Kindergarten happenings

Top row: Kindergarten ready for Egg Hunt displaying "Rabbit Sacks" they have made; visiting Library during Library Week. Middle row: students display their Easter pictures; another scene of their library visit. Bottom row: students at planting time.

MAGICWORD by JULIE QUART

HOW TO PLAY: Read the list of words: Look at the puzzle. You'll find these words in all directions — horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle then strike it off list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

MAKE WAY FOR SUMMER — Sol.: 9 letters

CLUES
A–Ants; B–Barbecues, Baseball, Beaches, Boating, Breezes, Bugs; C–Canoe, Clothes, Cottages; D–Diving; F–Fair, Fashions, Fish, Flowers, Fly; G–Glee, Golf, Grass; H–Hazy, Heat, Hills, Holidays, Hot; L–Lazy, Leaves; O–Oceans; P–Picnics, Pool; S–Sailing, Sand, Showers, Sky, Softball, Sun, Suntan, Surf; T–Tennis, Tents, Thunder, Travel, Trips; V–Vacations; W–Warm, Weather; Y–Yachting.

ANSWER NEXT WEEK.

Last Week's Answer: JELLYFISH 51

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H	L	I	Y	G	S	E	Z	E	E	R	B	T	S	G
I	H	Z	R	L	T	S	E	U	C	E	B	R	A	B
L	A	A	S	E	G	A	T	T	O	C	E	A	N	A
L	S	N	T	E	N	N	I	S	Y	W	S	V	A	S
S	C	I	N	C	I	P	I	L	O	N	K	E	T	E
F	P	I	E	H	V	O	F	L	O	G	Y	L	N	B
R	V	I	T	E	I	C	F	I	I	L	Y	S	U	A
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S	T	E	O	N	A	C	S	H	S	I	F	H	G	L

THE HOME GAME by MARY FUREY CRYMES

CASTER CUES — Glass furniture caster cups, from the hardware or variety store, are a boon to the home sewer. Tucked into a drawer, they hold buttons, pins and other small sewing necessities. The casters serve also as weights to hold pattern pieces to fabric.

SOUPER BIRD — Campfire cooks call it chicken a la campsite, but you can make it easily at home in the oven. Brown two pounds of chicken parts in an oiled skillet; pour off fat, and pour over chicken a can of undiluted cream of chicken, cheese, mushroom, or celery soup. Each kind changes the flavor. Add salt, a pinch of poultry seasoning and bake until chicken is fork tender. Sauce is terrific over mashed potatoes or rice.

BUD SAVER — Peel fresh garlic and store the bulbs in olive or vegetable oil in a jar in the refrigerator. Garlic lasts lots longer, doesn't dry out, and the oil flavors salads. Be sure the jar lid is tight, or you'll have garlic-flavored everything in the refrigerator.

TAPE TRICK — Wide adhesive tape is the stuff to use to remove frown lines above the bridge of the nose and eye wrinkles. Cut wedge-shaped pieces for these areas and wear them during the day while doing housework. Try not to startle the mailman.

PASTA UNFOOLED — The Italian "never fail" formula for cooking pasta is the best around. Use seven quarts of boiling water per pound of spaghetti or other pasta, and a tablespoon each of salt and oil to prevent sticking. Testing is always "al dente" — a strand drawn through the teeth to check consistency. You can't go wrong with the 7-to-1 formula.

FLOORS CAUSING FITS? — Our floor care booklet has the answers on how to clean and care for wood, tile and other kinds. For a free copy, send a postcard with your name and address and request for FLOORS BOOKLET to HOME GAME, care of this newspaper.

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Korean veterans to be honored; names sought

The Republic of Korea is seeking names of American military veterans who served in Korea since August, 1945, to thank them for helping Korea gain its freedom.

Korea veterans are asked to send their name and current address, dates of service in Korea, military unit and rank to Korean Light, Inc., P.O. Box 36, Santa Barbara, Calif. 93102.

They will receive a personalized letter of thanks from the Korean government as part of Korea's commemoration of the 20th anniversary of the armistice between The Republic of Korea and Communist North Korea this July.

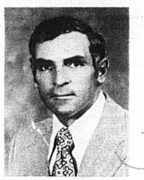
Peter Kang, executive vice president of Korean Light, Inc., said his nonprofit foundation is coordinating the nationwide search for the Korean veterans.

"More than 3 million Americans served in Korea over the past 25 years," Kang said. "The Korean government is anxious to express its gratitude to those who helped Korea gain its freedom."

Kang said the Republic of Korea, in addition to the letter of thanks, would provide the Korea veterans with information on the remarkable progress made in that country over the past 20 years.

Special low cost group tours to the Republic of Korea are being arranged for veterans and their families who wish to visit Korea, Kang said.

Beginning to Feel That People Are For the Government Rather Than Government For the People? Change That Feeling--ELECT



Adrian Arnold

candidate for

State Representative

74th Legislative District — Bath, Nicholas and Montgomery Counties

Pd. Pol. Adv. Paid for by Adrian Arnold, Route 3, Mt. Sterling

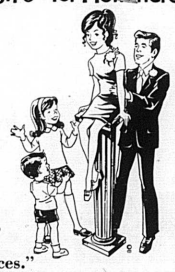
Clear the tracks for lower prices

NATIONAL SALE DAYS

THRU MAY 31

APPLIANCES AND TELEVISION

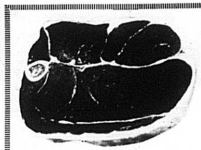
Pick the nicest gift for Mom here



"Few appliances work so well, so long and cost so little as GE appliances."

GARRETT'S FURNITURE CO.

U.S. Choice Round Steak lb. $1.19



Fischers Smoked Picnics 4 to 6 lbs. lb. 59¢

U.S. Choice Boneless Rump Roast	lb. $1.29	Hamburger Fixin	
U.S. Choice Cube Steaks	lb. $1.49	Big John Dinners	49¢
Boston Butt Pork Roast	lb. 79¢	Lemon Pledge 14 oz.	
Fields Sliced Bologna	lb. pkg. 89¢	Furniture Polish	$1.19
Fields Chestnut Bacon	lb. 89¢	Family Size Tide	$3.89
Pork Steak	lb. 89¢		

PRICE AFTER PRICE PROVES YOU SAVE MORE HERE

family size 12 oz. pkg. of 25 Foam Cups	29¢	Vine Ripe Tomatoes	
Baker's 12 oz. Chocolate Chips	49¢	Celery stalk 25¢ lb. 29¢	
Baker's 14 oz. Coconut	59¢	Golden Ripe Bananas lb. 10¢	
Dream Whip 4 oz.	49¢	Carrots 1 lb. cello pkg. 2/29¢	
Open Pit 28 oz. Barbecue Sauce	69¢		
Old South Cobblers asst. var.	89¢	Sunshine State Orange Juice 12 oz. 3/$1 Limit 3	Nestea Instant Tea 3 oz. $1.09
Sta-Flo 22 oz. Spray Starch	59¢	Gala Towels single roll 3/$1	Smuckers 18 oz. Orange Marmalade 49¢
Kitchen Fresh twin pk. Potato Chips	39¢		Hunts No. 300 Tomato Sauce 4/$1
The Shield of Quality FOODTOWN HOME OF LOW PRICES		all purpose cloths 10 ct. Handi Wipes 49¢	Delmonico 1 lb box Elbow Macaroni 25¢
C & G Open 8-8 Mon.-Sat		Playtex trial size Tampons 29¢	White Cloud 2 roll pkg. Bathroom Tissue 29¢
Kingsford 10 lb. bag Charcoal 69¢ (Limit 1 please)		Paramount with sauce 15 oz. Beef Tamales 2/79¢	Cookies assorted 3/$1
BRIQUETS		No. beans No. 300 Just-Rite Chili 3/$1	Hunts Whole No. 2½ Peeled Tomatoes 3/$1
		comp. size Zest Bar Soap 15¢	Wagners 32 oz. Orange Drink 29¢

Two KU officials

Continued from page five

since 1944 and has a wide acquaintance among the legislators, officials and office workers who have taken part in local, state and national government over the last three decades.

After a year in the engineering department in Louisville, then KU's headquarters, he was manager at Wilmore from 1932 to 1934, at Harrodsburg from 1934 to 1940 and at Paris from 1940 to 1942. After Air Force duty during World War II, he was made executive assistant in 1944 and was elected vice president of KU and Old Dominion Power Company, subsidiary in southwest Virginia, in 1963.

BOB FRYMAN
Puts it all together!
Sales & Service

MERCURY '73 COUGAR

Outstanding for '73 - Select Shift transmission, impact absorbing bumpers and power front disc brakes add to the list of luxury standard features. Cougar and plush XR 7 in hardtop and convertibles are young and magnificent. Check our val ue prices.

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Mr. Carloss had charge of the business development and public information activities as vice president of KU and Old Dominion Power since 1967 and had spent most of his career in the various phases of the company's area development and sales activities. During World War II, he was on leave of absence from KU as design and supervisory engineer for the electrical system at the Lexington Signal Depot at Avon.

He has been active in community affairs in Lexington and has served in a number of state and national positions in the field of industrial and area development, among them regional vice president of the Kentucky Chamber of Commerce, co-chairman of the Kentucky Clean-up and Beautification Committee, member of the Kentucky Historical Events Commission and a member of the U.S. Chamber of Commerce Construction and Community Development Committee, and the executive committee of the marketing division of Edison Electric Institute, national trade association of investor-owned electric companies, director of the Mountain Laurel Festival and a member of the Newcomen Society of North America.

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DUNCAN'S ELECTRICAL SHOP

SUSAN DUFF'S CALORIE COUNTDOWN

LOW-CAL FISHERY

Whether or not you've decided to boycott meat products entirely, your household budget probably doesn't buy as much meat as it used to and it's likely that you've started exploring new sources of protein. Fish is an obvious substitute (high in protein and usually lower in calories than meat), but many cooks shy away from oceanic fare because they are not sure how to prepare it. Well, to show you how easy fish dishes can be, following are some high nutrition, low-calorie, simple fish recipes that will make you want to serve seafood several times a week: (All recipes can be halved.)

SAVORY BAKED FILLETS

[Serves 6 at 170 calories per serving]

Use 2 pounds of haddock of other fish fillets, skinned. Thaw, if frozen. Place fillets in a single layer in greased baking dish, 12"X8"X2". Sprinkle fillets with 2 teaspoons lemon juice and a dash of fresh ground pepper. Fry 6 slices bacon until crisp, then remove bacon from fat, chop it and add to ½ cup soft bread crumbs and 2 tablespoons chopped parlsey. Cook 1 cup thinly sliced onion in bacon fat until tender. Spread cooked onion over fish and sprinkle crumb mixture on top of onion. Bake at 350 degrees F. for 25 to 30 minutes.

Here's a really low-cal recipe for broiled fish, only 80 calories per serving, serves 6:

QUICK-MARINADE SUCCULENT FILLET

Use 2 pounds of sea bass or other fish fillets, skinned. Thaw if frozen and cut into serving size portions. Place fish in single layer in shallow baking dish. Combine ½ cup pineapple juice, ¼ cup steak sauce, a teaspoon of salt and a dash of pepper. Pour over fish. Let stand for 30 minutes; turning fish once. Remove fish (reserve sauce for baste) and place fillets on well-greased broiler pan. Broil four inches from source of heat for 4 to 6 minutes. Turn carefully with spatula and brush with sauce. Broil 4 to 6 minutes longer or until fish flakes easily when tested with fork.

This next recipe is higher in calories (180 per serving), but it's prepared with the exotic French flair of white wine and makes an excellent company dish. Serves 6.

FLOUNDER IN WINE SAUCE

Use 2 pounds of flounder fillets, skinned. Sprinkle fillets on both sides with salt and pepper. Place fillets in single layer in greased baking dish. Slice 3 tomatoes and arrange slices over fish. Sprinkle with salt and pepper. Melt 2 tablespoons butter or margarine in small saucepan and blend in 2 tablespoons flour. Add ½ cup skim milk gradually, stirring constantly until thick and smooth. Remove from heat, stir in ½ cup dry white wine and ½ teaspoon crushed basil. Pour sauce over tomato-topped fillets. Bake at 350 degrees F. for 25 to 30 minutes. Sprinkle with chopped parsley.

If you're a fan of Oriental seafare, the following dish is as tasty as it is unusual (and only 130 calories per serving, serves 6):

SHRIMP AND BEANS À LA CANTONESE

Use 1½ pounds of fresh, raw, peeled, deveined shrimp. Thaw, if frozen. Dissolve 1½ teaspoons (or one cube) chicken stock base in 1 cup boiling water. Cook ¼ cup sliced green onion, 1 crushed clove garlic and shrimp in 1 tablespoon salad oil for three minutes, stirring frequently. (If necessary, add a little chicken broth to prevent sticking.) Stir in 1 teaspoon salt, ½ teaspoon ginger, a dash of pepper, one 9-ounce package frozen cut green beans and chicken broth. Cover and simmer 5 to 7 minutes or until beans are cooked but still slightly crisp. Combine 1 tablespoon cornstarch with 1 tablespoon cold water. Add this to shrimp mixture and cook, stirring constantly, until sauce is thick and clear.

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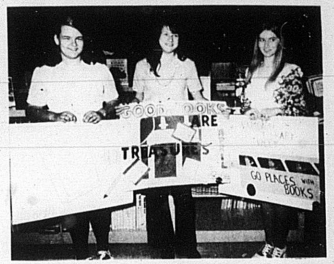

Winners

National Library Week Poster Contest winners displayed their art work Monday night, April 23, at the Community Woman's Club meeting. They are: Tammy Ritchie, honorable mention; Yvonne Fryman, third place; Patricia Hopkins, second place. First place winner, Doug Tedder, is absent from picture.—Mercury photo

MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Doesn't the U.S. discover more new drugs than any other country? — C.K.

Not any more! France has been leading since 1963. Don't blame it on the drug companies. In the last decade their outlay for Research and Development doubled from $277 million to $550 million. The general feeling one gets from the Food and Drug Administration is . . . the fewer the number of new drug approvals, the fewer the risks of any serious side effects. Remember, with fewer risks there are fewer benefits.

Will you please tell me the difference between valium and meprobamate (Equanil)? What is each used for, and is it possible to substitute one for the other. — Mrs. A.A.

Both medicines are used primarily to relieve tension. Chemically they are different, but their effects on humans are similar. (Like coffee and tea.) Substituting one for the other should only be done with a physician's approval.

Are nonprescription drugs tax-deductible? — J.F.

Yes. Aspirin, cough medicine, liniment, etc., are generally recognized as household remedies. The Internal Revenue Service requires proof of purchase, so keep all receipts.

How poisonous is mercuric chloride? I've heard it was used in an ointment years ago — often with undesirable results. I don't see how a manufacturer would put enough of this chemical (or any other) in a preparation to be injurious. — K.H.

Mercuric chloride has been used as an antiseptic for years on surgical utensils, clothes and unbroken skin. Undesirable results occurred because it was not used as directed. Any medicine which is not used as directed can be dangerous!

Which has more caffeine -- a cup of coffee or a cup of tea? — C.K.

A cup of nondecaffeinated coffee.

Send your questions concerning drugs and prescriptions to Medicine Chest, in care of this newspaper.

WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

Mobility matchmaking is a home-based, part-time profit opportunity. You can start for $100, or less, including a business license if needed in your locale.

In a **residential area** where public transportation is limited or poor — particularly suburban bedroom communities near traffic-bedraggled cities — you can organize car pools for workers. Weary commuters will pay a small fee, perhaps $10, for your services in finding them a convenient way to get to work. A modest estimate of 3 customers per week could bring you $30; 5 customers, $50.

Auto drivers set rates for riders; you simply handle the matchmaking. To protect yourself from possible lawsuits resulting from accidents, make sure you see a lawyer before going in business. If a rider wishes to change car pools in less than 3 months, you may want to offer another match at a reduced fee, say $5. If a driver drops out in less than a year, you probably should make new arrangements for riders at no cost.

To promote your service, run classified ads in local newspapers. Put handmade posters on bulletin boards (stores, community centers, men's clubs, churches, libraries). Hand out "flyers" (business circulars) in places people gather, and door-to-door. Send an announcement of your service to editors of large companies' industrial publications (house organs). In your promotional material, urge interested riders and drivers to call you, or to send you a letter with their time schedule, home address, destination, and phone number. When you have enough replies, you can organize car pools and collect your coordinating fee.

The beauty of this business is that the only operating equipment you need is a phone. You must be a good organizer and have a high tolerance for the headaches which are bound to come when dealing with lots of people and schedules. Your earnings won't dazzle Rockefeller, but can add up to a nice piece of change.

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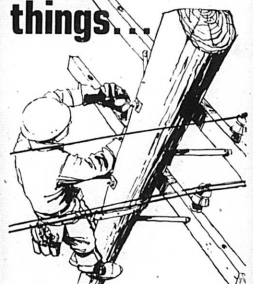
We like to stay on top of things...



Preventive maintenance.
It's a habit with us. We get the little things before they get big.
We scrutinize every phase of our service continually, to catch problems in their early stages. So we can solve them more easily . . . and economically.
The better our service is . . . the less you're aware of it. And that's just the way we like it.

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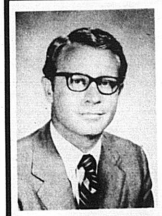

For Fairness In Representation

The line above was the title of the ad my opponent from Harrison County ran in this newspaper last week.

Then he went on to say that he was "the only candidate for Senator from this district who is a farmer"

That statement is false.

TOM WARD CANDIDATE FOR STATE SENATOR

I, Tom Ward, candidate for State Senator, own, operate, and live on a 54 acre farm in Woodford County. I am a tobacco farmer and cattle breeder. I have a tobacco marketing card from the ASC allowing me to market 4100 pounds of burley. I am a member of state and regional units of one of the cattle breeder's association.

Six years ago, I bought 54 neglected acres that were not producing anything but hedgetrees and thistle. I have turned these acres into a clean and productive farm.

I do not farm full-time, but neither does my opponent from Harrison County.

I will vigorously support the farmer and tobacco and livestock interests.

And I will tell you the truth.

Respectfully and sincerely yours,

Tom Ward

Candidate
Democratic Primary, May 29, 1973

—paid for by Tom Ward, Versailles, Kentucky