SUSAN DUFF'S

CALORIE COUNTDOWN

VITAMIN PILLS AND DIETING—PART I

There seems to be extensive national interest in the natural and organic foods craze, and I believe this is a step in the right direction. It has made us more aware of the nutrients our bodies need and it has also caused us to question the use of chemical additives in commercially prepared foods. However, one aspect of this new interest in nutrition, namely vitamin pill-popping, is not as healthy as many believe and, especially when dieters substitute vitamin pills for vitamin-packed foods, they can be overdosing themselves with substances which are actually bad for them.

The great popularity of consuming massive dosages of the 13 existing vitamins has caused the Food and Drug Administration considerable concern and, this year, backed up by new medical research, they have come out with some interesting data on the effects, and possible dangers, of substituting vitamin pills for proper foods.

Vitamins A and D were prime targets in the FDA's recent actions and, starting soon, these two vitamins will only be available in smaller-sized tablet dosages without a doctor's prescription. Vitamin A, the good eyesight vitamin, has been found to produce aching joints, headaches and excessive fluid in the brains of children. FDA spokesmen also claim that Vitamin D, the sunshine vitamin, can produce kidney stones and calcium deposits in soft body tissues. These are the results of taking these vitamins in pill form too frequently, instead of getting them from the foods we eat. Dieters should take special notice of these new findings because they are perhaps the individuals most likely to take vitamin tablets in massive dosages while on strict starvation diets. No more than 10,000 international units of A should be taken daily and no more than 400 I.U.s of D should be taken daily, the FDA says. And, at best, we should get these vitamins from foods, not from pills.

The interesting thing about vitamins is that they have no nutrient value in themselves, but rather are necessary in that they act as catalysts to certain vital bodily functions. Thus, a person could starve by consuming vitamins alone and we need other nutrients in order to make the vitamins work properly in our bodies.

Vitamin C, which has been extolled as a preventative cure for the common cold, may also have its dangers, certain doctors say. Evidently, there are two camps on the subject of vitamin C and two sets of medical research which show differing results. Dr. Linus Pauling has test results which strongly indicate that C can prevent or at least limit the severity of colds, whereas Dr. Richard S. Rivlin has done research indicating vitamin C acidifies urine, causes deposits in the urinary tract, and may be dangerous to people who have kidney stones, when the vitamin is taken in excessive amounts in tablet form.

Vitamin E has enjoyed great popularity due to current circulating notions that this vitamin can cure heart disease, cancer, sterility, or impotence, and improve the quality of our skin. Medical authorities now agree that vitamin E, which is found naturally in lettuce and vegetable oils, can have a beneficial effect on digestive difficulties, but that's about it. In addition, doctors who have studied the vitamin say that rubbing vitamin E into the skin will not produce a youthful appearance. The good results people have had by doing this is not due to the vitamin itself, they say, but rather to the oil which is needed in solution to keep vitamin E intact. Their conclusion, rubbing vegetable oil on the skin would have exactly the same results.

Watch next week's column for more inside information on the vitamin controversies.

FREE BOOKLET OFFER: For a free booklet explaining clearly how you can insure good nutrition while taking off excess pounds, send a postcard to Susan Duff, care of this paper. This attractive 22-page booklet contains valuable information for the nutrition-conscious dieter including charts, calorie tables, sample daily menu plans and lots of other new ideas for dieting. Include your name, full address and zip code on your postcard and mention the title of the booklet, "Four Steps to Weight Control." Allow several weeks for delivery.

[{c} 1973 McNaughi Syndicate, Inc.]

VOTE FOR CALVIN WILLS
For City Councilman
As a "Write-In Candidate"
Your Vote will be appreciated.
Thank You,
Calvin Wills
Pd. Adv.

VOTE FOR
Bobby G. Anderson
Democratic Candidate for
Property Valuation Administrator
Pull Lever 8A
General Election Tuesday Nov. 6, 1973
Pd. for by candidate

Don't Run Around In A Circle
Check Your Christmas List With
Garrett's Furniture
CARLISLE, KENTUCKY WE DELIVER
Use Our Christmas Lay-A-Way!

Saltwell

by Mrs. Fred Hollar

Mr. and Mrs. Everett Snapp, Stanley and Thurman Mattox spent Friday with Mr. and Mrs. Jesse T. Earlywine of Millersburg.

Mrs. John Glump entered Nicholas County Hospital on Thursday and remains very ill there.

Mr. and Mrs. Bobby Brady enjoyed a trip to Hendrv Valley on Saturday night.

Mr. and Mrs. Raymond Ritchie spent Wednesday with Mr. and Mrs. James Mann in Carlisle.

Mr. and Mrs. Fred Hollar were Friday supper guests of Mrs. Arnold Mattox and Mrs. Cliff Rapp in Lexington.

Mrs. Roy E. Snapp returned home on Friday after a week's visit with Mr. and Mrs. Roger Goodman and Paula in Lexington and her new great-grandaughter, Angela Marie.

Miss Jessica McCree was Tuesday supper guest of Mr. and Mrs. Bobby Brady.

Mrs. Charles W. Tanner II and new baby daughter, Rebecca Sue, returned home on Thursday from Central Baptist Hospital in Lexington.

Tom Ward speaks on clean politics

State Senator-Elect, Thomas M. Ward, said in an address on Saturday, "If we're going to clean up politics and solve the problem of money in politics, good people must be willing to be involved in politics and must give money to support candidates of their choice."

Speaking to a statewide group, The Kentucky Grand Lodge of the International Order of Eastern Star and Masons in Lexington, the Woodford County Democrat said, "Many well-intentioned persons are being very unrealistic in bringing about reforms in politics. They've got to put their money where their mouths are. Good citizens, along with giving to Church and United Fund, must also realize that they're going to give a meaningful contribution—I mean $25, $50, $100, and more each year to the candidates or political party of their choice. You can't run a political campaign without money. It's that simple. Basically, there are three sources of money: (1) Independent wealth; (2) The special interests; (3) Contributions from well-intentioned citizens. In the first category of the independently wealthy candidates, we've had some good ones and some bad ones. We've had those who have bought elections with their personal fortunes to the detriment of our society. The lack of money is keeping many good men out of politics and we need all the good men we can get. We see the evils that are attendant to campaign funds coming primarily from the so-called "special interest" but the only other source is that of contributions from citizens who simply want good government. It's like anything else: If we want it badly enough, we've got to pay for it. Either it's worth it, or it's not. I happen to believe it's worth it."

Ward said he's been for every "do-gooder cause" that's come down the pike the last ten years. He said he compiled a great mailing list to all the do-gooder organizations, seeking campaign funds, and barely got his postage back. "This must change. Just as every worthwhile endeavor, we must work for good government and pay for good government if we're going to have good government."

Hospital in Lexington.

Mrs. Alberta Snapp underwent surgery at St. Joseph Hospital Lexington on Friday. Her condition is good.

Mrs. Gladys Kenney, Mrs. Fred Hollar and Mrs. Ida Martin of Paris visited Mrs. Mae Lovely and Mrs. Ailene Platt of North Middletown, and Mrs. Pearl Rule of Paris on Tuesday and enjoyed a picnic lunch at the Cane Ridge Meeting House.

Rev. and Mrs. Thomas Gaunce had as visitors on Sunday and during the week Mrs. Roy Craig and Mrs. Evelyn Osborne of Helena and Pique, Mr. and Mrs. Harvey Gaunce, Jean Darrell, Mrs. Marie Lowe and Mrs. Phyllis Darrell of Carlisle, Mr. and Mrs. Shelly Gaunce, Versailles, Raymond Ritchie, Roy Snapp and Mae Kenney.

Mr. and Mrs. Fred Hollar and Tracey Hollar were Sunday dinner guests of Mr. and Mrs. Jim Wilson and Mike in Carlisle.

Mrs. Bobby Brady and Mrs. Orville Doyle attended the wedding of David Ronald Brunker to Betty Jo Adams at Assembly of God Church in Cynthiana Friday night.

Mr. and Mrs. Raymond Cushman of Covington, Mr. and Mrs. Bill Mattox, and Mrs. Raymond Earl Mattox of Bullitsville, Ohio were Thursday guests of Mrs. Fred Hollar.

Sgt. and Mrs. J.C. Mattox and children of near Memphis, Tenn. spent the past week with Miss Alma Mattox of Paris. On Monday they all visited Mr. and Mrs. Everett Snapp. Sgt. and Mrs. Mattox left on Tuesday for their new assignment in North Carolina.

Mr. and Mrs. Fred Hollar and J.W. Gaunce visited Mrs. Etta Green who is very ill at the home of Mr. and Mrs. Sherman Green at Hooktown on Sunday and during the week.

Thurman Mattox of Lewisburg spent a few days the past week with Mr. and Mrs. Jesse T. Earlywine of Millersburg.

Mike Sowell and Tracey Hollar spent the weekend with Mr. and Mrs. Fred Hollar.

The Saltwell Church enjoyed a weiner roast at the church on Saturday night.

Mr. and Mrs. H.A. Gaunce and Norma, Mr. and Mrs. Jim Wilson and Mr. and Mrs. Fred Hollar attended church at Pique on Saturday night where Rev. Bob Wood of Flemingsburg was evangelist for a revival, and where Rev. Woodrow Gaunce is pastor.

Mrs. Diane Hamilton and Shellie of Lexington visited Mr. and Mrs. Gary Hollar and children on Sunday.

Harold Mattox and Kay Mahoney of Lexington visited Mr. and Mrs. Sterling Hollar on Sunday.

VOTE FOR
Dr. Andrew R. Hamon
FOR
City Councilman
on Nov. 6
"A vote for me is a vote for good city government"
Pd. Adv.

U.S. CHOICE ROUND STEAK
$1.19 Lb.
U.S. Choice Boneless Round Steak lb. $1.29
U.S. Choice Boneless Rump Roast lb. $1.29
U.S. Choice Cube Steaks lb. $1.59

Armour Hot Dogs 12 oz. pkg. 69¢
Fresh Frozen Chicken Limited amt. lb. 39¢
Armour No. 1 Tux Pack Bacon lb. 99¢
Webber's Sausage lb. pkg. $1.09 2 lb. pkg. $2.17

★ FREEZER BEEF SALE ★
U.S. Choice Hind Quarters lb. 89¢
U.S. Choice Choice Sides lb. 79¢
U.S. Choice Fore Quarters lb. 69¢
Cut and Wrapped To Your Specifications at no additional charge

Fresh Dressed Chicken Breast lb. 89¢
Chicken Legs & Thighs lb. 69¢
Armour Vaccum Packed Sliced Bologna lb. 99¢

Pepsi Diet Pepsi 7-Up 8 pk., 16 oz. with bottles 79¢

Duz Detergent gt. size 79¢
Flavor Furniture Wax 12 oz. $1.29
Viva Napkins 140 ct. pkg. 3/$1

Ping or Poog 46 oz.
Stokely Fruit Drinks 3/$1
Dark Red 300
Stokely Kidney Beans 5/$1
Pruf Spray Starch 15 oz. 39¢
Greer Peaches No. 2½ 3/$1
Van Camp Hominy No. 2 5/89¢
Mr. Clean Cleanser king size 99¢
Zest Bar Soap bath size 2/39¢
Ajax Cleanser 21 oz. 29¢

The Shield of Quality FOODTOWN HOME OF LOW PRICES

C & G Open 8-8 Mon.-Sat

Stokely Corn 303, W.K.C.S. 4/89¢

Golden Ripe Bananas Lb. 10¢

Premium Saltine Crackers Lb. 29¢ (Limit 1 please)

Celery stalk 25¢
new crop, Florida Grapefruit 40 ct. 2/25¢
Texas Oranges 100 ct. doz. 69¢

Green Giant 303 French Green Beans 4/$1
plain or self rising 5 lbs.
Dixie Lily Four Flour 69¢
Ajax Window 15 oz.
Cleaner & Defogger 69¢
Piper 10 ct.
Trash Can Liner 59¢
Minute Maid 12 oz.
Frozen Orange Juice 49¢
Coffee Cake or Butter streusel
Sara Lee Cakes 13 oz. 79¢
Grape or Orange (4 please)
Hi-C Fruit Drinks 46 oz. 4/$1
Hunt's 20 oz.
Tomato Ketchup 39¢

Cling Free 7 oz.
Fabric Softener 89¢
Lady Scott 200 ct.
Facial Tissue 2/79¢
Ajax Cleaner king size 69¢
Glad 30 ct.
Food Storage Bags 2/65¢
Viva Towels sing roll 2/79¢
409 Bathroom Cleaner 20 oz. 79¢
School Day 303
Cut or Shellie Beans 5/89¢
Hunt's Ketchup 14 oz. 2/59¢
Wesson Oil 24 oz. 79¢

Dixie Queen 2% Lowfat Milk Gal. $1.19

Hunt's Fruit Cocktail 300 size 3/89¢

Kay's Kitchen

By Kay Fisher

There is nothing like a change of season to bring one back to their senses, figure-wise. Last falls skirts seem a bit snug, dresses that would not be too short if they fit smoothly over the hips, tell you now is the time to watch that diet and take-off a few pounds. It is easier to lose five pounds now than 10 or 15 after Christmas. I know I can't resist the goodies during the holidays and really don't want to. Those special treats served then are a part of that holiday season.

First let me say, diet at home. When you are a guest forget the diet, but remember your manners. Don't overeat but do enjoy the break. After all there is nothing worse than to turn down delicious food your hostess has prepared especially for her guests.

I have gone through my files and hope these recipes will help. Deciding to lose unnecessary pounds takes courage, but sticking to a low-calorie diet requires even more fortitude.

SHRIMP CHOW MEIN

1 cup sliced onion
1 tablespoon vegetable oil
1½ cups sliced raw mushrooms
1½ cups sliced celery
½ cup sliced green pepper
1 cup chicken bouillon (use 2 cubes to 1 cup boiling water)
¼ cup soy sauce
½ cup bamboo shoots
½ cup sliced water chestnuts
2 small cans shrimp, drained or 1 pound fresh cooked shrimp
1 (1 lb.) can bean sprouts, well drained
2 tablespoons cornstarch
2 tablespoons water

Saute onions in oil in large skillet until limp. Add mushrooms and cook 2 minutes, stirring occasionally. Add celery, green pepper, chicken broth, and soy sauce. Cover and cook several minutes or until celery is crisp tender. Add bamboo shoots, water chestnuts, shrimp and bean sprouts, mixing well. Cover and cook until sauce bubbles. Combine cornstarch and water; stir into sauce. Cook, stirring until slightly thickened. Serve immediately. Five servings, 195 calories per serving. Served over ½ cup cooked noodles add 60 calories.

LEMON SHERBET

1 egg, separated
¼ cup sugar
2 tablespoons lemon juice
½ teaspoon grated lemon rind
dash salt
½ cup water
½ cup non-fat dry milk

Combine egg yolk, sugar, lemon juice, peel and salt, mixing well; set aside. In small mixer bowl, combine egg white and water; sprinkle dry milk over top. Beat on high speed until stiff. Fold in egg yolk mixture. Turn into aluminum pan and place in freezer until firm. Makes 4 servings, approximately 95 calories each.

CLARET SPICED ORANGES

6 oranges, peeled and sectioned
5 tablespoons sugar
½ cup water
¼ cup claret wine
2 whole cloves
1 (3 inch) stick cinnamon
1 tablespoon lemon juice

Place orange sections in bowl; set aside. Combine remaining ingredients in saucepan. Bring to boil; simmer 5 minutes. Pour hot over oranges. Refrigerate overnight. Remove spices before serving. Serve with juice. 90 calories per serving. This is good topped with sour cream, but add 25 calories. You may use whipped topping, one tablespoon but add only 10 calories.

TASTY GREEN BEANS

1 large onion chopped
3 tablespoons margarine
1 large can green beans, drained
salt and pepper to taste

Saute onion in margarine until limp. Add green beans and seasoning. Cook slowly about 30 minutes over low heat. Watch to keep from burning. Add hot seasoning and vinegar if your family likes more seasoning. It might be better to just have these condiments on the table for those who like them.

* * * *

Fresh fruits are low in calories and easy to serve. Don't forget they are also a nice accompaniment to any meal.

Vegetables low in calories and good served with just salt and pepper are: squash, spinach, sauerkraut, asparagus, green beans, bean sprouts, cabbage, cucumbers, mustard greens and beet greens. All of these are 25 calories or less, per serving. A normal serving is usually ½ cup. If you think that is not very much, just measure it out once and more than likely you will find it is about a normal serving. Of course there are many more vegetables 60 to 75 calories and that is really not too many, if you are watching the over all intake.

Carlisle native speaks at Woman's Day service

Mrs. Quintin B. Wieman (Louise Swinford), a native of Carlisle, was the guest speaker recently at the Sunday morning annual Woman's Day service at Woods Chapel Methodist Church, Millersburg. Mrs. Leona Jarber, who recently retired as a school teacher and librarian in the Nicholas County school system, introduced Mrs. Wieman who spoke on "God's Kaleidoscope—An Action Scale".

Mrs. Weiman, a guidance counselor at Lexington's Bryan Station Junior High School for 13 years is a graduate of the old Carlisle High School and the University of Kentucky. She is active in educational organizations such as the Central Kentucky and Kentucky Personnel Guidance Associations, having served as their public relations chairman, and program chairman, respectively. Bryan Station Junior PTA Board as a teacher representative, past secretary of Delta Kappa Gamma professional educational honorary, and presently, chairman of the public affairs committee, and the American Personnel and Guidance Association, School Counselor division. Community involvements include serving on the Kentucky TB and Respiratory Disease Board, membership in the Public Affairs Department of the Metropolitan Woman's Club, presently as the Department's co-program chairman, and just recently announced the department's chairman of Lexington's Bicentennial celebration, and in the past having been the Club's Scholarship chairman and the Miss Lexington Pageant Program Book chairman; Bryan Station Chapter of the WAR; and past secretary of Alpha Xi Delta House Corporation Board.

Mrs. Wieman returned in August from a two weeks tour of Athens, Greece, five Grecian Islands, and Cairo, Egypt. She is a member of the Arlington Christian Church and served recently on their educational committee. She has two sons, George, a senior at Miami University, Oxford, Ohio, and Michael, a junior at Bryan Station High School, and is the daughter of Mrs. Mary C. Swinford, who is a resident patient at Edgemont Manor, Cynthiana.

Barbara Kingsolver finishes second

In the novice division of the debate tournament held recently at Purdue University Sandra Berlo, Normal, Ill., and Barbara Kingsolver, Carlisle, finished second among affirmative teams with a 3-1 record. Miss Berlo received an Excellent rating certificate, and Miss Kingsolver, third ranking individual speaker, received a Superior rating.

Miss Kingsolver is the daughter of Dr. and Mrs. W.R. Kingsolver, Route 2, Carlisle. She is a graduate of Nicholas County High School.

NOTICE

BAND BOOSTERS' SUNDAY PANCAKE FEAST

Sunday, Nov. 4 starting at 7 A.M. on at the Little House.

NOTICE

Anyone desiring a place to dispose of leaves may bring to Small's Greenhouses.

We are set-up to compact the leaves.

Leaves must be free of foreign objects

Small's Greenhouses

Eastern Ave. Carlisle

Meeting held in Maysville

The Southern States Farm Home Advisory Committee members from Augusta, Brooksville, Carlisle, Flemingsburg, Maysville, and Vanceburg met Oct. 19 at Caproni's Restaurant in Maysville for their annual meeting.

Miss Mattie Kessler, Director of Farm Home Service of Southern States Cooperative, Richmond, Va. was in charge of the meeting. Topic for the morning session was "Agricultural Dilemma." Afternoon session included Miss Kessler showing slides of her recent trip to Europe.

Those attending from Carlisle were Mrs. Clay Fryman, Mrs. Phil Hillock, Mrs. Eugene Letcher, Mrs. Howard Livingood, Mrs. Reese Smoot and Mrs. Paul Tincher.

Wills suffers attack

Jasper Wills, Sycamore Street, suffered a heart attack Tuesday morning and is a patient at the Nicholas County Hospital.

Birthday celebrated

Mr. and Mrs. Tom Hardin entertained Sunday afternoon with a birthday party in honor of their son, Leslie Thomas, who was celebrating his second birthday.

Guests present were: Mrs. Laura Pumphrey, Miss Sandra Cull, Mrs. Armintie Clinkenbeard, Mr. and Mrs. Charles W. Watkins and John Dustin, Mr. and Mrs. Ewell Clinkenbeard, Miss Suelyn Clinkenbeard and Dennis Berry.

Entertains with cookout

Mr. and Mrs. H. Dallas Sugg entertained with a cookout on Friday evening, Oct. 26, honoring the 11th birthday of their daughter, Alicia.

Invited guests were: Misses Kay Conley, Michelle Knapke, Donna Gail Hughes, Mary Jane Harper, Ramona Pryor, Cindy Clark, Deanna Darrell, Charlene Darrell, Dana Howard, Laura Chamberlin, Shellie Gabriel, and Jacqueline Clinkenbeard.

Methodist Women to meet Monday

The fourth general meeting of the United Methodist Women of the Carlisle Church will be held at 6:30 p.m. on Monday evening, Nov. 5, with a potluck dinner.

This will be a pledge service, with Mrs. James Lowe as leader.

World-wide Baptist Women's Day of Prayer

Women on six continents will engage in a world-wide Baptist Women's Day of Prayer, Nov. 5.

Mrs. R.L. Mathis, president of the women's department of the Baptist World Alliance, said that several million women of all races and geographic origin are expected to participate in the day of prayer.

The day of prayer was begun in Europe as an effort to heal the wounds of World War II and soon grew to a worldwide endeavor.

Reports from last November's day of prayer services came from points in the USSR, including both Moscow and Siberia, from African villages and from large cities of Asia.

Some reports from the United States indicated interracial prayer efforts helped bind up divisions that have hindered cooperative activities for decades, according to the Baptist World Alliance.

More than 100,000 copies of the English language edition of a 16-page program book for the day of prayer have been printed and distributed. Some 100 copies of the manuscript were mailed to remote areas even before the English edition was printed, so they could be translated and published in other languages. Mrs. Mathis estimates that some 200,000 copies are available in 100 languages.

Carlisle Baptist Women's Night Group will meet Monday, Nov. 5, at 7:30 p.m. at the home of Mrs. Eugene Neal. The Day Group meeting will be held Tuesday, Nov. 6, at 2 p.m. at Carlisle Baptist Church.

"NOTICE TO VOTERS OF CARLISLE, KY."

I am a "write-in" candidate for one of the six seats on the City Council of Carlisle, Ky. I pledge to the people of Carlisle that, if elected, I will represent ALL the people of this city and will, to the best of my ability, be the kind of Councilman that the people would want me to be.

When you, the voter, enter the voting machine, please raise slot #23 at the top of machine and write in my name—Calvin Wills—for City Councilman. Your vote and influence will be greatly appreciated.

Thank You, Calvin Wills

SOCIETY

Wedding plans are complete

Miss Pamela Gail Gillispie has completed plans for her marriage to David Creel Barbour, Birmingham, Ala.

Miss Gillispie has asked Miss Marilyn Mackey, Pittsburgh, Pa., to serve as her maid of honor. Bridesmaids will be Mrs. William Mannick, Towa City, Mich.; Misses Debra Cavin, Birmingham; and Sherry Cockran, cousin of the bride of, Marietta, Ga.

Miss DeAnna Faye Gillispie, sister of the bride, will serve as flower girl.

Dr. J.B. McKerron, Birmingham, will serve Mr. Barbour as best man. Ushers will be J.J. Barbour, brother of the groom, Russell Yarbrough Jr., and Michael Farmer, all of Birmingham.

Stacey Gillispie, cousin of the bride, will serve as ring bearer.

The vows will be solemnized at the Herrington United Methodist Church on Nov. 10, at 7:30 p.m.

All friends and relatives are invited to attend.

Whalen-Clem vows spoken

Jennifer Whalen and Johnny Clem were married Saturday afternoon, Oct. 27, 1973 by Rev. Frank Simons.

Mrs. Clem is the daughter of Mr. and Mrs. Lindy Whalen, Millersburg. Mr. Clem is the son of Mr. and Mrs. Willie Clem of Nicholas county.

Kathy Edie and Robert Jones were their attendants. Others present were her parents and several relatives.

Wedding announced

The wedding of Kathy Edie and Robert Jones took place Saturday afternoon, Oct. 27, 1973 at the home of Rev. Frank Simons.

Mr. and Mrs. Johnny Clem and other relatives and friends witnessed the ceremony.

Mrs. Jones is the daughter of Mr. and Mrs. Lafayette Edie of Millersburg. Mr. Jones is the son of Mr. and Mrs. Frank Jones of Route 3, Paris.

Future Business leaders meet

The Future Business Leaders of America held its first meeting on Oct. 10 in the Nicholas County High School cafeteria.

This is the first year in many years that this club has been organized in the Nicholas County School System.

Officers for the year are: Cindy Wills, president; Carol Hunt, vice president; Charlotte Mitchell, secretary; Esther Gaunce, treasurer; Carla Hunt, reporter; and Linda Clinkenbeard, sales manager.

Miss Wood runner-up

Miss Mary Ann Wood, daughter of Mr. and Mrs. James N. Wood, vied for the title of District Farm Bureau Queen recently at the Fleming County High School. She placed runner-up out of eight counties in the district.

Miss Jeanine Courts, Bracken county was crowned queen. She was also last year's District Queen and runner-up in the State Contest last year.

Mr. and Mrs. Ecton Jacobs, Mr. and Mrs. Orville Collvile of Mt. Sterling, Mr. and Mrs. John S. Jacobs and John Darwin of Lexington, and Ernst Jacobs were dinner guests of Mr. and Mrs. J. Angus Jacobs Sunday.

Mr. and Mrs. Jimmy Conrad visited her parents, Mr. and Mrs. J. Angus Jacobs Monday night.

Mr. and Mrs. Wilburn Clark, Arnold Heights, entertained as dinner guests Tuesday evening Thomas Fitzpatrick, San Antonio, Tex.; Arnold Bowen, Carlisle; and Leonard Patton, Paris.

Eli Crockett of Nicholas county is a patient at the Crestview Personal Care Center in Richmond. Mr. Crockett is able to be up and is getting along well.

Miss Nannabeth Griffith has been moved from the Nicholas County Hospital to the J.W. Fryman Nursing Home in Arnold Heights.

Dr. and Mrs. S. Evans Brown spent Monday at Naturel Bridge State Park.

Mrs. Hicel Rule was in Lexington on Wednesday of last week to consult with an Arthritis Specialist at the Lexington Clinic.

Mr. and Mrs. Calvin Minton and Mr. and Mrs. J.B. Minton spent Sunday with Eli Crockett at the Crestview Personal Care Center in Richmond.

Mr. and Mrs. Cecil Crouch and son of Atlanta, Ga., and Mr. and Mrs. Wayne McRoberts and children of Frankfort were weekend guests of Mr. and Mrs. J.W. Clay of Hickory Ridge Road.

Malcolm Armstrong is currently in a nursing home in Whitesburg, Ky. and may be reached through Malcolm Armstrong Jr., in Whitesburg.

Glenn Hughes, former resident of Nicholas county, is a patient at the North Bethesda Hospital, Room 330, Cincinnati, Ohio 45243. Mr. Hughes suffered a heart attack Wednesday, Oct. 24, followed by a stroke on Saturday.

Mrs. Youie Shaw, Mrs. Teddy Shaw and little Miss Tracy Shaw spent one day last week with Mr. and Mrs. Paul Smith of Lexington.

Mr. and Mrs. Charles Hopkins and Mr. and Mrs. Billy G. Hopkins have returned home after a 10-day vacation in Ft. Lauderdale, Fla.

Mr. and Mrs. Harold Diamond and daughter, Susan, and Mr. and Mrs. David Elder of Louisville were Sunday guests of Mr. and Mrs. Kash Ratliff. Afternoon guests were Mrs. John Allison and two sons, Todd and Nathan, and Mrs. Josie Ratliff.

Mr. and Mrs. Roger Bowles celebrated their 18th wedding anniversary on Monday, Oct. 29.

Mr. and Mrs. William L. Marr attended the birthday dinner given for Mrs. Kenney Williams Jr., Sunday at the home of Mrs. Williams' mother, Mrs. Katie Sanders of Paris.

Mr. and Mrs. Milton Grimes of Sturgis, Mich. were overnight guests of Mr. and Mrs. Daniel Grimes on Monday, Oct. 29 and Mrs. Harlan Skeen on Tuesday. Mr. and Mrs. Grimes are on their way to spend the winter in St. Petersburg, Fla.

'One Spirit-Many Gifts' theme of District meet

The first annual meeting of the United Methodist Women of the Maysville District was held at the Flemingsburg United Methodist Church Tuesday, Oct. 29, beginning at 5:30 p.m.

The theme for the meeting was "One Spirit—Many Gifts."

Mrs. Ray Litton, president, presided and a Candlelight Memorial Service of Remembrance was conducted by Miss Lester Snapp. Mrs. James Lowe, Mrs. George Dale, Mrs. Howard Livingood, Mrs. Veach Delaney, Miss Frances Lowe, Miss Martha Kennedy, Mrs. W.J. Clark, Mrs. J.S. Wilson, Mrs. Joe Smart, Mrs. Ward Ecton, Mrs. Joe Reid, Mrs. James Livingood and Mrs. Paul Jones.

Those attending the meeting from Carlisle and Nicholas county were: Mrs. Leona Bell, Mrs. Elizabeth A. Gaunce, Mrs. Charles Crawford, Miss Fleet Allison, Rev. and Mrs. Richard Chamberlin, Mrs. Lovell Hollar, Mrs. Mae Allison, Mrs. Youie Shaw, Mrs. Louise Thompson, Mrs. Betty Wade, Mrs. Woodrow Richey, Mrs. Sterling Blake, Mrs. Luther Anderson, Mrs. John Wallace, Mrs. Emmett Darrell, Mrs. Lester Snapp, Mrs. James Lowe, Mrs. George Dale, Mrs. Howard Livingood, Mrs. Veach Delaney, Miss Frances Lowe, Miss Martha Kennedy, Mrs. W.J. Clark, Mrs. J.S. Wilson, Mrs. Joe Smart, Mrs. Ward Ecton, Mrs. Joe Reid, Mrs. James Livingood and Mrs. Paul Jones.

November is month of readying for winter

November is a month in which there is a dreamy haze on the far horizon, a threat of snow in the air, increasing frosts in the mornings, and showers of leaves dropping down from the trees. It is the month when the garden enters its long, long sleep.

For the homeowner, however, activity does not cease. There's the job of removing the fallen leaves which, if not raked up and removed, will smother out the grass on the lawn. Also the garden must be cleaned up and stalks, stems, and other crop residue raked up and, when possible, composted.

If young fruit trees or ornamental shrubs have been set out, it will be well to take measures to protect them against the depredations of rabbits and field mice. When snow is on the ground, rabbits seem to like nothing better than the bark of young fruit trees. Protect these trees by wrapping them with a layer of tar paper or surrounding them with a collar of chicken wire.

When snowed in, mice will often gnaw on the roots of shrubs and fruit trees. This can be prevented somewhat by withholding the mulch until after the first hard freeze. Early mulching will provide mice with the opportunity of taking up residence for the winter under the soft mulch, where they will be ready to feast on the roots when the weather grows cold and the snows come. A good rule for mulching young trees and shrubs is: do not apply it before the ground is well frozen.

In the flower garden, the early days of November bring the last call for safe planting of herbaceous perennials and spring-flowering bulbs. And, when chrysanthemums have finished flowering, their hard stems should be broken off within a few inches of the ground.

Perennials such as iris and peonies should be cut back, too, and the debris removed, according to Benny Tjia, Extension floriculturist at the University of Kentucky College of Agriculture. November is also the best month to prune roses.

November is also a good month in which to clean out berry patches and prune tangles or ornamental vines. Cutting out and removing dead canes from the berry patch or diseased wood from the flowering vines will send extra strength surging through the remaining wood and lessen the risk of disturbing tender shoots after they start growing next spring.

If any time is left after the leaves have been raked, the garden cleaned off, and all the other jobs mentioned taken care of, the lawn furniture can be repainted, the gutters cleaned out, the bird feeder nailed up, and the lawn mower sharpened and oiled.

Frosting Special
Reg. $15
Now $10
For More Glamorous Eyes
Try Our Perma Lash Special
Reg. $10 Now $8.50
Offers Good Nov. 6-17
The Beauty Shoppe
Ramona Wilson, Owner Phone 289-5772 Linda George, Stylist