Foodtown Coupon
Pruf 15 oz. Spray Starch 2/59¢
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Jumbo Viva Towels 3/89¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Bes-Pak 20-30 gal. Trash Can Liners 99¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Glad 150 ct. Sandwich Bags 29¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Maxwell House Coffee 1 lb. 79¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Easy Off 18 3/4 oz. Window Spray 39¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Wish Liquid Soap qt. 69¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Final Touch 33 oz. Fabric Softner 59¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Mrs. Butterworth Syrup 24 oz. 59¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Pillsbury X-Lite 2 lbs. Pancake Mix 49¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Safeguard Bar Soap Bath Size 3/59¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Dove 32 oz. Dish Liquid 59¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Sugar Crisp Cereal 10 oz. 35¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Bath size Zest Bar Soap 2/39¢
WITH COUPON
And Additional $5.00 Order or More
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Lady Scott 200 ct. Facial Tissue 4/$1
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Zesta Crackers 1 lb. 29¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
king size Cheer Detergent 99¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Downy 96 oz. Fabric Softner $1.79
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Gt. size Bold Detergent 69¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Mazola Margarine 2/89¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Palmolive 22 oz. Dish Liquid 45¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Ajax 40 oz. Liquid Cleaner 59¢
WITH COUPON
And Additional $5.00 Order or More
Limit One Coupon Per Family
Expires 10-2-73

Serve the Best! Save the Most!

U.S. Choice **Round Steak** Boneless
Lb. $1.49
U.S. Choice Rump Roast Boneless lb. $1.59

Fischer's Quick-Cut Hams
Whole or Shank Half
Lb. $1.29
Boneless Butt Half lb. $1.39

Boston Butt Pork Roast lb. 89¢
Sliced Pork Steak lb. 99¢

Fischer's Mellwood Bacon
Lb. $1.09

Fresh Dressed Chicken Breast lb. $1.19
Legs ' Thighs lb. 89¢

Tennessee Pride Sausage 1 lb. $1.19
2 lbs. $2.37

Fischer's Wieners 12 oz. pkg. 79¢

Foodtown Ice Cream
½ gal.
69¢

Dial Anti-Perspirant
9 oz. can
99¢
(Reg. $1.79 size)

Spanish Girl Olives Thorn, Stuffed 7 oz. jar 59¢
8 pk. pkg.
Foodtown Hamburger or Hot Dog Buns 3/$1

★ Stokely $1 Sale ★

Pork & Beans	No. 2 Van Camp	5/$1
Shredded Kraut	No. 303	4/$1
Golden WK or Creamed Corn	No. 303	5/$1
Mixed Vegetables	No. 303	4/$1
Fruit Drinks	46 oz.	4/$1
Dark Red Kidney Beans	No. 303	5/$1
Cut Green or Shellie Beans	No. 303	4/$1
Pear Halves	No. 303	3/$1

Red Delicious Apples 3 lb. bag 79¢
Fresh Broccoli Bunch 49¢
Carrots 1 lb. bag 2/29¢
Yellow Onions 3 lbs. 49¢
White Seedless Grapes Thompson lb. 39¢

Indiana Potatoes
10 lbs.
bag
99¢

Head Lettuce
Head
29¢

Golden Ripe Bananas
lb. 12¢

Gal.
Dixie Queen 2% Milk $1.19
(Sliced, Chunk, Crushed)
Dole Syrup Pack Pineapple
No. 2 can 3/$1
Kingsford Charcoal Briquets
10 lb. bag 69¢

The Shield of Quality
FOODTOWN
HOME OF LOW PRICES

C & G
Open 8-8 Mon.-Sat.

Foodtown Coupon
Gt. size Spic & Span 79¢
WITH COUPON
Expires 10-2-73

Foodtown Coupon
Cling Free 7 oz. 69¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Hunts Puddings & Fruit 4 pk. 49¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Maxwell House 12 oz. Instant Coffee 99¢
Bonus Jar
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Dixie Lily Flour 5 lbs. 59¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
40 oz. Mr. Clean King size 79¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Biz Pre-Soaker 99¢
WITH COUPON
Limit One Coupon Per Family
Expires 10-2-73

Foodtown Coupon
Ajax Aerosol 15 oz. Window Cleaner 2/99¢
WITH COUPON
Limit 1 Coupon Per Family
Expires 10-2-73

Kay's Kitchen

— — By Kay Fisher

Recently I gave you some cookie recipes since it is snack time for school children. They need the sweet to give them quick energy. However, I do know that some children need calories counted for them, and was going to give a few low calorie cookie recipes right away, but since my filing system leaves a lot to be desired it took me awhile to find the following recipes I had so carefully "filed" away.

Anyway it is nice to know that there are some cookies that are not calorie laden. To name a few you can get from your grocery shelf: gingersnap—15 calories, animal crackers—11 calories, vanilla wafers and arrowroot cookies—18, chocolate wagers—30, small graham crackers—17.

Too, there are those you can make yourself. The best policy, I think, would be to limit two per serving with a glass of skim milk.

ORANGE MACAROONS

2 egg whites
pinch of salt
pinch of cream of tarter
2 teaspoons grated orange rind
2 cups (7 ounce can) sweet shredded coconut
2 tablespoons cake flour
¼ teaspoon baking powder

Beat together egg whites, salt and cream of tartar until stiff peaks form.

Combine the orange rind, coconut, flour and baking powder, and mix well. Fold into egg whites. Drop by the scant teaspoonful on a greased cookie sheet. Bake in a preheated 350 degree oven 15 to 20 minutes, until edges are brown. Cool. Makes two dozen macaroons, 27 calories each.

CHOCOLATE CHIP PEANUT-BUTTER GEMS

3 tablespoons softened margarine
4 tablespoons creamy peanut butter
2 tablespoons brown sugar
sugar substitute to equal 4 tablespoons sugar
2 eggs beaten
1 teaspoon vanilla
⅔ cup sifted all purpose flour
½ teaspoon baking soda
½ teaspoon baking powder
3 ounce small semisweet chocolate chips

Beat margarine, peanut butter and brown sugar together. Add sugar substitute, eggs and vanilla and beat until fluffy. Sift flour, baking soda and baking powder together and add to peanut butter mixture. Mix well. Fold in chocolate chips.

Drop by the level teaspoonful on a greased cookie sheet. Bake in a preheated 375 degree oven for about eight minutes. Makes five dozen cookies, 26 calories each.

PEANUT BUTTER COOKIES

5 tablespoons peanut butter
2 teaspoons vanilla
1 cup all-purpose flour or whole wheat flour, sifted
¼ teaspoon salt
½ cup brown sugar
1 egg
1 teaspoon baking powder
3 cups rice cereal, crushed

Combine peanut butter, brown sugar, vanilla, add egg. Beat until fluffy.

Stir flour, baking powder and salt together. Add to peanut butter mixture and combine well. Stir in one cupful of the cereal. Roll teaspoon size dabs of the batter in remaining crushed cereal. Place on a greased cookie sheet. Bake 5 to 7 minutes at 375 degrees, until slightly brown.

Makes six dozen small cookies, 22 calories each.

In baking the cookies you can save a calorie or two by using a non-stick baking pan instead of a greased cookie sheet.

• • •

For a change, have on hand fresh fruits. Apples, remember have more calories than either peaches or pears. Apple, average in size, 100 calories; pears, 60; peaches, 50; tangerine, 35; one-half grapefruit, 50; average bunch of grapes, 100; orange, 75 and three whole apricots, only 60.

Cola beverages 7 ounces, 75 calories.

Remember brown bread spread with cream cheese is delicious and has only about 100 calories.

Reunions

George

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

Those who attended were Mrs. Otis Curtis, Mr. and Mrs. Dovolee Ritchie, Marcia, Shelia, Tammy Ritchie, Tommy Ritchie, Mr. and Mrs. Douglas George and Christi Ruth, Mr. and Mrs. Robert T. Trussell, Mr. and Mrs. Terry Trussell and Towana, Avin Hicks, Wanesa and Rickie of Carlisle.

Mr. and Mrs. Stanley Bromagen, Missy and Victor, Miss Cathy Ritchie, Mr. and Mrs. Rondall George and Linda Sue, Mr. and Mrs. Thomas T. George of Myers.

Mrs. Paul Minton, Mr. and Mrs. Michael Minton and Millisa, Miss Ann Wingert of New Jersey, Dennis Minton, Steve Minton of Lexington, Miss Paula Vice of Moorefield.

Mr. and Mrs. Merle McCarthy, Wendell and Pam of Fairborn, Ohio; Mr. and Mrs. Edgar George of Friendship, Ohio; Mr. and Mrs. Roger Gray of Ohio. Afternoon guests were Mr. and Mrs. Kenneth Gray, Mike and Greg, of Cowan, Romana Bromagen of Carlisle.

Shea

A reunion of the descendants of the late Crowe and Pearl Shea met at the home of Mr. and Mrs. Clarence Moss, Sunday, Sept. 16.

Those present were Elizabeth Shea, Mr. and Mrs. Cecil Barnett, Mrs. Anna Purcell, Mr. and Mrs. Robert Fox, Mrs. Nancy Foster and Tracy, Mr. and Mrs. Elmo Stewart, Mr. and Mrs. John Sibert, Evelyn Clancy, Mr. and Mrs. Clarence Miller, Stella Clancy, Mr. and Mrs. Gary Sibert and David.

Mr. and Mrs. Eugene Sibert and Johnny, Mr. and Mrs. Odus Giles Jr., Cathy, Greg, Vicky and Jenifer, Mr. and Mrs. Robert Hildreth Jr., Rita Marie and Michele Lee Leet, Martha Sibert, Steve Eads, Donna Sibert, Rudy Miller, Mrs. Rex Jones and Rex Ann, Mr. and Mrs. Keith Hildreth, Brad and Stacey, Mrs. Ned Shrout and Michael, Mr. and Mrs. John Flores, Julie and Janie, Pearl Hughes, Betty Abnee, Mrs. David Moss, Lisa and Jonathan.

SOCIETY

Mr. and Mrs. Greg McCoy of Mt. Dora, Fla., recently visited Mrs. Calvin Mundy. Mrs. Mundy accompanied Mr. and Mrs. McCoy home for a visit.

Roy McClary, Middletown, Ohio spent several days last week with his sister, Mrs. Clyde Snelling.

Mrs. W.E. Chamberlin of Kearney, Neb. is visiting her son and family, the Rev. Richard Chamberlins, at the United Methodist parsonage on Sycamore Hill.

Mrs. Ted Allison, Mrs. James Lowe, and Rev.. Richard Chamberlin attended the Kentucky Annual Conference Rally for Missions in Lexington on Tuesday. Rev. Billy Davis, former Carlisle resident and missionary to Zaire, Africa, was one of the speakers.

Mr. and Mrs. Warren Fisher had as their guests over the weekend Mr. and Mrs. Toby Elder, Mr. and Mrs. Dick Bramlish, Miss Monica Bramlish, Joyce, David and Bobby Bramlish of West Carrollton, Ohio.

Mr. and Mrs. John S. Jacobs and John Darwin of Lexington, Mr. and Mrs. Jimmy Conrad, Carlisle, and Ernst Jacobs were supper guests of Mr. and Mrs. J. Angus Jacobs, Saturday night. Mr. and Mrs. John S. Jacobs attended the Oleika Temple ceremonial events and luncheon Saturday.

Mr. and Mrs. Loval Jacobs of Brooksville spent Sunday with Mr. and Mrs. J. Angus Jacobs and Ernst Jacobs.

Mr. and Mrs. Joseph H. Conley were guests of Mr. and Mrs. Tony Satterly of Lexington for dinner and a dance at the Spring Valley Country Club in Lexington after the UK game Saturday.

Mrs. William Berry who is recovering from eye surgery preformed at Kettering Memorial Hospital, Kettering, Ohio spent the weekend with her son Myron Berry of Dayton.

Mrs. Earl Hamm has returned home after visiting several days with Mr. and Mrs. Kenneth Smith and sons of Prestonsburg.

Jimmy Parker has enrolled for the fall quarter at Transylvania University. A junior business administration student, he is the son of Mr. and Mrs. W.B. Parker. He is a graduate of Nicholas County High School.

Mrs. Joseph Smart was admitted to the Bourbon County Hospital on Friday.

Mrs. Russell Wills has had as her guest Mrs. Clayton Cannon of Paris.

Mr. and Mrs. Casper Freeman of Martin, Tenn. were house guests Sunday and Monday of Mr. and Mrs. H.W. Bailey of Lake Carnico.

Mr. and Mrs. Chontrelle Layson have returned from a visit with their daughter, Mrs. Talmadge Fowler and family in Atlanta, Ga.

Dana Hutchinson and Miss Cecil Linville, both of Route 1, were admitted to the Bourbon County Hospital, Sunday.

Conservation topic of meet

The Carlisle Community Woman's Club, KFWC, met in the home of Mrs. Gladys Duncan, Monday evening with Mrs. Sue Woodall presiding.

Mrs. Richard Chamberlin and Mrs. Helen Keller were presented as new members. Twenty-one members were present. Spiritual values were given by Mrs. Evans Brown. The Conservation Department presented a film "Living Room for Kentucky's Wildlife."

Mrs. Estil Noffsinger and Mrs. Hazel Moore assisted Mrs. Duncan in serving refreshments.

Baptist women to meet Oct. 1

The Baptist Women and Baptist Young Women will meet in the home of Mrs. Dan Rich, Monday, Oct. 1 at 7:30 p.m.

This will be the annual planning meeting of the Woman's Missionary Union of the First Baptist Church.

Serves as president of southern college

Former Kentuckian Jack J. Early, executive director of education for the American Bankers Association, has been appointed president of Limestone College, Gaffney, S.C.

A native of Corbin, Dr. Early was graduated from Union College in 1940. He holds an M.S. and a doctorate in education from the University of Kentucky and a bachelor of divinity in religious education from the Lexington Theological Seminary.

Dr. Early served as president of Dakota Wesleyan University in Mitchell, S.D., and of Pfeiffer College in Misenheimer, N.C., before taking the ABA post in 1971. He also served a term in the Kentucky General Assembly.

Dr. Early is married to the former Nancye Bruce Whaley of Carlisle. They have three daughters, Lela Katherine, Judith and Laura.

Bobby's Beauty Shop
Under the operation of Linda Weaver
Permanent Specials
$15 *Permanents for* $10
Phone 289-5923 or 289-2717
Moorefield Road

Mr. and Mrs. George W. Mitchell

Anniversary is planned

The Rev. and Mrs. George W. Mitchell will celebrate their golden wedding anniversary at their home, 512 E. Main Street, Carlisle, Sept. 30 from 3 - 4 p.m.

Sept. 26, 1923, at Carlisle, witnessed by Harvey Mitchell and Miss Etna Jolly.

Mr. and Mrs. Mitchell are parents of eight children; five sons: Marvin, Robert, Shirley and Warner of Dayton, Ohio, George W. Jr. of Lexington; three daughters; Mrs. James T. Vaughn, Nicholas county, Mrs. James Roseberry, Dayton, Ohio; and Mrs. Robert Lawson of Vandalia, Ohio; 15 grandchildren and two great-grandchildren.

All friends and relatives are invited.

Wesleyan Church to hold homecoming

The Carlisle Wesleyan Church will hold their annual homecoming Sunday, Sept. 30. Following the regular morning service a basket lunch will be held on the church grounds.

Special singing at 2 p.m. The public is invited. Don Moseley, pastor.

Cooking techniques can be learned at high school

Thursday, Sept. 27 at 7:00 p.m. at the Nicholas County High School Home Economics Department is the time and place to become informed about cooking techniques of the future. This will begin a series of six lessons entitled "Cooking Capers" sponsored by the Home Economics Department.

At this first meeting a demonstration of the Micro-wave oven will be presented by Martha Baker, Home Economist for Kentucky Utilities.

The following dates and topics will be included in the series of lessons: Sept. 27—Micro-wave oven demonstration; Nutrition; Oct. 4—Food buying, Field trip; Oct. 11—Use of equipment; Oct. 18—Breads; Oct. 25—Cakes and cake decorating; Nov. 1—Party foods, garnishes, use of small equipment.

These classes are free and all interested men and women are cordially invited to attend. Free baby sitting will be provided by F.H.A. members.

Come and participate in the fun. Meet new people and learn new cooking techniques.

Former residents hold anniversary

Mr. and Mrs. Rufford S. Shannon, former Nicholas county residents, will celebrate their 50th wedding anniversary on Sunday, Sept. 30 at the Silas Baptist Church. A reception will be held from 2 to 4 p.m. with their children as hosts. All relatives and friends are invited to attend.

The couple was married on Sept. 27, 1923 at the Christian Church parsonage with the Rev. Ellis officiating.

They are parents of three children, Mrs. Robert Simms, Cynthiana, R.I., Shannon and William E. Shannon, Paris.

Enjoy yourself this Fall with a new coiffure designed just for your own life style and personality. It's the fashion! Have it touched with soft new color and a gentle permanent wave, also, just for you. Phone for your appointment today.
NATIONAL BEAUTY SALON WEEK
October 1-7
Kathy's Beauty Boutique
Phone 289-5936
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Bring a Dole† Banana and save†!
BANANA SPLITS 33¢

Offer good Oct. 1-7.
Bring in a Dole banana†. We'll turn it into a yummy banana split, with the works: Delicious freezer-fresh DAIRY QUEEN® Strawberry, Pineapple, Chocolate topping. And scads of whipped topping. All for just 33¢.
Come on, grab a Dole banana. Head for DAIRY QUEEN. And split the price on the best split in town!
†Bring in a Dole, bring another brand—but bring a banana!
"Let's all go to the DAIRY QUEEN"
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