Nursing Home news

By Virginia Smith Donovan

Nurse Nettie Barnes said her son Bruce had recently married and moved to Beckley, Va.

Linda Mathias and her two children visited their grandfather and great-grandfather, Herman Shannon.

Nancy Shaw certainly is good to her father, Elmer Fredrick. One night she came and served watermelon to her daddy and several friends.

My third cousin, Jana Snapp, visited me one evening. She and my granddaughter, Terri Shearer, are full buddies. I think she's going to be a candy striper.

Rev. Dallas Sugg, Rev. Neil Thompson and Rev. Marshall Crouch visited us last Tuesday. They are always welcome.

Little Rebecca Kimes, great-niece of Mrs. Pansy Richey, has returned from the local hospital after a tonsillectomy.

I felt honored to be invited to the first retired teacher's meeting Monday afternoon. I believe 16 were present. Two were former teachers of mine, Miss Nancy Talbert and Mrs. Laura Pumphrey.

Mrs. Cleveland Clark is a new resident. She has already had several visitors.

Glenn Booth sent me a great big cucumber which I really enjoyed. Glenn's sister, Alma, and I were always such good friends. I believe we were in the fifth grade at Carlisle School and Glenn was in the first. Miss Elizabeth Colville was his teacher.

Chris Smith of near Sharpsburg was around visiting Mrs. Frances Hickey and others one evening recently.

Miss Catherine Whaley is a new resident. She taught school at Moorefield and many years in Covington at eighth district. Miss Whaley's nieces, Mrs. Marjorie Wilson and Alma Clinkenbeard, came with her and saw that she was well situated. Alma brought her little granddaughter, Evelyn Shrout, along today.

The Central Council of the Carlisle Christian Church came Wednesday and visited us.

It was nice to have another letter from Rose Roberts Billhymer. She sent a picture of the church in Indianapolis where she attends.

Maude Hardin visited us Wednesday and said she had a card from her sisters, Loraine Irvin and Alma Davidson. They were in London, England when they wrote.

I had a letter from my step-daughter, Nancy Donovan Meadows, of Lexington. She said they had been very busy burning caterpillar tents out of their yard trees. She sent a picture of her second cousin, Karen Rogers of Arcanum, Ohio, who is "Miss Indiana." She attends the University of Indiana. Nancy said it was a thrill to see her on t.v.

Grace Ledford had a few days off and went to see her sister, Mrs. Burrough Gillispie. Her niece and husband, Mr. and Mrs. Abie Geltmacher from Huntsville, Ala. were there.

Jacob Aaron Sharp, three-months-old, visited us one day and stayed for dinner. He's the nephew of nurse Doris Jean Rogers.

Carol Leudenberg just stopped in and said she was leaving for a trip to Florida. We hope she has a good time.

Nadine Richey went to Mansfield, Ohio to visit her daughter, Patricia Hampton and her three children. Said she had 15 grandchildren.

George reunion

The George reunion will be held at Blue Licks State Park Sunday, Sept. 23.

All relatives and friends are invited. Will serve a basket lunch at noon.

Cowan School reunion

The 19th Cowan School reunion and picnic will be held Sunday, Sept. 23 at Blue Licks State Park.

All former students, their families and friends are invited.

A potluck lunch will be served at noon.

Myers

by Mrs. Rona Crawford

Mr. and Mrs. Dale Vanderpool of Lexington spent Saturday night with Mr. and Mrs. Milton Flora.

Mrs. Clay Fryman and daughter Deborah visited her brother one afternoon last week.

Mrs. Shirley Black of Robinson county visited Mr. and Mrs. Frank Flora and Mrs. Dee Bowen recently.

Mrs. Jessie White is ill at her home.

Mr. and Mrs. William Swim and children of Tollesboro visited Mr. and Mrs. Thomas George, Saturday.

Mr. and Mrs. Otha Crawford spent a few hours one night last week with Mr. and Mrs. Frank Flora.

Jackson reunion September 23

The family of the late Silas Walsie and Eva Ruth Ritchie Jackson will hold a family reunion on Sept. 30. It will be held in Paris at the American Legion Park on East Main Street.

All descendants of this family are invited to attend. A potluck lunch will be served at noon.

Say You Saw It in The Mercury

IN STOCK

Plumbing Supplies

Tubs, lavoratories, vanity cabinets, commodes, hot water heaters, sinks, garbage disposals, sump pumps, medicine cabinets.

Copper, plastic, orangeburg cast iron pipe and fittings.

Large selection of bathroom accessories and repair parts.

Drain lines for septic tanks. For most of your plumbing needs come shop our store.

Reid & Vice, Inc.

Phone 289-5279 — S. Broadway

Moving into an electrically heated home is like finding a warm new friend...

Your new home. A lot of the fun is welcoming new friends. And electric heat warms the welcome... by providing all the comfort you need... quietly, quickly. Keeps your new home cleaner, too, so visitors are welcome anytime. And with the right insulation, you'll find your heating bills lower than you'd expect.

Before you build, ask us about the many types of electric heat available. Radiant electric heat which lets you set a different temperature in each room... electric furnaces... electric heat pumps which heat and cool. We'll give you a free estimate.

Electricity... for a cleaner home, a cleaner world

KENTUCKY UTILITIES COMPANY

YOU AND YOUR HEALTH

by Peter Jaye Esse, MD

IMPORTANCE OF FAITH

Dear Dr. Esse: My doctor tells me not to worry so much. But I am very anxious about myself. I've had a coronary attack.

I keep thinking that I'll never really get well. I think of my family. I think of my business. Frankly, I keep thinking I'm going to die.

I've known other people who've had heart attacks who have taken it in stride. They've returned to work. They play golf and tennis. They're not nearly as frightened as I am about what may happen. Is there any hope for me? — Mr. L.

COMMENT: There are many reasons for anxiety. One of these is lack of faith. If we think of is the H-bomb, cancer, heart attacks and other menaces that threaten our existence.

We fear there will be no tomorrow. It is easy to surrender to hopelessness. To believe that we shall never have a prevention or cure for arthritis, cancer or atherosclerosis — which is the forerunner of heart attacks, stroke and chronic kidney disease.

I remind you that once we thought there was no hope in combatting diptheria, smallpox, poliomyelitis, measles, mumps, tetanus and other potential killers and deformers.

Remember that investigators are now patiently working in laboratories all over the world. They're seeking ways to keep you and me alive. They will make important discoveries as they have in the past.

It doesn't require too much faith to believe all this. Just look at the record. For example, the other day a visitor told me he has a new lease on life. I asked him what he meant.

He said, "Two years ago I was given up to die. My coronary arteries were almost completely shut off. But I had a by-pass operation that saved my life."

Mr. L., a few years ago such treatment was unknown. Faith is one answer to anxiety.

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.

Service your TV or Radios. Contract Wiring—Call for a FREE Estimate

DUNCAN'S ELECTRICAL SHOP

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.

PUBLIC AUCTION

Sat., Sept. 22 at 1:30 P.M.

Miss Nellie Craycraft has sold her home and plans to locate in a smaller apartment. At her home located on Locust Street we will sell the following: Bedroom suite, two double beds, single iron bed, wardrobe, utility table, wood floor lamp, old vases, breakfast table and four chairs, wicker chair, chest of drawers, kitchen cabinet, Westinghouse refrigerator, two wood candlesticks, odd chairs, pictures, lamps, some dishes, lawn mower, four yard chairs, two gas heaters, bed clothes, other articles.

Owner: Nell Craycraft

Fightmaster Real Estate Agency

Phone 289-2470 — Carlisle, Ky.

BILLY R. HUNTER, Apprentice Auctioneer

Bobby G. Snapp, Salesman

USED CAR BARGAINS

You'll Be Roofing for

1973 Ford Galaxie 500 4-door pillared hardtop, V8, automatic, power steering, power brakes, like new.
1972 Ford Galaxie 500 4-door, V8, automatic, power steering, power brakes, air.
1971 Ford Torino 2-door hardtop, V8, automatic. Priced right.
1971 Ford LTD 5-passenger Country Squire. Fully equipped.
1971 Fiat 4-door, 4-speed. A nice one.
1970 Mustang V8, 4-speed.
1970 Maverick 2-door, 6 cylinder, automatic.
1968 Chevrolet Impala convertible. V8, automatic.
1966 Chevrolet Super Sport, 2-door hardtop, V8, automatic.

Harper's Garage

254 East Main St.

DOYLE'S ANNOUNCING ! !

Our Annual Open House

Thurs. — Friday — Sat. — Sept. 20-21-22

Come In — See the 1974 Models

Refreshments For All

Use this Coupon to Register For Valuable Free Gifts !

Name:

Address:

Phone No.:

Drawing to be held Monday, Sept. 24

(Do not have to be present to win)

Doyle Mobile Homes, Inc.

Route 11 North — Flemingsburg, Ky. — Phone 845-8601

Classified ads get the job done

FOR SALE

FOR SALE: Aluminum siding, patio covers, awnings and carports. Free estimates, financing available. Call Ward Shannon 484-2089. 8-8-8tpd.

FOR SALE: Tobacco sticks. $150 per 1,000. Phone 289-5550, Russell Alexander. 9-20-1tpd.

FOR SALE: 1973 Chev. Impala coupe, 350 V8, power-steering, brakes, air, vinyl top. 16,000 miles. Phone 289-5088 after 5 p.m. 9-20-1tpd.

FOR SALE: AKC Poodle puppies. Two chocolate, one black. $75 and $100. Also will do grooming. Mrs. James D. Anderson. Phone 289-5060. 9-13-2tpd.

FOR SALE: I have quit the store business and have for sale the stock and equipment. Contact Roy W. Berry or call 289-7273. 9-13-2tpd.

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

FOR RENT

FOR RENT: Newly decorated three room apartment over ASC office. Call Charles Faye 289-5281 or 289-5433. 9-20-tfn.

FOR RENT: Furnished upstairs apartment, kitchenette and bath. Utilities paid. Phone 289-2475. James Hardin. 9-20-1tpd.

FOR RENT: Five room house with bath. Near Mt. Tabor Church. Mrs. Ethel Linville. Phone 289-5697. 9-13-3tpd.

FOR RENT: Eight room modern house at Cowan. Wall-to-wall carpeting. Call Henry Hunt, 289-2809. 9-13-2tpd.

NOTICE

NOTICE: Mitchell's Coal Yard. $17 per ton in truck load lots. Phone 289-5316 at Mitchell's Grocery. 8-2-1fn.

NOTICE: 15 years BLACKTOPPING. Call Roe's Trucking Service, Paris, Ky. Free estimates. Call anytime. 987-1582, 987-1721. 9-6-4tpd.

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. 7-12-1fn.

NOTICE: I am still working Thursday, Friday, Saturday at E-Dell Beauty Salon. For appointment call 289-5924. Cordelia Smith. 9-13-1fn.

Say You Saw It in The Mercury

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.

CARD OF THANKS: I would like to thank each and everyone for their kindness shown me during the illness and death of my wife, Hallie Young Hall. Thanks to my friends, neighbors, relatives, Dr. Kingsolver, hospital staff and ministers. Special thanks to Rev. Scott Briggs whose sermon will always be remembered. Last but not least Mathers-Shearer. John and Kenneth. 9-20-1tpd.

CARD OF THANKS: I want to thank my family, friends and neighbors for the cards, gifts and flowers during my illness. Also Dr. Kingsolver and the staff of the Nicholas County Hospital. May God bless each one of you. Mrs. Ruth Curtis. 9-20-1tchg.

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. Patsy H. Gilley, Route 2, Carlisle, Ky., Administratrix, of the estate of Ira Gilley, deceased. Womack and Budden, attorneys. 9-20-3tpd.

EXECUTOR NOTICE

All persons knowing themselves to be indebted to the estate of Elizabeth R. Clay, 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 for payment. Glenn W. Clay, Executor, of the estate of Elizabeth R. Clay, deceased. 9-6-3tchg.

ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Nannie K. Smoot, 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. John S. Bromagen, Route 4, Carlisle, Ky., Administrator of the estate of Gertie L. Bromagen, deceased. Billy G. Hopkins, attorney. 9-13-3tpd.

CO-EXECUTORS NOTICE

All persons knowing themselves to be indebted to the estate of Nannie K. Smoot, 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. Nancye S. O'Brien and Paul Smoot, Co-Executors, of the estate of Nannie K. Smoot, deceased. Charles M. Cox, attorney. 9-13-2tchg.

WANTED

WANTED: Registered nurse or graduate licensed practical nurse. Full or part time. Apply Mrs. Martha Fowler, Bourbon Heights Inc., 2000 South Main Street, Paris, Ky. Phone 606-987-5790. An equal opportunity employer. 9-13-2tchg.

WANTED: Tobacco cutters. $4 per hundred. Phone 289-5618. Paul Tincher. 9-13-2tpd.

HELP WANTED: Wanted, welders and other factory workmen. Springfield-London Manufacturing Co., 60 Rowland Ave., Winchester. 9-20-1tchg.

WANTED: Bookmobile Librarian. Equal opportunity job. Age, 28 or over. High school education. Be willing to drive the bookmobile. 20 hours week on bookmobile. Eight hours, Saturday, Library. $1.65 hour. Vacation and sick benefits. Apply at Library. 9-20-2tchg.

WANTED: Cabin to buy on Lake Carnico. Call 987-1832 after 5 p.m. 9-20-2tchg.

LOST

LOST: Charm bracelet. Of sentimental value only. Reward. Phone 289-5381 or return to Mercury office. 9-6-3tpd.

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

Notice

Applications will be taken on each Friday beginning Aug. 10 from 3 to 6 p.m. at the Green Valley Apartments Office. Located in Carlisle.

Rent for the one and two bedroom apartments will be based on annual income.

Write Your Own WANT AD — Compose your own want ad and order it by mail. All want ads 7¢ per word per insertion $1 minimum charge for 15 words — CASH ONLY

ORDER FORM

FILL IN AND 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.

MAGICWORD

by JULIE QUART

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions — horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle then strike it off list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

FALL IN LOVE WITH FALL — Sol.: 9 letters

CLUES

A—Artists, Autumn; B—Ballet, Baseball, Browns; C—Campus, Canning, Clothes, Coach; D—Dusk; F—Fashions, Fire; H—Harvest, Hunt; L—Landscapes, Leaves, Life, Lovely; M—Moon; N—Nature; O—Openings; P—Picturesque, Plays, Projects, Pumpkins; R—Rakes, Reap; S—Scenery, Seasonal, Shop, Showers, Shows, Stars, T—Travel; U—University; V—Vegetables; W—Wool; Y—Yellows

Answer Next Week

Last Week's Answer: SCHOLASTIC — 71

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THE HOME GAME

by MARY FUREY CRYMES

SOY SAUCERY — Make a delectable soy marinade and sauce for meat, fish and chicken. Chop three green onions and tops, add a half cup of soy sauce, three tablespoons of water, artificial sweetener, a half teaspoon of ginger and a dash of garlic powder. Use for basting, or heat and serve with entree.

COAL COOKERY — Usually the coals of a charcoal fire are just right about the time you remove your hamburgers, steak or what have you. Plan ahead to use them. Cook extra meat or chicken while you dine, then wrap and freeze for great charcoal-tasting food later.

DRESSING DO — Check supermarket shelves for new and different kinds of vinegars to add variety to salad dressings. Try red or white wine, herb or garlic flavored vinegars. Each imparts a different taste to basic French dressing.

CARPET SAVER — Keep a worn, flannel-backed plastic tablecloth to put under a table where children are eating. Saves stains and cleanup of carpeting.

PEAR PERFECT — The Danes make a great salad with fresh or canned pear halves. They line bowls with shredded lettuce, place two pear halves, cut side down, atop, and drench the works in bottled blue cheese dressing. Sprinkle grated orange rind over the salad.

WAFFLE WONDER — Baking soda's the stuff to use to clean the grids of a sticky waffle iron. Make a paste of soda and water and scrub grids with a toothbrush. Wipe dry, then brush on salad oil. Heat, bake a waffle and discard the first one. Now the iron is seasoned and ready to use.

TUNA STRETCHER — It's an old trick, but a good one, that of grating an apple into drained tuna before adding the rest of the ingredients for tuna salad. Apple adds subtle flavor and doubles tuna volume. Remember, the less expensive grated tuna works just as well in salads as the chunk kind.

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SUCCESS in MARRIAGE

by Professor J. KENNETH WILLIAMS

TAKING A BATH

DEAR PROFESSOR WILLIAMS: Would you mention cleanliness in marriage? I know of marriages that have been almost unbearable because of one or the other being just plain "offensive." I am certain I could not live with a "smelly" woman and certainly wouldn't expect one to be happy with me if I didn't care how I looked or smelled. Soap and water are still quite inexpensive.—H.R., Minneapolis

DEAR PROFESSOR WILLIAMS: My husband works as a laborer. He will bathe his feet all night, works two shifts and only takes a bath every two weeks. I have begun to sleep with the children because he smells so terrible. He wants physical attention but his lack of cleanliness has completely turned me off. We read your column regularly and I would like for you to write on the advantages of taking a bath regularly.—L.O., Vancouver, B.C.

PROFESSOR WILLIAMS: There are very few reasons why most persons can't bathe regularly today. Soap and water are relatively cheap and available. Bathing, at least daily, is a must; and, depending on the activity or type of work and climate, more than once may be desired.

But, why would a person not bathe often? Some are from a home background where bathing is done only once of twice a week; this is "just the way" it has always been done. Others have never been taught the value of cleanliness including washing regularly and often. There are some who, for some physical ailment find it extremely difficult to bathe at all. There are those suffering from some type of skin disease which might prohibit bathing too often. Some can't afford soap required for frequent washing but these persons are quite rare.

One can become accustomed to his body odor over a period of time and is not aware of being offensive to others. This is very true if he doesn't bathe regularly and use deodorant. However, most of the just mentioned reasons can be overcome leaving a very small number who really can't bathe and keep clean. Many are just too lazy and negligent to care about daily cleanliness and good grooming.

We are living in a culture which emphasizes neatness and cleanliness. A guy or gal doesn't get many dates if he or she is unclean, unneat, and has some kind of body, mouth, or foot odor. One of the quickest ways to destroy a sex relationship in marriage is for one of the spouses to become careless in cleanliness and personal dress.

It is imperative that we bathe regularly, preferably at least daily if possible. Always change underclothing and socks after the bath. Use deodorant and foot powder regularly; have more than one pair of shoes so that the same pair isn't worn every day. By alternating footwear, foot odor is minimized. Also, brush the teeth and use mouthwash regularly. Never wear the same clothing two days in succession. Regardless of regularity in washing, if clothing isn't changed odor accumulates and the effect of bathing is offset.

What has been said has to become habitual and automatic. Cleanliness should be accepted as essential and made a part of life as eating and other essential activities. One will find that many relationships will improve if personal grooming and cleanliness improve.

• • •

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

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Hunting horse Saturday

The unmistakable "nip" of fall is in the air, bringing true sportsmen to life again, especially those belonging to the fastest growing sport in the nation—horseback riders!

Almost everyone, whether a rider or not, is attracted by the beauty of the horse, whether it be a Saddle Horse, Walking Horse, Arabian or Thoroughbred. The sport of Fox Hunting encompasses all types of horses, and all types of people. It is a sport of the chase, combining the intelligence and cunning of the fox, the speed and scenting ability of the hound and the versatility of the horse.

Saturday, Sept. 22, the Licking River Hounds Hunt, located on the Headquarters Road in Nicholas county, will hold its annual Horse Show for the "hunting horse". The horses will be shown over many different type fences similar to those they might find while actually hunting behind a pack of hounds.

Mrs. Richard Dole from Lynville, Tenn., an ardent fox hunter herself, will be the judge. Howard Vilter, well known judge of Foxhound field trials, will be the announcer. The show will begin at 1 p.m. and run through the afternoon. Admission is free.

SUSAN DUFF'S

CALORIE COUNTDOWN

HORS D'OEUVRES FOR THE WAIST WATCHER

Cocktail parties seem to be inevitably fattening and the cocktails themselves aren't always the worst of the dieter's worries. Oh, those chips and dips are tasty little puffs—a veritable orgy of high-calorie snacks to seduce you! Its almost impossible to pass them up, to keep a stiff upper lip while trying to prevent a flabby double chin.

And, hardly anybody wants to attend a party armed with cleansing tissues and a tin of limp diet cookies. Nor are party-goers particularly turned on by the prospect of chewing on celery or carrot sticks all evening. Luckily, such grim measures are quite unnecessary.

The idea is this: Instead of going to parties feeling martyred about all that food, you really shouldn't eat, take a positive approach. Concentrate entirely on those goodies which you can enjoy without jeopardizing the shape you're in.

For example, if you're a cracker freak, stick to the thin triangular, thin wheat and small media round varieties which are the least calorie in the cracker family at only 9 calories each. If you can enjoy them cheese-less, all the better, but if you really love cheese, try to slice or spread it very thin. Camembert, Gouda, Liederkranz and Muenster have the fewest calories of the usual cocktail party cheeses (about 85 or 86 calories an ounce). Applied in moderation, an ounce of one of these cheeses will cover four or five crackers.

Several shrimp dunked in the usual red sauce won't be too damaging to your figure at 28 calories an ounce, including sauce (that's about four smallish shrimp). Thin-sliced roast beef without any fat and chicken without skin on party-sized rye or pumpernickel rounds are comically reasonable, as well—hold the mayo, of course, and use horseradish or mustard instead. Pickles are terrific diet food at a party (most of them, less then 5 calories an ounce). Gobble them up if they're around and, for crunchiness, plaster them all over your little sandwiches.

Pickled herring, but not in sour cream sauce, of course, is fairly sensible at about 25 calories an ounce which will last over a couple of the recommended crackers (melba rounds and wheat or triangle thins). Caviar has an even better calorie count (17 per ounce) if you can avoid the rich cream cheese that usually goes with it.

SOME EXTRA LOW-CAL NIBBLE HINTS

Those small round or square cheese crackers are only 5 or 6 calories each and oysters-in-the-crackers which might be around the shrimp or herring are a mere 3 calories each.

The very thin pretzel sticks are quite low calorically and easy to count up because they're only 1 calorie each.

If you simply must have a few chips, eat tortilla chips which have 20 to 30 fewer calories per ounce than corn or potato chips.

You won't be doing your figure much of a favor by eating dry roasted nuts instead of the oil roasted kind; an ounce of dry roasted cashews is 180 calories, oil roasted, they're also 180; dry roasted mixed nuts or peanuts only drop by 5 calories from 180 to 175.

While you're "thinking positive" about the food, keep in mind some of these dieter's tips for a cocktail party:

—Eat as many different kinds of reasonably nonfattening snacks as you can to combat those "poor-little-me" feelings of deprivation.

—Stand instead of sitting as much as possible; it uses up twice as many calories

—Talk a lot; it will keep your mouth entertained and may help to divert it from carelessly calorie nibbling.

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

Burley Tobacco Growers honor late William L. Stanton

A resolution honoring the late William L. Staton, long-time executive secretary-treasurer of the Burley Tobacco Growers Cooperative Association, for his dedication to the best interests of burley growers was adopted by the board of directors of the co-op at a meeting in Lexington, Sept. 12.

Staton, who died Aug. 20 at the age of 79, was long a familiar figure and a recognized leader in the burley tobacco industry.

He had had an association with tobacco most of his lifetime, and over his career he had seen, and worked to abate, the burley growers' struggles for bargaining power in the marketplace.

For the last 26 years, Staton worked for the successful operation of the present-day price support program, which began with the 1940 crop, and his concern for the grower projected him into top leadership in the burley industry, long the major money-making effort for farmers in Kentucky and areas of other states.

As a boy, in his native Bracken county, Staton had seen the ill-famed Night Riders harass tobacco farmers and wipe out crops in one movement in the 1908-09 era when desperation was rampant among growers under monopoly buying conditions.

Later, in the 1920s, he worked at a receiving station for the Burley Association in its "old pool" operations when growers, again seeking bargaining power, signed contracts to pool their tobacco and sell it in cooperation to manage the supply.

While food costs have increased 47 per cent since 1952, the average worker has enjoyed pay raises of more than 140 per cent, according to the United States Department of Agriculture.