

Sheep growers to vote in wool referendum

Ballots will be mailed to all known wool and lamb producers in Nicholas County to enable them to vote on a referendum on a proposed new agreement for the advertising and promotion of wool, according to Paul E. Hall.

The mail referendum being held Nov. 4 through 15 will enable producers to vote on their approval or disapproval of the new agreement between the American Sheep Producers Council (ASPC) which provides for the USDA to withhold a part of any wool sales program for ASPI for wool and lamb finance advertising and sales promotion programs for ASPI for wool and lamb. The financial funds would also be used by ASPI to develop and disseminate information on wool and sheep production management and marketing improvement for wool and sheep.

Wool and lamb producers will be mailed an explanatory statement about the proposed new agreement along with the ballot. The new agreement is similar to one approved by producers in

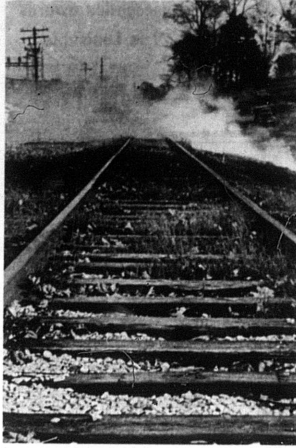
Saltwell

by Mrs. Fred Hollar

Miss Kathy Fryman of Harrison county spent the weekend with Mr. and Mrs. Billy Knippenberg and children were Saturday supper guests of Mr. and Mrs. Mike Mitchell of the Case Run Road.

The following enjoyed a week-end on Saturday night, honoring the birthdays of Kenneth W. Gannon, Mrs. Shadler Caswell and Mrs. Bobby Bracy at the home of Mr. and Mrs. H.A. Gannon, Mr. and Mrs. Bobby Bracy, Mrs. Jessica Moore, Mr. and Mrs. Stanley W. Gannon, Mr. and Mrs. Garry Holter and children, Mr. and Mrs. Gannon, Norma and Kenner Wayne.

Anyone who was born over 60 months old or older for at least 36 consecutive days during 1973, marking their birth date with a corporation, Any producer who is not already known to the county ASPI office is urged by Hall to come by call in order to receive a ballot and explanatory material. The Nicholas County ASPI office is located at 1000 S. Main St., Harrison, Ky. Any eligible producer may vote in the referendum, without regard for race, color, sex, religion, or national origin.



Hot work!

In conjunction with cleaning the Brushy Creek bank through Carlisle, grass is being laid along the railroad tracks by City employees.—Duncan photo

Kay's Kitchen

— By Kay Fisher —

WHAT'S FOR DINNER?
This question is easy to answer since the main dish is planned in advance. The chicken is the highlight around which the rest of the meal is built.

With meat the most expansive item on the grocery list, expanding it with foods such as pasta, rice, cereals, vegetables, etc., is a good way to reduce the cost of your purchase.

Eight generous servings. You can serve serving additional nutritious meals at lower cost.

Here are some suggestions for economical main dishes which may help add interest and variety to everyday meals.

CHICKEN UP!—DOWN CONK BREAK
1 tablespoon margarine or butter
2 tablespoons chopped onion
1/2 cup chopped celery
1/2 cup onion
1/2 cup chicken breast
1 1/2 cups rice
1 1/2 cups water, mixing well. Add browned chicken. Cook and cover over low heat for at least 1 hour, or until chicken is very tender. Remove cover and cook about 15 minutes until liquid has reduced to gravy.

Eight generous servings. You can serve serving additional nutritious meals at lower cost.

CHICKEN WITH BEANS
1/2 cup chicken breast
1/2 cup onion
1/2 cup celery
1/2 cup rice
1 1/2 cups water, mixing well. Add browned chicken. Cook and cover over low heat for at least 1 hour, or until chicken is very tender. Remove cover and cook about 15 minutes until liquid has reduced to gravy.

Eight generous servings. You can serve serving additional nutritious meals at lower cost.

Girl Scout fund drives set locally for Nov. 4-9 Nov.

Mrs. Bobby Cartwright and Taylor T. Mathers have been named co-chairmen of the Nicholas County Girl Scout fund drive to be held Nov. 4 thru 9.

Co-chairmen of the local area will be Mrs. Clauer Haly, Mrs. Jimmie Hall, Mrs. Lather, Mrs. Betty Hays, Mrs. Kay Knapp, Mrs. Jack O'Leary, Mrs. Ken Knapp, Mrs. Phyllis Michener, Mrs. Paul Michener, Mrs. Douglas Hamilton, Mrs. James Houser and Mrs. Charles Jones. Mrs. Ronald Guggan, Mrs. Paul Pryor, Mrs. Emerson Baker, Mrs. Billy Holter, Mrs. Larry Woodley, Mrs. John Gabriel, Mrs. Larry Williams and Mrs. H.C. Carter.

Mrs. Julian Carroll, General Chairwoman of the Wilderness Road Girl Scout Council fund drive, made the announcement at a luncheon Aug. 9 at the Legislative Governor's Mansion.

Mrs. W.R. Kingstover, president of the local area, announced that the goal of these local fund drives has been set at \$20,000, 6% of the \$20,000 goal. The remainder of the support for Girl Scouting in 12 counties in Kentucky and one county in Tennessee must be obtained from United Fund contributions, gifts, grants, foundation and other sources.

Mrs. Carroll said that the purpose of Girl Scouting today is helping girls grow and develop as creative, responsible individuals. The program is their self-awareness, fostering their sense of achievement, their confidence, their courage, and their ability to help others, and encouraging their participation in community, national and world.

Efforts to achieve these goals are through the following activities: Leadership training for adult volunteers in troops, service teams, and community service projects. Experienced and trained help and guidance in the form of camp, day camps, and other activities.

Material and services such as exhibits, films and slides, audio-visual equipment, program books and television materials.

Preparation for girl participation in national and international events. Service materials for troop leaders.

Registration: Newspaper release and radio and television material.

Preparation for girl participation in national and international events. Service materials for troop leaders.

Mrs. Kingsilver and Mrs. Carroll

YOU AND YOUR HEALTH

IS SMOKING WORSE THAN OBESITY?

Dear Dr. Eise: It's likely my problem is universal. The question is whether I am in greater danger from being fat and not smoking, or from being thin and smoking a couple of cigarettes a day.

I don't recall how many times I've given up cigarettes and subsequently put on more weight. But it has been the typical Yo-Yo syndrome. When I smoke, I'm not hungry and keep my weight in bounds. When I quit tobacco, I begin gaining weight.

I'm only 41, apparently healthy, and a happily married man with a wonderful wife and three pretty children. I want to be around as long as I can. But I know that both excessive weight and cigarettes are threats to my well-being.

Which of the two is the greater threat? Overeating, or smoking? If I quit, I invite heart trouble, high blood pressure, diabetes, gallbladder trouble and all the rest of the things you've listed in the past. If I'm thin and smoking, all I'm gambling on is my own health.

What do you advise? Thank you.

COMMENT: Ideally, losing your family as you do—would make good sense. You were able to amass enough willpower to quit both of your bad habits, overeating and smoking. It is not inevitably true that they are linked. I have known many patients who quit cigarettes and did not put on an extra ounce. And I have also had patients who were able to reduce without restriction. Smoking to eat their appetite.

Which is worse? Obesity or smoking? It would be medical disaster if you quit the weight of options. I believe, in the odds that there is greater danger if you continue to smoke. According to one statistical study, it may be overeating—would have to gain 100 pounds to equal the potential dangers involved in smoking two packs of cigarettes daily.

Frankly, I don't know. I can't say without equivocation which is worse for you. But what I can say is that neither is GOOD for you.

When you give up one bad habit and make no-one-gooder, you have taken a jump from the frying pan into the fire. Who is to forestall? One person may get lung cancer from smoking; another may get diabetes from being overweight. Or it may be the other way around. Some people may get diabetes

Margaret Duncan celebrates birthday

Miss Margaret Ellen Duncan, daughter of Mr. and Mrs. Bobby Duncan, celebrated her 22nd birthday on the Old Park Place.

Guests were Misses Sandy Campbell, Sarah Jane Hamon, Kathy Mathen, Jane Ellen Dumler, Sheila Ritchie, Lorna Turpin, Hamon Randolph, Jerry Austin, Carlisle Anderson, Kim Eastway and Jody Duncan.

Blount's Dairy Queen closes its season

Sunday, Nov. 3

Thanks to all our customers for their patronage.

Joe, Pat, Ruby

Kentucky to receive bicentennial money

Kentucky will receive \$200,000 in two federal grants for the bicentennial. The grants are for the bicentennial of the signing of the Declaration of Independence and the bicentennial of the signing of the Constitution.

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Hot work!

In conjunction with cleaning the Brushy Creek bank through Carlisle, grass is being laid along the railroad tracks by City employees.—Duncan photo

Fresh Dressed Grade A (Limit 4)

Wyners

lb. 39¢ Cut-up lb. 45¢

U.S. Choice Rib Roast lb. \$1.39 First 3 ribs \$1.49

U.S. Choice Rib Steak lb. \$1.59

U.S. Choice Boneless Rib Eye Steak lb. \$2.99

Kahn's Wieners or All Beef Branks lb. 99¢

Kahn's Bologna, Beef Bologna, Spiced Luncheon, Pickle Loaf, Lunch Meats 6oz. pkg.

Hillshire Smoked Sausage lb. \$1.09

TREATS TO EAT THAT CAN'T BE BEAT!

Kahn's Braunschweiger lb. 69¢ Kahn's Whole or Half fully cooked, boneless Hickory Grove Hams lb. \$1.39

Karo Green Label 32 oz. Pancake Syrup 89¢ Chocolate 12 oz. Nestles Morsels 79¢ Armour 5 oz. Vienna Sausage 3/4

Dinty Moore 24 oz. Beef Stew 79¢ Finesse 1 lb. Marshmallows 39¢ G.I. Laundry 32 oz. ERA Liquid 99¢ Borden's Cottage Cheese 67¢

Frozen: Apple, Cherry, Strawberry, Stillwell Cobblers 99¢ 2 lbs.

Soft Wive 3' Toilet Tissue 3' Hair Spray 79'

Miss Breck 13 oz. Dog Food 4/99¢

chicken, liver Thorabrod beef, borly, chunk ham, pork, chunk liver, chunk beef 14 1/2 oz. Dog Food 4/99¢

personal size Ivory Soap 4/49¢

Donny 64 oz. Fabric Softener \$1.99

Adorn 13 oz. Hair Spray \$1.99

Reg. size Lux Soap 4/79¢

Kitchen Sliced Green 30¢

Green Giant Beans 3/89¢

Easy Off 18 1/2 oz. Window Cleaner 53¢

Shampoo 8 oz. Herbal Essence \$1.19

Paramount 15 oz. Chili Mac 3/41

Post Cereal 18 oz. Grape Nuts 59¢

Armour-Treat 12 oz. Limit 2 79¢

Scoties 200 size Facial Tissue 3/41

Kraft Marshmallow Creme 13 oz. 49¢

Cucumbers, Radishes, Green Onions 2/29¢

Golden Ripe Bananas 2 lbs. 29¢

No. 1 20 lb. bag White Potatoes \$1.49

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BIRTHS

CHAMBERS
Mr. and Mrs. Richard Chambers of Carlisle announce the birth of a son, Scott Elliott, born Sunday, Oct. 27, 1974 at the Harrison Memorial Hospital. He weighed seven pounds and four ounces. The maternal grandparents are Mr. and Mrs. James Whirls of Nicholas county.

The paternal grandmother is Mrs. Russell Chambers of Richmond, Ind., and the late Mr. Chambers.

MCCARTY
Mr. and Mrs. Gary McCarty of Carlisle are the parents of a son, born Friday, Oct. 25, 1974 at the Bourbon County Hospital.

SKEN
Mrs. Berdette Charles Sken of 208 S. First St., Evansville, announces the birth of their first daughter and third child, Nancy Beth, born Oct. 6, 1974 at Flag Memorial Hospital. She weighed eight pounds, one and one-half pounds, and is 19 1/2 inches long.

Paternal grandparents are Mr. and Mrs. Hanken Sken of Nicholas county.

SMOOT
Mr. and Mrs. Bruce Wayne Smoot announce the birth of a daughter, Jani Nicole, born Oct. 26, 1974 at the Harrison Memorial Hospital. She weighed seven pounds, 14 1/2 ounces.

Maternal grandparents are Mr. and Mrs. Kimball Bohl and paternal grandparents are Mr. and Mrs. Rose C. Smoot, all of Carlisle.

LAST DAY - SATURDAY

REXALL Sale

Joint meeting set for Nov. 11

The Community Women's Club (CWC) and the Carlisle Junior Women's Club (CJWC) will have a joint dinner meeting on Monday, Nov. 11, at 6:30 p.m. at the Nicholas County High School cafeteria.

The meeting will be a federation meeting. Mrs. Francis M. Pennington, Kentucky Federation of Women's Club parliamentarian, of Abland, will be the guest speaker at the meeting.

Mr. Charles Wilson presided over a brief business session. Mrs. Robert Booth gave the spiritual words. Her subject was "God's Corner." Mrs. Taylor Stelling, hostess, served cake and coffee to 18 members and one visitor, the Rev. Richard Chumbley.

Central Kentucky Youth Orchestra opens season

The Central Kentucky Youth Concert Orchestra will open its 1974-75 concert season, Nov. 3 with a concert at the Nicholas County University of Kentucky campus at 3:30 p.m. Harold H. Jones, conductor, has selected a program including Mozart's "Overture to The Marriage of Figaro," "Symphony #14 in D", Handel's "Water Music Selections", Telemann's "Suite for Organ and Cello" and "The Emperor's Lullaby".

The group will be given the Guild of the Youth Music Society following the concert. The Guild is a branch of the College of Law for orchestra members, parents and friends.

Dr. R.M. Reser is club speaker

The Carlisle Garden Club had as their guest speaker, Dr. R.M. Reser, at their meeting Monday, Oct. 21, at the Carlisle Methodist Church.

Dr. Reser gave a program on "Flower Arranging." His talk was very informal and made more interesting by his pleasing personality and sense of humor. He used specimens from his own garden. Dr. Reser was gathered along the drive here, stressing the use of native plants. He also stressed that they were to use, rather than always following rules. He also stressed that they were to use native plants.

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Anniversary open house slated Sunday

Mrs. and Mrs. Hanson Davis Judge of Morefield will celebrate their 50th wedding anniversary with an open house, French Club, Pop Club, Beta House, at their home on Sunday, Nov. 3, from 2:30 to 5 p.m.

Mrs. Judge is the former Sophia Vice, is the daughter of the late W.R. Vice and the late Oester Darrill Vice. Mrs. Judge is the late Miss Davis Judge and the late Miss Allen Judge. The couple were married Nov. 6, 1924 at the home of the bride's parents in the presence of relatives and friends. The Rev. R.L. Crystal, pastor of the Carlisle Methodist Church, officiated at the ceremony. Attendees to the couple were the program of the train and the couple.

Mrs. and Mrs. Judge are the parents of two daughters, Mrs. O.M. Kline and Mrs. M. L. Kline. They have four grandchildren and 13 great-grandchildren. All friends and relatives are invited to the open house, and no gifts are requested.

OUR FORD—No one America's Ford but the best. Make the optimal value. Her subject was "God's Corner." Mrs. Taylor Stelling, hostess, served cake and coffee to 18 members and one visitor, the Rev. Richard Chumbley.

LAST DAY - SATURDAY

WAKE-UP RARIN' TO GO when you sleep on a

SPRING AIR BACK SUPPORTER MATTRESS

REXALL Sale

Exclusive Ken Washable coils for firm inner support with luxurious surface contact.

"Health Center" provides extra shoulder to knee support.

No slugs toward edges, no sag in middle.

Garrett's

CORN 49¢

Golden Ripe Bananas 2 lbs. 29¢

No. 1 20 lb. bag White Potatoes \$1.49

Cucumbers, Radishes, Green Onions 2/29¢

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Flowers

Cut Flowers

Potted Plants

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