

# Kay's Kitchen

By Kay Fisher



The past few weeks have kept me busy in the kitchen. I had a warmert in the house, and I returned it. I have made some pretty good vegetable soups, broths, and I've learned some things. Why pay more than a dollar, plus, per pound for soup bone with little or no meat on it, when you can get chuck roast at almost half the cost per pound?

**KAY'S VEGETABLE SOUP**  
For vegetable soup cut the bone, leaving some meat and the fat from a chuck roast. Depending on the size of the roast, you should have enough bones left for a meal the next day.

Cover the bones and fat with plenty of water; add two Bay leaves and simmer until the meat practically falls from the bones. Leave in kettle and put in a cold place so the fat will congeal. Remove and be lifted the next morning. When all fat is removed, check over bones and remove any meat and remove the chunk of fat. Cut meat into bite size pieces and return to broth. Peel and cube two potatoes, pare and slice two carrots, cut three ribs of celery into one half inch pieces, slice one large onion, add about three celery tops and one-half cup noodles. Season with salt to taste. I add two hot peppers. If you don't like that, better leave them out.

Now while that is boiling gently, look in your refrigerator for any leftover vegetables you have wondered what to do with like peas, corn, green beans, okra, rice and that warty looking ball of green pepper in the vegetable bin and add them all to the simmering soup. Taste for seasoning and if more salt is needed, which it most likely will, add two or three bouillon cubes, a generous shake or two of seasoning salt and a dash of Worcestershire sauce. (Do not add vegetables such as cauliflower, broccoli, brussels sprouts.) I should there not be quite enough beef broth to accommodate all the vegetables, just add

more water. A good rule, which I use is to use one cup water for each pound of bouillon cube. Be sure to taste for seasoning.

Serve sprinkled with fresh chopped parsley. Tastes so good after all the leftover turkey and rich holiday food, you will want to stretch it to serve one more time, just add a can of tomatoes cup up. It will give a new taste.

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If your kitchen is just as warm as you would like it to be, do some oven cooking. Not only will you be warmer, but you will have a delicious meal without any last minute rush.

Chicken continues to be the best buy and the following recipe, I think, will be a welcome change. It is good enough to serve for a company meal.

**COMPANY CHICKEN**  
1 to 1½ pounds chicken pieces, fryer size  
1 to 1½-cups cream of chicken soup  
1 cup cornstarch  
3 tablespoons molasses  
2 tablespoons sugar  
2 tablespoons melted butter  
½ teaspoon salt  
½ cup mayonnaise  
1 teaspoon curry powder  
½ cup parmesan cheese  
Wash chicken; drain well. Brown lightly in margarine. Place in 13x9x3-inch baking pan. Combine remaining ingredients, and spoon over chicken. Cover tightly with foil if chicken seems dry; add about ½ cup water. Bake in 350 degree oven for 35 minutes. Turn oven off; remove foil and let stand in oven with door closed for 3 to 10 minutes longer. You may want to add a light sprinkling of salt. Makes 6 servings. Serve the extra sauce in a bowl to spoon over rice.

**PARSLEY RICE**  
1 cup converted rice, uncooked  
2 cups boiling water  
2 tablespoons butter or margarine  
1 teaspoon seasoned salt  
1 teaspoon instant minced onion  
2 tablespoons minced fresh parsley  
Combine all ingredients except pars-

ley in a 1½ quart casserole, mixing well. Cover and bake in 350 degree oven for 55 minutes. Turn oven off. Let stand in oven for 5 to 10 minutes with rest of meal. Before serving, add parsley and toast to mix. Makes 6 servings.

**BUTTERED BROCCOLI**  
Place 2 packages frozen broccoli spears in a two quart casserole. Add ¼ cup water, 1 teaspoon salt and 2 tablespoons butter or margarine. Cover and bake in 350 degree oven for 30 minutes. Turn oven off and let stand in oven to 10 minutes longer with rest of oven meal.

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The following pie recipe seems appropriate at this time. Bake the pie first. There is a difference at 225 degrees. Besides you will not want to serve it warm.

**PIE CRUST**  
1 cup cornstarch  
3 tablespoons sugar  
2 tablespoons melted butter  
½ teaspoon salt  
½ cup mayonnaise  
1 teaspoon curry powder  
½ cup parmesan cheese  
Wash chicken; drain well. Brown lightly in margarine. Place in 13x9x3-inch baking pan. Combine remaining ingredients, and spoon over chicken. Cover tightly with foil if chicken seems dry; add about ½ cup water. Bake in 350 degree oven for 35 minutes. Turn oven off; remove foil and let stand in oven with door closed for 3 to 10 minutes longer. You may want to add a light sprinkling of salt. Makes 6 servings. Serve the extra sauce in a bowl to spoon over rice.

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Mr. and Mrs. S.T. Minton and Melanie had as dinner guests Saturday night, Mr. and Mrs. Turner Shannon and Susan of Paris, Mr. and Mrs. Stanley Berry and Mrs. Shirley Brannaman and Missy of Nicholas county. The occasion was Mrs. Shannon's birthday.

Mrs. Della Ring, widow of Taylor Ring, was admitted to Nicholas County Hospital on Monday, suffering from a stroke.

Robert Harper was admitted to St. Joseph Hospital in Lexington on Monday, Jan. 10, where he remains a patient.

Mrs. Gayle Bowen is a patient at St. Joseph Hospital, Lexington, where she submitted to major surgery early this week.

Mrs. J.P. Wagner was admitted to Bourbon County Hospital in Paris Saturday after she slipped on ice and fell at her home and broke her pelvis.

Ma Amelia King Buckley of Lexington was in Carlsle last week. Mr. and Mrs. Bobby Curtis have as their guests her mother, Mrs. Toshiko Tani of Tokyo, Japan. Mrs. Curtis' brother Moriyo Tani, Mrs. Tani and children, also of Tokyo, arrived with her mother. Suscepting that returned home last Thursday.

Carlsle, a supervisor at the Kentucky School for the Deaf, will be the spokesperson for their choir on Friday, Jan. 31, at 8:15 a.m. on the June Rawlings Show on Channel 27.

Nicholas County Magistrate Paul Tischer returned home from the Nicholas County Hospital on Saturday.

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## NOTICE

We buy gas from Columbia Gas Company and are allotted so much for the Winter and Summer months. We are using much over our quota now, and we have to pay a penalty if we go over. And the penalty is a lot of money. The City cannot pay this, so we have to pass it along to our customers.

**--- IMPORTANT ---**

We need your help. We have to close our industries for a few days. We urge all merchants to cut back your heaters. We urge everyone to save in every possible way.

**--- PLEASE HELP ---**

We hate to have our people not working in our industries, but this decision comes from our gas suppliers and they do their best to meet our problems.

Thanks for helping.

**Bill Power, Mayor**

## Births

**SNAPP**  
Mr. and Mrs. William Ray Snapp, Route 4, Cynthiana, are the parents of a daughter, born Jan. 15, 1977 at Bourbon County Hospital. She weighed six pounds, six ounces, and has been named Parah Day.

Maternal grandparents are Mr. and Mrs. Charles K. Watkins of Paris. Paternal grandparents are Lewis Snapp and Mrs. Joanne Lynam, both of Nicholas county.

## Sniffle Season

- Stay away from people who have colds.
- Get the right amount of sleep.
- Get thorough well-balanced meals a day.
- Protect yourself against sudden temperature changes.

**BUT IF YOU DO CATCH COLD AND COUGH—FIGHT BACK WITH COOL MIST HUMIDIFIERS VAPORIZERS NASAL SPRAYS COLD REMEDYS COUGH SYRUPS**

**HOPKINS DRUG CO.**  
Call 289-5122  
"Your Prescription is Our Speciality"

## Oldham's January Clearance Sale Is Now Going On . . .

Reductions Being Made on Dresses-Coats-Suits-Shoes-Bags  
Sportswear-Slacks-Sweaters-Skirts-Blouses-Tops-Robes-Gowns-Pajamas and Other Items  
FOR REAL VALUES BE SURE TO SHOP

# Oldham's

Mr. Sterling

## HOSPITAL NOTES

Jan. 7 to Jan. 13, 1977.

**ADMITTED:** William E. Bramlett, Paul Tischer, Arris Lee Sexton, Delpha Ashby, Ethelma Hunt, Adrian George, John DeAtley, H. Dallas Sugg, Nancy Crawford, Charles Crockett, Ellen Moran, Mary Akenson, Carlsle; Lovell Louisville, Brooksville; Don E. Bishel, Cynthiana, Audrey Earlywine, Ewing; Margaret Plack, Elmer Louisville, Mt. Olive; Edwin L. McKee, Pymon, Sharpsburg.

**DISMISSED:** Carol Miller, Martha Biddle, Ruby Tooker, William E. Brannan, Delpha Ashby, H. Dallas Sugg, Carlsle; Geneva Burnett, Elizaville; Nick Lester, Anna Mackey, Audrey Earlywine, Ewing; Levi Ishman, Morefield, Nashville Overby; Wesley Wells, Mt. Olive; George Roe, Sharpburg.

**Two local women on Dean's List**  
Forty-one students were placed on the Dean's List in recognition of outstanding academic achievement at Maryville Community College for the fall semester, 1976. To receive this honor a student must achieve a grade point standing of 3.5 or higher on a 4.0 (A) scale.

Joni Elder Gross and Linda C. Weaver, both of Nicholas county, received this honor.

**Michael Sexton granted certificate**  
Michael Sexton, Route 1, Carlsle has been granted a certificate of public convenience and necessity by the State Department of Transportation.

It authorizes operation as an irregular route common carrier of "house trailers designed for occupancy by persons" between Carlsle and points and places in Nicholas, Robertson, Fleming, Bath, Bourbon, and Harrison counties.

**Cabinet secretaries introduced**  
Gov. Julian Carroll introduces three sources; James Gray, Secretary of the new cabinet secretaries: [L-R] Peter Cabbot; and W. Terry McBrayer, Com. Department for Human Resources.

**Miss Joyce White Engagement announced**  
Mr. and Mrs. Byron White announce the engagement of their daughter, Joyce, to Mr. Larry Buchanan, son of Mr. and Mrs. Charlie Buchanan of Ewing.

Miss White is a 1979 graduate of Bath County High School and is employed at Blue Grass Industries in Carlsle. Mr. Buchanan attended Fleming County Schools and is a farmer.

The wedding date has been set for Feb. 12.

**Shower honors Miss Pumphrey**  
Mrs. Bobby McFarland and Mrs. Marion Donovan entertained with a miscellaneous shower Friday night honoring Miss Laura Pumphrey, bride-elect of Mr. Patrick Carter Conley. Thirty guests were included in the invitations.

## FOODTOWN SUPER MARKET

# STRETCH

YOUR FOOD DOLLAR HERE!

**BEEF POT ROAST**  
U.S. Choice Boneless 22 oz. 2/49¢  
Boneless Stew Beef U.S. Choice lb. \$1.39  
U.S. Choice Boneless 3.5 lb. Beef Eye of Round lb. \$1.89  
U.S. Choice 10-12 lb. Whole Boneless Beef Brisket lb. 99¢  
Extra Lean (3 lbs. or more) Fresh Ground Chuck lb. 99¢

**C & G**  
Smucker's 32 oz. Strawberry Jam \$1.29  
Smucker's 18 oz. Grape Jelly 69¢  
Family size Cheer Detergent \$3.89

**Lux Liquid** 22 oz. 59¢

**FLORIDA ORANGES** 5 lb. bag 69¢  
Wisconsin Russett 10 lb. bag  
Crinkle Cut 2 lbs. Ore-Ida Potatoes 69¢  
Scotties 200 Ct. Facial Tissues 2/99¢

**R.C. Diet Rite Cola** 16 oz. 8 pk. W/Btl. 99¢

**Betty Crocker** 1 lb. Potato Buds 89¢  
Drive King Size 1.99  
Open Pit 18 oz. Hickory Smoke Flavor Barbecue Sauce 59¢  
12 oz. Spam 99¢

**Bes Pak Tall Kitchen Can Bags** 15 Ct. 89¢  
Heinz 57 Steak Sauce 10 oz. 89¢  
Country Style & Buttermilk Pillsbury Biscuits 6 pk. 6/79¢

**Bes Pak 10 Ct. Trash Bags** 89¢

**Family Scott** (Limit 1 please) 59¢

**Viva Towels** 2 pk. 69¢

**Oreo Cookies** 15 oz. 79¢

**Dinty Moore** 24 oz. Beef Stew 79¢  
Hunt's 46 oz. Tomato Juice 49¢  
20 oz. Sliced, Chunks, Crushed Dole Pineapple 49¢  
46 oz. Low Sugar, Apple-Red, Very Berry, Orange, Red, Grape Hawaiian Punch 49¢

**★ We Welcome Federal Food Stamps**