

Kroger KRA LOW DISCOUNT FOOD STORES

Everyday DISCOUNT MEAT PRICES

Plus Top Value Stamps!

U.S. Gov't Graded Choice

Steaks

U.S. Gov't Graded Choice

Round Sirloin T-Bone

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Sirloin Tip Roast

U.S. Gov't Graded Choice

EXTRA SPECIAL PRICE

On-Cor Entrees

2-lb. pkg. \$1.49

1-lb. pkg. \$1.79

Armour Turkeys 1-b. 79¢

Everyday Discount Prices

The programs will be filled with activities specially planned for senior citizens including hikes, arts and crafts, parties, tournaments, rick, bridge, shuffle, bowls, slide presentations and square dancing.

The tentative schedule calls for each program to begin on a Tuesday afternoon and end on a Thursday afternoon. There will be daytime and evening gatherings and a special awards luncheon on Thursday, at which time the winners of the games and tournaments will be recognized.

The programs will be held at Greenlee Lake State Resort Park (Sept. 11, 12, 13), Kenlake State Resort Park (Oct. 2, 3, 4) and Pine Mountain State Resort Park (Oct. 21, 22, 23).

The cost will be \$29.75 per person. This includes two nights' lodging (double occupancy), six meals and all programs. However, there will be a small cost for

Senior Citizens programs to be held at state parks

The Kentucky Department of Parks announces that this fall Senior Citizens Programs will be held at three state resort parks.

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Fighting back at arthritis

It hurts, it cripples. And if you are one of the 16 million arthritis sufferers in the U.S., you probably understand why so many of them eagerly grasp at any offer of relief.

Because the usual treatment for arthritis is rarely dramatic—heat, rest, exercise and the lowly aspirin, it can be easily outstaged by proponents of sure, quick relief treatments and special diets.

The truth is that medical science has found no cure for arthritis and none of the unorthodox "cures" have been found to have merit.

Yet there is good news for you if you have arthritis. In the last ten years medical scientists have made such rapid advances in their understanding of the disease that they now prevent much of the crippling and can return many disabled arthritis to full active lives.

Early diagnosis and quick treatment are the keys to success. That's why 1250 Public Health Service specialists urge against self diagnosis, self treatment and miracle cures. Not only are they a waste of money in the case of quick cures but a waste of valuable time in getting effective treatment delayed.

If you have symptoms, talk to a doctor. He will give you a complete physical, X-rays and a complete blood count. He will also refer you to a specialist in arthritis, let him map out a program for you. Here are the danger signals, which may come and go—persistent pain and stiffness on waking up in the morning;—pain, tenderness or swelling in one or more joints;—unexplained fatigue, weakness, fever, weight loss;—swelling in the fingers, hands, feet.

You and your doctor will power the most important part of any treatment prescribed by your doctor. It's up to you to stick with the program he works out for you and to take the medicine, to take the medicine, in some cases there will be special medications and perhaps a weight-reducing diet if extra pounds are causing undue pressure on weight-bearing joints. Surgery can sometimes give dramatic results in restoring use of hands, hips, etc.

Ann E. can recall that she got backaches and became unusually tired back in college days. She stubbornly tried to ignore the stiffness and pain in the mornings as time went on. It wasn't until her early 50s that she realized she had rheumatoid arthritis. She had an

Honoree



G.C. 'Clev' Grever, one of the oldest Skippers at the Oleka Temple, Lexington, takes his place of honor in the Skirner's Parade Saturday afternoon. Driving the car is C. P. Fera, Lexington, also a native of Nicholas county. —Mercury photo

Woodall reunion

The following attended the J. M. Woodall reunion Aug. 24-26 Blue Licks State Park:

Woodall and Mrs. Thomas C. Pryor, Hamersville, Ohio; Mr. and Mrs. Noel Barney and sons, Williamson, Ohio; Mr. and Mrs. Jimmie Woodall and Freddie, Pelecity, Ohio; Mr. and Mrs. Greg. Peters and son, C. Peters, Moscow, Ohio; Mrs. Stella Woodall, Miss Gibson, Miss Betty Williams, Rebel, Ohio; Sister Mary Sylvester (Myrtle Shaw), Mr. and Mrs. Samuel Armstrong and children, Covington; Mrs. Linda Cape and two children, Mr. and Mrs. Perry Brown and Beverly, Mr. and Mrs. Samuel De Alley, Mayville; Bill Egan, Louisville; Mr. and Mrs. O. C. Woodall, Brooksville; Sarah Wagoner, Millersburg;

Mrs. Robert Bryan and two children, John Vernon Bryan, Stephanie Polfrey, Mr. and Mrs. Miller C. Williams, Mrs. Pearl Williams, Mr. and Mrs. Larry Williams and three children, Glen D. Williams, Mrs. Beate Bryan, John Bryan, Mr. and Mrs. William Knobby and daughter, Lexington; Mrs. Ella Workman, Mr. and Mrs. Sherie Smith, Mr. and Mrs. Alan Howard and Lenora, Mrs. Peggy Sue and three girls, Carlisle.

Success in Marriage

PREMARRITAL SEX JUSTIFIED? DEAR PROFESSOR WILLIAMS: What's wrong with having premarital sex relations if two people are really in love? F. Boca Bates, Fla.

PROFESSOR WILLIAMS: Personally, I feel that premarital sexual relations between a couple whether they're in love or violate three basic laws or codes of behavior. First, one violates the spiritual law. Nowhere in the Bible is premarital sex relations approved. In fact, the New Testament contains numerous passages condemning such behavior.

THE SECOND LAW ONE VIOLATES is the moral law or code of living. Every society has certain basic moral rules for behavior to which its members have to adhere for its stability as a person, group, and ultimate society. No society, to my knowledge, has ever encouraged sex relations outside of marriage other than those in which the partners are really in love and are practicing.

THE THIRD LAW ONE VIOLATES is social in nature. By engaging in premarital sex relations, a couple violates the civil law, often spread through religious, social relations, a couple violates the moral law and generally imposes a burden on society. Unless the sex urge is directed into a spiritual, moral, and socially acceptable manner, sex urge is directed into a socially, morally, and socially acceptable manner, sex urge is directed into a socially, morally, and socially acceptable manner.

THE WHY DO WE HAVE to have any kind of sex in a given situation, there is mass confusion. Unless we have guidelines on how to act in a given situation, there is mass confusion. For example, if one wants to go to another section of the United States, unless he has a road map, life is not so different. Man has found that over the thousands of years of his existence that unless he can create reliable, the personal life and that of his society is beset by all kinds of problems. At no time in recorded history has there been a period when types of behavior, basic to stability, including sex, have not been regulated and disciplined. The regulation of sex expression and has been through some form of marriage.

STUDIES ARE CONSTANTLY showing that when individuals or groups are engaging in sexual activity outside the spiritual, moral, and social framework of the particular society, all kinds of problems develop. You may think that over one side it seems it and that makes it right. However, everyone else is not doing it, and even if proportionately more are engaging in this behavior than ever before, it still doesn't make it right. There is only one proper basis for sex relations. That is within the relationship of marriage between husband and wife.

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

SUSAN DUFF'S CALORIE COUNTDOWN

SUMMER'S OVER DIETING IDEAS Statistics tell us that summer is the time when most people are able to lose weight and the experts claim that shedding pounds during the summer months is easier for the majority of individuals. Reason? Well, especially if you live in an area of seasonal climate change, you are likely to be in the habit of taking the summer months off your diet. Also, warm weather encourages more outdoor activity and less indoor stuffing. Perhaps, most importantly, summer is the season of leisure and vacation and when people are relaxed of the day-to-day routine and pressure, they often discover that they are less apt to indulge in nervous indulging or irrational overeating. They are able to relax and enjoy the summer months and just count on the fact that their intentions need to be all that disastrous, and I would be foolishly, indeed, to wait until next June to renew your efforts. Why not start thinking positive right now!

Autumn is a great season for beginning. It's the time when people return to work, school—mandatory time to begin constructive new efforts. If you haven't got it in your right now to get into the treadmill of counting every little calorie you pop into your mouth, try a "no count, modified dieting" system. There are several ways to do it. The best general method of diet without exact counting is to make yourself very strict, unbreakable, eating rules for yourself—totally eliminate certain high-calorie low-food-value edibles from your diet—and then allow yourself flexibility in your other choices of foods.

Sometimes even what seems to be a pretty minor elimination can make a difference. For example, try getting used to black coffee if you're a big coffee drinker—or make a hard and fast rule that you will not add any sugar from the bowl to the foods you eat. You might want to give up one specific category entirely (like chocolate or alcohol) and allow yourself to eat anything but... You can lose a lot more weight than you'll believe possible just by eliminating one favorite fatmaker that you usually indulge in. If starches are your particular weakness, you could make a rule that you'll eat only one serving per day (one slice of bread, one half of a potato, one half-cup of corn or lima beans), or swear to yourself that you won't have seconds of anything, no matter how delicious. Or totally eliminate certain fattening cooking processes like frying.

Such ideas for "no count official dieting" offer flexibility to the post-summer weight watcher, but you must make sure your no-no rules really stick. Also, you must also take the scale every morning when you start this way. Record your weight every day and as soon as you notice the figure climbing, you'll know that it's time to go back to calorie-counting and other more deliberate, or totally eliminate certain fattening cooking processes like frying.

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Hospital notes

Sept. 11, 1973 to Sept. 17, 1973. Visiting hours are 7:30 to 4:00 and 7:30 to 8:30 p.m.

ADMITTED: Orpha B. a u m a g e n, Catherine Tiedler, Elizabeth Lawrence and Earlyview, Carlisle; Mae Gray, William Dallas, Donovan, David Wilkinson, Diana Mitchell, Ewing, Eva D. Faulker, Flemingsburg; P a t e l i c a some form of marriage.

DISMISSED: Sydney Bow, Joan Trussell and child, Olga Hummer, Joyce Ann Towles, Ona B. Wagoner, Carlisle; Eva Faulker, Flemingsburg; Betty Barbee, William Dallas, Donovan, Lizzie Wright, Ewing; Helen Gilford, Howard Martin, Mary Martin, Mt. Olivet.

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Put more light on the subject... and score him away!

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EVERYDAY DISCOUNT PRICE Fischer's Sliced Bologna \$1.29 1-lb. pkg.	EVERYDAY DISCOUNT PRICE U.S. Inspected Fresh Country Cut-Up Mixed Fryer Parts \$1.49 1-lb. pkg.	EVERYDAY DISCOUNT PRICE Edward's Whole Hog Sausage \$1.39 1-lb. 2-1b. bag \$2.79	EVERYDAY DISCOUNT PRICE 25% Fresh Beef and 25% Modified Vegetable Protein "BURGER-PRO" \$1.87 1-lb. or more
EVERYDAY DISCOUNT PRICE Whole Smoked Ham-Boasted \$1.09 1-lb. pkg.	EVERYDAY DISCOUNT PRICE Fischer's Millwood Sliced Bacon \$1.49 1-lb. pkg.	EVERYDAY DISCOUNT PRICE Serrano Sausage \$1.79 12-oz. pkg.	EVERYDAY DISCOUNT PRICE Country Style Sliced Bacon \$1.19 1-lb. pkg.

Discount Special: Tuna Fish 2.89
Discount Special: Arrid 88
Discount Special: Doodard 88

Discount Special Coca-Cola 32-oz. 1.61 plus 8¢ deposit	Discount Special Crisco All Purpose Shortening 3.89 3-lb. can with coupon at sale	Discount Special Golden-Ripe Bananas 1.49 Washington State Extra Fancy 28 Size Red or Golden Delicious Apples
Discount Special Salad Dressing 39¢ 1-qt. jar	Discount Special Freshtel Vegetables 4.11 12-oz. cans	Discount Special Tokay Grapes 39¢ 1-lb. box

Discount Special Kroger Flaky Kroger Biscuits 10.11 4-oz. cans	Discount Special Kroger Coffee 89¢ 1-lb. tin	Discount Special Kroger Dinner Dinners 28.71 All Varieties except Beef & Ham	Discount Special Kroger Orange Juice 49¢ 12-oz. cans	Discount Special Kroger Fleece Napkins 3.99 42" x 36" (104) (104 of 2)	Discount Special Kroger Ultra Brit 2.99 4-oz. cans	Discount Special Kroger Cheese Pizza 69¢ 12-oz. cans	Discount Special Kroger Butter Milk 65¢ 1/2-gal. can
Discount Special Kroger Rye Bread 2.99 2-1/2-oz. loaves	Discount Special Kroger Soups 5.88 10-oz. cans	Discount Special Kroger Yubi Yogurt 19¢ 8-oz. cups	Discount Special Kroger Sandwich Bread 2.79 24-cs. 74-cs. loaves	Discount Special Kroger Ice Milk 65¢ 1/2-gal. can	Discount Special Kroger Excedrin 88¢ 10-oz. box	Discount Special Kroger Freeze Dried Coffee 79¢ 10-oz. cans	Discount Special Kroger Alginate 57¢ 10-oz. cans

Whatever You Do With Your Back During the Day... We'll Support it at Night!

Sure beats a cambial's caudion. The way our Spring Air Back Supporter will comfort you with sleep that supports your back as it deserves to be supported! No wonder it's rated #1 for comfort and durability. Inner-spring or foam-core, with Health Center.

Garrett's Furniture

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Tubs, lavatories, 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.

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Light is nice to come home to as well. Makes you feel safer as you drive up and walk in. And plenty of light... with our special pipe service—costs only \$4.25 a month. This includes installation, electrically maintained, and 24-hour replacement.

Light to lead... light to safety... light for protection... lights for night

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