Bologna or Beef Bologna 12 oz. 99¢

Oscar Mayer Pork Piggie Sausage lb. \$1.39

Variety Pack Lunch Meat 12 oz. \$1.29

Oscar Mayer Smoked Links 12 oz. \$1.19

BONELESS NETTED U.S. Choice Beef Pot Roast lb. \$1.19

U.S. Choice Boneless Stew Beef lb. \$1.49

U.S. Choice Eye of Round Roast lb. \$1.79

U.S. Choice Rib Roast lb. \$1.49

BONELESS 10% OFF U.S. Choice Rib Steak lb. \$1.79

Cagle's Mixed Chicken Parts lb. 49¢

Marhofer Canned Ham 5 lb. \$7.59

Field Chili W/Beans 12 oz. 79¢

Golden Delicious Apples 3 1/2 lb. 69¢

Temple Oranges 6 oz. 69¢

Potato Chips 69¢

Chicken Noodle Soup 5 FOR \$1

Yellow Onions 2 lb. 59¢

Dog Food 3 lb. \$1.29

Cheese Cake Mix 11 oz. 69¢

Peanut Butter 18 oz. 89¢

Floppy White Bleach 59¢

Delmonte Margarine lb. 39¢

Delmonte Corn 3 FOR \$1

Delmonte Tomato Juice 55¢

Delmonte Peaches 49¢

Lettuces 39¢

PORK CHOPS \$1.59

Foodtown Bread 4 FOR \$1

Banquet TV Dinners 49¢

R.G. Diet Rite Cola 99¢

Trash Bags 10 Ct. 99¢

Detergent King Size \$2.39

Dynamo Laundry \$2.39

Open Pit Smoke Flavor 18 oz. 59¢

Barbecue Sauce 59¢

Pie Filling 20 oz. 59¢

Thank You Peach 303 can 59¢

Pie Crust 20 oz. 59¢

Trail Blazer Dog Food 25 lb. \$3.49

Smucker's Grape Jelly 1 1/2 lb. \$1.19

Disposable Newborn 24's \$1.79

Johnsons Diapers \$1.79

★ We Welcome Federal Food Stamps