

Kay's Kitchen

By Kay Fisher



Lovely fall days, crisp weather, seasonal foods like apples, sweet potatoes, squashes, and fall vegetables. Of course, I think of making breads, rolls, and cakes. Nothing quite takes the place of delicious breads of bread baking. This week I have a very easy recipe. You make the roll dough and refrigerate it overnight. Then about two hours before dinner make out the rolls, let rise and bake. The dough keeps for about a week. Or you may make out all the rolls, bake and freeze. They warm up easily.

EASY REFRIGERATOR ROLLS
 2 cups warm water
 2 1/2 cups yeast
 2 teaspoons salt
 1/2 cup oil
 1 egg
 4 cups soft shortening
 In mixing bowl dissolve yeast in warm water. Add sugar, salt and half the flour. Beat thoroughly for two minutes. Add egg, shortening. Mix in remaining flour with spoon or hands until dough is easy to handle. Grease top of dough, cover tightly. Refrigerate. Punch down if dough begins to rise. About 2 hours before dinner, divide off amount needed and return rest to refrigerator. Shape while cold into desired rolls. Bake at 350 degrees for 15 to 20 minutes. Lightly greased pans.

NOBLY APPLE CAKE
 2 tablespoons butter or margarine
 1 cup sugar
 1 egg, beaten
 1 teaspoon baking soda
 3 cups diced apples
 1 teaspoon vanilla
 1/2 teaspoon cinnamon

ONE RECIPE WHITE BREAD
 2 pkg. yeast
 2 tablespoons sugar
 2 tablespoons warm water
 1 cup milk
 2 1/2 tablespoons shortening
 1 teaspoon salt
 1 cup cold water
 6 to 7 cups flour
 Dissolve yeast and sugar in warm water. Heat milk and melt shortening in salt and cold water and allow to cool.
 Combine cooled milk and yeast mixture in a large bowl. Stir in two cups flour and beat about three minutes on electric mixer or 100 strokes manually. Gradually add two more cups flour; beat well. Gradually add two more cups flour; beat well. Gradually add remaining flour to make a workable dough, and beat.
 Turn out on floured surface and knead till smooth and elastic. Divide dough in half and shape each into loaf. Place in two large, greased bread pans. Cover and allow to rise until double. Brush tops with melted butter. Bake at 375 degrees for 15 to 20 minutes.

For those who do not like waiting for bread to rise twice, I have found this recipe, and the results are very good. It is a time saver and does taste very good.

Chapel fund gift



The Rev. Herman B. Kaminaga, pastor of the Shrine of Our Lady of Guadalupe, has returned home after spending four days at the Small Renewal Center, Millford, Ohio, making his annual spiritual retreat.
 Mr. and Mrs. Louis Chambers of Edmond, OK spent two weeks recently visiting with Mr. Chambers' cousin, Carl (Larned), Mrs. Larned and family. They stopped by The Mercury office Wednesday, Oct. 11, to meet owner Warren Fisher who unfortunately was out to lunch. They also visited Mr. Chambers' brothers in Paris and Lexington before returning home.
 Mr. and Mrs. Gene Vance of Williamsport spent three days with Mrs. Joe Sapp while attending the Fox Hunt at the Clay Farm.
 Mr. and Mrs. Bobbie Daley and daughter of North Middletown were supper guests Tuesday night of Mr. and Mrs. James Sapp.
 Mr. and Mrs. Colver Ashbury of Park spent the past week with her sister, Mrs. Joe Sapp.

'Forever His' to give program Sunday at Christian Church

'Forever His,' a contemporary christian singing group from Eastern Kentucky University will be singing at the First Baptist Church, Carlisle, on Sunday, Oct. 21 at 11 p.m. The group recently completed its second twelve week summer tour covering the central

'Table Arrangements' is subject of Garden Club meet Oct. 23

The Carlisle Garden Club met Monday, Oct. 23, in the club room at the Library for the regular monthly meeting.
 In the absence of Mrs. Huttona Wilson, president, Mrs. S. M. DeKeyser, vice chairman, presided. Mrs. Frank Henry gave the spiritual verses. Miss Mary Leta Carroll, read the minutes and Mrs. W. J. Clark gave the treasury report.

Mrs. Willmer Hatzorn and Mrs. George Gaffin brought flower arrangements.
 The program subject was "Table Arrangements, featuring 11 or a 17. Those participating were Mrs. Ray Miss, Mrs. W. J. Clark, arranging three breads; Mrs. Robert Sparks,

NCHS 1968 class reunion held Oct. 7 in Millersburg

Twenty-six members of the 1968 graduating class of Nicholas County High School attended their 10-year reunion on Saturday, Oct. 7, at the home of John and Lorraine Frye Smoot in Millersburg.
 The reunion was celebrated with a potluck supper.

Class members attending were: David Busnell, Brenda Hawlings Day, Rob Lane, Billy Ray Sams, Wayne Tapp, Phyllis Havelstein, Sams, Frank Buckler, Carlisle; Brenda Morgan Claypool, Cynthia; Bonnie Gumm

Horseman's Short Course set for Nov. 3-4 at Horse Park

The second annual Kentucky Horseman's Short Course has been scheduled for Nov. 3 and 4 at the Horse Park of the new Kentucky Horse Park near Lexington.
 Organized by the Cooperative Extension Service and the Animal Sciences Department of the University of Kentucky College of Agriculture, the course will combine lectures with practical demonstrations. The excellent facilities available at the Kentucky Horse Park will add to the presentation of what promises to be an excellent opportunity for members of all equine interests to gain valuable knowledge.
 The schedule for the educational activities for this course will be as follows: 10-30 a.m. Friday, Nov. 3, Superintendent Don Watson will explain the facilities and activities available at the park.
 At 1 p.m. Friday, participants will board buses for a short trip to Gateway Farm, one of Kentucky's leading Thoroughbred breeding centers. Gateway resident veterinarian Chris Cahill will speak to a group on Reproductive Physiology and Breeding Systems with demonstrations of practical application included.
 A panel discussion on Feeds and Feeding will be held at the Horse Park at 7:30 p.m. Friday. The speaker on the panel will be Dr. John Baker of the UK Animal Science Department, Henry White of Team Lane Farm and Lexington, Dr. Jim Smith of the Davidson-McGee Company of Lexington, KY. The Saturday, Nov. 4, session will begin at 8 a.m. with explanations of the Kentucky Equine Education Program (KEEP), the vocational education school which is located on the Kentucky Horse Park, and the Kentucky Horse Council's state agency with purposes of promoting and improving the equine industry in the state.
 Various lectures and demonstrations will be programmed throughout the day at various sites on the Horse Park, allowing participants to choose those classes which are most pertinent to their equine interest. Included will be: Equine Equitation with the Western Pleasure, Starting the Running Horse, Corrective Shoeing, Selection of Horses, Handling Horses, Introduction to Dressage, Schooling the Green Hunter, Horse First Aid and Bandaging, Worming Programs, and Grooming for Show and Sale.
 Registration fees for the two days is \$20 and includes luncheon on Saturday. Registrations forms may be obtained from either Steve Jenkins, Box 924, University of Kentucky, Lexington, KY 40506 or Kentucky Horse Council, Box 11922, Lexington, KY 40517. Interested parties are asked to forward their registration by Nov. 1.

Youth groups enjoy camp-out

The boys of the combined youth group of the First Christian Church and the Shrine of Our Lady of Guadalupe spent a delightful overnight camp-out at the Youth Camp Daniel Boone October 13 and 14. An evening hike along the palaces of the Kentucky River and the exploration of a paleontological site prior to the evening devotional brought a welcomed blasting camp fire. Camping at river and looking through Lock's at the end of Tates Creek Road were the highlight of the trip. Participants were Chris and Mark Baker, Mike Conley, Harwood Koury, Paul Smith, Jeff Smith, Mike Raders and David Tubbs. Chaperons and trip leaders were the church pastors, Mark Prevo and Herman Kaminaga.

Margaret Duncan celebrates 16th birthday Oct. 21

Miss Margaret Ellen Duncan, daughter of Mr. and Mrs. Bobby Duncan, celebrated her 16th birthday with a party given at the home of her aunt, Mrs. David Busnell and Mr. Busnell on Saturday, Oct. 21.

Her guests included Jane Ellen Damsper, Lorna Turpin, Sandy Gage, Tracy Tolliver, Darrin Green, Gary Ring, and Phillip Rose.

Miss Lexington pageant entries include Nicholas

The 1979 Miss Lexington Scholarship Pageant Entries Committee is pleased to announce that in addition to the local girls from Fayette County entries will be accepted from the following six surrounding counties: Kentucky, Tennessee, Nicholas, Bourbon, Harrison, Clark, Woodson, and Franklin counties.
 The entries committee's search for participants in the Miss Lexington Pageant, a preliminary to the Miss America Pageant, includes trophies at UK's Memorial Hall, Saturday, Feb. 3, to announce their 16th birthday with a party given at the home of her aunt, Mrs. David Busnell and Mr. Busnell on Saturday, Oct. 21.

Specials

Pyracantha (Orange Berry) \$2.00
Euonymus Altus (Burning Bush) Compacta \$5.00

'Wilt Pruf' Anti-Transparent

Protects against plant damage due to 1. Winter Kill 2. Windburn 3. Air Pollution.
 Can be used on Indoor or Outdoor Plants.

A Large Selection of:

Broad Leaf Evergreens • Flowering Shrubs • Flowering Trees
 Shade Trees • Fruit Trees Trees

• Entrant must be between 17 and 28 and a high school graduate by Labor Day, 1979, of the competition.
 • Entrant must be of good character and possess poise, personality, intelligence, charm, and beauty of face and figure.
 • Entrant must possess and display talent in a routine not to exceed three minutes.
 • Entrant must be resident of the city, county or territory in which the local pageant is held for six months prior to the pageant. This rule is waived only for contestants whose residence is out of the city, county, or territory, but who are college or university students in the territory where the pageant is held.
 • Entrant may be either professional or amateur.
 Miss Carolyn Jones, winner of the 1978 Miss Lexington Pageant, spent a delightful week in Lexington and represented Lexington in the Miss Kentucky Pageant at Louisville where she was the first runner-up to Miss Kentucky, who was Miss Marcia Bell, Lexington, KY, winner of 1977.
 The first runner-up will receive a \$500 scholarship, second runner-up will receive a \$300 scholarship, 15 first runner-up a \$200 scholarship and fourth runner-up a \$100 scholarship.
 Applications and further information can be obtained by calling Mrs. Donna Griffith, chairman, at 377-6681, or Mrs. Judy Shepherd, co-chairman, at 271-3387.

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Chuck Roast

lb. **89¢**
(Boneless lb. *1.29)

Coke, Tab

Sprite

8 pk. 16 oz. W/Btls.

\$1.19

Ground Beef

(3 lbs. or more) lb. **\$1.09**

Oscar Mayer Bologna

12 oz. **\$1.29**

Oscar Mayer Wieners

lb. **\$1.39**

Oscar Mayer Bacon

lb. **\$1.69**

U.S. Choice Boneless Stew Beef

lb. **\$1.59**

U.S. Choice Sirloin Strips

(10-12 lb. avg.) Sliced Free! lb. **\$2.79**

U.S. Choice Shoulder Roast

lb. **\$1.29**

U.S. Choice Short Ribs

Extra Lean lb. **\$1.29**

Fresh Pork Chop Sale

First Cut lb. **\$1.39**
(Center Rib lb. **\$1.59**; Center Loin lb. **\$1.69**)

Pork Quarter Loin Chops

lb. **\$1.39**

Pork Country Style Ribs

lb. **\$1.39**

Born Beef Brisket DuBaque

DuBaque Royal Buffet lb. **\$1.39**

Cagle's Grade A Family Pak Chicken Parts

lb. **49¢**

Oscar Mayer Smokie Links

12 oz. pkg. **\$1.39**

Oscar Mayer Pork Sausage Links

lb. **\$1.69**

Pecan Spins & Dunkin' Spins

8 oz. **2/99¢**

Wesson Oil

38 oz. **\$1.59**

Fudge Stripe Cookies

lb. **79¢**

Dove Bar Soap

3 1/2" **3/1**

Sandwich Bags

6" x 10" **69¢**

Cake Mixes

49¢

Pillsbury Pancakes & Waffle Mix

2 lb. box **59¢**

Lux Liquid

32 oz. **99¢**

Wheaties

12 oz. **49¢**

Fruity Pebbles

Post 11 oz. **79¢**

Glad Trash Bags

20 Ct. **\$1.69**

Quaker Oats

49¢

Count Chocula

12 oz. **79¢**

Buc Wheats

10 oz. **59¢**

Cycle 1-4

14 oz. (7 Varieties) **3/89¢**

Fudge Cookies

Marshall 9 oz. **69¢**

Mrs. Buttrworth's Syrup

36 oz. **\$1.59**

Sunshine Wafers

16 oz. (3 Flavors) **69¢**

Wish-Bone Dressing

89¢

Hunt's Manwich

16 oz. (3 Flavors) **79¢**

Mini Pads

36 ct. **\$1.39**

Speed Starch

69¢

Betty Crocker Cookies

32 oz. **69¢**

Betty Crocker Noodles

24 oz. **49¢**

Grape Nuts

Post 24 oz. **99¢**

Muffin Mix

Blueberry 13 1/2 oz. **69¢**

Lux Liquid

32 oz. **99¢**

Betty Crocker Pancake & Waffle Mix

2 lb. box **59¢**

Lux Liquid

32 oz. **99¢**

Betty Crocker Pancake & Waffle Mix

2 lb. box **59¢**

Lux Liquid

32 oz. **99¢**

Del Monte Sale

Halves, Sliced Canned Peaches No. 2s 59¢
 Canned Peas 303 cans 2/79¢
 Cut, Seasoned & F.S. Green Beans 303 cans 3/71¢
 Golden W.K. & C.S. Corn 303 cans 3/89¢
 Catsup 32 oz. 79¢
 Tomato Juice 46 oz. 59¢
 Pineapple Orange Juice 46 oz. 49¢
 Pineapple Grapefruit Juice 46 oz. 49¢
 Canned Pineapple Sliced, Crushed, Chunks No. 1 1/2 2/89¢

Avacados 3/1 Carrots lb. bags 2/49¢
 lb. **17¢**
 3 lb. bag **49¢**
 10 lb. bag **\$1.39**

Tangelos Doz. 99¢

New Freedom 30's

Easy-On 22 oz. **69¢**

Hunt's 27 1/2 oz.

lb. **79¢**

Betty Crocker 3 Varieties

32 oz. **49¢**

Betty Crocker 3 Varieties

32 oz. **49¢**