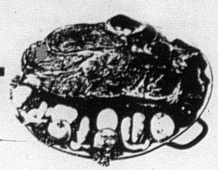
QUALITY That Belongs On Your Table

U.S. Choice
CHUCK ROAST
Lb. 89¢



Webber's Sausage
1 lb. $1.09
2 lbs. $2.17

Skippy 18 oz. PEANUT BUTTER 59¢ — Limit One Coupon Per Family — Expires 3-5-74

JOY DISH LIQUID 32 oz. 57¢ — Limit One Coupon Per Family — Expires 3-5-74

GOLD MEDAL 5 lbs. FLOUR [Limit 1 w/$5 order] 69¢ #47473 — Limit One Coupon Per Family — Expires 3-5-74

GOLDEN GRIDDLE SYRUP 24 oz. 39¢ — Limit One Coupon Per Family — Expires 3-5-74

Pillsbury Family 22 oz. BROWNIE MIX 2/99¢ — Limit One Coupon Per Family — Expires 3-5-74

12 oz. WHEATIES 35¢ — Limit One Coupon Per Family — Expires 3-5-74

FOLGERS COFFEE [Limit 1 w/$5 order] 79¢ — Limit One Coupon Per Family — Expires 3-5-74

W/Raisin & Date 16 oz. NATURAL CEREAL Qua. 100% 59¢ — Limit One Coupon Per Family — Expires 3-5-74

8 oz. TOTAL CEREAL #14119 35¢ — Limit One Coupon Per Family — Expires 3-5-74

40 oz. BISQUICK #47471 79¢ — Limit One Coupon Per Family — Expires 3-5-74

Fresh Dressed Chicken Breast 89¢ Legs & Thighs lb. 69¢

Sliced Fields Bologna 1 lb. pkg. 99¢

8 oz. boxes Maty Fish Sticks 3/$1

½ gal. Foodtown Ice Cream 79¢

Mrs. Filbert's Margarine 1 lb. pkg. 3/$1

Pepsi, Diet Pepsi, 7-Up 16 oz. with bottles 8 pk. 89¢

Foodtown Buns Hamburger or Hot Dog 39¢

Green Giant Mushrooms Whole & Sliced No. 2½ jar 3/$1

AJAX LIQUID CLEANER 28 oz. 49¢ #1402 — Limit One Coupon Per Family — Expires 3-5-74

Baggies 80 ct. SANDWICH BAGS #1407 2/59¢ — Limit One Coupon Per Family — Expires 3-5-74

Qua. Variety 10 oz. INSTANT OATMEAL 39¢ — Limit One Coupon Per Family — Expires 3-5-74

Baggies 20 gal. 10 ct. TRASH BAGS 59¢ #1409 — Limit One Coupon Per Family — Expires 3-5-74

P. 300 #1472 BAR SOAP 2/39¢ — Limit One Coupon Per Family — Expires 3-5-74

—STOKELY SALE—

No. 303 Tomato Juice 5/$1

G.C. & W.K. No. 303 Canned Corn 4/$1

No. 2 Van Camp Pork & Beans 3/89¢

No. 303 Green & Shellie Beans 4/$1

No. 303 Mixed Vegetables 4/$1

No. 2½ Halves & Sliced Canned Peaches 39¢

46 oz. Ping & Pong 3/$1

8 oz. Tomato Sauce 8/$1

French Style No. 303 Green Beans 4/$1

U.S. Choice Boneless Chuck Roast lb. $1.19

U.S. Choice Shoulder Roast lb. $1.09

Ralston Purina or Armour Golden Band Hen Turkeys 10 to 14 lbs. lb. 59¢

Armour No. 1 Bacon lb. $1.09

Armour Veribest Boneless Rolled Leg of Pork Roast lb. $1.39

Armour Hot Dogs 12 oz. 69¢

Florida ORANGES 5 lbs. 69¢

Idaho Potatoes 10 lbs. $1.59

1 lb. cello bag Carrots 2/35¢

Fresh Pineapple Ea. 59¢

Cabbage lb. 12¢

White Seedless 40 ct. Grapefruit 10¢

Yams 2 lbs. 39¢

Winesap Apples 3 lbs. 69¢

Gorton Brd. 2 lb. box Fish Fillets $1.49

The Shield of Quality FOODTOWN HOME OF LOW PRICES

C & G Open 8-8 Mon.-Sat

Woodcrafter 14 oz. FURNITURE POLISH #1411 99¢ — Limit One Coupon Per Family — Expires 3-5-74

STRETCH & SEAL WRAP #1431 50' 29¢ — Limit One Coupon Per Family — Expires 3-5-74

Renuzit Solid 7 oz. AIR FRESHNER #BRS15 49¢ — Limit One Coupon Per Family — Expires 3-5-74

SAFEGUARD BAR SOAP 2/45¢ Bath bar — Limit One Coupon Per Family — Expires 3-5-74

TOP JOB LIQUID CLEANER 26 oz. 89¢ — Limit One Coupon Per Family — Expires 3-5-74

Gt. size SPIC & SPAN 89¢ — Limit One Coupon Per Family — Expires 3-5-74

BIZ PRE-SOAKER King size 89¢ — Limit One Coupon Per Family — Expires 3-5-74

Betty Crocker Family BROWNIE MIX 22½ oz. 69¢ #47472 — Limit One Coupon Per Family — Expires 3-5-74

Betty Crocker FRUIT HELPERS #50298 3/$1 — Limit One Coupon Per Family — Expires 3-5-74

Great American 14¾ oz. HEINZ SOUPS 3/79¢ — Limit One Coupon Per Family — Expires 3-5-74

YUCCA-DEW SHAMPOO 7½ oz. 99¢ (Reg. $1.59) — Limit One Coupon Per Family — Expires 3-5-74

6 oz. ENDUST 59¢ #BEN10 — Limit One Coupon Per Family — Expires 3-5-74

12 oz. BEHOLD 79¢ #ABE06 — Limit One Coupon Per Family — Expires 3-5-74

12 oz. DRANO 29¢ #BDR11 — Limit One Coupon Per Family — Expires 3-5-74

Promise 1 lb. SOFT MARGARINE 49¢ — Limit One Coupon Per Family — Expires 3-5-74

Bath size DIAL BAR SOAP 2/45¢ — Limit One Coupon Per Family — Expires 3-5-74

NuSoft ½ gal. FABRIC SOFTENER 99¢ — Limit One Coupon Per Family — Expires 3-5-74

16 oz. Qua. 100% NATURAL CEREAL 59¢ — Limit One Coupon Per Family — Expires 3-5-74

DOVE DISH LIQUID 22 oz. 45¢ — Limit One Coupon Per Family — Expires 3-5-74

48 oz. CRISCO OIL $1.39 — Limit One Coupon Per Family — Expires 3-5-74

34 oz. VANISH 39¢ #BVA13 — Limit One Coupon Per Family — Expires 3-5-74

10 oz. Folgers INSTANT COFFEE $1.19 — Limit One Coupon Per Family — Expires 3-5-74

5 lbs. DOMINO SUGAR [Limit 1 w/$5 order] 69¢ #CS-171 — Limit One Coupon Per Family — Expires 3-5-74

Bes-Pak 30 gal. 10 ct. TRASH LINERS 49¢ — Limit One Coupon Per Family — Expires 3-5-74

Kay's Kitchen

— By Kay Fisher —

The uppermost thing in everyone's mind now is trying to stretch the food budget. With food prices going higher and higher one must think long and hard on how to eat well and economically. By eating well I don't mean steaks, but I do mean well-balanced meals. Buy and prepare foods that are specials at the grocery each week. The less expensive cuts of meat prepared in one dish meals, cooked at low temperature for a longer time, make delicious and easy to prepare meals. Chuck roast is usually the most economical cut, however if it has a lot of fat and bone, perhaps a shoulder roast would be better, since it has only the one round bone, even though it may cost several cents more per pound. You may find stew beef even a better buy since it doesn't have any bone or gristle at all. I sometimes think I have tried every way possible to fix these inexpensive cuts, and if you feel the same way try the following recipe. It is good and will serve six to eight persons.

BAKED BEEF STEW

1½ to 2 pounds stew beef
1 can cream of mushroom soup
1 can cream of celery soup
1 can onion soup
salt and pepper to taste

Combine meat with undiluted soups, add salt and pepper to taste. Put in baking dish that has a good close fitting top and bake about 3 or 6 hours in a 225 to 250 degree oven. Serve over rice or noodles.

* * * *

If you want to stretch potatoes, they will serve more if you serve them scalloped, as hot potato salad, or baked and scooped out, mashed and put back into their shells. Six large baking potatoes will serve eight to ten. Here are some ideas for stuffing the potatoes. First wash the potato and bake until done. Do not grease or wrap in foil. This will make the potato skin soft and difficult to scoop out the inside. Mash the pulp while still warm with plenty of butter or margarine, season with salt and any other seasoning you may desire, and cream or milk. Chives and parsley are a good combination. Cheddar cheese is always a safe addition since most people like cheese. Fill potato shells and dot with butter and paprika. Place in preheated 450 degree oven until golden brown. Potatoes may be stuffed ahead of time and baked and browned when ready to serve. Allow enough time for potato to heat thru.

* * * * * *

Frankfurters may not be your favorite food but in this dish they really are a treat. And this is another one of those recipes that will serve eight or more. When I go grocery shopping I keep thinking of families with several hungry boys and girls to feed.

SCALLOPED POTATOES 'N' FRANKS

8 or one package of frankfurters
3 tablespoons butter
1½ cups chopped onion
¼ cup flour
1½ teaspoons salt
1/8 teaspoon pepper
paprika
2 cups milk
1 cup shredded Swiss cheese
2 tablespoons chopped parsley
3 or 4 medium sliced baking potatoes

Cut all but one and a half of the frankfurters into thin slices, saving the 1½ frankfurter for garnish. In a two quart saucepan melt butter, saute onions until tender. Stir in flour, salt, and pepper. Remove from heat and gradually stir in milk. Cook on medium heat, stirring constantly until thickened. Cook two minutes and stir in cheese and parsley until cheese is melted. Keep hot but do not allow to boil. Layer ½ of the potatoes in a baking dish; pour ¼ of cheese sauce over potatoes. Place all of the sliced frankfurters over sauce; repeat with remaining potatoes and sauce. Cover and bake one hour. Remove cover, slice remaining frankfurter and place on top and sprinkle with paprika. Bake uncovered 15 to 30 additional minutes or until potatoes are tender.

CABBAGE SALAD

1 large head of cabbage, shredded
2 onions chopped
1 green pepper, chopped
1 small jar chopped pimientos
1 cup vinegar
1 cup sugar
1 teaspoon celery seed
salt to taste
½ cup salad oil
½ teaspoon mustard seed

In a large bowl mix together the cabbage, onions, and peppers. In saucepan, mix the vinegar, sugar and spices and bring to a boil. Add oil and mix well. Pour over cabbage mixture and combine thoroughly. Cover and refrigerate overnight before serving. This makes a lot and will keep well in refrigerator for at least a week.

CREAMED CELERY

Use outside ribs of celery, cut into ½ inch pieces. Boil in water to cover until tender. Salt and pepper to taste. Drain and save the water to make a thin cream sauce using plenty of margarine and pour over cooked celery. Serve hot.

If you are watching your diet, cook the celery in as little water as possible and when tender just add salt, pepper and butter or margarine. Most of the liquid will have cooked away but do serve any that is left.

Dr. Jerry Howell speaks on environmental aids

Dr. Jerry Howell who has been associated with the University of Morehead since January, 1972 spoke to the Junior Woman's Club, Feb. 11 on the Environment and the Consumer. He indicated there were three ways for the individual to aid in the intense environmental problems facing our society today.

1. Avoid the use of excess soaps and detergents and with particularity try to purchase the low-phosphate brands. The excess phosphorus causes algae to grow which in turn has to die. In dying it absorbs oxygen from the lakes, rivers, ponds and other water sources. This causes our fish to die as well as pollutes the water.

2. Avoid excess packaging and direct efforts toward this end. There is a paper shortage. Not acute at this time but nevertheless we do not have the veneer we used to have. Plenty of trees? Well, maybe, but not the good quality. Thus paper products are expensive and furniture prices are higher than ever before.

Dr. Howell stated that grocery items are good examples of excess packaging. For instance, crackers, and individually wrapped cheese slices. A great many of us are guilty of purchasing these items for the convenience without regard to excess packaging. Dr. Howell noted that re-cycling is indeed a worthwhile project.

3. Dr. Howell's last point was certainly one of extreme interest and very timely—the consumer and the energy crisis. He challenged us to watch excess use of our energies—oil, gas and electricity. He advised us to cut down on the use of high energy using appliances. The highest energy users are of course, your heat, then water heaters, next the sewing machine, the food freezer and the window air conditioner.

Dr. Howell concluded that the energy crisis is not a new thing. That it has been coming on for about ten years, that it was evident to those who work daily with ecological and environmental problems but that they weren't able to convince anyone until just lately how severe the problem really is.

Mrs. Marshall Stone, chairman of publicity for the Carlisle Junior Woman's Club, GFWC, is shown with Dr. Jerry Howell of Morehead State University, who spoke to the club Feb. 11 on the Environment and the Consumer.

Births

BARTON

Mr. and Mrs. Gay Barton of Carlisle announce the birth of a son born Sunday, Feb. 24 at the Bourbon County Hospital.

Saltwell School

Saltwell School—1916: Teacher, Miss Innis Dailey. Can you identify any of these students? Brought in by Mrs. Thomas Gaunce.

SOCIETY

Davina and Donna Jackson of Elizaville and Laura Ruby Ritchie of Paris were weekend guests Feb. 15, 16, 17 of their grandparents, Mr. and Mrs. Cletis Ritchie. Randy and Mike Blount of Cynthiana were their guests for the day on Saturday.

Mr. and Mrs. J. Angus Jacobs spent Monday and Tuesday with Mr. and Mrs. John S. Jacobs and son John Darwin of Lexington.

Mr. and Mrs. Julian Green and Mrs. Geneva Taylor have returned home after spending several days in Florida. Mrs. Green and Mrs. Taylor visited Disney World and other points of interest.

Mrs. Christine Sears of Paris, formerly of Carlisle returned to her home Saturday after a week's visit with Mr. and Mrs. Gerald Castillo at Ponte Vedra Beach, Fla.

Tracy Lynn Shaw has been admitted to a patient at the Bourbon County Hospital.

Mr. and Mrs. George Roberts have returned home after a ten day vacation trip to Florida.

Miss Jefferson

Miss Jefferson plans wedding

The engagement of Miss Debra Lynn Jefferson to William Ray Hunter is announced by her parents, Mr. and Mrs. W.C. Jefferson of Carlisle.

Mr. Hunter is the son of Mr. and Mrs. William E. Hunter, also of Carlisle.

Miss Jefferson will graduate this year from Nicholas County High School.

Mr. Hunter is a 1971 graduate of Nicholas County High School, and is presently engaged in auctioneering and farming.

No wedding date has been set.

Roxanne Bow is DAR winner

Miss Roxanne Bow, who was selected as one of the Jemima Johnson Chapter DAR Good Citizen representatives, has also been named as this district's winner and will progress to state competition.

Miss Bow, daughter of Mr. and Mrs. John Bow, is a senior at Nicholas County High School.

As the district winner she will receive a cash award which will be presented at the State Conference to be held in Lexington. At that time the state winner will be announced and will receive a $100 Savings Bond.

The national winner will be presented at Continental Congress, Washington, D.C., where she will receive a specially engraved sterling silver bowl and a $1,000.00 scholarship to the college of her choice.

Wedding event of Feb. 14

The wedding of Miss Maria Ann Green, daughter of Mrs. Raymond A. Presley of Paris, and Garnett S. Green of Louisville, and William Michael Woodall, son of Mr. and Mrs. William E. Woodall of Paris, took place at 8 o'clock in the evening on Thursday, Feb. 14 at the Shrine of Our Lady of Guadalupe.

The reception was held immediately following in the church social hall.

Mr. and Mrs. William E. Woodall are former residents of Carlisle.

Two birthdays are celebrated

Don Peterson and Kenny Tincher were entertained on their birthday Sunday night, Feb. 17 at the home of Mr. and Mrs. Don Peterson, 813 Westwood Drive, Paris.

Attending were Mr. and Mrs. Robert Craven, Mr. and Mrs. Harvey Hedges, Mr. and Mrs. Coleman Gillispie and daughter, Rebecca, Mr. and Mrs. Randy Hedges and children, Todd and Rodney, Mr. and Mrs. Roy Tincher and children, Greta and Kenny, Mr. and Mrs. Don Peterson and daughter, Tammy Jo, Miss Emma Lee Hedges and Danny Straub.

Mr. Peterson is the son of Mrs. Charles Hopkins and grandson of Mr. and Mrs. Donald Story, Carlisle.

Dr. Brown elected chairman of BACA

At a recent meeting of the Bluegrass Area Council on Aging Dr. S. Evans Brown was elected chairman. The responsibility of the Council is to advise and assist the District Aging Planners in the development of "a realistic, practical, and action-oriented plan of programs and services for older persons" in the Bluegrass Area Development District, which comprises 17 counties. Although the Council is an advisory group, it is responsible for the review of all programs which affect the lives of older persons residing in the area. Programs provide information, referral and counseling services; recreation and free time activities; transportation for senior citizens. The group meets once a month in Lexington. Originally each one of the counties had a Committee on Aging. S.R. Barlow served as chairman of the Nicholas county committee.

Of special interest to the Council, in addition to other services in behalf of needy citizens, is the new Nutrition Program which is currently activated in some five counties of the area. During the 25 days which included the Christmas period 11,211 meals were served. 94% went to persons 60 years of age and older. 12% were home delivered. This program is different from the Meals on Wheels program under CAP (Community Action Program).

Currently the Planning Committee of the ADD Council is evaluating the various projects which have been financed.

Nicholas county is not presently eligible for the new Nutrition Program; but a revitalized and active County Committee on Aging could take advantage of new opportunities as they arise. The Bluegrass Area Council seeks to be alert to future possibilities for service in all of the 17 counties. Mrs. Peggy Chadwick of Lexington, is Aging Planner for this area.

Miss Holly Moore

Engagement announced

Mr. and Mrs. Robert Harold Moore, Dedman Drive, Harrodsburg, announce the engagement of their daughter, Holly Anne to Jack Meyers Coatney, son of Mr. and Mrs. Lester Warren Coatney, Sunset Drive, Harrodsburg.

The wedding will be solemnized at 7:30 o'clock Friday night, April 5, at the Harrodsburg Christian Church.

Red River Gorge naturalist speaks

by Bonnie Gates

Rare flowers, nature's beautiful ruggedness, and the merging of the plant life of North and South, that is the Red River Gorge. So the Senior Scouts of Troop 170 found out from John Varner, a Harrison County biology teacher and naturalist at Red River Gorge.

In his slide presentation Mr. Varner showed us the abundant wildlife, rare flowers, and the awe inspiring arches and great cascading water falls in the Red River Gorge.

The Red River Gorge caught us in its spell and we hope to visit it during the summer.

Also attending the presentation were Dr. and Mrs. Wendell Kingsolver, and Mrs. Charles Cox, Service Unit chairman.

Couple wed Friday night

Mary Buckler and Clayton Richardson were united in marriage Friday night, Feb. 22, by Rev. Frank Simons using the double ring ceremony.

Mrs. Richardson is the daughter of Mr. and Mrs. Redmon Cobb of Nicholas county.

Mr. Richardson is the son of Mr. and Mrs. Eli Richardson of Bourbon county.

They will reside in Bourbon county. Mr. Richardson is a farmer.

Historical cards

Mrs. Huey Cornelius receives note cards from Mrs. Taylor Sneiling, librarian of the Nicholas County Library, where the "Historical Note Cards", a project of the Junior Woman's Club, may be purchased.

What's going on?

You don't have to ask that question when you read the daily Courier-Journal. Mail this coupon by March 2, 1974 to get The Courier-Journal's big Bargain Offer.

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