CB Troubles

Despite the citizens band boom, foreign competition may force the layoff of at least 1,300 this year in the CB radio manufacturing industry, the Labor Department estimates.

we make electrical repairs

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

DUNCAN'S ELECTRICAL SHOP

Farm and Home

Nicholas County Extension Agents

Mike Phillips, Mrs. Sharon A. Wilson, Mrs. Margie Wilson

Pick a color, pick a size, pick a tomato

Tomato plants may all look alike to you in their little peat pots or plastic cell-packs, but don't be fooled.

Depending on the variety, they might sprout tiny red tomatoes, little pear-shaped yellow ones, big round and red ones, or even huge odd-shaped pink or purple fruit.

Some varieties are more flavorful than others, and more disease-resistant, too. Some are short-growing early producers and some mature later in the season.

So, it's important to know what you want. Then select a variety to suit your taste and the way you plan to use the tomatoes.

High quality, good yield

Two of the varieties top-rated by UK College of Agriculture Extension horticulturists are Ramapo and Better Boy. Both have some resistance to early blight, can be pruned, staked and trained various ways, and have 6 to 8 ounce red fruit that is meaty and flavorful. The fruit won't crack open as it matures. Plants produce over several months' time.

Both Ramapo and Better Boy are highly recommended for canning, freezing and fresh use.

Early tomatoes

An extra-early producer worth mentioning is the Spring Set tomato. It's a low-growing heavy producer that comes on early with its fruit. Then it's gone, having done its work for you, along about the time the other varieties catch up. It's not as disease-resistant as the Ramapo and Better Boy.

Small tomatoes

Biggest of the little-tomato varieties is Saladette with its round red 3 to 4 ounce fruit. It is tolerant to wilt and leaf spot.

Next in size come Small Fry and Presto. Small Fry is resistant to blight and wilt. The plant has about a 3½ foot spread and produces big clusters of tiny bright red fruit. Presto tomatoes are slightly larger and the plant itself is smaller than Small Fry.

Yellow Plum and Red Cherry are other small round varieties, with their color in their name. Almost like wild tomatoes, they often come up early by themselves the following spring from the seed of some last-year tomatoes left on the ground.

Yellow Pear and Red Pear are little ones shaped like their namesake fruit. They are novelties in the garden.

All of these small tomatoes can be grown with little trouble and no staking in containers on the patio. Most are not as flavorful as the bigger varieties, but they are handy for salads and are a colorful plant to have around.

Beefsteak tomatoes

These are the giants — Super Beefsteak, Beefeater, Beefmaster, and Ponderosa and they range in color from pink to red to purple. They have a very good flavor, are easy to stake or train. They are not as disease-resistant as some other varieties.

Why not set out at least one of these plants this year?

Brighter Yellow fruit

Sun Ray is a mild-flavored yellow-orange variety highly resistant to Fusarium Wilt. Its large vines are adapted to staking. It's bland flavor is markedly different from that of the redder varieties.

For catsup, tomato sauce

One of the best varieties to plant if you want to put up catsup, tomato sauce and puree is Roma. Its pear-shaped solid fruit has few seeds and is bright red in color.

Free gardening tabloid

For more help in planning and planting your garden, drop by my office for your copy of the new Cooperative Extension Service 32 page home gardening tabloid.

It's full of just about everything you ever wanted to know about growing your own fruits and vegetables!

Transy literary magazine wins award

The Transylvanian, a student-edited literary magazine published on the campus of Transylvania University in Lexington, has won a citation for merit and a $200 prize from the Kentucky Arts Commission. The Spring 1978 issue, edited by Transy senior Cecilia Woloch, was cited for "cleanly conceived and clearly expressed" poetry and the general excellence of its literary work presented in the magazine. Also noted with favor was the "exquisite" press work of Transylvania faculty member J. Hill Hamon. Individual poets Carol Spotts (a faculty member at Transy) and Cecilia Woloch were mentioned specifically by the judges as outstanding, according to faculty advisor Mildred Lawson.

Wild greens are in season

by Margie H. Wilson

Gather up wild greens when they are young and tender. Then they won't need parboiling to get rid of a bitter taste.

"There's no sense in losing vitamins and minerals with that pour-off water if you don't have to," says Margie H. Wilson, Nicholas County Extension 2-cent for home economics.

Unless they need parboiling — a brief pre-cooking in boiling water that you drain off — cook wild greens the way you would cook spinach. Wash them first in several changes of water. Then use a small amount of water in your saucepan and cook the greens until tender. It usually takes just a minute or two.

Fresh young green are also delicious in a tossed salad.

"If you haven't learned yet to recognize the different plants, you're missing some good eating," says Mrs. Wilson. "Wild greens are high in vitamins and minerals, especially when you eat them freshly-picked in salads."

Common "wild ones" here in Kentucky are: poke, lamb's quarters (also called pigweed and wild spinach), dandelion, wild lettuce, crow's foot, evening primrose, watercress, upland cress, shepherd's purse and broad-leaf plantain.

They grow like the weeds they are, and they're up before most of our garden produce is ready for harvesting.

Take a walk with a friend or old-timer who knows these plants well, pick your fill, and cook up a mess of greens for supper. Once you learn to recognize the different plants, you can have some "good eating".

Don't gather them from along the roadside, however. They are likely to be polluted from motor-vehicle exhaust fumes. The best places to look: wood lots, old pastures, stream banks, and even your lawn.

Hospital notes

Admissions: Barbara Woodward, Edith Burke, Clayton Curtis, Mabel Morris, Louise Watkins, Frances Bell, Jo Ann Middleton, Minnie Mynear, Marion Sexton, Lucille Williams, Charles Guy, Carlisle; Anna Arrasmith, Bethel; Ernest Wood, Paris; Clarence Barton, Cynthiana; Elwyn Ewing; Jimmy C. Richmond, Arkansas.

Discharges: Avery Mitchell, Lillian Watkins, Armintie Clinkenbeard, Omer Brumagen, Athylene Sonby, Delphia Asbury, Barbara Woodward, Edith Bryant, Marion Donovan, Otis Caswell, Howard Adamson, John DeAtley, Tisha B. Earlywine, Minnie Mynear, Elwyn owings, Mabel Morris, Frances Bell, Edith Burke, Bernice George, Carlisle; Jane Luman, Mayslick; Diana Humphries and baby boy, Moorefield; Wanda Kay McKee, Millersburg; Jimmy C. Richmond, Arkansas.

Court news

from Nicholas County

District Court
Traffic Citations

Timothy J. Crager, speeding 73 in 55 zone, prepaid fine $36, costs $17.50.

Dana B. Fuller, speeding 67 in 35 zone, plead not guilty, fine $14, costs $27.50.

Paul Saufzer, speeding 67 in 55 zone, prepaid fine $18, costs $17.50.

District Court
Misdemeanors

Steve Finch, fishing without license, plead guilty, fine $15, costs $27.50.

Small Claims

Michael D. Jolly vs. Duncan's Electric Shop for $500 for damages done to television, judgement made for defendant.

Arthur Wells vs. Calvin Denton for $29.75 and court costs. Settled out of court.

Arthur Wells vs. W. E. Myers for $78.50 and court costs. Settled out of court.

Dee Jays Auto Parts vs. Wayne Wilcoxson for $75.53 and court costs. Settled out of court.

CORRECTION!

Last week two of our District Court Traffic citations were reversed. We regret the error. The correct citations were: James Ronald Anderson, improper start from parked position, plead guilty, fine $10, costs $27.50; Kent Hill, speeding, plead not guilty, found guilty, having trial before court, fine $20, costs $27.50, is getting an attorney and appealing to higher court.

— Thank You —

Randolph Ready Mix has been sold to Hinkle Construction Company.

I would like to thank ALL my customers for their business during the past years.

I am still doing Back Hoe and Dump Truck work.

Thanks again,
Jack Randolph

Estate Auction

Sat., April 29, 1:30 p.m.

FOUR ROOM HOUSE

Located on High Street in Dorseyville.

For the estate of the late Elizabeth (Lizzie) Bussell. We shall sell her property at public auction. House consists of four rooms and bath. An investment for rental property or a home. Agent will show property.

Fightmaster Real Estate Agency

Phone 289-2470 Carlisle, Ky.

AUCTIONEERS: Cleary Fightmaster, Billy R. Hunter

Real Estate for Sale

Jewel Vice, Realtor

51 acres, five room house, two car garage, 2200 lb. tobacco base, five bent barn. Seven miles from town.

• • •

12 x 60 mobile home and lot. $8,000.

• • •

104 acre farm. Modern home has 2 bedrooms, bath, living room, kitchen. 3566 lbs. tobacco base. 5 bent barn. All on blacktop road. Look this one over today.

• • •

40 acre farm, barn, 1468 lbs. tobacco. Close to town.

• • •

Extra nice cottage, Lake Carnico. Modern as can be.

• • •

Four-room frame home and bath on 16 acres. 542 lbs. tobacco base.

• • •

See or Call Us Today!

Jewel Vice
Realtor & Auctioneer
REALTOR 101 S. Broadway Phone 289-2525
Charles Judge, Salesman

Public Auction

Sat. April 29 at 10:30 a.m.

Located 8 miles west of Carlisle and 1½ miles from Headquarters on the Saltwell Road.

Plate glass mirror, cherry dropleaf table gate legged, cedar library table, 2 washing machines, chrome breakfast set and 4 chairs, stereo, 6 dining room chairs, porch swing, folding bed, oak table, Davis rocker, 2 door wash stand, old hat rack, mantle mirror, brass tub, pair duck decoys, 2 lard kettles, 2 buggy robes, lard press, dishes, lamps, vases, milk crocks, stone jars, sausage mill, storm windows (new 7½ ft. x 3 ft.), aluminum ladders, grinding stone, electric grinder, push lawnmower, riding lawnmower, 2 electric motors, Briggs and Stratton motor, window fan, drill press, bench vice, fence stretchers, cutter plow, chain saw, 2 tarps., stripping room stove, tob. bed roller, 3 gallon red barn paint, lots of small tools.

Owner-Mrs. Hazel Gaunce

Earl Hamm Auctioneer and REAL ESTATE BROKER

Carlisle, Ky. Office Phone 289-5720; Home 289-5320

Virgil Sanders, Apprentice

Robert George, Cashier Cliff Vice, Clerk

CONVENIENT CREDIT TERMS

Western Auto — THE FAMILY STORE — Main St. Carlisle, Ky.

SPORTING GOODS

We have your Fishing Needs.

Ferry Morse Package Garden & Flower Seed

White Goods: Freezers, (Chest & Upright), Wringer Washers, Automatic Washers & Dryers

SPECIAL! Self Propelled 4 Rear Tine Tiller 479.95

Fans, Air Conditioners

A good stock Color and Black & White T.V.

"Shop at Home & Save. Home Owned and Operated."

WHATEVER YOU NEED TO REPAIR OR REMODEL WE HAVE IT!

AT OUR STORE WE OFFER MORE, PRICE AND QUALITY BOTH IN JUST ONE PLACE

Reid & Vice, Inc.

KITCHEN CABINETS

Improve the appearance and working conditions in your home. Free estimate.

PANELING

Adds elegance to any room in your house. See us before you buy.

4x8 $4.98

EXTERIOR SHUTTERS

Shutters add charm and beauty to any home. Standard sizes in stock.

from $12.69 pr.

LIGHTING FIXTURES

A fixture for every room in your home. See our display for new ideas.

from $3.45

CONCRETE MIX

Just add water and mix. It's ready if you are.

In Stock

Ceiling Tile	.19	Shelf Lumber	.49
Plywood	9.50	Paint	8.95
Wallpaper	7.99	Wood Stain	1.99
Roofing	3.25	Staple Guns	10.00
Roof Coating	2.95	Downspouts	.50

Reid & Vice, Inc.

Ph. 289-5279 Carlisle, Ky. and Ph. 724-5454 Mt. Olivet, Ky.

go to market daily in the WANT ADS!!

Mercury Classified Ad Rates

CLASSIFIED Advertising:
10 Cents Per Word ..... Minimum $2.50
BOLD FACE WORDS ..... 16 Cents per word
Display Classified ..... $1.75/col. 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

FOR SALE: 1940 Chevy 4-door. 58,000 miles, all original. Pay $850 or trade. Call 289-5420. 4-27-1tchg

FOR SALE: Set of lift harrows and John Deere No. 5 mower. Call 289-7168 or 289-2722 after 4 p.m. 4-27-21*

FOR SALE: Nimrod Pop-up camper with screened rooms. Sleeps 6. Three burner gas stove, and canopy. Call 289-2727 after 5 p.m. 4-27-21*

FOR SALE: Pow-R-Boy Hahn Rototillers 3.5 HP 6 Tyne Reg. $299.95. Now $188. 4.0 HP 10 Tyne, Reg. $329.95. Now $228. Garrett's Furn. Co: 3-16-1tfn

FOR SALE: '73 Chevy Blazer, four-wheel drive, new paint job, A-1 cond., asking $3500. '68 Chevy Pickup with horse racks, new paint job. Asking $875. Phone 289-2096. 4-13-31*

FOR SALE: '69 Mustang 390 P.S., P.B. $500. Call 289-2106 after 4. 4-27-1tchg

FOR SALE: Brown vinyl couch and chair $15. Matching end tables and cocktail table $20. 3 pc. mediterrian bedroom suit, excellent condition $250. Phone 289-2925. 4-27-1tchg

FOR SALE: Over 3,000 patterns of wallpaper. Over 1400 colors of paint. Available for your selection today. Reid and Vice Builders Supply. Phone 289-2279. 4-13-6tchg

FOR SALE: 1969 Olds Delta 88. P.S., P.B., air, auto. trans. Call Tom Hardin 289-7275. 4-20-3t ¶

FOR SALE: Used furniture and appliances. 9 automatic washers, 4 automatic dryers, 4 electric ranges, 1 refrigerator, 2 sofas, 1 3-piece bedroom suite. Garrett's Furniture Co., Main Street, Carlisle. 289-2308. 4-20-tfn

FOR SALE: Topper for long wide bed pickup. Insulated, paneled, with cabinets and lights inside and out. Used 8 mo. Call 289-5336. 4-20-3t ¶

FOR SALE: 1973 Ford F-100, Low miles, call 289-2550 day or 289-2544 after 6 p.m. 4-13-3t ¶

FOR SALE: Children's Summer clothes, boys and girls all sizes. Some ladies clothes sizes 10 and 12. Come look these over or call anytime. Gail Hughes, Catherine St. Phone 289-2260. 4-20-2tchg

FOR SALE: 1976 Chev. ¾ ton pickup, four wheel drive, automatic, perfect cond. 1974 Chev. pickup. Cheyanne Super, automatic, all extras, low mileage. Phone 289-2598 or 289-5963. 4-27-tfn

FOR SALE: Just listed. 3 bedroom Bedford stone. Wall to wall carpet, built-in kitchen, utility room, large garage, plenty closet space. Nice size lot. Forced air furnace. Tower antenna. Owner moving out of town. Agent will show property. Fightmaster Real Estate Agency, 289-2470. 4-27-1tchg

FOR SALE: Metal galvanized roof and roofing shingles. Reid & Vice, Inc. 289-2279. 4-27-3tchg

FOR SALE: 2-piece Early American Living Room Suites. 100% Nylon Covers. From $248.88. Garrett's Furn. Co. 3-16-tfn

FOR SALE: Two long dresses. One size 9, one size 10. $25 each or highest offer. Mrs. Larry Minton. Phone 289-5487. 4-20-2tchg

FOR SALE: No. 5 John Deere Mower. Phone 289-2674. 4-27-2t*

FOR SALE: 1969 Ford Pickup, F-100, stick on column, 360 engine, good condition, heavy duty springs. $900. Phone 289-5180. 4-27-1t*

FOR SALE: Three bedroom trailor and acre lot. Three miles out on Myers Station Road. Can be seen anytime. Cecil Ratliff. 4-27-1t*

FOR SALE: 1971 Olds 98, loaded. 30 inch gas stove. Both in good condition. Phone 289-5984. 4-20-3t*

FOR SALE OR RENT: Wheelchairs, walkers, adjustable commodes, crutches, and canes. Carlisle Drug Co. 11-24-tfn

LOTS FOR SALE: Two City block area (Residential Zoning), approximately 1.8 acres, in Millersburg, Kentucky. Formerly the site of the Millersburg Female College and Junior School of MMI, the property is situated on Main Street, is bounded by Vimont Street, and runs to East Back Street between 8th and 9th Street. The property is shown on the plat of the town of Millersburg as lots #89, #90, #91, #92, #93, #94, #95, and #96. Property is recorded in Deed Book 128, page 612, August 24, 1949 in the office of the Clerk of Bourbon County Court as being conveyed by C. C. Fisher to MMI.

The property will be sold as one package by sealed bids to be opened in the Office of the President of MMI at 10 a.m. on 15 May 1978. All bids should be mailed to the President of MMI, Millersburg, Kentucky 40348 prior to that date. Bids must be accompanied by a certified check for 5% of the total bid or a 5% Bid Bond as deposit which will be returned to unsuccessful bidders. The MMI Board of Trustees reserves the right to reject any and all bids.

By written agreement with the contractor the property is to be cleared and the ground surface leveled by 1 June 1978. A General Warranty Deed will be delivered and the balance of the purchase price tendered on or before 15 June 1978. For additional information call Colonel A. C. Hadley, 606-484-3352. 4-27-2tchg

NOTICE

NOTICE: Yard sale, April 28, 29, 30 at 211 Sycamore St. Many good bargains. 4-27-1t*

GARAGE SALE: Sexton's Trailer Court, Saturday and Sunday, April 29-30. Furniture, appliances, and clothing of all sizes for adults and children. Four families.

4-27-1t*

NOTICE: We stock metal septic tanks, distribution boxes, drain lines, bath tubs, commodes, vanities, water heaters, and water pumps. Reid & Vice, Inc. 289-2279. 4-27-3tchg

YARD SALE: Fridays and Saturday, April 28-29, 9 til 5. Dishes, clothes, antiques, quilt tops, etc. Gail Barton, Liberty Hgts. Following week if raining. 4-27-1t*

NOTICE: Wilson's Small Engine Repair. I repair all two and four cycle engines. Call or see Phil Wilson. Phone 289-5827. 4-6-6t*

NOTICE: Charlie's Electronics. I repair refrigeration units, washers and dryers, freezers, hot water heaters and electric heat for homes. Charles Gates, phone 289-2675. 12-8-tfn

NOTICE: Yard sale, beginning Friday afternoon at 3:30 p.m. till dark. Also Saturday and Sunday. 387 W. Main St., Carlisle, KY. Mrs. Lester Snapp. 4-27-1t*

NOTICE: CURTIS PAINTING Interior and exterior painting. Including barn roofs. (Brush — no spray.) Quality work at a good price. 247-4551. Sharpsburg, Ky. 3-30-9tchg

YARD SALE: Friday and Saturday, April 28-29, 10 a.m. -? Five families, you name it we've got it. 210 Elm Street. 4-27-1t*

BIG YARD SALE: Sunday, April 30 from 9:30 a.m. to 6:00 p.m. at Crockett's Car Wash on Tastee Freeze lot. Cancel if rain. Bicycles, 1 gold pearl ring, 1 gold man ring, bedspreads, watches, whatnots, lamps, small hand tools, pictures, jewelry, and much more. 4-27-1t*

NOTICE: Ritchie's Painting. 104 School Ave., Carlisle. See David Ritchie. Interior and exterior painting. Free estimates. Work guaranteed. Local references available. 4-27-1t*

NOTICE HOMEOWNERS: Carpentry, repair, remodel, interior and exterior. Experienced, dependable, reasonable rates. Free estimates, references. For winter damage, prepare for next. Eddie Mattox. Phone 289-7192 after 6 p.m. 4-27-2t*

NOTICE

The public is hereby notified that the Budget Commission of Nicholas County will hold a public hearing on Monday, May 8, 1978, at 7:30 p.m. in the Fiscal Court Room, Nicholas County Court House, to discuss the proposed uses of General Revenue Sharing funds for the fiscal year 1978-1979 as follows: Unappropriated 1977-1978 General Revenue Sharing Funds $45,000.00. Expected 1978-1979 General Revenue Sharing Funds $70,604.00.

The citizens are hereby invited to attend and make oral and/or written comment. Anyone who cannot attend, but who wishes to submit oral and/or written comment should submit same to the Office of the Nicholas County Clerk by 5:00 p.m. on May 8, 1978. 4-27-1tchg

CARD OF THANKS: I wish to take this opportunity to thank my friends and relatives for their prayers, cards, flowers and gifts. And a special thanks to the Rev. Sam and Linda Corns for their prayers and help while I was a patient at the St. Joseph Hospital. Mrs. Carl Letcher. 4-27-1tchg

CARD OF THANKS: The family of Bill Alexander wishes to express its deepest gratitude for the kindnesses shown during his illness and death. A special appreciation is extended to Rev. Mark Prevo. Wife, Son and Family. 4-27-1tchg

SHANNON HOME CENTER

Awnings, patio covers, carports, aluminum siding, storm windows & storm doors. Free estimates. Call Ward Shannon, Millersburg, Ky. Phone 484-2089.

RESOLUTION

WHEREAS, on March 1, 1978, death took our friend and colleague, Ralph Shearer; and

WHEREAS, for 14 years he served his community faithfully and well as President of the Nicholas County Library Board, and his accomplishments in public service were many; and

WHEREAS, we, the members of the Nicholas County Library Board, honor and pay tribute to the memory of Ralph Shearer for his many accomplishments, his long years of service, and his unselfish efforts in behalf of others; that a copy of this Resolution be presented to his widow, and that it be spread upon the minutes of the Nicholas County Library Board and duly published.

Passed by unanimous vote this 20th day of April, 1978.

s/Joseph F. Conley
President
s/Sara C. Womack
Vice President
s/Louise W. Zachary
Secretary
s/L. Paul Ramsey
Treasurer
s/Phyllis H. Doyle
Director
4-27-1tchg

LOST

LOST: Key ring with several keys on Main St. between Broadway and Locust. Finder bring to Police Dept. $5 reward. 4-27-1t*

HELP WANTED

HELP WANTED: MERRIMAC has openings for Party Plan Supervisors and Demonstrators in your area. Highest commission, no delivering or collecting. Demonstrate top quality jeans and gifts. Call collect to Ann Baxter, 319-556-8881, or write MERRIMAC, 801 Jackson, Dubuque, Iowa 52001.

4-20-2t*

FOR RENT

FOR RENT: Pasture for cattle. Everlasting water. Grass and shade. Fence good. Call 289-2298 at noon. 4-27-2t*

SELLING OLD RUMMAGE — TOOLS AND AXES WILL HELP TO PAY — THOSE INCOME TAXES PHONE 289-2464

CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

FROZEN VEGIES FOR LOW CALORIES

Unless you live in an area of the country where fresh produce is available year round, you probably have to content yourself with frozen goods when the weather is freezing. Don't let this discourage you from getting all the good vitamins and minerals that vegetables have to offer at low calories. Vegetables lose only traces of nutrients when properly frozen and cooked, and they are great nutrition for dieters. Here are some suggestions:

Exotic artichoke hearts are a delicacy you probably couldn't enjoy at all if it weren't for freezing; they have just 22 calories per 5 or 6 hearts. With asparagus, it depends on how you slice it: 5 spears have about 20 calories and a half cup of cuts and tips have about 18 calories. A half cup of frozen whole green beans has 23 calories; the frozen cut beans are the same, as are French style frozen green beans. With mushrooms, frozen green beans are still pretty good at 26 calories per half cup, but with almonds the count goes up to 51 per half cup and beans in butter sauce have 48 calories in a half cup. French-style green beans in mushroom sauce are really out of line, however, at 100 calories per half cup.

Lima beans are pretty starchy fare for dieters and about the best you can do in the frozen line is get the Fordhook variety at 96 calories per half cup. Limit the amount of limas. Frozen wax beans are great, though, at 25 calories per half cup. Broccoli's also good, about 27 calories per half cup in spears or cut into pieces. Avoid broccoli frozen in cream sauce, however, as that runs high: 118 calories per half cup. Frozen butter beans are another high-calorie vegetable to be seen in great moderation: a half cup has about 115 calories.

Chopped kale can be a dieter's delight at 29 calories per half cup, and whole frozen mushrooms are also good, 29 calories for a half cup serving. Frozen chopped mustard greens are also super for dieters, 19 calories in half a cup. Frozen green peas have 70 calories in a half cup. Frozen peas and carrots mixed have 52 calories, a bit better, and with celery, 58.

Frozen french fries are a vegetable to be avoided in general. They have 150 calories per half cup, and the potato puffs are just as bad at 149 per half cup. Frozen leaf spinach, on the other hand, is great: about 22 per half cup, chopped or not. Avoid frozen creamed spinach, however, as it contains over 100 calories per half cup serving.

CROSSWORD PUZZLE

ACROSS
1. Equality of value
4. Mocks
8. Heavy stick
12. Evening before festival
13. Heavy file
14. Rabbit
15. Duell
17. Located
18. Serves refreshments
19. Heavy string
20. Consumed
21. Heavy woods
24. Entice (Dial.)
26. Annoys
27. That man
28. Possess
29. Parts of the skeleton
31. Mongrel dog
32. That thing
33. Flutter the hand
34. Jail cell, i.e.
35. Less long
37. Headland
38. Legal hold
39. Planted in pots
42. Ground oats
44. Heavy
45. Edge of roof
46. Dull person
47. Opposite of taboo
48. Ogler
49. Sheep females
50. General (Abbr.)

DOWN
1. Saucy
2. Affirm
3. Recalls
4. Sharp
5. mountain peak
6. Go by
6. Letter S
7. Spain (Abbr.)
8. Small jobs
9. Praises
10. Large vase
11. Couch
16. Price
17. Table silverware
19. Apple center
21. Bitter
22. Robber
23. Wither
24. That near to
25. Solemn declation
29. Lessens
30. Baking chamber
31. Throwing
33. Penman
34. Felines
36. Tree of Europe
37. Sweet-smelling flowers
39. Peel
40. Wild ox
41. College official
42. Swerve to the right
43. Beam of light
44. Cut grass
46. Exist

Answer to puzzle 4/24/78

CLIP AND USE TODAY!

—People To People—

CLASSIFIED ADS

In THE CARLISLE MERCURY

THREE Times For

24 Words or Less $4

Write Your Ad Here:

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.

SLAPSTIX

Forbidden fruit is responsible for many bad jams

4/24/78

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.

THE MIGHTY COLORADO — Sol.: 9 letters

CLUES

A—Arid, Arizona; B—Brooks; C—Canyon, Cascade, Colorado, Country; D—Dam, Desert; E—Electric; F—Farmers, Flowed; H—High, Hoover; I—Irrigate; L—Lake, Liquid; M—Melting, Mountains; N—National; P—Park, Power; R—Rainfall, Ranchers, Recycled, Reservoirs, River, Rocky, Runoff; S—Snows, Streams; T—Tumbles, U—Utah; W—Water, Western, Wyoming

ANSWER NEXT WEEK

Last Week's Answer: TECHNOLOGY 311

C1978 McNaught Synd.

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

Would You Believe..

Among the Brahmans of southern India, a younger brother may not marry before an older one.

• • •

Bats are not blind, but they do have extremely poor vision.

• • •

Smoking didn't become popular in Europe until the 1850s, when British soldiers brought Russian cigarettes back from the Crimean War.

WHY DO WE SEE LIGHTNING BEFORE WE HEAR THUNDER?

THUNDER IS INSTANTANEOUS WITH THE LIGHTNING FLASH...BUT LIGHT TRAVELS SO MUCH FASTER THAN SOUND WE SEE THE FLASH WELL BEFORE WE HEAR THE THUNDER! TMV WEST

Carlisle Optimist Club

AUCTION

for

A Chapel

in the new Hospital

Sat., April 29 at 10 A.M.

at Old Armory on Main Street

Jewel Vice, Auctioneer

- New & used furniture & miscellaneous items needed.
- For Pick-Up service call 289-7390 289-2444, 289-5482 after 5 p.m., or 289-5153.
- Small items may be left on Saturdays at Rev. Mark Prevo's house, 102 Catherine St.