

County Agent's Notes

By: H. Lee Durham

PESTICIDE SPILLS AND ACCIDENTS

The following information is taken from a recent National Agricultural Chemicals Association Newsletter. It may be of some value to you.

The Pesticide Safety Team Network was organized to handle emergency assistance in case of accidents or spills involving pesticides in transportation and warehousing, and has proved invaluable to State and Federal Agencies, police and fire officials called upon when such incidents take place.

The emergency telephone number is now serviced by Chemtre staff at (800) 424-9800, a toll-free 24-hour service. Chemtre is a service of the Manufacturing Chemists Association in Washington, D.C. and deals with information on all chemicals. When a pesticide spill is reported to Chemtre a PSTN Area Coordinator will be notified and will call back to the person reporting the accident within minutes to inform him of immediate steps to take and determine the need to dispatch a Safety Team to the scene.

Special note: You may wish to communicate the emergency number to the police and fire officials. Please do so, but do not make a general release to the public. The service is for transportation and warehousing accidents where significant amounts could be involved.

Information contact: Mr. Denis Hayes, PSTN Coordinator, NACA, 1155 15th Street, N.W. Washington, D.C. 20005.

BRINDLE RIDGE

Cont. from page 10

Mrs. Dewey Roberts and grandchildren visited her sister Mrs. W.L. Coffey and family Friday afternoon.

Mr. and Mrs. Charley Cummins visited Mr. and Mrs. Jimmy Cummins and Dreama at Boone Sunday afternoon. Kenny Burton had the misfortune of hurting his ankle at a soft ball game Saturday night at Mt. Vernon.

Billy Cameron spent Tuesday night with Ricky Burdette.

Mr. and Mrs. Lawrence Bales of Cincinnati, Ohio spent a few days last week with his mother Mrs. Mollie Bales and also some time in Gattingburg, Tennessee.

BOSS COW "COWS" OTHER COWS

Cow society, according to the University of Wisconsin Dairy Scientist H.J. Larsen, is very undemocratic. Like more animals that run in herds they seem to get up a rigid social hierarchy in which every cow has her place. She is a queen to all the cows below her, and the loyal subject of all the stronger cows in the herd.

In most good-sized herds there is often a "public servant". Any cow, regardless of her place in the social order, can come to this cow for a "refreshing" face washing. In answer to a gentle pleading nudge, the servant will turn and lick the head, face or neck of her herd mate. Another aspect of cow "organization" noted by Larsen was a rest period after about an hour and a half of feeding. Often they will bunch together, combining their flyswatting strength for 10 or 15 minutes while their food settles.

"COWED" COW

On the other end of the herd is the "cowed" cow. She has no privileges, defends nothing, takes the leavings. A true pacifist, she will wait for half an hour for her turn at the feed bunker than fight with her supervisor.

A cow establishes her rank soon after she joins the herd, and once it's set it isn't likely to be challenged until another newcomer tries to find her place in the social order. Status, Larsen finds, seems to depend

PRACTICAL VALUE

mostly on ability to push and shove. Audacity and defiance are much more important than talent for making milk. In fact, the high producers are found as often at the bottom as at the top of the social ladder.

HELPFUL HANNAH

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Call News Items To 256-2244

"Cow sociology," says Larsen, is interesting and fun, but it also has some practical utility. For instance, knowing how far a cow walks to get her food may be useful in devising better feeding schemes. And an understanding of the "pecking order" and how it works may prove useful in handling and training cows and in planning facilities for them.

Pasteurization resulted from the pressing need for more hygienic milk, but homogenization was a by-product of the search for more efficient milk marketing. It prevents some wastage of the product, aids in lengthening shelf-life and helps streamline both production and distribution by integrating the buttermilk and other solids evenly throughout the whole milk.

Connie Taylor, son of Hershel Taylor of Willalla, is shown with their herd of milk cows on the Taylor farm at Willalla. Mr. Taylor and his sons, Connie and Coy, milk 48 head of mostly Holstein in their Grade A Dairy and farm about 73 acres.

Home Line

By: Susann Duckett
Extension Intern
Guest Writer

JUNE DAIRY MONTH

June Dairy Month is an annual opportunity for everyone to drink more milk at home and away. Let's be proud of the fact that June is Dairy Month and serve and eat dairy foods at every opportunity.

"Make mine milk" is an excellent order and a reminder to the importance of the dairy industry plays in the foods business. "Milk now, coffee later" is a timely nutritious tip and easy way to increase restaurant sales.

June Dairy Month, a perfect time for our community to "speak up" for dairy foods. It should be a time to build food habits that will last year by year. Let's use these contests to "spotlight" the

importance of dairy products to all Americans.

June Dairy Month celebrates its 39th consecutive observance this year in Kentucky as a nationwide promotion with a salute to the dairy industry. June Dairy Month is a time of recognition by the nation of the dairy industries vital contribution to the health and welfare of America.

June Dairy Month is a time, on the local level, to point out the importance of dairy in Rockcastle County. The traditional observance of Dairy Month will take place again this year in Rockcastle County with special emphasis on Dairy Day scheduled for the Saturday, June 28 on Main Street in Mt. Vernon. The annual event, since 1961, will be highlighted by a parade, appearance of Miss Victoria Jane Harned, State Dairy Princess, crowning of county Dairy Dolls and Dairy Belles, recognition of outstanding dairy leadership and

festivities will begin at 11:00 a.m. Saturday morning with free entertainment on Main Street. Area 4-Hers will be serving cheese and crackers to the public and the parade down Main Street will begin at 1:00 p.m. June Dairy Month is a coordinated effort to awaken people to the need for proper nutrition and diet habits, including consumption of milk and milk products. June Dairy Month is a perfect time for our community to "speak up" for dairy products.

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"RAMEBLINGS"

(Cont. From 2)

thoroughly. The camp sits atop a hill on land donated for the camp by Clay Cohen and there are good facilities for the campers. The sessions are divided into two weeks (junior and senior) and whereas last year two of my children got to go together, this year they were split up (much to their joy and my sorrow).

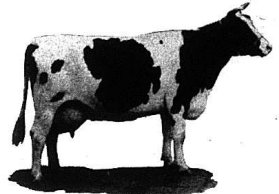
For Rockcastle Countians and others - with Dairy Day scheduled for Saturday, June 28th, to be followed by John Lear Day on Friday, July 4th, and the appearance of Jerry Clower at the Rockcastle County High School gymnasium on Saturday, July 5th. Mr. Clower's appearance here is being sponsored by the Rockcastle County Jaycees and tickets are \$3.50 in advance and \$4.00 at the door. Local talent will also be on the show, including the Hensley Brothers. Advance tickets may be purchased from the following merchants: Fain Furniture, Sears, Mt. Vernon Automotive, Mt. Vernon Bargain Store, Robinson Equipment, Young's Pharmacy, Elaine's Beauty Shop, Ideal Press. In Crab Orchard, tickets may be purchased at Western Auto Store. Also, on Dairy Day there will be a ticket booth on Main Street in Mt. Vernon.

"KENTUCKY AFIELD"

(Cont. From 9)

fine fish caught every year below Barkley dam, and the Barren and Rough River tailwaters are also good spots. Then of course there is always a nearby farm pond, a cane pole, and a lazy summer afternoon - and time to be thankful for the bluegill, a fish for both the expert and the beginner.

WE SALUTE YOU DAIRY FARMERS.



Hiatt's 5 & 10

Mr. Vernon wishes to congratulate the Dairy Farmers of Rockcastle County. The Dairymen have done an excellent job and are to be commended on the fine program now in operation. It is the store's wish that Dairying might continue to grow and establish our County as one of the finer Dairy Counties of the State. We welcome you to Mt. Vernon on Dairy Day and will cooperate fully to make the day a complete success.

Hiatt's 5 & 10

Mt. Vernon, Ky.

Welcome Dairy Farmers to



Mullins Drive-In

Home of the Belly Buster

Hot Fudge, Cakes, Sodas, Sundaes, Shakes, Ice Cream, Sandwiches, and Carry-out boxes



...ARE FOODS FOR HEALTH

We salute the Dairy Farmers of Rockcastle County for a job well-done.

SPECIAL On New and Used Bush Hogs



Robinson Equipment Co.

Old Brodhead Road Phone 758-6204

Main Street Mt. Vernon Phone 266-4829

CUMBERLAND PRODUCTION CREDIT ASSOCIATION

EXTENDS

CONGRATULATIONS!

TO THE DAIRY FARMERS OF ROCKCASTLE COUNTY for the excellent job they are doing. We in PCA know they work long hours to provide the most delicious food in the world.

We wish them better prices for their dairy products in the future because they deserve all they get and more.

Anytime we in PCA can be of service in any way feel welcome to visit, call or write your friendly partners in farming.

Roy G. Brown Assistant Vice President

Jewell Hansel Assistant Office Manager

Douglas Edwards Assistant Manager

Mary A. Bullock Secretary



CLASSIFIED ADS FIND IT QUICK

Classified Rates

Local Rates - 4¢ per word with minimum of 75¢
 Card Of Thanks - 3¢ per word - minimum 75¢
 In Memory - 3¢ per word - minimum 75¢
 Classifieds Bill - 5¢ per word - minimum \$1.00
 Display Classified - \$1.00 per column inch

For Sale

FOR SALE OR TRADE: 2 lots in Cedar Heights Subdivision. \$2500.00 for both. See Kenneth Sowder or call 256-2266 after 5 p.m. ntf.

LOTS FOR SALE at Orlando, Ky. Small down payment - Will do own financing. Call 256-2947.

GRAVE MARKERS and MONUMENTS in stock at all times. McNew Monument Sales, U.S. 25, Four miles north of Mt. Vernon. Phone 256-2232. ntf

MONUMENTS On display at Howell and Martin Funeral Home. ntf

FOR SALE: New three-bedroom brick home with living room, kitchen, dinette, bath and carport. Fully carpeted, all electric. Fully approved by FHA loan. On 1/2 acre lot. See Grace Bowling or call 256-2339 or John Gllovak at 738-8159. 32xntf

FOR SALE: Buy now. Mine run coal delivered at your door. 8 ton load minimum. Call 252-5616 or 256-5986. Lexington. 40x4.

FOR SALE: Ford Back hoe, 4500 Series. 15 ft. boom. See

Floyd Miller on Brush Creek Road. 40x4

FOR SALE: Urethron 10 ton truck, 8 ply tires, same as new. Truck in good mechanical condition. Positive traction rear-end and good covered 10 foot bed. See Kirby Kirby, 40x3 256-4464 or 256-4303. 40x3

FOR SALE: Tractor lot on Lake Louisville. If interested call 256-2940 or Floyd Evans at 713-771-5797. 40x4p

FOR SALE: 3 acres of land. No buildings, in city limits of Broodhead. Call 758-8260 40x3p

HAY FOR SALE: Clover and Orchard Grass. Call 256-4435. 41x2

FOR SALE: 3 good young riding horses. Curtis Bradley, Route 1, Broodhead or call 758-8584. ntf.

FOR SALE: 10 1/2 acres on I75 and U.S. 25 South of Mt. Vernon and Livingston Exit. Good business location. Joins the Holiday Steak House Restaurant. Sale by owners. Call 606-256-2758. Mt. Vernon, Ky. 41x4p

FOR SALE: 1968 Apachia Pop-up camper - hard top

sleeps eight. Call 256-4234. 41x2p

FOR SALE: 1969 Ford ton truck with new coal bed, 351 engine, good tires, good condition. Price firm at \$1650. Contact Judy or Sherman Reynolds at Judy's Gift Shop, Route 1, Broodhead, or call 758-8207 before 9 a.m. 41x2p

FOR SALE: Piano, GE Air Conditioner, 5,000 BTU, New Mirrors. Call 256-4813. 41x2

FOR SALE: 1973 12x61 2-bedroom total electric mobile home. Can be financed. Call 256-4557. 42x1

FOR SALE: 1962 V-6 1 ton dual wheels, GMC with factory metal. Can be seen at Rockcastle Steak House. Call 256-4413. 42xntf.

Glenn Pennington Automobiles

ON THE STRIP (U.S. 25 NORTH)

FEATURED CARS THIS WEEK

- 75-CADILLAC Sedan DeVue, Fully Equipped, Durbarton Green/Green VR
- 74-Gremlin 6 Cyl. St. Sh. Bright blue
- 74-CHEV. Malibu Classic A/C, Brown/Beige VR
- 74-CHEV. Imp. Custom 2 Dr. H.T. A/C, Blue
- 74-CHEV. Imp. 4 Dr. H.T. A/C, Green
- 74-PONTIAC G/Prix, A/C, White/White VR
- 73-GREMLIN 2 Dr. Sedan, 6 cyl. auto blue
- 73-CHEV. Imp. 4 Dr. Sedan, A/C, Green/White VR
- 73-CHEV. Vega Hatchbacks Auto, A/C
- 73-Vega Notchback, Auto, Orange
- 73-DATSUN Sta. Wgn. 4 Speed, A/C, Red
- 73-FORD LTD 2 Dr. H.T. A/C White/Green VR
- 73-PONTIAC Lemans H.T. 2 Dr. Colanade, Green/Green VR
- 72-CHEV. Imp. Custom Cpe, A/C, Beige/Beige VR
- 73-CHEV. Imp. 4 Dr. H.T.s A/C
- 72-PLY. Satellite Sebring, 2 Dr. H.T. A/C, Blue
- 72-PLY. Fury III, 4 Dr. A/C, Blue/Blue VR
- 72-PONTIAC Catalina, 2 Dr. H.T. Beige/Brown VR
- 71-CHRYSLER Town and Country 9 Pass. wgr. Fully Equ'd, Yellow with wood grain trim
- 71-CHEV. 1/2 ton pickup long wide bed, st. sh. red
- 71-CHEV. Imp. 4 Dr. H.T. A/C, Blue/Blue VR
- 71-DODGE Dart Demon, 6 Cyl. Auto, Red/Black VR
- 71-FORD Gal. 500, 4 Dr. H.T.s both A/C
- 71-FORD Torino, 2 Dr. H.T. Green/Yellow
- 71-PLY. Duster 2 Dr. Cpe. St. Sh. A/C, White
- 71-PONTIAC Lemans Sport 2 Dr. H.T. A/C, Blue/White VR
- 71-PONTIAC Catalina 2 Dr. H.T. A/C, Gold/Black VR
- 71-TOYOTA Sta. Wgn. Yellow
- 70-MERC. Montego 2 Dr. H.T. Maroon/Black VR
- 70-OLDS Delta 88, 4 Dr. H.T. A/C, Gold/Brown VR

Plus Many More To Choose From

30-Day 100% Guarantee (On Most Cars)

...Financing To Suit Your Budget... GLENN PENNINGTON AUTOMOBILES

Berea
 Phone 986-3117
 "Now in our 16th year"

FOR SALE: Chrysler Coronet 440, WHP289G24711. Will sell for storage and tow bill. 42x3p.

FOR SALE: Hay, clover and clover and orchard grass. Conditioned reasonable. Call for sale. Call 758-8758. 42x1.

FOR SALE: Two bedroom brick house on highway 38-four miles south of Crab Orchard. Call owner nights at 385-2119. 42x2.

FARM FOR SALE: 29 acres more or less. Modern 6 room house with bath, out buildings, 1900 lbs. tobacco allotment. Good tobacco barn, three ponds. 28 acres of level land - remainder in good timber. City water is in process. On black top road. Located 10 miles south of Berea and 8 miles north of Mt. Vernon. Will sell part or all. See Nathan Clark at Wildie, Kentucky. 42x4.

FOR SALE: Large commercial lot facing U.S. 25 N. 413 ft. frontage. 6 inch water main. Good for many businesses. Sale or trade, \$7,500 or make offer. Phone 256-5207. 42x2p.

FOR SALE OR TRADE: Large building lot facing U.S. 25. 110 ft. 400 deep to I75. City water. \$3,000 or trade for mobile home. Halfway between Mt. Vernon and Berea. Phone 256-5207. 42x2p.

FOR SALE OR TRADE: Large colonial type house, Main Street, Livingston, Kentucky. New built-in cabinets, new paneling and flooring in side; well furnished or unfurnished; has washer, dryer, and electric cook stove; two porches, large carport. Owner will finance 1/2 at 8 percent. Lawrence Cornett. Phone 453-2255. 42x2.

FOR SALE: Massey Ferguson Balier, Good shape, Cuttinghorn Hay conditioner - good shape. Phone or see James Bullock 379-2945. 42x3p.

FOR SALE: Brown Naugahyde couch and chair in good condition. If interested, call 758-8327. 42x1.

FOR SALE: Good cheap home. 2x4 Palace House Trailer. Call 256-4659. 42xntf.

FOR SALE: Baby dressing table with four drawers, potty chair, electric baby bottle sterilizer, mini-wheel. Phone 256-6234 or see Vicki DeBorde. 42x1.

FOR SALE: Good 6 room house in Mt. Vernon, completely remodeled. Has large fenced lot and garage. Call 256-4876 or see Phillip Singleton after 3:30 p.m. weekdays. 42xntf.

FOR SALE: Boat, motor, trailer, 14 ft. runabout, 30 h.p. motor. Good trailer with three new tires. \$450.00. Phone 256-2728. 42x2p.

FOR SALE: 2 bedroom house trailer and lot, furnished and underpinned, porch and extra lot. Located on Lake Louisville at Boat Dock. See Glen Cromer at Red Top Restaurant. 42xntf.

YARD SALE: Mrs. Reuben Hammond, Mrs. Leonard Hammond, in parking lot Kentuckian Hotel, July 1st and 2nd. Good clothing and many other items. 9:00 a.m. to 4:00 p.m. 42x1p.

FOR SALE: Five room house with bath in city limits. Approximately one and one-half acres of land. See Joe Swinney or call 256-2718. 42x3p

all kinds - Gym Seal, Fabulon Filters and Sealers - Everything you need for a professional job!

Appliance Service Center
 Mt. Vernon, Ky.

FOR RENT: rouse trailer in city. Adults only. Call 256-2089. ntf.

FOR RENT: 2 Bedroom Unfurnished Trailer. Phone 758-8516. 41x1

HOUSE FOR RENT: 4-Room house with bath; full drive-in basement; oil furnace heat; hot and cold water; nice lawn; good garden. On Broodhead and Conway Road. Phone 758-8296. E.J. Mink. 42x1.


NOTICE

PLAN YOUR VACATION FOR THE BROODHEAD FAIR AUGUST 11-16TH. 41XNTP

NOTICE: Remove unwanted hair permanently with Electrolysis treatments. Call Dorothy Martin, 256-4244 for appointment. 36x12

NOTICE: Mrs. nonna Harty of Mt. Vernon advises all merchants that she will not be responsible for debts made by anyone other than herself, unless prior consent is obtained from her. 40x3.

Call Classifieds To 256-2244



We congratulate the Dairy Farmers of Rockcastle County and wish them continued success during the years ahead.

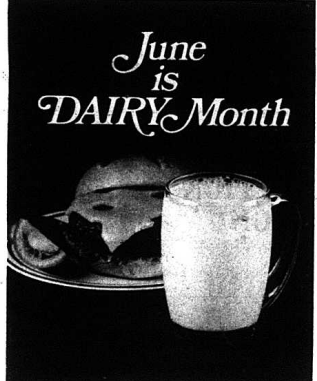
NORTON INSURANCE AGENCY

Bill and Arletta Norton

For Rent

Two or Three Rooms, Furnished or Unfurnished Apartments, Steam Heated at ROCKCASTLE HOTEL. See Roy Winstead at Appliance Service Center. ntf

Floor Sanding Equipment - "Do-It-Yourself" - Varnishes of



June Dairy Month has reached its 38th birthday. The observance started in 1937.

During this month we salute the Dairy Farmers.

We are proud to be a part of this essential industry.

KRAFT FOODS

Standford, Kentucky
 Phone 365-2104



Let 'Em All Toss Salad To Taste

When your crowd gathers in your backyard or patio, give them all a chance to be a chef! Let each toss his own salad. The hostess, in this situation mixes assorted greens, celery and onion. She also furnishes several dressings guaranteed to appeal to salad chefs.

Zippy dressing has a tangy taste that comes from sour cream, accented with chili sauce and mustard. Butter-milk with tomato paste and a few other ingredients offers lively flavor for a green salad while celery seed and sour cream furnishes a mild, rather sweet flavor.

Would-be chefs will also enjoy tossing bacon-crumbles, chopped hard-cooked eggs, peppercorns or croutons in their salad, as the mood moves them. There's hardly any main dish at a cocktail that isn't enhanced by a crisp, green salad. Be it burgers, franks, chicken or fish.



Let guests toss rings for their games first and salads later for a successful cookout. The hostess supplies a bowl of mixed greens, a choice of several dressings and some accompaniments.

- TOSS-YOUR-OWN SALAD**
- 2 quarts torn assorted greens
 - 1/2 cup celery slices
 - 1/4 cup green onion slices
 - 5 tomato slices, cut in half
 - 6 crispy cooked bacon slices, crumbled
 - 1/3 cup chopped pecans, toasted
 - 3 hard-cooked eggs, chopped
 - 1/2 cup croutons
- Zippy Dressing
 Combine greens, celery and

- BUTTERMILK SALAD DRESSING**
- 2 cups buttermilk
 - 1 can (8 oz.) tomato paste
 - 1/2 cup chopped green pepper
 - 1 tablespoon lemon juice
 - 2 teaspoons finely chopped onion
 - 1/2 teaspoon salt
 - Dash of pepper
- Combine buttermilk and tomato paste; mix well. Stir in green pepper, lemon juice, onion, salt and pepper. Chill 3 cups.

- CELERY SEED DRESSING**
- 1 cup dairy sour cream
 - 1 tablespoon sugar
 - 1 tablespoon vinegar
 - 1 teaspoon salt
 - 1 teaspoon celery seed
 - 1/2 teaspoon prepared mustard
 - Dash of pepper
- Combine ingredients; mix well. Chill 1 cup.

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CHEVY TRUCKS

TUNE-UP SPECIAL - \$4.95

SPECIAL - \$4.95

TUNE-UP SPECIAL - \$4.95

SPECIAL - \$4.95

TUNE-UP SPECIAL - \$4.95

SPECIAL - \$4.95

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Notice

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Frank Glovak 758-8530
Brothead, Kentucky 40409

nlf

EXECUTORS NOTICE

Notice is hereby given that
Wade Hopkins and Berl Hopkins

have been appointed Co-Executors of the Estate of Lige Hopkins, deceased. All persons having claims against said Estate shall present them, verified according to law, to the said Wade Hopkins and Berl Hopkins, Route 1, Mt. Vernon, Kentucky, or to William D. Gregory, Mt. Vernon, Kentucky, Attorney for said Estate, no later than September 18, 1975, 40x3.

NOTICE

Notice is hereby given that Joseph R. Young, Mt. Vernon, Kentucky, and Jan I. Stevens, Wildie, Kentucky, have been appointed co-administrators of the estate of Colson E. Stevens.

deceased. All persons having claims against said estate shall present them verified according to law to the said Joseph R. Young or Jan I. Stevens or to Allen, Clontz, and Cox, Mt. Vernon, Kentucky, Attorney for said estate, no later than September 24, 1975, 40x3.

NOTICE

Notice is hereby given that Homer E. Brown of Route 3, Mt. Vernon, Kentucky and Jean Brown Towery, Conway, Kentucky, have been appointed Co-Administrators of the estate of Elden F. Brown, deceased. All persons having claims against said estate shall present them verified according to law to the said Homer E. Brown or Jean Brown Towery on or before October 3, 1975, 41x3

NOTICE

Notice is hereby given that Georgia Mae Holsing, Route 2, Mt. Vernon, Kentucky 40456, has been appointed Executrix of the estate of William Judson Holsing, deceased. All persons having claims against said estate shall present them verified according to law to the said Georgia Mae Holsing or to James W. Lambert, Attorney for said estate on or before October 3, 1975, 41x3

NOTICE

If you need Electrical Work of any kind, call DICK'S ELECTRIC SERVICE, Route 1, Brothead, 758-8339. Free Estimates. nlf

MASON'S CUSTOM HAULING and BACKHOE WORK. Call 256-2047. nlf

BLOWN IN INSULATION Aluminum siding, storm windows and doors. For free estimates, Contact Preston Collins, Route 2, Mt. Vernon, Phone 453-2161 nlf

HAMM BROTHERS Water Well Drilling and Contracting. Call 256-2024 anytime after 5 p.m. nlf

NOTICE

Notice is hereby given that Anna Mae Simpson, Route 3, Crab Orchard, Kentucky 40419 has been appointed administratrix of the estate of James

Garfield Simpson, deceased. All persons having claims against said estate shall present them verified according to law to the said Anna Mae Simpson or to James W. Lambert, Mt. Vernon, Kentucky 40456, attorney for said estate, no later than October 10, 1975, 42x3.

NOTICE

We Do

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TERESA'S ANTIQUES & GALLERY
Berea, Kentucky nlf

ATTENTION ALL VETERANS: No down payment if you qualify. V.A. will now finance single wides up to 12,500.00 Double wides up to 20,000.00. Come in and see our selection of Repo's - Take over payments. Clayton Mobile Homes of Richmond, Inc. 723 Big Hill Avenue, Richmond, Kentucky 40475. Phone 623-9404, 42x1.

WANTED

WANTED: Member chairman for Traveler's Motor Club. Earned \$100 per week part-time also full-time people needed. Call Bill Hammonds at 256-4134. nlf

WANTED: Cooks. Apply in person at Red Top Restaurant. 42xntf.

WANTED: More milk. Kraft Foods, Stanford, Kentucky. Phone 365-2104, 42x4.

DRIVER-SALESMAN WANTED: Kentucky Casket Co. Call 453-9051 for appointment. 42x1.

CARD OF THANKS

The family of Garfield Simpson would like to thank

SPORTSMAN'S BARBER SHOP

In Brothead

WILL BE CLOSED FOR VACATION JULY 7TH - 12TH



For the coverage and answers you need, see your nearby State Farm agent.

He can help make the new Kentucky "No-Fault" law easier to understand. Also, he can provide you with a broad package of protection that does more than just meet the new minimum state requirements. And you can count on him to provide the personal attention and prompt service that have made State Farm number one. See:

Bill Bailey
Mt. Vernon
256-2119



State Farm Mutual Automobile Insurance Company
Official Automobile Insurer

compare and save with REXALL



Many stores are now carrying their own private label... Products with THEIR name on them. Rexall Drug Stores have been doing this for over 72 years. That's why when we say "COMPARE AND SAVE," we mean it. Check Rexall Aspirin against Bayer Aspirin Or Rexall Herbal Conditioning Shampoo against Clairal Herbal Essence Shampoo! You'll save with Rexall, the Money-Saver Brand!

Young's Pharmacy

SUPERIOR MOTOR CARS

U.S. 25 North "On The Strip" - Berea, Ky. -Owners- Evelyn Pope and Howard Allen

- 1974 Chevrolet pick-up truck, blue
- 1973 Buick Century 4 Dr. A/C, Chestnut Brown/Beige VR
- 1973 Chevrolet Impala Cust. Cpe. A/C Green/Green VR
- 1972 Monte Carlo 2 Dr. H.T. A/C, factory tape, Blue/Blue VR
- 1972 Chevrolet Impala A/C, 2 Dr. H.T. Gray/Blue
- 1971 Camaro S.S. Cpe. A/C, Blue/WVR
- 1972 Dodge Palaro 4 Dr. A/C, gold/BVR
- 1971 Cougar XR7 2 Dr. H.T. A/C, yellow/Green VR

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BEREA, KENTUCKY
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Your Motorists agent is the man to see for all your insurance needs.

He can provide for all your insurance requirements - auto, home, business. Plus a full line of life insurance. Call him for more information.



Sam Ford

Phone 256-4545

Mt. Vernon, Ky.

Motorists Insurance Companies

SUBSCRIBE TO THE MT. VERNON SIGNAL

"52 Weeks of Good Reading"

RATES

In Rockcastle County \$4.20
In Ky. Out of County \$5.25
Outside Kentucky \$5.00

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20% OFF
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SUE'S FINE FABRICS HAS CUT PRICES 20% ON EVERYTHING - WE MEAN EVERYTHING - TO PREPARE FOR WINTER. PATTERNS AND NOTIONS BOUGHT WITH YOUR FABRIC ARE INCLUDED IN THE BIG REDUCTION SALE. 20% DISCOUNT WILL BE OFFERED THROUGH JUNE 29, OR WHILE YOUR FAVORITE FABRIC LAST.

Call Classified Ads To 256-2214

WE SALUTE YOU MR. DAIRY FARMER



Attend Dairy Day

In Mt. Vernon Sat. and Stop at the Snack Shack for one of our Delicious



DAIRY DELIGHTS

or Phone 256-2212 for



SNACK SHACK

Richmond Street Mr. and Mrs. Herb Coffey Mt. Vernon

GARRARD COUNTY STOCK YARDS

SALE FOR ALL CLASSES OF LIVESTOCK-EVERY FRIDAY

PHONE 792-2118



LANCASTER, KENTUCKY

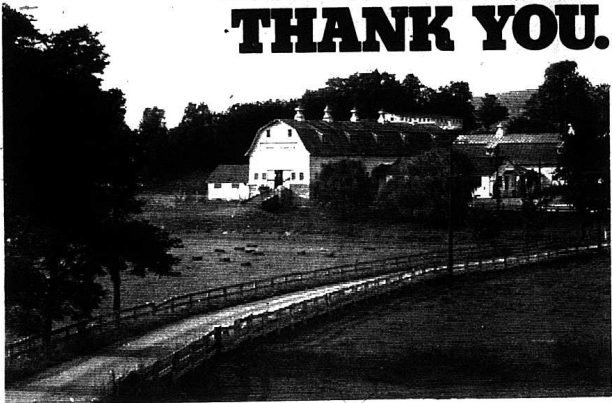
Hogon Teator

J.J. Teator

William Kirby Teator

JUNE is DAIRY MONTH CONGRATULATIONS to our **DAIRY INDUSTRY**

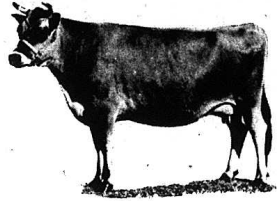
DAIRY MONTH IS A NATURAL TIME TO SAY THANK YOU.



The dairy farmers and their families who live and work around our community deserve a great deal of thanks. Their stability helps our community remain stable and healthy. Their insistence on offering only the highest quality milk and dairy products sets an example for us all, and improves the quality of our lives. We congratulate them now, during Dairy Month, and thank them for their contributions.



June is Dairy Month



This month is a good time for all of us to take a closer look at our Dairy Industry. One thing is certain, it has become big business and is getting bigger every day. And our dairy farmers have done an excellent job in increasing production to meet growing demands. They are using the most modern, up-to-date equipment in rigidly controlled modern plants. We salute them for a job well done!

This Page Sponsored By The Following Merchants

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Alfalfa, Clovers And Other Legumes

Are Now A Must

For Rockcastle County Dairymen

By J. Kenneth Evans
Extension Forage Specialist
University of Kentucky
College Agriculture

LEGUMES INCREASE THE
QUALITY OF FEED

This word "quality" includes such things as palatability, digestibility, protein content and mineral content. All of these things are involved in the performance of your animals, therefore, animal performance is a good practical measure of all these factors.

If you are to get the performance you need from your animals they must be fed the required amounts of energy, protein, vitamins and minerals. You must first get the feed into them and after they eat it they must be able to digest it and perform the kind of work you expect from them.

For example, from young animals you want growth and weight gains and from milking cows you want milk. We know that fescue quality is usually high in the fall and early winter. Palatability is low during the summer, thus legumes with fescue improve the ration your animals are getting during the summer.

Protein content of the grasses is increased by adding expensive nitrogen fertilizer. Protein content of legumes will generally be greater than that of the grasses. Most of your pasture and hay fields probably receive no nitrogen fertilizer thus legumes would boost your protein percentage and total production.

How about weight gains on grasses compared to grass-legume mixtures? A summary of five years' research in Ireland showed calf weight gains were about 0.1 lb. per day higher on ryegrass-white clover than on ryegrass alone. That doesn't sound like very much does it? Over the period from April 15 - November 15 that would be about 26 pounds of calf. And don't overlook the fact that this was white clover with ryegrass which is one of the highest quality grasses we have.

Legumes are of even greater value with tall fescue. At Auburn University over a 7-year period average daily gains were 0.15 lb. higher with fescue-clover than with fescue plus nitrogen fertilizer. In North Carolina ladino clover added to fescue gave not only 68 lb. more seasonal gain on calves, but also 58 lb. more gain on the cows. Calves were 52 lb. heavier at Dixon Springs, Illinois and they got 15 percent more cows bred back in pastures with clover than in pasture which were straight fescue.

But you say, I can't afford to make improvements on pastures with cattle and milk prices so low. You can't afford not to! Pasture improvement has never been more important. Dr. E.N. Fergus in 1958 summarized 15 years of research at Princeton, Kentucky where he and several co-workers figured the costs of producing beef on "improved" compared to "unimproved" pastures. Costs of production were almost 3 times as high on the unimproved pastures growth of legumes. The same would be true in milk production. And don't forget, as a dairyman you sell a lot of beef. Good forages are the most economical source of feed and legumes increase the value of forages.

Any way you look at our present situation, this and every year you are in dairy business is the year to renovate by seeding

Rockcastle County has about 41,000 acres of pasture and hay crops which provide the basis for the county dairy industry. Studies by the University of Kentucky show the long range potential for these crops to be about 53,000 acres. Thus if land in the county was used for what it is best suited, about 71 percent of the cropland would be in pasture and hay crops.

The primary ground cover on most of this forage acreage is one of the cool-season grasses such as timothy and tall fescue. Most of this acreage is in fescue, and this is good because fescue is well adapted to the soils of the area and does an excellent job of controlling erosion on sloping land. Fescue alone, however, is not the high quality to live during the summer months. Also, all grasses must have nitrogen to grow and make protein. Rockcastle County soils are generally low in nitrogen so if you are going to get the kind of quality and growth you need from grasses you must supply nitrogen from the fertilizer bag. Nitrogen fertilizer and dairy feed have become more expensive so most farmers now need to produce all the energy and protein they can on their farm and with as little expense as possible. The solution is to use legumes such as clover and alfalfa in mixtures with grasses. This and other improved could increase feed production in the county to about 2 1/2 times the present production.

LEGUMES GET THEIR NITROGEN FROM THE AIR

About 80 percent of the air you are breathing is nitrogen. All plants must have nitrogen to make protein. It would be real simple if plants could breathe in the air and take out the nitrogen they need, but they can't. The only way most plants can have enough nitrogen for maximum growth is for you to supply it from the fertilizer bag. Legumes are different.

Legume seed can be inoculated at seeding time with a culture of bacteria which will infect the legume roots. The legume plant supplies energy to the bacteria. The bacteria takes nitrogen from the air, changes it to a form that plants can use and supplies it to the legume. It's called "symbiosis." I call it cooperation!

How much is this cooperation worth to you as a farmer? It depends on which legume you use, the weather you have, and how you manage the stand. Research has shown that inoculated alfalfa can fix as much as 225 pounds of nitrogen per acre each year under Kentucky conditions. This is worth about \$50.00 per acre at current fertilizer prices. Red clover will fix up to 175 lb. per acre per year which is between \$40.00 and \$30.00 worth of nitrogen. Korean lespedeza, vetch and other annual legumes may fix up to 100 lb. per acre per year which is worth about \$25-\$30 per acre. But the nitrogen fixation and the resulting protein production is only one of many benefits of legumes.

Mrs. Elmer Ponder and Linda, Mrs. Glenn Baker and children and Florence Albright visited Mr. and Mrs. Billy Owens and Rusty Thursday afternoon.

Mrs. Elmer Ponder visited Florence Albright Monday.

Saturday visitors of Mr. Willie Logsdon and Delta Brown were Mr. and Mrs. Lester Harris, Mr. Casper G. Owens, Mrs. Charlene Eton and David, Ronnie, Donnie, and Tommie Hayes visited Mr. and Mrs. Bennett Todd, Mr. and Mrs. Herman Taylor, Mr. and Mrs. Thea Laue and Mr. and Mrs. Delbert Long.

Stop by your county agent's office and pick up a copy of Publication AGR-26 "Renovating Grass Fields" for details on how to do the job successfully.

QUAIL

Mrs. Elmer Ponder and Linda, Lisa Parsons, Mrs. J.C. Reynolds, Roxanne, Jamie, Rhonda, and Mrs. Deborah Rogers and Jennifer enjoyed a picnic at Burnside Lake last Tuesday.

Visitors of Florence Albright last week were Mr. and Mrs. Charlie Cupp and Mr. and Mrs. Glenn Baker, Robbie, Chuckie, and Tammy, Linda Ponder, Roxanne Reynolds and Rosie Bullock.

Mr. and Mrs. Glenn Baker and children of Ohio, Mr. and Mrs. J.C. Reynolds, and family, Bro. Lorraine Wilson and Florence Albright were dinner guests of Mr. and Mrs. Elmer Ponder and Linda Thursday.

Sunday dinner guest of Mr. and Mrs. Elmer Ponder and Linda were Mr. and Mrs. Charlie Cupp, Mrs. Deborah Rogers and Jennifer and Mrs. Arthur Ponder, Mrs. Deloris Johnson.

Mrs. Ada Todd, Mrs. J.C. Reynolds and family.

Mrs. Fionnie Mink is numbered with the sick.

Roxanne Reynolds spent one night last week with her grandparents Mr. and Mrs. Clifton Reynolds and Harold.

THE MOUNT VERNON SIGNAL THURSDAY JUNE 28, 1975 PAGE FIFTEEN

loss of their loved one.

Sunday visitors of Mrs. Willie Toppid were Mr. and Mrs. Modie Dillingham and sons of Ohio, Mr. and Mrs. Bobby Barron and Mr. and Mrs. Waune Todd.

Weekend visitors of Mr. and Mrs. Charlie Owens were their sons Mr. and Mrs. W.A. Owens and Mr. Ronald Owens of Ohio.

Mr. and Mrs. James Payne visited Mr. and Mrs. Charlie B. Owens Sunday afternoon.

Mrs. Mary Scott, Mrs. Shirley Caldwell and Mrs. Carl Dillard visited Mr. and Mrs. Patton Baker Friday afternoon.

Mrs. Ruby Taylor and Mrs. John Cash visited Mrs. Mary Scott recently.

Mr. and Mrs. Bobby Broughton and family visited Mrs. Christine Brown and family Thursday.

The family of Mrs. Corda Evans has our sympathy in the

loss of their loved one.

Sunday visitors of Mrs. Willie Toppid were Mr. and Mrs. Modie Dillingham and sons of Ohio, Mr. and Mrs. Bobby Barron and Mr. and Mrs. Waune Todd.

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Mr. and Mrs. Bobby Broughton and family visited Mrs. Christine Brown and family Thursday.

Mr. and Mrs. Danny McKinney returned home after a vacation in New York.

Mr. and Mrs. Raymond Caldwell and son of Ohio is spending their vacation with Mr. and Mrs. Shirley Caldwell.

The sales of milk in plastic containers is increasing according to a recent U.S. Department of Agriculture study. The survey of Federal Milk Order Markets indicated that carton milk sales account for 73 percent of the market with plastic containers having 24 percent and glass 4 percent of the market.

If you leave your milk order via a note for the milkman, you're in a minority these days. Home delivery of milk in the United States is only 30 percent of what it was before people - especially suburbanites - started buying milk at the store instead of at the door.

GENERAL REVENUE SHARING PLANNED USE REPORT

General Revenue Sharing provides federal funds directly to local and state governments. This report of your government's plan is published to encourage citizen participation in determining your government's decision on how the money will be spent. Note: Any complaints of discrimination in the use of these funds may be sent to the Office of Revenue Sharing, Wash., D.C. 20226.

PLANNED EXPENDITURES		
(A) CATEGORIES	(B) CAPITAL	(C) OPERATING / MAINTENANCE
1 PUBLIC SAFETY	\$	\$
2 ENVIRONMENTAL PROTECTION	\$	\$
3 PUBLIC TRANSPORTATION	\$	\$
4 HEALTH	\$	\$
5 RECREATION	\$	\$
6 LIBRARIES	\$	\$
7 SOCIAL SERVICES FOR AGED OR POOR	\$	\$
8 FINANCIAL ADMINISTRATION	\$	\$
9 MULTIPURPOSE AND GENERAL GOVT	\$	\$
10 EDUCATION	\$	\$
11 SOCIAL DEVELOPMENT	\$	\$
12 HOUSING AND COMMUNITY DEVELOPMENT	\$	\$
13 ECONOMIC DEVELOPMENT	\$	\$
14 OTHER	\$	\$
15 TOTALS	\$	\$

THE GOVERNMENT OF BROADHEAD CITY

ANTICIPATING A GENERAL REVENUE SHARING PAYMENT OF: \$5,184

FOR THE SIXTH EXTENSION PERIOD, JULY 1, 1975 THROUGH JUNE 30, 1976. PLANS TO SPEND THESE FUNDS FOR THE PURPOSES SHOWN.

✓ ACCOUNT NO 18 2 102 001

BROADHEAD CITY CHAIRMAN BOARD OF TRUSTEES BROADHEAD KENTUCKY 40409

0447

Submit proposals for funding consideration by Sept. 30, 1975

Frances Whitbread A copy of this report, and supporting documents are open for public scrutiny City Hall, Broadhead, Ky. 40409

Johnnie L. Lopez Chairman of the Board 6/25/75

Name & Title - Please Print Date

Watch Next Week's Signal For Details of Auction of Mr. and Mrs. Jess Bullock's 50 Acres of Coal Land Located in the Eula Section of Pulaski County Friday, July 11th - 1:30 P.M.

For additional information, Contact Ford Realty and Auction Co. 256-4545

COME HELP US CELEBRATE

FR "JOHN LAIR DAY" FR

IN RENFRO VALLEY, KY.

FRIDAY, JULY 4

Beginning at 2 p.m.

BIRTHDAY CAKE PARADE FIREWORKS "THIS IS YOUR LIFE"

COUNTRY MUSIC SHOWS FEATURING ORIGINAL Renfro Valley Entertainers



Next in line at Berea College's registration for summer school were Sandy Robbins, left, and Elaine Price, both of Brodhead. Sandy is the daughter of Mrs. Mary Robbins and Elaine is the daughter of Mrs. Norma Floyd.

NOTICE TO ALL 4-HERS GOING TO CAMP

You are going to miss an exciting week at 4-H camp if you don't turn in your Camp Application and fee by Tuesday, July 1st. This years camp is planned for July 21 through July 25 with such activities as swimming, boating, archery, recreation, bicycle safety, electricity, handicraft, and much much more. Don't miss the fun! Anyone wishing to pick up an application or turn one in may do so at the County Extension Office, second floor of the courthouse, but do so by July 1st.

4-H HORSE SHOW AND HORSE CAMP

An over-night horse camp and Area 4-H Horse show will be held July 11th and 12th at the J.M. Felner Memorial 4-H Camp. The Area 4-H Horse Show will qualify 4-H members to participate in the KY State Fair Show in August.

Arrival time Friday can be anytime from 9 p.m. on. We plan a rather informal program for Friday afternoon. There are some good trails to ride. We encourage 4-Hers and adults to bring their horse for the trail ride and overnight.

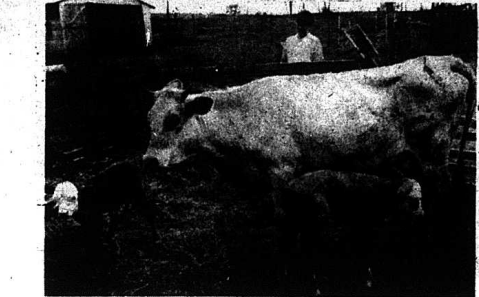
We plan to tie up the horses in the camp area for the night. Those needing stable arrangements may be able to stable their horses at the Golden Eagle Ranch.

The area 4-H show will be Saturday morning, July 12th. We hope to start the show about 9 a.m. and would like to furnish about noon. It is not necessary to stay over-night at the camp to enter the Horse Show.

We need some idea of the number planning to stay over-night and participating in the Horse Show. Try to give me an idea of the members about one week before the event. The camp charges will be \$3.75 for supper, breakfast, and the night at the camp.

For more information, contact me, Lee Durham or Cheryl Witt at the County Extension Office or phone 256-2403.

When astronauts speed into space, milk products go along with them. Cheese cake, custard, and peach and cottage cheese in bars are among the items specially prepared for space travelers. Creamed soups and whole milk are also prepared in dry, comminuted form.



Young Mother With Her Twins

In a recent survey by the Food and Drug Administration consumers rated milk very high in being good to drink. Of those questioned, 75 percent knew milk contained calcium and noted that it was a food for building teeth and bones. However, only 42 percent recognized milk as a good source of vitamin D and protein.

Cont. from front page and we are looking forward to a favorable decision on our basic rate case which was filed, together with the interim application, on March 19. The March 19 filing sought a total increase of \$16.2 million annually, including an interim request for \$9.1 million.

"LOCAL FHA'ERS"

Those attending from Rockcastle County High School and representing Region 13 were: Debbie Bishop, Region 13 Recreation Leader and Marion Gentry, Region 13, Parliamentarian. Their responsibilities at the meeting were to become better informed chapter and regional officers.

The Kentucky Association of Future Homemakers of America is sponsored by the Home Economics Unit of the State Department of Education, Frankfort.

Julie Chinn, State Reporter

James (Hoss) Martin, watches an 18-month-old Charolais and Guernsey cow and her twin bull calves. James is the grandson of Mrs. McCracken of Route 1, Hagerstown, Indiana, a former resident of Rockcastle County, owner of the young mother, McCracken, a retired employee of the highway department, said he didn't want the heifer bred that young, but due to her size, she was getting along fine with her large family.

"Nutrition and Feed"

(Cont. From 4) either of these in the concentrate for dairy cows. If a largely grass diet is being fed we also recommend adding 10 lbs. of ground limestone per ton of feed. This will supply additional calcium. Grass tetany occurs quite frequently in cattle and it can be prevented by adding magnesium to the ration. In addition to these minerals there are many other trace minerals and salt that we need to include in the ration. We can do this very easily by adding 1.0 percent trace mineralized salt (20 lbs. per ton) to the concentrate.

VITAMINS - Vitamin A is the vitamin we have to be most concerned about supplementing in the diet of a dairy cow. Vitamin D and Vitamin E may also have to be added in smaller quantities. The rest of the

vitamins are provided to the cow by the bacteria that live in the rumen or first stomach. There are many different Vitamin A supplements that have different potencies. We want to feed about 50,000 units per cow per day and this usually means adding 2-4 lbs. of vitamin A supplement per ton of feed. Feeding is an important part of a profitable dairy operation but you must remember there are many other things a dairymen must do well if he wishes to succeed.

LOTS FOR SALE: Beautiful 1/2 acre level lots facing U.S. 25. City water - wide roads. Regular price \$2,000. Reduced to \$1,500. \$300 down - \$100 a month for 12 months. Park or build. Why pay rent? A number of choice lots still left. Choice building lots 1 acre \$2500. Conway, Village Subdivision. Call now. 256-5207. 4x21

Kodak DISTRIBUTOR WANTED

Eveready GE Poloroid

Qualified individual Male or Female needed to distribute world famous film and other photo products through company established locations. "No selling or soliciting required". Make this year your year for independence. \$4995.00 investment. Guaranteed 12-month repurchase agreement. Call Mr. Davis (Toll Free) 1-800-846-1970 or collect 4614-228-1751 Monday to Friday, 9 a.m. to 6 p.m. EDT. Or write Firestone Photographs, Firestone Building - Since 1946, 168 N. 3rd St., Columbus, Ohio, 43215. 4x2x

Deaths and Funerals

MRS. LUCY F. PAYNE DIES MONDAY, JUNE 23

Mrs. Luch Frances Payne 67, of Route 1, Mt. Vernon, passed away Monday, June 23 at the Rockcastle County Hospital. She was born in Rockcastle County, May 18, 1908, the daughter of Bessie Payne Cummins and the late Mitchell Cummins. She is a retired school teacher, having taught in Rockcastle County 10 years and in Franklin, Ohio for 14 years and was a member of the Freedom Baptist Church.

Besides her mother, she is

survived by her husband, William Payne of Route 1, Mt. Vernon; three sons, Dale Payne of Winter Park, Florida, Albert Payne of Harrodsburg and Morgan Payne of Franklin, Ohio; two daughters, Mrs. Norma Stewart of Mayville and Mrs. Loreta Coulter of Orlando, Florida; two brothers, Rayne Cummins of Route 1, Mt. Vernon and Walder Cummins of Crab Orchard; five sisters, Mrs. Berna Scott of Route 1, Crab Orchard, Mrs. Edith Noe of Standford, Mrs. Catherine Graves of Route 1, Mt. Vernon, Mrs. Fera Goddy of Versailles and Mrs. Evelyn DeBorde of Mt. Vernon and 14 grandchildren.

MRS. VADA CROMER, 59, DIES IN INDIANA

Mrs. Vada Cromer, 59, Route 3, Greensburg, Indiana died Monday, June 9 at the St. Vincent's Hospital in Indianapolis after a short illness.

Mrs. Cromer was born September 19, 1915 in Harlan County, the daughter of Jesse and Pearl Saylor and was married to Raymond Cromer in 1936 at Standford.

Mrs. Cromer had been a resident of Milford, Indiana for the past 14 years and was a member of the Milford Methodist Church.

Survivors include three sons, Ray Cromer of Lawrenceburg, Roy Cromer of Route 6, Greensburg, Indiana and Roger Cromer of Route 3, Greensburg, three daughters, Mrs. Kenneth (Zora) Peters, Aurora, Mrs. Dan (Carol) Funch of Route 3, Aurora, Indiana and Mrs. Larry (Regina) Holmes, Route 3, Greensburg, Indiana; one brother; three sisters and 14 grandchildren.

In addition to her husband, her parents and one brother preceded her in death. Funeral services were held at the Gilliland Howe Funeral Home on June 12th with Rev. Wayne Hoover of Greensburg officiating. Burial was in the Greendale Cemetery in Lawrenceburg.

4-HERS GET YOUR PROJECT RECORDS IN

Any 4-Her wanting their 4-H project judged may turn in their records and project to the county Extension Office by July 1

Watch Next Week's Signal For Details of Auction of Henry and Hazel Bryant's Two (2) Farms Farm machinery, cattle and Personal Property Saturday, July 12th, 10:30 a.m. For additional information, Contact Ford Realty and Auction Co. 256-4545

SUMMER SALE

Swimsuits - 1/3 off
Dresses (Jr. and Missy) 20 percent - 75 percent off
Co-ordinates 20 - 50 percent off



SLACKS VALUES TO \$23.00 Now \$10.99

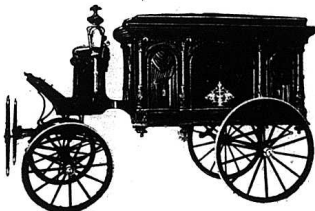
ONE RACK MISC. \$7.00

ONE GROUP BLOUSES 20 percent off

Jean's Fashion Shop

U.S. 25 No. (on the strip) Berea

Something Old; Something New



In any service or business, it is the perfect blend that satisfies the customer. At COX FUNERAL HOME you will find a skillful blending of the old and new and you will receive unexcelled service with the dignity and simplicity that a death dictates. Many people have come to look on us as friends in their time of need. Whatever the hour, we are always here to provide consolation and advice.

COX FUNERAL HOME

Mt. Vernon, Kentucky

256-2345

256-4444

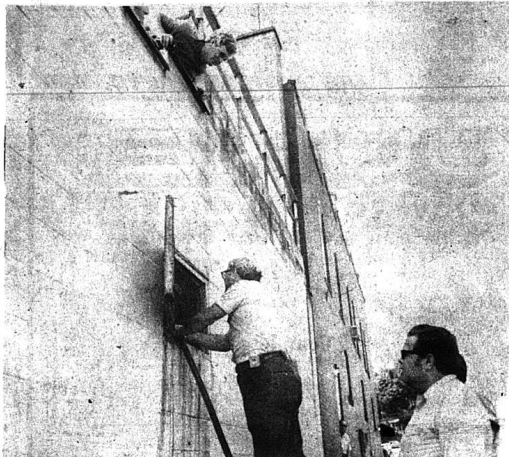
Mount Vernon Signal

"WHERE THE BOONE WAY JOINS THE DIXIE"

MOUNT VERNON SIGNAL, MT. VERNON, KENTUCKY 40458

VOLUME 88 - NUMBER 42

THURSDAY JUNE 26, 1975



Mt. Vernon Fire Chief John Coz was called upon last Thursday afternoon to display his fire-fighting talents on his own behalf when it was discovered that a 200-watt light bulb had become loose, stored in the furnace room of Mr. Coz's hardware store and enclosing the bulb, to begin smoldering. The possible fire was quickly extinguished with no damage caused. Looking on are firemen John Rush, and Dale Winstead.

Mt. Vernon Fire Dept. Receives \$550 State Aid

Gov. Julian Carroll has announced that \$66,123 in state aid checks has been mailed to 121 fire departments in Eastern and South Central Kentucky.

Each of the fire departments eligible for aid under state regulations, including Mt. Vernon Fire Department received approximately \$550 for the current fiscal year.

The funds are derived from \$300,000 appropriated by the state legislature under the Commonwealth's Fire Department Aid Law. The majority of the funds, \$282,250, will go to 425 eligible fire departments all over the state; the balance is paid toward Workmen's Compensation insurance for volunteer firemen.

Eligibility standards are based on the number of paid and volunteer firemen in departments, the amount of equipment owned, housing facilities and factors such as participation in training programs. Funds are divided equally among eligible departments.

Departments make application for the funds annually.

The aid law is administered by the Office of the State Fire Marshal in the Department of Insurance.

The funds may only be used for the purchase or replacement of fire equipment, repair of equipment or up to \$100 per department for personnel training.

FIRST BAPTIST TO HOST RECEPTION FOR MISTER

A reception will be held Sunday evening, June 29th, in Fellowship Hall at the First Baptist Church honoring the church's new minister, Bro. Raymond Rodden and family. The reception will be held immediately following evening church services.

Bro. Rodden assumed the pastorate of the local church on Sunday, June 15th.

Everyone is invited to attend the reception for the Rodden Family to welcome them to our community.

IDEAL CAFE SOLD AT PUBLIC AUCTION

R.A. "Phil" and Monroe Baker were the purchasers of the Ideal Cafe building and equipment which was sold at Public Auction Friday, June 20th. Mr. and Mrs. John D. McFarron were the sellers. Purchase price was \$14,600. Ford Realty and Auction Co. of Mt. Vernon handled the sale.

CETA II PROGRAM EXTENDED

The Ceta II program, originally scheduled to run out June 30th, has been extended for one month while allocations are being decided for each county in the program, according to County Judge Hubert Thacker's office.

ASA SOFTBALL TOURNAMENT TO BE HELD IN LANCASTER

The 1975 ASA Slow-pitch softball Tournament will be held in Lancaster, and the final day to enter this tournament is July 1st, 1975.

Sanction Forms for this tournament may be secured from James F. Reeves, 23rd District Commissioner or Julian Moss, the 23rd District is composed of Lincoln and Rockcastle Counties.

The sanction fee is \$17.00 and the commissioner can be contacted by phone, day 792-3018, and home phone 792-2893. He can be contacted by mail at Hill N. Dale, Lancaster, Kentucky 40444.

SEN. HUDDLESTON TO BE IN SOMERSET

Senator Walter Dee Huddleston and members of his staff will hold a Public Meeting Tuesday, July 1st from 10 a.m. to noon and 2 to 4 p.m. at Somerset Community College, Stoner Auditorium.

All residents of the area with problems or ideas they wish to discuss with the Senator or members of his staff are invited to attend.

VET COUNSELOR TO BE HERE JULY 16 & AUG. 1

Spencer G. Meredith, a Veterans' Counselor of the Department of Human Resources, Kentucky Center for Veterans Affairs, will be present July 16 and August 1 at the Courthouse in Mt. Vernon to assist veterans and their dependents with claims for benefits due them as a result of their military service. He will be present from 9 a.m. until 3:30 p.m.

3 Indiana Men Charged With Clarence Perciful Murder Two Have Been Lodged In Jail

According to Commonwealth Attorney Harold Rogers, Robin Wayne Wiers, 20, of Indianapolis, Indiana and Peter L. Tribbett, 28, also of Indianapolis, Indiana have been arrested and charged with the February 24th slaying of Clarence Perciful of Fairground Hill in Mt. Vernon.

Mr. Perciful was found shot to death in the basement of his home on February 28th with two gunshot wounds in his chest.

Walker waived extradition and was brought from Indianapolis by State Police Detective Sam King and Commonwealth Attorney's Detective Donald Girdler Tuesday night and lodged in the Rockcastle County Jail. Tribbett did not waive extradition and Mr. Rogers said Wednesday that he had forwarded extradition papers to Gov. Carroll's office.

A third warrant has also been issued for an Indiana man but he has not yet been apprehended.

Mr. Rogers said that the two arrests were the result of an investigation which had been in progress for the past several months. The first warrant (against Tribbett) was issued about two weeks ago in Mt. Vernon and forwarded to the Indianapolis City Police Dept.

The other two warrants were issued Monday.

Assisting in the arrest in Indiana were the Marion County Sheriff's Dept., the Indianapolis City Police, the Indiana State Police and the Federal Alcohol Tobacco Tax and Firearms Dept.

Let This Be A Lesson To Us

When we were little and did something wrong an adult would moralize our punishment with the comment "let that be a lesson to you." And it usually was.

The United States could do well to take heed to that old-fashioned advice. Economists predict there will be another 500 million people on earth in just five years. When today's school children are middle-aged - 30 scant years from now - the world's population will have jumped from under 4 billion to 6.7 billion!

Somebody's going to have to feed all these people. There is already fear there will not be enough food to go around. Americans once suffered the disruptive consequences of an oil shortage - the suffering would be many times greater if we were seriously short of food.

For a number of years, world food production was more than keeping up with population growth. But in the last several years per capita food production has dropped back to the level of twelve years ago.

Less than five percent of the American population is left on farms producing all the food and fiber we consume. The production capacity for milk and dairy products is a frightening example of how rapidly our resources are shrinking. In 1969, there were almost 2 million families milking cows. Now there are only 300,000. It is estimated that a third of those will quit milking in the next five years.

Many economists are concerned that we may be on the edge of a permanent domestic milk shortage that could make us dangerously dependent on foreign producers. The oil crisis is a depressing reminder of what happens in this country when we allow ourselves to become dependent on foreign producers for our needs. Wasn't that lesson enough for us? We hope so.

John Lair To Appear On "Town Talk Show"

John Lair, along with the original Coz Creek Girls, will appear on June Rollins' "Town Talk" Show this Friday morning, June 27th.

The program begins at 8 a.m. and is broadcast over WKYT-TV, Channel 27. Plans for the upcoming John Lair Day, July 4th, will be discussed during the show.

Ms. Julie Harris, co-chairman of the John Lair Day Committee, asks that everyone having anything to do with

PSC GRANTS KU INTERIM RATE RELIEF COMPANY TO CONTINUE PRESENT RATES

The Public Service Commission of Kentucky has granted Kentucky Utilities Company non-refundable interim rate relief amounting to \$5.1 million in annual revenue. The order permits the company to continue charging rates presently in effect.

KU emphasized that the commission order, effective June 23, meant the customers would continue to pay the same rates they have been paying for more than a year. These are the rates which, since May 15, 1974, KU has charged, as permitted by Kentucky Statutes, pending the outcome of an appeal of the Commission's order partially denying approval of rates KU sought in November, 1973.

The interim increase granted Monday is not subject to refund.

In its order Monday, the commission said it finds that "unless interim rates are granted the company's credit and operations will be materially impaired and damaged."

W.A. Duncan, company president, said "KU is grateful that the commission granted the limited amount of interim relief. Cont. on page 16

preparations for John Lair Day meet next Tuesday night at 7 p.m. at the Valley Office for a run-through of events scheduled for Friday, July 4th.

Also, the committee was notified recently that in addition to the Berea Squaredancers, the Dr. Clark and His Kentucky Pioneer Squaredancers will also be present for the occasion and will be in the Valley during the parade entertaining those present there until the parade arrives.

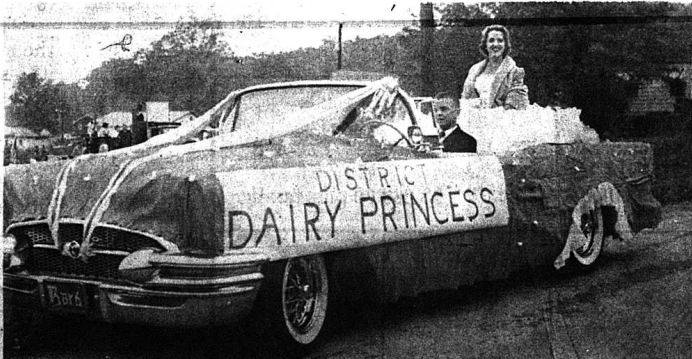
WHAS-TV in Louisville was at the home of Mr. Lair recently to do a film clip for the "On the Road with Brian Crawford Show". The film will be shown the latter part of this week or the first part of next week.



William Frank Martin of Brodhead, left, is shown being presented a certificate of recognition for being named Outstanding Sportsman of the Year in Rockcastle County. Presenting the certificate is Carl E. Kays, assistant commissioner for the Department of Fish and Wildlife Resources. Mr. Martin is an active member of the Rockcastle Fish and Game Club.



The Rockcastle County Jaycees are sponsoring a show Saturday night, July 5th, which features Jerry Clover of Grand Ole Opry fame. Mr. Clover, well-known for his "Knock 'em Out John" records, will be appearing at the high school gymnasium for one show which will begin at 7:30 p.m. There will also be local entertainers featured during the performance and advance tickets may be obtained for \$2.50 from several business locations [see ramblings for list] or tickets may be purchased at the door for \$4.00.



DO YOU REMEMBER? - June, 1961 and the first County Dairy Princess! She was Mary Ellen Hensel, daughter of Mr. and Mrs. Sherman Hensel of Row 4, Mt. Vernon. Miss Hensel went on to win the District Dairy Princess title and was runner-up in the state contest. Driving Miss Hensel's car that day, 14 years ago was

Donnis Ponder, son of Mr. and Mrs. Sherman Ponder, former residents of Rockcastle County. Donnis is now deceased. Miss Hensel later married Reginald Rowney and now lives in Hickory, North Carolina with her husband and two daughters, Denise and Maria Beth.

ATTEND DAIRY DAY IN MT. VERNON - THIS SATURDAY

Mount Vernon Signal

PUBLISHED EVERY THURSDAY

MAIN STREET IN MT. VERNON, KENTUCKY 40456
 Entered at Mt. Vernon Post Office
 as Second Class Matter
 In Rockcastle Co. \$4.20 - Outside of County \$5.00
 Out of State \$5.00

James Anderkin, Jr., Publisher
 Perlina M. Anderkin, Editor

BY: GARY AUXIER

Frankfort Watchline

Gov. Julian Carroll and those he places in power at Democratic headquarters apparently will be facing an awesome task this year and the next several years if they expect to make any dent at all in the debts the party has assumed.

The big bill is the one for the Democratic headquarters building here, on which the party is holding a 90-day note for \$450,000 that has now been renewed five times with only an interest payment.

Former Gov. Wendell Ford left Carroll a bill for \$140,000 left over from Ford's successful Senate campaign against Marlow Cook.

These aside, it can take several thousand dollars a month just to operate headquarters, salaries and building maintenance included, and as current party officials point out, since Carroll took over these costs have barely been kept in the black.

Apparently, the party was operating the party was operating in the red during the last months of the Ford administration.

Both Carroll and his choice for party chairman, Howard (Sonny) Hunt, agree at this point that the old debts must take a backseat for the next several months to Carroll's general election campaign against the GOP's Robert Gable.

Both Carroll and Hunt have stated emphatically that the campaign comes first, and that they will address the others only after November.

Hunt wants to try to raise enough to reduce the building debt by a third, and then take out a long-term mortgage on the remainder, perhaps over 20 years or more.

That building, from its

inception, was a thorn in the side of many of the rank and file Democrats of this state, and the idea of owing even now nearly as much as it was thought the building would cost when it was proposed is not likely to make the burden any easier to bear.

The massive Democratic fundraiser of 1973, the same one that brought on the Federal investigations of reporting, had been set up to provide \$200,000 to meet Sen. Walter (Dee) Huddleston's campaign debt, yet \$500,000 for the new building, and leave some money for operating expenses.

How it was accomplished, the fund raiser brought in \$855,000, just about what then chairman J.R. Miller had hoped for.

So where did the money go?

Well, Huddleston's debt was paid off in full, with interest. One goal accomplished.

But, of the remaining \$600,000, it now appears that only something over \$300,000 was plowed into the building, and the remainder something near the same amount, has been eaten up in operating expenses.

So only two years after the supposedly sufficient amount was raised, Democrats find themselves in almost the exact same boat they were in when that great, grassroots fundraiser was mounted.

And with the Carroll campaign of this year as a priority, next year will be a little different, except that a host of presidential contenders will be beating the bushes for funds for themselves, as well, in Kentucky's first presidential primary.

Carroll takes great pride at this point in having operated his expensive primary campaign entirely in the black. It's an

attitude future statewide candidates might have a look at.

National news media had a difficult time handling Kentucky primary results when the wire services began talking about Thelma Stovall being the first woman ever nominated in the state for a position as high as lieutenant governor.

Who they were wondering, was Shirley Palmer-Ball? Some even went so far as to post Mr. Palmer-Ball as the first, when the early returns came in.

County Statistics

DEEDS RECORDED

Kermie Whitaker Smith, Homer Whitaker, Martha Whitaker Martin and Alvin Martin, Edgar and Helen Whitaker Moore, Thelma Whitaker, Neal and Imogene Whitaker Hubby, real property located in Rockcastle County to Lloyd and Sylvia Price. Tax \$12.00.

Arnel C. and Mary Taylor, real property located in Rockcastle County on the waters of Big Rockcastle River, to Nimrod and Bertha Killion. Tax \$7.00.

Kenneth and Louise Kirby, real property located in Rockcastle County to Nimrod and Bertha Killion. Tax \$4.50.

Chester H. and Emma Owens, real property located in Rockcastle County near Maret-burg to Verna Bingham. Tax \$4.00.

Benjamin Lair Ramsey and Betty Jones Ramsey, real property located in Mt. Vernon to Benjamin Lair and Betty Jones Ramsey. No tax.

Stanley Moore, real property located in Rockcastle County to Maybell Moore. No tax.

Maybell Morre, real property located in Rockcastle County on the waters of Piney Branch to Robert G. and Oakley Collins. Tax \$3.50.

Herbert and Wetona Isaacs, real property located in Rockcastle County to Susie Isaacs. Tax \$5.50.

Henry and Lorene Falin, real property located in Rockcastle County to Donald and Linda Hayes. Tax \$7.00.

Jerry and Carol Jean Hamm, real property located in Rockcastle County to Gary R. and Janie H. Cromer. Tax \$4.00.

real property located in Rockcastle County to Earl and Barbara J. Barnett. Tax \$4.50.
 Edward M. and Ursula Baker, real property located in Rockcastle County to Bobby and Vicki DeBorde. Tax \$3.00.

Goldie and Martha Barnett, real property located in Rockcastle County to Robert Leo and Debra June Hayes. Tax \$11.00.

Murphy Jr. and Ida E. Martin, real property located in Rockcastle County to James Oscar Martin. No tax.

Henry M. and Rhina Brown, real property located in Rockcastle County to William G. and Betty J. Bentley. Tax \$3.00.

Goldie and Martha Barnett, real property located in Rockcastle County to William and Janet Barnett. Tax \$5.00.

Rockcastle County cooks together. There were salads of all varieties (and I don't think I missed sampling a one), every kind of vegetable imaginable and some pretty good meat dishes too.

It helps when you have five children to send through arduous line because if they don't like all the dishes you insist on them trying them you can always clean their plates in addition to your own - after all it would be terrible to waste all that delicious food, right?

It was an enjoyable afternoon and the children enjoyed this particular camp

(Cont. to 11)

DRIVER-SALESMAN

WANTED

Call 453-3051 for appointment

Ky. Casket Co.

JUNE'S DAIRY MONTH



Complete Line Of Dairy Feeds



FEED - SEED - FERTILIZER

and Medication

Two Locations To Serve You Grinding & Mixing Service

Mt. Vernon Produce

Phone 606-256-2241
 Mt. Vernon, Ky.

Jasper Farm Supply

Phone 606-758-3521
 Willilla, Ky.

THE BANK OF MT. VERNON



The Bank of Mt. Vernon salutes the Dairy Farmers of Rockcastle County. They are proud that they have been a part of the growth of the Dairy Industry in this area, both through loans to the Dairy Farmer and as an investment vehicle to help his savings grow.

The Bank of Mt. Vernon is now paying the maximum interest rate allowed by law on its savings accounts and certificates of deposits up to a thirty month maturity.

The Bank of Mt. Vernon cordially invites not only our Dairy Farmers, but all the fine citizens of Rockcastle County to do their banking at The Bank of Mt. Vernon.

SAFE - SOUND - SECURE



BRITTON CHEV. OLDS, Inc.

Announces Their Summer Savings Sale

JUNE 19 - JULY 5

Complete line of new Chevrolets and Olds. #1 and #3 selling car in the U.S.A.

Specials

2 plus 2
 Monza Specials
 #151914 V-8 Auto
 \$4,369.00 plus tax-lic.

'75 Chev. P/U V-8
 #107204
 \$3,268.00 plus tax-lic.

75 Impala
 4 Dr. Sedan
 \$4,549.00 plus tax
 #115109

GMAC Fin.

MIC Ins.

Complete Line of service and body work

Fine Used Cars Priced to Sell Stop and save

Open Monday - Friday till 8:00 P.M.

U.S. North, Berea, Kentucky

JUNE IS BUSTIN' OUT ALL OVER WITH
Better Food Buys



FRIENDLY SERVICE ALL THE WAY TO YOUR CAR
WE WELCOME FOOD STAMP CUSTOMERS

WE SAVE YOU MORE



ROUND STEAK

FRESH LEAN GROUND BEEF
3 LB. OR MORE

12 OZ. FISCHERS MELLWOOD BACON

12 OZ. PORK SAUSAGE

1/4 LOIN SLICED

\$1.49 LB.

79¢

\$1.15

LIMIT 2

99¢

\$1.19 LB.

\$1.29 LB.

\$1.39 LB.



BONELESS RUMP ROAST \$1.69 Lb.

SALT BACON \$0.79 LB.

24 OZ. \$1.95

250 S & H Stamps
With \$25.00 Or More Order
mv cpn exp 7-3-75

100 S & H Stamps
With \$10.00 to \$24.99 Order
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Chicken Parts
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Sandwich Meats
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of whole Watermelons
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Little Debbie Cakes
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 3 or more 1/2 lb. cans of any variety of Food or Beauty Aids
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Little Debbie Cakes
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 3 or more 1/2 lb. cans of any variety of Food or Beauty Aids
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 2 lbs. or more of any variety of Beauty Aids
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Beauty Aids
mv cpn exp 7-3-75

COUPON WORTH 50 S & H Green Stamps with the purchase of 1/2 lb. or more of any variety of Beauty Aids
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mv cpn exp 7-3-75

Food Fair Coupon
Betty Crocker FROSTING MIX
With This Coupon
2 For \$1.69 SAVE 30'
Expires 7-3-75

BETTY CROCKER CAKE MIXES
2 FOR 99¢
LIMIT 2 WITH \$10.00 OR MORE ORDER

FOOD FAIR COUPON
1 LB. CAN MAXWELL HOUSE COFFEE
ONLY 99¢
Limit (1) With \$10.00 Or More Order
Expires 6-28-75

TALL CANS WILSON'S MILK
4 FOR \$1.00 LIMIT 4

20¢ Food Fair Coupon 20¢
REDEEM THIS COUPON NOW and SAVE 20¢
ON YOUR NEXT PURCHASE OF POST GRAPE-NUTS
1 PACKAGE 85¢ WITH COUPON SAVE 20¢
CASH VALUE 1/20 OF A CENT
ONE COUPON PER FAMILY OFFER EXPIRES 7-3-75

J.F.G. SALAD DRESSING
32 OZ. JAR 79¢
Limit (1) WITH \$10.00 OR MORE ORDER

5 LB. PURE CANE SUGAR
99¢
LIMIT (1) WITH \$10.00 OR MORE ORDER

Food Fair COUPON
Dove FOR DISHES SAVE 26¢
22 Oz. BOTT 59¢ WITH THIS COUPON
WITHOUT COUPON PRICE IS \$83¢
REDEEMABLE ONLY AT THIS STORE
LIMIT ONE COUPON PER CUSTOMER. EXPIRES 7-3-75

PEANUT BUTTER
JFG PEANUT BUTTER \$1.35
BANQUET TV DINNERS EXCEPT BEEF
2 FOR 99¢

SUNKIST LEMONS
69¢ DOZ. FRESH
GREEN CABBAGE 12¢ LB.

WISK 1/2 Gal. 25¢ Off Label Save 50¢
\$1.99
7 Oz. MACARONI OR SPAGHETTI
5 For 99¢

BANQUET TV DINNERS EXCEPT BEEF
2 FOR 99¢

LEMONS 69¢ DOZ. FRESH
GREEN CABBAGE 12¢ LB.

New From Northern Towels
BRAWNY Big Roll 49¢
PUREX BLEACH SAVE 15¢
1 GALLON 69¢

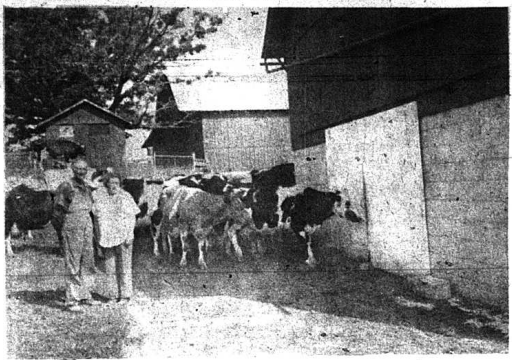
Kelly's CHICKEN & DUMPLINGS
32 Oz. Can 89¢
FOOD FAIR MARGARINE
2 For 79¢

Food Fair Coupon
P.D.Q. CHOCOLATE
With This Coupon Save 30¢
LIMIT 1 69¢
Expires 6-28-75

33 Oz. COCONUT MILK SOFT 69¢
New From Johnson SHOUT STAIN REMOVER
12 Oz. 89¢
SAUERS SPICES
4 Oz. Black Pepper
3 Oz. Vanilla Extract
3 Oz. Lemon Extract
Your Choice 69¢
Save 20¢
A-1 SAUCE 10 OZ. 83¢

BES PAK TRASH BAGS
25 Count \$1.69

WE SALUTE THE DAIRY FARMERS OF ROCKCASTLE COUNTY



Mr. and Mrs. Albert Long "Down on the Farm"

Down on the Farm

By: Roy G. Brown
Assistant Vice President
Cumberland PCA

pasture renovation, demonstrations on their farm and have also been host to forage field tours.

Albert and Sylvia do most of their farm work themselves with very little help except to exchange work with neighbors.

They have one son, Donnie, who is married and lives on the farm but works in Mt. Vernon.

Albert and Sylvia are an outstanding dairy family in Rockcastle County and we at PCA congratulate them for their good job and wish them the best in success and happiness in the years ahead.

DOWN ON THE FARM

Milking Procedures

By: Gordon Hess
Extension Dairy Specialist

Milking time is harvest time on the dairy farm. Just as the grain farmer's reward for soil preparation, planting, weeding, control, and variety choice is determined during the few days of harvest, the dairyman's reward for time spent in feed preparation, cow selection, breeding practices, and herd management is decided at milking time. Analysis of many successful dairy farms indicates that the milking period is the most important and carefully managed part of the whole operation. It is possible, by careful, correct milking to increase the production of a dairy herd by as much as 20 percent. Applied to a 50 cow herd with 10,000 lb. annual production this could possibly be the difference between profit and loss.

Milk secretion is a continuous process. As the milk is produced it fills the udder and builds up pressure. When the pressure becomes great enough secretion rate is reduced. Therefore, milking at regular intervals is important for maximum production in high-producing cows.

Milk "let-down" occurs only at milking time, and then for a limited time. The preparation for milking stimulates the release of a hormone called oxytocin from the pituitary gland close to the brain. This hormone is carried by the blood stream to the cow's udder where it causes contraction of tiny muscles surrounding the milk secretion cells. The milk is actually squeezed out of the secretion cells and is available for removal by the machine. The maximum effect of oxytocin only lasts for 5 to 7 minutes, which makes it very important that milking be completed during this time.

Correct milking procedure is not a difficult process, but attention to a few basic details is important. A step by step routine is: (1) wash the udder with water, hand or rubber glove to remove dirt and manure, (2) dry with a clean disposable paper towel, (3) milk a few streams from each teat into a strip cup, (4) attach the machine immediately after milk let down (usually 30 seconds to a minute after washing), (5) position the teat cups low on the teats, (6) when milk ceases to flow gently apply downward pressure on the claw and massage the udder to be sure all milk is removed and no abnormal lumps or swelling are present. Then gently remove the machine by shaking off the vacuum or allowing a small amount of air into one of the inflations to release the vacuum, (7) dip the teats in a properly prepared teat dip solution.

By following this procedure carefully, fast and complete milking is possible. Cows are a creature of habit, and can adjust to rapid, efficient milking just as easily as to slow, sloppy routine. By completing the milking process quickly, the maximum effect of milk let-down is utilized to remove all the milk the cow is capable of producing. A good indication of correct milking procedure is cows that persist in milk production late in their lactation.

While fast milking, is important, the dairyman needs to guard against a race-track attitude in milking. Take time to analyze each cow and know her individual traits. Don't try to

operate more units than can be efficiently handled. Milking must be a pleasant experience if maximum production is realized. Gentleness, avoiding pain or fright to the cow, and regular routine are all part of correct milking procedure. Milking can be a satisfying harvest if the time and effort are put forth to make it that way.

COOPERATIVE EXTENSION SERVICE NEWS

NUTRITION AND FEED REQUIREMENTS OF DAIRY COWS

When feeding dairy cows we need to be concerned about two major items. The first of these is quantity of feed. By this we mean giving a milking cow enough feed to keep her producing at high level of production. We cannot expect cows to produce milk on air. They must have enough feed.

The second point to consider is quality of feed. This area gets much more complicated and is involved with supplying the right amount of nutrients in the feed. The quality of feed goes right along with quantity. It will do no good if we feed a cow all she will eat but not provide her with the right amount of nutrients. This is very important because feedstuff differ a great deal in their nutrient composition.

The nutrients we are going to discuss are: water, energy, protein, minerals (calcium phosphate, sodium, potassium, and vitamins).

WATER It is very important that we give a milking cow free access to water. If a cow only gets water twice a day we can expect her production to be about 4 percent lower than if she were given free access to water. If we only give her water once a day her production may be as much as 10 percent lower than when she has free access to water.

ENERGY Energy is an important nutrient that cows need in large quantity in order to keep their bodies functioning and to produce the fat and sugar (lactose) that is secreted in milk. Feedstuffs differ greatly in energy content. Hay contains about 40 megacalories or units of energy whereas grain such as shelled corn is twice as high in energy containing 80 units of energy. Corn silage contains more energy than hay because it

has the corn grain included. When feeding dairy cows we need to realize they cannot get all of the energy they need from forage because they just cannot eat enough. For this reason we feed-milking cows grain so that they will get enough energy to produce milk. When hay is ground in a concentrate ration with grain the energy level is increased. This means the cow has to eat a lot more of this feed or her production will go down. In many instances we do not give the cow a chance to eat more grain because we only feed her in a milking parlor. In this type of situation grinding hay with grain will really lower her energy intake.

PROTEIN Like energy, feedstuffs differ a great deal in protein content. Since protein is an expensive part of the diet we want to make sure that we have enough but not too much. If we do not have enough protein, production will suffer. Grasses such as Timothy, corn silage and fescue do not contain enough protein to meet a milking cow's needs. For this purpose we must add a protein supplement in the grain mix to provide the necessary protein. Legumes

such as alfalfa and clover contain higher levels of protein and when these are fed the amount of protein added in the concentrate mix can be reduced. A cow can also get a certain portion of her protein equivalent from non-protein nitrogen sources such as urea. We would not want to feed a cow more than one-half pound of urea in a day or not more than 2 percent in the grain mix. We recommend adding 1.5 percent urea in the grain mix or 30 lbs. per ton of feed. This amount can replace 200 lbs. of 44 percent crude protein supplement. Many of the commercial protein supplements already contain urea and this is a good way to add it in the grain.

MINERALS Calcium is the mineral that dairy cows need in largest quantity because there is a lot secreted in milk. Phosphorus is the mineral needed in next largest quantity. In general, forages do not usually contain enough minerals so we must supplement the grain mix. Dicalcium phosphate or steamed bone meal is a source of both calcium and phosphorus. We recommend adding 1.0 percent or 20 lbs. per ton of

[Cont. to 16]

Watch Next Week's Signal For Details of Auction

of
Mr. and Mrs.

Reuben Hammond's

Kentuckian Motel
and
Exxon Service Station

Saturday, July 12th, 2:00 p.m.

For additional information,
Contact

Ford Realty and Auction Co.
256-4545

RICHMOND DRIVE-IN

Now Showing Ends Tuesday

They all agree...

American Graffiti

"ONE OF THE YEAR'S 10 BEST PICTURES!"

- JAY COCKS, TIME MAGAZINE
- PAUL D'AMMANN, NEWSWEEK
- WENDEL CANNY, N.Y. TIMES
- KATHLEEN CARROLL, N.Y. DAILY NEWS
- ARDRE WINTER, N.Y. POST
- HER REED, N.Y. SUNDAY NEWS
- CHARLES CHAMPAIN, L.A. TIMES
- GENE SHULTZ, NBC-TV
- BRUCE COOK, NATIONAL OBSERVER
- BOB SAMBERG, RADIO W
- BERNARD DREW, GANNETT PUBLISHERS
- JOHN SIMON, ESQUIRE
- ELLEN WEXLER, PUBLIC BROADCASTING
- NATIONAL SOCIETY OF FILM CRITICS

Where were you in '62?



AMERICAN GRAFFITI
A LUCASFILMED CORPORATION Production
Starring RICHARD DREYFUS - RONNY HOWARD
PALLEE MAN - CHARLES MARTIN SMITH
CAREY BARKER - MARGARET WELLS
CINDY WILLIAMS - WOLFGANG JACK
Written by GEORGE LUCAS and
GEORGE KATZ & WILLARD VOYSE
Directed by GEORGE LUCAS
Co-Produced by GARY KURTZ
Produced by FRANCIS FORD COPPOLA
A UNIVERSAL PICTURE - TECHNICOLOUR

PG PARENTAL GUIDANCE SUGGESTED
Some material may be offensive to children

Also "Slaughter House Five"
Fireworks Thursday, July 3rd

SURPRISE PARTY GIVEN FOR HERBERT HALCOMB

A surprise birthday party was given Saturday, June 21st for Herbert Halcomb of Brodhead on the occasion of his 37th birthday.

Those attending were: Teresa Hale of Brodhead; Lydia Lamb and Kim, Maude Alexander and Mr. and Mrs. J.B. Crain and sons, Kevin and Scotty, all of Berea; Mrs. Mammie Halcomb, Mr. and Mrs. Fred Bishop and daughters, Lynn and Phyllis, Mrs. Stella Burke, Mr. and Mrs. Ed Burke and Pam and Mr. and Mrs. Roy Eugene Halcomb, Tina and Sherry, all of Brodhead and son, Danny Halcomb, of Berea.

The dinner was given by Mrs. Lydia Lamb and the Halcomb Family.

IN GERMANY

Molly Hamm and Mrs. Dale Bray left from New York on June 8th by 747 jet for Frankfurt, Germany to visit Mrs. Bray's son, Sp/5 Richard L. Bray and Mrs. Bray, the former Karen Cummins.

BRODHEAD NEWS

Mr. and Mrs. Burton L. Cole of Richmond, Indiana spent a night recently with his grandparents, Mr. and Mrs. Burdette Brown of Brodhead.

Mr. and Mrs. John Bray and family of Cincinnati, Ohio spent last week with their parents, Mr. and Mrs. Burdette Brown and Mrs. Hazel Bray of Brodhead.

Cheese consumption in the United States has increased by more than 60 percent since 1959 when per capita consumption was 8 pounds. It was nearly double that amount in 1974 at 15 pounds per capita.

Milk is one of mankind's oldest foods. Records show that cows were milked in 9000 B.C. and the word "milk" comes from the Sanskrit "milk" which describes the action of milking.

The United States leads the world in the production of milk per cow at 10,271 pounds annually, with the Netherlands second at 10,158 pounds.

McBEE DEPARTMENT STORE

MAIN STREET MT. VERNON

Dairy Day Special

Saturday
Only
\$1.79 per yd.

Double Knit
60" Wide

All double knit fabrics

will be sold at

\$1.79 per yard

1st quality material, 60 in. wide, colors and textures for now and fall sewing.

Let's plan now to spend Saturday June 28th in Mt. Vernon shopping and visiting together.

Ladies' & Girls

SUMMER PURSES

30% OFF

No lay-away on sale mdse.

GENERAL REVENUE SHARING PLANNED USE REPORT

General Revenue Sharing provides federal funds directly to local and state governments. This report of your government's plan is published to encourage citizen participation in determining your government's decision on how the money will be spent. Note: Any complaints of discrimination in the use of these funds may be sent to the Office of Revenue Sharing, Wash., D.C. 20226.

PLANNED EXPENDITURES		
(A) CATEGORIES	(B) CAPITAL	(C) OPERATING / MAINTENANCE
1 PUBLIC SAFETY	\$	\$ 9,600
2 ENVIRONMENTAL PROTECTION	\$	\$ 1,385
3 PUBLIC TRANSPORTATION	\$ 15,000	\$ 15,000
4 HEALTH	\$	\$ 28,000
5 RECREATION	\$ 2,320	\$
6 LIBRARIES	\$	\$ 1,600
7 SOCIAL SERVICES FOR AID TO THE POOR	\$	\$ 500
8 FINANCIAL ADMINISTRATION	\$	\$ 6,856
9 MULTIPURPOSE AND GENERAL GOVT.	\$	\$
10 EDUCATION	\$	\$
11 HOUSING	\$	\$
12 SOCIAL & COMMUNITY DEVELOPMENT	\$	\$
13 ECONOMIC DEVELOPMENT	\$	\$
14 OTHER (Specify)	\$ 8,000	\$
15 MISCELLANEOUS	\$ 5,000	\$
16 TOTALS	\$ 30,320	\$ 62,935

THE GOVERNMENT OF ROCKCASTLE COUNTY
ANTICIPATING A GENERAL REVENUE SHARING PAYMENT OF \$93,255
FOR THE SIXTY ENTITLEMENT PERIOD, JULY 1, 1975 THROUGH JUNE 30, 1976. PLANS TO SPEND THESE FUNDS FOR THE PURPOSES SHOWN
ACCOUNT NO. 18 1 102 102
ROCKCASTLE COUNTY
COUNTY TREASURER
MT VERNON KENTUCKY 40456

(D) Submit proposals for funding consideration by August 1, 1975
Judge Hubert Thacker
A copy of this report, and supporting documents, are open for public scrutiny.
in my office in court-house - Mt. Vernon, Kentucky
Hubert Thacker, Rockcastle County Judge 6-20-75
Name & Title - Please Print Date



A Youth Choir, directed by Bro. Billy Estes, pastor of Freedom Baptist Church, presented a program Saturday morning in front of the Rockcastle County Courthouse. The program, which included a message by Bro. Jesse Buell, was given on behalf of the Rockcastle County Crusade for Christ presently underway at the

Broodhead Fairgrounds. Bro. Buell is evangelist for the Crusade which has seen crowds averaging between 500 and 600 since the Crusade began. Friday night will be the last night of the evangelistic endeavor. The choir was made up of members of the Rockcastle County Baptist Churches.

Social And Women's News

SHOWER HELD FOR MR. AND MRS. LUNSFORD

A household shower was held in honor of Mr. and Mrs. James B. Lunsford Friday night, June 20, at the home of Mr. and Mrs. Ricky Moore. Hostesses were Mrs. Ricky Moore, and Mrs. Eugene Halcomb. The shower was well attended and Mr. and Mrs. Lunsford received many gifts. Refreshments were served. We wish this couple lots of happiness.

OLIVER CHOSEN DELEGATE

John Norman Oliver, son of Mr. and Mrs. O.L. Oliver, Jr. of Mt. Sterling was one of four

delegates chosen from Mt. Sterling High School to attend the Bluegrass Boy's State at Richmond June 7 thru 13. John was elected to the office of City Treasurer of "The City of McCham" for the Nationalist Party.

He is the grandson of Mr. and Mrs. John W. Griffin.

MRS. LIVESAY HONORED

Mrs. Stella Livesay was honored on her 70th birthday by a surprise party given by her children at the home of her son in Loveland, Ohio.

Those attending were Mr. and Mrs. Ed Creech, Mr. and Mrs. David Bingham, Mr. and Mrs. Ray Livesay, Mr. and Mrs. Don Gentry, Mr. and Mrs. Denny Rose and Bill Livesay.

Also attending were 10 grandchildren and 4 great grandchildren. Others present for the occasion were Mrs. Virgie Robins and grandson, Steve, and Terress and Linda, friends of her grandson.

In all, 40 persons were present for the celebration and a delightful time was enjoyed by all.

WELYN LANMAN VOWS EXCHANGED

Bernice Lanman and Howard Wren were united in marriage June 20 at the home of Rev. Homer Lamb on Route 3, Berea.

Following a wedding trip south, the couple plan to make their home on Route 3, Mt. Vernon.

CEDAR RAPIDS CORNER

Menu

Friday night, June 27th Italian Spaghetti with meat sauce, beef steve and brown gravy, mashed potatoes, peas and carrots, garlic bread, salads and jello and cake.

Sunday Dinner, June 29th - Chicken and Dumplings, baked ham with raisin sauce, dressing, mashed potatoes, green beans, corn pudding, assortment of salads, biscuits and pies.

PROGRESSIVE WOMEN'S NEWSLETTER

There will be a bake sale in Mt. Vernon, Saturday, June 28. Anyone having items to donate should bring them to the sale that day.

More people are needed to make the Progressive Women's Float for the "John Day" Parade. Those willing to help should contact Mrs. Carol Hamm, phone 256-2382.

By Shirley Cox, Reporter

Personals

Fathers Day guests of Mr. and Mrs. John W. Griffin were Mr. and Mrs. O.L. Oliver, Jr., John Norman Oliver and Mr. and Mrs. Deany Golden of Mt. Sterling and Mr. and Mrs. O.L. Oliver, Sr. of Berea.

Mrs. Mary Jane Robinson and daughter Lea Lynn of London visited her mother, Mrs. Virgie Hasty and her sisters Mrs. Jack Cromer and Mrs. Jim Cromer last week.

Mrs. Christine Vanzant visited her brother, Mr. Clint Dooley and family Thursday accompanied by Mr. Hobart Dooley.

Leola Singleton of Brodhead visited her cousin Dana Singleton last week.

Mr. and Mrs. Billy Joe Ravey, Tammi and Vicki, have returned to their home in Milford, Ohio from a visit with their parents, Mr. and Mrs. Otis Ravey in Mt. Vernon, and her parents, Mr. and Mrs. Robert E. Owens in Brodhead.

Master Jason Wilson of Berea has been visiting his grandmother Mrs. Cole Grace Wilson.

Mrs. John Rush and little Miss Alicia Rush attended the graduation exercises of Mrs. Rush's sister, Miss Janet F. Gick who graduated from Ohio State College of Medicine in Columbus.

Mrs. Barbara Parley of San Diego, California is visiting her grandmother, Mrs. Clara Bustle.

New Paris, Ohio. They were accompanied there by Mrs. Christine Vanzant who was enroute to her home in Dayton, Ohio from an extended visit with relatives in the county.

Mrs. Zelma Bullock, R.B. and Robert Miller were to see their sister Mrs. Anna Mae Graves Sunday who is a patient at the University Medical Center in Lexington.

Mr. and Mrs. Denver Miller, James, Geresa, and Penny and Mr. and Mrs. Curtis Miller, Linda, Brenda, and Jimmy were at Kings Island Sunday.

Lisa Harper of Albuquerque, N.M. is visiting her grandmother, Mrs. Ruth Harper and her cousin, Vanessa Cromer.

Mr. and Mrs. Clayton Pennington of Blanchester, Ohio spent the weekend with Mrs. Lucille Bullock and family and Mr. W.C. Johnson, Mrs. Dorothy French and daughter Sue.

By Mrs. George Burton

Mrs. Lana Logsdon gave a birthday dinner Thursday evening in honor of her two sons, Robert Henderson and David L. Henderson. Those present were Mr. and Mrs. Robert Henderson of Somerset and David L. Henderson and daughter Kathy of Dayton.

David L. Henderson and daughter Kathy of Dayton, Ohio spent a few days with his mother Mrs. Lana Logsdon last week.

Mrs. Gravelly Burton and Mrs. Everett Purcell visited Mr. and Mrs. George Burton one evening last week.

Mrs. Gravelly Burton visited Mr. and Mrs. Sam West last Thursday evening.

Mr. and Mrs. Orville family of Lockland, Ohio were here last week to attend the funeral of her sister Mrs. Ida Webb.

Sheila O'Brien visited Terri Roberts Sunday and attended church with her.

Mr. and Mrs. Darrell Owens of Route 3, Somerset visited Mr. and Mrs. Millard Owens and Mrs. George Burton Sunday evening.

Kenny Burton had the misfortune of injuring his leg Saturday night while playing ball.

Mrs. Robert Anglin and Nancy visited Mrs. Lillian

Anglin and W.R. Coffey Saturday.

Mr. and Mrs. Carol Blanton Jr. and children and Mrs. Bennett Burton and Sheila visited Mr. and Mrs. Carol Blanton, Sr. Sunday evening.

Mrs. Hazel Cummins, Mrs. Robert Anglin, and Nancy visited Mrs. George Burton Monday evening.

George Burton was in Lancaster Friday.

Roy Adams has returned home from Iowa where he took a course in autoengineering.

Mrs. Sylvia Bledsoe, of Richmond visited her mother Mrs. Hazel Cummins during the weekend.

Mr. and Mrs. Leon Teister of Lakeland, Florida spent a few days last week with her sister, Mrs. T.B. Dillingham. They went on to Cincinnati, Ohio to attend the wedding of Miss Carol Dillingham, daughter of Mr. and Mrs. Ted Dillingham.

LOCAL FHA'ERS ATTEND CONFERENCE

139 state and regional

Watch Next Week's Signal For Details of Auction of Mrs. Delia Cromer's Mobile Home and Personal Property Located just out of Mt. Vernon on the Sand Springs Road

For additional information, Contact Ford Realty and Auction Co. 256-4545

REAL ESTATE FOR SALE

IN TOWN - 5 minutes to Main Street - compact and maintenance free. Living room, kitchen, 2 bedrooms, ceramic bath, gas heat - central air - almost new garage. Only \$21,500.

ONE OF MT. VERNON'S FINEST HOMES - Bedford stone - 4 bedrooms - 3 baths - 2 fireplaces - den - built-in kitchen - living room - dining room - recreation room - 2 utility rooms - 2 car garage - 2 acres - Only \$69,800.

A DANDY HOME - 4 bedrooms - oil furnace - hardwood floors - storm windows - built-in cabinets. Also, 28x70 store building goes with it. Price reduced to \$15,900.

CLOSE TO TOWN - 2 acres - 3 bedrooms - living room - kitchen - den - basement - A good buy at \$27,500.

CLOSE TO HIGH SCHOOL - Brick large kitchen - built-in range and oven - 2 bedrooms - living room - wall to wall carpet - Only \$27,500.

MODERN UNFINISHED BRICK - Near Lake Linnville - Basement all finished to live in - Finish upstairs to your own liking - 2 acres - 2 fireplaces - 2 baths - too cheap - \$35,000. Owners moving to Florida.

FIVE ROOM HOUSE - Located in the Owens Subdivision in Mt. Vernon. The house has living room, kitchen, 2 bedrooms, utility room, and bath. This home has new kitchen cabinets, washer and dryer hook-up, and is situated on a large lot. In addition, there's a new electric range, new refrigerator, new dietite set, gas heating stove, and living room suite. All for only \$14,900.

FIVE ROOM HOUSE - Located on Old U.S. 25 near Mt. Vernon city limits. City water at it as the property. Priced right at \$4,500.

GENTLEMAN'S FARM - 6 acres - all level - 5 room house with bath and utility room - aluminum siding - oil furnace - all for only \$93,000.

FIVE ROOM HOUSE WITH BATH AND 8 ACRES - Located approximately 1 mile from the city limits of Mt. Vernon. The house has been completely remodeled. In addition to the house there's a 1971 two bedroom mobile home. All this for only \$17,500.

BETWEEN MT. VERNON AND BEREA - 33 acres - modern 6 room house - 2 bedrooms, living room - kitchen - family room - 1 1/2 ceramic baths - fireplace. Fronts on 2 roads - city water - dandy barn - 25 acres good cropland - Reasonable at \$55,000.

91 ACRES IN LINCOLN COUNTY - 70 acres cropland - 5 ponds - 2 barns - modern home - 2188 lbs. tobacco - A good buy at \$85,000.

146 ACRES IN LINCOLN COUNTY - 8 room house - 3 good barns - milk parlor - 2208 lbs. tobacco - 3 ponds - creek - owner retiring - \$75,000.

105 ACRES BIG COUNTRY - secluded - in the hills - raw land - \$10 per acre.

RESTAURANT EQUIPMENT AND BUSINESS - on Main Street in Mt. Vernon - \$3,000.

Ford Realty & Auction Co.
 Mt. Vernon, Ky.
 Office
 Col. Sam Ford Phone: Office 256-4545 Col. Danny Ford
 Realtor-Auctioneer Nights: 756-4400 Realtor-Auctioneer

That's Dynamite, Say Teenagers of MIDWAY SPECIAL



- Teenager Time
 Midway Special
 Potato Chips
 Celery & Carrot Sticks
 Radishes - Olives
 Butter Baked Peaches
 Ice Cold Milk



- MIDWAY SPECIAL
 2 cups (8 oz.) shredded Cheddar cheese
 1 can (6 oz.) tomato paste
 3/4 teaspoon garlic salt
 1/2 teaspoon oregano leaves, crushed
 8 frankfurter buns, split
 8 frankfurters, split lengthwise

- Combine cheese, tomato paste and seasonings; mix well. Spread on buns. Place buns and frankfurters on broiler pan on oven rack 4 to 5 inches from heat. Broil 5 to 7 minutes or until frankfurters are heated and cheese begins to melt. Serve frankfurters in buns. 8 servings.

- BUTTER BAKED PEACHES
 1/4 cup butter, melted
 2 tablepoons orange juice
 1 can (30 oz.) peach halves, drained
 1/2 cup crushed sugar coated corn flakes

Shredded Cheddar cheese and tomato paste along with seasonings are featured in the Midway Special.

1/2 cup whipping cream, whipped
 1 teaspoon sugar
 In baking dish. Bake in a preheated 400 degree oven, 15 minutes. Cool. Serve peaches-and-butter mixture in individual dessert dishes. Top with combined cream and sugar. 6 to 8 servings.

The Above Dairy Recipe Furnished Compliments of

Dowell-Martin FUNERAL HOME
 MT. VERNON, KENTUCKY


"CONGRATULATIONS ROCKCASTLE CO. DAIRY FARMERS"

CLAYTON HAMMOND SUPERMARKET

Highway 461 Mt. Vernon, Ky.
Phone 256-4100

"ORIGINAL HOME OF BARGAINS" We Gladly Accept
Federal Food Stamps

Fresh Whole
FRYERS 45¢
LB.

 Worthmore **\$1 19**
BACON
lb. pkg.



FRESH LEAN
GROUND BEEF

Limit 4
With \$10
Or More
Food Order

12 oz. pack
Pro-Leaguer WEINERS 69¢

End Cut
PORK CHOPS 79¢
lb.

79¢
lb.

FRESH Homemade HAM SALAD **69¢**
LB.

Morton Table Salt 2 Boxes **25¢**

LISTERINE SALE PRICE
Antiseptic 14 OZ. **89¢**
REG. \$1.45

LEMONS 69¢
DOZEN



GALLON
ORANGE
DRINK

Liquid **\$1 39**
PINE-SOL 40 OZ.
Cleaner BOTTLE

Pride
Saltine
Crackers **45¢**
1 lb. Box

Charmin
TOILET TISSUE 69¢
FOUR ROLL PACK

Sweepstake can
MACKERALS 39¢ 98¢

Kraft
Macaroni & Cheese
Dinners
7 OZ. **89¢**
3 FOR

Newport
PEAS 89¢
3 cans

Van Camp
WHITE HOMINY

Van-Camp
Pork and
Beans
11 OZ. CANS **89¢**
4 CANS

300 size 4 for
89¢

MORNING GLORY

FLOUR 2 98
25 Lb. Bag
SELF RISING



3 lb. can
CRISCO 1 89
Shortening

Making The Most of Milk

By Cheryl Witt
Cooperative Extension Service

Most people find it natural to get milk's protein, calcium and vitamins by drinking it. To those who need more milk or to those whose families drink less than they should, we offer these extensive ways of increasing milk in the diet from beverages to soups, from casseroles to desserts, with vegetable and skillet dinner somewhere in between. All are thrifty and delicious ways of making the most of milk.

CHEESE POTATO CASSEROLE

6 cups sliced cooked potatoes (2 1/2 lbs.)
2 cups (8 oz.) shredded Cheddar cheese
2 large eggs
1 1/2 cups milk
2 teaspoons salt
1/8 to 1/4 teaspoon nutmeg

Layer half the potatoes and half the cheese in shallow buttered 2-quart casserole; repeat layers. In a bowl lightly beat eggs; stir in milk, salt and nutmeg. Pour egg mixture over potatoes and cheese. Bake in preheated 350 degree oven, 35-40 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving. Makes 8 servings.

stir in milk, corn with liquid, onion, sugar and salt. Set casserole in shallow pan on rack. Pour hot water in pan around casserole 1-inch deep. Bake in preheated 350 degree oven, 35-40 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

TOP-OF-THE-RANGE MACARONI SKILLET

1 package (7 or 8 oz.) elbow macaroni
1/4 cup (1/2 stick) butter
1/4 cup regular all-purpose flour
1 teaspoon salt
1 teaspoon prepared mustard
2 cups milk
1 1/2 cups (6 oz.) shredded Cheddar cheese
1/2 cup shredded carrots
1/4 cup chopped green onion

Cook macaroni according to package directions; drain. Melt butter in flour, salt and mustard. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in cheese until melted. If necessary return to low heat to finish melting cheese. (Do not boil). Stir in macaroni, carrots and green onion. Heat to serving temperature. Turn into serving dish. Garnish with carrot flowers, if desired. Makes 6 servings.

CUSTARD SAUCE FOR FRUIT

1 1/2 cups milk
2 tablespoons butter
3 large eggs
1 can (12 oz.) vacuum packed whole kernel corn with red and green pepper
1/3 cup chopped onion
1 teaspoon sugar
1 teaspoon salt

Scald milk in a 1-quart saucepan; add butter. Beat eggs slightly in 1 1/2 quart casserole-

2 cups milk
2 eggs (large)
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
1/2 teaspoon grated orange peel
Dash of nutmeg

Scald milk in 1 1/2 quart

saucepan. Lightly beat eggs in a bowl; stir in sugar and salt. Blend a small amount of milk into egg mixture; return all to pan. Cook over low heat, stirring constantly, until mixture thickens to coat a metal spoon. Remove from heat; add vanilla, orange peel and nutmeg. Chill. Yield: Makes 2 1/2 cups.

FRUIT-TOPPED BREAD PUDDING

3 cups bread cubes (6 slices 3 day-old bread)
1/2 cup seedless raisins
1/2 cup firmly packed light brown sugar
2 tablespoons butter
1 teaspoon vanilla extract
1/4 teaspoon salt
1/4 teaspoon nutmeg
3 eggs (large)
Strawberry preserves

Allow bread to become slightly dry. Cut into 1/2-inch cubes; place in 2-quart square or round baking dish. Scald milk in 2-quart saucepan; stir in raisins, sugar, butter, vanilla, salt and nutmeg. Beat eggs in a medium bowl; gradually blend in milk mixture. Pour over bread. Bake in preheated 350 degree oven, 25-30 minutes or until knife inserted near center comes out clean. Serve warm topped with preserves. Makes 6 servings.

PEANUT BUTTER PUDDING

1/3 cup sugar
1 1/2 tablespoon cornstarch
2/4 teaspoon salt
2 cups milk
1/3 cup peanut butter
1 teaspoon vanilla extract

Combine sugar, cornstarch, and salt in saucepan; gradually add milk. Cook over medium heat, stirring constantly, until thickened. Boil and stir 2 minutes longer. Stir in peanut butter and vanilla. Pour into 4 individual dessert dishes. Cover or chill. Serve with chocolate sauce, if desired. Makes 4 servings.

Teenagers - 4 or more glasses.
Adults - 2 or more.
Expectant mothers - 3 or more.

Cheese, cottage cheese, ice cream and other snacks containing dairy foods also count here.

OTTAWA

Mr. and Mrs. Walter Cash and Netca entertained with a polka picnic Sunday at their home out under the shade trees and the ones that were present were: Bro. Jesse Buell of Middletown, Bro. and Mrs. R.C. Flynn of Broadhead, Bro. and Mrs. Sam Sower and family, Mrs. Eva Bullock, Mrs. Cordia Cash, Mrs. Maxine Daugherty, Mr. and Mrs. Paul Cash, Mr. and Mrs. Harold Cable and family Mr. and Mrs. Dean Jones and family, Mrs. Carol Ann Dohorde and Jerry and Jenny Ann, Mr. and Mrs. Dewey Roberts, Mr. and Mrs. Gaffer Cash, Miss Kimberly Bullock, Mrs. Della Mae Wilcott, Mr. and Mrs. Speed Lawwell, Donnie and Connie Allen. In the afternoon, Mr. Edward Daugherty of Richmond, Mr. and Mrs. John Corbin of Florida was present. We all enjoyed the good meal and fellowship very much. The Cash Family entertained by singing. There was 53 people present.

Miss Janice Jones spent Wednesday night with Charlene and Cassan. Mr. and Mrs. John Corbin of Lakeland, Florida was Sunday dinner guest of Mr. and Mrs. Virg Lawrence and Mark. Mrs. Sue Hamm, Debbie and Della Mae Wilcott visited Mr. and Mrs. John Lawwell Monday afternoon.

Bro. Jesse Buell preached at Ottawa Baptist Church Sunday. A farewell party was given Sunday evening at the home of Mr. and Mrs. Shiril Brown in honor of Larry Napier and Neal Thompson who are entering the Armed Forces. Hostesses were: Mrs. Mildred Brown, Mrs. Ruby Hasty, Mrs. Virginia Fletcher, and Mrs. Eva Brown. Cake and punch was served to over 100 people. Music was furnished by Junior Anglin, Wade Hopkins, Gary Caldwell, and Larry Napier.

Mr. and Mrs. Gene Bishop and Angella Michelle of Lexington are visiting Mr. and Mrs. Shiril Brown and Randall and Mrs. Minnie Jones.

CONSUMER COMMENT

By Ed W. Hancock,
Attorney General

Apron, drip, hip, sleeper, ties. What do these words have in common? Believe it or not, they are all building terms and you should know what they mean, especially if you are planning any future home repair or construction.

An apron is a paved area, such as where a driveway meets a garage entrance. A drip is the part of a cornice that projects outward from the building to shed rain water. A hip is the external angle formed by the juncture of two slopes of a roof. A sleeper is a strip of wood laid over a concrete floor, to which the finished wood floor is nailed or glued. They are wood parts that cut into parts of principle rafters.

For those who would like to learn these and other home building and repair terms, there

is a free Homeowner's Glossary of Building Terms. You may obtain this booklet by writing Consumer Information, Pueblo, Colorado 81009.

If you have a consumer complaint, contact the Attorney General's Division of Consumer Protection. Kentucky consumers may call toll-free on the consumer hotline by dialing 1-800-372-2960. Send your written complaints to: Attorney General's Division of Consumer Protection, The Capitol, Room 34, Frankfort, Ky. 40601.

Myrtle Daugherty visited Effie Thomas last week.

Pearlie Halcomb's brother from Cumberland is visiting here this week.

Calvin and Brad Mullins are visiting their grandparents, Mr. and Mrs. Lee Mullins.

Mr. and Mrs. Danny Bullock have moved to the property of Phillip Arguebright.

CENTER FOR AGING AND COMMUNITY DEVELOPMENT ESTABLISHED

Gov. Carroll recently signed an executive order establishing the Center for Aging and Community Development, which became effective on June 1. The center has been ordered to emphasize Kentucky's growing awareness of the concerns and problems of its aged. As part of the Department for Human Resources' Bureau for Social Services, the center will provide greater efficiency and more effective service programs by consolidating certain program units within the bureau, especially those concerning the elderly.

The Week At Livingston

Mrs. Eva Black is in Chicago to attend the wedding of her daughter, Miss Connie Black.

Mr. and Mrs. C.F. Mullins visited their son in Louisville last week.

Ruby Kitchan of Elizabethville spent last week with her sister, Effie Thomas. Mrs. Linnie Stewart and

E.O.M. and
END OF
SEASON SALE

Jane's
of Somerset
In The American Building
Downtown Somerset

All Spring And
Summer Merchandise

30% to 1/2% off

beginning

THURSDAY, JUNE 26TH

PART I: ADVERTISEMENT FOR CONSTRUCTION BIDS

Sealed proposals will be received by the Board of Directors of the Western Rockcastle Water Association, Inc., in the County Court Room of the Rockcastle Court House at Mt. Vernon, Kentucky, at 1:30 p.m., C.D.T., on Tuesday, July 1, 1975, for construction of a water distribution system.

The work to be performed is as follows:

CONTRACT I, WATER LINES AND MISCELLANEOUS STRUCTURES - This contract includes the construction of approximately seventy (70) miles of water lines ranging in size from two inch to eight inch. Also included in this Contract are the following structures: booster pump stations, booster chlorinator stations, pressure reducing stations, and master meter pits. The work is located in western Rockcastle County and eastern Lincoln County, Kentucky. Award of Contract will be made within ninety (90) days after bid date. This Contract is to be completed within four hundred and fifty (450) days.

CONTRACT II, WATER STORAGE TANKS, FOUNDATIONS AND VALVE PITS - This Contract includes the construction of four (4) water storage tanks, complete with foundations and valve pits as shown on Plans and described in Specifications. This work is located in Rockcastle and Lincoln Counties, Kentucky. Award of this Contract will be made within ninety (90) days after the bid date. Completion date for this Contract shall be three hundred and sixty-five (365) days.

Plans and Specifications may be examined at the following places:

F. W. Dodge Corp., 620 Euclid Avenue, Lexington, Kentucky
F. W. Dodge Corp., 3715 Bardstown Road, Louisville, Kentucky
Associated General Contractors, 1412 N. Broadway, Lexington, Kentucky

or may be obtained from KENNOY ENGINEERS, Inc., 3367 Tates Creek Pike, Lexington, Kentucky, upon receipt of deposit in the following amounts:

Contract I \$100.00
Contract II 50.00

The deposit of contractors making legal bids will be returned upon receipt of the Plans and Specifications in good condition within ten (10) days after the date of the bid opening. No other deposits will be returned. No bidder may withdraw his bid for a period of ninety (90) days after the date of the bid opening.

Sealed bids for each Contract shall be clearly marked on the outside "Sealed Bid for Contract I and/or II - Western Rockcastle Water Association".

Bid shall be accompanied by a certified check or bid bond payable to the Western Rockcastle Water Association, Inc., in an amount not less than ten percent (10%) of the base bid. The Owner reserves the right to reject any or all bids and to waive informalities.

Attest:
BOARD OF DIRECTORS
WESTERN ROCKCASTLE WATER ASSOCIATION, INC.

Kenny Brown (SIGNED)
Secretary
Roy B. Brown (SIGNED)
Roy B. Brown, President

AUCTION

Mr. and Mrs. Herman Alcorn's

HOUSE and LOT

AND
APPLIANCES

SAT., JUNE 28th - 10:30 A.M.

Located - on Williams Street in Mt. Vernon, Ky. near S&T Store. Watch for auction signs at the property.

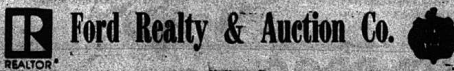
HOUSE AND LOT - This good newly remodeled five room house has living room, kitchen, 2 bedrooms, dining room and bath. The house has wall to wall carpet, paneled throughout, aluminum sliding storm doors and windows, washer and dryer hook-up, city water and sewer, is surrounded by a new chain link fence and 5 good shade trees. In addition to the house there's 2 practically new metal utility buildings. The lot measures approximately 107 feet along Williams Street and is approximately 77 feet deep.

APPLIANCES - Westinghouse washer and dryer - like new, Tropic Aire oil heater - like new, refrigerator - good shape.

Folks, here is your opportunity to buy a house in one of Mt. Vernon's most convenient locations. It's within 5 minutes walking distance of Main Street, churches, schools, and grocery stores.

TERMS - 20 percent down day of sale, balance due in 30 days upon delivery of deed. Appliances - Cash

For additional information contact Mr. and Mrs. Herman Alcorn at 256-4396 or



COL. SAM FORD
COL. BILL BARNES
COL. JERRY BARN
COL. DANNT FORD
Auctioneer

Dairy Cows Need High-Quality Forage

Gary D. Laceyfield
Extension Forage Specialist
University of Kentucky
College of Agriculture

The dairy cow of the 1970's has been bred for the efficient conversion of large quantities of forages into milk. She is a mobile harvesting machine, equipped with a mower and grinder on one end and a fertilizer spreader on the other. In between these extremes is located an extremely complex manufacturing plant designed to convert large amounts of forage into Nature's most perfect food—Milk.

Feed cost is the largest single expense a dairyman faces. High quality forages continue to be the most economical source of nutrients required by dairy cattle for pregnancy, growth, and milk production.

Forages usually contain all the essential nutrients needed by ruminant animals, although the amounts vary with the type of forage and the conditions under which they are produced. Harvested, stored, and fed.

To meet the needs of a high producing dairy cow the diet must consist of adequate levels of energy, protein, vitamins, minerals, and of course water. Of these components energy and protein are of major importance because of the amounts required and the expense involved in production.

HIGH ENERGY FORAGE: Corn silage is an important ingredient in most dairy rations. It is a high energy high yielding crop. Corn silage is highly palatable, easy to preserve, and is easily adapted to mechanization from standing crop to feeding.

QUALITY: Quality corn silage contains a high grain content, has an olive green color, and a pleasant smell with only a slight vinegar odor.

TIME TO CUT: Corn should be cut for silage after the ear is well dried but before all the leaves turn brown and dry. At this stage of development both quantity and quality are near maximum.

LENGTH TO CUT: Corn silages should be cut into particles 1/4 to 1/2 inches in length. Particles of this size will pack firmly in the silo.

EQUIPMENT: Properly adjusted equipment is a must for harvesting quality silage. Harvesters should be checked before and during silage making to insure sharp and properly adjusted knives and shear bars. Keep the discharge spout adjusted and watch turns and loading procedures to minimize silage loss.

Although corn silage has many advantages it does have one weakness—protein. Corn silage is relative low in protein and requires some form of protein supplementation for high producing dairy cows.

HOME-GROWN PROTEIN: In addition to supplying large amounts of energy certain legumes (peas and grass-legumes) also contain high amounts of protein. This "home-grown" protein source has met with renewed interest in recent years as other forms of protein sources renewed interest in recent years as other forms of protein sources have become more expensive. For more detailed information on the value of legumes see the article in this edition by J.

Kenneth Evans

forage testing. Pasture, hay, and silage contribute the major part of the dairy cow's diet. Because forages vary tremendously in nutritive value it is necessary to know the quality of the different forages to be fed in order to more efficiently and economically formulate rations. This quality determination can best be made through a forage testing program. Forage testing can be arranged through your County Extension Agent for Agriculture. He can supply you with the necessary information and will assist in your forages testing program.

WILLAILLA

By: Arvil Burton

Bob Whitaker remains very ill at the Rockcastle County Hospital.

Irvin Denney remains on the sick list.

Mr. and Mrs. Charles McClure visited Mr. and Mrs. Russell Long Sunday.

Mr. and Mrs. Russell Long visited Mr. and Mrs. George

McClure recently.

Mrs. Sinda McClure has been ill at her home. She is reported feeling better.

Mr. and Mrs. Calvin Rader of Mt. Vernon are parents of a son born recently at the Rockcastle County Hospital. Maternal grandparents are Mr. and Mrs. Floyd Bingham.

Elmer Ponder visited Mr. and Mrs. Charles McClure recently.

Recent guests of Mr. and Mrs. Grover Burton were: Mr. and Mrs. W.A. Owens and Mark of Mason, Ohio. Mr. and Mrs. Carl Burton and Allen of Cincinnati, Ohio; and Jimmie Burton also of Cincinnati, Ohio.

Joe Burton of Cincinnati, Ohio is visiting his father, "Gennie Burton and his grandfather, J.M. Burton.

Mr. and Mrs. J.T. Hasty and family of Cincinnati are vacationing here with her parents, Mr. and Mrs. Ernest Taylor and his grandmother, Mrs. Maude Hasty.

Mr. and Mrs. Glen Hasty visited their parents, Mr. and Mrs. George Hamm, Saturday night.

Mr. and Mrs. Herbert Ray

Adams and Kevin of Somerset

spent Sunday with her parents, Mr. and Mrs. G.D. Burton.

Mrs. Thelma Brown, Ricky Thompson and Eddie Thompson have been visiting in Indiana.

Mrs. Ardana Burton has been ill in the Somerset City Hospital. She is reported feeling better and has returned to her home.

Casper G. Owens was Sunday dinner guest of Mr. and Mrs. Marshall Thompson.

Rickie Thompson and Mike Brown are in the Army undergoing training at Ft. Knox.

Recent guests of Mrs. Zora Burton were Mr. and Mrs. Charley Anderson, Mrs. Florine Brown, Mrs. Jewell Brown of Mt. Vernon, Mrs. Edna Shitaker, Dale Whitaker, Randy Thompson, Mr. and Mrs. Grover Burton, Mr. and Mrs. Owen Burton, Janet Burton, Mrs. Clara Mae Denney and Mr. and Mrs. G.D. Burton.

Coy Dean Taylor was in a car accident Sunday and is in the Rockcastle County Hospital.

STRIPPED LAND

supports cattle, rye, wheat, clover and timber where heavy equipment once gouged huge craters to remove coal. After more than 15 years of strip mining and reclamation by the Ikerd and Bandy Coal Co., the Ikerd's 8,000-acre farm in Pulaski County shows little evidence of coal mining. Officials from the division of reclamation in the Kentucky Department for Natural Resources and Environmental Protection (right) inspect the land for proper reclamation.



We Salute The Dairy Farmers of Rockcastle County and the Dairy Industry.

Ann D. Allen Suggests

FOR CHEESE FRENCH BREAD: Slice with spreaded butter and mustard. Place a slice of Cheddar cheese and an onion slice in each slit. Wrap in foil. Place on grill about 10 minutes or until heated through. Turn frequently for even heating. Serve piping hot.

OTHER VARIATIONS ON A BUTTER THEME: A new flavor note for breads, meats, fish and vegetables—butter with grated Parmesan cheese. Spiced butters complement sweet rolls and hot breads. Butters with condiments provide fine flavor partners for hot breads, meat, poultry or game. As a great topping for those baked potatoes, blend butter with chopped chives. Use ball with butter for broiled tomatoes. The combinations are endless!

BUTTER UP CORN ON THE COB: with a mixture of one-half cup (one stick) creamed butter, one heaping spoon prepared mustard and one tablespoon onion salt.

CREAM BUTTER WITH A DASH: of prepared mustard, a squeeze of lemon and a little chopped parsley before spreading on a sandwich. Adds a zing!

BUTTER IS A DELICIOUS FLAVOR ACCENT: for fruit heated on the charcoal grill and used as a garnish for barbecued meats. Try this summer specialty, Fruit Kabobs. It's a luscious partnership of pineapple, prunes and apricots that will set off barbecued chicken or ribs to perfection. On each six-inch skewer place a pineapple tidbit, apricot half, pitted cooked prune and another pineapple tidbit. Brush with melted butter, wrap in foil and place on the charcoal grill for a few minutes. Serve hot.

FOR A DELICIOUS BUTTER SPREAD: for hamburgers, melt one stick of butter with one-half cup butter, one-third cup blue cheese, and two tablespoons prepared mustard. Let stand an hour so flavors will mingle. Spread on cooked hamburgers, steaks or hamburger buns.

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Greater Dairy Profit

Clay A. Colson
Chairman Rockcastle-
Forage Council

Dairymen, along with other livestock farmers, are confronted with a severe Cost-Price squeeze. The high labor, feed grain and equipment costs as compared to the low selling price of milk and cull cows and calves is forcing dairy farmers to make every effort to control their costs or be forced out of business.

Feed costs are one of the major costs of dairy operations. Therefore, major emphasis should be placed on controlling these feed costs.

Forages, of high quality corn help to reduce the high cost of feeding dairy animals. More pounds of total digestible nutrients (T.D.N.) can be produced for less expense, per acre, as silage than any comparable feed. Good dairy men utilize silage and high quality hay (usually alfalfa) to hold down expenses for supplemental grain and protein.

Farmers who are doing the better job of using forages, without exception are using corn for silage. They select high grain producing varieties and chop them fine at the proper stage to get the most T.D.N. per acre, silage that "bleeds" or have liquid running from them are cut too early! Silage may be stored in upright silos, bunkers, trenches, or stacks on top of the ground.

Good dairymen are also utilizing good high quality legumes hay to hold down the necessity of buying protein

supplements. Legumes, cut at the proper stage, (bud or early bloom), cured and stored properly, can too, assure farmers of the cheapest sources of feed.

Forages, properly managed and used will help assure dairymen of higher net profits.

NEWS AND VIEWS
FROM THE
ROCKCASTLE COUNTY
PUBLIC LIBRARY

Campers won't be able to reserve sites at the National Park service campgrounds this year. The reservations system was abruptly terminated last August - after two years of testing. The service plans to reinstitute the reservations system - if and when it can develop one that works without serious complications or uncertainties. Meanwhile, sites will be dispensed on a first-come, first-served basis at the nearly 29,000 sites in the 96 areas of the National Park service.

The library has some good books on camping, campgrounds, parks and outdoor cookery. Visit and borrow them for your summer enjoyment. Among them are:

BACKPACKING, ONE STEP AT A TIME, by Harvey Manning.

GUIDE TO KENTUCKY HISTORICAL HIGHWAY MARKERS by the Kentucky Historical Society.

RAND McNALLY NATIONAL PARK GUIDE, by Michael Frome.

CAAMPING WITHOUT GASOLINE, by Jim Crain. How

to go anywhere, anytime, for recreation away from the city.

THE HAMBURGER BOOK, by Lila Perl. All about hamburgers and hamburger cookery.

THE EARLY AMERICAN COOKBOOK, by Hyla O'Connor.

THE JOY OF CAMPING, by Richard Langer. The complete four-season, five-

senses practical guide to enjoying the great outdoors.

LIGHTSIGHT - BACKPACKING, by Charles Jansen. 2 cups, 2 spoons, 2 pots, for serious hikers who escape crowded campsites using a simple system of backpacking for a two-person team.

BIKE HIKING, by Steve Sherman.



Kentucky Afield

By Hope Carleton
Dept. of Fish and Wildlife

By John Wilson
Guest Writer

I'd guess that if someone asked Kentucky's fishermen the question, "What's the first fish you ever caught?" the overwhelming answer would be bluegill. Equally at home in the smallest farm pond or the largest man-made lake, this scrappy little fighter is usually willing to oblige any youngster with a cane pole and a can of worms.

But like its close relative, the largemouth bass, the bluegill can at times be a temperamental cuss. This is particularly true of the larger bluegill - a species this low on the food chain doesn't make it to bragging size by being stupid.

So don't dismiss this fish as fit game only for kids and beginners. Catching "bull" bluegill can be a real challenge, requiring considerable angling

skill and knowledge of the fish's habits.

This is especially true for the fisherman who uses artificial lures on light tackle. Fly fishing is a popular method of taking bluegill, but some fishermen make the mistake of limiting their selection of lures to surface poppers only. Most of the time, large bluegill will be in deeper water where a sinking fly fished slowly near the bottom is required. On light spinning tackle, small do-ights are also effective.

Bluegill fishermen around Kentucky have developed some specialized techniques for taking bluegill. At Dale Hollow, knowledgeable bluegill fishermen concentrate their efforts around weed beds, either drifting over them or still fishing near the edge of the weeds.

At lakes with steep banks, such as Cumberland and Herrington, a unique technique is drift fishing along the rock walls, using either crickets, horseshoe worms or catapla worms. Once the fishermen locate a school of bluegill, they fish the area thoroughly. But if the first few fish caught are small ones, experienced fishermen will move on to another location, since they know that similar-sized bluegill congregate together and that the larger fish are somewhere else.

In Writters Kentucky, bluegill fishermen watch for mayfly hatches. As these insects hatch, they land on trees and bushes overhanging the water. Bluegill (and several other species as well) rather under-

standing anubony, waiting for an easy meal to drop into the water.

Sometimes fishermen encourage this to happen by casting a practice plug or a lure with the hooks removed into the bushes, then giving it a hearty

shake to dislodge any mayflies. They then quickly cast (usually with a fly-rod) into the feeding spree that results.

Several tailwater areas also can be productive bluegill fishing areas. There are some

(Cont. to 11)

Ann Allen Says:

KEEP YOUR COOL Before Fair Time With Luncheon

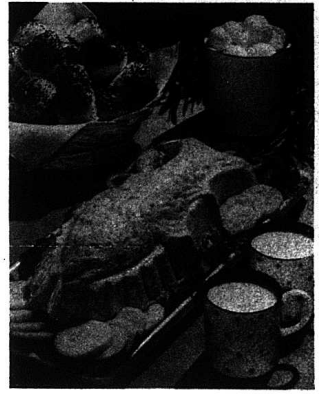
Before going to the fair to exhibit your jams and jellies, quills, flowers or what-have-you, invite your friends over for a cool luncheon.

If the main course is a delightful salmon mold, garnished with sliced cucumbers and tomatoes, it can be made in advance to avoid last minute rushing. This recipe has Scandinavian inspiration in its use of the fish itself, as well as the sour cream and dill weed. Whipped cream is used in the combination to give what we usually call a "mousse" because of its light and airy texture.

Lemon juice adds lively tang to the recipe while Cheddar cheese contributes a surprise ingredient plus extending the protein.

- Ladies Luncheon
Dilled Salmon Mold
Salted Cucumbers
Tomato Wedges
Poppysseed Finger Rolls
Butter Balls
Vanilla Ice Cream,
Fresh Berries
Cookies
Chilled Milk

- DILLED SALMON MOLD
2 envelopes unflavored gelatin
1 cup cold water
1 can (16-oz.) salmon, drained, flaked
1/4 cup lemon juice
1 cup (4 oz.) shredded Cheddar cheese



Shape salmon mousse in a fish mold for extra appeal, an idea the ladies will applaud before they trek to the county fair.

- 1 cup dairy sour cream
1 teaspoon grated onion
3/4 teaspoon dill weed
1/2 teaspoon salt
1 cup whipping cream, whipped

Soften gelatin in cold water; dissolve over low heat. Toss

salmon with lemon juice. Fold in cheese, sour cream, onion and seasonings. Stir in gelatin. Fold in whipped cream. Pour into lightly oiled 8-cup mold. Chill until firm. Unmold on serving platter; garnish as desired. 8 to 10 servings.

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HERE'S WHERE WE COME IN...

To boost income and aid improvements, to help the Dairy Farmer help the help our total local economy, this bank stands ready as a source of credit to meet every farm and farm family need.

With full appreciation of the vital contribution of our local dairy industry to the health, happiness and financial well-being of this community, we invite Dairy Farmers to take advantage of our Full Banking Services.

We salute the Dairy Farmer on this occasion - annually dedicated to honoring his services to the community and consumers.

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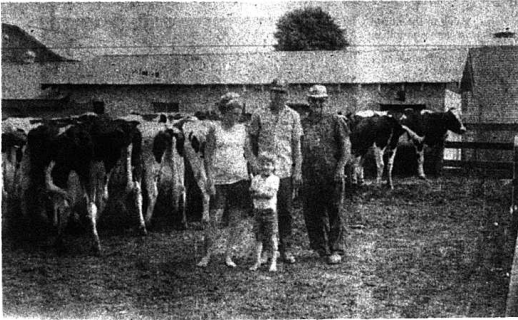
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Carter Blanton, far right, and his son Jackie and wife Betty Jean and their son, Barry, are shown on the farm operated by the father and son in the Spiro section of the county. The Blantons milk about forty head and farm a total of 365 acres, including some leased land. Their other farm programs include 21 acres of tobacco, 80 acres of corn and 150 acres of pasture and hay.

different soils on your farm. The other maps will be plain aerial photographs showing the outline of your fields, the number of acres in each field, and the planned use for each field - (cropland, pastureland, hayland, woodland, etc.)

Once we have these maps, a trained employee of the Soil Conservation Service will come to your farm to discuss your farming operation. He will walk over the farm with you. Normally, the first thing that we look for are critical erosion problems. We try to plan and make recommendations to the farmer to correct these problems. Next, we try to work out a conservation cropping system for all the row crops grown on the farm. This is based on the information furnished by the soil maps. We then try to work out a pasture and hayland management system that is suited to your particular farming operation. The soil maps are also the basis for this information. If the farmer is interested in some woodland on the farm, we try to plan for this. We then discuss the need or the feasibility of structural conservation practices for the farm. It could be a pond or a spring development to provide a livestock watering system. It might be a diversion ditch or a grassed waterway to help eliminate a surface water erosion problem in a crop field, or it might be a tile drainage system to drain some wet bottomland to make it more productive. All of this goes into the makeup of a conservation plan. All of this is based on soils information furnished by the soil map, and upon using the land within its capability.

Once we have all this information, we can predict average crop yields for row crops, hay, and pasture. We can combine all this information and

determine approximately how many cattle you can carry on your farm. Naturally, these figures are "averages" based on past experience and records. But I have checked these figures for both beef cattle and dairy operations and found them to be surprisingly accurate.

Why is a conservation plan important to a dairy farmer? In most cases, the dairy farmer is using his land far more intensively than the beef cattle farmer. The dairy farmer needs corn for silage, corn for grain, alfalfa or some other good legume for hay, as well as pasture for his dairy animals. A conservation plan, and the soils information it provides can help the dairy farmer make important decisions about his farming operation. A conservation plan can help the farmer determine what crops are suited to the soils on his farm. It can tell him what grasses and legumes are best suited for his farm. It can tell him which field is best suited to double crop if he needs extra silage or extra grain.

What is the cost of a conservation plan? All it costs is your time; the short time you spend making your request, and the time you spend planning with the conservationist on your farm. Any service the Soil Conservation Service provides to individual farmers is provided free of charge without regard to sex, race, color, or national origin.

Are you interested in a conservation plan for your farm, or would you like more specific information about conservation planning? If so, contact your local Soil Conservation Service Office. In Rockcastle County, this office is located on the second floor of the Rockcastle County Courthouse next door to the County Extension Office. The phone number is 256-2541.

Milk cows on farms during January 1975, totaled 11,204,000 down one percent from 1974.

FAIRVIEW

By: Mrs. Hubert Chasteen

Rev. Ray Dean filled his regular appointment at Fairview over the weekend with good attendance and eighty-two persons attended Sunday School. Thank the good Lord.

Vacation Bible School is now in progress. The average attendance last week was around sixty. Hope we'll have more this week.

Several members from our church have been attending the Crusade in Brodhead and enjoying it very much.

On May 30th, the Rockcastle County High School German Club had a hayride. They met at the home of Jewell Alexander's where they enjoyed a softball game, before leaving for Karen Abney's home on Scaffold Cane for a Weiner roast. The hayride ended again at Jewell's. A very good time and pleasant evening was enjoyed by all. Attending these events were: Mrs. Otis Prater, Jr. (sponsor and teacher), his wife Barbara and youngest son Benny. The second year German students attending were, Sammy Spires, Karen Abney, Jewell Alexander. First year students were Vickie Martin, Sharon Farthing, Luther Centers, Owen Harris, Tim Hooker and Dusty Carlotta. Guests for the evening were Kathy Pope, Ken Stewart, Marlene Bullens, Pam Robinson, Gerald Alexander and Irene Napier. Jewell also commented "We second year students would like to thank Mr. Parter for his patience, sponsorship and friendship he has given us throughout our four years."

Mrs. Hubert Chasteen and Mrs. Darleen Church and daughters have visited Mrs. Cleus Peters and Mrs. Della Bullens recently.

I'm so glad to report Mrs. Della Bullens, Mrs. Lizzie Lassas and Mrs. Charles Noland are showing improvement from

their recent illnesses.

Mr. and Mrs. Hubert Chasteen have been recent guests of Mr. and Mrs. Willard Todd and Mr. and Mrs. John Stevens of Scaffold Cane.

It's a real busy time, hope to have a more news next time. We welcome and invite you all to attend the Vacation Bible School Commencement to be held at the Fairview Baptist Church on Saturday night June 28th at 7:30.

Please remember church and Sunday School. You need the church and the church needs you and we all need God. He is always so good to everyone. God bless you all.

BRINDLE RIDGE

We wish Mrs. Eva Baker of Green Hill a speedy recovery. She was taken to the Berea Hospital Sunday morning.

Mr. and Mrs. George Wyatt and daughters of Berea and Tommy Coffey were camping at Cumberland Lake over the weekend.

Mrs. Ethel Coffey remains on the sick list. We wish her a speedy recovery.

Mr. and Mrs. Coleman Mink were in Lexington over the weekend visiting their son Mr. and Mrs. Arnold Mink and daughters. Arnold was burned Saturday afternoon and was taken to a Lexington Hospital. We wish him a speedy recovery.

Ronnie Cameron spent Monday night with Stephen McClure of Mt. Vernon.

Several of this community are attending the Crusade for Christ at the Fairgrounds at Brodhead.

Joy Roundtree of Bee Lick spent last week with her sister Mrs. Lewis Coffey and Mr. Coffey.

Charlie Cameron, Chris Burdette and Teresa Burdette attended a birthday party for Jennifer Coffey Friday even-

Cont. on page 11

A Conservation Plan For Every Dairy Farm

Kenneth C. York
District Conservationist
USDA Soil Conservation Service

A lot of farmers may ask "What is a conservation plan?" or "What benefit is a conservation plan?" A conservation plan is a complete plan of your farming operation. All decisions or recommendations for major improvements are based primarily on soils

information furnished by the conservation plan. The primary purpose of a conservation plan is to insure that land is used within its capability. Only certain soils are suited for continuous row crop production. Others must be used in a crop rotation. Still other soils are only suited for less intensive uses such as pasture or woodland.

When making a conservation plan with the farmer, we do not necessarily plan for maxi-

mum production. This is the farmer's decision. We plan for the level of management that he wants, but we always plan for land to be used within its capability or within its limitations.

When you request a conservation plan from your local Soil Conservation Service Office, the first thing we do is order two sets of maps for your farm. One set of these maps will be soil maps, showing all the

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We wish to salute the Dairy Farmers of Rockcastle County