Foodtown Coupon — Betty Crocker 22.5 oz. Fudge Brownie Family 2/99¢ #65072 — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Betty Crocker 16 oz. Potato Buds 49¢ #71259 — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 40 oz. Bisquick 59¢ #65073 WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 9 oz. CHIPOS 39¢ #71257 — Limit One Coupon Per Family — Expires 3-27-73

The Shield of Quality FOODTOWN HOME OF LOW PRICES

C & G
Open 8-8 Mon.-Sat.

Foodtown Coupon — 8 oz. Total Cereal 29¢ #13351 WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 22 oz. Thrill Dish Liquid 2/79¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Bath Size Dial Bar Soap 3/49¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Downy King Size Fabric Softner 64 oz. $1.19 WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Folgers Coffee 1 lb. 69¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 28 oz. Giant Size Top Job 59¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Niagra Spray Starch 22 oz. 49¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 1 lb. Mazola Margarine 29¢ — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 12/8 ct. 20-30 gal. Bes-Pak Trash Can Liners 39¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Bath Lifebuoy 3/49¢ — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — King Size Rinso 99¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 14 oz. Ajax Cleanser 3/35¢ — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 160 ct. Northern Napkins 3/69¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 25 oz. (20¢ off label) Axion 49¢ WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 2 roll pkg. Soft Print Toilet Tissue 4/$1 — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 32 oz. (20¢ off label) Palmolive Liquid 59¢ WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Rain Barrel Fabric Softner 26 oz. 49¢ WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 7 oz. Cling Free 59¢ WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 2 roll pkg. Viva Towels 3/$1 — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Mrs. Filberts Margarine 1 lb. 4/$1 WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Family Size Tide $2.29 WITH COUPON — Limit 1 Coupon Per Family — Expires 3-27-73

Foodtown Coupon — Scotties Facial Tissue 200 ct. 4/$1 WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

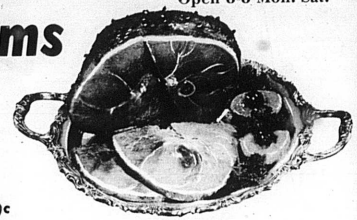
Foodtown Coupon — Folgers Instant Coffee 10 oz. 99¢ — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 22 oz. Lux Liquid 39¢ WITH COUPON — Limit One Coupon Per Family — Expires 3-27-73

Foodtown Coupon — 48 oz. Crisco Oil 89¢ — Limit One Coupon Per Family — Expires 3-27-73

Armour Hams

Semi-Boneless (Whole or half) Lb. 99¢



$ $ STEAK SALE $ $

U.S. Choice Sirloin Steak — lb. $1.59
U.S. Choice Round Steak — lb. $1.39
U.S. Choice T-Bone Steak — lb. $1.69
U.S. Choice Cube Steak — lb. $1.49
U.S. Choice Boneless Stew Beef — lb. $1.19
U.S. Choice Boneless Rump Roast — lb. $1.39

Armour Tux Pack Bacon Lb. 99¢

Fresh Ground Beef Lb. 89¢

Fields Bologna lb. pkg. 79¢
1/4 Pork Loin, Sliced lb. 99¢
Pork Tenderloin Boneless lb. $1.89
Turkey Breast Grade A, Frozen lb. 79¢
Fields Wieners pkg. 59¢
12 oz. Little Leaguer

MARCH $ $ $ $ $ SAVINGS

→ Stokely $1 Sale →

W.K. or Cream Golden Corn No. 303 5/$1
School Day Peas No. 303 5/$1
Green or Shellie Beans No. 2½ 3/$1

Van Camp Pork & Beans No. 2 5/$1
Dole Pineapple Syrup Pack No. 2 3/$1 Sliced, Chunk, Crushed

Pineapple Juice 46 oz. 3/$1
Apple Sauce No. 303 6/$1
Tomato Sauce 8 oz. 8/$1

Bordens 2 lb. 79¢
Cottage Cheese

Pepsi, Diet Pepsi 7-Up 79¢ 8 pk., 16 oz. With Bottles

Dixie Queen 2% Milk Gal. $1.05

Kitchen Fresh Potato Chips 39¢ Twin Pack

Meadow Gold Ice Cream 89¢ ½ Gal. All Flavors

Foodtown Bread 1 Lb. Loaf 19¢

Bananas Lb. 10¢

Idaho Potatoes

10 Lb. Bag 99¢

Green Onions, Radishes, Peppers 2/25¢

White Seedless Grapefruit 40 Ct. 10¢
Valencia Oranges Doz. 49¢

Red Delicious Apples 3 Lb. Bag 59¢
Yellow Corn 4 Ears 39¢
Celery Stalk 25¢

Mrs. David Paul Smoot

Wedding solemnized in Christian Church

The marriage of Miss Phyllis Jean Letcher, daughter of Mr. and Mrs. Eugene Letcher, of Route 4, Carlisle, and David Paul Smoot, son of Mr. and Mrs. Paul Smoot, Carlisle, was solemnized at 7:30 p.m., Saturday, Feb. 3, at the Carlisle Christian Church.

The Rev. Harold L. Rice officiated at the double ring ceremony. A program of nuptial music was provided by Mrs. Robert Coatney, organist, and Miss Phyllis Atkinson, vocalist.

Given in marriage by her father, the bride wore a floor length gown of white velvet featuring an empire waist. Venise lace accented the high neckline, bishop sleeves and hemline of the gown. She wore a chapel length veil also accented in Venise lace. She carried a cascade bouquet of white carnations centered with a white orchid trimmed with white velvet streamers.

Miss Donna Lynn Letcher, sister of the bride, was maid of honor. She wore a floor length gown of red velvet fashioned with an empire bodice trimmed with white lace and white buttons, a high neckline and bishop sleeves also trimmed with white buttons. Her headpiece was a red velvet band accented with red chiffon. She carried a nosegay of white carnations, with white velvet streamers, centered with a red rose.

The bridesmaids wore floor length gowns of identical design of the maid of honor with white velvet bodices trimmed with red velvet buttons and lace and white velvet sleeves trimmed with red velvet buttons. Their A-line skirts were of red velvet. Their headpieces were identical to that of the maid of honor. They carried identical nosegays except with red carnations centered around a white rose. The bridesmaids were Mrs. Jim Letcher, sister-in-law of the bride, Springfield; Mrs. Larry Fearin, Flemingsburg; Miss Diane Brunker, Cynthiana; and Mrs. Willie Hogg, Carlisle.

Miss Shawna Letcher, Clarksville, Ind., and Miss DeAnna Gillispie, Paris, cousins of the bride, were flower girls. They wore dresses identical to that of the maid of honor and had red velvet ribbons in their hair. They carried white baskets trimmed with red and white velvet ribbon. The baskets were filled with red rose petals.

Craig Allen Marshall, Cincinnati, cousin of the bride, was ring bearer. He wore white pants and a red velvet jacket and carried a white, lace, heart-shaped pillow.

Jim Letcher, Springfield, brother of the bride, served as best man.

Ushers were John Zoldak, Lexington; Jack Dayton, cousin of the groom, Dayton, Ohio; Jeff Tyrer and Mike Fuller, Carlisle.

A reception was held in the lower level of the church. The red and white color scheme accentuated the room. Assisting at the reception were Mrs. Eddie Hill and Mrs. Stephen Gillispie, Millersburg; Mrs. Hubert Harney, Paris, all cousins of the bride; and Miss Bonnie Spencer, Carlisle. Red and white rice bags were distributed by the flower girls.

Mrs. Robert Brewer presided at the guest book.

The bride is a graduate of Nicholas County High School and Metrodata Institute of Louisville. She is presently employed by Kentucky-Finance, Lexington.

The groom is a graduate of Nicholas County High School and served four years in the U.S. Navy. He is presently employed at Lexington Bluegrass Army Depot.

The couple is now residing in Lexington.

SOCIETY

Miss Lucy Letton, student at Michigan State University in East Lansing, Mich., visited with her parents Friday and left Saturday with a group of friends for a visit in Florida.

Dr. and Mrs. Allen J. Hamon and children spent several days last week at Jenny Wiley State Park where he attended a medical meeting. They then visited Mr. and Mrs. Dennis Phillips in Charlotte, N.C. for several days. Upon returning home Dr. Hamon attended an Obstetrics-Gynecology medical meeting in Lexington.

Mr. and Mrs. Bobby McFarland and children spent last week visiting her sister, Mrs. Gordon Moreland, Chief Moreland and children in Orlando, Fla. Mrs. Marion Donovan returned home with them after an extended visit with her daughter, Mrs. Moreland and family.

Mrs. Jimmy Shaw and two children, Lisa and Tracy, Mr. and Mrs. Youie Shaw and Mrs. Teddy Shaw were dinner guests of Mr. and Mrs. Paul Smith and family of Lexington.

Mrs. Warren Fisher has returned home after a visit with her sister, Mrs. Francis Gallaway of Richmond, Va.

Jimmy Parker, son of Mr. and Mrs. W.B. Parker, is vacationing in Florida during spring break. He attends Transylvania University.

Robert Jennings is a patient at the Bourbon County Hospital.

David Wilson, son of Mr. and Mrs. William Wilson, and Bill Young, son of Mr. and Mrs. Nate Young, students at U.K. are spending spring break with their parents.

Mr. and Mrs. H. Paul Vice spent Sunday in Dayton, Ohio visiting Mrs. Vice's daughter/and family, Lt. Col. and Mrs. W.R. Hull and three children.

Mrs. D. Dallas Sugg and Alicia visited relatives in Henderson last week.

Births

TAYLOR

Mr. and Mrs. William Taylor announce the birth of a son on Tuesday, March 13, 1973 at the Bourbon County Hospital.

HUNT

Mr. and Mrs. Estil Hunt have chosen the name Nathan Alan for their son born Feb. 24, 1973 at Central Baptist Hospital, Lexington. He is their fourth son and fourth child. Maternal grandmother is Mrs. Ellere Blake and paternal grandfather is Amos Hunt.

BURNS

Mr. and Mrs. Paul Burns, Route 2, Mt. Olivet, announce the birth of a daughter on March 18, 1973 at the Nicholas County Hospital. She weighed five pounds.

SCOTT

Mr. and Mrs. Billy Joe Scott of Fort Sill, Okla., announce the adoption of a son, Calvin Christopher, born March 14, 1973. He is the second child and first son.

Mr. and Mrs. Robert Scott, Route 3, are the paternal grandparents.

Miss Groves weds in Millersburg

Paula Groves, daughter of Mr. and Mrs. Paul Groves of Paris, and David Lee Tucker, son of Mr. and Mrs. Charles Tucker of Millersburg, were united in marriage Friday night, March 16 by Rev. Frank Simons, using the double ring ceremony.

Mr. and Mrs. Ray Ham Jr. were their attendants.

Vows exchanged Friday afternoon

Sandra Lynn Compton and John William Ring were united in marriage Friday afternoon, March 16, by Rev. Frank Simons, using the double ring ceremony.

Mrs. Ring is the daughter of Mr. and Mrs. Estel Compton of Mt. Sterling.

Mr. Ring is the son of Mrs. Geneva Ring and the late John Ring of Moorefield.

George and Sherry Ring were their attendants.

Mr. and Mrs. Ring are both employed in Mt. Sterling.

Wedding takes place Feb. 19 in Canada

Mr. and Mrs. E. Arnold Mattox of Lexington, announce the marriage of their daughter, Brenda Arnold, to Clifford Charles Rapp of Buffalo, New York. The wedding took place Feb. 19, in Niagara Falls, Canada.

Mrs. Rapp graduated from Henry Clay High School, Transylvania University, and Yale Divinity School. She was a member of Phi Mu Sorority, named Outstanding Senior Student, and listed in the 1965 edition of Outstanding Young Women in America. After living two years in England, she returned to study drama and work in New York, N.Y. While in New York City, Mrs. Rapp was a recreation director at Bellevue Hospital Center and a member of the Judson Poets' Theater.

Mr. Rapp is a singer, guitarist and composer. For the past two years he has been touring throughout Mexico, Central and South America. Prior to that he appeared with several musical groups on both the East and West coasts and eventually with his own group, "Blackwater Circus." After graduating from high school, Mr. Rapp spent several years in professional sports. He is presently appearing in Lexington, where the couple is now residing.

Mrs. Rapp is the granddaughter of the late Mr. and Mrs. U.G. Mattox of Saltwell, Nicholas County.

Mrs. Caywood program leader

The Carlisle Garden Club had the first meeting of the club year, Monday, March 19 in the Fellowship Hall of the First Christian Church.

In a very interesting and clever way, Mrs. Grimes Caywood, program leader, led members in discussing "What's New in Flowers." Mrs. George Dale, Mrs. Frank Henry and Mrs. Henry Bailey participated in the discussion.

There was a display of Terrariums, a new fad. Vases of spring flowers were placed throughout the room.

A plant, given as a door prize was won by Mrs. Dale.

Miss Mary Lois Campbell read from the writings of St. Francis of Asissi for the spiritual values. Mrs. Charles Wilson, president, presided over the business session.

Plans were made for the club's work in preparation for the State Meeting, which will be held at Jenny Wiley State Park in April. A bake sale was planned to be held April 14 at Kentucky Utilities. Attractive year books, made by Mrs. James Williams and Mrs. Ray Flora, were distributed. Mrs. Caywood, hostess, served a delicious dessert and coffee to the 24 members present.

The following new members were welcomed: Mrs. Frank Gudgell, Mrs. R.P. Alexander, Mrs. J.R. Hamilton, Mrs. W.R. Buntin Sr., Mrs. Sam Day, and Mrs. Stanley Blake.

Woman's Club to meet Monday

The Community Woman's Club will meet Monday, March 26, at 7:30 p.m. at the home of Mrs. W.H. Kingsolver. Mrs. Licha Farah will assist Mrs. Kingsolver in entertaining. Spiritual values will be given by Mrs. Evans Brown.

The Public Affairs Department will present Mrs. John Hamilton and Mrs. Lewis Robbins to discuss "Historic Preservation."

Call in Society News . . .
289-2464

NOTICE
Singer Sales & Service
Friday, March 23
The Sewing Basket
Carlisle Phone 289-5423

Kay's Kitchen

— By Kay Fisher —

Recently I have had several requests for recipes low in calories. As you know it is the calorie intake that will either put the weight on, or take it off. And right now most of us are concerned with taking it off, either to look and feel better in new spring clothes, or like me, to be sure I can still get into last year's dresses.

I have some dessert recipes this week for those who feel the need of something sweet!

DIET CHEESECAKE

2 cups low-fat cottage cheese
3 eggs
½ teaspoon almond extract
1 tablespoon liquid sweetener

TOPPING:
1 cup cottage cheese
1 teaspoon vanilla
1 teaspoon liquid sweetener

Combine first four ingredients in blender and beat until smooth. Pour in a nonstick pie pan and bake in a preheated 350-degree oven 30 minutes. Remove and cool 20 minutes. Combine topping ingredients in blender and beat to sour cream consistency. Spread on cake and return to oven. Bake 10 minutes more at 350 degrees. Serves eight, 101 calories each.

COTTAGE PARFAITS

2 envelopes low-calorie gelatin dessert mix (any flavor), prepared
1 cup low-fat cottage cheese
8 teaspoons shredded sweet coconut

Prepare gelatin according to directions and chill. When half-jelled, beat until fluffy. Add cottage cheese and beat well. Spoon into eight parfait glasses and top with coconut. Only 47 calories each.

MRS. ROARK'S "LEMON PRONTO"

1 large package (1⅓ ounces) instant lemon pudding mix
3 cups skim milk
2 pounds (4 cups) low-fat cottage cheese
1 cup raisins

Combine milk and pudding mix. Beat until smooth. Add cottage cheese and raisins. Mix well and chill. Makes 14 half-cup servings 120 calories each.

* * * * *

The following recipes can be used for those mealtless days we are going to be forced to observe, as meats, fish and poultry prices continue to rise.

CLUB MUSHROOM CASSEROLE

1 pound fresh mushrooms, sliced
½ cup butter
½ cup flour
3 cups milk
2 teaspoons Worcestershire sauce
1½ teaspoon salt
¼ teaspoon pepper
2 cups shredded process cheese
4 hard-cooked eggs, sliced
½ cup diced green pepper
1 - 4 ounce can pimento, drained, sliced

Cook mushrooms in butter until tender but not brown. Push to one side. Blend in flour. Stir in milk, cook and stir until thick. Add remaining ingredients. Turn into greased 10x6x1½ inch baking dish. Bake at 350 degrees for ½ hour. Top with cheese crescents. Serve with hot rice or on toast. Serves 6 to 8.

Sally Hobson

CHEESE LOAF

1 pound good cheddar cheese
1 medium can pimento
1 cup cracker crumbs
3 eggs
1 cup milk
¼ cup vinegar
1 tablespoon butter
1 teaspoon salt
¾ cup sugar

Blend cheese and chopped pimentos. Combine eggs, sugar, milk and vinegar and heat in saucepan. Add pimentos and cheese. Cook until cheese melts. Remove from heat and add butter and cracker crumbs.

Pour into a greased ring that has been also lined with saran wrap and bake slowly for about 45 minutes. Remove and let set for awhile. Serve on platter with center of the ring filled with creamed peas or vegetable of your choice.

Andy Bailey

Free Sundae

Buy one, get one free

a "Scrumpdillyishus" offer good Thurs.-Fri., Mar. 22-23.

Sundaes are always "scrumpdillyishus" at DAIRY QUEEN®. So we made 'em better the only way we knew how. By giving you one free with every one you buy. Any size. Any flavor. Rich chocolate . . . golden butterscotch . . . chunky pineapple . . . you name it. Bring a big appetite or a friend to a participating DAIRY QUEEN and dig into the best deal in town.

Dairy Queen

"Let's all go to the DAIRY QUEEN"
WEST MAIN STREET, CARLISLE

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