

Kay's Kitchen

— By Kay Fisher —



From all I have heard the last few weeks, I am not the only one who feels the need to eat better. I have clipped every recipe I could find low in calories. From reading them, the hope of being able to eat better is simple. When you start adding first this, then that, you have also added a calorie. You can find one on your county health center. They will also advise you or help you in any way you like.

To have found that if you cook vegetables until just crisp tender, lightly sautéed and a mere hint of butter, they are more tasty than when cooked to death.

Here is a list of vegetables, all under 60 calories per serving: Zucchini, 1 cup = 25 calories; asparagus, 8 stalks = 20; green beans, 1/2 cup = 26; bean sprouts, 1 cup = 56; best greens, 1/2 cup = 26; beets, 1/2 cup = 40; broccoli and brussels sprouts, 1 cup each = 50; cabbage, 1/2 cup = 16; cooked 1/2 cup = 25. So on it goes. You can see the vegetables you eat, if not cooked with a lot of fat or sugar added, will not be over 60 calories. That is one tablespoon of butter to two packages of frozen spinach.

Here is a combination of vegetables that makes a delicious dish.

- 1 small onion, thinly sliced
- 1 source can sliced mushrooms, uncooked, or 1 cup fresh mushrooms
- 1/2 cup unsweetened orange juice
- 1/2 teaspoon dry rosemary salt
- 1/2 teaspoon black pepper
- 1 teaspoon cornstarch
- 1/2 cup cold water

- 2 tablespoons 2 teaspoons butter
- 1 tablespoon finely chopped green onion
- 1/4 cup dry white wine
- 1/4 cup chicken broth
- 2 sprigs of parsley, minced
- 2 packages spinach, uncooked according to package directions
- 2 tablespoons flour
- 1 cup milk
- 1 egg yolk, lightly beaten
- 2 tablespoons Swiss cheese

- Sprinkle chicken breasts with salt and pepper. Butter a skillet, with 1/2 chicken is tender. Drain liquid from chicken. There should be about 1 1/2 cups. Keep chicken covered and warm. Heat the 2 tablespoons of butter in a sautépan and add the flour, stirring in the reserved cooking liquid. Cook until smooth, add milk and cook about 2 minutes. Remove from heat and add egg yolk, stirring briskly. Spoon the cooked spinach into the center of the oven-proof serving dish; arrange the spinach leaves over the spinach. Sprinkle the grated Parmesan cheese over the top. Place under broiler until bubbly on top. Serves four.

Carrots cooked until tender and sprinkled with chopped parsley is a nice combination, and has only about 25 calories per serving.

If you like the flavor of orange with carrots try adding a tablespoon of orange marmalade to two cups carrots and 1 cup of water and simmer until done. Season with salt and sugar.

Spinach is very low in calories, and when cooked you can even add one tablespoon of butter and still stay below 60 calories. That is one tablespoon of butter to two packages of frozen spinach.

Individual meatloaves filled with fresh fruit make a delicious and low in calorie dessert. Most fresh fruits do not need additional sugar.

CHICKEN BREASTS WITH SPINACH
4 chicken breasts, broiled and skinned or leave plain, but there will be more calories.

Salt and pepper to taste

CARROTS, CELERY AND MUSHROOMS
2 cups thinly sliced carrots
3 ribs celery, thinly sliced

Methodist Women hold assembly in Louisville

Miss Fleet Allison was one of the 1,000 members of the United Methodist Women's Division who met for a four-day National Assembly in Louisville at the Commonwealth Center Thursday, April 27-30.

The theme for the meeting was "A New People for a New People." The program was designed to challenge the members to live as Christians in a non-Christian world, as a white minority in a majority non-white world, and a new people determining their new mission in a new age.

The Women's Division with 1.2 million members is among the largest bodies of church women in the United States. This was the 10th National Assembly and it was the first time the meeting has been held in the Southeast since the denomination.

In addition to Miss Allison, Mrs. Charles Law of Millersburg and Mrs. Ray Little of Farmington attended the Assembly from this area.

Mezzo-soprano to give concert at Transylvania

Melissa Peery, mezzo-soprano, will be presented by Transylvania University Fine Arts Department in her senior voice recital May 7 at 8:30 p.m. in the Carrick Theater of the Mitchell Fine Arts Building. Miss Peery will be assisted at the piano by Mr. Milderred and the viola by Mrs. Harrison. She will sing a song cycle of Vivaldi Sacred songs, two selections by Brahms for viola, piano, and voice, Pauline's Promise by Peery, and Tchaikovsky, and a group of Mountain Folk Songs arranged by Ernest Bacon. Miss Peery is from the state of Patricia Herrin. The public is invited to attend the recital and the reception following in the Marian Art Gallery.

State Police warn consumers

FRANKFORT — Fly-by-night companies promising home improvements are apparently victimizing consumers in state police reports. State Police officers have asked the Attorney General's Consumer Protection Division to warn Kentucky consumers of companies soliciting door-to-door for barn and roof painting jobs.

According to state police, consumers should be alert to the fact that these home improvement companies are operating from out-of-state licensed trucks. These companies seem to be concentrating their efforts in rural areas, police said. The companies apparently agree to do home improvements for a very low fee and upon completion demand as much as \$1,000 more than the agreed upon price, reports say.

If approached by a door-to-door home improvement company, consumers are asked to call the Consumer Protection 1-800-Line 1-800-375-2500.

New director of seventh district Democratic Woman's Club is named

Mrs. Clifford B. Latta, Prestonsburg, is the new Director of the Seventh District, Democratic Woman's Club of Kentucky, succeeding Mrs. Wall Hamilton, Prestonsburg, who resigned May 1.

Past Matrons and Patrons have meeting

Mrs. Latta had recently been appointed First Associate Director of the district to replace the late Mrs. Shirley Meade of Louisville, and succeeds automatically to the post.

There are 27 counties in the Seventh District, including Nicholas, with 13 organized local clubs.

The Past Matrons and Patrons of Marie Chapter 208 held their regular dinner meeting in the firehouse room at the Carisco County Club Thursday evening, April 27.

During the business meeting Cheryl Crockett gave a report on the Eastern Star Awards for Religious Leadership and announced the chapter would be sponsoring a grant for ESTAR, award this year.

At the close of the business session a Rook party was enjoyed by all present. The next meeting will be held at the Shurtleff cottage at Lake Carmine on July 25 at 6:30 p.m.

Deposit tellers attend seminar

Anna Mae Davis, Mary D. Ecton, Joyce Clark and Bonita Duncan, of the Deposit Bank recently participated in a Teller Training Seminar sponsored by the Ky. Bankers Assn. at the Hyatt Regency, Lexington on April 30, 1978. The seminar, one of a series held throughout the State and featuring a comprehensive program presented by experienced instructors in the field of banking, covered a variety of subjects in the area of bank security, communications and bank procedures.

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Mrs. Ron Gray of Carpenter Pike has recently completed the Cardio-pulmonary Resuscitation (CPR) course offered by WEDCO and the American Heart Association. Mrs. Gray is now certified in the following areas of procedures: unassisted cardiac arrest, one and two rescuer procedures, obstructed airway and infant resuscitation.

State cracking down on welfare cheating

FRANKFORT — The state's Department for Human Resources is cracking down on welfare cheating in Kentucky. Responding to what he called a mandate from Gov. Julian Carroll, the state's Secretary Peter Conn today announced major efforts to identify and prosecute welfare cheaters.

— The Department for Human Resources is turning over 345 cases of welfare fraud in Jefferson County to County Attorney J. Bruce Miller. The cases represent about \$460,000 fraudulently received through the Food Stamp and Aid to Families with Dependent Children (AFDC) program.

— The cases were investigated by a team of 26 special investigators from the Department for Human Resources (DHR), who have been assigned full-time to Jefferson County for the last month. The investigators will begin a similar welfare fraud effort in Northern Kentucky next month, then go to other areas of Kentucky.

— The Department for Human Resources is opening a satellite welfare office in Paducah today, for use by any citizen who wants to report suspected welfare fraud. The office will be located in the Welfare Fraud Line and will be operated around the clock, seven days a week. Special investigators will follow up on information given in the calls, which may be made anonymously. The Welfare Fraud Line number is 1-800-375-2970; and

— DHR is expanding the use of computer matching to detect welfare fraud and abuse.

— Welfare cheating is a crime, and Gov. Julian Carroll wants to stop it. "We are responding to his mandate," Mr. Conn said.

— "The majority of welfare recipients are honest and deserving of the benefits they receive," he said. "The minority who cheat give all recipients a bad name, and they take money away from help, which you are honestly entitled to."

Mr. Conn said the welfare crackdown was made possible by Gov. Carroll's creation of a new Office of Inspector General within DHR last October. The Office has an entire unit devoted to investigation of fraud and abuse in welfare and other human resources programs.

Johnny Duncan Show

May 25, 26 and 27

7:30 p.m. nightly

at Horsepark Inn Opry, Georgetown, Ky.

(Formerly County, West)

Special guest will be Miss North Dakota, Georgia Becker, announcing her latest release, "Kentucky". Tickets are on sale at Western Auto.

Sandy Allen chosen in random drawing

FRANKFORT — In a random drawing from over 5,000 entries Gov. Julian Gov. Julian Carroll wants to stop it. "We are responding to his mandate," Mr. Conn said.

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Kentucky afield

John Wilson

But, Bowers says, the fish are often more adaptable than the fishermen and will grow under less than ideal conditions. Those anglers who wait for that perfect day might miss the peak spawning periods, get out on the water whenever you can, even if it is a little cooler, cloudier or windier than you'd like.

Of course, this doesn't mean that you should keep fishing during really severe weather. Our large lakes can get caught up in a hurry when the wind gets up and it's extremely dangerous to be outdoors. So temper your desire to catch fish with a good dose of common sense and keep a watchful eye on the weather.

When's the best time to go fishing? "Right now," says Charles Bowers, director of the Kentucky fish and wildlife department's fisheries division. According to Bowers, now through the middle of May is the best time of the year to catch fish in Kentucky. Most game species spawn during this period, and spawning activity causes fish to concentrate in shallow water areas where they are easy to locate and catch.

The only dark spot on this otherwise bright angling horizon is the weather. Spring in Kentucky is almost always marked by unsettled weather conditions — thunderstorms, cold fronts and heavy rain, and other disturbances that make fishing less than ideal.

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