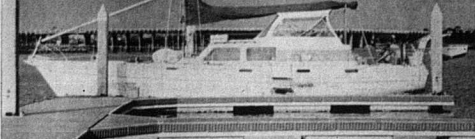


# Kay's Kitchen

— By Kay Fisher —



'Lotus'

The "Lotus," a Columbia 4 motor sailer, boats 45 feet long with a diesel engine. She is a steezy type sailboat.



All aboard!

Well, we have made it through February, and the winter can't be as long as it is. I keep telling myself that spring must be right around the corner. However, no matter what the weather one must eat, and someone must prepare the meals. This week I will try to just give you some hints, a recipe or two we have enjoyed.

First, I promised to put this in the column, but we do not have to cook them with fat pork seasoning must be delicious. Simply cook them until tender, season with salt, pepper, and butter or margarine. Try it, you will find them as tasty as can be. Soak beans overnight, I usually put them to soak when I'm fixing dinner, then the next morning, all I have to do is cook them. Be sure you cover the beans with enough water so there is about two or three inches of water above the beans. It will soak up additional more when you cook them. After beans come to a boil, simmer until done, then add salt and margarine. I usually cook the beans in the morning, then reheat when ready to serve dinner.

Families in whom must watch their cholesterol intake, cooking without fat in this favorite bean dish, can return to it.

**HINTS:** When a recipe calls for only a few tablespoons of tomato paste, and you have to open a can of the paste, store the remainder in a suitable container in the freezer. I think often we use too

much of the tomato flavor, when just a hint would give a more subtle flavor. I have been guilty of that I know, but with the freezing of the left-over paste you are not as apt to over do the tomato paste you must eat, and someone must prepare the meals. This week I will try to just give you some hints, a recipe or two we have enjoyed.

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egg  
1/2 cup yeast  
1/2 cup warm water  
1/2 cup warm water  
1/4 cup all-purpose flour

In large bowl of mixer, combine boiling water, yeast, 2 tablespoons oil, 1/4 cup all-purpose flour, 1/2 cup warm water, 1/2 cup warm water, 1/4 cup all-purpose flour, 1/2 cup warm water, 1/2 cup warm water, 1/4 cup all-purpose flour.

If you want to add more flavor to the tomatoes, and the winter ones need a lot of help, add lots of basil to an oil and vinegar dressing and pour over the sliced tomatoes.

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## BIRTHS

**BEVENS**  
Mr. and Mrs. Dale Bevens would like to announce the birth of a boy on Tuesday, Feb. 7, 1978 at the Nicholas County Hospital. He weighed eight pounds and four ounces and has been named Ricky Dale, Jr.

**FLORA**  
Mr. and Mrs. Jackie Flora would like to announce the birth of a girl born, Feb. 10, 1978 at the Nicholas County Hospital. She weighed seven pounds, four ounces and has been named Crystal Dawn.

**WEDDING TO BE EVENT OF MARCH 11**  
Mr. and Mrs. L. R. Johnson of Prestonsburg wish to announce the engagement and forthcoming marriage of their daughter, Linda, to Michael Wayne Marshall, son of Mrs. George S. Marshall of Carlsle.

**MASONIC MEET SET MARCH 3 IN Mt. Olivet**  
The meeting to order, she asked that members bring their IGA register tapes to the March 13 meeting.

**FAMILY PLANNING CLASSES TO START ON MARCH 6**  
A series of four monthly natural fertility planning classes begin on Monday, March 6, at 7:30 p.m. at the Nicholas County Library.

**ATTENTION**  
Because of complications and lack of turn out at registration, Spring classes at Clinger's School of Dance have been cancelled.

**CLARK INFANT IS CHRISTENED**  
William Brian Clark, infant son of Mr. and Mrs. William C. Clark Jr., was christened Sunday, Feb. 26, 1978 during the morning worship services at the Presbyterian Church.

**UK DEPARTMENT OF ENGLISH OFFERS STUDENTS PATHWAY TO SELF KNOWLEDGE**  
Once upon a time, says University of Kentucky English department chairman Dr. Joseph A. Bryant, English was a subject taught to most students in a rote manner.

**FOODTOWN**  
SUPER MARKET  
Open 9-8 Mon-Sat

**C & G**  
U.S. Choice  
CUBE STEAK lb. \$1.99  
SAUSAGE lb. \$1.29  
BACON lb. \$1.29  
BIOLINA lb. \$1.09  
WIENERS 12 oz. pkg. 79¢

**DISH LIQUID**  
Ajax 69¢ Giant size

**BUSH'S SALE**  
Navy, Pinto, Mixed, Great Northern, Chili Hot Beans No. 300 cans 4/1.00

**TRANSY RECITAL SET FOR SUNDAY**  
Organist E. Eugene Maupio, a faculty member at Transylvania University, will play at 5:00 p.m. at the Haggin Auditorium.

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## Summer work program offered boys and girls

**FRANKFORT** — Students can spend a summer in Kentucky's great outdoors and earn money at the same time if they participate in the Youth Conservation Corps.

Sponsored by the Departments of Interior and Agriculture, YCC offers a summer work program for young people between the ages of 15 and 18 who want to work outdoors and become involved in the development and maintenance of the nation's natural environment.

In addition to providing gainful employment for young people and appreciation of this country's natural environment and heritage, the YCC program also helps accomplish needed conservation work on public lands.

## Hospital notes

**Feb. 17 thru Feb. 23**  
Admissions: James Gannox, Robert Thompson, Carolyn Hicks, Buster Harding, Sharon Watkins, Nancy Daily and Sorely Banta of Carlsle; Eudora Herrington of Millersburg; Anna Mac-Olivet, Elma Watkins of Moorefield; Elmer Linville of Mayslick.

**Discharges:** Violet Jolly, Frank Ballard, William Guther, Shari Hill, Ivan Webster, Andrew Gray, Billy Scott, Betty Kelly, Sharon Watkins, Glen Loyford, Nancy Daily and J. H. Watkins of Carlsle; Ada McWhittin of Mayslick; Elma Watkins of Moorefield; Ernest Robinson of Mt. Sterling; Mabel Stewart of Mt. Olivet; Anna Crump and Eudora Herrington of Millersburg.

Wilson, Division of Program Development, Bureau of Instruction, Department of Education, Frankfort, KY 40601.

## Courier offer ends

The Courier-Journal's 1978 Bargain Offer ends March 4, 1978. The special annual mail subscription rate offer is made to subscribers of the daily Courier-Journal living in localities in Kentucky and Southern Indiana not served by the newspaper's own carrier delivery system.

This year, despite dramatically rising postal rates, the Courier-Journal has held its Bargain Offer subscription rate to \$41.00, a savings of \$13.00 off the regular mail subscription rate of \$54.00.

Those interested in subscribing should check or money order for \$41.00 (plus \$2.00 sales tax for Kentucky addresses) along with their complete address, including Zip Code to: Bargain Offer, The Circulation Department, The Courier-Journal, Louisville, Kentucky 40202.

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the way we cut prices!  
Round Head Lettuce \$1.29 Head 39¢  
Pink Salmon \$1.49 No. 1 can  
Tea Bags \$1.89 100 Ct.  
Peanut Butter 99¢ Smooth, Crunchy  
Trash Bags 89¢ 10 Ct., 30 Gal.  
Fruit Cocktail 39¢ 303 can  
Margarine 2/89¢ Bounce 40 Ct. \$1.69

**Bush's Sale**  
Navy, Pinto, Mixed, Great Northern, Chili Hot Beans No. 300 cans 4/1.00  
Golden Hominy No. 300 cans 5/1.00  
Chopped & Shredded Kraut No. 303 cans 4/1.00  
Showboat Pork & Beans 14% oz. 4/1.00  
Showboat Spaghetti & Spaghetti Rings 14 oz. 5/1.00  
Martha White Corn 7 1/2 oz. Cat Food 5 Varieties 303 cans  
Corn Muffin Mix 5/1 Tender Vittles 6 oz. 3/1.1  
5 Varieties 12 oz. Morton Food 5 Varieties 303 cans  
Stouffer's Products 79¢ Beef Stew 24 oz. 79¢ Gain Detergent \$1.19  
16 oz. jar 15 oz. Seald Sweet Uns. Indian River 1 1/2 oz.  
Coffee-Mate \$1.19 Quaker Life Cereal 79¢ Grapefruit Juice 46 oz 59¢

## Carlisle Community Woman's Club votes to donate Sherrill Mills' album to Library

The Carlisle Community Woman's Club met Monday, Feb. 20 at the library. Co-hostesses for the evening were Mrs. Emmett Darrell, Mrs. Lester Snaps and Mrs. Marjorie H. Wilson. Spiritual Values were given by Mrs. Licha Parsh.

## UK Department of English offers students pathway to self knowledge

Once upon a time, says University of Kentucky English department chairman Dr. Joseph A. Bryant, English was a subject taught to most students in a rote manner.

Undergraduates are now in a department greatly changed. While English is making teachers out of some, Dr. Bryant voices a larger goal for both students and the departments and the department.

"English," he says, "makes a human being out of you. Literature teaches by presenting: boldness, event, good, grief, joy. The study of literature can now perform for the student the same function it always performed for the writer: that is a means of discovering what it means to be fully human."

The English department now does much more than simply prepare students for jobs. It offers its students a pathway to self-knowledge.

more than five years ago; most English majors still wish career preparation and not training for more gentility; above all they are schooled.

Consider the instructors of English 201 and 202, two standard surveys of literature, from the Greeks through the moderns to those masters. Teachers now are part-time faculty members with the master's degree (fasciate wives, for example) who have no degrees of rank or tenure, and the students' aim is to teach one exciting course.

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**FOUR CHOSEN FROM NCHS FOR WHO'S WHO**  
The 1978 edition of Who's Who in Made will carry the names of four students from Nicholas County High School who have been selected as being among the country's most outstanding high school students. They are: Jack Jones, Route 4; Karen Waggoner, Route 4; Jeff Sexton, Route 1; and Ann Kingsolver, Route 2.

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