

Kroger DISCOUNT plus TOP VALUE STAMPS!

Sirloin Steak U.S. Gov't Graded Choice **\$1.39** lb.

BURGER PRO 75% Fresh Beef and 25% Hydrated Vegetable Protein **69¢** 3-lb. more 1 lb.

Wiener Serves 'N' Save Skinless **59¢** 12-oz. pkg.

Ground Beef U.S. Interserved 100% All Beef **99¢** 5-lb. or more. Price varies.

Whole Rib Eye U.S. Gov't Graded Choice Boneless **\$2.19** 12-oz. pkg.

Cube Steaks U.S. Gov't Graded Choice Boneless **\$1.39** 3-lb. pkg.

Pork Roast U.S. Interserved 100% All Beef **69¢** 5-lb. or more. Price varies.

Sliced Bacon Country Style Store Package **\$1.19** 12-oz. pkg.

Mixed Fryer Parts U.S. Inspected Fresh Country Cut **49¢** 12-oz. pkg.

Lunch Meats Served 'N' Save 7 Varieties **\$1.09** 12-oz. pkg.

Spice Bologna Served 'N' Save **79¢** 12-oz. pkg.

Turbot Fillets Boneless White Fish **79¢** 12-oz. pkg.

Whiting Fish Fresh H.M.G. **39¢** 12-oz. pkg.

Frozen Key Bee Steaks **99¢** 12-oz. pkg.

T-Bone Steak U.S. Gov't Graded Choice **\$1.49** lb.

Turkeys Big Value 16 to 22 lb. Avg. **69¢** lb.

Beef Roast U.S. Gov't Graded Choice Boneless Boston Roll **\$1.19** lb.

Semi-Boneless Ham Whole **99¢** lb.

Forequarter **79¢** 10-lb. or more. Price varies.

Side of Beef **89¢** 10-lb. or more. Price varies.

Hindquarter **99¢** 10-lb. or more. Price varies.

Pepsi-Cola 8-oz. 16-oz. plus bottle deposit **8-10¢**

Nescafe Coffee Instant **99¢** 10-oz. jar.

Orange Juice Kroger Frozen 100% Pure Florida **6-99¢** 6-oz. cans.

Morton Pot Pies Chicken Turkey Beef **5-11¢** 6-oz. cans.

Margarine Max. Filiberto's Garden of Eatin' **3-11¢** 1-lb. pkg.

Bananas Golden-Ripe **10¢** lb.

Pineapple U.S. Gov't Graded Choice Sliced, Chilled **4-11¢** 15-oz. cans.

Green Beans School Day Cut **4-11¢** 17-oz. cans.

Carrots Fresh Young **2-29¢** 1-lb. bag.

Apples Florida 4-5 Size Washington Red or Golden Delicious **3-99¢** 1-lb. bag.

10¢ Off Inside the purchase of 2 Kroger Lunch Meat

Final Touch 3-lb. pkg. **59¢**

Liquid Detergent 32-oz. **39¢**

Black Pepper 16-oz. can. **\$1.49**

Kroger Coffee 1-lb. can. **89¢**

Yubi Yogurt 8 Flavors **39¢** 4-oz. cups.

Potatoes 3 2-lb. bags. **\$1**

Argo Peas 5 17-oz. cans. **\$1**

Fruit Grapes Florida 4-5 Size Pink or White Seedless **49¢** 10-oz. cans.

Grapefruit 3 2-lb. bags. **\$1**

Idaho Potatoes 5 17-oz. cans. **\$1.69**

Tangerines Florida 3-5 Size Zephyr Skin **6¢** 10-oz. cans.

Tangelos Delicious **99¢** 5-1/2 lb. bag.

Golden Yams 3-lb. **69¢**

2% Lowfat Milk Kroger Hi-No **65¢** 1/2-gal. can.

Biscuits Kroger Flaky Buttermilk **10-11¢** can of 6.

Sandwich Bread Kroger Giant **3-11¢** 24-oz. loaf.

Green Onions, Cucumbers, Green Peppers 10-oz. pkg. **49¢**

Liquid Detergent Kroger **69¢** 32-oz. can.

Pinto Beans Kroger **4-99¢** 1-lb. bag.

Ice Cream Kroger **99¢** 1/2-gal. can.

Lavoris 16-oz. **89¢**

Foamy Shave Cream 8-oz. **55¢**

Right Guard 4-oz. **59¢**

Kroger Jellies 4-oz. **\$1**

Buttermilk 1/2-gal. **65¢**

Cheddar Sticks 6-oz. **69¢**

Pinto Beans Kroger **4-99¢** 1-lb. bag.

Ice Cream Kroger **99¢** 1/2-gal. can.

Lavoris 16-oz. **89¢**

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Kroger Jellies 4-oz. **\$1**

Buttermilk 1/2-gal. **65¢**

Cheddar Sticks 6-oz. **69¢**

Cocktail Kroger Fruit **4-11¢** 12-oz. can.

Crest Regular or Mint Toothpaste **69¢** 4-oz. tube.

Special 4-Piece Measuring Cup Set **39¢**

Cocktail Kroger Fruit **4-11¢** 12-oz. can.

Crest Regular or Mint Toothpaste **69¢** 4-oz. tube.

Weekly Feature Set **\$1.99** 1-lb. pkg. **30¢** 1-lb. pkg. **\$1.69**

Pequot No-Ron Bed Sheets & Pillowcases **\$6.98** Value

Pequot No-Ron Double Size Flat Sheet **\$8.98** Value

Pequot No-Ron Double Size Fitted Sheet **\$8.98** Value



Cardinals in Snow

Gov. Wendell Ford was presented "Cardinals in Snow", Kentucky's state bird, by artist Earl Gibson. The painting, which hangs in the Governor's office in Frankfort, is valued at \$7,500. "The International Wildlife Series" is published in limited editions and each state is to be given a number printed of their state bird, the number selected by...

\$90,000 grant for handicapped announced

William M. Perkins, Executive Director of Lacking Valley C.P.D. and Virginia K. Jones, Head Start Director announce the approval of a \$90,000 grant for the handicapped. These federal funds will be used to provide special services for the handicapped children enrolled in Head Start in the eight counties served by Lacking Valley. Only three programs were funded to receive handicapped funds in Kentucky. Lacking Valley was the first grant signed off in the Region by L. Bryant Tucker, Assistant Regional Director in Atlanta. A transportation aide will be hired in...

Nicholas County TOBACCO FESTIVAL November 15, 1973 at the Carlisle Armory \$350 in Premiums Door Prizes--Refreshments--Entertainment

Exhibits entered - 8 A.M. to 1 P.M. Exhibits open to Public - 4 P.M. Youth judging Contest 2:00 P.M. Night Program - 7:30 to 9 P.M. Ira Massie - Speaker

Scouts add new badge

Scouts now have a new merit badge to earn. In addition to the more traditional badges in Camping, Cooking, and Hiking, Scouts can now earn the new Truck Transportation merit badge. The Boy Scouts of America and the American Trucking Association operated to make the new badge available to 2.5 million Scouts. It is the 118th merit badge subject that Scouts can elect to earn.

Premiums Provided By The Following Warehouses

CYNTHIANA, KENTUCKY LOCAL REPRESENTATIVE
Pepper-Peak-Florence & Fryman Warehouses E.V. Delaney
LeBus Tobacco Company, Inc. Bobby White
Wiglesworth Warehouses Co., Inc. George Giffin
Chester Ockerman

LEXINGTON, KENTUCKY
Virginia Avenue Tobacco Warehouse Mike Berry
Farmers Tobacco Warehouses Charles Ring
4th Street Tobacco Warehouse Edgar Allen Darrell
Lovell Livingood, Gilbert Hammonds Lovell Hollar

MT. STERLING, KENTUCKY
Clay Tobacco Warehouse Co. Denny Haney
Home Tobacco Warehouse Everett Duncan
Farmers Warehouse Joe Allen Stone

PARIS, KENTUCKY
Farmers Tobacco Warehouses Harold Letton
Paris Tobacco Warehouses Fred Whaley
Paris Independent Warehouses S. R. Barlow

EVERYONE WELCOME - FREE

THE CARLISLE (KY.) MERCURY, THURSDAY, NOVEMBER 8, 1973-1

MEDICINE CHEST
by H. BOSWELL YORK, R. PH.

GET YOUR \$ WORTH
BY SALLY AND JIM ADAMS

CUT YOUR MAILING COSTS: I

I take medicine for an ulcer (probosin). Can this cause dryness of the mouth? - L.D.

This drug and many others cause this condition. A safe method of stopping dryness is to suck on hard candy when it occurs. This will increase the amount of saliva and stop the dryness.

What is a good antacid for someone who has (1) cut medical help, (2) give citrus juice or diluted vinegar, (3) give one cup of white or two ounces of olive oil, (4) eat melon and watermelon.

Take a birth control pill. How much protection do I lose if I skip a pill or two? - Mrs. N.G.

Protection does not depend on two factors: (1) The type of pill you are taking and (2) when you missed taking them. A "sequential" pill loses considerable effectiveness the beginning of your cycle. A "combination" pill's critical days are during the middle of your cycle. Ask your physician or pharmacist which type you are taking, then keep in mind those "critical" days.

Can I deduct transportation costs as a medical expense when I make out my income tax report? - T.M.

Yes. You may deduct bus, taxi, train, or plane fares, or automobile fares. You may also deduct a standard mileage rate of 6 cents for each mile you use your car for medical purposes. There are rules regarding recording such mileage in your Medical Expense Record Book for 1973. Send \$1 plus two 8-cent stamps to me in care of this newspaper.

Send your questions concerning drug and prescriptions to McNaughten Clinic, in care of this newspaper.

(c) 1973, McNaughten Syndicate, Inc.

A Vignette: My wings have been clipped

By Harry D. Galbraith

My wings have been clipped, I am grounded. I live in a different world and I am lost. I am enclosed by brick and concrete blocks. No more do my feet tread upon the verdant turf with the good earth beneath. I now walk upon concrete with its sharp edges. I have a small walk which leads me to the crest of a small hill I can look to the east and west, north and south. I see the horizon which has a ways intrigued me, but did not pay much attention to until lately.

The horizon is the point where earth and sky seem to meet. We are born and live under the same sky, but no two of us shall ever attain the same horizon. To the southwest from my point of vantage, is the longest view to the horizon, caused by the lay of the land. A long ridge abundant with trees are picturesque to the eye. One tree magnificently stands out against the rest. Its top branches seem to be kissing the sky and as I let my eyes look to the heavens I see numerous clouds drifting beneath the blue and they remind me of marshmallows being toasted by the sun. This is real, and not make-believe. This is nature which was formed for men to walk upon the earth. The beauty and vicissitude can be had only for the asking. I wish I could travel to that one majestic tree and sit at its roots and enjoy its hovering branches and yet I know if I were prone to stand and look further onward I would find another horizon, and if I traveled I would find another. There could never be a termination. Where then is my horizon? Have I left it behind or is it yet to be discovered? Have I built a wall and sturdy road to my horizon, or have I left stumbling blocks for those who will follow in my footsteps?

I realize now that yesterday I will find my horizon and that I shall have to pass it by and across the great valley and then slide in eternity. I, therefore, will my horizon after my posterity and my friends so that they may seek it, find it, and have answered, but must seek before he finds and he must seek before the door is opened.

BEAT THE FUEL SHORTAGE
TRACK OVER DOORS, WINDOWS
Use the FLEX-O-GLASS
FLEX-O-GLASS is a new type of flexible plastic...
39¢

Doyle Mobile Homes, Inc.

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Big savings are waiting for you. We are serving factory dealers for Trueman, Park Estate, Windsor, Schell, Monarch, Ramco, Commodore, Academy, Nautica, Mandarino, and many other nationally advertised brands. Prices are low because we have no overhead. We do not wish to reveal many of our prices to our competitors during this time. We have a large mobile home to choose from. Come-see that quality costs less at Doyle's. Our homes are equipped with storm windows, and many other features. Mobile homes available in 14' wide, 2 bedroom - \$7,995.00. Also:

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- D: 45x12 2 bedroom total elec. fully carpeted - \$5,995.00
- E: Others down to - \$3,995.00

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