

Kay's Kitchen

By Kay Fisher



As you know, I am a strong believer in home cooking, or near by. For the fourth of July, I'll not be on the highway if I have my way. This just means there can be lots of fun in your own backyard or at a picnic area. So invite your friends and neighbors over and enjoy a safe and happy Fourth. Don't be shy about asking anyone to help that is all part of the fun. Another advantage of having the picnic or cookout at home, you get to cook that is a picnic, you don't have to look in a panic about getting everything together. You can always pop back into the house and get those often forgotten little things.

Now decide if it is going to be a picnic or cookout. Are you going to do the whole thing, or are you going to ask the guests to contribute? If guests are going to bring something, I would suggest you tell them what you would like them to bring. I would always rather bring a specific thing. They don't have to worry about "What must I do?" And you then know exactly what your job is.

If it is going to be a cookout, get everyone organized early enough to really get things going. It always takes the grill longer to get to the right temperature than you think. And longer to cook that chicken, ribs, or whatever you, than you think. Better to have it done early and wrap it warm on the back of the grill, rather than underdone. Remember if there are children to consider it is a good thing to have hot dogs handy. They love to have

part in the cooking, and they can pose and eat, perhaps before the day is over. Keep in mind they are to enjoy the day too.

Here are some suggestions for the main course. You take your choice:

MARINATED CHUCK ROAST
(3-4 pound) chuck roast
1 tablespoon vinegar
1 tablespoon butter or margarine
1 tablespoon sesame seed
1/4 cup strong coffee
1/4 cup soy sauce
1 tablespoon Worcestershire sauce
1 tablespoon onion
1 large onion, finely chopped
Sprinkle meat with tenderizer, pierce with fork and set aside. Mix marinade and add sesame seed and brown slightly. Add coffee, soy sauce, Worcestershire sauce, vinegar and onion. Pour over roast and let stand at room temperature for at least 12 hours. Turn meat as often as possible. Fry to marinate the meat during the day before it is to be grilled. So marinate the 12 hours, then refrigerate overnight. Remember it will take longer to cook the grill after being removed from refrigerator than if at room temperature.

Combine all ingredients and mix well. Pour over chicken pieces and marinate overnight in refrigerator. Turn chicken as many times as possible. When ready to cook, remove from marinade and place on grill and cook at least 1 1/2 hours, basting with marinade often. This is a marinade for two chickens. Cooking time really depends on size of chickens and heat of grill.

These two marinades are good brushed over the frankfurters should the children want to try that. You will need as much as possible. Fry these marinades. Sugar or honey causes the meat to brown too quickly, so if you must have a slightly sweet flavor, add honey or sugar to the marinade, mix well, the last half hour cook the grill after being removed from refrigerator than if at room temperature.

If your Fourth is to be picnic, remember sandwiches can be made the night before and wrapped and refrigerated. This will keep them cool until eating time. Don't forget plenty of drinks, cookies, hand food, etc. Keep things simple enough to enjoy the day.

CHICKEN MARINADE
1/4 cup milk

FOODTOWN

Open 8-8 Mon-Sat

C & G

Mr. and Mrs. R. L. Talbot of Pleasanton, Pa. were recent guests of Mr. and Mrs. Harold Letton. While here, they also visited other friends and relatives.

Mr. and Mrs. John Hamilton have moved to Alexandria, Va.

Mr. and Mrs. R. Parker had as weekend guests at Lake Carlisle, Mr. and Mrs. Merrill Harris of Lexington, and Mrs. Malcolm Williams had as Father's Day guests, his daughter, Mrs. and Mrs. Malcolm Williams had as guests, Mr. and Mrs. Joe Ashbrook, Joe Mike and Greg of Cynthiana. After attending church, they were joined by Mr. and Mrs. Larry Williams and Jarrod for lunch at Carlisle Country Club. Mr. and Mrs. Bobby Fryman and family were Sunday guests of her

parents, Mr. and Mrs. William R. Hill of Lexington.

Mrs. Jimmy Conrad and Mrs. Angela Jacobs visited Mr. and Mrs. Harold Hunter and their families in Lancaster, Ohio, Wednesday and Thursday of last week.

Mrs. Helen McCreary of Newport, Mrs. Sheila McCreary of Flemingsburg, and Mrs. Margaretta Rice were guests of Mrs. Elizabeth Neal the past week and Mrs. Chochie Gill. They also visited Mr. and Mrs. Knox Clark of Paris.

Mrs. Christine George, Mrs. Virginia Brown, Mrs. Elgin King, Mrs. Helen McCreary, and Sheila McCreary were guests of Mr. and Mrs. Everett Watkins and Mr. and Mrs. John Brownage Thursday.

Couple exchange vows June 23

The Nicholas County Library's Summer Reading Program got underway Friday, June 23 with 15 youngsters attending the first session. The theme of this year's program, "Take a Trip with a Book," ran through June 28 from 10:30 to 11:15 a.m.

Chadwick Salisbury of the Bluegrass North Regional Library headquarters was the coordinator of this summer's program and had films, and crafts as well as reading on the schedule for the first to third graders.

Miss Deanna Grison, daughter of Mr. and Mrs. Dickie Grison, and Kenneth David Smoot, son of Mr. and Mrs. Kenneth Smoot, were united in marriage at the Headquarters Methodist Church Friday, June 23.

The double ring ceremony was performed by Rev. Tommy Fryman. Music was provided by Miss Janet Hollar.

The bride given in marriage by her father wore a white floor length gown and picture hat. Her bouquet was of yellow silk sweetheart roses and baby's breath.

Miss Rita Myrner, the bride's only attendant, wore a blue floor length gown and white picture hat. She carried a long stemmed yellow silk rose.

Mr. Joseph Henning served his brother as best man.

Danny Donovan, cousin of the groom was ring bearer. Ushers were Danny Grison, brother of the bride, and Billy Smoot, brother of the groom. Miss Nyrti Pritch, cousin of the bride, kept the guest book. Five bags were distributed by Kathy and Bobby Dawson and Ronnie McDonald, cousins of the bride.

A reception was held in the basement of the church. The three tiered cake was decorated with yellow roses and the traditional bride and groom. Those serving at the reception were Diana and Belle Hardin, Mrs. Josephine Westfall and Mrs. Joyce Henderson.

The bride is a 1978 graduate of Nicholas County High School.

The groom is a 1978 graduate of Nicholas County High School and is employed at Rex and Paul Shell Service.

After a short wedding trip, the couple will reside in Nicholas County.

Miss Fleet Allison attends conference in Ferrum, Va.

Miss Fleet Allison, along with nine other delegates from the Kentucky Conference of the United Methodist Church, spent from Sunday through Thursday in Ferrum, Va., attending the Sixth Atlantic Regional School of Christian Mission. The Southeastern jurisdiction includes 17 conferences in Alabama, Florida, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee and Virginia.

Local students on Dean's List

Among the 1,200 University of Kentucky students who made the dean's list for the 1978 spring semester were Victoria H. Wilson on Arts and Science major, Sarah Hughes an Agriculture major and William Clark Rancney a Business and Economics major, all of Nicholas County. These students received an academic standing of 4.0 or better.

Dental program at Fugazzi is accredited

Pugazzi College, Lexington has received notification from the American Dental Association (ADA) Commission on Accreditation of Dental and Dental Auxiliary programs that its dental assistant program has been accredited by that body.

For more information about the dental assistant or dental recipient programs at Fugazzi, contact the college at (606) 266-9460, or write, or visit the college at 406 Lafayette Ave., Lexington, Kentucky 40502.

Half million is designated

FRANKFORT — More than half a million dollars will be distributed to 23 Kentucky school districts during the coming school year to fund gifted and talented programs.

The State Board for Elementary and Secondary Education at its quarterly meeting approved the allocation of \$526,250 to the districts to implement educational programs for gifted and talented students.

The 23 districts which will receive funding are Boone, Davidson, Fayette, Franklin, Grant, Hardin, Jefferson, Leslie, Lincoln, Oldham, Owen, Pike, Pulaski and Rowan counties and the independent districts of Ashland, Harrodsburg, Bowling Green, Ft. Thomas, Murray, Paducah, Paintsville and Russellville.

Joe Clark, state coordinator for gifted and talented, told the board that \$2 districts will receive more than two million dollars indicating that "there is both a demand and a need for this type of programming."

Mrs. Hubbard Endicott is honored upon retirement by Midway School

The Midway Elementary School faculty entertained with a dinner at Lexington recently for Mrs. Hubbard Endicott, who is retiring after teaching 26 years in the Midway School. Mrs. Endicott, the former Tempe Gounce, is a native of Nicholas County.

Both faculty and students honored Mrs. Endicott with a "This is Mrs. '92 Day". During the day she was invited to each homeroom and was the guest of that grade to entertain her in the way they had planned.

In the afternoon the faculty held a reception in the cafeteria for other County County teachers, friends and parents.

Before coming to Midway, Mrs. Endicott had four years in Nicholas County namely at Saltwell, two years, (Sarefoot, one year and Headquarters, one year. Later she taught social studies at Midway College, which was then a high school, of which she is a graduate. She is a graduate of Pennsylvania College. She is a member of the National, Kentucky, and Woodford County Education Association, the Midway United Methodist Church, the Midway Woman's Club, and the Midway College Alumni Club.

Mrs. Hubbard Endicott, center, was honored with a reception at the Midway School recently. With her in the center are Mrs. Jewell Phillips, left, and Mrs. Sheila Hollar—photo submitted.

She and Mr. Endicott, who is the retired treasurer of Midway College, a native of Nicholas County. They have one son, Malcolm, who with his family also lives in Midway.

Carlisle Christian Church Bible Bowl teams receive honors in tournament

Carlisle Christian Church Bible Bowl Team took fourth place honors in the State Invention Bible Bowl Tournament at Lexington Saturday. Team consisted of Cathy Mitchell, captain, Mitch Sargent and Terri Mitchell. Carlisle's Team II includes Glenn Sargent, captain, Doug Whalen, Smith and Tale Carter. All teams completed 11 rounds of competition in preparation for nation-wide competition at the North American Convention in July.

Carlisle Teams I and II were awarded the tournament's two Sportmanship trophies. Team I by Mitch Sargent, Hill from Mt. Eden, Ky. Each Carlisle team received perfect sportsmanship scores.

Cathy Mitchell was named to the All-State Bible Bowl second team, placing her among the top 10 Bible Bowl scholars in Kentucky. Cathy is the daughter of Mr. and Mrs. Merrill Mitchell, coaches and sponsors of the Carlisle teams.

Wendell McKee, a regular member of Team I, was unable to attend the competition Saturday. Material covered at the State Tournament included all the Books of St. John, I, II, and III and Revelation.

Former Blue Cross and Blue Shield president recently honored by AMA

J. Ed McCone, former president of Blue Cross and Blue Shield of Kentucky, was honored by the American Medical Association at its annual meeting being held in St. Louis, Mo. McCone received the "Citiation of a Layman for Distinguished Service". In making the presentation, Tom Nesbitt, M.D., AMA president-elect stated, "J. Ed McCone is being recognized for his dedication to the promotion of public health, better understanding of health care needs, and for a lifetime of service and devotion to the medical profession." He further recognized McCone's efforts in health care cost containment, his attention to the quality of health care, and the role he plays in helping recruit needed health care professionals to Kentucky's underserved areas.

The "Citiation of a Layman for Distinguished Service" is presented annually to the individual selected by the American Medical Association and House of Delegates from nominees submitted by the Board of Trustees. The citation is for individuals not of the medical profession who help achieve the ideals of medicine by cooperation or aid in the advancement of medical science, medical education or medical care.

There is a \$5.00 charge for wedding and engagement pictures.

HERE IT IS!
ORIGINAL
NICKEL
SHOE SALE
Starts Thursday, June 29
"The most talked about shoe sale in Carlisle."

Buy one pair of SALE SHOES on the tables at regular price... select a second pair of SALE SHOES of the same value or less for only 50%... buy for two different members of your family.

SAVINGS FOR THE ENTIRE FAMILY
All Sales Are Final
No Exchanges
No Refunds
Bring A Friend — Split The Savings!
GOODMAN'S Shoes
220 Locust St. Phone 289-7386
Carlisle

July 4th SALE!

U.S. Choice Sirloin Steak lb. '2.39
U.S. Choice T-Bone Steak lb. '2.59
U.S. Choice Porterhouse Steak lb. '2.69

(Cut-Up lb. 69¢) Grade A Whole Fryers 59¢
Speedy Cut Boneless 6.9 lb. avg., Whole Armour Hams lb. \$1.79 (Half lb. \$1.89)
Sliced (No Sugar Added) Kahn's Bacon lb. \$1.69
Ground Chuck lb. \$1.29

Betty Crocker 16 oz. Potato Buds 79¢
Kahn's Big Red Smokies (Vacuum Packed) lb. \$1.69
Kahn's Bratwurst lb. \$1.69
Kahn's Hillshire Smoked or Polish Sausage lb. \$1.59

U.S. Choice Chuck Steak lb. \$1.09 (Boneless lb. \$1.39)
Kahn's Hillshire Smoked or Polish Sausage lb. \$1.59
Hawaiian Punch 46 oz. 49¢
25 lb. bag Purina Dog Chow \$4.99
White, Assorted Wadford Tissue 4 pk. 69¢
18 oz. Original Smoked Open Pit Barbecue Sauce 49¢

Betty Crocker 16 oz. RTS Frostings 79¢
Bisquick 99¢
Aim Toothpaste 89¢

Instant Tea \$1.89
Reynolds Wrap 69¢
American Singles 99¢
Kleenex Facials 4/\$1

Betty Crocker 16 oz. Tuna Helpers 2/99¢
Fabric Softener 64 oz. NuSoft \$1.49
Cling Free 99¢

Reynolds Wrap 69¢
Cool Whip 59¢
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Betty Crocker 8 oz. Tuna Helpers 2/99¢
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FOODTOWN COUPON
24 oz. W. Wesson Oil 89¢
Jumbo Roll Towels (3 Choices) Job Squad 2/99¢
3 oz. (8 Flavors) Jell-O Gelatin 6/\$1
Spin Blend 79¢
Kool-Aid Canister \$1.49
Sippy 18 oz. Creamy, Crunchy Peanut Butter 79¢
Ragu Spaghetti Sauce 15% oz. (3 Varieties) 69¢
Firestone Marshmallows lb. pkgs. 49¢
French's Squeeze Mustard 16 oz. 59¢
Cubed Ice per bag 75¢
8 pk. 16 oz. W/Bills Coke, Tab, Sprite \$1.09
Footdown Ice Cream 1/2 Gal. 89¢ (4 Flavors)
Zesta Saltines 49¢
Southern Salads 15 oz. Cole Slaw 49¢
Dove Liquid 69¢