

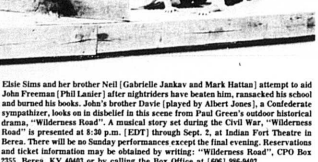
Kentucky Regional Library serves blind and physically handicapped

Ever listen to a book? Lots of people do, according to the Kentucky Regional Library for the Blind and Physically Handicapped. More than 6,000 aids, primarily talking books, are mailed each month to more than 2,000 readers, according to Miss Colman, library director.

The blind, those with cerebral palsy, children with dyslexia and anyone who can't hold a book or turn the pages, can benefit from the talking books," Miss Colman explained.



Talking books are works read by professional readers and produced on records. Books on cassette and in Braille are also provided by the Library of Congress. Although most recipients of the service request certain books or magazines, they are given a written order. Miss Colman said some of her subscribers want to read the book "The Grapes of Wrath."



John Sims and her brother Neal (Gabrielle Jackva and Mark Hattari) attempt to add John's sweater (left) to the book. The book is "The Grapes of Wrath." The woman's husband died of a heart attack while she was pregnant with John. She is now blind and unable to read the book herself.

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GET YOUR \$ WORTH BY SALLY AND TOMMY ADAMS

TIPS FROM THE PRODUCT COUNTER

Here's a potpourri of ideas to help you get the most value and maximum enjoyment from the fruit and vegetable department.

Of all the departments in your supermarket, the place where you're most likely to find unadvertised specials is at the produce counter. Store frequently overstocked and have to sell the produce some days. Saturday night, in particular, is a good time to hunt bargains.

Freshness is the key to essential goodness. Take advantage of seasonal abundance - but only if you can use them quickly. If you're not using the carrots or most fruits and vegetables will evaporate. Get a storage chart and follow the recommendations.

Keep your refrigerator temperature between 34 and 40 degrees F. Produce over 40° spoils rapidly.

Overstocking fruits and vegetables causes important vitamins and minerals to be lost, so use just enough water to prevent scalding. Vitamin C is especially soluble, so try to use your vegetable water for soups, sauces and dressings.

Nutrients in fruits and vegetables tend to be close to the skin, so prepare or serve without peeling, if possible. For instance, when you boil potatoes in their skins, eat apples with the skin on (after washing carefully), use yams without peeling, and use cantaloupe, watermelon, and other melons without peeling. A little extra time to get a perfect cut will do you good. To do this, you will need wash your hands and the produce from shoulder to waist. To locate your own waist, you can use a measuring tape or a string around your waist. In all cases, wash in a drain cage and place at the proper position on your body. The waste will wrinkle above and below the waistline. If you do this, it will not be uncomfortable. Sorry, but it's a fact. Don't count on your own waistline. If you want a little extra time to get a perfect cut, you will need wash your hands and the produce from shoulder to waist. To locate your own waist, you can use a measuring tape or a string around your waist. In all cases, wash in a drain cage and place at the proper position on your body. The waste will wrinkle above and below the waistline. If you do this, it will not be uncomfortable. Sorry, but it's a fact. Don't count on your own waistline.

FASHION N FABRICS BY FANNIE GLEESON

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REVIAL Stony Creek Christian Church July 9 thru 14

Services 8:00 a.m. nightly
Evangelist - Billy Underwood
Minister - Allan Hoffman
Song Leader - Mickey Harley
Everyone welcome

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INFLATION IS A STAB IN THE BACK

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THE HOME GAME

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LUMBER AND BUILDING SUPPLIES

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Ratliff Bros. Co.

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Jewel Vice Realtor & Auctioneer

101 S. Broadway Phone 289-5279

Phone 289-5257 Carlisle, Ky.

FARM EQUIPMENT

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