

FLORIDA IN BRIEF

Proposed Insurance Rule Could Mean Huge Savings

TALLAHASSEE (UPI) — Insurance Commissioner Bill Gunter says he will go ahead with a series of public hearings on a proposed new rule affecting automobile insurance despite the insurance industry's decision to boycott the hearings.

At issue is a rule Gunter proposed last month to standardize the way insurance companies figure investment income into their overall rate structure. The method currently varies from company to company.

Gunter said his proposed rule would save consumers from \$30 million to \$40 million next year on auto insurance costs.

Industry spokesmen say the rule lacks clarity, would reduce competition within the industry and could limit the availability of auto insurance.

Sewage Water For Crops

ORLANDO (UPI) — City engineers say they can solve one of their biggest environmental and growth headaches and save millions of dollars in land costs by giving away sewage water for crop irrigation.

The plan would also ensure much of west Orange County stays green for the next 20 years because it encourages growers to remain in the citrus business rather than sell their land for housing developments.

If the city and county had to buy the 15,000 acres necessary for spreading the treated sewage water on land, it could cost sewage customers at least \$60 million.

Grove owners, on the other hand, will save an estimated \$150 to \$200 an acre each year by accepting the treated sewage water instead of having to pay the power and maintenance costs of pumping water from deep wells.

Refugees And Welfare

MIAMI (UPI) — Resettlement workers finding new homes for Haitians ordered freed from detention centers nationwide have promised a federal judge they will do everything they can to keep the refugees off welfare.

Resettlement agency officials made the pledge to U.S. District Judge Eugene P. Spellman during a hearing Tuesday. But Spellman himself admitted he has no legal power to stop the Haitians from applying for welfare.

The agencies would try to keep the Haitians off relief by giving them enough money to make their incomes above the minimums set for welfare recipients, said Wells Klein, a representative for the five groups.

WORLD IN BRIEF

Israel Launches Attack Against PLO Stronghold

United Press International

Israel tanks invaded west Beirut from the north and east early Wednesday and advanced amid fierce shelling into the heart of the PLO stronghold in the besieged Lebanese capital, witnesses and Lebanese security sources said.

Heavy shelling echoed throughout the center of the city, with Israel naval and artillery bombardments virtually lighting up the night sky. PLO rocket fire directed at the advancing columns was intense.

Israel source in east Beirut said the Israeli forces hope to seize the Corniche Nazraa, which runs east to west, and effectively cut off the Palestinian posts in the southern part of the city from support or escape to the north — along the Mediterranean.

Lake Mary To Take Over Cemetery?

The private Lake Mary Cemetery Association which has maintained and operated a 2-acre cemetery east of the railroad tracks at Palmetto Avenue and Lake Mary Road for nearly a century is asking the city to take over that responsibility.

To sweeten the deal, representatives of the association are expected to tell the Lake Mary City Council Thursday night that the association has about \$15,000 to turn over to the city along with the cemetery.

The council will meet at 7:30 p.m. at City Hall, 158 N. Country Club Road. Association member Homer Gleason said the money is presently in high-interest bearing accounts.

"If the money is used wisely it should be enough to provide perpetual care at the cemetery," Gleason said, adding that his advanced years makes it difficult for him to continue maintaining the facility.

Very few lots are left unoccupied at the cemetery now, he said, noting that the association acquired the cemetery in the late 1800s.

In other business, the council is also scheduled to consider abandoning efforts to enforce the state ban on outdoor burning and to annex the site of ComBank-Lake Mary at Lake Mary Boulevard and Lake Emma Road.

ComBank has petitioned the city to annex the property, according to City Manager Phil Kulbes.

For the third time, mobile home owner,

Casselberry Fire Chief Feels The Heat

By JOE DeSANTIS
Herald Staff Writer

Casselberry Fire Chief Paul Algeri is used to dealing with heat, which is exactly what he got from City Councilman Frank Shutte over his request for a transfer of funds for fire department personnel's overtime expenses.

Shutte questioned Algeri repeatedly at Monday's council meeting over a request for \$500 to cover anticipated overtime expenses for the final two months of Casselberry's fiscal year.

But Shutte, pointing to the fact that the department has needed only \$200 in the first 10 months of the fiscal year motioned to table the request until next Tuesday. At that time Shutte wants to see a breakdown of how the department has used its overtime hours.

"How do you anticipate \$500 for just two more months of a fiscal year when in the past 10 months you've used less than \$300?" asked Shutte.

Algeri said the figure was an estimate to cover overtime used for arson investigations and fire safety inspections.

"Arson doesn't always occur between the hours of 9-5," said

For Making Faulty Applications

Septic Tank Firms May Lose Business Licenses

By MICHAEL BEHA
Herald Staff Writer

Engineers and surveyors who put incorrect information on septic tank permit applications in Seminole County could lose their operating license.

County commissioners agreed unanimously Tuesday to demand that applications be filled out correctly and to seek punitive action against firms which do not comply.

About 90 percent of the applications submitted have incorrect information, according to a representative of

the Seminole County Department of Health and Human Services.

Russ Miller, the county's director of environmental health, said that incorrect data has forced health department inspectors to re-inspect septic tank building sites.

Miller asked the commission to approve a new program allowing the health department to hire a person to conduct its own percolation tests which determine how fast drainage from septic tanks can be absorbed by the

soil and are used to determine where tanks should be placed.

But, commissioners refused, insisting that the department has no business getting involved in a service already available through private enterprise.

Instead, commissioners said firms involved in such testing would be held accountable for the information they put on the applications.

"We have to tell private enterprise they have to do a better job," Commission Chairman Robert Sturm said. Commissioner Sandra

Glenn agreed, "You've got a mechanism to handle that."

"We have the right to say certain people are causing us problems with their septic tanks and not take any applications from them."

The commission decided to reject any applications which were not completely filled out and to bill the homeowner for any re-inspections made necessary by incorrect or insufficient information.

The health department currently makes two inspections of septic tanks, a spot check when construction

begins and a final inspection to insure that it has been properly installed.

If a particular firm is found to have submitted erroneous information on several occasions, they will be reported to the state licensing board for disciplinary action, commissioners agreed. The county might also forbid the firm from submitting applications for a year.

Persons requesting a

county waiver to install a septic tank must hire a qualified firm to conduct the percolation tests and determine where the water table is, according to county ordinances.

The cost of those tests is about \$80, Miller said. He proposed the health department hire an additional worker and purchase a vehicle and other equipment to perform the tests.

County Studying Job Reclassifications

Seminole County commissioners have unanimously rejected a request for job reclassifications or pay upgrading of 50 county employees.

The rejection does not mean the changes won't be made, but means commissioners will examine the list further before taking final action.

A work session will be held to examine the list which includes a change in the classification of the Office of Management and Budget Director Eleanor Anderson, Purchasing Director Joann Blackmon, and Public Safety Director Gary Kaiser. The list also includes changes in the classification of other jobs within various county departments.

Those changes are dictated by changes in the functions and responsibilities of those departments, Personnel Director Lois Martin said, adding that the classifications dictate what employee salaries will be.

No date has been set for a work session to consider the changes.

Commissioners did approve another raise endorsed by the personnel board — a 7.5 percent annual merit hike for Robert McIntosh, the county's animal control officer.

Commission Chairman Robert Sturm said McIntosh has done a good job and the number of complaints about the animal control office has dropped.

Ms. Martin said the merit raise request would normally be considered at budget time, but McIntosh was hired in January, making a six-month merit raise due in July.

In a short meeting Tuesday, commissioners also approved a series of budget transfers to fund department shortages for the remainder of the fiscal year. About 40 transfers of funds which officials said are mostly within departments and simply a clerical transaction, were approved without discussion.

Commissioners voted 3-1 to consider a request for assistance in constructing a sidewalk adjacent to Casselberry Elementary School.

The project was added to a list of items being compiled by the Seminole County School Board and the Public Works Department for consideration by the board.

Commissioner Bill Kirchhoff voted against the measure, claiming the county should not be involved in the program.

"If the Public Works Department has time to be out building sidewalks, perhaps we should consider restructuring the department," he said.

The board adopted a no-parking zone on County Home Road between U.S. Highway 17-92 and County Road 427. That area has had severe traffic congestion because of parking for an area flea market. The county is following a state law banning parking along U.S. 17-92 in that area.

Commissioners also agreed to hear an appeal of a board of adjustment decision denying a request to expand the Flea World Flea Market.

The owner, Syd Levy, was denied a request to expand the market from 12 to 33 acres.

— MICHAEL BEHA

Steele And Leffler Socials; Selph, Lavigne At GOP Club

A reception honoring State Rep. Jason Steele, R-Rockledge, will be held Friday at the home of Mr. and Mrs. Michael Damiano, 1208 Wolverine Trail, Winter Springs.

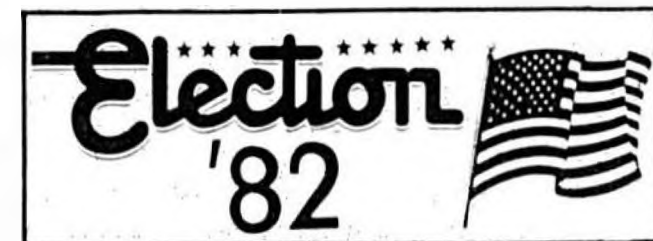
The party will be held from 7:30 to 9:30 p.m.

Steele is a candidate for the Florida Senate seat in District 17 which includes much of the east side of Seminole County and portions of Brevard County.

Steele is challenging 10-year veteran State Sen. John Vogt, D-Cocoa Beach, for the office.

Friends and supporters of Seminole Circuit Judge Kenneth Leffler will join him for coffee and doughnuts at the Greater Sanford Chamber of Commerce building, 400 E. First Street, Sanford, Friday from 7:45 to 8:45 a.m.

The public is invited. Leffler will be facing Fern



Park attorney Irving Gussow in the Sept 7 primary.

Casselberry Councilman Jim Lavigne and Carl Selph, Republican candidates for the Florida House of Representatives, District 34, will be guest speakers at the Thursday meeting of the Seminole County Young Republicans (YR) Club.

The meeting, to be held at the Casselberry Country Club on Triplet Drive, will begin with a happy hour at 7:30 p.m. with the business meeting will start at 8 p.m.

Lavigne and Selph will vie in the Sept. 7 first primary for the GOP nomination. The

winner will face Winter Springs Mayor Troy Piland, Democrat, in the Nov. 2 general election.



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Seminole Board, Staff Agencies Budget \$7 Million

By MICHAEL BEHA
Herald Staff Writer

(Third in a series of in-depth articles on the pending Seminole County budget).

Seminole County's Board of County Commissioners and the 10 staff agencies have budgeted more than \$7 million for their duties in fiscal 1982-83.

Those staff agencies — County Administrator's Office, County Attorney, Office of Management and Budget, Planning, Purchasing, Personnel, Central Services, Computer Service, Elections Office and Clerk to the county commissioners — employ 121 people full time and four more on a part-time basis.

The largest chunk of that \$7 million will be spent by Central Services, which is responsible for coordinating support services, insurance and safety needs for county agencies. Nearly \$3 million will be spent by the county on insurance for property and employees this year. There is \$2,109,167 budgeted for property insurance and \$775,770 is budgeted for life and health insurance for county employees.

The office will spend an additional \$682,281 for salaries and benefits for its 15 employees, operating expenses and capital outlays.

Nearly \$800,000 is budgeted for the personnel office and its support agencies, the county's credit union and manpower office.

The largest portion of that is for the manpower office which will spend \$555,562 for administration of the 21-person office. But expenses for that office are paid by the federal government. Several million dollars more are administered by the office through the federal Comprehensive Employment Training Act program.

Seven people work in the personnel office and \$206,527 is budgeted for salaries and benefits, operating expenses and capital outlay for the office. The credit union, which has one employee, has a \$21,905 budget.

The Clerk to the Board of County Commissioners is responsible for auditing and recording duties. The office employs 18 people full time and three part time and is charged with auditing county expenditures as well as certifying that accounts of board actions are correct.

The office has a budget of \$333,897 for salaries and benefits.

BUDGET 82-83



An additional \$159,210 is budgeted for operating expenses. The Board of County Commissioners has a payroll of 16, including the five officeholders. The commissioners will be paid \$25,178 this year with the office's overall budget for salaries and benefits set at \$447,492. The office has a \$72,939 budget for operating expenses.

One new employee is budgeted for the purchasing office for the coming year. The job is a contract administrator position and the person filling it will be responsible for overseeing all county contracts.

The office will have eight employees overall and has a \$170,000 budget for personal services. The office has an \$85,090 budget for operating expenses.

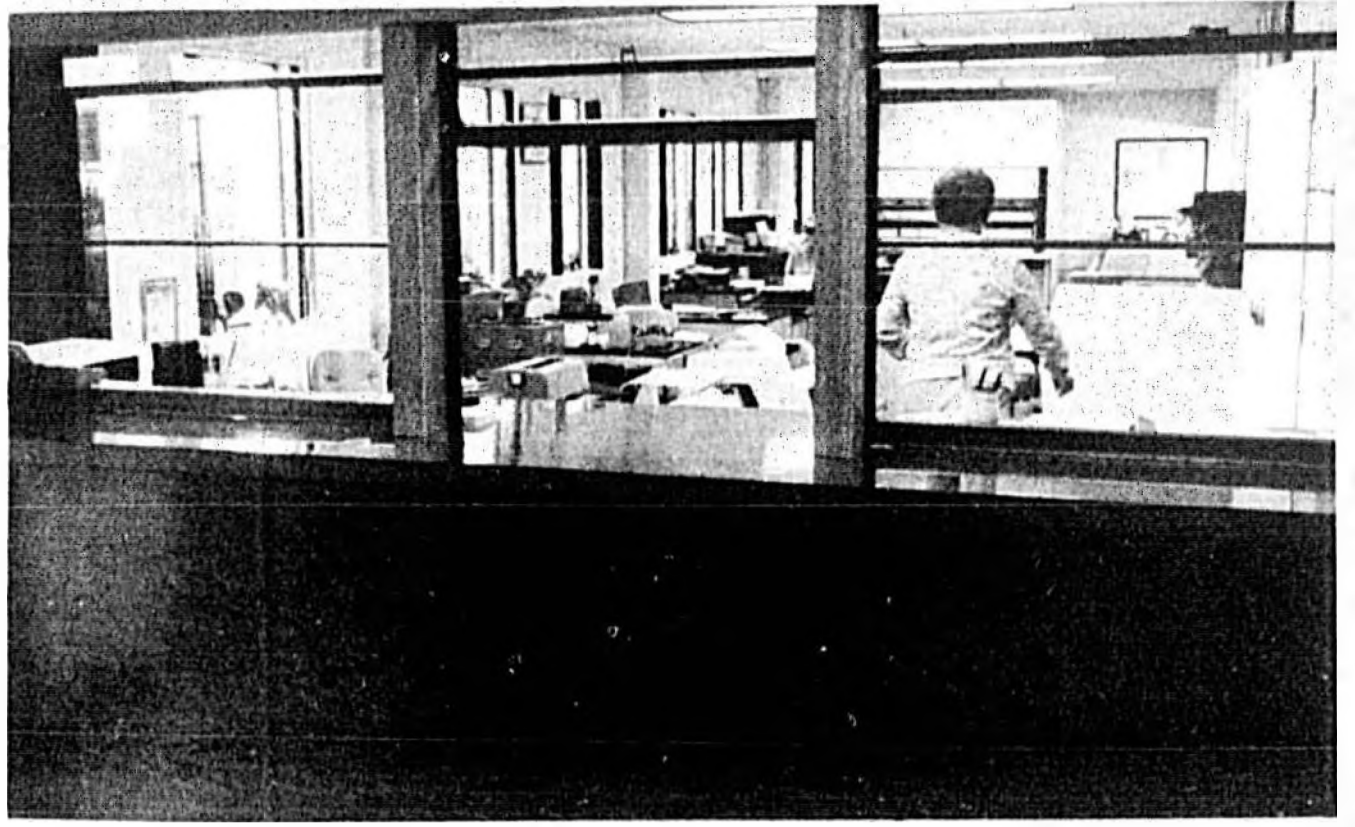
The Supervisor of Election's Office has seven employees and a budget of \$255,931 for fiscal 1982-83. Camilla Bruce, who is supervisor of elections, will earn \$36,819 this year. Her salary is set by state law.

That office has \$53,853 budgeted for operating expenses.

The planning office has eight full-time and one part-time employees. The office has a \$231,433 budget overall. Computer services, which employs four people, has a \$232,434 budget. The Office of Management and Budget has a \$209,788 budget.

The county attorney's office has a \$237,818 budget and county attorney Nikki Clayton is the second highest paid county official. Her salary is \$49,600.

The highest paid county employee is County Administrator Roger Neiswender, who has a \$50,400 annual salary.



Herald Photo by Tom Vincent

SIGN UP TO VOTE

The Seminole County Elections Office has been waiting for this window to become packed with voters registering for the first time or changing their registration. But seldom have Supervisor of Elections staffers been busy. The deadline to

register to vote in the Sept. 7 primary is this Saturday. Persons can sign up at the courthouse or Interstate Mall in Altamonte Springs, including Saturday. They also can register at their nearest city hall.

CALENDAR



WEDNESDAY, AUGUST 4

Wednesday Step, 8 p.m. (closed) Penguin Building, Mental Health Center, Crane's Roost, Altamonte Springs.

Casselberry AA, 8 p.m. Ascension Lutheran Church, Overbrook Drive (closed open speaker second and last Wednesday.)

Seminole Halfway House, 8 p.m. (step discussion) off Highway 17-92 on Lake Minnie Road, Sanford.

Alcoholics Anonymous Altamonte Springs Community Church, State Road 436 at Hermit's Trail, Altamonte Springs, 8 p.m. (closed).

Born to Win AA, 8 p.m. (closed) Ravenna Park Baptist Church, 2743 Country Club Road, Sanford.

Starlight Promenaders, 8 p.m., DeBary Community Center.

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|------------------------|----|---|---|---------------|--------|----|-------|
| Keith Estes, lf | 4 | 2 | 1 | 0 | 3 | 0 | 0 |
| Eric Mace, ss | 1 | 1 | 2 | 2 | 3 | 1 | 1 |
| Chuck Wells, 2b, 3b | 4 | 0 | 0 | 0 | 1 | 0 | 0 |
| Dennis Hale, p, 2b, 1b | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
| Doug Lee, 3b, p | 3 | 1 | 1 | 0 | 0 | 0 | 0 |
| David Massingill, 1b | 1 | 1 | 0 | 0 | 26 | 3 | 5 |
| David Weintraub, 1b | 1 | 1 | 0 | 0 | Totals | 26 | 3 5 3 |
| Kirk Whited, 2b | 0 | 0 | 0 | 0 | | | |
| Brian Guthrie, c | 3 | 1 | 1 | 0 | | | |
| Bobby Hawkins, rf | 2 | 1 | 1 | 1 | | | |
| Butch Bernard, cf | 2 | 0 | 0 | 1 | | | |
| Totals | 28 | 7 | 6 | 5 | | | |

| DeFUNIACK SPRINGS | | | | JACKSONVILLE | | | | |
|------------------------|----|---|----|--------------|--------------------|----|---|---|
| Gary Dunn, lf | 3 | 1 | 1 | 0 | Curtis Smith, ss | 3 | 1 | 1 |
| David Whited, c | 1 | 1 | 2 | 2 | Scott Jason, 1b | 4 | 0 | 0 |
| Scott Ates, ss | 4 | 2 | 2 | 1 | Craig Farrell, cf | 3 | 2 | 1 |
| Solomon Campbell, rf | 4 | 0 | 1 | 0 | Bobby Ridenour, rf | 3 | 0 | 0 |
| Ivan Hogan, 3b, 2b | 4 | 0 | 1 | 1 | Kelvin Smith, 2b | 3 | 0 | 0 |
| David Yonce, 2b, 3b, p | 4 | 0 | 1 | 1 | Kenny Kirk, c | 2 | 1 | 0 |
| B.B. Campbell, 1b | 3 | 0 | 1 | 0 | Chuck Kirk, p | 1 | 2 | 1 |
| Ron Early, cf | 1 | 1 | 1 | 0 | Reggie Ruffy, lf | 3 | 1 | 1 |
| Steve Nesmith, cf | 2 | 0 | 0 | 0 | Jamie Alvarez, 3b | 1 | 0 | 1 |
| Joe McCall, p | 2 | 0 | 1 | 0 | Totals | 23 | 5 | 3 |
| Jeff Johns, p | 0 | 0 | 0 | 0 | | | | |
| Gerald Sledge, 2b | 0 | 0 | 0 | 0 | | | | |
| Totals | 31 | 5 | 11 | 5 | | | | |

| PORT ORANGE | | | | JACKSONVILLE | | | |
|---|-----|-----|-----|--------------|-----|-----|--|
| Game-winning RBI - Mace | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hawkins, Hogan 3, S. Campbell | 130 | 100 | x-5 | 130 | 100 | x-5 | |
| DP - DeLeon Springs 1, LOB - Panama City Southern 4, DeFuniack Springs 7 | | | | | | | |
| 2B - Whited, Ates 2, B. Campbell 3B - Whited, Hogan SB - Estes, Mace | | | | | | | |
| Wells, Hawkins, Yonce, McCall S - Dunn, SF - Bernard PB - Guthrie 1, Whited, WP - Hale, Johns | | | | | | | |

| WEST PALM BEACH | | | | DeFUNIACK SPRINGS | | | |
|---|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Farrell | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hazen, Boyer, C. Smith. LOB - Port Orange 5, Jacksonville Southside 6 | 130 | 100 | x-5 | 130 | 100 | x-5 | |
| 2B - Abdo, C. Smith, Farrell SB - Jackson, C. Smith 2, Farrell, K. Kirk, C. Kirk, Ruffy, S - Alvarez, PB - Abdo 1, Balk - Boyer | | | | | | | |

| ST. PETERSBURG | | | | DeFUNIACK SPRINGS | | | |
|--|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Hogan | 000 | 000 | 0-3 | 000 | 003 | X-3 | |
| E - Vasquez, Thompson, Dunn Hogan | 000 | 000 | 0-3 | 000 | 003 | X-3 | |
| LOB - Key West 3, DeFuniack Springs 4 | | | | | | | |
| 2B - Nicely, SB - Nicely 2, Gonzalez, Estomoz, Ates, S. Campbell | | | | | | | |

| Key West | | | | DeFUNIACK SPRINGS | | | |
|---|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Farrell | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hazen, Boyer, C. Smith. LOB - Port Orange 5, Jacksonville Southside 6 | 130 | 100 | x-5 | 130 | 100 | x-5 | |

| Key West | | | | DeFUNIACK SPRINGS | | | |
|---|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Farrell | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hazen, Boyer, C. Smith. LOB - Port Orange 5, Jacksonville Southside 6 | 130 | 100 | x-5 | 130 | 100 | x-5 | |

| Key West | | | | DeFUNIACK SPRINGS | | | |
|---|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Farrell | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hazen, Boyer, C. Smith. LOB - Port Orange 5, Jacksonville Southside 6 | 130 | 100 | x-5 | 130 | 100 | x-5 | |

| Key West | | | | DeFUNIACK SPRINGS | | | |
|---|-----|-----|-----|-------------------|-----|-----|--|
| Game-winning RBI - Farrell | 000 | 030 | 0-3 | 000 | 030 | 0-3 | |
| E - Hazen, Boyer, C. Smith. LOB - Port Orange 5, Jacksonville Southside 6 | 130 | 100 | x-5 | 130 | 100 | x-5 | |

...Rutty's Great Grab Saves Jacksonville

RUTTY, continued from Page 7A
 bottom of the seventh. Port Orange was within one strike of victory but losing pitcher Tom Abdo walked three straight and the tying run scored on a wild pitch. Dunn set Port Orange down in order in the top of the eighth and wound up with the pitching victory in one and two thirds innings of work.
 Boyer lead both teams with three hits in four trips to the plate. Allen Botkin had two hits for West Palm Beach.

PANAMA CITY 7, DeFuniack Springs 5
 The fog rolled in for Tuesday's matchup and, after getting off to a slow start, Panama City Southern came back to defeat DeFuniack Springs, 7-5. DeFuniack hammered Panama City pitching for three runs on four hits in the bottom of the first. The big hits were RBI triples by David Whited and Ivan Hogan and an RBI double by Scott Ates.
 Down 4-0 after three innings, Panama City came back for five runs in the top of the fourth, two coming on a costly DeFuniack error with two outs in the frame.
 DeFuniack tied it up in the fifth when Ates doubled and wound up scoring on David Yonce's squeeze bunt.
 Panama City got its winning runs in the top of the seventh as Keith Estes crushed a triple to left and scored on a single off the bat of Eric Mace. Mace eventually scored on Dennis Hale's groundout.



BRANTLEY BLAST
 Herald Photo by Tom Vincent
 Lenny Brantley nails a fairway wood during tournament action at the Seminole Golf Course near Longwood. Brantley finished second to Mike Borgallo in Seminole's annual summer tournament.

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| <small>12x15 \$1.39</small> | <small>12x15 \$1.39</small> |
| <small>12x16 \$1.49</small> | <small>12x16 \$1.49</small> |
| <small>12x17 \$1.59</small> | <small>12x17 \$1.59</small> |
| <small>12x18 \$1.69</small> | <small>12x18 \$1.69</small> |
| <small>12x19 \$1.79</small> | <small>12x19 \$1.79</small> |
| <small>12x20 \$1.89</small> | <small>12x20 \$1.89</small> |
| <small>12x22 \$2.09</small> | <small>12x22 \$2.09</small> |

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SPORTS IN BRIEF

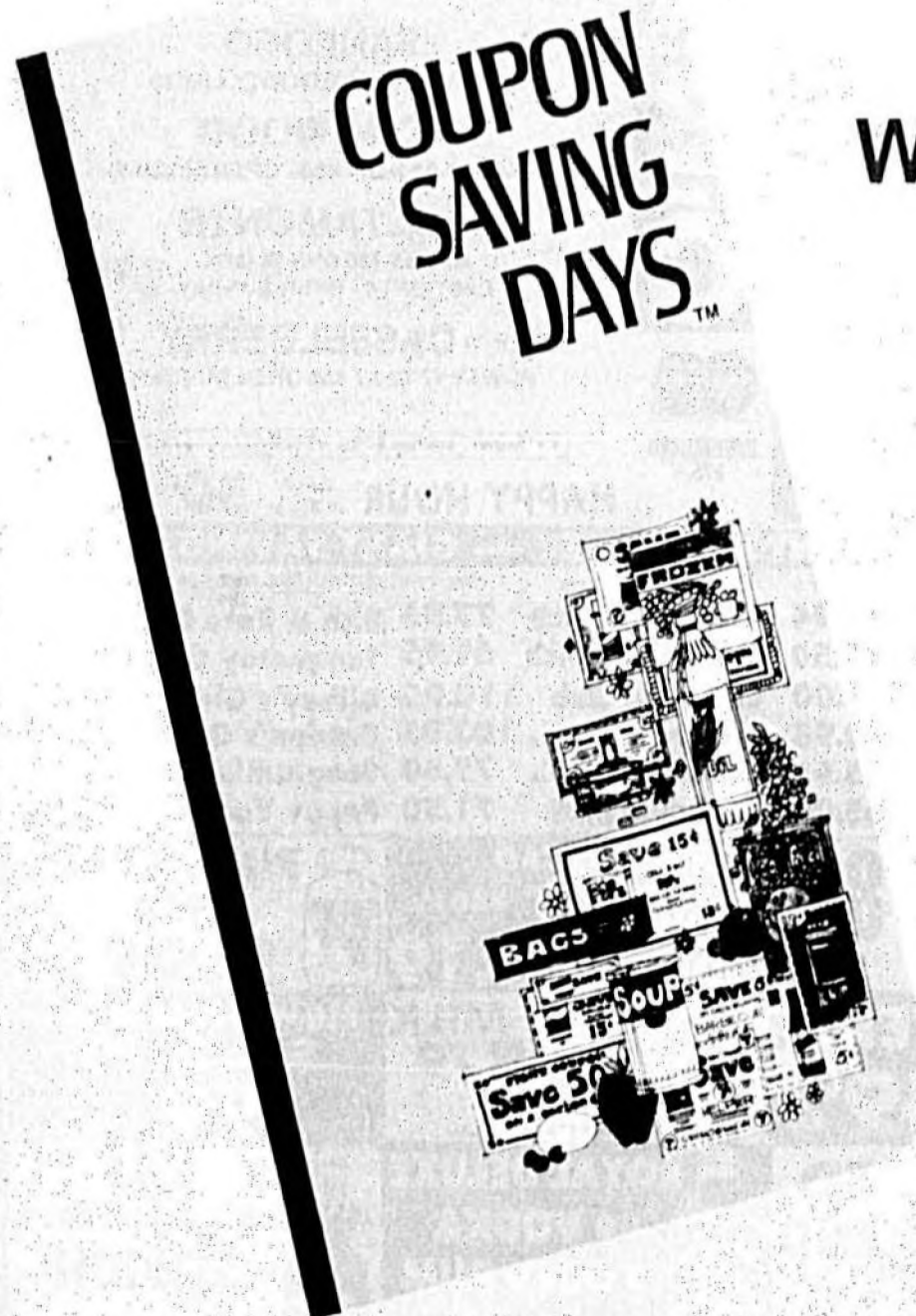
Time For County Football Players To 'Get Physical'

It's time for Seminole County football players to get physical. Today at 3, Seminole High School will hold physical examinations for its gridiron performers at the Tribe gymnasium. There is no charge. Friday, Aug. 13, Lake Mary's varsity will meet at 6 p.m. in the gymnasium for its physicals with the junior varsity getting together at 10 a.m. the following day. Freshman also attend the 10 a.m. session. At Lake Howell, the varsity, freshman and JV will meet between 9 a.m. and 3 p.m. on Thursday, Aug. 12. Other Silver Hawk athletes meet Wednesday, Aug. 11 from 11 a.m. to 1 p.m. at the Howell gym. The fee is \$7. At Lake Brantley, the Patriot varsity will meet on Wednesday, Aug. 11 at 6 p.m. the JV and frosh will meet at 6 p.m. the next day.

Nixon Wins Bass Title

MONTGOMERY, Ala. (UPI) - Larry Nixon of Hemphill, Texas, reeled in nearly 234 pounds of fish and won \$36,345 in 1982 to land the Bass Anglers Sportsman Society's title of "Bass Angler of the Year." The Montgomery-based BASS said Tuesday that Nixon, 31, won the honor by outfishing other professionals during seven fishing tournaments around the nation.

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Cook Of The Week

Culinary Delights From One 'Working Woman' To Another

By LOU CHILDERS
Special to the Herald

Mary McFadden is a culinary specialist who's a pro at preparing "working woman" dishes.

She ought to be a pro — she's been working for over 20 years as a U.S. Civil Service employee, and is currently a supply clerk at the Orlando Naval Training Center.

Mary moved to Sanford in 1968 and says after being "military oriented for many years" it was good to put down roots, she says.

She claims to love the cooking of some of the foreign countries where she lived — like Morocco and Germany — but, when it comes to whipping up something for her children after work, she prefers the simplicity of Turkey Dinner which has its beginnings in a slow cooker.

Mary also has two original recipes that boast of quick-n-easy directions coupled with results that guarantee a quality family meal.

One is Summer Stuffed Peppers, and the other is Spanish Bean Soup. "Take it from me, Mary's bean soup is a real winner. Her secret ingredient that gives this recipe its snappy taste — 6 slices hard salami, quartered."

She also states that she learned to cook in quantity because she "never knew how many friends" her four children would be inviting over for a meal.

"I taught all of my kids to be independent, and they all know how to cook." This includes her only daughter, Danni Mikler of Winter Park, and her three sons, Rick, a Master Sgt. with the USAF in Kansas City, Jeep, a college student at SCC and an Army veteran, and Casey, a former Navy man who also resides in Sanford.

Mary's co-workers at the Naval Training Center enjoy trading recipes. She reveals that recently they all decided it

would be to their economic advantage to pool their resources for the purchase of a microwave oven. Now they can bring leftovers from home, zap them, and have a nourishing lunch. There is even some trading that goes on at lunch hour — similar to what went on when you were a kid and your Mom packed peanut butter and jelly, and your neighbor's meat loaf sandwich looked yummier!

She adds that the microwave project cost only \$13 per person initially. Now when a new person joins their department and wants microwave privileges, they pay \$10 into a fund that is set up to pay for any future repairs and/or replacement that might become necessary.

Mary says, "Warning leftovers in the microwave sure beats paying \$3-\$4 per day for lunches out!"

Other favorite recipes of Mary's are Lazy Weekend Beef Casserole, Fish Chowder and Vic's Black-eyed Peas.

SPANISH BEAN SOUP (GARBANZOS)

2 16-ounce cans garbanzo beans
2 medium potatoes, cubed
1 large onion, diced
1 16-ounce can tomatoes
1 cup cubed ham
6 slices hard salami, quartered
1 teaspoon salt
1/4 teaspoon pepper
Place all ingredients in Dutch oven and simmer until done, approximately 2 hours. Serve with garlic bread and tossed salad.

SUMMER STUFFED PEPPERS

4 firm bell peppers
1 can mexicali or millet corn, drained
8 oz. cheddar cheese, grated
Remove tops and place peppers in rapidly boiling water for five minutes. Remove and drain.
Mix corn and half of the grated cheese. Fill peppers with this mixture and top with remainder of cheese. Bake in a 350 degree oven for 20 minutes or until cheese is melted.

VIC'S BLACK-EYED PEAS

In slow cooker:
1 pound package black-eyed peas
1 large onion, diced
Water to cover
When peas are tender, add:
1 pound pork sausage, browned & drained
1 16-ounce can tomatoes
1 can tomato sauce
Chopped peppers to taste (mild or hot)
Salt and pepper to taste
Cook until you can't stand it!

FISH CHOWDER

1/2 cup diced salt pork or bacon
1 cup sliced celery
1/2 cup chopped onion
2 cans cream of potato soup
2 soup cans of milk
1 pound filet of white fish cut in 2-inch pieces
1 can sliced carrots
1 can whole kernel corn, drained
1/4 teaspoon pepper



Mary McFadden serves two of her original recipes, Spanish Bean Soup and Summer Stuffed Peppers.

Herald Photo By Lou Childers

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1 medium bay leaf
In saucepan, brown salt pork, remove. In drippings, cook celery and onion until tender. Add salt pork and remaining ingredients. Bring to boil, reduce heat. Simmer 10 minutes or until fish is done; stir often. Remove bay leaf before serving. Makes about 8 1/2 cups.

TURKEY DINNER

(For the Working Woman)

In slow cooker place:
4 turkey drumsticks or wings
1 can onion soup
Turn slow cooker on as you leave for work, and allow to cook on low all day.

When ready to serve, prepare:
1 package stuffing mix
2 hard cooked eggs
1 can oysters (optional)
Mix together and serve with gravy from turkey.

LAZY WEEKEND BEEF CASSEROLE

1 pound beef chunk or stewing beef cut into 2-inch chunks
1/2 cup red dinner wine
1 can (10 1/2 oz.) undiluted condensed consommé
1/4 teaspoon salt
1/4 teaspoon pepper
1 medium onion, sliced
1/4 cup fine dry bread crumbs
1/4 cup all-purpose flour
Combine beef, wine, consommé, salt, pepper and onion in casserole. Mix flour with crumbs; stir into casserole mixture. Cover and bake in a slow oven (300 degrees) about 3 hours or until beef is tender.
Serve with noodles, rice or mashed potatoes. Yield: 8 servings.

Rummage Sale

The Pilot Club of Sanford will hold a Rummage Sale Friday and Saturday in the lot near Holy Cross Episcopal Church, 4th Street at Park Avenue, in Sanford. A variety of merchandise

will be offered beginning at 9 a.m. each day until sold out, according to Pilot Club spokesman Edith Avenel. Proceeds will benefit the club's continuing community and charity endeavors.

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Microwave Magic

Cook Pork To Peak Of Perfection

There has been much discussion recently about microwave preparation of pork.

As of April 2, the U.S. Department of Agriculture advises consumers to cook fresh pork to a "consistent temperature of 170 degrees F" — whether the microwave oven or conventional oven.

Leading home economists recommend that consumers follow these recommendations when preparing pork.

1. Take care to bring the internal food temperature up to 170 degrees F in order to ensure that the meat is completely cooked. Make sure the meat is uniformly cooked throughout — no pink spots anywhere including next to the bone.
2. Follow directions for turning meat during cooking.
3. Pork should be cooked covered for optimum uniformity in heating.
4. After cooking, the meat should be allowed to stand covered, until internal temperatures equalize.
5. Be sure that pork products are cooked to well-done; recook if meat is underdone.
6. Freezing pork before preparation kills trichinae if the following temperatures are achieved:
5 degrees F. for 20 days
10 degrees F. for 10 days
20 degrees F. for 6 days

The use of a microwave thermometer or a conventional thermometer is a must when cooking pork roasts and larger cuts.

These recipes using various cuts of pork are favorites used in

Midge Mycoff

Home Economist
Seminole Community College



microwave classes at the college. Each of them if directions are followed will give a pork entree that is tasty and fully cooked. The times are for a 750 watt oven. If your oven has less wattage additional time will be needed.

SWEET-SOUR PORK

(Serves 4-6)

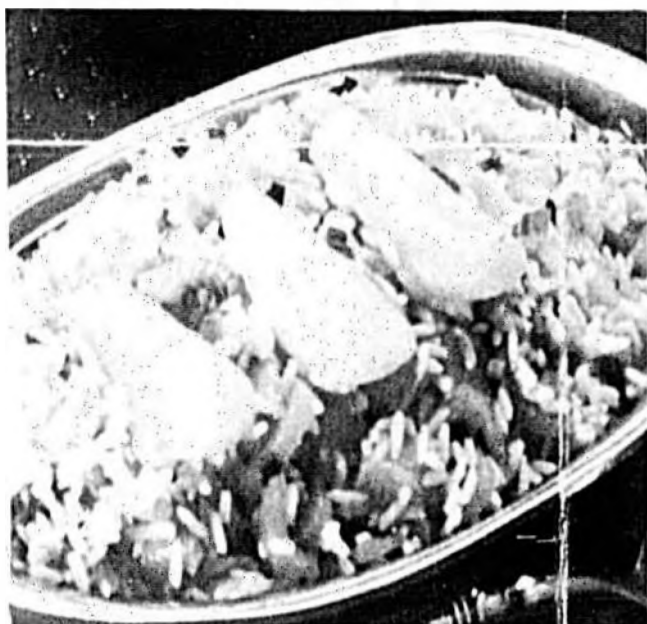
- 1 1/4 pounds boneless pork loin cut in strips (1-in. thick 1/2 in. wide)
 - 1 can (1 lb. 4 oz.) pineapple chunks
 - 1/4 cup packed brown sugar
 - 1/4 cup cornstarch
 - 1/2 teaspoon salt
 - 1/2 cup water
 - 2 tablespoons soy sauce
 - 1 tablespoon red wine vinegar
 - 1/2 medium green pepper, thinly sliced
 - 1/2 medium onion thinly sliced
- Place pork strips in 21 3/8x2-inch baking dish. Cook, covered with clear plastic wrap, at medium high for 7 minutes, giving dish half a turn once.

Remove meat and set aside. Drain pineapple, reserving juice. Combine brown sugar, cornstarch, and salt stir in reserved pineapple juice, water, soy sauce, and vinegar. Blend cornstarch mixture into pan juices. Add meat, pineapple, green pepper, and onion. Cook, covered, at medium high for 16 to 18 minutes or till pork is done and sauce is thickened and bubbly, stirring every 3 minutes. Serve over rice.

BARBECUE COUNTRY STYLE RIBS

(Serves 4)

- 3 lbs. pork country style ribs cut in 3 rib sections
 - 3 cups water
 - 1 jar (12 oz.) orange marmalade
 - 1 bottle (12 oz.) chili sauce
 - 1-3rd red wine vinegar
 - 1 tablespoon Worcestershire sauce
 - 1 teaspoon celery seed
- Place ribs in 4-quart casserole. Add water. Cook, covered with clear plastic wrap, at high for 5 minutes. Reduce setting to medium and cook, covered, for 40 minutes, rearranging ribs and turning dish once. Drain. Combine marmalade, chili sauce, vinegar, Worcestershire sauce, and celery seeds. Pour over ribs and cook, covered at medium for 15 minutes, rearranging ribs and spooning sauce over once. Or cook on a barbecue grill instead of cooking the last 15 minutes at medium. Brush with chili sauce mixture while barbecuing. To complete the cook-out menu, serve with your favorite slaw and deviled eggs.



Rice And Pears Rainier festive.

Rice... Plain And Fancy

Cook rice in broth...add sauteed vegetables, diced fruits, and/or herbs and spices...serve topped with sliced olives, chopped nuts, flaked coconut...and in no time at all you will have an accompaniment suitable for steak, fish, or chicken.

PARISIENNE RICE SALAD

- 3 cups cooked rice, cooled
 - 16 cherry tomatoes, quartered (about 1 cup)
 - 1/4 cup thinly sliced celery
 - 1/2 medium cucumber, scored, seeded, and sliced
 - 1/4 cup thinly sliced green onions, including tops
 - 1 cup mayonnaise
 - 2 tablespoons milk
 - 1/2 teaspoon each basil leaves, crushed, and salt
 - 1/4 teaspoon seasoned pepper
- Combine rice and vegetables; toss lightly. Blend remaining ingredients. Place rice mixture in lettuce-lined bowl. Spoon dressing on top. Makes 6 servings.

NEW DELHI RICE

- 1/2 cup chopped onions
- 1 tablespoon butter or margarine
- 1 teaspoon salt
- 1/2 teaspoon curry powder
- 1/8 teaspoon ground black pepper
- 1 1/4 cups chicken broth
- 1 cup orange juice
- 1 cup uncooked rice
- 1/2 cup raisins
- one-third cup slivered almonds, toasted
- 2 tablespoons snipped parsley

In a large skillet cook onions in butter seasoned with salt, curry powder and pepper. Add broth, juice, rice, and raisins; bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes, or until rice is tender and liquid is absorbed. Stir in almonds. Garnish with parsley. Makes 6 servings.

HOT GERMAN RICE SALAD

- 6 slices bacon, cut in 1/4-inch pieces
 - 1/2 cup finely chopped onions
 - 1/4 cup cider vinegar
 - 3 tablespoons sugar
 - 2 tablespoons water
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 4 cups, cooked rice
 - 1 small carrot, grated
 - 2 tablespoons snipped parsley
- In large skillet cook bacon until crisp. Pour off fat; return 2 tablespoons to skillet. Add onions, vinegar, sugar, water, salt, and pepper. Cook until onions are tender. Stir in rice, carrot, and parsley. Heat through, about 5 minutes. Makes 6 to 8 servings.

HERBED VEGETABLE RICE

- 1/2 cup green onions, including tops
 - 1/2 cup chopped celery
 - 1 clove garlic, minced
 - 2 tablespoons butter or margarine
 - 2 cups chicken broth
 - 1 cup uncooked rice
 - 1/2 teaspoon salt
 - 1/4 teaspoon each basil, marjoram, and thyme leaves, crushed
 - 1/4 teaspoon ground black pepper
 - 1/4 cup pitted ripe olives, sliced
- In a large skillet cook onions, celery, and garlic in butter until tender crisp. Stir in broth, rice, mushrooms, and seasonings. Bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes, or until rice is tender and liquid is absorbed. Garnish with olive slices. Makes 6 servings.

RICE AND PEARS RAINIER

- 1 cup sliced celery
 - 1/2 cup sliced green onions, including tops
 - 2 tablespoons butter or margarine
 - 1/4 cup sherry
 - 1 tablespoon mint jelly
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground turmeric
 - 3 cups cooked rice
 - 1 can (8 1/2 ounces) pear halves
- In a large skillet cook celery and onions in butter until tender crisp. Add sherry, jelly, salt, and turmeric; bring to a boil. Drain pears. Slice one pear half into thirds; coarsely chop remaining pears. Stir rice and chopped pears into skillet. Heat through. Serve garnished with pear slices. Makes 6 servings.



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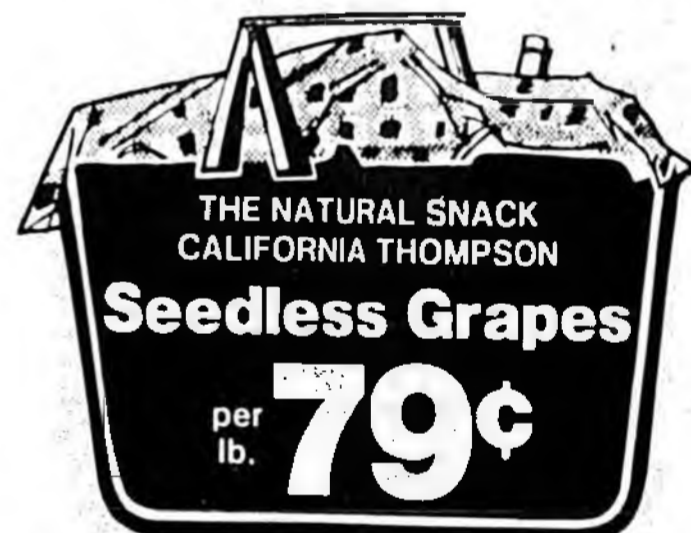
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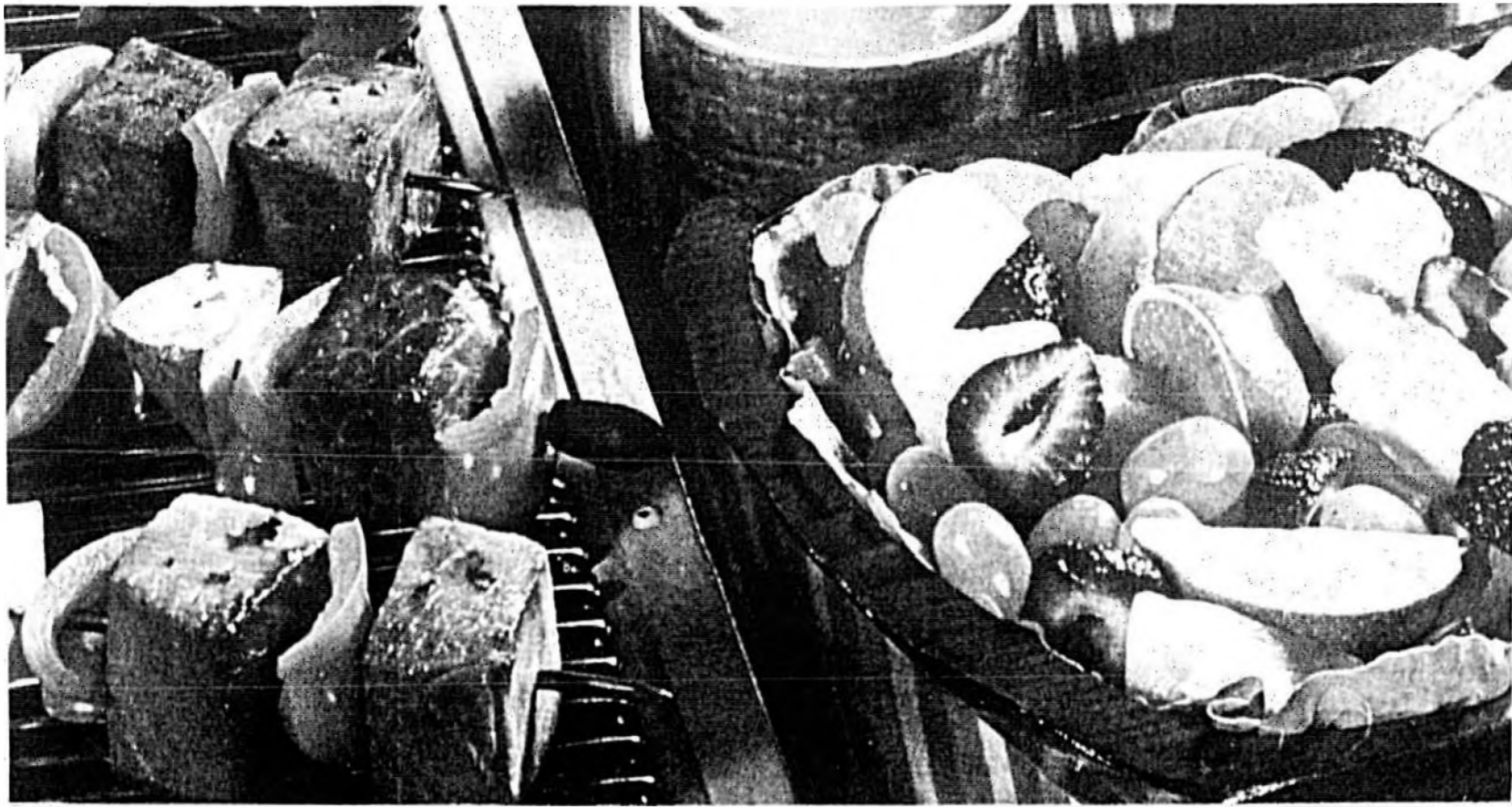
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- 19¢** 5-OZ. CAN SWANSON'S WHITE Chunky Chicken
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Summer fruit salad is an appetizing and attractive accompaniment to kabobs tastefully created of ham and vegetables.



Savory Summer Barbecues

Summer means barbecues and happy get-togethers. It's a time to sit on the terrace and enjoy good friends and the tantalizing aroma of meat cooking on the grill.

If what you want is a quick-cooking, no-fuss meal, consider Ham 'n Vegetable Kabobs. Cubes of ham, alternated with chunks of potatoes and pieces of green pepper are threaded on skewers, brushed with herb butter, then broiled.

Seasonal fruits make up a delectable Summer Fruit Salad with Lime-Apricot Dressing. Fresh Florida lime juice adds a piquant note to the dressing and accents the flavor of the grapes, peaches, strawberries and fresh pineapple.

Cranberry Pineapple Zing, a thirst-quenching combination of cranberry juice cocktail and pineapple juice, is a wonderful fruit juice drink to complement this easy menu.

What's cooking this Sunday is a boneless leg of pork, basted with a cranberry glaze, a mixture of whole berry cranberry sauce, chili sauce, mustard and ginger. This juicy tender pork roast makes great eating. Yielding four servings per pound, it's economical, too. An Americana Wild Rice Salad is a nice accompaniment.

A light and refreshing dessert teams ripe melon wedges with a quickly assembled lime sorbet. Fresh seedless limes from Florida give the sorbet a tart-sweet taste, making it the ideal ending to a summer meal.

HAM 'N VEGETABLE KABOBS

- 2 pounds ham cubes for kabobs
 - 3 medium potatoes
 - 2 large green peppers, cut into 36 pieces
 - 1-3rd cup melted butter
 - 2 tablespoons chopped chives
 - 2 tablespoons snipped parsley
 - 1 clove garlic, minced
- Cook potatoes (do not pare) in 2 inches of boiling water in covered saucepan, 15 to 20 minutes; cut into quarters. Alternately thread six green pepper pieces, four ham cubes and two pieces of potato on each of six metal skewers. Combine butter, chives, parsley and garlic. Place kabobs on grill over ash-covered coals so surface of meat is 3 to 4 inches from coals. Broil at a moderate temperature 10 minutes, turning occasionally. Brush ham, pepper and potato pieces with herb butter and continue broiling 2 to 3 minutes. Turn kabobs, brush with herb butter and continue broiling 2 to 3 minutes or until done. 6 servings.

Cubes (1 1/2 x 1 1/2 x 1-inch) can be cut from inch-thick ham slices or canned or "fully-cooked" ham.

SUMMER FRUIT SALAD

LIME-APRICOT DRESSING

- 1/4 cup apricot preserves
- 2 tablespoons fresh Florida lime juice
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon grated fresh Florida lime peel
- Dash ground ginger
- 1-3rd cup salad oil
- 1-1/2 cups green grapes, seeded if necessary
- 1-1/2 cups sliced fresh peaches, apricots or nectarines
- 1 1/2 cups halved strawberries or red grapes
- 1-1/2 cups fresh pineapple chunks
- Fresh Florida lime wedges
- Lettuce

Combine preserves, lime juice, honey, salt, lime peel and ginger in container of blender or food processor. Process at High 30 seconds or until thoroughly pureed. With motor running, gradually add oil; process 30 seconds longer. Combine grapes, peaches, strawberries and pineapple; arrange in lettuce-lined salad bowl. Spoon dressing over fruits. Garnish with lime wedges. Yield: 6 cups.

CRANBERRY PINEAPPLE ZING

- 1 quart cranberry juice cocktail
 - 1 can (12 ounces) unsweetened pineapple juice
 - Sugar to taste
 - Mint sprigs, if desired
- Pour 2 cups of cranberry juice cocktail into ice cube tray. Freeze until solid. Combine remaining cranberry juice cocktail and pineapple juice. Sweeten to taste with sugar. Place 2 to 3 of the frozen cubes in each glass; fill with cranberry-pineapple mixture. Garnish with mint sprigs, if desired. Yield: 6 servings.

CRANBERRY GLAZED PORK LEG

- 3 to 4-pound boneless pork leg
 - 1 can (16 ounces) whole berry cranberry sauce
 - 2 tablespoons chili sauce
 - 2 tablespoons finely chopped onion
 - 2 teaspoons prepared mustard
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground ginger
- Place roast, fat side up, on rack in open roasting pan. Insert roast meat thermometer so the bulb is centered in thickest part. Be careful that bulb does not rest in fat. Do not add water. Do not cover. Roast in a slow oven (325 degrees F.) until meat thermometer registers 170 degrees F.; allow 35 to 40 minutes per pound. Meanwhile, combine cranberry sauce, chili sauce, onion, mustard, salt and ginger in saucepan and simmer 10 minutes, stirring occasionally. Brush pork roast with sauce during last 15 to 20 minutes of cooking time. Let roast stand 15 minutes before carving. Serve remaining cranberry sauce with carved pork.

AMERICANA WILD RICE SALAD

- 2-3rd cup wild rice
 - 1 can (8 ounces) water chestnuts, coarsely chopped
 - 1-3rd cup chopped walnuts
 - 3 green onions, cut into 1/4-inch pieces
 - 1-3 cup salad dressing
 - Dash pepper
- Cook wild rice according to package directions. Cool. Combine wild rice, water chestnuts, walnuts, green onions, salad dressing and pepper, stirring lightly. Cover and chill 3 to 4 hours. Yield: 4 cups.

LIME SORBET IN MELON WEDGES

- 1-1/4 cups sugar
 - 1-1/4 cups water
 - 1-1/4 cups fresh Florida lime juice
 - 1/4 to 1/2 teaspoon grated fresh Florida lime peel
 - 1/4 cup heavy cream
 - 1 to 2 drops each yellow and blue food coloring, if desired
 - Cantaloupe, Crenshaw or honeydew melon wedges
 - Fresh Florida lime wedges
- Heat sugar and water until sugar dissolves; cool completely. Stir in lime juice and grated peel. Pour mixture into 2-quart shallow metal pan; freeze until almost firm. Spoon mixture into container of food processor or blender; process on HIGH until light and fluffy. Gradually add cream, mixing thoroughly. Add food coloring to mixture, if desired, stirring to combine. Pour mixture back into metal pan and refreeze, stirring thoroughly after 1 hour. Let sorbet thaw in refrigerator a few minutes before serving. Spoon into wedges of melon. Garnish with lime wedges. Yield: 3 cups.

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(Effective Aug. 5-11, 1982)
100 EXTRA GREEN STAMPS
with coupon and purchases of \$7.50 to \$14.99, excluding all tobacco products.
Coupons 1 & 2 with purchases of \$30.00 or more equals 300 stamps.
Maximum available Bonus Green Stamps is 300.
THIS AD EFFECTIVE IN THE FOLLOWING COUNTIES: Brevard, Charlotte, Citrus, Collier, Hernando, Highlands, Hillsborough, Lake, Lee, Manatee, Orange, Osceola, Pasco, Pinellas, Polk, Sarasota, Seminole.

COUPON
(Effective Aug. 5-11, 1982)
200 EXTRA GREEN STAMPS
with coupon and purchases of \$15.00 to \$29.99, excluding all tobacco products.
Coupons 1 & 2 with purchases of \$30.00 or more equals 300 stamps.
Maximum available Bonus Green Stamps is 300.
THIS AD EFFECTIVE IN THE FOLLOWING COUNTIES: Brevard, Charlotte, Citrus, Collier, Hernando, Highlands, Hillsborough, Lake, Lee, Manatee, Orange, Osceola, Pasco, Pinellas, Polk, Sarasota, Seminole.

SAVE 17¢ GOLD MEDAL UNBLEACHED, SELF-RISING, OR ALL PURPOSE
Flour 88¢
5-lb. bag
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

SAVE 20¢ PUBLIX REAL
Mayonnaise 79¢
32-oz. jar
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

SAVE 30¢ FROZEN CHEESE, PEPPERONI OR COMBINATION
Jeno's Pizza 99¢
11 1/4-oz. to 12 1/4-oz. pkg

- Lender's Egg, Pumpernickel, Onion or Plain Bagels 2 12-oz. pkg \$1
- Morton Chicken, Turkey or Beef Pot Pies 4 8-oz. pkg \$1
- Sara Lee Pecan, Apple, Cheese, Cinnamon Raisin Danish 1 9-oz. pkg 99¢
- Gorton Crunchy Fish Sticks or Fish Fillets 12-oz. pkg \$1.79
- Gorton Batter Fried Perch Fillets 12-oz. pkg \$1.59
- Gorton Crunchy Clams 5-oz. pkg 99¢
- Mrs. Paul's Crunchy Light Batter Fish Fillets 16-oz. pkg \$2.29
- Treasure Isle Cooked Shrimp 8-oz. pkg \$1.99
- Wakefield's Salmon or Halibut Steaks 12-oz. pkg \$3.69

Health & Beauty
Regular or Royal Tanning Oil Native Tan bottle \$2.99
Candy Candy
Sour Balls, Starlite Mints, or Butterscotch Disks Brach's Candy 16-oz. pkg \$1.09

SAVE 20¢ I Can't Believe It's Not Butter!
1-lb. ctn. **89¢**

FREE FILM
With every roll of color print film or Kodacolor NR Disc Film Publix Processes, you get two sets of quality prints and a FREE roll of disc of Kodak's color print film.
• Fast, convenient film service
• Free film
• Two sets of quality prints

Frozen Foods
Jeno's Cheese, Combination or Pepperoni (11 1/4- to 12 1/4-Oz.) Pizza 99¢
'Armour Beef Burgundy, Sirloin Tips, Steak Teriyaki or Swedish Meatballs Dinner Classics 16-oz. pkg. \$2.39

SAVE 16¢ ASSORTED REG. OR DIET
Publix Soft Drinks 79¢
2-liter bottle

SAVE 30¢ ASSORTED DAIRI-FRESH
Ice Milk 99¢
half gallon

SAVE 30¢ PUBLIX AUTO-D RIP OR REG. PERK 100% PURE COLOMBIAN
Coffee \$1.79
1-lb. bag
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

- Nabisco Chocolate Chip Cookies **Chips Ahoy!** 16-oz. pkg \$1.89
- Tom's Regular Rippled or Bar-B-Q (6 1/2 to 7 1/2-Oz.)
- Potato Chips** 99¢
- Tom's Puffed or Crunchy
- Corn Cheese** 99¢
- Delicious Hillbilly Bread 20-oz. loaf 59¢
- Keabler Town House Crackers 16-oz. pkg \$1.39
- Borden's Elsie Brand Ice Cream 16-oz. carton \$1.09
- Publix Special Recipe Sesame Hamburger Buns 2 8-ct. pkg \$1
- Planters Dry Roasted or Unsalted Dry Roasted Peanuts 16-oz. jar \$1.09
- Smuckers Grape Jelly or Grape Jam 32-oz. jar \$1.29
- Betty Crocker Super Moist Cake Mix 18-oz. pkg 79¢
- Betty Crocker Creamy Deluxe Ready-to-Spread Frosting 16-oz. can \$1.35
- Betty Crocker Potato Buds 13-oz. pkg 89¢
- Tetley Tea Bags 100-ct. pkg \$1.89
- Mott's Apple Sauce 25-oz. jar 79¢
- Regular or Natural Mott's Apple Juice 64-oz. bottle \$1.49
- Publix Tomato Juice 46-oz. can 79¢
- F&P Sliced or Halved Yellow-Cling Lite Peaches 18-oz. can 59¢
- In Heavy Syrup, F&P Halved or Sliced Yellow-Cling Peaches 18-oz. can 59¢
- Libby's Cream Style or Whole Kernel Golden Corn (16 1/2 to 17-Oz.) cans for \$1.19
- Libby's Sweet Peas 17-oz. can \$1.19
- Libby's Cut Green Beans 15-oz. can \$1.19
- Heinz Genuine Dill Pickles 48-oz. jar \$1.39
- Heinz Keg O' Tomato Ketchup 32-oz. bottle \$1.39
- Assorted Royal Dessert Gelatin 4 3-oz. pkg \$1
- Kingsford Charcoal 20-lb. bag \$4.99
- Assorted Kal Kan Dog Food 16-oz. can 38¢
- Hi Dri Paper Towels 2 1000-rolls \$1

Orange, Lake, Seminole, & Osceola Counties Only!
PEPSI, DIET PEPSI, PEPSI LIGHT, MY DEW Soft Drinks
16-oz. bots. \$1.29
8-pk. ctn.
(Plus Tax & Deposit)
REGULAR OR LIGHT Carling Black Label Beer
12-oz. cans \$1.59
8-pk. ctn.

Dairy Dairy
FLEISCHMANN'S CORN OIL MARGARINE
Regular Quarters 1-lb. ctn. 79¢
Soft (Twin-Pack) 1-lb. ctn. 99¢
Soft (Bowl) 1-lb. ctn. 99¢
Pickwick (Delicious with Jam) English Muffins 3 12-oz. ctn. \$1
Assorted Yoplait Yogurt 3 6-oz. cups \$1.29
Dairi-Fresh Cream Cheese 8-oz. pkg 69¢
Claussen 24-Oz. Sweet 'n Sour Bread n' Butter Sliced Pickles or 32-Oz. Kosher Dills 16-oz. jar \$1.19
Wisconsin Cheese Bar, Medium Cheddar Cheese 12-oz. pkg \$1.59
Sealtest Small Curd or Light 'n' Lively Lowfat Cottage Cheese 24-oz. cup \$1.43
Kraft Cracker Barrel Mellow Cheddar Cheese 10-oz. slice \$1.89

Rubbermaid
Swing Top Almond or Chocolate Wastebasket each for \$4.49
Almond or Chocolate Wastebasket each for \$3.99
Almond or Chocolate Roughneck Bucket each for \$2.99
Almond or Chocolate Vanity Wastebasket each for \$1.99
Almond or Chocolate Roughneck Dishpan each for \$2.49
Yellow Laundry Basket each for \$2.49
Almond Storage Bin each for \$2.49
Chocolate Roughneck Carry Caddy each for \$2.49
Chocolate 20 Gallon Refuse Container each for \$7.49

- 49¢** 8-OZ. PKG. RATH BREAKFAST Link Sausage
- 49¢** 32-OZ. JAR HEINZ PICKLES Kosher Dills
- 29¢** HALF GALLON PUBLIX Citrus Punch
- 1¢** 10-CT. CAN BALLARD'S Buttermilk Biscuits

SAVE 30¢ ASSORTED FLAVORS
Yoplait Yogurt 3 6-oz. cups \$1.29

Publix
SANFORD PLAZA, SANFORD
LONGWOOD VILLAGE CTR., LONGWOOD
THIS AD EFFECTIVE IN THE FOLLOWING COUNTIES: Brevard, Charlotte, Citrus, Collier, Hernando, Highlands, Hillsborough, Lake, Lee, Manatee, Orange, Osceola, Pasco, Pinellas, Polk, Sarasota, Seminole, unless otherwise noted.

WINN DIXIE

Now more than ever, we're right for you!

SUPER BONUS SPECIALS

1 Pick up free Super Bonus Certificates at our checkout counters
 2 You get 1 Super Bonus Stamp for every \$1 you spend. Paste 36 Super Bonus Stamps on each certificate
 3 When you check out, present one filled Super Bonus Certificate for each Super Bonus Special you select

SUPER BONUS SPECIAL

SUPERBRAND GRADE 'A' LARGE EGGS

DOZ. **19¢**

1 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

ASTOR COFFEE

1-LB. BAG **\$1.29**

2 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

CHEK DRINKS

2-LTR. BTL. **1¢**

3 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

CRISCO

3-LB. CAN **\$1.59**

4 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

KRAFT BAR-B-QUE SAUCE

18-oz. BTL. **19¢**

5 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

TIDE DETERGENT

49-oz. BOX **\$1.39**

6 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

W-D BRAND IN THE HANDI PACK GROUND BEEF

1-LB. PKG. **89¢**

7 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

SUPER BONUS SPECIAL

SUPERBRAND SKIM, HOMOGENIZED OR LO-FAT MILK

1 GAL. **\$1.69**

29 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 5-7, 1982

PRICES IN THIS AD ARE GOOD IN THE FOLLOWING FLORIDA COUNTIES ONLY: ORANGE, SEMINOLE, OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUWANEE, MARION, INDIAN RIVER & ST. LUCIE. FOR ALL OTHER COUNTIES PLEASE SEE YOUR LOCAL NEWSPAPER.

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 WINN-DIXIE STORES, INC.
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PRICES GOOD AUGUST 5-7, 1982

INTRODUCING THE NEW **double up BINGO**

WIN UP TO \$2,000

ODDS CHART EFFECTIVE JULY 1, 1982

| PRIZE VALUE | NUMBER OF TICKETS | ODDS FOR ONE GAME | ODDS FOR 13 GAMES | ODDS FOR 26 GAMES |
|-------------|-------------------|-------------------|-------------------|-------------------|
| \$2,000 | 30 | 1 to 433,333 | 1 to 33,333 | 1 to 16,666 |
| 1,000 | 30 | 1 to 44,444 | 1 to 3,333 | 1 to 1,666 |
| 500 | 300 | 1 to 43,333 | 1 to 3,333 | 1 to 1,666 |
| 100 | 300 | 1 to 14,444 | 1 to 1,111 | 1 to 555 |
| 20 | 1,500 | 1 to 8,887 | 1 to 887 | 1 to 333 |
| 10 | 2,000 | 1 to 8,800 | 1 to 800 | 1 to 250 |
| 5 | 5,000 | 1 to 2,800 | 1 to 200 | 1 to 100 |
| 1 | 125,000 | 1 to 254 | 1 to 25 | 1 to 4 |
| TOTAL | 134,820 | 1 to 36 | 1 to 74 | 1 to 37 |

\$2,000.00 WINNER
 DORIS DETER
 ORLANDO, FLA.

\$200.00 WINNERS
 VERA H. SEALE
 HERRITT ISLAND, FLA.
 DEBRA ALAFFITA
 DELAND, FLA.
 STANLEY ROBINSON
 DAYTONA BEACH, FLA.

CLARA R. DAWSON
 ORMOND BEACH, FLA.
 DEBBIE FARRIS
 ORLANDO, FLA.
 SIDNEY HENSLEY
 ORLANDO, FLA.
 MILES SWIFT
 ORLANDO, FLA.
 JANE M. HOLLOWELL
 CRYSTAL RIVER, FLA.

PRECIOUS ROUSE
 APOPKA, FLA.
 MRS. A. T. WILLIAMS
 DUNN, FLA.

\$100.00 WINNERS
 IRENE SHIVER
 ORLANDO, FLA.
 JOYCE ANNE KROLIFOWSKI
 PONCE DELEON, FLA.
 GAIL HARRIS
 ORLANDO, FLA.

PATRICIA ZYMOWSKI
 ORLANDO, FLA.
 JOANN STAGAARD
 ORLANDO, FLA.
 BRINDA K. COATES
 ORLANDO, FLA.
 HELEN KOSTIC
 DUNNELLON, FLA.
 HELEN KOLLER
 TITUSVILLE, FLA.

SAVE 35¢

U.S.D.A. "A" GRADE PREMIUM GRADE FRESH FRYER 7 1/2-LB. OR MORE LEG QUARTERS

LB. **49¢**

SAVE 20¢ COMBINATION Fryer Parts . . . LB. \$1.09

SAVE \$1.20

W-D BRAND USDA CHOICE BEEF RIB E-Z CARVE RIB ROAST

LB. **\$2.49**

SAVE 10¢ - USDA CHOICE UNTRIMMED WHOLE BONELESS (14-16 LB. AVG.) N.Y. Strip . . . LB. \$4.29

SAVE 20¢

U.S.D.A. CHOICE BEEF USDA CHOICE HEART OF THE RIB WHOLE UNTRIMMED 10-12 LB. AVG. RIB EYES or DELMONICOS

LB. **\$4.49**

SAVE 60¢ - W-D BRAND USDA CHOICE BEEF LOIN BONE-IN SIRLOIN Steak LB. \$3.39

SAVE 30¢

W-D BRAND 100% PURE (10-LB. HANDI PAK) GROUND BEEF

LB. **\$1.29**

SAVE 40¢ - PINKY PIG FRESH AND SMOKED ECONOMY Pork Chops . . . LB. \$1.59

SAVE 10¢

USDA GRADE 'A' MIXED FRYER PARTS

LB. **69¢**

SAVE 20¢ - PINKY PIG FRESH PORK LOIN SPLIT FOR COUNTRY STYLE Spareribs LB. \$1.99

SAVE 30¢

HUNT'S KETCHUP

32-oz. BTL. **99¢**

SAVE 10¢ ON 2 - DIXIE DRIVING WIENER OR HAMBURGER Buns 2 PKGS. 89¢

SAVE 25¢ ON 3

GERBER'S REGULAR OR STRAINED BABY FOOD

5 4 1/2-oz. JARS **\$1.00**

SAVE 40¢ - MOUNTAIN ROSE, RHINE, CHABLIS, BURGUNDY OR PINK CHABLIS ALMADEN Wines 1.5-LTR. \$4.99

SAVE 30¢

REGULAR OR LIGHT PABST BEER

6 PACK 12-oz. CANS **\$1.79**

ALL VARIETIES CHEK (BY THE CASE \$3.98) Drinks . . . 12 12-oz. \$1.99

SAVE 40¢

LIPTON 100 TEA BAGS

LIPTON TEA BAGS

100-CT. PKG. **\$1.89**

DEEP SOUTH SMOOTH OR CRUNCHY PEANUT Butter 28-oz. \$1.79

SAVE 20¢

BLUE BAY PINK SALMON

15 1/2-oz. CAN **\$1.69**

PRICE BREAKER MIXED CUT Beans 4 16-oz. CANS \$1.00

SAVE 30¢

HARVEST FRESH U.S. No. 1 WHITE POTATOES

5-LB. BAG **69¢**

HARVEST FRESH GREEN Cabbage LB. 19¢

SAVE 20¢

SUPERBRAND ASSORTED FLAVORS ICE CREAM or SHERBET

HALF GAL. **\$1.19**

ARMOUR SIRLOIN TIP, BEEF BURGUNDY OR STEAK TERRIYAKI Dinners 11-oz. PKG. \$2.89

SAVE 60¢

DANO'S PIZZA

21 3/4-oz. COMBINATION, 19 1/2-oz. HAMBURGER, 20-oz. SAUSAGE OR 19-oz. PEPPERONI

EACH **\$1.99**

SAVE 10¢ - MINUTE MAID ORANGE Juice 12-oz. CAN \$1.09

SAVE 47¢ ON 3

SUPERBRAND ASSORTED FLAVORS ALL NATURAL YOGURT

3 8-oz. CUPS **\$1.00**

SAVE 20¢ - PALMETTO FARM'S PIMENTO Cheese 16-oz. CUP \$1.29

Salad Meal Has Lots Of Crunch

What do you cook when it's really hot? Nothing. Just open a can of convenient pork and beans in tomato sauce, and toss with chilled and crispy romaine and fresh spinach, and you've got a refreshing main dish salad that's just made for sultry days. This meal-in-a-salad has lots of crunch, and eye and taste appeal that should win fans.

CEASAR BEAN SALAD

1 cup packaged croutons

2 medium cloves garlic, minced

1/4 cup olive oil

3 tablespoons lemon juice

3 cups cleaned fresh spinach, torn in bite-size pieces

3 cups romaine, torn in bite-size pieces

1 can (16 ounces) pork and beans in tomato sauce, chilled

1 egg, coddled (1 to 2 minutes)

1/4 cup grated Parmesan cheese

1 tablespoon chopped anchovy fillets

Generous dash pepper

For dressing, combine 2 cloves garlic, olive oil and lemon juice; mix well. Toss dressing with croutons and remaining ingredients. Makes about 8 cups.

Variation: add 2 hard-cooked eggs, chopped, and 1 cup shredded Cheddar cheese.

Tuna Diet Game

Getting set for another round of the dieting game? Trying to shed a couple of inches around the waist? A few pounds? Again? You've been trying for six months, you say?

No matter what else you read or hear, the message from most medical authorities is loud and clear: To lose weight effectively, you simply have to cut down on calories.

In addition to the food cut-down, calories (which are fuel for the body, after all), can be further whittled by burning them up via exercise. Even household chores can be considered part of the exercising, provided they're more vigorous than ordering provisions over the phone.

NONSTRENUOUS (burns up about 100-150 calories per hour): Cooking, washing pots and pans, typing, practicing music, strolling and window-shopping.

MODERATE (burns up about 150-250 calories per hour): Sweeping floors, washing windows, taking children to the amusement park, super-marketing, active, running-around office work.

ENERGETIC (burns up about 250-350 calories per hour): Scrubbing walls, re-making beds, gardening, purposeful walking (quick gait), golfing, bowling.

STRENUOUS (burns up 350 calories per hour and more): Running up and down stairs (or elsewhere), callisthenics, tennis, dancing, swimming, skiing, bicycling.

At the very outset — whatever diet plan you choose to follow — let these words be your guide. Whether a food is animal, vegetable or mineral, protein, carbohydrate or fat, A CALORIE IS A CALORIE. IS A CALORIE!

At this time of year, when salads are in full swing, try your hand at rustling up either of these delightfully easy, delectably diet-oriented specialties with tuna.

"FINGER FOOD" NICISE WITH TUNA STUFFED EGGS

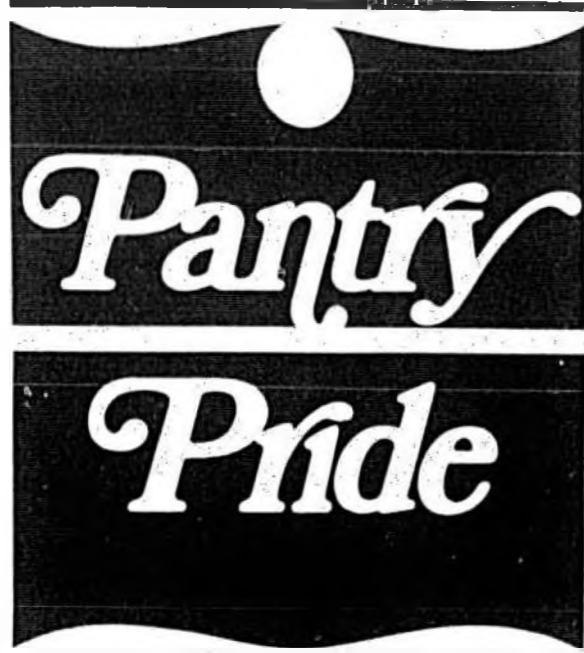
- 1-3 cup plain yogurt
- 1-3 cup diet Italian dressing
- 2 tablespoons lemon juice
- 2 teaspoons prepared mustard
- 1/4 teaspoon hot pepper sauce
- 4 hard-cooked eggs
- 1 can (6 1/2 or 7 ounces) tuna packed in water, drained and flaked
- 8 pimiento strips
- 1/2 pound green beans, cooked, drained
- 1/2 pound new potatoes, cubed, sliced
- 2 cups cherry tomatoes
- 1 medium cucumber, sliced
- 1/4 cup black olives

In small bowl mix together yogurt, Italian dressing, lemon juice, mustard and hot pepper sauce. Cut eggs in half lengthwise. Remove yolks and place in medium bowl. Add tuna and yogurt mixture; mix well. Spoon filling into halved eggs; top with pimiento strips. On large serving platter arrange eggs, green beans, potatoes, tomatoes, cucumber and olives. Serve with remaining dressing. YIELD: 4 servings.

SUNSHINE TUNA SALAD

- 1 seedless orange, sectioned
- 1/2 small red onion, cut in slices
- 1/2 small green pepper, cut in circles
- 1 can (6 1/2 or 7 ounces) tuna packed in water, drained
- 2 tablespoons clear, diet Italian dressing
- 1 teaspoon chutney, chopped
- Romaine or escarole, torn into bite-size pieces

Place grapefruit and orange sections into a bowl; add onion, green pepper and tuna. Mix salad dressing with chutney. Toss with salad ingredients. Cover bowl and refrigerate at least 1 hour. Serve tuna salad on a bed of greens. YIELD: 2 servings.



PRICES EFFECTIVE WED., AUG. 4 THRU TUES., AUG. 10, 1982.

PANTRY PRIDE MAYONNAISE
32oz JAR
EVERYDAY LOW PRICE
89¢
SAVE 20¢

You Can't Buy Why Pay

ALL VARIETIES LARGE SWEET JUICY
CALIFORNIA PLUMS
BONUS BUY
79¢ LB
SAVE 20¢ PER LB

SWEET RED
CARDINAL GRAPES
BONUS BUY
79¢ LB
SAVE 20¢ PER LB

LARGE STALK
CALIFORNIA CELERY
BONUS BUY
39¢ STALK
SAVE 30¢

LARGE RED RIPE
FRESH TOMATOES
BONUS BUY
49¢ LB
SAVE 20¢ PER LB

U.S. NO. 1 WHITE POTATOES
BONUS BUY
\$1.10 LB BAG
SAVE 40¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

STERLING- 40 LB
Solar Salt \$1.99 20

6 9oz FRIED- 6oz WITH BEEF OR CHICKEN
7 9oz SPANISH OR PILAF
Rice-A-Roni . . . 59¢ 6

PANTRY PRIDE- 4oz
Black Pepper . . 79¢ 30

PANTRY PRIDE- 5.75oz
Bucket Olives . . 79¢ 20

16oz CAPELLINI THIN SPAGHETTI, ZITI
OR REGULAR SPAGHETTI
Ronzoni 79¢ 10

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

32oz PLUS DEPOSIT- SPRITE, TAB
MR. HEBB OR
Coca Cola 3/\$1 10

PANTRY PRIDE- 32oz MEATLESS
OR MARINARA
Spaghetti Sauce \$1.29 10

FYNE TASTE- 3 LB
STRAWBERRY
Preserves \$2.19 40

PANTRY PRIDE- 6oz REGULAR
TWIN PKG
Potato Chips . . . 79¢ 20

ONE POUND CAN
CHECK FULL
OF NUTS
Coffee \$2.33 4

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

HANOVER- 14oz
Pork & Beans . . 3/\$1 5

PANTRY PRIDE- 16oz
Sweet Peas . . . 38¢ 10

LUCKY LEAF- 48oz
REGULAR OR NATURAL
Apple Sauce . . . \$1.19 10

3 DIAMOND- 20oz CHUNK, CRUSHED
OR SUICED
Pineapple IN JUICE . 59¢ 10

PANTRY PRIDE- 28oz
Apple Butter . . 99¢ 10

COMPARE PRODUCE EVERYDAY LOW PRICE SAVE

NEW CROP GEORGIA RED
Potatoes (SWEET) 3 LBS \$1 18

LARGE FLORIDA
Avocados . 2/89¢ 20

FRESH SWEET
Yellow Corn . 5/79¢ 20

GREEN
Peanuts (BOILING) 2 LBS \$1 18

FRESH
Green Cabbage LB 19¢ 6

BANWA
RAMEN PRIDE NOODLES
PORK, SHRIMP, CHICKEN,
BEEF OR MUSHROOM
EVERYDAY LOW PRICE
5/\$1
3oz PKG.
SAVE 5¢

PUNCH DETERGENT
EVERYDAY LOW PRICE
\$2.19
72oz BOX
SAVE 3¢

LIBBY
VEGETABLES
16oz PEAS, CREAM STYLE OR WHOLE
KERNEL CORN, 18 9oz CUT
OR FRENCH GREEN BEANS
YOUR CHOICE
EVERYDAY LOW PRICE
2/89¢
SAVE 13¢

OLD MILWAUKEE BEER
REGULAR OR LIGHT
BONUS BUY
\$1.69
8 PACK
12oz CANS

GENERIC NATIONAL BRAND PRICE 99¢
BAR-B-QUE SAUCE 59¢
18oz

GENERIC NATIONAL BRAND PRICE \$1.54
DRESSING 89¢
FRENCH ITALIAN OR 1000 ISLAND
16oz BTL

SAVE 30¢
85 SQ. FT.
GALA TOWELS 69¢
PRINT OR ASSTD.

SAVE 10¢
16oz
FAYGO DIET DRINKS 3/89¢
ASSORTED

SAVE 26¢
2 QT.
FUNNY FACE PUNCH 39¢
LEMONADE OR CHERRY DRINK MIX

SWIFT SAVE 5¢
5oz CAN
CHICKEN VIENNAS 3/\$1

SAVE \$1.30
3 LITER
FRANZIA RHINEFLUER WINE \$4.99
CHARLES PINK CHARLES

SAVE \$1.00
750 ML
LEONARD KRUESCH LIEBFRÄUMLICH WINE \$1.99

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

GENERIC- 32oz MEAT OR MEATLESS
Mushroom Sauce 97¢ 13

GENERIC- 300's
Cosmetic Puffs 2/\$1 13

GENERIC- 40oz
Dry Bleach . . . 85¢ 13

GENERIC- 4oz
Black Pepper . . 69¢ 13

COMPARE BACK TO SCHOOL EVERYDAY LOW PRICE SAVE

200 COUNT
Filler Paper . . . 69¢ 20

120 COUNT
Theme Book . . 79¢ 13

70 COUNT
Theme Book . . 2/\$1 59

24 COUNT
Crayola Crayons 89¢ 30

COMPARE BACK TO SCHOOL EVERYDAY LOW PRICE SAVE

5" x 450' OR 75" x 300'
Scotch Tape . . 2/\$1 19

THERMOS SCHOOL
Lunch Kits . . . \$4.99 13

4oz
Elmers Glue All . 59¢ 30

14 COUNT
Pencil 79¢ 40

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

PANTRY PRIDE- ONE GALLON
White Vinegar . . \$1.79 35

BUITONI- 14oz
Macaroni & Beef 2/\$1 18

16oz
Carpet Scent . . 99¢ 20

3 LB BAG
Monogram Rice 89¢ 10

10¢ OFF J.R. 411 661
GOLD MEDAL FLOUR
PLAIN OR SELF RISING
5 LB BAG
WITH THIS COUPON GOOD THRU WED., AUG. 11, 1982.

20¢ OFF J.R. 412 662
STARKIST CHUNK LIGHT TUNA
WATER OR OIL
6.5oz CAN
WITH THIS COUPON GOOD THRU WED., AUG. 11, 1982.

10¢ OFF J.R. 424 674
FOLGER'S FLAKED COFFEE
28oz CAN
WITH THIS COUPON GOOD THRU WED., AUG. 11, 1982.

30¢ OFF J.R. 413 663
BREYERS ICE CREAM
HALF GALLON
WITH THIS COUPON GOOD THRU WED., AUG. 11, 1982.

Blueberries In Peak Of Season

The blueberry season is upon us. It is beginning to roll, starting with berries from North Carolina, then from New Jersey and the Midwest, with the crop peaking on the West Coast in late August.

BLUEBERRY CRUNCH

- 1 1/2 cups graham cracker crumbs
- 1/3rd cup butter or margarine, softened
- 1/4 cup sugar
- 4 cups fresh blueberries, washed and drained
- 3 tablespoons cornstarch

- 1/2 cup water or fruit juice
 - 2-3rd cup sugar
 - 1 teaspoon nutmeg
 - 1/2 teaspoon cinnamon
 - 1/2 tablespoons butter
 - 4 egg whites, room temperature
 - 1/2 teaspoon cream of tartar
 - 1/4 cup sugar
 - 1/2 teaspoon vanilla extract
- Blend cracker crumbs, butter and sugar. Press firmly against bottom and up sides of well-greased 9-by-9-by-2 inch

square pan. Bake in a 325-degree oven for 5 minutes. Cool.
 Mix corn starch with water or fruit juice. Toss blueberries with sugar and spices. Gently fold into corn starch mixture. Let stand for 15 minutes before putting it into crumb crust. Whip egg whites until frothy. Add cream of tartar. Whip until egg whites are stiff but not dry. Beat in sugar, 1 teaspoon at a time. Do not overbeat. Beat in vanilla. Pour blueberry mixture evenly over crumb crust. Dot with small pieces of butter. Cover with topping. Bake in a 325-degree oven for 40 minutes.

Better, So More?



Pantry Pride

Stew At Its Best

Chicken cooked with garden fresh summer vegetables has long been a basic, wholesome dish on America's dinner tables.

One combination, known as Brunswick Stew, is said to have been a great favorite of Thomas Jefferson. Throughout this country's early history, Brunswick Stew was served at so many fundraising gatherings that it is called "church-builder chicken" in many areas.

Because Brunswick Stew is usually made in quantity, it is ideally suited for picnics and supper for large groups. Many people also cook it when fresh vegetables are plentiful and freeze it in small containers in family-size portions.

There is some dispute about the origin of the dish. Virginians claim to have originated Brunswick Stew and say it was named after Caroline of Brunswick, wife of King George IV. Georgians will tell you it originated in that state and was named after the town of Brunswick, Ga.

That it has long been a part of American cuisine is evidenced by these instructions of the early Williamsburg Cookbook.

Cut up a three pound chicken or two squirrels and put in a large pan with three quarts of water, one large sliced onion, one half pound of lean ham cut in small pieces and simmer gently for two hours. Add three pints of tomatoes, one pint of lima beans, four large Irish potatoes, diced, one pint grated corn, one tablespoon salt, one-fourth teaspoon pepper, a small pod of red pepper. Cover and simmer gently for one more hour stirring frequently to prevent scorching. Add three ounces butter and serve hot.

The Williamsburg Cookbook, a popular collection of traditional and contemporary recipes adapted from the taverns and inns of Colonial Williamsburg, pictures on its cover a copper pot of "Chowning's Tavern Brunswick Stew." Acknowledging that "every place named Brunswick from Canada to the Carolinas has tried to claim this stew as its own," the authors conclude that, "All in all, Brunswick County, Virginia, has the best claim to being the birthplace of this popular dish that in its heyday was served at all of Virginia's tobacco-curing and public gatherings."

BRUNSWICK STEW

(Adapted from The Williamsburg Cookbook)

- 2 broiler-fryer chickens, cut in parts
 - 2 quarts water
 - 2 large onions, sliced
 - 2 cups okra, sliced
 - 1 cups fresh tomatoes, chopped
 - 2 cups lima beans
 - 3 medium potatoes, diced
 - 4 cups fresh corn, cut from cob
 - 2 teaspoons salt
 - 1 teaspoon ground black pepper
 - 1 tablespoon sugar, optional
- In large saucepan, place chicken. Add water; cover and simmer for at least 1 hour or until meat can easily be removed from bones. Remove chicken and set aside until cool enough to handle. To broth remaining in saucepan, add vegetables and simmer, uncovered, until beans and potatoes are tender (about 30 minutes), stirring occasionally to prevent scorching. Remove chicken from bones; discard skin and bones and cut chicken into bite-size pieces. Add salt, pepper, sugar and chicken to contents of saucepan, stirring to mix well; simmer gently about 15 minutes more. Makes 8-10 servings.

CENTER CUT SIRLOIN STEAK

\$2.79 LB

SAVE 60¢ PER LB

BONUS BUY

USDA GRADED CHOICE BEEF

LOTS OF CHICKEN

U.S.D.A. GRADE A - MIXED FRYER PARTS

59¢ LB

OVER 5 LB PKG.

SAVE 20¢ PER LB

BONUS BUY

FREEZER QUEEN

FROZEN DINNERS ALL VARIETIES

\$1.39 2 LB PKG.

SAVE 40¢

MARKET STYLE SLICED BACON

\$1.49 LB

OVER 3 LB PKG.

SAVE 40¢ PER LB

BONUS BUY

KNEIPS CORNED BEEF

OVEN ROAST BRISKET OR ROUND

\$1.69 LB

SAVE 80¢ PER LB

BONUS BUY

PORTERHOUSE or T-BONE STEAKS

\$2.99 LB

SAVE \$1.00 PER LB

BONUS BUY

USDA GRADED CHOICE BEEF

COMPARE DELI CHECK THESE PRICES SAVE

1/2oz PKG. SLICED LUNCHEON MEAT (EXCLUDING SALAMI, SPICED LUNCHEON MEAT, PICKLED HERRING)

Lykes POWER PAK . . . 59¢ 30

PANTRY PRIDE - 24oz PKG MEAT OR BEEF

Grill Franks . . . \$2.39 60

SUNNYLAND - LB ROLL WHOLE HOG HOT OR MILD

Roll Sausage . . . \$1.69 30

LYKES - 12oz PKG AMERICAN QUALITY COOKED

Sliced Ham . . . \$2.49 50

GWALTNEYS - LB PKG CHICKEN OR TURKEY

Great Dogs . . . 99¢ 20

COMPARE MEAT CHECK THESE PRICES SAVE PER LB

OVER 3 LB PKG. - IN THE FREEZER CASE BLADE & SIRLOIN CUT ECONOMY

Pork Chops . . . \$1.39 60

OVER 3 LB PKG. COOKED IMPROVED BEEF (BONE, VEAL OR CHUCK WAGON)

On-Cor Patties . . . \$1.59 40

2 LB PKGS. - TURKEY PAN ALL DARK

Jennie O' Roasts . . . \$1.99 60

OVER 3 LBS. - WHOLE BEEF LIVER 39 LB SUCE YOUR OWN OR SUCE

Beef Liver . . . 49¢ 50

OVER 3 LB PKG. - MEATY FLANKEN STYLE EXCELLENT FOR COOKOUT

Beef Short Ribs . . . \$1.79 30

Kneips Economy Meat Sale

KNEIPS - 16-4oz BURGERS PER 4 LB BOX QUARTER POUND

All Beef Burgers . . . \$7.99 BOX

KNEIPS - 16-4oz STEAKS PER 4 LB BOX CUBED BEEF

Minute Steaks . . . \$8.99 BOX

KNEIPS - 8-8oz STEAKS PER 4 LB BOX BONE IN NEW YORK

Strip Steaks . . . \$10.99 BOX

KNEIPS - 8-8oz STEAKS PER 4 LB BOX BONELESS NEW YORK STRIP OR

T-Bone Steaks . . . \$13.99 BOX

KNEIPS - 16-4oz STEAKS PER 4 LB BOX BONELESS BEEF

Rib Eye Steaks . . . \$14.99 BOX

COMPARE DAIRY CHECK THESE PRICES SAVE

OLD SOUTH - HALF GALLON CTN CHILLED IN THE DAIRY CASE

Orange Juice . . . \$1.19 40

SEALTEST - 12oz CUP

Cottage Cheese . . . 79¢ 10

AXELRODS - 16oz CUP

Sour Cream . . . 89¢ 10

MRS. FILBERTS - LB PKG GOLDEN

Qtrs. Margarine . . . 49¢ 20

PANTRY PRIDE - 12oz PKG SUCE

American Singles . . . \$1.49 20

VLASIC KOSHER DILLS

\$1.29 46oz JAR

SAVE 50¢

PANTRY PRIDE POWDER DRINK MIXES

GRAPE, LEMONADE, ORANGE OR TROPICAL PUNCH

\$1.19 24oz

SAVE 6¢

PANTRY PRIDE SODAS

79¢ TWO LITER

SAVE 10¢

COUNTRY PRIDE SOUTHERN FRIED CHICKEN

4 BREAD - 4 THIGHS - 4 WINGS - 4 LEGS IN THE DELI-BAKERY STORES ONLY

\$5.89 16 PIECE SATCHEL

SAVE \$2.00

GIORGIA MUSHROOMS

STEMS & PIECES

2/\$1 4oz

SAVE 18¢

PANTRY PRIDE KING SIZE BREAD

20oz LOAVES

3/\$1.25

SAVE 30¢

AURORA TOILET TISSUE

\$1.19 4 ROLL

SAVE 20¢

JENOS PIZZA COMBINATION

12oz FROZEN

99¢

SAVE 30¢

CHAMP DOG RATION

\$3.59 25 LB

SAVE 28¢

SEA & SKI

LOTION LOTION NO. 4 OR 5 BABY OIL

\$1.99 4oz

SAVE 50¢

FREE ICED TEA WITH PURCHASE OF COUNTRY PRIDE FRIED CHICKEN DINNER

WITH 2 VEG. & 1 ROLL

\$1.69

SAVE 30¢ IN THE DELI (BAKERY STORES ONLY)

EVERYONES FAVORITE BAKED FRESH COCONUT DELIGHT LAYER CAKE

2 LAYER - 8 INCH

\$2.99

SAVE \$1.00 IN THE DELI (BAKERY STORES ONLY)

COMPARE BAKERY EVERYDAY LOW PRICE SAVE

PANTRY PRIDE - 8 PAK. HOT DOG OR

Rolls (HAMBURGER) . . . 3/\$1.29 18

COUNTRY SQUIRE - 12oz Bread (BAR-B-QUE)

2/89¢ 10

PANTRY PRIDE - 12 PAK PARTY FLAKE OR

Rolls CLOVERLEAF . . . 2/98¢ 20

PANTRY PRIDE - 6 PAK PECAN

Twirls (CINNAMON) . . . 2/\$1 20

COMPARE FROZEN EVERYDAY LOW PRICE SAVE

PANTRY PRIDE - 20oz FROZEN

Potatoes (SHOESTRING) . . . 69¢ 20

5oz FROZEN BEEF IN BAGS (BEEF, SAUSAGE, STEAK, SLICED TURKEY, CHICK & LA KING, CHARGR BONE, VEAL PANINI, OR CREAM CHIP BEEF)

Freezer Queen . . . 3/\$1 47

NATURAL SUN - 12oz FROZEN LOW PULP OR HIGH PULP

Orange Juice . . . 99¢ 20

PANTRY PRIDE - 5oz FROZEN

Waffles . . . 4/\$1 58

COMPARE HEALTH & MAINT. AIDS EVERYDAY LOW PRICE SAVE

MASCARA - WITH FREE REFILL

Great Lash . . . \$1.99 38

32oz - MOUTHWASH

Listerine . . . \$2.49 60

130 - VITAMINS

Therogram-M . . . \$6.49 11

3 PAK - DISPOSABLE RAZOR

Good News . . . 79¢ 10

COMPARE PREPARED FOODS EVERYDAY LOW PRICE SAVE

HALF LB. LEAN

Boiled Ham . . . \$1.49 30

HALF LB. SOUD BREAD

Smoked Turkey . . . \$2.19 30

FRESH BAKED

Kaiser Rolls . . . 8/99¢ 12

A MEAL IN ITSELF

Pepperoni Bread . . . \$1.49 20

PANTRY PRIDE WAFFLE SYRUP

\$1.09 24oz

SAVE 20¢

PANTRY PRIDE QUICK OATS

85¢ 18oz

SAVE 10¢

PANTRY PRIDE TALL KITCHEN BAGS

99¢ 15 CT.

SAVE 6¢

CONTADINA TOMATO SAUCE

3/\$1 6oz

SAVE 17¢



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EK & MEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



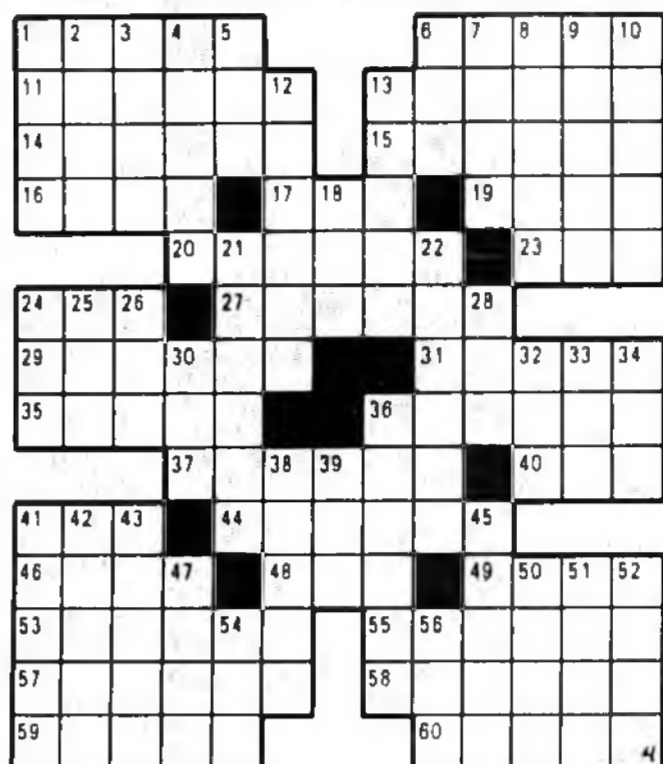
ACROSS

- 1 Clean a floor
6 Brushed
11 Impede
13 Barrier
14 Complete
15 Demeaned
16 During (2 wds)
17 GO partner
19 Hang
20 Yells
23 Minstrel's song
24 Garden for animals
27 Teeter-totter
29 Star in Aquila
31 Balled-up hands
35 Thin out
36 Trojan hero
37 Stogies
40 Small child
41 Buddhism type
44 Soundness of mind
46 Leave out
48 Wireless signal
49 Hawaiian island
53 Wealth
55 Extracts
57 Smudgy
58 Vex
59 Nest
60 Cowboy gear

DOWN

- 1 African tree
2 Is successful
3 Inside (pref)
4 Satisfy
5 The "P" in "MPH"
6 U-boat (abbr)
7 Enclose in paper
8 Auto failure
9 States of fullness
10 Theodore's nickname
12 McGuffey opus
13 Buildings charge
18 Attorney's charge
21 Egyptian deity
22 Most secure
24 Destroy (sl)
25 Spanish cheer
26 Baseball player Mel
28 Attain success
30 Nuclear agency (abbr)
32 Fixed
33 Chinese philosophy
34 Fast aircraft (abbr)
36 Out of bed
38 Vaporous
39 Year (Sp)

Answer to Previous Puzzle



HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, August 5, 1982

YOUR BIRTHDAY

August 5, 1982

Important new associations will be made this coming year with persons from various backgrounds and different walks of life.

LEO (July 23-Aug. 22) In joint ventures today let your partner or associate play the more prominent role.

VIRGO (Aug. 23-Sept. 22) A bit more may be expected of you where your work is concerned today, but don't let this disturb you.

LIBRA (Sept. 23-Oct. 23) You may have to contend with some social complications today, but you can handle them with ease if you don't get uptight.

SCORPIO (Oct. 24-Nov. 22) Be realistic regarding the rules and standards you set for those in your charge today.

SAGITTARIUS (Nov. 23-Dec. 21) Not everything your friends do will please you today. On the other hand, not all that YOU do will please them.

overlook the other's shortcomings.

CAPRICORN (Dec. 22-Jan. 19) It's more of a seller's market than you may realize today, if you're offering something for sale.

AQUARIUS (Jan. 20-Feb. 19) Should you have to seek advice about any important matter today, try to go to several sources.

PISCES (Feb. 20-March 20) You may find yourself in a position today where you are forced to alter your plans, but this could be good rather than bad.

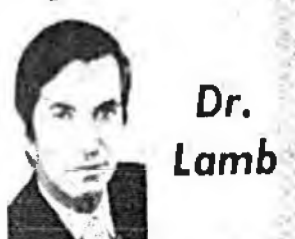
ARIES (March 21-April 19) Involvements today with friends whose ideals and standards are on a par with yours should work out happily for all concerned.

TAURUS (April 20-May 20) Your possibilities for achieving your objectives are better than average today, but it's not likely that you will score unaided.

GEMINI (May 21-June 20) Something may come up today to enable you to put your organizational skills to good use.

CANCER (June 21-July 21) Investigate thoroughly any proposals brought to you today which could open up a second source of income.

Diarrhea Is Malady Often Unexplained



DEAR DR. LAMB — For about eight months I have unpredictable and irregular attacks of diarrhea almost on a daily basis.

I proposed the same treatment to my own doctor who adamantly refused and only prescribed treatment when I absolved him from whatever happened.

I am sending you The Health Letter number 13-8, What You Need to Know About Diarrhea. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me.

DEAR DR. LAMB — My son, now 17 years old, has had swelling around the nipple on one side of his chest for about three years.

DEAR READER — The best medicine in most such cases is "incture of time." Nodules and breast enlargement occur in 60 to 70 percent of normal boys during puberty.

There are a number of bacteria that can cause diarrhea which are hard to identify. One is almost identical to the normal E. coli bacteria we all have in our colon.

WEST (J 10, Q 9 8 6, A 10, K A 10 7 6 3)

EAST (9 5, A J 5 3, K 6, K 9 8 5 4)

SOUTH (Q 8 7 6 2, 7 2, J 8 7 4 3)

Vulnerable Both Dealer: West

West North East South J Pass Dbl Pass Pass Pass

Opening lead: ♠6

By Oswald Jacoby and Alan Sontag

Here is another "Bridge World" hand, courtesy of Marshall Miles and last fall's Nationals where it was played.

West's club opening is justified by his three 10s and a

reported negative, the doctor has a problem on his hands.

Antibiotics sometimes alter the normal bacterial population in the colon in such a way as to decrease symptoms, too.

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GARFIELD



ANNIE



by Jim Davis



by Leonard Starr





BONELESS ROUND

FULL CUT ROUND STEAK

\$1.89

LB.

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PEPSI'S 8 PACK

16 OZ. BOTTLES

69¢

REGULAR
DIET
LIGHT
MT. DEW

PLUS DEPOSIT

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASE

NABISCO BAG SNACKS 4 1/2 OZ. **79¢**
 HILLSHIRE SMOKED OR POLSKA SAUSAGE LB. **\$2.29**



LOW FAT MILK

\$1.69

BORDEN'S 1 GALLON

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASE

BORDEN'S ALL NATURAL ICE CREAM 1/2 GAL. **\$1.99**
 KEEBLER'S DELUXE CHOCOLATE CHIP COOKIES 12 OZ. **\$1.29**

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MACARONI & CHEESE
HYDE PARK
3 89¢
7 1/2 OZ. PKGS.

FRYER PARTS
ECONOPACK MIXED
49¢
3 EACH. FOREQUARTERS, HINDQUARTERS, WING, GIBLETS

RED GRAPES
CARDINAL
69¢
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|---|---|--|---|
| SOFT'n'PRETTY BATHROOM TISSUE 4 ROLL PACK \$1.09 | ORANGE JUICE HYDE PARK FLORIDA 44 OZ. CTN. 99¢ | POTATO SALAD KITCHEN FRESH LB. 79¢ | LETTUCE CALIFORNIA ICEBERG 2 HDS. 89¢ |
| DRY DOG FOOD 8 LB. BAG COME 'N' GET IT \$3.79 HEFTY FLAT 9 INCH 50 COUNT FOAM PLATES .. \$1.89 HYDE PARK EXTRA ABSORBENT DAYTIME DIAPERS 48'S \$5.99 | T.G. LEE ONE GALLON FRUIT DRINKS 79¢ HYDE PARK CRINKLE CUT FRENCH FRIES . . . 2 LB. BAG 89¢ BANQUET BEEF-CHICKEN-TURKEY MEAT DINNERS 11 OZ. 69¢ | LA TROPICANA BOILED HAM . . LB. \$2.59 FRESH BAKED APPLE-SPICE CAKE DONUTS. . 6 FOR 99¢ FRESH BAKED POTATO ROLLS 6 FOR 69¢ | WESTERN BARTLETT PEARS LB. 79¢ CALIFORNIA NECTARINES LB. 69¢ CALIFORNIA RED PLUMS LB. 79¢ |

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2 coupons with \$6.00 additional purchase

3 coupons with \$9.00 additional purchase (excluding tobacco)

| | | | | | |
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|---|--|---|---|---|--|

