Funds available for single-family homes

Kentucky Housing Corporation has sold $125,000,000 in Single-Family Mortgage Bonds. The proceeds go toward the purchase of mortgages for families and individuals of low and medium income. The mortgage rate will be 8 per cent.

$82,700,000 in loans will be purchased from financial institutions within the next 180 days, and $20,100,000 will be used during the next building season for new construction. "More information on new construction will be released before December," stated F. Lynn Lasslen, Executive Director of KHC, in issuing this announcement.

Real Estate For Sale

77 Acres, five bent barn w/shed, 4,300 lbs. tobacco.

228 acres, nice house w/bath, 6 barns, approx. 11,000 lbs. tobacco base.

85 acres river bottom land.

26 acres, 640 lbs. tobacco, 7 room house.

2½ acres, 240 lbs. tob., 30 x 40 barn and 6 room house.

6 room house in the county with large yard and garden spot.

Thinking of having an Auction? Come in and talk with us and let us plan and hold your next Auction.

Ray Flora Real Estate, 289-5824

Danny Booth 289-2744, Ramona Wilson 289-7063, Kathy A. Allen 285-5484

Public Auction

Saturday, August 19 at 10 A. M.

Located on 4th. St. in Millersburgs, Ky.

36 in. Tappan gas range, good condition, automatic washer and dryer, 2 kitchen tables and chairs, half bed, wooden bench, bath tub on legs, bathroom sink, 1973 Honda 450, 1965 Pontiac, 25 caliber automatic pistol, 22 caliber western style pistol, army rifle, 22 caliber rifle, 7 shot-butterfly knife, 9 volt floor sander, 115 volt floor edger, odd carpenter tools, some antiques. Drum vacuum cleaner, 25-inch fan, belt sander, 2 house jacks, 5 hot water tanks, dishes, other articles too numerous to mention.

Owner: John Browning

Earl Hamm Auctioneer and Real Estate Broker

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

Virgil Sanders, Apprentice

MIDWAY Drive In Theatre Cynthiana

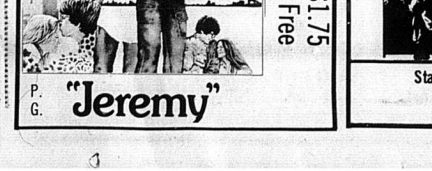
Fri. Aug. 18 Thru Wed., Aug. 23

MARK HAMILL ANNIE POTTS

He's back from "Star Wars" with a girl you'll never forget.

PLUS SECOND FEATURE

It's about the first time you fall in love.



Adults $1.75 Children Free

P. G. "Jeremy"

Court news from Nicholas County

District Court
Traffic Citations

Jack Asbury Sexton, Route 6, Paris improper start from a parked position, prepaid fine $10, cost $27.50.

David Gene Pettit, Locust Street, Carlisle, improper start from parked position, plead guilty, fine $10, cost $27.50.

David Gene Pettit, Locust Street, Carlisle, attempting to elude police, plead guilty, fine $50, no cost.

Victor Watkins, Lexington, failure to maintain insurance, brought in proof of insurance, fine $50, cost $27.50, $50 fine suspended.

Thomas Allen Lail, Route 4, Carlisle, failure to maintain insurance, charge dismissed.

Thomas Allen Lail, Route Carlisle, no registration, charge dismissed.

Wendell L. Welte, Route 2, Mt. Olivet, speeding 75 in 55 zone, plead guilty, fine $45, cost $27.50. Reduced to 70 miles in a 55 zone for purpose of saving 3 points.

George E. Sexton, Route 1, Carlisle, D. U. I., represented by Harry Budden, plead guilty, fine $100, cost $27.50, referred to Driver's School.

Susie Morris, Spring Street, Carlisle, failure to maintain insurance, fine $50, cost $27.50.

Albe E. Warmouth, no liability insurance, plead guilty, fine $50, cost $27.50, fine dismissed on condition.

Albert C. Thompson, Carlisle, no liability insurance, plead guilty, is to make restitution.

District Court
Misdemeanors

Edward Dale Craycraft, Route 2, Carlisle, drinking in a public place, dismissed.

Herbert Smoot, Main Street, Carlisle, harrassment, plead not guilty, found guilty, cost $27.50.

Lurlene T. Ratliff, Route 1, Carlisle, habitual violator, court entered judgement that Mrs. Ratliff is a habitual violator.

District Court
Small Claims

Dr. Allen J. Hamon vs. Jackie Wells, signed settlement agreement.

Widows, widowers receive aid

FRANKFORT — A newly-approved state regulation will provide the beneficiaries of estates with a means of acquiring funds for immediate needs without having to first obtain a release from the Kentucky Department of Revenue.

The new regulation, codified as 103 KAR 7:020, came about as a result of Gov. Julian Carroll's efforts to help the survivors of deceased persons obtain money for current expenses with a minimum of delay. Previously, approval by the Department of Revenue was required before any funds could be received by beneficiaries.

Financial institutions are now authorized to release up to $2,500 to the proper representative of the estate. The regulation requires financial institutions to provide written notice to the department within 30 days after the release of the funds.

The Department of Revenue has announced that copies of the regulation and forms necessary to obtain the funds have been mailed to financial institutions, lawyers and public accountants. Copies may be obtained by writing the Inheritance and Estate Tax Section, Department of Revenue, Frankfort, Ky. 40601.

Bourbon DRIVE-IN Theatre

AT 8:45 WED.-THURS.-FRI.-SAT.-SUN.-MON.

STAR WARS

Panavision Prints by De Luxe Technicolor®

PG PARENTAL GUIDANCE SUGGESTED DOLBY STEREO

at 11: P.M.

IS... AN ADVENTURE STORY. A SUSPENSE STORY A LOVE STORY.

Screenplay by Lorenzo Semple Jr. Produced by Dino De Laurentiis Directed by John Guillermin Panavision® in Color by Technicolor

PG Copyright © MCMLXXVI by Dino De Laurentiis Corporation

Last game of Banko Tuesday, Aug. 22

Movie at 8:30

Joseph E. Levine presents

A BRIDGE TOO FAR

PG United Artists

Starting Wednesday, Aug. 23

Burt Reynolds in

"HOOPER"

Mercury ads sell!

New Listing

Beautiful brick home has just been listed by our office and it will be a pleasure to show it to you.

Three bedrooms, living room, large eat-in kitchen, family room, one bath, utility area.

All sitting on 3/4 acrea lot

Call Don Lykins or any local broker.

Don Lykins & Associates

709 Main Street, Paris, Ky. Phone 987-5740

—FOR SALE—

Three bedroom brick home. Privacy of country home, but located in City. Natural gas, (highest bill last winter $55.00). Priced to be sold.

Fightmaster Real Estate Agency

Phone 289-2470 Larry Willis, Salesman Phone 289-7295 Carlisle, Ky.

AUCTIONEERS: Cleary Fightmaster Billy R. Hunter

MR. & MRS. HOWARD MANLEY PROPERTY AT

AUCTION

—ON THE PREMISES—

Sat., Aug. 19th, 10:30 A.M.

LOCATION: On Upper East Union Rd. about 2 miles north of Sharpsburg, Ky. or about 10 miles southeast of Carlisle, Ky. in Nicholas County.

We are authorized by Mr. and Mrs. Howard Manley to sell at public auction the following described Real Estate and personal property:

A six-room two-story frame dwelling with bath, enclosed back porch, nice front porch. Nice Kitchen with built-in cabinets. Most rooms are nicely paneled, and wall-to-wall carpeting, other improvements consist of underground cellar, meat house and two storage buildings. All on a beautiful shaded ½-acre lot.

Also will sell: Some antiques, household furniture and misc. items such as, Walnut hutch with bottle glass door, love seat couch, maple dresser base, maple kitchen table, maple chest of drawers, two cedar chests, 1 cedar wardrobe, 2 trunks, 2 wicker chairs, 500 Indian arrowheads and rocks, collection old bottles, stone jars, very old and good antique cubbard, lot picture frames, maple corner cabinet, lot odd chairs, very old ice box, old irons and shoe lasts, lot green fruit jars, milk glass, dishes, vases, lard press, oak claw foot table, stand table, Singer treddle sewing machine, coppertone refrigerator, coppertone gas cooking range, base cabinets, chest type 20 cu. ft. Hotpoint deep freezer, black and white 21-inch t.v. set, metal bed, springs and mattress, feather bed, recliner chair, revolving chair, metal wardrobe, dressing table and chair, Maytag washer, Maytag dryer, electric toaster, electric coffee maker, coal and wood stove, rugs, silverware, curtains, bed spreads, blankets, etc. Many other items.

Terms: 10% down on Real Estate day of sale. Balance with deed and immediate possession. Cash on personal property.

Mr. and Mrs. Howard Manley, Owners

—Sale Conducted By—

Fritts Auction Company

The Selling Auctioneers

Mt. Sterling, Ky. Tel. 498-3417

Auctioneers: Fritts Bros. & Woodrow Wilson

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 1¼ 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: Tobacco sticks; sawed or split; seasoned; sharpened. Will deliver. Call or see Jack Becker, Moorefield, Ky. 289-2087. 8-17-8t*

FOR SALE: Walnut stained low poster bed $50; box springs $40; treadle sewing machine $50; girls bike with exerciser $25. 289-5668. 8-17-3t*

FOR SALE: 77 Chev. custom Deluxe 4-wheel drive pickup. '70 Buick 225. '74 Case backhoe, 580B, good shape. Phone 247-4342. 8-10-2t*

FOR SALE: Large modern home. Fireplace, electric heat, built-in kitchen, electric range. Ceramic tile bath, family room, dining room, living room, 4 bedrooms and wall-to-wall carpet. Garage. Level yard, at edge of town. Jewel Vice, Realtor 289-2525. 8-10-2tchg

FOR SALE: '75 Plymouth Duster, 26,000 miles. Perfect condition. Full power. Phone 289-5817. 8-10-2t*

FOR SALE: Upright piano, good condition, reasonable. 289-7233. 8-17-1t*

FOR SALE: House for sale in Carlisle, 3 bedroom frame, garage, storage building, large lot, close to downtown, vacant, immediate possession, priced to sell. Phone 987-6952 owner-broker. 8-17-1t*

FOR SALE: A. C. A. Allis Chalmers tractor, new paint job. Good tires, priced $850. three-wheel motorcycle, 8 h.p. engine, 1975 model, good condition. $450. 1964 Ford Fairlane with good engine, $100. See or phone Billy Mac Gaunce, Carlisle, Ky. 289-2341. 8-17-2tchg

FOR SALE: Medium brown Lady Kenmore trash compactor. Less than 1 year old. Like new. Excellent condition. Call 484-2393 after 6 p.m. 8-17-1tchg

NOTICE

LIVINGOOD REUNION: The Family Reunion of the late Mr. and Mrs. John Wilford Livingood will be held at North Central 4-H Camp, Lake Carnico Road, Aug. 20. Start at 12 (noon) basket dinner. All relatives and friends are invited. 8-17-1tchg

GAUNCE REUNION: The Gaunce Reunion will be held on Sunday, Aug. 20, 1978, at the North Central 4-H Camp in Nicholas County, Ky. From 11 a.m. until 3 p.m. All relatives and friends invited. Bring a basket lunch. 8-17-1tchg

REUNION: Bowen, Dampier, Shannon, and Hensey descendants connection Sept. 10, 1978 at 12-5 p.m. Place: Lewisburg Lion's Club Bldg., Ky. 11, seven miles south of Maysville. Bring your well-filled lunch baskets, table service, 50 cents rental expense, and any historical, family data. 8-17-1tchg

NOTICE: The annual Harnm family reunion will be held at the Nicholas County 4-H Camp shelter house on Sunday, Aug. 20. A basket lunch will be served at noon. 8-10-2tchg

REUNION: The Ring and Shields Family Reunion will be Sunday, Sept. 3 at Blue Licks Park. All relatives and friends are invited. 8-17-1t*

NOTICE: I will not be responsible for any debts except those made by me in person. Billy R. Lyons, R. R. 2, Carlisle, Ky. 8-17-3t*

NOTICE: Charlie's Electronics. I repair refrigeration units, washers and dryers, freezers, hot water heaters, and car air conditioners. Charles Gates, phone 289-2675. 7-13-tfn

YARD SALE: Mockingbird Lane, Aug. 19 and 20. Clothes, McGuffey Readers, Bluegrass Stripper, stone jars, antique dishes, and many miscellaneous items.

8-17-1t*

NOTICE: I'm your Rawleigh Distributor in this area. Please feel free to call at anytime. Thelma Shaw. Phone 289-5984. 8-17-1t*

YARD SALE: Come and buy your school clothes. Children and adults, all sizes. Old dishes, toys and misc. items. Several families. Gail Hughes, 114 Catherine St. Wed., Thurs., and Fri., 10 a.m. til dark. 8-17-1t*

NOTICE: As of this date, I will not be responsible for any debt other than those contracted by myself, James E. Mitchell, Carlisle, Ky. 8-17-3t*

YARD SALE: Clothing, toys, miscellaneous items. Bill, Mona, Anita and Cindy Clark, Estee-Freeze lot, Friday and Saturday. Starts 11 a.m. 8-17-1tchg

NOTICE: Will do babysitting in the parents home. Call 289-5375. 8-17-1t*

NOTICE: The Nicholas County Jr. Varsity cheerleaders will have a car wash Saturday, Aug. 19, from 9 a.m. to 3 p.m. at Henry's Service Station. 8-17-1tchg

CARPORT SALE: Friday and Saturday, Aug. 18 and 19, Reba Wills. Douglas Court. 8-17-1tchg

YARD SALE: New, old, used, antique, clothes, furniture, what-nots, and tools. Aug. 18, 19, and 20. 8:30 a.m. til 4:30 p.m. George Cord, Upper Jackstown Road. 8-17-1t*

NOTICE: We are the Safemark Dealer; tractor tires and batteries. We mount all tires. McDonald's Grocery, Dwight Green, phone 289-5650. 8-10-1t*

ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Dwight Green, 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. Mildred Green, Administratrix, of the estate of Dwight Green, deceased. Charles M. Cox, attorney. 8-10-3t*

SHANNON HOME CENTER

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

EXECUTOR NOTICE

All persons knowing themselves to be indebted to the estate of Zelia Secrest South, 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. Charles M. Cox, Executor, of the estate of Zelia Secrest South, deceased. Charles M. Cox, attorney. 8-10-3t*

EXECUTRIX NOTICE

All persons knowing themselves to be indebted to the estate of Oakley Rutledge, 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. Helen B. Rutledge, Executrix, of the estate of Oakley Rutledge, deceased. Harry E. Budden, Jr., attorney.

CARD OF THANKS: We wish to thank our many friends and neighbors for all their visits, cards, prayers and calls. Also the many nice vegetables you have brought us during our stay at home these past few weeks. May God bless each of you for your kindness. Mr. and Mrs. J. K. Maffett. 8-17-1tchg

CARD OF THANKS: Many thanks to all my family and friends who were so kind to me while I was a patient at St. Joseph Hospital. Especially thanks to those who sent flowers, cards and visited me at the hospital and at home. May God bless each one of you. Maggie Sharp. 8-17-1tchg

IN APPRECIATION: I wish to thank my many friends for their visitation at the funeral home for James R. Wilson, my nephew. Also for the beautiful flowers in his memory. May God Bless each of you. Herndon Wilson. 8-17-1t*

COMMONWEALTH OF KENTUCKY
DEPARTMENT OF TRANSPORTATION
BUREAU OF HIGHWAYS
NOTICE TO CONTRACTORS

Sealed bids will be received by the Bureau of Highways, at its office, Frankfort, Kentucky until 10 a.m. Eastern Daylight Time on the 25th day of August, 1978, at which time bids will be publicly opened and read for the improvement of:

Nicholas County, ITS 91-179: The KY 13-US 68 (KY 386) Road. Repairs to Deck of Bridge of McBride Creek, 3.04 miles east of US 68.

The Bureau of Highways hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation, and will not be discriminated against on the ground of race, color or national origin in consideration for an award.

Bid Proposals for all projects will be available until 9 a.m. EASTERN DAYLIGHT TIME, FRIDAY, AUGUST 25, 1978, at the Division of Contract Procurement. Bid Proposals for all projects will be available at a cost of $2 each and remittance payable to State Treasurer of Kentucky must accompany request for proposals. (NON REFUNDABLE) BID PROPOSALS ARE ISSUED ONLY TO PREQUALIFIED CONTRACTORS.

Specimen Proposals for all projects will be available to all interested parties at a cost of $2 each (NON REFUNDABLE). Specimen Proposals cannot be used for bidding. 8-10-2tchg

NOTICE: Johnson-Mathers Health Care, Inc. dba Nicholas County Hospital and Johnson-Mathers Nursing Home is an equal opportunity employer and does not discriminate in hiring or admission because of race, color, religion or national origin. Also we do not discriminate against the handicapped in physical plant design, hiring or work practices. We abide by patients rights. 8-17-1tchg

NOTICE

The City of Carlisle is now taking applications for a man to read gas and water meters and work with city crew whenever needed. Applications and information can be obtained at the City Office.

s/Joyce McIntyre
City Clerk

NOTICE

The City of Carlisle is now taking applications for a man to read gas and water meters and work with city crew whenever needed Applications and information can be obtained at the City Office.

s/Joyce McIntyre
City Clerk

NOTICE

Pursuant to KRS 395.625, Cecil Smart, Administrator of the Estate of Lillian Alexander, deceased, has filed his final settlement of accounts with the Nicholas District Court, to be heard by same Court on Aug. 28, 1978, exceptions thereto must be filed before Aug. 28, 1978. Charles M. Cox, attorney.

Beulah Hughes
Nicholas District Court

NOTICE

Pursuant to KRS 395.625, Charles M. Cox, attorney and administrator of the Estate of L. A. Weathers, deceased, has filed his final settlement of accounts with the Nicholas District Court, to be heard by same Court on Aug. 28, 1978, exceptions thereto must be filed before Aug. 28, 1978.

Beulah Hughes
Nicholas District Court

NOTICE

Estate of Frank L. Ballard, deceased, Route 2, Carlisle, Kentucky 40311, Viola Pumphrey, Administratrix, P. O. Box 231, Carlisle, Kentucky 40311. Date of Appointment Aug. 4, 1978. Claims must be filed by Aug. 4, 1979.

Estate of Zelma Smith, deceased, West Main Street, Carlisle, Kentucky 40311, Charles M. Cox, Executor, 112 Locust Street, Carlisle, Kentucky 40311. Appointment date Aug. 7, 1978. Claims must be filed by Aug. 7, 1979.

Estate of Lucy R. Rankin, deceased Route 4, Cynthiana, Kentucky 41031, Betty Rankin and Marjorie R. Recard, Co-Administratrixes, Route 4, Cynthiana, Kentucky 41031. Date of appointment Aug. 8, 1978. Claims must be filed by Aug. 8, 1979.

Estate of Paul Garrett, deceased West Main Street, Carlisle, Kentucky 40311. Mary E. Garrett, Executrix, 374 W. Main, Carlisle, Ky. 40311. Appointment date Aug. 1, 1978 Claims must be filed by Aug. 1, 1979.

Estate of Dwight Green, deceased, 109 Archdeacon Avenue, Carlisle, Kentucky 40311. Mildred Green, 109 Archdeacon Avenue, Administratrix. Appointment date Aug. 8, 1978. Claims must be filed by Aug. 8, 1979.

Estate of Emmett Merrill, deceased, Derseyville, Carlisle, Kentucky 40311. Jewell Merrill, Derseyville, Carlisle, Kentucky 40311, Administratrix. Appointment date July 18, 1978. Claims must be filed by July 18, 1979.

Estate of Edna S. Dunca, deceased, Sycamore Street, Carlisle, Kentucky 40311. Ethel Eads, 323 Broadway, Carlisle and Katherine S. Jeffries, 602 Providence Road, Lexington, Kentucky 40502, Co-Executrix. Appointment July 13, 1978. Claims must be filed by July 13, 1979.

FOR RENT

FOR SALE OR RENT: Wheelchairs, walkers, adjustable bedside commodes, crutches, canes, bed pans, sitz bath, cervical collars, invalid cushions, urinals, heating pads, and vaporizers. Carlisle Drug Co.8-3-tfn

WANTED

WANTED: To do, painting, carpenter, remodeling, roofs, guttering, backhoe service. Phone 247-4342. 8-10-2t*

Help Wanted

WANTED: Full time operator wanted at Fashion Flair Beauty Salon, Millersburg, Ky., phone 484-2420. Apply in person. 8-3-tfn

HELP WANTED: SELL YOUR HUSBAND on the idea of your getting a part-time job with full time pay. MERRI-MAC needs demonstrators and supervisors to sell toys and gifts on home party plan. No investment, delivery or collection. Call Ann Baxter collect: 319-556-5031 or write MERRI-MAC, 801 Jackson, Dubuque, Iowa 52001. 8-10-2t*

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 safety.

Jessie S. Darrell, farm on Locust Grove Road. 8-17-1*

NOTICE

Please send your contributions to the Fair Tax Committee legal fee fund, or give to either Bob Faul, Dave Zachary, Clay Hunt or leave at the City Bldg.

FAIR TAX COMMITTEE

Repossessed

17" color TV

$199.00

Garrett's Furniture

We service what we sell first! Phone 289-5202 Carlisle

Would You Believe..

The tallest building is the Sears Tower in Chicago.

* * *

Gasoline has no definite freezing point.

* * *

Ostriches feed unhatched eggs to their young.

* * *

Beards were once placed under government control in Rumania. Whiskers could be worn only if the owner secured an official permit and paid a fee.

WHO WAS THAT LADY?

A poet, playwright, novelist, friend of artists Picasso and Braque, this unattractive little woman was at the center of a cultural revolution during hel lifetime in the 20's and 30's. Fascinated by words, she set out to bring a readership into full confrontation with the wonders of language. Her salon in Paris was one of the most famous for artistic gatherings. Who was that lady? Gertrude Stein.

Laugh Out

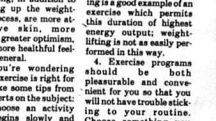
At a golf club one Sunday morning, a member turned up late. Asked why, he said it was really a toss-up whether he should come there that morning or go to church.

"And I had to toss up 15 times," he added.

Feelin' Good

By M.A. PETTI, M.D.

There is absolutely no way you can detect botulism by smell or taste. If you're suspicious about it and still want to live a few more years, don't even taste it because even that small amount can kill you.



Answer to puzzle 8/14/78

MONUMENTS

Full Service Complete
MONUMENTS
MAUSOLEUMS

Last Date Can Be Customary When Needed

Hundreds Available For Prompt Installation

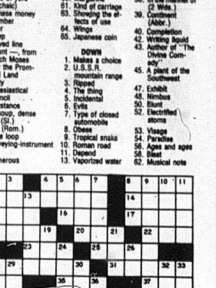
Cox Monument Co.

OPEN: 8 a.m.-4 p.m., Mon. Sat. Just Over Two Miles From The Bypass

80 Highway East
Morehead, Kentucky

★CROSSWORD PUZZLE★

8/14/78



ACROSS
1. Beyond regular limits
4. Tropical wading bird
8. Impartial
12. Columned portico
14. Poker stake
15. Adhesive
16. Dries out sore (Archaic)
17. Chinese money
18. Slumber
20. Otter
22. Weep
23. Curved line
25. Mount —, from which Moses saw the Promised Land
27. Misty
31. Ecclesiastical council
34. Assistance
35. — soup, dense soup (2 wds.)
37. 501 (Pom.)
38. Rope loop
41. Surveying instrument part
44. Numerous
46. Collection of maps and charts
47. A girl or woman
49. An ineffectual person (Sl.)
51. Medium, e.g.
55. Abhor
57. Novice in reporting
60. Kingfisher
61. Kind of carriage
63. Showing the effects of use
64. Wings
65. Japanese coin

DOWN
1. Makes a choice
2. U.S.S.R. mountain range
3. Tipped
4. The thing
5. Incidence
6. Evils
7. Type of closed automobile
8. Obeys
9. Tropical snake
10. Roman road
11. Coward
12. Vaporized water
13. Favorable
19. Aye
21. Chalice
24. Beside
26. Forbid
28. Mount Seaport
29. A rain gauge
30. Ocean
32. Aged
33. Expire
36. Last manner of (2 Wds.)
38. Continent (Abbr.)
40. Commotion
42. Writing liquid
43. Author of "The Common-wealth"
45. A plant of the Southwest
47. Exhibit
48. Nimbus
50. Stunt
52. Decertified storms
53. Visage
54. Parables
56. Ages and ages
58. Ado
59. Musical note

CALORIE COUNTDOWN

BY SUSAN DUFF

CHOOSING THE RIGHT EXERCISE

It's a good time to start a physical activity program for yourself while the weather is still good and your weight-loss motivation is high.

You might think that exercising increases the appetite, but this is not categorically true. You will probably find that regular physical activity makes you eat less and enjoy it more. The rewards of exercising, in addition to speeding up the weight-loss process, are more attractive skin, more energy, greater optimism, and a more healthful feeling in general.

If you're wondering which exercise is right for you, take some tips from the experts on the subject:

1. Choose an activity that begins slowly and permits a gradual increase to more and more exercise. As you get used to the exercise, you will become more skilled at it, and your body will adapt to the increments in activity as you get better at doing it.

2. The aerobic aspect of exercise is very important. You'll want to do something that makes you work up a sweat by the time you're finished, an activity which really makes you feel as though you've worked out.

3. As you build up to your maximum expenditure of energy in your exercise routine, the activity you choose should allow you to maintain top exertion, eventually, for at least 30 minutes. Jogging is a good example of an exercise which permits this duration of highest energy output; weight-lifting is not as easily performed in this way.

4. Exercise programs should be both pleasurable and convenient for you so that you will not have trouble sticking to your routine. Choose something you know you can fit into your schedule every day, and be sure to select an activity that you really like. If you dread it, you'll probably soon give up.

Making exercising into a family project always helps everyone keep at it.

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 the 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.

STOCKS AND BONDS Sol.: 9 letters

CLUES

A–Agent; B–Bidding, Board, Bonds, Broker, Buyer; C–Capital, Commission, Corporate, Cover; E–Economy, Exchange; G–Gains; H–House; I–Investors; L–Liquidity, Loss; M–Market, Money; P–Points, Profits; R–Rates, Risk, Rules; S–Seat, Securities, Sell, Shares, Split, Stock, Street; T–Tape, Ticker, Trade; V–Value, Volume; W–Yield

ANSWER NEXT WEEK

Last Week's Answer: CELESTIAL 327

©McNaught Syndicate

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