$103,410 granted Medical Examiners Program through June

FRANKFORT—B.F. Brown, M.D., director of the Division of Laboratory Services, State Department of Health, has been notified by the Kentucky Crime Commission that the Medical Examiners Program has been granted $103,410 to carry its program through June, 1973. An earlier grant of $41,666 put the program into operation last April. That grant ended Dec. 16; the new grant covers the Dec. 16-June 30 period.

The Medical Examiners Program assists county coroners in the performance of their duties by providing medical assistance to determine causes of death. The grants from the Crime Commission will cover the costs of autopsies and laboratory work in cases of suspected homicide.

During 1972, 132 autopsies were performed for coroners in 20 counties. Deaths from gunshot accounted for 94 cases. Other causes of death included eight stabbings, nine beatings, two cases of drug overdose, three drownings and one instance each of death from strangulation, a fall, freon inhalation and burns. One person died after being hit by a car and cause of death was not determined in four cases.

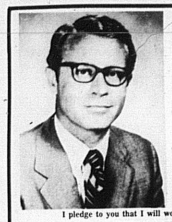
David Jones, administrator of the Medical Examiner Program, notes that a few deaths were ruled out as suspected homicide. Four were recorded as heart disorders, two as pneumonia and one, acute bronchitis. He cited the case of an elderly storekeeper who was found dead in his store: because the man had been robbed several times, the coroner felt that a full investigation should be made of the death. The autopsy in this case eliminated the question of homicide, since the man had died of a heart attack.

Since Jan. 1, the program has handled 54 additional autopsies.

Easter Cantata

The community Easter Cantata will be presented Sunday, April 15 at 3:00 p.m. in the Carlisle Christian Church. The Rev. H. Dallas is director of the Cantata, with Mrs. Robert Coatney, accompanist.

A final practice session will be held Saturday at 7:00 p.m. at the church. All members are urged to attend.



TOM WARD

Candidate for State Senate

MY PLEDGE TO THE PEOPLE OF NICHOLAS COUNTY

I pledge to you that I will work vigorously for:

- IMPROVED TELEPHONE SERVICE. An end to long distance tolls between some areas of Nicholas to Carlisle.
- RECREATION FACILITIES
- MORE JOB OPPORTUNITIES AT HOME
- A MULTI-COUNTY SOLID WASTE DISPOSAL PLAN to include garbage pickup, a curb on dumping, littering, junked cars.

I pledge to the people of Nicholas County that I will:

- BE AVAILABLE - Will come to Nicholas at least once every three months; not just every four years when seeking re-election.
- NOT STRADDLE THE FENCE - I'll give you an answer, be honest with you, even if we disagree.
- REPORT TO PEOPLE - At least once every three months I'll submit a report to the news media telling you what I'm doing, asking for your opinion.
- BE A WORKING STATE SENATOR. A full-time office, answer every letter, respond to every call, 12 months, every year.

YOU WILL KNOW THAT YOU HAVE A STATE SENATOR

WARD WILL WORK—WARD WILL MAKE A DIFFERENCE

Paid for by Tom Ward, Versailles, Kentucky

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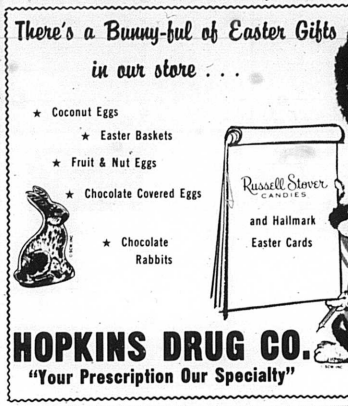
★ Easter Baskets
★ Fruit & Nut Eggs
★ Chocolate Covered Eggs
★ Chocolate Rabbits



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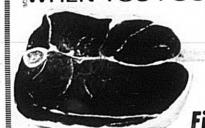

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Biscuit, Pancake, Cornbread Mix 19 oz.		Facial Tissue	29¢
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Hamburger Fixins	49¢	Smuckers 18 oz.	
Kitchen Fresh 9 oz.		Orange Marmalade	49¢
Potato Chips	49¢	Smuckers 18 oz.	
		Grape Jam	49¢
		South Shore Thrown 7 oz.	
		Stuffed Olives	59¢
		Heniz 32 oz.	
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		Crisco Oil 48 oz.	$1.09

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Present an "Outstanding Collection" of "Summer Apparel" For Ladies and Juniors

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NEW FOR SPRING AND SUMMER OLDHAM'S SHOE DEPARTMENT IS SHOWING EVERYTHING FROM "TRIM PUMPS" TO "SNAPPY SANDALS" FROM "NATURALIZER" "BASS" "AIGNER" SEE THESE ATTRACTIVE NEW STYLES.

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"PURSES"
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Hundreds of New "Dresses" are constantly arriving at "OLDHAM'S"

"Jacket Dresses"
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Dresses For "Summer Parties" "Summer Travel" "Graduation" "Class Day"

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ATTRACTIVE NEW SHOWING OF

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IN COLOR MATCHED: "SKIRTS" "BLOUSES" "JACKETS" "SLACKS" "SHORTS" "TOPS"

ALSO A NEW SHOWING OF "BATHING SUITS"

"Coats"

THE PRETTIEST COLLECTION OF LOVELY AND LIGHTWEIGHT COATS" IS NOW WAITING FOR YOU; ATTRACTIVE COLORS IN IVORY NEAT NAVY RED TOAST MARTINI GREEN AND WHITE

For Your Shopping Convenience--Open Every Friday and Saturday Night until 8 o'clock.

OLDHAM'S Mt. Sterling, Ky.

McClary-Russell vows spoken

Mrs. Joel Douglas Russell

The wedding of Miss Juanita Sue McClary and Joel Douglas Russell took place at 2:30 Saturday, April 7, 1973 at the Yankee Road Church of God in Middletown, Ohio.

The Rev. Rodney Williams officiated at the marriage uniting the daughter of Mr. and Mrs. Frank McClary of 2307 Mohawk St., and the son of Mr. and Mrs. Carl Russell of 4601 Roosevelt Blvd., all of Middletown.

Given in marriage by her father, the bride wore an ivory satin gown enhanced with alencon lace and seed pearls on the bateau neckline, bodice and long sleeves. A chapel-length mantilla attached to a cameleh cap of matching lace completed her attire. She carried a cascade of orchids, carnations, pompons and baby's breath.

Mrs. Gary Coomer was the matron of honor. She wore a full-skirted gown of moss green crepe styled with ivory lace collar and sleeve cuffs. An ivory bow headpiece completed her attire.

Similarly styled dresses in blue were worn by the bridesmaids, Mrs. Robert Duffey and Mrs. Wayne Hall. Each attendant carried a cascade of blue carnations and white pompons.

Denisha and Delana Oaks, twin sisters, attended as flower girls in long, blue frocks and carried baskets of blue and white flowers. Hugh Kenneth Parker was ringbearer.

Hugh Parker served as best man, and Gary Coomer and Wayne Hall were ushers.

A reception followed at the American Legion Hall.

The bride, a Lemon-Monroe High School alumna, attended Ohio University and is employed in the office of Jaques and Rogers, local accountants.

Mr. Russell, who graduated from the same high school, is employed at Rumac Sheet Metal Company in Dayton.

Following a wedding trip to Orlando, Fla., the newlyweds will reside in Monroe.

Family guests attending the wedding were: Mrs. Clyde Snelling, Carlisle; Mr. and Mrs. Harold Crowe, Amelia, Ohio; Mr. and Mrs. Carl McClary and daughter, Patty, Mr. and Mrs. Jimmy McClary and Mr. and Mrs. Fred McClary, all of Cincinnati.

The bride is a niece of Mrs. Snelling.

Miss Waugh

Miss Waugh sets May 4 wedding

Mr. and Mrs. Ernest Waugh of Carlisle announce the engagement of their daughter, Donna Raye, to Larry Wayne Brooks, son of Mr. and Mrs. Clarence Brooks of Paris.

Miss Waugh is a 1969 graduate of Nicholas County High School and will graduate from Eastern Kentucky University in May.

Mr. Brooks is a 1969 graduate of Bourbon County High School and is engaged in farming in Bourbon County.

The wedding will take place at the Carlisle United Methodist Church at 7:30 p.m. May 4, 1973.

The custom of open church will be observed and all relatives and friends are invited to attend.

Miss Scott

Miss Scott engaged

Mr. and Mrs. Robert Scott of Carlisle, announce the engagement of their daughter, Sharon Elaine, to James Allen Murrell, son of Mr. and Mrs. Ed Murrell, Carlisle.

Miss Scott is a 1969 graduate of Nicholas County High School and is presently employed as a secretary at the Lexington-Blue Grass Army Depot, Lexington.

Mr. Murrell is a 1971 graduate of Nicholas County High School and is presently employed as a draftsman for Corning Glass Works in Harrodsburg.

The wedding will take place on April 27 at the Carlisle United Methodist Church at 7:30 p.m.

All friends and relatives are invited to attend.

Miss Swango

Miss Swango betrothal told

Mrs. H.E. Swango of Mt. Sterling announces the engagement of her daughter, Sara, to Bernard A. Elmer, son of Mr. and Mrs. William J. Elmer of Jasper, Ind.

Miss Swango is also the daughter of the late Harry Ernest Swango.

Miss Swango received her B.S. degree in Vocational Home Economics from the University of Kentucky. She is employed as Nicholas County Extension Agent for 4-H with the University of Kentucky Cooperative Extension Service.

Mr. Elmer is a graduate of St. Meinrad College with a B.A. degree in Classics and is employed with the Department of Mental Health at Eastern State Hospital.

The wedding will take place on July 7, 2:30 p.m. at the First Church of the Nazarene, Mt. Sterling. All friends and relatives are invited.

Celebrate Golden Anniversary

Mr. and Mrs. Russell St. Clair Wills Sr. of Route 4, Carlisle celebrated their golden wedding anniversary at their home on March 29. Mrs. Wills was the former Nora Belle Stone.

The couple was married March 29, 1923 in Georgetown in the home of the Reverend Ray who officiated. The attendants were Mrs. Wills' sister, Lelia Stone Sellars, and Claude Darrell.

The couple has a daughter, Mrs. Arnold Hutson Ball I, of Paris, and a son, R.S. Wills Jr., of Carlisle. They have two grandchildren and a great-grandson.

Frederick-Feeback wedding Saturday

Miss Kathy Sue Frederick, daughter of Mr. and Mrs. John Frederick of Nicholas County and Donald Gene Feeback, son of Mr. and Mrs. Melvin Feeback of Millersburg, were united in marriage Saturday afternoon, April 7, 1973 by Rev. Frank Simons using the double-ring ceremony.

Miss Vickie Smith and John Argo witnessed the ceremony.

Marie Chapter to meet

Marie Chapter 259 will hold its regular business meeting April 16 at 7:30 p.m. at the Masonic Temple. After the business meeting and initiation, refreshments will be served in the dining room.

All members are urged to attend.

SOCIETY

Personals

Miss Allison to wed May 26

Mr. and Mrs. Bill Allison announce the forthcoming marriage of their daughter, Willa Kaye, to Eddie Terrell Earlywine, son of Mr. and Mrs. James E. Earlywine of Ewing.

Miss Allison is a graduate of Nicholas County High School and Fugazzi Business College.

Mr. Earlywine is a graduate of Fleming County High School and is employed in Flemingsburg.

The wedding will be an event of May 26, 2:30 p.m. at the Carlisle Christian Church.

All friends and relatives are invited.

Mrs. Michael Quinn was the incentive for a baby shower given Saturday night by Mrs. William Mathes at Mrs. Mathes' home on Headquarters Road.

Mr. and Mrs. Omer Humphrey, Georgetown, and Mrs. Earl Perry, Louisville, were guests Sunday of Mr. and Mrs. Carroll Wallace.

Emma Dixon visited relatives in Portsmouth last Sunday.

Miss Betty Lou Davis was admitted to the Bourbon County Hospital following a traffic accident near Little Rock Wednesday, April 4. She was dismissed from the hospital on Friday.

Mr. and Mrs. James C. Marshall and Barbara spent several days last week visiting their son, AIC Henry Marshall of Maxwell, Ala.

Mr. and Mrs. Rodney Slack of Iowa City, Iowa were weekend guests of Mrs. Slack's parents, Mr. and Mrs. Morris Whiteley.

Mrs. S.M. DeMyer was the guest of relatives in Louisville several days this week.

Miss Mary Gill of Kansas City, Mo., visited her parents, Mr. and Mrs. Jim Gill, last week.

Mrs. Wayne Shumate and Mrs. Clifford Shumate entertained, Saturday, April 7, with a luncheon for Mrs. Ronald Wayne Watts in Paris.

Miss Margaret Gibson, Harrodsburg, is spending her spring vacation this week with her sister, Mrs. Joe Frank Conley and Mr. Conley.

Ray McClary of Middletown, Ohio was the weekend guest of his sister, Mrs. Clyde Snelling.

Bill Hamilton, student at Presbyterian College, St. Petersburg, Fla. has concluded a spring vacation with his parents, Mr. and Mrs. John T. Hamilton, Pleasant Springs Road.

Mrs. Edith Shea of Locust Street was admitted to the Nicholas County Hospital Tuesday afternoon.

Dr. S. Evans Brown was at Jenny Wiley State Park last week to attend a Presbyterian meeting.

Kay's Kitchen

— — By Kay Fisher

The most dominate thought in the mind of every person responsible for serving meals is the high cost of every food item from soup to nuts. You read it, hear about it, and when you go to the grocery store you see most food prices have increased since your last shopping trip.

Meatless days, boycotts, pickets, and what have you have been suggested, and some forces I don't pretend to know the answer to this nationwide question, but I can give you some suggestions that will make your food dollars go further and still keep your family well fed.

Proteins are primarily body building foods and are needed by everyone regardless of age or activity. Foods high in proteins are meat, fish, eggs, milk, cheese, whole grain cereals, nuts and vegetables such as peas and beans. With these foods in mind you can do some juggling and combing and come up with plenty of high protein dishes. Here is an example of meat stretching—let's say you have one pound of ground beef and you need to serve six people. That one pound of meat will make only four average patties for hamburgers, and if you have a pair of long legs to fill that won't go far. But take that one pound of ground beef, brown it in the skillet with one onion sliced, about ½ green pepper cut into thin strips, add one bouillon cube. Cook until onion and pepper are tender but not brown. Set aside. Cook one 7 ounce package of macaroni by package directions, rinse with hot water, drain and add to meat mixture. Put into flat 1½ qt. casserole and pour a rich cheese sauce over all. To make the cheese sauce simply add about a cup of sharp chedder cheese to a cup and a half of medium white sauce and season to taste. Bake in 350 degree oven until hot and bubbly. This will serve six persons generously. You have not skimped on the protein because you have added cheese and milk and have also added carbohydrates which include starches found in the macaroni. Yes it is more trouble but definitely worth it.

Meat $AVINGS

If you are making a spaghetti sauce and the recipe calls for 1½ pounds of ground beef, you can get away with using only one pound. Only you and your pocketbook will know the difference. Another suggestion: One half pound of ground beef, browned, added to cooked rice, and well seasoned will make delicious stuffed peppers.

To cook the less expensive cuts of meat cook at low temperature and when I say low I mean 250 degrees or 225 degrees. This will keep the meat from shrinking and will make the meat more tender. Cook several hours in a roaster with a tight fitting lid. It is not necessary to add water. Season with herbs, seasoned salt and pepper or even a little red wine the last 30 minutes of cooking. Thicken the juices if you want gravy, if not save to make soup with the left over meat. Simply cook potatoes, carrots, celery or any vegetable of your choice, then add the cut up meat and leftover gravy.

Meats are not the only food to think about. Chicken, fish, either canned or frozen, can be made to serve more if combined with compatible foods. This is a wonderful time to experiment and try some new dishes. Soft bread crumbs, butter, parsley and poultry seasoning mixed together and sprinkled between layers of cooked chicken makes a delightful dish and will make one fryer go much further.

Thinking of bread crumbs don't forget just old fashioned Bread Pudding. It is a delicious dessert and is economical.

OLD-FASHIONED BREAD PUDDING

1½ cups diced stale bread (you may use end pieces too)
3 cups milk, scalded
2 eggs, beaten
½ cup sugar (you may add a bit more if you like it sweeter, or add more when served)
¼ teaspoon salt
¼ teaspoon cinnamon
½ cup raisins or nuts or perhaps both

Soak bread in milk in greased baking dish. Combine eggs, sugar, salt and cinnamon; stir into bread mixture; add raisins and set in pan of hot water. Bake in moderate oven 350 degrees for 45 to 50 minutes or until knife comes out clean when inserted in center. Serve with cream. Should serve six. If you like chocolate flavor you may add 2 squares of chocolate to the milk and heat slowly until melted, then beat with rotary beater until blended. Omit cinnamon and add nutmeg and ½ teaspoon vanilla.

Use your head.—Take some time and you will save money and eat well too.

Self defense discussed at Jr. Woman's Club meet

Officer John Stephens of the Fayette County Metropolitan Police Department spoke to the Carlisle Junior Woman's Club, GFWC, on "Self-Defense for Women" Monday night, April 9. Officer Stephens is with the community and public relations division.

"Women have three natural weapons. They have nails for scratching, teeth for biting, and lungs for screaming," said Officer Stephens.

Members were told that they should travel with a companion rather than go anywhere alone. If they must go alone, they should lock the car doors; and if a door were opened they should take off and keep going.

"Put your purse on your arm; don't swing it and don't put it on top of groceries or shopping packages," the speaker said. "If you go someplace at night, park next to a light," he further urged.

The officer said, "Be prepared for these things to happen, but don't dwell on them. Have a battle plan."

The film "Attack" was shown by Officer Stephens who also distributed handouts entitled "A Message to Women."

The club discussed its Easter parties for the special education classes at Nicholas County Elementary School on April 20.

Miss Sandra Cull gave the spiritual values.

Co-hostesses were Mrs. Allen Clay Stone and Mrs. Frank Vaughn who used an Easter theme.

Mrs. Zachary hosts bridge club Thursday

Mrs. David Zachary entertained with a dessert-bridge at her home on Thursday, April 5.

Guests were Mrs. Lyle Andelson, Mrs. Jimmy Shaw, Mrs. Jock Conley, Mrs. Don Hughes, Mrs. Bobby McFarland, Mrs. Billy Clark and Mrs. Andrew Hamon.

High score was won by Mrs. Zachary.

Carlisle Garden Club to meet Monday

The Carlisle Garden Club will meet Monday, April 16 at 2 p.m. in the Educational Building of the First Baptist Church.

Wilmer Halcomb, Soil Conservationist, will present a program on trees.

Mrs. Charles Wilson will be the hostess assisted by Mrs. W.G. Irvin.

Spiritual values will be given by Mrs. George Dale.

Tubbs-Harney vows spoken

Miss Susie Tubbs and Frank Harney were united in marriage Saturday noon, April 7, 1973 by Rev. Frank Simons, using the double ring ceremony.

Mrs. Harney is the daughter of Mr. and Mrs. Mitchell Tubbs of Paris. Mr. Harney is the son of Mr. and Mrs. Robert Harney of Cynthiana.

Mr. and Mrs. Willie Hatton were their attendants.

Annual Style Show to be presented

Mrs. C.C. Crockett, Nicholas County vice president of the Woman's Club of Central Kentucky, Inc. announces that the Woman's Club of Central Kentucky, Inc. will present its annual style show April 17 at 8:00 p.m. and April 18 at 10:30 a.m. at the club house at 214 North Broadway, Lexington.

The theme "Fashion—What It Is All About—1973" will be presented by Charme Ladies Fashions, Inc. in a Garden Party setting with strolling combs, champagne and door prizes.

Tickets are available from Charme, Inc.; Woman's Club of Central Kentucky and Mrs. C.W. Kenney, 1528 Pine Meadow, Lexington, 40504.

Births

McMILLIAN

Mr. and Mrs. Wallace McMillian, of 1510 Huntington Drive, Apt. K-1, Murfreesboro, Tenn., announce the birth of a daughter, Stacey Lynn, born March 29, 1973. She weighed seven pounds. The maternal grandparents are Mr. and Mrs. John T. Ring of Carlisle. The paternal grandparents are Mrs. Beulah McMillian of Georgetown, and A.C. McMillian of Daytona, Fla.

HAMILTON

Mr. and Mrs. James M. Hamilton Jr., Route 4, announce the birth of a daughter, March 30, 1973 at the Bourbon County Hospital. She weighed seven pounds and six ounces and has been named Julie Carol.

The maternal grandparents are Mr. and Mrs. John S. Bromagen, and the paternal grandparents are Mr. and Mrs. James M. Hamilton Sr., all of Carlisle.

EUBANKS

Mr. and Mrs. James Eubanks of Route 1, Hillsboro announce the birth of a daughter on April 9, 1973 at the Nicholas County Hospital. She weighed seven pounds and two ounces.

KERNS

Mr. and Mrs. John Kerns of Route 4 are the parents of a daughter born April 6, 1973 at the Nicholas County Hospital. She weighed seven pounds and six ounces.