

Kay's Kitchen

- Time for just some good old fashioned economical meals. Nothing fancy, good substantial, stick-to-the-ribs food. The following recipe for short ribs is good enough to serve guests if you are serving something different.
- ### ELGANT SHORT RIBS OF BEEF
- 2 pounds beef short ribs
1 1/2 cups beef broth
1 teaspoon salt
1 large onion, chopped
1 green pepper, chopped
1 1/2 cups rice
1 1/2 cups water
3 tablespoons melted butter or margarine
1 cup dry red wine
1/2 teaspoon thyme
1 4 ounce can butter mushrooms, drained
- Drain short ribs with the flour, salt and pepper. Place on rack in shallow baking pan and broil at 425-450 degrees in oven for about 30 minutes. (Watch to make ribs brown.)
- Place onion and green pepper in melted butter. Add bouillon, wine and thyme. Saute ribs in a 3 or 4 quart casserole. Pour bouillon mixture over ribs. Cover and bake in a preheated 325-degree oven for about 3 hours, or until meat is tender. (For seasoning, about 30 minutes before removing from oven, add drained mushrooms. Serve five or six.)
- Remove ribs with baked potato and tomato salad. For dessert try the following old fashioned rice pudding or peach dessert.
- ### RICE PUDDING
- 1 1/2 cups uncooked rice
3 eggs

Homemakers meet

Miranda
The Miranda club opened its meeting at the library Jan. 9, with devotion by Mrs. Edgar A. Barrett. Our secretary, Mrs. Willis Laver, called the roll and 13 members answered by giving one New Year's resolution they made.

Mrs. Wilson encouraged us to take advantage of the opportunity to learn to make silk flowers on Jan. 23 and insurance lesson on Jan. 30 at the Extension office at 1 p.m. for both lessons.

Mrs. Harold Crowe gave us some good suggestions on recycled furniture and Margie Wilson showed us some new sewing techniques with modern garments and materials.

Refreshments were served by our hostesses, Mrs. Eugene Smoot and Mrs. Lovell Shaw.

Next meeting will be on Feb. 13 with a lunch at Evans Cafeteria at 11 a.m. at the library.

Submitted by Mrs. Walter Kendall.

"Dearly Sewing Techniques"
The Family Life Newsletter was read by Mrs. W.G. Irvin. Discussion of the Kentucky State Homeowners Association meeting at the University of Kentucky in Lexington in mid-October took place. Committee reports were given. Recreation (questions and answers) preceded the serving of the dessert course.

The January meeting of the Moorefield Homemakers was held at the home of Mrs. Hansen Ellington with Mrs. Mildred Green as co-hostess on Jan. 3.

The meeting was called to order by our president, Mrs. Rusty Lawrence. The devotion was given by Mrs. Joe Irwin. The prayer was called to which 11 members answered with their New Year's resolutions.

Chairman reports were also given. Some announcements of lessons to be given in future were: Silk Flowers, Jan. 23; Insurance, Jan. 30; Candy Lesson, Jan. 19. Our lesson, Sewing Techniques, was ably given by Mrs. Harvey Wilson. A social hour followed, and our hostesses served delicious refreshments.

Our next meeting will be with Mrs. James G. Irwin, on Tuesday, Jan. 21 at 8 p.m. at the home of Mrs. Lawrence, Feb. 7. This will be our Valentine Party, so don't forget your guests.

Carlisle West
Thirteen members and House Agent, Mrs. Margie H. Wilson, met Friday, Jan. 11, at 11:30 a.m. in the room of the Nicholas County Public Library.

Mrs. James Edna Hodgdon as hostess, Mrs. Gretchen Brown read the minutes for the month of faith, hope and love. Mrs. David Zachary and Mrs. Wilmer Hancock gave the lesson on "The New Year's Resolutions."

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PEACHES AND CREAM
Drain well 1 No. 1 or No. 2½ can (1 1/2 to 2 lbs.) peaches. Drain well. Sprinkle the fruit with nutmeg and cinnamon. Cover with sour cream. Let minimum you'll need a cup. Let the dish refrigerate for several hours or overnight so the sauce blend into the peaches. Ten minutes before serving time, sprinkle brown sugar generously over all. Then place under the broiler two to five minutes, watching carefully, until the sugar bubbles and sizzles. Serve right away for the best eating, although this will be good even if returned to the refrigerator and served the next day.

Mrs. Bullington receives degree
Joy Bullington Bullington has received a Master of Science degree from the University of Kentucky.

She graduated in the fall semester of 1979 with the thesis "Human Environment and Textiles, a department of the College of Home Economics. Her program emphasis was in art and the decorative aspects of textiles as well as commercial textiles.

Her overall grade point average in the UK graduate program was 4.0 out of a possible 4.0.

Miss Fryman to wed
Mrs. Byron Fryman announced the engagement of their daughter, Patricia Susan, to Ricky Darrell Hicks, son of Aven Hicks of Carlisle and Barbara Hicks of Cynthiana.

Miss Fryman is a 1978 graduate of Nicholas County High School. She is presently employed at Potter and Co., Cynthiana, and is also a student at the University of Kentucky.

Sarah Smoot has birthday
Sarah Lynn Smoot celebrated her third birthday Jan. 5 at the home of her parents, Mr. and Mrs. David Smoot of House Two, Carlisle. She was one year old Jan. 2.

Her guests were Mr. and Mrs. Eugene Letcher and Mr. and Mrs. Paul Smoot, her grandparents; Mrs. Virgie Smoot, her great-grandmother; Mr. and Mrs. James Letcher and sons Timothy and Kevin; Mr. and Mrs. Ricky Broderick and Sarah's sister, Nicole Lettante.

After the opening of gifts the guests were served a Raggedy Ann cake and ice cream.

Five named to Dean's List
Five persons from Nicholas County, including two high school seniors, were named to Meribeth State University's 1979 fall semester Academic Dean's List.

Achieving perfect grades and named the President's List were Phyllis W. Guthrie and Virginia F. Harrison.

Others named to the Dean's List and named to the President's List were: Robert L. Hanks, 3.83 and Ron M. Brunker, 3.40.

To be eligible for Dean's List students must achieve a 3.4 grade point average on a scale of 4.0.

Persons who attain a perfect 4.0 average are eligible for the President's List.

Marie Chapter
Marie Chapter 50 will have its regular meeting Monday, Jan. 21 at 7:30 p.m. at the Masonic Temple.

All new business meetings and initiation refreshments will be served. All members are urged to attend.

Methodist Women
The program leader is Brenda Stone. Prayer and self-aid will be observed and a meal will be furnished.

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Births
FLACK
Mr. and Mrs. Raymond Douglas of Mt. Olive announced the birth of a girl, born on Sunday, Dec. 30, 1979, at the Nicholas County Hospital. She weighed eight pounds and two ounces, and has been named Christina Lynn.

The maternal grandparents are Mr. and Mrs. Shirley Flack of Mt. Olive, Ky.

FLACK
Mr. and Mrs. Nelson Howard Flack of Brookville announce the birth of a boy, born on Friday, Jan. 4, 1980, at the Nicholas County Hospital. He weighed seven pounds and three ounces and has been named Nicholas Howard.

The maternal grandparents are Mr. and Mrs. Harley Estey of Brookville, Ky.

MCCORD
Mr. and Mrs. Gary Clyde McCord of Carlisle announce the birth of two boys, Saturday, Dec. 19, 1979 at the Harrison Memorial Hospital. The babies weighed five pounds and five ounces and have been named Jeremy Clyde and Jennifer Dawn.

Maternal grandparents are Mr. and Mrs. Edmund Puckett of Paris. Paternal grandparents are Mr. and Mrs. J.C. McCord of Cowan. The twins were welcomed home by their sister, Julie.

Mrs. William Michael Roberts
Miss Peters, Mr. Roberts are united in marriage

The bride, given in marriage by her father, was a candlelight gown and carried a bouquet of candlelight roses. The groom wore a tuxedo and carried a boutonniere. The ceremony was held at the Carlisle Country Club. Serving as the bride's table were Mrs. Michael Crump of Carlisle, Miss Gail McArthur of Carlisle, and Mrs. John Smith of Richmond.

Mrs. Roberts is the daughter of Mr. and Mrs. Henry C. Peters Jr. of Carlisle. She graduated from Nicholas County High School in 1977 and attended Eastern Kentucky University.

Mr. Roberts is the son of Mr. and Mrs. William E. Roberts of Sharpburg. He is a graduate of Bath County High School and Morehead University. He is presently employed in Lexington while working on his post-graduate degree.

After a wedding trip to Florida, the couple currently resides at Locust Street, Carlisle.

V.F.W. Auxiliary to host 10th district meeting
The Ladies Auxiliary of VFW Lloyd George Post No. 8068 will host the 10th district meeting Sunday, Jan. 20 at 1 p.m. at the post.

All members are urged to be present for this important meeting.

Notice
Cable T.V. Customers

Due to a 13 to 14 week delay in delivery of parts, mostly amplifiers, we have not been able to complete hook-up of Cable T.V. to many of our customers in Carlisle. A sincere effort on our part has been and is being put forth to cure these parts. We will finish hook-ups as soon as possible.

Your patience in this matter is greatly appreciated.

If there are any questions, you may call 606-527-6580, or contact the City Office.

KLR Cable T.V.

Local Office: 119 Main St., Carlisle (No Phone)



Yellow Onions
3 lbs. 39¢

Specialty Potatoes
2/99¢

Aunt Jemima Corn Meal
69¢

Keelbler Zesta Salines
49¢

White Lily Cake Mixes
4/\$1

Karo Pancake & Waffle Syrup
\$1.19

Scotchbells
2/\$1.09

Cheerios
59¢

Vanish Liquid
49¢

COUPON DAYS

Del Monte Sale

Peaches (Haley & Sibley)	21¢ 00/99
Pineapple (Shibata, Chink, Crowder)	11¢ 00/99
Pineapple Juice (J&B)	46¢ 00/99
Pineapple Orange Juice	46¢ 00/99
Pineapple Grapefruit Juice	46¢ 00/99
Cut, French Style Broccoli Green Beans	16¢ 00/99
Cream Style White Kernel Corn	17¢ 00/99
Canied Pars. (K&M)	17¢ 00/99
Tomato Slices	46¢ 00/99
Chutney	24¢ 00/99
Fruit Cocktail	17¢ 00/99
Pear halves	16¢ 00/99

Pork Chops
Center Rib Lb. \$1.49
Center Loin Lb. \$1.59

Meat Wieners Fisher's 12 oz. pkg. 99¢
POTATOES BOLOGNA Fisher's (Reg. Thick, Garlic) \$1.39

SAUSAGES Webber's Whole Hog (2 lb. pkg.) 7.77 LB. \$1.39

SMOKED PICNICS Fisher's (4-8 lb. avg.) LB. 89¢

BACON Fisher's LB. \$1.29

Whole Pork Loins 14-17 lb. (Rib Half Lb. 1/2-1 1/2-Lb. Half Lb. 1/2) \$1.19
Pork Quarter Loin Chops (3-11 Chops) Lb. \$1.19
Pork Country Style Ribs (Skinned, Sliced & Diced) Lb. \$1.19
U.S. Choice Sirloin Steak Lb. \$2.79
U.S. Choice T-Bone Steak Lb. \$3.29
U.S. Choice Porterhouse Steaks (4-6 lb. avg.) Lb. \$9.99
Snow Hill Frozen Hens 5 lbs. \$9.99
Large Florida Eggplants 5 lbs. \$11.29
Florida Oranges 5 lbs. \$11.29
White Florida Seedless Grapefruit 5 lbs. \$11.29
Cello Spinach 10 lbs. \$9.99
Southern Yams (10 lbs. pkg.) 3 lbs. \$7.99
Chiquita Golden Ripen Bananas 3 lbs. \$9.99

Breeze Detergent 32 oz. bottle \$1.59
Final Touch 64 oz. bottle \$1.79

Dove Liquid 32 oz. bottle \$1.19
Wisk 32 oz. bottle \$1.39
Dishwasher All 50 oz. box \$1.79

Betty Crocker R.T.S. Frosting 99¢
Hunt's Prima Salsa 1.19
Hunt's Manwich 59¢
Hunt's Wesson Oil 1.99

Mashed Potatoes 89¢
Dove Soap 2/89¢
Gold Medal Flour 79¢
Pillsbury R.T.S. Frosting 99¢

Coke, Sprite, Tab 99¢
Grade A Large Eggs 59¢
Nescafe Instant Coffee 4.99
Dove Liquid 89¢
Nu-Maid Margarine 79¢
Banquet Meat Pies 4.11
Pet Ritz Cobbles 1.39

Cycle Dog Food 3/\$1
Bugles 2/\$1.09
Angel Food Cake Mix 99¢
Pillsbury Plus Cake Mixes 69¢
Wheaties 59¢

Hunt's Ketchup 89¢
Hunt's Tomato Sauce 3/\$1

Martha White Meal 89¢
Gravy Train 2.99

Phase III 2/89¢
Hunt's Ketchup 89¢
Hunt's Tomato Sauce 3/\$1

Angel Food Cake Mix 99¢
Pillsbury Plus Cake Mixes 69¢
Wheaties 59¢

Vanish Liquid 49¢

Pillsbury Plus Cake Mixes 69¢
Wheaties 59¢
Keelbler Cookies 99¢

SOCIETY

Former pastor is seriously ill
Brother Henderson, who was stationed at the Shrine of Our Lady of Guadalupe (formerly St. John's Cathedral) from 1946 to 1965 under the Redemptorist Fathers, is seriously ill in a Chicago, Illinois hospital reports Rev. Herman Kamagae.

Friends wishing to send him a card may do so in care of St. Michael's Rectory, 133 North Cleveland Avenue, Chicago, Illinois, 60614. The nature of his illness is not known. Rev. Kamagae says.

Special services honor Mrs. Adams
Special services were held at the Natassare Church, Clintonsville, on Sunday morning at the worship hour. Mrs. Letia Adams was presented with a lovely certificate of award for being a member of that church for 43 years.

"This is a year like" was presented by the pastor and members of her family and friends of the church. Mr. and Mrs. Melvin Fryman and Mrs. Effie Richee assisted from here. Mrs. Adams is a sister of Mr. Orville Doyle of Hookern.

THE CARING CORNER
Proverbs 22: "Train up a child in the way he should go."
Do you hear about the parents who wanted their child to be free to make his own decisions about what to believe? His dad said, "I don't make my kid go to church because I'm going to let him decide what he wants to believe. I'm not going to force him to believe anything he does not want to."

"I asked, 'Do you believe that he should have all the alternatives to pick and choose?' 'Sure,' he dad replied. 'He studies all the different social, political, and economic beliefs that there are in school.' 'How about the religious beliefs?' I asked. 'Where does he get a free evaluation about them?' From his P. C. coach."

The father had a bad experience one time when he was young and he was taking it out on his child. In trying to be fair to his boy he had already decided for the boy. He discouraged the boy from looking into one of the alternatives. It's like giving a child a choice of answers when you will only accept one.

Are you making your child's decisions? Or will you give them all the alternatives?

Christian Education 9-45

January Clearance Sale
Is low in progress

Oldham's
Mt Sterling, Ky.