

In Eastbrook Area

Nursing Home For Disabled Wins Okay

By DARLENE JENNINGS
Herald Staff Writer

The Seminole County Commission has approved the site plan for a nursing home for the disabled to be built on Howell Branch Road next to the Eastbrook subdivision, south of State Road 436. Construction of the Friendly Village of Florida Inc. Nursing Home for Disabled People is expected to begin around the end of November.

The structure was approved on the condition that the developer would put up a masonry wall between the subdivision and the nursing home.

Many Eastbrook residents became riled when they first heard about the home being built in their community because they were opposed to a structure they believed would house persons with mental problems in their community.

Preparing for Tuesday's meeting, Barbara Christensen district representative for the area which includes Eastbrook, met last week with Eastbrook residents to discuss the new facility's location and to try to clear up some of the misunderstandings about the new nursing home, she said.

"The crowd was angry," she added.

Andrew McEachron, developer and president of Condev

Medical Services, Winter Park, told the board at Tuesday's commission meeting the home is designed to house 64 developmentally disabled clients. The developer said the description of this type of patient is one who requires constant assistance in dressing and feeding, a patient who may be missing limbs, or a victim of severe birth defects.

"These people's thought processes are like those of a child," said McEachron. "Some of them are 30 years old and still require diapers. These people are not psychotic and in fact most are just the opposite — they are very docile."

"In fact, 75 percent of the home's population can't even get out of bed," McEachron said.

According to plans submitted by the developer to the board, the building will sit on approximately five acres, 200 feet back from the road. The facility itself will consist of four single story homes with stucco and wood exterior.

Each of the four buildings will provide a living and activity area in a "home-like setting."

Asked by one interested resident of Eastbrook why the developer had chosen the site which is also near the Eastbrook Elementary School, McEachron said the site had all the qualifications necessary to satisfy state requirements.

"The site was already properly zoned to accommodate a nursing home, and the property was in a residential area," the developer explained.

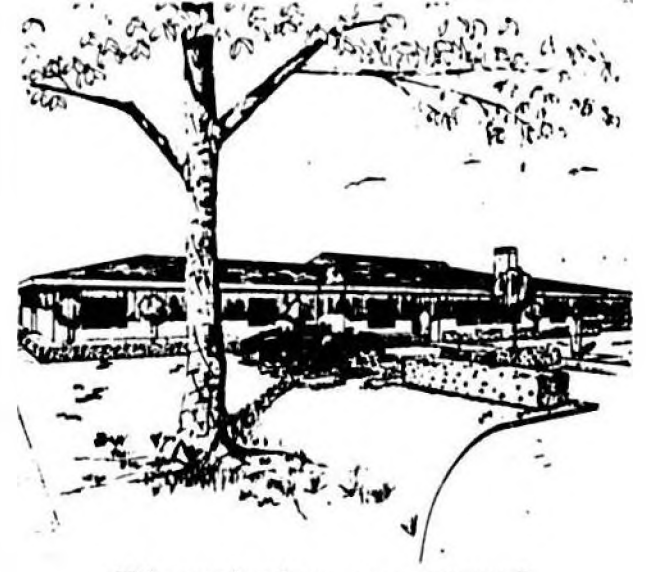
State Department of Health and Rehabilitative Services (HRS) officials have given state Sunland Centers until 1984 to depopulate the centers. Also, as part of the HRS mandate, new housing facilities must also be located in residential areas and the homes are required to blend in with the area for a neighborhood effect.

The nursing home will have a 13.6 percent density of the entire five acres. The other 87 percent of the property will be landscaped, according to McEachron.

Mrs. Christensen said she didn't see how the board could not approve the home. "I don't see how we can legally deny this site plan," she said. "The C-2 zoning is the correct zoning for the home and the site is already zoned C-2. All other questions about the facility have been satisfactorily answered."

The board and staff members heard the residents' concerns about decreased property value, increased traffic flow, wandering patients, unanticipated growth of the facility, decreased water pressure because of the increase in water

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This nursing home was approved.



Herald Photo By Toni Yarborough

Orienta Avenue, Altamonte Springs, will have eight fewer oak trees lining the roadway when city work crews move in to remove the dying laurel oaks.

Dying Trees Facing Ax

By TENI YARBOROUGH
Herald Staff Writer

The sun is going to shine a little brighter along Orienta Avenue, Altamonte Springs, when eight of the 18 laurel oaks lining the roadway are removed and another seven trees trimmed.

The City Commission heard reports concerning the condition of the trees from City Manager Jeff Etchberger and Red Hill of Red Hill's Tree Service at Tuesday night's commission meeting and decided unanimously to have several of the dying trees removed as soon as possible. Commissioner Jim Thompson was absent.

"The trees are suffering from old age," Hill said. "Trees have a lifespan, just as a dog or cat or human. They just wear out. The ones

we've tagged need to be cut down." Hill warned the commissioners that if they decided to cut down only a few of the dying trees at a time they could "run into real problems" if one of the trees falls and hurts someone or someone's property.

"The insurance companies used to say such things were an act of God," Hill said. "But we don't blame Him as much any more."

Hill told the commission that in recent court actions involving similar incidents the courts have ruled the cities should know which of their trees are bad and that they are responsible for them.

Commissioner Dolores Vickers voiced her concern over replacing the felled trees.

"You're going to be going out to do

some scalping," she said. "It's not going to look like a haircut, it's going to look like major surgery."

Public Works Director Don Newnam told the commission younger trees will be planted by city work forces to replace the trees.

"We will get with the property owners for their input," Newnam said. "More than likely we will replace the trees with similar trees, probably oaks, because that is the most common tree in that area."

Etchberger said the city will attempt to maintain a policy similar to Winter Park's beautification policy of replacing trees removed whenever possible.

Newnam is expected to make his report at the next commission meeting.

Strong Feelings But NAACP Head Is Opposed To Picketing African Boys Choir

By DONNA ESTES
Herald Staff Writer

"I have strong feelings about the nation of South Africa. These feelings can be expressed by working against adults, but not against kids," said the Rev. James Hagen, president of the Seminole County chapter of the National Association for the Advancement of Colored People (NAACP) today.

On the other hand, the director for the NAACP in Orange County told reporters Tuesday night that while he has no ill feeling toward the children in the choir, it is his opinion that anyone who permits them to come to the United States to perform "in essence" supports South Africa's racial policies.

The Rev. Mr. Hagen made his statement in response to questions about

reports that the NAACP is organizing a picketing of Lake Mary High School at 7:30 p.m. today, where the Drakensberg Boys Choir from Drakensberg, South Africa, is to appear.

Last week, as part of a six-week tour of Europe and the United States, the choir canceled a concert at the University of Georgia at Athens because groups picketed the campus against the South African nation's white-supremacist racial policies.

Mr. Hagen, who has been active in the NAACP for 30 years and has been president of the local chapter more than six years, said picketing and getting publicity is not always the best course to take to solve problems.

He said it would be unusual for any other NAACP chapter to come into

Seminole County for picketing activity without first notifying him.

The 40-member choir has been on its latest tour since Sept. 20. It appeared at Nice, France; London; Edinburgh; Cardiff, Wales; New York City; Washington, D.C.; Richmond; Williamsburg, Va.; Charlotte, N.C.; Spartanburg, S.C.; Atlanta, and Savannah, Ga., before arriving in Jacksonville on Oct. 18.

John Blair, coordinator of fine arts for the Seminole County public school system, has said, "Much too much has been made of the picketing at the University of Georgia at Athens. He said the choir members "through their purity of appearance and voice can only serve to advance the cause of peace."

School Board To Ponder It

2nd Bus For Deaf Kids?

The Seminole County School Board, at a 7:30 p.m. meeting today, will have the choice of providing a second school bus to transport seven deaf children to Orange County schools for special education or to pay the parents of the students 20 cents per mile to transport their own children.

But at least one parent—Dorothy Crumpton of Winter Springs—says there is no way she can afford to transport her son to Oakridge High School in south Orlando for 20 cents per mile, and insists a second bus is an absolute necessity.

And Fred Taylor, the Seminole school administration's director of federal programs and overseer of transportation, says the problems appear to be insoluble without spending more money for transportation.

The problem with the current transportation via minibus is that the seven students live in Sanford, Winter Springs, Longwood, Forest City and the Howell Branch Road area. Currently, the first student gets on the bus at 5:23 a.m. to be at school by 7:30 a.m.

Mrs. Crumpton said today a 17-year old girl in the Howell Branch area is now traveling more than four hours daily to and from school and is thinking about dropping out. Mrs. Crumpton's son is on the bus more than three hours each way daily, and that's too much, she said.

"My son must get up at 4:30 a.m. to get ready for school. Because he gets home late in the afternoon and is tired from getting up so early, he cannot work during the week," she said. "I'm not a college graduate or a transportation expert," she

added. "I'm only a mother who cares."

Mrs. Crumpton, the mother of six, said she borrowed money to buy a car for her son so he could drive to school, but the transportation costs for three days totaled more than \$30 and she had to stop the use of the car.

She said she could drive three of the children to school daily but she would have to give up her job at night because of the late hours she works. "I really can't afford to quit my night job to drive for 20 cents per mile," she said.

She said she would, however, drive her son to school daily for two to three weeks while the School Board makes arrangements for a second bus.

Taylor said the school administration doesn't have a second minibus for these children. A full-size 64-passenger bus would have to be used, and its operation would be expensive for seven students, he added.

On the other hand, he noted, state Department of Education regulations say elementary children should not be on a bus for more than 50 minutes each way to and from school and secondary students should not be on a bus for more than one hour each way "if practicable." He said, "At this point there doesn't seem to be anything we can do."

To Mrs. Crumpton's recommendation that the School Board use a station wagon, Taylor said, "We don't use station wagons. We prefer to use buses designed for transportation and which we know are safe." — DONNA ESTES

A United Way Agency

Grove Battles Drug Abuse

"The cost of drug abuse to all of society is staggering," says Grove Counseling Center executive director Charlie Fritch.

Fritch is in the business of trying to save people from the deadly cycle of drug abuse and crime. The effort is costly, but not nearly as costly as ignoring the problem.

The Grove Counseling Center, 1309 County Road 427, Longwood, Seminole County's only drug treatment and rehabilitation counseling facility, has a good success rate compared to similar programs, says Jack Ewing, day treatment director.

The center combines outpatient ser-

vices for adults and families with day treatment for adolescents age 12 to 17 who are harmfully involved in drug use. For the youngsters it provides half a day of classroom instruction to continue their schooling with half a day of counseling in individual and group settings. It also provides a "Narcotics Anonymous" group run similarly to Alcoholics Anonymous.

But it costs money to be successful, Fritch says.

The center receives funds from a variety of agencies, including the United Way.

Although each client is charged ac-

ording to ability to pay—from \$1 to \$12.50 per day for 90 days' minimal treatment and \$1 to \$25 per hour for outpatient services—client fees will only account for about \$10,000 of the center's nearly \$160,000 budget this year, Fritch says.

"And this coming year is going to be critical. We're anticipating large cuts due to federal cutbacks," he adds.

The state's contribution to the Grove, he explained, is largely part of a division of federal funds granted to the state.

The tragedy of running out of funds, Fritch says, is people who seek help will have to be turned away.

TODAY

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WORLD IN BRIEF

Poles Take To Streets; Strike Threat Growing

WARSAW, Poland (UPI) — Thousands of Poles battled in the streets of Katowice with police trying to suppress underground newspapers and threats of strikes over food shortages spread across Poland.

Solidarity said 5,000 people took to the streets in the worst violence in 14 months of unrest after three unionists were arrested for distributing underground newspapers and Solidarity bulletins. The police crackdown could signal a new hard-line stance by the government.

Leaders Discuss Poor

CANCUN, Mexico (UPI) — President Reagan, arriving today in the Mexican resort of Cancun, arranged private meetings with 11 world leaders at a summit to help narrow the ever-widening chasm between the world's rich and poor countries.

The 22 invited leaders, representing 2.8 billion people — 64 percent of the world's population — began arriving Tuesday at the international airport, many decked out in colorful native dress.

NATO Pushes Arms Control

GLENEAGLES, Scotland (UPI) — U.S. officials admitted there was heavy discussion of the growing opposition to placing new U.S. nuclear missiles in Europe but expected both endorsement today of the missiles and emphasis on arms control talks.

In recognition of the continent's growing ban-the-bomb campaign, NATO defense ministers were likely to end their two-day nuclear strategy meeting by stressing the importance of arms control talks between the United States and the Soviet Union that began in Geneva Nov. 30.

Mubarak: 'Cool Rhetoric'

CAIRO, Egypt (UPI) — President Hosni Mubarak departed sharply from the policy of Anwar Sadat, ordering the state-controlled media today to end their war of words against Arab governments opposed to Egypt's peace treaty with Israel.

Even Libyan leader Muammar Khadaffi, usually the target of virulent attacks and scathing satire, was not mentioned in the columns of Cairo's three Arabic-language daily newspapers.

Bomb Kills 2, Injures 99

ANTWERP, Belgium (UPI) — A devastating car bomb explosion killed two women and injured 99 other people in Antwerp's thriving diamond district in an attack the Belgian prime minister said was clearly against the Jewish Community.

Responsibility for the Tuesday morning bombing, however, was claimed by a little-known French anarchist group that had previously not surfaced in Belgium. An anonymous caller told a Belgian news agency the attack was not aimed against Jews but to serve as a "warning" to the Belgian government.

The Israeli embassy in Brussels accused Palestinian terrorists of setting off the Tuesday morning bomb, but the Palestine Liberation Organization denied any connection with the attack.

Altamonte Board Postpones Tennis-Court Resurfacing

By TONY ARBORIO GH
Herald Staff Writer

The low bid may not always be the best bid, and with that attitude the Altamonte Springs City Commission voted Tuesday night to postpone awarding a contract to resurface the Westmonte Recreation Center tennis courts.

Recreation Director Bill James recommended the commission award the contract to resurface four tennis courts at Westmonte to Nudy Construction Company of Winter Park for \$5,727. Nudy originally constructed the courts, City Manager Jeff Etzberger said.

The lowest bid, \$5,290, was submitted by Varsity Courts Inc., Longwood. James did not recommend awarding the contract to Varsity because of "negative feedback," which he said "centered on a lack of satisfaction with the

finished product and the necessity of bringing in other companies to repair courts installed by Varsity Courts."

Etzberger told the commission Seminole County recently has had to contract another company to repair its courts on Red Bug Road constructed by Varsity.

The commission voted unanimously to delay action on awarding the contract until all bidders could be notified and the city's position of not awarding the contract to the lowest bidder could be fully justified.

City Attorney Skip Fowler told the commission it could award the contract to another bidder if the low bidder proved unsatisfactory. He said that if the city could justify why the low bidder was not awarded the contract, court action could be avoided.

Radical Fugitive Captured

NYACK, N.Y. (UPI) — Weather Underground fugitive Kathy Boudin was among four people arrested Tuesday in a \$1.6 million armored car robbery in which two police officers and a Brinks guard were killed, officials said today.

Ms. Boudin had been sought for more than 10 years in a bomb explosion that leveled a Greenwich Village townhouse.

Rockland County District Attorney Kenneth Grubetz said the woman, who identified herself to police Tuesday as Barbara Edson, 38, was really Ms. Boudin, "sought by the Federal Bureau of Investigation in connection with interstate flight to avoid prosecution."

He declined to elaborate.

The bomb explosion occurred shortly before noon March 6, 1970 and leveled a townhouse on West 11th Street in New York's Greenwich Village.

Three people were killed in the blast, including Diana Oughton, 28, and Theodore Gold, 23. The third person, a male, was never identified.

The townhouse belonged to the father of Cathlyn Platt Wilkerson, another member of the Weather Underground, who surrendered to face charges from the blast on July 8, 1980.

Ms. Wilkerson and an accomplice, Ms. Boudin, were seen leaving the townhouse shortly after the blast, which left enough explosives to level an entire city block.

Flying Into Her Role

TALLAHASSEE, Fla. (UPI) — Beverly Leach can dance and sing and looks more like Peter Pan than the original Peter Pan did. All she had to do was learn how to act — and fly.

The Florida State University senior dance student from Houston got the leading role in FSU's Mainstage production of the popular musical about children, pirates, and Never Never Land without intending to.

"I took one theater class and the teacher said we should go to general auditions for a play to see how it works," she recalled between rehearsals for the production which opened this week.

She tried out for the purely dancing role of Tiger Lily, the Indian leader Peter Pan meets in Never Never Land. When the director suggested she try for the lead, "I was scared to death. I had never even seen the show," she said.

The pookish 22-year-old coed, who once did salon shows in the Crystal Palace at Six Flags Over Texas, got the part which includes a lot of acting and a long speaking role as well as aerial ballet.

Director Neal Kenyon called in Flying by Foy, the firm headed by the New York designer who developed the harness and wire system that has outfitted professional Peter Pans from Mary Martin to Sandy Duncan.

It rents for \$1,200 a week, including the salary of David Hale, an associate professor of theater at Temple University in Philadelphia

who came to FSU to string the high tension steel wires that hold up the 122-pound Miss Leach and to teach her to fly.

"It was scary the first time, but now it's just fun," said the big-eyed Texan who plans to become a professional dancer when she graduates next year.

A 2,000 pound test aircraft cable controlled by two husky stagehands pulls her up and down and back and forth across the stage as she twirls her body, flaps her arms and moves her legs in graceful midair ballet routines.

She sings, "I'm flying, I'm flying!" in the show. To save her voice, a recording did it during month-long six hour a day rehearsals.

"It hurts your stomach to sing from 20 feet up in the air and look down at the audience," she said.

It took a while to get the squeak out of the harness and for Miss Leach to fly without bumping into the walls, fireplace and window sills. At times, she'd get her feet tangled in the wires and land on one leg, backwards or in a handstand position.

"I had to work hard to move around the stage without looking at the floor like 'where am I going to take off from next!'" she said.

"It's hard to throw your body so it will do what you want it to do in midair."

The hardest part, she said, was pulling it all together to keep the technical part from getting in the way and to make it believable to the audience.



LIGHTING THE (UNITED) WAY

Richard Fess, campaign chairman for United Way of Seminole County (left) admires table lamp solicited by Jack Weible (second from left), United Way secretary and Commercial Division chairman for Sanford. The lamp was donated by Nellie and Boyd Coleman, owners of Gifts By Nan, for the United Way auction to be held at 2 p.m. Sunday in the Lake Mary High School auditorium. The auction will be open to the public.

New Hospital Staffers To Be Honored

New members of the Seminole Memorial Hospital staff will be honored at the breakfast of the Greater Sanford Chamber of Commerce Thursday.

The breakfast will begin at 8 a.m. at the chamber at First Street and Sanford Avenue.

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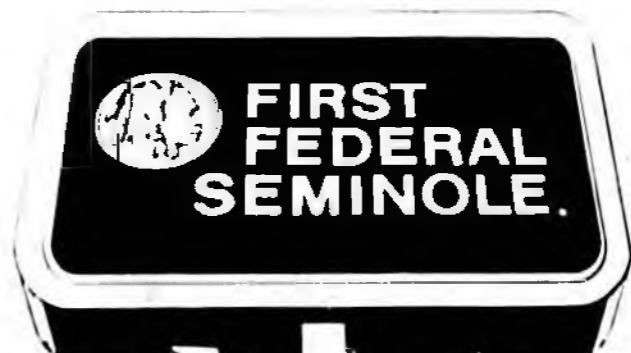
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Sanford Office: 512 West First Street
Forest City Office: Corner of First and Third
North East Orlando Office: 1077 South
Seminole Blvd.
Orange City Office: 5851 U.S. 199 South Road
Longwood Office: State Road 434
Alt. Hwy. 17-92

Apopka Office: 100 SW Orange
Blossom Trail
Winter Park Office: 12501 Lee Road
DeBary Office: 157 Highway 17-92
Oviedo Office: 13150 Shopping Center

HOSPITAL NOTES

Seminole Memorial Hospital
October 20
ADMISSIONS

SANE ORD
Katherine D. Dodson
Walter DeLoach
Christopher E. McKewey
Anne Law Christie DeBary
Bunny W. Dupuis, Deltona
Louis Frank Paganac, Deltona
Lillian B. Sparks, Lake Mary
Barbara A. Brown, Lake Monte
Robert A. Spellan, Titusville

DISCHARGES

SANE ORD
Claire Barkman
Eva M. Kelling
James C. Mitchell
Mary C. Frazier, Deltona

Prescribed Reading
By MEDCO

Each year, more than 3 million Americans develop ulcers. The cause of ulcers is an excess amount of gastric juices which literally eat a hole in the mucous lining of the duodenum or small intestine. Stress, one of the most common causes of ulcers, is, of course, one of the major things to avoid, along with other irritants such as alcohol, tobacco and caffeine. Flavorful foods often worsen an ulcer, and bland diets have proven unsuccessful, unless utilized in the very early stages. A stomach ache, which won't go away, a burning sensation in the gutlet when upset, a gnawing pain under the ribcage are all symptoms of peptic ulcer. These are all reasons to visit your physician, and to begin, yourself, to control some of the habits and foods and beverages which may aggravate your condition.

MEDCO DRUGS
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SANFORD



THE PRICE OF FAME

Ah, it's tough to be famous. Just ask Lake Brantley High School's Tracy Bonham (center). Tracy dons the sunglasses to keep back her admiring fans. An hour later, the talented cross-country runner whipped off a victory in the two-mile run to help the Patriot girls capture the Seventh Annual Postal Run at Lyman High School. No, Tracy didn't run with her sunglasses. You don't have to when you're out in front of everyone.

Charter Changes On Nov. 3 Ballot

Voters in Winter Springs and Altamonte Springs will not only elect new officials on Nov. 3, they will also choose whether to approve or disapprove new sections of their respective city charters.

In Winter Springs, only one contested election for a city council post will be on the ballot. Bill Jacobs, a former councilman is vying with B.G. "Buck" Burley, a political newcomer, for the city council seat being vacated by Wilfred "Hop" Arnold.

A majority of the proposed charter changes are administrative in nature such as deleting references to North Orlando, the former name of the city, and bringing other sections of the charter into line with state law.

Additional changes call for expanding the two-year terms of councilmen and mayor to three years, changing the name of the council to commission, giving the mayor the city manager's responsibilities when the City Council does not appoint a city manager and changing from 15 percent to 10 percent the number of city voters necessary to initiate a referendum when the city's registered voter count reaches 7,000.

Both Mayor Troy Piland and Councilman Maureen Boyd were re-elected without opposition. Neither name will appear on the ballot.

Meanwhile, in Altamonte Springs, the only contested race on the ballot is for mayor where former police officer Ray Ambrose is challenging incumbent Hugh Harling.

The names of Cheney Colardo and J. Dudley Bates, seeking election to the city commission seats being vacated by Dolores Vickers and Jim Thompson respectively, will appear on the ballot without opposition.

Two proposed charter amendments also will be on the ballot. The first amendment would delete a section of the charter requiring the city commission to confirm the city manager's appointment of department heads. The section to be deleted also calls for the department heads to serve at the pleasure of the city commission. With the clause stricken, department heads dismissed by the city manager would not have the right of appeal to the personnel Administration Board.

A second proposed amendment calls for the terms of the seven-member board to be staggered terms.

— DONNA ESTES



Sandra Speir (left) and her sister Rebecca (right) shown with Mike Kyle, chairman of the Sanford-Seminole Jaycee Cystic Fibrosis Bike-a-thon, get in practice for the event which will be held Saturday at the Sanford Airport. Behind them is the airplane, in which the grand prize winner will get a free ride.

Cycling For Cystic Fibrosis; JCs Will Hold Bike-A-Thon Saturday

The 1981 Sanford-Seminole Jaycees Cystic Fibrosis Bike-a-thon will be held Saturday beginning at 9 a.m. at the Sanford Airport Authority building at Mellonsville Avenue and 26th Place, according to chairman Mike Kyle.

It will end at 2 p.m., and refreshments will be served during the ride. Prizes will be awarded to the riders who collect the most money to fight cystic fibrosis. In addition, T-shirts will be given to every rider who turns in at least \$25. The school collecting the most money will receive a trophy.

Sponsors sheets are available at all Sanford area schools and at the Stempier

Agency, French Avenue and 20th Street. Committee members named recently by Jaycee president George Currie include, in addition to Kyle, Les Balogh, Larry Blair, Ron Ryan and Dennis Wall, and Jaycee-ettes Eileen Mack and Donna Speir.

"The Bike-a-thon will involve riders of all ages who acquire sponsors for the number of miles they ride over a two-mile course during a five-hour period," said Kyle. "It's fun, good exercise, and a great way to raise money for research into causes and cures for this disease."

Bike-a-thons are conducted by the Cystic Fibrosis Foundation on behalf of

hundreds of Florida children who suffer from this hereditary disease.

Cystic fibrosis, as yet incurable, is a respiratory and digestive disease inherited when both parents carry the recessive gene for CF. One of every 20 persons in the United States is a CF carrier, usually without knowing it, said Kyle. Medical treatment has helped many CF patients live into their teen years and beyond, into young adulthood. All children with cystic fibrosis are eligible for treatment at any of the six CF centers in the state, including Florida Hospital-Orlando.

Trapping The World's Ugliest Bird

VENTURA, Calif. (UPI) — On these autumn days in the high pastures of the San Joaquin Valley, half a dozen grown men are hiding in hopes of firing cannon and casting a net over the world's ugliest bird.

There is something almost sacrilegious about making fun of the efforts to save the California condor from extinction. But the mishaps befalling well-meaning naturalists over the past months have a ring of comedy even in their own scientific reports — one chick frightened to death, a 100-acre brush fire set off by the cannon and a test bird fitted with a locational radio transmitter only to be eaten by an eagle.

There are only 28 to 30 California condors left, most in the mountains behind Ventura and Santa Barbara. They are the largest North American birds and date back to the dinosaurs. Majestic in flight, they are repulsive up close. They are of the vulture family who live on carrion.

Their plight divided ornithologists sharply — one camp argued their best chance of survival was to leave them alone. The other said their only hope was breeding in captivity and that theory was underwritten by the federal and California state governments until the summer of 1980 when a 2-month-old bird died.

The bird died of a heart attack while being handled and

measured on a mountain ledge during an expedition led by Dr. John Ogden of the Audubon Society and Noel Snyder, representing the Fish and Wildlife Service.

That scientific tragedy brought the captivity and telemetry program to a halt — until this summer when the California Fish and Game Commission resumed the program on a smaller scale.

The commission announced plans to catch three condors and put them in the San Diego Zoo to mate with the only other condor in captivity.

Ogden and Snyder first went out to practice firing two small mortars whose projectiles threw a 40-by-60-foot net over a carcass bait.

Sparks from the explosive touched off a fire near Lake Casitas. Two netted practice turkey vultures escaped in the confusion and firemen from all over the area brought the blaze under control as it neared an expensive home.

Then, in August, the scientists fitted two turkey vulture nestlings with solar radio transmitters and let them loose. Turkey vultures are far more numerous and smaller. They were never heard from again.

Scientist Says Radiation Hazards Badly Understated

NEW YORK (UPI) — Nuclear radiation is 50 times as hazardous as government and industry leaders estimate, and the danger to children is much greater than to adults, a man who helped develop the first atomic bomb said today.

Dr. John W. Gofman, who isolated the world's first workable quantities of plutonium for the Manhattan Project that produced the world's first atom bomb, said there is no evidence of a so-called safe dose of radiation, as nuclear power advocates suggest, because "radiation is cumulative."

"Industry and government estimates (of radiation doses) are hardly worth the paper they are written on," Gofman said in his book, "Radiation and Human Health," which was released today.

He said nuclear radiation dangers are understated 50-fold by the government

and the nuclear power industry.

Although there is not enough information to say precisely what effect radiation will have on future generations, he said there is now evidence that genetic hazards to future generations are seriously understated.

Gofman's study also found that children are far more sensitive to radiation-caused cancer than are adults.

He said the younger the child is at the time of irradiation, the greater the cancer risk in later years.

He said parents, physicians, and dentists should give serious attention to the evidence to decide if a particular X-ray examination of a child is really advisable.

On the nuclear power industry, Gofman said "it should come as no surprise that the doses predicted and projected by the nuclear industry may be seriously

questionable.

"One does not promote a product by predicting that it is likely to cause serious epidemics of leukemia, cancer and genetic diseases," Gofman said.

Gofman said a 99.99 percent degree of containment of radioactive waste is "not good enough."

"If containment is only 99.99 percent perfect," he said, "tens of thousands of extra cancer deaths will occur each year in a fully developed nuclear-power economy."

Gofman, co-discoverer of uranium-233 and a physician and doctor of nuclear-physical chemistry, is professor emeritus of medical physics at the University of California at Berkeley and a member of the faculty at the University of California School of Medicine, San Francisco.

Refugees

Cambodian Crisis Is Over But The Hordes Remain Amidst Squalor, Pain

ARANYAPRATHET, Thailand (UPI) — The horror show is over at the Thai-Cambodia border where not so long ago disease-ridden and starving refugees staggered into border feeding stations for a handful of life-giving rice.

The world uttered a collective gasp two years ago as hundreds of thousands of Cambodians streamed across the ill-defined frontier near the trading town of Aranyaprathet, fleeing famine and death.

Pictures of stick-like children, all eyes and ribs, leaped off the front pages of newspapers around the world, prompting

a major effort to save what was left of the Cambodian after years of genocidal guerrillas by the victorious Khmer Rouge.

Today, about 100,000 Cambodians live in "holding centers" inside Thailand run by the Nobel Peace Prize-winning office of the U.N. High Commissioner for Refugees, established 30 years ago. Another 200,000 are clustered in unofficial settlements strung out along the border.

Instead of fixed, blank stares, children in the camps now gaily greet visitors, trying to sell plastic bags stuffed with

multicolored banknotes to the unwary. The currency issued by the pro-Western government in Phnom Penh before the 1975 Communist takeover is, of course, worthless but that appears to be part of the game with the children at the Khao I Dang holding center a few miles inside Thailand.

Despite the laughter of children, the mood in the stark, dusty camp is serious. The Cambodians, survivors of nationwide death purges and starvation, wait quietly for resettlement in the United States or a third country.

There is an awareness that the

refugees are unwanted guests in Thailand and political events could bring a closure of the camps and their return across the border.

A 24-year-old American nurse who works at the Khao I Dang camp said the most striking thing about the people is that "everyone has lost family members. I don't know one person who has not lost two or three relatives."

The nurse, Celine Zidar, of St. Louis, Mo., works for the International Committee for the Red Cross under a six-month contract covering her air fare to and from Thailand, accommodation in

Aranyaprathet, and a \$300 monthly stipend.

Miss Zidar is a sister of the Order of St. Joseph, but said, "I'm not here to proselytize." She is one of many foreigners and Thais working alongside Cambodian doctors and nurses in the camps.

"Training the Khmer to run the camps is an integral part of what we're doing here because if the foreigners ever have to pull out they'll be left high and dry," she said.

The civilian chief of Nong Samet village, which straddles the border, is

Thou Thon. He spoke of Cambodians becoming sick after eating fruit and ices at the border and in the neighboring Cambodian province of Battambang, renowned for its oranges.

Victims suffered convulsions, bled from their pores and turned dark, he said, adding that "some people think the Vietnamese women injected poison into the oranges."

Later, a diplomat said, "There could be something to it. Refugees have reported poisonings but the victims disappeared before they could be checked."

PEOPLE IN BRIEF

Sometimes, Maybe You Should Snore

Gary Zuters left the driving to a friend — and now he may have to leave the driving to Greyhound to get home to Toronto.

Zuters, 25, a Canadian computer operator, traveled in his van through the Western U.S. and Canada for the last seven weeks, sharing the wheel with Robbin Rikeal, 30.

Zuters was sleeping in the back — silently — when Rikeal stopped for gas in a Cleveland suburb. Zuters awoke and headed for the restroom without a word to Rikeal. When he came out, Rikeal was gone — apparently unaware Zuters wasn't aboard.

"As long as I don't snore, he wasn't going to know I was missing," said Zuters.

Adding they had planned to reach Binghamton, N.Y., Monday night. "I have my wallet, but that's it. I'm going to the Greyhound station in Cleveland."

Middle-Aged Marvels

Some women aren't just growing older — they really are growing better. They are the women the current issue of Ladies' Home Journal calls "middle-aged marvels."

Included among them: Mary Tyler Moore, 43; Shirley MacLaine, 47; Rita Moreno, 49; Ali MacGraw, 42; Sophia Loren, 47; and Barbara Walters, 50.

"A full-bloom rose is more beautiful than a bud," Miss Moore says.

Miss Walters notes, "In my 20s and 30s I was an expert at handling trauma. Now, I'm getting good at relaxation."

Miss Moreno adds, "I think it's terrific to be 50. Today I'm a building with a basement. It's taken me this long to learn where all the faucets are, to realize I have some pretty solid plumbing — even a nice hot boiler... At 20 I didn't even feel I had a ground floor."

Diplomatic Prize Winner

Yale Prof. James Tobin, 63, a former economic advisor to President John F. Kennedy, won the Nobel Prize for Economics last week. He found it inappropriate to use the occasion to criticize President Reagan's economic policies or any other particular views.

Well, almost.

When he was asked about the World Series, he said: "I'll make a policy statement on that. I grew up in Illinois, so I had the misfortune to inherit from childhood a preference for the White Sox, an unrewarding occupation."

Not Just Any Old Home Will Do

BAR HARBOR, Maine (UPI) — These are trying times for the very, very rich.

While sky high interest rates have put even a modest home out of the reach of most Americans, the super wealthy are caught in a housing shortage.

There simply aren't enough "suitably plush" mansions to go around, says real estate broker Charles W. Sawyer Jr., who has catered to some of America's most affluent families for 30 years.

Sawyer says the headache begins when you start tracking, say \$5 million a year.

"The problem for the very rich is not interest rates — it's finding houses suitably plush to satisfy them," he said. "The very rich just are having the hardest time finding suitable quarters."

Not only is the number of listings for oceanside mansions skimpy, but the law of supply and demand is driving up prices that swallow even a bloated pocketbook.

Take, for example, a few of the "quarters" recently up for sale along the Maine coast, long one of America's most exclusive hideaways:

—Blue Hill: "Dundree," a 22-room estate considered to be one of the finest in this prestigious coastal area. Offers 850 feet deep-water ocean frontage, 2½ manicured acres with pier, dock, sand beach, swimming pool, stone butresses and retaining walls. Elegant summer living at its finest. \$595,000."

—Bar Harbor: "One hundred spruce-covered acres — 6,000 feet of oceanfront on the Mount Desert Narrows. \$350,000."

—Gouldsboro: "One hundred and thirty acres — 7,700 feet of deep ocean frontage. A portion suitable for moorage and (the rest) in bold pink granite frontage. \$425,000."

Bar Harbor was once the ocean playground for the very, very rich, rivaled only by Newport, R.I., as the "in" place for summers away from the rigors of the work-a-day world.

In 1947, a fire destroyed most of the magnificent old homes and hotels, but the area still serves as summer residence for many notables in the world's of business and letters.

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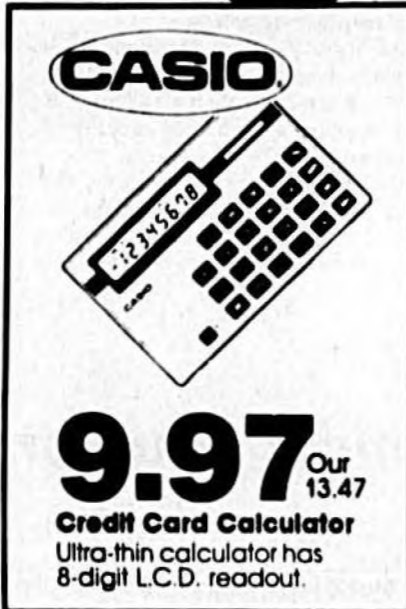
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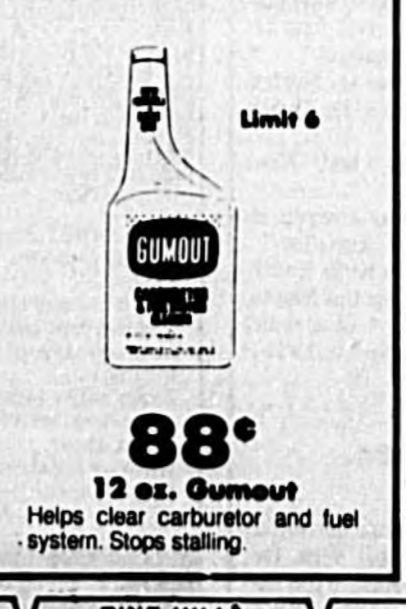
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THE NEW MART OF THE '80S QUALITY NAME BRANDS



London City Government Controlled By Radical Left

LONDON (UPI) — The House of Commons faces the hulking headquarters of the Greater London Council across the River Thames in a divide that is as much ideological as geographic. The council is Western Europe's biggest and most expensive city administration, and earlier this year it fell under the control of a radical leftist faction that is implacably opposed to the conservative government of Prime Minister Margaret Thatcher.

Council leader Ken Livingstone, who has caused one political uproar after another since gaining power last May, makes no secret of his principal aim. "I want, foremost, the removal of the present government because the government controls our powers and our revenue and prevents us getting on with things," he says.

The takeover of London by the extreme left has wider implications, for what happened in the capital could also happen nationally, in the opinion of many political observers.

Livingstone was a virtual unknown when London voters picked a more moderate Labor Party politician, Andrew McIntosh, in the May local election. The day after the election, however, the radical left managed to maneuver Livingstone into the local

party leadership, automatically making him head of the council.

On the national level the Labor Party also is divided among moderates who might carry an election and a radical Marxist rump that might move into power afterwards just as easily as Livingstone did in London.

Livingstone has his national equivalent in Tony Benn, who now is fighting for the party's deputy leadership, a job that could put him in line for the premiership.

Both men have the support of Trotskyite and other extreme left organizations.

The divide between city hall — here it's called County Hall — and government is nowhere sharper than on the question of economic policy. While the Thatcher government is fighting desperately to stem public spending, the Livingstone administration is charging ahead with socialist policies that inevitably will result in sharply increased taxes on London homeowners, businesses and industries.

This month Livingstone is slashing bus and subway fares in a move expected to cost city taxpayers \$250 million in subsidies in a full year. He is unmoved by complaints that this means that pensioners, for example, who now travel buses and subways free will have to pay

indirectly for transportation through taxes on their property.

Livingstone also proposes a tax on tourists, and there has been a proposal to sell old master paintings held in trust by the city in order to get away from a "museum mentality" and invest in "more popular" art forms.

Some of Livingstone's personal statements have angered even members of his own party.

He has hailed Irish Republican Army gunmen as "freedom fighters," received the mother of a Maze hunger striker on the steps of County Hall and called on British troops in Northern Ireland to lay down their weapons and go home.

Livingstone has fiercely attacked the role of the police in this year's recent rioting in London's Brixton neighborhood and described Police Commissioner Sir David McNee as "a man of distinct racial views."

He actively backs the campaign for nuclear disarmament and supports the "gay liberation" movement. He suggests Britain should become a republic and declined his invitation as council leader to the wedding of Prince Charles and Lady Diana Spencer. He has demanded an end to private medical care.

El Salvador Agrarian Reform: The Good, The Bad, The Ugly

SAN SALVADOR, El Salvador (UPI) — El Salvador's ambitious agrarian reform program has had some successes, some failures and a lot of bloodshed. The following are examples of how some nationalized farms have fared.

THE GOOD

El Transito was probably one of the best-run farms in El Salvador before the government seized it in March 1980 from Palomo Sol, a scion of the famed "14 Families" that ruled El Salvador for half a century.

Production of coffee, milk, eggs and corn remained steady and sometimes even rose when it was turned into a cooperative run by the 90 peasant families that live on the 1,242-acre farm, 18 miles west of the capital.

The co-op pays workers the same salary as Sol — \$2.08 a day — and put income into improvements and debts, assigned members small backyard plots to grow their own corn and bought zinc sheets so they could build better houses.

When a veterinarian sent by the government's Agrarian Reform Institute failed to show up for two months, the co-op hired its own vet to care for 300 cows and raised milk production from 800 to 1,200 bottles a day.

The farm has been almost untouched by the bloody virtual civil war going on between leftist guerrillas, government troops and right-wing death squads.

THE BAD

El Taquico had 800 head of cattle on 2,625 acres of grazing land when it was owned by Dr. Jorge Sol, another member of the Sol family.

But Sol smuggled out 723 head when it became clear the government would seize his farm, 40 miles southwest of San Salvador, and left behind 84 peasant families to form a co-op that owns 77 cows.

In April 1980 an adviser from the Institute "suggested" the co-op borrow money from the government so it could raise everyone's salaries from \$2.68 to \$3.20 a day and put them to work "just moving rocks from here to there," and planting corn and beans to feed their families, said co-op treasurer Jose Barrios.

There's been no political violence in El Taquico, but the crops were hit by a plague. The co-op now owes \$40,000, and has no source of income for this year.

Institute officials say the best long-term solution in El Taquico is to grant the co-op a \$140,000 loan to buy 800 head of cattle for fattening — a near impossibility because the government itself is nearly broke.

This year the co-op asked for a \$47,582 credit to plant and harvest 140 acres of beans and corns. After spending \$1,200 on trips to San Salvador to press for the loan, the co-op received only \$11,895 to plant 35 acres.

THE UGLY

El Trapichito, San Antonio and Los Mangos are the three parcels of a 1,463-acre sugar plantation that was taken over by the government from Carlos Llori Fernandez, a wealthy farmer and businessman.

Los Mangos, the biggest parcel with 763 acres about 36 miles north of the capital, is faring well under a cooperative made up of 36 peasant families.

But officials haven't even tried to contact the 40 families who live on the 437-acre San Antonio parcel, three miles to the north, in an area hotly contested by the army, rebels and death squads.

An Institute social worker made the first visit to the 262-acre Trapichito parcel, two miles to the east, only in April and found that 44 persons had been killed in the immediate area in the past 20 months.



PRESIDENT REAGAN
...his hair game to win or lose

The Honeymoon Has Ended Now For President

WASHINGTON (UPI) — President Reagan's honeymoon, longer than for most occupants in the White House, appears to be coming to an end.

As some of his policies hit home, there are signs that there is some slippage in his popularity. In many ways, judgment has been withheld because his administration has been on a prolonged shakedown cruise. But the critics are becoming more vocal.

Time is running out and on Oct. 1 his economic recovery program went into effect. Now it is Reagan's new prosperity or Reagan's recession, depending on which way the economy goes, and even the economists appear confused at this stage.

Up to now, his top aides have been blaming Jimmy Carter for inflation, high interest rates, and just about every other thing that ails the country.

But the ball is in Reagan's court now. Like all of his predecessors, he urges Americans not to expect "instant solutions" to problems that have been so many years in the making.

Ironically enough, the men of little faith have been the Wall Street investors, his strongest supporters. Except for the organized labor sponsored solidarity march in Washington, there have been no organized protests against his massive cuts in social programs that have been ingrained in the system for decades.

But the impact of those cutbacks are just beginning to be felt by those who will suffer the loss of jobs, food stamps, school loans, and other benefits. The reaction is setting in and the White House is getting more feedback from the disenchanted.

It appears to surprise Reagan that big business is not completely sold on the idea that prosperity is just around the corner. He had strong words of optimism to the National Federation of Republican Women in Denver last week:

"I am convinced today, as I was when we introduced the package, that this economic plan is as good as money in the bank — and if I were a betting man, I would wager the rent money on it.

"Now, I've listened to those chicken littles who proclaim the sky is falling and those others who recklessly play on high interest rates for their own narrow political purposes. But this concern about a plan not even in effect yet is nothing more than false labor."

"We will not practice dilettante economics," he said. "We're committed to the economic plan and we're committed to achieving it by holding to a firm, steady course for the long run."



Climbing trees can be dangerous to your health.

People are aware of the obvious danger of climbing trees, particularly near powerlines. But some people are unaware that a tree could become accidentally charged with electricity. All it takes is for a branch to come in contact with a hot power line.

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Naturally we're doing all we can to keep your trees clear of our lines. But we also know little boys and girls love to climb them.

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SPORTS

Evening Herald, Sanford, Fl. Wednesday, Oct. 21, 1981—9A

THIS WEEK

WEDNESDAY

Junior Varsity volleyball . . .
Oviedo at Lyman 3:30 p.m.

THURSDAY

Varsity volleyball . . .
Lyman, Seabreeze and Lake Howell at Lake Howell
3:30 p.m.
Lake Brantley, Apopka and DeLand at Apopka 3 p.m.

Junior Varsity football . . .
DeLand at Sanford 6 p.m.
Lyman at Lake Howell 7:30 p.m.

Varsity football . . .
Oviedo at Rockledge 8 p.m.

College volleyball . . .
Seminole CC at Santa Fe CC 5 p.m.

FRIDAY

Varsity football . . .
Lakeland Kathleen at Sanford 8 p.m.
Mainland at Lake Brantley 8 p.m.
Lake Howell at Spruce Creek 8 p.m.

College volleyball . . .
Seminole CC at Lake City Tournament 2 p.m.

SATURDAY

Varsity cross country . . .
some county teams at the Boone Invitational 9 a.m.

Varsity football . . .
Trinity Prep at Florida Air Academy 2 p.m.

College volleyball . . .
Seminole CC at Lake City Tournament TBA

Rams Trip Panthers, 7-6

By GEOFFREY GIORDANO
Herald Sports Writer

Lake Mary's Jim Morrison ran six yards for a touchdown in the third period and Scott Underwood booted the extra point to lift the Rams to a 7-6 freshman football victory over Crooms Friday night at Lake Mary.

The setback knocked Bill Klein's Panthers from the ranks of the undefeated to 3-1. Frank Swartz's Rams, meanwhile, are 3-0.

Crooms travels to Oviedo next Wednesday. Lake Mary goes to Lyman Tuesday night.

While the third period TD did in the Panthers, it was Crooms, however, that scored the first points of the game in the opening period of play.

The opportunity was given them after Ram punter and quarterback Mike Young was downed by Crooms' Jo Jo McCloud on his own five yard line, after mishandling a bad snap.

After two plays, the Panthers put the ball into the end zone. The TD was a fluke, as quarterback McCloud recovered the ball after it had been fumbled forward across the goal line. The extra point, which proved to be a vital factor in the Panther loss later on, was blocked by Ram lineman Chuck Welsh.

Crooms made a threat during the middle of the second quarter, driving to the Lake Mary 30 yard

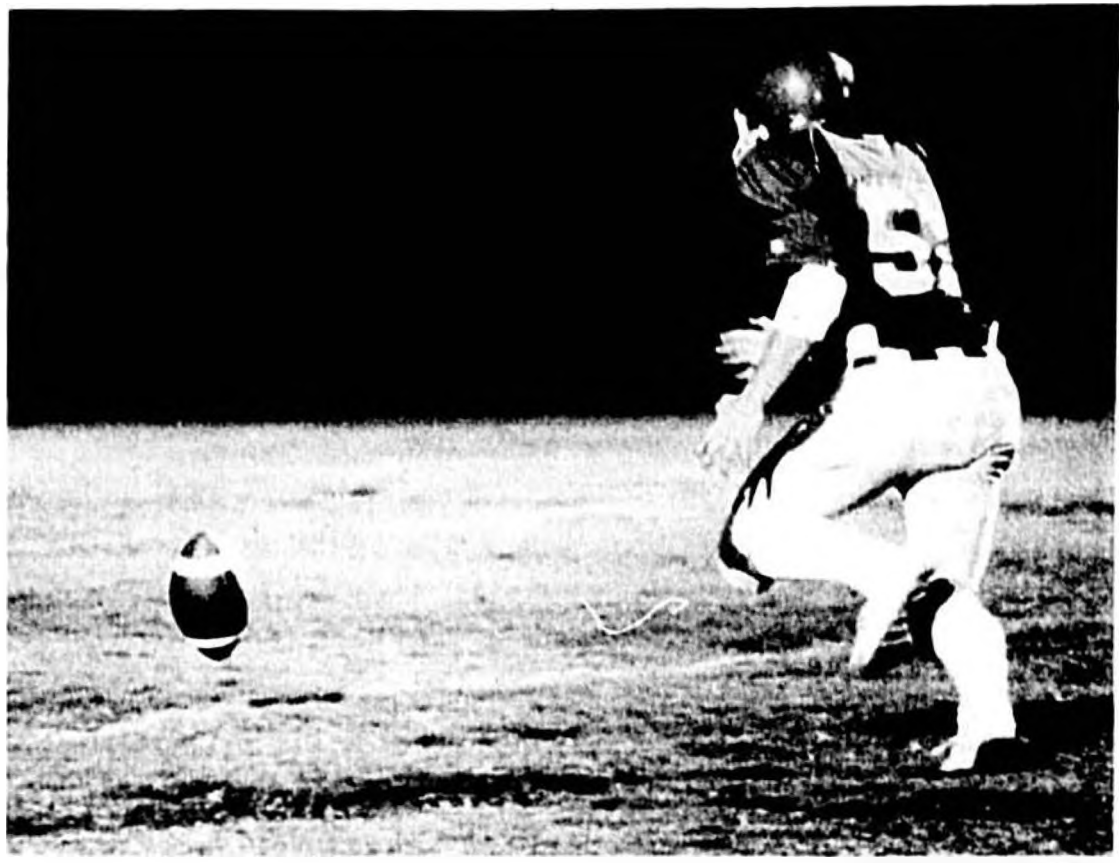
line, but the drive fizzled out, partly because Welsh nailed the Panther's second quarterback, Mike Whelchel, for an eight-yard loss. The Panthers lost the ball soon after as they ran out of downs.

Crooms kept pressing on, penetrating a tough Lake Mary defensive squad. It drove to the 15 with under four minutes left in the first half, but this time, Ram lineman Don Meyer broke through McCloud's protection, and dropped him for a 10-yard loss, then recovered the resulting fumble.

The Rams, though, lost the ball soon after on a misconceived pitch-out, and Crooms had the ball in excellent scoring position on the Lake Mary 25 with 23 seconds still left to be played in the second quarter. No score came, however, and Crooms clung to its 6-0 lead at the half.

Ram running back Underwood blasted through the line for 30 yards on the first play of the third quarter, taking the ball to the Panther 30. A pass from Young to Meyer netted 12, then running back Morrison carried for eight. After a one-yard gain by Underwood, Morrison charged forward from six yards out to tie the game, with 8:19 left in the third period. Morrison's kick slid the Rams past Crooms 7-6.

From there on, the Panthers fell



Herald Photo by Tom Vincent

Lake Mary freshman punter Paul Alegre chases down a poor snap.

flat. They came up with 54 yards total offense in the second half, held back by Lake Mary's "D-Men."

Ram head coach Frank Schwartz said that, "Our defense did an excellent job all night long. They were just awesome."

Crooms, not yet throwing in the towel, continued forcing the Rams to bend, and moved the ball to the Lake Mary 15 another time. But this is where the defense of Lake Mary won the game, as they grew stingier

when Crooms went deeper into their territory.

On the next Ram drive, Lake Mary moved up to the Crooms 30, given much help by a 40-yard dash by Morrison. Crooms' defensive players pulled themselves together and forced a Ram punt. Punter Young got off an excellent kick, which traveled for a touchdown from his own 35, a 65-yard boot.

The fourth period finally began, which is exactly the opposite of what

the Panther's offense did.

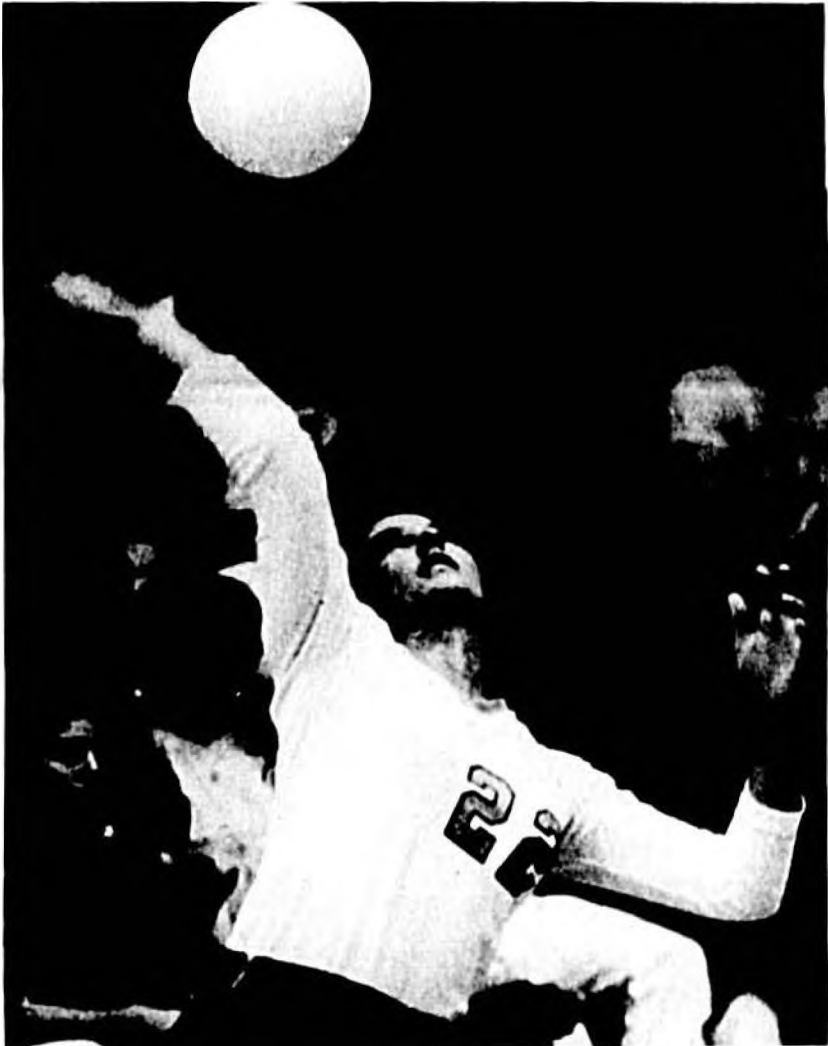
The Rams pushed themselves to the Crooms 18 this time. Underwood was called on a little later to attempt a 27-yard field goal, but it went wide to the right, though definitely had the distance.

Crooms McCloud, 1 yard fumble recovery in end zone (kick blocked).
Lake Mary Morrison, 4 run (Underwood kick).
Crooms 4 0 0 0—4
Lake Mary 0 0 7 0—7

VCC Tops SCC

Seminole Community College volleyballer Patty Corso gets set to wallop a serve Tuesday night against Valencia Community College. Despite the ex-Sanford High's smash, SCC dropped three of four games to VCC 15-7, 15-13, 17-19, 15-8 to fall to 8-9 for the year. Coach Heana Gallagher's team travels to Gainesville Thursday to play Santa Fe at 5 p.m.

Herald Photo by Tom Vincent



Confident Tribe, Hawks Continue To Net Success

5 Star Volleyball Results

Seminole 15-15, Apopka 6-8
Seminole 15-15, Seabreeze 14-9
Lake Howell 15-15, Lake Brantley 2-10
Lake Howell 15-15, Spruce Creek 6-5

By SAM COOK
Herald Sports Editor

Seminole High volleyball coach Donaldyn Knight is confident. Lake Howell netter coach Jo Luciano is optimistic.

Both coaches picked up important victories Tuesday night as the Five Star and district volleyball competition winds down to its usual dramatic conclusion.

Seminole clinched at least a tie for the conference crown by dropping Apopka 15-6, 15-8 and Daytona Beach Seabreeze 16-14, 15-9 Tuesday at Apopka. The Tribe is 13-1 in the Five Star and 14-2 overall.

The Lady Silver Hawks, meanwhile, kept pace. They throttled Sandy Denmark's Lake Brantley squad 15-2, 15-10 and came back to crunch Spruce

Volleyball

Creek 15-8, 15-5 at Lake Brantley. Lake Howell is 9-3. It must whip Karren Newman's tough Lyman team and hapless Seabreeze on Thursday, then come back with consecutive wins over Apopka and Seminole next Tuesday at Sanford.

"I'm very optimistic. That's all I'm going to say," said Luciano, the successful Silver Hawk skipper. "First, we've got to get by Lyman, who beat us earlier this year.

"Then we'll think about Seminole. Tony Hardy's the main problem there. She's the one we have to stop. She's so talented, she can really change the tempo of any game," warned Luciano.

While Hardy is indeed devastating, it was Cathy Hill that broke Apopka's back Tuesday afternoon. The tall senior ran off 10 consecutive service points as Seminole swamped the Blue Darters, 15-6.

Hardy threw in her usual array of good spikes as did senior Laura Grace, while Dee Hogan and Lisa Nelson

supplied the defense.

In the second game, the Tribe fell behind, 8-4, but rallied behind eight points for Hogan. Senior Jackie Link capped the comeback by serving point 15. Cindy Pendarvis also contributed some key serves.

Against struggling Seabreeze, Knight went to her second team and a couple of regulars, but fell behind early.

"It was a different combination. It took them a while to get used to each other," Knight said about the addition of Trichel Taack, Tracy Gregory and Teri Hardy. "But, we're playing well now. I'm confident."

Teri Hardy supplied six service points to the eventual 15-14 victory. In the second match, Knight went back to the regulars, who cleaned up the Sand Crabs, 15-9, behind four serves from Grace.

The Tribe gets back into action Monday when the 6-4 junior varsity plays Oviedo at 6 p.m. The varsity match follows.

On Tuesday, Sanford hosts Apopka and Lake Howell in a match which may determine the Five Star race at 6 p.m.

Guy Named CAAA's Best Back

Seminole High isn't the only place halfbacks are running wild. Robert Guy, a 1981 Seminole graduate, had himself quite a day for Division II Hampton (Va.) Institute when HI trampled Emory & Henry, 50-17.

Guy, who was a fine running back and defensive back for coach Jerry Posey, entered the game in the third quarter and burst up the middle for 12 yards and a touchdown on his first carry.

He carried five more times for 115 yards and two more TDs. His scoring runs came on jaunts of 29 yards and two yards.

College Football

"I'm very pleased with his performance," raved HI coach Ed Wyche. "But it wasn't a surprise. After watching films of his high school career, I knew he was a runner before I recruited him."

For his performance, Guy was named Central Intercollegiate Athletic Association's Offensive Back of the Week.

Wyche recruited Guy to replace veteran Hampton running backs Anthony Armstrong and Dennis Mahan. Armstrong, a senior, broke

the 1000-yard mark for his career during the game.

Mahan, a junior, rambled for 88 yards as Hampton Institute rushed for 440 yards on 46 carries to break the old mark of 347.

Ticket Outlets

Tickets for Friday's football game between Seminole High and Lakeland Kathleen High are available at Seminole High School, Sanford and Lakeview Middle Schools, Crooms High School, Sweeney's Office Supply and the downtown Flagship Bank.

The cost is \$2.25.



ROBERT GUY
... three touchdowns

SYBA Bids For Tourney

The Sanford Youth Baseball Association will make a bid to bring the 1982 Florida Junior Major League state tournament to Sanford next August.

The board of Directors of the Florida Little Major League Association will select a site at its November meeting and the Sanford-based organization will bid to host the tournament at Randall Chase Park on Celery Avenue.

In order to get the tournament, the Sanford group will need a cash bid of at least \$750. Members are selling mini-sponsorships to individuals and businesses for \$10 apiece.

"We feel we have an excellent chance to get the tournament," said Gary Taylor, president of the Sanford Youth Baseball Association. "We have a nice facility and Sanford has an excellent track record as a tournament host. A few years ago we hosted the little major league state tournament and it went off without a hitch."

Although the tournament won't be held until next August, the cash bid must be paid when the tournament is awarded, and for that reason the group is soliciting at least 75 individuals and businesses to help them raise the money.

Everyone who donates will be recognized in the state tournament souvenir program and all donations are tax deductible.

Donations can be mailed to the Sanford Youth Baseball Association, Inc., P.O. Box 1233, Sanford, Fla. 32771.

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Evening Herald, Sanford, Fl. Wednesday, Oct. 21, 1981—18

Cook Of The Week: Linda Cooke

She's A Real Major In Homemaking Arts

By LOU CHILDERS
Herald Correspondent

Did your grandmother ever give you a recipe that called for "a pinch of this, a dab of that, and a sprinkle of something else?" Well, you're not alone.

This week's Cook of the Week, Linda Cooke of Lake Mary, has a grandmother like that who helped her learn to cook back in Lincolnton, N.C., where she grew up.

In fact, Linda's famous Buttermilk Biscuits are made from an old-fashioned pinch-of-that recipe that she's tried to convert to cups-of-this and teaspoons-of-that for more conventional recipe followers.

Approximately 20 men who attend the First Assembly of God church in Sanford will never forget the day they consumed over 150 of Linda's homemade biscuits at a prayer breakfast. (This was in addition to the regular sausage, eggs and grits on their menu). Using quick arithmetic, that's seven biscuits per man, with 10 left over — except there were none left over!

Even though that prayer breakfast happened several years ago, the men who attended still talk about those biscuits that were "better than Mother used to make."

When Linda's husband, Leonard, is not on the go as a fireman with the Seaboard Coast Line Rail Road, he and their two children, Todd and Mechelle, especially enjoy the goodies she bakes.

Like many other women today, Linda is employed outside the home, and works part-time at the H&M Restaurant on S. French Avenue in Sanford.

A visit to the Cooke home at 206 Floyd Avenue in Lake Mary will soon let you know that Linda is a real major in the homemaking arts.

In fact, she is working hard right now to finish the crafts she will display and sell at "Fiesta In The Park" to be held in Orlando at Lake Eola Park the first weekend in November. She will display dozens of hand-sewn quilts her mother has made, as well as her own kitchen magnets and puppet dolls that are made from empty commercial-type thread spools.

Linda prepared a Carrot Cake for Todd's recent 18th birthday. "It is one of his favorites," and she adds, "the pineapple in the frosting is really what makes this cake special. Most people use cream cheese in the frosting, but no pineapple."

Linda got the recipe for this Carrot Cake from her grandmother who had clipped it from a North Carolina newspaper in the 1960s. "It is a very old recipe. I found it while rummaging around in Grandma's clippings, and she let me bring it back to Florida."

As a Christian, Linda is very concerned with the family unit



Linda Cooke learned to cook Grandmother style — a pinch of this, a dab of that...

today, and believes it can be strengthened when mothers allow their children to cook. "When I was young," she says, "my grandmother let me put the eggs in when she baked cakes. I was so short, I had to stand on a chair to see into the bowl!"

You will find that Linda Cooke has shared recipes that contain "shortcuts", like the No-crust Coconut Pie. But, you can be assured that there will be no shortcuts on the compliments received when serving these sweet treats to family and friends. At least there never is any shortage for Linda.



FIRST FEDERAL HONORS BOSSES

Employees of First Federal of Seminole honored their bosses on National Bosses Day with a luncheon at Holiday Inn, Sanford Marina. Bosses honored were Jack Hunt, left, Richard Swann, right, Vic Arnett and Tom Buckley.

Free Sewing Machine Clinic

The Extension Home Economics program will co-sponsor with Sanford Sewing Center a Sewing Machine Clinic free to the public on Oct. 28 from 1-2:30 p.m. and from 7-8:30 p.m. Michael Boudreau will demonstrate how to clean and oil your sewing machine. All are invited to bring in their machines.

After the initial demonstration is given, the groups will be divided according to the type of machine they have brought in and Boudreau and the Home Ec Agent will be demonstrating within the specific sewing machine groups how to oil their machines.

This clinic will be given at the Agricultural Center, 4320 S. Orlando Drive, Sanford.

The Extension Homemakers of Seminole County will sponsor Holiday Showcase at the Altamonte Springs Civic Center on Nov. 4, from 10 a.m. until 2 p.m. Admission price is 50 cents, for which the participant will receive a Holiday

Showcase book of holiday craft ideas and recipes. There will be free food and drawings to be held. A country kitchen will be featured with homemade foods, breads, and canned items.

On Nov. 23 at the Agricultural Extension Center there will be a program free to the public with the Home Economist Barbara Hughes showing different types of hors d'oeuvres that can be fixed during the holiday season. This demonstration is free to the public and will be in the Agri-Center Auditorium, from 1-3 p.m. The same program will be presented from 7-9 p.m. that day.

On Dec. 1, from 1-3 p.m. and 7-9 p.m. a microwave demonstration on various holiday treats to be served in the microwave oven will be given by Seminole County Home Economist Barbara Hughes. This is sponsored in conjunction with E.C. Hayes Jr., of Sanford Electric Company who is furnishing the microwave oven and the Sanford Chamber of Commerce where the demonstration will be held.

Tom Sullivan Coming To UCF

Tom Sullivan, singer, composer, actor, athlete, humanist whose blindness since birth has never hampered a fierce will to excel, will make a special appearance at the University of Central Florida Oct. 23 in a program in which he'll combine his artistry with inspiration.

The evening program, presented by the UCF Counselor Education Association, is the second in the group's annual festivals featuring notables in their field. Dr. Leo Buscaglia, who drew a standing room only audience to UCF in the spring of 1980, was the first guest.

Sullivan's 8 p.m. appearance, in the UCF gymnasium, will center on stimulating his audience, using many of his own experiences and examples from others in combatting what he terms "inconveniences" that can be turned to advantages.

Tickets for the evening's performance are available, at \$5, and may be obtained by calling the Centralized Services office at UCF, 278-3191, the College of Education's Dr. Lance Percy, program coordinator, at 278-2586, or at local ticket outlets.



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PEANUT BUTTER FROSTING

- 1/2 stick of soft butter
- 1 1/2 cups confectioners sugar
- 2 to 3 tablespoons milk
- 1 teaspoon vanilla
- 1/4 cup peanut butter

Place all ingredients into a large bowl and beat well with mixer until mixture is smooth. Frost peanut butter bars and refrigerate until frosting is set. Cut into bars. Wrap any leftover peanut butter bars in plastic wrap, and they will keep several days. This is a great lunch box treat.

MISSISSIPPI MUD CAKE

- 2 cups sugar
- 1 cup shortening
- 4 whole eggs
- 1 1/2 cups plain flour
- 1-3rd cup cocoa
- 1/4 teaspoon salt
- 3 teaspoons vanilla
- 1 cup chopped nuts

half of a 10 ounce package of miniature marshmallows
Cream shortening and sugar. Add eggs and beat by hand. Sift cocoa, flour and salt together. Add to creamed mixture. Mix well. Add vanilla and nuts. Pour into greased and floured oblong pan. Bake for 35 minutes at 300 degrees. Remove from oven and pour marshmallows over the top; return to oven for 10 minutes at 350 degrees. Cool cake for one hour before frosting.

Mud Cake Frosting:

- 1 box confectioners sugar
- 1/2 cup cocoa
- 2 sticks margarine
- 1/4 to 1-3rd cup canned milk or cream
- 1 teaspoon vanilla
- 1 cup chopped nuts

Sift sugar with cocoa. Melt margarine and add the sugar-cocoa in mixture, mixing well while continuing to cook for 4 or 5 minutes. Stir in cream and vanilla, mixing well. Remove from heat. Add nuts and spread on cake. Note: If this cake is too large for your family, you may cut it in half, freezing one portion and serving the other immediately. This cake keeps well in the freezer and retains a nice appearance when thawed.

COCA COLA CAKE

- 2 cups unsifted flour
- 2 cups sugar
- 2 sticks margarine
- 1 cup Coca Cola
- 3 tablespoons cocoa
- 2 beaten eggs
- 1/2 cup buttermilk
- 1 teaspoon soda
- 1 teaspoon vanilla
- 1 1/2 cups miniature marshmallows

Combine flour and sugar in mixing bowl. Heat margarine, Coca Cola, and cocoa to boiling, and pour over flour mixture. Mix thoroughly. Add eggs, buttermilk, soda and vanilla. Beat well and add marshmallows. (Batter will be thin with marshmallows floating on top!)

Bake in 9 x 13 cake pan, greased and floured, at 350 degrees for 30 to 35 minutes. Ice while hot.

Coca Cola Icing:

- 1/2 cup margarine
- 1 cup chopped nuts
- 3 tablespoons cocoa
- 6 tablespoons Coca Cola
- 1 box confectioners sugar

Place confectioners sugar in large bowl. Cook margarine, Coca Cola and cocoa until boiling, and add to sugar. Stir in nuts and mix well. Pour on cake, spreading until fairly even.

COLD OVEN POUND CAKE

- 6 eggs
- 3 cups flour
- 3 cups plain flour
- 2 sticks margarine
- 1/2 cup Crisco
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 teaspoons flavoring (vanilla, lemon, or almond)
- 1 cup milk

Cream Crisco and margarine in a large bowl. Add sugar and

See COOK, Page 2B

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Hearty Sandwich A Party Pleaser

Football season is here! It's time to start planning menu ideas for pre-game parties.

Our recipe suggestion — wide-mouth bagels — uses bagels, available fresh or frozen, piled high with spicy pastrami and Swiss cheese. It's wrapped in heavy duty foil for quick heating on the grill.

WIDE-MOUTH BAGELS

6 bagels, split

¾ pound pastrami, sliced thin
½ pound sliced Swiss cheese
3 knockwurst

Dijon mustard

Divide pastrami and cheese equally among 6 bagels; place top on each sandwich. Tear off a length of heavy duty foil large enough to wrap the bagels in a single layer. Bring 2 sides of foil up over sandwiches; fold down loosely in a series of locked

folds allowing for heat circulation and expansion. Fold short ends up and over again; crimp to seal. Split knockwurst lengthwise, cutting down, but not all the way through. Cut in half crosswise. Grill knockwurst over medium hot coals 10 to 15 minutes, turning frequently. Grill sandwiches 10 to 15 minutes or until cheese is melted. To serve, place one piece of knockwurst inside each bagel sandwich; spread with Dijon mustard. Makes: 6 sandwiches.

Steak Goes Exotic

To add tropical appeal to your cookout, prepare Pacific Flank Steak. The marvelous beef flavor of the family-sized steak picks up exotic accents from a ginger-spiced marinade that combines pineapple juice, oil, vinegar and soy sauce.

While the marinade is flavoring the steak, it is also tenderizing it, points out the National Live Stock and Meat Board. To further assure tender results, it is recommended that the steak be cooked just to rare and that it be carved diagonally across the grain into very thin slices.

Pacific Flank Steak

1 beef flank steak (1 to 1½ pounds)
¾ cup pineapple juice
1-3rd cup oil
¼ cup vinegar
2 tablespoons soy sauce
½ teaspoon ginger
¼ teaspoon salt

Combine pineapple juice, oil, vinegar, soy sauce, ginger and salt in a small saucepan and cook slowly 5 minutes. Cool. Score flank steak in diamond pattern (¼ inch deep), if desired. Place steak in a plastic bag and add marinade, turning to coat. Tie bag securely pressing out air, and marinate in refrigerator for 6 hours or overnight, turning at least once. Remove steak from marinade, reserving marinade, and place on grill top 3 to 4 inches over ash-covered coals or on rack in broiler pan. Broil steak 5 to 6 minutes, turn, brush with marinade and broil second side 5 to 7 minutes (to rare). Carve steak diagonally across grain into very thin slices. 4 to 6 servings.

Say 'Open Sesame' To Veal

When looking for something for a special menu, look to veal, for veal provides an "open sesame" to a treasury of eating enjoyment. Especially appealing is Open Sesame Veal Cutlets. Delicately-flavored pieces of veal are browned and braised to tenderness with a delicious bread crumb and sesame seed coating.

Cutlets are one of the most popular veal cuts, reports the National Live Stock and Meat Board. They are thin lean boneless slices usually cut from the leg section of veal.

While adding prestige to mealtime, veal also contributes significantly to the body's nutritional needs. Like other meats, veal is an excellent source of high-quality protein, the B-vitamins and the minerals, iron and zinc.

OPEN SESAME VEAL

1½ pounds veal cutlets, cut ½ to 2-3rd inch thick
1 egg
2 teaspoons lemon juice
1 teaspoon salt
¼ teaspoon pepper
¼ cup fine dry bread crumbs
2 tablespoons toasted sesame seeds
3 tablespoons flour
3 tablespoons cooking fat

Cut veal into 5 to 6 pieces. Beat egg, lemon juice, salt and pepper. Mix crumbs and sesame seeds. Lightly dredge cutlets in flour, dip in egg and then in crumbs to coat evenly. Refrigerate cutlets on waxed paper for ½ hour before cooking. Heat cooking fat in a large frying pan. Add cutlets and brown on both sides. Reduce heat, cover and cook slowly 35 to 45 minutes or until done. 6 servings.

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Potatoes 1 LB **28¢**

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SNO-WHITE
Mushrooms 1 LB TRAY **\$1.78**

SWEET TART - HALF GALLON
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Raisins 14 ½oz PKG. **\$1.19**

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Fish Takes On Potato Coating

Though fish is delicious baked, broiled, poached, simmered in a steaming hot stew or chilled to perfection in a salad, "fried" still seems to be the all-time favorite method of preparation.

Potato-Fried Mullet is a terrific new recipe idea suggested by the Florida Department of Natural Resources Home Economists. It utilizes convenience-packed instant mashed potato flakes to lightly coat the fillets and a dry salad dressing mix adds a zesty flavor.

Potato Fried Mullet
 1 1/2 pounds mullet fillets or other fish fillets, fresh or frozen
 1 teaspoon salt
 1/4 teaspoon pepper
 1 egg, beaten
 1 tablespoon water
 1 cup instant mashed potato flakes
 1 package (7-10 ounce) dry onion salad dressing mix or dry mild Italian salad dressing or your favorite dry salad dressing mix

Fat for frying
 Parsley (garnish)
 Thaw fish if frozen. Skin fillets. Sprinkle fish with salt and pepper. Combine egg and water. Combine potato flakes and dressing mix. Dip fish into egg mixture, then roll in potato flake mixture. Place fish in a 10-inch frypan which contains about 1/2 inch of fat, hot but not smoking. Fry at moderate heat 4 to 5 minutes longer or until fish is brown on other side and flakes easily when tested with a fork. Drain on absorbent paper. Garnish with parsley. Makes 4 servings.

Good Eating Guide

It's that time of year again, and there's no mistaking it when the air is well saturated with the delicious aromas of the season. Roasted turkey steaming dressing, thick giblet gravy, and a host of other delights lure diners in waiting with their savory smells.

Who can resist? All the family is home and there's so much to talk about—between mouthfuls—that the minutes will quickly into hours. Finally someone suggests clearing the dinner table and putting away the food, but the motion is overturned in favor of watching a long awaited TV football game. "The task," another contributor, "can be taken care of during commercials."

Everyone seems satisfied, but you know the story.

The afternoon passes quickly into evening as the final touchdown is made. Stomachs begin to rumble and the crowd moves once again into the dining room.

"The turkey and dressing are still on the table," someone observes, but their concern is disarmed with a familiar reply—"there wasn't room left in the refrigerator, but don't worry. . . It's been covered up!" All is forgotten during a meal of turkey sandwiches . . . until the next morning.

After a restless night of head-splitting aches, body cramps and upset stomachs, some of the family members aren't feeling very festive.

Food poisoning is not an illness that only occurs after eating in a not-so-desirable restaurant. Unfortunately, it can happen in the nicest homes to people who least expect it. That's why so many post-dinner sicknesses are blamed on "the flu" or a 24-hour bug." But like most illnesses, prevention is the best cure.

Here are some tips to help you with food safety for the coming season:

—Keep food hot. Most germs that cause food poisoning are killed when you boil, broil, or roast foods. However, when food stays warm for two hours or longer, some germs produce poisons that are not destroyed by reheating. So once food is cooked, keep it hot until served and refrigerate leftovers at once.

—Keep food cold. You've probably heard to store milk and other dairy products at 40 degrees F. or below to maintain freshness and good flavor. The same is true of other perishable foods. Germs are slowed down by cool temperatures, so keep foods cold before cooking and immediately after serving!

—Keep food clean. If you keep germs off of meat, poultry and other foods to begin with, you avoid problems. Keep utensils, platters, hands, and countertops soap and hot water clean. A casual wipe with a damp cloth won't do.

Serving well-balanced, nutritious foods are a great start for a healthy holiday season. But by taking precautions for safe food handling, your festive meal can have a happy ending.

Who's Cooking?

The Herald welcomes suggestions for Cook Of The Week. Do you know someone you would like to see featured in this spot? There is something for everyone in the line of cooking.

Novice cooks, as well as master chefs, add a different dimension to dining. Please contact OURSELVES Editor Doris Dietrich about your news and views on cooking.



PANTRY SAVINGS

NO STAMPS,

GENERIC TEA BAGS
 100 COUNT
99¢
 NATIONAL BRAND PRICE \$2.39

SCOTT TOWELS
 ASSUED. DESIGNER OR DECORATED
 85 SQ. FT.
68¢
 ELSEWHERE 81¢

SUNSHINE KRISPY SALTINES
 16oz BOX
69¢
 ELSEWHERE 89¢

HORMEL CHILI WITH BEANS
 16oz CAN
79¢
 ELSEWHERE 95¢

GENERIC CAT LITTER
 25 LBS
\$1.19
 NATIONAL BRAND PRICE \$1.50

LIBBY'S TOMATO JUICE
 46oz CAN
77¢
 ELSEWHERE 93¢

WHITEHOUSE APPLE JUICE
 64oz JAR
\$1.29
 ELSEWHERE \$1.69

FRENCH'S POTATOES
 3.5oz & 6oz AUGRATIN, SCALLOPED, PANCAKES OR SOUR CREAM & CHIVE
2/\$1
 YOUR CHOICE
 ELSEWHERE 2/\$1.66

COMPARE GENERIC FOOD

GENERIC 20oz CRUSHED Pineapple	55¢	79¢
GENERIC 16oz FRUIT Cocktail	55¢	79¢
GENERIC 4oz CAN Black Pepper	69¢	119¢
GENERIC 32oz JAR Mustard	59¢	96¢
GENERIC 23oz CHOCOLATE Drink Mix	\$1.77	\$2.14
GENERIC 14oz RUG ROOM Deodorizer	79¢	\$2.11
GENERIC 5oz AUGRATIN OR SCALLOPED Potatoes	65¢	75¢
GENERIC 32oz MUSHROOM MEATLESS OR Meat Sauce	89¢	119¢
GENERIC 15 COUNT TALL Kitchen Bags	79¢	119¢
GENERIC 32oz GREEN Mouthwash	99¢	119¢
GENERIC 24oz Gum Drops	99¢	119¢
GENERIC 32oz BALSAM/PROTEIN Conditioner	99¢	119¢

COMPARE GROCERY

4 PALS 16oz PLUS DE POINT MOUNTAIN BEW PEPPERCORN DILL PEPPER ON	\$1.29	119¢
GOLDEN GRAIN 7.25oz Macaroni	3/\$1	119¢
15 COUNT TALL KITCHEN Hefty Bags	99¢	119¢
VLASIC 46oz JAR Kosher Dills	99¢	119¢
19oz CHOC. CHIP SANDWICH CREME, PEANUT BUTTER SANDWICH CREME OR CHOC. SANDWICH CREME Jack's Cookies	99¢	119¢
JUNE BOY 22oz JAR FRESH Sweet Chips	89¢	119¢
36 UNITS Cling Free SHEETS	\$1.99	\$2.11
49oz BOX Cold Power	\$1.69	\$2.11
6oz CLEANER Pine Sol	49¢	65¢
NORTHWOODS 24oz MAPLE FLAVOR Butter Syrup	79¢	93¢
STERLING 40 LBS Solar Salt	\$1.99	\$2.11
PARADISE 3.75oz Bucket Olives	69¢	89¢

COMPARE GROCERY

10 1/2oz CREME SOAP ON TAP GOLD OR BROWN Soft Soap	99¢	119¢
300 COUNT Scott Napkins	\$1.39	119¢
PANTRY PRIDE 15oz CAN Spinach	39¢	44¢
PANTRY PRIDE 16oz Sauerkraut	39¢	49¢
PANTRY PRIDE 16oz SLICE OR WHOLE Beets	3/89¢	31¢
PANTRY PRIDE 16oz SLICED OR WHOLE Potatoes (WHITE)	39¢	49¢
PANTRY PRIDE 48oz CAN UNSWEETENED Grapefruit Juice	79¢	89¢
PANTRY PRIDE 16oz CAN Pear Halves	59¢	69¢
WHITEHOUSE 23oz Apple Sauce	69¢	89¢
8oz REG. OR 25oz CHESSE 7oz BAR BE QUE OR SOUS CREAM L ONION Lays Chips	\$1.09	119¢
1 LB Lipton Tea	\$3.89	14¢
6oz JAR INSTANT COFFEE Maxwell House	\$2.93	21¢

COMPARE GROCERY

JUNE BOY 4 LB FRESH Kosher Dills	\$1.59	119¢
PANTRY PRIDE 16oz BIG Sweet Peas	38¢	48¢
3oz CAN CHICKEN Libby's Viennas	39¢	49¢
JUNE BOY 24oz JAR FRESH Kosher Spears	99¢	119¢
DEL MONTE 16oz CAN WHOLE Green Beans	2/\$1	119¢
20oz Milk Mate	99¢	119¢
33oz FABRIC SOFTENER Final Touch	99¢	119¢
16oz CAN LITE SLICED Peaches (LIBBY'S)	69¢	83¢
MOTT'S 25oz JAR Apple Sauce	69¢	89¢
12oz DISINFECTANT Lysol Spray	\$1.89	21¢
22oz DISHWASHING DETERGENT Dove Liquid	99¢	119¢
2 UNIT FAMILY SIZE Ivory Soap	89¢	96¢

GENERIC HOT COCOA
 2 1/2oz
\$1.59
 NATIONAL BRAND PRICE \$1.79

HERB MAGIC DRESSINGS
 12oz BTL.
89¢
 ELSEWHERE 99¢

BAMA GRAPE JELLY
 2 LB JAR
99¢
 ELSEWHERE 119¢

SWEET SOU CHICKEN & DUMPLINGS
 24oz CAN
89¢
 ELSEWHERE 119¢

GENERIC BAR-BE-QUE SAUCE
 18oz BTL.
59¢
 NATIONAL BRAND PRICE 89¢

RINSO LAUNDRY DETERGENT
 76oz BOX
\$1.99
 ELSEWHERE \$2.19

CLOROX BLEACH
 ONE GALLON
79¢
 ELSEWHERE \$1.19

CAMPBELL'S TOMATO SOUP
 10.75oz CAN
4/\$1
 ELSEWHERE 4/\$1.25

20¢ OFF FLAV-O-RICH ICE CREAM
 SQUARE HALF GALLON
 WITH THIS COUPON GOOD THRU WED., OCT. 28, 1981.

SAVE 28¢ CASH HUNGRY JACK INSTANT MASHED POTATOES
 26oz BOX
 WITH THIS COUPON GOOD THRU WED., OCT. 28, 1981.

30¢ OFF FOLGER'S COFFEE
 E.P., REG. OR DRIP 1 LB CAN
 WITH THIS COUPON GOOD THRU WED., OCT. 28, 1981.

WE CARRY A COMPLETE LINE OF ASSORTED HALLOWEEN CANDY
 —TRICK OR TREAT—

'Easy Does It' Is This Entree

"Easy does it" is this entree that features a family-size ham slice and fried apple slices. Dinner is ready to serve in less than a half hour when you panbroil a "fully-cooked" ham slice,

then pan fry apple slices sweetened with brown sugar. A delicious addition is a simple sauce that's quickly made by stirring a can of evaporated milk into the pan used to cook the ham and apples.

A ham slice is an excellent choice when you want the true flavor of ham for just one meal, says the National Live Stock and Meat Board. The slice is cut from the center portion of cured, smoked ham and contains several muscles and a small round bone.

HAM AND FRIED APPLES

1 "fully-cooked" smoked ham slice, cut 3/4 inch thick
3 medium-size tart cooking apples

1 tablespoon lemon juice
3 tablespoons flour
Cooking fat

2 tablespoons brown sugar
1 can (5 1/3rd ounces) evaporated milk

Place ham slice in a lightly greased large, heavy frying-pan and cook slowly 14 to 16 minutes, turning occasionally. Place ham slice on a hot platter and keep warm. Core apples and cut

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thin slices from both ends. Cut each apple crosswise into 3 slices, dip cut surfaces in lemon juice and dredge in flour. Add enough fat to frying-pan to make 2 tablespoons. Pan fry apple slices on 1 side and sprinkle with brown sugar. Turn, pan fry until lightly browned on second side and place on platter with ham. Add evaporated milk to pan drippings and cook slowly, stirring constantly for 3 to 5 minutes or until thickened. 4 to 6 servings.

PRIDE ARE IN CASH NO GIMMICKS!



New Turkey Form

By GAYNOR MADDOX
Special To The Herald

It will soon be time to enjoy that traditional turkey dinner.

But it may not be so traditional this year. And much of the reason involves the changing structure of the American family, say many economists and poultry raisers.

High divorce rates and increased mobility have revised our concept of family. Many of the households sitting down to Thanksgiving and Christmas dinners will be headed by a single parent. More and more young adults are living far from their extended families.

An increasing number of women are working outside the home. They cannot — or will not — spend hours in the kitchen. They prefer quicker and easier dishes.

Furthermore, many people simply dislike having all that leftover turkey.

One answer to these problems is "turkey ham," which has become one of the most important of the processed turkey products.

Turkey ham is made from pressed turkey thighs and cured by injecting a solution of water, nitrite and flavoring. It may or may not be smoked.

Of course, many still prefer their turkey in a more traditional form.

Whole turkeys are available fresh or frozen; those under 12 pounds often command a premium price. Rotisserie-size (4- to 8-pound) turkeys are available pre-cooked in some markets.

Then there is ground turkey. Chris McDermott, consumer education editor for Cornell University's cooperative extension, points out that "turkey dark meat is used to make ground turkey, which is packaged in 1- and 3-pound tubes and may be sold either fresh, frozen or thawed."

Turkey breasts, either whole or boneless, are often pre-basted and sold frozen. According to trade sources, the price of breasts has been falling relative to that of other turkey parts.

Among the least expensive of all turkey choices are the wings and drumsticks, which are now commonly offered in the fresh meat case, either fresh or thawed.

Turkey parts are more readily available than in the past, largely due to the development of the "chill-package." The parts are tightly packaged and held at 28 degrees Fahrenheit during storage and shipping.

This allows for longer storage under controlled conditions — but not in home refrigerators, where temperatures are usually 40 degrees or higher.

The turkey Information Service, a trade organization, recommends that fresh or thawed turkey, turkey parts and ground turkey be stored in the refrigerator for no more than two to three days.

Many cured turkey products as well as their red-meat counterparts are marked with a "use by" date, which indicates the maximum storage time for the unopened package.

Once considered a "fossil" like the moon with a surface little changed over millions of years, Mars now is regarded as a planet still "under construction." Like Earth, it may have a molten core, a crust that shifts and cracks and mountains that sometimes blow their tops.

QUICK FROZEN LARGE
TURKEY DRUMSTICKS
BONUS BUY
OVER 5 LBS **38¢** LB
ELSEWHERE 68¢ PER LB

LOTS OF CHICKEN
FRESHLY BROILED, FRESHLY GRATED CORN AND PEAS, WITH BAKED STICKS, LIGHTLY BROSSED.
BONUS BUY
OVER 5 LBS **58¢** LB
ELSEWHERE 78¢ PER LB

FRESH
PORK RIBLETS
BONUS BUY
OVER 5 LBS **78¢** LB
ELSEWHERE 51.38 PER LB

FARMLAND SAUSAGES
FRESH BREAKFAST LINK SKINLESS
BONUS BUY
12oz PKG **98¢**
ELSEWHERE \$1.38

GREAT GROUND BEEF PATTIE MIX
BONUS BUY
OVER 3 LBS **98¢** LB
ELSEWHERE \$1.28 PER LB

USDA CHOICE
BLADE CUT CHUCK ROAST
BONUS BUY
LB **\$1.38**
ELSEWHERE \$2.18 PER LB

FRESH
PORK BUTTS
BONUS BUY
LB **\$1.18**
ELSEWHERE \$1.48 PER LB

USDA CHOICE
BLADE CUT CHUCK STEAK
BONUS BUY
TWIN PACK LB **\$1.68**
ELSEWHERE \$2.18 PER LB

COMPARE MEAT EVERYDAY PENNY PRICED ELSEWHERE PER LB

U.S.D.A. CHOICE: CENTER CUT
Sirloin Steak LB **\$2.98** [3]
U.S.D.A. CHOICE: BONELESS BEEF: FAMILY PACK OVER 3 LBS
Chuck Steak LB **\$2.48** [2]
U.S.D.A. CHOICE: BONELESS BEEF EYE
Round Roast LB **\$2.98** [3]
U.S.D.A. CHOICE: FRESHLY GROUND FAMILY PACK OVER 3 LBS
Beef Chuck LB **\$1.88** [2]
OVER 3 LBS: SLICED QUARTER
Pork Loin LB **\$1.58** [1]
MARKET STYLE: OVER 2 LBS
Sliced Bacon LB **98¢** [1]

COMPARE MEAT EVERYDAY PENNY PRICED ELSEWHERE PER LB

FRESH BUTT: FAMILY PACK OVER 3 LBS
Pork Steaks LB **\$1.38** [1]
CABIN COOKING: SMOKED 1 LB PKG.
Lykes Sausages **\$1.78** [2]
SKILLET BRAND: 1 LB PKG.
Sliced Bacon **\$1.48** [1]
SKINNED & DEVEINED: 6 SLICE PKG.
Beef Liver LB **98¢** [1]
SHENANDOAH: SMOKED
Turkey Ham LB **\$1.68** [2]
U.S.D.A. GRADE A LARGE
Baking Hens LB **58¢** [6]

COMPARE DELI EVERYDAY PENNY PRICED ELSEWHERE PER LB

HYGRADE: 12oz PKG.
Hot Dogs **98¢** [1]
SHENANDOAH: 16oz PKG.
Turkey Franks **98¢** [1]
FVNE TASTE: 16oz PKG. SLICED
Meat Bologna **\$1.38** [1]
PANTRY PRIDE: 16oz PKG. SLICED SALAMI OR SPICED
Lunch Meat **\$1.68** [1]
CAROLINA PRIDE: 16oz
Roll Sausage **98¢** [1]
OF PERIC: 16oz PKG. SLICED SALAMI, BULGOGINA, OLIVE TONGER LOAF & SPICED
Lunch Meat **\$1.28** [1]

COMPARE DAIRY EVERYDAY PENNY PRICED ELSEWHERE PER LB

PANTRY PRIDE: 16oz CUP
Sour Cream **88¢** [1]
PANTRY PRIDE: 8oz PKG.
Cream Cheese **78¢** [8]
PANTRY PRIDE: CREAMED 24oz CUP
Cottage Cheese **\$1.48** [1]
PANTRY PRIDE: 12oz PKG. SLICED AMERICAN
Cheese Singles **\$1.48** [1]
PANTRY PRIDE OR MINUTE MAID: HALF GALLON CARTON PURE FLORIDA
Orange Juice **\$1.28** [1]
GOLD O' CORN: 16oz PKG. OTRIS
Margarine **48¢** [6]

COMPARE BAKERY EVERYDAY PENNY PRICED ELSEWHERE PER LB

PANTRY PRIDE: 8 PACK BOURBONCH OR ENGLISH
Muffins **2/98¢** [1]
BETTY JANE: 16oz MARBLE
Pound Cake **\$1.09** [1]
AAA FAMOUS: 16oz
Rye Bread **89¢** [9]
MILL LANE: 12oz
Spice Cake **\$1.59** [1]

COMPARE FROZEN EVERYDAY PENNY PRICED ELSEWHERE PER LB

PANTRY PRIDE: 12oz FROZEN
Asstd. Bagels **2/\$1** [1]
16oz FROZEN: CHEESE, PEPPERONI OR SAUSAGE
G & W Pizza **89¢** [9]
PANTRY PRIDE: HALF GALLON
Ice Cream **\$1.29** [1]
PANTRY PRIDE: 32oz FROZEN PURE FLORIDA
Orange Juice **\$2.39** [2]

COMPARE HEALTHY BEAUTY AID EVERYDAY PENNY PRICED ELSEWHERE PER LB

10oz: SKIN ALOE OR COCOA BUTTER
Suave Lotion **99¢** [1]
16 CAPSULES OR 24 CT.
Dristan TABLETS **\$1.49** [1]
BABY: 160 COUNT
Wet Wipes **\$1.49** [1]
5 COUNT
Bic Shavers **89¢** [1]

COMPARE GROCERY EVERYDAY PENNY PRICED ELSEWHERE PER LB

HORMEL: 3oz CAN
Potted Meat **4/\$1** [1]
KIDD: 10oz REG. OR MINI
Marshmallows **39¢** [4]
TEXIZE: 32oz REFILLS
Spray N' Wash **\$1.89** [2]
25oz
Kraft Mustard **69¢** [7]

PANTRY PRIDE: 3 FOR
KING SIZE BREAD **\$1.29**
20oz LOAVES

HUNGRY JACK: 12oz BOX
PANCAKE MIX **99¢**

PANTRY PRIDE: 3 FOR
COFFEE LIGHTENER **\$1.00**
12oz FROZEN

MILLAN: 2 LBS
OVEN CRISP POTATOES **89¢**
FROZEN

FINAL NET: 12oz
HAIR SPRAY **\$1.99**
REG. GREEN/STEELE

SUNSHINE GREENS: 3 FOR
\$1.00
15oz CAN

ARM & HAMMER: 30oz
CARPET DEODORIZER **99¢**

PACKER LABEL: 100 CT
PAPER PLATES **89¢**
WHITE 9 INCH

OLD MILWAUKEE BEER
REGULAR OR LIGHT
BONUS BUY
12 PACK 12oz CAN **\$3.49**

Del Monte DRINKS
PINEAPPLE GRAPEFRUIT, PINEAPPLE ORANGE OR PINEAPPLE PINK GRAPEFRUIT
BONUS BUY
46oz CAN **77¢**
ELSEWHERE 97¢

DELITE DOG RATION
BONUS BUY
25 LBS **\$3.89**
ELSEWHERE \$4.79

PANTRY PRIDE CUT
GREEN BEANS
BONUS BUY
15.5oz CAN **3/\$1**
ELSEWHERE 3/01.11

COMPARE SPIRITS EVERYDAY PENNY PRICED ELSEWHERE PER LB

1.5 LITER: BOMBAY, LAMBUSCO OR MARCO
Cella Wines **\$4.99** [3]
1.5 LITER: CHARLIE, VIN ROSE OR RHINEFLOR
Franzia Wines **\$3.99** [4]
750 ML.: LEONARD KRUECH
Liebframlich **\$2.29** [3]
1.5 LITER
Real Sangria **\$4.99** [3]

PRICES EFFECTIVE WED., OCT. 21 THRU THUR., OCT. 27, 1981. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.

Guarantee

PANTRY PRIDE WILL SAVE YOU MORE ON YOUR TOTAL FOOD BILL OR WE WILL

Double the Difference in Cash!

HERE'S HOW: IF YOU CAN FIND LOWER OVERALL PRICES THIS WEEK AT ANY OTHER SUPER MARKET IN YOUR LOCAL TRADING AREA, PANTRY PRIDE WILL DOUBLE THE DIFFERENCE IN CASH. COMPARE PRICES ON THE SAME ITEMS AT ANY OTHER SUPERMARKET IN YOUR LOCAL TRADING AREA. IF THEIR TOTAL IS LOWER ON 25 DIFFERENT ITEMS COSTING NOT LESS THAN \$25.00, BRING YOUR PANTRY PRIDE ITEMIZED REGISTER TAPE AND THE OTHER MARKET'S PRICES ON THE EXACT SAME ITEMS TO PANTRY PRIDE & WE'LL PAY YOU DOUBLE THE DIFFERENCE IN CASH.

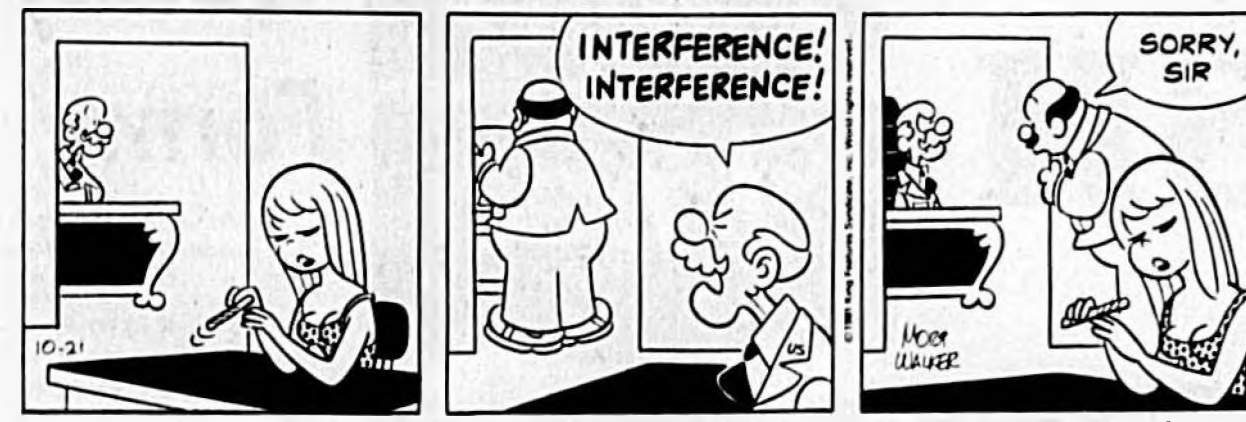
THIS WEEK'S CAPRI FEATURE

COVERED CASSEROLE

3 \$1.199
QUART
REGULAR PRICE \$16.99



BEETLE BAILEY by Morf Walker



THE BORN LOSER by Art Samson



ARCHIE by Bob Montana



EEK & MEEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stofel & Heimdal



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



ACROSS 50 Accounting agency (abbr) 51 Organ for hearing 52 Dramatic short 53 Assault 54 Birthstone for October 55 Observed 56 Cry of affirmation 57 African antelope 58 Dismember 59 Denoat 60 Heavily boated 61 Exceptional 62 Kind of singing club 63 Horse 64 Fanny vase 65 Cut 66 Turn 67 Actor agency (abbr) 68 Look at

DOWN 1 Security 2 Bard's river 3 Acquire 4 More verdant 5 Motoring 6 Nimble 7 Actor 8 Softly 9 Above 10 Unadorned 11 Patron saint of directors 12 Willow 13 Cut 14 Turn 15 Actor agency (abbr) 16 Look at

Grid for crossword puzzle with numbers 1-28.

HOROSCOPE

By BERNICE BEDEKOR For Thursday, October 22, 1981

YOUR BIRTHDAY October 22, 1981 In partnership situations today, be a good listener when your associate lays out some ideas. They may not sound like much at first, but they could be quite ingenious.

LIBRA (Sept. 23-Oct. 23) Unusual or unexpected changes tend to work for your benefit today. Don't get rattled if things fail to follow the blueprint you had in mind.

SCORPIO (Oct. 24-Nov. 21) If you are an unattached Scorpio woman, don't turn down invitations today where you have opportunities to meet new people.

AQUARIUS (Jan. 20-Feb. 18) You're both a planner and a doer today. Unfortunately, you may leave things to the last minute and not achieve all you are capable of accomplishing.

LEO (July 23-Aug. 21) A failure to comparison-shop today could lead you to pay more for something than you would if you looked around a bit.

VERGO (Aug. 23-Sept. 22) Don't talk about business or money matters prematurely today before they are finalized. Something unexpected might occur to alter the picture.

Understanding Those Cholesterol Tests

By LAWRENCE LAMB, M.D. Dr. Lamb

Supposedly high HDL is good and high LDL is bad. Why don't laboratories add the two together to arrive at a total cholesterol rating?

DEAR READER - Don't get excited and run up your LDL, but what you have suggested is a fairly standard practice. It is common to measure the total cholesterol and then measure the HDL.

For readers who are confused by all this, the HDL are the small fatty-cholesterol particles in the blood that are believed to help prevent the development of atherosclerosis.

This is important because a person with a low blood cholesterol who also has a low level of HDL may not have an optimal level. This helps explain why some people with low cholesterol levels still develop artery disease.

Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1861, Radio City Station, New York, NY 10101.

MEAT 'N' VEGETABLE KEBABS Pan fry or broil steaks on one side, 3 to 4 minutes. Drain. Cauliflower (small) Italian seasoning.

WIN AT BRIDGE

WEST NORTH 10-11-4 21074 21054 21010 21010

WEST EAST 10-11-4 21074 21054 21010 21010

By Leonard Starr

By Douglas Coffin

Potpourri Savory Pimiento Sauce Enhances Croquettes

Here's an old favorite with a unique twist—salmon croquettes with a savory cream sauce. For color and flavor, the croquettes and the sauce are spiced with bright red pimiento peppers.

Send for a free color recipe brochure by writing: Associated Pimiento Canners, Dept. H, Box 73, Griffin Georgia 30224

SALMON CROQUETTES WITH SPICY PIMIENTO SAUCE 2 cups salmon (No. 1 can) 2 cups soft bread crumbs 1-3 cup milk 2 eggs 1 teaspoon salt

DEAR DR. LAMB - Can you tell me something about sorbitol, the artificial sweetener? Instead of eating sugared candy I'd been eating mints containing sorbitol.

MEAT 'N' FRUIT KEBABS Bananas, cut into 1/4 inch pieces Undiluted frozen orange juice concentrate Dry mustard

FRENCH ONION SOUP A LA FISH 1 pound fish fillets, fresh or frozen 5 cups water 2 packages (1 1/4 OR 1 3/8 ounces each) onion soup mix

VERSATILE LEMON DRESSING 1/4 cup vegetable oil 1/4 cup reconstituted lemon juice 2 tablespoons grated Parmesan cheese or crumbled blue cheese, optional

EASY CARAMEL APPLES 6 medium red apples 1 package (11 ounces) light caramels 1/4 cup light corn syrup 2 tablespoons water

QUICK PEANUT BUTTER CANDY 1/4 cup margarine 1/4 cup milk 2 cups sugar 3-4 cup super chunk peanut butter 3 cups quick oats



Stuffing As You Like It

TURKEY BREAST WITH SPICY CHERRY STUFFING 1 frozen turkey breast (about 3 pounds) 4 slices day-old whole-wheat bread

WHOLE-WHEAT APPLE-STUFFING 1/2 cup butter or margarine 1 cup chopped onions 10 slices whole-wheat bread, cut in 1/2-inch cubes (6 cups)

Separate ribs of turkey breast. Spoon stuffing into cavity. Put a double thickness of foil over stuffing and half way down sides of turkey breast.

Publix Fall Produce Sale advertisement featuring various produce items like Orange Juice, White Potatoes, Apples, and Squash with prices and promotional text.

Microwave Magic

Standing Time Important To Complete Cooking Of Vegetables

Nothing cooks vegetables like a microwave oven. Short cooking time and little or no added water helps to preserve nutritive value, prevents loss of color and retains crisp texture.

Microwave vegetable cookery can be divided into three groups. Commercial or home canned vegetables are simply reheated, using 85 percent power, which is reheat on some ovens.

Frozen vegetables require 8 to 10 minutes per pound, 100 percent power, 5 minutes standing time.

Fresh vegetables cook to perfection in 6 to 8 minutes per pound, 100 percent power 5 minutes standing time. The standing time is important to complete the cooking of all vegetables, so don't consider them done until after that time.

Pierce skins of vegetables that are to be cooked whole and unpeeled. Potatoes, winter squash and eggplants are good cooked this method. The piercing allows steam to escape and prevents popping.

When cooking vegetables in the microwave, small amounts of water (2-3 tablespoons per pound) is all that is needed. Rinsing vegetables before cooking is often sufficient.

Salt just before serving, not before. Salt causes bleeding of moisture from vegetables. Cover with plastic wrap, vented on one corner, or a tight lid for all vegetable cooking except the whole, unpeeled kinds. You won't have to coax anyone to eat their vegetables cooked the microwave way.

Corn on the cob, fresh with husk and silk removed can be cooked in plastic wrap.

1 ear 2 to 3 minutes
2 ears 3 to 4 minutes
4 ears 4 to 6 minutes

These are approximate times, as size and temperature are variable.

Fresh vegetables are great just microwaved and small amounts of seasonings, but you will want to try these vegetable combination casseroles too.

POTATO ONION BAKE

4 medium potatoes (peeled and sliced)
1 medium onion sliced
1 teaspoon parsley
1 teaspoon salt
2 tablespoon butter
Dash of pepper
Dash of paprika
Combine all but salt and paprika. Dot with butter. Cook

Sharpen Horizons In Cheese

Step up and expand your horizons in the fascinating world of cheese. There's more to it than cheeseburgers, a few strips in a salad or the melted topping on a pizza.

In 1955, cheese consumption was 7.3 pounds per person. In 1980, the average American ate 17.8 pounds. This increase of 144 percent is due to many factors. Cheese fits the current lifestyle with its easy-to-eat, easy-to-like qualities.

Cheese provides substance to soups, piquancy to appetizers, heartiness to main dishes, texture and taste to salads, satisfaction value to desserts and makes a sandwich a full-fledged meal.

Start with a fun food like pizza. Mozzarella is the current choice and that's fine. If you want variety, try smoky-flavored Provolone or use a combination of mild Scamorza and Parmesan.

Sandwiches offer a big opportunity for many cheese types. Mild-flavored Brick is a favorite; so is Muenster, which is similar to Brick with its numerous irregularly shaped eyes but has less surface ripening. Both are creamy white, but Muenster is a bit more pungent than Brick.

Monterey Jack is another creamy white cheese with a soft, open texture. It has a full range of uses, even as a dessert with pineapple, green grapes, apples, pears and honeydew melon.

Blue cheese is a favorite among those who have developed a taste for this spicy food. It's marbled with blue-green mold and comes with either a paste-like texture or a crumbly one. Because of its piquancy, blue cheese is great for appetizers, salads or their dressings, with fruit.

In spite of their French names and origins, Camembert and Brie are made in America. Their flavors range from mild to pungent. Wrapped in foil, these cheeses come in small wheels or wedges with an edible crust. They're elegant with fruit for dessert.

You can't miss Edam or Gouda. They come with a red waxed outer surface, shaped like a flattened sphere, usually sold in weights from three-fourths of a pound to 14 pounds. Mild and nutlike in taste, Edam and Gouda have a meaty body, are softer than Cheddar, tasty as an appetizer, salad or dessert.

Have you ever wondered if Pasteurized Processed and Cold Pack cheeses are true dairy products? Yes, they are! Process American slices are made by blending, with heat, one or more kinds of Cheddar cheese, usually molded into loaves. Cold Pack cheese is made by grinding one or more cheeses and mixed without heating into a spreadable product packed into a crock or similar container. Either cheese may be flavored with spices, fruits, vegetables, wine or smoke.

America's most popular cheese is Cheddar. It ranges in color from white to yellow to deep orange, but its flavor depends on how long the cheese was cured or aged. Two or three months gives a mild cure and bland flavor. Up to six months is considered a medium cure that produces a characteristic nutty taste.

Aging over six months yields a sharp rich flavor in Cheddar cheese. The cheese melts readily and blends easily with other ingredients when used for cooking.

The second most popular seller in the country is Swiss. Nutlike and rather sweet, it has a firm body, elastic texture and large holes.

Colby, a cheese that comes in small or large cylinders, random weights or slices, is softer and milder than Cheddar. Try it for sandwiches or cooked foods.

Whatever your choices, plan to increase them for variety's sake!

Midge Mycoff

Home Economist
Seminole Community College



covered 15-17 minutes high 650 watts. Stir 2 times let set 5 minutes. Sprinkle with paprika before serving.

CREAMY CABBAGE

1/4 cup butter
1/4 cup light cream
1/2 small head cabbage, shredded (about 1 quart)

1/4 teaspoon salt
1/4 teaspoon seasoned salt
1/4 teaspoon pepper

In microwave, melt butter in 2-quart casserole. Add cabbage, stirring to coat with butter. Cover and cook by microwave for 2 minutes. Stir in cream; cover and cook 2 minutes, stir and cook an additional minute. Sprinkle with salt, seasoned salt, and pepper. Let stand several minutes before serving.

ZUCCHINI ITALIAN

1/2 cup sliced onion
2 tablespoon butter
1 tablespoon Italian salad dressing mix (dry)
1 pound zucchini (thin sliced)
1 tablespoon grated parmesan cheese

Saute onion slices 3-5 minutes. Add water, salad mix and

zucchini. Cover and simmer until tender, sprinkle with cheese and serve.

ACORN SQUASH

1 acorn squash
1 tablespoon brown sugar
1/4 teaspoon cinnamon
1 tablespoon butter or margarine
Cut squash in half, lengthwise. Remove seeds. Combine brown sugar and cinnamon. Sprinkle half of mixture in each squash half. Dot with butter.

Place in shallow dish. Cover loosely with plastic wrap. Cook covered, on high for 9 to 11 minutes or until tender. Turn dish halfway through cooking time if you do not have a carousel.

Next week's column: Getting ready for Halloween with the microwave—nuts and candies.

75¢ 1-LB. BAG, OLDE SMITHFIELD HOT OR MILD BAG Sausage With One Publix Stamp Price Saver Booklet	29¢ DOZ., BREAKFAST CLUB FLA. GRADE A Large Eggs With One Publix Stamp Price Saver Booklet	15¢ 8-OZ. CUP BREAKSTONE Sour Cream With One Publix Stamp Price Saver Booklet	75¢ 5-LB. BAG PURE CANE Evercane Sugar With One Publix Stamp Price Saver Booklet	59¢ 32-OZ. JAR HEINZ PICKLES Kosher Dills With One Publix Stamp Price Saver Booklet	79¢ 32-OZ. JAR Kraft Mayonnaise With One Publix Stamp Price Saver Booklet	29¢ 6 1/2-OZ., IN WATER OR OIL, CHUNK LIGHT STAR-KIST Tuna With One Publix Stamp Price Saver Booklet
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Publix Saves You More On Autumn Food Favorites

Autumn brings a seasonal change of taste...to hearty stews and soups, savory casseroles and satisfying meat-and-vegetable combinations. What never changes, though, is Publix' commitment to giving you the best values every day.

THIS AD EFFECTIVE THURSDAY, OCT. 22 THRU WEDNESDAY OCT. 28, 1981 ... CLOSED SUNDAY ...

WEEK 2

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THIS WEEK'S FEATURES
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U.S.D.A. CHOICE BONELESS BEEF

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Delicious Ham & Bacon Loaf	quarter	79¢
Flavorful Sweet Munchies Cheese	per lb	\$1.10
Fully Cooked Glazed (Either End or Whole) Smoked Ham	per lb	\$1.00
Fresh-Made Kaiser Rolls	per doz	79¢
Fresh-Baked Dutch Apple Pie	each	\$1.00
Hot from the Deli Lasagna	per lb	\$2.70
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(EITHER END OR WHOLE)

Pork Loin Roast

per lb **\$1.29**

DELICIOUS TASTING

Beef Cube Steak

per lb **\$2.99**

SAVE 40% FROZEN

Family Suppers

per lb **\$1.49**

SAVE 50% FROZEN

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Whole Tenderloin	per lb	\$4.59
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Welch's Cranberry Apple or Cranberry Grape Concentrate Juice Cocktail	12-oz. can	99¢
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Chun King Chicken Chow Mein	12-oz. pkg	\$1.30
Aunt Jemima Cinnamon Swirl or Regular French Toast	per doz	79¢
Totino Combination Classic Pizza	per doz	\$2.40
Snow King Sandwich Steaks	14-oz. pkg	\$2.20
Assorted Patio Burritos	5-oz. pkg	39¢
Mrs. Smith's Coconut Custard Pie	per doz	\$1.30
Mrs. Paul's Family Pack Fish Sticks	14-oz. pkg	\$1.70
Wakefield Snow Crab Meat	5-oz. pkg	\$3.00

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Fall Dessert Magic

Lemon Carrot Cake Is Truly Supreme

When the leaves turn color and cool winds prevail, everyone knows that fall is here. Thoughts turn to tantalizing desserts that complement hot meals.

A Lemon Carrot Cake Supreme is just the answer; the taste is as breezy as the fall season. Top off this delicious cake with a Cream Cheese Fluff, then serve with an added treat: Golden Lemon Sauce . . . made easy with reconstituted lemon juice.

LEMON CARROT CAKE SUPREME

(Makes one 10-inch cake)

- 1 (9-ounce) package condensed mincemeat, crumbled
- 2 cups finely shredded carrots
- 1/2 cup chopped walnuts or pecans
- 2 cups unsifted flour
- 1 cup firmly packed light brown sugar
- 3/4 cup vegetable oil
- 1/4 cup reconstituted lemon juice
- 3 eggs
- 2 tablespoons baking powder
- 1 teaspoon baking soda

- 1 teaspoon salt
- Cream Cheese Fluff
- Golden Lemon Sauce

Preheat oven to 325 degrees F. In large bowl, combine mincemeat, carrots and nuts; toss with 1/4 cup flour. Set aside. In large mixer bowl, combine sugar, oil and ReaLemon; mix well. Add eggs, 1 at a time, beating well after each addition. Sift or stir together remaining 1 1/2 cups flour, baking powder, soda and salt; gradually add to batter, beating until smooth. Stir in mincemeat mixture. Mix well. Turn into well-greased and floured 10-inch bundt or tube pan. Bake 1 hour or until toothpick inserted near center comes out clean. Cool 15 minutes; turn out of pan. Serve with Cream Cheese Fluff and warm Golden Lemon Sauce.

GOLDEN LEMON SAUCE

- 1 cup sugar
- 2 tablespoons cornstarch
- 1/2 cup reconstituted lemon juice
- 1/2 cup water
- 1/4 cup margarine or butter
- 1 drop yellow food coloring, optional

In small saucepan, mix together sugar and cornstarch; stir in ReaLemon and water. Cook and stir over medium heat until mixture comes to a boil. Reduce heat; continue cooking and stirring 3 to 4 minutes or until thick and clear. Remove from heat. Stir in margarine and food coloring if desired. Serve warm with Lemon Carrot Cake Supreme. Refrigerate leftovers.

CREAM CHEESE FLUFF

- 1 (8-ounce) package cream cheese, softened
 - 2 tablespoons confectioners' sugar
 - 2 tablespoons milk
- In small mixer bowl, beat together all ingredients until light and fluffy. Serve with Lemon Carrot Cake Supreme. Refrigerate leftovers.

French Inspired Ham And Eggs

Ham and Eggs au Fromage is a meal-in-a-dish, inspired by the French. Since France is a country of many cheeses, it's appropriate this entree be called au fromage, which means "with cheese."

This recipe has been adapted for everyone's use and can be prepared and refrigerated up to the baking point. With cheese and eggs to extend this bit of ham, there's no lack of protein in the dish!

There are other values, too. Calcium and Vitamin A are high and the zucchini squash provides a generous supply of Vitamin C. Its a nutritious luncheon or supper dish your family will applaud!

HAM AND EGGS AU FROMAGE

- 1 large (or 3 small) zucchini squash
- 6 hard-cooked eggs
- 1/4 cup (1/2 stick) butter
- 1/4 cup all-purpose flour
- 2 cups milk
- 2 cups (8 oz.) shredded Cheddar cheese
- 1/4 cup finely chopped onion
- 1/2 cup finely chopped mushrooms
- 1/2 cup (approx. 3 oz.) chopped ham
- 2 tablespoons chopped pimento-stuffed olives
- 2 teaspoons crushed basil leaves

Parboil zucchini; cool and slice crosswise. Cut eggs in half lengthwise, place yolks in small bowl. Lightly salt inside of egg white; set aside.

In a 1 1/2 quart saucepan, melt 3 tablespoons butter. Blend in flour. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Add cheese and stir just until cheese is melted.

In a small skillet melt remaining tablespoon of butter, saute onion and mushrooms. Mash egg yolks; add onion and mushrooms, ham, olives and 2 tablespoons cheese sauce. Fill whites with egg yolk mixture.

Arrange sliced zucchini in 2-quart baking dish or six 1/4 cup ramekins. Pour over cheese sauce (1/4 cup for each ramekin). Arrange egg halves in casserole (2 egg halves per ramekin). Sprinkle with crushed basil leaves.

Cover casserole with foil. (Place ramekins in large baking pan. Cover all with foil.) Bake in preheated 350 degree oven, 20 minutes or until sauce is bubbly and eggs are heated through. Yield: 6 servings.

Banana Bread In The Bag

A sweet bread such as banana currant bread will satisfy a craving for desserts for brown baggers and school lunches. Serve with cream cheese or your favorite fruit and milk for an afternoon pick-me-up.

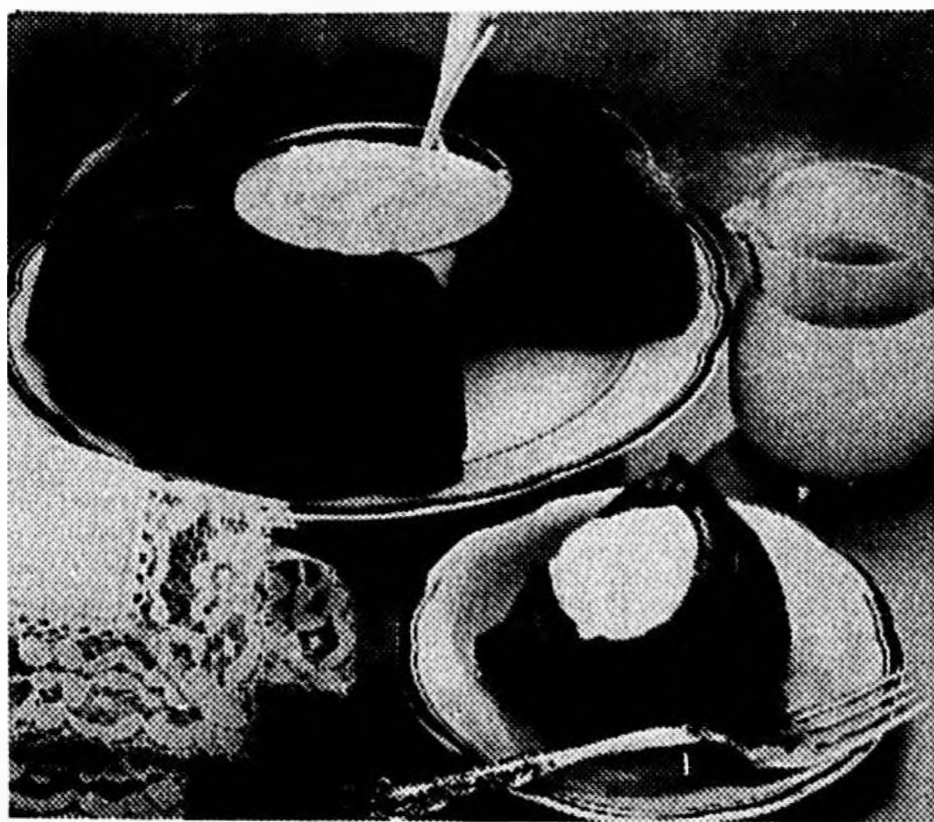
BANANA CURRANT BREAD

- 1-3 cup soft butter or margarine
- 2-3 cup packed dark brown sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 1/2 cups unsifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon lemon juice
- 1 cup mashed ripe bananas (3 medium bananas)
- 1 cup currants

In large mixing bowl cream butter and sugar. Beat in vanilla. Beat in eggs, one at a time. In medium bowl mix together flour, baking powder and salt; blend into batter alternately with bananas and lemon juice. Stir in currants. Turn into two greased and floured one-pound coffee cans. Bake in 350-degree oven one hour, or until cake tester inserted in center of bread comes out clean. Cool 10 minutes, remove from cans and cool completely. This kitchen-tested recipe makes two loaves.



Spoon Golden Lemon Sauce over cake and serve with Cream Cheese Fluff



59¢
10 1/2-oz. LIQUID GOLD OR WHITE Soft Soap
With One Public Stamp Price Saver Booklet

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- Dairy-Fresh Assorted Swiss-Style Yogurt 4 8-oz. cups \$1
- Philadelphia Brand Soft Cream Cheese 8-oz. pkg. 99¢
- Kraft Sliced Old English Cheese 8-oz. pkg. \$1.29
- Kraft Cracker Barrel Cheese: Mellow Cheddar 10-oz. slice \$1.59
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PRIZE	NO. OF WINNERS	ODDS	AMOUNT
\$2,000	1	1 in 1,000,000	\$2,000
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\$500	1	1 in 250,000	\$500
\$200	1	1 in 100,000	\$200
\$100	1	1 in 50,000	\$100
\$50	1	1 in 25,000	\$50
\$20	1	1 in 10,000	\$20
\$10	1	1 in 5,000	\$10
\$5	1	1 in 2,500	\$5
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1 1/2-oz. PKG. **99¢**

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