

### GET YOUR \$ WORTH

BY GALLY V. ADAMS

**NATURAL COSMETICS**  
You've probably seen them displayed in your local drug store, you may be using them — the "natural" or "organic" cosmetics that are being promoted as superior to synthetic cosmetics.

Natural cosmetics contain residues of extracts of various fruits, vegetables and herbs — everything from strawberries and papaya to cucumber and thyme. The cosmetics are obtained by combining the ingredients and then processing its pulp and water. You'll find them in face creams, astringents, mousses, lotions, hair oils, foundation makeup and so on. But are they better than the cosmetics made from synthetic ingredients?

Some manufacturers of natural cosmetics claim their products are better because (1) they are made from ingredients that grow completely natural and are not, as the synthetic oils are not, absorbed into the skin while the synthetic oils are not, absorbed into the skin; (2) because the natural oils are pesticides or fertilizers; (3) because the natural oils are not, absorbed into the skin while the synthetic oils are not, absorbed into the skin; (4) because the natural oils are not, absorbed into the skin while the synthetic oils are not, absorbed into the skin.

A spokesman for the American Medical Association's Committee on Cutaneous Health and Cosmetology says there is no difference between synthetic and natural cosmetics in terms of benefits to the skin. Cosmetics may help to retain moisture or reduce loss of moisture, but they are not absorbed into the skin; the skin is, but they are not absorbed into the skin; the skin is, but they are not absorbed into the skin; the skin is, but they are not absorbed into the skin.

Also, very few, if any, natural cosmetics are made entirely from natural products. If they were, says the AMA, they would have a very short shelf life and would have to be constantly refrigerated to prevent spoiling.

Thus, almost all natural cosmetics contain varying amounts of synthetic ingredients, including preservatives.

Finally, the AMA notes that some natural cosmetics can be irritating to the skin; the natural ingredients may contain toxic substances that cause allergic reactions in some women.

In sum, the AMA feels that there are really no important differences between natural and synthetic cosmetics and that both are equally safe when used properly, warns that you should stop using any cosmetic that causes an allergic disturbance. To get your doctor's word, we suggest you buy the cosmetic that costs the least. Your skin probably won't know the difference.

**TIPS & DIETERS**  
REARER'S OFFICE  
WILL THE COOKING FAT BEING ON MY FRYING PAN AFFECT MY DIET PROGRAM?

Only men with no imagination love beautiful women.

**Kentucky selected topic**  
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extensive field research by Smithsonian specialists who toured the State seeking examples of folk traditions.

James R. Morris, director of Performing Arts at the Smithsonian Institution, said Kentucky was selected as the basis on its wealth of crafts and lore.

"But in addition," he said, "we found ongoing traditions of great interest on the historic farms of the Bluegrass and in the busy streets of Louisville."

Morris also pointed out the traditions of distilling and tobacco production, as reflected in the lives and skills of workers in those industries and Kentucky's

### FASHION 'N FABRICS

By FANNIE GLEASON

**WARNING! UP TO WINNER SPOLEARN**  
Today's woman can buy anything from seamstress to sewer. From lingerie to high-fashion suits, men's ties and accessories that either add to or subtract from her wardrobe, as well as other home furnishings.

To make her wardrobe look new, she should be looking for new types of patterns. Therefore, we thought you'd be interested in a KWIK-SEW ladies' suit and sport jacket. These are not quite as readily accessible as patterns from the Big Four. But, if you don't find KWIK-SEW patterns in your favorite store, write to Kay's Kitchen, 116 1/2 Ave. North, Minneapolis, Minn. 55401.

For this particular one, quality fabric is recommended with a nylon washmaker fabric in the lining. If using another type of lightweight lining, be sure it is light enough to be worn under the jacket.

Though the jacket is designed to be worn over a blouse, it is particularly smart with its high collar, front and back yokes and big, ruffled pockets. Not shown, but part of the pattern, is a trim-looking bod with a drawing.

After cutting the jacket and before assembling it, overcast all the raw edges by using a three-step zigzag stitch. If your machine is not equipped with a zigzag stitch, a straight line of stitching one-quarter of an inch from the edge will be quite sufficient.

The garment is assembled with a straight stitch. Use a 1/4" seam allowance and a polyester and cotton thread, which has some give to it.

Installation of the lining is the trick of the day, as the entire lining, including sleeves, is assembled and pinned to the jacket, right sides together. Sew the outer shell along front edges and hemline. Then, the jacket is turned right side out through the neck opening. A washmaker cuff with elastic is set in at the sleeve edge.

"When sewing lining for a tailored suit or coat, where the construction is more detailed than this casual coat, and you are setting the lining in by hand, it is a good trick to machine-stitch five-eighths of an inch along the edge all along the front and around the neckline. Clip the curves. Turn the edges to wrong side of the fabric, just a hair's breadth beyond the stitched line. Press along the edges.

To provide yourself with a guideline for lapping a lining to the facing of a coat, and then stitching it, run a row of machine stitches five-eighths of an inch along the inner edges of the front and back facing before attaching it to the body of the coat.

When lining the jacket of a suit, the lining is attached to the hemline. When lining a full-length coat, the hem of the coat and the lining are sewn separately.

**READER SERVICE.** When you want a fancy apron, in one or two minutes with shining tips by Conno. Write for booklet, which includes directions for making apron and many other beautiful ways with darning.

**SEWER SERVICE.** Send a long, stamped, self-addressed envelope to Fannie Gleason, c/o this newspaper.

**ILLUSTRATION:** KWIK-SEW Ladies' and Sport Jacket No. 387. (©) 1972, McNaught Syndicate, Inc.

### Kay's Kitchen

By Kay Fisher

This week nothing is going to taste as good as the traditional beans and cornbread served on New Years Day. That's New Years' motto that is supposed to bring you good luck throughout the coming year.

Here is the menu that goes over best in our household. Dried beans, (Great Northern, greens, cornmeal, and olive. For dessert I serve apple pie.

For those cooking this kind of meal for the first time, you must put the beans to soak the night before. For the average family about 1 1/2 to 2 cups dried beans covered with water three or four inches over the beans. The next morning most of the water will be absorbed by the beans. Bring to a boil; add salt to taste, 2 hot pepper pods and 2 or 3 tablespoons of bacon drippings. Summer several hours until all water is absorbed and beans are soft.

I always use a package of fresh spinach and one of large Wash greens. Put kale in large kettle and cook about 30 minutes, then add spinach. Mix with hot oil and cook until tender. Season with bacon if desired. The beans and greens may be cooked the day before and warmed just before meal time. If fresh greens are not available, a large can of kale and serve with coffee.

Apple Pie—To keep the bottom crust crisp for apple pie I bake the crust. Fill with hot apple sauce seasoned with a bit of cinnamon and nutmeg and dotted with butter. Cover with lattice top and brown in 400 degree oven.

The number of independent knives was sharply reduced in that county. The coal market, it appears now, is going to have to get a lot stronger and healthier next spring if the state's unexpected snowfall makes him late for work. Ten minutes later he had a heart attack.

Why do snow shoveling and heart attacks so often go together? It's because snow shoveling, the hardest physical work many men do all year, puts a great strain on the heart. The mere act of snow shoveling, the mere blood has heart demands. When his arteries can't supply enough the his an attack, explains Jetta Life & Beauty, nation's largest private health insurer.

In addition, the shoveler often tackles the job in frustration or anger. This releases a stimulant into his blood stream which causes his heart to work even harder.

How can such heart attacks be prevented? The simplest solution: If you are forty or over, don't shovel snow. Get someone else to do it or use a mechanical snow remover.

If you must shovel, take it easy. Should you tire, finish the job later. If you shovel a chest pain, a doctor, then lie down, cautions Aetna.

And always tackle snow shoveling in the right frame of mind. Don't let yourself become anxious or angry. You may be a few minutes late for work, but at least you'll get there.

**NOTICE**  
Reward for information leading to the return of a new post hole digger disappearing from my farm on Headquarters Road. Phone 289-2730 or contact George Gaffin.

**The Deposit Bank**  
will be closed on Monday, Jan. 1, New Years Day  
Open Tuesday, Jan. 2, as usual

**meats**  
AT HARD TO BEAT PRICES

**Chuck Roast** 3 lb. pkg. or more **\$5.99**

**Ground Beef** Lb. 69¢

**Fischers Mellwood Bacon** Lb. 89¢

**Fischers Wieners** 12 oz. pkg. 59¢

**U.S. Choice Boneless Chuck Roast** Lb. 89¢

**U.S. Choice Shoulder Roast** Lb. 89¢

**Fischers Vacuum Packed Bologna** Lb. 79¢

**Boneless Stew Beef** Lb. 99¢

**King Size Mr. Clean Cleanser** 89¢

**Handi Wipes** 10 Ct. 49¢

**Cabbage** Lb. 10¢

**Vine Ripe Tomatoes** lb. 29¢

**Carrots** lb. cello pkg. 2/29¢

**Gatorade** 3/51

**Lemon, Lime Qt.**

**Hunts Peaches** 3/51

**Scottissue** 5/89¢

**Wheaties Cereal** 39¢

**Arrow Chili** 3/51

**Dan-Dee Preserves** 18 oz. Ass't. Flavors 39¢

**Palmove Liquid** 69¢

**Just-Rite Chili** 3/51

**Pie Crust Mix** Pillsbury 11 oz. 29¢

**Kraft** 1/2 gal.

**Orange Juice** 69¢

**Sta-Flo** 22 oz.

**Spray Starch** 59¢

**Stokely Pumpkin** 4/51

**Teri Towels** jumbo roll 3/51

**Big Wally Wall Cleaner** 22 oz. \$1.29

**TIDE Giant Size** 59¢

**Top Job** 15 oz. 39¢

**Wisconsin Potatoes** Russett

**20 lb. bag** 99¢

**Pillsbury** 11 oz. 29¢

**Egg Nog** Bardens Qt. 69¢

**Lipton Tea Bags** 100 Ct. \$2.49

**Instant Coffee** 6 varieties \$1.49

**Keelber Snack Crackers** 39¢

**Pepsi, Diet Pepsi, 7-Up** 16 oz. 8 pk. with bottles 79¢

**Pot Pies** Morton 6/51

**Smuckers Blackberry Jam or Jelly** 18 oz. 69¢

**Sandwich Bags** Glad 150 Ct. 49¢

Time again to wish all a Happy New Year and thank you.

**Ishmael & Morris Cleaners**

A Blessed New Year!

**Harper's Garage**

**PEACE, JOY**

Wishing all of you the most joyous of holiday seasons. Thanks for making our future so bright.

**Hopkin's Drug Co.**

**Floyd Clark, County Judge**

**Agree or not**  
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has been the peak month and collections have continued to decline since then. The spring months have historically been low production months for coal. The industry used to rely on shipments to the Great Lakes to keep the mines operating through the summer months. But that market has changed now. The chief market for coal is the electric generating industry.

At the insurance hearing here last week, William T. Robertson, fuel purchaser for Duke Power Co., Charlotte, N.C., and Larry Smith, manager of fuels for Carolina Power Co. at Raleigh, N.C., indicated they will look for sources of coal in states other than Kentucky.

The TVA in Tennessee has been buying some coal barged in from Oklahoma, and the western coal fields of Wyoming and Montana are becoming strongly competitive in the market places in the Midwest. It seems strange that Robertson would say his company will hunt sources outside of Kentucky when only last year a subsidiary of his company bought large coal deposits in Harlan County. Other large outside firms have bought large coal deposits in that area.

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### Turkey hunting to be allowed in Eastern Ky. starting April 28

Spring turkey hunting will be allowed in an 18-county area in Eastern Kentucky April 28 through May 6, Fish and Wildlife Commissioner Arnold Mitchell said following a meeting of the Fish and Wildlife Commission yesterday.

The regulation stipulated that only turkey hunters with visible badges may be taken and that the limit will be one turkey per hunter for the season.

Turkey hunting will also be allowed this spring on three wildlife management areas — Fort and Lane, Smith and Pioneer Westways Hunting Area. These dates are: Fort Knox (restricted to military and civilian personnel assigned to or working on the post), any two of three weekend dates — April 14-15, April 21-22 or April 28-29, as determined by training priorities. Lane Between the Lakes, April 19-21 and April 26-28 and Pioneer Westways, April 28-May 6.

The season in East Kentucky and on the management areas will be for both gun and archery hunting with certain restrictions as to types of weapons to be used.

The designated Eastern Kentucky counties, or portions of counties, to be open are:

That portion of McCreary county east of U.S. Route 27 and north of Ky. Route 92; Pulaski, Clay, Leslie, Jackson, Owsley, Wolfe, Bath, Menaway, Powell, Laurel, Rockcastle, Lee, Nowata and that portion of Whitley county north of Ky. Route 92. That area known as Robinson Forest Wildlife Management Area located in portions of Breathitt, Knott and Perry counties is closed to all hunting but all other portions of these counties will be open.

Let's be able to live this New Year with Peace for mankind.

To friends whom we have the honor of serving — our sincere thanks

**Abraham's Ladies Shop**

**New Year Greetings**  
The best of what the New Year has to offer to you and the family. And fondness wishes to all, plus a big round of thanks.

**Sexton's Grocery**

**Thank You**

I want to thank my friends and customers for their patronage during the 13 years I have been able to serve you. Your thoughtfulness and consideration will always be remembered. Again many thanks for the wonderful people you have been.

**Roberta Darbro**

**HAPPY NEW YEAR**

**Standard Oil Company**

**Bob Estep, Agent**  
Carlsile, Ky. Phone 289-5350

**Cynthiana, Ky.**

**we make electrical repairs**

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Contract Wiring—Call for a FREE Estimate

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Your registered pharmacist is concerned with your good health. You can trust him for accuracy, with dedication.

**HOPKINS DRUG STORE**  
Call 289-5122

**Garrett's Furniture**  
SPRING AIR BACK SUPPORT, MATTRESS

Whatever You Do With Your Back During the Day... We'll Support it at Night!

Amateur acrobatics may not be your thing... but everyday life can be just as demanding. Come see our Spring Air Back Support. Discover the 8 reasons why it's rated #1 for comfort and durability. In-spring or foam latex both with Health Center®. Choose now.