



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



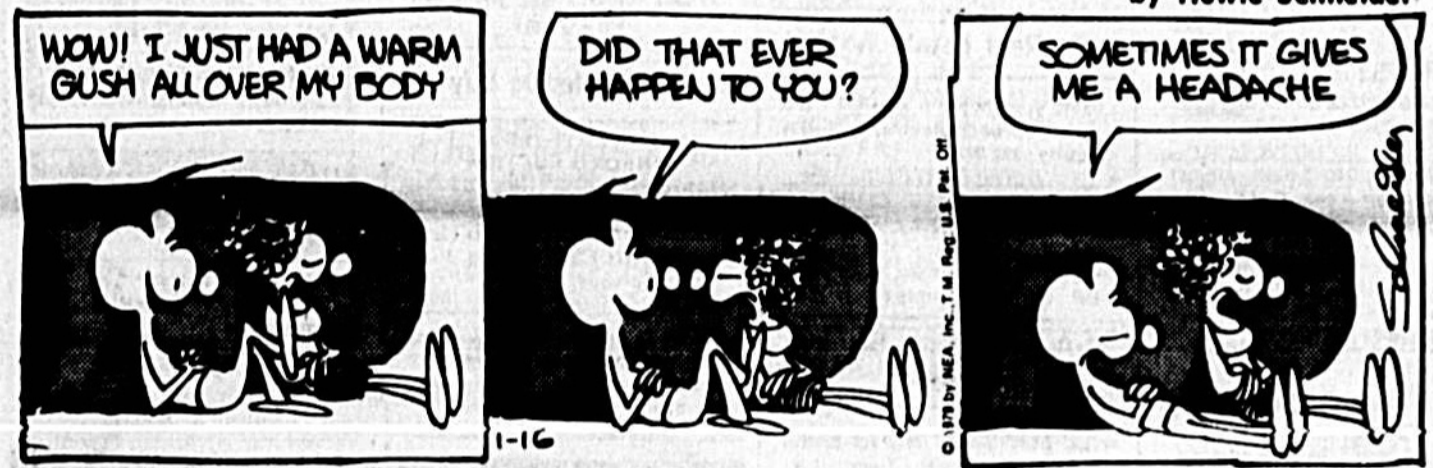
ARCHIE

by Bob Montana



ECK & MECK

by Howie Schneider



PRISCILLA'S POP

by Al Vermeer



BUGS BUNNY

by Stoffer & Heimdahl



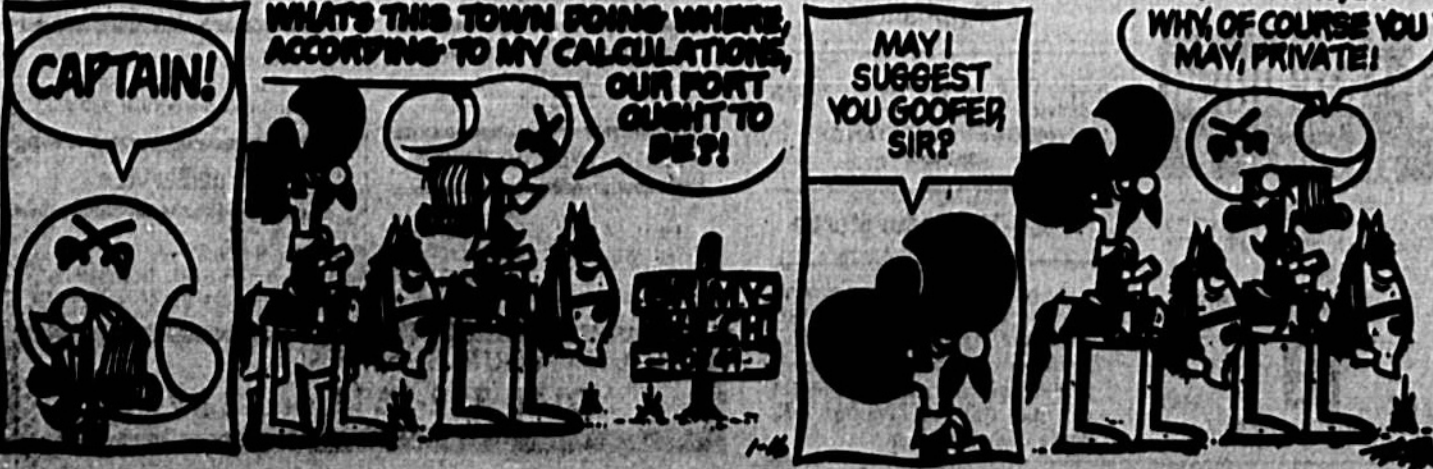
FRANK AND ERNEST

by Bob Thaves

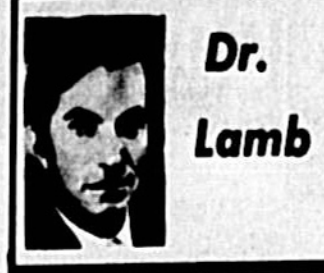


TUMBLEWEEDS

by T. K. Ryan



On Preventing Foot Odor Problem



DEAR DR. LAMB - I must comment on your column about foot odors. I am 56 and wear sturdy nurses shoes daily and have tried everything...

DEAR DR. LAMB - I see mangoes for sale and want to put up a sign, "Mangoes May Be Dangerous To Your Health." My husband had never had a bad reaction to any food in 48 years...

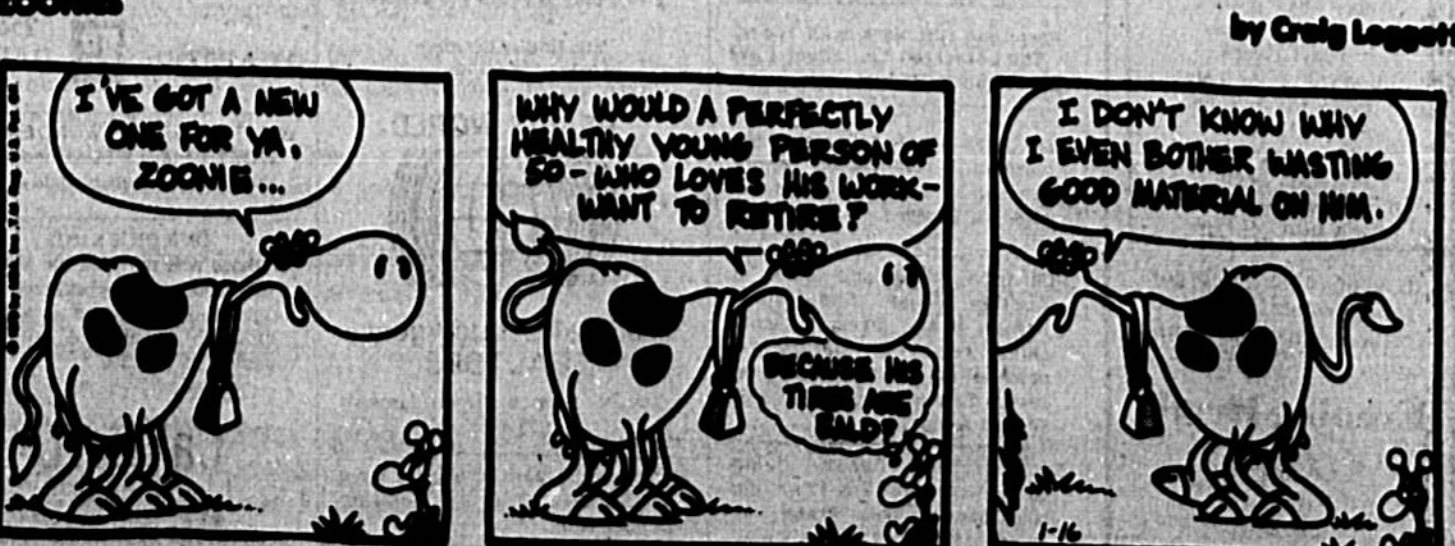
Crossword puzzle grid with numbers and a newspaper logo.

HOROSCOPE

By BERNICE BEDE OCOL For Wednesday, January 17, 1979

YOUR BIRTHDAY January 17, 1979 Opportunity this coming year may come from some very unusual sources...

WIN AT BRIDGE room for south to operate below the game level and South elected to bid four diamonds...



Evening Herald

71st Year, No. 129—Wednesday, January 17, 1979 Sanford, Florida 32711—Price 15 Cents

EAT BALANCED MEALS

'If the school makes me get up that early, they should feed me'

--John Quigley, Crooms High School

School Breakfast: What Do Kids Think?

THE SIGN IN GOLDSBORO CAFETERIA

By LEONARD KRANSORF Herald Staff Writer

Should Seminole County schools have a breakfast program? While the adult community appears somewhat divided and uncertain...

DEAR DR. LAMB - I see mangoes for sale and want to put up a sign, "Mangoes May Be Dangerous To Your Health." My husband had never had a bad reaction to any food in 48 years...

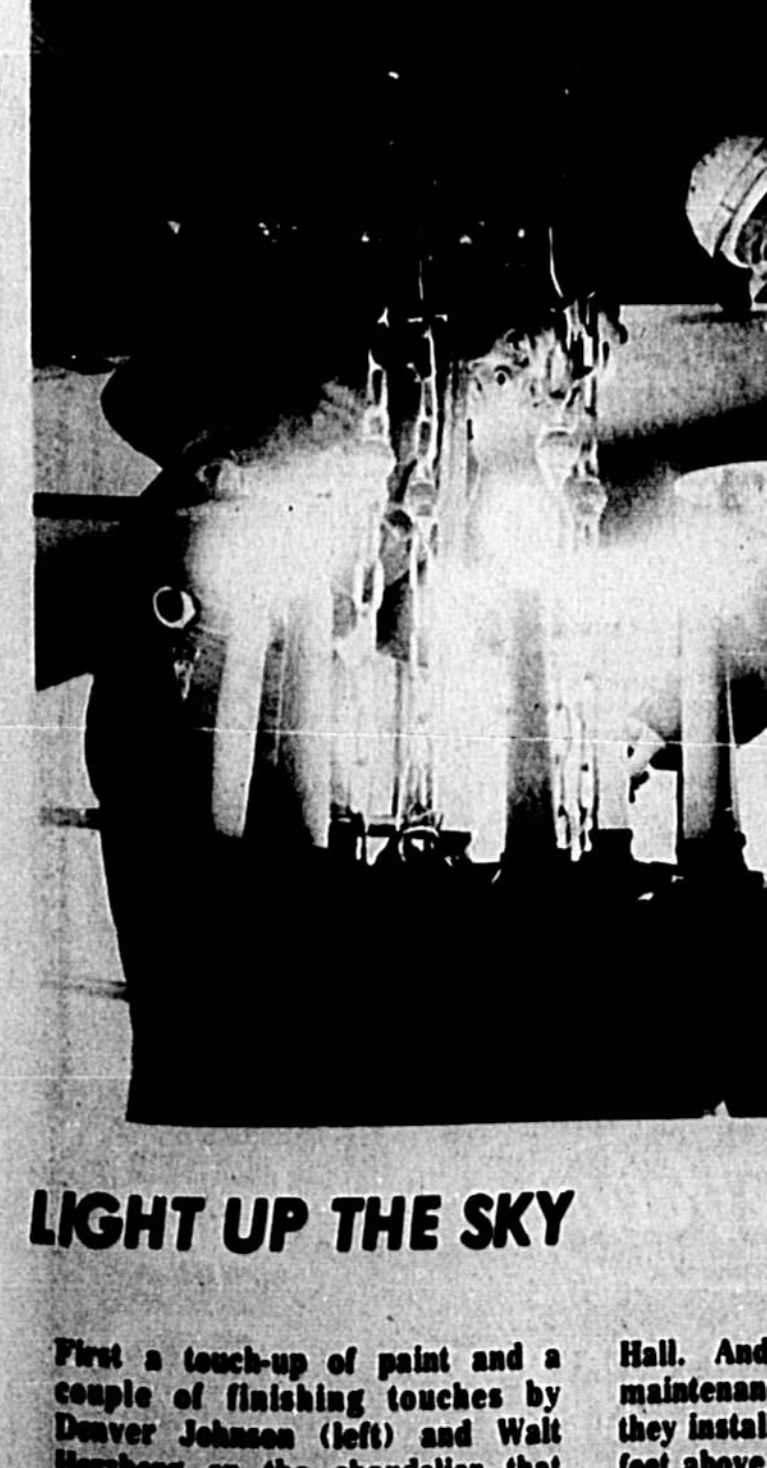
'The parent has so many other responsibilities'

getting fed at home. "The parent has so many other responsibilities and any responsibility which the school could do should be done because they should be concerned."

Today

Table with 2 columns: Today's events and Dr. Lamb's schedule.

Light up the sky



First a touch-up of paint and a couple of finishing touches by Denver Johnson (left) and Walt Hersberg on the chandelier that once hung in the old Sanford City Hall.



CARL ROLLINS JOHN QUIGLEY LISA PICKENS JANE DOWDY

ISSAC WILLIAMS STEPHANIE BEARD

The Breakfast Plan: What, When, How

Objectives: Nutrition, Fight Poverty

By MAX ERKILETIAN Herald Staff Writer Round three of the debate over a breakfast program for Seminole County schools takes place at tonight's 7:30 school board meeting.

Recession? New Figures Say No

WASHINGTON (UPI) - The nation's industrial output rose 0.6 percent in December, the Federal Reserve Board said today. It was another in a string of strong production performance that contradicts forecasts of a recession.

For Graham: A \$43.74 Windfall

TALLAHASSEE. (UPI) - For nine years, D. Robert Graham of Miami Lakes could not be located by an insurance company wanting to pay him \$43.74 due from a policy.



FIGHT INFLATION FOR \$5 & \$10 Inflation

SWEET & MELLOW
Golden Ripe BANANAS
POUND
18¢

FRESH
SWEET POTATOES 4 LBS
\$1.00

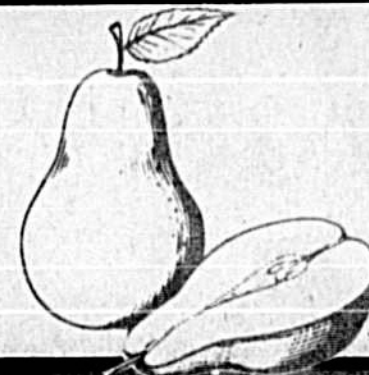
FRESH CRISP
FLORIDA CELERY 2 STALKS
49¢

Mc Intosh APPLES
3.69¢

U.S. NO. 1 IDAHO
BAKING POTATOES
10 LB BAG
\$1.19

FLORIDA GRAPEFRUIT
8/\$1
FRESH CARROTS
LB BAG
18¢

80 SIZE
D'ANJOU PEARS
39¢ LB



FRESH
ASSORTED GREENS
20oz CELLO BAG
79¢

ALL PURPOSE
YELLOW ONIONS
14¢



SUNNY DELIGHT
CITRUS PUNCH
64oz
89¢

PANTRY PRIDE
KING SIZE BREAD
20oz LOAVES
3/\$1

AUGUST BROTHERS
RYE OR PUMPERNICKEL BREAD
16oz
59¢

AUGUST BROTHERS
BAGELS 6 PAK
39¢



CHARMIN TOILET TISSUE
ASSORTED COLORS
281 SQ. FT.
79¢



PULL-A-PART BREAD
16oz
3/\$1.29

POUND CAKE
OVEN GOLD HALF ROUND
12oz
89¢

PACKER LABEL
DOG RATION
25 LB BAG
\$2.99



HARTZ MOUNTAIN
CAT LITTER
25 LB BAG
\$1.39

Pantry Pride
MARSHMALLOWS
10oz REGULAR PKG. OR 16.5oz SIGNATURE PKG.
3/\$1



PANTRY PRIDE
MACARONI & CHEESE DINNER
7.25oz PKG.
4/\$1



PANTRY PRIDE
TEA BAGS
100 CT. BOX
\$1.29

PANTRY PRIDE
COFFEE
3 WEEKS LEFT TO COMPLETE YOUR SET OF CHINA
LB BAG
\$1.99

CREST TOOTHPASTE
REGULAR OR MINT
5oz TUBE
88¢



SIGNAL MOUTHWASH
24oz BOTTLE
\$1.29



Save 35¢ Cash
BRIM COFFEE
1 LB CAN
GOOD THRU WEDNESDAY, JANUARY 24, 1979.

4.00 OFF
J.R. 444
JOHANN HAVILAND FINE CHINA CASSEROLE WITH COVER
GOOD FOR \$4.00 OFF STORE PURCHASE PRICE WITH THIS COUPON. COUPON GOOD THRU JANUARY 24, 1979. LIMIT 1 COUPON PER FAMILY.

BE A GREEN TAPE SAVING FREE Fighter Certificate

FRESH PORK BUTTS
BOSTON BLADE SHOULDER ROAST
Fresh Value
\$1.29
LB
FRESH PORK STEAKS **1.48**

GREAT GROUND
GROUND BEEF WITH HYDRATED VEGETABLE
\$1.09
3 LBS & OVER LB

LYKES SOUTHERN PRIDE
BREAKFAST BACON
VACUUM PACK
LB. PKG. SLICED
99¢

LARGE EGGS
FRESH GRADE A DOZEN
65¢

LAND O' FROST
SMOKED BONELESS
TURKEY HAMS
2 TO 3 LB AVG. LB
\$1.89

FYNE TASTE
SKINLESS FRANKS
12oz PKG.
88¢



FYNE TASTE
SLICED BOLOGNA
LB PKG.
\$1.29

HORMELS WRANGLER
SMOKED FRANK
LB PKG.
\$1.16

PUNCH LAUNDRY DETERGENT
84oz BOX
\$1.79



MONOGRAM
LONG GRAIN
RICE
3 LB CELLO BAG
79¢

LIBBY'S CORN
16.5oz CREAM STYLE OR 17oz WHOLE KERNEL
YOUR CHOICE!
3/\$1



CRACK JACKS
3 PAK



SUNSHINE KRISPY CRACKERS
LB BOX
59¢

MATEUS WINE
ROSE OR WHITE
25oz BTL.
\$3.19

CHILIPAN WINE
23oz BOTTLE

\$1 OFF
OUR REGULAR PRICE OF PHOTO FINISHING, 12 OR 20 EXPOSURES.
SIZE 116, 128 OR 135 COLOR PRINT FILM Backed By Our Satisfaction Guarantee Lov'em or Leave'em
THIS OFFER GOOD THRU JAN. 24, 1979.

DASH LAUNDRY DETERGENT
100oz BOX
\$2.91

TIDE LAUNDRY DETERGENT
49oz BOX
\$1.19

22 New Jobs In Seminole

\$185,000 CETA Funds Approved

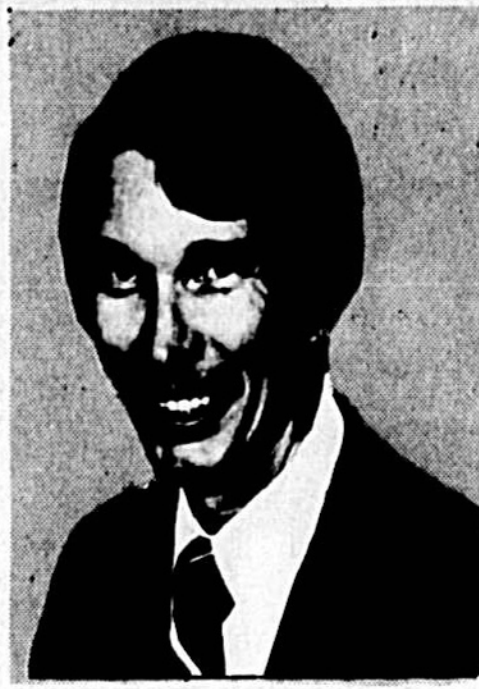
By DONNA ESTES Herald Staff Writer
The Seminole County Commission Tuesday approved the allocation of \$185,000 in federal funding through the Comprehensive Employment Training Act (CETA) program to create 22 new jobs in seven governmental and civic units.

He's New(ell) Head Of CETA

Hank Newell, comptroller for the manpower (CETA) program in Seminole County for the past 13 months, began his new duties this week as director of the program at an annual salary of \$17,732.



HANK NEWELL



W. L. Gramkow LFD

W. L. Gramkow a man who believes in doing his utmost every time he's called upon...

GRAMKOW FUNERAL HOME
330 WEST AIRPORT BOULEVARD
SANFORD, FLORIDA
TELEPHONE 322-3713



'Nothing Short of Miracle'

BERLIN, Conn. (UPI) — A 7-year-old Berlin girl lying in traction in a Florida hospital will come home within several weeks, thanks to a stranger who has offered to pay \$1,100 for a special plane flight.

ECKERD'S ... a name you can trust.



It's easy to have your prescription filled at Eckerd Drugs...even if it's now being filled somewhere else.

COUGH & COLD SPECIALS!

ECKERD ASPIRIN
Bottle of 100, 5 gr. pain relief tablets. Limit 1. 24¢

KLEENEX TISSUES
Box of 100. White or color. Reg. 39¢ each. 4/100 FOR

COLGATE TOOTHPASTE
5-oz. With fluoride cavity fighter. Limit 1. 73¢

ADORN HAIR SPRAY
9-oz. Regular or Extra Hold. Limit 1. 1.09

KNEE or ANKLE-HI FIANCEE HOSIERY
Fashion colors. One size fits all. 2-Pair Pack. Reg. 99¢. 2/1.00

E-Z TEMP THERMOMETER
Reusable, digital fever thermometer. Accurate, easy to read. Limit 1. 1.29

DEVILBISS HUMIDIFIER
1½-gallon model to add moisture to dry air. Non-tip construction. No. 250 Reg. 11.69. Limit 1. 9.88

JOHNSON & JOHNSON BABY SHAMPOO
11-ounce bottle. Price reflects 20¢ off label. Limit 1. 1.39

NOXZEMA CREAM
6-ounce jar. Gentle moisturizing skin cream. Limit 1. 99¢

POND'S CREAM & COCOA BUTTER LOTION
8-ounce. For hands and body. Enriched with cocoa butter. Limit 1. 89¢

DI-GEL LIQUID
Anti-gas, antacid. 12-ounce bottle. Limit 1. 99¢

SURETS LOZENGES
Pack of 24 lozenges for relief of sore throat pain. Limit 1. 87¢

ARRID EXTRA-DRY ROLL-ON
1.5-ounce deodorant. Limit 1. 79¢

PERSONNA BLADES DOUBLE EDGE
Super Platinum Chromium Double Edge blades. Limit 1. 5/29¢

ECKERD POLISH REMOVER
6-ounce. With cuticle conditioners. Limit 1. 49¢

BRONCHIAL DM SYRUP
4-oz. Loosens thick phlegm & helps to reduce cough. Reg. 1.79. 1.34

CONGEST-AFED LIQUID
4-oz. Decongestant liquid for relief without drowsiness. Reg. 1.49. 1.09

PERSONNA BLADES DOUBLE EDGE
Super Platinum Chromium Double Edge blades. Limit 1. 5/29¢

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Super Platinum Chromium Double Edge blades. Limit 1. 5/29¢

Wicklund, 68, the father of four, said people have helped him in the past, and his quest to repay the Beanes is a way of repaying that debt.

HISTA-TRIAMINE TABLETS
Relieve sneezing, runny nose, scratchy throat & more. 24 tablets. Reg. 1.29. 96¢

ANTI-B LONG LASTING NASAL SPRAY
8 to 10 hour relief of nasal congestion. 20 cc. Reg. 1.99. 1.48

DePree BLUE CHIP SALE
VITAMIN C SUPPLEMENT
399 Reg. 5.99

FRUT-PAK VITAMIN C
250 mg. chewable Vitamin C in orange, pineapple & lemon. 100's. Reg. 59. 2.38

FAMILY FORMULA MULTI-VITAMINS WITH IRON
A daily supplement for the whole family. 100's. 2.38

QUARTETS 4 IN 1 TABLETS
Helps reduce runny, stuffy nose, lessens sneezing & relieves cough. 24. Reg. 2.39. 1.79

SINUS HEADACHE TABLETS
Fast acting relief from sinus & congestion. 24's. Reg. 1.49. 1.11

GO PAIN THROAT LOZENGES
Fast acting relief from sore throat pain. 18 lozenges. Reg. 1.15. 86¢

What Students Think About Those SLEP Tests

By LEONARD KRANSDORF Herald Staff Writer
'I knew after I got past the first page I was sunk,' said the 16-year-old Seminole High School (SHS) student.

'I thought most of the test was going to be general math and I thought I would do pretty good at it,' he said, 'but after the first page it was all algebra and I'm just not too good at algebra.'

This student was one of the 21 who did not pass. The tests give students the opportunity to voluntarily take any of the eight tests at a cost of \$10 each; if they pass they get credit toward graduation.

'To me it was pretty easy and simple...'
'After taking it I couldn't figure out how they could give credit for the test because I couldn't believe how easy it is'

colleagues who usually get A's and B's on tests and score high on other standardized tests, according to Ivan Bowers, director of student services for the school district.

August she took the test because after the move down she found she was minus some credits to graduate.

'I was discussing the problem with my guidance counselor when she told me about the test and so I decided to take it,' she said, in noting she also plans to take two more tests the next time testing is offered in May.

Rosanne remembers when she first signed up for the test "I figured I would give it my best shot." Rosanne, who is getting A's and B's in school didn't do any advance studying because "I really didn't know what to study and actually for me it turned out to be just a matter of common sense."

'I really thought it was going to be hard, especially when the guidance counselor said only one out of 10 students passed it,' said the Lake Howell High School sophomore who plans to pursue a career in engineering at the University of Southern California, "But actually I didn't find them too hard."

Jim was the only student who took and passed all three tests. "I've really always been good in math, so I thought I would probably do good on that one, and English also has been a strong subject," he said.

Because of the extra credits he has earned, Jim will be graduating next year — a year earlier than he normally would.

'I really thought it was going to be hard...'
'I'm pretty good at English and I like to read so my guidance counselor suggested I take the English test,' said the 17-year-old daughter of George and Mary Lou Miller of 191 Northwood Road in Casselberry.

Currently, Kathy has about a 3.6 average in school and already has her sights set on a career in the medical field.

Regarding the test, she was surprised how easy it was. "After taking it I couldn't figure out how they could give credit for the test because I couldn't believe how easy it was," she said.

She credits her passing to "the excellent teachers I have had and I really have been lucky to find some great English and math teachers who have really helped me."



'PROUDEST MOMENT'

A beaming Cornelius B. Franklin (right), Seminole High School dean of students, accepts certificate of appreciation for job he has done in school and in the community from Lamar Richardson, sponsor of the Alpha American United Social Service Club, and club member Jackie Guy.

Firm Asks \$ Help

By JANE CASSELLBERRY Herald Staff Writer
Longwood City Commission is considering a proposal by Thad Hawkins, chairman of the board of Medplex Inc. of Jackson, Miss., that the city lend its name to gain tax-exempt financing for construction of a \$1.5-million health facility in the city.

SANFORD: 950 State St. Sanford Plaza LONGWOOD: Hwy. 17-92 at S.R. 434 434 Center, 949 S.R. 434 CASSELLBERRY: Seminole Plaza 1433 Semoran Blvd. ALTAMONTE SPRINGS: 974 West S.R. 436, 484 E. Altamonte Drive ORANGE CITY: Four Townes Shopping Center

SALE THRU SATURDAY OPEN DAILY 9 A.M. III 9 P.M. SUNDAY 10 A.M. III 7 P.M. SHOP EARLY SOME SALE ITEMS LIMITED

FORMULA 409 SPRAY CLEANER 78¢
KORDITE TRASH BAGS 99¢
PLANTERS SNACKS 2/1.00
TABLE TOP IRONING BOARD 3.99
5-SHELF WOOD ETAGERE 3.48
MEAD ORGANIZER or DATA CENTER 2.59
KITCHEN WASTE BIN 2.99
BRACH'S CONVERSATION HEARTS 2/88¢
COTTON WET MOP 99¢
SPRAY ENAMEL 77¢
18-INCH B-B-QUE GRILL 4.88
DUO TANG REPORT COVERS 8/1.00
BOOSTER CABLE 3.99

GE DELUXE T93B TOASTER OVEN 28.88
PRESTO 1320 WATT HEATER 25.99
ZEBCO 202 SPIN CAST REEL & ROD COMBO 4.99
KODAK TELE-EXTRAI CAMERA 22.88
NORELCO SMOKE DETECTOR WITH SPECIAL REBATE OFFER 14.99
CRICKET DISPOSABLE LIGHTER 2/79¢
8" x 10" COLOR ENLARGEMENT 1.99
SUNSPUN WINTUK YARN 77¢

VINYL STRAP OUTDOOR FURNITURE
Colorful vinyl on aluminum frame. Multi-position chair. Both fold for storage. CHAIR 16.99 Reg. 29.99. 14.88 24.88

POPULAR VITAMIN E 2.69
B-COMPLEX WITH C 5.27
SUPER HISTA-C CAPSULES 1.79
WHEATAVIMS CAPSULES 3.83
PROMPT PAIN TABLETS 1.09
ALLERGY II TABLETS 1.48
PRO-PLAN DIET CAPSULES 2.36
PROMPT EXTRA STRENGTH PAIN TABLETS 1.48

ECKERD'S FAMOUS PHOTO OFFER
Twice the Prints... Twice the Film...
TWOICE THE GUARANTEE
1. If Eckerd's makes a bad print, YOU DON'T PAY FOR IT.
2. If you take a bad picture, YOU DON'T PAY FOR IT.

Seminole, Howell, Oviedo Win Lyman, Brantley, Moore Defeated

By JIM HAYNES Herald Sports Editor

Ah, but you just can't beat momentum! Not easily, at least. Seminole, Lake Howell and Oviedo each used that weapon to the fullest extent Tuesday night in high school basketball.

Neither team played exceptional overall basketball, but when you don't play that well and still win, you have to be happy with it. Payne felt David Thomas played a major role in the victory, but that it was still a team effort.



SHUN THOMAS CORNERS SEMINOLE REBOUND

JEFF NELSON ON MOVE FOR LYMAN

Haynes' Hunches By JIM HAYNES Herald Sports Editor

Sanford May Race On Tap

The Sanford Parks and Recreation Department is making plans for a mini-marathon race to be held by the end of May.

Carol Moss Back In Majors

Carol Moss always knew she would make the major leagues. Husband Les will be happy to know she is taking him along which should also make the Detroit Tigers very happy, because he is their new manager.

Parrish Signs Montreal Pact

MONTREAL (UPI) — Third baseman Larry Parrish and outfielders Andre Dawson and Warren Cromartie and Ellis Valentine signed with the Montreal Expos Tuesday giving the club eight starters under contract for the 1979 season.

Gilmore, Ross Set Tonight

Question: Can a Mad Dog control a Colera? The question will be solved tonight as Edgar (Mad Dog) Ross will do his best to extract vengeance from the Colera (Clarence Gilmore) in the 18th event of the annual Colera Invitational.

Kegler's Korner

Converted Gulls: Karl Rembert 45, Bob O'Brien 11, Jayceon Vance 11, Joe Davis 11, Terry Vin, Charles P. Terry, Gene Van, Mike Conal, Ca. Viller, Steve Debarry, Martin, Fla. Scraps.

Haynes' Hunches

By JIM HAYNES Herald Sports Editor

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Foot & Mouth Disease No Super Bowl Threat

MIAMI BEACH (UPI) — Stadium in Fort Lauderdale Tuesday. "I think they know they're in for a hand full Sunday. Let's face it, Pittsburgh doesn't have any depth. I guess I can say I respect Pittsburgh more than the Rams — they've been the Super Bowl champions."

Three years ago in Super Bowl X, Swann caught four passes for a record 181 yards, including a 64-yard touchdown, to help Pittsburgh beat the Dallas Cowboys in Super Bowl X.

All Downhill For Tony

FORT LAUDERDALE (UPI) — From here on in, it figures to be all downhill, a real breeze for Tony Dorsett. Why? Because the Dallas Cowboys' star running back has made it through the toughest part of Super Bowl XIII already.

Save on weight sets. Sale 71.99

Reg. 89.99. Multi-purpose incline bench of 1 1/2" tubular steel features 4 position back, 3 position squat rack and leg lift apparatus.

Save 39.99

Reg. 49.99. 112 lb./51 kilo cast iron barbell/dumbbell set has 66" bar, 2 dumbbell bars, collars and sleeves. Discs include two 5 kilo, four 4 kilo, four 2 kilo and four 1 kilo. Wrench and manual included.

SCOREBOARD

Table with columns for Pro Basketball, Pro Hockey, College Basketball, and Jai Alai. Includes team names and scores.

Jai Alai

Table with columns for Jai Alai and Dog Racing. Includes player names and race results.

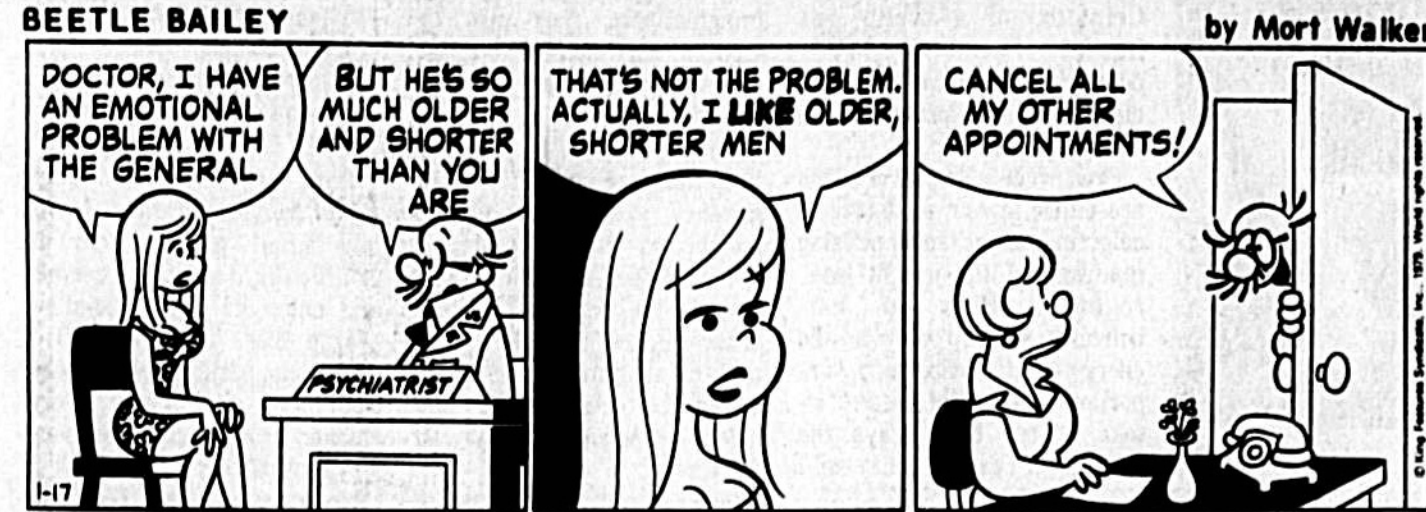
Advertisement for Dog Racing Nightly 8 P.M. featuring a photo of a man and text about a dog named GUY LAFLEUR.

Large advertisement for a \$20 off deluxe exercise bike. Includes a photo of the bike, a list of features like 'thickly padded adjustable jumbo seat' and 'welded 16 gauge tube steel', and a table of tire prices.

Large advertisement for JCPenney. Features a photo of a bicycle, a table of tire prices, and several sections for battery and weight set sales with detailed descriptions and prices.



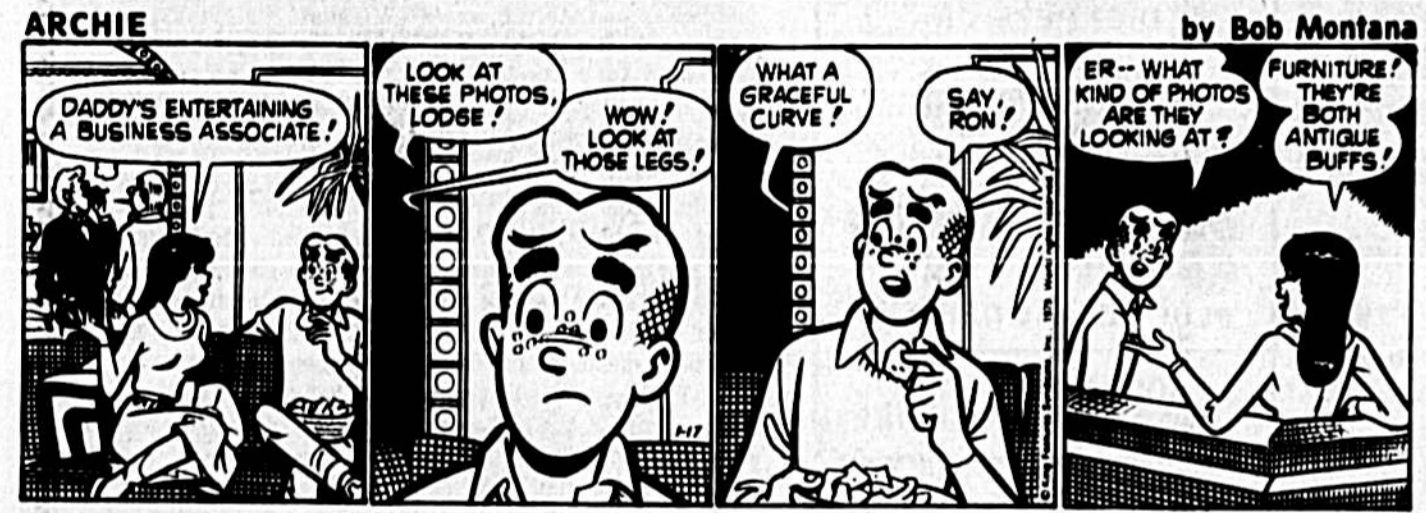
by Chic Young



by Mort Walker



by Art Sansom



by Bob Montana



by Howie Schneider



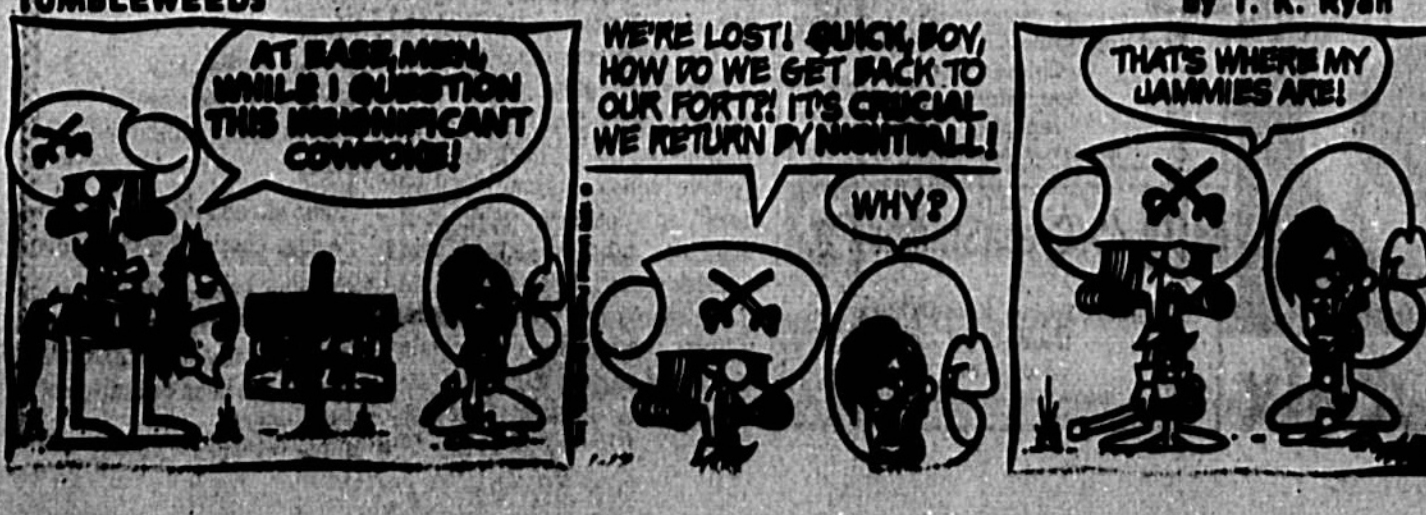
by Al Vermeer



by Steffel & Heirndahl



by Bob Thaves



by T. K. Ryan

ACROSS 37 Mature

Crossword puzzle grid with clues for Across and Down.

Two crossword puzzle grids with clues.

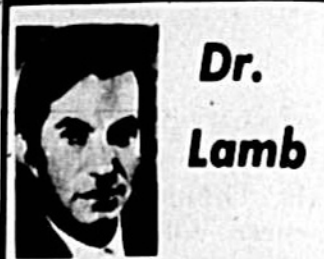
HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, January 18, 1979

YOUR BIRTHDAY Jan. 18, 1979. All those things on which we've labored so hard will start to pay off this coming year. Put your knowledge to work. Great strides can be made. CAPRICORN (Dec. 23-Jan. 19) That optimistic disposition you display today makes you a dominating force. People are drawn to you. They want to do as you bid in hopes it rubs off on them. Find out more of what lies ahead for you in 1979 by sending for your copy of the all 1979. Mail \$1 for each and a long new Astro-Graph Letter for self-addressed stamped envelope to Astro-Graph, P.O. Box 488, Radio City Station, N.Y. 10019. Be sure to specify birth date. AQUARIUS (Jan. 20-Feb. 19) Your analytical faculties are exceptionally sharp today. Success comes easily when you're working on any investigative or fact-finding projects. FEBRUARY (Feb. 20-March 20) Stronger bonds can be cemented today, so get together with those important to you. Effects on the collaborations will make everyone happy. ARIES (March 21-April 19) Once you set your mind to something today, there's little doubt you'll get what you go after. Determination, coupled with optimism, makes this possible. TAURUS (April 20-May 20) Your company will be in demand today because of the pleasant, vivacious manner in which you assert yourself. It should be a fun day. GEMINI (May 21-June 20) That goal you've been striving so hard to attain can now become a reality. Tie up all those loose ends that have been impossible to knot. CANCER (June 21-July 22) Your ability to draw people together and bring out the best in them is without equal today. Take the initiative. Use this wonderful quality to the fullest. LEO (July 23-Aug. 22) The industriousness with which you apply yourself pays off in double profits today. Go out after something big. VIRGO (Aug. 23-Sept. 22) Be a take-charge person today. You are both bold and clever with your ideas. Others are just waiting to follow your lead. LIBRA (Sept. 23-Oct. 22) It's important that you have the power to hang in there today. Something that may not be apparent is already in your grasp and will soon show itself. SCORPIO (Oct. 24-Nov. 22) Select lively visionary companions today. You won't enjoy being with deadbeats, since you're bursting with energy, both physically and intellectually. SAGITTARIUS (Nov. 23-Dec. 21) You won't have to settle for second-best today. Aim high and dictate your own terms. You have the enterprise and ability to get what you want. SPIDER-MAN

About Hair Loss And Fatigue Cause



DEAR DR. LAMB - I am desperate for any information you can give me. I get very tired, so tired that I can't seem to stay on my feet. Before this started, I was making a lot of walking and shopping. I have been having this trouble for over six months and it's getting worse. I went to my doctor and he didn't seem to know what was wrong. This irritated me so much that I almost had a nervous spell. I started losing my hair and at present I don't have enough to put up in curlers. My laboratory tests included thyroid examinations which were completely normal. I am losing my hair rapidly. I hardly have any left. I put some cloxol in a hair spray bottle to get rid of the red bottle and I can't remember if I used it by mistake or not. I have made an appointment with the dermatologist because of my hair problem but I don't understand this being tired all the time. DEAR READER - You did the right thing by having a medical examination. There are many causes for fatigue. In 80 percent of the cases no medical cause for the fatigue can be found. But that means one out of five cases of fatigue is associated with some medical problem. It's pretty difficult to treat a person's fatigue unless you have a good understanding of what is causing it. If you really had low thyroid function that could cause you to be tired. Any number of medical illnesses, including infectious diseases such as tuberculosis, can cause fatigue. Other hormone changes besides inadequate amounts of thyroid hormones can also cause fatigue. A good example here is a person who has low function of the adrenal gland. In its extreme form we call this Addison's disease. Weakness, weight loss and pigmentation of the skin may occur in this condition. In the 80 percent of people who have no associated medical

Cupid, Physicians And Nutritionists In Agreement...

February Comes In For Love And Health



Affairs of the heart have always captured the attention of poets and novelists. Sentimentalists have ordained the month of February in celebration of St. Valentine as the occasion for exchanging vows of affection. Today, physicians and nutritionists, together with the American Heart Association, have added their recognition to the month of February as National Heart Month with more serious concerns. Coronary heart disease is still the leading cause of mortality in the United States. Researchers are pointing the way to reducing these statistics through an intensified effort to reduce and modify the life style of individuals who fall into one or more of the major risk categories for heart disease - (1) smoking, (2) high blood pressure, and (3) high serum cholesterol. To help consumers plan meals low in cholesterol and saturated fats, Miles developed the Morningstar Farms line of cholesterol free alternatives to traditional breakfast meats. In addition, Morningstar Farms Scramblers cholesterol free egg substitute has been introduced as an alternative to whole eggs, the largest contributor of cholesterol to the American diet. This convenient frozen product in its two-egg equivalent carton is the basis for the following recipes - all aimed to win the heart of your Valentine!


- OLD FASHIONED LEMON DAINTIES 36 to 48 bars 2 cartons (1 cup) scramblers 1-2rd cup sifted confectioner's sugar 1/4 cup sifted flour 1/4 cup polyunsaturated margarine 2 cups sugar 2 teaspoons baking powder 1/4 cup lemon juice 3 tablespoons grated lemon rind Confectioner's sugar Lightly grease sides of 13 x 9 x 2-inch baking pan. Combine confectioner's sugar and 1/4 cups flour. Cut margarine into dry ingredients until mixture resembles fine crumbs using knives or dough blender. Press mixture firmly over bottom of pan. Bake at 350 degrees F. for 15 minutes. Combine cracker crumbs and sugar; stir until sugar is dissolved. Blend in remaining 1/4 cup flour, baking powder, lemon juice and lemon rind. Pour over crust. Continue baking at 350 degrees F. for 30 minutes or until top is set. Cool thoroughly; dust with confectioner's sugar. Cut into 1 1/2 x 1 1/2 squares. Calories 110. Cholesterol 0 mg. LEMON-RASPBERRY PARFAIT 6 servings 2 cartons (1 cup) scramblers 1-3rd cups sugar 3 teaspoons cornstarch 1 envelope (1 tablespoon) unflavored gelatin 1/4 cup lemon rind 1/4 cup lemon salt 1 1/2 cups boiling water 1/4 cup lemon juice 1 envelope whipped topping mix (to make 2 cups) Mint sprigs Combine sugar, cornstarch, gelatin, lemon rind and salt in heavy saucepan; mix well. Stir in boiling water. Cook until thickened, stirring constantly. Blend a small amount of the hot mixture into scramble; stir into mixture in pan. Stir in lemon juice. Cook until mixture thickens, stirring constantly. Chill until mixture begins to set. Blend lemon mixture in blender container until very smooth. Prepare topping mix as directed on package, using skim milk. Fold into lemon mixture and chill until it mounds well. Spoon about half the lemon mixture into 6 chilled dessert or wine glasses (about 1/4 cup). Add about 2 tablespoons sauce to each. Fill glasses with lemon mixture leaving space at top for raspberry sauce which should be added just before serving. Garnish with lime slices and mint sprigs. Calories 348. Cholesterol 0 mg. RASPBERRY SAUCE About 1 1/2 cups 10-ounce package frozen red raspberries, thawed 2 tablespoons sugar 2 teaspoons cornstarch 1 to 2 tablespoons liqueur Drain raspberries; save syrup. Combine sugar and cornstarch in saucepan; mix. Add syrup; stir until free of lumps. Cook until thickened, stirring constantly. Add liqueur and raspberries. Chill. Calories 25. Cholesterol 0 mg. per tablespoon. YOGURT CHEESE CAKE 12 to 18 servings 1 1/2 cups fine graham cracker crumbs (1/2 pound) 1/4 cup sugar 1/4 teaspoon cinnamon 2 cups polyunsaturated margarine, melted 2 cartons (1 cup) scramblers 2 12-ounce cartons low-fat cottage cheese 1/4 cup flour 1-3rd cups sugar 3 teaspoons cornstarch 1 envelope (1 tablespoon) unflavored gelatin 1/4 cup lemon rind 1/4 cup lemon salt 1 1/2 cups boiling water 1/4 cup lemon juice 1 envelope whipped topping mix (to make 2 cups) Mint sprigs Combine sugar, cornstarch, gelatin, lemon rind and salt in heavy saucepan; mix well. Stir in boiling water. Cook until thickened, stirring constantly. Blend a small amount of the hot mixture into scramble; stir into mixture in pan. Stir in lemon juice. Cook until mixture thickens, stirring constantly. Chill until mixture begins to set. Blend lemon mixture in blender container until very smooth. Prepare topping mix as directed on package, using skim milk. Fold into lemon mixture and chill until it mounds well. Spoon about half the lemon mixture into 6 chilled dessert or wine glasses (about 1/4 cup). Add about 2 tablespoons sauce to each. Fill glasses with lemon mixture leaving space at top for raspberry sauce which should be added just before serving. Garnish with lime slices and mint sprigs. Calories 348. Cholesterol 0 mg. BANANA BUTTERS-COTCH PIE 9-inch baked pastry shell made with polyunsaturated margarine 1/4 cup cornstarch 2 tablespoons flour 1/4 teaspoon salt 2 1/2 cups skim milk 2 cartons (1 cup) scramblers 2 tablespoons polyunsaturated margarine Whipped mix Banana slices for garnish Combine and mix brown sugar, cornstarch, flour and salt in saucepan. Add milk; cook until thickened, stirring constantly. Add scramblers, beating constantly; cook over low heat until thickened, stirring constantly. Remove from heat. Add margarine and vanilla; beat until smooth. Cool slightly, stirring frequently. Line bottom of pastry shell with a layer of thinly sliced bananas. Pour mixture over bananas. Spoon dollops of whipped topping mix made with skim milk around edge of pie. Stand a ring of banana slices upright in topping. Place maraschino cherry halves in topping between banana slices. Calories 339. Cholesterol 2 mg.

Overweight Is Caused From Overeating

Most of us are overweight simply because we eat too much. We take on more fuel than our bodies require. What this our bodies don't burn up in daily activity turns to fat. It's as devastatingly simple as that. Few men weigh 150 pounds and are able to wear a dress one size smaller. You can get some idea simply by standing naked before a long mirror and looking critically at your body. But let's translate those excess pounds into manufacturer's dress sizes. According to the Department of Commerce, there is 10-pound difference between small sizes, a 15-to 14-pound difference between medium sizes, and a difference of 18 or more pounds between large sizes. Therefore, an increase of 50 pounds a year - by eating only 500 calories more daily than your body needs - means a woman must spend a considerable sum annually for new clothing in which she can breathe more comfortably. As surely as the fact that what goes up must come down, you can lose one pound a week - that amounts to more than four pounds a month or 52 pounds a year - if you cut 500 calories from your daily food intake. If you cut 1,000 calories from your daily diet, you will lose two pounds a week; if you eliminate 1,500 calories, you will lose three pounds a week. You can cut down as much as you desire provided you have no objections to losing your health - maybe even your life - along with the pounds. Here's a little cold water to dash on your frantic desire to slim down in a few days. Most physicians and nutritionists in obesity clinics advise against cutting out more than 1,000 calories a day except in extreme cases. What does 500 calories look like in terms of things you enjoy eating? Here are a few examples: one wedge of apple pie a la mode, two waffles with two pats of butter and syrup, two large doughnuts, a sweet roll and a pat of butter. Of course, all these items are perfectly good foods despite their high calorie content. On the other hand, a satisfying and nutritionally balanced dinner of fillet of sole baked in milk, parley potato, cooked carrots, lettuce-tangy-cheese salad, fresh fruit gelatin and coffee or tea adds up to only 550 calories. So does a manna bread of grapefruit, coffee cake with nuts and icing, scrambled egg and coffee or tea with sugar.



- WE ACCEPT FOOD STAMPS * Park Ave. & 25th St. OPEN DAILY 11 A.M. TO 9 P.M. THROUGH TUES., JANUARY 23, 1979 7 DAYS A WEEK * 4th & Sanford Ave. OPEN MON. THURS. 8 A.M. TO 10 P.M. FRI. SAT. 8 A.M. TO 10 P.M. SUN. 8 A.M. TO 10 P.M.
- 2 LOCATIONS
- QUANTITY RIGHTS RESERVED Prices Good Wed., January 17 through Tues., January 23, 1979
- USDA CHOICE CENTER CUT SIRLOIN \$1.98 LB.
- USDA CHOICE T-BONE \$2.18 LB.
- USDA CHOICE BEEF PLATE \$1.98 LB.
- LEAN GROUND BEEF \$1.28 5 LBS. OR MORE LB.
- USDA CHOICE SHOULDER ROUND \$1.78 LB.
- USDA CHOICE TEXAS \$1.98 LB.
- Cubed Steak \$1.98 LB.
- 100 PCT. PURE GROUND \$1.98 8 LBS. OR MORE LB.
- Beef \$1.98 8 LBS. OR MORE LB.
- DENT STD. FRYER BREAST OR \$1.68 Thighs LB.
- SUNNYLAND GOODTIME \$1.88 Wieners 12 OZ. PACK
- SUNNYLAND SMOKED \$1.88 Picnic LB.
- ECONOMY SLICED \$1.88 Bacon LB.
- SMOKED \$1.39 Bacon Ends LB.
- PORK KIDNEY, MAWS, LIVER \$1.48 Brains LB.
- PORK \$5.99 Chitterlings 10 LBS.
- FAMILY PACK 1st CUT LOIN \$1.19 Pork Chops LB.
- FARM VALUE 20-OZ. LOAF \$1.00 FAMILY SIZE Bread 3 FOR
- GUSTAFSON'S EXTRA RICH \$1.79 HOMOGENIZED Milk GALLON
- ★ PRODUCE SPECIALS ★
- U.S. NO. 1 \$1.88 Potatoes 10 LB.
- U.S. NO. 1 YELLOW \$1.09 Onions LB.
- GREEN HEAD \$1.09 Cabbage LB.
- GREEN BELL \$1.39 Pepper LB.
- FRESH \$1.39 Mushrooms LB.
- CRISP \$1.59 Lettuce HEAD
- Celery \$1.29 STALK



SANFORD
519 E. FIRST ST.
FRENCH AVE. AT 25TH ST.
LONGWOOD
951 STATE RD. 434
US 17-92 AT SR 434

PLAY **Double** Bingo Odd
Bingo Even

AS OF JANUARY 3, 1979

PRIZE VALUE	NO. OF PRIZES	ODDS FOR ONE STORE VISIT	ODDS FOR 5 STORE VISITS	ODDS FOR 10 STORE VISITS
\$2,000.00	14	201,607 TO 1	40,321 TO 1	20,160 TO 1
1,000.00	43	62,722 TO 1	12,544 TO 1	6,272 TO 1
200.00	81	34,846 TO 1	6,969 TO 1	3,484 TO 1
100.00	429	6,579 TO 1	1,316 TO 1	658 TO 1
20.00	952	2,864 TO 1	572 TO 1	286 TO 1
5.00	3,833	736 TO 1	147 TO 1	73 TO 1
2.00	11,971	237 TO 1	47 TO 1	23 TO 1
1.00	105,946	27 TO 1	5 TO 1	2 TO 1
TOTAL	123,291	22 TO 1	4 TO 1	2 TO 1

HOWEVER, ACCORDING TO THE FEDERAL TRADE COMMISSION RULES, GAME MUST END WHEN ALL TICKETS HAVE BEEN DISTRIBUTED

SCHEDULED TERMINATION DATE:
FEB. 1, 1979

The game being played in the eighty-two (82) participating Winn-Dixie stores located in central Florida.

Meat

SAVE 40%
RIB END 7" CUT PORK ROAST
\$1.39
LB.

SAVE 40%
LOIN END 7" CUT PORK ROAST
\$1.49
LB.

SAVE 30%
LOIN CENTER CUT PORK ROAST
\$1.99
LB.

SAVE 30%
WESTERN CORN FED FRESH ECONOMY (8 BLADE, 5 SHOULDER) PORK CHOPS
\$1.29
LB.

SAVE 1%
AGAR CIRCLE 'A' CANNED PICNICS
3 12-oz. CANS **\$4.99**

SAVE 30%
W-8 BRAND USDA CHOICE BLADE CUT CHUCK ROAST
\$1.29
LB.

SAVE 30%
W-8 BRAND USDA CHOICE 7 BONE CENTER CUT CHUCK STEAK
\$1.59
LB.

Dairy SAVE 66%
SUPERPREMIUM FUDGE STYLE YOGURT
5 6-oz. CANS **\$1.00**

SAVE 35%
SOUR CREAM
3 8-oz. CANS **\$1.00**

SAVE 16%
SOUR CREAM
2 16-oz. CANS **\$1.30**

PRICES GOOD JANUARY 18 - 20

SAVE 45%
ASTOR FRUIT COCKTAIL
Limit 6 with \$5.00 or more purchase excluding cigarettes.
3 16-oz. CANS **\$1.79**

SAVE 26%
CHARMIN ALL COLORS BATH TISSUE
Limit 2 with \$5.00 or more purchase excluding cigarettes.
4 79¢
ROLL PKG.

QUANTITY DISCOUNTS RESERVES WINN-DIXIE STORES, INC. COPYRIGHT—1979

SUPERBRAND U.S.D.A. GRADE 'A' EGGS
SAVE 24% - LARGE
DOZ. **65¢**
SAVE 18% - EXTRA LARGE
DOZ. **73¢**

DIET BAKING CAKE MIXES 19-oz. PKG. **59¢**

SAVE 30%
THIRTY MAN SHORTENING
Limit 1 with \$5.00 or more purchase excluding cigarettes.
3 12-oz. CANS **\$1.19**

SAVE 20%
FISCHERS ALE OR BEER
Limit 1 with \$5.00 or more purchase excluding cigarettes.
6 12-oz. BTL. **\$1.19**

SAVE 20%
ALL FLAVORS CHEK DRINKS
Limit 1 with \$5.00 or more purchase excluding cigarettes.
10 12-oz. CANS **\$1.39**

DIET SCOUR GRAPE JELLY 19-oz. PKG. **59¢**

SAVE 36%
DEL MONTE CREAM STYLE OR WHOLE KERNEL CORN
4 17-oz. CANS **\$1.09**

SAVE 36%
DEL MONTE CUT OR FRENCH STYLE GREEN BEANS
4 16-oz. CANS **\$1.09**

SAVE 33%
THIRTY MAN KIDNEY BEANS
4 15-oz. CANS **\$1.12**

DIET SCOUR BEANS 3 15-oz. CANS **\$1.09**

SAVE 30%
ALL VARIETIES ARROW DETERGENT
3 89¢

SAVE 20%
THIRTY MAN LONG GRAIN RICE
3 59¢

DIET BAKING FAMILY BREAD
3 \$1.09

Produce

HARVEST FRESH STRAWBERRIES
SAVE 1%
3 PINTS **\$1.69**

HARVEST FRESH WESTERN RED OR GOLDEN NO. 113 DELICIOUS APPLES
16 FOR **\$2.99**

HARVEST FRESH MCINTOSH APPLES
3 LB. BAG **99¢**

HARVEST FRESH GRAPEFRUIT
5 LB. BAG **99¢**

HARVEST FRESH CABBAGE
19¢
NO HEAD OVER 69¢

Frozen Food

MORTON (EXCEPT HAM) T.V. DINNERS
SAVE 38%
2 11-oz. PKGS. **\$1.12**

MORTON FRESH CHICKEN
3 3-LB. CANS **\$1.99**


DIET BAKING YOGURT
SAVE 50%
6 6-oz. PKGS. **99¢**

DIET BAKING
SAVE 18%
2 16-oz. CANS **\$1.00**

FREE SUPER SHEF SANDWICH WITH PURCHASE!



PLEASE PRESENT WHEN ORDERING.



Good at participating stores. This coupon is good only at participating Burger Chef® restaurants in the U.S.A. One coupon per customer. Void where prohibited, taxed or restricted by law. Local and state tax payable by payer. Expiration date January 31, 1979.

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