

Kay's Kitchen

— By Kay Fisher —

Meatless recipes are only important to those who are observing Lent. But nearly everyone else too. It just takes one look at any meat case to throw one into a pan. So I keep looking and trying recipes for fish, poultry, or to meat at all. Here are a few you might like to try.

EASY FISH DINNER
1 1/2 pounds cod
2 tablespoons margarine
1/4 cup thinly sliced celery
2 medium onions sliced
Salt and pepper to taste
1 pound frozen fish fillets, thawed and cut into large pieces
2 cups of cooked sliced potatoes
1/4 cup minced parsley
Drain liquid from tomatoes into a skillet. Add margarine, celery, and onions. Cover and simmer until almost tender. Arrange fish in layer on top of celery and onion. Sprinkle with salt and pepper. You may really add any other seasoning you like at this point. Taste and adjust to suit you. Add tomatoes and potatoes. Cover and simmer until fish is done. Taste again for seasoning. If you have used leftover potatoes that have been seasoned you will not need to season at this time. Sprinkle with parsley and pepper, and serve.

This is a very versatile recipe. You may use any seasoning you like and may also use different vegetables.

FISH AND BROCCOLI BAKE
1 lb. fish fillets
2 1/2 ounce pkg. broccoli spears
1 1/2 ounce can condensed cheddar cheese soup
1 teaspoon garlic salt
Pepper
1 cup soft bread crumbs
2 tablespoons melted margarine
Cook broccoli according to package directions, drain, save juice. Put

MUSHROOM SAUCE
Combine 1 (16 oz.) can condensed cream of mushroom soup, 1/4 cup milk, 1 (2 oz.) can drained sliced or button mushrooms, 1 tablespoon each of pimento and 2 tablespoons sherry. Drain to simmering.

Retired teachers to meet Monday at N. C. Library
The Nicholas County Retired Teachers will meet Monday, April 9 at 2 p.m. at the Nicholas County Library. The program will consist of each member telling what she did during the winter months, and possibly bringing something to show the club members.

Dougherty Lodge to have supper
Dougherty Lodge No. 657 & A.M. will have its ham supper April 7 at 6:30 p.m. at the Masonic Hall.

Bridge-dessert is in Cynthia
There will be a bridge dessert on Thursday, April 19 at the Cynthia County Club. The bridge dessert is being put on by Gamma Chi, Beta Sigma Phi, a ladies social society. It is open to men and women who like to play bridge. There will be two sessions, an afternoon starting at 2 p.m. and an evening starting at 7 p.m. There will be prizes for first and second places. Also there will be several door prizes given away at each session. A dessert will be provided. For more information or reservations, call Mrs. Joe (Ladys) Judy at 254-150.

Volunteer names added
Others helping with the Carlisle Cemetery Company will give notice of those mentioned in last week's Mercury. They are: Mrs. Betty Abnee, Helen Platt and Pam Anderson.

Miss Mary Jane Griffith Engagement announced
Colonel and Mrs. Gerald Soutley Griffith of Hesseberg, Germany, announce the engagement of their daughter, Mary Jane, to Stephen Outstinger, son of Mr. and Mrs. Garvey L. Outstinger of Carlisle.

Miss Griffith is a student at Morehead State University where she will receive a degree in Small Business Management in May. Mr. Outstinger is an industrial electronic technology student at Mayville Community College. He will also receive his degree in May.

An August wedding is planned. Miss Griffith is the granddaughter of Mrs. Huel Ashbury of Carlisle, and Mrs. W. R. Lewis of Flemingburg.

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broccoli in baking dish. Top with fish fillets. Add broccoli juice to soup, and other seasonings and blend and pour over fish. Combine bread crumbs with some melted margarine and sprinkle over all. Bake at 350 degree until crust broken and fish flakes.

CRAB AND SPINACH CHEESE LOAF
1/4 lb. once can Crab meat
1 (16 ounce) pkg. frozen chopped spinach
2 teaspoons lemon juice
1 tablespoon minced onion
Salt and pepper to taste
1 beaten egg
1/4 cup cottage cheese
2 tablespoons grated Parmesan cheese
2 cups kielbasa mix
Dash of red pepper
1 cup grated Swiss cheese
1 beaten egg
Drain and pick over crab meat, cut in up, try large pieces. Cook spinach in salted water as directed and drain well. Combine crab meat, spinach, kielbasa, onion, salt, 1 beaten egg, cottage cheese, and Parmesan cheese. Combine kielbasa mix, red pepper, 1/4 cup grated Swiss cheese, beaten egg, and 1/2 cup milk. Stir well and fold blended. Turn out on floured board and knead a few minutes until smooth. Roll out into rectangle. Spread with crab meat mixture and roll as for jelly roll. Place on greased cookie sheet and bake at 375 degrees in middle of oven. If it begins to brown too fast cover with foil. This takes about an hour to cook. To serve slice into 1/4 inch slices. Serve with Mushroom Sauce.

Mrs. Larry Brewer Hunt-Brewer vows solemnly at Carlisle Christian Church
Miss Carla Hunt, daughter of Mr. and Mrs. Gaylord Hunt, and Larry Brewer, son of Mr. and Mrs. Boyd Brewer, were married Friday, March 23, 1979 at Carlisle Christian Church with Rev. Merrel Mitchell officiating at the ceremony.

The bride, given in marriage by her father, wore a floor length gown of white silk organza, trimmed with chantilly lace and tiny seed pearls. The gown was empire waist style and white silk organza, trimmed with chantilly lace and tiny seed pearls. The sleeves were sheer and gathered full at the wrist with a cuff of lace. The skirt of the gown was lace trimmed, and a layer of lace trimmed the entire bottom of gown fell into a cascading length train. Her veil fell from a matching cap of lace and was lace edged flowing into a cathedral length. Matron of honor was Charlotte Butler of Chattanooga, TN. She wore a pale yellow gown of tulle. She carried a long stem yellow rose of silk. Bridesmaids were Miss M. A. R. a Hunt, sister of bride, and Miss Kathleen Brewer, sister of groom. They wore dresses identical to matron of honor.

Best man was Jimmy Emmons of Owingsville. Ushers were Donna J. Brewer and Robert Brewer, brothers of groom. Miss Jenny Curtis, sister of bride presided at the guest book. Mrs. Diana Willis, Mrs. Rhonda Snapp, Mrs. Kathy Hilsander, and Mrs. Janice Pryor, served at the reception, which was held immediately in the fellowship hall. The couple are living in Carlisle.

Miss Carol Sue Wallace, daughter of Mr. and Mrs. John A. Wallace of Nicholas County and Robert Burke, son of Mrs. Anna M. Burke and the late Thomas Burke of Olean, N.Y. were married March 22, 1979 at 4 p.m. at the Wedding Chapel in Ft. Lauderdale, Fla. by the Rev. T. H. Leuchten. Matron of honor was Mrs. Roberta Harris. Best man was Edward Harris. The couple will be residing in Ft. Lauderdale where they are employed.

Second class is Tuesday night
Try some new recipes for your summer outdoor cooking. The second class on outdoor cooking will be on Tuesday, April 10 at 7 p.m. in the Home Economics Department, N 1 C h 1 a S County High School. A tasting party will be held and babysitting will be provided. Come and bring your friends.

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Saltwell

by Mrs. Fred Hollar

Miss Mary Pilligan of New York, N.Y. spent the past weekend with Nylri Kenney. Mr. and Mrs. Bobby Brady attended church recently at Herrington where Rev. Tommy Fryman is pastor. E. C. Fiera and Doctor White, with Lerriland Tobacco Co. in Lexington visited Mr. and Mrs. Layne Hiller one day the past week on business.

Mrs. Fritz Gaunce spent from Tuesday till Thursday with Mr. and Mrs. Donnie Gaunce of Vanceburg. Mr. Gaunce entered Mercy Hospital in Portsmouth, Ohio on Wednesday for treatment and tests.

Mrs. Honor Ward, Paris returned to her home the past Sunday after several days visit with Mr. and Mrs. Chester Mattin. Mr. and Mrs. Mattin and others visited her on Thursday night honoring her 82nd birthday.

Miss Alma Mattox and Mrs. Bobby Brady enjoyed a Gospel Concert at the "Inspirations" on Friday night at Mt. Sterling.

Mrs. Max Kenney was in Lexington on Friday for a check up with her doctor there. She had a visitors during the week Mrs. Janet Kenney and sons, Mrs. Phyllis Brady, Freddie Gaunce, Mr. and Mrs. Fred Hiller.

Miss Nylri Price spent Tuesday with the very large crowd attended the funeral of Frank Hamilton, Andrew Grey and Mrs. Harrie Stone conducted at Mother-Shearer Chapel early last week. Our community extends sympathy to each of these families.

Mrs. Elza Wagener of Paris returned to her home the past Sunday after several years brought a very inspiring message at the Headquarters Church on Saturday night following a beautiful meal. Rev. and Mrs. Gaines and family spent Saturday night with Mrs. Gladys Kenney. They also brought morning service at Moorefield Methodist Church on Sunday followed by a potluck dinner and had the service on Sunday night showing slides of his work there and other parts of China. They were Sunday night guests of Mr. and Mrs. J. S. Wilson.

Mr. and Mrs. Bobby Brady were among visitors of Mrs. Betsy Weddie at Nicholas County Hospital the past week.

Mr. and Mrs. Fred Hiller visited Mrs. Elza Wagener of Paris the past week. Mr. and Mrs. Chester Mattin were in Lexington on Wednesday.

Mrs. Phyllis Brady visited Rev. and Mrs. Elza Wagener, Cynthia and Carroll Doyle, Postmaster on Tuesday. Bob Kenney of Covington spent Sunday with Mrs. Gladys Kenney.

Mrs. Bobby Price spent from Friday till Sunday with Mr. and Mrs. Donnie Gaunce of Vanceburg. Mr. Price and Nylri and Mrs. Fritz Gaunce also spent Saturday with Mrs. Donnie Gaunce and Donnie who remains a patient at Mercy Hospital in Portsmouth, Ohio.

Norma Gaunce's was Sunday supper guest of Mr. and Mrs. William Riddle and family, the occasion being the birthday of Jeff Riddle.

Mr. and Mrs. E. R. Price and Mrs. Ethel Smith, Mrs. Lowell Hader, Mrs. Woodrow Gaunce and Mr. and Mrs. Lacy Grey.

Several from here attended the annual personal property of Mrs. Hazel Stapp near Powersville on Saturday. Vernon Schaefer, formerly of Lexington but now of Ohio passed away on Sunday at the home of his daughter, Mrs. Gary Mercer of Penedon County. Mr. Schaefer was husband of Mrs. Hilda Stapp-Schaefer, sister of Mrs. Woodrow Gaunce and Mr. Donald Gaunce.

Jeff Mattin spent several days the past week with a group of ball players from MSU Morehead in Clarksville, Tenn.

Delayed
Mr. and Mrs. Bobby Brady attended church at Herrington on Sunday night where Rev. Tommy Fryman is pastor. They also visited Alma Mattox, Paris, following the service.

Mr. and Mrs. Charles Doyle and children visited Mrs. Doyle's mother, Mrs. Ruth Jones, Cynthia on Sunday. Mrs. Bobby Brady visited Mrs. Betty Kenney and Mr. Bobby Gene Price on Monday, they are both recovering from recent surgery.

Mr. and Mrs. Larry E. Bowles
Miss Shirley Morris weds
Miss Shirley F. Morris, daughter of Mr. and Mrs. Calvin Morris of Carlisle and Larry E. Bowles of Carlisle, son of Mr. and Mrs. George E. Bowles of Nicholas County, Best man was Jimmy Wagoner of Morehead, Ky. 30, 1979 at 7 p.m. at the Moorefield Methodist Church with Rev. Howard S. Livingston officiating the double ring ceremony.

SOCIETY
Mr. and Mrs. Charley McCann have returned home after spending the winter in Florida. Mr. and Mrs. Durwood Curtis of Kettering, Ohio visited friends and relatives in Carlisle on Tuesday. Mr. and Mrs. A. V. "Doc" Allison have returned home after spending the winter in Florida. Mr. and Mrs. D. L. Noel who have been in Florida since January have returned to their home on Lake Carlisle. Paul Cassidy who has been a patient at the Bourbon County Hospital has returned to his home. Mr. and Mrs. Paul Smoot have returned from a Florida vacation. Mrs. Lillian Grimes has returned to her home on US after spending the winter with Mrs. Odetta Miller on West Main Street. Miss Effie Clinkenshard and Mrs. Bea Bronsagen returned home Monday after spending the winter in Florida.

Mrs. Zachary to head Bike-A-Thon
Mrs. David Zachary has been named Nicholas County chairman for the St. Jude Children's Research Hospital Bike-A-Thon, scheduled for some time during April or May. The hospital, founded by enterpreneur Dr. James Thomas, provides free treatment to patients on a doctor's referral. It is a non-sectarian hospital.

Births
WALTERS
Mr. and Mrs. John Walters of Lexington announce the birth of their daughter Sharon Logan born March 29, 1979 at Central Baptist Hospital, Lexington. Maternal gynecologist is Mrs. Billie Dekerman and Chester Dekerman of Carlisle. Paternal grandparents are Mr. and Mrs. Cliff Walters, Jr. of the Shelbyville. Mrs. Walter is the former Sharon Dekerman of Carlisle.

Send the joy of Easter! Our FTD EASTER BASKET BOUQUET! Perfect for family, friends—and you! Call or visit us now. We send flowers almost anywhere—where the Shelbyville. \$12.50, \$15 & up

SEND ONE...TAKE ONE HOME OUR FTD EASTER BASKET BOUQUET EASTER IS SUNDAY, APRIL 15. For Your Easter Giving We Have — Potted Plants — Potted Plants — Hyacinths — Lillies — Azaleas — Tulips — Geraniums — Begonias — Also your choice of Corsages

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Kitchen Treet Entree \$1.19
Downy Fabric Softener \$2.49
Cottonelle Toilet Paper 79¢
R.C., Diet Rite, Orange Crush, Kick \$1.09
Carrots 2/49¢
Round White Potatoes 99¢
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Grade A Whole Fryers 53¢ (Cut-Up 1b. 59¢)

Meat
Ground Beef 1.39
Old Folks Sausage 1.59
Kahn's Wiener 1.59
Kahn's Sliced Bacon 1.79
U.S. Choice Beef Chuck Roast 1.29
U.S. Choice Beef Shoulder Roast 1.59
U.S. Choice Beef For Stew 1.99
U.S. Choice Beef Short Ribs, extra Lean 1.49
U.S. Choice Beef Chuck Steak 1.39
Frozen Boneless Fish Fillet Sale (Perch, Cod, Haddock) 1.59
Kahn's Meat Beef Bologna 1.49
Kahn's Big Red Smokys 1.79
Kahn's Bratwurst 1.79
Kahn's Hillshire Farm Smoked Sausage Reg. or Polska 1.99

Produce
Green Giant Sale: Niblet Corn 20 oz., Mixed Vegetables 20 oz., Sweet Peas 18 oz., 69¢
LeSoeur Peas 16 oz., Cauliflower 18 oz., Broccoli 18 oz., Brussels Sprouts 16 oz., White Corn 20 oz., Lima 16 oz., 79¢
Cantaloupes, No. 36 89¢
Dixie Pride Biscuits, Regular, Buttermilk 6 pk., 89¢
Duncan Hines Cookie Mix, 49¢
Duncan Hines Cookie Mix, Choc. Chip & Double Choc. 49¢
Pepperidge Farm Old Fashioned Cake, 14½ oz., (3 Flavors) 99¢
Fidel Trail Chunk Dog Food, 25 lb. bag, 13.79
Jif Peanut Butter, Smooth, Chunky 28 oz., 11.49
Thank You Apple Pie Filling, 12 Can 69¢