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Cut-up Fryers lb. 33¢ | Fryer Breasts lb. 67¢ | Legs & Thighs lb. 57¢

TableRite U.S.D.A. Grade "A" Country Skillet Whole Fryers lb. 27¢

Vine Ripe Cantaloupes 3 for $1

Vine Ripe Salad Tomatoes . . . . 19¢

Sunkist Lemons . . . Doz. 49¢

Fresh Green Onions Bunch 10¢

Table-Rite Lunch Meats Bologna, Salami or Chunk 12-oz. pkg. . . . 1-lb. Pkg. 79¢

Table-Rite All Meat Wieners . . . . . 1-lb. Pkg. 69¢

Shed Peanut Butter . . . 18-oz. Jar 49¢

Mrs. Filbert's Margarine Soft Tub 1-lb. Pkg. Preserves . . . 35¢

Sunshine Cheez-Its . . . . 10-oz. Pkg.

IGA Crisp 'n Good Potato Chips . . . Reg. or Ripple 8-oz. Pkg. 39¢

Mrs. Filbert's Margarine Soft Tub 1-lb. Pkg. Grape Jam . . . 29¢

Miracle Whip Salad Dressing 48-oz. Jar 59¢

IGA Crisp n' Good Saltines 1-lb. Box 19¢

Pastry Prize Flour . . . . . 25-lb. Bag $1.79

IGA Crisp 'n Good Crackers . . . . . 1-lb. Pkg. 29¢

Nestle Choc. Quik . . . . . 1-lb. Can 79¢

IGA Pink or White Liquid Detergent . . . 22-oz. Bottle 39¢

IGA Frozen Cream Pies 14-oz. Pkg. 25¢ Choice of Flavors

Minute Maid Orange Juice . . . 12-oz. Can 59¢

Twin Lee Pound Cake . . . 10-oz. Pkg. 79¢

IGA Reg. or Scalloped French Fries . . . 1-lb. Pkg. 25¢

TableTreat Sandwich Bread 20-oz. Loaf 29¢

TableTreat Hamburger Buns Pkg. of 8 2/49¢

TableTreat Hot Dog Buns Pkg. of 8 2/49¢

TableTreat Layer Cake . . . Flavor 18-oz. Cake 59¢

Your Choice! Stokely Green or Shellie Beans - Honey Pod Peas - Applesauce - Fruit Cocktail - White Cream, Golden Cream, or Whole Kernel Corn 303 Can 19¢

Stokely Golden Cling Peaches Halves or Sliced 2½ Can 19¢

Van Camp's Pork 'n' Beans No. 2 Can 15¢

Ken-L Ration Butter Cereal 12-oz. Pkg. 49¢

Ken-L Ration Dog Food Meat or Liver 15-oz. Can 15¢

Ken-L Ration Dog Stew 15-oz. Can 18¢

Ken-L Ration Burger 30-oz. Pkg. 89¢

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Instant Coffee MAXWELL HOUSE 10oz. $1.58

Coffee MAXWELL HOUSE (all grinds) 3 lbs. $2.49

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Preserves SMUCKERS SEEDLESS 12 oz. blackberry, red raspberry 39¢

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IGA Coatney's FOODLINER CARLISLE, KY.

IGA CLIP-A-COUPON Cheerios Cereal 10-oz. Pkg. 33¢ with coupon price without coupon 43¢ 10¢ Only 1 Coupon Per Unit Purchased Good At IGA Only Thru Aug. 5 IGA

IGA CLIP-A-COUPON Wheaties Cereal 18-oz. Pkg. 42¢ with coupon price without coupon 52¢ 10¢ Only 1 Coupon Per Unit Purchased Good At IGA Only Thru Aug. 5 IGA

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FEATURE OF THE WEEK! Thermo-Temp Insulated 10 oz. CUP only 19¢ ea. with every $3 purchase NO COUPONS! NO LIMIT!

ACCESSORY FEATURE OF THE WEEK! THIS COUPON WORTH $1.00 toward the purchase of Thermo-Temp Insulated Pitcher Reg. retail . . . . . $4.49 With coupon . . . . . $3.49 Coupon Good Thru July 29-Aug. 5 Pour-Through saver VALUABLE COUPON

Lawn Settees (reg. $13.50) NOW $9.95

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Kay's Kitchen

By Kay Fisher

HOW TO USE LEFT-OVERS

You may cook for a family of two, four, six or any number, but some where along the line you must cope with "left-overs." And with food prices as they are, no one can afford to waste good food.

First, I dislike the word "left-overs" and you don't have to be a psychology major to know that to even mention the word, your family will not like what you serve. So let me suggest you imagine yourself a gourmet expert, keep on hand plenty of herbs, cheese, wine and those condiments you look over but rarely use and see what you can concoct.

It isn't possible for me to give you a definite recipe because only you know what is lurking in your refrigerator. However here are some suggestions. For left over chicken or beef, try cutting it into small pieces. Set aside. Cook several pieces of bacon until crisp. Drain off most of the fat and cook a bit of onion and green pepper for about 5 minutes. Combine all with cooked noodles or spaghetti and pour into buttered casserole. Make a well seasoned cream sauce, pour over noodles or spaghetti mixture and top with grated cheese.

Remember that the noodles or spaghetti is the extender so don't cook too much or you will be wondering what to do with the left-over left-overs! The important thing is to season the sauce well. Basil, Oregano and Marjoram are the herbs that go well with fowl or beef. A table-spoon or two of sherry adds a nice nutty flavor. Chopped parsley or parsley flakes are always good as is pimento and if you add color. Try adding canned water chestnuts sliced very thin to give your casserole an extra lift.

Combining vegetables that are compatable and adding cream sauce will make a tasty vegetable dish. Peas, carrots, lima beans and corn combine well. Fresh cooked green onions added to any of these vegetables is good. Left over corn on the cob can be used by cutting corn off the cob and frying with sliced boiled potatoes.

When buying cabbage try to select a head large enough to use several ways: cole slaw, scalloped and some plain boiled cabbage.

A head of cauliflower can also be divided before cooking. Use part for salad, cutting flowerets from stalk and dipping into French dressing. Cooked cauliflower is good served with a cheese sauce.

Asparagus is good cold used in a salad with sliced tomatoes. Especially good with oil and vinegar dressing.

Brocolli, brussell sprouts, cabbage and cauliflower do not re-heat well. So try to cook only what you feel you will use at one time.

Cakes that are no longer fresh and moist can be a new taste treat by slicing thin and putting whipped cream between each slice. Then "ice" with remaining whipped cream. Refrigerate several hours. This is also good if you need to stretch cake when unexpected guests arrive. A commerical topping will do in an emergency but for best results do use whipping cream.

Another good idea is to drizzle sherry or brandy over slices of cake and top with whipped cream. This is especially good with loaf cakes and fruit and nut cakes.

Nursing Home News

By Virginia Smith Donovan

If all the gold in the world were melted down into a solid cube, it would be about the size of an eight room house. If a man got possession of all the gold he could not buy a friend, character, peace of mind, clear conscience, or sense of beauty.--Charles Browning

Harvey Ellison said he started to school in 1890 when he was six years old. His mother had just died and left three small children and his cousin cared for them. Mr. Harvey said the schoolhouse was a big log building known as the Mosby School, located in Lewis County. There were about 60 children who attended. Many of them were larger and older than the teacher, Miss Kate Deatley, who was a blue-eyed blond, Many of the children didn't wear shoes and walked several miles to get to the school. There were several creeks to cross which they waded. The water helped to get their feet warm. Mr. Harvey said they only had three months of school.

The mouse that hath but one hole is quickly taken.

Mrs. Ellen Kenny was 90 years old on July 16. She received a beautiful mixed bouquet from Blanch and Stanley Kenny, about 25 cards, and Amelia Garbin, Pensocola, FL, sent Mrs. Kenny a nice money gift.

John Smitson had a birthday July 16. He received some cards and someone sent him a dollar. He doesn't remember who, and said he didn't know his exact age for his birth record had been lost.

It will be nice to see "Tiny" Earlywine back on the floor doing "her thing." "Tiny" didn't have quite enough strength to put through the wringer, so she ran her finger through and she has been off from work for three weeks.

One touch of nature makes the whole world kin.--Sheakspeare

Thelma and Roscoe Morris had a vacation, during which they visited their son, Stanley and family of Harrison County. One day they went up to Lexington to see Rev. W.B. Fryman and wife. Thelma said Mrs. Fryman cared for Willie's father, Tom Fryman, about five years.

Helen and Clay Myers went camping at Carter Caves over the weekend.

Paul Crouch of Bourbon County made his weekly visit to see his mother, Mrs. Nannie Crouch.

The greatest of faults I should say, is to be conscious of none.--Caryle

Mrs. Ruben Cleaver has left the home and gone to join her husband at their Walnut Grove home.

John Barrett said he and Sheila married 33 years ago. He said it had really been a hard 33 years. When Sheila was asked how she felt about it, she said it hadn't been hard all the

Continued On Page 6

MISS STAMPER

Stamper-Stone Betrothal Told

Mr. and Mrs. Charles C. Stamper of Mt. Sterling, announce the engagement of their daughter, Beverly Ann, to Cleve Allen Stone, son of Mr. and Mrs. Joe Allen Stone of Carlisle.

Miss Stamper is a graduate of Mt. Sterling High School and attended Fugazzi Business College in Lexington. She is presently employed by Campbell's Photographic Studio in Mt. Sterling.

Mr. Stone is a graduate of Nicholas County High School and is now attending the Mayaville Branch of the University of Kentucky where he will graduate in December.

A winter wedding is planned.

Births

SAPP

Mr. and Mrs. James W. Sapp have chosen the name James Kenneth for their son born Thursday, July 23, 1970, at the Nicholas County Hospital. He weighed seven pounds, eight and one half ounces.

MC KEE

Mr. and Mrs. William Harold McKee, Mt. Oliver, have chosen the name Harold Lee for their son born Friday, July 24, 1970 at the Nicholas County Hospital. He weighed seven pounds, 14 ounces.

CRAWFORD

Mr. and Mrs. Allen Lane Crawford have chosen the name John Allen for their son born Sunday, July 19, 1970, at the Nicholas County Hospital. He weighed seven pounds, 10 ounces.

METCALFE

Mr. and Mrs. Charles Thomas Metcalfe have chosen the name Neal Thomas for their son born Sunday, July 26, at the Nicholas County Hospital, He weighed seven pounds, 10 ounces.

Maternal grandparents are Mr. and Mrs. B.K. Cable, Maysville. Paternal grandparents are Mr. and Mrs. Joe Metcalfe, Orlando, FL.

MISS LAMB

Aug. 22 Date Set For Lamb-Stone Vows

Mr. and Mrs. George D. Lamb of Danville announce the engagement and forthcoming marriage of their daughter, Nancy Ann Lamb, to Kent Mann, son of Mr. and Mrs. Clay Mann of Carlisle.

Miss Lamb and Mr. Mann are both seniors at Eastern Kentucky University.

The wedding will be Saturday, Aug. 22, at 7:30 p.m. at the Lexington Avenue Baptist Church in Danville.

Mr. Mann is the grandson of Mr. and Mrs. Victor Day of Carlisle.

All friends and relatives are invited to attend.

On Dean's List

Thirty-nine University of Kentucky students from 11 counties in the Bluegrass area of the Commonwealth have been named to deans' lists in four UK colleges for the 1970 spring semester.

To be honored by their deans, students must attain a high academic standing in classwork carried during the semester.

The students are: NICHOLAS: Elizabeth Ann Clay, senior, College of Home Economics, daughter of Mr. and Mrs. Glenn W. Clay, Carlisle; Lois Annette Carpenter, fifth year student, College of Pharmacy, 456 Locust, Carlisle, and James H. Hays III, senior, College of Engineering, son of Mr. and Mrs. James H. Hays Jr., Carlisle, Route 1.

MSU Receives $365,000 Grant

Morehead State University has received a $365,000 grant from the U.S. Office of Education for the Appalachian Regional Commission Adult Basic Education Demonstration Center.

This year's grant marks the fourth year the AABEDC, a "Special Project" under the Adult Education Act of 1966, has been in operation at Morehead State University.

The Appalachian Center, one of 21 similar projects throughout the country, has as its purpose the improvement of the quality of Adult Basic Education in the Appalachian region.

The Center is operating 14 experimental modules in 11 Appalachian states. Each of the modules test or demonstrate certain components of the Adult Basic Education program. The project in Mississippi is testing the usefulness of a specially written newspaper for adults with low reading levels. In Kentucky, reading instruction is linked to driver education. The Ohio project is experimenting with home instruction and in Alabama, television lessons are being produced especially for adult students.

The AABEDC is also running a Teacher-Trainer Workshop in Adult Reading and administering several research studies, including one on Appalachian dialects. The Center will also administer a master's degree program in adult education to begin at Morehead during the fall term.

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---Personals---

Mr. and Mrs. Ambrose Stump of Princeton, WV, were weekend guests of Mr. and Mrs. Albert Henry and other friends. Mr. Stump is a former minister of the First Christian Church of Carlisle.

Mrs. Olive Hostetler Webb of Wilmington, OH, Mrs. Betty Ann Boring of Dayton, OH, Miss Diane Bishop of Lexington, and David Odor of Florence were visitors of Mr. and Mrs. R.T. Brayfield last weekend. All four are former pupils of Mrs. Brayfield.

Mr. and Mrs. Kenneth J. Booth of Kenneaw, GA, are visiting with his mother, Mrs. Albert Booth. Chris and Dinah Booth are going to spend three weeks with their grandmother and return home by bus. Kenneth and Shawn have been visiting since July 2 and will return home with their parents.

Dr. and Mrs. Allen Hamm and Cindy spent several days last week at Kentucky Dam Village State Park. Dr. Hamm attended a medical convention there.

Mrs. Chad Whitaker, Moorefield, submitted to surgery Monday at St. Joseph's Hospital, Lexington. Her condition is good.

Bette Steele and Patty Perry Brakzie of Cleveland, OH, were house guests last week of Mr. and Mrs. J.W. Clay of Hickory Ridge Road.

Mrs. Ernest Sharp entered the Bourbon County Hospital on Sunday.

Mr. and Mrs. Swango Moore spent Saturday night with Mr. and Mrs. Bobby Moore at Cynthiana.

Mrs. Proctor Wood, Millersburg, reviewed "The Kennedy Women," by Pearl S. Buck at the meeting of the Millersburg Book Club.

Mrs. Harold Letton returned home last week from a world-wide tour with her mother, Mrs. Fred Henderson of St. Joseph, MO.

Virgil Collingworth of Lexington visited Mrs. W.S. Atkinson and Alma on Saturday afternoon.

Mrs. Jimmy Conrad and Mrs. Angus Jacobs accompanied John Darwin Jacobs to his home in Lexington after spending the week with his grandparents.

Mr. and Mrs. Allen McClure had as their guests recently his father, James Cuffley, and his sister, Mrs. John Pearce, Mr. Pearce, and their four children of Baltimore, MD.

Mr. and Mrs. James A. Ockerman and daughter have returned to their home in Canoga Park, CA, after a two week visit with his parents, Mr. and Mrs. Jesse Ockerman of Fleming County and sister, Mrs. Timothy Whaley and Mr. Whaley of Stilesville, IN.

Stephen K. Atkinson and daughter, Somerset, Mrs. Judy Campbell and son, Lexington, and Larry, Cherryl and Bill Atkinson, Falmouth spent Friday afternoon with their grandmother, Mrs. W.S. Atkinson.

Mr. and Mrs. Swango Moore, Mr. and Mrs. Bobby Moore, and Miss Mary Hazel Moore were Sunday guests of Mr. and Mrs. Raymond Scheffler and daughter in Covington.

Mrs. Thelma Lynam recently had as weekend guests Mr. and Mrs. Bruce Gardner, Corydon. Sunday guests were Mr. and Mrs. Lloyd Ratliff, Mr. and Mrs. William Pugh and Sherill, Mr. and Mrs. John D. Wallace and Shana, Lexington; Mr. and Mrs. Donald R. Lynam and Donnie, Cincinnati, OH; Mr. and Mrs. W.B. Bramblett, Mr. and Mrs. Frank Lynam, Mr. and Mrs. John A. Wallace and Carol, Carlisle.

Mr. and Mrs. J. Angus Jacobs entertained the following guests Sunday, July 19. Mr. and Mrs. Harold Hunter, Mrs. Ada Mrs. and Mrs. Bobby Ehorn and daughter Tracey of Lancaster, OH; Mr. and Mrs. Wilbert Denton, Mary Short, Kirk and Kelley Flora of Flemingsburg; Mr. and Mrs. W.T. Shields of Mt. Sterling; John Darwin Jacobs of Lexington and Mr. and Mrs. Jimmy Conrad of Carlisle.

Bill Gaunce left Monday by plane for Washington D.C. for a visit with his cousin, Mrs. William Neikirk, Mr. Neikirk and sons Greg and John.

Mr. and Mrs. Clay Hunt and sons spent the weekend in Weston, WV visiting Mrs. Hunt's aunt and uncle, Mr. and Mrs. William Hiatt, whom she had not seen for 38 years.

Mr. and Mrs. Raymond Kennedy, daughter Mrs. Herbert Blakeman and granddaughter Penni Blakeman all of Lexington spent the month of July in North Ireland visiting Mrs. Kennedy's mother, Mrs. James Pennie of Ballymena and other relatives and friends. While there they visited many points of interest and watched the Organeman's Parade on July 12. Mr. Kennedy is a native of Nicholas County and son of Mrs. M.T. Kennedy of Dog Walk Road. He was stationed in North Ireland during World War II.

Mrs. Alton Craig, Mt. Olivet, burg, reviewed "The Kennedy Women," by Pearl S. Buck at the meeting of the Millersburg Book Club.

Mr. and Mrs. Howard Irvin attended the golden wedding anniversary of Mr. and Mrs. Reynolds Stewart of Wilmore on July 26.

Reunion

The Moorefield School reunion will be held Sunday, Aug. 2, at 2:30 at the Moorefield School Cafeteria.

Two Local 4 Hers To Attend Meeting At Lake Cumberland

Miss Martha Cohorn, daughter of Mr. and Mrs. Carl Cohorn of the Saltwell community, and Eddie Ellington, son of Mr. and Mrs. Hanlas County at the Kentucky 4-H Ambassadors meeting to be held at Lake Cumberland 4-H Center, Aug. 4-6.

In Service

Marine Lance Corporal James A Letcher, husband of the former Miss Judy A. Mitchell, Moorefield, Route 1, was promoted to his present rank while serving at Marine Corp Base, Camp Lejeune, N.C.

Through termites frequently are called "white ants," the ant is no relation and actually is the termites' enemy, the National Geographic Society says. The species of termites are distant cousins of roaches.

NOTICE

Pollination Time! Pollination Time!

Students (Ages 14-18) and adult workers will be needed to pollinate tobacco beginning approximately August 6.

All interested persons from Nicholas and adjoining counties may come to Clay's Seed Office on East Main to apply for work on Friday, July 31 from 2:00 p.m. to 4:00 p.m. and also from 7:00 p.m. to 9:00 p.m.

Persons already contacted by letter will not need to re-apply.

William A. Wilson

Clay's Seed, Inc.

MISS KING

Miss Vicki King To Wed Mr. Ring

Mr. and Mrs. Maurice King of Carlisle announce the engagement of their daughter, Vicki Lynn, to Eugene Ring, son of Mr. and Mrs. Howard Ring of Moorefield.

Miss King is a graduate of Nicholas County High School.

Mr. Ring attended Nicholas County High School and is now employed with Davis H. Elliott Company.

The wedding will take place in September.

MISS TINCHER

Tincher-Hall Vows To Be Spoken Aug. 8

Mrs. Ruth Tincher of Millersburg announces the engagement of her daughter, Miss Wanda Tincher, to Ray A. Hall, son of Mr. and Mrs. Ray C. Hall of Paris.

The wedding will be an event of Saturday, Aug. 8, 1970, at 7 p.m. at the Herrington Methodist Church on the Jackstown Road.

All relatives and friends are invited to attend.

Cubs Win Little League Tourney; All Star Team Named By Coaches

By Mrs. Ronnie Letcher

The Cubs defeated the Flyers Monday night July 27, to capture the crown of the Little League Tournament. The score was 7-0. Gary Gray won the winning pitching and Ricky Hicks the losing pitcher.

The Little League coaches have selected the following players for the Carlisle All Stars this year: Ricky Hicks, Allen Dale, Joe McCarty, Gary Gray, Marshall Fry-

Miss Trapp Honored With Bridal Showers

Miss Carolyn Trapp, bride elect of Teddy Dotson, was entertained with a surprise miscellaneous bridal shower on July 17. The shower was held at the home of Mrs. O.J. Camack and given by Jean Pinehard and Roxie Camack. Those attending were members of the family.

Miss Trapp was also given a miscellaneous shower at the home of Mrs. Sally Jones on July 24.

The wedding will be an event of Aug. 8, at 2:00 p.m. at the Carlisle Christian Church. Friends and relatives are invited.

man, Gerald Thompson, Sam Wilson, Ricky Bussell, Bill Clark, Johnny Hunt, David Snapp, Danny Minton, Darrell Linville, Len Grimes and Greg Letcher. These boys have been invited to play in the Eastll County Invitational Little League Tournament. They will play the Mt. Sterling All Stars on Aug. 3, at 8:15 p.m. in Irvine.

We wish these boys a lot of luck. The Little League players and nine adults from Nicholas County attended the Reds baseball game on Tuesday night in Cincinnati.

The Little League Picnic will be on Aug. 3, at 6:30 p.m. at the ballpark. This is for all the family and it is potluck.

Mrs. Joe Blount Hosts Bridge Club

Mrs. Joe Blount entertained with a dessert bridge at her home on Cliffway Drive on Tuesday, July 28.

Those present were Mrs. David Zachary, Mrs. Jock Conley, Mrs. Lyle Anderson, Mrs. Robert McFarland, Mrs. Ronnie Bea, Mrs. Bill Clark and Mrs. John Allison.

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