

Don't Buy Wrong!



Mrs. "B"...

IGA Brands are the Value Brands!

At IGA they really care, UNIT VALUE PRICING proves it! ... you save on single unit pricing at IGA!

- IGA Xtra Whip Salad Dressing 32-oz. Jar **29¢**
- IGA Fancy Apple Sauce 303 Can **15¢**
- IGA Halves or Sliced Cling Peaches 32-oz. Jar **24¢**
- IGA Ripe 'n' Ragged Apricots or Bartlett Pears 303 Can **23¢**
- IGA Fruit Cocktail 303 Can **23¢**
- All Grinds Folger's Coffee 1-lb. Can **66¢**
- IGA Hi Power Bleach 1-gal. Jug **39¢**
- Little Pizzas pepperoni 10 oz. **59¢**
- pepperao 10 oz. **69¢**
- sausage 10 oz. **69¢**
- Oreo Creme Sandwich Cookies 49¢
- 15 oz.
- Nabisco Chip Ahoy Chip Cookies 49¢
- 14½ oz.

IGA Cut Green Beans 1-lb. Ctn. **15¢**

IGA Canned Pork Roast 3-lb. Can **43¢**

IGA Sliced Bacon 1-lb. Pkg. **59¢**

IGA Tomato Soup 10½-oz. Can **9¢**

IGA Hi Power Bleach 1-gal. Jug **39¢**

IGA Facial Tissue Assorted 13¢ct. Pkg. **19¢**

IGA Little Pizzas pepperoni 10 oz. **59¢**

IGA pepperao 10 oz. **69¢**

IGA sausage 10 oz. **69¢**

IGA Oreo Creme Sandwich Cookies **49¢**

IGA 15 oz.

IGA Nabisco Chip Ahoy Chip Cookies **49¢**

IGA 14½ oz.

- IGA Cakes on White Kernal**
- Golden Corn... **29¢**
 - Green Peas... **19¢**
 - Select Tomatoes... **19¢**
 - Sweet Pickles... **48¢**
 - Dill Slices... **36¢**
- IGA Deodorant Soap** 4-oz. Box **49¢**
- IGA Produce U.S. No. 1 White Potatoes** 20-lb. Bag **89¢**
- IGA Frozen French Fries** 4 Little 39¢
- IGA 4 Little Pizzas** 49¢
- IGA Dairy Biscuits** 10-ct. Pkg. **39¢**
- IGA Bakery Assorted Flavors Ice Milk** 1/2-gal. Ctn. **48¢**

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- IGA Dairy Biscuits** 10-ct. Pkg. **39¢**
- IGA Bakery Assorted Flavors Ice Milk** 1/2-gal. Ctn. **48¢**

- IGA Canned Hams** 10-lb. **79¢**
- IGA Canned Ham** 7-lb. **79¢**
- IGA Canned Ham** 5-lb. **79¢**
- IGA Canned Ham** 3-lb. **79¢**
- IGA Canned Ham** 1-lb. **79¢**
- IGA Canned Ham** 1/2-lb. **79¢**
- IGA Canned Ham** 1/4-lb. **79¢**
- IGA Canned Ham** 1/8-lb. **79¢**
- IGA Canned Ham** 1/4-oz. **79¢**
- IGA Canned Ham** 1/8-oz. **79¢**
- IGA Canned Ham** 1/4-oz. **79¢**
- IGA Canned Ham** 1/8-oz. **79¢**

IGA Coatney's FOODLINER CARLISLE, KY.

Now Open 8 to 8

For Your Shopping Convenience

NEW STORE HOURS

8 A.M. to 8 P.M.

Mon. thru Sat.

IGA CLIP-A-COUPON

Folger's Instant Coffee 10-oz. Jar **\$1.38** price without coupon reg. price

All Grinds Folger's Coffee 1-lb. Can **66¢** price without coupon reg. price

only 1 coupon per unit purchased with \$5 or more grocery order, coupon good at IGA thru Oct. 21

Kay's Kitchen

By Kay Fisher

When you tried on last year's suit, did the waist band feel a bit tight? Or perhaps the cuffs, the sand-wiches, etc., has caused you to hesitate buying a past suit. If so, it is time to start counting the calories.

A steady diet of broiled foods and butterless vegetables can be monotonous and uninteresting. Here are three good ones and I am looking for more and will pass them on to you.

MOCK SPAGHETTI

- 1 pound ground round
- 1 cup chopped onion
- 1 8-ounce can tomato sauce
- 1 1/2 cups tomato juice
- 1 clove garlic, minced
- 1 4-ounce can mushroom stems and pieces, drained
- 1 1/2 teaspoons seasoned salt
- 1/4 teaspoon oregano
- 1 tablespoon parsley flakes
- 2 1-pound can bean sprouts, drained
- Grated parmesan cheese (optional)

Sauce beef in large skillet, breaking up as it cooks. Add onion and cook until onion is limp, add remaining ingredients except bean sprouts and cheese. Simmer, covered, until desired consistency. Serve over bean sprouts. Sprinkle with parmesan cheese, if desired. Makes 5 servings, approximately 224 calories per serving. Note: If parmesan cheese is used, add 30 calories per tablespoon. Bean sprouts (1 cup equals 20 calories), is substituted for spaghetti, cup equals 220 calories.

CHINESE CHICKEN

- 1 pound boned, raw chicken, cut in pieces
- 1 cup water
- 2 chicken bouillon cubes
- 1 cup onion slices
- 2 cups fresh sliced mushrooms
- 10-ounce package frozen peas
- 1 can water chestnuts
- 1/4 cup soy sauce
- 1 teaspoon brown sugar
- Place chicken, water and bouillon cubes in large skillet, bring to boil and simmer, covered, until chicken is tender. Add mushrooms; continue cooking for about 10 minutes. Add remaining ingredients, mixing well. Cover and cook just until peas are tender. Do not overcook. Makes 4 servings, approximately 229 calories per serving.

CALORIE-COUNTER CHOP SUEY

- 1 pound ground round
- 1 cup chopped onion
- 1 8-ounce can mushroom stems and pieces and liquid
- 1 1/2 cups water chestnuts, drained
- 1 1/2 cups bean sprouts, drained
- 1 teaspoon brown sugar
- 1 1-pound can bean sprouts, drained
- "Sauté meat in skillet, breaking up as it cooks. Add onion and onion to pan. Add remaining ingredients, mixing well. Cook, covered, until heated through. Makes 4 servings, approximately 228 calories per serving.

COLDWATER YEAST ROLLS

Cream together 1 cup lard or shortening, 3/4 cup sugar, Add and beat well 2 eggs, 1 tablespoon salt. Dissolve thorough 2 packages yeast and 1 cup cold water. Add 1 cup cold water, and 6 1/2 cups all purpose flour.

Rise double. Knead lightly, roll 1/4 inch thick, cut and dip in butter. Let rise, bake to 12 minutes at 450 degrees, Makes about 2 1/2 dozen.

This also makes delicious loaves of bread. When rolled out, spread with butter, sugar and cinnamon to make sweet rolls.

Elsie Andropson

Agree or Not

By Mrs. Rena Crawford

Mrs. Clay Fryman and daughter visited Mrs. Rosemary Kinder Sunday afternoon.

Mrs. and Mrs. Thomas George served supper Tuesday evening at Mrs. and Mrs. Tommie Collins.

Mrs. and Mrs. Bond's George and daughter, and Mrs. Jane Kelley of Indianapolis, IN visited Mr. and Mrs. Ronnie Kelley over the weekend.

Mrs. Pat Leigh is visiting her sister, Mrs. Frank Flora for a while.

Mrs. Mable Shrou, Mrs. Rena Crawford, Mrs. Rosie Hughes, Mrs. Virginia Flora and Pam Flora were in Mt. Sterling on Sunday.

If history proves anything, it's exceedingly hard to get elected governor in Kentucky unless you're a lawyer.

Washington Report

Continued from page 2

Rev. and Mrs. Tommy Fryman, Mrs. and Mrs. Everett Snapp, Miss Ethel Mattox, and Mr. and Mrs. Stanley Caswell of Paris were Sunday dinner guests of Mr. and Mrs. H.A. Gausa and family.

Mrs. Billy Woodard and children visited Mr. and Mrs. Billy Claypool and children of Buddies Mills on Saturday.

Mrs. Ethel Mattox spent Sunday with Miss Sandra Cleaver.

Frank Sparks entered Bourbon County Hospital the past week and remains a patient.

Harvey Woodley and Gary Cain spent the weekend deer hunting and visiting with Mr. and Mrs. Dickie Cain and children of St. Berhelem.

They also accompanied Mrs. Dickie Cain and children home after a week's visit with relatives here.

Mrs. Gary Holler and habes

Saltwell

Rev. and Mrs. Donald Stone visited Mr. and Mrs. Carlisle Saturday night.

Our community extends sympathy to the families of two of our elderly citizens, who passed away the past week at the Johnson-Mathers Nursing Home in Carlisle, Joe Burden and Mrs. Mattie Rabury.

Miss Ethel Mattox spent Saturday night with Mrs. Phyllis Brady, Miss Martha Kenney left by plane from Lexington on Monday afternoon for a week's visit with Mr. and Mrs. John Kenney of Orlando, FL.

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Mrs. Gary Holler and habes

By Mrs. Fred Holler

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Special Purchases Bring You Outstanding Buys in Every Department in the Store

51¢ **free** **IGA AccuColor** 23-in. Television Set

Men's Windbreakers \$5

Nylon Panty Hose 79¢

Seamless Nylon Hose 3 PRS. 88¢

Nylon Satin Panties 2 PRS. \$1

All Weather Coats 11.51

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Boys' Sport Shirts 2 FOR \$5

Boys' Sport Shirts 1.88

PERMANENT PRESS long sleeve shirts. 2 FOR \$5

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Girls' Fall Blouses 1.51

Girls' Fall Sweaters 2.99

SAMSONITE Luggage 30% OFF

Man's Sport Shirts 2 FOR \$5

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Misses' Raincoats 10.51

Misses' Fall Sweaters 5.51

Misses' Fall Slacks 4.51

Men's All Weather Coats 14.51

BankAmericard welcome here

SATISFACTION GUARANTEED

The New LYRIC Theatre

FRI & SAT 8 p.m.

SUN 2 & 8 p.m.

THE WILDEST BUNCH OF THE 70'S!!

THE CYCLE SAVAGES

ALSO

TERROR AND TORTURE RUN RAMPANT!

SCREAM

VINCENT PRICE CHRISTOPHER LEE PETER CUSHING

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION (Act of October 23, 1962; Section 4369, Title 39, United States Code) of the Carlisle Mercury, a weekly newspaper, published at 232 N. Locust Street, in Carlisle, Nicholas County, Kentucky, 40331 with headquarters and general offices at the publisher's home address.

The publisher is Warren R. Fisher, Carlisle, Ky. 40331; the managing editor is Warren R. Fisher, Carlisle, Ky. 40331; and the editor is Warren R. Fisher, Carlisle, Ky. 40331.

Known bondholders, mortgagees, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities: None.

AVERAGE NO. COPIES EACH ISSUE DURING PRECEDING 12 MONTHS

ACTUAL NUMBER OF COPIES OF SINGLE ISSUE PUBLISHED NEAREST TO FILING DATE

A. TOTAL NO. COPIES PRINTED (Net Press Run)	2082	2100
B. PAID CIRCULATION (Sales, carriers, vendors and counter sales)	718	692
C. TOTAL PAID CIRCULATION	1155	1155
D. FREE DISTRIBUTION (including a sample copy by mail, CARRIER OR OTHER MEANS)	1873	1855
E. TOTAL DISTRIBUTION (C and D)	46	46
F. OFFICE USE, LEFT-OVERS, UNACCOUNTED, spoiled after printing	1919	1900
G. TOTAL (Sum of B, C, D, E, F, and G)	163	200
H. TOTAL (Sum of D, E, F, and G)	2082	2100

I certify that the statements made by me above are correct and complete.

Warren R. Fisher, Owner