

YOU AND YOUR HEALTH by Peter Joyce ESQ.

ALL ARTHRITIS ISN'T THE SAME. Arthritis comes in many guises. Some are filling up on painkilling drugs (nearly aspirin) without even knowing it's really arthritis which is causing all the trouble...

FASHION 'N FABRICS by FANNIE GLEESON

HANDSOME SPORTSWEAR FOR MEN. There's more leisure time today, and men and women are using part of it for socializing and for spectator sports. Men, particularly, feel the need for dressier sportswear.

There are a few hints on the small size that are sometimes the peakest puzzles. A tucked cuff on a man's short shirt sleeve is a professional-looking finish. When cutting out the sleeve, allow an extra one-half inch at the hem edge.

Nursing Home News

by Mrs. Virginia Smith Donovan

Where does happiness come from? Who does happiness start? How does it come? Well, particularly, feel the need for dressier sportswear. They like the lift of fresh and daintily colored clothes.

There are a few hints on the small size that are sometimes the peakest puzzles. A tucked cuff on a man's short shirt sleeve is a professional-looking finish. When cutting out the sleeve, allow an extra one-half inch at the hem edge.

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REVIVAL Locust Grove Baptist Church August 6 - 12, 1973 Services Each Evening 8:00 P.M. EDT. Rev. James R. Thompson, Evangelist

Hospital notes July 23, 1973 to July 29, 1973. Visiting hours are 2:30 to 4:00 and 7:00 to 8:30 P.M.

DISMISSED: Ida M. Burin, Maxine Smoot, Darrell Ray Sargent, Lela Dickey, Samuel Tevis Stone, Evelyn Bibb, Lela Garbowie, Brian Cannon, Grace Hartley, Jean Terrell, Gwendolyn Graham and baby girl, William Edward Bealier, Carlisle, Stella McIntyre, Donna McCord, Flemingsburg, Howard Caldwell, Minnie Linnell, M. Olive, Roger Moore, Catherine Lee Walden, Edging, Leonard Sharn, Alexandria, Mattie Hornback, Sharnburg, Willis B. Whitaker, Moorefield.

FARM EQUIPMENT Collins

Bourbon DRIVERS PLAY BANKO THURS AT 9 P.M. Thursday Only Charles Brunson

at "The Drug Store" that gives Top Value Stamps. "The Mechanic" At 11:20. Sophia Loren in "Lady Liberty" Both rated PG. At 9 P.M. Fri-Wed. "High Plains Drifter" R At 11:00. "Silent Running"

With Top Value Stamps you can get more for your prescription dollar

Carlisle Drug Co. THE REXALL STORE CARLISLE, KY. at "The Drug Store" that gives Top Value Stamps

SUSAN DUFFY CALORIE COUNTDOWN

Recently, there has been much discussion of the all-important vitamins that almost everyone is concerned with getting enough of them. At this point, most of us realize that vitamins are essential to the proper utilization of foods and to healthy body functioning.

Dieters can be especially prone to taking vitamins in pill form to compensate for natural vitamin sources they fear they may be missing in their low-calorie pursuit of weight reduction. This is untrue and unnecessary. Healthy, low-calorie foods can be chock full of natural vitamins and should be enjoyed regularly by calorie counters.

Oloika Temple Shrine's Annual Guild Bros. Circus August 9 - 12, 1973 Red Mile Track, Lexington, Ky. 14 -- Great Acts -- 14

Shell Lubrication Air Filter Shocks Batteries Tires Radiator Hoses Fan Belts Mufflers Pipes Brake Work REX & PAUL'S SHELL SERVICE

BUTLER LOOKS AT Agriculture. Commissioner Wendell P. Butler Commission of Agriculture

Another view. Another view of Brushy Fork Creek from the Taztee Freeze looking toward the highway—Mercury photo

Unico Electric Clothes Dryer 20.2 Cu. Ft. Chest Freezer. PRICE CUT TO \$162.50 Regular price \$180.95

Unico 15.2 Cu. Ft. Chest Freezer. Unico 16 Cu. Ft. Frostless Refrigerator-Freezer Combination. PRICE CUT TO \$227.95 Regular price \$253.27

Unico 10,200 BTU 115V Air Conditioner. Unico 18,000 BTU 230V Air Conditioner. Unico 30" Gas Range. PRICE CUT TO \$267.78 Regular price \$317.22

Unico 8.2 Cu. Ft. Chest Freezer. Unico "Commander" Automatic Washer. Unico Wringer Washer with drain pump. PRICE CUT TO \$179.95 Regular price \$199.94

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