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Hostesses for the 25th anniversary celebration of the Community Women's Club held April 9 at the home of Mrs. Robert Cooney were Mrs. Henry Peter, Jr., Miss Fleet Allison, and Mrs. Cooney.



Officers of the Community Women's Club are Mrs. Hazel Moore, secretary; Mrs. J. Angus Jacobs, co-hostess; Mrs. H. Dallas Saug, treasurer; and Mrs. Joe Woodall, president. The club, which celebrated its 25th anniversary on April 9.

Homemakers meet
The Moorefield Homemakers met April 13 at the home of Mrs. Jack Becker, with Mrs. J. Angus Jacobs co-hostess. The meeting was called to order by the president, Mrs. Harvey Wilson. Mrs. Joe Smart gave the devotional. Bill Call was welcomed by completing the program. Mrs. Thelma Easter... 11 members and Mrs. Wilson were present.
Mrs. Pauline Clark gave the treasurer report and minutes of the last meeting. Mrs. Joe Smart passed out pamphlets on "Days of Our Lives." Mrs. Becker gave an interesting lesson.
"Home Manager" Plans were discussed for the annual meeting to be held April 29 in the First Christian Church. We welcome new members into our club. Membership is open to any race, color, or national origin.
For further information or questions, call the Nicholas County Library, 289-5502.

SUSAN DUFF'S CALORIE COUNTDOWN
SETS FOR TV MUNCHER
TIPS falling for an evening of television snacking are among my most irresistible hunger pangs. A lot of calorie-counters seem to have this problem: popcorn, potato chips, cookies, crackers, nuts, chocolates—all those nationalities little nibbles usually seem essential to us otherwise perfectly rational dieters the minute we're seated. Our favorite snacks flash across the screen.
Well, you really needn't twitch on high calorie nibbles every time you switch on the tube. There are very tasty ways to avoid those very snacks. First of all, the best television-viewing nibbles are hands and bite-sized so they can be easily popped into your mouth while your eyes are glued to an engrossing mystery movie. If you plan ahead, you can turn many low cal foods into deliciously "popable" nibbles.
For example, here are some nifty possibilities for a TV snacker's vegetable snack tray: asparagus, cooked, drained and chilled (only 10 calories for four spears); raw carrots cut into thin round disks (20 calories per bowl average; four spears); raw cauliflower buds (one cup has only 20 calories); raw cauliflower stalks (just 5 calories per whole large stalk); raw cucumber, pared and sliced.
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Can public agencies serve citizens better
The Kentucky Citizens Council, Inc., is ready to distribute to groups across the state some \$120,000 from the National Endowment for the Humanities to help people find out how public agencies can serve citizens better.
Arthur Curtis, executive director of the KHC, stated that any non-profit group is eligible to submit project proposals, and targeted people across the state to write for details.
"Typical project activities might be discussions, seminars, conferences, or radio programs, anything that could be considered 'informal adult education,'" according to Curtis.
Projects must relate to the KHC theme for 1973-74, "Our Public Agencies: Servants or Masters?" Projects should generally focus on a specific problem, such as how government agencies can help senior citizens. Or they might focus on a particular service provided by government, such as law and justice, or education.
Curtis said that one of the KHC's main goals in sponsoring these projects is to help the public realize that the humanities—such as philosophy and history—can provide useful insights into public problems. The KHC will help organizations find professionals in these subjects to act as resource persons for projects.
The KHC has already received several proposals, and hopes to approve some grants at its next board meeting on May 8. The Board of Education and other citizens from across Kentucky are invited to submit proposals.
The KHC's main office is in 206 Breckinridge Hall, University of Kentucky, Lexington, 289-5502.

WAKE-UP RARIN' TO GO when you sleep on a SPRING AIR BACK SUPPORTER MATTRESS
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Girls softball team organizes
All girls and women interested in playing softball are to meet at Nicholas County High School ball field, Saturday, April 21, at 10:30 a.m.
For further information or questions, call the Nicholas County Library, 289-5502.

George celebrates 68th birthday
A 68th birthday dinner was given for Thomas T. George by his daughters Sunday, April 15, at the home of Mr. and Mrs. Robert Trussell, Carlisle. Those who attended were: Mr. and Mrs. Merle McCarty, Pam and Wendell, Fairborn, Ohio; Mrs. Ruth Curtis, Mrs. Duvalie Ritchie, Mrs. Rita Ritchie, Sheila Ritchie, Tammy Ritchie and Christi Ruth George; Mr. and Mrs. Stanley Brownman; Mr. and Mrs. Ronald George and Linda Sue; Mr. and Mrs. C.T. Minton and Melaine of Carlisle.
Mr. and Mrs. Paul Minton and Dennis of Lexington; Miss Ann Wingard of New Jersey; Mr. and Mrs. Trussell, Larry Trussell, Carlisle; and Mrs. Thomas George.
Afternoon guests were Mrs. Becky Brownman, Mrs. Wayne Berry, Sue and Mike, Arthur Minton and Bonomo Brownman of Carlisle; Ray Brownman of Cherokee, Va.
Mr. George received some lovely gifts and dinner was enjoyed by all.

NCHS alumni meet
The 1973 NCHS Alumni officers met Sunday, April 15, at the home of Mr. and Mrs. George for Saturday of the Memorial Day weekend. May 27.
The officers are Jimmy Denton, president; Sherry Cheever, vice president; and the secretary is Pam Anderson, treasurer; and Howard Livingston, chaplain.
Plans are now being made and will be announced later.

Good Friday at 2 P.M.
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United Methodist
April 18, 8 special worship service will be held in the sanctuary of the First Christian Church and Rev. C.L. Cooper, pastor, will bring a message on the Crucifixion. There will be special music with Mrs. Sterling Blake in charge. There will be a communion service at 10:30 a.m. immediately at the close of this service.
Thursday, April 19, 7:30 p.m. The observance of Holy Communion will be observed. Rev. Cooper will bring a devotional message and conduct the service. The Junior Choir, under the direction of Mrs. C.L. Cooper, with Mrs. Luther Anderson as the accompanist, will sing. This will be the first Communion for those being received into the membership of the church this year. Everyone is invited.
Easter Sunday, April 22, church school will be held at 9:30 a.m., and the morning worship service at 10:45 a.m. The Junior Youth, and Senior Chorus will sing special music at this worship service. Mrs. Blake will be the organist, and Mrs. Anderson and Mrs. Lester Snapp will be the pianists. The pastor will read the Easter sermon, and receive into the membership of the church a number of persons. Baptisms of those being received will be administered.

Shrine of Our Lady
Wednesday, April 18, 5 p.m. Mass; 7:30 p.m. Prayer Service.
Holy Thursday, April 19, 7:15 p.m. Confession; 7:30 p.m. Mass of the Last Supper and Procession to the Repository; 8:30 - 10 p.m. Adoration of the Blessed Sacrament.
Good Friday, April 20, 12 noon The Way of the Cross; 7:30 p.m. The Liturgy of St. Peter's Passion and Death.
Holy Saturday, April 21, 5 - 5:30 p.m. Confession; 8 p.m. Mass of the Easter Vigil.
Easter Sunday, April 22, 9:30 - 9:50 a.m. Confession; 10 a.m. Mass of the Resurrection of Our Lord.

First Christian
First church of the Nazarenes, Neil Thompson, minister. Maundy Thursday Communion Service Maundy Thursday, 7:30 p.m. Community Easter Sunrise Service 6:30 a.m. Dr. Brown, presiding.

Kay's Kitchen
By Kay Fisher
Don't let the traditional family Easter dinner spoil your food budget. As far as I can tell this Easter, the most economical meal you can serve is turkey. The thought of a turkey dinner is always exciting for children. Another point in favor of turkey is the fact that you can buy one in any size you wish. So unless the one meat suitable for your family. Do remember, however, that turkey is much trouble to take a small bird it is a large one. Keep in mind that turkey can be used for lunches and dinners. Are you willing to take the time to make turkey casserole? A la King or tetrazzini to serve right after the turkey feast? Keep all these things in mind when selecting your turkey.
ROAST TURKEY
Have turkey at room temperature and let it stand for one hour before dressing. It will take about 1 to 1 1/2 cups of dressing to coat a 12 pound turkey. There are numerous ways to roast a turkey but this is the way I do it. Place the turkey on a rack in roaster; breast side down and roast in a slow oven 235 degrees, allowing about 20 minutes per pound. When cooking time is up, take turkey out, breast side up. Baste about every 20 minutes with bippin in which you cooked the giblets and neck until you have enough drippings with which to baste. Breast should be golden brown by time turkey is done.
For a change from the every day serving of potatoes, serve one with one of these variations—when rice is added, add 1/2 cup Easter egg salad, almonds or mix 1/2 cup sautéed mushrooms with 1/2 cup milk.
In the spring I always think of fresh green peas. I know that is impossible but you can make good frozen peas taste a lot better by adding thinly sliced green onions, about 1 teaspoon sugar, salt and pepper to taste. When they are nearly done, add about 1/2 cup milk and stir. Remove from heat and remove from heat and add 1/2 cup milk. Stir. Remove from heat and add 1/2 cup milk. Stir. Remove from heat and add 1/2 cup milk. Stir.

LADY BALTIMORE CAKE
3 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
1/2 cup shortening
2 cups powdered sugar
1/2 cup shortening
1/2 cup milk
1/2 cup water
6 egg whites, stiffly beaten
Mix flour, baking powder and salt, and sift three times. Cream shortening until soft and smooth and gradually add sugar, creaming until very fluffy; add flour. Add four alternately with combined milk and water, beating until smooth after each addition; fold in thoroughly the stiffly beaten egg whites. Turn into greased loaf pan and bake at 350 degrees for about 20 minutes. This makes 3 nine-inch loaves.
Put cake together with LADY BALTIMORE FROSTING: 1 recipe seeded raisins, 1/4 cup chopped figs, 1/4 cup chopped almonds, 1/4 cup chopped walnuts.
Prepare boiled frosting, flavoring with 1/4 teaspoon vanilla and 1/4 teaspoon almond extract. When of proper consistency to spread, add enough frosting to fruits and nuts to enough frosting to spread easily. Spread remaining frosting over top and sides to rim.
Since this is a special cake, I like extra frosting to make a nest in the center of Seven Minute Frosting to make a pretty white swirling ring all over the cake.

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For that Spring Outfit (Coats, dresses, ensembles or accessories) to make a lovelier you this Easter. Call 289-2464

Wesley Chapel C.M.E.
Wesley Chapel C.M.E. Church, Rev. Paul C. Bigby, minister. Good Friday Services, 7:00 p.m. Mr. and Mrs. Miss Carlisle for God's pageant.
Farah baptism
Mr. and Mrs. Licha Farah presented their son, Edward Jeffrey, for baptism Sunday morning, April 15, at the Shrine of Our Lady of Guadalupe. The Rev. Herman Kainigle officiated. The godfather for the ceremony was the child's godmother, Miss Marina Farah; godmother, Jerome Hagley of Carlisle, N.C.; maternal grandmothers, Mrs. Sam Hagley, of Wendell, N.C.; aunt, Mrs. Louisa Kaur; Mrs. Kaur and family; and Miss Lena Pumphrey, Mr. and Mrs. James Andro and son, James Bill Spurr and children, Mrs. Joe F. Conley and Sunday School Class.
Following there was a family dinner at the Farah home.

Will honor librarians
The Carlisle Community Women's Club will meet Monday, April 22, 1973, at 7:30 p.m., at the Buffalo Trace Regional Library, The Education Department has planned a program to honor our local librarians.
Business for the meeting are Mrs. Nathan Young, Jr., Mrs. Morris Whitely, and Miss Kim Hilder. Spiritual values will be given by Mrs. Edith Nofsinger.

Engagement announced
Mr. and Mrs. Frank Crawford announce the engagement of their daughter, Victoria Ellen, to Michael Edward Sexton, son of Dr. and Mrs. William H. Sexton, all of Richmond, Ky. Mrs. Crawford is a graduate of Madison High School, and is currently attending Eastern Kentucky University, where she is enrolled in the Department of Nursing. Mr. Sexton was graduated from Model High School and is presently a Law Enforcement major at EKU. The wedding will take place on August 3 and will be held at 2 o'clock in the afternoon at the EKU Mediation Chapel. The custom of open chapel will be observed and all friends and relatives are invited.
Mr. Sexton is the grandson of Mr. and Mrs. Gordon of Carlisle, and Mr. and Mrs. Ray Ruddle of Richmond, formerly of Carlisle.

Church of God wedding scene
The marriage of Miss Sharon Price, daughter of Mr. and Mrs. Omar Mitchell of Nicholas County and Barry Fogelman, son of Mr. and Mrs. Fogelman of Tullahoma, was solemnized at 12:30 Sunday night at the Pleasant Valley Church of God. The Rev. Frank Simons performed the double ring ceremony. Given in marriage by her brother, Elmer Price of Owensboro, the bride wore a long dress of white silk lace with a short veil of illusion and lace. Her bouquet was pink baby mums and white carnations.
Mrs. Debbie Price, sister-in-law of the bride, was matron of honor and wore a dress of yellow and white striped gingham and carried a white bouquet. Donnie Fogelman of Vanceburg, brother of the groom, served as best man. Hermita Earls and Eddie Becker were ushers.
The bride and groom were accompanied by Mrs. Thelma Fogelman and Vickie Mitchell served cake and punch at the reception held at the church. After a short honeymoon the couple will live at Nelson, Mo. Fogelman is employed at Southern States and Mrs. Fogelman is a junior at Nicholas County High School.

Call in your Society News 289-2464

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Personals
Mr. Howard Dorsey, Mrs. William Harper and Miss Jane Harper were guests of Mr. and Mrs. William Harper and family in Cincinnati, Ky. last weekend. They attended the Guy Lombardo concert on Saturday night.
Mr. and Mrs. John Buckner and daughter, Jennifer, of Lexington spent Sunday with Mrs. C.C. Last.
Mr. and Mrs. Warren Fifer were in Ashland last weekend to visit Mrs. Fifer's mother, Mrs. M. and Mrs. Ted Fifer.
Mr. and Mrs. Jimmy Shaw and daughters and Mr. and Mrs. Youie Shaw were dinner guests Friday of Mr. and Mrs. Teddy Shaw.
Mr. and Mrs. G. L. Story was called to Lexington Sunday by the death of her sister-in-law, Mrs. John M. Bealy.
Mr. and Mrs. W.B. Ritchie of Paris celebrated their sixth wedding anniversary Thursday, April 12, Mr. and Mrs. Ritchie are natives of Nicholas County.
Mr. and Mrs. Henry Bailey spent the weekend with their mother, Mrs. H.W. Bailey in Piqua, Ohio.
Mr. Paul Smith and daughter of Lexington, and Mrs. Jimmy Shaw and daughters, Mr. and Mrs. Teddy Shaw and daughter, Mrs. Youie Shaw were dinner guests of Mr. and Mrs. Youie Shaw.
Miss M. Calloch of Millersburg is a patient at the Bourbon County Hospital.

Miss Georgia Gates
May wedding plans made
Mr. and Mrs. Eugene Gates of Carlisle announce the engagement of their daughter, Georgia Ann, to Billy Ray Gilpin, son of Mr. and Mrs. Eugene Gilpin also of Carlisle.
Miss Gates is a 1972 graduate of the Nicholas County High School and is now employed at the Nicholas County Hospital.
Mr. Gilpin is a 1969 graduate of the Nicholas County High School and is employed at Lexington Bluegrass Army Depot.
The wedding will be an event of Saturday, May 8, at 4 p.m. at the Myers residence, 289-5423.
A reception will follow at the home of Mrs. Virginia Hales.
There will be no formal invitations sent. All friends and relatives are invited.

Widower Halcomb Garden Club speaker Monday
The members of The Carlisle Garden Club enjoyed an engaging presentation by the speaker, Mrs. William H. Halcomb, at the meeting held in Fellowship Hall of the First Baptist Church.
Mrs. George Hale used the theme of the program, "Trees," as her subject for the spiritual values, the spots of the beauty and inspiration of trees in all the seasons and quoted a number of verses from the Bible that mention various trees. She closed with the poem, "Trees" by Joyce Kilmer.
Mrs. Charles Wilson, president, assisted by Miss Mary Len Campbell, secretary, conducted the business. Mrs. G. Irvin, Landscape Chairman, reported the sale sale of 20 yellow poplar trees ordered to be planted, and Mrs. William Layton, Finance, reported the sale sale of 20 yellow poplar trees ordered to be planted, and Mrs. William Layton, Finance, reported the sale sale of 20 yellow poplar trees ordered to be planted, and Mrs. William Layton, Finance, reported the sale sale of 20 yellow poplar trees ordered to be planted.

Senior art exhibit opens at M. S. U.
The annual Morehead State University senior art exhibit opens Sunday, April 22, in MSU's Claypool Young Gallery.
The mixed media exhibition, which closes May 5, includes works by 15 MSU seniors. The exhibit includes many of the items will be for sale.
Gallery hours are 8 a.m. to 4:30 p.m. on Saturday and Sunday and 7 p.m. to 9 p.m. on Monday and Wednesday.
A mixed media show by Ted Koester, Louisville senior art major at MSU, will be displayed April 16-23 in Johnson-Camden Library.
The exhibits are free and open to the public.

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