



Marjorie Burruss is pictured wearing a Shaker dress before last Thursday during the two-day Cultural Arts Camp for Homeowners held at the 4-H Center, Lake Carver.

**Shaker beauty and usefulness**

Ms. Marjorie Burruss is pictured wearing a Shaker dress before last Thursday during the two-day Cultural Arts Camp for Homeowners held at the 4-H Center, Lake Carver.

**— Personals —**

Mr. and Mrs. Lowell Hollar returned home Sunday from a week's visit with Mr. and Mrs. James T. Mullin in Little Falls, Monticello, Virginia, King's Mountain, N.C.

Ms. and Mrs. Virginia Weaver returned home Sunday from a week's visit with Mr. and Mrs. Robert H. Weaver in Lewisburg, Ky.

Ms. and Mrs. Barry Harty spent the weekend in Pioneer Forge and Gatlinburg, Tenn.

Ms. and Mrs. W. B. Parker entertained with a party Saturday night at their cottage on Lake Carver.

Ms. and Mrs. Lynn Phillips spent the weekend with Mr. and Mrs. Mike Phillips and Mrs. Phyllis in A.B. Cross and Mrs. Joe Bunker attended a reunion of the Tri Delta chapter of the University of Kentucky last Wednesday in Lexington.

Mrs. Kenneth Knapp is recuperating at home after spending

one week at the hospital with a back injury due to a fall.

Justin Kenney has birthday. Ms. and Mrs. Jackie Kenney on Thursday, Sept. 11, celebrated their 67th wedding anniversary. Justin was a celebrant for his birthday.

67th anniversary is celebrated. Ms. and Mrs. Harry Hardin of 3006 1/2 S. 15th St., Lexington, Ky., celebrated their 67th wedding anniversary Tuesday.

John Kenney has birthday. Ms. and Mrs. John Kenney on Thursday, Sept. 11, celebrated their 67th wedding anniversary. John was a celebrant for his birthday.

John Darwin Jacobs has birthday. Mr. and Mrs. John Darwin Jacobs on Thursday, Sept. 11, celebrated their 67th wedding anniversary.

John Jacobs is science/history grad. John Darwin Jacobs of Lexington graduated from the University of Kentucky August 8, 1985.

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**John Jacobs is science/history grad**

John Darwin Jacobs of Lexington graduated from the University of Kentucky August 8, 1985. He received a B.S. with a double major in political science and history.

**Hospital notes**

Mr. and Mrs. W. B. Parker returned home Sunday from a week's visit with Mr. and Mrs. Robert H. Weaver in Lewisburg, Ky.

**Piano recital set Sept. 18**

Mrs. Fred Hill will present the following students in piano recital on Wednesday, Sept. 18, at 7:00 p.m. at the home of Mrs. Fred Hill.

**Flower arranging Garden Club topic**

The Carlisle Garden Club will meet at 8 p.m. Monday, Sept. 16, at the 4-H Center on Lake Carver.

**Family picnic**

Ms. and Mrs. John Will entertained last night with a family picnic at their home on Lake Carver.

**Engagement told**

Miss Anabelle Houser, 113 Haynes Street, announced the engagement of her daughter, Nancy Morris, to Mr. Roy Smith, son of Mr. and Mrs. Fred Smith of Georgetown.

**Kay's Kitchen**

By Kay Haber

Now that school has started and you are faced with packing a lunch or lunches, I have some suggestions that should make the job easier for you.

**WANT BREAD:** 1 cup quick-rising yeast, 1/2 cup warm water, 1/2 cup milk, 1/2 cup oil, 1/2 cup sugar, 1/2 cup salt, 1/2 cup shortening.

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**SPECIAL \$18,995**

28 x 44 Redman Double Wide Shingle Roof 2 Baths Wood Siding - Equipped Kitchen

**Cherry Hill Mobile Home Sales**

One BEADMAN HOME SALES CENTER (606) 624-6141 1300 N. Main (919) 824-7482 Williamsport, N.Y. 42921

**Health Tips**

from Lee Rose

**Car safety seats**

This is the first in a series of three articles concerning car safety seats for children.

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**Births**

Mr. and Mrs. Terry Heston of Carlisle announced the birth of a son, August 28, 1985 at the Nicholas County Hospital.

**Births**

Mr. and Mrs. David Wayne Thurston, Carlisle, announce the birth of a son, September 4, 1985 at the Nicholas County Hospital.

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**Crocheting pointers**

Mrs. Louise Stephenson, right, a member of the East Union Homeowners, is getting pointers on crocheting a brick edging from Christine Jacobs, Harrison County Extension Agent, at the two-day Bluegrass area Cultural Arts Camp for Homeowners held at the 4-H Center last Thursday and Friday.

**Mushroom species program topic of Natural Bridge**

Increasingly popular on the dinner table, mushrooms are often added to the picking in nearby woods. But knowing an edible mushroom from a poisonous one requires basic knowledge.

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**C&G FOODTOWN SUPER MARKETS**

U.S. Choice Round Steak	1.49
2 lb. pkg or larger Fresh Ground Beef	.99
1 1/2 lb. 4 lb. pkg., Stated Fricas	.79
Loys Jumbo Wieners	1.39
Potato Salad	99¢
Cheese & Pastrami on Cheese & Sausage	
Large Pizzas	2/\$5.00
Produce	
Carrots	1 lb. Bag 29¢
Colony	50¢/49¢
White Potatoes	10 lb. 99¢
Bananas	3 lbs. 1.00
Household	
Air Freshener (8 Scent)	75¢/79¢
Renzo Solis	
Gauzo Towels	Jumbo Roll 69¢
Loos & Flangers 32 Oz. to 60 Oz. Dip to Super Absorbent	
Disposable Diapers	8.99
Comet Cleanser	14 oz. can 39¢
Dairy - Frozen	
Country Style Butter, Butter	
Pillows Biscuits	4 Pack 89¢
Jenny's Pizzas	10.99 (5 Varieties) 99¢
(Limit 2) \$5.00 Order	
Foodtown Ice Cream	1/2 Gall. 99¢
Pantry Shelf	
18 oz. Box, All Flavors	
Betty Crocker Cake Mix 79¢	
Betty Crocker 18.5 oz. (All Flavors)	
Ritz Frosting	\$1.19
Betty Crocker 5.5 to 8 oz. (All Varieties)	
Hamburger Helper	\$1.19
Maxwell House 12 oz. can	
Instant Coffee	\$4.49
Maxwell House 3 Grinds	
Coffee	16 oz. can \$2.49
15.25 oz. can, Sliced Chunks, Tinned, Spoons	
Del Monte Pineapple	69¢
(Limit 2)	
Foodtown 2% Milk	1.49
Fast Toasties	
Corn Flakes	12 oz. box 89¢
Keebler 18 oz. box	
Townhouse Crackers \$1.69	
Keebler (Limit 1) \$5.00 Order	
Zesta Crackers	16 oz. box 79¢
(Limit 4) Loves W. \$5.00 Order	
Foodtown Bread	4/1.00
8 1/2, 16 oz. W/B's	
Coke, Sprite, Tab	
Diel Coke, Cherry Coke	\$1.39
(12 in Bottle 99¢)	

**C&G FOODTOWN Sugar \$1.19**

5 Lb. Bag

If Your Bankroll Card Was Punched Last Week - You Can Buy This Special

**Bonita Smith**

Drawing Sat., Sept. 14 at 5 p.m.

REMEMBER: To Save your Cash Register Tapes for your Church, Youth Group or Organization for Extra Cash. Details in Store.

**Western Square Dance Lessons**

Sponsored by Carnice Cloverleafs

Nicholas County Library

Carlisle, KY

1st & 2nd Lessons FREE

Tuesday, Sept. 24 7:00 P.M.

Tuesday, Oct. 1 7:00 P.M.

For more information call: 289-7041 or 289-5406.

Instructor: Kevin Robinson

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Sales and Service

**Eye Openers**

By Dr. Robert F. Pretzsch, Ophthalmist

**Protein Deposits**

It is impossible to completely eliminate protein deposits on soft contact lenses, because the eyes continuously secrete in varying degrees, and all tears contain protein. This protein adheres to the contact lenses in some degree, even when they are not removed by daily care, washing and sterilization solutions.

Soft contact lenses can be worn when they are clean and free of protein deposits. These deposits, which cause dry spots on the lenses which repel water and make the lenses uncomfortable.

Any surface irregularities, including protein deposits, on lenses may scratch the eye and cause pain or irritation. Discomfort causes reduced wearing time, as well. Contact lenses which have protein deposits on them may be irritating and cause blurring of vision.

Soft contact lenses should be worn at least one week - and more often if necessary - can control the accumulation of protein deposits on the lens and prevent the wearing of soft contact lenses softer and more comfortable. Enzymatic cleaning, however, does not replace daily cleaning and disinfection routines.

Brought to you as a public service by: **Dr. Robert F. Pretzsch Ophthalmist**

175, Walnut, Cynthia - Call 224-1424 for Appointment