

Kay's Kitchen

Since I seem to have started the Derby foods, low in calories, I'll give you several special desserts this week. Strawberries are always special with me at Derby time. I won't call these desserts "skinny" as I did last year last week, but they are low in calories, comparatively speaking.

STRAWBERRY SPONGECAKES
1 pint strawberries
1 orange, seeded and sliced
2 tablespoons orange liqueur
8 small round fill sponge shells
Wash, hull and thinly slice strawberries. Add orange and liqueur and marinate covered for several hours. Spoon fruit and juice into shells and serve immediately. Right servings about 120 calories each.

LOW CALORIE CHOCOLATE DESSERT
2 egg whites, room temperature
1/2 teaspoon cream of tartar
Pinch of salt
2 tablespoons sugar
Artificial sweetener
1/4 teaspoon vanilla
4 teaspoon coffee
Beat egg whites, cream of tartar and salt until foamy. Add sugar gradually. Be sure to add the cream of tartar and thick and glossy, beat in cocoa and ribbons matching your dresses. Whip until mixture is stiff peaks. Return to freezer in a mold or bowl. Freeze solid. Dip quickly in hot water to unmold. Or freeze in ice cube trays, and serve in squares. Makes about 8 portions. Of course, if you do use the whipping cream you might add a few more calories.

FRUIT DESSERT
3 firm bananas
Large oranges, peeled and sectioned (1 1/2 cups)
1 1/2 cups strawberry halves
1 cup apricot nectar
1/2 cup light corn syrup
Peel bananas and core, cut into 1/2-inch slices and place in medium size bowl. Add oranges and strawberry halves. Stir together wine and corn syrup; pour over fruit mixture to coat evenly. Chill. Makes 10 servings.

Garden Club open house is May 22

The Garden Club of Kentucky will hold its annual open house of historic homes and gardens in May.

The Francis and Millerburg Garden Club open house will be held Thursday, May 22, 10 a.m. to 5 p.m.

Houses open will be: Golden Chance Farm, North Middletown Road, Paris, owned by Mrs. Robert E. Lehman; Owens Home, Cambridge Park, Jackson Town, Paris, owned by Mr. and Mrs. William H. Owens; Belleville, Lexington-Mayville Turnpike, Paris, owned by Mr. and Mrs. Peter M. Davenport; James McKee House, Main Street, Millersburg, owned by Mr. and Mrs. Robert Solder; Vinson House, Main Street, Millersburg, owned by Mr. and Mrs. James B. McCormack; Zimmerman Home, Route 3, Millersburg-Cynthiana Road, owned by Mrs. C.B. Zimmerman; Lendinghome Home, Route 3, Millersburg-Cynthiana Road, owned by Mr. and Mrs. Robert Lendinghome.



C & G
We accept Federal Food Stamps

- U.S. Choice (Boneless lb. \$1.79)
Chuck Steak lb. **'1.49**
Picnic Ham lb. **.79**
Swift Premium Meat Wines 12 oz. **99¢**
- Bob Evans (1 1/2 lb. pkg. \$2.19)
Pork Sausage lb. **'1.49**
Swift Premium Sliced **Sliced Bacon** lb. **'1.19**



FRYERS

lb. **49¢** (Cut-Up lb. 59¢)

- U.S. Choice Boneless Beef Steaks lb. **'1.99**
U.S. Choice Extra Lean Beef Short Ribs lb. **'1.39**
Fresh Extra Lean (1 lb. or more) Ground Chuck lb. **'1.69**
- 9-11 Chops
Pork Quarter Loin lb. **'1.29**
Pork Country Style Ribs lb. **'1.29**
Swift Premium Sliced Sliced Meat Bologna lb. **'1.49**

FOODTOWN COUPON
10 oz. bottle
Heinz 57 Sauce **\$1.19**
EXPIRES 5-6-80

FOODTOWN COUPON
32 oz. bottle
Wisk **\$1.49**
EXPIRES 5-6-80

FOODTOWN COUPON
96 oz. bottle
Final Touch **\$2.69**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag, Plain, Self Rising
Martha White Meal **89¢**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag, Plain, Self Rising
Martha White Flour **89¢**
EXPIRES 5-6-80

FOODTOWN COUPON
35 oz.
Calgonite **\$1.39**
EXPIRES 5-6-80

FOODTOWN COUPON
22 oz. can
Easy On Starch Aerosol **79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
36 oz. bottle
Mrs. Butterworth's Syrup **\$1.69**
EXPIRES 5-6-80

FOODTOWN COUPON
13 oz. pkg.
Chips Ahoy Cookies **99¢**
EXPIRES 5-6-80

FOODTOWN COUPON
12 1/2 oz. pkg.
Keebler Vanilla Cremes **69¢**
EXPIRES 5-6-80

FOODTOWN COUPON
12 oz. pkg.
Double Nutty Cookies **79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
32 oz. bottle
Dove Liquid **\$1.29**
EXPIRES 5-6-80

FOODTOWN COUPON
5 oz. box, White Cord
Lifebuoy Soap **2/79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
13 1/2 oz. box
Betty Crocker Potato Buds **79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
32 oz.
Job Squad Towels **59¢**
EXPIRES 5-6-80

FOODTOWN COUPON
12 oz. box
Wheaties **69¢**
EXPIRES 5-6-80

FOODTOWN COUPON
32 oz.
Spears Farm Apple Juice **79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag, Self Rising
Gold Medal Flour **79¢**
EXPIRES 5-6-80

FOODTOWN COUPON
Country Time 6 oz.
Frozen Lemonade **4/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. pkg.
Birdseye Cut Corn **3/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. pkg.
Birdseye Peas **3/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
1 lb. pkg.
Imperial Margarine **59¢**
EXPIRES 5-6-80

FOODTOWN COUPON
48 oz. bottle
Wesson Oil **\$2.19**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. can, Hamd.
Heinz Relish **2/89¢**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. can
Super Moist Cake Mix **59¢**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag
Betty Crocker RTS Frosting **99¢**
EXPIRES 5-6-80

Medium Eggs
Doe. **49¢** With Grade A (Lamin 4 Doz.)

Ice Cream Foodtown 1/2 Gal. (4 Flavored) **1.09**
Crisco Shortening 3 lb. can **1.89**
Instant Tea Lipson 3 **1.99**
Downy 64 oz. bot. **1.99**
Pizza For DeLuca 11 1/2 oz. Varieties **79¢**
Instant Coffee Folger's 10 oz. jar **4.99**

FOODTOWN COUPON
32 oz. bottle
Heinz Ketchup **99¢**
EXPIRES 5-6-80

FOODTOWN COUPON
Heinz 410 oz. jar
Strained Baby Food **7/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
15 oz. can
Heinz Pork N Beans **4/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. can, Hamd.
Heinz Relish **2/89¢**
EXPIRES 5-6-80

FOODTOWN COUPON
10 oz. can
Super Moist Cake Mix **59¢**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag
Betty Crocker RTS Frosting **99¢**
EXPIRES 5-6-80

Folger's Coffee **\$2.89**
Vacuum 1 lb. can, all grades

R.C. Diet Rite **\$1.29**
8 pk., 16 oz. W/B/B.

Green Giant Sale
Case of 12, \$3.95 on Beans, Corn & Peas
K.S. Cut, F.S. Green Beans. 16 oz. 3/1.00
Nihil Corn 16 oz. 3/1.00
W.K. & C.S. Golden Corn 16 oz. 3/1.00
Canned Peas 16 oz. 3/1.00

White & Sliced Mushrooms 4 1/2 oz. 99¢
Frozen Corn on the Cob 4 Ears 99¢
Noble Corn, Mixed Vegetables
C.S. Wild Corn & Peas 10 oz. pkg.
Frozen Vegetables 69¢

FOODTOWN COUPON
32 oz. bottle
Heinz Ketchup **99¢**
EXPIRES 5-6-80

FOODTOWN COUPON
Heinz 410 oz. jar
Strained Baby Food **7/1.00**
EXPIRES 5-6-80

FOODTOWN COUPON
15 oz. can
Heinz Pork N Beans **4/1.00**
EXPIRES 5-6-80

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Heinz Relish **2/89¢**
EXPIRES 5-6-80

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10 oz. can
Super Moist Cake Mix **59¢**
EXPIRES 5-6-80

FOODTOWN COUPON
5 lb. bag
Betty Crocker RTS Frosting **99¢**
EXPIRES 5-6-80

Mr. and Mrs. Jeffrey Carl Sexton

Mitchell-Sexton wedding held in Christian Church

The wedding of Rebecca June Mitchell, daughter of Mr. and Mrs. Richard Mitchell of Carlisle, to Jeffrey Carl Sexton, son of Mr. and Mrs. Bobby Carl Sexton, also of Carlisle, was held at the Carlisle Christian Church on March 28, 1980 at 7 p.m. The double ring ceremony was performed by the Rev. Eugene White.

The bride wore a floor-length ivory colored gown of silk and lace. She carried a bouquet of white roses, blue tipped miniature carnations, and yellow and pink daisies with baby's breath.

The maid of honor was Miss Kathy Madril. The bridesmaids were Miss Sandy Carwell, Miss Debbie Fryman, and Miss Ramona Handolph. They were identified mainly from the spring colors, pink, blue, green, and white. They carried long-stemmed white roses with baby's breath and ribbons matching their dresses.

The flower girl was Miss Julie Carwell, daughter of Mr. and Mrs. Johnny Carwell.

The best man was William Herrington. Ushers were: Gary Ring, Phillip Burke and Alton Livingston. The ring bearer was Steven Sexton, brother of the groom.

The hostesses for the reception were Phyllis Howard and Angie Brerly, sisters of the bride, and Vivi Mitchell and Sharon Mitchell, sisters-in-law of the bride.

The couple is residing in Kenah, Texas.

Marketing spread widens as food prices increase

The difference between what farmers receive and consumers pay for food—called the marketing spread—widened nearly 12 percent in 1979, the largest increase in five years, according to a report issued by the U.S. Department of Agriculture.

The marketing spread, representing charges for handling, processing, and distributing a market basket of U.S. farm foods, accounted for slightly over half the 19 percent rise in grocery store food prices last year. Increased store food prices reflect a 19 percent higher value accounted for about a third of supermarket food increases and higher fish and imported food prices accounted for the rest of the 1979 gain, according to the report by USDA's Economic, Statistics, and Cooperative Services.

Unlike the farm value of food, the marketing spread has risen each of the past five years and has reached its highest level since 1973. The report also shows that food prices increased only 3.8 percent (annual rate) in the last six months of the year, but a 12.5 percent annual rate during the first half raised the average for the whole year to 10.8 percent.

Farmers received about 19 cents of every food dollar spent in grocery stores, virtually the same as in 1978.

Retail prices rose 17 percent for red meat, 11 percent for fresh fruits and vegetables, 15 percent for bakery products, 8 percent for fats and oil, and 5 percent for dairy products. Dairy product prices went up 12 percent, while egg prices averaged 10 percent higher.

Prices of inputs, such as fuel and food containers used by food processors and retailers, rose 23.2 percent.

Average hourly earnings of work-a-days in the manufacturing and retailing rose 8.3 percent.

Miss Kathy Hopkins to wed May 30

Miss Kathy Hopkins is to be married to Mr. and Mrs. Robert Lendinghome on Friday, May 30, at the Carlisle United Methodist Church.

Miss Hopkins is a 1979 graduate of Nicholas County High School and is a student at Eastern Kentucky University.

Mr. Lendinghome is a 1977 graduate of Nicholas County High School and is presently enrolled at the University of Kentucky.

Miss Hopkins is a 1979 graduate of Nicholas County High School and is a student at Eastern Kentucky University.

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John M. Adams will be guest at NCHS banquet

John M. Adams, London, former Nicholas County High School Agriculture teacher, will be a guest at the Nicholas County High School alumni banquet. Come and reminisce with him on May 24 at 7 p.m. at Carver Country Club. Tickets by reservation only.

Contact any of the following officers for tickets: Charles Snapp, Betty Moss, Betty Conrad, Phyllis Durrell, Sherry Vio or Howard Livingston.

Make this a banquet we will be proud of.

Band Boosters will sponsor awards program

The Nicholas County Band Boosters will sponsor an awards program and potluck supper Thursday evening, May 21 at 6:30 p.m. in the high school cafeteria. Band members and parents only will be invited.

Births

GOINS
Mr. and Mrs. Fred Goins announce the birth of a son, Nathaniel Hampton, Franklin, 21 at Kings Daughters Hospital, Frankfort. He weighed five pounds and nine ounces.

Miss Goins is the former Deborah Knud Vise of Nicholas County. Paternal grandparents are Mr. and Mrs. O'Dell Goins of Frankfort. Maternal grandparents are Oliver Knud Vise, Carlisle, and the late Mrs. Vise.

Nikki Earlywine has 11th birthday

The following attended the 11th year birthday party for Miss Nikki Earlywine at her home on the Carpenter Road Saturday night: Tracey Ritchie, Billy Duncan, Kelly Howard, Melissa Ritchie, Ron Allison, Leslie Duncan, Jeff Sams, Patty Browning, Tracey Hollar, Phillip Goldston, Darin Marshall, Alison Knapp, Nona Donavan, Annsia Hunt, Gary Dotson, Becky Fryman, Stephen Kelley and Ray Phillips.

Kenneth Urlage accepts position

Former Johnson-Mathers High School Career, Inc. administrator Kenneth Urlage has accepted the position as administrator of Mayfair Manor, a Lexington nursing and convalescent center.

Urlage resigned from Johnson-Mathers last April to accept a position with a Cincinnati retirement home.

PLAYTEX CONTROL TOP PANTYHOSE

SALE
NOW AT SPECIAL SAVINGS. SAVE UP TO \$2.00 PER PAIR

Abraham's Ladies Shop

3100 Main St., Lexington, Ky. 40503

Her May 11th!

WRAP SKIRTS Hand Painted and Appliqued

Paris **\$15.95** to **\$25.00**

The Green Apple

Hey Guys and Gals!

Get an Early Start on that Summer Tan at Norma Jean's Beauty Shop and Tanning Salon.

• Single Session Only \$2
• Save on a Series of 20 Sessions, Only \$35.

Everyone Welcome! For more information call...

Norma Jean's Beauty Shop and Tanning Salon
Moorefield Road Phone 289-5452

Miss Alicia Sugg

Miss Alicia Sugg was recently named one of the top 10 seniors in the 1979-1980 graduating class at Columbia Central High School. She ranks ninth in the class of 366 with a grade point average of 96.260.

Alicia is a member of the National Honor Society, the school annual staff, several math clubs, as well as Beta, Spanish and Science clubs. She has been a co-captain of the Drill Team, a representative to the State, and was chosen for Who's Who Among American High School Students.

Alicia was presented as a member of the top 10 at the Junior-Senior Reception at her school on April 11 of this year.

She is enrolled for the fall quarter in Columbia State Community College where she plans to major in Medical Laboratory Technology.

Alicia is the daughter of the Rev. and Mrs. H. Dallas Sugg, former pastor of the First Baptist Church of Carlisle, now pastor of Highland Park Baptist Church, Columbia, Tenn.

Broderick children baptized April 27

Old Wesley Broderick and Colin Broderick were presented at the altar of the Carlisle United Methodist Church for baptism by their parents, Mr. and Mrs. Gary Broderick, on April 27.

Rev. Albert Allen officiated at the service.

Mrs. Galbraith entertains family

Mrs. Harry D. Galbraith entertained her family with a dinner at Jerry's in Paris, Friday evening.

Attending were Mr. and Mrs. Edgar Allison and Cindy, Mr. and Mrs. John Allison, Todd, Rose, and Mark, Mrs. Harold Massey Jr., and Justin, Mrs. Helen Roberts and Mr. Galbraith.