



ACROSS 1 Inland sea 2 Mongolian monk 3 Mental component (pl) 4 Newspaper notice (abbr) 5 Japanese fish (pl) 6 Recent (pref.) 7 Short race 8 Salted 9 Tree 20 Snakes 21 Numbers (abbr) 22 Believer (suff.) 23 Firebug's crime 24 Madding 25 Temporary 26 Not up 27 Nurse duty 28 Author 29 Flaming 34 Mrs. Eddie Cantor 35 Inside of (Fr) 36 Dart 37 Lockjaw

Crossword puzzle grid with numbers 1-37. Includes a 'HOROSCOPE' section by Bernice Bedeool.

HOROSCOPE section by Bernice Bedeool. Includes 'YOUR BIRTHDAY' and 'TAURUS' horoscopes.

WIN AT BRIDGE section by Oswald and James Jacoby. Includes 'NORTH' and 'WEST' hands and a 'Ask the Jacobys' column.

SPIDER-MAN comic strip by Stan Lee and John Romita. Spider-Man is talking to a woman who is looking for him.

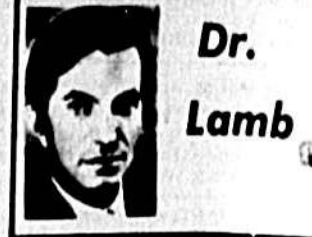
DOONESBURY comic strip by Garry Trudeau. Doonesbury is talking to a woman who is looking for him.

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Slow Pulse Rate Not Always Bad

DEAR DR. LAMB—I would appreciate it if you would send me a write-up on pulse rate. A friend of mine asked me if a slow pulse rate was always bad. I have a slow pulse rate—60 beats.



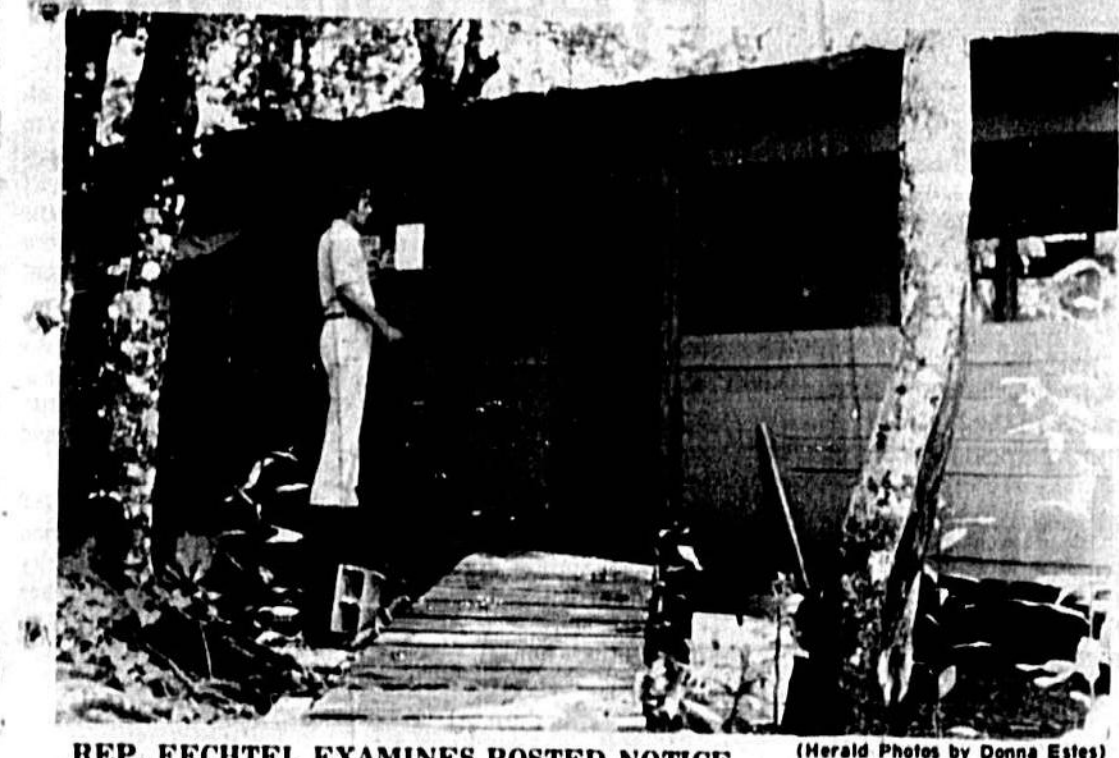
clinical significance. To give you more information on heart rates I am sending you The Health Letter number 9-8, Your Heart Rate: What It Means. Others who want this issue can send 50 cents with a letter, stamped, self-addressed envelope for it. Send your request in care of this newspaper, P.O. Box 326, San Antonio, TX.

DEAR DR. LAMB—Can one lose weight in the face by exercising and dieting? What is the nose made up of (the outside)? Is it fat or muscle?

DEAR DR. LAMB—As most people who have lost weight will tell you the first place it shows is in the face. The last place it shows is around the waist and the places most people would like to reduce.

The bridge of the nose is bone and the tip of the nose is cartilage. That is why the tip is soft. There are a few tiny muscles attached to the cartilage. They help when you want to give someone the dilated nostril or they can be used to pull in the opening of the tip. These muscles are very small.

The nose doesn't have any significant fat so weight loss in the face will not do much to your nose. The nose may become fat in a medical condition resulting in a large bulbous red vascular nose. In these instances the deformity that results is not due to surgery if it is to be corrected. If you are thinking you can affect the character of your nose with diet and weight loss, am afraid that won't work.



REP. FECHTEL EXAMINES POSTED NOTICE (Herald Photo by Donna Estes)

Sanford Mayor: Police Vote Will Be 'Done Right'

By DONNA ESTES Herald Staff Writer

An election will be held by Sanford police to unionize, Mayor Lee P. Moore predicted Tuesday night, but he added "not until every job is jotted and every title is utilized."

Moore said the necessary steps now appears to be the position of "denying police what we are giving to other employees."

Commissioner A.A. McClanahan urged that sufficient money be included in the contingency fund to cover police raises and compensation for court overtime in the event the funds are needed in the future. He said funds within the contingency account should not be earmarked.

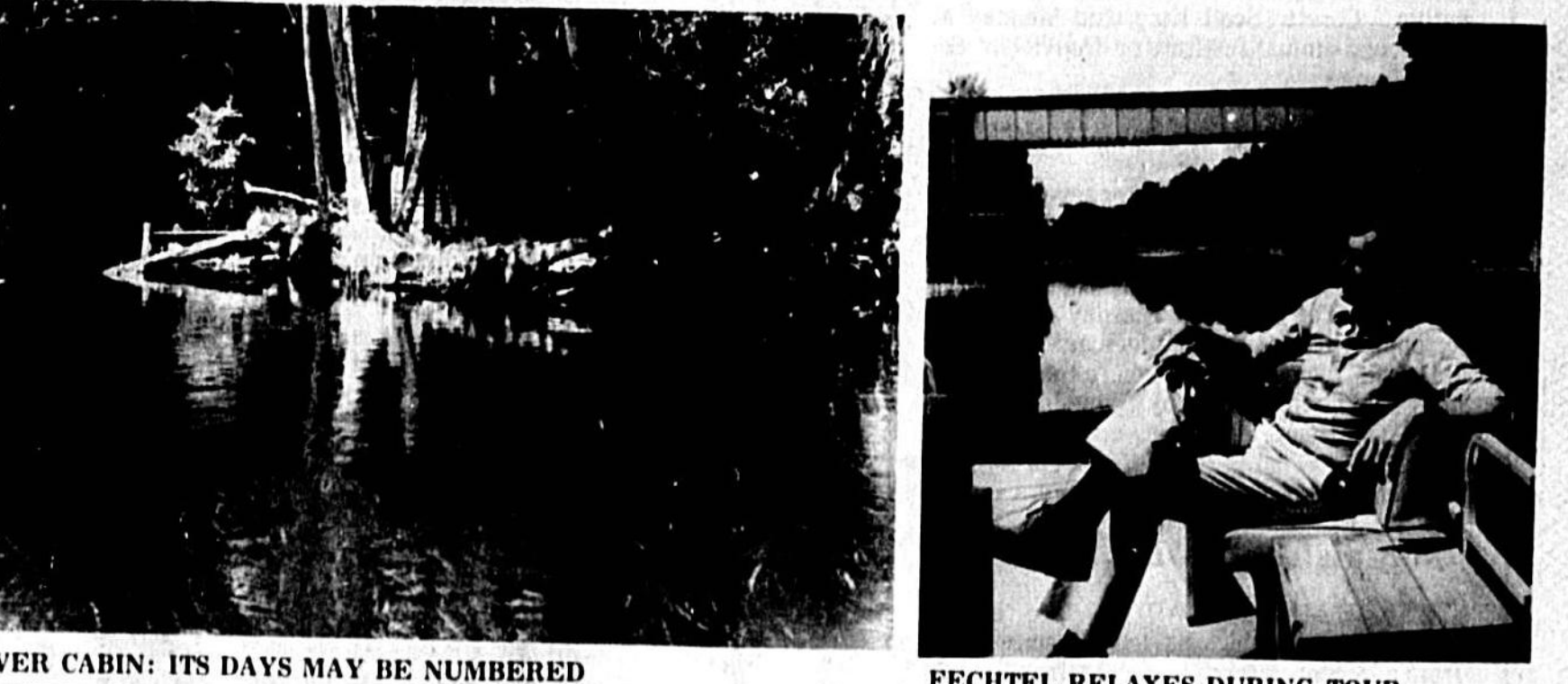


PHOTO FINISH

The Evening Herald made a clean sweep Tuesday night in the news media exhibitions at the Seminole Harness Raceway. OURSELVES Editor Jean Patteson and Sports Editor Jim Haynes qualified for next week's newspaper finals.

Wekiva Squatters Get Ultimatum

The days of the squatters cabins on the state-owned property along the Wekiva River are numbered. Ken Zaiser, of the state's Department of Natural Resources, (DNR), spent much of Tuesday completing the posting of notices on some eighty cabins, occupied by squatters on and off for many years.



RIVER CABIN: ITS DAYS MAY BE NUMBERED

Sanford Pulls Plug On 'White Way'

The "White Way" lighting around Lake Monroe from Mangoustine Avenue west to county territory is to be turned off as soon as possible.

And the Seminole County Commission doesn't appear interested in picking up the annual \$1,500-\$2,000 tab to light the three-mile stretch.

McClanahan during budget sessions a year ago tried to get support for turning off the lights, but after county commissioners refused to take over the maintenance and energy costs, the city commission decided to continue the service.

Noting that no residents live around most of the lighted area, McClanahan said, "We are only lighting it for the fish and for the county."

McClanahan said the vote on the matter was McClanahan and Commissioner John Morris in favor and Stenstrom and Commissioner Eddie Keith opposed. Mayor Lee P. Moore cast the deciding vote.

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Poor To Get Aid On Utility Bills

By JANE CASSELLBERRY Herald Staff Writer

Area low income families hurt by increased cost of electricity and heating fuels and an unusually cold winter may be eligible for assistance up to \$250 under a new federal program, according to Ms. Shelly Cox of Seminole County Action.

The agency, designated to implement the \$14,635 in Emergency Energy Crisis Intervention funds allotted

position in court. Seminole County is seeking applications in order to meet the Aug. 30 deadline for obligating the money, she said.

Federal Program Pays Up To \$250

Outreach workers in various areas include Ruthia Hester, Westside, 322-1596; Anniemae Jackson, Midway, 323-7130; Narva Alexander, Bookertown, 322-0865; Betty Phillips,

Altamonte, 834-5858; and Jane Rouse, Oviedo, 363-3125. Ruby Combs, Georgetown, 322-0060 is supervisor.

Ms. Cox, in charge of planning and policy for the program, emphasized that none of the funds were allotted for administrative costs but all will be used for the people.

Here are income eligibility guidelines: For a non-farm family of one with income up to \$3,713 (with justification such as paid fuel

Sets 3 1/2 % Payments For Utilities

Because the 1974 ordinance called the fee a tax, there was "some ambiguity and confusion as to whether the utilities had to pay," said Commission Chairman Dick Williams.

Mount told the commissioners there was no statutory authority for imposing a tax. "The Florida Constitution limits taxing powers to those granted by general law, but there appears to be no general law on this subject," he said.

think that's a sustainable cost on to the consumers. "We wanted to charge the utilities, not the customers," he said.

But the question of whether the utilities can pass the cost on to the consumer can only be decided by the state Public Service Commission, which was given regulatory jurisdiction over the utilities by the county commission in 1974. Mount said.

County Okays Franchise Fee Law

The three utilities account for 85 per cent of the customers (1,345) using private utilities in unincorporated Seminole, Ms. Hansen said. Commissioner Bob French

was disturbed to discover the utilities were passing the added cost on to the consumers. "We wanted to charge the utilities, not the customers," he said.

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NATION IN BRIEF

CIA Experimented For Years With Mind-Altering Drugs

WASHINGTON (AP) — Just released documents show that the CIA for nearly a quarter century took part in human experiments to learn more about the mind-altering effects of certain drugs. The documents, released under terms of the Freedom of Information Act, also indicate that CIA participation in the drug tests was much more extensive than the agency has previously admitted.

King Widow Scores Violence

ATLANTA (AP) — The widow of civil rights leader Martin Luther King Jr. says she believes Americans are turning away from violence as a way to achieve social change. People are "beginning to realize how detrimental violence can be and are turning more and more to nonviolence as an alternative," Coretta Scott King said Monday at the second annual Institute on Nonviolent Social Change.

Abortion Issue Unsettled

WASHINGTON (AP) — After several weeks of emotion-ridden debate, the House and Senate remain divided over the question of using taxpayers' money to pay for women's abortions. The House on Tuesday reaffirmed its opposition to use of Medicaid funds for abortions, except in cases where the mother's life would be threatened by giving birth to her child. The House action sets up another clash with the Senate, which supports less restrictive abortion legislation.

'Ghoulis' Exhibit Closed

WAUKEGAN, Ill. (AP) — The bottled corpses of 20 babies and fetuses confiscated from a 75-cent-a-ticket carnival attraction will be buried once authorities determine where they were obtained. The infants and fetuses, floating in glass jars bearing labels such as "Cyclops," "Elephant Nose Baby" and "Frog Girl," were confiscated last week, said Lake County Coroner Robert Babcock, who termed the exhibit "absolutely ghoulis."

Amy Practicing On Dulcimer

WASHINGTON (AP) — Amy Carter is practicing the dulcimer and will be taking violin lessons in the fall, Rosalynn Carter told members of two youth orchestras and nearly 2,000 youngsters at the White House. Mrs. Carter's press secretary Mary Hoyt said that the President's 9-year-old daughter will be learning the violin by the Suzuki method with local teacher, Ronda Cole. Amy herself wasn't available for comment since she's in Plains visiting her grandparents.

TV Wedding For Sonny?

LOS ANGELES (AP) — Sonny Bono, who turned talk of a divorce from Cher into part of their television comedy routine, has been invited to remarry before viewing audiences. NBC program officials have talked about a proposal made to them that Sonny's wedding in November to Suzie Coelho, 23, be televised as a special, an NBC spokesman said. No decision has been reached, however. Bono, 42, married Cher, 31, on Oct. 27, 1964, and they were divorced on June 27, 1975. Cher then married rock singer Gregg Allman.

Billy Salary Twice Jimmy's

NEW YORK (AP) — Billy Carter is expected to earn more than twice the amount his brother Jimmy will make as President of the United States this year. The August issue of Money magazine says Billy Carter will earn an estimated \$500,000 from personal appearances and endorsements in addition to his income from the family peanut business. The President's salary is a comparatively minuscule \$200,000 annually, although he is allowed expenses of up to \$150,000.

Richards Sues U.S. Open

NEW YORK (AP) — Dr. Renee Richards, who turned tennis pro after a sex-change operation, has started legal action to keep from being disqualified as a female participant in the coming U.S. Open Tennis Tournament. Richards, 34, is prevented from competing. The order also temporarily enjoins Miss Richards from being disqualified pending a hearing before Justice Alfred Ascione. The order is directed against the United States Tennis Association, the U.S. Open Tennis Championship Committee, and the Women's Tennis Association.



ON THE FLIPSIDE The driver of this 1968 International half-ton pickup truck escaped serious injury Tuesday when it overturned after two of its tires blew out. Florida Highway Patrol, investigating the accident at I-4, between S.R. 46 and Lake Mary Boulevard, said it has not yet been determined what caused the blowout.

Southern Bell President Indicted For Conspiracy

CHARLOTTE, N.C. (AP) — The man who blew the whistle on a political slush fund within Southern Bell Telephone Co. was indicted Tuesday, along with the company, its president and three other executives, on charges of conspiracy to embezzle and defraud the company. John J. Ryan, head of Southern Bell in North Carolina until he was fired in 1973, was named company President L.E. Rast of Atlanta, and the others in a 25-count indictment returned by a Mecklenburg County grand jury. The 50-page indictment said money was illegally diverted through falsified expense vouchers into a fund for political contributions. Also charged were Robert Joe Clontz, the telephone company's general personnel executive for South Carolina; Nathaniel Reeves Johnson, vice president for personnel at company headquarters in Atlanta; and James William Travis, vice president for operations in Atlanta. Ryan first revealed the existence of secret political funds at Southern Bell in 1975 when he told reporters he had managed the fund. Ryan, who still lives in Charlotte, declined comment Tuesday. Ryan was also charged separately in a 16-count indictment of embezzling more than \$17,000 in company money and putting some of it to private use. Rast, in a statement released minutes after the indictments were handed to a judge, said he was "surprised and incensed" by the charges, which he labeled "plain nonsense." Southern Bell had admitted that it maintained a political slush fund during the early 1970s, and Rast said the indictments were apparently the result of the company's internal investigation into its North Carolina operation. "When we discovered that some vouchers during the period 1974-75 had been prepared in direct conflict with company policy, we immediately took appropriate disciplinary action, including dismissal and ordered full restitution to be made by the employees involved," Rast said. The record speaks pointedly to our efforts to clear up irregularities instead of trying to injure or defraud the company," he said. The 25-count bill alleged that between October, 1971, and July, 1973, the indicted officials conspired to direct company officers to falsify expense vouchers in amounts ranging from \$554 to \$8,367. A spokesman for the N.C. Attorney General's office said convictions could result in jail sentences of up to 15 years on each count. The 16 separate indictments naming Ryan charged him with taking company money for items such as rugs, and television sets. A company spokesman said Rast and the other three executives would remain on the job. No trial date was set, and no warrants were issued pending a meeting between the local district attorney and Southern Bell to determine when the officials should turn themselves in. Southern Bell operates in Georgia, Florida, North Carolina and Southern Carolina. Newspaper accounts of Ryan's story in 1975 sparked an investigation by a federal grand jury, which said it did not find enough evidence to indict but turned its materials over to state and local authorities. Mecklenburg County District Attorney Peter Gilchrist declined Tuesday to elaborate on the indictments. The grand jury returned the charges after hearing from two investigators from the state attorney general's office in a three-hour session. A year ago, another local grand jury indicted 11 Southern Bell executives on charges of falsifying expense vouchers. None of the men indicted Tuesday were among the 11, but the indictments listed six of the 11 among employees allegedly directed to falsify vouchers. The charges against the 11 were dropped two months after they were issued, when the company took responsibility for the actions of the executives. Southern Bell said at that time that more than 80 of its North Carolina executives had been involved in the falsified voucher scheme, and that the men believed they were following company policy. The company also said its practice of political contributions had violated state law. The company said more than \$142,000 of corporate funds had been diverted into illegal political contributions. The recipients of the political contributions have never been named. Rast is the highest official in Southern Bell or its parent company, AT&T, ever indicted for actions carried out for the company. John DeButts, chairman of AT&T, said in a statement Tuesday that he sees no basis for the indictment.

Bond Reduced In Abuse Case

Danny Lee Crockett, 29, of 2443 Bay Ave., Sanford, had been arrested by sheriff's agents on a felony drug possession charge after he arrived at an apartment at Creekwood Village Apartments, Orienta Ave., Altamonte Springs, in the middle of the search warrant raid. A Maitland area man, Gregory Lynn Yoder, 26, was arrested Tuesday afternoon by sheriff's deputies on a circuit court warrant charging possession and delivery of controlled substance. Bond for Yoder was set at \$5,000. YOUTH ARRESTED Deputies arrested a 12-year-old Altamonte Springs boy early today for burglary after an intruder climbed to a second-story window to enter a woman's residence. Deputies said Grace Grant, 57, of 821 Marker St., Altamonte Springs, told them she grappled with the intruder but he fled by jumping out the open living room window of her apartment. Deputies said the juvenile was turned over to state officials. RING MISSING Patricia Miller, of 3711 Mirror Lake Drive, Forest City, reported to sheriff's deputies that a \$1,500 diamond ring was missing from her residence. Sanford police today are investigating the theft of 20 plants, valued at \$100, and a nine-horsepower outboard motor valued at \$500, from a greenhouse belonging to James E. McAlexander at 1600 S. Sanford Avenue.

Sanford Commission

(Continued From Page 1-A) Keith especially noted concern for a booking officer who has been with the city for 27 years. McClanahan noted that turning the booking function over to the county is one area where "consolidation" is workable. Morris said that the city might have been better off during the past several months if the county had been handling the booking of persons arrested. A grand jury investigation is underway on a complaint of police brutality of a man arrested within the past six weeks.

Wekiva Cabins

(Continued From Page 1-A) designated wild and scenic by the Florida Cabinet. Toward this end, Fectel released an interim working in his office, Steve Powell of Seminole County, to assist the DNR with surveys and logging biological life along the river and to document any cabins located on state owned land. Encouraged Seminole, Orange and Lake Counties to adopt identical resolutions setting building setbacks on privately-owned lands along the river. The Cabinet had said it would not give the Wekiva the designation unless and until the wooden and metal shacks are removed. During the next session of the Legislature, Fectel said he will be looking at the aquatic preserve act and how it has been implemented to determine if additional legislation is necessary. —DONNA ESTES

County Trimming Bureau Budgets

By MARK WEINBERG Herald Staff Writer The Seminole County Commissioners Tuesday continued to whittle away at the proposed \$31 million budget for the fiscal year beginning in October by examining the budgets of the public works department, county development extension department, agricultural extension service, Board of County Commissioners, Office of Management, Analysis and Evaluation (OMAE), Seminole County Industrial Development Authority (SCIDA), property appraiser and tax collector. The commissioners hope to make any countywide tax increase as small as possible and may entirely eliminate an increase. It's all a question of matching the dollars available to the level of services expected by county residents," Commission Chairman Dick Williams said. The proposed budget as submitted last month by County Administrator Roger Neilsen would require a general fund property tax increase of \$2.80 for each \$1,000

Suspect In Cop Shooting Free On Bail

An unemployed bartender accused of shooting a police officer during a vice squad operation was released from Seminole County Jail on \$5,000 bond on an attempted murder charge. Meanwhile, a spokesman at Florida Hospital, Orlando, said agent Terry N. Thuma, 29, remained in serious but stable condition today. Thuma was shot in the neck when he and officers from the Seminole Sheriff's Office entered a house at 519 Oak St., near Altamonte Springs, to execute a search warrant. John Adam Reece, 31, who listed the house as his residence, was arrested and charged with shooting the officer. Reece was released from jail late Monday following a hearing in which Circuit Court Judge Tom Waddell Jr. set the suspect's bail at \$5,000. Reece had been held since the incident without bond. Reece and another man in the house, Robert Lee Denmark, 33, were also charged with felony possession of drugs and narcotic paraphernalia. Denmark is free on \$1,000 bond. His preliminary hearing in county court, originally scheduled for Tuesday, has been continued until Aug. 9 at the request of State Atty. Douglas Cheshire's office.

CALENDAR

- WEDNESDAY, AUGUST 3 Free blood pressure clinic, 3-6 p.m., Winter Park Memorial Hospital Assn. Building, Aloma Avenue. Sanford Optometrist, 7:30 p.m. Holiday Inn. Preschool storytime for ages 3-6, Seminole County South Library, Seminole Plaza, Casselberry. Children must register in advance. Transcendental Meditation lecture, Florida Federal Savings and Loan, SR 436, Altamonte Springs, 7:30 p.m. Mid-Florida REACT Team 3340 business meeting, 7:30 p.m., Lake Mary Fire Hall. THURSDAY, AUGUST 4 Deltona Theatre Arts Guild, 7:30 p.m., Episcopal Parish House, Enterprise. Diet Workshop, 10 a.m. and 7 p.m., Montgomery Ward, Interstate Mall. Friendship Club, 10 a.m., Altamonte Civic Center. Sanford Alcoholics Anonymous, 8 p.m., 1201 W. First St. Lake Mary Rotary, 8 a.m., Mayfair Country Club, Casselberry. Lions, 6:30 p.m., Bonanza, SR 436, Altamonte Springs. South Seminole Optimist, 7:30 a.m., Hansada Inn SR 436. Sanford Civitan, 7:15 a.m., Buck's. OFS Seminole Chapter, 2, 8 p.m. Masonic Temple. Senior Citizens Dance, 2 p.m., Altamonte Springs Civic Center. Weight Watchers, 7 p.m., Quality Inn, Longwood and First United Methodist, Oviedo. FRIDAY, AUGUST 5 Seminole South Rotary, 7:50 a.m., Lord Chumley's, Altamonte Springs. Sanford-Seminole Jaycees, noon, Jaycee building. Seminole Sunrise Kiwanis, 7 a.m., Samba's, Sanford. Tangewood AA, closed, 8 p.m., St. Richard's Church. Longwood AA, closed, 8 p.m., Rolling Hills Moravian Church, SR 434. County-wide school advisory committee, noon, First Federal of Seminole, SR 434, Longwood. Young Adult Club for singles, 9 p.m., Orlando Garden Club, 110 E. Rollins. All night Bingo, 8 p.m., and free breakfast, Longwood VFW Post #207. Proceeds to VFW Auxiliary Color Guard and Drill Team.

FLORIDA IN BRIEF

Skeleton Identified As That Of Missing 12-Year-Old

JACKSONVILLE (AP) — Rebecca Ann Greene's family now knows that the 12-year-old girl died shortly after she disappeared nearly three years ago. Medical examiner Dr. Peter Lipkovic said Tuesday he has identified a skeleton found near the mouth of the St. Johns River on Friday as that of Rebecca after an x-ray of the skull matched a 1971 hospital x-ray of her head. She was one of six girls under 14 who disappeared here in 1974. One other was found dead a month after she was missing. The other four cases remain unsolved. Lipkovic said he wasn't able to determine the cause of Rebecca's death. None of the bones of the skeleton found Friday were broken, but the examiner said she could have been stabbed or strangled.

Escapes Take Hostages

JACKSONVILLE (AP) — Two men who escaped from a highway work detail held three hostages in a house in Jacksonville before surrendering to police who surrounded the place, authorities say. Ronald Pugh, 22, and Gasper Kirtsey, 21, both of Jacksonville, had escaped from nearby Green Cove Springs early Tuesday, police said. Authorities said they overpowered two state employes and escaped in a truck. Pugh and Kirtsey took over the house in Jacksonville and held the three hostages for about 20 minutes, police spokesman Mike Gould said.

Attack On Cuba Called Off

MIAMI (AP) — A major attack on Cuban shipping and possibly the island itself was planned by an anti-Castro exile group but the operation was halted because of bad weather, a Miami television station reports. The attack was later cancelled when its leaders learned that the State Department had informed Cuba of the pending attack during diplomatic talks at the United Nations, WTVJ said in a Tuesday evening report. The station said the attack was planned by key members of the Bay of Pigs Veterans Brigade 2506 and was to have been carried out in June.

Disclosure Balk 'Honorable'

TALLAHASSEE (AP) — One of five senators challenging Florida's financial disclosure requirements in federal court says his group's refusal to reveal their finances is "perfectly honorable." Sen. William Gorman, R-Orlando, commented Tuesday after Gov. Reubin Askew called for removal of legislators who defy the disclosure provisions of the Sunshine Amendment to the State Constitution.

Their Own Friendly Skies: Cabinet Votes To Lower State Airplane Fees

TALLAHASSEE (AP) — Cabinet members have voted to give themselves a big break in the cost of flying in state airplanes. The Cabinet voted unanimously Tuesday to slash by one-fourth the rates they and other officials must pay for the cost of a particular trip. Gov. Reubin Askew said the legislature had exercised good judgement in returning to the old method of operating the aircraft pool. "The higher rates caused a lack of usage that wound up costing the state," he said. Comptroller Gerald Lewis, a harsh critic of how the Department of General Services was operating the aircraft pool, said a good effort was being made to provide more efficient management. "The airplanes have been a political football ever since I can remember," he said. "I think the new rate structure plus other management im-

provements that have been made are good changes." Lewis said many of the suggestions he made last year to cut the cost of operating the pool, including better book-keeping practices, have been put into effect. The Cabinet action did not set up any rates for the new \$1 million jet which the legislature authorized this year, but DGS officials said they would recommend rates for it later. In other action, the Cabinet postponed a decision on how much leeway to give state bureaucrats in purchasing typewriters, creating a com-

parability problem. Insurance Commissioner Bill Gunter says that would cost taxpayers up to \$217,000 more than the low bid, which he said should be accepted. Askew asked that the matter be deferred until he could study Gunter's recommendations on the matter.

Kids Learn Bare Facts Of Scouting

TAMPA (AP) — The members of Girl Scout Troop 746 and Boy Scout Troop 68 are trustworthy, brave, loyal, and nude. "The Boy Scouts and Girl Scouts meet in uniform. It's the only activity we allow with clothing on," said Bob VanNess, manager of the sponsoring City Retreat Natural Park. The troops meet in the club house of the nudist camp, located about 30 miles northwest of Tampa. "They pretty well do the same things other scout troops do," VanNess said. "They go separate camping trips." The boys troop was organized last fall and a girls troop this past spring at the camp. VanNess said the park has 25 permanent families, is family-oriented and has high moral standards. "It's all cleared with the Boy Scouts and Girl Scouts of America," he said. A spokesman for the local scout council said that that was so.

"If they want to have a troop in their own community, they certainly can," said Carolyn Henderson of the Girl Scout Headquarters, Suncoast Council. "They're that way (nude) all the time except at meetings," said VanNess. "They're used to it." All six girls in the Troop 746 are members of the nudist camp, but two of the eight Boy Scouts in Troop 68 are from non-nudist families, VanNess said. The boys meet on Monday nights and the girls on Wednesday nights. Members of the park, including 35 children, are usually nude 24 hours a day while in the park, he said. The scout uniforms are the exception. "They're that way (nude) all the time except at meetings," said VanNess. "They're used to it." The park is staging a "get acquainted" day next Sunday, VanNess said, and will be open to anyone who wants to meet the nudists. It will be a dress-up occasion until 3 p.m. Anyone staying past that time must strip with the regulars, he said.

The insulation that cuts heating costs up North can cut your cooling costs here.

Here's an interesting fact about home insulation. In cold climates up North, it's used to keep heat in the home. Here in Florida, we can use the same insulation to keep heat out of the home. So Florida Power & Light wants you to know more about it. Because it can help you save money. Consider, for example, the effective R-19 level of insulation. If you have it properly installed in the attic, you could save up to 30% on cooling costs if your house is fully air-conditioned. Multiply the savings by all the years you're going to live in your home and you could wind up with very respectable savings. To find out more, stop in at any FPL office for our free booklet on home insulation. When you do, FPL thinks you'll be convinced that home insulation can be of great help in keeping your electric bills down.

HOSPITAL NOTES

AUGUST 1, 1977 ADMISSIONS

Sanford: Dorothy G. Crews, Herald E. Dunn, Raymond H. Eden, Linda A. Goad, Rosetta Madison, John Mims, Susie G. Norris, Mary C. Stapleton, Amy White, Mazie B. White, Joseph Williams, Donald W. Willson, Casselberry	Nathaniel Griffin, Thomas B. Johnson, Viola L. Johnson, Carrie F. Mack, Veronica McClary, Rose E. Smith, J. Beris Stanley, Leslie Thomas, Robert O. Weeks, Eddie Woods, Levon Nahigian, DeBary
DeBary: George Gerling, DeBary	Elsie Scholz, DeBary
Deltona: Cheryl A. Perry, Deltona	Pearl L. MacDonald, DeLand
Deltona: Aphrodite Kadrevia, Deltona	Charles L. Jaeger, Deltona
Deltona: Mary R. Elies, Lake Mary	Frank Kelly, Deltona
Deltona: Julian A. Varn, Lake Mary	Irene G. Ledard, Deltona
Deltona: DISCHARGES	Ruth G. McGarvey, Deltona
Sanford: A. William Fewkes, Linda D. Hoves, Hannah Jackson, Jan A. Kilgore, Bruce A. Pearson, Louis C. Perides, Deborah Siple, Thomas G. Bradshaw, DeBary	Louis J. Otten, Deltona
Deltona: Willow S. Caccavaio, DeLand	Joseph K. Creamons Jr., Eustis
Deltona: Eleanor M. Bartik, Deltona	Curtis R. Hubbard, Lake Helen
Deltona: John M. Hyder, Deltona	Frederick W. Robinson, Lake Mary
Deltona: Ernest Newcomb, Deltona	James A. Weite, Moylan, Pa.
Deltona: Selena A. King, Enterprise	DISCHARGES
Deltona: Cecil A. Bailey, Geneva	Sanford: Carl Brorup, Julia G. Chase, John F. Darby Jr., Virgil E. DeBose, John E. DeHart, Mildred L. Dougherty, Carol S. Lancaster, Clara T. Lord, Thea Perty, Willa G. Froesch, Richard G. Replado, Margaret E. Russell, Lillie M. Scott, Mary C. Stapleton, Deltona
Deltona: Snyrna Beach, George G. Severance, Titusville	Levon Nahigian, DeBary
Deltona: A. William Fewkes, Dorothy M. Bach, Clarence Benge, Bertie M. Carr, Clarence C. Conrad, Helen Cooper, Virgil E. DeBose, Albert Ellison, A. William Fewkes	Antone G. Ferreira, Deltona
Deltona: Edward W. McGuire, Deltona	Robert H. Merrow, Deltona
Deltona: Mildred W. Murphy, Deltona	Louis J. Otten, Deltona
Deltona: Stefan Sivak Jr., Deltona	Bruce Griffith Jr., Longwood
Deltona: Mrs. Maxwell (Haven) Mincey & baby girl, Sanford	Mrs. Maxwell (Haven) Mincey & baby girl, Sanford

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Looking At The Electoral College

One of the perennial arguments against the Electoral College system is the possibility that a presidential candidate could lose the nationwide popular vote and still win the election with a majority of state electoral votes.

It is more than a possibility; it has happened twice in the nation's history, although not in this century.

This is because of the winner-take-all aspects of the system. A candidate need win by a margin of but a single popular vote in any given state to take all of that state's electoral votes.

Another possibility is that no candidate would win a majority of electoral votes and the election would be thrown into the House of Representatives, where all kinds of wheeling and dealing would take place. This has also happened twice, in 1800 and 1824.

But if the Electoral College system gives disproportionate weight to the small states, doing away with it in favor of the direct popular election of presidents, as has been proposed gives much influence to the large states. Or so argue a number of opponents of the proposal.

Sen. Jim Allen, D-Ala., for instance, poses the hypothetical case in which "ultraliberals" in the North could put up a presidential candidate from New York with its 6.5 million popular votes and a vice presidential candidate from neighboring Pennsylvania with its five million votes.

Such a ticket could win, say, a 2.5 million vote majority in those two states alone. Another ticket could win the other 48 states with a 50,000-vote margin in each, and still lose the election.

This, says Allen, would give the political philosophy of large voting states too much of an advantage.

The central concern, however, should not be whether the direct popular election of presidents would enable Eastern liberals to take over the country (some would say they have already) or enable any other political philosophy to do so. What is involved is the basic political compromise on which this nation was founded.

We are a single people. But we are also a collection of 50 separate and widely different states, joined together in a hoped-for more perfect union in which certain powers have been delegated to a central government for the common welfare, while all other powers are reserved by the people in their respective states.

It is the extent to which the direct popular election of presidents might serve to erode this federal-state arrangement that deserves thoughtful consideration.

On the one hand, there is the danger that the Electoral College system might sometime seriously thwart the will of the majority of Americans. On the other is the danger that its abolition might abolish the important factor of regional political balance needed in a country as large and diverse as ours.

Some say, indeed, that it would doom the Republican Party by destroying its traditional bases of strength in the smaller states, and at the same time encourage a multitude of splinter parties.

Gas Tax Boost

Unlike the aborted tax plan advanced by President Carter last April, which would have created a "standby" gasoline tax of up to 50 cents a gallon, the current plan for a five-cent tax hike concedes its money-making motive.

The earlier plan was touted as a conservation measure with the tax used to discourage driving returned, through rebates, to the consumer. The new plan would create a fund for transportation programs.

The "voluntary" effort in the United States is much more effective when encouraged by such features as the nationwide 55-miles-per-hour speed limit and the smaller cars and smaller engines demanded by the government edict.

BERRY'S WORLD



Around



The Clock

By MARK WEINBERG

ANGLE-WALTERS Corrupt Politics Everywhere

WASHINGTON — It has become an article of popular faith, in this age of cynicism, that the nation's capital is a modern-day amalgam of Sodom and Gomorrah, corrupting all who come here with irresistible temptations of power and privilege.

People elsewhere seem to assume there is something peculiarly sinister about the atmosphere near the banks of the Potomac which twists and perverts the ethical values of those who are sent here to serve the public interest.

From Watergate to Korean influence-peddling, each new scandal solidifies the conviction that Washington is the capital city of political sin.

But the rest of the country cannot escape responsibility for the ethical standards—or lack thereof—attributed to those who serve in Congress, the White House and the rest of the federal government.

For there is nothing unique about the snares and pitfalls which entrap the careless and the cavalier in Washington. Similar corrupting influences lurk in every county courthouse and state capitol, and politicians everywhere fall prey to them.

Consider, for example, the experience of the youthful state legislator from Oklahoma who was never receiving, since her election last November, an on-the-job education in the prevailing standards of political ethics in this country.

She is Cleta Deatherage, a 28-year-old lawyer from the university community of Norman, Okla., who had yearned to be a politician since she was 11. Last fall, she finally made it, winning a seat in the Oklahoma House.

Before the ink had even dried on her certificate of election, Deatherage found herself showered with goodies from various lobbyists hoping to curry her favor.

"It was a leather satchel with her name already engraved on it. A large leather bag, 'Oklahoma State House—Member.' A pair of season tickets, worth \$100, to the University of Oklahoma football games. Free movie passes. And calendars. And brass plaques. And a card asking her initials so that she might receive a free set of eight monogrammed crystal goblets.

Deatherage politely but firmly declined them all—except for the satchel already engraved. She paid for that. The donors were astounded, bewildered. They were not accustomed to such peculiar behavior.

Patently, Deatherage explained that the state constitution specifically forbids her to accept "anything of value." She kind of thought the words meant what they said.

If the lobbyists were bemused, her colleagues in the legislature were furious. "Quite a few of them have made similar remarks. They think I'm a squirrel," she admitted.

"I'm not out to embarrass them, or to tell them what is right and wrong. I just feel I can't accept these things.

"My biggest concern is that stuff like this gives the public an edge on any citizen or taxpayer. How do you refuse to discuss a guy's bill after you've taken his present?"

JACK ANDERSON AND LES WHITTEN

Lincoln Assassination Is Probed By FBI

WASHINGTON — The FBI has quietly entered the investigation of another presidential assassination — this one the 112-year-old shooting of Abraham Lincoln while he watched a performance at Ford's Theater in Washington.

In many respects, the 1865 murder of Lincoln remains even more controversial than the 1963 killing of President John F. Kennedy. Murky questions hang over both tragedies.

The related FBI inquiry into Lincoln's death may help to resolve such mysteries as these: Was Lincoln the victim of a secret conspiracy reaching into his own cabinet? Was Frederick Douglass, the Martin Luther King, Jr., of the Lincoln era, also marked for murder? Did the assassin, John Wilkes Booth, actually escape and leave another man's body in his place?

New light on these questions is contained on some 18 pages that mysteriously disappeared from Booth's diary but may now have turned up.

The diary reportedly was delivered intact to Lincoln's secretary, Secretary of War, Edwin M. Stanton, who has been linked by rumors to the assassination plot.

When the diary was later introduced into the Andrew Johnson impeachment hearings, it was missing some pages that had been neatly excised. Now an indefatigable Americana expert, Joseph Lynch of Worthington, Mass., has found what appears to be the missing pages.

He made the discovery while appraising some historical artifacts belonging to Stanton's heirs. The pages were locked in a box in the attic. The heirs had never opened the box; in fact, they had no key.

The pages give a fascinating account, presumably written by Booth, of his intrigues with Lincoln intimates shortly before the politician's death. Some of the most prominent names of the period, including Stanton, are implicated.

Referring to a plot perhaps unrelated to the murder, Booth allegedly writes that he may be working for the Secretary of War himself. At another point, he declares: "I swear that I shall 'Mar.' Apparently, Lincoln is the 'Mar.' and 'Mar.' the god of war, could have been a code name for Stanton.

For years, the Booth diary, shorn of its mysterious pages, has been on display at Ford's Theater museum. But the Interior Department, which runs the museum, has now turned over the diary to the FBI. Its handwriting experts, like the FBI, use ultraviolet scanners, microscopes and other detection devices, are trying to determine whether the diary itself is genuine.

They have made two important, tentative discoveries. The diary contains no writing in invisible ink, as some people have suspected for

more than a century. The text also hasn't been altered, as other have thought. But the big question, whether the diary is entirely in Booth's handwriting, remains to be settled.

The FBI's findings may establish whether the 18 newly discovered pages are authentic. Lynch gained considerable credibility by insisting that the missing pages were lined. Most experts had thought the diary was unlined. But the museum's curator, Michael Harman, has now inspected the pages and says that those of Lynch's discovery, are dimly lined.

Along with the missing diary pages, Lynch also found hundreds of other intriguing items in the possession of the Stanton heirs. One is a letter to a newspaper, in which Booth reportedly outlined why he killed Lincoln.

A film company, Sun Classic, has also been investigating the Lincoln assassination for a feature movie called "The Lincoln Conspiracy." One of its researchers, Lawrence Mooney of Alexandria, Va., has turned up some missing Booth letters and other data. Mooney believes he has evidence that Booth escaped and that another researcher, Fred Ray Nett of Indiana State University, has also produced material which he believes shows Booth escaped at Garrett's farm where most experts believed to

MARYLIN K. SHEDDAN That 'Someday' Is Here

What was that project you were thinking about the other day — the one you plan to do "someday when I have the time . . . ?"

And what about projects from years ago that fell in the same category. Have you done any of them, or hasn't someday arrived yet?

There is the vacation you are going to take in Europe, with a special side trip to the area from which your ancestors came to this country. Have you done any research, determined exactly where you want to stay, checked into prices? No? Then — how serious are you about making that trip?

There also is that product you were going to make . . . the one that would be so much better than what is now on the market. Have you looked into the cost of mass production? Health regulations? Marketing procedures? Well . . . when do you plan to start?

Any preliminary research into an idea, a project of any kind, takes time. If time is the one thing you have none of, but you still believe you will begin that special project someday, then how about making a file for keeping track of

concepts that you might otherwise forget.

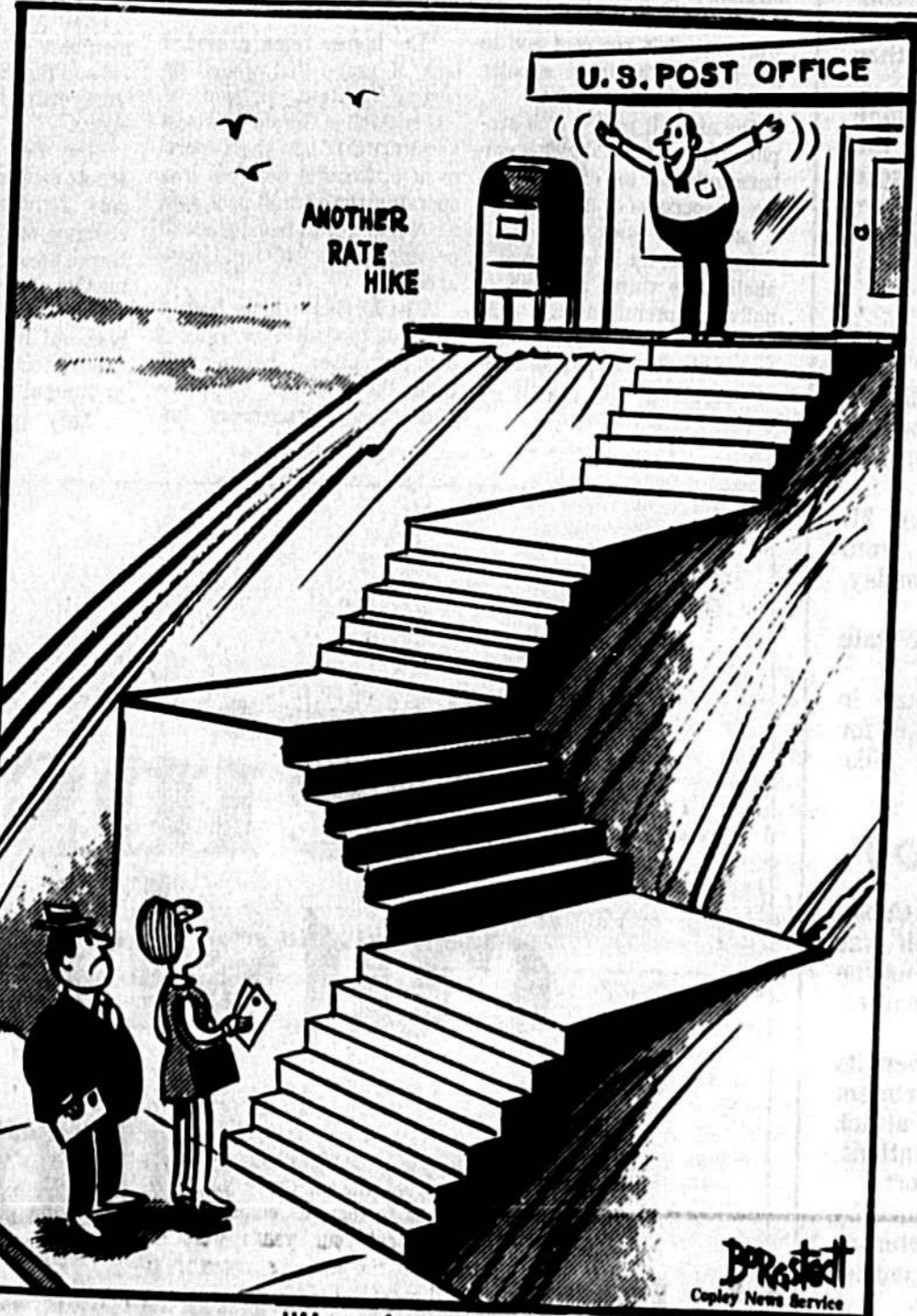
First, list all those projects kicking around in the back of your head. List vacations, things to do around the house, changes you plan to make on the job, products you want to create, books you plan to write, or anything else you plan to do someday.

Now make one index card for each project. Put a brief description of the project on it. Keep it current by adding information as your research the project. Note the length of time you expect the project to take, the cost estimates, and be certain to list resource people among your friends and/or professional acquaintances who might be of help in completing the project.

Next categorize the project cards. Put all the projects in one section, all the things in another, and all artistic creations in still another.

Now — someday is here. Get to work. The feeling of accomplishment is exciting, stimulating and rejuvenating.

ANGEL-WALTERS Corrupt Politics Everywhere



"Here I am—up here!"

DON OAKLEY Sounding The Alarm On Arson

It has always been a mystery why the FBI issues quarterly statistics on larcenies and auto thefts but says nothing about the growing army of pyromaniacs who burn down buildings in the United States. The number of deliberately set fires has more than tripled since 1965. As many as 1,000 people (including up to 46 firemen) are killed and 10,000 injured in such fires each year. Yet arson never has been listed along with murder, robbery and rape as serious crime in the quarterly reports. That may change, however, if Congress approves a bill by Sen. John Glenn, D-Ohio, to require the FBI to issue arson statistics. It also would offer federal aid to states and cities that conduct anti-firebug campaigns.

The bill hasn't attracted much attention. And there is good reason to approach a new federal aid program with caution.

But the country should know that arson — especially in big cities — has reached epidemic proportions. And that community cooperation is needed to help bring it under control.

No matter what else you do to him, don't try to make a congressman park his car on Capitol Hill.

That seems to be the lesson learned the other day by Sen. Gary Hart, D-Colo.

Hart, forgetting that rank has its privileges, proposed that henceforth all House members, senators, staff assistants and newsmen who share \$163 free parking spaces near the Capitol should pay a fee ranging from \$10 to \$50 a month.

As expected, the Senate promptly tabled the motion by a vote of 66 to 28, which means it may be reconsidered in the 21st century or when hell freezes over, whichever comes first.

Hart's idea made sense, of course. Why should congressmen park free? Why should congressional aides and staff women park free? Why don't they ride the subway? Or take a taxi? Or pay a parking fee like other folks?

Why, in fact, should anyone who works in a polluted, congested city like Washington be given an inducement to bring his car to work?

Now that yellow fever and polio have been conquered, we are too indebted to Dr. Willard Nagler of New York City for telling us how to eradicate tennis elbow.

One small trouble with Dr. Nagler's advice — put forth in a publication called American Family Physician — is that some of us may not be quick up to carrying it out.

Dr. Nagler suggests that weak-armed tennis players lift a 40- to 50-pound dumbbell off a table 15 times a day for six weeks, buy a lighter racket with a larger grip and use light tennis balls when possible.

But, even worse, the doctor also recommends that we save our sore elbows by hitting the ball when it's supposed to be hit — in the middle of the racket. And how many of us weekend contortionists are able to do that?

WORLD IN BRIEF

Archbishop Makarios Dies, Power Vacuum Anticipated

NICOSIA, Cyprus (AP) — Archbishop Makarios, president of this troubled Mediterranean island since it gained independence from Britain in 1960, died early today of a heart attack at age 63. His death left a dangerous power vacuum here. The Greek majority and the Turkish Cypriots in the northern sector have been trying to settle their long dispute by negotiating a federated, bi-state arrangement.

Arab-Israeli Talks Sought

ALEXANDRIA, Egypt (AP) — U.S. Secretary of State Cyrus R. Vance set out today to win agreement from Israel and its Arab neighbors to move preliminary Middle East peace negotiations to the United States. The proposal, worked out with Egypt's President Anwar Sadat, calls for "working group" sessions in Washington and New York to try to clear the way for resumption of the Geneva Mideast peace conference.

Pipeline Delay Requested

OTTAWA, Canada (AP) — A special government-commissioned study recommended a two-year delay in building a \$10 billion Canadian pipeline to bring Alaskan natural gas to the lower 48 states. The recommendation, if followed by the Canadian government, might threaten the future of the project. A delay might favor a rival U.S. plan to liquefy Alaskan gas and ship it by sea to American markets.

Alfred Lunt, Star Of Stage, Dies At 84

CHICAGO (AP) — Alfred Lunt, for decades one of the great stars of the American stage, died early today at 84. He had undergone surgery for cancer of the bladder at Northwestern Memorial Hospital on July 21.

Actress Lynne Fontanne, Lunt's wife and stage partner of more than 50 years, was not at his bedside when he died at 4:05 a.m. Now 90, she had visited him after he entered the hospital July 20, but had re-

He's Now Carter's Energy Adviser

Schlesinger To Run New Energy Agency

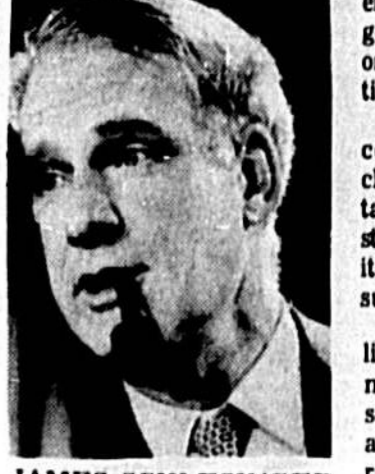
WASHINGTON (AP) — The Senate, moving swiftly following congressional approval for a new Department of Energy, is ready to give the job of running the massive agency to White House energy adviser James R. Schlesinger.

Schlesinger was scheduled to appear for a confirmation hearing today before the Senate Energy Committee to tell how he will run the agency, the first new Cabinet post created since the Department of Transportation in 1966.

Schlesinger, who headed the Defense Department, the CIA and the now-defunct Atomic Energy Commission under past Republican administrations, is expected to be approved overwhelmingly, even though his nomination has yet to be submitted formally by President Carter.

Carter has said from the outset that he would nominate Schlesinger to the post. The energy adviser's credentials for handling the assignment have been applauded from both sides of the aisle in Congress, even from critics who feel the legislation places too much power in the hands of one individual.

Other responsibilities lodged in the new department include:



JAMES SCHLESINGER

— Authority for gathering energy data, to be placed in a new Energy Information Administration within the new department, with power to order

confirming Schlesinger as the nation's first energy secretary by the end of the week. Congress put the finishing touches on the energy department bill on Tuesday, sending it to the President's desk. The House approved the final draft of the legislation on a vote of 233-77. The Senate vote was 78-14.

The final bill was a compromise worked out by a conference committee that resolved differences between bills passed earlier in each house.

White House officials say they hope to get the new agency off the ground by Oct. 1. It will begin its existence with 20,000 employees and a \$10.6 billion budget, absorbing nearly all energy programs of the federal government.

As a result of the reorganization, three existing agencies — the Federal Power Commission, the Energy Research and Development Administration and the Federal Energy Administration — will be abolished and the Interior Department will lose most of its jurisdiction over energy matters.

Other responsibilities lodged in the new department include:

energy companies to supply the government with information on their reserves and production levels.

— Authority over all energy conservation programs, including the power to order certain mandatory conservation steps if necessary, and the ability to set new building insulation standards.

— Jurisdiction over oil pipelines, nuclear waste management, all federal energy research and development efforts and over strategic petroleum reserves.

— Programs for allocating or rationing fuels such as natural gas or gasoline in times of national shortages or embargoes by foreign exporters.

— A say in determining the rate of production of federal energy leases on the Outer Continental Shelf and on inland federal lands.



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Florida Politics

First They Swear To Uphold The State Law, Then...

By JOHN VAN GIESEN
Associated Press Writer
TALLAHASSEE (AP) — Two weeks after Florida legislators are elected, they assembled in the Capitol, raise their right hands before a Florida Supreme Court justice and swear to "support, protect and defend" the U.S. and state constitutions.

So why are a substantial number of lawmakers refusing to file the full financial disclosure forms required by the voters when they adopted the Sunshine Amendment to the Florida Constitution last year? It appears that only you, as voters, can hold them accountable for their defiance. Disclosure opponents have manipulated the legislative process to block the enactment of penalties for full disclosure violations.

The current spectacle is the latest chapter in a sorry saga that dates to 1974, when Gov. Reubin Askew first prodded legislators to pass a strong financial disclosure law. Askew called full disclosure the greatest single step the legislature could take to restore confidence in a government riddled by Cabinet and Supreme Court scandals.

But legislators were less concerned with restoring confidence in government than they were with shielding their own financial dealings. Lawmakers passed a weak disclosure law in 1974, amending it in 1975 and 1976. A frustrated Askew took his case to the people, obtaining more than 220,000 petition signatures to put the Sunshine Amendment on the 1976 ballot.

But disclosure opponents have had the latest laugh. Askew's simplified amendment left it up to the legislature to provide penalties for violation of the Sunshine Amendment. The legislature drafted a disclosure bill providing penalties ranging from reprimand to removal for failure to disclose finances in full.

Then came the clincher. A House-Senate conference committee revised the bill to extend full disclosure to literally thousands of appointed officials. Askew endorsed the measure at the time — unaware how broad it really was — and the legislature passed it.

After a study revealed how many officials would be covered by the bill, Askew vetoed it — an embarrassing setback for the man labeled "Mr. Financial Disclosure" by House Standards and Conduct Chairman Sid Martin, D-Hawthorne. Senate Republican Leader Kenneth Plante of Winter Park, who was instrumental in drafting the vetoed bill, filed a federal court suit attacking full disclosure as an unconstitutional invasion of privacy rights.

Less than a week before the Monday disclosure deadline, four influential state senators moved to intervene in Plante's

suit. They are Appropriations Chairman Phil Lewis, D-West Palm Beach; Finance and Tax Chairman Jack Gordon, D-Miami Beach; Governmental Operations Chairman Dempsey

Barron, D-Panama City; and Sen. William Gorman, R-Orlando. None filed the required full disclosure statements on Monday, using the lawsuits as a

pretext to avoid disclosure. It could take months, possibly years, for the courts to determine if Florida's financial disclosure is constitutional. Meanwhile, some legislators

are defying the will of the same people who elected them. Whether one assumes the legislators are sincere or simply arrogant, the end result is the same: the lawmakers have

failed to provide the people with information that the people required. It's possible that the Ethics Commission could recommend punishment of officials who

failed to disclose their finances. But it must first receive a sworn complaint and punishment is up to the legislator's colleagues in the House and Senate.

There is little chance that the Senate would punish lawmakers like Lewis, its president-designate, and Barron, its powerful past president, for a financial disclosure violation.

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The news media recently reported a federal (FDA) ban on the oral diabetic drug Phenformin (brand names are DBI and MELTROL). This federal action is not intended to instantly deprive you of your medication. But if you are taking DBI or MELTROL, do consult your Doctor without delay. This is very important! — **DO NOT TAKE YOURSELF OFF MEDICATION. BEFORE YOU STOP TAKING YOUR PRESENT MEDICATION, SEE OR PHONE YOUR DOCTOR FOR ANOTHER PRESCRIPTION OR TREATMENT.**

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Lyman High Classes '47-'67 Hold Reunion

Lyman High School students, teachers and principals held a 20-year span (1947-1967) reunion over the weekend, with a dance, cookout and picnic on the agenda. The class of '57 hosted the dance at Milwee Middle School, the original Lyman High School, where all the former graduates attended school.



Lyman graduates (at left, from left) Helen Helms, Lynn Stevens, Elizabeth Tuten and Patsy MacLeod recall the "good old days." Former Lyman principals (bottom left, from left) R. T. Milwee and E. S. Douglass greet former student and now county commissioner, Bob French. Barbara Harvey and Judy Grumblog (seated below) register Audrey Fullmer, who travelled from Mayville, Wisc. to the reunion.



Cook Of The Week

Carter: 'Put A Pill On A Plate For A Meal'



By ELDA NICHOLS
Herald Correspondent

Linda Carter, Sanford, laughingly said, "I don't like to cook! If possible, I'd like to just put a pill on a plate for a meal. However, when I do cook, I try to stick to very simple things."

The after-cooking clean-up is the thing that bothers Linda. "All those pots and pans! Even with a dishwasher, there's always a mess," she lamented. Speaking of baking, she said, "I like to bake things that don't take a lot of ingredients. I like simple recipes where you don't have to be a millionaire to make them."

The Good Housekeeping Cookbook is Linda's favorite. "I like it above any other because if a recipe has something included that you don't like, you can leave it out and it doesn't make that much difference. It's great for someone who doesn't like to cook!" she said.

Linda's family includes her husband David, and two youngsters, Jason 5 and Emily 2. "I've been making children's paintings and illustrating stories to give to Jason's school," she said. "I really enjoy painting, and home decorating." Bowling and swimming, plus church work,

take up Linda's spare time. "I guess taking care of my children and home is my biggest hobby," she said.

A JELLO DESSERT
Serves 15-20
1 large box orange flavored Jello
2 cans (11 1/2 oz.) Mandarin orange segments
1 qt. orange sherbet (something large to mix ingredients)

Mix jello per directions on box, omitting 2 cups cold water. Add juice from Mandarin oranges to make 2 cups liquid to add to jello. Add water if not enough juice, to complete 2 cups. Save orange segments. Dissolve jello thoroughly. Scoop Orange sherbet into mixture, stirring as you scoop, so as to dissolve the sherbet into the jello mixture. Use all the sherbet and make sure it is dissolved. Place mixture in refrigerator to thicken, about 1 hour. When thickened, but not set, fold in the two cans of orange segments and return to refrigerator to set thoroughly, another hour or so. Spoon into dessert dishes and top with Kool-Whip.

TUNA BOATS
Serves 4-6
1 can tuna
1 pkg. cheese-flavored tuna mix
1 can cheese wiener wrap

Mix tuna and cheese (tuna mix to make tuna salad). Scoop tuna salad into cheese wiener wraps and shape the wrap up over the spoon of tuna, into an oblong like a boat, open on top and pinch dough together at ends. Bake per directions for wiener wrap, but not quite as long, just until dough browned with soup.

CHICKEN PERIGARD STYLE
Serves 8

MACARONI AND TUNA CASSEROLE
Serves 4-6
1 box Kraft macaroni and cheese dinner
1 can tuna, drained
1 small can Lesner small Very Early peas, drained
Cook macaroni and cheese dinner per direction on box. Mix in cheese envelope, doubling amount of milk called for on box. Gently fold in tuna and peas until casserole is well mixed. Serve immediately.

BAKED MACARONI AND CHEESE
Serves 4
1-8 oz. pkg. elbow macaroni

Styles By Vicki Adcock and Susan Wheaton
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OURSELVES

Glazier, Thomas Exchange Vows

Pennie Ann Glazier and David Lee Thomas were married July 30 at 8 p.m. with Rev. R. J. Boynton officiating at the candlelight, double ring ceremony at the Victory Baptist Church, Elder Springs. The bride is the daughter of Mrs. Florence Glazier, Sanford, and Ernest Glazier, Anchorage, Ala. The bridegroom is the son of CWO (USN Ret.) and Mrs. Raye Thomas, Sanford. The bride wore a gown of candlelight organza over satin. The bodice was styled with scoop neckline and was trimmed with lace and beadwork. Small lace cap sleeves overlaid long, full sleeves of organza caught at the wrists with beaded lace cuffs. The full skirt was overlaid with a train, and she wore a headpiece of beaded lace over satin securing a fingertip veil with lace edging made by the mother of the bride. Beki Kennedy served as honor attendant and bridesmaids were Karen



MRS. DAVID LEE THOMAS

Fox, Jarrell Marry

Mary Ann Fox and Casey Jarrell exchanged wedding vows on July 23, at 7:30 p.m. at the home of the bride's mother, 800 Palmetto Ave. The bride is the daughter of Mrs. Byron A. Fox and the late Mr. Fox, of Sanford. The bridegroom's parents are Mr. and Mrs. Ira Jarrell, also of this city. Rev. Virgil Bryant, pastor of the First Presbyterian Church of Sanford, was the officiating clergyman at the double ring ceremony. Paula Sue Jack attended the bride as maid of honor. Steve Lemmons served the bridegroom as best man. Sandi Bryan, daughter of the bride, was flower girl and ring bearer. Following a wedding trip, the couple will make their home in Sanford.

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Pointers For A Personal Interview

'Well Harriet, Tell Me About Yourself'

By ELLIE GROSSMAN
Herald Services

NEW YORK — Well, Harriet, here you are. The mother of grown children, sitting in a personnel director's office for the first time in years; maybe the first time ever. And while you try to turn a suddenly twitching lip into a chic tic, the director says: How much money do you want? Tell me about yourself? Etc. "Ah... well... I don't really know..."

No, Harriet. Not like that. Do it the way William J. Morin says you should — if you want the job. Morin is Group Vice-President for Outplacement Counseling with Drake-Beam Associates, Inc., a New York firm that advises corporations on their "people problems."

First, he says, make sure you're visible. "Most office walls are light, so wear dark clothes so you don't blend into the background. Also dark colors are powerful — they cause people to listen to you, whereas bright colors tend to distract them."

Of course, bright colors, jeans, Peruvian hats are fine if they reflect the personality of the company, and that's for you to know beforehand. Otherwise, goodbyes Harriet. "The personnel director's job is to measure your personality against the company's," Morin says, "and to screen you out if you don't fit."

So he eyes you and smiles and says, tell me about yourself? "You've got to keep your answer to a minute and hit the highlights," Morin says. "Divide your life into parts: early life — I was born in Kankakee, Ill., in 1939, etc.; formal education — I got my degree in whatever at the University of Iowa; work experience — then I spent four very outstanding years as a legal secretary or whatever, and did I have a good time with that, sir."

In fact — and it's very important for her to make a bridge now to the present — that's why I'm here today, sir, to talk about this opportunity to return to the field...

"You've got to cover all the bases because most interviewers want to feel you're normal, whatever that is. So I suggest volunteering marital status, children — it's all right to be divorced — so he won't think you're trying to hide anything."

But don't volunteer too much. "Don't ever raise a red flag in front of him, such as, my last boss was always after me sexually so I left. He'll be suspicious of you and a female interviewer will think you should have handled the situation."

You're doing fine so far, Harriet. Now don't tense up when he says, what kind of money do you want? "You should say what's the salary range in this job, and then hit the midpoint. If there is



WILLIAM J. MORIN: 'You've got to cover all the bases because most interviewers want to feel you're normal, whatever that is.'

range, you must have a figure ready based on what you need to live on and what that job pays in your area. All the while, Harriet, you're being positive, assertive — asking questions when convenient. "You can't take over the interview," Morin says, "but most interviewers look for some degree of aggression. It indicates a high energy level, com-

mitment to the job, etc." And you worked up a resume with panache, although all you had to write about was volunteer work at the hospital. "Never ignore volunteer work," Morin says. "Just write about it creatively, in business terms. You didn't just help out with the candy strippers, you supervised, managed, budgeted them. If you've done nothing, be honest. They'll find it refreshing. But never lie because they'll find out now or later and you'll jeopardize your career."

Congratulations, Harriet, you've made it past personnel. On to the boss who, Morin says, doesn't really know what to ask you except the same old questions. The thing here is to emphasize how smoothly you'd work along with him, how well you understand to do that, you've got to know what "time" he is.

"There either now people, past people, future people, or those who function in all three time frames," Morin says.

"The now person, we call a 'senser.' He's decisive, time oriented, may not shake your hand, and when he says tell me about yourself, you do it in under a minute. He'll have a messy desk, no pictures on the walls because he's not a nester.

"The 'feeler' is past oriented. Sensitive, not too analytical, he'll offer you a cup of coffee. There's lots of memorabilia around, but his desk is neat. With him, you talk in terms of people, how important they are and how well you're able to motivate and get along with them. Use the words, 'I feel' a lot. "Then there's the 'intuiter,' the future person. He's creative, reflective, a pipe smoker who uses the pipe so he won't have to answer too quickly. Maybe he's in research or long range planning, so there's a stack of journals on his desk. Talk in terms of goals with him. I like to come up with ideas to improve paper flow..."

"Finally, there's the 'thinker,' a financially oriented person, who uses past data to analyze the present to predict the future. There's a calculator on his desk, charts on the walls. He asks factual questions, may seem cold, so be organized and have some facts and figures on hand about the company. You say, 'I see you have 53 employees here, sir...'

There you are, Harriet. Enough, we hope, to get you into the job and then it's up to you.

One more thing. Maybe that personnel director asked an illegal, sexist question such as who'll watch your children, and you smiled and said, rest assured everything will be taken care of. That was terrific, Morin says. "The objective always is to get the job."

"Then," he adds, "you get into a position of power and fire that personnel director."

Tattle Tale Breaks Marriage

By ABIGAIL VAN BUREN



Dear Abby

DEAR ABBY: Two sisters who are both in their late 50s and who had been very close all their lives are no longer speaking to each other.

It all happened when the married daughter of one sister told the married daughter of the other that she could find her husband on his "poker night" at a certain motel with her best friend whose husband traveled a lot. It was true, and she did. What a mess!

A marriage with four children broke up over this. The mother of the girl who spilled the beans claims her daughter did the right thing in telling her cousin what she knew. And the mother of the daughter whose

marriage broke up says if the cousin had kept her big mouth shut the affair might have cooled off and no one would have been hurt.

The girls (who are cousins) are not mad at each other, but their mothers are. I am a friend of both mothers and am trying to get them together. Who do you think was right, and what should I do?

A FRIEND TO BOTH DEAR FRIEND: I think the girl who tipped off her cousin unwittingly showed bad judgment (even though her cousin's marriage was probably headed for the rocks anyway). But since parents are not responsible for the actions of their adult children, the ill will between the sisters is unresolvable. Remind them of this, and if they can't see it, there is nothing you can do.

DEAR ABBY: My wife is a "she-wolf." When we are out in public she is constantly looking at other men. It doesn't matter if we are at a restaurant, a ball game, or just walking down the street. You'd think her head was on a swivel.

Then to top it off, she makes some remark about how "handsome" that one is, or what a nice "build" another one has. I am no slouch myself as far as looks go. Should I give her a taste of her own medicine?

SHE-WOLF'S HUSBAND DEAR HUSBAND: Skip the medicine. But tell your wife to keep her eyes front or some stranger will eventually call her bluff and you will be compelled to fight for her honor. And there's always a chance that you might lose.

DEAR ABBY: Four years ago my older sister was engaged to marry a man I'll call Bill, but he broke the engagement to marry another girl. (He got her pregnant and her father threatened to kill him.) My sister was heartbroken for a year, but she finally got over it. Now she's married to a very nice fellow. Bill's wife had two more kids in the meantime, but their marriage didn't work out so they are being divorced.

I bumped into Bill two weeks ago and he asked me out. I went, but I didn't tell my folks because they hate him. I have seen him several times, but I don't like sneaking around. I am 17 and Bill is 27. Do you see any reason why I can't date him out in the open?

How can I make my folks accept Bill? He's really not a bad guy, he's just had some tough breaks.

KID SISTER DEAR KID: Without judging Bill (circumstances have already done that), may I suggest that you set nepot old wounds not add to your parents' anxieties by becoming involved with a loser like Bill.



KIWANIANS AID SALVATION ARMY Fred Wilson (left), president of the Kiwanis Club of Sanford, presents a \$500 check to Capt. James Snelson of the Salvation Army, Sanford. The money will go to the Salvation Army building fund.

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In Colonial times many large homes boasted a summer kitchen. When the weather got hot, cooking was done there, away from the main house, which stayed cool and dry. Today we still want to keep the house cool, but also want to save energy and free time for leisure activities of summer. Thanks to modern conveniences we can overhrow kitchen drudgery without sacrificing taste or nutrition. The hero of this kitchen revolution is the one-pot meal, made in a slow cooker like a crockpot, baked in the oven the night before, or prepared in advance and frozen. One-pot meals can be as simple as hot dogs and beans, or as fancy as coq au vin. But they all get you out of the kitchen while the sun shines, consume energy during off-peak hours and help keep the house cool, cutting down on air conditioning bills. Summer is also the time when friends are likely to drop in, and one-pot meals are an easy but elegant way to entertain. In Speaking of revolutions, our Russian friends have a way of making iced tea using solar power. Put tea bags, sugar, water and lemon juice in a sealed container, shake well and place in bright sunlight for a few hours. Then pour over ice. Presto, real iced tea with lemon!

Some other tips for cool kitchens come from the Scott Paper Company Home Service Center. Use your exhaust fan, even if you aren't frying foods, or open the kitchen windows at the top, so hot air escapes. Cook doors or out. Coupled with a festive salad and served on a table set with decorated Viva napkins and color-coordinated paper place mats, they mean less serving and clean-up time. Whenever you can, avoid opening the refrigerator as much as possible—the heat it removes from the inside is pumped outside — into your kitchen. Use low heat when baking your one-pot meals: the insulation on your oven will be more effective. Use disposable plates, cups and napkins as often as possible, but when there are dishes to wash, load the dishwasher fully before running. You might even try washing dishes in cold water — with modern detergents it works fine. Another version of the summer kitchen is the barbecue or camp out, which means leaving the kitchen far behind. Every camper knows that the one indispensable item in the camp "kitchen" is a roll of paper towels used for every job from drying hands to cleaning pots and pans. Clip the straight section of a coat hanger in the middle, bend the ends back and use it to hang the towel! roll wherever it is needed. Whatever the setting or occasion, one-pot meal menu planning can be a time and energy saver all year round.

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SKIPPY Jumping-Jacks.
What feet are perfect, they should say that too.
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BLONDIE by Chic Young

ELMO: WHY ARE YOU WEARING THOSE DARK GLASSES?
 SO PEOPLE WON'T KNOW WHO I AM.
 BUT I KNEW WHO YOU WERE RIGHT AWAY.
 YEAH, BUT YOU WOULDN'T KNOW IF YOU DIDN'T KNOW ME.

BEETLE BAILEY by Mort Walker

I HAVE THE STRANGEST FEELING I'M BEING WATCHED.
 YOU PROBABLY ARE.
 WHEN HE COMES OUT WALKING LIKE GROUCHO, HE'S SPENT THE MORNING AT THE KEYHOLE.

THE BORN LOSER by Art Sanson

WHAT'S YOUR TROUBLE?
 YOU WANT LET ME HAVE AN HUNK RE-STYLED?
 YOU'RE CRAZY, BLAD... YOU DON'T OWN A HUNK COAT!
 YOU'VE JUST PUT YOUR FINGER ON AN HUNK TROUBLE.

ARCHIE by Bob Montana

THERE'S A RING AROUND THE MOON? DO YOU KNOW WHAT THAT MEANS?
 IT MEANS IT'S GOING TO RAIN TOMORROW?
 DO YOU KNOW WHAT THAT MEANS?
 THE AIR QUALITY IS UNACCEPTABLE!

PRISCILLA'S POP by Al Vermeer

I MARVEL AT BERNARD!
 HE CAN ALWAYS FIND WAYS TO AVOID WORKING AROUND THE HOUSE!
 WHERE IS HE GOING NOW?
 HE'S TAKING HIS ELECTRIC SHOE POLISHER IN FOR A TUNE-UP!

EEK & MEEK by Howie Schneider

WONTOUS MEALS!
 WHAT KIND OF FOREIGN FOOD IS IT?
 WE DON'T KNOW.
 THERE WAS NO RETURN ADDRESS ON THE PACKAGE.

BUGS BUNNY by Stoffel & Heimdahl

I'M EXHAUSTED! PLEASE PREPARE THE LIGHT DINNER YOU PROMISED ME FOR CARRYING YOUR SIGN THROUGHOUT THE FAIR CIRCUIT!
 HUHMM... BUGS'S BEANERY!
 WHERE DID YA STOP FER YER NAP?
 IN THE PARK ON MAIN STREET... A DELIGHTFUL SPOT!
 OKAY, I'LL SETTLE FOR A SARDINE SANDWICH!

FRANK AND ERNEST by Bob Thaves

IN ENGLAND I HAD FILET OF SOLE WITH TARTAR SAUCE, IN FRANCE I HAD CHICKEN IN WINE SAUCE, AND IN ITALY I HAD ASPARAGUS WITH CHEESE SAUCE. BUT I ALWAYS COME BACK HOME FOR BOEUF BENEDICT.

TUMBLEWEEDS by T. K. Ryan

AFTER HIM AGAIN, HUH? DO YOU HAVE A HUSBAND/HUNTER'S LICENSE, MISS HAMMOCKER?
 DOES HE HAVE A BRIDE-ESCAPING LICENSE?
 IT'S A JUNGLE OUT HERE.

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ANSWER TO PREVIOUS PUZZLE

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49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64

HOROSCOPE
 By BERNICE BEDE OSOL

FOR THURSDAY, AUGUST 4, 1977

YOUR BIRTHDAY
 August 4, 1977

There is a strong likelihood you'll be on the go a lot this coming year. If there's a distant place you've longed to travel to, lay plans early. Something could come up to make it possible.

LEO (July 23-Aug. 22) A friend you consider to be enterprising and knowledgeable can contribute a lot to you. An exchange of ideas will serve as an inspiration. Find out more about yourself by sending for your copy of Astro-Graph Letter. Mail 50 cents for each and a long, detailed, stamped envelope to Astro-Graph, P.O. Box 489, Radio City Station, N.Y. 10019. Be sure to specify your birth sign.

VIARGO (Aug. 23-Sept. 22) In joint ventures today, it could be helpful to be a little bolder and more firm. Your counterpart will take his cue from your actions.

LIBRA (Sept. 23-Oct. 22) In analyzing an important matter today, look for the positive aspects. There are enough of them to assure success.

SCORPIO (Oct. 24-Nov. 22) Conditions having a long-range bearing on your work or career are especially promising today. Try to view them in light of the future.

SAGITTARIUS (Nov. 23-Dec. 21) Promises made to you today by influential persons have a ring of truth. Don't take them lightly.

WIN AT BRIDGE
 By OSWALD and JAMES JACOBY

North (D) K 9 7 6 3
 A K 2
 Q 7 2
 A 3

West (A) 10 4
 A 5 4
 K J 7 2

South (Q) Q 4
 Q 7 1 2
 A 10 8 3
 A 6 5

Both vulnerable

West North East South
 Pass Pass 2 NT
 Pass Pass 2 NT
 Opening lead — 7 ♠

SPIDER-MAN by Stan Lee and John Romita

DARLING, I THOUGHT I HEARD VOICES! DO YOU HAVE COMPANY?
 WELL, I'M HERE!
 NO NEED FOR ALARMS, DEAR. COME, LET ME EXPLAIN.
 WAIT, THERE'S STILL BEHIND!
 MY CLIP RUNNETH OVER!

DOONESBURY by Garry Trudeau

OH, MY! AFTER YOU HEAD FOR A PARK, A BEACH, BUY GOOD BUNNIES, RUNNING, YOU'RE ABOUT TO BECOME A JOGGER. WHAT?
 OK, MR. JOGGER, WHAT DO YOU EXPECT YOUR FIRST TIME OUT WILL BE LIKE? YOU'LL PROBABLY GET CRAMP IN YOUR CHEST AND SIDES.
 IGNORE THEM! AFTER YOUR FIRST MILE, YOU'LL PROBABLY CONCENTRATE ON THE PAIN IN YOUR LEGS. A LITTLE FURTHER, AND YOU'LL SURELY PROBABLY GET CRAMP IN YOUR VISION BLUES! DO YOU KNOW HOW TO RUN?
 SURELY! YOU SHOULD TRY TO RUN! PAY IT NO MIND!

Lecithin No Help For Cholesterol
 Dr. Lamb

DEAR DR. LAMB - I have high cholesterol, 336, and was given no medication. I have since heard that lecithin sometimes described for this condition. Is this a harmless medication? Would you recommend it for this condition?

DEAR READER - It is both harmless and useless. Your digestive system will digest the lecithin before it ever gets through the intestinal wall into your blood stream.

If you were choleric delicate the resulting cholera could be used by your liver to manufacture the lecithin that is in your blood stream. The chances are that if you are eating anything like a normal diet you will already be getting plenty of choline.

If your cholesterol is persistently that high you do need to make some changes. Your doctor may not have wanted to do anything about it because you are a woman and women are less prone to heart attacks and fatty-cholesterol deposits than men - until a few years after the menopause. But I think it would be good to let you run that risk.

Your first step would be to reduce, if you have any tendency to be overweight, and go on a low-fat low-cholesterol diet. Others who want either to be seen in the absence of fat and increase the appearance of dark circles around the eyes. Also, some people have increased pigmentation in that area and it is just a natural characteristic, the same as having black, blonde or red hair.

You don't need to concern yourself about your health because of these. If you were a woman and didn't like the appearance you could use eye makeup to cover most of the area.

(Because of the volume of mail Dr. Lamb cannot answer your letters personally but will answer representative letters of general interest in his column.)

DEFYING GRAVITY
 At 15, He Joins The Birds In The Sky

GAYSVILLE, Vt. (AP) — Mark Harvie of Pittsford says he'd defy gravity every day to fly without an airplane in this hilly Vermont area — if he had the time.

Michael Platt, 15, has been joining the birds in Vermont skies without a plane since he was 11 and is one of four persons in the state certified as an instructor by the U.S. Hang Gliding Association.

Hang gliding, the art of flying strapped in a harness fastened to a dactron sail, is the closest he can get to wings on his arms, says the 21-year-old Harvie, a private pilot. "It's just you and the glider. You're looking around at the earth, in full contact just like a bird."

Platt's father, Chapin, has owned Hang Flyer, a flight and glider school here, since 1969, and operates the only hang glider factory of its size in the Green Mountain state.

A rig of dactron fitted with an aluminum and stainless steel frame can measure up to 34 feet wide and contain as much as 200 square feet of sail in its 50 pounds.

Platt says anyone in reasonably good physical condition can hang glide. "We even have one man in his 70s who hang glides. Another one of our flyers weighs 360 pounds. We made a special glider for him."

Platt scoffs at doubters who argue hang gliding is dangerous and says statistics show that the sport is safer, per flight, than flying a small airplane.

"The biggest way to get hurt on one of these things is to go to the edge of a roof and jump off. You jump, you get hurt. We like to teach the stable person who is willing to practice and learn how."

"You wouldn't go to the edge of a roof and jump with an umbrella."

Most hang gliding injuries, he says, are caused by pilot carelessness, lack of preparation for landings and flights during gusty winds.

"The ones who get hurt are the ones who want to go up on a cliff and jump off," Platt says.

"Why do people ask? Why do they take up any sport? We have people being converted from skiing, from tennis and from almost all other sports," he says. "We find that frequently when they come to hang gliding, they give up the other sport. So it must be something."

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TONIGHT'S TV

Wednesday

- Evening**
- 6:00 (1) (2) (3) (4) (5) (6) NEWS
 - 6:30 (7) (8) ZOOM
 - 7:00 (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

- (1) CELEBRITY SWEEPSTAKES
- (2) THE \$125.00 QUESTION
- (3) \$25,000 PYRAMID
- (4) ANY THREE SONGS
- (5) EAST CENTRAL FLORIDA REPORT
- (6) GRIZZLY ADAMS: Mad Jack (Denver Pike) insists he saw a monster. (R)
- (7) HOGAN'S HEROES
- (8) VILLA ALEGRE
- (9) ABC NEWS
- (10) TO TELL THE TRUTH
- (11) THE BEST OF I LOVE LUCY
- (12) THE CROSS WITS
- (13) WORLD OF THE SEA
- (14) LIARS CLUB
- (15) MACNEIL-LEHER REPORT
- (16) THE PRICE IS RIGHT

- (17) KINGSTON: CONFIDENTIAL: A jet jockey who was released from prison after serving time for an attempt on the life of his wife's lover, is at the center of another nightmare when his own wife is slain and he is a prime suspect.
- (18) THE HONEYMOONERS
- (19) WOMAN
- (20) TO BE ANNOUNCED
- (21) CPO SHARKEY: Sharkey is confronted by a recruit (Tom Ruben) wearing underwear and mimicking him. (R)
- (22) MOVIE: "The Hunters." Robert Mitchum, Robert Wagner, 1956. Tale of the flyers in the Korean War.
- (23) MOVIE: "The Omega Man." Charlton Heston, Anthony Zerbe, 1971. Heston battles a group of robot zombies as he plays the lone human survivor of an atomic war.
- (24) FAMILY FOCUS: "The Gifted Child: Problems and Potential."
- (25) BARETTA: When Barettta finds an undercover federal narcotics agent is taking advantage of desperate ladies, he turns in his badge to "get him."
- (26) GREAT PERFORMANCES: "Theater in America: The Mound Builder." An archeological team's race against time arouses volatile emotions.
- (27) THE KALKIKANS: David Heston stars in this five part comedy series as J.T. Kalkikan, the patriarch of a southern family, now running a small gas station in an obscure town, whose dislike of work is equalled only by his love of a fast buck. Prereqs.
- (28) IN CONCERT: Featured: Connie Stevens.
- (29) NEWS
- (30) MACNEIL-LEHER REPORT
- (31) CHARLIE'S ANGELS: The Angels are hired to find out who is threatening the life of a TV lab owner and discover their timid, terrified client is a blackmailing pornographer. (R)

- (32) KUTANA
- (33) SUMMER SEMESTER
- (34) LIVING WORDS
- (35) HI NEWBOY
- (36) LOCAL NEWS
- (37) SUNSHINE ALMANAC
- (38) WHAT'S HAPPENING?
- (39) DAILY DEVOTIONAL
- (40) TODAY LOCAL news at 7:25 and 8:25. Except Tues., see 5 a.m.
- (41) CBS NEWS: 7:25 Ch. 4, local news.
- (42) GOOD MORNING AMERICA: ("Good Morning Florida" at 7:25 and 8:25, local news, weather, sports)
- (43) CAPTAIN KANGAROO
- (44) MACNEIL-LEHER REPORT
- (45) LILIAS, YOGA AND YOU
- (46) PHIL DONAHUE SHOW: Guests and topics include: (Mon.) Dan Thomas, home economist and camping expert (Tues.) Ray Hayes (Wed.) Maribel Morgan (Thurs.) Bob Hope (Fri.) Pierre Moriel.
- (47) MIKE DOUGLAS SHOW: Cohost: Richard Thomas. (1) MOVIES: (Mon.) "After the Fox." Peter Sellers, Britt Ekland (BW) 1966. (Tues.) "Happy Thieves." Rex Harrison, Pia Hageny, 1962. (Wed.) "Stolen Hours." Susan Hayward, Diane Baker, 1963. (Thurs.) "Sybil Scarlett." Cary Grant, Katherine Hepburn. (BW) 1935. (Fri.) "The Nanny." Betty Davis, Wendy Craig. (BW) 1965. British.
- (48) SESAME STREET
- (49) GOMER PYLE
- (50) SANFORD AND SON
- (51) PHIL DONAHUE SHOW: Guests and topics same as those listed for channel 2, see 9 a.m.
- (52) HERE'S LUCY (R)
- (53) THE ELECTRIC COMPANY
- (54) HOLLYWOOD SQUARES
- (55) THE PRICE IS RIGHT
- (56) (Mon., Wed., Fri.) VILLA ALEGRE (Tues., Thurs.) CARRASCOLENDAS
- (57) WHEEL OF FORTUNE
- (58) (Mon.) BOOK BEAT (Tues., Thurs.) PAINT ALONG (Wed.) FIVE FOR TENNYSON? (Fri.) GUPPIES TO GROUPERS
- (59) HAPPY DAYS (R)
- (60) (Mon.) WOMAN (Tues., Thurs.) PAINT ALONG With Nancy Komrak (Wed.) REALIDADES (Fri.) M.D.
- (61) IT'S ANYBODY'S GUESS
- (62) LOVE OF LIFE
- (63) REALIDADES (Tues.) ANTIQUES (Wed.) M.D. (Thurs.) SOMETHING SPECIAL (Fri.) STUDIO SEE
- (64) FAMILY FEUD
- (65) (Mon.) ERICA (Tues.) ANTIQUES (Wed.) CONSUMER SURVIVAL KIT (Thurs.) TBA (Fri.) LOWELL THOMAS RE-MEMBERS
- (66) (Mon. through Fri.) FORTY SEVEN: Episodes ten through fourteen.
- (67) CHICO AND THE MAN (R)
- (68) SEARCH FOR TOMORROW
- (69) RYAN'S HOPE
- (70) NBC NEWS UPDATE
- (71) THE GONG SHOW
- (72) MIDDAY

Guests include: (Mon.) Anthony Newley, Della Reese, Walter Murphy (Tues.) Otton Bann, Jackie Vernon, Beau Kayser (Wed.) Wm. Cherry, Jack Carter, Mark Hamill (Thurs.) Zsa Zsa Gabor, Alan Sues, Anson Williams (Fri.) La Z Minelli, Martin Scorsese, Mary Kay Place

(12) EMERGENCY ONE

(13) MISTER ROGERS' NEIGHBORHOOD

(14) NEWS

(15) THE ELECTRIC COMPANY

(16) GENERAL HOSPITAL

(17) MATCH GAME

(18) ZOOM

(19) IRONSIDE

(20) MHALES NAVY

(21) MARCUS WELBY, M.D.

(22) THE ADAMS FAMILY

(23) BEWITCHED

(24) THE MUNSTERS

(25) ADAM 12 (12)

(26) STAR TREK

(27) MERV GRIFFIN SHOW

WE WANT TO WEAR OUT CANCER IN YOUR LIFETIME

MERCHANDISE STORE

SUMMER SCHEDULE

June 12th Thru Aug. 31st

SUNDAY CLOSED

MONDAY PRIVATE PARTIES

TUESDAY PRIVATE PARTIES

WEDNESDAY 10:00 a.m. - 4:00 p.m.
7:30 p.m. - 10:30 p.m.

THURSDAY 7:30 p.m. - 10:30 p.m.

FRIDAY 10:00 a.m. - 4:00 p.m.
7:30 p.m. - 10:30 p.m.
10:30 p.m. - 12:00 a.m.

SATURDAY 11:00 a.m. - 2:00 p.m.
2:00 p.m. - 5:00 p.m.
7:30 p.m. - 10:30 p.m.
10:30 p.m. - 12:00 a.m.

Melodee SKATING RINK

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100's **1.19**
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GILLETTE RIGHT GUARD
5 OZ. **57¢**
8 OZ. **79¢**
12 OZ. **1.12**
ANTI-PERSPIRANT

SHEER KNEE HIGH OR ANKLE HIGH
ONE SIZE FITS 8 1/2 to 11 **4.91**
REG. 5.9c EACH

POLAROID 108 COLOR FILM **4.29**

BOOK MATCHES **15¢**
CTN. 50

DUTCH CANNED HAM **1.88**
LIMIT 2
SOLID 16 OZ.
2.90 VALUE

PRICES GOOD THRU AUG. 8

Tuna Is Dieter's Delight

You're on a weight control diet and it's understandable if you've had your fill of blah foods — the meek-tasting, monotonous types that help your reducing cause but do little for the morale.

For the encouragement you deserve, here are two low-calorie recipes that put real sparkle into diet menus—Tuna Garden Toss and Seascape Salad.

Tuna Garden Toss is a refreshingly different tuna salad made with tangy low-calorie mayonnaise. Crisp, uncooked cauliflower, sliced red onions, parsley and the sweet hint of tarragon give this mixture a liveliness often missed in diet dishes.

The combination of protein and vitamin-rich tuna canned in vegetable oil and fresh cauliflower, an excellent source of vitamin C, is a nutritional bonus — an important consideration when you're reducing your calories. One serving of canned tuna provides more first-class protein than a comparable serving of most red meats and other seafood and supplies 40 per cent of the recommended daily requirement.

Seascape Salad includes some dieter's salvation foods, the delicious kind you can indulge in without exhausting your calorie allotment. Tuna canned in vegetable oil, fresh mushrooms and green pepper are lightweights as far as calories are concerned but heavy as a flavor team.

Sliced, creamy white mushrooms with their distinctive, earthy taste are perfect mates for mild, delicate tuna. And a low-calorie Tomato French Dressing, made with tomato juice, adds a contrasting tang to the dish.

Long after you've reached your dieting goal, these two different tuna salad versions are bound to be favorites for lunch or light supper fare.

TUNA GARDEN TOSS
2 cans (6 1/2 or 7 ounces each) tuna in vegetable oil
2 cups cauliflowerets
1/4 cup chopped parsley
1/4 cup sliced red onion
1 1/2 teaspoon dried leaf tarragon
Low Calorie Mayonnaise

In large bowl mix tuna, cauliflowerets, parsley, onion and tarragon. Add mayonnaise and mix well. Cover and chill.

YIELD: 4 servings; 200 calories each.

LOW CALORIE MAYONNAISE
2 eggs
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon dry mustard
3 tablespoons lemon juice
1/2 cup milk
1 tablespoon salad oil

Beat together eggs, salt, paprika and mustard in top of double boiler. Add lemon juice and milk. Cook over hot water until thickened, stirring constantly. Remove from heat and add oil; chill.

YIELD: 1 cup; 20 calories per tablespoon.

SEASCAPE SALAD
2 cans (6 1/2 or 7 ounces each) tuna in vegetable oil
1/4 pound mushrooms, sliced
2 tablespoons capers, drained
1/4 cup chopped green pepper
Tomato French Dressing

In large bowl combine all ingredients. Add Tomato French Dressing and mix well. Cover and chill. Serve on salad greens.

YIELD: 1 cup; 135 calories each.

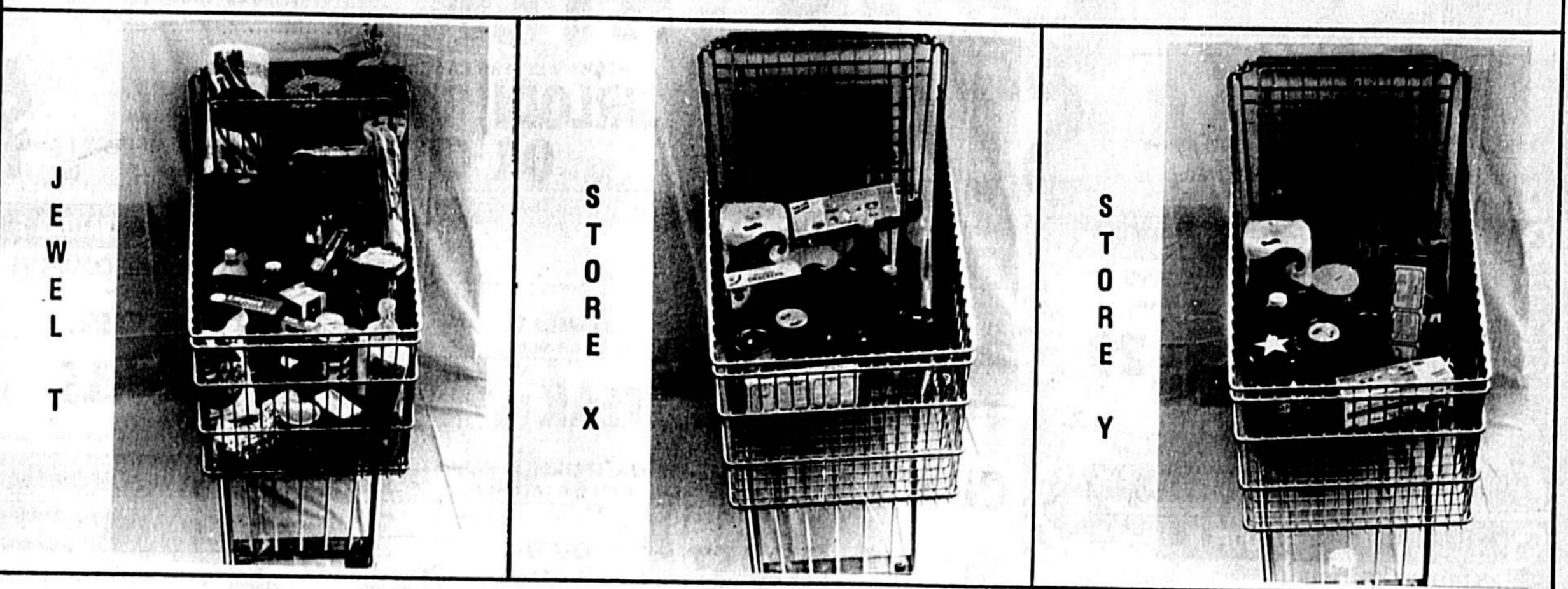
TOMATO FRENCH DRESSING
1/2 cup tomato juice
2 tablespoons vinegar
2 tablespoons chopped green pepper
1/4 teaspoon salt
1/4 teaspoon sugar
1/4 teaspoon dry mustard
1/4 teaspoon Worcestershire sauce
1 clove garlic

Combine all ingredients in electric blender container. Blend at high speed for 15 seconds. If electric blender is not available, chop green pepper and garlic finely and beat all ingredients until well mixed.

YIELD: 4 cup; 12 calories per tablespoon.

Jewel T SELLS LOWER THAN ANYONE HERE'S PROOF

WE TOOK *20 AND IDENTICAL SHOPPING LISTS TO Jewel T AND 2 OTHER SUPERMARKETS. WE STOPPED BUYING WHEN THE *20 HAD BEEN SPENT. HERE ARE THE RESULTS:



Item	Jewel T Daily Low	Running Total	Store X	Running Total	Store Y	Running Total
Maxwell House Inst. 10 oz.	3.23		4.37		3.79	
Lemonade 45 oz.	1.33	4.56	2.69	7.06	2.59	6.38
Spaghetti 1 lb.	29	4.85	.49	7.55	.49	6.87
Parmesan Cheese 8 oz.	1.29	6.14	1.59	9.14	1.59	8.46
Tomato Sauce 15 oz.	29	6.43	.44	9.58	.45	8.91
Tomato Paste 12 oz.	43	6.86	.60	10.18	.63	9.54
Italian Dressing 8 oz.	43	7.29	.60	10.78	.63	10.71
Paper Towels 100 ct. Dec.	43	7.72	.71	11.49	.71	10.88
Fab. Softener Sheets 40 ct.	1.39	9.11	1.82	13.31	1.84	12.72
Conc. Liq. Ldy. Det. 64 oz.	1.39	10.50	2.69	16.00	2.69	15.41
Spray Disinfectant 13 oz.	89	11.39	1.69	17.69	1.69	17.10
Vegetable Oil 48 oz.	1.59	12.98	1.79	19.48	2.29	19.39
Snack Crackers 11 oz.	43	13.41	.44	19.92	.80	20.19
Sliced Pineapple 20 oz.	53	13.94	.63	20.55		
Tomato Soup	17	14.11				
Baking Soda 1 lb.	33	14.44				
Salt 26 oz.	16	14.60				
Cut Yams 16 oz.	33	14.93				
Instant Pudding.	19	15.12				
Pretzels 9 oz.	33	15.45				
Cnty/Fair Wht. Bread 20 oz.	31	15.76				
Great Northern Beans 2 lb.	53	16.29				
Napkins 180 ct.	43	16.72				
Zest 5.75 oz.	33	17.05				
Aluminum Foil 25 ft.	33	17.38				
Pork and Beans 16 oz.	23	17.61				
Vegetable Soup	21	17.82				
Dry Dog Food 10 lb.	1.69	19.51				
Qt. Dish Detergent.	43	19.94				
AuGratin Potatoes.	43	20.37				

THIS IS WHAT *20 BOUGHT AT STORES X AND Y.

CONVENTIONAL STORES CAN'T SELL GROCERIES AS LOW AS Jewel T

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IN THIS COMPARISON THE Jewel T CART HAS OVER TWICE AS MANY ITEMS. SHOULDN'T YOU BE SHOPPING THE Jewel T WAY?

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HOURS: 9 a.m. to 7 p.m. Mon., Tues., Wed., Thurs.—Fri. 9 a.m. to 9 p.m. Sat. 9 a.m. to 6 p.m.—Closed Sundays

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Buy two orders of Fish & Chips and get one FREE!

Present this coupon at any participating Arthur Treacher's Fish & Chips and get one order of Fish & Chips free with the purchase of two orders. Offer expires August 21, 1977.

SAVE \$1.69

Save 50¢ on Arthur Treacher's Chicken & Chips.

Present this coupon at any participating Arthur Treacher's Fish & Chips and get one order of Chicken & Chips for 50¢ off the regular price. Offer expires August 21, 1977.

SAVE 50¢

Buy two orders of Chicken & Chips and get one FREE!

Present this coupon at any participating Arthur Treacher's Fish & Chips and get one order of Chicken & Chips free with the purchase of two orders. Offer expires August 21, 1977.

SAVE \$1.89

Save 15¢ on Arthur Treacher's Krunch Pup!

Present this coupon at any participating Arthur Treacher's Fish & Chips and get one Krunch Pup for 15¢ off the regular price. Offer expires August 21, 1977.

SAVE 15¢

Low-cost Krunchin'!

In a budget pinch? Try some low-cost Krunchin' at Arthur Treacher's. And save a bundle when you munch a boatload of our Krunchy, original Fish & Chips. Or Chicken & Chips. Or a nifty Krunch Pup!

For the meal you can't make at home that's closest to your home, check below.

Arthur Treacher's Fish & Chips

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310 W. COLONIAL DR. ORLANDO
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2215 N. SEMINOLE BLVD. ORLANDO
7145 ORLANDO BLOSSOM TRAIL ORLANDO

8:30 ONLY "THUNDER AND LIGHTNING" 10:15 "MR. BILLION"

PLAZA TWIN

PLAZA I GRAND THEFT AUTO Ron Howard 7:20, 9:00

PLAZA II Held Over 3rd Week STAR WARS 7:15 9:25

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The Meat People Destroy Prices! **LAZY AGED BEEF**

FRYERS

CUT-UP
Combination Pack
Consists of:
3 drumsticks 3 wings
3 thighs 3 giblets
3 p. breasts 3 backs

43¢
Lb.



FRYER

68¢
Lb.

STEAK HEAVY WESTERN LAZY AGED BEEF
SIRLOIN, LONDON BROIL OR CUBE FAMILY PACK **\$1.44**



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CLIP THIS COUPON **SAVE 80¢** when you buy 2
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GALLON
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VALUABLE COUPON
CLIP THIS COUPON **SAVE 41¢**
GIANT RINSO **58¢**
49 OZ.
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VALUABLE COUPON
CLIP THIS COUPON **SAVE 50¢** when you buy 2
BOUNTY ASST. TOWELS **48¢**
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CLIP THIS COUPON **SAVE 31¢**
PILLSBURY FLOUR **48¢**
5 LB. BAG
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VALUABLE COUPON
CLIP THIS COUPON **SAVE 31¢**
PILLSBURY FLOUR **48¢**
5 LB. BAG
Limit 1 with \$10.00 order excluding tobacco. Expires Aug. 10th.

VALUABLE COUPON
CLIP THIS COUPON **SAVE 31¢**
PILLSBURY FLOUR **48¢**
5 LB. BAG
Limit 1 with \$10.00 order excluding tobacco. Expires Aug. 10th.

CREAM STYLE CORN **4** **\$1.00**
GOOD VALUE 14 OZ. CANS
SWEET PEAS **4** **\$1.00**
GOOD VALUE 14 OZ. CANS
CHOPPED SPINACH **4** **\$1.00**
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SPAGHETTI with TOMATO **4** **\$1.00**
SHOWBOAT 14 OZ. CANS
GREEN BEANS **4** **\$1.00**
CUT 15 1/2 OZ. CANS
PORK and BEANS **4** **\$1.00**
SHOWBOAT 14 1/2 OZ. CANS

FULL CUT ROUND STEAK HEAVY WESTERN LAZY AGED BEEF **\$1.38**
Lb.

HEAVY WESTERN LAZY AGED BEEF STEAK PATIO, TEXAS CUBE or BOTTOM ROUND Your Choice **\$1.38**
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TENDER SLICED
BEEF LIVER **39¢**
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MR. BIG SUNBEAM FAMILY SIZE LOAF BREAD **4** **\$1.00**

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PORK ROAST 2-4 Lb. AVG. BLADE CUT **78¢**
Lb.
PORK RIBS GEORGIA COUNTRY EXTRA MEATY **88¢**
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GEORGIA RED, 14 OZ. CANS TOMATOES **3** **89¢**
KRAFT MAYONAISE **1** **\$1.09**
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OPEN PIT B-B-Q SAUCE **1** **69¢**
16 OZ.
BETTY CROCKER WHITE, YELLOW or DEVILS FOOD CAKE MIX **1** **48¢**
16.5 OZ.
STOKELY TOMATO CATSUP **1** **38¢**
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BORDENS SOUR CREAM 3 **\$1.00**
3 OZ.

BORDENS ORANGE JUICE **39¢**
QT.

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Lb.

BORDENS SWISS STYLE YOGURT **4** **\$1.00**
ASST. FLAVORS 4 OZ.

BORDENS COTTAGE CHEESE 24 OZ. **99¢**

BORDENS HALF and HALF **49¢**
PINT

BORDENS PARTY DIPS **39¢**
ASST. 4 OZ.

BORDENS BUTTERMILK **69¢**
1/2 GAL.

BORDENS FRUIT DRINKS **1** **\$1.00**
ASST. FLAVORS 3 1/2 GAL.

BORDENS CHOCOLATE MILK **49¢**
QT.

HAM STEAKS SMOKED CENTER SLICED **\$1.29**
Lb.

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Lb.

HOMEMADE PURE GEORGIA PORK SAUSAGE **89¢**
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SUNNYLAND FOOTLONG ALL MEAT HOT DOGS FAMILY PACK **99¢**
FOOT LONG BUNS AVAILABLE IN THE STORES

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MORTON'S ASST. DINNERS **11** **69¢**
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MORTON GLAZED DOUGHNUTS **9** **74¢**
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Cream of the Crop PRODUCE

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LBS.

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16.7 OZ. TALL CANS

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HAPPY KIDS PEANUT BUTTER **79¢**
18 OZ.

MARTHA WHITE QUICK GRITS **33¢**
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FAMOUS WD BRAND USDA CHOICE BEEF PLUS HARVEST FRESH PRODUCE

SALE!

WD BRAND U.S. CHOICE BONELESS ROUND SIRLOIN TIP ROAST **\$1.39**
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Lb.

WD BRAND U.S. CHOICE BONELESS ROUND SIRLOIN TIP CUBED STEAK **\$1.59**
Lb.

SAVE \$2.00

FARMLAND BONELESS CANNED HAM **\$3.99**
3 Lb. CAN

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12-oz. CAN

SAVE 30¢

U.S. NO. 1 VENT VUE BAG WHITE POTATOES **89¢**
Lb. BAG

HARVEST FRESH CABBAGE **19¢**
Lb.

WD BRAND U.S. CHOICE BONELESS ROUND SIRLOIN TIP STEAK **\$1.49**
Lb.

WD BRAND U.S. CHOICE BONELESS ROUND SIRLOIN TIP CUBED STEAK **\$1.59**
Lb.

WD BRAND SLICED COOKED Picnics **\$2.79**
16-oz. PKG.

WD BRAND SLICED COOKED Ham **\$2.79**
16-oz. PKG.

WD BRAND, REGULAR, ALL BEEF AND THICK SLICED Bologna **99¢**
16-oz. PKG.

WD BRAND SLICED PICKLE or Pimento Loaf **\$1.29**
16-oz. PKG.

WD BRAND SLICED Chopped Ham **\$2.19**
16-oz. PKG.

SUNNYLAND DINNER Franks **99¢**
1-lb. PKG.

COPELAND ROLLED BLD, MILD or HOT Sausage **\$1.19**
1-lb. BAG

HILLSHIRE FARMS' SMOKED SAUSAGE or POLISH Sausage **\$1.59**
Lb.

BETTY ABNEY Cole Slaw **54¢**
12-oz. CUP

WD BRAND 100% PURE GROUND BEEF HANDI-PAC **\$6.89**
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WD Brand, Homopack, 100% Pure Ground Beef **\$3.95**
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WHOLE OR HALF 18-22 Lb. AVG. Lb.

Boneless Beef Cubed Steak **\$1.79**
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SAVE 40¢

WD BRAND USDA CHOICE BLADE CHUCK ROAST **79¢**
Lb.

WD BRAND USDA CHOICE 7 BONE CENTER CUT BEEF CHUCK ROAST **99¢**
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SAVE 50¢

WD BRAND U.S. CHOICE BONELESS ROUND SIRLOIN TIP **\$1.19**
Lb. AVG.

SAVE 10¢

USDA GRADE "A" FRESH MIXED Fryer Parts **59¢**
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WD BRAND U.S. CHOICE BONELESS ROUND BONELESS CHUCK **\$15.99**
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U.S. CHOICE, WD BRAND, BONELESS BEEF CHUCK CUBED STEAK **\$6.99**
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WD BRAND USDA CHOICE 100 TO 180 Lb. AVG. BEEF FOREQUARTERS **79¢**
Lb.

WD BRAND USDA CHOICE, 300 TO 350 Lb. AVG., CONSISTING OF ONE HINDQUARTER AND ONE FOREQUARTER SIDE OF BEEF **89¢**
Lb.

SAVE 34¢

HICKORY SWEET SLICED BACON **\$1.99**
2 Lb. PKG.

SAVE 30¢

HICKORY SMOKED WHOLE or BUTT PORTION HAM **79¢**
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WESTERN CORN FED FULL Lb. FRESH PORK LOIN SLICED INTO Pork Chops **\$1.49**
Lb.

FULL Bb. HALF PORK END Pork Roast **\$1.49**
Lb.

PORK LOIN Sirloin Chops **\$1.49**
Lb.

TYSON FROZEN Fryer Livers **59¢**
8-oz. PKG.

BONELESS FISH Turbot Fillet **\$1.29**
Lb.

WD BRAND U.S. CHOICE BONELESS ROUND BONELESS ROUND SIRLOIN TIP STEAKS **\$19.99**
15 Lb. PKG.

U.S. CHOICE, WD BRAND, 8 STEAKS - 8-oz. EACH, or 4 STEAKS - 16-oz. EACH, BONELESS BEEF DELMONICO STEAKS **\$11.99**

WESTERN CORN FED FAMILY PACK PORK LOIN **\$19.99**
15 Lb. PKG.

5 LBS. Bb. END PORK CHOPS **\$19.99**
5 LBS. PORK LOIN END CHOPS

FRESH PORK SHOULDER BOSTON BUTT (FAMILY PACKAGE) BLADE STEAK **\$4.99**
4 Lb. PKG.

U.S. CHOICE LAMB WHOLE or BUMP HALF LEG O' LAMB **\$1.99**
Lb.

U.S. CHOICE LAMB RIB CHOPS **\$2.79**
Lb.

U.S. CHOICE LAMB SIRLOIN CHOPS **\$2.99**
Lb.

U.S. CHOICE LAMB LOIN CHOPS **\$3.09**
Lb.

U.S. CHOICE LAMB SHLDR CHOPS **\$2.29**
Lb.

U.S. CHOICE LAMB SPARERIBS **99¢**
Lb.

U.S. CHOICE BONE-IN LAMB STEW **99¢**
Lb.

U.S. CHOICE LAMB SHANKS **\$1.09**
Lb.

HARVEST FRESH PRODUCE

LARGE WESTERN CANTALOUPE **69¢**
EACH

HARVEST FRESH JUICY LEMONS **11 FOR 99¢**

SAVE 33¢

BORDEN ORANGE JUICE **3** **99¢**
QTS.

HARVEST FRESH SWEET PLUMS **2** **\$1**
LBS.

HARVEST FRESH LARGE NECTARINES **2** **\$1**
LBS.

HARVEST FRESH CARROTS **3** **99¢**
1-Lb. BAGS

HARVEST FRESH YELLOW COOKING ONIONS **5** **99¢**
Lb. BAG

HARVEST FRESH BROCCOLI **89¢**
EACH

WE ACCEPT USDA FOOD STAMP COUPONS

THE BEEF PEOPLE



SAVE WITH WINN-DIXIE

THRIFTY MAID SLICED CARROTS 3 16-oz. CANS 88c	THRIFTY MAID MIXED VEGETABLES 3 16-oz. CANS 88c	THRIFTY MAID LIMA BEANS 3 16-oz. CANS 88c	THRIFTY MAID SWEET POTATOES 3 16-oz. CANS 88c	THRIFTY MAID TOMATOES 3 16-oz. CANS 88c
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SAVE 21c

R. C. COLA
8 PACK 16-oz. BTL.
88c

PLUS DEPOSIT
CRACKIN' GOOD ALL VARIETIES OLD FASHION COOKIES . . . 3 PKGS. \$1.00

CHEK ROOT BEER
64-oz. NRB.
69c

CHEK COLA
64-oz. NRB.
69c

CARLO ROSSI
VIN ROSE 64-oz. BTL. **\$2.99**

GALLO
RED ROSE 52-oz. BTL. **\$3.49**

FRINTE LAMBRUSCO
WINE 25.6-oz. BTL. **\$2.39**

GIGANTIC SUPER "8" SALE!

SAVE 35c

OLD MILWAUKEE BEER
6 PACK 12-oz. NRB.
\$1.18

Limit 2 six-packs with \$5.00 or more purchase excl. sig.

SAVE 51c

KRAFT MAYONNAISE
QUART
88c

Limit 1 with \$5.00 or more purchase excl. sig.

SAVE 61c

CRISCO SHORTENING
3 LB. CAN
\$1.38

Limit 1 with \$5.00 or more purchase excl. sig.

DEEP SOUTH SWEET RELISH 27-oz. JAR **69c**

CRACKIN' GOOD ENGLISH MUFFINS 10-oz. PKG. **38c**

SUPERBRAND SOUR CREAM 16-oz. CUP **68c**

MARGARINE 1-LB. PKG. **59c**

MARGARINE 2-LB. PKG. **\$1.28**

MARGARINE 1-LB. PKG. **89c**

MARGARINE 1-LB. PKG. **78c**

DIXIE DARLING DUNKIN' STIX
2 10-oz. PKGS.
99c

DIXIE DARLING HAMBURGER BUNS
3 11-oz. PKGS.
89c

DIXIE DARLING FAMILY BREAD
3 20-oz. LVS.
\$1.00

CRACKIN' GOOD PASTRIES
2 10-oz. PKGS.
\$1.00

CRACKIN' GOOD GEORGIA CRACKERS
2 11-oz. PKGS.
\$1.00

SAVE 31c

DEEP SOUTH SMOOTH OR CHUNKY PEANUT BUTTER
28-oz. JAR
88c

SAVE 11c

TROPICAL LONG GRAIN RICE
3 16-oz. BAG
58c

SAVE 21c

INDIVIDUALLY WRAPPED CHEESE SLICES
12-oz. PKG.
98c

SAVE 35c

SUPERBRAND ALL FLAVORS SWISS STYLE YOGURT
4 8-oz. CUPS
98c

SAVE 10c

RINSO DETERGENT
4 16-oz. PKG.
99c

SAVE 11c

IVORY SOAP
4 4-oz. PKG.
63c

SAVE 21c

THRIFTY MAID HALVES AND SLICED PEACHES
2 29-oz. CANS
88c

THRIFTY MAID PORK & BEANS
4 16-oz. CANS
88c

THRIFTY MAID CREAM STYLE OR WHOLE KERNEL CORN
4 16-oz. CANS
88c

THRIFTY MAID MEDIUM OR LARGE SWEET PEAS
4 16-oz. CANS
88c

THRIFTY MAID CUT GREEN BEANS
4 16-oz. CANS
88c

THRIFTY MAID FRESH PAK Blackeye Peas . . . 3 16-oz. CANS **88c**

THRIFTY MAID Sliced Beets . . . 3 16-oz. CANS **88c**

THRIFTY MAID Sauerkraut . . . 3 16-oz. CANS **88c**

THRIFTY MAID Spinach 3 15-oz. CANS **88c**

SAVE 34c

SUPERBRAND OR PINEBREEZE GRADE 'A' MEDIUM EGGS
2 DOZ.
88c

THRIFTY MAID BLACK PEPPER 1-oz. CAN **69c**

SAVE 31c

THRIFTY MAID SUGAR
5 LB. BAG
48c

Limit 1 with \$5.00 or more purchase excl. sig.

SAVE 38c

MORTON MEAT DINNERS
11-oz. PKGS.
98c

(ALL EXCEPT HAM)

MORTON FRIED CHICKEN 25-oz. PKG. **\$1.99**

PROCTOR SILEX 2 SLICE Toaster EACH **\$9.99**

Listerine 32-oz. BTL. **\$1.69**

Motor Oil 2 QT. CANS **\$1.09**

Motor Oil 1 QT. CAN **99c**

Oil Filters EACH **\$2.99**

Oil Treatment CAN **\$1.29**

Gas Treatment CAN **89c**

Cleaner CAN **\$1.45**

PLAIN SMALL Envelopes 100-CT. PKG. **79c**

PLAIN RULED OR UNRULED Tablets EACH **79c**

HAIR COLOR EACH **\$1.79**

TOOTH PASTE 6-4-oz. TUBE **88c**

HAIR SPRAY 11-oz. CAN **99c**

Ban Roll On 1.5-oz. SIZE **88c**

Steel Blades 5-CT. PKG. **29c**

Liquid Di-Gel 12-oz. BTL. **99c**

Ben Gay Lotion 2-oz. SIZE **\$1.49**

Alka Seltzer 12-CT. PKG. **87c**

Blades 9-CT. PKG. **\$2.09**

WE ACCEPT USDA FOOD STAMP COUPONS

SAVE 35c

MORTON (INCLUDING MACARONI & CHEESE & SPAGHETTI) POT PIES
4 8-oz. PKGS.
98c

SAVE 21c

MORTON DOUGHNUTS
9-oz. PKG.
68c

SAVE 21c

ALL VARIETIES MORTON CREAM PIES
16-oz. PIE
58c

SAVE 40c

MORTON HONEY BUNS
2 6-oz. PKGS.
98c

SAVE 35c

ALL VARIETIES EXCEPT PECAN MORTON (8-oz. FRUIT) (4-oz. CREAM) CREAM PIES
4 PKGS.
98c

SAVE 11c

MORTON COUNTRY TABLE DINNERS
15 1/2-oz. PKG.
88c

SAVE 21c

MORTON FAMILY PACK DOUGHNUTS
12-oz. PKG.
78c

SAVE 31c

MORTON APPLE AND CHERRY FRUIT PIES
24-oz. PKG.
68c

SAVE 11c

THRIFTY MAID ALL FLAVORS ICE MILK
HALF GALLON
78c

SAVE 21c

THRIFTY MAID CATSUP
32-oz. BTL.
58c

SAVE 41c

ARROW DETERGENT
49-oz. PKG.
68c

SAVE \$4.96

MR. COFFEE COFFEE MAKER
EACH
\$19.99

SAVE \$3.96

K & S MONOPOLMENT EDGER & TRIMMER
EACH
\$19.99

FRENCH'S SEASONING 1 1/2-oz. PKG. **33c**

ANT & ROACH SHELL Insecticide 11-oz. PKG. **99c**

PROFESSIONAL LIQUID INSECTICIDE TNT 64-oz. SIZE **\$2.99**

Sani-Flush 34-oz. SIZE **85c**

Pam 9-oz. SIZE **\$1.15**

LIQUID Woolite 16-oz. SIZE **\$1.59**

WINDOW CLEANER Easy Off 16-oz. SIZE **65c**

NIBLETS WHOLE KERNEL Corn 7-oz. CAN **27c**

GREEN GIANT Peas 3 11-oz. CANS **89c**

GLAD SANDWICH BAGS 150-CT. PKG. **87c**

GLAD SANDWICH BAGS 80-CT. PKG. **55c**

JIM DANDY Dog Ration 50-LB. BAG **\$11.79**

AURORA Bath Tissue 3-ROLL PKG. **53c**

GALA PAPER Towels 80-ROLL **69c**

CHUN KING CHICKEN Chow Mein 42-oz. CAN **\$1.57**

THRIFTY MAID CHILI W/BEANS
16-oz. CANS
2 88c

THRIFTY MAID SLICK DOG FOOD
6 15-oz. CANS
88c

THRIFTY MAID STRAWBERRY PRESERVES
2 1-LB. JAR
88c

SAVE 11c

ASTOR INSTANT POTATOES
2 2-oz. PKG.
88c

SAVE 11c

FRANCIS BRAND Gravy Mix 2 1-oz. PKG. **25c**

Melon Boat Also Centerpiece

Looking for a different punch bowl for your next warm weather party? Try a watermelon. It makes a lovely centerpiece for a summer party and adds its own flavoring to the punch it holds.

When preparing a watermelon boat for punch, save the melon fruit to serve as dessert garnished with berries, cherries or fresh mint sprigs. Or sprinkle it with lemon or lime juice, cream sherry or ground ginger when serving it later. You may freeze the fruit using a light sugar syrup. You can have your watermelon and eat it, too.

A watermelon boat punch is a mixture of citrus juices and of those you want, you may spike the punch with rum-sprinkled watermelon cubes. Another use of a watermelon boat is to hold

a fruit frost of orange sherbet, for example.

Those with late summer or early fall weddings will find a watermelon punch bowl a decorative and different way from which to serve a large group.

WATERMELON BOAT PUNCH

Watermelon Boat (about 16-pound melon)

1 bottle (4 ounces) fruit juice—red Hawaiian Punch, chilled

1 can (8 ounces) frozen ginger ale

1 can (8 ounces) frozen lime juice

1 can (8 ounces) frozen lemonade concentrate, partially thawed

1 cup watermelon juice

3 cups sugar

Ice cubes

Citrus slices for garnish

Rum Melon Cubes (optional)

To make the boat, you'll need a large watermelon. If it does not rest evenly, cut a thin slice from the bottom. Then cut off a two-inch-thick horizontal slice from the top. Cut and scoop out fruit leaving a clean shell and juice. Scoop edge of melon to make an attractive boat. (Use toothpicks to mark off points.) Chill in refrigerator until serving time.

Combine punch, tangerine juice and lime 'n' lemonade concentrates, and watermelon juice in boat. Gradually stir in ginger ale. Add ice and citrus slices. Ladle into punch cups. Makes three and one-fourth quarts or enough for 26 four-ounce servings.

Rum Melon Cubes: When you scoop out Watermelon Boat, reserve about two dozen cubes of watermelon. Sprinkle these lightly with rum and refrigerate. At serving time, place one in each punch cup.

SUMMER FRUIT FROST

Watermelon Boat (about 16-pound melon)

1 can (46 ounces) fruit juice—red Hawaiian Punch, chilled

1 pint orange sherbet

Mint sprigs for garnish (optional)

Make Watermelon Boat. Combine punch and lemon-lime beverage in boat. Spoon sherbet on top. Ladle into punch cups. Garnish with mint sprigs, if desired.

Makes about 8 cups or enough for 16 four-ounce servings.

LAYERED FRESH SALAD

1 teaspoon salt

1/2 teaspoon dried leaf basil

1/2 teaspoon pepper

1 clove fresh garlic, minced

3 tablespoons cider vinegar

8 tablespoons salad oil

1/2 cup chopped fresh parsley

4 tomatoes, peeled and sliced

2 small cucumbers, pared and sliced

1 red onion, sliced

In medium bowl combine salt, basil, pepper and garlic. Stir in vinegar, oil and parsley. Place layers of sliced tomatoes in clear container, then red onion and cucumber. Pour dressing over all. Cover and refrigerate several hours. Take to picnic in container. Makes 8 servings.



WATERMELON PUNCHBOWL



Anchovies Fine With Pimientos

By CECILY BROWNSTONE
Associated Press Food Editor

The late Michael Field, who contributed so much as editor of the Time-Life series of cookbooks, had a great way of preparing anchovies with pimientos that adds just the right pizzazz to a cold main-dish platter for summertime lunch-on-guests.

Michael wrote several cookbooks of his own and the first, "Michael Field's Cooking School," gives a recipe—for marinating anchovies to top pimientos—that's well worth knowing. (The hard-cover edition of that book is out of print, but we understand it is soon to appear in soft cover—good news for cookbook collectors who do not have it.)

We had often served anchovies with pimientos but we had never thought of giving them a marinade until we came on Michael's recipe. His reason for marinating: "For the average palate, canned, salted anchovies are too insistent and forthright in flavor to be served as they are. Marinated in the Mediterranean fashion, they are something else again. And arranged on a platter, strewn with fresh herbs, and garnished with pimiento and black olives, they look almost as impressive as they taste."

Michael cautioned cooks to "choose that anchovies of superior quality; too often the supermarket bargains are too highly salted, puffy or crudely filleted." Because that's been our own experience we urge you to heed Michael's advice.

To make the marinade, Michael drained the oil from two 2-ounce cans of flat anchovies and fork-beat it with a tablespoon each of lemon juice, olive oil, finely chopped onion, finely chopped fresh dill, and finely chopped parsley plus 1/4 teaspoon of finely chopped garlic and freshly ground pepper to taste. If this mixture is too dense to spread, it should be thinned with a little more olive oil.

The next step is to drain a couple of jars of whole pimientos (the 4- or 7-ounce size), cut each pimiento in half and top them with the flat anchovies and pimientos with the marinade, cover them loosely with wax paper and let stand for at least an hour at room temperature so the marinade can do its work.

Michael served these anchovy-pimientos as a first course with ripe olives and buttered toast. We serve them on lettuce along with stuffed eggs and a zesty (preferably Genoa-style) French bread or crusty rolls or pizza with an equal amount of chick-pea spread. The offering

is one discerning guests always appreciate.

For dessert, we like fresh fruit, delicate butter cookies and loaf bread.

RAINY DAY SUPPER

Oven Pot Roast

Potatoes Margaret

Snap Beans Sliced Tomatoes

Fruit Beverage

POTATOES MARGARET

Bake this dish, to serve as soon as it is ready, along with a pot roast big enough for a few meals.

3 tablespoons butter

3 tablespoons flour

1/2 teaspoon salt

Pepper to taste

3 cups milk

3 cups firmly packed coarsely grated pared potatoes (scant 1 1/2 pounds)

Make a white sauce of the butter, flour, salt, pepper and milk; stir in the potatoes. Turn into a well-greased non-stick shallow round 2-quart casserole (8 by 2 inches). Dot with an extra tablespoon of butter. Bake in a preheated 350-degree oven until golden-brown—3 hours.

Serve from casserole or loam edges and turn out—the thin skin that forms on the bottom, sides and top of the potatoes allows the mixture to hold a round shape even though the inside is creamy. Serve at once. Makes 6 servings.

SUMMER FARE

Golden Frittata

French Fries

Cucumber Salad

Crispy Rolls

Peach Shortcake Beverage

GOLDEN FRITTATA

1/2 cup olive oil

1/2 cup thin strips onion

2 cups thinly sliced unpeeled yellow squash

4 eggs, slightly beaten

1/2 to 1 teaspoon salt

Pepper to taste

1-3rd cup freshly grated Parmesan cheese

In a 10-inch skillet gently cook the onion and squash in the hot oil until tender. Stir salt, pepper and Parmesan into the eggs; pour over onion and squash and cook over moderately low heat. As mixture sets, with a wide spatula lift edges and tilt pan so soft portion runs down to bottom of skillet. While top is still slightly soft, cut in 4 wedges and turn to brown lightly on the top side. Serve at once. Makes 4 servings.

Kraft's Mayonnaise

FOR SALADS OR SANDWICHES

89¢

Limit 1 Please. With Other Purchases of \$5 or More Excluding All Tobacco Products

Evercane or Colonial Sugar

49¢

Limit 1 Please. With Other Purchases of \$5 or More Excluding All Tobacco Products

Jumbo Cantaloupes

2 for \$1

12 1/2 SIZE RIPE SWEET WESTERN

Frozen Dinners

49¢

MORTON'S ASSORTED FROZEN EXCEPT HAM

Shedd's Table Spread

79¢

25% LESS OIL & 25% LESS CALORIES THAN MARGARINE

Baby Food

8 for \$1

ASSORTED VARIETIES OF HEINZ STRAINED

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ASSORTED VARIETIES OF HEINZ STRAINED

COOKING IS FUN

By MICHAEL FIELD

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Potatoes Margaret

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COUPON 1

Publix 100 EXTRA GREEN STAMPS

on purchases totaling \$5.00 to \$9.99 excluding all tobacco products

This coupon may also be used in combination with other S & H Green Stamp Coupons in this ad with larger purchases

(Expires Wed., Aug. 16, 1977)

COUPON 2

Publix 200 EXTRA GREEN STAMPS

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This coupon may also be used in combination with other S & H Green Stamp Coupons in this ad with larger purchases

(Expires Wed., Aug. 16, 1977)

COUPON 3

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This coupon may also be used in combination with other S & H Green Stamp Coupons in this ad with larger purchases

(Expires Wed., Aug. 16, 1977)

From Our Dairy Dept.

Wright Watchers Diet Margarine 1 lb. 58¢

SAVE 7¢, Ballard's Buttermilk 1 qt. 49¢

Biscuits, 4 pkgs. 49¢

SAVE 16¢, Dahi-Fresh Assorted Flavors Yogurt, 4 pkgs. 51¢

SAVE 14¢, Dahi-Fresh Sour Cream, 1 qt. 59¢

SAVE 34¢, Kraft's Processed Cheese Spread, 1 lb. 59¢

Velveeta, 1 lb. 59¢

Kraft's Individually-Wrapped, Processed Cheese Food Sliced Sharp Cheddar, Sliced American or Swiss Cheese With Bacon, 10 pkgs. 69¢

Kraft's Crocker Barrel Extra Sharp Cheddar, 10 pkgs. 59¢

Kraft's Natural Cheese Medium Cheddar, 10 pkgs. 59¢

Wisconsin Cheese Bar, Mild Longhorn, Muenster or Monterey Jack, 10 pkgs. 59¢

Dahi-Fresh Small, Large, Schmierke or Low Fat Cottage Cheese, 2 pkgs. 59¢

White Bread

29¢

7 1/2 oz. loaf

Kraft Mayonnaise

89¢

FOR SALADS OR SANDWICHES

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Baby Food

8 for \$1

ASSORTED VARIETIES OF HEINZ STRAINED

GIVE

AMERICAN CANCER SOCIETY

Green Beans

29¢

SAVE 2¢, Grape Drink Welchade, 2 4-oz. 89¢

SAVE 8¢, P & P Barbeque Pork Halves, 16-oz. 39¢

SAVE 22¢, In Natural Juice Assorted Dole Pineapple, 4 pkgs. 51¢

SAVE 16¢, P & P Cocktail, 17-oz. 39¢

SAVE 20¢, Pillsbury Assorted Figurines, reg. \$1.19

SAVE 19¢, Liquid Detergent Purox, 64-oz. 89¢

100% OFF Liquid Detergent Lux Liquid, 72-oz. 85¢

SAVE 4¢, P & P Whole Kernel or Cream Style Golden Corn, 17-oz. 29¢

Baked Beans

3 for \$1

SAVE 17¢, Bunch Diapers, 40¢, Large Daytime Pampers, 24-oz. \$2.10

Star Kit (For Salads or Sandwiches) Chunk Tuna, 6-oz. 59¢

SAVE 43¢, White & Decorated or Assorted Bounty Towels, 2 36-oz. 99¢

SAVE 30¢, Toilet Insulator Tea Mix, 36-oz. \$1.20

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3 for \$1

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Food Myths Finally Ended

By GAYNOR MADDOX
Herald Services

Is saccharin safe? Are the laboratory tests results scientifically convincing? Are we thinking through the facts or are we panicking in the face of the presumed possibility of remote medical danger?

Drs. Elizabeth M. Whelan and Frederick J. Stare, authors of "Panic in the Pantry" (Atheneum, \$8.95) challenge what they consider to be the nutritionally, as well as economically, unsound widespread public concern about the presumed harmful effects of various types of food additives. With the controversy over saccharin now raging, their book on facts about food additives will be issued in paperback this September.

Dr. Whelan, with a Master of Public Health degree from the Yale School of Medicine and a Sc.D. from the Harvard School

of Public Health, and Dr. Stare, M.D., Ph.D., formerly Professor of Nutrition at the Harvard School of Public Health and currently president of Tufts University, set forth the facts about the natural food crisis and the panic about additives. The legitimate fear of cancer has caused a scientifically unsound and unwarranted reaction to chemicals in foods, nourishing as it is today. And it is that "after 18 years of intensive research, no cancerous growths or any other type of health problem—could be linked with the ingestion of Cyclamate products." And yet, based on very flimsy evidence, such products were banned by the U.S. Food and Drug Administration.

The authors also cite the controversy over DES, an estrogen-containing growth stimulant used in the cattle-raising industry. They find that its banning is fraught with

inconsistencies. They note that the tiny residues of DES were found only in the liver of animals, and that one egg contains one thousand times more estrogen than a serving of such liver (or that one million pounds of liver to equal the amount of estrogen in one morning after pill).

Whelan and Stare note the positive contributions food additives have made and expanding the world's food supply also increases and at the same time there is a decrease in the promotion of the research which produces these chemicals and food technologies with extremely serious consequences.

It is not the panic but the facts which lead the authors to conclude that "in moderation, eat drink, and be wary of those who raise questions about the safety of your food."

Public Health, and Dr. Stare, M.D., Ph.D., formerly Professor of Nutrition at the Harvard School of Public Health and currently president of Tufts University, set forth the facts about the natural food crisis and the panic about additives. The legitimate fear of cancer has caused a scientifically unsound and unwarranted reaction to chemicals in foods, nourishing as it is today. And it is that "after 18 years of intensive research, no cancerous growths or any other type of health problem—could be linked with the ingestion of Cyclamate products." And yet, based on very flimsy evidence, such products were banned by the U.S. Food and Drug Administration.

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SEMINOLE PLAZA—CASSELBERRY

Potato Can Be Fancy

Plain as the potato you say? The earthy brown spud may sport a rather humble appearance but some mighty fancy dishes have blossomed from its heart. In fact, in true American cuisine, the potato is the basis for numerous classic dishes.

The hot potato salad with its tart, zippy vinegar bite and smoky flavor is the creation of the Pennsylvania Dutch, whose simple vegetable salads, used as accompaniments to meat courses, derive much of their heartiness from their cooked bacon dressings.

With our easy Pennsylvania Dutch Potato Salad recipe you can have a taste variation by using a different flavored bacon in the dressing, such as hickory until tender. Drain; peel while hot. Cut into 1/4-inch slices. Cook bacon and onion in large skillet until light golden brown. Remove from heat; add vinegar, broth, salt, pepper and parsley. Add potatoes; heat. Makes: 4 to 6 servings.

Variation: 1 cup shredded pared carrot may be cooked with bacon and onion.

Vichyssoise is another American potato classic. Chef Louis Diat created this elegant, chilled potato and leek soup in 1910 to celebrate the opening of the posh Ritz Carlton Hotel in New York City.

Vichyssoise is as rich and satisfying as any potato dish. As a soup course it can start a company dinner on a fancy note, or it can be the main dish of a cool summer supper, served with a crisp, green salad and rolls.

When selecting potatoes look for those that are firm, dry, free of soft spots or decay and harvested from the earth so you'll want to rise and scrub them gently just before cooking. The United Fresh Fruit and Vegetable Association suggests all fresh produce be used as soon as possible after purchase to insure peak flavor and value. Keep potatoes at room temperature but away from direct light or heat. Refrigeration is not advised since low temperatures cause conversion of potato starch to sugar.

Freshly matured potatoes contain a wide range of nutrients—

G.R.A.B. Healthy List Of Foods

Borrowing our government's propensity for using initials to denote off-used names and titles (e.g. F.D.A. (Food and Drug Administration) or G.R.A.B. (generally recognized as beneficial) and B.O.N.E. (Better off not eaten food lists. G.R.A.B. LIST

Apple: The adage "An apple a day keeps the doctor away" just might be true. The pectin in this fruit is a type of fiber and therefore is an aid to digestion. Incidentally, a fresh apple contains 15 per cent sugar while the content of sugar in a dried apple is 75 per cent.

Brewers yeast: An outstanding source of B-vitamins and protein. Descriptions of its flavor range from awful to delicious. You may want to take it in pill form.

Carob: A nutritious substitute for chocolate. Chocolate has been shown to prevent calcium assimilation.

Fiber: You can throw away your Ex-lax once you get on a high-fiber diet. Such foods as bran, apples, bananas, carrots, and cabbage contain types of fiber that are excellent aids to elimination.

Kelp: A natural substitute for salt. Kelp is an excellent source of trace minerals and iodine. Love: "Food" for the soul.

Nuts and seeds: Especially cashews and sunflower seeds when coupled with legumes or dairy products provide necessary protein.

Seafood: Low-calorie and generally low-protein food. Papaya: A great aid to digestion. It is also used as meat tenderizer.

Water: More necessary for life than food, it should be taken four ounces at a time for a total of 64 ounces daily.

Distilled water: preferable since tap water is said to contain 50 identifiable chemicals.

Vegetables: an important source of vitamins and minerals. They also supply fiber and carbohydrates and should be eaten, both fresh and (preferably) raw daily.

Yogurt: Provides calcium necessary for strong bones and also contains friendly bacteria for the creation of certain B-vitamins in the intestines.

B.O.N.E. LIST

This list contains shorter than the first list items that comprise the bulk of the American diet.

Alcohol: High in calories and almost devoid of nutrients. "Heavy drinkers are persons who consume five or more drinks a day. They usually have serious nutritional problems that frequently result in liver or brain damage." (Quote from Nutrition Scoreboard by Dr. Michael F. Jacobson.)

Bacon: and other cured meats contain nitrates found by Dr. William Kilmisky a scientist at Oak Ridge National Laboratory in Tennessee to have caused multiple malignant tumors in 100 per cent of animals tested. (Taken from Eating May Be Hazardous To Your Health by Dr. Jacqueline Verrett and Jean Carper.)

Coffee: overstimulates the central nervous system and is said to be harmful to those with hypoglycemia and ulcers.

Fried Foods: the heated oil is said to be a carcinogen (cancer-causing agent).

Ice Cream: too much sugar and too many additives in this favorite American food.

Meat: still contains D.E.S. and other hormones which have been shown to cause cancer.

Soda pop: (including Cola drinks) Pure junk!

Sugar: omnipresent and the bane of our civilization.

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Country Recipes Feature Fresh Vegetables, Bacon Bits



BACON-STUFFED TOMATOES

Sweet yellow corn and sweet green peas, fields of red tomatoes, fields of russet potatoes. Some people go into raptures over autumn hues, but for others it's the country colors of summer that set hearts a-pounding, stomachs a-growlin'.

On the Johnson farm near Perry, Oklahoma, Abbie Johnson counts herself among the summer set.

It's not surprising that Abbie's recipe repertoire includes a bushel basketful of ways to prepare sweet corn just off the stalk, tomatoes ripened on the vine, tender young green beans.

"It stands to reason that if you're going to use fresh vegetables, you want to keep the quality high. You want to use ingredients that add zest and flavor to your recipe.

If you've been bitten by the bacon bug, you can obtain a free booklet containing Bits O' Bacon recipes. Send a self-addressed, stamped No. 10 envelope (business size) to:

Bits O' Bacon Booklet, P.O. Box 39109, Chicago, Ill. 60639.

FRESH CORN CHOWDER
 4 medium ears corn
 2 tablespoons butter
 1/2 cup chopped celery
 1 small onion, chopped
 2 cups hot water
 1 teaspoon salt
 1/4 teaspoon white pepper
 2 cups light cream
 2 tablespoons flour
 1/2 cup Bits O' Bacon

Cut kernels from corn with sharp knife (will measure about 2 cups). With knife, scrape remaining pulp from cob. In large skillet or dutch oven melt butter; add corn, celery and onion. Sauté over medium heat 10 minutes, stirring often. Add hot water, salt and pepper. Cover and simmer until vegetables are tender (about 45 minutes). Shake cream and flour together in a jar. Add cream mixture and Bits O' Bacon to chowder and cook until slightly thickened. Serves six.

BACON STUFFED

TOMATOES
 4 large tomatoes
 2 cups fresh bread crumbs
 1/2 cup water
 1 tablespoon butter
 1 bouillon cube, any flavor
 1 tablespoon chopped green pepper
 1 teaspoon minced onion
 dash pepper
 1/4 cup grated parmesan cheese
 2 tablespoons chopped parsley

Cut off top quarter of tomatoes; remove inside with knife or grapefruit spoon. Drain upside down on paper towel. Mix breadcrumbs and Bits O' Bacon in small bowl. Heat water; add butter, bouillon cube, green pepper, onion and pepper. Combine thoroughly with crumb mixture. Stuff tomatoes and top each with one tablespoon parmesan cheese. Place on lightly greased pie plate or baking dish and bake at 350 degrees F. for 10-12

minutes. Sprinkle with chopped parsley to serve. Serves four.

COUNTRY SALAD BOWL
 1 head lettuce
 10 oz. fresh spinach
 1 1/2 cups fresh peas or 10 oz. frozen peas
 1 cup Bits O' Bacon
 6 eggs, hard-cooked, chopped
 Topping:
 2 cups mayonnaise
 1 cup sour cream
 1/2 cup chopped green onions
 1 env. Ranch-Style dressing mix

Tear lettuce and spinach into bite-size pieces. Cover peas with boiling water; let stand two minutes. Drain and refresh under cold running water. In large clear bowl, layer ingredients in order shown. In small bowl, combine topping ingredients. Spread over top of salad, sealing at edges. Refrigerate 24 hours. Serves eight.



TASTY SUMMER SALAD

Diet Tames Food Habits

It's been damned and gramed almost into oblivion by those revolutionaries who pinpoint it periodically as the rampaging ruin of thinness.

Now, it is true that a diet through which carbohydrates gallop with reckless abandon is a diet that will add weight. The answer lies not in exterminating the carbohydrate, but in taming it. Overeat potatoes, pastas, and pastries, and sure enough, you'll be fat. Overeat with anything, and you'll be fat.

A calorie simply doesn't know what its origins are. A good reducing diet for the average woman contains approximately 1200 calories; for a man 1500. Because this is a restriction, it must be carefully thought out. You would lose weight if you ate 1200 calories of poor carbohydrate. You would also be undernourished—and that is dangerous. To be nourished, you must have protein, minerals, vitamins, and carbohydrates for energy.

Don't cut out carbohydrates; have toast in the morning and at noon time, but be sure that the toast weighs one ounce and is of enriched bread. That's your breakfast and lunch carbohydrate.

At dinner, obtain the carbohydrate energy you require from vegetables such as peas, carrots, beets, eggplant, cooked onions, tomatoes—but only 1/2 cup of them, please. When you tame your carbohydrate intake down to this point, you will find that you are obtaining the energy this nutrient supplies and at the same time not storing up any excess in the form of fat.

Additional carbohydrates on a well-balanced diet should include three fruits a day.

Here is a pleasant diet way to some domesticated carbohydrates:

CHEESE STRATA
 6 slices thin sliced bread
 3 eggs
 1/4 tsp. dry mustard
 1 T. minced onion
 4 slices (1/4 oz. each) American Cheese
 1/4 C. milk
 1 tsp. celery salt
 dash salt, pepper and tabasco

In a loaf pan layer 2 slices bread, 2 slices cheese and repeat layers, ending with bread. Mix rest of ingredients. Pour over bread and cheese. Refrigerate 1/2 hour. Bake 400 for 30-40 minutes until bubbly.

LEMON DRESSING
 two-thirds cup salad oil
 one-third cup fresh lemon juice
 2 tablespoons chopped fresh parsley
 1 clove garlic, peeled and split
 1 teaspoon sugar
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/2 teaspoon dry mustard
 1/4 teaspoon paprika

In a small bowl or jar with tight-fitting lid combine all ingredients. Beat or shake until well mixed. Let stand one hour and remove garlic. Store in refrigerator.

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Area FHP Trooper Slain In Miami

By DONNA ESTES Herald Staff Writer

Many in Seminole County's law enforcement community are mourning the death of Florida Highway Patrol Trooper Bradley Steven Glascock, killed early today when he stopped a traffic violator at a 10-cent toll booth on Miami's East-West Expressway. Within hours of the trooper's death, police had found the car and followed a trail of blood at least three blocks to a Miami complex where an unidentified man was taken into custody.

Police said the person in custody was a witness, not the gunman wanted in the slaying.

"He was a good officer and a good friend, a really nice guy," said Oviedo Police Chief Kenneth Triplett, on whose department Glascock had served as a reserve officer. Glascock had volun-

tered his time at no pay for two-to-three years prior to joining the highway patrol.

He worked in security at Walt Disney World, but gave many hours as a reserve officer for the Oviedo department on weekends and at "any other time he could get off from his regular job," Triplett said.

Glascock, 25, visited with the department about six months ago, Triplett remembered, and "first one and then the other of the men received letters from him all the time."

Triplett said the officer lived for a time on Little Lake George, off Dean Road.

Trooper Glascock's uncle, former Casselberry Council Chairman Charles Glascock, said that his nephew was born and grew up in Orlando and graduated from Winter Park High School with the class of 1971.

The officer's parents, Mr. and Mrs. William D. Glascock; brother, Britt; and sister, Robin, aunts, uncles and cousins all live in the area. The body will be brought back to Central Florida for funeral ceremonies and burial, his uncle said.

"And we (the Oviedo police department and other law enforcement friends) will be there," Triplett said. He had many friends in the sheriff's department, the chief said.

A highway patrol trooper picked up the trooper's father and transported him to Miami this morning. His mother, brother and sister were in Atlanta on vacation.

"Brad was also a volunteer fireman for the Goldenrod Volunteer Fire Department," his uncle said, adding that after graduation from the police academy he was transferred to the

He knew the chances he was taking' - Charles Glascock, uncle of slain trooper.



See TROOPER, Page 2-A



THE CLASS OF 1893

First and second grade classes at Sanford's 'Little Red Schoolhouse' pose during the 1892-93 school term. Top row, from left: Julius Takach, Charlie Evans, George Fox, Dick Patton, Foster Prince, Walter Murray, Earl Chappel, Hallie Myerson, and the teacher, known as Professor Lynch. Second row, from left: Bessie Long, Jessie Nelson, Hilda Dinholm, Gertrude Morey, unidentified, Inez Simmons, Ida Belle Peabody, Alice Appleyard, and Edna Prince.

Third row, from left: Sylvia Nelson, Nellie Cowan, unidentified, Gertrude Dunn, Mildred Richerson, Elsie Love, Carrie Ensminger. Bottom row, from left: Bicknell Love, Norm Finney, unidentified, Grace Allen, Carrie Bell, and the last person in the row is unidentified. For more photos and stories from Sanford's past, read the Centennial Edition, coming in this week's Sunday Herald.

Judge: Stiff Fines Reducing Cases

Seminole County Judge Alan Dickey was to confer with Orange County Judges Michael F. Cymannick and R. James Stroker today on their challenge Wednesday of the constitutionality of the state's new mandatory increases in traffic fines.

The two Orange County judges ordered that additional penalties — \$20 for moving violations and \$200 for drunken driving — mandated by law passed in the last session of the Legislature be kept separate and either returned to those who paid the fines or forwarded to the state's Good Driver's Incentive Fund depending upon a Florida Supreme Court ruling expected early in September.

The controversy surrounding the new state law on mandated fees took Dickey by invitation to the Council of Local Governments in Seminole County meeting Wednesday night, where Dickey told officials of the local cities:

— Dockets in county courts sessions held in Oviedo, Altamonte Springs and Sanford are noticeably higher because either police officers are "becoming more lenient" or drivers are more careful since the mandatory fines went into effect.

A moving violation now of going through a stop sign or running a red light requires a minimum mandatory fee of \$57.75.

— No accused violator or attorney in Seminole County has challenged the constitutionality of the new law in the county court here.

— A little known feature of the mandatory fines law requires the levy of a \$10 fine on those convicted of a felony. "If a person is found guilty of murder and sentenced to the electric chair, the judge must also levy a \$10

assessment for the crimes compensation fund, unless he finds that a real hardship exists.

— Many of those making mandatory appearances in the county court when charged with driving while under the influence or for exceeding the speed limit by more than 25 miles cannot afford an attorney and ask for the services of the public defender.

— With the increased fines, many offenders with families cannot pay their fines and ask to be allowed to pay on an installment plan.

Judge Dickey said that "most of the people who appear in his courtroom on traffic offenses are representative of a man with two or three children and a wife, bringing home \$80 to \$100 weekly.

Dickey said none of the county judges here take revenue considerations into sentencing and "none of us is conscious of giving lesser fines." He said, however, since the new law went into effect he carefully explains to offenders that additional sums will be added to the fine he has levied, in compliance with the new law. "Most of us are tough on flagrant speed cases. We don't consciously cut fines, since the new law went into effect, but we may have."

He said he thinks it is probably true that police officers have become more lenient since the new law passed. "My feeling also is that accidents are down."

Dickey said that oral arguments on the constitutionality of the law before the Florida Supreme Court are scheduled for Sept. 8. "I presume the court will expedite the hearing," he said.—DONNA ESTES

Accreditation Sparks Dispute At School Board Meeting

By MARYLYN SHEDDAN Herald Writer

Efforts toward accreditation of Seminole County high schools must go forward, Davis Sims, chairman of the Seminole County School Board said Wednesday night.

Sims called attention to public statements recently made by Supt. William P. (Bud) Lyster, when Lyster indicated he felt application to the Southern Association of Colleges and Schools (SACS) for accreditation was, at best, unnecessary.

"When this board has voted to do something, it should be done," said Sims, "and it doesn't do any good to keep bringing it up."

"There are many projects which have passed this board that we have not been in favor of," he said, "but we don't keep bringing them up."

"When our children are already doing so well (third place) in the assessment of school children statewide," retorted Lyster, "I don't see any reason we should slow down and join the crowd."

School board member Robert G. Feather, who originally voted in favor of the application to SACS for accreditation of the high schools, explained why he has changed his mind:

"The reason I continue to bring up the question of accreditation," he said, "is because I don't see any benefits from it."

"When we first began looking at this," said Feather, "we were talking about \$100,000. Now we are talking about more than \$600,000 just to get started."

"You can make arguments for both sides," responded Sims. "You could say that it takes this much money to meet the accreditation standards, then something must be really wrong."

"It isn't our standards that are wrong," said Lyster. "It's theirs."

After Lyster explained that, despite his reservations about the need for accreditation, his office was proceeding as directed by the board and that accreditation teams would be visiting area high schools during October, Sims dropped the matter and called for the next item on the agenda.

In other action, a proposed reorganization of the county-wide advisory committee was considered by the board which invited the League of Women Voters and the County Council of PTAs to study the suggested changes and report on them.

The proposed reorganization would provide for 13 members at a time on the board, each from a different school, with the board membership changing each year to 13 more members from 13 different schools. In this manner all 39 schools would participate once every three years.

Other alternatives under consideration include keeping the present advisory committee of 13 members each year; or making the committee up of one member of the local advisory committee from each of the 39 schools in the county system.

On another matter, after much debate on the details of possible insurance coverage by four different firms, the board voted to withhold any action until its meeting of Aug. 10.

Bids for the insurance had previously been accepted, with only Blue Cross Blue Shield of Florida, of the several companies responding, meeting the

See SCH001, Page 2-A

County Deadlocked On Bus Funds

By MARK WEINBERG Herald Staff Writer

Seminole County Commissioners Wednesday night deadlocked over whether to spend \$7,500 in the fiscal year beginning in October to provide bus service in the Sanford area.

The commissioners, who are making their first round of cuts

Neiswender, cut \$33,437 from Neiswender's recommendations in the six-hour meeting.

The proposed budget would necessitate a countywide property tax increase of \$2.60 for each \$1,000 of assessed valuation to support a general fund of \$14 million, a recommended increase of 22 per cent over the currently budgeted \$11.5 million. The increase would bring the countywide property tax to \$8 per \$1,000 of assessed valuation and would be the first countywide increase in three years.

County Approves Library Funds, Page 2-A

In the \$31 million budget proposed by County Administrator Roger

County budget chief Pat



BILL KIRCHHOFF ... TA delegate

attempts since they began their review of the budget on July 18. Commissioners Dick Williams and Harry Kwiatkowski voted against the county's contributing the \$7,500 for the bus service proposed by the Orange-Seminole-Osceola Transportation Authority (known as "the TA").

Commissioner Bill Kirchoff, the county commissioner's representative on the TA board of directors, voted in favor of spending the money "if the Florida Department of Transportation would be willing to put in \$19,500 (half the estimated operating deficit) and if the Sanford City Commission will agree to put some money into this." Kirchoff represents the Sanford area.

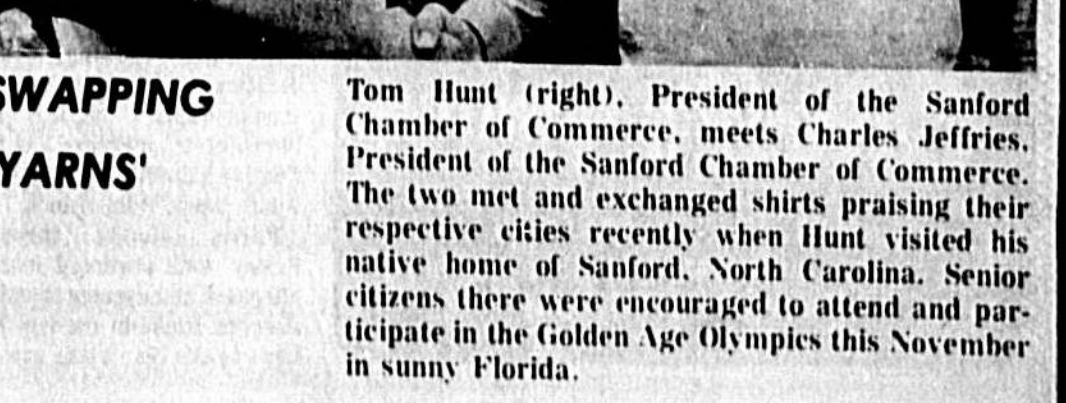
The 2-1 negative vote does not kill the proposal, however, because a majority vote of the five commissioners is required to pass the measure. Kirchoff said the budget sessions have been plagued by absences by

the county commissioners, with Kwiatkowski attending few budget sessions and Commissioner John Kimbrough being out of town since early last week due to an undisclosed family emergency.

Kwiatkowski is a student at Florida Technological University.

The situation has resulted in a number of inconclusive votes. With three of the five commissioners present at most budget sessions, a unanimous vote of those present is required to express the will of the Board of County Commissioners as a whole.

Commissioners have concentrated their attention on proposed "program changes" or "policy areas" which would require more money than the "base budget" (the amount necessary to continue current services at current levels) figures developed by Neiswender and Glisson's Office of Management, Analysis and Evaluation.



SWAPPING 'YARNS'

Tom Hunt (right), President of the Sanford Chamber of Commerce, meets Charles Jeffries, President of the Sanford Chamber of Commerce. The two met and exchanged shirts praising their respective cities recently. Hunt visited his native home of Sanford, North Carolina. Senior citizens there were encouraged to attend and participate in the Golden Age Olympics this November in sunny Florida.

Today

Around The Clock	4-A	Horoscope	4-B
Bridge	4-B	Hospital	3-A
Comics	4-B	Obituaries	6-A
Crossword	4-B	OURSELVES	1-B
Editorial	4-A	Sports	8-9-A
Dear Abby	1-B	Television	2-B
Dr. Lamé	4-B	Weather	2-A

Glisson promised commissioners a running total of the cuts the commissioners have made so far by this afternoon. It is estimated that commissioners have cut less than \$100,000 from Neiswender's recommend-