Kay's Kitchen

— By Kay Fisher —

If I didn't write sometung about zucchini, one might think it was not my favorite summer vegetable, and winter one if I'm lucky enough to have enough to freeze. So remember if I come out with zucchini recipes in mid-vinter, I will be using the extras I had this summer. Really any vegetable or fruit in season gets praise from me. Try these recipes, they might be a bit different and enjoyed by your family.

SQUASH CASSEROLE

2 cups squash, use any kind, yellow, green or white
2 tablespoons minced onion
3 tablespoons melted margarine
3 eggs, beaten
Salt and pepper to taste
1 cup milk
1½ cups dry bread crumbs

Combine first four ingredients, combine milk and 1 cup bread crumbe. Then combine all together and put in buttered casserole, top with ¼ cup crumbs and dot with more margarine. Bake 30 minutes at 350 degrees.

BROCCOLI-ZUCCHINI BAKE

2 cups chopped fresh broccoli
2 cups chopped unpared zucchini, if young and tender, otherwise peel
½ cup chopped onion
1 clove garlic, minced
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
2 tablespoons snipped parsley
½ teaspoon salt
½ teaspoon oregano, crushed
¾ cup milk
1½ cups cream-style cottage cheese
8 ounces spinach noodles, cooked, drained, and buttered. If not available in your area, use thin noodles.
Grated parmesan cheese

In medium saucepan, cook broccoli and zucchini together, covered, in a small amount of boiling salted water till tender, about 8 to 10 minutes; drain well. In large saucepan, cook onion and garlic in butter or margarine till onion is tender but not brown. Blend in flour, parsley, salt and oregano. Add milk all at once. Cook and stir till thick and bubbly. Add cottage cheese. Cook and stir till cheese is nearly melted. Stir in cooked vegetables. Heat thoroughly. Serve over cooked noodles. Top with parmesan cheese.

ZUCCHINI RELISH

Remove most of peel and all seeds from zucchini.
10 cups ground zucchini
4 cups ground onion
4 sweet peppers, ground
1 hot pepper, optional

Mix all together with 5 tablespoons salt. Let stand overnight. Run cold water over mixture and drain in colander.

Prepare 5 cups sugar, (too sweet for us)
3 cups vinegar
1 teaspoon tumeric
1 teaspoon dry mustard
1 teaspoon black pepper
2 teaspoons celery seed (tie in bag)
1 tablespoon cornstarch

Mix all together and bring to a boil. Remove celery seed bag. Turn into sterilized jars and seal.

In grinding the ingredients, use coarse blade. It is not absolutely necessary to tie celery seed in bag. I don't mind the celery seed in relishes and pickles.

ZUCCHINI-GRANOLA COOKIES

¾ cup butter
1½ cups brown sugar
1 egg
1 teaspoon vanilla
Grated rind of 1 orange
3 cups grated zucchini
3 to 3½ cups flour
1 teaspoon soda
1 teaspoon salt
3 cups granola cereal
1 cup butterscotch chips or chocolate chips

Cream butter and sugar in large bowl. Then add eggs, vanilla, orange rind and zucchini.

Stir flour, soda and salt into the bowl. Add granola and stir, then add chips. Dough should be sticky. Drop by spoonfuls on cookie sheet. Bake at 350 degrees for 12 to 15 minutes.

Mr. and Mrs. Bud Curtis have 25th anniversary

Mr. and Mrs. Bud Curtis, of Fairview, celebrated their 25th wedding anniversary with an open house and reception. The affair was hosted by Mr. and Mrs. William R. Graves of Bellbrook, Ohio, Mr. and Mrs. Robert L. Graves, Mrs. Reuben Graves, of near Fairview, and Mrs. Jerry Ginnan, of Beattyville, family of Mrs. Crutis. Assisting them were Miss Angie Curtis, daughter of couple, Mrs. Greg Land, of Richmond, Miss Marilyn Ginnan and Jeff Ginnan, of Beattyville, and Robbie Lee Graves, of near Fairview.

Bud Curtis and Miss Louetta Graves were married at the Fairview Christian Church on July 26, 1953. Bro. Bernie Golland officiated at the ceremony, but was unable to attend.

All members of the wedding party were present except Mrs. Curtis' father, the late Reuben Graves, and Emmitt Adamson, usher. Members present were: Gordon Curtis, bestman, of Hebron, William R. Graves, usher, Bellbrook, Ohio; Mrs. Norme Ginnan, matron of honor, Beattyville, Mrs. Roy (Helen) Thomas, soloist, and Mrs. Forrest (Lucy) Donovan, pianist, both of Flemingsburg.

The table was decorated with a tiered cake topped with a silver "25" decoration, flowers and silver candle holders with white candles. Refreshments of cake, punch, nuts, and mints were served the guests.

The couple received many nice gifts and cards.

Others attending not mentioned above were: Chris Land, Beattyville and Mr. and Mrs. Russell Curtis, Carlisle.

Mr. and Mrs. Everett O'Daire, of Cincinnati, Ohio; Mrs. Gordon Curtis, Melissa and Melinda, of Hebron; Mrs. Victor Dunn and Vicki Jo, Mrs. Alva Lawrence, of Georgetown; Mrs. Paul Curtis, Mrs. Beulah Curtis, (Mr. Curtis' mother), Jackie, Kelli, and Terri Flaugher, of Covington.

Mr. and Mrs. Leroy Lippert, Rusty and Mary, of Alexandria; Mr. Carroll E. Graves, of New York, New York; Mrs. Christine Dwelley, of Carlisle; Mr. and Mrs. Stanley Ham; Mr. and Mrs. William R. Hunter and Melissa, of Blue Licks; Mr. and Mrs. Nelson Fryman, of Ellisville; Mr. and Mrs. Delmar Earls, Dixie and Benny, Frank Lyons, Chad Winters, Mr. and Mrs. Ted Miller and Sherri, Mrs. Homer Graves, Roy Thomas, Flemingsburg; Mr. and Mrs. Darrell Miller, of Elizaville; Mr. and Mrs. Glenn Mason, Mr. and Mrs. Kenneth Stockdale, of Maysilck; Mr. and Mrs. Shelby Osborne, Lisa and Roy East, Jr., of Maysville.

Mrs. Anna Ryon, Mrs. Goldie Jackson, Mrs. Audrey Tumey, Mrs. Debbie Pepper, of Ewing; Miss Paige Hilton, of Germantown; Mr. and Mrs. Carl Graves, Roger Helphinstine, Mr. and Mrs. Alton Craig, Mr. and Mrs. Ted Craig, Mrs. Elza Hamilton, Mrs. Charles Barnett, Mr. and Mrs. Ronnie Dryden, Ronna and Billy, all of Route 1, Ewing, Mr. Howard Curtis, of Maysville, Bro. Jim Glascock, Ohio.

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Coatney's Ice and Meat Processor

1930 class reunion held on Saturday

The 1930 Carlisle High graduating class held a class reunion on Saturday, Aug. 19, at 2 p.m. in Marshall's Restaurant.

Members present were: Harry Galbraith, Hallye Griffin, Calvin Darnall, George Dale, Lovell Hollar, Charley McCann, Elizabeth (Irvin) Judge, Charles G. Talbert, Lois (Smith) Allison, Geneva (Laughlin) Jennings, and Ruth (Elrod) Anderson.

Others present were: Mrs. Harry Galbraith, Mrs. Calvin Darnall, Mrs. Charles Talbert, Mrs. Lovell Hollar, Mrs. Charley McCann, and Mrs. Miranda (Storey) Wilson.

Motion was made and carried that the class will have its next reunion in two years on third Saturday in August 1980.

Miss Susan Peters

Engagement announced

Mr. and Mrs. Henry C. Peters of Carlisle wish to announce the engagement of their daughter, Susan, to William "Rocky" Roberts, son of Mr. and Mrs. William E. Roberts of Sharpsburg. No definate wedding plans have been made.

Eight persons complete CPR examination

Eight persons successfully completed the American Heart Association Resuscitation and Emergency Care Course in CPR on Aug. 8-9. They passed the performance and written examination for Basic Rescuer. They are: Adi Dodge, Kay Conley, Michelle Knapke, Kathy Lyons, Sally Jones, Libby Clark, Reba Wills and Edith Rich.

Damon K. Booth earns 4.0 standing

Damon Kimball Booth received a perfect 4.0 grade average for the spring semester at Morehead University. Damon is the son of Mr. and Mrs. Kimball Booth of Carlisle. Also named to the dean's list were Tresia P. Hamilton who finished with a 3.69 standing and Gregory L. O'Bannon who had a 3.82 standing.

Miss Annette Pryor

Miss Pryor will wed in October

Mr. and Mrs. Asbury McGuffey, Jr. wish to announce the engagement and forthcoming marriage of their daughter, Annette Marie Pryor to Donnie Ray Jackson, son of Mr. and Mrs. Earl Jackson, Sr. of Millersburg.

The wedding will be an event of October 21 at 3 p.m. at the Campbell House Inn on Harrodsburg Road in Lexington.

All friends and relatives are invited.

Class of '53 celebrates

Kimball Booth's home was the site of a jubilant get-together as Mr. Booth and the 1953 graduating class of Carlisle High School celebrated their 25th-year reunion. They are from left, front row: Jeanette Gudgell, Helen McGinley, Marilyn Wynia, Roberta Darbo, Pat Cox; 2nd row, Annette Fiera, Carol Caswell, Helen Ruble; 3rd row, Charles Carter, Ben Donavon, Jim McGinley, and Kimball Booth. Those graduating but were unable to attend were: John Allison, Herman Bretz, Aven Hicks, Gilbert Logan, Bill Story, Lucy Stigall, Willa B. Joyce, Kenneth Vice, and Janet Mattox, deceased. — Jean Ann Kerr

Garden Club met Aug. 21 at Library

The Carlisle Garden Club met Monday, Aug. 21, at the Library, with Mrs. Margie Wilson and Mrs. Manuel Crawford as hostesses.

Miss Ernestine Eads gave the spiritual values. She read scriptures pertaining to nature, and a poem by Margaret Mints closing with prayer. Mrs. Margie Wilson had charge of the program. She showed slides from the National Garden Clubs called "Beauty Is Created".

These inspired members to do more to beautify our own community. Mrs. Ramona Wilson, president, presided over the business meeting.

The hostesses served a dessert plate and coffee to the 14 members present.

Ms. Brenda Whitaker

Whitaker wedding is Aug. 25

Ms. Brenda Carol Whitaker, Cynthiana announces her forthcoming marriage to Larry W. Mattox, son of Mr. and Mrs. Charles Mattox.

The wedding is to be an event of Friday, Aug. 25, at 7 p.m. at First United Methodist Church, Paris.

Ms. Whitaker is employed at Safety Specialty in Cynthiana. Mr. Mattox is self-employed as a brick layer.

Following the wedding, the couple will reside in Cynthiana.

All friends and relatives are invited.

Square dance lessons offered at Paris Y.M.C.A.

The Paris Promenaders Square Dance Club will be sponsoring a class in the basics of Western Square Dancing for Beginners at the Y.M.C.A. at Paris. The lessons will be given on Monday evening at 7:30-10:00 p.m. and will run for 25 weeks. The first three lessons on, Aug. 28, Sept. 11 and 18, will be free trial sessions with no obligation.

The Promenaders cordially invite everyone that might be interested in square dancing to please come and give it a try. Any age, above junior high is welcome. Square dancing is excellent exercise, fun, and easy to learn. No prior dancing experience is necessary.

The classes, again, will be taught by Cullen Smith, well-known caller from Lexington.

For more information, please call the Y.M.C.A. or the following numbers 987-3312 or 987-6992.

SOCIETY

Mr. and Mrs. James T. Clay of Wendell, N.C. were weekend guests of Mr. and Mrs. Taylor Snelling.

Raymond Crawford and son Richard of Camarillo, Calif. have been guests of Mrs. Willie Swarts.

Mrs. Mike Phillips, Ray and Pat were weekend guests of her parents, Mr. and Mrs. Wilford Kinght of Roberts, Ky.

Bill Young of Norfolk, Va. spent the weekend with his parents Mr. and Mrs. Nathan Young.

Mr. and Mrs. Durwood Curtis of Kettering, Ohio were weekend visitors in Carlisle.

Miss Hallye Gillespie is a patient at the St. Joseph Hospital, Lexington.

Mrs. Cincy Hile and son Todd of Dayton, Ohio visited their grandmother Mrs. Leona Bell this past weekend.

Mr. and Mrs. Elmer Feeback, Newport News, Va., spent the past week with Mr. and Mrs. Robert T. Feeback.

On Wednesday the four went to Cincinnati to visit Mr. and Mrs. Matthew Feeback.

Sunday dinner guests of Mr. and Mrs. Robert T. Feeback were, Mr. and Mrs. Elmer Feeback, Newport News, Va., Mrs. Lillian Furgerson, Mrs. Kathleen McClanahan, Xenia, Ohio. Miss Katherine Wells and Mr. and Mrs. Ralph Taylor, Carlisle.

Dr. and Mrs. Frank Mathias of Dayton, Ohio are spending some time at their cottage at Lake Carnico.

Mrs. Frank Gudgell is a patient at Harrison Memorial Hospital, Cynthiana.

Miss Jane Griffith left Monday to resume her studies at Morehead University after visiting with her grandmother Mrs. Hicel Asbury. Miss Griffith's house-guest, Miss Jennifer Dickinson of Carlisle, Penn. also left Monday for her home.

Courier-Journal and Times to publish weekly tabloid

A new, weekly newspaper tabloid — called The Consumer Extra — will be started on Sept. 12 by The Courier-Journal and The Louisville Times.

The 12-page product will be published each Tuesday and will be delivered by mail. The subscription rate is $3.25 for 13 weeks, $6.00 for six months, or $11.00 a year. Single copies will be available at the newspaper building for 35 cents.

The Consumer Extra is the first result of efforts by the Louisville newspapers to determine if there is a demand by readers for special-interest publications, sometimes called "tailored newspapers". Last spring, eight test issues of The Consumer Extra were delivered to 7,500 selected newspaper subscribers. A survey of those subscribers produced positive results and a consensus that many readers are seeking specialized information not contained in the newspapers on a daily basis.

The new product will contain locally written and syndicated columns and articles on everything from travel, food, clothing and gardening tips to hints on energy saving and information on how to shop for various items and services. Regular columns will include household repair information, real estate guidelines, food and drug purchasing, hints, aid on coping in retirement, automobile purchase and maintenance tips, and local and federal tax information.

Initially, The Consumer Extra will contain no advertising.

Carol Sutton, former managing editor of The Courier-Journal and now assistant to the publisher, will direct the preparation of the tailored product. For the past two years, she has been studying the concept for such a publication to determine if there is reader demand.

THE CARING CORNER

"But solid food is for the mature, for those who have their faculties trained by practice to distinguish good from evil." (Hebrews 5:14)

FOOTBALL FEVER . . . . I'm catching it! Sitting with several other pre-season spectators the other evening, we watched the high school team go through their drills. Dr. Sheehan, a heart specialist in New Jersey told me, "The weakest among you can participate in athletics, but only the strongest can survive as spectators. This fall when you become a football spectator rather than a player, the wrong things go up, and the wrong things come down. Your body weight, blood pressure, heart rate, and cholesterol will go up and your oxygen consumption, flexibility, stamina, and strength will go down!"

Being an onlooker in the arena of Christian living is also risky. The wrong things go up, and the wrong things come down. Criticism, discouragement, disillusionment, and boredom go up. Sensitivity to sin, human need, and the Word of God go down. There is no substitute for cutting out your own path of peace, piling up your own experiences of faith, and using your God-given abilities in behalf of others.

Don't settle for watching others develop a heart for God. Nothing beats getting in there yourself. It's worth the clammy hands, the butterflies, and the anxious moments. If you are to be an effective and useful person, you must venture out in faith. Only "by practice" can your spiritual powers be used to "distinguish good from evil". Remember, you are taking a great risk in being only a spectator.

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U. S. Choice Shoulder Steak $1.19 lb.
U. S. Choice Beef Rib Roast $1.89 lb.
First 3 Ribs $1.99

Armour Reg. Thick. Beef **Bologna** 12 oz. 99¢

Armour **Hot Dogs** 12 oz. 89¢

Armour Sliced **Bacon $1.29 lb.**

Armour **Canned Hams** 5 lbs. $8.99

6/12 oz. cans Lemon Valley Lemon Drink $1.29

Armour Gold Band Turkey Breast 4 to 6 lb. avg. $1.19 lb.
Cagle's Fresh Grade A Mixed Chicken Parts 58¢ lb.
Tasty Bird Frozen Chicken Livers 79¢ lb.

Tennessee Pride Country Sausage $1.39 lb.
2 lb. pkg. $2.77

Armour Veribest Pork Chop Sale 1st. Cut $1.39 lb. ◆ Center Rib $1.59 lb. ◆ Center Loin $1.69 lb.
¼ Pork Loin 9-11 Chops $1.39 lb.
Fresh Pork Country Style Ribs $1.39 lb.

Produce

18 ct. California **Cantaloupe 59¢**
2½ inches & up **Peaches** 3 lbs. 99¢
Michigan **Celery** large bunch 49¢
New Crop Yams or White Sweet Potatoes 39¢ lb.
Thompson Seedless White Grapes 79¢ lb.
Michagin Carrots 2 lb. bag 49¢
Italian Prune Plums 39¢ lb.
California Green Onions 2/39¢
Radishes 6 oz. 2/39¢

FOODTOWN COUPON — Betty Crocker 16½ oz. Potato Buds 69¢ #32931 — EXPIRES 8-29-78
FOODTOWN COUPON — Glad 15 ct. Garbage Bags 89¢ #HP648 WITH COUPON — EXPIRES 8-29-78
FOODTOWN COUPON — 7 oz. Bugles 2/79¢ #43096 — EXPIRES 8-29-78
FOODTOWN COUPON — Betty Crocker 7 oz. Hamburger Helpers #43097 2/99¢ 8 Varieties per family — EXPIRES 8-29-78
FOODTOWN COUPON — 8 oz. Trix 59¢ #43097 — EXPIRES 8-29-78
FOODTOWN COUPON — Pepsodent 4.6 oz. Toothpaste 59¢ — EXPIRES 8-29-78
FOODTOWN COUPON — Phase III Aqua 5 oz. Pink 3/$1.00 — EXPIRES 8-29-78

COUPON SAVINGS

FOODTOWN COUPON — 50 oz. Dish All $1.49 — EXPIRES 8-29-78
FOODTOWN COUPON — Aerosol 9 oz. Old English 69¢ — EXPIRES 8-29-78
FOODTOWN COUPON — 128 oz. Wisk $4.49 — EXPIRES 8-29-78
FOODTOWN COUPON — 14 oz. Elfwich Cookies 69¢ — EXPIRES 8-29-78
FOODTOWN COUPON — 9 oz. Mazola No Stick 99¢ — EXPIRES 8-29-78
FOODTOWN COUPON — Betty Crocker Big Batch 32 oz. #32931 Cookie Mix $1.39 3 Varieties — EXPIRES 8-29-78
FOODTOWN COUPON — 96 oz. Final Touch $2.49 — EXPIRES 8-29-78
FOODTOWN COUPON — Southern Salads 8 oz. Pimento Cheese 69¢ — EXPIRES 8-29-78
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FOODTOWN COUPON — Gold Medal 5 lbs. Self Rising Plain Flour 49¢ #32931 — EXPIRES 8-29-78
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FOODTOWN COUPON — 5 oz. Hunt's Snack Pack 59¢ 11 Varieties — EXPIRES 8-29-78
FOODTOWN COUPON — 10 oz. Cheerios 49¢ #43097 — EXPIRES 8-29-78
FOODTOWN COUPON — 32 oz. Hellman's Spin Blend 89¢ — EXPIRES 8-29-78
FOODTOWN COUPON — Sunshine 11 oz. Vanilla Wafers 39¢ — EXPIRES 8-29-78
FOODTOWN COUPON — 200 ct. Lady Scott Facials 2/99¢ — EXPIRES 8-29-78