Kroger

DISCOUNT FOOD STORES

Whole Rib Eyes 2.49 lb

Round Steak 1.49 lb

Peanut Butter 99¢

Apple Jelly 59¢

Pure Black Pepper 59¢

Cake Filling 59¢

Oven Cleaner 1.88

Sliced Bacon 1.19

Smoked Jowl 69¢ lb

Ham 1.19

Bologna 59¢

Rib Eye Steaks 12.88 lb

Rib Steak 1.39 lb

Round Steak 1.29 lb

Fresh Picnics 49¢ lb

Canned Ham 3.99

Meat Wieners 69¢

Beef for Stewing 1.19

Chuck Roast 69¢ lb

Baking Hens 49¢ lb

Potatoes Less Than 5 lbs

Potato Sale

All Purpose Russet 10 lbs 99¢

Yellow Onions 25 lbs 2.39

Red Radishes 4 pkgs 1.00

Head Lettuce 2.39

Carrots 4 pkgs 1.00

Apples 4 lbs 1.00

Pascal Celery 31¢

Coffee Mate 99¢

Hamburger Magic 2 for 1

Bean Coffee 3 lbs 2.89

Hundreds of PRICES

Stokely Corn 13¢

Star-Kist Tuna 1.09

Margarine Quarters 38¢ lb

Armour Sausage 69¢

Wiener Buns 2 for 89¢

French Fries 5 lbs 1.09

Ice Cream 89¢

White Bread 3 for 1.00

Rye Breads 2 for 1.00

2% Hi-Nu Milk 1.45

Cream Cheese 79¢

Biscuits 6 for 77¢

Bleach 59¢

Dog Chow 1.29

Cheese Spread 99¢

Maxwell House 1.43

Carnation Milk 29¢

Tissue 4 for 69¢

Morton Salt 15¢

Spaghetti Sauce 2 for 1.00

Solitines 2 for 1.09

Red Beans 4 for 1.00

Tomato Juice 59¢

Punch 2 for 1.00

Bug Runners 3 for 1.00

Ash Trays 298

Terry Towels 2.44

Can Openers 39¢

Hormel Spam 63¢

Vienna Sausage 59¢

Thin Spaghetti 79¢

Spred 59¢

Kroger Discounts All Health & Beauty Aids

Ultra-Slitter 49¢

Cosmetic Puffs 49¢

Shrimp Lotion 1.29

Kroger.... Working to give you Lower Prices!

We at Kroger invite you to compare the cash register tapes from your next visit with other you would pay at any other Discount Food Store. At Kroger we have items you use everyday - both national brands and our own Kroger brand - at discount prices. Prices can fluctuate, your food bill, week after week, then either local food or discount stores. But you at Kroger.... and compare for yourself!

Kroger RAIN CHECK POLICY

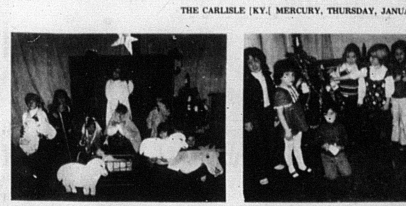
Kroger Welcomes Federal Food Stamp Customers

Kroger EVERYDAY DISCOUNT PRICES

Dark Pictures

NEW YEAR Greetings

Kay Fisher



KINDERGARTEN CHRISTMAS PROGRAM was held Friday, Dec. 20. Top Nativity Scene, donkey—Kevin Anderson; shepherd—Ron Allison; Mary—Nena Donovan; Joseph—Robert Medley; angel—Paula Hamm; lamb—Lynn Reynolds; cow—Anita Smith. Little Bells—Lesley Duncan, Anissa Hargis, Tommy Anderson, Anita Smith, Lisa Buckler, Tamila Anderson. Middle "five Little Reindeer, speaker—Mary Beth Ritchie; reindeer—Rob Snapp, Kevin Anderson, Ron Allison, Bradley Wilson, Licha Farah; Santa—Robert Medley; snowman—Kevin Lyons. We've A Secret—Darla Cobb, Bradley Wilson, Rob Snapp, Lynn Reynolds, Nena Donovan, Anissa Hargis, Allen Hardin. Bottom, Jack-in-Box—Stephen Kelley, Tamila Anderson; Licha Farah and Kevin Lyons.

SOCIETY

Mr. and Mrs. Ernest Lawson, of Covington, were here to attend the funeral of Mrs. Alma Blake held on Dec. 20.

Omie Steel is in Virginia spending the holidays.

Mrs. James Wade submitted to major surgery Thursday, Dec. 26 at St. Joseph Hospital and remains a patient there. Her room number is 328.

Mr. and Mrs. James T. Clay of Wendell, N.C. are visiting her sister, Mrs. Taylor Snelling and Mr. Snelling.

Mr. and Mrs. Tom Davis of Flemingsburg are in Carlisle welcoming their new granddaughter, Mary Ann Lawrence, born on Dec. 23. They are visiting Mrs. Davis' daughter, Mrs. Rusty Lawrence and Mr. Lawrence.

Mr. and Mrs. John S. Jacobs and John Darwin of Lexington, Mr. and Mrs. Jimmy Conrad and Ernst Jacobs were supper guests of Mr. and Mrs. J. Angus Jacobs, Monday night.

Mr. and Mrs. W.T. Shields of Mt. Sterling and Ernst Jacobs were dinner guests of Mr. and Mrs. J. Angus Jacobs Wednesday.

Mr. and Mrs. O.S. Sanders entertained with a Christmas dinner Sunday, Dec. 22. Those who attended were: Mr. and Mrs. Delbert Sanders, Bobby, Regenia of Walton; Mr. and Mrs. Hughie Cheek, Frida, Berry and Delton, Sammy Lockridge, Mr. and Mrs. Virgil Sanders, Dale and Karen, all of Lexington; Mr. and Mrs. Glydon Jones and Suzanne of Georgetown.

Dr. Wayne Linville was elected president of the Bourbon County Medical Society at a dinner meeting held Dec. 17 in Paris.

Mrs. Ina Brady visited her brother, George Motch recently. Mr. Motch is a resident of Bourbon Heights in Paris.

Miss Susan Brown, a student at Georgetown Medical School in Washington, D.C. and Mrs. Robert E. Lewis, Dr. Lewis and children of Bloomington, Ind. spent the Christmas holidays with their parents, Dr. and Mrs. S. Evans Brown.

Mr. and Mrs. John Hamilton of Springfield, Va. spent the Christmas holidays in Carlisle.

Mr. and Mrs. Oscar Thau of Spokane, Wash. were houseguests of Mr. and Mrs. Charles Cox during the holidays.

Mr. and Mrs. Lloyd King of Henderson, and Mr. and Mrs. Larry Clinkenbeard of Columbus, Ind. were guests during the Christmas holidays of Rev. and Mrs. H. Dallas Sugg and Alicia.

Mrs. Louise Richardson of Cynthiana was a visitor in Carlisle last week.

Mr. and Mrs. Harry Budden spent the Christmas holidays with their parents, Mr. and Mrs. C.S. Szekely and Mr. and Mrs. H.E. Budden of Huntington, West Va.

Mr. and Mrs. Earl Hamm had as their dinner guests Christmas Eve, Mr. and Mrs. Kenneth Smith and sons of Prestonsburg; Mr. and Mrs. Spears Collins, Mr. and Mrs. Paul W. Hamm, Tommy Hamm of Cynthiana, Paula Lee Hamm and Saundra Collins.

Mr. and Mrs. Hobart Shannon spent Christmas with Mr. and Mrs. Paul Crump and Mr. and Mrs. Billy Shannon of Paris.

Dr. David Hughes and family of Seattle, Wash. visited his grandparents Mr. and Mrs. Jess Hughes of Blue Licks Sunday, Dec. 22.

Miss Becky Buntin, Lexington, Mr. and Mrs. W.R. Buntin Jr., Frankfort spent the Christmas holidays in Carlisle.

Sam Cook Reynolds, son of Mr. and Mrs. Sam Reynolds left Dec. 20 to spend the Christmas holidays with Mr. and Mrs. Bill Jones and Dan at Ft. Myers, Fla.

Mrs. Clyde Snelling has had the following guests: Frank McClary of Middletown, Ohio, and Mr. and Mrs. Harold Crowe of Amelia, Ohio. While here they also visited other relatives and were in Lexington to visit their niece, Mrs. James Wade, who is a patient at St. Joseph Hospital.

Mr. Betty Blake of Cincinnati was a recent guest of her parents, Mr. and Mrs. Stanley Blake.

Mr. and Mrs. Leroy Earlywine of Millersburg spent Christmas week with their daughter, Mrs. Roger Shepherd and Mr. Shepherd of Boulder, Colo.

Mrs. Gladys Duncan entertained with a family Christmas dinner Tuesday night, Dec. 24. Those attending were Mr. and Mrs. David Bussell and Millie Anne, Lexington; Mrs. Gano Duncan, Ben Duncan, Mrs. Della Dye, Mr. and Mrs. Everett D. Bussell, Mr. and Mrs. Bobby Duncan, Margaret Ellen and Jody, and Mrs. Linda Platt.

Miss Emma Lou George of Cincinnati spent Christmas week with her parents, Mr. and Mrs. Robert George.

Mrs. Malcolm Wills hosts Christmas Homemakers meet

The Miranda Homemakers Club met Wednesday, Dec. 11 at 6:30 p.m. at the home of Mrs. Malcolm Wills, club president, for their annual Christmas program and party. A potluck dinner was served at 7 p.m. Mrs. Wills was assisted by her daughter, Mrs. Russell Ryles and Mrs. Eugene Smoot.

After dinner Mrs. Walter Kendall led the Christmas program with several members taking part in the reading of verses and singing of carols. Gift exchanges followed. Mrs. Wills presided over the business session. Two visitors, Mrs. Ron Smart and Mrs. Manley, were present for this meeting.

The next meeting will be the second week of January.

Births

McVEY

Mr. and Mrs. Harold McVey, Route 3, are parents of a son born Wednesday, Dec. 18, 1974 at the Bourbon County Hospital.

MYNEAR

A daughter was born Monday, Dec. 23, 1974 at the Bourbon County Hospital to Mr. and Mrs. Lowell Gene Mynear, Carlisle. She has been named Tracey Lynn.

TINCHER

Mr. and Mrs. Wayne Tincher, are parents of a daughter born Sunday, Dec. 22, 1974 at the Nicholas County Hospital.

Mrs. Claudie Tincher of Millersburg is the paternal grandmother and Mr. and Mrs. Don Moseley of Carlisle are the maternal grandparents.

LAWRENCE

Mr. and Mrs. Thomas "Rusty" Lawrence announce the birth of their first child, a daughter, born Dec. 23, 1974 at St. Joseph Hospital in Lexington.

She weighed nine pounds, 15 ounces and has been named Mary Ann.

JUDGE

Mr. and Mrs. Charles Judge announce the birth of a son on Dec. 17, 1974 at Central Baptist Hospital in Lexington. He weighed eight pounds, five ounces and has been named Charles Aaron.

Paternal grandmother is Mrs. James Judge of Carlisle and the maternal grandmother is Mrs. Gordon Slade of Cynthiana.

HALL

Mr. and Mrs. James Hall announce the birth of a daughter on Dec. 11, 1974 at the Nicholas County Hospital. She weighed six pounds, six ounces.

Rev. Simons weds couples

Grey-Willoughby

Vernon Willoughby and Mrs. Della Mae Grey were married Dec. 18 by Rev. Frank Simons.

Mr. Willoughby is employed by the Carlisle Police Department. Mrs. Willoughby is employed by the Carlisle Drug Company.

They will reside at 223 North Street.

Berry-Evans

Mary Frances Berry, daughter of Mr. and Mrs. Willis Tincher and Ray Evans, son of Mr. and Mrs. Ray Evans, were united in marriage Friday night by Rev. Frank Simons, using the double ring ceremony.

Mr. and Mrs. Earl Medley, sister of the groom were their attendants.

Both are employed at Blue Grass Industries.

January is time of deep stirring within gardeners say psychologists

by Nevyle Shackelford
UK College of Agriculture

Along about this time of year, gardeners, who spend much of their time during spring and summer down on their knees along rows of small plants and shouts in positions of worship, begin to sense an indescribable urge deep within them.

This, no doubt, as psychologists hint, is because that, in their long and intimate relationship, the gardeners take on certain characteristics of the seeds and plants they nurture. Thus in January, when deep in the ground some subtle force of nature begins to stir the sap in trees, trouble the roots of dandelions, and warn the seeds of last fall's sowing to start awakening, this same force creates a faint stir in the gardener's blood also.

Then in January come the seed catalogs. Although the wind outside may be roaring like fury in the bare treetops and snow may be piling up on the window sill, these catalogs indicate sure as certain that spring is once again on its way around the bend.

To help weather out the balance of the winter—the "winter of our discontent"—gardeners can pass off the time by thoroughly perusing and making selections from these marvelous and reliable periodicals sent out by commercial seed companies.

There is something heartening and inspirational in the pages of these books. They show pea pods that dwarf bananas; beets that grow high as privet hedges; corn that rears its golden tasseled tops to heights associated only with the giant Sequoias of California; and beans that are worthy of being lineal descendants of that ancient seed of kind that figured so prominently in the horticultural feat performed by that fairy tale character known as Jack.

With the catalogs, gardeners can compare their assortment of seeds saved from favorite varieties and make out orders for new varieties that have recently been developed by horticultural specialists. When they tire of this they can go down into the basement and repair seed boxes and examine, clean, sharpen, and repair garden tools.

They can look over the stored tubers to see that they are not suffering from too much moisture or the lack of it. They can mix up some potting soil for propogating seeds indoors and, if the soil is not frozen or wet, can go out and spade up the flower bed. This action, whether in a garden or flower bed, will expose the soil to beneficial effects, UK Extension specialists say.

The freezing which will most assuredly come in January and February will break apart the heavy clods and expose the eggs of many injurious insects to the effects of sun, wind, cold, and food-hunting resident birds. All of these factors will make for better gardening.

January is also a month in which garden planting can best be planned. During the "bad days", when basking in the warmth of the baseburner, visualize your garden and figure out where you will later plant your peas, potatoes, stickbeans, tomatoes, gladiolus, and snapdragons. This will help a lot later in the year.

Traditionally, at least in Kentucky, the official planting season begins in February. Sallet peas should be planted on Feb. 14 and Irish potatoes put in the ground during the "dark nights of March," according to old-time gardeners. Deciding in advance just where these two crops will be planted will save time later on.

Christmas dinner held for family

The family of Mr. and Mrs. Joe Reid entertained with a potluck supper Dec. 25 at the Reid home at 6 o'clock.

Guests were: Mr. and Mrs. Leslie E. Clinkenbeard, Mr. and Mrs. Ewell Lyons, Robbie, Kathy and Marsha, Mr. and Mrs. William Tolliver, Tracy, Galen and Joy, Mr. and Mrs. James Cassidy, Mrs. Josie Ratliff, Mr. and Mrs. John Allison and sons Todd, Nathan, Ron and Mark, Mr. and Mrs. Tom Hardin, Jill and Les, Mr. and Mrs. Dennis Berry, Miss Wilma Curry, Miss Sandra Reid, Gary Howard and Greg Reid.

Grass-fed baby beef is expected

by Sue Burrier

Recently, we have been seeing some baby beef in the meat cases at the grocery. In the months ahead, we will see more "grass-fed" beef. The expected increase of non-grain-fed beef will be about 10% according to the National Livestock and Meat Board.

The following information on definitions, characteristics and cookery came from the Beef Industry Council of the National Livestock and Meat Board. This information may be of help in answering questions you may have as more grass-fed beef appears on the market. These definitions are based on USDA beef categories:

Baby beef may also be known as light beef, baby veal, and heavy calves. These animals are from seven to 10 months old and have been grown on a diet of milk and grass to live weight of 350 to 550 pounds.

Grass-fed beef (also called forage beef): Animals 12 to 24 months old, fed on pasture grass to weight of 600 to 1000 lbs. prior to marketing. On USDA beef standards, the meat grades mostly good or below.

Grain-fed beef: This beef continues to make up the majority of the beef supply. These animals are raised primarily on grass for about 12 months to a weight of 600-700 lbs. Then they are placed in feed lots and fed grain until they reach a weight of 1000 to 1100 lbs. Most of this beef grade choice under USDA beef standards.

Characteristics, Grass-Fed: The absence of grain reduces the level of fat covering and marbling. The reduction in marbling may have an effect on flavor and juiciness, but it should not significantly affect tenderness. The fat may be a cream to light yellow in color due to the longer period on grass (higher level of carotene). Since the fat is not usually eaten, this has no effect on the meat except in appearance. Tender cuts from the rib and loin may have some marbling.

Characteristics, Calf: Calf cuts resemble veal in size and the lean is pinkish in color. The thin fat covering is white, the meat is very tender, but mild in flavor. There may be some marbling.

Cookery, Grass-Fed Beef

Rib Roast: Cook as usual, but avoid preparing too well done as this may result in a dry roast due to the leanness of the grass-fed beef.

Tender Steaks: Brush with melted fat before broiling and serve rare to medium. If preferred well done, it is advisable to prepare the steaks covered, as in braising, to assure tenderness and to avoid excessive drying out of the meat.

Chuck, Round, Tip, and Rump: Braise slowly (brown, season, cover and cook with ½ to ¾ cup liquid for 2½ to 3½ hours, depending on size).

Cookery, Calf

Roasts—Leg, Shoulder, Loin: In order to avoid drying, it is recommended not to cook the product too well done. It is best cooked as a medium-done roast at 325 degrees F oven temperature.

Tender Steaks: Because the cut may be leaner than usual, it should be brushed with melted fat during broiling or before pan frying. This will develop the flavor when browning. Because calf meat is similar to veal in some respects, marinating or breading will enhance the flavor.

Like veal, both roasts and steaks may be served with tomato or other sauce to enhance the flavor.

NOTICE
FRI., JAN 3rd
ALL
Scissors & Shears
Pinking
Dressmaking
Straight & Barbers
Sewing Basket
On Locust Street
28c an inch
Pinking 39c an inch
All Work Guaranteed