

we'll help you make it with your weekly food budget

All Meats 49¢

Chuck Steak 69¢
 Pork Roast 69¢
 Swiss Steak 89¢
 Sliced Bologna 79¢
 P & B Leaf 79¢
 Bar-B-Q Beef 89¢
 Bar-B-Q Pork 89¢

Wesson Oil 49¢

Bold Enzyme Detergent 59¢

Cling Peaches 25¢

10¢ off label

10¢ off label

Chuck Roast 49¢

Chiquita Bananas 10¢

Miracle Margarine 29¢

Vac Pak Bacon 69¢

Iceberg Lettuce 19¢

Finger Carrots 10¢

White Potatoes 59¢

Cooking Onions 39¢

Tabletite

Solid Pack Tomatoes 22¢

Herb Sauce 25¢

Tomato Ketchup 33¢

Snack Crackers 29¢

Lipton Teas Bags 59¢

Tabletite

Orange Juice 68¢

Strawberries 33¢

Coffee Beans 64¢

Fish Sticks 59¢

Kay's Kitchen

By Kay Fisher

If I would name this column I would say "Be Prepared," though I think that phrase belongs to someone else. Anyway this week my mind seems to be going around in circles so all this just may be a jumble of ideas. Things I have tried and they have "aved" my week.

Recently I was preparing tomato sandwiches for lunch and discovered I had no lettuce, poor management on my part. As you know lettuce in a sandwich serves several functions, especially in the tomato sandwich. It keeps the bread from becoming soggy, adds crispness, looks pretty and helps fill you up. Well I solved the soggy problem which is really most important and pass the trick on to you.

Spread each slice of bread generously with cream cheese, then mayonnaise and tomato. It also makes a more filling sandwich and is delicious.

If you have probably learned by this time, I don't go in much for prepared meats, instant food or what you never repeat if you could in my pantry, and I mean an old fashioned one, you would not have at your mind regarding such items. Take instant potatoes for an example, they have come to my attention several times. Everyone has counted "passes" in selecting the number of potatoes for each person. I have an extra guest are asked, and you find you have the or two. Don't panic—that is if you have the scoop out the inside into a saucpan and mash using plenty of butter, salt and milk. Now add more milk and instant potatoes to proper consistency. The generous use of potatoes. Heat oven until lightly brown. Serve with Cream and Parmesan Cheese.

Plain mashed potatoes may be stretched by adding small curd cottage cheese, cream, grated onion, salt and pepper. Place in buttered pan with milk, butter, salt and pepper. Bake about 20 to 30 minutes at 350 degrees. The amount of extra ingredients depends on how fast you need to stretch.

Let's go back to the pantry again. It is one of my favorite rooms and when we moved into our home my friends laughed at me because it was the first room, small as it is, to be cleaned, painted and even curtains for the small window.

If you don't have a pantry, take a good look at your cabinet space and you will find you need more milk and instant potatoes to proper consistency. Don't waste your space on foods your family doesn't use.

The best way to check a well stocked pantry is to go over your refrigerator. Do you have milk, eggs, butter, margarine, oil, extra to have on hand when you need it? Do you have extra to have on hand when you need it? Do you have extra to have on hand when you need it? Do you have extra to have on hand when you need it?

1040 u.s. Individual Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q) Some of my friends seem to be getting a refund every year. How do they do it? I treat her just like any other employee for tax purposes?

A) First, all returns are checked for mathematical accuracy during the processing operations. Mistakes are picked up and corrected here that result in a different tax liability and the amount of the refund is adjusted on a bill for additional tax issued. Some of these mistakes are in the taxpayer's favor while others are in the government's.

Returns are then screened by computers and rated as to the likelihood that they contain errors. These might be erroneous expenses or deductions, income not reported or mistakes in claiming exemptions.

The returns with the high net income are then examined by IRS employees.

Q) My teenage daughter is helping out on my lawn care business. Do I treat her just like any other employee for tax purposes?

A) If your daughter is under 21, you do not have to withhold social security or employment taxes from her wages. You will have to withhold federal income taxes, however, unless the month's pay rule on withholding applied in the last year.

It provides that if someone owed no tax the previous year and expects to owe no tax this year, then income tax withholding can be avoided in the current year. If your daughter has a job, she may file an exemption certificate with her employer. You can obtain the certificate, Form W-4, from your local IRS office.

Q) A taxpayer has to pay taxes on the interest he receives from a bank. Does the government pay taxes on the interest he receives from a bank?

A) Yes, however, the IRS has 45 days from the deadline for filing a tax return or the date a return is filed, if later, to issue a refund. It takes longer than that interest at the rate of 1 percent a year is added to the refund.

The interest rate the government pays on delinquent refunds is at the same rate as taxpayers are charged when they are late in paying taxes. It is a penalty in addition to interest.

Q) It is true there are new restrictions when it comes to appreciating farm buildings?

A) Yes, last year's tax reform act changed the use of accelerated depreciation methods for real property acquired after July 24, 1969. The new farm buildings, you cannot use a rate faster than 150 percent depreciable method. Previously you could use a 200 percent depreciable method. The new method is a straight line depreciation.

Accelerated depreciation methods may be used on non-farm buildings that are not new.

Vega Hatchback Coupe

This distinctive four-passenger coupe model of Chevrolet's new 1971 Vega 2300 economy car has a side combination rear window and rear deck that swings up for easy access to the rear compartment and a fold down rear seat for extra cargo room. This is one of four Vega models. Vega's individual styling will be continued for at least four years. Roomier and better handling than usual economy cars, Vega has a new, domestic-built light-weight overhead engine for improved performance of American drivers. It gives improved fuel economy and low emissions. Among "Vega's" economy cars are Vega's power-flow internal ventilation, cost-effective molded foam seats and steel side-rod beams in the doors. Vega models go on sale in Chevrolet dealerships on Thursday, September 10.

MONEY ORDERS Any Denomination

Winner of the Drag Strip Bicycle.
Doug Finch, Carlisle Ky.

Pepsi Cola

8 non-returnable bottles 85¢

Domino Pure Cane Sugar 77¢

Ice Cream 58¢

Saltines 19¢

Club Crackers 43¢

Sensing The News

At a time when the world is convulsed with strife, when capitalist nations are under assault from within, and when the United States has grave need of new sources of income abroad, it is disarming and disturbing to find the U.S. State Department discouraging rich investors in Southwest Africa and attempting to curtail the African revolutionaries on the Southwest coast.

Charles V. Yost, the old-line liberal who serves as chief U.S. delegate to the United Nations, announced the new policy at a convention marking the 10th anniversary of the organization that has proved so harmful to American and free world interests generally. Under the new State Department policy, the Export-Import Bank, a federal agency that seeks to promote exports by granting loan guarantees, will no longer provide such assistance and dominance and would serve ideally as a base for Soviet naval forces operating in the South Atlantic. Indeed, a Soviet-owned African Africa could put the USSR in position to dominate the strategic Cape route for shipping around Africa.

Southwest Africa, a vast desert territory of South Africa, is an almost empty land administered by the Republic of South Africa. South African troops were sent to the area in the mid of World War I, and the area was placed under the administration of the Imperial German government. In recent years, the area has been taken over by the League of Nations mandate of the territory in South Africa and has demanded independent status for the area. The Soviet Union has been interested in the territory for Southwest Africa, the Afro-Asian bloc and the Soviet Union in all UN debates. In an utterly absurd comment, Mr. Yost declared that the territory suffered "a unique international wrong in the unlawful perpetration of South African rule." There is no foundation of fact for such a statement.

In the first place, South African administration of the territory is a result of the fact that 30 percent of the population of the territory is of the Afro-Asian race. In view of these facts, it is tragic that the State Department has enunciated a new policy towards Southwest Africa which is tantamount to a policy of apartheid. The State Department decision is what American might have expected of the Kennedy administration in its heyday.

CHEVY'S NEW CARIS OPEN FOR BUSINESS

We call it Vega. We call it "the little car that does everything well."

Because it's all the little car that does everything well.

Everything! Everything! Vega moves well, stops well, steers well, handles well, responds well, passes well, travels well, parks well, wears well, and is priced well under what you'd expect to pay for such a talented little car.

In our highway tests, Vega has been getting gas mileage in the neighborhood of the little imports, which isn't a bad neighborhood.

Yet unlike your average little car, ours steps right out when you step on the brake.

The engine is a specially designed overhead cam four with a lightweight aluminum alloy block. It runs smooth and quietly of turnpike speeds, with power to spare.

Disc brakes are standard in the front. So you don't get stuck in the snow.

How do you look so fast? Kickback speed breaks that woods. The wheelbase is 97 inches. Total length is just under 170 inches. Wheel-to-wheel shorter than a full-size Chevrolet.

Height of the coupe is just 50 inches, nine inches lower than the leading import.

Weight: 2,190 lbs. for the sedan. Empty displacement: 140 cubic inches.

Fuel economy: about 25 mpg, with the standard engine and transmission, into highway tests.

Horsepower: 90. You can order 110 (80 and 93 hp, SAE Net).

Seating capacity: 4 adults. What if all odds up to is a lot of little cars.

Three cars and a truck. Vega turned out so well that we couldn't turn out just one.

So we're turning out four: the sporty little hatchback coupe above open and closed in the foreground; the four-door sedan on the right; the Kammback wagon on the left; and the little panel truck in the rear.

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THE SOUTHWEST DECISION: In The New Frontier Vega

It is interesting to note that Mr. Yost, in his remarks at the UN ceremony, referred to Southwest Africa as Namibia, the name used by the Afro-Asian bloc and the Soviet Union in all UN debates. In an utterly absurd comment, Mr. Yost declared that the territory suffered "a unique international wrong in the unlawful perpetration of South African rule." There is no foundation of fact for such a statement.

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Domino Pure Cane Sugar 77¢

Ice Cream 58¢

Saltines 19¢

Club Crackers 43¢

IGA GLIP-A-COUPON

Post Toasties 27¢

18-oz. pkg. price without coupon 37¢

14111— One Coupon Per Unit Purchased Good At IGA Only Thru Sept. 16

Nursing Home News

By Virginia Smith Donoran

Cheerful endurance is a spiritual blessing—a mark of Christian maturity. The Porters and Coopers were up from Mayville to the nursing home on Sunday. Lizzie Rattiff's daughter, Frances Bietz, left for the nursing home on Sunday. Lizzie Rattiff's daughter, Frances Bietz, left for the nursing home on Sunday. Lizzie Rattiff's daughter, Frances Bietz, left for the nursing home on Sunday.

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THE CARLISLE STORE
CARLISLE, KY.

Dr. W. W. Walker, M.D., is the medical director of the Carlisle Drug Co. He is a graduate of the University of Kentucky and has been practicing medicine in Carlisle, Ky., since 1945. He is a member of the American Medical Association and the Kentucky Medical Association.

Dr. Walker's office is located in the Carlisle Drug Co. building. He is available for consultations and treatments. He is also a member of the Carlisle Community Center and the Carlisle Chamber of Commerce.

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