



**Times Remembered Betty A. Young**  
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What about this weather? It reminds me of the winters of the late 70's that I'd like to forget. It's too cold for me. Thankfully, all my water pipes and heat are working ok. I'm just tired

**"Weather" we like it or not!**

of staying inside. I'm ready to clean the yard or something.

Sunday is March 1st; maybe it will come in like a lamb and stay like one. Usually, March is a month that's unpredictable; it is windy, warm one day and extremely cold the next; sounds like Kentucky weather all the time! We sure could use a few warm days about now.

At least in March, we might see some redbuds in bloom, bluebirds surveying for places to nest and a few crocuses peeping through the ground.

All the kids are getting tired of the snow-based fun like sledding and snow cream. Everyone is beginning to think about all the days of school missed that

will have to be made up; taking their spring break.

Right now the ground is absolutely saturated, and it will be a while before spring vegetables like peas, spinach, broccoli, cabbage and cauliflower can be planted. There are plenty of things to do like cleaning the yard and garden off and removing sticks, limbs, dead crops and grass.

Maybe I'll contemplate what I'll plant in my garden this year. I would like to find some heirloom tomatoes and greasy grit beans. They taste so good. I also want to try to make "Leather Britches."

"Leather Britches," are dried green beans, and in the day before canning and freezing were commonplace in the mountains as ways to

preserve food, much of it was dried.

If green beans are done properly and stored, "Leather Britches" will last all winter. The process of drying was simple. You strung the bean pod on long heavy duty thread with a large needle. Once you had about 100 beans strung you out them in the sun on a hot tin roof or in an attic to dry. They must remain dry at all times until all moisture is depleted; when they are dry some people put them in large glass jars and store.

When it comes to cooking them; place in large pot of water with large chunks of streaked meat and salt and pepper to taste. Cook until tender. Serve alongside of cornbread.

**Community News**

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

**Thursday, Feb. 26 @ 5:30 p.m.**

**Kiwanis Board Meeting**

The Kiwanis Club of Irvine-Ravenna will meet Thursday, Feb. 26 at 5:30 p.m. at Michael's Restaurant. The club will have a devotional and the board meeting to make

plans for upcoming club activities. Persons dedicated to improving the world one child and one community at a time are welcome to become members.

**Friday, Feb. 27 and Sun., March 1**

**RCP's Casting Call**

On April 18, a group of world famous detectives will meet in the cafeteria at Estill County High School. Will there be "Murder at the Banquet"?!?

River City Player's spring dinner theater production auditions will be held in the basement of the Irvine UMC on Friday, Feb 27 at 6 p.m. and Sunday, March 1 at 2:30 p.m. We will cast speaking roles

for four adult males, one adult female, one 13 to 14 year old female, plus non-speaking roles that are not gender specific.

For more information about auditions, call Lois Hollon at (606) 723-4220 or Penny West at (606) 723-3514.

Reserved ticket sales for "Murder at the Banquet" will begin in March.

**Friday, February 27th, 6-8pm**

**Estill Appalachian Dulcimers**

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

**Tuesday, March 3rd at Raders'**

**Estill County Lions Club**

The Estill County Lions Club will meet Tuesday, March 3rd and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."



How bad do you want to be good?" he asked. Confused, I asked, "What do you mean? Being bad to be good doesn't make sense." "This has to do with motivation," came the reply. "Do you really want to be 'outstanding' or be just like so many others who do things half-heartedly or to just get by in life?" David was determined to be the man God wanted him to be. He was not content to go about his daily activities without making sure that he was a "man after God's own heart." So he asked God to "Test my motives and my heart." That must have taken a great amount of real courage - especially after he demanded,

"Declare me innocent, O Lord!" Imagine his boldness: "I have acted with integrity...I have trusted without wavering...put me on trial and cross-examine me."

Rarely do we hear of God's judgment anymore. It is no longer a popular topic. Perhaps we have become so accustomed to God's blessings that we have forgotten that there will be a day when we will stand before our Savior and give an account to Him of every deed - good or bad - that we have ever done. Let us never forget that.

While this took courage for David to ask God to examine him, he had no fear or apprehension. Why? Because he was "aware of God's unfailing love" that far exceeds His judgment and certain punishment. What a great example for each of us!

PS053 -February 25, 2015 Visit us at SowerMinistries.Org

**Tuesday, March 3rd @ 7pm**

**Estill Historical Society Meeting**

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, March 3, 2015 at the Estill County Library.

Susan Starling, President and CEO of Marcum and Wallace Memorial Hospital will be the speaker. Her presentation will be on the history and changes at the hospital.

**Wed. & Thur., March 4 & 5, 12N-7p**

**Yard Sale & Book Sale**

There will be a yard sale and book sale, Wednesday & Thursday, March 4 & 5, 2015, 12 Noon until 7:00 p.m. in

basement of the American Legion on Millers Creek Road in Irvine.

**Thursday, March 5, 7 p.m.**

**Mountain Mushroom Festival Meeting**

The 25th annual Mountain Mushroom Festival will be April 25-26, 2015.

You're invited to come and be a part of the planning on Thursday, March 5 at 7 pm in Irvine City Hall, 101

Chestnut Street. Anyone interested in assisting with the festival is welcome to attend.

For further information contact City Hall at 723-2554 or 723-1233.

**Thursday, March 5th @ 7pm**

**Community Chorus Meet & Greet Is Rescheduled**

Thursday March 5th at 7 p.m. the Estill County Community Chorus will hold a "meet and greet" for returning members and those interested in joining the chorus. The reception will be held in the basement of the First United Methodist Church, Main Street, Irvine.

This will be a time to rekindle old friendships and make new ones. Music folders will be ready to pick up and take home with you. Membership fees are \$25.00. There is a Couple's fee of \$35. Scholarships are available; please talk with Carol Anne during the reception. We will have a short rehearsal if time permits.

Auditions are not required and new members are always welcome. The Spring Concert will be

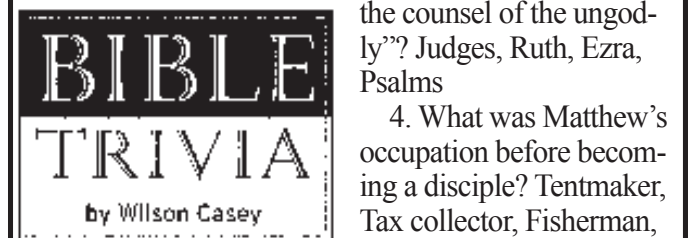
held at the First United Methodist Church, Irvine on Sunday, June 7th, 2015 at 3pm. This year's program will include some new music as well as familiar tunes. Carol Anne Wilson will be directing and Nancy Farmer will be the pianist/accompanist with Ann Siudmak assisting as needed.

We will meet in the Sanctuary of the First United Methodist Church for rehearsals every Thursday night at 7pm beginning March 5th. NO rehearsal Maundy Thursday, April 2, 2015.

All rehearsals as well as the performance will be held, this spring, at the First United Methodist Church, Irvine. For more information contact Director, Carol Anne Wilson at 859-556-0163 or by email at cawilson44@gmail.com.

**FREE GED TESTING**

GED testing Service® is offering a promotion January 26 through February 28 that will make it free for first-time Kentucky test-takers to take their first GED® test module. First-time students must schedule their first test by February 28 and must take the first test by March 31 to receive the promotional discount.



1. Is the book of 2 Samuel in the Old or New Testament or neither?
2. From 1 Corinthians 16, on which day did Paul tell believers to put aside money for their offerings? First, Third, Fifth, Sabbath
3. Which book (KJV) begins, "Blessed is the man that walketh not in

the counsel of the ungodly?" Judges, Ruth, Ezra, Psalms

4. What was Matthew's occupation before becoming a disciple? Tentmaker, Tax collector, Fisherman, Shepherd

5. In Esther 2, who foiled a plot to assassinate King Ahasuerus? Neco, Amaziah, Mordecai, Joshua

6. What did Ruth and Boaz name their son? Obed, Hushai, Abner, Jehu

Bible Trivia Answers are at the bottom of Page 13

**Kitchen Diva**

**100-Year-Old Recipe a Delicious Reminder**

by ANGELA SHELF MEDEARIS and GINA HARLOW

March is National Women's History Month, and we'd like to name some honorees of our own -- wonderful women who've made significant and lasting contributions to the world of food in our country.

When we think of people who influenced our cooking, we think of our mothers, grandmothers or aunts. It's our families that give us our history, and food is very much a part of that. But when women stepped outside the home to become cooks and professional chefs, they made history for all women. They proved that in a world where few females had gone before, they not only achieved success, they changed the industry.

One of the most inspiring stories about the triumphant female chefs is the biography of Edna Lewis, the granddaughter of an emancipated slave. In 1949, she opened a successful and high-profile restaurant in Manhattan at a time when few women, especially black women, owned businesses. She cooked for luminaries such as William Faulkner, Truman Capote and Gloria Vanderbilt.

One of Edna's favorites was a Lane Cake, also called an Amalgamation Cake. The cake was created after the Civil War. "Amalgamation" means "combining or uniting," and the cake's name may have symbolized the union of race and culture marked by the freeing of blacks from slavery.

The history behind the Lane Cake and the Amalgamation Cake is varied, but somewhere their paths cross. Today, both cakes are white cakes with a filling of raisins, nuts and coconut. Some recipes also use bourbon, dark rum or brandy.

This recipe was passed down from contributor Gina Harlow's husband's grandmother. She was given the recipe by her mother-in-law, which makes it more than 100 years old! No matter which name you choose for this historic recipe, it's a delicious reminder of the contributions that women have made to the culinary industry.



AMALGAMATION CAKE

**For the cake:**

- 2 sticks (1 cup) unsalted butter, room temperature, plus more for the pans
- 3 cups all-purpose flour, more for the pans
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 cups granulated sugar
- 1 cup whole milk, room temperature
- 5 egg whites, room temperature

**For the fruit filling:**

- 5 egg yolks, room temperature
- 1 1/2 cups granulated sugar
- 1 stick (1/2 cup) unsalted butter
- 1 cup raisins
- 1 cup sweetened grated coconut
- 1 cup chopped pecans

**For the boiled white frosting:**

- 2 cups granulated sugar
- 3/4 cup water
- 1 teaspoon cream of tartar
- 2 egg whites, room temperature

**For the sugared pecans (optional):**

- 1 tablespoon unsalted butter
- 1 egg white
- 1 tablespoon water
- 2 cups pecans
- 1/2 cup granulated sugar

**For the cake:**

1. Heat oven to 350 F. Butter and flour two 9-by-2-inch cake pans. Set aside.
2. Sift together 3 cups flour, baking powder and salt. Set aside.
3. Place butter in bowl of electric mixer. Cream on medium-low speed and gradually add sugar. Continue mixing until pale yellow. Alternating between dry and wet ingredients, starting and ending with dry, add the flour mixture and milk to the butter mixture. Set aside. (The batter will be very stiff and thick.)

4. In a clean second bowl of an electric mixer fitted with the whisk attachment, beat the egg whites to stiff peaks, 3 to 5 minutes. Take a cup or so of beaten whites and whisk into batter. Fold in remaining beaten whites. Divide batter between prepared pans.

5. Bake until the tops are pale golden and a toothpick inserted into the center comes clean, 35 to 40 minutes. Remove to rack to cool slightly. Invert the cake layers onto a rack to cool completely.

**For the filling:**

Combine yolks, sugar and butter in a medium, heavy saucepan over medium heat. Cook, stirring constantly, until the sugar is completely dissolved and the mixture is thick and candylike, about 10 minutes. Remove from heat and add raisins, coconut and pecans. Set aside and keep warm.

**For the frosting:**

1. In a small, heavy saucepan, combine sugar, water and cream of tartar. Heat over medium heat, stirring occasionally, until sugar has dissolved. Increase heat to a boil. Do not stir anymore. Boil, washing down sides of pan with a pastry brush dipped in cold water from time to time to prevent sugar from crystallizing, until a candy thermometer registers 240 F, about 5 minutes.

2. Meanwhile, in bowl of an electric mixer fitted with the whisk attachment, whisk the egg whites on medium speed until soft peaks form, about 2 1/2 minutes.

3. Remove syrup from heat when temperature reaches 240 F. Pour syrup in a steady stream down the side (to avoid splattering) of the bowl containing the egg white mixture, with the mixer on medium-low speed. Beat frosting on medium speed until cool, 5 to 10 minutes. The frosting should be thick and shiny.

**To assemble the cake:**

Place one of the cooled cake layers on a cardboard cake round. Spread with half the fruit filling. Top with the second layer, bottom side up, and top with remaining fruit filling. Ice the sides of the cake with the reserved boiled icing.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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