

Kay's Kitchen

By Kay Fisher

In last week's (July 5) column, the number of cans of stuffing in the Shrimp Salad was omitted. You may use either 2 or 3 of the 2 1/2 or 3 1/2 ounce size. For this week, I'll give you lighter salad.

- ASPARAGUS SALAD**
- 1 cup sugar
 - 1 cup water
 - 1/2 teaspoon salt
 - 2 medium-size cans asparagus spears, save the juice
 - 1 cup chopped celery
 - 1 small jar pimiento, chopped
 - 1 tablespoon lemon juice
 - 2 or 3 drops Tabasco sauce
 - 1/2 cup pecans (optional)

- CHERRYBERRY FLEEF SALAD**
- 1 small package Cherry Jello
 - 1 cup cold water
 - 1 (1 lb.) can whole cranberry sauce
 - 1/2 cup cold water
 - 1/2 cup chopped walnuts
 - 1 cup commercial sour cream
 - 2 medium-size cans asparagus spears, save the juice
 - 1 cup chopped celery
 - 1 small jar pimiento, chopped
 - 1 tablespoon lemon juice
 - 2 or 3 drops Tabasco sauce
 - 1/2 cup pecans (optional)

small amount grated onion (optional). Combine sugar, water, and vinegar. Bring to boil and add salt and gelatin, which has been softened in 1/2 cup cold water. Stir until dissolved. Add liquid from asparagus, and the lemon juice and Tabasco. Chill until syrupy. Fold in celery, asparagus, which has been cut in thirds, and pecans. Add pimiento and grated onion. Pour into six-cup mold. Serve eight.

- VIRGINIA SALAD**
- 1 (3 ounce) package lime-flavored gelatin
 - 1/2 cup cold water
 - 1/2 cup diced celery
 - 1/2 cup diced green pepper
 - 1/4 cup chopped onion (or less)
 - 1/4 cup mayonnaise
 - 1/2 cup sliced walnuts or pecans
 - 1 (8 ounce) carton cottage cheese, 1/2 cup whipping cream, whipped

soak in hot water. Let chill until slightly thickened. Beat cranberry sauce with beater until saucy. Stir into sour cream. Pour into a square mold and chill until firm. Unmold on favorite salad greens. Serves six.

- PEANUT SALAD**
- 6 large ripe bananas
 - 1 cup peanut butter
 - 1 cup mayonnaise
 - 2 eggs, beaten
 - 1/2 cup vinegar
 - 1/2 cup water
 - pinch of salt

Mix the sugar, eggs, vinegar, water gelatin and salt together in a saucepan and cook over medium heat until thick. Remove from heat and cool to room temperature. Peel bananas. Cut each into half by slicing lengthwise. Then cut halves into two pieces each. Spread a little with peanut butter and put the peanut butter half up to it, sandwich style. Place filled bananas in an oblong dish and pour cooled dressing over them. Serve within 30 minutes after putting salad together; do not refrigerate. Serves six to 12.

- WORKMAN**
- Mr. and Mrs. William Ray Workman of Carlisle announces the birth of a son born June 24 at the Nicholas County Hospital. He has been named William Edward. He weighed seven pounds and eleven ounces.

- TRANCHINA**
- Mr. and Mrs. Lawrence Tranchina of Short Stony Creek, Carlisle, announce the birth of a son, June 4 at University Children's Hospital in Lexington. He weighed six pounds, three ounces and has been named Nuria Alexander. Material grandparents are Suzanne Taylor of Nevada, and the late Frank B. Taylor, both formerly of Robertson County.

- WILSON**
- Mr. and Mrs. David Wilson announce the birth of a daughter born July 2, 1979 at the Central Baptist Hospital. She has been named Lydia Felice. She weighed seven pounds, four ounces.

- Cheerleaders to attend camp**
- The Nicholas County High School varsity cheerleaders will be attending a cheerleading camp at the University of Kentucky along with their sponsor, Katie Hunt.

- New addition to dinner theatres**
- Shakertown at South Union will be adding the last of its dinner theatres July 12-23. A play, "Shakertown Revisited," will be presented in the evenings after a buffet dinner served from 5 to 7 p.m. The play, which is in its 18th season, starts at 8:15 p.m.

- Lee's Beauty Salon**
- 105 So. Elm St. is happy to announce Hair Stylist Sue Mattox



Mr. and Mrs. Sherman Hollar

Anniversary to be celebrated

Mr. and Mrs. Sherman Hollar, 102 Morgan Street will celebrate their 50th wedding anniversary Sunday, July 15 from 11:45 a.m. to the home of their son, Elgin Ray Hollar, 307 Second Street.

Hospital notes

June 29, 1979 - July 5, 1979

ADMISSIONS: William Snapp, Frankie Price, Mary Dewell, Paul Bickrow, Debbie Workman and Baby Girl, Ingham Kozay, Lillian Grimes, Richard Mitchell, Mary Beckert, Mildred, Sidney Jay, Erva Crawford, Carlisle; Dorothy Emmons, Jennie Hunt, Sharpshooters.

DISCHARGES: Alice Wagener and Baby Boy, David Hunt, Christine Morris, Leola Ashby, Wilson Brerly, Rena Crawford, Eula Grimes, Frankie Price, Edwin Cartmill, Alvin Howard, Debbie Workman and Baby Girl, Ruby Toddler, Carlisle; Dale Quenterry, Robert Burns, Ruby Stewart, M. Olive; Dorothy Emmons, Sharpshooters; Jo Ann Price, Elizabeth Cross, Estine, Alma Ficht, Paris, Lake Tyree, Flora Sparks, Flemingburg.

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Births

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Revival

Millersburg Bible Missionary Church

July 15 thru 22

Glenn Patterson, Evangelist

The Arnold Burching Family from Ohio will be singing from Conversville, Ind.

Special Singing with the Reynolds.

Rev. Allen Reynolds, pastor, invites everyone to attend.

The Green Apple

Ribbons

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Agent Orange effects may show years after exposure

The list of American casualties of the Vietnam War continues to mount, even though U.S. involvement in the fighting in Indochina ended several years ago. Hundreds of thousands - possibly many more - American GIs were exposed to Agent Orange and other powerfully toxic defoliants while fighting in Southeast Asia during the Vietnam War. Agent Orange contains dioxin, which Harry Conover and many other scientists have called "the most toxic man-made substance known."

Dioxin has been blamed for a number of severe health problems and some deaths among Vietnam veterans, as well as birth defects among some of their children. These disabilities are showing up here after exposure to herbicides such as Agent Orange. The 52,000-member Disabled American Veterans (DAV) has set up a nationwide program to assist those veterans in filing claims with the Veterans Administration (VA) for health care and disability benefits for illnesses that may be associated with dioxin poisoning.

The most common symptoms attributed to dioxin poisoning include: Numbness in fingers, toes, arms and legs in springing devices; Nervous disorders, especially loss or decrease in the sensitivity of the senses; Psychological effects, including loss of memory, confusion, aggression or irritability; Skin rashes, specifically chloracne, which resembles a severe case of acne, and is usually found on the face, arms, chest, back or legs; Altered sex drive, including diminished sex drive or impotence among men and increased sexual activity among women; Cancer, particularly cancer of the

liver; and Birth defects in children born to affected parents - primarily defects of the hands, fingers, feet and toes. Some hepatocarcinoma and psychological problems have been reported in children of affected parents.

"It will be extremely difficult to show that these disabilities are the result of exposure to Agent Orange for the decrease in the sensitivity of the senses," says Norman B. Hartnett, "That's why it's so important that a Vietnam veteran have a veteran's benefit expert who does not get his pay check from the government, represent him in filing this type of claim."

The services of DAV veteran's benefit experts are provided free of charge to veterans and members of their families.

Veterans of the war in Southeast Asia who have symptoms they feel may be

related to exposure to such herbicides as Agent Orange should contact: The case will then be referred to a DAV National Service Officer in the veteran's area, who will have the resources and expertise of the entire DAV National Service Program behind him in developing a claim.

VA suggests GI Bill checklist to keep benefits coming on time

If you're a veteran planning to enroll in or return to school under the GI Bill, the Veterans Administration has a useful check list to help keep those VA education benefits coming regularly.

Double check your choice of courses to be certain they will count toward your educational objective.


Register early. VA and your school need time to process your registration so that GI Bill checks can be started your way promptly.

Avoid dropping classes after registration. File for your GI Bill benefits as early as possible.

If you have to interrupt your education, notify VA promptly and advise the date you expect to return to classes. If you change addresses, notify VA promptly. Of course, you'll want to notify the school and the post office, also.

Submit transcripts to the college admissions and records office immediately after application. It made the VA the Veterans Administration. If you have any questions about the GI Bill or eligibility for it, contact the nearest VA regional office, or a service officer from one of the national veterans organizations.

"It will be the heart to be thanked and for the mind not to be." Annette France



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Webber's Whole Hog Mild or Hot Sausage lb \$1.39 (2 lb. pkg. \$2.77)

Potatoes \$1.49

Round White

Fischer's 6-8 lb. avg. Smoked Picnic Hams lb. 89¢

Oscar Mayer Reg. & Jumbo Meat Wieners lb. \$1.49

Oscar Mayer Reg. & Thick Sliced Bologna 12 oz. pkg. \$1.29

Yellow Onions 2 lbs. /69¢

Vine Ripe Tomatoes lb. 49¢

Macaroni Dinner 3/89¢

Kraft 7 1/2 oz. Sweetmilk & Buttermilk 6 pk. **Ballard Biscuits 6/99¢**

Foodtown 2% Milk \$1.49

(1/2% Milk Gal. 1.39)

Freshlike Vegetables 3/1.00

French Style Green Beans, Peas & Sliced Carrots, Whole Kernel Corn, Cream Style Corn, Shoestring Carrots, Shoestring Beets, Crinkle Sliced Carrots

Meadow Gold Ice Cream \$1.29

7 Flavors 7/ Gal.

Dole Pineapple Pink Grapefruit Juice 46 oz. 49¢

Miracle Whip Margarine lb. 69¢

Borden Fruit Drink All Flavors Gal. 89¢

Toss N Soft Fabric Softener 40 Ct. \$1.49

Teri Towels

Jumbo Roll 59¢

Nu-Maid Margaine lb. bowl 69¢

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

U.S. Choice Boneless Chuck Pot Roast lb. \$1.99

U.S. Choice Boneless Chuck Steak lb. \$1.99

10 1/2 lb. avg.

U.S. Choice Whole Sirloin Tip Roast (Halves lb. \$2.19) lb. \$1.99

Sliced Free 17-20 lb. avg.

Fischer's Whole Pork Loins lb. \$1.19

Reg. Jumbo & Quarter Pounders

Oscar Mayer Beef Franks lb. \$1.59

Oscar Mayer Smokie Links 12 oz. pkg. \$1.59

Oscar Mayer Pork Sausage Links lb. \$1.79

Kraft Singles American, Pimiento, Swiss 12 oz. \$1.19

Campbell's Pork & Beans 16 oz. 3/89¢

Nestle's Semi-Sweet Morsels 12 oz. \$1.99

Tone Bar Soap 4 Bar Pkg. Bath size \$1.59

Southern Peaches 2 inches & 100 3lbs./\$1.00

Hostess Twinkies Bonus Pack 4/1.00

Purex Detergent 42 oz. 99¢

Cascade 50 oz. box \$1.49

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