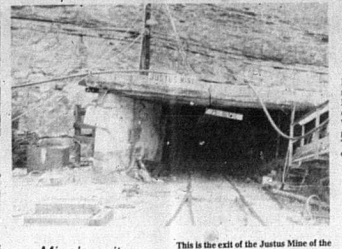
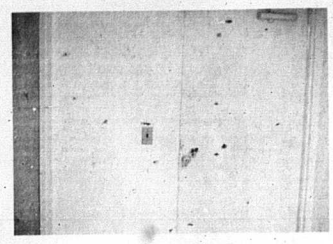
Typical mine

This is how the inside of the Justus Mine at Stearns looks. The smiling miner is unidentified.



Mine's exit

This is the exit of the Justus Mine of the Stearns Mining Co., owned by the Blue Diamond Coal Company of Knoxville.



Example of violence

The inside of the bullet-riddled office at Stearns. The office was occupied when it was showered with bullets from outside. Guards stay inside this office 24 hours a day for two weeks at a time. All food, laundry, etc. is brought to them. When it's time for the guards to change, they leave in a convoy, Trooper Hall stated.

Mines guarded

A guard shack outside the mine entrance. The shack is built with materials that are bullet proof. A guard can be seen standing up in the center of the shack.

State Trooper John Hall

photos

Trooper Hall completes 12 week duty in Eastern Kentucky coal fields

State Trooper John Hall has been assigned to duty in the coal fields of Kentucky for 12 weeks, off and on, since hostilities first erupted there on Nov. 20. He spent three weeks in Stearns, two weeks in Pikeville, and the rest of the time in Martin County near Inez. He was one of 22 troopers assigned in Martin County alone.

If the United Mine Workers (UMW) approve the new contract this week and return to work, his assignment there is ended. If the contract is refused by the UMW, Trooper Hall will return to duty there Sunday night.

The State Police were ordered by the Circuit Judge of that district to be present as each shift changed at the non-union mines to protect the non-union workers.

Trooper Hall said that, in spite of this court order, less than half of the non-union workers continued to cross the UMW picket lines to work because they were afraid of retaliation from the union miners.

A miner's home and all contents was burned to the ground in Pike County; State troopers' cruiser tires were slashed; an office was riddled with bullets in Stearns; and a trooper's cruiser radiator was shot also in Pike, as some examples of trouble occurring during the strike.

Most of the time was uneventful though, Trooper Hall stated.

Kentuckians losing $10 million weekly during coal strike

FRANKFORT — As a result of the three-month old coal strike, Kentuckians are losing a total of $10 million in wages every week, according to an analysis prepared by the Kentucky Commerce Department.

Commerce Commissioner W. Terry McBrayer says over $90 million in wages have already been lost to Kentucky's economy after the strike began last December.

Mr. McBrayer said that unless a new contract is quickly negotiated and ratified, thousands of additional Kentuckians may join the 35,000 workers already idled by the strike.

If utility companies are unable to receive adequate coal supplies within a month, Mr. McBrayer said the result could be a 25 per cent and possibly a 50 per cent cutback of electrical power to industrial and commercial firms.

A joint commerce and energy department survey, based on responses from 500 of the state's largest industrial and commercial users, estimates there would be almost 40,000 layoffs at the 25 per cent cutback level from those industries alone. The weekly cost lost would be roughly $8.4 million.

At the 50 per cent curtailment level, an estimated 97,000 workers would be laidoff. The weekly wage loss would amount to approximately $20.4 million, according to estimates.

The impact of the strike on severance tax collections was also immediately felt, Mr. McBrayer noted. December's collections, he said, totaled $5.6 million, only half of November's $11.8 million.

Mr. McBrayer estimated that collections in January and February, despite the coal strike, will closely parallel those of last year when cold weather substantially reduced mining activity. January 1977 severance tax collections totalled $6.1 million and February collections totalled $7.9 million.

Brakes fail; child injured slightly Sunday

Margaret S. Lizer, Green Valley Apts., damaged the steps, handrail and porch of the home of Mrs. Arlie Flora, 510 E. Main, when the car she was driving Sunday afternoon failed to stop as she reached Main St. coming off of Archdeacon Ave. Mrs. Lizer told police that her brakes failed.

Her four-year-old son, Anthony L. Lizer, received minor neck injuries in the accident, according to the Carlisle police report.

Fire destroys pickup truck

Only one fire has been reported in the city or county last week. A pickup truck, belonging to Roy Jolly, Cane Run Rd., was a total loss after it caught fire, according to assistant fire chief Frankie Hughes of the Nicholas County Fire Department.

Breeding moratorium to be lifted Tuesday

FRANKFORT — During a press conference called to announce the latest developments made in combating Contagious Equine Metritis (CEM), a venereal disease among horses, state Agriculture Commissioner Thomas Harris today said that a Kentucky moratorium on the transportation of thoroughbreds for breeding will be lifted March 28.

At the time a code detailing methods breeders are to use in dealing with CEM, is to become effective. The code was approved Friday by a 26-member advisory committee and applies to all Kentucky throughbreds used for breeding purposes.

Mr. Harris noted that six stallions and 66 mares are currently CEM suspects.

Bible Bowl teams compete in tourney

The Carlisle Christian Church Bible Bowl teams competed in the monthly round-robin tournament at Northern Heights Christian Church, Lexington, on March 12. Team I consisted of Wendell McKee, captain, Mitch Sargent, and Cathy and Terri Mitchell. Team II included Glenn Sargent, captain, Tate Carter and Tony Smith.

Doug Whalen, a member of Team II was unable to attend.

Eighteen teams from area churches competed in seven games throughout the afternoon. Games were played in ten-minute halves, or until 15 questions were answered. Questions were asked concerning chapters 12-21 of the Gospel of John.

Team I returned with a five and two record. Team II had no wins for the day, but received the Good Sportsmanship trophy, "which goes to show the fine young people we are working with," said Rev. Merrill Mitchell, associate minister of the Carlisle Christian Church.

Traveling to Lexington with the local teams were Rev. and Mrs. Mitchell, the teams' coaches; Mr. and Mrs. Paul Hardin and Miss Lori White, sponsors. Rev. Mitchell served as one of eight quizmasters in all seven games.

The next round-robin tournament will be held at Northern Heights on April 9. Also participating in Bible Bowl study is Miss Amy Platt who just recently joined the group.

Josh Shepherd wins spelling bee March 13

Josh Shepherd, son of Mr. and Mrs. Jim Shepherd, of Carrollton won the Carroll County spelling bee March 13 at the First National Bank by beating 18 other competitors. The contest is sponsored by the Carroll County Education Association.

Josh is a seventh grade student at the Carroll County Middle School, and the grandson of Mr. and Mrs. Walter Shepherd of Nicholas County.

PUBLIC AUCTION

Sat., March 25 at 10:30 A.M.

Located 10 miles from Carlisle, Ky., and 3 miles from Barterville on the Crooked Creek Road.

(Watch for Auction Arrows.)

1972 Massey Ferguson diesel 150, less than 11,200 hours, 3000 Ford Diesel 1968 Model, 14 in. Ford plows, used one year, Massey Ferguson hay bailer, New Holland hay rakes, International harrows, Massey Ferguson mower, bush hog, sub-soiler, Homelite chain saw, water pump and hose, wagon, tandem axle, 14½ by 16 inch steel flat, 5 ton Colby wagon with 7½ ft. by 16 ft. flat, 550 gallon water tank, racks for 1½ ton Ford pickup for long wide bed, set of cultivators for 140 tractor, fast hitch carry-all for International, 3-point hitch for fast hitch International, carry-all steel, riding lawn mower, 3-point bomb for tractor, steel traps, chains, log chains, assorted bolts, bombers, tob. presses, stripping room lights, troughs, lawn mower, 6 ton hydraulic jack, 1952 Chev. 1½ ton truck, 1½ ton Chev. truck wheels, 1972 Ford pickup with Mag. wheels 4-wheel drive, 14 in. Chev. pickup truck wheels, 5 coke stoves, 2 — 11.2 x 28 tractor tires (new), 2 spray bombs — 2 and 8 rows, 600 ft. electric cord, hog box, P.T.O. belt pulley for Ford tractor, corn sheller, 307 Chev. motor and auto. transmission, Ashley wood stove, Warm Morning stove, 2-burner fuel oil stove with tank on back, horsedrawn fertilizer drill, couch, chair and some furniture.

Owner: Bobby Wade

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

IT'S ALMOST EASTER

Baker's Dept. Store Carlisle, Ky.

Everbody's Market Place CLASSIFIED ADS

Mercury Classified Ad Rates

8 Cents Per Word.....Minimum $2.00
[25 Words or Less]

Display Classified.....$1.75 per 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: Weed Eaters. Needle Model 507. New 3 Exit Head Saves Cutting Line. Reg. $69.95. Now only $58.88. Garrett's Furn. Co. 3-16-tfn

FOR SALE: Over 3,000 patterns of wallpaper. Over 1400 colors of paint. Available for your selection today. Reid and Vice Builders Supply. Phone 289-5279. 3-9-8tchg

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

FOR SALE: Atlanta wood and coal stoves, Franklin fireplace (all cast iron), electric heaters. Garrett's Furniture Co., Main St., Carlisle. 289-2308. 2-16tfn

FOR SALE: 1974 Chev. Pickup. Cheyanne Super, Automatic, all extras, low mileage. Phone 289-2598 or 289-5963. 3-9-tfn

FOR SALE: We stock hot water heaters. From 20 to 52 gal. gas and electric guaranteed. Check our prices before you buy anywhere else. Reid & Vice, Inc. 289-5279. 3-23-1tchg

FOR SALE: Used furniture and appliances. 8 automatic washers, 2 automatic dryers, 4 electric ranges, 2 sofas, 1 3-piece bedroom suite. Garrett's Furniture Co., Main Street, Carlisle. 289-2308. 3-16-tfn

FOR SALE: Hay unrollers and mowers for round bales. 3 pt. hitch. New and used tillers and lawn mowers. Homer Kearns. Ph. 289-2796. 3-16-3tN

FOR SALE: 1973 Vega Hatchback, auto. 23,000 miles. Book value $1300, excellent condition. Phone 289-2444. 3-23-1tchg

FOR SALE: 18-inch power lawn mower, only $81.95. See at Southern States Carlisle Cooperative, phone 289-7166. 3-23-1tchg

FOR SALE: 1974 Chevy Blazer Cheyenne. 4-wheel drive. Air cond., power steering, new paint, new tires. Call 289-2404 or 289-2870. 3-23-3tN

FOR SALE: 1969 Olds Delta 88. P.S., P.B., air and auto. trans. 289-7275. 3-23-1t*

FOR SALE: 1978 Olds Omega-Demonstrator. Call Tom Hardin — 289-7275. 3-23-1t

FOR SALE: Two solid beige living room rugs with pads. Excellent condition, bound edges. Measurements 11' x 18' and 8½' x 15'. George Roberts, 559 Sycamore. Phone 289-5301. 3-23-1tN

FOR SALE: Paneling — over 1500 sheets, 20 different patterns in stock from $4.98 to $13.95. See our selection and check our prices before you buy anywhere else. Reid & Vice 289-5279. 3-23-1tchg

FOR SALE: Homes and Farms: Five room house, full basement, 1½ baths, garage, close in. Seven room house, bath, new furnace, garage, priced to sell. Two acres, five room house, bath, garage, county water line, take a look. 214 acres, eight room house, bath, two barns, 9,086 lbs. tobacco. 40 acres, new barn, new fencing, plenty grass and water, 1,419 lbs. tobacco, close to town. 52 acres, seven room house, bath, barn, 1,961 lbs. tobacco, plenty grass and water. Three acres, five room house, bath, barn, 1,961 lbs. tobacco, plenty grass and water. Three acres, five room house, bath, garage and other out buildings, 446 lbs. tobacco, two miles from Carlisle. 18 acres, four room house and bath. Clean, plenty of water 638 lbs. tobacco.

For these and others, see Earl Hamm, Auctioneer and Real Estate. 3-23-1tchg

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

FOR SALE: Washer, dryer, and deep freeze. Phone 289-5510. 3-23-1t*

FOR SALE: Pow-R-Boy Hahn Rototillers 3.5 HP 6 Tyne Reg. 299.95. Now $198. 4.0 HP 10 Tyne Reg. 329.95. Now $218. Garrett's Furn. Co. 3-16-tfn

NOTICE

NOTICE: Wilson's Small Engine Repair. I repair all two and four cycle engines. Call or see Phil Wilson. Phone 289-5827. 2-16-6t*

NOTICE HOMEOWNERS: Your roofing, repair, remodel, interior and exterior. Experienced, dependable, reasonable rates. Free estimates. References. Fix winter damage, prepare for next. Eddie Mattox. Phone 289-7192 after 6 p.m. 3-23-2t*

NOTICE: Will do babysitting in my home. Call or see Mrs. Arnold Thornsburg 289-2952. 3-23-1t*

NOTICE: Yes — We do have the finest in wallcoverings for your every room — along with the necessary supplies to complete the job. Let us explain how easy they are to use at Reid & Vice Bldrs. Supply, or phone us at 289-5279. 3-23-1tchg

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: Loans available. Unlimited capitol available for farms, real estate, businesses, venture capitol. All projects considered. Phone (606) 498-4987 from 5 p.m. to 11 p.m. 3-23-4tchg

CARD OF THANKS: We wish to express our sincere thanks to all that were so kind and thoughtful during the illness and death of our beloved mother, Leda Sexton. A special thanks to the Johnson-Mathers Nursing Home staff for their service during her three years stay. Your kindness will always be remembered. To Dr. Kingsolver for his years of service. To The Assembly of God Church and Rev. Hartshorn and his wife. To all the ministers who prayed for her and us. To the singers, friends, neighbors and family and Linda George for their acts of kindness. For the food, cards, flowers and visits of each one. To Mathers-Shearer for a job well done. May God bless each one. Her children.

Estill Hughes 3-23-1t*

CARD OF THANKS: We would like to thank the nurses and nurses aides at Johnson-Mathers Nursing Home for the kind services given Sydney Bow during his long stay there. Also, we would like to thank those who sent flowers, cards, and the kindness of our neighbors and friends. The family of Sydney Bow. 3-23-1t*

CARD OF THANKS: I would like to express my deepest appreciation to my friends, neighbors and family for their kindness, while I was a patient at the Veterans Hospital. Also to Mathers-Shearer for the ambulance service and Bro. White for his visits and prayers. May God Bless each of you. John M. DeAtley. 3-23-1t*

ADMINISTRATRIX NOTICE

All persons knowing themselves to be indebted to the estate of Herbert J. Bretz, 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. Jean Bretz, Route 1, Carlisle, Ky. 40311, (Administratrix), of the estate of Herbert J. Bretz, deceased. Billy G. Hopkins, attorney. 3-9-3t*

Administratrix Notice

All persons knowing themselves to be indebted to the estate of Fritz Gaunce, 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. Nell Gaunce, Administratrix, of the estate of Fritz Gaunce, deceased. Charles M. Cox, attorney. 3-23-3t*

Co-Executors Notice

All persons knowing themselves to be indebted to the estate of Sydney Bow, 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. Ronald Dean Bow and J. T. Bow, (Co-Executors), of the estate of Sydney Bow, deceased. Charles M. Cox, attorney. 3-23-3t*

Executrix Notice

All persons knowing themselves to be indebted to the estate of Ralph E. Shearer, 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. Ann C. Shearer, (Executrix), of the estate of Ralph E. Shearer, deceased. Charles M. Cox, attorney. 3-23-3t*

WANTED

WANTED: Corn ground to lease. 20 to 60 acres. 289-5409. 3-23-2tchg

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person caught trespassing in violation of this notice will be reported to the sheriff and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife.

Estill Hughes farm on Licking River. W. A. Wilson. 3-30-7t*

C	L	U	B		F	O	I	L		T	O	P
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Answer to puzzle 3/20/78

Would You Believe...

Doughnuts were brought over from the Netherlands by the Dutch colonists more than 300 years ago.

* * *

The most widely spoken language on earth is Chinese with 750 million speakers.

* * *

Among the Masai tribesmen of Tanzania, spitting is regarded as an indication of reverence and goodwill.

Let your Pockets Jingle with Extra Cash From The Mercury Want Ads

insulspray

FOAMED-IN-PLACE INSULATION

Saves heating/cooling costs
Stops drafts and cold walls
Low cost
Easy fast application

NEW HOMES, OLDER HOMES, COMMERCIAL STRUCTURES

For free estimate, call
Central Ky. Thermal Foam
Robert Judge, Owner
Shepherdsville, Ky.
Phone 502-955-1111 Day or Night
Rhoda Cellulose
An Authorized Applicator

NOTICE

The Nicholas County Fiscal Court is accepting applications for employment under Title I of the Comprehensive Employment and Training Act (CETA). Applicants will be involved in work and training related to housing rehabilitation in the Henryville Community. Labor and supervisor positions are available.

Contact the Bureau of Manpower Services, Locust Street, Carlisle, Kentucky between the hours 9 a.m. and 12 noon on Monday, March 27, Thursday, March 30, or Monday, April 3. Applicants must meet C.E.T.A. criteria, (i.e., unemployed and/or economically disadvantaged). Interested persons must become certified at the above address.

The Happy Gardener

PRE-SPRING FLOWERS

Spring up the inside of your home by producing blooms now.

A strong amaryllis bulb planted now will provide you with about six large red, white, pink or bi-colored flowers. Plant bulb in a six-inch pot by putting a pottery shard over the drainage hole, covering with a one-inch layer of gravel and filling it half with rich porous soil. Equal parts of sand and peat-moss is an ideal mixture. The bulb should be placed so that its tip is on a level with the top of the pot. Fill the pot and tamp it down gently around the bulb. Keep it slightly shaded, warm and barely moist. As soon as you see the bud, move the plant to a sunny spot and start watering frequently. Lower night temperatures prolong the blooming period.

Gloxinias can put out as many as 30 blossoms, about 3 to 6 inches in width, colored white, purple, pink or red. They are started from tubers placed round side down in a shallow six-inch pot of very coarse, very rich soil. Plant the tuber about half an inch below soil level in the pot. Water well with tepid and then sparingly when growth begins. Sunny eastern or southern exposure is ideal for these flowers. Be sure the plant is well moisturized by putting the pot on a tray of pebbles filled with water. Once the gloxinia has bloomed, the cooler the better as far as prolonging the flowering period goes.

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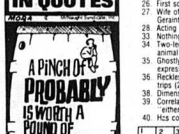
IN QUOTES



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.

HOLD ON! SPRING IS HERE! Sol.: 9 letters

CLUES

B—Balmy, Blustery, Breezes, Buds; C—Calm, Change, Clothes, Coldness, Crocus; D—Daffodils, Dreamy; E—Earth, Equinox; F—Flowers; G—Garden, Grass, Greenery; L—Lamb, Lawn, Lion; M—March; N—Nurseries; O—Outdoors; P—Preparing; R—Return, Robin; S—Seed, Shoot, Signs, Snow; T—Thaws, Tired, Trees, Tulips; V—Vernal; W—Warmth, Weather, Wind

ANSWER NEXT WEEK

Last Week's Answer: INSPIRATION 306

©1978 McNaught Synd.

Y	R	E	T	S	U	L	B	L	D	R	C	D	W	N
G	S	S	A	R	G	A	A	E	O	L	R	E	R	M
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E	R	Y	L	T	N	H	M	H	E	C	A	S	E	
N	P	E	B	B	D	E	Y	E	R	D	H	T	E	E
E	A	E	U	M	S	N	R	S	A	T	A	U	E	R
R	R	Z	D	A	A	N	E	F	K	E	N	L	D	T
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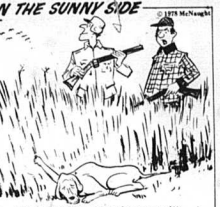
ON THE SUNNY SIDE



©1978 McNaught Synd.

"That's the laziest pointer I ever owned!"

★CROSSWORD PUZZLE★

Across

1 Society: social group
5 — song:
9 Foremost
12 Having wings (Her.)
13 Fleeting thought
14 — Baba
15 Essential part
16 Musical pause
17 Indian tent-pole
18 — and ahs
20 Represent
22 Ammunition
26 First sick note
27 Wife of Sir Gerant
28 Acting test
33 Nothing (Lat.)
34 Two-legged animal
35 Ghostly expression
36 Reckless auto trips (2 Wds.)
38 Dimension
39 Correlative of either
40 Hcs confidence (in)
42 Of inferior quality
46 Edge
47 Income —
48 Blockhead
50 Cave dwellers
54 Beer's cousin
55 Migrant worker of the 30's
56 Sound wave
57 Japanese coin
58 Turned to the right
59 Film holder

Down

1 Baseball headgear
2 Fifty-two (Rom.)
3 Eventually (Abbr.)
4 Gaze upon
5 Emergency treatment (2 Wds.)
6 Lyric poem
7 For fear that
8 Kind of grasshopper
9 Comfortable transportation
10 Norwegian name
11 Compassion's stepdaughter
19 Pronoun
21 Gambler's kitty
22 Joseph's youngest brother (Abbr.)
23 River-mussel genus
24 Bell-shaped flower
25 A-one (Colloq.)
29 Abandoned
30 Storkbike bird
31 Soft mud
32 Denies
34 Game retriever (2 Wds.)
37 Curtain hanger
38 Dismal
41 3.1416
42 Sojourn
43 Patriot Nathan
44 Plow animals
45 Team of 44-D
49 Prevaricate
51 Expert flyer
52 Article
53 Of — (the sun)

3/20/78

★★NEXT WEEK'S★★ HOROSCOPE

By Clay R. Pollan

FOR WEEK BEGINNING MONDAY, MARCH 27, 1978

If your birthday occurs this week

you like nice things, luxuries and good times, but you won't buy them at the price of your honor. You may seem too high-minded to associates, family members.

Aries Mar. 21 - Apr. 19 Pluto

Potentially a week full of shocks and surprises. You will probably be shocked about information you learn about a friend and you will be surprised when sudden success comes in something you have worked on. Push important matters. Seek advice and interviews.

Taurus Apr. 20 - May 20 Venus

Lucky stars shine on most all your activities. Do-it-yourself efforts do well be sure to go with a swing. Social engagements will prove exciting. Financial outlook is encouraging. A letter or message may bring good news, attend to personal correspondence. Romance favored.

Gemini May 21 - June 20 Mercury

You may have to tread a path you would prefer not to travel on. Loved ones may be very obstinate and you may have to make compromises about this. If you join up with a crowd of people, be prepared to foot a heavy bill. There's a tendency to neglect personal comforts.

Cancer June 21 - July 22 Moon

This is a fine week for solid work. Be more confident. Forge ahead with your general activities. Money affairs are good. Contact friends for recreation. Visit relatives, if possible. Devote more time than usual to loved ones. Help them if they need you.

Leo July 23 - Aug. 22 Sun

Extreme caution is necessary in travel communications, interviews and social contacts. When you work alone you are apt to achieve more. Guard against overindulgence in food and liquids. As the week advances, there are improvements and greater harmony.

Virgo Aug. 23 - Sept. 22 Mercury

Mixed influences can make this a many-sided week. Intolerant comments can be encountered, as well as meaningful compliments received. You could be singled out for financial or employment preferment. Partnerships and emotional relationships are good.

Libra Sept. 23 - Oct. 22 Venus

You will be on the go this week. You will have difficulty in sitting still. Many things will demand your time. Concentrate on the most important things first. Friendly contacts make the period exciting. Your captivating charm makes you welcome everywhere.

Scorpio Oct. 23 - Nov. 21 Mars

Expect a whirlwind of activity this week, both in sociability and finances. You will be moving, changing, getting calls and requests. Survey each situation carefully. Take time to choose quality. Competition will be more acute than usual. Don't take second best.

Sagittarius Nov. 22 - Dec. 21 Jupiter

Someone new may come into your life only briefly who is really committed elsewhere in romantic matters. Keep cool and a tight grip on yourself. Politics and religious topics should be avoided in social gatherings. Mixing work and pleasure could cause rifts.

Capricorn Dec. 22 - Jan. 19 Saturn

Money affairs are accented. Be sure you know what you are doing before parting with money. Guard money and property assets. Someone is not being entirely open and frank on financial affairs. Deal only with licensed people, after getting competitive estimates.

Aquarius Jan. 20 - Feb. 18 Uranus

Surprises can fill the week and create a joyous aura. An effort to be pleasant and helpful brings unexpected rewards. You may have to deal with a really adventurous type. Old friend will probably look you up. Keep friendships strictly conventional.

Pisces Feb. 19 - Mar. 20 Neptune

You need relaxation. Devote a lot of time this week to pleasure-seeking. Keep on the best side of everyone and do not speak ill of means dissembled. Your popularity is on the increase, particularly if you are under 30. Not a time for daydreaming. Be realistic.

★★★★★ McNaught Syndicate ★★★★★

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CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

JUICE CALORIES

One of the things I find most difficult about dieting in the cold months is that there aren't as many varieties of fresh fruits to choose from at the supermarket. Consequently, I can't keep my refrigerator stocked with fresh and tempting, low-calorie snacks. There are no real substitutes for just-picked succulent fruits, but something to get you through the winter is fruit juice. With some varieties, you have to be careful — just as you must watch the calories in some varieties of fresh fruits — but, for the most part, you can enjoy the fruity flavor of juices without worrying too much about your waistline.

We usually drink juice in a six-ounce juice glass, so the calories given below, will be for that amount of fruit juice. However, if you stock a tumbler-sized glass with lots of ice and enjoy your juice that way, it will probably amount to about six ounces as well. If you really want to be fastidious, you can make sure the juice in a measuring cup -- six ounces equals three-quarters of a cup.

A juice glass or ice-filled tumbler of apple juice runs to about 75 calories. Apricot nectar is high, too high, at 105. Cranberry cocktail is a bit much, too, at 124, but cranberry apple is just a touch less at 120. A glass of grape juice is too high, too, at 120 per glass, but you can save some on calories by getting the frozen kind and preparing it with water at 90 calories per- glass. Grapefruit juice has 75 calories per glass.

Orange juice, the favorite in this country, has a pretty high calorie count, about 80 per six ounces. Orange-grapefruit juice saves you some calories, at 76 per glassful. Peach nectar has 90 calories and pear nectar has 95. Pineapple juice has about 100. If you love the taste of pineapple, pineapple orange and pineapple grapefruit, both have 77 calories per six ounces. Tangerine juice is exotic and has a moderate calorie count, 85 for six ounces.

The fruit-flavored drinks and punches are definitely to be avoided by careful dieters.

Avoid them, but do fill up on healthful fruit juices to tide you over until summertime.