

### Kay's Kitchen

By Kay Fisher

Since making homemade breads means to be "in" these days, I thought you might like to have some different recipes.

First let me tell you if you are keeping your house temperature set at 68 degrees, bread will not rise in that temperature. If you set your oven on warm, then just as soon as it clicks off, turn the oven off and put the bread to rise in the oven. It will take 20 to 30 minutes to rise in the oven. That may give you enough warmth.

Since we hear so much about high fiber, try making breads with oatmeal, wheat germ or bran. When the recipe calls for white flour, substitute half of the amount called for with one of the above or a combination of them. The give you an idea try the first recipe. You will see what I mean.

**COMBINATION BREAD**  
 1/2 cup water (1/2 warm) for compressed yeast; 110 degrees for dry yeast  
 1 package yeast  
 2 cups liquid, water or milk  
 2 1/2 tablespoons oil or melted shortening  
 2 teaspoons salt  
 1/2 cup brown sugar or honey  
 3 cups whole flour  
 3 cups whole grain flour or cereals  
 1/2 cup raisins  
 1/2 cup oatmeal  
 1/2 cup wheat germ  
 1/2 cup bran  
 1/2 cup flax seed  
 1/2 cup sunflower seeds  
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Let me give you a standard recipe so there may be some who have not made bread before.

**WHEAT-GRAIN BREAD**  
 2 cups milk, scalded and cooled  
 1/2 cup butter, melted

according to the textile fiber you're using. Too much heat might scorch or melt the fabric and cause shrinkage.

Motors should be used carefully because it can spot, change texture or give an over-pressed look on some fabrics; and on some fabrics, a steam iron alone will provide enough moisture. For other fabrics, a damp press cloth will be needed. Test on a fabric swatch to determine the amount of moisture required.

Except when sewing some heavy coating, pressure should be light. Never rest the full weight of your iron on the fabric. Keep the weight of the iron in your hand.

Dedic's has several other guidelines for fabric sewers who want a finished garment to look like it came from a retail clothing store.

Press throughout garment construction, not just when the garment is finished.

Press on the wrong side of the fabric and in the direction of the grain. Whenever pressing is done on the right side use an iron cover or press cloth.

While pressing, an area, protect surrounding fabric from being accidentally wrinkled.

Never press sharp creases until you have thoroughly checked the fit of your garment.

Never press over pins or basting.

Keep the soleplate of the iron clean to prevent marking the fabric.

First press sleeves, cuffs, etc., as they were stitched and then press down in the direction they will be in the finished garment.

Press a seam or dart before it is creased by another. Several seams or darts can be stitched and pressed all at once.

### Talent Show set for Millersburg

Get out your fiddle, tune up your guitar and get ready to perform at the Millersburg Elementary School, beginning at 7 p.m. Saturday, Feb. 23.

Ball of Carlisle will be the Master of Ceremonies.

All entries of groups interested in entering the contest should contact the following for further details and rules: Linda Gillingham, 444-2422; Sarah Bell, 444-3462; Lorraine Simons, 444-2220.

### Nicholas teachers to compete

This week teachers in Nicholas County will begin competing for \$1,000 in awards based on their creative use of economic education.

The sixth annual ECON-Awards are open to all Kentucky elementary and secondary teachers who demonstrate originality in their economic education teaching practices. The awards are sponsored by the Kentucky Council on Economic Education and the Kentucky Bankers Association.

In five years of competition, teachers who have been named more than \$5,000 in cash. Winners include teachers in Boyle, Calloway, Campbell, Davies, Boyd, Jefferson, Warren and numerous other counties.

Applications have until July 18, 1980, to submit their entries. Decisions on the awards will be announced before September 1980.

The KCEE is an established and incorporated as a not-profit educational organization in February 1974. It is one of 49 state councils affiliated with the National Council on Economic Education. The KCEE's objective is to stimulate improvement in economic education and to encourage the exchange of successful teaching practices among teachers at all levels.

### Bussell-Anderson to wed in March

Mr. and Mrs. Harold R. Bussell announce the forthcoming marriage of their daughter, Miss Charlene Bussell, to James Ronald Anderson, son of Mr. and Mrs. James S. Anderson, all of Carlisle.

The wedding will be an event of Saturday, March 1, 1980 at 2 p.m. at the Carlisle United Methodist Church. The custom of open church will be observed.

Things For Little Kids & Big Kids

ON THE SQUARE PARK, KY.

**THE GREEN APPLE**

### Homemakers News

Carlisle West

The 18 members of the Carlisle West Homemakers met on Friday, Feb. 18, for their postponed meeting with 13 present in the club room of the Nicholas County Public Library.

After the luncheon, recreation was conducted with the reading of Valentine's Day. There were 13 members and two guests present. The lesson was the "Displaced Homemakers". Valentine's coffee and soft drinks were served.

### East Union

The East Union Homemakers met Thursday night, Feb. 14, at the home of Elsie Brown.

Devotion was given by Loretta Mc-

### Wade featured

Mr. Ruth Wade of Nicholas County was one of three WEDCO Home Health Care personnel featured in a recent issue of The Cynthiana Democrat.

Mr. Wade, a Home Health Aide, was the subject of several pictures in the Cynthiana paper showing her at work. She works out of the Harrison County Health Department.

### EKU Dean's List

Two Nicholas County students have been named to the dean's list in their respective colleges at the University of Kentucky for the Fall, 1979 semester.

Sarah Hughes of Boone Three was named to the list from the College of Agriculture and Malinda Ann Robinson of Walnut Street was named to the list in the College of Education.

### Grey-Snapp vows said

Mr. and Mrs. Lee Grey Jr. announce the marriage of their daughter Janice to William Henry Snapp, son of Mr. and Mrs. William Snapp, all of Carlisle.

The wedding was solemnized Thursday, Feb. 14 at 11 a.m. at the home of the groom by Judge Reese Smith.

Loretta McCarty was maid of honor and the groom's father served as best man.

The couple will make their home at the groom's home on North Street, Carlisle.

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### "Out-of-Space" SALE

Spring Things are taking over the Store - must make room for more!

All Fall and Holiday\* Dresses, Coats, Sportswear, Bags, Hats and Selected Accessories

**Reduced 1/2**  
 (\*Many of these are Perfect for Spring)

Warm Robes, Cotton Blend Housewares, Selected Gowns, Lounge and Sleepwear

**Reduced 1/3**  
 A variety of Good Merchandise at Savings of 60 to 75%

Shop us NOW at **Abraham's Ladies Shop**

### Ford's Footnotes

By Senator Ed Ford

This week opened with an address from President Carter's advisor on Federal Aid, Alvin Kahn speaking at length about the need to deregulate and let free enterprise flourish unhindered by state and federal regulations. He sees this as an advantage to the consumer, where the prices would be more competitive and the products better.

Members of the House and Senate Appropriations and Revenue committees are meeting jointly and hearing the administrators of state agencies review their budgets. The committees are committed to developing a 1980-82 budget for state government without increasing taxes. State agencies are seeking program growth, while the state's projected revenue for the two year period is not expected to provide funds for expansion.

The House Democratic Caucus has endorsed four House Bills that would give the General Assembly increased oversight of state government operations. Increased oversight would require legislative review of personal service contracts, administrative regulations, state revenue bonds and require that all state agencies use a uniform accounting system.

Hundreds of Kentuckians have taken advantage of public hearings this week to express their opinions in both for and against pending bills before the House and Senate.

Committees this week have accepted testimony on the milk marketing legislation; a proposed veterans' bonus for Viet Nam era soldiers; fox hunters attending a Capitol rally in an effort to protect the red fox, which faces possible extinction; testimony was gathered in the Senate chamber on SB 149 which proposes professional regulation of teachers; several bills of citizens came to protest annexation laws in a joint House and Senate Cities' Committees meeting; and the Labor and Industry committees joined for a public hearing on workmen's compensation.

Public hearings are an important part of the legislative process as the state officials closest to the people, we make every effort to encourage Kentuckians to come to Frankfort in person to express their opinions.

Many important emotional issues are coming before the Senate including the bottle bill, workmen's compensation, and professional regulation for school teachers among others. If you wish to express your feelings on these issues, write to me in care of the Capitol.

Follow the progress of legislation being considered by the General Assembly by calling a toll-free number in Frankfort: 1-800-372-7164, and the operator will deliver your message to me.

Kentucky Educational Television presents highlights of legislation action every weeknight on the KET station in your area.

### Food stamp changes

Some food stamp households are receiving increased benefits due to changes in a state-initiated utility allowance program.

Households previously receiving food stamp coupons may qualify for more coupons by using the standard utility allowance rather than actual expenses in computing their income. Recipients are required to pay their utility bills separately from their rent or mortgage payments.

Rachel Childress, food stamp outreach coordinator for the state Department for Human Resources, said the standard utility allowance deduction was increased as of Dec. 1. The program began last March and reflects seasonal changes in the cost of heating services, she said.

### Board members attend meeting

Members of the Southern State Cooperative's local board and committee members, agricultural workers and retail agency managers from the Carlisle area, will attend a regional board meeting in Morehead, Ky., Feb. 26. The session will be held at the Holiday Inn and registration will begin at 8 a.m.

Also attending the meeting will be a number of guest young farmers from this area.

Jerri Cannon of Flemingsburg, a member of the Southern State local board of directors, will preside at the meeting. Cannon represents the cooperative's members in eastern Kentucky and western portion of West Virginia. He has been a member of the board since 1975.

Following an open-floor discussion the session will adjourn.

Expected to attend the meeting are: Budie E. Roney, manager of Southern State Carlisle Cooperative; local board members Bobby Sexton, Chester Melton, Tommy Ockerman, Eugene Letcher, James Williams Platt and Samuel C. Reynolds, Carlisle, and J.Z. Woodruff, Morehead.

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**FOODTOWN**

OUR TURN TO CHOP

U.S. CHOICE BEEF RIB ROAST \$2.39

U.S. CHOICE Beef Sirloin Steak \$2.79

U.S. CHOICE T-Bone Steak \$2.99

FRESH PORK Boston Butt Roast 99¢

FRESH PORK Spare Ribs (Lean & Meaty) 99¢

OLD FOLKS WHOLE HOG (2 lb. pkg.) \$2.77

SHURDUTE VEAL LUNCHEON Steaks \$2.59

Fresh (3 lbs. or more) Ground Beef \$1.49

Hot Cocoa \$1.19

Ballard Biscuits 6 For \$1.09

Chiquita BANANAS 3 Lbs. For 99¢

Mushrooms .8 oz. 89¢

Bounce Fabric Softener 160 Ct \$2.79

La Choy Sale - La Choy Sale

Chicken, Beef, Shrimp Chow Mein \$1.69

Beef Pepper Oriental .42 oz. \$1.69

Soy Mein Noodles .5 oz. 59¢

Chow Mein .10 oz. 69¢

Fried Rice .12 oz. 59¢

Shrimp & Chicken Egg Roll .6 oz. 79¢

Chicken & Beef Chow Mein .16 oz. \$1.09

Bush's Sale - Bush's Sale

Market Basket Cut Green Beans .25 oz. 49¢

White Hominy .25 oz. 39¢

Chili Hot Beans .25 oz. 49¢

Chopped & Shredded Kraut .25 oz. 49¢

Shoehout Cut Yams .30 oz. 59¢

Showboat Pork & Beans .25 oz. 49¢

### Thank you Carlisle... FOR MAKING US FEEL WELCOME.

WE INVITE YOU to Come In, Look us over.

FLOWERS for every occasion

fresh dried-silk permanent green plants, blooming plants complete wire service.

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### Crisco Shortening

Armour 5 oz. can Vienna Sausage 2 For 89¢

Golden Delicious Apples 5 Lb. Bag \$1.19

U.S. NO. 1 IDAHO Potatoes 15 Lbs. \$1.99

Head LETTUCE 49¢

Florida Oranges 5 Lbs. \$1.19

Jumbo Roll, Wht. & Dec. Viva Towels 69¢

Waldorf Tissue 4 Roll Pk. White, Print 69¢

Clorox .44 oz. (Limt 1) 49¢

Hunt's Ketchup .44 oz. 99¢

Prelate Pink Salmon No. 1 Can \$1.69

Luv's Disposable Diapers .5m, Med, Lg. \$2.69

Safeguard Soap 7 oz. bar 2 for \$1.09

Heavy Duty Reynolds Wrap .25 lb. 79¢

Air Wick Carpet Fresh 10 oz. \$1.69

Renuzit Solid Air Freshener .6 oz. 39¢

Ronco Wide Noodles .12 oz. 59¢

Ronco Thin Spaghetti .12 oz. \$1.19

Ragu Spaghetti Sauce .15 lb. oz. (3 Var.) 69¢

Swift Premium Sliced BACON \$1.29

Swift Premium Meat FRANKS 99¢

Swift Premium Sliced Bologna \$1.49

Swift Premium Corned Beef \$1.99

Pepsi, Diet Pepsi, 7-Up 99¢ (Limit 2)

Crisco Shortening 3 Lb. Can \$1.69

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### Mr. and Mrs. Badger Hovermale Hovermales to celebrate 50th anniversary

Mr. and Mrs. Ralph Hovermale will host an open house for his parents, Badger and Margaret Hovermale, Sunday, Feb. 24 from 2 to 6:30 p.m. at the First Christian Church, Millersburg on the occasion of their 50th wedding anniversary.

Mr. and Mrs. Hovermale were married Feb. 13, 1930 in Cynthiana in the First Christian Church by Rev. Clyde Dorris.

They are the parents of one son, Ralph, and three grandchildren. Both a sponsor at the University of Kentucky; Amy, a freshman in high school, and Dale, a seventh grader.

All friends and relatives are invited.

### Farm and Home

Nicholas County Extension Agents

Mike Phillips, Mrs. Sharon A. Wilson, Mrs. Margie Wilson

Spent time pressing a garment as you construct it, is the advice of Bette Jo Dedic, Extension clothing specialist with the University of Kentucky College of Agriculture.

If you do your home-sewn clothing will have a custom finished look.

But first, realize the difference between pressing and ironing. Pressing is a method of lifting and setting down the iron off the garment, while ironing is a consistent back and forth motion across the fabric.

When you press, you are lifting the iron off the garment, while ironing is a consistent back and forth motion across the fabric.

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725 High St., Paris, Ky.