

WORLD IN BRIEF

Communists: Solidarity Work Slowdown A Flop

GDANSK, Poland (UPI) — The Communist regime rated Solidarity's factory slowdown a flop today and said it showed the banned union is losing its influence on Polish workers.

Solidarity activists, including former union chairman Lech Walesa, did not rebut the government's claim that the start of an eight-day slowdown Tuesday had no discernible effect on the nation's economy.

But they promised to continue the protest, intended to dramatize their complaint that Gen. Wojciech Jaruzelski's government would not meet with Walesa or honor commitments it made in settling the Gdansk strikes of August 1980.

The government disclosed Tuesday night that one of the top six members of the Solidarity underground, Wladyslaw Hardek of Krakow, had surrendered to police.

In a nationally televised statement, Hardek renounced his former associates and their tactics and urged others to surrender as well.

Hardek, formerly a worker at the Lenin Steel Mill near Krakow, said after more than 20 months in the underground he concluded that Solidarity's tactics were wrong.

Invasion Predicted

United Press International

With fighting reported intensifying in three northern provinces of Nicaragua, a western diplomat warned that Honduras-based rebels fighting the Sandinista government may be readying an "invasion of great size."

The Nicaraguan army's chief political officer, Hugo Torres, also charged Tuesday that Honduran helicopters are airlifting U.S.-backed rebels into a remote corner of an eastern province to join Indian insurgents in the increasing combat. U.S. officials estimate that up to 7,000 insurgents are operating near the Honduran frontier.

More than a week of heavy fighting has been reported in northern Yelaya, Nueva Segovia and Jinotega provinces in Nicaragua. Managua has reported that 21 troops and 54 rebels died in combat along the border in the last nine days.

Eden Pastora, the rebel leader known as Commander Zero, said his guerrilla army will start an offensive next month in the southern regions of Nicaragua.

Druze Continue Shelling

BEIRUT, Lebanon (UPI) — Druze Muslims shelled Christian villages around Beirut for a third straight day today, wounding at least three civilians in an ongoing campaign to demand a greater voice in government, reports said.

The Christian Phoenician Voice of Lebanon radio reported Druze artillery units in the Syrian-controlled upper Metn mountains fired six mortar rounds and Soviet-made Grad rockets into coastal villages just north of Beirut.

One shell exploded in the port city of Jounieh, slightly wounding three Christian civilians. Other shells fell in Aintoura, to the east of Jounieh, and neighboring areas.

The Druze are concerned they have little influence in the Christian-dominated government and fear for their safety after Israel withdraws its occupation troops from the Aley and Shouf mountains east of Beirut, where the Druze have strongholds.

Security Tightened For Aquino Family

MANILA, Philippines (UPI) — The government ordered special security troops on "full-scale" alert today for the arrival of the widow and children of Benigno S. Aquino Jr. at the airport where the opposition leader was gunned down.

Aquino's widow, Corazon, and five children were scheduled to arrive at Manila International Airport, where the popular former senator was assassinated Sunday while in military custody.

Airport security officials said a section was cordoned off for the arrival of the Northwest Orient Airlines jetliner carrying the Aquino family, who left Boston Tuesday on the long flight to the Philippines for Aquino's funeral.

As the family's arrival approached, the Marcos government appeared to be under heavy international diplomatic pressure to explain Aquino's murder more fully. Officials said they were pressing an investigation and Tuesday announced a first clue in identifying the killer.

In Manila, Aquino's political party sharply criticized the State Department for its swift dismissal of reports that government security troops took part in his killing.

The government version of the slaying, reiterated by President Ferdinand Marcos, says the assassin made his way past soldiers escorting Aquino off the plane that brought him back from three years of self-exile in the United States.

The gunman shot Aquino once with a .357-caliber Magnum revolver and was then killed in a volley of return fire from the troops, leaving both men sprawled on the tarmac.

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Falklands War Leaders Should Be Prosecuted, Report Suggests

BUENOS AIRES, Argentina (UPI) — The leaders of the armed forces during the Falkland Islands war and a former foreign minister should be prosecuted for poor performances that led to Argentina's defeat, an official study says.

A rough draft of the long-awaited Rattenbach Commission report on the war with Britain last year was published Tuesday in the Peronist newspaper La Voz. It called for the prosecution of former Foreign Minister Oscar Costa Mendez under the "Institutional Responsibility Act," which covers civilians whose actions threaten "the superior interest of the nation."

The leaders of the three armed forces during the war — the then-president, Gen. Leopoldo Galtieri, Air Force Chief Basilio Lami Dozo and Admiral Jorge Anaya — should be tried by a Supreme Tribunal of the armed forces and sanctioned according to the military code, the report said.

"The junta's running of the war was carried out in a disorganized way because of the lack of a clear strategic and military objective," the report said.

Two months ago, the commission — made up of six retired generals and admirals — sent its report on the 24-day war to the armed forces' commanders-in-chief.

The report said the military government's biggest error was its attempt to "lead the country and the war efforts at the same time."

The commission, led by retired Army Gen. Benjamin Rattenbach, has been working on the report since shortly after Argentina's June 14, 1982, surrender to British forces on the Falkland Islands, which the Argentines had invaded.

Costa Mendez was criticized for failing to warn the junta sufficiently of the diplomatic difficulties the invasion of the British colony would cause. Argentina claims sovereignty over the south Atlantic islands it calls the Malvinas.

Despite his "great diplomatic experience," he failed to warn the junta that Argentina's international image as an abuser of human rights would hamper efforts to obtain diplomatic support, the report said.

He also mistakenly believed the United States would support Argentina and misjudged support in the U.N. Security Council.

The report said Argentina's armed forces were adequately prepared for a regional land conflict, but not to confront the armed forces of Great Britain.

"A 'notorious conceptual error' was Argentina's belief that the islands located 400 miles off its coast could be defended with land forces.

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FLORIDA IN BRIEF

Broward May Restrict The Sale Of Handguns

FORT LAUDERDALE (UPI) — Broward County commissioners have instructed the county attorney to draft new restrictions on handgun sales including a two-day cooling-off period.

The new law, which the commission plans to consider later this year, is considered much milder than a previous ordinance that required a three-week wait for handgun purchases. The county's 29 municipalities exempted themselves from that law, rendering it ineffective.

The commissioners voted unanimously Tuesday to have the new measure, which would include deals made at gun shows, drafted into a proposed ordinance. Once the current proposal is prepared, it will be scheduled for a formal public hearing.

Some local officials who fought the last handgun control measure are vowing to go after this one, too.

"I look at it as another attempt to chip away at rights of law-abiding citizens under the Second Amendment," said Oakland Park City Council member Mary Laveratt. "There's no question a two-day cooling-off period is merely a beginning to establish a strong gun-control measure."

Liquor Tax Appeal

TALLAHASSEE (UPI) — The 1st District Court of Appeal is considering an appeal by the state of a circuit court judge's temporary injunction barring the collection of an inventory tax on alcoholic beverages Sept. 1.

The appeal was filed Tuesday by the Department of Business Regulation.

Leon County Circuit Judge Ben Willis issued his order Friday in response to a suit filed by the Florida Hotel-Motel Association and various hotel groups. The suit challenges a onetime \$1.4 million tax on the beer, wine and liquor stocks of liquor-license holders as of Sept. 1.

The Legislature passed the inventory tax to prevent retailers from stockpiling their supplies before higher liquor taxes go into effect next month.

A similar suit attacking the inventory tax has been filed in Tampa by the Florida Restaurant Association and remains pending.

Women Praise New Law

ORLANDO (UPI) — Women political leaders applauded a new Orlando ordinance aimed at giving nearly a quarter of the city's contracts to women and minorities.

The ordinance, approved unanimously Monday by the Orlando City Council, earmarks 18 percent of the city's contracts for blacks, Hispanics and other minorities, and 6 percent for women.

According to the ordinance, 24 percent of the money Orlando spends on goods, services, contracts and construction should go to women and minorities. The ordinance also urges construction contractors to hire a workforce that is at least 18 percent minority and 6 percent women.

Gator Victim Sues

TALLAHASSEE (UPI) — A former University of Florida student who lost the use of his right arm when he was mauled by a 9-foot alligator on the UF campus is suing the state of Florida and the Board of Regents for \$2 million.

Christopher Palumbo, 21, was maimed while swimming at Lake Wauberg, a university recreation lake. He lost the use of his right arm in the Aug. 20, 1982, attack when the gator took three inches of bone from the arm.

Palumbo's suit, filed in Leon County Circuit Court, says university officials knew alligators were in the lake but posted no warning signs.

AIDS Not A Threat To State Population

TALLAHASSEE (UPI) — Florida ranks third in the country in reported cases of AIDS, but the disease is not a threat to the state's general population, the Department of Health and Rehabilitative Services says.

"Despite the increase in the number of Florida cases, AIDS remains confined to the high-risk groups and there is no evidence it has spread into the general population," Dr. Jeff Sacks, an HRS epidemiologist, was quoted as saying in a Tallahassee Democrat story Tuesday.

There have been 130 confirmed AIDS cases in Florida, with 60 of the victims dying. AIDS cases appear confined to homosexual men, intravenous drug abusers, Haitians and hemophiliacs, he said.

While Florida is third in the country in AIDS occurrences, it is a distant third. New York has had the most cases, 944, with California following with 414.

The statistics reflect only cases verified by the Center for Disease Control in Atlanta. Florida probably has had other AIDS victims not included in the official figures.

Sacks says he knows of 29 other cases that probably are AIDS, but haven't been reviewed yet by the center. He is still gathering information on 48 other cases that appear suspicious.

The AIDS outbreak is intensifying in Florida, but a similar growth appears taking place nationwide. There were only four Florida reported cases in 1980, with 14 being reported in 1981 and 63 being reported last year. There were 47 during the first six months of 1983.

Dade County accounts for the majority of the cases, 83 out of the 130. This is because of the high number of Florida AIDS victims who are Haitian and Dade's large Haitian community.

Homosexual men account for most of the AIDS cases in other states, while Haitians make up the majority in Florida.

AIDS, Acquired Immune Deficiency Syndrome, strips the body of its power to fight off infection and disease.

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Brewing Storm Barry May Threaten Launch Site Of Space Shuttle

MIAMI (UPI) — Barry, the second tropical storm of the 1983 hurricane season, churned up the Florida coast today as it slowly strengthened and forecasters said the Space Coast near the shuttle Challenger's ocean-side launch pad was a possible target of the storm in the next few days.

The slow-moving storm developed rapidly Tuesday from an unorganized tropical wave and gained strength early today, packing sustained winds of 55 mph and higher winds in squalls to the east and south of the center.

At 6 a.m., Barry was centered near latitude 28.0 north, longitude 76.6 west, or 240 miles east of Melbourne, the National Hurricane Center reported. The storm was moving toward the north-northwest at about 5 mph and was expected to continue that motion today.

Conditions are favorable for further strengthening today, forecasters said.

Forecasters said Cocoa Beach, just 15 miles south of the shuttle's Kennedy Space Center launch pad, had the greatest probability of being hit. The area stood a 13 percent chance of catching the brunt of the storm by 8 p.m. Friday, and a 5 percent chance by 8 a.m. Thursday, said hurricane forecaster Gil Clark.

"The Air Force says the storm should be parallel with us but some distance out to sea by 2 p.m. (today)," Clark said. "And at the time, the storm should have winds of about 20 to 25 knots (23 to 29 mph). That's not even a stiff breeze around here."

A NASA spokesman said it would take spaceport workers about 22 hours to disconnect the lines and pipes going into the shuttle and another eight hours to move the spaceplane to the giant Vehicle

Assembly Building 3 1/2 miles away.

"But we would not consider a move of that kind unless we were under a hurricane watch," he said. "Our weather people are keeping a close watch on this thing."

Forecasters would not predict what the slow-moving storm would do next.

"We now have Tropical Storm Barry but it's barely a tropical storm," said forecaster Ron White. "It meets the criteria for a tropical storm but it's not too well organized. It's moving so slowly that at this stage, we don't know where it's heading."

"There is a good chance it will develop further, but because of the slow speed and the weak pressure pattern, we don't know if it will hit the eastern United States," he said. "It will probably get stronger by (today) but we don't know at this point if it will develop into a hurricane. It's just too early."

Aside from Cocoa Beach, other areas with a greater than 10 percent chance of being hit by 8 p.m. Friday were West Palm Beach, Fort Pierce, Daytona Beach, Jacksonville, Savannah, Ga., Charleston, S.C., Myrtle Beach, S.C., Wilmington, N.C. and Morehead City, N.C. All had less than 20 percent chance of weathering the storm.

Before Barry was upgraded to a tropical storm, it was the fourth tropical depression of the 1983 hurricane season, which began June 1 and ends Nov. 30.

A weather system is labeled a depression when sustained winds flow in a circular pattern toward the center. When those sustained winds reach 39 mph, the system becomes a tropical storm. The storm becomes a hurricane when winds hit 74 mph.



Prize Winner

Five-year-old Melissa Boren of Sanford seems a trifle awed by it all as she inspects the J.C. Penny 10-speed bike, which she won during the Kids Summer Theatre at Sanford Plaza. From left, Arthur Sisson, manager of the Plaza Twin Theatres; Edward R. Hemann, Penny's manager; and Melissa's mother, Mrs. Ken Boren. Three other prizes given away to young theatre goers were donated by Eckerd's Drugs.

AIDS Hotline Gets 5,000 Calls A Day

WASHINGTON (UPI) — The government's Acquired Immune Deficiency Syndrome hotline has eight lines, handles 5,000 calls a day, and workers estimate that another 3,000 daily callers get only a busy signal.

Shortly after the toll-free hotline — 800-342-AIDS — opened July 1, about 13,000 calls were logged in one day.

Some callers report trying to get through for two weeks.

"We've got eight lines, and it's very rare that they're not all lit up," said Shelley Lengel, the Health and Human Services Department's hotline spokesman.

The hotline runs a taped message about AIDS 24 hours a day and has workers on duty between 8:30 a.m. and 5:30 p.m. to answer questions.

This month's phone bill could be \$40.000.

But critics say the hotline should expand to extend staffing hours and should also provide its workers with more training.

AIDS, discovered only two years ago, wipes out the body's natural defenses against disease and infection. It has no known cause or cure; 80 percent of its victims die within two years.

Scientists believe it is a virus borne by blood or body fluids and transmitted mainly by sex or by contaminated interavenous needles.

Health and Human Services Secretary Margaret Heckler Sunday attributed a sharp increase in the number of reported cases of AIDS to better monitoring and reporting by states.

Since the disease was discovered in 1981, there have been 2,094 reported cases and 805 deaths, according to the federal Centers for Disease Control.

Most AIDS victims are homosexual or bisexual men.

Mrs. Heckler said there have been no cases so far of medical personnel acquiring the disease because they treated AIDS patients. Some medical professionals have refused to treat AIDS

victims.

Hotline workers, all government employees, range from social workers to public affairs spokesmen and include a doctor and a lawyer. Working in windowless offices, they train with an experienced worker for several hours, then take their own calls from desks stocked with reference books.

Ms. Lengel says there are no plans to install new lines — "it wouldn't be cost-effective."

Homosexual rights groups, generally critical of government action on AIDS, call the hotline a mixed blessing.

"We appreciate what's been done so far, but obviously the need for public education is greater than their hotline can handle," Lance Ringel, administrator of the National Gay Task Force's Fund for Human Dignity, said in a telephone interview from New York.

He said hotline workers are "well-intentioned and sincere," but should be given training in hotline work and counseling frightened homosexuals. Workers who staff an AIDS hotline for the gay task force get 20 hours of such instruction, he said.

Because of the stigma attached to AIDS, hotline callers are not asked their names. Slightly more than half are men.

The panic about AIDS is such that HHS Secretary Margaret Heckler went to New York last week to clasp the hand of a patient and assure Americans such contact with victims of the disease is not dangerous.

Nearly all hotline callers say they or "a friend" are fearful and want to know about symptoms.

The symptoms include fever, night sweats, swollen glands in the neck, armpit or groin, unexplained weight loss, diarrhea, fatigue and loss of appetite.

A dozen or two calls a day come from people who think — mistakenly — they can contract AIDS from places like swimming pools or hot tubs, hotline workers say.

Elderly Have Higher After-Tax Income

WASHINGTON (UPI) — Because of Social Security tax exemptions, the after-tax income of the elderly was 6 percent higher than the rest of the population in 1980, a Census Bureau report shows.

Before taxes, the report showed elderly people had only 93 percent of the income of the non-elderly.

The government's comprehensive measure of the effects of taxes provided the first clear picture of how different segments of society fare after the combined federal, state and local levies.

Another report later this year will examine the effects of the massive changes in federal tax laws in 1981 and 1982. Democrats generally charge the tax cuts were unfair to poor people.

If the after-tax computation were used instead of pre-tax figures to determine official poverty levels in 1980, about 2 percent more married couples would be considered below the poverty line, the report said.

But, it added, were food stamps and subsidized school lunches to be included as income, the number below the poverty line would be greatly reduced. Adjusting for both taxes and inflation,

the average spendable income for American households dropped 7.2 percent from 1974 to 1980, the report said.

"Bracket creep" — inflation's way of increasing pay but not spending power, kept including more people in higher tax brackets.

In 1980, before the drastic tax law changes, the overall tax bite was 23 percent of household income. In 1974, it was 20 percent.

Before all taxes, the average household income in 1980 was \$21,060. After taxes it was \$16,270, the bureau said.

Only the sales tax imposed by some states was excluded from the study.

The average income after taxes during 1980 for blacks was \$11,450 compared to \$16,850 for whites.

"What's happening there is that blacks ... are paying a smaller percent of their income in taxes so ... after taxes you get a smaller income gap than before taxes," Gordon Green, a Census Bureau analyst, said.

"The change is even bigger for the elderly because they pay a smaller percent for taxes."

Southern Education Improving

WASHINGTON (UPI) — Alabama ranks last in the nation in per pupil expenditures for elementary and secondary education, while Florida, which leads the South by spending almost twice as much, ranks only 20th in the nation, a report shows.

The Carnegie Foundation report released Tuesday shows that in 1982 Florida spent \$3,009 per student, far ahead of Virginia, second in the region with \$2,740 per pupil. Nineteen other states spent more than Florida, however.

Alabama, which ranked 51st in the nation, spent just \$1,546 per pupil.

South Carolina spent \$2,016 per pupil, Mississippi \$2,076, Tennessee \$2,124, Georgia \$2,369 and North Carolina \$2,680.

The 119-page report, which concluded the teaching profession is plagued by poor pay and low esteem, finds the South as a region is improving in education, but still lags far behind the nation as a whole.

Paying an average of \$18,707, Virginia ranks first in the Southeast in teacher salaries. However, the Old Dominion ranked 31st in the country. On the low end of the

national scale was Mississippi, which paid its teachers an average of \$14,245 in 1982.

"The teaching profession is in a crisis," Ernest Boyer, president of the Carnegie Foundation for the Advancement of Teaching, told a news conference.

"Teacher pay has actually declined in relation to other professionals and public employees," Boyer said. "Credentialing is a mess and teachers do not receive recognition and reward."

Florida's average teacher made \$18,538, Alabama's \$17,850, North Carolina's \$17,836, Tennessee's \$17,425, Georgia's \$17,412 and South Carolina's \$16,380.

All eight Southeastern states increased the number of teachers between the 1972-73 school year and 1982-83, despite declining student enrollments. Florida liked its staff the most, by 22.8 percent. Tennessee's teacher population had the smallest growth, 5.6 percent.

Meanwhile, enrollments declined in each of the states. The student population declined 12.4 percent in Mississippi and 3.1 percent in South Carolina.

As a result, each Southern state improved its students-per-teacher ratio. Florida improved from 25 students per teacher in 1972-73 to 18 in 1982-83. Virginia had the lowest ratio, improving from 20 students per instructor in 1972-73 to 17 last year.

Alabama declined from 23 to 18, Georgia 22 to 18, Mississippi 23 to 19, North Carolina 23 to 20, South Carolina 23 to 19, and Tennessee 24 to 21.

Florida ranked fourth in the nation in increasing its number of elementary school teachers by 38.8 percent over the decade. Its elementary schools students per teacher ratio improved from 26 to 17. South Carolina was 10th nationally in that area, hiking its elementary school faculties by 24.8 percent.

Tennessee suffered a 1.5 percent decline in its number of secondary school teachers, but increased in overall faculty size by increasing elementary school staffs 10.4 percent.

Florida ranked first in the South and 16 in the nation in private school enrollment, which represented 12 percent of the state's public school enrollment. North Carolina was lowest in the South with 4.9 percent.

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SPORTS

Evening Herald, Sanford, Fl. Wednesday, Aug. 24, 1983—9A

Fall Gains Third Championship As Jax Teamen Claim ASL Crown

By Chris Flater
Herald Sports Writer

Once, twice, three times a winner. The goal of most athletes and their teams is a championship. But, when one athlete can be a key to a championship at three different levels of competition, you can label that athlete a winner.

The label handsomely fits Mike Fall. The Sanford native has been a member of a championship soccer team at the high school, college and professional levels. Fall helped lead the Bishop Moore High Hornets, coached by Larry McCorkle, to a 3A State soccer title in 1978-79.

Fall had an outstanding college career at the University of Tampa where he played an important role in Tampa's NCAA Soccer Championship in 1981-82. While he was helping Tampa to the NCAA crown, the pro scouts kept a watchful eye on the left-footed boater. And, at the end of his college career, Fall signed to play with the Tampa Bay Rowdies of the North American Soccer League (NASL).

Fall had a good try out with the Rowdies, but they couldn't find a place for him on the roster and he eventually signed with the Memphis Americans of the Major Indoor Soccer League (MISL).

"I played one half of the season in Memphis and did pretty well," Fall said. "A friend of mine on the team knew the assistant coach of the Jacksonville Teamen and the coach asked my friend if he knew any left-footed players. My friend brought up my name and I ended

Soccer

up playing (on loan from Memphis) for the Teamen."

It was with the former NASL Jacksonville Teamen, now of the American Soccer League (ASL), that Fall's pro career began to flourish. During the regular season, Fall scored four goals and had nine assists as the team earned a playoff berth with a 18-7 record.

Fall, who had been in the situation before, rose to the occasion in the playoffs, scoring two goals and adding two assists in six games. In the semi-finals, Fall was named offensive player of the game in Jacksonville's victory over Carolina. Fall had one goal and an assist in the game which sent the Teamen into the ASL Championship Series against the Pennsylvania Stoners.

Pennsylvania took the first game 3-0, to force a must-win situation for the Teamen. In the second game of the series, Fall scored one goal and played an outstanding role around the game as Jacksonville rolled to a 4-1 victory to force the third and deciding game which was played this past Sunday in Jacksonville. The Teamen pulled out a 1-0 victory and Fall completed his soccer "triple crown."

"I was very impressed with him," said McCorkle, now the coach at Lake Mary, who made the trip to Jacksonville to see his former star. "He's come a long way and wants to get out on that field and the things happen."

Since he was just on loan from Memphis, Fall will rejoin the Americans for the MISL season in August. And you can bet that the Americans will be glad to see him back indoors.

"I like playing both outdoors and indoors," Fall said. "Outdoors is the real game, but indoors is fast-moving and really fun."

After the MISL season is over, Fall might return to the Jacksonville Teamen for another go at the ASL title. Only one year ago, the Teamen were in the more established NASL but the sponsor dropped out and the Teamen did not have enough money to stay in the league.

"The biggest difference between the ASL and the NASL is our league has more American players," Fall said. "In our league you see maybe four or five foreigners on a team's roster while in the NASL you see only four or five Americans on the rosters."

If the Teamen were to rejoin the NASL, Fall feels the present Jacksonville team could compete. "It's just a matter of money and traveling," Fall said. "I think our team could compete with NASL teams."

So, with three championships under his belt, Mike Fall is ready to tackle any obstacles in his way to a fine career in professional soccer.

"I'm only 22-years old and I already have a pro championship," Fall said. "I hope I can continue to play in both leagues, when one season ends I'm ready to start the next. It feels great."



Mike Fall, a native of Sanford who attended Bishop Moore High, is interviewed for TV after helping the Jacksonville Teamen to a victory over the Philadelphia Stoners in the American Soccer League championship playoffs. Fall scored two goals and added two assists in six playoff games and was named offensive player of the game in the Teamen's semi-finals victory over Carolina.

Chicago Cautious Of Sox Chances

CHICAGO (UPI) — There is nothing as invigorating or exciting for a major league city than to catch pennant fever when the leaves begin to turn in late summer and early fall.

Then why isn't the city of Chicago enjoying a rare breath of this rarified pennant-fever air?

The Chicago White Sox have overcome a slow start and caught fire at just about the right time. They have built what the biggest divisional lead in all the four pennant races.

Still, there is an air of tentativeness in the city and there's probably a good reason why.

A Chicago Sun-Times writer has suggested that the town has been let down so often and tempted by the possibility of a World Series that fans won't accept the Sox as legitimate contenders until they have actually clinched the divisional title.

The most infamous disappointment was the 1969 Chicago Cubs, who built an eight-game lead and saw the Miracle Mets win it all and deprive the team of its first pennant since 1945.

Then there was the 1967 Sox club which led for part of the season only to fall victim to the Cinderella Boston Red Sox. In 1977, the Sox AND Cubs, miracle of miracles, led into late in the season only both to do an all-faldo.

The trouble is if you are pumped up for a pennant only to fall short several

Baseball

times, it lasts in one's memory. Nor mind that the Mets and Red Sox are teams of destiny and that the Cubs and Sox didn't lose the seat — the other was actually won it — it still lingers in the Chicago sports fans psyche that something bad is bound to happen.

It is with that thought that my Chicagoans are viewing the 1983 White Sox. No matter what their lead, the subtle feeling among even the most faithful of fans that something is bound to happen to deprive Chicago of its first World Series since 1959.

The truth is that with the Sox pitching staff and second-half robust hitting the only way they won in the playoffs if someone wins the division. The Sox can't lose it, someone else can only eat it by winning it away.

Chicago fans have got to be the hungriest for a winner than in any city in the U.S. The Bears haven't won in 20 years; the Bulls have never won in the NBA championship playoffs; the Chicago Hawks have also gone more than a decade without a Stanley Cup and the aforementioned Sox and Cubs haven't won since 1959 and 1945 respectively.

Tuesday's baseball roundup, page 1A



Salome Barojas has played an important role in the surge of the Chicago White Sox to first place in the American League's West Division.



Wayman Tisdale soars for two in a U.S. basketball victory over Cuba earlier in the Pan Am Games. The University of Oklahoma standout poured in 29 points Tuesday night in leading the U.S. to a 111-96 victory over Canada. The U.S. women's team also won Tuesday night.

U.S. Weightlifter Stripped Of Three Golds; Thirteen Members Of Track Team Withdraw

CARACAS, Venezuela (UPI) — America's colors, so proudly hailed in international athletic competition, were red with embarrassment and blue with despair Tuesday at the Pan American Games.

The United States became firmly embroiled in the middle of the biggest drug scandal in international amateur athletic history when weightlifter Jeff Michels was stripped of three gold medals and 13 members of the track and field team withdrew from the Pan American Games.

In addition to Michels, ODEPA, the governing body of the Pan Am Games, announced three more Latin American weightlifters must return their medals because they failed drug tests.

The three are Enrique Olinger of Chile, Enrique Montiel of Nicaragua and Adames Paez of Venezuela.

Although there was no hard evidence that the track and field athletes left because they feared that a new sophisticated drug detecting laboratory might uncover that they were using illicit drugs, that was virtually confirmed by javelin thrower Curtis Ransford of Spokane, Wash., the lone member of the eight-man weight team still entered in the competition.

"It's evident," Ransford said. "Today's story says that. It's sad for everybody. I knew there was going to come a day when no one could hide from the testing. Now they have the equipment, and this was the competition they decided to try it out on. It's the start of a new testing procedure."

Ransford said he personally knew of members of the team who were taking anabolic steroids, a muscle-building drug, at that it was each athlete's own "personal decision."

Eleven athletes now have been either reprimanded or stripped of medals at the Pan American Games. In all, 21 medals, including 11 gold, have been disallowed.

"This is the latest expulsion of athletes in the history of international competition for drug abuse," said William Simon, resident of the U.S. Olympic Committee.

The return to the United States of the unlucky 13, all from the men's team, came prior to Tuesday's start of the track and field competition and made it easy for Cuba's Luis Dela to win the shot put, the first gold medal event awarded in the track and field competition. Dela won with a toss of 59 feet, 10 1/4 inches in the

Pan Am Games

shot put, but the two athletes who figured to battle it out for the gold medal, Jesse Stuart of Hitchcock, Texas, and Ian Pyka of College Park, Md., were among the athletes who dropped out of the competition.

Other athletes returning to the U.S. were: Mark Patrick, Centralia, Ill., 400-meter hurdles; Randy Williams, Los Angeles, and Brady Crain, New York, both 4 x 100 relay; Paul Bishop, South Gate, Calif., and Greg McSevney, Norwalk, Calif., discus; Dave McKenzie, Fairfield, Calif., and John McArdle, Eugene, Ore., hammer throw; Duncan Atwood, Seattle, javelin; Mike Marlow, Los Angeles, triple jump; Gary Bastien, Auburn, Ala., decathlon; and Mike Tully, Los Angeles, pole vault.

The latest development occurred less than 24 hours after four weightlifters, including Olympic champion Daniel Nunez of Cuba, were stripped of their gold medals and three other weightlifters received reprimands from ODEPA for using anabolic steroids.

Dr. Evie Dennis, chief of mission of the USOC, said Williams returned home because he learned Monday that his wife had given birth.

"I found out last night that my wife delivered a baby and I requested to come home," said Williams at the Caracas airport before boarding a plane for the U.S. "I took the first opportunity I could, so here I am. I can't speak for the rest of the athletes."

The USOC termed the pullout of the Americans a "personal choice" and insisted their decision was not to be interpreted as a violation of rules governing the use of drugs in amateur athletics.

"It would be an injustice to have a blanket indictment against these athletes," said F. Don Miller, executive secretary of the USOC. "Many might have gone home for other reasons. They might have personal reasons, family reasons or they might be sick."

However, Dr. Roy Bergman, chief physician of the U.S. team at the Pan Am Games, intimated that Monday's drug crackdown might have influenced the athletes' decision to leave.

"Our advance people toured the lab and notified me of the type of equipment and the sophistication that was

present," he said. "We notified our athletes of the situation before the Games started. I think when these sanctions came down it reinforced the fact that our information was correct."

Marlow, also reached at the airport, said he was returning home because of an "emergency."

"We knew about the situation about the testing, that it was a strict testing for whatever the case may be — alcohol, caffeine, whatever," he said. "I'm ready to compete but I had an emergency at home, so that's my reason."

Total Medals Lost

Cuba (6), Canada (5), United States (3), Chile (3), Nicaragua (2), Venezuela (2).

Athletes Stripped of Medals

Canada (2), Cuba (2), United States (1), Venezuela (1), Nicaragua (1), Chile (1), Argentina (1), Colombia (1), Puerto Rico (1).

Athletes Reprimanded

Argentina (1), Colombia (1), Puerto Rico (1).

Athletes Withdrawn

United States (13).

Tisdale Leads U.S.

The men's basketball team outraced Canada 111-97 behind Wayman Tisdale's 29 points. The women's basketball team got 30 points from Cheryl Miller and beat Cuba, 100-82, to avenge a loss in the 1979 Games and the men's softball team whipped Canada 6-1.

The U.S. won four gold medals in freestyle wrestling: Barry Davis of Bloomfield, Ill., won the gold in the 126-pound class, Randy Lewis of Rapid City, N.D., took the 137-pound category, Leroy Kemp of Chardon, Ohio, won the 163-pound division and Greg Gibson of Stafford, Va., captured the 220-pound class.

Lost in the swirl of the drug expose was a gold medal won in cycling by Rory O'Reilly of Palo Alto, Calif., in the 1-kilometer individual time trial. He was clocked in 1 minute, 54 seconds.

In the only other gold medal decided in track and field, Jose Gomez of Mexico used a spectacular final lap kick to sprint past Domingo Tibaduzza of Colombia and Mark Nemo of Lexington, Ky., to win the 10,000-meter final in 29:14.75.

SPORTS IN BRIEF

Kessinger, Thayer Make Big League All-World

Oviedo's Chris Kessinger and Brett Thayer were each selected to the Big League All-World team for their performances in the Big League World Series at Fort Lauderdale. Dwane McLeod, Todd Auckland and Jack Smith of Eustis made honorable mention as did Brent Casteel of Ocoee.

Kessinger set a new World Series record with an incredible batting average of .729 and he also clubbed four home runs. Kessinger was runner-up for the tournament MVP to Taiwan's catcher, Tuyn Sen. Kessinger's average also earned him the Batsmen Award. Thayer hit at a .455 clip for the tourney and he slugged one homer. McLeod was awarded the Golden Glove for his play in the outfield.

Sports Program Available

A new program for girls ages 7-14 is hoping to find enough interest in Sanford to have a team in 1983-84. This National Program will offer four age groups, 7-8, 9-10, 11-12 and 13-14. Girls will compete in basketball and track and field.

Teams are now being formed throughout the United States. The program is designed to give girls the opportunity for high level competition as well as learn sportsmanship. Cultural exchanges derived from competing with teams from other areas is a main feature of the program.

The 7-8 and 9-10 year olds will play basketball on eight-foot, six-inch baskets with the older groups playing on regular 10-foot hoops. Track and field events are as follows:

For information on how a team can be started in Sanford, write: Girls Sports, 999 Mission De Oro, Redding, Calif. 96003, or call 916-223-4006.

Tulane Spy Caught In Act

NEW ORLEANS (UPI) — Tulane officials have extended a public apology to their counterparts at Mississippi State and said a graduate assistant caught spying on a closed Bulldogs football practice was acting on his own.

Gerald Materne was found hiding in bushes beside the MSU practice field with binoculars Monday and caught by team managers. The two teams meet Sept. 3 in Starkville, Miss., and Mississippi State coach Emory Ballard has closed all practice sessions for the season-opener.

Parcells, Giants Have Nucleus Of Good Team; Vermeil Gone, Eagles Will Go Through Changes

By Murray Olderman
NEA Sports Editor

Before he skipped to Alabama, Ray Perkins had Giants on move. Successor Bill Parcells has nucleus of good team. Running game needs improvement, quarterback spot is unresolved.

Passing — Decision pending on whether Scott Brunner or Phil Simms, back from injury, will handle QB reins. Johnny Perkins, Ernest Gray return as outside



men; Jamie Williams could break past veterans at tight end.

Running — Getting rugged Rob Carpenter into the lineup from the start will be biggest boost for offense. He'll team with Butch Woolfolk, who showed as a rookie he can not only run, but catch.

Blocking — Big question at left tackle since Jeff Weston tore up knee and retired. Ron Blair has chance to step in. Gordon King is at right tackle; guards are Billy Ard and J.T. Turner and Rich Umphrey at center.

DEFENSE

Pd Football

Line — Three-man front anchored by hard-nosed Bill Neill. Curtis McGriff and Dee Hardison are the nominal starters at end. Geor Martin relieves McGriff for pass rush.

Linebacking — Timuscle and soul of the defense — as represented by a couple of All-Pro's. Lawrence Taylor and Harry Carson, a pair of old reliables, Brad Van Pelt and Brian Kelle/Taylor is most potent defensive force in the NFL.

Secondary — Glas drafted safety Terry Kinnard number one. He's aldy ensconced as regular. The corners are well-staff by All-Pro Mark Haynes and Terry Jackson with Il Currier completing the starting unit at strong safety.

Prediction — Third NFC East, with a record of 8-8.

The atmosphere around the Eagles is different with volatile Dick Vermeil's way to "good ol' boy" approach of Marion Campbell. Attitude toward football, though, is no less serious.

DEFENSE

Passing — Tom Jaworski, who leads all Eagle career passing records, showing signs of slackening at 32. Favorite target, 6-8 hold Charmichael, returns for 13th season. Mike Puk, number one pick in '82, threatens Ron Smith for other outside slot.

Running — For first time, Wilbert Montgomery has

bona fide fullback to keep him company. That's top pick Michael Haddix who can catch and block.

Blocking — Veteran offensive line is showing age (Stan Walters, Jerry Sisemore) and center (Guy Morriss), all are past 30. For protection, they've moved Dean Miraldi, spare guard, and Leonard Mitchell to tackle.

DEFENSE

Line — Carl Hairston, long touted by Vermeil as All-Pro caliber, had off-year, but Dennis Harrison, the other end, prospered, making Pro-Bowl after 10½ sacks.



Linebacking — Blitzes will have to increase pass rush. That's why they like Jody Schultz, 235-pound rookie. Reggie Wilkes has been shifted from right to left, replaced departed Frank Bunting, and soph Anthony Griggs has been installed on right flank. Jerry Robinson feels comfortable inside along with Frank LeMaster.

Secondary — Well fortified on the corners with Roynell Young and Herman Edwards. Randy Logan, strong safety, tough against the run. Bernard Wilson returns at free safety.

Prediction — Last in NFC East, with record of 4-12.

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STANDINGS

Table showing baseball standings for National League East and West divisions, including teams like Philadelphia, Pittsburgh, St. Louis, and Atlanta.

Andujar Blanks Braves; Bair Shuts Down Rangers

A.L./N.L. Baseball

ST. LOUIS (UPI) — The St. Louis Cardinals had many obstacles to overcome in their 7-0 triumph over the Atlanta Braves Tuesday night.

Andujar, who earlier this year had a string of 11 losses in 12 starts, was wondering what it would take to be a winner again. He hadn't tasted victory since July 1 and hadn't bested the Braves in eight consecutive regular-season games dating back to 1977.

Andujar put it all behind him Tuesday night. "The club needs me to pitch well and win some games," the right-hander said after handcuffing Atlanta on just four singles. "I needed this game and we needed it. We have to play perfect. If we get pitching like that for the next month, we'll be right there."

Andujar, 5-13, retired 20 of the last 21 after a leadoff single by Bruce Benedict in the third. He struck out seven and walked one in his 12th career shutout as St. Louis snapped Atlanta's three-game winning streak. "This could be the one to get him on a drive like he was last year when he was unbeatable," said Cardinals catcher Glenn Brummer. "He knows he can go nine and he can shut somebody out. That's what we need right now."

The victory lifted the Cardinals to the .500 mark with a 61-61 record with 40 games remaining. Atlanta, meanwhile, saw their lead in the NL West fall to two games over Los Angeles.

St. Louis went ahead 1-0 on a throwing error by catcher Bruce Benedict in the second and then scored three runs in the third off starter Pete Falcone, 8-3, on back-to-back homers by David Green and George Hendrick. Hendrick's homer was his first since July 25.

St. Louis built the lead to 7-0 in the fifth on RBI singles by Ken Oberkell and Willie McGee. McGee came all the way around when center fielder Dale Murphy misplayed McGee's single for a three-base error.

At Pittsburgh, pinch hitter Denny Walling's three-run homer and Ray Knight's two-out, two-run single capped the five-run ninth that rallied the Astros in the opener. In the nightcap, Terry Puhl and Dickie Thon drove in runs and Joe Niekro and Bill Dawley combined on a seven-hit effort to complete the sweep.

"We battled them in the second game, but their pitchers did the job," said Pirates' manager Chuck Tanner. "They battled back in the first game, so we lost a double header. Our season starts tomorrow."

Dodgers 6, Montreal 3 At Los Angeles, Ken Landreux and Greg Brock hit two-run homers in the seventh to highlight a brawl-filled Dodger victory. Los Angeles' Mike Marshall, after being hit by a pitch in the seventh, rushed the mound but was tackled by Expos' catcher Gary Carter. Montreal's Andre Dawson clubbed two homers, his 27th and 28th of the season.

Giants 3, Phillies 1 At San Francisco, Darrell Evans' 26th homer of the year, a two-run shot off Al Holland with two out in the eighth, lifted the Giants. Despite the loss, the Phillies moved ahead of the Pirates and into first place in the NL East. Mike Krukow, 9-7, was the winner and Greg Minton picked up his 15th save.

Mets 6, Padres 3 At San Diego, rookie Walt Terrell pitched his second complete game of the season and clinaxed a six-run eighth with a three-run homer — his third of the year —

to lead the Mets. Terrell, aided by three double plays, improved to 5-5 with an nine-hitter. John Montefusco, 9-4, took the loss.

Reds 4, Cubs 2 At Chicago, rookie Jeff Russell, 2-0, pitched a six-hitter over seven innings and hit a two-run homer to propel the Reds. Russell's homer off Ferguson Jenkins, 4-9, came after Dattu Bilardello had singled.

ARLINGTON, Texas (UPI) — Doug Bair, making his first major-league start after 387 relief appearances, combined with Aurelio Lopez on a four-hitter and a 2-0 victory over the Texas Rangers Tuesday night.

Chet Lemon and Rick Leach stroked RBI doubles to provide the visiting Tigers with their offense. Bair, 5-3, was pressed into the starting rotation due to a shoulder injury to Mill Wilcox. The right-hander, who celebrated his 34th birthday on Monday, pitched six innings and allowed two runs, including one and striking out none. He retired nine straight batters between the third and sixth innings. Lopez worked the final three innings to earn his 17th save and first since July 31.

The Tigers took a 1-0 lead in the fifth inning against Charlie Hough, 10-12, when Glenn Wilson led off with a double to center and scored on Lemon's double down the right-field line.

Detroit made it 2-0 in the seventh when Lemon was hit by a pitch with one out, and scored from first base on Leach's double to right-center field.

Lopez faced just 10 batters in the final three innings. The Rangers advanced just one runner to third base. In the third inning, Larry Bittner singled with one out, reached second on Bucky Dent's base hit and advanced to third on a forecourt at second base.

Angels 5, Indians 2 CLEVELAND — Brian Downing got what he wanted and the California Angels got even more. "I was looking for something inside. (Len) Barker threw me 10 good sliders down and away, but he finally made one mistake," said Downing, who drove in two runs with a single and his 14th homer Tuesday night to spark the Angels to a 5-2 victory over Cleveland.

Downing, whose two-out single scored Ron Jackson with the first Angel run in the fifth inning, homered into the left-field seats with one out in the seventh.

Blue Jays 2, Orioles 0 BALTIMORE (UPI) — Baltimore shortstop Cal Ripken says the Orioles' 9-2 error-filled defeat by the Toronto Blue Jays Tuesday night isn't one he's about to commit to memory.

"Let's forget about this game," said Ripken, who singled twice off starter Luis Leal, 11-10, but couldn't match the bats of Toronto's Lloyd Moseby and Barry Bonnell.

Moseby drove in three runs with two hits and Bonnell capped a five-run fourth inning with a two-run single off Baltimore starter Mike Flanagan, 7-3, who watched his defense fall apart.

Four errors, two by second basemen Lenn Sakata, helped Baltimore to defeat in the opener of a key series between the two American League East contenders.



DENNY WALLING DOUG BAIR

"We just stunk up the place," said Oriole pitching coach Ray Miller. "If we make those plays we didn't make, maybe Flanagan has time to settle in and get going. But we didn't make them."

A's 9, Yankees 4 NEW YORK (UPI) — Oakland's Rickey Henderson stole four bases Tuesday night, giving him 87 for the season, a fact that did not surprise his former manager Billy Martin.

"You have to figure Henderson is good for 100 stolen bases a year," said Martin, after the A's had defeated the Yankees for the second straight night, 9-3.

"He is an extra dimension. It isn't just the bases he steals. It's the attention he gives the pitchers. With a result they do not make good pitches to the hitters."

Five Yankee pitchers, including starter Matt Keough, 4-7, and left-handers Bob Shirley and Dave LaRoche, who was making his 1983 debut, all were burned by Henderson's base stealing exploits. In the ninth against LaRoche, Henderson got his third single, and stole second and third before walking home on Jeff Burrough's ninth homer.

In the fifth, Henderson led off with a single off Shirley, stole second and went to third on a throwing error by catcher Butch Wynegar. Dale Murray replaced Shirley and Henderson scored on Burrough's sacrifice fly.

Carney Lansford and Dwayne Murphy then hit consecutive triples for two more runs. Royals 10, White Sox 2 KANSAS CITY, Mo. (UPI) — Through the years Amos Otis has had two voices ringing in his ears.

One was a scout telling him he had the ability to play major-league baseball. The other was another scout telling him there was no way he would ever make in the majors.

The first scout was right. Otis collected two hits Tuesday night, including the 2,000th of his career, to help the Kansas City Royals glide to a 10-2 victory over the Chicago White Sox.

But Tuesday was a night for Otis, who reached base four times in the game, scored two runs and knocked in the game-winning run.

Twins 3, Red Sox 2 MINNEAPOLIS (UPI) — First baseman Kent Hrbek sees the point of those who say he should try and pull pitches for home runs.

On Tuesday, he demonstrated that distance is as important as direction. Hrbek drove in all the Twins' runs in a 3-2 victory over the Boston Red Sox. He sent an outside fastball 420 feet over the center field fence for a two-run homer, breaking a 1-1 tie in the sixth inning.

Mariners 5, Brewers 0 At Milwaukee, Al Cowens belted two home runs, Ron Roenicke shots and Mike Moore, 4-4, pitched a two-hitter to lead the Mariners. Despite the loss, the first-place Brewers maintained a half-game lead over Baltimore in the AL East.

Table showing baseball results for Tuesday's Major League games, including Cincinnati vs Houston, Philadelphia vs San Francisco, and others.

SCORECARD

Dog Racing

Table listing dog racing results for various tracks, including One Kilometer Time Trial, 1/4 mile, and 1/2 mile races.

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Advertisement for Tire & Muffler, listing services such as Brake Job, Alignment, 4-Ply Poly W Dayton Tires, and Recaps.

Advertisement for Sanford Pain Control Clinic, featuring a 'FREE SPINAL EXAMINATION' and listing services for various types of pain.

WINN DIXIE

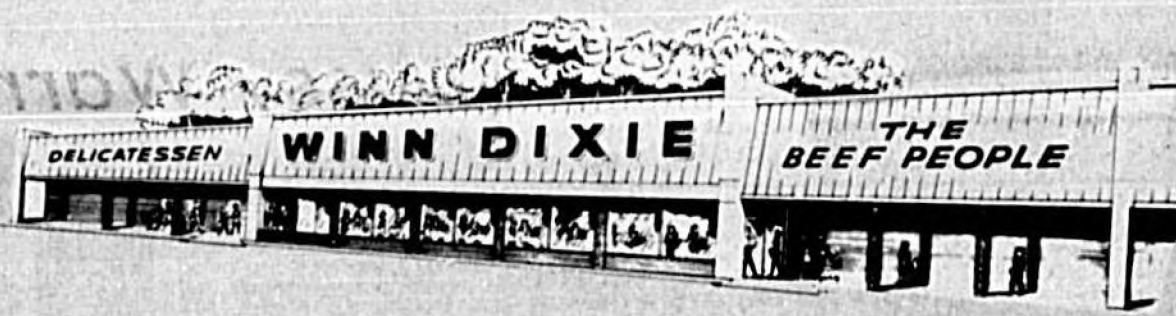
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STORE HOURS

MON. - SAT.
 8 A.M. - 11 P.M.
 ORANGE & SEMINOLE COUNTIES



MON. - SAT. SUNDAY
 8 A.M. - 10 P.M.
 OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER AND ST. LUCIE COUNTIES

8 A.M. - 9 P.M.
 ORANGE, SEMINOLE, OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER AND ST. LUCIE COUNTIES

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SAVE 40¢ SUPERBRAND ORANGE JUICE \$1.19 HALF GAL. THRIFTY MAID Apple Juice 64-oz. SIZE 99¢	HARVEST FRESH U.S. No. 1 WHITE POTATOES 99¢ 5 LB. BAG HARVEST FRESH BULK Mushrooms 5 LB. \$1.59	SAVE 60¢ 21 1/2-oz. COMBINATION, 19 1/2-oz. HAMBURGER, 21-oz. SALISAGE or 19-oz. PEPPERONI DANO'S PIZZA \$1.99 EACH SAVE 10¢ - MET-RITZ (ASSORTED FLAVORS) Cream Pies 14-oz. SIZE 79¢	SAVE 20¢ SUPERBRAND ASSORTED FLAVORS SHERBET or ICE CREAM \$1.19 HALF GAL. SUPERBRAND FUDGE BARS OR Twin Pops 12 PAK \$1.29	DELI HERRLICH (SLICED TO ORDER) BOILED HAM \$1.39 1/2 LB. DANMARK WALNUT OR Pecan Ring 12-oz. SIZE \$1.99

Cook Of The Week

Favorite Pasta Takes New Twist

By Lou Childers
Herald Correspondent

"You've come a long way, baby" could easily be Adaline Greenan's motto. Seventeen years before she moved to Florida from Long Island, N.Y., "Sunday was always spaghetti and meatballs day for our Italian family of seven."

Adaline's parents, Antoinette and Frank Chisari, had a real Italian family tradition. "Mother would start the sauce early in the morning and let it cook all day," says Adaline. When other days of the week rolled around, she says, "Mamma was always in the kitchen, and that's how I learned to cook — watching her."

Adaline still likes to cook her Italian spaghetti sauce the old-fashioned way all day method her mom taught her, using fresh sweet basil that she grows in a sun porch herb garden. But, living in the sub-tropical climate of Florida for almost two decades has wrought a few culinary changes for Adaline.

In her Casselberry home she discovered another way to serve her favorite pasta, linguine. Adaline tried a recipe called Filipino Spaghetti that has no tomatoes in the sauce. Instead, it features cabbage, strips of sirloin, onions and garlic, soy sauce, lemon juice, scallions and shredded lettuce.

"It may sound like a strange combo of ingredients," she says, "but you'll find yourself wanting to make this over and over again. My husband Richard and our children, Anne 17, and Anthony, 11, love it!"

Other island specialties that Adaline features regularly for her household include Sweet 'N Sour Meatballs (a far cry from the Italian variety), Island Style Chicken and Apricot Chicken.

Adaline says her family is not too big on desserts, but when she does find time from her busy schedule of helping Richard at his cleaning services business, the kids call for Pudding Dessert. This is a multi-layered treat that can change everytime you make it because you use your choice of flavor in the instant pudding layer.

FILIPINO SPAGHETTI

In a large skillet, fry 1 medium chopped onion, 1 clove of minced garlic and two pounds of sirloin cut into strips. When meat is seared, add soy sauce to taste and 1 small head of cabbage shredded. Cover and steam until meat is fork tender, about 20 minutes. While this is steaming, cook 1 pound of linguine and drain well. Mix



Herald Photo by Lou Childers

Adaline Greenan mixes what she calls a "strange combo of ingredients," resulting in delicious Filipino Spaghetti.

drained linguine into meat mixture and add the juice of one lemon, a cup of fresh scallions chopped and a cup of shredded lettuce. Serve immediately.

ISLAND STYLE CHICKEN

1 8-ounce can pineapple chunks in heavy syrup
2 pounds chicken parts
2 tablespoons shortening
1 can chicken broth
¼ cup vinegar
2 tablespoons brown sugar
2 teaspoons soy sauce
1 large clove garlic, minced
1 medium green pepper, cut into squares

3 tablespoons corn starch
¼ cup water
Drain pineapple chunks, reserving syrup. In skillet, brown chicken in shortening, pour off fat. Add reserved syrup, broth, vinegar, sugar, soy sauce and garlic. Cover and cook over low heat 40 minutes. Add green pepper and pineapple chunks. Cook 5 minutes more, or until done. Stir occasionally. Combine corn starch and water; gradually stir into sauce. Cook, stirring until thickened. Serve with parsleyed rice. Yield: 4 servings.

APRICOT CHICKEN

6 pounds broiler, cut up
1 envelope onion soup mix
1 bottle Catalina dressing
1 10-ounce apricot preserve
Grease casserole dish. Pour dressing, preserves and soup mix into small bowl, mixing well. Place chicken in casserole and pour on dressing. Cook uncovered 1½ hours at 350 degrees, or covered 2 hours at 300 degrees.

SWEET 'N SOUR MEATBALLS

2 pounds chopped meat
1 can prepared spaghetti sauce (16 oz.)
1 can whole berry cranberry sauce
bread crumbs
1 egg
Combine sauces in saucepan. Heat until simmering. Combine remaining ingredients in a large bowl and make walnut-sized meatballs. Drop meatballs into sauce and cook 20 minutes.

PUDDING DESSERT

Crust:
1 stick butter, melted
1 cup flour
½ cup nuts, chopped
Press into bottom of 9 x 13 ungreased pan. Bake 15 minutes at 325 degrees.
Cool.
Layer 2:
8 oz. cream cheese
8 oz. whipped, non-dairy topping
½ cup confectioners sugar
Beat ingredients together and pour over cooled crust.
Layer 3:
2 boxes instant pudding (any flavor)
2½ cups milk
Mix pudding and milk together. Pour over previous layer.
Layer 4:
Top with another 8 ounces cool whip. If desired, sprinkle top with crushed pecans, grated chocolate bar and chopped marichino cherries.



Angela Sue Compton,
Dennis W. Keeler

Compton-Keeler

Angela Sue Compton and Dennis W. Keeler, both of Sanford, are announcing their wedding plans. They will be married Saturday, Aug. 27, at 5 p.m., at the Woman's Club of Sanford. A reception will follow in the clubhouse.

The bride-elect, born in Sanford, is the daughter of Mr. and Mrs. Stephen B. Swaggerty, Route 1, Sanford, and Aaron Compton, Virginia Beach, Va. Her maternal grandparents are Mr. and Mrs. Buddy Appleby of Sanford, and Dave Eber, Titusville.

Miss Compton attended Seminole High School and is employed as inpatient cashier at Central Florida Regional Hospital.

Her fiance, born in Alexandria, Va., is the son of Mr. and Mrs. Merlyn Keeler, Sanford. His paternal grandparents are Mr. and Mrs. Ward Keeler, Orlando.

Mr. Keeler is a 1969 graduate of Colonia High School, Orlando, and a 1974 graduate of University of Central Florida, Orlando, where he received a B.A. degree in English. He is the owner of Dennis Keeler Photography.

Fiedler-Arney Vows Spoken

Michele Denise Fiedler and Gregory Lee Arney were married July 22, at 7 p.m., in the Goldenrod home of the bridegroom's aunt and uncle, Mr. and Mrs. Robert E. Hester, Notary public Kay Wolfrum performed the double ring ceremony.

The bride is the daughter of Mr. and Mrs. C.K. Hickson Sr., 123 Alma Ave., Lake Mary. The bridegroom is the son of Mr. and Mrs. Ralph Franke, 810 Lake Drive East, Altamonte Springs.

The bride chose for her vows a short white lace gown fashioned with a gathered skirt bordered with a double ruffle, a high ruffled collar and long gathered sleeves. Her headpiece was a tara of white and purple statice entwined with baby's breath. She carried a bouquet of white and lavender miniature carnations, purple statice and baby's breath showered with lace streamers.

Elizabeth Bodkin attended the bride as maid of honor. She wore a short blue interlocking knit dress and carried a single blue carnation accented with baby's breath and lace streamers.

Steven Tutich served the bridegroom as best man. A reception followed in the Hester home. Following a wedding trip to Cocoa Beach, the newlyweds are making their home at 504 Colonades Cove, Winter Springs.

The bride is employed as a clerical aid in the Guidance Department at Milwee Middle School. The bridegroom is employed with Corino's Painting and Contracting.



Herald Photo by Tommy Vincent

Garden Of The Month

The home and grounds of George and Patsy Smith, 2421 Myrtle Ave., Sanford, has been selected by members of the Garden Club of Sanford for the "Garden of the Month" for August. Mrs. Smith stands in a section of the yard that a garden club spokesman says "is a profusion of many kinds of blooming plants."

Missy Warner First In 4-H Region Show

Representing the state of Florida, four Seminole County 4-H Horse Club members and their horses competed against riders from 12 other states in the South Regional Championship 4-H Horse Show held in Atlanta, bringing home honors they won.

Missy Warner, Oviedo, and Barbara Ann Bucino, Longwood, competed in the regional competition for the second year in a row. Missy took first in saddle seat showmanship; fourth in public speaking (her topic was Horse Abuse); and sixth in saddle seat equitation and saddle type gelding—halter.

Barbara Ann took second in both hunter type halter mares and hunt seat equitation on flat; and third in hunter showmanship.

Dena Watson, Longwood, placed eighth in saddle seat showmanship and Jeannie Everett, Oviedo, competed but did not place.

Seminole County 4-H was second Overall High Point county at the state show last month in Tampa. They also won the "Golden Shovel Award" for having the cleanest and neatest stable area. —Jane Casselberry

Kids' Book Gives Facts On Booze

DEAR READERS: A coloring book is an ideal way to educate children, and I have just come across one that really grabbed my attention.

It's "Winthrop and Munchie Talk About Alcohol" — a non-judgmental approach in presenting information about alcohol to children.

Winthrop, an appealing cartoon character, is about to dig into his morning cereal when in walks his thirsty friend, Munchie. Winthrop offers Munchie some milk. But milk isn't what Munchie had in mind. It's hot outside, and he could really go for a nice cold beer. Winthrop is shocked! He tells Munchie he's not old enough to drink alcohol. Munchie says he was only kidding, but adds, "It's very grown up to drink beer."

Their conversation develops into a powerful but subtle educational message about the alcoholic content of beer, wine, vodka and whiskey; how alcohol affects the brain, the body and the way you act; the legal drinking age; and just about everything a child should know about



Dear Abby

the subject. It's a wonderful way for parents and educators to teach children about alcoholism.

The Winthrop and Munchie coloring book can be obtained by writing: Operation Cork, #939 Villa La Jolly Drive, La Jolly, Calif. 92037.

The price is \$1 (discounts for quantity available on request). However, Operation Cork, which is a non-profit organization, will send a copy free if you are unable to pay.

DEAR ABBY: I do lap swimming on a regular basis each week. I swim at a public pool in Aurora, Colo. Sometimes fathers bring their 3- and 4-year-old daughters into the men's shower room with them. I know I personally am uncomfortable showering with a young female child

in the locker room. I've discussed this with other swimmers and they feel the same way. My friends say the children are too young to think anything of this. What do you think?

RICHARD IN AURORA

DEAR RICHARD: Male nudity is probably no big deal to a 3- or 4-year-old girl whose father would bring her into a men's shower room. However, since you and "other swimmers" are uncomfortable with young females in the shower room, you have every right to ask their fathers not to bring them.

DEAR ABBY: Concerning "Wants to Love Again," who asks for the male point of view about silicone implants to enlarge the breasts: Were she my wife, lover or fiancée, I'd say, "Don't do it for my benefit." I am 65 and I've had a very active sex life, and I've learned that bossy women are not necessarily passionate. Neither are all flat-chested women cold. I've found it to be the other way around. What women

lacked in chest they usually made up for in zest.

I have to tell you, the best bed partner I ever had was built like a 12-year-old boy.

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Recipes For Cover Page Of Heritage Cookbook

(Editor's note: The following recipes accompany the cover page of The Evening Herald's Third Annual Heritage Cookbook, published Sunday, Aug. 21 in The Evening Herald and Thursday, Aug. 25 in The Herald Advertiser.)

Al fresco dining, whether in a sylvan glade or just a few feet out on the patio is the ticket when the humidity soars. Deviled Chicken Wings area perennial summer favorite. Easy-to-make and flavorful, these wings are a finger food that go well with just about everything. Their versatility is matched only by that of the three out-of-the-ordinary potato salads featured here. These side dish spuds have been specially designed to withstand the problems that heat imposes on food.

The international potato salads and the chicken wings use a cider vinegar as a moistener rather than perishable mayonnaise that is not as safe during outdoor sojourns.

In addition, all three salads are the busy cook's dream since they use quality processed potatoes that can be gussied up into these delectable dishes in a matter of minutes.

Pisa Potato Salad, for example, has an Italian flair with its lusty herb vinaigrette dressing, enhanced by red pepper, black olives and hard-cooked eggs. The Potato Salad Guadalajara has a Mexican feel with south-of-the-border seasoning and luscious avocado. The third perfect partner for the chicken wings is the Oriental Potato Salad, savory with bean sprouts, mushrooms, scallions and flavorings of the Far East.

When serving dinner outdoors, whether in the backyard or an away-from-home site, make sure that you use a cooler to hold food. Return foods to the cooler right after serving rather than let the dishes sit out and develop staph bacteria that causes food poisoning. And, avoid custardy desserts in favor of fresh fruit with its high sugar content, another bacteria-fighting factor.

For 40 more sumptuous kitchen-tested recipes that range from zesty appetizers to luscious main dishes, enclose a check or money order for \$1.75 along with your name and address, including zip code, to the Idaho Potato Cookbook, P.O. Box 1068, Boise, Idaho, 83702. You'll receive a two-color, 36-page illustrated cookbook that offers practical preparation tips to turn potato cookery into a main event.

PISA POTATO SALAD
 1 package (5.25 ounces) dehydrated, scalloped potatoes with sauce mix
 3 3/4 cups water, divided
 2 tablespoons vegetable oil
 1/2 cup chopped onion
 1 clove garlic, minced
 1 1/2 teaspoons dried leaf basil, crumbled
 1/4 teaspoon pepper
 3 tablespoons wine vinegar
 1 medium-size red pepper, seeded and cut in julienne strips
 1/2 cup sliced, pitted, black olives
 4 hard-cooked eggs, divided

In medium saucepan combine potatoes and 3 cups water; heat to boiling. Reduce heat, cover, simmer until tender, about 15 minutes. Drain. Cool. Meanwhile in small saucepan, heat oil; saute onion and garlic until tender. Stir in sauce mix, basil and pepper. Gradually add remaining 3/4 cup water and vinegar. Cook, stirring constantly, until mixture boils and thickens. Cool to room temperature. In large bowl, combine sauce

mixture, potatoes, red pepper and olives. Coarsely chop 1 hard-cooked egg; add to potatoes; toss gently. Cover. Chill. To serve, turn into serving dish; garnish with remaining 2 hard-cooked eggs, cut into wedges. Yield: 4 servings.

ORIENTAL POTATO SALAD
 1/2 cup vegetable oil, divided
 4 cups frozen Southern-style hash brown potatoes
 2 tablespoons soy sauce
 2 tablespoons cider vinegar
 1 tablespoon toasted sesame seeds
 3/4 teaspoon ground ginger
 1/4 teaspoon pepper
 2 cups bean sprouts
 1 1/2 cups sliced mushrooms
 1/2 cup finely sliced scallions

In large skillet heat 1/4 cup oil; carefully add potatoes to form a single layer. Cover. Cook 8 to 10 minutes, stirring occasionally, until potatoes are done. Cool. In small bowl combine remaining 1/4 cup oil, soy sauce, vinegar, sesame seeds, ginger and pepper; mix well. In large bowl

combine potatoes, bean sprouts, mushrooms, scallions and soy sauce mixture; toss lightly. Cover. Chill. Yield: 6 servings.

POTATO SALAD GUADALAJARA
 1 package (5.5 ounces) dehydrated au gratin potatoes with sauce mix
 3 3/4 cups water, divided
 3 tablespoons cider vinegar
 1 teaspoon chili powder
 1/2 teaspoon ground cumin
 1 medium tomato, coarsely chopped
 1 avocado, seeded and coarsely chopped

In medium saucepan combine potatoes and 3 cups water; heat to boiling. Reduce heat; cover; simmer 15 minutes until tender. Drain. Cool. Meanwhile, in small saucepan combine sauce mix, remaining 3/4 cup water, vinegar, chili powder and cumin. Cook, stirring constantly, until mixture boils and thickens. Cool to room temperature. In large bowl combine potatoes, tomato, avocado and sauce mixture; toss lightly. Cover. Chill. Yield: 4 servings.

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DEVILED CHICKEN WINGS
 1 medium onion, chopped (3/4 cup)
 1/2 cup red wine vinegar
 1/4 cup prepared Dijon-style mustard
 3 tablespoons olive oil
 3 cloves garlic, minced
 1 tablespoon dried leaf rosemary, crushed
 1/2 teaspoon salt
 1/4 teaspoon pepper
 5 1/2 pounds chicken wings (6 wings per serving)
 In large bowl combine onion, vinegar, mustard, oil, garlic, rosemary, salt and pepper; mix well. Pierce chicken wings with a fork. Add wings to marinade. Cover; refrigerate 5 hours or overnight. Stir wings as often as possible to distribute marinade. Place wings on barbecue over medium high heat. Cook 10 minutes on one side; turn, brush with marinade and continue cooking 10 minutes longer or until wings are cooked through. Yield: 6 servings.

Vegetables Get Savory Stuffing

As your happy guests watch a big, red sun go down over the horizon, it's time for something light, tasty and exciting to quench their thirst and feed their hunger.

The usual platter of cut-up fresh vegetables and a dip is healthy, but has grown a little boring. You needn't snub the garden's bounty, though, if you just serve the dip or spread inside the vegetables for a flavorful, new-looking offering.

Stuff a selection of vegetables with a savory mixture of shrimp in cream cheese, soft cheddar and nuts or processed cheese spreads. Use a teaspoon or a melon baller for a scoop. Make your crunchy stuffed vegetables the night before and refrigerate, tightly wrapped. At cocktail time serve the vegetables cold.

To further please your merry bunch, offer a chilled pitcher of pink Grapefruit Punch to cool off the sunburned brow. Luscious Florida grapefruit sections float in a pretty and delicious fruit drink that sparkles with club soda, or you can handily add some vodka or gin for extra spirits. Serve this drink with a spoon to scoop up the grapefruit.

If you're in a hurry, just pouring a jigger of gin over ice in a 6-ounce glass, then filling the glass with grapefruit juice delivers a zesty, vitamin C-laden highball.

Canned grapefruit juice is a great summer answer for people who want to quench their thirst, rather than drink a sweet dessert. Plain, mixed with other juices or with liquor, it puts excitement in your glass as well as healthy sunshine vitamins.

PRETTY-AS-A-PITCHER PUNCH

1 can (6 ounces) Florida frozen concentrated grapefruit juice, thawed, undiluted
 1 can (18 ounces) unsweetened pineapple juice
 3 tablespoons grenadine syrup
 1/4 teaspoon ground ginger
 1 1/2 cups canned Florida grapefruit sections, drained
 1 cup sliced fresh strawberries
 2 cups club soda, chilled

In tall pitcher combine concentrated grapefruit juice, pineapple juice, grenadine, ginger, grapefruit sections and strawberries. Chill. Add club soda just before serving. Yield: About 2 quarts.

PARTY STUFFED VEGETABLES

1 package (8 ounces) cream cheese, softened at room temperature

1 can (4 1/2 ounces) shrimp, finely chopped or 3/4 cup finely chopped, cooked fresh or frozen shrimp
 1/2 teaspoon dried dill weed
 1 tablespoon dry sherry

Cherry tomatoes, thin slice cut off top, seeds scooped out

Fresh mushrooms, stems removed
 Cucumber, cut into 1-inch thick slices, seeds scooped out to form a cup

Celery ribs, cut in 1 1/2-inch lengths
 Yellow or green summer squash, sliced 1/2-inch thick
 Parsley
 Fresh dill

In medium bowl combine cream cheese, shrimp, dill and sherry. Spoon mixture into pastry tube fitted with a large, plain tip. Pipe cheese mixture to fill tomatoes, mushrooms, cucumber, or celery ribs. Pipe a dab on squash slices. Garnish vegetables with parsley, fresh dill and shrimp if desired. Yield: About 4 dozen hors d'oeuvres.

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Microwave Magic Ideas From Posh Inn In Mountains

There is nothing like a ride through the mountains of North Georgia and North Carolina to get one to thinking of good food. Fresh vegetables, blackberries, and early apples were available this first part of August. Tomatoes, okra, and all the summer squash were in abundance.

My husband, Bob, and I enjoy staying at Inns as we travel. Recently we made our first visit to the Randolph House in Bryson City, N. C. It is a mansion which contains a large dining room. The food at this inn is excellent and a combination of gourmet and good home cooking. The Angel biscuits, Veal Scallapini, Stuffed Squash, and the Buttermilk Pie are just a sampling of this inn's mountain cuisine.

The inn keeper, Ruth Randolph Adams who does the cooking and is responsible for the delectable food at the inn, and I chatted after breakfast one morning. She offered these recipes to me and I am passing them on to you to try. Some can be microwaved and others are best prepared conventionally. All I'm sure you will enjoy.

STUFFED YELLOW SQUASH

Randolph House Inn
Bryson City, N. C.

8-10 young tender squash

Midge Mycoff

Home Economist
Seминоle Community College



1/2 cup butter
1 small onion, chopped
1 clove garlic, minced
1 1/2 cup bread crumbs
dash of nutmeg, Parmesan cheese, paprika

Saute in Microwave at 100% power for 3-5 minutes the onion and garlic in the butter, add the crumbs and mix well. Toss lightly until the crumbs are well coated. Slice the squash in half lengthwise. Place bread crumb mixture on top of squash halves. Sprinkle with Parmesan cheese and paprika. Microwave at 100% power for 6-8 minutes or until squash are fork tender.

SPINACH RANDOLPH HOUSE

2 lbs. spinach or 1-10 oz. frozen, chopped

spinach, cooked and well drained
1 large onion, chopped
2 cloves garlic, minced
2 tablespoons vegetable oil
2 eggs, beaten
salt and pepper to taste
1 cup Parmesan cheese

Mix all ingredients together thoroughly. Place in well greased microwave safe baking dish.

Microwave at 50% power for 12-15 minutes or until almost set. Allow to sit on counter top 5 minutes before serving to complete the cooking.

BUTTERMILK PIE

1/2 cup butter
1 1/2 cup sugar
2 tablespoons flour
3 eggs
1/2 cup buttermilk
1 teaspoon vanilla

Melt butter. Add remaining ingredients. Prebake pie shell for five minutes. Pour filling into shell. Bake for 35-45 minutes at 325°.

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Light Soups To Cap Off Summertime

Soups and summertime are a match made in heaven! Soups cap off the season like no other food on the menu — they're light, refreshing and filling.

The beauty of these soups is that you don't have to spend a lot of time making them. They're made in a snap with processed potatoes and fresh, seasonal ingredients. Made from Idaho's Russet Burbanks that are world-renowned for their dry, mealy, fluffy texture and exceptional taste, these processed potatoes generate some sensational summer soups that border on being classic.

One chilled soup is Yogurt-Potato Soup, an American variation on Bulgaria's tarator soup. Our version is a bracing blend of yogurt, cucumber, walnuts and Idaho's hash brown potatoes. Cold Pepper Soup is also a hit on a summer menu, with convenient potato granules giving a silky smoothness to a buttermilk base. Brilliant red peppers, leek and dill complete this combination. To keep the soups as cold as possible, chill mugs, cups, sherbet dishes or bowls in the freezer before serving.

Some like it hot! So, if that's your preference, here are two soups as light as a balmy breeze — Creamy Fresh Carrot Soup and Speedy Summer Vegetable Soup. The first is a creamy mix of carrots and potatoes with hints of lemon and bay leaf. The second is a potpourri of chicken and vegetables, including crisp lettuce that gets added just before serving.

Serve these soups as a pleasing complement to a sandwich or summer salad menu, as a light supper on a sultry evening, as quick to prepare camping fare, or as tasty picnic or office lunches when stored in a thermos.

YOGURT-POTATO SOUP

- 2 cups frozen hash brown potatoes
- 2 cups plain yogurt
- 1 cup pared, diced cucumber
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon celery seed
- 1 cup water
- 2 tablespoon olive oil
- 1/2 cup chopped walnuts

In a medium saucepan combine potatoes with 1 inch boiling, salted water. Cover; reduce heat. Simmer 7 to 10 minutes, until potatoes are tender. Drain. In a large bowl combine potatoes, yogurt, cucumber, garlic salt, celery seed and water; mix well. Gradually stir in oil. Cover. Refrigerate 1 hour or until thoroughly chilled. Serve sprinkled with walnuts. Yield: 6 cups.

COLD PEPPER SOUP

- 2 cans (13 1/2 ounces each) chicken broth (3 1/2 cups)
- 2 cups chopped red pepper
- 1 1/2 cups sliced leek
- 1/2 cup instant mashed potato granules
- 2 cups buttermilk
- 1 tablespoon chopped fresh dill or 1/2 teaspoon dried dill
- Salt
- Pepper

In large saucepot combine broth, pepper and leek; cover; bring to boiling. Reduce heat, simmer 10 minutes, until vegetables are tender. Puree vegetables with cooking liquid in a food processor or electric blender. Pour into a bowl. Stir in instant potato granules. Cover. Refrigerate until very cold. Stir in buttermilk and dill. Season with salt and pepper. If a thinner soup is desired, add more broth, buttermilk, or water. Yield: 6 cups.

CREAMY FRESH CARROT SOUP

- 4 cups beef broth
- 3 cups sliced carrots
- 1 large onion, sliced (1 cup)
- 1 bay leaf
- 1/2 cup instant mashed potato granules
- 1 tablespoon lemon juice
- 2 cups milk
- 2 tablespoons chopped parsley

In large saucepot combine broth, carrots, onion and bay leaf. Cover; bring to boiling. Reduce heat, simmer 10 minutes, until vegetables are tender. Puree vegetables with cooking liquid in a food processor or electric blender. Return to saucepot. Stir in instant potato granules and lemon juice. Add milk; mix well. Heat. Sprinkle with chopped parsley before serving. Yield: 8 cups.

SPEEDY SUMMER VEGETABLE SOUP

- 3 cups chicken broth
- 2 cups water
- 1 (half of a 6 ounce package) dehydrated hash brown potatoes with mild sweet onion
- 1 teaspoon salt
- 1/2 teaspoon dried leaf basil, crumbled
- 1/4 teaspoon dried leaf thyme, crumbled
- 1 small zucchini, sliced (about 1 cup)
- 1 large tomato, cut in chunks
- 2 cups shredded lettuce
- 1 cup shredded, cooked chicken

In large saucepot combine broth, water, dehydrated potatoes, salt, basil and thyme; cover; bring to boiling. Reduce heat, simmer 15 minutes. Add zucchini and tomato; mix well. Cook 10 minutes longer. Stir in lettuce and chicken. Heat through. Yield: About 6 cups.

New England Foods Take Historic Bow As Region Treats

This year, as American Regional Cuisine comes to the forefront of the culinary arena, New Englanders will discover that their own recipes are now in vogue. Many of these recipes have a history, as much as New England is rich with the history of our nation.

For example, Concord, Massachusetts is known among patriots and historians as the birthplace of the American Revolution. It is also the birthplace of the Concord grape, a fruit that inspired a host of historical recipes. Dr. Thomas Bramwell Welch, a minister-turned-physician of Vineland, N.J., used the Concord grape in a recipe for a non-alcoholic grape wine to serve at his church's communion. Little did he realize that his juice recipe would eventually be for jellies, jams and preserves included in some of New England's oldest recipes, such as the breakfast foods pictured here.

Today, the company that bears Dr. Welch's name is moving "back to its roots" to the soil where the first Concord grape was developed, not far from the original vineyard.

Johnnycakes or "Journeycakes" (as the Pilgrims called them) are cornmeal pancakes served as a matter of course for breakfast in Colonial times, or a wife would serve them to her husband as a special treat for supper. Johnnycake are complemented by a Concord Grape Syrup made from boiled down Welch's Grape Preserves.

NEW BEDFORD JOHNNYCAKE

1 cup white cornmeal or genuine Rhode Island Johnny cake cornmeal, not bolted
1 teaspoon salt
1 cup boiling water
1/2 cup milk (about)
2 tablespoons flour
1 tablespoon sugar
Add salt to cornmeal; scald with boiling water until every grain swells; add milk very gradually until batter is a little thicker than ordinary pancake batter. Bake on slightly greased skillet, allowing more time than for frying griddle cakes. Let cakes cook thoroughly on one side before turning. Turn so that cakes are golden brown on both sides. Makes 16 small cakes.

CONCORD GRAPE SYRUP

In small saucepan, combine 1 cup grape preserves and 1/2 cup water. Heat, stirring gently, until mixture is hot; do not boil. Serve with Johnnycakes. Makes 6 to 7 servings.

SAUSAGE WITH CONCORD YANKEE "TOAST"

2 pounds bulk pork sausage

2 medium apples, crisp and tart
1/2 cup grape jelly
1/4 teaspoon ground cinnamon
Shape sausage meat into 12 patties. Fry in a large skillet over low heat until well done but not crisp. Remove to heated platter; keep warm. Pour off all but 4 tablespoons drippings.

Slice apples lengthwise. Do not peel or core. Fry in butter or margarine. Top with grape jelly and cinnamon. Cook over low heat. Cover for several minutes to soften apples. Uncover, cook until apples are tender and well glazed; turn often, being careful to keep shape of apples. Arrange on platter with sausage. Serve immediately with Concord Grape Sauce. Makes 6 servings.

BREAKFAST NOG

1/2 cup grape juice
1/2 cup milk
1/4 cup vanilla yogurt
1 egg
dash nutmeg or cinnamon stick
Combine grape juice, milk, yogurt and egg in blender container. Blend several seconds until smooth and frothy. Garnish with nutmeg or swirl with cinnamon stick. Makes about 1 cup.

CONCORD GRAPE-NUT BREAD

2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
6 tablespoons chopped candied fruits (lemon, cherries, pineapple)
1/2 cup chopped walnuts
1 cup milk
1 egg
1/2 cup sugar
1 tablespoon melted butter or margarine
1/2 cup grape preserves or jam
Line a greased 9"x5" loaf pan with greased brown paper. Combine flour, baking powder, baking soda, salt, candied fruits and nuts in a mixing bowl. Combine milk, egg, sugar and butter in another bowl, stirring briefly. Mix and combine liquids with dry ingredients. Stir briefly. Pour 1/2 batter into greased loaf pan. Pour preserves over batter in a strip down middle. Pour remaining batter over preserves. Bake in a preheated 350° oven for about 55 minutes or until bread tests done. Cool 15 minutes on wire rack before removing from pan. Cut when completely cool.



Golden cornmeal Johnnycakes date back to the Pilgrims 'Journeycakes'

Canning: A Pioneer Tradition

Even if you've never tried to preserve foods before, you'll find it's easy if you keep in mind a few helpful hints:

First of all, use only standard canning jars specially treated and designed to withstand high temperatures. Canning jars are generally available in several convenient sizes from your home canning center.

Second, when processing fruits and vegetables, use only the best quality. Produce picked just before peak ripeness is ideal, retaining shape, texture, and flavor after preserving.

Third, when making jams and jellies, use commercial fruit pectins to insure a good "set." This will allow you to reduce your boiling times as well, so that your fruits will yield more and better tasting jams and jellies.

Fourth, to get the crispest, fullest flavor when you pickle foods, always use pickling strength vinegar with guaranteed 5% acidity.

Finally, try to clean as you go. There are preparations on the market which when used minimize sticking and staining of pots and hands. This is one improvement available to today's home canners which would have made your pioneer grandmother envious!

Home canning is practical and pleasurable. The food you prepare for yourself is made precisely the way you want it, so it must be good! You'll feel a sense of pride in your work when it's all done, and experience a sense of accomplishment when it's time to crack the seal and share the contents. Make sure you prepare plenty of food so you'll have your delicious home products on hand throughout the whole winter.

SPICED STRAWBERRY JAM

4 1/2 cups prepared fruit (about 2 qts. fully ripe strawberries)
1/2 teaspoon allspice
1/2 teaspoon cinnamon
1/2 teaspoon cloves
7 cups (3 lbs.) sugar
1 box Fruit Pectin

First prepare the fruit. Stem and thoroughly crush one layer at a time, about 2 quarts strawberries. Measure 4 1/2 cups into 6- or 8-quart saucepot; add spices.

Then make the jam. Measure sugar and set aside. Mix fruit pectin into fruit in saucepot. Place over high heat and stir until mixture comes to a full boil. Immediately add all sugar and stir. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Ladle quickly into hot jars, filling to within 1/4 inch of top. Cover and process in boiling water bath for 5 minutes. Makes about 8 1/2 cups or about 9 (8 fl. oz.) jars.

DILL PICKLES

4 pounds 4-inch pickling cucumbers
1/4 cup pickling salt
2-3 cups distilled white vinegar
3 cups water
14 heads fresh dill
28 peppercorns

Wash cucumbers; cut in half lengthwise. Combine salt, vinegar and water; heat to boiling. Pack cucumbers into clean jars. Add 2 heads dill and four peppercorns to each jar. Pour vinegar solution over cucumbers to within 1/2-inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 10 minutes in boiling water bath. Makes 6-7 pints.

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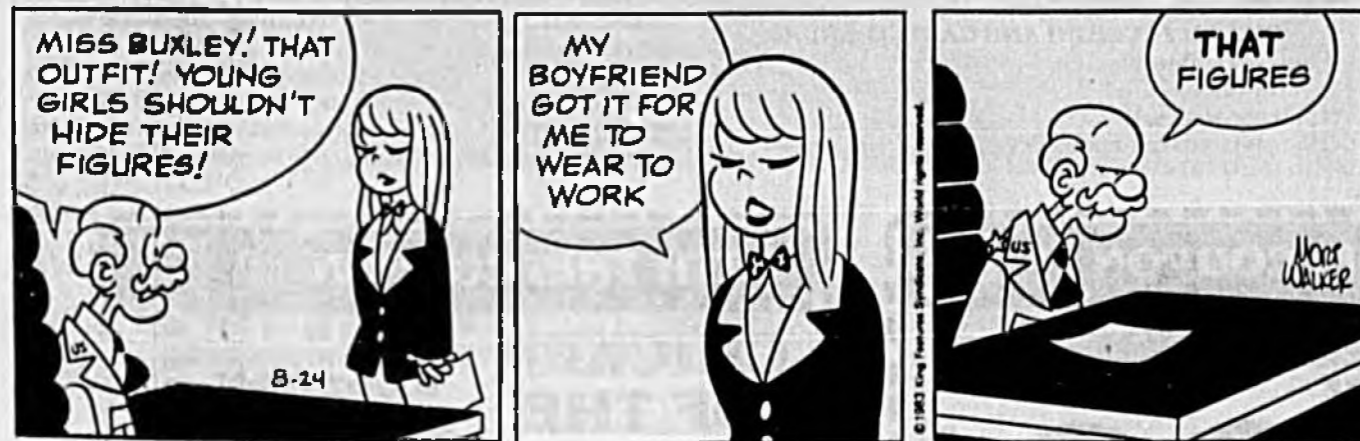
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 HYDE PARK GRADE "A" LARGE EGGS DOZ. 29¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>	 TIDE LAUNDRY DETERGENT 68 OZ. BOX \$1.69 <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>	 LEISURE-WAY PAPER PLATES 100 CT. PKG. 49¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>	 COCA COLA 2 LITER BOTTLE 69¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>
 YELLOW ONIONS 3 LB. BAG 59¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>	 LYKES OAK CREEK BACON 1 LB. PKG. 79¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICE ENDING 8/31/83</small>		

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heimdahl



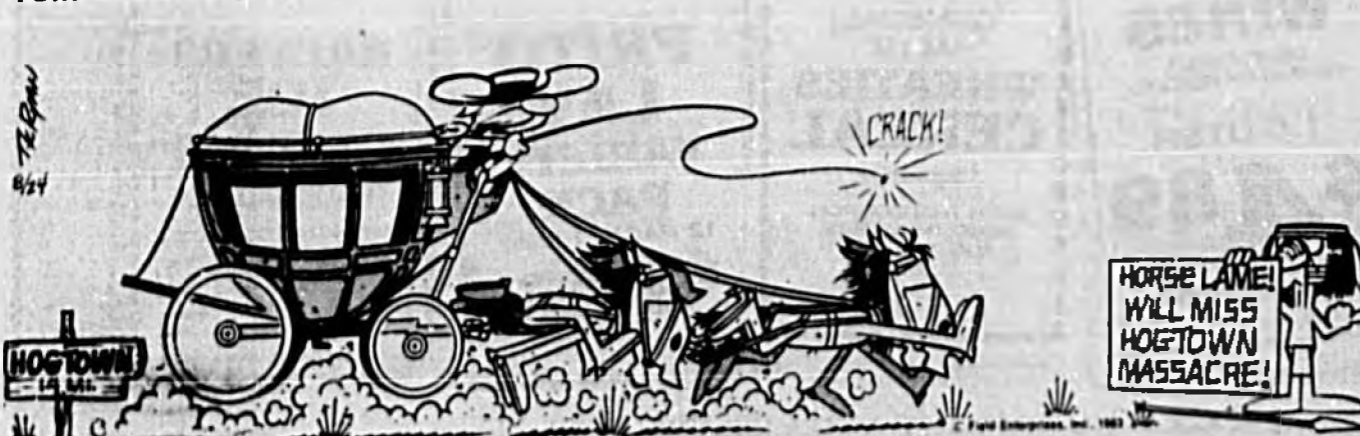
FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



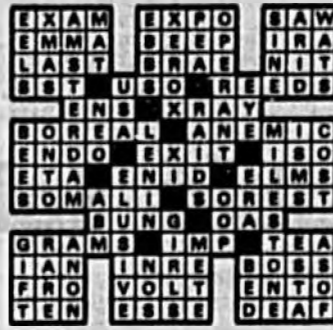
ACROSS

- 1 Edge
- 5 Guardhouse
- 6 Babylonian deity
- 12 Irish republic
- 13 Scourge
- 14 Ostrichlike bird
- 15 Nightcrawler
- 16 Actress
- 17 Wind
- 18 Dismore
- 20 Attack
- 22 Chemical suffix
- 24 Lament
- 25 Yelling
- 28 Office worker
- 33 Organ for hearing
- 34 Normandy invasion day
- 36 Maple genus
- 37 Biblical king
- 39 Egg (Fr.)
- 41 Gear tooth
- 42 Tow
- 44 Burglary
- 46 Food fish
- 48 Negative conjunction

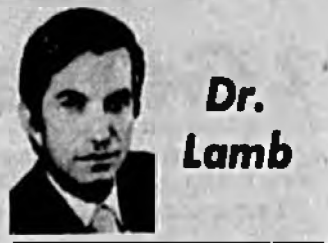
DOWN

- 1 Nixon pal
- 2 Coin of Iran
- 3 Fleur de lis
- 4 Job
- 5 Barrel (abbr.)
- 6 Balsam
- 7 Inward
- 8 One having special talents
- 9 Boyfriend
- 10 Turkish title
- 11 Decoy
- 19 Novelist
- 21 Greek letter
- 23 Inner (prefix)
- 25 Gather
- 26 Hawaiian island
- 27 Russian inland sea
- 28 Scot
- 30 Bahoid (Lat.)
- 31 Noble gas
- 32 Wild party
- 35 Chinese currency
- 38 Shed blood
- 40 Amphibian
- 43 Waste
- 45 Wince
- 47 Shoe lastener
- 49 Cincinnati ball club (abbr.)
- 50 American patriot
- 51 Culmination
- 52 Longs (sl.)
- 54 Young horse
- 55 Adorn
- 56 Without (Fr.)
- 58 Female saint (abbr.)

Answer to Previous Puzzle



Man: Why Haven't I Fathered Child?



Dr. Lamb

DEAR DR. LAMB — After a year and a half of marriage and no children I am wondering if I will ever be able to father a child. My wife's doctor says she is OK. What kind of doctor should I see to find out if I will ever father a child?

Also would masturbation when a man is young cause him to not be able to be a father? I really need to know as I would like to have a son or daughter.

DEAR READER — Go see a urologist. The first thing is to find out if you produce a normal amount of healthy sperm cells. You can form normal secretions and not be aware that the secretions do not contain enough sperm cells. Although there may be 400 million cells in one discharge, they are a minute part of the volume.

The cells are counted and examined under a microscope to see if they are healthy and active. If you have a good count you are quite capable of being a father.

And don't burden yourself with guilt about masturbation. That has nothing to do with your ability to be a father. Quite the contrary, men who have a strong sex drive and start early in life are the ones most likely to enjoy sex and be sexually active throughout life. Masturbation is a normal means of sexual expression and is quite common before marriage. And it is not uncommon after marriage.

If you happen to have a low sperm count, then you need to find out why. Nutrition, body temperature, the presence of a varicocele and other factors can affect your sperm count. And if none of these factors are present some men can raise their sperm count by using the same fertility pills women use to cause ovulation.

You will understand the factors that affect reproduction in men better after you have read *The Health Letter* 17-4. Male

Reproductive Functions, which I am sending you.

DEAR DR. LAMB — After three years of not really feeling well, my gynecologist told me I have endometriosis. Exactly what is endometriosis? What problems can it create and what does the future hold in terms of treatment?

DEAR READER — The lining of the uterus is called the endometrium. When some of this tissue is displaced outside the uterus it is called endometriosis. It can grow, spread and infiltrate. But don't let that confuse you. It is not a malignancy or cancer. It is normal tissue in the wrong place.

It is found in women in the childbearing years. The displaced tissue is most commonly in the ovaries but it can involve the tubes and the pelvic area. It can spread to locations other than the pelvic area.

The most consistent symptom is pelvic pain but it can occur without any symptoms. It is one cause of painful menstrual periods.

The tissue enlarges and bleeds just like the regular uterine lining. This can cause irritation of the normal adjacent tissues, such as the peritoneum.

By damaging the ovaries and tubes endometriosis can cause infertility. Women with such problems are well advised to have their children early in life.

Hormone therapy is often prescribed. In severe cases, surgical removal of the offending tissue is necessary.

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY AUGUST 25, 1983
 You are likely to be more fortunate this coming year with ventures you attempt on your own, rather than those which require partners. Strive to be independently enterprising.

VIRGO (Aug. 23-Sept. 22) In matters pertaining to your family, don't be indecisive today. Your wishy-washy ways could be catching and confuse them, too. Order now: The NEW Matchmaker wheel and booklet which reveals romantic compatibilities for all signs, tells how to get along with others, finds rising signs, hidden qualities, plus more. Send \$2 to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Mail an additional \$1 for your Virgo Astro-Graph predictions for the year ahead. Be sure to give your zodiac sign.

LIBRA (Sept. 23-Oct. 23) Don't turn down friends who request favors today. You won't like yourself later if you had a chance to help and didn't.

SCORPIO (Oct. 24-Nov. 22) Be very careful in your financial affairs today, especially if you're being guided by outsiders. Their suggestions may be less than helpful.

SAGITTARIUS (Nov. 23-Dec. 21) To gain stature in the eyes of others today, you might be tempted to make promises you lack the ability to deliver.

CAPRICORN (Dec. 22-Jan. 19) There's a possibility you might be too glib for your own good today. If a smooth talker tells you he caught a big fish, ask to see a photo.

AQUARIUS (Jan. 20-Feb. 18) Carelessness could lead to the loss of valuable possessions today. Don't leave your rings on the washstand or your watch in the golf cart.

PISCES (Feb. 20-March 20) Objectives are not likely to be fulfilled today if you fail to schedule your time wisely. Don't linger too long over your morning coffee!

ARIES (March 21-April 19) Keep everything out in the open and above board today. This will prevent those who like to gossip from talking about your methods or motives.

TAURUS (April 20-May 20) Avoid adopting airs or affectations today. This will not impress others. In fact, it will produce results opposite from those you desire.

GEMINI (May 21-June 20) An associate you envision as an ally may not be supportive of your cause today. Depend less upon your cohorts and more upon yourself.

CANCER (June 21-July 22) Your thinking might not be up to its usual standards today, and could impede your vision. Be careful you don't design future plans with square wheels.

LEO (July 23-Aug. 22) Don't be taken in by surface appearances today. This could lead you to be more concerned about attractive packaging than the contents of the box.

WIN AT BRIDGE

NORTH		♠ 10 5 4 3	♥ K 10 7 4	♦ A 9 7 6	♣ 8 5 4
WEST		♠ 10 5 4 3	♥ K 10 7 4	♦ A 9 7 6	♣ 8 5 4
EAST		♠ 10 5 4 3	♥ K 10 7 4	♦ A 9 7 6	♣ 8 5 4
SOUTH		♠ A Q 8	♥ A K J 10 5 3	♦ 4	♣ K J 7
Vulnerable: Both					
Dealer: South					
West	North	East	South		
Pass	10	Pass	10		
Pass	Pass	Pass	Pass		
Opening lead: ♠ K					

West opened the king of diamonds. Mary was in dummy for what might well be the last time and had her choice of attacking spades, hearts or clubs. Acting on the match point principle that it is best to go after everything you can get, she led a spade to the queen. It held and now Mary played her ace-king of trumps. Things continued their pleasant way when the queen dropped. She then drew East's last trump and cashed her spade ace.

East dropped the king, so now it was a simple matter to finesse dummy's nine, discard one club on the spade jack and lead toward her king-jack of clubs. East ducked, but Mary made the winning guess, playing her king to wind up with two overtricks.

Mary doesn't claim that her score was a top, but it had to be mighty close to one. Certainly no one could beat it and few would tie. We aren't going into a full analysis of her play at trick two except to say that she had collected every trick that she could.

GARFIELD



ANNIE



Totables

Garden Vegetable Salads Are Picnic And Barbecue Mainstays

As long as the good weather continues, the demand for a hearty, take-a-long salad for picnics continues. Tote well-chilled salads and other perishable foods in a cooler and return them to the cooler as soon as they are served.

Garden vegetable salads are picnic mainstays, and also go well with outdoor barbecue foods. These are good leftovers, too, to have for lunch with fresh bread and fruit.

HERBED GARDEN VEGETABLE SALAD

- 3/4 cup vegetable oil
- 1/2 cup cider vinegar
- 1 tablespoon parsley flakes

- 2 teaspoons salt
- 1 1/4 teaspoons basil leaves, crushed
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 6 cups hot, peeled and sliced cooked potatoes (2 pounds)
- 3 cups hot, cut cooked green beans (3/4 pound)
- 2 cups hot, sliced cooked carrots
- Freeze-dried chives

In small covered jar, combine oil, vinegar, parsley flakes, salt, basil, onion and garlic powders and black

pepper; shake well. In large bowl, com potatoes, beans and carrots; toss gently. Pour in enough dressing to coat vegetables completely. Cover; chill several hours, tossing occasionally. When ready to serve add more dressing, if desired. Chill any remaining dressing. Serve marinated veget garnished with chives. This kitchen-tested recipe makes 8 portions (8 cups salad, 1 cup dressing).

DILLED ZUCCHINI AND CARROT SALAD

- 1/2 cup vegetable oil
- 1/4 cup juice
- 1 1/4 teaspoons salt
- 1 1/4 teaspoons onion powder

- 1 teaspoon dill weed
- 1/4 teaspoon ground black pepper
- 4 cups sliced zucchini (3 medium)
- 1 1/4 cups shredded carrots (2 medium) 1/2 cup sliced ripe olives

1/2 cup chopped diced pimiento
In small covered jar, combine oil, lemon juice, salt, onion powder, dill weed and black pepper. Cover and shake well. In large bowl, combine zucchini, carrots, olives and pimeToss gently with as much dressing as needed to coat vegetables completely. Cover and chill until ready to serve, using any remaining dressing over mixed greens, cooked vegetables, etc. This kitchen-tested recipe makes 5 portions (5 cups salad, 1 cressing).

Cake Baking Tips

The wedding cake is unchallenged as the queen of confections. One can be made and decorated at home for a fraction of the cost of a cake commercially prepared — a timely tip for the many who are planning early fall weddings. Although June still holds a slight lead as the favorite month for exchanging vows, August and September follow very close behind.

With a little time and effort, you can approach the big day confident that the cake you serve will be as moist and flavorful as it is elegant.

The home economists in the Betty Crocker Kitchens recommend using cake mix with pudding in the mix for several reasons. The mix is specially formulated to provide firm, easy-to-cut layers with smooth, level tops that make trimming and tiering a breeze. And, of course, a tremendous amount of time is saved when one begins with a reliable mix.

Cake baking, for any occasion, requires precise preparation. Accurate measurement is essential for success. For example, too much water or oil can cause low height or a cake that shrinks. Too little water or oil or a forgotten egg often results in dryness and a crumbly texture, the last thing one needs is a wedding cake, which must be cut to serve a crowd. Liquids should be measured at eye level in standard liquid measuring cups. Dry ingredients should be spooned lightly into a dry measure and leveled off.

Also, it is important to beat the batter for the specified time and at the exact speed indicated in the instructions. Under or overbeating can result in a disappointing appearance — low height, unevenness and cracking.

Pans for tiered cakes should be carefully measured and prepared. To measure depth, stand ruler on end inside the pan. To gauge width, measure pan across the top from inside rim to opposite inside rim. Grease pans with solid vegetable shortening and then dust with flour, tapping out excess.

As with most cakes, wedding cake layers freeze beautifully if properly cooled and securely wrapped. And, unless the cake layers are to be filled with pudding or fruit, the cake can be assembled and frosted up to three days in advance of serving.

For more helpful hints, complete with illustrations, write for the free 12-page booklet, "Your Wedding Cake from SuperMoist Cake Mix." Included are recipes for cake and frosting along with instructions for decorating, assembling and cutting. Address requests to Wedding Cake Booklet, Box 5402, Department R75, Minneapolis, MN 55460. Offer expires January 31, 1984.



FROZEN

- 5oz FROZEN, ASSTD. VARIETIES BOIL-N BAG
Freezer Queen . . . 2/179¢
- 24oz FROZEN
Angelos Steak Fries . 2/151¢
- 2 LB FROZEN SALISBURY STEAK, MEAT LOAF, SLICED TURKEY, CHARBROIL BEEF PATTY, MANSIZE BEEF OR TURKEY CROQUETTE
Freezer Queen \$1.59
- FROZEN FAMILY PACK
Birdseye Corn \$1.89
- 11.25oz FROZEN, SWEET & SOUR PORK, CHOPPED SIRLOIN OR SLICED TURKEY BREAST
Le Menu Dinners . . . \$1.99

WISHBONE ITALIAN DRESSING
20oz BTL
\$1.19
SAVE 84¢

GOLDEN GRAIN MACARONI & CHEDDAR
7.25oz
3/\$1
SAVE 5¢

HEALTH & BEAUTY AIDS

- 170 COUNT
Q-Tips 99¢
- 6 PACK
Good News Razor . . . 99¢
- 7oz PANTRY PRIDE, REG. OR MINT
Fluoride Toothpaste . 99¢
- 15oz REVLON AQUAMARINE TWIN PACK, REG. OR EXTRA BODY CONDITIONER OR
Revlon Shampoo . . . \$1.49
- 24oz BTL- (18oz PLUS 6oz FREE)
Listerine Mouthwash \$1.99
- 55oz VANISHING OR COVER
Clearasil ACNE CREAM . . . \$1.99
- STRAWBERRY SHORTCAKE MULTI
Childrens Vitamins . . \$2.49

MILLER LITE BEER
6 PACK- 12oz CANS
\$2.25
BONUS BUY

FRESH GREEN CABBAGE
25¢ LB
SAVE 4¢ PER LB

GEORGIA RED SWEET POTATOES
L B S
4/\$1
SAVE 16¢

GATORADE
LEMON LIME, ORANGE OR FRUIT PUNCH
EVERYDAY LOW PRICE
32oz JAR
3/\$2
SAVE 21¢

WITH THIS COUPON J.R. 631
PANTRY PRIDE SUGAR 5 LB BAG
99¢
LIMIT: 1 WITH THIS COUPON & A \$7.50 OR MORE FOOD ORDER. GOOD THRU WED., AUG. 31, 1983.

WITH THIS COUPON J.R. 633
CHICKEN OF THE SEA 6.5oz CAN
49¢
CHUNK LIGHT TUNA IN WATER OIL
LIMIT: 1 WITH THIS COUPON & A \$7.50 OR MORE FOOD ORDER. GOOD THRU WED., AUG. 31, 1983.

PRICES EFFECTIVE WED., AUG. 24 THRU TUES., AUG. 30, 1983.

COCA COLA, DIET COKE, TAB, SPRITE, MR. PIBB OR MELLO YELLO
PLUS DEPOSIT 8 PACK 18oz BTLS.
99¢
WITH COUPON BELOW
SAVE 50¢ CASH J.R. 634
COCA COLA, DIET COKE, TAB, SPRITE, MR. PIBB OR MELLO YELLO PLUS DEPOSIT 8 PACK- 18oz BTLS.
99¢
WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.

CALIFORNIA SWEET JUICY SEEDLESS GRAPES
79¢ LB
SAVE 20¢ PER LB
BONUS BUY

BETTY CROCKER HAMBURGER HELPERS SAVE 10¢
7oz SPAGHETTI & TOMATO, RICHMOND, LASAGNA, BEEF, TOMATO, STROGANOFF, CHERRY BLOSSOM OR BEEF TUNA HELPERS NOODLE OR CHEESE
2.89¢
L B S
SAVE 20¢

MOTT'S APPLE JUICE
EVERYDAY LOW PRICE
48oz
99¢
SAVE 10¢

LIBBY'S VEGETABLES
17oz PEAS, CREAM STYLE OR WHOLE KERNEL CORN, 15.8oz CUT OR FRENCH BEANS, 16oz PEAS & CARROTS, SLICED BEETS OR SAUERKRAUT
EVERYDAY LOW PRICE
YOUR CHOICE
5/\$2
SAVE \$1.25

FRESH YELLOW CORN
8/\$1
SAVE 16¢

FRESH GREEN CUKES
5/89¢
SAVE 15¢

ROYAL GELATINS
PEACH, STRAWBERRY, CHERRY, RASPBERRY, BLACK BERRY, ORANGE, LEMON, LIME OR STRAWBERRY BANANA
EVERYDAY LOW PRICE
3oz
4/\$1
SAVE 10¢

- REFILLS
Rid A Bug \$4.19
- LIBBY'S
Vienna Sausage . . . 2/89¢
- MOTT'S
Apple Sauce 79¢
- 33 CT. TODDLER OR 48 CT. DAYTIME
Huggles Diapers . . . \$8.29
- ORANGE, LEMON, APPLE, FRUIT PUNCH OR GRAPE
Capri Sun \$2.49
- TROPICAL FRUIT PUNCH, GRAPE, VERRY BERRY, RED OR LOW SUGAR RED
Hawaiian Punch . . . 69¢
- BOX
Punch Detergent . . . \$1.99
- WHITE OR ASSORTED
Banner BATHROOM TISSUE . . . 99¢
- 7.5oz PANTRY PRIDE DIP N' CHIPS OR BOX REG.
Potato Chips 69¢
- CRYSTAL LIGHT
Lemonade \$2.59
- SUGAR SUBSTITUTE
Sweet N' Low \$2.29
- RAID
Ant & Roach Bomb . . \$1.49
- ASSORTED, DESIGNER OR DECORATOR
Scott Towels 3/1.2
- CRACKERS
Shunshine Krispy . . . 79¢
- CHOCOLATE
Hershey Syrup \$1.49

PRODUCE

- FRESH
Florida Limes . . . 12/99¢
- FRESH
Bartlett Pears 59¢
- LARGE
Florida Mangoes . . . EACH 79¢
- LARGE
Florida Avocados . . . EACH 79¢
- FRESH GREEN
Boiling Peanuts 2.19

EVERYDAY LOW PRICE
TAYLORS CALIFORNIA CELLARS
CHABLIS, PINOT OR ROSE
3 LITERS
\$6.99
SAVE \$1.00

EVERYDAY LOW PRICE
CELLA WINES
LAMBRUSCO, BIANCO OR ROBATO
1.5 LITER
\$4.89
SAVE \$1.10

SAVE 15¢ CASH
GENERAL MILLS WHEATIES CEREAL
18oz BOX
WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.

20¢ OFF
FRITO LAY VARIETY PACK
12 PACK- 7.25oz
WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.

30¢ OFF
BREYERS ICE CREAM
HALF GALLON
WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.



Flavors and textures blend superbly in Microwave Chicken Ragout for an easy and nutritious one-dish main meal.



Microwave Cookery Retains Chicken's Natural Goodness

Many homemakers now include microwave ovens on their list of "necessities" for maintaining busy life styles. And chicken is a favorite choice of meat for today's nutritious meals-in-a-hurry.

Fast, moist microwave cookery retains chicken's natural juices and tenderness. Seasonings blend readily with microwave chicken, creating inter-

esting and varied combinations of flavors.

In general, the National Broiler Council advises allowing 6 minutes per pound for microwaving chicken on the HIGH setting. Individual parts cook in about a quarter the time required by conventional cooking. A whole 3-pound chicken that requires an hour to 1½ hours to roast in a regular oven will cook in less than 30 minutes on

the MEDIUM setting (best for whole birds) in a microwave.

The two recipes below were developed by the National Broiler Council especially for the microwave. "Microwave Chicken Ragout" is a superb combination of flavors that could only be achieved by three to four hours of cooking on stove top or in a conventional oven. A complete one-dish

meal, this nutritious stew requires less than an hour in the microwave.

Mildly seasoned, "Microwave Breaded Chicken" is an ideal hot weather dish. Preparation time is about 40 minutes and the microwave oven eliminates unnecessary heat generated by a stove. The tomato seasoned crumbs produce an attractive red coating with great eye-appeal as well as delicious taste.

MICROWAVE CHICKEN RAGOUT

- 4 broiler-fryer chicken thighs
 - 4 broiler-fryer chicken drumsticks
 - ¼ cup flour
 - ¼ teaspoon salt
 - ¾ teaspoon pepper, divided
 - 3 tablespoons cooking oil
 - 1 cup chopped onion
 - 1 can (16 ounces) tomatoes, drained, juice reserved
 - 1 cup hot water
 - 2 cups potatoes, pared and cubed
 - 1¼ cups carrots, pared, thinly sliced
 - 1 cup celery, cut in ¼-inch slices
 - 1 cup chopped cabbage
 - 1 teaspoon seasoned salt
 - 1 teaspoon parsley
- Preheat broiling skillet in microwave oven on HIGH for 3 minutes. In shallow dish, mix together flour, salt and ¼ teaspoon of the pepper. Add chicken one piece at a time, dredging to coat. Place oil in broiling skillet; add two thighs and brown 3 minutes. Turn chicken and brown 3 minutes more; remove to large 3-quart microwave dish.

Repeat browning with 2 drumsticks and 1 thigh; remove to dish. Repeat again with remaining 2 drumsticks and thigh. To oil in broiling skillet, add onion and cook until transparent, about 3 minutes. Add onion to chicken; pour reserved tomato liquid and hot water over chicken and onion. Cover and microwave on HIGH 5 minutes. Stir in tomatoes, potatoes, carrots, celery, cabbage, seasoned salt, parsley and remaining ¼ teaspoon pepper. Cover and microwave on HIGH 20-25 minutes, rotating dish every 5 minutes, until fork can be inserted in chicken with ease and vegetables are tender. Remove from oven and let stand 5 minutes. Serve over noodles. Makes 4 servings.

MICROWAVE BREADED CHICKEN

- 4 broiler-fryer chicken thighs
- 4 broiler-fryer chicken drumsticks
- 1 egg, slightly beaten
- 2 tablespoons Worcestershire sauce
- 1¼ cups fine bread crumbs
- ½ teaspoon celery salt
- ½ teaspoon paprika
- ½ teaspoon pepper
- ¼ cup cooking oil
- 1 can (6 ounces) tomato juice

In shallow dish, mix together egg and Worcestershire sauce. In another shallow dish, mix together bread crumbs, celery, salt, paprika and pepper. Dip chicken, first in egg mixture than in bread crumb mixture, dredging to coat. Preheat broiling skillet in microwave oven on HIGH for 3 minutes. Add oil to skillet, then 2 of the breaded chicken thighs. Brown on HIGH for 3 minutes; turn thighs and brown 3 minutes more.

Remove chicken to warm dish and repeat browning, using 2 drumsticks and 1 thigh. Repeat again with remaining 2 drumsticks and thigh. When all chicken is brown, drain off any accumulated fat; return chicken to same dish and sprinkle with any remaining crumb mixture.

Pour tomato juice over all and return to microwave oven. Cook on MEDIUM for about 15 minutes, rotating dish every 5 minutes until fork can be inserted in chicken with ease. Cover and let stand 5 minutes. Makes 4 servings.

WITH THIS COUPON J.R. 632

KRAFT BAR-B-Q SAUCE 18oz BTL. **49¢**

HICKORY, REG. OR HOT

LIMIT-1 WITH THIS COUPON & A \$7.50 OR MORE FOOD ORDER. GOOD THRU WED., AUG. 31, 1983.

WITH THIS COUPON J.R. 779

PANTRY PRIDE LARGE EGGS DOZEN **39¢**

LIMIT-1 WITH THIS COUPON & A \$7.50 OR MORE FOOD ORDER. GOOD THRU WED., AUG. 31, 1983.



CENTER CUT SIRLOIN STEAKS

\$2.79 LB

SAVE 60¢ PER LB

BONUS BUY

Del Monte PUDDING CUPS

EVERYDAY LOW PRICE

4/5oz CUPS 99¢

SAVE 16¢

DAIRY

PANTRY PRIDE CRESCENT Dinner Rolls 69¢

PANTRY PRIDE Cream Cheese 79¢

ALL VARIETIES Axelrod's Yogurt 99¢

TROPICANA FRESH Orange Juice \$1.59

SHEDD'S COUNTRY CROCK Veg. Oil Spread \$1.69

PREPARED FOODS

IN THE DELI-BAKERY STORES ONLY

BAMA GRAPE JELLY

EVERYDAY LOW PRICE

2 LB JAR 99¢

SAVE 10¢

J.K. BRAND BREADED PATTIES

READY TO COOK, ALL VARIETIES

BONUS BUY

1 LB PKG. 99¢

SAVE 30¢

KITCHEN FRESH ROAST BEEF

HALF POUND

\$1.99

SAVE \$1.00 PER LB

FRESH BAKED TORPEDO ROLLS

BONUS BUY

6/79¢

SAVE 20¢

- GREEN GIANT Sliced Mushrooms \$1.19
- OCEANSPRAY WHITE OR PINK Grapefruit Juice \$1.29
- INDOOR Raid Fogger \$2.49
- SUNSHINE Vanilla Wafers 79¢
- KOSHER June Boy Dills \$1.49
- SUNSHINE Cheez-It Crackers 79¢
- PANTRY PRIDE ALL FLAVORS POWDER Drink Mixes \$1.19
- LIQUID Wisk Detergent \$1.59
- 25oz Kraft Mustard 89¢
- HAMBURGER, HOT DOG, SWEET INDIA OR DILL Viasic Relishes 59¢
- FRENCH, ITALIAN OR 1000 ISLE Pfeiffer Dressings 99¢

LAND O' FROST CHIPPED MEATS

ASSORTED VARIETY BACK TO SCHOOL SPECIAL

EVERYDAY LOW PRICE

2.5oz PKG. 39¢

SAVE 20¢

SKINNED & DEVEINED SELECTED BEEF LIVER

BONUS BUY

6 SLICE PACK 69¢ LB

SAVE 20¢ PER LB

PANTRY PRIDE SODAS

ASSORTED

EVERYDAY LOW PRICE

2 LITER 79¢

SAVE 20¢

MARKET STYLE SLICED BACON

3 LB AVG PKG LB \$1.29

SMALLER PKGS. @ \$1.39

BAKERY

PANTRY PRIDE King Size Bread 3/\$1.49

PANTRY PRIDE PARTY FLAKE OR Cloverleaf Rolls 69¢

AUNT HANNAH CHOC. FLIP CAKE, BANANA FLIP CAKE OR AUNT HANNAH Jelly Roll 3/\$1

DELI

OSCAR MAYER MEAT OR BEEF Sliced Bologna 99¢

BOB WHITE FRESH PORK ROLL Sunnyland Sausage \$1.19

BEEF OR PORK Swifts Sizzlean \$1.49

QWALTNEYS MEAT OR BEEF Big Eight Franks \$1.49

AMERICAN QUALITY Lykes Sliced Ham \$2.29

AGAR CANNED HAM

3 LB CAN

\$4.89

SAVE \$2.00

J.K. BRAND PURE BEEF BURGERS

12 PER PKG. 3 LBS

BONUS BUY

\$1.99 LB

SAVE 30¢ PER LB

SAVE 35¢ CASH

BRIM A.D.C. COFFEE

13oz CAN

WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.

EVERYDAY LOW PRICE

MAXWELL HOUSE INSTANT COFFEE

10oz JAR **\$4.39**

EVERYDAY LOW PRICE

MASTER BLEND A.D.C. OR E.P. COFFEE

13oz CAN **\$2.35**

EVERYDAY LOW PRICE

DYNAMO LIQUID DETERGENT

128oz **\$6.53**

\$1.00 OFF LABEL

40¢ OFF

J.R. 760

ON ANY COUNTY LINE RANDOM WEIGHT CHEESE ITEMS

WITH THIS COUPON GOOD THRU WED., AUG. 31, 1983.

SMOKED TURKEY HAM

PER POUND

\$1.39

SAVE 60¢ PER LB

FLASH FROZEN OCEAN PERCH FILLETS

BONUS BUY

99¢ LB

SAVE 70¢ PER LB

