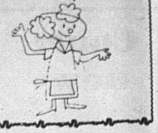
Kay's Kitchen



— By Kay Fisher

If those clothes you so carefully put away last fall feel a bit snug this spring, perhaps a few extra calories are beginning to show. Of course, it could be the change in style, and there is a definite change, or a change in shape. It makes no difference what the excuse, just decide now to do something about it. For that look you long for, just count the calories and stay within those recommended by your doctor.

If you are going to do the dieting on your own, first keep track of how many calories you are now consuming, and then cut back from there.

Here is a recipe for a main dish with only 150 calories per serving. You need only to add a tossed salad and thin sliced bread, (one slice) one pat of butter. Depending on the number of calories you have consumed during the day, you might even be able to add the dessert I'll give. I ran it before but have had several requests for it so this is a good time to reprint it.

FISH WITH VEGETABLES

1 pound of fish fillets (sole or perch)
½ teaspoon salt
1 teaspoon cornstarch
1 tablespoon soy sauce
1 chicken bouillon cube dissolved in ½ cup boiling water
2 tablespoons salad oil
1 tablespoon margarine
½ cup sliced onion
1 cup diced celery
1 cup sliced water chestnuts
1 cup sliced mushrooms

Wash and dry fish on paper toweling. Combine salt, cornstarch and soy sauce. Stir in bouillon cube dissolved in the ½ cup of water; set aside. Heat 1 tablespoon oil and the margarine in heavy skillet, add fish and brown on each side, cooking til done. Time depends on thickness of fillet, it will not take long. When done remove fish to heated serving platter and keep warm. Wipe out skillet and add remaining oil. When hot, add onion, celery, water chestnuts and mushrooms. Cook stirring until crisp tender. (Do not over cook.) Add soy-bouillon mixture and cook, tossing to mix, until vegetables are coated and liquid thickens. Spoon over fillets. Serve immediately. Six servings, approximately 150 calories per serving.

SALAD

Tossed greens (lettuce, spinach, etc.) Use low calorie dressing, or only oil and vinegar. Write all the calories down so you will know which way to go, up or down.

QUICK CHOCOLATE MOUSSE

½ cup semi-sweet chocolate pieces
1 tablespoon water
Dash of salt
½ teaspoon vanilla
3 eggs separated
1/8 teaspoon cream of tarter

in small, medium weight saucepan, put chocolate, water, salt and vanilla. Place over low heat until chocolate is melted; stirring to blend. Remove from heat; add egg yolks, one at a time, mixing well after each addition. Beat egg whites and cream of tartar until stiff; fold in chocolate mixture. Spoon into sherbet glasses. Chill well. Makes 5 servings, approximately 106 calories.

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One important thing to remember when dieting, you, as cook, must keep track of the calories, then when you are ready to serve, keep the meals as normal as possible. By that I mean do not discuss the dieting, and keep food appetizing. If you feel you have been overeating, when setting the table use a smaller plate. Instead of a dinner plate, use a luncheon plate.

If you are a snacker when you cook, keep handy celery and carrot sticks. They are low in calories, but do limit yourself to how many you do eat, and add those calories to your total number for the day. There is no easy way, or Americans would not spend millions of dollars each year on fad diets.

Miss Tincher weds April 1 at Myers

Miss Kathy Dean Tincher, daughter of Paul Tincher of Nicholas County and Mrs. Dollie Mers of Paris, became the bride of Donald Wayne Sexton, son of Mr. and Mrs. George Sexton of Carlisle on April 1, 1978 at the Myers Christian Church. Rev. Thomas J. Gemeinhart officiated at the double ring ceremony.

Given in marriage by her father, the bride chose Mrs. George Sexton, Jr., as her Matron of Honor. George Sexton, Jr. served his brother as best man. Mrs. Kenneth Knapke provided prenuptial music.

Paul Tincher, Jr., brother of the bride served as usher. Mrs. Connie Tincher presided at the guest book.

The reception followed immediately in the Sunday school room. Those serving were Mrs. Darrell Sexton, Mrs. Jerry Hilander, Mrs. Mac Nichols, Jr. and Mrs. Edgar Scott.

John David Tincher, brother of the bride and Steven Paul Tincher, nephew of the bride, distributed rice bags to the wedding guests.

Mrs. Sexton is a 1977 graduate of Nicholas County High School and is employed as secretary in the medical records dept. of the Nicholas County Hospital.

Mr. Sexton attended Nicholas County schools and is employed by Jerry's IGA.

The couple is residing at 215 Dorsey Avenue.

Mr. and Mrs. Donald Wayne Sexton

April McClure celebrates her birthday

Mrs. Alan McClure entertained with a party for April Kerns on April 5 in honor of her fifth birthday. Those present were Travis Sims, Karri Beth Buckner, Todd Wilson, Brad Wilson, Erin Weaver, Nina Donovan, Kristina Sams, Stephanie Ring, Angie Buckner, Stephen Kelley, Gayla Kelley, Heather Hall, Andi Hall, Melody McClure, Sunshine all and Lori McClure.

Cake and ice cream were enjoyed by all. Prizes were won by Heather Hall, Stephanie Ring and Angie Buckner.

Marriage forthcoming April 22

Mr. and Mrs. Rondal Watkins announce the forthcoming marriage of her daughter, Betty Prater to Royce C. Gray of Fleming County. The marriage will take place Saturday, April 22 at 2 p.m. at the home of Mr. and Mrs. Charles E. Watkins.

Announcing the Opening of

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VFW Auxiliary's 'Lite a Bike' is April 22

The Ladies Auxiliary of VFW Post 8666 is sponsoring a "Lite a Bike" Safety Program Saturday, April 22 from 12 p.m. to 4 p.m. in the Southern States parking lot.

They will be putting free reflector tape on bicycles of children of Nicholas County. In case of rain, it will be held inside.

SOCIETY

Licha Farah is honored for birthday

Mrs. Licha Farah and her four children, Licha, Jr., Mary Alicah, Jebron and Rose Ann, entertained with a surprise birthday dinner on Sunday afternoon honoring Mr. Farah's 50th birthday which was on April 17.

Guests included his mother, Mrs. Mariam Farah; his sisters and their families, Mr. and Mrs. Antonios Khalil of Millersburg, and Mr. and Mrs. Ignatius Koury and children; Miss Lena Pumphrey; Mr. and Mrs. A. M. Motouk and son; Mr. and Mrs. James Mann; Mr. and Mrs. Ramez Torbey and family; and Father Herman Kamlage.

Births

SAPP

Mr. and Mrs. Paul L. Sapp announce the birth of a son, born April 12, 1978, at the Good Samaritan Hospital, Lexington.

He weighed nine pounds and nine ounces.

Maternal grandparents are Mr. and Mrs. Rankin Cook of Bourbon County. Paternal grandfather is Mr. Luther Sapp of Paris.

CAMPBELL

Mr. and Mrs. Larry Thomas Campbell of Paris, Kentucky announce the birth of a baby boy born on April 6, 1978 at the Nicholas County Hospital. He has been named Jamie Allen and he weighed seven pounds and nine ounces.

WINTERS

Mr. and Mrs. Danny Carroll Winters of Shelbyville announce the birth of a daughter, born April 5, 1978 at King's Daughters Hospital, Frankfort. She weighed seven pounds, 15 ounces, and has been named Alysha Kelly.

Maternal grandparents are Mr. and Mrs. Chester Gaunce of Mt. Sterling. Paternal grandparents are Mr. and Mrs. Charles Winters of Shelbyville. Maternal great-grandmother is Mrs. Lillian Gaunce of Carlisle.

Miss Beverly Kimes will wed May 6

Mr. and Mrs. Gerald Kimes announce the engagement and forthcoming marriage of their daughter, Beverly Ann to Donnie Gray, son of Mr. and Mrs. Ernest Gray.

Miss Kimes is a 1976 graduate of Nicholas County High School, and is employed at Hansley Mills in Paris. Mr. Gray is employed at Lexington Building Supply.

The wedding will take place Saturday, May 6 at 2 p.m. at the Myers Christian Church.

The custom of open church will be observed.

Mrs. Zachary has dessert-bridge

Mrs. David Zachary entertained with a dessert-bridge at her home on Thursday, April 13.

Guests included Mrs. Billy Clark, Mrs. Jock Conley, Mrs. Bobby McFarland, Mrs. John Allison, Mrs. Custer Blair, Mrs. Jimmy Shaw and Mrs. Lyle Anderson.

Mrs. Conley won high score for the evening of bridge.

Mr. and Mrs. Louis Thompson and children entertained Easter Sunday for their families. Out of town guests were from Bardstown and Louisville. Guests were Mr. and Mrs. Charles Hamilton and family, Mrs. Charles A. Downs and children, Mr. and Mrs. Kenneth Settles and daughter, Mr. and Mrs. Gerald Yates and children, Mrs. Rose Bryant and children, Mr. and Mrs. Eddie Yates and daughter, Mrs Loreen Thompson, Mr. and Mrs. Ronnie Thompson and children, Mr. and Mrs Dannie Thompson and children, Mr. and Mrs. Freddie Thompson and son, Mr. and Mrs. Charles Downs, Jr., Mrs. Polly Winnager and daughter, Miss Donna Faulkner, and Mrs. Gertie Yates was released from University of Kentucky Medical Center to spend the day with her family.

Mrs. Sylvia L. Creech and Lamar Mann of Carlisle were the dinner guest of Mrs. Ann Holland, Paul, Pam and karen Ann Garrett of Frankfort. They were later joined by Mrs. Jimmy Purcell, Jr. and Mrs. Jim Purcell, Sr. of Paris and Marlin Dean of Frankfort. They all attended the Mel Street and Billy Thundercloud Concert at the Sports Center.

Mr. and Mrs. Calvert Asbury of Paris have returned home after spending several days with her sister, Mrs. Joe Sapp.

Miss Fleet Allison spent Friday and Saturday at Cedarmore-Bagdad where she attended the Kentucky Conference United Methodist Women Spiritual Life Retreat.

Miss Selma Watkins, Lexington, returned home last Thursday from Miami, Fla. where she successfully underwent eye surgery on April 7. Her parents, Mr. and Mrs. Charles Watkins, of Paris, accompanied her to Miami. Mr. Watkins returned home after a few days. Her mother stayed the entire time and returned home with her on Thursday.

Judy Mansfield, of Marina Delray, Calif. was a visitor in Carlisle last week. She was here to attend the funeral of her grandmother, Mrs. Katie M. Greene.

Mrs. William C. Blake, the former Louise Farris, remains a patient in a Cincinnati hospital where she underwent major surgery on April 13. Mr. Blake also formerly of Carlisle is the son of Mrs. Ellen Blake.

Russell Ray Stump of Lake Helen, Fla. was a visitor in Carlisle on Monday.

Mrs. J. M. Pitman of Lexington visited friends in Carlisle on Sunday.

Miss Lisa Nutini of Lexington was a guest Sunday of her uncle, Warren Fisher and Mrs. Fisher.

Mrs. Nancy Shaw and Mrs. Allie Clinkenbeard have returned home after a two week holiday in Hawaii.

Herbs topic of meet

The Carlisle Garden Club held its monthly meeting Monday, April 16 in the club room at the Library.

Members of the Program Committee, Mrs. Joe Smart, Mrs. W. J. Irvin, Mrs. Lovell Hollar and Mrs. Eugene Neal served as co-hostesses.

Mrs. Ramona Wilson presided assisted by Miss Mary Lois Campbell. Mrs. W. J. Clark conducted the business and Miss Mary Lois Campbell gave the spiritual values, reading Song of Solomon 2:11-12.

The program subject was "Herbs". Mrs. Irvin introduced the leaders and told how herbs had been used throughout history, and how they were making a comeback as women were raising their own herb gardens. Mrs. Manuel Crawford talked on herbs used for medicinal purposes. Mrs. James Williams illustrated the use of herbs in cooking. Mrs. Grimes Caywood showed the members the herbs and dried rose petals grown in her garden. Members participated in quiz games on the names and aromas of different herbs and spices.

The refreshments carried out the theme of the program. They consisted of sandwiches of cottage cheese and chives, nut bread, sesame shortbread, curried chicken in oregano cream puffs with a choise of Jasmine, rose hip, and spiced teas.

Mrs. Judy Bullington to have program

The Carlisle Community Woman's Club will hold its regular meeting Monday, April 24 at 7:30 p.m. at the home of Mrs. Harold Letton.

The Fine Arts department will be in charge of the program with Mrs. Judy B. Bullington presenting a program on the fine art of weaving. Mrs. Charles Hopkins will present the spiritual values.

Mrs. W. W. Cook and Mrs. Wayne Shumate will serve as co-hostesses.

Tacy Earlywine celebrates birthday

Miss Tacy June Earlywine celebrated her fourth birthday Tuesday, April 11 with a party given by her parents, Mr. and Mrs. Eddie Earlywine.

Guests present were Mrs. Catherine Allison, Mrs. Myrtle Ledford, Mrs. Joe P. Blount and Sarah, Mrs. Billy Allison, Mr. and Mrs. Mike Phillips, Ray and Pat, Mrs. Bobby Fryman, Robyn, Becky and Kristi. Mr. and Mrs. Bill Allison visited his granddaughter later.

Republicans attend political meeting

Mrs. Jake Earlywine, Jr. and Mrs. Paul Donovan attended the Republican Party State Convention held Saturday, April 8 at the Sports Center in Frankfort.

Main speakers of the day were: Republican Senator Owen Hatch of Utah and Lee Nunn, chairman of the Republican Party of Kentucky.

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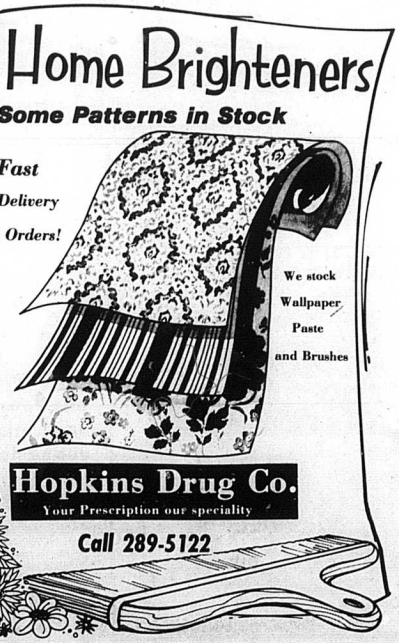

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Miranda Club meets April 12

The Miranda club held their meeting Wednesday night at the new home of Mrs. Cecil Smart. Eighteen members and Mrs. Margie Wilson attended. The devotional was read by Mrs. Walter Kendall. Gina Allinson called the roll and read the minutes. Plans were made to work at the crafts and food sale May 5. Several volunteered and Mrs. Albert Vice will make a poster.

It was decided the club will take a trip Saturday, April 29 to the Lexington Civic Center for lunch, shopping, or just to browse around. All members will meet at IGA parking lot and take off at 9:30 a.m.

Window treatment will be our next lesson given April 20 at 7 p.m. at the Extension office.

Refreshments were served by Mrs. Cecil Smart, hostess. Meeting adjourned at 9:30 p.m.

New members are welcome regardless of race, color or creed.

KEA encourages school calendar 'suggestions' consideration

LOUISVILLE — The Kentucky Education Association (KEA) board of directors says school calendar "suggestions" for next year sent by the State Department of Education to local school superintendents appear to be "mandates" rather than suggestions, and the KEA board opposes such mandates.

"Since the school calendar is a local concern, which reflects local situations and local needs, we hope local school leaders will consider the education department's list as suggestions only, not as requirements," said KEA president Wayne Harvey.

Among the "suggestions" mentioned by the education department to make certain that instructional needs are met in case bad weather or an energy crisis forces the closing of schools for many days next year is one that opening day, closing day, and in-service days be scheduled for Saturday.

"This could make it impossible to pursue worthwhile activities such as inter-school visitations as a means of improving instructional performance," to and gets as many pledges as he wishes. At the end of the four-week program, a drawing will be held to award prizes to the children who complete the program and their participating schools.

Rick Robey of the University of Kentucky basketball team serves as the Eastern Kentucky READ-a-thon chairman.

Mr. Harvey noted.

The education department's memo to superintendents said, "School districts should begin to think in terms of the school year beginning on or around August 10, 1978, and ending June 8, 1979." School would end by May 3, 1979, unless days were missed "because of inclement weather or other problems."

Noting the early starting date suggested and the possible late closing date, the KEA board directed Mr. Harvey to "relate to the State Board of Elementary and Secondary Education that if schools must start so early that state funding be provided to air-condition every classroom."

"The KEA leadership," he said, "thinks teachers should begin now to become involved in calendar development for 1978-79. Most important, they should consider these 'suggestions' from the education department only as 'suggestions,' since no law was passed by the General Assembly to enforce them and no regulations have been approved by the State Board of Elementary and Secondary Education to require them."

375 local students in READ-a-thon

Area children are involved in an intensive program to improve their reading skills while helping to combat disease in the Multiple Sclerosis READ-a-thon. Registration has ended for the program aimed at increasing reading among elementary and junior high school students in the area.

Following the lead of school systems throughout the country, over 375 students from Nicholas County schools are participating in the program.

Each child who registered received an MS READ-a-thon kit. The child now reads books of his choice at or above his reading level and obtains pledges from his family, friends and neighbors. The child reads as many books as he cares

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U.S. Choice Sirloin Steak lb. $1.99

U.S. Choice T-Bone Steak lb. $2.19
U.S. Choice Porterhouse Steak lb. $2.29
U.S. Whole Beef Sirloin Tip Roast (10-12 lb. avg.) lb. $1.59
Fresh Mixed Chicken Parts lb. 59¢
Fresh Chicken Breast or Leg Quarters lb. 79¢
Armour Veribest Boston Butt Pork Roast lb. 89¢
Sliced Pork Steak lb. 99¢

Tone Bar Soap 4 pk. 4/$1.00
Purina Cat Chow 5 lb. bag $1.69
Hunt's Tomato Sauce 15 oz. 39¢
Smucker's Hamburger Dill Slices 16 oz. 49¢
Ajax Cleanser Giant Size 3/$1.00

Pic Sweet Frozen Vegetables 10 oz. 3/$1.00
Armour Treet 12 oz. can 89¢
Aunt Jemima Syrup 24 oz. 99¢
Aunt Jemima Complete Pancake Mix 2 lbs. 69¢

Blue Bonnet Stick Margarine lb. pkg. 49¢

Cabbage lb. 15¢

Florida White or Pink Grapefruit 5 lb. bag 79¢

(3 lbs. or more)
Fresh Ground Chuck lb. $1.19
Sliced Bacon Swift's Premium lb. $1.49
Swift's Premium Wieners 12 oz. pkg. 79¢
Mild or Hot (2 lbs. $1.97) Ballard Farm Sausage lb. 99¢
Armour Boneless, Fully Cooked Speedy-Cut Ham lb. $1.59
Florida Celery Stalk 49¢
Wash. Golden Delicious Delicious Apples 3 lb. bag 99¢

Purex Bleach Gal. 59¢

Scottowels Jumbo Roll 59¢

Bush's Sale

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Everfresh Glazed Donuts 14 oz. 69¢
Chef Boy-Ar-Dee Spaghetti Sauces 16 oz. 59¢

Merico 9½ oz. Cinnamon Rolls 39¢

Smucker's 32 oz. Strawberry Jam $1.29

Downy 96 oz. Fabric Softener $2.39

Dawn Dish Liquid 22 oz. 79¢
Morton House Heat N Serve Dishes 12½ oz. 69¢
Field Trial Chunx Dog Food 25 lb. bag $3.29
Seald Sweet Indian River Grapefruit Juice 46 oz. 59¢
Post 40% Bran Flakes 16 oz. 69¢

Borden Singles American 12 oz. 99¢
Frozen Pizzas Chef Boy-Ar-Dee 14 oz. 89¢
Premium Saltines lb. box 39¢

Lux 12 oz. Dish Liquid 49¢

Chef Boy-Ar-Dee 19¼ oz. Spaghetti Dinner 89¢

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