

# Kay's Kitchen

By Kay Fisher



For anyone needing to prepare a meal in a hurry, a meal to serve during Lent, or for the convenience of an oven meal, the recipes this week will suit you.

To make it even easier the salmon loaf and beefs can be prepared the night before and stored in the refrigerator until time to go in the oven. Remember it will take a little longer to cook if taken directly from the oven. I suggest taking food from the refrigerator about 30 minutes before putting in the oven.

**SALMON LOAF**  
1 1/2 cups soft bread crumbs  
1 egg  
1/4 cup milk  
1 tablespoon parsley flakes  
2 tablespoons melted margarine  
1/8 teaspoon hot pepper sauce  
Drain salmon; remove skin and bones. Add bread crumbs, egg, milk, parsley flakes, butter and pepper sauce. Mix together lightly. Turn into a small greased loaf pan. Bake in 350 degree oven 40 to 50 minutes.

**HORSERADISH BEETS**  
11 green and white beets, drained (reserve liquid)  
1 tablespoon cornstarch

**QUICK GREEN BEANS**  
2 tablespoons margarine  
1/8 teaspoon instant minced onion  
1/2 teaspoon: skin and bones. Add bread crumbs, egg, milk, parsley flakes, butter and pepper sauce. Mix together lightly. Turn into a small greased loaf pan. Bake in 350 degree oven 40 to 50 minutes.

Kay's Kitchen Cookbook order blank on classified page.



## Miss Bell to wed Saturday

Thomas Darrell, son of Mr. and Mrs. Tomsett Darrell, was on the Dean's List at the University of North Carolina last semester.

Mr. and Mrs. Ralph Shearer have returned home after spending ten days as the guests of Mr. and Mrs. Robert Taylor and family in Albany, Ga.

Mrs. Annie Barton and Mrs. Pat Jones, business instructors at Nicholas County High School, attended a business education conference at Morehead State University on Friday, March 4.

Cliff Egan of Carlisle and his brother-in-law, Carl Baker of Vanceburg, returned to their homes Monday after vacationing three weeks in Bermuda.

Mr. James Henry Wade returned home Saturday afternoon after submitting to surgery March 3 at the Central Baptist Hospital in Lexington.

Mr. and Mrs. Russell Bell of Millersburg announce the forthcoming marriage of their daughter, Mrs. Frey's son, Vaughn Frey, Mrs. Frey and their son Billy in Glasgow.

A vehicle in which Mr. and Mrs. James Henry Wade were riding was struck in the rear by a dump truck on the Nicholasville Road in Lexington, Feb. 28. Both were taken to ambulance to Good Samaritan Hospital in Lexington, treated and released.

Mr. and Mrs. J.H. Bradley of Shelbyville were guests Sunday of Rev. and Mrs. H. Dallas Sugg and Alicia.

Mr. and Mrs. Oakley Rutledge spent a few days recently in Atlanta, Ga. after vacationing three weeks in Bermuda.

Mr. and Mrs. George L. Roberts returned home Wednesday after spending two weeks in Florida.

**Second adult food class set for Monday**

The second adult food class will be held at 7 p.m. Monday, March 14 at the Nicholas County High School at the Home Economics Department. The topic will be "Food Gleaning Ideas" and "Cake Decorating."

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

For further information call 289-7111.

**Mrs. Conley hosts bridge**

Mrs. Joseph H. Conley entertained with a dinner-bridge at her home on Locust Street on Thursday night. Guests were Mrs. John Allison, Mrs. Billy Clark, Mrs. David Zachary, Mrs. Lyle Anderson, Mrs. Jimmy Shaw, Mrs. Bobby McFarland, and Mrs. Don Hughes.

Mrs. Clark won high score for the evening of bridge.

**Thank You**

We wish to say "Thanks" to the people of Carlisle, Nicholas County and surrounding communities for their patronage to The Sewing Basket during the past 4 years.

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## 'It's what happens in between that makes it worthwhile'

WILLIAMSBURG, KY.—What kind of job satisfaction can result from the wife of a successful and Tennessee businessman and the mother of a bright, 14 year old son to drive an average of 120 miles each day from her comfortable home, located just outside Knoxville on Deep Cemetery Road, all the way to Cumberland College in Williamsburg? The long daily drive and the heavy responsibilities accompanying her job have become routine for Theresa Sharp, Cumberland College's new dean of nursing affairs.



Dean Theresa Sharp

"I love my work," Dean Sharp said. "Sure, it is inconvenient to climb out of bed most days before daylight to get to work on time and to not usually get home until dark or after. But it's what happens between the time I arrive the job at the Cumberland campus and the time I leave for the day that makes it all so very worthwhile."

"You see," Dean Sharp continued, "for the past four and one-half years, I've been privileged to play a small part in helping establish and administer a program preparing young people to qualify as registered nurses."

"When we started our program at Williamsburg in 1973, there was a great need for registered nurses in eastern Kentucky and northeastern Tennessee, and I'm proud of the fact that our program is helping and will continue to help meet that need."



Mary's Hospital School of Nursing and working for Knox County Schools for six years.

"Thanks to the constant support and encouragement of Cumberland College administration, students, benefactors, and many friends, we've been able to establish a high-quality associate degree program in nursing education," Dean Sharp emphasized, noting that "more than 80 per cent of our latest graduating class passed their state nursing board exam on the first try."

"Since our nursing education program can now accept as many as 20 new students each year, it has grown to the extent that it needs both a dean and a director, and because of her great professional expertise, familiarity with our program, and years of loyal service, Terry (the name she prefers to use in the logical person to serve in the nursing office at the University of Tennessee Hospital. Earning her M.S. at UT, she taught classes in management and patient care to third-year nursing students there and subsequently served the UT Hospital as supervisor and, ultimately, director of nursing."

Returning to Knoxville because of illness in her immediate family, Terry worked as administrative supervisor in the nursing office at the University of Tennessee Hospital. Earning her M.S. at UT, she taught classes in management and patient care to third-year nursing students there and subsequently served the UT Hospital as supervisor and, ultimately, director of nursing.

"Numerous other east Tennessee health care services, including teaching in St.

Still, she manages to find time for close family life with husband William and son Billy. "When we get the time—and we always budget for it, we spend as much of it as possible outdoors with our horses, dogs, and our favorite pet, Jack-Jack, a dachshund. I don't think it's healthy for people to spend all their time indoors," said Cumberland College's new nursing affairs' dean.

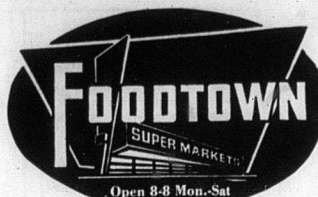
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