

Kay's Kitchen

By Kay Fisher

It is fall apple time again so since I go "all out" for foods in season, will be the apple bit this week. Apples are good anyway you wish to use them. From just eating raw, or sliced, apple sauce, to fancy desserts.

Apple Roly Poly is one of my favorites. It may be because I grew up having it served to me often. In fact, the Roly Poly method of cooking was used for many things, sausage, ground ham (which I have given you before) to sweets.

The most important thing to remember in cooking with apples is to use a good tart cooking apple. Decide if you want the apple to cook into a sauce, or to hold its shape after cooking until tender. A good "tasting apple" is not necessarily one that is good for cooking.

APPLE BETTY
6 medium-sized cooking apples
1/4 cup sugar
1/4 teaspoon cinnamon
1/4 tablespoon salt
2 tablespoons ground orange rind
1/2 cup water

Pare and slice apples; place half in casserole. Combine brown crumble, sugar and cinnamon; sprinkle half over apples and dot with butter. Repeat with remaining apples, crumble and butter. Sprinkle with orange rind; add water and cover. Bake in moderate oven (375 degrees) for 40 minutes. Serve with Hard Sauce. Serves 6.

HARD SAUCE
1/2 cup butter
1/2 cup confectioners' sugar
1/2 teaspoon vanilla, lemon or almond extract, cinnamon or nutmeg
1 tablespoon cream
Creamy butter until soft; gradually beat in sugar, cream and vanilla. Beat until fluffy. Brandy, rum, sherry or any other liquor may be substituted for cream and flavoring. Fill lightly in serving dish and chill until set but not hard. Yields approximately 1/4 cup sauce, or enough for 4 to 6 servings.

APPLE SCALLOP
1 cup flour
1/2 cup butter, or butter and other shortening
1 cup firmly packed brown sugar
4 cups sliced apples
Dash of salt

Blend flour, butter and sugar with pastry blender to form crumbly mixture. Arrange apples in buttered baking dish, sprinkle with cinnamon and cover with flour mixture. Bake in moderately hot oven, 375 degrees about 45 minutes, or until apples are tender and crumble browned. Serve with cream or sauce. Serves 6.

BAKED APPLE DUMPLINGS
1 recipe fish fillet dough
6 medium-sized apples
1/2 cup firmly packed brown sugar
1/4 cup flour
1 teaspoon cinnamon
1 tablespoon ground orange rind

Prepare fish fillet dough, roll 1/4 inch thick and cut in 4-inch squares. Pare and core apples and place one in center of each square; fill cavities with mixture of sugar, raisins and rind and dot with butter. Bring opposite corners of dough together on top of apple, moisture edges of one side with water and seal; prick with fork. Brush with slightly beaten egg white and sprinkle with sugar. Bake in oven, 450 degrees, for 15 minutes; then reduce heat to moderate, 350 degrees, and bake 20 minutes longer. Serves 6.

APPLE ROLY POLY
Prepare rich blatt dough; roll 1/4 inch thick. Spread with a mixture of 1/2 cup butter, 1/4 cup raisins; 1/4 teaspoon cinnamon, 1/4 cup sugar and 1/2 cup firmly packed brown sugar. Roll as heavy as possible, spread with butter and add 1 cup water. Bake in hot oven, 400 degrees, for 15 minutes; then reduce heat to moderate, 350 degrees, and bake 20 minutes longer. Serves 6.



Bazaar items

The Nicholas County Health Care Auxiliary held its first workshop of the season Tuesday, Sept. 26, at the Blue Grass Industries dining room. Pictured above is an array of items brought in by members that will be for sale at the annual bazaar on Dec. 7. The items are alpaca, crib quilts, tree skirts, stockings, luncheon cloths and napkins, sofa pillows, Barbie doll clothes, gel dolls, purses, neck scarves, new candles, and doll beds. — Photo submitted

60th anniversary is observed Oct. 1 with reception

The children of Mr. and Mrs. W. O. Doyle surprised their parents Sunday afternoon with a reception honoring their 60th wedding anniversary. Mr. and Mrs. Doyle were married Oct. 3, 1918 at Paris. They are the parents of six children, 14 grandchildren and 11 great-grandchildren. Family members who attended the reception were: Mrs. J. E. Adams, Don Adams, Mrs. Tommy Boardman, Leah Boardman, Mr. and Mrs. W. O. Doyle, Mr. and Mrs. Larry Long, Lee Ann and Larry Wesley Long, Mrs. Margaret McKinstry, all of Paris; Patsy Doyle of Owen, 450 degrees, for 15 minutes; then reduce heat to moderate, 350 degrees, and bake 20 minutes longer. Serves 6.

Miss Story is honored

Miss Becky Buntin and Mrs. W. R. Buntin Jr. entertained with a luncheon Saturday honoring Miss Sandy Story, their 6th wedding anniversary. The luncheon was held at the home of Miss Buntin in Lexington. Guests were: Miss Story, Mrs. Donald Story, Mrs. Eugene Seapp, Mrs. Frank Henry and Mrs. Charles Hopkins all of Carlisle, Mrs. Art Stewart, Cincinnati; Mrs. Rick Graves, Richmond. Miss Story was honored on Sept. 24 with a miscellaneous shower given by Mrs. Art Stewart at her home in Cincinnati. Guests were Miss Story, Miss Lass Long, Miss Rose Kanizer, Miss Jean Beaker, Miss Jan Deaton, all of Cincinnati, and Miss Becky Buntin of Lexington.

Kenney family reunion held Oct. 1 at Falmouth

Relatives and friends of the late Martin and Bruce Kenney met at Kincaid Lake State Park at Falmouth on Sunday, Oct. 1. Those in attendance were: Mr. and Mrs. Charles Kelly of Dayton, Ohio; Mrs. Charles Kelly of Dayton, Ohio; Mrs. Jack Spahr and Richard, Mrs. Ruby Morris, Mr. and Mrs. Roy J. Soapp, all of Cincinnati, Ohio; Mr. and Mrs. Roy Sauer and son Chris, Mrs. Pat Graham, and daughter Paige; Mrs. Michael Deaton, and Jennifer, F. Thomas; Mr. and Mrs. Ralph Wagoner and two daughters, Lezette and Jeffrey Morris, Florence, W. Va. Mr. and Mrs. Jay Kenney, Aleta Ray and Jeffrey Kenney of Colver, Ind. Mr. and Mrs. Doris Towhee and four children in Maryville and Lexington, Mr. and Mrs. Fred Holzar and Chris Hollar, Carlisle. Mr. and Mrs. Ray Kenney, Aleta Ray and Jeffrey Kenney of Colver, Ind. Mr. and Mrs. Doris Towhee and four children and Mrs. Lois Kenney Ritchie of the noon hour.

Fair Board changes dates of 1979 Kentucky State Fair

The State Fair Board has voted to move the dates of the 1979 Kentucky State Fair one week earlier in August, according to Wyndell Smith, Board president. The 1979 Kentucky State Fair dates will be Aug. 8-18. The new dates were chosen, according to Smith, to enable the fair to enhance participation of 4-H, FFA and commercial and livestock exhibitors at the fair. The earlier dates will give exhibitors more latitude in choosing between State Fairs in the Midwest and South, said Smith. The new dates also reflect the board's decision to return to the State Fair, the last Sunday was added in 1977 as an experiment, Smith said, but in two Fairs has proven to be economically unfeasible. As a result, the Fair in 1979 will open on a Thursday and close on a Saturday. Schools also played a big role in the board's date change. Jefferson County and neighboring school systems in the past have started school following the end of the Fair. Smith pointed out that the first three days of school this year, Aug. 20, 21 and 22, are permanent residents of Perkins' 7th Congressional District are urged to apply. Potential candidates should be single, in sound physical condition and capable of meeting the requirements of the program. Perkins age interested high school juniors and seniors to contact him at Perkins office located at 1200 Bayburn House Office Building, Washington, D. C. 20515.

Service academy applications now being accepted

Congressman Carl D. Perkins announced today that he is accepting applications from young men and women who wish to be considered for a congressional nomination to the service academies for classes entering in the summer of 1979. The academies which utilize the congressional nomination system are: Military Academy, West Point, N.Y.; Naval Academy, Annapolis, Md.; Air Force Academy, Colorado Springs, CO; and Merchant Marine Academy, Kings Point, N.Y. Young people between the ages of 17 and 21 who are permanent residents of Perkins' 7th Congressional District are urged to apply. Potential candidates should be single, in sound physical condition and capable of meeting the requirements of the program. Perkins age interested high school juniors and seniors to contact him at Perkins office located at 1200 Bayburn House Office Building, Washington, D. C. 20515. Every day is bright and sunny and it's time to make you Money!

Band Boosters

The Nicholas County Band Boosters will hold its regular meeting Monday, Oct. 8 at 7:30 p. m. in the high school bandroom. All members are urged to attend.

Mr. and Mrs. Ralph Evans 50th anniversary celebrated Sept. 26

Mr. and Mrs. Ralph Evans celebrated their 50th wedding anniversary Tuesday, Sept. 26, 1978, at their home. Mrs. Evans is the former Ivy Jane Mitchell of Fleming County. Attending the celebration were their two sons and five daughters: Gene Evans of Irving, Mrs. Jewell Davis of Cynthia, Mrs. Pauline Bussell of Carlisle, Mrs. Louise Murdock of Ohio, Mrs. Mary Stone of Millersburg, Mrs. Marsha Clark of Newport, and Carl Evans of Carlisle. The other family members attending were Harold Bussell and Charlene Moorefield Church to honor Sunday School staff Oct. 8

The Moorefield Christian Church will honor its Sunday School staff on Sunday, Oct. 8, at a special morning worship service. The service will be conducted by the members of the various Sunday School classes with Mrs. John Todd in charge. Following this there will be an Honors Dinner. This will be in conjunction with the annual Harvest Dinner. Everyone is invited and asked to bring some item of canned or fresh food which will be distributed to the hospital and nursing home. This has been an annual project of the church for many years.

Methodist Women to meet Oct. 10

The general meeting of the Carlisle United Methodist Women will be held Tuesday, Oct. 10, 6:30 p.m. with a potluck dinner and fellowship service. The "Thanks" offering will be done at this meeting. All women of the church are invited to attend.

Prenatal classes are Oct. 9 thru 30 at health center

Prenatal classes will be held at the Nicholas County Health Center on Monday evenings from 7:30 p.m. from Oct. 9 through Oct. 30. Sally Sampson and Mary Adams, nursing students from U.K., will be teaching under the direction of Lee Rose, center coordinator, and Peg Wolfe, clinical instructor. For further information, call 238-2128.

Mr. and Mrs. Clara Shaw of Whitesburg, Ky. returned home after a two week visit with Mr. and Mrs. Yous Shaw and Mrs. George Shaw of Dayton, Ohio. She was accompanied by Mrs. Floya Gibson of Whitesburg, Ky. Mr. and Mrs. Bobby Fryman, Robyn, Becky and Krist spent the weekend on Cumberland Lake.

Mr. and Mrs. Teddy Shaw entertained with a birthday dinner for his father, Yous Shaw, Sunday evening. Present were Mr. and Mrs. Paul Smith, Greg and Kim of Lexington, Clara Shaw, Whitesburg, Mr. and Mrs. Yous Shaw, Mr. and Mrs. Allen Shaw, Lisa, Tracy and Jimmie Allen Jr., and Mrs. Clara Shaw.

Transylvania University will offer non-credit course titled "History of the Horse" during the Fall Term.

The lecture series will focus on the horse industry in Kentucky with special emphasis on the history of the thoroughbred, standardized, and saddlebred. Lecturers will include: Jane Adams, Kentucky Horse Council; Kent Hollingsworth, "The B & O of Horses"; Paul "Smiley" Lowry, "The Best Mile and Tarral"; and Keith Cupp, "The Blenheim Horseman". Lectures will be held on Thursday evenings, Oct. 13-17, 7:30-9:30 p.m. For a complete list of courses and registration, Smith pointed out that the office of Community Education at (606) 233-2124.

Ellis Willoughby Willoughby family has two birthdays

Mr. and Mrs. Richard Willoughby had a family reunion and birthday dinner Sunday, Aug. 27, for Ellis Willoughby and Richard Willoughby. It was Ellis Willoughby's 87th birthday. Over 300 family members and friends visited during the day.

Jesse Hughes has birthday

Jesse Hughes, a resident of Johnson-Mathers Nursing Home celebrated his 86th birthday Monday, Sept. 25. The nursing home director M. C. Hughes with a party and his friends and relatives called on him during the day.

M.S.U. to offer teachers' exams in November

The Morehead State University Testing Center is offering the National Teacher Examination on Saturday, Nov. 11. Registration forms, which may be obtained at the Center, must be received by the Educational Testing Service in Princeton, N. J. no later than Oct. 17. During the one-day session, a candidate must take the examination examination, which includes tests in professional and general education, plus one of 26 area examinations designed to measure knowledge of particular subject matter and teaching areas. Each candidate will receive an admission ticket with notification of the exact location of the testing site. Those taking the examination must report at 8 a.m. Persons taking area examinations report at 1 p.m. Dr. Stephen Taylor is director of the Testing Center.

Benefit security benefits available for married women

If a married woman age 62 or older is self-employed or covered by social security, she is eligible for cash benefits on her own work record, regardless of her husband's age. But she is eligible for her benefits only if her husband is entitled to retirement or disability benefits. The purpose of social security cash benefits is to provide some continuing income for her and her family when her husband's age is 62, or substantially reduced, because of retirement or disability. If benefits were paid to a wife at age 62, regardless of her husband's age, or whether he still works, the amount of the social security program would be substantially increased. In addition, such a change would tend to make the purpose of the program, since benefits would be paid to women who had not suffered any actual loss of financial support. All members are urged to attend.

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