

Soil conservation district news

by Wilmer Hahn
It will soon be time to start planting crops. Some minor changes in the row arrangement could save many dollars worth of fertilizer and tons of top soil. Generally speaking, crops take about 40 percent of the fertilizer applied each year. That means that 40 percent of the fertilizer is left on the soil. This means that with good farming practices the soil will be getting better each year. But if the land is permitted to wash and erode one can lose the fertilizer and the top soil. Although erosion, one's land gets worse instead of better.

Many times contour farming alone will keep the soil from washing. In other instances one may need to contour and use strip cropping to slow down the runoff of the water. Some grassed buffer strips used as turn rows may be needed where strip cropping is not practical or the amount of crop land is limited. In other instances diversion channels may be needed to catch the water from the hill land and not let it cross the crop land. Terracing is another means of stopping erosion by taking the water off and not letting it wash across the field.

LOSE LOGGY FAT

LOSE LOGGY FAT is a very new diet which has been developed by a team of experts. It has been tested in clinical trials and is the only diet that has been shown to be safe and effective in helping you lose weight. It is a low-carbohydrate, high-protein diet that helps you burn fat and lose weight without losing muscle. It is suitable for both men and women and is suitable for all ages. It is a complete diet and does not require any special supplements. It is the only diet that has been shown to be safe and effective in helping you lose weight. It is a low-carbohydrate, high-protein diet that helps you burn fat and lose weight without losing muscle. It is suitable for both men and women and is suitable for all ages. It is a complete diet and does not require any special supplements.

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On March 28, 180 third grade children were exhausted by Mrs. Carrie Hobbs' visit to their school. Every child's eyes were glued to "Miss Carrie" as she told thrilling stories of Nicholas county's beginnings. Phase C

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Fields No. 1 Sliced Bacon

lb. **39¢**
Cut-Up lb. **45¢**
lb. **89¢**

100% Pure Ground Beef
lb. **89¢**

Armour First Cut Veribest Pork Chops lb. **89¢**
Center Rib lb. **1.09** Center Loin lb. **1.19**

Fields Pro Leaguer Wieners 12 oz. pkg. **69¢**

Fields No. 1 Sliced Packaged Bologna lb. **89¢**
U.S. Choice Boneless Rolled Chuck Roast lb. **1.11**

Dinty Moore 1 1/2 lb. Beef Stew **89¢**
Wood Crafter 1 1/2 lb. Furniture Polish **1.11**
Dove Liquid 22 oz. **59¢**

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SCHOOL DAY CORN Whole Kernel 303 4/51	Stokely 303 TOMATO JUICE 5/51	Just Rite 10 1/2 oz. HOT DOG SAUCE 4/51
Shillwell 2 lbs. FROZEN COBBLERS Strawberry, Cherry, Apple, Peach 99¢	NABISCO COOKIES Oreo Cream 19 oz. Reg. 73" 59¢	Field Trial DOG FOOD 25 lb. bag \$3.49
JOY LIQUID DISH 22 oz. 49¢	LARGE EGGS Doz. 69¢	FOODTOWN BREAD 1 lb. loaf 3/51
Bath size Safe Guard Soap 2/49 Green Giant Kitchen Sliced or French Style 303 Green Beans 3/89 Quaker 100% with Raisins & Dates Natural Cereal 1 lb. 69¢ Weight Watchers Apple Snacks 23¢ Green Giant family size Niblets Corn 18 oz. 3/11 Just Rite 15 1/2 oz. Chili with Beans 45¢ Stokely French Style 303 Green Beans 4/11 Cut Green or Shellie 303 Stokely Beans 4/11 Golden W.K. Cream Style Stokely Corn 303 4/11 Frozen Pumpkin 26 oz. Loyd J. Harris Pies 59¢ Richardson 14 oz. Party Mints 69¢	Peter Pan 28 oz. jar Peanut Butter 99¢ Sta Pul 1/2 gal. Fabric Softener 59¢ Grape, Orange Marmalade 18 oz. Smuckers Jam 49¢ Eggo Reg. Blueberry Frozen Waffles 49¢ Sea Pak 14 oz. Fish Wedges 89¢	Paramount Party Pak Sweet Pickles 32 oz. 59¢ King size Gain Detergent 1.11
C & G Open 8-8 Mon.-Sat		
TOMATOES lb. 39¢ Head Lettuce head 29¢ Green Onions, Green Peppers, Radishes 2/29¢ Yellow Corn 4 ears for 49¢		

COMPLETE SELECTION: SEED POTATOES, ONION SETS

Kay's Kitchen

By Kay Fisher

SALMON SQUARES

SQUARES: 2 cups cooked rice 2 cups creamed cottage cheese, drained 1 pound can salmon, drained and flaked 1 teaspoon prepared mustard 1 1/4 cup dry bread crumbs, drained 1 cup grated cheddar cheese 1/2 cup mayonnaise 1/2 cup milk 1/2 cup butter, melted
1 can (4 ounces) sliced mushrooms, drained 3 tablespoons butter 3 tablespoons flour 3 tablespoons milk 1 1/8 quart milk 1/4 cup sharp cheddar, grated 1/4 cup rice, cooked 1 1/2 quarts tuna, flaked 1 dozen eggs, hard cooked, sliced 1/8 cup margarine or butter, melted Cook onions and green peppers in heated butter or margarine until soft. Stir in flour and remaining oil, combine thoroughly. Add the cold milk all at once, cook mixture, stirring until sauce thickens. Add 1/4 cup cheddar, and stir until melted. Fold in rice and tuna. Alternate layers of tuna-ric mixture and sliced eggs in large greased baking pan or in individual one-cup custard cups. Bake in moderate oven at 350 degrees for 30 to 35 minutes, or until casserole is thoroughly heated. The grated cheddar sliced eggs a hot pepper in the egg slices allowing 1 cup of cheese. Press egg slices into tuna-ric mixture slightly. Spread each slice with melted margarine to keep eggs soft. Bake in moderate oven at 350 degrees for 30 to 35 minutes, or until casserole is thoroughly heated. The grated cheddar sliced eggs a hot pepper in the egg slices allowing 1 cup of cheese. Press egg slices into tuna-ric mixture slightly. Spread each slice with melted margarine to keep eggs soft. Bake in moderate oven at 350 degrees for 30 to 35 minutes, or until casserole is thoroughly heated.

GOLDEN TUNA CASSEROLE

1/4 cup minced onion 2 tablespoons butter 2 cups creamed cottage cheese 1 small onion, finely chopped 1 cup chopped green pepper 2 teaspoons soy sauce 1 cup soda cracker crumbs 1 teaspoon salt
1 can (4 ounces) sliced mushrooms, drained 3 tablespoons butter 3 tablespoons flour 3 tablespoons milk 1 1/8 quart milk 1/4 cup sharp cheddar, grated 1/4 cup rice, cooked 1 1/2 quarts tuna, flaked 1 dozen eggs, hard cooked, sliced 1/8 cup margarine or butter, melted Cook onions and green peppers in heated butter or margarine until soft. Stir in flour and remaining oil, combine thoroughly. Add the cold milk all at once, cook mixture, stirring until sauce thickens. Add 1/4 cup cheddar, and stir until melted. Fold in rice and tuna. Alternate layers of tuna-ric mixture and sliced eggs in large greased baking pan or in individual one-cup custard cups. Bake in moderate oven at 350 degrees for 30 to 35 minutes, or until casserole is thoroughly heated.

COMPANY TUNA BAKE

4 ounce 1 (1 cup) elbow macaroni 1-1/2 cups sauce 2 1/2 cups tuna 2 tablespoons chopped canned pineapple 1/4 cup milk 2 tablespoons butter or margarine, melted

Mr. Graham is a 1971 graduate of Lebanon High School. He is attending Georgetown College where he is a member of Lambda Chi Alpha Fraternity. Mr. Graham is a member of the Georgetown College Alpha Chapter of the Pi Kappa Phi Fraternity. He is a part-time employee at "Georgetown" Capital Fraternity Company. The wedding will take place June 15 at 7:30 p.m. at the First Baptist Church of Carlisle. All friends and relatives are invited to attend.

65th birthday is observed
June wedding by couple

Mr. Ring's birthday observed Sunday
Mr. and Mrs. Bruce J. Ring entertained Sunday with a dinner at their home in honor of Mr. Ring's birthday. Those present were Mr. and Mrs. Charles Ring and daughters, Mr. and Mrs. Ernest W. Ring, Mr. and Mrs. Ethel Sexton and daughters, Mrs. James Ring and son, Miss Mary Lou Scott, Miss Joan Myer, Miss Kay Myer, Buddy Myer and Charles Jones.

Exciting event for bicentennial
Kentucky's Bicentennial observance begins with a exciting event this month when the Mason county Bicentennial committee stages its first annual North Park canoe race on Saturday and Sunday, March 30 and 31. The races are scheduled to begin at 1 p.m. eastern daylight time on each day. The racing events will vary in length from four miles to 17 miles with separate events for both the novice and experienced canoeists. The entrance fee of \$2.00 per person before March 29, or \$4.00 at the starting point, will cover the entire event - a rare two days of racing competition. "A few canoes will be available to rent at the site of the races," explained Race Chairman Dr. James Shires. "All canoes used in the competition must use U.S.C.A. specifications and all kayaks must meet I.C.F. specifications," he said. For information regarding the canoe races in Mason county contact the Bicentennial Committee at 1-800-375-2974.

Miss Bow runner-up in contest

Miss Rozanne Bow, a senior at the Nicholas County High School, was the Nicholas County DAR Citizenship award fifth district winner. She was crowned Miss Bow on Thursday, March 19, in a contest sponsored by the Nicholas County DAR Chapter. Miss Bow's sponsor was Mrs. J. T. Bowers, Chapter President. She is the daughter of Mr. and Mrs. J. T. Bowers, Chapter President. She is the daughter of Mr. and Mrs. J. T. Bowers, Chapter President. She is the daughter of Mr. and Mrs. J. T. Bowers, Chapter President.

Local students enter contest

Betty Carr Fryman, daughter of Mr. and Mrs. Lewis D. Fryman, and a sophomore at Nicholas County High School, won third place in the water polo division of the Kentucky Federation of Women's Clubs Eighth District Student Art Contest, held in Morehead Saturday, March 16. Mrs. Renita Hickman, art instructor, assisted the Carlisle Junior Woman's Club in selecting entries. Other entries submitted by the local club were: a block print by Patty Doyle, senior, daughter of Mr. and Mrs. Doyle; an acrylic painting by Kathy Sample, sophomore, daughter of Mr. and Mrs. William Sample; a needle still life by Janice Crouch, sophomore, daughter of Mr. and Mrs. Joe Crouch. The Carlisle Junior Woman's Club served as hosts of the morning coffee hour at the meeting. Mrs. Charles Parks, Mrs. David Zachary and Mrs. James D. Anderson attended from the local club.

Mr. and Mrs. Farah entertain for son

Master Edward Jebron Farah celebrated his first birthday on Friday, March 22, with a party given by his parents, Mr. and Mrs. Lela Farah. Guests were Mr. and Mrs. Ignatius Koury and family, Mrs. Kenneth Hunt and son, David, and grandson, James Dent.

COOK
Mr. and Mrs. Leslie Rankin Cook celebrated the birth of a daughter, born Sunday, March 24, 1974 at the Bourbon County Hospital.

Student teachers from Morehead
Two Morehead State University seniors are student teaching this semester in Nicholas county. Assigned to Nicholas County High School are Peggy S. Lennon, Oak Hill, Ohio, and Rita H. Thomas, Grayson.

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Feed grain & a available

Leaflets describing the 1974 Feed Grain Program are available at the Nicholas County ASCS Office. According to County Executive Director, Paul C. Hall, the leaflet is designed as a question/answer style and covers all phases of the program. Each farm operator in the county is being mailed a copy. Highlights of the program include substitution of non-quota crops, availability of non-quota loans, disaster payments when planting is prevented or when yield is abnormally low, and the stimulation of the conserving base requirement, Mr. Hall stated. Participation is open to all farmers who have a feed grain allotment regardless of race, sex, color, religion, or national origin, whether they are owner-operators, landlords, tenants, or sharecroppers, Mr. Hall stated. Persons interested in obtaining a copy of the leaflet should contact the Nicholas County ASCS Office, Box 151, Carlisle, Ky. 40311.

Antique Show and Sale
Convention Hall - Phoenix Hotel 11 a.m. to 10 p.m. Tues., Wed., Thurs. - April 2, 3, and 4 Admissions: \$1.50