

### NEXT WEEK'S HOROSCOPE

By Clay St. Fallon  
Note planetary ruler of your birth symbol  
FOR WEEK BEGINNING MONDAY, JULY 30, 1973

**Aries** July 21 - Apr. 19 - **Phos** ☉  
If your birthday occurs this week... your youthfulness of outlook and readiness to have a social, commercial, practical type. You are not inclined to hedge restricting responsibility. You like action and usually get it. For harmony and best results, deal mostly with Pisces people.

**Taurus** Apr. 20 - May 20 - **Venus** ♀  
A good week for the advance. People recognize your money or career matters. Deal only with you people who are specialists in their lines. You should successfully use. Move status symbols, such as fine clothes and jewelry. An air of mystery surrounds you. Try to penetrate it.

**Gemini** May 21 - June 20 - **Mercury** ☿  
Fortunate happenings may take place this week. Could be a pleasant trip or a pending deal closed. Don't give away your good ideas to others. Good luck comes mostly from the opposite sex. Good period to study, shop or do manual work. A chance meeting could lead to romance.

**Cancer** June 21 - July 22 - **Moon** ☾  
This week will be a quiet one compared to your usual life. Fine aspects prevail for arranging a home air. Fine prospects for travel and visits. Benefits can result from a letter but don't rely on them. Visit a friend. Visit a friend. Friend. Surprises await you. To visit a friend. Friend. Surprises await you.

**Leo** July 23 - Aug. 22 - **Sun** ☼  
Partnerships and domestic affairs receive first-rate attention under this sign. You expect to benefit from a change of scene. Get out and about. If you're here at night, with your sweater. Take away a day. Welcome the good news that will come your way. Avoid getting into arguments. See 1973 magazine for details.

### Virgo

Aug. 23 - Sept. 22 - **Mercury** ☿  
Endeavor to separate fact from fancy. Some aspects make for self-delusion. Look behind the scenes. A contract should be reviewed. Those in authority seem eager to test your skills. Superior notice your concentration work. Don't let small setbacks shake you. Go. Make a little. Enjoy life!

**Libra** Sept. 23 - Oct. 22 - **Venus** ♀  
The money picture improves with first-rate fortune moving into your life for the day ahead. Proceed reasonably can, avoid if having. Still work out your affairs. Handle money cautiously.

**Scorpio** Oct. 23 - Nov. 21 - **Mars** ♂  
You attract the eye due to your wit and challenge protect them. You can deal happily with challenges and temptations. A promising future for energy. See a good stage show. Changes may happen, opening up new opportunity. Romantic trends are emphatically advised. A Leo person wants to contact you.

**Sagittarius** Nov. 22 - Dec. 21 - **Jupiter** ♃  
Attend to your own concerns and keep steady. Somebody may stress you for no good reason. You note someone's change of attitude. Pay little attention, for matters will eventually right themselves. It's best not to show hostility if wrongly accused. There's no short cut to riches. Be thrifty.

**Capricorn** Dec. 22 - Jan. 19 - **Saturn** ♄  
There's an aura of romance and adventure rising in your chart. Don't allow yourself to be swept off your feet. Fine work to enjoy. Outdoor sports face forward. You will show your true worth when tested. You will show your true worth when tested. You will show your true worth when tested.

**Aquarius** Jan. 20 - Feb. 18 - **Uranus** ♅  
Expectations can be grandiose this week. Some amazing and useful things can happen. You expect good health, wealth and love. Avoid appearing too self-centered. A promise is likely to be unfulfilled. If you benefit from a well-planned transaction. Deal with caution.

**Pisces** Feb. 19 - Mar. 20 - **Neptune** ♆  
Plenty of movement emphasized this week. Health good, wealth fair, love, hard to get. Much fun to be had, if you're adventurous and cooperative. Friends may be bothersome about a personal issue. Justice is swift, even if you deserve better rewards. It's best not to commit yourself to anything new.

### Senator Hue Duddleston

REPORTS TO HIS PEOPLE OF KENTUCKY

The Senate has acted to correct an injustice done to those Americans who enjoy hunting and sport shooting. This was done by passage of the so-called Black Powder Bill, which removed certain restrictions placed on the use of commercially manufactured black powder by the Organized Crime Control and Law Enforcement Act. When this legislation was passed, heavy restrictions were placed on the licensing, transport and storage of black powder. These restrictions were imposed during a period of widespread unrest and bombings, and they were felt necessary to prevent the use of black powder for explosive criminal purposes.

An unintentional result of these good intentions was that it placed restrictions on the legitimate, non-criminal use of black powder for sporting, recreational and cultural purposes.

I am the first to agree that the use of black powder or other explosives to kill, maim, injure or damage property must be prohibited and punishable by very tough laws. But I also oppose unnecessary restrictions placed on black powder when it is used legitimately.

The bill we passed in the Senate recognizes these legitimate uses and removes restrictions on the use of black powder only for these purposes. Some legitimate uses include muzzle-loading rifle shooting for competition by such organizations as the National Muzzle Loading Rifle Association and the North-South Shermans Association, which hold annual muzzle-loading rifle shooting for competition such as the Fourth of July, and just plain practice shooting by amateur gun buffs.

I think the Black Powder Bill provides a useful lesson for Congress and the American people in trying to protect society from criminal and lawless elements, but also to be careful not to place unnecessary and unduly restrictive limitations on the legitimate uses of black powder.

The Senate's special investigations subcommittee, of which I am a member, has been conducting a series of hearings into lost, stolen and counterfeit securities. Estimates of counterfeit and stolen securities run as high as \$60 billion.

We also recently heard testimony from a former underworld figure who detailed the various schemes used to defraud and otherwise make illegitimate use of corporate stocks and bonds. Some of these schemes were elaborate and involved the use of Swiss bank accounts and avoidance of various laws governing the buying and selling of stocks. After these fact-finding hearings, we hope to develop legislation which will eliminate such illegal activities.

### Ray Harm named Artistic chairman

Friday, July 27, at 1:00 p.m., Rowley Inn, 101 East Jefferson St., Louisville, Ky. Harm, noted Kentucky Wildlife Artist, and The Kentucky Chapter of the Artistic Foundation will announce the appointment of Ray Harm as the 1973 Honorary State Chairman for The Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

William P. Hoagland, president of the Board of Directors, will speak at the Kentucky Chapter of The Artistic Foundation.

### SUSAN DUFF'S CALORIE COUNTDOWN

BASIC NUTRITION FOR DIETERS  
Let's face it, being overweight is not very appealing to anyone—and most of us put ourselves on strict diets precisely because we want to be more appealing to the world at large and to the opposite sex. In the meantime, however, even the strictest of diets can be very unappealing if they have deprived themselves of essential nutrients. A subtle or wily man or woman can make a meal that is both healthy and appealing. The lack of luster of vigorous good health is hardly more appealing than an obese individual. And, a thinny shaped person who is always run down and fatigued easily is certainly no more fun to be with than a plumpie whose favorite activity is napping.

Get the picture? Achieving the proper weight is definitely very important to your self-esteem and worldly image, but if you don't use good nutrition sense, you are defeating the whole purpose of becoming a healthier, more attractive person. An unbalanced, family relation and low life can suffer just as much from an undernourished condition as they can from an overweight condition. Let's review the facts of nutrition.

Protein is essential to good health because the body breaks it down into essential amino acids which are necessary components of body tissue. The body requires protein to manufacture these essential amino acids as it cannot make them without it. Following is a list of low-calorie foods which are very high in protein and should always be included in the daily diet: eggs, nonfat or skim milk, meats, fish and poultry.

Carbohydrates are often eschewed by careful dieters but they are important as a source of energy and they also help the body maintain proper temperature. Although we think of them as starchy and fattening, there are some carbohydrate sources which need not add pounds to your figure. These are low-calorie breakfast cereals and breads offer good carbohydrate nutrition and most fresh fruits and vegetables have carbohydrates. These can be the healthy diet's replacements for the refined sugar carbohydrates which have little nutritional value, and an excessive amount of calories.

Fats also have a high calorie value and so they are pretty much ignored by conscientious calorie counters. Nonetheless, fats are the richest possible source of energy and, if they are totally removed from your diet, you might easily find health and energy may be lacking. Also, fats keep food in your stomach longer and can help to make a dieter's meals satisfying. Long the best low-fat fats are in egg yolks and cheeses.

Minerals are vitally important to bones, teeth, blood circulation and other life processes. Although about 15 different mineral elements are necessary to body health, the three most important of these are the ones in which the body is most likely to be deficient: calcium can be consumed in such low-cal foods as skim milk, cheese, salmon, eggs, and green vegetables; iron abounds in organ meats, lean meats, eggs and cereals; iodine is found in iodized salt and seafood. A healthy diet should include all these minerals which, as you can see, are also high in protein and low in calories.

If you are interested in how nutrition can affect your low life, there is a fascinating new book just released which deals with precisely this subject. The booklet is called "Sex and Nutrition" by Gary Noll and you can obtain it by sending 50 cents to Pilot Books, 347 Fifth Avenue, New York, N.Y. 10016. Be sure to include the title of the book, your name, full address and zip code.

In a recent column published in this issue, I listed having 115 calories per 12 fluid ounces. This calorie count was obtained from the U.S. Dept. of Agriculture table of nutritive food values. All other sources have published that there are no calories in carbonated water, so I believe there is an error in the USDA tables and that in my column as well. (c) 1973, McNaughton Syndicate, Inc.)

Myers News - By Rena Crawford  
Mrs. Gene McCarty and two children of Fairborn, Ohio spent the week with her parents, Mr. and Mrs. Thomas George. She also visited her sons, Paul and Minton, and her daughter, Fran, in Lexington.

Miss Katharine Kinn is visiting her family in Marion, Ind. for a few weeks. Little Pam Fiera is spending a few weeks with her mother, Mrs. Brenda Gargen of Lexington.

Mr. and Mrs. Ronald George and daughter spent a few days with Mr. and Mrs. Ronald Kelly and family in Indianapolis, Ind.

Mr. and Mrs. Eddie Walton and two children and Mrs. Della Fiera visited Mr. and Mrs. Frank Fiera in Marion, Ind. for a few days. Mrs. Della Fiera visited her mother, Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

Mrs. Kathleen Fryman and daughter Debra visited her mother, Rena Crawford recently.

Mrs. Della Fiera visited her daughter Marion, Ind. for a few days. Mrs. Della Gopin also visited Mrs. Leona Russell in Marion, Ind. for a few days.

### Patronize Mercury Advertisers

# Car of the Year: Ford. Time of the Year: Clearance.



Don't miss your Ford Dealer's Clearance Sale. It's the right time to check all the extras that aren't extra in a Ford. They're standard. Things like 31-cu. in. V-8 power, Cruise-O-Matic transmission, power front disc brakes, power steering, Plus Ford's famous quiet ride. So visit your Ford Dealer. And while you're there, check the Thunderbolt, Torino, Mavericks, Mustang and Pinto he has in stock. Remember, your Ford Dealer's prices have been frozen. That means they can't be raised. But that doesn't mean they can't be lowered!

Security for you and your passengers: side-door steel Guard Rails, standard. Ford LTD Brougham 2-Door Hardtop. Energy-Absorbing Bumper System, standard. 351-cu. in. 2V V-8 engine, standard. FORD DIVISION Ford

The closer you look, the better we look. Harper's Garage, 254 E. Main St., Carlisle

## BAKER'S DEPT. STORE

### JUNK CLEARANCE

ALL LADIES' Sportswear & Summer Dresses Reduced 1/3 to 1/2 Off

ALL GIRLS' Sportswear Reduced 1/3

ALL LADIES' Sandals 1/3 Off

ALL LADIES' Coats & Suits 20% to 1/2 Off

Other bargain tables too numerous to mention

Buy your Back-to-School needs at these special savings.

Men's Summer Pants 1/3 Off

Men's Slacks 1/3 to 1/2 Off

ON MEN'S & BOYS' SHORT SLEEVE Shirts (Pullover & Button Front) 1/3 Off

ON MEN'S & BOYS' SLEEK'S 1/3 to 1/2 Off

ON ALL Sport Coats & Suits 20% to 1/2 Off

With Top Value Stamps you can get more for your prescription dollar

at "The Drug Store" that gives Top Value Stamps

Carlisle Drug Co. THE Rexall STORE CARLISLE, KY.

**Stokely's Hawaiian Pineapple Juice** 25¢  
HAWAIIAN Luau Party Visit our Hawaiian Aisles!

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple Juice** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Stokely's Hawaiian Pineapple** 25¢  
Fischer's Smoked Picnic 69¢  
Bethyl Crocker Ready-to-Spread Frosting 55¢

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Lyric 'State Fair' starring Pat Boone and Margaret Frit. Night, Sat. night 8 p.m. Sunday 1 p.m.**

**Home Front Business Front**

**Home Front Business Front**

**Home Front Business Front**

**Home Front Business Front**

**Home Front Business Front**

**Waffle Syrup 59¢**

**Waffle Syrup 59¢**

**Waffle Syrup 59¢**

**Waffle Syrup 59¢**

**Waffle Syrup 59¢**