



Kay's Kitchen

By B. Kay Fisher

Lots of summertime left to enjoy delicious homemade ice cream. The recipes are ones you can use any time. No need to purchase a home freezer; they are good pointers for those who have a freezer. However, if you do have a freezer, keep them from getting stale by serving one a day after a simple dessert, or just to keep cream fresh.

ITALIAN ICE CREAM
 2 envelopes unflavored gelatin
 1/2 cup cold water
 1 cup whole milk
 2 cups dry milk solids
 1 cup sugar
 1/2 cup vanilla
 Sprinkle gelatin over cold water and set aside in a saucup pan until ingredients add gelatin and cook over medium heat until gelatin dissolves.
 Freeze in refrigerator trays to mushy stage. Remove and beat with mixer. Return to trays and freeze firm.

LEMON ICE CREAM
 1/2 cup light cream syrup
 1/4 cup milk
 1 cup whipping cream
 1/4 cup lemon juice
 2 lemons grated lemon rind
 2 eggs egg whites and lemon colored. Add sugar gradually, beating constantly. Add corn syrup, milk, cream, lemon juice and grated peel; mix well. Freeze until firm. Turn out into a chilled bowl; beat until light. Return to freezing trays. Freeze. Cut as you would any other pie.

Reunions

Dotson

The Dotson family reunion was held Saturday, July 5 at the Lake State Park. Those present were: Mr. and Mrs. Edna Dotson, Mr. and Mrs. Robert Dotson, Mr. and Mrs. Henry Dotson, Mr. and Mrs. Allen T. Brunsen, Dennis Dotson, Mr. and Mrs. Clyde Clark, Mr. and Mrs. Danny Clark, Lisa and Julie, Mrs. Henry Livingston, Poch, Mr. and Mrs. Robert Dotson, Darrin and Tracy, Mr. and Mrs. Mike Dotson, Billy Chris and Patrick.

Booth
 The children, grandchildren, and great grandchildren of the late David Booth and Edith Smith Booth met at the home place on Stony Creek Road, Sunday. The farm is now owned by Mr. and Mrs. Glenn Booth. Only three members of the family were absent, one in Alaska, one in San Francisco and one in Los Angeles. The present were from Vermont, Wyoming, Hantsford and New London, Illinois; Marietta, Ohio; Philadelphia, Penn.; San Francisco, and Warren, Ashland, Nicholasville, Mt. Sterling, and Lexington, Kentucky. Mr. and Mrs. Eugene Booth, closest neighbors and cousins were also present.

Entertainment included reminiscing over treasures stored in a keepsake four wheel grandmothers Booth's, zipping out of trees on ropes, and riding "Comanches," the farm pony.

William Lucas principal speaker

William M. Lucas was the principal speaker at the 14th commencement exercises of Marietta College, Marietta, Ohio, recently. As winner of the Jewett Oratorical Award, Lucas was entitled to give the main address of the day.

Most areas of the state have their own local genealogical society. Many societies meet on a regular basis, and members receive a quarterly genealogical publication. Tracing your family history can be fun and rewarding. If you plan to hire someone else to do it for you, however, be sure to check their credentials before you pay them. You could contact the historical society and find if the researcher is listed with the society or talk to one of the professional's former clients, if possible.

Ricky Mattox honor graduate

Ricky A. Mattox of 110 Catherine Street, Carlisle was a recent honors graduate of Eastern Kentucky University.

Wooden Toys

Trains, Fire Engines, Ice Wagon, Tractor, Helicopter, Wild Cat Car

9:30 to 5:30 Mon. thru Sat. Noon to 5:30 Sunday

SUMMER CLEARANCE

All Summer Merchandise 20 to 50% off Men's and Ladies Starts Thursday, July 17 Baker's Department Store Carlisle, Ky. Phone 289-2523



Heat stroke can kill; heat exhaustion won't

As the mercury climbs to near 100 degrees throughout Kentucky, heat-related illnesses are likely to occur. A Department for Human Resources health official says people who know a little bit about the two most common conditions may help save a life.

These conditions are heat exhaustion and heat stroke. While both are caused by being exposed to too much heat and humidity, there is a critical difference in the two, said Dr. Carlos Hernandez, assistant commissioner for disease control and epidemiology in the department.

Rushing date set at UK

The registration deadline is Friday, Aug. 1 for all women who wish to participate in formal fall rush by the University of Kentucky.

Mr. and Mrs. James Ockerman, Sun Valley, Calif., and Mrs. Timothy Ockerman, Pittsburgh, Pa. have returned to their homes after visiting their mother, Mrs. Fern B. Ockerman on East North Street.

Mrs. Kingsolver club speaker

Mrs. W.R. Kingsolver will be guest speaker at the Carlisle Garden Club luncheon at 11 a.m. at the library.

Lodges to hold joint picnic

Dougherty Lodge 45, Blue Links Lodge 495 and Orient Lodge 500 will hold their annual joint picnic at Blue Links State Park this Saturday, July 19 at 6:30 p.m.

Births

Mr. and Mrs. H. Malcolm Endicott Jr. of Midway are parents of a seven pound five ounce girl born on June 25, 1980.

Flowers ... a breath of fresh air.

FRESH DRIED SILK GREEN PLANTS GIFTS FOR ANY OCCASION HOSPITAL BIRTHDAY ANNIVERSARY SYMPATHY GIFTS WEDDINGS OR FOR NO OCCASION AT ALL CALL OR COME IN Carol'n John's Florist 114 Locust Street PH. 289-2717

but hot to the touch and dry, he said. The skin usually appears flushed, then pale and gives him or her a headache. Heat stroke is a strong offensive body odor. Persons suffering from heat exhaustion may have a pulse that is a bit higher than normal, and, the skin is clammy.

"If a heat-stroke victim is given a fair chance of surviving, bystanders must act immediately," Hernandez said. The victim must get professional medical attention as soon as possible, but bystanders should not wait for help to arrive. With heat stroke, the victim's internal temperature soars quickly, sometimes to as high as 111 degrees. In treatment, the goal is to lower the temperature rapidly by whatever means available, Hernandez said.

Meat going up

If you cringe now when you go through the supermarket checkout, get set for a bigger strain on your food budget.

Prices increased about 25 percent. The higher prices for hogs soon will appear in the meat counter as shoppers pay for pork.

TALK of the TOWN For Protecting Your Contact Lenses

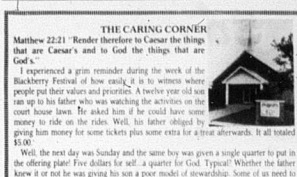
Wetting, Soaking & Cleaning Solutions for either Hard or Soft Lenses By: Bausch & Lomb Allergan Barnes-Hind Contique Hopkins Drug Co. Your Prescription our speciality

Downy 96 oz. Bottle \$3.19

Cheer 49 oz. Box \$1.59

Ice Milk Bars 12 Pk. \$1.29

Strauberry Jam Smucker's 32 oz. Jar \$1.89



FIRST CHRISTIAN CHURCH

Christian Education 9-4:45 Nursery provided Worship 10:45

you're invited to our picnic of food values!

Chuck Steak \$1.39 (Bonless lb. \$1.69)

Bananas 3 lbs. for 99¢ (Golden Ripe)

Jeno's Pizzas 12 oz. 10 Inch 99¢

Pepsi, Diet Pepsi, 7-Up 8 pk. 16 oz. W/Bills \$1.29

Instant Coffee Maxwell House 10 oz. Jar \$4.99

Bacon \$1.39

Bologna \$1.49

Sausage \$1.29

Wiener 99¢

Celery 49¢

Beans 49¢

Cantaloupes 79¢

Banquet Dinners 59¢

Banquet 8 oz. Turkey

Meat Pies 3/\$1

Hi-Dri Bath Tissue 69¢

Hi-Dri Towels 49¢

Orange Juice 12 oz. can 79¢

Orzo 1 lb. \$1.29

French Fries 3/10.00

Maxwell House Coffee \$2.99

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Downy 96 oz. Bottle \$3.19

Cheer 49 oz. Box \$1.59

Ice Milk Bars 12 Pk. \$1.29

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