



SOCIETY

Girl Scout cookie sales get underway here Friday

It's Girl Scout Cookie time and local Girl Scouts will begin selling Friday, Feb. 28.

Teachers join fun

Even the teachers joined in the fun as they dressed for Mark Twain Day Feb. 27 at the elementary school.



Diabetic group meeting tonight

The Diabetic Support Group will meet tonight, Feb. 27, 7 p.m. in the Nicholas County Hospital conference room.

Three from county MSU winter grads

Morehead State University's winter graduates included three Nicholas County residents who completed degree requirements during the 1985 fall semester.

Engagement announced

Mr. and Mrs. Andy Dudley announce the engagement of their daughter, Melissa Lee to William H. Whitaker, son of Mr. and Mrs. Bob Whitaker of Mt. Sterling.

Hospital notes

Miss Dudley is a graduate of Nicholas County High School and is a senior at Morehead University.

MSU open house this Saturday

Morehead State University will welcome prospective students and their parents to its campus Saturday, March 1, for an open house reception.

Fish Gnome supper

The Nicholas County Fish and Game Club will have a potluck supper Friday, Feb. 28, 7:30 p.m. at the club.

Spring close-up

This member of the anemone family appeared Sunday nodding its white flowers in the tall grass on the open meadow.

Mrs. Ruth Gum entertains Moorefield club

Our club met Thursday, Feb. 6 in the home of Mrs. Ruth Gum with Mrs. Bobby Moreland as co-hostess.

Plonck-Smoot engagement

Mr. and Mrs. Anon Plonck announce the engagement and forthcoming marriage of their daughter, Susan A. to Gregory K. Smoot.

Hughes earns EKU Dean's List

Robert H. Hughes of Carlisle has been named to the Dean's List of Eastern Kentucky University for the 1985 fall semester.

Fryman-Story wedding April 5

Mr. and Mrs. Raymond Fryman of Bowling announce the engagement of their daughter, Virginia Lee to Bryan Story, son of Mr. and Mrs. Charles Story of Erling.

Births

FRYMAN Mr. and Mrs. Michael Ray Fryman announce the birth of a son, Feb. 20, 1986 at the Nicholas County Hospital.

Chamber of Commerce annual meeting set

The Carlisle-Nicholas County Chamber of Commerce will hold its annual membership dinner meeting Friday, March 14, 7 p.m. at the County Courthouse.

Film series begins March 9

"Straight talk about love, sex and dating" will be the topic discussed in a five-part film series beginning Sunday, Feb. 28, 8:30 p.m. at the Assembly of God Church located on Highway 36 west to the National Guard Armory.

Ritchie's Vacuum Sales & Service

New, Used & Rebuilt Sweepers, Parts & Bags Ph. 234-2762 29 S. Walnut - Cynthiahio

Kay's Kitchen

This is a good time to serve eggs, cheese and noodles. Eggs are not just for breakfast; they make a nutritious main dish when combined with cheese and/or noodles.

CHEESE AND BAKE CASEROLLE

2 eggs, beaten 1/4 cup cooking oil 2 cups cooked rice 1/2 cup sharp cheddar, grated 1 medium onion, chopped fine 1 cup milk

SHERRY-SWISS SOUFFLE

1/4 cup butter 1/4 cup flour 1 cup milk 1/2 cup grated Swiss cheese 4 eggs, separated 1 teaspoon salt 1/2 teaspoon pepper

CHEESE-ONION TART

1 1/2 cups melted butter 1/4 lb. Swiss cheese, grated 1/4 lb. Cheddar cheese, grated 2 tablespoons flour 2 eggs, well beaten 1/2 cup salt cream 1/2 teaspoon Worcestershire sauce Dash of hot pepper 1/2 teaspoon Parmesan cheese, grated

Preheat oven to 400 degrees. Thinly slice onion. Saute in butter until soft and slightly brown. Spoon into pie shell. Top with Swiss and Cheddar cheeses and flour. Mix eggs in the cream and add salt, Worcestershire sauce and hot pepper. Spoon cheese over sauce and pour egg-cream mixture over both. Sprinkle with Parmesan

SALE 20-50% Off WALLCOVERINGS

Over 200 Patterns in Stock 2 Day Free Delivery on over 8,000 Patterns We Now Have Borders!

Wallingize, Paste, Primer Tools & Accessories For Do-It-Yourself Papering

Rent Our Wallpaper Removing Machine Come In and Visit Our Complete Wallpapering and Paint Store.

Reid & Vice inc.

380-1175 736-0454

Health Tips from Lee Rose

Dental Health Month continues

As the National Children's Dental Health Month theme continues through February, we will discuss fluoride which is the most effective agent available in preventing tooth decay.

Math counts

Nicholas County Elementary School eighth graders are members of the Math Counts team which will travel to Lexington on Saturday, March 1, to compete against other junior high teams in the state.

Added to the public supply

Fluoride use of fluoride compounds offers some protection against cavities for all. Over-the-counter or prescription mouth rinses are also beneficial. Multivitamin with fluoride are available by prescription.

Fluoride also seems to reduce acid production of bacteria in plaque.

A natural, essential nutrient, fluoride is an added supplement for three million of Kentucky's people through public water systems.

Records of recent years show 25-40 percent reduction of new cavities in these children throughout the state.

In grades seven and eight, new cavities in permanent teeth have been reduced by 30 percent or more.



Alana Eselle, Teresa Oakley and Mike Nickerson, Buck, Tonia Gray, Janie Holsey, Cynthia Hickman, Tina Green and instructor Peter Chalmers.

Added to the public supply

Fluoride use of fluoride compounds offers some protection against cavities for all. Over-the-counter or prescription mouth rinses are also beneficial. Multivitamin with fluoride are available by prescription.

Fluoride also seems to reduce acid production of bacteria in plaque.

A natural, essential nutrient, fluoride is an added supplement for three million of Kentucky's people through public water systems.

Records of recent years show 25-40 percent reduction of new cavities in these children throughout the state.

In grades seven and eight, new cavities in permanent teeth have been reduced by 30 percent or more.

ATTENTION - 1961 NCHS Graduates

Planning 25th Reunion on Sunday, March 9, 2:30 P.M. in basement of Nicholas County Library. Phone 238-7492 or 238-5673

Vice's Custom Fencing

"Professional Fence Building" Phone, Woven Wire, Barb Wire. 238-7492 or 238-5673

C&M Meat Market

248 E. Main - Carlisle Chuck Roast Specials: Center Cuts \$1.19 Shoulders \$1.39 Boneless \$1.59 Rib Steak \$2.59 Ground Beef \$1.89 Pork Spare Ribs \$1.39

Fischer's Ham & Cheese Loaf

Fischer's Souse Loaf \$1.79 Hot Pepper Cheese Jalapeno \$2.49 Ky. Bread Bologna \$1.99

STORE HOURS

Mon.-Thurs. 8 A.M. to 6 P.M. - Fri. 8 a.m. to 8 p.m. Sat. 8 a.m. to 6 p.m. Owners: Calvin & Margie Denton Butcher: Duke Whiteaker

TRADE-UP with one of these like-new cars

Cole Ford Used Cars

Maysville Road - Mt. Sterling - Phone 498-4012

- (2) 1985 Ford Escorts 4 dr. auto., air, P.S., AM/FM. (Plus Sales Tax) \$6,100 (\$500 Down Payment and \$139 per month for 48 months)
- (3) 1985 Ford Rangers (500 Down Payment and \$139 per month for 48 months) (Plus Sales Tax) \$6,100
- (1) 1985 Toyota 1 Ton Pickup (Plus Sales Tax) \$6,100 (\$500 Down Payment and \$139 per month for 48 months)
- (1) 1983 Buick Regal, 3 dr. auto., air, P.S., AM/FM stereo, radio, del. (Plus Sales Tax) \$5,600 (\$500 Down Payment and \$139 per month for 42 months)

All Cars and Trucks have a Limited Warranty. Salesmen: Scotty Fryman, Frank Farmer, Robert Tyra, Doug Cochran and Roy Riggs

NOTICE - West End Market now has kerosene for sale at 95.9¢ per gallon.

Southwestern Southern States FRESH FOOD SALE BUY IN CASE QUANTITIES & SAVE "SATISFACTION GUARANTEED"

Southwestern Southern States FRESH FOOD SALE

BUY IN CASE QUANTITIES & SAVE "SATISFACTION GUARANTEED"

ITEM	PRODUCT DESCRIPTION	ITEM	SALE PRICE	TOTAL AMT.
1	1/2 Gallon Milk	1	1.25	1.25
2	1/2 Gallon Milk	2	2.50	2.50
3	1/2 Gallon Milk	3	3.75	3.75
4	1/2 Gallon Milk	4	5.00	5.00
5	1/2 Gallon Milk	5	6.25	6.25
6	1/2 Gallon Milk	6	7.50	7.50
7	1/2 Gallon Milk	7	8.75	8.75
8	1/2 Gallon Milk	8	10.00	10.00
9	1/2 Gallon Milk	9	11.25	11.25
10	1/2 Gallon Milk	10	12.50	12.50
11	1/2 Gallon Milk	11	13.75	13.75
12	1/2 Gallon Milk	12	15.00	15.00
13	1/2 Gallon Milk	13	16.25	16.25
14	1/2 Gallon Milk	14	17.50	17.50
15	1/2 Gallon Milk	15	18.75	18.75
16	1/2 Gallon Milk	16	20.00	20.00
17	1/2 Gallon Milk	17	21.25	21.25
18	1/2 Gallon Milk	18	22.50	22.50
19	1/2 Gallon Milk	19	23.75	23.75
20	1/2 Gallon Milk	20	25.00	25.00
21	1/2 Gallon Milk	21	26.25	26.25
22	1/2 Gallon Milk	22	27.50	27.50
23	1/2 Gallon Milk	23	28.75	28.75
24	1/2 Gallon Milk	24	30.00	30.00
25	1/2 Gallon Milk	25	31.25	31.25
26	1/2 Gallon Milk	26	32.50	32.50
27	1/2 Gallon Milk	27	33.75	33.75
28	1/2 Gallon Milk	28	35.00	35.00
29	1/2 Gallon Milk	29	36.25	36.25
30	1/2 Gallon Milk	30	37.50	37.50
31	1/2 Gallon Milk	31	38.75	38.75
32	1/2 Gallon Milk	32	40.00	40.00
33	1/2 Gallon Milk	33	41.25	41.25
34	1/2 Gallon Milk	34	42.50	42.50
35	1/2 Gallon Milk	35	43.75	43.75
36	1/2 Gallon Milk	36	45.00	45.00
37	1/2 Gallon Milk	37	46.25	46.25
38	1/2 Gallon Milk	38	47.50	47.50
39	1/2 Gallon Milk	39	48.75	48.75
40	1/2 Gallon Milk	40	50.00	50.00
41	1/2 Gallon Milk	41	51.25	51.25
42	1/2 Gallon Milk	42	52.50	52.50
43	1/2 Gallon Milk	43	53.75	53.75
44	1/2 Gallon Milk	44	55.00	55.00
45	1/2 Gallon Milk	45	56.25	56.25
46	1/2 Gallon Milk	46	57.50	57.50
47	1/2 Gallon Milk	47	58.75	58.75
48	1/2 Gallon Milk	48	60.00	60.00
49	1/2 Gallon Milk	49	61.25	61.25
50	1/2 Gallon Milk	50	62.50	62.50
51	1/2 Gallon Milk	51	63.75	63.75
52	1/2 Gallon Milk	52	65.00	65.00
53	1/2 Gallon Milk	53	66.25	66.25
54	1/2 Gallon Milk	54	67.50	67.50
55	1/2 Gallon Milk	55	68.75	68.75
56	1/2 Gallon Milk	56	70.00	70.00
57	1/2 Gallon Milk	57	71.25	71.25
58	1/2 Gallon Milk	58	72.50	72.50
59	1/2 Gallon Milk	59	73.75	73.75
60	1/2 Gallon Milk	60	75.00	75.00
61	1/2 Gallon Milk	61	76.25	76.25
62	1/2 Gallon Milk	62	77.50	77.50
63	1/2 Gallon Milk	63	78.75	78.75
64	1/2 Gallon Milk	64	80.00	80.00
65	1/2 Gallon Milk	65	81.25	81.25
66	1/2 Gallon Milk	66	82.50	82.50
67	1/2 Gallon Milk	67	83.75	83.75
68	1/2 Gallon Milk	68	85.00	85.00
69	1/2 Gallon Milk	69	86.25	86.25
70	1/2 Gallon Milk	70	87.50	87.50
71	1/2 Gallon Milk	71	88.75	88.75
72	1/2 Gallon Milk	72	90.00	90.00
73	1/2 Gallon Milk	73	91.25	91.25
74	1/2 Gallon Milk	74	92.50	92.50
75	1/2 Gallon Milk	75	93.75	93.75
76	1/2 Gallon Milk	76	95.00	95.00
77	1/2 Gallon Milk	77	96.25	96.25
78	1/2 Gallon Milk	78	97.50	97.50
79	1/2 Gallon Milk	79	98.75	98.75
80	1/2 Gallon Milk	80	100.00	100.00

Junior High cheerleaders compete

Nicholas County Junior High cheerleaders finished fifth in the Northern Division cheerleading competition on Feb. 8 at the high school.

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

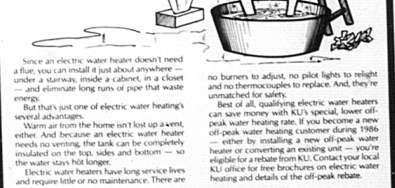
March 10 April 3

March 10 April 3

March 10 April 3

March 10 April 3

A cure for the flue!



Since an electric water heater doesn't need a flue, you can install it just about anywhere - under a garage, inside a cabinet, in a closet - and eliminate long runs of pipe that waste energy.

Best of all, qualifying electric water heaters can save money with KLU's special lower off-peak water heating rate. If you become a member of the Electric Water Heating Association (EWHA) by installing a new off-peak water heater - either by converting an existing unit - you're eligible for a rebate from KLU. Contact your local KLU office for free brochures on electric water heating and details of this off-peak rebate program.

Electric water heaters have long service lives and require little or no maintenance. There are no burners to adjust, no pilot lights to relight and no thermostats to replace. And, they're constructed for safety.

Best of all, qualifying electric water heaters can save money with KLU's special lower off-peak water heating rate. If you become a member of the Electric Water Heating Association (EWHA) by installing a new off-peak water heater - either by converting an existing unit - you're eligible for a rebate from KLU. Contact your local KLU office for free brochures on electric water heating and details of this off-peak rebate program.

Electric water heaters have long service lives and require little or no maintenance. There are no burners to adjust, no pilot lights to relight and no thermostats to replace. And, they're constructed for safety.

Best of all, qualifying electric water heaters can save money with KLU's special lower off-peak water heating rate. If you become a member of the Electric Water Heating Association (EWHA) by installing a new off-peak water heater - either by converting an existing unit - you're eligible for a rebate from KLU. Contact your local KLU office for free brochures on electric water heating and details of this off-peak rebate program.

KENTUCKY UTILITIES COMPANY