My trip to California sponsored by I.G.A.

Look boys! The I.G.A. Boys Contest has started again. This is a trip to California and Disneyland. This is the most wonderful trip any boy would want. Every boy should try for this trip. It is something I could never find words to describe! I wish every boy could go. Stevei Walton

It's time again for the I.G.A. Boys Contest, winning an all-expense trip to California. It's really worth working for, because I know, I went last year. All you have to do is ask your neighbors, friends and relatives to go to Coatney's I.G.A. and shop and write your name on their green grocery slips. You'd be surprised how many people would like to vote for you if you only "ask them." I could never have gone if it hadn't been for the nice people shopping at I.G.A. voting for me. I want to thank everyone again that helped make my trip possible. I'll always remember the nice trip I had.

The more votes you bring in, the better chance Mr. Coatney will have of going, because he has to win too, and he's really a nice chaperon.

We, 83 Kentucky Red-Cap boys got on a jet at Louisville, stopped at Dayton, Ohio, picked up 200 Ohio Yellow-Cap boys, and on to California, the land of our dreams on our own private jet. We went to Marineland, Disneyland, Japanese Village, Knotts Berry Farm, Universal Studios, Baltimore Orioles - California Angels Game. We stayed in the best motel, went swimming every night, saw fireworks, had good meals, got free tickets for rides, and were those airplane stewardesses pretty! All this was free too. Just think what it would have cost. Get in there boys and get busy, it's worth it. Anything worth having is worth working for. Philip Burden

Boys contest

Bob Coatney with Stevie Walton, Philip Burden and Dwaine Williams who won the I.G.A. Boys Contest last year.

APPLY NOW

We Train Men to Work As

LIVESTOCK BUYERS

If you have some livestock experience we will train you to buy cattle, sheep and hogs.

For a local interview, write today with your background. Include your complete address and phone number.

CATTLE BUYERS, INC.
4049 Pennsylvania
Kansas City, Mo. 64111
Training Cattle and Livestock Buyers

East Union

By Mrs. Eugene Robinson

There was a stork shower given for Mr. and Mrs. Charles Hatton of London, Ky. Friday night at the East Union Store. It was given by Mr. and Mrs. Richard Hatton.

Mrs. Lena Hunt, her daughter Frances, and granddaughter, Hilda of Louisville visited Mr. and Mrs. Eugene Robinson over the weekend.

Mr. and Mrs. Donald Robinson and family of Moorefield, Mr. and Mrs. Allie Vice Jr. and daughter, Mr. and Mrs. Billy Robinson and daughter of Millersburg, spent the day with their parents Sunday.

Mr. and Mrs. Allie Vice and family visited Mr. and Mrs. William Lawrence of Mt. Sterling Sunday.

We welcome the new baby daughter of Mr. and Mrs. Larry Hatton. Her name is Katherine Jill.

Hospital notes

April 16, 1973 to April 22, 1973. Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m.

ADMITTED: Patricia Rae Ishmael, Elizabeth Ann Fuller, Tammy Jo Cronan, Mattie McKenzie, William T. Jolly, Serelda Southy, Janice Sexton, Harrison Hunt Sr., Ruth Blount, Betty Kelley, Joanne Quinn, Russell Wills, Carlisle; Margaret Gray, Reuben Workman, Ewing; Jane Luman, Augusta; Nellie Willmoth, Mt. Olivet; Wanda Kay McKee, Millersburg; Lovell Linville, Brooksville.

DISMISSED: Lizzie Pumphrey, Edna Ruddell, Helen Rose Blake, Stella McGlothin, Ura Nickell Hatton, Laura Caswell, Daisy H. Huddleson, Arnold Bowen, Lewis Rogers, Patricia Ishmael, Linda Tedder, David H. Booth, Luther Tincher, Tammy Jo Cronan, Jess Lawerence, William T. Jolly, Betty Kelley, Carlisle; Lizzie Wright, Mt. Olivet; Richard Mitchell, Ruth Tyree, Margaret Gray, Ewing; Ethel Ishmael, Lucille Irvin, Moorefield; Jane Luman, Augusta; Ralph E. Ross, Maysticks; Elmer Brown, Brooksville; Wanda McKee, Millersburg.

NOVELTY T-SHIRTS

100 pct. cotton made in U.S.A. Select from many "mod slogans" small—medium and large . . . "Everyones wearing them"

$2.98 Values

$1.99

Carlisle Drug Co.
THE Rexall STORE
CARLISLE, KY.

Clear the tracks for lower prices

NATIONAL SALE DAYS

THRU MAY 31

APPLIANCES AND TELEVISION

Model TB-14SN

TWO APPLIANCES IN ONE . . . DOUBLE CONVENIENCE!
13.5 cu. ft. Two-door Refrigerator
• Zero-degree freezer holds up to 132 lbs.
Reg. $399.00
Reduced to $248.00

Model CA 12DP

GE 11.6 cu. ft. FREEZER STORES 405.7 LBS. OF FROZEN FOODS, EASY TO PICK AS BOOKS OFF A SHELF! 4 refrigerated surfaces! Temperature Control! Bulk-storage rack!
Reg. $219.95
Reduced to $189.95

GARRETT'S Furniture Co.

IGA Boys' Contest '73

TableRite Whole Fryers U.S.D.A. Grade 'A' lb. 47¢

TableRite Biscuits 6-PAK 45¢ 8-oz. 10-count tube

Old Style or Buttermilk

Domino Sugar 5-lb. bag 38¢

Western Iceberg Lettuce head 35¢

IGA Hi-Power Bleach 1/2-gal. bot. 19¢

Jergens Bath Soap each 5¢

Campbell's Vegetable Soup each 13¢

Hi-C Drinks All Flavors 46-oz. can 25¢

Sandwich Bread 25¢ Hot Dog Buns 33¢ Cake Donuts 35¢

Mellowed Bacon 99¢ Wieners 75¢ Bologna 99¢ Sausage 99¢ Hog Fries 59¢ Baking Hens 69¢

Beef Patties 89¢ Beef Drumsticks 99¢ Beef Patties 99¢

Cucumbers 19¢ Pascal Celery 25¢ Green Onions 15¢ Endive 29¢

2% Low Fat Milk 2/99¢ Natural Cereal $1.29 Slaw Dressing 69¢ Potato Salad Dressing 69¢

Flour 65¢ Sweet Pickles 49¢ Bathroom Cleaner 69¢ Margarine Quarters 4/$1 Hair Spray 79¢ Laundry Detergent 76¢ Effervescent Tablets 89¢

Tomato Sauce 8/$1

FROZEN FOOD VALUES

Fish Sticks 99¢ "Mini Corn on Cob" 59¢ Shoestring Potatoes 25¢

Boys' Contest '73 EARN UP TO 1000 BONUS VOTES WHEN YOU PURCHASE THE FOLLOWING PRODUCTS

ATTENTION This is the last week you may redeem Gold Award Coupons!

Gold Award Coupon ONE (1) FREE with $7.50 or more

Gold Award Coupon ONE (1) FREE Margarine

Gold Award Coupon ONE (1) FREE Bath Cleaner

Gold Award Coupon ONE (1) FREE Hair Spray

Gold Award Coupon ONE (1) FREE Fish Sticks

Gold Award Coupon ONE (1) FREE Sweet Pickles

Gold Award Coupon ONE (1) FREE Drink Mixes

Gold Award Coupon ONE (1) FREE Flour

Gold Award Coupon ONE (1) FREE Baking Hens

SALTWELL

By Mrs. Fred Hollar

Mr. and Mrs. Donnie Gaunce and children of Ft. Thomas and Mr. and Mrs. Bobby Price and family were Sunday dinner guests of Mr. and Mrs. Fritz Gaunce.

Mr. and Mrs. Ronnie Gaunce and family of Sunrise and Mr. and Mrs. Wayne Gunn and sons of Headquarters spent Sunday with Mr. and Mrs. Freddie Gaunce.

Miss Kathy Price of Stoney Creek spent the weekend with Mr. and Mrs. Dickie Grimes and family.

Mr. and Mrs. Harvey Woosley and children of Millersburg and Billy Woosley and children spent Sunday with Mr. and Mrs. William T. Woosley of Buffalo Trace.

Mrs. W.G. Irvin of Carlisle visited Mrs. Allen Rule and Mrs. Fred Hollar on Tuesday evening.

Mr. and Mrs. Stanley W. Caswell of Millersburg spent Sunday with Mr. and Mrs. H.A. Gaunce and family.

Freddie Hollar of Carlisle spent the weekend with Mr. and Mrs. Layne Hollar.

Rev. and Mrs. Thomas Gaunce had as visitors on Sunday and during the week Mr. and Mrs. Shelly Gaunce of Versailles, Mr. and Mrs. Thurmond Osborne of Helene, Harvey Gaunce and son Bill, Mr. and Mrs. Andrew Gray, Earl Finch and Clyde McParland, Fred Burnaw and Mrs. Elizabeth Gaunce of Carlisle, Julian Gaunce and Fred Hollar.

Mr. and Mrs. Bob Kenney and son Greg of Covington spent Saturday and Sunday with Mrs. Gladys Kenney.

Mr. and Mrs. Arnold Mattox of Lexington visited with Mr. and Mrs. Vaughan Mattox, Mr. and Mrs. Chester Mattox and Mr. and Mrs. Fred Hollar on Sunday.

Mr. and Mrs. Vaughan Mattox entertained with an egg hunt and picnic on Sunday afternoon. Jo and Amy Feebeck, Tracey Hollar and Joanna Mattox, Mr. and Mrs. Fred Hollar and Mrs. Frankie Feebeck also were visitors.

Harold Mattox and Miss Kay Mahoney of Lexington were Sunday dinner guests of Mr. and Mrs. Sterling Hollar.

Mrs. Norman Dunlap and sons Brian and Brent, of Felicity, Ohio visited with Mr. and Mrs. Fred Hollar on Monday evening.

Mr. and Mrs. Roger Goodman and Paula of Lexington, Mr. and Mrs. Roy J. Snapp and sons of Cincinnati, were Sunday dinner guests of Mr. and Mrs. Roy E. Snapp. Miss Hallie Griffin and Mrs. Gladys Bobb of Carlisle were also afternoon visitors and supper guests of the Snapps.

A very good crowd attended the sale of Mr. and Mrs. Tim Withrow here on Saturday conducted by Billy M. Gaunce.

The Headquarters Methodist Men and W.S.C.S. will have their regular monthly meeting Thursday night, April 26, at 7 o'clock. Supper will be served as usual. Vaughan Mattox will be the speaker for the men.

Mr. and Mrs. Jim Wilson were Monday dinner guests of Mr. and Mrs. Layne Hollar.

Mrs. Gary Hollar and Chris, Mr. and Mrs. Jerry Galbraigh, and Mrs. Diane Hamilton and Shellie visited Mr. and Mrs. Donald Stone and daughter of Carlisle on Sunday evening.

Mr. and Mrs. Owens Harmon and family of Hillsboro, Ohio spent Sunday and Sunday night with Mr. and Mrs. Homer Withrow and Vicki.

Mr. and Mrs. James Snapp and children spent Sunday with Mr. and Mrs. Bob Snapp and family.

Miss Frances Barlow and Mrs. Phyllis McDonald visited Mrs. Juanita Turley and Mr. and Mrs. Newman Haskins of Georgetown on Sunday.

Martha and Daley Kennedy spent Sunday with Mr. and Mrs. Herman Blakeman and children of Lexington. While there they attended the Smiley Memorial Baptist Church.

Youth group to sing at MMI Saturday

"Sing-Out Louisville" is a group of over 100 young people from 15 Kentuckiana schools that will be heard in concert at the MMI Memorial Auditorium Saturday night at 8 p.m. under the sponsorship of the MMI Auxiliary.

The concert will be a repeat performance of last year, when the group made such a successful appearance at MMI in the auxiliary's concert series. The group was first organized in April of 1969 at Westport High School in Louisville, but soon moved out of the realm of the school's jurisdiction to become a dedicated vocal group of young people from many schools.

ATTENTION!

Nicholas County Voters

On May 29 Vote For

The Democratic Team

Meredith Evans

Sheriff of Nicholas County

Ralph Taylor, Deputy

Your Vote Will Be Appreciated

Saturday, April 28 is the deadline to register for the May 29 Primary. Young people who will be 18 before Nov. 3, 1973 are eligible to register and we solicit your vote.

Paid for by Ralph Taylor.

SUSAN DUFF'S CALORIE COUNTDOWN

CHEESE NEWS FOR MEATLESS MENUS

The rising cost of meat has got almost everyone scurrying around to find new recipes that will provide good nutritional value at low prices. This is especially hard on high-protein dieters who have relied on meat as a dietary basic. Even without meat, though, there are ways to keep protein high and calories low. And, one of the best meat substitutes possible is cheese.

Because cost is of the essence, you might be interested in the relative expense of varying kinds of cheeses: aged or sharp natural cheeses are generally more expensive than the milder varieties; prepackaged sliced, cubed or grated cheese cost more than larger wedges; flavored cream or cottage cheese is more costly than plain (you can add chive, pimiento, fruits and vegetable pieces at home to save money); and pasteurized processed cheeses are often less expensive than the natural cheeses.

Cheese should be kept in the refrigerator in its original wrapper until used. After use, the cut surfaces of the remaining cheese should be tightly covered with waxed paper, foil or plastic to prevent drying out; or it may be kept in a tightly closed container in the refrigerator. Cream, Neufchatel and other soft cheeses can be stored, refrigerated, for two weeks. Cheddar, Swiss and other hard varieties will keep for several months in your refrigerator. Unopened jars of cheese spreads and cheese foods can be kept at room temperature; after opening, they will keep for several weeks in the refrigerator.

Cheese has as much protein as (meat (about 7 grams per ounce) and, in many cases, it has fewer calories. Blue or Roquefort cheeses have 105 calories per ounce; cream cheese has 106 calories per ounce; grated Parmesan has 130 calories per ounce; Swiss cheese has 105 calories per ounce (pasteurized, processed Swiss has 100 calories per ounce); American pasteurized processed cheese has 106 calories per ounce; and pasteurized processed American cheese spread has 80 calories per ounce.

You can be very creative when you incorporate cheeses into family menus. As a light lunch, snack or dessert, the natural cheeses are delicious with apple and pear wedges, grapes and other fresh fruits. You can make a large chef's salad a scrumptious main course by adding plenty of small Cheddar sticks and Swiss strips. Following is a great high protein course that's lower in calories than many meat dishes (290 calories per serving; serves four):

BROCCOLI CHEESE SOUFFLE

Preheat oven to 325 degrees F. Combine ¼ cup quick-cooking tapioca, a teaspoon of salt and 1¼ cups milk in a one-quart saucepan. Stir over medium heat until mixture comes to a boil; then remove from heat; add 1 cup shredded Cheddar cheese and stir until melted. Separate 4 egg yolks (save whites) and beat yolks in a large bowl until thick. Add tapioca mixture and ½ teaspoon marjoram to yolks and blend well. Add one cup of cooked, chopped broccoli. In separate bowl, beat 4 egg whites until stiff but not dry. Fold beaten whites into cheese mixture until well blended. Pour into 1½-quart casserole and set in a pan of hot water. Bake for approximately one hour or until a knife inserted gently in center comes out clean. Serve at once with tomatoes stuffed with coleslaw (one medium tomato, 33 calories; half cup of coleslaw, 60 calories). That's a deliciously filling, highly nutritional meal for only 383 calories in all.

(c)(c) 1973, McNaught Syndicate, Inc.)

Whatever You Do With Your Back During the Day... We'll Support it at Night!

Amateur acrobatics may not be your thing . . . but everyday life can be just as demanding. Come see our Spring Air Back Supporter . . . discover the 8 reasons why it's rated #1 for comfort and durability. Innerspring or foam latex both with Health Center®. Choose now.

SPRING AIR. BACK SUPPORTER MATTRESS

Garrett's Furniture

The more you compare our wagons...size for size, feature for feature...with other wagons, the better for us.

Plymouth Satellite Regent Wagon
It beats other mid-size wagons where it counts: in cargo room. Yet it's small enough to maneuver easily. See why it's so big with so many people.

Plymouth Sport Suburban
Has a 3-way tailgate, carpeting, plus 9 important features most other wagons don't have. We'll stack it against any full-size wagon.

AUTHORIZED DEALERS CHRYSLER MOTORS CORPORATION

Chrysler Town & Country
One of America's most luxurious wagons. It's big, comfortable, with a plush interior and lots of cargo room. Find out how easy it is to own it.

CHECK OUR GOLD STICKER VALUES NOW!

C'mon in... Compare our cars. We welcome it!

CHRYSLER Plymouth

PAA CIDAA

BUNTIN'S GARAGE - Elm & Market Sts., Carlisle

"For on-the-go people like us..."

Mr. & Mrs. Michael Duncan, Warsaw, Ky.

clean, quick-response electric heat doubles the convenience of our apartment living."

"We're both gone all day," said Mr. Duncan, "and it's really great to come home, turn up the thermostat and have heat right there. Only in the rooms we want it, too. Besides, we save money—and conserve electricity—by keeping our thermostats set lower during the day."

"And don't forget how *clean* our electric heat is," added Mrs. Duncan. "One thing I don't need after working all week is to spend all week-end cleaning."

Apartment hunting? If you're on the go, or just like to take life easy, better look for an electrically heated apartment. In fact, *insist* on one!

Electricity...for a cleaner home, a cleaner world

KENTUCKY UTILITIES COMPANY