

Kay's Kitchen

To answer many requests, here are a few recipes for the crockpot, or slow cooker.

These recipes are prepared at the high setting, but can be adapted to longer cooking by following the directions for your cooker.

REEF WITH VEGETABLES
 3 pounds chuck, cut into 1 1/2-inch cubes
 1/2 cup onion, sliced
 2 large carrots, sliced
 1 stalk celery, sliced
 1 onion, chopped
 2 seasons seasoned salt
 1/2 teaspoon fresh ground pepper or red hot pepper sauce
 1/2 teaspoon dillweed
 1/2 bay leaf
 4 cups shredded cabbage
 16-oz. can jalapeno beans, undrained
 Juice of 1 lemon
 1 cup sour cream
 Combine beef, water, carrots, celery, onion, salt, pepper, dillweed, bay leaf and cabbage in slow cooker. Cover and cook about 4 hours on high setting, or until beef is tender. Discard bay leaf. Stir in beans and lemon juice; let sit 15 minutes. Serve with a dollop of sour cream on top. Makes 8 generous servings.

SAUBERBATHEN
 1 cup red wine vinegar
 1 cup dry red wine
 1/2 cup water
 1/2 tsp. 1 lemon
 1 large onion, sliced
 2 seasons salt
 1 teaspoon mustard seed
 1/2 teaspoon peppercorn
 1 bay leaf
 1 pound beef round roast
 1/2 cup chopped carrots
 1/2 cup chopped celery
 1/2 cup ginger snap crumbs (about)
 1/2 cup sour cream (about)
 In large glass or stainless steel bowl, combine vinegar, wine, water, lemon juice, onion, salt, mustard seed, pep-



Garden Club
 The Carlisle Garden Club met Tuesday, March 18 with a St. Patrick's Day luncheon. Among those present, seated from left, Mary Halcomb, Dorothy Nell, Lena Williams (president), Lucille Clark (treasurer),

Myrs. Byron Sealing of 4090 Bay St. N.E. 134-300 St. Petersburg, Fla. was nice enough to search the following salad recipe last week. She said it could be used as a dessert too. I will give it to you as she sent it, with her recipe. They help. Many many thanks for your kind note.

DRY-JELLO RECIPE
 (Use a Salad or Dessert)
 1 1/2-cup package Crystal Jell (DRY)
 2 1/4 fat can apricot pineapple, well drained
 1/2 cup chopped pecans (more or less)
 1 small can whipped topping, or 1 1/2 cups, or 4-oz. size
 Start with cottage cheese in large mixing bowl, dump in jello and stir. Add drained crushed pineapple, cut up pecans, and mix well. Add the whipped topping, mixing well.
 Myrs. Byron said you could try lemon or any flavor jello but she prefers the apricot. I believe I would too, but have only tried that one. Also you may use dry cottage cheese, but she used small curd creamed.

Mr. and Mrs. Thomas George entertain
 Mr. and Mrs. Thomas George of Marie McCarthy and Wendell, Fairbairn entertained Sunday with a family dinner.
 Guests were their grandson, Dennis Minton, Mrs. Minton and Elizabeth of Geneva Point, N.J., and Mrs. Myra.

Mr. and Mrs. William Threlkeld
 entertained in Carlisle Monday on returned home after a holiday in Santa Barbara.

Mr. and Mrs. Fred Whaley
 returned home last week after a 10-day holiday in New Orleans and Florida.

Danson Booth
 arrived Sunday to spend a week with his parents Mr. and Mrs. Kinzall Booth. Cedar Booth is a second year student at the Air Force Academy in Colorado Springs, Col.

Mr. and Mrs. David Wilson
 and daughter have had as their weekend guests Mrs. Wilson's parents, Mr. and Mrs. Nelson Alexander and her grandmother, Mrs. Y.E. Alexander, of Irvine, William Frederick of Elizaville, Miss., underwent successful open heart surgery in January in Jackson, Miss. He is recovering nicely and has returned to his home. Mr. Frederick is the brother of Mrs. Nancy Shaw.



Matilda Hillock, Margie Wilson. Standing from left, Ernestine Eads, Helen Flora, Lorena Wagoner, Catherine Smart, Mary Lois Campbell (secretary), Elsie Snelling, Naomi Dale, Elizabeth Caywood, Nell Gaffin, Lorraine Irvine, Hazel Henry, Bruce Fighmaster and Edna DeMyer.—Mercury photo.

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Rev. Roy Hill, Evangelist
 Rev. Roy Hill, Evangelist of Mt. Taber Church (Mt. Taber Charge) March 31 thru April 4 7:30 p.m. nightly

"Proclaim the Word" Revival
 Bartleville Methodist Church (Mt. Taber Charge)
 March 31 thru April 4
 7:30 p.m. nightly
 Rev. Roy Hill, Evangelist
 Rev. Gayle Gillispie, Pastor
 Everyone Welcome!

Births announced

MINTON
 Mr. and Mrs. Daniel Tish Minton, Route Four, Carlisle, announce the birth of a son, Nathaniel Tish Minton, born Thursday, March 13, 1980 at the U.C. Medical Center, Lexington. The child weighed eight pounds and six ounces and has been named Jason Danel.

Paternal grandparents are Mr. and Mrs. Franklin P. Carter, Lexington. **Paternal grandparents** are Mr. and Mrs. S.T. Minton, Carlisle. **Paternal grand-mother** is Mrs. Catherine T. Minton of Lexington.

DAILEY
 Mr. and Mrs. Ralph Edward Dailey, Route Four, Carlisle, announce the birth of a son, Nathaniel Tish Minton, born Thursday, March 13, 1980 at the U.C. Medical Center, Lexington. The child weighed eight pounds and six ounces and has been named Nancy Irene.

Paternal grandparents are Mr. and Mrs. Arthur Dibley of Carlisle.

RAWLINGS
 Mr. and Mrs. Donald R. Rawlings of Letchfield, Ky. announce the birth of a daughter, Jessica Elizabeth, born Wednesday, March 19, 1980, at the hospital in Letchfield. **Paternal grandparents** are Mr. and Mrs. Adrian Scott, Lexington. **Maternal grandparents** are Mr. and Mrs. James Jones of Mt. Sterling. **Paternal grandparents** are Mr. and Mrs. Arthur Dibley of Carlisle.

TABOR
 Mr. and Mrs. Jerry Tabor announce the birth of a son, born March 13, 1980 at Mary Child Hospital in Mt. Sterling. He weighed seven pounds six ounces, and has been named Clinton Gene. **Paternal grandparents** are Mr. and Mrs. Otis Colldren Jr. **Paternal grandparents** are Mr. and Mrs. Willie Tabor, all of Carlisle.

TERRELL
 Mr. and Mrs. Clarence Terrell of Route 1, Carlisle, announce the birth of a son, born Saturday, March 12, 1980, at the Nicholas County Hospital. He weighed eight pounds and three ounces and has been named Jeremy Adam. **Paternal grandparents** are Mr. and Mrs. Sam Nicolle Jr. of Route 2, Carlisle. **Paternal grandparents** are Mr. and Mrs. G.C. Terrell of Route 1, Carlisle.

CONLEY
 Mr. and Mrs. Patrick Carter Conley of 131 Taylor Avenue, Paris, announce the birth of their first son and second child on Wednesday, March 12, 1980, at the Central Baptist Hospital in Lexington. He weighed eight pounds five ounces and has been named Patrick Carter Conley, Jr. **Paternal grandparents** are Mr. and Mrs. Ben Pumphrey. **Paternal grandparents** are Mr. and Mrs. Joseph Frank Conley. **Paternal grand-mother** is Mrs. Ben Pumphrey, Sr., all of Carlisle.

Mr. Kingsolver is given party for birthday
 Mrs. Ruth Kingsolver celebrated her birthday Sunday, March 23, with a party given by Miss Tonya France at the home of Tonya's parents, Mr. and Mrs. Ike France.

Those attending were: Mr. and Mrs. Adrian Scott, Lexington; Mrs. Norma Hancock, Mr. and Mrs. Steve Vice and Roger, Mr. Charles Whitaker and Mrs. France.

Saturday night, also in celebration of her birthday, Mrs. Kingsolver was the guest of Mr. and Mrs. Cliff Vice and Mr. and Mrs. France and Tonya for dinner in Winchester.

Wrap Skirts Individual Designs

Tell Us What You Want

The Green Apple

(In Paris)

Eldham's LADIES & JUNIOR APPAREL

You Are Cordially Invited To Attend Eldham's Beautiful New Spring And Summer Showing Of Ladies' And Junior Apparel Of All Types.

You Will Enjoy This Early Season Preview Of These Exciting New Styles.

Mt. Sterling, Ky.
 Monday Thru Saturday
 9:00 A.M. to 5:30 P.M.

Ford's Footnotes

By Senator Ed Ford
 The Kentucky General Assembly has now completed 11 weeks of the 1980 session and has less than a week to complete its work. During this time, I have told you about many of the bills and resolutions which we study daily. Most of those bills have been acted on or are in the final stages of legislative scrutiny.

Senate Bill 42 has passed through the legislative process and has been signed by the Senate President and the House Speaker and is awaiting the signature of the Governor. The bill would enact a uniform child custody law to regulate judicial proceedings in child custody cases.

Another bill relating to family life has passed both chambers but with a little more difficulty. The problem of domestic abuse has plagued Kentuckians for many years but has only recently received public notice. House Bill 86 would make it easier to arrest a person for domestic abuse. The bill, as passed by the House, would require the person making the charge to sign a written complaint in the presence of the peace officer and at the time of the arrest. A person could be arrested for domestic abuse only if the peace officer called to the scene has reasonable grounds for believing that an altercation has occurred or that failure to arrest would present a threat of danger to others. However, the Senate amended the bill to allow the complaint to be signed within 12 hours of the arrest instead of at the scene. The bill now goes back to the House for concurrence on the amendment.

As the days for legislative action begin to dwindle, the Capitol is visited each day by more and more citizens with interest in a bill which has not been passed by the General Assembly.

Kentucky's labor unions broke all records this week when they came in numbers over 10,000 to express their concern over proposed changes in the workmen's compensation law. The existing law was one of the most studied items during the 1979-80 legislative interim. Premium costs have risen to the point that industry is reluctant to expand or locate in the state, and workers who are injured on the job are in some cases not receiving benefits adequate enough to carry them through the resulting unemployment.

Several bills dealing with the sale of liquor have been considered by the Legislature this week. Defeated was House Bill 586 which would have allowed legislative bodies of

first, second and third class cities to permit the sale of alcoholic beverages on Sundays in restaurants with at least 50 seats.

Passed in the Senate was Senate Bill 214, a bill designed to decriminalize public intoxication and set up an alcoholism treatment and rehabilitation program within the State Department for Human Resources.

The two chambers of the General Assembly will continue to consider legislation introduced in their own body until Thursday, then will take up legislation sent to them by the other group. The Assembly will recess on April 1, and reconvene April 14 for a "two-day" veto session during which time they will override any legislation vetoed by the Governor. Since the adjournment will be on April 15, the business of the General Assembly now moves from the committees to the floor, you are encouraged to follow the debate on KET. The legislative coverage begins each evening at 7:30 p.m. and continues until the day's activities have been adequately covered.

The Senate Committee on Elections and Constitutional Amendments has apparently killed a proposal to change Kentucky's primary elections from May to August.

The bill was supported by those who wanted to reduce the length of election campaigns but was opposed by people who said it would end Kentucky's presidential primary and force the political parties to change their procedures for selecting delegates to presidential nominating conventions.

The Legislature will be adjourning on April 15. Between now and then, if you want to let me know your opinion on any issue we are considering, you should call or write me in Frankfort. You can call toll-free 1-800-372-7164 and leave a message for or we can write me to the State Capitol, Frankfort, Kentucky 40601.

If you want information on a specific bill, you can get that by calling another toll-free number which is 1-800-372-7194.

Farm and Home

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

Recycle clothes for \$aving\$

To stretch the budget, try recycling garments and keeping your clothing in repair. For instance, an estimate for recycling a dress into a sleeveless tunic top is a saving of \$4.10.

Minor mending repairs, such as sewing up a seam, putting on a button, fixing a buttonhole, putting on a patch or mending a tear would cost you about \$1 each if you had to hire someone.

Changing hems and tapers vary in price. An A-line skirt hem with no pleats, slits or lining would cost a minimum of \$6. The minimum cost for a coat hem will vary from \$12 to \$15.

The cost of replacing a zipper in a skirt ranges from \$2.50 to \$7 minimum. Replacing a zipper in men's pants costs \$4 to \$5. The cost of replacing a zipper depends on weight of zipper and type of application.

Estimate the savings in home sewing by determining the cost of the materials (fabric, pattern, notions, etc.) and the amount you would be willing to pay for a comparable ready to wear garment. The difference between the two will be the dollars saved. Caution! Be realistic in estimating the price you would actually pay for ready to wear. The skills of the sewer, as well as the time and equipment available for sewing will affect the amount of dollars saved by home sewing.

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Nicholas County Hospital report

ADMISSIONS: Mildred Marshall, Jo neville Hughes, Frances Medley, Everett Pleasant, Jacqueline Chikens, Joyce Alexander, Alma Cerrill, Katie Wason, Alice Jones, Inez Watkins, Eric Sexton, Carolyn Scott, Bobby Hughes, Agnes Costanzo, Carlisle; Jeffrey Jolly, North Middletown; Marie Rodgers, Marylee; Martin Bell, Larry, Jerry; Gertrude Laville, John White, Napoleon Fite, Mt. Olivet; Margaret Jolly, Paris; Mary Miller, Brookville; Charlie Herrington, Ray Wagner, Millersburg.

DISCHARGES: Virginia Hawkins, Clarence Meas, Robert Vice, Ruth Alexander, Charles Jones, Bertie Tapp, Dorothy Hunt, Isabelle George, Otha McCarty, Jacquelyn Barber, Joyce Alexander, Charles Jones, Bertie Tapp, Belle Morris, Ginger Fryman, Eric Sexton, Herbert Simons, Alma Carmill.

Deaths: Sissy, Allen Booth, Elizabeth Judge, Max Ashcraft, Carlisle; Nicholas Overly, Alpha Ballinger, Mt. Olivet; Lillie Gannoe, Paris; Sarah Vies, Petersburg; Mary Bell, Brookville; Beanie Mitchell, Lexington.

Mattox records save for MSU

Nicholas County High School graduate Mike Mattox recorded a save for the Merchants Eagles in their 191 win over Alabama recently.

Mattox pitched seven innings in relief to earn the save. He was Merchants' top reliever last season.

The win was Merchants' season opener and the start of a seven-game southern spring trip.

Loaded WITH SWEET SAVINGS

ROUND STEAK \$1.99 (Boneless lb. *2.09)

Fresh Round Beef (10 lbs. or more) \$1.49

Sliced Bacon Oscar Mayer... lb. \$1.59

Oscar Mayer Meat Wieners lb. \$1.39

Oscar Mayer Meat Bologna 12 oz. pkg. \$1.29

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Ballard Farm Sausage 1/2 lb. pkg. 99¢ (1/2 lb. pkg. \$1.97)

Potatoes White Maine 10 lbs. 99¢

Vine Ripe Tomatoes lb. 39¢

Green Cabbage lb. 19¢

Red Jonathan Apples 3 Lbs. 99¢

White Seedless Florida Grapefruit 5 Lbs. \$1.19

Duncan Hines Cake Mixes 7 1/2 oz. (9 Flavors) 18 1/2 oz. 3/\$1.99

Fritskies Canned Dinners (Chicken & Liver, Egg Bacon) 14 1/2 oz. 3/89¢

Fritskies Canned Dinner 14 1/2 oz. \$1.09

Purina Cat Chow (Original, Country Blend, Ocean Blend) 4 lbs. \$1.99

Chow (Milk) 11 1/2 Gal. 49¢

Gala Apples 140 Ct. 59¢

Gala Tomatoes Jumbo Ball 59¢

Kraft Macaroni Dinner 7 1/2 oz. 3/\$1.00

New Gaines Complete Beef 27 oz. \$1.09

New Gaines 27 oz. \$1.09

Complete Beef M. Complete 27 oz. \$1.09

Hotter Soup (Hot Size) 3/69¢

French's Mustard 2 1/2 oz. 69¢

M & H Plain & Peanut 15 oz. \$1.69

Welch's Grape Juice 48 oz. \$1.49

Soup Starter (7 Flavors) 8 oz. 99¢

Close-Up Toothpaste 6.4 oz. (Reg. & Mint) \$1.29

Heinz Hamburger Dill Slices 32 oz. 79¢

Heinz Genuine Dill 32 oz. 79¢

Orange, Lime, Rainbow, Raspberry 8 oz. 79¢

Vanilla Bean All Natural, Cherry Vanilla, Butter Pecan, Chocolate Chip 1/2 Gal. \$1.99

Borden Ice Cream 1/2 Gal. \$1.99

3 Mil. Extra Large Heavy Weight 12 Ct. \$1.99

Holly Trash Bags 12 Ct. \$1.99

White, Pink & Green, Yellow & Blue, 4 Roll PK.

Charmin Limit one

Tissue 79¢

Orange, Lime, Rainbow, Raspberry 8 oz. 79¢

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"A bachelor is like a man in winter without a fur coat."
 Russian Proverb

"Whatever your advice, make it brief."
 Horace

Fightmaster Real Estate
 announces the association of **Mike Phillips** to its professional staff.

Mike is a recent graduate of the Professional Academic School Systems and is a licensed real estate salesman. He has a degree in agricultural economics from the University of Kentucky.

Mike will be happy to help with any of your real estate needs, rural or residential and also to assist you on the appraisal of your property.

Fightmaster Real Estate is proud to be associated with Mike Phillips, just another way to bring you the finest service possible.

Mike Phillips
 102 First St., Carlisle
 289-7352

FOODTOWN

Open 8 Mon-Sat

C & G

U.S. Choice Beef Rump or Sirloin Top Round lb. \$2.39

U.S. Choice Beef Cubed Steak lb. \$2.59

Fresh Ground Round (Bata Lean) lb. \$1.99

Fresh Pork Picnic Shoulder lb. 69¢

Fresh Pork Spare Ribs (Lean & Moist) lb. 99¢

Fischer's Smoked Pork Chops (Center Cut) lb. \$1.59

Fresh Fish Fillets (Ocean Fresh or Cold) lb. \$2.59

Oscar Mayer Beef Franks lb. \$1.59

Oscar Mayer Pork Piggie Links lb. \$1.99

Oscar Mayer Lean N Tasty Pork & Chives 12 oz. pk. \$1.39

Ballard Farm Salads (Plant, Chicken, Cream) 12 oz. \$1.09

Folgers Coffee Crystals \$4.79 (Folgers 10 oz. jar)

Ivory Liquid 48 oz. \$1.89

Shedd's Spread 2 Lbs. \$1.19 (8 pk. 16 oz. Wblts)

Pepsi, Diet Pepsi, 7-Up \$1.29

Swanson Fried Chicken 2 Lbs. \$2.99

Tropicana Orange Juice 2 Ct. \$6.99

Bush's Sale - Bush's Sale

Showboat Pork & Beans 14 1/2 oz. 3/89¢

Chili Hot Beans No. 300 can 3/89¢

Mixed, Navy, Great Northern, Pinto, Kidney Canned Beans No. 300 can 3/89¢

Chopped Spinach No. 303 can 3/\$1.00

Regular Spinach No. 303 can 3/\$1.00

Showboat Cat Tuna No. 303 can 39¢

Showboat Spaghetti 14 oz. 4/\$1.00

Showboat Spaghetti Rings 14 oz. 4/\$1.00

Squeezeably Soft Charmin

We accept Federal Food Stamps