National FFA Week Feb. 19-26

"Future Farmers of America—Unites Youth with Opportunities" is the theme for National F.F.A. Week, Feb. 19-26. This week is set aside for the celebration of Future Farmers all over the nation.

The F.F.A. is vital to the vocational agriculture program. During the week of Feb. 19-26 activities are and carried on for leadership development, citizenship training, and agricultural proficiency programs are accomplishing the national F.F.A. theme "Youth with A Purpose."

The F.F.A. strives for an opportunity for youth in agriculture to learn, to do, to earn and to serve. The leadership training program for F.F.A. members in Kentucky includes training of local members by the teacher of agriculture, federation activities that provide leadership training expenses and the training of state officers in leadership conferences.

It was because of George Washington's interest in farming and his accomplishments as a successful farmer that F.F.A. Week is celebrated during the week of George Washington's birthday. In addition, George Washington has been labeled the patron saint of the organization and has come to symbolize the F.F.A. treasurer.

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Saltwell

By Mrs. Fred Hollar

Carl Coborn and son, Mike, Ronnie Hinton and son, Dean, Billy Knippenberg and son, Duane, attended the farm show in Louisville on Thursday.

Mr. and Mrs. Dickie Cain and children moved from the property of J.R. Kenney recently, to the home he purchased from Mrs. Mae Kenney.

Mr. and Mrs. James Gaunce and Esther, and Miss Sue Livingood were Sunday guests of Rev. and Mrs. Wilburn Cropper and Dennis of Shirley, Ind. the past Sunday and attended services there where Rev. Cropper is pastor.

Miss Sandye Collins spent the past weekend with Misses Debbie and Patti Fryman.

Rev. and Mrs. Woodrow Gaunce of Mt. Olivet were Saturday supper guests of Mr. and Mrs. Andrew Gray.

Mr. and Mrs. Fred Hollar visited Mrs. Mildred Green of Carlisle on Friday. Mrs. Green has been ill at her home the past week.

Mr. and Mrs. James Gaunce and James Livingood were in Xenia, Ohio on Tuesday night to be with Rev. Norman Dunlap and family, whose father, Raymond Dunlap, passed away there on Monday.

Mr. and Mrs. Charles Tanner Jr. and daughter moved to the property this week, which they purchased recently from Mr. and Mrs. Billy Woosley and family.

Rev. and Mrs. Tommy Fryman, Mr. and Mrs. Jim Wilson, Mike Sowell, and Mr. and Mrs. Fred Hollar were Sunday dinner guests of Mr. and Mrs. Dickie Grimes and children.

Frank Sparks plans to enter St. Joseph Hospital in Lexington on Wednesday for possible surgery later.

The W.S.C.S. and Methodist Men of the Headquarters Church will meet this Thursday night for their regular monthly meeting. A fish supper will be served at 7 o'clock. Rev. J.H. Ritchie will be the speaker for the men.

Mr. and Mrs. Bob Kenney and Greg of Covington spent Saturday night and Sunday with Mrs. Gladys Kenney.

Mr. and Mrs. Thurman Osborne of Helena spent Friday with Rev. and Mrs. Thomas Gaunce. Other guests recently were Mr. and Mrs. E.P. Laughlin, Mr. and Mrs. Andrew Gray, Vaughan Mattox and James Livingood.

Mr. and Mrs. Billy Knippenberg and family and Miss Vickie Withrow spent Sunday with Mr. and Mrs. Emmet Dennis and family of North Middletown.

The Headquarters Youfg Adult Class will be in charge of a service this Sunday, Feb. 25, at the Johnson-Mathers Nursing Home at 2 o'clock. Shirley Collins is in charge.

Mr. and Mrs. Raymond Kennedy of Lexington and William Harney visited Mrs. M.T. Kennedy and family on Sunday. Mrs. Kennedy is improving from a recent illness.

Mr. and Mrs. Roy J. Snapp and Eddie of Cincinnati spent Sunday with Mr. and Mrs. Roy E. Snapp.

Herman Harney of Lincoln, Neb., who was attending a convention in Chicago, came by on Friday and spent the day with his brother, Brunker Harney, Mrs. Harney and children.

Jeff and Jana Snapp spent Saturday night and Sunday with Mr. and Mrs. E.V. Delaney.

Mr. and Mrs. Carl Scott of Carlisle visited Mr. and Mrs. Freddie Gaunce on Sunday night.

Mr. and Mrs. Gary Hollar visited Mr. and Mrs. Jerry Galbraith and Mr. and Mrs. Jim Wilson and Mike on Saturday night.

Mr. and Mrs. Bobby Brady, Mrs. Orville Doyle, Mr. and Mrs. Charlie Doyle and children attended the lovely wedding of Miss Linda Darlene Fryman and Larry Courtney in Harrison County Saturday.

Mr. and Mrs. Bobby Brady and Mrs. Orville Doyle were Wednesday dinner guests of Mr. and Mrs. David Doyle of Harrison County.

East Union

By Mrs. Eugene Robinson

Mr. and Mrs. Billy Robinson and Mr. and Mrs. Virgil Shearer visited Pfc. Virgil Clayton Shearer Jr., who is stationed at Fort Knox, over the weekend.

Mr. and Mrs. Eugene Robinson visited his mother, Mrs. John Robinson, Sunday evening.

Mrs. Carolyn Vice, Mrs. Marilyn Becraft and Mrs. Pansy Robinson visited Mrs. Magalene Curran Sunday afternoon.

Mrs. Ethel Hobbs, Mrs. Marilyn Becraft and Mrs. Paney Robinson were in Lexington on Thursday.

NOTICE
Effective on Saturdays Only
Introducing
Gary McCord at
Hall's Barber Shop

MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

I take 16 aspirins a day for arthritis. Now my stools will not move without a laxative. Do you know of anything to take? I am 75, – Mrs. B.

Large doses of aspirin would not cause constipation. You would be wise to see your doctor to determine the cause of your constipation (some causes are serious, some are not). If your doctor prescribes medication for you, and you would like to know how it works, send me a note.

My husband wants to take a vacation in Europe. I am afraid to go because I am a diabetic (on insulin) and I wouldn't know how to adjust my insulin to new time zones. Any suggestions? – Mrs. DeS.

Your doctor has prescribed the dosage of insulin to meet your individual requirement. He can best advise you on how to adjust your dosage. It isn't very difficult. So pack your clothes, insulin, etc., plus your adjusting schedule and enjoy your vacation!

Are false teeth tax deductible?

Yes, and so is their cost for maintenance. If you keep your receipts and record all of your medical expenses, you may be surprised at how much you spend every year. Keep your records all together and complete in my 1973 Medical Expense Record Book. Send your name, address, and $1 with two 8-cent stamps to me, in care of this newspaper.

I have an ulcer and take an antacid regularly. If I take any other medication (like antibiotics to treat infection) will they neutralize one another? – J.L.

Your antacid could cause a change in the effectiveness of other medication. For instance, most iron preparations and some antibiotics would decrease in effectiveness from an antacid. It doesn't hurt to ask your physician or pharmacist how your prescription will be affected by your antacid.

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

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WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

Here's good news for college-educated women — not necessarily graduates. A new group of publications aimed at the college-educated woman who wants to combine career and family responsibilities will be ready about March 1.

Source of the publication is Catalyst, the national nonprofit organization devoted to expanding job opportunities for college-educated women who want productive work outside the home as well as in it. Catalyst is funded by foundation and industry grants. One of its main purposes is to promote less than full-time opportunities at responsible levels for women with family concerns.

The new Catalyst publications come in 3 categories — self-guidance, educational opportunities, and career opportunities.

In the self-guidance series are 2 titles ($1.25 each): "Planning for Work" and "Your Job Campaign."

The education opportunities series contains 11 titles (70 cents each), a few: "General Information for the Returning Student," "Counseling," "Environmental Affairs," and "Urban Planning."

The career opportunities series has 27 titles (95 cents each). A sampling: "Accounting," "Art," "Data Processing," "Fund Raising," "Personnel," "Publishing," "Recreation," "Retailing and Fashion," and "Social Work."

To get a publications form to order booklets, there's a small but not unpleasant catch. You first must request the Catalyst Questionnaire, which is designed to collect useful data for the expansion of women's employment. To request the questionnaire, write to Julie Thomas Pitman in care of this newspaper. Do not send money. The questionnaire is free.

Attn. Ed.: Please forward all requests for the Catalyst Questionnaire, above, to Julie Thomas Pitman, Box 3426, Grand Central Station, New York, N.Y. 10017.

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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.

LET'S GO TO HAWAII — Sol.: 10 letters

CLUES
A–Aloha; B–Bays, Beaches, Beauty; C–Canoes, Canoe, Change, Cliffs; F–Fields, Fishing, Fresh, Fun; G–Greeting; H–Hill; I–Islands; K–Kahoolawe, Kauai; L–Lanai, Lava, Lei; M–Maui; N–Natural, Nature; O–Oahu, Ocean; P–Panorama, Peaks, Pearl, Pineapple, Plateaus, Politeness; S–Sea, Spectacular, Stars, Surf; T–Tide, Trees, Tropic; W–Waikiki, Water, Waterfalls, Waves

ANSWER NEXT WEEK
Last Week's Answer: SENTIMENTAL — 41

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

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- INSULATION. Proper insulation saves you money when heating or air conditioning your home.
- THERMOSTAT. Make sure yours is iperating efficiently. You may be wasting electricity.
- SIZE. A heating or cooling unit wastes electricity and money if it's too large. One that's too small won't do the job. Choose the right size for your home.

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EVERYDAY DISCOUNT PRICE — ¼ Pork Loin Sliced into — Pork Chops — 99¢ lb.

Xtra Special Price — U.S. Gov't. Graded Choice — Sirloin Tip Roast — $1.19 lb.

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EVERYDAY DISCOUNT PRICE — Serve 'N Save — Skinless Wieners — 59¢ 12-oz. pkg.

EVERYDAY DISCOUNT PRICE — Fischer's — Mellwood Bacon — $1.09 lb.

EVERYDAY DISCOUNT PRICE — U.S. Gov't. Graded Choice — Center Cut — Chuck Roast — 87¢ lb.

EVERYDAY DISCOUNT PRICE — Country Style — Sliced Bacon — Store Packaged — 95¢ lb.

EVERYDAY DISCOUNT PRICE — Lean & Meaty — Pork Steaks — 89¢ lb.

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Freezer Queen Frozen — Meat Entrees — ea. $1.29
Store Packaged — Haddock Fillets — lb. $1.09
White Boneless Fish — Turbot Fillets — lb. 69¢

EVERYDAY DISCOUNT PRICE — Edward's — Whole Hog Sausage — 99¢ lb. — 2-lb. $1.79

EVERYDAY DISCOUNT PRICE — U.S. Inspected Fresh — Whole Fryers — 45¢ lb.

Florida Zipper Skin — Temple Oranges — 5¢ ea. — 20 for 99¢

Vine Ripe Salad Size — Tomatoes — 3 99¢ lbs. — Large Slicers . . . lb. 39¢

Florida Pink or White — Grapefruit — 10¢ ea. — 10 for 99¢

Fresh — Egg Plant — 25¢ ea.

Golden Crown — Idaho Potatoes — 10 lb. bag 99¢

Washington Extra Fancy Red or Golden — Delicious Apples 10 for 99¢
Fresh Red Ripe — Strawberries qt. 88¢ pt. 45¢
Red — Rome Apples 4 lb. bag 89¢
Fresh — Asparagus lb. 79¢
Juicy Fresh — Florida Oranges 5 lb. bag 79¢
California Seedless 88 Size — Navel Oranges 10 for 99¢
Sweet — Golden Yams 3 lbs. 79¢
Fresh — Red Radishes 1-lb. bag 29¢
Romaine–Escarole–Endive — Variety Lettuce bunch 39¢
Speedi-Pop White or Yellow Popcorn 2-lb. bag 49¢
Roasted or Salted — in Shell Peanuts 24-oz. bag 99¢
Wisconsin Russet — Potatoes 20 lb. bag $1.49
Red Ripe — Watermelon ½-melon 99¢

Discount Special — Chunk Light — Star-Kist Tuna — 3 $1 6½-oz. cans — with coupon below

New Sweden Frozen — French Fries — 5 77¢ lb. bag

Discount Special — 100% Pure — Orange Juice — 69¢ ½-gal. plastic jug — In Dairy Dept.

KLEENEX — THICK & THIRSTY TOWELS

Discount Special — Kleenex Thick 'N Thirsty — Paper Towels — 3 $1 jumbo rolls

Discount Special — Country Oven — Angel Food Cakes — 3 $1 16-oz. pkgs.

Discount Special — Cindy — Liquid Detergent — 3 $1 32-oz. btls.

Discount Special — Pillsbury Hungry Jack — Biscuits — 8 $1 4½-oz. cans

Discount Special — Kroger 2% Lowfat — Hi Nu Milk — gal. paper ctn. $1 in plastic jug $1.05

Discount Special–Clover Valley — Ice Cream — gal. ctn. $1.09
Discount Special–Ole South Frozen — Fruit Cobblers — 2 lb. ctn. 79¢
Discount Special – 99¢ Size — Suave Hair Spray — 2 13-oz. cans $1
Discount Special–Disposable Daytime — Baby Pride Diapers — pkg. of 30 $1.49

Discount Special — Refreshing — Diet Pepsi — 8 $1 16-oz. btls. plus btl. Dep.

Discount Special–Kroger — Cresent Rolls — 4 8-oz. cans $1
Discount Special–Yubi Trim & Light — Cottage Cheese — 24-oz. ctn. 65¢
Discount Special – Apple or Grape — Embassy Jelly — 2 lb. jar 59¢
Discount Special–Kroger Rolls — Brown 'N Serve — 3 pkgs. $1

Everyday Discount Price–Embassy — Salad Dressing — qt. jar 35¢
Discount Special – Frozen Combination — G&W Pizza $2.29 Value — 32-oz. pkg. 99¢
Everyday Discount Price–Fleece — Bathroom Tissue — 3 4-roll pkg. $1
Discount Special — 10¢ OFF Royal Viking Pastry

Discount Special – $1.17 Size — Bayer Aspirin — btl. of 100 79¢
Discount Special–Suave – 99¢ Size — Cream Hair Rinse — 2 16-oz. btls. $1
Discount Special–Kroger Family Pride – $1.13 Size — Toothpaste — 7-oz. tube 39¢
Discount Special–Secret – $1.59 Size — Spray Deodorant — 7-oz. can 97¢

Discount Special — Whipped Stick — Mrs. Filbert's — Margarine — 3 $1 1-lb. pkgs.

VALUABLE COUPON — Presoak Detergent — Biz — 25-oz. box 59¢ — Kroger — D-24

VALUABLE COUPON — Detergent — Rinso — 84-oz. box 99¢ — Kroger — D-24

VALUABLE COUPON — Chunk Light — Star-Kist Tuna — 3 6½-oz. cans $1 — Kroger — D-24

VALUABLE COUPON — Dishwashing Detergent — Electrasol — 50-oz. box 79¢ — Kroger — D-24

VALUABLE COUPON — Jifoam — Oven Cleaner — 8-oz. can 69¢ — Kroger — D-24

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VALUABLE COUPON — 10¢ OFF — toward the purchase of any 8-oz. or 12-oz. pkg. of — Kroger Lunch Meat — Kroger — D-24