

Kay's Kitchen

By Kay Fisher



ON A DIET?
Does your resolution to lose a number of pounds by a certain date seem impossible? Maybe you set your date too soon. I think most of us know it is better to lose weight in a slower, calorie counting way than by any crash diet. Ask your doctor how many calories you should have per day and how much weight you should lose, then down every calorie, then you can see exactly how many calories you have consumed. If you crave that piece of chocolate candy, go ahead and eat it but subtract 100 calories from your daily total. A one-inch square of chocolate fudge contains 100 calories. And if you must eat it do so just before a meal. It will make it easier to cut down that meal.

If you are dieting, don't feel sorry for yourself because it seems just like everyone seems to be counting calories these days or are on some kind of diet for various reasons.

Diets have been devised to find some recipes designed to help take to the loss of those extra pounds. I hope these will help. Remember that most portions of vegetables, or servings, are counted at 1/2 cup. A serving of meat is usually counted as 1/4 or 1/2 pound or by the slice in varying sizes. Any good calorie chart will tell you.

CHICKEN SCALOPPINI
4 chicken thighs, skinned and boned, seasoned salt
2 tablespoons butter or margarine
2 cups sliced, fresh mushrooms
1 tablespoon chopped, freeze-dried chives
1/4 teaspoon dried leaf marjoram
2 tablespoons chopped fresh, or dried parsley
1 tablespoon lemon juice
2 tablespoons dry white wine

Cut each chicken thigh in half. Pound between two pieces of foil until flat and thin. Sprinkle with salt. Brown on each side in butter or margarine and cook about 10 minutes. Turn over and brown because the meat is thin. Set aside to keep warm.

Mix together chives, marjoram, parsley, lemon juice and wine. Add mushrooms and toss. Return browned chicken to skillet with mushrooms and mix well. Heat thoroughly. Make 4 servings, approximately 187 calories per serving.

BROCCOLI SOUFFLE
1 cup chopped, cooked broccoli, drained
1 cup skim milk
1 tablespoon lemon juice
1/2 teaspoon grated onion
dash tobacco sauce
1 teaspoon salt

Preheat oven to 350 degrees. Mix together milk, lemon juice and onion. Add broccoli and tobacco sauce. Beat well. Pour into a greased 1 1/2 quart soufflé dish. Bake in 325 degree oven for 30 to 35 minutes, or until knife inserted halfway between edge and center comes out clean.

Serves four, approximately 176 calories per serving. This soufflé does not stand up well because the amount of flour was reduced to lower the calories. However, it is tasty.

1 tablespoon butter or margarine
4 teaspoons flour
4 eggs, separated
Place broccoli, milk, lemon juice, onion, tobacco and salt in blender bowl. Blend until smooth; set aside. Heat butter in sautépan; stir in flour and cook 1 minute, stirring. Add broccoli mixture and cook, stirring, until mixture boils. Remove from heat; stir small amount of hot mixture into beaten egg yolks, then stir egg yolks into hot broccoli mixture. Beat egg whites until stiff but not dry. Fold into broccoli mixture. Turn into hot dish. Bake in 325 degree oven for 30 to 35 minutes, or until knife inserted halfway between edge and center comes out clean.

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Madison county's Junior Miss is finalist

Miss Gibson Christopher, Madison County's Junior Miss, and great-granddaughter of Mrs. Joe W. Conley of Carlisle, was selected Saturday as one of the ten finalists in the Kentucky Junior Miss Pageant held in Louisville.

She won the highest scholarship award, being selected from the 30 girls entered in the contest. She also won the Kraft award for a graduation party she planned. She played a classical piano piece in the talent competition.

Miss Christopher is the daughter of Mr. and Mrs. Sam Christopher of Richmond. Mr. and Mrs. Joseph H. Conley of Carlisle, also attended the afternoon pageant.



Mr. and Mrs. Earn Garrett Sr. Couple is surprised for 40th anniversary

Mr. and Mrs. Earn (Jack) Clifton Garrett Sr. were given a surprise dinner in honor of their 40th wedding anniversary Sunday, Jan. 23, by their children at their home in Morehead. All their children were present: Raymond Paul, George, and Timothy Sylvia L. Crech of Carlisle, Mrs. Paul (Ann) Holland, Bradford and Mrs. James (Bessie) Purcell, Paris.

Nine of their 13 grandchildren were present: Karen Ann, Paul, Pamela, Angela, and Tamela Garrett, Shaw Keith and Pam Holland, David W. Purcell and Allen L. Crech. Lamar Mann and Kim Wagener also attended.

Mrs. Garrett is the daughter of John Wray of Carlisle. Mr. Garrett is the son of Mr. and Mrs. George Garrett of Bath county. The couple was married Jan. 18, 1937 in Flemingsburg by R.B. Bourland.

They have owned and operated Garretts' Restaurant the past seven years.

Fayette county agent appointed

Charles H. Gulley, the Fayette County Extension Agent for Agriculture since 1950, has been named assistant to the dean of the University of Kentucky College of Agriculture.

The announcement was made by Charles E. Barnhart, dean of the College of Agriculture.

Gulley, a native of Louisiana, is succeeding T.P. Head, who recently retired.

Gulley joined the staff of the Fayette County Extension Service in 1949 after receiving his BS degree in agriculture from the UK College of Agriculture. He first served as assistant county agricultural agent.

He has done graduate work at UK and at Virginia Polytechnic Institute.

Very active in the development of agricultural policy in Kentucky, he has worked closely with many farm organizations. Gulley was instrumental in organizing the Barley Farmers Advisory Council and the Council for Barley Production.

A former president of the Kentucky Association of Agricultural County Agents, he is Southern Region director of the National Association of County Agricultural Agents and was awarded a distinguished service award by that organization. He was presented a similar award by Episcopalian Sigma Phi, honorary extension fraternity.

He and his wife, Pat, reside in Lexington. They are the parents of a daughter and a son.

Survey shows progress in reading of nine-year-olds

Nine-year olds are reading "significantly better than their counterparts of four years ago," according to the National Assessment of Educational Progress (NAEP) reading survey. The survey also found that reading progress during the same period. In its first four year comparison of reading skills, NAEP, a project of the Education Commission of the States, also found black nine-year olds improved even more than the age groups as a whole. Girls still read better than boys in all age groups. Greater emphasis on word recognition skills through programs like Title I, "good" television shows for younger children, and lots of federal and state money were factors credited with reading progress for young children.

Some reading experts feel that efforts now need to be concentrated in the area of comprehension, since most students did not do so well in this area as in literal reading ability. Poor comprehension is a greater problem among high school students; the survey showed 11 and 17 year olds have lower inferential and reference skills than they did four years ago.

First Baptist Church cancels services

The deacons of the First Baptist Church of Carlisle have voted to cancel all of the evening services at the church until the gas crisis is over.

The Bible Study groups which were planned for this week will be rescheduled at another time. Members of the congregation will be informed of the time.

The film "Time to Run" will be scheduled again as quickly as possible.

State high school tournament scheduled Feb. 16-19

The 1977 State High School Boys' and Girls' Basketball Tournaments will be held at Freedom Hall, Louisville, on March 16-19, and Eastern Kentucky University, Richmond, on March 23-26, respectively. The first session of the tournament is scheduled for Wednesday afternoon. There are two sessions for each of the days, Wednesday, Thursday, Friday and Saturday.

On or after Feb. 1, K.H.S. Boys' State Tournament, P.O. Box 700, Lexington, Ky. 40502, will accept mail orders for complete sets of tickets for the tournament. The orders for the boys' tournament will be filled after the schools have received the tickets allotted to them under the plan of distribution set up by the K.H.S.A.A. Board of Control. The orders from the 300 member schools will take all the box seats on the sides, all the chair seats below the boxes and chair seats in the center chair section.

The governor urged all citizens of the state to donate blood at their regional blood center on a regular basis.

Individual session tickets will be accepted on or after Feb. 1. Tickets for the tournament site any time during individual sessions may be purchased at the tournament site.

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-EMERGENCY-

Store Hours at Hopkins Drug Co.

8:30 a.m. to 5:30 p.m.

(Due to natural gas shortage)

OUR THING - STAMPING OUT HIGH PRICES

Foodtown SUPER MARKET

C & G

300 can Hunts Manwich 49¢	Just-Rite 10% off Hot Dog Sauce 4/\$1	18 oz. Bama Grape Jelly 59¢
65 oz. box Cascade 1.79	Pillsbury 23% off BUNDT CAKE MIX \$1.19	Giant 22 oz. Palmolive Dish Liquid 69¢

Foodtown Bread 4 for \$1 (16 oz. loaves)

Dixie Queen 2% Milk Gal \$1.49

Old Virginia 3 lbs. Blackberry Jam \$1.99

Tide 171 oz. box \$3.99

Carnation Hot Cocoa Mix 12 - 1 oz. env. 89¢

4 roll pk. Delsey Tissue Assorted, White 69¢

3 for \$3.91

Royal Gelatin 3 oz. Assorted 3/59¢	Royal Pudding Instant Assorted 3 1/2 oz. 4/89¢	Jumbo Roll Hi-Dri Towels (Limit 3) 3/51	Delmonico Thin Spag., Elbow Maca., Elbow Spag. 7 oz. 5/51
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Joan of Arc Corn Golden W.K., Golden C.S. White C.S. 303 can 4/51

★ We Welcome Federal Food Stamps

SOCIETY

Mrs. Orville Gaunce sustained a broken hip in a fall at her home on Monday. She is in a patient at St. Joseph Hospital, Lexington.

Miss Anne Boothe has accepted a job as a registered nurse at the Good Samaritan Hospital in Cincinnati. She is the daughter of Mr. and Mrs. W.R. Boothe.

Julian Green suffered a broken leg Monday when a fiber glass roof at Small's Greenhouse fell through with him while he was attempting to clear it of snow.

Miss Fleet Allison sustained a broken ankle Saturday.

Angie Buckner celebrates ninth birthday Jan. 14

Miss Angie Buckner, daughter of Mr. and Mrs. Mike Buckner, celebrated her ninth birthday which was Jan. 14, on Friday, Jan. 14 with a slumber party. Her guests were Janelle Hall, Cindy Allison, Amy McFarland, Tami Anderson, Cami Clark, Melissa Jones, Alison Cusper, Paula Hamm, and her sister, Karri Beth.

WEDCO warns counties of water, carbon-monoxide gas

With cold weather here, the Nicholas County (WEDCO) Health Department's Environmental Section has warned of dangers of carbon monoxide poisoning from stoves and other heat-using units.

"Carbon monoxide takes an average of 12 lives a year in Kentucky," it said.

All stoves, furnaces, other heating units, and motor vehicle exhaust systems should be inspected and kept in good condition to prevent possible disaster.

Carbon monoxide, which is produced by incomplete combustion of fuel, is particularly dangerous since it gives little or no warning of its presence. It is tasteless, colorless, and non-irritating. Carbon monoxide, along with improper ventilation, may at first result in slight headache, drowsiness, or weakness. None of these symptoms are very noticeable at the time, but unconsciousness can follow, then death, if prompt treatment is not given, an environmental spokesman said.

Cold and oil furnaces, space heaters, hot water heaters, grills, and other fuel-burning appliances may be sources of carbon monoxide if they are not operating properly. All such appliances should be properly vented. Frequently

Miss Sharon Crawford Engagement announced

Mrs. Leola Crawford of Lexington, Kentucky, announces the engagement of her daughter, Miss Sharon Crawford to Mr. Mark T. Cowman, son of Mr. and Mrs. Fred Cowman of Wilmington, Ohio. Miss Crawford is also the daughter of Mr. Stanley Crawford of Tomah, Wis.

The wedding will take place at the Carlisle Christian Church on Saturday, April 2 at 2:30 p.m. The custom of open church will be observed and all relatives and friends are invited to attend.

Miss Crawford graduated from Nicholas County High School in 1972. She received her B.S. Degree in Physical Education from Eastern Kentucky University, Richmond in 1976.

Mr. Cowman also attended Eastern Kentucky University where he received his B.S. Degree in agriculture and business. He is an employee of the Ciba-Geigy Corp. in West Lafayette, Ind.

BIRTHS

Mr. and Mrs. Charlie Warner announce the birth of a son on Thursday, Jan. 20, 1977 at the University of Kentucky Medical Center. He has been named Jeremy Ray.

Maternal grandparents are Mr. Kenneth Belmont and the late Mrs. Edith Belmont. Paternal grandparents are Mr. and Mrs. Gil Warner of Lexington.

History Dept. at Morehead sponsors trip

Abraham's Ladies Shop

"NOW" Clothes Clearance Sale

"NOW" at 1/2 Price

Still good selection of warm clothing! "NOW" and later at 1/2 Price! and less

Come in "NOW"

Abraham's Ladies Shop

The Sewing Basket

Additional information is available from Dr. Charles Holt, UPO 738, MSU, Morehead, Ky. 40351.

CLOSE-OUT SALE

Double Knits 1/3 OFF! - Baby Gifts

- Threads, zippers & Packaged Notions
- Simplicity Patterns 1/2 OFF!
- Ribbons, Buttons, Trimmings
- Gibson Cards and Party Supplies
- Cloths & Cotton Blends 99¢ yd.
- Yarn 79¢ skein

Locust Street "All Sales Are Final" Phone 289-5423

Attention!

Parking meter sentinal guard Locust Street in recent snow - Mercury photo