

SHORT ROWS

By Myrvie Shackelford

Gardening Tips from Extension Specialists at the University of Kentucky College of Agriculture

LEXINGTON, KY.—No matter the great variety of fresh vegetables supermarkets offer these days, the high quality of row crops that can be harvested and used at their peak stages of goodness and produce high quality varieties—varieties that commercial growers hardly ever attempt to grow.

And a garden has still other benefits. Extension Vegetable Specialist, More than just producing better tasting vegetables and reducing the cash outlay for food, it can go a long way toward satisfying the inherent and deep-seated human need to get back to fundamentals.

Also, spending time outdoors can be beneficial to one's physical well-being and help relieve tension. To work the freshly-turned, rich-mulched soil in the spring, to plant seed and then watch them emerge, grow, and flourish—many have attested, truly a soul-satisfying experience.

Whatever You Do With Your Back... We'll Support it at Night!

Amateur acrobatics may not be your thing... see our Spring Air Backpack Support Mattress

Garrett's Furniture

GOOD NEWS FOR VETERANS And Their Families

A Veteran Wants To Help You To The Kentucky Senet

JAMES R. (JIMMY) HAMILTON 30th SENATORIAL DISTRICT

Justice Stephenson would like reforms in selecting Circuit Judges

By Jeanne Beckett State News Bureau

Kentucky's newest Court of Appeals Justice, James Bennett Stephenson, would like to see reforms in the way circuit judges are selected.

He says that strongly favors constitutional changes that would eliminate political races for the circuit judges. He prefers the Missouri plan in which the judge runs against his record rather than against an opponent.

He says that strongly favors constitutional changes that would eliminate political races for the circuit judges. He prefers the Missouri plan in which the judge runs against his record rather than against an opponent.

"I don't think there is anything particularly wrong with courts in Kentucky," says Stephenson. "It is the character of the judge that counts, but we can get the job done by the right person."

Justice James Bennett Stephenson

when judges are selected and it often takes a week or two to seal a panel. In Kentucky, the judges conduct the questioning. It is their responsibility to keep jury selection time to a reasonable limit. "There is no procedure for taking a long time to select a jury in our state," Stephenson says. "Seeing justice done within the framework of the law is the greatest gratification for a trial judge," says Stephenson. He compliments the conscientiousness of most jurors, saying his experience has been that most take their duty very seriously and truly earn a verdict on the basis of evidence heard.

WOMAN'S WORKWOOD

BY JULIE THOMAS PITMAN

Among the hundreds of health occupations, new supervisory specialties continue to emerge. This trio, for instance: Cardiovascular technician work in cardiac (heart) catheterization to monitor and record physiologic data.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Reader service: The new index of health career information is now available from the National Health Council. This free booklet has many health occupations and is a good source of information.

Seventh Dimension 4-H Club meets

The meeting of the Seventh Dimension 4-H Club was called to order on Feb. 23 by the president, Kim Smoot. Secretary, Karen Wagner, read the minutes of the club roll called.

During the meeting program, the club discussed small group and club acts were planned and announced about the club members who had "try-outs".

One of the keys to going long in your wardrobe is to read the manufacturer's recommendations on the tag and labels of a new garment. They'll tell you the fiber content, give instructions for cleaning or washing, will tell you to avoid shrinking or fading.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

When you store out-of-season clothes, have them washed or dry-cleaned—before moth, carpet beetles and silverfish may have a field day in the solid clothes.

CALORIE COUNTDOWN

CONDIMENTS AND CALORIES

Most dieters feel that condiments, spices, common sauces and relishes, added to food—in such insignificant quantities that they really can't affect a conscientious weight loss plan.

Today's gneiss jacket has personality plus in a new narrow shoulder and sleeve cut higher than usual. The deep, curved collar hugs the neck and leads the eye into a smooth line across the shoulder and under the sleeve. The large pockets that smile a deep lip that echoes the collar. There is an inverted pip in the back.

Setting the sleeve in the jacket is not the time for short cuts. Invest a little extra time and it will pay dividends. Before sewing the sleeve seam, spread the sleeve flat and machine sew two lines of stitches, one near the cuff and one near the shoulder.

After basting, replace silk thread bobbin with regular thread, and adjust machine to regular stitch size. Press seam open and turn sleeve right side out. Match sleeve and pin. Flip jacket over sleeve. The wrong side is now uppermost. The inside of the sleeve faces up.

With the two bobbins in place, the fabric along the thread, first from one side, then the other. Leave one-half inch unattached to each side of the center dot. Adjust the gathers evenly until the sleeve cap fits the armhole. Pin every quarter of an inch with the needle, pointing into the seam.

Now, carefully turn the cap to the second row of stitches under the seam between the double and single one-half inch. With the jacket still on the ironing board, you are looking at the gathers. In this way, you can adjust the gathers with a damping needle so that the tiny pleats are formed. Begin stitching at one of the side notches and proceed around the sleeve. Steam press again on a tailor's ham, with press cloth between all the way around the armhole.

Write for the booklet, "Play With Fabrics" and take the trouble to read the instructions and identify illustrations. Send a long, stamped, self-addressed envelope to Fannie Gleeson, Fashion 'N' Fabrics, in care of this newspaper.

Simply No. 5411, Misses' Smock-Jacket and Pants. (c) 1973, McNaught Syndicate, Inc.



Tommy Manning discusses quiz questions with APES '73 youth scholars...

is not . . . 10 miles away or five or four or three or two or one.

We're Only "7" Dials Away

"A Neighbor to Depend on as Near as Your Phone"

12,500 may get Kentucky medical earnings

Only two states, New York and Rhode Island, are striking workers to draw unemployment compensation benefits.

FOR Spring! Early Bird Arrivals Daily! If it's Furniture we have it. Garrett's Furniture Co.