

Kay's Kitchen

— By Kay Fisher —



Last week I did recipes, etc. on chuck roasts in an effort to help with the food budget. This week will be on chickens. Remember we are buying these when in season. We'd know that we wouldn't be buying the whole chickens instead of one cut up. It is not difficult to cut up a chicken. Always cut at a joint so you won't be trying to cut through bone. When cutting the chicken breast, turn it over and put the point of the knife along the side of the center bone and cut down. After you get started from that point you will find it cuts easily. Someone has written that for every two chickens bought whole you get one size when compared to buying chickens cut up.

The size of your family naturally dictates the amount of chicken needed. So I can only generalize. When cutting up the chicken, put the wings, neck, and back in a freezer bag and use the other meaty pieces for frying, or however you want to use them. Try one type you cut up chicken and add the other pieces to the freezer bag. When there are enough pieces to make a little chicken salad, chicken broth or any dish that calls for cut up chicken, simply cook those pieces in a small amount of water with a stalk of celery and salt and pepper. Cook until very tender.

Now for some recipes that I hope are a bit different. The following recipe is good prepared and served for lunch or a light supper.

CHICKEN-SPICED PANCAKES
1/2 cup raisins
3 cups shredded raw potatoes, drained (About 3 medium potatoes)
1/4 cup chopped cooked chicken
1/4 teaspoon grated onion
1 tablespoon all-purpose flour
1/4 teaspoon salt
Combine eggs, potatoes, chicken and onion. Add flour, salt, and a dash of pepper; mix well. Using about 1/4 cup batter for each pancake, drop batter into hot grease, spreading to about four inches in diameter. Cook over medium heat for three or four minutes on each side. Serve with a green vegetable and cranberry sauce. Makes about 13 pancakes.

SMOTHERED FRIED CHICKEN
1 1/2 cups all-purpose flour
1/4 teaspoon salt
1/4 teaspoon garlic salt
1/4 cup butter
1 1/2 to 2-pound fryer
Combine flour and seasonings. Dip chicken in batter, then dredge in flour mixture. Brown chicken on both sides in hot oil over high heat. Cover; reduce heat to low, and cook 40 minutes until chicken is tender. Drain on paper towel.

Anyone wishing to participate in the trimnastics program should contact Nancy Pyles at the Old Armory, 288-7018 before Jan. 29. All participants are asked to bring an old towel or blanket to exercise on.

A baton twirling class will begin Feb. 4 for girls to 16. The first session will be held from 3:30 to 4:30 p.m. that date. Instructors for the classes, which will include basic twirls, strut, dance twirl and novelty twirling, will be Mrs. Paul Hardin.

Fees will be charged for both classes. A percentage of the fees for the baton twirling classes will be returned to the twirling class. For more information call 288-7018.

HERB CHICKEN RECIPE

1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon onion salt
2 tablespoons Worcestershire sauce
2 tablespoons soy sauce
1 tablespoon lemon juice
1 teaspoon rosemary
1/2 teaspoon Italian herb seasoning
1/2 teaspoon thyme
1 chicken bouillon cube, dissolved in 1/2 cup hot water
Sprinkle chicken with salt, pepper, and garlic salt. Place in shallow pan or casserole. Combine remaining ingredients and pour over chicken. Bake uncovered for 30 minutes in 325 degree oven, turning once after 15 minutes. Baste occasionally. Turn skin side up, cover and bake 30 minutes more until tender. Time depends on size of chicken.

EASY CHICKEN CASSEROLE
1 can cream of celery soup
1/4 cup milk
1/4 cup diced chicken
1/4 cup minced celery
1/4 cup sliced almonds
1/2 teaspoon Worcestershire sauce
1 can Chinese noodles
Blend soup, milk, chicken, celery, almonds, and Worcestershire sauce. Cover bottom of greased dish with half the Chinese noodles, pour in chicken mixture and top with the remainder of noodles. Bake 30 minutes at 350 degrees.

A quick and easy dessert.

ICE BOX PIE
1 small can mandarin oranges, drained well
1 small can crushed pineapple, drained well
1 cup lemon juice
1 can condensed milk
1 large container of whipped topping
1 graham cracker pie shell or one baked pie shell
Mix ingredients, then fold in whipped topping. Pour into pie shell. Refrigerate several hours before serving.

Mr. and Mrs. David Lee Moran

Smoot-Moran wedding at Blue Licks Church

Kimberly Anne Smoot, daughter of Mr. and Mrs. Reese Smoot of Carlisle and David Lee Moran, son of Mr. and Mrs. Donald Moran of Mt. Olivet, were married in a candid ceremony Dec. 15 at 7:30 p.m. at the Blue Licks Christian Church with Rev. Mickey Hartley officiating at the double ring ceremony.

Mrs. Charlotte Stapp was matron of honor. Bridesmaids were Mrs. Debbie Hughes, Mrs. Karen Cartmill and Miss Angie Bowles.

Best man was Jerry Moran, brother of the groom. Ushers were Reese Wayne Smoot, brother of the bride, Larry Adamson, and Larry Tubbs. Jevell Thomas Fryman Jr., cousin of the bride, was ringbearer. Flower girl was Jana Nicole Smoot, niece of the bride.

Music was provided by Mrs. Mary Catherine Knapp, organist and William Bean soloist. Mrs. Janet Smoot, sister-in-law of the bride, tended the guest book.

Misses Belinda and Ginger Fryman

Farah youth has birthday

Mary Alicha Farah celebrated her eighth birthday with a party Sunday, Jan. 14, at the home of her parents, Mr. and Mrs. Licha Farah on the Carpenter Pike.

Other family members present were her brothers and sister, Licha Jr., Jerson and Rose Ann; her aunt and uncle, Mr. and Mrs. Ignatius Koury and family.

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Mr. and Mrs. Tapp celebrate 40th anniversary Dec. 17

Mr. and Mrs. Allen F. Tapp celebrated their 40th wedding anniversary Dec. 17, 1978 as guests of their children at Campbell's Inn, in Paris. The couple was married Dec. 17, 1938 in Georgetown by Rev. A. E. Gilson. They are the parents of five children: Mrs. Harold Gauson, Carrollton; Mrs. Wade Carlisle; Mrs. Carl Wills; Ella Lee Kimes and Steve Kimes; Jane Luedenberg and Tony; Mr. and Mrs. Kenneth Harboe, Penny Harboe, Theresa Cain; Mr. and Mrs. John P. Smith and Becky.

Mrs. James Whiles is honored Jan. 21

Mrs. James Whiles was given a surprise birthday dinner on Sunday, Jan. 21.

Those attending were Mr. Whiles, Mr. and Mrs. Jimmie Whiles and sons Roger and Stacey; Mr. and Mrs. Paul W. Jacobs and Scott; Mr. and Mrs. William Whiles, Sally and Renee; Mrs. Ella Lee Kimes and Steve Kimes; Jane Luedenberg and Tony; Mr. and Mrs. Kenneth Harboe, Penny Harboe, Theresa Cain; Mr. and Mrs. John P. Smith and Becky.

Winter Clearance Sale

- Dresses - Coats - 1/2 Price
- Sportswear - Purses - 1/2 Price
- Wool Scarves & Caps - 1/2 Price
- Jackets - 1/2 Price
- Rack of Dresses (Valued to \$42.95) \$5 and \$10
- Rack of Separates \$2 to \$14
- Group of Long Dresses & Jump Suits \$5 to \$23
- Group of Warm Robes & Gowns Reduced 1/4

Make beautiful warm additions to your Winter Wardrobe with these timely savings! We must make room for Spring Apparel arriving daily at...

Abraham's Ladies Shop

Trimmastics and baton twirling classes scheduled at armory

The Carlisle-Nicholas County Recreation Department is scheduling two continuing classes as part of its recreational program.

A trimnastics class will begin Jan. 29 and continue for five weeks. Classes will be held on Monday and Wednesday nights from 6 to 7 p.m. The course will include:

- 1/2 hour warm up
- 1/2 hour stretching
- 1/2 hour tumbling
- 1/2 hour floor exercises
- 1/2 hour baton twirling
- 1/2 hour cool down

Fees will be charged for both classes. A percentage of the fees for the baton twirling classes will be returned to the twirling class. For more information call 288-7018.

Dr. Frank Mathias, U of D is contributing author

Dr. Frank Mathias, a native of Carlisle and a history instructor at the University of Dayton (O.), is a contributing author to two books published recently.

Dr. Mathias contributed a section on "Slavery: the solvent of Kentucky Politics" to Teaching Moments II, Children by the Appalachian Consortium Press and Kentucky: Its History and Heritage published by the Forum Press.

The first volume offers a positive approach for high school teachers of American national children and the second contains representative essays by Kentucky authors.

Dr. Mathias maintains a residence at Lake Carnico.

Central Baptist Hospital is celebrating 25th year

(Editor's note: Central Baptist Hospital in Lexington, which is observing its 25th anniversary this year, last year admitted 84 patients from Nicholas County.)

Central Baptist Hospital in Lexington is making plans now to celebrate its silver anniversary, for it was on May 11, 1954 the modern health care facility was dedicated.

It was about 1943 that Baptist laymen began to talk about the inadequacy of hospital bed space in Lexington. During the years 1945-48, various groups were organized to raise funds for the proposed facility, with a goal of \$1.5 million. Later the goal was supplanted by \$2.5 million, which at that time was believed to be an almost unattainable sum.

Numerous events marking the hospital's 25th anniversary are being planned and will be announced later.

Sweetheart Dance

Bring your Valentine and dance with us!

Place: The Old Carlisle Armory

Time: Feb. 10, 8:00 to 12:00

Band: Country Incorporated

Adm.: \$10 per Couple; \$5.00 Single

Sponsor: Bethel Fire Dept.

—Your Attention— PLEASE!

Beginning Feb. 1 all Kentucky subscriptions to the Carlisle Mercury except for those subscribers living within the geographical limits of Nicholas County will be raised from \$6 plus tax to \$7 plus tax per year. Subscribers in Nicholas County will still pay \$6 per year plus tax for their Mercury and out-of-state subscriptions will remain at \$9 per year.

Out-of-county subscribers who live in the state of Kentucky may renew their subscriptions for the old price of \$6 plus tax per year until Feb. 1. After that date the new rate schedule will be in effect.

This price increase is due to the rising cost of postage and the periodic raises in the price of newsprint, which are passed on to the Mercury by our printers. The single-copy newsstand price of 20 cents will remain the same.

Miss Kathy Allison weds Jan. 10 in Columbia, Tenn.

Mr. and Mrs. Charles H. Allison announce the marriage of their daughter, Miss Kathy Allison, to Larry Blanton, son of Mr. and Mrs. Paul Blanton of Winchester.

The Rev. H. Dallas Goss performed the ceremony at the Highland Park Baptist Church in Columbia, Tenn., Jan. 10, 1979.

Mrs. Blanton is employed as a

Farm and Home

Nicholas County Extension Agents Mike Phillips, Mrs. Sharon A. Wilson, Mrs. Margie Wilson

In attending the marketing quota meeting held last week at the University of Kentucky, each segment of the industry was in total agreement on the direction they wished the Secretary of Agriculture to take in establishing next year's quota. Representatives from different tobacco companies, the National Tobacco Advisory Council, the Farm Bureau, as well as Kentucky's Commissioner of Agriculture and prepared statements calling for quota's to be increased slightly for the industry as they were this past year or to stand as they were.

Representative from the Department of Agriculture, that was conducting the meeting, responded by saying the range that the Secretary had taken under adjustment would be some

Producers rap proposed leaf cut

where between a 1 per cent increase to a 5 per cent decrease. At the conclusion of the meeting, a representative from the Universal Leaf Company replied to the gentlemen's comments that he hated to be the one to cut the quota for next year's crop with all parties in total agreement at this meeting.

The major reason that each person gave that participated in the meeting was that export tobacco leaving this country had been on the increase. Our industry views were presented, a representative from the Department of Agriculture, that was conducting the meeting, responded by saying the range that the Secretary had taken under adjustment would be some

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Open 8-8 Mon-Sat

Whole Fryers

Cogle, Grade A

59¢

(Cut-Up lb. 69¢)

Idaho Potatoes 10 lb. bag \$1.49

Instant Coffee \$3.69

Ice Cream 1/2 Gal 99¢

Ballard's Farm Reg. & Hot Sausage lb. 99¢

Swift Premium Bacon lb. \$1.49

All Meat Wieners 12 oz. pkg. 89¢

Sliced Bologna lb. \$1.39

U.S. Choice Beef Rib Roast... lb. \$1.99 (First 3 Ribs lb. \$2.19)

U.S. Choice Beef Rib Steak... lb. \$2.99

U.S. Choice Whole Ribeye... lb. \$2.99

Ballard's Farm Pimento Cheese... 12 oz. \$1.09

Swift Premium Chicken Kiev... 12 oz. pkg. \$2.79

Chicken Cordon Bleu... 12 oz. \$2.79

Rome Apples... 3 lb. 79¢

Large Green Peppers or Green Onions... 2/3¢

White Grapefruit 99¢

Hot Coca Mix... Carnation Hot 12 envs. 99¢

Hot Dog Sauce... Just Rite 10 1/2 oz. 3/89¢

Rich Tea Shortening... 3 lb. can \$1.19

Lemonade Drink... Lemon Valley 6-12 oz. cans \$1.19

Trash Bags \$1.59

Meat Pies 16 oz. 89¢

Morton Food 24 oz. Beef Stew... 89¢

Tide \$1.29

Charmin 79¢

Pillsbury Biscuits

Buttermilk & Country Style

6/\$1.09

Green Giant Corn

Cream Style 17 oz.

3/89¢

Lipton Tea Bags

100 Ct.

\$1.89

R.C. Cola, Diet Rite, Barrel Head Root Beer

W. Btl. 16 oz. 8 pk.

\$1.09

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