



NEED A PATCH? Paul Jason Lougee demonstrates embroidery for women only at shop he and friends set on the University of Iowa campus.

U.S. Sharing Missile Info

WASHINGTON (AP) — U.S. government sources report the Israeli army captured intact an SA6 anti-aircraft missile...

National News Briefs

DETROIT (AP)—The executive board of the United Auto Workers would like to settle the last of its domestic Big Three auto contracts before Thanksgiving...

Impeach Talk Speeds Ford Okay As Veep

WASHINGTON (AP) — The possibility of impeachment proceedings against President Nixon is playing a part in the push by congressional leaders for early approval of Vice President-designate Gerald R. Ford...

Authority Of Prosecutor Prompts Cox's Concern

WASHINGTON (AP) — Archibald Cox has expressed concern that any new special prosecutor named by President Nixon might not have authority to look into campaign-financing violations, wiretapping and the ITT case...

Union Votes To Strike FPL Tonight

MIAMI (AP)—Electrical workers for the Florida Power & Light Co. have voted to strike unless the utility agrees to union demands for improved working conditions...

Turtle Stakes

IT'S AN action shot of Peter, an aldatras tortoise, racing to winter quarters at Chicago's Brookfield Zoo. Peter beat two of his brethren.

Wallace Debt Move

MONTGOMERY, Ala. (AP) — Alabama Gov. George C. Wallace's national campaign staff has sent out a combination Christmas card and fund-raising appeal...

Condition Of Wirz Is 'Good'

Richard Wirz, Casselberry city councilman, shot in the side Oct. 17, remains in Florida Hospital North. Doctors say he is in "good condition" and "very stable."

County Board Actions

Commissioners set a February public referendum target date for the controversial impact zoning ordinance after a three-hour hearing Tuesday night...

Fine Paid By Agnew

WASHINGTON (AP) — Former Vice President Spiro T. Agnew today paid the \$10,000 fine imposed upon him after he pleaded no contest to a tax evasion charge.



FIRE GUTS BEDROOM THE SANFORD FIRE Department controlled a blaze which broke out in the Avalon Apartments at 2nd and Oak at 8 a.m. today.

Seminole Calendar

- Oct. 31 South Seminole Jaycees Halloween Childrens Fiesta begins with 7 p.m. costume parade...

AROUND THE CLOCK A clock face graphic with the text 'AROUND THE CLOCK' and 'THE CLOCK'.

HEATS, MASSAGES, RECLINES ... This Big MAN-SIZE RECLINER does everything! On Sale for only \$99.95

PERKINS CONCENT MENS WEAR Double Knit Slacks By Hubbard. Sizes 28 to 50. Permanent Press Machine Washable. From \$18.00.

Blackburn Trial Is Nov. 5 For Alleged Lee Attempt

Harian Blackburn's trial for the alleged assassination attempt of gambler Clyde Lee is still scheduled to be heard in Circuit Court on Nov. 5.

DOWNTOWN Festival of VALUES THURSDAY - FRIDAY - SATURDAY Men's Suits POLYESTER DOUBLE KNIT BY FAMOUS MAKER

DOUBLE KNIT SPORT COATS 50% OFF Reg. \$100.00 \$50.00

DOUBLE KNIT SLACKS 50% OFF Reg. \$29.00 \$14.50

Men's Short Sleeve Shirts Ladies Pant Suits & Dresses Up to 50% OFF WOMEN'S 1/2 OFF UNIFORMS \$5 PAIR

National Stock Reports table with columns for company names (Alcoa, Amstar, etc.), high, low, and last prices.

Announcing Seminole County's 'PRETTIEST BABY CONTEST' NO ENTRY FEE! NOTHING TO BUY! AGE LIMIT 1 MONTH TO 5 YEARS

Storage Buildings ARROW Farm House Model 10' x 7' Nearly 8' Interior Headroom \$15995

DOWNTOWN Festival of Values DOUBLE KNIT SLACKS By Hubbard. Sizes 28 to 50. Permanent Press Machine Washable. From \$18.00.

EASY CREDIT TERMS B.E. Purcell Company 121 W. CHURCH ST. DOWNTOWN SANFORD 322-1494

Vanilla Cake

U.S. customs officials, used to seeing almost anything in the luggage of homebound American travelers, aren't surprised to find a handful of vanilla beans — these grown in the Indian Ocean area — tucked in beside a pair of French gloves.

It's obvious that these tourists have been enjoying some of the best and most famous of European desserts — pots de creme, vanilla, nockerl, tartan, kuchen, souffles and glaces, delicacies which so often depend on vanilla sugar for exquisite flavor.

Nothing is more easily made than vanilla sugar. Just fill a jar with two pounds of sugar, split a vanilla bean down the center, cut into 1-inch pieces, and tuck them in the sugar. Cover tightly. In about two weeks this sugar will be permeated with the most heavenly fragrance of vanilla — ready for all kinds of wonderful baking and dessert-making.

As you may have noticed, more and more specialty food stores and glass packed lines of spices in supermarkets are carrying whole beans; they are also sold by mail. Gourmet food sections of department stores and delicatessens are other sources.

As a final word on the delights of vanilla sugar: Use it in baked goods, cupcakes, puddings, over cereals, pancakes, waffles, fruit compotes and in the many other ways in which the lovely scent of vanilla can give verve to the dainties you prepare for family and guests. And for the simplest of uses, stir some vanilla sugar into a glass of milk; the kids will love it, too.

If you have difficulty getting vanilla beans, you can use 1 teaspoon vanilla extract in place of 1 cup of well-flavored vanilla sugar.

VANILLA POPPY SEED CAKE
2 cups all-purpose flour
1/2 cup poppy seed
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or margarine, softened
1 1/2 cups vanilla sugar*
4 eggs
3/4 cup milk
*Creamy Vanilla Frosting

Combine flour, poppy seed, baking powder and salt; set aside. In the large bowl of an electric mixer beat butter and sugar until light and fluffy. Beat in eggs 1 at a time, beating well after each addition. With mixer at low speed, blend in half of the reserved flour mixture; blend for 1 minute. Add in milk; blend for 1 minute. Add remaining flour mixture; blend for 1 minute. Turn into a well-greased, lightly floured 9-inch tube cake pan. Bake in a preheated moderate oven (350° F.) for 55 minutes or until a cake tester inserted in center comes out clean. Cool in a pan for 10 minutes. Remove from pan onto a wire rack to finish cooling. Frost with Creamy Vanilla Frosting.

YIELD: one 9-inch tube cake

11 Servings...
HOSPITALITY, WARM GREETINGS, AND A WIDE VARIETY OF HELPFUL CIVIC INFORMATION:

- Wanda Wilson
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- SANDRA RAWLINS 834-9212 Casselberry
- SIDNEY THOMPSON 834-9212 Altamonte Springs
- SHIRLEY MILLET 834-9217 Forest City
- HILDA RICHMOND 468-5607 Deltona

Chicken Tortilla Casserole

4 whole chicken breasts
Salt and pepper
1 can (10 1/2-ounce) cream of mushroom soup, undrained
2 cans (7-ounce) green chile salsa

1 cup chicken broth (see method below)
2 cup milk
1 package corn tortilla
1 can (10 1/2-ounce) potted ripe olives, sliced
1 pound shredded cheddar cheese
1 tablespoon chopped onion

PLACE CHICKEN IN skillet (or souppan) that has a high-fitting cover. Season with salt and pepper. Add 1/2 cup water. Cover tightly. Bring to a boil, turn to simmer. Steam until tender, about 1 hour. Let chicken cool, reserve broth (if needed), add pieces. Mix 1 cup reserved broth, soup, salsa and milk. Set aside. Cut tortilla into inch square pieces. Arrange half the tortilla squares in a buttered 13 x 9 x 2" casserole, top with half the chicken and half the olives. Repeat. Pour soup mixture over all. Top with cheese and onion. Refrigerate for several hours or overnight. Bake in a 350° oven, uncovered, for 1 hour or until heated through. Makes 8 to 10 servings.

Send Leftovers As Lunch

By Aileen Claire
NEA Food Editor

Dressing up leftovers for a school lunch to eat at home or brown bag to school saves time and money.

For example, leftover chocolate pudding takes on a new taste plus more nourishment when sliced peaches or maraschino cherries are stirred in. Cheese slices and pickle relish revive a

meatloaf sandwich and another vegetable added to a bean soup gives it new taste life, too.

meatloaf sandwich and another vegetable added to a bean soup gives it new taste life, too.

CHEESY MEATLOAF
8 slices fresh bread cold
1/4 cup sweet pickle relish
1/4 cup ketchup
8 slices whole wheat bread or 4 hamburger buns, split
Arrange meatloaf slices on 4 slices of bread. Add pickle relish, ketchup and cheese. Top sandwiches with remaining pieces of bread.

Broiled Iceberg Lettuce Contrasts

By Aileen Claire
NEA Food Editor

The contrast of hot and cold foods and sweet and spicy is a device harried cooks can use to vary meals economically.

For example, who ever heard of a broiled Iceberg Salad? It exists now. Create this peppy dish by combining cold, crisp chunks of western iceberg lettuce and tuna with a creamy herb dressing. The dressing is a broiled topping of egg whites and Parmesan cheese. Garnish with ripe

olives and tomato slices.

Broiled Iceberg Salad
1 small head western iceberg lettuce
Creamy Herb Dressing
1 can (12 1/2-ounce) chunk style tuna
1/2 cup chopped celery
1 tablespoon chopped pimiento
1/3 cup shredded Parmesan cheese
1 egg white
1/2 cup crushed potato chips (optional) Tomato slices and ripe olives for garnish

Core, rinse and thoroughly drain lettuce. Reserve a few outer lettuce leaves, then cut head into chunks to measure 3 cups. Chill lettuce well. Prepare Creamy Herb Dressing. Combine drained tuna, celery and pimiento, chili. When ready to serve, combine tuna mixture with lettuce chunks and 1/3 cup Creamy Herb Dressing. Mound on a heat-proof dish or small metal steak platter. Combine remaining Creamy Herb Dressing with Parmesan cheese and quickly fold in stiffly

beaten egg white. Swirl over chilled salad. Place under broiler a minute or two until lightly tinged with brown. Sprinkle with potato chips, luck reserved lettuce leaves around outer edge of salad and serve at once, garnished with tomato slices and ripe olives. Makes 4 servings.

Creamy Herb Dressing: Stir together 1 cup real mayonnaise, 1/2 teaspoon onion powder, 1/4 teaspoon each seasoned salt, crushed oregano and thyme, 1/8 teaspoon dry mustard and 1/16

teaspoon each garlic powder and white pepper.

Iceberg Wedges
Jalisco
1 head western iceberg lettuce
1 can (7 1/2 ounces) chili with beans
1 cup grated sharp Cheddar cheese
1 teaspoon Worcestershire
1/4 teaspoon salt
1/4 teaspoon garlic powder
A few drops Tabasco
Corn chips, crumbled
Core, rinse and thoroughly

drain lettuce; chill. Cut head lengthwise into halves, place cut sides down on board and cut each half into 3 wedges. Place wedges on large, round serving plate. Turn chili into saucpan; mash beans with fork. Add remaining ingredients, except corn chips. Cook and stir until heated through and cheese is melted. Pour into warm bowl and place in center of serving plate. Serve lettuce wedge and hot sauce to spoon over it. Pass a small bowl of the chips to sprinkle on top.

CHILLED ICEBERG LETTUCE
... Makes good contrast

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Grid of 100 Green Stamps coupons for various products like McCormick Vanilla Extract, Stay Free Mini Pads, Contadina Tomato Paste, etc.

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Main Publix advertisement featuring a grid of food coupons (Dairy-Fresh Yogurt, Stewed Tomatoes, etc.), a 'From Our Dairy Dept.' section, and a 'From Our Delicatessen Dept.' section.

