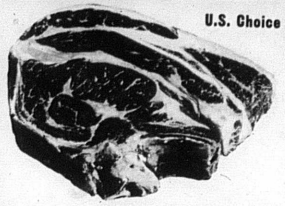
UP AND DOWN THE AISLE FOOD VALUES

Foodtown Coupon
1 lb. Maxwell House
COFFEE 79¢
(Limit one w/c and $5 order)
Expires 1-29-74



U.S. Choice
CHUCK ROAST
lb. 89¢

Foodtown Coupon
KARO PANCAKE SYRUP
32 oz. 69¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
ZESTA CRACKERS
1 lb. 29¢
Limit One Coupon Per Family
Expires 1-29-74

U.S. Choice Boneless Chuck Roast	lb. $1.19	Small, Lean, Meaty Spare Ribs	lb. 89¢
U.S. Choice Chuck Steak	lb. 99¢	Armour Veribest Boneless Leg of Pork	lb. $1.29
U.S. Choice Shoulder Roast	lb. $1.09	Armour Veribest Boneless Butterfly Pork Chops	lb. $1.49
U.S. Choice Ground Chuck	lb. $1.19	Armour Hot Dogs	12 oz. pkg. 69¢
U.S. Choice Boneless Stew Beef	lb. $1.29		

Foodtown Coupon
35 oz. for dishwashers
DISH ALL 59¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
22 oz. Eazy On
SPRAY STARCH 39¢
Limit One Coupon Per Family
Expires 1-29-74

Armour No. 1 Tux Pack Bacon lb. 99¢

Webber Sausage 2 lb. $2.17 1 lb. pkg $1.09

Armour Sliced Bologna 1 lb. pkg. 99¢

Fresh Dressed Chicken Breast Legs & Thighs lb. 79¢
lb. 89¢

Foodtown Coupon
Betty Crocker
HAMBURGER HELPER 2/99¢ #67469
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
LUX DISH LIQUID
32 oz. 59¢
Limit One Coupon Per Family
Expires 1-29-74

— LA CHOY SALE —
42½ oz. can Chicken Bi-Pak $1.09
42½ oz. can Beef Bi-Pak $1.09
No. 303 can Fried Rice ..... 39¢

See Here FOR FAMILY-SIZE FOOD SAVINGS!

Stokely 300
WK or Cream Corn 4/89¢
No. 2
Van Camp Pork & Beans 3/79¢
Stokely 46 oz.
Pineapple Juice 3/$1
Stokely 303
Fruit Cocktail 2/69¢

No. 2
Van Camp Hominy 4/79¢
303
Stokely Pears 2/77¢
Green or Shellie No. 2½
School Day Beans 3/89¢
½ gal. Cho., Van., 3 Fla., Straw
Foodtown Ice Cream 79¢

5 oz. can Soy Sauce ..... 25¢
No. 303 can Fancy Mixed Vegetables ..... 49¢
No. 2½ can Noodles ..... 3/$1

Foodtown Coupon
16 oz. Betty Crocker
POTATO BUDS 49¢ #67470
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
38 oz.
WESSON OIL 99¢
Limit One Coupon Per Family
Expires 1-29-74

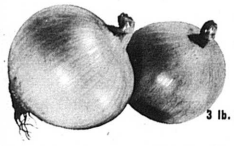
Foodtown Coupon
Hamburger Fixin
BIG JOHN DINNERS 39¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
MAZOLA MARGARINE
1 lb. 2/89¢
Limit One Coupon Per Family
Expires 1-29-74

Minute Maid Orange Juice 12 oz. can 49¢
Smuckers Strawberry Preserves 18 oz. jar 59¢
Spanish Girl Thrown Stuffed Olives 7 oz. jar 59¢

Foodtown Coupon
Betty Crocker Layer
CAKE MIX 2/79¢ #27085
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Home Laundry
CHEER DETERGENT
$2.49
Limit One Coupon Per Family
Expires 1-29-74



YELLOW ONIONS
3 lb. bag 49¢

Idaho Potatoes	10 lb. bag	$1.19
Fresh Broccoli	Bunch	49¢
Juicy Florida Oranges	100 ct. Doz.	59¢
White Seedless Grapefruit	40 ct.	10¢
Red Delicious Apples	3 lb. bag	79¢
Head Lettuce	Head	25¢

Foodtown Coupon
10 oz.
CHEERIOS 35¢ #14129
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
BRIGHT SIDE SHAMPOO
11 oz. 79¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
7 oz.
CLING FREE 79¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Reg. size
BIZ 29¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
10 oz. Maxwell House
INSTANT COFFEE $1.19
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Reg. size
LUX BAR SOAP 4/45¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
8 oz. Tasters Choice
INSTANT COFFEE $1.59
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
BORDEN CREMORA
16 oz. 59¢ #B-2010-3
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Downy 33 oz.
FABRIC SOFTNER 69¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
32 oz. Laundry
WISK LIQUID 79¢
Limit One Coupon Per Family
Expires 1-29-74

The Shield of Quality FOODTOWN HOME OF LOW PRICES
C & G
Open 8-8 Mon.-Sat

Foodtown Coupon
12 gal. Bes-Pak Tall
KITCHEN CAN LINERS 39¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Dishwasher Powder
CALGONITE 35 oz. 69¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
28 oz. Liquid Cleaner
MR. CLEAN 59¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
Bath Oil Beads 17 oz.
SOFTIQUE 49¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
JERGENS BAR SOAP
Bath size 3/29¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
IVORY DISH LIQUID
48 oz. 79¢
Limit One Coupon Per Family
Expires 1-29-74

Foodtown Coupon
bath size
DIAL BAR SOAP 2/39¢
Limit One Coupon Per Family
Expires 1-29-74

Kay's Kitchen

— — By Kay Fisher — — —

If the thermostat is turned back to 68 degrees in your house, some oven cooking should be a warm welcome for you and your family. There is nothing quite like going into a warm kitchen and being greeted with the delightful aroma of roast beef cooking or bread baking.

I'm sure you have a favorite recipe for pot roast, however you might like to try a new one and this is especially good, and different enough to serve your guests. And it need not be expensive if you use round steak or rump roast. This recipe originally called for sirloin steak cut into cubes and cooked just until the meat was done to your liking. But since sirloin steak prices have soared, I tried it with round steak and found it makes a delicious dish.

BEEF IN WINE

1½ to 2 pounds beef, cut into 1 inch cubes
4 medium sweet onions, sliced
5 tablespoons margarine
1½ tablespoons flour
¼ teaspoon marjoram
¼ teaspoon thyme
¼ teaspoon basil
1½ teaspoons salt
fresh ground pepper
½ cup bouillon (I make 1 cup using 1 bouillon cube, and sip the other half as I put this dish together)
1 cup dry red wine
½ pound fresh mushrooms, sliced, or 1 can sliced mushrooms

In heavy skillet cook sliced onions in margarine until tender. Remove to another dish. In margarine brown meat, add flour and seasonings. Combine bouillon and wine and stir into meat and cook slowly, about 2 hours. Add more wine to keep meat covered while cooking. When meat is tender add onions and mushrooms and cook about 30 minutes.

If you use a rump roast, follow same directions except remove roast to baking dish with cover after browning and cook in 300 degree oven for 2½ to 3 hours. I have never tried this with a roast over 3 pounds plus a few ounces. This should serve six.

• • • •

This is a change, and a good green vegetable to serve with the beef.

SWEET-SOUR GREEN BEANS

1 large can green beans
2 slices bacon, diced
1 small onion
¼ cup vinegar
¼ cup water
2 tablespoons sugar

Heat beans and keep hot. Fry bacon until crisp. Remove bacon and drain on paper. If more than 2 tablespoons of fat, drain off excess and cook onion until limp. Stir in vinegar, water and sugar and bring to a boil. Drain the hot beans and pour sauce over beans. Garnish with the crumbled bacon. You may also add thin slices of raw onion.

• • • •

While apples are still plentiful here is an apple dessert that is good and rich. Most things that are good, are rich. This comes from Richmond, Va.

APPLE RAISIN CHEWY SQUARES

1 cup flour
½ cup oatmeal
½ cup wheat germ
½ cup brown sugar
½ cup walnuts
½ teaspoon soda
¼ teaspoon salt
2 tablespoons softened butter
3 oz. soft cream cheese
1 pkg. instant vanilla pudding
2 cups raisins, chopped
1 can sweetened condensed milk
2 cups diced raw apples, be sure they are crisp, tart apples

Combine dry ingredients and nuts. Add butter, cream cheese and ¼ cup pudding mix. Mix together until crumbly. Pat ½ of this mixture into a 9 inch cake pan. Spoon apples over this and sprinkle ½ of mix over apples and cover with raisins. Top this with the rest of the crumb mixture. Combine rest of pudding mix with the condensed milk and pour over all. Bake 35 minutes at 350 degrees. Makes about 12 servings. May be served topped with ice cream or whipped cream.

• • • •

As I reread this I realized if there were a salad given, it would have been a complete meal, so I would suggest a tossed green salad, since the dessert is rich. Some crisp french bread.

Infant baptism on Sunday

Millie Anne Bussell, infant daughter of Mr. and Mrs. David Bussell, Lexington was presented for baptism Sunday morning at the altar of the Carlisle United Methodist Church. Rev. Richard Chamberlin, pastor, officiated. Mrs. Bussell is the former Susie Duncan.

Family members in attendance were Mrs. Gladys Duncan, maternal grandmother; Mrs. Everett D. Bussell, paternal grandmother; Mrs. Gano Duncan, maternal great-grandmother; Mrs. Marie Hill, Mrs. Thelma Willoughby and Brenda, Mrs. Michael Bussell, Mr. and Mrs. Bobby Duncan, Margaret Ellen and Jody, and Mrs. Pearl Cord and David of Lexington.

Moorefield Homemakers

The Moorefield Homemakers met Jan. 3 at the home of Mrs. Chad Whitaker, with Mrs. W.J. Clark co-hostess.

The meeting was called to order by Mrs. Hanson Ellington, president.

Mrs. J.S. Wilson was in charge of the devotional. Due to icy weather, seven members and Mrs. Margie Wilson were present. Roll call was answered with "One of my greatest joys at Christmas."

The secretary, Mrs. James Hamm, read the minutes and gave the business reports. Mrs. Joe Smart gave an interesting lesson, "Let's Think About Aging."

The annual auction was held. After the meeting adjourned, refreshments were served by Mrs. Whitaker and Mrs. Clark.

The next meeting will be held Feb. 7 at the home of Mrs. Jack Becker at 7:30 p.m.

Mr. and Mrs. R.L. Talbert of 6701 Cypress Road, Ft. Lauderdale, Fla., formerly of Carlisle, aboard the luxurious Emerald Seas sailing from downtown Miami to Nassau, in December. Passengers enjoyed the French outdoor cafe, beautiful lounges, exceptional staterooms complete with closed circuit t.v. and music, all meals aboard ship. The weekend in Nassau offered day and night tours, and swimming at beautiful beaches.

SOCIETY

Mr. and Mrs. Russell Florence will celebrate their 50th wedding anniversary on Jan. 26. They were married in 1924 at the Saltwell Methodist parsonage by the Rev. Warner P. Davis. They are the parents of one son, Arbon Florence, Paris and a foster son Clarence Harney, Millersburg. They have two granddaughters and two great-granddaughters. Mrs. Florence is the former Ceberia Harney, daughter of Orval [Bub] Routt Harney and Margaret [Mag] Harney. There will be an open house on Sunday, Jan. 27 from 2 p.m. - 5 p.m. at the home of the couple on the Carpenter Road in Nicholas county. All friends and relatives of the couple are invited to attend.

Volunteer Workers named for local March of Dimes

Carlisle and Nicholas county March of Dimes volunteer workers are: Mrs. Michael Fuller, Mrs. G.C. Myers, Miss Ginger Lou Myers, Mrs. Custer Blair, Mrs. Donald Smith, Mrs. Bobby G. Snapp, Mrs. Lois Galbraith, Mrs. John Gilkerson, Mrs. Lester Green, Mrs. Cleola Thompson, Mrs. Oliver Vice, Mrs. Paul Hampton.

Mrs. Melvin McKee, Mrs. Emerson Baker, Mrs. Calvin Wills, Mrs. Corine Bean, Mrs. Bobby Fay, Mrs. Rankin Byrd, Mrs. Charles Fay, Mrs. Robert Harper, Mrs. Robert George, Miss Sharon Banta, Mrs. Robert Coatney.

Mrs. Harvey Wilson, Mrs. Robert McFarland, Mrs. Kash Grimes, Mrs. Bill Campbell, Miss Cindy McDonald, Mrs. Calvin Morris, Mrs. Paul Smoot, Mrs. Linda Caskey, Mrs. Cecil Shrout, Mrs. Jimmie Walker, Mrs. Harvey Hedges, Mrs. Dennis Dotson.

Mrs. Jack Randolph, Mrs. Paul Pryor, Mrs. Charles Judge, Mrs. Byron Fryman, Mrs. Gene Clinkenbeard, Mrs. Dennis Dent, Mrs. Jeff Tyrer, Mrs. Roy E. Clark, Mrs. Reese Smoot, Mrs. Reese Wayne Smoot, Mrs. Earl Hamm, Mrs. Emmett Darrell.

Mrs. John Cleaver Jr., Mrs. Wayne Gum, Mrs. Julian Knippenberg, Miss Patty Doyle, Mrs. Ronald Hinton, Mrs. Carl Cohorn, Mrs. Carl Guy, Mrs. James D. Anderson, Mrs. Leonard Gilkerson, Mrs. Phil Hillock, Miss Hazel Swartz, Mrs. Wayne Berry, Mrs. Bobby Curtsinger, Miss Esther Gaunce, Mrs. Jack Tincher.

Mrs. Bobby Sexton, Mrs. Sterling Jackson, Mrs. Eleanor Earlywine, Miss Kathy Jones, Mrs. Howard Lujingood, Mrs. Patsy Gadd, Mrs. Tracy Frymam, Mrs. S.T. Minton, Mrs. Billy Anderson, Mrs. Stanley Alexander, Mrs. Tommy Vice, Mrs. John Bromagen, Mrs. Ferrell Ring, Mrs. Howard Ring, Mrs. Jimmie George.

Mrs. James Judge, Miss Wilma Curry, Mrs. Courtney Gum, Mrs. S.S. Lyons Jr., Mrs. Paul Vinson, Mrs. Glenn Hardin, Mrs. R.S. Wills Jr., Mrs. J.W. Ecton Jr., Mrs. Willie Tabor, Mrs. Edgar Scott, Mrs. J.W. Vice.

Mrs. William Dampier, Miss Herodon Wilson, Mrs. Orville Attinson, Mrs. Lee Curtis, Mrs. Eugene Smoot, Mrs. Charles Ring.

V.F.W. Auxiliary district meeting

V.F.W. Auxiliary 10th District meeting will be held at the V.F.W. Post 8666 in Carlisle, Sunday, Jan. 27, 2:00 p.m.

All members are urged to attend. Refreshments will be served by the auxiliary.

Singing group to appear Feb. 2

"The Sounds of Pentecost", a gospel group, will be at the Blue Licks Assembly of God Church Saturday, Feb. 2 at 7:30 p.m.

The public is invited.

Baptist Women

There will be a meeting of the Baptist Young Women, Monday, Jan. 28, at 7:00 p.m. It will be held at the home of Mr. and Mrs. Harry Galbraith on Catherine St.

Miss Reed named to Dean's List

Miss Sue Rosemary Reed, daughter of Earl B. Reed, Route 1 has been named to the Dean's List for the fall semester in the College of Education at the University of Kentucky.

Farewell Tea

A farewell tea was given by the members of the Carlisle Christian Church for the Rev. and Mrs. Harold Rice on Sunday, Jan. 20.

The church presented Mr. and Mrs. Rice with a Silver Tea Service for their contribution to the church during the past six and one-half years.

They will be moving to Wrightsville, Ga. the end of January. Mr. Rice will be pastor of the Christian Church there.

C.M.E. Missionary Society

The Missionary Society of Wesley Chapel C.M.E. Church is sponsoring a program Sunday, Jan. 27, at 3 p.m. Rev. Raymond Smith, his choirs and congregation from Paris will be here.

Everyone is invited. Mrs. W.L. McGowan, president; Mrs. Juanita Simpson, secretary; Rev. W.L. McGowan, pastor.

Births

LIVINGOOD

Mr. and Mrs. Paul Dean Livingood, Route 4, Carlisle are the parents of a daughter, Sandra Lynn, born Wednesday, Jan. 16, 1974 at the Harrison County Memorial Hospital. She weighed five pounds and 12 ounces.

Mrs. Livingood is the former Georgia Fisher.

WILLIAMS

Mr. and Mrs. Richard T. Williams of Cynthiana are the parents of a son, Michael Thomas, born Wednesday, Jan. 16, 1974 at the Nicholas County Hospital. He weighed six pounds and four ounces.

Mrs. Williams is the former Helen Fisher.

Mr. and Mrs. George E. Fisher, Nicholas county, are the maternal grandparents, having two grandchildren born on the same day.

RICE

Mr. and Mrs. Mitch Rice announce the birth of a son, born Jan. 12, 1974, at Nicholas County Hospital. He weighed seven pounds, 12 ounces, and has been named Steven Darrell.

Mr. and Mrs. Martin Feeback spent Thursday with Mr. and Mrs. Will G. Feeback at Barterville. On Friday they visited Mrs. Ida Ritcheson in Piqua.

Fielding Rogers, who has been living in New Orleans, is now residing in Paris with his mother, Mrs. Fielding Rogers Sr. He has enrolled at the University of Kentucky where he will take several classes.

Mr. and Mrs. J. Angus Jacobs and Ernst Jacobs, Mr. and Mrs. Jimmy Conrad, Mr. and Mrs. Ray Stanfield of Williamsburg were guests Thursday night of Mr. and Mrs. John S. Jacobs and John Darwin of Lexington, the occasion being J. Angus Jacobs' birthday.

Mr. and Mrs. W.S. Atkinson and Bill of Falmouth were dinner guests Sunday of Mr. and Mrs. Roy Dotson and family.

Miss Judy Campbell and Mrs. Julian Atkinson were weekend guests of Miss Alma Atkinson.

Mr. and Mrs. Donald Gaunce, Lexington, spent the day Thursday with Mr. and Mrs. Andrew Grey.

Rev. H. Dallas Sugg attended the Kentucky Baptist Evangelistic Conference at Severns Valley Baptist Church, Elizabethtown on Monday and Tuesday.

Cletis Ritchie returned home last Tuesday from the Good Samaritan Hospital where he had been a patient for two weeks.

Mr. and Mrs. Warren Fisher and Mr. and Mrs. Jock Conley were in Louisville Jan. 17-20 where they attended the mid-winter meeting of the Kentucky Press Association. Mr. Fisher serves on the Executive Board of K.P.A.

Mr. and Mrs. Paul Smith and children, Gregory and Kimberley, of Lexington had as their dinner guests Sunday Mr. and Mrs. Jimmy Shaw and two children, Lisa and Tracy. Mr. and Mrs. Teddy Shaw, Mr. and Mrs. Youie Shaw of Carlisle and Miss Clara Shaw of Whitesburg.

Mr. and Mrs. John Brueckner and daughter Jennifer of Lexington spent Sunday with Mr. and Mrs. O.R. Cannon.

Third birthday is celebrated

Mr. and Mrs. Licha Farah entertained with a family birthday party, Sunday, Jan. 13, in honor of their daughter, Mary Alicha, who was three-years-old Monday, Jan. 14.

Guests were Mr. and Mrs. Ignatius Koury and family, Father McDonald, Lexington, and Mary Alicha's brothers. Licha Hanna and Edward Jebron.

Training meeting in Flemingsburg

A training meeting for officers of local societies of the United Methodist Women of the Maysville District will be held at the Flemingsburg United Methodist Church on Tuesday, Jan. 29, at 7:00 p.m. (central daylight time) with Mrs. Graham Abbott, district president, presiding.

Special music for the meeting will be presented by Mrs. Joyce Ecton of Morehead. Miss Ann Thompson, district vice-president, from Washington, Ky. will bring the devotional.

All officers of local societies and other interested persons are invited to attend.

Miss Kathleen Midden

March wedding is planned

Mr. and Mrs. Leo Keller Midden, of Cynthiana, announce the engagement of their daughter, Kathleen, to David Carlyle Great, son of Mr. and Mrs. Glenn McBath Great, of Harrison county, formerly of Carlisle.

Miss Midden is a graduate of Harrison County High School and Eastern Kentucky University, receiving an Associate of Arts degree in Secretarial Science. Mr. Great is a graduate of Bourbon County High School and attends Eastern Kentucky University. He is employed by the Lexington Metropolitan Police Department.

The wedding will be the event of Saturday, March 9, at 3:30 p.m. at Saint Edwards Catholic Church, Cynthiana.

A Grand Opening Sale
Friday and Saturday
Jan. 25 thru 26
Merle Norman Cosmetic Studio
601 Main Street Paris, Ky.
— Under New Ownership —
Mrs. John McKinney Mrs. Fred Creasey
**** Savings on Many Items ****
—New Line of Ceramics—
Open Mon. thru Sat.
9 A.M. to 5 P.M.
BankAmericard and Master Charge honored

Wanted: To Borrow
Men's and Women's
Old Fashioned Clothes
Also we need any style information you might have for use in our
Historical Style Show
to be presented during Nicholas County's Bicentennial Celebration in June
Contact Mrs. Fred Whaley or Mrs. Harold Letton
Carlisle Community Woman's Club