#### THE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1, 1968 PAGE EIGHT Health Dept. Urges **Pap Smear Test**

Have you had your Pap-Smear? The Rockcastle County Health Department is presently conducting a campaign to get women in Rockcastle County to have the test. Statistics show that one

woman out of every one hundred will develop uterine cancer in the next year. When this type\_cancer is discovered in the early stages, it is one hundred per cent curable. However,

stages, it is observed in hubred per cent curable. However, if left unchecked, the cancet will advance and chances of a 'complete cure grow less. By means of this simple painles's test, signs which foretell the development of uterine cancer' can be seen even before obvious symptoms are noted by the' Moman or her physician. The Health Department's records show that, oaly 369 -Rockcastle County women

# received this test during the past year. If you are one of these who failed to get your Pap Smear, see your family physician or go to the Rockcastle County Health Department. If all women have a yearly pap test, there would be no deaths from cervical cancer.

BOONE

Mr. and Mrs. Frence Cole and family visited her parents, Mr. and Mrs. John Henry Chasteen, a few days

Instruction of the second and the second and the second se and Mrs. Bill Burdine, Sunday. Mrs. Minnie Martin of Junction City visited her dad, Robert Loman, at Berea College Hospital recently. Mr. Loman is reported im-

## Inter state **Highway Signs**

WE ARE EQUIPPED TO INSTALL HIGH RISE SIGNS ON INTERSTATE ROADS - 2 CRANES, 54 FT. AND 115 FT. FIRST AND LARGEST SIGN CRANE IN KENTUCKY. PAINTED SIGNS-- NEON, PLASTIC, LIGHT-ED SIGNS.

WE WILL WORK WITH ANY COMMUNITY PROJECT TO PROMOTE BUSINESS FOR MT. VERNON. YOUR SUCCESS MEANS OUR SUCCESS. LET'S WORK TOGETHER.

ROWLAND MOORE

#### Moore Signs, Inc.

241 E. 4th ST. LONDON, KY. PHONE 864-228 1.



FIVE GENERATIONS...Tom Kirby, scoted, left, who celes with Jimay Cammins. FIVE GENERATIONS...Tom Kirby, scoted, left, who celes with Jimay Cammins. Mr. and Mrs. Bill Cameron and boys visited Mr. and Mr. and Mrs. Bill Cameron and boys visited Mr. and Mrs. Ted Cole and boys fing left, Mrs. Sheery McClure, who holds her son, Michael McClure. Mr. Kirby's dog, "Shorty," also pases with the group. All five generations live in the Send Spring, Blue Springs area of the county.

Tuesday. Proving. Bro. Ralph Sours and Mrs. Hattie Anglia visited W.R. Durham, Carl and Nancy, Saturday afternoon. Forester Sloan was Sunday morning greated Mr. Durham, Carl and Nancy. Amor Power: ...arltod Mr. and Mrs. Jim Anglin Saturday afternoon. Tuesday. Sympathy is extended to the McHone and Tovery families in their sorrow. John Henry Chasteen visit-ed W.R. Durham and Carl Friday alternoon. Mrs. Chasteen is not Icfeling well at ms wmling. Tom Lomag visited his cousin, W.R. Durham and Carl, Wedneday alternoon. He also visited his brother; Robert, at Berea College

Robert, at Berea College Hospital Friday morning.

Robert is improving from a broken hip.

LISTENING IN ON 3-year-old Laura Wagoner is Dr. Loren G. MacKinney, director of March of Dimes-financed Birth Defects Center, North Carolina Memorial Hospital, Chapel Hill, Laura has a birth defect that twists and stiffens her arms and legs. "BRINDLE RIDGE" (Cont. From Page 7) night guest of Susan Saylor. Mr. and Mrs. Roy Mink of Lexington were week end

Mr. and Mrs. Koy Mink of Lexington were week end visitors of his parents Mr. and Mrs. Colemas Mink. Mr. Charley Cummins was at the Rockcastle. County Baptist Hospital Sunday visiting his mother Mrs. Laure Cummins.

Cummins ...... Brindle Ridge (delayed) Brindle Ridge (delayed) Services were held here over the week end with good attendance. Sunday dinner guests of Mr. and Mrs. Danny Mullins were Bro. and Mrs. Law-rence Pruit, Mr. and Mrs. Coleman Mink and Mrs. Cynthia Mink. Mr. and Mrs. Jim Burdette spent Sunday with Mr. and Mrs. Arvel Burdette and family.

Mrs. Arvel Burdette and family. Mr. and Mrs. Amos Burdette Vicki, Mike and Jamie spent Sunday with Mr. and Mrs. Willis Coffey and boys. Lynn Hammonds of Mt.



### MAGGARD DRUG STORE Mt. Vernon, Ky.

diternon. W.R. Durham was in Mt. Verson Monday for a check-up. He is slowly recuperat-ing at his home from a broken shoulder. Mrs. Shirley Poynter of Berea visited her mother, Mrs. Flossie Burdine Phone 256-2215 **ADNESS** Prices marked to a ridiculous low **PERM** 



Dercan

# **NIIT**

Jimmy Robinson has purchase his partner's interest in this store and has again Marked **Down Items throughout.** 

These items had been previously Marked Down For Clear ance.

# **Robinson Dept. Store**

Formerly Bastin & Robinson Mt. Vernon Main St.

g Ciga

Coupon Expires 2/7/68

Coupon Expires 2/7/68.



BY: BECKY SUSAN

BY: BECKY SUSAN Most gveryone welcomes an orange or orange juice for breakfast, but it can be more than just a fruitfor breakfast. Versatile homemakers use oranges at most any meal, and serve them in many interesting ways. Even at breakfast, variety can be injected by serving wedges of oranges with scrambled eggs. The wedges pust before eating, for an unusual taste treat. For another breakfast idea, idd, orange juice and orange rind to the dough for biscuits. orange juice and orange rind to the dough for biscuits. The refreshing sweetness of oranges is most enjoyable with fish and seafood with TISN and scafood Simply serve squeezable wedges of oranges along with any fish or seafood entrees, salads, and ap-petizers.

petizers. A special treat for child-tep-and for adults, too-is a fresh orange sundae. First, out fresh oranges into bite-size pieces. Place in a bowl. Sprinkle with sugar, about 2 tablespoons for every orange. Allow to set for 10 to 15 minutes until juice collects in the bowl. Then serve atop mounds of vanilla ice cream.

mounds of vanilla ice cream. A clever way to add appeal-to party snacks, especially cheese and han dips, is done with orange chunks or sections. After washing the pranges, cut into eight wedges and then "peel back" the skin part of the *back"* the skin part of the altractively around the dip along with the usual crack along with the usual crack-ers. The chunks are made ers. The chunks are made by peeling the orange and then cutting in half and dividing into segments. The flavor of the oranges with the dips is mighty tasty, and a real hit with the calorie watchers in the

FREE PARKING

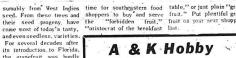
crowd. Now is a good time, says the Consumer and Marketing Service of the U.S. Depart-ment of Agriculture, to serve orranges while they are in plentiful supply. Florida-the leading orange-producing state-is expected to harvest a total crop of 98.4 million boxes. This is about 14 per cent more than the 1961-65 average. Californite orange crop-is estimated at 25 million boxes this season and other states are expected to harvest about 5 million boxes. boxes And remember, that oranges

are an excellent source of Vitamin C which helpskeep the body in good condition to ward off colds and other wunter- related illnesses.

winter related illnesses. The Consumer and Market-ing Service ways the wise food shoppen will regularity<sup>2</sup> put granges on her food shopping<sup>2</sup> lists during January. It may be difficult for the modern homemaker to believe that the graperfuit-so popular and plentiful.

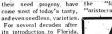
so popular and plentiful today-was once known as the "flobidden fruit." It was first described In this way in 1750 by Griffith Hughes in a book on the natural history of Barbados, a West Indies island. The name "gapefruit" was first used in Jamaica in the eardy 1800°s; apparently because this citrus fruit was thought to resemble the grape in flavor, or because it is frequently borne in clusters like grapes. A resemblance in flavor, how-ever, seems imaginary. ever, seems imaginary. Grapefruit as we know it today presumably originated in the West Indies, but the

in the West Indies, but the exact place or manner of origin is hazy. It was in-troduced into Florida about 1840°by Odet Philippe, a former surgeon in Napoleon's navy.He planted trees at Safety Harbor, nearl the present city of Tampa, pre-



breakfast table." Florida still leads all states in the production of grapefruit. According to the Consumer and Marketing Service of the U.S. Depart

Service of the U.S. Departs supplies of free grapherul from Florida are moving to southeastern markets from this season's ecop of 62 5 million boxes. Nearly three-fourths/of the Florida ero this season, or about 225 nillion hoxes, will be of the seafless type. The Consumer and Market-ing Service save now is the



come most of today is tasty, and even seedless, varieties. For several decades after its introduction.to Florida, the grapefruit was hardly known outside the state. Even by the turn of this century, it was still some-thing top be streed at in truit shops and talked about when served an also table— As varieties were improved, shipments to northern states began to increase. The subsequent rise in the grapefruit's popularity has been meteoric, until today it is sometime referred to as the "aristocrat of the breakdast table."



# **Rush's Jewe Iry**

Mt. Vernon, Ky

uglas Gabbard, son af and Mrs. Don P Gabbard Mr. and Mrs. Don P. Gabbard of Danville, recently cele-brated his first birthday at the home of his parents the home of his parents. Steven is the grandson of Mr. and Mrs. Marcus Sigmon of Roundstone.

Photo Hours 10-1 2-6

FIRST BIRTHDAY -- Steven



THE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1, 1968 PAGE NINE

time for southeastern food table," or just plain "grape" shoppers to buy and serve fruit." Put plentiful grape-the "forbidden fruit," fruit on your next shopping-"aristocrat of the breakdast list.

W. Hwy. 80 Center Somerset, KY Complete Line of Art Supplies Decoupage Kits Road Racing Sets & Parts

GAMES - TOYS



Ky. or

18x3

#### CLASSIFIED RATES al Rates: 3c per word d of Thanks: 3 c per v d - mini In Memory: 3 c per word - mini Display Classified: \$1.00 per ca

WANTED: To let us clean and beautify your garments to keep them looking their beat. "Let Johnny on the spot." Your professional quality cleaners. SANTARY CLEANERS Ph. 256-2551.

NEW AND USED BEAMS: ■ NEW AND<sup>™</sup>USED BEAMS: Channels, Angles, Angles, Pipe. Complete Steel Fabricating Service. Acetylene, Oxygen, Welding Supplies. Also: FOR SALE - Prime quality 28 and 29 guagerooding, siding, and accessories. Mg, by Weir-ton Steel. Take advantage of our carload Auantity buying and save money. Jim Pvle and save money. Jim Pyle Co., Junction City, Kentucky Ph. 854-3855 ntf

NOTICE: For your hay needs, any kind see William K. Bullen. Ph. 256-2448 or 256-2050.

FOR RENT: Apartments. Bullock Court. Richmond Strept.

UNWANTED HAIR? Have it permanently removed! See or call Bessie Anderkin, 256-2819 or Dorothy Martin, 256-4244, Mt. Vernon: By appoint-ment only nent only. FOR ELECTROLUX SALES AND SERVICE: See or call Ernest Thomas, Route 3, Mt. Vergon. Ph. 256-2484 ntf POR SALE: 1967 Repossess-

POR SALE: 1967 Repossess-ed Singer. Full price \$25.30. This machine zigzags, sews on buttons, makes button holes, darns, monograms, makes facty stitches, etc. Five payments of \$5.06 éach. Call 256-2550 \$2xntf FOR SALE: Admiral and Zenith televisions. New and used antennas, installation and service. ROCKCASTLE FARM SERVICE, Mt. Vernor

LADIES' AND GIRLS' WEAR: Shop Florence's, Mt. Ver ion, Ph. 256-2266 ntf NOTICE: Hamm Bros. Water Well Drilling and Contract-ing, Brodhead, Ky. Ph. 256-2024 or 256-2049

> WHY NOT? TRY OUR CLASSIFIED ADS?

HAULING: Coal by load or ton. Contact Jack VanWinkle, Route 2, Mt. Vernon. Ph.-256-2713.

#### Sxntf

HAY FOR SALE: Lin Cain, Mt. Vernon, Ky. 256-2818. Lloyd

FOR SALE: 5 room house with bath and 28 acres of land at Lamero, Ky. Lloyd Griffith, owner, Ph. 453-3405. 20x3p

FOR SALE: 4 Astro Mag wheels complete with spin-ners, lug nuts and washers and 2 14 inch D 70 wide Oval Tires. Call 758-2275.<sup>3</sup> or see Larry Kidwell, Brod-head. 20x3p

1

HELP WANTED: Male or astle ... Experience unus... Write Rawleigh, Dept. Freeport, Write Rawl KYB-810-728, 111. 61032. 20-22-24p FOR SALE: Quilt tops. Martha Helton, Poplar St.

Ph. 256-2587. 20x3p

 POSTED: No hunting or trespassing on my land located about 6 miles from Brodhead on Brodhead-Conway Road. Oscar Saylor. 14x12p FOR SALE: 1951 Fergu

POSTED: No hunting or tres-passing on land near Skagen Creek near Luner. Also near Billows near Highway 80. Leslie Norton. 7x12p for fractor plaw, disc. and mower. A-1 condition. See Kenneth Cromer, Cromer's Sinclair 256-2051 13xntf

POSTED: No hunting on Staverson Farm. Ivan and Roscoe-Staverson. 11/67/12 POSTED: No hunting or tres-passing on land on Long Branch at Livingston, Mills Wagner.

#### TRY OUR CLASSIFIED SECTION

FOR SALE: Purebred Angus Heifers. I also have some heavy springer Angus cows that will calf soon. Bert Summers, Jr., R.R. 2, Box 53, McKee, Ky. Ph. 287-7341. 20x2 FOR SALE: Holstein Spring-

ers. 1,000 pound weight. Good Quality. Call London 864-2020 at night. 20x2

#### COINS WANTED

POSTED: No hunting or tres-passing on land at Buffalo Creek south of Buffalo Church. Gold, silver dollars, silver certificate dollar bills, \$1, \$5, \$10, and \$20 also large old bills. Very highest prices paid. Include list and phone number if any. Write "Coins" Flonnie and Hiatt Mink POSTED: No trespassing on all land owned by the City of Mt. Vernon. number if any. Write "Co Box 56, Mt. Vernon, Ky.

#### TRY OUR CLASSIFIED SECTION

Warm mount Appliance Ser Mt. Vernon.

NOTICE: Barber i Shop opened at my home on Maple St. Hours -9 a.m. to 5 p.m. Closed all day Tuesday. Ph. 758-4251. Tony Las-well, Brodhead, Ky. 2010. FOR SALE: New all-model Morning coal heaters, ance Service Center,

#### POSTED: No hunting or trespassing on my land located at Orlando. Isaac Bowman. FOR SALE: Different kinds of hay. See Oscar Saylor, Route 3, Brodhead, Ph. 758-2497.

2/12/66 FOR SALE: Used Refrige FOR SALE: Royal standard typewriter. Model -KMN 14 inch carriage. Excellent condition. Benny C. Craig. Ph. 758-2661. rator, gas stove, heating stove, 2 breakfast sets, reupholstered; lounge chair, reuph

reupholstered; lounge cmsr, reupholstered; studio couch, reupholstered, swivel rocker, reupholstered, studio couch, slightly used, old oak dresser, and several odds and sends. Johnie Stevens Upholstery, Ph. Ph. 256-2528 Blue Springs on Kv. 1249. FOR SALE: Registered Polled Hereford Bulls, Benny C. Craig, Route 1, Mt. Vernon. Ph. 758-2661. 18x3

Ky. 1249

-ERMANS

SATISFACTION GUARANTEED

TRY OUR AVON CALLING!!! Short of cash? Who isn't after Christmas. How about earn-CLASSIFIED SECTION

POSTED: No hunting or tres-passing on land on Buffalo Creek south of Buffalo Church. Ed Hibbard. wives preferred for good Avon territories. Write immediately Junaita Pars Box 74, Richmond, K 9x1a call collect 623-4119.

POSTED: No hunting or trespassing on land located trespassing on land located near Johnetta. Jones Anglin. 7/67/p

NOTICE: No hunting or trespassing on the property of Virgil Denney. POSTED: No hunting or trespassing on my land lo-cated on US 150 adjacent to rock quarry land. Known as John McKenzie farm. Edna McKenzie

POSTED: James H. Tyree property near Horseshoe property near Horsesnoe Bend and at Pine Hill, Ky. 11/67/p

POSTED: Land belonging to Charlss M. Lovell knowa as Lovell Farm on right of Route 25 going South. No trespassing or hanting. 11/67/p

POSTED: Land on waters

of Crooked Creek owned by Andy Vanzant 12-12p

17x3

18x4p

18x2

PAINT UP your home this winter with PORTER PAINT. To help you paint, while there is not much else to of Port has a special on "Port" of "else wells. Paint weekes only 33.99 per gulon. Save money by buying it now for spring use. Appliance Service Center, Mt. Vermon,Ky. 18×2 Colds, Hay Fever, Sinus -Hours of relief in every Sina-Time capsule. \$1.49 value only 99e. Maggard Drugs 18x6p

# EXECUTRIX NOTICE Notice is hereby given that Sadie McKinney, Route 1, Mt. Vernon, Kentucky, has been appointed executirix of the estate of Charlie G. McKinney, deceased. All persons having claims against said estate shall present them, verified ac-cording to law, to the said Sadie McKinney or to James w. Lambert, Mt. Vernon, Ky., attorney for said estate no later than May 1, 1968. 18x3 POSTED: No hunting or trespassing on farm located on Brush Creek Road. Robert Halcomb. 7x12p 18×3

FOR SALE: On Sand Springs Road. Small farm with 13 acres of land, 7 room house with bath, good barn, See or call Mrs. George Baker, Mt. Vernop. Ph. 256-4232. 18xntf

FOR SALE: Hay 40¢ bale. See, Thurman McFerron at Hazel Owens Farm. Ph. 256-275 256-2725. 20x3

20x3 FOR SALE: 60 acree farm located in Lincoln County, Parlor Grove section. 5 room house with running water, also spring/fed pond, '73 tobacco baser, 7 Durni and other outbuildings. 45 acres cleared and in good grass. On good road with mail and school bus route. Priced at \$12,000, Ph. Eubank 379-3786. Eubank 379-3786 18x4p

HOUSE FOR SALE: Located in Brodhead, 2 story, 6 rooms, and bath, furnace, hardwood floors, lots of storage space, and closets, electric water heater, large lot, home of the late Marie and Dawson Burton. For more information, write or phone Mrs. James Purcell, 2901 Acosta St. Dayton, Ohio 45420. Area Code 513 298-9178. 18x4

PROPERTIES FOR SALE: Modern, good roads, Ph. Modern, good roads, Ph. 453-2551. O.P. Mullins, Livingston, Ky 20x 1p 20x1p

20x1p ABD MOBILE HOMES of Stanford, Ky, now has a large display of new and used with dual wheels. Good see the new 12 x 65 model. condition, Cheap, See Owen mobile homes, For information Porlando, Ky. 20x2p Open 7 days.

FOR SALE: Refrigerator, washing machine, heating washing machine, heating stove (round), and large can milk cooler. \$20.00 each. Ph. 256-2757.

.9x2p HOUSE FOR SALE: 5 room house and lot. Cistern with

house and lot. Clarc electric pump. Smoke Located on Chestnut See Albert Griffin. Ridge. 19x3p

NOTICE: Have openings for elderly ladies or men

FINAL

with good care, good meals, and clean rooms. Call365-7759. 19xntf

FOR SALE: 1950 Oldsmobile 4 door sedan in good con-dition. Price \$150.00 Casper Mullins, Mullins Station. 19x3p

FOR SALE: Coal, block-chunk-stoker, See Joe Bradley. Ph. 256-2396. 19x8p

FOR SALE: 1950 ½ ton flat Chevrolet truck \$125:00... 1964 Chevrolet Biscayne \$950.00. David Bradley garden tractor \$150.00 Mon-roe Reams, Conway, Ky. 255.23.6. 256-2336. 19x3p

WANTED: Two horse drawn wagons in good condition. Also two horse drawn bug-gies with shafts. Contact orcall G.H. Griffin 256-2105.

EXCLUSIVE FRANCHISE FOR TEACHER, PRINCIPAL OR FORMER EDUCATOR Forsale of NEW 24-VOLUME

COMPTON'S AND FACT INDEX IN Rockcastle County Full or part-time. Kentucky teacher Mr. H.S. earned \$6,032.87 in 1967 while carrying full-time teaching assignment. Opportunity for promotion to supervision and management. No invest-ment. We provide on-the-

Flowers

Ruth Fain

THE DELICATE

FLOWER!

There

write Personnel Director, 1413 Tri State Bldg. Cin-cinnati, Ohio. 45202. 19x2 - BELIEVE IT ...

NOTICE: FOR INCOME TAX WORK, see me after 4 p.m. weekdays anytime Saturday or Sunday, David Gregory, Gregory's Motel, Ph. 256-2929.

BIDS TO BE TAKEN FOR VOCATIONAL SCHOOL CONSTRUCTION UNTI FEBRUARY 1st AT 2:00 P.M

-FEBRUARY 1st AT 2:00 P.M. Anyone interested in-bidding-on the construction of the Vocational School please contact Clotfelter and Johnson, Architects, Lex-ington, Kentucky, One, set-of plans are at the Super-intendent's office in Mt. Vernon, Kentucky for in-spection. The right is re-served to reject any or all bids.ROCKCASTLE'COUN-TY BOARD OF EDUCATION, TY BOARD OF EDUCATION. Mt. Vernon, Kentucky

FOR SALE: One Hereford Sow and Hereford pigs, 12 weeks old. Mrs. Robert weeks old. Mrs. R Gabbard. Ph. 256-2432. 2012

Town

**Theatre** FRI.-SAT. SUN. **FEBRUARY 2-3-4** 

girl, a boy, a tender, funny, terrible wedding night.



Tim The BOULTING BROTHERS' the

00 way Mt. Vernon Florist HATLEY MILLS JOHN MILLS HYWEL BENNET

ABD MOBILE HOMES of

2 20.8 FOR SALE: 1950 Internation al Church Bus. Good tires new battery. Call 256-2201.

20 xnff

THE ULTIMATE IN EVIL! HELP WANTED: Young man to learn finance business: Must be 20 to 30 years of age and have high school education. Good salary paid while in training. Apply in person to Welfare Finance Corporation in Berea. 20x4

20x4

family

and

CAR COATS



round. A Star Mobile can be yours today, fo utmost in modern living

ing. JASPER & JASPER MOBILE HOMES, INC., 2 MILES SOUTH OF SOMERSET ON U.S. 27 Phone 678-5432

HOUSE FOR SALE, 3 bedroom, oll furnace heat, storm doors and windows, aluminum siding. Priced for quick sale. Contact Sammy Ford. Ph. 256-4217. engine, the transmissi and the frame. Everythis under the hood and body

"QUAIL" (Cont. From Pg. 5) Mr. Audry Hamm of India

Ford, 2 door, new brakes, Body good. Runs good Automatic transmission \$150. 00. Ph. 256-2387. Joe Sparks. 20 22

FOR SALE: 5 room house Large lot. Kenneth Sowder Mt. Vernon, Ky.

parents Mr. and Mrs. Jessie Taylor.

ish, galvanized steel, one piece root, steel i-beam frame with multiple cross-members and engineered structured grade framing, extra rigid sub-flooring and aluminum framed, frost-free windows. This handsome structure can be seen and appreciated at JASPER & JASPER MOBILE HOMES, TIC., where we also have complete mobile home ser-vicing, under-root, year roand. A Star Mobile Home can be vours today. for the

Mining History The first mining in the Sud-bury District of Ontario began in 1886 when some 3,000 tons of copper ore were removed. Today the area is the world's leading source of nickel, yielding nearly 20 million tons of ore annually.





"Chassis" is a French word meaning "frame." However, in America when one speaks of the chassis of an automobile, they are referring to the gears, the engine, the transmission

car, is the chassis a car, is the chassis. Have you ever raised the hood of your car and tried to find the reason for it's stalling and stopping? Its hard to do, that is, unless

hard for do, the's, unless you are an automobile mech-anic and know what to look for and where to find it. Now the framework of the mobile home is so constructed as to insure a lifetime of comfort, convenience and satisfaction. Take the Star Mobile Home, produced by Divco-Wayne, for instance, it's construction features double-batt insulation and twin vapor barriers in the coof, lifetime aluminum sid-ing, with baked enamel fin-ish, galvanized steel, one piece roof, steel I-beam

Mr. Audry Hamm of Indiana visited his sister Mrs. Willie Todd, and family over the week end. Kenneth and Linda Pillion spent Sunday with Mr. and Mrs. Dean Barron and daughter Wednesday supper guests of Mrs. Willie Todd and family was low Tayloc family was Joe Taylor. Mr. and Mrs. M. J. McMulli

Mr. and Mrs. M. J. McMullin had Sunday dinner with Mrs. Pattie Baker. They visited Mrs. Grace Elder at Crab Orchard Sunday afternoon. Joe Taylor of the Navy, is home on leave with his

Highway Sofery Development of breaksway nickel stainless steel lightpoles, which asser at their base when struck by a car, promises in-sive tests have shown, that dap-age to a car, after collision, is minimal and the driver remains unburt and in control of the auto-mobile. The first major installa-mobile. The first major installa-made by the Minnesota State

f such safety poles has been by the Minnesota State way Department.

INE OF \$20 TO \$100 FOR CUT OR MUTILATING E APERS OR PERIODI Interesting of Ashturder Harry Toxington, Kontucky Allound Pernon Signal W. Statute Artes and Ashturder Allound W. Statute Artes and Ashturder Allound Artes and Ashturder Artes and Ashtu

THURSDAY, FEBRUARY 1, 1968

#### MOUNT VERNON, KENTUCK

Round About . By: Perline M. Anderkin

#### DISTRICT TOURNEY

DISTRICT TOURNEY AT BROOMEAD The, 49th District Tourna-ment will be played at the Brocheed School gymasium this year. This is the first time in about 10 years that the tourney has been played there. Schools inghiged in the 49th District are. Tack-ten, Orienda Institute, Clay County, Brodhead, Mr. Ver-mon and Livingston. The tournament will be played February 27 and 28 and Mach T and 2. Drawings for positions will be bein-nounced in next weeks Signal.

SADDLE CLUB TO MEET The Rockcastle Saddle Club will meet Monday, February 5 at 7:30 p.m. at the courthouse in Mt. Ver-nom. At this time, each member present will be em-rolled as a charter member rolled as a charter member and sign a scroll. Permanent officers will be elected and organization of the club will be completed. If you are interested in becoming a 'member, you should be present at this meeting. The club is trying to start out with over 100 members.

CLOSED TILL APRIL 1 Freddie Noe, Local Con-servation Officer, has asked us to remind local fisher-menthat the Wall Eye Season is closed annually from February 1 through March 31.

#### GOOD RESPONSE

GOOD RESPONSE We were glut to note that there was an increased number of acressing for paper production in the compare through the service of perpensive and provide the of the labor involved in anglible compared tho other cash cropp

#### HERALD SUBSCRIBERS

HERALD SUBSCRIBERS When renewing the Lexing-ton Herald and Signal to-gether, please try to let us snow your expiration date on the Herald. This elimi-nates much book work for us and the Lexington paper. The expiration date is printed on the address la-bel on each Lexington paper you receive.

#### GOOD SHOW

GOOD SHOW The Rockeastle County, Mer's Team did right well Tuesday night against the Southern Belles, a women's professional basketball team, when they only loat by one point 70 to 69. Oh well, maybe's the girls uniforms and creaty agtics distracted the men or maybe the referres were prejudiced.

# Thieves Enter Loot Service Stations

Thieves entered Jin's Standard Service on US160 Hammer: and a used tire hammer: The same night, Curtis and stole merchandise value dink's Standard Station on at 8560. According to Deputy Bheriff Frank Debode, thu station was entered through a side door and the that was discovered about 6 a.m. Wednersday moring when an employee, Charles Shepherd, Articles taken from the batation, bit. is operate butten, 22 tires, a case of mobiloil one can of pert

a battery, 22 tires, a of mobiloil one can of lockease...a new ballpeen

VOLUME 81 - NUMBER 20

PEPPER PRIZE WINNER-Denver Pattan, for right, a representative of the Moady Dunker Corporation is shown presenting a check for 550 to Mr. and Mrs. Gene Martin of Raute 2, Mr. Verma'nkhe preduced over 11% tans of peppers per acre. The Martin's son, Jeffrey, is shown looking on.

### **Griffin Resigns Magistrate** Post

G.H. (Hobe) Griffin has the County Highway De-resigned as Reclarged patient we Roymond County Magitrain, M. Ballinger, George Payne, Griffin's resignation be-tom kinby, John Singleton, and Roy Halcamb, Lynn Weaver, appointed Assistant County Cecil Shepherd, Luther Mo-lighway Poreman, His zwe Cell Shepherd, Luther Mo-garenent will be named by guinton Cummins, Lester Covernor Louis Nunn and Covernor Louis Nunn and enerst election. Other recent additions to

#### **County Heart Drive** Workers Named

Four further appointments have been made in the 1968 Rockcastle. County Heat Fund drive, it has been an-nounced by Kentucky camp-aign chairman, J.O. Mat-lick of Frankfort, Com-missioner of Natural Re-sources.

Mailick stated that "the Mailick stated that "the Mailick for research, com-munity service and education" has brough about an en-couraging decrease in the number of beart patients whose lives were spared last year." He gdded, how-ever, that "heart and re-lated discases still account for more deaths than all other camses combined." The agnual doorto-door Heart Sunday solicitation will be conducted this year on February 25.

a graduate of Furmon Univer-sity and Clear Creek Baptist School.

Matlick stated that "the

#### Livingston Loses; **BHS Beats MVHS**

The Livingston Blue Devils were downed by Jackson County 53 to 45 last Friday sight in a game described by Coech Preston Parrett a "one of the roughest and toughest basisetball games that I've ever seen played. At times it looked like a forball game." Jackson fee at all the gamest down of the final sector 53 to 45. Livingston hit on 46% of their field good stampts hut shot very blue which the free throw hence is the outcome of the game. "

'Owens led all

# **52 Acres Signed For Pepper Production**

Approximately 90 persons attended a pepper meeting at the courthouse Tuesday to discuss the signing up of acces for pepper-pro-duction this year. 52 acces to discuss the signing up of acres for pepper-pro-duction this year. 52 acres were committed to the pepper production, which is quite an increase over the number of acres in production last

year. Meeting with the farmers Meeting with the farmers were Hubert Davis, Ex-tension Specialist in Hor-ticulture from the Univer-sity of Kentucky, Yewell Dunbar and Vestel Estep, both of Mody Dunbar, Inc... William Bullen, rep. of Hirsch Bros. Co., Louis-ville and H. Lee Durbam.

Moody Dunbar, Inc., of Limestone, Tennessee, re-cently presented Mr. and

#### MRS. BESSIE BLACKBURN BURIED AT ELMWOOD

Mrs. Bessie Blackburn. 75, a native of Rockcastle County, died at her home in Mt. Vernon Friday. in Mt. Vernon Friday, January 26. She was a member of the West Main

member of the West Main Street Holiness Church. Survivors are four sons, Tom and Cam Blackburn, both of M. Vernon, John Blackburn of Dayton, Ohio and Jack Blackburn of Ashland; six daughters, Mrs. Minnie Doan of Reading, Ohio, Mrs. Mae McQueen of Hamilton Ohio, Mrs. Flor-ACCEPTS PASTORATE.. Bro. Jack Moore has accepted the pastorate of the Riverside Boptist Church in Belton, S.C. Bro. Moore will assume his duties there this Sunday. Bre. Moore has been in Reckcastle County for the past five years and has pastored at Maretburg Baptist Church, Pine Hill Missionary Baptist Church and most recently at North-aide Baptist Mission. He is be graduate of Furman Univer-ity and Clear Creek Baptist Ohio, Mrs. Mae McQueen of Hamilton, Ohio, Mrs. Flor-ence Adams of Fairfield, Ohio, Mrs. Zana Childress and Mrs. Flora Hopkins both of Mt. Vernon and Mrs. Jean True of Detroit, Mich.; eight grandchildren and six great grandthildren.

Funeral services were conducted Sunday, January conducted Sunday, January 28 at the West Main Street Holiness Church by Bro. Charles Shivel and Bro. Pearl Robinson. Interment was in Elmwood Cemetery. Cox Funferal Home was in charge of arrangements.

Received and the second of the second

Mrs. Gene Martin of Houte 2. Mr. Vernon (near Three Links) with a check for \$50 as their cash profe for pro-ducing over which the Martin's per ere was \$500.00. The Tennessee company is interested in producing 500 to 1,000 acres of bell peppers, under contract, in the Wilderness Trail area. Countes included in this area are Nockcastle, Harlan, Bell. Clay, Whitley, Knox, Jackson hed Laurel.

Jackson and Laurel. Some 40 acres of peppers were grown in Laurel, Clay and Rockcastle in 1967 at

and Rockcastle in 1967 at an average production cost per acre of \$110 to \$125. The® production cost is broken down as follows: about 10,000 plants per acre, \$40; one-half to three-fourths tons of fertilizer, \$30°\$45; and a atter solution for use at trans-planting time, \$15-\$20 per

For further detailed in-For further detailed in-formation concerning the raising of bell peppers, see H. Lee Durham, Rockcastle County Area Extension Agent's column on page three.

#### NAMED KY., COLONEL

William Woodrow Riddle, a resident of Mt. Vernon and Fulton, Alabama, was com-missioned a. Kentucky missioned a. Kentucky Colonel by Governor Ed-ward T. Breathitt before

ward T. Breathitt before the former governor left office in January. Riddle is also a retired Staff Sergeant from the United States Air Force, a native of Mt. Vernon, and attended school here before createring the other entering the military service many years ago. He spends summers here

He spends summers here with his sisters, Mrs. Fannie and Virgie Riddle and re-turns to Alabama for the winter months



PRIZE SANDWICH MAKERS- These six youngsters were the prize sandwich makers at the Christian Church's Youth <u>Dagwach Banauet</u>, peritcipating in the evening's fur were, from left: Clainon Clev Winstead, <u>Tommy MicHS7</u>, Scenery Mullias, John Cox, Judge, Cathy Baker, Roxanne-Hommons and Ginger Grham. Approximately 15 young-sters were an land for the "greative sating."



CREATIVE WRITING CLASS-A creative writing class, under the instruction 4 Mrs. Grace Ann McCowan, has been formed at Livingston High School. This is the first class of its type to be held in several years in the courty. During the somester, the students, will be writing poetry, o play, and a short story and these students also publish the school newspaper, "Inside LMS." Enrolled in the courts, are front row, row, from Hilfs, Same Argenbright, Virginia Mallins, Audrey Allen, Second row, from Hefterd, and Gary, Phillips.



James M. Robberg



# <text><text><text><text><text><text><text><text>

# active in civic organizations having served as president. Com-missioner of Natural Re-rources. They include: Mrs. Archie Bales, Livingston, as of Directors of the Cedar Rapida Recreation Center, Chairman, Mrs. Deright Tomercivilidefage director, Chairman, Mrs. Deright Tomercivilidefage director, Chairman, Mrs. Varight Concercivilidefage director, Chairman, Mrs. Deright the Rockcastle County Develop. Club, a member of the G. Stewart, Wildle, as Industrial Compitee of the Steffer and the served of the county Develop the Rockcastle County Develop. Mitteleter Fund Chairman, Rockcastle County Develop. Mitteleter Fund Chairman. Rockcastle Civit Planning Mitteleter Fund Chairman. Mitteleter

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#### THE MOUNT VERNON SIGNAL THURSDAY FEBRUARY 1, 1968 PAGE TWO

# Monni Bernon Signal gether, and to remind us that we are all bothers in need of one another. - PUŚLISHED EVERY THURSDAY - No. 10 Church Street. Mount Vernos. Ky. 4 d M. Vernos. Ky. - Post Office as Scond C. M In Rockcastle County-53.00 Outside The County-53.00 Elmo C. and James Anderkin, Publishers

Perline M. Anderkin, Editor of Kyl Press Assn. and National Editorial Assn



HEART TRANSPLANTS When a definitive history of the 1960's is written, Vistasm is aure to receive careful, land pérhaps ex-tensive, förutment. But scientific advancements will also bösn large; and in röte forefront will be the first tramplant of the human heart by Dr. Christiana-N. Barnard, in Capetown, South "Africa, December 3, 1967. HEART TRANSPLANTS

#### PRACTICALITY

Although the heart received by patient Louis Wash-kansky was strong, his own lungs proved weak and he burvived the cardiac surgery by only 18 days. Within a matter of six weeks, three teams of surgeons on two continents transplanted total of five human hearts This pioneering did not total of five human hearts. This pioneering did not represent a sudden major breakthrough in medical science. It was preceded by decades of painstaking spadework and careful exrimentation on animals

perimentation on animals. Dr. Barnard's historic frat attempt proved that such as transplant was possible and, possibly one day, practical. But the Cape-town surgeon has been duick to note that he will not feel he has really suc-ceeded until he is able to charge a patient (with a borrowed heart) "so that he fairly normal life."

#### MORALITY

MORALITY Oddy enough, considering that the heart is felt to be the key human cgan, there has been almost no criti-tism of its transplat from the viewpoint of the moral-ity of the procedure. Poss-ibly this is because the transplant of body organs has been going on for quite a long time now, and in the case of kidney has been meeting with increasing success. Alko, here in the United States. condowsenant dt

Also, here in the United States, cardiovasculari di-sease is the leading cause of degth. In 1966, it claimed more than one million people, or 55% of all those who died in that year. No serious objection to heart transobjection to heart trans-plants on mocal grounds have been voiced by lead-ers of the major religions. On the whole, theologians and philosophers appear to favor the procedure as a manne of siding the most

#### HOW MUCH ALIKE Is Your Faith And Catholicism? To help establish inter-faith understanding the Knights of Gelumbus are offering, free of charge, this concise 36 page beekler which clearly sets forth the basic teachings of the Getholic Church. It explains, for instance; WHY Christ Himself instituted the seven sacramen m, Confirmation, Holy Eucharist, Penance (or Con trimony, Holy Orders and Anointing of the sick,

WHY Catholics believe that perfect union with the Create be achieved only through the practice of sacrifice (th so). The booklet also describes how Christ originated th and why it plays such a vital role in the Catholic faith. WHY the basic structure of the Church has remained ur inged since the time of the Apostles . . . and why Catholic leve that the authority of their priests and bishops must b

ngardless of your religious convictions, you his booklet will give you a fresh insight into Ch pw it began. There's no obligation or cost and no

FREE Mail Coupon Today Please send me Free Pamphlet No. 58 entitled "This is The Cathelic Church."

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desperate heart victims and of extending scientific knowledge of the organ it-self and its interrelation with other body organs and functions.

LEGALITY LEGALITY The obvious high risk of this surgery does give rise to certain legal questions. These involve patient un-derstanding of, and consent to, a transplant, as well as properly executed consent of the donor and his family. And of course there is the of the donor and his family. And of course there is the danger that ill-equipped and/ or ill-prepared teams of surgeons may try heart transplants prematurely, thus inviting malpractice suite suits. Many observers feel that

Many, observers feel that heck of aniformity in our living joverning, human organ transplants is presently hindering needed, cornea and kidney: transplants. ... and preventing some al-together. A study group appointed by the U.S. Conference of Governors is now looking into these conflict and is expected to draw up a model "kint-of-tissue" are which can be presented to the various state legislatures later this state legislatures later this vear.

SENTIMENTALITY Almost overnight, the heart transplant has evoked ex-traordinarily wide interest and become a strong uni-fying force in our frag-monted world: There are two reasons for this. (1) Self-preservation is the first law of nature and so we all have a vital interest in the cure of heart disease and cure of heart disease and the replacement of damaged heart muscle and valves, etc. (2) We regard the heart as the center of our being, the seat of emotion, romance, and sentiment. Of course, the heart is not whet

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Of course, the hear is not what romanticists have made it-a virtual syncomy for the spirit, a symbol of courage, of love, and of the uniqueness of human per-sonality. But it is a key organ, essential to human life, and hence a strong rallying point as medical men press their probe of nature's screts. Already the heart transplant has surrounder carial barriers in rigidly segregate South Africa to draw the whale. human family closer to-



"Working mothers now pro-vide greater insurance cover-age for their children due to the 1967 Amendments to the Social Security Law," said James Mustian, Officer-in-Chirge of the Somerset Social Security Branch Offices For the month of Pebruary 1968 and thereafter, benefits will be paid to a child of a retired, disabled or deceased mother under the same proto supplement their basic hospital insurance under medicare. Since the program started only 18 months ago, started only 18 months ago, he notes, it has helped pay over 28 million medical bills, totaling almost \$1.3 billion. About 1.6 million people 65 and over missed out on their first chance to elect.

SOCIAL SECURITY

NOTES

retired, disabled or deceased mother under the same pro-visions that children are paid on their father's record of employment. The Jau, the past we could not pay a child's benefit based on the mother's employment unders the mother was fully insured and worked one-half of the three years prior to retirement, disability, or death Mustian stated, Now benefits are payable if the their first chance to elect, the supplementary medical insurance; according to Commissioner - Ball. The Social Security Adminis-tration is sending letters to the 1.1 million for whom to the 1.1 million for whom it has addresses -- those who have been issued medi-care cards showing that they are covered only by the basic 'hospital insurance part of benefits are payable if the mother is either fully in-sured or worked one-half of The Social Security Adsured or worked one-hall of the bree years prior to re-tirement, disability, ortleath-either requirement will quali-fy the children for benefits. This change, applies re-gardless of the date of the

The Social Security Ad-ministration does, not have current addresses for the other 500,000 older Ameri-cans because they have never applied for even the hospital insurance under medicare.

hospital insurance under medicare. Just about everyone now over 65 is eligible for the voluntary part of medicare, Ball emphasized -- whether or nor they have ever worked under social security, and whether retired or still working. He urged persons 65 and over and not signed up for medicare's doctor bill "insurance to get in touch with their social security district office if they on at mother's retirement, dis ability or death, to all un ability or death, to all un-maried children under 18 years of age, children be-tween 18 and 22 if they are full-time students, and un-married and over who were severely, disabled before they reached 18 and who continue to be disabled. continue to be disabled. If a claim on behalf of a child was denied in the past, an inquiry should be made at the Social Security Of-fice located in the Trade-wind Shopping Center in Somerset, Ky.

5

Over one million older older people without the people in the country are aupplementary doctor bill receiving lettors lhis week, insurance ought to consider, reminding them that they le also encloses a leaflet have only until April I to explaining the medical in sign up for the voluntary summers benefits and an en-doctor bill insurance under rollment card to be sent back showing whether or not the

person wants the protection. As reasons for signing up now, the Commissioner cites:

As reasons for signing up now, the Commission crites: That the 54 premium rate represents an excellent buy because it represents an excellent buy because it represents of the protection. The Government pays the other half. "It may not be possible to obtain the basic coverage any other way. For the most part, Blue Scheel half." It may not be possible to obtain the basic coverage any other way. For the most part, Blue Scheel half." The may not be possible to obtain the basic coverage any other way. For the most part, Blue Scheel half. "It may not be possible to obtain the basic coverage any other way. For the most part, Blue Scheel half." The may not be possible to obtain the basic coverage for the transmist it exactly and the second se

The 1967 changes in the lammake' tensists to believe testical insurance benefits. There are a number of in-provements in medical in-sumator benefits, for ex-ample, the payment of the full reasonable changes for X-ray or laboratory services furnished to a bed patient in a hospital and coverage of physical therapy services at home or elsewhere.

in a hospital and coverage of physical therapy services at home or elsewhere. The increase of 13 percent in social security benefits, recently enacted by Congress will in most cases be more than enough to cover a social security beneficiary's half of the premium" and to in-crease his monthly check. Beginning in Afril, covered outpatients hospital benefits Beginning in Afril, covered outpatients hospital benefits will be paid only under the medicar. To have outpatient hospital coverage, there-fore, the older person, must be signed-up for the medical insurance program. The protection will cost more later on. The premium is 10, percent higher for energy that has passed

Insurance to get in touch more later on. The premium with their social specurity is 10 percent higher for get a letter in a week or so, in his letter. Commissioner opportunity to enroll. Ball lists 8 reasons that people over 65 and still

not signed up for the sup-plementary medical insurance by April 1, cannot get the protection until July, 1969, A delay of more than 3 years after the person's first op-portunity, to enroll means that he will not be able to get the protection at all.

#### ADVANCE PAYMENTS TO BE CONTINUED

Advance payments to fam-ers participating in feed grain and cotton programs will be continued in 1968, Secretary of Agriculture Orville L. Freeman agr nounced today. To obtain advance pay-ment, farmer applies for it at time be signa up to part-icipate in the program. Signup period begins Moo-day. Feb. 5 and ends March 15. Advances will be up to 50°

Advances will be up to 50<sup>-00</sup> percent of cotton and feed grain acreage diversion pay-ments. Advance payments will not be made on wheat marketing certificates or on feed grain and cotton price-

feed grain and cotton price-support payments. For corn and grain sog-hums diversion, payments will be made on acreage withheld from production above qualifying 20 percent of base as announced Oct. 26. Additional diversion may total up to 50 percent of the base or 32 acres, which-mers the same as the base or 25 acres, which ever is larger, the same as in 1966. Diversion payment rate per acre will be 45 percent of the total price support (for national average) times the yield. For larger farms, no diversion payment,

Phone: 256-2743

DR. HAZEL NOBLE Richmond Street Mt. Vernon, Ky. – OFFICE HOURS – 9:00 – 12:00 – 2:00 - 5:00 Tuesday 7:00 - 8:00 p.m. Closed Thursday

A)

as in 1967 will be made on qualifying 20 percent with-cheld.

held. Exceptions continue to be made for small farm diver-sion payments. Farm with bases of 25 acres of less will get payment on the first 20 percent of the total support times vield, and at

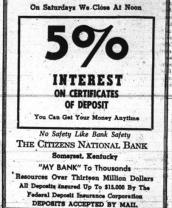
support times visid, and at regular 45 percent payment rate on remaining acreage diverted to conserving uses. As in 1967, producers with corregain sorphim bises up to 125 acres will have the option of temporarily reducing their bases down to 25 acres and be eligible for small farm provisions. Under these circumstances, lead grains cannot be plant ed on farms to remain eligible for,program benefits. For cotton as announced loct. 11, payment rate per acre for qualifying diversion of 5 percent of the effective "cotton, allotment eill be



1967.

#### RETURNS ABOARD USS WRANGELL

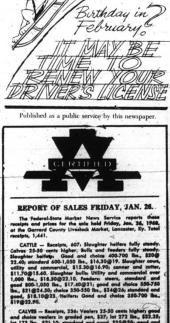
The Units ADVAND USS WRANGES Edds R. Overs, USN, son of Mr. and Mrs. Robert E. Oversi of Broubsed, has returned to the United States about the assumption shou USS Wageng, /its eight month deploymed, the Wrangelf served with the U.S. Sinth Fleet in the Mediterraneare replensishing wore than 2007 ships manging from the air-craft carriers to destroyers.



**MERCHANTS CLEAN UP** WHEN THEY **ADVERTISE IN** OUR NEWSPAPER Because it takes them into more homes in our town and their ads are seen by more people who enjoy reading a good newspaper.

Knowledgeable merchants know the most likely people to become customers are those who have already decided to buy. They know that these people will read the ads before they decide "from whom" they will buy. By advertising in our newspaper, we guarantee you will reach those who are the most prospective customers in this area, and make more s

Mt. Vernon Signal



CALVES - Receipts, 236: Vealers 25-50 cents hi and choice vealers in graded pen, \$37, lot 272 lb let 173 lbs., \$31.10; standard and good, \$25@30; choice 290-400 lbs., \$25.50@30.

MOG - Reseipt, 583 Barrows and gilts steedy, sown steedy to strong. Barrows and gilts U.S. 12 190-235 Bar. 917:50 L and 2 175-185 Bar. 3170 [17-46. Sew 2 and 2 917:50 L and 2 175-185 Bar. 3170 [17-46. Sew 2 and 2 00-250 Bar. analy 13:759 [17-46. Sew 2 and 1 00-250 [15] and 1 17-158 Bar. 3170 [17-46. Sew 2 and 1 00-250 [15] and 1 17-158 Bar. 3170 [17-46. Sew 2 and 1 120 Bar. 113-500 [15] Other Ion (and 4 0 Bar. mesh) 549 [12 per head. Sem arev 300 Bar. 911.500 [17-66. HORSES, PONIES & MULES - Receipts, 15 No g

Garrard County Slockyards Co. Check Day Of Sale OF ALL CLASSES OF LIVESTOCK IN LANCASTER, KENTUCKY

#### Area Agent's Notes

#### BY: H. LEE DURHAM

COLLECT SOIL SAMPLES

EARLY Soil samples should be taken from fields that are to be tested this spring the first day the ground is dry enough to plow, reports, Manuel B. Arnett, Area Extension Agent in Agrono-mv.

Excession agent in agrou-my. Farmers should have the results of a soil test and Usels linestone and fertilizer recommendations well in advance of buying and applying these materials. The soil testing labor-atories are usually crowded in the latter part of the seeson. Farmers may have in the latter part of the season. Farmers may have to wait two weeks or longer for the test results. The waiting period may increase as the planting season ap-proaches and laboratories

proaches and laboratories become more crowded, warns Mr. Arnett. A soil sample should represent the field or area to be treated. Thus a farmer should collect the sample from ten or more spots in the field. Instructions or how to take good soil samples are available at the County Extension ~ Office. Mr. Armett strongly recommends that farmers follow these

instructions carefully. Don't forget! Get soil samples tested early and avoid the rush.



RAY COFFEY, and wife, MARIE COFFEY, PAULINE COFFEY and husband, EDWIN COFFEY, VESTA COFFEY and husband, HUGH COFFEY, DELIA COFFEY IMOGENE WHEELER and husband JERRY WHEELER

THOMAS O. COFFEY and wife, ONA COFFEY, and ELIZA B. COFFEY

The second secon

John W. Griffin

1968 FARMERS' TAX GUIDE AVAILABLE FOR RETURNS <sup>®</sup>The 1968 Farmers' Tax Guide, to help Kentucky

The 1968 Famera' Tax' Guide, to help Kentcky fararess prepare the' 1967 income tax returns, have been sent to the area ex-tension offices in the counter. They are available there in moderate quantity, the U.K. Cooperative Extension Service raya. The guide explains in easy-to-understand language how to prepare and file in-come tax returns, asys S.Q. Allen. U.K. Cooperative Service economist. "There's also are illustrated examples which apply to actual farm-ing situation, and sample returns keyed to test ex-planations." Important dates to re-member in filing returns, "atimates, etc., also. are included. The guide is pre-pared by the U.S. Internal Revenue Service" with the advice and assistance of the Federal Extension Ser-vice.

TENTATIVE PROGRAM ISSUED ON DAIRY IN-STITUTE MARCH 1-2 A tentative program was released here this week for the Annual Dairyman's Institute, at Murray, Ky. Friday and Saturday, March 1-2.

BROWN RECLUSE SPIDER NOW CONFIRMED IN 30 KENTUCKY COUNTIES Thirty Kentucky counties definitely have the brown recluse spider, says Dr. Rudy Scheibner, U.K. Co-operative Extension Service entomologist. entomologist. Most of these were "Cata-logued" from specimens collected after August, 1967 he\_said, when his departhe\_staid, when his depart-ment issued a warning on presence of the pest. The brown recluse (Locco-sceles recluse) is a small, tan to room spider which evoids light. But, when disturbed, TR is a quick biter. Its bite may bring a variety of physical ali-ments, including gangemous flesh in the bite area. "Cold weather and snow separating have slowed the

"Cold weather and snow apparently have slowed the spider's activity but those indoors probably will sur-vive. Keep a close watch for them and send any speciments collected to the speciments collected to .... entomology department here at Lexington," Dr. Scheibner

at Lexington, Dr. Saladi advises. He notes that a close cousin of the brown recluse also is reported in the eastern U.S. "This species brown recluse orted in the This species

Total labor requirements for growing and harvesting an acre of peppers is about 150 man-hours or 15 man-days. No special equipment is needed and very little

PEPPER INFORMATION

REPORT OF SALES FRIDAY, JAN. 26. The Federal-State Market News Service apports these alpha and prices for the sale held Priday, Jan. 26, 1968, Construction of the sale held Priday.

at the G L 1.441 CATTIE - Bezeipte, 607, Slaughter helfers fully steedy Cathes 22-30 canth higher. built and feeders fully steedy. Stanghare halfars. Good and choice 400-700 Hz., 5209 Stanghare halfars. Good and choice 400-700 Hz., 5209 Stanghare halfars. (Stanghare halfars), 15:309 13. Subsylve cann, 511.709 14.40, Slaughter builts. Utility cather and far wal 800-1,400 Hz., 512-90 21. Subsylve cann, stanger 100-1,400 Hz., 517.400 21; pood and choice 350-700 Hz., 521092-230; choice 350-5210 Hz., 512.400 zt. subshard and geed, 311.10923. Helfers: Good and choice 330-700 Hz., 519922.40.

CALVES - Receipts, 236: Vosiers 25-50 cents higher; good and choice veelers in graded pen, \$37; lot 272 lise, \$32.25; let 178 lise, \$31.10; standard and good, \$25@30; good and choice 290-600 lise, \$25.50@30.

MOG - Nesters, 553 Berrows and gills steady, sowe steady to strong. Berrows and gills 13, 12 (19-235 Ba., 16(911.6.27, 20 and 3, 317.557, 20 and 3 230.258 Ba., 516.278 917.501 1 and 2 175.158 Ba., 317.071.40. Sowe 3 and 3 052.050 Ba., anesty 313.76(17.25, Feeder pist) 12 100-108 Ba., 173.50(1). Other Str., under 4 D Ba., mesty 3 340 17 per bad. Berrow rev 30 Ba., 313.00(11.46.

HORSES, PONIES & MULES -- Re celpts, 15 No q Garrard County Stockyards Co. Check Day OF Sale SAUB OF ALL CLASSES OF LIVESTOCK EVERY F LANCASTER, KENTUCKY

a & Dendad Res V

Arrow of the second table on a second table

days earlier than the hom-grown, giving, an extra picking and cuts out the labor in seed beds. Pepper is a very hardy plant, easy to grow and thrives on most any type of soil, but does best on well drained clay or sandy loam soils. The pepper plant grows under a wide range of dif-ferent climatic or weather conditions.

Allen, Monroe, Butter, Warren, Meckalfe, Barren, Edmonson, and Hart. "The brown recluse has also been reported in Jeff-erson but we have not seen those specimens. Six of the "Vostified" counties in the Purchase region, were done on the basis of speci-mens collected by Dr. Morgah Sisk, Murray State University biologist." Brownie, as the spider is called, likes dark places such as rafters, closets, crevices, wood boxes, bins, foundations and others. He will avoid you unless dis-tured, then he will bite tackly. conditions. Fertilizer recommendations include 400-500 pounds of 10-20-20 if the soil test is

include 400-500 pounds of 10-20-20 if the soil test is -medium in phosphorous and potash. Nitrogen top dress-ing should be made near the beginning of harvest at, a rate of at least 30 pounds of 12-12 or 510-10 fartilizer per acce. For best results mix half of the fertilizer thoroughly fn furrow before setting. The rest may be applied as a side dressing in one or yew capplications. Amonia nitrate side dressing in one or yew capplications. Amonia nitrate side dressing start ransplanning. Too much nitrate before fruit sets on shull delay harvest and may even blast blooms. will avoid you unless dis-turbed, then he will hite quickly. The spider's ability too 'explode' in population was pointed up recently by an Associated Press dispatch from Matoon, III., There, in a school building, thousand's of the spiders were found. Classes were cancelled until the building could be treated with insecticide. Total labor requirements

harvest and may even blast blooms. Use of starter solution in the transplanting water is recommended. The solution analysis is 105-217. Use 3 pounds to 50 gallons of water. Use 8 (3 lb. bags) per acre. Cost approxi-mately 90e pr bag. Plant starter promotes early growth and early maturity of the fruit. There-free, length-ening the growing season full. there lore, length-ening the growing season and enabling the grower to obtain an extra harvest. Peppers grow best where the ph range is between 5.5 and 6.5.

5.5 and 6.5. Peppers can be picked on Wadnesday and delivered on Friday. They can be poured out in atruck bed and accoped out at the delivery station. They can be de livered up to a fifty mile radius.

radius. Five people can pick one acre in a day. The pickup station will be open 6 days per week if necessary.

Harvest labor averages from 50 to 70 man hours per acre. Some growers pay from

Some growers pay from 10 15¢ a bushel for

10 135 a makel for picking. A bushel of red peppers weighs 30-32 pounds. A bushel of green peppers Weighs 228-30 pounds. Good pickers can pick a ton a day when yields are good. A family of 5 can essily handle 5 acres of peppers.

#### THE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1, 1968 PAGE THREE

Bacterial Spot is caused

by a sed and soil-born three arcs. Net returns bacteria: It attacks the ranged from \$92.92 frothere leaves and fruit. The itenhs of an arcre o \$1,055 disease is recognized by for three acres. The highest "Bellowish green and born waverage net return was re-apply on the leaves and turn was reflected in the sonbur each acres. Control

spots on the leaves and turn was restered in the scabby spots on fruits. In-fected leaves usually turn yellow and fall off. are turn of \$676.00. Smokey Says:

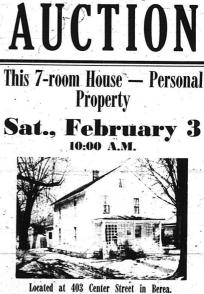
The best, easiest and least expensive control method is to grow disease free plantx. Avoid setting diseased plants in the field. Do not plant in fields when Do not plant in fields where perpers or formatoes were grown the previous year Get plants out early and use recommended fertilizers. Comparisons of cost and returns in growing bell pepera in the Wilderness Trail Ame-Cost of production ranged from 252,500 of three tenths of an acre up to \$160 for

TAKE A GOOD 

A burned forest is no good

man For All Your **Insurance** Needs FIRE FARM OWNERS HOME OWNERS AUTO INSURANCE BLUE CROSS BLUE SHIELD SOUTHERN FARM BUREAU LIFE





PUBLIC

Due to health reasons, Mr. Thomas Barrett has decided to sell his identify located prog-and has authorized as to sell this property for him. This T-room, rea very hours he arther there barbonns and full Buthain second floor and living This T-room, reason were have a set and there barbonns and full Buthain second floor and living this T-room, reason were as the second second second second floor and living the thread of the second second second second second second second for the second second second second second second second second second for the second second second second second second second second second for the second second

Hoor. This houses is in a good state of repoir. There is a nucle large lot with plenty of good hiddo trees. This property is located on Center Street just a short wilk to town and the college cam-ment. It is laded for a fourto house or as a real interminent. With every little cost it could be made into a forwarmit popuritum. The location would give the assurance of its being in a strength and the popuritum of the strength and the strength and the strength and the "HSIOMAL HPOPETY" the interview, little good coach, coffee table, and tab-les, add tables, dising room suite, china cleant campion. Add, two full bade, add dressery, beffer, two antique chain, homes, pictures, odd book sofe, hall res clanique), karm familiare and many other hema. TERMAS: 25% day of sale, belence with deed and possession within 30 days. Cesh a parsanal property.

peppers. Pepper plants are set approximately 3' between rows and 15" to 18" be

INSPECTION: Contact Webb & Powell AUCTIONEER: George Scott, Jr. OWNER: Thomas Barrett



YOU M

#### HE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1. 1968 PAGE FOUR ABOUND BRODHEAD



#### Mrs. Timothy Wayne Kirby-Adams Vows Spoken January 13

Given in marriage by her fatter, the-bridg wore afloor length gown of silk faced peau de sole, misted softly with reembroidered Alencon lace scallops styled with an\_empite waist line and-long bell shaped sleeves. The a-line skirt was de-signed with a detachable

Shirts

Slacks

Sweaters

F(

Personals

Personals Mark, Charley Hart and Mark, George Brooks were visitors in Danville Tuesday. Mr. and Mrs. Grover Thomas Payne, Jr., announce the birth of Thomas III bor Tuesday January 23rd at the Rockcastle County Baptist Hospital. He weighed 7 Jibs. 12 ozs. He is welcomed dy mike Sisters, Kmoelfey Susan. The maternal grand-parents is Mrs. Byrda Mc-Cail and the late Lewis Ann. Elizabeth Kay, Kelley Susan. The maternal grand-parents is Mrs. Byrda Mc-Cail and the late Lewis McCall. The paternal grand-parents are. Mr. and Mrs. Grover Thomas Payne. Mr. Danny Price who is attending Berea Collegis attending Berea Collegis to home between senesters price.

**Courses** Available To Adults At EKU

pital has returned home, Mr. and Mrs. Bernard Chambers, and Bernie and Mts. Irene Dusenburg of Indianapolis, Ind., were here over the week end to visit their mother Mrs. Annie Cox at Sowder Nursing Home. She is very ill. They also visited their sister, Mrs. Henry Crawford and Mr. Crawford.

students. Registration for the Satur-day and evening classes is scheduled for Saturday Feb. 3 at 8 a.m. Classes Feb. 3 at 8 a.m. Classes will begin Feb. 5. The courses are part of Eastern's expanding continu-

--series sexpanning continu-ing education program for the adult student who de-sires to broaden his edu-cation with out enrolling full-time. Classes have been scheduled during hours which their leisure time. Graduate students will have ample opportunity to pursue the masters degree in education English, his-fory, business orindustrial education by strending class-es on weekday evenings or Saturday moring. Tution for part-time stu-dents will be 59.00 per semester hour for in-state undergraduates and \$12.00 per semester hour for in-state graduate students. Free per semester hour for state graduate students. The semester hour for in-state graduate students. To the semester hour for state graduate students. To semester hour for undergraduate students. State graduate students. Davies on statematics. Davies on statematics hop logy, grography, music ac-counting, physical education and library science. Davis onsetters will find metawar in meastrial ling withing the meastrial ling.

metalwork, industrial il-ustration, power mechanics, electronics:end others. For the less technically in-clined, several craft and art workshops are offered. For the adult interested in ceristration the several construction.

workshops are offered. For the adult interested in enrichment through arts and sciences there are such off-erings as the ideological Foundations of Western Civilization, the 19th Century English Novel and Seminari in Music History. Beginning shorthand and intermediate typing courses provide an opportunity to acquire valuable skills. A non-credit rapid reading and study skills course smy his study abilities in all scoursework. Persons 65 years of age or older may qualify for the W.F. O'Donnell Senior Citizens Fellowship Pro gram, under which they may wroll without cost in Uni-versity courses. The program is named in honor of East-ern's president-emeritus who was instrumental in the continuing expansion of materia's inservice du-catorno con-

cation program. Further information con-cerning this program and a

CAMPING IN KENTUCKY officially begins April 1 when camping facilities for the 1968 season re-open at 22 State parks and shrines. A record number of campers—almost 437,000—used State Park camping facilities, similar to these at Lake Cumberland, during 1967. Besides State parks, excellent camping is offered by the State's national and Interstate parks, the Land Between the Lakes National Recreation Area, the Daniel Boone National Forest and numerous pri-vately operated campgrounds.

plete schedule of course complete schedule of course listings may be obtained by writing the Office of the Vice-PresidentforAcademic Affairs, Coates Adminis-Vice-Presidention Academic Affairs, Coates Adminis-tration Building, Eastern Kentucky University; Rich-mond. Application : for ad-mission should be made to the Dean of Admissions.

OTTAWA

Mrs. Louise Painter of -Brodhead spent a part of

5

Inst week with Della Mae Wilnot. Mr. and Mrs. Charles Lee Cummins and Tammy of the occasion. We were winchester spent the week and with Mr. and Mrs. Mrs. Betty Farris spent Mr. and Mrs.Russell Ross of Brooksville. Ind., spent the week end with Bro. and Mrs. JB. Allen. The singing at the Ottawa

Don't cut into your present heating system to warm an added room ...



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Many a home owner regrets the day he tapped his present heating system to heat a new room. How much wiser and more convenient to turn his problem over to an electric heating dealer ... and to comfortable electric heat "Electric heat asysto install and readily adapted to any situation. No vents or ducts necessary. And with independent temperature con-trd in the room, you turn the temperature up, down or off without affecting temperature layes in other next during without affecting temperature levels in other without affecting temperature levels in other parts of your home. For complete details on electric heating for your home . phone our nearest office

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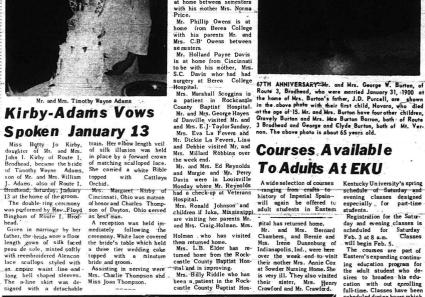
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Roy Winste

...Get Another One FREE WOMEN'S **MEN'S** Winter Coats **Sport Coats Better Dresses** Many Racks of Name Brand Sportswear **Dress Shirts Dresses** Skirts Sport Shirts **Sweaters** THIS WEEK ONLY BIGGEST SALE OF ITS KIND IN SOUTHERN KENTUCKY BUY ONE ITEM GET ANOTHER ITEM OF SAME PRICE FREE

Buy One Item At Reg. Price...

le Corra LOCATED IN DEVIE Phone 678-4496 s''Tarp'' Howard, Mgr. Somerset, Kyl Open 9 to 9 Mon. thru Sat.





MOTHERS MARCH WORKERS-Several of the volunteers in the Mother March held Monday night January 29 are shown in the above photo as they figured up the con-tributions. They are from lifet Mars. Jack Now, Mars, Jacs Bullock, Mrs. Jin Cax, and Mrs. Clinton Winsteud. About \$200 was collected by the marching mothers.

WOMAN'S-CLUB MEETS The Mt. Vernon Woman's Club met at the Christian Church Tuesday evening, January 23 for their regular meeting with good attend-

ence. Mrs. John Allen, president, presided. Devotional was given by Mrs. N.M. Smock. Mrs. Edna Fain, chairman of the Conservation Com-mittee, introduced the speakmittes, introduced the speak-er, Mrs. Bige Towiry, who gave a fine address on the thought "Good Health for Kentucky." Mrs. Towery's mother, Mrs. Vernon griffin, was a guest at the meeting. Refreshments were served. Hostesses were: Mrs. Bill Coffey, Mrs. Norman Howard, Mrs. Elsie Peyton and Mrs. Mattle Robertson.

#### BIRTH ANNOUNCED

Mr. and Mrs. Charles Ray Makin of Louisville announce the birth of their son, Charles Timothy, born at St. Ioseph Infirmary January 13, Charle Timothy weighed eight pounds and nine ounces on arrival.

arrival. Grandparents 'are Mrs. Mrs. Relph Cummins of Mt. Vernon and Mr. and Mrs. Oscar Bullock also of Mt.

#### PERSONALS

Mrs: Effie Thomas of livingaton visited Miss Caster Miller at the Skid-more Rest Home last week. Rev. Henry T. Parrott was n Louisville, Saturdayto be with his mother who under-

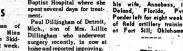
spent Sunday in Mt. Vernon-visiting Mrs. Mattie Robert-son at the Rockcastle County

visiting Mm. Mattle Roberts son at the Rockcastle County Baptist Hospital, and other friends here. Mmr. Hazel Owens has re-turned tonce after spending two days in the Rockcastle County Baptist Hospital with a broken arm caused by a fall in her home Sunday morning. Mmr. Lillie Dillingham is in Leting ton, who has just returned home from the Cental Baptist Hospital where she spent several days for treet-ment. Dillingham of Detroit, Mich, and Mm. Herbert Collegy. Mr. and Mm. Herbert Collegy.

Mr. and Mrs. Herbert Coffey, Judy and Jeffrey are on an



CLASSIFIED SECTION



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#### Hospita I Note s PATIENTS REGISTER 1/23/68 - 1/30/68

ADMITTED:

Untriey Jonder, Mt. Various, Judy Wilson, Livingston; Shari Lynn Martin, Brodhead; Emaline Kirby, Mt. Vernon; Albert Alcorn, Mt. Vernon; Margaret Burdine, Livings-ton; Nettie Carter, Brodhead; Margaret Burdine, Livings-tem, Nettic Catter, Brodhead; Edwin Jackson Livesay, Ohio; Billy Lynn Burdine; Howard Saylor, Brodhead; Bernice Not Henr, Disputanta; Clista Mullins, Bereas; Charlie Hensley, Orlando; Laura Cummins, Mt. Vernon; Lillian Rigsby, Bodhead; Joris Brown, Orlando; Betty Barger, Brodhead; Janie Jones, Brodhead; Laio Morris, Jondheat; Kelly Scoggin, Brodhead; Kelly Scoggin, Brodhead; Mark Anthony Brown, Orlando; Mark Anthony Brown, Orlando; Brown, Orlando; Kelly Morris, Jondhead; Kelly Morris, Jondhead; Kelly Reme Wilson; Eliza Coffey, Mt. Vernon; Della Scoggin, Brodhead; Mark Anthony Brown, Orlando

RELEASED:

Mms. Dewey Brown. RELEASE: Temmy Mullins, Mt. Vernon; Janne Cox, Brodhead, James W. Mick, Pine, Hill; Lorn Lee Lambert, Mt. Vernon; Clam Burton, Brodhead; Freda-Monk, Mt. Vernon; Carol Riddle, Brodhead; Hazel Elder, Brodhead; Locy Mortis, Pine Hill; Kathyn Payne, Brodhead; Locy Mortis, Pine Hill; Kathyn Payne, Brodhead; Sorder, Mt. Vernon; Judy Wilson, Livingston; Shari Jangare Burdine, Livings-ton; Hettie Carter, Brodhead; Bmaline Kitby, Mt. Vernon; Billy Lynn Burdine, Livings-ton; Howard Saylor, Brod-head; Bernice, Northen, Jiaparting, Charle Hens-ley, Orlando; Hazel Owens, Mt. Vernon; Lillian Rigsby, Brodhead; Lillian Rigsby, Brodhead.

#### Legal Notice

COMMONWEALTH OF KEN TUCKY DEPARTMENT OF HIGHWAYS NOTICE TO CONTRACTORS

Sealed bids will be received by the Department of High-ways at its office, Frankfort, Kentucky, until 10:00 A.M. Eastern Standard Time on the 16th day of February, 5969, com Shich Line bids will be publicly opened and read for the improvement of:



Ior the evening upo was speak on the importance **OUAL Red Devils could only muster 6** Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the output of the final Bardwind led at all the benches of players. Bussell, Brown 18. Overns and Mrs. Mj. Mc Bardwind led at all the benches of players. Bussell, Brown 18. Stevens 32. Daugherty 4, Mullin were Mrs. Benton Overns and Mrs. Herman Will Son stayed for a few days leat week. Mr and Mrs. Hiatt Mink Art and Mrs. Hiatt Mink

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THE MOURT FERROR SUPPLY TO THE MOURT FOR THE MO

Ohio Spent the week end with Mr. and Mrs. R.C' Ander-son and Betty Lou and Mr. and Mrs. Benton Owens.

Condon' or three points out couldn't overcome their early deficit. And to add to BHS woes, Bussell and Stevens both fouled out early in the fourth quarter. Scoring individually for Brodhead were: Bussell 12.

a patient at the Rockcastle County Baptist Hospital. We wish her a speedy re-

We're Working for

OTTAWA"

(Cont. From Page 4)



Everything that helps this community is assured of this bank's interest and active support. The stronger we arethe more we can help.

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And the second of the



# THE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1, 1968 PAGE FIVE Brown 28, Stevens 15, Daugherty 8, Bullbeck 4, Moberly 6 and Sargent 2<sup>-5</sup> The Tigers will meet Jackson County at home Friday night and will journey to Richmond next Tuesday night for a game with Madi-son High School.





VanWinkle a wnite survey night. Mrs. Linda Howe, and children of Richmond visit-ed Mr. and Mrs. Aster Van-Winkle Sunday. Mr. Glen VanWinkle of Berea College is home for a few days visit. Mr. and Mrs. Edgar Bornett uistich Her parents Mr. And Mr. and Mrs. Eagar Dataset. visited her parents Mr. and Mrs. Ballard Owens of John-etta over the week end. Mr. and Mrs. Charles Long of Berga visited her parents of Berea visited her parents Mr. and Mrs. Edgar Barnett Saturday. Mr. Isaac Barnett was in Lexington Saturday on busi-Brindle Ridge speedy recovery is wished Bro. and Mrs. Lawrence Pruitt were Sunday guests of Mr. and Mrs. Arvel Burdette and family. Mr. and Mrs. Mose Coffey and Mrs. Mose Coffey and Mrs. Anch Cof-fey. visited Mr. and Mrs. Charlie Cummins Saturday afternoon. Recent visitors of Mr. and Mrs. W.E. Burton were Mr. and Mrs. Chester Harris, Mr. and Mrs. Carlos Hood and Cartie Randolph all of Eleci-Lloyd Burton and Carl Burton both of Ohio were here last weck for Mr. Elmer Cromer's funeral. We are glad to report that Gene Reynolds is home from Victam. He will be discharged in a few months. Let's remember our service men on foreign lands. Jimnie Whitker is feeling better after an illness. afternoon David Holland who entered the Air Force recently is stationed in Texas. Mr. and Mrs. Leroy Hayes and Danny of Richmond visited Mr. and Mrs. Bill Cameron and boys Saturday night. Mrs. in Som Wanda Burton erset Saturday shop SNIDER ping. Vicki Burdette was Friday Mrs. Shird Van-(Cont. To Page 8) Walk Extra Mile To Lose Weight ou fig The American Medical Asso-tion's home health book, To 's Health Guide, reports that valk of just an extra mile per for 36 days is a "simple, pleas-device for shedding an extra and of fat." In a year this cal, int device for shedding an extra sound of fat." In a year this rould mount up to about ten sounds. The extra mile means ust that—a mile of walking in iddiuon to the customary walking ou now do each daw to the customary walking do each day. - regarded as a major facow do each day. nee regarded as major fac-losing weight, physical ac-was later accorded less tance. It was realized that eache effort was regulared to each pound of found rein of pound of found rein some experi ophilon calories expended through sewould be immediately re-t, due to an automatic in-in appetite. ortunaitely for fitness as well fishness, cerenics has been duty race helps re-blity. Exergists helps expend for emotional tensions, self-confidence, wholeso tivity, and good sportsn enhances the sense of or fatness, czercse to ored to grace and enjoys re-tability. Exceptie helps expend ries, within the usual range of with, it need not stimulate ap-ite excessively. The energy out-required to offset a pound of is approximately 3,500 calo-b, but the weight need not be all at once. To be effective for both physical conditioning, exercise must be a regular part of you way of life, and not somethin that is overdone spame do but the weight need not be all at once. Instead of the exhausting, n impossible, 36-mile hike in a span of hours, a walk ust one extra mile a day for 36 s will get rid of that extra U.S. Heart and Blood Vessel Deaths Top 1-Million Toll First Time Ever 1,017,550

Winkle and Mr. and Mrs. Wendell VanWinkle and children of Bummer were Sunday dinnee guests of Mr. and Mrs. Bodie Var-Winkle visited Mr. and Mrs. Eli Barnett a while one Nikle visited Mr. and Mrs. Eli Barnett a while one night last week. We are glad to sport Eli improving after a long illness. Ms. and Mrs. Hubert Van-Winkle of Orlando visited Mr. and Mrs. Bodie Van-Winkle a while Thursday Night.

night. Mr. and Mrs. L.A. Alexander visited Mr. and Mrs. Bodie VanWinkle a while Sunday

#### sam 112,300 ACCIDENTS DEATHS AT ALL AGES DEATHS BELOW EWEST STATISTICS on nited States show that art and blood vessels a uses of death in the rom diseases of the 1 1,017,550 in 1960-



THE MOUNT VERNON SIGNAL THURSDAY, FEBRUARY 1, 1968 PAGE SEVEN