MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Do suntan lotions really work? – L.K.

If you use them properly, they will work. The better lotions allow a person to stay in the sun longer with less risk of burning. Of course, protecting you from the burning rays of the sun will also slow down the tanning process – it's a compromise.

Please tell me if Ambar No. 2 is an amphetamine and is it as strong as other diet pills? – Mrs. L.M.

Ambar No. 2 is an amphetamine and it is considered to be a strong diet pill. Limitations to this medicine and other amphetamines are: (1) It is only effective for short periods of time – about two weeks. (2) It must be accompanied by a diet and proper exercise, and willpower. If you take this medicine without regard to these limitations, you are wasting your time and money.

Have you heard of a medical information center which keeps your medical history on file? – M.F.

Yes, and all it takes to get the information is a phone call from the physician who is treating you. It's called Emerg-A-Call. Persons with allergies, heart or kidney problems, diabetes, transplants, etc., would find this service very useful. For more information on this unique services send a long, self-addressed, stamped envelope to me, in care of this newspaper.

Why is it dangerous to inhale carbon tetrachloride? – C.D.

The fumes of carbon tetrachloride can be carried by your blood stream to the liver, kidneys and heart and cause permanent damage. Even a home fire extinguisher could cause this damage if it contains this chemical. Once again, READ THE LABEL.

Everybody hears about drug abuse. Now there's a new one called Analgesic Abuse. Would you define it? – C.K.

It's the daily ingestion of six or more "pain killer" tablets for many years to relieve minor aches and pain. Some pain tablets contain phenacetin. A large quantity of this drug for a long time poisons the kidneys, eventually producing irreversible damage and kidney failure.

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GET YOUR $ WORTH

BY SALLY AND JIM ADAMS

NEW AND DIFFERENT

From time to time we'll run a column to keep you up to date on new products and ideas that will save you money, make life easier. Read on.

If your dress or suit comes back from the cleaners with a mysterious spot, the International Fabricare Institute will send it to a lab for analysis, remove the spot (if possible) and report on who or what is responsible. The IFI has 13,000 member cleaners and laundries (see the Yellow Pages) and charges $4 for the service.

The government is about to crack down on car dealers who conceal defects and then refuse to act on consumer complaints. Some states already require inspection of all new and used cars before sale, and it may become a Federal law. Federal investigators are also checking into phony warranties on cars and tires.

The Department of Agriculture has discovered how to reshape rice, so you can expect before long to buy rice in squares, circles, triangles and stars. It won't do anything for the taste, however.

New on the market – the new superglues called cyanoacrylates. Colorless and nontoxic, the glues bond most nonporous materials (plastics, metals, glass, ceramics) but not textiles and paper. You use only a single drop per square inch; the glue sets in 15-60 seconds and reaches full cure in 12 hours. The cyanoacrylates are fantastically strong – an average tensile strength of around 2,000 pounds per square inch! They're sold under the names Permabond, Eastman 910 and Super Bonder 94. Ask your hardware dealer.

Westinghouse is experimenting with a water system that recycles dirty water for use in the home, also with a headboard device that removes dust and pollen from the air and wafts a light breeze over you as you sleep.

You get warranties with cars, appliances and TV sets – why not with new houses? In England, buyers pay a small fee for protection against defective construction and faulty equipment. The National Association of Home Builders is studying the possibility of offering similar protection to American home buyers. Cost: an estimated $50 per house.

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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.

SWIM FOR YOUR LIFE Sol.: 10 letters

CLUES

A–Afloat, Arms; B–Back, Breast, Breath; C–Cove, Crawl; D–Drowning; E–Effort; F–Feet, Fins, Fish, Form, Front; G–Gliding; K–Kick, Knots; L–Lakes, Legs, Lessons, Liquid, Lungs; M–Motion; N–Natural; O–Ocean; P–People, Ponds, Pools, Preserver, Propelling; R–Racing, Raft, Rescue, Rest, Rivers; S–Safe, Salina, Save, Sink, Snag, Speed, Splash, Strokes, Style, Swift; T–Team, Tide; W–Water, Waves, Wreck

ANSWER NEXT WEEK 64

Last Week's Answer: DESTRUCTIVE

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

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KENTUCKY GROUP PAYS HIGHEST INTEREST RATES

Monthly, Quarterly, Semi-annually, or Annual interest payments

7¾% 5 YEAR CERTIFICATES $1000 MINIMUM	7.0% 4 YEAR CERTIFICATES $1000 MINIMUM	6.5% 2½ TO 4 YEAR CERTIFICATES $100 MINIMUM
6.0% 1 TO 2½ YEAR CERTIFICATES $100 MINIMUM	5.5% GOLDEN PASSBOOK SAVINGS & 90-DAY CERTIFICATES PASSBOOK: NO MINIMUM CERTIFICATES: $100 MINIMUM	5.0% REGULAR PASSBOOK SAVINGS & 30-DAY CERTIFICATES PASSBOOK: NO MINIMUM CERTIFICATES: $100 MINIMUM

The banks that give you 100% FREE checking.

KENTUCKY GROUP BANKS

The First National Bank and Moorefield Branch

Central Bank, Lexington ... Peoples Commercial Bank, Winchester ... First National Bank, Georgetown & Sadieville Bank of Danville, Danville ... Citizens National Bank, Somerset ... Carlon Deposit Bank, Carlon ... Bank of Williamsburg, Williamsburg First State Bank, Winchester ... First National Bank, Nicholasville & Wilmore ... Traders National Bank, Mt. Sterling & Frenchburg People's Bank, Berea ... Powell County Bank, Stanton & Clay City ... First National Bank, Carlisle & Moorefield National Bank, Paris ... First Farmers Bank, Owenton & Gratz

37 Banking Offices with over $350 Million in Assets Serving 800,000 Kentuckians

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION

The rains came again

Plenty of water, but not the kind to wash with at the foot of Sycamore Street is recorded in a picture taken about 6 p.m. July 26. At right is Hunt's Car Wash.—Mercury photo

THE HOME GAME

by MARY FUREY CRYMES

CRYSTAL CLEAR — If you wash your best crystal in the dishwasher, be sure to rinse with very hot water after removing, and let air dry before storing. The extra rinse prevents cloudy markings left by detergent. Put fine crystal upright on shelf to evaporate any moisture.

HAM ROLLUPS — Got some leftover ham? Grind it with hard cheddar cheese and moisten with mayonnaise. Season mixture with mustard and horseradish; fill hot-dog buns. Brush bun tops with melted shortening. Wrap sandwiches in foil, and bake 10 minutes at 400 degrees.

NYLON NAILS — Cut small squares from good portions of nylons. Use to remove nail polish. Quick and less linty than dabs of cotton.

OPEN TREATMENT — Store draperies used on sliding glass doors. Let the sunshine in by placing a glass-shelved etagere before the fixed panel. Fill this with potted plants and decorative colored glass to catch light. It's a cool looking mini-greenhouse.

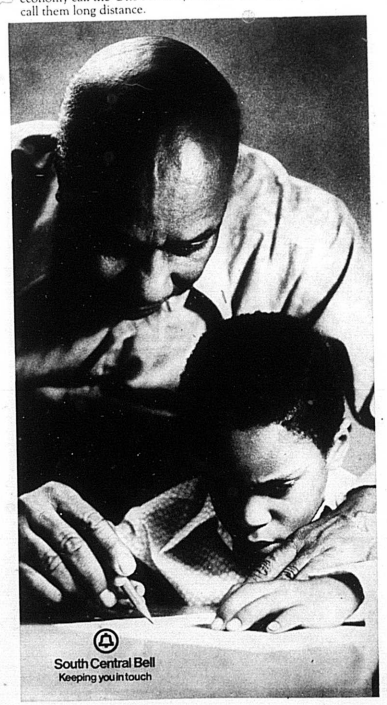
SPUD SAVER — Have a luscious baked potato tonight and save calories, too. Bake one per dieter, halve and scoop out contents. For each potato, toss in a tablespoon of skim milk and a fourth cup of low-fat cottage cheese. Mash with salt, pepper and add a sprinkle of green onions when you return potatoes to shell for browning.

COCO-NUTTY — If you love fresh coconut, you've probably spent time trying to crack one open. Put the darling in a 300-degree oven for about 20 minutes. Let cool and it will probably open by itself. If not, a single tap from a hammer should do the job. Be sure to drain into a container before tackling the meat. Coconut milk adds subtle flavor to cakes and cookies.

PAINTING! — Learn to use experts' tools. Write for our free booklet, No. 6, HOW TO PICK YOUR PAINTING TOOLS. Send a postcard with your name and address and zip code to HOME GAME, care of this newspaper. It's free.

When someone you love is far away, reach out and touch them with your voice.

Dial them long distance. And when you do, dial an economy call the One Plus way. There's no cheaper way to call them long distance.



South Central Bell
Keeping you in touch

Saltwell

by Mrs. Fred Hollar

Norma Jean Gaunce spent Thursday night and Friday with Mr. and Mrs. Bobby Brady.

Mrs. Gladys Kenney was Friday supper guest of Mrs. Pat Fisher in Carlisle.

Mr. and Mrs. Frank Sparks spent Sunday in Shelbyville.

Mr. and Mrs. Fred Hollar, Mike Sowell and W.C. Mattox were Tuesday supper guests of Mr. and Mrs. Layne Hollar.

Several from here attended the funeral of Mrs. Eunice Moyer at Peoples Funeral Home in Falmouth the past Tuesday. Burial in the Riverside Cemetery there. Mrs. Moyer was the sister of Mrs. Bobby Brady and daughter of Mr. and Mrs. Orville Doyle, Route 4, Cynthiana. Our community extends sympathy to this family at this time of sorrow.

Deanna Grimes spent a few days recently with Kennetha Booth and Mrs. Christine Booth of Carlisle.

Mrs. Gladys Kenney and Mrs. Phyllis Brady spent Saturday night and Sunday at Wilmore Camp Meeting.

Mr. and Mrs. Keith Sparks of Evansville, Ind. spent a week or so recently with Mr. and Mrs. Frank Sparks.

The following enjoyed a reunion with ice cream and cake at the home of Mr. and Mrs. Arnold Mattox of Lexington on Saturday night: Mr. and Mrs. Chester Mattox and Jeffery, Vaughan Mattox and Joanna Mattox, Mr. and Mrs. Fred Hollar, W.C. Mattox, Mrs. Mary M. Ellis of Palm Springs, Fla., Mrs. Clifton Rapp, Mr. and Mrs. Eugene Tallent of Frankfort. Mr. Mattox has not been so well this past week.

Mr. and Mrs. Orville Doyle, Mr. and Mrs. Charley Doyle and children, Mr. and Mrs. Bobby Brady and others of her family attended a picnic recently at Kincaid Lake State Park, honoring the birthday of Mrs. Orville Doyle.

Mr. and Mrs. Fred Hollar, Mike Sowell and W.C. Mattox spent Wednesday with Mrs. Gladys Kenney.

Mr. and Mrs. Randall Ritchie, Tony, Mark, and Brent Penn, Mr. and Mrs. Wayne Gum, Tammy and Daniel, John Holland, Kennetha Booth, Danny and Deanna Grimes enjoyed home made ice cream and cake at the home of Mr. and Mrs. Dickie Grimes Thursday night, July 26, the occasion being the 16th birthday of Danny Grimes.

Mrs. Bobby Brady visited with Mrs. Linda Mathes and children and Mr. and Mrs. Stanley Storey on Monday.

Mrs. Gary Hollar and children visited Mrs. Jerry Galbraith on Saturday evening.

Mr. and Mrs. Sterling Hollar, Mr. and Mrs. Layne Hollar, Mr. and Mrs. Jim Wilson, Mr. and Mrs. Gary Hollar and children and Mrs. Gladys Kenney enjoyed home made ice cream and cake on Friday night with Mr. and Mrs. Fred Hollar and W.C. Mattox.

Our community regrets the passing of Mrs. Topsy Bowe of Paris last Sunday. Her funeral was at Mathers-Shearer Chapel on Tuesday afternoon and burial in Bethlehem Cemetery.

Miss Anna Mattox visited Mr. and Mrs. Bobby Brady recently.

Mr. and Mrs. Carl Scott of Carlisle and Mrs. Freddie Gaunce spent Sunday with Miss Pearl Jackson of Mt. Oreb, Ohio.

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

Little Andy Gaunce, son of Mr. and Mrs. Ronnie Gaunce of Sunrise, spent a few days the past week with Mr. and Mrs. Freddie Gaunce.

Tracey Hollar visited with Joanna Mattox at the home of Mr. and Mrs. Vaughan Mattox on Sunday evening.

Mr. and Mrs. Thurman Osborne of Helena and Mr. and Mrs. Roy Craig of Pique spent Tuesday with Rev. and Mrs. Thomas Gaunce. Other visitors during the week were Rev. and Mrs. J.H. Ritchie, Fred Hollar, and Mr. and Mrs. Shellie Gaunce of Versailles who were Saturday supper guests of the Gaunces. Rev. Gaunce has not been so well this week.

Mr. and Mrs. Raymond Kennedy and Mrs. Herbert Blakeman and daughter of Lexington spent Sunday with Martha and Daley Kennedy.

Ritchie's Second Hand Store on Dorsey Ave.

Open 4 to 6 p.m. Monday thru Friday.

10 to 4 p.m. Saturday.

Lots of used clothing-dishes and antiques and junk.

Carlisle, Ky.

Tobacco Hail Insurance

Company Paid 12% Dividend in 1972

M.C. Blair Ins. Agency

Phone 289-2492

a family affair!

KENTUCKY STATE FAIR

AUG. 16-25

ADMISSION TO FAIR

ADULTS $1.25

CHILDREN $.25 (12 and Under)

EACH PERSON MUST PAY TO ENTER FAIR-EVERY DAY

Adults save 50¢ on State Fair Ad Book that gives admission ticket may be purchased for $1.00 at Fair Ticket Office, Fairgrounds or Carlisle, Ky. Chamber of Commerce. These tickets are good for one admission to Coliseum Show ticket ordered and one admission to Fair. Children get a State Fair Admission Ticket ordered

Charley Pride

Donna Fargo

CALENDAR OF EVENTS

Fri.-Sat.-Sun., August 17-18-19
CHAMPIONSHIP RODEO with CHARLEY PRIDE

Performance Date — 8/17 8:00 P.M.	Adult $3.50 GA $2.75	Child $2.50 GA $1.25
Date — 8/18 2:30 P.M. 8:00 P.M.	AS ABOVE	AS ABOVE
Date — 8/19 1:30 P.M. 5:30 P.M.	AS ABOVE	AS ABOVE

Thur., August 16
MAC DAVIS
8:00 P.M. — $3.00 and $4.00

Fri., August 17
BOBBY GOLDSBORO
8:00 P.M. — $3.00 and $4.00

Sat., August 18
SHA NA NA
3:30 P.M. — 8:30 P.M.
ADVANCE PRICE — $4.00
DAY OF SHOW — $5.00

Mon., August 20
DONNA FARGO AND DAWN featuring TOMMY ORLANDO
8:00 P.M. — $3.00 and $4.00

Fri., August 24
THE 5th DIMENSION and DON RICE III
8:00 P.M. — $4.00 and $5.00

Sat., August 25
COUNTRY WESTERN SPECTACULAR with GEORGE JONES TAMMY WYNETTE FARON YOUNG
2:30 P.M. — 8:00 P.M.
$4.00 and $5.00 each performance

Mon.-Sat., August 20-25
WORLD'S CHAMPIONSHIP HORSE SHOW
ALL PERFORMANCES — 7:30 P.M.
RESERVED SEATS
Thursday, Friday, Saturday $2.50 $4.00
Tickets may be purchased at gate for Monday, Tuesday and Wednesday events only — all seats are $1.25 adults — Children 12 and under, 50¢

Ford Philpot Crusade For The Greater Harrison Area

HARRISON HIGH AUDITORIUM

Aug. 5 - 12

7:45 P.M.

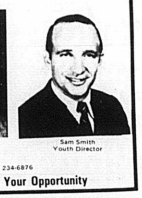
- 20 AREA CHURCHES PARTICIPATING
- FISHERMEN'S TRIO
- 100 VOICE CHOIR
- NURSERY PROVIDED

DR. FORD PHILPOT
CRUSADE EVANGELIST

REV. BOBBY McFALLS
Crusade Director

Dan Belzer
Associate Evangelist

Winston Pike
Music Director



Sam Smith
Youth Director

For additional information call office at 234-6876

If You Need A Spiritual Up-Lift This Is Your Opportunity

Bicentennial kickoff held in Frankfort

Gov. Wendell Ford told a bicentennial kickoff luncheon here recently that Kentucky's Bicentennial Celebration "has the potential to show the nation how to celebrate a 200th birthday.

The luncheon, attended by 600 local and state officials interested in the celebration, was hosted by the Kentucky Historical Events Celebration Commission (KHECC).

After watching and listening to the Doss Jr. High School Band of Louisville, members of the cast of the Stephen Foster Story, and a sophisticated slide show featuring Kentucky Bicentennial Celebration plans, the Governor said, "I hope every county in the state becomes part of this celebration. We are rich in history and in natural beauty—but it is our people who will make the lasting impression on the many visitors expected for the bicentennial."

Clyde M. Webb, chairman of the KHECC said, "Grassroots excitement will assure the success of our bicentennial. It is not the size of the project that is important but what it means to each person and each community.

Webb pointed out that Kentucky's 1974 Bicentennial Celebration will actually be the kickoff for the American Revolutionary Bicentennial of 1976 and that all eyes will be focused on Kentucky's Bicentennial activities.

More than 200 local and county events are already scheduled to supplement statewide activities—which include the celebration of the founding of Fort Harrod, the first permanent settlement west of the Alleghenies; the 100th running of the Kentucky Derby; the raising of a bicentennial flag over the Capitol; Lincoln's birthday; Constitution Day; State Capital Day; and a Kentucky Capital Expo to be held at the Capital Plaza in Frankfort.

One of the projects unveiled was a "Kentucky - Open Door '74" program which will serve as a pilot for "Open House, U.S.A.," a national program being planned to welcome foreign visitors to the nation in 1976. Under "Open Door '74", Kentucky will host foreign correspondents, foreign diplomats and others as they travel across the state in travel trailers—stopping at state parks, visiting cities and getting acquainted with Kentuckians from all walks of life. Another part of "Open Door '74" calls for service and civic organizations to host their counterparts from abroad on three-day visits in their homes.

Bicentennial plans also include the "Kentucky Bicentennial Bookshelf", a series of at least 50 individual publications to be prepared by some of Kentucky's outstanding scholars and writers about all facets of Kentucky history and culture.

Some of the other bicentennial projects introduced were plans for special license plate sales, a commemorative stamp, a commemorative medallion, the marking of construction and restoration sites to show Kentucky progress, an expansion of welcome facilities, welcome signs and a "Bicentennial Sabbath"; Plans are also underway to establish a toll free "Info '74" telephone line to provide information on bicentennial happenings throughout the state.

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

Sure beats a cannibal's cauldron . . . the way our Spring Air Back Supporter will comfort you with sleep that supports your back as it deserves to be supported! No wonder it's rated #1 for comfort and durability. Inner-spring or foam latex, with Health Center®.

SPRING AIR BACK SUPPORTER MATTRESS

Garrett's Furniture

EAST UNION NEWS

by Mrs. Eugene Robinson

Mr. and Mrs. Robert Riley and children of Indiana are visiting her mother, Mrs. Magalene Yarber this week.

Little Robert Lee Tolson is improving after having surgery in Lexington this week. He is the son of Mr. and Mrs. Donald Tolson.

Mrs. Lewis Baker and children of Morehead visited Robert and Junior Hatton, and Mrs. Marilyn Becraft Saturday afternoon.

Eugene Robinson and Greg visited Mr. and Mrs. Donald Robinson and family of Moorefield, Sunday.

Mrs. Everett Smoot and children have returned home to Palm Beach, Fla. after visiting her parents, Mr. and Mrs. Allie Vice, for several weeks.

Webb announced that the KHECC had awarded grants of $10,000 each to bicentennial celebration groups in Harrodsburg and Louisville as part of its program of giving "seed money" to stimulate groups to develop celebration plans.

Webb said, "These grants were made as a further catalyst for the Fort Harrod and Kentucky Derby Celebrations. The commission recognizes the excellent planning and the significant commitments already made by the local bicentennial organizations in Harrodsburg and Louisville. We are confident that this seed money will significantly aid them in insuring that the founding of Fort Harrod and the 100th running of the Derby are properly commemorated."

Senator Dee Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

The Senate Permanent Investigations Subcommittee has recently completed three days of hearings on the huge Soviet wheat sales in 1972. Our subcommittee heard conflicting testimony from top executives of exp0rt grain companies and officials of the Department of Agriculture and whether the Department had advance knowledge of the size of the wheat sales to Russia.

This is a key question in the controversy which has surrounded the deal, first, because many farmers sold their wheat shortly before the Soviet sales were made known, and therefore did not receive the benefit of subsequent better prices for wheat that other farmers did, and secondly, because the sale was a contributing factor to the increase in prices paid by U.S. consumers for bread, beef, pork, poultry, eggs and dairy products.

As I said, we have conflicting testimony of just how much foreknowledge the Department of Agriculture had on the matter. But regardless, I think the huge grain sale was poorly handled. The U.S. consumer was hurt. Many grain farmers lost money as a result of this information being withheld from the public. And, the sale was part of a series of actions which could be harmful to our trade and balance of payments position, both of which are directly related to the stability of the dollar abroad. Our subcommittee may well have some suggestions—or perhaps even legislation—designed to prevent this from ever occurring again.

* * *

My subcommittee on budget management and expenditure is in the process of completing legislation which will establish a mechanism for setting an annual budget ceiling.

I think this legislation is vitally important because it will help bring federal spending under control. For too long we have had huge budget deficits which have contributed to inflation and have undermined the confidence of the American people in their government.

By establishing a spending ceiling and sticking to it, Congress can do a great deal to restore faith and confidence in the governmental process. I am hopeful that we can get such legislation passed during this session of Congress.

* * *

On Aug. 8—during the August congressional recess—my office will conduct an urban affairs conference in Louisville. We hope to get testimony from the people who are affected by the myriad of federal urban programs from education to pollution to job training to economic development.

Hopefully the information gathered at this conference by me and my staff will enable us to recommend some improvements in the delivery of services and programs of benefit to residents of cities throughout the country.

SWP HOUSE PAINT

lasts longer . . . saves money

It pays to be "choosy" when you select house paint. A-100 LATEX HOUSE PAINT for wood, masonary, stucco, shingles, brick. Can be brushed, rolled or sprayed. Dries in 30 minutes.

SWP HOUSE PAINT

Long lasting. . .gives up to three extra years of beauty. Controlled chalking keeps it clean. White and colors.

ROGERS HOUSE PAINTS

Quality at a price. Rogers gloss. Use over all exterior wood siding, trim and metal. One gallon covers 500 square feet one coat. Dries in 48 hours.

ROGERS LATEX HOUSE PAINT

Beautiful velvet sheen finish. Use over all exterior stucco, brick, shake shingles, metal, asbestos shingles and siding, concrete, wood siding and cement block. One gallon covers 400 square feet. Dries in three hours. Easy clean up. Just wash painting tools in warm soapy water.

HOPKINS DRUG STORE

Call 289-5122