

Kay's Kitchen

By Kay Fisher



I'm in luck because the gardens of some of my friends are still producing some of my favorite vegetables, and they are not only producing with the weather, but also with good recipes on how to prepare them.

Others may not be your favorite vegetable, but there are those who like this versatile vegetable. You can fry it, boil plain, with other vegetables, or make into casserole dishes. For those who like okra, try either of these casserole recipes.

well. Wash and trim stems end. Make about a cup of cream sauce and add slurry thickening. When slurry is melted, be sure to add enough cheese to give a good flavor. Don't forget salt and pepper. In a greased casserole put a layer of okra, then cheese, ending with layer of okra. Bake at 350 degrees until bubbly and crusty on top, about 30 minutes.

OKRA SUPREMACY

2 cups cut up okra
1 green pepper, chopped
1 cup onion, chopped
1 large onion, peeled and chopped, or cut into large pieces
salt
Bread crumbs, celery, and onion in butter or margarine for about five minutes. Combine all ingredients and put into a greased baking dish. Dot top with a little brown grease or margarine or seasoning and bake until all juices are gone. Bake in 350 degree oven. Do not add any water at all or you will have tomato-like soup.

OKRA CASSEEROLE

Bake this casserole using amounts of okra and sauce to fit number to be served. It is easy and simple to prepare and serve. Cook okra whole and drain.

SCALLOPED EGGPLANT

1 eggplant, peeled and sliced 1/2 inch thick
2 eggs, well beaten
1/2 teaspoon onion
1/2 teaspoon Worcestershire sauce
1/2 cup cracker crumbs
2 tablespoons corn oil
1/4 cup tomato puree or sauce
1/4 cup grated cheddar cheese
1/2 cup rice eggplant in the beaten egg and margarine for about five minutes. Combine all ingredients and put into a greased baking dish. Dot top with a little brown grease or margarine or seasoning and bake until all juices are gone. Bake in 350 degree oven. Do not add any water at all or you will have tomato-like soup.

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Nicholas County Historical Society reveals long range project for 1978

The Oral History Project and an Arts and Crafts Show and Fine Market, being planned for October, 1978, are the two main projects of the board of directors of the Nicholas County Historical Society. The society is planning to hold both projects, according to John H. Carter, president of the society.

The Arts-Crafts Fine Market project for Nicholas county is only a State Fair winner. This year's winner, Cooke Ament, of the 1977 Kentucky State Fair was presented to Mrs. Jessie Houchens of Mays, Ky.

Births

FRANCE
Mr. and Mrs. The France announce the birth of a daughter, born Sept. 15, 1977 at Central Baptist Hospital, Lexington. She weighed five pounds, nine ounces, and had her baptism, Tonya Lynn.

Material grandparents are Cliff and Mrs. Norma Hancock, both of Cardale; Paternal grandparents are Mrs. and Mrs. Robert France of Mt. Sterling.

JOLLY
Mr. and Mrs. Gary Joe Jolly of Cardale announce the birth of a daughter on Monday, Sept. 12, 1977 at the Nicholas County Hospital. She weighed five pounds, eight ounces and has been named Francis Iona.

SCHILTZ
Mr. and Mrs. Stanley Walden Schiltz of Mays announce the birth of a daughter on Sunday, Sept. 18, 1977 at the Nicholas County Hospital. She weighed seven pounds, eight ounces and has been named Sara Beth.



Letcher truck damaged considerably by fire

The Carlisle Fire Department extinguished a fire about 5:15 p.m. Monday in a late model Ford pickup truck belonging to Howard Letcher. The truck was in the alley behind Carter's Furniture Company when the fire started. Carlisle Fire Chief Robert Barrett said. The fire was caused by a short in the electrical wiring. The fire chief surmised, and considerable damage was done to the vehicle.

Estep named state acting fire marshal

FRANKFORT—State Insurance Commissioner Harold B. McGuffey last week announced the appointment of Bob O. Estep as acting state fire marshal. Estep, 42, a resident of Cynthiana, will serve during the suspension of Fire Marshal Warren Southworth. Gov. Julian M. Carrill suspended Southworth, pending further investigation, after a state report on the fatal Beverly Hills Supper Club in Southgate.

Nicholas FHA holds first meet Friday

The Nicholas County Chapter of Future Homemakers of America held their first meeting last Friday at school. Elections of Chapter Officer and Chapter Mother were held. The meeting was then adjourned. Kay Conley, reporter.

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Spinach or Kale 49¢
Smucker's Whole Sweet Pickles 16 oz. 69¢
Chili W/Beans 39¢
Log Cabin Reg., Complete, Buttermilk 32 oz. 69¢
Pancake Mix 69¢
Red & Golden Cello 2 lbs. Carrots 39¢
White Potatoes U.S. No. 1 10 lb. bag 99¢
Head Lettuce 39¢
Mazola No-Stick 9 oz. 89¢
Betty Cracker 1 1/2 oz. 69¢
Snackin' Cakes 69¢
Glad Wrap 100 ft. 39¢

Stokely Sale
Golden Cream & W.K. 303 can 4/1
Van Camp Pork & Beans No. 2 can 3/1
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Glad Medium 20 Ct. 89¢

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'Adios' party is given

Alicia Sugg was honored by her friends with an "Adios" dinner-party on Saturday night at the home of Miss Kay Conley on Locust Street. The Mexican theme was carried throughout.

Other guests included Misses Mona Fryer, Dana Howard, Donna Hughes, Teresa Woodley, Jackie Chisholmers, Cathy Mitchell, Susan Ritchie, Michelle Knopke and Shelley Gabriel.

Kindergarten parents meet set for tonight

The Carlisle Kindergarten is having a Parent's Meeting Thursday, Sept. 29 (tonight) for those parents who will be having children enrolled in the 1977-78 school term. The meeting will begin at 7 p.m. in the basement of the Nicholas County Library.

Correction made on wedding date

Miss Paula Jean Carter and Daniel Travis Minton will exchange marriage vows at 8 p.m. Friday, Sept. 30. Last week's issue of The Carlisle Mercury inadvertently stated the wedding date to be Sept. 20.

Elementary P.T.A. to have open house Monday evening

The Nicholas County Elementary School P.T.A. will have membership night and open house when they meet at 7 p.m. Monday, Oct. 3, Mrs. Ronald Howard. P.T.A. president this year.

Home Ec Dept. to sponsor adult classes

An adult class on Home Planning and Storage will be held at 7 p.m. on Tuesday, Oct. 4 and Tuesday, Oct. 11 in the Home Economics Department at Nicholas County High School. Mrs. Bonnie Macale and Mrs. Martha Taylor, Home Economics teachers, will be the instructors.

The series of two lessons will include: kitchen planning, kitchen storage, kitchen storage accessories, how to determine and plan storage in the kitchen, ideas for making storage accessories, evaluating your own kitchen, and making plans for your own kitchen.

You may enroll at the first meeting. Babysitting will be provided by Future Homemakers of America and the Carlisle Child Care Clinic. These classes are free and everyone is welcome to attend.

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