

# Kay's Kitchen

By Kay Fisher



A new month, be it warmer or milder, will be with us soon. And saving energy will be with us now. I expect I am also interested in using the cook's energy. In this week the recipes are a collection of quick and easy ones.

- SKILLET LASAGNA**
- 1 pound ground chuck
  - 1 tablespoon instant onion
  - 1 (1 1/2 c.) pkg. spaghetti sauce mix
  - 2 cups cream style cottage cheese
  - 3 cups wide noodles, not cooked
  - 1 tablespoon basil
  - 1 tablespoon parsley flakes
  - 1 teaspoon salt
  - 3/4 cups canned tomatoes, cut up whole tomatoes
  - 1 cup shredded mozzarella cheese, more if desired
  - Lightly brown meat in large skillet, 10 inch, on medium heat. Sprinkle on instant onion and one-half of the spaghetti sauce mix. Spread cottage cheese in layer over meat. Sprinkle noodles evenly over this layer. Lay with remaining spaghetti sauce mix, basil, parsley and salt. Add tomatoes and enough water, being sure all is moistened. Cover and simmer 30 to 40 minutes, or until noodles are done. Check occasionally to be sure noodles are not dry. Add more water if necessary. Sprinkle mozzarella cheese over top when done. Cover and let stand about 10 minutes until cheese is melted. Should serve six or eight.
  - This is a good lasagna to serve in the winter when you do not want to heat the kitchen by using the oven.
  - A tossed salad and garlic bread will

complete this meal. Garlic bread is easily made by slicing a loaf of French bread in 1/2 inch slices, spreading with butter or margarine and sprinkled with minced onion or garlic salt. Heat in oven 350 degrees until slices begin to turn brown.

If you feel you must have a dessert serve a very light one. This is as light but sweet enough to satisfy most anyone.

**PRUNE WHIP**

- 2 egg whites
- 1/2 cup sugar
- 1/2 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 tablespoon liquid from cooked prunes
- Use water if you use pureed baby prunes
- 1 cup pureed cooked prunes, or pureed baby food prunes

Combine all ingredients except pureed prunes in top of double boiler. Place over boiling water and heat with rotary beater until mixture stands up in peaks when beater is lifted. About seven minutes. Remove mixture from heat and fold in prunes. Spoon into serving dishes. Cool. Top with whipped topping.

Here is a salad my sister sent me. She had served it to guests and all enjoyed it. It is so good I'll share it with you. A friend had given it to her when she visited in Texas this winter. There was no name as such, just congealed salad so you can give it any name you like.

**CONGEALED SALAD**

- 1 cup hot catsup drops, candies
- 1 cup hot water

## Tucker couple to celebrate anniversary

Mr. and Mrs. Willie Tucker of Apt. 208 Sycamore Hill, Carlisle, will celebrate their 60th wedding anniversary on Monday, March 4.

They were married March 14, 1917 at Flemingsburg by the Rev. W.R. Moore, witnessed by St. Collins and Hank Hendrix.

They have four children who are: Howard Tucker, Bourbon county; Georgia Zarnes, Nicholas county; Han-Tucker, Fleming county; and Jewell B. Tucker, Scott County.

He is the son of the late Robert and Bruce Tucker. Mrs. Tucker is the former Jessie Mitchell, daughter of Joyce Mitchell and the late Pamie Mitchell.

## Mr. and Mrs. Willie Tucker



They will be open house on Sunday, March 13 from 10 to 1 p.m. at the home of Howard Tucker on the Roseberry Road in Bourbon county given by all their children.

All friends and relatives are invited to attend.

## Couple surprised for anniversary

Mr. and Mrs. J.K. Maffett were entertained with a surprise luncheon at the Harrison Hotel on Sunday, Feb. 13 by their children and their families in honor of their 60th wedding anniversary.

## Past Matrons and Patrons meet Monday

The Past Matrons and Patrons Club of March Chapter 20 will meet Monday, March 7 at 6:30 p.m. in the Blue Glass dining room.

## Adult food classes to start

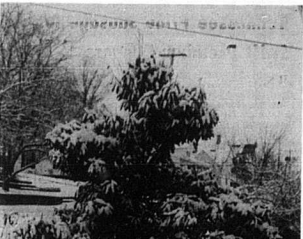
The Nicholas County High School Home Economics Department is sponsoring a series of three adult classes in home economics beginning March 7 at 7 p.m. in the Home Economics Department at the high school.

The classes are free and open to the public. Baby sitting will be provided.

The schedule of classes is as follows: March 7—Microwave oven demonstration; March 14—Garnishing ideas, cake decorating; March 21—Foreign and regional food, tasting party.

All classes will meet at the same location at 7 p.m.

For further information contact Bonnie Metcalfe at 289-5303, Martha Taylor at 289-5002 or the high school at 289-7111.



## Families of blind or disabled children receive payments

Over 142,000 blind or severely disabled children of parents with little or no income and limited resources are getting over \$18 million a month in Federal supplemental security income (SSI) payments, according to Thomas A. Cortner, social security branch manager in Maysville.

The SSI program makes monthly payments to people in financial need who are blind or disabled or 65 or over. "Depending on the parents' income and resources, payments can be made to blind or disabled children until they 18—or until 21 if they're in school," Cortner said.

The average Federal SSI payment to blind or disabled children is \$197 a month, according to Cortner.

Starting at 18, or at 21 if they're in school, blind or disabled people may be eligible for SSI payments regardless of their family social security office," Cortner said. The Maysville social security office is on U.S. 58 and Arnold Avenue. The phone number is 564-4096.

## Winter's last fling?

will re-open on Mon., March 7. Classes will be on Mon., Tues., Wed., and Thurs. 7:00 - 9:30 p.m.

**Catcarbet Ceramic Studio**

will re-open on Mon., March 7. Classes will be on Mon., Tues., Wed., and Thurs. 7:00 - 9:30 p.m.

I will be in shop on Sat. & Sun. afternoon, March 5 & 6 signing up new classes. Come early to get your choice of night.

**Carol Power**

## UK specialist encourages stockpiling of firewood

With the heat crunch of this winter still in the mind, it is virtually all householders, many of those that have had the use of their firewood supplies, the auxiliary sources of heat are already looking out to next winter—with thoughts of possible increasing use of the fireplace to curb at least a portion of the heating bills.

Still other householders are looking at the possibility of installing wood-burning stoves for a source of heat.

With those alternatives in mind, comes the problem of "stockpiling" and storing of wood, not only for fuel in the chill days yet to come before the warmer seasons arrive, but also for future needs. James Newman, UK extension forestry specialist, said:

He emphasized that firewood should be stored outside the house to avoid uninvited insects that are normally stored only in the woodpile.

"Wood borers, ants, wood roaches,

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## Textbooks to cost state \$6.8 million as high schools gain more support

FRANKFORT—Kentucky schools will spend more than \$6.8 million on textbooks for the 1977-78 school year. Although free textbooks have long been provided to elementary students, it will be only the second year of a program to provide free textbooks to high school students.

Most of the \$4.5 million allocated for grades one through eight will be used to purchase high school textbooks under the program begun this year. Previously, each high school student was required to buy his own texts. This year, social studies and language arts books were made available to high school students at the cost of the state of \$10.00 per student.

In the coming year, science and health texts will be purchased at a cost of \$10.00 per student. The state has allocated about \$2.3 million to purchase textbooks, over \$4.5 million was spent last year.

Textbooks in an additional subject area will be purchased each year by the state until all high school texts are free to students.

Next year a budget of \$8.8 million will be a decrease from the present \$11.8 million budget. According to Eugene Robinson, Division of Instructional Media in Kentucky's Department of Education, the greater cost of high school texts supplied during the 1976-77 school year accounts for the higher figure.

The average retail price of textbooks has increased by about 50 per cent since the onset of the Arab oil embargo in late 1973.

## Acclaimed Sculptor Bell to show slides of his work

Sculptor Larry Bell, who has received worldwide acclaim for his art, will show slides of his work and deliver a commentary at 11 a.m. Friday, March 4, in Auditorium E of the University of Kentucky's Whitehall Classroom Building.

Bell, a Chicago native, will be completing a week-long visit to UK where he will conduct a workshop on sound for UK fine arts students.

The workshop is the first of four such sessions offered as part of an inter-university program co-sponsored by California State University, Wright State University, Dayton, and Moore College, Philadelphia, with matching funds from the National Endowment

for the Arts. Bell has exhibited his work at major art museums and galleries throughout the world, including New York City, Amsterdam, Basel, London and Paris. The Friday, March 4, event is free.

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**Dynamo Laundry Liquid** 1 1/2 gal. **\$2.39**

**Gaines Puppy Choice** 16 lb. **\$1.29**

**Meadow Gold Ice Cream** 1/2 Gal. **99¢**

**Maxwell House Instant Coffee** 1 1/2 lb. **\$2.99** (Limit 2 please)

**Coke, Tab, Sprite** W/Btlts 8/16 oz. **\$1.09**

**Heinz Pork & Beans** 15 oz. **2 for 59¢**

**Old Virginia Blackberry Jam** 1 1/2 lb. **\$1.99**

**Macaroni & Cheese Dinners** 7 oz. **4 for \$1**

**Pillsbury 6 pk. Butter Milk & Country Style Biscuits** **6 for 79¢**

**Purex Bleach** 59¢ gal. (Limit 1 please)

**Hershey's Syrup** 39¢ 15 oz. (Limit 2 please)

**Chf. Boy-Ar-Dee Frozen Pizzas** Large **89¢**

**Vine Ripe Tomatoes** lb. **49¢**

**Rome Apples** 3 lbs. **79¢**

10 oz. pkg. **Cello Spinach** **59¢**

**Vel Dishwashing Liquid** Qt. **89¢**

**Kraft Mayonnaise** 32 oz. **99¢**

**Lipton Tea Filter Blend** 17 oz. **\$1.99** (Limit 2 please)

**Parkay Stick Margarine** 4 1/2 **39¢**

**Hungry Jack Potatoes** 1 1/2 lb. **89¢** 10 1/2 oz.

**Kraft Miniature Marshmallows** 33'

Sliced Pork & Gravy, Salisbury Steak & Gravy 12 oz. cans **69¢**

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**BUSH'S SALE**

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**5 for \$1**

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**Sweet Peas** 303 can

**3 for 89¢**

**6 for \$1**

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