

Archery deer season opens

Kentucky bowhunters took to the woods and fields Sunday at the beginning of the statewide archery deer season. The first part of the split season continues through Oct. 31, with the second season running from Dec. 1 through Dec. 31.

Hunters may use only the bow and arrow, and the arrow must be at least 7/8 inch wide. Crossbows of at least 80 pound pull are legal weapons on the Pioneer Weapons Hunting Area.

Hunting is restricted to daylight hours only and the limit is one deer per year per hunter, whether the deer is harvested by gun or bow.

Archery hunters may take either sex deer in any of 118 counties, Jackson and Owensley counties are closed to all deer hunting.

All bowhunters must have a valid hunting license and deer permit in possession when hunting, or assisting in a deer hunt. The statewide resident hunting license, available at all county clerk's offices, costs \$5. The non-resident hunting license is \$27.50 (the three-day non-resident hunting license is not valid for deer).

Deer permits are \$10.50 for residents and \$15.00 for non-residents. After killing a deer each hunter must immediately attach to the deer the locking metal tag provided with each deer permit. The tag may be attached to any portion of the deer provided that it cannot be removed without mutilating the deer carcass or damaging or destroying the locking tag. The tag will remain attached to the deer until the carcass is processed and packed by a locker plant, butcher or by the hunter. The card portion of the deer permit must be separated from the metal tag and retained in possession of the licensee.

All hunters under 18 years of age must be accompanied by an adult while hunting deer.

Residents of other states whose laws prohibit Kentucky residents from shooting deer in their state during open season will be denied permits to hunt deer in this state. Deer hunters are reminded to ask permission of the landowner before hunting or crossing over private property.

It is safe to take medication during a pregnancy.

It depends on what you are taking. Some drugs pose a risk to you or the fetus. If you are taking medication at a time that you become pregnant, check with your physician or pharmacist to see if it would be hazardous to continue taking it.

Are vitamins the best substitute for a poor diet?

To paraphrase a little: "Man cannot live by vitamins alone." Your body tissue is composed mostly of protein, fat, and carbohydrate. They are not in vitamins. Nevertheless, vitamins are necessary in our metabolism, and cell reproduction. There is no substitute for a poor diet. "Die off" right by counting good food calories. Send a long, self-addressed, stamped envelope plus 25 cents to me for the convenient Calorie Counter Chart.

I have heard a lot about prostaglandins. What are they, and what do they do? - Joyce R.

Presently, there are 14 naturally occurring fatty acid derivatives called prostaglandins. Although there are none on the market today, studies indicate that they are potentially useful for: high blood pressure, rheumatism, psoriasis, ulcers, cold symptoms, a contraceptive and for treating various other metabolic disorders.

Should an ointment or cream be applied before or after a spray? - D.W.

Generally, you get no better effects by applying these preparations heavily. Many ointments and creams contain steroids which make them expensive. Use these sprays to stretch your prescription dollar.

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by H. BODWELL YORK, R. PH.

WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

Ecology craft is a way to help utilize the landscape a little, and create attractive (Foil or Recycled) Art objects for self or sale.

Original dollweed - granled pine knots can become charming lamps. Collected wood in fields, forests, waterways and beaches. Boil wood to kill insects to bleach, soak overnight in oil you get desired effect. If bark is to left leave and add 2 cups of bleach to 1 cup of water. Or strip bark and rub wood smooth, or comb with wet brush for coarse texture. Dry well. If you like, add thin coat of white latex paint for pale effect. Nail, drill hole into pine knot, insert hollow bulb and lead electrical wiring. Make wooden base, cutting from pine, drill hole into pine knot, insert hollow bulb and lead electrical wiring. In addition to pine knots, other types of nature's wood discarded can be used for lamps - what counts is an interesting shape and your taste.

Caney tin cans - take these ugly cans from scrubbing and painting (acrylic paint). Make oval tree models with foam-faced birds perched on repeated metal rods you find in junk yards. Or, make comic folk or gaily animals from squashed cans. Flowers from Christmas cards can be used for soap cans, and Christal ornaments from rings of lip-cups, are other ideas.

Wald weeds - as any garden flower can be preserved, so can weeds and field flowers of pleasing shapes and hues. Paint weeds with a versatile ceramic coating, apply a color glaze, and air dry.

Discover more found Art ideas and complete instructions through craft classes, literary craft books and magazines, hobby and craft shops.

Free booklet: "Your Retiree's Hobby Guide" (30 pages) is available as a courtesy of the American Association of Retired Persons. Send your request on a POSTCARD to Julie Thomas Pitman at this newspaper. Allow several weeks for delivery.

NOTE TO E.D. Please forward requests for YOUR RETIREMENT HOBBY GUIDE to: Fulfillment Dept., NR14AAAF, P.O. Box 199, Long Beach, Calif. 90801.

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SOUTHERN DOLLAR DISCOUNT

MAGICWORD by JULIE QUART

HOW TO PLAY: Read the list of words. Look at the clues. You'll find three words in all directions horizontally, vertically, diagonally, backward. Draw a circle around each letter of the word found in the grid. Use the words to fill in the grid. When you have filled in all the words, you'll have a 3x3 grid. If all the words are correct, you'll have the given number of letters left over. If they're right you're MAGICWORD.

COME FLY WITH ME

CLUES: A-Articles, Airports, Altitude, Astronauts, Climb, Clouds, Coast, Commandos, D-Drift, E-Economy, Engines, F-Flight, G-Gliders, H-Helicopters, High, K-Kites, Kites, L-Loops, M-Motors, Monitors, Moon, P-Parrots, Planes, S-Sky, Skydiving, Star, Space, Speed, Star, Stars, Sky, T-Tails, Tickets, W-Wings.

ANSWER NEXT WEEK

Last Week's Answers: JAPANASE 21

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M U T N E M O M S T U N T S P
C O A S T S A A L T I D E
A S T R O N A U T S G N I W S
V E R S K A S T A N O M S O R K
I Y K Y I P A S S P O R T S C
A N D A J L T T I K E T S . I
O L E S R O C R I G F I A E S
R R P S P O P K I L D L T N M
S R R R N E I N D A G S A O
T I O T T E H S N C H D R
F A M S E T S H U I G H U P
R F K A S R E T V O E N O M B
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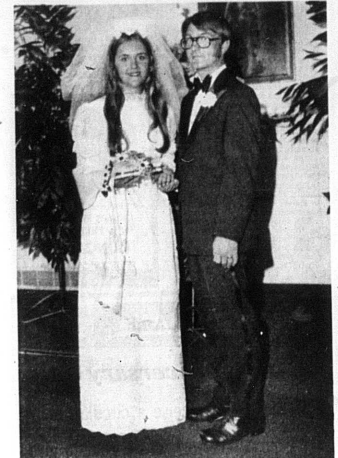
THE FIRST NATIONAL BANK, Carlisle, Ky.
and MOOREFIELD BRANCH
Nine Convenient Locations to Serve You

CHICKEN WITH OLIVES

1 cup stewing chicken
3 tablespoons margarine, enough to brown chicken pieces.
1/2 cup chopped onion
1/2 cup sliced green pepper
1 teaspoon paprika
2 tablespoons dry sherry
1/2 to 1 cup, depending on your taste, olive oil
1 whole clove
1 cup rice

Melt margarine in heavy kettle and brown chicken pieces. Remove chicken to platter. Add 1/2 cup margarine and cook until lightly browned. You may have to add a bit more margarine, add tomatoes, water, green peppers, mushrooms and sliced onion, parsley, paprika, salt, pepper and browned chicken. Cover and bring to a boil. Reduce heat and simmer about an hour. Add rice and olives and continue cooking until rice is done and chicken is tender, about 45 minutes.

1/2 cup margarine
1 teaspoon celery seed
1/4 to 1/2 cup olives, seasoned salt
1/4 teaspoon paprika
1/4 teaspoon salt
Cut out from center lengthwise, almost to bottom crust. Cut along to bottom crust. Mix cake according to package directions. Fill paper bake cups in muffin pans 2/3 full. Cream butter and sugar, beat in egg and salt. Stir in chocolate chips. Drop one teaspoon of mixture into each cupcake. Bake at package directs. Makes about 50 cupcakes.



Mr. and Mrs. James W. Smith Vows solemnized in Winchester

Miss Deborah J. Cokerman, daughter of Mr. and Mrs. Owens Cokerman Jr., Carlisle, Route 2, became the bride of James W. Smith, Montgomery County, Friday, Sept. 1, 1972 at 7 p.m. at the Church of Jesus Christ of Latter Day Saints in Winchester.

Miss Cokerman, 21, daughter of Mrs. Cokerman officiated at the double ring ceremony. Wedding music was presented by Miss Pamela Kay, daughter of Mr. and Mrs. Earl Anaslav was held at the church. Officiating at the ceremony were Mrs. Ann Perry of Lexington, Mrs. Carolyn Sherman of Mr. Sterling, aunt of the bride, and Miss Beverly Quilty of Dewartville, Ky.

The bride is a 1971 graduate of Nicholas County High School, Central Kentucky Vocational school and is employed at the Nicholas County Jail.

The groom is a 1965 graduate of Montgomery County high school and is employed at T & M Printing in Nashville, Tenn. He was preceded by a aunt hand to her home in Winchester.

After a short wedding trip to Nashville, Tenn., the couple are at home in Mr. Sterling.



Miss Margaret Gibson of Harrodsburg is a patient at the Harrodsburg Hospital. Miss Gibson is the sister of Mrs. Joe F. Conley, Mrs. Conley was called to Harrodsburg on Monday.

Miss Lucy Letton, daughter of Mr. and Mrs. Harold Letton is attending Michigan State University, Lansing, Mich.

Mr. and Mrs. Toby Elder, West Carrollton, Ohio, were weekend guests of his parents, Mr. and Mrs. Warren Fisher.

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Mr. and Mrs. Toby Elder, West Carrollton, Ohio, were weekend guests of his parents, Mr. and Mrs. Warren Fisher.

Mr. and Mrs. Walter George were in Lexington Wednesday and were dinner guests of their daughter, Mrs. Cathy Dent, daughter of Mr. and Mrs. Robert Thomas Trussell, also of Carlisle, was officiated at the double ring ceremony.

Given in marriage by her father, the bride wore a princess style gown of white polyester with Venice lace sleeves and shoulder length veil held by a lace cap.

She carried a bouquet of blue hydrangeas.

They were in Louisville Thursday and Friday where Mr. Fisher attended the fall meeting of the Kentucky Board of Education.

Fiddling Rogers will return to New Orleans, La., this week after a visit with his mother, Mrs. Fiddling Rogers of Paris.

Mrs. O.J.H. Lambert has returned home after a 10 day visit with her sister, Mrs. Robert Lambert of Charlotte, N.C.

The following have been recent guests of Mr. and Mrs. Clay Dayton and Mrs. Robert W. Cordon: Mr. and Mrs. Jack Dayton and Mrs. Dwayne Grets of Lexington; Jack Dayton of M.M.I., Millersburg; Rev. C.N. Helphinston of Williams; and Ray Dayton of New Richmond, Ohio.

Miss Kay Bretz is September bride

Miss Kay Bretz, daughter of Mr. and Mrs. Chester Bretz, Carlisle, was the bride of Stephen T. Gillispie, son of Mr. and Mrs. Tommy Gillispie in a ceremony which took place at 7:30 p.m. Saturday, Sept. 23, 1972 at the West Side Assembly of God Church in Martin, Ind.

Miss Doreen Darnell, sister of the bride, was the maid of honor. Mrs. Charles Milton of Carlisle.

The Reverend Marshall C. Crouch, Cynthia, officiated at the double ring ceremony. The church was decorated with white gladioli, money palms and lighted candles. Nuptial music was presented by the Trinity Pevco organists. Given in marriage by her father, the bride wore a full length princess style gown of white tulle lace over satin. Her elbow length veil was held by a Juliet cap of the same lace. Her bouquet was miniature white orchids, pink and white in miniature roses, baby's breath and white carnations.

Spiritual values will be given by Mrs. John Allison.

Co-bestmen will be given by Mrs. David Zachary, DuChêne, and Mrs. Harry Wilson.

Mrs. Guthrie to present club program

The Community Woman's Club will present a program, "The American Indian."

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