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 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.

AND NOW IT'S TM — Sol.: 13 letters

CLUES

A—Ancient; B—Books, Breathe; C—Calm, Ceremony, Code, Conscious, Cosmic; D—Discipline; E—Ego, Energy; G—God, Great; I—Inner; L—Light; M—Maharishi, Mahesh, Master, Master, Mind, Modern; N—Number; P—Peace, Problems; R—Reiax, Rid, Routine; S—Secret, Source, Spiritual, Subject; T—Technique, Thought; U—Universe, W—Word; Y—Yogi

ANSWER NEXT WEEK

Last Week's Answer: BICYCLING — 218

©1976 McNaught Synd.

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

NEXT WEEK'S HOROSCOPE

By Clay R. Pollan

FOR WEEK BEGINNING MONDAY, JULY 19, 1976

If your birthday occurs this week . . .

and you are a man, you are trusting, anxious to please, teachable and a little indecisive. If you're a woman, you are romantic, impressionable, tractable.

Aries — Mar. 21 - Apr. 19 — Pluto ☉

This week's vibrations can bring unusually good financial opportunities to the fore. Cash in on the cooperation and support you are receiving. A bargain comes your way, or perhaps it is a discount. Your hunches could be profitable. Act on them promptly.

Taurus — Apr. 20 - May 20 — Venus ♀

Sluggish conditions prevail during this period. People's thoughts seem to be elsewhere. Considerable absenteeism, tardiness and disharmony are the rule. Let others pay their share of expenses. If in doubt, let well enough alone. No time to take risks.

Gemini — May 21 - June 20 — Mercury ☿

Be on guard for erratic influences that can make for mistakes and wrong guesses. The days call for much "giving in" in order to receive love and cooperation. Good conduct will promote a sense of security. Someone may disappoint you concerning an obligation.

Cancer — June 21 - July 22 — Moon ☾

Give romance and adventure a wide berth now when others attempt to play upon your sympathy. A crafty person may involve you in unpleasant tasks. A profitable business transaction is indicated; but you'll find hobbies and leisure interests to be expensive.

Leo — July 23 - Aug. 22 — Sun ☉

This week was made for you. Some exciting events to your liking will please you immensely. This is a terrific time to throw an informal party. Invite friends to whom you owe social favors. You will be introduced to acquaintances who are amusing company. Lucky you!

Virgo — Aug. 23 - Sept. 22 — Mercury ☿

Fortunate aspects encourage business and credit expansion. Partnerships are harmonious. People are impressed by your appearance and bright conversation. Get necessary forms completed and settle any issues on hand. Competitive activities hold a strong appeal.

Libra — Sept. 23 - Oct. 22 — Venus ♀

Take a calm view of problems that arise this week. The best way to handle this cycle is to secure proper professional advice. Correspondence needs careful review for discrepancies. Get-rich schemes should be avoided. Keep away from chance-taking and gambling.

Scorpio — Oct. 23 - Nov. 21 — Mars ♂

News in response to a letter you wrote recently will be all good. The response will fulfill fondest hopes. You can really spruce now. Cupid dotes on you; so return affectionate gestures. Jealousy will create discord unless you're discreet. Don't feel overly generous.

Sagittarius — Nov. 22 - Dec. 21 — Jupiter ♃

Get around a lot this week. See new places, do some shopping, talk with those you encounter casually. Avoid unhealthful food or drink now. Unbend a little. Do some informal entertaining in your home and enjoy yourself. A person of sunny disposition will be lucky for you.

Capricorn — Dec. 22 - Jan. 19 — Saturn ♄

This week's aspects are mixed and unclear. You can be impulsive, wasteful and inconsiderate of others. Discipline all this to be your best. Push any interests or connections at a distance. Laugh difficulties off and try to create a cheerful atmosphere.

Aquarius — Jan. 20 - Feb. 18 — Uranus ♅

You are fortified with faithful friends around you, who will stand by you in difficult situations. Feel free to consult them and ask for favors, if necessary. Don't lock horns with any important person. Impulsive temper would create trouble of possible loss. Be steady.

Pisces — Feb. 19 - Mar. 20 — Neptune ♆

One of your best weeks of the month. New light on a baffling situation will develop that will give you the go-ahead sign. Someone with powerful influence may act on your behalf and win for you a coveted position. Prevailing post money trends will help a lot.

McNaught Syndicate

CRISWELL PREDICTS

FUTURE FRONT PAGE ITEMS: I predict you will soon learn of Caroline Kennedy's marriage! . . . The family hour on television will be voted unconstitutional and considered an infringement on freedom of speech and artistic expression . . . Earthworms will be the next big horse industry. All that is needed is a damp area and a shovel of loamy soil . . . Fireworks of any kind will be outlawed next year. There have been too many injuries and too many fires.

HEADLINES OF THE FUTURE: Argentina faces bonfires of revolt due to rising taxes and the election campaigns tied in with the Labor Lords . . . China faces a new famine . . . India defies Russia in trade pact . . . Senator suicides! . . . Castro quiets revolt in Cuba! . . . Senior citizens refuse to retire! . . . Marriage licenses renewed annually . . . Practical subjects taught in all schools! . . . Storms sweep Canada! . . . Earthquakes in Greece! . . . Local governments helpless in paralyzing strikes . . . Battle for women's vote looms as Number One consideration in November . . . Religious organizations and churches file monthly financial statements to receive tax breaks! . . . International boundaries redrawn in Italian border dispute.

TRUTH OF THE MATTER: I predict that the world will be shocked at the open racial warfare on the streets of London which will be telecast in gory detail. This will be worked in with the Rhodesian situation . . . I predict the latest Howard Hughes headline will concern a girl who claims to be his daughter. She will name other famous people who were witnesses to her "mother's drug orgy." Her claim will be discounted by the courts . . . I regret to predict that a candidate who wanted to be President will expire from exertion and fatigue overnight . . . I predict that new evidence in the Martin Luther King killing will not be accepted and will be held for later developments . . . I predict that William Calley, former Army lieutenant connected with the My Lai incident, will announce that he will run for a state office in Georgia . . . I predict that England will return to wartime security by outlawing all languages but English. This will include foreign films and all publications not in English.

CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

KEEP A DIET DIARY

No matter what kind of diet you're on, it will help you to stick to your weight reduction plan if you write things down.

One of the behavioristic appeoaches to dieting that has had a great deal of success is to have dieters record the time, place and situation in a small notebook everytime they eat something. The notebook is divided into columns that provide the dieter with space for writing down when, where, with whom and what you eat. Additional columns are made to record your feelings before and after eating. Everything you eat must be recorded right after you've eaten, so a handy pocket-sized notebook is best for this purpose. That way you carry it with you everywhere. You'd be surprised how you can cut down on eating just by knowing that you are going to have to take out your little book and fill in all the columns everytime you put something into your mouth.

The best way to organize this little diet diary is to head the first column with "Food and Amount." This column will be filled in with exactly what you've eaten and in what quantity. The next column should be for calories and carbohydrates --you can fill in the number of calories and the number of grams of carbohydrates at the end of the day if you don't have calorie/carbohydrate counters small enough to carry with you. The next column should list the time of day, then the place, then the people you're with if you're not alone. The last two columns should indicate the way you felt before you ate and how you felt afterwards. Perhaps you feel tired, or depressed, or nervous before you eat. After you eat, you might feel more energetic, more relaxed, happier. You'll learn a lot about your eating habits just from writing down all these things at the times you eat.

Then, at the end of the day, look over what you have written. You will be able to spot trends in your eating habits that trigger an eating need in you. The feelings you record about your eating are important, too. If you eat when you are tired, for example, a cup of coffee or a cool glass of diet soda might perk you up more than fattening foods. If nervousness consistently touches off your appestat, it might help you calm down better if you take a few minutes to be by yourself. Lie down or sit quietly for a short time to collect your thoughts rather than putting something in your mouth.

Look over your little notebook regularly. It really helps!

((c) 1976 McNaught Synd.)

CROSSWORD PUZZLE

7/15/76

ACROSS

1. "Food catcher"
4. Once around the race track (2 Wds.)
8. Persian king
12. Intoxicating pepper plant
13. Coal particle
14. Jackrabbit
15. Ticket drawing
17. Wet weather
18. Undivided
19. Light air motion
20. Water lizard
21. Prize-giving game
24. Racing course
26. Angelic
27. Refuse permission
28. One of many
29. Fish-like
31. Shock
32. That thing
33. Unconvinced
34. Roadside information
35. Cough drop
37. Hot-cross roll
38. Comfortable
39. Bull's eye
42. A song tale
44. Preserving cherry
45. 100 square rods
46. Fluffy feathers
47. Old cloth measure
48. Eye drop
49. Confesses
50. Downhearted

DOWN

1. Cotton bundle
2. Golf club
3. Energy box
4. Alarm warning
5. Bait
6. One of Alcott's little women
7. Part payment (Abbr.)
8. Tidbit
9. Urgency
10. Drawing skill
11. Look here!
16. Slight quarrel (Colloq.)
17. Like a gentleman
19. Sheep's clothing
21. Irritate
22. Nylon tear
23. Ripped apart
24. Roar
25. Until
26. Common intelligence
30. Evasive (Colloq.)
31. Christmas bells
33. Shopkeeper
34. Positive
36. Stripped horse
37. Storage houses
39. Village
40. Singer Fitzgerald
41. Tattled
42. Flourishing
43. High trump
44. Cut hay
46. Accomplish

Farm and Home

County extension agents
Estil J. Noffsinger
Sharon Alexander
Mrs. Margie Wilson

Recommendations for canning low-acid tomatoes

A recent problem in canning tomatoes is the acidity variation which affects the quality and safety of the canned product. The problem is associated with newer varieties of tomatoes and to some extent, the climate and soil in which they are grown. Low acidity may permit the growth of highly dangerous organisms such as Clostridium botulinum—the cause of botulism. High acidity inhibits the growth of such organisms.

For the past two years, the Horticulture Department at the University of Kentucky has tested the pH values of tomatoes grown in Kentucky. In 1975 some of the pH values tested higher than in 1974 and were near the borderline for safe canning by the boiling water-bath method.

There is much research yet to be done on the best methods for acidifying low-acid tomatoes or tomatoes of unknown acidity. In the meantime, we are adopting the USDA Extension Service's new recommendations for canning low-acid tomatoes. They are:

—Two teaspoons standardized lemon juice for each quart of tomatoes or juice.

Many people can tomatoes in the pressure canner using five pounds pressure for 10 minutes. This is not any safer than the water-bath if the pH of the tomato is too high. Follow the same recomendations for adding acid for low-acid tomatoes. Process tomatoes or juice in the water-bath for recommended times. Core tomatoes over the tops of jars and should be gently boiling or "hard" simmering hot. The addition of acid will lower the pH to 4.2 or 4.3 if tomatoes are 4.5 or 4.7.

Canned or bottled lemon juice or 5% vinegar should be added to Jet Star and Winsall varieties and to all unknown varieties. According to the Horticulture Department study, the following varieties had pH values of 4.4 or lower and are therefore safe to can without adding acid: Climax, Manapol, Marglobe, Supersonic, Fantastic, Big Boy, Ramapo, Rutgers, Beefmaster, Beefsteak.

The yellow tomato varieties were not tested, suggest that they be treated as low-acid tomatoes.

Reasons for loss of liquid during processing

Vegetables

1. Packing food too tight in jar.
2. Filling jars too full.
   1. Non-starchy-to within ½ inch of top.
   2. Starchy-to within 1 inch of top.
3. Liquid for all vegetables-½ inch of top.
3. Too high pressure.
4. Fluctuation in pressure.
5. Sudden lowering of pressure.
6. Leakage of steam at petcock or around lid of pressure cooker.
7. Opening petcock before gauge returns at zero.

Note: If jar is too full, product will boil over and start a siphoning. Leaving ½ inch head space at top gives room for product to boil and not boil over.

Fruits

1. Filling jars too full.
   Cold Pack (fruit packed raw in jar)
   1. Fruit-to within ½ inch of top.
   2. Syrup-to within 1¼inch of top.
   Hot Pack (fruit precooked in syrup)
   1. Fruit-½ inch of top.
   2. Syrup-½ inch of top.

Note: Cold pack fruit must have 1½ inch of space for syrup-fruit juice cooks out of fruit, and fills jar with liquid (fruit juice and syrup). Otherwise too much liquid will boil over and siphoning will cause loss of liquid from jar.

Reasons why fruit turns dark

1. Fruit not processed long enough.
2. Temperature not high enough
   a. Water not at rolling boil at beginning of processing.
   b. Water not kept at rolling boil throughout processing time.
3. Time was inaccurately counted.
   a. Started counting before rolling boil.
   b. Failed to check time table.
   c. Failed to make adjustment for altitude.
4. Boiling water level not one inch above top of jars throughout entire processing time. (Fruit may turn dark at top of jar)
5. Packing some fruits raw that should be precooked (pears, apples, pineapples).

Reasons why fruit floats

1. Using overripe fruit.
2. Making too loose pack.
3. Using too heavy syrup.
4. Processing too long.
5. Using too high temperature for processing.

Bulletins on Canning, Drying, Freezing, Jams, Jellies, Pickles are available free at the County Extension Office. We also have a canner gauge tester—bring your lid to the office and we'll test it.

Honoring our ancestors

Part of celebrating our nation's Bicentennial is honoring our ancestors who established the communities in which we live. Shown here are Clarence Earlywine [left] and Jackie Alexander [right] repairing a monument in the cemetery in the Ishmael Chapel Community. This was part of a project started by Stanley Alexander to build a new fence around the cemetery, clean off bushes and brush, and repair the markers. The stone in the foreground is the gravesite of Jackie's great, great grandfather. Several people whose ancestors are buried there contributed money to the project.

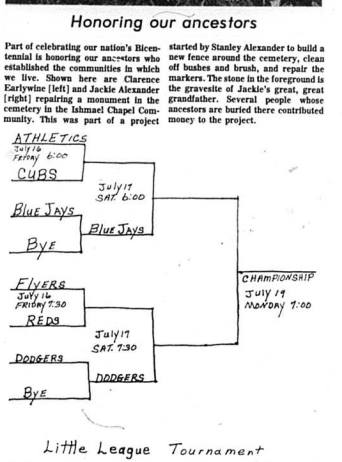

Image 2 GALLON LATEX HOUSE PAINT

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NOW $15.95

SAVE $7.05

LATEX HOUSE PAINT FOR WOOD & MASONRY

- No primer needed
- Non-chalking
- Dries in 30 minutes
- White that stays white
- Lasts for years
- Soap & water clean-up
- Reusable 2 gallon bucket

GUARANTEED
If not satisfied after you apply this product as directed on the label, return remainder to our S&T Store for refund of the full price you paid.

Reid & Vice Builder Supply

101 South Broadway — Phone 289-5279

MSU summer commencement set July 29

MOREHEAD—Morehead State University President Adron Doran will deliver the principal address at MSU's summer commencement on Thursday, July 29.

The 10 a.m. ceremony at Wetherby Gymnasium will mark Dr. Doran's final official appearance at an academic event. He is on leave and will retire Jan. 1, 1977.

Five persons will receive honorary doctoral degrees, including Dr. Wade M. Robinson, president of Central Midwestern Regional Educational Laboratory, Inc.; Wendell P. Butler, secretary of the Kentucky Education and Arts Cabinet; Basil Overton, vice president of International Bible College; Dr. Troy R. Eslinger, president of Lees Junior College; and Mrs. Mignon Doran, founder and director of MSU's Personal Development Institute.

CLASSIFIED ADS
THE PLACE TO LOOK

Mercury Classified Ad Rates

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[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

USED APPLIANCES: One refrigerator; two 30" electric ranges; four 40" electric ranges, two with double oven; one 7-piece Dinette; one Speed Queen portable dryer, Harvest; two automatic washers; two automatic dryer; two used bedroom suites; one recliner. Garrett's Furniture Co., phone 289-2308. 7-15-tfn.

FOR SALE: 1974 Cutlass Supreme. Clean, one owner. Air conditioner, power. $3850. Phone 289-7288. 7-15-11*

HAHN ROTO-TILLERS, 3½ h.p. $178; 4 h.p. $218. One 19" Hahn push mower $128. Garrett's Furniture Co., phone 289-2308. 7-15-tfn.

FOR SALE: Used 20" Buzz bike. Good condition. Phone 289-5873, Kevin Watkins. 7-15-1tchg.

FOR SALE: China cabinet, refinished; 39 inch roll-away bed without mattress; striking mantle clock and old Victorian oil lamp in white with light and dark pink roses. Phone 289-5238. 7-15-11*

WE CAN INSTALL CB equipment, antennas in your vehicle. See our line at Garrett's Furniture Co., phone 289-2308. 7-15-tfn.

FOR SALE: Garage building, all dressed lumber. 24 x 25 ft. Double Dutch, 29 gauge metal roof. Phone 289-2821. Can be seen at Blue Licks, Herrington residence. 7-15-11*

FOR SALE: Old Case wheat thrashing machine. Will sell to best offer. Also set of 700" x 15" 6-ply mud and snow tires for truck at $25 each. 289-5629. 7-15-1tchg.

FOR SALE: Early American Living Room furniture new beautiful colors. Nylon and Herculon covers. Coil Spring Base, Special at $399. Also Herculon and Vinyl Living Room, Coil Spring Base, $299. Garrett's Furniture Co., phone 289-2308. 7-15-tfn.

FOR SALE OR RENT: Wheelchairs, walkers, adjustable commodes, crutches, and canes. Carlisle Drug Co. 7-15-tfn.

FOR SALE: 1974 Honda, 750-Four, excellent condition, 4300 miles, 2 helmets included, $1,700.00. See Larry Hunter or call 289-7323 after 6:30 p.m. 7-1-3t*

FOR SALE: Formby's Refinishing Products for furniture repair and care as advertised on TV. Reid & Vice, phone 289-5279. 7-1-4tchg.

FOR SALE: Deal with an experienced salesman and applicator: Twenty-five years experience in aluminum siding, awnings, patio and carport covers. Call Ward Shannon, 484-2089 for free estimates. 7-1-tfn.

FOR SALE: Nice new homes. No down payment. Monthly payments can be as low as $80.00. R.P. Alexander. Phone 289-5550. 7-15-3t*

FOR SALE: Aluminum siding, storm windows and doors, carports, awnings. For free estimate phone James Rawlings, 289-2388 or John Hamilton, 289-2362. 4-22-tfn.

WANTED

WANTED: Male and female, full or part-time employee. Apply True Value Hardware & Variety, Main and Broadway. Must apply in person. 7-15-2tchg.

WANTED: Garden fresh bunch beans, at least a bushel. Phone 289-5503. 7-15-1tchg.

WANTED: Picture of the old warehouse that stood on the corner of Mansfield and East Union Roads. It was built in 1874 and torn down in June 1936. What is your price? Roy L. Shannon, 126 St. Margaret Dr., Lexington, Ky. 40502. 7-15-3tchg.

WANTED: One school bus driver for the Blue Licks area. Anyone interested please contact Don Elder, Nicholas County School Superintendent at 289-2264. 7-15-1tchg.

WANTED:

Electrolux

This area is now available for service, supply and sales of Electrolux. Opportunity to earn $350 per week. No investment. For full information write Electrolux, Danville, Ky. 40222 or phone 1-606-236-4311. Equal opportunity employer. 7-1-3tchg.

HELP WANTED: Clerk typist III. Starting salary $3.09 per hour. Minimum qualifications: High school graduate including or supplemented by a course in typing and two years experience in clerical work which has been in the performance of moderately difficult clerical and typing duties.

Clerk Typist II. Starting salary $2.68 per hour. Minimum qualifications: same as Clerk Typist III except one year experience instead of two.

Community Health Worker II. Starting salary $2.68 per hour. Minimum qualifications: High school equivalent and one year experience in an appropriate health services field. Experience in an appropriate health services field may be substituted for education on a year for year basis up to a maximum of two years. Applications for above positions may be picked up at the Nicholas County Health Center. 7-8-3tchg.

NOTICE

NOTICE: Reward $50 for information leading to recovery of three head of cattle strayed or stolen from my farm on Cassidy Creek, weight approximately 500 lbs. each. Call Paul Tincher, 289-5618. 7-15-3tchg.

NOTICE: Yard Sale, July 16, 17, 18. Some Depression glasses, old bottles, glassware odds and ends. Mrs. Eugene Gaunce, 311 Second St., Carlisle, Ky. 7-15-1t*

NOTICE: Water hauling. Reasonable rates. Phone 289-2476. 7-15-2t*

NOTICE: The Nicholas County Farm Bureau Annual Meeting will be held at Nicholas County High School on July 22. There will be a fish fry at 6:30 p.m. followed by a business meeting at 8 p.m. Tickets may be purchased from any Farm Bureau director before July 22 for $1.25 or at the gate for $1.50. Pre-school children will be admitted free. 7-15-1t

NOTICE: For your home slaughtering, cutting, wrapping and freezing beeves and other livestock, contact Coatney's, 289-2412. 6-24-tfn.

NOTICE: Charlie's Electronics. I repair refrigeration units, t.v.'s, dryers, car air conditioners (gas and repair), and lawnmowers. Charles Gates, phone 289-2675. 5-13-tfn.

NOTICE

Nicholas County Fiscal Court wishes to purchase the following described items:

(1) Approximately 333 square yards heavy duty commercial carpeting for Circuit Courtroom, installed, Scotch-Guard or equivalent finish, rubber backed, or jute backed with 3/8 inch #250 padding. Flame Spread rating of 100 or less, static control below level of human sensitivity, only a skilled workmen experienced in the installation of carpeting are acceptable, using necessary carpet laying equipment and methods to insure satisfactory job, with standard guarantee on workmanship and materials.

(2) Twenty (20) heavy-duty fire proof school type window shades, 96 inch by 40 inch, tan color, installed.

Bids shall be received in the office of the Nicholas County Clerk until 10:00 A.M. on August 4, 1976. 7-15-3tchg.

CALL FOR BIDS

The Nicholas County Board of Education will accept sealed bids until 8:00 P.M. August 7, 1976 for insurance coverage of its buses and vehicles. Forms may be picked up at the Superintendent of Schools Office. The Nicholas County Board of Education reserves the right to reject any or all bids. 7-15-3tchg.

CALL FOR BIDS

The Nicholas County Board of Education will accept sealed bids for Bakery Products until 8:00 P.M. August 7, 1976. Additional information may be picked up at the Superintendent of Schools Office. The Nicholas County Board of Education reserves the right to reject any and all bids. 7-15-3tchg.

EXECUTOR NOTICE

All persons knowing themselves to be indebted to the estate of Claye H. Clark, 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 attorneys) for payment. Albert Henry, Elm Street, Carlisle, Ky. 40311, Executor, of the estate of Claye H. Clark, deceased. Womack & Budden, attorneys. 7-8-3t*

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the, estate of Addie G. Allison, 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. Catherine A. Hollar, Executrix, of the estate of Addie G. Allison, deceased. Charles M. Cox, attorney. 7-8-3t*

CARD OF THANKS: We wish to express our thanks for all the lovely expressions of sympathy in our hour of sorrow. We want to thank our minister, Rev. Eugene White, the nurses and Dr. Hamon and all our friends who sent flowers, cards, and food. The Hunt family. 7-15-1tchg.

The first rule of advertising is to get their attention. The second rule is sustained, repeated advertising.

19" COLOR TELEVISION

Brand new portable display model. Regularly $399.95, close-out $267, cash or terms. Furniture Center, lower level, Lexington. Open daily till 9:00 p.m.

CARD OF THANKS: I would like to thank Mrs. James Cassidy, Mrs. Ewell Clinkenbeard, Mrs. Ewell Lyons, Mrs. William Tolliver, Mrs. Josie Ratliff, and grandchildren for being so nice to me while I was a patient at Mary Chiles Hospital, Mt. Sterling, Ky. Mrs. Joe Reid. 7-15-1tchg.

YOU AND YOUR HEALTH

by Peter J. Esse, M.D.

TEMPER TANTRUMS DANGEROUS

Dear Dr. Esse: What can I do about my husband's bad temper? He flares up like an explosion when least expected.

He has high blood pressure and a coronary condition. He gets red in the face, bangs on the table and walls. I can't understand it. He used to have a sweet nature. — Mrs. T.

REPLY: A temper tantrum is like the swish of a dragon's tail. Terrible to behold. It leaves many innocent wounded people in its wake.

Never having met a dragon except in one of my children's books, my description of the dragon's swishing tale is a fanciful one.

Yet it is true. Those who are already ill hurt themselves more than the bystanders. The temperthrower is in danger of backfire. The sudden release of adrenalin pounding the arteries of the brain and heart surely are not doing the weakened arteries any good. Frequent temper outbreaks invite a serious breakdown. I have treated patients who came down with heart attacks or stroke after loud altercations.

For self-preservation (as well as for others) your husband should try to find some way to control his temper. I wish I knew a simple formula. Maybe he can find a philosophy that appeals to him.

* * *

Dear Dr. Esse: Why wait until 40 for a complete physical? Isn't it possible to be sick earlier? — Mr. N.

REPLY: You make a good point. Preventive medicine should know no age limits. But the trouble is there are not enough doctors for yearly examinations of everyone. As of now, infants, young children and older adults receive special medical preventive care.

Ideally the ages in between would be the time to pick up clues about possible future diseases. But how many over 40, apparently healthy, take physical checkups yearly to preserve health? We have to settle for the next best thing at present.

((c) 1976, McNaught Syndicate, Inc.)

Would You Believe...

The largest church in the world is the basilica of St. Peter, built between 1402 and 1612 in the Vatican City, Rome.

* * *

Of the 38 most commonly eaten fruits, the avocado has the highest calorific value (1,200 per pound).

* * *

The male silkworm moth has the most acute sense of smell in nature.

ON THE SUNNY SIDE

Who throws the best curve ball in the Little League?

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person 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.

Frances Maffett Farms on Dogwalk Pike and at Hooktown. 5-27-77*

Keith Hardwick Farms. 9-4-76*

If It's In Your Way—
And Doesn't Play—
It Shouldn't Stay.
SELL IT TODAY
The Mercury Classified Way

PIONEER COMPONENT SET

Brand new Pioneer Component AM/FM/FM Stereo radio. B.S.R. McDonald turntable, Model 4800. 8 track tape player and speakers. Reg. $349.95, close-out $174 cash or terms. Furniture World, Eastland Shopping Center, lower level, Lexington. Open daily till 9:00 p.m.

Feelin' Good

By M.A. PETTI, M.D.

If you have an allergy rash on your face, the culprit may be your nail polish, permanent wave solution, hair dye, hair spray, lipstick, perfume, eye shadow, your husband's lotion, etc.

LAUGH OUT

A wholesale dealer who had a lot of trouble in getting a certain retailer to pay his bills finally lost patience and wrote the merchant a threatening letter. He received the following reply:

"Dear Sir: Every month I place all my bills in a hat and have my bookkeeper draw out as many bills as I have money to pay.

"If you don't like my way of doing business, I won't even put your bills in the hat."

REPOSSESSED STEREO

Beautiful walnut 5' console stereo with bar. AM/FM/FM stereo radio. Professional B.S.R. turntable with diamond needle. Sold new $349.95, pay off balance $91 or $8 a month. Furniture World, Eastland Shopping Center, lower level, Lexington. Open daily till 9:00 p.m.

CLIP AND SAVE

—People To People—

CLASSIFIED ADS

In

THE CARLISLE MERCURY

19 Words or less

THREE Times For

$3

Write Your Ad Here:

_____

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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.

Best Of Kay's Kitchen COOK BOOK

Now on Sale at The Carlisle Mercury

$5.00 ($4.76 plus 24 sales tax)

If buying by mail add 50¢ for postage and handling

The Carlisle Mercury

Mail to: P.O. Box 272, Carlisle, 40311

Name_____

Address_____

City_____

State_____ Zip Code_____

We can mail...

Our Bicentennial Issue

July 1, 1976— celebrating our Nation's 200th birthday.

U.S. BICENTENNIAL 1776-1976

anywhere in the U.S.A. a bicentennial issue for 50 cents.

Treat your friends, send us your list today!

Name_____

Address_____

City_____

State_____ Zip Code_____

The Carlisle Mercury

P.O. Box 272, Carlisle, 40311

NOTICE

All Nicholas and surrounding county residents and business.

We now have in this area a new service for repair of ALL BRANDS of major household appliances—refrigerators, freezers, washers, dryers, ranges, air conditioning and heating systems.

We also can repair commercial refrigeration equipment and air-conditioning systems.

Quick courteous service at reasonable rates, with 18 years experience in this field. All work is guaranteed.

Phone us at 289-2598 Carlisle, KY

Or stop by

Western Auto Associate Store

Main St. Carlisle, KY