

Evening Herald

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Evening Herald — (USPS 481-280) — Price 25 Cents

Park Will Honor Mother Ruby Wilson

**By Fred Cooper
Herald Staff Writer**
The park at Academy Manor will be named in honor of Mother Ruby Wilson following a unanimous vote by the Sanford City Commission. Commission action followed the recommendation of the Academy Manor Residents Association presented to the board Monday by Dorothy Thomas. A survey had been conducted and the results favored naming the area Academy Manor Park and to

honor the revered benefactress of Sanford's poor, elderly and homeless.

Commissioner Milton E. Smith created a composite name from the recommendation and moved the name Academy Manor Park in Honor of Mother Ruby Wilson.

Mayor Bettye Smith had requested citizen suggestions for the naming of the park and the recommendations by the resident's association was in response to that request.

A native of Sanford, Mother

Wilson founded The Good Samaritan Home in 1946 to shelter aged, helpless and homeless people. She was also pastor to the congregation of the Free Will Holiness Church. She also founded the Rest Haven child care center.

Mother Wilson died on Jan. 31, 1979 of injuries suffered in an automobile accident. More than 1,000 mourners attended her funeral services which were held in the Sanford Civic Center.

Dr. Oswald Bronson, president of Bethune-Cookman College, voiced the view of most when he stated in that service: "She always had a word from the Lord. She put action to her testimony and legs to her prayers."

Community response to the action by the commission was immediately favorable to the action by the city fathers.

Timothy Wilson, her widower who continues her work at the Home, voiced

enthusiasm for the action and gratitude to the commissioners and to the citizens of Sanford. The couple had celebrated their 50th wedding anniversary less than two months prior to the accident which took her life.

"A bronze plaque will be installed at the entrance to the park," City Manager Frank Falson said. "It will contain the inscription 'Academy Manor Park In Honor Of Mother Ruby Wilson'."



Mother Wilson

Local Boy Not In Downed Copter

From staff and wire reports

Military officials are trying to determine what caused a Marine helicopter to crash and sink in Onslow Bay 1,500 yards offshore of Camp Lejeune, N.C. during an amphibious assault exercise Tuesday, killing 14 Marines and a Navy officer. Four men aboard the chopper survived.

The dead included 14 Marines and one Navy officer who was attached to the 26th Marine Amphibious Unit.

Pfc. Kyle Reichle of Chuluota was in line to get on the helicopter that crashed, but the craft filled up before his turn, his parents said today.

Reichle's mother and father, Brenda and Ted, said their son called home from Camp Lejeune, N.C. about 6:30 p.m. Tuesday. He said there were at least two helicopters being used for the exercise, but he wasn't on the first one.

"He said they filled the first one and when it went down they scrubbed that part of the exercise," Mrs. Reichle said in a telephone interview from the family's home in Chuluota.

Reichle earlier was believed to have been one of four marines who survived the crash.

"We knew Kyle was part of that mission and when we heard it had gone down we started to panic," said Mrs. Reichle. "My husband asked him if he planned to get on a helicopter any time soon, he said, 'No, dad. Not for a long time.'"

Maj. Don Kappel, a Marine spokesman in Washington, said the wreckage of the CH-46D Sea Knight chopper was found in the bay Tuesday afternoon about 1,500 yards offshore of the sprawling Marine base at Camp Lejeune, N.C.



The Price Of Freedom

Wilson Elementary students and their principal stand at their chosen spot to present an \$867.74 check to help pay for the refurbishing of the Statue of Liberty in New York. The donation by the northwest Seminole County school students was made recently at the site of a Miss Liberty replica in Orlando. On hand were, from left, Carey Helmsdollar, Michele Stevens, G. Terry Rabun, and Korney Kuhn. Also present but not pictured was Student Council President Adrian Assent. The students raised the money by getting pledges for distances covered during a marathon.

Slip-Ups Bring Month's Anguish

Missing Boy Buried Before Family Found

**By Susan Loden
Herald Staff Writer**

A distraught Deltona family buried its 15-year-old son Sunday. It was the second burial for William Bryant who died at Central Florida Regional Hospital in Sanford Sept. 9, following a traffic accident in Deltona. Unidentified, he was first buried by Seminole County on Sept. 29 in a pauper's grave near Sanford.

"I feel no one should have to go through this," said Carol Sue Bryant, who described how it was through her and her husband John's own initiative, pursuing rumors, that they discovered a fatally injured bicyclist buried as "John Doe" was their son. The bicyclist was struck from behind while riding in the center of U.S. Highway 17-92 in DeBary at 8:10 p.m. Sept. 8. The Bryants reported their son missing to the Volusia County Sheriff's Department at about 10 a.m. Sept. 10.

His body was exhumed and released to his parents on Oct. 11.

The tragedy turned to horror, Mrs. Bryant said, because:

- The Volusia County Sheriff's Department misplaced the missing person's report she filed. They failed to notify other police agencies he was missing and failed to link media coverage and Florida Highway Patrol information on "John Doe" to William.

- In a Seminole County autopsy, physical characteristics were not noted and vital statistics were inaccurately reported. William's clothing was burned, leaving only "distorted" autopsy photos for identification purposes after his first burial. And the body was not embalmed



William Bryant

prior to burial.

Of locating and identifying her son, Mrs. Bryant, 32, said, "We did it all ourselves, by word-of-mouth. We checked this out. I'm very upset over the way this was handled. There he was down the street all the time. For three weeks. Someone should have known."

The people who should have known, Mrs. Bryant said, are the Volusia County Sheriff's Department, and Seminole County Medical Examiner Dr. G.V. Garay and his staff who performed an autopsy on the body after William died at Central Florida Regional Hospital at 1:35 a.m. Sept. 9.

"He died in Seminole County, but was hit in Volusia County. They just never made the connection," she said. She waited until Sept. 10 to report William missing because he had run away once.

Routine

"John Doe's" body was kept in the Seminole County morgue at the hospital for 20 days, the legal limit, Garay said, before being buried unembalmed and unidentified in a Seminole County pauper's grave, with the County paying for the burial.

The non-embalming is routine in the case of an unidentified body, said Mark Panter of Baldwin Fairchild Funeral Homes, which was in charge of William's first burial.

Garay said it is legal in Florida to bury a body without embalming as long as there is no funeral or if a body is buried within 24 hours of death. With or without embalming, funeral homes, Panter said, charge about \$400 for a county "pauper" case. He said authorization from a family member is required before a body can be embalmed.

The purpose of embalming, Panter said, is not to preserve a body after burial, but to preserve it prior to burial if a funeral is planned.

The condition of an embalmed body, he said, would depend on how long a body had been dead and how long it had been buried. Each case varies, but he said pre-embalming before storing a body awaiting identification might make a marked difference in preservation. However, he has never been asked to embalm a body under such circumstances, he said, and family permission would still be required.

Mrs. Bryant said lack of embalming made it more difficult for her and her family after William's body was exhumed and identified. It was finally identified through a match with X-rays made about a year ago after he broke his knee, and X-rays made of the same knee at CFRH after exhumation on Oct. 11. The exhumation is to be paid for by the county, according to Garay's office.

Garay said that knee was not X-rayed when William was being treated for his critical injuries and the healed break was not noted during the autopsy.

Mrs. Bryant said she is upset that her son's pierced ear and distinctive scars were also not noted in the autopsy report and that the clothing he was wearing when he was admitted to the hospital was burned.

"I could have identified his shirt on sight," she said.

Garay said the boy was very young and the body had no distinctive characteristics that could be used to make a positive identification. The teeth were in good condition and William had a common blood type.

Garay determined he had a fractured skull, multiple fractures of the left leg and arm. His liver, spleen and kidneys had been cut and he suffered hemorrhaging in the stomach and head.

"They took multiple X-rays at first of the head only," Garay said. "He died in a few hours."

During the autopsy a Seminole County sheriff's deputy took photographs of the body, which Florida Highway Patrol Homicide Investigator Gary Schlieter showed the Bryants on Oct. 9 after they first inquired at the hospital about the "John Doe" which a friend of their 16-year-old daughter told them might be their son.

Mrs. Bryant said she and her

See MISSING, page 6A

Builders Rush To Beat Moratorium

**By Jane Casselberry
Herald Staff Writer**

Four developers rushed to get in their applications for rezoning, site plans, and a final subdivision plat Monday, beating a 45-day moratorium on accepting new applications and issuing permits for development passed Monday night by the Longwood City Commission.

No one spoke up at the public hearing prior to the vote either in support or opposition to the ban, which includes land use changes such as rezoning, annexation, site plan reviews, variances, preliminary subdivision plat plans, conditional use and special exception requests, and Historical District applications.

The commission voted 4-0 (Commissioner

Perry Faulkner did not arrive until after the vote was taken) on a motion by Commissioner Larry Goldberg to declare the moratorium.

The moratorium was explained as necessary to give City Planner Chris Nagle a chance to process a backlog of 31 applications and to allow more time to devote to updating the comprehensive land use plan.

Nagle said it normally takes 30-45 days for applications to make the rounds of the staff and the consulting engineer and get as far as the Land Planning Agency and approximately two or three more weeks to get on the City Commission agenda if the applicant supplies all the necessary plans and information, otherwise it takes longer.

Included in the 31 projects are 22 site

plans, four rezonings and comprehensive plan amendments, two conditional use requests, and three annexations.

Nagle said although the state legislature extended the deadline for the cities' to complete revision of their comprehensive plans from Jan. 1, 1986 until 1989, he still wants to get going on the job.

Nagle said he hopes to spend the majority of his time during the moratorium period in updating the plan as his personal goal is to finish it by July 1986.

He said he has been so bogged down with daily planning demands because he does not have help in his department that he has been unable to devote time to long-range planning — the principal task for which he was hired.

Klinghoffer Body To Rome For Autopsy

WASHINGTON (UPI) — A body with bullet wounds in the head and the back — found on the shore near Tartus, Syria — was positively identified as that of Leon Klinghoffer, an American killed by the hijackers of the cruise ship Achille Lauro, a State Department spokesman said today.

The spokesman said identification was made through fingerprints and dental records. Klinghoffer's body, in a wooden coffin draped with an American flag, was to be flown to Rome for an autopsy and then sent to the United States for burial, the spokesman said.

The body washed ashore Sunday — four days after the four Palestinian hijackers of the Achille Lauro surrendered to Egyptian authorities.

"There were two bullet wounds," in the

body, the State Department spokesman said. "One was in the head. The other one was in the back."

U.S. experts had been sent to Damascus, Syria, to examine the body. An ABC News report from Damascus said several Syrian pathologists, a U.S. consular official, an FBI agent and another pathologist retained by the American Embassy made the identification.

The Achille Lauro's chief bartender told other Americans that the hijackers shot Klinghoffer, 69, an invalid, in the head Oct. 8, then dumped him — still in his wheelchair — into the Mediterranean off the Syrian coast. A high PLO official sought by the United States for his role in the hijacking had claimed that Klinghoffer died of a heart attack.

See AUTOPSY, Page 6A

Chrysler On Strike

DETROIT (UPI) — More than 80,000 Chrysler Corp. union workers seeking higher pay went on strike Wednesday at 51 U.S. and Canadian plants as company officials warned the automaker could "bleed to death" if the walkout is a long one.

The 70,000 United Auto Workers in the United States and the 10,400 members of UAW-Canada are demanding wages and benefits comparable to those given to Ford Motor Corp. and General Motors Corp. workers.

Muzak Mass Mystery

SALT LAKE CITY (UPI) — The solemnity of a noon mass was jarred when music from a radio station mysteriously began playing over the sound system in the Cathedral of the Madeleine.

"No, we haven't installed Muzak," the Rev. Francis Mannion hastily explained from the pulpit.

Engineer Clay Anderson said the station's signal apparently was being "picked up by some fluke through the microphone cable near the altar rail."

The station's light contemporary format was some relief to bedeviled church officials. "Thankfully, no hard rock," said Fr. Mannion.

TODAY

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Sports.....	7A-10A
Television.....	12A
Weather.....	2A
World.....	2A

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One Charged, One Escaped

Sanford police reported seeing two men standing outside a Sanford business where a door had been forced open. One man fled; the other was caught at the scene and charged with burglary and resisting arrest.

The man charged was arrested outside a sign shop at 218 Magnolia Ave., a police report said. After he was taken into custody at about 10:40 p.m. Monday, police found two bicycles parked behind Cumberland Farms on Third Street at Park Avenue and the suspect allegedly said they belong to him and the man who ran from police, the report said.

Ricky Ricardo Knight, 20, of 808 Bay Ave., Sanford, was being held in lieu of \$5,000 bond.

DUI ARREST

The following person has been arrested in Seminole County on a charge of driving under the influence:

—Kenneth Knox Bell, 63, of Orlando, was arrested at 12:50 a.m. Tuesday after his car ran

Action Reports

- ★ Fires
- ★ Courts
- ★ Police

over a median barricade, ran a redlight and then passed a Florida Highway Patrol trooper's car who made the arrest on U.S. Highway 17-92, Casselberry.

BURGLARIES & THEFTS

A thief took a \$400 gold ring, a .45-caliber revolver worth \$200, a .38-caliber revolver worth \$500 and an automatic pistol worth \$900 from the home of Charley E. Reese, 47, of 911 Lake Lane, Longwood. Reese told Seminole County sheriff's deputies the items were stolen Monday.

Barbara Rothberg, 49, of 573 Green Meadow Court, Maitland, reported to deputies two rings, with a combined value of

\$1,800, disappeared from her home between Oct. 10 and Monday.

A briefcase, a stereo and other items with a total value of about \$300 were stolen from the home of Steve L. Kerns, 36, of 2819 Nicholas Lane, Apopka, on Sunday or Monday, a sheriff's report said.

Joseph Kevin Bell, 19, of 2400 Howell Branch Road #155, Winter Park, reported to deputies his boat worth \$2,000 was stolen from outside his home on Monday or Tuesday.

An infant's car seat worth \$75 and a \$150 equalizer were stolen from the car of Charles W. Stanley, 26, of Tangerine, while the vehicle was parked at the Interstate 4 Industrial Park, State Road 46 at Interstate 4, Sanford, on Monday, a sheriff's report said.

Four rings, a gold coin and a gold chain with a combined

value of \$1,000 were stolen from the home of Donna L. Mollenkopf, 52, of 212 Penbrook Place, Longwood, after Sept. 20. The loss was reported to sheriff's deputies on Monday.

A \$175 outboard motor was stolen from a shed at the home of Ward Davis, 71, of 2936 Pine Ave., Apopka, on Sunday or Monday, a sheriff's report said.

Tom Douglas, 37, owner of Douglas Plumbing, reported to deputies tools and a box with a total value of \$2,000 were stolen from his business at 104 Manor Drive, Altamonte Springs, between Oct. 11 and Monday.

A burglar entered through a door and disarmed an alarm before stealing a key making machine and tools with a combined value of \$3,000 from A-Aaron Locksmith, 1188 E. State Road 436, Altamonte Springs. The burglary occurred between Oct. 11 and Monday when a worker discovered the burglary, according to a report Rosalyn Wiss of Longwood, filed with sheriff's deputies.

Watt To Address Republicans

Jim Watt, a 4th term Republican in the Florida House of Representatives who is running for Attorney General, will address the Thursday meeting of the Seminole County Republican Executive Committee.

Open to the public, the meeting starts at 8 p.m. at the Altamonte Springs Recreation and Civic Center, 830 Magnolia Drive.

A native Floridian, Watt holds degrees from the University of Miami and the University of Florida. He has served as chairman of the Palm Beach County legislative delegation and is chairman of the Republican Party's



Jim Watt
Legislative Campaign Committee.



Friendship Force

Friendship Force Vice President Joy McFarland, center, and 1985 Exchange Director Jean Miller, left, explain the goals of the international organization to Ken Cone, President of the Longwood Winter Springs Chamber of Commerce, at a past meeting of chamber members. Friendship Force members exchange visits with

members in other countries to help promote international understanding. The Greater Orlando chapter will welcome back its members who just returned from Piacenza, Italy, and discuss the group's future travel plans at a meeting 6 p.m. Saturday at Marks Street Senior Center, 99 East Marks Street, Orlando.

Herald Photo by Tommy Vincent

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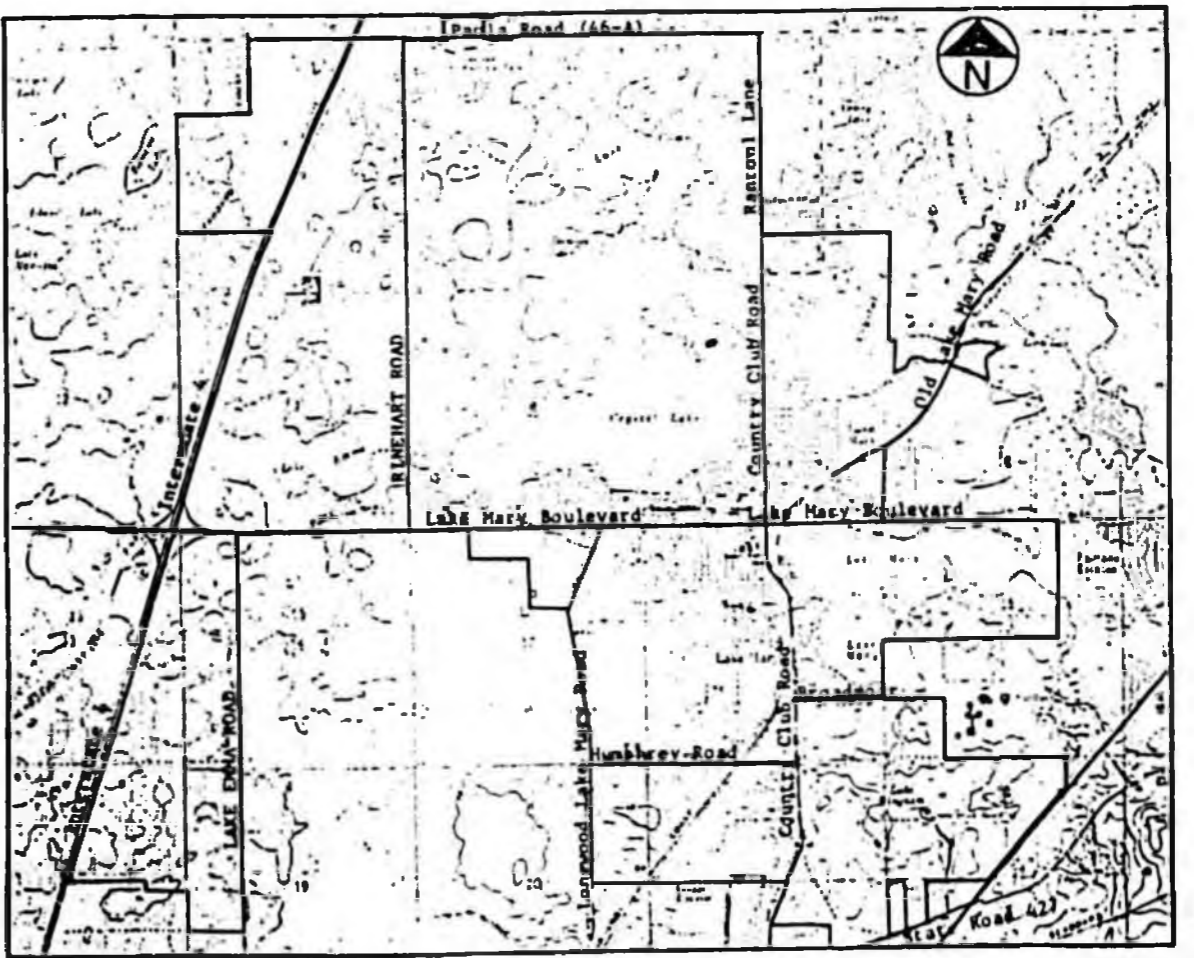
NOTICE OF REGULATION OF LAND USE CITY OF LAKE MARY, FLORIDA

THE CITY OF LAKE MARY, FLORIDA, PROPOSES TO REGULATE THE USE OF THE LAND WITHIN THE INCORPORATED AREA OF LAKE MARY AS SHOWN IN THE MAP IN THIS ADVERTISEMENT.

A Public Hearing will be held on October 24, 1985, at 7:30 P.M., or as soon thereafter as possible, at Lake Mary City Hall, 158 North Country Club Road, Lake Mary, Florida.

A copy of the Comprehensive Land Use Plan is available in the City Manager's Office, 158 North Country Club Road, Lake Mary, Florida, Monday through Friday, from 8:00 A.M. until 4:30 P.M., for persons desiring to examine.

PERSONS ARE ADVISED THAT IF THEY DECIDE TO APPEAL ANY DECISION MADE AT THIS MEETING THEY WILL NEED A RECORD OF THE PROCEEDINGS AND FOR SUCH PURPOSE, THEY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE WHICH INCLUDES THE TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED, PER SECTION 286.0105 FLORIDA STATUTES.



The entire incorporated land area of the City of Lake Mary, Florida, will be affected by the provisions of the Comprehensive Land Use Plan.

City of Lake Mary, Florida
/s/ Carol A. Edwards
City Clerk
Publish October 16, 1985



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SPORTS

Evening Herald, Sanford, Fl. Wednesday, Oct. 16, 1985-7A

United Lyman Plays On, Wins No. 12 For Karren

By Chris Flister
Herald Sports Writer

In 12 matches this season, the Lyman High volleyball team has proved to be one of the most talented around.

The past few days, the team has showed that it is much more than a group of talented athletes.

After the news of coach Karren Newman's tragic automobile accident which left her paralyzed from the waist down, Lyman decided it would be best to play on. And, in the process, the young athletes have displayed unity and maturity that Newman no doubt will be proud of.

"We're going to miss Coach Newman a lot," senior Dawn Boyesen said. "But we're determined to do our best and show her that we have learned everything she taught us."

Tuesday night, the emotionally charged Lady Greyhounds put on another awesome display as they upended a scrappy Lake Brantley team, 15-4, 15-10 in Seminole Athletic Conference play at Lyman High.

Lyman, which now stands at 12-0 overall and 6-0 in the SAC, returns to action tonight at 5:30 at home in a non-conference match against Spruce Creek.

Volleyball

"We felt that we were together as a team and ready to play," senior Kim Forsyth said. "We could have postponed the match but we knew Miss Newman would never want that. She would want us to continue on."

Forsyth was devastating at the net in the opening game as she converted on six of seven kill opportunities. Forsyth opened the match with a spike and Lyman went on to take a 4-0 lead on Boyesen's serve, the fourth an ace.

Lake Brantley came back within 4-3 as Toni Amteon served three points but Lyman regained the serve and took command as Sheila Mandy served eight straight for a 12-3 lead.

Highlighting the rally were a pair of spikes by Forsyth and one each by Tami Foss and Lori Helms.

After Brantley scored one more point to make it 12-4, Forsyth's spike returned the serve to Lyman and Diana Boyesen served the last three points. The 14th point came on Dawn Boyesen's dink and the final point on a spike by Helms

'We're going to miss Coach Newman a lot. But we're determined to do our best and show her that we have learned everything she taught us.'

—Dawn Boyesen

who had an excellent night at the net.

Lake Brantley came on strong in the early part of the second game as it took an 8-3 lead. Gigi Griffin, playing her second match after being out for three weeks due to an appendectomy, served four of the eight points. None of the eight was returned and one was an ace.

Lyman regained the serve and Diana Boyesen, a junior, then put on one of the best serving strings of the year. Brantley couldn't handle Boyesen's hard serve and Lyman reeled off nine straight points for a 12-3 lead. Four of the nine points came on hits by Helms, a few

See LYMAN, Page 9A



Herald Photo by Tommy Vincent

Seminole's Earnie Lewis celebrates his county-leading fourth sack. Quarterback David Delfiaccio was the victim.

Super Sophs: Lewis, Lingard Lead Defense

By Sam Cook
Herald Sports Editor

It was a super week for sophomores statistics-wise.

Seminole's Earnie Lewis took over the sack lead with two against Lake Brantley to give him four. Oviedo's Pete "Right Place, Right Time" Lingard recovered his fourth fumble to take sole possession in that category.

On one particular sack, Lewis, a 6-1, 180 pounder who was moved to LB from defensive end, fell down on his initial rush but bounced up and chased down quarterback David Delfiaccio.

"That's where our agility drills helped," Lewis said. "I stunted but I fell down. I jumped up as fast as I could. He (Delfiaccio) made a mistake by pumping again and I was able to get to him."

Lewis said the Seminole defense played well in spots and the brightest spot was Daryl Taylor, who hauled in three interceptions.

... Football Leaders on 10A

tions in the 17-10 win. "Daryl's interceptions won this game," Lewis said. "They just picked up the whole team. And he's a quarterback playing defensive back."

Taylor's big three tied Scott Radcliff for the county lead. Brian Brinson leads with 78 tackles. Lewis and Oviedo's Bernell Simmons have 66 apiece. Simmons has played one less game.

The race was punting leader has tightened. Radcliff still leads with 37.5 but Oviedo's Gordon King has pulled up to 37.2. Lake Brantley's David Delfiaccio is third at 36.9.

Offensively, Lake Brantley's Sam Sears has 14 catches while Seminole's Dave Rape, Lake Mary's Byron Washington and Lake Howell's Bill Wasson have 11. Lyman's

Ralph Philpott has 10.

Seminole's Jeff Blake continues to lead the passers in yardage with 573. Blake and Lake Howell's Mark Wainwright have each thrown four TD passes. Wainwright is completing 50 percent of his tosses. Blake has hurled seven interceptions.

Andrew Smith continues his exceptional surge toward the county rushing title. Smith has 776 yards on 102 carries in just four games. He also has an average of 194 yards per game. He also has nine TDs to lead the county with 54 points.

All of the county teams return to action Thursday and Friday. Seminole treks to Daytona Beach to play Seabreeze Thursday while Lake Mary hosts Spruce Creek. Lyman entertains Oviedo in a big Seminole Athletic Conference game, Lake Howell journeys to Winter Park and Lake Brantley looks for its first win at homecoming against West Orange.

Seabreeze Will Be No 'Breeze' For Seminoles

By Sam Cook
Herald Sports Editor

The Seabreeze Sandcrabs, whose football program was blown in the wind before Rocky Yocam took over, will definitely not be a "breeze" for the Fighting Seminoles Thursday night. The District 4A-5 encounter will kick off at 8 p.m. at Welch Memorial Stadium in Daytona Beach.

While Seminole was just happy to secure its first win last Friday against Lake Brantley, Seabreeze had the week off, sitting back and enjoying its 4-0 record and state ranking. The Sandcrabs, though idle, improved one notch to No. 8 in the Florida Sports Writers Association preppoll.

Seabreeze had a program which resembled southern neighbor New Smyrna Beach until the Yocam era began four years ago. Yocam took over a team which hadn't won in two years and has since carved out a 23-10 mark. The 'Crabs have been 7-4, 8-3 and 8-3 in succession. NSB lost 22 in succession before upsetting Oviedo two weeks ago.

How did he turn it around? "I always get asked that question and it is really hard to answer," Yocam said Tuesday night via telephone. "We've always treated our kids with respect. They know what to expect from us and we know what to expect from them. We have been very consistent."

And he quickly admits having better players has helped.

"We have been lucky enough to have a lot of great players come through here," he said. "Which is a big part of it. Our assistant coaches are good too. They do a really great job and don't get the credit they deserve."

Seabreeze has more incentive than a ranking and an unbeaten record. It is tied with Titusville for first place in the 4A-5. Both have 1-0 records. Seminole is 0-1. NSB is 1-1 and Oviedo is 0-1. Titusville plays NSB Friday.

"This is key game for us in the district," Yocam said. "Titusville is 1-0 and New Smyrna had a big win over Oviedo. Both are tough and we still have to play both of them."

Seminole, meanwhile, is

Football

working quickly this shortened week. "We've had to put a lot in on Seabreeze in a short time," Coach Dave Mosure said. "They've got a really tough club. They beat Astronaut (12-0), so they have to be good."

Titusville Astronaut hung a 24-0 licking on the 'Noles in the season opener. Mosure said his club has improved tremendously since then. "It should be a real interesting game," he said. "We have to get the same performance from our offensive and defensive lines that we did against Lake Brantley."

One of those offensive linemen, Alan Kendall, was named the Optimist Club Offensive Player of the Week. The senior guard graded out at 86 percent, the top performance of a lineman this year, Mosure said.

Daryl Taylor, who swiped three passes, was an easy choice for Optimist Club Defensive Player of the Week.

J.J. Partlow, the strong-footed sophomore kicker, did erase a mark from the Seminole record books last Friday with its prodigious 45-yard field goal but it wasn't the record that was reported.

Partlow's 45-yarder eclipsed the 43-yard mark of Pat Reno, not the 42-yard mark of Jim Voltoline. Reno, a standout kicker and soccer goalie during his senior year in 1977, booted a 43-yarder that year.

Coincidentally, the kick came against Lake Brantley at Seminole's homecoming.

Oviedo assistant coach Ken Kroog said he's very happy with one Sanford product which moved to Oviedo. Ed "Double I" Miller, who wrestled for the Tribe and was one of the school's outstanding students, is suited up on the Lions this fall.

Friday, Miller turned in the play of the game when he turned away a ball carrier at the Oviedo goal line for a two-yard loss. "That touchdown would have tied the game," Kroog said. "Miller made a great play."

Clark Gets Tough, Rose Moves Swiftly

By Chuck Burgess
Special to the Herald

Don Clark's Lyman Greyhound swimming teams are probably feeling refreshed after yesterday's workout ... or rather swim meet.

Lyman was paced not only by junior sensation Charlie "Chazz" Rose, but everyone and their brother who knew how to swim. Lyman recorded one of its most impressive wins of the season by defeating Donalyn Knight's small tribe of Seminoles, 107-37, in the boys and, 131-29, in the girls.

"Seminole came in here and swam well, that's all there is to it," second-year coach Clark said. "They just don't have the number of people they need to produce any depth."

Rose, happy his teammates did so well in spite of the fact this week has been one of strenuous workouts, was ecstatic with his performance. "The workouts this week have been unbelievably tough," Rose

Swimming

said. "We've been hitting some high yardage practices and everyone is still swimming close to their best times."

All Rose did for the 'Hounds was win his usual number of events, three. Rose was victorious in the 100 fly, 56.4, the 100 breast, 1:07.2 and teamed with John Novotny, Nick Radkewich and Rich Ott to win the 200 medley relay with a finishing time of 1:58.

"I think I'm swimming really well. Right now I'm swimming faster unshaved than any other season," Rose said. "I give coach (Clark) a lot of credit. I really respect him because he knows when to be tough with us and when to be a friend. I can definitely swim well for someone like that."

The Greyhounds, who won every event and only allowed the Seminoles to score five second-



Herald Photo by Eric Klingensmith

Charlie "Chazz" Rose takes off to the first of three victories.

places, were swimming with a team that showed a lot of class, according to Clark. "That Seminole team is tough. They

came in here knowing they were going to get beat, but they kept

See CLARK, Page 8A

Geography Favors Jays After Brett Evens Series

TORONTO (UPI) — No matter who wins tonight, the Kansas City Royals or Toronto Blue Jays, they'll make history. But geography is on the side of the Blue Jays.

If Toronto wins the deciding contest of the American League playoffs, it means the first World Series game outside the United States is scheduled to be played Saturday in Exhibition Stadium.

Should Kansas City slip past faltering Toronto, it joins the 1925 Pittsburgh, 1958 New York Yankees, 1968 Detroit and 1979 Pittsburgh teams as the only clubs to come back from 3-1 deficits to win a best-of-seven series.

"This is the perfect matchup," Kansas City manager Dick Howser said of tonight's pairing of aces — Bret Saberhagen of Kansas City and Dave Stieb of Toronto — for the one-shot final. "This is the way it should be."

"We've each got our best two guys going," Toronto manager Bob Cox said. "It's pretty much a toss-up."

A.L. Playoffs

"There's a definite advantage to being at home," Cox said. "But you have to wake up feeling you're going to win. They know what they have to do."

George Brett's solo home run in the fifth-inning Tuesday night broke a 2-2 tie and gave Kansas City the lead for good in a 5-3 victory.

Howser's pitching plans worked perfectly as he got 5 1-3 innings of four-hit ball out of right-hander Mark Gubicza, charged with all three Toronto runs, and nearly air-tight relief for 3 1-3 innings from left-hander Bud Black.

After Toronto's left-handed hitters were out of the way, Dan Quisenberry came in to strike out Garth Iorg to end the game. "They ran out of things to do,"

Howser said. "But that's because of the way the game

See JAYS, Page 8A

PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Oct. 16, 1985—1B

Cook Of The Week

She Will Be Remembered For Her Chicken And Dumplings

By Dorothy Greene
Herald Correspondent

Imagine waking up to a picturesque view of the St. Johns River at your back door, sipping a cup of freshly brewed coffee, and savoring the sounds of nature at its best. Alpha Kickliter, our Cook of the Week, has this and a whole lot more to enjoy each day as she busies herself with homemaking and pleasant pastimes.

Alpha says that she and her husband, Doug, often have breakfast or lunch in their glass-enclosed family room overlooking the river. On a clear day, or even on a cloudy one for that matter, they have a panoramic view of Volusia County and can sometimes see the rain come down hard on that side of the river while the sun is shining in Seminole! It is a scene so beautiful that Alpha's grandson, Jeff, and his new bride, Joanie, chose this setting for their recent wedding.

For the happy occasion, Alpha prepared a lovely reception for their garden wedding complete with a traditional cake which she decorated herself.

Alpha can almost be considered a "newlywed" herself since her marriage to Doug Kickliter is still so young. Besides two children and seven grandchildren of her own, Alpha's seven stepsons and 15 step-grandchildren make for a wide family circle. "We don't get to see them too often," says Alpha. "My son and one stepson live in Florida, and all the rest are in Indiana and Arkansas."

It's a long way from Liberty, Ky., where she and her brother were raised on a farm, but Alpha still recalls the good lessons she learned at her mother's side. "I used to help in the kitchen by peeling potatoes and Mother taught me how to bake breads, cakes and pies," says Alpha. "My brother and I had our chores to do around the farm. It was a general farm with vegetables, chickens, some cattle, and tobacco, and we'd have to milk the cows, feed the chickens and help with the tobacco crop, and every evening we had to bring in the firewood for the wood heater," she says. "Whenever there were things to do, my brother and I pitched in to help."

Alpha says she didn't know a whole lot about cooking when she first got married. "So I guess I just picked it up on my own. Mother did farm-style cooking and that meant three big meals a day. We always had a lot of company. Relatives would visit us from the 'city' all during the summer months and sometimes stay for a week at a time." Alpha is looking forward to a visit this week from her mother whom she fondly calls "Mammy."

Alpha says she does "a little bit of everything. I



Herald Photo by Tommy Vincent

Alpha Kickliter prepares Chicken And Dumplings, biscuits, dessert.

like to sew and work with ceramics. I have a kiln and several molds and enjoy making decorative pieces as a hobby." Some of Alpha's finest handwork is in the form of "soft sculptured" baby dolls and rag dolls. She also makes a replica of the Bye-Lo Baby doll which was a popular feature from 1922 to 1930. For this, she has a mold from which the face and hands are made and the rest of the doll's body is sewn together and stuffed. Alpha then creates a lovely gown and bonnet set with all the lacy trimmings to complete her "baby doll." "An original Bye-Lo baby doll is valued at about five to six hundred dollars now," she says. "but I enjoy making them as gifts for my grandchildren and pieces." In keeping with her creative talents, Alpha has several beautiful landscape paintings which she did as a student of E.B. Stowe, a prominent area artist, whom Alpha is fortunate to have as a neighbor.

Alpha and Doug, a retired railroad engineer, are

avid campers and like to go fishing. Crystal River is a favorite camping spot for "just the two of us," says Alpha. "We have a boat and a motor home and like to go fishing on the St. Johns or Indian River and we go camping whenever we can."

Doing things together is always a good formula for a happy marriage, and Alpha says. "We help each other a lot. He likes to do woodworking in his shop, and we just finished reupholstering a couch together. He helps me, and we just finished reupholstering a couch together. He helps me,

and I help him." A chair in need of reupholstering played a big part in helping Alpha and Doug get acquainted. Knowing each other from church, Doug asked Alpha if she would reupholster a chair for him, and, she says, "I agreed to do it in my spare time. I think it took me about two or three months to get it done." A dinner date turned into a continual thing, and about six months later they were married.

All good cooks like to be remembered for something special, and Alpha's chicken and dumplings are a must at many church functions. Friends at the First Baptist Church of Sanford look forward to this treat at their senior citizen's meeting of the "Glowing Embers." "If I don't take a big pot of my chicken and dumplings, they are disappointed," says Alpha. "Once a month we have a railroad retirees' dinner, and I bring my chicken and dumplings there, too. They've come to expect it."

Although some families have their favorite dishes, Alpha says her children and grandchildren like just about everything she makes, and that makes it easy on the cook!

With fall in the air, now is the time to round up some nearby recipes that say "more, please."

Below is a selection of Alpha's favorites:
CHICKEN AND DUMPLINGS
1 2 1/2-3 pound broiler-fryer chicken
2 quarts water
2 teaspoons salt
1 teaspoon pepper
Place in crock pot and cook until tender. Remove chicken from broth and let cool. Bone chicken and set aside.
Combine:
2 1/2 cups self-rising flour
1/2 cup Crisco
1 cup milk (add 2 or 3 drops yellow food coloring to milk, if desired)
Mix until all ingredients are moist. Turn out on a floured surface and knead until smooth. Roll dough out to about 1/8" thickness and cut into 1 or 2 inch squares. Put broth in heavy pan and bring to a boil. Add a few drops of yellow food coloring and drop dumplings in, a handful at a time.
See COOK, 2B

Recreation Department Offers Classes, Special Events, Tours

A full program of recreational classes, special events and trips will be offered by the City of Casselberry Parks and Recreation Department beginning the week of Oct. 21.

Adult classes will include Aerobics and Relaxation, Archery Instructions, Beginning Calligraphy, Cook and Share Time, Christmas Workshop, Crochet Classes, Dog Obedience, Floral Arrangements with a Holiday Theme, Dried and Live Floral Design, Mixed Media Painting Instructions, Needle Punch Art, Senior Citizen Swim and Gentle Waterobies, Tennis and Watercolor Greeting Cards. Youth classes will include After School Sports Program.

Baton Twirling, Beginning Calligraphy, Crafty Crafts, Dance Instruction for Tiny Tots and Youth, Drop-In Center at Wirz Park, Golf Instructions, Pom-Pom & Dance Team, Tennis and Drawing in Black & White Color.

Special events include Halloween Costume Parade, Costume Judging, Entertainment and Teen Dance with radio station WDIZ on Oct. 26; Fallfest (an outdoor craft fair and holiday bazaar — which is currently sold out) on Nov. 2; Turkey Trot 5K Race on Thanksgiving Day, Nov. 28, and a Wintercraft Festival (outdoor craft fair and holiday bazaar) on Dec. 7.

Trips for adults and families

are also being offered to Burt Reynolds Jupiter Dinner Theatre on Dec. 7, trip to the Ft. Lauderdale Winterfest and to Lantana to see the World's Largest/Tallest Christmas Tree on Dec. 21-22, trip to the Sea Escape on Jan. 12 and during the month of February (date to be announced) a trip for a Palm Beach Holiday (2-day event to the Burt Reynolds Dinner Theatre, Musciana Theatre and shopping on Worth Avenue).

All classes and trips require advanced registration at the Parks and Recreation Office located at Secret Lake Park Recreation Center, 200 Ivey Road. For additional information, call 831-3551 EX 260.

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Museum Open House Reflects 'Good Old Days'

A steady stream of enthusiastic viewers walked thoughtfully through the display rooms of the Seminole County Historical Museum during the recent open house. They looked for themselves in old pictures and reminisced about the "good old days." Hostesses were on hand in the rooms to guide visitors and to tell the histories of the artifacts on display.

Young and old alike were fascinated with the stories Belle Rumbley told about her exhibit of native Florida wildlife, mounted for her by her son, Robert Rumbley, a Tallahassee taxidermist. Deer One, the fawn, Freddy Fox, Carlyle Bobcat, and Otto Otter nestled cozily in the beautiful natural forest setting arranged for the occasion by Jean Norris. Ducks, quail and other birds hid in

the palmettos, while Tom Turkey watched proudly.

Startling to most viewers were the two bears' heads brought for display by Cecil Tucker and Beth Hattaway. Streaky Pete was taken as a baby and raised by the Tuckers as a pet. Old time residents remembered seeing him often at the Tucker store. Dumbo, so called because of his huge ears weighed 280 pounds when he was shot by I. atway on a Mormon ranch. Dumbo was a descendant of domesticated pigs that became wild. They are a nuisance now, Hattaway said, because of the damage they do to pasture land.

Suspended above the display of animals were three snake skins, loaned by Dick Dove, Sanford taxidermist, showing the distinctive markings of the rattlesnake, moccasin, and coral snake, Florida's only three deadly serpents.

Outside, under the camphor tree, a large, live Eastern Indigo snake from the Central Florida Zoo made friends with anyone brave enough to

touch him. This snake's name is "Literary" visitors were told, because when he gets free he knocks over all the books in the area. The Eastern Indigo is one of nature's benefactors and should be protected not killed. Ironically, this snake is a threatened species due to loss of habitat and over collection. They are docile creatures and very popular as pets.

Also with the Outreach display from the Zoo were Amos, a blue and gold Macaw, Ophelia, a baby possum, and an as yet unnamed baby rabbit.

Visitors came early and stayed late for refreshments and the opportunity to meet old friends.

Dr. Alex Dickinson, chairman of the Seminole County Historical Commission, expressed a feeling of satisfaction at this gratifying display of public support. The museum is open Monday through Friday from 9 a.m.-1 p.m. and every Sunday 2-4 p.m. Other special museum days are scheduled for the future.

— Kate Nash



The history of Seminole County was vividly relived when the Seminole County Historical Commission held open house. Caught up in local history are, from left, Dr. Robert J.

Smith, his wife, Sanford Mayor Bettye Smith, Belle Rumbley and Dr. and Mrs. Alex Dickinson and sons, Steve and Jonathan.

...Cook

Continued From 1B
time. Salt and pepper to taste. Return chicken to broth and serve with a nice salad. Serves 6.

LAYERED DESSERT

1/2 cups flour
1 cup nuts, chopped
1 stick margarine
Mix above ingredients until crumbly and press in bottom of 9x13 baking pan. Bake 20 minutes at 450°. Remove from oven and cool.

Combine:
1 8-oz. package cream cheese
1 cup powdered sugar
1 cup Cool Whip
Mix until well blended and spread on crust in pan.

Mix 2 packages (3 oz. each) butterscotch instant pudding with 3 cups milk until thick and spread over cream cheese layer. Top with Cool Whip and chill. Any flavor instant pudding may be substituted for the butterscotch.

FRIED APPLES

4 cups apples, pared and sliced
1 cup sugar (more if tart apples are used)
4 tablespoons cooking oil
Place in skillet and cook on medium heat until apples are tender and juice is syrupy. Makes a nice side dish. Serves 4-6.

QUICK COFFEE RING

1/2 cup margarine, melted
1/2 cup chopped nuts
1 cup firmly packed brown sugar
2 tablespoons water
2 10-oz. cans Hungry Jack refrigerated flaky biscuits
Coat bottom and sides of 12 cup fluted tube pan

with 2 tablespoons melted butter or margarine. Sprinkle 3 tablespoons of the nuts over bottom of pan. Place remaining nuts, brown sugar, water, and remaining margarine in small sauce pan and heat to boiling. Remove from heat. Separate dough into 20 biscuits. Cut each biscuit in half and form into a ball. Place 20 balls in bottom of pan. Drizzle half the caramel sauce over balls. Repeat layer. Bake at 375° for 20 to 25 minutes or until golden brown. Invert immediately onto waxed paper and remove pan. Serves 10.

PEANUT BUTTER BALLS

4 cups powdered sugar
2 cups peanut butter
2 sticks butter or margarine, melted
Mix well, knead. Roll into one inch balls and place in refrigerator for about 30 minutes. Meanwhile, melt 1 package (12 oz.) chocolate chips and 1/2 bar paraffin in top of double boiler. Place toothpick in each ball and dip into melted chocolate to coat. Place on waxed paper to dry.

FREEZER COLE SLAW

One 2-pound head of cabbage
1 teaspoon salt
1 green pepper, chopped
1 carrot, grated
Shred cabbage, add salt. Allow to stand at room temperature one hour. Squeeze the liquid from cabbage. Add green pepper and carrots.

Combine:
1/2 cup vinegar
1/2 cup water
1 teaspoon celery seed
1 teaspoon mustard seed
2 cups sugar
Place in saucepan and boil for 2 minutes. Allow syrup to cool, then pour over shredded mixture. Pack in containers and freeze. Will keep in refrigerator for weeks.

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\$4.99
12-PACK CANS (WARM ONLY)

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750 ML BOTTLE

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\$1.19
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MILWAUKEE'S BEST BEER

\$6.49
24 - 12 OZ. CANS (WARM ONLY)
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Energy Packed Snacks

Get them up, get them to eat breakfast, get them to take their lunch or snack and get them to eat some nutritional snacks when they get home ... It isn't easy!

But nutritious dates can be a great partner. For starters, mix chopped dates with unsugared dry or cooked cereal, add to pancake or waffle batter or make a date-orange-egg blender drink.

For the brown baggers, date nut bread with cream cheese filling or date-peanut butter spread are favorites. Just plain dates, pitted or chopped, make a good nibble for dessert.

Nutritionally, these energy packed little fruits provide a good source of iron, potassium and niacin, low in sodium and only 22 calories per date.



Dates pack a lot of nutrition.

MAGIC DATE COOKIES

1 can sweetened condensed milk (not evaporated)
3 cups graham cracker crumbs
1 cup chopped dates
1 teaspoon cinnamon
Quartered dates for tops of cookies

In a large bowl, gradually mix cracker crumbs and cinnamon into condensed milk. Add dates and blend well. Mixture will be very thick. With lightly oiled hands, shape by tablespoonfuls into round balls. Place on greased cookie sheets and lightly flatten each ball. Press a quarter pitted date into each cookie. Bake at 350° for 15 minutes. Remove from pan and cool on racks. Makes about 3 dozen.

CHOCO-DATE SQUARES

1/2 cup butter or margarine, softened
1 cup brown sugar, packed
2 eggs
1 teaspoon vanilla
1/4 cup all-purpose flour

1 1/4 teaspoon baking powder
1/4 teaspoon salt
1 cup chopped dates
1/2 cup semi-sweet chocolate bits

Cream butter and sugar, add eggs one at a time and beat well. Add vanilla. Combine flour with baking powder and salt, stir into beaten mixture. Add dates and chocolate. Spread mixture in greased 9 inch square pan. Bake at 350° for about 30 minutes, or until toothpick inserted in center comes out dry. Cool on wire rack and cut into squares.

SUN GIANT DATE BREAD

2 1/2 cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
1/2 cup sugar, white or brown
2 cups pitted dates, finely cut
1 cup whole wheat flour, unsifted

1 egg, well beaten
2 cups buttermilk
3 tablespoons salad oil

Mix and sift together the all purpose flour, baking powder, soda, salt and sugar. Coat dates with small amount of flour mixture and blend with remaining flour mixture. Add the unsifted whole wheat flour and mix. Combine buttermilk with beaten egg and oil. Combine liquid ingredients with the dry ones all at once, stirring only until dry ingredients are moistened. Pour into well greased 9x5x3" loaf pan and bake one hour at 350° or until toothpick inserted in center comes out clean. Cool 10 minutes in pan. Remove from pan to cooling rack. Allow to cool thoroughly before slicing. To store, wrap in foil or wax paper to retain moisture.

Versatile Sweet Potatoes Considered Cook's Delight

Any way you slice them, sweet potatoes are one of your best sources of vitamins and minerals this season. Now in peak supply, sweet potatoes have many healthful benefits that shouldn't be overlooked. For instance, they're cholesterol-free, low in sodium and a natural source of fiber. Additionally, one medium sweet potato provides over twice the recommended daily allowance of vitamin A, which, according to both the National Cancer Institute and the American Cancer Society, has been shown to reduce the risk of certain forms of cancer. Sweet potatoes are also a good source of vitamin C, iron and thiamine.

As one of the most nutritionally complete vegetables, sweet potatoes are deliciously moist and remarkably versatile. Often referred to as yams, sweet potatoes are the cook's delight

since they can be used in cakes, cookies and breads to salads, soups and stews.

There's no hidden mystery when it comes to selecting yams in the product section of your supermarket.

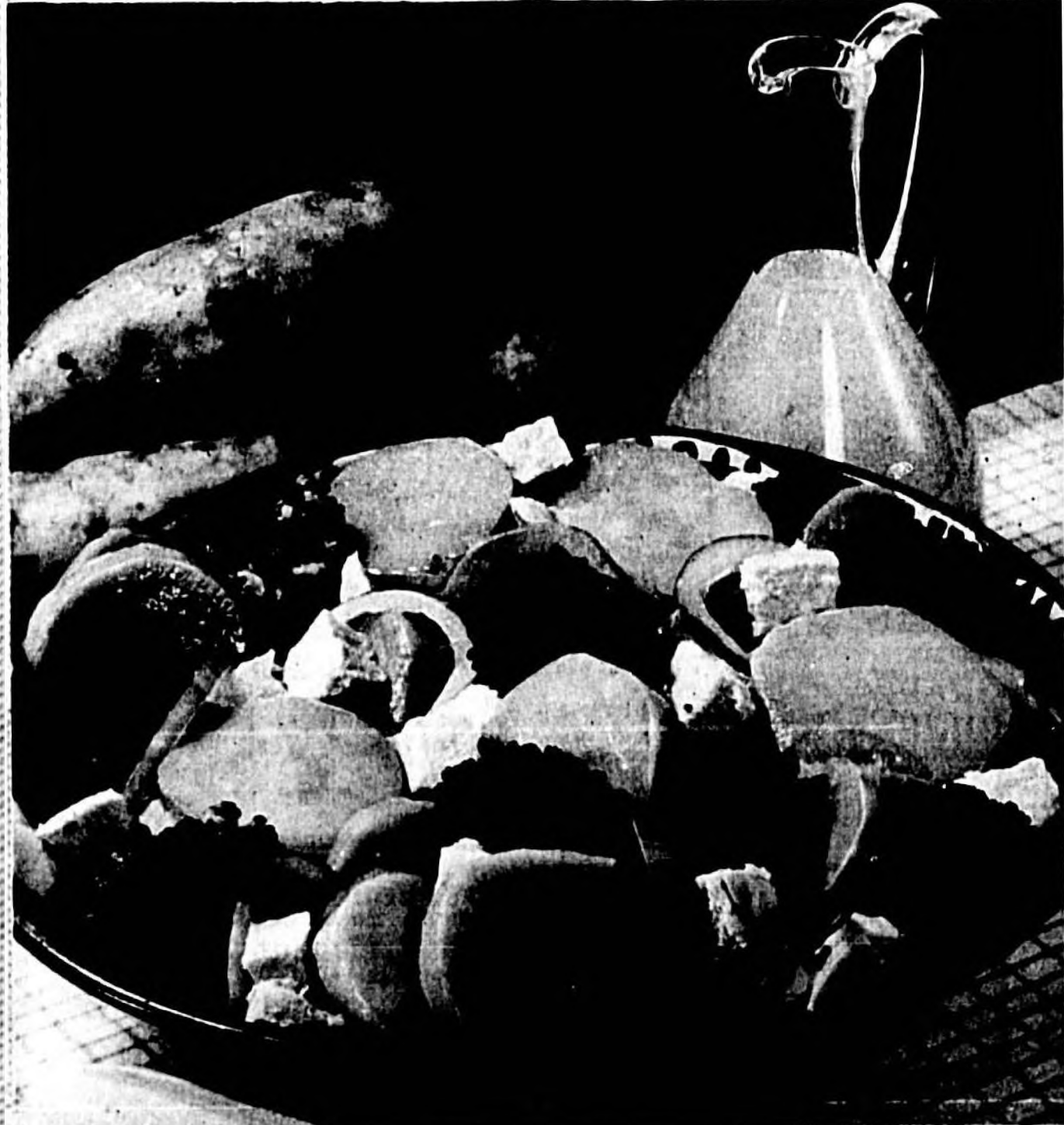
AUTUMN YAM SALAD

2/3 cup vegetable oil
1/4 cup freshly squeezed orange juice
2 tablespoons white wine vinegar
2 tablespoons prepared brown mustard
2 teaspoons grated fresh ginger
1/2 teaspoon salt
1/8 teaspoon pepper
3 large North Carolina yams, pared, sliced 1/2-inch thick (4-5 cups)
2 cups fresh broccoli florets
2 cups cooked, diced chicken
1 small red onion, thinly sliced
In small bowl combine oil,

orange juice, vinegar, mustard, ginger, salt and pepper; mix well. In large saucepan steam yams and broccoli 5-7 minutes, until vegetables are crisp-tender. Drain. Turn vegetables into large bowl; add chicken, onion and dressing; mix well. Serve salad warm.

YAM SUNSHINE SALAD

Makes: 4 servings.
3 large North Carolina yams, pared shredded (about 4 cups)
1/4 cup mayonnaise
1/4 cup chopped scallions
2 tablespoons freshly squeezed lemon juice
1/2 teaspoon dried rosemary, crumbled
In large saucepot steam shredded yams 2-3 minutes, until just crisp-tender. Cover. Chill 15-20 minutes. Add mayonnaise, scallions, lemon juice and rosemary; mix well. Makes: 4 servings.



Fresh sweet potatoes are featured in Autumn Yam Salad.

Enter the World of Beatrice Treasure Hunt



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MARTHA WHITE FLOUR
REGULAR OR SELF RISING
5 LB BAG **79¢**
LIMIT - 1 PLEASE

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7.5-OZ BOX **5/\$1**

MARTHA WHITE MUFFIN MIX
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JIM DANDY QUICK GRITS
5 LB BAG **99¢**



Pork loin, red cabbage and desserts are country inn favorites.

Country Inns Offer Best Of America

Each autumn, the hillsides beckon local and visiting nature watchers with warm, vibrant colors. It is a time when a leisurely drive, a walk in the fields and some crisp, country air can refresh one's spirit. The perfect partner to such an outing, whatever the season, is a hearty meal and a cozy bed at a country inn.

Country inns are often best known for their food, which explains the pride each innkeeper takes in serving unique and delicious fare. Classic quality and a rich heritage are a matter of pride — from the quilts that cover the beds — to the plates that bear the "house" favorites. It is this tradition of quality that prompted the Smucker's Company to search for the best examples of country inn cooking through a nationwide recipe contest.

This search resulted in 22 outstanding recipes that offer a fresh and interesting flavor with each dish, four of the winners shown here.

Not only are they delicious, but they are also terrific examples of the way fruit preserves can add flavor and variety to everyday food. Fruit-Stuffed Loin of Pork, for instance, is a succulent main dish that mixes natural juiciness with a richly textured, fruit stuffing and flavorful apricot glaze. And Smucker's grape jelly adds a special twist that complements the crisp cabbage leaves, to make Sweet and Sour Red Cabbage. Two very special desserts, Apricot Rice Pudding and Cherry Almond Dessert, complete the meal and provide a tasty choice for everyone at the table. The pudding is a smooth, yet firm blend of rice, coconut and apricots. The Cherry Almond Dessert offers ice cream lovers a fancy twist and takes little time to prepare.

Serving and cooking food should be as easy as the preparation. The classic lines of Corning's cookware go from oven to table, saving steps but never costing appearance. The photograph features French White cookware by Corning, which blends perfectly with antique country interiors and odd serving pieces that although mismatched, are too dear to part with. Cooks are also quick to praise the smooth surface that makes cleaning easy and also prevents food flavor carryover, which can sometimes happen with other cooking materials.

There are, of course, as many varieties of country recipes as there are country cooks. Above

all, the country inn represents a cozy charm that warms the heart and nurtures the spirit. Although we may not have the opportunity to visit these inns, we can certainly enjoy their culinary specialties by trying each of the 22 recipes in "Smucker's Best In American Country Inn Cooking Booklet."

To obtain a copy of this recipe sampler, send 50 cents (for postage and handling) to: Smucker's Best In America Country Inn Cooking, P.O. Box 158, Medina, OH 44258.

FRUIT-STUFFED PORK LOIN WITH APRICOT GLAZE

(Serves 8-10)
 1/2 cup dried apricots
 2/3 cup apricot nectar
 4 pounds rolled loin of pork, boned

12 pitted prunes
 1 teaspoon salt
 1/4 teaspoon ground ginger
 1/2 cup apricot preserves
 1 teaspoon soy sauce

Cook apricots in apricot nectar for 3 minutes in a covered saucepan. Let stand covered at least 1 hour. Unroll pork loin; place fat-side down. Make a deep lengthwise cut on an angle into meaty part to make a pocket for fruits. Drain apricots, reserving liquid. Alternate apricots with prunes in meat pocket. Roll pork around fruits. Tie pork with cotton string at 2-inch intervals. Rub pork with salt and ginger. Place in roasting pan and roast at 325°F., allowing 30-35 minutes per pound (approximately 2 1/2 hours). Pork is done when meat thermometer inserted into center of roast registers 170°F. Brush pork occasionally during roasting with mixture of reserved apricot liquid, apricot preserves and soy sauce. Place roast on a warm serving platter; remove strings before serving.

CHERRY-ALMOND DESSERT

(Makes 9 squares)
 1 1/2 cups crushed vanilla wafers
 1/2 cup melted butter
 2/3 cup toasted slivered almonds

1 teaspoon almond extract
 1/2 gallon vanilla ice cream
 12-ounce jar cherry preserves
 Combine vanilla wafers, butter, almonds and almond extract. Spread half of mixture into a 9-inch square pan; pat firmly. Reserve remaining half for topping. Soften ice cream and spoon over crumb mixture in pan. Place pan in freezer to firm (approximately 20 minutes). Remove pan from freezer and quickly spread cherry preserves over ice cream. Sprinkle with remaining crumbs. Cover pan

and freeze. Remove pan from freezer 20 minutes before serving. Cut into 9 squares.

SWEET AND SOUR RED CABBAGE

(Serves 6-8)

1 medium-size head of red cabbage, shredded
 1 apple, sliced thin without peeling

1/2 cup water
 2 tablespoons cider vinegar
 2 tablespoons butter
 1 teaspoon salt
 1/2 cup grape jelly

Combine all ingredients in a 4-quart covered pot. Steam over medium heat about 5-7 minutes or until cabbage is just barely wilted. Toss before serving.

APRICOT RICE PUDDING

(Serves 8)

1 1/2 cups cooked rice
 1/2 cup shredded coconut
 1 1/2 cups apricot nectar
 1/2 cup water
 2/3 cup sugar
 1/2 teaspoon salt
 3 eggs, separated
 1 teaspoon grated lemon peel
 1 teaspoon vanilla
 1/2 cup apricot preserves

Pre-heat oven to 350°F. Combine rice and coconut. Place along bottom of a 10x6x2-inch baking dish or divide into three 16-ounce individual French White casseroles (illustrated). Heat apricot, nectar, water, 1/2 cup sugar and salt to boiling; cool slightly. Combine egg yolks, lemon peel and vanilla; beat slightly. Stir in hot apricot nectar mixture gradually. Pour mixture over rice and coconut.

Place baking dish(es) in pan of hot water. Bake for 45 minutes or until set. Remove from oven; cool slightly. Spread top of pudding with apricot preserves. For meringue topping, beat egg whites, gradually adding remaining sugar until stiff, but not dry. Spread meringue over pudding. Return to oven; bake 15 minutes or until meringue is lightly browned. Cut into squares or spoon into individual dessert dishes. Serve warm or cold.



FROZEN FOODS

SALE!

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GREEN GIANT
 CORN ON
 THE COB
 4 EARS



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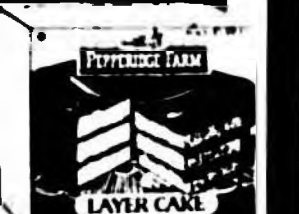
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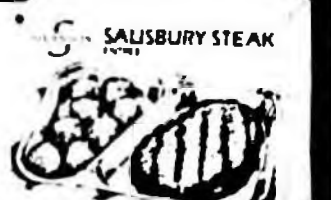
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Salisbury Steak Diane and Potatoes 'Rockefeller' make an easy dinner.

Start With A Frozen Entree For Elegant Company Fare

Take Steak Diane, serve with creamy stuffed potatoes and follow with a dessert of luscious fudge-topped cherry pie. Elegant, yes, but not quite the company dinner one would imagine putting together at the end of a busy day.

Busy or not, you really can grace the fine china with this dinner with a minimum of effort and surprisingly little preparation time. Add a salad of fresh greens, julienne cut vegetables and some red wine to make it truly company-special.

Dinner is special, and easy, with the help of a few handy frozen foods that keep kitchen time down and company time up. Start with Salisbury Steak Diane ... onion, chives and a splash each of brandy and sherry add the "Diane" to the family-size pack of frozen prepared gravy and Salisbury steak main dish. One package serves six amply.

While it heats, fill baked potato shells with a creamy mixture of thawed frozen spinach, cheese, bacon, seasonings and potato. Pop your Potatoes 'Rockefeller' in the oven to heat for a few minutes before serving.

After the plates are cleared and your guests are convinced that you couldn't possibly have had time to fix anything else ...

prove them wrong. The fruity beginning of Hot Fudge Cherry Pie Sundae is a ready-to-bake frozen cherry pie baked early in the day and cooled. Top each slice with vanilla ice cream and a smooth hot fudge sauce homemade with sweetened condensed milk, chocolate pieces, butter and a few drops of almond extract.

SALISBURY STEAK DIANE

1 package (32 oz.) frozen prepared gravy and Salisbury steak main dish, thawed

1 small onion, sliced (about 1/2 cup)
2 tablespoons freeze-dried chives
2 tablespoons brandy
2 tablespoons sherry

Separate Salisbury steak patties from gravy. In 1 1/2-quart oblong baking dish, place patties and onion. In small bowl, combine gravy, chives, brandy and sherry. Pour over patties. Heat in 375°F. oven 35 minutes or until hot. Stir before serving. Makes 6 servings.

POTATOES "ROCKEFELLER"

6 medium baking potatoes, baked
3 tablespoons butter or margarine
2-3 tablespoons milk

1 package (10 oz.) frozen chopped spinach, thawed and well-drained
4 slices bacon, crisp-cooked

and crumbled
1/2 cup (2 oz.) shredded Cheddar cheese
1/4-1/2 teaspoon hot pepper sauce

Cut tops off potatoes. Scoop out centers leaving 1/4-inch shells. Set aside shells. In large bowl, combine potatoes, butter and milk. Stir in spinach, bacon, cheese and hot pepper sauce. Spoon potato mixture into shells. Heat, on cookie sheet, in 375°F. oven 10 minutes or until hot. Makes 6 servings.

HOT FUDGE CHERRY PIE SUNDAE

1 package (20 oz.) ready-to-bake frozen cherry pie
1 cup (6 oz.) semi-sweet chocolate pieces
2 tablespoons butter or margarine

1 can (14 oz.) sweetened condensed milk
1/2 teaspoon almond extract
Vanilla ice cream

Bake pie according to package instructions. Let cool. In small saucepan, melt chocolate and butter. Stir in sweetened condensed milk and almond extract. Cook over low heat, stirring constantly, until mixture is hot and bubbly. Cool slightly. To serve, cut pie into 6 pieces. Top each with one scoop ice cream. Pour 1/4 cup chocolate mixture over ice cream. Makes 6 servings.

Cassata Winner In Contest

Gloria Bove of Bethlehem, PA, won \$5,000 for her first place entry, "Cheesy Beef 'n Spinach Cassata," at the 12th annual National Beef Cook-Off.

This year's contest was held in Wichita, KA, from Sept. 24-26. The American National Cow-Belles sponsor the event in cooperation with the Beef Industry Council of the Meat Board.

CHEESY BEEF 'N SPINACH CABBATA

2 pounds ground beef
1/2 cup each chopped green pepper and chopped onion
2 cloves garlic, minced, divided
2 tablespoons olive oil, if desired
3/4 teaspoon salt
1 can (8 ounces) tomato sauce
1 can (8 ounces) tomato paste
1/2 cup white wine
2 teaspoons dried oregano, crushed
1/4 teaspoons ground pepper

1/4 cup seasoned dry bread crumbs
1/2 cup plus 2 tablespoons grated Parmesan cheese, divided
1/2 cup butter or margarine, melted, divided

1 package (10 ounces) frozen chopped spinach, thawed, well drained

2 eggs, beaten
1 cup each ricotta cheese and shredded mozzarella cheese
8 frozen 14x18-inch phyllo pastry leaves, thawed

Parsley
Ripe olives
Cherry tomatoes
Brown ground beef with onion, green pepper and one clove garlic in oil, if desired, over medium heat; pour off drippings. Sprinkle salt over beef mixture. Add tomato sauce, tomato paste, wine, oregano and pepper, stirring to combine; simmer five minutes. Stir in bread crumbs and 1/4 cup of Parmesan cheese; reserve. Lightly brown remaining clove garlic in 1 tablespoon

of the butter. Add spinach; cover and simmer 3 minutes. Remove from heat. Stir in eggs, ricotta and mozzarella cheese and 1/4 cup of the Parmesan cheese; mix well. Line a 9-inch springform pan with 6 phyllo leaves, overlapping edges. Brush top with butter. Spoon beef mixture into pan, pressing lightly. Top with spinach mixture. Fold phyllo edges over top. Cut four 9-inch circles from the remaining phyllo leaves. Place one circle over filling; brush with butter. Repeat 3 times. Cut through leaves to form 8 wedges. Brush with remaining butter. Place pan in shallow baking pan (to catch drippings). Bake in moderate oven (350°F.) 35 minutes. Sprinkle remaining 2 tablespoons Parmesan cheese over top; continue baking 10 minutes or until golden brown. Let stand 10 minutes. Remove sides of pan; cut into wedges. Garnish with parsley, olives and tomatoes. 8 servings.

RAWSONS
SUPER VALU

CHECK OUT THESE EXCITING VALUES!

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2.5-OZ ANTI-PERSPIRANT

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CONDITIONER
15-OZ ASSTD VARIETIES

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BATH
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GOLD WHEAT

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DELSYM
12-HOUR
COUGH
RELIEF
3-OZ

\$3.39

ARRID
ROLL-ON
DEODORANT
REGULAR OR XX
1.5-OZ

\$1.79

HAVOLINE
MOTOR
OIL

10W40 OR 30 WT

QUART

88¢

10W40 OR 30W CASE 10.55



AQUA FRESH
PUMP
REGULAR

\$1.29

4.6-OZ

V-05
HAIR SPRAY
7-OZ SUPER OR 8-OZ
NON-AEROSOL UNSCENTED

\$1.88



Brunch Combines Good Food With Good Company

Webster defines brunch as a "late first meal of the day that takes the place of both breakfast and lunch." To most of us, it's a delightful late-morning meal that combines good food with good company.

The brunch came into its own in the fifties as an easy and relatively economical form of entertaining. Today, brunch ranges from a festive restaurant fete to a relaxing at-home affair. And, it's no wonder brunch is so popular! This versatile, two-in-one meal, usually served between about 10 a.m. and 1 p.m., can be simple or elaborate, a spur-of-the-moment, any-time-of-year weekend event or a pre-planned holiday or special-occasion bash.

While the brunch menu lends itself to a variety of foods, it traditionally includes eggs in some form. Readily available, economical eggs are as versatile as the meat itself. Eggs can be the basis for dozens of delicious brunch entrees — from classics such as Eggs Benedict or Quiche Lorraine to more innovative specialties of the house.

The unique recipes here range from casual to classy, last-minute to make-ahead. And, they're only a small sampling of the endless variety of egg dishes that can turn breakfast and lunch into an incredibly entertaining brunch!

POACHED EGGS ORIENTAL

4 servings
East meets West deliciously in this novel change of taste. Double the recipe and cook in two pans for a larger group. Be sure to keep this recipe dish in mind for dieters.

1 package (3 oz.) mushroom-flavored ramen-style Oriental noodle mix

1 can (8 oz.) sliced water chestnuts, undrained

1/2 cup diagonally thin-sliced carrot

1/2 cup diced celery

1/4 cup chopped green onions with tops

2 tablespoons soy sauce

8 eggs

4 fresh mushrooms, sliced, optional

2 teaspoons toasted sesame seeds, optional

In 10-inch omelet pan or skillet over high heat, bring 2 cups water to boiling. Break noodles from mix into quarters. Add to water. Reduce heat to medium. Cover and cook 1 minute. Stir to separate noodles. Stir in water chestnuts, carrot, celery, onions, soy sauce and contents of mix flavor packet. Break eggs, one at a time, into saucer, then slip each egg into vegetable mixture, holding dish close to mixture's surface. Recover and cook an additional 8 to 10 minutes, depending on desired doneness. For each serving, with ladle, lift 2 eggs, noodles and vegetables into each of 4 (12-ounce) soup bowls. Garnish with mushroom slices and sesame seeds, if desired.

COBB-STYLE SALAD

8 servings
This wonderfully filling, main-dish salad owes its origin to Robert Cobb, former owner of the Brown Derby restaurants in Los Angeles. It's easy to assemble the attractive layers of ingredients ahead of time to refrigerate until serving. And, the salad is portable, so keep it in mind for away-from-home potluck meals, too.

2 quarts (about 1 pound) bite-sized pieces mixed salad greens such as sinach and/or red leaf, Romaine, iceberg, Boston or Bibb lettuce

6 hard-cooked eggs, chopped

2 medium tomatoes, sliced

1 avocado, peeled and sliced**

1 package (6 oz.) sliced Swiss cheese, cut in julienne strips

3 ounces blue cheese, crumbled

6 slices bacon, crisp cooked, drained and crumbled

1/2 cup chopped green onions with tops

Thick French Dressing (recipe follows)

Toss greens and arrange in an even layer in 13x9x2" baking dish. Spoon eggs in a row down center of greens. Place alternate slices of tomato and avocado on both sides of eggs. Place Swiss cheese strips beside tomato and avocado slices. Sprinkle evenly with blue cheese, bacon and onions.

To serve, use a fork and spoon to lift out each serving, including some of each ingredient. Pass Thick French Dressing.

**To prevent discoloration, dip avocado slices in lemon juice.

THICK FRENCH DRESSING

about 2 cups

2 eggs

1 cup cooked oil

1/4 cup red wine vinegar

1 tablespoon sugar

2 teaspoons paprika

1 teaspoon salt

1 clove garlic, minced

Place all ingredients in 5-cup blender container or small mixing bowl. Cover and blend or beat with electric mixer or rotary beater at medium to high speed

until thoroughly blended. Pour into small saucepan. Cook over low heat, stirring constantly, just until thickened, about 4 minutes. Remove from heat. Cover and chill to blend flavors. Refrigerate any extra dressing.

CHICKEN AND AVOCADO FILLINGS

2 medium avocados, peeled and chunked

1 package (3 oz.) cream cheese, softened

2 tablespoons lemon juice

3/4 cup mayonnaise

1/2 teaspoon lemon pepper seasoning

1/4 teaspoon salt
4 hard-cooked eggs, chopped
1/2 cup chopped cooked chicken
1/2 cup chopped walnuts
1/2 cup finely chopped celery
2 tablespoons snipped fresh parsley

Place avocados, cream cheese and lemon juice in blender container or small mixing bowl. Cover and blend or beat at high speed until smooth. Set aside. In medium bowl, blend together mayonnaise, lemon pepper and salt. Stir in remaining ingredients. Set aside.

NEW ENGLAND-STYLE EGGS 'N' CLAMS

6 servings

Sauteed potatoes, onions and clams make ever-popular bacon and eggs an exciting new taste treat. This recipe is especially good when guests drop in unexpectedly. Keep a can of clams on hand and you can scramble up a sensational meat at the ring of a doorbell!

2 slices bacon, diced

3 cups diced peeled potatoes (about 1 pound)

1/4 cup chopped green onions

with tops
12 eggs
1/2 cup milk
3/4 teaspoon dill weed
Dash pepper
1 can (6 1/2 oz.) chopped or minced clams, drained

In 10-inch omelet pan or skillet over medium heat, cook bacon until crisp. Remove from pan, drain and set aside. Pour off all but 2 tablespoons of bacon drippings. Cook potatoes and onions in reserved drippings, covered over medium heat, stirring occasionally, until potatoes are tender and lightly browned,

about 15 minutes. Mix eggs, milk, dill weed and pepper until blended. Stir in clams. Pour over potato mixture. As egg mixture begins to set, gently draw an inverted pancake turner completely across the bottom and sides of pan, forming large soft curds. Continue until eggs are thickened but still moist*. Do not stir constantly. Sprinkle with reserved bacon.

*It is better to remove scrambled eggs from pan when they are slightly underdone. Heat retained in eggs completes the cooking.



DOUBLE

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3rd Big Week!

Oktoberfest

FALL FOOD FESTIVAL

SPECTACULAR



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\$1.18 LB

MEAT		MEAT		DELI	
USDA CHOICE	PER POUND	USDA CHOICE	PER POUND	FLAVORITE LUNCHEON MEATS ASSORTED VARIETIES	LB PKG.
CUBE STEAK	\$1.98	SHOULDER ROAST	\$1.28		\$1.08
FARM FRESH Pork Steaks	1.28	FRESH Ground Chuck	1.48	MEAT OR BEEF Lykes Franks	1.08
USDA CHOICE Stewing Beef	1.98	SLICED FAMILY FAVORITE Lykes Bacon	1.28	OSCAR MAYER MEAT OR Beef Bologna	.98
LYKES FAMILY FAVORITE POLISH, BEEF SMOKED OR Smoked Sausage	1.88	LIT'L BUFFET Kahn's Ham	2.68	FLAVORITE IMPORTED Sliced Ham	.98

FRESH GRADE A PICK O THE CHICK FRYER COMBINATION PKG

\$1.08 LB

FRESH REGULAR GROUND BEEF ANY SIZE PKG

98¢ LB

FARM FRESH WHOLE PORK BUTTS

98¢ LB



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16-OZ LIGHT N LIVELY Cottage Cheese **1.09**
9.5-OZ PILLSBURY Cinnamon Rolls **1.09**
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HOMESTYLE OR BUTTERMILK Eggo Waffles **.79**

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DAIRY AXELROD SOUR CREAM 16-OZ

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24-OZ CROWLEY'S Cottage Cheese **1.39**

DAIRY MERICO BISCUITS SWEETMILK OR BUTTERMILK 4 PACK

89¢

8-OZ SHREDDED CHEDDAR OR MOZZARELLA Sargento Cheese **1.39**

AXELROD'S YOGURTS SWISS STYLE ASSTD VARIETIES 8-OZ

3/89¢

LIGHT N LIVELY ICE MILK ASSORTED VARIETIES HALF GALLON

\$1.79

Microwave Magic

Autumn Brings On Favorite Apple Dishes

Autumn means apples and the availability of America's favorite fruit. If you are from New England the McIntosh is your favorite apple. If you hail from the northwest the golden and red delicious are best.

There are many more varieties of this fruit that can be baked, broiled, boiled sauteed and of course, microwaved. Dieters can also include an apple in their daily food plan. A medium apple contains 60 calories.

Jonathan, Winesap, and Rome Beauty are apples that hold their shape and will do well when cooked.

HONEY-GLAZED APPLE SLICED

- 6 med. apples, peeled
- 1/4 cup margarine
- 1/4 cup honey
- 2 teaspoons cornstarch



Midge Mycoff
Home Economist
Seminole Community College

- 1 teaspoon lemon juice
 - 1/4 teaspoon cinnamon
 - 1/2 cup whipping cream
 - 1 teaspoon lemon juice
 - 1/2 teaspoon vanilla
- Quarter and core apples. Cut each quarter into 3 slices. Place in 8 or 9 inch round shallow glass dish. Add margarine. Microwave on 100% power 5-6 minutes or until steaming. Stir once. Combine honey, cornstarch, lemon juice, and cinnamon. Pour over apples. Stir

lightly to mix. Microwave on 100% power, uncovered 5-6 minutes or until apples are glazed and tender, stirring 2 or 3 times. Cool. Combine cream, lemon juice and vanilla. Chill until served. Serve apples topped with cream. Garnish with nutmeg or cinnamon or both.

CRANAPPLE CRUNCH

- 5 med. cooking apples, peeled and sliced
 - 1 can (16 oz.) whole cranberry sauce
 - 3 tablespoons margarine
 - 1/2 cup packed brown sugar
 - 1/2 cup flour
 - 1/2 cup rolled oats
 - 1/2 cup flaked coconut
 - 1/2 teaspoon cinnamon
- Combine apple slices and cranberry sauce in 8 or 9 inch

round baking dish.

Microwave on 100% power margarine in 2 cup glass measure until softened (45 seconds), mix in brown sugar, flour, rolled oats, coconut and cinnamon until crumbly. Sprinkle onto apples. Microwave 100% power 10-11 minutes or until apples are tender. Serve warm with whipped cream, cool whip, or ice cream.

MICROWAVED APPLESAUCE

- 8 medium cooking apples, cored, peeled, and sliced
 - 1/2 cup water
 - 1/2 cup sugar
 - 1/4 teaspoon cinnamon
- Combine apples and water in a 2-3 quart casserole cover. Microwave on 100% power 10-12 minutes or until apples are tender, stirring once. Stir in sugar. Sprinkle with cinnamon.

If apples are extra tart you may wish to increase the sugar, if they are very juicy you may decrease the amount of water.

Combine apples with pork chops for this autumn entree.

PORK CHOPS AND APPLES

- 4 pork chops, cut 1/2 inch thick
 - 1 tablespoon margarine
 - 2 apples, peeled and sliced
 - 1 tablespoon brown sugar
 - 1/2 teaspoon salt
 - 1/4 teaspoon poultry seasoning
 - 1/2 cup water
 - 2 tablespoons flour
- Brown chops and arrange in a shallow microwave safe baking dish. Top with apple slices. Sprinkle with brown sugar, salt and poultry seasoning. Combine water and flour. Pour over chops. Cover with container lid. Microwave on 100% power 3-3 1/2 minutes, or until steaming hot, reduce power to 30% power and microwave for 45-60 minutes, or until meat is tender. Serve with buttered noodles, and brussel sprouts.

A small amount of leftover applesauce can be used in this moist spice bar type cookie.

APPLESAUCE BARS

- 1/2 cup margarine
 - 3/4 cup packed brown sugar
 - 1/4 cup sweetened applesauce
 - 1 cup all purpose flour
 - 1/2 teaspoon soda
 - 1/2 teaspoon cinnamon
 - 1/8 teaspoon nutmeg
 - 1/8 teaspoon cloves
 - 1/4 cup chopped nuts
 - 1/4 cup raisins
 - 2 tablespoons powdered sugar
- Microwave on 100% power margarine in mixing bowl 15-30 seconds or until softened. Blend in brown sugar, beat in applesauce. Stir in flour, soda, cinnamon, nutmeg and cloves. Mix in nuts and raisins.

Spread in 8 inch square baking dish. Microwave 100% 6-7 minutes or until no longer doughy. Try it for snacking or to take along on the next tailgate party.

APPLE CHEESE BALL

- 12 oz. cream cheese
 - 1 apple, unpeeled
 - 1/2 cup green onion, finely sliced
 - 1/2 teaspoon salt
 - 1/4 teaspoon white pepper
 - 2 tablespoons apple juice
 - 1-1 1/2 cups cheddar cheese
 - 1/2 cup chopped walnuts
 - 3 tablespoons fresh parsley, finely chopped
- Microwave cream cheese in glass mixing bowl for 1 1/2-2 minutes or 70% power. Core apple and chop into small pieces. Add chopped apple, onion, salt, pepper, and apple juice to cream cheese. Microwave for 2-4 minutes on 50% power. (this will blend flavors). Add cheddar cheese and chill for easier shaping. Form into ball and roll in chopped parsley. (during football season I shape it like a football and roll in finely chopped nuts and use strips of cheese to form laces.)

In Midge Mycoff's Microwave Magic column on Oct. 9, the amount of butter in a pound cake glaze was incorrect. The Herald regrets the error. The corrected recipe is as follows:

FRESH APPLE POUND CAKE

- 1 1/4 cups cooking oil
 - 2 cups sugar
 - 3 eggs
 - 3 cups flour
 - 1 teaspoon salt
 - 1 teaspoon baking soda
 - 2 teaspoons vanilla extract
 - 3 large apples, peeled and grated
 - 1 cup finely chopped pecans
- Combine oil, sugar, and eggs. Beat at medium speed for 3 minutes. Add combined flour, salt, soda and vanilla. Fold in apples and pecans. Bake in prepared 12 cup ring cake dish. Microwave on 50% 12 minutes and 100% 1-8 minutes. Let stand, covered with wax paper, on counter-top 10 minutes. Invert and glaze.

Glaze: Combine 1/4 cup butter and 1 1/2 cups light brown sugar in a deep bowl. Microwave on 70% power until mixture begins to boil. Add 1/2 cup evaporated milk and continue to microwave on 70% power until mixture boils again. Cook until thickened. Add two teaspoons vanilla. Cool and spread on cake.

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OCT. 17, THRU WEDNESDAY, OCT. 23, 1985.

4. We will double coupon value on all manufacturer coupons for items in stock except tobacco and cigarettes. No rainchecks or substitutions.
5. The coupon value cannot exceed 99¢ and total redemption cannot exceed the cost of the item.
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BEETLE BAILEY by Mort Walker



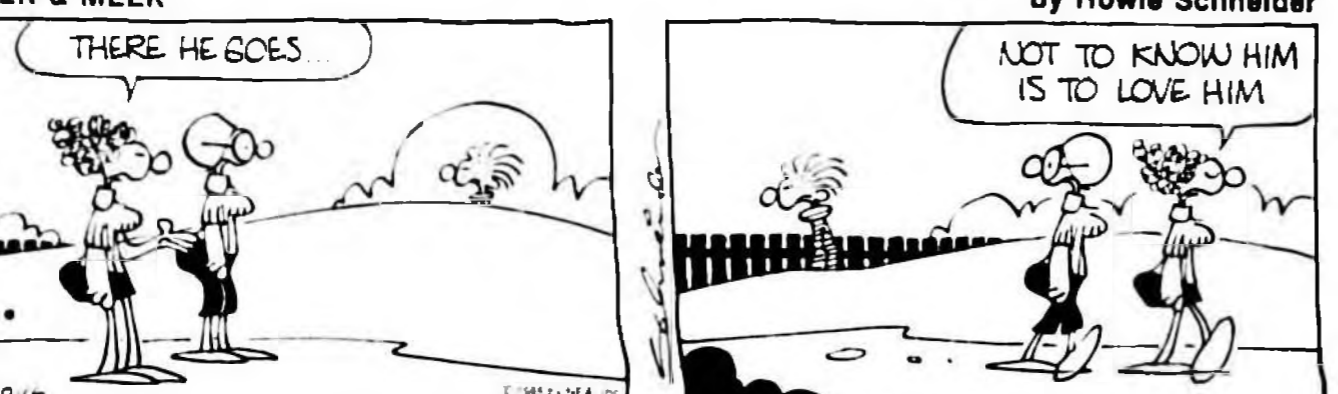
THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



EEK & MEEK by Howie Schneider



MR. MEN AND LITTLE MISS by Hargreaves & Sellers



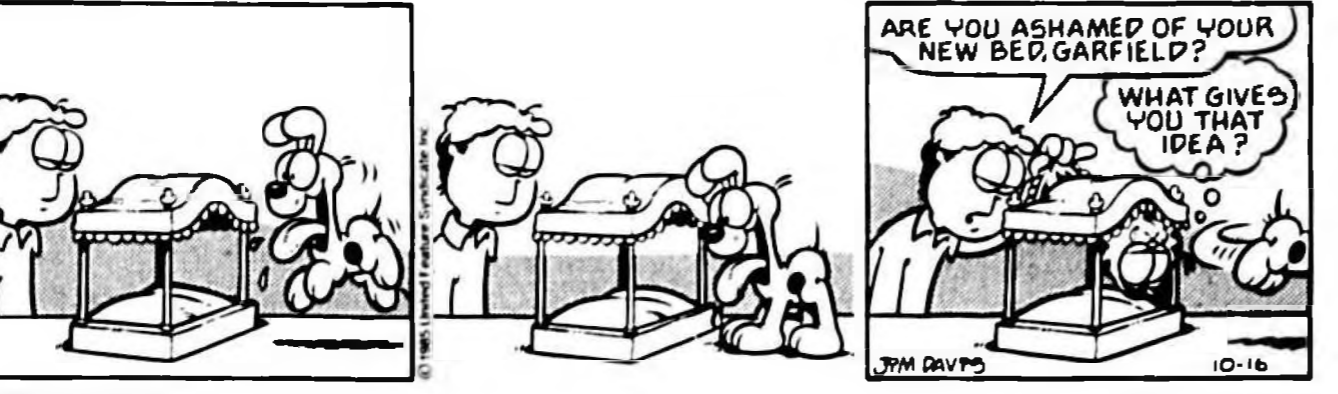
BUGS BUNNY by Warner Brothers



FRANK AND ERNEST by Bob Thaves



GARFIELD by Jim Davis



TUMBLEWEEDS by T. K. Ryan



Shingles Affects Nerve Endings



DEAR DR. GOTT — Can you tell me anything about shingles? I have had them on my thigh for five months. I have been to four different doctors.

DEAR READER — Shingles, known medically as herpes zoster, is a virus infection involving certain discrete sets of nerves. These nerves carry sensations to the spinal cord and they exist in predictable body patterns called dermatomes. Rarely, shingles will skip from one dermatome to another; in patients with an immune deficiency, the infection may become diffuse and affect large areas of body covering.

Ordinarily, herpes zoster is an uncomfortable but self-limited disease that clears in a few weeks. Some patients suffer shooting pains — called neuralgia — which may persist long after the blisters of shingles have disappeared.

If you have a rash on your thigh that has lasted five months, I question the diagnosis of shingles. Yours is an unusual case, and I recommend that you see a dermatologist. Other, treatable skin diseases can resemble herpes zoster.

DEAR DR. GOTT — I would like to find out more about the operation where they implant a pump that mimics a normal erection.

DEAR READER — As you point out, implantable prostheses are generally available for men who are unable to achieve normal erections. One type of prosthesis is rigid. A more highly developed device has inflatable cylinders surgically placed within the penis. When a man wishes to have an erection, he pumps fluid into the cylinder by squeezing a reservoir that is usually placed in the scrotum. At the conclusion of sexual activity, the cylinders can be emptied at will.

Penile surgery is not appropriate for all impotent men. However, for some, it can

literally be a medical miracle. I am not aware that general urologists are performing this procedure. If you are interested in specific details concerning the prostheses — and to find out whether you might be a candidate for one — ask your doctor for a referral to a medical center where implantable, inflatable penile prostheses are being used

ACROSS

- Indian maid
- Hebrew letter
- Hawaiian timber tree
- City in Norway
- Reveler's cry
- Vanquished
- Poverty
- Big monkey
- Vetch
- Intermediate (pref.)
- Wrench
- Environment agency (abbr.)
- Island (Fr.)
- Egyptian sacred bull
- Treason
- Butting animals
- Charged atom
- Strive
- Participle ending
- Sunflower State (abbr.)
- Lawn cover
- Mileage recorder
- Singletons
- Bantu language
- Exclamation of surprise
- Prickly shrub
- Combat
- New Zealand parrot
- What suitors do
- Keen
- Ensign (abbr.)
- Lang
- Synonym
- Female voice
- Dissenting vote
- Mother of Castor and Pollux
- Visible

DOWN

- First-rate (2 wds.)
- Rhone tributary
- Beverages
- Coal scuttle

Answer to Previous Puzzle

O	D	E	R	A	S	P	I	E	O	D	D
O	D	A	E	R	N	I	E	O	E	O	
P	A	R	E	R	I	C	A	Z	E	D	
S	Y	N	C	A	P	O	T	T	Y	P	O
			L	A	V	E	T	T	E		
E	E	E	S	P	R	A	K	E	S		
P	L	E	A	S	E	P	A	R	E	N	T
E	A	R	N	E	D	O	I	L	A	T	E
E	N	A	C	T		L	E	E	N		
			U	S	E	L	E	S	S		
T	E	N	T	O	E	R	S	C	O	T	
O	K	A	A	S	T	O	R	O	M	A	
S	E	N	D	I	O	D	E	O	R	R	
S	S	E	A	N	N	E	X	S	I	N	

38 Negrito of Philippines
40 Use boat oars
42 Wrong (pref.)
43 African land
47 See mammal
48 Dancer Verdon
49 Mrs. Charles Chaplin

50 Reddish
51 Fuse together
52 Hardy cabbage
53 Grafted, in heraldry
54 Egyptian sun disk
57 Repant
58 Owns

WIN AT BRIDGE

By James Jacoby
Although North and South have a combined total of only 24 high-card points, three no-trump is a good contract. Nevertheless, if North-South were bidding the way I do, South would have passed three clubs, which was merely invitational. South had a minimal point count for his opening bid, and more than half his honor cards were queens and jacks, which are overvalued in the 4-3-2-1 count. On the other hand, if South played the way I do, he would have made the contract. Let's see how he fared.

The opening lead was ducked to East's king. Back came a low heart. West took the jack, cashed the ace and played a third heart

NORTH 10-16-55
♦ A 9 4
♥ 10 8
♠ A Q 9
♣ J 7 6 5 4

WEST 10 8 7 6 5 2
♥ A J 3
♠ K 8 7 6
♣ — — —

EAST ♦ K
♥ K 7 5 2
♠ 10 5 4 2
♣ Q 9 3 2

SOUTH ♦ Q J 3
♥ Q 9 6 4
♠ J 3
♣ A K 10 8

Vulnerable North-South
Dealer South

West	North	East	South
1♦	3♣	Pass	Pass
Pass	Pass	Pass	3NT

Opening lead ♦ 6

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY
OCTOBER 16, 1985
There will be a considerable improvement in your material conditions in the year ahead. You are now in an accumulation and growth cycle.

LIBRA (Sept. 23-Oct. 23) Positive measures can be taken today to strengthen your financial position. Even though they might be small, they will be significant. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker set instantly reveals which signs are romantically perfect for you. Mail \$2 to Astro-Graph, c/o this newspaper, Box 1846, Cincinnati, OH 45201.

SCORPIO (Oct. 24-Nov. 22) Things will work out to your satisfaction today in arrangements you have with familiar people. Unknown quantities will be a different matter.

SAGITTARIUS (Nov. 23-Dec. 21) An important objective can be achieved today, provided you put forth your very best effort. Don't operate in a halfhearted fashion.

CAPRICORN (Dec. 22-Jan. 19) Friends who request advice from you today will not ignore your helpful suggestions. They'll know your ideas are feasible and that you have their best interest at heart.

AQUARIUS (Jan. 20-Feb. 19) Something that'll please you is now developing in a situation screened from your view. You will gain through the benevolence of another.

PISCES (Feb. 20-March 20) If you are negotiating a matter of importance today, it's to your advantage to let the other party suggest the terms. Inequities can be corrected.

ARIES (March 21-April 19) Today you will become more aware of hidden advantages in a venture in which you're presently involved. This will motivate you toward greater

efforts.

TAURUS (April 20-May 20) Through your social activities at this time, contacts can be developed that could be of help to you in other areas of your life. Be friendly to everybody.

GEMINI (May 21-June 20) Something worthwhile can be accomplished today provided you're industrious. Put work and duty above the pursuit of pleasure.

CANCER (June 21-July 22) A situation you have thus far viewed a trifle too negatively will turn out to be manageable today. Trust your abilities.

LEO (July 23-Aug. 22) This is a good day to put the finishing touches on things you have left hanging. Start with the most difficult tasks and work your way down.

VIRGO (Aug. 23-Sept. 22) As of today, you're going to be able to establish a better rapport with a person you've had trouble getting through to previously. Mutual benefits will result.

ANNIE by Leonard Starr



Son Makes Mom Literally Ill

DEAR ABBY: Here's a problem I'm sure you have never had before. I am allergic to my son. Howard is an intelligent, good-looking senior in college. He and I have never had a very good relationship because our philosophies differ. I am an optimist who is willing to take responsibility for my actions. Howard is a pessimist who blames others for his problems. When he is around, his negative gloom-and-doom attitude irritates me and I break out in hives. I know that he is the cause of my hives because they disappear when he goes back to college. (This has been happening for four years.)

He will graduate soon, and plans to come back home to live. The thought of it makes me literally ill.

Don't tell me to see a counselor. I'm a psychologist, and know all the book answers. Howard tried two counselors, but he insisted he didn't have a problem even after both counselors identified the problem, so now what do we do?

MOM

DEAR MOM: You may know all the book answers, but the doctor who treats himself has a fool for a patient.

If you let Howard come home, knowing he makes you sick, you



Dear Abby

need to see a psychiatrist about your masochistic behavior. Howard also needs help, but not as much as you. He gives hives, you get them. So, I advise you to scratch Howard, not hives.

DEAR ABBY: My wedding plans are all set. The bridesmaids have already bought their dresses and paid for them themselves, but listen to this one: One of my bridesmaids asked me who would reimburse the bridesmaids for the cost of the dresses if I fail to make it to the altar!

Frankly, it never occurred to me that such a thing could happen. It would be a very tragic and traumatic happening, but I suppose each bridesmaid would have to handle the loss herself.

Abby, do you think I should have to pay \$114 times five?

ST. PAUL NIGHTMARE

DEAR NIGHTMARE: I usually advise people to be prepared for every eventuality.

but in this case I say: Don't get the snowplow out until the blizzard hits.

After Dad got married, Mom has six girls — no boys. The doctor told him that the mumps had fallen on his "boy side," so he could only have girls.

Is that true?

IN THE DARK

DEAR IN: No. Although the male does determine the sex of the child, it has nothing to do with either the left or right side — or the mumps, for that matter. Either your dad misunderstood the doctor, or the doctor was joking.



Kiwanis Club Installs Officers

John Bisigni, right, immediate past president of the Kiwanis Seminole Sunrise Club of Sanford, passes the gavel to Jim Hardy, the club's newly installed president. The club meets every Friday at 7 a.m. at the Airport Restaurant, Sanford.

4-H Announces New Clubs And Workshop For County's Youth

New members are being sought for a 4-H Club being organized in the Lake Orienta area of Altamonte Springs. The 4-H is an organization for youth 8-18 years of age offering project work in over 50 different areas. Special 4-H programs include summer camping, citizenship short courses, crafts workshops, Exhibit and Pet Fairs, plus much more.

If you are interested in joining this 4-H Club or assisting as a Volunteer 4-H Leader please contact Francis Huggins at 834-4471 or Shelda R. Wilkens, 4-H Extension Agent, at 323-2500 Ext. 180.

Seminole County 4-H is organizing a 4-H Poultry Club for youth, 8-18 years of age. The 4-H offers youth the opportunity to learn and participate in over 50 different 4-H project areas. Special 4-H activities include

summer camps, workshops, fairs plus much much more.

If you are interested in joining the 4-H Poultry Club or would be willing to help as a 4-H volunteer leader, contact Shelda R. Wilkens, 4-H Agent, at 323-2500 Ext. 180.

Seminole County Youth, 12-18 years of age, are invited to participate in a special 4-H Photography Workshop to be held at the Seminole County Agricultural Center at Five Points.

Classes will be held for five consecutive Saturday mornings from 10-11:30 a.m. beginning Oct. 26 and running through Nov. 23.

The purpose of the workshop will be to teach basic camera use and picture taking. Class size is limited to 15 so you must pre-register. Cost is \$15. To register contact Shelda Wilkens.

GARDEN CIRCLE

HIBISCUS CIRCLE

Hibiscus Circle of the Garden Club of Sanford Inc. met at the home of Mrs. Herbert Moreland for the October meeting.

President Jean Taylor called the meeting to order.

Mary McTavish, Horticulture chairman, presented information on roses.

The president reminded members of the covered dish luncheon to be held on Oct. 17 at

the clubhouse. The program will be on Miniature Roses.

Mrs. Moreland gave a program on Puerto Rico. She had numerous articles, pictures and ceramics of the area where she spends two winter months annually.

The hostess served refreshments in keeping with the Halloween theme to 12 members and a guest, Mrs. Sue Stevenson.

Patti Edgemon Earns Nursing Stripes

Georgia Baptist Hospital School of Nursing presented Patti Edgemon of Sanford with two blue stripes to be worn on her nursing cap. These stripes

signify her status as a junior student in the School of Nursing.

Patti is the daughter of Dr. and Mrs. L.J. Edgemon.

Cheerleaders To Hold Paper Drive

The Lake Mary Cheerleaders are having a paper drive to help finance their trip to the International Cheerleading Nationals in

December in Nashville, Tenn.

The paper van will be in the school parking lot Oct. 22-24.

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Will Appear
November 13th
In The Evening Herald
November 14th
In The Herald Advertiser

SEND US YOUR FAVORITE RECIPE

RULES

Type or print your recipe giving full instructions for preparation, cooking time and temperature (approximate number of servings also helpful.)

Limit two (2) recipes per category, accompanied by your Name, Address, and Phone #.

You may enter as many of the weekly categories as you like.

All recipes received will be published in November in the Evening Herald's fifth annual cookbook.

CATEGORIES AND DEADLINES

<p style="text-align: center; margin: 0;">WEEK 1</p> <ul style="list-style-type: none"> • Appetizers • Salads • Vegetables <p style="text-align: center; margin: 0;">October 6 - 12</p>	<p style="text-align: center; margin: 0;">WEEK 2</p> <ul style="list-style-type: none"> • Poultry • Seafood <p style="text-align: center; margin: 0;">October 13 - 19</p>	<p style="text-align: center; margin: 0;">WEEK 3</p> <ul style="list-style-type: none"> • Meat • Casseroles <p style="text-align: center; margin: 0;">October 20 - 26</p>	<p style="text-align: center; margin: 0;">WEEK 4</p> <ul style="list-style-type: none"> • Breads • Rolls • Desserts <p style="text-align: center; margin: 0;">October 27 - Nov. 2</p>
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FESTIVE FOODS FOR HAPPY HOLIDAYS

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October Seafest

Florida Fish And Shellfish Star During Seafood Month

October is Seafood Month in Florida. The following recipes have been kitchen-tested by the Bureau of Marketing and Extension Services of the Florida Department of Natural Resources, St. Petersburg.

ROCK SHRIMP IN SOUR CREAM
 1 pound cooked, peeled, deveined rock shrimp, fresh or frozen
 1 can (4½ ounces) sliced mushrooms, drained
 2 tablespoons chopped green onions

2 tablespoons margarine or butter, melted
 1 tablespoon all-purpose flour
 1 can (10½ ounces) condensed cream of shrimp soup
 1 cup sour cream
 ¼ teaspoon white pepper
 Patty shells or toast points
 Thaw rock shrimp if frozen. Sauté mushrooms and onions in margarine until tender but not brown. Blend in flour. Add soup; cook over medium heat until thickened, stirring constantly. Add shrimp, sour cream and pepper. Heat thoroughly, stirring occasionally. Serve in patty shells or on toast points. Makes 6 servings.

EASY FLOUNDER FILLETS
 2 pounds skinless flounder fillets or other skinless fish fillets, fresh or frozen
 2 tablespoons grated onion
 1½ teaspoons salt
 ¼ teaspoon pepper
 2 large tomatoes, cut into small pieces
 ¼ cup melted margarine or butter
 1 cup shredded Swiss cheese
 Thaw fish if frozen. Place fish in a single layer on a well-greased bake-and-serve platter, 16x10 inches. Sprinkle fish with onion, salt and pepper. Cover fish with tomatoes. Pour margarine over tomatoes. Broil about four inches from source of heat 10-12 minutes or until fish flakes easily when tested with a fork. Remove from heat; sprinkle with cheese. Broil 2-3 minutes longer or until cheese melts. Makes 6 servings.

STUFFED CLAMS
 24 clams, in the shell
 ½ cup bread crumbs
 ¼ cup finely chopped mushrooms
 2 slices bacon, finely chopped
 ½ teaspoon minced parsley
 ¼ teaspoon pepper
 Margarine
 Rinse unopened clams under cold running water to remove any foreign particles. Shuck clams, reserving half of the shells. Scrub shells. Place shells in boiling water; boil 2 minutes. Remove shells from boiling water; drain. Chop the clams. Combine chopped clams with bread crumbs, mushrooms, bacon and parsley. Season with pepper. Fill reserved clam shells with clam mixture; dot with margarine. Bake at 350°F., 15 minutes or until top is browned. Makes six servings.

BROILED SHEEPSHEAD WITH TANGY GLAZE
 2 pounds sheepshead fillets or other fish fillets, fresh or frozen
 ½ cup margarine or butter, melted
 ½ cup catsup
 ½ cup frozen lemonade concentrate, thawed
 1 tablespoon prepared mustard
 ½ teaspoon salt
 ½ teaspoon garlic salt
 1 large bay leaf, crushed
 Thaw fish if frozen. Cut fish into serving-size portions. Arrange fish in a shallow dish. Combine remaining ingredients and pour over fish. Turn fish to coat evenly. Marinate in refrigerator for 30 minutes. Remove fish and place on a well-greased broiler pan, approximately 13x10 inches, reserving marinade. Broil approximately 4 inches from source of heat for 4-5 minutes. Turn fish carefully; baste with marinade. Broil 4-5 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.

SCALLOPS IN CHEESE MUSHROOM SAUCE ON ALMOND RICE
 1 pound calico or bay scallops, fresh or frozen
 ½ cup water
 ½ cup dry white wine
 ¼ cup margarine or butter, melted
 ½ cup chopped green onions
 ½ pound small fresh mushrooms
 3 tablespoons all-purpose flour
 1 cup half-and-half
 ¾ cup shredded Swiss cheese
 1 tablespoon catsup
 ½ teaspoon salt
 ½ teaspoon liquid hot pepper sauce
 2 tablespoons coarsely chopped pimento
 Almond Rice (recipe follows)
 Thaw scallops if frozen. Cut

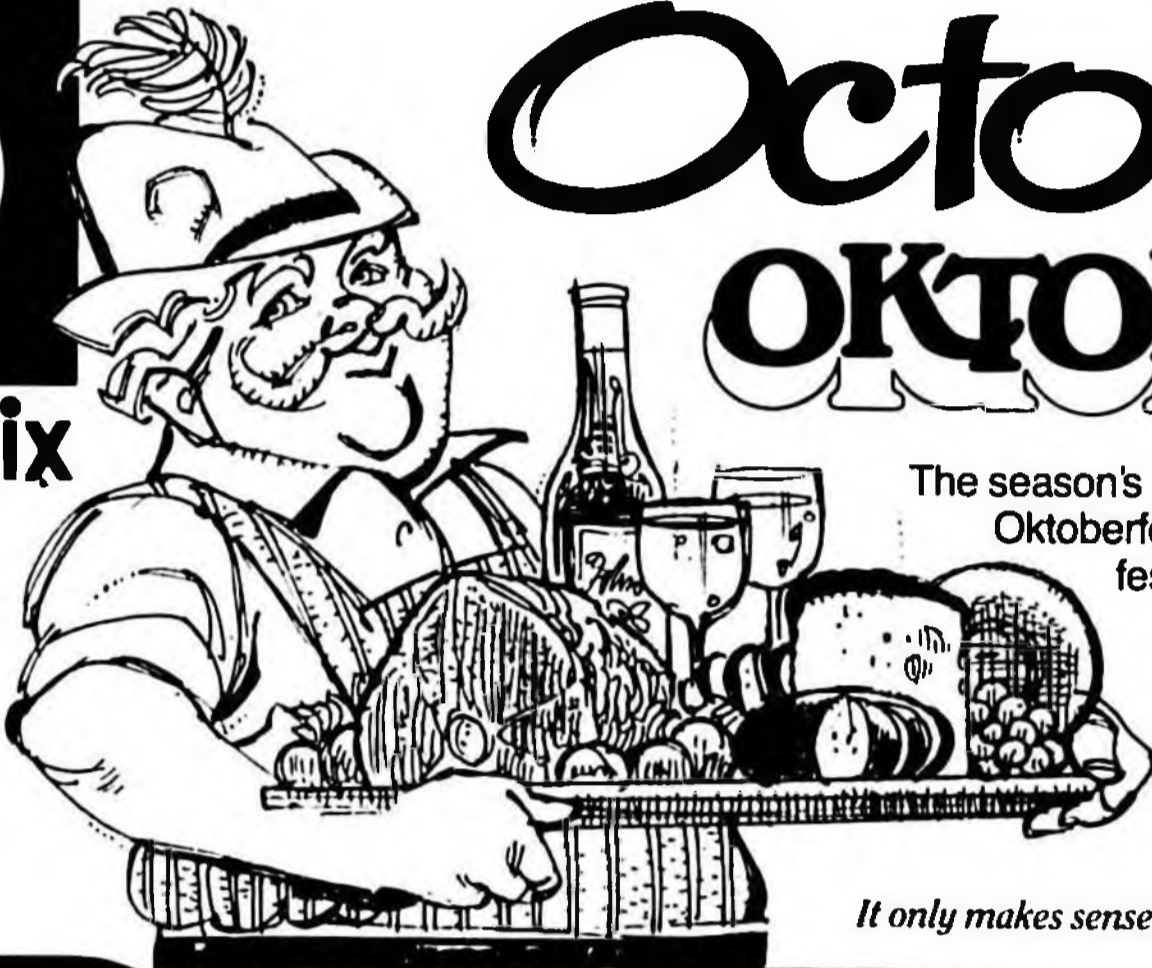
large scallops in half. Combine water, wine and scallops in saucepan. Bring to the boiling point; reduce heat and simmer 3-4 minutes, depending on the size of the scallops. Drain scallops, reserving liquid. Keep scallops warm. Pour liquid into measuring cup and add enough water to equal 1 cup. In saucepan, sauté onions and mushrooms in margarine until tender but not brown, stirring frequently. Blend in flour. Add reserved liquid and half-and-

half; cook over moderate heat until thickened, stirring constantly. Stir in cheese, catsup, salt and liquid hot pepper sauce; heat. Fold in scallops and pimento; heat through. Serve over Almond Rice. Makes 6 servings.

GLORIFIED FISH
 2 pounds redfish fillets or other thick fish fillets, fresh or frozen
 1 pint (16 ounces) sour cream
 6 tablespoons dehydrated chopped chives
 See SEAFOOD, 2C



Glorified Fish is coated with biscuit mix and sour cream.



THIS AD EFFECTIVE:
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OCT. 17
THRU
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1985 ...

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Hormel Cure 81 or Curemaster

Boneless Ham

per lb.

\$2.89

...Seafood

Continued From 1C

1 teaspoon salt
 1/4 teaspoon white pepper
 2 1/2 cups milk
 1 tablespoon dry white wine
 2 teaspoons lemon juice
 3/4 teaspoon dill weed
 1 can (4 1/2 ounces) sliced mushrooms, drained
 1 package (10 ounces) frozen mixed vegetables
 6 buttered, toasted English muffins
 Parsley sprigs (garnish)
 Thaw lobster meat if frozen. Cut into slices 1/4 thick. Cook frozen vegetables according to package directions; drain. Melt margarine in a medium-size saucepan; blend in flour, salt and pepper. Gradually add milk; cook until thickened, stirring constantly. Stir in wine, lemon juice and dill weed. Add mushrooms, vegetables and lobster; heat. Serve on English muffins. Garnish each serving with a parsley sprig. Makes 6 servings.

OYSTER MACARONI CHEESE BAKE

1 can (15 1/2 ounces) oysters, fresh or frozen
 4 slices bacon
 1/2 cup chopped green pepper
 1/2 cup sliced green onions
 1 can (11 ounces) condensed Cheddar cheese soup
 1 1/2 teaspoons salt
 1 teaspoon prepared mustard
 3 cups uncooked seashell macaroni
 2 tablespoons diced pimiento
 1 cup grated Cheddar cheese, divided

Thaw oysters if frozen. Drain oysters. Remove any remaining shell particles. In a 10-inch saucepan, fry bacon until crisp. Reserving bacon drippings, remove bacon to absorbent paper; cool. Crumble bacon; set aside. Cook macaroni according to package directions; drain. Add green pepper and onions to reserved bacon drippings; cook until vegetables are tender but not brown. Stir in soup, salt and mustard; mix well. Remove from heat. Add cooked macaroni, crumbled bacon, oysters and pimiento; mix well. Spoon 1/2 of the mixture into a shallow, 2-quart baking dish. Sprinkle with 1/2 of the cheese. Repeat, using remaining ingredients. Cover tightly. Bake at 350°F., for 15 minutes. Uncover; continue baking until mixture is hot and bubbly, 15-20 minutes. Makes 4 servings.

STIR-FRY FISH HASH

2 pounds skinless mullet fillets or other skinless fish fillets, fresh or frozen

2 tablespoons soy sauce
 2 tablespoons dry sherry
 1/4 teaspoon sugar
 1/4 teaspoon cayenne pepper
 1/4 teaspoon ground ginger
 1/2 cup vegetable oil
 1 cup cashew nuts
 4 cups sliced, unpeeled zucchini

4 cups sliced fresh mushrooms
 4 cups diagonally sliced Chinese cabbage
 2 cups green onions, cut into 3-inch pieces

1/2 teaspoon salt
 Thaw fish if frozen. Cut fish into 2-inch cubes. Combine soy sauce, sherry, sugar, cayenne pepper and ground ginger in a 1 1/2-quart mixing bowl; mix well. Add fish; stir well. Marinate in refrigerator for 15 minutes, stirring occasionally. In a 12-inch frypan or wok, heat oil over medium-high heat. Add cashews; cook about 3 minutes or until lightly browned, stirring constantly. Remove cashews with slotted spoon; drain on absorbent paper. Add zucchini, mushrooms, cabbage, green onions and salt to remaining oil; cook until vegetables are crisp-tender, about 5 minutes. Remove vegetables from frypan with slotted spoon and place in a 1 1/2-quart bowl; set aside. Add fish to frypan, reduce heat; cover. Cook fish over low heat 8-10 minutes or until fish flakes easily when tested with a fork. Add cashews and cooked vegetables to fish in frypan. Stir carefully. Heat 1 to 2 minutes, before serving. Serve immediately. Makes 6 servings.

SHRIMP SALAD

1 pound cooked, peeled, deveined shrimp, fresh or frozen
 1 1/2 cups cooked seashell macaroni
 1 cup finely chopped celery
 2 hard-cooked eggs, peeled and chopped
 1/2 cup finely chopped green pepper
 1/4 cup mayonnaise or salad dressing

3 tablespoons chopped sweet pickle or sweet pickle relish
 1 tablespoon grated onion
 1 teaspoon lemon juice
 1 teaspoon salt
 1/2 teaspoon pepper
 Salad greens

Thaw shrimp if frozen. Cut large shrimp in half. Combine all ingredients, except salad greens; chill. Serve on salad greens. Makes 6 servings.

FLORIDA DILLY LOBSTER

3/4 pound cooked spiny lobster meat, fresh or frozen
 1/2 cup margarine or butter, melted
 1/2 cup all-purpose flour

Take A Touch Of Norway To Outing

Warm days still abound and that means there is plenty of time left to enjoy the picnic season. Whether you choose a hike in the woods, a day at the beach, or a football tailgating party, your family and friends will want to indulge in this national pastime for as long as the weather allows.

Here's a delicious picnic idea, Scandia Pasta Peppers, that transforms ordinary green or red peppers into a mouth-watering treat at a moments notice. Simply combine cold pasta with assorted fresh produce, zesty Norway sardines, condiments and seasonings; stuff into hollowed-out peppers, and you've got a portable — and satisfying — meal-in-one that's perfect picnic fare.

Your family and friends will

love the gorgeous presentation and great taste of Scandia Pasta Peppers. Better yet, because the recipe combines plenty of fresh vegetables including peppers, carrots and green onions with protein-packed Norway sardines, they'll enjoy good nutrition with every bite.

It's nice to know, too, that a 3-ounce serving of Norway sardines provides 25 to 30 percent of the U.S. RDA for calcium and 100 percent of the RDA for vitamin D — two nutrients vital to the body for the continued strength of bones throughout life. And with only 260 calories per can, they're a good nutritional bet.

Keep a supply of convenient Norway sardines on your pantry shelf for other picnic treats as well. Pair sardines with thick

slices of French bread, cheese and onion and you have a hearty, Nordic sandwich tradition. Or, tuck a tin of sardines in your picnic basket for delicious eating straight from the can or with crackers or fresh fruit at the park. Whichever way you serve them, nothing's more convenient — or nutritious than Norway sardines.

SCANDIA PASTA PEPPERS

3 cups cooked, drained and cooled small seashell pasta
 1 cup shredded carrots
 1/4 cup sliced green onions
 1/4 cup mayonnaise
 1 1/2 tablespoons Dijon-style mustard
 1 1/2 tablespoons lemon juice
 1/2 teaspoon pepper
 2 cans (3 1/2 ounces each) Norway sardines in oil, drained

Salt, to taste
 4 large green or red bell peppers

In large bowl combine pasta, carrots and onions. In small bowl mix mayonnaise, mustard, lemon juice and pepper; stir into pasta mixture. Add sardines; toss. Gently mix in salt. Slice tops off peppers; reserve tops. Remove seeds and membranes from peppers. Fill each with sardine mixture, equally divided, packing lightly. Replace tops and wrap each pepper snugly in plastic wrap. Chill. Makes 4 servings.

For more delicious recipes featuring Norway sardines, send a business sized, self-addressed, stamped envelope to: "Norway Sardines Dept. C" 55 Union Street, San Francisco, CA 94111.

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3 6-oz. cups
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P

October is OKTOBERFEST

The season's best awaits you at Publix. Celebrate Oktoberfest all month long with a harvest of festive, hearty foods.

It's the little things that make the difference at Publix.

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Large Breakfast Club White Bread 2 20-oz. loaves **89¢**

Tatum's Buttermilk Biscuits 12-ct. **69¢**

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O'Grady's Potato Chips 7.5-oz. pkg. **\$1.19**

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Green Giant Cut Asparagus 10.5-oz. can **\$1.18**

Green Giant 7-oz. Niblets Whole Kernel or 8.5-oz. Cream Style Golden Corn 3 cans for **\$1**

Green Giant Buffet Size Sweet Peas 3 8.5-oz. cans **\$1**

Green Giant Kitchen Sliced Green Beans 3 8.25-oz. cans **\$1**

Candy

Richardson Pastel Candy Mints 8-oz. bag **79¢**

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It's Halloween!

Treat your favorite ghosts and goblins to an Ambassador Halloween Card from Publix!

Green Giant Mexican Peas & Onions 12-oz. can **59¢**

Green Giant Shasta Drinks six-pk. **\$1.29**

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Hormel Plain Chili 15-oz. can **\$1.18**

Lipton Family Size Tea Bags 24-ct. box **\$1.69**

Publix Pure Selected Strawberry Preserves 16-oz. jar **\$1.29**

Jeff Smith, popular television cooking show host known as the Frugal Gourmet, recommends celebrating friendship through feasting.



Frugal Gourmet

Share Good Foods, Good Cheer For A Feast To Be Remembered

Even during the hustle and bustle of autumn house-cleaning and leaf-raking, people find time to entertain their friends. Good foods and good cheer, after all, help create an atmosphere in which memories are made. "The hunger for friendship, for community, for feasting in order to remember cannot be satisfied by a fast-food french fry," says Jeff Smith, the Frugal Gourmet, popular television cooking show host, cookbook

author and cooking consultant to Black & Decker's line of small kitchen appliances. "Rather, a good meal shared with loved ones is an experience that will ensure memories for many years to come."

Recognizing that time-consuming preparations detract from the fun, Mr. Smith says that, with proper training, even the busiest people can hold a feast. For example, dishes cooked during a slow time can

be frozen until needed. Here are some feast-worthy recipes from Jeff Smith's best-selling cookbook, *The Frugal Gourmet*. They can help make your celebration of friendship become a lasting memory.

COLD VEGETABLES IN MUSTARD DRESSING
2 tablespoons wine vinegar
1 tablespoon Dijon-style mustard
Salt and pepper, to taste
1 egg, at room temperature
1 tablespoon lemon juice
8 tablespoons olive oil
6 carrots, peeled and sliced
3 medium zucchini, sliced
Place the vinegar, mustard, salt, pepper, egg, and lemon juice in a bowl and mix at high speed for 1 minute. Slowly add the olive oil. Refrigerate. Blanch the carrots for 10 minutes in boiling water; then add the zucchini. Cook for another 5 minutes, drain, and refrigerate.

When the vegetables are cold, toss them with a bit of the dressing, and serve as a vegetable side dish. Makes 4 to 6 servings.

GREEN BEAN AND POTATO SOUP
5 stalks celery, sliced thin
1 bunch green onions, chopped
1/2 stick butter (1/4 cup)
2 tablespoons flour
2 quarts water
3/4 cup powdered milk
3 medium potatoes
Salt and pepper to taste
1/2 cup chopped fresh parsley
1 tablespoon dried dill weed
1 1/2 cups sour cream
1 10-ounce package frozen French-style green beans
Sauté the celery and green onions in the butter. When the vegetables are not quite tender, add the flour, and stir in. Add the water, stir until blended, and then add the milk and stir over medium heat until thickened.

Dice the potatoes, leaving the skins. Add to the pot along with some salt and pepper, parsley, and dill weed. Simmer, stirring often, until the potatoes are tender, about 1/2 hour.

Twenty minutes before serving, stir in the sour cream and green beans. Simmer for 20 minutes. Makes about 3 quarts, 10-12 servings.

STUFFED CHICKEN THIGHS
8 chicken thighs
1 teaspoon thyme
3 tablespoons parsley
1/4 cup white wine
2 tablespoons lemon juice
1/4 pound smoked ham, cut into long sticks
4 green onions, cut in two
Salt and pepper to taste
2 tablespoons white wine
Roux of 1 tablespoon flour browned in 1 tablespoon butter
1 tablespoon lemon juice
Simmer the chicken thighs in 3 cups water, along with the thyme, parsley, white wine, and lemon juice. When chicken is barely tender, remove it and let it cool. Gently push the bone from the center of each thigh. Take care not to tear up the thigh. Insert one long sliver of smoked ham and one piece of green onion in each thigh. Place in flat bowl with salt and pepper and 2 tablespoons white wine, and steam for 20 minutes.

Prepare a sauce for the chicken. Make a roux by browning 1 tablespoon flour in 1 tablespoon butter and stirring until smooth. Then thicken the juices from the chicken thigh with the roux. You may wish to add 1 tablespoon lemon juice. Serve the sauce over the chicken thighs. Serves 4.

COEUR A LA CREME
8 ounces cream cheese
1/2 pint sour cream
2 tablespoons lemon juice
2 tablespoons sugar
Blend together all the ingredients in one bowl at high speed for about two minutes. Stir until creamy, and then place in a mold. Refrigerate for three hours or more.

Serve with apples or strawberries for dipping. Serves 6.

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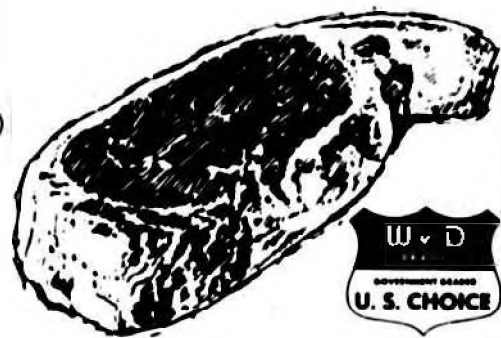


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