#### Perkins opposes aas tax increase

### Cook outlines inflation program

ons esident Gerald R. Ford's recent

## Tobacco quotas revolves around one question

Agruments over whether to end ground on any increase of feethings. Agruments over whether to end ground to any increase of feethings and the property belonce on guidant for next passes gasoline, and and, "I am going this were send on the posses of the property of the send gasoline, and and, "I am going this were send on the posses of the property of the send gasoline, and and, "I am going this were send on the posses of the property of the send gasoline, and and, "I am going this were send on the posses of the property of the send gasoline, and the gasoline gasoline, and property of the send gasoline, and the gasoline gasoline, and property of the send gasoline, and the gasoline gasoline, and property of the send gasoline, and the gasoline gasoline, and property of the send gasoline, and the gasoline gasoline, and the gasoline gasoline, and property of the send gasoline, and the gasoline gasoline, and the gasoline gasoline gasoline, and property produced to a saidly dispersed to saidly gasoline send gasoline, and the gasoline gasoline, and property of the send gasoline gasoline, and the gasoline gasoline gasoline gasoline, and the gasoline gasoline

the for the following of the following the f

sought in contest

vestock and grain. These economic i Top FFA members interpretations.

Some burley experts fret that production and inventories are so low, growers are courting disaster if they try to pressure prices upward with a

U.S. Choice

U.S. Choice

Easy Off 1834 oz.

Window Cleaner 53°

Barbecue Sauce 65°

Bounty Towels 2/79°

Quick'n Sure Mixes 49°

rmix Shortening

Dixie Queen 2 % Milk

1 gal. \$1.49

Hot Dog Sauce

3 lbs. \$1.69

and Viva jumbo roll

Cornbread, Pancake,

Kraft 28 oz

**Boneless Round Steak** 

**Boneless Rump Roast** 

Boneless Sirloin Tip Steak

# OCTOBER 20-25

Carlisle Christian Church 10:30 a.m. Sunday, Oct. 20

7:30 p.m. nightly **Nursery Available Everyone Welcome** 

Oscar

Mever

Bologna

12 oz. pkg 89c

Regular

or beef



Evangelist

Mello-Crisp Vacuum Sliced Bacon lb. 89°

lb. \$14

lb. 516

lb. \$15

FOODTOWN

C & G

Open 8-8 Mon.-Sat

★ We Welcome

Federal Food

Stamps

Schick Super

double edge

Blades 39

Veg-Al 17 oz

Chrome 5 n

Razor

# ROUND

100% Pure Ground Beef lb. 69° 3 lb. pkg

Midway College's enrollment hits

Write-In

Candidate

Roy Linville

In District 3

Your vote and influence

for Nicholas County School Board

will be appreciated

### Oscar Meyer Piggie Sausage Veribest Boneless Armour Leg of Pork Oscar Meyer

U.S. Choice Cube Steaks Wieners or Beef Franks

**FLORIDA ORANGES** 

Red Tokay Grapes 3 lbs. \$1 Old Virginia Apple Cider ½ gal. 99° Lykes Red Delicious Apples 3 lb. bag 69° Chiquita: Bananas 2 lbs. 29°

Moonlight Fresh Mushrooms Ib. 79° Lipton Instant Tea3 oz. 99 Adorn Hair Spray 13 oz. \$1.59 Lykes Beef Stew 24 oz. 79°

Downy 17 oz. Fabric Softener 2/89 Virginia Strawberry Preserves 1 lb.

Spray Foodtown Bread

Paramount 300 size Chili Mac 79° Log Cabin Syrup 99° Cooking Easy Post 18 oz. Spray 6 oz. Grape Nuts Cereal 59° Cooking Oil Mazola No Stick 13 oz.

Toastettes 16 oz. loaf Comet Cleanser 14 oz.

4/\$1 Just-Rite Mixed Vegetables 3/89 Glory Spray Foam 24 oz. Rug Cleaner 3/51 Personal size Ivory Soap Halo Shanpoo 28 oz. Vegetable Spray \$129 Mr. Clean

RC, Diet Rite Cola 16 oz., 8 pk. with bottles \$1.19 Green Giant Beans Cut Green 303 size 3/89° Layer Cakes Mixes Betty Crocker 2/89c

# Kav's Kitchen

- By Kay Fisher - -

High food prices need not stump creative cooks. Now is a good time to prove yourself a good cook by taking inexpensive cuts of meat, and with good seasoning and slow cooking, come up with basty dishes. Don't limit yourself to meats, try vegetable combinations, soup for the provided of the provided of the week of the provided of the provided added flavor and for stretching the budget.

A "meal-noe" dish belos cut

A "meal-in-one" dish helps cut food costs. Usually the only addition necessary is a salad or dessert.

....

lo cup shortening flour
2 cups self-rising flour
is to % cup milk, enough to make
soft dough
Cook broccoli according to
package directions; drain. Saute
orions in butter until timp; set aside.
Cook bacco until crisp, crumble and
set aside.

Cook lacon until crisp, crumble and Cook lacon until crisp, crumble and Cot shortening into flour until mixture resembles coarse crumbs. Cook of the c

LASAGNE
Lasagne is an all time favorite and
this is an especially good recipe.

1/9 pound lasagne nootles
2 tablespoons olive oil or salad oil
2 cloves garlic, chopped
2 pounds ground beed
2 pounds ground beed
2 younds ground beed
2 younds ground beed

It's cups hot water 2 ggs, beafer 2 ggs, beafer 2 ggs, beafer 4 ggs, beafer 4 ggs, beafer 5 ggs, beafer 5 ggs, beafer 5 ggs, beafer 5 ggs, beafer 6 ggs, bea

SHORT RIBS AND NOODLES SHORT RIBS AND NOODL to 6 pounds beef short ribs 2 tablespoons salad oil 1 medium onion, chopped 1 cup grated carrots 2 tablespoons cider vinegar 1 tablespoon salt 1 tablespoon salt 1 tablespoon matter 1 teaspoon pepper 1 teaspoon dill weed 1 (8 or.) package wide nood 1 tablespoon margarine 2 tablespoons.flour



Heat sil in Dutch even and Sprømshort Tibs well on all aldes, krowning short Tibs well on all aldes, krowning short Tibs well on all aldes, krowning the line Dutch even Add 1 cap water, onion, carrods, vinegar, and and source of smill faceric. During the last long of esoking add dill weed, posture of smill faceric. During the last long of esoking add dill weed, posture of smill faceric. Derin and stir in margarite. Arrange noodles on hot warm. Skin far from liquid. Bleed floor and an additional 4 cap water smittere into liquid. Bleed floor and an additional 4 cap water smittere into liquid. Stirring constantly until thickness. From several sorver remaining grays in a sauce.

remaining gravy in a sauc

FRUIT COMPOTE
1 (12 oz.) package pitted prunes
1 (15 oz.) package raisins
1 (12 oz.) package faisins
1 (12 oz.) package faigs
1 cup dried apricots, halved
1 cup walmuts or pecan halves
fruit juice (your choice) A good with
to use juice from drained fruits, with
the addition of orange juice
Combine fruits and nuts in
2-quart crock. Add fruit juice
cover. Refrigerate 2 or 3 days before
ver. Refrigerate 2 or 3 days before

Dear Debber:
We are two grifts, bold 14, and in James We are two grifts, bold 14, and in James We are two grifts, bold 14, and in James We are two grifts, bold 14, and in James We are also of the most ferror in Grifts of the disc of majorare from a motorcycle wreck. How asso one of the most extende boy we have a sone of the most extende boy we have a sone of the most extende boy we have a sone of the most extende boy we have a sone of the most extende boy we have a sone of the most extende boy we have a sone of the most boy of the control o

Dear Debbie: the same as trying out a new our before the plants and plant

Dr. H.M. Reger. Morched State
University, will present a program oct. 4, 1974.

Carlisic Garden Club, Monday, Oct. 21.

The meeting will be at 2 pm. at 1984.

Either Methodist Charch, with Mrs. Taylor

Library closes Snelling as hostess.

Mrs. Robert Booth will have the for expansion

So-elling as hostess.

L L cheerleader fryouts, Nov. 2

Tryots for gargaritately its relative before the clear for the classification of the classificatio

Flower arranging is meeting topic shower given by Mrs. Gene Clark, Boutbon county, at the home of Mrs. Boutbon county, Mrs. Buckler was the former Miss

## Births

WILLIAMS Mrs. Kenneth of a you, Michael Ketth, born Sept. 29, American, root offence and the second of a young the second of a young

She weigness and a brother, Kevin DeWayne at home.

Maternal grandparents are Mr. and Mrs. Richard Otto, and paternal grandparents are Mr. and Mrs. Roy Hall of Lincoln county.

Miss Kenny weds Oct. 10

The wedding of Miss Rita Kenney and Don Buckler took place Thursday night, Oct. 10, at the home of Rev. Frank Simons. A double ring ceremony was used in the presence of several relatives and friends.

ATTRACTIVE SHOWING OF Misson truck due at church

On Tuesday, Oct. 22, the Methodist Mountain Newion truck will be making stops for clothing, household items, tools, etc. at the United Methodist Churches in Nicholas county. The Mission operates eight stores in southeastern Kentucky from its Jackson headquarters.

Rev. Richard Chamberlin, one of the

National



Mr. and Mrs. Errese Lawson, of Conception, person that Thursday with a western guard of Mr. and Mrs. Conception the weekend with the Mrs. Charles and Mrs. Char

Kindergarten opens

Trently-two young ladies and gredierent book their first step into the gredierent book their many of the square of the green person of the green person

# Planning A Fall Wardrobe?

The Place To Shop Is **OLDHAM'S** 

THE FALL FASHION HARVEST

Mrs. Dottie and Mrs. Marjorie have risen to heights of fame somewhere between Johnny Bench and Dr. Welby. The highlight of each day seems to be

"COATS" "SUITS" "DRESSES" "MINK STOLES" "SPORTSWEAR Special Showing

New Fall

Dresses

Special Showing "New

Fall Coats AGAIN THIS FALL OLDHAM'S

"Year-Round Wool Knit Coats"
"Tweeds"... "Plaids"
"Fun Fabric Furs"
A LARGE SHOWING OF LADII .. MISSES AND JUNIO

"ENSEMBLES

AN IDEAL GARMENT FOR ANY OCCASION "ACCESSORIES

OLDHAM'S NEW ARRIVALS MAKE FALL BEAUTIFUL IN HUNDREDS OF PRETTY DRESSES. PRETTY DRESSES.

"ENSEMBLES"

"JACKET DRESSES"

"PANT DRESSES"

"CASUAL AND DRESSY TYPES"

"THE NEW BELTED LOOK"

"THRE PIECE
WEEK-ENDER"

"FOUR PIECE WARDROBER"

SELECT SEVERAL TODAY.

Misty Harbor

ALL WEATHER

COATS" by

London Fog and

"Open Every Friday And Saturday Night Until 8 o'Clock"

LUGGAGE BY "AMERICAN TOURISTER" "ESTEE LAUDER"
"NINA RICCI"
"ARPEGE" "MY SIN"
BY "LANVIN"

**OLDHAM'S** Mt. Sterling, Ky.

HE FOR FORTON OF FORTON