

Kay's Kitchen

By Kay Fisher

After several weeks of rich and fancy food, it is rather nice to get back to just good old cooking. Vegetable soup, stew, pot roast, etc. Too, it is much easier on the food budget. And speaking of the food budget, in order to stay on there near it, one must buy wisely and make every item go as far as possible. I wish I had a magic formula to give, but since I struggle every week along with everyone else, I can only give some recipes that may help in food planning. I can suggest you buy meat and groceries that are on special. But do that only if you will eat that certain thing. Don't buy just because it is on sale, then wonder what to do with it. Usually there is a meat special each week, and most of the time there will be a good buy in either a fresh, frozen or canned green vegetable. So try to plan your meals around these items. If the special should be chuck roast, buy one a bit larger than usual, and cut the blade bone and rib bone out, leaving a bit of meat on them and use for vegetable soup. If the meat is still tender then you need for one meal, cut off the straggle pieces and make a good stew with vegetables. Try this technique with a chuck roast.

CHUCK ROAST BARBECUE
 2 1/2 or 3 lb. chuck roast
 1 large onion
 1/2 cup chopped celery
 2 tablespoons vinegar
 2 tablespoons brown sugar
 4 tablespoons lemon juice
 1 cup catsup
 2 tablespoons worcestershire sauce
 1 teaspoon chili powder
 1/2 cup water
 Combine all ingredients and pour over the chuck roast. Cover and bake in 325 degree or 350 degree oven. When done pull meat from bones and grate. Serve with potatoes and a green salad.

SNOW ICE CREAM
 A gallon of fresh snow
 1 pint of half and half
 1/4 cup sugar
 1/2 teaspoon vanilla
 Stir cream, sugar and vanilla together. Add snow. Stir gradually over snow, stirring and punching flavoring through the snow. Continue to mix until you have a sheet-like consistency.



Mr. and Mrs. David Hardin II
Miss Ecton weds Mr. Hardin

Miss Brenda Ecton, daughter of Mrs. Mabel Ecton and John Ecton and David Hardin II, son of Mrs. Ruth Hardin and David Hardin, exchanged marriage vows in a traditional ceremony on Dec. 4 at 8 p.m. at the First Christian Church with the Rev. Mark Prevey officiating.

The bride, given in marriage by her father, wore a white silk floor length gown trimmed with chantilly lace at the sweetheart neckline, sleeves and skirt which fell into a slight train. Her elbow length veil, also edged with chantilly lace, fell from a white velvet band. She carried a bouquet of silk roses, small orchids and baby's breath.

The matron of honor was Mrs. Peggy Ring and the maid of honor was Miss Vickie Bretz. They were plum floor length gowns of Quiana, with full skirts



Miss Carla Hunt
Engagement announced

Mr. and Mrs. Gayford Hunt announce the engagement of their daughter, Carla to Larry Brewer, son of Mr. and Mrs. Boyd Brewer, all of Carlisle.

Miss Hunt is employed at Jerry's IGA.

Mr. Brewer is employed with Blue Grass Coca Cola of Mt. Sterling.

A March wedding is being planned.

OSE Chapter to meet

Marie Chapter 259 will hold its regular monthly meeting Monday, Jan. 15, at 7:00 p.m. at the Masonic Temple. After the business meeting refreshments will be served in the dining room.

AFTER CHRISTMAS

Sale in full Swing!

Just Added: Rack of Fall & All-Season Dresses, Slashed to \$5 to \$10

Fall Tops now 1/3 off or 1 at Regular Price, Another for \$1

Other Fall & Winter Merchandise 1/3 to 1/2 off regular price

Rack of Sportswear \$2 to \$10

Abraham's Ladies Shop

COUPLET

Mr. and Mrs. James Crum of Cabot, Ark., and Mrs. William O. Roe of New York, Ohio spent the Christmas holidays with their mother, Mrs. Nellie Roe and Clyde Roe. Mrs. Roe's sisters, Mrs. Carl Watkins and Miss Linda Watkins of Paris, and Mrs. Perry Brown of Mayville spent Christmas with the Roe family.

Mr. and Mrs. Ray Curtis and son visited Mr. and Mrs. Gayford Hunt for the Christmas holidays, and were with Mr. Hunt while he had surgery at St. Joseph Hospital.

Mr. and Mrs. Jack Conley were in Danville, Jan. 4 to attend the 90th birthday celebration of Mrs. Conley's grandmother, Mrs. Rudolf Weisner.

Mr. and Mrs. Kenneth Smith and sons were in Portsmouth, Va. during the holidays of Mr. and Mrs. Earl Hamm.

Mr. A. H. Couch returned home Friday after spending the Christmas holidays with her daughter, Miss Sidney Couch in Paris, and Mr. and Mrs. Oscar Thies of Spocan, Wash. left Jan. 2, after spending the holidays with Mr. and Mrs. Charles Cox.

Mr. Edith Smith had as her dinner guests on Christmas Eve, Mr. and Mrs. Kenneth Smith and sons of Prestonsburg.

Miss Sandra Collins has accepted a position as secretary in the office of John Strickland in Cynthiana.

Couple entertains

Mr. and Mrs. John G. Hall entertained the following guests on the New Year holiday: Mrs. William Pace, Miss Elizabeth Hall, Cochran; Mr. and Mrs. Kelley Kinloch, Lexington; Mr. and Mrs. George Tischer, Pat and Eddie, Mr. and Mrs. Jerry Hillender, Jimmy and Jed Tischer, Mary Ann Turner and Frankie Hillender, Mr. and Mrs. Larry Berry, Janet K. and Becky, Mr. and Mrs. Doane Serket.

Mr. and Mrs. Hamm entertain Dec. 25

Mr. and Mrs. Earl Hamm entertained with a family dinner on Christmas Day. Guests were: Mr. and Mrs. Kenneth Smith and sons, Prestonsburg; Mr. and Mrs. Tommy Hamm, Cynthiana; Mr. and Mrs. Spawars Collins and daughter Sandra, Mr. and Mrs. Paul W. Hamm and daughter Paula Lee.

Rev. and Mrs. H. Eugene White

Open house to honor 25th anniversary

Mr. and Mrs. H. Eugene White will celebrate their Silver Wedding Anniversary with an open house on Sunday, Jan. 14, at the Fellowship Hall of the Carlisle Christian Church from 2:30 to 4:30 p.m.

The reception will be given by their daughters Mrs. Seth C. Gilven, Surpurg; Mrs. Nancy Moore, Mrs. Laura Patrick, Mt. Sterling and Lou White, Paris.

All friends are invited to attend.



Mr. and Mrs. Kenneth Wayne Cartmill Jr.

Wagoner-Cartmill vows spoken

The marriage of Miss Karen Raye Wagoner, daughter of Mr. and Mrs. Ray Wagoner, Jr., of Carlisle and Kenneth Wayne Cartmill, Jr., son of Mr. and Mrs. Kenneth Wayne Cartmill of Athens, Ohio was solemnized Saturday Dec. 2, 1978 at 2:30 in the afternoon at the Blue Licks Christian Church. Rev. Mickey Hartley officiated at the double ring ceremony.

Miss Beulah Dampier was the pianist. She played traditional and modern selections. William Bean and Kewy McLeod served soloists.

The bride, given in marriage by her father, wore a traditional floor length gown of white silk organza and chantilly lace. The gown featured a high lace neckline. The bodice was lace covered and encrusted with tiny seed pearls. The skirt fell into a cathedral length train. Her veil, completely edged with lace, fell from a cap of lace into cathedral length.

The bride carried a bouquet of pink poinsettias, white roses and tulips with baby's breath and Christmas greensery. Miss Cartmill, groomed, served her sister as maid of honor. She wore a floor length gown of wine knit. The gown was blouson styled in the bodice with quilt cap sleeves and full skirt. She carried a pink poinsettia and wore a matching headpiece.

PLACE SETTING SALE

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Couple celebrate 58th anniversary

Mr. and Mrs. Raymond Nichole celebrated their 58th wedding anniversary Monday, Jan. 8.

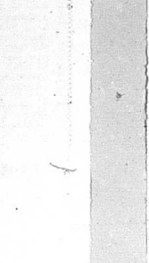
They are the parents of two children. One daughter, Mrs. James Mann of Carlisle and one son, Paul Nichole of Nile, Mich. Two granddaughters, Mrs. Phil Seamon, Franklin, Ky. and Donna Ritchie, Nile, Mich. and two grandsons, Mrs. Mary Moore, Mt. Sterling and Mrs. Nichole were married in Mayville, Jan. 4, 1921.

Meeting canceled

The Miranda Homemakers meeting for January has been canceled.

The Heritage Giftique

U.S. 68 at Carpenter Road



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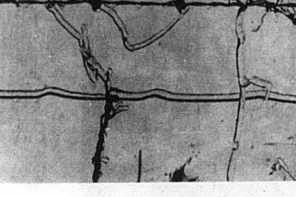
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Fenced in

Cold? Here's some hot tips

- Cold days are coming fast! Get your house ready for winter. Save energy and money by following these tips from U. S. Department of Agriculture Housing Specialist Glenda Pifer.
- Make sure your heating system is operating efficiently with clean duct work and filters. Service it each fall.
- Make sure furniture and draperies aren't blocking the flow of warm air from air ducts.
- Set your thermostat to 65 degrees F (18 degrees C), or lower during daytime in winter. For best fuel/heat efficiency, leave the thermostat control at one setting. Don't raise and lower it.
- Reduce nighttime thermostat settings by 5 degrees to 8 degrees F.
- Wear warm clothing in the house.
- Keep temperatures lower in un-used or seldom-used areas of the house but keep rooms warm enough to avoid freezing any water pipes in them.
- Weather-strip around windows and doors.
- Caulk cracks and openings between the house foundation and around door and window frames. Use a compound that doesn't shrink.
- Add weatherstripping storm windows and doors. Shop around for your best buy and purchase only from a reputable dealer.
- If you can't buy storm windows, fasten sheets of six mil thick clear plastic to the outside of window frames. This costs less than storm windows but must be replaced each year.
- Hang draperies at windows to keep the cold out. They should extend to the



Nature's deep freeze of last weekend created this barbed wire fence in a coat of ice, creating some interesting patterns for the camera's eye. — Mercury photo.

Cold? Here's some hot tips

- Eliminate this airflow by using floor to ceiling draperies or a closed valance.
- Close drapes at night to keep furnace heat in, open them during the day — on the sunny side of the house — to let the sun's heat in.
- Consider landscaping changes to conserve energy. Evergreens, for example, can protect your house from winter winds if planted on the north side.
- Encourage family members to develop energy-conscious habits such as closing outside doors quickly and eliminating unnecessary trips in and out of the house.
- If you have a fireplace, keep the flue closed when it's not in use.
- Don't use exhaust fans in the kitchen or bathroom more than necessary. They pull warm air out.
- Repair leaking hot water faucets, especially (but cold ones, too).
- Insulate exposed hot water pipes to prevent heat loss.
- Finally, but very important, check the insulation in your attic. Insulation can "settle" and reduce its ability to confine heat. Make sure you have enough insulation. Needs vary according to location. Contact your county Extension agent for specific information on your part of the country.
- And if you want more information to answer housing or energy questions, contact your local extension home economist listed under the name of our county government in the telephone directory.

New appeals judge will be Kentuckian says Justice Dept.

The Justice Department has agreed to assign one of the two new Sixth Circuit Court of Appeals judgeships to Kentucky, Sen. Wendell Ford and Walter (Dee) Huddleston said last week.

The Senators had asked the President last March to designate one of the two new judgeships as a "Kentucky seat."

"The court now consists of nine judges — three from Michigan, three from Ohio, two from Tennessee, and only one from Kentucky," Ford and Huddleston said. "Assigning one of the new seats to Kentucky will help eliminate the present disparity in state representation on the court."

The Senators said that increased Kentucky caseloads, particularly in the Eastern District, probably will result in many new appeals and that the factors which led Congress to provide three additional district judgeships for Kentucky are "compelling disparity in state representation of the new circuit judges from Kentucky."

The Justice Department advised Ford and Huddleston that it is in the process of finalizing the membership of the Sixth Circuit Nominating Panel and that the panel will be activated as soon as an notice of acceptance is received from those who have been asked to serve.

At the present time, Pierce Levy of Danville is the only Kentuckian sitting on the Sixth Circuit Court of Appeals.



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