Kroger Everyday Extra Low DISCOUNT FOOD STORES

DISCOUNT MEAT PRICES

Plus Top Value Stamps!

Copyright 1973 — The Kroger Co. Quantity rights reserved. Items & prices good only in Paris Kroger store thru Aug. 11, 1973.

Mon. thru Sat. 8:30 a.m. to 9 p.m.
Sunday 11 a.m. to 6 p.m.

Kroger Brings You BONTRAE The No-Meat 'Meat'
No - Chicken 'Chicken'
No - Ham 'Ham'
No - Beef 'Beef'
Textured Vegetable Protein Flavored like meat. Pre-Cooked, Free Flowing ready-to-use. The taste, the texture, the look. NOT THE PRICE. Contains no animal/poultry fat or meats. Certified Kosher. Manufactured by General Mills.

Discount Special Light Chunk Style Star-Kist Tuna 2 6½-oz. cans 79¢

Red-Ripe Whole Watermelon Every Melon Guaranteed ea. 99¢

Extra Special Price Freezer Queen Meat Entrees Sliced Turkey, Salisbury Steak, Veal Parmesan, Meat Loaf 2 lb. pkg. $1.29

Extra Special Price Serve 'N Save Fish Sticks 8-oz. pkg. 29¢

Extra Special Price
BONTRAE The No-Meat 'Meat'

No - Chicken 'Chicken'
Tender chunks of BONTRAE are at home in chicken a la king, stews, soups, salads. Use BONTRAE by itself or in combination with diced or left-over Chicken or Turkey. Just prepare your dish, then pour in pre-cooked, free-flowing BONTRAE right from the package.
lb. 87¢ 5-lb. pkg. $4.29

No - Ham 'Ham'
Pop Bontrae into salads, soups, eggs, scalloped potatoes. Use it to replace diced ham in any dish that needs a little cost relief. You can use 100% Bontrae dice or mix Bontrae dice with real ham.
lb. 79¢ 5-lb. pkg. $3.89

No - Beef 'Beef'
Bontrae crumbles blend beautifully into sloppy joes, patties, loaves, meatballs and meat sauces. Use it to replace diced beef and pork. Add up to 50% Bontrae crumbles to extend meat in loaves and patties. Use up to 100% Bontrae crumbles in spaghetti sauce, tacos or chili.
lb. 59¢ 5-lb. pkg. $2.89

ABOUT OUR RAIN CHECK POLICY
Kroger regrets to announce we may not always be able to replace items we run out of to back up our long-standing Rain Check policy. We will do our level best to guarantee a good supply of advertised items in our stores. However, circumstances beyond our control involving the Government's economic controls program, may make it impossible for us to fulfill all of our commitments.

Plus Top Value Stamps

EVERYDAY DISCOUNT PRICE Pyramid Skinless Wieners 12-oz. pkg. 69¢

EVERYDAY DISCOUNT PRICE Fischer's Sliced Bologna 1-lb. pkg. $1.25

EVERYDAY DISCOUNT PRICE Fischer's Sliced Mellwood Bacon 1-lb. pkg. $1.59

EVERYDAY DISCOUNT PRICE Sliced into Chops One Quarter Pork Loin lb. $1.39

EVERYDAY DISCOUNT PRICE Rib Center Cut Pork Chops lb. $1.79

Discount Special Kroger Grade "A" Cottage Cheese 24-oz. ctn. 69¢

Discount Special Kroger White Sliced Sandwich Bread 20-oz. loaves 4 $1

Discount Special Missy Fabric Softener gal. jug 69¢

Discount Special Arrid Anti-Perspirant Unscented, Extra Dry, Extra Dry Powder, Unscented Powder 1.25 Size 6-oz. can 68¢

Everyday Discount Price Morton Pot Pies Beef, Chicken or Turkey 8-oz. pkgs. 4 $1

Discount Special Pepsi Cola 8 16-oz. btls.* 75¢ plus btl. deposit

Discount Special Kroger Hi-Nu 2% Lowfat Milk ½-gal. ctn. 59¢

Discount Special Clover Valley Ice Milk gal. ctn. $1.09

Discount Special Big K Fruit Drinks 46-oz. cans 3 87¢

Golden Yellow Sweet Corn 10 ears 69¢

Red-White-Blue
Fancy Grapes lb. 59¢
Fresh, 165 Size
Lemons 12 for 99¢
Endive-Escarole-Romaine
Variety Lettuce ea. 39¢
California 113 Size
Oranges 12 for 99¢
U.S. No. 1 Round White
Potatoes 10 lb. bag $1.89
Fresh California
Strawberries pt box 49¢

SORRY!
Because of shortages resulting from government-imposed economic controls you may find some products missing from our meat cases.

Discount Special—Chef Boy-Ar-Dee Frozen
Cheese Pizza 4½-oz. pizza 49¢
Discount Special—Chef Boy-Ar-Dee Frozen
4 Little Pizzas 4½-oz. pkg. 69¢
Discount Special—2 Varieties
Jiffy Mixes 8 pkgs. $1

Discount Special—
Birdseye Frozen
Lima Beans or Corn 4 10-oz. pkgs. $1

Discount Special—Kroger, Medium, or Sharp
Cheddar Sticks 10-oz. pkg. 69¢
Discount Special—Tropic Star
Mandarin Oranges 4 11-oz. cans $1
Discount Special—Kroger Frozen
Strawberries 16-oz. pkgs. 49¢

Vine-Ripened
Cantaloupes 2 Jumbo 27 Size 99¢

Discount Special Birdseye Cool Whip 2 9-oz. pkgs. $1

Discount Special Mrs. Filbert's Margarine 5 8-oz. mugs $1

Discount Special Colgate Dental Cream 89¢ Size 5-oz. tube 58¢

Fresh Young Green Beans 3 lbs. 99¢

Discount Special—Valley Gem
Mustard Greens 5 29-oz. cans $1

Discount Special—Birdseye Frozen
Orange Plus 9-oz. can 49¢
Discount Special—Dow
Oven Cleaner 16-oz. can 99¢
Discount Special—Freezer Pleezer
Twin Pops 12-oz. pkg. 2 pkgs. $1

Discount Special—House and Garden
Real-Kill 12-oz. can $1.19

Kroger (In Produce Dept.)
Orange Juice ½-gal. btl. 99¢
Cheese
Corn Twists 16-oz. bag 69¢
In Shell, Salted or Roasted
Peanuts 24-oz. bag 99¢

Discount Special Kroger Frozen
French Fries 2 lb. bag 39¢

Discount Special Texas Style or Buttermilk
Kroger Biscuits 10 cans of 5 $1

Discount Special Kroger Liquid Dressings 9 Varieties 3 8-oz. btls. $1

Fresh Freestone
Peaches 3 lbs. 99¢

VALUABLE COUPON
All Purpose Cleaner
Mr. Clean 28-oz. btl. 59¢
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
Kroger
Instant Coffee 10-oz. can 99¢
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
30¢ OFF
Toward the purchase of one 10-lb. bag Kroger Dog Food
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
10¢ OFF
toward the purchase of 6 pkgs.
Drink Aid
Pre-Sweetened Drink Mixes
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
50¢ OFF
toward the purchase of two 6-oz. pkgs. Kroger Canned Ham
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
10¢ OFF
Toward the purchase of two 8-oz. pkgs. Kroger Lunch Meat
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
Deodorant
Ban Roll-On 1.5-oz. btl. $1.09 59¢
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

VALUABLE COUPON
Extra Strength Pain Reliever
Excedrin 50's $1.49 88¢
With this coupon. Limit one. Void where prohibited, taxed or restricted. Redeemable at Kroger. Coupon expires midnight Aug. 11, 1973.
D-24 Kroger

True Value Hardware & Variety

BARGAIN of the MONTH

7.95 VALUE
Now 4.88

UTILITY SHELVING
Sturdy all-steel shelving measures 30" x 12" x 48" high. Four shelves are adjustable at 1½" intervals. E434

Sunnyside

by Mrs. Bessie Jackson

Mr. and Mrs. Claude Linville Sr. were last week guests of their daughters, Mrs. Gladys Glass and family and Mrs. Georgia Primble and family.

Mrs. Glass and daughters and Leroy Sloops were Sunday guests of. Mrs. Glass's parents, Mr. and Mrs. Claude Linville.

Robert McGlothin and children were until bed time guests of his sister, Mrs. Robert Hatfield and family.

Mr. and Mrs. Douglas Hamilton and children and Mr. and Mrs. S.T. Minton and daughter spent the weekend at the Smokies.

Mrs. Robert Hatfield and children were until bed time guests Saturday night of Mrs. Hatfield's family, Mrs. Barnes White and family.

Mr. and Mrs. Claude Linville, Mrs. Gladys Glass and girls, Mr. and Mrs. Ben Linville and children and Leroy Sloops were Sunday afternoon guests of Mr. and Mrs. Bill Glass.

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, antiques and junk. Also oil paintings, prints and other pictures
Carlisle, Ky.

Oleika Temple Shrine's
Annual Clyde Bros. Circus
August 9 - 12, 1973
Red Mile Track, Lexington, Ky.
14 -- Great Acts -- 14
Matinees: Thursday thru Saturday 2:30 p.m.
Special Matinee Sunday, 2:30 p.m.
Evening performances 8:15 p.m.
Thursday, Friday, Saturday
General Grandstand Admittance $2.00
Two children under 12 on one ticket, matinees only except Sunday.
Reserved seats — Boxes — Ringside chairs $3.00
(One general ticket plus $1.00)
Order direct from Shrine Circus P.O. Box 8075, Lexington, Ky. 40503
FREE PARKING
Buy tickets from any local Shriner

Hospital notes

July 30, 1973 to Aug. 5, 1973. Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m.

ADMITTED: Leila H. Brandenburg, Edna C. Smith, Minnie T. Linville, Alma Hilander, Ricky Broderick, John W. Fryman, Charles Purcell, Betty Helphenstine, Bertie Allen, Edna Ruddell, Janet Lynn McCord, Randy Doyle, Teresa Koury, Carlisle; Robbie Linville, Peggy Wagel, Brooksville; Flora Sparks, Flemingsburg; Odie Mitchell, Lizzie Wright, Nancy Kay Burton, Ewing; Doris M. Henson, Tennessee; Raymond Wright, Della Quesenberry, Mt. Olivet; Ruth Ross, Mayslick; Glydis Patton, Mt. Sterling.

DISMISSED: Lizzie Ratliff, Albert Hollar, Jean Jones, Matilda Robinson, Paulette Bloomfield and baby girl, Betty Helphenstine, Teresa Koury, Randy Doyle, Edna Ruddell, Carlisle; Deborah Rawls and baby boy, Millersburg; Glydis Patton, Mt. Sterling; Morgan Buckler, Ewing; Helen Rose Blake, Paris; Mary Ann Buckler, Washington; Larry Fisher, Cynthiana; Della Quesenberry and baby boy, Mt. Olivet; Peggy Wagel and baby girl, Brooksville; Flora Sparks, Flemingsburg; Ruth Ross, Mayslick.

Myers news

by Mrs. Rena Crawford

Little Kevin Hughes celebrated his third birthday Sunday. A large crowd attended. He received many nice presents, also quite a bit of money.

Mr. and Mrs. Otha Dean Crawford and children spent a few hours one night this week with Mr. and Mrs. Frank Flora.

Darryl Flora is visiting his grandparents, Mr. and Mrs. Frank Flora, for a few weeks.

Mr. and Mrs. Paul Minton of Lexington visited her parents one day the past week.

Mrs. Kathleen Fryman and daughter, Debra and Mrs. Rena Crawford were in Lexington one day last week.

Mr. and Mrs. Milon Wood Flora spent a few hours with his aunt, Mrs. Rena Crawford.

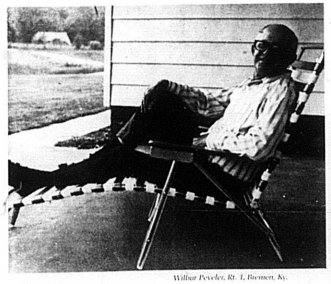
Mrs. Thomas George and Mr. and Mrs. Paul Minton of Lexington spent the weekend with Mr. and Mrs. Meral McCarty in Fairview, Ohio.

Mr. and Mrs. Frank Flora visited Mr. and Mrs. Shirlie Flacks Sunday in Robinson county.

Honor students announced

Georgetown College released this week students making the Dean's List and Honor Rolls. Students from Carlisle listed were: Dean's List: Margaret Ann Boykin; Class "A" Honor Roll: Phyllis K. Atkinson and Margaret Ann Boykin. Class "B" Honor Roll: Dana Jill Blevins and David Scearce.

"Last winter's electric heating bills were even less than our estimate."



Wilbur Peveler, Rt. 3, Berea, Ky.

Here's why...

"Before we started our conversion to electric heat, we made sure our insulation was up to par. Caulked where necessary, checked the weather stripping around doors and windows, and so on. Then after the conversion, we just set the thermostat. We try not to monkey with it much during the day 'cause I think that helps."

Mr. Peveler had the right idea. First, decide to convert to electric heat. Then make sure your home is as well-insulated as it can be... to keep the heat in, cold out... and to heat more economically. With the variety of electric heating systems available, you're sure to find one just right for you. And don't forget — electric heat is remarkably clean, virtually maintenance-free. See us for a free estimate.

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

KENTUCKY UTILITIES COMPANY

Bourbon DRIVE-IN Theatre

PLAY BANKO THURS AT 8:45 Thurs.
Lee Van Cleef In
"The Magnificent Seven Ride" PG
AT 11:10
"Z. P. G." PG

AT 8:45 Fri.-Wed.
The Perfect Crime Specialists
"The Daring Dobermans" G
AT 10:30
"The Twilight People" PG

Mr. Farmer
Want to Save Money
on Hail insurance in Nicholas County my rates are $5.00 for Hail & Wind
$5.70 for Hail & Fire
pay when you sell your tobacco
Joe Crouch
Nights 289-2567
day 289-5908

NEXT WEEK'S HOROSCOPE

By Clay R. Pollan

Note planetary ruler of your birth symbol

FOR WEEK BEGINNING MONDAY, AUG. 13, 1973

★ If your birthday occurs this week . . .
. . . your leadership ability is used to best advantage when initiating new pursuits, especially in civic enterprises. You have many admirers but sometimes cause envy in others. Tread softly and be sure not to step on others' toes. Contacts made recently will begin to bear fruit.

Aries Mar. 21 - Apr. 19 Pluto ♇
This is a good week for handling money, so long as you don't spend it extravagantly. Greater preferment in your place of business and more cooperation from partners and loved ones indicated. Your timing is sharp. You can persuade and sell successfully. Money can be well spent on tools, carpentry and gardening.

Taurus Apr. 20 - May 20 Venus ♀
Happiness and success are in store this week. The atmosphere will be peaceful and financial improvement should occur. Dealing with women will be successful and influential persons will help you to make profit. Maximum will likely bring you good news. Count your blessings and calories.

Gemini May 21 - June 20 Mercury ☿
This is a fine week to develop your talents—especially writing, trading and studying. Intellectual pursuits will be rewarding. Traveling and minor diversions from your customary activities are favored. A request for more authority may be denied. The key is to be optimistic about the future.

Cancer June 21 - July 22 Moon ☾
Emotional upsets are probable this week. Friction may develop in partnerships and home life could be difficult. Your spirits may easily drop. The opposite sex could cause complications. However, the week will end on a good note. Welcome congenial visitors. Make a fuss over them.

Leo July 23 - Aug. 22 Sun ☉
Good week, socially. Your problems will tend to diminish. Arrange a special event at home. Entertain one who has been gracious in the recent past. Get about more and try to be seen with prosperous people. Good news spotlights the week, or a nice gift may be received. Return calls promptly.

Virgo Aug. 23 - Sept. 22 Mercury ☿
Exert caution in all things, as it is quite possible that you will be somewhat rash in actions. Make no binding agreements. Consult legal counsel, if you're uncertain. Duty visits should be attended to. Turn up unannounced at an official meeting. Good time to entertain folks you seldom see.

Libra Sept. 23 - Oct. 22 Venus ♀
Enterprise abounds this week. You can attack your problems and move ahead steadily. New methods favored. Your work will seem easier and you can speed up production. Teach and learn. Accept change and challenge. Be broad-minded and rise above the petty. Excellent for socializing. Circulate more.

Scorpio Oct. 23 - Nov. 21 Mars ♂
You are sitting pretty this week. Do not try to expand your horizons, especially in connection with finances. Be content with status quo. Go over your wardrobe. Buy new, stylish clothes. Put fresh touches to your appearance. Gemini and Virgo persons figure prominently in your picture.

Sagittarius Nov. 22 - Dec. 21 Jupiter ♃
The best things of life will be yours this week. You can successfully expand your life socially, in your occupation and especially in connection with finances. You can score over a tough rival. Make contacts with people who rate high. Good news wings its way toward you.

Capricorn Dec. 22 - Jan. 19 Saturn ♄
This is an excellent time to consolidate and settle plans. Steady, but not spectacular progress is indicated. Your popularity increases and adds to your prestige. Don't extend invitations to boring folks. Refuse to become involved in a whispering campaign. Don't harbor any fears.

Aquarius Jan. 20 - Feb. 18 Uranus ♅
Your sweetheart or mate may be keeping something from you. Demand sincerity and honesty. Stop wondering what might have been. Key is to be optimistic about the future. Ignore criticism. Believe in yourself. You can go far and will receive encouragement. Buying personal luxuries now seems justified.

Pisces Feb. 19 - May. 20 Neptune ♆
Important changes, not wholly unexpected, will occur. Travel is favored and success in your ventures is very probable. Lie low. Do more listening than talking. You will find out what you need to know. Some nice things are being said about you. Don't let discussions drag on and lead to nowhere.

© 1973 McNaught Syndicate

Possibility of food shortages real

The subject of food shortages is being widely discussed these days. And while it is unlikely that anyone will starve or go hungry, the possibility that certain foods will be in short supply this fall is very real.

That is how Larry D. Jones, Extension specialist in consumer economics with the University of Kentucky College of Agriculture, sizes up the food supply situation. Jones says there will likely be fewer eggs and smaller supplies of pork, beef and poultry in supermarkets this fall. Milk supplies will dwindle from current levels. Fewer canned goods and smaller amounts of oils and margarines will be found in grocery stores.

Jones says there are three basic factors which help explain why certain products may be in short supply. They are a strong demand for food, constant or dwindling food supplies, and the government-price freeze on food.

The world-wide demand for food has been drastically increasing as a result of increasing income and population, the UK economist points out. In the U.S., disposable income has been increasing, and income is also up sharply in Japan and Europe. People are better able to afford larger quantities of food, and are demanding more and better food, especially meat and poultry.

Not only is there more demand for food, there is also a greater demand for protein to feed livestock. We have seen drastic increases in the world demand for U.S. soybeans and cottonseed to be used as livestock feed throughout the world. Increased soybean exports led to higher prices for soybean oil meal in the United States. This increased the cost of producing livestock and put further upward pressure on domestic meat prices.

World-wide supplies of protein did not increase in 1972-73 as earlier expected. Fishmeal, for example is a large source of animal protein throughout the world. However, tonnage of fishmeal was far below expected yields. The result was that fishmeal prices increased from $130 to over $600 per ton in one year.

The government's price freezes also appear to have had an adverse effect on food production in this country, says Jones. The food price-freezes were applied to processors, wholesalers and retailers. Although farm prices were exempt, processors would not pay higher prices to farmers if those prices could not be passed on through the marketing chain.

The result was that prices of raw farm products were frozen while farm costs of production skyrocketed. Farmers were caught in a price-cost squeeze, and many decided to sell some of their breeding stock rather than take the chance of selling livestock products at a loss. As a result, says Jones, it will be at least the spring of 1974 before any increases in livestock numbers can be expected.

Jones predicts that consumers will continue to experience frustrating food prices throughout 1973. He says higher farm costs, smaller than usual summer supplies, and continuing strong demand for food will all put upward pressures on food prices. With present supply conditions, consumers could well be faced with shortages of certain foods this fall, he concludes.

Drama building to be constructed

Construction is scheduled to begin soon on the first building of a fine arts complex at Georgetown College. A drama classroom building will be built on the west side of the College Science Center.

"The overall plan calls for five buildings in the complex. These include a recital hall, music center, media center, art center, and the drama building," said Hubert Beck, business manager.

Total cost of the building, including construction, equipment, and architect's fees will be approximately $80,000. It will be 54 feet by 66 feet, with a theatre 54 feet by 54 feet. There will be 12 feet of storage space.

"The building will be completely flexible. It will contain a theatre, classrooms, lobby and rest room facilities. The building will be constructed of concrete block with brick veneer. It will have a mansard roof and designed for performances in the round."

The project is part of the College Challenge of the Seventies program.

Architects for the building are Johnson-Romanowitz of Lexington. Construction will be by Eubank and Steele, also of Lexington.

Final Summer Clearance

Suits	Sport Coats
$110.00 Reduced to $72.00	$85.00 Reduced to $55.00
$95.00 Reduced to $62.00	$75.00 Reduced to $49.00
$69.00 Reduced to $49.00	$52.00 Reduced to $34.00

Odd Lot of Suits and Sport Coats 50% OFF

Knit Shirts and Bermuda Shorts 33⅓ and 50% off
One group Dress Slacks 35% off
Dress Slacks—Buy one pair at regular price and get second pair for $3.13
Ties—buy one at regular price—second one for 1 penny
Belts 35% off
Straw Hats 50% off
Dress Shirts
16½ and 19—now 14.99 or 2/31.00
17½ and 17—now 15.00 or 2/29.00

C. C. Cole Co.
"The Style Setters in Carlisle"

SAVE $5.00

LATEX HOUSE PAINT
TWO GALLONS
$11.50

Reusable Plastic Bucket
Easily Cleaned—Has 1001 Other Uses
No Primer Necessary
Non Chalking
Dries In 30 Minutes
White That Stays White
Lasts For Years
Soap & Water Cleanup

In Two Gallon Container
Regular $16.50 Value

Guaranteed to give complete satisfaction. If not satisfied after you apply this product as directed on the label, return remainder to our S & T Store for refund of the full price you paid.

Reid & Vice, Inc.
BUILDERS SUPPLY