Kay's Kitchen

→ By Kay Fisher ← ← ←

Since I have been asked to give a recipe for Lasagna, here are two. Each one is different and delicious. Try first one and then the other, and see which you like best then stick with that one for your Lasagna meal. Basically Lasagna recipes are the same. It is more a matter of seasoning and cooking time.

LASAGNA

2 tablespoons olive oil
2 pounds ground beef
2 large onions, diced
2 tablespoons Italian seasoning. (You can substitute 1 large bay leaf, 2 tablespoons oregano, 2 tablespoons parsley flakes.)
1 large can tomato sauce
1 small can tomato paste
1 large (2½ size) can tomatoes
salt and pepper to taste

Brown the ground beef and onion together. Pour off all fat. Add olive oil and remaining ingredients. Simmer 3 or 4 hours, stirring occasionally.

Cook 10 Lasagna noodles according to package directions. Drain and place 5 noodles in bottom of large 7 x 13 inch greased casserole. Cover with half the sauce, 2 slices of mozzarella cheese, sprinkle generously with parmesan cheese, then repeat in order given.

Cook 350 degrees for one hour. Serve hot.

All this may be prepared ahead of time, except for the last hour of cooking.

LASAGNA

Chop and brown in ¼ cup of olive oil: 1 large onion, 1 garlic clove, 6 sprigs of fresh parsley or use 3 teaspoons of dried parsley flakes. Add 1 No. 2½ can of tomatoes, 1 can tomato paste, 2 bay leaves, 1 teaspoon salt, ¼ teaspoon red pepper, ¼ cup water and ½ teaspoon sugar.

Break up one pound of ground round in small pieces, add to sauce and simmer over low heat for 1 hour.

Make a cheese sauce by melting ½ stick of butter, 1 finely chopped onion. Add 3 tablespoons flour, ¾ cups parmesan cheese. Gradually add 2 cups milk and cook until thick. Beat slightly 2 egg yolks, add small amount of cheese sauce to egg, then return all to sauce.

Cook 1 pound Lasagna noodles, drain, grease large casserole. Put in noodles, tomato sauce, cheese sauce. Repeat, ending with cheese. Taste the sauce. You may want to sprinkle a bit more cheese on top.

Bake 20 minutes at 325 degrees, then brown under broiler. Serve hot.

GROUND BEEF WITH RICE

This is just an idea, you must work out the proportions to suit your family. It can be made easily for one serving or many. This is an easy one to experiment with different seasonings. I made it the first time to use up about ½ pound or less of hamburger and was delighted to find I had made a one-dish meal except for a green vegetable or green salad.

These are the proportions I used:

Cook ½ medium onion, chopped; ½ green pepper diced in about 2 tablespoons margarine until tender. I cooked mine slowly and covered to keep from browning too much. When tender, add ground beef broken into small pieces, and brown. Add 1 bouillon cube, Worchestershire sauce, Lawry's salt and 1 teaspoon of marjoram. Be generous with seasoning because you are adding rice.

Drain off all liquid into cup and add enough water to make total of 1½ cups of liquid. Return liquid to skillet and when boiling add equal amount of pre-cooked rice. Cover, bring to boil, remove from heat and let stand 5 minutes. Stir mixture to mix all ingredients and to fluff rice.

Before serving, taste. You can add more seasoning now and it's a good time to experiment. In dishes like this I often use more bouillon cubes and less salt. They not only add salt but beef flavor. If you add it at this stage, dissolve in as little boiling water as possible, unless you find the whole mixture a bit drier than you like.

When serving Lasagna or spaghetti remember you need only a tossed salad and French bread with garlic butter.

Should you feel the need of dessert, do keep it light. This is what I usually serve.

FRUIT CUP

I use canned fruits for salad then add a can of drained grapefruit sections, fresh orange sections and sliced bananas. Mix all fruits together in large bowl.

When ready to serve use slotted spoon to drain well and serve in parfait glasses or sherbet glasses. Fill glasses with fruit then pour chilled gingerale over fruit, filling glass about ¾ full. If you don't care for gingerale, you may use 7-Up or any lemon-lime carbonated drink.

SOCIETY

Mr. and Mrs. Teddy Shaw entertained with a potluck dinner at their home the past Saturday. Those attending were Mr. and Mrs. Paul Smith, Gregory and Kimberley Ann of Lexington, Mr. and Mrs. Chad Whitaker, Mr. and Mrs. Jimmy Shaw, Lisa and Tracy, and Mr. and Mrs. Youie Shaw.

Mr. and Mrs. Everett Vice and family of Phoenix, Ariz. have returned home after visiting relatives and friends in Lexington, Carlisle and Cynthiana.

Mrs. Edna Mahoney of Tampa, Fla. is visiting Mr. and Mrs. James Wade.

Mrs. Margie H. Wilson, Mrs. Grimes Caywood, Mrs. J.R. Hamilton and Mrs. Frank Henry attended the Limestone District Meeting Wednesday at Jesse Stuart Lodge at Greenbo State Park, Greenup, Ky.

Mr. and Mrs. Jim Stone and daughter, Angela were dinner guests of Mrs. J.R. Hamilton, Saturday.

Mr. and Mrs. Toby Elder and son, Brian Christopher of Ft. Mitchell spent last week visiting their parents, Mr. and Mrs. Thomas Hickman of Bourbon county, and Warren Fisher. His mother, Mrs. Warren Fisher, remains a patient at Good Samaritan Hospital in Lexington.

Miss Ann Chamberlin left on Tuesday, Sept. 2 to enroll as a freshman at Sue Bennett College, London, Ky. Sue Bennett is a junior college affiliated with the Methodist Church. Her parents, Rev. and Mrs. Richard Chamberlin accompanied her to London.

Mr. and Mrs. Kenneth Booth and children of Marietta, Ga. were recent guests of his mother, Mrs. Albert Booth. While in Carlisle, Mr. Booth attended his 20th class reunion.

Mrs. C.H. North of Cincinnati entertained Mr. and Mrs. Clark Corbly, Cincinnati; Mr. and Mrs. Taylor Mathers, Mrs. Betty Mathers and Mr. and Mrs. Robert McFarland and family at the Old South Inn in Winchester recently.

Mrs. Randall Ritchie and Mrs. Albert Booth were guests from Thursday to Sunday of Mr. and Mrs. Robert Smart in London. The Smarts recently moved to London where he has accepted the position of president of the Kentucky Group Bank there.

Junior Woman's Club conducts first meeting

Carlisle's Junior Woman's Club (KFWC) held the first regular meeting of the season Monday at the home of Mrs. Harry Budden.

Discussion was held on projects for the year. A Christmas Bazaar will be held in December, location to be announced. Sales will include small items, stocking stuffers, novelty gifts and hand-made items.

Mrs. Harry Budden, Mrs. Marshall Stone, Mrs. James D. Anderson and Mrs. Paul Hardin will attend the Kentucky Federation of Woman's Clubs Fall Conference in Louisville Sept. 26.

Judicial Reform will be the program topic at the October meeting to be held at the home of Mrs. Ronald Smart. Mrs. Ron Baker, Public Affairs Committee chairman, will be in charge of the program.

Elder-Mann wedding told

Mr. and Mrs. Donald Elder announce the marriage of their daughter, Jennifer Louise, to Charles Wayne Mann, son of Charles Mann, of Cynthiana, and the late Mrs. Myrtle Mann.

The vows were exchanged Sunday afternoon, Sept. 7, at the Carlisle Baptist Church, with the Rev. H. Dallas Sugg officiating at the double ring ceremony in the presence of the immediate families.

Both the bride and groom are 1975 graduates of Nicholas County High School. The groom is presently serving with the National Guard stationed at Ft. Leonardwood, Mo.

Couple plans wedding date

Mr. and Mrs. Herbert Bretz announce the forthcoming marriage of their daughter, Debbie, to Nigel Soult.

The wedding will take place on Sept. 12, 7 p.m. at Spindletop Country Club in Lexington.

All friends and relatives are invited to attend. There will be a reception immediately following the ceremony.

Dougherty Lodge

Dougherty Lodge No. 65 will hold its regular meeting Friday, September 12 at 7:30 p.m. This will be Past Master's Night and there will be work in the Master Mason's Degree. All members are urged to attend.

Dr. Kingsolver will attend KMA session

Dr. W.R. Kingsolver plans to attend the 125th annual meeting of the Kentucky Medical Association at the Bluegrass Convention Center in Louisville, Sept. 22-25. Over 2,400 Kentucky physicians, guests and allied health professionals are expected to attend.

KMA president, Hoyt D. Gardner, M.D., Louisville, in discussing the upcoming meeting said, "An outstanding scientific session has been planned to provide the physician with an informative and comprehensive continuing education program."

Country Club activities told

Friday, Sept. 12, Pre-football buffet 4:30 to 7 p.m. Menu will include Hot Brown, fried Ocean Perch, assorted salads and vegetables and dessert table.

Saturday, Sept. 13, Kentucky football special will include, among others, Shrimp Creole and Korean Grilled Steak.

Sunday, Sept. 14, Weekly Sunday Buffet, 11 a.m. to 3 p.m.

Monday, closed.

Tuesday, closed.

Wednesday, Sept. 17, Movie night. Walt Disney movie for children. Hamburgers, Hot Dogs and French Fries for children. Adult buffet will include Sweet and Sour Pork, 6 to 8:30 p.m.

Mrs. Don Hughes wins high score

Mrs. Joseph H. Conley entertained with a dessert-bridge at her home on Thursday, Sept. 4.

Guests were Mrs. Dick Letton, Mrs. Lyle Anderson, Mrs. Jimmy Shaw, Mrs. David Zachary, Mrs. Bobby McFarland, Mrs. Billy Clark and Mrs. Don Hughes.

High score was earned by Mrs. Hughes.

Fellowship dinner in Millersburg

Mr. and Mrs. David Earlywine of Millersburg entertained the following on Sunday for a fellowship dinner:

Rev. and Mrs. Howard Livingood, Arden, Alton and Cindy, Everett Snapp, Mr. and Mrs. Jesse T. Earlywine, Mrs. Gladys Kenney, Alma Matter, Phyllis Brady, Jessica McCree, Mr. and Mrs. Leroy Earlywine, Mr. and Mrs. Clark Earlywine, Bonnie Toadvine, Norma Gaunce, Mr. and Mrs. Clifton Riggs, Mr. and Mrs. Fred Hollar, Chris and Tracey Hollar, Mr. and Mrs. Allen Flora and Jonathan, and Jeff Earlywine.

BIRTHS —

CLINKENBEARD

Mr. and Mrs. Sam Clinkenbeard of Walton announce the birth of their daughter on Aug. 25, 1975 at St. Elizabeth Hospital in Covington. She weighed six pounds, four ounces and has been named Sherry Jo. She is the second child and first daughter in the home.

Mrs. Clinkenbeard is the former Miss Connie Black of Boone county. Mr. Clinkenbeard is the son of Mrs. Lizzie Mae Sexton Clinkenbeard and the late R.L. Clinkenbeard, formerly of Nicholas county.

CLEMMONS

Mr. and Mrs. Chester Clemmons of Sharpsburg announce the birth of a son, Chadwick, at Nicholas County Hospital on Aug. 21, 1975. He weighed nine pounds, two ounces.

McCARTY

Mr. and Mrs. Douglas McCarty of Sharpsburg announce the birth of a son, Douglas Allen, on Aug. 25, 1975 at the Nicholas County Hospital. He weighed six pounds, 14 ounces.

MERS

Mr. and Mrs. Douglas Mers of North Middletown announce the birth of a son, Douglas Allen, at Nicholas County Hospital on Aug. 24, 1975. He weighed eight pounds, eight ounces.

LINVILLE

Mr. and Mrs. William Linville of Carlisle, announce the birth of a son, Jason Heath, at the Nicholas County Hospital on Aug. 22, 1975. He weighed seven pounds, four ounces.

UK specialist will speak to Garden Club

Roger Moll, University of Kentucky specialist, will be the guest speaker Monday afternoon at the meeting of the Carlisle Garden Club at the Baptist Church at 2 p.m.

"Woody Plants in Kentucky" will be his subject. He will also discuss "Fall Bulbs."

The meeting is open to the public.

Mrs. Margie H. Wilson will be hostess.

Mrs. Henry Bailey hosts meeting

The Millersburg Garden Club met at the home of Mrs. Henry Bailey Thursday, Sept. 4 at 3 p.m.

Mrs. Bailey was the speaker, choosing as her topic, "Flowers and Music."

Assisting Mrs. Bailey were Mrs. William A. Gay, Mrs. Zed Layson and Mrs. Heber Clark.

Kentuckians are moving back to smalltown country living

Only a few years ago, many Kentucky people were moving from rural areas to cities. But now there's a movement back to smalltown and country living.

The turnaround started in 1970. It seems to be gaining momentum across the country and could bring about significant changes in the pattern of population and lifestyle over coming decades. In 1970, Kentucky's nonmetro population was 1,710,000. By 1973, it had risen to 1,785,000, an increase of 4.4 percent.

Nationwide, the increase in nonmetro population was 4.2 percent, compared with a rise of only 2.9 percent in metro areas during the period. An average of more than 350,000 people are believed to be moving back to rural areas each year, compared with annual losses of about 300,000 in the 1960's.

What does the population shift mean? For one thing, the experts don't think the nation is dismantling its system of cities. But, except for Boston, all of the largest U.S. metro areas have had major slowdowns in growth. The eight largest areas, which contain a fourth of the total U.S. population, grew by less than one-third the national growth rate in the 1960's.

The population turnaround follows three decades during which about a million persons per year left rural areas for the cities. The current shift back to rural America is not yet fully understood, but is believed to stem largely from a feeling that smaller communities offer an escape from the social and environmental problems that affect many metropolitan centers.

At the same time, rural communities are doing much on their own to make smalltown life more attractive. They are improving local facilities and services, using local resources and federal assistance via several pieces of rural development legislation, including the Rural Development Act of 1972.

Rural community self-improvement also is including a major and highly successful effort to attract business and industrial investment. Thus, one of the main things pulling people back to rural areas is more jobs. During 1970-75, they increased at a rate nearly twice that in urban areas—2.6 percent compared with 1.4 percent. Until the economic slowdown began in early 1974, nonmetro manufacturing jobs had gained by 820,000, or 16.5 percent, in a little less than three years. Because of the recession, metro manufacturing jobs dropped 1,420,000 during 1970-75. In nonmetro areas, the loss was 113,000 jobs.

Along with more jobs, small-town America can expect a return of the retail and consumer service enterprises that went out of business after World War II. In towns of 2,500 or fewer people, nearly a third of such firms stopped operating during 1950-70.

Now that the nation is pulling out of the slowdown, the rural job market is expected to recover, possibly more rapidly than in the metro sector. Farm prosperity from an anticipated record crop and a strong export market will tend to boost rural business activity.

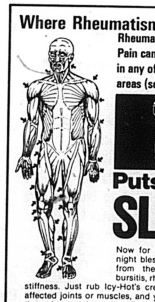
Another encouraging aspect of rural employment is that the number of farm people working in nonfarm jobs has reached an all-time high and probably will go higher. One of each three farm family members, 14 years and older, is now in non-agricultural employment more than in farm work. This, of course, helps keep youth in rural areas, adding a plus, and gives farm families helpful off-farm income.

Such work is contributing to the leveling off of migration from the farm population. The decline is now the lowest in 40 years, and outmigration of farm residents during 1970-74 was only about 143,000 a year, the least since the 1930's and down about three-fourths from the average loss of 594,000 a year during 1965-70.

SAY YOU SAW IT IN THE MERCURY

Where Rheumatism Pain Strikes

Rheumatic and Arthritic Pain can strike the joints in any of the indicated areas (see arrows on chart)



Puts Pain to SLEEP

Now for the first time, overnight blessed temporary relief from the pain of arthritis, bursitis, rheumatism, soreness, stiffness. Just rub Icy-Hot's creamy balm over the affected joints or muscles, and you can actually feel the pain start lessening. Begin to sleep peacefully again. If you don't have relief in 24 hours we'll refund your money. $3.00 for 3½ oz. jar or $5.00 for 7 oz. jar.

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Miss Nancy Curtis

Fall wedding is planned

Mr. and Mrs. Larry S. Curtis of Winchester announce the engagement of his sister, Nancy Greer to Joseph Lee Wilson, son of Mr. and Mrs. Harold T. Wilson of Route 1, Carlisle.

She is the daughter of the late Mr. and Mrs. Neal Curtis.

Miss Curtis is a graduate of Mt. Sterling High School and is employed with Belk-Simpson Company in Mt. Sterling.

Mr. Wilson is a graduate of Bourbon County High School and received a B.A. degree in Social Work from the University of Kentucky. He is employed with the Department for Human Resources in Montgomery County.

A November wedding is being planned.

Club to hold regular meet

Marie Chapter 259 will hold its regular monthly meeting Monday, Sept. 15 at 8:00 p.m. at the Masonic Temple. During the business meeting there will be election of officers for 1975-76, and all members are urged to attend.

Refreshments will be served in the dining room after the meeting.

Cookout is held to honor son

Mr. and Mrs. John Allison entertained with a cookout on Thursday, Sept. 4 in honor of their son John Nathan's ninth birthday.

The following guests attended: Mr. and Mrs. Edgar Allison, Cindy and Renee, Mr. and Mrs. George Roberts, Mr. and Mrs. Harry Galbraith, Mark Byrd, Kevin Wells, Tim Rose, Darrin Robinson, Marty Seithers, and Brian Keith Watkins.

Miss Tubbs to wed soon

Mr. and Mrs. James Tubbs of Carlisle announce the engagement and forthcoming wedding of their daughter, Donna Anne to David West Hardin II, son of Mr. and Mrs. David Hardin of Carlisle.

The wedding will take place Sept. 26, at 7:30 p.m. at the Carlisle Baptist Church. Rev. H. Dallas Sugg will officiate at the double ring ceremony.

There will be a reception held immediately after the ceremony in the basement of the church.

All friends and relatives are invited to the ceremony.

TAKE HOME AN ARMFUL OF FOOD SAVINGS

FOODTOWN COUPON — Skippy 18 oz. PEANUT BUTTER 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Gerber Strained 4½ oz. BABY FOOD 10/$1 limit one coupon per family Expires 9-16-75

U.S. CHOICE ROUND STEAK $1.49 lb. (Boneless lb. $1.59)

TENNESSEE PRIDE SAUSAGE lb. pkg. $1.39 (2 lb. pkg. $2.77)

FOODTOWN COUPON — Funsize MARS CANDY BARS 16 oz. 99¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Keebler CHO. FUDGE SAND. COOKIES 16 oz. 59¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — EASY ON SPRAY STARCH 49¢ 22 oz. WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — 19. Cereal 9 oz. LUCKY CHARM 49¢ #09710 WITH COUPON limit one coupon per family Expires 9-16-75

100% PURE GROUND BEEF lb. 79¢ (3 lb. pkg. or larger)

ARMOUR SLICED BOLOGNA lb. $1.09 Vacuum-packed

Kahn's Reg. or BEEF WIENERS lb. $1.09

Fresh Dressed CHICKEN BREAST lb. 99¢

FOODTOWN COUPON — Calgon WATER SOFTENER 2½ lbs. $1.39 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — C.C. BIGGS COOKIES Keebler 14½ oz. 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Family size Pepsodent TOOTH PASTE 7 oz. 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — SANIFLUSH POWDER 34 oz. 49¢ WITH COUPON limit one coupon per family Expires 9-16-75

U.S. Choice Sirloin Steak lb. $1.89
U.S. Choice Sirloin Strips lb. $2.39
U.S. Choice T-Bone Steak lb. $1.99
U.S. Choice Boneless Rump or Sirloin Tip Roast lb. $1.69
U.S. Choice Cube Steak lb. $1.99
Armour Veribest Boneless Butterfly Pork Chops lb. $1.99
Armour Smoked Pork Chops lb. $1.79
Fresh Dressed Legs & Thighs lb. 89¢
Kahn's Hillshire Smoked or Polish Sausage lb. $1.29
Armour Sliced Bacon lb. $1.69

FOODTOWN COUPON — TANG PITCHER PACK 27 oz. $1.49 #09709 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Pillsbury Hungary Jack MASHED POTATOES 32 oz. 99¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — DOVE DISH LIQUID 89¢ 32 oz. WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — 9 oz. PAM 89¢ limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Betty Crocker BROWNIE SUPREME 23 oz. 89¢ #09709 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Pillsbury 11 oz. PIE CRUST MIX 3/$1.19 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Hunts 4 Pk. Sev. Flavors SNACK PACK 59¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Sea Pak 8 oz. FISH STICKS 39¢ WITH COUPON limit one coupon per family Expires 9-16-75

DIXIE QUEEN 2% MILK Gal. $1.39

TIDE DETERGENT 99¢ Giant (Limit 1 please)

Tide

FOODTOWN COUPON — DISHWASHER ALL 35 oz. 79¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — RICH N EASY BOX FROSTING Pillsbury 15½ oz. 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

GREEN GIANT SALE

CANNED PEAS 17 oz. 3/$1
NIBLETS CORN 12 oz. 3/$1
F.S. GREEN BEANS 16 oz. 3/89¢
K.S. GREEN BEANS 16 oz. 3/89¢
W.K. GOLDEN CORN 17 oz. 3/$1
CREAM STYLE CORN 17 oz. 3/$1
PEAS & ONIONS No. 303 3/$1
CUT ASPARAGUS 10½ oz. 2/89¢
WHOLE MUSHROOMS 2½ oz. 3/$1
SLICED MUSHROOMS 2½ oz. 3/$1
NIBBLERS FROZEN CORN ON THE COB 6 Ears 59¢

FOODTOWN COUPON — GOLD MEDAL FLOUR #09721 5 lbs. 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — 8 oz. WOOLITE LIQUID 69¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Laundry ½ gal. WISK LIQUID $1.99 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Pillsbury FAMILY BROWNIE MIX 22½ oz. 89¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — ZESTA CRACKERS lb. 29¢ WITH COUPON limit one coupon per family Expires 9-16-75

16 oz., 6 pk. w/bits.
PEPSI, DIET PEPSI, 7-UP 79¢
Pillsbury Buttermilk 6 pk.
PILLSBURY BISCUITS 6/79¢
All varieties
HI-C FRUIT DRINK 46 oz. 2/89¢

FOODTOWN COUPON — GIANT SIZE #0001-462928 AXION 25 oz. 79¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — 16. Concentrated Giant ALL DETERGENT 99¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — BEHOLD SPRAY WAX 12 oz. 89¢ WITH COUPON limit one coupon per family Expires 9-16-75

Kraft Miracle Whip SALAD DRESSING 32 oz. 89¢

Chef Boy-Ar-Dee FROZEN PIZZAS 89¢ Sausage, Cheese Pepperoni, Beef & Cheese

Kraft ½ gal. ORANGE JUICE 79¢

FOODTOWN COUPON — 9 oz. KIX CEREAL 49¢ #21630 WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — 24 oz. WESSON OIL 79¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — Pream COFFEE CREAMER 16 oz. 79¢ limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — CARESS BAR SOAP Bath size 3/$1 WITH COUPON limit one coupon per family Expires 9-16-75

Seedless White Grapes Thompson lb. 49¢
New Crop Yams 2 lbs. 49¢
Cabbage lb. 12¢
Italian Prune Plums 4 lbs. $1.00
Jonathan Apples 3 lb. bag 79¢
3 lb. bag YELLOW ONIONS 59¢
BANANAS 2 lbs. 29¢

FOODTOWN COUPON — Pillsbury Extra Light PANCAKE MIX 2 lbs. 59¢ WITH COUPON limit one coupon per family Expires 9-16-75

FOODTOWN COUPON — SWANS DOWN CAKE MIXES 17 oz. 2/79¢ WITH COUPON limit one coupon per family Expires 9-16-75

CARROTS lb. cello Bag 17¢

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FOODTOWN COUPON — Bar bath size Green, White LIFEBUOY SOAP 3/79¢ WITH COUPON limit one coupon per family Expires 9-16-75

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