

Pasta Can Be Versatile

Copley News Service

The new American Heart Association cookbook contains some interesting pasta recipes you will want to serve because you know that they will be good for you as they are good to eat.

"Pasta is versatile and comes in hundreds of delightful shapes. It is available very thin or very thick, short or long, tubular or solid," the cookbook says.

"Good quality pasta is made from semolina flour milled from durum wheat, a type of wheat that is low in starch. Egg noodles have egg yolks added and are not recommended for use as often as other pasta. Pasta can be a meat meal, a vegetable meal, or a fish meal, depending on the sauce served with it.

Tossed with oil and a low-fat cheese, it remains uniquely a pasta meal. Possibly no one has yet been able to count the recorded recipes for sauce combinations. They must number in thousands."

Like rice, pasta suggests many interesting ways of using leftovers.

BEF MANICOTTI
This recipe can be used as a tasty main dish, served with a green salad and zucchini, or as an appetizer.

FILLING
1 10-ounce package frozen leaf spinach
1 clove garlic, minced
1 medium onion, chopped
2 tablespoons oil (1 tablespoon olive oil, 1 table-spoon oil)
1 pound lean ground round
1/2 teaspoon oregano
1 teaspoon salt
1/2 teaspoon pepper

Cook spinach according to package directions. Drain and press water from spinach. Chop into large pieces. Sauté garlic and onion in 2 table-spoons of oil for a few minutes. Brown the ground meat, breaking it up with a fork. Drain off fat. Add seasonings and spinach. Set aside.

SAUCE
1 clove garlic, minced
1 large onion, chopped
2 tablespoons oil (1 table-spoon olive oil, 1 table-spoon oil)
1/2 cup chopped fresh parsley
1 16-ounce can Italian plum tomatoes
1/2 ounce can tomato paste
1/2 cup red wine
1 teaspoon basil leaves
1 teaspoon salt
1/2 teaspoon pepper

To make the sauce, sauté garlic and onion in 2 table-spoons of the oil until soft but not browned. Add all other ingredients. Stir, and simmer, uncovered for 20 to 30 minutes, or until thickened.

PASTA
12 large manicotti shells
1 cup low-fat cottage cheese or ricotta
Parboil 12 large manicotti shells until soft but not limp. Drain. Stuff with meat and spinach mixture.

Preheat oven to 350 degrees. Oil a shallow casserole dish and pour a little of the sauce in the bottom. Arrange shells in rows in the baking dish, filling spaces between with extra meat sauce. Spread cottage cheese over the top. Pour over the rest of the sauce and bake 20 minutes or until bubbly. Yield: Six servings.

ITALIAN SPAGHETTI SAUCE
2 pounds lean ground beef
2 cups chopped onion
1 cup chopped green pepper
3 cups chopped celery
1 28-ounce can Italian Plum Tomatoes
1/2 ounce can tomato paste
2 teaspoons salt
1 teaspoon each black pepper, oregano, basil leaves, and garlic salt
1 tablespoon Worcestershire sauce
23 bay leaves
Brown the ground meat in a large pot, stirring frequently. Add onions and when they are slightly brown, add pepper and celery, and cook slightly. Add all other ingredients. Cover and simmer for 2 hours.

Allow to cool, then place in the refrigerator overnight. Skim off the fat that hardens on the surface before reheating. Cook spaghetti according to package directions. Serve with sauce on top. Sprinkle with Parmesan cheese, if desired. Yield: Six to eight servings.

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Aunt Jemima Frozen Original Waffles 10 OZ PKGS **49¢**

Pineapple 15 OZ CANS **3.89¢**

Chiffon Cake 9 OZ RING **65¢**

Ricotta Cheese 16 OZ **75¢**

A&P Shave Cream 11 OZ CAN **39¢**

Administration Still Optimistic Thousands Jobless In Plane, Auto Work

By JEFFERY MILLS
Associated Press Writer
The administration is optimistic its energy policies can minimize the loss of jobs because of the fuel shortage. But the toll continues, with new layoffs affecting thousands of workers in the automobile and aviation industries.

Flight cancellations caused by shortages in jet fuel. A spokesman said further cuts in personnel might be necessary. Cessna Aircraft Co. said it will lay off 2,400 workers by Friday night and blamed production cutbacks on President Nixon's reduction of fuel for business flying.

tries they consider friendly to Israel. The Arab oil-producing nations have slapped a total embargo on the United States. The director of a Ford Foundation energy project said the United States faces possible oil and gas shortages and higher prices for years to come.

The Sanford Herald

Thursday, November 29, 1973—Sanford, Florida 32771
66th Year, No 86 Price 10 Cents

Oil Firm Lawyers To 'Grill' Shevin

TALLAHASSEE, Fla. (AP)—Oil company attorneys will resume questioning Atty. Gen. Robert Shevin in January on his suit accusing the firms of conspiring to create a gasoline shortage. Only one attorney quizzed Shevin and others were waiting a turn when four hours of often contentious questioning ended Wednesday to allow Shevin to meet a previous engagement. Shevin was to testify today in Washington on antitrust enforcement at a special Senate subcommittee on integrated oil operations.



ROBERT SHEVIN
... Suing companies

O'Malley To Probe Allstate Rate Increase

TALLAHASSEE, Fla. (AP)—Insurance Commissioner Thomas O'Malley today challenged Allstate Insurance Company's assertion that it needs an auto insurance rate increase averaging 15 per cent to overcome a \$14 million loss. He said the company claimed \$14 million in losses in a press release announcing the rate increase Wednesday but asked for a hike of only \$10 million. "I can't figure out why they're so willing to take a \$4 million loss," O'Malley said. "I'm not sure their figures are accurate. If they're losing \$14 million they should be asking \$14 million."

House Judiciary Panel Okays Ford Nomination

WASHINGTON (AP)—Gen. R. Ford's nomination to be vice president was approved 29 to 8 today by the House Judiciary Committee. The House is expected to act on the nomination next week and overwhelming approval is assured. The Senate approved the nomination earlier this week. All eight votes against the nomination in the House committee were cast by Democrats who objected to Ford's conservative voting record, particularly in the field of civil rights.

Drummond: Grand Jury Denied Me Due Process

County Commissioner Greg Drummond today said his reputation and career have been shattered by an Oct. 9 grand jury report charging an unnamed commissioner with "acts bordering on criminality." He said the grand jury denied him due process in its probe of the county board of electrical examiners.



COMMISSIONER DRUMMOND MAKES POINT
... Blasts grand jury and 'politics' (Herald Photo by Jean Patteson)

W. Springs Seeks School

WINTER SPRINGS—City council Wednesday night hired the city's first full time fireman and adopted a resolution asking the school board to construct a school named Winter Springs Elementary. Councilman Clifford Jordan, however, continued his battle against the proposed school location off 434, a dangerous site, insisting it is public safety.



CLIFFORD JORDAN
... Fights site

Tanks To Float Monday

Port authority members Wednesday described the \$50,000 move as "totally unprecedented." Six large petroleum storage tanks at Sanford's lakefront will be floated down the St. Johns River Monday to a new home at the port of Sanford. Port Administrator James Ryan told Seminole County Board of Commissioners (SCOPA) members it will take two to three days to move the six tanks which when full contain 1.5 million gallons.



SANTA'S COMING TO TOWN
KIMBERLY VENTRE of Oviedo, winner of Sanford Christmas Parade theme contest, takes advantage of visit to downtown Sanford to mail her letter in Santa's special mailbox as parade marshal Jerry Munson and Santa Claus look on. Kimberly, who received a \$50 U.S. Savings Bond, and Santa will both be featured in the Dec. 6 parade. (Herald Photo by Bill Vincent Jr.)

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21 SHOPPING DAYS TO CHRISTMAS

Penneys Open Sunday 12:30 - 5:30

Sleepwear sale.



Sale \$18. Polyester double knit ankle length skirt for misses. Narrow belt, side zipper and button closure. Assorted patterns, sizes 8-18.

Sale \$20. Ankle length skirts for juniors. Cotton velveteen in assorted solids. Styled with chain belt, back zip and back slit. Sizes 5-15.

Sale \$15. The tapestry look in long skirts. Rayon/cotton with black elastic waistband. For junior sizes 5-15.

Save 20% on selected group of long skirts.

Sale 14⁴⁰

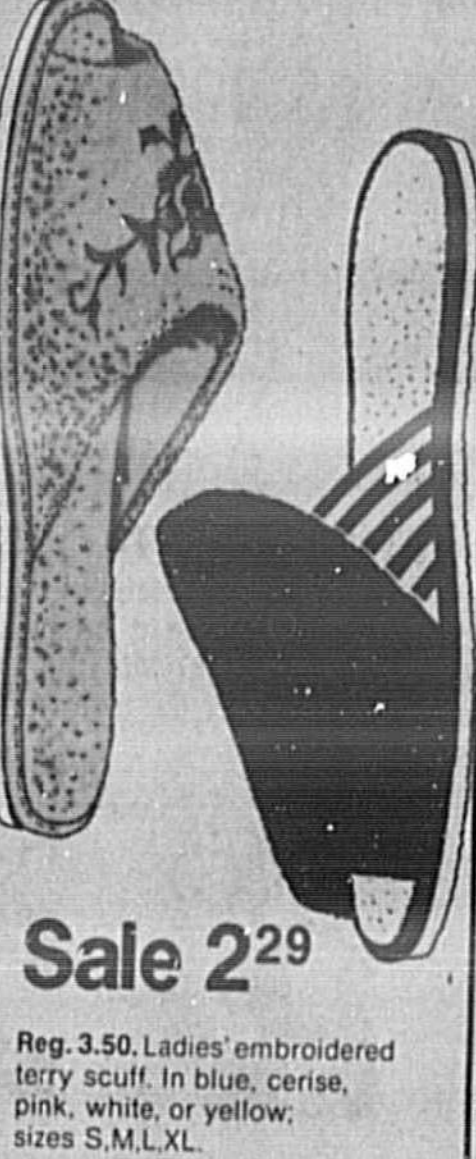
Sale \$16

Sale \$12



Save on women's slippers

Sale 2²⁹



Save on men's '7 & '8 dress shirts.

Sale 5⁷⁵

Sale 6⁷⁵



Sale 5⁶⁰

Sale \$4

Sale \$4



Closeout special Men's corduroy rancher jacket.

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Sizes 3-4X and 7 to 14.

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Men's polyester sport coats.

Special 24⁸⁸



Closeout watches



Men's and women's 17 to 25 jewels. Assorted styles including automatics and calendars.

29⁸⁸

Panti-hose sale!



Sale 4 for \$6

Sale 2⁴⁶

Save on girls pants

Sale 5¹⁰

Sale 2⁵⁵

Sale 4²⁵



Boys' polyester blazers.

Sale 16⁸⁸

Sale 11⁸⁸



Merry Christmas from Penneys.

JCPenney

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The Herald

Bargain Section

Thursday, November 29, 1973

THE SANFORD HERALD Page 1B

Poll Shows High Check Volume

You're no different than your neighbor—or than most companies, for that matter—if you write more checks at the beginning of the month and then taper off as you begin to watch the balance dwindle.

Surveys reveal that the highest daily volume of checks occurs on the first Monday and the highest weekly volume during the first week of the month, according to Wayne E. Albert, vice president of the United State Bank of Sanford, and president of the East Central Florida Chapter of the Bank Administration Institute.

He adds that the monthly low point usually occurs around the twenty-ninth day of the month.

In a normal week, banks will handle two and one-half times as many checks on Monday and Friday as they do in the middle three days of the week because of routine business practices. For instance, the BAI chapter president points out that the majority of payroll checks are written on Fridays, and weekend deposits result in heavy Monday-Friday patterns in check volume.

U.S. commercial banks processed 14 billion checks in 1962, 21.5 billion in 1970, and they expect to handle 43 billion by 1980.

The median check value—a dollar value at which half the checks are smaller and half larger—lies between \$25 and \$50, according to BAI, the largest technical association in the banking industry, headquartered in Park Ridge, Illinois.

ComBanks On Target

ComBanks Corporation continues to achieve its corporate goal of sound, profitable growth. President E. G. Banks announced to stockholders, "Increases in earnings per share, deposit growth, and all measures of business activity confirm that ComBanks and member banks continue to share fully in the economic growth and progress of the Greater Orlando Area," Banks reported.

Third quarter results brought operating revenues for the nine months ended Sept. 30 to \$4,300,711 compared to \$3,786,887 for the same period in 1972, restated for the January, 1973 pooling of interest as a result of consolidation. Net income for the period was \$1,165,534, a 28 per cent increase over \$907,749 for a similar period last year, as restated. Earnings per share reached \$1.81, up from \$1.34 per share last year. Total deposits amounted to \$125,506,800, an increase of 19 per cent since Sept. 30, 1972.

In the ComBanks Progress Report to stockholders, Banks reported that ComBank-Longwood, seventh ComBank in the Central Florida Area, had been approved by all regulatory authorities and is scheduled for opening in early 1974. ComBank-Central Bank & Trust Company has been approved by the Florida Commissioner of banking. The newest ComBank will be located in downtown Winter Park.

Delta Reports

ATLANTA—At the regular meeting of Delta Air Lines' Board of Directors, Robert Oppenlander, senior vice president—finance and treasurer, reported unaudited net income for the quarter ended Sept. 30, 1973 of \$17,421,000 (88 cents per share), an increase of 33 per cent from the \$13,096,000 (66 cents per share) earned in the same 1972 quarter.

The 1972 quarter is restated to reflect the Aug. 1, 1972 merger of Northeast Airlines Inc. into Delta as a pooling of interests.

The current quarter includes an after-tax gain of \$1,151,000 (6 cents per share) from the sale of DC-9-14 aircraft. The 1972 quarter included a non-recurring after-tax charge of \$1,657,000 (8 cents per share) representing the write-off of various pre-merger and post-merger related expenses.

Operating revenues for the quarter were up 15 per cent to \$277.3 million from \$242.0 for the 1972 period. Revenue passenger miles increased 8 per cent to 3.8 billion and passenger mile yield increased 5.5 per cent to 6.66 cents. Cargo revenues increased 7 per cent for the quarter.

Phosphate Climbs

LAKELAND—A recent survey conducted by the Florida Phosphate Council shows a continuing increase in employment by the phosphate industry in Florida.

Homer Hooks, Executive Director of the Council, reports that the survey shows a total of 8,576 persons employed in the phosphate industry in Florida, up from approximately 8,000 in 1972. Twenty-four Florida counties and the State of Georgia provide workers in the industry.

Polk and Hillsborough counties lead in the number of persons employed, with Polk having 4,945 located in 29 cities or towns. Hillsborough has a total of 2,463 in 24 cities and towns. The other counties in order of number employed are Hamilton 312, Hardee 224, Columbia 186, Suwannee 146, Manatee 106, Pasco 98, Pinellas 11, Madison 9, Duval 8, Highlands 6, Alachua 3, Baker and DeSoto counties have 2 each, and the following counties have one each: Orange, Osceola, Sarasota, Citrus, Clay, Gilchrist, and Lafayette. Forty-seven workers live in Georgia.

Maitland Jaycee Election

At a special meeting of the Maitland Jaycees two new officers and a new director were elected.

Ray Kammer was unanimously elected as president; David Padgett was elected internal vice president; and Chuck Taylor was elected to the board of directors.

Kammer works in the Engineering Department of General Dynamics Corporation. He is a native of New York City and came to the Maitland area in 1966. He served four years in the United States Air Force as an Electronics Technician prior to going with the General Dynamics Corporation.

Padgett of the Martin Marietta Corporation lives in Altamonte Springs and Taylor of the Southeast First National Bank of Maitland lives in Orlando.

The other officers and directors of the Maitland Jaycees are: Jerry Lincoff, external vice president; David MacNamara; treasurer; Buddy Hacks, secretary; David Gray, state director; Robert Nordheim, director.

Maitland Bank Promotions

The following promotions were announced by Wendell Jarrard, chairman of the board and chief executive officer of the First National Bank of Maitland.

Ralph L. Smith was promoted from assistant vice president of purchasing and personnel to vice president and cashier.

Robert F. Barnett was promoted from assistant vice president of mortgage loans to vice president of mortgage loans. Mrs. Marla A. Rickett was promoted from assistant cashier to assistant vice president of installment loans.

Economists Believe Future Dim

By DONALD C. BAUDER
Copley News Service

Three hard money economists got together the other day to discuss the current international monetary scene, and while they couldn't agree on everything, they did agree on one point: things are going to get much worse for people throughout the world.

The participants were Richard Russell, who writes Dow Theory Letters, Andre J. Levie, analyst for Robert Green & Co., and George Friedensohn, a former Massachusetts Institute of Technology scientist and economist who heads his own investment counseling firm on Manhattan, N.Y. George Friedensohn, Russell set the tone: "People are buying things they don't need with money they can't afford."

"There are massive changes in our way of life coming," continued Russell. "The country has been living on a totally unrealistic level and in the future we'll be living at very differing standards."

"Do people really need two houses and two cars?" asked Russell, who rides a motorcycle and is usually seen dressed in Levi's.

The three economists were in agreement on the reason for the commodity shortages which will haunt us. Said Friedensohn, "Of 12 basic commodities, 6 are in short supply."

He said the shortages are directly due to "over-stimulation of economies by the creation of too much money. Countries throughout the world are creating purchasing power that has no relationship with economic output."

All agreed that a return to a gold-backed system would be the solution to the problem, but politicians' procrastination and unwillingness to face the problem would probably lead to economic disaster first.

"When the world debt structure starts to be liquidated, it will accelerate the ultimate collapse of the system," Friedensohn said.

"We've moved into the critical area. Whether it blows this week or next year, or whether the catalyst is the Arab-Israeli conflict, we don't know—only that we can't fool around anymore," said Russell.

All agreed with Levie who said, "The public knows less about economic reform than anything else." He named the reasons that he thinks the public won't press for a move to gold:

"First is the bankers. They want the liberty they have without the discipline of gold. Second the politicians—they want to be able to spend indiscriminately.

"Also, many of them oppose the system because it would give South Africans a good position.

"Third, most of the economists are either disciples of Lord Keynes, such as Paul Samuelson, or are monetarists such as Milton Friedman who are gold foes."

VIEW FROM THE TOP

CAMERA catches view from sixth floor of new First Federal Savings and Loan Association of Seminole County looking northeast, toward marina, city hall, court house and civic center. Exterior work has been completed on the \$1.5 million structure which is expected to be finished by early January. Remodeling of the existing building is scheduled at that time. (Herald Photo by Bill Vincent Jr.)

By Florida Gas Company

Executive Team Restructured

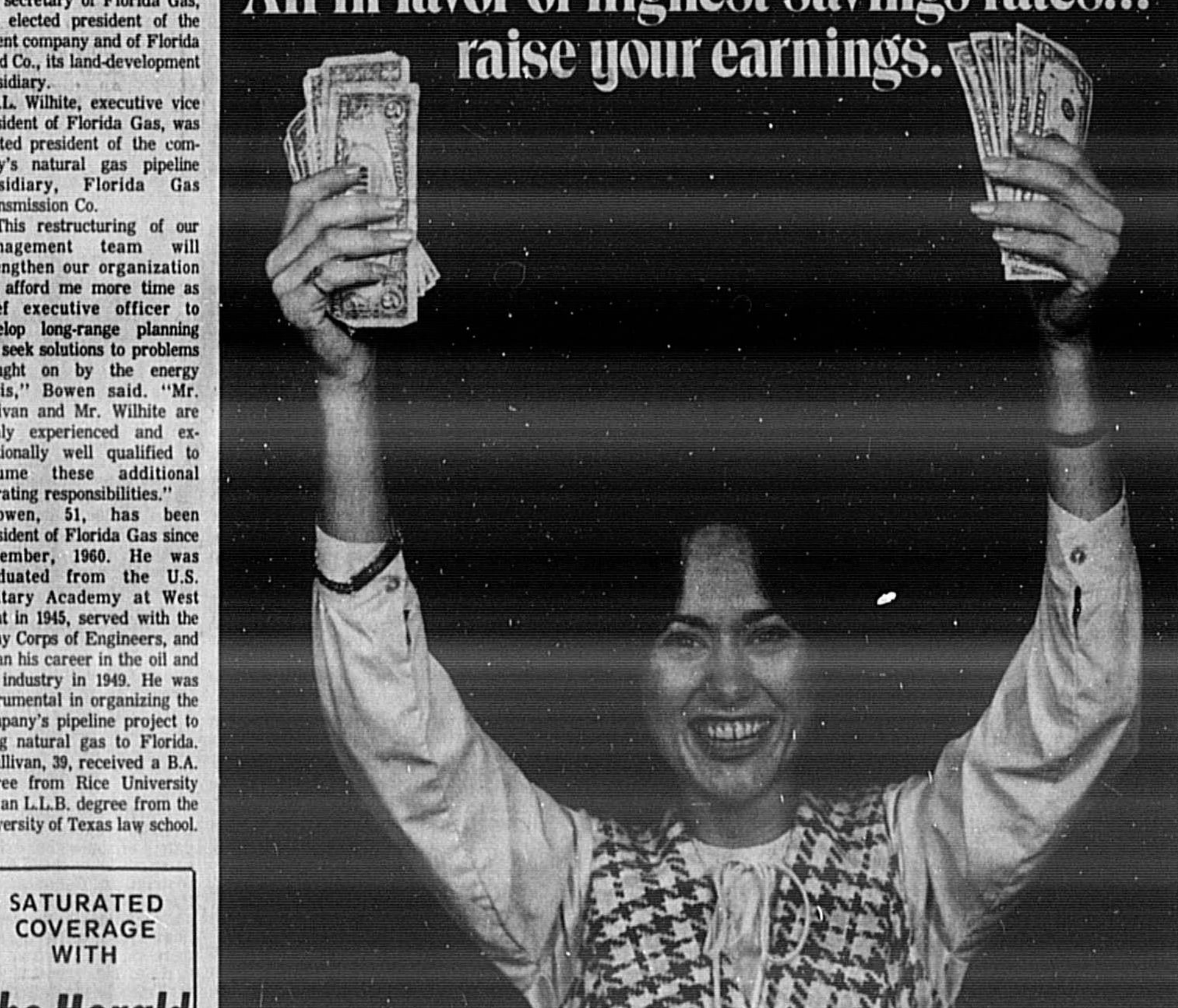
The Board of Directors of Florida Gas Company, meeting November, 1972, home construction company in Houston before joining the Houston law firm of Andrews, Kurth, Campbell & Jones. His career with the company began in 1967 in Houston, where he was active in developing the firm in 1972 to join Florida Gas as general counsel and secretary, and was also named a director at that time. He was elected vice president in Florida Gas and subsidiaries in November, 1972.

Wilhite, 50, is a 1944 graduate of the U.S. Military Academy. His career with the company began in 1967 in Houston, where he was active in developing the firm in 1972 to join Florida Gas as general counsel and secretary, and was also named a director at that time. He was elected vice president in Florida Gas and subsidiaries in November, 1972.

At the meeting, the board of directors declared a quarterly dividend of 14.25 cents per share on the common stock payable Dec. 15, 1973, to shareholders of record on Dec. 3, 1973.

Florida Gas Co., a diversified natural gas company, transports gas from Texas, Louisiana and other Gulf Coast states and delivers it throughout peninsular Florida. Through subsidiaries, the company is also engaged in oil and gas exploration in the Gulf Coast area and in land development in Florida.

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The Herald Bargain Section

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25,750 copies are distributed to more than 100,000 readers throughout the area, including: Sanford, Enterprise, DeBary, Deltona, Ocoee, Longwood, Lake Mary, Casselberry, North Orlando, Fern Park, Altamonte Springs, Oviedo, Chuluota, Forest City, Goldenrod, part of Winter Park, Maitland and Geneva.

• Sanford • Oviedo • Longwood • Winter Park • Orange City

Concert Association To Present Chorus Singing 'Messiah' Dec. 3



59lb. loser

Ever go to a company picnic and find you've got competition? Shirley Gallagher did. And when she saw the petite girl her husband worked with, she suddenly turned into 160 lbs. of fear and jealousy.

That's when she decided to try Ayds' Reducing Plan Candy. It contains vitamins and minerals, but no drugs. Taken as directed, Ayds helps curb your appetite, so you eat less, lose weight. Shirley Gallagher lost 59 lbs. on the Ayds plan. Try it. Ayds comes in four delicious flavors.



ECKERD DRUGS

CHORUS AND BAROQUE ENSEMBLE REHEARSING
Burt Perinichief directs 65-voice chorus (Herald Photo by Lix Mathieux)

The newly organized Seminole County Community Chorus, under the direction of Burt Perinichief, will present Part One of Handel's "Messiah" at the Sanford Civic Center at 8 p.m. Monday, Dec. 3.

This chorus group is like a "dream come true" for Director Perinichief, and with the cooperative efforts of the Humanities and the Adult and Continuing Education Division of Seminole Junior College, it has been made possible.

At present, there are 65 voices enrolled.

"Messiah" has been a favorite of audiences throughout the world and the "Advent" portion of this great oratorio has become a tradition at this particular season of the year.

In an effort to provide historic authenticity, the accompaniment will be performed by the Rollins Baroque Ensemble and Benjamin Cox, harpsichordist.

Soloists for the concert are all members of the Community Chorus. They are sopranos, Evelyn Bawel, Hazel Perinichief and Claire Salvali; contraltos, Elizabeth Mathieux and Shirley Ryan; tenors, Lewis Dorton and Willie White; and baritone, Dennis Boatner and Lanier Noles.

Since this concert is sponsored by the Seminole Mutual Concert Association, admission is limited to members of the association SMCA members unable to attend the Dec. 3 concert are requested to call Perinichief, 322-1450 in order to provide seating for the families of participants.

Couple Marks Silver Anniversary

By FANNETTE EDWARDS
Herald Correspondent

DELTONA — Mr. and Mrs. Josef Kuras of 586 Normany Blvd., celebrated their 25th Wedding Anniversary, Nov. 13 at their home.

former residence in Milwaukee, Wis. and earlier in Germany. The couple was especially delighted to have Miss Nellie Galster, now of Milwaukee, who was an attendant at their wedding in Fulda, Germany, on Oct. 24, 1948.

The gathering was hosted by Miss Wanda Kuras, young daughter of Mr. and Mrs. Kuras who attends Seminole Junior College. The family came to Deltona two years ago from Milwaukee. Mr. Kuras served in World War II and was a prisoner of war of both the Germans and Russians.

Guests were immediate friends from Deltona and out-of-town guests from their

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Area Activities

DELTONA—The Goodtimers Association will hold its first general membership meeting on Nov. 30, at 7:30 p.m. in the Community Center.

All registered members are urged to attend and discuss association policies. The by-laws will be subject to a vote of approval.

Light refreshments will be served.

DELTONA—Nine tables were in play at the Deltona Woman's Club Duplicate Bridge Tournament under the direction of Mrs. Richard David.

Winners were North-South, first place Mrs. George Merrill and Mrs. Ed Thacker; second, Bob Galston, and John Stenson; third, Mrs. Arthur Kolan and Mrs. Marguerite Evans; and fourth, Mrs. James Connell and Miss Betty Kolan.

East-West winners were first place Mrs. M. F. Longman and Mrs. Harry Kallenbach; second, Mrs. Raymond Murphy and Mrs. Irene Rutledge; third, Mrs. Eugene Hackett; and Mrs. Ruth Boggs; fourth, Miss Ruth Poletti and Mrs. Ward Jones tied with Mrs. Frank Stalbird and Mrs. Lee Young.

The Woman's Club invites all interested players to attend every Wednesday afternoon at 1 p.m. Partners will be provided.

Birth Announcement

Lt. and Mrs. Don Frederick Brumbaugh announce the birth of their son, Don Frederick Brumbaugh II, Oct. 29, 1973 in Albany, Ga.

Maternal grandparents are Mr. and Mrs. J. Keaton Weatherly, 128 West Stephens St., Canilla, Ga.

Paternal grandparents are Mr. and Mrs. Vance Brumbaugh, 413 Satsuma Dr., Sanford.

Lt. Brumbaugh attended Seminole High School, graduated from the University of Florida and is now serving with the U. S. Navy and attached to FV41AF3 as a jet pilot in Albany.

Simple blood tests can identify carriers of several serious blood disorders, including thalassemia (Cooley's anemia) and sickle cell disease, says the March of Dimes. Tests also can detect carriers of some inborn metabolic errors such as Tay Sachs disease.

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Doctor Tells BPW Club How A Clinic Could Save Lives

By FANNETTE EDWARDS
Herald Correspondent

DELTONA — Dr. Anthony J. Borowski (retired) of Deltona was the principal speaker at the regular meeting of the Deltona Business and Professional Women's Club, in the Christian Church.

The meeting, presided over by Violeta McKinley, president, was preceded by a Thanksgiving turkey dinner, with all the trimmings, including pumpkin and mince-custard pies, furnished by the members. Dr. and Mrs. Borowski and the six new members to be inducted during the evening, were the guests of the club for dinner.

Dr. Borowski, in his 45-minute address, explained to the members that although his dream for Deltona had always been the erection of a hospital, or even an emergency clinic, for Deltona, never-the-less, since the three hospitals within the Deltona area, namely Seminole, West Volusia and Fish Memorial, are not filled to capacity at all times, it would be impossible for Deltona to receive State or Federal aid in maintaining the hospital and therefore, unwise for Deltona to count on building now.

"It grieves me greatly," said Dr. Borowski, "since I know how many lives might be saved, by receiving immediate attention when being stricken with a heart attack or blood clot, or any number of ailments. One could bring the patient to the Deltona Medical Center Hospital, instead of taking a long and sometimes fatal 20 to 30 minute drive to an outlying hospital. Many years ago several of us purchased land near the Medical Center with this dream in mind, but now I'm afraid it is not feasible for the present."

Dr. Borowski followed his address with a question and answer period which proved exceptionally enlightening.

Following the address, five new members were inducted into the club and one reinstatement. This brings the club membership to 54. It was organized in 1969 with 31 members.

Those inducted were Electa Bird, Fannette Edwards, Evelyn Pietz, Marge Smith, Aida Sandlin and Eileen Terry. The ceremony was performed by Anna Healey, a past president of the club.

Plans were completed for a Christmas dinner party to be held at the Elks Club in Deltona on Dec. 5, at 6:30 p.m., with Gerie Williams in charge of arrangements and reservations. Husbands are invited.

The club voted to sponsor a young career-minded woman, ages 21 to 28, this year and appointed the five new members on this committee to formulate rules for choosing contestants for this award.

A midnight supper ended the festivities.

Guest Speaker and President
Dr. A. J. Borowski and Violeta McKinley (Herald Photo by Charles Edwards)

Open House

DELTONA — Mrs. Irene Demask held open house for Mrs. Shirley Fredericksen of Chicago, at her home at 1688 S. Page Drive, following a meeting of the Illinois Club of Deltona.

The event was in honor of Mrs. Fredericksen's visit here, for just a few days on her way to visit her father in Deerfield, and was really a "get-together" of the 1962 Worthy Matrons and Patrons of Illinois, who are residing in Deltona.

Mrs. Fredericksen was Worthy Matron of Ben Hur Chapter, Order of the Eastern Star of Illinois, while Mrs. Demask served as Worthy Matron of Logan Square Chapter.

Attending were Mr. and Mrs. Charles Edwards, Worthy Matron and Patron of Golden Rod Chapter; Mr. and Mrs. Bob Morrow; Mr. and Mrs. Charles

Motrose of Constellation Chapter; Mrs. Julia Hathaway of Butler Chapter; and James Hutchinson Jr. Worthy Grand Patron of Illinois and his wife Janet, then the Grand Representative of California in Illinois.

A midnight supper ended the festivities.

James Kenrob

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SERTOMA CLUB (INTERNATIONAL) CHARTER BANQUET

JUNE LORMANN and Lorraine Schreiner, were escorted to the charter Longwood Sertoma charter banquet at the Longwood Hotel by Jim Ryan (l) and Donald Schreiner. Ryan was honored for being a major worker in forming the new civic organization. Schreiner is also a charter member.

(Herald Photo by Donna Estes)

CASSELBERRY DELEGATES at the Longwood Sertoma Club charter banquet includes Charles and Betty Glascock and Tom and Betty Binford. Binford is a vice president of the new organization while Glascock is a director. The banquet was held at the Longwood Hotel.

(Herald Photo by Donna Estes)

The Garden Gate

By JACARANDA CIRCLE

It is the time of year when Central Florida gardeners experience twinges of anxiety regarding the coming winter months.

It is true, there is no way of knowing for sure whether winter will be mild or very cold. The bad part of the whole situation is that just one unforeseen cold night can do as much damage as an entire cold winter.

The Weather Bureau long range forecast is for a mild winter for 1973-74.

Through the generations and before the advent of Weather Bureau and weather satellites, gardeners (and farmers) looked for warning signs in the plant and animal life around them, and made plans accordingly.

Some of these signs were as follows:

1. Early blooms on chrysanthemums and other Fall daisies foreshadow an early freeze.
2. Heavy infestations of spider webs in sheltered positions and especially indoors warn of a severe winter.
3. There seems to be general agreement that the December full moon makes or breaks winters. The previous two winters have been exceedingly mild.

In 1971, full moon was on Dec. 5 and in 1972, on Dec. 21. This year the full moon will be on Dec. 10.

A wet full moon seems to breed heavy frost, but a heavy frost after a good rain does less damage to plants than dry cold weather.

There are some plants which cannot tolerate temperatures below 55 degrees (alocasia, anthurium, episcia, dieffenbachia, some orchids & bromeliads). These plants, of course, should always be moved inside for the winter.

Some shrubs actually need and thrive on a little cold weather. These include azaleas, camellias, gardenias, ligustrum, dogwood, viburnum, myrtle, Confederate jasmine, roses, whistleria, etc.

It is testimony to the eternal optimism of gardeners to continue to favor the shrubs which are tender or half-hardy. Many of them are killed outright by frost, while a number of them will come back from the roots in the Spring.

Among such shrubs are allamanda, ixora, jacaranda, baobab, poinsettia, flame vine, scheffera, bougainvillea, crotons and hibiscus.

It is best always to give any of the above shrubs as much protection as possible to ensure saving at least the roots. By protection is meant leaf mulch or pine straw. A covering of foliage with old bedspreads or plastic does little good if the cover is touching the leaves.

Also, in many cases, the cover only serves to trap still cold air, and ward off a saving wind. The best protection for these shrubs is to plant them near a heated building or under trees. A southeast exposure near the house is the best place.

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Dear Abby

By Abigail Van Buren

DEAR ABBY: Tell that doctor's wife to move over!

When she complained to her husband that she felt sick, he told her to take two aspirin and go to bed!

Nearly two years ago when we moved cross country, our van was involved in a serious accident, and most of my prized antiques were destroyed.

Last summer our 6-year-old son was hospitalized for two weeks because his counselor at day camp slipped and spilled hot wax over 60 percent of my son's body!

With the camp admitted their liability, and provided us with all the necessary forms, we have not collected for the hospitalization, medication or plastic surgery because my husband simply hasn't gotten around to doing the legal work yet.

I have a scrapbook filled with newspaper articles written about my husband, but if you print this in your "Dear Abby" column, I will frame it, and hang it in the bathroom!

DEAR MAY: It's practically framed. (And so's your old man.)

DEAR ABBY: I sure got a bang out of all those women who wrote that they were married to doctors.

DEAR ABBY: You are being unfair when you attribute group sex to animals! Some animals mate for life.

DEAR ABBY: I am married to a man who provides a personal service, but I sure don't want any of his professional services.

DEAR ABBY: In the same mail with your letter came a card from Bonnie which may be the answer to your problem.

DEAR ABBY: Every time you print a letter about a dog barking, I get three copies of it in three separate envelopes.

DEAR ABBY: I am married to a man who provides a personal service, but I sure don't want any of his professional services.

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Sip and Sup crossword puzzle grid and clues.

THURSDAY EVENING TV schedule listing various programs and times.

FRIDAY MORNING TV schedule listing various programs and times.

WEDNESDAY EVENING TV schedule listing various programs and times.

THURSDAY EVENING TV schedule listing various programs and times.

FRIDAY MORNING TV schedule listing various programs and times.

WEDNESDAY EVENING TV schedule listing various programs and times.

THURSDAY EVENING TV schedule listing various programs and times.

FRIDAY MORNING TV schedule listing various programs and times.

WEDNESDAY EVENING TV schedule listing various programs and times.

Highlights TV Time Previews section with program listings.

Television section with program listings for Thursday, Friday, and Saturday.

Television section with program listings for Sunday and Monday.

Television section with program listings for Tuesday and Wednesday.

Television section with program listings for Thursday and Friday.

Television section with program listings for Saturday and Sunday.

Television section with program listings for Monday and Tuesday.

Television section with program listings for Wednesday and Thursday.

Television section with program listings for Friday and Saturday.

Television section with program listings for Sunday and Monday.

Cartoon strip 'ALLEY OOP' by Dave Gross.

Cartoon strip 'CAMPUS CLATTER with BIMO BURNS' by Larry Lewis.

Cartoon strip 'BUGS BUNNY' by Heimdel and Stoffel.

Cartoon strip 'CAPTAIN EASY' by Crooks & Lawrence.

Cartoon strip 'FRANK AND ERNEST' by Bob Thaves.

Cartoon strip 'WINTHROP' by Dick Cavalli.

Cartoon strip 'BLONDIE' by Mort Walker.

Cartoon strip 'BEETLE BAILEY' by Mort Walker.

Cartoon strip 'THE PHANTOM' by Lee Falk and Sy Barry.

Cartoon strip 'THE PHANTOM' by Lee Falk and Sy Barry.

Herald Want Ads Get Results advertisement.

Want Ads Bring Results advertisement.

Information Want Ad Dial advertisement.

Information Want Ad Dial advertisement.

Information Want Ad Dial advertisement.

Information Want Ad Dial advertisement.

CARROLL RIGHTER'S HOROSCOPE section with daily horoscopes.

WIN AT BRIDGE section with bridge tips and results.

Worry Clinic section with medical advice.

West World advertisement for the movie 'The Way We Were'.

West World advertisement for the movie 'The Way We Were'.

West World advertisement for the movie 'The Way We Were'.

Gifts for Dad advertisement.

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Houses for Sale, Houses for Sale, Houses for Sale, Mobile Homes, Miscellaneous, Household Goods, Boats & Marine Equipment, Bikes, Bikes, Bikes, Building Materials, Equipment for Rent, Pets and Supplies, Auto Repairs, Autos for Sale, Autos for Sale, Autos for Sale.

Houses for Sale, Houses for Sale, Houses for Sale, Mobile Homes, Miscellaneous, Household Goods, Boats & Marine Equipment, Bikes, Bikes, Bikes, Building Materials, Equipment for Rent, Pets and Supplies, Auto Repairs, Autos for Sale, Autos for Sale, Autos for Sale.

Houses for Sale, Houses for Sale, Houses for Sale, Mobile Homes, Miscellaneous, Household Goods, Boats & Marine Equipment, Bikes, Bikes, Bikes, Building Materials, Equipment for Rent, Pets and Supplies, Auto Repairs, Autos for Sale, Autos for Sale, Autos for Sale.

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Thrifty Couple Cuts Back

By HILARY ABRAMSON
Copley News Service

Throughout 16 years of marriage, Brad and Peggy Bradshaw have managed to save \$2,500.

That is the extent of the nest egg for their family of four in Sacramento, Calif.

And they're really not complaining. Both 42, the Bradshaws are middle class. Being in debt is a way of life. If the depression did anything to them, it ingrained them with thrifty habits.

"As you can see by the house," says Peggy, mentioning with her arm, "we really may not be so typically anything. We don't covet material possessions like silver or crystal or china. We're suckers for book salesmen."

But what is typical? Last year, Bradshaw made \$17,000 as an engineer for the federal government. He added another \$1,000 by moonlighting. He nets \$1,616 every month.

"We don't really budget, in the sense of sitting down and figuring it out. We pay the bills and use what's left," they say. Out of his yearly income comes \$1,700 federal income tax, \$270 state tax and almost \$100 for three cats and a dog.

Out of the monthly stipend comes \$5.50 for term insurance, \$3.75 for a savings bond, \$200 for the mortgage, \$150 for the car, \$4 for the telephone, \$10 for gas and electric, \$3.25 for the garbage, \$35 for gasoline, \$25 for the orthodontist, \$15 for health insurance and \$9 for both daughters' allowances.

Every two weeks, the credit union takes \$110 out of Bradshaw's check as payment on a \$2,000 loan.

They used to eat meat once a day, but now it's down to about three times a week. And the Bradshaws have joined a food co-op to cut down the cost of groceries.

Food still runs about \$50 a week.

One big expense—the ancient sedan car—could break them, but the Bradshaws are philosophical about it.

"There has always been something we've owed on. We've paid cash for cars up till now. We've never been in the clear, but so why should we feel pinched more now than before?"

They have felt better lately. They finally took their European dream vacation as a family.

For the first few days, they spent about \$50 a day. It wasn't long before they were four of the few people walking around Paris with lugged lunches.

They used the loan for the trip, paying off Master Charge and department store charges before they departed.

"We worked two years to pay accumulated bills off and boy, did it feel good!" Bradshaw says, beaming.

The credit union takes its due before he sees his check, as does the retirement system. And Bradshaw is happy. He might spend it if he saw it.

They own no stock because neither Peggy nor Brad wants to put the work into keeping up with the market.

What about education? The girls' colleges? Bradshaw looks at his wife and they smile slightly.

"We've talked about this. The way it's going now, we may have to cash our other life insurance in before it comes due. We have \$10,000 on Peggy and \$25,000 on me. We'll see."

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President May Be Nearing Decision On Gas Rationing

WASHINGTON (AP) — President Nixon may be nearing a decision on whether to impose gasoline rationing, higher gasoline taxes or both. He scheduled a meeting today with his cabinet-level energy group. Such a move usually means that a decision is near. Sources said the energy group is leaning heavily toward recommending rationing to Nixon. Senior administration officials have concluded that Congress would not approve a large increase in the federal tax on gasoline to discourage driving, the sources said. However, Nixon is known to view rationing as a last resort. On Nov. 7 he said the American people would resent peacetime rationing "very, very much."

Contingency plans are being drafted for rationing, the White House has confirmed. Stein, reporting to newsmen on a high-level assessment of the fuel shortage's economic impact, predicted it will push the nation's economy down to near-recession levels next year. Unemployment, now standing at 4.5 per cent, will rise to close to 10 per cent, he said. That would mean that more than a million workers would lose jobs. Stein said Americans can expect sharply higher fuel prices. He said the government should maintain price controls on petroleum because oil companies would otherwise reap windfall profits.

He said the worst impact would come in the first six months of next year and said the output of the economy could decline from January through March. In other developments: —Senate Majority Leader Mike Mansfield, D-Mont., criticized continuing U.S. oil shipments to South Vietnam, Cambodia and Thailand during the domestic shortage. The Pentagon said the amounts of oil have been reduced but the policy of providing fuel to the three nations remains unchanged. —The Arab oil-producing countries promised to relax the energy squeeze on Britain, France, Spain and those African nations that broke relations with Israel. The Arabs have cut off all oil for the United States.

—Chrysler Corp. said it will close seven auto assembly plants for varying periods in January. Chrysler said the move was to change over to increased small-car production. —Robert D. Timm, chairman of the Civil Aeronautics Board, said the fuel shortage probably will result in some cities losing all scheduled air service. —The House Public Works Committee approved a bill which would set a nationwide speed limit for all vehicles of 55 miles per hour.



PROPOSED NEW SALVATION ARMY FACILITY. ADVISORY BOARD members display scale model of \$286,000 Salvation Army community center and worship facility to be constructed on property between Maple and Holly Avenues at 22nd and 24th Streets. From left, Dr. Vincent Roberts, Lt. and Mrs. James Burns, Mrs. Irving Pryor, Mrs. Vincent Roberts, John Krider, Mrs. Janice Springfield and Harold Kastner. (Herald Photo by Bill Vincent Jr.)

The Sanford Herald

Friday, Nov. 30, 1973—Sanford Florida 32771
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U.S. Journalists-Spies Working Around World

WASHINGTON (AP) — The Washington Star-News said today it has learned from what it described as authoritative sources that more than three dozen American journalists in foreign countries are doubling as spies for the Central Intelligence Agency. The Star-News said most of the reporter-spies are freelance magazine writers; stringers for newspapers, news magazines and news services; and itinerant authors. The newspaper said most agents in this category are not regularly identified with any single publication and most are full-time informants who see their writing or reporting as a cover for their presence in a foreign city. Most are American citizens, the newspaper said. The Star-News said the reporter-spies also included "a cover for their presence in a foreign city. Most are American citizens, the newspaper said. The Star-News said the reporter-spies also included "a cover for their presence in a foreign city. Most are American citizens, the newspaper said."

U.S. Journalists-Spies Working Around World

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Brief Earth Tremors Shake South

By THE ASSOCIATED PRESS

Brief earth tremors hit portions of four Southern states early today, frightening hundreds of persons. There were no reports of injuries or major damage. The National Weather Service in Atlanta said tremors were reported in Tennessee, South Carolina, North Carolina and Georgia. Officials said they struck at 2:48 a.m. and lasted only 15 seconds. Dishes rattled and sleeping residents were awakened by the tremors. Dozens of persons called sheriff's departments and state police to report the phenomenon. In North Carolina, sheriff's departments reported the tremor was felt in Buncombe, Haywood and Henderson counties. In South Carolina, reports came from Spartanburg, Greenville and Pickens counties. In Tennessee, reports came from the towns of Johnson City and Johnson City in Tennessee.

Weather

Yesterday's high 62 low this morning 42. The Agricultural Center said that there had been no report of any frost on tender cucumber, pepper, squash, bean and tomato crops. Frost would kill these local crops. Fair with a slow warming trend. High around 70 today. Lows in the upper 40s to low 50s.

20 SHOPPING DAYS TO CHRISTMAS

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Classified Ads 43B
Churches 7A
Crossword puzzle 6A
Dear Abby 6A
Editorial comment 4A

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Horoscope 6A
Hospital notes 3A
Public notices 6-7A
Sports 2-3B
State 5A
Stocks 11A
TV 8A



FLORIDA BANKERS ASSOCIATION MEETS (l to r) FBA Executive VP John Milstead, FBA President A. Clewis Howell, Group 5 Chairman George Foster. (Herald Photo by Jean Patteson)

Don't Know Impact? Florida Bank Chief Doubts Recession

By JEAN PATTESON
Herald Staff Writer

The president of the Florida Bankers' Association said Thursday he doubts the energy crisis will have a drastic effect on Florida's economy unless fuel rationing is imposed—or the crisis is "worse than we've been told."

A Clewis Howell of Tampa, speaking to an audience of 500 bankers in Orlando, said he does not anticipate a major recession, but admitted "it's difficult to tell exactly how the energy crisis will affect the economy because we don't know how severe the crisis is going to be."

"But I can't see it affecting the economy of Florida or the country drastically unless the energy crisis is worse than we've been told," Howell told the annual planning review meeting of the Orlando-based organization. George Foster, president of the Barnett Bank of Seminole County, presided at the meeting. He is chairman of FBA Group 5, one of eight group organizations located in various geographic areas of the state which promote the efforts of the statewide association of 440 Florida banks and trust companies.

Howell said the FBA is doing its part to help tide over the energy crisis by conserving energy wherever possible. "We are cutting out bank lights and signs at night and encouraging employees to turn out light when they're not needed," he said.

Judge Dismisses Shindle Charges

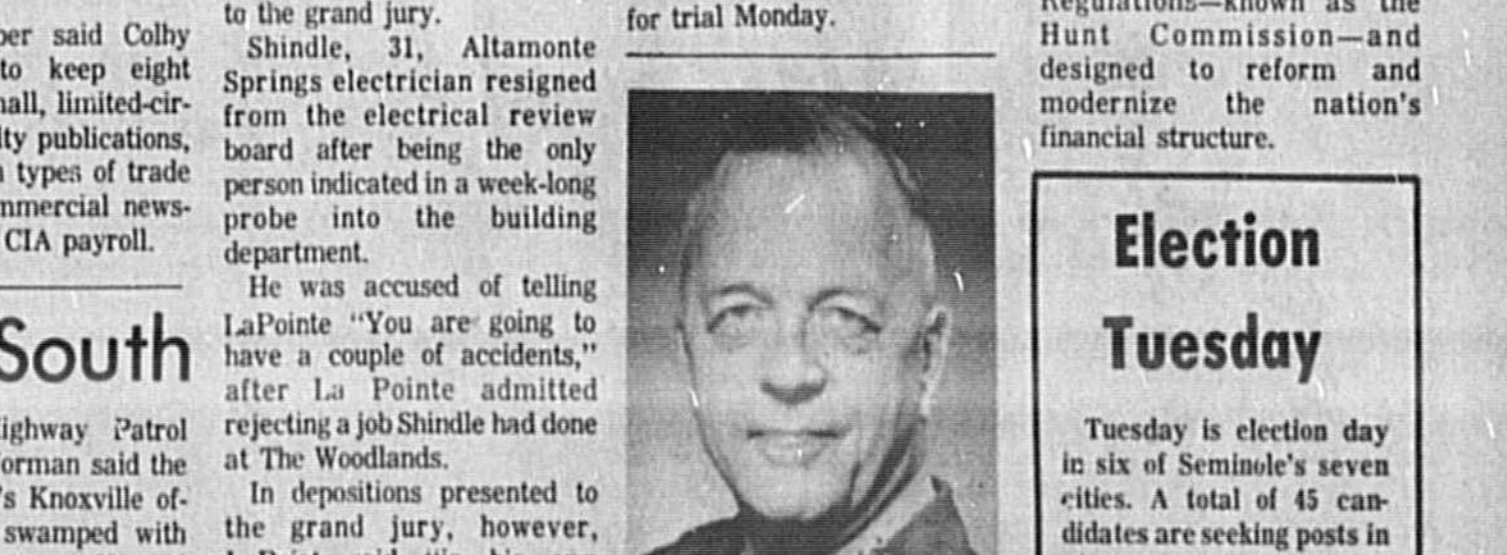
Howell said the current ups and downs on the stock market are the result of people overreacting to the energy crisis. "The fluctuations are a distraction, reflection of the emotions of the people," he said. "I hope it doesn't mean we are changing from a stock philosophy to a bond and savings philosophy."

Howell also commented on the Financial Institutions Act of 1973, a bill generally based on the recommendation of the President's Commission on Financial Structure and Regulations—known as the Hunt Commission—and designed to reform and moderate the nation's financial structure.

He was accused of telling LaPointe "you are going to have a couple of accidents" after LaPointe admitted rejecting a job Shindle had done at the Woodlands.

In a deposition presented to the grand jury, however, LaPointe said "in his own heart," he felt Shindle was merely "shaking out loud," but added "I was scared," and "completely shocked" by the incident.

County secretary Pearl Tiffany, the state's only witness to Shindle's statement, did not testify on the statement to the grand jury. In a deposition given one month after the indictment was handed down, she said no direction or reflection of the emotions of the people," he said. "I hope it doesn't mean we are changing from a stock philosophy to a bond and savings philosophy."



Election Tuesday

Tuesday is election day in six of Seminole's seven cities. A total of 45 candidates are seeking posts in city governments—34 vying for council seats and nine for mayoral seats. The Herald urges every qualified voter residing in Altamonte Springs, Casselberry, Sanford, Lake Mary, Longwood and Winter Springs to make his wishes known at the ballot box.

In Sunday's edition the candidates for office in each city, their qualifications and platforms will be covered in briefs to assist voters. Voting places and hours of polling also will be listed.