

### Head Start staff attends LVCAP inservice training

On Feb. 23, the Nicholas County Head Start Staff journeyed to Farmington to join the entire Licking Valley C.A.P. for inservice training. The visiting instructors were Rachel Pezmine and Don Mitchell from North Carolina.

They were introduced by Mrs. Eleanor Talbert, Head Start Director for Licking Valley C.A.P. Don Mitchell had just returned from a trip in Rumania where he worked with children and their families.

Rachel and Don showed slides, shared some of their experiences and views on Home Start. Home Start is similar to Head Start. Home Start deals more directly with the parents than children. It involves going into the home and working with the parents as well as the children. The parents and children are taught to use the natural resources they have in the home. The staff listed materials found in the home that could be used as learning tools and how to use them to benefit the parents as well as children.

A potluck lunch, prepared by the different Head Start centers and by the Central Staff members of the L.V.C.A.P., was served.

During the meeting each one was able to take part in the open discussion, and express their own views.

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### Alcoholism info available locally

There is much speculation and contradiction in the field of alcohol abuse, but researchers agree, for example, that alcoholism is a disease, either possibly even the symptom of a disease. It has an etiology, a prognosis, recommended treatment, and it can be cured. The vitalizing effect of alcoholism is a person who has lost control of the family. If you do a lot of extraneous and to an extent that his interpersonal, family, or community relationships have become dysfunctional.

Alcoholics are not necessarily derelicts (bums), moral perverts, or "old rowdies," as generally recognized. On the contrary, they are often family people, intelligent, sensitive, and employed or working men and women.

Investigators point out that three factors working together simultaneously that could possibly lead to alcoholism. These are:

(1) "The constitutional liability factor," (2) a personality or psychological factor, and (3) a social factor.

The constitutional liability factor is hereditary. This is a theory that some people have inherited vulnerability to the action of alcohol. Theoretically, this could be hereditary, or congenital (being by nature) and have its roots in nutritional deficiencies, brain pathology, or endocrine pathology. Considerable research is now being done on this, and there is a growing support of this theory as a part of the problem of alcoholism.

The personality or psychological factor. The people who suffer from this personality defect usually suffer from inferiority complexes and frequent spells of depression. They are poor mixers, unable to assert their feelings, and therefore tend to withdraw into a loneliness which they feel deeply. Alcohol definitely has an effect on their personality, giving them the confidence they need to overcome their inhibition.

The social factor. If a person is susceptible to the two previous factors, either of the factors, then we can say the social factor "puts the icing on the cake." Drinking at bars, cocktail parties, luncheons, fraternalists, or dinner parties, this person finds relief from his personality problems and psychological factors.

"This individual finds himself in a vicious cycle of escaping through the use of alcohol. What lies ahead for him is several years of alcoholism. This cycle can be broken only if the habit of drink is broken or if the individual admits defeat and seeks treatment.

If further information is needed, contact Nicholas County Comprehensive Care Center, phone number 289-5122. The Nicholas County Comprehensive Care Center has set up a 24-hour emergency toll-free phone service for those persons who need help or have questions. The number is 1-800-372-2069.

### GET YOUR \$ WORTH BY SALLY AND JIM ADAMS

#### THOSE WILD NEW REFRIGERATORS

Thinking of buying a new refrigerator? You may be pleasantly surprised at what's offered these days. With a wide range of types, colors and features, a refrigerator is a bigger bargain than it was 10 years ago. When you go shopping, keep these points in mind.

How big? Figure a nine-cu-ft capacity for two people, add a cubic foot for each additional member of the family. If you do a lot of entertaining, add another two feet.

Happy, the efficient insulation techniques now in use permit you to buy a refrigerator with a larger interior capacity that takes up the same or even less space than the older models.

What type? You can still buy the conventional refrigerator with a single door and a compartment for storing frozen food. But it's not a true freezer that will hold the temperature to zero degrees, the recommended temperature for storing frozen food for more than a week.

More popular today is the combination refrigerator-freezer with two separate compartments insulated from each other. You can have separate temperature controls to keep the freezer at zero; the refrigerator part at 35-38 degrees.

Find out defrosting your old model every two to three weeks? Most new models defrost automatically, and you can have a fully frost-free type - a fan blower away moisture before it can turn into frost. These cool more to operate and you'll have to swap stored food more often to prevent it from being dried out by circulating air.

Guiding paths. Swivel doors eliminate the need for wrapping foods. Look over the various kinds of adjustable door shelves, and racks, sliding shelves, removable shelves - you'll find a layout that fits your particular needs. Some models come with reversible doors - you can have a right- or left-hand opening by reversing the hinges. Want an automatic ice maker? A child-water dispenser? These gadgets cost more and you'll have to have a cold water line installed.

Next week: Getting The Most From Your Refrigerator.

### FASHION 'N' FABRICS BY FANNIE GLEESON

#### SECRETS OF SUCCESSFUL HEM

The beauty of couture design and the marvelous sense of accomplishment, when you've completed a special dress, is worth the extra time and effort. Today's dresses by Jean Muir combine flat areas with those shaped by curves, culminating in a sweep-of-skirt. The simplicity of the collar and neckline definition allows the dress to be a Sarah, which is a soft, well-fabric most often worn with silk or rayon yarns. It is fun enough to provide body for a contrasting dress. Yes, it is soft enough to contribute fluff and drapes.

An silk or rayon yarns are smooth and may reveal, finish the seams with either a bound edge, or a turned-and-stitched edge. The bound edge will provide that perfect little finishing touch. However, if you're pressed for time, a turned-and-stitched edge is quite adequate. Simply turn the edge of the seam one-quarter of an inch. Stitch with a medium length stitch one-quarter of an inch from the edge.

The hem is the finishing touch of any dress. There are five steps to a successful hem. First, while wearing heels appropriate to the style of the dress, try on the garment and study what length would be suitable in relation to your torso and legs.

In a full skirt, the depth should be two to three inches, depending upon the weight of the fabric.

Accurate marking of the hem is a must. If you don't have a dress form, or someone to mark the hem for you, use a table as a guide. Stand straight against an even table top, which just below the waist part of the hips. Using a pointed chalk, mark every six inches, as you move around and under the table top to your girth.

Next, measure from the table top to the floor. Take a circular measurement from the top of the hemline to the floor. Subtract this from the first measurement. The result is the maximum length of the chalk line from your dress to the hemline. With the dress on the ironing board, place a yardstick at right angles to the chalk line and mark the hemline with pins.

To ease out fullness of a semi-circular or circular skirt, run a line of basting length machine stitching one-quarter of an inch above the cut edge of the hem. Press quarters each side at intervals around the hem, until the hem is perfectly flat against the dress. Then, at the center of each pleat, slip up the bodice thread into a small group of gathers. Flatten the tiny gathers by steam pressing iron.

Pressing is particularly important. Point the iron toward the top of the dress. Lift and lower the iron gently. The object is to get soft, not a hard edge. Stitching the hem should also be done with a light hand to avoid the tendency to pick up more than one thread or to pull the stitches too tightly. Binding may be top-stitching to the edge of a circular hem, after the fullness has been eased out, and the hem stitched in the usual way with slip stitching.

Write for information sheet which details the steps in making the famous Hong Kong hem design, which provides a professional looking hemline. Send a stamped, self-addressed long envelope to Fannie Gleeson, in care of this newspaper.

H.F.G. Box 278, Vogue Misses dress No. 2736, size 6 to 14, (Suture Design) (c) 1973, McNaught Syndicate, Inc.

### KFWC presents vests and lap robes to vets

Some 1,000 vests, along with several lap robes, were presented to Lexington VA Hospital officials by representatives of the Kentucky Federation of Women's Clubs (KFWC) last week.

Making the presentation was Mrs. C.W. Whitsett, KFWC "Vests for Vets" chairman, who was assisted by Mrs. James R. Humphrey Jr., KFWC Returnee Committee chairman and Lexington VA Hospital VANS Representative. (Returnee Committee was formerly Veterans' Committee but was changed this year to emphasize the organization's interest in our Vietnam veterans.)

The Kentucky Federation of Women's Clubs is comprised of 28 member clubs, 54 of which are Junior Clubs. For the past eight years Kentucky Junior Clubwomen have been making "Vests for Vets". This is a simple job used during meals to cover the clothing of geriatric and bedridden patients. The bib, or vest, is made from a regular bath towel. The Carlisle Home Club has participated in this program for eight years, with the lacy cloth being donated by Blue Grass Industries. Mrs. Charles Judge, president, reports that the club members are in the process of making vests for the residents of the nursing home.

This year 1,000 vests were turned in and distributed to the VA hospitals in Lexington and Louisville and the Ft. Thomas Nursing Home.

### Bourbon Driveway

Now Open on Fri.-Sat. 1st. Show at 8 p.m.

A Humorous, exciting & likeable western. Starring Sidney Poitier, Harry Belafonte and Cameron Mitchell.

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EVERYDAY DISCOUNT PRICE Fisher's Veal Pak <b>Mellwood Bacon</b> 1 1/2 lb. pkg. lb. <b>1.19</b>	EVERYDAY DISCOUNT PRICE Edward's <b>Whole Hog Sausage</b> 2 1/2 lb. pkg. lb. <b>99</b> 1.97	EVERYDAY DISCOUNT PRICE U.S. Inspected, Fresh <b>Whole Fryers</b> lb. <b>49</b>	EVERYDAY DISCOUNT PRICE U.S. Inspected, Fresh Country Cut-Up <b>Mixed Fryer Parts</b> lb. <b>53</b>	EVERYDAY DISCOUNT PRICE Lean & Hearty <b>Pork Steaks</b> lb. <b>89</b>	EVERYDAY DISCOUNT PRICE Fisher's Whole <b>Quik-Cut Ham</b> lb. <b>1.39</b>
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EVERYDAY DISCOUNT PRICE One Quarter Pork Loin Sliced into <b>Pork Chops</b> lb. <b>99</b>	EVERYDAY DISCOUNT PRICE U.S. Gov't. Graded Choice English or <b>Shoulder Roast</b> lb. <b>1.29</b>	EVERYDAY DISCOUNT PRICE Country Style <b>Sliced Bacon</b> Store Packaged lb. <b>99</b>	EVERYDAY DISCOUNT PRICE Fisher's <b>Sliced Bologna</b> 1-lb. pkg. lb. <b>1.05</b>	EVERYDAY DISCOUNT PRICE Kroger's <b>Skinless Wieners</b> 12-oz. pkg. lb. <b>59</b>	EVERYDAY DISCOUNT PRICE U.S. Inspected 100% All Beef <b>Ground Beef</b> In 5-lb. or more Flavor Seal Tube lb. <b>85</b>
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Wisconsin <b>Potatoes</b> 1-lb. bag <b>20.129</b>	Young Tender <b>Carrots</b> 1-lb. bag <b>2.35</b>	Vine Ripe Large Size <b>Tomatoes</b> lb. <b>3.99</b>	Florida Seedless Pink or White <b>Grapefruit</b> do. <b>10</b>	All Purpose Red <b>Rome Apples</b> lb. <b>4.79</b>
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St. Patrick's Day <b>Shamrock Mums</b> do. <b>98</b>	California Seedless <b>Navel Oranges</b> 10 lb. <b>99c</b>	Green <b>Cabbage</b> lb. <b>19</b>	Wash Supreme - an Reasonable Costlier <b>Instant Potatoes</b> 2-lb. <b>99c</b>	Vanilla, Escalote, Endive <b>Romaine Lettuce</b> bunch <b>29</b>
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Discount Special Kroger Frozen <b>Pot Pies</b> do. <b>15</b>	Discount Special Mrs. Fisher's Golden Quarters <b>Margarine</b> 1-lb. pkg. do. <b>4.1</b>	Discount Special Kroger Medium <b>Grade 'A' Eggs</b> do. <b>55</b>	Discount Special Green Giant Peas 12-oz. or <b>Green Beans</b> Michigan Sliced or French Style do. <b>4.1</b>	Discount Special Kroger Mel-Q-Salt <b>White Bread</b> 20-oz. loaves do. <b>4.1</b>	Discount Special Country Oven <b>Angel Food Cake</b> do. <b>39</b>
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Discount Special - Even Thin <b>Kroger Salines</b> do. <b>15</b>	Discount Special - Swansoft 3 1/2-lb. boxes <b>1.99</b>	Discount Special - Swansoft 4 2-roll pkgs. <b>1</b>	Discount Special - Spotlight 12-oz. can <b>Bean Coffee</b> do. <b>2.29</b>	Discount Special - Country Oven 3 lb. pkg. <b>79c</b>	Discount Special - Country Oven 4 doz. <b>1.79</b>
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Discount Special - Clip & Save! 11-oz. 8 1/2-oz. Tube <b>Prell Shampoo</b> do. <b>99</b>	Discount Special - Clover Valley <b>Ice Cream</b> do. <b>1.99</b>	Discount Special - Kroger Hi-Mo <b>2% Lowfat Milk</b> 1-gal. <b>2.1</b>	Discount Special - Piccadilly <b>Piccadilly Circles</b> 3 Varieties do. <b>3.1</b>	Discount Special - The Uncola <b>7-Up</b> do. <b>79</b>
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Discount Special - Reynolds <b>Reynolds Wrap</b> 75-ft. roll do. <b>69</b>	Discount Special - Kroger <b>Hamburger Magic</b> do. <b>2.89</b>	Discount Special - Kroger Grade "A" <b>Cottage Cheese</b> 2 1/2-lb. <b>69c</b>	Discount Special - Sudden Beauty <b>Hair Spray</b> 2 1/2-oz. <b>49c</b>	Discount Special - Family Pride <b>Razor Blades</b> 2 1/2-oz. <b>51</b>	Discount Special - Kroger <b>Golden Corn</b> Cream Style or Whole Kernel do. <b>5.1</b>
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Discount Special - Reynolds <b>Brown-In-Bag</b> do. <b>29</b>	Discount Special - Kroger <b>Spray Starch</b> do. <b>39</b>	10c OFF towards the purchase of any pkg. <b>Candy</b>	10c OFF towards the purchase of 2-pkg. of 8-oz. or 12-oz. <b>Kroger Lunch Meat</b>	25c OFF towards the purchase of any three pkgs. of Dixie Meyer Meats Meat or Ham <b>13.49 - 11.99</b>
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