

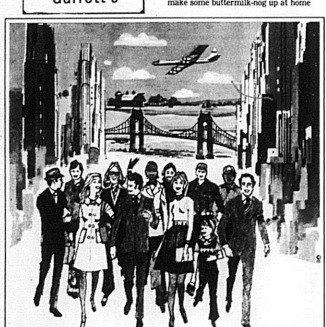
SUSAN DUFF'S CALORIE COUNTDOWN

THE TRUTH ABOUT EGG NOG
One of the most delectably delicious and checky of the holiday potables is egg nog. Just one small run or brandy-based portion in a petite punch cup of innocent-looking proportions can be lethal to the fastidious dieter. That little four-ounce punch-cupful amounts to 233 calories, and since hardly anyone can stop at just one, it can be rather easy to total up many, many calories in a single pleasant evening of drinking the stuff. Without the lethal ingredients of spirits, egg nog amounts to about 200 calories per small serving. That, don't despair, there are some very appealing alternatives to the weight-conscious. For example, if you like the lacing as well if not better than the nog, have



DREAM Sweet DREAMS ON A SPRING AIR BACK SUPPORTER MATTRESS

- Exclusive Kar flexible end cuts for firm inner support with luxurious surface comfort.
- "Health Center" provides extra shoulder-to-hip support.
- No slope toward edges, no sag in middle.



New Year Greetings
Here's to a New Year bright with peace, prosperity and good cheer. Let's all work together for progress — a better and happier world.

Garrett's Furniture



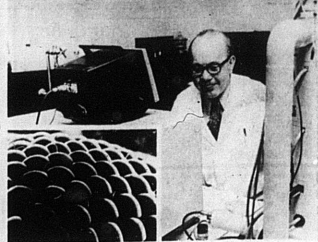
"Old Inn" on U.S. 68—one of the sites sketched on the note cards being sold by the Jr. Woman's Club.

your spirits without the egg nog. Ninety proof rum or brandy will only cost you a mere 73 calories per ounce. You could even have two small hot buttered runs or two snifters of brandy for less calories than there are in one well-laced egg nog. That's a pretty nice compromise for calorie counters.

But, then perhaps the alcohol isn't so important to you—or maybe you would feel conspicuous in a gathering holding a blatantly nog-less cup of spirits while everyone else is downing the cool frothy delight. Well, there's something yummy for dietitarians, too. Believe it or not, it's based on buttermilk.

Put two cups of buttermilk in the blender with a raw egg, a bit of nutmeg, and a tablespoon of powdered sugar. Delicious! It's fatty and creamy and filling and tasty—and, in a punch cup with a dash of cinnamon on top, it's a dead ringer for egg nog. Most importantly, it's less than 36 calories per punch cup. (This recipe makes about five four-ounce cups.)

Easy enough, of course, to substitute this low-cal buttermilk-nog for yourself at your own home, but if you're toting out, it could be a slightly more complicated maneuver. As a friend's horse, you might have to go with the straight rum or brandy (your hosts will certainly have some around if they're serving egg nog)—or, if you're really an industrious and determined dieter, make some buttermilk-nog up at home



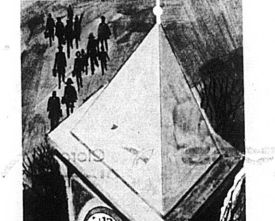
EYE EXAMINATION—Morehead State University biology professor Allen Lake studies the eyeball of an ant through MSU's new scanning electron microscope. The inset photograph shows the specimen imaged 2,000 times. The microscope is capable of magnifying an object 100,000 times.

Happy New Year
We're anticipating with pleasure the year ahead, to share with friends and neighbors.

Home Hardware



Here's to that welcome arrival, the New Year and it's bright promise of better things to come!



GREETINGS
As we await the stroke of midnight to enter into a bright New Year, let's get one thing resolved. Let there be peaceful tomorrows filled with friendships, joys.

Duncan's Electric Shop

Veterans Administration insurance dividends to be paid
receive \$191,000. World War II veterans totaling 37,641 will receive \$2,819,000. THE CARLISLE (KY.) MERCURY, THURSDAY, DECEMBER 27, 1973-3
Say You Saw It In The Mercury

Record high insurance dividends for veterans of World Wars I and II who have continued their government insurance were announced today in Washington by the Veterans Administration. The dividends exceed last year's amount by \$6.8 million.

Donald F. Johnson, Administrator of Veterans Affairs, said insurance dividends would reach \$404,000,000 for almost four million veterans. Dividends are paid automatically on the anniversary date of the policy and veterans need not apply in order to receive them.

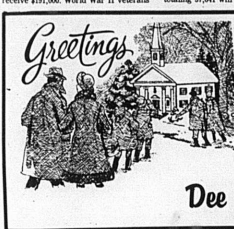
World War I veterans will receive \$23,000,000 and the remaining \$378,000,000 is for World War II veterans. Receiving the dividends will be 128,000 World War I veterans with an average of \$16, and 3,700,000 World War II veterans with an average of \$73.

The individual dividend is determined by the particular plan of insurance held by the veteran, amount of the policy, age of the insured and age of the policy. The dividend will range from a few dollars to several hundred dollars.

The record high dividend is due to the highest interest collected on the insurance fund.

Robert F. Welch, director of the VA regional office in Louisville, said 38,822 Kentucky veterans will share in the record dividends receiving over \$5 million.

World War I veterans, 1,191 strong, will



May the New Year bring peace and happiness to all.

Dee Jay Auto Parts

ROTC scholarship deadline Dec. 31

Dec. 31 is the deadline for high school seniors to apply for four-year Army ROTC scholarships.

This is the first year the ROTC scholarship program has been open to women.

Col. Eff Birdsong, professor of military science at Morehead State University, announced that applications may be obtained by contacting him at MSU. The telephone is 666/784-9223.

More than 1,000 four-year, full-tuition ROTC scholarships will be awarded to high school seniors this year. The scholarships cover text books, tuition, laboratory fees and a monthly allowance of \$100.

Applicants can use the scholarships at more than 200 colleges and universities offering the four-year Army ROTC program. However, they must be accepted at the college of their choice.

Upon completing ROTC and graduating from college, scholarship winners are commissioned Army second lieutenants and serve on active duty for four years.

a WEALTH of JOY in 1974

New Year's Greetings to . . . All our Friends, old and new, May All Your Wishes for The Future Days Come True!

Coe Oil Service

Happy New Year

Let's hear it for a New Year filled with peace, prosperity and good feeling. Remember, it's the first year of the rest of your life...enjoy it!

THE DEPOSIT BANK OF CARLISLE, KY.

IGA holiday hostess center

Hunt's Tomato Juice 46-oz. can 3\$1	Scott Towels 3\$1 jumbo roll
Shasta Soft Drinks 6\$1	Clorox Bleach 48¢ gal.
Chef Boy Ar Dee Pizza 85¢	ISA Chip 'n Good Saltines 3\$1
New Crop Cabbage 10¢	Tabletite Pork Chops Center Cut 119 lb.
Hi-C Fruit Drinks 4\$1	Tabletite Sandwich Bread 39¢
Paramount Polski Wyrob Pickles 49¢	Kraft Orange Juice 69¢
Tabletite Hot Dog 89¢	Van Camp's Pork & Beans 22¢
Paramount Canned Pickle 39¢	Spic & Span 89¢
Tabletite Cold Cut 89¢	Cherry Pie Filling 59¢
Tabletite Ham 1.99	Blackeye Peas 2.39¢
Tabletite Turkey 2.99	IGA Dye Bread 39¢
Tabletite Beef 1.99	IGA Jelly Roll 59¢
Tabletite Pork 1.99	IGA Pecan Balls 59¢
Tabletite Chicken 1.99	

Store Hours
8 a.m. to 8 p.m.
Mon. thru Sat.

We will be closed New Year's Day