



Miss Conley

Miss Conley attends Foodorama

Kay Conley, daughter of Mr. and Mrs. Joseph H. Conley of Carlisle, representing Region 12 of the Kentucky Future Homemakers of America at the state Foodorama held Oct. 18-20 in Louisville.

Miss Conley was chosen as the result of an essay she wrote on "Food: Our Nation's Basic Strength". She was one of only 12 FHA students chosen to attend the conference, which was sponsored by the Kentucky Farm Bureau. While in Louisville the group toured a large grocery store and warehouse and a restaurant.

Sessions were held during the conference on food production, advertising and distribution. Members of Kentucky chapters of the 4-H, FFA, DECA and FHA were chosen as conference assistants.

Miss Conley, a senior at Nicholas County High School, has been a delegate to Girl's State in Morehead and the 4-H Older Youth Conference in Walnut Hills, D.C., during her high school career. She is a member of the annual state Speech and Drama Club, Theopian Society, National Honor Society, and Junior class president. In addition she has received several awards through the NCHS FHA chapter, including the Member Award for 1978-79. She has also received the junior, chapter and state FHA degrees.

For the past four years she has been a sports reporter for The Carlisle Mercury and won second place in a Kentucky Press Association annual awards contest her first year. She also serves as a statistician for the NCHS basketball and football teams.

The next meeting will be held on Nov. 12, at Lloyd George #866 Post, the 10th District president, Neil Snapp of King Burley #1993 visiting.

A pot luck supper will be served and all members are urged to attend.

Ladies Auxiliary holds meeting; members honored

The Lloyd George #866 Ladies Auxiliary held their regular meeting Monday, Oct. 8, with Ruby Ritchie, president, presiding.

Four new members took the ritual of the Ladies Auxiliary. The Auxiliary decided to send \$50.00 more to the Cancer Aid Society, which makes the total of \$7,900. This gives the Auxiliary 1978 membership.

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Going Out Of Business SALE

All merchandise 1/2 OFF in store

GOODMAN'S Shoes
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THE LIVING CORNER

And he marvelled because of his unbelief. Mark 6: 5

Who is it that most young people don't believe in Jesus Christ? he asked me. Well I know of several young people who are very dedicated but you've asked a very gutsy question, one that we all must face.

People don't put their faith and trust in Christ for the same reason that a nuclear scientist doesn't use the same reason that a garbage collector doesn't because they don't want to get people in Carlisle who give us any number of excuses—hypocrites in the church can't stand the preacher, busy on weekends, etc. But when we get right down to it down to their personal responsibility—they just don't want it.

Trusting in someone who would make them, supposedly make them feel less of an individual. Christ would upset their lifestyle... encourage them to live differently. And that is very threatening to a lot of people because they enjoy their way of life and their problems. But even in our subject, God came about us and He still wants to live in us. He and He alone is able to persuade us to.

Join us this Sunday in caring.

FIRST CHRISTIAN CHURCH
Worship 10:45

1979 Christmas Club Account Customers

Checks will be available **November 1, 1979** for pickup at our main banking office, Main St., Carlisle, Ky.

Why not open your 1980 Christmas Club Account when picking up your 1979 Christmas Club check?

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First National Bank
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Kay's Kitchen

—By Kay Fisher—

1 cup pitted green olive optional
1 1/2 pound package frozen peas, thawed
Remove skin and excess fat from chicken. Sprinkle chicken with flour. Heat oil in large skillet — 211 degrees — 300 degrees, add chicken and onion. Sprinkle with thyme and salt. Add pepper sauce and bouillon cube, dissolved in 1 cup boiling water. Scatter potatoes and mushrooms over chicken. Add onions and olives, add more liquid if necessary. Cover and simmer 200 degrees — 211 degrees for 45 minutes, or until chicken is tender. Taste for seasoning, you may need more salt. Spread peas around edge of skillet; sprinkle with salt. Cover and cook about 10 minutes longer, or until peas are desired doneness.

LAYERED CASSEROLE
2 tablespoons butter or margarine
1 large potato, sliced
1 1/2 pound package frozen corn, thawed and drained
1/4 cup chopped green pepper
1 small onion, chopped
2 cups ground round beef
1 1/2 ounce can tomato sauce
1/2 teaspoon seasoned salt
2 tablespoons parmesan flakes
1 small can peas
2 cups shredded American cheese
Chopped olives or parsley for garnish.

Combine tomato sauce, salt, parsley flakes and garlic powder. Pour over meat layer. Cover and cook on high or 250 degree unit mixture starts to boil. Turn to simmer 200 degrees — 211 degrees and cook about 25 minutes longer. Add onion, vegetables and meat are cooked. Turn off heat; sprinkle cheese over top. Cover and let stand about 10 minutes, or until cheese is melted. Sprinkle top with olives or parsley. Make up servings. If you do not have an electric skillet, use a heavy skillet with tight fitting lid.

Here are some recipes for tasty, all-in-one skillet meals that give a new twist to old standbys — chicken and ground beef.

They can be cooked on the top of the range or in an electric skillet and take less than an hour cooking time, which means they use energy sparingly. If you do not have an electric skillet you may use an old iron skillet with tight fitting top.

CHICKEN OLIVER
8 large chicken pieces
2 tablespoons flour
2 tablespoons salad oil
1/2 teaspoon butter or margarine
1/2 teaspoon thyme, crushed salt
1 chicken bouillon
one-eighth teaspoon red hot pepper sauce
1 large potato, peeled and diced
1/2 pound fresh mushrooms, sliced or canned
6 small steaming onions, peeled
1 cup pitted ripe olives optional

Misses Beryl Baker and Sara Jane Kern of Wapakoneta, Ohio and Miss Ruth Stevenson of Greenville, Ohio were weekend guests of Mrs. Kathryn C. Moore at her home here.

Miss Roberta Roberts recently entertained her granddaughter, Sharon Mynear, with a party in honor of her forthcoming November birthday.

Mr. and Mrs. R. J. Wagner were in Lexington Sunday to visit Ed Harp at St. Joseph Hospital.

Mr. and Mrs. John Mitchellville of Lexington visited his mother, Mrs. Taylor Mitchellville recently.

Mr. and Mrs. Kath Grimes left this week for their winter home in Gulfport, Fla.

The Cassidy Creek Methodist Church will have a hymn sing Nov. 4 beginning in Lexington Sunday to visit Ed Harp at St. Joseph Hospital.

Homemakers attending from Nicholas County were Mrs. Hazel Swartz, Miss Marie Flora, Mrs. Ruth Tischer, Mrs. Hense Smoot, Mrs. Kenneth Stephenson, Mrs. Jack Tischer, Mrs. James Markwell, Mrs. Joe Smart, Mrs. Willis Laver, Mrs. Walter Kinzall, Mrs. Dorsey Lynn Watkins, Mrs. Albert Booth, Mrs. Kath Grimes, Mrs. George Hankin Carter, Mrs. Hanson Ellington, Mrs. W.J. Clark, Edna Huddleston, Mrs. Lois Campbell and Margie H. Wilson, Extension Agent for Home Economics.

Mrs. Hamilton received first place in the Creative Stitchery category and will represent the Bluegrass Area in the state competition. Mrs. David Zachary placed second on weaving and Mrs. Angus Baxdale placed third with her quilt entry.

The Bluegrass Area Homemaker Chorus presented a short concert. This chorus will sing at the National Homemaker's meeting, Biloxi, Mississippi, 1980.

Mrs. Hanson Ellington, serves as Area Family Life Chairman. Mrs. Kath Grimes and Mrs. George Hankin Carter were voting delegates.

Moonlight Madness

Friday 6p.m.-9p.m.

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Rainwear Reduced 40% Off!

Zipout & File-lined Storm Coats and Uniforms 15% Off!

Rack of Dresses \$2 Below Half!

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Abraham's Ladies Shop

Local women attend meeting

Mrs. Carrie Shumate, Mrs. Alma Curtis, Miss Pat Allison and Mrs. Virginia Dore Crump members of the Business Tred. Women's Club of Paris attended a tea in the old Governors Mansion given Oct. 26.

The tea was given by Lieutenant Governor Thelma Stovall honoring the National Business and Professional Women week.

Mrs. Crump is president of the Paris Chapter.

The Green Apple

Advent Calendars

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Snake man Les Meade, assistant professor of biology at Morehead State University, is conducting a systematic study of snakes in Kentucky for his doctoral dissertation for the University of Southern Mississippi. Meade is studying Kentucky snakes as to length, color variations and scale count. He plans to complete his study of the 45 different forms of Kentucky snakes by late 1980. —MSU photo.

Parsons outlines program

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position — the lifting of the leg, increase strength in the thigh and to push off, such as you do in running.

"This year is the FIRST TIME we have ever gone over 200 lbs. in the step-up," said Parsons. "This has been a valuable lift for us in that it really puts the pressure on the thigh muscles. We do a series of 10 lifts, five with each leg and seven of our players have lifted 200 lbs. and we're happy with that performance."

Those seven are Cowan, Gettlefinger, Hord, Lantz, Lantz, Verderber and Williams.

With so much stress on running and lifting, the third phase of conditioning — flexibility — may seem like an afterthought, but that is not the case, says Parsons.

"We feel the most important phase in our conditioning program is flexibility," he said. "We get that through stretching and more stretching. We devote 15-minutes before and after workouts to stretching and by so doing, we keep the muscles loose and this prevents injury and brings continuation. So many coaches feel like a person who lifts weights can become muscle-bound, but we don't necessarily believe that can happen, but we do want to keep as much elasticity in the muscles as possible. I will say that I would not want to be in a lifting program that did not stress flexibility."

In summation, Parsons stresses the total program is designed simply to further develop the natural skills of the body of each individual.

Reg. 1.99 now **88¢** Limit Three While Supplies Last

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One Group Ladies Reg. 12' Cardigan Sweaters \$888

44 ct. Slide Top Reg. 7' **Trash Cans \$399**

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MOONLIGHT SALE

Friday, Nov. 2, 6-9 p.m.

During that time you can buy any item marked at regular price & buy a second item of the same price or less for

1/2 PRICE

CASH ONLY NO LAY-AYS AT THESE PRICES

Save priced merchandise not included. FOR EXAMPLE: BUY AN ITEM PRICED AT \$4.00 FOR \$4.00; THEN BUY A SECOND ITEM REGULARLY PRICED AT \$4.00 FOR \$2.00

LERMANS COMPLETE FAMILY DEPT. STORE

The Carlisle (Ky.) Mercury, Thursday, Nov. 1, 1979—7

SCS offers tips for chopping wood

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by stacking it in a sunny location and covering it with clear plastic. This provides the same effect as the inside of a lumber dryer. Water can be observed collecting in the inside of the plastic and running to the ground.

Usually firewood is sold by the cord or fraction thereof or occasionally by weight. The cord of wood you order may not be the cord you get because there are different types of cords or units of measure. Buying by weight can be a problem because the weight content of green wood as compared to seasoned wood.

The standard cord of wood measures 4 feet high, 8 feet long and the individual pieces are 4 feet in length. It contains 128 cubic feet of space or about 80 cubic feet of solid wood. The short cord, face cord or rick are 4 feet tall, 8 feet long and the pieces can be any length but are usually 16 inches. These units have about one-third the volume of the standard cord. Occasionally wood is sold on the basis of a pickup load and the volume involved is difficult to determine. Regardless of the unit of measurement used, the amount of solid wood received is dependent on how tightly the pieces are piled, the size and straightness of each piece.

Generally speaking, a standard cord of air-dry, dense hardwood weighs approximately 2 tons and provides as much heat as 1 ton of coal, or 180,000 gallons of No. 1 fuel oil, or 8,000 cubic feet of natural gas.

If you need help in selecting trees to cut for firewood, contact your Soil Conservation Service or someone from the Kentucky Division of Forestry. These services are free.

Smith's Dollar & Discount

MOONLIGHT SALE

Mens Polyester Pants 2 p. \$5.00
Mens Brown Cotton Gloves 2 p. \$1.00
Marcal Napkins (120 ct.) 2 p. \$1.00
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