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Damrons To Observe 50th Anniversary, Sunday

Mr. and Mrs. Robert (Bob) Damron, of Ivel, will observe their Golden Wedding Anniversary with the gracious custom of open house at the home of Mr. and Mrs. Jeff Damron, of Ivel, Sunday, November 7, from one to four p.m.

WEEK-END GUESTS

Mr. and Mrs. Eddie Worland, of Morehead, were week-end guests of his parents, Mr. and Mrs. Edward Worland.

D. A. R. WILL NOT MEET

John Graham Chapter, Daughters of the American Revolution, will not meet during the month of November.

Social Events

ADOPTION

Mr. and Mrs. Richard L. Wiley of Lexington, are announcing the adoption of Timothy Wayne Wiley, born Oct. 5, 1971. Mrs. Wiley is the daughter of Mrs. Harry Sandige and the late Mr. Sandige.

FRATERNITY PLEDGES

Byron Hamilton and David Hill Neeley, both of Prestonsburg, have pledged Theta Chi fraternity at the University of Kentucky, Lexington.

VISITING IN ARIZONA

Mrs. Bellard Herald is enjoying an extended visit with her sister, Mrs. Lula Layne Ruth and family in Phoenix, Ariz. She was accompanied to Louisville airport by her daughter, Mrs. Hern Burke, and Mrs. Joe Burke. They visited Mrs. Carl Comstock before returning home.

IN HOSPITAL HERE

Mrs. R. A. Burke was transferred to Prestonsburg General Hospital Friday after a 10-day stay in the Pikeville hospital. Her condition is improved.

SPEND DAY HERE

Mrs. Denzil Barker, of Hindman, was the guest, Tuesday, of Mrs. Martha H. Allen.

ATTEND MEETING

Chalmer H. Frazier attended a meeting of the Board of Trustees of the Kentucky Hospital Association in Owensboro, Friday.

IN ATLANTA

Mrs. John R. Clarke is in Atlanta this week attending a meeting of the Dames of the Court of Honor. Mrs. Clarke is a delegate and will represent the Kentucky division of which she is president.

IN LYNCHBURG

Mr. and Mrs. Rainley White have returned from Lynchburg, Va. where they visited relatives. Mr. and Mrs. White were accompanied home by his sister.

IN RICHMOND

Dr. and Mrs. Winston L. Burke, of Lexington and Mrs. Joe Buchanan were Richmond, Virginia visitors last week.

VISITING HERE

Mrs. Charles Elliott, of Huntington, visited her brother, Graham Porter, and Mrs. Porter last week.

IN LEXINGTON

Mr. and Mrs. Cloyd Johnson were business visitors in Lexington, Friday.

IN MICHIGAN

Mrs. Joe Wheeler Harris, of Emma, has returned home from a visit with relatives in Ypsilanti, Mich.

SPEND WEEK-END HERE

Miss Elizabeth Graham Dingus, of Louisville, spent the week-end here with her parents, Mr. and Mrs. Tom G. Dingus.

HERE FROM RICHMOND, VA.

Dr. and Mrs. Norris M. Langford, Jr. of Richmond, Va., were week-end guests of her parents, Mr. and Mrs. Elmer Collins.

VISITS PARENTS

Mrs. Clifford Todd and daughters Mia, Stacy and Kelly, of Louisville, were week-end guests of her parents, Mr. and Mrs. Curt Homes.

IN MICHIGAN

Mrs. E. R. Burke, Mrs. Joe Buchanan and Mrs. Harry Short were week-end guests of Mrs. Burke's son, Edmund, in Grand Blanc, Mich.

ABLE TO BE OUT

Miss Ella Noel White is able to be out after being hospitalized for several days.

RETURN HOME

Mrs. Ella Wellman has returned to her home in Morehead following a visit here with her sisters, Mrs. Martha Allen and Mrs. Minnie Grace Sutherland. Mrs. Wellman was accompanied home by Mrs. Sutherland and Miss Alice Harris.

Goble-Roberts News

Colonel Cline observed his 45th birthday, Oct. 26, with his family. Dinner was prepared by his wife and daughter, and gifts were received from family and friends.

Brenda Smith returned home Wednesday, from Prestonsburg General Hospital, where she spent several days.

J. W. Mills made a trip to Rockport, Ind. last week. He was accompanied home by his son, Joey, who will be attending school here.

Mrs. Shirley Wells was hostess last week to a Stanley party which was attended by the following: Phyllis Herald, Mabel Wiley, Cora May, Sue Webb, Jewel Bays, Sue Wells, Florence Goble, Joanne Whitaker, Zonne Reatherford, Nola Reynolds, Nancy Roberts, Effie Cornett and Shirley Wells. The demonstrator was Mrs. Gartha Baldwin, of Ashland.

Leoma Cline spent two days in Our Lady of the Way hospital at Martin last week. She underwent examination and treatment.

MENTAL HEALTH MEET SET

The Floyd County Mental Health and Mental Retardation Association will hold its monthly meeting Monday, November 8, at noon at the Tourist Information Center.

VISITS IN GATLINBURG

Mrs. W. E. Valentine returned recently from Gatlinburg, Tenn., where she visited a lifelong friend. While there she visited Christus Gardens and after points of interest.

IN PIKEVILLE

Mrs. Margaret P. Alley is in Pikeville with her sister, Miss Lena T. Porter, who recently suffered a broken arm.

VISIT IN ALBUQUERQUE

Mrs. Wm. T. Archer, returned Sunday from Albuquerque, N. M., where she visited Miss Mary Jo Shivel.

IN ASHLAND

Mr. and Mrs. E. D. Roberts, Mr. and Mrs. George T. Roberts spent Saturday in Ashland. They were joined by Mr. and Mrs. Scott Roberts, Mr. and Mrs. Garner Roberts, of Ashland, Mrs. Blanche Roberts Mayer, Mr. and Mrs. Robert Mayer, of Reedy, W. Va., and all enjoyed a family reunion at the Chimney Corner.

VISIT HERE THURSDAY

Mr. and Mrs. Scott Roberts and son, Kent, Mr. and Mrs. Thomas, of Ashland, were guests Thursday of Mr. and Mrs. E. D. Roberts and Mrs. George T. Roberts.

HERE FROM TEXAS

Mr. and Mrs. David Stephens have returned to their home in Kilgore, Texas, after a visit with Mrs. Alice Ball.

IN LEXINGTON

Mrs. E. R. Burke and Mrs. Joe Buchanan visited Dr. and Mrs. Winston Burke and family in Lexington, Friday.

IN HOSPITAL

Mrs. R. A. Burke is a patient at Prestonsburg General Hospital.

IN RICHMOND, VA.

Mrs. Belva Quisenberry is visiting her son in Richmond, Va.

VISIT HERE

Mrs. Zella Archer had as her week-end guests her daughter, Mrs. Bill Trosper, Mr. Trosper and Lori Ellen, of Somerset.

THIRD CHILD BORN

Mr. and Mrs. Eugene L. Fegley, of Marion, Ohio, announce the birth of their third child, second son on Oct. 14 in Marion General Hospital. He has been named David Alan. Mrs. Fegley is the former Ruth Holbrook, of Garrett. The maternal grandparents are Mr. and Mrs. Solie Holbrook, of Garrett.

VISITING IN PHOENIX

Mrs. Ballard Herald left last week for Phoenix, Arizona, where she will visit her sister, Mrs. Lula Layne Ruth.

VISIT IN ABINGDON

Mr. and Mrs. Joe Wheeler Burchett spent the week-end in Abingdon, Va., guests of Mr. and Mrs. James Camicia.

Maria Hicks, daughter of Mr. and Mrs. Ted Hicks, is doing nicely following a tonsillectomy at the Prestonsburg General Hospital.

Mr. and Mrs. Tom Marston, of Detroit, Mich., were guests last week of Mrs. Alice Ball.

E. D. Roberts and Glenn Clark were in Lexington last week where Mr. Clark consulted a doctor for postoperative eye surgery.

CARD OF THANKS

I want to thank all those who were so kind upon the death of my father, Bill Fitzpatrick. I can never express my gratitude to all those who brought food, flowers, to the ministers for their consoling words and the Carter Funeral Home for its kindness.

MRS. BILL WELLS

Junior Club Hears Former KFWC Head

The Prestonsburg Junior Woman's Club held its monthly meeting October 14 at the Floyd County Library. Miss Sarah Clay Stephens introduced the speaker, Mrs. Oscar Sowards, former KFWC president, who is a member of President Nixon's Consumer Affairs Advisory Council. Another special guest presented was Mrs. Delphia Lockhart, newly elected Seventh district governor of KFWC.

Mrs. David P. Allen, club president, presided over the meeting. The various project chairmen gave reports on their committees, and it was unanimously voted by the club that a bake sale be held Saturday, Oct. 30, and a rummage sale be held Nov. 2-3.

Mrs. Harold Cooley, Mrs. Bill Hall, Mrs. Thomas Hereford, II and Mrs. Ronald Hager were hostesses for the evening.

VISIT MRS. SOWARDS

Mr. and Mrs. John E. Layne, of Ashland, Mr. and Mrs. Garland Rice, of Paintsville, visited Mrs. Ruth D. Sowards at Prestonsburg General Hospital where she is a patient. Mrs. Sowards's condition is improved.

HERE FROM VIRGINIA

Gene Bingham, of Falls Church Va., was here last week visiting his mother, Mrs. Pearl Bingham, and renewing old acquaintances. En route home, he visited relatives in Ashland.

GUESTS HERE

Mrs. J. F. Ribble, of Warrenton, Va., and Mrs. Charles Elliott, of Huntington, W. Va., were guests last week of Mrs. John R. Clarke.

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Artist Demonstrates Techniques

Russell May, Prestonsburg artist, was a guest speaker at an artists' retreat held the week-end of Oct. 15 at Rough River State Park, Falls of Rough, Ky. Mr. May is shown here describing his techniques in oil to Mrs. Frances Embry and Mrs. Jan Evans, members of the Green River Art Association, Morgantown, Ky., which hosted the retreat. Grand prize winner was Clifford Johnson, of Morehead.

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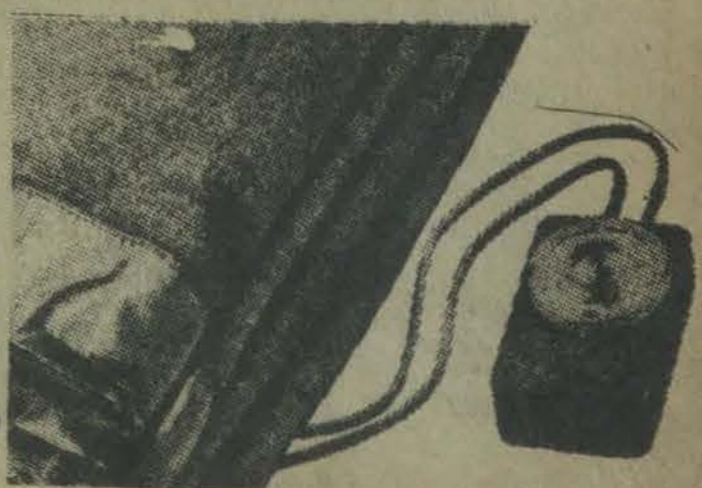


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Mr. Morton's Easy 'Cure' for the Plague

(An editorial from The Courier-Journal)

SECRETARY OF THE INTERIOR Rogers C. B. Morton was in Kentucky last week talking about conservation—which is, after all, part of his bailiwick. His main target was the ravages of strip mining.

To our disappointment Mr. Morton described a plague and then prescribed an aspirin as a cure. His palliative is the Nixon administration's "Mined Area Protection Act of 1971," which is a federal cop-out. The reason it's so woefully inadequate is that it would return the responsibility for stripmine control to the states, which have done a thoroughly uninspired job of regulation to date.

If Mr. Morton and the Nixon administration want to turn their concern into effective regulation they could write a one-sentence bill which would say: "No land may be strip-mined unless the operator will return it to its original contour and use."

Since that regulation would have some hair-raising effects, such as preventing strip mining in mountainous terrain and increasing the price of coal from strip mines throughout the country, it probably is more practical to commend to Mr. Morton's attention another bill that's now before Congress.

Representative Wayne Hays (D-Ohio) has proposed a bill—with the backing of Kentucky Representatives Carl D. Perkins and Romano L. Mazzoli, among others—that would strictly regulate strip mining. For one thing, it would put all regulation and inspection under a federal agency, thus avoiding the bribes, threats and payoffs that have become a standard part of political fund-raising in Kentucky and other coal states where enforcement can be politically influenced.

More importantly, the Hays bill would put out of operation the iniquitous broad-form deed, that antique legal document which permits a coal company to destroy the surface of the land even though it only owns rights to the sub-surface mineral.

Other provisions of the Hays bill would make it substantially more stringent than anything the individual states are likely to enact.

But why is the Department of Interior so unenthusiastic about this tough bill? Is it really the Nixon administration's concern for states' rights, including a state's right to foul and pollute interstate streams with silt and acid from strip mines? Or is it the inability of the government to face the fact that "full cost accounting" (which Mr. Morton mentioned in his Lexington speech to the new Interstate Mining Commission) would virtually outlaw strip mining in many areas and thus drive up the cost of coal and electrical power?

Secretary Morton quoted President Nixon in an eloquent passage: "Restoring nature to its natural state is a cause beyond party and beyond factions. It has become a common cause of all people of this country. It is a particular concern to young Americans—because they, more than we, will reap the grim consequences of our failure to act on programs which are needed now if we are to prevent disaster later."

That statement sounds fine but rings hollow. The plague is still spreading, the victim is being ravaged and the people who mouth their concern continue to pass the buck when it comes to strict regulation. While the issue may be "beyond party and beyond factions," it is equally beyond the faint-hearted.

TOLLES-ALLEN VOWS SAID



Miss Diana Tolles, daughter of Mr. and Mrs. Harold Dean Tolles, of Mansfield, Ohio, was married to Larry Dean Allen, of Wayland, and the son of Mr. and Mrs. Ray V. Allen. The wedding took place Sept. 12 at 2:30 p.m. at St. Luke's Lutheran church. The Rev. Michael Goldner solemnized the double-ring, open church ceremony. As guests arrived at the church, they were greeted and ushered to their seats by relatives of the bride, Mr. Richard D. Tolles and Mr. Ovid Epps. Paul V. Allen stood at the altar as best man for his brother. The bride's matron of honor was Miss Rebecca Meyer, and the bridesmaids were Miss Eleanor Copeland and Mrs. Jay McElvain. One hundred fifty guests were greeted at the reception in the church social room following the ceremony. Later, the couple left on a wedding trip. They now reside at 199½ Helen Ave., Mansfield, Ohio.

Adams-Hubbard Vows Said at Irvine, Oct. 8

Miss Virginia Louise Adams and Mr. Lonnie Paul Hubbard were married at 6:30 p.m., Friday, October 8, at the Irvine Methodist church at Irvine, Ky. The marriage was solemnized by the Rev. Harold Hunter. Mrs. Hubbard is the daughter of Mrs. Fern Adams, of Irvine, and Mr. Hubbard is the son of Mrs. Maxie Hubbard, of Lancer. Mr. and Mrs. Hubbard are residing at Lancer.

A.A.U.W. To Meet New Officers Named

Officers were elected at the October 14 meeting of the newly organized chapter of the American Association of University Women. They are: Mrs. Rex Ankrom, president; Mrs. Chalmer Frazier, first vice president; Mrs. Helen Wells, second vice president; Mrs. John G. Heinze, secretary, and Mrs. Betsy Rennick, treasurer. The Prestonsburg chapter will hold its next meeting at the library here, November 11 at 7:30 p.m.

Allen Is Member of M.S.U.'s Concert Choir

MOREHEAD, KY.—Morehead State University's Concert Choir, the university's major performing choral group, consists of 67 members this year, including Richard Allen, Floyd county freshman, who is a son of Mr. and Mrs. Earl Allen, of Allen. The choir, directed by James Ross Beane, is performing in "The Messiah" Dec. 5 with other MUS choral groups and the MSU Orchestra. Members of the choir are selected following a series of auditions. The group presented its first concert of the season Oct. 29 at the 12th annual MSU choral Festival.

Grethel Woman's Club Meets October 27th

The Grethel Woman's Club met October 27 for its regular monthly meeting. The president, Cosetta Newsome, opened the meeting with a devotion, and this was followed by the secretary and treasurer's report. The club began working on its Christmas project. This month's lesson was on "Health, Medicine's and Common Sense." Refreshments were served by Cosetta Newsome and Genette Hall.

The Interim Legislative Commission on Higher Education is studying three proposed major changes in the state Council on Public Higher Education. One proposal would abolish the council and leave higher education coordination to the state's eight educational institutions. The other two proposals would change the council's membership and give it increased authority over certain programs.

Matthews-Martin Vows Exchanged Sept. 25th

Linda Jo Matthews, Junction City, Kansas, and Logan Russell Martin, Hueysville, were married September 25, 1 p.m. at the home of the bride. Probate Judge William O'Keefe officiated at the double-ring ceremony. The bride is the daughter of Mr. William Matthews, Junction City, and Faye Matthews, deceased. The groom is the son of Mr. and Mrs. John Martin, Hueysville. The bride chose for her wedding a street-length, sleeveless, A-line dress, offwhite in color, with brown accessories. She carried a bouquet of fall flowers.

Bernadette Darnell was the maid of honor. Her dress was a street-length navy blue, A-line with beige three-quarter sleeves. She wore a corsage of feathered orange and yellow carnations.

Patrick Eveland, Warren, Mich., was the best man.

A reception was held at the home of the bride following the ceremony. Assistants were Collette Fiffe, Bill Matthews, Jr., Mrs. Bob Kramer, and Carol Matthews.

For a short honeymoon trip, the bride wore a navy pantsuit and her corsage was yellow roses and orange carnations.

The bride is a Junction City high school graduate and is presently employed at Dillons.

The groom is a graduate of Garrett high school in Kentucky. He is now stationed with A Company, 1st of the 28th Infantry, Fort Riley.

Sp-5 and Mrs. Martin are now at home at 138 West 13th street, Junction City.

White collar workers will outnumber blue-collar workers by more than 50 percent by 1980, according to Labor Department projections. However, 31 million workers will be employed in blue-collar jobs, an increase of more than 2 million over 1970.

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Young Democrats Meet At PCC, October 27

Young Democrats from Somerset Community College and Prestonsburg Community College met Wednesday evening, October 27, at the college here. Among the local representatives were Steve Tussey, Bob Branham, Caroline Simpson, Arlene Preston, Sharon Mitchell, Sandy Conn, and Robert McAninch. Democratic representatives from Somerset were Margy Johns, Bill Humble, David Shivel, Bob Moore, and George Countryman.

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November 12

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WHAT IS IT?—This 36-inch-long vegetable was grown on the John Gunnell farm, on US 23, south of here, by Henry Mace. Deep orange in color, it has seeds similar to those of a watermelon. Three of the unidentified vegetables grew in a plot which Mr. Mace planted in pumpkins. Mace has placed the specimen on display at Thompson's IGA in the hope that identification may be made.

Tidbits of Kentucky Folklore

Before the automobile has entirely routed the horse, and before the generation who knew the horse intimately has passed away, it would be well for us to pause long enough in our pursuit of elusive happiness to pay our belated respects to the old family nag. We are so constituted that we cannot see the poetry and romance of anything until it has ceased to be common and is already becoming for some people only a memory. The old family nag is one of the things bequeathed by our ancestors to us which we are not likely to pass on to our descendants. Unless the old nag lives on in poetry and romance, she is likely to become one of the lost institutions, or else a faint memory of former days.

On the old-time farm there was a vital need for the old family nag. The other horses were busily employed in the fields. Besides, the women and children needed some gentle animal to drive or ride to the country store, or to the postoffice, or to the homes of friends and neighbors. Then there were the colts to be mothered, and the old nag could not be expected to work very hard on the farm while she was raising a family. By degrees, then, the institution grew up and ultimately became as much a part of the well-ordered farm as the division of labor or the crops or the hired hands.

Generally the old family nag was a mare, and I shall so designate her in this essay. Though by no means decrepit with age, she was always called "Old Mag," or "Old Maud," or "Old Nell." It was her duty to initiate all the boys of the family into the thrilling sport of horseback riding. Gentle, motherly, she bore her childish burdens with a full realization of their importance. Even though in their awkwardness the boys often fell off her friendly back, she tried to make amends for a fault she could not help by stopping until the frightened boy could regain his bravery and mount again to his perilous seat.

An adjunct to the old family nag was the

old family buggy; I can hardly think of one without calling the other to mind. It was not the well-groomed, narrow-seated buggy which the young gallants drove, the buggy which acquired the title of H. M. T. (Hugme-tight) because of its meager room. No, when the old nag was hitched to a vehicle, it was a buggy made to accommodate the family, or at least as great a part of the old-fashioned family as could be served even by such a vehicle. Spacious of seat, spacious of bed, blessed with plenty of room fore and aft, it was usually called upon to offer all its room to the traveling family. The seat had room enough for Father and Mother, with one of the youngsters tucked snugly between them, only his feet being visible. Another youngster, slightly larger, sat on the floor of the buggy, his feet extending under the seat. And frequently there was another child, a good-sized boy, standing up behind the seat, if the distance to be traveled were not too long. With this load the old family nag went on her way, not rapidly, for that was not her custom, but also hampered by the weight of load. Or, probably, she was less burdened, if some of the older boys had become too large to ride in the buggy and were, like so many outriders of a prince, forming a cordon at the head and the end of the procession, riding the grown and near-grown colts of the old family nag, while Father and Mother, a little the worse for wear, rode alone in the roomy old buggy.

The state Citizens Commission on Consumer Protection is proposing a new law to give its director greater power in combating consumer fraud. The law would enable the commission to impose fines of up to \$25,000 against businesses violating consumer laws. Commission Director Robert L. Caummissar said the proposed law will be submitted to the 1972 legislature.

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Cold room problems?



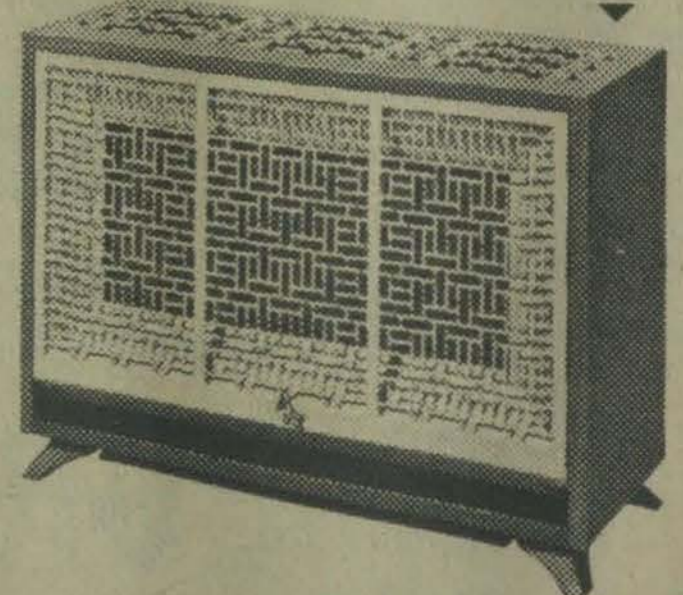
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In Memoriam

In loving memory of my dear beloved parents, Darb and Virgie Shephard who passed away September 28, 1962. Although you are at rest in the distant far Where you will never be harmed by man or car, We will never forget that dreadful day You were called away. To me it seems like years, Everytime I think of it, my eyes are filled with tears. Sadly missed dearly loved by their loving daughter, Billie. 11-4-1t.

No. 125 Highest For 1971 Induction

Mrs. Martha Johnson, executive secretary of Local Board No. 166, said last week that the Selective Service System has announced that Random Selection Number 125 will be the highest number ordered this year to fill induction calls. If a registrant is deferred now—as a student for instance—and drops his deferment before the end of this year and is classified 1-A, he becomes a part of the first priority selection group for 1971. These men whose numbers are not reached this year will be reduced to the second priority selection group on January 1, 1972 and will not be available to be ordered for induction unless the first priority group for 1972 is completely exhausted.

The highest number reached in 1972 and 1973 may or may not be higher than the number 125, which is the ceiling this year. Any registrant who has a question concerning his random selection number and the advisability of dropping his random selection number and the advisability of dropping his deferment before the end of this year should contact his Local Board executive secretary for information.

Local Boards 25 and 166 are located on the second floor of the Prestonsburg Post Office building, and is open from 8 until 4:30 Monday through Friday, except for legal holidays.

Probationary Driver Permit To Be Asked

State Driver Licensing Director Roger Wilhoite has announced legislation will be sought to permit probationary licenses for new young drivers.

During the probationary period, a young driver could have his driving privileges suspended more easily than the holder of a regular license.

Wilhoite told a Governor's High School Traffic Safety Conference in Louisville that such licenses already are being issued in about a dozen states.

He said the probationary license is aimed at identifying the problem driver more quickly than the current point system allows.

No guidelines have yet been proposed for how many points a probationary driver might receive before losing his privilege.

Wilhoite added that probationary licenses would help get problem drivers off the road through suspension of license or into a driver-improvement program.

IN APPRECIATION

The family of Bill Fitzpatrick wishes to thank all those who were so thoughtful to them upon his recent death. We would especially thank all those who sent food and flowers, the ministers and the Carter Funeral Home, and to everyone who helped in anyway.

THE FAMILY

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COKE, 16-Oz. Bottles	ctn. 79c
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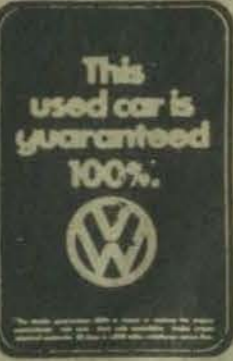
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 - 1970 VOLKSWAGEN 2-DOOR BUG. Radio, heater, white sidewall tires. White.
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PRESTONSBURG, KY.

Jenny Wiley Council Receives Charter At Oct. 12 Meeting

The Jenny Wiley Council of the International Reading Association met for its charter presentation at McDowell high school, October 1.

Dr. Zelda Smith, membership chairman of the Kentucky Council of I. R. A., presented the Jenny Wiley charter to Dr. Catherian Shrewsbury, council president.

Ray Brackett, Title I director, gave a report on reading progress in the Floyd county schools. He also reflected on what could be expected in the reading area in the near future. Benediction by Hiram Couch followed his report.

Registration of new members raised the council's membership to 40. Refreshments were served to members and guests by the McDowell members of the council.

The next general session of the Jenny Wiley Council will be held November 9 at 7 p.m. at the Allen elementary school. The guest-speaker will be Betsy Mynheir, reading consultant for the State Department of Education, Frankfort. Her topic will be, "New Methods and Procedures in Reading." Her talk will be followed by a discussion session.

The local council members placed the charter in the Regional Library at Prestonsburg, since the council includes five counties of the same region. A standing invitation is extended to all interested person from Pike, Magoffin, Martin, Knott, and Floyd counties to become active members of the council.

Teaching has been the major source of professional employment for women for more than a half century, the Bureau of Labor Statistics reports.

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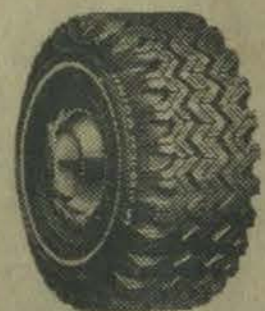
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GARRETT NEWS

Houseguests of Dr. and Mrs. R. H. Messer were their daughter-in-law, Anne Messer, and children, Roger and Lynn, of Franklin, N. C. While here Dr. Messer drove all the family to Louisville for a three-day visit with Harriett Messer Robbins. Bill Grossman of Louisville entertained the children to an all-day trip touring historic places, including Lincoln's birthplace. One day was spent at Keeneland races in Lexington, while Harriett Robbins as their hostess. Before returning to North Carolina, Annie and the children visited Jimmie Messer's grandmother, Mrs. Harriett Rowe, in Pikeville. Dr. and Mrs. Messer will leave for Bonita Springs, Florida, November 4, and will return to Garrett next May.

Dr. and Mrs. Gene Watts, of Hindman, and children, Mary and Derick, entertained Dr. and Mrs. Messer to dinner at May Lodge, Sunday afternoon.

Mr. and Mrs. Morris Dunfee left Friday afternoon for Columbus, Ohio, where they will spend a few days with their daughter and son-in-law and children.

Mr. and Mrs. Rudolph Spencer returned this week after spending several days in Louisville and Lexington. Mr. Spencer attending the Masonic Grand Lodge with W. E. Parker, of Wayland, and Sidney Allen and Stanley Allen, of Minnie.

Mr. and Mrs. Sanford Howell, of Ashland, visited Mrs. Howell's mother, Mrs. Lula Martin, over the week-end.

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LIBRARY GRANTS—Gov. Louie B. Nunn talks with officials from the Department of Libraries after he presented checks totaling \$226,484 to be applied toward construction and renovation of public libraries in 22 Kentucky counties. From left to right are Leland King, construction administrator; senior extension librarians Mrs. Hallie Day Blackburn, Robert Allender and Roy Mayes; and James A. Nelson, acting state librarian and Title III administrator. (Karen Tam Photo)

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Salesman

It's Already Thanksgiving Tim? at Emma

Proceedings at the Emma United Methodist Church in Floyd county were a bit different Sunday night (Oct. 24) but folks present compared it to an old-time fellowship get-together with much goodwill, handshaking and thanksgiving.

Even Miss Flo Weddington, that brunette dynamo who made an extensive nine-month campaign to get a new bridge for her people, said the church was the most appropriate meeting place for the occasion. The occasion was her announcement to the congregation that a new two-lane



concrete bridge would be built across Big Sandy River, making a safe link with old U. S. Highway 23. It was a public hearing, the first since a July 21 hearing when Kentucky Highway Commissioner B. E. King accepted Emma residents' invitation to come to Eastern Kentucky and see for himself the needs of the people and their problems.

What does Miss Weddington herself think about it all?

"At the church Sunday night (Oct. 24) every seat was filled," she described. "When the minister, Rev. Tincy Crisp, made a motion that the new bridge be named the Flo Weddington Bridge and the motion was seconded by the congregation. . . well, that's about the proudest I've ever been."

Miss Weddington, executive secretary to Harry G. Hopper, Jr., plant manager of Plumbing and Fittings Division of American Standard, Paintsville, brought a standing ovation from the crowd in the church when she said that the completion of this project will have shown the people of Emma and surrounding area "that the elected officials—Governor Nunn and his staff—respond to the needs of people, even a small minority group in an area such as ours. The governor and Commissioner King recognized the needs of our community, and for this we're eternally grateful."

The bridge that figures in all the rejoicing is a rotting, dangerous swinging bridge used for auto traffic. The bridge, though condemned many years ago, continued to be used because it provided the only outlet for residents of the Emma community.

About a year ago Miss Weddington's father, William Harry Weddington, became critically ill at Emma and she gave up her work in Lexington to return home and care for him during his last illness. It was then that she saw the condition of the bridge and knew that if the span collapsed one day it would leave the area isolated. She started her campaign, first through the news media to let the world know she intended to do something about it. Her second step involved public hearings to which she invited Highway Commissioner King.

"At the first hearing after Mr. King had seen the bridge, he assured me that if any community needed help, we did," she said. "Then on Aug. 30 he announced that \$5000 had been authorized for preliminary study and design for a new bridge, and on Oct. 23 the Governor's Office called and said that authorization for the building of the Emma bridge in Floyd county had been signed and that bids for the piers would be announced soon."

The bridge will be constructed of prestressed concrete slabs 100 feet long. It will be two lanes. The two lanes are important, for heretofore traffic has been one-way "and pretty chancy," Miss Weddington said. "You just never knew when it might give way." She added, "It's been hard work, but worthwhile things usually are. I feel if I can do one thing in my life that will help my friends and neighbors, it will be worth it all."

Miss Weddington began her campaign for the bridge with her own money and asked the people at Emma only for moral support. "But they came through with some financial help, too, which makes it truly a community effort."

An important additional benefit from the new bridge will be new blacktopped roads in the community, for, as Miss Weddington pointed out, Floyd County Judge Henry Stumbo told Commissioner King at the hearing, "You build the bridge and we'll build the roads."

As still further benefit, the Emma Industrial Foundation, Inc. has been established with Miss Weddington as president and member of the board. There

are 27 members, dedicated to bringing industry to Emma, and with the new bridge assured, the group has readied 55 acres of flat, smooth land for industrial development.

"I'm satisfied that when the bridge is completed, we will have an industry ready to locate here," she said.

She believes that the management teams at American Standard "are just as proud and happy as I am and I owe them a lot, for they have backed me all the way."

Emma, Ky. is planning a big community celebration in honor of Governor Nunn and Commissioner King, as a time of Thanksgiving. When the new bridge is dedicated, it will be named in honor of Flo Weddington but she will dedicate it to the memory of her father whose last illness was the thing that brought her back to the hills.

"To show just how truly grateful we are to know that we are getting the bridge," Miss Weddington said, "the group at the Emma church the other night ended the meeting with a prayer of thanksgiving by the pastor and everyone singing 'Amazing Grace'."

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We keep getting better every year.
Since 1949, we've improved our little car over 2,200 times.
Last year we gave it a more powerful engine and nearly twice the luggage space it had before.
This year we added 29 more improvements.
We found a way to keep engine noise down.
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And we found a way to make it run even smoother

in cold, hot or whatever weather you have in mind.
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- *South Williamson
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- *Paintsville

MIDNIGHT sale

9 P. M.	Ladies' and Children's Dress Shoes	1.59
TO	Ladies' Seamless Mesh Hose	2 for 39c
9:30 P. M.	Saf-T-Bak Hunting Pants	4.99
9:30 P. M.	Bed Pillows	pair 1.59
TO	Cups—Bowls—Mugs	each 10c
10 P. M.	20 Gallon Plastic Garbage Can	1.49

OPEN TILL MIDNIGHT FRIDAY NITE

10 P. M.	Smarty Pants Doll By Topper	9.99
TO	9'x12' Tweed Rug	8.99
10:30 P. M.	Zebco 202 Reel	99c
10:30 P. M.	Pert 200 Facial Tissue	10c
TO	Van Wyck Electric Hand Mixer	4.99
11 P. M.	Maxi Clothes for Barby and Mod Dolls	50c
11 P. M.	Valvoline 10w40 Motor Oil	3 for 1.00
TO	Aberdeen Fish Hooks	40 pack 10c
11:30 P. M.	Westinghouse-Kenrad Light Bulbs	10c
11:30 P. M.	Find Out How You can Buy	
TO	MIDNITE	

\$25. 99c
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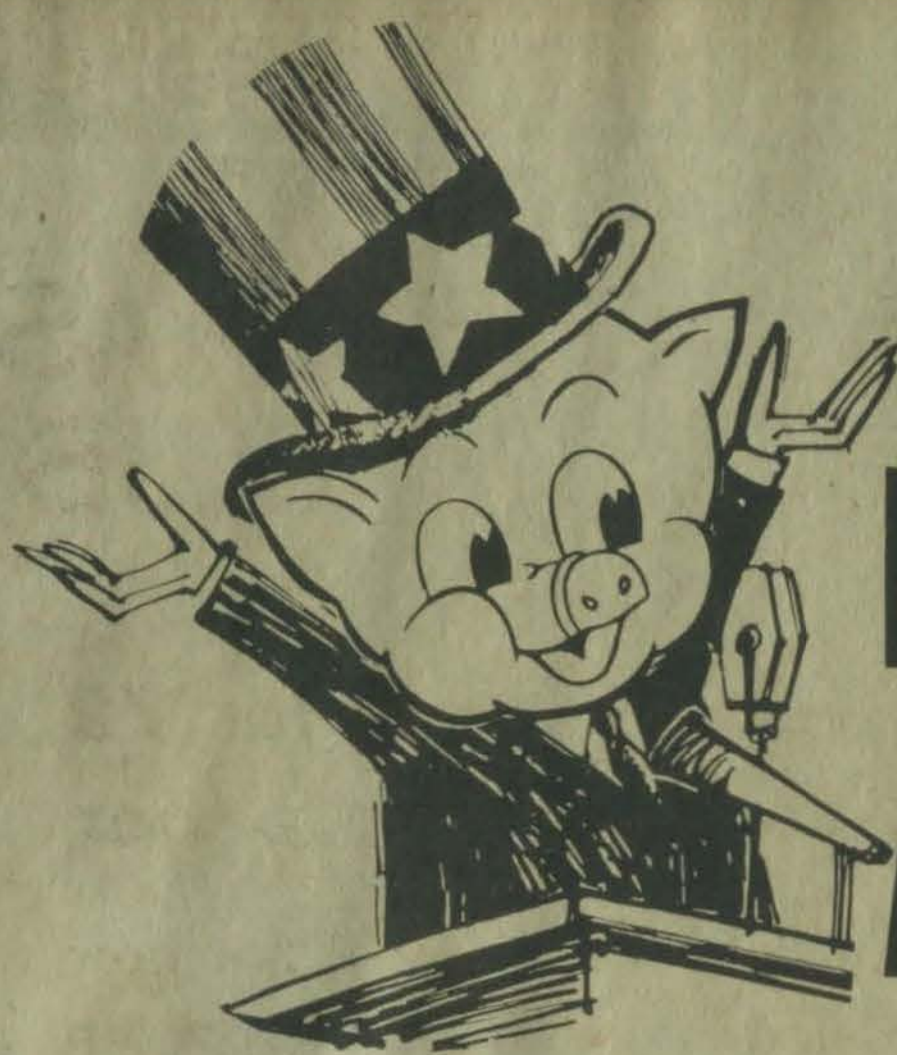
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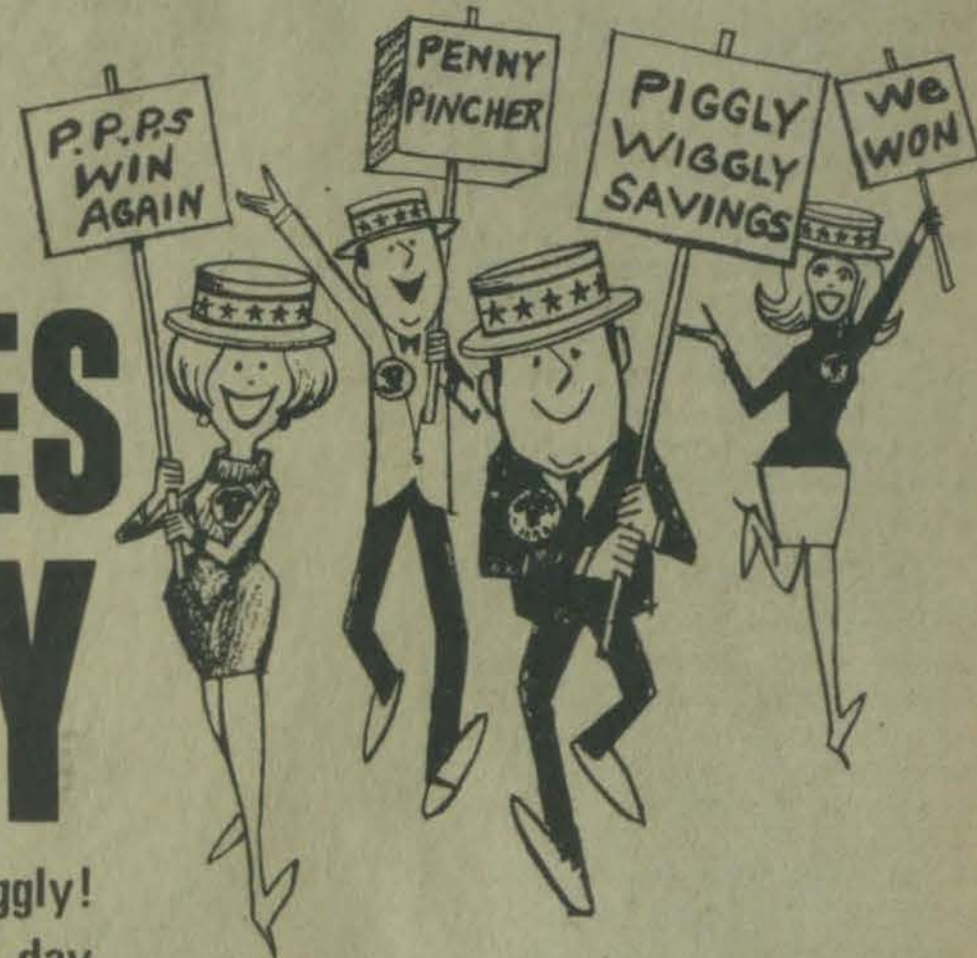
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3 POUND PACKS OR MORE **lb. 59^c**
Lesser Quantities **lb. 63^c**

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BUZZ BRAND
FROZEN
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16-Oz. Pack **89^c**

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SPICED
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3 Pound Can **\$1.69**

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FISH
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4 8-Oz. Packs **\$1**

TASTE-O-SEA
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16-Oz. Pack **69^c**

Hi-Rise
Flour **25 lbs. \$1.99**

Del Monte
Sauerkraut **5 17-Oz. Cans \$1**

Del-Monte
Stewed Tomatoes **4 17-Oz. Cans \$1**

Del-Monte
Prune Juice **32 Oz. Jar 49^c**

Bama
Apple Butter **3 28-Oz. Jars \$1**

Diamond
Aluminum Foil **18"x25' Heavy Duty 39^c**

McCormick's
Black Pepper **8-Oz. Can 79^c**

Bama
Mayonnaise **Quart Jar 49^c**

Del Monico
Macaroni **7-Oz. Box 10^c**

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Cremora FOR COFFEE **22-Oz. Jar 69^c**

SWIFT'S PREMIUM CHUNK BOLOGNA lb. 59^c

Get Your No. 5 Sticker
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By Saturday, Nov. 6th

Heinz
Ketchup **2 14-Oz. Bottles 59^c**

Nabisco
Ritz Crackers **12-Oz. Box 35^c**

Bunker Hill
Beef Chunks (With Gravy) **15-Oz. Can 69^c**

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Trash Can Liners **Box of 8 39^c**

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Edge (Protective Shave) **6 1/4-Oz. Can 69^c**

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PENNY PINCHER
ARMOUR'S **TREET** 12-Oz. Can **47^c**
Piggly Wiggly's **GRADE-A LARGE EGGS** dozen **39^c**

GARDEN FRESH PRODUCE

U.S. No. 1 Potatoes **20 Lb. Bag 79^c**

Leaf Lettuce **lb. 29^c**

Tomatoes **quart 49^c**

Cello Kale **10-Oz. Pkg. 29^c**

Texas Oranges **5 lbs. 59^c**

PENNY PINCHER
FRESH **PORK NECKBONES** lb. **19^c**
CHASE & SANBORN **COFFEE**
3 POUND CAN **\$1⁹⁹**

COLGATE
RAPID
SHAVE
11-Oz. Size **69^c**



As County Paraded for America



Top photo shows Army band from Fort Knox, Ky. as it took part in celebration. Middle photograph shows sidewalk crowds as motorcycle riders pass in review. At bottom Shriner Carl Wise, of Prestonsburg, rides a terrain cycle.

Plaque Marking Work by Combs To Be Dedicated

"A man of the mountains, knowing his neighbors' needs, dreamed of a splendid, modern highway linking the eastern mountains of the commonwealth and the Bluegrass. As governor, Bert Combs made the dream a reality."

So will read a portion of the inscription on a plaque which will be erected and dedicated at the Campton toll plaza of the Mountain Parkway, Nov. 16, honoring the former Prestonsburg man for the precedent-breaking undertaking of building a major highway, across the mountains into the Bluegrass.

The plaque, measuring approximately 20 square feet and weighing about 200 pounds, will feature a sculptured bronze relief of Ex-Governor Combs. Friends of Combs raised funds for the plaque and commissioned the sculpture.

Gov. Louie B. Nunn announced last week that he will join Ex-Governor Combs in ceremonies at the toll plaza, beginning at 11 a.m.

The Mountain Parkway was built during Combs' administration as governor from 1959 to 1963.

Jehovah's Witnesses Convention To Be Held In Virginia, Nov. 5-7

Burnis Jones, presiding minister of Jehovah's Witnesses here, said their three day bi-annual circuit convention will be held in Big Stone Gap, Va., Nov. 5-7.

Some 900 minister delegates are expected to attend, representing southeastern Kentucky, eastern Tennessee and southwest Virginia. The convention will be held in the Powell Valley high school auditorium, beginning at 6:45 p.m., Friday, Nov. 5 through Sunday, Nov. 7.

The convention will serve as a school for advanced ministerial training and will present Bible instructions that will enable those attending to apply Bible principles more fully in their everyday lives. The convention theme is based on 1 Thessalonians 4:1, "Keep Pleasing God More Fully."

The principal speakers of the convention are, Henry C. Brewer and Ted R. Thompson. They are traveling representatives of the Watchtower Bible and Tract Society with international headquarters in Brooklyn, New York.

The public is invited to attend all sessions.

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--- 2 --- (Continued from Page One)

THE OTHER SIDE OF THE PICTURE

The old man wasn't a bit discouraged, although he frankly admitted he knew his remaining years were few. "I get a lot of comfort, looking at these hills, he remarked. "I've always noticed that as the shadows lengthen on this side of the slope they're chased away on the other."

THEIR FINEST HOUR

Sometimes, if you aren't careful, you may lose faith in the human animal. He cheats, lies, steals, robs, slanders, kills and generally gets as low in the order as possible.

Then there comes a time such as was experienced here last Thursday when a young man was at the point of death, and his desperate need for blood quickly became known. Then literally hundreds had their finest hour. The love and tenderness we have for others, and which we sometimes so assiduously try to conceal, surfaced in a compassion that makes one proud to be a member of the race.

ACCENT THE POSITIVE

A California publisher asks, "Isn't it time to accent the positive?" This year, for example:

- More than 196,000,000 of our people will not be arrested.
- More than 89,000,000 married persons will not file for divorce.
- More than 115,000,000 individuals will maintain formal affiliation with some religious group.
- More than 75,000,000 citizens and corporations will pay more than \$160 billion in income taxes.
- More than 9,000,000 students will not burn their draft cards.
- More than 75,000,000 students will not riot or petition or destroy our system.
- More than 4,000,000 teachers, preachers and professors will not strike or participate in riotous demonstrations.

BLISTERING ADMONITION

Since none of us knows when, youngsters have been handed down admonitions by their elders. They didn't amount to a lot, but they were given. You've heard the one about you've made your own bed, now lie in it. And about hoeing your own row, and so on.

This week I heard one that almost made me flinch, old as I am. This one was: "Sit on your own blister."

--- 1 --- (Continued from Page One)

permits revoked on more than three occasions."

They point out in their petition that, even though some companies have 15 or more violations against them and that one has as many as 33, they are being permitted to continue operation and most of the companies with 15 or more violations have never been fined or had their permits revoked.

The voluminous record made a part of the action covers, primarily the years 1969, 1970 and the first six months of 1971. The defendant companies are located in Floyd, Knott, Perry, Pike, Letcher, Breathitt, Knox and Harlan counties.

- The suit demands:
1. That the Reclamation Commission revoke permits of the 30 companies named.
 2. That the Commission revoke permits of any companies having in common the same owners, officers and operators as the 30 named.
 3. That the director refuse to issue any permits in the future to owners, officers or operators of the named companies, whether the permit is sought in their name or in that of a new or different company.
 4. That the director require the Attorney General to seek civil penalties and injunctive relief against the companies.
 5. That the director proceed with the same steps against any other companies not named which have the same or similar records.

Notice of the action was served on Elmore Grim Oct. 31, before he left the post of director of the Kentucky Division of Reclamation for a federal position.

--- 6 --- (Continued from Page One)

Sheriff Vaughan; Randall Gorrell, reckless driving, by Deputy Sheriff Vaughan; Thomas Spriggs, no operator's license, by Deputy Sheriff Wallen; Kenneth Ray Webb, hit-run, by State Trooper Tucker; Edward Gearheart, drunk driving, by Deputy Sheriffs Virgil Conn and Arvel Nelson; Larry Verdeen Bentley, drunk driving, by Deputy Sheriffs Blackburn and Vaughan; Bill Brewer, drunk driving, by Deputy Sheriff Nelson; Jack Murphy, drunk driving, by Policeman Darrell Conley; Harold Hammonds, resisting arrest, by Policemen Campbell, Allen, Hale, Herald and Waddle; Johnny Marsillett, contributing to juvenile delinquency, by Deputy Sheriff Nelson.

State Fish and Wildlife Commissioner Arnold Mitchell and members of his staff met with U. S. Forest Service officials to discuss joint wildlife management on the Daniel Boone National Forest.

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1971 FORD F-350 1-TON TRUCK

Long wheelbase, with utility bed installed, V-8 engine, 4-speed transmission, low mileage. Real savings on this one! \$2895.00.

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Ratliff Promoted



Airman First Class Woodrow Ratliff's "ability to remain calm under the most adverse conditions and to accept any assignment without question" have won him a promotion to rank of sergeant.

Quotes are from an official report recommending his promotion.

A volunteer for military service, Sgt. Ratliff is a communicator-plotter and desk clerk in Central Security Control at DaNang, Vietnam. The report adds that "he has assisted in directing Security Forces on numerous emergency situations including rocket attacks, enemy probes and ground emergencies. On June 7, 1971, DaNang airfield was subjected to a major rocket attack. Airman Ratliff efficiently and quickly assisted in alerting posted sentries, made necessary notifications, dispatched units and insured the response of emergency vehicles. The professionalism that he displayed... was outstanding." In conclusion the recommendation for promotion said: "A concerted effort must be made to retain this young airman in the Air Force."

Sgt. Ratliff is a son of Mr. and Mrs. Adrian Ratliff, of Endicott, and is married to the former Delores Skeans, daughter of Mr. and Mrs. Grady Skeans, also of Endicott. He entered the Air Force in November, 1968 and has been in Danang since December, 1970. His family expects him to arrive home on furlough in time for Thanksgiving.

Small businesses will be able to obtain long-term emergency loans to help them comply with job safety and health standards under an expanded program, the Labor Department reports. The loans, on which there is no statutory dollar limit, will be made by the Small Business Administration (SBA) either directly or in cooperation with banks or other loan institutions.

--- 4 --- (Continued from Page One)

Little Miss Red, White and Blue was conferred on Carolyn Younce, young daughter of Mr. and Mrs. Leon Younce, of the Middle Creek road.

The fieldhouse gathering was addressed by Arthur W. Pope, representing Disabled American War Veterans, and the Rev. W. D. Jagers, pastor of Irene Cole Memorial Baptist Church.

Mrs. Marcella Bailey, Maytown housewife who originated the Salute to America last year and who headed this year's, already has plans for an even greater day next year. She hopes for participation in 1972 by several nearby counties.

"From there," she said, "we'll look for statewide participation—and, eventually, we want to go nationwide. . . It can be done, if there are enough patriotic people."

IN MEMORIAN

In memory of Overton (Chin) Wiley who departed this life one year ago today, Nov. 3, 1970:

It's been one year ago today since you went away and left us so unexpectedly. If you only knew the sorrow it has brought us. Nothing has been the same without you. There's a vacancy in the old homeplace that can never be filled. Only the Heavenly Father knows the grief, sorrow and tears your passing away brought us.

Sadly missed by your

WIFE AND CHILDREN
11-pd.

--- 3 --- (Continued from Page One)

The building, which had been converted about 20 years ago from a theatre-skating rink structure to classroom and lunchroom purposes, was of brick and tile construction. Until two weeks earlier it had housed four classrooms, but two of the classes had moved into the Methodist Church basement and two others to the grade school auditorium. Lost were all equipment and supplies of the lunchroom.

Superintendent of Schools Charles Clark said the structure was insured for \$25,000 but that more than \$100,000 would be required to replace it. "The insurance would build no more than one classroom now," he said.

Betsy Layne Fire Chief James George suspected an overloaded electrical system as the cause of the blaze, since lights have been kept burning at night because of recent burglaries.

Portable classrooms will be taken to the school campus, it was indicated, with new construction expected later.

IN APPRECIATION

We wish to thank the members of the church, and all of those who by their presence, flowers, cards, or acts of kindness have shown so much thoughtfulness and sympathy to us in the passing of our loved one, Brenda K. Nelson. We also wish to express our appreciation to the Hall Brothers Funeral Home for its kind and efficient service.

MR. AND MRS. REYNOLD NELSON AND FAMILY

SNOW TIRES

and REGULAR TREAD TIRES

Montgomery Ward in Prestonsburg has tires to suit your price and needs. Snow Tires and Regular Tread Tires—studded and non-studded, whitewall or black wall. Drive in, today. We will mount your tires while you wait . . . And you may use your Ward's Credit Card.

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After the freeze, prices on new Fords and Mercurys will probably be much higher. The time to buy is now!

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Make your selection from the full line of '72's at B. & D.: LTD's, Galaxie 500's, Mavericks, Pintos, Grand Torinos, Pickups (many with 4-wheel drive) and Broncos.

Below Are Just a Few of Our Big Lineup of Local, One-Owner, A-1 Used Cars. See Them.

1968 CHEVROLET CAMARO RALLY SPORT. Automatic transmission, V-8 engine, air-conditioned.

1969 CHEVROLET IMPALA CUSTOM COUPE. V-8 engine, automatic transmission, with power, blue with black vinyl top.

1970 FORD CONVERTIBLE. V-8 engine, automatic transmission, with power. One owner.

1969 PONTIAC BONNEVILLE 4-DOOR HARDTOP. All power, air-conditioned, green with black vinyl top. Local, one owner.

1969 MERCURY MONTEGO MX 4-DOOR. V-8 engine, automatic transmission, local, one owner.

1968 CADILLAC DeVILLE 4-DOOR HARDTOP. All power, air-conditioned, gold with black vinyl top. Locally owned.

1969 CHEVROLET CHEVELLE SS 2-DOOR HARDTOP. 4-speed transmission, V-8 engine.

1970 CHEVROLET CAMARO SS. 396-cu. in. engine, 3-speed transmission, blue with white vinyl top. Local, one owner.

1969 CHEVROLET CAMARO. 4-speed transmission, V-8 engine, yellow.

THIS WEEK'S SPECIAL

1968 FORD TORINO GT Air-conditioned. Was \$1595. NOW \$1299

1969 PONTIAC FIREBIRD 400 SERIES CONVERTIBLE. 4-speed transmission, mag wheels, orange with black top. Sharp.

1970 CHEVROLET IMPALA CUSTOM COUPE. All power, automatic transmission, green with black vinyl top.

1967 FORD MUSTANG FASTBACK. V-8 engine, automatic transmission, with power.

1970 CHEVROLET 1/2-TON PICKUP. Stepside, standard shift, 6-cylinder engine. Local, one owner.

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Models that sleep 4 or 6. Fully equipped, with air-conditioning or without. A home on wheels that is ideal for vacation travel or hunting and fishing trips. See them!

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- JERRY LAFFERTY, JR.
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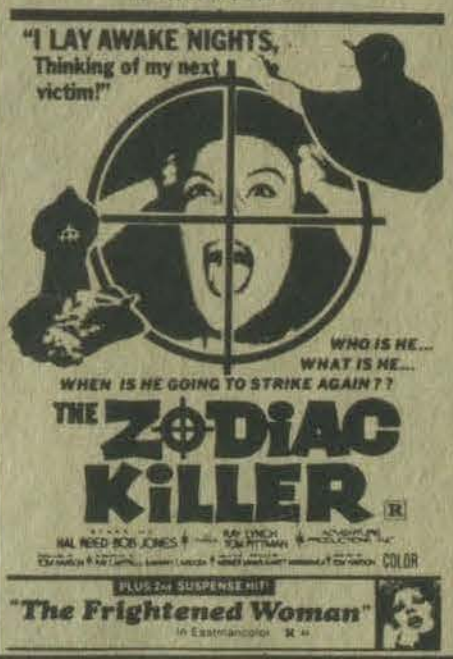
WARREN BEATTY
JULIE CHRISTIE
MCCABE & MRS. MILLER

EXPRESS GRATITUDE

Leonard Cieslak, Jr., who underwent surgery at the U. K. Medical Center, has returned home. Mr. and Mrs. Cieslak and the Dewey Lawson family thank the people who went to Lexington and Hazard to donate blood, and our thanks also to the friends who were praying in Leonard's behalf. We also want to thank the doctors and nurses at the Medical Center and the wonderful people at the Lexington blood bank. Our thanks also to Dr. Hall at the McDowell hospital.

SKY-VUE DRIVE-IN

Fri., Sat., Sun.



Talks on Controversial Road Into National Forest Sought

The League of Kentucky sportsmen has announced it is seeking a joint meeting with federal and state agencies to discuss a proposed road which is to bisect the Pioneer Weapons Hunting Area.

Purpose of the meeting, according to LKS President Edgar Paul, Louisville, is to sift and clarify information concerning construction of the controversial vehicular highway through the roadless tract in the Daniel Boone National Forest.

The League is requesting representation at the meeting by the U. S. Forest Service, the U. S. Corps of Engineers and the Kentucky Department of Fish and Wildlife Resources.

The Eighth District Federation of Kentucky Sportsmen, resident regional affiliate of the LKS, has announced its opposition to the road.

The corridor is being surveyed by the U. S. Bureau of Public Roads and is designed as a two-lane vehicular highway access into a recreational area to be planned on Cave Run Reservoir. At present there are no vehicular roads in the 7300 acre Pioneer Weapons Hunting Area, located in Bath and Menifee counties.

The road is to be constructed by the Forest Service and Corps of Engineers, beginning next July. Wildlife management in the area is by the state fish and wildlife department.

Conservationists are recommending alternate plans which they say would minimize the damage to the national forest's roadless tract, and protect the area's wildlife.

Stream Access Sought

A program to establish roadside public property accesses to Kentucky streams has been announced by the League of Kentucky

Sportsmen. The 38,000 member sportsman-conservation organization is planning to coordinate the program with the Department of Fish and Wildlife Resources and Department of Highways.

District chairmen in Kentucky's nine wildlife regions have been named to recommend public stream access sites, LKS President Edgar Paul, Louisville, has announced. Jack Hinkle, Fern Creek, chairman of the League's Stream Access Committee, and John Hilkey, Louisville, LKS 3rd District director, are coordinating details.

SPECIAL CHRISTMAS OFFER

Want to buy him or her a Christmas gift that will never wear out? Give them a lifetime gold-finished Social Security plate, with a two-pocket carrying case. Send name and Social Security number you want engraved on your plate or plates. Send \$2.00 cash, check or money order for plate or \$5.00 for 3 plates. We pay the postage. Offer Expires Dec. 20, 1971.

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War Memorial **DANCE**
At **AMVETS CLUB**
MARTIN, KY.
Saturday Night —
9 p.m. to 1 a.m.

Music by the Country Gentlemen

\$2.00 Stag \$4.00 Couple

Each male member may bring one female guest. All proceeds will go to the War Memorial Fund. Sponsored by the Amvets Auxilliary.

MARTIN NEWS

Mrs. Elmer Carrol is visiting her daughter, Judy, in Ohio.

Mr. and Mrs. Dockie Prater and sons, Shannon and Wade, visited Mr. and Mrs. Jobie Prater last week-end in Indiana.

Mr. and Mrs. Roger Manuel and daughter, Amie Lou, and Terry Smith, of Dallas, Texas, visited Mr. and Mrs. Arnold Manuel, recently.

Mr. and Mrs. Fred Bishop visited relatives in Indiana last week.

Larry Akers, of Warsaw, Indiana, visited his parents, Mr. and Mrs. Rudolph Akers, this week-end.

Mr. and Mrs. J. D. Herbert, of Canton, Ohio, visited Mrs. Anna Isaac last week.

Mr. and Mrs. Sherman Stumbo are back home, after visiting for three weeks in Columbus, Ohio, with their son and daughter-in-law, Mr. and Mrs. Mac Arthur Stumbo and baby.

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November 3-9

FISHERMEN for CHRIST KICK-OFF DINNER

SATURDAY, NOVEMBER 6 6:30 p.m.

MARTIN STUDENT CENTER
Prestonsburg Community College

Speaker:

JIMMY SOWDER

of the Ford Philpot Evangelistic Association

Join in a move to spread the witness
to Jesus Christ — Get involved!

Non-denominational—Free—A welcome to all



Four members of the Interim Legislative Subcommittee on Natural Resources said strip-mine reclamation could work if laws are enforced and enough inspectors are hired. They added that present personnel are doing their job but not enough inspectors are available to cover the state.

Betsy Layne School Slates Fall Fest

The Betsy Layne Fall Festival will be held at the grade school auditorium, Friday, November 5. The festival will begin at 6 p.m. with the crowning of the king, queen, duke, duchess, prince and princess following at 9 o'clock.

Fishing ponds, a general store, bake sale and assorted games will be features of the evening.

WOODMEN ENTERTAIN

Woodmen of the World Ranger Unit 712, of the Floyd County area, held a wiener roast at the Allen grade school, Oct. 23, under the direction of David Marcum and David Turner. Sock races were held in the gym, and youth-members were given instruction in safety in the use of rifles by Walker Gunnell. Bow and arrow safety and demonstrations were held by Leon Preston, district manager.

Nancy Marcum and Peggy Turner prepared the refreshments.

The next meeting will be a skating party at Music Rollerland, Nov. 20.

There are 100 job banks located in major labor areas in 41 states throughout the nation.

OBSERVE 60th ANNIVERSARY



Mr. and Mrs. Elva Akers, of Banner, were honored Oct. 9 on their 60th wedding anniversary with a dinner given at May Lodge, Jenny Wiley State Park, by their son and daughter, Aaron Akers, Anderson, O., and Pauline Akers, of Allen. Members of the immediate family joined them for the occasion. These included Mr. and Mrs. Tom Brady and baby, of Louisville, Edmond Akers, LaGrange, Ky., Mr. and Mrs. Aaron Akers and Pauline Akers.

Cats To Meet Old Grid Foes In Season Finale Here, Friday

The Black Cats of Prestonsburg high school will wind up their 1971 football campaign here Friday night against their traditional foes, the Paintsville Tigers.

The Cats take on the Tigers after an easy 28-8 win last Friday at Paintsville over Johnson Central.

The scoring last Friday: In the first quarter Randy Leslie recovered a fumble on the Johnson Central goal line for a touchdown, and Jimmy

Blackburn annexed the two extra points. In the second quarter fullback Danny Wells scored on a four-yard run. The kick for extra point failed. Wells scored again in the third quarter, taking Blackburn's pass and racing 31 yards for the marker. Again the kick for extra point failed. In the fourth quarter Blackburn connected with a pass to Ronnie Burke, who ran 38 yards. Leslie hit the line for the two extra points.

Johnson Central scored in the final quarter on a 19-yard run by Jim Wasson. Two extra points were added by Mike Preston.

Dance To Benefit Floyd War Memorial

Members of the Amvets Club at Martin will combine civic interest and pleasure with a dance for members and their guests, Saturday evening. All proceeds from the evening will be contributed to the Floyd County War Memorial.

Mrs. Avean Martin of the Amvets Ladies' Auxiliary, sponsoring group for the dance, said that the group plans to present a check to Dr. George P. Archer on November 20. Both the ladies' group and Amvets members have bought a plaque which represents a contribution of \$150. each.

The Emergency Employment Act of 1971 permits states and localities to create new jobs in the public sector in such fields as environmental quality, health care, public safety, transportation, pollution and conservation with funding by the Labor Department.

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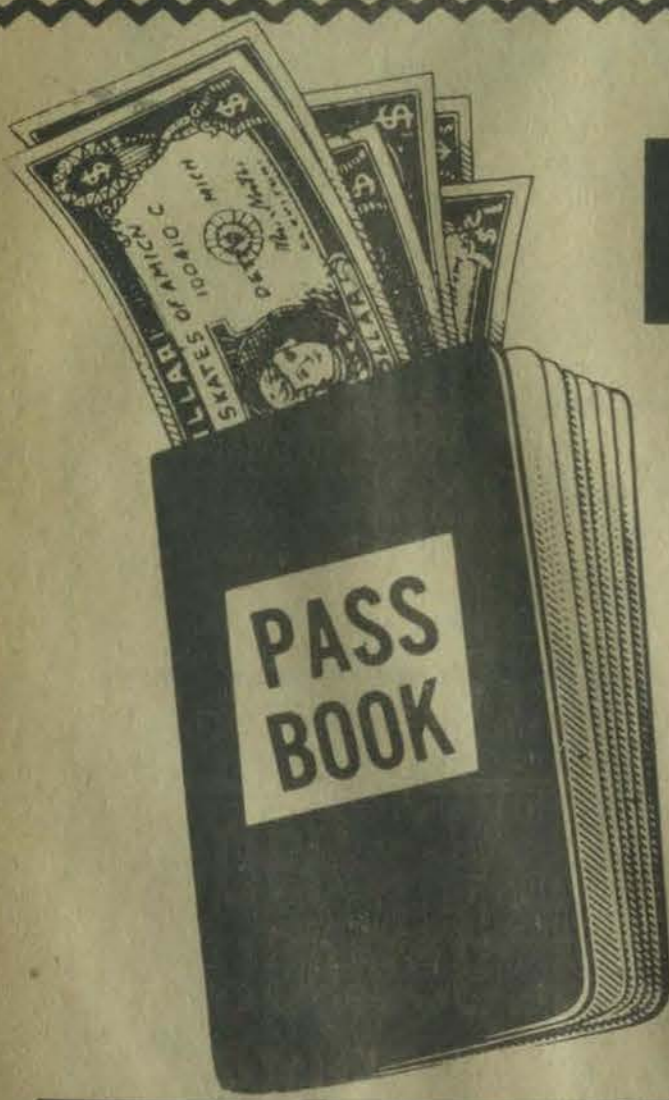
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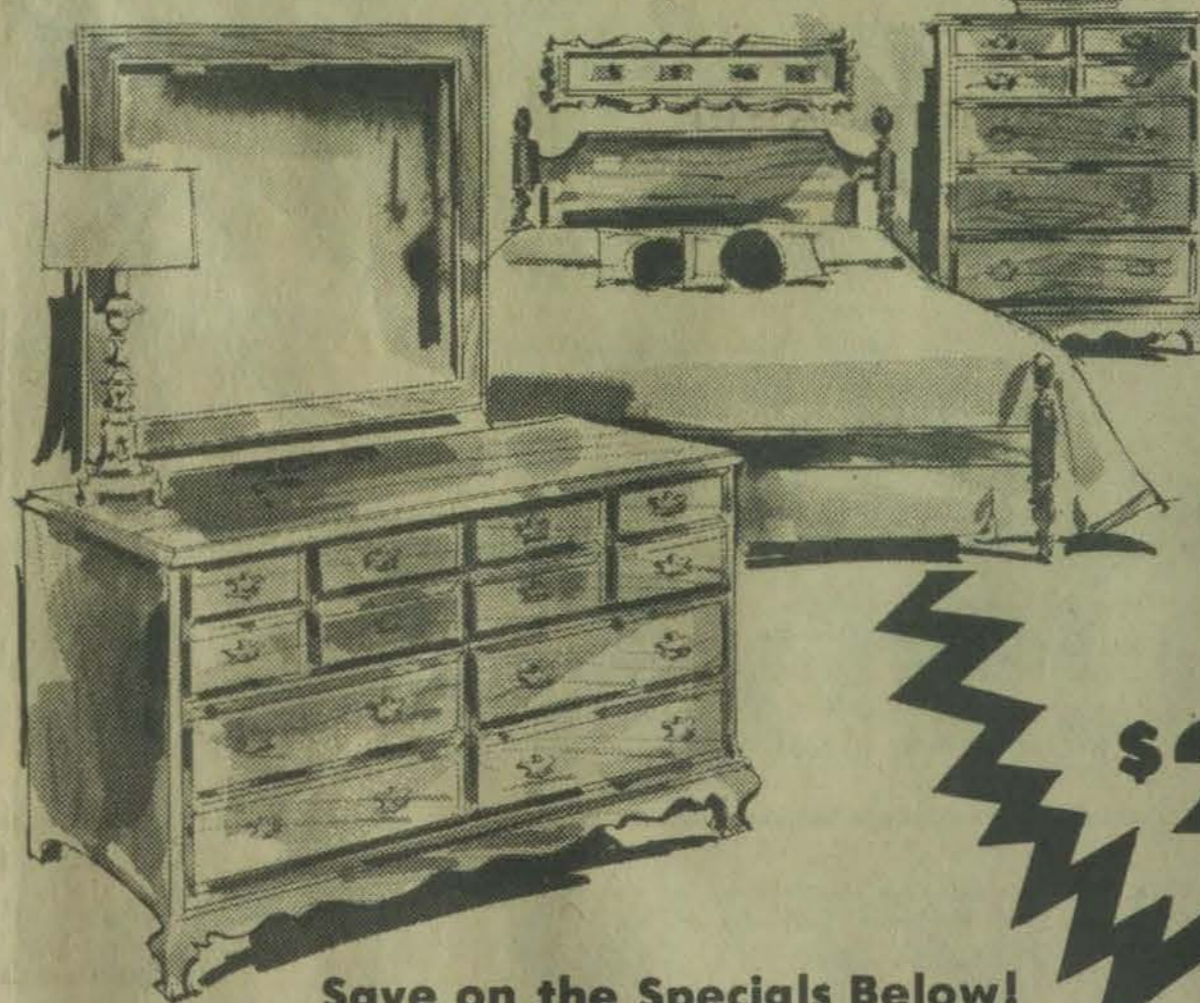
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Frasure Furniture Co. Spectacular Values!



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NORTH LAKE DRIVE PRESTONSBURG, KY.

Home from Vietnam



Capt. William Reffett, son of Mr. and Mrs. Edwin Reffett, 605 Knobby Knoll, Georgetown, Ohio, recently returned from Vietnam after 16 months' service there.

Captain Reffett is a 1968 graduate of the U. S. Military Academy, West Point New York. While in Vietnam he served in the Central Highlands and on the Cambodian frontier. His assignments were with the 11th annual cavalry as S-1 and S-5, 4th Infantry Division as Assistant G-1 and the Tenth Cavalry as commanding officer of Troop A.

During his service in Vietnam he was awarded the Bronze Star (3 awards), the Air Medal, Distinguished Unit Citations (two awards), Army Commendation Medal and Vietnam Campaign Ribbons with 2 stars.

After a 30-day leave he will be stationed at Fort Lewis, Washington.

Capt. Reffett is the grandson of William Reffett, Hueysville, and the late W. O. Coburn.

School Boards Advised To Improve Public Relations

"School boards must find a way to work more closely with all the people. When the taxpayer is part of a team, looking at the needs of our schools and possible solutions, he appreciates those needs more," Scott C. Detrick, president of the Kentucky School Boards Association (KSBA) said in an address before school board members and administrators attending the annual dinner meeting of KSBA's Eastern Kentucky Region (South) at Jenny Wiley State Park last Wednesday evening.

School-community relations should be a year-round project, Detrick advised, and the public should be constantly informed of the problems as well as the virtues of their public schools. He recommended the use of citizen advisory councils to improve communications between school boards and the public.

Also discussed at the meeting were school finance, vocational and special education, year-round schools, public kindergartens, school personnel relations and school legislation to be considered by the 1972 Kentucky General Assembly.

KSBA Vice President Robert E. Allen, a member of the Newport school board, warned the school officials that a proposed state law granting collective bargaining privileges to teachers "would remove control of the schools from the public's elected representatives—school boards—and turn it over to teacher organizations, who are not answerable to our citizens."

KSBA Executive Director Maurice D. Bement reviewed the state association's legislative program for 1972 and compared it to the programs of the Kentucky Forum for Education and the Joint Legislative Committee on Education, two coalitions of state education and civic organizations, including KSBA.

The association's legislative proposals ask that the percentage of the state's total personal income that is spent for elementary and secondary schools be increased to at least the average percentage spent by the other 49 states.

Bement noted that this would still not enable Kentucky to equal national averages in per pupil expenditures, teacher salaries, etc., because "the average income of the people of Kentucky is not equal to the average income of the people of the 50 states."

But he said he felt "Kentuckians are able—and should be willing—to make at least the 'national average effort' for their children and youth."

John Ward, a member of the Pike County Board of Education, was reelected chairman of KSBA's Eastern Kentucky Region (South) for 1972. As a regional chairman, he will continue to serve on the state association's board of directors.

Woodford Estep, a member of the Johnson county school board, was elected vice chairman of the region, and Pike County Supt. Tilden Deskins was named to a second term as regional secretary.

KSBA's Eastern Kentucky Region (South) is made up of the school districts of Floyd, Johnson, Magoffin, Martin and Pike counties, and the independent school districts of Paintsville and Pikeville.

IN APPRECIATION

We wish to thank all who contributed in any way during the illness and death of our father, Jud Rice.

Our appreciation to the staff of Prestonsburg General Hospital and Mountain Manor Nursing Home for their services. Our thanks go to the neighbors who brought and sent food and for the many flowers, to the ministers, Revs. Moses Kitchen, Roy Benton and Eugene Kelly and to the Little Paint choir, the organist and pianist, Brenda Music and Barbara Meek.

A special thanks to Deway Earl Music for the consoling prayers and to the Floyd Funeral Home for their kindness and efficiency.

THE FAMILY

Some of Floyd County's Shrinking

(From News and Plans, Ky. Department of Health)

While the basic boundaries of Floyd county look the same as usual on the map of eastern Kentucky, the boundaries of a growing number of Floyd countians show considerable shrinkage—about 465 pounds' worth—thanks to a successful series of weight control classes.

Last January, several Floyd County Health Department employees decided the time had come to lose some weight. Each had previously fought the weight loss battle alone, with unsatisfactory results. Subscribing to the "safety in numbers" theory, they banded together in a weight control class one evening per week at the local health department in Prestonsburg.

Word of the class travelled fast. In response to many outside inquiries, the health employees decided to open the membership to all comers and the first class got under way with 50 participants. A few, however, soon fell by the way.

"Some expected just a pleasant social hour, or a 'magic potion' to miraculously melt extra pounds away," recalls Margaret Hamilton, health educator for Floyd and Martin counties, who, with Ortha Meece, RN, organized the class and has been a member from the beginning. "When they saw we were really serious and that it wasn't going to be a snap, they dropped out."

For the majority who remained, weight loss has been gratifying and the group approach so satisfactory that, by popular demand, a second class was started in Maytown, in June. Because of the time and paper work involved, Mrs. Hamilton recruited friends to organize the Maytown class, which has an enrollment of 38. "We monitor the maytown class from time to time," Mrs. Hamilton said, "and they send us written reports of each meeting, but the members run the class, which is as it should be."

By early September, the Prestonsburg class could point with pride to a total weight loss of 315 pounds, while the fledgling Maytown group had dropped 150 pounds.

The classes follow four basic steps to weight control, beginning with written permission from a physician in order to join. Members set their own weight goals; individual eating habits are retrained, and increased physical activity is encouraged both in and out of class.

Each meeting begins with a "weigh-in" and individual measurements are taken every six weeks. Weighing and measuring are done privately and all charts are kept confidential.

The class lesson plan was developed by the State Department of Health's Nutrition Program. Individual diets, plus an exchange food list, are prepared by program nutritionists Harriet Dotson and Joyce Quisenberry who try to personalize the diets as much as possible.

"Our diets are based on a maximum weight loss of two pounds per week," Mrs. Hamilton said. "A person wanting to lose 20 pounds would spend about 10 weeks in the

Simpkins To Speak At Historians' Meet

The fall meeting of the Big Sandy Valley Historical Society will be held November 6 at Hinkle's Restaurant, Louisa. The board of directors of the society will convene at 11 a.m., luncheon will be noon. Following the luncheon, Dr. Norman O. Simpkins, of Marshall University, will address the group on the subject of "Appalachian Culture."

Dr. John N. Ryan, society treasurer and program chairman for the meeting, said a program of folk songs would also be given.

CARD OF THANKS

We would like to take this opportunity to thank all of the wonderful people for all of the kindnesses shown us upon the passing of our father and brother, Miles Hughes, we would like to thank the Hall Brothers Funeral Home, of Martin, for its efficient service, and to express our most heartfelt thanks to the ministers, James Reed, L. P. Tussey, Stewart Howard, and others for their kind and consoling words.

THE FAMILY 11-4-71

ADVERTISEMENT FOR BIDS

Sealed proposals will be received by the Floyd County Board of Education, Prestonsburg, Floyd County, Kentucky, until 1 p.m. Eastern Standard Time, November 6, 1971, for the construction of Restroom Facilities at Bonanza Elementary School, Floyd County, Kentucky.

Immediately following the scheduled closing time for reception of bids, all proposals which have been submitted in accordance with the contract documents will be publicly opened and read.

Plans, Specifications, and Contract Documents may be examined at the following places:

- 1. Floyd County Board of Education, Prestonsburg, Kentucky.
- 2. Office of George L. Shannon, Architect and Engineer, Fitzpatrick Building, Prestonsburg, Kentucky.

Plans and Specifications may be obtained from George L. Shannon, Architect and Engineer, South Lake Drive, Prestonsburg, Kentucky.

All bids must be accompanied by a Bid Bond or Certified Check, payable to the Floyd County Board of Education, in an amount equal to 5 per cent of the bid.

The successful bidder will be required to furnish a performance bond in the amount of 100 per cent of the contract price.

No bidder may withdraw his bid within a period of forty five (45) days from the date set for bid opening. Bids received after the scheduled opening time will be returned unopened to the bidder. The owner reserves the right to reject any and all bids, or to waive any informalities.

FLOYD COUNTY BOARD OF EDUCATION
By CHARLES F. CLARK, Superintendent

10-21-31

McDowell Hospital Notes

PATIENTS DISCHARGED

(Oct. 18 through Oct. 24)

Anzalee Hall, Galveston; Randall D. Lawson, Garrett; Delphia Bailey, Hand-shoe; Johnnie Caudill, Ligon; Coronette Slone, Buckingham; Noralene Johnson, Melvin; Ken Tackett, Beaver; John Parson, McDowell; Jennifer D. Jones, Melvin; Byrd Wicker, Lackey; Lorene Burke, Wheelwright; Beulah M. Patton, Hippo; Teresa Lynn Johnson, Bevinville; Girdle Moore, Orkney; James Monroe, Jr., Bypro; Mousie Collins, Wayland; Hulda Johnson, Bevinville; Mary Johnson, Hi Hat; Alvin Johnson, Melvin; Johnnie Harris, Topmost; Bertha Thornsby, Wheelwright; H. D. Martin, Drift; Timmy Joe Adkins, Galveston; Catherine Prater, David; Martin Hall, Hi Hat; Patricia Howell, Galveston; Lawrence Sammons, Martin; Teresa Lynn Hall, Melvin; John Berger of Melvin; Lula Walters, Drift; Virginia Carter, McDowell; Cruger Martin, Dayton, Ohio (expired); Edgle Castle, Thealka; Tom Mullins, Hi Hat; Lee R. Newsome, Teaberry; Troy Hayes, McDowell; Houston McCoy, Wheelwright; Veka Reed, Wayland.

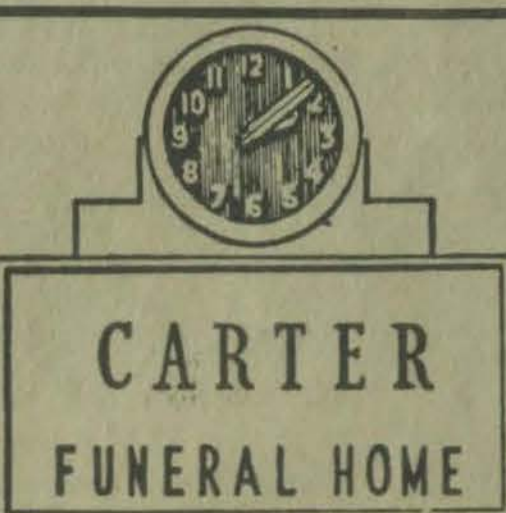
BIRTHS

A son to Mr. and Mrs. Forest Vanderpool, of Hueysville, October 22.

CARD OF THANKS

We the family of Jack Boyd wish to thank all of those that helped us during the illness and passing of our beloved father and brother. We especially wish to thank the minister Luther Conn and others; those that sent floral offerings, and especially the Hall Brothers Funeral Home for its kind and efficient service.

MRS. MELVINA WATSON
AND FAMILY



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Whatever Things

By DONALD E. WILDMON

"I'll go with the crowd." How many times have you heard that remark? Someone, pressed for a decision, decides to take the road which the majority take—simply because the majority takes it.

People used to laugh and scoff when the possibility of trains and automobiles going at the tremendously terrific speed of six miles per hour was mentioned. They even ridiculed those who believed such a thing was possible. In fact, in England there was once a law forbidding a vehicle from exceeding four miles an hour. The law later was amended that if any vehicle traveled faster than four miles per hour a runner

must go before it with a red flag to warn of the danger. Traveling ten miles an hour in a train or automobile was considered absolutely impossible by the crowd. But the crowd was wrong.

A fellow by the name of Westinghouse once made a suggestion that he could stop a train with air. The people really rolled over with laughter on that one. Why, any child should know better. The crowd really let Westinghouse have the ridicule. But the crowd was wrong. Today air brakes are used world-wide on various machines.

Back near the middle of the Eighteenth Century a fellow by the name of Adam Thompson, of Cincinnati, Ohio, came up with an idea for a bathtub. Many who heard of it became alarmed. The masses had mixed feelings over the idea. Doctors predicted rheumatism and inflammation of the lungs from such practice. Some cities put a ban on bathtubs and even refused permission to do the new "bathtub exercise." The crowd laughed at the idea. But the crowd was wrong.

He was a young man. Just turned thirty. He began preaching in the local churches in His homeland. He had a new message. "Love your enemy," He taught. "Foolish talk," thought those who knew better. "Forgive not seven times, but seven times seventy." "Extremely stupid teaching" was the thought in the back of the mind of the authorities. The Law only required forgiveness three times. It was indeed a strange new doctrine that He was preaching. It wasn't long until the doors of the church were closed to Him. So He moved to the mountainside, to the lakeside, to the streets, to the homes, to where the people were. Anywhere He could find people who would listen He proclaimed His message. "God is a Father who loves all His children. His love is wider than any race or clan. All men can share in the goodness and grace of the loving Father. All men can receive eternal life."

You don't buck tradition—especially in religion—without paying for it. Behind His back they moved quickly to get rid of Him. He was arrested in the middle of the night on false charges, tried before an illegal makeshift court, and sentenced to die. They hung Him on two pieces of wood between two criminals. And there He died while the crowd laughed and taunted Him. And when He died the crowd said that was the last of Him. But the crowd was wrong.

Remember that the next time you are tempted to go with the crowd.

MAYTOWN NEWS

Mr. and Mrs. Leonard Gibson and children, of New Richmond, Ohio, were week-end guests of his parents, Mr. and Mrs. Selton Gibson.

Mr. and Mrs. Stanley Ramey and Tim, of Alexandria, Ky., were guests of relatives here and at Eastern last week-end.

Sunday dinner guests of Mr. and Mrs. Howard Ramey were Rev. and Mrs. Walter Akers and mother, of Honaker, Mrs. Lula Click, Stanley Ramey and Mr. and Mrs. Thurmal Click.

Mr. and Mrs. Paul Webb, of Springfield, Ohio, were week-end guests of his parents, Mr. and Mrs. Claude Webb, and her parents, Mr. and Mrs. Alex Howard, of Prestonsburg.

Staff Sgt. and Mrs. Chalmer R. Martin, of Fairborn, Ohio, were week-end guests of his mother, Mrs. Nora Martin.

Mr. and Mrs. Scott Stephens, of Louisville, were week-end guests of his mother, Mrs. Marie Stephens.

Mr. and Mrs. Thomas E. Martin and Mrs. Nora Martin were in Prestonsburg on business last Saturday.

Sympathy is extended to Mrs. James Allen, whose uncle, Jack Coburn, of Harlan, Ky., passed away last week. Mr. and Mrs. Allen attended the funeral in Harlan, Monday.

Rev. and Mrs. Ed Moore and Mr. and Mrs. Beverage Moore were Sunday dinner guests of Mrs. Nora Martin and Mr. and Mrs. Thomas R. Martin.

Mr. and Mrs. James Lynn Allen announce the birth of a son, Barron Lynn, Friday, Oct. 22 at the Methodist Hospital, Pikeville. Mrs. Allen is the former Gloria Turner, of Wayland.

Sunday dinner guests of Mrs. Pearl Bradley and Susie were Dr. Constantine Curris, president of W. Va. Tech., Montgomery, W. Va., Ted Morford, director of student affairs at Marshall College, Huntington, W. Va., Mr. and Mrs. Willis Hawes and Theodora Jean, of Proctorville, Ohio, Mr. and Mrs. Donald Moore and Regina and Raylene Wilks, Lynch, Ky., Mr. and Mrs. Harlan Bradley, Maria and Gayla, of Martin, Mr. and Mrs. Lawrence Howard and Mr. and Mrs. Bobby Bradley, Pyramid, and Miss Bonnie Bradley, of Prestonsburg.

Mrs. Wiley Jones is visiting Mr. and Mrs. Wendell Jones in Newcastle, Ind.

Mr. and Mrs. Bill Caudill and Billy Joe, Mr. and Mrs. Ray Fraley, Rhodella and Dewey Ray, Mr. and Mrs. Erial Hicks, Jan, Toby and Dennis, Mr. and Mrs. Roy Hicks, and Aubrey Hicks, of Langley, Mr. and Mrs. Raymond Crum, of Allen, Mr. and Mrs. Ed Hicks and Larry Joe and Larry Hicks, of Zionsville, Ind., and Miss Linda Castle, of Eastern, were Sunday dinner guests of Mr. and Mrs. Dewey Hicks.

Postmaster Edward F. Robinson announces, a sign concerning Christmas mailings has been posted in the Post Office lobby. Everyone should be sure to read this, since it contains dates for mailing Christmas cards and parcels not only overseas but in the continental United States as well.

Sympathy is extended to Jones Tallent, whose brother-in-law, Colman Mosley, of Baltimore, passed away last week. Mr. Tallent attended the funeral Monday.

Rev. and Mrs. Lee Edward Caudill and children, of Louisville, have moved to Lancer where Rev. Caudill will assume his duties as pastor of the Baptist church there.

Maytown wishes to express its pride in Mrs. Marcella Bailey and her leadership in making the patriotic parade in Prestonsburg Saturday such a great success. Mrs. Bailey is to be praised for her good work in her own community also.

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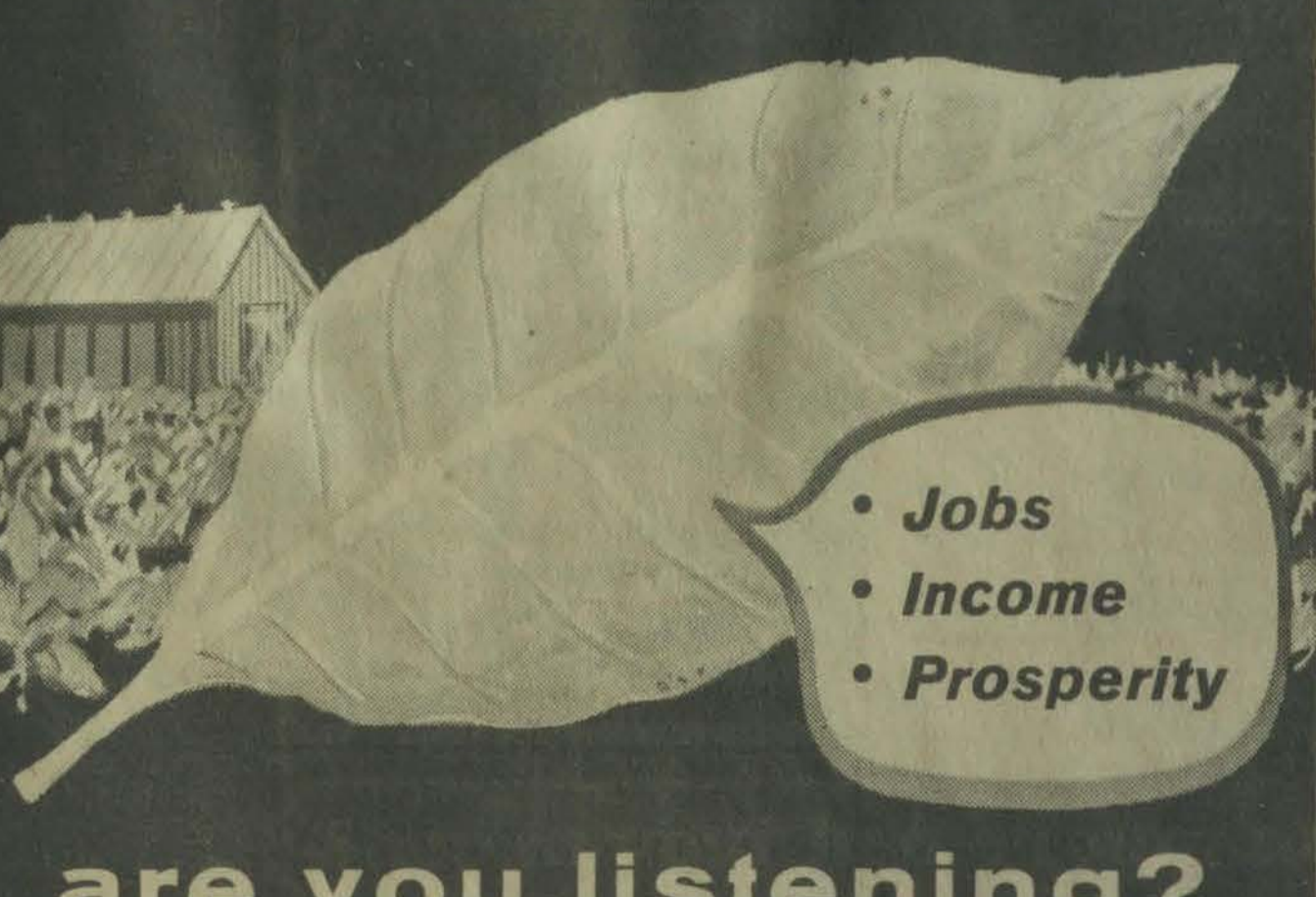
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About 5.2 million families, or 10 percent of the 51.9 million families in the United States, were living in poverty in 1970, Women's Bureau reports. Poor families included 3.7 million white, 1.4 million black and 68,000 of other minority races. The percentage of all families of each racial group who were poor were 8 percent, 29 percent and 14 percent, respectively.

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Tobacco Talks
Are you listening?

This advertisement paid for by Kentucky Burley Growers through the Burley Tobacco Protective Fund.

NATURE TRAILS

Nature's Seed Business—the Greatest on Earth

By RUFUS M. REED

It's autumn time and Mother Nature is deeply involved in the seed business, distributing her seeds to every corner of the earth. October is her month of falling nuts and flying seeds, and any moment of the day now multiplied millions of nuts, acorns, walnuts and other seeds drop to the ground; the larger nuts plunk down on the newly fallen leaves and often hide among them. But soon the deer, wild hogs, chipmunks and squirrels will nose them out for the feast; the deer will paw among the leaves to get a bellyful of the white oak acorns; the squirrels will find them and bury thousands in a row, to be used when deep snows cover the earth. The chipmunks are scurrying among the leaves, cramming their jaw pouches full of nuts to carry to their winter hoard.

The falling of the nuts is one of the great dramas of nature; it is a signal for the wild things of the forest to come and feast and fatten up for the long winter ahead. Some plants do not drop their seeds but hold them loosely, as an invitation to the birds to come and feast. The sunflower seeds hang loosely in the large heads and are easily got by the birds. Plants like the pokeberries never drop their fruits, but these hang on the boughs through the winter, having been dried and preserved by the fall winds as a winter food for the bluebirds and others. Nature always produces a hundred times more seeds than she needs to reproduce the species; the great abundance of seeds reminds me of the Scriptures that tell us that God watches out for the birds and other creatures and provides an abundance of food for them.

It is amazing at the great intelligence shown by nature in scattering her seeds to all parts of the earth. Nature abhors a vacuum; give her time and she will re-populate all the barren spots and establish new plants. Some seeds like those of thistle and dandelion develop parachutes which carry them far in every wind that blows. Other seeds like those of the maples have two wings and can fly away in the wind to other places to sprout and start new trees. Some seeds like those of the tulip poplars have one wing but they travel through the air with a whirling motion and may go a long distance before landing. Other seeds have fishhook appendages and these hook onto clothing or hair of animals and are often carried a long distance. Among this group are the seeds of cocklebur and burdock. Nature's great helpers in scattering her seeds are the winds, water, man, animals, birds. Many seeds, like those of the mimosas, are flinty but birds swallow them and pass them out, often in distant places. The witchhazel tree catapults its seeds and can throw them a distance of 20 feet; often in the fall one hears them spitting against a tree trunk like bird shot. The touch-me-nots and other plants have seed pods so sensitive to the touch the capsules curl up with a springy motion and toss the seeds several feet. Many seeds fall in streams and are carried miles away, perhaps to land on some distant shore to begin a new plant. Many seeds like those of the trefoils and beggar ticks latch onto one's clothing so tightly they have to be scraped off with a knife, but they do get scattered in this way. Some seeds like those of the apple and pear form in cores surrounded by meaty pulp; the pulp is eaten by man or animals and the seeds are tossed away and are thus scattered.

With all our vaunted wisdom, we have not yet probed into the deep mysteries of a seed—what it is and how it seems guided by a divine intelligence in its perilous journey to find a new home and a new life. A seed is really an embryo life inside a hull, or a covering, and when it is planted the embryo

sprouts and sends up a shoot in search of sun and life. Often in using many kinds of seeds as food, we discard the hull or covering and thus lose the most important part of the seed. The covering of seeds is rich in vitamins and minerals, but we rarely ever make use of it. The old settlers knew a lot about such things; they saved the peelings of apples and used them to make a clear, rich jelly full of vitamins. They also knew that grains of corn contain rich supplies of vitamins and minerals, starches and sugars, and that the best way to loosen these up and make them readily available in whole grains of corn was to make homemade hominy. They used lye made from wood ashes and almost every home once boasted a "hopper" for use in making lye from the ashes of hickory wood. They poured water through the ashes and leached out the lye in which they soaked the grain of corn to make hominy. Science has since shown that the alkali in the wood ashes helped to bring out the niacin, one of

the most valuable of the vitamins.

Let's take wheat. In order to sell white flour to make white bread, the wheat is refined until it is white as snow, but all its rich vitamins and minerals have been taken out, so that white bread lacks power to nourish the body. Rats fed on a diet of man's white bread soon develop serious malnutrition. Even the chaff of wheat has been soaked in hot water and from the essence was made a food that seemed almost miraculous in its power to build up underweight, poorly nourished children.

Nature's best medicine is found in various kinds of seeds. Recent discoveries have shown that some seeds are rich in antibiotics, as good as penicillin for treating disease. Among these seeds are those of the honey locust, the wild rose, the white ash, and acacia.

There are many other kinds of seeds rich in nourishing elements, but we have not yet learned how to eat them or prepare them for food. In the near future, we are going to

have to turn to many kinds of seeds as a rich source of food. One of these is the seeds of the common sunflower; these seeds are the finest bird food known and they are equally as nourishing for people. The sunflower was grown widely by the Indians, who used the seeds as food and made dye from its yellow blossoms. It has been shown by recent experiments that the oil from sunflower seeds can reduce the cholesterol level of the blood. The seeds are rich in vitamins, proteins, calcium and phosphorus; they also contain Vitamin A, which helps to strengthen the eyes.

Often we throw away the most valuable part of the vegetable, which is the seed. Take pumpkin seeds, for instance; they are said to be a rich source of phosphorus and have more natural iron than any other seeds. They have plant hormones and are said to be a good preventive of prostate troubles in men. No doubt we yet have many new things to learn about the value of nature's seeds.

TURKEY SHOOT

Beginning at 9 a.m.

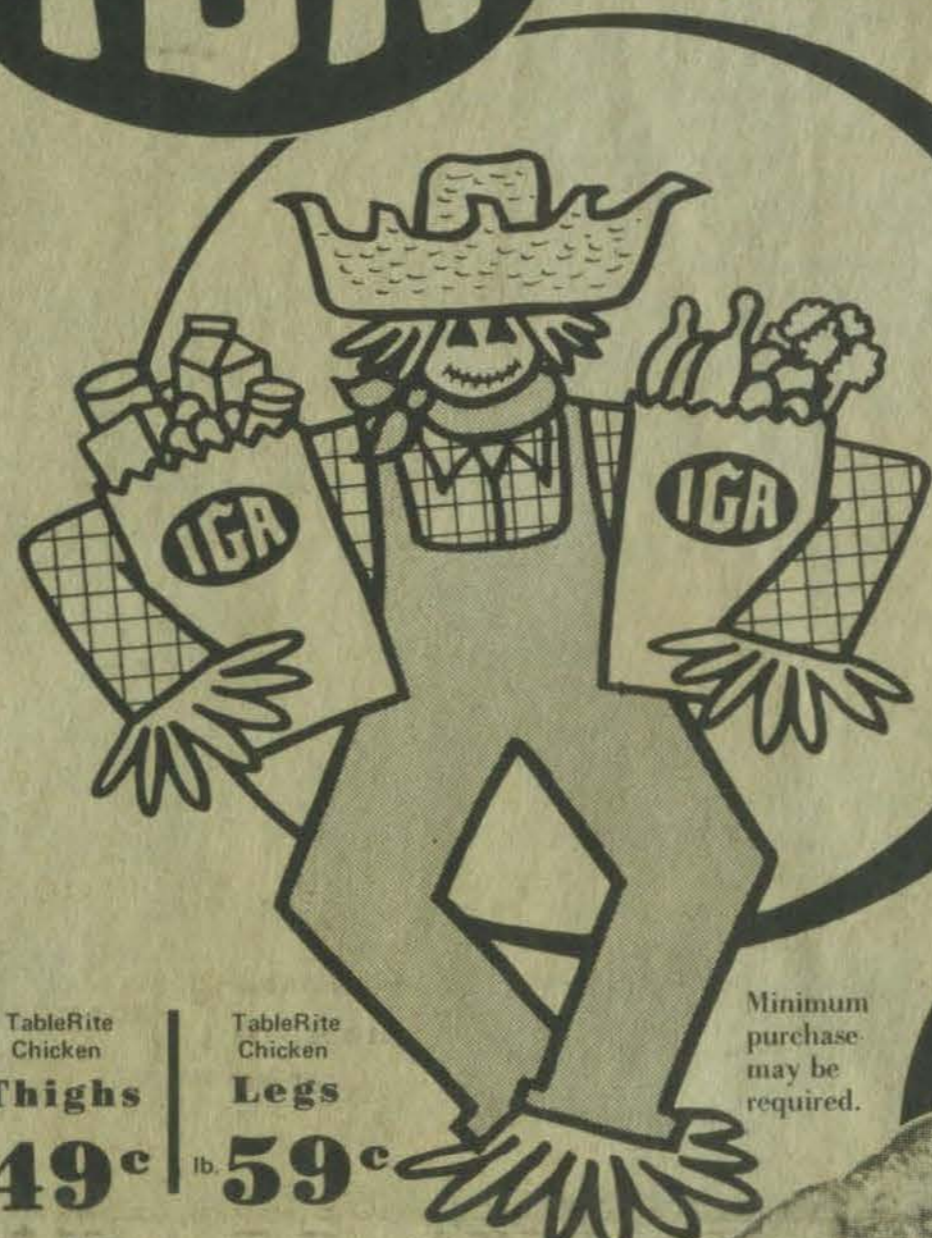
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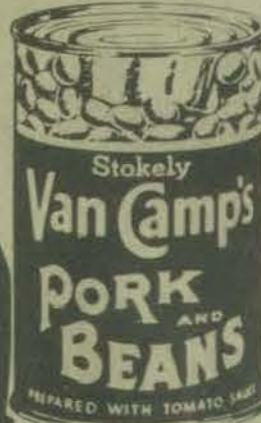
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