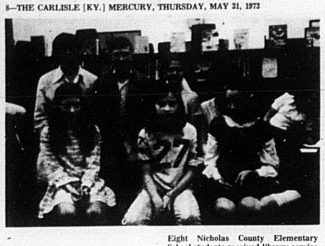

Library service awards

Eight Nicholas County Elementary School students received library service awards at a party Tuesday, May 22. Front row: May Ann Harper, Janet Linville and Ann Kingsolver. Back row: Mark Tubbs, Cliff Shumate, Judy Doyle and Carla Pryor. Absent when the picture was taken: David Johnson.

Newbery awards

May Ann Harper, Ann Kingsolver and Jadene Bow were given certificates for reading a number of Newbery Award books. Newbery awards are presented annually to the most distinguished author in the field of children's literature. Ann Kingsolver has ready forty-nine of the fifty-one Newbery books.

June is Dairy Month

June has been set aside as Dairy Month with the cow as reigning queen. This seems highly appropriate because, down through the ages, "Old Bossy" has ranked first among all animals serving man and, according to one authority on the subject, was probably contemporary with man's transition from savagery to the first primitive civilization.

In recognition of this, man has ever celebrated the cow in his art and his literature. We find her likeness carved in tablets of stone that record the earliest events of civilization. We read accounts of her in the Scriptures and in other ancient writings and know from these and other musty tomes that, in time, she has been an object of pagan religious worship.

Meanwhile, she has served as a source of food, drink, and clothing, a beast of burden, and a provider of power. She has been called nature's most efficient food factory, the mother one soil conservationist, and an important adjunct to the spread of prosperity and civilization. It was in search of green pastures for his cow than man ranged farther and farther over the earth, establishing new homes and spreading his culture.

Aside from all this, milk from the cow is said to be the nearest thing to a perfect food. According to Ron Weedlandt, Extension dairy specialist at the University of Kentucky College of Agriculture, more than 200 nutrients have been identified in milk. It contains a remarkable combination of high quality proteins, several important minerals, and some of all the vitamins known to be needed to maintain good health. It is a basic food in any diet, whether one is attempting to gain or lose weight. Milk helps maintain sturdy bones and sound teeth, and, on it alone, man can live longer than on any other food.

Although milk is a liquid, Wendlandt points out that it contains an average of 12 to 13 percent solids, an amount comparable to the solids content of many other foods. A pint of whole milk, he adds, provides approximately 17 grams of protein, 24 grams of carbohydrates, three grams of minerals, plus water-soluble vitamins, and 17 grams of highly digestible fat.

It is said that the first cow in North America came with the Norsemen in the year 1000. Now, there is approximately one cow to every 10 Americans, according to USDA statistics, and, the cow is still, as history suggests she has always been, a chief source of food for man.

So it seems both proper and fitting that the month of June has been set aside in honor of the gentle, patient creature that has been of such great service to the health, welfare, and prosperity of mankind.

MOBILE HOME CENTER

Hey! Lets Go To The Watergate Sale

WHERE? ABERDEEN MOBILE HOME SALES

Aberdeen, Ohio

They are revamping their sales lot and want to move trailers. Have cut prices for this sale for 30 days only.

Example: 14 x 56, 1973 model, $5,995
12 x 44, 1973 model, $3,895
12 x 60, 1973 model, $4,995
12 x 66, 1973 model, three bedroom $6,995

65 new homes on lot to choose from. Southern Ohio's largest dealer.

Bank Rate Financing on Lot — Open 7 Days a Week

Free delivery and hookup. Small down payment, 12 years to pay.

Drive a little — Save a lot.

George R. Dillon, Salesman

Phone (513) 795-2581

Agree or not

Continued from page two

persons, and resignations of two others which have not been accepted.

The four who have had their resignations accepted are Rollin Shaw, director of the Division of Accounts; Bill Coleman, executive officer of the Capital Plaza Authority; Olney Arnett, senior agent in the Division of Purchases, and Revel Barton, superintendent of the new Tower.

The two resignations Pryor said he had are those of A.L. Hubbard, director of the Capital Plaza Authority, and Clarence W. Tabor, director of the Division of Purchases.

Hubbard told The State Journal last week that his resignation had not been requested and that he hadn't given one, and wouldn't tender one if requested by Pryor to do so. However, Tabor confirmed his has been tendered, but said, "I hope it will not be accepted." He added, "It was the correct thing to do," referring to submission of his resignation.

Coleman and Barton were on Creech's payroll at the same time they were working for the state in capacity of helping to supervise the moving. Both said they didn't feel they had done anything wrong.

Pryor indicated they had a conflict of interest. He told newsmen, "I have found no evidence of wrongdoing—except in the case of Coleman and Barton." He added he believes that neither of these men thought he was doing anything wrong in the dual employment role.

Pryor explained that Shaw and Arnett were guilty only of negligence because they were responsible to audit the billings and they did not catch the discrepancies.

As a sidelight to the investigation here, a Cincinnati moving firm executive wrote a letter to the editor of the Kentucky Post saying it would take more than five years, for one of his trucks, a driver and a crew of three men, working five days a week to run up a bill as high as the state paid for moving. He also added that his crew could move most all of Frankfort in that period.

Pryor closed the records to newsmen last week after he had subpoenaed the records of Creech's firm.

The inference hanging over the investigation is the suspicion of padded billings, but no evidence has been released to this effect nor has the charge been officially made.

Staff named for 'Wilderness Road'

The production staff for the 1973 season of "Wilderness Road" has been announced. Already named as director is David Davis from New York City.

Joe Ray, an actor in the original production (1955-58) and a member of the production staff last summer, has been named Production Manager for the upcoming season. Rolf Hovey, chairman of the Berea College Department of Music, returns as the music director—a position he held for the original as well as the new production. Returning as Assistant music director and organist is John Courter, Assistant Professor of Music and Organist for Berea College. Dance consultant for the drama is Bill Best, a member of the general Berea College faculty. Gordon Peterson, technical co-ordinator for theatre at the University of North Carolina at Chapel Hill, is designer for the natural setting design for the new production has been praised by at least one reviewer as the most dramatic ever created for an outdoor drama.

In announcing the production staff, Director Dallmore, managing director, discussed their shared responsibility for the coordination of the production throughout the summer, including plans for workshop productions, classes, and a variety of extra-curricular activities for the "Wilderness Road" company. At least one of the workshop productions will be presented at Indian Fort Theatre.

Mr. Mallonee says he hopes "to schedule other activities, possibly for Sunday nights, at Indian Fort Theatre—specifically a Bluegrass Festival and other performing groups would be good." He made reference to recent efforts to have a group of Spanish dancers and musicians imported to tour the country as guests of the State Department. Although that tour has been postponed, Mallonee says he hopes the type of entertainment "Wilderness Road" would like to sponsor Sunday evenings, the only night the drama does not play.

Paul Green's highly praised musical story set during the Civil War, opens June 26 and plays Tuesday thru Saturday nightly except Sundays at Indian Fort Theatre in Berea. For information write: CPO Box 2255, Berea, Ky. 40403.

Kentucky folk festival June 8-10

Folk Artists from all over the state will meet in Lexington on June 8, 9, and 10 for the Kentucky Folk Festival which is an affiliate of the National Folk Festival held in Washington, D.C.

Educational Workshops in Folk Instrumental Music, Folk Singing, Folk Dance and Cultural Heritage of the Appalachia will be hosted by the H.P.E.R. Department at the University of Kentucky on Friday and Saturday. A Concert of the Folk Arts will be presented Saturday night at 8:15 p.m. at the Agriculture-Science Auditorium. Folk Heritage in Religious Music is scheduled in the same auditorium on Sunday morning.

The Folk Festival moves outside to Jacobson Park on Sunday, June 10 with mini-concerts and informal workshops scattered throughout the park. A Country Music Jamboree will be presented at 7:00 p.m. at the Jacobson Reservoir Park Amphitheatre.

All festival events are free to the public and are supported by a grant from the Kentucky Arts Commission and the National Endowment for the Arts. The Lexington Metro Parks and Recreation Department and the University of Kentucky are serving as co-hosts. For more information contact the Lexington Metro Recreation & Parks Dept., 302 West Main St., Lexington, Ky. 40507. Phone (606) 255-0835.

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NEXT WEEK'S HOROSCOPE

By Clay R. Pollan

Note planetary ruler of your birth symbol

FOR WEEK BEGINNING MONDAY, JUNE 4, 1973

★ If your birthday occurs this week . . .

. . . your ruling planet gives you strength, courage and boundless energy—traits that make for success. You have a tendency, however, to be aggressive—and quarrelsomeness. Try not to let these negative traits dominate your character. The opposite sex is openly impressed by your distinctive charisma.

Aries Mar. 21 - Apr. 19 Pluto ♇

You've probably learned that it's up to you to handle affairs without anyone's help. If there're times when you need help, welcome it. Buy new and more comfortable furnishings for your home. Don't cross an antagonistic person's path. Slight accidents possible. Check electrical appliances for defects.

Taurus Apr. 20 - May 20 Venus ♀

Beware of some problems which if not resolved immediately could compound themselves into major issues. Nip any brewing trouble in the bud. Be conservative and thrifty with your hard-earned cash. There's no need to hide your talents under a bushel. Just the week for visiting old haunts of yesterday.

Gemini May 21 - June 20 Mercury ☿

In your efforts to escape boredom you might be pushed into the arms of romance. If courtship is serious, discuss plans for the future. Those in the business world are definitely on your side now. Establish financial contacts—bankers, brokers and real estate operators. Let your personal duties come first.

Cancer June 21 - July 22 Moon ☾

New social contacts could open the possibility of an attractive offer. They could be lucrative as well as satisfying. Don't be coerced in making fast changes. Relax. Take the bitter with the sweet. A spot of good news could come as a welcome surprise. New hobby presents the chance for profit.

Leo July 23 - Aug. 22 Sun ☉

Skeletons in the closet may rattle. Don't air your family problems. You may decide and conclude and there's no cause to be ashamed of any family misdeeds. Showing startling may happen that will surprise you. Romance is unduly unfavorable now. Make an extra effort to charm and flatter.

Virgo Aug. 23 - Sept. 22 Mercury ☿

Delays and interruptions may annoy you, but you can hope for easy progress. Unsavory gossip is going on behind your back. Let it be known that you know about it. No need to force issues. You must play along for awhile. Be steady in your affections and loyalties. Keep your motives quite clear, however.

Libra Sept. 23 - Oct. 22 Venus ♀

Go ahead with your long-range plans. You're on the beam and with hit the target eventually. Spend frugally. Be thrifty and don't touch your savings. A joyful event could happen/Celebrate when the good news is received. Visit the neglected branches of your family-tree. You might learn something of value.

Scorpio Oct. 23 - Nov. 21 Mars ♂

Realize the problems that confront you and find out where you are going. You should have a purpose in life. Take inventory of personal belongings and discard what's no longer needed. The appearance of an old love may surprise and delight you. Tackle only what you can handle. Don't delegate authority.

Sagittarius Nov. 22 - Dec. 21 Jupiter ♃

Stay abreast of what's going on in your field. Keep yourself well informed An unexpected opportunity to make more money looms up. You can combine pleasure with business on a trip profitably. Aspects place happy emphasis on romance. Your sweetheart finds something novel with which to delight you.

Capricorn Dec. 22 - Jan. 19 Saturn ♄

Good luck is likely to come through generous associates rather than your own efforts. Winning confidence and good will should be one of your constant aims. Entertain friends. Prepare exotic dishes. Physical therapy treatments may be wise. An out-of-bounds direction is inadvisable.

Aquarius Jan. 20 - Feb. 18 Uranus ♅

Keep your standards on a professional and impersonal basis. There's no possibility of some jealousy at your place of work. Good period to take short trips. Revisit places you've known well in the past. Danger likely of a rival butting in. Try to keep people peaceful. Material in friendly remarks.

Pisces Feb. 19 - Mar. 20 Neptune ♆

There's good news of a financial nature for some. Sound investments are bound to pay off. You may lose interest in a hobby. If you take on another, be sure that it has profit potentials. Delightful period for parties, outings and trips. Socialize. Improve public relations. Mix around more.

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THE HOME GAME

by MARY FUREY CRYMES

ITALIAN HONEY — Historians say temptress Lucrezia Borgia may have had some odd habits, but she did have gorgeous skin. Her favorite beauty mask involved mixing an egg white with a tablespoon of honey and slathering over face and neck. Lucrezia rinsed with almond flower water, you can use tepid water just as well.

EGGS ON ICE — You can't freeze eggs in the shell, but you can freeze whole broken eggs, and/or separate whites and yolks up to a whole year. Put the required number of yolks for your favorite butter cake in a container and add a tablespoon of sugar for each cup. Use a teaspoon of salt for whites and yolks to be used in cooking dishes not sweetened.

UNDER EASY — Wear a sponge on a long-handled barbecue fork and dip in detergent water. Makes a great tool for cleaning under stoves, refrigerators and other hard to get at spots.

TEDDY BEAR WASH — Dry shampoo is a handy cleaner for kids' stuffed toys and animals. Rub the powder in, then brush with a stiff brush.

TUB-A-DUB — Is your bathtub stained around the drain with rust-colored deposits? Forget Ajax. Fill the bottom with water and add lots of household bleach. Soak overnight and toss in stained bathmats and pads.

GRAPE TRAPPE — Steep a few pounds of seedless white grapes and chill thoroughly. Come dinner time, toss with a cup of sour cream and half a cup of brown sugar. Serve in compotes with crisp sugar cookies.

POLISHED PERFECTION — Penny pinching gals have been making their own furniture polish for ages. A favorite is a mixture of equal parts of raw linseed oil and turpentine. These are hardware stage boys, as are the ingredients of another mix: a quart each of boiled linseed oil, turpentine and vinegar. Store homemade polish in an airy spot. Remember the secret of perfect polishing is a thin coat rubbed hard to a gleaming shine.

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Public Auction

Saturday, June 9 at 1 P.M.

Located on West Main St. for the Estate of the late Tom Lloyd.

Five room house, bath, large hall, back and front porch, gas floor furnace, large back lot, with garage and plenty of shade trees. This property is well located and walking distance of downtown. If you are looking for a home close in attend this sale.

PERSONAL PROPERTY

Two day beds, two iron beds, new hand bristle sweeper, two-piece living room suite, coffee tables, round mahogany table, upholstered living room chair, smoking stands, foot stool, floor lamps, Philco T.V., end table, yard chairs, electric cook stove, electric heater, Westinghouse refrigerator, kitchen table, G.E. sweeper, beds and bed clothing, glider, lawn mower, cabinet radio, two table radios, 11 piece cherry dining room suite, rugs, sewing machine, cabinet, dishes, cooking utensils.

ANTIQUES

Trunk, cot, rockers, dresser, two hall trees, two mantle clocks, kitchen chairs, oil lamps, sausage mill, picture frames, cherry candle holders, grinding stone, two brass lamps, old ice box, stone jars. Articles too numerous to mention.

Property will be shown by Agent.

Mrs. Mary Ruth Moore: Executrix *Look For Sign*

Roger Womack: Attorney

Earl Hamm Auctioneer — REAL ESTATE BROKER

Carlisle, Ky. Office Phone 289-5720

Home Phone 289-5320

Bob George, Cashier *Cliff Vice, Clerk*

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FOR SALE

FOR SALE: Aluminum siding, awnings, patio covers and carports. Free estimates. Financing available. Call Ward Shannon 484-2089 or 289-2015. 4-5-ltpd.

USED APPLIANCE & FURNITURE: two 21-inch color TV's; stereo; 8 electric ranges, 2 regrigerators, 1 upright and 1 chest freezer, 2 automatic washers, 2 wringer washers, 3 living room suites, 2 dinettes, 1 bedroom suite. Garrett's Furniture Co., phone 289-2308. 3-29-tfn.

FOR SALE: Two piece chair Converta couch set $69.00. Other styles to $139.00. Lerman Bros., Carlisle. 4-5-tfn.

FOR SALE: Charolais bulls from 7/8 to purebred, ready for services. Call 484-3482 or 484-8331. 5-17-3tchg.

FOR LEASE: Anyone wanting to lease 3658 pounds of tobacco contact Charles M. Cox, 289-2577. 5-31-1tchg.

FOR SALE: Ford tractor mower; 10 barrel water tank, good condition, Call Edgar Scott, 289-5627. 5-31-1tpd.

FOR SALE: Men's three-speed bike, like new. Recently had $20 fix-up job. With matching blue lock $40. Call 289-5594. 5-31-1tpd.

WANTED

WANTED: Registered nurse or licensed practical nurse interested in working part-time in the Emergency Room, 3 to 11 shift. Apply in person to Mrs. Cline, Bourbon County Hospital. 5-17-3tchg.

WANTED: Mature woman to do light house work. Desirable county home. Good wages. Call 724-3948. 5-31-1tpd.

WANTED: New good quality cattle hay delivered. Walter Kendall, 289-5214. 5-31-2tpd.

WANTED: Custodians and bus drivers. If interested, apply immediately at the office of the Nicholas County Board of Education. 5-31-2tchg.

FOR RENT

FOR RENT: Two bedroom apartment in duplex on Morgan Street. Phone 289-2036. 5-31-1tpd.

FOR RENT: Furnished housekeeping room. Bath, ample storage, utilities paid. James Hardin 289-2475. 5-31-1tpd.

NOTICE

NOTICE: Used furniture. See or call Billy Gaunce. Phone 289-2241. 5-24-8tchg.

NOTICE: Garage sale at R.J. Wesley house, Sycamore Hill and First Street. Hardware, Machinery, clothes, books, and other items. Saturday, June 2, 10 a.m. - 2 p.m. 5-31-1tchg.

CARD OF THANKS: A card of thanks to all our friends and neighbors, the Nicholas County Hospital staff and doctors. We would like to express our thanks and appreciation to each and everyone who so wonderfully helped us through the death of our beloved husband and devoted father, William Thomas Jolly. We also express our appreciation and thanks to the Mathers-Shearer Funeral Home and to Bro. Phillips who had such consoling words. Our prayers are that the Lord bless and keep you all. Mrs. Willie Jolly and Family. 5-31-1tpd.

CARD OF THANKS: I would like to say thanks to the nurses and especially Dr. Kingsolver who was so kind to me during my stay at Nicholas County Hospital. Mrs. Paul Day. 5-31-1tpd.

CARD OF THANKS: I want to thank Dr. Kingsolver and all the nursing staff for the wonderful kindness shown me while a patient in the Nicholas County Hospital. Also for prayers, gifts, cards and visits. May God bless every one. Ruth Simons. 5-31-1tchg.

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of William Edgar Allison, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Mae R. Allison, Executrix, of the estate of William Edgar Allison, deceased. Charles M. Cox, attorney. 5-17-3tpd.

ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Etta Anderson, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Estle Anderson, Route 4, Carlisle, Ky. 40311, Administrator, of the estate of Etta Anderson, deceased. Roger C. Womack, attorney. 5-31-3tpd.

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of Daniel W. Burden, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Catherine P. Burden, Executrix, of the estate of Daniel W. Burden, deceased. Charles M. Cox, attorney. 5-24-3tpd.

ADMINISTRATOR WITH WILL ANNEXED NOTICE

All persons knowing themselves to be indebted to the estate of Joseph F. Blount, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Edith Smith, Administrator with Will Annexed, of the estate of Joseph F. Blount, deceased. Charles M. Cox, attorney. 5-24-3tpd.

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of J. Edgar Freeland, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorneys) for payment. Willa K. Freeland, Executrix, of the estate of J. Edgar Freeland, deceased. Conley & Conley, attorneys. 5-24-3tpd.

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person caught trespassing in violation of this notice will be reported to the Sheriff and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife. Mrs. Clara McGohan, Route 1, Ewing, Ky.

Property of Virgil and Addie Ritchie, Route 32, Myers Station Road. 9-20-73

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Master Commissioner Sale

NICHOLAS CIRCUIT COURT

HESTER GRAY and JASON GRAY, her husband, et al. PLAINTIFFS

VS. NOTICE OF SALE

ARLIE GRAY, et al. DEFENDANTS

* * * * * * * * * * *

By virtue of a judgment and order of sale of the Nicholas Circuit Court entered in the above styled action on April 7, 1973, the undersigned Master Commissioner will on the 9th day of June, 1973, at or about the hour of 2:00 o'clock, P.M., at the Court House door, in Carlisle, Kentucky, offer for sale to the highest and best bidder, for cash or on a credit of six and twelve months from date of sale, the following described property:

"A certain tract or parcel of land, lying in Nicholas County, Kentucky, on the waters of Licking River and bounded and described as follows:

BEGINNING at a stone corner to dower timber tract; thence S 80 degrees E 35.40 poles to four sycamores in a cluster in Mrs. Gray's line; thence N 7 degrees E 31 poles to a stone corner to Gray; thence N 13 degrees E 4.40 poles to a stone in Gray's line and corner to Suretta Jolly's lot; thence N 83 degrees W 51.60 poles to a stone corner to Mrs. Mitchell's lot; thence S 13 degrees W 32.26 poles to the beginning, containing 11 acres and 1 rood."

This being the same property conveyed to T.H. Mitchell by Annie Gray, single, by deed dated April 6, 1929, and recorded in Deed Book 40, page 59, of the Nicholas County Court Clerk's Office; and by deed to T.H. Mitchell from Eva Gray, single, by deed dated April 6, 1929, and recorded in Deed Book 40, page 60, of the said Clerk's Office.

Upon the sale of the above described property, the purchase price will be payable in credit of six and twelve months equal installments from date of sale, and bearing interest at the rate of six (6) percent from date of sale until paid, for which deferred payments the purchases shall execute bonds payable to the Master Commissioner, with surety to be approved by said Commissioner. Said bonds shall have the force and effect of a judgment, and shall remain a lien on the property sold until fully paid. Upon approval of the sale, the purchases may pay cash if desired.

The purchaser of said property shall have immediate possession thereof, and shall pay all taxes thereon for the year 1973.

The Master Commissioner will report his action to the Court on June 23, 1973, and if no exceptions to the sale are filed prior to said date, the sale will then be approved and confirmed.

/s/ Joseph F. Conley

Joseph F. Conley

Master Commissioner

Nicholas Circuit Court

5-24-3tchg.

Sunnyside

By Mrs. Bessie Jackson

Arceious Williams of Cincinnati, Ohio was the breakfast guest of his in-laws, Mr. and Mrs. George Ledford, one morning last week.

Mr. and Mrs. Earl Buckler and children of Lexington were visiting over the weekend at Blue Licks Park and Mr. Bucker and son were callers Saturday afternoon on Mr. and Mrs. Sterling Jackson.

Mr. and Mrs. Haskal King of Mooreland were dinner guests of Mr. and Mrs. Sterling Jackson. Charles Minton was an afternoon guest.

Eugene Booth is out again after being on the sick list.

Miss Carrie Jackson of Milltown was a guest last weekend of her cousin, Mrs. Edna Hopkins, and friend, Mrs. G.H. Neal.

Mr. and Mrs. S.T. Minton went to Winchester Saturday to visit with Stanley Storey who is a patient at Clark County Hospital. Mr. Storey suffered a broken left leg Saturday morning while working on a job with Hinkle Contracting in Powell County.

My Neighbors

"But it's a lovely afternoon for an eight mile hike-up and down cleaning out the attic."

LP GAS

Bottle & Bulk Installations

Dependable Service

SOUTHERN STATES

Owingsville Petroleum Service

PHONE 674-6321 Owingsville

CALORIE COUNTDOWN

SUSAN DUFF'S

tasting at only 175 calories per serving!

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ICE CREAM TIME

Regardless of whether or not the climate changes where you live, the advent of spring has a special feeling to it which affects almost everyone. For us dieters, it is frequently a time of re-evaluating our figures and then frantically trying to trim off some of that winter weight in anticipation of the skimpier summer fashions. Spring dieting has become as much of a ritual as spring cleaning for many of us. And, wouldn't you know it, just when you're most determined to improve the shape you're in, the calorie temptations seem to become all the more irresistible. At springtime, ice cream, so easy to resist, it seemed until now) is everywhere.

But a start with the basics: regular ice cream (10 per cent fat) has about 255 calories per cup for most flavors. Specifically, the old standby flavors have the following exact counts: one cup of chocolate has 257; one cup of strawberry has 254; one cup of vanilla has 261. If you prefer the richer variety (16 per cent fat, usually called French ice cream), perhaps the calorie count will help you change your preference. One cup of this super-fat ice cream averages about 370 calories; more precisely, the chocolate has 375 and the vanilla has 371. You'd be doing your figure a favor by choosing ice milk whenever possible: one cup of most flavors of ice milk has 200 calories. For only 55 more calories, that's about as low as you can get on your dessert's calorie count.

Even if you've always thought it a dieting virtue to substitute ices and sherbets for ice cream, neither of these frozen confections is any lower in milk for lower calories. Orange and other ices average around 266 calories per cup; sherbet averages about 240 calories for each cup, with orange sherbet about the lowest in calories at 229 per cup.

If you like any of these cool seasonal delights coneil, add about 36 calories for each cone and about 45 calories for a sugar cone. And, speaking of cones, if you're a frozen custard fan and can't resist those drive-in spots, the chocolate custard cone will cost you 320 calories all told, and the vanilla, about 310. If you expect to appear on the beach in a bathing suit this summer, that's really too many. calories.

I've found that some of the most irresistible of the springtime temptations that seem to crop up everywhere are those ice cold, calorie-the-hand treats which are sold in the grocery store, drug store, by street vendors—almost anywhere you look. The calorie counts of some of these confections are not at all encouraging. Ice cream sandwiches have about 208 calories each; chocolate coated ice cream bars or pops average about 180 calories each (if they're made with ice milk, though, the count goes down to 144); the mint-flavored ice cream patties specialty item runs 127 calories each and fudgsicles contain 110. Take heart, however, if you like to cool off with one of those fruity ice pop specialties; they're only 70 calories each. And, the orange sherbet coated ice cream pops are a good compromise, running only 162 for ice cream—they're only 96 calories each.

Following is a tasty recipe for a fruity dessert that has that same satisfying texture as the more highly caloric frozen confections:

LIME 'N PINEAPPLE WHIP

Dissolve one package (3 ounces) of lime-flavored gelatin and ¼ cup sugar in one cup of boiling water. Drain the juice from one 1¼ ounce can of juice pack sliced pineapple. (Use only the juice; save the fruit for another specialty.) Add juice to gelatin mixture, then add one cup of plain yogurt (made from partially skimmed milk). Beat in the yogurt with a wire whip or mixer and chill the mixture until slightly thickened. Spoon it into four dessert glasses or a shallow serving bowl, top decoratively with the pineapple slices and chill until set. Deliciously rich

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★ A-100 LATEX HOUSE PAINT

For wood, masonary, stucco, shingles, brick. Can be brushed, rolled or sprayed. Dries in 30 minutes.

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"Your Prescription Our Specialty"

Columbia Gas of Kentucky, Inc.

By: /s/ I. L. Briscoe

Vice President

Notice is hereby given by Columbia Gas of Kentucky, Inc., a corporation with its principal office at Lexington, Fayette County, Kentucky, to the public, that pursuant to an Order dated the 27th day of April, 1973 of the Public Service Commission of Kentucky at Frankfort, Kentucky, in Case No. 5836, cancelling its present Tariff P.S.C. Ky. No. 9, cancelling its present Tariff P.S.C. Ky. No. 3, containing increased rates and charges proposed to become effective on and after June 1, 1973. By order issued April 30, 1973, in Case No. 5836, the Public Service Commission of Kentucky ordered that the proposed rates, charges and classifications be and they hereby are suspended and the application of the rates is deferred for a period of five (5) months on and after the 1st day of June, 1973. The Commission further ordered that a hearing be held thereon on the 10th day of June, 1973, at 9:00 a.m., Eastern Daylight Time, in the Commission's office in Frankfort, Kentucky. The following rates and charges are as follows:

General Gas Service

Rate Schedule GS-1

RATE

First 1 Mcf or less per month, or the minimum charge each billing month for each meter each month $2.50

Next 40 Mcf used through each meter each month - per Mcf .518

Next 50 Mcf used through each meter each month - per Mcf .518

Next 100 Mcf used through each meter each month - per Mcf .890

Next 800 Mcf used through each meter each month - per Mcf .870

All over 1,000 Mcf used through each meter each month - per Mcf .850

Firm and Interruptible Gas Service

Applicable in Ashland, Catlettsburg, Cynthiana, Foster, Frankfort, Fullerton, Georgetown, Greenup, Hindman, Ivel, Irvine, Lexington, Louisa, Maysville, Midway, Mt. Sterling, Paris, Raceland, Ramsdell, Russell, South Williamson, Versailles, Winchester, Worthington and rural communities and areas served by the Company in Bath, Bourbon, Boyd, Bracken, Carter, Clark, Clay, Estill, Fayette, Floyd, Franklin, Greenup, Harrison, Johnson, Knott, Lawrence, Lee, Lewis, Madison, Magoffin, Martin, Menifee, Montgomery, Morgan, Nicholas, Owsley, Pendleton, Pike, Powell, Robertson, Scott, and Woodford Counties, Kentucky.

Lower Air-Conditioning Rate

Rate Schedule AC-1

RATE

First 100 Mcf per month @ $.57 per Mcf

All over 100 Mcf per month @ $.52 per Mcf

Applicable throughout the entire territory served by Columbia Gas of Kentucky, Inc., as mentioned above under Rate Schedule GS-1.

Firm and Curtailable Gas Service - Optional

Rate Schedule FI-1

RATE

Daily Firm Volume

Demand Charge -- $5.00 per Mcf of the specified Daily Firm Volume, per month

Commodity Charge -- $.48 per Mcf of Daily Firm Volume of gas delivered hereunder each billing month

Daily Interruptible Volume -- $.36 per Mcf of Daily Interruptible Volume of gas delivered hereunder each billing month

The minimum monthly charge each billing month for gas delivered or the right of the Buyer to receive same shall be the greater of: (a) Eight hundred dollars ($800); or (b) The amount determined by applying the rates for the Firm Volume to a minimum monthly volume which shall be the product of fifty per cent (50%) times the specified Daily Firm Volume times thirty.

Applicable throughout the entire territory served by Columbia Gas of Kentucky, Inc., as mentioned above under Rate Schedule GS-1.

Firm and Interruptible Gas Service - Optional

Rate Schedule FI-2

RATE

Daily Firm Volume

Demand Charge -- $4.50 per Mcf of the specified Daily Firm Volume, per month

Commodity Charge -- $.43 per Mcf of Daily Firm Volume of gas delivered hereunder each billing month

Daily Interruptible Volume -- $.30 per Mcf of Daily Interruptible Volume of gas delivered hereunder each billing month

The minimum monthly charge each billing month for gas delivered or the right of the Buyer to receive same shall be the greater of: (a) Five hundred dollars ($500.00); or (b) The Demand Charge for the month plus the product of fifty per cent (50%) times the specified Daily Firm Volume times thirty times forty-three cents (43¢) per Mcf.

Applicable throughout the entire territory served by Columbia Gas of Kentucky, Inc., as mentioned above under Rate Schedule GS-1.

Interruptible Gas Service - Optional

Rate Schedule IS-1

RATE

Billing Months April Through November

$1.00 per Mcf for all volumes delivered each month up to and including the Average Monthly Winter Volume. The Average Monthly Winter Volume shall be one-fourth of the total delivery during the preceding billing months of December through March.

$.56 per Mcf for all volumes delivered each month in excess of the Average Monthly Winter Volume.

Billing Months December Through March

$1.00 per Mcf delivered.

The minimum monthly charge for gas delivered or tendered for delivery shall be the Demand Charge specified in the billing month for each of the billing months April through November that the Buyer contracts to take interruptible service hereunder, as defined, specified, however, that during any of such months the above rate applied to volumes tendered for delivery shall not be less than five hundred dollars ($500); then the minimum monthly charge shall be waived.

Applicable throughout the entire territory served by Columbia Gas of Kentucky, Inc., as mentioned above under Rate Schedule GS-1.

For all gas delivered each month - $.042 per Mcf.

Sales Agreement Monthly Charge: The monthly daily volume specified in the Sales Agreement multiplied by $.042 per Mcf.

Applicable throughout the entire territory served by Columbia Gas of Kentucky, Inc., as mentioned above under Rate Schedule GS-1.

P.S.C. Ky. No. 9, which contains the aforementioned rate schedules, will result in an increase in revenue to Columbia Gas of $1,274,168 annually.

Copies of Columbia Gas of Kentucky, Inc.'s Tariff P.S.C. Ky. No. 9 are available for inspection by the public during regular office hours at the offices and places of business of Columbia Gas in the territory affected thereby in Kentucky at the following places: Ashland, Catlettsburg, Frankfort, Georgetown, Irvine, Lexington, Louisa, Maysville, Mt. Sterling, Paris, Prestonsburg, Versailles, and Winchester.

Columbia Gas of Kentucky, Inc.

By: /s/ I. L. Briscoe

Vice President