SUSAN DUFF'S CALORIE COUNTDOWN

VITAMINS, CALORIES AND FRESH FRUITS

As fresh fruits come into season, their appearance, price and quality certainly become more appealing. This is a great bonus for summertime dieters who must be sure to keep their vitamin consumption high while holding down their calorie intake.

Almost all fruits have Vitamin C, but some fruits are particularly rich in this healthful nutrient. Fresh oranges, of course, are commonly known as a good source of C — one medium-sized orange has 66 milligrams of Vitamin C and only 65 calories. Half a white grapefruit has 44 milligrams of Vitamin C and only 45 calories; half a pink grapefruit has the same amount of Vitamin C as the white, has 50 calories, and is quite rich in Vitamin A (540 International Units as compared to only 10 in the white grapefruit). That much extra A is really worth those extra 5 calories.

Cantaloupe is another good source of Vitamin C (63 milligrams) and half of this melon has only 60 calories. The really fantastic thing about cantaloupe is that for those 60 calories spent you get a really whopping amount of Vitamin A, 6,540 I.U.s. Those irresistibly luscious-looking strawberries that are everywhere are another high Vitamin C, low-calorie fruit treat. One cup of fresh raw strawberries has only 55 calories and even more Vitamin C than many of the citrus fruits (88 milligrams).

The other berries, tempting as they are, generally have less Vitamin C (20 to 30 milligrams) than strawberries and tend to be higher in calories, too. One cup of raw red raspberries has 70 calories; and a cup of blueberries or blackberries has 85 calories. Best for the dieter to think of these only as once-in-a-while treats.

Cherries, although not particularly high in Vitamin C, have a substantial A count (about 1,600 I.U.s per cup), but they, too, are in the slightly higher calorie bracket at 70 calories per cup of fresh sour cherries and 82 calories per cup of fresh sweet cherries.

Fresh tangerines have a great calorie count for dieters (40 calories for one medium-sized fruit) but they're just barely respectable in the vitamin department (Vitamin A count, 360, and Vitamin C, 27). Honeydew melons are fairly good C source and one-quarter wedge contains just 49 calories. Fresh plums aren't notably high in either Vitamin C or A but they're pretty low in calories, 25 calories per plum. Fresh pears, on the other hand, are simply too low in vitamins and too high in calories (100 calories each) to make for good diet munching.

Three medium-sized fresh apricots (that's about a quarter of a pound) are only 55 calories, have little Vitamin C, but rank high in their A count (2,890 I.U.s). Peaches don't have much Vitamin C either, but they're wonderfully low in calories — one medium-sized peach has only 35 — and quite high in Vitamin A, 1,320 I.U.s. Watermelon, however, has 115 calories per wedge (that's 1/16th of a two-pound melon), but it's also high in A (2,510 I.U.s) and not bad in C (30 milligrams). Fresh pineapple is kind of low fruit on the vitamin totem pole, although it does have some Vitamin C, and it's also pretty high on the calorie count (75 calories per cup of chunks). In addition, raw fresh pineapple as an appetizer has the weird effect of numbing the taste buds and, since dieters have enough to contend with, why be deprived of the taste sensation of those precious few calories you allow yourself?

As a final word, now that the season has arrived and fresh fruits are as affordable as they are appealing, try to steer clear of dried fruits which are generally very high in calories — around 300 per cup with dried peaches highest at 420.

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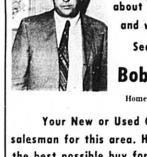
Morehead coaches to lecture

MOREHEAD—Two Morehead State University coaches will be featured lecturers Aug. 3 and 4 for the Kentucky High School Coaches Association.

Head Football Coach Roy Terry and Head Basketball Coach Bill Harrell are scheduled to address sessions of the group's football and basketball clinics at Western Kentucky University.

Football will be featured Friday, Aug. 3, with basketball scheduled Saturday, Aug. 4.

The annual football East-West All-Star Game will begin at 6 p.m. on Saturday



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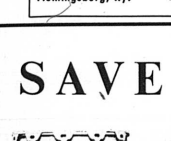
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BUILDERS SUPPLY

GET YOUR $ WORTH
BY SALLY AND JIM ADAMS

BEWARE THE LAND FRAUDS — II

Last week we explained how unscrupulous land development companies go about enticing naive buyers to invest in land that is often unattractive, if not downright overpriced. The clever sales pitch sounds great — but the nightmare begins when the buyer finds out what he's bought.

His plot too often turns out to be in a barren, desiccated area 10 miles from the nearest town. No road, or an unpaved road that only a jeep can navigate. In Florida, some people found their golden acres were under water during the rainy season. No utilities — no sewers, no water, no electricity. If the utilities ever appear, the fine print in the contract says the buyer will foot the bill, not the development company. As for schools, stores, movies — maybe. Sometime.

The buyer who doesn't check the fine print may be in for several shocks. He doesn't own the land, as with a regular mortgage; the development company owns the land, until the very last payment. And if the buyer defaults on a single payment, he may lose everything.

As for appreciation, thousands of people have found to their dismay that the land had not gone up in value 20 per cent but maybe 1 per cent or not at all. It's too late then to realize that unimproved land has to appreciate about 8 to 10 per cent a year just to pay its own way — meet the cost of interest, taxes, insurance, and so on.

What if the buyer doesn't like his plot and wants a refund? The fine print, in many cases, says he first has to visit the site (often in a distant state) and at his own expense, several hundred dollars. While there, of course, a salesman will try to switch him to a somewhat better — and higher priced — lot.

The Interstate Land Sales Disclosure Act of 1969 requires disclosure of important facts about land developments. Unfortunately, the federal government hasn't done much to control fraudulent practices and most states offer little or no protection against land gyps. The motto of crooked land companies is still caveat emptor — let the buyer beware — and it's up to the buyer to use his head. For a list of agencies that offer help with this problem, send a stamped, self-addressed envelope to this column.

((c) 1973, McNaught Syndicate, Inc.)

Senator Dee Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

While there is much hard work and long hours associated with a senator's office, we also have rewarding moments when we can mix and mingle with fellow Kentuckians here in Washington.

Last week our office played Senator Cook's office in softball, and afterwards both teams and supporters met at my house for a good 'ole Kentucky meal of fried chicken, potato salad and beans. In all, we must have had 50 people there—including Nancy and Nelson Cook.

I must confess that Senator Cook's team defeated us rather resoundingly, and only the advent of rain prevented us from losing by an even bigger score.

But we did have a lot of fun and it provided an excellent opportunity for the two staffs to get to know each other. Earlier, this year Senator Cooke's office had given a party for our staff.

This, I think, reflects the amiability and good working relationship between the two Senate offices. While Senator Cook and I are of different political parties, we have worked well together on matters affecting Kentucky when it comes to benefiting our state.

Another pleasant event the week before here in Washington was the Festival of American Folklife, which featured Kentucky.

Many craftsmen, musicians, and others from Kentucky were featured in exhibits on the Mall here in Washington. More than a million people witnessed the various exhibits, which were a real tribute to Kentucky. The exhibits, included a tobacco barn, actual horse races (with Governor Ford acting as official starter) and old-time gospel singers.

So you can see that while we are several hundred miles from Kentucky, we do get many chances to meet with and talk with fellow Kentuckians here in Washington.

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FASHION 'N FABRICS
By FANNIE GLEESON

SPIN A SPELL WITH VOILE

The word "voile" comes from a French word meaning "veil," which describes it beautifully. Voile is lightweight, but not flimsy. It is delightfully drapable, yet it has a fresh crispness. It is enchantingly *transparent, but not brazen.*

With all its apparent fragility, it has surprising strength. Traditionally structured from cotton, if is made of cord count fibers, which are given a high twist. Then the yarns are adroitly singed to remove fuzziness. The result is thread-like yarns of fine dimension, which produce a lovely smooth cloth. It is usually patterned in stripes or gay florals.

It is a lovely choice for an airy-looking, superbly comfortable bias-cut caftan. The one illustrated is a new version of this popular garment. The bias-cut, which means that it is cut on a 45-degree angle of the fabric, is an exciting way to incorporate a new dimension of give and drapability to a simple garment.

There's an unusual bonus with this pattern, which is the full-length slip. A caftan needs a long slip. Making your own saves money. And, the pattern can be used over and over again in various looks.

The slip is sized for stretch knits only. A good combination would be maple jersey under voile. A satin or cire tricot slip would be more compatible with a caftan in surah or satin.

In sewing nylon jersey, you may use the type of seam which most manufacturers apply, i.e., a lingerie seam. Sew a row of machine stitching with 15 to 20 stitches per inch on the seam line. Trim the seam allowance to one-quarter of an inch and zig-zag the seam allowance edges together. If you do not have a zig-zag machine stitch, use a French seam, or a double-stitched seam.

When stitching jersey or sheer woven fabric, use a fine, sharp needle, size nine or ten. Use thread of fine dimension, which is suitable to the fiber and weight of the fabric.

A narrow, rolled hem may be applied to both the slip and the caftan. To do this, stretch slightly the hemline. Trim close to the stitching. Fold the fabric next to the wrong side just slightly over the stitched line.

Take one stitch through the fold and one stitch directly below in a straight line, picking up one thread of the fabric just beyond the cut edge. Continue in this way, taking one tiny stitch above and one below for approximately six inches. At this point, pull the hand-sewing thread toward yourself. You will be surprised how this almost magically forms a rolled hem, which conceals the stitches in the hem. The secret of getting this effect is to place the stitches straight up and down and not on a slant, as you sew. This is a simpler method than a hand-rolled hem.

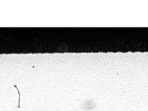
READER SERVICE: Bias-cut garments can be dramatized with stripes strategically placed. There are many other handsome ways to use stripes, which are now in the forefront of fashion. Write for free brochure, "Swing With Stripes," by Dan River Mills, which is packed with illustrations and clear directions for making the most of stripes. Send a long, stamped, self-addressed envelope to Fannie Gleeson, in care of this newspaper.

ILLUSTRATION

SIMPLICITY No. 5720, Misses and Women's Slip, Bias Caftan and Turban.

((c) 1973, McNaught Syndicate, Inc.)

The Old Timer



"A nickel isn't supposed to be as good as a dollar, but it goes to church more often."

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

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Two Horror Features
"Daughters Of Satan"
At 11:30
"Super Beast"
At 9 p.m. Fri.-Wed.
Robert Redford
as a Mountain Man
in
"Jeremiah Johnson" PG
At 11:08
George C. Scott
"Rage" PG

Patronize Mercury Advertisers

OUR HOUSE PAINT STANDS UP TO THE BEST OF THEM!

TRU-TEST IS GOOD PAINT
Lift the lid. See for yourself. With the very first brushful, you'll like its easy working qualities and extra hiding power. That's because Tru-Test Supreme Latex is a unique formula of acrylic latex and chemically treated oil in a water emulsion form. It goes on as easy as latex paint, yet resists weather, smog, stains and blistering. It dries bug-free in minutes. Contains Titanium pigments, the whitest, brightest known. Choose Pure White or 24 Jamestown Colors.
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Corner Main & Broadway Carlisle, Ky.
Tru-Test Paints sold exclusively by True Value Hardware Dealers who own their own paint factories.

Classified ads get the job done

FOR SALE

USED APPLIANCE & FURNITURE: two 21-inch color TV's; stereo; 8 electric ranges, 2 refrigerators, 1 upright and 1 chest freezer, 2 automatic washers, 2 wringer washers, 3 living room suites, 2 dinettes, 1 bedroom suite. Garrett's Furniture Co., phone 289-2308. 3-29-tfn.

FOR SALE:: Unico air conditioners. All sizes in stock, 6,000 to 18,000 BTU. Installation included. Special on Unico chest aid upright freezers. Southern States Carlisle Cooperative, Inc. Phone 289-2161. 7-5-tfn.

FOR SALE: Fertilizer: Ammonia Nitrate. Side dressing material for tobacco. Southern States Carlisle Cooperative, Inc. Phone 289-2161. 7-5-tfn.

FOR SALE: New house with full basement on Mockingbird Lane, above Arnold Heights. Contact Bobby Fryman across the street. R.P. Alexander 289-5550. 7-12-3tpd

FOR SALE: This is it. Seven room house, two baths, large Storm windows, aluminum siding. Perfect condition. Excellent heating system. Located on Elm St. Seldon do we list this type of property. See Fightmaster Real Estate Agency. 7-19-1tchg.

FOR SALE: Nine acre farm. Tobacco poundage 275. Five room house, bath, other buildings. Located on Locust Grove Road. Priced to sell. See Fightmaster Real Estate Agency. 7-19-1tchg.

FOR SALE: Six room brick. Unfinished basement. Good location. Nice size lot, garage, beautiful shrubs. Two baths. Located Shepherd Hill. See Fightmaster Real Estate Agency. 7-19-1tchg.

FOR SALE: One 1966 Mercury 4-door sedan. One owner, good condition. A real family car. Phone 289-5176, Elmer Dampier. 7-19-2tchg.

FOR SALE: Milk cooler unit in good condition. One large refrigerator, commercial size, with new unit. Soft drink cooler also boat trailer. See or call Billy Gaunce. Phone 289-2341 or 289-5330. 7-19-1tpd.

FOR SALE: Piano, spinnet size with bench. See George Roberts or phone 289-5301 after 5 p.m. 7-19-1tpd.

FOR SALE: Charolais bulls ready for service. Phone 484-3482 or 484-8331. 7-19-3tchg.

FOR SALE: 1962 Chevrolet pickup. A-1 condition. Call Jim Barnes, 289-2627. 7-19-1tpd.

New shipment of Unfinished Furniture just received at Lermans. Hurry! Porch Rocker $14.00—Ladder Back Chair $10.00, 30" Stool $5.00. Don't miss out on these and other Specials. Shop Lermans NOW. 6-21-tfn.

NOTICE

NOTICE: Will do babysitting in my home. Call 289-5234. Mrs. Carolyn Berry. 7-12-2tpd.

NOTICE: Antiques, glassware, junk and so forth. Open 10 a.m. to 6 p.m. daily. Your business appreciated. Look for sign. Cassidy Creek Road. Gilbert Shrout. 7-12-tfn.

NOTICE: Used furniture. See or call Billy Gaunce. Phone 289-2341 or 289-5330. 7-19-8tpd.

Write Your Own WANT AD
Compose your own want ad and order it by mail. All want ads 7¢ per word per insertion $1 minimum charge for 15 words.
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FILL IN and SEND To Carlisle Mercury, Box 272, Carlisle Ky. 40311
Amount Enclosed $_____

In counting words, any group of figures (such as phone or route numbers) count as one word. Each abbreviation counts as one word (you don't save money by abbreviating) and you must put all words to read.

WINCHESTER BEAUTY COLLEGE—Classes forming at the beautiful new location, 101 South Main, corner of Main & Lexington Ave., Winchester, Ky. Dial 744-2166. One of the outstanding schools in the nation. Call or visit us and make applications. Hours Monday thru Saturday, 10 a.m. to 4 p.m. 6-21-6tchg.

NOTICE: Kaufman Beauty School, 701 East High, Lexington, Ky. VA approved and nationally accredited for federal loans. For information call locally 289-5772 or 606-266-5531. 7-5-8tpd.

NOTICE: Yard sale Saturday, July 21, starting at 10 o'clock. Mt. Mariah Road near Barterville. Watch for signs. Marguerite George. 7-19-1tpd.

ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Edith H. Ishmael, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Brenda Barnett, Administratrix, of the estate of Edith H. Ishmael, deceased. Roger C. Womack, attorney. 7-5-3tpd.

CARD OF THANKS: Stanley Dwelly and his family would like to thank everyone for the cards, gifts, flowers and prayers while he was in the St. Joseph Hospital, and to each one at the Johnson-Mathers Nursing Home and Dr. Kingsolver for their wonderful care. God bless each of you. Stanley Dwelly, Etna Mae, Stanley and Jackie Alexander. 7-19-1tpd.

NICHOLAS CIRCUIT COURT
DEE JAY AUTO PARTS, INC. PLAINTIFF
VS. NOTICE OF SHERIFF'S SALE
FRAZIER EARLYWINE, JR. DEFENDANT

By virtue of an execution directed to me, which issued from the Clerk's office of the Nicholas Circuit Court in favor of Dee Jay Auto Parts, Inc. against Frazier Earlywine, Jr., I will on Saturday, July 28, 1973, between the hours of 2:00 P.M. and 3:00 P.M. at the Courthouse door in Carlisle, Nicholas County, Kentucky, expose to public sale to the highest bidder the following described property, to-wit:

Two certain tracts or parcels of land lying and being on the waters of Sugar Creek in Nicholas County, Kentucky, and described as follows:

PARCEL NO. 1 - 1st tract: Bounded and abutted by the lands of Clarence and Tisha Earlywine (formerly Lipscombe land) and the lands of Frazier Earlywine, containing eight (8) acres, more or less.

SECOND TRACT - Being Lot No. "5" in the division of W.H. Lipscombe's land and bounded as follows: BEGINNING at a set stone, corner to dower; thence North 47-3/4 degrees East 121.08 poles to a set stone, corner to James and Margaret Thomas, thence North 40 degrees West 26.56 poles to a stone, corner to Isaac Darnell; thence South 50-1/2 degrees West 31.20 poles to a stone, corner to Isaac Darnell; thence North 41-1/2 degrees West 29.80 poles to a stone corner to John Wagoner; thence North 47-1/4 degrees West 49.60 poles to a mulberry tree, corner to John Wagoner, thence North 42 degrees West 74.16 poles to a stone, corner to Cornelius and John Wagoner; thence South 43-3/4 degrees West 40 poles to the end of stone fence, corner to dower thence South 41-1/2 degrees East 129.60 poles to the beginning containing fifty-six acres and one rood, (56 acres and one rood).

A passway from the above tract of land is reserved through lots 2, 3 and 4 for the use and benefit of the owners and occupants of said lot 5 in the division of W.H. Lipscombe's land.

PARCEL NO. 2 - 1st tract. A certain tract or parcel of land lying in Nicholas County, Kentucky, on the waters of Panther Creek and bounded and described as follows: BEGINNING at a sugar tree stump corner to Polly Morris, Moses Setters and Lipscombe; thence with said Morris' line North 45 degrees East 104.40 poles to an ash tree in Eli Francis' line North 45 degrees West 12.75 poles to a stone; Thence North 52 degrees East 388 poles to a stone and hickory corner to W. R. Purcell in said Francis' line; thence North 46-1/4 degrees West 72.72 poles to a stake in Purcell's line and corner to Powhattan Bowles; thence with Bowles line South 45 degrees West 35.20 poles to a stake in Skillman's line; thence with her line South 44-1/4 degrees East 12 poles to a stake corner to Skillman and Powhattan Bowles; thence with Skillman's line South 46-3/4 degrees West 49.20 poles to a stake in Skillman's line and corner to Stillhouse lot; thence South 75-3/4 degrees East 20 poles to a beech stump; thence South 54-1/2 degrees East 22 poles to the beginning, containing 57 acres and 15 poles.

But there is EXCEPTED out of the foregoing boundary-entire tract or parcel of land lying in Nicholas County, Kentucky, on the waters of Panther Creek, and bounded as follows: on the North by the land of Bena Mynear; on the East by the land of Martin Purcell; on the South by Sugar Creek Turnpike Road, on the West by the land of M.G. Fryman, supposed to contain 2-1/2 poles, more or less. See Deed Book 37, page 351 of said office.

Second Tract - A certain lot or parcel of land lying in Nicholas County, Kentucky, on the waters of Panther Creek, bounded on the South by the lands of M.A. Cray; on the East by the lands of said Wagoner, and on the North and West by the lands of Daniel Ogden and Wm. R. Purcell, supposed to contain 3 acres, more or less.

There is EXCEPTED, HOWEVER, from same 4 acres, thereof, which was conveyed by Lucy Burden and Tisha Earlywine and husband to John Wagoner, on January 19, 1937, by deed of record, in Deed Book 44, page 295, of the Nicholas County Court Clerk's Office. (For more particular description of same see said Deed.)

This being the same property conveyed to Frazier Earlywine, Jr. and Eleanor Earlywine, by Mrs. Tisha Belle Earlywine by deed dated January 18, 1967 and is of record in Deed Book 62, page 252, of the Nicholas County Court Clerk's Office.

The purchaser at the sale shall acquire a lien on said property for the purchase money and interest at the rate of 10% per annum from the day of sale until paid, subject to any prior encumbrances.

The above sale will be made upon a credit of three (3) months, with approved surety. The amount of debt, interest and cost to be raised on day of sale is $648.20.

/s/ W.R. Dollins
Sheriff, Nicholas County
7-12-3tchg.

BID NOTICE

The Nicholas County Board of Education will receive bids to furnish the board with one farm tractor as follows: Gasoline powered, 30 to 40 horsepower, high and low range, three point hitch, draw bar, independent power take off, bumper, power steering. Bids are to be received in the office of Superintendent of Schools by July 30, 1973 at 12 noon. The board reserves the right to reject any or all bids. D.P. Parsley, Superintendent, Nicholas County Schools. 7-12-3tchg.

FOR RENT

FOR RENT: Business space, good location. Was Mann's Music Center. Call 289-5162 or 289-5402. tfn

FOR RENT: Eight room house with bath located in Fleming county about 9 miles from Flemingsburg on Mt. Tabor Road. See or call Clay Fryman 289-5717. 7-19-1tchg.

FOR RENT: Newly decorated three room apartment over ASC office. Call Charles Faye 289-5281 or 289-5433. 7-5-tfn.

FOR RENT: House trailer, furnished. Phone 289-5291. 7-12-2tpd.

FOR RENT: Store room on Broadway between Garrett's Restaurant and Hartley's Pool Hall. Marguerite Graeter. 7-19-1tpd.

LOST

LOST: Male Toy Manchester, about 10 pounds. Answers to name Ralph. Call Mrs. W.R. Buntin Jr., 289-5180 or Buntin's Garage, 289-5182. 7-19-1tchg.

WANTED

WANTED: Experienced beehandler to take swarm of bees from house. Anna Arrasmith, Bethel, Ky. 7-12-2tdh.

WANTED: Nice blackberries, 10 to 12 gallons. Harry Trapp, 215 East North St., Carlisle, Ky., 289-5351. 7-19-1tpd.

WANTED ANTIQUES: Top prices paid for old furniture, especially for marble-topped, bedroom suite with high-backed bed, brass beds and old kitchen furnishings. Call Cynthiana 606-234-4813. 7-19-1tpd.

HELP WANTED

HELP WANTED: Interviewer wanted for part-time telephone survey work. Give phone number. Must have private line. Not a selling job. Air mail letter including education, work experience and names of references to: American Research Bureau, Field Operations, 4320 Ammendale Road, Beltsville, Md. 20705. 7-19-1tpd.

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person caught trespassing in violation of this notice will be reported to the Sheriff and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife.

Mrs. Clara McGehan, Route 1, Ewing, Property of Virgil and Addie Ritchie, Route 32, Myers Station Road. 9-20-7tfn

Add to your income. Sell through classified ads.

EKU's University Building entered in Register of Historic Places

The century-old University Building at Eastern Kentucky University has been entered in the National Register of Historic Places by the U.S. Department of the Interior.

Once the main building of old Central University, the University Building will be the focal point during the 1973-74 school year observance of the centennial of higher education on the EKU campus.

Eastern president, Dr. Robert R. Martin, was notified of the building's entry in the Register by Ronald H. Walker, director of the National Park Service, Washington, D.C.

The Interior Department defines the Register as "a roll call of the tangible reminders of the history of the United States. It is a list of distinction identifying for the people those properties worthy of preservation for their historic value."

Born out of a schism in the Presbyterian Church of Kentucky following the Civil War, Central University was established as a Presbyterian denominational school in 1874, and lasted until its merger with Centre College at Danville in 1901.

The organization of Central included colleges of liberal arts, law, medicine and dentistry, a theology department, and the university administered four preparatory schools.

Besides a preparatory department on the Richmond campus, other schools were located at Jackson, Middlesboro, and Elizabethtown.

The four-story University Building, of Greek Revival architectural style, was completed in time for the opening of the University Sept. 22, 1874. The brick for the building were made and burned in a kiln about 60 yards west of the construction site.

It's architect was G.C. Shyrock, noted Kentucky architect.

The original front of the building faced Lancaster Avenue. Over the main door, which is now the west side of the building, is a stone marker bearing the date 1874 and the school motto, "Lex, Rex—Crux, Lux"—"The Law is our King, the Cross is our Light."

The building now houses the departments of history and social science of Eastern Kentucky University. Before the completion of the Donovan Building in 1961, it served Model High School, now known as Model Laboratory School.

During the interim between the merger, in 1901, of Central U. and Centre College and the founding, in 1906, of Eastern State Normal School, the University Building served Walters Collegiate Institute, which previously was Central's preparatory department.

TV star to see "The Book of Job"

Archie Campbell, one of the stars of the television show "Hee-Haw" will attend a performance of "The Book of Job" on Saturday night, July 21, at Pineville.

Preston Slusher, General Manager of the unique outdoor drama, and an old friend of Archie Campbell, has a few surprises in store for the famous showman.

Before the performance in Pine Mountain State Park Amphitheatre, Archie will be introduced to the audience. During this "introduction he will be commissioned a Kentucky Colonel and given a key to the city of Pineville. Mrs. Campbell will be presented with a plaque.

After the performance of "The Book of Job" a reception will be held at the amphitheatre in honor of the Campbells with the entire audience being invited to attend.

Horseshoe tournament at Lion's Bluegrass Fair

The Lexington Metropolitan Parks and Recreation Department will sponsor its annual Horseshoe Pitching Tournament at the Lion's Bluegrass Fair on July 26, 27, and 28.

Deadline for entries will be Tuesday, July 24. For further information call or write: Ken Tate, Lexington Metropolitan Parks and Recreation Department, 302 West Main Street, Lexington, Ky. 40507 (606) 255-0835.

NEXT WEEK'S HOROSCOPE
By Clay R. Pollan

Note planetary ruler of your birth symbol

FOR WEEK BEGINNING MONDAY, JULY 23, 1973

★ If your birthday occurs this week . . .

. . . you are versatile, original in thought and action. You sometimes give the impression of being overly independent and slightly arrogant. People who really know you, however, realize this is unintentional and is merely a facade. December will be the key month of this year.

Aries Mar. 21 - Apr. 19 Pluto ♇
Be sure to do all the things for which you are congated. Little things count. Send anniversary cards or gifts. Be appreciative of those who try to please you. Advantages may come home through generosity. Improve your possessions and protect them. A Virgo individual confides in you. Keep open mind.

Taurus Apr. 20 - May 20 Venus ♀
Awareness is sharply in focus now and the unbelievable can be true. Take nothing for granted and get to the core of difficulties. Let it be known that you are not without sympathizers and supporters. This should be one of your best money weeks. Topmost rung of success is within your reach.

Gemini May 21 - June 20 Mercury ☿
Avoid dependence on others. Just move along and play each situation by ear. Togetherness counts. Include your partner in social arrangements. Cultivate only successful people but beware of name dropping. You can iron out personal differences. Discard what's worthless from your mind.

Cancer June 21 - July 22 Moon ☾
Beware of pitfalls. You could foolishly commit yourself to some chore out of your scope. Operate only in familiar territory and bew to the line. Accept an offer for more money, if presented. Bring your problems to the attention of higher-ups. Guard your speech. Something you say might be twisted.

Leo July 23 - Aug. 22 Sun ☉
Your plans may be upsetting to someone near you. Have an open mind and make compromises when practical. Contacts in distant places are favorably now. Keep in touch with a very valuable contact afar. You get the green light for proposed action. Your financial picture should brighten.

Virgo Aug. 23 - Sept. 22 Mercury ☿
Keep a relaxed pace this week. Avoid piling up new debts; be thrifty in necessary shopping. A lover's dispute should not be allowed to get out of proportion. Confidential matters may be made public. Don't compound a misdeed by hurling accusations. Bold clothes styles and careful make-up will help your morale.

Libra Sept. 23 - Oct. 22 Venus ♀
The news beyond your mailbox is good. Your prestige is on the rise and people are saying good things about you. Friends welcome you. Visit them more often. Join forces with those who share your views. Get your program set up for the long pull. Be available. Let people find you easily.

Scorpio Oct. 23 - Nov. 21 Mars ♂
Get away from a situation that makes you uncomfortable. Good nature will see you through to happier hours. Don't rely on old precedures. Trim away the fat and get to the hard core. Allow your associates to advise you now. Reduce expenses and be painfully economical.

Sagittarius Nov. 22 - Dec. 21 Jupiter ♃
This may be the final week to settle an important matter. Get down to brass tacks and make compromises, if required. Worries about bills and tax matters should be forced squarely and knocked down to size. It's best to guard off any gloomy thoughts. You can overcome frustrations to advantage.

Capricorn Dec. 22 - Jan. 19 Saturn ♄
Money matters are well aspected this week. Good for buying, advertising, rentals, leases, mortgages and tax matters. Your expectations tend to be grandiose. Keep your feet on the ground and heed reality. You might go somewhere that will refresh you. Other peoples' mistakes can cause extra work.

Aquarius Jan. 20 - Feb. 18 Uranus ♅
Joyful week. Look your best, strut, parade and be seen in the best places. Undoubtedly, you will make good impressions as people notice your outstanding characteristics. Be joyful, optimistic and positive in your thinking. Seek the company of responsible people. Show leadership.

Pisces Feb. 19 - Mar. 20 Neptune ♆
Space considerations, such as shifting furniture about, are supported by good aspects. May be the time to brighten up your environs. If decorators are retained, be sure to get several estimates. Mix mostly with the opposite sex. Ride your time when making important steps. Protect health from excesses.

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THE HOME GAME
by MARY FUREY CRYMES

EASY OPEN — Deveining lots of shrimp? Use an ordinary beer-can opener and run the pointed end gently down the length of the little crustacean. Vein comes out easily and the shrimp stays pink and pretty.

EYE CURLER — When false eyelashes are new, they tend to be a bit stiffish. Models dip them quickly in hot water, then let dry smoothed over a finger. And, if recurling is necessary for feathery, upturned lashes, ladies in the know dip the lashes again, then roll them around a pencil and cover with wax paper. When dry, they curl like crazy.

MELTING BAG — Those indispensable sandwich bags can be used for melting chocolate squares. Place the amount needed in the bag, seal with a twist tie and cut off the excess bag. Drop the bundle in boiling water, then remove and scoop out chocolate when it is melted. No messy pans to wash.

RING AROUND THE — pots and pans, especially if you live in a hard-water area. Scouring helps, but an easier way is to saturate a piece of cotton with rubbing alcohol and apply pressure. Works on those rings on glass coffeepots, too.

IRON SANDWICH — If it's ironing day and you hunger for a quick lunch, wrap bread and cheese in aluminum foil and iron yourself a toasted cheese. Press both sides quickly at high heat, unwrap and enjoy.

SHAMPOO SLIP-ON — A worn plastic raincoat can be converted into a jacket for shampooing or home hair-coloring. If the bottom's bad, cut off at waist for protective jacket. If it's the top that's shot, round edges of the bottom, and cut a circle in the middle for your head for poncho.

HEALTH COAT — Use half a cup of wheat germ and half a cup of flour when coating chicken pieces for frying, for a nutty, new taste.

HANG WALLCOVERINGS EASILY — Send your name, address and ZIP CODE on postcard to HOME GAME, in care of this paper requesting free booklet, No. 5, HOW TO STAIN AND ANTIQUE.

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