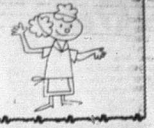
Kay's Kitchen

— — By Kay Fisher



This column for the next few weeks will be a potpourri of recipes since my method of filling leaves a lot to be desired. So while I am looking for holiday fare, to be used nearer the holidays, I will use those recipes that have been stuck in my letter box until it will hold no more. Hopefully you will find something you will enjoy from this collection.

ITALIAN STYLE DRIED BEANS

1½ cups dried navy beans, regular or quick-cooking
1 slice white onion
¼ cup olive or vegetable oil
1 teaspoon minced garlic
1/8 teaspoon oregano
¼ teaspoon savory
2 large ripe tomatoes, peeled, seeded, coarsely chopped and drained
½ teaspoon salt
freshly ground black pepper to taste
1 tablespoon wine vinegar

Prepare beans according to package directions. When beans have been soaked and cooked with onion slice until tender, drain and set aside. Heat oil in heavy skillet; add garlic, oregano and savory; cook, stirring, for 30 seconds. Add drained beans, drained tomatoes, salt and pepper. Cover; simmer over low heat 10 minutes. Stir in vinegar. Makes four servings.

CHEESE TUNA NOODLE BAKE

½ cup chopped onion
2 tablespoons margarine
2 tablespoons flour
1½ cups canned milk
¾ cup water
1½ cups shredded cheese
1½ teaspoons worcestershire sauce
1 teaspoon seasoned salt
2 - 6½ oz. cans tuna, drained and flaked, or 1 large can tuna
1 cup cooked, drained peas
3 cups cooked, drained medium noodles

Saute onion in margarine in medium saucepan. Stir in flour. Gradually add canned milk and water. Cook over medium heat until mixture boils, stirring constantly. Remove from heat and add 1 cup of the cheese, worcestershire sauce, and seasoned salt. Stir until cheese is melted. Add remaining ingredients and spoon into 1¼ quart baking dish that has been well greased with margarine or use a cosmeretic no stick spray. Top with remaining ½ cup cheese. Bake 350 degrees about 30 minutes.

In place of the canned milk and water, you may use all whole milk, which would be total of all liquid.

CARROT BROWNIES

½ cup margarine
1½ cups light brown sugar
2 eggs
2 cups sifted all-purpose flour
1½ teaspoons salt
2 cups finely grated carrots
½ cup chopped walnuts

Preheat oven 350 degrees. In a saucepan melt margarine. Add sugar and stir until well blended. Remove from heat and beat in eggs. Beat in remaining ingredients except nuts. Pour into two greased 8x8x2 pans. Sprinkle chopped nuts over mixture in each pan. Bake 30 minutes in 350 degree oven. When done cut into squares. — Helen Hamm.

CINNAMON ROLLS

2 packages granulated yeast
1 cup lukewarm water
1 teaspoon sugar
1 cup milk, scalded
2½ teaspoons salt
½ cup sugar
2 eggs, beaten
½ cup melted shortening
6 to 7 cups flour

Soften yeast in lukewarm water with teaspoon of sugar. Scald milk, stir in salt and ½ cup sugar. Cool to lukewarm.

When cooled, stir in yeast mixture and combine with eggs. Add 4 cups flour and beat until smooth.

Stir and knead in enough flour to make a soft dough. Place in lightly greased bowl and turn dough over. Cover; let rise for one hour.

Roll out to ¼ inch thickness. Brush melted butter over surface and sprinkle with cinnamon-sugar mixture.

Roll as for jelly roll. Cut in 1 inch slices and place in greased pan fairly close together. Brush tops lightly with butter. Sprinkle lightly with more cinnamon-sugar mixture.

Let rise for 45 minutes. Bake at 375 degrees until brown.

Frost with:

1¼ cups of sifted confectioner's sugar
1½ tablespoons boiling water
1 teaspoon butter
½ teaspoon vanilla

Put sugar in mixing bowl. Combine boiling water with butter. Beat until melted, add vanilla and sugar and beat until smooth.

Add more boiling water, drop by drop, until it is of thinner consistency than for cake.

BROWN SUGAR CHESS PIE

2 eggs
1 cup white sugar
½ cup brown sugar
¼ cup milk
1 tablespoon flour
1 tablespoon corn meal
¼ cup melted butter
1 teaspoon vinegar
1 teaspoon vanilla

Combine sugar with flour and meal. Beat eggs and add all other ingredients. Blend. Pour into unbaked pie shell and bake at 320 degrees for 45 minutes.

Party honoring four hosted by Kingsolvers

Dr. and Mrs. W. R. Kingsolver entertained Friday evening with a party in honor of Mr. and Mrs. Tim Scott and Mrs. and Mrs. Rob Kingsolver. Mr. Scott is a third year medical student at the University of Kentucky and has been working with Dr. Kingsolver for six weeks as a part of the Family Practice teaching program at U.K.

The Kingsolvers' son, Rob, and daughter-in-law, Jackie, were visiting from Louisville where he teaches at Indiana University S.E. and she is a law student at the University of Louisville.

Edgar Allison on the organ and Carroll Hall on the trombone furnished music for the occasion.

KJHS seeking history students for promotional commercials

FRANKFORT—Gov. Julian Carroll will soon appear on television stations throughout the Commonwealth to promote the Kentucky Junior Historical Society (KJHS).

Sponsored by the state historical society, the KJHS provides Kentucky students with opportunities to expand their knowledge about the state's history.

The students will write, direct and produce the television commercials to explain how the KJHS is expanding. "We are trying to develop more projects like the archaeological dig on Fort Hill in Frankfort," explained Nancy Penney, director of the KJHS. "Some tentative projects include a boat trip down the Ohio River to conduct a transportation survey."

As in the past, students will continue to take part in regional workshops designed to teach them methods of research, exhibit design and oral history. The workshops will be geared to teach some 80 students in the program doubling the number enrolled in previous workshops.

Penney said that the regional workshops will be video taped and critiqued by the students. "The students will learn how to use the equipment to interpret history," said Penney. "For example, they will be using video tapes, rather than cassettes, to tape oral history interviews."

Each year awards are presented at the KJHS convention to those students who have excelled in different project areas. The project categories include art, photography, essays, crafts, public speaking, oral history, genealogy, and individual as well as group research. This year an award will be given in exhibit design.

The award winning material is published in "Kentucky Heritage", usually a quarterly publication. This year, "Kentucky Heritage" will be published three times and the students will also receive an archaeological report on the Fort Hill dig.

As the KJHS expands, more sponsors are needed to start new school clubs. "Anyone who has the time and an interest in history is eligible to be a sponsor," Penney said.

In addition to sponsors, Penney is also looking for a person who is a past member of the KJHS to help with the junior historian's program. "He or she must be able to relate well to young people," added Penney. "A person with a major in history and education is preferred."

If you are interested in applying for the position or becoming a sponsor for a KHS chapter, contact Nancy Penney, (502) 564-3016.

Students wishing to enter UK College of Agriculture are advised on subjects

It's happened all too often that high school students planning on entering UK's College of Agriculture take subjects in high school that are "fine to get that high school diploma," but aren't subjects a student actually needs to prepare for any of a variety of career degrees in agriculture, says Mike Richey, director of student relations for UK's College of Agriculture.

He pointed out that a student planning to attend the College of Agriculture should take as many courses as possible in mathematics — algebra, geometry and trigonometry — and as many of the physical science courses as possible — chemistry, physics and biological sciences. "The student should take several courses in English composition — and even speech would be helpful," Richey said, adding it would also be "a good idea" to take vocational courses in agriculture "whenever and wherever such courses can be worked into the individual curriculum."

The variety of opportunities available in agriculture were described by Richey as basically science oriented. "A depth of understanding in the natural sciences, mathematics and English areas, therefore, is of necessity," he emphasized.

"Many high school students make the mistake of getting so caught up in making grades that they sometimes shun the more difficult courses — just so they maintain a high grade point average," Richey said. He observed students would be better prepared for a career in agriculture if they took the seemingly more difficult courses, even though a high grade point average may not be obtained.

"My advice to any high school student planning to enter the UK College of Agriculture is to contact your guidance counselor early in your high school years to map out a planned course of study," Richey said. He noted in some cases guidance counseling is available in the middle schools and where such guidance is available the students "might well begin developing their background courses at that stage."

POETRY section

Continued from page seven

WHEN I DEPART

Don't wait 'till I leave you
To give the lovely flowers,
Strew them along my path today,
To cheer the passing hours.

When I depart this earthly life
Don't purchase a big bouquet,
Lest later you find the bill hard to pay,
Just speak a kind word today.

Please don't honor me as a saint,
For in your heart, you know "I aint".
If you have jam or praise to spread
Pass it to me before I'm dead.

When I'm gone, don't grieve and feel blue,
It will be better off than you.
Just recall a kindness I have shown,
And remember the friend you once have known.

— Thelma Sampson Standiford
Route 1, Ewing

LIFE IS WHAT YOU MAKE IT

Life is what you make it,
Has always been my creed,
It can be sad and miserable,
Or happy as can be.

Laying up material things
Is something we go thru,
But did you ever think about,
What God would have us do?

Life used to be so simple,
When we thought as a child,
But as we grow from day to day,
Our needs may be worthwhile.

Live your life the best you can,
Don't mind what others say,
Thank God you have a life to live,
Thank God you have today.

— Mary Minton
Route 4, Carlisle

SOCIETY

Mr. and Mrs. Terry Ritchie of Warner Robbins, Ga. spent several days last week visiting their parents, Mr. and Mrs. Randall Ritchie, Carlisle, and Mrs. Emma Mens and Merton Williams, Lexington. They also visited Mr. Ritchie's grandmother, Mrs. Albert Booth.

Mr. and Mrs. Russell Bell were honored with a miscellaneous shower Wednesday night at Carnico Country Club. The shower was attended by members of the Club.

Mr. and Mrs. Stanley Storey and Mr. and Mrs. Edgar Rawlings spent several days recently in Gatlinberg, Tenn. While there they visited several points of interest in North Carolina and Tennessee.

Mrs. Jolene Snapp had as her guests last week for a few days her sister, Mrs. Eddie Brewer and her niece, Mrs. Jimmie Holland and Mr. Holland of Big Sandy, Tenn.

They and Mrs. Snapp took a vacation to Mt. Vernon and attended the Renfro Valley barn festival.

Miss Laurie Petrie of Cincinnati, Ohio was the guest Saturday of Mr. and Mrs. John Wolf at their Lake Carnico home.

Mr. and Mrs. Kenneth Smoot and Billy, Mrs. Josephine Westfall, Miss Deanna Grimes, spent the weekend with Mrs. Smoot's son, Joe Henning, and Mrs. Henning of Charlottesville, Va. While there, they toured Monticello and other points of interest.

Mr. and Mrs. Gene Gaunce, Mr. and Mrs. Scotty Fryman, Mr. and Mrs. Teddy Shaw spent last weekend in Nashville, Tenn.

Mr. and Mrs. Martin Feeback had as their guests this week her mother, Mrs. Obie Chasteen of Franklin, Ohio, her sister, Mrs. T. H. Gill and neice Mrs. B. L. Dean both of Lexington.

Miss Sharon Alexander, bride-elect of David Wilson, was honored with a miscellaneous shower at the Carlisle Christian Church on Monday night.

Jimmy Sadler, a senior at Nicholas County High School, submitted to open chest surgery at the University Medical Center on Oct. 11. Mr. Sadler, son of Mr. and Mrs. Raymond Sadler, Whetstone Road, is in satisfactory condition at the hospital.

Mrs. Bettye Mathers had as her guest several days last week her sister, Mrs. John Caywood of Evansville, Ind. On Saturday, Mrs. Caywood's daughter, Mrs. Charles Emerson, and Mr. Emerson, of Evansville arrived. They took Mrs. Caywood home with them on Sunday.

Miss Cary Griffith of Brookeville and Miss Mary Jane Griffith of Morehead State University were weekend guests of their grandmother, Mrs. Hicel Asbury.

Rev. and Mrs. H. Dallas Sugg and Miss Alicia Sugg were house guests of Mr. and Mrs. Eugene Snapp on Oct. 14.

Mrs. Marie Layman, Huntington, Ind. has been the house guest of Mrs. Bess Bromagen and Miss Effie Clinkenbeard for the past week, Wednesday dinner guests were Mr. and Mrs. Allie Clinkenbeard. They spent the weekend in the Smoky Mountains and Mrs. Layman left for Florida for the winter. They have been spending the winters together in Florida for the past eight years.

Mr. and Mrs. W. R. Buntin Jr., of Frankfort and Mr. and Mrs. Charles Hopkins spent last week at Lake Barkley.

Mr. and Mrs. Edwin Haselrigg of Welsh, W. Va. were guests of his aunt, Mrs. Ina Brady, over the weekend. Mr. and Mrs. Haselrigg also attended the Homecoming activities at Georgetown College during the weekend.

Mr. and Mrs. Woodrow Wilson returned last week from a ten day holiday touring Pennsylvania.

Mr. and Mrs. John Hamilton.

Mr. and Mrs. Ron Slack of Iowa City, Iowa spent the weekend with her mother, Mrs. Morris Whiteley.

Mrs. Wendell Shipp of Lexington was the Sunday guest of her father, Bert Eyster and Mrs. Eyster.

H. C. Galbraith was a visitor in Carlisle, Monday.

Births

ECTON

Mr. and Mrs. Phil Ecton of Nicholas County announce the birth of a son Saturday, Oct. 15, 1977 at Nicholas County Hospital. He weighed 10 pounds, four ounces and has been named Christopher Allen.

Maternal grandparents are Mr. and Mrs. Russell Roach of Edmonton. Mr. and Mrs. J. W. Ecton Jr. of Nicholas County are paternal grandparents.

Carlisle United Methodist Women to meet Tuesday

The general meeting of the Carlisle United Methodist Women will be at 6:30 p.m. on Tuesday, Nov. 1. A pot luck dinner will be served. Mrs. David Zachary will be in charge of the program and will have the pledge service. All women of the church are invited to attend.

V.F.W. Post 8666 to have supper and dance Oct. 29

V.F.W. Post 8666 will have a pot luck supper and dance at 6:30 p.m. Saturday, Oct. 29. All members and their wives are invited to attend.

Two federal grants will help DHR

FRANKFORT—Two federal grants will help the Department for Human Resources (DHR) make it easier for more than 285,000 older Kentuckians to obtain two vital needs—food and transportation,—says Peter D. Conn, secretary of Human Resources.

The grants, which total $159,602, will be used to hire 14 "nutrition aides" and 14 "escort aides." The new workers will be DHR employees, but assigned to local agencies which serve senior citizens.

The nutrition aides will be outreach workers for nutrition programs which are funded through Title VII of the Older Americans Act. They will contact older people who would benefit either from group meals or home-delivered meals, telling them about those services and encouraging them to take advantage of them.

The escort aides will act as dispatchers or drivers for agencies which provide necessary transportation for low-income elderly and/or handicapped people.

In the Bluegrass area, 23,300 older residents may benefit from the two grants. There will be two job openings in the area, a nutrition aide and an escort aide. Counties whose residents are eligible for the positions are Anderson, Boyle, Estill, Garrard, Harrison, Jessamine, Lincoln, Mercer, Nicholas and Powell.

Millions to be spent on homes of elderly for energy saving

FRANKFORT — Gov. Julian Carroll today said more than $3 million will be used to make the homes of Kentucky's low-income and elderly persons more "energy-efficient".

The money is the unused portion of funds from the federal Special Crisis Intervention Program (SCIP), which channeled $4.6 million into Kentucky's Department for Human Resources in July.

"First priority for the funds was to provide relief to people who have been unable to pay last winter's high fuel bills," Gov. Carroll said. "As planned, the money which remains after full-filling this commitment will be used to insulate homes and help these people reduce future fuel expenses."

According to Department for Human Resources (DHR Secretary Peter Conn, the department's Bureau for Social Insurance received approximately 22,500 requests for SCIP assistance by the Sept. 15 extended deadline. Bureau officials expect the final total of assistance to be slightly less than $1.5 million.

The $3 million-plus balance is being transferred from the social insurance bureau to DHR's Bureau for Social Service, which will contract with local community action agencies for the weatherization projects.

The money will pay for insulation and other materials. The community action agencies, which are non-governmental, regional service organizations, will use federal money under the Comprehensive Employment Training Act (CETA) to hire workers for the program. CETA employment is available to unemployed or low-income people.

Not all counties in Kentucky are served by community action agencies. However, said Mr. Conn, arrangements have been made for these agencies to provide weatherization services to all 120 counties.

When the SCIP program was established, the federal government required that any portion of grant money used for home insulation had to be matched 40 per cent by state funds. Unmatched funds were to be returned to the federal source.

"None of us, of course, could have predicted the severe winter," said Mr. Conn. "Most states, including Kentucky, were unprepared for the match requirement. Gov. Carroll saw the insulation phase of this program as a way to lower utility costs for the poor and conserve fuel as well. His efforts to have the match requirement waived for Kentucky resulted in a waiver issued to all states."

Gov. Carroll also arranged a waiver of the 90-day waiting period which would have delayed the start of the insulation projects until late December, Mr. Conn added.

Spring of 1978 will see 'fee-free' food stamps

FRANKFORT — In the spring of 1978, Kentucky food stamp recipients will get their food stamps without paying a fee, according to Gail Huecker, social insurance commissioner in the state's Department for Human Resources.

Under the current system, persons eligible for food stamps must buy them, paying a slide-scale fee less than the value of the stamps they receive. A bill signed last week by President Carter removes the payment system from the federal food stamp program.

When the new law takes effect next spring, each client will receive free food stamps equal to that client's present "bonus" amount. "Right now, for instance, a person may be paying $40 for food stamps with a value of $100," Commissioner Huecker explained. "Under the new law, this person will receive what we call the bonus value of stamps free of charge—in this instance, stamps worth $60 at the grocery. To buy their usual amounts of food, clients will need to supplement their bonus food stamps with the amount of cash they have been paying for the stamps."

The revision will not increase the state's cost per food stamp client, Commissioner Huecker said. State money is involved only in administrative functions of the program. The cost of food stamps is paid totally by federal funds.

According to Lela Bentley, manager of the food stamp branch in the Department for Human Resources, the new law will make a difference to people at both extremes of the food stamp eligibility scale. "The income ceiling is being lowered, so some recipients with incomes at the top of the scale may no longer be eligible," Mrs. Bentley said. "On the other hand, persons who could not get food stamps because they had no income to buy them may now be eligible."

She anticipates a slight increase in the number of food stamp recipients in Kentucky as a result of the new law. According to August statistics, there are 378,099 persons in 112,430 households enrolled in the food stamp program in the state.

Pro-Family Conference Saturday

In response to resolutions passed at Kentucky International Women's Year Conference (IWY) this spring, a Kentucky Pro-Family Conference will be held this Saturday, Oct. 29, at the Commonwealth Convention Center, 221 River City Mall, in Louisville, from 10 a.m. to 4 p.m.

Featured speakers at the Pro-Family Conference will be Dr. Carolyn F. Gerster, internationally known speaker and chairman of the board of the National Right to Life Committee; and Mrs. Phyllis Schlafly, author, president of Eagle Forum, and leader of National Stop ERA. The conference is being organized by Concerned Women of Kentucky, Concerned Citizens of Louisville, Kentucky Right to Life, and the Knights of Columbus.

The purpose of the Kentucky Pro-Family Conference is to promote pro-family views and values and to neutralize the influence of the Kentucky IWY held in Lexington. Many of the same resolutions passed by the Kentucky IWY will be voted upon and the results forwarded to state and national legislators. Both men and women who share concern for family life and Judeo-Christian principles are urged to attend.

In the summer of 1977, every U. S. state and territory hosted an Internal Women's Year conference, financed by $5 million tax monies. Former N. Y. Congresswoman Bella Abzug persuaded Congress to appropriate this sum to extend the U. S. observance of International Women's Year. Federal statutes stipulated that advisory committees be fairly balanced in points of view represented. However, the 42 member national commission has only one member who represents these millions of women who oppose abortion on demand and the Equal Rights Amendment (ERA). President Carter appointed Bella Abzug chairman of the national committee which consists almost entirely of activists and/or militant feminists.

The Kentucky state committee, appointed by this national commission, represented a similar balance. The resolutions for the state conference were basically formulated at the national level and were passed in most states. The Kentucky IWY conference passed 26 resolutions, most of them asking for government funding or control which is intended to reach into every aspect of family life. They include legalized prostitution, lifting the ban on the advertising of contraceptives on tv, support of ERA, support of federally financed abortion on demand, government funded family planning for all ages, abolishing all laws governing sexual activity between consenting adults, thus legalizing homosexuality and adultery, eliminating laws based on sexual preference, federal universal child-development programs, and experimental early childhood programs funded by HEW.

Advanced registration for the Pro-Family Conference will be $2 per person or $5 per family, whichever is less. Registration at the door will be $3 per person or $7.50 per family. Checks are payable to Kentucky Pro-Family Conference. Babysitting is available, but parents must register in advance and supply food and other child-care needs for the day. Registrations may be mailed to Kentucky Pro-Family Conference, P. O. Box 1127, Owensboro, Ky. 42301.

Bus transportation will be provided from Lexington to Louisville by calling Mrs. John Pullen in Lexington at 255-5490. Buses will leave Church of God Camp Ground, 2900 Versailles Road promptly at 7:30 a.m.

Band Boosters to hold bake sale

The Nicholas County Band Boosters Club is having a bake sale in front of Carlisle Drug at 3:30 p.m. Friday, Oct. 28 and 10 a.m. Saturday, Oct. 29.

All proceeds will go toward the purchase of new band uniforms.

Elementary PTA to meet Monday

The Nicholas County Elementary Parent-Teachers Association will meet Monday evening, Nov. 7 at 7:30 p.m. at the elementary school.

— Vote For —

Veach Berry

for

Mayor

With another winter's high gas bills approaching, the City Government has failed to adopt a Budget Gas Plan for its customers. If I'm elected I will work to adopt a Budget Gas Plan for those people who wish to use it in the 1978-79 winter season.

I'm interested in our City and its people.

Thank You

—Pol. ad paid for by candidate

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Savings THE TRICK ON ALL OUR Food Treats

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Fresh (3 lb. pkg. or larger) **Ground Beef lb. 79¢**

Snow Hills 4-6 lb. avg. **Frozen Hens lb. 49¢**

Armour Country Brand 12 oz. **Sliced Ham $1.59**

Armour Vacuum Packed Sliced **Bacon lb. $1.29**

12 oz. pkg. Armour **Hot Dogs 69¢**

U. S. Choice **Chuck Roast** (Boneless lb. $1.09) lb. **69¢**

U.S. Choice **Shoulder Roast lb. 99¢**

U.S. Choice Boneless **Stew Beef lb. $1.39**

U.S. Choice **Beef Short Ribs lb. 99¢**

U.S. Choice **Chuck Steak lb. 79¢** (Boneless lb. $1.19)

Partridge Smoked Center Cut **Pork Chops lb. $1.49**

Picnic Style 6-8 lb. avg. **Fresh Pork Roast lb. 69¢**

Skinned & Devained **Fresh Beef Liver lb. 69¢**

Savory Smoked, Polish, Kucbasy, German **Armour Sausage lb. $1.49**

R.C. Cola, Diet-Rite Cola 8 pk., 16 oz. W/Btls. **$1.09**

2 lbs. **Thank You Apple Pie Filling 59¢**

6½ oz. **Friskies Buffet Cat Food 5/$1**

Reynolds Broiling Foil 20 ft. **2/89¢**

Parkay Margarine lb. pkg. **49¢**

12's **Pampers Toddlers $1.49**

Hormel 6¾ oz. **Tender Chunk Ham 79¢**

Hefty Tall Kitchen 12 Ct. **Garbage Bags $1.99**

Hefty 15 Ct. **Trash Bags $2.39**

& Chunx 25 lb. bag **Hunter's Choice Ration Dog Food $3.29**

Lloyd J. Harris Pie Pumpkin & Mince **99¢**

Paramount Dill Pickles Reg. & Kosher 32 oz. **69¢**

Sea Pak Onion O's 16 oz. **79¢**

Marzetti Slaw Dressing 8 oz. **59¢**

2 lbs. 6 Varieties **Stillwell Frozen Cobblers $1.19**

Stillwell Money Saver **Pie Shells** 2 - 9 in. shells, 1 pan **3/$1**

Smucker's Strawberry Preserves 18 oz. **79¢**

Fabric Softener 33 oz. **Downy 89¢**

Jumbo Roll **Scottowels 59¢**

White Lily Plain, Self-Rising **Flour** (Limit 1 please) 5 lb. bag **49¢**

Prelate Pink **Salmon** 1 lb. can **$1.49**

Dixie Pride 10 Ct. **Biscuits 6/69¢** Homestyle, Buttermilk

Ore-Ida Crinkle Cut **Potatoes** 2 lbs. **75¢**

California Vine Ripe **Tomatoes** lb. **39¢**

U.S. No. 1 **Idaho Potatoes** 10 lb. bag **$1.19**

Turnips 2 lbs./49¢

Florida White Seedless **Grapefruit** 48 Ct. **10¢**

Extra Fancy **Head Lettuce 39¢**

★ We Welcome Federal Food Stamps