

Kay's Kitchen

By Kay Fisher

If you haven't been able to whittle down those extra pounds picked up during the holidays, perhaps this Pepper Steak recipe will be well-timed.

If calories aren't too restricted, serve over hot steamed rice. For those watching weight, serve over bean sprouts.



Save-A-Lot Gas

(Union Oil Company)

33.9¢ on Regular
36.9¢ on Premium

Also

Kendall Tobacco Cans
\$15.50 AEA

(6-12 oz. bottles)

PEPSI 4oz
with \$3 gas purchase
or 5oz. without gas

Mitchell's Grocery
160 Main St.

PEPPER STEAK

1 pound round steak
1 tablespoon margarine
1 cup chopped onion
1 beef bouillon cube
1/2 cup boiling water
1 green pepper, cut in 1-inch squares
2 cups fresh, sliced mushrooms
1 tomato, peeled and cut in eighth
or 1 firm peeled canned tomato,
drained
Salt and pepper
2 tablespoons ketchup or red wine
35¢

Trim any fat off steak then dice diagonally into 1/2-inch thick

Saltwell

By Mrs. Fred Hollar

Our Community was deeply saddened by the passing of one of our former girls, Mrs. Lizzy (Brame), who was killed in an automobile accident near Henderson on Wednesday night. Her funeral and burials were in Paris on Saturday afternoon. We extend sympathy to her family.

Miss Vickie Witherspoon spent Saturday night and Sunday with Mr. and Mrs. Tommy Webster and sons of Lexington.

Mr. and Mrs. Bob Kenney and son of Covington spent Friday night and Saturday with Mrs. Gladys Kenney.

Mr. and Mrs. Roy J. Snapp and son of Cincinnati spent Saturday night with Mr. and Mrs. Roy E. Snapp.

Rev. and Mrs. Tommy Fryman were Sunday dinner guests of Mr. and Mrs. Frank Sparks.

Mrs. Fred Hollar returned home from Harrison Memorial Hospital on Wednesday night. Mrs. Hollar accompanied her to Lexington Clinic on Thursday for tests and observation.

Mr. and Mrs. Roger Goodman and Paula of Lexington spent Wednesday night and Thursday with Mr. and Mrs. Roy Snapp.

Mrs. John Clump, and Mrs. and Mrs. Mattox visited with Mr. and Mrs. Homer W. Snapp and Mr. Fred Hollar on Saturday afternoon.

Mr. and Mrs. Frances Blevins of Hamilton, Ohio, are visiting Mr. and Mrs. Charles Jones. They were attended the funeral of Bill Mitchell during the week.

Pvt. Kenneth P. F. C. Elaine McDonald, Pvt. Richelie Feaback and Pvt. James W. Thomas all in the Armed Services at Ft. Knox, visited relatives here over the weekend.

Miss Kitty Gibson and Sterling Hollar of Clarksville spent Sunday night with Mr. and Mrs. Layne Hollar.

News briefs

Continued from Page 5

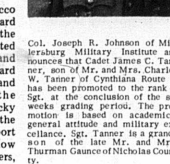
AMENDMENTS—Court of Appeals Judge James B. Milliken says he believes it may be legally possible to amend the state constitution more than twice during one legislative session. Now only two amendments may be submitted to the people, each limited to "no more than one subject." Judge Milliken believes "one subject" can be interpreted to cover a broad area, such as Kentucky's entire judicial system.

Sterling Hollar and Miss Kitty Gibson of Clarksville visited the weekend with Mr. and Mrs. Fred Hollar, Mr. and Mrs. Layne Hollar, Mrs. and Mrs. Gary Hollar and children and Mike Sowell who also Sunday dinner guests of the Hollars.

Mr. and Mrs. Vaughn Martox entertained with a birthday party on Sunday afternoon for the 7th birthday of Miss Joanna Martox. Those present were Jimmie, William Martox, Raymond, and Richard Willoughby, Tracy Hollar, Joann Mattox, Mr. and Mrs. John Clump, and Mr. and Mrs. Mattox.

Rev. Woodrow Gausce entered Harrison County Hospital on Monday for treatment.

Col. Joseph R. Johnson of Millerburg Military Institute announced that Cadet James C. Tanner, son of Mr. and Mrs. Charles W. Tanner of Cynthiana Route 4, has been promoted to the rank of Sgt. at the conclusion of the six weeks grading period. The promotion is based on academics, general attitude and military excellence. Sgt. Tanner is a grandson of the late Mr. and Mrs. Thurman Gausce of Nicholas County.



Miss Barbara Sidles Wins Betty Crocker Award at NCHS

The Nicholas County Elementary P.T.A. will hold its regular meeting Wednesday, Feb. 16 at 7:30 p.m. in the school cafeteria. Safety Education and Public Information Officers, Lewis Hopkins of the Kentucky State Police Department, Frankfort will be in charge of the program on drugs.

Everyone is invited to attend this meeting so we can learn more about those dangerous drugs which are causing so much trouble to us all.

Miss Ruth House remains a patient at the Nicholas County Hospital. She is reported to be improving.

Mr. and Mrs. James Marka and Mrs. and Mrs. Claude Agerk and sons of Henderson, Ky., were weekend guests of Rev. and Mrs. H. Dallas Sugg and family, Mrs. Marka is remaining in Carlisle while the Siggs are on a tour of the Holy Land.

Mr. and Mrs. Alex Miller Jr. and Mrs. Harold Letton returned home Wednesday after a vacation trip to Daytona Beach, Fla. They joined Mrs. Miller's parents, Mr. and Mrs. Wardens of Frankfort, who are also vacationing in Daytona Beach.

Miss Ruth House remains a patient at the Nicholas County Hospital. She is reported to be improving.

Jr. Woman's Club to meet at library

The Carlisle Junior Woman's Club will meet on Monday, Feb. 14 at 7:30 p.m. at the library.

The Home Life Department will present Mrs. Chad Whitaker as the speaker.

Cosponsors for the meeting will be Mrs. James O. Anderson, Mrs. Douglas Garrett, Mrs. Lillian Williams, and Mrs. Virginia Spruiell—values will be given by Mrs. Lyle Anderson.

PERSONALS

CALL 289-2464 THE MERCURY OFFICE WITH YOUR SECURITY NEWS.

Personals

Mr. and Mrs. James Marka and Mrs. and Mrs. Claude Agerk and sons of Henderson, Ky., were weekend guests of Rev. and Mrs. H. Dallas Sugg and family, Mrs. Marka is remaining in Carlisle while the Siggs are on a tour of the Holy Land.

Mr. and Mrs. Alex Miller Jr. and Mrs. Harold Letton returned home Wednesday after a vacation trip to Daytona Beach, Fla. They joined Mrs. Miller's parents, Mr. and Mrs. Wardens of Frankfort, who are also vacationing in Daytona Beach.

Miss Ruth House remains a patient at the Nicholas County Hospital. She is reported to be improving.

Mr. and Mrs. Walter Flora spent the weekend with Mr. and Mrs. Jimmy McCloy and daughter of Lexington.

Miss Mary Frances Fisher, a retired Carlisle City school principal, is a patient in the Nicholas County Hospital.

Mr. and Mrs. W. B. Huntz Jr. and Mr. and Mrs. John T. Hamilton spent the weekend in Nashville, Tenn., where they attended the Kentucky-Vanderbilt basketball game Saturday night.

Mrs. Ray Caswell is a patient at the Nicholas County Hospital as the result of a fall sustained at her home over the weekend.

Mrs. William Hillman returned home Sunday from the Nicholas County Hospital, where she had been a patient.

Mrs. Tapp presented life membership

Mrs. John Tapp, past president of the Rueda Gillispie Circle of the United Methodist Church was presented a life membership pin in the society at their meeting Tuesday night. The pin is presented to the society in appreciation of the good service she has given.

Mrs. Sterling Blake presented a program explaining the use of Mercedist Mission funds.

The business for the evening were Mrs. Charles Crawford and Mrs. John Tapp.



Miss Deborah Evans

Eastern Star honors Grand Matron

Mrs. Luther Holter, Worthy Matron of Chapter 295 OES was the honoree for a luncheon Feb. 4 on honoring Gertrude Moore, the Grand Matron of the Eastern Star, Kentucky.

The luncheon was served at the Masonic Temple. Mrs. Holter with the preparations were Mrs. William Curtis and Mrs. Jerry Sorrell. There were 40 chapter members on hand to welcome the Worthy Grand Matron.

Other special guests were Virginia Evans in a Junior at Nicholas County High School. Mrs. Hanta is a 1970 graduate of Nicholas County High and is presently employed in Cincinnati. No wedding date has been set.

Engagement Announced

Mrs. and Mrs. Meredith Evans announce the engagement of their daughter, Deborah Sue, to Roger A. Hanta, son of Mr. and Mrs. Roger Harold Hanta, all of Carlisle.

Mrs. Evans is a Junior at Nicholas County High School. Mrs. Hanta is a 1970 graduate of Nicholas County High and is presently employed in Cincinnati. No wedding date has been set.

Retrolal Told

Details of the new facility may be found in advertisement on page of this issue.

It is to be noted that merchandise ordered by this means must still be picked-up in Paris.

713 food donated by taxpayers

ATLANTA, Ga.—There were 713 low-income Nicholas county people on the U.S. Department of Agriculture's donated food program in November as compared to 740 the previous month, Russell H. James, Southeast regional administrator of USDA's Food and Nutrition Service, said.

Taking Kentucky as a whole, James noted, the State had the largest increase in the number of food assistance lists in the Southeast—6,033—in November. There were 363,549 needy Kentuckians receiving assistance up from October's 326,916.

Most of the increase, James said, was in the food stamp program now in operation in 73 Kentucky counties. In November 309,574 people were issued more than 5.6 million in food coupons of this amount, around \$5.5 million was in food stamps. The total was 33,366 more than the number issued last month.

In the food distribution program operating in the remaining county, 53,975 people were given nearly 2 million pounds of USDA-donated food. This was 5,207 more than the number on the food distribution program in October.



Miss Deborah Evans

Cooks Tour

I saved my favorite Christmas presents, two round-trip tickets to Florida for January after the busy holidays nothing could have been more fitting than a tour of relaxation in the warm sun-shine so, as soon as my family returned to their many schools each in a different school in early January, Mark and I departed for Sarasota.

We had Chancelor Brandt at a White House dinner about a year ago so we were delighted to visit with the Brandts on our evening.

The Chancelor and Mrs. Brandt greeted us warmly. They both looked marvelously trim and rested. She is a very pretty, slender young lady, dressed in an attractive red skirt with a matching polka dot blouse.

Mrs. Brandt was enjoying our lovely beach and weather. And he was the epitome of studied casualness in a sport shirt and slacks topped with a suede jacket. He obviously enjoyed smoking his pipe which he kept in his mouth constantly.

Chancelor Brandt is a very thoughtful, unharmed conversationalist. In answer to Marlowe's question about economic conditions in Germany, he fit the Volkswagen strike would be very temporary, and would not hurt the German economy too badly. In the economic future of the whole world, after the recent U.S. monetary moves.

We congratulated the Chancelor on being awarded the Nobel Peace Prize. He feels there will be continued improvements in East-West relations. The SALT talks were highly rated by the Chancelor because they will produce some very constructive results on world disarmament. He was extremely pleased with the large amount of coverage these talks received here and hoped the NATO countries were as well-informed.

It was a delightful visit with a knowledgeable and attractive couple. We think that West Germany is in a very good hand.

Plans for family night announced

The First Christian Church will have a covered disc family night dinner Wednesday, Feb. 16 at 6:30 p.m.

The public is cordially invited to share in the fellowship of the evening.

On dean's list

The fall semester Dean's List at Morehead State University has recognized 1,636 full-time students, including six from Nicholas County.

Named from Nicholas County were:

- Carlisle—Mary Smith Cannon, 3.45; Barbara Joan Costner, 3.33; Karilyn Roberts Costner, 3.47; William Harvey Gausce, 3.75; and Joseph P. Hayes, 3.13.
- Moorfields—Pamela Joan Thibault, 3.11.

Here is a Real Sweet Deal for extra busy

Husbands or Sweethearts you can't rely on that sly cupid fellow but you can rely on David, Dan, Pat, Virginia or Lenora just pick up the phone, dial 289-2274 and tell them what size of candy you want for that Valentine of yours!

That's all you have to do...We'll do this!

- ★ Gift Wrap it
- ★ Attach a card
- ★ Assure her, should she ask that you personally selected the gift card and supervised the wrapping

Call right now to reserve your Candy Gift!

A marvelous array of Valentine greeting cards await your selection



Pork Chops

69¢ 89¢ 99¢ lb.

Fresh Fryers 27¢ 33¢ whole cup

first cut lb. center rib lb. center loin lb.

Ralston Purina Medallion Hen Turkeys 10 to 12 lb. lb. 39¢

Small, Lean, Meaty Spare Ribs lb. 69¢

Nabisco Toastettes blueberry, cinnamon 3/51
cherry, apple 53¢

Hellmanns Tartar Sauce 12 oz. \$1.29
Sta-Puf Fabric Softener 1 gallon.

Playtex Tampons regular, super \$1.49
Stokely Tomato Catsup 20 oz. 4/51

Joy Dishwashing Liquid king 59¢ size
Old Virginia Jellies assorted, 18 oz. 3/89¢

Foodtown Bread

lb. loaf 19¢

Joan of Arc Corn

Cream Style White Corn 5/89¢

Comstock Cherry Pie Filling

no. 2 39¢

Dole Juice Pak Pineapple

no. 2 sliced, crushed, chunks 3/51
Royal Crown Cola 8 pak. 16 oz., with bottles 79¢

Complete Line of Valentines and Candy

Head Lettuce

each 29¢

Yellow Onions

3 lb. bag 29¢

Radishes, Green Onions, Green Peppers mix or 2/29¢

Vine Ripe Tomatoes lb. 29¢

Miss Georgia Peaches

2 1/2 size limit 4/51

Purex Bleach

1/2 gal. 35¢

Gala Decorated Towels

jumbo roll 3/51

Head Lettuce

each 29¢

Yellow Onions

3 lb. bag 29¢

Radishes, Green Onions, Green Peppers mix or 2/29¢

Vine Ripe Tomatoes lb. 29¢

The Shield of Quality FOOTDOWN HOME OF LOW PRICES

C & G

save during our annual 1st of year

ZENITH

VALUE SPECTACULAR

1972 ZENITH handcrafted

25" giant-screen console tv CHROMACOLOR 100

The CONTINENTAL - C47201 Smart Contemporary styled console. Genuine oil finished wood panels. veneers and solid hardwood solids.

our lowest price ever **\$569⁹⁵** with trade

- Chromacolor 100 Picture Tube
- Clare-Ban Picture Face
- Customized Tuning
- Titan 100-Horizontal Channels
- Super Video Range Tuning System
- Automatic Fine-Tuning Control

Choose CHROMACOLOR 100...Only Zenith has it!

Duncan Electric Shop

Carlisle, Ky.