

Farm and Home

County Extension Agents
Mike Phillips
Mrs. Sharon A. Wilson
Mrs. Margie Wilson

by Margie M. Wilson
After Thanksgiving we begin thinking of gifts for the folks to order for the holidays. One activity that receives high priority in Christmas shopping. Some tips for you on shopping:

1. Last everyone for whom you plan to give a gift. Make your decisions when you want to buy each person. Check magazines, newspapers, or store catalogues for ideas.
2. Ask mothers of any children on your list to suggest gifts and give you a clue.
3. You may select the same gift for several persons if appropriate. This will save time.
4. Consider giving a big gift to a family rather than several individual ones.
5. Mail packages early if they will arrive in time for Christmas.
6. Be sure you have the right size for the gift. It is better to return a gift, than to return a gift, and place order early, if they are to be manufactured.
7. Leave small children at home when shopping.
8. Visit stores in same vicinity to avoid back tracking.
9. Prepare personal gift cards in advance. Write gifts that will be mailed from the store.
10. Wear a reasonably wearing comfortable shoes and the lightest weight coat the weather will permit.
11. If necessary, carry a heavy purse before leaving home.
12. Make sure you have a pencil or pen.
13. Check store directory if you are not clear where a department is located.
14. If shopping all day, plan to eat lunch nearby.
15. Have the store to gift wrap your purchases, but remember this service often costs extra money.

Prevent Christmas Holes and Leaks
Five years ago Christmas presents are expected to require limits on the number of parts per million of various volatile chlorinated compounds in community water supplies and also provide a schedule for the number of tests performed each year to locate the compounds.

According to Mr. Webb, chlorine treatment is required in the community water supply to control bacteria. It is this chlorine treatment which experts say combines with organic matter forming chlorinated hydrocarbons.

Yeast Rolls
Bake, then cool them quickly. Wrap in heavy-duty aluminum foil. Label and freeze immediately before serving, reheat them in the foil package for 15 to 20 minutes at 350 to 360 degrees F.

Baked Cookies
Use cookie recipe high in fat and low in sugar. Add vanilla and nutmeg. Use like. Bake them, cool them, pack in freezer containers, and label immediately.

Before serving, thaw at room temperature.

Unbaked Cookies
Get out and mix up your favorite restrictive cookie recipe. Then wrap that long roll of dough in freezer wrap, label and freeze.

When ready to use, partly thaw the dough at room temperature, then bake according to recipe directions.

Decorate
If you want to decorate cookies for a holiday look, sprinkle party-colored sugars with green or red decorative sugar before baking.

2. Set the tree up well away from fireplace, stove, radiator, or wall.

3. Use nonflammable decorations on the tree and throughout the house.

4. Before decorating the tree, check all electrical decorations for frayed, cracked, or worn insulation and inspect the plug for possible damage. Electrical fixtures should all carry the approval label of the Underwriters' Laboratories. Be sure to disconnect tree lights and other electrical decorations before leaving the house or retiring at night.

Many families may prefer to buy a living Christmas tree instead. These are becoming easily obtainable nowadays, even in the city. Small evergreens or trees can be placed in wooden or metal tubs and be purchased on a patio or inside the house for the family to enjoy. Then, at the close of the holiday season, they can be replanted in the ground as a permanent addition to the landscaping.

But the Red Cross cautions people send their live Christmas decorations that many persons do not realize are poisonous. The berries of holly, mistletoe, yew, and privet are chery and the

Photographic archives established at UK

A photographic archive has been established at the University of Kentucky by King Library's Department of Special Collections which will bring together thousands of photographs scattered in various library collections. Many photographs will be available to UK students and researchers for the first time and will be useful in historical research, exhibits, and publications.

Some of the more important sections in the photographic collections are Appalachian portraits made by Doris Ulmer in the 1930's, and approximately 1,500 glass plate negatives of UK scenes by the late U.S. Senator Hollis, while he was UK professor of engineering from 1906 to 1952.

Gerry Mandl, a UK graduate student in library science, will be in charge of the collection which will be housed in a special, climate-controlled, environment. Duplicates of many photographs will be made so that the originals will be rarely handled.

Mandl is especially interested in acquiring photographs depicting UK and aspects of Kentucky life and culture. He also will look at anyone's personal collection and recommend procedures for proper storage and handling.

The photographic archive, developed mainly by gifts from UK alumni and friends, is located in King Library North and is open from 8 a.m. to 5 p.m. Monday through Friday, 8 a.m. to noon on Saturday and 10 a.m. to 5 p.m. on Sunday. Further information may be obtained by calling (606) 258-8101.

NEW CEILINGS
Our new pattern of ceiling tiles do not look like old ceilings. Will our store and see what's new in ceilings.
12" x 12" .18

NEW KITCHEN CABINETS
Today's cabinets offer a variety of styles that will blend in with only home.
9" Wall & Sink Complete

PANEL-A-ROOM
Nature's gift to your home. The natural softness of a good panel is something that will add to any home's decor.
From \$498 4' x 8'

VANITIES
Ladies, if your bath has no vanity, here's your chance. We carry sizes and styles to fit any size bathroom.
From \$465

Reid & Vice Inc.
Ph. 289-5279 and Ph. 724-5454
Carlsile, Ky. and Mt. Oliver, Ky.

Bacteria in water hard to eliminate

FRANKFORT—Making raw drinking water is free from harmful bacteria and bacteria is like trying to find a grain of salt in 10 tons of sugar, according to laboratory analysts in the state Department for Human Resources.

Cecil Webb in the DHR laboratory services division said it is recent evidence that some chemicals in drinking water cannot exceed two-tenths of one part per billion. "This is equivalent to looking for an extremely small needle in two tons of hay," he said.

Mr. Webb, chief of laboratory analysts in DHR regularly test drinking water from across the state for a long list of possible contaminants including more than 60 elements and compounds measured in parts per million and parts per billion.

Dr. B. F. Brown, laboratory services division director, said the number of bacteria to be tested will soon increase when new federal regulations are issued under the Safe Drinking Water Act of 1974.

"Any day now an expect regulation which will require testing for volatile chlorinated hydrocarbons which result from chlorine combining with organic material in water," said Dr. Brown.

He said these compounds have recently been linked to cancer in humans. Scientists have recently expressed concern about these cancer-causing compounds are increasing in numbers and varieties," Dr. Brown said.

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Court news

Carlsile Police Court
Clarence Campbell, merchant. Fined upon request of complainant.

Jerry Watkins, reckless driving. Fined \$20 and costs.

Ken Hill, trademarked names. Guilty. \$15 and \$15 costs.

Kenneth Hardwick, harassment. Guilty. 30 days probation.

County Court News
Thomas H. Grammer, charged with speeding. Failed to appear. Warrant issued. Defendant arrested, entered plea of guilty. Guilty. Fined \$12.50.

Roger L. Bailey, charged with speeding. Entered plea of guilty. Fined \$20 and costs \$10.50.

Danny Vice, charged with speeding in restricted zone. Entered plea of guilty. Found not guilty. Dismissed.

Noah Johnson, charged with speeding. Entered plea of guilty. Found guilty. Fined \$10 and costs \$10.50.

WARRANTED COURT NEWS
"The newspaper is parent, school, college, and church, for example, counselor, all in one." — Wendell Phillips

Production of alcoholic beverages is a strict government monopoly. — Alcohol is priced and taxed high, and not advertised.

— It must be consumed only at home, or with a meal in a restaurant, and there are severe penalties for driving intoxicated.

The police have power to stop and test any driver for drinking.

Walker's current research includes an animal project with VA psychologist John Daugherty and another with UK psychiatrist Arnold Ludwig concerning opiate.

His hobbies are reading, theatre, travel, and until early this year, his home. In January he and Mrs. Walker, who have four grown children, moved into an apartment, leaving behind the big house.

Health Care Auxiliary Christmas Bazaar set

The Nicholas County Health Care Auxiliary Christmas Bazaar will be held on Saturday, Dec. 3 from 9 a.m. to 2 p.m. in the Park Building, corner of Main and Locust.

Christmas gifts and decorations will be for sale. The handmade articles include Christmas stockings, tree skirts, wreaths, tablecloths, tree decorations, Barbie doll clothes, and baby clothes. There will be Christmas gifts from the gift shop. Homemade plans, cakes and candy will also be for sale. A drawing will be held on Saturday for an Afghan made and donated by Mrs. Kenneth Strick. Door prizes will also be given.

The country store will have honey on hand.

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Have a lot of . . . "Christmas Spirit" here at . . . Abraham's Ladies Shop

Let us help you spread a little with something special to delight the female hearts on your Christmas list.

- Large selection for gifts—big & small.
- Sales ladies with lots of "inside information" to help you.
- Free gift wrapping.

DASHING THROUGH THE DOUGH?

Snowed under by the high cost of Christmas gift giving?

Don't despair—There is a "store" where prices are small—Send a subscription to The Carlisle Mercury, in Kentucky \$6.30; Out-of-state \$8.00 for 52 issues.

We'll even send a Christmas card.

The Carlisle Mercury

234 Locust St. Carlsile

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Numerous items available Saturday at Christmas Bazaar

To left, this Afghan will be given away Saturday at the Nicholas County Health Care Auxiliary Christmas Bazaar to be held at the Park Building at the corner of Main and Locust St. This night's sampling of Christmas articles will be for sale Saturday from 9 a.m. to 2 p.m. Above left, Mrs. Nancy Shaw accepts a country ham donated to the Bazaar by Mrs. J. H. Warner. Above right, she also receives a country ham for the Bazaar donated by Jerry's KDA, Al Warner, manager, is pictured. Right, some of the handmade articles to be sold at the Bazaar Saturday — photos submitted.

Health Care Auxiliary Christmas Bazaar set

Experienced drug researcher likens drugs to tv without set

As one of the most experienced drug researchers in the world, University of Kentucky psychiatrist-pharmacologist Abraham Wikler sees the recent, widespread American abuse of drugs as a kind of "prolonged infatuation made possible by the unprecedented post-war prosperity."

Dr. Wikler, generation of youngsters. Dr. Wikler, who has learned to expect effortless, rapidly changing experiences and has grown self-indulgent. For many such persons, drugs are like "tv without the set."

Dr. Wikler's long association with addiction, and his time when marijuana was the province of just the "hippies" and "beatniks" through the "exploration of knowledge" of the 1960s expanded the effect of drugs on the brain, and through the torturing recent years of drug abuse — marijuana, LSD, "peppers" (amphetamines), barbiturates, and opiates (barbiturates, methadone, valium, etc.).

Dr. Wikler is a scientist-psychiatrist, but he is not a sociologist or a preacher. He distinguishes sharply between the laboratory use of drugs, leading to researchers' understanding and treatment for psychosis, and the casual use of the same drugs by persons seeking a "high."

"Of tranquilizer use he observes, "A certain amount of anxiety is natural. When the thing you were afraid of doesn't materialize, you are greatly relieved."

Wikler believes that the over-anxious person should use such tranquilizers as valium and lithium in concert with psychotherapy, and that the drug should be related only for a "reasonable time," no longer than a month.

Otherwise, he says, the patient tends to escalate the use of the drug and to develop psychological or physical dependence, or both.

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