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BRING A FRIEND!
LERMANS
SALESMANSHIP GUARANTEE

Yogurt: library paste or elixir of long life?

If Little Miss Muffett liked eating curds and whey, she'd fall off her tuffet over yogurt.

With that sort of thickening exponent, yogurt fans—in the United States already millions strong and growing—devour tons of this venerable health food yearly.

It may be a more controversial milk product than even limburger and other breathtaking cheeses.

Yogurt's detractors say it has all the taste thrills of elderly II-B dairy paste, which they think it looks like anyway. If it is healthy to eat, they argue, it is only because anything that takes it had to be good for you.

Yogurt's devotees credit it for making them what they are today, and say they delight in the slightly sour flavor, which they nevertheless frequently sweeten with sugar, honey, or fruit.

Milk and honey: In the world of yogurt-eaters, the land of milk and honey is Bulgaria.

Bulgarians believe that eating their yogurt is what makes so many of them—some scientists say the highest percentage in the world—live to be 100 years old or more.

Giras in Iran apply it externally as a facial, while others there mix it with chopped garlic and take it internally for malaria.

Advocates of yogurt have variously claimed it also preserves good looks, helps cure ulcers and indigestion and forestalls hangovers by drastically reducing the alcohol level in the blood. Others say it relieves sunburn and eases the pain out of a gassy foot.

Doctors love yogurt because it is low in calories but retains the full vitamins, protein, and mineral content of pasteurized milk.

Since milk spoils quickly, people have been making longer-lasting yogurt out of it for years by letting milk sour and fermenting it in milk from horses, sheep, goats, camels, acorns and, no butterfat, and cows. Bulgarians mix goat and water buffalo milk.

Secret Ingredient: Nobody knows how long Bulgarians have been making yogurt, but cosmologists proclaim it the best. At least two strains of wild bacteria turn it into curds, and the Bulgarians insist that one of these, *Lactococcus bulgaricus*, is found only in their country's mountains and is the secret ingredient that makes their yogurt so special, the Na-

ional Geographic Society says.

Through the centuries yogurt has been a staple—eaten as is or cooked in many dishes—of many people, including Mongolians, Armenians, Arabs, Persians and Indians. It is called "maas" in Iran and the Middle East, "labas" by the Ababs, "kumys" or "yurt" in Russia, and "matzoon" in Armenia.

Many "aficionados" turn up their noses at any yogurt not homemade, usually overnight in one of the electrically stirred and cooled machines. Americans annually eat more than 150 million eight-ounce cups of commercial yogurt reinforced by fruit.



Cooperator's meeting

From left, Lucian Robinson, chairman, Robertson County Conservation District; Penrose Egan, guest speaker; and Edgar Allen Darrell, chairman, Nicholas County Conservation District, at recent cooperator's meeting.

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GIRL'S 4 to 14 Panties.. **5 \$1.00** PRS.

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SOUTHERN DOLLAR DISCOUNT

There's a brand "NEW LOOK" to this Fall's Fashion Picture and you will find this at

"OLDHAM'S"

A "New Fall Showing" of "Dresses"... "Coats"... "Suits"... "Ensembles" and "Sportswear" makes this "The Showing" you must be sure to see.

"Special Showing of Coats"

The "Most Exciting" new line of coats is now ready for your selection. Again this Fall Oldham's is right in step with the Fashion World with attractive styles in "Suburban Coats"... "Coats"... "Jackets"... "Blouses"... "Four piece ensembles"... "Four piece ensembles"... "Coats"... "Jackets"... "Blouses"... "Four piece ensembles" select several while showing is so complete.

"Special Showing of Dresses"

Make this Fall the most fashionable season ever with your selections from the "New Showing" of hundreds of styles in new Fall Dresses, "Ensembles", "Jacket Dresses", "Pant Dresses", "Casual and Dressy Types", "Three Piece Week-Enders". Four piece ensembles select several while showing is so complete.

"Special Showing of Sportswear"

You will love the clever and different styling in Sportswear. Designed for comfort, for pleasure and for you. See the color matched tops, shirts, slacks, shorts and jackets. Sparkle your Autumn with a wardrobe of separates.

"Special Showing of Pendleton Suits"

From Pendleton Country Clothes Collection, sophisticated suits designed for to-days active, well dressed woman. Soft muted plaids and tweeds in lovely fall shades.

"Special Showing of New Fall Shoes and Bags"

To complete your Fall outfits be sure to shop Oldham's Shoe Department. The latest new styles in suedoes and leathers with matching bags. Also, a large selection of casual styles for back-to-school. The fashion item for Fall... "Boots"... "Cribble Patent, Suedes and Leathers.

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6.99 Instant Coffee

1.25 Dairy Fat

8.78 7-Up

5.99 Paper Plates

5.99 Peas or Corn

2.69 Cheese Spread

99 2% Lowfat Milk

4.99 Pepsodent

59 Kroger Coffee

59 Bally Shampoo

79 Coppertone

99 Extra Dry Arid

71 Orange Juice

2.29 Whipped Parley Cream Cheese

4.89 Miracle Margarine

1.00 Green Beans

1.00 Shellie Beans

1.00 Kroger Chertres

3.99 Lemonade

6.59 Snac-Pak Northern Towels

2.29 Fruit Drinks

1.22 Sandwich Buns

4.99 Angel Food Cake

5.00 Mel-O-Soft Bread

71 Pork & Beans

3.99 Northern Tissue

1.00 Lemonade

6.59 Snac-Pak Northern Towels

2.29 Fruit Drinks

4.99 Sandwich Buns

5.00 Angel Food Cake

5.00 Mel-O-Soft Bread

5.99 Paper Plates

5.99 Bally Shampoo

79 Coppertone

99 Extra Dry Arid

1.00 Green Beans

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5.00 Angel Food Cake

5.00 Mel-O-Soft Bread

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79 Watermelons

5.99 Canned Ham

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79 Luncheon Meats

89 Orange Juice

49 Pineapple

59 Papayas

49 Mangoes

49 Avocados

6.99 Limes

2.77 Cantaloupes

2.99 Parsley

89 Honey Deans

29 Pascal Celery

5.99 Canned Ham

5.99 Fischer's Hamlet

79 Luncheon Meats

89 Orange Juice

49 Pineapple

59 Papayas

49 Mangoes

49 Avocados

6.99 Limes

5.99 GROUND BEEF

5.99 Mixed Fryer Parts

2.99 Sliced Bacon

5.99 Smoked Ham

5.99 CUBE STEAKS

3.99 FRENCH FRIES

4.79 French Fries

7.99 Cream Cheese Dinners

4.59 Cream Cheese Dinners

3.39 Cream Cheese Dinners

4.79 Miracle Whip

4.79 Tide

7.99 French Fries

4.59 Cream Cheese Dinners

3.39 Cream Cheese Dinners

1.99 Hershey Syrup

4.79 Miracle Whip

4.79 Tide

7.99 French Fries

4.59 Cream Cheese Dinners

3.39 Cream Cheese Dinners

1.99 Hershey Syrup