



PRESENT MATCHES—Stewart Moore, local Cae Oil Distributor, presented Gaiety Trapp and D. W. Booth, winners at the 4-H Achievement Program recently. The awards were for outstanding Nicholas County 4-H boy and girl during 1963-64 club year.

Blood Pressure
Blood pressure is something we all have. In some people it's normal, in some it's high, in others it's low, according to the Kentucky Heart Association.

If you want to know how blood pressure works, just compare it with the hose you use to water your lawn or garden. When you turn the nozzle wide open, the water sprays broadly and close by. Screw down the nozzle and you can hit a far off target with great force. This same principle is at work in high blood pressure. After all, blood pressure is simply the force of the blood against the wall of the artery it flows through—like water through a hose. This force is generated by the heart as it pumps beats. It keeps the blood moving through the arteries as it circulates from the heart to all parts of the body.

The arteries of the body come in various sizes. The largest, one, called the "aorta," can be compared to a tree trunk. The main arteries branch out from the trunk into smaller and smaller ones that finally end in tiny twigs called "arterioles."

Even these are involved when a person has high blood pressure. For various reasons, they may become narrow. That's like screwing down the hose nozzle. The pressure behind them, in the arteries goes up. Your doctor calls this condition "hypertension." According to the Heart Association, more than 5,000,000 Americans suffer to some degree from high blood pressure or hypertension. Here's where the comparison between an artery and a garden hose ends, however: In the hose, increased pressure does no harm because the water is forced out the open end; the pressure is relieved. But your system of arteries is a

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- 5¢ OFF Random Weight SLICED, NATURAL Cheeses**
- Chunk Swiss Cheese lb. 83¢
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 - Sharp Cheddar lb. 79¢
 - Lenke Brick lb. 85¢

- FROZEN FOODS**
- IGA FRESH-FROZEN **Orange Juice** 4 6 oz. cans **89¢**
- IGA CHOPPED OR **Leaf Spinach** 3 10 oz. pkgs. **39¢**
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- Royal Gem C.S. Corn 303 10¢
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- IGA Tomato Catsup 14 oz. 3 for 49¢
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- Pet Instant Milk 12 qt. 99¢
- Wilderness Pie Fillings (Apple, Fresh Apple, Lemon, Raisin) #2 4 for \$1
- Wage Toilet Tissue 4 pk. 4 for \$1
- IGA Crisp Saltines 1 lb. 19¢

AUCTION SALES CATTLE, SHEEP & HOGS TUESDAY & WEDNESDAY, 1 P.M.

PRIVATE SALES DAILY

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MYERS ROAD
Mrs. William Scott, Miss Sandra McCann, and Mrs. Tommie Vice spent Friday night and Saturday with Mr. and Mrs. Ben F. Barnett and Gayle McCann of Dayton, Ohio. Mrs. Barnett is improving from her recent illness.

Mrs. Roy Gaines, Covington spent last week with her uncle T. H. Vice and family.

Tommy Vice spent Friday and Saturday nights with Roger Dunn.

Mr. and Mrs. Laypool have moved to the Stanley Rose house.

Mr. and Mrs. Ronnie Wilcox visited her brother in Frankfort recently.

Mr. and Mrs. Jerry Kimes and family have moved to his father's house.

Mrs. Nancy Barry moved to her new home in Carlisle recently.

Miss Ella Conway and Mrs. Roy Gaines spent Wednesday night with Mrs. L. B. Barton in Carlisle.

Roger Dunn spent Sunday night with Tommy Vice.

MIRANDA HOME-MAKERS
by Mrs. Edgar Scott
The Miranda Homemakers met at 7:30 p.m. Wednesday at the home of Mrs. Willie Stone. Mrs. Ollie Ray Cannon was co-hostess. Mrs. Margie Wilson, 18 members, Rose Scott and Vickie King attended.

New officers for 1964-65: Mrs. Maurice King, president; Mrs. Malcolm Wills, vice president; Mrs. Cecil Smart, was re-elected secretary and treasurer.

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New Federation chairmen were appointed.

Mrs. King presided with business. Devotional was given by Mrs. Tommy Scott. Mrs. Malcolm Wills gave a very interesting lesson on Table Manners.

Refreshments of punch, cake, candy and nuts were served by the hostesses. The October meeting will be at the home of Mrs. Russell Wills. Secret plans will be revealed—don't forget your plan.

EAST UNION
by Mrs. Worth Scott

Henry Bramblett visited Clarence Buntin while Saturday morning.

Brenda Kay and Eddie Scott spent the day Sunday with their grandparents, Mr. and Mrs. Worth Scott.

Jim Scott visited Worth Scott while Saturday morning.

The Rev. Allen Manuel of East Union Church spent the day with Mr. and Mrs. William Dampier, Sunday.

Rev. W. A. Claypool of Lexington spent the day Sunday, with Mr. and Mrs. Allie Jimmie Boy left Sunday to attend Morehead College.

Mrs. Clarine Lyman and Mrs. Everett Duncan and Miss Ruth Ho use spent the afternoon, Sunday with Mr. and Mrs. Clarence Buntin.

UK FILMS CATALOG IS NOW AVAILABLE

The new edition of the "Educational Motion Pictures for School and Community" catalog is ready for distribution by the University of Kentucky Film Library. Film rentals start at \$1. No charge is made for one catalog. Among offerings of the film library are the complete line of Walt Disney films, all of the films offered by the Dowling, Churchill and a Hoffer companies, and nearly all of those distributed by Coronet Films. The library contains more than 5,000 films with assets valued at approximately \$1 million.

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Chicken Thighs lb. 49¢ Bacon **lb. 59¢**
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LITE FLUFF BISCUIT 6 for 39¢

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Deluxe **29¢ each**

Grimes Golden Apples 4 L.B. BAG **39¢**
Tokay Grapes 2 L.B. **29¢**
Carrots CELLO **10¢**

Strietmann Zesta Crackers 29¢
Frosty Acres Orange Juice 6 oz. 3 for 69¢

Kraft Cheese
Sliced Natural Cheddar 8oz. pkg. **39¢**
Sliced Cheddar Midget Longhorn 6oz. **35¢**
Sliced Natural Sharp 8oz. **45¢**

SUGAR WHITE GOLD 5 lbs. WITH \$3.00 ORDER **39¢**

C & G