

Kay's Kitchen

— By Kay Fisher —

It doesn't matter what time of year, month, or week, a good one-dish meal is always an easy dinner to serve. The one I am going to give you this week is easy to prepare and I think the entire family will enjoy it. If your family is small there will be enough for a second time. Better still, share it with someone who lives alone who would not fit for themselves a meal like this.

- MEAL-IN-ONE**
- 4 to 6 medium onions
 - 2 tablespoons butter or margarine
 - 1 lb. Bra. roamed steak, cut in serving pieces
 - 1/2 to 1 cup water
 - 2 tablespoons chopped parsley. Fresh is better, but dried may be used.
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon each thyme and marjoram
 - 4 medium potatoes, cut in half
 - 4 carrots, cut into about 2-inch pieces
 - 1 (10 oz.) pkg. frozen peas, thawed
 - Brown steak in the margarine until golden. Cut any pieces that curl to see if they will brown evenly. Arrange in bottom of 2 1/2 quart casserole. Remove any excess amounts of fat from steak as you put it in the casserole. Remove frying pan from heat. Arrange onions, potatoes and carrots around and around meat. You may need to cut the onions in half to make everything fit. Now put the pepper pan back over the heat and add the parsley, thyme, marjoram, salt and butter to the drippings; add 1/2 cup of water. Bring to a boil and pour at once over the meat and vegetables. If there is not enough liquid to cover the meat and bring to a boil. Add salt to adjust enough to at least touch the vegetables. It is not necessary to have

- the water cover them since they will cook from the steam, and you do not want them soggy. Cover the casserole and bake 300 degrees for 1 1/2 hours. Add the peas and continue to bake for one more hour. By then the meat should be very tender. If you are not ready to serve the meal at once just turn the oven to warmer and it will keep nicely. If you are using fresh parsley this is a good dish to use the stems cut finely, and save the leaves for garnish at another time. You will find the stems have the most flavor. With this meal I served a fresh fruit salad, or side dish really since I don't want to lose any of the juice.

- FRESH FRUIT SIDE DISH**
- 1 grapefruit
 - 2 apples, pared and cubed
 - 1 teaspoon lemon juice
 - 1/2 cup sliced banana, sliced
 - 1 cup pineapple chunks
 - dash of salt
 - 2 tablespoons sugar
 - 1/2 cup apricot nectar
 - 1/2 cup sweetened pineapple juice
 - 1/2 cup evaporated pineapple juice
 - 1 large banana, sliced
 - 2 tablespoons sugar
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 - 1 large banana, sliced

EASY CORNBREAD

- 1 1/2 cups self-rising corn meal
- 2 tablespoons onion drippings
- 1 egg
- 1 cup buttermilk or more
- Put corn meal, egg, and buttermilk in

mixing bowl. In 8-inch iron skillet melt the bacon drippings and add half to the corn meal mixture. Put skillet in 425 degree oven until hot. If the corn meal mixture seems a bit thick add a little more buttermilk, and pour into hot skillet and bake about 20 to 25 minutes. Corn bread should be brown on all sides and top. If you do not have buttermilk on hand, use sweet milk and add 1 tablespoon of vinegar to one cup of milk. You really do not need a dessert with this meal. The fruit takes the place of the dessert.

Here is a dessert for the dieters.

APRICOT-PIEAPPLE WHIP

- 1/2 cup sweetened pineapple juice
- 1/2 cup evaporated pineapple juice
- dash of salt
- 2 tablespoons sugar
- 1/2 cup apricot nectar
- 1/2 cup sweetened pineapple juice
- 1/2 cup evaporated pineapple juice
- 1 large banana, sliced

Measure pineapple juice into saucepan. Sprinkle gelatin over juice. Place over low heat, stirring until gelatin is dissolved, about 2 minutes. Turn off heat, add salt and sugar. Blend. Stir in apricot nectar and lemon rind. Pour into small milk bowl and set in refrigerator to firm. Spoon into 4 dessert glasses or turn into 1 quart bowl. Add salt and sugar. 145-150 calories per serving. Serves four.

Other fruit juices may be used instead of the apricot nectar—cranberry juice cocktail, orange or grapefruit juice. The amount of sugar needed may vary depending upon fruit juice and personal taste.

Pumphrey-Conley wedding is event of Feb. 20 at First Christian Church

The marriage of Miss Laura Nell Pumphrey, daughter of Mr. and Mrs. Ben Pumphrey, and Patrick Carter Conley, son of Mr. and Mrs. Joseph F. Conley, both of Carlisle, was solemnized at 5:30 p.m. on Sunday, Feb. 20 at the First Christian Church in Carlisle. Rev. Pumphrey, brother of the bride, and Rev. Herman Kamlage, pastor of the First of Our Lady of Guadalupe Catholic Church, officiated at the double ring ceremony.

Miss Cynthia Glass of Elizabethtown, organist, presented selections from Mozart, Bach, Beethoven and Chopin. Miss Beth Puga of Somerset sang contemporary selections of the bride and groom. Following the exchange of rings, Miss Catherine Lord of Pikeville sang "The Bride's Prayer."

The simplicity of the sanctuary was enhanced for the ceremony with candles, backed with huckleberry enterwiner with greenery and stephanotis. Mrs. Pumphrey wore a white huckleberry banks framed the altar and created a canopy effect overhead.

The bride, given in marriage by her father, wore a traditional floor length gown of misty white chiffon in a fully tailored skirt silhouette.

Centered by a cameo effect of sheer Brussels lace beneath a high collared collar, the bodice of the re-embroidered Alençon lace encrusted with pearls and sparkling crystals defining the raised waistline, was created with full bust sleeves gathered to decorative cuffs of jeweled Alençon over the wrist.

In utter simplicity, the draped, fluid skirt merged into a classic chapel train. Designed and made especially for her, her-tried-of-in-a-dress illustration by Alençon scallops, drifted to her fingertips draped from an open crown, the continued head dress of re-embroidered Alençon lace was enriched by dimensional blossoms and clusters of pearls.

She carried white roses, with baby's breath and stephanotis and a white Bible, a gift from her brother.

Miss Deborah Walden of Flemingsburg served as maid of honor. Bridesmaids were Miss Pamela Porter of Ashland, Miss Catherine Bursall, Pikeville, Miss Barbara Burke, Bowling, and Miss Barbara Budge, Elizabethtown. They were all attired in floor length gowns of wine poly-knit in a soft "V" silhouette.

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Mr. and Mrs. Patrick Carter Conley

Nieces of the groom, Miss Meg Conley and Miss Kay Conley of Carlisle and Miss Keeli Robinson of Millersburg kept the guest book and distributed programs. Other relatives and friends who served for the occasion are Mrs. James Stanz, Ashland, Mrs. Ross Figart, Winchester, Mrs. Bill Lucas, Petersburg, Mrs. William Conley, Millersburg, Miss Betty Caywood, Lexington, Mrs. William Caldwell, Paris, Mrs. A.B. Couch, Mrs. Grimes Caywood, Mrs. William Layson, Miss Jo Garrett, Miss Lisa Reynolds, Mrs. J.E. Soper and Mrs. Joseph H. Conley, Carlisle.

The reception was held at Carlisle Country Club immediately following the ceremony. The bride's table, covered with white lace, held silver candelabra with pink candles and arrangements of pink miniature roses, white mums and baby's breath. Silver punch bowls sat on each end of the table which was centered with a four-tiered wedding cake topped with white doves.

The bride was graduated from Piney Gap High School and the University of Kentucky with a B.A. in Journalism. She was vice president of Alpha Xi Delta Sorority, and a member



Mr. and Mrs. Patrick Carter Conley

of Sigma Delta Chi, Journalism fraternity, Women in Communications, and CWGNS, a women's honorary.

Mr. Conley is a graduate of Nicholas County High School and the University of Kentucky. He received a B.A. degree in political science and journalism and served as a UK dormitory counselor for three years. He is presently employed by the Louisville Courier-Journal.

Following a brief visit in New York, the bride and groom will honeymoon in Spain. They will make their home at 16 Taylor Avenue in Paris.

State Police report fatalities

FRANKFORT—State police officials report the lowest traffic fatality figures for January since 1962.

Last month 41 persons were killed on Kentucky roadways, and 14 of those were in the first two days of the year. Thirty-nine persons were killed in January, 1962.

State police safety education director, L.L. Ernie Bivens, said the low rate is mainly due to the weather and the low volume of traffic.

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Three fires reported

Nicholas County Fire Chief Woody Wilson reported the following county fires during the last week:

On Tuesday, Feb. 15, two fire calls were answered. First in a furnace fan caused a fire on Highway 32, one and one-half miles east of Carlisle in the trailer home of Mrs. Nelson Watkins. No damage was incurred. A trailer tractor skidded on a curve on Stanley Creek Hill, went over a bank, and burned.

A great fire was extinguished about six miles from Carlisle on the Bartlettville Road, next to the cemetery on property of Percy Caldwell. This fire occurred on Thursday, Feb. 17.

Court news

Quarterly Court
Feb. 15, Farmers National Bank of Christiansburg vs Harrison Hunt and Mildred Hunt, his wife, suit for \$422 plus interest and costs.

County Court
Feb. 15, Shorty Hunt, public intoxication, guilty, 30 days in county jail, suspended.

Jana Snapp recipient of DAR Good Citizenship Award

The Jennie Johnson Chapter of the Daughters of the American Revolution has announced the recipients of the annual Good Citizenship awards given to senior students at three area high schools.

At Nicholas County High School the award was presented to Jana Snapp, daughter of Mr. and Mrs. James Snapp of the Lower Jacktown Road. Miss Snapp is co-editor of the school yearbook, "The Nicholas Countian" and is secretary of the French Club. She was a delegate to Girls State in 1976 and is active in the drama club.

A member of the Headquarters United Methodist Church where she plays the piano, Miss Snapp has been on the honor roll and a member of the National Honor Society. She includes sewing, cooking and growing plants in her hobbies and plans to continue her education at the Kentucky Floral Art School in Lexington upon graduation.

Gregg Coons, son of Mr. and Mrs. James Coons, was the recipient of the award at Paris High School and is the first boy ever to receive the DAR honor. The award recipient at Bourbon County High School is Cina Chowning, daughter of Mr. and Mrs. J.A. Chowning, Jr. of Bourbon County.



Miss Snapp

SOCIETY

Dr. and Mrs. William Adams and family of Richmond visited last week with her parents, Mr. and Mrs. D.W. Stoney in Millersburg.

About 60 members of the Nicholas County High School Vocational Agriculture class accompanied by their instructor, James Brumage, attended the National Farm Machinery exhibition in Louisville on Friday.

Frank Guggelw was admitted to the Harrison Memorial Hospital in Cynthiana on Saturday evening where he remains a patient. His room number is 400.

Mrs. Sarah Lee Setton was called to Georgetown last week due to the death of her sister-in-law, Mrs. Effie Glass.

Mrs. William Medina visited her parents, Mr. and Mrs. Charles Layson recently enroute to Dayton, Ohio, where she attended a NCR training school.

Mrs. Toby Elder and son Brian of Ft. Mitchell spent the weekend with her

Marriage forthcoming

Dr. James Johnson of Millersburg attended the President's Leadership Conference at the Kentucky School Board Association held recently at the Arlie House in Warrenton, Va.

Mrs. Deborah Walden of Flemingsburg served as maid of honor. Bridesmaids were Miss Pamela Porter of Ashland, Miss Catherine Bursall, Pikeville, Miss Barbara Burke, Bowling, and Miss Barbara Budge, Elizabethtown. They were all attired in floor length gowns of wine poly-knit in a soft "V" silhouette.

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Mr. and Mrs. Patrick Carter Conley

Dessert-bridge at Dolson home

Mrs. Roy Dolson entertained recently with a dessert-bridge at her home on the Mayville Road.

Guests were Mrs. Ralph Taylor, Mrs. James Nell, Mrs. Otis Tompkins, Lloyd Wells, Mrs. Carroll Wallace, Mrs. Billy Keen Anderson, and Mrs. Henry Peters.

Mrs. Anderson won high score for the evening of bridge.

Births

Mr. and Mrs. Harry Bruce Otte of Millersburg announce the birth of a son on Saturday, Feb. 12, 1977 at the Bourbon County Hospital.

He has been named John Tyler. Maternal grandparents are Mr. and Mrs. Jack Tinscher of Nicholas county. Paternal grandparents are Mr. and Mrs. Harry Otte of Millersburg.

New employe of State named

FRANKFORT—A new employe of the Kentucky Department of Public Information will coordinate efforts to bring European tourists to Kentucky.

Paternal grandparents are Mr. and Mrs. Jack Tinscher of Nicholas county. Paternal grandparents are Mr. and Mrs. Harry Otte of Millersburg.

NOTICE

Beginning March 1, subscriptions to The Carlisle Mercury out of Kentucky will be \$5.00 for one year and \$12.50 for two years.

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: Rob Lee, Jarman, Levi's for Feet, U.S. Keds, Wolverine and Buster Brown

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

Bring the entire family for One Stop Shopping

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New! Playtex Control Top and Sheer Support Pantyhose

Fit smooth... so clothes look smoother.

They're the answer to those bumps and wrinkles you'd like a little less of Playtex Control Top Pantyhose are knit and sized a whole new way... proportioned for your height, waist and leg dimension (selectable, average or full) to provide superior fit. Fit all around from the waist down... for a smoother look under clothes. Try a pair of Playtex Control Top and Sheer Support Leg Pantyhose and get your free pair today!

Control Top Sheer Leg-Reinforced Top... \$3.00
Control Top Sheer Leg-Sandfoot... 3.00
Sheer Support Leg-Reinforced Heel and Toe... 3.00
Control Top Sheer Support Leg-Sandfoot... 3.00
Control Top Sheer Support Leg-Sandfoot... 3.00

Available in queen size at slightly higher price.

Abraham's Ladies Shop

Control Top Sheer Leg-Reinforced Top... \$3.00
Control Top Sheer Leg-Sandfoot... 3.00
Sheer Support Leg-Reinforced Heel and Toe... 3.00
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Goodtown SUPER MARKET

C & G

Come and Get Em!

R.G., Diet Rite Cola 99¢ (8/16 oz. with bottles)

Fresh Pork Picnic Roast lb. 59¢
Fresh Ground Beef (3 lbs. or more) lb. 79¢ (1 lb. pkg. \$1.19)
Webber's Sausage 2 lbs./\$2.37
Fischer's Mollwood Bacon lb. \$1.19 (12 oz. pkg.)
Fischer's Skinless Wieners 59¢

Stouffer's Meals 59¢
Potato AuGratin 1 1/2 oz.
Spinach Souffle 12 oz.
Macaroni & Cheese 12 oz.
Corn Souffle 12 oz.

U.S. Choice Chuck Roast lb. 69¢ (Boneless lb. \$1.09)
Calif. 4 lbs. Naval Oranges 79¢
2 lbs. Yellow Onions 59¢
Rome Beauty Apples 3 lbs. 79¢

U.S. No. 1 White Potatoes 99¢ (10 lb. bag)

Liquid Ivory 79¢ (22 oz. bot.)

Smucker's Whole Sweet Pickles \$1.99 (32 oz.)
Duke's Mayonnaise 99¢ (8 oz.)
Jiffy 8 1/2 oz. 5/99¢
Star Kist 6 1/2 oz. 2/99¢
Chunk Light Tuna 2/99¢

U.S. Choice Shoulder Roast lb. 99¢
U.S. Choice Boneless Stew Beef lb. \$1.39
U.S. Choice 12 1/4 lb. avg. Sliced Beef Whole Beef Rib Eye lb. \$2.49
U.S. Choice Ribeye Steaks lb. \$2.99

Fischer's Sliced Bologna lb. 99¢
Boneless Fully Cooked 11-15 lb. avg. Whole Fischer's Hams lb. \$1.39
Swift Butterball 10-14 lb. avg. Frozen Turkeys lb. 69¢

Smucker's Strawberry Preserves 79¢ (18 oz. jar)
Campbell's Chicken Noodle Soup 79¢ (18 oz. can)
Tide Detergent \$1.19 (49 oz. box)

Banquet Meat Pies 4/\$1 (Turkey, Beef, Chicken)
Tony's Pizzas 4/\$1 (Pepp., Sau., Hamburger, Cheese)

Grade A Large Eggs Doz. 73¢

Armour 1/2 lb. Vienna Sausage 3/1
Quick, Regular
Quaker Oats 1 1/2 lb. 49¢
Seedless Blackberry 1 1/2 lb. 79¢
Smucker's Jam 79¢