

## Senior Citizens Day held Thursday

The strains of old-time fiddling, sometimes catchy, sometimes melancholy, were heard in the Nicholas County Community Center last Thursday. The Senior Citizens Day guests responded with hand-clapping, bow-tapping, and an occasional nostalgic tear. Alfred Bailey of Flemingsburg, one of the State's premier fiddlers, donated his talents to help the Licking Valley C.A.P.'s "Meals on Wheels" Program. Oscar Russell of Maysville accompanied Mr. Bailey on the guitar.

Prior to the entertainment, the guests were treated to a meal of Swiss steak,

vegetables, and dessert. Dr. S. Evans Brown of the Carlisle Presbyterian Church offered the blessing. After the meal, Rev. McGowan of the C.M.E. Church led the devotional followed by a musical rendition of "The Lord's Prayer" by Mrs. Lucille Williams. Mrs. Ruby Truesell and John Whaley also sang hymns.

William M. Perkins, Executive Director of Licking Valley C.A.P., Inc., spoke to the group on the realignment plan. Mr. Perkins assured those present that money raised in Nicholas county for the program would remain in that county

after realignment. Dr. James Noll, Board Chairman of Licking Valley C.A.P., Inc., led the discussion on ways to improve the program. Mrs. Noll, representing the Carlisle Young Women's Club, presented the group with a check to help continue the program.

The Senior Citizens' Day was sponsored by Licking Valley C.A.P., Inc. and organized by Mrs. Roberta Prather, Nicholas County Community Organizer. Meals are served to Senior Citizens each Thursday at the Community Center on Archdeacon Street. Transportation can be arranged by calling 288-7172.

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**DUNCAN'S ELECTRICAL SHOP**



Oscar Russell of Maysville, left, and Alfred Bailey, Flemingsburg, played several lively tunes for guests attending the special day of fun, food and frolic for senior citizens at the Nicholas County Community Center on Archdeacon Thursday.—Mercury photo

## Crackdown is ordered on emergency stopping

FRANKFORT—State police have ordered a general crackdown on motorists and truckers found stopping in emergency lanes along the state's limited access highways.

Clinging a rise in the number of serious accidents caused by vehicles parked along toll roads and interstate highways, State Police Field Commander James H. Mayes said that troopers are being instructed to write traffic citations in any instance where such a violation is observed.

Only recently, three persons in a moving vehicle were killed when their car collided with a truck parked along a limited access road near Elizabethtown, he said.

In the past, said Mayes, troopers usually told the drivers of parked vehicles of the dangers involved and asked them to move on to the nearest rest area.

Now, those drivers are going to be ticketed," he said.

The only drivers who are likely to escape ticketing will be those who are forced to stop because of a "real emergency," such as mechanical difficulty, said Mayes. However, he also warned that the law permits the parking of a disabled vehicle for six hours only. After that, they will be towed away at the owner's expense, he said.

The new order also covers drivers who stop on entrance or exit ramps to any limited access highway.

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WHAT DID THE TURKEY SAY TO THE HAM?

Cheese-it... here come de HOLIDAYS!

## Mask those holiday leftovers with CHEESE!

**FOR MAIN MEALS**

**"TURKEY TROT"**

2 cups chopped turkey	4 tbsp butter
1 cup grated Cheddar	1 cup Worcestershire Sauce
1 cup green peas	1 tsp. dry mustard
1/2 slices bread	1 small can evaporated milk
1/2 cup thinly sliced water chestnuts	1/2 tsp. paprika
	2 tsp. chopped onion

Preheat oven to 350°. Trim crusts from bread, butter top side and slice. Gravel slice on bottom of lightly buttered 8 inch baking dish. Cover bread with alternate layers of chicken, peas, chestnuts and bread. Cook with remainder of ingredients. Bake lightly together 45 min. Simmer. Five minutes over covered and sprinkle with paprika. Let stand for 30 minutes, then bake for one hour until well browned. 6 servings.

**HAM-ON-THE-LAM**

1 lb. aged Cheddar	2 eggs
6 med. thin slices ham	1 cup Worcestershire Sauce
1 can (15 1/2 oz) tomato soup	1 tsp. dry mustard
1 small can evaporated milk	1 tsp. salt
1/2 cup milk	1/2 tsp. paprika
1/2 cup finely chopped onion	6 slices toast

Combine soup, milk and onion and bring to light simmer. Quickly add cheese and stir until melted. Remove from heat. Combine, beat, and add 2 egg whites and remainder of ingredients. Stir over low heat for 2 minutes. Whip 2 egg whites until stiff but not dry, and fold into hot mixture. Serve over toast and ham slices.

"CHEESE... IT GIVES YOU IDEAS!"

**FOR PARTIES**

**PUFFIN STUFFING**

2 cups ground or finely chopped turkey meat	1/2 cup ground or finely minced celery
1 lb. cream cheese or creamed Cheddar	1/2 cup ground nuts

Combine all ingredients and mix as stuffing for miniature puffins—use 1/2 inch 1" balls, fill in additional nuts, and serve on cocktail picks.

**HAM-N-CHEESE LOG**

1/2 lb. sharp Cheddar	1 cup finely minced ham
1/2 lb. blue cheese	1/2 cup capers
1/2 lb. salt cream cheese	can coloring

Set aside 1/4 lb. cream cheese. Blend remaining cheese with fork until smooth. Add and form into sausage-shaped log. Roll remainder of cream cheese and ice log. Sprinkle with capers.

**American Dairy Association**

## Senior Citizens Day CALORIE COUNTDOWN

SUSAN DUFF'S

**CEREALS FOR HIGH NUTRITION; LOW CALORIES**

Too many dieters unwisely think that skipping breakfast is a great way to skip calories. Not true. Studies at the medical college of a large midwestern university proved that weight control efforts were less successful when adults ignored the morning meal. Further investigations into the subject demonstrated that breakfast-skippers were less able to work efficiently, had difficulty making decisions, showed signs of physical irritability, tended to heightened nervousness, and had slower mental reactions. As a result of these findings, nutritionists now proclaim quite emphatically that adults must consume at least one-quarter of their daily nutritional requirements at breakfast time. Fortified cereals (almost all commercially sold cereals are now fortified, but check the label to be sure) can help you meet that nutritional requirement and, at the same time, you spend only one-quarter of your daily calories on a cereal-centered morning meal. In addition, cereals are inexpensive—4.5 cents per ounce on the average), considering the nutritional quality you're buying, and, perhaps just as importantly, the ready-made cereals to prepare in these sleepy hurried mornings.

Corn flakes are a good choice for the dieter at only 100 calories per cup; wheat flakes and bran flakes are a little more at 100 calories for each cup. If you like your bran flakes with lactaid with raisins, you'll get additional iron but also additional calories; bran flakes with raisins are 140 calories per cup. Oat flakes are a great source of protein. If you like them, but their calorie count is relatively high at 160 calories for one cup—that's still great nutrition to spend your calories on. Grape nut flakes are also good nutrition at 100 calories per cup. If you're a flakes fan, however, these special high-protein, mixed-grain flakes cereals are really terrific for the calorie counter: only 70 to 80 calories per cup according to brand and almost all the major cereal manufacturers make one of these special protein flakes cereals.

If you like your grains puffed, puffed wheat is calorically lower in the puff family at only 55 calories per cup; puffed rice has 60 calories per cup; and puffed oats have 100. One heaping tablespoon (about one-half a heaping cup) has only 90 calories. Rice crispies have 160 calories per cup and those dome-shaped hot puffs have 112 calories in each cup. Try to avoid, however, those concentrate, crunchy-little-mugger-type cereals which average around 400 calories per cup.

Cooked cereals are also relatively low in calories and high in nutritional value. Prepared with water, farina has only 100 calories; corn or hominy grits have 120 calories per cup; and cream of wheat has 120. Cooked oatmeal or rolled oats contain 130 calories per cup; and the highest protein count of all (5 grams per cup) is the puffed or sugar-coated cereals. In general, aren't really worth the 50 to 60 extra calories they add to your breakfast bowl. A whole tablespoon of your own white granulated sugar will only add 40 calories; brown sugar adds 68 calories for each packed tablespoon. Four sugars or half a cup of milk in the usual amount of your own cereal, so it's not that skin milk, add 40 calories; for partly skimmed, add 70 calories; and for whole milk, add 80 calories. If you really mean business about your diet, choose a cereal that's below 100 calories per cup; add half a cup of nondairy milk, and sprinkle a heaping spoonful of white sugar. With a glass of juice and a cup of coffee, that's a great low-cal, high nutrition way to start the day.

**FREE BOOKLET OFFER:** The Cereal Institute has just published a very interesting little booklet called "Balancing Nutritional Values of Food." The booklet offers sound nutritional information about the fortified cereals, which nutrients are contained in these cereals, and how to evaluate the label information on cereal boxes. To receive a free copy, send your name, full address and zip code to Susan Duff in care of this newspaper. Please print clearly. Allow several weeks for delivery.

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## Huddleston concerned about streambank erosion

Senator Walter Dew Huddleston has requested that the Army Corps of Engineers be authorized to conduct an "immediate evaluation" of streambank erosion along the Ohio River boundary of Kentucky.

Huddleston made the request in a letter to Senator Mike Cravall, chairman of the Senate Subcommittee on Water Resources which will begin drafting a public works authorization bill within the next few weeks. This bill will then go to the full Public Works Committee.

Huddleston said the evaluation should determine what bank protection projects could be undertaken to alleviate "a serious situation in which caving banks and erosion conditions are causing damage to homes and roads along the Ohio River."

Huddleston also urged the subcommittee to authorize establishment of Big South Fork National River and Recreation Area and the Camp Ground

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