

Evening Herald

77th Year, No. 31—Wednesday, September 26, 1984—Sanford, Florida

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Herald Photo by Tommy Vincoet

Lamplighter's Lift

City of Sanford Maintenance Department employee Robert Meyers gets a lift in cherry picker to tighten the globe on the first of new antique-style street lights to be installed along Magnolia Mall as part of Sanford's downtown beautification project.

Parents Charge Abuse At School

By Rick Brunson
Herald Staff Writer

A special school board meeting was convened early today to hear the complaints of three Sanford parents who said their children were physically and mentally abused while students in a special education class at Pine Crest Elementary School in Sanford.

The meeting came about after the

complaining parents said they were unsuccessful in getting the problem resolved at the school. The state Department of Health and Rehabilitative Services (HRS) is also looking into the matter.

Although school officials barred an Evening Herald reporter from the meeting, parents said — prior to the meeting — that their children were choked, thrown against a wall, or

locked in a windowless room for three hours while attending the class.

Pine Crest Principal Clay Carroll was in a meeting this morning and unavailable for comment, as was the assistant principal, according to a school secretary.

Missy Jemery, of 1214 Randolph St., said her son, Michael Cote, 9, came home Sept. 13 with marks on

See ABUSE, page 10A

County Budget OK'd

Spending Plan Upsets Some Homeowners

By Donna Estes
Herald Staff Writer

After a nearly two-hour public hearing Tuesday night, and against the wishes of some county homeowners, the Seminole County Commission adopted a \$93.9 million budget for fiscal 1984-85, calling for a countywide tax rate of \$4.18 per \$1,000 assessed valuation, down by 15 cents over this year's \$4.43.

Only lame duck Commissioner Robert G. "Bud" Feather voted against the spending plan.

Former county commissioner Bob French, as president of the Seminole County League of Homeowners Association, Inc., presented a resolution adopted by the league criticizing the proposed budget, saying the commission "has not demonstrated in any way visible to the general public the impact of development and growth on supportive services and activities."

The resolution also expressed a "strong condemnation of the fiscal practices within Seminole County and urged immediate steps be taken to bring growth under the umbrella of sound and responsible management."

For unincorporated county areas, the budget calls for a tax rate of \$2.31 per \$1,000, a reduction of 4 cents from this year's \$2.35, for fire protection and rescue and county road improvements. The countywide rate includes \$3.91



'This is the fattest budget I have ever seen... I'm disappointed the commission hasn't seized the opportunity to hold the line and give taxpayers a property tax adjustment.'

—Robert Feather

per \$1,000 for general operation; 4 cents per \$1,000 to pay for the old bond issue for the courthouse and jail; 4 cents for the county's general obligation bonds and 19 cents to finance the library construction bond issue.

While the tax levy for the old courthouse-jail bond issues and the general obligation bond issues were down slightly, the 1984-85 fiscal year to begin Oct. 1 includes taxes for the first time for the library construction bonds.

The \$93.9 million budget is up from this year's \$79.3 million.

Budget Director Eleanor Anderson said the budget total of \$93.9 million is somewhat misleading in that it includes some expenditures and reve-

nues twice since fleet management has been created and separated from other departments. Moneys budgeted for the operation of fleet management, she said, as one example, are actually internal transfers from other department budgets.

Mrs. Anderson said this year's budget should really be considered as \$68 million and the new year's budget should be considered as \$80.5 million.

Feather, in voting against the budget, said in his 12 years as an elected official — eight years on the school board and four years on the county commission — representing nearly \$1 billion in public expenditures, "this is the fattest budget I have ever seen."

See BUDGET, page 10A

Seminole Puts Sales Tax On Ballot

No one spoke against the proposed 1 cent sales tax to raise \$13.2 million for expansion of the county jail, access roads to the jail and renovations of the courthouse at a public hearing Tuesday night.

And the county commission voted unanimously to adopt an ordinance setting a referendum on the proposal at the Nov. 8 general election.

However, during a public hearing on the county's 1984-85 budget held earlier in the evening, Bob French, president of the Seminole County League of Civic Associations, spoke in favor of the tax as did Basil Craddock of Longwood.

During the three minutes for the time the ordinance was brought up for discussion until it was adopted, Sheriff John Polk, who has been speaking before civic and fraternal organizations seeking support for the proposal, said the 500 bed expansion of the county jail from 236 to 736 is "needed now."

He said while the jail is little more than four years old, it is already

operating at capacity. He stated his fear that without a jail expansion Seminole County will come under a federal court order, as did Orange, Volusia and Brevard counties to set prisoners free because of overcrowding.

"A sales tax is the only fair way to finance the expansion," he said, adding 34 percent of the county prisoners come from outside Seminole and 35 percent of the sales tax increase will be paid by tourists and persons from other counties coming here to shop.

"This cost should not be paid just by property taxpayers," Polk said.

Earlier Commissioner Bob Sturm said the \$13.2 million proceeds of the tax will be used in the following manner: \$9.6 million for the jail expansion, \$900,000 to equip and furnish the jail; and \$2 million for the courthouse renovations.

Commission Chairman Sandra Glenn said the county will have to spend an additional \$300,000 from other sources to provide a "sally port" — a secure area into which prisoners will be delivered

by sheriff's vehicle and which will have access only to the courtroom — and to secure entrances into courtrooms.

The ordinance adopted by the county commission set this wording to be on the ballot, concerning the 1 cent sales tax: "Criminal Justice Facilities Sales Tax. A construction project increasing the capacity of the Seminole County jail up to an additional 500 inmates; providing for construction of jail access roads and renovation-construction of county courthouse facilities, would be funded by the levy of a state-authorized additional one percent tax on specified sales, uses and transactions. Any excess proceeds would provide property tax relief.

"The tax levy would be for one year, from Jan. 1, 1985 until Dec. 31, 1985.

"Do you favor financing criminal justice facilities with a 1 percent sales tax for 12 months only?"

"Yes — for financing criminal justice facilities."

"No — against financing criminal justice facilities." —Donna Estes



Herald Photo by Joe Casaberry

Go, Team

Dave Joswick, campaign chairman for the United Way of Seminole County fund drive, and Clara Shannon, executive secretary for United Way, shake their pom poms to engender enthusiasm at the kick-off breakfast held for volunteers at the Eastmonte Civic Center, Altamonte Springs Tuesday. This year's goal is \$500,000.

Charged With Grand Theft

Ex-Jaycees Head Freed Without Bond

A past president of the Altamonte-South Seminole Jaycees charged with two counts of grand theft for allegedly embezzling \$18,725 from that group has been released from jail without posting bond.

Seminole County Sheriff's spokesman John Spolski said today the arrest of Leonard Neil Schnack, 34, of 133 Vespera

Place, Lake Mary, came Friday after a sheriff's investigation, which began in May.

But Spolski said, before lawmen became involved in the case the Jaycees had conducted their own investigation into the allegations against Schnack. A certified public accountant and attorney Mark Rabinowitz had investigated the disappearance

of the money. They turned over to deputies a "voluminous report on the allegations," Spolski said.

Schnack turned himself in at the Seminole County jail at 1:15 p.m. Friday. He was released from jail without posting bond shortly after his arrest. Spolski said that Schnack, who was president of the 100 member Jaycee organization for 10

months, "has been very cooperative with our investigators."

Schnack allegedly transferred funds to himself from several of the Jaycees' accounts at Sun Bank, Longwood, Spolski said.

The case has been turned over to the Seminole County State Attorney, Spolski said, and Schnack is scheduled to appear in court Nov. 19. —Susan Loden

Groves Cleared For Harvest

WINTER HAVEN (UPI) — Fresh limes and grapefruit were arriving at fruit packing houses in south and central Florida today, destined for out-of-state markets after being cleaned and disinfected.

The U.S. Department of Agriculture has banned shipments to citrus-producing areas because of an outbreak of the deadly citrus canker, and state officials said that order includes markets within Florida.

Citrus canker is a highly contagious bacterial disease that can kill trees, but is harmless to

humans. There is no known cure and the only means of eradication is to burn infected trees.

A harvest ban was imposed Monday morning pending recertification of groves as free of the disease. So far the disease has not been found in any commercial groves, only in six nurseries and stock in those facilities are being destroyed.

Wayne Baggett, spokesman for the U.S. Department of Agriculture, said reporting by inspectors on groves cleared for harvest was running behind

See CANKER, page 10A

Copter Crash Kills 2; Rescue Attempt Fails

KERNERSVILLE, N.C. (UPI) — A "Sky 2" helicopter used by Greensboro television station WFMY crashed Tuesday night while trying to rescue a construction worker on a water tower, apparently killing the pilot and a rescue worker. The construction worker also died.

A Kenneraville Police spokesman declined to confirm how many people died in the accident, but said the helicopter crash also started a fire and a natural gas leak when it crashed near the water tower.

Police closed the two main roads into Kernersville from Interstate 40 when the fire erupted and moved crowds that gathered to watch the rescue attempt back from the area.

Cowan said the construction worker apparently died during the rescue attempt while

hanging by a safety rope from the water tower. The identities of the three people believed killed were not immediately available.

Terry Lambert of Kernersville, who watched the rescue attempt, said the helicopter's blade appeared to hit the tower or another object about 10 p.m. before it flipped and landed on the roof of a building in the main section of town called "the square."

Initial reports indicate the construction worker was using a welding torch to dismantle the water tower when a section of the tower fell about 6:30 p.m., knocking him down.

A 2½-hour effort to rescue the construction worker, with an aerial ladder and other equipment failed and the "Sky 2" helicopter was asked to join the rescue attempt.

TODAY

Action Reports.....3A	Editorial.....4A
Around The Clock.....4A	Florida.....3A
Bridges.....6B	Horoscope.....6B
Calendar.....3B	Hosp!al.....2A
Classifieds.....6,7B	Nation.....2A
Comics.....6B	People.....1,2B
Crossword.....6B	Sports.....7-9A
Dear Abby.....2B	Television.....3B
Deaths.....10A	Weather.....2A
Dr. Lamb.....6B	World.....10A



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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Sept. 26, 1984-1B

Cook Of The Week

Working Mom Shares Shortcuts To Easy Meals

By Brenda Lowe
Herald Correspondent

It's been said that necessity is the mother of invention. This week's cook, Joan Buchanan of Sanford, found it to be true where her cooking was concerned, anyway. Returning to work full time impelled her to find new ways of answering that age-old question, "What's for dinner, Mom?"

Joan was born in Little Rock, Ark. but grew up in Orlando where her father, Carl Langford, was mayor.

One of her special memories is of going to the Cathedral School, an Episcopal day school which used to be across from Lake Eola. She says it was a landmark of sorts. Since there was no public kindergarten nearby, the Cathedral School was always full of kindergartners. Joan says she was just plain happy there, largely because of the picturesque setting of the school.

Joan graduated from Edgewater High School where she was a member of Tri-Hi-Y. She was also in the Latin Club for four years. She says there was a time when she thought she wanted to be a doctor.

In 1968, Joan was a member of the Young Republicans Club and was a delegate to the National Convention in Miami. She says it was really an exciting time for her. She was also involved in campaign fund-raising.

Several years ago, when she was a full-time homemaker, Joan took a class in tote-painting as a leisure-time activity. Not long after, her "leisure-time" endeavor mushroomed into a lucrative business. She is a member of several art associations and has won prizes and money in many area art shows. Although she is no longer in the tote-painting business in a big way, her artistic abilities do not lie dormant. She says she is now painting signs for her church's annual bazaar.

Joan is currently employed as a word processing specialist for a Winter Park consulting firm. She says that going back to work full time resulted in a complete transition in her attitude toward cooking.

"In the beginning, I was still trying to cook the same time-consuming meals I'd always prepared when I was at home all day. I'd come home from a full day at the office and spend half the evening cooking, which resulted in too many late night meals. Sometimes we would just go out to eat. I even resorted to frozen macaroni and cheese from time to time. That was something I'd never done

Joan Buchanan serves her family food that's nutritious as well as tasty and fast. 'Planning ahead is the real key to it all,' she says.

Herald Photo by Tommy Vincent



before. Frozen macaroni and cheese was a real milestone for me! After I realized that my children wouldn't die of malnutrition from frozen or quick foods, I became more conscious of looking for recipes that were fast or could be cooked ahead of time and frozen. Since I'm also calorie-conscious, I use low-calorie substitutes whenever possible in my recipes. Planning ahead is the real key to it all. I always cook enough to have leftovers that will work with another meal. That way, I'm able to serve food that's nutritious, as well as tasty and fast."

Joan gets plenty of help in the kitchen from her two sons, Carl and Kristoffer. They both have shown an interest in becoming self-sufficient in the cooking department and, Joan says, she is

more than happy to teach them.

Following are a few of Joan's favorites, some delicious answers to that question most mothers hear every day.

PETTI DI POLLA LOMBARDI

6 boned, skinned chicken breast halves
salt and pepper
2 cloves garlic, crushed
1/4 cup flour
1 tablespoon oil
1 tablespoon butter (or diet margarine)
1/2 teaspoon tarragon (or to taste)
3/4 cup chicken broth
1/4 cup dry white wine
2 ounces thin-sliced boiled ham
2 ounces grated swiss cheese

2 tablespoons toasted sliced almonds
1/2 pound sliced mushrooms, sauteed
Salt and pepper both sides of chicken and dredge with crushed garlic. Dredge lightly with flour. Heat butter and oil in non-stick skillet and saute chicken until golden brown. Place chicken in shallow casserole dish and sprinkle with tarragon. Add broth to skillet and heat, scraping bits from pan. Add wine, bring to boil and pour over chicken. Bake covered at 350 degrees for 20 minutes. Meanwhile, in same skillet, saute mushrooms. Top each chicken breast with ham. Cover and bake 12-15 minutes. Top ham with swiss cheese and bake uncovered for 5 minutes. Garnish with toasted almonds. Makes 6 servings at 250 calories each.

RICE PILAF

1 1/2 cups chicken stock (or bouillon)
1 1/2 cups unsweetened apple juice
1/4 cup wild rice
1 cup long grain white rice
1 tablespoon diet margarine

Bring chicken stock and apple juice to boil. Add wild rice and return to boil. Reduce heat to low. Cover and simmer 15 minutes. Add long grain rice, cover and continue simmering 30 minutes or until moisture is absorbed. Turn into serving dish. Fluff with fork. Add margarine and toss gently. Makes 8 servings at 102 calories each.

STEAMED CUT ASPARAGUS

1 1/2 pounds asparagus
1/4 cup water
2 tablespoons diet margarine
1/2 teaspoon salt
1/8 teaspoon pepper

Cut off only toughest ends of asparagus. Peel the pointy scales off the stalk. Wash and shake dry. Cut diagonally into 1/4 inch pieces, leaving tips whole. In skillet bring to boil water, margarine, salt and pepper. Add asparagus, bring to boil. Cover tightly, and simmer 5 minutes or until crisp-tender. All liquid should be evaporated. Watch for scorching.

CROCKNECK BOUP

1 teaspoon diet margarine
1 large onion, chopped
1 leek, chopped (white only)

See COOK, Page 2B

Wesley Hamrick To Present Free Piano Recital

Wesley Ellis Hamrick, son of Mr. and Mrs. George B. Hamrick of Maitland, will present a piano recital in the Fine Arts Concert Hall on the campus of Seminole Community College on Tuesday, Oct. 2, at 7:30 p.m. This event is open to the public and there is no admission charge.

Hamrick is performing this recital just days before the presentation at the College-Conservatory of Music of the University of Cincinnati in partial fulfillment of the requirements for the Bachelor of Music degree in piano performance. He is a student of Richard Morris, chairman of the Piano Department at the College-Conservatory.

Hamrick is a former student at Seminole Community College where he was a

member of the Chorallers and served as an accompanist in the choral music area. His local piano teachers included Dr. Walter N. Hewitt, Kathy Malloy Holler and Marie Ison.

During the 1982-1983 school year, Hamrick performed at the piano for the Carnival Cruise Lines and the Norwegian-Caribbean Cruise Lines and has just completed a performing contract with the Netherlands Plaza Hotel in Cincinnati. He recently returned from a tour of Poland and the Soviet Union with the Cincinnati University Singers for whom he was the accompanist.

For his recital program the artist has chosen a varied program including works by Schubert, Chopin and Ravel.



Luau A La Elks' Style

Robert Phillips, from left, Carly Prevatt, Sam Dunn, Bill Thoman and Don Veth, members of Sanford Elks Lodge 1241, set the pace for the Annual Hawaiian Luau Saturday, starting at 6 p.m., at the lodge, 1006 E. Second St. A bountiful buffet, surprise entertainment, music, dancing and a limbo contest in a colorful setting will highlight the evening's festivities. Tickets are limited and must be purchased in advance. For information and tickets, contact Dunn, 323-2815, or Thoman, 323-1332.

Herald Photo by Tommy Vincent

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TONIGHT'S TV

WEDNESDAY	THURSDAY
EVENING 6:00 11:35 THE STEPPED-BOYS (19) MACHIEL / LEHNER NEWS-HOUR (8) WELCOME BACK, KOTTER 6:05 LUCY SHOW 6:30 11:35 NBC NEWS 11:35 ABC NEWS 11:35 ALICE 11:35 GOOD TIMES 6:35 CAROL BURNETT AND FRIENDS 7:00 11:35 JOKER'S WILD (1) P.M. MAGAZINE Redheaded people united for their own convention and beauty pageant; a girl who is both a wrestler and a beauty contest winner at age five. (7) JEOPARDY! (9) TOO CLOSE FOR COMFORT (10) FLORIDA HOME GROWN LIVE SPECIAL In this month's second of three live phone-in specials, Tom MacCubbin answers viewer questions on the fall leaf and garden. (8) ONE DAY AT A TIME 7:05 GOMER PYLE 7:30 11:35 ENTERTAINMENT TONIGHT Featured: Shelley Long discusses her role in "Inconceivable Differences." (7) WHEEL OF FORTUNE (7) NEW \$100,000 NAME THAT TUNE (1) BENSON (2) ALL IN THE FAMILY 7:35 BASEBALL Atlanta Braves at Cincinnati Reds 8:00 11:35 HIGHWAY TO HEAVEN (1) MISTRAL'S DAUGHTER After World War II Teddy, now a model, meets Mistral in France and bears his daughter, Fave. The girl is raised by Mummy in New York and spends summers in Provence with her father, who cultivates her artistic talents. (Part 3 of 3) (7) THE FALL GUY (Season Premiere) A writer ends up on a tight through the Everglades with Con when a reputed crime boss discovers that her next book will be based on his life. Stars Lee Majors and Doug Barr. (1) DALLAS (10) GREAT PERFORMANCES "Live From Lincoln Center: New York City Opera - Carmen" Frank Corcoran's new version of Bizet's classic is set during the Spanish Civil War, with Carmen as a loyalist opposed to the fascist Franco. Stars include Victoria Vargas as Carmen, Marianna Christos as Micaela, Jacques Truax as Don Jose and Robert Hale as Escamillo. (9) MOVIE "Reflections In A Golden Eye" (1987) Elizabeth Taylor, Marton Brando. While his wife romances a fellow officer, an Army officer becomes attracted to one of the men in his command. 9:00 (4) FACTS OF LIFE (Season Premiere) Mrs. Garrett and the girls reminisce about their summer vacations. Stars Charlotte Rae and Lee Whitchard. (7) DYNASTY (Season Premiere) Blake struggles to overcome the loss of his fortune. Alexis	MORNING 6:00 11:35 NBC NEWS AT SUNRISE 11:35 CBS EARLY MORNING NEWS (7) EYEWITNESS DAYBREAK (11) GOOD DAY! (7) NEWS (7) JIM BAKKER 6:30 11:35 NEWS 11:35 CBS EARLY MORNING NEWS (7) ABC NEWS THIS MORNING (11) ALICE (7) GOOD TIMES 6:45 EYEWITNESS DAYBREAK (10) A.M. WEATHER 7:00 11:35 TODAY (1) CBS MORNING NEWS (7) GOOD MORNING AMERICA (11) THE FLINTSTONES (10) TO LIP! (11) FUNTIME (8) FANTASTIC FOUR 7:15 11:35 A.M. WEATHER 7:30 11:35 TOM AND JERRY (11) BESAME STREET (R) C (8) VOLTRON, DEFENDER OF THE UNIVERSE 7:35 11:35 I DREAM OF JEANNE 8:00 11:35 WOODY WOODPECKER (8) SPIDER-MAN 8:05 11:35 BEWITCHED 8:30 11:35 INSPECTOR GADGET (10) MISTER ROGERS (R) (8) THE BRADY BUNCH 8:35 11:35 I LOVE LUCY 9:00 (4) FACTS OF LIFE (R) (TUE-FRI) (7) DONAHUE (7) MOVIE (11) THE WALTONS (10) BESAME STREET (R) C (8) THE PARTRIDGE FAMILY 9:05 11:35 MOVIE 9:30 (7) MORK AND MINDY (8) HERE'S LUCY 10:00 (4) LOVE CONNECTION (1) HOUR MAGAZINE (11) BIG VALLEY (10) ELECTRIC COMPANY (R) (8) MAYBERRY R.F.D. 10:30 (4) SALE OF THE CENTURY (10) VOYAGE OF THE MIMIC (8) THE REAL MCCOYS 11:00 (7) WHEEL OF FORTUNE (1) PRICE IS RIGHT (7) CELEBRITY FAMILY FEUD (1) EIGHT IS ENOUGH (10) MAGIC OF OIL PAINTING (8) HOBSON 11:05 11:35 THE CATLINS 11:30 (7) SCRIBBLE (7) LORING (10) FLORIDASTYLE 11:35 11:35 ALL IN THE FAMILY AFTERNOON 12:00 (7) MIDAY (7) NEWS (8) BEWITCHED

CALENDAR

WEDNESDAY, SEPT. 26
Branchree Homeowners, 7 p.m., Casselberry Senior Center, 200 N. Lake Triplet Drive.
Altamonte Springs AA, closed, 8 p.m., Altamonte Springs Community Church.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church.
Rebos Club AA, 130 Normandy Road, 5:30 p.m. and 8 p.m., closed.
Sanford Born to Win AA, 1201 W. First St., 8 p.m., open.
THURSDAY, SEPT. 27
Lake Mary Rotary Club, 8 a.m., Mayfair Country Club.
Winter Springs Sertoma, 7:30 a.m., Big Cypress.
Health check-ups for seniors, 9 a.m., Casselberry Senior Center, 200 N. Lake Triplet Drive, Casselberry.
Sanford Rotary Club, noon, Sanford Civic Center.
Seminole County League of Women Voters "Food for Thought" luncheon on "Women, Law, and Social Policy", noon, Quincy's on Douglas Avenue near I-4 and State Road 434.
Seminole County History Fair planning meeting, 7:30 p.m., Room L-210, Seminole Community College.
Sanford-Seminole Jaycees membership meeting, 7:30 p.m., Jaycee Building, French and Fifth.
Sanford-Seminole Jaycees, 7:30 p.m., Jaycee Building, 5th Street and French, Sanford.
Sanford AA, 1201 W. First St., 8 p.m., open, speaker.
Sanford 24-Hour AA, 8 p.m., closed, Second and Bay Streets. Alanon meets same time and place.
Oviedo AA, 8 p.m., closed, First United Methodist Church.
Overeaters Anonymous, open, 7:30 p.m., Community United Methodist Church, Highway 17-92, Casselberry.
FRIDAY, SEPT. 28
Optimist Club of South Seminole, 7:30 a.m., Holiday Inn, Wymore Road, Altamonte Springs.
Wekiva AA (no smoking), 8 p.m., Wekiva Presbyterian Church, SR 434, at Wekiva Springs Road, closed.

Longwood AA, 8 p.m., Rolling Hills Moravian Church, SR 434, Longwood, Alanon, same time and place.
Tanglewood AA, 8 p.m., St. Richard's Episcopal Church, Lake Howell Road, Alanon, same time and place.
Sanford AA Step, 8 p.m., 1201 W. First St., closed.
SATURDAY, SEPT. 29
Junior Fishing Tournament sponsored by Orlando Jaycees, Lake Eola, Orlando, 8:30 a.m. to 10:30 a.m., for children 12 and under. For information call Peg Aldrich at 898-0474. Parents may have children fingerprinted from 8 a.m. to noon at the bandshell area at no charge.
24-Hour AA group beginners open discussion, 8 p.m., Second and Bay Streets, Sanford.
Sanford AA, 8 p.m., 1201 W. First St., open discussion.

Martin, Bronson Films Top Box Office

HOLLYWOOD (UPI) — Steve Martin and Charles Bronson, two stars needing a hit to revive their faltering careers, topped last weekend's box office list. "All of Me," a light comedy starring Martin as a lawyer forced to share his body with the soul of a dead woman, played by Lily Tomlin, debuted in first place with \$5.8 million, studio executives announced Monday.

"The Evil That Men Do," in which Bronson plays a hitman who comes out of retirement to avenge the torture-murder of an old friend, opened in second place with \$4.5 million.

Both Martin and Bronson have suffered a string of major flops. Martin's farcical comedy was directed by former TV writer Carl Reiner, who also directed Martin's film debut, "The Jerk," a major moneymaker, as well as such Martin bombs as "Dead Men Don't Wear Plaid" and "The Man with Two Brains."

"Ghostbusters," starring Dan Aykroyd and Bill Murray, dropped one notch to third, grossing \$2.8 million. Last weekend's take pushed the biggest hit of 1984 over the \$200 million mark.

"Purple Rain," rock star Prince's low budget musical, fell one place to fourth with \$2.1 million for a nine-week total of \$55.5 million.

"Tightrope," Clint Eastwood's psychological police thriller, finally fell off the No. 1 spot to fifth place after five weeks at the top, grossing \$2 million for a total of \$43.5 million.

"Until September," a bitter-sweet romance about an American woman's affair with a Parisian banker, debuted in sixth with \$1.9 million. Starring Karen Allen of "Raiders of the Lost Ark," the romance represents a departure for its British director, "Return of the Jedi's" Richard Marquand.

"The Karate Kid," about a boy and his martial arts instructor, fell three places to seventh, grossing \$1.8 million for a 13-

WILLIAMS FISH MARKET

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COUPON OF THE WEEK MULLET ONLY LB. **69¢** WITH COUPON

CRABS \$89¢ CATFISH \$1.59
SPOTS \$1.29 TURTLE MEAT \$2.19
SHEEP HEAD \$1.29 TROUT \$1.79
FRESH WATER BREAM \$1.79
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BUSINESS PERSON'S LUNCH
PRIME RIB, FLOUNDER SEAFOOD SAMPLER SMOTHERED CHICKEN
Lunch includes: choice of our potatoes, choice of salad, choice of fried vegetable, hot bread

ONLY \$4.50

EARLY BIRD SPECIALS ARE BACK
4:30 PM TO 8:00 PM
PRIME RIB, FLOUNDER CLAM STRIPS OR FLOUNDER PAPOLITTE
Early Birds Specials include: Conch Chowder or French onion soup, baked potato or FF, fresh garden salad or cole slaw, hot bread & butter

ONLY \$5.95

Diners Club • American Express

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Try Our Famous 3 Piece Dinner!

\$2.39

3 pieces of golden brown Famous Recipe Fried Chicken, mashed potatoes and gravy, creamy cole slaw and two fresh, hot biscuits.

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CASSELBERRY 41 N. HWY. 17-92

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The Only Real Mexican Food In Central Florida

CARRY OUT OR DINE IN

THURSDAYS & FRIDAYS SPECIALS

TACO SALAD **\$1.49**
LARGE SERVING OF TACO MEAT ON A BED OF TORNADO CHIPS, TOPPED WITH LETTUCE, TOMATO, & MONTERO JACK CHEESE

1901 COUNTRY CLUB RD. SANFORD, FLA. 322-4438 HOURS: Tues.-Sat. 11 a.m.-8 p.m.

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VIDEO REVIEW

"THE EVIL THAT MEN DO" AGAINST ALL ODDS

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EXTRA LEAN GROUND CHUCK \$1.59 LB.	EXTRA LEAN BOILED HAM \$1.69 LB.	ROCK SHRIMP 5 LB. BOX \$12.95	CHICKEN ONLY BABY SWISS CHEESE \$2.79 LB.
U.S.D.A. CHOICE WESTERN BEEF DELMONICO STEAK \$4.19 LB.	SWEET PREMIUM SPICED LUNCHEON MEAT \$1.29 LB.	CRAY FISH STONE CRAB CLAWS \$3.59 LB.	CHICKEN ONLY MOZZARELLA CHEESE \$1.98 LB.

FRESH SHRIMP • ROCK SHRIMP WE ACCEPT FOOD STAMPS FRESH FISH • FRESH OYSTERS

BLONDIE

WHAT'S THE LATEST ON THE WILSONS FIGHTING? THEY'RE STILL FIGHTING.

I THOUGHT THEY WERE GOING TO A MARRIAGE COUNSELOR. THEY DID.

HE LISTENED TO BOTH SIDES OF THE STORY.

AND STARTED FIGHTING WITH THEM.

BEEBLE BAILEY

THINK

ACT

DOES WALKER

THE BORN LOSER

IS GLADYS A REPUBLICAN OR A DEMOCRAT?

SHE'S WHATEVER I AM.

YEAH? AND WHAT ARE YOU?

I HAVEN'T DISCUSSED IT WITH HER YET.

ARCHIE

JUGHEAD, WHY WERE YOU LATE FOR SCHOOL TODAY?

WELL, MR. WEATHERBEE, ER... YOU SEE... IT WAS LIKE THIS...

HOLD IT A MINUTE, JUGHEAD...

AREN'T ALL FAIRY TALES SUPPOSED TO START WITH... 'ONCE UPON A TIME'?

EEK & MEEK

DID YOU EVER NOTICE DURING AN ELECTION YEAR...

HOW ALL THE POLITICAL SPEECHES...

HIT JUST THE RIGHT PROMISSORY NOTE?

MR. MEN AND LITTLE MISS

HI, GIRLS!

HI, NOAH!

WHY DO YOU CALL MR. GREEDY 'NOAH'?

BECAUSE HE ALWAYS TAKES TWO OF EVERYTHING!

BUGS BUNNY

THERE'S A FLY IN MY SOUP.

SPLATT!

FRANK AND ERNEST

I'VE GOT A WIFE, THREE DAUGHTERS AND ONE BATHROOM, SO WHY DO I NEED A STRESS TEST?

GARFIELD

MUNCH SMACK SLURP

UH-OH!

QUICK FOOD!

TUMBLEWEEDS

WE WAS DUE FOR A LITTLE RAIN.

Vertigo More Than Ordinary Dizziness

DEAR DR. LAMB - I have had vertigo at different times since 1963. I do not have it often, but it is very severe when it does occur. I had tests performed by an ear, nose and throat specialist, who found no inner-ear problem.

In 1947, I had a blood clot and was hospitalized for treatment. My left side was affected, similar to a stroke, but it was not diagnosed as a stroke. I have overcome most of the numbness in my left side, but I wonder if this could be the cause of the vertigo. I am 72.

DEAR READER - The first point to settle is whether you have vertigo or dizziness. Vertigo really means an illusion of motion. You feel either that your body is moving when it is not or that your environment is moving when it is not. Dizziness is like an impending faint without the illusion of motion.

Both vertigo and dizziness are symptoms that can be caused by many different things. These include medicines that people take on their own or that have been prescribed. A good example is the faintness people sometimes feel when their blood pressure falls. That can happen if you are taking medicines to control high blood pressure.

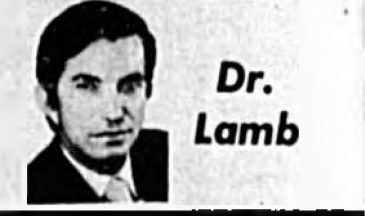
Yes, a lot of cases of vertigo, particularly in people older than 50, are caused by some problem in circulation to some part of the brain. There are other diseases that can affect the brain and also cause vertigo. I have discussed the causes of vertigo and dizziness in a new issue of The Health Letter, Special Report 33, Understanding Dizziness and Vertigo.

The positive aspect of your story is that you have had only occasional attacks for more than 20 years. That certainly justifies your doctors' apparent belief that they do not indicate a serious health problem. If you have attacks that are severe enough or frequent enough, your doctor may be able to give you some medicine to minimize them.

DEAR DR. LAMB - I am afraid I will get herpes from

using a public laundry room in the basement of our apartment complex. What if someone who has herpes use the washing machine before I wash my underwear? When I wear it, will I get herpes? Just how sanitary are public laundry facilities?

DEAR READER - If you get herpes in the laundry room, it will not be from washing your underwear. Most germs, in-



cluding viruses, cannot survive the hot water and detergent. They are even less likely to survive if a little chlorine bleach is used.

Send your questions to Dr. Lamb, P.O. Box 1551, Radio City Station, New York, N.Y. 10019.

ACROSS

- 1 Take away by force
- 6 More twisted
- 11 Thole
- 13 Capital of Austria
- 14 Not long ago (2 wds.)
- 15 Wild donkey
- 16 Boil slowly
- 17 Silk worm
- 19 Greater in number
- 20 Knurl
- 23 Rugged rock
- 24 Electrical unit
- 27 Restive
- 28 Most depraved
- 31 Jewish month
- 36 Fool
- 38 Mark Twain character
- 37 Make a choice
- 40 Last queen of Spain
- 41 Cry of surprise
- 44 Growled
- 48 Become morose
- 49 Italian monk
- 49 Nests
- 53 Bear witness
- 58 Postage stamp paper
- 57 Lightweight woolen cloth
- 58 Dinner course
- 59 Fish fin (Sp.)
- 60 Minerals

DOWN

- 1 Has marriage in mind
- 2 Lifeboat
- 3 Author Gardner
- 4 Fish eggs
- 5 Small bird
- 6 Carry the day
- 7 Enlarge a hole

Answer to Previous Puzzle

IGY	IRE	ARA
MUIR	XII	GMAN
PAPA	ING	APRA
METRO	HORSE	
ANITA		
JULEP	MIKADO	
ETDN	OPPE	GYVE
EARN	SOS	UNIT
PHYSICS	WEEDS	
SUEDE		
JEWEL	JIBER	
GENE	AMI	YMDA
METE	TAN	EMUS
TRE	EEN	ADA

- 8 Bar of metal
- 9 Month (Sp.)
- 10 More uncommon
- 12 Is not obliged to (cont.)
- 13 There it is (Fr.)
- 18 Feel regret
- 21 Eviction
- 22 Manor
- 24 Egg (comb. form)
- 25 Concealed
- 26 1051, Roman
- 28 Taxus
- 30 Aurora
- 32 Farewell (abbr.)
- 33 Poetic contraction
- 34 Singing syllable
- 36 Grate
- 38 High
- 39 Part of corn plant
- 41 Japanese port
- 42 Inn
- 43 Bizarre
- 45 River deposit
- 47 Remainder
- 50 Roll up a flag
- 51 Allowance for waste
- 52 Watches
- 54 Briny expanse
- 56 Graduate of Annapolis (abbr.)

	1	2	3	4	5	6	7	8	9	10
11						12			13	
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16						17	18		19	
			20	21					22	23
24	25	26		27					28	
29									31	32
33									35	
			37	38	39				40	
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46		47							49	50
51			54						55	56
57									58	
59									60	

WIN AT BRIDGE

By James Jacoby
A characteristic of great defenders is their willingness to make unusual plays when their judgment tells them it is right. Look how Houston expert Eddie Wold saved the day on the diagramed deal.

Against the contract of three spades, Wold led a low club. Declarer won the club queen with the ace and promptly played ace, king and a small spade. Eddie was in with the queen. He felt that declarer certainly held the club king, since otherwise it did not seem likely he would have bid again over North's two-spade preference. That being the case, de-

clarer probably held only one of the red queens, since with both of them he would surely have bid two or three no-trump over two spades. If South held the heart queen, it might cost a trick to lead a low heart, but the contract would still be set eventually. But if South held the diamond queen and no heart queen, it was absolutely necessary to lead a low heart at this point.

And that is what Eddie did. A low heart lead to his partner's queen enabled him to take four heart tricks and set the contract. What if he had been wrong? You'd be reading about a different bridge hand.

NORTH ♠ 26-04			
♠ 87			
♥ 8 4 3			
♦ A K 5 4 2			
♣ 8 4			
WEST			
♠ Q 4			
♥ A K J 8			
♦ J 2			
♣ J 8 7 3			
EAST			
♠ J 6 3			
♥ Q 9			
♦ 10 8 7 6			
♣ Q 10 8 2			
SOUTH			
♠ A K 10 5 2			
♥ 10 7 5 2			
♦ 8 3			
♣ A K			
Vulnerable: North-South			
Dealer: South			
West	North	East	South
Pass	1 NT	Pass	10
Pass	2♣	Pass	2♥
Pass	Pass	Pass	3♠
Pass	Pass	Pass	
Opening lead: ♠ 4			

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY SEPTEMBER 27, 1984
A sideline venture that you are working on with a friend could be rather profitable for both of you this coming year, provided all the pieces are carefully put together.
LIBRA (Sept. 23-Oct. 23) Unless your pockets are lined with asbestos, money may burn a hole through them today. Don't be tempted to buy merchandise where you won't get value received. The Matchmaker wheel reveals your compatibility to all signs, as well as showing you to which signs you are best suited romantically. To get yours, mail \$2 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019.
SCORPIO (Oct. 24-Nov. 22) If you attempt to use high-pressure tactics in order to advance your personal interests today, they

could have a boomerang effect.
SAGITTARIUS (Nov. 23-Dec. 21) Should you be the victim of a frustrating incident today, erase it from your memory. Harping on the matter could blow it out of proportion.
CAPRICORN (Dec. 22-Jan. 19) Be helpful to your friends today but don't let a pal who takes advantage of others use your strong back to do his physical chores.
AQUARIUS (Jan. 20-Feb. 19) Do not attempt to draw persons you know socially into your commercial or financial affairs today. It's not apt to work out advantageously.
PISCES (Feb. 20-March 20) Your ideas will be good today but you may lack the drive to push them through. Do not allow too much time to elapse or you may completely lose the urge.
ARIES (March 21-April 19) This is not a particularly good day to ask the boss for a raise. Instead of giving you what you want, he may find fault with the

way you've been doing things.
TAURUS (April 20-May 20) Unless handled very tactfully, teaty developments could occur in valued relationships. Do or say nothing that could light the fuse.
GEMINI (May 21-June 20) Today it's important you concentrate on one task, rather than attempting too many. Clutter and confusion will result from poor planning.
CANCER (June 21-July 22) You could be a bit on the restless side today. You may rush to get to your destination and once you get there desire to flee someplace else.
LEO (July 23-Aug. 22) Make it a point today not to lend any of your fragile or prized possessions to persons you feel won't take care of them as well as you.
VIRGO (Aug. 23-Sept. 22) Although well-intentioned, there's a possibility today that, instead of finding solutions, you may create more problems for those you're trying to help.

ANNIE by Leonard Starr

I SAW THE LIGHT ON TAFFY! ARE YOU STILL NORMAN?! JUST CLEANING UP FOR TOMORROW YOU GO ON BACK TO BED!

HECH- WHO CN SLEEP WITH YOU BANGIN' AROUND DOWN HERE? I MAY AS WELL HELP SO'S WE CN BOTH GO TO BED!

WELL... IN THAT CASE...

MEANWHILE... THIS ADVANCE WILL BE... UM... ADEQUATE? WHERE DO I REPORT TO YOU?

YOU'LL CALL THIS NUMBER AND MAKE YOUR REPORT INTO A TAPES RECORDER. I'LL THEN CONTACT YOU!

Palm Coast Site Of International Festival

Event To Feature Savory Array Of Culinary Delights From 20 Nations

A trip around the world in two days, the sixth annual International Festival at Palm Coast offers visitors a savory array of culinary delights from 20 nations, including three ethnic offerings — American Indian, Japanese, and Spanish — that are new to the Festival tradition.

It all happens the weekend of October 6-7, and food will share the spotlight with many other attractions. The Festival '84 Art Show is a premier visual arts event with 90 artists presenting works in a variety of categories for browsing and buying. There'll also be a kaleidoscope of international music and dancing including a Colombian Mariachi band, calypso music, a middle-eastern belly dancer, Flamenco dancers, and more.

Many of the dishes can be prepared easily in your own kitchen, even if some of the ingredients require a little searching. On the next two pages are some favorite recipes for delicacies to be offered at this year's International Festival together with their authors.

GOULASH

2 or 3 medium onions
1 large tablespoon Crisco
1 1/2 to 2 lbs. beef cubes cut bite-size
1 large can whole tomatoes
3 tablespoons paprika
3 or 4 medium-size carrots
2 to 3 medium-size potatoes
3 tablespoons paprika
salt and pepper to taste
Slice carrots, cut potatoes in small cubes. Place Crisco in large, deep stewing pan and fry the onions, sliced in small pieces. Add the beef cubes. Stew about a half hour on low heat. Add the canned tomatoes together with the juice. Add the paprika, salt and pepper to taste, and the carrots. Stew about another half an hour on low heat. Add the potatoes, and stew again until all ingredients are done. Note: at all times heat should be low; still, if goulash seems dry, add just enough water to thin to desired consistency. The dish can be served thin as a one-dish soup meal, with salad, rolls, and dessert, or thick over rice and noodles. Serves 6 to 8.

ARROZ CON POLLO (Rice with Chicken)

five chicken breasts, boneless
4 cups rice
8 cups water
1 tablespoon salt
4 tablespoons oil
2 tablespoons tomato sauce
1 envelope Sazon Goya/culantro
(available in Spanish grocery stores or those selling Spanish products)

Sofrito (blended seasoning):
3 crushed coriander leaves
1 small green pepper
1/2 red or sweet pepper
1/2 medium onion
1 teaspoon oregano
2 cloves garlic
(Blend all of the above ahead of time)

Cut chicken into approximately 1-inch pieces. In a big pot (caldero pot) heat the oil first, then the sofrito (blended seasoning), then the Sazon Goya/culantro, the tomato sauce and the chicken pieces. Keeping heat low, saute all ingredients together, stirring frequently. When chicken is completely covered, and has the taste and color of the other ingredients (about 15 minutes after start of cooking), add 4 cups of rice. Mix well, and add the 8 cups of water. Raise the heat from low to medium-high until water is almost completely absorbed. This should take about 30 minutes. Mix or stir, continue cooking on low until rice is of the desired consistency and chicken is done. Serves 8.

Nellie Cruz, Puerto Rico PINTO BEANS

2 16-oz. cans pinto beans
2 tablespoons tomato sauce
1 teaspoon oil

1 teaspoon salt
one small potato, peeled
1 envelope Sazon Goya/culantro

Cut the potato into 1/4-inch pieces, blend into the beans. Add other ingredients, cook over medium heat until beans and potato are tender, about 15 to 20 minutes. Serves 8.

Nellie Cruz, Puerto Rico PAELLA

2 cups Uncle Ben's yellow rice
2 lbs. chicken drumsticks or breasts cut in 1/4" pieces
1 lb. hot or sweet Italian sausage

2 green peppers
1 big onion
1 oz. Spanish saffron
3 small tomatoes
about 1 quart water
1/4 cup cooking oil
1 medium bud garlic
1 lb. big shrimp
1 medium can of clams salt, to taste

1/4 lb. lean pork
1/4 lb. lean beef
1/2 lb. ham, cut in small pieces
Boil shrimp in 1 cup water until done. Peel. Save the water in which it was cooked. In another pot, boil the beef and pork together in about 1 cup water; do not overcook. When just done, turn off heat; remove meats and chop. Save water in which they were boiled. In another pot, boil chicken in about 1 cup water; again, do not overcook. Remove when just done and save the liquid. Slice sausage, cook in separate pot in about 1/2 cup of water; prick sausage with fork to allow grease to escape. When sausage is done, discard the liquid in which it was cooked. (Ideally, the cooking of the meats and shrimp should occur simultaneously, a day or so in advance of the paella itself.)

Put all saved liquids together in one container. Add 1/2 teaspoon of saffron—boil five minutes. Liquid should be yellow in color and distinctive in flavor. Strain the yellow liquid and save 3 to 4 cups.

Chop in small pieces the tomato, onions, green pepper and garlic; fry, stirring, in the oil for five minutes. Add the pork and beef, the ham, a touch of salt, and fry another 10 minutes. Add the uncooked rice, fry another five minutes just until the rice is crisp. Remove from heat. Add clams and chicken. Put 3 cups of the saffron-colored liquid into the pot. Cook 20 minutes on medium heat; simmer, don't boil. Put foil or cover on pot. Cook another 20 minutes, mixing occasionally. Taste the rice; if it is dry, add a little more left-over saffron liquid. Adjust salt to taste. When rice is done, turn off heat. Serves about 15.

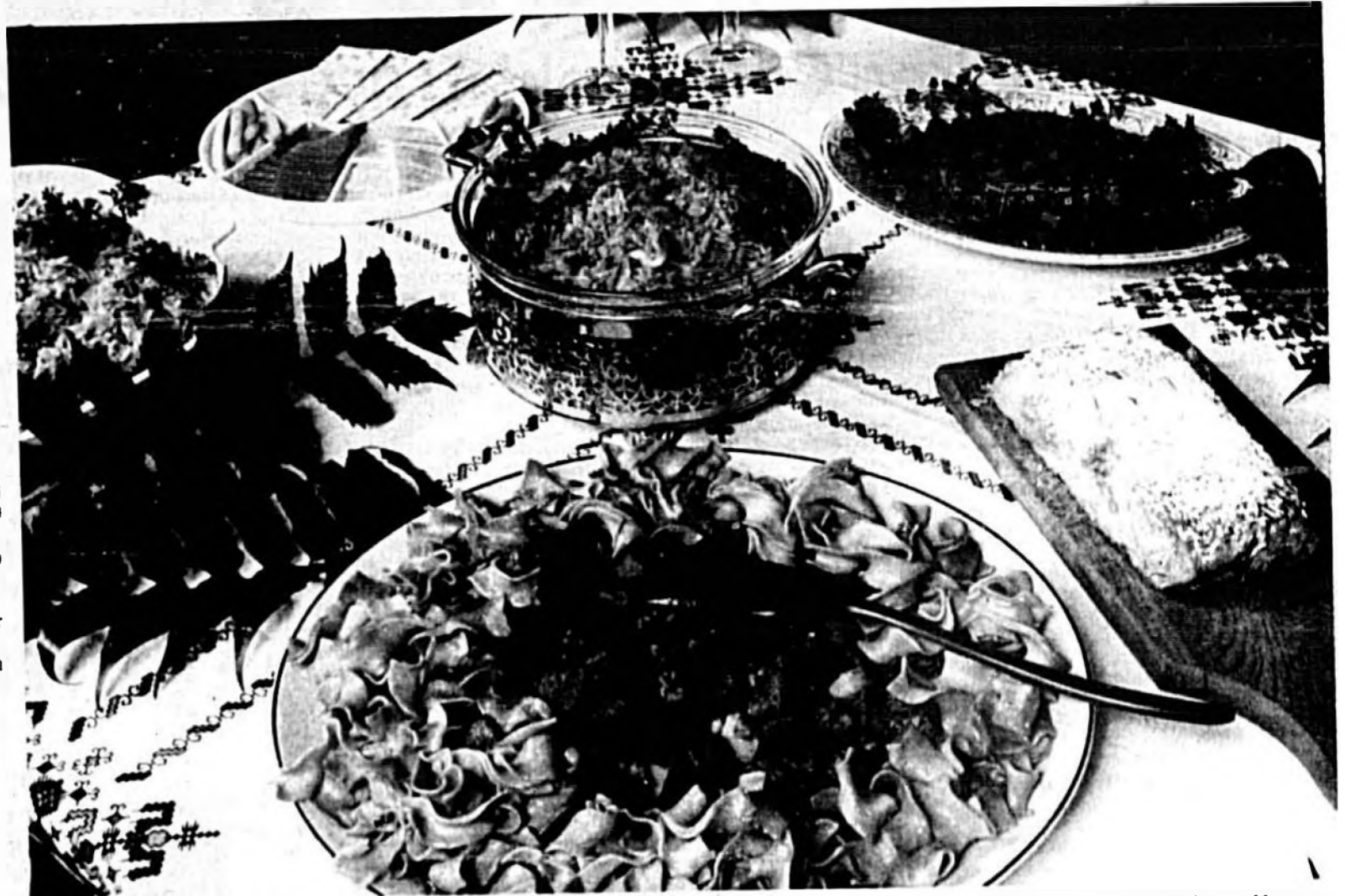
Ruth Novacek, El Salvador

And here's one recipe for a delicious dessert that won't be at the International Festival, since German-language instructor Ursula Gittler will be making last year's popular plum cake again:

APPLE STRUDEL

8 to 10 filo sheets (can be bought at a Greek grocery store)
1/2 cup to 3/4 cup sugar
8 large apples, not too sour
1/2 cup raisins
3 teaspoons or less of cinnamon
Butter each filo sheet, and place one on top of the other on a dry towel, with the end of the towel left free for rolling purposes. Peel the apples and slice them very thin. Marinate the apples in cinnamon and sugar after mixing well; add raisins. Spread the apple, cinnamon and sugar mixture on the filo sheets, which should be in the shape of an oblong. Using the towel end, roll up like jelly-roll. Place on greased pan and bake at 350 degrees for 30 minutes. Serves up to 18.

Ursula Gittler, Germany



Included in the sixth Annual International Feast are Hungarian Goulash, front, and Paella from El Slavador, from left, American cheese and crackers, Arroz con Pollo and pinto beans as made in Puerto Rico, German Apple Strudel and Okaji Aszu, Hungarian wine. The festival is set Saturday and Sunday at Harbour Park.

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8-16 Oz. Bottles Plus Dep.
\$1.29
Price Listed In This Ad Good From Thurs. Sept. 20 Thru Wed. Oct. 3

USDA Choice Beef Boneless Chuck Roast Lb. \$1.59	Florida Premium Whole Fryers Lb. 49¢	Hyde Park Jumbo Roll Paper Towels 39¢ Each	California Iceberg Lettuce 59¢ Each

WE CARRY ONLY USDA CHOICE BEEF & FRESH PORK "No Frozen Pork"
WE OFFER A FULL SERVICE MEAT COUNTER WHERE YOU MAY SELECT YOUR INDIVIDUAL CUTS OF MEAT
PRODUCE-BURSTING WITH FRESHNESS

3 LBS. OR MORE Lb. \$1.59	Lb. \$2.09	5 Lb. Bag 89¢	Lb. 59¢
USDA Choice Beef Boneless Shoulder Lb. \$1.99	Center Cut-Quick Fry Chops . . . Lb. \$2.19	Golden Ripe Bananas 4 Lbs. \$1	Medium Size, Yellow Cooking Onions . . . 3 Lb. Bag 89¢
USDA Choice Beef Boneless Calif. Roast . . . Lb. \$1.69	Fresh Pork Feet Or Neck Bones Lb. 39¢	North Carolina Red Delicious Apples . . 3 Lb. Bag 99¢	Fresh Green Broccoli Bunch 89¢
USDA Choice Beef Boneless Chuck Steak Lb. \$1.69	Lykes Thick Sliced Slab Bacon Lb. \$1.39	FREEZER FILLER Whole Western Pork Loin Cut & Wrapped For Freezer Lb. \$1.39	

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Sunny Morning Large Grade A Eggs WITH 1 Doz. Filled D. Dis. Cert. 19¢ Price Ending 10/26/84	Pet 1% Plastic Or Vitamin D Paper Ctn. Milk 1/2 Gal. WITH 2 Filled D. Dis. Cert. FREE Price Ending 10/26/84	18 Oz. All Flavors Kraft B.B.Q. Sauce WITH 1 Filled D. Dis. Cert. 39¢ Price Ending 10/26/84	Wisconsin Baking Potatoes 5 Lb. Bag WITH 1 Filled D. Dis. Cert. 29¢ Price Ending 10/26/84	Fresh Single Pound Ground Beef WITH 1 Filled D. Dis. Cert. 99¢ Lb. Price Ending 10/26/84
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GROCERY SPECIALS	FROZEN-DAIRY	DELI-BAKERY
Miller's Milwaukee Best Beer 6-12 Oz. Cans \$1.59	New York 18 Oz. Loaf Frozen Garlic Bread 99¢	Yellow Or White American Cheese . . . Lb. \$2.59
Duncan Hines-New On The Market Soft Cookies All Flavors 12 Oz. Bag \$1.69	Generic Imitation-12 Oz. Singles Sliced Cheese 69¢	Fresh, Lean, Deli Ham Lb. \$1.99
Golden Flake Potato Chips \$1.19-GET ONE FREE	Donald Duck Fresh Orange Juice 64 Oz. \$1.39 Ctn.	Fresh Potato Salad . . Lb. 79¢
Prego Spaghetti Sauce 32 Oz. Jar \$1.69	Jeno's All Flavors Pizza 10.5 Oz. Pkg. 99¢	18 Oz. Fresh French Bread Loaf 79¢
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	Jeno's 10.5 Oz. Pkg. Lasagna Dinner 69¢	Cherry Angel Food Cake . . \$1.69

Who's Cooking?

The Herald welcomes suggestions for cooks of the week. Do you know someone you would like to see featured in this spot? The Cook of the Week column is published every Wednesday.

Novice cooks and ethnic cooks, as well as experienced cooks and master chefs add a different dimension to dining. Who is your choice? Maybe it's your mother, father, brother, sister or friend.

Submit your suggestions to Doris Dietrich, *The Herald* PEOPLE editor, 322 2611

From 200 Years Ago

'The Shaker Cookbook' Traces Roots Of American Cuisine

By DONNA M. DAVIS
BOWLING GREEN, Ohio (UPI) — Innovative cooks today are preaching the gospel of the New American Cuisine, but the authors of "The Shaker Cookbook" say the religious sect practiced that style of cooking 200 years ago.

The New American Cuisine emphasizes nutritious, native ingredients prepared simply. The exotic ingredients and rich sauces of French cuisine are discarded, and the cook relies on the textures and colors of the food itself.

"The New American Cuisine has drawn from the Shakers a great deal because the Shakers, too, were purists," said Arthur Tolve, co-author of "The Shaker Cookbook" (Gabriel's Horn Publishing Co., Bowling Green, Ohio, 1984, \$10.95).

When the Shakers arrived in America from England in 1774 the typical meal in the New World featured poorly preserved meats and overcooked vegetables. But the Shakers, who followed the latest scientific trends in nutrition and health, ate a diet that included whole-grain breads, herbs, and fresh fruits and vegetables.

"They were great innovators," Tolve said. "While other people had a lot of spoilage and waste, they took pains to be clean and sanitary — they were scrubbing their kitchens all the time."

"Everything was freshly grown and picked, and anything of poor quality was given to their animals or put in soup," he said.

Tolve said the Shakers' insistence on purity and quality in cooking was a reflection of their religious faith. The goal of the Shakers, or United Society of Believers in Christ's Second Appearance, was to establish God's kingdom on earth, and to tevery act — from prayer to cooking — was one of worship.

Among the favorite recipes of Tolve and editor James H. Bissland are Herb Soup, which blends fresh chives, chervil, sorrel and tarragon with chicken broth; Ohio Lemon Pie, a combination-per-thin lemon slices, eggs and sugar baked in a pie shell; and Eldress Clymena's Blue Flower Omelet, which is dotted with blue chive blossoms.

But Bissland, a journalism professor at Bowling Green and Shaker scholar, regards "The Shaker Cook" as "more than a cookbook."

"It is a re-creation of a vanished society," he said.

"The Shaker Cookbook" contains 230 recipes, most of them from the Shaker community founded in 1821 in North Union, Ohio, now Shaker Heights. The Union village, like many of the 18 Shaker communities established in the United States, died out in the late 1800s. Today, less than a dozen Shakers remain of a group that once numbered 5,000.

The book's recipes were collected by the mother-in-law of the original "Shaker Cookbook" in 1953 and is listed as a co-author of the new version. Tolve, a home economics instructor at Bowling Green State University, spent about a year testing and revising Piercy's recipes and modern cooks.

The book also contains historical information written by Bissland and illustrations of North Union buildings and artifacts.

The following recipes are reprinted from "The Shaker Cookbook" by permission from Gabriel's Horn Publishing Co., Bowling Green, Ohio:

SHAKER FRESH HERB SOUP
1 Tbsp butter
2 Tbsp chives, chopped
2 Tbsp chervil, minced
2 Tbsp sorrel, minced
½ tsp tarragon, cut fine
Note: above quantities for fresh herbs. If using dried, use one-third the listed quantity and tie up together in a cheesecloth herb bag, to be removed before serving:

1 cup celery, minced
1 quart chicken broth
Salt and pepper to taste
½ teaspoon sugar
6 slices toast
1-18th tsp (pinch) nutmeg
Grated cheddar cheese
Melt butter in an enameled, glass or stainless steel saucepan. Add herbs and celery and saute for 3 minutes. Add broth and seasonings. Simmer gently for 20 minutes. Place slices of toast in a tureen and pour soup over them. Add nutmeg and sprinkle with grated cheese. Serve very hot. Serves 4 to 6. From Amelia's Shaker Recipes.

ELDRESS CLYMENA'S BLUE FLOWER OMELET
4 eggs
4 tablespoons milk or water
½ tsp salt

½ tsp pepper
1 Tbsp parsley, minced
1 tsp fresh chives, minced
12 fresh chive blossoms
2 tablespoons butter

This delicious omelet may be made when the chive blossoms are in full bloom. Pick over blossoms, then wash and drain thoroughly. Lightly beat eggs, just enough to blend whites and yolks well. Add milk or water, seasoning, minced parsley and chives. Melt butter in a heavy cast-iron skillet over fairly high heat, and pour in the egg

mixture. When the edges of the omelet begin to set, reduce the heat to moderate. With a spatula, slash and lift slightly the uncooked parts to allow for even cooking. When the bottom is well browned, sprinkle the drained flowers over the omelet and fold in half carefully. Serve immediately on a hot platter, alone, or with a delicately flavored cheese sauce. Serves two to four.

Note: If you do not grow fresh chives, they may be blossoming

in a neighbor's garden. The flowers are necessary to the character of the omelet.

HAM BAKED IN CIDER

10 to 12 pound ham, bone in
Cold water to cover
24 whole cloves
1 cup boiling water
1 quart cider concentrate
2 Tbsp brown sugar
2 small onions, chopped
1 ½ Tbsp flour
1 Tbsp butter
2 Tbsp lemon juice

If a country cured ham is used, scrub ham thoroughly and soak overnight in cold water. Drain water and refill with cold water to cover. Bring to rapid boil. Reduce heat and simmer for about 3 hours. Let ham cool in the cooking liquid.

(Note: If the ham has been precooked, it will not need simmering)

Remove rind and trim fat. Place in a roasting pan on a rack in a preheated 450-degree oven

to sear the surface. Stud with cloves.

Combine boiling water, cider, brown sugar and onions and boil 10 minutes. Strain and pour over ham. Reduce oven temperature to 350 degrees and bake 1 hour, basting every 15 minutes. In a skillet, over low heat, brown the flour. Add the butter to form a roux. Strain liquid from ham, add lemon juice and add slowly to the brown roux, stirring constantly until smooth. Serve this as a sauce with the ham. Serves 12 to 16.



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Microwave Magic

Yams Pair With Bananas In Casserole

A fresh crop of sweet potatoes and yams is reaching our market now. The sweet potato is of two types. The dry light skin and pale colored flesh is a sweet potato grown mostly in the north. The moist red-orange meated sweet potato used in the southern parts of the country is most often called a "yam". There is one more kind of sweet potato that I have been able to get in North Carolina about this time of the year and that is a white sweet potato. The flesh is almost white and is similar to the Jersey sweet potato but much lighter in color.

For a baked sweet potato the microwave oven is quick and results in a moist product that has good nutritive value. The procedure to follow is simple. Wash and prick the potato with a fork. Place in the microwave oven on a paper towel. Microwave on 100% power.



Midge Mycoff

Home Economist
Seminole Community College

- 1 potato, 3-5 minutes
- 2 potatoes, 5-9 minutes
- 3 potatoes, 6-10 minutes
- 4 potatoes, 8-13 minutes

Rearrange the potatoes once during the cooking time. (I turn them over). Let stand 3 minutes.

These recipes for sweet potatoes can be used with any of the varieties of sweet potato.

Tropical sweet potato casserole pairs bananas with the potato for an unusual taste treat.

TROPICAL SWEET POTATO CASSEROLE

- 2 large sweet potatoes, peeled and sliced 1/4-inch thick

- 6 tablespoons water
 - 4 bananas, sliced
 - 1/4 cup butter
 - 1/4 cup brown sugar
- Place potatoes and water in a microwave safe shallow container. Cover. Microwave on 100% power 5 minutes. Add sliced bananas. Dot with butter and sprinkle with brown sugar. Cover and microwave 5 minutes on 100% power. Allow to stand 5 minutes before serving.

This sweet potato side dish is especially good served with ham loaf and a Waldorf salad.

SWEET POTATO CASSEROLE

- 4 medium yams, cooked and peeled
- 1/4 cup half-and-half
- 2 tablespoons butter
- 1 cup dairy sour cream, divided
- 1 egg
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon

- 1/4 teaspoon nutmeg
 - 1/4 teaspoon salt
 - Dash of pepper
 - 2 tablespoons chopped walnuts, or pecans
- In medium bowl whip yams, half-and-half and butter until smooth. Blend in 1/4 cup sour cream, egg, brown sugar, and spices. Spoon into 1-quart casserole. Cover with wax paper. Microwave at 100% power 1 1/2 minutes. Reduce power to 50%. Microwave 6-8 minutes, or until almost set. Spread with remaining sour cream. Sprinkle with chopped nuts. Microwave on 50% power 2-4 minutes, or until topping is heated.

In case you don't have a recipe for a microwave ham loaf I know you will enjoy this one.

GLAZED HAM LOAF

- 1/2 pound smoked ham, ground
 - 1/2 ground lean pork, ground
 - 1/2 cup cracker crumbs
 - 1 egg
 - 1/2 cup onion, minced
 - 1/4 teaspoon black pepper
- Combine all ingredients. Mix until thoroughly blended and mixture is firm. Shape carefully into a loaf and place on a microwave rack. Glaze ham loaf (recipe follows) and cover with wax paper. Insert a probe, or microwave thermometer in the centermost portion of mixture. (The internal temperature of the mixture should reach 165-170 degrees F., or well done.) Cook the ham loaf on 50%-70% power until the correct temperature is reached.

Once the correct internal temperature has been reached, remove the ham loaf from the oven and let stand 5-10 minutes. Slice and serve hot accompanied with raisin or plum sauce. Serves 3, but easily doubled to serve 6.

Glaze:
Place 1/2 cup brown sugar, 1/4 teaspoon dry mustard, 1 tablespoon orange marmalade (or apricot, or pineapple preserves) and 2 tablespoons water in a 1-2 cup measuring device. Cook on high (100%) power for 40 seconds. Stir until smooth. Between 2 and 3 tablespoons of orange juice may be substituted for the preserves and water.

Sweet potato pie is a taste of the South. It is similar to the flavor of pumpkin pie but has a slightly different texture.

SWEET POTATO PIE — MICROWAVE

- 2 eggs
 - 1 1/2 cups cooked, mashed sweet potato
 - 1/2 cup brown sugar
 - 1/4 cup evaporated milk
 - 1 tablespoon flour
 - 1 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 1/4 teaspoon ginger
 - 1/4 teaspoon ground cloves
 - 1/4 teaspoon salt
 - 1 microwaved 9-inch pie shell
- Blend all ingredients (low speed) with electric mixer. Microwave the filling on 100% power 3 minutes. Stir once. Reduce power to 50%. Microwave 7-8 minutes, or until very hot and slightly thickened. Stir with a whisk every 2 minutes.

Pour into the baked pie shell. Microwave at 50% power 10-12 minutes, or until set in center. Cool. Serve with whipped cream.

Herbed Squash

HERBED SQUASH CASSEROLE

- 2 cans (1 pound each) whole tomatoes
- 1/4 pound zucchini
- 1/4 pound yellow summer squash, sliced (2 cups)
- 1/2 pound eggplant, cubed (2 cups)
- 1/4 pound mushrooms, sliced (2 cups)
- 3 tablespoons cornstarch
- 2 teaspoons Italian seasoning
- 1 1/2 teaspoons salt
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup packaged Italian-style bread crumbs
- 2 tablespoons butter or margarine, melted

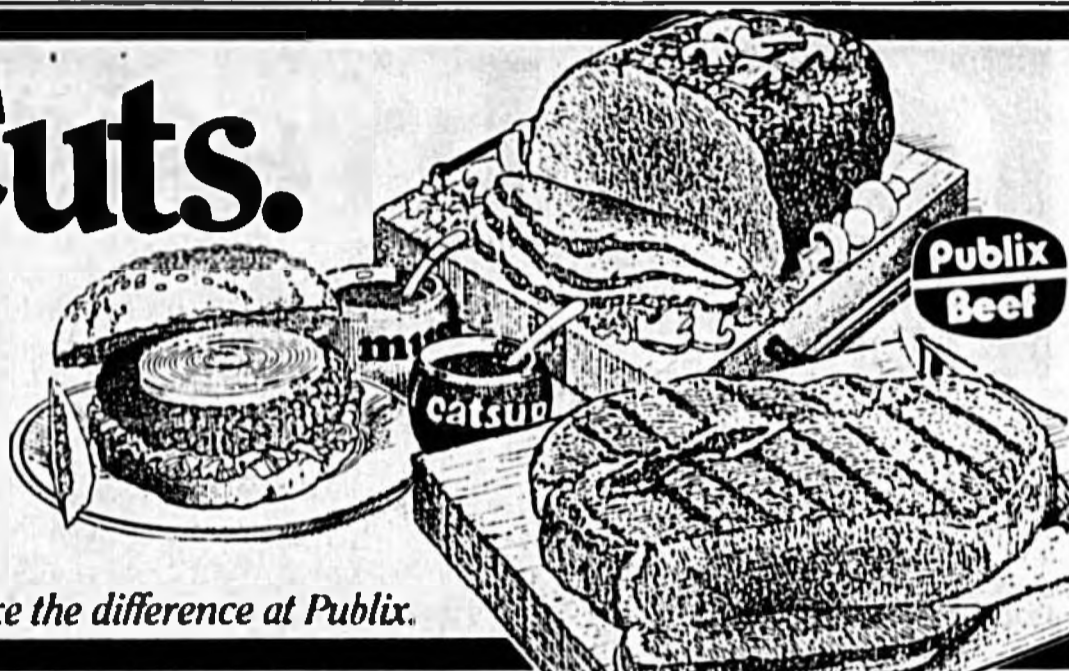
Preheat oven to 375 degrees. Drain tomatoes; reserve liquid and crush tomatoes; set aside. Cut zucchini into quarters lengthwise, then into 2-inch pieces (makes about 2 cups).

In a shallow 2 1/4-quart casserole mix crushed tomatoes, zucchini, summer squash, eggplant and mushrooms. Mix liquid from tomatoes with cornstarch, Italian seasoning, salt, onion powder, black pepper and garlic powder. Cover and bake until vegetables are just crisp-tender, 40 to 45 minutes.

In a small bowl mix bread crumbs with butter. Spoon over vegetables; bake, uncovered, until bread crumbs are light brown, about 5 minutes.

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Luscious Kiwifruit Makes Elegant Salad

October marks the onset of the kiwifruit harvest in California. A relatively new commodity for California growers, kiwifruit production has all the excitement and energy — along with the hard work — of any fledgling industry.

CALIFORNIA KIWIFRUIT WAI DORF

- 2 cups diced apples
- 1 tablespoon lemon juice
- 2 California kiwifruit, pared and sliced
- 1/2 cup diced celery
- 1/4 cup broken walnuts
- 3 to 4 tablespoons mayonnaise
- 1/4 cup crumbled, crisp-cooked bacon (optional)
- Celery leaves

Toss apples with lemon juice. Reserve 2 kiwifruit slices for garnish; quarter remaining slices. Add quartered kiwifruit slices, celery and walnuts to apples; toss gently. Add mayonnaise; mix gently but well. Garnish with bacon, celery leaves and reserved kiwifruit slices. Makes about 6 servings.

KIWIFRUIT SABAYON

- 4 egg yolks
- 1/4 cup sugar
- 3 tablespoons cream sherry
- 1/2 cup heavy cream, whipped*
- 3 California kiwifruit, pared and sliced

In top of double boiler, beat egg yolks and sugar using wire whisk or portable electric mixer until light; gradually add sherry. Place over hot, not boiling, water. Water should not touch bottom of pan. Cook and stir 8 to 10 minutes or until mixture is smooth and slightly thickened. Cool slightly; fold in whipped cream. Refrigerate several hours. Reserve 6 slices of kiwifruit; quarter remaining slices. Stir quartered kiwifruit into cream mixture just before serving. Spoon into individual dishes; garnish each with kiwifruit slice.

Makes 6 servings.

Variation: Orange juice can be substituted for sherry. *One cup non-dairy whipped topping can be substituted.

DRIED KIWIFRUIT SLICES

2 ripe California kiwifruit, pared
Slice kiwifruit 1/8-inch thick; arrange on rack of food dehydrator. Dry at 135 degrees F. about 4 1/2 hours or until all stickiness is gone but kiwifruit is still pliable. Makes about 1/2 cup.

Tip: Dried Kiwifruit Slices can be packed in plastic bags and taken along on hikes.



Try kiwifruit in salads, dessert or dried

High Holy Days Food

Happy 5745! will be the greeting of Jews throughout the world beginning the evening of Sept. 26. It marks Rosh Hashana, the Jewish New Year. It is a time of entertaining, friends and relatives gathered to share their favorite dishes at the New Year, and a preamble to Yom Kippur, Oct. 6, a high holy day and one of fasting.

STUFFED BREAST OF VEAL

- 1/4 cup pareve margarine
- 1 1/2 cups chopped celery
- 1 cup chopped celery
- 2 cloves garlic, minced, divided
- 2 cups chopped mushrooms
- 1/2 cup uncooked kasha
- 1 egg, lightly beaten
- 2 3/4 cups orange juice, divided
- 1/2 teaspoon salt
- 1/4 teaspoon dried leaf tarragon, crumbled
- 5 pounds veal breast, cut with pocket
- Salt
- Pepper
- 1 large onion, sliced
- 1 can (8 ounces) tomato sauce
- Orange slices
- Parsley

In large skillet, melt margarine; saute onion, celery and 1 clove garlic for 3 minutes. Add mushrooms; cook 2 minutes longer.

Combine kasha and egg; stir into vegetable mixture. Add 1 1/4 cups orange juice, salt and tarragon; mix well.

Cover. Cook over low heat about 8 minutes until all liquid is absorbed. Spoon kasha stuffing into pocket of veal, secure opening with skewers. Place veal in a shallow roasting pan; season with salt and pepper. Place onion slices on top and around veal.

Combine remaining garlic, remaining 1 1/2 cups orange juice and tomato sauce; pour over meat. Roast, uncovered in a 350-degree oven 2 1/4 to 2 1/2 hours or until tender, basting with pan juices every 30 minutes.

Place roast on heated serving platter. Garnish with orange slices and parsley. Serve with pan juices. This kitchen-treated recipe makes 4 to 6 servings.

FRESH CARROT PUDDING

- 3 eggs, separated
 - 1/4 cup sugar
 - 1/4 cup fresh orange juice
 - 1/4 teaspoon salt
 - 1 teaspoon grated fresh orange rind
 - 1/4 teaspoon dried dill weed or 1 teaspoon snipped fresh dill
 - 3 cups shredded raw carrots (6 large)
- Beat egg yolks with sugar until light and fluffy. Gradually add orange juice. Stir in salt, orange rind, dill and carrots. Beat egg whites until stiff but not dry; fold in.

Turn into a buttered 1 1/4-quart casserole and bake at 350 degrees for 30 minutes. This kitchen-treated recipe makes 6 servings.



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- Dean Green or French Onion Dip..... 8-oz. cup 59c
- Treasure Cave Portions or Crumbled Blue Cheese 4-oz. pkg. 99c
- Dairi-Fresh Small or Large Curd, Schmierkase or Lowfat Cottage Cheese.... 1-lb. cup 99c

Frozen Food

- Welch's Frozen Grape, Apple Grape or Harvest Blend Concentrate Orchard Juice 12-oz. can 99c
- Howard Johnson Blueberry or Corn Toastees 7.5-oz. pkg. 69c
- Kraft Whipped Topping La Creme..... 8-oz. bowl 99c
- Wakefield Fancy Style Gems 8-oz. pkg. \$2.29
- Wakefield Deviled Crab 8-oz. pkg. \$1.69

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For lasting memories, Publix is your photo processing headquarters with Bonus Prints and FREE FILM. Campbell's Pork & Beans..... 16-oz. can 39c

1-LB. Auto Drip, Drip, Elec. Perk, Reg. or 13-Oz. Flaked Vacuum Pak Coffee

Folgers Coffee

\$1.99 per bag (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Decaffeinated Instant Coffee Folgers **\$2.49** 4-oz. jar

Instant Folgers 8-oz. jar **\$3.59**

SWEETSTAKES

Reg. or Butter Flavor

Crisco Shortening

\$2.29 3-lb. can (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)



Brunch: Your Guests Will Love It

"Come for brunch." It's the best way to entertain friends in a relaxing manner.

With the advent of fall's cooler weather, you can choose a brunch menu to take advantage of delicious baking ideas plus the season's plentiful fruits.

Guests will delight in classic quiche baked in crepe-lined muffin cups. They taste as good

as they look. Simple chicken salad wrapped in biscuit dough is another main-dish idea. Top it with a smooth cheesy sauce just before serving.

Fresh-baked fruit and nut crescents add a sweet touch. For a burst of color 'round the buffet table, enjoy a fruit salad complemented with cream cheese topping laced with lemon.

Brunch — you and your guests are going to love it.

Fresh fruits herald fall in tasty crescents and colorful salad

RAISIN-WALNUT CRESCENTS

- 2 cups biscuit baking mix
- 1/2 cup cold water
- 1 tablespoon granulated sugar
- 3 tablespoons margarine, softened
- 1/4 cup packed brown sugar
- 2 tablespoons raisins
- 2 tablespoons chopped walnuts

- 1 egg yolk
- 1 tablespoon water

Glaze (below)
Heat oven to 425 degrees. Mix baking mix, 1/2 cup cold water and the granulated sugar until soft dough forms; beat vigorously 30 seconds. Gently smooth dough into ball on surface well floured with baking mix. Knead 10 times. Roll or pat dough into 12-inch circle; spread with margarine. Mix brown sugar, raisins and walnuts; sprinkle over margarine. Cut into 12 wedges. Roll up, beginning at rounded edge. Place crescents, with points underneath, on ungreased cookie sheet; curve slightly. Mix egg yolk and 1 tablespoon water; brush over crescents. Bake until golden brown, 10 to 12 minutes; cool slightly. Prepare Glaze; drizzle over crescents. 12 crescents.

Glaze
1 tablespoon margarine
1/2 cup powdered sugar
1/4 teaspoon vanilla
2 to 3 teaspoons water
Heat margarine over medium heat until delicate brown. Mix margarine and remaining ingredients until smooth and of desired consistency.

CREPES CUP LORRAINE
Crepes (see recipe at right)
2 cups (8 ounces) shredded brand natural Swiss cheese
2 tablespoons all-purpose flour
1 cup half-and-half
1 teaspoon salt
1/2 teaspoon pepper
2 eggs
8 slices bacon, crisply cooked and crumbled

Prepare crepes. Heat oven to 350 degrees. Grease 12 medium muffin cups, 2 1/4 x 1 1/4 inches. Toss cheese with flour. Mix half-and-half, salt, pepper and eggs; stir into cheese mixture. Stir in bacon. Fit crepes in muffin cups; fill each with 2 tablespoons cheese mixture. Bake 30 minutes, 8 servings.

Crepes: Lightly grease 6- or 7-inch skillet; heat until hot. Beat 1 cup Bisquick baking mix, 1/4 cup milk and 2 eggs with hand beater until smooth. For each crepe, pour 2 tablespoons batter into skillet; rotate skillet until batter covers bottom. Cook until golden brown. Gently loosen edge with metal spatula; turn and cook other side until golden brown. Stack crepes, placing waxed paper between each.

Do-ahead Tip: Prepare Crepes. Stack 6 cooled crepes between waxed paper. Wrap in aluminum foil and refrigerate up to 2 days.

FRUIT SALAD SUPREME
1 8-ounce package cream cheese, softened
1/4 cup milk
1/2 teaspoon grated lemon peel
1 tablespoon lemon juice
1 cup whipping cream
1/2 cup powdered sugar
4 cups apple slices
3 cups honeydew melon chunks
3 cups seedless green grapes
1/2 cup chopped pecans
Mix cream cheese, milk, lemon peel and lemon juice. Beat whipping cream and powdered sugar in chilled small bowl until stiff. Fold cream cheese mixture into whipped cream mixture. Mix 1/4 cup of the cream cheese mixture and the apple slices. Layer melon, apple mixture and grapes in 3-quart bowl. Top with remaining cream cheese mixture; sprinkle with pecans. 12 servings.

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Reg. or Sugar Free RC
100, Diet Rite Cola or
RC Cola
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With One S&H Stamp Price Saver Certificate

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From our family to your family, may the new year bring peace, joy and love.

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Chunk Tuna
6.5-oz. can
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Dairy-Fresh Assorted
Ice Cream
half gallon
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Musselman's Natural Style Unsweetened
Apple Juice
64-oz. bottle
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Tea Bags
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7.5-oz. can
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The Natural Snack, California Thompson
Seedless Grapes ... per lb. 89¢
Made From Concentrate, Publix 100% Pure Chilled
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For Snacks or Salads Crisp Juicy
Golden Delicious Apples 3 lb. bag 99¢
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Green Beans per lb. 59¢
Great For Snacks, California Ripe Juicy 150 Size
Bartlett Pears .. 10 for \$1.29
Perfect For Slicing, Extra Large
Tasty Tomatoes .. per lb. 49¢
Fresh Firm
Green Cabbage ... per lb. 16¢
For Dips or Salads Florida Large
Avocados 2 for \$1
Perfect For Salads Crisp Green
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Colorful Assorted Standard Size
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Ripe, Sweet Western
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large size
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With This Coupon ONLY
Kraft
Velveeta Cheese Spread
2-lb. loaf
\$3.49
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\$1.39
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There are lots of reasons to buy a Whole Boneless Sirloin Tip at WINN-DIXIE. There's the convenience of filling your freezer with the makings for lots of satisfying family meals. There's the whopping big savings you get by buying in large quantity. And there's the hearty, satisfying flavor of U.S. Choice grain-fed beef in every bite. That's the biggest reason of all to buy big!

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- LOW FAT, SILVER SIDE ROAST, BONELESS BEEF CUBE STEAKS, LOW FAT BEEF STEW MEAT, GROUND SIRLOIN, SWISS STEAK, BEEF TIPS, FONDUE, SHISH KA BOBS

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SAVE 90¢
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SAVE 78¢
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24 \$3.99
 PACK 12-oz. CANS
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SAVE 20¢
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3-ROLL TOWELS
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 Limit two \$3.99, with \$5.99 or more purchase each, exp.
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COMPARE & SAVE
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SAVE 25¢
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