Shown is Mrs. Martha Baker, Home Economist for Kentucky Utilities Company, demonstrating a micro-wave oven for the adult class "Cooking Capers", sponsored by the Nicholas County Home Economics Department. The oven was loaned by a Bourbon county farm store. A total of 20 women attended the first class. The next class will be Thursday, Oct. 4, at 7 p.m. at Coatney's ICA Store. Those having children may bring them to the second floor of the high school where baby sitters will be available. A door prize donated by the grocery will be given. All interested persons are urged to attend.

Getting ready to eat are from left, Sandra Cull, June Tincher and Vivian Richardson.

From left to right at the cooking class at Nicholas County High School are Mrs. Martha Baker, Merolyn Sams, Sylvia Ishmael and Eva Lee Rose.

Bluejackets fall to Wildcats 47-16

Submitted by Nicholas County High School

Nicholas County Bluejackets fell to the visiting Bath County Wildcats by a 47-16 score. The Nicholas County offense was shut out until the third quarter. Joe Ruddell hit Harold Massey for a 32 yard scoring strike. Roy Fryman ran for the extra points. Joe Wilson scored from three yards out and Ruddell hit Massey for the extra points. Coach Paul Hampton's young squad continue to show improvement and "never-say-die" as they were on the one-yard line when the game ended. Harold Massey continues to lead the team on defense with his sterling play. He garnered 12 tackles while Roy Fryman and Joe Wilson had eight followed by Kenneth Smoot's seven tackles. Another indication of the alert Bluejacket defense occurred when J.B. Ritchie picked up a touchdown in last week's Paris game when he picked up a Paris fumble and ran it in from the seven. The Bluejackets travel to Owen County Friday night!

Nicholas County 14, 21, 6, 6, 47.

Bath County	0, 0, 8, 8, 16.	N.C.	B.C.
First Downs	10	9	
Rushing Yardage	145	232	
Passing Yardage	125	113	
Passes Compl.-Att.	6-15	2-7	
Fumbles-Rec.	1-1	1-1	
Punts	4	0	

In service

Marine Pvt. Jack A. Sexton, son of Mrs. Opal Hamilton of Route 1, Carlisle is participating in a NATO amphibious training exercise named "Deep Furrow." Activities include naval maneuvers, a multi-nation amphibious landing and air support operations. The annual exercise, being held in the Eastern Mediterranean, includes units from the U.S., Greece, Turkey, Italy and the United Kingdom.

A former student of Nicholas County High School, Carlisle, he joined the Marine Corps in January 1972.

Ritchie's Second Hand Store on Dorsey Ave.

Open 4 to 6 p.m. Monday thru Friday. 10 to 4 p.m. Saturday.

Lots of used clothing for men, women and children.

Carlisle, Ky.

Bourbon DRIVE-IN Theatre

At 8 p.m. Fri.-Sat.

An R-Rated Crime Drama Starring Robert Mitchum

"The Friends of Eddie Coyle"

At 10 P.M.

Ron O'Neal in

"Super Fly T.N.T."

During game

These are scenes of the Bath County—Nicholas County game played Friday night at Nicholas County High School ball field. Nicholas County, coached by Paul Hampton, was soundly defeated 47 to 16. Bath County coach, Ben Pumphrey, is a Carlisle resident. [Pictures compliments of Bath County Outlook.]

Estate Auction

Sat., Oct. 20, at 10 A.M.

3 Farms

For the Estate of the late H.S. Vice. This sale will be held 4 miles from Carlisle on the Moorefield Road at Tract No. 1., the Home place of Mr. Vice.

Tract No. 1, 20 acres, 5-room house with bath, 3-bent barn, other necessary out buildings, watered by pond, cistern and county water line. This is one of the best little farms in the county. Is level with good fencing, plenty of grass. 1973 tobacco base 970 lbs.

Tract No. 2, located about four miles from Moorefield and three miles from Bethel on Bethel Road. Farm has 60 acres with a good 6-room house with bath, 6-bent barn, and other out buildings, watered by pond and cistern. Is clean. All in grass and hay. Has fair fencing. 1973 tobacco base 3138 lbs.

Tract No. 3, located on the Bethel Road in Bath county. Has 67 acres, 4-bent barn, about 6 acres of bottom land, fair fencing, plenty of water and grass. 1973 tobacco base 3195 lbs.

If you are looking for small farms that will produce with the best come to this sale.

Property will be shown by Paul Vice or the agent.

J.Dryden Colliver, Administrator, C.T.A.

Attorneys Womack and Budden

Immediately after farm sale we will sell 20 shares of Deposit Bank stock.

Earl Hamm Auctioneer — REAL ESTATE BROKER
Carlisle, Ky. Office Phone 289-5720
Home Phone 289-5320
Bob George, Cashier — Cliff Vice, Clerk

LOOK FOR SIGNS

And, don't forget all 3 tracts will be sold at Tract 1.

Public AUCTION

Sat., Oct. 6, at 1 P.M.

Located on West Main Street

Hotpoint deep freeze, Hotpoint refrigerator, Frigidaire electric stove, dinette set and four chairs, old kitchen cabinet, Warm Morning gas stove, two dish cabinets [one with glass doors], dishes and cooking utensils, three-piece bedroom suite [walnut veneer], cedar chest, cedar wardrobe, veneer wardrobe, odd tables, Electrolux sweeper [like new], G.E. floor polisher and scrubber, mantle clock, White sewing machine, leather living room suite, maple end tables and coffee tables, corner whatnot, hanging whatnot, half bed [like new], old pictures, antique bowl, plates, vases, bed clothes, porch glider and chairs, three rugs, radio, window fan, two rocking chairs, lamps, wicker rocker, drop-leaf table, trunk. Other articles too numerous to mention.

Owner - Mrs. John W. Sargent

Earl Hamm Auctioneer — REAL ESTATE BROKER
Carlisle, Ky. Office Phone 289-5720
Home Phone 289-5320
Robert George, Cashier — Cliff Vice, Clerk

Hospital notes

Sept. 18 to Sept. 25. Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m.

ADMITTED: Spencer Gaunce, Betty Jones, Ben Wagoner, Maggie Howard, Anna D. Crockett, Nannebeth Griffith; John Fryman, Herman Lee Shannon, Charles Kenneth Hobbs, Ina Blair Alexander, Nancy Lyons, Wisby Ann Anderson, Ray Hamilton, Myrtle Peck, Cathy Herrington, Bessie George, Edna C. Smith, Carlisle; Mrs. Robbie Linville, Brooksville; Jannie B. Herndon, Christine Gray, Elizabeth Clarine Mitchell, Bonnie Jane Campbell, Ewing; Joyce Jones, Sharpsburg; Margie Bailey, Millersburg; Paul Haddix, Falmouth; Betty Ann Linville, Allie Hughes, Mt. Olivet; Phyllis King, Bethel; Ray V. Anderson, Owingsville; Helen Jane Williams, Cynthiana; Helen Rose Blake, Paris.

DISMISSED: John A. Richards, Justice Barbee, Catherine Tedder, Joan Fryman, Addie Jolly, Betty Jones, Beulah Huddleson, Anna D. Crockett, Etta Lawrence, Carlisle; Austin Dodge, David Wilcoxson, Deana Mitchell, Mae Gray, Jannie B. Herndon, Elizabeth Clarine Mitchell, Christine Gray, Ewing; Patricia Planck, Moorefield; Geneva Clemons, Joyce Jones and baby girl, Sharpsburg; Sarah Henry Bell, Myrtle Paris, Millersburg; Paul Haddix, Falmouth; Helen Jane Williams, Cynthiana, Eva D. Faulkner, Flemingsburg; John W. Leggett, Paris; Betty Ann Linville and baby girl, Mt. Olivet.

Deed recorded

Richard E. Cain and wife, James L. Butler and wife, 81 acres more or less near Headquarters to A. Denver Kirby and wife.

W.R. Buntin Jr. and wife, building on Elm Street to Omar Leet and wife.

R.P. Alexander and wife, 2 lots in Alexander Subdivision to Johnny Fuller and wife.

Marion Vice and wife, house and lot on Sharpsburg Road to Sammie A. Dailey and wife.

Russell H. Weaver and wife, two lots in Lake Carnico Estates to Cecil C. Murray and wife.

Luther Buckler and wife, one-half interest in lot on Dorsey Avenue to Clarence Walton.

Nicholas County Development Corp, lot No. 44 Section A Lake Carnico Estates to John T. Jackson, Dwaine K. Green.

Mike R. Berry and wife, house and lot on West Main to Scotty Fryman and wife.

Nicholas County Development Corp., two lots Lake Carnico Estates to Mary Powell.

Elmer Dampier and wife, house and lot Robin Lane to Carl C. Steele and wife.

R.P. Alexander and wife, lot on Highway 32 to Elwood Cox and wife.

Nell Craycraft et al, house and lot Locust St. to George Vaughn and wife.

Loyd and Euna Evans heirs, house and lot Emmert Drive to Edith O. Smith.

R.L. Talbert and wife, house and lot on Mulberry Street to Samuel E. Smith.

John T. Hamilton and wife, 4.816 acres on Pleasant Springs Road to Robert Chansior and wife.

BLACK WALNUTS

The 100% Profit Crop

$5.00 Hundred Lbs.

Guaranteed Market

Bring Your Walnuts With Hulls On To

Ockerman Used Cars

3 Miles North of Stop Light

PHONE 247-2341 — Sharpsburg, Ky.

Homeowners Specials — LUMBER and BUILDING SUPPLIES

You Can Go Farther but You Can't Buy Better

"The People We Sell Building Materials To Are Our Best References."

Ratliff Bros. Co.

Phone 289-5257 — Carlisle, Ky.

Money 'Does' Grow On Trees

BLACK WALNUTS

Will Start Buying October 1

The 100% Profit Crop

Paying Top Prices

After Hulling on Hammons Huller

No Charge For Hulling

Wells Produce

Carlisle, Kentucky

Classified ads get the job done

FOR SALE

FOR SALE: Five room house with bath. Call 289-5895. 9-20-4tpd.

FOR SALE: Aluminum siding, patio covers, awnings and carports. Free estimates, financing available. Call Ward Shannon, 484-2089. 9-27-10tpd.

FOR SALE: Two lots. Sell one or both. Lake Carnico. Will finance. Call Cynthiana 234-3235 or write P.O. Box 186, Cynthiana, Ky. 41031. 9-27-3tpd.

FOR SALE: After Oct. 7. Cover crop wheat. James Lowe, phone 289-2985. 10-4-2tpd.

FOR RENT

FOR RENT: Sleeping room for lady. Phone 289-2656. 10-4-1tpd.

FOR RENT: Store room on Broadway between Garrett's Restaurant and Hartley's Pool Hall. Marguerite Graeter. 10-4-1tpd.

FOR RENT: Two-room apartment downstairs. Close in for reliable, elderly or working lady. Call 289-5408. 10-4-1tpd.

NOTICE

NOTICE: Mitchell's Coal Yard. $17 per ton in truck load lots. Phone 289-5316 at Mitchell's Grocery. 8-2-tfn.

USED APPLIANCES: Repossessed matching avacado refrigerator, electric stove and sink; also seven used ranges, two refrigerators, two automatic washers, three automatic dryers, two wringer washers, one 5000 B.T.U. air conditioner, four living room suites, one bedroom suite, two dinettes, 21-inch color TV, all used. See at Garrett's Furniture Co., Main Street, phone 289-2308. 9-20-tfn.

NOTICE: Antiques, glassware, junk and so forth. Open 6 a.m. to 10 p.m. daily. Your business appreciated. Look for sign. Cassidy Creek Road. Gilbert Shrout. 10-4-tfn.

NOTICE: I am still working Thursday, Friday, Saturday at E-Dell Beauty Salon. For appointment call 289-0924. Cordelia Smith. 9-13-tfn.

ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Ira Gilley, 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. Fansy H. Gilley, Route 2, Carlisle, Ky., Administratrix, of the estate of Ira Gilley, deceased. Womack and Budden, attorneys. 9-20-3tpd.

ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Sallye A. Ross, 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. Virginia R. Martin, Administratrix, of the estate of Sallye A. Ross, deceased. Charles M. Cox, attorney. 10-4-3tpd.

ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Lula Earlywine, 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. Audrey Earlywine, Route 1, Ewing, Ky., Administrator, of the estate of Lula Earlywine, deceased. Womack and Budden, attorneys. 10-4-3tpd.

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of Spencer Gaunce, 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. Lillian Gaunce, Executrix, of the estate of Spencer Gaunce, deceased. Charles M. Cox, attorney. 10-4-3tpd.

LEGAL NOTICE

Pursuant to the provisions of Chapter 337 of the Kentucky Revised Statutes, I, or my authorized agent, will on October 18, 1973, commencing on or about 2:00 P.M. (EDT), in the Little Courtroom, Courthouse, Carlisle, Kentucky, hold a hearing to consider a revision of the prevailing wage determination for laborers, workmen, mechanics, helpers, and apprentices engaged in building; highway (not advertised or awarded by the Department of Transportation); or heavy construction of public works projects. Evidence relating to fringe benefits provided through irrevocable agreements between employers and employees shall be considered in establishing a prevailing rate of contribution for the same. All interested persons and public authorities are invited to attend to present evidence and give testimony pertaining to the prevailing wage rates in Nicholas County, Kentucky.

James R. Yocum, Commissioner
Kentucky Department of Labor
10-4-1tchg.

NOTICE

All gas and water bills are due within ten days after postmarked. After that time they are past due. Any bill that is not paid in full on or before the 25th of any month the services will be discontinued. The City Office is open until 12:00 noon on Saturdays.

John R. Chanslor
City Clerk
10-4-1tchg.

CARD OF THANKS: We would like to take this opportunity to thank everyone for their kindness in the death of Pvt. Teddy Lee Dale. We especially want to thank the Marine Corps, Mathers-Shearer Funeral Home, Rev. Frank Simons and relatives and friends who sent flowers. Sincerely, Dale family. 10-4-1tpd.

CARD OF THANKS: I just want to say a word of thanks, praise and gratitude to each of my friends. Thank God for friends like you. There are no others like you to me. I thank God for your loving care. Mrs. Guy Neal. 10-4-1tpd.

NOTICE: Yard sale. Children's clothes, green glass jars and miscellaneous items. Myers, six miles from Carlisle. 10-4-1tpd.

NOTICE: Will sell chicken and roast beef dinners. Also homemade pie. In basement of C.M.E. Church. Sunday, Oct. 7. Sara McGuffey. 10-4-1tpd.

WANTED

WANTED: Would like babysitting in my home. Prefer age three years or older. See Charlotte Snapp, Dorsey Avenue. 10-4-1tpd.

WANTED: Will do babysitting in my home. Phone 289-5916. Mrs. Aileen Samples, 434 Sycamore. 10-4-2tpd.

LOST

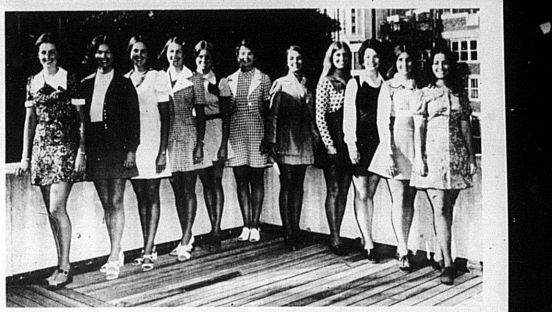
LOST: Strayed from farm in Stoney Creek Section red and white face cow. See Paul Tincher, 289-5618. 10-4-2tpd.

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, Property of Virgil and Addie Ritchie, Route 32, Myers Station Road. 9-20-7t

O.L. Hollar estate, Route 4, Carlisle, Ky. 12-21-73



One will be queen

The 11 finalists in Morehead State University's Homecoming Queen competition have been nominated by the MSU student body. The queen and her court will be announced Friday, Oct. 5, at the Homecoming Dance. Finalists, from left, are Debbie Tibbs, Covington senior; Debbie Plummer, Zenia, Ohio, senior; Donna Small, Louisville junior; Kenda Lee, Lamar, Mo., senior; Cindy Corbin, Heath, Ohio, junior; Marsha Griffith, Greenup senior; Brenda Barlow, Coal Grove, Ohio, sophomore; Cathy Kearns, Russill senior; Dyan Kellogg, Gates Mills, Ohio senior; Rhonda Cooper, Cynthiana senior; and Louise Venettozzi, Morehead sophomore.

Saltwell

by Mrs. Fred Hollar

Mrs. Pearlie Morris and Mrs. Swinford Cordray of Harrison county were Thursday dinner guests of Mr. and Mrs. Freddie Gaunce. They also visited Mrs. Fred Hollar and W.C. Mattox in the afternoon.

Mr. and Mrs. Richard Cain of Lugoff, S.C. spent the week with Mr. and Mrs. Larry Woosley and children of Carlisle and Mr. and Mrs. Dickie Cain and family.

Rev. and Mrs. Thomas Gaunce had as visitors during the week Mrs. Nancy Price and daughter, Vicki Boone and Mrs. Evelyn Osborne of Helena, Rev. J.H. Ritchie, Mrs. Delores Green and Kevin, Mrs. Dena Green, Rev. Tommy Fryman, Cynthiana, Raymond Ritchie, Roy Snapp, Fred Hollar and Gladys Kenney.

Mr. and Mrs. E.V. Delaney spent Sunday with Mr. and Mrs. James Snapp and children of Carlisle.

Miss Nyiri Price entered Nicholas County Hospital on Friday for treatment and remains a patient at this writing.

Mr. and Mrs. Raymond Kennedy and Dana and Penny Blakeman of Lexington spent Sunday with Martha and Daley Kennedy.

Mrs. Dickie Grimes and Deanna, and Mrs. E.R. Price spent Saturday night and Sunday with Mrs. Ida Mae Ham of Cincinnati, Ohio.

Don't forget the Headquarters revival which is in progress this week and next week. Services each evening at 7:30 with Rev. Allen Moran of Science Hill as evangelist and special singing each evening. Rev. Howard Livingood is pastor.

Donald Stone, Mrs. Gary Hollar and Fred Hollar accompanied Tracey Hollar to Lexington on Thursday to consult with a doctor at St. Joseph Hospital and receive treatment for a deep cut she received a week earlier on her upper lip. She is much improved at this writing.

Our community was deeply grieved by the passing of one of our elderly citizens at Nicholas County Hospital on Wednesday. Herman Shannon was loved by all who knew him and sympathy is extended to his family at this time.

Rev. and Mrs. Thomas Gaunce spent the weekend with Mr. and Mrs. Shelly Gaunce of Versailles. Rev. Gaunce entered St. Joseph Hospital on Sunday for treatment.

Mrs. Gladys Kenney visited Mrs. Sue Massie at Barrville one evening the past week, also Mrs. Ida Martin of Paris.

Harold Mattox of Lexington spent Sunday and Monday with Mr. and Mrs. Sterling Hollar.

Mrs. Donna Galbraith and Mrs. Debbie Hollar and Tracey were in Lexington on Saturday.

Rev. J.H. Ritchie entered Good Samaritan Hospital, Lexington on Sunday afternoon where he will undergo surgery later.

Mr. and Mrs. Fritz Gaunce spent the weekend with Mr. and Mrs. Donnie Gaunce and children of Ft. Thomas.

Mrs. J.K. Maffett entered Bourbon County Hospital during the week for treatment.

Mr. and Mrs. Oren R. Gaffin of Versailles and Miss Frances Barlow were at Natural Bridge on Sunday honoring the birthday of Miss Barlow.

Our community extends sympathy to Mrs. E.P. Laughin in the passing of her sister, Mrs. Insko, the past week. Funeral and burial were in Millersburg Sunday afternoon.

Mrs. John Glump returned home Thursday from Nicholas County Hospital. Her condition is about the same.

Write Your Own

WANT AD

Order It By Mail

Compose your own want ad and order it by mail. All want ads 7¢ per word insertion, $1 minimum charge. All want ads payable in advance.

ORDER FORM

FILL IN SEND TO — The Carlisle Mercury, Box 272, Carlisle Ky. 40311
Amount Enclosed $_____

In counting words, any group of figures (such as phone or route numbers) count as one word. Each abbreviation counts as one word (you don't save money by abbreviating) and you make your ad harder to read.

THE HOME GAME

by MARY FUREY CRYMES

SWISS SOUP — Serving the same old tomato soup for lunch? Dress it up with leftover Swiss cheese. Pour soup into ovenproof bowls, top with toasted rye rounds. Sprinkle cheese liberally and bake until it's melted.

EGG SAFE — Egg whites can be stored in the refrigerator for as long as two weeks in covered containers. To store yolks, cover them with water, but use after two or three days. Combine the two and make puffy omelets to serve as dinner entrees.

PAINT POINTERS — When painting rooms, doors or window frames, do the corners and edges first. If using a roller on the large, flat areas, make the first stroke an "up" stroke. Excess paint spreads on the wall rather than running down the surface.

BLIND BEAUTY — Keep venetian blinds shiny with a cleaner-type wax. Do one slat at a time, wiping both sides to remove loosened soil the wax has brought out. Roll blind from the bottom for easy, quick hanging.

SHRIMP A LA FOWL — Glorify chicken with canned cream of shrimp soup. Brown chicken, drain off fat. Cover parts with undiluted soup, steam and simmer until chicken is tender. Add a can of mushroom slices to make a party dish in no time at all.

FOOT BALM — Sore, weatherbeaten feet respond to the petroleum jelly treatment. Once a week, smooth on the jelly before retiring. Wear socks to protect sheets. Calluses and hard spots should soften after a couple of weeks.

GREASE GONE — Try washing soda to remove greasy spots from wash and wear fabrics. Soak the spot overnight in a solution of two tablespoons of soda to a cup of water. Launder with mild detergent.

MINERAL MAGIC — Stainless steel pots, pans and bowls take to a mineral-oil shine. Keep a bottle of the inexpensive oil to polish the steel to a glowing shine. Rub it on stainless flatware and polish this with a soft cloth;

((c) 1973, McNaught Syndicate, Inc.)

Harrison RECC presented award

Harrison Rural Electric Cooperative Corporation of Cynthiana, was recently presented the National Safety Accreditation Award at the Annual Meeting of Kentucky's Rural Electric Cooperatives in Louisville, Sept. 13-14.

The award is the highest award that can be given for safety in operation, procedures and promotional practices of rural electric cooperatives throughout the Nation.

The purpose of the award, W.O. Penn, manager, noted is to create an awareness of the importance of safety in the directors, employees and members of the system.

To be eligible for the award Harrison Rural Electric Cooperative underwent a series of rigid inspections of the entire utility. These inspections and day-to-day safety procedures are designed to save lives and prevent disabling accidents by all employees.

Harrison Rural Electric Cooperative was one of eight cooperatives throughout the state receiving the award.

SUSAN DUFF'S CALORIE COUNTDOWN

BEHAVIOR CONTROL DIETING

When Earl Ubell, the author of a recent book entitled "How To Save Your Life," needed to shed pounds he took the advice of a leading diet expert, Dr. Norman Jolliffe, head of the Nutrition Bureau of New York City's Department of Health. Dr. Jolliffe's basic dieting concepts involve a calorie-counting regimen based on the personal tastes of the dieter—a plan designed to take off weight slowly, steadily and permanently. But, Mr. Ubell still had a hard time taking off his 30-odd extra pounds and didn't find that strong willpower was enough to dissuade him from his cravings for rich fattening foods. Consequently, he developed his own substitute for willpower and called his concept "behavior-control."

Essentially, this behavior-control method is based on the psychologist B.F. Skinner's theories about reward and punishment. Simply phrased, the idea is for the dieter to use his or her mind to reward resisting temptation and punish giving in to temptation. But, how does one actually use the mind for rewarding and punishing good and bad eating habits?

For Ubell, it was relatively simple. An overweight member of the family had died at an early age (only 45) of a heart condition which had been caused and aggravated by overweight. Thus, whenever Mr. Ubell was tempted by cheesecake or fat-laden pastrami, he forced his mind to conjure up a very clear image of his deceased relative's corpulent face. You can imagine that this was pretty severe punishment and it worked to absolutely, totally deter Ubell from giving in to his cravings.

Then, after resisting the cheesecake or pastrami, Earl Ubell would select instead a nice crisp salad or mound of cottage cheese festooned with fresh fruit. To reward such virtuous dieting behavior, he would then very vividly imagine something very pleasant (an upcoming vacation trip, a day to be spent with his small child).

In effect he trained his mind to perform these thought mechanisms of rewarding or punishing images automatically according to his good and bad dieting behavior. The method proved so effective for him, in fact, that he no longer needed to count calories. The sight or smell of fattening foods immediately triggered off in his mind a frightening or ugly (punishment) thought; and, nutritious low-calorie foods automatically instilled pleasant (rewarding) thoughts in his mind.

Now, it's not all that easy to train your mind to work for your diet as well as Earl Ubell did, but his method could certainly help your calorie-counting efforts. Plan ahead what your punishing thought and your rewarding thought will be. Make your punishment image something which really revolts you about being fat—it need not be as gruesome as imagining the death of an overweight loved one, but might involve your own physical appearance. As Earl Ubell suggests, each dieter should make these images intensely personal and vividly clear (practice flashing them across your mind) so that your good and bad eating habits will automatically trigger the right mental response. Behavior-control dieting might not ever save you entirely from the tedium of counting each calorie you eat, but it just might be a tremendous help to the dieter in a slump who needs a new angle.

((c) 1973, McNaught Syndicate, Inc.)

Newspaper Week October 7 - 13

Tom Anderson speaker Oct. 12

Tom Anderson of Pigeon Forge, Tenn., National Chairman of the American Party, will be the featured speaker at a party fund-raising dinner to be held at 7:00 p.m. Friday, Oct. 12, at the Springs Motel in Lexington.

Well known as a humorist, writer, and publisher of the Knoxville Journal, Mr. Anderson last spoke in Kentucky as the 1972 Vice-Presidential candidate of his party. He now serves the Party in the dual capacity of Chairman and editor of its official monthly newspaper, The American Eagle, which has a national circulation. His recently published book, "Silence Is Not Golden—It's Yellow", is a compilation of penetrating observations culled from his syndicated column "Straight Talk".

Mr. Anderson's visit to Lexington is expected to be his only appearance in Kentucky this year. Reservations for the dinner, at $10 a plate, should be made no later than Wednesday, Oct. 10, inasmuch as seating space will be strictly limited. Checks should be made payable to American Party 6th District Committee and orders should be sent to P.O. Box 7082, Lexington, Ky. 40502. Tickets will be sent by return mail.

Youth training class for tobacco judging

Ira Massey, University of Kentucky Tobacco Specialist, will conduct a youth training class for tobacco judging in connection with the Morehead Tobacco Festival which begins on Oct. 25 at the Morehead Tobacco Warehouse.

Adrian Razor, Rowan County Extension Agent, is in charge of the tobacco judging contest for both youth and adults. Harvey McBrayer, Gordon Lewis, Mitzie Perkins, and Matt Dykes are serving on the committee with Mr. Razor. There will be cash prizes for several categories including flying, lugs, bright leaf, best exhibit, best handled, best 4-H, best FFA, best uncured sticks, and Rowan County 4-H judging contest.

Farmers who have good crops are urged to enter. Tobacco will be received at the Morehead Tobacco Warehouse from 9:00 a.m. until 5:00 p.m. on Oct. 25, and the judging and training class will begin at 7:30 p.m.