

YOU'LL BE TOTALLY HAPPY at IGA

It's the tape total that makes IGA's Happy Values!

Old Virginia Pure Grape Jelly 3.90 99¢

TableRite Center Cut Pork Chops 1.19

Western Iceberg Lettuce head 25¢

IGA Dressed Shrimp

14.95

IGA Dressed Fish

1.99

IGA Dressed Fish Sticks

1.39

IGA Dressed Fish Fillets

1.39

Ice Cream Sundae Cups 49¢

French Fries 79¢

White Strawberries 79¢

Crisco Pure Veg. Shortening 79¢

Meal Pot Pies 6¢

All-Jell-O 8¢

Golden Salmon 48¢

Beefsteak 1.19

Pat Regular Vitamins 1.39

TableRite French Fries 49¢

TableRite White Strawberries 79¢

TableRite Crisco Pure Veg. Shortening 79¢

TableRite Meal Pot Pies 6¢

TableRite All-Jell-O 8¢

TableRite Golden Salmon 48¢

TableRite Beefsteak 1.19

TableRite Pat Regular Vitamins 1.39

Gold Medal Flour 1.99

Miracle Whip Salad Dressing 28¢

Hawaiian Pineapple 25¢

Rolls 33¢

Award Gift Plan Coupons

Brach's Peanut Clusters 69¢

Vanity Fair Facial Tissue 4/\$1

Sweetheart Lime Fab. Softener 59¢

4 LUX BEAUTY BARS WITH THIS COUPON 4/60¢

Coatney's IGA

LIMIT 1 COUPON PER CUSTOMER

Redeemable only at Coatney's IGA without coupon, price is 4/76¢

Hunt's Fancy Tomato Juice 25¢

Hunt's Tomato Ketchup 23¢

Hunt's Tomatoes 29¢

Pammy Brand Pinto Beans 49¢

Beef Patties 79¢

Wild Bird Steak 79¢

3 Dove BATH SIZE BEAUTY BARS WITH THIS COUPON 3/65¢

Coatney's IGA

LIMIT 1 COUPON PER CUSTOMER

Redeemable only at Coatney's IGA without coupon, price is 3/82¢

Hunt's Fancy Tomato Juice 25¢

Hunt's Tomato Ketchup 23¢

Hunt's Tomatoes 29¢

Pammy Brand Pinto Beans 49¢

Beef Patties 79¢

Wild Bird Steak 79¢

IGA CLIP-A-COUPON

Kraft Jet Puff Marshmallows 16 oz. 25¢

Shedd's Soft Bowls 39¢

Oleo Margarine 16 oz. 49¢

IGA CLIP-A-COUPON

TableRite Canned Ham 5 lbs. \$6.49

TableRite Bread 16 oz. 2/39¢

IGA CLIP-A-COUPON

IGA Cheese Spread 2 lbs. \$1.29

IGA Hair Spray 64¢

IGA CLIP-A-COUPON

IGA Black Pepper 8 oz. 89¢

Shasta Soft Drink Flavors 28 oz. 19¢

Oxydol 11¢

IGA CLIP-A-COUPON

IGA Coffee 1 lb. 79¢

Campbell's Pork & Beans 16 oz. 5/89¢

Bakers Angel Flake Coconut 14 oz. 62¢

IGA CLIP-A-COUPON

Brach's Peanut Clusters 79¢

Vanity Fair Facial Tissue 31¢

Sweetheart Lime Fab. Softener 69¢

Comprehensive Care Center lists signs of developing alcoholism

(This is the fourth in a series of articles dealing with the problems of alcohol. This prepared by Nicholas Quinn of the Comprehensive Care Center located at the Court House, Carlisle, phone 824-812.)

Dr. Nelson Bunker, Director of the Center of Alcohol Studies, Rutgers State University, observes that most nations in the field regard the following as the common—almost universal—behavioral deviations, which indicate the existence of alcoholism in the American drinker:

The individual begins to drink more than the other members of his group. The individual begins to drink more frequently than other members. He begins to experience "blackouts" or frequent amnesia during and following drinking episodes.

He drinks more rapidly than others. He enjoys his drinks. He drinks surreptitiously (secretly) and sneaks drinks. He begins to lose control as to time, place, amount and what he drinks. He becomes a "liar" in his drinking. Ingestion of alcohol becomes the sole purpose of drinking. He begins to develop an elaborate system of lies, alibis, excuses, and rationalizations to cover up or to excuse his drinking. He develops a "geographical" cure by seeking out new locations, or traveling, which adversely affect his family situation, his friendship groups, or on-the-job relationships. Accidents, job losses, family quarrels, broken friendships, and trouble with the law may take place when he is under the influence and even when he is not.

Characteristics of the final phases are obvious and tragic: extended berths, physical tremors, hallucinations, and delirium, complete rejection of social reality, malnutrition with accompanying obesity and diseases—and an early death.

The above deviations appear gradually but with increasing frequency and intensity over a period of years until eventually they are experienced almost continuously. This is why the illness is referred to as "progressive."

When the drinker reaches the point which is described in any of the definitions and exhibits any of the deviant behaviors listed above, there is no longer any question about the existence of alcoholism. It is mainly a question of what stage in the illness he has reached. He has developed a serious and complex illness from which he needs help to recover. It is no longer a question of choice or of will-power, for he has neither with respect to the fate of alcohol.

Fortunately, the illness is treatable and even when he is not.

WOMAN'S WORKWORLD by JULIE THOMAS PITMAN

You may find it profitable to go in a fly — or go fly your own business. Activities are based on products for the leisure market.

Fly-tying is suitable for homemakers and students on a part-time basis, particularly in fishing country. It takes a practiced hand, however, to produce fishers fly-tying enough to make a reasonable profit. As a benchmark, a good fly-tyer should be able to tie from 10 to 2 dozen flies per hour. Fly-tying's basic steps can be learned from books, or from instructors. Some shops offer shops, fishing goods stores and sporting goods stores teach beginners' classes. Start-up costs are small: you can buy equipment and a good supply of materials for \$300. You can market your flies to fishing friends: to the general public through small classified ads on your weekly newspaper, to local sporting goods stores and fly shops — to mention a few.

Can you tell me the correct width of an elastic wrist bandage? — J.F.

Here is a list to keep on hand for all parts of the body: Use 2 or 2½ inches for elbow, wrist and foot. Use 1½ or 2 inches for ankle. Use 1 or 1½ inches for hand and lower leg and 4 inches for shoulder.

Are bath oil capsules as effective as liquid bath oil? — J.F.

They should be. Bath oil capsules are usually gelatin capsules containing bath oil. When immersed in water, the gelatin dissolves and releases the bath oil. The effectiveness depends upon the quality of the bath oil and the quantity in each capsule.

Are there any drugs which are used specifically on people who undergo heart or kidney transplant? — M.B.

Yes. They are called immunosuppressive drugs. The first and best known is called cyclosporin. These drugs are designed to suppress the chemical reaction which usually follows such a transplant.

How does aspirin relieve headaches? — Mrs. C.

Recently, British researchers have come up with what they believe to be the answer. They claim that aspirin stops the formation of prostaglandins in the body. The prostaglandins apparently can cause fever, inflammation and headaches.

Send your questions concerning drugs and prescriptions to Medicine Chest, in care of this newspaper.

MAGICWORD by JULIE QUART

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Announcing!

Southern States

NOW IN PROGRESS—ENDS APRIL 14!

UNICO Pull-N-Grp REAR TRACTOR TIRES

Put more horses to work for you

Check these outstanding features:

TERIFIC TRACTION You get powerful "dig in and pull" traction, thanks to the exclusive Shag-Rib design. The greatest possible efficiency in the field for you.

RUGGED STRENGTH Sidewalls bars are buttressed to give solid support to the Shags along the entire length of the tire. The best reason for top efficiency. All Nylon Body resists moisture and mud build-up. This is a tough tire for longer wear.

LONGER WEAR A tougher, improved tread compound makes Pull-N-Grp especially resistant to flexing, aging, cuts, bruises and tears. You have extra protection from the factors which shorten the life of ordinary tractor tires.

SELF-CLEANING ULS The self-cleaning ability of Pull-N-Grp is exceptional. Soil is quickly released in a constant action. Thanks to the Shag design, the open center and smooth areas between logs are kept free for top efficiency.

SUPERIOR ROADABILITY The Shags of Pull-N-Grp make a natural road contact. With these superior tires on your tractor, you get the best road ride yet. Improved tire wear on hard surface highways too.

Unico Pull-N-Grp Rear Tractor Tire

	PRICE	FED. TAX
9.5 - 24 4 ply.....	37.08	2.56
11.2 - 24 4 ply.....	47.42	3.13
11.2 - 28 4 ply.....	51.82	3.45
12.4 - 28 4 ply.....	59.06	4.20
13.6 - 28 4 ply.....	62.24	4.84
14.8 - 28 4 ply.....	71.02	5.87
11.2 - 36 4 ply.....	60.48	4.22
13.6 - 38 6 ply.....	82.33	6.51

Complete Front and Rear Tractor Tire Service available.

THE ONE FOR YOU!

witching little "WENDY" NO CAP \$10.95 WIG

The one you've waited for... wonderful WENDY®, the every where, "Everything" with many beautiful ways! Brush it up curly, swirl it smooth... wherever you ask, WENDY® magically does, so natural, superbly lightweight, held with a few lace hands that give you plenty of "Ooh!" let you pull strands of your own hair through. Pre-styled, 100% Kanekeel, easy care, glorious wear. All colors. Styled by HENRI.

Barlisle Drug Co. CARLISLE, KY.

Unico Tri-Rib FRONT TRACTOR TIRES

	PRICE	FED. TAX
400 x 15 4 ply.....	15.20	.53
500 x 15 4 ply.....	16.35	.66
400 x 19 4 ply.....	16.25	.64
550 x 16 6 ply.....	18.22	.86
550 x 16 6 ply.....	18.95	.95
600 x 16 4 ply.....	19.48	.99
600 x 16 6 ply.....	20.10	1.09
650 x 16 6 ply.....	21.15	1.26
750 x 16 6 ply.....	27.30	1.99

UNICO FARM WAGON TIRE

	PRICE	FED. TAX
800 x 8 4 ply.....	\$ 8.00	.23
650 x 16 6 ply.....	19.35	1.00
600 x 16 6 ply.....	18.40	.91
820 x 15 6 ply.....	23.45	1.27

For easy steering For easy handling and outstanding control, this tire can't be beat. Wherever the going is difficult in sandy soils, in mushy soils, in loose soils, you'll appreciate the easier, more accurate steering you get with Unico Tri-Rib Front Tractor tire. High center rib is the reason. It's ideal for rough fields too because the deep penetrating ribs hold well on hilly ground and give maximum resistance to side-slip. 3-rib design, which distributes the load, contributes to longer tire life, improves the load, contributes to longer tire life.

Unico Multi-Rib Implement Tire

	PRICE	FED. TAX
400 x 8 4 ply.....	\$ 8.00	.23
650 x 16 6 ply.....	19.35	1.00
600 x 16 6 ply.....	18.40	.91

Foam Rubber Tractor Cushion 4-Inch Volt Tractor Battery Rigid Pole Tractor Umbrella Spark Plug Tire Pump Seal-Breaker Tractor Light Slow-Moving Vehicle Safety Decal Slow-Moving Sign Tractor Light Air Leaky Tire Gauge

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