

ACROSS 47 Chosen 50 Nothing but 51 Spanish gold 52 Burmese 53 Responsibility 54 Metal 55 Run 56 Morning song 57 Pledge 58 Same (prefix) 59 Buddhism 60 Objective 61 Cone-bearing tree 62 Domin 63 Food 64 Cross 65 Take on cargo 66 Drowse 67 Office 68 Integrate 69 Twilled 70 Woolen fabric 71 Spiny plants 72 Comfy 73 Fuel 74 Actor 75 Andrews 76 New York City 77 River in Germany 78 Male deer 79 Vast expanse 80 Eight (Sp) 81 Norwegian dramatist

ANSWER TO PREVIOUS PUZZLE with crossword grid and solutions.

DOWN 1 Exude 2 Surface 3 Octopus arm 4 Alley 5 Claws 6 Chemist's burner 7 Small shelter 8 Poverty-stricken agency (abbr) 9 Lowest point 10 Employing 11 Feat 12 Fast aircraft 13 Child's hat 14 Compass 15 Goat 16 Ogle 17 Cole sound 18 Hoot 19 Aware of (2 wds) 20 Wile 21 Combustion remnant 22 Biblical nationality 23 Envision 24 Skin tone 25 Fish eggs 26 Farm implement 27 Child's hat 28 Sandwich 29 Australian animal 30 Gold-plated statuette 31 Fakir 32 Ere long 33 Christiania 34 Garden amphibian 35 Year (Sp) 36 Samuel's teacher

Horoscope section for Wednesday, February 28, 1979, by Bernice Bede Osol.

WIN AT BRIDGE section with North-South and West-East deals.

YOUR BIRTHDAY section with horoscopes for various zodiac signs.

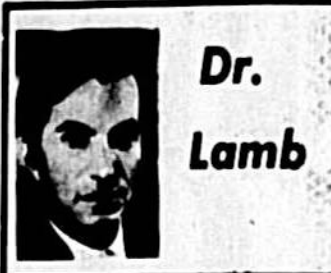
SPIDER-MAN section with comic panels and dialogue.

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The Main Causes Of A Hiatal Hernia



DEAR DR. LAMB - Would you explain what causes a hiatal hernia? Should I have it repaired now? I am 47 years old and in good health. It bothers me occasionally. I'm wondering if it gets worse as you get older. Is the operation a serious one? And, could it affect my heart? DEAR READER - A hiatal hernia means that the normal hole in the diaphragm where the esophagus (food tube) passes through to the stomach becomes enlarged. If the hole gets big enough, it lets part of the stomach slide through it. To state it another way, your stomach ruptures (herniates) through the diaphragm. I am sending you The Health Letter number 4-8, Hiatal Hernia, Esophageal Reflux, to explain this condition to you in some detail and what measures you can take in your living habits to minimize symptoms or difficulties from it. Other readers who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it. Send your request to me in care of this newspaper, P.O. Box 1561, Radio City Station, New York, N.Y. 10019. One of the major problems associated with the hiatal hernia is the leak of acid out of the stomach into the lower esophagus, particularly when you are lying down. I am sorry to say that surgical repair of the hernia itself doesn't guarantee that the closure mechanism in the opening of the stomach will then function normally. In fact, you can have a leak out of the top of the stomach without having a hiatal hernia. This is the major reason that many patients don't get the benefits that they think they'll get from surgery to repair a hernia through the diaphragm. The leaky closure mechanism persists and the problems associated with it still cause symptoms. There is a reason that your hiatal hernia should be significantly worse during life if you alter your life style now along the lines suggested in The Health Letter I am sending you. High on this list of things that will help prevent the hernia from getting worse is to stay lean. You don't want any large amounts of fat deposits inside your abdomen. The pressure caused by the build-up of fat inside the abdomen literally tends to squeeze the stomach through the hole in the diaphragm. Of course, I presume that it is not in your plans for the future to get pregnant. One factor that causes women, as a group, to have hiatal hernia much more often than men is the fact that women get pregnant. As the uterus enlarges and increases pressure inside the abdomen, many women develop a hiatal hernia. It's just another example how a build-up of pressure inside the abdominal cavity contributes to the hernia. It does point out how important it is to you to remain lean and prevent any build-up of pressure inside the abdomen. Don't wear tight girdles, belts or any constricting item around your waist. Eat frequent small meals but be sure that doesn't mean consuming more calories. Wait at least two hours before you lie down after eating. And you will do better if you lie down or sleep with the upper part of the bed elevated.



TOM WILSON

Revitalization Idea Explained Proposal Promotes Sanford Image

By MAX ERKILETIAN Herald Staff Writer A proposal to pump \$4 million in federal money into downtown Sanford to fuel the economy and rehabilitate blighted commercial areas includes a marketing program to promote Sanford as a shopping area. That was the message given a dozen business and financial leaders Tuesday at Redding Gardens by Tom Wilson, III, Sanford Housing Authority Director - Wilson is author of the proposal. Once business relocation and rehabilitation plans are complete a marketing campaign to improve the image of downtown will get underway, said Wilson. Wilson did not elaborate on marketing methods to be used to promote Sanford's commercial district or how the proposal would be implemented. "Before we finalize the plan, I want to get input and response from the business community about their willingness to participate," said Wilson. "Right now I'm trying to work from generalizations to specifics to see what is needed and what can be done." Before it can be enacted, the program must receive the endorsement of the Sanford City Commission and the support of

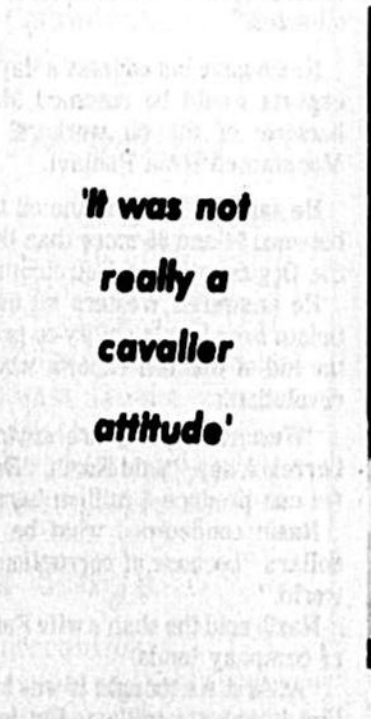
two federal agencies. Wilson's plan relies on federal funds from the Economic Development Administration (EDA) and the Department of Housing and Urban Development. The EDA would be tapped for a \$2.5 million grant and Urban Development's HUD's Urban Development Action Grant (UDAG) program would supply \$1.5 million. The federal funds would be used to help existing property owners defray the cost of rehabilitation and help the new business get started downtown, said Wilson. The program would provide professional aid in preparation of "I want to get input and response from the business community" architectural plans and Small Business Administration (SBA) loans. Another feature of the program calls for an equity fund and mortgage interest subsidies, according to Wilson. See SANFORD, Page 2A

Seminole Commission Does An 'About Face' On Reserve Pay Issue

By DONNA ESTES Herald Staff Writer Failing to gain consent of the Seminole Legislative delegation to support legislation exempting the county from paying full salaries to military reserve employees, the county commission unanimously voted to change its personnel policy. On recommendation of County Administrator Roger Neiswander, the new policy, in Commission Halls Todd, Page 2A



BOB STURM



BILL KIRCHHOFF

HE'S HAVING A BALL

Bryan Barks, six-year-old first grader at Lake Orienta School, gets an autograph of Wayne Oranger, former Cincinnati Reds star pitcher, now with the Miami Amigos. As far as Bryan was concerned, it was the high light of the baseball rally staged Tuesday night at the Sanford Civic Center, promoting the upcoming youth baseball season of the Sanford Youth Baseball Association. The Amigos begin training in Sanford March 16.



Oviedo's Heather MacLeod and her prized silver

It's Hi-Ho Silver - And Away To The Fair

When 95-lb. Heather MacLeod of Oviedo leads her 850-lb. steer, Silver, into the show ring tonight, she will be the first Seminole County 4-H'er to enter the beef cattle competition at the Central Florida Fair for more than 20 years. The 13-year-old Jackson Heights eighth-grader, who stands five feet tall, raised the part Charolais-part Santa Gertrudis steer from a calf after he was born on the family ranch on SR 426 near Oviedo. She will exhibit her year-old steer in the beef cattle judging, which begins at 7:30 p.m., and will sell him in the auction Thursday night. Heather hopes to make enough from the sale to cover the expense of raising him and get her started on raising a calf last next year's show. She has already selected one record book and knows where every penny went. The MacLeods moved onto their 75-acre ranch in 1974. "Heather took an interest in livestock right away," said her mother. "She started out with her horses and then went on to pigs, calves, and chickens. Right now we have rabbits, dogs, cats and a duck besides." Having raised "Silver" from birth, how does Heather feel about selling him for beef? "She's known all along that he's being raised to be as good a beef as possible," said Mrs. MacLeod, but she's too attached for someone close to buy him. She has an earthy attitude, but not quite enough to eat "Silver." Heather worked on her own as Seminole does not presently have a 4-H beef cattle club. She recently judged at the Southeastern Futuristic Pure Bred Angus Show at the Hyatt House in Orlando. "Since she is the only one from Seminole, we are hoping folks from the county will come out Wednesday and Thursday nights to support her at the judging and sale," said Mrs. MacLeod. "She did it for the experience and because she enjoyed it. If she wins, it will be a bonus." - JANE CASSELLBERRY

Lt. Lykens Topping List For Orange City Chief

Sanford Police Lt. William F. Lykens is the leading candidate for the police chief's job in Orange City in Volusia County. Lykens was being interviewed today by Orange City Mayor William Dennis who is interviewing the top five candidates for the job. If Lykens accepts the post as head of the four-man department, he will have to take a \$5,000 pay cut. The chief's job pays \$11,500 annually. Lykens makes \$10,000 as lieutenant in the uniform division of the Sanford department. On Monday, the Sanford City Commission approved Lykens' request for a six-month leave of absence, without pay, so he could look for another job. Commissioner John Morris said Lykens has been unhappy since his transfer as head of the detective division to road patrol. The transfer came during a major reorganization of the Sanford department in January initiated by Police Chief Ben Butler. The other four candidates still in contention for the job are: Joseph Ross Jr. of Albany, N.Y.; Julian Livvill Jr., of the Orlando Police Department; Gerald Fleming, formerly of DeSoto County and now a retired resident of DeLand; and Carlos Savaundra of the Orange City Police Department. Orange City, a town of 2,700 residents, is 18 miles north of Deltona, has been searching for a new police chief since December when the mayor fired Charles Garland. Lykens was named the top point-getter. Mayor Dennis has reportedly said he would go along with the screening committee's top selection. The mayor's nominee must be approved by the Orange City council. The other four candidates are in contention for the job are: Joseph Ross Jr. of Albany, N.Y.; Julian Livvill Jr., of the Orlando Police Department; Gerald Fleming, formerly of DeSoto County and now a retired resident of DeLand; and Carlos Savaundra of the Orange City Police Department. Orange City, a town of 2,700 residents, is 18 miles north of Deltona, has been searching for a new police chief since December when the mayor fired Charles Garland. Lykens was named the top point-getter. Mayor Dennis has reportedly said he would go along with the screening committee's top selection. The mayor's nominee must be approved by the Orange City council. Lykens emerged as the top candidate in Orange City on Saturday when a screening committee sorted through 15 applications for the chief's job. Giving points to each candidate on the basis of education and experience, Lykens received the highest score.

Today section with a grid of events and prices.

Clark Battling Image Problem

By ELDA NICHOLS Herald Correspondent

He's sharp dresser, handsome and articulate. Yet he's in a profession which he says "is not socially acceptable."

things progressed the way I wanted them to, then it was my decision, to quit or go on. You're shot to begin with if you're pressured," he said.

Scott's motivation toward boxing is money. Completely candid, he said, "I'm in it to make money. The Cuevas fight in Los Angeles gave me \$25,000. There's a big money in the fight game."

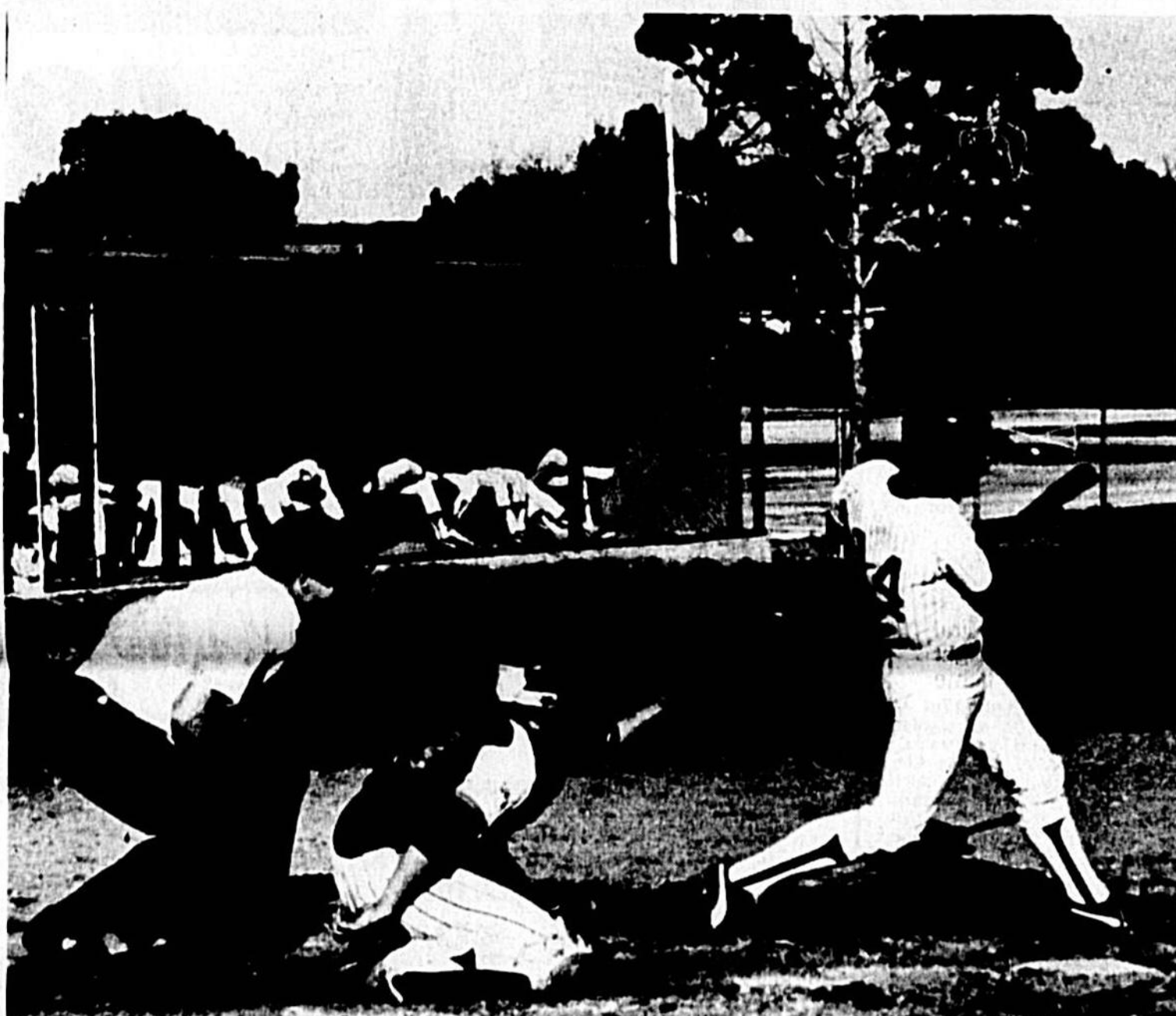


SCOTT CLARK ON THE LINE

Newman Grand Slam Keys Seminoles

SHS 9 Edges W. Park

By GEORGE SHRIVER Herald Correspondent



NEWMAN CONNECTS FOR FIRST-INNING GRAND SLAM HOMER

Seminole High School established itself in the role as dominating baseball team in the area Tuesday by posting a 7-6 victory over Winter Park.

Wells walked to hand the Seminoles' run No. 2 and Newman followed by Smathers a long ball over the left center wall 350 feet away for his grand slam.

Winter Park left two on base in the bottom of the first, but came back in the bottom of the second to make a charge at overcoming the Seminoles lead.

Wells walked to hand the Seminoles' run No. 2 and Newman followed by Smathers a long ball over the left center wall 350 feet away for his grand slam.

Winter Park tried to nibble away at the Seminoles lead one game at a time in the fourth and fifth innings but the Seminoles were determined to hold on and played error-free ball for the last two innings.

Baseball game for No. 8 today at Orlando Dome in a 2-30 p.m. contest.

SEMINOLE AS IN WINTER PARK

NEW YORK (UPI) — New York Yankees' second baseman Willie Randolph has been used for more than \$117,000 in federal court by a talent agency that claims he "unilaterally" broke off a contract with the firm.

District Court in Manhattan by International Artists and Athletes Management Ltd. charged Randolph, of Park Ridge, N.J., failed to pay a bill of \$12,375, based on a 74 percent commission from his 1978 and 1979 base salaries.

SPORTS IN BRIEF

Spectacular Bid Insured

For A Cool One Million HALLANDALE, Fla. (UPI) — Spectacular Bid, solid early favorite for Gulfstream Park's \$200,000 Florida Derby March 6, is now insured for \$10 million, the colt's trainer disclosed Tuesday.

McAdoo In For Celtics

BOSTON (UPI) — Bob McAdoo makes his Boston Garden debut in a Celtics uniform tonight, but player-coach Dave Cowens hasn't decided how to use Big Mac's attack.

Carew in Angels Uniform

PALM SPRINGS, Calif. (UPI) — The California Angels opened their spring training workouts Tuesday with all but five players on hand.

Parent Still Hospitalized

PHILADELPHIA (UPI) — The Philadelphia Flyers said Tuesday goalie Bernie Parent, who is expected to be out for the remainder of the season because of an eye injury, will not be discharged from the hospital until the end of the week or next Monday.

SEC Leaders

BIRMINGHAM, Ala. (UPI) — Southwestern Conference individual basketball standings.

SHS Tennis Teams Split

The Seminole High tennis teams split a pair of matches Tuesday as the boys knocked off Daytona Beach Seabrook by a 3-2 margin, but the girls were upset by the same team, 3-1.

Manatee Josh Nips Cam in Tuesday's 5th Race

MANATEE JOSEPH NIPS CAM IN TUESDAY'S 5TH RACE

New Artificial Bait Better Than Real Thing

ST. AUGUSTINE (UPI) — A University of Florida researcher says he has produced an artificial bait in a dozen flavors that hungry fish run for like cola after cola.

SCOREBOARD

High School Basketball

Table with columns for School, Score, and Time. Includes teams like Grinnell, St. Vincent, and St. Ann.

Pro Hockey

Table with columns for Team, Score, and Time. Includes teams like NY Islanders, Colorado, and St. Louis.

College Basketball

Table with columns for Team, Score, and Time. Includes teams like Villanova, West Virginia, and Georgetown.

Dog Racing

Table with columns for Track, Race, and Time. Includes tracks like Sanford-Orlando and Winter Park.

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DOG RACING

Sanford Plaza, Winter Park Mall, and other racing information.

Advertisement for GIBSON REFRIGERATOR and HOME APPLIANCE with prices and features.

Advertisement for Save \$20 to \$32 on four fiberglass belted tires. Includes tire size chart and Ralph Kazarian logo.

Advertisement for JCPenney Auto Center featuring Save on deluxe heavy duty shocks installed, Save \$40 on four on/off road tires, and 25% off Stop Action brake overhaul.



BEETLE BAILEY by Mort Walker



HE BORN LOSER by Art Sansom



RCHE by Bob Montana



EEK & MEEK by Howie Schneider



PRISCILLA'S POP by Al Vermeer



BUGS BUNNY by Stoffel & Heimsdahl



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



Crossword puzzle grid with clues for Across and Down. Includes 'Answer to Previous Puzzle' and a small photo of Dr. Lamb.

Horoscope section for Thursday, March 1, 1979. Includes sections for 'YOUR BIRTHDAY', 'LEO', 'VIRGO', 'LIBRA', 'SCORPIO', 'ARIES', 'SAGITTARIUS', 'CAPRICORN', 'TAURUS', 'GEMINI', 'CANCER', 'AQUARIUS', 'PISCES', 'SPIDER-MAN', 'ZOOKEEPER', and 'TUMBLEWEEDS'.

HOROSCOPE

By BERNICE BEDE OSEL

WIN AT BRIDGE

Check out all the facts. LEO (July 23-Aug. 23) Steer clear of accepting favors from well-meaning over-enthusiasts today. Instead of helping to ease your problems, they could create an expensive mess. VIRGO (Aug. 23-Sept. 23) Although you may be justified in reacting harshly to a sticky social situation today, it will do you more harm than good. Turn the other cheek. LIBRA (Sept. 23-Oct. 23) Something you've left unattended may catch up with you today to put you in a tight spot. Don't shift the blame to innocent bystanders. SCORPIO (Oct. 23-Nov. 23) It is very important to keep your priorities in order today. If you ignore your responsibilities, you'll only create future problems. SAGITTARIUS (Nov. 23-Dec. 21) Subdue inclinations to take gambles today where your career or finances are concerned. Appealing long-shot could prove to be finisier. CAPRICORN (Dec. 21-Jan. 19) Be very careful today in challenging views that associates feel strongly about. Picking apart their beliefs could create a nasty incident. AQUARIUS (Jan. 19-Feb. 19) Conducting business with friends today is likely to require all the diplomacy you can muster. Finisier matters with bid gloves or someone might feel short-changed. Opening lead: ♦ K

How To Deal With Digesting Milk. DEAR DR. LAMB—I don't believe there is such a thing as the plastic it's in. You know that milk is a universal antidote, so I hope they also put the poison out of the container until it's used and you have a bad reaction. DEAR READER—I'm not going to defend all the types of packaging present in commercial food marketing, but I can assure you people have trouble with milk because of the milk itself, not because of its container. There are basically two problems that can occur. The first is a true milk allergy which is noted primarily in infants, because their digestive system hasn't matured properly and some of the milk protein is absorbed directly into the bloodstream. The allergy, in this case, is to milk protein. The other, and larger, problem, is lactose intolerance which is not an allergy. It is the problem one sees in adults. It's very well defined. Lactose is a sugar and you can dissolve pure lactose sugar in water, and people who drink this have difficulties. So, the problem can be created irrespective of the container, deal with milk sugar. About 10 percent of the adult Anglo-Saxons have this problem and as high as 80 percent of most other ethnic groups in the world may have some degree of it. I am sending you The Health Letter number 73, Milk Products: Good and Bad, which will give you more information about this disorder. Primarily, it causes digestive complaints—gas, bloating, abdominal cramping, and in some people, severe diarrhea. DEAR DR. LAMB—I would like for you to settle an argument we are having. I said medication in capsule and pill form should be given after breakfast. Which is right, before or after breakfast, and what about other meals? DEAR READER—You may be right and you may be wrong. The correct answer is to take the pills the way the doctor told you to. I'm not being facetious. The doctor prescribes some medicines long enough before the meal to be rapidly absorbed. Still other medicines are better taken with the meal or after the meal so their absorption will be slower. It depends entirely upon the medicine prescribed and why the doctor is giving it. If you try to second guess him, you may not be getting the concentrations of medicine when he wants you to. To this generalization, I would like to add some comments about aspirin because so many people take them without a prescription. This also applies to many medicines that contain aspirin. If you want to avoid irritating your stomach, it's a good idea to break up the aspirin into small pieces and dissolve it in half a cup of milk, or at the very least, take the aspirin with a meal or immediately after a meal. If you break the aspirin up into a powder, it's less likely to have any particles that will lodge in the lining. You may not get as fast or immediate relief from pain, if you are taking aspirin for that reason, but the effect will be longer and more sustained.

Shopping With Us Has Its Rewards... By Special Arrangement, Winn-Dixie Proudly Presents Exquisite Fine China by EKCO INTERNATIONAL, "A Truly Magnificent Offer!" Now for the first time—an outstanding opportunity to own a complete set of Ekco International Exquisite Fine China at incredible savings! This is truly department store high-quality china never before available at these special supermarket prices! Each piece is quality crafted and richly decorated. Your service includes a full 10 1/2" Dinner Plate, Cup, Saucer, Soup Bowl and Salad Plate. Perfect for formal or casual dining for many years of luxury service, machine washable for easy care. This collection is made by Sango China Company exclusively for Ekco. Sango is one of the oldest and most respected names in the china industry. This time-honored tradition of superior quality and craftsmanship makes this china a fantastic value at unbelievable savings! WINSFORD: Classic blue floral rim with just a touch of pink. The scalloped border and blue swirls make this design graceful and timeless! FLORAL GENERATION: Brightly colored flowered rim—featuring green leaves and gold and silver floral swirls—a sunny addition to your table! 5 Year Open Stock Availability Collect a full 20 Piece Set Service for 4 • 4 Dinner Plates • 4 Soup Bowls • 4 Cups • 4 Salad Plates • 4 Saucers GOLDEN AUTUMN: Magnificent floral border in earthy brown with just a touch of yellow—both traditional and elegant! SPRING BOUQUET: Contemporary design of bright yellow and blue flowers makes any table as fresh as springtime! EKCO INTERNATIONAL Exquisite Fine China MADE EXCLUSIVELY FOR EKCO BY Sango CHINA COMPANY Complete matching selection of accessory pieces available at all times—NO CERTIFICATES NEEDED 1) 14" Oval Platter \$12.99 2) Set of 4 Fruit Bowls \$ 6.99 3) Salt & Pepper Shakers \$ 6.99 4) Sugar Bowl with Cover \$ 6.99 5) Creamer \$ 5.99 6) Gravy Boat \$10.99 7) Condensate with Cover \$14.99 8) Vegetable Bowl \$ 7.99 Here's the Plan: It's so easy to own this lovely china. Start it today—simply purchase your CHINA CLUB/LAY-A-WAY Certificates for only 88¢ with each and every \$3.00 purchase. When you have collected 40 certificates, redeem the completed brochure for the set of your choice. This complete set costs you only \$35.20 on our CLUB/LAY-A-WAY plan—a fabulous savings as compared to department store prices! Complete as many stamp saver brochures as you want—service for 8, service for 12, and so on. Start saving your certificates today! Watch our weekly ads for special savings on accessory items!

SAVE 10¢ - THRIFTY MAID CREAM STYLE OR WHOLE KERNEL CORN
3 16-oz. CANS 89¢

SAVE 10¢ - THRIFTY MAID CUT GREEN BEANS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID LARGE SWEET PEAS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID TOMATO SAUCE
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID GREEN LIMA BEANS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID SLICED CARROTS OR MIXED VEGETABLES
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID CUT OR SLICED BEETS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID WHOLE OR SLICED WHITE POTATOES
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID SOY BEAN KIBBY BEANS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID SOY BEAN PINTO BEANS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID SOY BEAN BLACK BEANS
3 16-oz. CANS 89¢

THRIFTY MAID
 SAVE 10¢ - THRIFTY MAID SOY BEAN PASTA
4 16-oz. CANS 89¢



THE GREAT

What's a Great Gold Rush Sale? It's your chance to strike it rich with savings at WINN-DIXIE. Yes, the Great Gold Rush Sale is one of the biggest sales events of the year. It's time that we put hundreds of our own

SAVE 20¢
USDA CHOICE WHOLE UNTRIMMED BONELESS N.Y. STRIPS
 (14 TO 16 LB. AVG.)
\$2.49
 LB.

SAVE 50¢
W-D BRAND USDA CHOICE BLADE CUT CHUCK ROAST
\$1.39
 LB.

SAVE 30¢
WESTERN CORN FED FRESH OR SMOKED ECONOMY PORK CHOPS
 5 BLADE & 5 SIRLOIN
\$1.39
 LB.

SAVE 30¢
SHANK PORTION HICKORY SMOKED HAM
99¢
 LB.

SAVE 50¢
USDA CHOICE UNTRIMMED WHOLE BONELESS DELMONICOS
\$3.29
 10 TO 14 LB. AVG.

SAVE 50¢
W-D BRAND USDA CHOICE POT ROAST
\$1.59
 LB.

SAVE 50¢
HICKORY SWEET SLICED BACON
\$1.29
 1-LB. Pkg.

SAVE 50¢
FRESH CHILLI PEACH TURKEY WINGS
79¢
 LB.

W-D BRAND SLICED PICKLE AND PIMENTO LOAF . . . \$1.49
 W-D BRAND SLICED SPICED Luncheon . . . \$1.49
 W-D BRAND STICK IN THE PRICE Braunschweiger . . . 99¢
 W-D BRAND BEEF AND HOT WHOLE HOOD Bag Sausage . . . \$1.49

SARV'S BRAND Beef Franks . . . \$1.49
 SHERIDAN'S BRAND Sausage . . . \$1.49
 SHERIDAN'S BRAND Sausage . . . \$1.49
 SHERIDAN'S BRAND Sausage . . . \$1.49

SAVE 30¢
DEEP SOUTH MAYONNAISE
79¢
 8-oz. Jar

SAVE 20¢
SUNBELT TOWELS
2 \$1
 1200 ROLLS

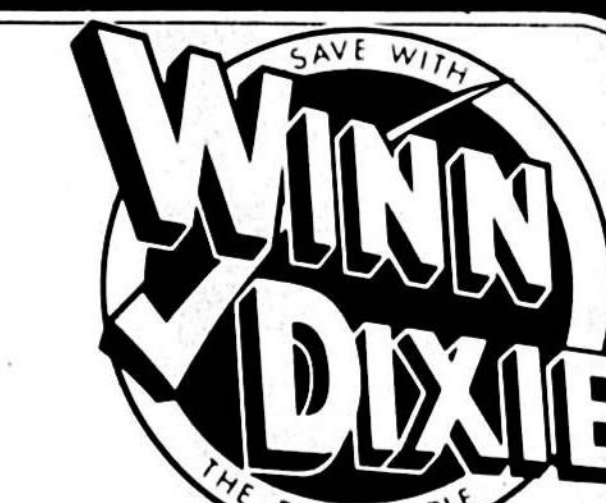
SAVE 20¢
THRIFTY MAID LONG GRAIN RICE
3 59¢
 1-LB. BAG

LIQUOR . . . \$1.00
 APPLE . . . \$1.00
 ORANGE . . . \$1.00
 PEACH . . . \$1.00
 PINEAPPLE . . . \$1.00
 WATERMELON . . . \$1.00

DELICATESSEN SPECIALS
 (WHOLE AVAILABLE)
WHOLE BARBECUE FRYERS . . . \$2.59
 CORNED BEEF . . . \$1.99
 CORNED BEEF . . . \$1.99
 CHEESE . . . \$1.99
 SALAD . . . \$1.99
 FOOD CALO . . . \$1.99

GOLD RUSH Sale!

house brands on sale. They're all high quality and low in price. . . we keep 'em that way day in and day out. Then we really slash the prices during our Gold Rush Sale and the means glimmering, shimmering savings for you! It's a golden opportunity for you to save BIG at WINN-DIXIE.



SAVE 40¢
ALL GRINDS ASTOR COFFEE
 Limit 1 with \$5.00 or more purchase excl. cig.
\$1.79
 1-LB. CAN

SAVE 62¢
TIDE DETERGENT
 Limit 1 with \$5.00 or more purchase excl. cig.
99¢
 49-oz. BOX

SAVE 19¢
THRIFTY MAID SLICED, HALVES OR SPICED PEACHES
2 \$1
 29-oz. CANS

SAVE 29¢
SUPERBRAND SHERBET OR ICE CREAM
2 \$1.69
 HALF GALS.

SAVE 50¢
OLD MILWAUKEE BEER
 Limit two 12-pks. with \$5.00 or more purchase excl. cig.
12 \$2.99
 12-oz. CANS

SAVE 24¢ - DIXIE DARLING LARGE
FAMILY LOAF BREAD
3 \$1.09
 30-oz. LVS.

SAVE 77¢ - DIXIE DARLING WHOLE GRAIN
Bread
3 \$1.00
 30-oz. LVS.

THRIFTY MAID ELBOW MACARONI OR THIN SPAGHETTI
3 \$1.09
 1-LB. BOXES

SAVE 48¢
SUPERBRAND WHIP TOPPING
3 \$1.29
 8-oz. CUPS

SAVE 20¢
QUARTERS SUPERBRAND MARGARINE
2 89¢
 1-LB. PKGS.

SAVE 10¢ - THRIFTY MAID
CHOCOLATE
\$1.99
 1-LB. BAR

SAVE 10¢ - THRIFTY MAID
YOGURT
\$1.99
 3 8-oz. CUPS

SAVE 10¢ - THRIFTY MAID
CHEESE
\$1.99
 1-LB. BLOCK

SAVE 10¢ - THRIFTY MAID
TWIN PAKS
\$1.99
 12-oz. CANS

SAVE 10¢ - THRIFTY MAID
POWERS
\$1.99
 12-oz. CANS

SAVE 20¢
ALL FLAVORS CHEK DRINKS
10 \$1.39
 12-oz. CANS

SAVE 10¢ - THRIFTY MAID
POTATO STICKS
5 \$1.99
 1-LB. BAG

VITA PEP DRY DOG FOOD
 25-LB. BAG
\$4.19

SLICK CAT FOOD OR SLICK DOG FOOD
 15-oz. CANS
5 \$1.00

DEEP SOUTH FRESH PAK WHOLE KOSHER DILLS
 48-oz. JAR
\$1.09

THRIFTY MAID TOMATO SOUP
 10 10 1/2-oz. CANS
\$1.00

THRIFTY MAID GRAPE JUICE
 40-oz. BTL.
99¢

SAVE 40¢
HARVEST FRESH IDAHO BAKING POTATOES
10 \$1.19
 1-LB. MESH BAG

SAVE 40¢
HARVEST FRESH SWEET POTATOES
4 \$1.00
 4 LBS.

SAVE 40¢
HARVEST FRESH STRAWBERRIES
3 \$1.69
 3 PINTS

SAVE 40¢
HARVEST FRESH GRAPEFRUIT
5 99¢
 5 LB. BAG

SAVE 40¢
HARVEST FRESH DELICIOUS APPLES
13 \$2.39
 13 FOR

SAVE 40¢
HARVEST FRESH MACINTOSH APPLES
3 99¢
 3 LB. BAG

SAVE 40¢
TROPICANA ORANGE JUICE
\$1.19
 HALF GAL.

SAVE 40¢
GALLO SPANADA
\$3.29
 25.7-oz. BTL.

SAVE 40¢
BURUNDY, CHARLIS, PINK CHARLIS, VIN ROSE Central Valley WINES
50.7-oz. \$2.79
 BTL.

SAVE 40¢
GALLO CREAM SHERRY, WHITE PORT, SHERRY, PORT DESSERT WINES
\$1.79
 25.4-oz. BTL.

SAVE 40¢
RHEINBERG LIEBFRAUMILCH
\$3.99
 50.7-oz. BTL.

SAVE 40¢
MAZZONI LAMBRUSCO
\$3.29
 50.7-oz. BTL.

SAVE 40¢
MOOREN BAYD COGNAC OR BLACKBERRY WINES
\$2.29
 25.4-oz. BTL.

SAVE 40¢
GALLO SPANADA
\$3.29
 25.7-oz. BTL.

**Pantry
Pride.**

**YOUR SUPERMARKET THAT HELPS
SAVE GREEN REGISTER TAPES**

RECEIVE FREE \$5 & \$10 INFLATION
FIGHTER CERTIFICATES



FRESH U. S. NO. 1
**IDAHO
POTATOES**
10 LB BAG **99¢**
SAVE 30¢

FRESH **GREEN
CABBAGE** POUND
SAVE 6¢ A LB **19¢**

**LARGE FANCY
TOMATOES**
SAVE 20¢ A POUND **49¢** LB

FRESH FLORIDA
**CITRUS
PUNCH** HALF GALLON
89¢
SAVE 10¢

ALL PURPOSE
**YELLOW
ONIONS** BULK
SAVE 10¢ A LB **13¢** LB

FRESH FLORIDA
**TEMPLE
ORANGES** 80's 10 FOR
SAVE 20¢ **\$1.00**

**FRESH
TOMATOES**
SAVE 10¢ CELLO
PKG. OF 6 **49¢**

FRESH
RADISHES
SAVE CELLO
5¢ BAG **10¢**

SWEET & MELLOW
**Golden Ripe
BANANAS**
POUND
SAVE 8¢ A LB **17¢**

FRESH
**FLORIDA
GRAPEFRUIT**
8/\$1.00
SAVE 25¢

GEORGIA RED
**SWEET
POTATOES** 4 LBS
SAVE 10¢ **\$1.00**

**PLANTERS
OLD FASHION
PEANUT
CANDY** 12oz CAN
SAVE 10¢ **99¢**

ALL ITEMS AND PRICES GOOD WED., FEB. 28, THRU TUES. MARCH 6, 1977. QUANTITY RIGHTS RESERVED.

COUNTRY STAND
**SNO-WHITE
MUSHROOMS**
PER POUND
SAVE 30¢ A LB **1.49**

FRESH U. S. NO. 1
**WHITE
POTATOES** CHEF SIZE BULK
SAVE 7¢ A LB **8¢** LB

**BREYERS
ICE CREAM**
HALF GALLON
SAVE 5¢ VE 50¢ **\$1.79**

FRESH **COLE SLAW** or
MIXED SALAD SAVE 10¢ CELLO
BAG **49¢**

EXTRA FANCY
WASHINGTON STATE
**RED DELICIOUS
APPLES** TO A BAG
SAVE 40¢ **\$1.99**

DELMONTE JET FRESH
**HAWAIIAN
PINEAPPLES** LARGE EACH
SAVE 30¢ **1.49**

NEW FLORIDA
**RED BLISS
POTATOES** 5 LBS
SAVE 20¢ **59¢**

SENECA
100% NATURAL
**APPLE
JUICE** 48oz JAR
SAVE 30¢ **79¢**

**SACRAMENTO
TOMATO
JUICE** 46oz CANS
SAVE 20¢ **59¢**

**SWIFT
CHILI** WITH BEANS
SAVE 16¢ 15oz CAN
59¢

PEPSI COLA
OR
DR. PEPPER PLUS DEPOSIT
32oz BTLS. **3/85¢**

PANTRY PRIDE
**PULL-A-PART
BREAD** 16oz LOAF
SAVE 20¢ **2/1.19**

KING ASS'T.
**SNACK
CAKES** SAVE 25¢
5/\$1

**PECAN
CINNAMON
TWIRLS** 6 PACK
SAVE 20¢ **3/\$1**

PANTRY PRIDE
HEAT & SERVE
**DINNER
ROLLS** 12 PACK
SAVE 20¢ **3/\$1**

**KLEENEX
TOWELS** 85 SQUARE FEET
BIG ROLL **59¢**

**2 for 1
FREE**
2nd SET OF PRINTS FROM
YOUR 100-COLOR FILM AT
TIME OF DEVELOPING AT
OUR REGULAR LOW PRICE.
110/126/135 FILM ONLY
OFFER GOOD THRU
MARCH 7, 1977.
WE PROCESS
FUJI FILM
110 & 135
12 EXPOSURES **99¢**

PANTRY PRIDE
**HOT DOG or
HAMBURGER
ROLLS** SLICED 8 PACK
or KING SIZE BREAD
20oz LOAF
YOUR CHOICE **4/\$1**

HUNGRY JACK
**PANCAKE
MIX** 2 LBS
SAVE 20¢ **79¢**

**COLGATE
TOOTH
PASTE** 5oz TUBE
79¢

**SURE
ANTI-
PERSPIRANT** SCENTED OR UNSCENTED
2.5oz **99¢**

**PERSONNA
DOUBLE EDGE
BLADES** 5 COUNT
3/\$1

SANFORD-ZAYRE PLAZA HWAY 17-92 & AIRPORT BLVD.

YOU FIGHT INFLATION BY...

2 PICK YOUR OWN PRODUCE



WE OFFER FRESH FRUITS & VEGETABLES LOOSE
IN OPEN BINS, SO YOU SEE THAT EACH ONE YOU
SELECT IS TOTALLY USEABLE. YOU SAVE! PICK
JUST THE AMOUNT YOU NEED. YOU SAVE!

**Pantry
Pride.**

**SMOKED
HAM** WATER ADDED
SAVE 30¢ A POUND
98¢ LB

SHANK
PORTION **98¢** LB
CENTER CUT SLICES LB \$1.99
BUTT PORTION LB \$1.09

CENTER CUT BEEF
**SIRLOIN
STEAK** U.S.D.A. CHOICE
SAVE 51¢ A POUND
\$1.98 LB



U. S. D. A. GRADE "A"
FARMER GRAY
**BASTED
TURKEYS**
WITH AUTOMATIC TIMER
QUICK FROZEN
10 LBS & UP **79¢** LB
SAVE 20¢ A POUND

PANTRY PRIDE
**CANNED
BISCUITS** 4 8oz CAN
SAVE 26¢ **49¢**

**AXELRODS
NATURAL
YOGURT** 8oz CUP
ALL FLAVORS
SAVE 10¢ **33¢**

**ROUND
ROAST** U.S.D.A. CHOICE
BONELESS BEEF BOTTOM
SAVE 60¢ A POUND
\$1.89 LB

SKILLET BRAND
**BREAKFAST
BACON** SLICED
LB PKG. **\$1.19**
SAVE 30¢

NEW ZEALAND
SPRING LAMB
**SHOULDER
ROAST** SQUARE
CUT **99¢** LB
SAVE 80¢ A POUND

PLUMROSE
IMPORTED SLICED
**COOKED
HAM** 8oz PKG.
SAVE 40¢ **\$1.99**

SUNNYLAND
**SMOKED
SAUSAGE** 20oz PKG.
SAVE 90¢ **\$1.89**

**FRESH
GRADE 'A'
LARGE EGGS** DOZEN
SAVE 60¢ A POUND
59¢

MAPLE RIVER
BREAKFAST ROLL
SAUSAGE 12oz PKG.
SAVE 20¢ **49¢**

KRAFT SLICED
**AMERICAN
SINGLES** 12oz PKG.
SAVE 20¢ **\$1.39**

**HORMELS
LITTLE SIZZLER
BREAKFAST LINK
SAUSAGE** 12oz PKG.
SAVE 30¢ **99¢**

BLUE BONNET
**MARGARINE
QUARTERS** LB PKG.
SAVE 16¢ **49¢**

**NABISCO
PREMIUM
SALTINES** 16oz BOX
69¢

**HUNT'S
KETCHUP** 24oz JAR
SAVE 20¢ **69¢**

**CREMORA
COFFEE
CREAMER** 30oz CAN
SAVE 40¢ **\$1.99**

PANTRY PRIDE 16oz FROZEN
COFFEE LIGHTENER 4/1
PACKER LABEL 6oz CAN FROZEN
SAVE 17¢ **ORANGE JUICE 3/1**

FARM FARE
**FRENCH
FRIES** FROZEN 5 LB BAG
SAVE 30¢ **99¢**

**KOUNTY KIST
WHOLE KERNEL OR CREAM STYLE
CORN
OR EARLY JUNE
PEAS** 17oz CAN
3/89¢

**DUNKS
GERMAN STYLE
BEER** NO RETURN BOTTLES
12oz 6 PAK **\$1.29**
SAVE 20¢

**PAUL MASON
EMERALD
DRY WINE** .75 LITER
SAVE 30¢ **\$2.49**

**REAL
SANGRIA
WINE** 1 LITER
SAVE 80¢ **\$2.19**

**OLD MILWAUKEE
BEER** 12 PACK
12oz CAN **\$3.19**

PANTRY PRIDE A.D.C. REG.-ELECTRA PERK
COFFEE LB BAG
\$1.99

PANTRY PRIDE
**WAFFLE
SYRUP** 24oz BTL.
79¢

SAVE 35¢ CASH
**SANKA
COFFEE** 1 LB CAN
WITH THIS COUPON THRU
WED., MARCH 7, 1977.
M.J.R.

**OXYDOL
LAUNDRY
DETERGENT** 84oz BOX
\$2.47

**TIDE
LAUNDRY
DETERGENT** 171oz BOX
\$4.84

25¢ OFF
ANY
**SALUTO
CHICAGO STYLE
PIZZA**
LIMIT-1 WITH THIS COUPON GOOD
THRU TUESDAY, MARCH 6, 1977.
J.R. 410

Folger's Coffee 2.49 Folger's Coffee 2.49

Expand Meal Planning Horizons With Exciting Foreign Dishes

Take An Adventure Via Dinner Table

Take an international culinary adventure via the dinner table. Expand your meal planning horizons with exciting foreign dishes. Your first stop is Europe, for Deep-Dish Florentine Pizza. This savory, nutritious pizza features a tender-crisp corn meal crust, topped with layers of cheese, Italian sausage, mushrooms and spinach spiced to flavorful perfection. Its covered with pizza sauce and Parmesan cheese.

Next, your culinary travels take you to a Mexican fiesta. The beverage for a leisurely afternoon is Sangria-Tea Ole, made easily with sweetened lemon flavored iced tea mix, rose wine and the refreshing flavors of citrus fruits. It's a Mexican favorite tailored to today's taste, supplemented with

fresh new ideas. Traveling east to the Orient, you feast on a tantalizing main dish of Chinese Pork and Vegetables, a colorful blend of tender sliced pork, crisp Chinese style vegetables and pineapple in a sweet 'n sour sauce. This quick and easy dish, made with Chinese style boil-in-bag vegetables, includes a combination of green beans, bean sprouts, pea pods and water chestnuts served piping hot over a fluffy rice medley.

Now for a taste of merry ole England. Enjoy tea-time with an international warm-up, Picadilly Pub Pleaser. This jolly ole tea features cloves and nutmeg, slightly sweetened with a "splash" of ginger ale for effervescence. Southeast to France, you'll enjoy Asparagus Corn Meal Souffle. This

nutritious dish bursts with the delectable flavors of asparagus, sharp cheese and enriched corn meal. The popular taco flavor from south of the border inspires Mexicana Fiesta Crepes. A tender corn meal crepe surrounds this zesty 'n spicy filling of ground beef, golden whole kernel corn and taco seasoning. You can make the crepes ahead of time and freeze them between layers of wax paper to fill and heat later.

Back from your culinary travels you've experienced many exciting new ideas. Make your trip to the dinner table a regular international adventure.

DEEP-DISH FLORENTINE PIZZA CRUST
 ½ cup plus 4 teaspoons enriched corn meal
 1 package active dry yeast

1 cup warm water
 1 tablespoon sugar
 1 tablespoon vegetable oil
 1½ teaspoons salt
 2½ cups all-purpose flour

FLORENTINE TOPPING
 1 lb. mild Italian sausage
 1 10-oz. package cut leaf spinach frozen in butter sauce, cooked
 ½ cup chopped onion
 1 garlic clove, minced
 3 6-oz. packages Mozzarella cheese slices
 1 4½-oz. jar sliced mushrooms, drained
 2 8-oz. cans pizza sauce
 ¼ cup water
 ½ cup grated Parmesan cheese

FOR CRUST, grease two 9-inch square baking pans; sprinkle each with 2 teaspoons corn meal. Dissolve yeast in warm water. Add remaining corn meal, sugar, oil, salt and 1½ cups flour; mix well. Stir in enough additional flour to make soft dough. Knead on lightly floured surface about 5 minutes. Shape to form ball; place in greased bowl, turning once to coat surface. Cover, let rise in warm place about 1 hour. Punch dough down. Cover; let rest 10 minutes. Divide dough in half; press each onto bottom and sides of prepared pans, forming 1-inch rim. Let rise in warm place 20 to 30 minutes.

FOR FLORENTINE TOPPING, remove meat from casing, brown in 12-inch skillet. Add spinach, onion and garlic; continue cooking 8 to 10 minutes. Arrange Mozzarella cheese slices over each crust; arrange meat mixture and mushrooms over cheese. Spread combined pizza sauce and water over meat mixture and mushrooms; sprinkle with Parmesan cheese. Bake on center oven rack in preheated 450 degrees F. oven for 20 to 25 minutes. Makes 6 to 8 servings.

VARIATION: Substitute 1 greased 14-inch round, 2-inch high pizza pan for two 9-inch square baking pans, bake in preheated 425 degrees F. oven.

SANGRIA-TEA OLE
 1 cup lemon flavored iced tea mix with natural sugar
 1 qt. water
 1 4-6qt. bottle rose wine
 ¼ cup lime juice
 2 oranges, sliced
 2 lemons, sliced
 1 7-oz. bottle club soda, chilled

In large pitcher, combine all ingredients, except soda; chill. Just before serving, add soda. Serve in tall ice-filled glasses with fruit. Makes about 8 servings.

PORK AND CHINESE VEGETABLES
 One 10-oz. package Chinese style vegetables frozen in soy sauce.
 Two 11-oz. packages frozen rice pilaf (rice with mushrooms and onions)
 1 lb. pork tenderloin
 2 tablespoons vegetable oil



Embark on an around the world food festival without leaving your dining room with Sangria Tea, Ole Deep Dish Florentine Pizza and Pork and Chinese Vegetables.

1 small onion, sliced, separated into rings
 1 cup celery slices
 one 2½-oz. jar sliced mushrooms, drained
 1-3 cup firmly packed brown sugar
 ¼ cup soy sauce
 ¼ cup vinegar
 ½ teaspoon ginger
 One 8-oz. can chunk pineapple, undrained

Prepare Chinese vegetables and rice pilaf according to package directions. Slice pork thinly into bite-sized strips. Heat oil in large skillet; add pork and brown lightly. Add onion, celery and mushrooms; saute until tender-crisp. In small bowl, combine brown sugar, cornstarch, soy sauce, vinegar and ginger. Drain pineapple, reserving liquid. Add enough water to reserved liquid to equal 1½ cups. Stir liquid into brown sugar mixture. Add to meat mixture with pineapple. Heat, stirring constantly, until thickened, smooth and glossy. Gently add Chinese vegetables. Serve over bed of hot rice pilaf. Makes 4 servings.

Swiss cheese
 1-3rd cup ripe olive slices

FOR CORN MEAL CREPES, combine all ingredients; beat until smooth. For each crepe, pour about 2 tablespoons batter into hot lightly greased crepe pan or small frying pan; immediately tilt pan to coat bottom evenly. Cook over medium heat about 30 seconds or until top is dull and underside is delicately browned. Turn; continue cooking 10 to 15 seconds.

FOR CREPE FILLING, brown meat with celery and onion; drain. Stir in corn. Combine tomato sauce and taco seasoning; mix well. Combine 1 cup tomato sauce mixture with meat; mix well. Spoon 1 to 2 tablespoons meat mixture onto each crepe; roll up. Place seam side up in 13x9-inch baking dish or place 2 crepes in each of 6 individual baking dishes. Spoon remaining tomato sauce mixture over crepes. Bake in preheated 375 degrees F. oven for 20 minutes. Sprinkle with cheese; top with olives. Makes 6 servings.

PICADILLY PUB PLEASER

3 cups boiling water
 five 4-sided tea bags, cloves and nutmeg; cover and brew 5 minutes. Remove tea bags and cloves; stir in sugar. Serve in cups or mugs and top with splash of ginger ale. If desired, stir in additional sugar. Makes about 6 servings.



Enjoy a wide range of international favorites on your culinary journey including Picadilly Pub Pleaser, Asparagus Corn Meal Souffle and Mexican Fiesta Crepes.

WE ACCEPT FOOD STAMPS



FOOD BARN

* Park Ave. & 25th St.
 OPEN DAILY 8 A.M. TO 9 P.M.
 7 DAYS A WEEK

* 4th & Sanford Ave.
 OPEN Mon.-Thurs. 8 a.m. to 8 p.m.
 Fri.-Sat. 8 a.m. to 9 p.m.
 Sun. 8 a.m. to 3 p.m.


2 LOCATIONS

QUANTITY RIGHTS RESERVED
 Prices Good Wed., February 28
 Through Tues., March 6, 1977.

USDA CHOICE CENTER CUT	\$1.98
Sirloin Steak LB.	
100 PCT. PURE	
Ground Beef 5 LBS. OR MORE LB.	\$1.19
DENT STD FAMILY PACK	
Fryer Thighs LB.	68¢
DENT COMB. PACK CONSISTS OF: 3 THIGHS, 3 WINGS, 3 BREASTS 3 BACKS, 3 GIBLETS	
CUT-UP Fryers	47¢
FAMILY PACK BEEF	
Cube Steak LB.	\$2.28
USDA CHOICE BEEF	
T-Bone Steak LB.	\$2.38
USDA CHOICE BEEF DELMONICO	
Steak LB.	\$2.88
USDA CHOICE BEEF LEAN	
Brisket Stew LB.	98¢
USDA CHOICE BEEF LEAN ALL MEAT	
Stew 3 LBS. OR MORE LB.	\$1.78
USDA CHOICE BEEF SHOULDER ROUND	
Roast LB.	\$1.88
USDA CHOICE BEEF BONELESS	
Oven Roast LB.	\$1.98
USDA CHOICE BEEF	
Chuck Steak BLADE CUT LB.	\$1.58
LEAN GROUND	
Chuck 3 LBS. OR MORE LB.	\$1.48
DENT FAMILY PACK	
Fryer Wings LB.	69¢
NETTLES COUNTRY PORK SMOKED	
Sausage LB.	\$1.88
SMOKED	
Bacon Ends LB.	39¢
LEAN CENTER CUT	
Pork Chops LB.	\$1.98
MEATY PORK	
Spare Ribs 15 LB. PKG. LB.	\$1.19
FAMILY PACK FIRST CUT LOIN	
Pork Chops 14 LB. AVG. LB.	\$1.29
ECONOMY	
Sliced Bacon LB.	88¢
SIMILAC	
Isomil 32 OZ. CAN	99¢
SEAL SWEET FRESH GRAPEFRUIT	
Juice QUART	49¢
GENE CHOICE TOMATO	
Juice 46 OZ.	49¢
OVEN GOLD FAMILY SIZE	
BREAD 20-OZ. LOAF 3 FOR	\$1.00
★ PRODUCE SPECIALS ★	
Tomatoes OVER 1 LB. BASKET	39¢
Bananas GOLDEN RIPE 5 LBS.	\$1.00
Potatoes RED BLISS 10 LBS.	49¢
Peppers LARGE BELL 6 FOR	98¢
coupon	
GUSTAFSON EXTRA RICH Milk GALLON	\$1.59
LIMIT 2 WITH COUPON AND \$5.00 FOOD ORDER. EXPIRES 3-4-77	

cumberland farms

Saves you money



HOMOGENIZED MILK
\$1.49 Gallon
 No Return

WITH COUPON
20¢ off any Gallon of Milk
 CLIP THIS COUPON

<p>cumberland farms</p> <p>BREAD 20 oz LOAF 2/77¢</p>	<p>cumberland farms</p> <p>SOUR CREAM 16 oz. 75¢</p> <p>CHEDDAR CHEESE Random Weights \$2.09</p>
<p>cumberland farms</p> <p>ICE CREAM All Natural Flavor Flavors of the Month Old Fashioned Vanilla • Fudge Nipples • Strawberry \$1.19 Half Gallon Reg. \$1.59</p>	<p>NABISCO</p> <p>OREO CREAM SANDWICH 99¢</p> <p>OREO DOUBLE STUF 99¢</p> <p>PREMIUM SALTINES 79¢</p>
<p>cumberland farms</p> <p>COTTAGE CHEESE 85¢ 16 oz.</p> <p>YOGURT 3/99¢ 8 oz. Peach • Strawberry Raspberry • Pineapple</p>	<p>WISE</p> <p>TWIN RIDGIES POTATO CHIPS 7½ oz. 85¢ Reg. 95¢</p>
<p>OLD MILWAUKEE BEER 6 1/2 oz. Can \$1.59</p>	<p>MANAGER'S WEEKLY SPECIAL</p> <p>PILS BEER 6 1/2 oz. Can \$1.39</p>

We Reserve the Right to Limit Quantities. SALE ITEMS THROUGH MARCH 4, 1977.

cumberland farms

1200 Stores... there's one near you!
 Open 7 days for your convenience

<p>SANFORD 2800 South Orlando Drive 297 South Park Ave. 2400 Sanford Ave. & Airport Road</p>	<p>APOLKA 1240 East Rosemead Blvd. 175 West Main Street</p>	<p>LEESBURG 1400 West North Blvd. 2222 W. Highway 17-28 1400 Highway 17-28</p>	<p>WINTER PARK 2222 Parkway St. 2012 Alamo Ave. 2222 Orange Ave.</p>
<p>CAMDEN 120 N. Winter Park Drive 720 East Rosemead Blvd.</p>	<p>ORLANDO 1200 E. Colonial Ave. 1200 E. Colonial Ave. 2222 State Road 404</p>	<p>WINTER SPRINGS 2222 Longwood-Orlando Road</p>	