

# The Carlisle Mercury

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## Farm & Home

Recent studies of food patterns of the elderly revealed a lack of variety in daily menus, an undesirable decrease in milk and meat consumption and a shortage of desirable fruits and vegetables. Excess weight shown in 84% of the men and 71% of the women. About one-half were living alone wanting to be given something to do.

The food habits of lonely people incline toward two extremes. They eat badly and no little—no regular meals, but prepare starchy and sweet goods from a box at the kitchen window or practice the false economy of poor food at home or at a restaurant.

The other extreme is eating excessively as their main surviving pleasure, a sedative which brings grouchiness, irritability and overweight.

The senior citizen has become the target of many health swindlers. One of the most expensive is the promotion of various foods for the prevention and treatment of arthritis ranging from arthritis high blood cholesterol.

It is estimated that over 500 million dollars are spent on so called "health foods" that are not needed and too often, misrepresents.

True at certain age levels, and under certain conditions—infants, youngsters and adults may need extra vitamins and mineral salts. The only safe, reasonable way to use what you know and how much to take see your doctor. There is no substitute for a well-balanced diet as a basis for good health.

There are many "special dietary

Paul L. Noffinger, County Agent; Thomas Stevens Jr., Associate County Agent; Edna H. Wilson, Home Agent

foods" for people suffering from certain diseases. These legitimate products should never be confused with the many products promoted as dietary cure-alls.

Too many people diagnose their own ailment or illness. Let your doctor prescribe the treatment.

A food guide recommended for seniors is as follows: 1. Eat regularly each day foods from the four groups (meat, breads and cereals, fruits and vegetables and milk and milk products). 2. Eat at least 3 well-planned meals a day. 3. Use fats sparingly. 4. Give warm foods preference over cold ones. 5. A protein food at each meal (one good serving). 6. Milk is very important. 7. Juices, stewed or soft raw fruits, finely chopped raw vegetables.

### NEW VEGETABLE VARIETIES

YOU MIGHT LIKE TO TRY IN 1965 IN ORDER OF PREFERENCE

- Snap beans - B-3370 and Wade
- Pole beans - Blue Lake 231 and Ky. Wonder
- Tomatoes - Surprise, Heinz 1370 (late variety - Manapp)
- Sweet corn - Early Wonder, Northern Belle, Spring Gold; mid-season variety, KVF-6093, Merit
- Potatoes - Red potato, Red LaSord and Red Pontiac; white variety - Kambidin
- Cucumbers - Clemson Spines and Emerald. Emerald is about a week earlier.

## TWENTY and FORTY-FIVE YEARS AGO

February 8, 1945  
Mr. and Mrs. Hord Crouch were in Lexington Monday to see the horse world, who underwent an operation last Friday at the Good Samaritan hospital. His condition is reported good.

Miss Imogene Westfall returned Wednesday to Covington, after a visit with her parents, Mr. and Mrs. Dan Westfall. Mrs. Paul Garrett accompanied her home for a visit.

Mr. and Mrs. Franklin Caswell and two sons, Gaylord and Franklin Jr., were in Lexington Friday. Mrs. Rhonda Burton is spending some time with her son, Lt. Charles Burton, in Miami, Fla. Miss Ellen Hurton will join them later for a visit.

Mr. and Mrs. Edna Keller, who is in St. Petersburg, Fla. for the month of February will visit them.

45 Years Ago  
February 7, 1920  
Miss Imogene Westfall appointed post master at Miranda.

February term of circuit court convenes with docket comprising 194 civil and 62 criminal cases.

45 persons from Carlisle attended the performance of "In Old Kentucky" at the Paris Open House.

At a meeting of the city council Monday night, the proposition to license groceries selling liquor, was voted down.

W. B. Ratliff sells his Buick to his brother, C. B. Ratliff.

MARRIED: Miss Reila Wilson, both of Mrs. W. Wilson, to Mr. and Mrs. William Overly, of Blue Lick, a daughter.

### Readers' Comment

January 28, 1965  
Dear Mr. Fisher:  
I can't help but feel a time of pride when at times in the MERCURY, in sunny climes. The noisy grackle, the robin and bluebird and the red-winged blackbird are the advance guard of that great army of the little white folk of the skies, moving northward in the wake of warmer days to come. April will see the ranks of the feathered host increased and May will mark the high tide of bird life.

What moves the migrating bird to set its face northward toward love and mating and speckled eggs in a nest? Is it the high tide of summer home is yet locked in the grip of winter? Is it instinct—much as a bird's term—racial memories or a kind of faith not given to humans? There are many learned explanations and yet we wonder if anyone really knows.

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Spring moves forward relentlessly upon "winter's traces" that an earth sodden and cold and stark beneath its winding sheet of snow begins to stir, ever so gently in its sleep, then will promise to continue to enjoy the melodrama...  
Sincerely,  
Buford Dobbs

### From the Diary of a County Editor

by Warren R. Fisher Sr.  
Propbet of the Roses  
"Prophet of the same time, Prophet of the May time, Prophet of the roses, Many, many welcomes February 'fair maid'!"

As this is written the white shroud of the seemingly eternal snows of this bitterest of winters blankets the fields. One knows that the "roots of the roses are kept alive 'neath the snow," but it needs the eye that indeed to see beyond the dreary winter wear and tear of the snow to accept the coming of the "uncanny time" this year, at least—as a prophecy of blossoms for the May time.

Yet a twig of the pussy—white—placed in some warm, sunny spot within doors will soon burst into soft, furry catkins, a switch of sorrel sprigs through indoors and placed in water will unfold its golden blossoms; maple buds are becoming larger, more deeply tinged with reddish brown—promises all of the immensity of the earth's awakening, the coming of another spring.

Soon our feathered "friends" will begin to return from their sojourn

## EAT LESS ADVICED GIVEN BY MANY

Doctors, beauty experts, husbands, wives, and conscience are advising people to eat less and less.

Against this awesome array, the food business would seem to be in a helpless situation.

But that is not the case. Food manufacturers expect sales to increase six per cent in 1965.

True, individuals may be eating less in quantity. But a change in quality will result in greater profits and an increased sales volume.

The food processors are optimistic because they believe in research and advertising.

Ninety per cent of the American food manufacturers expect to introduce new products in 1965. For this purpose they are increasing budgets of their research departments by an average of six per cent.

The manufacturers predict that an increase in national advertising of ten per cent will be necessary to gain public acceptance of the new products.

"However, retailers at the point of sale tend to be lenient, or, in relationship to their own advertising effort. We can win approval of a good product, but we can not guide a prospect to a particular grocer," a representative of national food company asserts.

"Grocers who handle better products, which can be sold more efficiently at higher unit cost, must expect to lead advertising budgets. It is a necessary survival investment," he said.



**KU To Spend \$13,411,000**

Kentucky Utilities Company will spend \$13,411,000 during 1965 on construction and expansion of the electrical system. The contract will be awarded to the 78 counties of the state.

The budget was approved recently by the board of directors showing the bulk of the expenditures on transmission, distribution and general plant expansions.

441-4191-1111

## Huge Burley Vote Need Is Stressed

By Jack Lewyn (For Burley Association)

Behind the intensive effort being made to turn a record vote in the Burley Tobacco Referendum Feb. 25 is a single train of thought: The tobacco program with its vital price supports is a critical economic factor in the areas where it is produced, and its loss would have wide-ranging consequences which would upset 24 years of stability and bring ruinous disaster.

There is no feeling that the program will not carry by the required two-thirds of the growers voting, but it can be expected that the size of the turnout in this vote indeed may be a deciding factor.

It is simply a matter of whether each burley grower himself cares enough about the tobacco program to support it with his vote; whether it is something he wants or doesn't want.

John M. Berry, president of the Burley Tobacco Growers Cooperative Association and chairman of the National Burley Tobacco Referendum Committee, said referendums committees were being organized in every county in the burley area.

"Everyone who has at heart the welfare of tobacco farmers, and who is concerned for the economic life of business and of communities in the burley belt, can not help but feel that we confront a very serious problem."

"If growers clearly understand these, they will make the right decision for themselves, and for the industry, by approving, with a record turnout, the continuation of burley tobacco marketing under the Federal program."

As for your "Hancho," he seems a real top cat. For a small town, have the darndest happenings since Eliza crossed the sea.

You're true, Sue R. Ingels (Mrs. Reese Ingels)

23 Jan. 1965  
Editor, Carlisle Mercury, Carlisle, Ky.

Dear Sir:  
For the past several months Friday has been "Mercury" day in this household. You people, for a small town, have the darndest happenings since Eliza crossed the sea.

You've advertised sales of "captive residences" tobacco farms and sticks and perhaps tobacco. However, when your board of education meets in the snow under the maples reminds me of a Sukkian klan meeting in December.

As for your "Hancho," he seems a real top cat. For a small town, have the darndest happenings since Eliza crossed the sea.

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## LET US WANT AD WORK FOR YOU!

WASHINGTON REPORT FROM YOUR CONGRESSMAN JOHN C. WATTS, Sixth District Of Kentucky THE RECORD BUDGET

President Johnson this week sent Congress a record budget of \$97.7 billion for fiscal year 1966, and it's very plain that the Federal government, like the typical Federal agency, has problems, too, in budgeting its monies. There is never enough money.

Revenues are expected to rise faster reaching \$94.1 billion of \$3.2 billion over this year, and while the deficit between expenditures and receipts is projected at \$3.5 billion, this is indeed still a projected deficit of \$5.5 billion.

It seems to me it is time we were balanced on our budget. How can we as Secretary of the Treasury Douglas Dillon and Budget Director Kenneth Gordon, however, that the budget will be balanced in fiscal 1968 if the economy continues advancing as the Administration expects.

The President described his budget as "carefully designed to promote continued economic expansion" and as one that "begins to grasp the opportunities of the Great Society."

As one of the most unique features of the budget was its sharp new emphasis on health and welfare. It changes the pattern of Federal spending money for education, for health and research, for foreign expenditures, to a surge of lavish outlay of monies for education, for health and research, for the war on poverty, and the improvement of conditions in cities and suburbs. Our national defense capacity should not be jeopardized, however, since defense expenditures will still account for more than 50 percent of the total budget. National defense and space combined will cost \$56.7 billion in fiscal 1966, down from \$58.4 billion last year and \$57.1 billion this year.

Spending for Great Society programs—health, labor, education, housing, and social welfare—will add to the needy and the poor—will rise to \$11 billion from \$7.4 billion this year and \$6.7 billion last year.

The President in his Budget Message promised to apply "strict policies of priority and rationing" and to cut back outdated programs while expanding others.

Berry, a Henry County burley grower, stressed: "There are many learned explanations and yet we wonder if anyone really knows."

Although the President's record budget seems astronomical, there is some comfort in his statement that the increased spending will constitute a declining burden on the economy because of the increased product will grow faster than government expenditures. The report is based on the President's forecast that the gross national product—total output of goods and services—will increase to \$400 billion in calendar year 1966 amounts to less than 15 percent of the gross national product of the United States.

One of the elements of the budget, expanded to second stage of income tax cuts enacted last year. As a member of the Ways and Means Committee, I will be directly concerned with the budget.

I am sure it is safe to predict that Congress will be working directly on this issue in the budget as it appropriates the monies for operating the DISTRICT VISITORS

Raymond Bell of Paris; Albert G. Clay of Mt. Sterling; Jack Walsh of Owensboro.

## STUDENTS OF THE MONTH

By Mary Galbraith

The most outstanding students in the seventh and eighth grades of the Carlisle Elementary School are as follows:

Seventh: 1. Sharon; 2. Paul; 3. Gary; 4. James; 5. Gary; 6. Gary; 7. Gary; 8. Gary; 9. Gary; 10. Gary; 11. Gary; 12. Gary; 13. Gary; 14. Gary; 15. Gary; 16. Gary; 17. Gary; 18. Gary; 19. Gary; 20. Gary; 21. Gary; 22. Gary; 23. Gary; 24. Gary; 25. Gary; 26. Gary; 27. Gary; 28. Gary; 29. Gary; 30. Gary; 31. Gary; 32. Gary; 33. Gary; 34. Gary; 35. Gary; 36. Gary; 37. Gary; 38. Gary; 39. Gary; 40. Gary; 41. Gary; 42. Gary; 43. Gary; 44. Gary; 45. Gary; 46. Gary; 47. Gary; 48. Gary; 49. Gary; 50. Gary; 51. Gary; 52. Gary; 53. Gary; 54. Gary; 55. Gary; 56. Gary; 57. Gary; 58. Gary; 59. Gary; 60. Gary; 61. Gary; 62. Gary; 63. Gary; 64. Gary; 65. Gary; 66. Gary; 67. Gary; 68. Gary; 69. Gary; 70. Gary; 71. Gary; 72. Gary; 73. Gary; 74. Gary; 75. Gary; 76. Gary; 77. Gary; 78. Gary; 79. Gary; 80. Gary; 81. Gary; 82. Gary; 83. Gary; 84. Gary; 85. Gary; 86. Gary; 87. Gary; 88. Gary; 89. Gary; 90. Gary; 91. Gary; 92. Gary; 93. Gary; 94. Gary; 95. Gary; 96. Gary; 97. Gary; 98. Gary; 99. Gary; 100. Gary.



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AT ATTRACTIVE SAVINGS

ROUND STEAK 69¢ lb.

GROUND BEEF 39¢

T-BONE STEAK 99¢ lb.

Rumpor Sirloin Tip Roasts 89¢ lb.

Sirloin Steak 89¢ lb.

Fischer Quik-Cut Hams 69¢ lb.

Fischer Wieners 49¢ 12 oz.

Green Onions, Radishes, Peppers mix or match 3 for 25¢

Carrots 10¢ lb. cello bag

Oranges 45¢ doz.

Stokely's FINEST FOODS

Stokely Ping 3/89¢ 48 oz.

W.K. Corn 303 6/1 \$1.19 14 oz.

Tomato Catsup 6/1 \$1.19 14 oz.

Cream Corn 303 6/1 \$1.19 14 oz.

White Corn 303 6/1 \$1.19 14 oz.

Shellie Beans 2 1/4 4/1 \$1.19 14 oz.

Cut Green Beans 2 1/2 4/1 \$1.19 14 oz.

Scholl Day Peas 303 6/1 \$1.19 14 oz.

Stokely Pong 3/89¢ 48 oz.

Tomato Juice 3/89¢ 48 oz.

Apple Sauce 303 7/89¢ 48 oz.

Fruit Cocktail 303 5/1 \$1.19 14 oz.

Bartlett Pears 303 4/1 \$1.19 14 oz.

Peaches 2 1/2 cling halves 4/1 \$1.19 14 oz.

Peaches 2 1/2 cling sliced 4/1 \$1.19 14 oz.

Strietmann Zesta Crackers lb. 29¢

Folger's INSTANT COFFEE 10-oz. \$1.19

Reynolds Wrap giant 12x200ft. \$1.99

Smuckers Strawberry Preserves 20 oz. 49¢

Nabisco Ritz Crackers 35¢

Betty Crocker Layer Cake Mixes 3/89¢

Nabisco Cookies 12oz. 49¢

T.V. Dinners ea. 39¢

C & G

Chicken of the Sea 1/2 chunk light 4 for \$1

FOOD STORES