

# IGA Salute to MOM!

McCall's COOKBOOK COLLECTION THIS WEEK... **FREE!** Hawaiian Vanda Orchids



**Orange Juice** 29¢ **Sugar** 39¢ **Pork Roast** 69¢

**Country Style Ribs** 69¢ **Pork Chops** 89¢ **1/4 Pork Loin** 69¢

**DELICIOUS Louisiana Strawberries** 39¢

**QXP** Fine Quality X Lower Prices = IGA Value!

**FOLGERS Coffee** 49¢ **Hi-C Fruit Drinks** 28¢

**Stokely Beans** 29¢ **Stokely Corn** 39¢ **Honey Pod Peas** 39¢ **Tomato Catsup** 18¢ **Preserves** 29¢ **IGA Cookies** 4.51

**Soft Margarine** 29¢ **Ice Cream** 59¢

**ICE 48 ct.** 49¢ **Orange Juice** 77¢ **MARSHA WHITE SELF RISING Corn Meal** 89¢ **VO-5 Hair Spray** \$1.24

**IGA Frozen Vegetables** 25¢ **IGA Cream Pies** 49¢ **IGA Fish Steaks** 98¢

**LARGE SELECTIONS OF POTTED VEGETABLES & FLOWERS**

Tomato, Egg, Pepper, Cabbage Broccoli Plants, Sultana, Creeping Phlox, Coleus, Marigolds, Allysum, Pansies, Petunias, Begonias, Rose Moss, Ageratum

**MONEY ORDERS Any Denomination**

**IGA Coatney's FOODLINER**

CARLISLE, KY.

## Kay's Kitchen

By Key Fisher

**OATMEAL PANCAKES WITH MOLLASSES BUTTER**

Combine in a large bowl, 1 cup oatmeal, 1/2 cup wheat germ, 1 1/2 cups milk. Let stand in refrigerator 2 hours.

Mix 2 tablespoons brown sugar, 1 tablespoon lemon juice, 1 tablespoon flour mixed with 1 teaspoon baking soda, 4 eggs, separated--beat yolks until foamy. Blend into prepared batter. Whip egg whites until stiff but not dry. Mix 1/4 egg whites into the batter and fold in the rest.

Heat a large pan or griddle. Brush with oil or butter. Cook large omelette of batter onto hot surface. Cook until bubbles form on top. Turn and cook 1 minute more.

**MOLLASSES BUTTER**

Cream 6 tablespoons butter, slowly add 3 tablespoons dark molasses, beating constantly.

**SIX MIN HOME-MADE BROWN LOAVES (From A Mix)**

Slightly blend 2 packages yeast from a prepared hot roll mix with 1/2 cup water. Beat in 1 egg and 3/4 cups of shredded potato flakes and 1 1/2 teaspoons of salt; cover with a damp cloth for 45 minutes. Then add flour from the bread mix and shape into 6 small loaves. Grease 6 1/2 x 2 1/2 x 2 1/2 inch loaf pans. Use double in size. Brush with beaten egg, sprinkle with coarse salt and bake 20 minutes at 400 degrees.

**Sorghum Mollasses Cake**

1 egg  
1 cup Mollasses  
2 teaspoons ginger  
2 teaspoons cinnamon  
1 teaspoon soda  
1/2 cup boiling water  
2/4 cup sifted flour  
2/4 cup raisins  
1/2 cup sugar

Beat the egg, stir in the molasses, sugar and boiling water. Stir together the dry ingredients. Add the egg mixture, mixing only one half cup flour to mix with the raisins; stir in the raisins and the oil, bake for 35 minutes at 375 degrees.

**RICE PUDDING**

1 cup cooked rice  
2 cups milk  
1/2 cup sugar  
1 tablespoon butter  
1/2 cup boiling water  
2 eggs separated  
2 tablespoons powdered sugar nutmeg

Beat the yolks of eggs and add the sugar and milk and stir into the rice and boiling water. Pour into a buttered baking dish. Beat the whites of eggs until stiff, add powdered sugar and spread on top of the rice pudding. Sprinkle lightly with nutmeg. Bake at 325 degrees for 30 minutes.

**CABBAGE CASSEROLE**

Shred amount of cabbage needed and cook about 5 minutes in heavy covered pan with the least amount of water.

Butter a casserole and put in a layer of the cabbage. Cover with a layer of crackers coarsely crumbled. Salt and pepper and dot with butter. Continue in this manner until all the cabbage is used, ending with the crumbs and butter and salt and pepper. Cover all with milk and bake at 350 degrees until it bubbles and browns.

(This recipe is used here with this variation. Add a few broken pieces of the layers I make it. The pecans do give it a bit of flair as well as adding to the flavor--K.T.F.)

## Nursing Home News

By Virginia Smith Donovan

This day is mine...let me be kind and very thoughtful, too...until the day is done...May I make use of every chance to aid...from the breakfast of day until set of sun...let me be fair and square to those I meet...remembering that my task each day is that of doing good along life's way...this day is mine.

About the same Sunday visitors arrived in the afternoon to see Harvey Ellison, Mr. and Mrs. Claude Linville of Mt. Olivet came and they had been to the home for several weeks.

Mr. Ellison's great granddaughter, Miss Dorcas Smith and Jesse White were united in marriage April 17. The young folks are Mr. and Mrs. Hugh Woodall of Cincinnati and three children visited Mrs. Woodall's mother, Mrs. Gertrude Woodall on Sunday.

Mrs. Boone and Mrs. Price were up from Cowan on Sunday to see the Falming County folks. Sam Grey also visited relatives and friends.

Frances Street of Midway Junior College visited her mother, Mrs. Lizzie Ruffin over the weekend.

What this country needs is a good free cent nickel.

Mother: Jimmy sit down and tell me a story, Jimmy: I can't sit down. I just told Daddy a story.

Smoking is now revealed to be one of the leading causes of cancer.

Mrs. Phillip C. of Lexington visited Landon Stewart on Tuesday.

Stewart and Landon Ott of Lexington came to see their uncle, Landon Stewart, on Sunday and continued on page ten

## PRINT SHOWS THROUGH



**LYNAM PROMOTED**

Robert G. Lynam, 20, son of Mr. and Mrs. Frank Lynam, 111 North Street, Carlisle, recently was promoted to Army specialist four in Vietnam where he is assigned as an instructor in Company C, 5th Battalion, 12th Infantry, 19th Light Infantry Brigade near Long Binh.

## MAY FURNITURE SALES!



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## New Post At UK and Associate Dean Named to Fill It

A new post with statewide responsibilities has been established at the University of Kentucky and Mrs. Betty Jo Palmer has been named to fill it.

Mrs. Palmer, associate dean of the post, has been named to the position of special director of special services in University relations July 1.

Creation of the directorship and Mrs. Palmer's appointment were announced by Dr. Glenwood L. Creech, vice president of the university.

Initial assignment for Mrs. Palmer will be to plan, organize and put into operation a University speakers' bureau which will serve the entire state.

Recommended recently by the University Senate's Committee on the Role of Faculty in Public Relations, the bureau will make UK personnel available to speak on various topics to groups of all types, including but not limited to clubs, churches and schools.

Some speakers will interpret the programs and policies of the University. Others will share their special knowledge on subjects as diverse as home landscaping, drug abuse, rural zoning, weaving, business practices and child care.

Some will deliver technical or professional addresses, but others will deliver lighter or more entertaining topics.

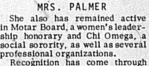
"The University, including its community colleges--has a vast store of information and talent," Dr. Creech said. "When Mrs. Palmer gets the bureau into operation this will be readily available to organizations seeking it."

"She will be working with groups across the state, and we hope they will not wait to be contacted but will get in touch with Mrs. Palmer in her office in the UK Administration Building."

The new director also will do some scheduling of speakers for student organizations and will assist other members of the University relations staff with special events, such as dedications, groundbreakings and ceremonial functions.

Mrs. Palmer is a native of Lexington and has had a lifelong association with the University. A graduate of University High School, she was a campus leader while a student at UK, since receiving her degree in 1956, she has been a staff member, becoming associate dean of the women in 1964 and associate dean of students in 1967.

In Lexington, her activities included membership in the Junior League, service on the board of Planned Parenthood, and work with youth groups and the Altar Guild of Christ Episcopal Church.



MRS. PALMER also has remained active in Motor Board, a women's leadership honorary and Chi Omega, a social sorority, as well as several professional organizations.

## GRASS ROOTS

**Kentucky Farm Bureau Federation**

this boycott by not buying table grapes."

The recent announcement by the Catholic Archdiocese of Louisville that it will support the union-promoted boycott of California table grapes came as a surprise to everyone interested in the efficient and orderly movement of food from the farm to the consumer.

The 18-member Senate of priests of the Louisville Archdiocese voted 14-3 on April 6 to support the grape boycott, and in asking the 191,229 Catholics in the Archdiocese to join them in refusing to buy table grapes unless the grapes are identified as having been "union picked."

A statement by the Louisville priests said their action is designed to back the "American bishops... support of the right of farm workers to organize unions."

The statement added: "Since the only power the grape pickers have at present is the non-violent boycott being conducted across the nation, we ask the people of the Archdiocese to lend their support to this statement by the Louisville priests and their action is designed to back the 'American bishops... support of the right of farm workers to organize unions.'"

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Eastern, Colonel Everett N. Smith, the company was formed on Nov. 1, 1969 and was incorporated in Kentucky in 1970. The company is a subsidiary of the R. J. R. Co., Inc., a subsidiary of the R. J. R. Co., Inc., a subsidiary of the R. J. R. Co., Inc.

time and fair to the consumer by protecting his right to buy or not to buy whatever he chooses.

The grape boycott is the brainchild of Cesar Chavez, leader of the United Farm Workers Organizing Committee (UFWO). Chavez initiated the boycott in 1968 after he was unsuccessful in recruiting grape workers to his union.

Chavez hopes through the boycott to pressure growers into signing contracts with his union, and thereby to compel the grape workers to join the union--something they would not do voluntarily. His effort reportedly has strong financial backing from national union groups.

The boycott, then, is nothing more than an unadulterated ploy to achieve compulsory unionism in agriculture. If the grape boycott succeeds, similar boycotts of other products can be mounted with more and more farm workers dragged into unions and more and more control over agriculture turned over to unions from national union groups.

The Louisville priests apparently acted out of a compassion toward the growers to whom they were in debt for their support of the grape boycott. They unwittingly took the side of compulsion, rather than compassion.

They would do well to turn the tables and ask the non-union growers to join him against strikes at harvest time.



An El Gift Shop

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