Kay's Kitchen

— By Kay Fisher

In the summer you can entertain outside with a cookout at very little expense by serving hamburgers and all the goodies that go along with that kind of meal. Somehow when we move inside we feel we must do, or serve something more elaborate and thus think more expensive. That need not be the case. First keep in your head that it is the company and not the food that is important. Congenial people can enjoy the simplicity of the plainest foods. Recently I found a casserole dish that requires little attention and is easy to prepare. It is a good entree for entertaining and staying within your budget. Serve with a green salad and your favorite dessert.

CHICKEN AND CELERY

4 tablespoons salad oil
1 (2½ to 3 pound) chicken, cut into 8 pieces
1 cup regular cooking rice, uncooked
¼ cup chopped onion
1 clove garlic, finely minced
2 cups water
3 chicken bouillon cubes
2 teaspoons paprika
¾ teaspoon salt
1/8 teaspoon black pepper
5 cups celery, cut into 1-inch pieces.

When trimming celery, remove enough celery tops to make ½ cup of chopped leaves

1 tablespoon basil leaves

In a Dutch oven or heavy saucepan heat oil. Add chicken and brown well. Remove chicken and set aside. Add rice, onion and garlic. Saute for about five minutes, stirring constantly. Add water, bouillon cubes, paprika, salt and pepper. Bring to the boiling point. Return chicken to Dutch oven, cover and simmer for 15 minutes. Add celery and cook 15 more minutes. Then add celery leaves and basil. Continue simmering until rice and chicken are tender. Will serve four generously. By buying chicken pieces, allowing two pieces per serving you may stretch this to serve six.

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When you find short ribs at a good price, the following recipe for barbecued ribs is easy to prepare and can be done ahead of time. They can be a good informal party dish. It is very difficult to be prim while eating barbecued ribs with your fingers.

OVEN BARBECUED BEEF SHORT RIBS

3 pounds beef short ribs, cut into serving pieces
½ cup red wine
¼ cup soy sauce
1 (8-ounce) can tomato sauce
3 tablespoons chopped onions
3 tablespoons wine vinegar
1 large clove garlic, minced
1½ tablespoons prepared mustard
pinch of rosemary
dash of cayenne pepper
salt and pepper to taste

In a large oven-proof skillet, brown short ribs slowly on all sides. Drain off excess fat. Combine remaining ingredients, mix well and pour over ribs. Cover tightly and bake in a preheated 300 degree oven 2½ to 3 hours or until tender. Will serve four or five.

Should you want to serve more than four, buy ribs needed and when making the sauce just be a bit generous in measuring. Be sure to taste as you go along. If you do not have the red wine, don't worry, just use water. When I do that, I dissolve a bouillon cube in the water. Then of course you will have to use less salt when seasoning.

Serve with a baked potato, crusty rolls, and a big generous tossed salad with lots of vegetables in it like celery, green onions, shredded carrots, tomatoes, cucumbers, radishes, artichoke hearts, and sliced mushrooms. Serve with a choice of dressings.

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Here is a good and easy cake made from a mix. Has a change of texture and taste.

APRICOT CAKE

4 eggs, separated
1 package yellow cake mix
⅔ cup apricot nectar
⅔ cup corn oil
1 teaspoon lemon or vanilla extract
1½ cups powdered sugar
orange juice as needed

In a small bowl, beat egg whites until stiff. In a large mixing bowl, combine egg yolks, cake mix, apricot nectar, corn oil and extract and mix well. Fold in the stiffly beaten whites. Pour batter into a greased tube pan and bake in a 325-degree oven for 50 minutes.

Turn the cake out of the pan and let it cool 10 to 15 minutes. Meanwhile, combine the powdered sugar and enough orange juice to make a thick glaze. Pierce the cake all over with an ice pick and pour the glaze over the cake. Some will stay on the surface, while the rest soaks into the cake. Allow to cool, then serve.

Top photo

Mrs. Lloyd Wells, Mrs. Ed Ford of Cynthiana, and Mrs. David Zachary model during the Carnico Country Club Ladies Auxiliary Luncheon-Style Show Saturday. Mrs. Ford, the wife of our new State Senator, was Master of Ceremonies. Mrs. Zachary, Auxiliary president, was assisted in preparing for the event by Mrs. James Carter, Mrs. Harvey Wilson, Mrs. John Soper, Mrs. Billy Lyons, Mrs. Paul Garrett, Miss Jo Lynn Garrett and Mrs. Robert Coatney.

Middle photo

Miss Susan Irvin, infant daughter of Mr. and Mrs. Bill Irvin, was one of the models during the Carnico Country Club Ladies Auxiliary Style Show Saturday. She was the youngest model performing at the Style Show presented by Abraham's Ladies Shop, Carter's Mens Clothier, and The Clothes Closet of Cynthiana.

Bottom photo

Bill and Gail Irvin and their two children model during the Style Show at Carnico Country Club Saturday. 87 persons attended the Luncheon-Style Show. Door prizes were donated by Abraham's Ladies Shop, Carter's Mens Clothier, and The Clothes Closet of Cynthiana.

Jeff Smith photos

SOCIETY

Miss Smart

Smart-Wade betrothal told

Mr. and Mrs. Harold Don Smart of Carlisle announce the engagement of their daughter, Miss Carol Kathleen, to James Brent Wade, son of Mr. and Mrs. James Robert Wade, also of Carlisle.

Miss Smart is a 1977 graduate of Nicholas County High School. Mr. Wade will be a 1978 graduate and is currently employed at Footown.

The wedding will take place after Mr. Wade's graduation.

Retired teachers to meet Oct. 10

The Nicholas County Retired Teachers will meet at 2 p.m. Monday, Oct. 10 at Nicholas County Library.

Each teacher will relate some amusing experience which took place during her teaching career.

Earl Feeback of Millersburg spent Thursday morning, Sept. 29 with his sister, Mrs. Edgar Buckler and family.

Mrs. Carolyn Allen of Lake Carnico, and her sister-in-law, Mrs. Lucille Watson of Flemingsburg have returned from a 10 day vacation in the New England states. They visited friends, Capt. and Mrs. William F. Schipper in South Sudbury, Mass. The highlight of their trip was touring the Marie Von Trap Lodge at Stowe, Vt. Enroute home, they visited Mrs. Allen's son and wife, Mr. and Mrs. James O. Watson in Indianapolis, Ind.

Eric Dryden, son of Mr. and Mrs. Harold Dryden of Carlisle, remains a patient at the university of Kentucky Medical Center, Lexington, where his condition is unchanged.

Mrs. John Wallace, Mrs. Sterling Blake, Mrs. Lovell Hollar, Mrs. John Tapp, Mrs. George Roberts, Mrs. John Allison, Mrs. Harry Galbraith, Mrs. Albert Allen, Mrs. Ronnie Letcher, Mrs. Mary Bell Shroat, Mrs. Bertha Marshall, Mrs. Louise Thompson, Mrs. Louise Young and Miss Fleet Allison attended the annual meeting of the United Methodist Women in the Maysville District Thursday evening, Sept. 29 at the United Methodist Church in Millersburg. Mrs. Wallace gave a report from the local church, and Miss Allison had charge of the annual memorial service for the district.

David Hughes was released from St. Joseph Hospital last week after undergoing surgery following a motorcycle accident on Sept. 23 at Lake Carnico.

Mrs. Mary Brayfield of Nepton had as her weekend guest Miss Phoebe Gallagher of Terace Park, Ohio. They were guests Sunday of Mrs. Carolyn Allen of Lake Carnico.

Mr. and Mrs. Warren Fisher were weekend guests of his sister, Mrs. Teo Nutini, Mr. Nutini and Miss Eleanor Nutini of Ashland. While in Ashland they also visited Mr. Fisher's mother, Mrs. Warren Fisher Sr.

Mrs. Harold Don Smart returned home from Harrison Memorial Hospital where she underwent major surgery on Sept. 19.

Miss Mary Jane Griffith of Morehead State University, spent the weekend with her grandmother, Mrs. Hicel Asbury.

Mr. and Mrs. Paul Bishop of Portsmouth, Va. returned home Friday after spending several days visiting in Carlisle.

Mrs. Catherine Allison and her sister, Miss Marie Lawrence returned recently from a vacation in the Shenendoah Valley.

Births

SMOOT

Mr. and Mrs. John Smoot of Millersburg announce the birth of a daughter Friday, Sept. 30, 1977 at Central Baptist Hospital, Lexington. She weighed eight pounds, two ounces, and has been named Anna Elizabeth.

Maternal grandparents are Mrs. Billy Frey of Carlisle and the late Mr. Frey. Mr. and Mrs. Eugene Smoot of Nicholas county are the paternal grandparents.

LIVINGOOD

Mr. and Mrs. Grover Cleveland (Clevie) Livingood of Moorefield announce the birth of a daughter, Monday, Sept. 19, 1977 at Harrison Memorial Hospital. She weighed six pounds, and has been named Lisa Nickole.

Maternal grandparents are Mr. and Mrs. Ollie Mitchell, Nicholas County. Maternal great-grandparents are Mr. and Mrs. Robert L. Mitchell of Carlisle.

Paternal grandparents are Mr. and, Mrs. Grover H. Livingood of Moorefield. Paternal great-grandmother is Mrs. Opal Capps of Nicholas county.

GABRIEL

Mr. and Mrs. Lawrence Gabriel of Worthington, Ohio announce the birth of a daughter on Monday, Oct. 3, 1977 at Grant Hospital in Columbus, Ohio. She weighed seven pounds, two ounces, and has been named Anne Roberts.

Maternal grandparents are Mr. and Mrs. George Roberts of Carlisle. Paternal grandparents are Mrs. Paul Gabriel of Logan, Ohio, and the late Mr. Gabriel.

GINTER

Mr. and Mrs. James Edward Ginter of Paris announce the birth of a son at Central Baptist Hospital, Lexington on Friday, Sept. 30, 1977. He weighs eight pounds, 11 ounces, and has been names James Edward Jr.

Maternal grandparents are Mr. and Mrs. Russell Bell of Nicholas county. Mr. and Mrs. Henry Ginter, Virginia Beach, Va., formerly of Paris, are paternal grandparents.

Mr. and Mrs. Charles Law, Millersburg are maternal great-grandparents.

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A humpback whale often covers more than 4,000 miles in a year.

Community Woman's Club to meet Monday

The Carlisle Community Woman's Club will meet Monday, Oct. 10 at the home of Mrs. Powell Neal at 7:30 p.m. The program for the evening will be presented by the Public Affairs Department and will be on Defensive Driving.

The club held its first regular meeting of the year on Tuesday, Sept. 20 at the home of Mrs. Charles Hopkins with Mrs. Fred Whaley serving as co-hostess. Mrs. Dan Rich gave the spiritual values, and, as chairman of the Conservation Department, introduced Mrs. Carolyn Dotson, Kentucky Utilities Home Economist. Mrs. Dotson gave tips on "Saving Energy by Cooking with Microwaves". Foods prepared in the microwave oven which was furnished by Garrett's Furniture, were served the members.

Four new members were introduced: Mrs. Ronnie Letcher, Mrs. Charles Judge, Mrs. James Simons, and Mrs. Jimmie George.

Mrs. Fred Whaley, Mrs. Lester Snapp, Mrs. Charles Hopkins and Mrs. David Zachary attended the Kentucky Federation of Women's Clubs fall board meeting and conference held Monday and Tuesday, Sept. 26 and 27 at the Drawbridge in Ft. Mitchell.

Guest speakers were Miss Barbara A. Banks, Consumer Affairs officer, Department of Health, Education and Welfare, whose topic was "What's Happening at the FDA (Federal Drug Administration) Including Saccharin and Laetrile"; and Chester C. Carroll, general advertising manager, Proctor and Gamble Company, whose topic was "The Role of the Free Enterprise System in Consumer Protection".

Mrs. Whaley, president of the Carlisle Community Woman's Club and Mrs. Zachary, KFWC Visual Arts chairman, presented "ARTribution Puppets" at the Tuesday luncheon explaining the General Federation of Women's Clubs project—ARTribution.

Surprise party honors Harvey Wagoner

A surprise birthday party was given for Harvey-Wagoner on Sunday, Sept. 25 at the Wagoners' cabin at Lake Carnico. The party, given by his children, was to celebrate his 70th birthday. Many friends and relatives were in attendance.

Those attending were: Mr. and Mrs. Carl Gillispie, Mr. and Mrs. Tommy Gillispie, Deanna and Chris, Mr. and Mrs. Estil Noffsinger, Russell Barlow, Miss Hallye Griffith, all of Carlisle; Mr. and Mrs. Claude Craycraft, Mr. and Mrs. Jackie Craycraft, Mr. and Mrs. Freddie Gillispie, Stacy, Shannon and Sammy of Millersburg; Mr. and Mrs. Mac McCord and Teri, Patricia, Scott and Brett Moses of Covington; Mr. and Mrs. Tommy Grimes, Mr. and Mrs. Jimmy Brown, Jennifer Watkins and Len Grimes of Scottsville; Mr. and Mrs. David Wagoner, Todd and Matthew of Lexington.

Mrs. Mynear honored on 92nd birthday

Several friends and relatives gathered at the home of Mrs. Dora Mynear on the Johnson Road in honor of her 92nd birthday.

Those present were Rev. and Mrs. R. C. Mynear, Mrs. Joyce Housh, Maysville; Mrs. Vina Barnhill, Mrs. Ida Cooper and Robin, Mrs. Faye Hash and Shana Michelle, Norwood, Ohio; T. J. Mynear, Mark Mynear, Nellie and Markie, Bourbon county; Spencer Mynear, Mr. and Mrs. Eugene Gaunce, Mrs. Ralph Brookshire Jr. and Mike, Carlisle;

Mr. and Mrs. Donald Jolly, Kaye and John, Fleming county; Douglas Mynear, Lexington; Mr. and Mrs. William Hoover, Lawrenceburg, Ind.; Mr. and Mrs. Danny Curtis, Ft. Mitchell; Mr. and Mrs. J. W. Roberts, Mr. and Mrs. James Mynear and Ron, Mrs. Bessie Smith, Cecil Mynear and Irene, Mrs. Edna Wagoner, Charlie Mynear, Katherine Mynear, all of Nicholas county.

Contemporary graphics shown at Morehead State Gallery

MOREHEAD—Morehead State University's Claypool-Young Gallery is presenting a selection of contemporary graphics from the collection of Ashland Oil, Inc. through Oct. 16.

Representing the printing methods of relief, stencil, planography and intaglio, the show features works by Baskin, Jenkins, Motherwell and Gottlieb.

Consisting of 56 prints selected from Ashland Oil's collection of more than 600, the show illustrates the wide variety of techniques within each method of printmaking.

The exhibit is free and open to the public during regular gallery hours of 8 a.m. to 4 p.m., Monday through Friday.

Homecoming set at EKU

RICHMOND—Homecoming festivity time is approaching at Eastern Kentucky University, and again the emphasis will be on football, fair femininity, and food.

These, plus music, dancing, and parading, are expected to attract the old and new grads back to the campus by the hundreds Oct. 21-22.

Homecoming officially starts at Eastern, says J. W. Spider Thurman, alumni affairs director, at 9 a.m. Friday, Oct. 21, with a golf tournament at Arlington—no pre-registration is necessary to tee off.

That evening in the Keen Johnson Ballroom comes the homecoming dance and the presentation of the queen candidates. One of these coeds will be selected as Homecoming Queen and crowned the following Saturday preceding the EKU-Western Kentucky State football fracas on Hanger Field.

More than 50 million acres in the United States are irrigated with water pumped from underground.

Kentucky Bar Association has set proposed standards for advertising by lawyers

FRANKFORT—The Kentucky Bar Association Board of Governors has submitted to the Kentucky Supreme Court proposed standards for the regulation of lawyer advertising in the Commonwealth.

The Supreme Court must approve the regulations before they become effective.

The standards proposed are;

—Advertising is limited to classified ad sections of regularly published general-circulation newspapers; telephone directory yellow pages, city, suburban and county directories, and American Bar Association (ABA) approved legal directories and law lists. No radio or tv ads are proposed.

—Twelve items may be mentioned in printed media ads with more detail data in ABA approved directories and law lists.

—Lawyer ads must not contain false, fraudulent, deceptive, or unfair statements.

—This advisory statement must be in the ad: "The Kentucky Bar Association requires lawyers who accept employment as a result of this advertisement to perform fully the services advertised for the prices quoted above".

—Ads must be in good taste and not exceed 18 (3 col.x 4") square inches in size and contain no larger than 30 point type.

—Where an ad appears in a publication that is published more than one time per month, the lawyer shall be bound by any representation made therein for a period of not less than 30 days after publication.

These proposed standards have been prompted by the recent opinion of the U. S. Supreme Court permitting newspaper advertising by lawyers.

Although hundreds of mushroom species are edible, only a few are eaten regularly.

Solicitations not endorsed

Telephone or other forms of solicitation that are represented as being in behalf of disabled or hospitalized veterans are not sanctioned by the Veterans Administration. This statement was made emphatically today by John Rowan, director of the Lexington VA Hospital in response to inquiries about telephone solicitations in this area.

The Veterans Administration does not endorse fund raising programs or solicitation of any type to support its programs. All VA programs are financed by Congressional appropriations. VA hospitals do receive gifts and donations for recreational purposes from recognized veterans organizations, but the agency does not endorse or support these fund raising activities in any way.

Most traditional veterans organizations follow well established patterns in their fund raising activities and these are supported year after year by the same people.

FALL OPENING SALE

FOODTOWN SUPER MARKETS
Open 8-8 Mon.-Sat

C & G

Fresh 3 lb. pkg. or larger
Ground Chuck 99¢ lb.

Armour Veribest
PORK CHOP SALE
First Cut lb. $1.19
Center Rib lb. $1.49
Center Loin lb. $1.39
Quarter Pork Loin lb. $1.29
Sliced into chops

U.S. Choice
Shoulder Roast lb. $1.09

U.S. Choice
Beef Short Ribs lb. 99¢

Tennessee Pride Heat & Eat
Sausage & Biscuits $1.19

Armour 12 oz.
Hot Dogs 69¢

Chuck Roast lb. 69¢

14 oz.
Ajax Cleanser 2/49¢

Boneless lb. $1.09

Ken L Ration 15 oz.
Dog Food 6/$1.19

Aunt Jemima Easy Mis 10½ oz.
Coffee Cake 49¢

Wagner 32 oz.
Orange Drink 39¢

Ocean Spray Uns. qt.
Grapefruit Juice 49¢

Borden Lite-Line 8 oz.
Yogurt 4/$1

Jiffy 7 oz.
Frosting Mix 4/$1
white,fudge, caramel

CHEF BOY-AR-DEE
Beefaroni, Ravioli, Spaghetti & Meatballs 40 oz. $1.19
Pepperoni, sausage, hamburger box pizza 17 oz. 99¢

Tennessee Pride
Whole Hog Sausage lb. $1.29 2 lbs. $2.59

Armour No. 1
Sliced Bacon lb. $1.29

Joy 32 oz.
DISH LIQUID 99¢

Canned 12 oz.
HI-C DRINKS 5/99¢

Jumbo Roll
SCOTTOWELS 59¢

Chef Boy-Ar-Dee 19¾ oz. box
SPAGHETTI DINNER W/Meat & W/Mushrooms 89¢

Just-Rite 10½ oz.
HOT DOG SAUCE 4/$1

CHEF BOY-AR-DEE
Pepperoni, cheese, sausage, hamburger Frozen pizzas 14 oz. 79¢
Spaghetti w/meat sauce 15½ oz. 49¢
Spathetti w/ mushrooms 89¢ 15½ oz.

Twin Pet 300
Reg., beef, liver dog food 6/$1

5 lbs.
DOMINO SUGAR 69¢ (Limit 1 please)

Banquet 8 oz.
Turkey, Chick., Beef
POT PIES 5/99¢

Bathroom Tissue
WHITE CLOUD 4 Roll pk. 69¢

PUREX BLEACH Gal. 59¢

PARKAY MARGARINE lb. pkg. 49¢

COKE, TAB, SPRITE 8 pk., 16 oz. with bottles $1.09

Jiffy 9 oz.
CAKE MIXES 5/$1
Yellow, White, Devil's Food Spice

Carnation Hot 12 Ct.
COCOA MIX 99¢

Dixie Pride 10 ct.
Southern and Farm Style Biscuits 6/69¢

Chiquita
Bananas lb. 19¢

Honeydew each
Melons 69¢

Broccoli each 49¢

New Crop 3 lb.
Jonathon Apples 79¢

★ We Welcome Federal Food Stamps