

"GAY 90's SALE!"

"1890 PRICES in 1970, MA'AM!"

- TableRite
T.BONE
STEAK
1 lb. \$1.28
- TableRite
M.C.PAN
BACON
1 lb. \$1.89
- TABLETTE BONELESS
Rump Roast . . . \$1.08
- TABLETTE BONELESS
Sirloin Tip Roast . . . \$1.08
- TABLETTE
Top Round Steak . . . \$1.28
- FIGHER
Chunk Bologna . . . \$1.59

School Days Shellie or
GREEN BEANS
303 Can **10c**

Argo
SWEET PEAS
303 Can **10c**

W.K. King Brand
Saltness . . . \$1.25

W.K. King Brand
Cookies . . . \$1.40

W.K. King Brand
Cake Mixes . . . \$1.00

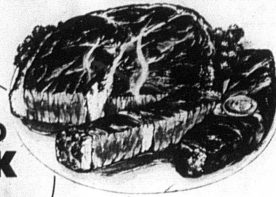
W.K. King Brand
Pouch Mixes . . . \$1.39

W.K. King Brand
Marshmallow Creme . . . \$1.39

W.K. King Brand
Roka Dressing . . . \$1.39

W.K. King Brand
Dressing . . . \$1.34

TableRite
E.S. CHICKEN
ROUND STEAK
lb. **88c**



TableRite
SIRLOIN
STEAK
lb. \$1.18

TableRite
SILVER
SMOKED
HAMS
lb. 73c

Southern Star
SLIM JIM
WIENERS
lb. 55c

MIRACLE
WHIP
SALAD
DRESSING
1 qt. **38c**

IDAHO
10-lb.
POTATOES
79c

HEINZ
Tomato
Soup
3 oz. 2c
10c

FOLGER'S
Coffee
All Grinds
2 lb. can **\$1.49**

EGG
Evap.
Milk
Full Size
10c

VELVEETA
Cheese
Spread
2 lb. **98c**

SHOWBOAT
Pork &
Beans
14 oz. can **10c**

IGA
Plain or Iodized
Salt
26-oz. Pkg. **10c**

IGA
Plain or Iodized
Salt
26-oz. Pkg. **10c**

IGA
Plain or Iodized
Salt
26-oz. Pkg. **10c**

Kay's Kitchen

By Kay Fisher

Basic Breads

The following bread recipes are the basic breads used by a typical family. Sometimes it is bread from the grocery store, a ready mix, frozen or what have you. However, in a white nearby every cook will want to try her hand at making a bread of her choice for a really want to put your best foot forward for a company dinner. You can't miss with these rolls. This recipe is one given to me by Mrs. O. H. Lambert.

Pettie Rolls

Have 1/2 lb. margarine in large bowl. Scald 1 cup milk and pour over margarine. When lukewarm, add 1 yeast cake or 1 pkg. dry yeast dissolved in 1/4 cup lukewarm water and 1 heaping tablespoon sugar; two eggs beaten with 1/2 cup sugar and 1/4 teaspoon salt. Stir in 4 cups sifted flour, grease top lightly, cover and chill overnight in refrigerator.

Dough will seem too soft but don't worry, when it is chilled and ready to make out the rolls, it will be stiff enough.

Rolls may be made any size or shape. Use muffin tins well greased. When ready to make the rolls, pull off enough dough to work into size of an English Walnut. Put two or three in each muffin cup. Keep fingers well greased. It's a bit messy until you get the hang of it, but it is worth it.

Make out as many rolls as you need, let rise for 2 or more hours in a warm place. Bake approximately 15 minutes at 350 degrees. Rolls should be served warm or more in the future.

Dough will keep 5 or 6 days in refrigerator so you may make them all out at one time, cook and freeze those not used.

This One I Call Basic Rolls

Beat 1 egg, add 1/4 cup sugar, 1/2 cup shortening. Stir until smooth. Add 1 cup hot water. When lukewarm, add 1 yeast cake or 1 pkg. dry yeast, 1/2 teaspoon salt. Add 4 to 5 cups flour. You will start working with a sturdy spoon, but end up working with your hands! When dough is smooth, grease top lightly, cover and chill overnight.

When ready to use, make into rolls, let rise in warm place several hours. Bake 20 minutes at 350 degrees.

Use a dough, one could make 2 small loaves of bread. Divide into half, knead lightly and shape into loaf and place in greased pan.

Sweet Rolls

For Sweet Rolls use above recipe. Knead all of dough lightly and roll out slightly to shape about 1/2 inch or less thick, cover with brown sugar, broken pecans, butter and cinnamon. Roll dough up long way (as for jelly roll)—use water on finger tips to seal last turn. Cut in 1 inch slices and place in greased muffin tins to rise in warm place several hours. Bake 400 degrees about 15 to 20 minutes. Remove from pan at once.

Other breads next week.

Nursing Home News

By Virginia Smith Donovan

Perhaps the day would not have been so long. The aisle would not have seemed so gray. If on my knees in humble prayer, I had begun the day. February is an important month for our first president and our sixteenth had a birthday in that month. One was from a family of wealth and the other a family of poverty.

February is a month of love, too. Let's don't forget about Valentine Day.

Although the residents of the home couldn't have visitors on account of the flu, they were remembered on these special days. Many favors and place cards were handed in at the door of the dayroom.

Mrs. Jerry Cameron's Girl Scout Troop furnished the favors for Lincoln's birthday.

Mrs. Gladys Kennedy's Tri Hi Y girls sent little boxes decorated with hearts, that were filled with hard candy.

Miss Larry Allison's Girl Scout Troop 170 made a huge heart of kleenex and sprayed it with "spray paint." This beautiful heart found its way into the main entrance of the day room. It seemed that they thought they hadn't done enough and so they made place cards for the trays of each resident.

The homemakers West made favors for Valentine Day too.

The Christian Builders Club of the Carlisle Christian Church filled nut cups with candy and nuts. The cups were decorated with bachelors for Washington's birthday.

There's not much news for this week since the residents can't have any visitors on account of the "flu bug." The nursing home staff and the doctors have done a good job keeping that "flu bug" away from the home door. However, the old folks no love to get mail and need our prayers in times like these.

Nellie Ritchey Gaunce is in our local hospital fighting the flu.

It is nice that Sylvia Garrett continues working in the kitchen, although her mother and father have recently bought the restaurant on Broadway. Just don't see how "Sylvia" has time for her school work, and time to help "filing hash" in both places. She's a good one!

Without a doubt, always possess firmness and virtue enough to maintain what I consider the most valuable of all titles, the character of an honest man.—George Washington.

MISS MCCORD

McCord-Moses Engagement Told

Mrs. and Mrs. Clarence McCord of Bryant Heights, Covington, Ky., announce the engagement of their daughter, Patricia Kaye Moses, son of Mr. and Mrs. Garnett Moses, Taylor Mill.

Miss McCord is a student at the University of Kentucky Community College; the granddaughter of Mr. and Mrs. Harvey Wagner.

Mrs. Moses is presently attending the Cincinnati Technical Institute.

No wedding date has been announced.

Miss Chloé Gifford To Retire

Miss Chloé Gifford, director of special activities, Public Relations, will retire July 1. The announcement was made by the UK Board of Trustees.

Miss Gifford joined the UK staff in 1945 and was in charge of club and community service activities in University Extension. She joined the public relations staff last year. She also directed the State Speech Festival for many years.

A native of Mt. Olive, Miss Gifford was awarded the bachelor of laws, bachelor of arts and master of arts degrees at the University of Kentucky for many years.

She is a past president of the National Federation of Women's Clubs, Inc., and has traveled extensively throughout the world visiting various branches of the organization.

Miss Gifford also was president of the General Federation of Women's Clubs, Lexington branch, and of the Kentucky division of the American Association of University Women and the Women's Club of Central Kentucky.

She is a member of the board of directors of the American Society for the Control of Cancer and the Committee for a new State Constitution.

In 1965, she received the first distinguished volunteer service award from the American Heart Association, conferred by Mrs. Lyndon Johnson at the White House, Feb. 16, 1965. She has been a member of the national board of directors of the association.

Miss Gifford was appointed by Gov. Edward T. Breathitt as chair of the Commission on the Status of Women for Kentucky, in November, 1964.

The Women's Auxiliary to the Kentucky Medical Association presented its Community Service Award to Miss Gifford last year, for her "active interest and devotion to the state."

Logias Chapter No. 41 R.A.M. announces a call meeting Saturday, Feb. 28, at 7:30 p.m.

All chapter members are urged to attend.

Degree work and refreshments.

Allied Health Conf. Slated

A conference/workshop on Allied Health Manpower in Northeast Kentucky will be held April 1 and 2 at the Holiday Inn in Morehead.

The conference/workshop, open to anyone interested in the development and/or utilization of allied health professionals, is designed to discuss allied health needs and resources available in Northeast Kentucky, evaluate them, and encourage their utilization.

Special guest speaker will be Robert Howard, M.D., Director of Duke University School of Medicine Program. Other notable speakers include Nelson Green, Ph.D., Dean of the School of Applied Health; Jack Hatfield, Director of Health Occupations, Kentucky State Department of Education; and Charles W. Patton, Ph.D., Chairman of the State Comprehensive Health Planning Commission.

The conference is supported by the Ohio Valley Regional Medical Program and is co-sponsored by Morehead State University and the St. Claire Medical Center and the Gateway Comprehensive Health Planning Council.

For further information contact: F. Douglas Southfield, M.D., Director of Continuing Professional Education, St. Claire Medical Center, Morehead, Ky. 40351.

Adult Ed. Class To Begin Mar. 2

An adult education class, sponsored by the Nicholas County High School, will begin on Monday evening March 2, at 7:00 p.m.

The class is to be taught by Mrs. Eugene Neal. The class meetings will be held at her home on Chestnut Street. The study is to be on "The Making of a Difference."

The following are each of the 6 lesson topics:

What is Your Storage I.Q.? Clones that Click; Storage Space in the Kitchen; Storage for Laundry and Cleaning Equipment; Space Making a Difference in Living Areas; Find a Place for Odds and Ends.

Everyone is welcome to attend. Those wishing more information may call 289-2383.

Band Boosters To Meet Mar. 2

The Nicholas County Band Boosters will meet Monday, March 2, at 7:30 p.m. in the band room.

We urge all members to be present.

4-H Meets

By Selma Watkins

The meeting of the Go Getters Club, Carlisle Junior High School was called to order, Feb. 19, by Mrs. M. A. Campbell. The minutes of the last meeting were read by her secretary, Betty Hunter.

The American pig was led by Wayne Martin. Miss Sara Swanson, our leader, made some announcements, on speech and demonstrations.

The vice-president, Carl Hunt, led the program on Speeches. Parties were read by Paula Vico, Debbie House, Cindy Willis, Diane Fryman, Georgia Fisher, Patty Doyle, Sharon, Priddy, and Shirley Williams.

Our song leader, Patry Doyle led us in some songs. Hugh Wilton, game leader, led the band number. Then the meeting was adjourned.

Personals

Mr. and Mrs. Willard Toldt entertained with a birthday dinner, Saturday, at their residence, Tracy Warren.

Those present were Mr. and Mrs. Joe Reid, Mr. and Mrs. William Toldt and family, Kim, Michael and Jackie Wollis.

Harry Vice, Williamsburg, Ohio, spent a week recently with his brother, T.H. Vice and family while Mr. Vice was ill with the flu.

Mr. and Mrs. Roy Thompson of 2304 Wooding avenue, Morehead, Sunday for Mrs. Barnett's parents, Mr. and Mrs. J. W. Johnson, Abmaul, Ala. Also present were Mr. and Mrs. Henry Harpoot, Mrs. Jean White and Margie and Mr. and Mrs. Douglas White.

Mr. and Mrs. Rayford Bruce were in Owen County Sunday to visit Mrs. Bruce's sister, Mrs. Roy Morgan and Mrs. Myrtle Kelley.

Mrs. T.H. Vice and Tommy were in Morrow, Ohio Tuesday to attend the funeral of David Harwick, who passed away Saturday in a Cincinnati hospital. The Harwick family were former Nicholas County residents.

Mrs. and Mrs. Marlon Davis visited their son, Roy Davis, Mrs. Davis and Sharon in Georgetown, Sunday.

Mr. and Mrs. Steve Ockerman of Lexington had as guests Sunday, Mr. and Mrs. Herb Allison and Kathy, and Mr. and Mrs. Imit Gorman and Jimmie.

Mr. and Mrs. John Deary spent last Friday with Mr. and Mrs. Joe Ockerman of Route 2, Irving.

Woody Fryman and family of Fleming County left last week for Clearwater, Fla., where Mr. Fryman started spring training with the Phillies Saturday.

Jack Wayne Johnson, a recent guest of Mrs. Harry Wallingford of Elizaville.

Mrs. F.D. Garrett underwent surgery last Wednesday at the Georgetown Hospital.

Mrs. Tommie Vice and Tommy attended the funeral of Cliff Burris at the Price Funeral Home, Elizaville, Friday.

Ernest Ritt is a patient at the Good Samaritan Hospital where he has been recovering recently.

Mrs. Eddie (Marjory) Price returned home Monday from the University Hospital, Lexington, where she submitted to major surgery.

Miss Joe Story of Cincinnati was in town Wednesday for Mrs. and Mrs. Donald Story, Sunday.

Mrs. and Mrs. Harold Hamm of Firebaugh, Calif., have returned to their home, after having been called here by the death of Clarence Burditt.

Mrs. and Mrs. William A. Cannon have moved to 1944 Fair Oaks Drive, Lexington. Mr. Cannon has taken a position in the Circulation Department of the Lexington Herald.

Mrs. and Mrs. Pearl Cord and Everett Charles and David and Mrs. David Buswell were guests of Mr. and Mrs. Billy Duncan, Sunday.

Mrs. and Mrs. Jack Shearer and family of Louisville are visiting Mrs. Shearer's mother, Mrs. W.A. Duncan, Sunday.

Miss Clara Mae of Whitesburg has returned after visiting her sisters, Mrs. Youie Shaw and Mrs. O.R. Cannon, and other relatives and friends in Lexington.

Lula Myers Shaw of Whitesburg was in town last week with her great grand-daughter, Mr. and Mrs. Yule Grand.

Homemaker Activities

Carlisle West Homemakers

The Carlisle Homemakers West met Friday, Feb. 13, at 10:30 a.m. at the home of Mrs. James Williams with Mrs. Grimes Caywood as co-hostess. The president, Mrs. Lida Mae Wade presided.

The following program was given by Rita having the devotion by Mrs. Russell Shroat and Mrs. Cecil Scott. Minutes of last meeting were read by the secretary, Mrs. Frank Henry.

Mrs. Frank Henry and Mrs. Albert Hunter gave the lesson on "Health and Foods We Eat." Mrs. Frank Henry gave the lesson on "Issues and Concerns."

Three new members were welcomed: Mrs. Bonnie Cummins, Mrs. Mae Berry and Miss Mary Lois Campbell. Mrs. George Dale a very interesting lesson on "Foundation of the Church."

The next meeting will be held with Mrs. James Hamm in charge of the recreation.

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Moorfield Homemakers

The Moorfield Homemakers met Feb. 5, at the home of Mrs. W.J. Clark, with Mrs. Glenn Harding as co-hostess.

The devotion was given by Mrs. Joe Smart. Roll was called, accompanied with "my most cherished Valentine."

Mrs. Harvey Wilson presented us with a Choral music appreciation lesson. Mrs. James Cahn gave a very interesting lesson on "Foundation of the Church."

The next meeting will be held with Mrs. James Hamm in charge of the recreation.

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Scouts To Register March 16 For Camps

A chance to attend one of two established camps operated by the Williamsburg Area Scout Council will be given this year to Girl Scouts in Nicholas County.

Registration starts March 16, not before—and choice camp sessions fill up rapidly.

The camps are: Judy Layne, at Morgan County, in the heart of Daniel Boone National Forest, contains 165 acres. It is near Frenchburg.

Cardinal, located in the hills near Franks and Sharon in Georgetown, Sunday.

Established camps in Girl Scout terminology, refer to a camp staffed by professional leaders, with various programs ranging from canoeing and back-packing to basic Scout skills. Girls register individually.

There will be no established camping for Brownies, the beginners in Girl Scouts, but last week for Girls and parents may obtain applications from leaders if they have not already been given to the girls.

High School PTA To Meet March 3

The Nicholas County High School PTA meeting has been rescheduled for Tuesday, March 3, at 7:30 p.m. in the high school library.

Dr. O.L. Hainsworth of the College of Education, University of Kentucky, will be the speaker. His subject will be: Innovations in Education. His talk will include the demonstration of new audio-visual aids to Education, and information concerning Educational TV.

The Founders Day silver tea will follow the program.

Super Huger

If you're an ordinary sportster, we'd have introduced it the ordinary time. Instead, we took the time to build a whole new Camaro.

We started with a sleek new shape and a low road-hugging stance.

And added more hood. A faster fastback. Wilder doors. And new deeply contoured bucket seats.

The instrument panel wraps around you. With enough dash to make you think you're piloting a T-17.

There are four transmissions. And six power plants up to the Turbo-Jet 296 V8 that you can order.

Pick the one that best suits your driving. Then go pick on an open road.

And make it one with plenty of twisting turns. Because Camaro has a remarkable new suspension.

And standard front disc brakes for a heel-like grip on the road.

New Camaro. The Super Huger.

Other sportsters always feared it might come to this.

And they were right. Only its timing was wrong.

Putting you first, keeps us first.

See it. At your Chevrolet Sports Dept.

ARMY SPECIALIST 40 Stephen L. Hickerson, 20, son of Mrs. Ethel Hickerson, Irving, was assigned as a rigger with the 5th Special Forces Group (Airborne), 1st Special Forces Detachment, Vietnam, Jan. 31.



South Central Bell
Dial a lovin' phone call when the rates are low... every night and all weekend long.

New Camaro. Feb. 26th.

We've never announced a car at this time before. But then nobody's ever announced a car like this before.



IGA Coatney's FOODLINER

CARLISLE, KY.