

Kay's Kitchen

— By Kay Fisher —



Combine ground beef, garlic, salt and pepper in a large bowl; mix lightly and use up the rest of having a cooking day. Of course, that was what we had done during the cold weather. However, the thought has stayed with me and I have been looking for recipes that would be good prepared ahead of time and frozen. I know the weather is lovely now and we are not thinking of being housebound. But — why not take a week or so ago a friend and I went talking, and found each of us had some shape into small loaves, frozen, part of it in, shortening in a lettuce or Dutch oven. When all are browned, stir in onion and chili powder; cook slowly until onion is soft. Stir in tomato paste, beans, and corn with their liquid. Spoon into freeze-over oven baking dish; cover: seal. Label, date and freeze. Two hours before serving time, place dish in cold oven set at 350 degrees and bake 2 hours or until bubbly hot. Mix cheese and parmesan in bowl and serve on top of each serving.

IF SERVING WITHOUT FREEZING, simmer 15 minutes after adding the vegetables. If your family is small, this recipe will make two meals. Serve it at once, then freeze what is left for another meal.

Of course, for those of us who work these dishes may be prepared anytime that is convenient and used when needed.

BUCKLEBOW STEW
 1 1/2 pounds ground beef
 1 clove garlic, minced
 1 teaspoon salt
 4 teaspoon pepper
 4 tablespoons shortening
 1 large onion, chopped
 1 tablespoon chili powder
 1 1/2 pound cans tomatoes
 1 can white kidney beans, or navy beans
 1 can red kidney beans
 1 can whole kernel corn
 1/2 cup cheddar cheese
 2 tablespoons chopped parsley

HAM IN PEPPERS
 6 green peppers
 2 cups ground ham, or more
 1 medium onion, minced
 2 medium-size potatoes, cooked, peeled, and diced
 1 egg, beaten
 1 teaspoon margarine
 2 tablespoons margarine

MUSTARD SAUCE
 Melt 2 tablespoons margarine in small saucepan; stir in 2 tablespoons flour; 2 teaspoons dry mustard, and 1/2 teaspoon salt; slowly add 1 1/2 cups milk, stirring constantly until sauce is thick. Taste for seasoning.

IF PEPPERS SEEM DRY, add a little water to the pan while baking. This dish too may be served without freezing. Simply bake uncovered in a 350 degree oven for about 30 minutes. Any peppers left may be frozen.

You might keep in mind as you do your regular cooking, that if you cook enough for two meals, you may freeze what is left for another time.

Here is a hint. Instead of making a cake in layers, make two loaves of cake, freeze one, you may ice it after you defrost it or serve it with a good sauce.

SOCIETY

Sgt. and Mrs. Charles W. Gray and Sgt. John Case, all of Fort Knox, have been the guests of Mrs. William Samples, Linda and Kristin Leigh. Mrs. Violet Lawson of Latonia, spent there in Room 216, 200 Carleble Baptist family, near Carleble.

Mr. and Mrs. James C. Marshall, Barbara and Henry Cord entertained Sunday with a family dinner at their home in Lexington. Those attending were: Mr. and Mrs. Ford Cord and Mr. and Mrs. Jim Reed and Tammy of Lexington; and Mrs. Everett Hill, Mrs. Gladys Duncan, Miss Lois Hill and Mr. and Mrs. Bobby Duncan, Margaret Ellen and Jody of Carleble.

Miss Ann Kingsolver returned to her home in Edgartown, Mass. after an extended visit. Mrs. Ruby Campbell has been moved from Johnson-Matthew Nursing Home to Cardinal Hill Hospital. Her address there is Room 216, 200 Carleble Baptist family, near Carleble.

Mr. and Mrs. James C. Marshall, Barbara and Henry Cord entertained Sunday with a family dinner at their home in Lexington. Those attending were: Mr. and Mrs. Ford Cord and Mr. and Mrs. Jim Reed and Tammy of Lexington; and Mrs. Everett Hill, Mrs. Gladys Duncan, Miss Lois Hill and Mr. and Mrs. Bobby Duncan, Margaret Ellen and Jody of Carleble.

Mr. and Mrs. Sam Reynolds were in Danville over the weekend to attend the graduation of their daughter Lisa from Center College.

Mrs. Morris Whitley has returned home from a vacation to Tifton, Ga. where she visited her sister, Mrs. J. W. Willis, and her nephew in Atlanta, Ga. She met her daughter, Mrs. Joy Leach in Tifton before going on to Dayton, Pa.

Mrs. Morris Whitley and Mrs. Janice Westley of Liberty recently attended the wedding of Mr. and Mrs. John Kaplan at Highland Heights Methodist Church in northern Kentucky.

Mrs. Nina Young-Wallace, daughter of Mr. and Mrs. Nathan Young, was named Ruess Lynn.

JOHNSON
 Mr. and Mrs. Russell Johnson announce the birth of a daughter born May 31, 1978 at Central Baptist Hospital Lexington. She weighed 8 pounds and five and one-half ounces and has been named Ruess Lynn.

Births
 Mr. and Mrs. Howard Tucker, Jr. of Carleble, would like to announce the birth of their boy born at the Nicholas County Hospital on May 28, 1978. He weighed seven pounds and seven ounces. He has been named Kevin Lee.

Piano recital is tonight
 Mrs. Sterling Elabo will present her piano pupils in a recital Thursday (tonight) at 8 p.m. at the United Methodist Church. Those who will take part in the program are: Miss Tulliver, Kathy Lyons, Lynn Lodge, Beth Blair, Lenay Danone, May Ann Harper, Marsha Lyons, Tracy Tulliver, Michele Clark, Bonita Barnett, Jadee Bow, Tracy Hickok, and Joy Beth Tulliver.

The public is invited to attend.

Miss Ann Kingsolver

Miss Kingsolver performs solo
 Miss Ann Kingsolver performed a ballet solo "A Summer's Eve" in the Town and Village School of Dance's annual revue May 24 and 27 at the Paris Fine Arts Center. Miss Kingsolver has been a student in the dance school for 8 years and has served as assistant teacher for the past year. She has certification in Ballet and Musical Theatre Arts from Dance Educators of America Training School, and has studied dance in Western Kentucky University.

Piano recital is Monday

Mrs. S. M. DeMyer will present her piano pupils in a recital Monday, June 12, 8 p.m. at the Carleble Baptist Church.

Participating are Camille Crump, Penny Baker, Margie Spickler, Monica Hamm, Mark Sampson, Melissa Jones, Stephanie Sampson, Margaret Hamm, Sharon Turpin, Everett Smith, Kelly Mathew, Sarah Hamm, Jane Ellen Dempster, Mary Ann Smith, April Howard, Karen Wagener, and Bollen Dempster.

1973 NCHS class reunion is June 24

The 1973 graduating class of Nicholas County High School is holding its 5-year reunion Saturday, June 24 at the Lakeside Hotel. All classmates are urged to attend.

Organizers of the reunion ask that everyone bring utensils for eating and supply their own refreshments for the potluck dinner at 6 p.m.

For further information, contact Sue Ritchie at 288-7257, Janet Smeot at 288-7257 or Mike Sooby at 288-0272.

Open house for anniversary

Mr. and Mrs. Gene Kelley will celebrate their 25th wedding anniversary Sunday, June 11, with an open house from 1 to 5 p.m. at 311 Kennedy Heights, from 2 to 5 p.m.

Kelly is the former Opel Carleble.

Wedding is held June 3

Mr. and Mrs. Charles F. Rice of 56 Bookman Road, Summit, N. J. announce the marriage of their daughter, Miss Catherine Rice, to John Warren Gorrell Jr., son of Mrs. Geraldine S. Gorrell, Lexington, and John W. Corvelli of Paris. The wedding was an evening of June 3, 1978 at 12 noon at the Cathedral of the Holy Spirit in the presence of Rev. William H. Strain, assisted by Rev. Robert V. Morris officiating. The solemnization was by Rev. William H. Strain, pastor of St. Ann's. The bride was given in marriage by her father. The bride's brother, John E. Rice of Summit, was her honor attendant.

She was attended in a white tulle gown with empire silhouette high neck, long sleeve bodice of appliques of pearl embroidered with Alencon lace on English net. The dress was A-line. The chapel train hem was bordered with scalloped Alencon lace. The mantilla was of white illusion bordered in Alencon and satin Venice lace. The cap was of matching lace. She carried a bouquet of long stem roses.

Bridesmaids were: Miss Karen Anderson, Summit; Miss Robin Haberman, Arlington, Va.; Mrs. Michael Melon, Arnold, Md.; and Miss Lynn Mayer, Arlington, Va. They were pink, sleeveless gowns with cow print necklines, circular skirts with wide sashes which tied in front.

Miss Christine Van Dusen of Berkeley Heights, N. J. was the flower girl. Jonathan Flannery was the ring bearer.

John W. Gorrell, Lexington, brother of the groom, served as best man. Ushers were: David H. Rice of Summit, Lexington; John S. Craft, New York, N. Y.; John S. Craft, Atlanta, Ga.; and Steven R. Berger, Atlanta, Ga.

A reception was held at Canoe Brook Country Club in Summit.

London, England was the destination for the couple's wedding trip.

The bride graduated with honors from Skidmore College in 1976. She is currently studying for a Master's degree in Nursing at the University of Virginia.

The groom graduated Magna Cum Laude from Princeton University in 1976 and is currently a third year law student at the University of Virginia. He is the grandson of Mr. and Mrs. J. A. Standiford of Nicholas County.



Mrs. John Warren Gorrell Jr.

Benefit Dinner is June 23

The annual Hospital Benefit Dinner will be held at Forest Retreat Farm on Friday, June 23, from 6-9:30 p.m. by the Nicholas County Health Care Auxiliary. Tickets may be purchased at the Hospital Gift Shop, at the HCU office.

Attend brother's graduation
 Mr. and Mrs. Gaylord Gillespie of Lexington attended graduation Sunday night at Nicholas County High School where Mrs. Gillespie's brother Ricky Dan George graduated. There is 18 years difference in their graduation. Their parents are Mr. and Mrs. Walter George.

Sparks-Carter wedding upcoming

Mr. and Mrs. William Shannon of Paris announce the engagement and forthcoming marriage of their daughter, Sue Sparks, to Robert Carter, Virginia. Mrs. Sparks' Milburn, also of Paris, Eugene J. Sparks is the daughter of the late Mrs. Sparks.

She is currently a third-year English major at the University of Kentucky. Mr. Carter graduates in December from the College of Business and Economics at U.K. as an accounting major.

The wedding will be held June 15 at 4 p.m. at the Miami Hall on the UK campus. Invitations are being sent.

Birthday party given May 13

Mrs. Alan McClure entertained with a party for her daughter, Melody, in honor of her sixth birthday on Saturday, May 13.

Those present were Karri Beth Buckner, Sarah Cox, Suzanne Cant, Angie Buckner, Travis Sims, Erin Weaver, Stephanie Ring, Jenn Jencks, Brad Wilson, Todd Wilson, Stephen Kelley, Gayla Kelley, Heather Hall, Andi Hall, April Kerns and Lori McClure.

Mrs. Barbour features article

Mrs. Pamela Gillespie Barbour, former graduate of Eastern University through the Bourbon County Hospital, and a clinical instructor at Emory University, Atlanta, Ga. will feature an article along with pictures in "Time magazine" entitled "Behavior Modification for Weight Control in the Mortality Over" of June 11.

The title of the article is the subject of a new program for children and adults designed by Mrs. Barbour for Emory.

Mrs. Barbour is the daughter of Mr. and Mrs. Tommy Gillespie and granddaughter of Mr. and Mrs. Carl Gillespie of Bourbon County and Mr. and Mrs. Earl Leitcher of Carleble. She is married to David Barbour formerly of Birmingham, Alabama.

Also 1847 Rogers Bros. Silverplate at 40% off on all open stock.

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THE CARING CORNER
 It is good to give thanks to the Lord, to sing praises to Thy name, O most High. (Psalm 121:1)

While walking downtown the other day, a junior high student offered me a cake whenever I said, "Much obliged." Well, he was unfamiliar with my misadventures and asked where I got that saying. I replied, "Everytime my grandfather said down to eat he would bow his head and say, 'Much obliged, Lord.'" Grandfather always said that it makes everything taste better to be grateful. Looking for good things is a kind of game Grandfather taught me to play. Take this morning. I wake up and thought, "What's there to be grateful for today?" You know what? I couldn't think of a thing! Then from the kitchen came the most delicious odor. Bacon! "Much obliged, Lord, for the bacon," I said, "and much obliged, too, for the smell of it."

I remember standing at the bedside as Grandfather lay dying. Seeing him in such pain, I wondered if he could still find something to be grateful for. Just then he opened his eyes. As he saw me and the others gathered around, he folded his hands and said with a faint smile, "Much obliged, Lord, for such a fine family."

I can't think of a better time than today to begin looking for things to be thankful for. It won't matter what words you use, whether you say "Thank you, Father," or "Much obliged, Lord." The important thing is to praise Him. And the more you do, the more you will improve your outlook on life and discover that He cares about you.

Join us Sunday in caring.

FIRST CHRISTIAN CHURCH



Harvey Shone has announced he begins a 1000-mile walk across Kentucky in mid-August. As Mayor of Louisville, Shone walked among the city's neighborhoods to maintain contact with people. — Photo submitted

Remarriage after 6 widows' payments will not affect
 Starting in January 1979, widows' payments primary after age 60 will not have the amount of their social security survivors benefit reduced. Until then, the reduction of their benefits may occur under present law whenever a widow or widower remarries may occur. But, those getting the benefits may have them increased January 1979 because of this law. Also, starting in January 1979, divorced wives may get social security benefits on the record of the former husband if the marriage lasted at least ten years. Under prior law, the marriage requirement was 20 years.

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Barnum & Bailey Circus Ticket

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Cantaloupe Each 59¢

Fresh Yellow Corn 5 Ears for 59¢

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(Boneless lb. 1.69)

100% Pure Fresh (3 lbs. or more) **Fresh Ground Beef lb. \$1.09**

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12 oz. pkg. **Fischer's All Meat Wieners 89¢**

Reg. Thick Garlic **Fischer's Bologna lb. \$1.29**

Regular 4 lb. can **Fischer's Canned Hams \$7.99**

Downy **Fabric Softener 64 oz. \$1.69**

Stokely Cut or Shellie **Green Beans 303 cans 3/\$1**

Stokely Cream Style or Whole Kernel **Golden Corn 303 cans 4/\$1**

Bush's **Sweet Peas 303 cans 4/\$1**

Armour 5 oz. **Vienna Sausage 3/\$1**

Nestle 3 oz. **Instant Tea \$1.99**

Blue Bonnet lb. pkg. **Margarine 49¢**

Instant Maxwell House 10 oz. jar **Coffee \$3.99**

Coke, Sprite, Tab 8 pk., 16 oz. W/Bts. **99¢**

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Winners are:

Garlet Livingston, June S. Tischer, Martha Flora, Martha Kennedy, Clyde A. Sams, Carol S. Hunt, Beverly Biddle, Mildred Green, Janice Ring, and Roy Tulliver.

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Dermassage Dish Liquid 32 oz. 99¢

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Comet Cleanser 21 oz. 39¢

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Iced Beverage Spoon	7.00	4.20
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Gravy Ladle	6.50	3.90
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Fresh Peaches lb. 49¢

Cantaloupe Each 59¢

Fresh Yellow Corn 5 Ears for 59¢