

Kitchen tidbits

By Nancy Byal
Better Homes and
Gardens Magazine

Food Editor
Want a knock-your-socks-off company entree that doesn't need lots of hands-on preparation? Then try this beef tenderloin. It's a two-step recipe: just marinate and roast. The meat is tender, juicy and flavorful - sure to wow your guests.

The price of tenderloin per pound may make you gulp, but remember that there's no waste and you can plan on 4 servings per pound.

PEPPERED SHUTNEY ROAST
3/4 cup sweetened pineapple juice
1/2 cup steak sauce
1/2 cup Worcestershire

Putting up some fruit

By Nancy Byal
Better Homes and
Gardens Magazine

Food Editor
You can prepare these no-cup fruit preserves in minutes. Just stir together fruit and pectin and pour into jars - no cooking necessary.

KIWI AND PEAR PIE: RECIPE

4 kiwifruit
4 cups sugar
1 large ripe pear
4 cups sugar
1/2 of a 6-ounce package (1 full pouch) liquid fruit pectin
1/2 teaspoon finely shredded lime or lemon peel

Spiced Egg Nog

For a festive topper, dollop each serving with pre-sweetened whipped cream topped and drizzled with grenadine syrup or green crème de menthe.

SPICED ZICZANA COCOA

One 16-ounce can instant cocoa mix
1/2 teaspoon ground mace
1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg
8 cups water
1 quart dairy egg nog, one 32-ounce can egg nog, or 1/2 cup cocoa evaporated milk
In a 1-quart airtight con-

Fudge "The Quick Way"

By Nancy Byal
Better Homes and
Gardens Magazine

Food Editor
A three-quart casserole may look too large for the amount of sugar mixture, but the syrup needs the room to boil up. To tell if the syrup has reached the soft-ball stage, add a few drops of syrup from a spoon to very cold but not icy water. With your fingers, shape the drops into a ball in the cold water. When you remove the ball from the water, it should immediately flatten and run between your fingers.

MICROWAVE FUDGE

1/2 cup margarine or butter
2 cups sugar
One 6-ounce can (2-3/8 cup) evaporated milk
2 cups tiny marshmallows
One 6-ounce package (1 cup) semi-sweet chocolate pieces or butterscotch-flavored pieces or peanut butter-flavored pieces

1/2 teaspoon vanilla
1/2 cup chopped walnuts or peanuts or toasted coconut (optional)
Line an 8 by 8 by 2-inch baking pan with foil, extending foil over edges of pan. Butter foil set pan aside.

Place margarine in a microwave-safe 3-quart casserole. Cook, uncovered, on 100 percent power (high) 1 to 2 minutes or until melted. Stir in sugar and evaporated milk. Cook, uncovered, on high 7 to 10 minutes or until mixture reaches soft-ball stage (235 to 240 degrees F), stirring every 3 minutes. After 3 minutes, check every 30 seconds.

Add marshmallows, fla-

marinate. Drain, reserving

1/4 cup lemon juice
2 teaspoons seasoned salt
1 teaspoon pepper
1 teaspoon dry mustard
One 3- to 4-pound beef tenderloin
2 teaspoons cracked pepper
3 or 4 slices bacon

For marinade, stir together pineapple juice, steak sauce, Worcestershire, wine, lemon juice, seasoned salt, pepper, lemon-pepper seasoning and dry mustard. Place meat in a large plastic bag; set in a baking dish. Pour marinade over meat; close bag. Refrigerate several hours or overnight, turning meat occasionally to distribute.

2 tablespoons lime or lemon juice
Peel and coarsely chop the avocados (should measure 1 1/4 cups). Peel, core and coarsely chop pear (should measure 3/4 cup). In a large bowl mash both fruits with a fork. Stir in sugar. Let stand 10 minutes. Combine pectin, lime peel and lime juice. Add to fruit mixture. Stir for 3 minutes. Ladle at once into clean hot jars, leaving a 1/2-inch headspace. Seal and label. Let stand overnight until set. Store in refrigerator. Makes five 1/2-pint jars.

2-8 x 10
3-5 x 7
15 Wallets
10 Stickers
3 Poses
with Package

Whole Pkg. \$12.95

Friday & Saturday, December 2 & 3
11:00 a.m. - 8:00 p.m.

Carlisle Pic-a-Pac
Main Street - Carlisle

55 & \$10 Winner
Diane Wells

55 Winner
Betty J. Hunt

55 Winner
Martha McCarry

7-Up & Turkey Winner
Kay Barnett

7-Up & Turkey Winner
Rose Brady

Winner of Worlds Largest Turkey
Billy Gaunce

Earlier Winners in Our Cash Back Contest

\$100 Winner
Jan Crawford

\$50 Winner
Bill Allison
Boogie Hall

\$20 Winner
Rachel Hill, Anne Bow, Emogene Clirkenbard, Barbara Burns, Lillian Lecher, Jette Evans, Pauline Voo-

\$10 Winner
Debbie Hughes, Wila Hamilton, Pat Cochran, Jennifer Clem, Cecile Snapp, Irene Burns, Mona Puffer, Pyllis Howard, Rhonda Byrd, Allie Tapp

\$5 Winner
Pam Anderson, Larry Bretz, Ginger Fryman, James Ring, Cathy Harrington, Trish McCarty, Bonnie Michael, W. J. Alexander, Patty Black, Louise Platt, Robin Curran, Faye Thornburg, Donna Anderson, Betty Ring, Roger H. Barnes, Gary Humphries, Lella Fryman, Carolyn Cox.

39¢ Main St.
Mt. Sterling, KY
Phone 438-3484

188 E. Main St.
Carlisle, KY
Phone 298-2228

HERALD'S
MEN'S WEAR
Tux Rentals

SAVE EARLY FOR CHRISTMAS ENJOYMENT!
1/2 Price Sale
Through Sunday, December 4
Purchase one item at Reg. Price, Get Second Item at 1/2 Price
Good on all Suits, Coats, Dress Coats, Dress Slacks, Shirts, Sport Coats, Dress Shoes, Jeans

New Holiday Hours
Monday - thru Saturday 9-8
Sunday 10-5
Lafayette Home For Christmas

39¢ Main St.
Mt. Sterling, KY
Phone 438-3484

188 E. Main St.
Carlisle, KY
Phone 298-2228

HERALD'S
MEN'S WEAR
Tux Rentals

CARLISLE PIC-PAC SUPERMARKETS

GET UP TO \$500.00 CASH MONEY BACK

EVERYBODY WINS EVERYTIME WITH MONEY BACK CARDS

55 & \$10 Winner
Diane Wells

55 Winner
Betty J. Hunt

55 Winner
Martha McCarry

7-Up & Turkey Winner
Kay Barnett

7-Up & Turkey Winner
Rose Brady

Winner of Worlds Largest Turkey
Billy Gaunce

Earlier Winners in Our Cash Back Contest

\$100 Winner
Jan Crawford

\$50 Winner
Bill Allison
Boogie Hall

\$20 Winner
Rachel Hill, Anne Bow, Emogene Clirkenbard, Barbara Burns, Lillian Lecher, Jette Evans, Pauline Voo-

\$10 Winner
Debbie Hughes, Wila Hamilton, Pat Cochran, Jennifer Clem, Cecile Snapp, Irene Burns, Mona Puffer, Pyllis Howard, Rhonda Byrd, Allie Tapp

\$5 Winner
Pam Anderson, Larry Bretz, Ginger Fryman, James Ring, Cathy Harrington, Trish McCarty, Bonnie Michael, W. J. Alexander, Patty Black, Louise Platt, Robin Curran, Faye Thornburg, Donna Anderson, Betty Ring, Roger H. Barnes, Gary Humphries, Lella Fryman, Carolyn Cox.

39¢ Main St.
Mt. Sterling, KY
Phone 438-3484

188 E. Main St.
Carlisle, KY
Phone 298-2228

HERALD'S
MEN'S WEAR
Tux Rentals

SAVE EARLY FOR CHRISTMAS ENJOYMENT!
1/2 Price Sale
Through Sunday, December 4
Purchase one item at Reg. Price, Get Second Item at 1/2 Price
Good on all Suits, Coats, Dress Coats, Dress Slacks, Shirts, Sport Coats, Dress Shoes, Jeans

New Holiday Hours
Monday - thru Saturday 9-8
Sunday 10-5
Lafayette Home For Christmas

39¢ Main St.
Mt. Sterling, KY
Phone 438-3484

188 E. Main St.
Carlisle, KY
Phone 298-2228

HERALD'S
MEN'S WEAR
Tux Rentals

SAVE EARLY FOR CHRISTMAS ENJOYMENT!
1/2 Price Sale
Through Sunday, December 4
Purchase one item at Reg. Price, Get Second Item at 1/2 Price
Good on all Suits, Coats, Dress Coats, Dress Slacks, Shirts, Sport Coats, Dress Shoes, Jeans

PIC-PAC SUPERMARKETS

CARLISLE PIC-PAC

Luck's Beans \$2.99

Instant Coffee \$2.99

White Bread 3/\$1.09

Jelly \$1.19

Chili with Beans 79¢

Pinto Beans \$1.79

Tube Rose Flour \$4.29

Saltines 59¢

Fischer's Lard \$7.99

Meat Fillets \$1.49

Fruit Cobbblers \$1.79

Ore-Ida Potatoes 99¢

Margarine 2/89¢

Cheese Singles \$1.79

Mild or Sharp Cheddar \$1.29

Colby Longhorn \$1.49

Orange Juice \$1.79

Grapefruit Beverage \$1.79

Orange Juice \$1.39

Homogenized Milk \$1.99

STOCK UP ON SAVINGS THIS WEEK AT PIC-PAC, DURING OUR STOCK-UP SALE!

Price good Monday, November 28 thru Sunday, December 4, 1988

Meat Market. TRIMMED FOR MORE LEAN MEAT PER POUND!

Chuck Roast \$1.69

Leg Quarters 49¢

Ground Beef \$1.19

Frontier Turkey Breast \$1.69

Chuck Roast \$1.79

Reno's Pizza \$5.49

Butcher Shop Wieners 99¢

Sliced Bacon \$1.49

Corn Dogs \$1.29

Beef for Stew \$1.99

Pork Cutlets \$1.99

Ham Slices \$1.89

Bologna \$1.89

Hash Brown Potatoes 99¢

Country Mile. Ripe Bananas 39¢

Bunch Broccoli 99¢

Seedless Grapefruit \$1.99

Delic us Apples \$1.49

Winter Squash 39¢

California Carrots 3/\$1

Bunch Greens 2/\$1

Florida Tangelos 5/\$1

Crisco Oil \$1.49

Peanut Butter 18 oz. \$2.99

All Varieties \$2.99

LUVS 28-60 ct \$9.99

Charmin Bath Tissue 4 pk. 99¢

Joy Dish Liquid 22 oz. \$1.29

Jumbo Roll Bounty Towels 79¢

LET US DO THE COOKING THIS HOLIDAY

10-12 lb. turkey \$2.99

2 lbs. Dressing \$1.49

1 qt. Giblet Gravy \$1.49

1 lb. Cranberry Salad \$1.49

1 Doz. Dinner Rolls \$1.49

Large Pumpkin Pie \$2.99

2 Liter...\$1.49

12 pk. 12 oz...\$2.99