Vote For A Veteran
GRIMES CAYWOOD
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COUNTY CLERK
Your Vote And Influence Will Be Appreciated

RE-ELECT
Nicholas County's Own
BLAKE
STATE SENATOR
A Young Man With Experience For The Job

THE GARDEN

By John S. Gardner, Kentucky College of Agriculture and Home Economics

THINGS TO DO

Late Potatoes—The planting deadline for Green Mountains is July 15, leaving only one more possibility, Irish Cobbler, July 25. On the market for seed is small Bliss Triumphs, southern states grown. As this variety is still more or less dormant, depending on when the crop was planted, the seed may lie some time in the soil before coming up. It is best to plant such seed potatoes whole as a protection against rotting in case the rainy season continues. The deadline is August 1.

Late Beets—These should be started soon after mid-July, even though only "baby" beets for canning are wanted. Those that grow to larger size may be welcome next winter. To make moisture rise to the seed, and to prevent "gulley washers" from pounding the seed so deep it cannot sprout, planks should be laid down the rows. Detroit Dark-Red is the best variety of beets, because of its brilliant color in the can and because it can grow to large size without becoming tough.

Chinese Cabbage ("celery-cabbage")—A sowing made late in July may succeed better than one made August 1, the official time. It may be spot-sown, 3 seeds or so where heads are to stand, or thinly in a solid row, to be thinned to 10 inches. When the first seedlings show, a ribbon of rotenone dusted down the row will save the crop from the flea-beetles—troublesome, sometimes, at this season.

Late Greens—The suggestions above apply to kale and Seven Top; August 1 is sometimes too late. The same is true, too, of late turnips. One ounce sows 200 feet of row. Row culture is recommended as making more easy the control of fleabeetles at seeding time, and the cabbage worm later, than when the seed is broadcast. Siberian is the best kale, and Purple Top Globe the best turnip.

Early Potatoes—This is a reminder again that if the tubers show white "pimples," immediate steps should be taken to get the water table below where they lie, or, if any cool place offers (even 70 degrees is cool in late summer), the potatoes should be got there without too much delay, as these "pimples" are the forerunners of rotting.

Cultivation—Nobody knows, of course, but it would seem that level cultivating should now be the rule, and any sowings or plantings made from now on should be made on the level.

Poultry Price Scale Is Set

New farm, wholesale and retail prices on poultry, effective since July 1st were announced recently by L. E. Leonard, Food Price Specialist of the District OPA office in Lexington. The new prices simplify methods of establishing base prices for all poultry items. Following are the new farm prices in cents per pound for poultry in central, eastern and northern Kentucky:

Broilers and fryers, live, 29.1c, drawn, 49.1c; roasters, live, 29.1c, drawn, 47; old hens, live, 24.5c, drawn, 40.8c; stags and old roosters, live, 20.5c, drawn, 34.8c; young light turkeys, live, 35c, drawn 52.4c; old light turkeys, live, 33c, drawn, 49.9c; young guineas, live, 50c, drawn, 60c; old guineas, live, 30c drawn, 40c.

A transport allowance of from 1 1-2 cents per pound for distance from 5 to less than 50 miles from the point of origin to the point of consumption, up to a maximum of 3 cents per pound for distance over 200 miles may be added to the base price of live poultry.

A producer may add 1 1-2 cents per pound for sale to retail stores or restaurants. If the producer sells at retail he may add one fifth of the wholesale selling price for his retail price. However, this price may in no event exceed the ceiling price established for his area. Any sale of more than three turkey items or more than 5 other poultry items are considered wholesale sales and must be priced as such.

The maximum retail prices for July and August for this area are as follows:

Broilers and fryers, live, 40c, drawn, 62; roasters, live, 40c, drawn, 59c; old hens, live, 35c, drawn, 52; stags and old roosters, live, 27c, drawn, 45.

SAVE-A-LIFE QUIZ

1. The best way to hitch a tractor to a machine or a trailer is to:
a. Have someone stand on the ground behind the tractor to direct and lift the tongue of the machine. b. Have the driver use an iron bar with a hook on the end to lift the tongue. c. Let the tractor stand and push the machine up to it.

2. If you have to crawl under your car to work on it, the safest way to do it is to:
a. Jack up the car. b. Dig a hole under it. c. Block up the car.

3. According to all available reports, what farm machine is involved in the most accidents?
a. Plow. b. Mower. c. Tractor.

4. What is the most common and frequent occupational disease?
a. Dermatitis. b. Silicosis. c. Pink eye.

5. What is the "Buddy system" of swimming?
a. Going swimming with a buddy instead of a sweetheart. b. A new stroke developed by Buddy Finangill. c. Never going swimming alone but always taking a buddy or friend along with you.

6. The safest way to lead a bull is:
a. With a rope. b. With a staff. c. With a steel chain.

7. The hours when industrial workers are most prone to accidents are:
a. Right after starting in the morning. b. Just before quitting time. c. Three hours after starting in the morning and three hours after lunch.

8. Electric irons which were not disconnected are estimated by the National Fire Protection Association to have caused how many fires every day in the United States?
a. 10. b. 40. c. 120.

9. If you should come into contact with poison ivy, what should you do?
a. Wash the affected parts with copious quantities of water and strong soap. b. Bandage the affected parts immediately to keep the air out. c. Paint the affected parts with iodine.

10. The major industry with the highest accidental death toll in 1944 was:
a. Manufacturing. b. Farming. c. Construction.

ANSWERS TO SAVE-A-LIFE QUIZ

1. Have driver use an iron bar.
2. Block up car.
3. Tractor.
4. Dermatitis.
5. Never going swimming alone.
6. With a staff.
7. Three hours after starting and three hours after lunch.
8. 40.
9. Wash the affected parts.
10. Farming.

Ky. Active Militia To Receive Training

Pursuant to Executive Order of Governor Simeon Willis, Commander-In-Chief, approximately 2,000 officers and men of the Kentucky Active Militia will report to Camp Breckinridge, Kentucky, August 5 for seven days of intensive training to better prepare themselves for the duties for which they are organized.

While at Camp Breckinridge the various companies of the Militia will compete for awards to be furnished by the Kentucky State Guard Officers' Association. Awards will be given for the following:

Best company in all around proficiency—Silk banner suitably lettered.

Best Battalion Mess; Marksmanship; Riot duty drill; Bayonet and hand fighting; Close order drill; Field inspection; Best battalion—Felt banner suitably lettered.

Saturday afternoon, August 11 will be Governor's Day, at which time Governor Simeon Willis, Commander-in-Chief, and Brig. Gen. G. H. May, The Adjutant General, will review the troops and present the awards.

It is believed that much rivalry will develop in the competition for these awards.

This training will be under the direct supervision of Brig. Gen. G. L. McClain, Brigade Commander, and other officers of the Militia, assisted by various officers assigned by the Fifth Service Command, U. S. Army.

Subjects in which training will be given are as follows:

1. Military Courtesy and Discipline.
2. Close order drill. School of the Soldier.
3. Tent pitching. Care of clothing and equipment.
4. Guard duty, including guard mount and duties of sentries.
5. Personal hygiene and sanitation.
6. Bayonet and hand fighting.
7. Use of chemical agents, including individual protection and use in civil disturbances.
8. Employment of troops in domestic disturbances, including state law and riot formations.
9. Inspection—full field.
10. Ceremonies, presentation of awards, etc.
11. Marksmanship.

Queen Pioneered Knit Stockings

Queen Elizabeth wore the first pair of silk stockings ever knit.

TIDBITS of Kentucky Folklore

By Dr. Gordon Wilson
Western Ky. State Teachers College

"AND ONE'S A HUNDRED"

When we learned to count at fidelity, we felt that we had achieved greatness. To count to a hundred was the mark of really getting started in one's education. Sometimes it took us a long time, but there was a thrill we seldom have now, since we are grown up, when we could race through "ninety-six, ninety-seven, ninety-eight, ninety-nine, and one's a hundred."

We all did it that way. I was about grown before I knew that we should have said "ninety-nine, one hundred." I suppose that we felt that getting to hundred was far enough; hence our related, triumphant words. It was the equivalent of saying "A hundred: there you are." The teacher and the larger children rejoiced with the little fellow who had been toiling along so dumbly for days or weeks. Especially bright little boys and girls sometimes learned this much before they started to school, but for the rank and file counting to a hundred was a school affair.

In the long climb up the baffling numbers some of the little fellows made ludicrous mistakes. Some of them did not seem to have the least notion of numbers, so far as order is concerned. I have heard counting that sounded like football signals. One little girl at Fidelity School spent most of her first year learning that numbers were not jumbled and orderless. She furnished comic relief for us older pupils until the teacher had to warn us to pay more attention to our own studies. Since the little girl had a good auctioneer voice, it was hard to study physiology or civil government with scrambled arithmetic pounding on our ears: "forty-six, eighty-nine, seventy-two, and one's a hundred."

Some of the teachers at Fidelity would stand out right now in any group of progressive teachers. They did not know that they were progressive and probably have died without suspecting that they had done anything different. One of them, probably from noticing that small children have to touch things to count them, suggested that we little fellows bring some pretty pebbles from the branches we had to cross to get to the schoolhouse. The next morning we came with our pockets bulging with pebbles. Counting that day was not abstract: we had actual things to which number could be attached. And we learned to divide and add and subtract and multiply, though we did not know it then; for the teacher had us make small piles of pebbles and then make other piles half as large or twice as large. We played with those bright quartz pebbles until they glistened like jewels. Arithmetic taught like that had some sense to it. And then we learned to write on the painted ceiling planks that were called blackboards the results of what we had been doing. That straight mark represented a bright pebble; a crooked one that looked somewhat like a duck swimming on the pond represented two; and on and on we went, getting knowledge and having fun. Hundreds of things I have forgotten or have buried so deeply in mind that only an earthquake could bring them up to sight again, but I can recall exactly how some of those pebbles looked nearly fifty years ago.

That blackboard I mentioned lent itself to arithmetic, for the width of the ceiling plank was just right for crayon-made figures. Once some of us got ambitious and wrote multiplication tables all over the blackboard and on down on unpainted planks, to the floor itself. As long as I attended Fidelity school, these figures still showed dimly, reminding us of the severe scolding and punishment we got for so disfiguring the walls.

Arithmetic seemed all-important to most of our parents. And our teachers seemed to like it best of all the subjects taught. We figured and figured, except we called it "cyphering" then. We made multiplication tables on our slates, we added columns, we subtracted and divided. By and by some of us could manipulate fractions and percentage and proportion and mensuration. Then we really felt big, and our parents felt that the school was justifying itself. But, somehow, I recall best the earliest days of my career in the schoolroom, in the spring of 1895, when we counted up to a hundred and also played with bright little pebbles and learned that arithmetic had some sense to it.

—It Pays To Advertise.—

CORRESPONDENCE

(Continued from Page 3)

CASSIDY

Mr. and Mrs. Henry Humphrey have returned to their home in Knoxville, Tenn., after spending a week with his sister, Mrs. P. J. Keys and Mr. Keys.

Miss Janice Hardin, of Lexington, is spending her vacation with her parents, Mr. and Mrs. H. H. Hardin.

Mr. and Mrs. Gilbert Gray had as Sunday guests, Rev. John Ewing, William Patterson and Miss Marion Burke, of Asbury College, Wilmore, Howard McCann, Ashland, and Mr. and Mrs. Alton Rose and children.

Mr. and Mrs. Sherman Crump, Mr. and Mrs. Park Crump, Mr. and Mrs. Earl Letcher and children were Sunday guests of Mr. and Mrs. Eugene Letcher.

Mrs. John Watkins, of Paris, is the guest of her son, Charles Watkins and family.

Ronnie Letcher spent Saturday with his aunt, Mrs. Sherman Crump and Mr. Crump.

Alton Rose and son, Marion, were in Lexington, Tuesday.

Mrs. Mary Gray is spending a few weeks with her son, Gilbert Gray and family.

Faye Letcher spent Saturday night with her aunt, Mrs. Park Crump and Mr. Crump.

LOCUST GROVE

Mr. and Mrs. Willie Stone and sons, Misses Louise Hamilton and Linda Shrout spent Sunday with relatives in Maysville.

Bro. Leeper, of Moorefield, will hold services here at 3 o'clock July 22. Let's all come to this service.

Mrs. Joe A. Stone and daughter spent Sunday afternoon with Mr. and Mrs. John Stone.

Mrs. Harold Newman and Bonnie and Sue Winner, who have been visiting her parents, Mr. and Mrs. J. F. Stone, returned home Saturday.

Mrs. Bell Cannon visited Mrs. Ria Cannon at Carlisle Saturday night and Sunday.

Mr. and Mrs. O. H. Brayfield, of Flemingsburg, spent Sunday with Mr. and Mrs. Ollie Cannon and daughter.

Mr. and Mrs. Jimmie McClure and daughter spent a few days last week with Mr. and Mrs. Robert Hardin and son. Mr. and Mrs. Hardin accompanied them home Saturday.

Mr. and Mrs. Otis Davis and children and Jimmie Stone and Ransom Stone spent Sunday with Mr. and Mrs. Tivis Minton and family.

Mr. and Mrs. Douglas Shrout and family spent Sunday with Mrs. Nina Shrout.

Mr. and Mrs. J. C. Tedder, Mrs. Gano Shrout visited Mr. and Mrs. Douglas Shrout and Mr. and Mrs. J. C. Tedder, Wednesday.

Relatives visited Mr. and Mrs. O. R. Vance, Sunday.

HEADQUARTERS

(Mrs. J. H. Smith, Cor.)

Hudson Snapp and wife entertained the following guests for dinner Friday: Bro. Christman, wife and two children, Bro. Oden, Mrs. Jim Mattox and two children, Mr. and Mrs. Alva Green and daughter and Mrs. Bettie Snapp.

Mr. and Mrs. Winfrey Morgan, of near Mt. Olivet, Mr. and Mrs. Lloyd Smith and two children of near Forest Retreat, spent Friday with Mrs. J. H. Smith.

Mr. and Mrs. Lloyd Smith and two children were week end guests of Winfrey Morgan and family.

Mrs. Bettie Snapp was the week end guest of her daughter, Mrs. Clyde Snapp and family, of Carlisle.

Mr. and Mrs. Winfrey Morgan and two children, Mrs. J. H. Smith spent Sunday with Mr. and Mrs. W. H. Earlywine and family, near Paris.

Our revival closed Sunday night.

Mr. and Mrs. Charles Feeback spent Saturday night and Sunday in Cynthiana with their little granddaughter and Mrs. Ruth Moore.

MYERS

Little Roger Wayne Shrout, of Latonia, is spending the summer with his grandparents, Mr. and Mrs. Wood Shrout.

Mrs. Nora B. George and mother, Mrs. Cynthia Trussell, spent Sunday with Mr. and Mrs. Letton George.

Mrs. Lou McKee spent a few days last week with Mr. and Mrs. James Crawford.

Russell Eaton and Jack Eaton, of Nashville, Tenn., Mr. and Mrs. Elbert Monbeck and daughter, of New Athens, Ohio, visited Mrs. Fannie Barnett last week.

Mr. and Mrs. Jesse Ockerman and Jessie, Mrs. Mary Jean Whaley and son and Wanda George spent one day last week in Lexington.

Mr. John L. Durrum, of Frankfort, Ind., is visiting his mother, Mrs. Minerva Durrum and other relatives.

Mrs. Ruth Curtis has received word that her husband has another rating, C. M. third class. He is now serving in the South Pacific.

BALD HILL

(Laura O. Dotson, Cor.)

Mrs. Frank Lynam has gone to California where her husband is stationed at a camp near Los Angeles.

B. M. Dotson, S 1-c, came in from Key West, Florida, on a 15-day furlough and has returned.

James Russell Bellamy has arrived from Germany for a 30-day furlough with his wife and baby.

Mrs. Fanny Baxter, of Maysville, is visiting her sister, the writer.

CANE RUN

(Mrs. Clarence Hopkins, Cor.)

Mrs. Calvin Fultz of Maysville, spent Monday and Tuesday with Mrs. Clyde Clark.

Mr. and Mrs. Tom Ring and son, Ferrell, spent one Sunday recently with Mrs. Ora Shannon at Carlisle.

Mr. and Mrs. James Minton spent Sunday with her parents, Mr. and Mrs. Clarence Hopkins.

W. A. Glass and family spent one Sunday recently with Tommie Helphenstine and family near Cowan.

Elva Clark is spending his furlough with his parents, Mr. and Mrs. O. D. Clark.

Mrs. Susie Bromagen and children and Frank Davis spent last Sunday with Mr. and Mrs. Allen Bromagen.

Uncle Willie Watkins is visiting Curtis McIntyre and family in Fleming county.

Mr. and Mrs. W. A. Glass spent Saturday in Flemingsburg.

Mr. and Mrs. Clyde Clark spent last Sunday with O. D. Clark and family.

Mrs. John Willie Logan spent one day last week with Mrs. Allen Bromagen.

Mr. and Mrs. Milton Mullikin and Mr. and Mrs. Ben Rowecamp, of Cincinnati, were guests of W. A. Glass and family Sunday.

ABNER'S MILL

(Mrs. Joe Hughes, Cor.)

Mr. and Mrs. Meredith Linville entertained the following guests Sunday, Rev. Godbey, wife and daughter, Ann, Rev. J. T. Linville, of Flemingsburg, Mr. and Mrs. Arthur Mullikin, Carlisle, Mr. and Mrs. S. K. Standiford.

Glenna Ruth Hughes is visiting her grandparents, Mr. and Mrs. Joe Hughes.

Mr. and Mrs. Adah Hughes had as Sunday guests, Mr. and Mrs. Dallas Hughes and daughter, Shirley Mae, of Maysville.

Mr. and Mrs. Jess Hughes and daughter, June, Mr. and Mrs. Leroy Leet and daughter, Dorothy Leet spent Sunday afternoon with Mr. and Mrs. Joe Hughes.

Mrs. Thornton Sellers and Mrs. Dorsey Rogers entertained several friends and relatives with a dinner at the Park Sunday, the occasion being Mr. Sellers' and Mr. Rogers' birthdays.

Plenty of blackberries in this community, but very little sugar.

RATIONING AT A GLANCE

PROCESSED FOODS

Blue stamps T-2, U-2, V-2, W-2, X-2 good for 10 points through July 31.

Blue stamps Y-2, Z-2, A-1, B-1, C-1 good for 10 points through August 31.

Blue stamps D-1, E-1, F-1, G-1, H-1 good for 10 points through September 30.

Blue stamps —1, K-1, L-1, M-1, N-1 good for 10 points through October 31.

MEATS AND FATS

Red stamps K-2, L-2, M-2, N-2, P-2 good for 10 points through July 31.

Red stamps Q-2, R-2, S-2, T-2, U-2 good for 10 points through August 31.

Red stamps V-2, W-2, X-2, Y-2, Z-2 good for 10 points through September 30.

Red stamps A-1, B-1, C-1, D-1, E-1 good for 10 points through October 31.

SUGAR

Sugar stamp No. 36 good for 5 pounds through August 31.

SHOES

Airplane stamps 1, 2 and 3 in War Ration Book Three each good for one pair of shoes indefinitely. A new stamp will be validated August 1, the number will be announced later.

GASOLINE

Stamp A-16 good for 6 gallons on June 22. B-7, B-8, C-7 and C-8 good for 5 gallons until further notice. Serial No. D's good for 1 1-2 gallons. E-3 good for 1 gallon per coupon. R-2 and R-3 good for 5 gallons each. State and 1944 license plate number must be written on the face of each coupon immediately upon receipt of book.

FUEL OIL

Last season Period 4 and 5 and new season Period 1, 2 and 3 coupons now valid. Unit value 10 gallons. All changemaking and reserve coupons good throughout heating year. None of the above coupons will be valid after the end of the 1944-45 heating season.

STOVES

R-901 (Rev. 5-45) "Stove Purchase Certificate" now in use. R-901 and R-901 (Rev. 12-43) will be invalid for consumer use after July 31, 1945. For Stove Dealers, through August 15, 1945. For Distributors, through August 22, 1945. After the above dates no Board or District Office may accept the old stove certificates in exchange for new certificates or in payment for certificates due it.

If You Need
JOB PRINTING
Call
CARLISLE MERCURY
Phone 98

PEACHES
MELONS
BABY CHICKS
FEEDS
UPSTAIRS
Paint — Rugs
Used Furniture
We Pay Top Prices For Your Eggs—Cash
SQUARE DEAL GROCERY
"Where Ma Saves Pa's Dough"

DEAD STOCK
Promptly Removed
HORSES, CATTLE, MULES, HOGS AND SHEEP
CALL
Wm. CLARK, Carlisle 10
OR CALL
Lexington Rendering Co. LEXINGTON 3361
"Your Neighborhood Rendering Co."
We Pay All Phone Charges

HELP WANTED IMMEDIATELY
Men and Women
for Factory and Office Work
Anyone working in Essential Industry need not apply.
Applications taken at our Office between the hours of 7:30 A. M. and 5:00 P. M.
Wald Manufacturing Co.
Incorporated
MAYSVILLE, KENTUCKY

Bed-Room Suites
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Rugs Stoves
Kitchen Furniture
—AT—
WHEELER'S
302 Main Street Paris, Ky.

Let's Get Behind Our
Boy Troop 15 SCOUTS Girl Troop 1
The Future of America Depends on
The Youth of the Nation
Nicholas County Is Grateful For The Fine Work Done By Its Scout Troops In Aiding The General War Effort.
We can all profit by backing the Scout movement and by attention to the Scout motto in preparing for the post-war period.
THE SCOUT MOTTO IS — "BE PREPARED"
LERMAN BROS.

ON THE FARM

On Kentucky Farms

Twenty-three 4-H club members in Hancock county are feeding 56 calves for the Louisville fat cattle show.

Alex Kellems of Bell county sold 560 quarts of strawberries from an acre-patch.

From two to three times as great an acreage of balbo rye in Hart county will be harvested for seed as was done last year.

Homemakers in McLean county report a saving of three to six minutes in the ironing of a man's shirt since they learned a new method.

About 40 farm homes in Monroe county had electricity made available to them the past month on one new line.

Charlie Reed, Woodford county 4-H club member, is feeding three Angus calves, one Hereford and one Shorthorn for the fat cattle show in Louisville.

Mrs. Ralph Richardson, of the Greenwood Homemakers' Club in Warren county, reconditioned 30 window shades by painting them with water paint.

Twelve head of registered Brown Swiss cattle were recently brought into Casey county.

Wayne Yates of Fulton county harvested about 50 tons of spinach from 30 acres.

A large increase in the production of butter and cottage cheese in Boone county is reported by homemakers.

A. F. Schneider of Campbell county averaged approximately 100 crates of strawberries to the acre on six acres.

Marlin Richards of Russell county has a five-year-old stand of vetch on his farm which is said to be practically as good as when it was seeded.

Because of the demand, an additional 260 lockers have been added to the frozen food plant which opened in Harlan county in April.

To help meet the cotton shortage, Mrs. T. E. Owens of South Madison county, who buys feed for a large flock of chickens, has been selling feed sacks for 30 cents each.

Booms Hog Weights

Twenty hogs averaging 257 pounds, or a total of 5,155 pounds at seven months, brought a gross income of $737 to Marvin Vittitow of Nelson county who is following the pig sanitation program on his farm. In previous years, his seven-months-old hogs weighed only 180 to 200 pounds. Assistant Farm Agent Warren H. Gardner notes that the pigs had good winter pasture of balbo rye, crimson clover and vetch, and were self-fed corn. Some protein supplement was also used.

Use Mercury Want Ads.

Ballard's Feed
TURKEY STARTER MASH
DON'T BE DECEIVED AT 5c OR 10c BAG PRICE WHEN BALLARD'S WILL SAVE THE TURKEYS.
FLOUR
CLOSING OUT AT WHOLESALE PRICES
Blue Grass Produce Co.
M. T. RUDDELL
We Will Remain Open on Wednesdays

Peach Season Here

With one of the largest peach crops on record being harvested, homemakers are filling cellar shelves with jars of this luscious fruit.

Only a little sugar is needed to hold the natural flavor and texture of tree-ripened fruit, but to stretch the sugar, one-third the amount called for may be substituted with light corn syrup.

For a special folder on putting up peaches, call at the office of your county home agent or farm agent.

Food Value Of Butter Stressed

The high food value of butter is stressed in a statement from the Kentucky Agricultural Experiment Station. Tests made by Experiment Stations in 14 leading dairy states showed that creamery butter averages more than 15,000 International Units of Vitamin A to the pound. Butter produced in summer has a third more Vitamin A than winter butter.

Another point brought out in the investigation was that there is little loss of vitamin A and carotene when butter is stored commercially over ordinary periods at usual storage temperatures. Carotene gives butter its natural yellow color. In the human body it is converted into vitamin A.

That vitamin A and carotene of milk and butter are dependent upon the quantity of carotene in the cow's diet was demonstrated in the studies. The cow's principal sources of carotene are the fresh green pasture grasses and other good quality roughages. Because of the wide variations in the vitamin A potency of milk and butter produced under different feeding methods and seasons, the conclusion is that much can be done to improve the potency of dairy products by adopting better feeding practices in winter, and possibly also in summer.

Priming Adds Profits

Hundreds of Kentucky burley tobacco growers have increased yields and profits in recent years by priming; that is, by removing lower leaves as they ripen on the stalks in the field. A leaflet published by the State College of Agriculture tells how to save time in the priming operation. Copies may be had at county agent offices.

Recipe Of The Week

A cold main dish for supper or lunch is made of hard-cooked eggs, celery and rice or macaroni. Miss Florence Imlay, food specialist at the Kentucky College of Agriculture and Home Economics, suggests that all the ingredients be prepared early in the day, then placed in the refrigerator and combined just before serving.

Egg Salad

6 hard cooked eggs, diced
1 cup diced celery
1-4 cup sliced stuffed olives or diced cucumber pickles
2 cups cooked rice or macaroni
3-4 cup mayonnaise
watercress, spinach or lettuce

Cook a half-cup of rice in a quart of boiling salted water until it is well done, then rinse in cold water, drain and chill. Mix the rice, diced eggs and celery lightly. Add mayonnaise and serve on a tomato slice and greens.

Menu: Egg salad, buttered string beans, harvard beets, bran muffins and butter, blackberry roll.

Suggests Freezing To Preserve Peaches

To conserve a part of Kentucky's large peach crop, freezing is recommended by Mrs. Pearl Haak, preservation expert at the State College of Agriculture and Home Economics. Varieties best adapted to this method of conservation are J. H. Hale, Halehaven, Suth Haven, Belle of Georgia and Elberta.

To prevent fruit discoloration, speed in the operation is of prime importance, says this foods authority. Dip the peaches a few at a time, first in hot water, then cold, then peel and pit them. As the fruit is quartered or sliced, drop it into syrup made with three cups of sugar dissolved in four cups of water. Pack in cellophane bags, cover with sugar syrup, seal and sharp freeze promptly.

To stretch sugar, half of it by weight may be replaced with light corn syrup, according to Mrs. Haak. If a recipe calls for 1 pound of sugar (2 cups) use a half pound of sugar (1 cup) and a half pound of corn syrup (two-thirds cup).

Honey also may be used as a sugar substitute. If more than a fourth the required amount of sugar is replaced by either honey or syrup the fruit will have a distinctive taste, although not necessarily objectionable.

Only well-ripened peaches should be frozen, Mrs. Haak emphasized. When under-ripe fruit is frozen, it might develop a bitter taste.

Soil Treatments Boost Leaf Yield

In tests at the Western Kentucky Experiment Substation at Princeton from 1929 through 1944, dark-fired tobacco produced an average of 851 pounds to the acre on land receiving no lime or fertilizer, and 1,247 pounds where limestone, phosphate and moderate applications of potash and nitrogen were made.

At a field which the Kentucky Experiment Station has at Mayfield, untreated land produced 937 pounds of dark-fired tobacco to the acre and treated land 1,373 pounds, as an average for the years 1915 through 1942.

Untreated land at an experimental field at Campbellsville produced 867 pounds of burley tobacco to the acre from 1922 through 1944, and 1,301 pounds where limestone, phosphate, potash and nitrogen were applied.

Untreated land averaged 433 pounds of burley tobacco and treated land 1,137 pounds, from 1938 through 1944, at the test field at Greenville.

It Pays To Advertise In The Carlisle Mercury.

Cooperation Keeps Down Forest Fires

The annual report of the Kentucky Agricultural Experiment Station at Lexington contains a story of a cooperative fire-fighting organization among owners of forest lands along the South Fork of Quicksand creek in eastern Kentucky. Eighteen families, or about half of the people in the community, through cooperative efforts in preventing and suppressing fires, suffered losses of only about one per cent of their woodlands last year. In adjacent forests outside the cooperative about 3 1-2 per cent of the timber was burned over.

SHEPHERD
Is The Man For
Honesty
Efficiency
Economy
— FOR —
County Judge
HIS PAST RECORD IS HIS PLATFORM
Democratic Primary, Aug. 4, 1945