

Kay's Kitchen

By Kay Fisher



Christmas holidays are over, we are in the New Year, and I hope with no turkey left over in the freezer. I'm sure most of us are ready for just quick cooking for two reasons: First, we all feel the rising cost of eating, second, most of us have had perhaps, too rich a diet the last few weeks and feel the need to "hold that sorry" or even trim down.

In planning meals, remember the most important thing is to serve well balanced meals.

When buying meat, buy top quality, but cheaper cuts. If you buy a pot roast, look for the best. It's worth the extra. Don't expect it to taste like tenderloin but it can be delicious. The secret in cooking cheaper cuts of meat is to cook slowly. Boiling beef often leaves a stringy and fatty taste. The best cooking method is to use a crock pot, with cover, in the oven. Add no water but season to taste. That may be adding herb, barbecue sauce or vegetables including onions.

Cook at 225 or 250 degrees for several hours, depending on size of roast. When very tender, the bone should be pulled 20 minutes. Let roast stand about 30 minutes before serving, then try to cut across the grain.

Save any left-over meat and gravy to use in vegetable soup. If you are short on meat juices or gravy add bouillon cubes when cooking the vegetables and when they are done.

Season to taste.

The economical way to shop is to have to mind several meals and buy accordingly. The fewer trips the better, the less money you'll spend.

HOMEMADE MEAT—Special treat every home cook needs. Here are some easy recipes to try.

OLD FASHIONED OATMEAL BREAD—2 cakes prepared of 2 packages dry yeast.

Families entertain during Christmas

The Stanley Storeys

Mr. and Mrs. Stanley Storey of Nicholas county entertained their family with Christmas dinner.

Those present are Mr. and Mrs. Stanley Storey, Lee and Linda of Georgetown, Mr. and Mrs. Buford Mathis, Dana and Amy, Mr. and Mrs. Bill Baglow, all of Lexington, Gary Storey and Miss Ragena Mattar.

Mr. and Mrs. Albert Booth

Mr. Albert Booth entertained with a family Christmas dinner on Sunday, Dec. 26.

Guests included Mr. and Mrs. Robert Smart and daughter of London; Mr. and Mrs. Randall Hickey; Mr. and Mrs. Terry Ritchie of Warren Robison, Ga.; and Miss Kenneth Booth of Marietta, Ga.

The Turner Shannons

Mr. and Mrs. Turner Shannon and daughter of Bourbon county, entertained with a family dinner Sunday, Dec. 26.

Those present were Mr. and Mrs. Edgar Hawkins, Mr. and Mrs. Eddie Day and Todd, Ironic Hawkins, Miss Ester Gaunce, Mr. and Mrs. Ward Shannon, Gregory and Delana.

Lexington Club scene of luncheon

Mr. and Mrs. Bill Layton of Falls Church, Va. entertained with a luncheon at the Lexington Club on Monday, Dec. 27.

Guests included Mrs. Zed Layton, Mrs. Christine Layton, Mrs. Vinson Layton, Mrs. Peter Davenport and Mrs. Bob Kirkpatrick, all of Millersburg; Mrs. Jeff Layton and Mrs. Goy Aultch of Paris; Mrs. Toby Elder, P.J. Mitchell; Mrs. J.T. Owen, Mrs. Charles Layton, Lexington; William Hickman, Middle Aisle; Mrs. Zed Layton Jr., Winter Park, Fla.; Miss Felicia Layton, Falls Church, Va.; Miss Margaret Hudson, Mrs. Bruce Sharp, Mrs. Thomas Hickman, Bourbon county; and Mrs. M.C. Blair, Carlsle.

The Earl Letchers

Mr. and Mrs. Earl Letcher, Fayette and Clay, entertained with a family Christmas dinner Sunday, Dec. 26.

Those present were Mr. and Mrs. Herbert McClamb, Mr. and Mrs. Eugene Letcher, Mr. and Mrs. Guyford Letcher, Mr. and Mrs. Harvey T. Gillispie and DeAnna, Mr. and Mrs. Romie Letcher, Pat and Greg, Mr. and Mrs. William Letcher, Jeff and Shawna.

New Year's Eve party is given

Mr. and Mrs. James Letcher and Tina, Mr. and Mrs. Charles Marshall, Dana and Craig, Mr. and Mrs. Martin McClamb, Mr. and Mrs. Gary Crawford and Melanie, Mr. and Mrs. David Harbour, Mr. and Mrs. David Snoot and Nicole, Mr. and Mrs. Ricky Broderick, Stephen Gillispie and Chris, and Mrs. Pearl Crump.

The Licha Farahs

Mr. and Mrs. Licha Farah entertained at their home with a family dinner on Christmas Day for Mr. and Mrs. Ignatius Kouy and family, Nicholas county, Mr. and Mrs. Charles La Fontaine of Frankfort, Mrs. Sam Hagley and the Farah children.

Mr. and Mrs. Chamberlin to host club

The Carlsle Community Woman's Club will meet Monday, Jan. 10 at the home of Mrs. Richard Chamberlin. Co-hostesses will be Mrs. H. Dallas Sage and Mrs. Gladys Dunbar.

THE CARLSLE

Mr. and Mrs. Terry Ritchie returned to their home in Warren Robison, Ga. on Dec. 26 after a week's visit with her parents, Mr. and Mrs. Charles Lantz, his parents, Mr. and Mrs. Randall Hickey; her grandmother, Mrs. Opal Hamilton; and his grandmother, Mrs. Albert Booth.

Mr. and Mrs. Roy A. Davis and Mr. and Mrs. Steve Walker of Georgetown, Mr. and Mrs. J.C. Davis, Barbara and Debra Davis of Paris were guests of Mr. and Mrs. Marion Davis during the Christmas holidays.

Mrs. Katherine Bailey and Rick visited a week of the Christmas holidays with her son, Staff Sgt. Gary Hatliff, Mrs. Hatliff and daughter Nicole Lynn in Radcliff. Hatliff, who has been stationed in Korea for the past 13 months returned home in October and is now stationed at Fort Knox.

Mr. and Mrs. Harold Burton and children of Lexington spent a few days last week with Mr. and Mrs. Wilson Clark of Carlsle. The Clarks spent Christmas at the Burton home.

Mrs. Randall Samples now of Richmond, Va. was a visitor in Carlsle one day last week in a former teacher at Nicholas County Elementary.

Miss Kenneth Booth returned to her home in Marietta, Ga. Monday after a two-week's visit with her grandmother, Mrs. Albert Booth.

Bill Young, son of Mr. and Mrs. Nathan Young, Paris Road, attended the annual Blue Grass Ball at the Holly Hopkins' escort, Miss Hopkins, a University of Kentucky freshman, in the company of Mr. and Mrs. George Hopkins, Frankfort. Miss Hopkins made debut at the Dec. 26 ball.

Mr. and Mrs. Young also attended the ball.

Sam Dudley, son of Mr. and Mrs. Andy Dudley, suffered an injury to his knee last week when he fell while ice skating at Great International Skating rink in Atlanta, Ga. He was in Atlanta with his father to attend the Christmas ball but they could not attend due to spending that time at an Atlanta home.

Some of the other area residents who attended the Peach Bowl and the Kentucky of Kentucky football team's 21st victory over North Carolina are: Tim and Mrs. Mac, Mac, Mac, Blair and Proc. Wayne Shumate and Paige, Mr. and Mrs. James Caldwell, Mr. and Mrs. Kimball Booth and Damon, Mr. and Mrs. Baker, Dick Letton, Billy Hopkins, Emory Clark, H. Eric Zink, Mr. and Mrs. Harold Letton, Mr. and Mrs. Kenneth Knapp, Mr. and Mrs. Henry Peters,

BARGAINS THAT TICKLE YOU PINK...

SAVINGS UP TO 50%

JANUARY CLEARANCE SALE

Scout Council officers elected for Blue Grass

William Page, vice president of Central Associated Engineers in Versailles was re-elected president of the Blue Grass Council, Boy Scouts of America at its annual meeting held recently at the Coca-Cola Bottling Company Office in Lexington. Page has served one year as president and previously served as vice president of Operations and board member.

Hampers and Accessory Items, Kitchen Sinks, Metal Cabinets Furniture Odd Chairs 20% Off!

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Miss Lassanske to head new hospital department

Full-scope Respiratory Department implemented

Nicholas County Hospital has implemented a full-scope Respiratory Department. To further strengthen the range of services offered to its hospital patients, announced Ken Urloge, hospital administrator. Miss Sue Lassanske, a Certified Respiratory Therapy Technician (C.R.T.T.) will be assuming the department head position at the hospital.

Miss Lassanske held a similar position in a North Dakota hospital, after spending five years as a staff therapist at Central Baptist Hospital in Lexington. A native of Milwaukee, Wis., she received her Associate Degree in Allied Sciences from the University of Kentucky in 1974. She has lived in Lexington with her parents, Mr. and Mrs. Roy Lassanske for the last five years. She is a member of the Kentucky Lung Association.

She is actively seeking a small farm here in Nicholas county for herself and her three Arab and part Arab horses. She has shown the horses mainly in Indianapolis and North Dakota, she said.

The Therapy Department, operated and managed by Vitatron Systems, Inc., of Louisville, will provide both in-patient and outpatient services including I.P.B., Ultrasonic nebulization, aerosol therapy, as well as pulmonary function studies and chest x-rays. These services will also be available to patients of the Johnson-Mathers Nursing Home. Most of these services have either not been available, or available on a limited basis in the past, Urloge said.

"Vitatron Systems is currently providing departmental management to about 20 hospitals throughout Kentucky, Tennessee, and Indiana," according to David V. Hall, company vice-president. "Most of our end-users are geared to moderate to smaller sized hospitals in rural areas, who have either operational problems with their existing department, who find it difficult to make the initial capital expenditures needed to maintain a full service department. We'll provide all the equipment, the qualified personnel, and the management support that will vastly improve your hospital's capabilities."

Natural family planning course scheduled Friday

A course in natural family planning and fertility awareness will be given this Friday evening in Lexington by the Couple to Couple League. For further information call Joan or Jim Noll at 285-2906.

Foodtown

SUPER MARKET

LIKE A BROKEN RECORD... OLD-TIME SAVINGS

(3 lbs. or larger)

Fresh Ground Beef 79¢

Fresh Pro Leaguer Wieners 59¢
12 oz. pkg.

U.S. Choice Chuck Steak 79¢
(Boneless lb. 1.09)

Field No. 1 Sliced Bacon 1.19

Yellow Onions 3 lb. bag 49¢

Winesap Apples 3 lb. bag 69¢

Tangerines 3 Doz. 1.49

Florida Oranges 5 lb. bag 79¢

14 oz.

Freshlike Vegetables

Sweet Peas, Peas & Carrots, Peas & Onions

3/1

Freshlike Green Beans

Cut, French Style

12 oz.

4/1

U.S. Choice Shoulder Roast lb. 99¢

U.S. Choice Boneless Sweet Beef lb. 1.39
Lean, Meaty

Fresh Pork Spare Ribs lb. 99¢

U.S. Choice Extra Lean Beef Short Ribs lb. 99¢

Fresh Mixed Chicken Parts lb. 49¢

Center Cut Smoked Pork Chops lb. 1.39
Reg. or Thick

Field Sliced Bologna lb. 89¢

W/Seeds 3 lbs.

Old Virginia Blackberry Jam 1.99

No. 2 can Thank You Apple Pie Filling 59¢

15 oz.

Ralston Wheat Chex Cereal 59¢

Pillsbury Pie Crust Mix 11 oz. 39¢

Jim Dandy Dog Ration 25 lbs. 5.89

Oakburne Fireplace Logs 6 lbs. 1.09

16 oz. loaves

Foodtown Bread

4/1

100 Ct.

1.49

Smooth, Crunchy

1/2 Peanut Butter 89¢

8 pk., 16 oz. with bottles

R.C., Diet RC 89¢

U.S. Choice CHUCK ROAST 99¢
(Boneless lb. 99¢)

1 lb.

French's Big Tote Mashed Potatoes 89¢

Mazola No Stick Vegetable Spray 9 oz. 99¢
3/89¢

Freshlike Vegetables

Small Whole Beets, Crinkle Sliced Carrots, Cut Spinach 12 oz. cans & 14 oz. cans

Family Size

Cheer Detergent 3.89

Jumbo Roll White Bounty & Dec. Towels 2/99¢

Cheer Boy-Ar-Dee Chili with Beans 15 oz. 39¢

Assorted Colors Scotties 200 Ct.

Facial Tissue 2/99¢

King Size Drive Detergent 1.99

Betty Crocker 22 oz.

Brownie Mix 79¢

Hunt's Tomato Ketchup 32 oz. 79¢

Bes Pak Tall Kitchen Bags 15 Ct. 79¢

Pat Ritz Pie Shells 2 pk. 55¢

Round, Fantail 16 oz. Sea Pak Shrimp N Batter 1.59

Minute Maid 12 oz. cans

Orange Juice 49¢

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U.S. Choice Chuck Steak 79¢
(Boneless lb. 1.09)

Field No. 1 Sliced Bacon 1.19

Yellow Onions 3 lb. bag 49¢

Winesap Apples 3 lb. bag 69¢

Tangerines 3 Doz. 1.49

Florida Oranges 5 lb. bag 79¢

Dixie Queen 2% Milk 1.49
Gal.

Assorted 3 oz. Royal Gelatin 3/59¢

Instant Assorted Royal 3 1/2 oz. 4/89¢

Instant Assorted Royal 3 1/2 oz. 4/89¢

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