

BARGAINS GALORE AT IGA

E-Z Slice Ham 79¢
 Tablette Family Pak
Pork Chops 79¢
 Country Style Ribs .69¢
 Bologna .79¢
 P & P Loaf .79¢
 Canned Hams .47¢
 Quik Cut Hams .93¢
 Beef Drumstick 10-89¢
 Ground Beef .63¢

Cabana Golden Bananas 10¢
 Apples 10¢
 Sweet Oranges .69¢
 Georgia Peaches .19¢
 Grapes .23¢

Bakery Values!
 Tablette Hamburger Buns 29¢
Bread 29¢
 Jelly Roll .49¢
 Cream Roll .49¢
 Sweet Rolls .31¢

Maxwell House Instant Coffee 98¢
IGA All Grinds Deluxe Coffee 49¢
IGA Xtra Whip Salad Dressing 29¢

Pillsbury Tenderflake Biscuits 19¢
Pillsbury Tenderburst Biscuits 19¢
Keebler Cookies 45¢

"Make Us Your School Supply Headquarters"
IGA Coatney's FOODLINER
 CARLISLE, KY.

AT IGA

A Bargain Isn't Always A Value . . . But IGA Offers The Low Price Plus High Quality That Equals Value!

Pickles 29¢
Jellies 25¢
Sandwich Loaf 29¢
Cooler Cookies 39¢

Crisco Oil 56¢
Ice Tea 59¢
Coffee Creamer 49¢
Coffee Creamer 39¢

Royal Gelatin Dessert 5¢
Friskies Dog Food 10¢
Morton Salt 6¢

Bathroom Tissue 79¢
Liquid Detergent 59¢
Dairy Values!
Cheese Spread 89¢
Vegetable Margarine 19¢
Biscuits 5¢

IGA Enriched Flour 77¢
IGA Hi Power Bleach 28¢

MONEY ORDERS
 Any Denomination

Kay's Kitchen

Having reviewed this column, going back to mid February, I feel the best thing I can suggest right now is to get a card file box, package of cards and start filing. That is of course if you have tried any of the recipes and clipped others for future use.

You may remember that earlier I said there would be no set pattern or continuity of the column but written as the mood struck, recipes requested or recipes sent to me to be published. In reviewing, I find that holidays and weather are a factor, so you can see there is little hope for an orderly organized column. You can do that when you file.

This week there are two salads. They are as different as day and night. One, the first, is so delicious and rich it could be used as a dessert.

7-UP SALAD
 Dissolve two small packages of lemon jello in two cups of boiling water. Cool, then add 2 cups of 7-Up. Let chicken slightly in refrigerator. Add two medium sized bananas, sliced, one #300 can crushed pineapple, drained, and one cup of miniature marshmallows. Return to refrigerator while making toppings.

TOPPING
 Combine 1 cup pineapple juice, 1/2 cup sugar, 1 1/2 tablespoons flour, 1 egg and 2 tablespoons margarine. Cook, stirring constantly until thick. Let cool. Whip 1 cup cream and fold in above mixture. Spread over who and add marshmallows and cheese. Chill in refrigerator. Serves 10.

SAUER KRAUT SALAD
 This makes a large 13 cup pyrex salad of salad. The addition of 1 cup chopped pecans may be added to the topping.

If any member of your family has a dislike for kraut, just call it Vegetable Salad and they will never know that's Kraut in it. This is easy to make, inexpensive and if you like a sweet-sour salad, do try this one.

Put all ingredients in large mixing bowl; 1 cup sugar, 1 large can of Sauer Kraut, 1 cup finely chopped celery, 1/4 cup cup sweet green peppers, 1/4 cup cut up sweet red peppers, 1/2 cup shredded cut carrots, Mix thoroughly. Store in tight container for 24 hours. Serves 8.

If you can't find sweet red peppers, you may substitute a small jar of chopped tomatoes. Actually this makes three plates. It's lucky I have a wide mouth jar that holds just that amount. However a half gallon jar with tight fitting lid would be perfect since it would give room to lift and stir the salad before serving.

Try this. During the weekend I was served this combination for dessert. Fresh green seedless grapes and a slice of yellow cake with a tart lemon icing. It was a delightful different and refreshing dessert. If it is hint somewhere so you can be recommended to try it.

Nursing Home News
 By Virginia Smith Donoran
 Life is a flower of which love is the honey. — Victor Hugo
 John Randall Snapp of New Whiteand, N.Y. is visiting his grandparents, Mr. and Mrs. John Barrett.
 Adelaide Thompson attended a Stanley party at the home of Mrs. Theodore Edwards on Thursday night.
 We just heard the news about Margaret Bromagen and it isn't good. Margaret has been off sick for several weeks and has been in the hospital part of the time. We do hope she will soon be back serving and wearing the same nice smile.
 Rev. Marvin Snapp and wife of Illinois visited his sister, Mrs. Thelma Morris and Roxane, Thelma's sister, Mrs. Pearl Miller and her mother, Mrs. T.C. Cooper, accompanied them. Her daughter Helen Whalen of Cynthia visited on the same day.
 Persons who desire to do good never join the ranks of the unoccupied.
 It's so nice to talk to Mrs. Grace Cleaver after her short stay in hospital and at her home, but we are sorry she had to come back sick.
 Mrs. Eva O'Mara is a new L.P.N. and is from Berea. We hope to hear more about her as time goes on. Her joints are a-buzzing.
 The good nurse, Myrtle Jones, is back on the floor after her short trip to Menard, Ark. While she was away her family of six children and 19 grandchildren got together. This was the first time they had been together for 12 years. One of her sons is leaving right away for Vietnam.
 Marcella Reed of Mt. Olivet visited Mrs. Grace Cleaver on Sunday.
 Mrs. Mae Berry has gone back to live at her home on Mulberry Street.
 Is the door between Christ and us closed or open?
 Elmer Crawford of Mt. Olivet was back to see his Robertson County friends on Sunday. Nothing so needs reforming as other people's habits.
 It's easy to have a well balanced personality. Just forget your troubles as easily as you do your blessings.
 Blessed are those who do not let their hands master their spirits.
 At a school board meeting, an elderly member, a bit confused by the discussion of merit raises, cut in with "Merit or stipend—what's the difference?"
 Mrs. Millie Mitchell says she doesn't like the way she and other people, say they are no pleasure to themselves or anyone else.
 Mrs. Don Mooney, pastor of the Wesley Methodist Church, had charge of the weekly worship service Sunday afternoon. There was hymn singing.



Carlisle's Team
 THE CHAMPION TEAM shown here: Front Row, Roberta Howard, Rena Fogle, Helen McVey, Linda Fryman, Charlotte Tinsler, Martha Wagner, Dick Row, same order; Ruth Merrill, Cathy Ford, Glenda Gilvin, Shirley Lyons, Eva Evans, Faye Buzzard, Coach Carmill Lester.

Blue Grass Industries Softball Ends; Carlisle Wins With 9-2 Season Record
 The final score was 22-4 giving Carlisle the championship. End of the season statistics show that Beeny Dotson coached Mt. Sterling to a 2-8 record, tying for third with Tommy Hardin and Junior Terrell's Cynthia girls' 2-8 record, Carmill Lester guided Carlisle to an 8-2 record which tied them for first place with Ed Earlywine's Paris girls also holding an 8-2 record.
 On Aug. 6 a game between Paris and Carlisle was to be played to determine the season record. Paris was forced to forfeit due to lack of players, so Carlisle ended up the number one team with a 9-2 record. Paris ended its season with an 8-3 record.

Saltwell — — — Mrs. Fred Hollar
 The following enjoyed a cook-out at the home of Mrs. Phyllis McDonald on Saturday night. Mr. and Mrs. June Barlow and daughter Margaret of Nancy, Ky. Rev. and Mrs. John Withers and sons of Cleveland, Oh; Miss Frances Barlow of Carlisle; Elaine Withrow

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ERMANS
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5-Qt. Plastic Paint Bucket Sale 35¢
 Unico 4" Nylon Paint Brush Sale \$2.50
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Southern States Carlisle Co-operative
 Carlisle, Ky. Phone 289-2161



Wins Trophy
 AT RIGHT IS W.S. MC KINNEY III presenting trophy to the champions, from left, Glenda Gilvin, Roberta Howard, Helen McVey, Eva Evans, Charlotte Tinsler, Shirley Lyons (holding trophy), Ruth Merrill, Linda Fryman, Faye Buzzard, Rena Fogle (nearly hidden), Cathy Ford, Hertha Wagner.

Sunnyside
 By Bessie Jackson
 Mrs. Suele Bromagen and her brother Arthur Minton had as their Sunday guests her children and grandchildren. Mrs. John Withers and son Joe, and Mrs. and Mrs. Edgar Dee Buckley and daughter were Sunday afternoon guests of their aunt, Mrs. Sterling Jackson and Mr. and Mrs. Sterling Jackson on Sunday night.

Mrs. and Mrs. Ralph Marks and family of Mt. Sterling and Mrs. Ruby Smart were Sunday afternoon and supper guests of Mrs. Smart's daughter, Mrs. Lettie Heiphaemette and children. Scott V. Landingham was a couple-of-hours guest of Mr. and Mrs. Sterling Jackson on Sunday night.

Mr. and Mrs. Sterling Jackson were callers Saturday night of Mrs. and Mrs. Phyllis Shields and son. Mrs. Sterling Jackson was Sunday morning guest of her grandmothers, Mrs. Edna Anderson and children were Sunday afternoon guests of Mrs. Simpson's parents, Mr. and Mrs. George Ledford.

Kathy Price of Carlisle spent a couple of days last week with children and Mrs. Vaughn Mattox and Mr. and Mrs. Bill Campbell of Carlisle were in Frankfort Saturday to attend the wedding of Miss Theresa Campbell and David Weatherly of Frankfort.

Timmy Goss of Headquarters spent Friday and Saturday with Mr. and Mrs. Freddie Gannon. Sgt. Terry L. Ritchie, who has served with the Air Force the past four years, received his discharge July 27 and is with his parents, Mr. and Mrs. Randall Ritchie. He plans to enter Eastern State College at Richmond this fall.

A very large crowd attended the funeral of Bill Massey at the Hinton Turner Funeral Home, Paris, on Thursday. Mr. Massey has many friends and relatives here who regret his passing and are extending sympathy to his family.

Mrs. and Mrs. Ronnie McDonald and daughter Rhonda spent the weekend with Mr. and Mrs. Strader McDonald and Phillip, Rev. and Mrs. John Withers and sons of Cleveland, Oh and visiting Mrs. Phyllis McDonald and other relatives here.

ERMANS
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 "I AM CURIOUS" "I AM OBEDIENT"

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