## THE HOME GAME

by MARY FUREY CRYMES

KIDDIE ROLLS — Tots who love to draw and paint are just as happy with rolls of plain white inexpensive shelf paper as they are with coloring books. And, the paper has this plus — masterpieces can always be cut off and framed for doting grandmothers. Or, mounted on cardboard and sprayed with fixative, the artworks make treasured placemats.

SAUNA WASH — If you own a top-loading automatic washer, you can load clothes and get a facial steaming at the same time. Bend over the tub while it's filling with hot water and let the moist vapor soak in. A light coating of cream makes your sauna even more beneficial, and don't forget to tuck your hair in a shower cap if you don't want it to droop.

SAUCERY — Tonight, add pizzazz to hamburgers with sauce au gratin. Blend a can of cheese soup with a cup of sour cream and heat. Pour over the burgers, or meatloaf, or fish, or most any green vegetable. Use it to top an omelet.

SOFT AND EASY — Concentrated fabric softener doubles as a cleaner for burned pans or casseroles. Pour a handful of softener in, let it soak overnight and next day, wipe out the mess with a paper towel.

SPICY TREASURE — What pumpkin pie spice does for pumpkin pie, it does even better for apple. Or, peach or mince. Use it in spice cakes and cookies, too.

MILK MAGIC — Sparkling nylon, orlon, or dacron curtains? For extra body, add a half cup of dry milk solids to the final rinse water. Gives more firmness and sparkle than plain starch.

INNER GRIP — Friend husband have an inner tube he's about to discard? Have him cut you a largish hunk and keep it handy to the kitchen. Use it as a grip under the food grinder. It holds the appliance firmly to a counter top or table while you grind away and leaves nary a mark or scratch.

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## Inflation blamed on organized labor

LOUISVILLE, Ky.—The current consumer outcry over high prices has been likened to the frustration which farmers have experienced in recent years as their costs have soared while prices for their products remained generally stable.

The comparison was made by Kentucky Farm Bureau Executive Secretary John W. Koon, who said farmers have been victimized by inflation's high prices to a greater extent than have housewives at the supermarket.

"Inflation has pushed farmers' total production costs up 90 per cent over the past 20 years," Koon said, "but in 1972 they got only 6.7 per cent more for farm products than in 1952."

These figures, Koon added, make those in the agricultural sector inflation's number-one victim.

Farm Bureau, which represents some 134,000 member-families in Kentucky, has long warned that inflation is the most serious threat to prosperity among Americans, Koon said.

"And inflation has been caused primarily by two things—deficit spending by the federal government, and large wage increases, without corresponding increases in productivity, granted to organized labor.

"The recent mass protest over food prices is merely a symptom of Americans' total resentment and frustration over continued surges in the price of everything we buy, Koon added.

"Those of us in agriculture welcome the help of all concerned groups in the fight to curb inflation. But while the headlines center around food, which actually has increased less in price during the last 20 years than most other major commodities, let's don't forget who the real inflationary culprits are."

## Hospital notes

April 1, 1973 to April 8, 1973. Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m.

ADMITTED: Margaret Brumagen, Arnold Bowen, Chloe F. Garrett, Mary Beckett, Helen Rose Blake, Coronna Sue Livingood, Robert I. Curtsinger, Russell Herrington, Deborah Kerns, Nola Virtna Rushford, Carlisle; Wayne L. Snapp, Estill Stockdale, Ewing; Marie Robinson, Lucille Irvin, Ethel Ishmael, Moorefield; Charles H. Burns, Mt. Olivet; Ruth Eubanks, Flemingsburg.

DISMISSED: Maude Dike, Helen Hamilton, Pansy Barnett, John Feeback, Marion Bellamy, Luther Thompson, Coronna Sue Livingood, Robert Curtsinger, Myrtle Hughes, Nannie Roe, Robert Tout, Jimmy Henry, Lewis Snapp, Carlisle; Lovell Linville, Brooksville; Bertie Mae Fite, Winchester; Marshalla Hitt, Maysltck; Georgia Smith, Bobby Lee Hatfield, Millersburg; Baby Billy Ray Plummer, Ewing; John Leggett, Paris.


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## SUSAN DUFF'S CALORIE COUNTDOWN

**YOUR PSYCHE AND YOUR WEIGHT**

For some time, professionals in the field of psychology have been trying to impress upon us the important role our emotions can play in our weight problems. If you've ever been confused by why it seems almost impossible to diet at certain times in your life, or by your inability to resist the cookies when you're worried about something, or by your seemingly irrational need to eat when you're not even hungry (or shouldn't be!)—well, join the club. Almost all dieters share this confusion and have wondered about these aspects of their dieting behavior. To get the best answers to questions such as these, I went to the very best professional source: Joseph Sibilla, a successful New York psychotherapist who has not only been involved in treating overweight patients, but has also had his own personal experience with dieting.

I first asked him what might be the most common general psychological factor which could make it difficult for a person to diet successfully: "When a person is having trouble dieting," Sibilla answered, "he is having trouble with his emotional life. To most people, food is a source of gratification." How might depression affect eating habits? I wondered. "To come out of a depression," the psychotherapist replied, "we recommend that people, instead of coming down on themselves, give themselves something. In the case of food, it's the most obvious and direct way of giving yourself something. As an act to alleviate depression, you can hardly beat something like eating a gooey dessert. Many people who are overweight are depressed."

I was curious as to why stress or emotional tension often causes people to overeat. His answer: "Food, in raising the blood sugar level, does act like a tranquilizer. I feel that people who do overeat, particularly people who eat under stress, are really in need of a tranquilizer and are using food in that particular way." How about overeating when you shouldn't really feel hungry? "I think it's the psychological input that gives rise to the need to eat and perhaps one might try to understand that as the reality, rather than the hunger. The hunger is not physiological as much as it is emotional and people might try to deal with what the stress is, rather than tranquilizing themselves with food."

My next question: Outside of seeking professional help, how might a person help himself psychologically so that he might be able to reduce more effectively? "I think that a person might become aware of his emotional basis for overeating—or for being overweight. There are many people who feel that an overweight condition is used to control one's love life, and I would not agree with that—that the overweight person is not as attractive to the opposite sex and may be overweight precisely to cut down on that type of involvement. I can see it in many of my patients." In addition: "A successful married life is a way for people to feel secure about their attraction to the opposite sex and, in many cases, may be the perfect climate for many people to lose weight."

Almost any dieter could certainly benefit from the knowledge and experience of Joseph Sibilla, perhaps especially because he himself has lost as much as 50 pounds at different times in his life and also because he now maintains a most attractive masculine physique. His personal secret to dieting success? Basically, a high protein regimen based on his own physiological needs for food.

• • •

**FREE BOOKLET: For a free copy of a fascinating booklet called "The Psychology of Dieting," please send your request on a POSTCARD to Susan Duff at this newspaper. This 6-page booklet was prepared by a noted psychiatrist and contains helpful psychological information in addition to practical tips for the dieter. Write or print clearly the title of the booklet, your name, full address and zip code. Please allow several weeks for delivery.**

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## Miss Eads gives Parks Homemakers Club lesson

"Time for the Things You Enjoy" and "Time Saving Tips for Homemakers" were subjects for the lesson given by Miss Ernestine Eads at the Parks Homemakers Club. The club met with Mrs. Sherman Hollar.

Eight members answered roll call with remarks pertaining to Easter.

Articles were given by both Issues and Concern and Family Life chairmen, Mrs. Francis Wasson, club president, had charge of business. Final plans for annual meeting were discussed. Date for Fall Style Show is Aug. 23.

Homemakers Camp will be Sept. 8-9 at 4-H Camp at Lake Carnico.

Refreshments were served by hostess. Meeting adjourned to meet with Mrs. Wasson, May 3 at 7:30 p.m.


Lyric Cinema — FRI-SAT SUNDAY 8 p.m.

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Salad Size — **Vine-Ripe Tomatoes** 3 lbs. 99¢

EVERYDAY DISCOUNT PRICE — U.S. Inspected 100% All Beef — **Ground Beef** In a 5-lb. or more flavor seal tube 89¢ lb.

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EVERYDAY DISCOUNT PRICE — U.S. Inspected Fresh — **Whole Fryers** 49¢ lb.

EVERYDAY DISCOUNT PRICE — Serve'N Save Skinless — **Wieners** 12-oz. pkg. 63¢

EVERYDAY DISCOUNT PRICE — Country Style Store Packaged — **Sliced Bacon** 99¢ lb.

EVERYDAY DISCOUNT PRICE — Lean Meaty — **Pork Steaks** 99¢ lb.

EVERYDAY DISCOUNT PRICE — Kroger's Whole Hog — **Sausage** 1-lb. pkg. $1.09

EVERYDAY DISCOUNT PRICE — Serve'N Save 7-Varieties — **Lunch Meat** 1-lb. pkg. 89¢

California Pascal — **Celery Hearts** pkg. 49¢
Florida Seedless 48 Size Pink or White — **Grapefruit** 9 for 98¢ or ea. 11¢
California Large Fresh — **Strawberries** qt. box 99¢ pint box 49¢
All Purpose — **Red Rome Apples** 4 lb. bag 99¢
Red Ripe — **Watermelon** ½-melon 99¢
Good Cookers — **Red Potatoes** 20 lb. bag $1.89

Fresh — **Red Radishes** 1-lb. bag 29¢

Florida Valencia — **Oranges** 5 lb. bag 69¢

Vine Ripe Large 36-Size — **Cantaloupe** 2 for 89¢

*Time to Plant*
Sphagnum — **Peat Moss** 4 cu. ft. bale $4.49 — 8 cu. ft. bale $5.49
Flower & Vegetable — **Bedding Plants** tray 69¢
Giant No. 1 Hybrid Tea — **Rosebush** ea. $1.49
Northrup King Quick Turf — **Grass Seed** 5 lbs. $2.49
2 cu. ft. — **Peat Humus** bag $1.19

Discount Special — **Missy Fabric Softener** gal. 77¢
Discount Special—$1.24 Size — **VO-5 Shampoo** 2 7-oz. btls. $1
Discount Special—99¢ Size — **Style Hair Spray** 13-oz. can 59¢

Discount Special—Chunk Style — **Del Monte Tuna** 2 6½-oz. cans 88¢
Discount Special/Kroger — **Salad Dressing** qt. jar 37¢
Discount Special—Kroger Shoestring — **French Fries** 3 20-oz. pkgs. $1

Discount Special—Kroger Giant — **Sandwich Bread** 3 24-oz. loaves $1
Discount Special—Country Oven — **Cake Donuts** 3 pkgs. 89¢
Discount Special—Morrell — **Vienna Sausage** 4 4-oz. cans $1

Delicious — **Yellow Sweet Corn** 6 ears 89¢
Kroger 100% Pure—In Produce Dept. — **Orange Juice** ½-gal. btl. 99¢
Endive, Escarole, Boston, Romaine — **Variety Lettuce** ea. 39¢

Discount Special — Vacuum Pak — **Kroger Coffee** 1-lb. can 79¢

Discount Special — Country Oven — **Angel Food Cake** ea. 49¢

Discount Special — Kroger Medium — **Grade 'A' Eggs** doz 53¢

Discount Special — Clover Valley Roll — **Margarine** 1-lb. pkg. 15¢

Discount Special — Banquet Frozen — **Cream Pies** Butterscotch, Chocolate Coconut, Banana Nacquinton, Lemon, Strawberry 14-oz. pie 19¢

Discount Special — Royal Gem — **Green Beans** 6 16-oz. cans $1

Beautiful — **Fantasia China** — This week's featured "Piece-A-Week" — **Fruit Dish** ea. 44¢
plus 50 Extra Top Value Stamps with the purchase of each Completer Piece

Discount Special—Clover Valley — **Ice Milk** gal. ctn. 99¢
Discount Special—Orange, Grape, Punch — **Big 'K' Drinks** 46-oz. can 29¢

Discount Special—Kroger — **Peanut Butter** 28-oz. jar 89¢
Discount Special—Kroger — **Crescent Rolls** 8-oz. pkg. 29¢

Discount Special—Frozen — **Piccadilly Circles** 3 pkgs. $1
Discount Special—Sausage, Hamburger, Pepperoni — **G&W Pizza** 18-oz. pizza 89¢

Discount Special — Swansoft — **Paper Towels** 4 jumbo rolls $1 — Bathroom Tissue 5 two roll pkgs. $1

Everyday Discount Price — Swift's Shortening — **Swift'ning** 3 lb. can 79¢

Discount Special — Pillsbury Layer — **Cake Mixes** 3 pkgs. $1

Discount Special — Refreshing — **7-Up** 8 16-oz. btls. 75¢ + dep.

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*This Week's Coupon Specials—*

Discount Specials — **Dial** Antiperspirant 4-oz. btl. 69¢ $1.29 Size — **Disney Tooth Brushes** Childs or Junior ea. 39¢ ea. 44¢

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VALUABLE COUPON — Kroger Size — **Dial Soap** regular size bars 3 for 39¢ C.M. — D-24 — Kroger

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