

# Nursing Home news

The man who questions with facts is a fool.

Everything around looks so bright and cheerful. I'm not sure but I think the Candy Straps decorating the place.

Mr. "Billie" Weather's has been on the sick bed for a few days, but the came out in a beautiful pink robe, said was from her late husband's cousin who lives in Missouri.

Mrs. Dorothy Garret of Aberdeen, Ohio, visiting her mother, she came in about Andy and sister Mrs. Esther Swartz. Dorothy brought several of Mrs. Peirce's grandchildren along.

Mrs. Mollie was the niece one she had ever had, said all five of her children were present and 12 grandchildren. Her cake was too pretty to cut and big too. Said she got a new electric mixer, housecoat, the nicest birthday she ever had.

Anna Mae Gillipie's son, Gaylord, is holding a revival at Rose Hill Church. Heard several say they had been just 12 years old on her birthday, paper balloons.

Mrs. Frances Hickley's daughter, Jo, was attending school at Carlisle Elementary. She is in the sixth grade. We didn't ask Collier how he enjoyed it but she must have for he was kicking up his heels and laughing.

Mr. and Mrs. Harvey Harwick and daughter, Fay, of Lynchburg, Ohio came Sunday to enjoy their uncle and aunt, Mr. and Mrs. Ben Harwick. Said she used to be a neighbor to him. You say when they all lived on Case Run.

I have had pretty flowers in my room from the funeral of my closest neighbor, Mrs. Daisy Huddleston. When I look at them I think of "Miss Daisy's kindness

and her daughter Edna's kindness to me. I've often told Edna if she didn't go to heaven was no use in the rest of trying to get there.

A person can be refused unemployment benefits if he voluntarily quit, and the amount depends on the salary earned before unemployment.

The bureau points out that a claimant must be physically and mentally able to work in order to be eligible for benefit. It must also be available for work and make an effort to find employment. Registration with the Kentucky State Employment Service is mandatory. A claim must be filed for any week for which benefits are sought.

In order to collect full unemployment pay engaged in less than half-employment work.

SHIRKY STUFF — Nail-polish remover is handy to keep around for removing household clutter. Just dab it on with cotton; gummy residue disappears.

COOLER COUP — Foam-plastic ice chests from summer have lots of uses around the house of owners. They hold nesting, birdseed and Junco's toys. They go to the supermarket to keep meat and perishables cool on the return trip. And they're great for storing frozen, long-stored pieces. If you can't finish a pie, place a few cubes in a plastic bag and freeze it for a later date.

SPREADABLE BUTTER — Is obtainable even from rock hard stick. Take vegetable puree and peel carefully with a sharp knife.

PAINKILLER — Send postcard with your name, address, and zip code to HOME GAME care of this newspaper, or request free booklet, "How To Pain Kill," (c) 1973, McNaught Syndicate, Inc.)

# SUSAN DUFF'S CALORIE COUNTDOWN

**VITAMINS AND DIETING—PART II**

Another vitamin which we get from the Food and Drug Administration is Vitamin K. There are two of these vitamins, vitamin K1 and vitamin K2. Vitamin K1 is found in green leafy vegetables and is important for blood clotting. Vitamin K2 is found in animal products and is important for bone health. Doctors now say that the vitamin K1 can be used in connection with various blood disorders. Vitamin K2 is found naturally in milk and, even in pill form, it is not as dangerous because it is so quickly passed through our digestive systems.

The main difficulty in getting vitamins from our foods is that, as many consumers claim, prepared foods which we buy in grocery stores are often lacking in the proper vitamins and nutrients. Health experts attribute this problem to several factors, one of them being that Americans tend to overcook foods at too high temperatures. For optimum vitamin and nutrient value, fresh vegetables should be cooked just until tender and fresh meats should be cooked for longer periods of time at lower temperatures. This is particularly important to dieters who should try to make sure they are getting full nutritional and vitamin value from everything they eat.

Also, adding extra vitamins to packaged foods is not necessarily the answer. Nutritionists say that vitamins are useless unless combined with certain essential proteins and fats and, and are only truly effective when consumed in the foods which contain them naturally.

Even the man who first discovered vitamins in 1911 (a man named Casimir Funk) warned that eating foods rich in vitamins is far more important than consuming the vitamin out of its natural context. Since their discovery, vitamins have been the subject of medical controversy, now, at a time of their peak popularity, we are due for a review of the value of taking large amounts of vitamin pills.

Good dietiers know that eating proper meals eating foods which have maximum natural vitamin and mineral content is the way to go. We can still learn to do this. This should be necessary. Vitamin pills are fine in moderate quantities, but they should never ever be substituted for the foods we need.

**FREE BOOKLET OFFER:** If you would like to obtain a free booklet which explains very clearly how you can insure good nutrition while taking off excess pounds, send a few lines to Mrs. Susan Duff in care of this newspaper. This attractive 32-page booklet contains all sorts of valuable information for the nutrition-conscious dieter, including calorie tables, sample daily menu plans and lots of other new ideas for dieting. Be sure to include your name, full address and zip code on your postcard and please mention the title of the booklet, "Four Steps To Weight Control." Allow several weeks for delivery.

[© 1973, McNaught Syndicate, Inc.]

# THE HOME GAME

**STARKY STUFF** — When thickening cooking mixtures with corn starch, remember also to have a thinning agent on the thickener. Remove the pan from heat and stir in water, lemon juice, vinegar or cream.

**COOLER COUP** — Foam-plastic ice chests from summer have lots of uses around the house of owners. They hold nesting, birdseed and Junco's toys. They go to the supermarket to keep meat and perishables cool on the return trip. And they're great for storing frozen, long-stored pieces. If you can't finish a pie, place a few cubes in a plastic bag and freeze it for a later date.

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# IGA Will Not Be Undersold

(AND OF COURSE) . . . We Will Accept Any Coupon From Any Supermarket Ad Published In The Carlisle Area!!!

IGA Supermarket Ad showing various products like Yellow Corn Meal, IGA Shortening, IGA Whole Soft Tomatoes, and IGA Beans. Includes a coupon for a free booklet.

# Unemployment insurance problem for Ky. Bureau

The Kentucky Bureau of Social Insurance recently advised that insurance can be granted only if a person has worked previously, and the amount depends on the salary earned before unemployment.

The bureau points out that a claimant must be physically and mentally able to work in order to be eligible for benefit. It must also be available for work and make an effort to find employment. Registration with the Kentucky State Employment Service is mandatory. A claim must be filed for any week for which benefits are sought.

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# Saltwell

Mrs. Ronnie Gauce and children of Sunday spent Saturday night with Mr. and Mrs. Freddie Gauce.

Mr. and Mrs. Bobby Brady visited Mr. and Mrs. Stanley Gauce of Millersburg one night recently.

Mr. and Mrs. Roger Goodman and daughters, Paul and Angela, of Lexington were Friday night guests of Mr. and Mrs. Roy Snapp. Mr. and Mrs. Fred Holler were also visitors of the Snapps.

Mrs. Gladys Kenney spent Thursday night with Mrs. Pat Fisher in Carrollton.

Mr. Alberta Snapp returned home on Saturday after recent studies at Joseph Hospital, Lexington. Mrs. Dena Gray will be here for a few days. Other visitors on Sunday were Mr. and Mrs. Everett Snapp and Alma Mattos, Mrs. Linda Mathes, Mrs. Gladys Kenney, Tracey Hollar, Mr. and Mrs. Fred Holler, Mrs. Gladys Kenney.

Miss Lisa Doyle of near Cynthiaan spent the weekend with Mr. and Mrs. Deville Doyle. Mrs. Bobby Brady was also a Sunday guest.

Mrs. Fred Holler spent Friday with Mrs. Josie Gauce and Gladys Gauce of Paris. She also visited Mrs. Ida Martin in the afternoon.

Mr. and Mrs. Roy J. Snapp and Eddie of Cincinnati spent Sunday with Mr. and Mrs. E. Snapp.

Mr. and Mrs. Sterling Hollar spent Sunday with Harold Manright at Ft. Mahoney of Lexington.

Mrs. Jim Wilson spent Saturday and Sunday in Cincinnati where Mrs. Wilson was maid of honor at the wedding of Miss Janice Coffey and Boyd Percy at St. Johns United Church of Christ, on Saturday evening at 6 o'clock.

Mrs. Deville Doyle and Mrs. Bobby Brady visited Mr. and Mrs. A.J. Doye and family of Harrison county on Friday. W.T. Solomon of First United Church was Lay Speaker at the Headquarters Church. There were 78 present. He and Mrs. Soloman were Sunday dinner guests of Rev. and Mrs. Howard Livingston and family.

Mrs. Adelle Jolly has returned to her home from the Nicholas County Hospital.

# East Union

Mr. and Mrs. Adrin Scott were last Sunday visitors of his parents, Mr. and Mrs. Roy J. Snapp.

Jim Scott was a visitor of Mr. and Mrs. Worth Scott one day this week.

Mrs. Spencer Gauce had a visitor last Sunday her son, Harold Gauce of Carrollton.

Mrs. Ethel Hobbs, Steve and Towana Trussell were visitors of Dick Pruitt at the home of Mrs. Mabel Sexton on Nov. 6 at 7 p.m.

The business meeting was conducted by Mrs. Francis Wasson, president. Eight members answered roll calling their greatest blessing. Mrs. Eda Carter gave devotional using as her scripture a portion of Psalm 110. Her subject was "The Blessings of a Holy God."

Rev. Oscar Claypool was a visitor on Wednesday afternoon.

Mrs. Dora Hammond spent Sunday with her children. Mrs. Alice Vee St. Gary Robinson was a visitor of Steven Hobbs Saturday night.

Mr. and Mrs. Robert T. Trussell were visitors of Mr. and Mrs. Terry Trussell Saturday night.

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# \$2500 is yours for the asking.

If you're a high school graduate and can meet the challenge of the Army's Combat Arms trainees, you can earn a \$2500 bonus. Enlist for four years in Armor, Artillery or Infantry, complete basic and advanced individual training, and the \$2500 cash bonus is yours.

And the cash bonus is only part of the story. You'll start at \$326.10 a month basic pay before deductions. Then jump to \$583.30 in about four months. Add free meals, free housing, free medical and dental care, 30 days paid vacation each year, and other Army benefits, and you'll have an excellent total compensation package.

But your mind as well as your muscles. You'll have to prove yourself in both basic and advanced training. But then you'll be off to join a crack outfit in Europe, Hawaii, Panama, Alaska, Korea, or almost anywhere in the States, your choice of unit or location will be guaranteed, writing, before you enlist.

If you think you can make it in Armor, Artillery or Infantry — and earn a \$2500 cash bonus — see your nearest Army Representative.

**Today's Army wants to join you.**

**U. S. Army Recruiting Station**  
722 Main Street Phone 987-6812  
Paris, Ky. 40361

# Success in Marriage

**LIVING IN HOUSE OF DECREASED WIFE**

DEAR PROFESSOR WILLIAMS: My husband was married previously but he was widowed over two years ago. My problem is that he wants to live in the same house shared by him and myself. I don't want to do this but he is hurt his feelings. Why do you commiserate—J.H. Labelle, Fla.

PROFESSOR WILLIAMS: Would your husband want to remain in his particular house? If he has a large sum of money invested and would suffer a severe financial loss if he sold it, that would be one thing. If he wants to remain here because of sentimental reasons which will constantly serve to remind him of his deceased wife, this is something else.

It's better when two people get married where one has been married previously, for them to try to live and keep memories to a minimum as at previous spouses are concerned. Your husband should respect the memory of his first wife, but bring in an environment where they once lived, being surrounded on every side by the same things that were in the house, will still bring the memory of someone so much with the important thing is the happiness and welfare of his marriage. It may be necessary to move into another house, even in another section of town. If however, you go into your husband's house without resolving the problem, it could lead to much unhappiness later on. Talk it over with him, explain your feelings. Maybe he will be more understanding than you think.

**HOW TO GET A GUY'S ATTENTION**

DEAR PROFESSOR WILLIAMS: There's a certain boy at our school I'm crazy about but he doesn't seem to pay me any attention. How can I get him to notice me?—W.H., Boston

PROFESSOR WILLIAMS: Because you're a girl, it's more difficult to approach a guy than a guy approaching a girl, especially for a date. But there are ways you can make him aware of you and if he's interested, you will notice him and even ask him out. Do you know any of his friends who may be your friends? Does he have a sister with whom you could become friendly? Are you in any of his classes where you may sit near him so he'll notice you? When does he go to the library? To the snack shop? What club is he in at school?

Do a little detective work on his habits. Be around so he will notice you. If you know someone who knows him, express an interest in a very subtle and nonchalant way of course. Even though you're not too devoted and quiet, he'll be aware of you and if he's interested, you'll know it. If he doesn't, there are many others so don't be brokenhearted.

# Parks homemakers meet

The Parks Homemakers Club met at the home of Mrs. Mabel Sexton on Nov. 6 at 7 p.m.

The business meeting was conducted by Mrs. Francis Wasson, president. Eight members answered roll calling their greatest blessing. Mrs. Eda Carter gave devotional using as her scripture a portion of Psalm 110. Her subject was "The Blessings of a Holy God."

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Phone 289-2261

**LOSE YOUR FAT**

LOSE YOUR FAT MONEY BACK GUARANTEE! If you lose weight in 30 days, we'll give you \$50.00. If you don't, we'll give you \$5.00. No other restrictions. Change your life now! \$5.00 for 25 days and \$10.00 for 30 days. Free literature. Call today! 1-800-333-3333. No outside sales by franchisees.

Headquarters: 10100 E. Central Ave. #104

**With Top Value Stamps you can get more for your prescription dollar**

at "The Drug Store" that gives Top Value Stamps

**Top Value Stamps**

IGA Pure Black Pepper 4-oz. can 49¢

IGA Pure Black Pepper 1.5-oz. can 15¢

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**IGA DeLuxe Cake Mixes**

IGA Pure Black Pepper 4-oz. can 49¢

IGA Pure Black Pepper 1.5-oz. can 15¢

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**IGA Shortening**

IGA Pure Black Pepper 4-oz. can 49¢

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**IGA Soft Drinks**

IGA Pure Black Pepper 4-oz. can 49¢

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**IGA Sandwich Cookies**

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**Carlisle Drug Co.**

THE Rexall STORE

CARLISLE, KY.

**IGA Beans**

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**Here it is . . .**

**New 5% Plus Christmas Club**

Top interest paid on your KG Christmas Club — plus, a new exclusive — compounded daily interest.

Select your account now and begin making your weekly savings deposits November 12.

Open the amount you'll need next year for your holiday shopping and an end-of-the-year expense and watch your money multiply with interest plus — 5% compounded daily.

|                                |                |
|--------------------------------|----------------|
| \$1,000 plus interest for only | \$20.00 a week |
| 500.00 plus interest for only  | 10.00 a week   |
| 250.00 plus interest for only  | 5.00 a week    |
| 100.00 plus interest for only  | 2.00 a week    |
| 50.00 plus interest for only   | 1.00 a week    |
| 25.00 plus interest for only   | .50 a week     |

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**The First National Bank**

and Moorefield Branch

**KG KENTUCKY GROUP SERVICE**

Write TRAVEL, Dept. K4A  
Frankfort, Kentucky 40601

NAME \_\_\_\_\_  
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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_