

Kay's Kitchen

— By Kay Fisher —

Do you have a pressure cooker? If not get it and save energy. Pressure cookers have been around a long time but some of us have given them back and have used other more cooking utensils. Now they are making a comeback because they save cooking time (one-third to one-half), and they tenderize 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 vegetables, starchy, cranberries, split peas, pearl barley or split lentils in the pressure cooker. These foods and a few others tend to fly or spatter and sometimes block the vent tube.

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

PEPPER STEAK
1½ pounds round or flank steak, cut into 1-inch strips
2 tablespoons salad oil
1 1/2 cups sliced mushrooms, drained
1 cup water
1½ lb. round steak
1 teaspoon garlic salt
dash of red pepper or hot sauce
1 large green pepper, cut in strips
2 tablespoons flour
1 cup water
Brown steak strips in oil in pressure

STEAMED CHOCOLATE PUDDING
3 tablespoons soft butter or margarine
1 cup sugar
1 cup milk
2 one-ounce squares unsweetened chocolate, melted
1 teaspoon vanilla
¼ cup sifted all purpose flour
1 cup milk
¼ teaspoon cream of tartar
¼ teaspoon baking soda
1 cup chopped nuts
1 cup seedless raisins
Cream butter, beat in sugar and egg. Add chocolate and vanilla. Combine dry ingredients, add creamed mixture alternately with milk. Stir in nuts and raisins. Turn into a well-greased 5 cup mold with hole in center. Cover with foil, tie securely. Place 2½ cups water in cooker with rack, set mold on rack. Cook over and allow a small stream of steam to flow from vent tube for 30 minutes. Set control at 5 pounds pressure and cook for 30 minutes longer after control jiggles. Reduce pressure instantly.

CHICKEN MARENGO
2 pounds of chicken pieces
2 cup flour
3 tablespoons salad oil
1 clove garlic, minced
salt and pepper
1 (4 ounce) can sliced mushrooms, drained
1 (1 lb.) can whole tomatoes, cut up
1 cup dry wine, white
Dredge chicken in flour. Heat oil and garlic in pressure cooker. Add chicken and brown; season with salt and pepper. Remove garlic. Add mushrooms and wine and cook 10 pounds pressure for about 30 minutes. Let pressure drop to its own accord. Remove chicken and place on a plate. Thicken sauce with left over flour mixed with a little water, if desired.

A Bon Voyage dinner was given for the Rev. Ben Pumphrey, pastor of the First Christian Church, by the Rev. Herman B. Kneibitz at the rectory of the Shrine of Our Lady of Guadalupe last Monday evening. Sixteen of the new pastors were Mr. and Mrs. Ben H. Pumphrey, parents of Rev. Pumphrey. Mr. Pumphrey is taking a sabbatical from pastoral church duties to visit and study in Europe. Mrs. Pumphrey is taking a sabbatical from pastoral church duties to visit and study in Europe. Mrs. Pumphrey is taking a sabbatical from pastoral church duties to visit and study in Europe.

Births
Mr. and Mrs. Walter McClusley of Winchester spent Saturday with his mother, Mrs. Jimmy Farris and Mr. Farris.
Mr. and Mrs. Sterling Saunders Jr. of Winchester spent Sunday with his mother, Mrs. Walter Farris and Mr. Farris.
Mr. and Mrs. Paul Smith of Lexington were the guests of Mr. and Mrs. Teddy Shaw the past week.
Mr. and Mrs. Frank Buckner and relatives in El Paso, Texas recently attended the commissioning ceremony of his sister, Miss Teresa Peterson. Miss Peterson was commissioned a second lieutenant in the United States Army Medical Service Corps.

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. Mr. and Mrs. Frank Buckner and relatives in El Paso, Texas recently attended the commissioning ceremony of his sister, Miss Teresa Peterson. Miss Peterson was commissioned a second lieutenant in the United States Army Medical Service Corps.

Everything 1/2 Price Bowen's Florist
228 Locust St. Carlsle
Mr. and Mrs. Bobby Scott of Paris had as their guests for Father's Day Mr. and Mrs. J.C. Davis, Missa Debra Davis and Karen Alkham of Paris and Mr. and Mrs. Martin Davis of Carlsle. Mrs. Gladys Duncan who was injured in a wreck June 11, was moved out of the Intensive Care Unit June 18 and into a private room at St. Joseph's Hospital in Lexington. She is in satisfactory condition.

Microwave Cooking School
Garrett'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.

UK School of Journalism has new head
Ronald T. Farrar was named director of the University of Kentucky School of Journalism, June 14, by the executive committee of the UK Board of Trustees.
Mr. Farrar, 41, is chairman of the Journalism department at the University of Mississippi. A native of Fayette, Ark., he has had extensive newspaper, teaching and administrative experience.

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

Wedding Pictures
Wedding pictures must be submitted to The Carlsle Mercury within three weeks following the wedding. Wedding pictures or information arriving later than this will not be printed 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.

Reed hits homer; A's upset undefeated Giants

MMI students train a week at Fort Knox

They Reed is the fourth man to hit a home run in the Babe Ruth League this year. Reed sent the ball to the left-center field fence and ran the bases to help the Senators in a 9-4 victory over the Dodgers Friday night, June 17. Reed was also the winning pitcher as he took over the job from R. Fryman in the fourth inning. K. Matter pitched the losing game for the Dodgers allowing hits from D. Markland, M. Coburn (1), S. Fryman (1), T. Clay, T. Guy, and N. Reed. Hitting for the Dodgers were M. Sewell, T. Allison, M. Sotby and M. Taylor.

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 attend the largest facta 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. At the actual sessions on brakes, automatic transmissions, tire on new-bus operation and maintenance were given by representatives of various manufacturing companies.
According to mechanic Jesse Morton Clark county, the annual clinics are held each year on the largest facta involved with maintenance and repair of school buses.
The clinics help make sure that the mechanics know the latest info on how to maintain school buses in tip-top running condition. Precation before-hand can prevent problems in the future, said Paul E. Jones, director

Bible School scheduled at East Union
East Union Christian Church will have Bible School from 9:30 to 11:30 a.m. Monday, June 27 through Friday, July 1. All children in the community are welcome to attend.

Faul-Moore wedding set for Dec. 16
Mr. and Mrs. Robert Paul of Kennedy Heights in Carlsle announce the engagement and forthcoming marriage of their daughter, Barbara Sue to Steve Wayne Moore, son of Mr. and Mrs. Corrie Moore of Boone, 1, Mr. Sterling BARNETT (SM) and Mrs. Eddie Earl Barnett of Scotland announce the birth of their second son on Tuesday, May 28, 1977. He weighed six pounds, nine one-half ounces and has been named Richard Scott.
Paternal grandparents are Mr. and Mrs. Raymond Barrett of Nepon. Mrs. T.H. Vice is a great aunt.

Senators defeated by the A's
The A's celebrated with milkshakes for the whole team after upsetting the undefeated Giants 11-3. The first place team didn't have their hitting power for this game as D. Hinton, M. Vice and M. Hutton were the only players to get base hits. M. Vice started the pitching but kept the A's down and turned the ball over to M. Hutton. Hutton failed to keep the opponent from scoring, too. Vice received the loss. Hitting for the victorious A's were: S. Laville, M. Boykin (3), J. Wells, J. Doyle. Nine men were walked on the A's while only three for the Giants. This was put on the left-center field fence and ran the bases to help the Senators in a 9-4 victory over the Dodgers Friday night, June 17. Reed was also the winning pitcher as he took over the job from R. Fryman in the fourth inning. K. Matter pitched the losing game for the Dodgers allowing hits from D. Markland, M. Coburn (1), S. Fryman (1), T. Clay, T. Guy, and N. Reed. Hitting for the Dodgers were M. Sewell, T. Allison, M. Sotby and M. Taylor.

FT. KNOX—Five students from Millersburg Military Institute are currently going through a week's training at Ft. Knox.
The students arrived Sunday and are scheduled to receive instruction and practical exercises in physical training, first aid and safety, marksmanship, and bookkeeping.
The high school students, part of a junior ROTC summer camp at the Kentucky Army post, are receiving the training along with almost 300 other cadets from two units of Kentucky's 100th Army Reserve Training Division. The units are companies from Princeton and Madisonville.
The units normally conduct basic training for new recruits in the Army but three years ago the 100th Division Reservists gave training to approximately 300 high school cadets during two one-week camps at Ft. Knox. The training of the junior ROTC cadets was considered such a success

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