

Jaycee Awards Made; Officers Are Installed



Norman Duncan, outgoing Jaycee president, presents the "Distinguished Service Award," to Charles Wilson as the annual banquet.



Winners in the Jaycee Essay Contest are left to right; Pat Conley, second place award of \$10; Mary Neal, winner of a \$25 savings bond; and Ricky Willoughby, third place winner of \$5.

National Farmers Veep To Speak At UK Tonight

Edward Pittenger, vice-president of the National Farmers Organization will speak in the Agricultural Science Building Auditorium, University of Kentucky, on Thursday, April 11 at 8:00 p.m. Pittenger is interested in knowing about the N.F.O. plan for rural America should be presented.

Edward Pittenger was born and raised on a farm in Craig County, Nebraska. He received his college education in Kansas. In 1932 Mr. Pittenger began his career as a farmer in Western Iowa. He entered the Armed Forces of the United States in 1942. At the close of World War II, he bought a farm in Woodbury County, Iowa.

Edward Pittenger joined the N.F.O. at the very beginning, and has been a member continuously since that time. He was elected to the National Board of Directors in 1966, was appointed Director of the Meat Community Department in 1967, and elected National Vice President in 1963, 1964, 1965, and 1966.

Include Garage In Clean-Up Job

Is your garage one of those where the family car "used to" be kept? Is so, now the National Automobile Association, in its one of a kind, Ford's standard size passenger frequently used into garage built two or more decades ago. In a recent survey, garage sales are used to store things in an old basement, boxes, papers, tires and other items of little use and value.

Include cleaning out the garage among your Spring Clean-Up program," says the Association. "It does not mean you will not only eliminate a potential fire hazard, but also valuable, clean storage space."

New Jaycees officers installed at the annual banquet April 4, are—front row; Gerald Watkins, first vice-president; Kenneth Knapp, president; Hank Rowland, second vice-president; Billy Davis, 2nd vice-president; and Fred Hammond, local director.



Get a short distance telephone

A kitchen extension saves you mad dashes every time the phone rings. It might even save the dinner! So get one. And enjoy lots of stirring conversations. Call your telephone business office and order an extension today. You can have one for only cents a month. *That's not much.

\$1.25 a month*
Plus service charge



DEATHS

Lee Roger Knox, 66, of Kentucky Avenue, Lexington, died Saturday night, April 6, at his home after suffering an apparent heart attack. He was a native of Nicholas County and a veteran of World War I.
Survivors include a brother, J.T. Knox, Covington.
Services were conducted at 2 p.m. Tuesday at Davis Funeral Chapel by the Rev. Robert Wallace. Burial in Paris Cemetery.

Mrs. Harvey Norton, widow of Harvey Norton, died at 5:15 a.m. Sunday, April 7, in the Masonic Widow and Orphan Home at St. Matthews after a one-week illness. She was a native of Nicholas County and a member of the Carlisle Christian Church.
She was survived by a brother, William Secret, Florida, and several nieces and nephews.
Services were conducted at 2 p.m. Tuesday at the Mothers-Sisters Chapel by the Rev. Harold Rice. Burial in the Carlisle Cemetery. Survivors were: Elmer Damper, Clyde Sexton, Henry A. Palmer, Charice Cox and James Eads.

"SEED TIME" Quality-Quality-Quality

KS. Brand Red Clover
KS. Brand Kenland Clover \$30 Bu.
KS. Brand Orchard Grass
KS. Brand Ky. 31 Fescue
KS. Brand Timothy
KS. Certified Clair Timothy
KS. Brand Korean
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Cook with a flameless electric range and you'll have success time after time. That's because an electric range lets you select the exact temperature for every dish.

An electric range offers other bonuses in modern living. It's clean because it's flameless. That makes it extra safe and cool, too. Make yours an electric range for new-fashioned cooking at its best.

Free Wiring Electric Ranges

Our Members can have a circuit installed FREE in existing homes. \$15 Cash Bonus for new or remodeled homes. Contact your Member Service Department.

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Flemingsburg, Kentucky

Washington Report

From Your Congressman

JOHN C. WATTS

Department of Agriculture Survey American Diet
A Department of Agriculture research survey project has revealed some interesting facts regarding the average American diet. It is not what it should be.

Despite the great agricultural abundance produced by America's able farmers, only 50 percent of the households surveyed by USDA food economists met or exceeded requirements for "good" diets as based upon current standards set by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. In a similar survey made 10 years earlier, 60 percent had good diets. Also, during this same decade, the proportion of "poor" diets had increased from 15-percent to 20-percent.

What is the cause for these increasingly disappointing dietary statistics when America's farmers are producing at their very best?
According to the USDA report, food was little as a result of "Dietary Levels of Households in the United States" decreased use of milk and meat products and vegetable and fruit, the main sources of calcium, ascorbic acid and vitamin-A value, was chiefly responsible for these adverse changes in dietary levels over the ten year period.

Further, the report shows there was little difference in the proportion of households with diets below the allowances for one or more nutrients in the dietary standards used, in the four regions of the country—North-east, North Central, South and West. Southern households spent less for food than households in other regions, but they had a greater nutritional return for each dollar spent.

A higher percentage of families had good diets as the level of income increased. However, the survey showed that income alone does not insure a good diet. More than one-third, 37-percent of the households with incomes above \$10,000, had diets that

were below the allowances for one or more nutrients.

The statistics compiled by the Department of Agriculture in food-consumption surveys, show trends in food selection as well as nutritional quality of diets, are used in a number of ways—as a basis for consumer education, food and health programs, and for economic research relating to production, marketing and distribution of food.

Secretary of Agriculture, Orville L. Freeman in commenting on this latest survey report said: "By all indications, emphasis on nutrition education has not kept pace with the increased need for nutrition programs resulting from population growth, changes in food technology, and the encouragement of specific food products through promotional activities." He pointed out that historically, the food industry and mass media have worked with the Department of Agriculture in presenting appropriate food and nutrition information to the American public. Hopefully such cooperation may lead to new and imaginative approaches in food and nutrition education, knowledge which will help every American make the most use of his "freedom of choice."

IS YOUR CAR UNHAPPY?

... hard to start? ... motor heat up? Better let us prepare your car now. Both you and your car will have happier motoring after we've given it a Spring Tune-Up!

- TUNE-UP
- RADIATOR FLUSH
- OIL CHANGES
- LUBRICATION
- EXHAUST SYSTEM
- "CHECK" TIRES
- OIL CHANGE
- "OIL" FILTER
- "OIL" FILTER

REX & PAUL'S Shell Service



These payments to producers for wool and mohair marketed in 1967 will save many sheep and goat raisers from financial ruin and enable them to continue in business," Secretary of Agriculture Orville L. Freeman said today. He said payments are estimated to total nearly \$70 million, the highest in ten years and over double the amount of payments made last year on 1966 marketings.

The payment rate for wool is based on the difference between incentive price of 60 cents and the national average price of 39.8 cents per pound by growers. By comparison, payments

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made by a professional wildlife photographer and a slide program contact on the subject of "Wildflowers in Bloom," planned for later in the week.
A second field trip will depart at 9 a.m. Saturday. Another will follow at 1 p.m., and from 4 p.m. to 6 p.m. there will be a workshop on leaving, flower parts and ferns.
A field trip on Sunday, April 11, will conclude the weekend events.

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Harper's Garage

254 East Main Street Carlisle, Ky.

REVIVAL

Carlisle Christian Church

April 14-19

7:30 P.M.

Dr. Paul Jones-Evangelist

Hillsboro, Ohio

Kay Loutler - Minister of Music

Charleston, W. Va.

George Markey at the Piano

Harold Rice - Song Leader

Great Gospel Preaching!

Great Gospel Singing!

YOU ALL COME!

Billly Flora, East Main Street, accepts a check for \$50 from Paul Smoot; at left, as Stewart Moore looks on. Flora is the first \$50 winner in Nicholas County in the Shell Oil contest.