Saltwell

by Mrs. Fred Hollar

Mr. and Mrs. Freddie Gaunce were in Lexington on Monday to consult with Mr. Gaunce's doctor. They also visited Mr. and Mrs. June Jackson of Paris.

Mrs. Gladys Kenney spent a few days the past week with Mrs. A.R. Fisher. She also called on several of her friends in Carlisle while visiting there.

Emmett Dennis of North Middletown spent the past week with Mr. and Mrs. Billy Knippenberg and family. Mrs. Dorothy Jenkins of Cincinnati also spent Friday night with the Knippenbergs.

Mrs. John Withers and sons of Cleveland, Ohio and Bruce McDonald spent the weekend with Mrs. Phyllis McDonald at Headquarters. Mrs. Mable Fryman of Cynthiana also spent a day or two recently with Mrs. McDonald.

Mr. and Mrs. Stanley W. Caswell of Carlisle visited Mr. and Mrs. H.A. Gaunce and Norma on Sunday afternoon. Mr. and Mrs. Gaunce are confined to their home with flu.

Mrs. J.R. Kenney and children spent Thursday with her brother, Eddie Roy Prather and Mrs. Prather and family of Cynthiana.

This Sunday, March 21, will be a special day at the Headquarters Church, honoring our good friends Mr. and Mrs. Frank Sparks, who plan to leave in the near future to make their home at the Masonic Home in Shelbyville, Ky. There will be a fellowship meal at the noon hour and all who love these dear people are invited to share in the service and meal.

Fred Livingood returned home from Bourbon County Hospital the past week after several days treatment there.

Mr. and Mrs. James Snapp and children honored Mr. and Mrs. E.V. Delaney with a dinner at the Country Club, Lake Carnico, on Thursday night, the occasion being the 52nd wedding anniversary of the Delaneys.

Mr. and Mrs. Gary Kenney of Paris spent Saturday and Sunday with Mr. and Mrs. J.R. Kenney and family.

Mr. and Mrs. Fred Hollar called on Mr. and Mrs. Taylor Mitchelmre on Friday night.

Bob Kenney and Jason of Covington spent Saturday and Sunday with Mrs. Gladys Kenney.

Tracey Hollar spent Saturday night and Sunday with Mr. and Mrs. Donald Stone and Denise in Carlisle.

Mrs. Reynolds Gaunce and Mrs. Earl Feeback and children visited Mrs. Martha Earlywine on Friday night. Mrs. Earlywine also had many other visitors during the week and remains ill at her home here.

Mr. and Mrs. Bobby Brady and Mr. and Mrs. A.J. Doyle attended the regional basketball tournament two nights at Maysville the past week.

Mr. and Mrs. Gary Hollar and Chris visited Mr. and Mrs. Layne Hollar on Saturday night.

Mr. and Mrs. Fred Hollar and Kenney McDonald visited Mr. and Mrs. Sterling Hollar on Saturday night.

Mrs. Woodrow Gaunce spent the weekend with Mr. and Mrs. Stevie Gaunce in Lexington. She also visited with Mr. and Mrs. Donald Gaunce and son and Mrs. Hilda Poynter, all of Lexington.

Mr. and Mrs. Roy E. Snapp spent Wednesday with Mr. and Mrs. Roger Goodman and daughters of Lexington.

Mrs. Gayle Brady visited Mr. and Mrs. Orville Doyle on Monday afternoon. Other visitors during the week were Mr. and Mrs. Larry Courtney, Mr. and Mrs. David Doyle and children, Mr. and Mrs. Bobby Brady and Mr. and Mrs. Charles Doyle and family.

Mrs. Henry Ritchie and Mrs. Shelby Delaney of Winchester and the youth of the Saltwell Church surprised J.W. Gaunce on Sunday with cake and ice cream and other goodies, honoring his 94th birthday.

Mrs. Thomas Gaunce visited Mr. and Mrs. J.K. Maffett and Mr. and Mrs. Russel Mattox and Mrs. Mae Ritchie during the week.

Mrs. Roy Fryman and daughter Tina spent Sunday with Mr. and Mrs. Carl Coborn and Mike.

Mr. and Mrs. Freddie Gaunce were Sunday supper guests of Mr. and Mrs. Wayne Gum at Headquarters.

Mrs. Chester Mattox, Mr. and Mrs. Vaughan Mattox and Garland Earlywine are confined to their homes with illness.

Mr. and Mrs. Roy J. Snapp and Eddie of Cincinnati spent Sunday with Mr. and Mrs. Roy E. Snapp. In the afternoon they all visited Curtis Pinkston and daughter of Shelbyville.

Mr. and Mrs. J.R. Daley and children of Bourbon county and Mrs. Elaine McDonald visited Mr. and Mrs. Homer Withrow and Vickie on Sunday night.

Mrs. Osborne Riggs was a patient at Bourbon County Hospital several days the past week. Jackie Riggs McDonald is also a patient at Nicholas County Hospital for treatment.

Official state tree

The Kentucky Coffee Tree was a gift from the late author and humorist Joe Creason to then-Lieutenant Governor and Mrs. Julian Carroll in May, 1974. The Carrolls are pictured accepting the tree from Creason which they planted on the grounds of the Lieutenant Governor's Mansion. Gov. Carroll has signed a bill making the Kentucky Coffee Tree the official state tree.

Dealer Wanted

U. F. Foam Insulation

Amazing new method of insulating, new and older homes.
Easily applied in outside walls and attics, filing every nook and cranny.
Firms to permanent barriers against cold, drafts and noise.
Cuts heating and cooling costs to 50% and more.
Exclusive dealership available in your area.
For additional information write
American S.P.E. Corp.
P.O. Box 275, Florence, Ky. 41042 or phone 606-342-6776.

OSHA pamphlet may be ordered

FRANKFORT—"Some Nuts and Bolts Facts," a pamphlet answering 27 questions frequently asked about the state's Occupational Safety and Health Administration (OSHA) program, has been prepared by the Kentucky Department of Labor.

Labor Commissioner James R. Yocom noted that virtually all employers and employes are required to follow OSHA regulations, adding: "This pamphlet has been compiled in response to the many questions handled by the department concerning these requirements."

In scanning Kentucky's job-safety program, the pamphlet explains that OSHA permits several types of inspections, including random, those that result from an employe's complaint and those cases in which imminent danger is suspected. The identity of a worker reporting an OSHA violation will not be reported to the employer if that person requests anonymity.

Investigations are also made of workplaces where a death or "catastrophe" has occurred (A catastrophic situation is one in which five or more people are hospitalized from an injury or illness).

Current "target industries" in Kentucky include building construction, general construction, the lumber and wood products trade, the meat products trade, and roofing and sheet metal construction. These businesses are selected on the basis of injury frequency and are thus subject to change, Yocom said.

"Some Nuts and Bolts Facts" is available, free of charge.

Real Estate For Sale

Jewel Vice Realtor

Picture Yourself Here!

Located on Cliffway Drive

New home. 3 bedrooms. Wall-to-wall carpet. 2 baths with vanities and fiberglass tub and shower. Living room with fireplace. Large kitchen and dining combination includes self-cleaning range and disposal. Large master bedroom with walk-in closet and bath. Full basement, has plenty of room with 2 rooms paneled and 2 car garage. You will save money year after year on hearing and air conditioning with the heat pump in this home.

Why is this new home for sale? Owner is being transferred.

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101 S. Broadway Phone 289-2525

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IGA Beef Sale

U.S.D.A. Choice (Cut the way you like)
Hind Quarter LB. **99¢**

U.S.D.A. Choice (Cut the way you like)
Front Quarter LB. **79¢**

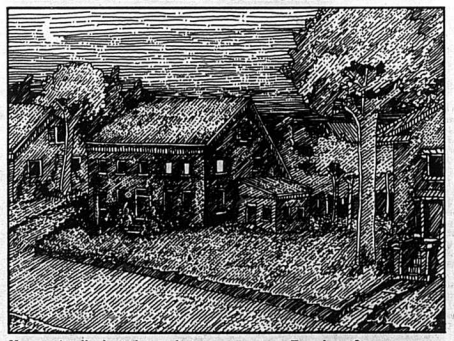
U.S.D.A. Choice (Cut the way you like)
Side of Beef LB. **89¢**

U.S.D.A. Choice (Cut into steaks)
Loin of Beef LB. **1.49**

All Prices Good Thru Saturday, Mar. 20th.
All Cut, Wrapped and Ready For Freezer.
You May Select Your Own If You Desire

Jerry's IGA

WHO'S HOME TONIGHT?



You can't tell who is home, but you sure know who isn't. A dark house is almost a sure sign no one is around. When you leave a light or two on, it's impossible to know whether or not your home is unoccupied. Most prowlers won't take the risk to find out.

Night lighting protects you in other ways, too. A well lit stairway is easier to navigate. Forgotten bicycles aren't tripped over. And you no longer have to feel your way from the garage to the house.

For about 3¢, you can leave a 100 watt light burning all night. A little difference in your electric bill, but a big difference in your family's safety and security.

We have a few good ideas on how to use outdoor light wisely. For recreation, safety and security. Stop in at any of our offices and we'll be glad to share them with you, at no charge.

KENTUCKY UTILITIES

ELECTRICITY...USE IT, BUT USE IT WISELY.

SMUDGED PRINT

Head Start parents hear about dental health

The Nicholas County Head Start parents met at the Head Start Center on Thursday, March 11 at 7 p.m. Linda Tedder, chairman, presided at the meeting. The meeting was attended by 30 members, staff and guests. Mrs. Maxine Canada, parent co-ordinator, and Sue Savage, social service aide, from the Lexington Head Start were guests.

Dr. Leon Riggs was the guest speaker. He talked to the group about dental health and how to help your child have better teeth. He also gave a brief description of how the Head Start children are treated when they come to the office.

The Head Start parents decided to take a trip next month instead of having their regular meeting at the Center. They will go to Frankfort and visit the Capitol and other points of interest on Friday, April 30.

Esther Purvis won the door prize.

Refreshments were served and the members and guests made spring flowers from fur.

First photo

Head Start classes recently visited the Spring Grove Dairy in Morehead where they saw how milk was brought into the plant, unloaded and processed. Shown are Mrs. Walter Shepherd and her class. Debbie Hunter, assistant teacher is also pictured.

Second photo

Head Start classes also visited Morehead State University recently. Pictured is Mrs. Sosby and her class at the University.

Homemaker clubs meet in county

Carlisle West

"Brunch" was served at 12:30 p.m. Friday, March 12 to the 17 members and one guest of the Carlisle West Homemakers Club at the home of Mrs. Howard Dorsey, with Mrs. Albert Henry as co-hostess.

The menu carried out the lesson, "Entertaining for Lunch", using crepes marquis, tossed salad, apple coffee-cake and coffee. A St. Patrick's Day color scheme with fresh flowers was used on the tables for the sit-down lunch.

The devotional was given by Mrs. Juanita Cummins using "A House or a Home" as her theme. The business session followed with reports and announcements. The lesson sheets were discussed by Mrs. Henry and Mrs. Dorsey, with each member receiving one of each to take home and try. "Brain-teasers" were asked by Mrs. Frank Henry.

Moorefield

The Moorefield Homemakers met Thursday, March 4 at the home of Mrs. Jimmy Conrad, with Mrs. Everette Smoot serving as co-hostess. The meeting was called to order by Mrs. Joe Smart, president. Thirteen members answered roll call.

Mrs. Jimmy Conrad gave the devotional in the absence of Mrs. James Hamm. Mrs. Everette smoot gave the business and treasurer's report. Mrs. Ken Urlage gave some hints on "detection of cancer". The chairmen gave their reports. The annual meeting will be Thursday, May 20, at the elementary school. A potluck dinner will be served.

Mrs. Joe Smart and Mrs. Hanson Ellington gave the lesson, "Brunch or Lunch". The members were delighted with a "tasting party". Mrs. Brenda Lawrence acted as recreation leader in the absence of Mrs. W.J. Clark.

The next meeting will be in April at the home of Mrs. Hanson Ellington with Mrs. Mildred Green serving as co-hostess.

Miranda

The Miranda Homemakers Club met Wednesday, March 10 at 7:30 p.m. at the home of Mrs. Christine Booth, with Mrs. Ruth King as co-hostess. Mrs. Malcolm Wills, president, presided over the business meeting. Spiritual values were given by Mrs. Joe A. Stone, using Love as the theme.

Mrs. Nancy Shaw called the roll. Twenty-four members were present. Minutes of the last meeting were read and approved. A short film on Breast Cancer was shown, showing women how to do a self examination on themselves.

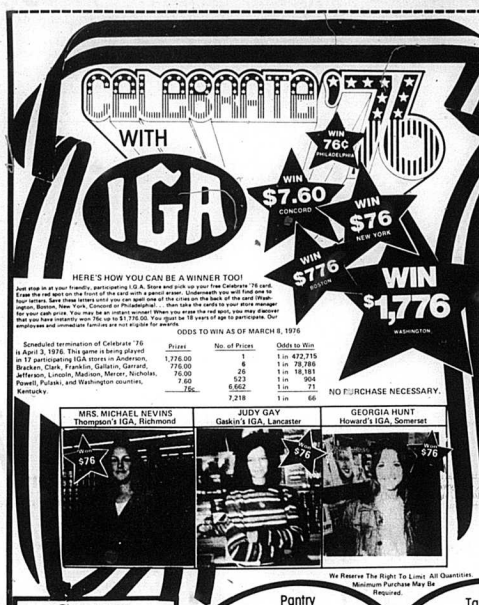
A report from the council meeting was given by Mrs. Margie Wilson. The club voted to purchase two or three bedspreads for the nursing home.

The lesson on entertaining for Brunch or Lunch was given by Mrs. Robbie Day. Crepes and coffee cake were served by Mrs. Day, Mrs. King and Mrs. Booth. They carried out the St. Patrick Day color theme in table decorations. An auction was also held at this meeting.

The next meeting will be held at the home of Mrs. Liver at Lake Carnico on Wednesday, April 14, at 7 p.m.

Service your TV or Radios. Contract Wiring—Call for a FREE Estimate

DUNCAN'S ELECTRICAL SHOP



Scheduled termination of Celebrate '76 is April 3, 1976. This game is being played in 17 participating IGA stores in Anderson, Bracken, Clark, Franklin, Gallatin, Garrard, Jefferson, Lincoln, Madison, Mercer, Nicholas, Powell, Pulaski, and Washington counties, Kentucky.

Prizes	No. of Prizes	Odds to Win
1,776.00	1	1 in 472,715
776.00	6	1 in 78,786
76.00	26	1 in 18,181
7.60	523	1 in 904
.76¢	6,662	1 in 71
	7,218	1 in 66

ODDS TO WIN AS OF MARCH 8, 1976

We Reserve The Right To Limit All Quantities. Minimum Purchase May Be Required.

DEPENDABLE MEATS

TableRite USDA Choice Beef Sirloin Steak	lb. 1.49
T-Bone Steak	lb. 1.69
TableRite USDA Choice Beef Round Boneless Rump Roast	lb. 1.39
TableRite USDA Choice Beef Round Sirloin Tip Roast	lb. 1.39
TableRite USDA Choice Beef Round Tip Steaks	lb. 1.49
TableRite USDA Choice Beef Cube Steaks	lb. 1.59
TableRite Ground Beef	lb. 89¢
TableRite USDA Ground Round	lb. 1.29
TableRite Yac Pack Bacon	1 lb. pkg. 1.39
TableRite All Meat Wieners	12 oz. pkg. 73¢
TableRite Ring or Thick Bologna	1 lb. pkg. 1.09
TableRite Sliced Beef Liver	lb. 79¢
TableRite Canned Ham	5 lb. can 8.99
Fischer Corned Beef	lb. 1.49
TableRite Assorted Pork Chops	lb. 1.29

FARM FRESH PRODUCE

TableFresh No. 1 White Potatoes	10 lb. bag 1.49
TableFresh Turnips	lb. 19¢
TableFresh Extra Large California Navel Oranges	6 for 89¢
TableFresh Yellow Corn	5 for 69¢
TableFresh Rome Apples	3 lb. bag 59¢

SPECIALLY PRICED

Keebler Pitter Patter Cookies	16 oz. pkg. 59¢
Keebler Chocolate Fudge Sandwich Cookies	16 oz. pkg. 59¢
Schick Super II Blades	5 ct. pkg. 89¢
Listerine	20 oz. bottle 1.09
Soft & Dri with Free Dairy Razor Anti-Perspirant	1.5 oz. roll-on bottle 89¢

FRESH DAIRY FOODS

IGA Cinnamon Rolls	12 oz. pkg. 89¢
IGA Butter Me Nots	9½ oz. can 4 for 1
Sliced Cheese Spread	5½ oz. can 2 for 89¢

FROZEN FOOD BUYS

Sea Pak Shrimp and Batter	16 oz. box 1.59
Patio Mexican Dinner	12 oz. box 69¢
Patio Enchilada Dinner	13 oz. box 69¢
Patio Beef Tacos	6 ct. 13½ oz. pkg. 99¢
Patio Beef Enchiladas	22 oz. box 99¢
Patio Tortillas	12 ct. pkg. 3 for 1

TASTY BAKERY SPECIALS

TableTreat Powdered Sugar Donuts	2 pak pkg. 89¢
TableTreat Persian Rolls	4 pak 59¢

SPECIALLY PRICED

School Days Shellie & "C" Green Beans	16 oz. can 5 for 89¢
Three Rivers Plain, Self-Rising Corn Meal	5 lb. bag 69¢
Delmonico Long Spaghetti	16 oz. box 2 for 89¢
Delmonico Vermicelli	16 oz. box 2 for 89¢
Delmonico Medium Noodles	8 oz. pkg. 29¢
Pillsbury Plain, Mushroom Instant Sauce	32 oz. jar 99¢
Dial Family Size Gold Bar Soap	7 oz. bar 2 for 79¢
Kleenex Asst., Decorated Teri Towels	roll 49¢
Contadina Tomato Puree	15 oz. can 3 for 1
Hungry Jack Instant Potatoes	32 oz. box 99¢
School Days Peas	16½ oz. can 3 for 79¢
Welch Ade Grape Drink	46 oz. can 49¢
IGA Vanilla Wafers	12 oz. box 49¢
IGA Tea Bags	100 ct. box 1.59

Everyone is Irish This Week at IGA Enjoy the Savings!

Pantry
Pinto Beans
25 lb. bag **4.89**

TableFresh
Green Cabbage
lb. **10¢**

TableRite USDA Choice Beef
Round Steak
lb. **1.19**
Boneless . . . lb. 1.29

Robin Hood
Flour
5 lb. bag Plain Self-Rising **69¢**

Sweet Spred
Jams and Jelly
32 oz. jar Strawberry, Blackberry, Peach Jams, Grape Jelly **79¢**

Tide
Laundry Detergent
49 oz. box **99¢** with coupon

Heinz Strained
Baby Food
4¼ oz. jar **10 for $1** with coupon
All Strained Varieties

TableRite Grade A
Med. Eggs
dozen **57¢**

IGA
Frozen Vegetables
20 oz. poly bag Cut Corn, Mixed Vegetables **59¢**

TableTreat
Sandwich Bread
20 oz. loaf **39¢**

One-A-Day
Vitamins with Iron
100 ct. bottle **2.39** with coupon

School Days
Golden Corn
Whole Kernel
4 for 89¢
16 oz. can

IGA CELEBRATE '76 Good only at IGA stores thru March 21 **Tide** 49 oz. box **99¢** with coupon — VALUABLE COUPON

IGA CELEBRATE '76 Good only at IGA stores thru March 21 **Heinz Strained Baby Food** 4.75 oz. Jars **10 for $1** All Strained Varieties with coupon — VALUABLE COUPON

IGA CELEBRATE '76 Good only at IGA stores thru March 21 **One-A-Day** 100 ct. bottle **2.39** with coupon — Vitamins with Iron — VALUABLE COUPON

IGA CELEBRATE '76 Good only at IGA stores thru March 21 Keebler **Pitter Patter Cookies** 16 oz. bag **59¢** with coupon — VALUABLE COUPON

IGA CELEBRATE '76 Good only at IGA stores thru March 21 Keebler **Choc. Fudge Cookies** 16 oz. bag **59¢** with coupon — VALUABLE COUPON

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