

Kay's Kitchen

By Kay Fisher



This week seems to be a mixture of various recipes, good now and any time. Some are answers to requests for certain recipes and others are recipes given to me and are especially good right now with garden from vegetables. I suggest you clip these because you will want to use some of them during the holiday season this winter. The following recipe was given to me by Emily and John Wolf. When they asked me if I had a recipe for bubble and squeak, I said I had been reared on recipe I found out that the recipe they had was entirely different from the bubble and squeak I knew. The original while new cabbage is on the market. Better still if you are growing your own.

BUBBLE AND SQUEAK
Ingredients:
1 pound ground beef
1 medium head cabbage, shredded
1 medium onion, chopped
3 cups thick white sauce
Directions:
Brown and season beef. Cook cabbage and onion in enough water to cover. Drain. Combine all ingredients.

of an 8-ounce carton of sour cream to teaspoon salt.
1/2 cup of shredded pecans
2 1/2 cups butter or margarine
Mix together thoroughly the first seven ingredients, pour into an 8-inch pie pan. Top with the chopped pecans and dot with butter. Bake at 350 degrees for 30 minutes. Serve hot.—From Linda Francis, Prestonburg, Ky.
Since pecans are so expensive, this hot dip is good when using only 1/2 cup of the pecans.
A delicious dip for vegetables—carrots, celery, cauliflower, mushrooms or cucumbers, in fact most any vegetable that can extend raw with a sauce. If you are cooking calories use any low fat cottage cheese.
1 pint of cottage cheese
1/2 cup of shredded pecans
1/2 (8-ounce) package cream cheese
1 tablespoon milk or cream
1 (3-ounce) jar chopped beef or a 3-ounce package of sliced pressed beef
1 tablespoon chopped onion
1 teaspoon garlic salt

Now for those who wanted nice dips and party fare.
CHIPPED BEEF DIP
(8-ounce) package cream cheese
1 tablespoon milk or cream
1 (3-ounce) jar chopped beef or a 3-ounce package of sliced pressed beef
1 tablespoon chopped onion
1 teaspoon garlic salt

Teen club and other 4-H'ers to compete at Bluegrass Fair

The Gues's Youth Teen Club will be performing on Wednesday, July 27, at 6 p.m. at the Lions Bluegrass Fair in Lexington. The local 4-H group will be competing in the club act talent section on the Midway.

On Saturday, July 23 Andy Judge, Martha Woolley, Mark Simpson, and Bradley and Susan Murrell will be showing cattle in the Youth Market Show. Also, there will be many exhibits to local 4-H'ers so numerous to mention, as well as a showing by the winners of the local home revue.

JULY SALE

All Summer Dresses, long dresses, sportswear, pantsuits, jumpsuits, bags and jewelry...
Reduced 1/3
Group of Rainwear—Reduced 20%

Large Group of Miscellaneous Merchandise
Below 1/2
Abraham's Ladies Shop

Save money in hot weather!

It has been estimated that we can save almost 50% of our home cooling costs simply by raising our summer thermostat settings from 72 to 78 degrees. Every one of those degrees means money.

Additional money can be saved through changing inexpensive air filters. Dirty filters force air conditioners to work harder... and waste energy. So we can get better cooling performance, clearer air, and save money at the same time. Just change that filter every month. Of course, on many days we can get along nicely without calling upon the cooling system at all.

Another way to save is to close off unoccupied rooms. And deflect daytime sun with vertical louvers or awnings on windows. Or draw draperies and shades on sunny windows. With air conditioning, we need to be sure that windows and outside doors are closed.

Air cooling money also can be saved by turning off unneeded lights. Incandescent bulbs generate heat — just that much more for an air conditioner to overcome.

Fleming-Mason Rural Electric Cooperative
Flemingsburg, Kentucky

COLETTA

W.O. Doyle Jr. was admitted to St. Joseph Hospital in Lexington last Tuesday and underwent surgery on Friday.
Marion Sims Jr. plans to be released from St. Joseph Hospital on Friday after being transferred there by ambulance from the Nicholas County Jail. He is recovering from a heart attack suffered on June 22.
Mrs. George Tahan of Washington, D.C. were house guests of Mr. and Mrs. Lucha Farrah last week. On Wednesday evening they were entertained with a dinner. Other guests were Mr. and Mrs. Ignatius Kenry and Mr. and Mrs. A.M. Motson and son, Sgt. Frank Tahan is attached to the Louisiana Embassy in Washington.
Mr. and Mrs. William E. Crutch

Freshman program begins at MSU
MORHEAD.—Orientation and registration for prospective freshmen at Morehead State University will be held Monday, July 11, Wednesday, July 13, and Friday, July 15, on the MSU campus.
Each day's program begins at 8 a.m. in Butler Auditorium, and includes a parents' coffee at 10:30 a.m. in the Crager Room of the Adren Deen University Center. Following are faculty-student and faculty-parent discussions at 11 a.m., a campus tour, and an academic advancement session. Registration for classes and housing assignments will be made at 1 p.m. session in the Crager Room.
All preparations for the fall semester may be made except payment of fees, which will take place at MSU's fall registration Aug. 22, 23 and 24.
For additional information, contact Dr. Harold Hart.

Births

TIPTON
Mr. and Mrs. James L. Tipton of Paris announce the birth of a daughter on Saturday, June 25, 1977 at the Nicholas County Hospital. She weighed seven pounds, eight ounces and has been named April Dawn.
POE
Mr. and Mrs. Roger L. Poe Sr. of Mt. Olivet announce the birth of a daughter on Tuesday, June 28, 1977 at the Nicholas County Hospital. She weighed six pounds, seven ounces and has been named Della Eve.

State employment picture improves

FRANKFORT.—Kentucky's employment picture continues to improve with the unemployment rate in the Bluegrass reflecting the lowest regional level of 4.2 percent. Nicholas county's unemployment rate is 2.4 also. The figures released by the Department for Human Resources reveal the May rate of unemployment is a drop of seven-tenths of a percent since April.

Microwave Cooking School

The class officers of the Nicholas County High School graduating class of 1972 would like for any of their fellow classmates who would be interested in having a five-year reunion to call or contact Susie Henry Wolfelder at 289-7207 or Hope Watkins Snapp, at 289-5801, after 3 p.m.

The reunion will be a potluck picnic held at the Blue Licks State Park on Saturday evening, Aug. 13 at 8 p.m. Any class member who has not been contacted, but plans to attend is asked to be sure to call one of the above numbers before Saturday, July 30.

Hospital notes

June 24 to June 30, 1977.
ADMISSIONS: James Beckett, Lillie Jolly, Helen F. Frederick, John Workman, Reynolds Gaunce, Charles C. Nudge, C. Trenton Jackson, Miserva Crouch, Betty Bassell, Sherene Webb, Marguerite Greiner, Mary Moore, Carlisle; Anna Bowling, Belle; Helen Montgomery, Gertmanova, Elizabeth Craig, Ewing, Edith Reed, Cynthia; Helen Joyce Watkins, Moorefield; Anita Carol Tipton, Paris; Diana Poe, Nicholas County, Mt. Olivet.
DISCHARGES: Sarah Bivets, John Workman, J.W. Gaunce, Marlene Sims Sr., Sarah Bassell, Emily Sanders, Rita Smith, James Beckett, George Mitchell, Charles C. Judge, John Workman, Reynolds Gaunce, Julia Willoughby, Helen F. Frederick, Harry P. Tucker, Edith Bryant, Carlisle, Catherine Walden, Ewing; Allie Jones, Mt. Sterling; Anita Carol Tipton, and baby girl; Paris; Eleanor Kroger, Diana Poe and baby girl; Mt. Olivet; Jackie Anderson, Oretown.

Garrett's Furniture Co.
Carlisle, Pa. 289-2308 (We Service what We Sell) We Deliver

Court news

City Police Court
William F. Willis, reckless driving. Guilty. Fine \$100, costs \$17.
James E. Pfenhals, reckless driving. Guilty. Fine \$100, costs \$17.
David Ashbury, reckless driving. Guilty. Fine \$100, costs \$17.

County Court
June 23, Arthur D. Henderson, charged with speeding. Guilty. Fine \$20, costs \$19.50.
June 24, James T. Raiber, charged with speeding. Guilty. Fine \$10, costs \$19.50.

June 21, Douglas McCarty, charged with theft by deception. Guilty. Fine \$10, costs \$19.50.
June 24, Victor B. Dryden, charged with speeding. Guilty. Fine \$20, costs \$19.50.

June 27, Dr. Jasper Shannon, charged with permitting cattle to run at large. Pledged.
June 28, Cecil B. Terrell, charged with public intoxication. Guilty. Fine \$10, costs \$19.50.
Quarterly Court
None.

House eagles number eight to win tourney

Billy House eagled the Carleton Country Club golf course number eight again with a 138 yard pitch shot on Monday to help his team win the club's Firewater Twilight Scramble, according to Hal Washington, club golf pro.

Other members of the winning team were: Greg Haney, captain Lloyd Wells and Mrs. Billy Keen Anderson. The total score for the winning team was 67. Washington said birds—two were given the honorable as follows: Joey—1 point, par—3 points, hole-in—3 points, eagle—5 points.

The shotgun start for the Calcutta tournament will be at 1 p.m. Saturday. Washington said the Calcutta is a best ball team tournament and is open to club members only.

Gold Auxiliary to meet Thursday
The Carleton Country Club Ladies Golf Auxiliary will have their regular luncheon meeting at noon on Thursday, July 7.

Antique machinery show

The Central Kentucky Steam and Gas Engine Association will have their annual antique machinery show Friday, July 8 and through Sunday, July 9. The show will be held at the Paris Stockyards on U.S. 60.

Some of the machines which will be on display are steam engines, gasoline tractors, old gas engines, rock crusher. For further information contact Charles Hamilton at Route 1, Carlisle.

RECC granted rate increase

FRANKFORT.—The Kentucky Public Service Commission (PSC) has granted the Harrison County Electric Cooperative Corp. a \$102,000 rate increase through a June 29 decision.

The utility had requested \$210,000 additional revenues. The case was discussed in the commission's Frankfort office April 21, when the consumer protection division of the attorney general's office intervened.

Chicken Special
Friday & Saturday, July 8 & 9
2 pieces Fried Chicken, Mashed Potatoes & Gravy, Cole Slaw & Roll
\$1.89
Clark's Tastee Freez

FOODTOWN
SUPER MARKET
Open 8-8 Mon-Sat
C & G

U.S. Choice Boneless CHUCK STEAK \$1.19 lb.
100% Pure Fresh (3 lb. pkg. or larger) Ground Beef lb. 79¢
Whole Fryers lb. 49¢
Kahn's Sliced Bacon lb. \$1.59
Bologna \$1.09
U.S. Choice Boneless Pol Roast lb. \$1.19
U.S. Choice Rib Steak lb. \$1.99
U.S. Choice Boneless Rib Steak lb. \$2.29
U.S. Choice Boneless Stew Beef lb. \$1.49
Cagle's Grade A Fryers Cut-Up lb. 59¢
Kahn's Hillshire Smoked or Polish Sausage lb. \$1.29
Kahn's Big Red Smokes lb. \$1.39
Kahn's Braiwerst lb. \$1.39
R.C. or Diet Rite Cola 8 pk., 16 oz. W/Bits. \$1.09
White Lily Mixes 6 1/2 oz. 10/1
Bran Chex Cereal 14 oz. 79¢
Smuckers 16 oz.
Hamburger Dills or Kosher Dill Slices 49¢
Ajax Cleanser 14 oz. 2/59¢
Heinz Keg O Ketchup 32 oz. 79¢
Royal Prince Yams No. 3 can 49¢
Brillo Soap Pads 10 Ct 3/1
Kraft Sliced Cheese American or Pimento 12 oz. 99¢
Smucker's Hamburger Dill Slices 32 oz. 69¢
Scotts Jambor Roll 49¢
Scott Family Napkins 160 Ct. 59¢
Johnson's Daytime Disposable Diapers 24 Ct. \$2.29
Pepperidge Farm Layer Cakes \$1.29
Dev. Cho., Cho. Fudge, Gerlino's Food, Golden Layer, Vanilla Coconut
Purina 25 lb. bag Dog Chow \$4.99
Wash. Bing Cherries lb. 79¢
Honey Dew Melons Each 69¢
Pillsbury Streusel Cake Mix 99¢
Prelate Pink Salmon 16 oz. \$1.49
Heinz Relish 9 1/2 oz. Assorted 3/51
Purex Bleach Gal. 59¢
Ballard Biscuits Sweetmilk, Buttermilk 8 oz. 6/79¢
Dixie Queen 2% Milk Gal. \$1.49
★ We Welcome Federal Food Stamps