## From Long Ago

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The following first appeared in the
Mount Vernon Signal on October 18,
1907. It was recently transcribed
from microfilm of that issue of the
Signal. With these submittal £, I am
sharing these gleanings with the
Signal's present readers.
BRODHEAD NEWS
Miss Dessie Robins and Mrs.

Miss Dessie Robins and Mrs. Reynolds left Monday for St Louis Reynolds left Monday for St. Louis where they will make their future home. – Dr. O, O. Stone, M. C. and B. E. Albright, Jno. E. Evans, Mart Roberts and H. H. Hutcheson were up from Mt Vermon last Monday to see the ball game. – Jno. E. Evans is a home from a three weeks trip through North Eastern Tennessee. – J. Thos. Cherry, Dr. Percy Benton and John Robins were among those atthrough North Eastern Tennessee.

Those, Cherny, De Percy Benton and John Robins were among those attending the grand lodge at Louisville this week from there. Chas, Hur is singing lighting at Lebanon this week.

Miss Sustern Benton History and State Chas, Hur is straight and the standard with the s returned to their nome at Nina, Ky after spending two weeks here with Mr. and Mrs. J. F. Watson. – Rev. A. J. Pike filled his regular appointment in Boyle county last Sunday. – Ray O., the bright three and one-half year O., the oright three and one-half year old child of Mr. and Mrs. John Robins passed into the great beyond at 10-40 c'lock last Thursday morning. He was one of the brightest children when the service conducted by the last New John State of the Rev. A. J. Rive. 210 m. all that one the half was a service conducted by the Rev. A. J. Rive. 210 m. all that the service of the service conducted by the Rev. A. J. Rive. 210 m. all that the service of the service

W.H. Benton Sundayed at home - W.
J. Owens, of Corbin, is at home for a
few days. - Born to the wife of G. F.
Sutton a fine girl. - J. E. Storms, of
Keavy, is the guest of Mrs. Lou
Storms for a few days. - H. H.
Reynolds went to Miamasburg, Ohio
last Sunday to visit Prof. Woorley.
LIVINGSTON NEWS
Mrs. L.W. Beker and daughter. ats Sunday to visit Prof. Woorley.
LIVINGSTON Nevit Prof. Woorley.
LIVINGSTON Swist Prof. Woorley.
Mrs. J. W. Baker and daughter,
Mrs. Angeline, were visiting U. G.
Baker and family at Mt Vermon Sunday and Monday. —George Cope is alwing a concrete side walk made in front of his house on Main street.
Mr. and Mrs. Emerson Rice and son Mastre Earl haye returned to their home at Lebanon Junction after a very pleasant week with their mother,
Mrs. H. W. Rice. —Mrs. George Pope has returned from a very pleasant wist with Mr. and Mrs. W. T.
Merrimee at Paris, Ky.—J. W. Baker
John Charles and Bert Witchelad were in the city this week bidying Christmas goods.
Dr. R. G. Webb has moved his office into the Pope office. — Harry
Magan was in Corbig the latter part of last week. —Mrs. Lens Sparks and children are spending the week in Louisville. —Mrs. Henry Ovents is visiting her daughter Mrs. Acke Wella at Maretburg. —Dan Alcom has taken-dange of the River Mansion" Hotel. —John Pope is having improvements made on his houses on Main

improvements made on his property recently purchased of Mrs. Sue Mullins. – Ed Owens has moved his Mullins. – Ed Owens has moved his family into the house recently vacated by Dan Alcom. – Miss Lida Cook spent the week in Louisville. – Squire Kinley has moved his family to his new home recently purchased on Mulli-a house to his new home recently purchased on Mullins Avenue known as the "Dock Stuck" house. – Mrs. Ann Owens is on the sick list. – The big "Boom" which we have been talking "Soom" which we have been talking shoot for so long is now on trains stopping here now and more to stop before the year is out. New mines are opening up all around us lots of work for lots of people and property that sold for \$400 can now sell for \$800 and property that sold for \$1500 can now sell just as easy for \$2500. All those desiring a home in Livingoon had best buy now for five months more will see homes that are now going for six and eight hundred for \$2000 easily. — Ben Brumgit is improving his property on Main street creently purchased from W. H. Sigmon. — Miss Lottie Samis has been spending a pleasant week with her recently purchased from W. H. Sigmon. Miss Lottie Samis has been spending a pleasant week with her grandma, Mrs. Jane Owens. – Mr. Dave Riggles has moved his hugsshold goods from Lebanon Junction to the home of his father-in-law, Mr. J. T. Chewning, Mr. Riggles and children and the excellent family of Mr. Chewning have the sympathy of the entire community in their her entire community. the entire community in their be-reavement. This is four deaths this family has had in the last two years. And why we poor mortals in our ig-norance and blindness ask ourselves And why we poor mortals in our ignorance and bindness ask ourselves
the question, "Why is such and excellent family and Christian home so
completely broken up." We will in
time see the hand of providence in it
all, and say as David of old. The
Life yeven, and the Lord taketh,
blessof be the name of the Lord.—
Mr. Jacob Sambrook is in Louss'ille
this week.— Mrs. Rebecca Lucas and
children have returned to their home
at Broadland, Ill., after spending the
summer with her sister, Mrs. Mart
Hicks.— W. C. Mullins is having has
house on Main street repaired in general.— The county bridge across
Roundstone is being re-built. This
should Mrs. Suite Hicks has been
sery low but is a little better at this
surring.— Misses Ethel Hayes and
Mytel Chewing have returned from
a pleasant visit to Mrs. Harry Jenkins
at Corbin.— Logan Sayers, formerly
of this place, but now of Corbin, is at
Richmond taking treatment for consumption.

PERSONAL NEWS
Miss Bessie Miller is very sick.—
Dr. E. J. Brown was here yesterday.—
Conn Brown was here yesterday.—
Conn Brown was here yesterday.—
Conn Brown was here yesterday.—
Claud Cox has been on the sick list this week.—
Miss Bessie Mullins is visiting relatives in Corbin.—
Corbin.—
T. S. Miller has returned to his home in Santa Rosa, Cal.—
Mrs. Mat Willer was better.—
Mrs. Mat Williams will leave soon for a mooths visit for Louisville and other points.—
The Houston was here from Hazel Patch yesterday looking after some business matters.—
A. B. Furnish and Morris Brown are in Louisville attending the Grand Lodge of Masons.—
Mr. and Mrs. J. J. Theouston was here from Hazel Patch yesterday to be present of the proposed of the present of the proposed of the present of the present of the proposed of the proposed of the present of the proposed of the present of the of Masons. – Mr. and Mrs. J. J. Thompson came yesterday to be present at the burial of Mrs. F. L. Thompson. – Hon. B. J. Bethurum, Hon. Robert Harding and Commonwealth's Attorney are visiting attorneys this week. – U. G. Baker is in Louisville this week attending the meeting of the Grand Lodge of Masons and buying new goods. - R. B. and T. D. Mullins

new goods. - R. B. and T. D. Mullins are taking in the Jamestown Exposi-tion, Washington, New York and

other Eastern points of interest. – We are glad to see our good friend Neal Parrett able to again be on the streets after an illness of four weeks of malaria fever. – W. H. Brown and finnity and A. J. Thompson and daughter, came up from Lincoln yesterday to attend the burial of Mrs. F. L. Thompson. – Mrs. Hughes, mother of L. R. Hughes, mother of the most of the m ciation. – D. G. Roach was on yesterday's train returning from Lou-isville to his home in Manchester. He said Mrs. Roach, who has been very said Mrs. Roach, who has been very sick is better, but his mother is very sick as that the mother is very sick at this time. – Dr. R. W. Dyche, a dentist from London, was here Tuesday making arrangements to come here to locate. He has readed the office in the old brick, recently vacated by A try. J. W. Brown and expects to be here the first of next week to open his office for business. – Mr. and Mrs. W. H. Branaman were here for a few hours Wednesday. Mr. Branaman told us that he had sold his

farm of 223 acres to Tip Langford and Coleman Burdette for \$2500. He said that he would locate somewhere in the land but did not know where - Mr. Emerson Rice and wife, who have been guests of Mr. William Fields and family, returned to Leba-non Junction Friday -- Mr. J. R. includes and advantage and a control of Lebamon Junction Friday - Mr. J. R.
Orndorff, of Livingston, was here
A control of Livingston, was here
Saturday mingling with his many
friends. We are glad to state that
he injuries sustained in a wreck a few
weeks ago. - Dr. Percy Benton, of
Brodhead, was here Friday to see Dr.
Ley J. Brown. - Dr. Mr. L. Myers has
been in Louisville for the past week.
He will be at home some time next
week. - Jack Adams arrived Tuesday
from Colorado with a car load of
horses. He will have his sales tomor
was advertised. - Hon Eli Brown,
former speaker of the House of Repers
was advertised. - Hon Eli Brown,
former speaker of the House of Repers
of the Mr. And Mrs.
Sugassit on which the control
of TAWA NEWS
Mr. And Mrs. Eugenburg and Mrs.
Tart Prector. - H. G. Sutton, of Qual
was in this part Thursday. House to
the wife of C. S. Armstrong, a boy
bay on the Thrusday Mother and
babe both doing well. - Mr and Mrs.
Mary Brown and little daughter,
Anna, visited relatives at Qual SunMary Brown and little daughter,
Anna, visited relatives at Qual Sunfor S78. - The egith year old child of
Robert Wallen has pneumonna fever.

The last few days have seemed like
winter and the farmers are beginning
to leal in their winter wood. - S. S.

winter and the farmers are beginning to haul in their winter wood. - S. S.

winter and the farmers are beginning to faul in their winter wood. S. S. Proctor, who is doing carpenter work at Marethurg was with homefolks Sunday. — The farmers are busy sowing wheat in this section. — Billy Thompson, of Krueger, visited relatives here Sunday night. — LOCAL NEWS DEATH: MR. F. L. Thompson died at her home in our little city Wednesday afternoon. Mrs. Thompson was 45 years nine months and eight days old. For more than twenty years she had been in very poor health, but not until the last six months did her affilictions become of family. All that medical could do brought her no relief. The use of Xr ways revealed that the growth in he right shoulder was the seat of the trouble, which for weeks had equade her auch excusional to the vealence of condition in the wiss not equal to the operation necessary to

remove the cause, which was surely wearing her life away. Mrs. Thompson, who was Miss Alza Fish before her marriage, was the only daughter of Egbert and Ann Fish and on the twelfth day of December 1880 was united in ntartimony to F. L. Thompson, to which union was born six chil-

dren, three girls, Misses Susic and Alza and Mrs. L. R. Hughes, of Stanford, and three boys F. L. Jr., Jamie and Will all of whom are living. Besides the husband and children, who are crushed by the great misfortune which has come upon them, she leaves one brother, A. J.

Fish, and an aged mother, who is heart broken because of the death of her only daughter. Short services were conducted from the home at 3 o'clock p. m. yesterday, after which the remains were laid to rest in Elmwood cemetery, to await the res-urrection morn.

### Rockcastle beef producers offer women tips to get through holidays

'Tis the season for family, friends, fun - and especially food. Just in time for the holidays, Rockcastle County beef producers are bringing busy women two new information sheets full of realistic advice on navigating the holiday buffet table without ruining their healthy eating plans, along with tips to maximize their time and

ining their healthy eating plans, along with tigs to maximize their time and energy.

The "Every Day Solutions For Everyday Heroes" and "Beef Nutrients That Work As Hard As You Do's sheets were developed by the \$1-perhead beef checkoff program and the Council for Women's Nutrition Solution—an all-women advisory board of health and nutrition experts. "Instead of sending, messages about what you can't eat for good health we're providing, simple optoms for every day nutrition that will uttime the proposed of the state of the sending, messages about what you can't eat for good health will be the state of the sending, messages about what you can't eat for every day nutrition that will uttime the sending missed proposed to be sending the sending missed messages for years about nutrition of the sending the

breast and thigh in terms of total fat, including a holiday favorite, tender-

loin.

Foods that contain a power pack of nutrients, like beef, have fallen off women's plates - leaving them defi-cient in many key nutrients, such as iron, zinc, protein and B-vitamins,

iron, Zinc, protein and Devianinis, that are necessary to support the en-ergy needs of today's woman. This checkoff-funded effort will real tremendous benefits for beef pro-ducers, according to Taylor "We're ducers, according to Taylor "We're providing reliable, realistic informa tion in an easy-to-read format that fit the lifestyle of our key audience, says Taylor. "We're expecting to dis tribute more than 300,000 sheet

through health professionals and di-

rectly to interested consumers."

Highlighted below are a few examples of nutrition and lifestyle tips perfect for the holiday season, as well

perfect for the holiday season, as well as the rest of the year.

Let moderation be your guide. Enjoy the foods you love - but in sensible portions

Add to your foods' color palette. Fat colorful fruits and vegetables like.

tomatoes, mangoes, carrots, blueber-ries and squash Generally, the deeper the colors, the more nutrients they contain.

• Read product labels. Look for

 Read product labels. Look for foods that are high in fiber, calcium, protein, zinc, iron, B-vitamins, Vita-min C, and other nutrients your body · Create leftovers. It's just as easy

to cook a large roast or casserole as a small one! Save time and energy, using the leftovers for a second meal or tasty snacks, or freeze them for homemade "fast food" later.

\*Take time to stop and smell the pot roast. It takes about 20 minutes for your brain to register that your stomach is full, so slow down and saver your feed.

 Stretch your restaurant meals.
Order what you want and take hall. home to enjoy tomorrow. Or sha the salad and entree with a friend

you'll save calories and money too!

It's all about balance. Think of healthy eating as a balancing act. Enjoy all foods just balance higher fathigher calorie and low fat/low calories options over time. Big dimer tonight' Follow-up with a walk outdoors and alight dessert.

Pump Iron Iron plays a role in a wide variety of body functions. For example, iron helps regulate the body's production of energy, supports the immune system and helps ensure optimal cognitive function and brain development. Iron is also needed to form healthy red blood cells and prevent anemia. Iron is especially important for women and children and can be easily obtained from strion, lean ground beef, for pround, furkey, fortified breakfast cereal, and symiated the strip of the programment of

· Zap that next bug with Zinc. Zinc also plays an important role in main-taining good health. Zinc aids in the growth and cognitive development in growth and cognitive development in growing children, maintaining a healthy immune system, healing wounds and ensuring normal appe-tite and taste. Good sources of zinc that can fit in an every day diet in-clude Raisin Bran<sup>TM</sup>, lean ground beef, sirloin, skinless chicken, wheat germ, plain, lowfat yogurt, and baked

## Lovell's Gun Sales and Repair

New and Used Guns For Sale Ammo and Gun Accessories Repairs Stock Refinis

Hot Bluing
Certified Gunsmith/Licensed Firearms Dealer Maple Grove Road Mon-Fri 5:00 pm to 8:00 pm



# It's Beginning To Look A Lot. Like Christmas!

Opportunity's knocking And we'd just like to say Hope your season is perfect In every way.

May it open the door, For good tidings and cheer - -Merry Christmas to all And a joyous New Year

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#### HOME IS WHERE THE HEART IS

May yours be filled with peace, love and contentment this holiday season.

#### Appliance Service Center

Roy, Virginia, Dale, Laverne, Jeff, Scotty, Matt, Roy Scott & August Isabella U.S. 258 • Mt. Vernon • 256-2626

