

Kay's Kitchen

— By Kay Fisher —



I've been told I neglect breakfast. I'm surprised at the entire day. I do. I really have no great ideas in the early morning, and can get started on breakfast. I use it to serve as a normal breakfast as often as possible.

Weekend breakfasts are usually fruit juice, hot cakes or waffles, bacon or sausage and coffee. I even scramble eggs once in a while. Try adding a bit of seasoning salt and a dash of Worcestershire sauce to the eggs before scrambling.

This hot will save you many minutes in the morning when you are in a hurry. Sometimes when you have time, cook one or two pounds or more of bacon, drain on paper, wrap in foil or wax paper and keep in refrigerator. You know the portions of bacon required by your family. Take out just what you need, place in shallow pan and heat in preheated oven at 350 degrees for about five minutes. Remove from oven and

drain on paper towelings. You will be surprised at the fat that will drain off. The bacon will be crisp in minutes after removing from oven. If you wish you may freeze the cooked bacon, and proceed in the same manner. The bacon will keep a week or longer but find it so convenient having it already cooked I use it for sandwiches, salads and appeals, should be eaten for breakfast.

The main thing to get the necessary foods during the day. I've even been told to bake fruit pies for breakfast. However, I do try to serve a normal breakfast as often as possible.

Prize fried beef in batter and add scrambled eggs.

Scrambled eggs and cheddar cheese together and serve on buttered toast.

Sausage and apple pie have been a purveyor and a treat for some of my guests.

BAKED TOMATO AND ONION EGG.

Grease muffin pans and put one thick slice of tomato in each cup; season with salt and pepper. Break one egg in each prepared cup and again season, place a small piece of butter on top of each egg. Bake in moderate oven (350 degrees) about 15 minutes or until egg is done to your liking. Serve on rounds of toast.

If you like you may make a party brunch dish by peeling the tomato, pop out the center, salt and pepper the tomato then splitting the egg into each

Karri Buckner has birthday



Miss Karri Beth Buckner, daughter of Mr. and Mrs. Mike Buckner, celebrated her fourth birthday with a party at her home in Kennedy Heights on Sunday, Jan. 9.

Invited guests were Heather Hughes, Melody McClure, Beth Glass, Jennifer and Rebecca Jones, Amy McFarland, Jennifer Hill and Angela Buckner, Carlisle Scout Council, Millerburg, Millie Anne Russell, Lexington.

Mrs. James Henry Wade, Karri Beth's grandmother, assisted in entertaining.

Miss Susan Franklin Summer wedding is planned

Miss Lisa Reynolds, daughter of Mr. and Mrs. Sam C. Reynolds and a student at Centre College, left Louisville on Thursday, Jan. 6 for Paris, France where she will spend six weeks of study and travel. She is accompanied by 15 other Centre students and Professor of French, Dr. and Mrs. Charles Valhikamp of Danville.

Miss Reynolds will spend three weeks in Paris, one week at Clermont, France and one week at Aix-en-Provence, where she will live in the home of a French family. She plans to visit Geneva, Switzerland and London, England before returning home Feb. 18.

Mr. Donovan is a graduate of Nicholas County High School and attended Eastern Kentucky University and Pizzuti Business College. He is now employed by First National Bank of Carlisle.

The wedding will take place July 22 at the Bates Creek Christian Church, Lexington.

Miss Sheila Jones Wedding is event of Jan. 22

Mr. and Mrs. Charles Ray Jones of Carlisle announce the forthcoming marriage of their daughter, Sheila Marie, to Mr. Donald W. Walker, Smith. He is the son of Mrs. Bettye Williams and Mr. Andrew Walker Jr. Mrs. Walker is employed at A.O. Smith, Inc. in Mt. Sterling.

The wedding will take place at 4:30 p.m. Saturday, Jan. 22 at the Greater First Baptist Church in Sharpshurg. All friends and relatives are invited to attend.

Births

Mr. and Mrs. Dennis Ray Clark of Carlisle announce the birth of a daughter born on Dec. 28, 1976 at the Nicholas County Hospital. She weighed nine pounds, one ounce and has been named Donna Gayle.

JANUARY CLEARANCE

★ Buy Suit at Regular Price, get Leisure Suit FREE!

Leisure Suit Values are from \$80 to \$110.

Carter's MEN'S CLOTHING
CARLISLE, KY. 40311

Mr. and Mrs. Clarence Michael Carter of Carlisle announce the birth of a daughter on Wednesday, Jan. 6, 1977 at the Harrison Memorial Hospital. She weighed seven pounds, eight ounces and has been named Cheryl Darlene.

Maternal grandparents are Mr. and Mrs. Johnny Workman of Nicholas county. Paternal grandmother is Mrs. Russell Shaw of Nicholas county.

Mr. and Mrs. Insko open new store in Lexington

Two former Carlisle residents have opened a woman's store in the Mall at the Lexington Center. They are Mr. and Mrs. Ted Insko. Mrs. Insko is the former Barbara Willis, daughter of Malcolm Willis and the late Mrs. Willis of Nicholas county.

The name Malala's is a combination of Sabrina and Alana—the Insko's daughters.

While Mrs. Insko is in charge of operations, Mr. Insko has first-hand knowledge of retail merchandising, having grown up in the business under his father's tutelage. His father, also Ted Insko, is a former Carlisle town-store manager.

BATHROOM #2

A second bathroom is a necessity for most families. Quality fixtures are the only kind to use. They last longer and give you less trouble over the years.

SEE OUR QUALITY UNITS AND COMPARE VALUES. SAVE NOW AND IN THE LONG RUN.

SHOWER STALL
It's the best way to keep clean. Enjoy it and still use less water. We carry all plumbing supplies.

VANITIES
A real useful addition to any bath. Easy to use and ideal for storage. Many styles available.

from \$49.95

COMMODO
Ready to install.

from \$39.95

Ceramic Tile	.85	Toilet Seats	12.35
Plastic Pipe	.15	Light Fixtures	15.00
Medicine Cabinets	15.85	Switch Covers	.25
Tub Enclosures	28.55	Towel Racks	14.10

Woman's Club meet is changed to Monday

The Carlisle Community Woman's Club, postponed on Jan. 10 because of inclement weather, will meet on Monday, Jan. 17, at 7:30 p.m., at the home of Mrs. Richard Chamberlin. Co-hostesses will be Mrs. Gladys Duncan and Mrs. H. Dallas Suge.

The program will be presented by Mrs. Carolyn Dalton, home economist with Kentucky Utilities Company. Mrs. Gladys Duncan will give the spiritual values.

Marie Chapter meets Jan. 17

Marie Chapter 259 OEES will meet Monday, Jan. 17, at 7:30 p.m. at the Masonic Hall.

These classes are free and everyone is welcome to attend. Babysitting will be provided. For further information call Martha Taylor 285-5691, Bonnie Jeticolic 285-4303 or the high school 285-7111.

January Registration

Ginger's School of Dance

445 N. Broadway

★ Due to inclement weather, phone-in registration only.

Call 289-5153

on **Sunday, Jan. 16,** 2 p.m. to 5 p.m. — **Monday, Jan. 17,** 4 p.m. to 8 p.m.

★ Classes begin Monday, Jan. 24. "New Students Welcome!"

Why is one out of every four prescriptions filled at a Rexall drugstore?

LET NEXT PRESCRIPTION at "The Drug Store" that gives Top Value Stamps

Carlisle Drug Co. THE REXALL STORE CARLISLE, KY.

Master Charge

Welcome

LET NEXT PRESCRIPTION at "The Drug Store" that gives Top Value Stamps

HOSPITAL NOTES

Dec. 31, 1976 to Jan. 8, 1977.

ADMITTED: Martha Sides, Shell Morris, Roscoe Rude, Belle Hughes, Carol Miller, Connie Jean Tischer, Will G. Peckham, Emma Dixon, Betty Boyd, Howard Warner Sr., Bessie G. Peckback, Ruth Snapp, Joe Vice, Lillie Gaunce, Carlisle; Anna Mackey, Nick Lester, Kevin; Alton Kerne, Florida; George Roy, Okie Hatten, Sharpshurg; Levi Isham, Maysfield; W. A. E. Wells, Nashville; Oreta Hunt, Roscoe Wells, Barrett, Elizaville.

DISMISSED: Eberta Hunt, Roscoe Rule, Will G. Peckback, Connie Jean Tischer, Veronica Clark and baby girl, Dougherty Lodge No. 63 will hold its regular monthly communication Friday, Jan. 14 at 7:30 p.m. There will be the E.A. degree.

William Ruddle, Carlisle; Theodore Mitchell, Elvings; Thelma Daniel, Mt. Olivet; Alton Kerne, Florida.

A real McCoy—Clyde

Clyde McCoy, a trampetman born in Ashland, has three rare distinctions in his life. One: He made one of the all-time, outstanding best sellers in the record industry, "Sugar Blues," which sold in the million-million figures between 1925 and 1941. First recorded over 40 years ago, it still sells.

Two: He prides himself on being one of the longest running band leaders, still active in the business. He started in front of a band more than 52 years ago, at age 13, on Mississippi River boats. His earliest jobs were playing back-country music in the pit for adventure-some movie serials, the kind where Paul White dangles from a cliff or winds up at the end of each weekly episode.

From 1919 he has been a stand-up trumpet leader playing for dancing and listening.

Three: The Hatfield-McCoy feud is not just a faint bit of Kentucky lore to Clyde. His grandfather actually was one of the Foesin' McCoy's.

FOODTOWN SUPER MARKET

Take 'Em Away- AND SAVE

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

with bottles **R.C., Diet Rite** 8 pk. 99¢ 16 oz. **C & G**

Fresh Ground Beef (3 lbs. or more) **lb. 79¢**

Fresh Whole Fryers (Cut-Up lb. 45") **lb. 39¢**

Edward's Sausage Whole Hog **lb. \$1.09** (2 lbs. \$2.17)

Armour Bacon (Cut-Up 16") **lb. \$1.19**

LOG CABIN Syrup 24 oz. **99¢**

TOTAL CEREAL 8 oz. **49¢**

BABY FOOD Heinz Strained 4 1/2 oz. **8/51**

WESSON OIL 24 oz. **79¢**

AJAX CLEANSER 14 oz. **3/59¢**

FAB Giant Size **99¢**

STILLWELL COBBLERS 2 lbs. **89¢**

for Auto Dishwashers **35 oz. Dishwashing All** 99¢

Behold Polish Cookies 79¢ 3/11

Peppridge Farm Turnovers 59¢ Each

Blueberry Peach, Apple, Cherry, Raspberry, Lemon

Green Giant Sale X.S. & F.S. 4/51

Green Beans 17 oz. 3/11, 12 oz. 3/89¢

Mixed Vegetables W/Butter 10 oz. 2/89, Spinach W/Butter 2/89, Sweet Peas 10 oz. 2/89

Nibblers Corn on the Cob 6 Ears/69¢

Stokely 2 1/2 can Peaches Sliced, Halves 49¢

Fruit Cocktail 302 can 39¢

Pillsbury 1 lb. 6 1/2 oz. Brownie Mix 79¢

Take 'Em Away- Chiquita **BANANAS** 2 lbs. **35¢**

Onions 3 lbs. 49¢

Grapefruit 79¢

Red Delicious Golden Delicious Apples 3 lbs. 79¢

White Potatoes 79¢ 10 lb. bag

Zucchini Squash 39¢ Yellow of Each

FOODTOWN COUPON Sea Pak 16 oz. **ONION O'S** 69¢

FOODTOWN COUPON County Style 36 oz. **TOP CHOICE** \$1.19

FOODTOWN COUPON Tender Beef Liver 16. 69¢

FOODTOWN COUPON Fresh Pork Picnic 6-8 lb. avg. **Shoulder Roast** lb. 59¢

FOODTOWN COUPON U.S. Choice Whole Sliced Fresh **Strips** lb. \$2.29

FOODTOWN COUPON Armour Hot Dogs 59¢

FOODTOWN COUPON Sliced Vac Pac **Armour Bologna** lb. 89¢

FOODTOWN COUPON Armour Patio Pups 1b. 99¢

FOODTOWN COUPON Partridge Clermont 7-10 lb. avg. **Boneless Hams** lb. 1.69

FOODTOWN COUPON Kneps **Corned Beef** lb. 1.29

FOODTOWN COUPON Hillshire Smoked or Polish **Kahns' Sausage** lb. 1.29

FOODTOWN COUPON 7 1/2 oz. **JR. BABY FOOD** 6/51

FOODTOWN COUPON 100 fl. **GLAD WRAP** 39¢

FOODTOWN COUPON Glad 10 Ct. **TRASH BAGS** 99¢

FOODTOWN COUPON Glad 8 Ct. **TRASH BAGS** \$1.19

FOODTOWN COUPON Glad 80 Ct. **SANDWICH BAGS** 39¢

FOODTOWN COUPON Post Cereal 8 oz. **HONEYCOMB** 49¢

FOODTOWN COUPON Honeycomb 49¢

★ We Welcome Federal Food Stamps