

Kay's Kitchen

By Kay Fisher

Do you have a pressure cooker? If so get it out and save energy. Pressure cookers have been around a long time but some of us have got them but never use them other than cooking steaks. Now we are making a cornbeef because they are saving cooking time from three to one-half, and they tend to use the less expensive cuts of meat. To the cooking is done without heating the kitchen.

Pressure cookers are like any other appliance, they will not do everything. For example do not cook applesauce, chili, cranberries, split peas, pork or pearl barley in the pressure cooker. Do not use a pressure cooker to cook or fry and sometimes black slip water.

Here are a few recipes to try in your pressure cooker.

PEPPER STEAK
1/2 pound round or flank steak, cut into 1/4 inch strips
2 tablespoons salad oil
1 cup water
1 beef bouillon cube
2 tablespoons soy sauce
1 teaspoon sugar
1/4 teaspoon garlic salt
dash of red pepper or hot sauce
1 large green pepper, cut in strips
2 tablespoons flour
1/2 cup water
Brown steak strips in oil in pressure

cooker, browning about one-third at a time. Add mushrooms, water, bouillon cube, soy sauce, sugar and salt in 10 pounds pressure and cook 7 minutes after pressure is reached. Drain mushrooms and water to make a paste; stir into mixture and cook until thickened. Serve over buttered noodles or cooked rice.

CHICKEN MARENGO
1 pound of chicken pieces
1/2 cup flour
2 tablespoons salad oil
1 clove garlic, minced
salt and pepper
1/4 cup whole mushrooms, drained
1 (1 lb.) can whole tomatoes, cut up
1/2 cup dry white wine
Dredge chicken in flour. Heat oil and fry chicken until golden brown. Add mushrooms and brown; season with salt and pepper. Remove garlic. Add small amount of tomato and wine and pressure cook for 10 pounds pressure for about 20 minutes. Let pressure cook on its own accord. Remove chicken to heated platter. Thicken sauce with flour and water mixed with a little water, and desired.

STEFANOS CHOCOLATE PUDDING
3 tablespoons soft butter or margarine
1 cup sugar
egg
1 one-ounce square unsweetened chocolate, melted
1 teaspoon vanilla
1/2 cup sifted all purpose flour
1/4 teaspoon salt
1 teaspoon cream of tartar
1 teaspoon baking soda
1 cup chopped nuts
1 cup seedless raisins
Cream butter, beat in sugar and egg. Add chocolate and vanilla. Combine 1/2 ingredients and creamed mixture alternately with milk. Stir in nuts and raisins. Turn into a well-greased 8 cup mold with hole in center. Cover with foil; securely place 3/4 cup water in cooker with rack; set mold on rack. Cook and allow a small stream of steam to flow from vent hole for 30 minutes. Set control at 5 pounds pressure and cook for 30 minutes longer after control jiggles. Reduce pressure instantly.

Serve warm with ice cream or whipped topping.
Mr. and Mrs. Warren R. Fisher and Mr. and Mrs. Joseph H. Conlay attended the Kentucky Press Association's summer meeting held last week at Lake Barkley State Park.
Mrs. Nellie Brayfield has been moved to the Nicholas County Hospital from the St. Joseph Hospital where she was admitted to hospital.
Mr. and Mrs. Warren R. Fisher and Mr. and Mrs. Joseph H. Conlay attended the Kentucky Press Association's summer meeting held last week at Lake Barkley State Park.

Births
BARNETT
HMC803: Mrs. and Mr. Eddie Earl Barnett of Scotland announced the birth of their second son on Tuesday, May 28, 1977. He weighed six pounds, six and one-half ounces and has been named Hank Earl.
Paternal grandparents are Mr. and Mrs. Raymond Barnett of Newport, Mo. T.H. Vio is a great aunt.

Twirling classes are now offered
Nichettes Baton Corp has several openings to fill. Registration for twirling classes will open Tuesday, June 28 at 4:30 p.m. at the recreation park. Mrs. Paul Harlan, a member of International Twirling Teachers' Institute, will accept students ages 8 to 18. Instruction in beginning and intermediate twirling is offered. Advanced twirling classes are in progress. All classes are free.
Students will learn marching basics, elementary drills, composition of dance and military routines and novelty twirling (including free twirling for advanced students).

Mrs. Ed Ford of Cynthia is speaker for Garden Club

The Carle Garden Club met Monday, June 20 at the home of Mrs. Eugene Neal, with Mrs. George Dale as co-hostess.

Mrs. Dale gave the spiritual values, "The More You Pick Them," She encouraged members to give flowers to their friends and others. "The more we

give, the more we have to give," she said.

Mrs. Ed Ford of Cynthia was guest speaker. She gave a talk on "The Importance of Giving." Mrs. Ford presented a plan for a garden tour. When completed she gave it to Mrs. Wayne Shumate in drawing.

Nicholas County High School's class of '67 to hold reunion

Nicholas County High School's graduation class of 1967 will hold a reunion Saturday, July 9, at Carle's Country Club at 6 p.m. to celebrate the tenth anniversary of their graduation.

All members of the class and their spouses or date are invited to attend. The cost of the meal is \$2.25 each.

Please send check for same, along with reservations before July 1 to Bill Denton, Route 1, Carle, Ky. 40311.

Donors have been mailed a card as a memento of their graduation. However, quite a few addresses have not been obtained. If help provided in this area will be appreciated. Contact Mrs. Paul

N.C.E.S. Dietary staff attends workshop at Murray State

Several members of the dietary staff at the Nicholas County Elementary School attended a workshop and food service meeting held at Murray State University the week of June 13 to June 17.

Those who attended and the subjects they took are: Elizabeth Conyers, Management and Proc. Cost; Janette Gudgeal and Virginia Hirth, Quality Simplification; Linda Tiddler, Work Food Preparation and Inventory; Wesley, Full Cost Accounting and Procuring.

Mrs. Laura Mathes elected president of teachers' club

The Nicholas County retired teachers and several guests met for a potluck dinner last Monday, June 13 in the basement of the Nicholas County Library. The following new officers were elected: Mrs. Laura Mathes, president; Miss Fleet Allison, vice president; Mrs. Charles Gudgeal, secretary-treasurer. Mrs. Mathes appointed several members to serve on various committees. The next meeting will be Oct. 10.

Joni McGinley graduates June 11 with distinction

Miss Joni McGinley, daughter of Mr. and Mrs. Jimmy McGinley of Lexington, graduated from Bryan Station High School with distinction. She had a 2.8 standing and has been awarded an academic scholarship to Transylvania University where she will enter as a pre-med student for the fall semester. She is the granddaughter of Mrs. Walter Flora, Mr. and Mrs. Flora were in Lexington, Saturday, June 11 to attend her graduation.

UK School of Journalism has new head

Ronald T. Farrar was named director of the University of Kentucky School of Journalism, June 16, by the executive committee of the UK Board of Trustees.

Dr. Farrar, 41, is chairman of the Journalism department at the University of Mississippi. A native of Fordyce, Ark., he has had extensive newspaper, teaching and administrative experience.

Wedding Pictures

Wedding pictures must be submitted to The Carle Mercury within three weeks following the wedding. Wedding pictures or information arriving later than this will not be used in The Mercury.

Wedding information without a picture will be printed the week following the wedding only.

We suggest that if possible the picture be taken before the wedding so that it will be available to run in The Mercury the week following the wedding.

The new policy has become necessary because we have been receiving some wedding information as old as two months or more. There is a \$5.00 charge for wedding and engagement pictures.

King-Ratliff wedding vows said June 17

Miss Linda Raye King, daughter of Mrs. Malinda King Alexander and the late Raymond King, and Mr. Joe Thomas Ratliff, son of Mrs. Joe Ratliff and Harold Ratliff were united in marriage at 7:30 p.m. Friday, June 17, at the Blue Linn Christian Church with the Rev. Eugene White officiating.

The attendants were Mr. and Mrs. William E. Harwick.

After a wedding trip to Myrtle Beach, S.C. the couple will reside in Carle.

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Everything 1/2 Price Bowen's Florist

Hardin, 114 Mockingbird Lane, Carle, Ky. 40311.
Graduates are asked to personally inform classmates with whom they are in contact. The Director is informal. Bring year books, class pictures, and other reminders of school days.

Mr. and Mrs. Bobby Scott of Paris had as their guests for Father's Day Mr. and Mrs. J.C. Davis, Miss Doris Davis and Karen Atchison of Paris and Mr. and Mrs. Marion Davis of Carle.

Mrs. Gladys Dutton who was injured in a wreck June 11, was moved out of the Intensive Care Unit June 18 and into private care at St. Joseph Hospital in Lexington. She is in satisfactory condition.

Mrs. John Smoot, Randy and Sara Hurst of Millersburg; Mrs. Vaughn Frey and Billy of Glasgow have returned home after a seven day visit.

Microwave Cooking School

Garett's Furniture presents its second G.E. Microwave Cooking School Saturday, July 2, at 2 p.m. Mrs. Carolyn Dotson, Kentucky Utilities Home Economist for Nicholas County will show you how convenient and beneficial Microwave cooking is. Recipes are prepared and served.

Cuts the cooking time of practically all foods
Lethever's are warmed without drying out; vegetables retain "garden fresh" taste
Foods can be cooked and served in the same dish - glass, ceramic, plastic or paper (Metal utensils should not be used, nor any materials which contain metal in composition, in construction, or in decoration)
Easy to operate - set timer, push "Cook" bar
Heat is confined to the food itself - the oven stays cool
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Reed hits homer; A's upset undefeated Giants

They Reed is the fourth man to hit a home run to the Babe Ruth League this year. Reed sent the ball to the left-center field fence and ran the bases to win the A's victory over the undefeated Giants in a 1-0 victory over the Dodgers Friday night, June 17. Reed was also the winning pitcher as he led the A's to a 1-0 victory over the Dodgers Friday night, June 17. Reed was also the winning pitcher as he led the A's to a 1-0 victory over the Dodgers Friday night, June 17.

Jess Bach, bus mechanic, attends maintenance meet

Jess Bach, bus mechanic for Nicholas County Schools, was among the 40 mechanics who gathered at the Clark County school bus garage last week to catch up on the latest facts involved with maintenance and repair of school buses.

The clinic, one of eight being held across the state this month, was conducted by the Department of Education's pupil transportation division. The second game of the night proved to be exciting as the Dodgers were

MMI students train a week at Fort Knox

Fort Knox—Five students from Millersburg Military Institute are currently going through a week's training at Fort Knox.

The students arrived Sunday and are scheduled to receive instruction and practical exercises in physical training, first aid and safety, marksmanship, and biochemistry.

The high school students, part of a junior ROTC summer camp, part of a Kentucky Army unit, are receiving the training along with almost 300 other cadets from two units of Kentucky's 380th Army Reserve Training Division.

The units are comprised of a First Division and a Second Division. The units normally conduct basic training for new recruits in the Army but three years ago the 100th Division Reserve Unit gave training to approximately 500 high school cadets during two one-week sessions at Fort Knox.

The training of the junior ROTC cadets was considered such a success

Bible School scheduled at East Union

East Union Christian Church will have Bible School from 6:30 to 8:30 p.m. Monday, June 27 through Friday, July 1. All children in the community are welcome to attend.

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Country Time Lemonade
\$2.49 49 oz.

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Doz. **49¢**

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1/2 Gal. **89¢**

U.S. Choice Chuck Roast lb. 59¢
Boneless 10-15 lb. avg. (Halves lb. 1.69 - Slices lb. 1.99)

Rath Quick Sliced Hams lb. 1.59

Chicken Livers Tasty Bird Frozen lb. 69¢

Rath Wieners 12 oz. pkg. **69¢**

(Steak lb. 1.99)
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(Boneless 1.19)
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Cagle's Fresh Grade A
Chicken Breast or Drumsticks lb. 99¢

Hickory Smoked
Rath Sliced Bacon Vac Pac lb. 1.29

Wesson Oil 24 oz. 99¢

Big John's Beans 'N Fixins 20 1/2 oz. 59¢

Hunt's Prima Salsa 15 1/2 oz. 59¢

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Borden's American Singles 12 oz. 99¢

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