



Everyday DISCOUNT MEAT PRICES

Plus Top Value Stamps!

EVERYDAY DISCOUNT PRICES

| | | |
|----------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------|
| U.S. Gov't. Graded Choice Round Steak lb. \$1.69 | U.S. Gov't. Graded Choice Sirloin Steak lb. \$1.79 | U.S. Gov't. Graded Choice T-Bone Steak lb. \$1.89 |
|----------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------|

Store Hours
Monday thru
Saturday
8:30 a.m. to
9 p.m.

Kroger Welcomes Federal Food Stamp Customers
If you need assistance to use your stamps, please visit your Kroger store manager. He will be happy to help you.
Now you can use Federal Food Stamps for Imported Food!

Extra Special Price
Gold Band
Armour Turkeys
16 to 22-lb. Avg.
lb. **79¢**

Extra Special Price
Frozen Meat
On-Cor Entrees
All Varieties
2-lb. pkg.
lb. **1.49**

Extra Special Price
25% Hydrated Vegetable Protein
BURGER PRO
3-lb. or more lb.
Lower Amounts 1b. 92¢
Tokoy or White Seedless
Grapes
lb. **39¢**

| | | |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|
| Pyramid Skinless Wieners 12-oz. pkg. 69¢ | Serve 'N Save 7 Varieties Lunch Meat 1-lb. pkg. 1.19 | Fischer's Sliced Bologna 1-lb. pkg. 1.25 |
| One Quarter Pork Loin Sliced into Chops FREE lb. 1.29 | Edwards Whole Hog Sausage 1-lb. bag 1.34 | Country Cut-Up Mixed Fryer Parts 1-lb. bag 59¢ |

10¢ 1.29
Russet Baking Potatoes
10-lb. bag

3.79
Honeydews
Fresh
3 lbs. **99¢**

1.99
Golden Yams
3 lbs. **69¢**

12.99
Oranges
California 113 Size Valencia
12 lbs. **99¢**

99¢
Orange Juice
Kroger Pure (In Plastic Disp.)
1 gal. **99¢**

6.99
Candied Apples
6 lbs. **99¢**

49¢
Popcorn
1 1/2-lb. bag
In Shell Salted or Unsalted

99¢
Peanuts
1 1/2-lb. bag

10
Large Crop Green Peppers
each

Discount Special
Batty Cooker
Layer Cake Mixes
12-oz. pkgs.
31¢

Discount Special
Freshlike Vegetables
12-oz. White Kernel Yellow Corn
12-oz. French Style Green Beans
12-oz. Tender Sweet Peas
41¢

Kroger Breakfast Specials!

U.S.D.A. Grade 'A' Eggs
doz. **65¢**

Sliced Bacon
Country Style-Store Packaged
lb. **1.29**

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

10¢ OFF on any pkg. of Royal Viking Danish Pastries

Discount Special—Brown 'N Serve 4 Varieties
Kroger Rolls 2 pkg. **79¢**

Discount Special—Kroger Man-Dairy
Coffee Creamer 11-oz. **49¢**

Discount Special—Kroger Wines or
Sandwich Buns pkg. of **29¢**

Money-Saving Offer at Kroger on
PEQUOT NO-IRON Bed Sheets & Pillowcases
First Quality Fabrics

50¢ Off
TWIN SIZE Sheets **2.49**

3.29
Pillow Cases **2.79**

3.99
81" x 104" Double Size Sheets **3.99**

10¢ OFF
ARMOUR Lunch Meat
10-oz. pkg.

20¢ OFF
Kroger Lunch Meat
10-oz. pkg.

2.69
Bounty Towels
10-oz. pkg.

59
2% Lowfat Milk
1-qt. can.

69
Ice Cream
1/2-gal. can.

3.11
Frozen Foods
10-oz. pkg.

3.99
Instant Coffee
10-oz. can.

99
Sure Deodorant
3-oz. can.

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Sure Deodorant
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Caprice
STAINLESS STEEL FLATWARE
Watch our Ads Each Week

4 Teaspoon \$1.79
6 Teaspoon \$1.79
8 Teaspoon \$1.79
10 Teaspoon \$1.79

10
Reusable Plastic Bucket
Easily Cleaned—Has 1000 Other Uses

5.75
LATEX HOUSE PAINT
A Gallon in 2 gallon container.

Arthritis month proclaimed

WIREHEAD 17 million Americans, 546 of them in Nicholas county alone, suffer from the pain and crippling effects of arthritis in its various forms, and WIREHEAD approximately 250 thousand additional persons are expected to develop arthritis during the coming 12 months; and WIREHEAD in addition to its averages against health and well-being, arthritis causes annually to the people of the United States an economic loss of \$1.6 billion; and WIREHEAD a large part of this loss could be eliminated through improved control of the disease and treatment of its victims; and WIREHEAD medical science is on the brink of discovering the cause of arthritis, the first step being taken in a time when support funds for arthritis research are being cut back; and WIREHEAD a medical program at an estimated cost of \$75,000 has been developed for the Kentucky Chapter of the Arthritis Foundation for such purposes as expanding scientific research, improved medical care for arthritis sufferers, and the development of new ways to prevent and correct crippling caused by arthritis;

NOW, THEREFORE, I, William Power, Mayor of the City of Carlisle, do hereby declare September to be Arthritis Month, And I do earnestly request and urge all citizens to cooperate wholeheartedly with the Kentucky Chapter of the Arthritis Foundation in securing members and in supporting the campaign which is seeking a quota of \$10,000 in order to make its medical program possible.

Given under my hand and seal this 10 day of Sept., 1973. /s/ William Power Mayor

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Lots of used clothing for men, women and children.
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For the woman who has everything

Bugs will crawl practically any home. But not when you call the man from Terminix. He's a professional with professional equipment and trained to select the right treatment from over 50 formulas. And his service costs less than you'd expect.

252-8484
Collect
All work done by TERMINIX OF LEXINGTON, KENTUCKY the nationwide pest control experts.

SAVE \$500

LATEX HOUSE PAINT
Regular \$16.99
\$5.75
A Gallon in 2 gallon container.

Reid & Vice, Inc.
BUILDERS SUPPLY

In spotlight on Sept. 22

SUCCESS IN MARRIAGE
By Professor KENNETH WILLIAMS

CAN'T KEEP A GIRL FRIEND?
I don't have much trouble getting a date but they turn me down after the second or third date. Are there some suggestions as to what might be wrong?—R.L., Los Angeles

PROFESSOR WILLIAMS: There are many reasons why a person may not be able to keep dating the same person. Let's mention a few and see if any apply to you.

—Bad breath.

—Body odor including foot odor because of not bathing regularly or not using deodorant or foot powder.

—Lack of taste in personal grooming such as type of dress, hairdressing, uncombed hair.

—Lack of manners such as not opening doors, not unfastening the chair at a restaurant.

—Failure to treat the girl like a lady. This is an unpardonable sin in dating. Always treat the girl as a lady whether she acts like one or not. Be kind, considerate, and respectful.

—Not being able to carry a conversation or being able to initiate one when silence prevails.

These are some reasons. There are a couple of others you should mention. One involves certain basic values such as truth, honesty, attitude toward sex, toward religion, and types of entertainment. People differ in their definitions of truth. What one considers should be strict truthfulness and honesty, another may consider it more loosely. Sexual relations, to one person should be confined to marriage, to another it may depend on the situation. One may consider religion a very important part of his life; another may think it is lightly if at all. Some will consider only those types of entertainment which are free from unwholesome activity such as reference to sex, drugs, and alcohol; others may not see any harm in such entertainment. It could be that the person in this question is afflicted by one or more of the situations just mentioned. Also, there is the subject of personality. Depending on the type of personality one has will depend on his compatibility or lack of compatibility with certain persons. One who is very dominant may find that he will clash with others who have the same personality.

As can readily be seen, there are many reasons why one may get a date but can't continue dating the same person. Take one of these and be objective as possible; continue dating the same person. Ask some of your close friends what they may be wrong with you. If you have to, ask some of the girls who you give one or two dates what is wrong with you. Somebody, somebody will give you a hint if you really want to find the answer.

Need help? Write Prof. J. Kenneth Williams, in care of this newspaper. Every question will be personally answered. Enclose a stamped, self-addressed envelope. (© 1973, McNaught Syndicate, Inc.)

Harvest corn silage at full dent stage

This is the time of year when many Kentucky farmers are busy harvesting corn silage. Warren Thompson, Extension forage specialist at the University of Kentucky College of Agriculture, points out that corn silage is an excellent feed for both beef cattle and dairy cattle.

The ideal time to harvest corn for silage is in the full dent stage, says Thompson. At this stage the grains begin to take on a puffed appearance. The stalks begin turning brown at the bottom but the corn still green above the ear.

Thompson points out that harvesting corn silage in the full dent stage will provide the highest feed value and yield per acre. He says some farmers are harvesting too early, and this results in lower quality silage, less feed value, and more seepage.

Fine chopping corn silage is very important, especially with more mature corn. Thompson recommends chopping to a length of one-half inch or less. In order to chop fine it is necessary to keep the chopper knives sharp.

The UK specialist also emphasizes packing the silage tightly and filling the silo as quickly as possible to reduce spoilage.

Silo gasses can be a hazard at silo-filling time. These gasses are deadly to humans and livestock. It is a good idea to turn blowers on before entering silos, and to wear irritating odors and yellowish brown fumes.

Corn silage is harvested on land which is subjected to erosion. Thompson recommends planting a winter cover crop to protect the soil. Small grain crops such as barley, wheat or rye are ideal for this purpose.

Thompson concludes that harvesting corn as silage is an ideal way to get the maximum value from the crop. He notes that an acre of the corn as silage produces 4000 percent more nutrients than the same acre harvested as grain with the stalks left in the field. Publications with additional information on corn silage are available from local county Extension agents.

LIBERTY LOAN
CONSUMERS OF CARLISLE, KY.
243 E. MAIN STREET—PHONE: 289-2261
Across from Harmon's Garage
Carlisle, Kentucky 40211
Open Friday 11 a.m. Saturday 11 a.m.

MSU to honor lettermen

Adrian Dean University Center, starting at 2:30 p.m. is the dedication of John (Sonny) Allen Baseball Field. The final athletic event of the MSU-Middle Tennessee football game at 7:30 p.m.

Special recognition will be given individuals who received All-Conference and All-American honors during their playing days at MSU.

Little League Blue-White Football game Sept. 23

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tilt they converted to electric heat.

Cleanliness. That's one of the big reasons more and more people are switching to electric heat. There's no soot to blow around, no dirty outside air being drawn in for continuous circulation. You'll find yourself cleaning and restoring a lot less often!

Electric heat is so simple there's almost no maintenance either. And with the proper installation you'll be able to keep your heating bills a lot lower than you ever thought possible. Why not call any of our offices for a free electric heat estimate. You're in for a pleasant surprise.

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