

# Kay's Kitchen

By Kay Fisher



Right now most housewives are busy with the usual spring housecleaning and need quick and easy meals. Most of the recipes this week are one dish meals and you need only add a salad and bread.

**SKILLET MEAL**  
1 tablespoon instant minced onion  
1/4 cup milk  
1/2 pound ground round (or hamburger)  
1/2 teaspoon egg  
1/2 cup quick cooking oats  
2 teaspoons salt  
1/4 teaspoon fresh ground pepper  
dash of low fat Kitchen Bouquet  
1/4 cup spaghetti sauce with mushrooms  
1/8 ounce can kidney beans  
Cook onion in milk five minutes; mix in ground beef, egg, oats, salt and pepper. Moisten in 1/2 skillet. Scrape into 8 wedges. Splash lightly with Kitchen Bouquet to brown top.  
Combine spaghetti sauce with beans and liquid. Pour over meat mixture. Simmer uncovered 30 or more minutes or until done to your liking.  
Serve with thick slices of toasted French bread and spaghetti salad. It would help if you had a pretty skillet but it tastes just as good served from an old black iron one.

**HAM AND POTATOES**  
1 tablespoon fat  
1/4 cup chopped onion  
1/4 cup frozen green peppers  
2 cups diced cooked ham  
3 cups diced cooked potatoes  
1/4 cup mayonnaise  
1/4 pound dried cheddar cheese  
Cook onion, green pepper, and meat in hot fat, stirring occasionally until onion and pepper are tender and meat lightly browned. Add potatoes, salt, pepper, and mayonnaise. Heat, mixing well. Stir in cheese; heat just till cheese begins to melt. Sprinkle with mayonnaise and garnish with fresh green onions. This is a good dish with leftover ham.

**TUNA CURRY**  
Cook 1/4 cup onion, 1/4 cup chopped green peppers, 1 garlic clove, minced in 2/3 tablespoon of margarine till tender but not brown. Stir in 1 cup sour cream, 1 teaspoon curry, 1/4 teaspoon salt and dash of pepper.  
Break tuna into pieces and add. Heat slowly stirring often. Serve over hot rice.  
Good served with a salad of drained, canned grapefruit sections and French dressing.

**FISH FILLETS**  
1 pound package of frozen fish—sole or perch  
Fresh ground pepper and salt  
2 tablespoons margarine  
1 cup frozen condensed cream of shrimp soup, thawed  
1/4 cup Parmesan cheese  
1 egg  
2 tablespoons melted shortening or vegetable oil  
1 teaspoon lemon extract  
Mix and sift all dry ingredients. Break into pieces and measure cup, add shortening and fill cup with mixture. Gradually add 2/3 ingredients and beat until creamy. Turn into greased layer pan and bake in moderate oven at 375 degrees about 25 minutes.  
Serve with brown sugar sauce or chocolate syrup from the can.  
You may arrange sliced bananas between the layers and on top and cover with 1 cup powdered cream, whipped, and sprinkled with 1/4 cup chopped walnuts or pecans. Serve while fresh!

**QUICK CAKE**  
1/4 cup sifted cake flour  
3/4 teaspoon baking powder  
1/4 teaspoon salt  
1 cup sugar  
1 egg  
2 tablespoons melted shortening or vegetable oil  
1 teaspoon lemon extract  
Mix and sift all dry ingredients. Break into pieces and measure cup, add shortening and fill cup with mixture. Gradually add 2/3 ingredients and beat until creamy. Turn into greased layer pan and bake in moderate oven at 375 degrees about 25 minutes.  
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## Mr. and Mrs. Smoot have anniversary with cookout Sun.

Mr. and Mrs. Renee C. Smoot were honored with a surprise anniversary at their home on the Carleble Pike on Sunday evening. Their daughter Kim Smoot and son James Wayne Smoot were hosts for the cookout.



Mrs. L. P. Purcell

## Kindergarten 11 graduates June 5 at Christian Church

Carleble Kindergarten II will hold its Commencement exercises Sunday afternoon, June 5 at 3 p.m. at the Carleble Christian Church. Members of the Carleble Kindergarten II Class of 1977 are: Kristie Carpenter, Alicia Dean, Billy Deaton, Cynthia Francis, Shane Fuller, Rachel Herrington, Jeffery Hughes and Jason, Mr. and Mrs. Jerry Stewart and Joe, Mr. and Mrs. Billy Shaw, Mr. Oliver, Evelyn Chaney, Mrs. Johnny Frier, Julie and Janie, Mr. and Mrs. Paul Purcell and Julie, Lexington; Jeff Tischer, Mr. and Mrs. Allen Bowles, Patricia Fair, Robbie Lyons, Mr. and Mrs. Clyde Purcell and Dwight.

## Mrs. Purcell honored with surprise dinner

Mrs. and Mrs. John M. Silbert and family entertained with a surprise birthday and Mother's Day dinner Sunday, May 15, at the home of Mrs. L. P. Purcell. Members of the Carleble Kindergarten II Class of 1977 are: Kristie Carpenter, Alicia Dean, Billy Deaton, Cynthia Francis, Shane Fuller, Rachel Herrington, Jeffery Hughes and Jason, Mr. and Mrs. Jerry Stewart and Joe, Mr. and Mrs. Billy Shaw, Mr. Oliver, Evelyn Chaney, Mrs. Johnny Frier, Julie and Janie, Mr. and Mrs. Paul Purcell and Julie, Lexington; Jeff Tischer, Mr. and Mrs. Allen Bowles, Patricia Fair, Robbie Lyons, Mr. and Mrs. Clyde Purcell and Dwight.

## Mrs. Wayne Shumate is elected president of hospital auxiliary

Thirty persons attended the first regular meeting of the newly formed hospital auxiliary Monday at the Johnson-Mathers Nursing Home. Mrs. W. J. Kingsolver organized and chaired the meeting. Mrs. Wayne Shumate was elected president of the organization; Mrs. A. V. Allison, vice president; Mrs. Harold Letton, secretary; and Mrs. James A. Noll, treasurer. All officers were elected unanimously. The primary function of the auxiliary is volunteer work at the hospital and nursing home. Mrs. Robert Sparks and hospital personnel will train volunteers in performing these duties, as well as in ethics and responsibility. Four weekly training sessions will be held in June. The first was set for Tuesday, June 7 at 7:30 p.m. Auxiliary members will staff a gift shop to be located in the hospital. They will work with the staff members of both facilities for the comfort of the patients, provide transportation for some patients and volunteers and provide assistance wherever needed. Ken Uriage, Health Care Administrator, told the group they will not be expected to do the job of the nurses or attend the next meeting which will be held at the nursing home at 7:30 p.m. Tuesday, June 14. Mrs. Kingsolver emphasized the fact that anyone who wishes to volunteer but does not have time to attend auxiliary meetings can still take part in the volunteer program. Phone her at 288-4401 to let her know what hours you can work.



## S.S. disability benefit guidelines are listed

Many people who apply for social security disability benefits are just not familiar enough with the law to get payments, according to social security officials in Mayville. Social security pays monthly disability benefits to eligible workers and their families if the worker is severely disabled and expected to be unable to do any work for a year or more. "Under the social security law," a spokesman said, "you are severely disabled only if you have a physical or mental impairment that prevents you from doing any substantial gainful work and is expected to last, or has lasted, for at least 12 months—or is expected to result in death. If your disability prevents you from doing your regular work," he said, "your age, education, and work experience may be considered in deciding whether or not you can do any other sort of work. But—if you can't do your regular work but can do other substantial gainful work, you generally won't be considered disabled under the social security law."

The decision on whether or not you're physically or mentally disabled has any effect on the denial of a house. In fact, federal courts have ruled that being listed on the National Register doesn't constitute the taking of property rights. "Listing provides individuals some incentive to preserve their property," said Mrs. Melton. "It's not as if becoming eligible for federal matching grants to restore their property. However—and this may be where some of the confusion is coming from—if the interior of a building is restored with the federal government, provisions must be made to open the house to the public for 12 days each year. If the exterior is restored, it doesn't have to be opened at all. So, it's only when public funds have been used to restore the interior of a property that it is mandatory to open the property to the public, and then only for 12 days a year."

## Questions are answered on historic place listings

FRANKFORT—How does being listed on the National Register of Historic Places affect owners of private property? That's a question that Mrs. Edred W. Melton, head of the state historic preservation commission, has been wanting to answer since people started asking if her agency controls the color of paint or curtains used in historic homes. "Being listed on the National Register gives federal and state government no control whatsoever over what a private owner does with property," said Mrs. Melton, who is also the executive director of the Kentucky Heritage Commission. "A basic concern some private owners seem to have about National Register listing is that the federal government or the Heritage Commission will get some control over their property. They're probably confusing the National Register with some local historic district ordinances which may allow city government to determine the color of exterior paint on the building."

## Neal-Meehan vows spoken

Mrs. Melton explained that the commission has a number of exterior restoration "Writings" which she said, "the public can benefit simply by driving by to see the historic structure." There are also tax incentives for commercial properties that are listed on the National Register. Being listed on the register makes them eligible for additional Title I FHA rehabilitation loans. Mrs. Melton added, "When the commission's archeologists conduct resources and site surveys, farmers and landowners should be aware that their land will be treasured up on the register. The location of archeological sites is also protected by state and federal laws so that the public is not disturbed by the location of the sites."

## Mr. Thomas piano students perform

Plans discuss the Mrs. Malinda Thomas of Elizaville who played in the 1877 spring recital on May 19 are: Bonnie Gledhill, Carleble; Dixie Arramith, Kim Fern, Lynn McClure, Sherry Gray, Verna Gray, Malinda Hunt, Gail Brown, Anna Burns, Jean Fryman, Tammy Gray, Greg Lee, Leo Lee, Duane McClure, and Donna Brown, all from out of Nicholas county.

## Health Center is open five days weekly

The Nicholas County Health Center will be open five days each week starting Wednesday, June 1. Leo Howe, R.N., at the center reported the new hours will be 8 a.m. to 4:30 p.m. Monday through Friday.

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Winners in the FFA Walkathon Saturday are (left to right) Mary Ann Clarkston, Albert Thompson, first; and Mike McLean, Ronald Tucker, and Johnny Pratt Smoot (not pictured), second. An estimated \$2,000 was earned for the March of Dimes by the 16 persons who walked Nicholas County High School Principal Cobble Lee and Superintendent Don Elder walked six miles of the 15 mile route. Thomas finished his 15 mile walk in the county. The FFA plans to eventually earn enough money to purchase a portable peristaltic unit for the Nicholas County Hospital. —Duncan photo

## DID YOU KNOW?

THAT SUBVERSIVE OVER TWO DECADES SHOW THAT THE GENERAL PUBLIC STRONGLY ENDORSES CIVIL PREPAREDNESS TO COPE WITH THE EFFECTS OF NUCLEAR ATTACK?  
THAT CIVIL DEFENSE IS A JOINT RESPONSIBILITY OF THE FEDERAL GOVERNMENT, AND OF STATE AND LOCAL GOVERNMENT?



YOU AND YOUR FAMILY SHOULD LEARN PERSONAL PREPAREDNESS.  
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Open 8-8 Mon-Sat

**WIN WITH THESE VALUES 3/\$1**

Hamburger or Hot Dog  
**Foodtown Buns 3/\$1**

**C & G**

U.S. Choice **ROUND STEAK \$1.39** (Boneless lb. 1.49)

**HEAD LETTUCE 3/\$1**

Paramount 10 1/2 oz. **Hot Dog Sauce 4/99¢**

Nestle 3 oz. **Instant Tea 1.59**

Cottolene White, Pink & Green, Yellow & Blue **Bathroom Tissue 69¢** 4 pk.

Cremette 2 lbs. **Elbow Macaroni 59¢**

Thank You Pudding 303 can **39¢**

Van, Cho, Straw., Neo. 1/2 Gal. **Foodtown Ice Cream 89¢**

10 lbs. Kingsford **Charcoal Briquets \$1.19**

2 lbs. **Banquet Fried Chicken \$2.29**

Van Camp **Pork & Beans No. 2 can 3/\$1**

8 pk., 16 oz. with bottles **Coke, Tab, Sprite 99¢**

Non-Dairy 16 oz. Pream Creamer \$1.09

Open PH 18 oz. Barbecue Sauce 59¢

6 1/2 oz. Assorted **Dixie Lily Mixes 10/11 Family Napkins 49¢**

Sweetener 6 oz. **Sweet 10 89¢**

38 oz. **Wesson Oil \$1.79**

Qt. Orange, Lemon-Lime **Stokely Gatorade 39¢**

Ice Tea Mix 36 oz. **Lipton Cannerist \$1.89**

8 pk., 16 oz. **Grape Jelly \$1.19**

Minute Maid 12 oz. **Orange Juice 59¢**

Kleenee 140 Ct. **Jif Smooth, Crunchy 28 oz. Peanut Butter \$1.39**

Heavy Duty 18x25 **Reynolds Wrap 69¢**

Heinz Geniune 46 oz. **Dill Pickles 99¢**

Smucker's 3 lbs. **Grape Jelly \$1.19**

Minute Maid 12 oz. **Orange Juice 59¢**

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