



bought rite... aged rite... trimmed rite... priced rite

2ND BIG WEEK

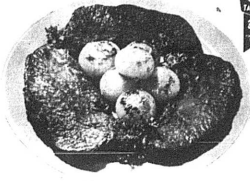
BEEF SALE!

- Tabletrite Sirloin Steak lb. \$1.09
Tabletrite Pot Roast lb. 69c
Tabletrite Ground Beef lb. 59c
Tabletrite Chuck Roast lb. 59c

'Every Pound of Tabletrite Meat is a Pound of Eating Pleasure.'



- Tabletrite Chuck Steak lb. 69c
Tabletrite Pot Roast lb. 69c
Tabletrite Thick Sliced Bacon \$1.19 2 lbs.



Round Steak

Tabletrite Round Steak lb. 85c
Tabletrite T-Bone Steak lb. \$1.29

Sirloin Tip Roast lb. \$1.09
Boneless Rump Roast lb. \$1.09

COFFEE

- Swift's Prem 49c
Potted Meat 10c
Vienna Sausage 19c
IGA CRISP N' GOOD 12 oz. 49c
Crackers 25c
IGA MARGARINE 3/51
Cookies 3/51

98c

- Facial Tissue 29c
Gatorade 3/51
Longhorn Cheese 10 oz. 49c
Margarine 18c
Fruit Pies 59c

COMPLETE 4 PIECE PLACE SETTINGS
NOW ONLY \$1.49 SAVE \$4 with \$3 purchase
ON DISPLAY AT YOUR IGA !!

PEACHES

- IGA GOLDEN CRISP 25c
SEAPAK GOLDEN FRIED 3/51
Fish Sticks 69c
Fish Wedges 69c
Excedrin 36 ct. 69c
Geritol Tablets 32.36
Somnax Tablets 98c
WHITE RAIN Hair Spray 89c
WHITE RAIN Shampoo 59c
TANS Creme Rinse 69c

25c

- Pork & Beans 13c
Coffee 1.47
Evaporated Milk 15c
Shortening 49c
Beef Stew 49c

BREAD

- Tabletrite Enriched Bread 5c 88c
Enriched Bread NEW FLORIDA RED POTATOES 39c
FLORIDA SWEET GOLDEN CORN 5/49c
VORN RIFENED 5/49c
Tomatoes lb. 23c
Cucumbers each 10c

5c 88c

- Tabletreat 20 oz. 4/88c
JUMBO SPANISH Onions lb. 10c
SELECT GREEN Cucumbers each 10c

OPEN Mon.-Thurs. 8a.m. to 6p.m. Friday 8a.m. to 8p.m. Saturday 8a.m. to 6p.m.

IGA FOODLINER logo and address information.

FLAG PRESENTED TO SCHOOL
'Frank Field and Leona Seaton... presented the Carlisle Elementary School with a new flag and stand.

Counseling Important To Fresh
'When it becomes obvious the student is not sufficiently trained, or the scholastic ability is limited, it then becomes the counselor's job to advise the student that he may be better suited to some other vocation.'

Deaths
MRS. JOE LAWRENCE
Mrs. Mary Kelley Lawrence, 80 East Main Street, died Thursday, April 17 at the Nicholas County Hospital after a three week illness.

Class of '89!
The 1969 graduates of the Personal Development Institute of Morehead State University are listed.

- FOR SHERIFF Nicholas County Emory Clark, Merdith Evans, Dewey
FOR MAGISTRATE Second District Paul Thier
FOR MAGISTRATE Fourth District Luther M. Thompson
FOR COUNTY JUDGE Nicholas County Judge Floyd Humphrey Clark
FOR MAGISTRATE Fourth District Eugene Booth
FOR SHERIFF Nicholas County W. R. (Bill) Dinkins, James Smoot, Dupuy
FOR MAGISTRATE Second District Ovel R. Day
FOR MAGISTRATE Third District W. J. (Buster) Clark
FOR MAGISTRATE First District Raymond O. Jones
FOR COUNTY JUDGE Nicholas County Judge 'Spencer' Taylor
FOR COUNTY JUDGE Nicholas County Eugene Keith
FOR CIRCUIT CLERK Nicholas County Dennis M. Higgins
FOR MAGISTRATE First District Fred P. Price
FOR MAGISTRATE First District Joe Sapp
FOR JAILER Nicholas County Charles M. Cook
FOR COUNTY CLERK Nicholas County Beverly Burch
FOR COUNTY ATTORNEY Nicholas County Charles M. Cook
FOR TAX COMMISSIONER Nicholas County A.V. 'Doc' Allison
FOR MAGISTRATE Nicholas County Bill Allison
FOR JAILER Nicholas County Cecil Smith

'Fineness of Skill' Developed At Morehead State University - In Personal Development Institute Directed By Mrs. Doran



'The "IN" CLOTHES'-Helen Walker, Olive Hill Junior, checks the bulletin board at the Personal Development Institute of Morehead State University for the latest fashions and hairstyle fashions.

MOREHEAD, Ky.--Dictionaries define it as "fineness of skill" and at Morehead State University it is produced at the Personal Development Institute organized and directed by Mrs. Mignon Doran.
'Fineness of the inner self as well as the outer beauty of young people' is the goal of PDI, a non-credit, five-week course designed to sharpen social skills.

Deaths
MRS. CLAUD HOWE
Mrs. Stella Crow, 204 Parrish Ave., Paris, widow of Claud Crow, died at the Nicholas County Hospital Thursday, April 17 following a long illness.

CLASS OF '89!



Your electric heat will still be modern when he graduates
Your flameless electric heating system will still be keeping you comfortable and warm when today's toddlers graduate from college.

Although Mrs. Doran is not related, she sponsors most of her time to the Institute. Her enthusiasm for PDI is reflected in enrollment statistics. The Institute is operating at full capacity with a waiting list of applicants exceeding the number which can be accommodated this semester.

The course is free and learning materials are provided by the university. Mrs. Doran hopes to see PDI evolve into a certificate offering for the elementary and secondary levels as teachers are prepared to direct such programs.

Her past activities were on an informal basis with small groups but now with the machinery of PDI she can serve many more students through experience and instruction by examining the importance of personal appearance, diet, wardrobe, makeup, manners, grooming, voice quality, personality and social relations.

She has been a member of the American Legion Post No. 17, the American Legion Post No. 17, the American Legion Post No. 17, the American Legion Post No. 17.

APPEARANCES COUNT--Mrs. Mignon Doran, director of the Personal Development Institute at Morehead State University, offers a wardrobe tip to PDI student Martha Campbell, Maywood Junior.

PERFECT POSTURE--Laurista Finley, Lexington Junior, is hearing good posture at the Personal Development Institute of Morehead State University. The course also covers makeup, grooming, wardrobe, voice quality and personality.

UP, UP AND AWAY!--Not in a beautiful balloon, but through the pages of these lovely Stern Club publications which have just been received from the Department of Libraries in Frankfurt, Germany.

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CHUCKING THE COVERS--Mrs. Mignon Doran, director of the Personal Development Institute at Morehead State University, and Mrs. Mignon Doran, director of the Personal Development Institute at Morehead State University, are pictured with Mrs. Mignon Doran, director of the Personal Development Institute at Morehead State University.

Nicholas County Memories

By Lewis P. Scott
It is hard possibly that history books are written about the past. With the passage of the years, the memory of the past is fading and the only way to preserve it is to write it down.

THE INDIAN HERITAGE OF AMERICA
The author traces the development of the Indian people from the time of their arrival in America to the present day.

THE MIRROR OF MARRIAGE
The author traces the development of marriage in America and offers a non-sensational look at the marital relationship.

INSPECTION PERIOD FOR THE PROPERTY TAX ASSESSMENT-ROLL
The Nicholas County property tax roll will be opened for inspection from May 5 through May 9, 1969.

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KENTUCKY UTILITIES COMPANY
Six rate reductions since 1962