Shock awaits those who drift along without learning metric system

[Editor's note: Second in a series of five articles on the metric system.]
by Cecil Peaden

People who think they will be able to continue to drift along using the English system of weights and measures while the rest of the country converts to the metric system are going to be in for a rude shock.

That's because they don't realize the extent to which the metric system is going to affect our patterns of behavior. The fact is that the metric system more and more often is going to invade a vast number of everyday experiences, and those who tenaciously cling to the old system are going to soon find themselves hopelessly lost.

Dr. Charles Thompson, assistant professor of education at the University of Louisville who has taught a number of classes and seminars on the metric system, pointed out some of the more common ways people will find their patterns of thinking changing.

Many of the most obvious and pervasive changes will occur during the weekly trip to the grocery store.

The grocery shopper will no longer find gallons, half gallons and quarts of milk in the dairy section. Instead, Thompson said, there will be liter, two-liter and four-liter cartons. By the same token, her favorite soft drink will not be available in the familiar quart and half-quart sizes.

In fact, Thompson said, several bottling companies—such as 7-Up and Coca-Cola—have already started limited distribution of their products in metric-sized bottles.

(The same thing will be true of the liquor industry. As a matter of fact, that industry has already decided that it will be totally metric by 1979.)

The shopper will also find some changes when she heads for the meat counter. She may not believe her eyes the first time she sees hamburger selling for $2.15—until she realizes that is $2.15 per kilogram and not per pound. If she knows that a kilogram equals approximately 2.2 pounds, she will realize that's about what she is used to paying.

Cans and packages of food won't be measured in eight ounces, 16 ounces, 24 ounces, and so on, any longer; all weights will be listed in grams or kilograms. Many food processing companies have already started listing both metric and English weights on their packages, in fact. And in a short time the English listings will be dropped altogether.

Thompson said today's more-or-less standard food package sizes will undergo a change, and new standardized metric sizes will be substituted. Just what the new sizes will be hasn't been determined, but a number of committees have been set up by various food industries to reach an agreement on this point.

Cooking that food once it gets home will be a little different, too. To begin with, none of the measuring cups and spoons in the kitchen will be exactly the same as the one most Americans are familiar with. Measuring cups, Thompson said, will not be measured in ounces but will come in 50-, 100- and 250-milliliter sizes. But he also pointed out that 250 milliliters is only slightly larger than what we know as a cup.

And measuring spoons will probably come five and 15-milliliter sizes—almost exactly the same sizes as the ones in use now.

Because the sizes of the new utensils won't be drastically different, Thompson said, the change will be mostly a matter of learning to think in terms of milliliters rather than ounces.

Once the ingredients are mixed, the cook will find she has a charcoal-black mess on her hands if she tries cooking that casserole at 350 degrees. That's because her stove won't be calibrated in the familiar Fahrenheit temperature scale. It will be marked in degrees Celsius, which uses the freezing point of water as zero degrees and the boiling point as 100 degrees.

Thus, if she wants to cook her casserole at the proper temperature, she will set her oven at 175 degrees.

The new temperature scale will force some changes in ways other than cooking, Thompson pointed out. For example, radio and tv weather reports will be given in degrees Celsius, and people will have to learn that 24 degrees is a very pleasant temperature but that when the mercury climbs to 30 degrees things are starting to get a little uncomfortable.

And a person's normal body temperature won't be 98.6 degrees any more; it will be 37 degrees. Perhaps a word of caution is due here. Parents need to remember that, if they find their child has a temperature of slightly more than 38 degrees, it is cause for alarm. Because a Celsius degree is larger than a Fahrenheit degree, a rise of a little over one degree Celsius represents a rise of about 2¼ degrees Fahrenheit. Therefore that 38-degree temperature really represents a temperature of almost 101 degrees Fahrenheit.

For those who want to know how to convert a temperature from Fahrenheit to Celsius, the formula is C=(F-32) x 5/9. In other words, take the Fahrenheit temperature, subtract 32 from it and multiply the result by five-ninths.

Adjusting to the new weight system can also be misleading. For example, a woman who weighs 55 kilograms (about 121 pounds) may rightfully consider herself pretty trim. But if her weight goes up by two kilograms, she may not realize that is nearly a five-pound jump and probably signals the need for a little dieting.

The metric system is also going to alter the way we buy and make clothes, Thompson said. A man will have to differently, too, but because women's sizes are not currently as standardized as men's, it is taking the women's clothing industry longer to change their size designations.

The woman who likes to make her own clothes is going to have to throw away her old rulers and tape measures, because they are marked in inches, and the patterns she will buy in the future will have directions in centimeters.

However, Thompson said, there will probably be a "grace period" during which patterns will list both English and metric measurements so that the seamstress become familiar with the new system.

Undoubtedly, there will be countless other ways in which Americans are going to have to learn to "think metric." And a number of those will take place when they step into their cars.

NEXT: Some of the changes the traveler in this country is going to encounter when he takes his car out on the road.

* * * * *

Cooks who want to jump into cooking in metrics and get a head start on the coming change can try the two recipes below. All that is needed are a couple of metric measuring cups and a set of metric measuring spoons, which can be picked up with just a little shopping.

QUICHE LORRAINE

Ingredients:
1 23-centimeter (cm) unbaked pie crust, well chilled
15 milliliters (ml) butter or margarine, softened
6 bacon slices, diced
1 small onion, chopped
500 ml natural Swiss cheese, shredded
15 ml all-purpose flour
3 eggs
250 ml half and half
2 ml salt
Preheat oven to 210 degrees Celsius (410 degrees Fahrenheit). Spread pie crust with butter or margarine. In medium skillet over medium heat, cook bacon and onion until bacon is crisp; with slotted spoon, remove bacon mixture to drain on paper towels. Sprinkle bacon mixture in pie crust, then cheese. In medium bowl with wire whisk, or in blender, mix flour, eggs, half and half, salt; pour over cheese. Bake 15 minutes. Turn oven control to 160 degrees C (320 F); bake 25 to 30 minutes longer until knife inserted in center comes out clean. Makes six servings.

CHOCOLATE CHIP COOKIES

Ingredients:
125 ml shortening, margarine or butter
50 ml granulated sugar
150 ml brown sugar firmly packed
1 egg, well beaten
5 ml vanilla
250 ml all-purpose flour
2.5 ml baking soda
2.5 ml salt
1 package chocolate chips

Combine the shortening and sugar together and beat until creamy. Add the well-beaten egg and vanilla; mix well. Gradually add flour, baking soda and salt; blend. Stir in chocolate chips. Drop small spoonfuls of the mixture onto a greased cookie sheet, about 5 cm apart. Bake in 180-degree C (350 degree F) oven for about eight minutes.

FOR SALE

Firearms and accessories. Smith & Wesson, Colt, Ruger, Winchester. Prices below retail. 289-2347 after 6:30 p.m.

ESTATE AUCTION

Pursuant to the authority vested in the undersigned as Executrix of the Estate of Rubin Tumey, late of this County and State, and Individually, I will offer for sale at Public Auction to the highest and best bidder on

Friday, Nov. 19, 1976
At 10:00 E.S.T.

on the premises of the respective tracts of land hereinafter described situated near Fairview on State Highway No. 165 3½ miles Northwest of Ewing, in Fleming County, Kentucky, the following described property, viz:-

REAL ESTATE

TRACT NO. I: A tract of land containing 12 acres, more or less, upon which is situated the EWING LONGRIDGE FAIRGROUNDS with Horse Barn 192' x 40' with stalls on both sides and outside; Cattle shed, 4-H Building, Restaurant Building and restrooms and on city water, with large Show Ring, carnival grounds and large parking area. This Fair has been in operation for eight years and horses have appeared there from Florida, West Virginia, Ohio, Tennessee, Pennsylvania, and other southern and eastern states and same has been a very profitable interprise.

TRACT NO. II: A tract of land containing 101 acres, more or less, upon which is situated a six room modern frame house with bath, hardwood floors, full basement, gas furnace, built-in back porch, storm windows, and also a four room frame tenant house. Also a Combination Dairy Barn, 60x56, equipped for Grade A Dairy with Pipeline milkers, bulk tank heater and wash vats, 1 Barn, 64x40; Crib and Stockbarn, 40x40, Milkhouse, 16x10, Tobacco barn, 56x32, Stock barn 84x30. This farm also has two Metal Shield Silos—1 - 4 years old approximately 80 ton, and one 60 ton silo. This farm is in a good state of cultivation and has a never failing water supply for livestock and home use as well as water supply from Western Water District.

The basic allotment for Tracts I and II is 9,237 pounds and separate allotments for each tract will be announced the day of the sale.

Tracts I and II will be offered separately and then thrown together and offered for sale as a whole to produce the highest price therefore.

TRACT NO. III: A tract of land containing 39½ acres upon which is situated a five room modern house with bath, hardwood floors, Combination Barn, 48x54, with block stripping room 27x18. This tract of land is also in a good state of cultivation and has a never failing water supply for livestock use and water supply from Western Water District lines. Basic allotment is 2,122 pounds tobacco base.

HOUSEHOLD GOODS

Portable Sewing Machine, Washer and Dryer, 2 Living Room suites, 3 Bedroom suites, Dishwasher, 3 Kitchen Cabinets, 2 Dinette sets, 1 Double Oven Cook Stove, 1 Refrigerator, 1 Deep Freeze, 1 Cabinet Stereo, 1 Half Bed, Dishes [odds and ends], 100 Folding Chairs.

MACHINERY AND EQUIPMENT

2 Manure Spreaders [New Idea], New Holland Hay Baler, Corn Spray, 1 set Bush Hog harrows [lift type], John Deere Manure Loader, 2 Wagons, 2030 John Deere 1973 Tractor, 1 little Trailer, Black & Decker Power Saw, Ford Post Hole Digger, 2½ Ton GMC 1973 Truck with 20' flat and racks, Approximately 500 bales hay [mixed], 1970 Nova Chevrolet Automobile, 1 Tractor Sled, 14" Plows for C Farmall, New Holland Hay Rake, Drag, Miscellaneous tools, wrenches, saws, etc., Horses—Mares and Geldings, New Idea Corn Picker, New Holland Tobacco Setter, Corn Harness, 2 Bush Hogs, Bush Hog scraper blade, Miley Horse trailer, C Farmall Tractor, Stihl Chain saw, 1 Vise, 1970 ½ Ton Chevrolet Pickup, 1 roll American Field Fence, Horse equipment, Approximately 250 Bu. Corn, Hay elevator, 14" International Plows, Cultivators for C Farmall, Breech Corn Planter, Tobacco Press.

Farm Lands Will Be Sold Promptly at 12:00 Noon

TERMS: Personal Property, cash. Real Estate, 20% down day of sale and balance with deed and possession. Tracts I and II—immediate possession and Deed on or before January 1, 1977. Tract No. III—possession and deed on or before March 1, 1977. Purchaser of the respective tracts will have right of entry to do any seeding or work on said premises not inconsistent with the rights of the occupants and tenants thereof. Inspection of the premises may be had by contacting Mrs. Rubin Tumey, phone 267-3716 or Roy Williams, phone 297-4681 or MacDonald & Walton, 845-2771. Taxes for 1976 will be paid by seller.

Lunch will be served on premises.

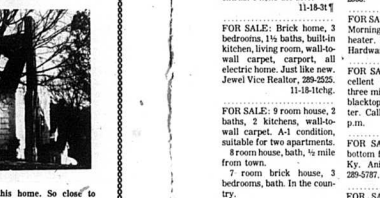
BESSIE TUMEY, EXECUTRIX OF
ESTATE OF RUBIN RUMEY, DECEASED.
BESSIE TUMEY, INDIVIDUALLY.

Roy Williams Real Estate & Auction Agency

Lloyd A. MacDonald, Attorney

Real Estate For Sale

Jewel Vice Realtor



You will save energy every way in this home. So close to downtown you can leave car in your garage. Only one block from Courthouse.

Three bedrooms, two full baths, kitchen, living room with fireplace. Full basement, gas heat, garage, and large enclosed back yard.

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Jewel Vice
Realtor & Auctioneer
REALTOR
Phone 289-2525 Anytime
Charles Judge, Salesman Phone 289-5634

CPSC seeks voluntary action on label in childrens' sleepwear

WASHINGTON, D.C.—The U.S. Consumer Product Safety Commission (CPSC) has announced it will ask manufacturers of children's sleepwear to stop using coarse or abrasive materials in care labels for these flame-retardant garments.

Members of the Commission's National Advisory Committee for the Flammable Fabrics Act brought the matter to the Commission's attention, voicing concern that labels which might be irritating to children's skin could lead parents to remove the labels from the garments.

Such action would eliminate the manufacturers' care instructions and possibly cause the sleepwear to be improperly laundered, resulting in a loss of flame-retardancy.

In asking industry to take voluntary action, the Commission also announced that the agency will monitor activity underway at the Federal Trade Commission (FTC) regarding the location of "coarse or abrasive" labels in all garments except children's sleepwear. FTC hearings on the proposed action began Nov. 8 in Washington, D.C.

CPSC requires that children's sleepwear (sizes 0-14) be flame-retardant. Some of the fabrics used require special care and treatment to maintain flame-retardancy after many washings. The Commission also requires such sleepwear to be "prominently, permanently, conspicuously and legibly labeled with precautionary care and treatment instructions."

Court news

County Court

Nov. 4, Terry Grannis, charged with speeding. Not guilty. Filed away.

Nov. 8, Stanley Morris and Ernest Watkins, warrant issued. Charged with trespassing in third degree. Guilty. Filed away on condition they not go on complainant's (Elizabeth Craig) property without her consent in the future.

Nov. 8, Sterling Evans, charged with speeding. Guilty. Fined $29.50.

Nov. 8, Ernest Watkins, charged with theft by unlawful taking. Complainant withdrew charges. Case dismissed.

Nov. 12, Kathy L. Brooks, charged with no operator's license. Produced valid license in court.

Nov. 12, Barbara Daugherty, charged with theft by deception. Guilty. Fined $36.50.

Nov. 4, William R. Gilliam, charged with speeding. Guilty. Fined $29.50.

Nov. 12, Sara L. Houston, charged with speeding. Guilty. Fined $29.50.

City Police Court

Eugene Hopkins, Disorderly conduct. Filed away. Plaintiff failed to press charges.

Wallace Edwards, Reckless driving. Fined $35.00.

Phillip Mattox, Inadequate mufflers. Fined $25.00.

ABSOLUTE AUCTION

201.77 Acre Nicholas County Farm

Saturday, Nov. 20th at 10:00 A.M.

Location: On a short dead end blacktop road about three miles North of Sharpsburg and eight miles Southeast of Carlisle. To reach the premises from Sharpsburg, take the Upper East Union Road and turn in a Northerly direction at Ockerman's car lot. From Carlisle or Northerly direction, drive East Union Road to the Ockerman's car lot then turn in a Northerly direction. The subject farm is only about ½ mile from the Upper East Union Road.

We are authorized to sell at auction this desirable 201.077 acre farm by the heirs of Myrtle Curran Frodge. It is located less than one mile Northwest of the Nicholas County and Bath County line.

Improvements consist of the following:

A well constructed five room house with bath, an enclosed back porch, and a good front porch. The kitchen is a large country type with plenty of room. Donald Jones presently occupies the home. There are four barns: a four bent tobacco barn 48 feet X 48 feet, a four bent tobacco barn 40 feet X 48 feet with 20 foot eaves, another four bent tobacco barn 40 feet X 48 feet with 16 foot eaves, a three bent stock barn with gutter and cistern which furnishes water by gravity to the house. There is also an old house on the back of the farm not occupied for several years but is useful for the storage of hay.

The basic tobacco quota for the year 1976 is 12,091 pounds. Water is furnished by branches of the East fork of Somerset Creek, several ponds, and springs. The farm is all in grass and meadows except the acreage on which the 1976 tobacco quota was raised.

This farm should make an excellent investment. There is some good bottom land and some fine level land on the flats. The hillsides are rolling but are excellent pasture land. With care and attention this farm can become a show place. If you wish to buy a real farmer's farm be at this absolute auction.

WE WILL ALSO SELL A QUANTITY OF HAY AND APPROXIMATELY 38 COWS, TWO COWS WITH CALVES BY SIDE AND APPROXIMATELY 20 FEEDER CALVES. THESE ARE WELL BRED COWS WITH ABOUT HALF OF THEM BEING BLACK AND WHITE FACE AND THE REST BEING SOLID BLACK.

Owners
The Heirs of Myrtle Curran Frodge

Beldon Jackson, Realtor & Auctioneers
Phone Mt. Sterling 498-5267
Berini and Jones, Realtors and Auctioneers
Phone Winchester 744-4918
Local Representative: Jewel Vice, Realtor and Auctioneer
Phone Carlisle 289-2525

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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: Three bedroom home on Hwy. 68. Living room/dining room combo, kitchen, den with fireplace, 1½ baths, 2 storage rooms, extras. Phone 289-2979.
11-18-3t¶

FOR SALE: Brick home, 3 bedrooms, 1½ baths, built-in kitchen, living room, wall-to-wall carpet, carport, all electric home. Just like new. Jewel Vice Realtor, 289-2525.
11-18-1tchg.

FOR SALE: 9 room house, 2 baths, 2 kitchens, wall-to-wall carpet. A-1 condition, suitable for two apartments. 8 room house, bath, ½ mile from town. 7 room brick house, 3 bedrooms, bath. In the country. 6 room house. 3 bedrooms, bath, fireplace. ½ mile from town. 7 room house. Carport, bath, basement, Close in. 8 room house. Large lot, 2 baths. In Millersburg. 70x170 Mobile home, 120x88 lot, 3½ baths, 3 bedrooms. On 68. 176 acre farm, small house, large barn, new silo, 8,587 lbs. tobacco. All tractor land. 140 acres, tobacco barn, some bottom and ridge land. 5,415 lbs. tobacco. 214 acres. Good 8 room house, 2 barns, 5,269 lbs. tobacco. 40 acres, 6 room house with bath, tobacco barn, 2,000 lbs. tobacco. 135 acres, small house, 2 barns, 5,923 lbs. tobacco, a lot of ridge land. 76 acres, 6 room house, 2 barns, plenty of grass and water, 2,520 lbs. tobacco. 50 acres, barn, house, 1,509 lbs. tobacco. 150 acres, large tobacco barn, 2 ponds, 5 room house, 6,488 lbs. tobacco. For these and others see Earl Hamm, Auctioneer and Real Estate Broker, 289-5720.
11-18-1tchg.

SPECIAL PURCHASE: CB radios $99.95 and up. Savings up to $60. Garrett's Furniture Co., phone 289-2308.
9-30-tfn.

FOR SALE: Formby's Refinishing Products for furniture repair and care as advertised on TV. Reid & Vice, phone 289-5279.
10-14-tfn.

FOR SALE: 4 used refrigerators; 2 used automatic washers; 1 used electric dryer; 4 used electric ranges; 1 used 7-piece dinette; 1 used mahogany bedroom suite; 1 used vinyl sofa; 1 used Herculon sleeper, like new; 1 used Herculon sofa, like new; 1 used Herculon love seat, like new; 1 used Oak swivel chair; 2 used cash registers, perfect condition; 1 used office billing machine. Garrett's Furniture Co., Phone 289-2308.
10-28-tfn.

FOR SALE: New Warm Morning coal, wood and gas stoves. Will install for you. Home Hardware.11-11-2tchg.

Good advertising doesn't cost . . . it pays!
The Carlisle Mercury
Phone 289-2464

FOR SALE: Marshall's Restaurant will have their Thanksgiving Dinner on Tuesday, Nov. 23. 11-18-1t*

* * *

NOTICE: Is cold weather driving insects into your home? You don't have to live with them. Call Orkin or Kentucky Termite & Pest Control, Paul Toy 498-2084 collect, Kenneth Toy 498-4666 collect, Arnold Thornsberry 289-2952. 11-18-4t*

* * *

NOTICE: Charlie's Electronics. I repair refrigeration units, t.v.'s, washers and dryers. Charles Gates, phone 289-2675. 10-7-tfn.

* * *

NOTICE: Custom slaughtering, cutting, wrapping and freezing for your home freezer. Call Coatney's, Paris Pike, 289-2412. 9-30-tfn.

* * *

IT PAYS TO BUY YOUR STRAW HAT in the WINTER TIME! We have a few air conditioners, lawn mowers, WeedEaters, window fans at Rock-bottom prices. Buy now, be happy next spring! Garrett's Furniture Co., phone 289-2308. 9-30-tfn.

* * *

NOTICE: Just received a new shipment of lamp shades and lamps. Bring your lamp in and let us fix it for you. Home Hardware.
11-11-2tchg.

* * *

NOTICE: Electric service. Wiring of new houses, barns, silos and garages, etc. 24 hour service. Added service, change overs and appliance plugs. Vaughn's Electric Service, 289-2348. 9-2-tfn.

* * *

HAHN ROTO-TILLERS, 3½ h.p. $178; 4 h.p. $218. One 19" Hahn push mower $128. Garrett's Furniture Co., phone 289-2308. 9-2-tfn.

* * *

NOTICE: For your Avon Products Christmas Shopping in Moorefield Area call Carolyn Terrell, 289-5722 nights or early morning.
11-4-3t¶

* * *

NOTICE: "Poor Valley Electric" Refrigeration, Air Conditioning and Heating—Installation and repair. Call Chester Brett, Carlisle, 289-5709 or 289-7292. 9-9-tfn.

* * *

CARD OF THANKS: The family of Hutch Gaunce would like to thank everyone who was so thoughtful and kind during this sad experience. A special thanks to Blue Grass Industries and Blue Grass Knitting for their beautiful flowers and every act of kindness shown. A special thanks to friends and neighbors for food and thoughtful flowers. A special thanks to Ralph and Taylor and Bro. Chamberlin. Your kindness will always be remembered when we needed it most. Mrs. Bertha Gaunce and Billy Mac. 11-18-1t*

* * *

CARD OF THANKS: We would like to express our sincere thanks to everyone that gave to the Tom Jones medical account. A special thanks to Rev. H. Dallas Sugg and Emerson Baker. Thanks again. May God bless you all. Mr. and Mrs. Tom Jones, Mr. and Mrs. Ray Jones and Mr. and Mrs. Elzie Sloan. 11-18-1tchg.

* * *

CARD OF THANKS: I would like to thank the good Lord working through the doctors, answering the prayers of all the ministers of *Carlisle during my recent injury and surgery. The St. Joseph Hospital, Nicholas County Hospital and Nursing Home for their kind attention. Matthers-Shearer for their kind service. To my many friends for their prayers, cards, flowers, visits and gifts. The people who came to me when I fell. To my friends I have worked with so many years for their kindness. To everyone I am very grateful. May God bless you all. Bertha Marshall. 11-18-1t*

* * *

CARD OF THANKS: The family of Mrs. Robbie Day wishes to thank Dr. Kingsolver, the Nicholas County nursing staff for the wonderful care given her while a patient there. Also the ministers for prayers; friends for visits; cards and flowers. We love you all. Sam, Paul, Louise and Steve Day.
11-18-1tchg.

FOR RENT

FOR RENT: Five room house with bath. Electricity. At Saltwell. Call after 5 p.m. Julian Gaunce, 289-5924.
11-18-3t*

* * *

FOR RENT: Furnished upstairs apartment. Close in, warm, comfortable, ideal for reliable working girls. Call 289-5408. 11-18-3t¶

* * *

FOR RENT: Large unfurnished apartment on second floor, in town, available to sober industrious family. Call 289-5365. 11-18-1tchg.

WANTED

WANTED: Bush hogging work to do by the hour. Call before 7 a.m. or after 8 p.m., 289-5722 or 289-5704.
11-4-3t¶

NOTICE

NOTICE
PRIVATE FOUNDATION ANNUAL NOTICE. Pursuant to Section 6104 (d) of the Internal Revenue Code, notice is hereby given that the annual report of the undersigned private foundation is available at the foundation's principal office during regular business hours and a copy on request by any citizen within 180 days after the date of this publication. Fiscal Year Ending July 31, 1976. Clifford Shumate Family Foundation, Inc., c/o Blue Grass Industries, Inc., Carlisle, KY 40311, Principal Manager, Wayne Shumate. 11-18-1tchg.

* * *

NOTICE: You're invited to a Smorgasboard starting at 12 noon on Sunday, Nov. 21 at the Bethel Christian Church after you attend your church services. 11-18-1tchg.

EXECUTOR NOTICE
All persons knowing themselves to be indebted to the estate of Hanson Dotson, 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. Alfred Dotson, Route 2, Mt. Sterling, Ky. 40353, Executor, of the estate of Hanson Dotson, deceased. Roger C. Womack, attorney.
11-11-3t*

FOUND YOUR HEALTH
by Ann Hayward

TOO MANY DOCTORS?

Dear Dr. Esse: Writers, teachers and all other critics of medicine believe there is a shortage of physicians. Hospital administrators and government officials like to believe there is a shortage. I am a doctor and in my opinion this is not true.

You, as an influential man, should investigate this further and learn the facts. Most complaints about fees, services, etc., are generated because of the present surplus of physicians. Each new doctor and each newly arrived immigrant doctor wants to make as much in their first year as established doctors. I am busy in my profession but I have built up practice through long hours of hard work. — M., M.D.

REPLY:

Dear Dr. Esse: My daughter is 20 years old and hasn't had a monthly period yet. Shall we wait any longer before taking her to a doctor? I've heard that it's normal for some girls to begin menstruating quite late in life. — Mrs. F.

REPLY: You've been too patient. She should have full investigation by a gynecologist.

* * *

Dear Dr. Esse: I agree with what you wrote recently about the dangers of living in tension. During the past months I've arranged my affairs so that for the first time I'm really relaxed and beginning to enjoy life. — Mr. G.

COMMENT: As Bill Brown the trainer used to say: "It isn't the load that breaks us down; it's the way we carry it."

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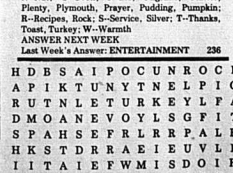
IN QUOTES



Please Help Us!
When You Change Your Address:

The post office will not transfer newspapers when we change address.

Instead, the label is clipped and returned to the publisher. A charge of 25¢ is made to defray the label to the publisher. And you do not receive your paper.

Please help us give you good service by giving us change of address at least two weeks before you move. Newly-owned for that purpose is available at your post office.

Your cooperation will be sincerely appreciated.

THE CARLISLE MERCURY

MONUMENTS—Over 200 on Display to choose from. Check our prices and be surprised. Located exactly two and two-tenths miles from the courthouse on U.S. 68 Highway East. Phone 784-6852. Cox Monument Co., Morehead, Ky.

CALORIE COUNTDOWN
BY SUSAN DUFF MASTRO

THANKSGIVING DIETING

Thanksgiving is a feast day. Now, overeating on just one special day can't, of course, spoil an entire long-range diet plan, but almost every dieter finds that stuffing with food is demoralizing and makes us hungrier on the days that follow. Get into the holiday spirit, but limit your portions of the customary dishes and it won't be a problem.

Turkey meat is not very fattening if you are willing to give up the skin. Four ounces of the light meat (that's two generous slices) amounts to about 200 calories. The same amount of dark meat, no skin, has 230 calories. If you can't resist crackly skin, add about 125 calories to each portion. Half a cup of turkey giblet gravy has 80 calories; try to have only a quarter cup at 40. Regular bread stuffing or dressing straight from inside the bird has 180 calories a cup; cornbread or chestnut stuffing has less, about 175. One heaping spoonful of stuffing amounts to about a quarter cup and that's a sensible portion for the serious dieter.

Candied yams have a whopping 295 calories each. Baked sweet potatoes are much more reasonable at 155 each, but that's still high. Try to avoid them altogether. Squash is nice and low in calories and it's a very American tradition-al dish for the festivities. Mashed and baked, winter squash has about 65 calories per half cup. Creamed onions should be approached with caution but half a cup of them won't do you too much damage at 80 calories. A whole cup of salad made with fresh raw vegetables only amounts to about 20 calories and that's a good way to fill up -- but watch the dressing and use a diet brand if possible.

A cup of cranberry sauce has 405 calories but a four-ounce glass of cranberry juice has around 83 calories.

White wine is nice with a turkey dinner, but limit yourself to just one wine glassful. That contains about 95 to 100 calories depending on type. The drier the wine, the lower the calories.

Holiday pies should be forsaken altogether. An average slice of pumpkin has 150 to 160, and mince-meat has about 200 to 215. If it's pie or die, have half a normal-sized slice, do pass up the whipped cream, and have a lovely, low-cal Thanksgiving day this year!

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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.

The farm of Anna C. Mannlying in Nicholas and Fleming counties. John and Ethel Craycraft. 2-7?*

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

The Boone Clark farm. 3-31-77*

All of Dr. Cameron's farms in Nicholas county. 2-23-77*

* * *

WASHINGTON—A piece of human skin the size of a quarter and only 1/20th of an inch thick contains a yard of blood vessels, four yards of nerves, up to 1,300 nerve ends, 100 sweat glands, and more than three million cells, 19,685 in 1 Geographic Society says.

CLIP AND SAVE
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CLASSIFIED ADS
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STAN HARVEY GAS

Want to save money on operating and on buying appliances and heating equipment for your home? Then go gas and go see Stan Harvey. Gas is really a bargain in today's fuel market; and to create other bargains, Stan Harvey is giving a rebate of 12½% on ranges, water heaters, clothes dryers, space heaters and furnaces. Stan Harvey delivers, installs and services what he sells; including the gas anywhere needed. See him today at

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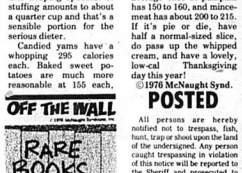

Would You Believe..

* * *

An ancient remedy for toothache was to eat a mouse.

* * *

There are approximately two and one-half times as many cattle in Argentina as there are people.

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 by 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.

THANKSGIVING TRADITION Sol.: 9 letters

CLUES
B--Bread; C--Cider, Cornucopia, Cranberry; D--Dinner; F--Fall, Family, Favorites, Filling, Flowers, Food, Friends; G--Game, Gathering, Grace; H--Hardships, Harvest; Holidays; N--Nut; O--Oven; P--Pie, Pilgrims, Platter, Plenty, Plymouth, Prayer, Pudding, Pumpkin; R--Recipes, Rock; S--Service, Silver; T--Thanks, Toast, Turkey; W--Warmth

ANSWER NEXT WEEK
Last Week's Answer: ENTERTAINMENT 236

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

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Glamour Talk by Joy

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