

Kay's Kitchen

By Kay Fisher



Since our food costs seem to get higher each day, we are all going to have to cut the food budget wherever possible. For me the meat seems to be the worst offender. I don't think I will ever become a vegetarian, but do think I could get along with less meat. The following recipe is from The Vegetarian Review, Book Two, by Anna Thomas. It is really very tasty and I don't think you will miss the meat.

SPAGHETTI AND ONIONS
2 1/2 pounds red onions
1/2 cup margarine
2 large bay leaves
3 cloves of garlic, minced
1 teaspoon paprika
1/2 teaspoon salt
1 cup good dry wine
1/2 teaspoon thyme
1/2 teaspoon cayenne pepper
1/2 teaspoon dried crushed basil
1/2 teaspoon dried oregano, crushed
1/2 teaspoon dried fresh sage, or 1/2 teaspoon dried
5 cups peeled, chopped tomatoes, with liquid
1/4 cup parsley
1/2 teaspoon lemon juice
2 teaspoons white vinegar
1/2 Freshly ground pepper to taste
1/4 or 1/2 pounds thin spaghetti

Here is another main dish you may serve, and not miss the meat. It is a good dish to serve for luncheon or Sunday night supper.

MUSHROOM BAKED OMELETTE
1/2 pound fresh mushrooms or 1 can (4 to 8 ounces) sliced
6 tablespoons margarine, divided (4 and 2 tablespoons)
1/2 cup chopped onion
1/4 cup diced green pepper
8 eggs
1 cup milk
1 teaspoon salt



Miss Deanna Grimes

June 23 is date of wedding
Mr. and Mrs. Dickie Ortman announce the engagement and forthcoming marriage of their daughter, Deanna Joyce, to Kenneth David Smoot, son of Mr. and Mrs. Kenneth Smoot of the Upper Jackstown Road.

Hot weather is here to stay, so COOL IT!
Get Your Car Ready!

for HOT WEATHER
Have your cars' air conditioner checked today, and have a safe and enjoyable summer.
Rex & Paul's Shell Service Station
"Service is Our Business"

Births

DAVENPORT
Mr. and Mrs. Ralph Davenport of Maywood would like to announce the birth of a baby girl born at the Nicholas County Hospital on June 5, 1978. She weighed six pounds and six ounces and has been named Denise Ann.

'Silk flowers', topic of Garden Club meeting
The Carlsle Garden Club will meet Monday, June 18, at the home of Mrs. H. B. Sparks, Cliffway Drive. Mrs. Sparks will demonstrate the making of "silk flowers". All members are urged to participate.

Benefit dinner will feature prints auction

A benefit dinner for the Nicholas County Health Auxiliary on June 23 will also include an auctioning of prints painted by state and local artists. Among those prints up for bid will be by Larry Frost, donated by Hopkins Drug, entitled, "My Old Kentucky Home," and "From 71 in a Past," "Barley Rider" by Paul Sawyer from the print collection of Leslie Gurney, donated by Paul Sawyer Galleries. "Secretary, 1973 Triple Crown Winner, donated by artist Phillip Heaslerin, manager of Top of the Stars Gallery, Paris, the gallery has also donated three prints; and "Tadpole Male" by Bob Carney, donated by Dawes T. McCracken Jr. Tickets for the event are on sale at the hospital gift shop, Kathy's Beauty Shop and the KV office.

Consumer Hotline open June 19 for questions
Beginning June 19, consumers thinking of purchasing a new car, truck or business opportunity will have more protection. The Business Opportunity Act will regulate specific types of distributorships and business opportunities within the Commonwealth of Kentucky.
Before enrolling, a salesperson should provide the potential investor with information regarding such things as: (a) names and addresses of all officers and salespersons, (b) length of time the business has been operating, (c) information on any lawsuits against the company or salesperson, (d) names, addresses and phone numbers of previous purchasers within the past two years and a list of those who requested refunds, and (e) the registration number of the company listed with the Department of Banking and Securities in Frankfort, Ky.
Under the Act the purchaser also has 30 days to cancel provided any equipment involved is still in good condition if you know how any questions concerning business opportunities, please contact the Attorney General's Office at 1-800-372-2990 or write to the Office of the Attorney General, Department of Consumer Protection, Frankfort, KY 40601.

Noll children receive honors of achievement

Jamie, Paul, and Nancy Noll, children of Dr. and Mrs. James A. Noll, William Stewart Atkinson, son of Mr. and Mrs. Steve Atkinson, was a member of the graduating class of Mr. and Mrs. William Crosby and Karen of Lewisburg, Mrs. Ocho Wood, Mrs. J. M. Pittman of Nicholasville, Mrs. Omas Wirthman of Carlsle visited Mr. and Mrs. Crosby's daughter and husband and Mr. and Mrs. William Handlings of Lexington on Sunday. The group also visited Mrs. Pearl Woodall and Mrs. Garvet B. Bryan who are in a nursing home.

Miss Carol Hunt and Billy McCord of Flemingsburg attended the commencement exercises at Centre College, Danville, Sunday afternoon.

FHA executive council plans for '78-'79 year

The Nicholas County Public Home-makers of America executive council met at the high school June 6.

Miss Karen Wagoner Winter wedding is planned
Mr. and Mrs. Ray Wagoner, Jr. of Carlsle, and Mr. and Mrs. Kenneth Cartmill, Jr. of Athens, Ohio would like to announce the engagement and forthcoming marriage of their children, Karen Raye Wagoner and Kenneth Cartmill, Jr.
Miss Wagoner is a 1978 graduate of the Nicholas County High School. Mr. Cartmill is a 1978 graduate of Ohio University. He is presently employed by the Gallipolis State Institute as a Volunteer Services Coordinator. A winter wedding is being planned.

Lisa Earlywine is coop worker on newspaper

Lisa Earlywine, 18, the daughter of Mr. and Mrs. John Earlywine, 801 East Union Street, is currently working at the Richmond Daily Register as a layout specialist. Her job is part of a summer cooperative education program at Eastern Kentucky University where she is majoring in printing technology. She is a 1977 graduate of Nicholas County High School.

Locust Grove Baptist Church to hold VBS

Locust Grove Baptist Church will hold its Vacation Bible School June 26 through 29 from 7:30 p.m. till 9:00 p.m. Commencement will be Sunday night, July 1.

Marie Chapter meets Monday

Marie Chapter 256 will hold its regular monthly meeting Monday, June 19, at 8 p.m. at the Masonic Temple. After the business meeting, refreshments will be served in the dining room. All members are urged to attend.

Assembly Church to have homecoming

The Carlsle Assembly of God Church will hold a Homecoming on Sunday, June 18.



Miss Karen Wagoner



Mr. and Mrs. W. J. Kenney Couple celebrate 50th anniversary

Mr. and Mrs. W. J. Kenney of 1977 Florida Court, Decatur, Ill., recently celebrated their Golden Wedding Anniversary. They were both formerly from Nicholas County.



Miss Alma Atkinson and Mrs. Alton Carl attended the commencement exercises of Pendleton Co. High School, Palomont on Tuesday evening, June 6, William Stewart Atkinson, son of Mr. and Mrs. Steve Atkinson, was a member of the graduating class.

FHA executive council plans for '78-'79 year

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IF WE CAN'T DRESS the Ol'boy...no one can!
Make Dad King for a day, June 18th with a gift from **BAKER'S** Dept. Store Carlsle, Kentucky

CPR classes begin June 22 in Nicholas County

Are you aware that the total death rate for heart attacks in the five county WEXCO Health District is much higher than the national rate? Many of these deaths could have been prevented had someone known the proper CPR technique. Beginning June 22, Nicholas County will have the opportunity to learn this technique.

The first CPR class to be held on June 22 in Nicholas County will be eight hours, the first four hours consisting of lectures and classroom. Students will receive instruction in cardiac massage, relieving of obstructed airway, and artificial respiration. The last four hours consists of mannikin practice and tests. Three different mannikins will be used for practice.

A fee will be charged for supplies, upkeep of mannikins, and purchase of new mannikins. It has been set at \$13 per person for the 8-hour course, and can be paid on a sliding scale, according to income. Other classes are being scheduled now, in either two-four-hour classes, or one-eight-hour class.

FOODTOWN SUPER MARKET
Open 8-8 Mon-Sat
Campbell's Pork & Beans 16 oz. 4/1.00
C & G
Armour Veribest First Cut Pork Chop Sale lb. \$1.29 (Center Rib lb. \$1.59-Center Loin lb. \$1.69)

THANK DAD
for These Father's Day Food Specials
S.U. Choice **Chuck Roast** lb. 99¢ (Boneless lb. \$1.29)
Whole Hog (2 lbs. 2.97)
Webber's Sausage lb. \$1.49
100% Pure Fresh (3 lbs. or more) **Ground Chuck** lb. \$1.29
Swift Premium **Sliced Bacon** lb. \$1.39

FOODTOWN COUPON
Hunt's 8 oz. 51¢
Mrs. Butterworth's Syrup 12 oz. 59¢
Pest 24 oz. 89¢
Grape-Nuts 89¢
Dream Whip 89¢
Final Touch 5¢
\$2.29
Laundry Detergent 32 oz. 1.19
All Liquid 1.19
Laundry Liquid 64 oz. 2.39
Wisk 34 oz. bar 2.39
Caress Soap 3 1/2 3/1 99¢

Idaho Potatoes \$1.49
Cantaloupe 15 Size Each 59¢
Florida Juice Oranges 5 lbs. \$1.19
Fresh Pole Beans lb. 39¢
Nectarines lb. 59¢ Cello Carrots lb. 23¢
New Crop Georgia Peaches lb. 49¢
Chiquita Bananas lb. 23¢
Strawberries Quart 99¢
Tomatoes Vine Ripe lb. 39¢
U.S. Choice Shoulder Roast lb. \$1.19
U.S. Choice Chuck Steak (Boneless lb. \$1.09)
Tasty Bird Frozen Chicken Livers lb. 79¢
Cottonelle Toilet Tissue 4 pk. 69¢
Cheer Detergent \$3.99
Footdown Bread 4/1
8 pk., 16 oz. W/Btts.
R.C. Cola, Diet Rite Cola, \$1.09
Barrell Head Root Beer
Grade A Large Eggs Doz. 49¢

Mashed Potatoes 89¢
Brownie Mix 99¢
 Cookies 79¢
Rich N Chips 79¢
Country Time \$1.49
Pecan Sandies 79¢
Baby Juice 8/1
Kool-Aid 3/1

