

Canterbury House has 117 years of sewing experience!



Pam Sparks Stein and her mother, Carol Sparks, right, proudly display some of the most popular styles of dresses offered at Canterbury House, located in Carlisle, the city's newest textile industry and only dressmaker.



Aileen Boots and Margaret Ring take sewing seriously at Canterbury House, a dressmaking industry located on the corner of Market and Locust Streets, Carlisle.



Margaret Ring of Carlisle has 42 years of service at Jockey International and promptly brought her experience to Canterbury House Dec. 4. "I saw the dresses and I wanted to be a part of this. It's been and bred into us after all these years. I feel our experience could help."

Surviving a Fire In Your Home

(NAPS)—Knowing what to do before a fire occurs can save your life. Develop an escape plan for your family today. The entire family should develop a HOME FIRE ESCAPE PLAN, which according to the experts at Shrine Fire Institute, should include the following:

1. Draw a floor plan and find two exits from each room. Windows can frequently serve as emergency exits.
2. Designate a meeting place at a safe distance outside the home.
3. Practice getting out of the house through the various exits.
4. Install smoke detectors where they needed.

For more information on this and other home prevention topics, write to: Shrine International Headquarters, P.O. Box 31356, Dept. NAPS, Tampa, Florida 33631-3536.

Health & Nutrition by Judith Shelton

THE EGG AND US: Eggs, and dishes containing eggs, may soon come with at least one risk factor removed.

Egg yolks continue to be a source of saturated fats and anyone wishing to cut down on fat to help reduce LDL cholesterol levels in their blood should continue to eat whole eggs in moderation, or, in amounts allowed by their doctor's prescriptions. However, the risk of contracting salmonella poisoning from eggs and products made with uncooked eggs (such as ice cream) may soon become practically nil, thanks to several Purdue University researchers who have developed a process for pasteurizing eggs in the shell to kill salmonella bacteria.

Although it's been known for a long time that heat can kill the bacteria — which is why eggs are relatively safe when cooked thoroughly — that same heat will cook an egg in its shell, which would make it unmarketable for obvious reasons. But with the new process at Purdue, an egg can be put through a new low-temperature, long-time pasteurization process which will kill the bacteria, but won't solidify the yolk or egg white. It's estimated this will add only a few cents per dozen to the cost of eggs.

Was salmonella always a problem with eggs? If so, how come so many of us eat foods such as chocolate chip cookies and ice cream, as kids and even come down with the infection?

The answer is that up until the 1980s, salmonella, while it existed in many foods, had not been found in raw shell eggs. Then the bacterium for salmonella enteritis mutated in a way that caused ovarian infection in chickens. This infection was passed into the egg before it was laid.

OUT THESE SPECIALS

Friday, Dec. 15
 BBQ Sandwich, Fries \$2.29

Saturday, Dec. 16
 Single Cheeseburger, Small Fries \$1.99

Monday, Dec. 18
 Meat Loaf, Mashed Potatoes, Corn on Cob \$2.59

Tuesday, Dec. 19
 Pizza Rolls 89¢

Wednesday, Dec. 20
 2 Hot Dogs with Fixins \$1.29

Thursday, Dec. 21
 Single Cheeseburger, Onion Rings \$2.09

Friday, Dec. 22
 Taco Salad \$2.99

CROSSROADS CHEVRON
 5399 Concrete Road, Carlisle
 289-6118

Happy Holidays



Santa is coming to Chevron!!
 Saturday, December 16, 1995
 • 10:00am - 2:00pm •
 Make sure you are on Santa's list.
 Stop in and tell him what you want for Christmas!

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 289-6118

FOCUS

Dressmaking - the Canterbury House way - quality first!



Aileen Boots of Carlisle worked for Jockey International, Carlisle, for 41 years and gladly brought her sewing services to Canterbury House. "These are sweet little dresses," she said sincerely.

Jeanie Adams, a Lexington dressmaker, standing, is glad to help out at Canterbury House. She met Pam Stein and Carol Sparks through the University of Kentucky. Adams owned Sew Fine at South Park Mall and sold to Tawna Mills, former Miss Kentucky. Sew Fine is now at Chey Chase on Euclid St. Ashland, Lexington.

Pam Stein looks over a portrait of 'The Catlin,' a Canterbury House dress.

Toys for Tots still needed, says fire chief Mark Hughes

CARLISLE - Make your Christmas better by bringing joy to someone else. The Annual Nicholas County Fire Department Toys for Tots Christmas toy drive began Nov. 20.

Fire Chief Mark Hughes asks Nicholas County residents to drop off new toys or toys in good shape and non-perishable food items to Woody's Auto Repair, Upper Jackstones Road, between 9 a.m. and 5 p.m. Monday through Friday.

Last year, 160 children received toys. Sixty food baskets were distributed by the county fire department. Hughes said the department spends at a local store to buy all the toys for the children. Hughes said.

We take two new toys for each child in each family. The money we do get in donations we spend at a local store to buy all the toys for the children.

Sign ups for families in need of toys and baskets are being accepted until Dec. 22. Call Hughes at Woody's at 289-7226 or at home at 289-2529.

Sign ups for families in need of toys and baskets are being accepted until Dec. 22. Call Hughes at Woody's at 289-7226 or at home at 289-2529. Hughes said the department appreciates community support of the toy drive. "For some kids this is all the Christmas presents they'll get. I tell people, if you want to see a humble heart, ride along with us when we take the toys. I look forward to it each year."

Santa's Last-Minute Plans

CROCKETT'S SHOPWISE

Friday, December 15 • Saturday, December 16 • Sunday, December 17

- Sliced Turkey Breast (Deli) \$1.99/lb.
- Ground Beef, 3# or more 79¢ (Limit 2 packages)
- Donald Duck Unsweetened Orange Juice, 46 oz. \$1.49
- Perfection Sweet Peas, 16 oz. 3/\$1.00
- Coke, 2 Liters 79¢ (Limit 4)
- Van Camp Pork & Beans, 16 oz. 3/\$1.00
- 5# Bag of Oranges \$1.79
- Fame Evaporated Milk, 12 oz. 49¢
- Fame 2# Confectionery Sugar 89¢

- ✓ Gene P.
- ✓ David D.
- ✓ Sally D.
- ✓ Mark A.
- ✓ Brian S.
- ✓ Ken M.
- ✓ Annie G.
- ✓ Beth R.
- ✓ Tom F.
- ✓ Mary M.
- ✓ Doug C.
- ✓ Lori M.
- ✓ John V.
- ✓ Greg S.
- ✓ Sarah E.
- ✓ Judy H.
- ✓ Paul K.
- ✓ Renee A.
- ✓ Paul G.
- ✓ Susan S.
- ✓ Ken C.
- ✓ Ron H.
- ✓ Dale F.
- ✓ Linda K.
- ✓ Ann S.
- ✓ Val W.
- ✓ Sam E.
- ✓ Ted P.
- ✓ Lisa C.

• Fresh holiday fruit baskets made to order, \$5.00 and up. Call Juanita or Ricky.
 • Turkey or ham holiday dinners, call the Deli at 289-5788.
 • Register to win a stuffed bear while Santa is visiting December 22, 11:00am - 3:00 pm (FOR CHILDREN ONLY!)