★★NEXT WEEK'S★★ HOROSCOPE

By Clev R. Pollan

FOR WEEK BEGINNING MONDAY, APRIL 5, 1976
If your birthdate occurs this week . . .
you're quick and versatile—both in mind and body. You are not a profound thinker, but do have a vast store of information. You are popular among worldly people.

Aries Mar. 21 - Apr. 19 **Pluto**
A resourceful associate or relative may surprise you pleasantly. You may regret your undue haste in a decision. Decide about a new enterprise and plan how you can carry it out. Being tactful can ward off resentment. Some startling new money angles may develop.

Taurus Apr. 20 - May 20 **Venus**
Let a shy person know of your affectionate regard. Plan a few minor changes in your home or workplace to make it more comfortable, efficient. Sort through old papers or clothing and discard useless items. Impatience may cause you to make an unwise decision about cash.

Gemini May 21 - June 20 **Mercury**
You may be helped by a friend in important business affairs. Your social popularity may be headed upward to an alltime high. You may be forced to relinquish an object of which you are fond. A tendency to neglect personal affairs is indicated.

Cancer June 21 - July 22 **Moon**
Events promoting great happiness may take place within your home or at your place of work. Changing present methods may result in an increase of prosperity. Through advertising you may recover something you lost recently. Plan your prospective needs carefully.

Leo July 23 - Aug. 22 **Sun**
With more efficient organizing, you can make your routine tasks easier. A new household or office item you buy may prove to be unsatisfactory. You may enjoy a change in your social pleasures and recreation. Developing clever idea may increase finances and prestige.

Virgo Aug. 23 - Sept. 22 **Mercury**
Don't let restlessness induce you to make an impetuous change. Exercise good judgment as to entering a new proposition offered you. Results of a forthcoming business transaction may be disappointing. Your generosity toward an associate may be unappreciated.

Libra Sept. 23 - Oct. 22 **Venus**
You might receive surprising and delightful news from a distance. Avoid criticism of your mate or loved ones. Knowledge of foreign language can be worthwhile asset. Do not let in-laws or associates alter your well-laid plans. Go it alone, if possible.

Scorpio Oct. 23 - Nov. 21 **Mars**
You could be inspired mentally by obtaining enlightened guidance. Be wary of a new love affair that may attend instructive seminars. Don't allow exaggeration of facts to undermine your confidence. Your business ideas are more valuable than you had thought.

Sagittarius Nov. 22 - Dec. 21 **Jupiter**
Don't let pessimism or doubt alter your determination to travel. Seek reliable advice from people who share your ideals and sense of adventure. Stick to your own decisions after conscientious study questioned. Be wary of cash contributions to unfamiliar charity.

Capricorn Dec. 22 - Jan. 19 **Saturn**
Compromise may be necessary in order to obtain the moral or financial support of your plans. Something beautiful and fascinating may be your admiration. Be resourceful in meeting limitations that obstruct your plans. Work to obtain harmony with in-laws, friends.

Aquarius Jan. 20 - Feb. 18 **Uranus**
The help of a sincere and capable friend may yield fine results. Keep serene by avoiding an argument about a controversial subject. Use gentle, persistent persuasion in writing a convincing personal letter. You may go on an enjoyable trip.

Pisces Feb. 19 - Mar. 20 **Neptune**
Care is needed now to avoid an accident while in strange surroundings. Do not let bias cloud your impressions about a new acquaintance. A generous woman may increase your happiness by her hospitality. Well-considered advice from your elders proves useful.

★★★★★★★ McNaught Syndicate ★★★★★★★

THE HOME GAME

BY VIRGINIA TRUAX

BUGGED — Don't put up with bugs on your house plants. Chase them away by spraying with water that's had a garlic bud soaking in it. The little devils hate the odor!

GOOD EGG — There are tricks to getting beautiful Easter eggs. Fresh eggs are harder to peel, so buy them about 10 days early and store with the small end down in the coldest part of your refrigerator. Boil several days before Easter. Then go wild with coloring, and don't be afraid to use small decals or glitter for the finishing touch.

CACTUS CORN — Corn lovers will relish this easy recipe. In saucepan cook two slices bacon, remove and crumble. Use the drippings to cook one-fourth green pepper strips until tender. Add one can cheddar cheese soup, three cups cooked whole kernel corn, and one-half cup chopped fresh tomatoes. Heat and garnish with bacon. Serve with hot french bread and tossed salad for a sensational Sunday night supper.

YOU AND YOUR HEALTH

by Peter J. Esse, MD

HOW TO PREVENT STROKE

Dear Dr. Esse: My father-in-law recently suffered a stroke. I would like information on diet and steps that might help us avoid this condition in my husband. Any information will be appreciated. — Mrs. D.

REPLY: The way to prevent stroke is the way to try to prevent atherosclerosis. Trying to keep the brain arteries healthy. There is no one specific way to prevent weakening of arteries, but there are some general rules that are helpful in keeping arteries soft rather than brittle. For as you know, stroke is the result of interference with blood circulation in the brain — most often by a clot in a brain artery or rupture of an artery.

The general rules? Well, perhaps one of the most important is to keep blood pressure normal. Early diagnosis and adequate treatment of hypertension will prevent many strokes.

So will the treatment of obesity. See that your husband doesn't overeat. You won't help him by serving him your favorite pie or cake, or giving him second helpings.

How is his blood cholesterol? If higher than normal, keep highly saturated foods out of his diet, such as butter, ice cream, fatty meats, gravies, etc. (But if his cholesterol is NOT high, don't deny him these foods.)

Does he overexercise? This can be harmful rather than helpful. Does he underexercise? This can be harmful, too. Moderate exertion (in golf, tennis, gardening, bowling, walking) is much more helpful to him.

Does he smoke any form of tobacco, whether cigarettes, pipes, or cigars? He should quit entirely. Tobacco is the traditional enemy of arteries. Drink? Then he'd better cut down to a quota of no more than an ounce or two daily.

If he suffers from gout or diabetes, adequate treatment of these conditions will also lessen the danger of stroke.

The prevention of stroke begins many years before it is likely to happen. Heredity is important, of course. Nevertheless, the way of life I have suggested is the best way I know to lessen its likelihood.

CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

BROILED CHICKEN FOR DIETERS

Broiling is an excellent way to prepare low-cal chicken. It's delicious for tasty nibbling and it's more satisfying and less fattening than the sweet or starchy snacks you might reach for in the refrigerator. When hunger strikes, you can simply pull off a wing or drumstick, or peel off some of that tender breast meat.

Drumsticks and breasts are the best choices for calorie counters as they tend to have the very tenderest meat and least fat. Chicken is among the best choices for high protein dieting because the meat has large amounts of protein, iron, thiamine, riboflavin and niacin, at a very low caloric cost.

When broiled, a chicken breast has 115 calories, a drumstick has 76 calories and a wing has about 50 calories. You can prepare chicken for your oven broiler by halving or quartering it, rubbing the skin with a minimal amount of vegetable oil (no more than a tablespoon), then sprinkling it with salt, pepper, or your favorite seasonings. Place the pieces on your broiler pan and broil for 20 to 30 minutes on one side, then turn the pieces over and broil another 15 to 25 minutes on the other side.

If you have outdoor equipment, broiling chicken over the coals is a really tasty event when the weather is springlike. Cut chicken as you would for oven broiling. If you like, sprinkle some hot sauce or chili powder over chicken before you rub in the small amount of oil, salt and pepper. This adds zest at only a few extra calories. Or eliminate the oil entirely and brush the pieces with your favorite barbecue sauce. A quarter cup of barbecue sauce averages about 57 calories and, if spread thinly, that can cover a whole chicken.

Chicken is most moist and tastiest when broiled with the skin on to keep in juices. But, if you're a dedicated dieter, cut the chicken calories by about a third by removing skin, either before or after cooking. If you skin the chicken before broiling, rub a little oil, sauce and seasonings into the meat first to help prevent it from drying out. Skinning the chicken before cooking requires that you cook it somewhat slower, but the seasonings you add will be absorbed by the meat rather than remaining on the surface of the skin as the chicken cooks.

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Dear Debbie

Letters to DEBORAH WITE

DEAR DEBBIE:
I was supposed to be married last month. Two days before the wedding I visited my mother unexpectedly and found my fiance in bed with her. I ran out of the house. That same night I broke my engagement and have not seen my fiance since. My father keeps badgering me about why the wedding was canceled. He also wants to know why I no longer speak to my mother. Shall I tell him the truth?
SHATTERED

DEAR SHATTERED:
I wouldn't. Chances are your mother has cheated in the past and will continue to do so in the future. If your father doesn't realize this, it may be because he doesn't want to. You've already experienced the tragedy of calling off your own marriage, and breaking up your parents' marriage as well will only double your unhappiness.
• • •

DEAR DEBBIE:
I'm going with a wonderful man. He's generous, considerate and very attractive to me sexually. The problem is he stutters terribly. I've been debating whether or not to tell him how much it bothers me. I love him too much to hurt him if there is no cure for it. What should I do, dear counselor, and can they be helped?
CHRIS

DEAR CHRIS:
Most experts agree that stuttering is psychological in origin; however, not every stutterer needs a psychotherapist. Speech therapists have done wonders with this affliction. Urge your boyfriend to see one.
• • •

DEAR DEBBIE:
Six months ago my girlfriend told me she was pregnant. I married her immediately. The baby was born unexpectedly early and now we have a healthy little son. The problem is he is a Japanese descent, but my wife and I are Irish. I cannot believe that my wife deceived me. What should I do?
CONFUSED

DEAR CONFUSED:
Better believe it.
• • •

CONFIDENTIAL TO PEGGY: Tell your mother immediately! Your stepfather's advances ARE indecent and he should be reported at once.

1976, McNaught Synd.

THE CRISWELL PREDICTS

EYE FOOLERS — Planning your spring painting? Remember that light, bright colors will make your room look not only larger but also more cheerful, with yellow the most effective color of all.

SHINE 'EM UP — To avoid cookies that are overly brown on the bottom, be sure to keep your aluminum cookie sheet bright and shiny. A dull finish allows too much heat absorption.

SPRING TONIC — Next time you bake rhubarb pie, use one-half rhubarb and one-half strawberry for a fresh, spring-like taste. Or just cook the two together a few minutes, add sugar and a small amount of corn starch, and let cool. Serve with a dollop of whipped cream and presto, a great dessert!

QUIVER NO MORE — Did you know that your gelatin salad will be firmer and hold up longer if you bring the water and gelatin to a boil and then let cool?

POINSETTIA PLANNING — Now is the time to give that Christmas poinsettia more care! When the new growth begins, the plants should be trimmed back, leaving a fair amount of leaf area. After frosts have ended, plant flower in its pot in an outside sheltered place where it gets filtered sunlight.

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ROCK TRACKS

ELTON JOHN joins a distinguished roster of notables in being named one of the "World's Ten Worst Dressed Men" by Hollywood fashion designer Richard Blackwell. Included in Blackwell's list of worst dressed women were TRINI LOPEZ-NETTE and HELEN REDDY, both of whom considered it an honor. . . . Our recent guest critic Harold Fuller wanted us to mention how much he digs KENNY ROGERS' new LP, "Inside." To quote Fuller, "Rankin displays a warm, loving voice that gently interprets the lyrics and creates an outstanding easy listening aura worth hearing again and again." The only thing we have to add is that ALI of Rankin's picks demonstrate this aura. This talented artist is long overdue for superstardom buildup, so why doesn't his record company get on the ball . . . Happy birthday to NEIL SEDAKA. The composer-singer just celebrated his 38th. No doubt the royalties from his gold disc "Breaking Up Is Hard To Do" helped provide a lot of icing for the cake .

The Happy Gardener

SEED QUESTIONS

*How can seeds be taken from the okra plant and how are they best germinated?

The green seed pods on clivia turn dark red as they ripen; this process takes about a year. Leave only as many seed pods on plant as you wish to plant as pods weaken the plant. There are only three seeds in each pod. Open pods and plant each seed separately in small pot filled with equal parts of loamy soil and sharp sand. Add a little leaf mold to each pot. Dampen but don't water again until seedlings appear above soil level. Put seedlings in sunny window and water.

If you have an eye for real value, you'll eye the Classified Ads regularly!

MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions — horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

TAX-TIME DEADLINE — Sol.: 13 letters

CLUES:
A—Accuracy, Advice, Anxiety, April, Audit; C—Care, Charts, Consult, Cost; D—Deduct, Delay, Dental, Dependents, Due; E—Early, Expenses; F—Federal, Figures, File, Forms; L—Late, Legal, Long, Loopholes; O—Obligation; P—Penalty, Prepare, Proof; R—Records, Refund, Return; S—Short, Sign; T—Tables, Tardy, Tension

ANSWER NEXT WEEK

Last Week's Answer: PRANKSTER 203

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W	A	T	S	H	O	U	N	A	I	M	S			
T	R	E	E	P	O	R	T	S	I	N	K			
M	E	N	T	I	O	N	P	L	A	N	E			
B	L	A	M	E	S	H	A	P	E					
S	W	A	M	P	S	H	O	U	L	D				
A	I	R	P	L	A	N	E	T	R	E	E			
A	R	T	I	L	L	E	R	Y	O	T	E	M		
E	N	O	S											
C	I	G	A	R	E	N	T	R	E	E				
O	P	E	R	A	T	I	O	N						
B	A	C	K											

Answer to puzzle 3-29-76

QUICKIE SPORTS QUIZ

Who holds the highest lifetime batting average?

• • •

Name the Kentucky Derby winner in 1972.

• • •

Do you know who the last .400 hitter in baseball was?

ANSWERS:

Rice (1934) 406
Ty Cobb, 367; Hornsby, 361; Shoeless Joe Jackson, 356; Ted Williams, 406 in 1941.

GET YOUR $WORTH

By SALLY and JIM ADAMS

CLEANING FOR CENTS

To judge by the amount of advertising devoted to household cleaning products, Americans must have the most immaculate homes in the world. We're bombarded with ads for sprays, liquids and powders for cleaning everything from stoves and floors to windows and pots and pans. Not surprisingly, they don't come cheap.

There's a liquid cleaner, for example, that costs almost two dollars a quart.

If you are interested in saving money, try using inexpensive products that clean as well as almost any item on the supermarket shelves — and at a fraction of the cost.

Let's start with that old-fashioned item, vinegar. It's not only a condiment and a preservative, but a very good cleaner. Mix half cup of vinegar with three quarts of water and you've got a highly effective window cleaner. Add a little vinegar to the final laundry rinse and you've got a good fabric softener. Vinegar is excellent for removing hard water spots from glassware, and for brightening aluminum ware.

Ammonia is the major ingredient in many high-priced cleaning products, and for good reason -- it works. For washing windows and walls, dilute ammonia to the strength that is recommended on the bottle.

Plain old soda water is excellent for removing the spots from clothing and rugs.

Baking soda has dozens of uses. Mix three tablespoons per quart of water to clean small appliances, to freshen nonaluminum coffee-makers. (Don't use baking soda on aluminum; it may cause dark stains.)

Baking soda is also good for cleaning chrome without fear of scratching, for cleaning and freshening the inside of the refrigerator.

3-29-76

★CROSSWORD PUZZLE★

ACROSS
1. Large rub
4. Avoid
8. Goals
12. Anger
13. Tiny opening
14. Dirk
15. Remark casually
17. Jet
18. Creative work
19. Plant shoot
20. Accuse
23. Tooling machines
26. Inclined path
27. Glow
28. Beside
29. Friends summer
30. Large animal
31. Tog card
32. Exclamation
33. Jewelled crown
34. Day (Lat.)
35. Please greatly
37. Declares for score in pinochle
38. God of love
39. Grease
40. A smoke
42. Penetrated
46. Towards the mouth
47. Step
48. Be obligated
49. Large package
50. Roman road
51. Spider's nest

DOWN
1. Peg
2. Exist
3. Decade
4. Steeple
5. Derisive
6. Decorative vase
7. Wind direction
8. Aslant
9. Silly
10. Troops
11. Observe
16. Ram down
17. Musical instrument
19. Good dishes
20. Staff of life
21. Shaping machine
22. Wooden core
23. Man's garment
24. Spread
25. Originates from
27. Oriental potentates
30. Severity
31. Be indisposed
33. A harangue
34. Delete
36. Licit
37. Pope's headdress
39. "— too often"
40. Male swan
41. Man's name
42. Consume
43. Tier
44. Mama sheep
45. Social newcomer
47. Mixed type

CLASSIFIED AD

THE PLACE TO LOOK

Mercury Classified Ad Rates

5 Cents Per Word.....Minimum $2.00
[25 Words or Less]
Display Classified.....$1.50 per Inch
[Minimum Display Classified 1½ Inches]

NOTICE: We are not responsible for errors in Want Ads, we will rerun without charge corrected ad if notified the following week. Any error on number of insertions should be reported the week following publication of advertisement. Failure to report by 10 a.m. Tuesday will result in the customer being charged for that or following weeks insertions unless notified by advertiser. The Carlisle Mercury.

FOR SALE

FOR SALE: One acre lot, edge of town. $4,250.

New three bedroom brick home, full basement. Cliffway Drive.

Small thriving business. Owner has other interests.

Three bedroom, modern, frame home, edge of town. $27,500.

New three bedroom brick. Kennedy Heights. Call Jewel Vice or Charles Judge, 289-2525.
4-1-1tchg.

FREEZER Season is just around the corner. We have a full selection of General Electric freezers. 8-ft. chest freezer $259.95. Buy now and save! Garrett's Furniture Co., phone 289-2308. 4-1-1tchg.

FOR SALE: 10,000 ft. Prentiss Barb Twine, 100% guaranteed. $11.50 per bale. Peck's Farmer Supply, Sharpsburg, A Northrup-King Seed Center. 4-1-3tchg.

FOR SALE: Good 1963 Ford Falcon, two-door hardtop. Call 289-5407, after 5 p.m.
4-1-1t*

FOR SALE: G.E. stove and Westinghouse washer. Good condition. Call 289-2294.
4-1-1tchg.

FOR SALE: G.E. electric stove, Westinghouse washer. This equipment is in A-1 condition. Call 289-2294.
4-1-1tchg.

FOR SALE: 1970 Chevrolet truck, 8 cyl., new radio. Air condition. $2,000. Mrs. Warren Wilson. Phone 289-5129.
4-1-1tchg.

FOR SALE: Hybrid Seed Corn: DeKalb, Northrup-King, and Hoegg Around (Stull's). $26.00 per bag shelled up. Booking now. Peck's Farmer Supply, Sharpsburg.
4-1-3tchg.

FOR SALE: 1969 Chevy, 4-door, new tires. Will consider a trade. Phone 289-7215.
4-1-1tchg.

FOR SALE: 1975 Dodge Dart Swinger, 3 cylinder, automatic, Lean Burn engine, new beautiful spring colors. Nylon and Vinyl trim. Rear Coil Spring Base, Special $399 your choice. Also Herculon and Vinyl Living Room, Coil Spring base. Can see at Garrett's Furniture Co., phone 289-2308. 4-1-3tchg.

FOR SALE: 1968 Cadillac, runs good, $500; 18 ft. boat, trailer and 75 HP motor, $800; 10 ft. jon boat, $75; pontoon boat, 35 HP motor, $300; mini bike, won't run, $15; pickup bed, $20; ponies, $25 each; 10 ft. Idle Hour Camper, $650 or trade for 8 ft. camper. Robert Curtsinger, 289-5537.
3-25-2t*

FOR SALE: Hahn's Roto-Tiller 3½ H.P. only $229.95. Limited quantity. Garrett's Furniture Co., phone 289-2308.
4-1-4tchg.

FOR SALE: Nice new homes. No down payment. R.P. Alexander, 289-5550.
3-18-3t*

CB equipment, antennas installed in your vehicle at Garrett's Furniture Co., phone 289-2308.
4-1-4tchg.

NOTICE: Custom brick and frame home built on your lot. Not prefab. No down payment. Financing available. Call 289-5470. Ed Curtis, Box 274A-1, Maysville, Ky. 41056.
4-1-4tchg.

NOTICE: Coming to Carlisle soon. Quillin Shoe and Leather Repair on Main across from True-Value.
3-25-2t*

CARD OF THANKS: I want to thank everyone for their visits, flowers, cards and gifts while I was a patient at the local hospital. To the ministers for their visits and prayers, to the doctors and nurses and the entire hospital staff. May God bless each one. Alma Cannon.
4-1-1tchg.

NOTICE: Charlie's Electronics. I repair refrigerators, t.v.s, dryers, water pumps, furnaces and heaters. Charles Gates. Phone 289-2675.
3-4-tfn.

NOTICE: Buildings, all kinds and all sizes. Patios, garages, workshops, etc. We specialize in pole type barns and storage sheds. Work guaranteed. Call for free estimate. Wilson-Emmons Builders, 289-5772, day or night.
4-1-tfn.

AUTHORIZED DEALER for Jackson & Perkins Roses. Many varieties in stock. Southern States Carlisle Cooperative, phone 289-7166.

JUST ARRIVED: Kitchen Sinks, sizes 42 inches, 54" and 66" in white, avocado and harvest. See at Garrett's Furniture Co.
4-1-5tchg.

FOR SALE: Awnings, Patios, Carports, new and used; also aluminum siding. Call Ward Shannon 484-2089 collect for free estimates.
5-28-tfn*

FOR SALE OR RENT: Wheelchairs, walkers, adjustable commodes, crutches and canes. Carlisle Drug Co.
11-6-tfn.

FOR SALE: Modern and Black Powder firearms. All prices below retail. Special orders taken. 289-2347 after 6 p.m.
3-11-tfn.

FOR SALE: Aluminum siding, storm windows and doors, carports, awnings. Also insulation blown. For free estimate phone 289-2388 or 289-2362.
3-18-tfn.

FOR RENT

FOR RENT: New apartment in Farah Building, corner Main and Locust. One bedroom and two bedroom with built-in kitchen, living room, tile bath, washer-dryer hookup, electric heat, air conditioning and carpeting. Call 484-2393 after 6 p.m., 289-2592, 8:30-5:30.
4-1-1tchg.

FOR RENT: Three bedroom unfurnished apartment. $75 per month with utilities paid. Phone 289-7215.
4-1-1tchg.

FOR RENT: Two bedroom apartment. Mrs. Fay Campbell, 289-5365.
4-1-1tchg.

FOR RENT: Four room apartment with bath. Upstairs, unfurnished. $50 per month, water paid. Call after 6 p.m., 289-5493.
4-1-2t*

WANTED

WANTED: Lady wants ride from Carlisle to Paris Monday thru Friday. Hours 7:45 a.m. to 4 p.m. Phone 289-2062 after 6 p.m.
4-1-1tchg.

Electrolux

This area now available for service, supplies and sales of Electrolux. Opportunity to earn $300 per week. For details write personnel manager, 310 Beacon Hill, Nicholasville, Ky. or phone 885-6841. An Equal Opportunity Employer. 4-1-4tchg.

WANTED: To buy house and lot in Carlisle up to $12,000 price range. Call 289-5618.
3-25-2tchg.

WANTED: Want to lease 8,000 lbs. tobacco. Call at night, G.C. Terrell, 289-5722 or 289-2871.
3-25-2t*

NOTICE

NOTICE: We will be in the studio starting April 1 and 2, Thursday and Friday nights, 6:30-9:30 p.m. and on Saturday and Sunday afternoons, April 3 and 4, 1:00-5:30 to start setting up classes. Classes will begin Monday, April 5 on Monday, Tuesday and Friday nights, 7:00-9:30 p.m. and Saturday, 1:00-5:30 p.m. Day classes will be formed later in the season. If you are interested in ballroom, social and useful items for your home and for gifts please stop by and we will be glad to discuss any questions you may have. We will be glad to help you get set up for classes at a time convenient for you. We also have finished Corvettes for sale. These make nice gifts for any occasion. Catzarbet Ceramic Studio. Located across from Red & Vice on Broadway.
4-1-1t*

NOTICE: Monuments: Quality granite selections in stock. See Bill Curtis, Clark, Funeral Home, Moorefield, or phone 289-5500.
2-26-10t*

CARD OF THANKS: I want to thank my friends and neighbors for the cards, gifts, and prayers during my sickness, Dr. Kincpolver, the nurses, and staff at the hospital, my family and everyone. May God bless each of you. Mrs. Ruth Curtis.
4-1-1t*

ADMINISTRATOR NOTICE

All persons knowing themselves to be indebted to the estate of Martha Earlywine, deceased, will call upon the undersigned at once and settle same; and those having claims against said estate will present same properly proven to the undersigned (or attorney) for payment. Garland Earlywine, Administrator, of the estate of Martha Earlywine, deceased. Charles M. Cox, attorney.
4-1-3t*

PUBLIC AUCTION

$100,000 FURNITURE AND CARPET AUCTION

SAT., APR. 3, 9 A.M.

KENUTCKY KING WAREHOUSE

MAYSVILLE, KY.

ALL NEW MERCHANDISE

Living room suites, bedroom suites, odd mattresses and box springs [all sizes], Food freezers, end tables, coffee tables, Solid Cherry hutches, buffets, tables, chairs, dressers, chests, beds by companies such as: Campbellsville Cherry, Kincaid and Consolidated. Brookhill sofas, Maple bedrooms, children's room furniture groups, Thomasville chairs, etc.

Merchandise can be inspected April 2. For directions or information call: April 2 ONLY 564-6513.

TERMS: CASH OR CHECK DAY OF SALE. Lunch available.

All Sales Final.

SALE CONDUCTED BY: NOLAN DARNELL

CLIP AND SAVE

—People To People—

CLASSIFIED ADS

In

THE CARLISLE MERCURY

19 Words or less

THREE Times For

$3

Write Your Ad Here:

This special offer applies only to individuals who do not operate a business of any kind. The ad must be written on the coupon and accompanied by cash, check or money order. Cancellations will be made for convenience of advertiser, but no refunds will be made from this rate.

SLAPSTIX — MY CAR BATTERY HAS ACID INDIGESTION

Kentucky reflections

Elkton
by George Street Boone

The people's branch of government, the Legislature, has now completed the biennial 60-day session, folded its tents and disappeared for good. When it is called into special session, it must once again organize itself, adopt rules, and reconstitute committees. Conventionally, special issues do slip smoothly into the previous rules but it will be legally a completely new body. The past session dissolved after 60 days of life granted under the State's basic charter.

While nearly 1,500 proposals were introduced in the 60-day session, less than 400 were approved by both houses and sent to the Governor.

Recent sessions have been marked by serious attempts of the body to improve its own procedures. The interim committee system has provided attention to problems which need more study than could be given in the 60 continuous days' session mandated by the Constitution. A major flaw in the procedural device, however, and perhaps a fatal one, is that each interim committee expires with the beginning of a new session. The new Legislature organizes itself again and new committees are all too commonly composed of legislators, few of whom served on the preceding interim committee. Then, after months of study by an interim committee, a new and differently constituted body has responsibility for the issues in the new Legislature.

More than one-third of the House members were new this year. It is clear that much of the interim committees' work was for naught.

Some members of the House did have ideas this year. Representative Joe Clarke labored valiantly between sessions to increase the competence of the staff of the Finance Committee in the House only to have his staff and committee dissolved in the new session. Senator O'Fremont sought to improve safety for miners, dramatized by two explosions in Letcher county, failed in the session.

To many, however, inordinate attention seems to have been devoted to the attempt to rescind the Equal Rights Amendment and to nullify the federal constitution by bills against courtordered busing. The level of debate and discussion was often frivolous. The opponents of busing and those seeking recision rarely gave even token acknowledgement to social problems which had produced these issues. These goals of equal educational opportunities or of equal pay for equal work received scant discussion. The session did ratify the 13th Amendment abolishing slavery, which some felt was an indication of their social awareness.

The casual failure to place on the ballot any of the excellent proposals for Constitutional amendment does not speak lightly for the responsibility of the Senate where these proposals seem to have died.

On the other side of the coin, the opening of the Rules Committee and the Open Records Law can be significant advances in permitting the public to learn.

Even the best of tools can do poor jobs in the hands of careless or negligent workmen.

Are you pleased with the work of your legislator? You had the opportunity to help select him. Was he representative of your wants and needs? If he was not, whose fault was this?

Kentucky Water Sports

By Donovan Smith

COLD WATER IS DANGEROUS

On April 14, 1912, the Titanic, making her maiden voyage, hit an iceberg and went down. There were 2,224 passengers aboard the luxurious craft which was said to be unsinkable.

In the mad scramble for survival, a third of the people reached lifeboats, but 1,489 ended up in the water.

One hour and 50 minutes later, the first rescue ship arrived and began picking up survivors. None of the people in the water were alive.

Many wore life jackets and it seems fair to assume that some were good swimmers. Yet all were dead.

Cold water was the reason. The Titanic sank south of Newfoundland in water of 32 degrees. Even good swimmers are unable to survive in water that cold.

However, it doesn't take icy temperatures to cause hypothermia—the lowering of body temperature. While most people are aware of the danger from breaking through an ice covered body of water, too few are aware of the danger of cold lakes and streams in the spring and fall.

At this writing the waters in Kentucky are in the 50s and still dangerous. Lake Linter, Lakonia sank in 1963 in water that was 64 degrees. The sea was calm and the weather was fine. Yet113 people were found floating dead in their life jackets a few hours later, most with their heads above water.

It's easy to underestimate the effects of water temperatures. When we think about comfortable temperatures, we are usually thinking about the air. That's why 70 degree air feels warm while 70 degree water feels cool.

If your body is immersed in cold water, you'll start losing heat fast. In two minutes your skin temperature will drop to within three degrees of the water temperature.

If you have a weak heart, the shock could cause a heart attack. As the skin temperature drops, your body acts defensively by cutting back the blood supply to your arms and legs, saving heat for your brain and other vital organs.

Navy doctors estimate than an average person immersed in water at 32 degrees will be unconscious in 15 minutes or less. In 40 degree water he will last 30 minutes; in 50 degree water—60 minutes; in 60 degree water—two hours.

When you are using a boat in cold water, wear a good life jacket. Don't just carry one. Wear one.

Make sure you are warmly dressed. An outer layer of water proof clothing will add a lot of protection if you are dunked. Don't make the fatal mistake of stripping off your clothes so you can swim better. Air trapped in your clothing will add to your buoyancy and the extra insulation will more than compensate for the restriction of movement.

Even if you enjoy fishing or boating alone, take a buddy along when the water is cold. If this is not possible, tell someone where you are going and when you will return.

If you do wind up in cold water, the key thing to remember is that you need to get out before you become unconscious.

If your boat has flotation, try to get back inside if it is still upright. If it is overturned, crawl on top.

If you are in a remote area where there is little chance of being rescued quickly, you'd better go for the shore if it is near. Remember, you can't swim far in cold water and you will be forced to your muscles, body heat will be lost even faster.

When someone is dunked in cold water, the treatment is somewhat unrewarming. Summon medical assistance at once, but don't wait for it to arrive. In mild cases, remove wet clothing and dry just rubbing. Wrap in blankets or sleeping bags until a doctor arrives.

In cases of unconsciousness, outside sources of heat are essential. The most effective treatment is a hot bath, just slightly warmer than the normal body temperature. Don't try to remove clothing first. Put the victim into the water with his trunk immersed and arms and legs sticking out so they won't be damaged by temperature. Keep adding hot water to maintain a constant temperature.

Hospital notes

March 22 to March 28, 1976. Visiting hours are 2 to 4 and 7 to 8:30 p.m.

ADMITTED: Richard George, Bruce McKee, Helen Faye Alexander, Billy Wayne Prather, Christine Stone, Thomas Jasper Groves, Robert Jennings, Ivie Jean Evans, Jessie Hughes, Grace Ledford, Donnie Sharp, Lee Walton, Evelyn Fulton, Lida Bowles, Katherine Allison, Judy Shrout, Scott Frank Burton, Stone, Barnett, Shirley Mynear, Carlisle; Tommy Moore, Joe Cole, Mt. Oliver; Everett Shirk, Lillie Faris, Paris; Theodore Mitchell, Sue Lester, Christopher Jolly, Betty Hill, Ewing; Bruce Thornsburg, Hattie Townsend, Sharpsburg; Florence Dixon, Shirley D. Riley, Brooksville; Wanda Kay McKee, Millersburg; Helen Joyce Montgomery, Germantown; Madie Gifford, Mayslick.

DISMISSED: Mona Mashkulli, Julia Willoughby, Billy Wayne Prather, Scott Frank Burton, Della Hopkins, Howard Tucker, Janice Sexton, Bruce McKee, Grace Ledford, Miranda Shannon, Christine Carlisle, Lonnie Stone, Patton, Mary Patton, Mary Livingood, Jacqueline McDonald, Everett Swim, Paris; Lillie Montgomery, Germantown; Orban Edwards, Betty Townsend, Bruce Thornsburg, Sharpsburg; Christopher Jolly, Ewing; Tommy Moore, Eleanor Kroger, Gilbert Curtis, Mt. Olivet.

KIDS KORNER

by Steve Sacks

LAUGH OUT

"Waiter," we heard a diner complaining. "How come my lobster is without a claw?"

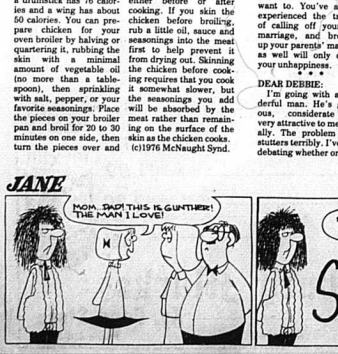
"Our lobsters are so fresh they fight with each other in the kitchen," the waiter answered, "and this one lost a claw."

"Well, take it away," the diner snapped, "and bring me one of the winners."

POSTED

All persons are hereby notified not to trespass, to hunt, trap or shoot upon the land of the undersigned. Any persons caught trespassing in violation of this notice will be reported to the Sheriff, and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife.

John T. Hamilton Jr.
4-8-7tc*

Anna C. Mann farm in Nicholas and Fleming counties. John and Ethel Graycraft.
4-8-20-7tc*

Keith Hardwick Farms.
4-4-7tc*