

GET YOUR \$ WORTH BY SALLY AND JIM ADAMS

FASHION N' FABRICS BY FANNIE GLEESON

HOT DGGS - TRICK OR TREAT - 1. The great hot dog controversy is much in the news lately...

The question is important to your health and your budget, for the hot dog is one of America's favorite foods...

PRETTY ENOUGH FOR A BRIDE Too often we pigeonhole our thoughts when looking for patterns...

To get a true mirrored center, place wrong side of lace against the right side of fabric...

the mirrored fold from above across fabric. Turn under raw edge of fabric at front neck edge...

TIPS DIETERS HOW OFTEN SHOULD I WEIGH MYSELF WHILE DIETING? BELIEVE IN GETTING INTO HOT WATER...

WRITE FOR YOURSELF ONE PIECE OF THE SAME TANGY TALK AS WE WEAR IT TO THE GARMENT OF THE SAME MEAL. KEEP RECORDS.

TOM WARD IS THE ONLY CANDIDATE FOR STATE SENATOR



WHO IS EXPERIENCED IN EDUCATION Did you know that 62% of the General Fund of the State of Kentucky goes to education?

ELECT THE QUALIFIED CANDIDATE ELECT TOM WARD

Tom Ward has experience in all levels of education: pre-school, primary, secondary, and college. He is a college instructor. Ward has worked on the problem of dropouts...

Carlisle Jaycees Sponsor First Match Bill Fryman vs. Larry James vs. Larry James Second Match Green Hornet vs. Little Joe

Championship Wrestling Saturday, March 31, at 8 P.M. Main Event Tag Team Match Fryman Brothers vs. James Brothers

Admission Adults \$2.00 Children \$1.50

Fresh Dressed Fryers

Marhoefer 3 lb. size Canned Hams \$3.69 Webbers Sausage 99¢ 2 lb. bag \$1.89

Veribest Pork Chops First Cut 1lb. 79¢ Center Rib lb. \$1.09, Center Loin lb. \$1.19 U.S. Choice Rib Roast or Rib Steak \$1.19 (First 3 ribs lb. \$1.29) Fischers Millwood Bacon 1lb. 99¢

Kitchen Fresh 9 oz. 49¢ Potato Chips 49¢ Fabric Softener 89¢ Rain Barrel 26 oz. 25¢ Fabric Softener 69¢ Axion Pre Soak 49¢ Niagara 22 oz. 14 oz. Spray Starch 59¢ Ajax Cleanser 2/29

Vine Ripe Tomatoes \$1.29 lb. Cabbage \$1.10 lb. The Spirit of Quality FOOTDOWN Home or Low Prices Open 8-8 Mon.-Sat.

Strawberries 3 pints \$1.00 Carrots celo pkg. 2/25¢ Mazola 1 lb. 39¢ Lux Liquid qt. size 49¢ Margarine 2 roll pkg. 39¢ Total Cereals 6 oz. 39¢ Chips 9.5 oz. 2/89¢ Potato Chips 49¢ VIVA Towels 2/89¢ Betty Crocker 1 lb. 49¢ Paramount 16 oz. 49¢ Potato Buds 69¢ Sweet Pickles 49¢ Big John's ass't. 69¢

SAVE Charming Toilet Tissue 4 roll pkg. 29¢ (Limit 1 please) Dole No. 2 Crushed Pineapple 3/\$1 Crisco Oil 48 oz \$1.09 6 varieties Keebler Crackers 3/\$1 Birds Eye Frozen Food 4/99¢ Fordhook Limes, Broccoli Spears, Golden Whole Kernel Corn, Peas

Kay's Kitchen - By Kay Fisher

First thing this week is to give the one Beatrice Bischoff recipe I have. Am hoping to get at least one more...

RAW CABBAGE RELISH Take 1 medium head cabbage, shredded. Stir in 2 tablespoons salt. Stand 2 hours. Squeeze dry.

PERSONALS Mrs. July Campbell and son, John Stephen, of Louisville, spent several days the past week with her aunt, Miss Alma Atkinson.

Mrs. Ida McLean celebrated her 97th birthday on March 23 at Hopewell Nursing Home... Mrs. Ida McLean and her husband...

Mrs. Mary Lois Campbell, member of the Jenkins Johnson Chapter D.A.R., attended sessions of the 77th annual State D.A.R. Convention held at the Phoenix Hotel in Louisville, Ky.

Weight control classes open The weight control and nutrition classes being held at the Nicholas County Health Center on Monday nights at 6:30 and Tuesday mornings at 10:00 a.m.

SAVE Premium Saline Crackers lb. 29¢

BIRTHS Mr. and Mrs. Robert Lewis Berry, of Mt. Vernon, Tenn., announced the birth of a son, Roy, March 19, 1973 at the Nicholas County Hospital.

Mr. and Mrs. Warren Fisher were in Frankfort and Louisville Friday and Saturday attending newspaper meetings.

Happy Anniversary! Mr. and Mrs. Phil Wilson of Carlisle are celebrating their golden wedding anniversary...

Shannon scene of wedding

Mrs. Patricia Sue Walden became the bride of Thomas Riggs Jr., son of Mr. and Mrs. Thomas Riggs Sr., of Mayville...

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Mrs. Thomas Riggs Jr. Smithsonian features Kentucky in summer Folklife Festival

A wood-carver, an herbalist from the deep mountains, a riverboat captain, a stone-mason, and as many as 100 other talented Kentuckians...

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NOTICE 5&10 - Here Again We want to WELCOME all of the families of Carlisle, Nicholas County and surrounding communities to visit our store the CARLISLE 5&10, the week of April 2, 1973. Grand opening will be announced at later date.