

Kay's Kitchen

— By Kay Fisher —



Weather permitting, most of us will be either busy working outside or cleaning inside for the next few weeks so a good recipe that will cook along by itself and be good for lunch or dinner will help when it comes to feeding your family. And you will be prepared the day before except for a finishing touch.

You may think of beans as being a fall and winter dish but they are good anytime when you are extra busy and need something to stick to your ribs. And as the book says, "they are nutritious and a good source of protein."

Although dried beans require long cooking, the time can be shortened by soaking them overnight.

- WESTERN BEAN STEW**
- 1 lb. dried beans, your choice, 1 like Great Northern
 - water
 - salt
 - few drops hot pepper sauce
 - 1/2 cup brown drippings
 - 1 large onion, chopped
 - 1 clove garlic, minced
 - 1 large can tomatoes
 - 1/2 cup minced fresh parsley
 - 1 teaspoon chili powder
 - 1/2 teaspoon marjoram
- Soak beans overnight with enough water to cover in a deep kettle. The next morning, bring to a boil, reduce heat and simmer, covered, for about an hour or until beans are nearly tender. Drain beans, but save the liquid.
- Heat brown drippings in heavy skillet. Add onion and garlic, cook until golden.

Add tomatoes, parsley, marjoram, chili powder, hot pepper sauce, 1 cup of the bean liquid, and the remaining sour cream, soons, to start. Cover and simmer over low heat about 45 minutes, stirring well when it comes to feeding your family. And you will be prepared the day before except for a finishing touch.

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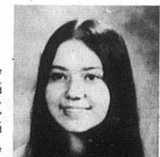
- BEANS AND BEEF**
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Kay's Kitchen Cookbook order blank on classified page.

Wedding of local interest is solemnized in Texas

The marriage of Miss Kathy Sue Jones, daughter of Rev. and Mrs. Preston Jones of Lake Carrico, and Bryan Winston McGeebe, son of Mr. and Mrs. Otto McGeebe of Houston, Texas, was solemnized at 11 a.m. Tuesday, March 8 at the Temple United Methodist Church in Houston, Texas.

The couple plans to make their home in Houston.



Mrs. Charles Rose is guest speaker

The Carlisle Community Women's Club will meet Monday, March 28 at 7:30 p.m. at the home of Mrs. Wilmer Halloway, Co-chairman, will be Mrs. Gladys Duncan and Mrs. H. Dallas Sugg.

The Home Life Department will present Mrs. Charles Rose, H.N., who will speak on "Community Health Needs."

Mrs. Dan Ruch will give the spiritual values.

Ride to the espadrille on soles!

BOBWORKS

Mrs. S.T. Minton is given party

Mrs. S.T. Minton entertained with a birthday-dinner party Saturday night in honor of her husband's birthday.

Guests were Mr. and Mrs. Stanley Sauer, Mr. and Mrs. Stanley Brantley, Miss and Mrs. Earl Shannon of Millersburg, Mr. and Mrs. Keller Brantley, Mr. and Mrs. Turner Shannon and Susan, Miss Paula Carter of Paris.

Mrs. Sally Tanner has W.C.S.C. program

The monthly meeting of the Saltwell W.C.S.C. was held Wednesday, March 9 at the Saltwell Methodist Church.

Sally Tanner, president of the W.C.S.C. delivered the program entitled, Prayer

Rev. Hilton will speak to woman's retreat

Miss Fleet Allison, chairperson for Christian Fellowship of the United Methodist Women in the Mayville District of the Kentucky Conference has announced the annual District Retreat for Tuesday, March 29, at the Germantown United Methodist Church. The first session will be at 8 p.m. Dinner will be served at 6:45 p.m. and the Inspirational Service will be at 7:30 p.m. The theme for the Retreat this year is "Christians Under Construction."

Rev. David Hilton, pastor of the Trinity United Methodist Church of Middleboro will be the Retreat leader.

Rev. Hilton attended the University of Kentucky and graduated from Kentucky Wesleyan College in 1956. He graduated from Duke University Divinity School with a B.D. degree in 1964 and a Th.M. in 1969. He has held pastorate at London and Greenville, N.C. He served as a missionary to

Students to register for Head Start

Head Start registration for next year will be held on Thursday, April 1 at the Nicholas County Elementary School. Any child born in 1977 is eligible to register. Registration will be held between 9 a.m. and 3 p.m.

Head Start in Nicholas county is sponsored by Community Action Lexington-Fayette County.

Jr. Woman's Club to meet Monday

The Carlisle Junior Woman's Club (JWC) will meet Monday, March 28 at 7:30 p.m. in the basement of the Library. Mrs. Brenda Stone and Mrs. Ruby Darrell will host the meeting.

Ms. Sharon Alexander will be present to help the club set up a first aid workshop for babysitters.

Arrangements will also be made for a bicycle safety workshop to be held in the Spring.

Music students to sing for P.T.A.

The Nicholas County Elementary P.T.A. will hold its regular meeting Monday, April 4, at 7:30 p.m. in the school cafeteria.

A program will be presented by the music students of Mrs. Annabelle Burden.

Tammy Hale places first

Miss Tammy Hale received first place honors and a trophy in twirling competition Saturday, March 12 at Palsani County High School in Somerset.

The contest which is sanctioned by the United States Twirling Association was sponsored by the Palsani County Band parents and Mayor J. Twirling of Somerset. The contest was open to anyone in the state.

Miss Hale was accompanied to Somerset by her mother, Mrs. Bobby Toddler and Mr. Toddler.

In this dish you may use beans of your choice, the red beans just make a good color contrast with the sour cream. This is a good dish and pretty enough to serve when you have guests. This could be your main dish and add a green vegetable, salad and light dessert.

The following salad would go well with either of these bean dishes. I have used this salad before in Kay's Kitchen, in case you failed to try it, now would be a good time.

- VEGETABLE SALAD**
- 1 pkg. lemon jelly
 - 1/2 cup boiling water
 - 1 teaspoon salt
 - 1/2 teaspoon red pepper
 - 3 tablespoons sugar
 - 1/2 cup dried celery
 - 1 tablespoon onion juice
 - 1 cup shredded cabbage
 - 1 cup shredded green pepper
 - 1 cup shredded pecans
 - 1 cup chopped celery
- Soak beans in water overnight. To cook, cover and bring to a boil then turn down to simmer slowly.
- Heat oil in skillet; add onions and saute until brown, set aside. Add meat cubes and brown slowly on all sides. Add browned meat, onion, bay leaf, garlic, and onion powder, and tomato paste to beans. Continue cooking slowly until meat is tender, about 1 1/2 hours. Adjust seasoning. If mixture is too thick add a bit of water. Just before serving stir in about half of the sour cream, use the remaining sour cream to swirl over top, after turning into serving dish. Sprinkle with chopped parsley.

COETYS

by Frank Terrell
The Nicholas county chapter of Future Farmers of America tobacco crop of "77" was the first such project undertaken by the chapter.

Future Farmers of America tobacco crop of "77" was the first such project undertaken by the chapter. FFA members, 60 in all, raised the crop on the school farm. It consisted of one and one-half acres and yielded 129 pounds. It was the first year that 12 members had worked with tobacco.

The crop, sold last of January in Paris at Central District Warehouse, brought \$1.18 per pound. Those attending the sale were Frank Terrell, reporter; Jackie Alexander, president; and James Brumage, Vocational Agriculture teacher.

Income from the crop is divided between the FFA chapter and the school board, and will be used in purchasing tools, equipment and supplies for the V-O-Ag class, and awards for the FFA program.

Members furnished all labor and the school board furnished fertilizer and chemicals.

I would like to emphasize that our members gained invaluable experience in the producing of tobacco.

Local Drama Club members speak to Garden Club

The Carlisle Garden Club met Monday, March 21, for a luncheon at the Nicholas County Library.

Mrs. James Wilson, presided during the business meeting. Spiritual values were given by Miss Gertrude Eads. The program committee, Mrs. J. Smart, Mrs. William Layton, Mrs. W. C. Irvin and Miss J. Hiller served as hostesses.

Five members of the Nicholas County High School Drama Club who won superior ratings at the Regional Speech and Dramatic Contest, were given awards by Mrs. J. Smart, Mrs. William Layton, Mrs. W. C. Irvin and Miss J. Hiller.

The winners of the TV Showcases will be selected Friday night from a total of 30 three minute acts consisting of small group and solo.

The club acts will be presented at Saturday evening's performance along with a special performance of Friday's TV Showcases winners. Out of town judges will select the winners.

Admission to the show is 25 cents for adults and 25 cents for children.

4-H Talent Show is being planned for two nights

The annual 4-H Talent Show is scheduled for Friday and Saturday, March 25 and 26 at the Nicholas County Elementary School at 7:30 p.m. each evening.

Mrs. Eugene Clinkensbeard, Teresa Bailey of Campbellsville have returned from visiting Mr. and Mrs. Porter Krivine and Mrs. John Clinkensbeard in El Monte, Calif. While there they visited Los Angeles, Palm Springs, Hollywood, Tijuana, Mexico and other points of interest.

Mrs. Nick Dempster, Mrs. Spencer Laughlin and Mrs. Ray Carwell have returned after spending a week at Clearwater Beach, Fla.

Hanned Koury, James Tubbs, Mike

Dairy Queen Will be open Friday, March 18

IT MUST BE A DAIRY QUEEN'S OPEN!

The Dairy Queen will be open Friday, March 18. Blount's Dairy Queen

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Spring has arrived . . . Buy Quality Potted Plants NOW!

and have them through Easter. We have azaleas, mums, hydrangeas and violets for long lasting plants.

Small's Greenhouses

Easton Ave. Phone 286-2256

FFA sells 2438 lbs. tobacco it raised at high school

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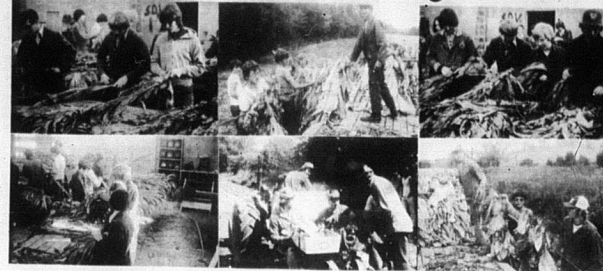
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Adult clothing classes scheduled

The Nicholas County Home Economics Department is sponsoring two adult classes in clothing on Tuesday, March 29 and Thursday, March 31 at 7 p.m. in the Home Economics department at the High School.

These classes will be workshop type classes. Class members are asked to bring garments to work on and help will be given on special problems. The class will serve to update students on some new techniques and materials related to clothing construction. Basic sewing techniques will also be covered.

The classes are free. Babysitting will be provided. For further information call Bonnie Metcalfe, 280-303; Martha Taylor, 286-502; or the high school, 280-7110.



FOODTOWN
SUPER MARKET
Open 8-8 Mon-Sat

HAMMER DOWN TO C & G FOODTOWN

Downy King Size Fabric Softener \$1.69

Hot Dog Sauce 4/\$1

Family Scott Toilet Tissue 99¢ (Limit 1 please)

Fontana Farms Preserves 32 oz. Apr., Peach, Black.

Hormel Spam 99¢

ROUND STEAK \$1.29 (Boneless lb. 1.39)

Personal Size Ivory Soap 4/59¢

Reynolds Wrap 3/\$1

Banquet Cook-n-Bag 4/\$1

R.C. Diet Rite Cola 99¢

RC

IDAHO POTATOES \$1.39

Joy Dish Liquid 32 oz. 99¢

Era Laundry Liquid 64 oz. 2.29

Green Onions & Cello Radishes 2/35¢

Dynamo Laundry Liquid King Size 2.39

American Singles 1.29

Indian River White Seedless Florida Grapefruit 10 lb. bag

Vel Dishwashing Liquid 32 oz. 79¢

Realemon Lemon Juice 32 oz. 79¢

Whisker Licking 6 oz. 3/1

Prima Salsa Spaghetti Sauce 15 1/2 oz. 59¢

Whisker Licking 6 oz. 3/1

Johnson's Disposable Daytime Diapers 24 Ct. 2.29

Goodman Shoes 220 Locust Phone 289-7386

Rev. David Hilton

Small's Greenhouses Easton Ave. Phone 286-2256

Trash Bags 25 Ct. 1.99

Dray Bar Soap Super 3/1

Disposal Diapers 2.29

We Welcome Federal Food Stamps