

V.F.W. Auxiliary meetings told

10th District

The Tenth District V.F.W. Ladies Auxiliary meeting was held Sunday at a part-time job at Nicholas County Jail, Paris Kings Burley presiding.

Guest speakers were Dale Fire Marshall, Booky Fire Marshall, Cynthia and Fire Marshall John Paul Jones of Paris. A special presentation was made by Miss Geneva Kettering, state representative of the 10th district as also a guest speaker.

The next meeting will be held May 4 in Cynthiana, with the election of district officers.

Regular meeting

The Lloyd George #666 Ladies Auxiliary held their regular meeting Monday, Jan. 14 with Dorothy Gray, president, presiding.

The 10th district president Neil Snugg of Kings Burley, 1980 Paris was visitor.

Miss White was noted for \$40 to the U.S. for 1000 pens, \$5 to the N.A.S.P. scholarship and linen to the Cancer League.

The next meeting will be Feb. 11.

Miss White on Dean's List

Lori White, daughter of Rev. and Mrs. Eugene White of Carlisle, was named to the Dean's List at Artesia Christian College in Arletta, N.M.

A definite wedding date has not been set.

Miss McDonald is engaged

Miss McDonald is employed by the Bank of the Bluegrass of Lexington. Mr. Brewer is employed by Coca-Cola Co. An August wedding is planned.

Lucheon slated on Saturday for Mrs. Rutledge

Friends of Mrs. Helen Rutledge, owner of the Heritage Cottages in Nicholas County, will be honoring her with a luncheon Saturday, Jan. 26 at the Carnes County Club at 12:30 p.m.

Correction on Personal

Mr. Rutledge is closing her Nicholas County shop and moving to La Grange, Ky. Anyone wishing to attend the luncheon should contact Mrs. Mark Trevi at 282-1260 between 8 a.m. and 5 p.m.



Before the icy winds roar through the treetops and snow piles high on the meadows, many little creatures slip into snug, unattractive way places and fall into a long and profound period of sleep.

That sleep is called "hibernation," meaning, according to wildlife biologists, "winter sleep" — a word coined from the Latin, "hibernus" for winter.

In the state of hibernation, long periods of severe weather and food shortages are passed without discomfort to the animal, safely tucked away in a burrow, in a hollow tree, under a branch, or beneath a haystack.

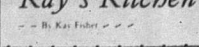
During hibernation, animals breathe very slowly and their heart barely thumps. For this reason, biologists say, a rude or abrupt awakening will sometimes result in death of the sleeper. The body temperature of the sleeper is usually very low, approaching in the most cases, that of its surroundings. An increase in the temperature will gradually

awaken it, but hunger is believed to be the main call that awakens when once again the meadows, many little creatures slip into snug, unattractive way places and fall into a long and profound period of sleep.

Each animal seems to be governed by habits which have been passed down from generation to generation. Even as animals awaken from this period of long sleep, it may have lost 30 or 40 per cent of its weight. It has used its stored-up fat during its stay. It is usually very hungry, but it quickly begins to eat, it usually regains its natural vigor.

It is a bit strange, but hibernating animals are chiefly vegetarians. Also a bit strange is the fact that almost all burrowing animals hibernate. Among them the groundhog is most notable. Dogs, frogs, snakes, a few butterflies, female hibernators and many other insects have like periods of long winter sleep. A similar state of sleeping during the summer months is called "estivation," or "summer sleep."

Kay's Kitchen



While bewailing the fact that most everyone seems to be on a diet, and food the last thing they are interested in, a cheerful voice reminded me that, "everybody has to eat." So with that encouragement, off I go again.

Last week I wrote about chuck and pot roasts, the best expensive cut of beef. Since winter, it is a good time to think of making such a meal. To cook a chuck and pot roast well, cover the pot with water, add salt, pepper, and a good amount of tenderloin on each chop. These chops are expensive but well worth the cost, which are usually steamed with more fat. However when trimmed and cooked well, they are delicious.

A loin roast is made up of loin chops and is considered the choice roast. Less expensive roasts are shoulder roasts or fresh picnic roasts. Proper cooking and seasoning they are equally good. The same food values in any cut of meat are the same and fat.

To cook chops, either rib or loin, wipe chops with damp cloth, sprinkle with salt and pepper, and dust lightly with flour; sear in heavy skillet. I do not add any fat because there is usually enough on the chops. Broil chops slowly, don't try to rush this or they will burn and lose their natural flavor. Sprinkle with seasoning salt and Worcestershire sauce, turn and repeat. When chops are brown, remove to baking dish with cover. In frying pan add one portion cube, one can of

multigrains with juice. Bring to a boil and pour over chops. If necessary add more water to cover chops. At this stage taste to be sure you have enough seasoning. Add more if necessary. Cover and cook in 325 degree oven for approximately two hours. When done gravy may be thickened if desired. Serve with baked yams or sweet potatoes, (you can bake them the last hour the chops cook). Applesauce, bread and coffee. You might skip dessert and serve your favorite jam or jelly with the hot bread.

POPKORN ROAST
Select desired roast, trim off excess fat, trim off tendons and bring roast to room temperature before cooking; place on rack in open roaster. With a sharp, small knife pierce roast in several places and insert a garlic clove and one or two pieces of rosemary. Make about 1/2 inch or eight insertions on top side of five to six pound roast. Bake at 325 degrees for about three hours, basting several times.

Be sure to have butcher saw your own bones of ribs for easier carving. Make gravy from drippings, season with salt and pepper. For less tender cuts of pot roasts, you may simmer gently with vegetables in a covered pot. Add a little water to the pot. Season with garlic, thyme, sage and a hot red pepper or two.

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Letters

To the Carlisle Mercury:
Please allow me to remind the farmers in our area to meet to discuss the vote on the Beef Research and Information Referendum.

To have a say in this very important issue the cattle owner must register in person or by mail at the county office and then return to the office between Feb. 19 and Feb. 23 to vote. In order for the referendum to pass, at least 50 percent of those registered must vote a majority of the vote must be favorable.

If the referendum goes into effect, the Secretary of Agriculture will appoint a Beef Board of some 10 people from throughout the United States. The function of the Beef Board will be to organize and create programs for the production of beef in this country through such means as advanced research programs, providing more consumer information and through developing new foreign markets.

Perhaps the referendum can be the exact tool needed to give the beef industry a big boost. I ask you not to disregard this possibility, but to take a very hard look at the financial responsibility that will fall squarely on the shoulders of the cattle raiser.

The referendum calls for an assessment to be placed on each head of cattle well in advance of assessment. It will be 0.2 percent of the value of the animal. This amounts to 30 cents of every \$100 and has proved a very true animal is sold until it reaches the packer. The legislator for the assessment allows it to reach a

maximum rate of 0.5 percent. Thus, the cattle raiser will sell an animal now for \$90 and be assessed \$1 million. Based on the assessment of cattle sold in the United States yearly, this assessment could easily cost the beef producers as much as \$100,000,000 annually. \$100,000,000. If this referendum passes, the assessment will be mandatory and every one of us will be taxed when we sell. While proponents of the plan point out that there is a refund system, if the assessment is applied for, the opposition quickly answers that those farmers who sell in small groups and several times a year simply won't go through the paper work a refund would require.

While we still have a choice, I urge every person to study this referendum and to express yourself by voting in February.

Thank you,
Kay Stumate
Windstone Farms
Carlisle, Ky.

To the Carlisle Mercury:
Enclosed you will find a check for \$9 (for which, please, send me The Carlisle Mercury). We have been receiving the Mercury for two years and, as Carlisle is our home town, we really enjoy reading the Mercury way out here in California.

This is our way of keeping in touch with you well, and we are most grateful to the Owens family who have no other communication from Carlisle and we truly miss it.

Eldon K. (Pete) Owens
Apple or oranges in a not too rich farm country office located at 246 East Main Street in Carlisle.

Honeland, Calif. 92348

admissions and discharges 12-18 to 1-19-80
ADMISSIONS: Velma Harney, Frances Watkins, Iva Sugg, Robert Thompson, Idell Henry, Mildred Marshall, Eugene Westfall, Bonnie Fryman, Jacqueline Barlow, Edna Ruddle, Timothy Hunt, Eva Crawford, Joyce Livingston, Elsie Ritchie, Carlisle, Adrain Cameron, Mattie Flack and baby girl, Dewey Henderson, Mr. Olivet; Bactie Jolly, Kimberly Jolly, Ewing; Nancy Moore, Sharrapburg; Wanda Inoh, Reynolds Jolly, Moorefield.

DISCHARGES: Timothy Hunt, Joyce Livingston, Eugene Westfall, Bonnie Fryman, Mildred Marshall, Bonnie Crawford, Elizabeth Wilson, David Zachary, Elsie Ritchie, Carlisle, Adrain Cameron, Mattie Flack and baby girl, Dewey Henderson, Mr. Olivet; Bactie Jolly, Kimberly Jolly, Ewing; Nancy Moore, Sharrapburg; Wanda Inoh, Reynolds Jolly, Moorefield.

Plagues missing from hospital
Nicholas County Health Care Auxiliary will meet Tuesday, Jan. 29 at 7 p.m. in the Nicholas County Hospital. The plagues, which denote the Service Occupations of the Year and the Most Congenial Employees, two active members of the auxiliary are being awarded.

Mary Alicia Farah has ninth birthday
Mr. and Mrs. Licha Farah entertained Jan. 14 with a birthday party at their home on Carpenter Pike for their daughter, Mary Alicia's ninth birthday.

Homemakers meet
The East Union Homemakers met at the home of Clarine Lyman on Jan. 11. Roll call was answered by a New Year's resolution. Patsie 99 was read by Clarine Lyman. There were 12 members present and six guests.

Proposal could eliminate licensed practical nursing
A proposal of the American Nurses' Association which could eliminate licensed practical nurses was discussed by Kentucky educators Jan. 15 and 16 at a meeting in Elizabethtown.

Abraham's FANTABULOUS CLEARANCE SALE!
Winter & All-Weather Coats, Fall Dresses, Sportswear, Handbags, Hats, Scarves, Fashion Scarves & Rack of Uniforms
REDUCED 12
HOLIDAY & EARLY SPRING DRESSES & SPORTWEAR, WARE SCARVES & HATS, BELTS, RACK OF ROBES & SWEATERS, AND CLOSET BOND HOSIE DRESSES
REDUCED 13
Also Check Out Bargain Table and "Goodie" Rack for Bargain Value!

Abraham's Ladies Shop, Carlisle

Dayton retires from bank board

After 20 years of service Clay Dayton of Carlisle (and Leesburg, Fla.) is retiring from the First National Bank of Carlisle's board of directors.

Dayton joined the board in 1960 when the bank's assets were \$1 million. The bank has now grown to \$22 million in assets, according to the latest report.



Clay Dayton, right, has retired from the board of directors of the First National Bank of Carlisle after 20 years of service. Dayton, a retired farmer, now divides his time between Carlisle and Leesburg, Fla. — Mercury photo.

Dayton, whose profession was farming, is a native of Carlisle and member of the Carlisle Baptist Church. Besides his church activities, which included teaching a Sunday School class, he is also active in the Shriners, the Farm Bureau and the Masonic Lodge.

He is married to the former Edith Hephomede of Fleming County, whom he met when he was teaching school in that county. They have three children: Keith, Jack, Dayton, Ohio; William G. Leesburg, Fla.; Rita Green, Lexington and Sara Dayton of San Francisco, Cal., four grandchildren and one great-grandchild.

Dayton said he plans to divide his retirement time between his homes in Carlisle and Leesburg, Fla. While a member of the bank's board he would return once a month during the winter months from Florida to attend directors' meetings.

Wood chairs ASC
James N. Wood, a well-known Nicholas County farmer, was elected vice-chairman to serve on the ASC County Committee effective Jan. 1. He will join committee members Eugene Westfall, chairman, and A. M. Matthews Kennedy, member.

The County ASC Committee is responsible for administering the program of agricultural stabilization and conservation service (ASCS). Committee members serve for a three year term, and are elected on a rotating basis. The day to day operation of the program is handled by a county office located at 246 East Main Street in Carlisle.

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6 Month Money Market Certificates Earn 11.886% Annual Interest Rate on Deposits of \$10,000 or more 26 Weeks Maturity Rate in Effect Thurs. Jan. 24 thru Wed. Jan. 30

*Federal Regulations prohibit the compounding of interest during the term of the deposit. Substantial interest penalty is required for early withdrawal.

First National Bank
Carlisle, Moorefield

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FOODTOWN SUPER MARKET

Open 8-8 Mon-Sat

C & G

U.S. Choice Beef	Bottom Round Roast	lb. '2.19
U.S. Choice Beef	Bottom Round Steak	lb. '2.19
U.S. Choice	Beef Cubed Steaks	lb. '2.39
U.S. Choice	Beef Sirloin Strips	lb. '3.39
U.S. Choice	Beef Strip Steaks	lb. '3.99
Fischer's Fresh Lean & Meaty	Pork Spare Ribs	lb. '99¢
Swift Sausage	Sausage	12 oz. pkg. '1.39
Produce	Red Radishes	lb. cello pkg. 39¢
Produce	Fresh Broccoli	lb. '79¢
Washington State Golden	Delicious Apples	3 lbs. '1.19
Kraft Dinner	Macaroni & Cheese	7 1/2 oz. 3/1
Pillsbury Biscuits	10 Ct. Country Style & Buttermilk	6/\$1.09
Idaho Potatoes	15 Lb. Bag	\$1.99
Green Cabbage	lb. 19¢	
Temple Oranges	Doz. 89¢	
Bush's Dollar Sale	Bush's Dollar Sale	
Cut Green Beans	303 can 3 for \$1.00	
Shellish Green Beans	303 can 3 for \$1.00	
Chili Hot Beans	303 can 4 for \$1.00	
Blackeyed Peas	300 can 4 for \$1.00	
Pinto Beans	300 can 4 for \$1.00	
Kidney Beans	300 can 4 for \$1.00	
Great Northern Beans	300 can 4 for \$1.00	
Showboat Spaghetti	14 oz. can 4 for \$1.00	
Showboat Spaghetti Rings	14 oz. can 4 for \$1.00	
Showboat Pork & Beans	14 oz. can 4 for \$1.00	
Pink Salmon	lb. can \$1.69	
We accept Federal Food Stamps		