



MEDICINE CHEST

By H. BOSWELL YORK, R. P.H. You have seen ads about children who die or are permanently injured from lead poisoning in paint. How much lead paint can cause injury or death? ...

Yes, aspirin. According to Dr. H.W. Davenport of the University of Michigan Medical School, alcohol in the stomach enhances the ability of aspirin to damage and break down the stomach inner lining. ...

What good is your Medical Expense Reimbursement in my case?—B.B. Your income tax accountant can only claim deductions based on the information you give him. ...

What's a good mouthwash to treat halitosis?—B.K. If you really do have had breath that you feel friendly, you should seek help beyond a mouthwash. ...

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WOMAN'S WORKWORLD

by JULIE THOMAS PITMAN

You don't need much scratch to become a flea market dealer. Still, you had better enjoy the flea market "social scene" because profits may be slower in coming than you anticipate. ...

If you rent outside table space at a flea market, be prepared to supply your own shade, and expect to cope with heat and dust. Their of merchandise is another problem. ...

It's important to know a great deal about your specialty whether it's old coins, old glass, or old art. Reading books on your specialty is recommended, and so is getting to know other flea market dealers. ...

Way's some flea market dealers have obtained merchandise include collectible items, figurines, own basements, sending micrographed letters to their merchants, attending rummage sales, auctions — care of this newspaper. ...

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'73 road awards may reach \$225 million

FRANKFORT—Highway construction awards for 1973 may reach \$225 million, Highway Commissioner James E. Gray said today. ...

About \$150 million of this sum is expected to be devoted to the Interstate and Appalachian programs. The remainder will include all other federal-aid programs and those supported wisely by the Commonwealth's own funds. ...

Lettings in April alone will probably total \$28 million. ...

If we receive the federal aid we are counting on, we will do our best to meet this ambitious highway construction program in 1973," Commissioner Gray stated. ...

VOTE FOR Meredith Evans

Sheriff of Nicholas County

Ralph Taylor, Deputy

DEMOCRATIC PRIMARY MAY 29, 1973

YOUR VOTE & INFLUENCE APPRECIATED

Paid for by Ralph Taylor

Any way to get back to that Saturday, we were just getting ready to visit the doctor when the phone rang. ...

My plate of Chicken a Tempura was made up of fresh mushrooms, green asparagus, broiled sprouts, green beans, green well done steaks, eggplant and sweet potatoes. ...

Tempura Sauce 1/4 cup soy sauce 1/4 cup vinegar 1 tablespoon sugar Mix on sauce pan until warm. ...

Cook's tour

by Nancy Cook

We then were escorted into the newly renovated library to get the hall. This room has had many uses. I understand, from storage to Eleanor Roosevelt's first meeting to Henry Kissinger's strategy meetings! ...

Tea and coffee were served while we chatted and enjoyed the organization through which the quilt was presented. This cooperative group promotes the production of various crafts in the Appalachian area and exhibits and sells them at Berea. ...

Hospital notes

Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m. ADMITTED: Fritz Frederick, Edgar Allison, Helen Hamilton, John Peaback, Henry Livingston, Dave Jefferson, Lewis Rogers, Jesse Lawrence, Myrtle Hughes, Lizzie Pumphrey, Jimmie Henry, Mary Catherine Dweilley, Palmer Sorrell, Nannie F. Roe, Carlisle, Sheila Rae Kinder, Lillian Wright, Betty Ray Plummer, Ewing, Marshall Hill, Myrtle, Bertie Mae Fife, Winchester, Lewis M. Goopy, Catherine, Bobby Lee Hatfield, Millersburg. ...

GOOD REASONS TO USE PINE BARK MULCH

1 RICH NATURAL APPEARANCE 2 CONSERVES MOISTURE 3 HELPS CONTROL WEEDS 4 HELPS PROTECT ROOTS FROM TEMPERATURE EXTREMES 5 ADDS LANDSCAPE INTEREST 6 LOWERS MAINTENANCE COSTS 7 COMFORTABLE TO WALK ON 8 ORGANIC ADDITIVE FOR POTTING SOILS AND LAWN TOP DRESSINGS 9 ECOLOGICAL CYCLING

PARAMOUNT WITH BEANS Chili 15 oz. 2/69⁹ Elbow Macaroni or Spaghetti 7 oz. pkg. Delmonico 10⁹ 2 roll pkg. Northern Towels 2/89⁹ Dog Tray 25 lb. 83⁹⁹ Hunts 46 oz. Tomato Juice 3/81

Purex Bleach 39⁹⁹ Gal. Dan-Dee 18 oz assorted Preserves 39⁹⁹ Big Wally 22 oz. Wall Cleaner 81²⁹ and 100 ct. tea bags Lipton Corning Glass Teapot — 82⁴⁹ Faultless Pre-Wash 14 oz. Soil & Stain Remover — 79⁹⁹ 16 oz., 8 pk. with bottles Pepsi, Diet Pepsi, 7-Up — 79⁹⁹ Chili Spaghetti 15 oz. 3/81

Foodtown Ice Cream 1/2 Gal. 59⁹⁹

Special — Saturday, Sunday & Monday All Bark Mulch 10% Off Open Sunday 10 to 5 P.M. Blue Star Nursery and Garden Center 484-2142

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Kay's Kitchen

By Kay Fisher

Recently we returned home on a late Saturday afternoon after two days of attending newspaper meetings. We had been served excellent meals and really my mind was not on what I was going to serve for dinner tonight. ...

TEMPURA You can use any fresh vegetable, such as eggplant, broccoli, mushrooms, asparagus, carrots, green peppers, sweet potatoes, green beans, green onions (large vegetables should be cut into bite size pieces, small ones like white vegetables and drain. ...

VEGETABLE-CHICKEN Bone and skin three chicken breasts. Cut breasts into chunks and dip in batter made egg, flour and water. Deep fry until brown and set aside. ...

BEF TENDERLOIN Beef to serve desired number of persons 1/4 cup vegetable oil 1/4 cup tenderloin 1 teaspoon salt 1 tablespoon cooking wine 1 tablespoon cornstarch mixed with several tablespoons water 6 ounces drained mushrooms. ...

MISS VEG PLEDGES Lexington Zeta Tau Alpha policeman to speak

Deborah Lynn Vieg, daughter of Mrs. Norma Ann Vieg and Mr. Vieg, has become a pledge of Zeta Tau Alpha International Fraternity at Morehead State University. ...

Legion Auxiliary APES '73 hold meeting

The American Legion Auxiliary will meet Tuesday, April 10, 7:30 p.m. at the Lexington Junior Women's Club, GFWO, on Main Street. ...

Church circle meets Tuesday

The Rhoda Gillespie Circle of the Carlisle United Methodist Church will meet Tuesday, April 10, 7:30 p.m. in the education building at Morehead State. ...

Hospital notes

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SOCIETY

Mrs. Coatney hosts meeting

The Community Women's Club will meet Monday, April 9, 8:30 a.m. at the home of Mrs. Robert Coats on Eastern Avenue. ...

PERSONALS

Mr. and Mrs. Forest Starrett and Mrs. George Arnold, Paris, and Emma Dunlop, Louisville, returned from a recent trip to the home of Mrs. Robert Coats on Eastern Avenue. ...

Clearwater, Fla., returned home Tuesday. Mrs. Everett Williams, Mr. and Mrs. Raymond Kerza, Miss Melissa Holland of Lexington, Mr. and Mrs. Charles Shoen and sons of Bardonia, Mr. and Mrs. Clay Dayton of Carlisle, Johnny Conway of Lexington, and Mrs. Forest Getzky, Whiteburg. ...

Mr. and Mrs. Walter Fisher had as their weekend guests Mr. and Mrs. Robert Carter of Hopkinsville. Gregory and Honda Smart of Lexington spent a few days last week with their grandparents, Mr. and Mrs. Nelson Fryman and Mr. and Mrs. Cecil Stuart. ...

Mr. and Mrs. George J. Perry and Mrs. Johanna and Shannon, of Mays Hill, Ky., have been recent guests of Mrs. Perry's parents, Dr. and Mrs. E. Evans Brown. ...

Howard S. Livingston has returned to Cumberland College in Williamsburg, a weekend guest of Rev. and Mrs. H. H. Miller of Lexington. ...

Mr. and Mrs. James Charles I. Cooper and Mrs. James Charles I. Cooper and Mrs. Frank Robertson. Others attending were Rev. and Mrs. William M. Pope, Rev. and Mrs. Neil Thompson, Rev. and Mrs. H. Dallas Sugg, and Dr. and Mrs. S. Evans Brown. ...

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Free Giant Easter Bunny

Register Now Hurry in Kids and bring Mom and Dad to sign up. This Bunny is just waiting for you!

To be given away Saturday afternoon, April 21

Browse through our new store — 5 & 10 CARLISLE 5 & 10 '5 & 10 Here Again'

Maryland leaf similarity to Burley causes concern for price support program

By Jack Lawry

Expanding production of Maryland tobacco in traditional burley-producing areas can endanger the price support program for burley by complicating the stability analysis involved, burley industry leaders believe. ...

Maryland leaf, Type 2B by designation, assumes many of the same characteristics of burley. Type 2B when it is moved from its basic area of production to the East Coast area, it is similar to an environment of burley. ...

1. With all of the characteristics of burley, the cheaper Maryland leaf could be substituted for it in manufacturing, thereby lessening the need for burley. 2. Should burley surpluses again pile up — a threat that led to the adoption of the poultice program — price support would be lessened. ...

3. Critics, certainly from urban areas, would issue a note that if growers could produce a tobacco with all of the characteristics and production requirements of burley for \$60 a hundred — unsupported and uncontrolled — why not for price supports at a much higher rate and protected allotments for burley? ...

4. The similarity of Maryland leaf to burley is a concern that if growers could produce a tobacco with all of the characteristics and production requirements of burley for \$60 a hundred — unsupported and uncontrolled — why not for price supports at a much higher rate and protected allotments for burley? ...

5. The "Toasted Me" is a vocal solo by Wicky Herington, was chosen one of three specialty acts at the annual 441 Talent Show, held Friday, March 30. She was accompanied on the piano by Rev. Charles (Gene) Wicks, a member of the "Keweenaw-GeeTaters" 441 Club, will perform in the 7:30 Youth Showcase to be televised on May 8, 8:30 p.m. over WLETC-TV. — Mercury photo

TOWNSMAN Candidate for State Senate

M'Y PLEDGE TO THE PEOPLE OF NICHOLAS COUNTY

I pledge to you that I will work vigorously for: IMPROVED TELEPHONE SERVICE. An end to long distance tolls between some areas of Nicholas County. ...

MORE JOB OPPORTUNITIES AT HOME

A MULTI-COUNTY SOLID WASTE DISPOSAL PLAN to include garbage pickup, a curb on dumping, littering, junked cars.

I pledge to the people of Nicholas County that I will: BE AVAILABLE. Will come to Nicholas at least once every three months; not just every four years when seeking reelection. ...

NOT STRADDLE THE FENCE. I'll give you an answer, be honest with you, even if we disagree. ...

REPORT TO PEOPLE. At least once every three months I'll submit a report to the news media telling you what I'm doing, asking for your opinion. ...

BE A WORKING STATE SENATOR. A full-time office, answer every call, respond to every call, 12 months, every year. ...

YOU WILL KNOW THAT YOU HAVE A STATE SENATOR

WARD WILL WORK — WARD WILL MAKE A DIFFERENCE

Paid for by Tom Ward, Versailles, Kentucky

Florida Oranges 59c

5 lb. bag

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