Red, ripe and mellow

By Nevyle Shackelford

Autumn time is apple time and probably no other fruit grown in America or anywhere else is surrounded by such a wealth of sentimental recollection or folklore. This fruit is celebrated in ancient Greek, Roman, Hebrew, and Scandinavian literature and, in the still existing memorabilia of these peoples, goddesses contended for them, dragons were set to watch over them and only heroes were worthy of plucking them from the tree.

It is believed by some that Eve was tempted with an apple and Solomon sang of this fruit in his beautiful cantos: "Stay me with flagons, comfort me with apples."

According to prose Edda, an age-old collection of Scandinavian stories, the gods kept a box of apples handy. When they felt old age approaching, they had only to eat one to become young again. In an oblique sort of way, this may account for the saying, "An apple a day keeps the doctor away." And attesting otherwise to the greatness of this fruit, the person one holds dearest is referred to as "the apple of his eye."

The apple was first introduced to North America by English colonials but today, according to Carl E. Chaplin, Associate Professor of Horticulture at UK, most of the varieties we enjoy were developed right here in this good land. One of the first new varieties, perhaps, was the delightful Rhode Island Greening, long known to Kentucky mountain folk as "Razor Green." Following was the North Carolina Buff, known to the same people as the "Brickl Apple." Who developed the G

Buff is not known, but William Blanton, a Massachusetts preacher, who moved from Beacon Hill to a farm in Rhode Island in 1635, is given credit for developing the Greening.

As the legendary Johnny Appleseed proved in his 40 years of planting apple seed across the midsection of the United States, excellent apples can sometimes come from seedlings. Varieties, though, must be vegetatively reproduced by grafting superior scions onto seedlings or existing trees.

Horticultural authorities say that at one time there were probably more than a thousand different American apple varieties; most of which have now all but disappeared. Included in this group are the wonderful red and striped Milams, the juicy and late hanging Fallawaters, the rosy-cheeked Maiden Blushes, the magnificent (sellflowers, the Benhams, the rusty-coated Gennets that could be holed in the ground like potatoes and kept all winter, and the Rambo, said to be the favorite of Johnny Appleseed.

Most of these old varieties, the mere mention of which often brings back happy recollections of younger times, succumbed to neglect and the concomitant ravages of insects and disease. Some were cut down or left to die out because they had rusty coats or unusual colors that caused customers to pass them by at the marketplace. Some did not keep or store well and, as a consequence of all this, passed from the scene to make room for the wonderful apples like the Cortland, McIntosh, Jonathan, and dozens of others found in modern orchards.

This may come as sort of a shock, but some nutritionists say that apples possess few calories and thus are low in nutritional value. They are, however, rich in trace minerals and some vitamins so vital to the health. In this respect, eating an apple is always a treat, and it could be a fine treatment.

Since the very beginning of this nation, the records show that the apple has always been by far the favorite domestic fruit. Its juice in the form of vinegar and cider helped sustain soldiers of the Revolution and protect them against scurvy. Fried pies of dried apples from the sutler wagon brought cheers from warriors of the Civil War, and in other forms, both raw and cooked, the apple has sweetened the meals of generations.

General Electric and Garrett's Furniture are giving away on Dec. 31 this Superstove "Stove of the Future"

Come In and Register

Second Prize Big Reclining Chair

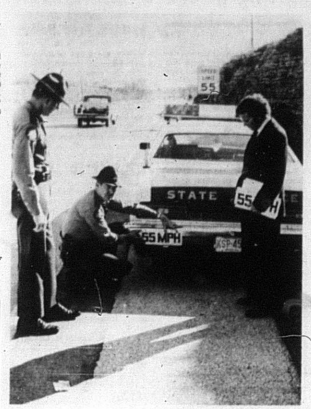
Model JB56

The Super Versatronic® Oven System is the Only System in America That Lets You Cook Three Ways:
— Cook with Microwave Energy — Cook Conventionally
— Cook Both Ways at Once

- P-7® Automatic Self-Cleaning Oven System — Cleans Entire Oven Including Shelves — Cleans Inner Door of Oven — Cleans Surface Unit Reflector Pans
- Automatic 3-in-1 Sensi-Temp® Surface Unit
- Teflon® Coated Griddle
- Porcelain-Enamel Broiler Pan and Chrome-Plated Rack
- Rotary Infinite Heat Surface Unit Controls
- Recessed Cooktop with Raised Edge Catches Spillovers
- Solid State Oven Temperature Controls
- Tilt-Lock Calrod® Surface Units with Removable Trim Rings
- Automatic Oven Timer, Clock and Signal Buzzer
- Illuminated Cooktop
- Electronic P-7 Oven Cooks Electrically, Conventionally or Both Ways at Once
- Backguard Attractively Styled in Gleaming Stainless Steel, Glass and Decorator Chrome Easy Cleaning
- Two Convenient Outlets—GFC Timed
- User Manual and Cook Book with Recipes
- Heat Tempered Glass Dish and Trivet

Garrett's Furniture Co.

CARLISLE PHONE 289-2308



EVERY TROOPER IN KENTUCKY soon will be sporting a large, brilliant-yellow bumper sticker on his cruiser which reads, in bold, black lettring: "55 MPH." The stickers are part of a Thanksgiving-Christmas-New Year's traffic safety campaign now being launched by state police in an effort to halt an apparently rising death toll on Kentucky roads. Frankfort-based Trooper William L. Giles [at left], joined by State Police Commissioner Ron L. Johnson [at right], watch as State Police Field Commander James Mayes attaches one of the new stickers to the bumper of Giles' cruiser.

DREAM Sweet DREAMS ON A SPRING AIR BACK SUPPORTER® MATTRESS

(Twin or full size, mattress or box spring)

- Exclusive Karr flexible end coils for firm inner support with luxurious surface comfort.
- "Health Center" provides extra shoulder-to-knee support.
- No slope toward edges, no sag in middle.

Garrett's

Subscribe Today before price increase.

TRUCK LOAD SALE TRUCK LOAD

- 2x4x8 Studs 79¢ Ea.
- Bungalow Paneling $2.98
- Peel and Stick Floor Tile 39¢ Ea.
- Johns-Manville Ceiling Tile 14¢ Sq.Ft. (12'x 12' Room Only $20.16)
- Inside Latex Paint Only $6.95 (OUR BEST GRADE)
- Large Selection of Light Fixtures
- 24" Bathroom Vanity $69.95 (COMPLETE)

QUALITY FACTORY FINISHED

PANELINGS

Bungalow	Special $2.98	$3.98
Pacesetter		4.98
Sandstone	Special $5.49	5.95
Straw		5.98
Moon		5.98
Parchment		5.98
Medium Pecan		5.98
Chestnut Wood		5.98
Rustic Pecan		6.98
Artonia	Special $4.95	6.95
Russet		7.49
Avacado		7.49
Bone		7.49
Pimleco Pecan	Special $6.98	7.98
Tile Board		8.98

Prefinished Molding

All above in stock ready for immediate delivery.

Reid & Vice Builders Supply

101 South Broadway Phone 289-5279

Here it is . . .

Kentucky Group 5% Plus Christmas Club

Top interest paid on your KG Christmas Club -- plus, a new exclusive -- compounded daily interest.

Open your account now and begin making your weekly savings deposits November 11.

Select the amount you'll need next year for your holiday shopping or any end-of-the-year expense and watch your money multiply with interest plus -- 5% compounded daily.

$1,000.00 plus interest for only	$20.00 a week
500.00 plus interest for only	10.00 a week
250.00 plus interest for only	5.00 a week
100.00 plus interest for only	2.00 a week
50.00 plus interest for only	1.00 a week
25.00 plus interest for only	.50 a week

KG First National Bank CARLISLE & MOOREFIELD FDIC

KENTUCKY GROUP BANKS

Berea	Peoples Bank & Trust	Kirksville	Bank of Richmond	Richmond	Bank of Richmond
Berlin	First National Bank	Lexington	Central Bank & Trust	Sadieville	First National Bank & Trust
City City	Powell County Bank	Middletown	First State Bank	Somerset	Citizens National Bank
Corbin	Corbin Deposit Bank & Trust	Mooresfield	First National Bank	Stanton	Powell County Bank
Danville	Bank of Danville	Mt. Sterling	Traders National Bank	Versailles	Woodford Deposit Bank
Frenchburg	Traders National Bank	Nicholasville	First National Bank	Williamsburg	Bank of Williamsburg
Georgetown	First National Bank & Trust	Owenton	First Farmers Bank & Trust	Wilmore	First National Bank & Trust
Grass	First Farmers Bank & Trust	Paris	The National Bank & Trust	Winchester	Peoples Commercial Bank
Junction City	Bank of Danville				

Spend Thanksgiving in one of Kentucky's State Parks

Thanksgiving in the park may not be like over the river and through the woods to Grandmother's house, but it does have many advantages.

There are several Kentucky parks which are offering visitors a combination of delicious holiday food and beautiful scenery this Thanksgiving. These parks include: Natural Bridge State Resort Park, Carter Caves State Resort Park, Greenbo Lake State Resort Park, and Jenny Wiley State Resort Park. At any one of these parks a visitor can find a Thanksgiving day filled with warmth, hospitality, good will, good food and a serenity that is becoming difficult to find.

One of the first sights a visitor will see upon entering the lodge at any of these parks is a massive, stone fireplace, which provides both heat and atmosphere for those in the lobby. Some visitors will want to sit around the fireplace and chat, others may wish to watch television, some might enjoy a game of bridge, Rook or ping pong, and still others may wish to read or Christmas shop in park gift shops.

Outside, now the leaves are gone from trees and shrubs, the visitor is able to see miles of peaks and cliffs, valleys and canyon-like depths.

From Hemlock Lodge at Natural Bridge State Resort Park, it is now possible to see the bridge itself, only partly visible in the summer from this point. Only a short hike enables one to see Balanced Rock, formed by centuries of weathering—the same process that has created countless geological wonders in this area, including nearby Red River Gorge.

At Carter Caves near Olive Hill, some 20 caves, as comfortable in winter as in summer, can be the focal point of a Thanksgiving visit. In X-cave, thousands of visitors have worn the floor smooth. Also in the cave country are Laurel Cave, Saltpeter Cave, Horn Hollow Cave and beautiful Cascade Cave with its flowstone, stalagmites and stalactites. There is also, for some, the most interesting cave of all—Bat Cave. A visit to this cave should allay childhood fears of bats, for you will find that they have a beauty all their own. You might even marvel at the bats' tiny squeak and wonder that you were ever afraid of them.

At Greenbo Lake State Resort Park you can look for iron ore to add to your collection of rocks and minerals and do some research on the iron furnaces of the region. Not only did early families have a hand in this industry but colonies came from other countries to work and establish neighborhoods.

In the Kentucky Highlands at Jenny Wiley State Resort Park and on to the Breaks Interstate near Pikeville, cold weather opens views of craggy peaks and cliffs and deep, narrow valleys. Countless pioneer trails, like stairsteps up the steep mountains and over the ridges, descend, terrace-like into Virginia.

The views of Kentucky country are magnificent, but since it is Thanksgiving you might be wondering about food. Park fare will include the traditional turkey dinner, along with dressing, gravy and all the trimmings. Diners may return for seconds.

There's a variety of entertainment—hiking, birdwatching, games, and a television on which to watch the football games. And, if you're puzzled by that smile on the faces of mothers and grandmothers, don't be. They're happy they don't have to spend the day in the kitchen—cooking, baking, cleaning and washing dishes.

For something a bit different this year, try Thanksgiving in a park. Check with the park of your choice about menu and reservations.

Bluejackets drop season opener

Continued from page 1

with Rowan County on top of a one point margin.

The Jackets broke out in the lead for the last time of the game on a pair of Raymond Compton field goals. From that point on the Jackets were simply outmatched on Rowan County's offensive board and the Vikings jumped out to a quick, 38-18 lead.

Rowan County worked patiently against the Nicholas County zone defense, waiting for the good percentage shots outside. When the shots missed the Vikings were getting plenty of offensive rebounds for other opportunities.

With 2:27 remaining in the third quarter the Jackets left their zone defense and began man to man coverage and a tenacious press. The Jackets began to stabilize the Rowan County attack by applying the major pressure in the back court.

Finally a couple of quick steals and buckets by junior forward, Ricky Hicks, and alert play by sophomore, Steve Curtsinger, inspired momentum into the Jacket offense. With 1:06 left in the third quarter Rowan County's Skillern fouled out with 22 points. The strategy of driving to the basket finally began to pay off.

The Jackets made all of their own breaks throughout the remainder of the game and displayed a "never-say-die" attitude at all times. The scrapping Jackets pulled to within five points, 53-58, toward the end of the game, but time and "Lady Luck" failed to aid the Jacket cause and the game ended in a 69-62 win for Rowan County.

Ricky Hicks led the Jackets scoring department with 19 points, followed by Gerald Thompson, 11; Wallace Edwards, 9; Doug Darbro, 8; Steve Curtsinger, 7; Raymond Compton, 6; and Tony Ritchie, 2.

Wallace Edwards led the team in rebounding by pulling down 11 big ones.

The scoring for Rowan County went like this: Skillern, 22; Barker, 17; Haney, 12; Gilley, 2; Hodges, 13; Conn, 3.

The Jacket 'B' team won their game 68-30.

Damon Booth drives to the basket for a pair in the 'B' team game against Rowan County Friday night.—Smith photo

Paper clip is endangered

First there was the energy shortage, then the food shortage, and now the most serious of all: the paper clip shortage.

Those bent bits of wire that hold international banking and commerce together are in short supply. Manufacturers find it more profitable today to make high-grade steel than low-grade wire.

Yet without the 20 billion or more paper clips now being consumed each year, the world's business conceivably might fall apart. To avert this calamity, companies already are experimenting with plastic clips. But users say they lack the firm grip of wire ones.

Ancient Invention

Though the ubiquitous clips in their present form are of relatively recent origin, paper clips of one type or another have been in use for centuries, the National Geographic Society says.

Straight pins, made first of bone and later of wood, were used to hold documents together in Roman times. Some authorities believe the first fasteners were thorns cut from bushes.

Papers still are fastened with metal straight pins in some offices, where employees presumably are steeled against pin pricks. Another early form of paper fastener that still survives is the seal using wax and ribbon, reserved now for legal or ceremonial documents.

Wire staples made their first appearance in 1877, but didn't catch on for another 50 years. Unlike paper clips, however, they are not easily removed for day-to-day paper shuffling.

Precisely when and where the wire paper clip was invented is obscure. One story attributes it to an unknown clerk in the 1870's who twisted a hairpin into the now-familiar shape.

Manufacturers of paper clips report they are unable to keep pace with soaring demand. Even though prices of clips have more than doubled in the last 12 months, one company executive says, "We've got customers offering to pay for a year's supply in advance, just so they can get their hands on them."

Multi-purpose Tool

What people do with paper clips when they get their hands on them varies widely. Before the advent of pantyhose, the clips often held up secretarial stockings.

Many are discarded after being employed to scrape pipe bowls, or unbent to clear clogged pipe stems. Some are fired from rubber-band catapaults at targets of opportunity.

Others serve as toothpicks, manicure tools, or chips in office poker games. Still others are wrapped with cotton or tissue and used to clean typewriter keys. Some are simply twisted into old shapes in a form of mechanical doodling.

For whatever purpose, enough paper clips are used every year to form a chain from here to the moon. And with the new scarcity, many firms now require employees to recycle the clips by stripping them from papers destined for the wastebasket.

Million dollars goes begging, reservists

WASHINGTON (ANF)—Nearly 60,000 former Army reservists have a share in $1.1 million but the Army doesn't know how to reach them.

Army officials said the former reservists earned the money for drills and training attended during the Oct. 1 through Dec. 31, 1973 timeframe. The Army wants to mail checks for this back pay before Christmas. So far only a little more than one thousand have applied for their money. The checks vary from $16 to $240.

Former reservists who trained during the 1972 period should write to the Army area in which their old unit is located:

Commander, First U.S. Army, ATTN: AFKA-PA-R, Ft. Meade, Md. 20755.

Commander, Fifth U.S. Army, ATTN: AFKB-PA-R, Fort Sam Houston, Tex. 78234.

Commander, Sixth U.S. Army, ATTN: AFKC-PA-R, Presidio of San Francisco, Calif. 94152.

In the event a reservist is retired, was discharged or died since the 1972 period, claims from the former reservist or his survivors should be addressed to: Commander, U.S. Army Reserve Components Personnel and Administration Center, ATTN: AGUZ-TAD-DP, 9700 Page Blvd., St. Louis, Mo. 63132.

PRESCRIPTIONS come first with us . . .

There's never any unnecessary waiting here to have your prescriptions filled! That's because dispensing medicine is our first order of business. You can count on us to fill your prescription promptly, accurately, with only the finest of pharmaceuticals. And, we also offer emergency service around-the-clock.

"Your Prescription Our Speciality"

HOPKINS DRUG STORE

Call 289-5122

RCA'S NEW RELIABLES

Exciting new models, exciting new features, exciting new values! Biggest choice of XL-100 screen sizes ever. Meet the crowds and see 'em now.

RCA The MODERNIST Model AS192 19" diagonal picture

RCA The PROVIDENCE Model GS578 25" diagonal picture. Also available with remote control (optional, extra)

Value-priced RCA black-and-white portable $139.95

- Separate "click" position and number identification for all 70 UHF channels.
- Solid state components in many areas.
- One-set VHF fine tuning automatically remembers the signal you select. Control seldom needs readjustment.
- Built-in antennas for both VHF and UHF.
- Deluxe built-in handle.

RCA XL-100, warm Colonial styling, too! $695.95

- Exceptional Early American cabinet luxury in this price range! With full bracket feet, scalloped gallery and simulated drawers. Plus the modern convenience of swivel casters.
- RCA's most powerful XL-100, 100% solid state chassis, combined with RCA's Super AccuColor black matrix picture tube, for the most brilliant and crisply detailed big screen color TV in RCA history.
- AccuMatic IV brings color, tint, brightness and contrast within a normal pre-set range at the touch of a button.
- Automatic Fine Tuning electronically pinpoints and accurately holds the correct picture signal on each channel.

RCA Early American Credenza console stereo with phonograph, AM-FM-FM Stereo radio and 8-Track stereo tape player

- **Dimensia IV** Spatial Sound—A new feature from RCA to give you an enhanced stereo effect that surrounds you in sound. This console stereo features circuitry which allows you, with the addition of two speakers (optional, extra), to enjoy **Dimensia IV** Spatial Sound by merely pressing the red **Dimensia IV** button.
- Built-in 8-Track stereo tape player.

$299.95

- Solid state AM-FM-FM Stereo tuner. Built-in antennas.
- Studiomatic changer plays all record sizes automatically or manually. 11¾" turntable. Feather Action tone arm with RCA's Record Protection System. 45 rpm adaptor.
- Solid state stereo amplifier.
- Two 9" oval duo-cone speakers.

RCA

SOUTHERN STATES CARLISLE CO-OPERATIVE

Carlisle • Phone 289-7166