



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### NUTRITION A LA CARTE

- If you're trying to trim pounds, remember the value of exercise. Leisure hours spent in moderate activity or enjoyable sports, plus a sound diet, pay off in pounds lost. Your diet will be sensible if it is made up of meats, fish, poultry, and egg, vitamin-rich fruits and vegetables, breads and cereals, and milk and dairy foods, and no more calories than you need for energy.
- A sandwich for breakfast? Why not? Some young people complain that breakfast seems dull to them — the same old things every morning. Well, perhaps a hamburger or cheeseburger, or fried egg and bacon sandwich would appeal to them. There's no reason for us to be conventional. Try them on a sandwich tomorrow, along with a glass of milk.
- The three methods for cooking vegetables to conserve as much of their nutrients as possible are: Steaming; pressure cooking; or cooking quickly in a covered pan with only enough water to prevent scorching. You'll save vitamin C if you cook vegetables only until they are done — no longer.
- Protein, calcium, and riboflavin (which is one of the B-vitamins) are important nutrients in ice cream. People used to think of ice cream as strictly a delicacy. Now it is recognized as being an important food as well. Federal standards state that ice cream must contain a minimum of 10 percent milk fat. Manufacturers

may add more milk fat if they want.

• Here are the four food groups spelled out. For good health you should eat daily two or more servings of meat, fish, eggs, or poultry. You should have four or more servings of fruits and vegetables, and breads and cereals. You also need milk daily, from two to four glasses (or more) depending on whether you're an adult, teenager, or child.

• Health authorities decided years ago to recommend the fortification of milk with vitamin D. The fortification program has, for all practical purposes, eliminated the disease of rickets from our infant population. Rickets used to be a scourge in our society.

• If you're not overweight, see to it that you don't change. Physicians are learning that it is much easier for people to control their weight before they get fat than to reduce afterwards. It is also possible that being overweight triggers a disturbed metabolism, making it doubly difficult to reduce again.

• Here's a bit of history: Cato the Censor, the grim Roman statesman, was perhaps the earliest effective teacher of sound nutrition. He recommended cabbage as a restorer and preserver of health. We now know cabbage is a relatively good source of vitamin C, an essential nutrient which was lacking in the dried or cooked cereals that were basic items in early man's diet.

## Best burglary prevention advice comes from a reformed burglar

BECAUSE BURGLARY is the most common of all major crimes, it follows that if the average citizen has contact with any criminal, it will most likely be a burglar.

So January has been labeled National Burglar and Fire Alarm Protection Month, but not exactly to honor the burglars for having committed 218,500 more burglaries in 1967 than in 1966. The purpose is to persuade owners of homes and businesses to take some elementary precautions. At least make it a little harder for the burglar, the FBI pleads, pointing out that 15 per cent of all burglaries in 1967 involved entry without force—through an unlocked door or window.

Advice on how to guard against burglars is available from a most unlikely source. A member of the profession, currently languishing in jail, has published a book on the subject. When his incarceration has ended, he hopes to operate an honest business helping others to protect themselves against fellow professionals who have not yet seen the light.

THIS FORMER break-in artist states emphatically that the time-honored practice of leaving a light burning in the house when the owner is absent is not likely to fool any experienced burglar. An old pro will observe that while a light may be burning, there obviously is no other sign of life in the house. Better, he suggests, to leave a radio or the television set playing. And the door locks that have a keyhole in the center of the knob. Useless—a sharp

turn to the right or left can readily break the flimsy mechanism. Almost as bad as the old type that can be unlocked with a 10-cent passkey.

Should you leave home when there is snow on the ground, take the precaution of having a set of tracks leading towards the house, as well as away from it. That applies to car tracks—drive it back and forth a few times to leave multiple tire track patterns. And always lock the garage door—an empty garage is a tip-off that no one is home.

THE CAT BURGLAR works in the early morning hours, when the householder is supposed to be asleep. If you should wake up when one is in the house, just pretend to be asleep and let him have what he wants. Some of these people are armed and dangerous.

Or another precaution — move to North Dakota, which has the lowest burglary rate in the country. And conversely, shun California—it has the highest. The fact is that burglary is primarily an urban crime, committed chiefly by teen-agers, in states that are fast-growing and with a large tourist population. States with low burglary rates are predominantly rural with a static or declining population.

There is no way, actually, that you can keep a determined burglar out if he really wants to get in. If the door locks foil him, it is a simple matter to break a window pane, unlock the window, and step inside.

But if your doors are securely locked, he will probably be inclined to try another house where his task might be easier.

Fulton, Ky.

Thursday, June 12, 1969

Page 2

**AUTO THEFT WARNING:**  
Spring is here, and folks are leaving their cars unlocked again, with windows rolled down, tops down, etc. The All-state Motor Club says these are invitations to theft... don't take chances on having someone steal your car. Always lock it and pocket the key!

**MY FAVORITE STORIES:**  
The other night I had a fight with my dog. My wife said the dog was right... I don't get no respect at all. The other day a doorman asked me to get him a cab. I phoned for the right time and the record hung up on me.  
Rodney Dangerfield

## Give Father the Best!



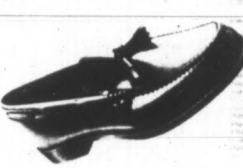
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FULTON, KY.



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Special - This Week Only!

Hanes White T-Shirts

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### Weakley B&PW Club Receives Charter

Union City's Business and Professional Women's Club, along with the B&PW Club from Paris, have sponsored the formation of a Weakley County B&PW Club. The Weakley County group received its charter Saturday night in a meeting at the University Ballroom at the University of Tennessee at Martin. Mrs. Betty Jo Welch of Old Hickory, state B&PW president, was on hand for the charter meeting. Mrs. Loucille Netherly is president of the new club.

There were 15 members from the Union City club attending the charter meeting.

### CALORIE CONTENT

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No Iron. Short sleeves. 65% polyester-35% cotton Broadcloth or 100% Nylon Tricot. White and solid colors. Regular collar style. 14½-17

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Huge selection of Permanent Press sport shirts at great savings. Button down and regular collars. Short sleeves. Also Hi-crew knits in stripes and solid colors. S-M-L-XL

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FABULOUS VALUES... EVERY SHIRT PERMANENT PRESS

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TROPICAL WEIGHTS

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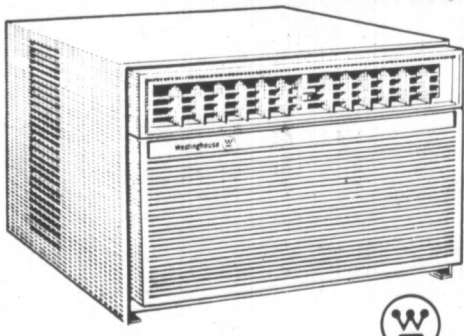
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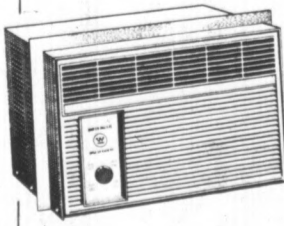
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Elasticized side gores, rich brown capeskin uppers.

Perfect Gift for DAD!

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Fulton, Ky.

Thursday, June 12, 1969

Page 3

**CECIL'S**  
**LIBERTY Food Store**  
South Fulton and  
Martin, Tennessee

<b>SUGAR</b> Godchaux 5 lb. 41c With Coupon	OR	<b>10 LB. BAG</b>	<b>79¢</b>	<b>FRYERS</b> Country Skillet Grade A — Whole,	<b>LB.</b>	<b>28¢</b>
<b>PEACHES</b> Sacramento	<b>3</b>	No. 2 1/2 CANS	<b>89¢</b>	<b>BACON</b> Houser Valley Sliced Rindless	<b>Lb.</b>	<b>69¢</b>
<b>PEAS</b> Teenie Weenie No. 2 Sieve	<b>5</b>	303 CANS	<b>89¢</b>	<b>STEAK</b> Fresh Sliced Pork	<b>LB.</b>	<b>69¢</b>
<b>CORN</b> Teenie Weenie White - Cream Style or Whole Kernel	<b>5</b>	303 CANS	<b>89¢</b>	<b>PORK CHOPS</b> Center Cut First Cut	<b>LB. 79¢</b>	<b>59¢</b>
<b>PICKLES</b> Bonds Kosher DILL	<b>QUART JAR</b>		<b>49¢</b>	<b>TURKEYS</b> Grade "A" All Sizes	<b>LB. ...</b>	<b>31¢</b>
<b>COFFEE</b> Folgers & Maxwell House	<b>LB. CAN</b>		<b>73¢</b>	<b>FRANKS</b> Holiday SKINLESS	<b>12-oz. PKGS.</b>	<b>49¢</b>
<b>BISCUITS</b> Ballard & Pillsbury	<b>8-oz. CANS</b>		<b>8¢</b>	<b>Sausage</b> PORK Country Style	<b>LB. ...</b>	<b>49¢</b>
<b>WESSON OIL</b> 48-oz. FAMILY SIZE	<b>89¢</b>	<b>Gerber's Strained</b> 4 3/4-oz. Jar	<b>7¢</b>	<b>MUTTON</b> HIND QTR. LB.	<b>49¢</b>	<b>FORE QTR. LB. 39¢</b>
<b>SALAD DRESSING</b> FIRST PRIZE	<b>QUART JAR</b>		<b>39¢</b>	<b>HAMS</b> Built Portion Shank Portion	<b>59¢</b>	<b>49¢</b>
<b>CATSUP</b> Hunt's	<b>3</b>	20-oz. Bot. FOR	<b>\$1.00</b>	<b>PICNICS</b> Smoked	<b>6 TO 8 LB. AVG.</b>	<b>LB. 49¢</b>
<b>CRISCO</b> ALL VEGETABLE SHORTENING	<b>3</b>	<b>LB. CAN</b>	<b>69¢</b>	<b>HAMBURGER</b> Meat FRESH GROUND		<b>55¢</b>
<b>ICE MILK</b> Turner's	<b>Half - Gallon</b>		<b>44¢</b>	<b>— CHICKEN PARTS —</b> BREAST lb. 59¢ THIGHS lb. 55¢ LEGS lb. 49¢ WINGS lb. 29¢ BACKS AND NECKS lb. 19¢ LIVER Lb. 79¢ GIZZARDS lb. 39¢		
<b>OLEO</b> YELLOW SOLIDS	<b>6 LBS.</b>	<b>\$1.</b>		<b>FRESH PORK</b> NICE THICK	<b>Fat Back</b>	<b>LB. 19¢</b>
<b>PUREX</b> LIQUID BLEACH	<b>3</b>	<b>QTS.</b>	<b>42¢</b>	<b>CUTLETS</b> LB.	<b>79¢</b>	<b>FRESH PORK</b> Brains LB. 39¢
<b>Beans</b> SHOWBOAT PORK AND DEL MONTE	<b>2</b>	303 CANS	<b>21¢</b>	<b>FRESH PORK</b> BEEF LIVER	lb. 39¢	<b>LETUCE</b> ICEBERG LARGE HEAD 19¢
<b>CRACKERS</b> LARA LYNN BOX	<b>23¢</b>	<b>Salmon</b> TALL CAN	<b>69¢</b>	<b>FRESH PORK</b> PORK LIVER	lb. 29¢	<b>SUNKIST</b> Lemons Doz. 39¢
<b>Tea</b> LIPTON 4-oz. PKG.	<b>43¢</b>	<b>Sticks</b> KOBEY POTATO 211 CAN	<b>10¢</b>	<b>Starch</b> FAULTLESS 22-oz. CAN	<b>59¢</b>	<b>Bananas</b> GOLDEN RIPE LB. 10¢
<b>Potatoes</b> FROZEN FRENCH FRIES	<b>2</b>	<b>35¢</b>		<b>Radishes</b> FRESH CRISPY CELLO BAG	<b>5¢</b>	

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GODCHAUX SUGAR 5 lb. 39¢ OR 10 lbs. 79¢  
With this coupon and \$5.00 additional purchase, Excluding Dairy and Tobacco products.

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LIBERTY COUPON  
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With Coupon and Purchase of 22-oz. LIQUID CHIFFON

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50 — TRADING STAMPS — 50  
With Coupon and Purchase of QUART EZY TIME Liquid Detergent

Void After June 17, 1969

LIBERTY COUPON  
50 — TRADING STAMPS — 50  
With This Coupon and Purchase of 10 LB. RED POTATOES

Void After June 17, 1969



## MSU To Offer Master's Degree In Geography

MURRAY, Ky. — A new program, leading to the master of arts degree in geography, has been approved by the Murray State University Board of Regents as the University continues to expand its Graduate School.

This brings to eight the number of master's degrees offered at the university in 25 areas, according to Dr. Ralph A. Tessenier, dean of the Graduate School.

A specialist in education program and a joint doctoral program with the University of Kentucky also is offered.

To earn the new master of arts degree in geography at Murray, the student must complete 30 semester hours in geography or related fields, including six hours in thesis and proficiency in either language or quantitative methods.

The new program is designed for those students who might continue work toward the Ph.D. degree.

### HAIR:

The best beauty routine is the simplest. Brush daily and shampoo frequently. Treat hair gently at all times and it will be lovely, naturally.



Mrs. John Kenneth Spillman

## Camille Stokes Weds John Kenneth Spillman In Hickman Ceremony

HICKMAN, Ky. — Miss Camille Stokes and John Kenneth Spillman were united in marriage at 4:30 p.m. Saturday, May 31 in First United Methodist Church in Hickman. The Rev. Thomas Brann officiated at the ceremony.

The bride is the daughter of Mrs. Harry B. Stokes of Meadowlark Drive, Mayfield, and the late Mr. Stokes. The groom is the son of Mr. and Mrs. Walter Spillman of Lone Oak.

Ivory tapers lighted the entire altar rail of the church. Two tall-branched candelabra were placed at either side of the altar. The sanctuary was banked with magnolia leaves and blossoms. The focal point was a white sunburst arrangement of stock, snapdragons and majestic daisies.

Mrs. Jesse McNeill was the organist and her daughter, Miss Pam McNeill was vocalist.

The bride chose a formal gown of ivory English illusion and silk organza. A Victorian neckline and long tapered sleeves were featured. The bodice and down the skirt front was adorned with re-embroidered appliques of hand-drawn Peau de ange lace. Her chapel train flowed from a small Dior bow at back of bodice. Her veil was bouffant tiered silk illusion, elbow-length, attached to a coronet fashioned entirely of silk petals. She carried a bouquet fashioned of pale yellow roses and rose buds combined with ivory tulle and satin streamers.

Miss Anne Stokes, only sister of the bride, served as maid of honor. Miss Jeanine Quinn, cousin of the bride, was bridesmaid and the junior bridesmaid was a cousin, Miss Gini Lynne Mauldin, Phoenix, Ariz.

Each of the attendants wore formal gowns of Irish green linen with white organza. They were styled with Empire bodice, easy skirt, Puritan collars and Bishop sleeves of white organza. Their head dresses were leaf coronets of Irish green. They carried nosegays of daisies, sweet williams, baby's breath and emerald green satin streamers.

Marion Wesley Spillman, twin brother of the groom, served as best man. Groomsmen were Max Spillman and Thomas Spillman, brothers of the groom, and Barrett Stokes, brother of the bride.

The mother of the bride was attired in an afternoon frock of geranium pink ribbon lace with which she wore accessories of matching hue. Her corsage was a white orchid.

The mother of the groom chose for her son's wedding a Chantilly lace costume suit of beige, and her accessories were of matching beige and gold.

Immediately following the ceremony a reception was held at the home of the bride's grandmother, Mrs. Fred Stokes Sr., 204 Buchanan St., Hickman.

The guest register was kept by Miss Juli Lynne Falkoff. Assisting with the serving were Mrs. Charles Mauldin, Phoenix, and Mrs. Don Henry and Mrs. Harold Rice.

After the reception the couple left for a Florida honeymoon. The bride wore a long coat-dress ensemble of goldenrod and black with which she wore black ac-

Fulton, Ky.

Thursday, June 12, 1969

Page 4

cessories. Her corsage was of yellow roses. After the wedding trip they will make their home at 21st and Broadway in Paducah. Out-of-town guests included Mrs. Ray Edwards, Mrs. Sam McAllister, Mrs. Carlie Carter, Mr. and Mrs. Robert Mosley, Mrs. Bill Horton, Mrs. William B. Kent II, Curtis Mosley, Jack is Evans, Garland Mosley, Jennifer Evans, Jim Adams, Marilyn Mosley, Mr. and Mrs. Robert Mosley, Mr. and Mrs. Ralph T. Waldrop, Mr. and Mrs. J.

Harold Elliott, Mr. and Mrs. L. M. Tipton Reed, Mr. and Mrs. S. Chapman Middleton, Richard Maddox III, Mrs. Bill Quinn, Mrs. Slade Quinn, Mrs. Ole Brann, Mrs. Temple Spillman and Gini Lynne Mauldin all of Mayfield; Mrs. C. E. Mauldin, Phoenix; Mrs. Thomas Brann, Tiptonville, Tenn.; Mr. and Mrs. Kenneth Middleton and Miss Martina Middleton, Henderson; Mrs. Jean Marks and Reubena Marks, St. Louis, Mo.; Mrs. Lawrence Jones, Union City.

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Tuesday Evening: FRIED CHICKEN LIVERS, CREAM GRAVY — \$1.50 Salad Bowl — Choice of Potatoes

Wednesday Evening: HALF BARBECUED CHICKEN — \$1.50 Assorted Salads-French Fries or Baked Potatoes

Thursday Evening: COUNTRY HAM HOCK \$1.00 White Beans, Cole Slaw, Corn Cakes

Friday Evening: THE ORIGINAL DERBY FISH FRY — All you can eat \$1.25 For Children 75c

Saturday Evening: STEAK NIGHT!

Sunday Evening: BROILED 16 Oz. WHOLE LOBSTER

THE ABOVE ARE OUR SPECIALS — Every Night the Derby menu offers a wide variety of American and Chinese foods



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- for dedicated effort and enterprise
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FULTON, KY.

## Nunn Approves School Facility For Delinquents

FRANKFORT, Ky. — The contract under which the Fayette County school system will set up an educational facility at Kentucky Village near Lexington was made formal Thursday by Gov. Louie B. Nunn.

The contract previously was signed by the school board and the Child Welfare Department which operates the 72-year old institution for juvenile delinquents.

Ken Harper, assistant child welfare commissioner, said the new arrangement closes all the gaps in the educational programs at the state's nine children's institutions.

## Mayfield Heart Clinic To Be Held June 18

MAYFIELD, Ky. — Dr. R. L. Rainey, associate professor of medicine at the University of Louisville, will conduct a one-day consultative and diagnostic heart clinic for medically indigent adult patients at the Graves County Health Department here Wednesday, June 18.

The clinic is sponsored by the Kentucky Heart Association, the State Health Department, the Graves County Health Department and the University of Louisville Medical School. Necessary expenses of the clinic are being underwritten by the Heart Association and the State Health Department.

Patients will be from Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall and McCracken counties. Only those patients who have been referred to a physician and who have a written referral will be admitted to the clinic.

## Heart Attack Before 70 Called Needless

LOUISVILLE, Ky. (AP) — Nobody under 70 should have a heart attack, says Dr. Paul Dudley White, probably the world's foremost cardiologist. "After 70 it's God's will," Dr. White, 83, told members of the American Heart Association Thursday.

White said that candidates for heart attacks can be discovered in their teens. He warned that if young persons smoke and there is a family tendency toward high cholesterol levels, then there is a good chance for a heart attack before 70.

Dr. White, who was President Eisenhower's physician for many years, added that heart disease was "the most serious epidemic of all time to descend upon the young people of today."

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Finest oil-base house paint you can buy for all wood surfaces. Uniform film — self-cleaning. Easy to apply, wide choice of colors.

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New improved gold nylon bristle. Soft tapered "velvetized tip" for smooth even application. Ideal for oil or latex house paint.

### CAULKING CARTRIDGES

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Fulton, Ky. Thursday, June 12, 1969 Page 5



**BOARDING PARTY** - Members of the Young Choir of the Union City First Baptist Church board their bus this morning for a four-day tour through Kentucky. For six members it will be an especially meaningful trip as they have just graduated from high school and this will be their last trip with the choir. Bill Robinson and Stella Carpenter already on the bus. Others getting ready to go are (from left) Bill Fowler, First Baptist minister of music, Karon Morgan, Betty Martin, Jane Green and Deborah Trevathan. Seated in the group is First Baptist pastor W. Fred Kendall II.

## Water Valley Church Honored As 'Church Of The Year'

By BILL POWELL  
Sun-Democrat Roving Editor  
MEMPHIS, TENN., energetic young minister from Memphis and his helpful wife made little Water Valley Methodist Church in Graves County the "Church of the year" in the Memphis Conference.

The award was announced today near the end of the 1969 Memphis conference; it gave the 29-year-old winner, the Rev. Kimball Coburn, a big send-off for his new job.

It was announced about the same time that he would be transferred to First Church of Martin as youth activity director and will perform some of the duties of an associate pastor. Excel In All Fields

The annual "Church of the Year" award goes to the church with fewer than 100 members a study committee considers has

done the best job during the year.

The awards committee said Coburn and his 27-year-old wife had excelled in all fields.

They were credited with reorganizing and revitalizing the church along lines recommended by the conference. Their work improved or began church program in such fields as board organization, committee function, youth activity, men's club work, Sunday School, church-centered recreation for the community, youth visitation, revival activity, charity work and evangelism.

The church as only 90 members; they give an average of \$250 a year per family.

The church, which sits on the highway that runs through the southwest Graves County town of a few hundred people, also excelled in revival, UNICEF,

children's drama, youth participation in sub-district and district organizations and in the arrangements for its first Laymen's Day in some time.

The church also repaid a bank loan in full under the guidance of the youthful preacher who isn't yet a fully-connected minister in the conference.

Coburn also is pastor of the 75-member Palestine Church a few miles away. He also carried on a commendable program at that church, said the committee.

### 100,000 Rely On Wine

CAPE TOWN—South Africa's wine industry supports more than 100,000 people in Western Cape Province and represents an estimated capital investment of more than \$280 million.

## Time Honored Tradition Makes Dairy Month

June has long been a time for brides and graduates, a wonderful month to rhyme with "moon" in song lyrics, and for the past 32 years, a time to focus attention on the dairy industry during the nationwide celebration of June Dairy Month.

In the beginning, June as a peak production month, was selected as the ideal time to remind consumers of the nutritive value of dairy foods and the nation of the important role the dairy industry plays

in the economic welfare of the country. Because of this value to consumer and country, the nation's leaders in government, agriculture and business allied with the dairy industry actively participated in the month-long activities.

June Dairy Month has evolved into a reminder campaign for consumers to keep them aware of the importance of dairy foods in the family diet. It is featured in dairy specials in food stores, in dairy recipes in newspapers and

magazines, and on restaurant menus during the "spotlight" month.

We feel this annual observance should be continued because the dairy industry is a multi-billion dollar business essential to the economic health of the nation! And because dairy foods constitute a mainstay of the daily diet for all age groups! They are the principal food of babies; young people need and enjoy dairy products; and they are essential to oldsters for health

June Is Dairy Month

*A&P didn't become #1 by being second best...*

# A&P #1

check and compare prices... quality... and values

CENTER CUT  
**ROUND STEAK**  
99¢

<b>SIRLOIN STEAK</b> LB. \$1.39	<b>T-BONE STEAK</b> LB. \$1.49
<b>SMOKED FATBACK</b> LB. 28¢	<b>BEEF RIB ROAST</b> 4 TH & 5TH Ribs LB. \$1.09

**BEEF ROAST SALE!**

<b>BONELESS RUMP</b> LB. \$1.19	<b>BONELESS SIRLOIN TIP</b> LB. \$1.19	<b>BONELESS BOTTOM ROUND</b> LB. \$1.19
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U.S.D.A. Grade A (12 TO 16 Lbs.)  
**Turkeys** 35¢  
Country Style  
**Pork Ribs** 69¢  
Frozen  
**Cod Fillets** 49¢  
5 Oz. Pkg.  
**Chopped Sirloin** 39¢  
Frozen Ocean  
**Perch Fillets** 33¢  
4 Lb. Box  
**Ends & Pieces** 1.29

**BOSTON BUTTS** 59¢  
WHOLE OR HALF LB.  
**1/4 FRYERS**  
BREAST PORTION 49¢  
W/WING LB.  
LEG PORTION 39¢ LB.

DELICIOUS FOR... *snacks... salads... desserts... appetizers!*

## Banana Event!

**WHITE OR PINK GRAPEFRUIT**  
5 FOR 49¢  
Jumbo  
**Spanish Onions** 3 LBS. 29¢  
FRESH  
**Blueberries** 2 pints 49¢  
Crisp  
**Cucumbers** 2 FOR 19¢  
SWEET  
**Bing Cherries** 1 lb. 49¢

**CRACKERS** 2 1-LB. BOXES 49¢  
ARISTOCRAT SALTINE  
**PINEAPPLE** 4 20-OZ. CANS 99¢  
SUMMER ISLE SLICED  
Campbell's  
**SOUP**

**APPLE PIE** 39¢  
JANE PARKER (SAVE 35)  
**BUTTERMILK BREAD** 4 20 OZ. LBS. 89¢  
JANE PARKER (SAVE 44)  
**NAPKINS** 2 60 CT. PKGS. 25¢  
SCOTT FAMILY (SAVE 44)  
**CRISCO** 3 LB. CAN 79¢  
44 OFF SHORTENING (SAVE 84)  
**CRISCO** 3 LB. CAN 79¢

**LADY SCOTT BATHROOM TISSUE** 2 2 ROLL PKGS. 39¢  
COUPON WORTH 19¢  
LADY SCOTT BATHROOM TISSUE 2 2 ROLL PKGS. 39¢  
WITH THIS COUPON Redeemable At A&P Food Stores Only Coupon Expires Sat., June 14 Without Coupon 2 For 58¢ Limit 1 Coupon Per 2 Pkgs. Purchased  
**BEECHNUT OR GERBERS** **FRUIT DRINKS** 3 14 OZ. CANS \$1.00  
ANN PAGE **TOMATO KETCHUP** 5 14 OZ. BOTS. \$1.00  
**Scott Towels** GET 1 FREE WITH COUPON WORTH 49¢  
TWIN PAK REGULAR **Scott Towels** 2 2 ROLL PKGS. 49¢  
WITH THIS COUPON Redeemable At A&P Food Stores Only Coupon Expires Sat., June 14 Without Coupon 2 Pkgs. 98¢ Limit 1 Coupon Per Purchase

## it's Pop's Party

Sunday, June 15<sup>th</sup> is that great day...



A SPECIAL DINNER FOR TWO

WILL BE GIVEN TO THE OLDEST AND THE YOUNGEST FATHERS WHO REGISTER AT THE HOLIDAY INN ON SUNDAY, JUNE 15<sup>th</sup>

YOUR DINNER WILL BE A CHOICE JOHN HOLIDAY STEAK.....AND ALL THE TRIMMINGS-----PLUS OUR SUPER HOLIDAY INN SERVICE

YOU MAY REGISTER ANY TIME ON JUNE 15<sup>th</sup> WINNERS WILL BE NOTIFIED!

SUNDAY BUFFET ELEVEN UNTIL TWO P.M.

# Holiday Inn®

HIGHWAY 45-NORTH CITY LIMITS

We Accept All U. S. Food Coupons

Open Thurs. Nite Till 7: P. M.  
Fri. - Saturday Nites Till 8: P. M.

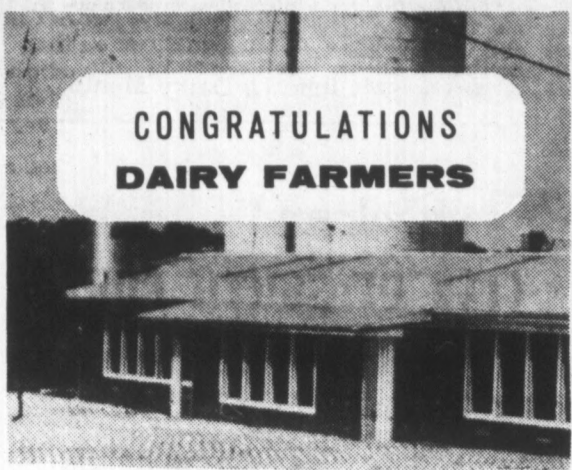


### Takes Less Time

Agricultural experts at Cornell University have estimated that in 1945, on the average, it took 120 hours a year to take care of a cow.

Recently a survey showed that this figure in convention-

al station barns has been cut to 80 hours per cow per year, but in the free stall barns (with milking parlors and high levels of silage feeding) the average of a sizable number was 43 hours per cow per year. One farmer reported a low of 28 hours per cow per year!



CONGRATULATIONS  
DAIRY FARMERS

Mr. Farmer! Do You Want To Expand Your  
**Dairy Business?**

See us, if you need a loan

Dairy Farmers of the Purchase Counties are expanding their business, with the purchase of Bulk Tanks, modernization of barns and the construction of Elevated Milk Parlors. We invite farmers of this area to contact us and let us show you how you may obtain necessary credit for your planned program. THE PRODUCTION CREDIT ASSOCIATION loans money for all types of FARMS PRODUCTS.

Thousands Of Our Local Farmers Have Used  
Production Credit Planned Loans



We Salute the Dairy Farmer  
for His Contribution to the  
Economy of Our Area . . .

LOANS MADE FROM 1 TO 7 YEARS

**JACKSON PURCHASE  
Production Credit Assn**

JOHN P. WILSON  
Field Off. Mgr.  
Hickman, Ky.  
Phone 234-2506

WARREN BARD  
Field Off. Mgr.  
Clinton, Ky.  
Phone 653-5161

## New Packaging, Products Ahead From Dairyland

The outlook for the dairy farmer and the industry is good, say experts in the field. Milk production in 1969 will equal 1968's estimated 117.850 billion pounds, or may exceed the total for last year, if conditions and trends in the farm economy continue, according to a *Hoard's Dairyman* article.

In 1968, milk-feed ratio was most favorable, decline in cow numbers slowed, and rising milk production per animal was noted.

A healthy situation for some time is also foreseen by Dr. Walter W. Wilcox, director of economics department, USDA, quoted in *Pure Milk Products Press*. He names a variety of causes, among them, high milk prices, an aggregate farm income rise, 30% higher net equities in land and machinery than in 1960 for farmers.

Milk prices to producers and consumers continue to rise but not drastically—1968 prices to dealers were about 4% above the previous year. Home delivery continues to lose ground to retail milk sales but at a slower rate.

#### More Changes Ahead

Packaging of milk began in 1884 with the Thatcher, N. Y., milk bottle, has evolved to today's plastic and plastic-coated containers. More changes are sure to come as packagers try to find and answer the preferences and needs of the retail customer.

Americans are eating well—and in variety, a fact reflected to some extent in the kinds of milk being sold: 3.5%, 2%—even a 1% milk has been marketed.

The future may hold introduction of other milk drinks, some now popular in foreign countries—carbonated whey; kefir; enzyme-treated, special protein or exotic-flavored milks, but D&ICF predicts, "Basically, the milk of tomorrow will be the milk of today with more attention paid to its flavor. Despite milk's nutritional qualities, most people, children especially, drink milk 'because they like it.'"

#### They'll Take Vanilla

Meantime, in the frozen dessert field, per capita consumption remains a little above 21 quarts for ice cream, ice milk and sherbet, a little above 15 quarts for ice cream alone. Among these products, ice cream accounts for 65.7% of total production, ice milk for 22.2%, and sherbet for 4.1%. Look for increased emphasis on novelties and novelty packages. Vanilla is still the favorite flavor, accounting for nearly half of sales but there's a trend to premium ice cream with intriguing extra ingredient additions.

In fermented milk products, cottage cheese is still the giant but per capita consumption which increased from 3.1 pounds in 1950 to 4.6 in 1958 has remained virtually constant since then. Production has increased in pace with the population increase. Predicted for this product: a trend away from large curd cottage cheese, constantly improving shelf life, and more complete knowledge of the product's nutritional value.

There are few figures to go by, but all indications are that sour cream has been one of the fastest-growing sellers among dairy foods in the past 10-15 years—if not, indeed, the popularity-growth leader.

#### A New "Comer"

Yogurt, nearly unknown outside large eastern metropolitan areas until recently, is now being marketed in increasing quantities in the mid-west and on the west coast—

in some markets, it's available in a variety of flavors.

Cheese, with its steady increase in recent years in production and per capita consumption, is a particularly bright spot in the dairy product picture. About 14% of all U.S. milk is used for cheese, and because consumers are becoming more and more aware of its variety and charms, if the industry remains adaptable, the future looks heartening. No wonder dairy farmers and producers smile when they say, "Cheese!"

#### Marriages Set Record

OTTAWA—Canadian marriages last year totaled about 176,000, the most ever. The previous record was 165,900, in 1967.

### A SALUTE to Dairy Farmers

The dairy farmers of our area contribute much to our economy as well as to our nutrition and eating pleasure.

This newspaper and the firms whose advertisements appear here salute area dairy farmers—and all who play vital roles in the dairy foods industry—with this special section.



**MAJOR  
POINTS  
& MINOR, TOO**  
By GORDON M. QUANSTROM

**SHORT TAKES:** Bob Boehm says his uncle is a big diamond merchant; "He sells peanuts at Cubs park." . . . Wilfred Beaver speculates how history could have been changed if there had been an Actors strike the night Lincoln went to the Ford Theater . . . Gene Gasiorowski declares he's in training for Mt. Everest, since he long has wanted to commit the perfect climb . . . Al Musser says alimony is a system by which, when two people make a mistake, one of them continues to pay for it.

**PERSONAL THOUGHTS:** "Death of a Gunfighter": is a poignant Western drama, worth seeing . . . fellow I can't understand is the guy who brags about having driven 600 miles a day on his vacation trip . . . he can't have seen much except highway . . . strawberry shortcake is better when the old-fashioned short cake is used, not the spongy kind . . . wonderful drive this time of year is from Portland, Ore., down the Columbia River through Longview, Wash., to the beaches.

### Finns Leaders In Dining-On Dairy Foods

Americans are not the world's most conspicuous consumers of dairy foods—far from it.

That championship goes to the Finns. In milk equivalent, they eat and drink 1,513 pounds of dairy products each per year. The Irish aren't far behind—their average is 1,356

pounds. The U.S. ranks only 16th of 17 nations listed. Americans consume 584 pounds apiece each year.

The U.S. figure includes an annual per capita milk consumption of 31.4 gallons—ahead of coffee (26 gallons), tea (7.9 gallons) and soft drinks (16.1 gallons).

Americans eat 4.8 pounds of butter per person a year—compare that with 40.3 pounds for Finns.

### "Living Proof" From DONALD HASTINGS FEED MILL DUKEDOM, TENN.



I was particularly pleased with the success I had with Wayne Feeds because I have just finished 78 steers on Wayne 32% beef balancer, with very good results. I have been well pleased with the feed conversion and daily gain on this group of Hereford steers. My average gain per steer is \$82.45, as shown below:

Labor and machinery	\$ 7.50
Pasture cost	\$21.50
Bar fly	\$ 3.30
Silage	\$35.00
32% Wayne Beef Balancer	\$23.95
Hay	\$ 1.50
High moisture corn	\$22.50
Cost of steer	\$85.00
<b>TOTAL COST</b>	<b>\$200.25</b>
Avg. sale of steers	\$282.70
<b>Net Profit</b>	<b>\$ 82.45</b>

I purchased Wayne Feeds from Hastings Feed Mill at Dukedom, Tennessee.

**BILLY PARRISH**  
Route 5  
Fulton, Kentucky

### Have You Ever Thought about

What goes into the production of MILK and the wonderful assortment of DAIRY FOODS that contribute so much to making Summer Menus FRESH-FAST-FUN for everyone.



All have their beginning on modern dairy farms—where select, well-bred cows produce MILK, our most popular meal-time, snack-time beverage. Milk is the basic ingredient from which are made . . . Natural, Golden-hued BUTTER to spread on our bread and add just the right flavor to other foods; the great variety of CHEESES for quick sandwiches, delightful nibbling and creation of tangy sauces and dips . . . and also . . . the most popular of all desserts, ICE CREAM, available in many flavors, for making Milk a la Mode at home any time, for delicious sodas, sundaes and just plain delightful eating.

Now, most important in this whole picture is the man who owns and cares for the cows. He makes all this possible . . . assuring consumers an abundance of pure, fresh Milk.

The modern Dairy Farmer, with a tremendous investment in land, livestock and buildings, is a business man. His efficiency is aided immensely by modern dairy farm equipment and machinery.



We are here to serve the needs of the Dairy Farmer with equipment to help him serve you better, and we Salute him for his determination to assure you the BEST IN DAIRY FOODS always.

We handle De Laval Milking Equipment and the best lines of dairy Supplies that money can buy.



**BURNETTE**  
TRACTOR COMPANY

Gibson Air  
Conditioners

US 45 - 51.

Riceville

## Is yours A 'ONE BANK' Family?



- Farm Loans
- Personal Loans
- Checking Accounts
- Savings Accounts
- Bank-by-Mail
- Auto Loans
- Appliance Loans
- Safety Deposits
- Repair Loans & Other Loans

It's easy, and it pays . . . to be a "one bank" family. In this one bank, you'll find every banking service you want . . . you'll save time, enjoy greater convenience, and be assured of helpful, experienced attention to all your financial needs. Bank with us . . . you can bank on us!

... To The Dairy Farmer ...  
**Our Bank's Praise and Thanks**



**The City National Bank**

LAKE STREET

FULTON, KY.



## Combs Could Be Best Hope Of Democrats In '71 Election

FRANKFORT, Ky. Bert T. Combs, who might become the last great hope of the Democrats in the 1971 governor's race, sits in judicial isolation under a veil of silence.

As a judge on the U.S. 6th Circuit Court of Appeals at Cincinnati, politics is the last thing he wants or is able to talk about.

But as a former governor, who started many programs and whose policies often were under fire, politics may often intrude on his thoughts.

Those thoughts — specifically whether he should run again — have not been revealed, although friends, allies and relatives are generous with their speculation and purported inside information.

Their reports invariably are colored by wishful thinking — and by the belief that only Combs can unite most Demo-

crats in 1971 and enable them to regain power at Frankfort.

**Lips Are Sealed**

Combs' lips are sealed on such direct questions. He does not grant political interviews and seems to have restricted his appearances around the state to a few innocuous gatherings such as the Mountain Laurel Festival, a golf outing or a college commencement.

Still, a fairly reliable estimate on his status — at least an educated guess — is possible.

The substance is that he is happy at his current post, has no desire to get back into politics, but also has no reason to close the door on that future.

At 57, Combs makes \$42,500 a year. In eight more years he can retire at full salary as a senior judge on call. Kentucky's governor now makes \$30,000.

Not As Exciting  
Writing legal opinions is not

as exciting as being governor, but certainly more secure and perhaps as prestigious or more so.

Why, then, should Combs ever consider returning to the uncertain maelstrom of a political campaign?

For one thing, his party may be in such disarray by 1971 that a successful attempt to oust the Republicans depends on him.

The fact is that at the moment only former Gov. Edward T. Breathitt and Lt. Gov. Wendell Ford can raise the necessary funds and wield the organizational structure to run for governor.

Breathitt makes \$50,000 as the head of a successful business enterprise at Nashville plus a fair sum from his law practiced at Hopkinsville.

Although he has kept open the possibility of his candidacy, the prospect grows dimmer as

Breathitt tries to make up for the financial stagnancy that beset him as governor, when the salary was only \$18,000.

Besides, Breathitt reportedly is more interested in the senate for 1972, when Republican incumbent John Sherman Cooper is expected to retire, and almost ran for the seat last year when the GOP's Thruston Morton retired.

That leaves Ford — who is ambitious and still young but remains a question mark among rank and file Democrats.

**Test For Ford**

Ford's final testing ground may be his actions as president of the senate during the 1970 legislature.

How he handles himself could be crucial. He must navigate a precarious course and emerge with prestige, despite predictable harassment by Gov. Louie B. Nunn and internal enemies.

If Ford falters and Breathitt declines to assume leadership, the Democratic party may be enveloped in a vacuum with unforeseen results.

It is at this hypothetical point that Combs might feel some obligation to assess his future

under growing pressure from alarmed Democrats.

There is little doubt Combs would be happier if all went well for Ford — the highest elective Democrat and a logical choice for governor.

But if a political crisis developed, Combs also might yield to the natural temptation of defending or trying to redeem his 1959-63 administration.

Much of what Nunn has criticized under the Democrats, such as the current Merit System, was created by Combs, who undoubtedly regards the attacks as unjust and may relish an opportunity to answer in kind.

### Drink Milk

Nutritionists recommend that teenage girls drink four glasses of milk each day. They know that no individual food is fattening.

Girls get fat because they take in too many total calories. If you have to cut back on food intake to lose weight or to maintain weight where you want it, continue to select from each of the four major food groups.

Cut back on those foods that are high in calories

### For Weight Watchers

"As long as weight watchers control the amount and kind of food they eat, it doesn't matter whether they eat two

light meals and a heavy meal, three meals of equal size, or even six meals a day spaced through the waking hours."

—USDA Human Nutrition Research Report

## MY HEATFELT THANKS

There are times when words cannot express the joy and gratitude that one feels. It is true at this time when I would so desire to convey to you my happiness for the vote of approval you gave me on Tuesday, May 27th when you elected me as your Circuit Court Clerk.

Since words are inadequate, I pledge to show my appreciation by being the kind of public servant that will warrant the confidence you placed in me.

Gratefully yours,

FAYE PYLE

Circuit Court Clerk.

# Fabulous Bonanza of Prizes!

## LOOK AT THESE SPECTACULAR FOOD VALUES!

### Weekly Bonus Drawings!

**FREE 3**  
**SHETLAND PONIES**

AND

**SADDLES and BRIDLES**

ONE TO BE AWARDED EACH WEEK FOR 3 WEEKS  
DRAWINGS WILL BE HELD EACH SATURDAY . . .

JUNE 7th — 14th — and 21st, 1969.

**PONY IS IN CORRAL ON OUR LOT . . .  
VISIT THE CORRAL!**

REGISTER  
ON  
EVERY VISIT!

PONY AND  
SADDLE WINNERS  
CAN ALSO  
WIN OTHER  
PRIZES!

NOTHING  
TO BUY . . .  
YET THE  
BIGGEST SALE  
EVER!

**CLINTON**

INDEPENDENTLY OWNED  
AND OPERATED  
ALWAYS PLENTY OF FREE  
PARKING AND CHEERFUL  
CARRY-OUT ASSISTANCE!



STORE HOURS:  
8 A.M. TO 8 P.M.  
MON., TUES., WED.,  
THURS. & SAT.  
8 A.M. TO 9 P.M.  
ON FRIDAY

**FOODLINER**

SOUTH EDGE OF TOWN ON U. S. 51

PHONE: 653-6558

Let Us Cash Your Payroll Checks

**FREE**

**21 INCH COLOR TV**

Nothing To Buy! Register on Every Visit! Adult Shoppers Only Please . . . One Winner Per Family . . . Drawing to be Held Saturday Evening, June 28th. Need Not be Present to Win!

### LOOK AT THESE PRIZES:

- 1st. Beautiful 21 Inch Color Television!
- 2nd. Choice of \$520.00 Worth of Food!  
(52 CERTIFICATES FOR \$10.00 EACH . . . ONE PER WEEK FOR ONE FULL YEAR)
- 3rd. Year's Supply of IGA Deluxe Coffee!  
(52 CERTIFICATES FOR ONE POUND . . . ONE PER WEEK FOR A YEAR)
- 4th. Year's Supply of IGA Tablerite Milk!  
(3 1/2-GALLONS PER WEEK . . . EVERY WEEK FOR A FULL YEAR)
- 5th. Year's Supply of IGA Tablerite Ice Cream!  
(2 1/2-GALLONS PER WEEK . . . EVERY WEEK FOR A FULL YEAR)
- 6th. Year's Supply of Kraft Miracle Whip!  
(ONE QUART PER WEEK . . . EVERY WEEK FOR A FULL YEAR)
- 7th. Year's Supply of Grade "A" Potatoes!  
(ONE 10-POUND BAG PER WEEK . . . EVERY WEEK FOR A FULL YEAR)
- 8th. Year's Supply of Farm Fresh Eggs!  
(2 DOZEN PER WEEK . . . EVERY WEEK FOR ONE FULL YEAR)
- 9th. Year's Supply of Grade "A" Chickens!  
(1 GRADE A CHICKEN PER WEEK . . . EVERY WEEK FOR A FULL YEAR)
- 10th. 104 Large IGA Tablerite T-Bone Steaks!  
(52 WINNERS . . . 2 STEAKS PER WEEK)

FOR THIS PRIZE 52 NAMES WILL BE DRAWN . . . ONE FOR EACH WEEK OF THE YEAR AND EACH WILL RECEIVE 2 LARGE IGA T-BONE STEAKS THAT WEEK!

**61 WINNERS IN ALL!**



**GENE GEMS:** A man praising himself is like an embezzler auditing his own records ... I used to be in business for myself, but someone stole my shoeshine kit. Gene Gasiorowski

**FULTON**  
Admissions  
Adults \$1.25  
Children 50c  
**NOW Thru SATURDAY**

**Doctor Delittle**  
the most joyous entertainment  
for the whole family!

Revised by DELUXE 30th CENTURY-FOX  
Rex Harrison Samantha Eggar

**SUNDAY Thru WEDNESDAY! (M)**

★★★★HIGHEST RATING!  
"AN ARTISTIC ACHIEVEMENT!"  
—N.Y. DAILY NEWS

**joanne woodward**  
in the PAUL HENREID production of  
**rachel, rachel**  
TECHNICOLOR™ FROM WARNER BROS. SEVEN ARTS TV

**STARTS THURSDAY JUNE 19TH.  
FOR 1-BIG WEEK!**

**Elvis knows...**  
"The trouble with girls"  
(and how to get into it)  
G  
from MGM  
Panavision  
Metrocolor

**Sears** **NYLON PLY TIRE**

**CRUSADER... not a retread, a factory-new tire with Dynatuf rubber tread and a generous guarantee on lifetime of tread.**

**2 for \$12.16**

SIZE	Each	Each
Tube-type Blackwall		Heavy-duty Tube
7-15-15	\$ 9.84	3.00
Tubeless Blackwalls		Tubeless Whitewalls
6-00-13	\$ 8.53	
6-50-13	10.76	\$13.76
7-15-14	12.14	15.14
8-25-14	15.30	18.30
7-15-15	12.16	15.16

**ALLSTATE Passenger Tire Guarantee**

**Tread Life Guarantee**  
Guaranteed Against: All failures of the tire resulting from normal road hazards or defects in material or workmanship.  
**For How Long:** For the life of the original tread.  
**What Sears Will Do:** Repair nail punctures at no charge. In case of failure, in exchange for the tire, replace it charging only the proportion of current regular selling price plus Federal Excise Tax less the following allowance:

Months Guaranteed	Allowance
12 to 24	10%
27 to 36	20%

NOTE: On Crusader tire only Tread Life Guarantee applies.

**Expert mounting and balancing available**  
No trade-in required. FREE rotation every 5,000 miles. FREE puncture repair for life of tread.

**SECOND TIRE  
HALF  
PRICE**

**Sears Super Guard Tires**  
Guaranteed to Wear 33 MONTHS

6.50-13 Tubeless Blackwall  
Each **\$16.97**

**Second \$7.59**  
Tire

4-ply Nylon Cord Tires. Cash prices. Prices include Federal Excise Tax

SIZE	EACH	TWO	EACH	TWO
Tubeless Blackwalls			Tubeless Whitewalls	
6.50-13	\$18.76	\$28.14	\$21.76	\$32.64
6.95-14	22.01	33.00	22.90	34.34
7.35-14	24.14	36.20	25.01	37.50
7.75-14	27.30	40.94	27.14	40.70
8.25-14	24.16	36.24	30.30	45.44
8.55-14			33.51	50.26
7.75-15			27.16	40.74
8.15-15			30.31	45.46

2-inch Tubeless Tire Valve. Chrome-plated. Each \$1.00

**Sears**  
SEARS, ROEBUCK AND CO.

**SEARS CATALOG  
SALES OFFICE**

**SOUTH FULTON, TENNESSEE**

# Dairying - A \$10 to \$12 Billion Dollar Business

## Cow Population is Lower, But Their Milk Production is Up; Prices Outpaced by Wage Increases

The dairy industry is a \$10-\$12 billion annual business. The higher price for milk during 1967 pushed dairy farm income to a record level of \$5.8 billion with the balance going to processors and suppliers.

It is estimated that by 1980 the U.S. will have only 200,000 dairy farms, providing sufficient milk for the population of that day through larger herds (60-100 cows) and continued increased production per cow and efficiency on the farm.

The cow population in 1968, estimated at 13.1 million, continued to decline.

However, the quantity of milk produced per cow was at an all-time high of 9,020 pounds for a 1968 estimated total of 118.0 billion pounds. This is down slightly from the 1967 total of 119.6 billion pounds produced by 13.5 million cows averaging 8,821 pounds per year.

The number of cows in the nation's dairy herds reached a peak of 25.6 million head during World War II. Since then, cow numbers have been declining steadily, totaling 17.5 million head in 1960.

The small decline in output in 1968 suggests that milk production may be leveling off following several successive years of decreased production. It is anticipated that the average production per cow in large herds within the next 10 years will range from 15,000-20,000 pounds.

During the last two decades, population has consistently increased more rapidly than milk production. As a result, the quantity of milk produced for each resident has declined sharply from 769 pounds in 1950 to 600 pounds in 1967.

### Real Price of Milk

Since 1919, the average price of milk per quart (delivered) has nearly doubled from 15.5 cents to 30.6 cents while the average wages have risen 542 percent — about eight times as much as the food costs. The total cost of a basic food marketbasket of a dozen items has risen only 68 percent in the last 50 years — or an average of only 1.36 percent per year.

In 1919, the average hourly wage for a factory worker was 47 cents. That worked out to \$4.70 for a 10-hour day of work. Today, this same factory worker earns an average of more than \$3 an hour — or about \$25 for a shorter work day.

In 1919, you could buy three quarts of milk with 60 minutes of work; today, it's up to 9.9 quarts. You can buy three times as much cheese today and more than four times as much butter or bacon.

In 1960, consumers spent 20

percent of their disposable income for food — in 1950, 22.2 percent; and in 1967, only 17.7 percent. If U.S. consumers in 1967 had paid for food the same proportion of income as in 1960, they would have had \$11 billion less to spend on other things.

### Important to Grocer

Fresh milk ranked seventh in store sales in 1967 for the third straight year, according to the 21st Annual Consumer Expenditures Study. Fresh milk alone was 2.8 percent higher than in 1966 and accounted for about 3.20 percent of store volume.

The 1967 sales of all products sold through supermarkets and grocery stores increased just 2.1 percent, the smallest gain in the last 10 years. Frozen foods, which include ice cream, were up 4.71 percent and dairy products were up 7.31 percent.

Frozen foods accounted for 5.8 percent of the 1967 gain; milk, butter, and cream for 2.9 percent of sales. In dollar volume, perishables — meat, produce, dairy — reflect the change in consumer buying habits. From a \$20 bill, the average shopper in 1967 spent \$9.80 on perishables (\$1.46 for dairy products), \$7.95 on groceries and \$2.25 on non-foods.

### WHAT DO FARMERS DO WITH THEIR MONEY?

Well, here are some ways in which they spend it annually:

- \$1.4 billion for weed and insect control chemicals.
- \$5 billion for new buildings.
- \$1.5 billion for gas, oil, fuel, grease.
- \$1 billion for tractors.
- \$2 billion for implements and equipment.
- \$1.8 billion for fertilizer.
- \$5 billion livestock and poultry feed.

And like all other folks everywhere, they also buy clothes, furniture, appliances and all the other things people need, including food, in their local stores.

### LETTER OPENINGS THAT UPSET ME:

"This is our third reminder, and now we must..."  
"Our survey discloses the west side of your garage is four feet..."  
"Since you are from the Henry Stark branch of the family, instead of the Frank Stark branch, you therefore do not..."  
Brent Stark.

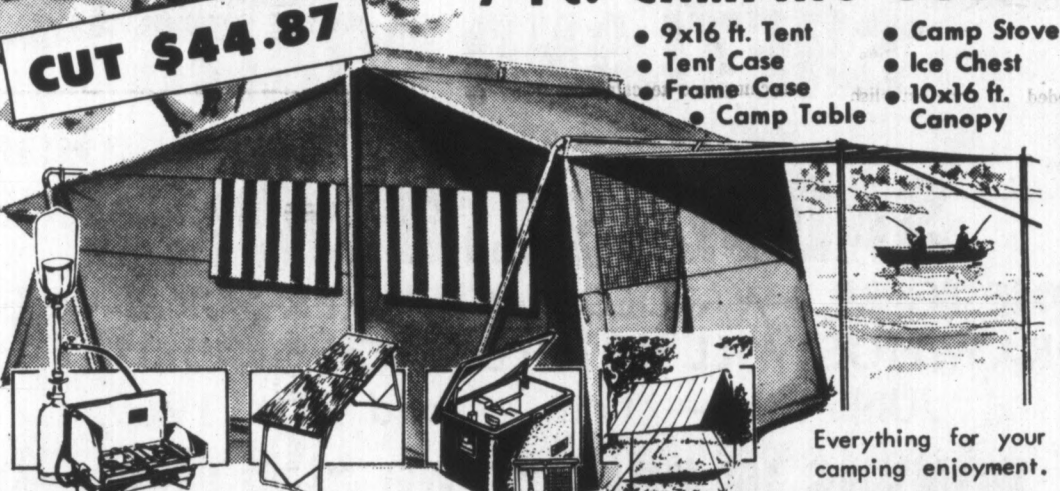


Kentucky State Dairy Princess Margaret Ann Duvall, toasts June Dairy Month chairman, J. Robert Miller, Kentucky State Commissioner of Agriculture.

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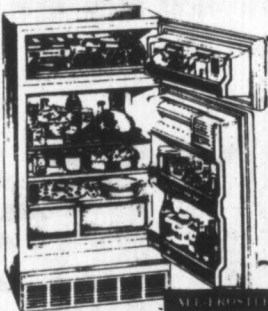
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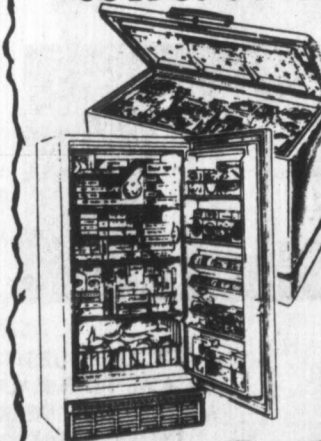
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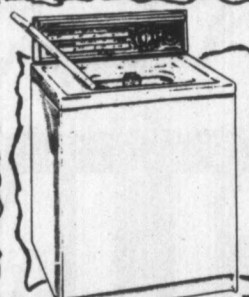
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## LEWIS LLEWELLYN

American Dream  
Or Nightmare?

the "American dream" but to turn into a nightmare?

When the United States constitution was adopted, the purpose of the creation of the federal government was specified in these words: "in order to form more perfect union, establish justice, insure domestic tranquility."

But how much domestic tranquility do we have now?

Many are afraid to walk on the streets of our cities at night. Crime breaks out, first in one place, then in another, as if someone behind the scenes were probing for the weak spots in our internal defenses against criminals, arsonists, and killers.

Common people and political leaders alike are alarmed at the trends in our national life.

## "Into a Pit"

Congressman John B. Anderson (R., Ill.) has expressed a genuine concern that what we are seeing is a complete rending apart of the fabric of our society—that we are descending into a pit of lawlessness and disorder.

"We have reached the point," he said, "where men are beginning to ask, 'Where will it all end?'"

"It is the moral breakdown in

this country that disturbs me more than anything else," the congressman continued.

In our materialistic society, it seems that not many are willing to recognize that moral and spiritual values must underlie any lasting material progress.

## Spiritual Revolution

But Congressman Anderson said, "America desperately needs a spiritual revolution. . . . A spiritual revolution would present us with a whole new scale of values. Instead of the present permissiveness which permeates our society, we would recognize the sovereignty of God over our lives."

If this sounds strange coming from the lips of a congressman, let us remember that, in the early days of our nation, it was not uncommon for national leaders to acknowledge the sovereignty of God.

Could it be true that our trouble today is basically that, having relegated God to an inferior position, men are making decisions on a basis which essentially leaves Him out?

Could it be that decisions made on the basis of political expediency rather than on the basis of right and sound principle are at the heart of some of our most pressing problems?

Is it too late to change the course of our country?

Or will we heed the word of the Lord? "Call upon Me in the day of trouble," He invites. "I will deliver thee, and thou shalt glorify Me."

Will you join in prayer for our nation in this crucial time?

Lacy Resigns  
As U.C. Coach

Union City High School Coach Jerry Lacy, whose basketball team captured the district title and played in the state tournament last fall, and whose golf team closed out its spring season with an 8-1 record, stepped down from his position this morning.

In his resignation to Superintendent J. H. Rochelle, Coach Lacy said he had accepted a coaching and teaching position at the Anna-Jonesboro Community High School in his hometown of Anna, Ill.



COACH JERRY LACY

will teach American history and become assistant basketball coach. The lighter work load, he said, will allow him to pursue his masters degree at Southern Illinois University at nearby Carbondale.

Also resigning is Mrs. Lacy, the former Miss Martha Lee Woods of Henderson, who for the past three years has taught fourth grade classes at East Side Elementary School.

In their resignation the Lacys said, "Our decision does in no way reflect any dissatisfaction with the Union City school system for we have spent a very enjoyable three years teaching here."

New Drug May Provide Cure  
For 'Shaking Palsy' Disease

WASHINGTON — An experimental drug called L-dopa, hailed as a possible breakthrough against crippling Parkinson's disease, may become available in limited quantities by the end of the year for treating severe cases of the stubborn malady.

Researchers say the drug appears to be the best potential yet discovered in the 150-year quest for ways to control the "shaking palsy" disease. But before L-dopa gets government approval for widespread use, scientists say more information is needed about its possible side effects.

Meanwhile, a team of Boston researchers has discovered that the drug amantadine chloride, originally developed to prevent the Asian flu, also can help control Parkinson's disease.

In the United States, an estimated 300,000 to 1 million persons suffer from Parkinson's disease. The baffling and chronic malady of the nervous system causes uncontrolled trembling of the arms and legs and difficulty in walking, talking and writing.

## First Field Trials

A New Jersey drug firm, Hoffmann-LaRoche Inc., is sponsoring the nation's first coordinated field trials and other

new clinical studies for L-dopa, officially known as levodopa. Ultimately more than 20 clinical research centers and up to 1,800 patients will be involved. Earlier studies, involving more than 350 patients, yielded preliminary evidence the drug is significantly effective in up to 75 per cent of the cases.

Dr. John J. Burns, vice president in charge of research for Hoffmann-LaRoche, said "we hope by early this summer to accumulate enough evidence" to apply to the Food and Drug Administration "for approval of releasing the drug on some type of limited basis, so that patients having the most critical need could get it."

"We don't know enough about the drug at this time to warrant any thought of making it generally available to all doctors," Burns added in a telephone interview.

Uses of the second drug, amantadine chloride, were uncovered by Massachusetts General Hospital and Harvard Medical School researchers in a kind of happy accident.

A woman patient told the doctors that while taking amantadine chloride to prevent the Asian flu she had experienced a remarkable remission in her Parkinson disease symptoms.

The Boston team, headed by

Dr. Robert S. Schwab, associate professor of neurology at Harvard, reported in the Journal of the American Medical Association that the drug brought sustained, moderate to excellent improvement in 66 per cent of 163 Parkinsonian sufferers treated.

## Jog for Health

One exercise that has become popular throughout the country is jogging — an easy run alternated with walking to catch your breath.

A heart specialist, W. E. Harris, M.D., and Bill Bowerman, coach of many Olympic track stars, have written a book, "Jogging, a Physical Fitness Program for All Ages."

This book sets up a jogging program suitable for every individual according to his or her muscle tone

## IS ALCOHOLISM A PROBLEM

WITH YOU OR WITH

SOMEONE YOU KNOW?

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Strictly confidential.

## Diet

Girls have been worrying about their looks since Eve modeled a fig leaf. What you ate yesterday is part of the way you look and feel today. It shows up in your shape,

your skin, teeth, eyes, hair, nails, and in your vitality level. Nutrition experts say that protein, vitamins, and minerals are necessary for the proper functioning of the body and the healthy appearance of skin, hair and eyes.

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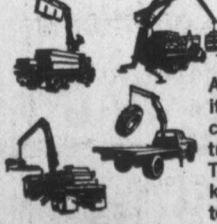


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HEAD START POSITIONS: The Mississippi River Economic Opportunity Commission is accepting applications for positions of head start program director, nurse, medical service director, head start teachers, social worker aids, parent activities co-ordinator and secretary.

Applicants should enclose a description of education, work experience, personal data and any other information relating to qualifications.

MAIL TO — Mississippi River Economic Opportunity Commission, Inc. Action Program, 304 Cresap Street, Clinton, Ky. 42081.

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