

Dr. Fuller is slated speaker for Woman's club meeting

Dr. Elmer Fuller Jr. will be guest speaker at the Carlisle Community Women's Club Monday evening, April 14 at 7:30 p.m. at the home of Mrs. William H. Moore and Mrs. M. M. Moore. His subject will be "The Human Body".

Potluck supper for Methodist Women

All Methodist women from Nicholas County churches are invited to a potluck supper April 18, 8 p.m. at the Carlisle United Methodist Church. The dinner is sponsored by the women of the Carlisle Methodist Church.

Band Boosters notes

The Nicholas County Band Boosters will meet Monday, April 14 at 7:30 p.m. New officers for the 1968-69 school year will be elected and installed at that time.

Parks Homemakers meet

The Parks Homemakers met March 18 at the home of Mrs. Robert Holt. The meeting was called to order by the president, Mrs. Louise Holt. The program consisted of a presentation on "The Journey Through Life" by Rev. Roll. The roll was taken and the treasurer's report given.

Farm and Home

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

Barbecuing economy cuts of meat

A barbecue doesn't need to cost your food budget. Many less expensive cuts of meat can be used successfully on the grill.

Barbecuing economy cuts of meat

Managing these cuts several hours or overnight will tender them enough to barbecue. The marinade, which is an oil and acid mixture, will be the most "with a marinade, the flavor gets into the meat while a sauce flavors only the surface."

Side-meat cuts of beef or pork

Side-meat cuts of beef or pork onto a skewer for kabobs. Make separate skewers of green pepper, onion, mushroom or other vegetables. The meat will need to cook longer than the vegetables.

Carve into steaks and grill for medium doneness

Carve into steaks and grill for medium doneness. These are excellent substitutes for rib steaks. They are, the other pieces can be used for kabobs.

Use the top and other meaty portions

Use the top and other meaty portions from the neck to use on the grill. These are the seven bones which can be cut up and barbecued.

Basic Marinade

1 cup oil
1/2 cup packed brown sugar
1/2 cup cooking oil
1/2 cup white vinegar
1 onion, finely sliced
1 tablespoon Worcestershire sauce
1/2 teaspoon liquid smoke
1 lemon slice

Combine all ingredients

Combine all ingredients. Place meat in a large plastic bag. Put bag in a bowl, and pour marinade over meat. Tie bag. Turn bag several times. Marinate one hour or overnight. Broil marinate on grill during cooking.

Retired Teachers to meet Monday at NC Library

Nicholas County Retired Teachers will meet Monday, April 14 at 2 p.m. at the Nicholas County Library.

Mrs. Donna Anderson named C.F. chairman

Charles Thayer, president of the Bluegrass Chapter of the Cystic Fibrosis Foundation, announced today the appointment of Mrs. Donna Anderson as chairman of this year's "Support a Sufferer" campaign in Carlisle. This annual campaign raises funds to support research and care programs for children affected by Cystic Fibrosis.

Abraham's Ladies Shop

Beautiful Selection of New Spring Dresses, Ensembles, Straw Hats & Sports Separates Reduced 11/3

20% Off We do more for you. . .

Kay's Kitchen

The various requests and ideas suggested for Kay's Kitchen were added for Easter, so you can back on track now.

PRUNE BRAN COOKIES

1 1/2 cups cooked prunes
1 cup prune juice
1 cup all-bran cereal
2 eggs
2 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda

BAKED TOMATO SUPREMACY

1 medium tomato (cut off and inside scooped out)
2 ounces of cooked ham
1 piece of wheat toast crumbled
1 slice of bacon

Moorefield Homemakers meet

The Moorefield Homemakers held their April meeting at the Library on Thursday evening, April 3, with Mrs. Sandra Durham and Mrs. Sally Jones as guest speakers.

Carlisle Community Market's Club Flea Market

"You name it, we got it!" From Clothing to Dishes to Attic Treasures

Friday, April 18, 1 to 6 p.m. Saturday, April 19, all day

Giving a Derby Party? We Have:

Invitations
Party Tumblers
Swizzle sticks
Banners
Posters
Matches
Banners
Napkins
Derby Flags
Win-Place-Show
Tickets
Miniature horses
The Green Apple

Granddaughter feted for Easter

Mrs. and Mrs. Raymond Snapp entertained Sunday for their granddaughter Sharon Rae, with an Easter egg hunt and supper.

SHIMPY CROWDER

6 ounce package of peeled, cooked shrimp
2 ounces sliced celery
2 tablespoons minced onion
1/2 ounce corned, sliced potatoes
1 cup milk
2 teaspoons butter or margarine
Salt and pepper to taste

VFW Auxiliary to meet Monday

The V.F.W. Ladies Auxiliary will hold their meeting on Monday, April 14, at 7:30 p.m. at the V.F.W. Lodge, George Post #606.

Farah family has Easter hunt

Mrs. and Mrs. Latha Farah have their children entertained Sunday afternoon with an Easter-Egg Hunt and celebration.

Fryman-Willoghby Wedding event of April 19

Mrs. and Mrs. George Willoghby announce the engagement and forthcoming marriage of their daughter, Sheila Ann, to Barry Lane Fryman, all of Stoner Creek Road.

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New state laws summarized

A new law governs certain investments by insurance companies. Companies providing health insurance must offer coverage for home health care under a new law that becomes effective Jan. 1, 1981.

Next week new laws concerning courts, agriculture, highways, education, state government and environmental protection will be summarized.

Good farm records can help you grow a bigger, better farm.

Federal Land Bank Association

Fresh Ground BEEF

3 lbs. or more

FOOTOWN BREAD

16 oz. Loaf 4/\$1.00

FOOTOWN 2% MILK

Gallon \$1.69

FOOTOWN BACON

Vac Pak \$1.19

FOOTOWN RICE, DIET

8 pk., 16 oz. W/Btl. \$1.29

FOOTOWN NU-MAID MARGARINE

1 lb. Quarters \$1.59

FOOTOWN PORK LOIN

Whole 14-17 lb. avg. Sliced Free \$2.99

FOOTOWN T-BONE STEAK

(PORTERHOUSE) . . . lb. \$2.99

FOOTOWN SIRLOIN STEAK

. . . lb. \$2.79

FOOTOWN PORK LOIN

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