

Open House Feb. 12 honors anniversary

Mrs. James H. Williams Jr. and Billy Marvin Gaddell, Cynthiana, will entertain with an open house Sunday, Feb. 12 from 2 to 4 p.m. at the Carlsle United Methodist Church Annex in celebration of the 50th wedding anniversary of their parents, Mr. and Mrs. Frank Gaddell.



Mr. and Mrs. Frank Gaddell

SOCIETY

Frank L. Ballard was taken to Nicholas County Hospital Sunday evening after suffering a heart attack at the home of his daughter, Mrs. Ben Pumpfary and Coach Pumpfary. He remains a patient here for observation.

A. M. Melock was admitted to the Nicholas County Hospital Sunday where he remains a patient for treatment and observation.

Miss Mary Jane Griffith, a student at Morehead State University was the weekend guest of her grandmother, Mrs. Hicel Ashby.

James C. Marshall Sr. was admitted to the Veterans Administration Hospital, Louisville on Jan. 26 where he submitted to surgery on Monday, Feb. 6. He will remain two weeks for observation.

Mrs. Marion Donovan returned home Thursday after a week's stay at Nicholas County Hospital.

Mr. and Mrs. Teddy Shaw, Lake Carrico, have returned home after a vacation in Florida.

Mr. and Mrs. Marshall Cox and home of his daughter, Mrs. Ben Pumpfary and Coach Pumpfary. He remains a patient here for observation.

Mr. and Mrs. Larry Gabriel and daughter, Ann Roberts, of Worthington, Ohio spent the weekend with her parents, Mr. and Mrs. George Roberts.

Mr. and Mrs. Robert Caswell and Tony of Tampa, Fla. and Mrs. Roy Caswell of Carlsle spent the weekend in Jacksonville, Fla. Visiting Rev. and Mrs. Kenneth Phillips and Miss Vella Holler who is a patient at Jacksonville General Hospital.

Miss Mary Jane Griffith, a freshman at Morehead State University, has been named to the Dean's List for honors in the School of Business and Economics for the fall semester of 1977.

She is the daughter of Col. and Mrs. Gerald S. Griffith of Harker Heights, Texas and the granddaughter of Mrs. Hicel Ashby of Chestnut St.

Mr. and Mrs. Clifton Luman Jr. of Mt. Olive, announce the birth of a son to the Nicholas County Hospital on Saturday, Jan. 28, 1978. He weighed seven pounds, nine ounces and has been named Clifton Eric.

College tuition remains same for state students

FRANKFORT—No tuition increases are expected in the immediate future for Kentucky students at state colleges, said Harry Snyder, executive director of the Council on Higher Education, said today at an Appropriations and Revenue Committee hearing on the budget.

Mr. Snyder said, "We hope to avoid tuition increases for students of Kentucky during the next biennial (1979-1980 budget period)." He said, however, that increasing tuition for non-Kentucky students to at least the level of universities considered comparable to Kentucky is anticipated.

Mr. Snyder said there is about a \$300 difference between what Kentucky charges non-residents and what comparable out-of-state institutions charge non-residents.

Kay's Kitchen

By Kay Fisher



During the worst part of our January weather, I was snowbound, so I spent a great deal of my time in the kitchen. It was the warmest place in the house. I took advantage of that time, tried a lot of recipes, and made some new ones.

When I heard that bread was in short supply in the grocery stores, I turned to making bread. Though I made several loaves of yeast bread, the quick breads really won out. They are just what the name implies, quick. If you decide to have hot bread for breakfast, lunch or dinner you can make and serve it in 30 to 45 minutes. Quick breads are bread that have as their leavening agent baking powder, and, or baking soda.

From a basic muffin recipe several different kinds of muffins can be made. The same is true of a basic biscuit recipe. The important thing to remember when making muffins is to add the liquid ingredients all at once to the well mixed dry ingredients, and go lightly on the mixing. Over mixing can cause muffins to be tough. Use a light hand when kneading biscuits. A little light, gentle kneading will get the biscuit dough in shape for rolling out and cutting.

Here is a basic recipe for muffins and also one for basic biscuits.

BASIC MUFFINS
1 1/2 cups all-purpose flour
1/4 cup sugar

2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 beaten egg
1/2 cup milk
1/2 cup cooking oil

In a mixing bowl thoroughly stir together the dry ingredients. Combine the egg, milk, and oil; add liquid to the dry ingredients and stir just till moistened. Fill greased muffin pans 1/2 full. Bake 400 degrees for 20 to 25 minutes or until golden brown.

BASIC BISCUITS
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
1/2 cup milk

In mixing bowl thoroughly blend together the dry ingredients. Cut in the shortening until mixture resembles coarse crumbs. Make a well in dry ingredients and add liquid all at once. Mix together just until dough clings together. Turn out on floured board and knead gently a few strokes. Roll or pat the dough to 1/2 inch thickness, cut with biscuit cutter in desired size. Bake in 400 degree oven about 12 to 15 minutes, or until golden.

To make whole wheat muffins you may substitute 1/2 cup whole wheat flour for all purpose flour. Add 1/2 banana, or cheese. The main thing is to sour cream, and 1 do.

keep the dry ingredients together, then add liquid and stir very little. Just enough to mix.
If you want to branch out, try the following bran muffin recipe. It is different and delicious.

BRAN MUFFINS
1 cup whole bran cereal
1 cup all-purpose flour
2 teaspoons wheat germ
1 teaspoon salt
1 teaspoon baking soda
1 beaten egg
1/2 cup buttermilk
1/2 cup packed brown sugar
1/2 cup cooking oil
2 tablespoons honey

In mixing bowl, thoroughly stir together bran cereal, flour, wheat germ, and baking soda. Make a well in dry ingredients. Combine egg, buttermilk, the brown sugar, oil, and honey; add to dry ingredients, stirring just to moisten. Fill greased muffin tins two-thirds full or bake in 400 degree oven about 15 minutes or till done. One dozen muffins.

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If you like sour cream try this. Cook fresh tender cabbage that has been shredded, not too fine, until tender. Drain, salt lightly and add just enough sour cream to coat the cabbage. Serve at once. It is a taste treat. If you like sour cream, and 1 do.

Medical journal declares new drug soon available for breast cancer

PHILADELPHIA—A relatively new class of hormonal drugs, called antiestrogens, will be available to a substantial number of women with advanced breast cancer, according to a national research institute.

Investigators Sewa S. Lughu, MD, FACP, Hugh L. Davis, MD, and Franco M. Muggia, MD, FACP.

One promising drug of this kind, tamoxifen, has been thoroughly investigated and is expected to become widely available soon, they say in the January issue of the Annals of Internal Medicine.

The Annals is the scientific journal of the American College of Physicians, a national professional association of more than 40,000 specialists in internal medicine.

The drugs called antiestrogens are structurally similar to estrogen, which is believed to stimulate the growth of breast cancer. Antiestrogens block the effects of estrogen and its uptake by tumors. They are especially useful in the treatment of tumors that produce a special protein, called estrogen receptor, which binds estrogen circulating in the body. Postmenopausal women are most likely to have tumors positive for estrogen receptors.

About two-thirds of women who develop breast cancer will eventually need treatment for advanced, or metastatic, disease, and manipulation of hormones is one standard treatment method. Depending on a patient's situation, this manipulation may involve the administration of more serious damage to black men with the same level of hypertension as the white men studied may aid investigators.

They also believe the findings lend support to the belief that even mild, early hypertension in blacks should be treated aggressively.

Fall ANNUAL Winter CLEARANCE



1/3 to 1/2 Off
Baker's Dept. Store

Ginger's School of Dance

Dance Lessons
Featuring Instruction in Tap, Ballet, Jazz, & Baton

Spring Registration

Sat., Feb. 11
1 to 4 p.m. at 544 Sycamore Hill
Register in person or by phone
Phone 289-5153
"She'll be lovelier tomorrow at dancing school today!"

Holes can be moved!

Who says you can't move a hole. Matthew Galtie moved this hole to the opposite side of Elm Street and it has become a new lot, which if we had been holding the lot without them knowing we're trying to picture them.

Kenneth L. Baker and wife, house and lot East Union Road to Orville Alkison and wife.
Harvey Ratliff and wife, 100.83 acres on Highway No. 32 to Clay Fryman and wife.
Edgar Scott and wife, 35 acres more or less Cane Run Road to E. Wayne Tapp and wife.
Joseph P. Conley 252 1/2 lot, Lot Number 28, Section 8, Lake Carnico Estates, to John Hall and wife.
Paul Fincher and wife, 82.23 acres on Steep Creek Road to Dr. H. B. Sparks and wife.
Carl T. Hamm, Jr., 261.11 acres on Steep Creek Road to James Anderson and wife.
Charles Watkins and wife, 39 acres more or less on Cassiday Creek to Billy W. Allison and wife.
Luther A. Clay, 7 acres more or less on Whitestone Road to Willie Tabor and wife.
John T. Howard and wife, house and lot North Street to Marshall H. Cox and wife.
Charles Cooker and Andrew Boykin, land on Permian Ridge Road to Main to Rodney Dale and wife.
Donnie Dixon and wife, land on Barterville Road to William D. Vaughn and wife.
James George and wife, 180 acres more or less Locust Grove Road to Charles W. Watkins and wife.
William Dale, house and lot West Main to Rodney Dale and wife.
Jesse Hatten and wife, land on East Union and Gravel Road to Charles B. Hawkins and wife.
Bruce J. Ring and wife, land on Cane Run Road to Bruce W. Ring and wife, Betty James D. Gaunce and wife, house and land on Highway 1244 to James Rawlings and wife.

FOODTOWN SUPER MARKET

Open 8-8 Mon-Sat

HAVE A HEART Food Prices FOR VALENTINE'S DAY

Chuck Roast 79¢
U.S. Choice (Boneless lb. '1.09)

Van Camp's Pork & Beans 4/99¢
300 can

Webber's Smoked Sausage 1.29

Hot Cocoa Mix 89¢
12 - 1 oz. env.

Bleach 59¢
Fleecy White Gal.

Webber's Whole Hog (2 lb. pkg. '2.57) Sausage 1.29
Fresh (3 lb. pkg. or more)

Ground Chuck 1.09
Swift Premium Sliced Sliced Bacon 1.29
Wieners Swift Premium 12 oz. pkg. 69¢

U.S. Choice Shoulder Roast 1.09
U.S. Choice Rib Roast (First 3 Ribs lb. '1.79) lb. '1.69
U.S. Choice Stew Beef Boneless lb. '1.49
U.S. Choice Beef Short Ribs lb. 99¢

Webber's Smoked Sausage 1.29

Just-Rite 10 1/2 oz. Hot Dog Sauce 4/\$1
Dixie Queen 2% Milk \$1.49 Gal.

Chicken Noodle Soup 5/\$1
Campbell's 10 1/2 oz.

Cherry Pie Filling 89¢
Thank You 21 oz.

Everfresh 14 oz. Bread Donuts 69¢
Bes Pak 20 Ct.
Trash Bags 1.89
Coconut Choc. Chip, Choc., Choc. Chip 13 oz.
Chips Ahoy 79¢
Derma-ssage 32 oz. 99¢
Dish Liquid 79¢
Bathroom Dispenser 39¢
Dixie 3 oz. 100 Ct.
Dixie 3 oz. Refill Cups 79¢

Van Camp's Beef Stew 79¢
24 oz.

Niblets Corn 4/\$1
W.K. 12 oz.

Jeno's Pizzas 89¢
13 oz.

Foodtown Bread 4/\$1
1 lb. loaf

Argo Peas 5/\$1
303 cans

Potato Chips 69¢
Lays Ruffles Twin Pack 8 1/2 oz.

Pot Pies 4/\$1
Banquet 8 oz.
Chicken, Beef, Turkey

Coke, Tab, Sprite \$1.09
8 pk., 16 oz. W/Btl.
Designer Jumbo Roll Bounty Towels 59¢
14 oz. Comet Cleaner 2/49'

Celery 29¢
Stalk

White Grapefruit 89¢
Florida 5 lb. bag

Idaho Potatoes \$1.39
U.S. No. 1 10 lb. bag

Chiquita Bananas lb. 23'

Maxwell House Coffee \$4.29
Instant 10 oz. jar

★ We Welcome Federal Food Stamps

Bare barked!

