

FARM BUREAU in Action

Kentucky Farm Bureau Fed.

You Couldn't Find A Better Buy

In these days of rising living costs, food is a better buy than ever. Unfortunately, the average consumer paying her bill at the check-out counter of the supermarket doesn't realize the bargain she's getting. The list of nonfood items in the housewife's market basket is growing larger and larger, but for the most part she lumps them with her food purchases as far as her budget is concerned. Nonfood items account for about 25 cents out of every dollar spent in retail food stores.

Take canned pet food for the family dog or cat. It's bought in the supermarket and last year's grocery sales of this item totaled more than 500 million dollars. Dollar-wise, pet food purchases are two and a half times bigger than baby foods.

In the past consumers also have been somewhat misled by claims on boosts in cost of living index as food was often headlined as the major item responsible for an increase.

It is encouraging to note that the Bureau of Labor Statistics has now begun to calculate the consumer price index in a new way by putting less emphasis on food and more on housing, transportation, health and recreation.

In the new index, the overall food category accounts for 23.3 percent of spending as compared with 26.18 percent on the old

basic. But even without the new method of calculating the consumer price index, the farmer can be proud of his record. Last year's food needs took only 19 cents of the U. S. consumer's take-home pay as compared with 23 cents in 1963.

In comparison, a Russian family spends about half of its income for food and it doesn't come close to the variety and nutrition found in the American menu, to say nothing of the working form in which the U. S. housewife buys much of her table items.

Shoppers in the American supermarket can choose from some 8,000 food and grocery items.

In contrast to home-cooked meals, the cost of eating out has climbed 26 percent in the last ten years. Most of this is due to a sharp increase in nonfood expenses of operating a restaurant.

Yet, when the head of the house picks up the check for taking his family out to dinner, he probably thinks the farmer is getting rich.

TYPE II VACCINE AVAILABLE APRIL 6-10

Type II Oral Polio Vaccine will be available at the Nicholas County Health Department Monday, April 6, thru Friday, April 10.

Service your TV or Radio. Contract Wiring—Call for a FREE Estimate. **DUNCAN'S ELECTRICAL SHOP**

GET THE TOP DOLLAR!
SELL US YOUR **WALNUT LOGS**
(12-in. Or Larger In Diameter)

Naturally, we can pay you even more when you bring your walnut logs directly to our mill. (Our buyers will quote on larger amounts of standing trees.)

George E. Tomlinson Co.
MAGNOLIA ST. WINCHESTER, KY.

HANNA'S big Value Twins!



INTERIOR LATEX WALL PAINT \$3.59 only 5 gal.
OUTSIDE WHITE HOUSE PAINT \$3.95 only 5 gal.

New Jubilee Flat White Wall Finish goes on smooth "in easy" and economically too!

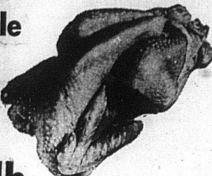
Top quality for long lasting beauty and protection of wood, metal and masonry.

They're GUARANKEED. for savings — quality — uniformity

Dorsey Bros. & Fisher
PHONES 46-1 OR 46-R

FOOD SAVINGS By the BAG FULL! Get the MOST for your money

Whole **FRYERS** 25¢ lb.



FRESH PICNICS lb. 23¢



Florida **Oranges** 49¢ doz



Southern Star 12 oz. **Slim Jim Wieners** 39¢

Fresh Pork Steak lb. 39¢



POTATOES 10 lb. 59¢

FROSTY ACRES FROZEN FOOD SALE 5 for 89¢

- Crinkle French Fried Potatoes 9oz.
- Broccoli Spears 8 oz.
- Broccoli Cuts 10 oz.
- Mixed Vegetables 10 oz.
- Green Peas 10 oz.
- Peas & Carrots 10 oz.
- Cut Corn 10 oz.
- Cauliflower 8 oz.
- Fordhook Lima Beans 10 oz.

Kentucky Dessert HALF GALLON 47¢

Lipton INSTANT tea 3 oz. 44¢

C & G Shopworth Super Market

Niagara Spray Starch 15 oz. 53¢



Pictured from left are Miss Mary Burke, House and Garden editor, New York City and Mr. and Mrs. H. Stanley Blake, Carlisle, Ky., as they enjoy a "Today Delta Queen" cruise from Cincinnati to New Orleans and return. This Matchless Palm Beach Cruise featured a top stowaway in Matchless, Miss. to attend the Matchless Garden Club Pageant and sight-see the old anti-sellium home open at this time of year, 140 days, Galax, and Madison. The steamer had to remove the smoke stack leaving Cincinnati, March 21 due to high water floods. The stack was re-mounted below Henderson, Ky. After all the low bridges were cleared, Miss Burke is on assignment writing an article about the steamer cruise for a 1965 issue of her magazine.

"APRIL 15th DEADLINE" COMING

Kentucky's District Director of Internal Revenue, O. C. Hooks, said today that approximately five out of every eight Kentuckians required to file 1963 Federal Income Tax returns have filed. Mr. Hooks said that he is basing this on the fact that approximately 850,000 returns are annually received in the Louisville office, and that as of April 1, a little over 500,000 returns had been received.

Director Hooks said if you are one of those Kentucky taxpayers who has not filed, you have only until midnight April 15th in which to file a timely return.

He further said that taxpayers due a refund, should mail their returns to REFUNDS P. O. BOX 1084 LOUISVILLE, KENTUCKY 40201; all other returns should be mailed to: DISTRICT DIRECTOR OF INTERNAL REVENUE P. O. BOX 60 LOUISVILLE, KENTUCKY 40201 and that checks or money orders should be made payable to the INTERNAL REVENUE SERVICE.

"Parents spend the first part of a child's life getting him to walk and talk. The rest of his childhood is spent in getting him to sit down and shut up." — B. J. Dahl, Chewelah (Wash.) Independent.

Are You Going To—

- Buy a Home?
 - Build A Home?
 - Remodel Your Home?
 - Install A Roof?
 - Paint Your Home?
 - Repair The Garage?
 - Add A Porch? --Make A Patio?
- Then you'll need lumber, nails, paint, concrete, roofing, ladders, hardware, and/or many of the building materials.

We Have Them **Ratliff Bros. Co.** Carlisle Phone 10

IGA FRYERS A WINNER FOR DINNER

TableRite Weiners lb. 47¢
TableRite Lunch Meat 8 oz. 33¢
Bologna, Minced, P & P

for the lady who pushes the cart

Need suggestions on what to serve your family at mealtime? Come in and see the many displays of food products that will assist you in making your menu plans. All are quality products that you will be pleased to serve. Remember . . . your friendly IGA Food Store will save you more with its "every-day low prices" too!

Bisquick 20 oz. 29¢
Shedd's Peanut Butter 6 oz. 23¢
Carnation Instant Dry Milk 3 qt. 29¢

TableRite Whole 25¢
Get up Tray Pak lb. 25¢

Coffee Maxwell House 4¢ off 1 lb. can 69¢
Salad Dressing Table Rite Qt. Jar 29¢
Cake Mixes Betty Crocker 3 for 79¢
Dog Food Jo Bo 1 lb. can 5¢
Amer. Beauty Corn Tomato Juice Hominy Kraut 300 can 10¢
Ice Milk IGA Ass. Flavors 1/2 gal. 49¢

SPRING SALAD FIXIN'S

tomatoes, celery, green onions, green peppers, carrots

for 12 Servings **99¢**

SWING INTO SPRING Housecleaning Values

Flair Broom \$1.49
Canary Broom \$1.59
Mighty Mop 10 oz. 69¢
Scrubrite Mop 69¢
Sponge Mop 99¢

BONUS COUPON IGA NORWAY LEAVES Salad Plate

Free with this Coupon and \$5.00 Purchase Offer good Thru Wed., April 15, 1964

Special Sale On Cream Pitcher 99¢

Coatney's PEOPLE IGA FOODLINER