Kay's Kitchen

— By Kay Fisher

If this years sweet potato crop is as large as some of the sweet potatoes that have been given us, you are sure to needs lots of recipes telling you how to use them. One large sweet potato we had would serve six or eight generously. No matter how you prepared it.

ORANGE STUFFED SWEET POTATOES

6 medium baked fresh sweet potatoes
4 tablespoons margarine
¼ teaspoon salt
2 tablespoons sugar
½ cup diced fresh organge
½ teaspoon grated fresh lemon rind
6 teaspoons butter or margarine

Cut tops from baked sweet potatoes and scoop out inside, keeping shell intact. You may split length-wise if potatoes are a bit larger. Mash sweet potatoes with margarine, add salt, sugar, diced orange and lemon rind. Mix well. Taste for seasoning, you may want to add more sugar or salt. Spoon into sweet potatoe shells. Dot each with 1 teaspoon butter or margarine. Bake in preheated hot oven, 400 degrees for about 30 minutes or until hot through and lightly browned.

SWEET POTATO PUFF

2 pounds sweet potatoes, cooked and mashed (3 cups)
3 tablespoons butter or margarine
¼ teaspoon salt
¼ teaspoon allspice
1 tablespoon grated orange rind
2 eggs, separated

Whip together sweet potatoes, butter, salt, allspice and orange rind. Beat egg yolks and add to mixture. Beat egg whites until stiff and fold into sweet potato mixture. Pile into buttered casserole and bake 375 degrees for 30 minutes, or until puffed and top is lightly browned.

Here are two recipes using sweet potatoes as a dessert.

SWEET POTATO PIE

1 9-inch slightly baked pie shell
1½ to 2 cups mashed sweet potatoes
3 eggs, beaten
1 cup milk
½ cup brown sugar
½ cup finely chopped dates
1 teaspoon grated orange rind
1 teaspoon minced candied ginger

Combined sweet potatoes, eggs, milk, sugar, dates, orange rind and ginger. Pour into pie shell and bake in a 350 degree oven for about one hour, or until filling is set. Garnish with whipped cream.

SWEET POTATO DESSERT CUSTARD

1½ pounds fresh sweet potatoes
1 teaspoon salt
½ cup sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
1½ teaspoons grated lemon rind
¼ cup butter or margarine
1½ cups milk
2 eggs, lightly beaten

Wash sweet potatoes and cook with salt and bolding water until tender. Drain, peel and mash while hot. There should be 2 cups. Add remaining ingredients. Pour into buttered baking dish. Bake in a preheated slow oven, 300 degrees, for 1¼ hours or until knife inserted into center comes out clean. You may bake in greased custard cups in a pan of hot water in a 350 degree oven for about 30 minutes or until set.

Well we had zuchinni pancakes, so here we are with sweet potato pancakes. Nothing new under the sun!

SWEET POTATO PANCAKES

1 cup sifted all-purose flour
½ teaspoon salt
½ teaspoon baking soda
1 egg, separated
1 cup buttermilk
1 tablespoon butter or margarine, melted
¼ cup shredded pared raw sweet potatoes

Sift together flour, salt and soda. In a medium bowl beat egg yolk and buttermilk until blended. Stir in flour mixture, melted butter, and sweet potato. In a small mixing bowl beat egg white until stiff; fold into batter. Make pancakes desired size. Cook on hot, greased griddle until cakes are puffy, full of bubbles and edges are cooked. Turn and cook on other side. Serve with hot syrup.

Birth

TINCHER

Mr. and Mrs. Danny Tincher of Carlisle announce the birth of a son Friday, Oct. 7, 1977 at the Bourbon County Hospital, Paris. He weighed five pounds, 10 ounces, and has been named James Daniel.

Paternal grandparents are Mrs. Carolyn Tincher of Carlisle and the late Bill Tincher. Maternal grandparents are Mr. and Mrs. William Medley of Carlisle. Mr. and Mrs. Luther Medley of Carlisle are maternal great-grandparents.

Free pap clinic set for Thursday

The Nicholas County Health Center is holding a free pap clinic for all women at the center Thursday, Oct. 20. Hours of the clinic are 9 to 11:30 a.m. and 1 to 5:30 p.m.

Kentucky school

Continued from page one

statewide to improve public school instructional programs, provide services and information to local school boards, and to protect local, lay control of public education.

The school boards association's 1978 legislative program emphasizes four points: improving instructional programs for pupils; providing for more equal educational opportunities for Kentucky pupils through increased equalization of financial support for school districts; improving the Foundation Program, which is the basic means of allocating state education appropriations; and, furthering local lay control of public education.

The meetings, in each of KSBA's 12 regions, are scheduled from Oct. 11 through Nov. 2. They will also focus on school board-employee communications. A model board policy, providing for a communications process will be discussed. The suggested policy has been adopted by several Kentucky school boards.

MMI Homecoming set this weekend; roundup of school activities listed

To date the Cadets have played three Junior Variety level football games winning two of three. This Friday and Saturday the school will celebrate its homecoming activities with a Discotheque Dance on Friday night with Dave Murray of WLAP, Lexington, conducting the program. On Saturday the Homecoming program will include a parade by the Corps of Cadets through Millersburg starting at 10:00 followed by a review on campus honoring several dignitaries and officials and crowning the Homecoming Queen. At 11:00 a drill competition will be held in the gymnasium and at 2:00 p.m. MMI (JV) will play its Homecoming Game against the Maysville (JV) Bulldogs. The public is invited. Following the football game the Corps of Cadets will return home for a long weekend.

Labor Day Weekend signaled the beginning of MMI's 85th year. Bourbon county and Kentucky's only Military School reflected increases in the number of high school students, girls and day students. Overall student enrollment was up 4% over last year's opening day enrollment and three more girls joined the Corps of Cadets in addition to the five girls who returned from last year. The new lady cadets were Ruby Osborne of Millersburg (10th grade), Justine Hilchey of Carlisle (7th grade) and Rose Mary Stamler of Paris (6th grade). Last year's fourteen day students swelled to twenty-one for this year. In addition, MMI enrolled its first foreign cadet in many years when the tenth grader from Quito, Ecuador, Diego Almeida, joined the Corps of Cadets. Since opening, four new cadets, including a second cadet from Ecuador have joined the Corps of Cadets.

Academic classes are averaging seven students for the eighteen certified faculty who are serving at MMI this year.

Joining Colonel Alvan C. Hadley, Jr., US Army (Ret) in his third year as president are:

—David D. McMillen, the headmaster, who will again be supervising the academic curriculum and serving as athletic director for the sports program.

—Lieutenant Colonel Alton B. Parker, US Army (Ret), who will be serving as the Senior Army Instructor for his second year and conducting the Junior Reserved Officer's Training Program at both MMI and the Nicholas County High School Cadet Company, which is affiliated with the MMI Corps of Cadets.

—Lieutenant Colonel Robert L. Baggett, US Marine Corps (Retired), who taught at Lafayette High School in Lexington last year, and will serve as the new Commandant of Cadets.

Bookmobile schedule

Nicholas County Bookmobile schedule is as follows:

Oct. 18, Nov. 1, 15, 29, and Dec. 13, 27. Library to Headquarters, 9:30 to 10:30; Headquarters to Dogwalk, 10:30 to 10:45; Dogwalk to Morning Glory, 10:45 to 12:00; Morning Glory to Saltwell Road, 12:00 to 1:30; Saltwell Road to Headquarters, 1:30 to 2:00; Headquarters to Sycamore Hill Housing Project, 2:00 to 2:30; Sycamore Hill to Green Valley, 2:30 to 3:30; Green Valley to Library, 3:30 to 4:00.

Oct. 19, Nov. 2, 16, 30, and Dec. 14, 28. Library to Carpenter Road, 9:30 to 10:00; Carpenter to right half Pleasant Spring, 10:00 to 10:30; Right Pleasant Spring to left Pleasant Spring, 10:30 to 11:00; left Pleasant Spring to Jacks-town, 11:00 to 11:30; Jackstown to Concord Road, 11:30 to 12:30; Concord Road to Upper Jackstown Road, 12:30 to 1:30; Upper Jackstown to Library, 1:30 to 2:30.

Oct. 20, Nov. 3, 17, and Dec. 1, 15, 29. Library to Barterville, 9:30 to 10:00; Barterville to Saltwell Church, 10:00 to 12:00; Saltwell Church to Bald Hill Road, 12:30 to 12:30; Bald Hill to Blue Licks, 12:30 to 2:30; Highway 68 to Library, 2:30 to 4:00.

Oct. 25, Nov. 8, 22, and Dec. 6, 20. Library to Moorefield, 9:15 to 9:45; Moorefield to Buzzard Roost, 9:45 to 10:30; Buzzard Roost to Maple Grove, 10:30 to 11:00; Maple Grove to Dixie Highway, 11:00 to 11:30; Dixie Highway to Carlisle, 11:30 to 12:00; Nicholas County Elementary School, 12:00 to 3:00.

Oct. 12, 26, Nov. 9, 23, Dec. 7, 21. Nicholas County Elementary School, 9:15 to 3:00.

Oct. 13, 27, Nov. 10, 24, Dec. 8, 22. Library to Stoney Creek Road, 9:30 to 10:00; Stoney Creek to Ishmael Chapel Road, 10:00 to 11:00; Ishmael Chapel to Myers Station, 11:00 to 12:30; Myers Station to Cassity Creek Road, 12:30 to 1:00; Cassidy Creek to Cane Run, 1:00 2:30; Cane Run to Locust Grove Road, 2:30 to 3:00; Locust Grove to Library, 3:00 to 4:00.

"HI SWEETHEART... remember me? Sure you do. I used to star in 'oh' so movies. Remember those old flicks... Casa Cut-out. The African Clipper. Som Shears and The Maltese Coupon? Well, I'm comin' back, baby! Instead of using fins or a .38 ... we're gonna' use scissors."

The incredible Coupon Caper

SOCIETY

Miss Allison

Allison-Massey betrothal told

Mr. and Mrs. Edgar Allison of Carlisle announce the engagement of their daughter, Miss Claudia Renee, to Harold Everett Massey Jr., son of Mr. and Mrs. Harold E. Massey of Nicholas County.

Miss Allison is a 1977 graduate of Nicholas County High School. Mr. Massey is a 1976 graduate of Nicholas County High School, and is employed as an electrical contractor.

A December wedding is being planned.

Garden Club to meet Monday

The Carlisle Garden Club will meet Monday, Oct. 17, at the home of Mrs. William Layson. Mrs. Wayne Shumate will have the spiritual values. Mrs. S. M. DeMyer will be in charge of the program on gracious living: "Tables Beautiful."

Atkinson reunion held Oct. 2

The Atkinson family reunion was held on Sunday, Oct. 2, at Blue Licks State Park. Those present were: Mrs. Ray Northern and Mr. and Mrs. Bob Wheeler, Kettering, Ohio; Mr. and Mrs. Bill Woodring, Lisa Atkinson, Stephen K. Atkinson, Mrs. Lynn Clinkscales, Mike and Jackie Lynn, Mr. and Mrs. A. J. Rutledge, John Stephen and Sarah Beth, Louisville; Mr. and Mrs. W. C. Powers, Mrs. Debra Bays and sons, Tony and Eric, Roger Walker, Mr. and Mrs. Dwight Sontag and Cameron, Mr. and Mrs. Robert Gorham, Miss LouAnn Gorham, Mrs. Atha Frederick, Mrs. Danny Hatton and Monica of Lexington; Mr. and Mrs. Larry Sansom, Paris; Bill Atkinson, Falmouth; Mr. and Mrs. Alton C. Craig, Mt. Olivet; Mr. and Mrs. Roy S. Hamm, Mr. and Mrs. Roy Dotson, Darrin and Tracy, and Miss Alma Atkinson, Carlisle.

Miss Linville weds Mr. Fulton

Miss Janet Linville, daughter of Mrs. Martha Paul, Carlisle, and William Linville, Nicholas County, and Glen Fulton, son of Mr. and Mrs. Roy Fulton, Fleming County were united in marriage at 2 p.m. Saturday, Oct. 8, 1977 at the Stoney Creek Christian Church. Rev. Merrill Mitchell officiated at the double-ring ceremony.

Maid of honor was Miss Carla Sexton of Carlisle. Best man was Anthony Fulton, Mason County, cousin of the groom.

Brian Ockerman celebrates birthday

Mr. and Mrs. Steve Ockerman entertained with a birthday party on Sunday, Oct. 9, in honor of their son, Brian Stephen's third birthday.

Guests were: Stephanie Ockerman, Mrs. Paul Hamm and Paula Lee, John Allison, Mark and Ron, Mrs. Chuck Smith, Debbie, Charles and Mike, Mr. and Mrs. Eddie Earlywine and Jamie, Mrs. Mike Mitchell and Shane, Mr. and Mrs. Innis Ockerman and Tim, Mr. and Mrs. Herb Allison and Kathy, and Larry Blanton.

Mrs. Horace Marshall Jr., Lexington, spent several days in St. Joseph Hospital last week after suffering injuries in a car accident on Monday, Oct. 3. She returned to her job Monday.

Mrs. Ben Pumphrey returned home from the Nicholas County Hospital Saturday after spending several days there.

Mr. and Mrs. Leroy Earlywine of Horn Lake, Miss., were recent guests of his parents, Mr. and Mrs. Jesse Earlywine and other relatives.

Mrs. W. W. Rigg fell at her home on Oct. 1 injuring her spine. She entered the Nicholas County Hospital last Tuesday where she remains a patient.

Mrs. A. B. Crouch returned home last week after a visit with her daughter, Miss Sidney Crouch of Quincy, Ill.

Mr. and Mrs. Robert Fisher have returned home from a visit with relatives in Wisconsin.

Mrs. O. H. Lambert returned home Friday after a 10 day visit with her sister, Mrs. Hobart Walker and Mr. Walker of Charlotte, N.C.

Mrs. J. M. Pitman of Lexington spent Sunday in Carlisle visiting friends.

Mr. and Mrs. Teddy Shaw and Mr. and Mrs. Scotty Fryman spent the weekend in Charleston, W. Va.

Mrs. Everett Swims spent the weekend with her aunt, Mrs. Rose Liggett in Dry Ridge.

Mrs. Joe Sapp spent the weekend with her sister, Mrs. Woodrow Blake and Mr. Blake in Corinth.

Mr. and Mrs. Eugene Brown of Phoenix, Ariz. spent several days recently with Mr. Brown's sister, Mrs. Clay Hunt, Mr. Hunt and family.

Mr. and Mrs. Burrough Gillespie and daughter, Mrs. Abram Geltmacher and Mr. Geltmacher of Hunterville have been the guests of Mrs. Gillespie's sister, Mrs. Grace Ledford.

Announcing Mother-in-Law's Day this Sunday, October 23.

Send her the FTD Forget-Me-Not Bouquet.

It's about time she had her own holiday! Help her celebrate with our special FTD Forget-Me-Not Bouquet. Sure it's another day to give flowers, but doesn't your Mother-in-Law deserve it? Call us—or drop in today!

We really get around ... for you!

Small's Greenhouses

The Cost of Clean!

Nothing is free, including the air we breathe. You pay for clean air when you pay your electric bill. The cost of generating electric energy today involves millions of dollars for environmental protection equipment. Those millions are the cost of keeping ash and sulfur gas out of the air to protect our health, property and plant life. A part of that cost of clean air is charged to each electric user. That's you.

Utilities have no choice about installing the equipment, or passing the charges along to the consumer. But you have choices. You can waste energy, or you can avoid waste and save money and energy.

The greatest saving you can make is through insulation. Some insulation is better than none. Proper insulation can pay for itself over a period of months, and save you hundreds and thousands of dollars over the years ahead. Call your cooperative for help in determining the right insulation for your home.

Fleming—Mason Rural Electric Cooperative
Flemingsburg, Ky.

Only the Newspaper

Worth remembering: "An informed public depends on accurate and effective reporting by the news media. No individual can obtain for himself the information needed for the intelligent discharge of his political responsibilities ... The only effective restraint upon error is exposure." Statement by Associate Justice Potter Stewart, Jr., U.S. Supreme Court.

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Cut Green and Shellie Beans 303 can ... 4 cans/$1
Chopped and Shredded Kraut 303 can ... 4 cans/$1
Chopped Spinach 303 can ... 4 cans/$1
Sweet Peas 303 can ... 4 cans/$1
Shewbest Pork & Beans 16½ oz. ... 5 cans/$1
Baked Beans 16 oz. ... 3 cans/$1
Shewbest Spaghetti 14 oz. ... 5 cans/$1
Shewbest Spaghetti Rings 14 oz. ... 5 cans/$1
Blackeyed Peas 300 can ... 4 cans/$1
Chili Hot Beans 300 can ... 4 cans/$1
Kidney, Navy, Gt. North., Pinto, Red Beans 309 can ... 4 cans/$1

Tea Bags Lipton 100 Ct. $1.99

8 Flavors Jell-O Gelatin 6 oz. 3/$1

C & G

Swift's Premium Bacon (Limit 2 lbs. please) lb. 99¢

100% Pure (3 lb. pkg. or larger) Fresh Ground Beef lb. 69¢

(Boneless lb. $1.39) U.S. Choice Round Steak lb. $1.29

12 oz. pkg. Swift's Premium Wieners 59¢

All-American Boneless 11-15 lb. avg. (½ Ham lb. $1.69) Swift Fully Cooked Hams lb. $1.59

Old Folk's (2 lb. pkg. $2.57) Whole Hog Sausage lb. $1.29

U.S. Choice Sirloin Steak lb. $1.79
U.S. Choice T-Bone Steak lb. $1.89
U.S. Choice Porterhouse Steak lb. $1.99
U.S. Choice Boneless Rump or Sirloin Tip Roast lb. $1.49
U.S. Choice Cubed Steak lb. $1.79
U.S. Choice Boneless Beef Tenderloin 5-7 lb. avg. (Sliced Free!) Whole (14-17 lb. avg. & 17-20 lb. avg.) lb. $2.79
Armour Whole Pork Loins (Sliced Free) lb. 99¢

Kingsford Frozen Beef Patties 14 oz. pkg. lb. 49¢
Kingsford Frozen Veal Chuck-Wagonn & Pork Patties 16 oz. 89¢
Tasty Bird Frozen Chicken Livers 69¢
Swift's Premium Butterball Turkeys (10-14 lb. avg.) lb. 69¢

Pet-Ritz Cobblers [Apple, Blackb., Strawb., Peach, Cherry 26 oz./79¢
Smucker's Grape Jelly ... 3 lb. jar/99¢

COKE, TAB, SPRITE $1.19 6 - 12 oz. cans

Extra Fancy Red or Golden Delicious Apples 138 Ct. 10/99¢
Snowy White Cauliflower 79¢
Red Tokey Grapes lb. 49¢
New Crop Florida White or Pink Grapefruit 49 size 6/$1
Round White Potatoes 20 lb. bag 99¢

Borden's 16 oz. Cheese Cottage 69¢
Yellow Onions 3 lbs. 49¢
Michigan Celery Stalk 29¢
New Crop Southern Yams lb. 19¢
Foodtown Grade A Large Eggs Doz. 49¢

FOODTOWN COUPON 32 oz. WISK 99¢ Expires 10-18-77
FOODTOWN COUPON Pillsbury 24 oz. All Flavors BUNDT CAKES 99¢ Expires 10-18-77
FOODTOWN COUPON Hellmann's Salad Dressing SPIN BLEND 32 oz. 79¢ Expires 10-18-77
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FOODTOWN COUPON Close-Up Family Size Reg., Mint TOOTHPASTE 89¢ Expires 10-18-77
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FOODTOWN COUPON Hunt's 32 oz. KETCHUP 79¢ Expires 10-18-77
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FOODTOWN COUPON Hunt's 15½ oz. MANWICH 49¢ Expires 10-18-77
FOODTOWN COUPON Betty Crocker All Flavors BOX FROSTINGS #00858 69¢ Expires 10-18-77
FOODTOWN COUPON 6½ oz. ENDUST 69¢ Expires 10-18-77
FOODTOWN COUPON 24 oz. GOLDEN GRIDDLE 99¢ Expires 10-18-77
FOODTOWN COUPON Niagara 22 oz. SPRAY STARCH 69¢ Expires 10-18-77
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FOODTOWN COUPON Easy On 22 oz. SPRAY STARCH 69¢ Expires 10-18-77
FOODTOWN COUPON 48 oz. SANI-FLUSH 69¢ Expires 10-18-77
FOODTOWN COUPON Giant Size #1-482928 AXION 89¢ Expires 10-18-77
FOODTOWN COUPON Waffle & Pancake 16 oz. KARO SYRUP 49¢ Expires 10-18-77
FOODTOWN COUPON 5 oz. Refill 100 Ct. DIXIE CUPS 69¢ Expires 10-18-77
FOODTOWN COUPON Keebler 12½ oz. FUDGE STRIPES 89¢ Expires 10-18-77
FOODTOWN COUPON Keebler 13½ oz. DELUXE GRAHAMS 89¢ Expires 10-18-77
FOODTOWN COUPON Heinz 57 10 oz. STEAK SAUCE 89¢ Expires 10-18-77
FOODTOWN COUPON General Mills 15 oz. CORN FLAKES #00859 59¢ Expires 10-18-77
FOODTOWN COUPON General Mills Cereal COUNT CHOCULA #00859 12 oz. 79¢ Expires 10-18-77
FOODTOWN COUPON Hunt's 15 oz. TOMATO SAUCE 3/$1 Expires 10-18-77
FOODTOWN COUPON General Mills 12 oz. WHEATIES #00858 49¢ Expires 10-18-77
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FOODTOWN COUPON Pillsbury Hungry Jack Buttermilk 2 lbs. PANCAKES 59¢ Expires 10-18-77
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FOODTOWN COUPON 32 oz. HEINZ KETCHUP 69¢ Expires 10-18-77
FOODTOWN COUPON Mrs. Butterworth 36 oz. SYRUP $1.59 Expires 10-18-77
FOODTOWN COUPON LADY SCOTT FACIALS 200 Ct. 2/99¢ Expires 10-18-77

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