





A Somber Thought

Did Sadat Plan To Win By Losing?

By RAY CROMLEY NEA

A few months before the attack on Pearl Harbor, a prominent Japanese told me this country must go to war with the United States. Only through such a war, he reasoned, could Japan secure the American cooperation —

There is increasing evidence that thinking of this sort prompted President Anwar Sadat's drive into Sinai.

Somewhat over two years ago Sadat accepted secret preliminary U.S. peace

negotiation proposals in principle. But American negotiators were unable to get Israel to budge. The feeling in the administration was that Sadat was ready for peace — at least in a peaceful approach to peace and was ready to make, or at least to consider seriously, what American policymakers believed to be reasonable concessions to achieve an end to the longstanding war which the Egyptian president no longer believed was in his country's interest. U.S. talks with Israel went on and on, but to no avail.

This reporter knows first hand that

Aid To Mideast

A Solid Arms Balance Is Vital

Additionally, the appearance of Arab unity that the persuasion Libyan Mirage aircraft leaves of scores of years has not doubt that Libya, the 10th heretofore brought about.

The Soviet Union exhibited no reluctance but began an immediate airlift of weapons to Syria and Egypt while those two nations still were in the early phases of their surprise offensive against Israel.

Certainly, the destruction of Israel, apart from the human inequities which it would involve, is not a development that the United States or the Western world could accept.

Not that the years ahead are going to be a picnic, even under the best of terms. Certainly one of the striking aspects of the current "Yom Kippur war" is the unprecedented unity it has created among the Arab nations.

The Trustees of the Medical Clinic in Longwood wish to take this opportunity to express to you and your staff our deep appreciation for your cooperation in the past in trying to inform our citizens regarding the Longwood Council taking over the Medical Clinic building.

Letters To The Editor

From Longwood Medical Clinic

Editor, Herald: The Trustees of the Medical Clinic in Longwood wish to take this opportunity to express to you and your staff our deep appreciation for your cooperation in the past in trying to inform our citizens regarding the Longwood Council taking over the Medical Clinic building.

Don Oakley ADA wants no Ford in our future

The Americans for Democratic Action has gone on record as the first, and possibly only, organized group to oppose the confirmation of Gerald R. Ford as vice president of the United States.

American officials at the policy-making level of government became quite unhappy with the unbudging stand taken by Tel Aviv. In private talks, even usually optimistic officials seemed discouraged and depressed.

IRS Hawking Democrat Brass

WASHINGTON—The Internal Revenue Service, which has made life miserable for Democratic National Chairman Larry O'Brien with its audits of his taxes, has now moved against his successor, hard-working Robert Strauss.

It is plain that the Arabs are becoming more and more united. In short, their unity will not quickly disappear so far as the face that they turn to the United States is concerned.

By Monday, some 200 dealers across the state had been mailed 10,000 cards they may issue to regular customers, Miller said.

ORLANDO, Fla. (AP) — Gov. Reubin Askew and Arkansas Gov. Dale Bumpers will address a wrap-up session of the Democratic Women's Club of Florida Saturday at Walt Disney World.

Other Thoughts

Some luxuries and privileges are appropriate and even necessary trappings of office. But there is also much waste and there are customs that are unjustified.

Picturephone is disconnected

According to those rosy predictions of our scientific future that were a popular feature of Sunday supplements back in the 1930s and '40s, by now we should all have a television/telephone in the house.

Mommy, Look!

ST. PETERSBURG, Fla. (AP) — Florida gasoline dealers have begun issuing courtesy cards to regular customers who will get preferential treatment in case of a future gas shortage.

Florida News Briefs

ORLANDO, Fla. (AP) — Gov. Reubin Askew and Arkansas Gov. Dale Bumpers will address a wrap-up session of the Democratic Women's Club of Florida Saturday at Walt Disney World.

Tampa Pollution Cited

TAMPA, Fla. (AP) — State pollution control officials have given the City of Tampa 30 days to sharply curtail sludge dumping in the Hillsborough River under threat of a \$5,000 a day fine.

Know Your Congressmen

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Seminole County Legislative Delegation

Rep. Eugene Mooney, chairman 2115 Cree Trail, Casselberry or House Office Building, Tallahassee, Florida

Tussle Interrupts Turner Trial

JACKSONVILLE, Fla. (AP) — Criminal attorney F. Lee Bailey and a government witness grappled over a sheet of paper Tuesday during the federal mail fraud trial of Bailey, Glenn W. Turner and seven others.

Gas Dealers Give Cards To Regulars

ST. PETERSBURG, Fla. (AP) — Florida gasoline dealers have begun issuing courtesy cards to regular customers who will get preferential treatment in case of a future gas shortage.



MOMMY, LOOK! PAIL FACE, one might pun concerning Rachel Stallings' predicament. The three-year-old of Citrus Springs, Fla., may have heard those Prince Charming fairy tales, but in this seeing was not believing.

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Sen. John W. Vogt 1101 Mutiny Lane Merritt Island, Fla. or Senate Office Building Tallahassee, Fla.

State Land Planning Bill Pushed

TALLAHASSEE, Fla. (AP) — The head of the state's Land Planning Bureau says a bill to require all cities and counties to plan for future growth is vital to the state's 67 counties don't even have basic zoning regulations, making it difficult to regulate development.

The Environmental Land Management Study Committee Tuesday gave tentative approval to the proposal to require all cities and counties to pass comprehensive land development plans within three years of the bill's passage by the legislature.

Those cities or counties not having such a plan by the deadline would face a loss of state revenue sharing funds until they complied, said Chairman Allan Milledge.

"For any orderly development or orderly growth, you have to have adequate planning," Milledge said.

Several details of the ELMS bill still have to be worked out at the next committee meeting Nov. 5, Milledge said.

UF Finds Newsprint Shortage Solution

GAINESVILLE, Fla. (AP) — Kenaf, a fast-growing, inexpensive plant that looks like marijuana, could be the answer to the nation's newsprint shortage, say researchers at the University of Florida.

"Kenaf could be the biggest thing since we learned how to make paper from pine trees," Dr. Gordon B. Killinger, assistant chairman of the UF Agronomy Department, said Tuesday.

Killinger said two factors have limited the development of kenaf in the U.S. — a seed shortage and a Florida law that bans it because it is a host for pink bollworm, which damages cotton.

"Kenaf resembles marijuana, although it's actually a hibiscus similar to the ones that grow so well in South Florida," said Killinger.

Guatemala and El Salvador. Kenaf could produce five to seven times more pulp each year than conventional pine forests, Killinger said, adding, "One of the unusual things is that the crop could be harvested annually, whereas pine trees usually require over 30 years."

Daniels Tries To Mend Life After 14 Year Confinement

DAYTONA BEACH, Fla. (AP) — Jesse Daniels, who languished for 14 years in a state mental hospital after being accused of rape but never tried, today says his freedom quietly trying to mend the pieces of a broken life, officials say.

Attorneys, state law enforcement officials and others connected with the case over the years are tight-lipped about Daniels' efforts to start fresh and refuse even to give out his name.

They say he still harbors fears over the 14-year ordeal and the crime he says he never committed.

After the 2nd District Court of Appeal at Lakeland freed Daniels, 34, last year, he returned home to a tiny town near here and to the mother who stood by him.

Even though he's a free man today, he's scared," said a state law enforcement official in Tallahassee. "He lives a quiet life."

Little Girl Tortured, Man Held

TAMPA, Fla. (AP) — John Stewart Cox, 22, was held under \$2,000 bond today on charges of torturing a three-year-old girl who doctors said had been burned, beaten and bitten.

The child was admitted to a hospital over the weekend, police said, her hand so severely burned by hot water that physicians first thought they would have to consider amputation.

"It was found there were marks from a belt buckle," said Hillsborough County Sheriff's Department Maj. Walter Heinrich. "Human bite marks and cigarette burns covered the girl's body."

Heinrich said the investigation revealed the youngster had been bound by the hands and feet for several days, and fists full of hair had been pulled from her scalp.

Police said the little girl's head apparently was held underwater and her hand tied to the hot water faucet.

Halloween Is Designated UNICEF Day In Sanford

Mayor Lee P. Moore has proclaimed Oct. 31 UNICEF Day in Sanford. Halloween is a holiday especially for children and Moore is urging citizens, young and old alike to participate in trick or treat for the United Nations Children's Fund and to properly welcome trick or treaters carrying orange and black containers with the family of man," she continued.

"UNICEF enables you to extend a helping hand across oceans and continents to the young members of the family of man," she continued.

"UNICEF enables you to extend a helping hand across oceans and continents to the young members of the family of man," she continued.

Activities are carefully planned and executed with the guidance of adults who are supplied with a set of safety guidelines compiled in consultation with the National Safety Council.

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U.S. District Judge Gerald B. Tjoflat immediately sent the jury out of the courtroom and ordered Bailey and Benoy into his chambers. But there was no report of what was said later when they emerged 30 minutes later.

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"Maybe I'd better try a little less fashionable pair!"

The Sanford Herald

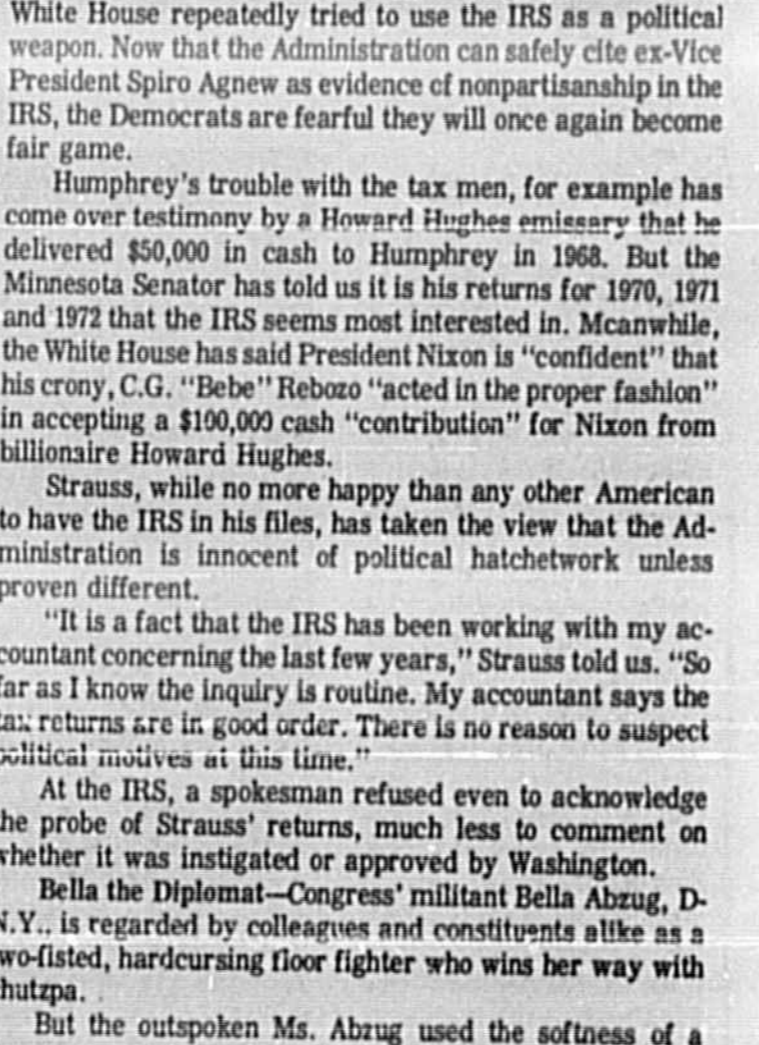
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by Art Sansom

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# Deaf-Blind Children Find Camping Experience A Joy

WATERFORD, Conn. (AP)—When a visitor asked Susan D'Acosta if she was enjoying herself at camp she clapped her hands and nodded. It was her way of saying she liked riding horses, swimming in the ocean and sleeping outdoors for the first time in her life.

Susan is deaf and legally blind. But with help from an oral interpreter she left little doubt how she and nine other deaf-blind children felt about the three weeks they spent at the Oak Hill School's seaside camp.

The private Connecticut school has sponsored a camp for blind children for the past 15 summers. This year was the first time children who were also deaf were included in the program.

"It's gratifying to me to see them take part in all of the activities. I think it's fantastic," said camp director Paul Farina.

Farina said the deaf-blind children showed no more reluctance than any youngsters about doing something for the first time.

Most of the children have some useful sight despite being

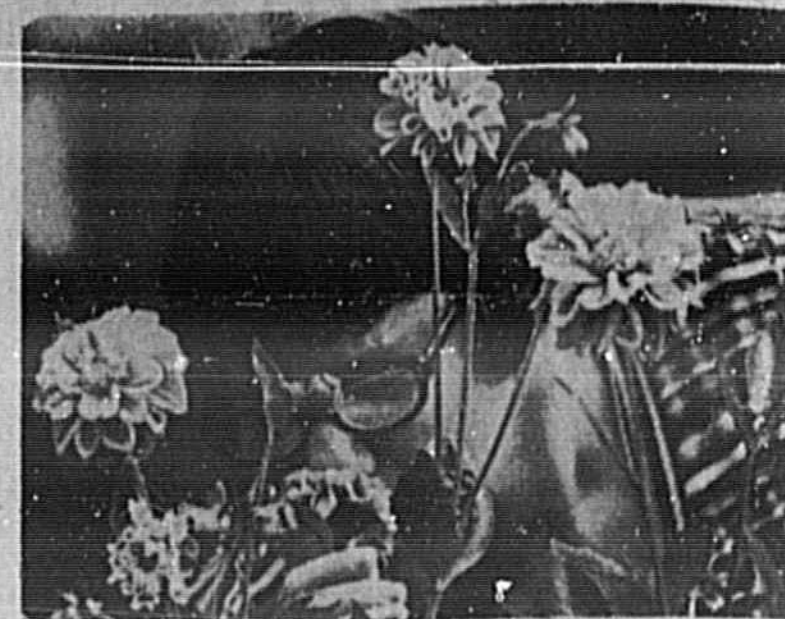
legally blind. But the deaf-blind youngsters stand out because they verge on being hyper-active, Farina said.

"They're always running. They always want to be exploring. It's a real joy for the staff to keep them in place," he said.

The deaf-blind children ranged in age from 7 to 16. To prepare for them the camp

staff had to learn the deaf sign language and also some new discipline techniques.

Because they are so active the counselors have to use more force in dealing with them than with the rest, Farina said. Anyone who knows the story of Helen Keller and how she was taught knows what he means, he said.



NEW EXPERIENCE... For little girl

# Hike, Hike, Hike And Eat, Eat, Eat Backpackers Shout During Outings

By Aileen Claire  
NEA Food Editor

Several million Americans of all ages hit the hiking trails sometime each year. Backpacking and bike-hiking are big in many parts of the country and food is an essential for such constant exercise. In fact, some say food has become something of a cult with backpackers. These foods must have keeping quality, not be "thirsty foods," offer energy-giving

nutrition and liquid. Wrappings need to be lightweight and easily disposable.

Since heavy lunch boxes are shunned, backpackers have improvised ways to protect their food, especially sandwiches. One backpacker came up with an idea for an unquenchable sandwich.

She puts a sandwich in the large section of a partitioned plastic-coated paper tray and inverts a second tray over this to form a tent.

At the end of a hiking day a hearty meal of a Meatball Chili, prepared in advance and reheated, will be welcomed by hikers of all ages.

**MEATBALL CHILI**  
Makes 6 servings

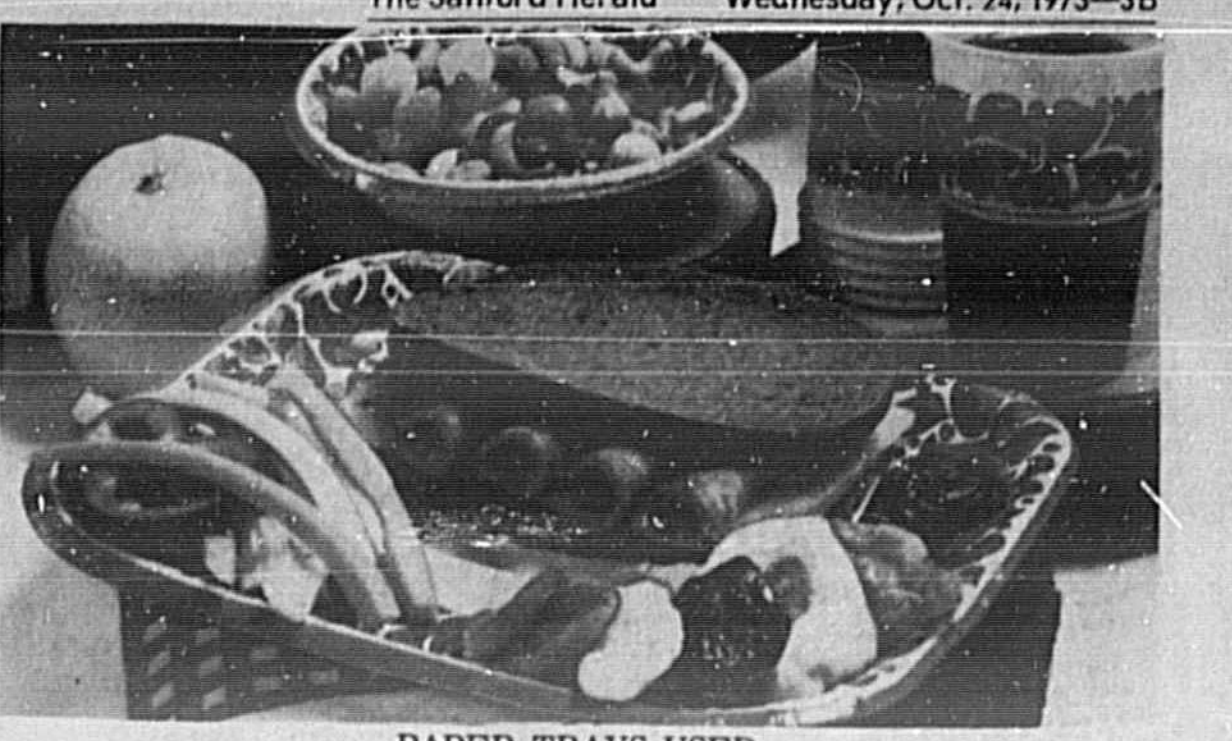
Meatballs: 1 1/2 pounds ground beef, cup quick or old fashioned oats, 1/4 cup catsup, 1 teaspoon

**Worcestershire sauce**  
1 teaspoon instant minced onion, 1/4 teaspoon salt, 1 egg, beaten

**Chili:**  
2 16-ounce cans red kidney beans, 1 16-ounce can tomatoes, cut-up, 1 8-ounce can tomato sauce, 1 clove garlic, minced

2 teaspoons chili powder, 1 teaspoon salt, 1 bay leaf, crushed, 1 teaspoon sugar

For meatballs, combine all ingredients. Shape to form 1 1/2-inch balls. Brown meatballs in a few tablespoons hot vegetable oil in a Dutch oven. Drain off excess fat. Add chili ingredients. Bring to a boil. Cover and simmer over low heat 45 minutes. Makes 8 servings.



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**ST. JOSEPH ASPIRIN**  
SAVE 10¢  
100-CT. PKG. **49¢**

**WHITE RAIN REGULAR, EXTRA HOLD OR UNSCENTED Hair Spray**  
SAVE 10¢  
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**ARRID EXTRA DRY LIGHT POWDER ANTI-PERSPIRANT**  
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Limit 1 of choice with \$7.50 or more purchase excluding cigarettes.  
1-LB. BAG **68¢**

**TOMATO VEGETABLE**  
CAMPBELL'S SOUP  
Limit 6 of choice with \$7.50 or more purchase excluding cigarettes.  
10 1/2-oz. CANS **10¢**

**BEER**  
OLD MILWAUKEE  
6 PACK 12-oz. CANS **99¢**

**BEER**  
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**DETERGENT**  
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3 1-LB. PKGS. **\$1.78**

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100 EXTRA TOP VALUE STAMPS PURCHASE OF \$2.00 WORTH Halloween Candy GOOD THRU OCT. 31	100 EXTRA TOP VALUE STAMPS ONE 40-CT. PKG. Ziploc Bags GOOD THRU OCT. 31	100 EXTRA TOP VALUE STAMPS TWO 7-oz. CANS. AIR FRESHENER GOOD THRU OCT. 31	100 EXTRA TOP VALUE STAMPS ONE 7-oz. CAN. REGULAR OR LEMON Pledge GOOD THRU OCT. 31	100 EXTRA TOP VALUE STAMPS ONE 2 1/2-oz. GRADE "A" JENNIE O Turkey Roast GOOD THRU OCT. 31
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**BAG at your...**

PRICES GOOD THURS. OCT. 25 THRU WED. OCT. 31

**ROAST**  
W-D BRAND USDA CHOICE BOTTOM ROUND ROAST  
1-LB. **\$1.29**

**CHICKEN**  
W-D BRAND WHOLE FRESH FRYING CHICKEN  
1-LB. **49¢**

**SMOKED PICNIC**  
W-D BRAND WHOLE PORK SHOULDER  
1-LB. **78¢**

**DINNERS**  
MORTON CHICKEN, TURKEY, SALSISERBY MEAT LOAF, CHICKEN & DUMPLING, SPAGHETTI & MEAT, BEANS & FRANKS, MACARONI & CHEESE  
11-oz. PKGS. **\$1.88**

**APPLES**  
U.S. No. 1 JONATHAN  
11 FOR **99¢**

**ICE MILK**  
THRIFTY MAID  
HALF GALLON **59¢**

**ON-THE-COB**  
VALSING CORN  
4-PK. PKGS. **289¢**

**ROUND STEAK**  
W-D BRAND USDA CHOICE BEEF FULL CUT BONELESS  
1-LB. **\$1.49**

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1-LB. **\$1.59**

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W-D BRAND USDA CHOICE BEEF BONELESS  
1-LB. **\$1.69**

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1-LB. **\$1.79**

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W-D BRAND USDA CHOICE BEEF  
1-LB. **\$1.99**

**RIB ROAST**  
W-D BRAND USDA CHOICE BEEF R Z CARVE OVEN READY  
1-LB. **\$1.49**

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W-D BRAND USDA INSP. PURE  
3 LB. PKG. **\$2.89**

**SLICED BACON**  
HICKORY SWEET  
1-LB. PKG. **98¢**

**SMOKED PICNIC**  
W-D BRAND WHOLE PORK SHOULDER  
1-LB. **78¢**

**DINNERS**  
MORTON CHICKEN, TURKEY, SALSISERBY MEAT LOAF, CHICKEN & DUMPLING, SPAGHETTI & MEAT, BEANS & FRANKS, MACARONI & CHEESE  
11-oz. PKGS. **\$1.88**

**APPLES**  
U.S. No. 1 JONATHAN  
11 FOR **99¢**

**ICE MILK**  
THRIFTY MAID  
HALF GALLON **59¢**

**ON-THE-COB**  
VALSING CORN  
4-PK. PKGS. **289¢**

**GROUND ROUND**  
W-D BRAND USDA CHOICE BEEF HANDI-PAK  
1-LB. **\$1.29**

**DELMONICO STEAKS**  
W-D BRAND USDA CHOICE BEEF BONELESS  
1-LB. **\$2.49**

**TENDERLOINS**  
W-D BRAND USDA CHOICE BEEF WHOLE & TO B-B-Q  
1-LB. **\$2.69**

**STRIP STEAKS**  
W-D BRAND USDA CHOICE BEEF NEW YORK  
10 1/2-oz. PKG. **\$1.98**

**APPLES**  
U.S. No. 1 JONATHAN  
11 FOR **99¢**

**ICE MILK**  
THRIFTY MAID  
HALF GALLON **59¢**

**ON-THE-COB**  
VALSING CORN  
4-PK. PKGS. **289¢**

**Orange Juice** 2 16-oz. CANS 99¢  
**Gr'fruit Juice** 4 6-oz. CANS 99¢  
**Sandwiches** 12 PACK PKG. 89¢  
**Pizza Roll** 2 6-oz. PKGS. \$1.00  
**Potatoes** 5 14-oz. BAG 99¢

**Patties** 8-oz. PKG. 79¢  
**Clam Dinner** 8-oz. PKG. 69¢  
**Pepper Dinner** 2 12-oz. PKGS. \$1.29  
**Waffles** 2 9-oz. PKGS. \$1.00  
**Sausage Pizza** 14-oz. SIZE 79¢

**Cup Cakes** 10 1/2-oz. PKG. 69¢  
**Rolls** 2 24-oz. PKGS. \$1.00  
**Vegetables** 2 18-oz. BAGS \$1.00  
**Tomatoes** 1-LB. 39¢  
**Avocados** 2 FOR 79¢

**FINE ENGLISH DINNERWARE**

**SAUCER 39¢**

WITH EACH \$3.00 PURCHASE EACH

**WEEKLY FEATURE**  
COUPON GOOD OCT. 31 - NOV. 7 AT WINN-DIXIE  
This Coupon worth \$1.50 toward the purchase of a VEGETABLE BOWL  
\$4.49 REG. \$1.50 COUPON VALUE \$2.99 WITH COUPON

**WEEKLY FEATURE**  
COUPON GOOD OCT. 31 - NOV. 7 AT WINN-DIXIE  
This Coupon worth \$1.00 toward the purchase of a TEA POT  
\$6.49 REG. \$1.00 COUPON VALUE \$5.49 WITH COUPON



# Scotland's Top Scones



**COOKING IS FUN**  
By CELLY BROWNS/DINE  
Associated Press Food Editor  
Scottish scones are famous for a rich, yeast-caked scone—a biscuit (usually triangular) that tastes marvelous with a cup of hot tea.  
**STRAWBERRY JAM SCONES**  
2 cups unbleached flour  
1/2 cup butter  
1 egg  
1/2 cup heavy cream  
1 egg white, slightly beaten  
Strawberry jam  
1/4 cup water  
In a medium mixing bowl,

## Cranberry Stuffing

**CRANBERRY CHESTNUT STUFFING**  
(Enough stuffing for 12 to 14 pound turkey)  
8 cups stale bread crumbs  
2 cups chicken broth  
1 cup (2 sticks) butter or margarine  
1 cup chopped celery  
1/2 cup onion, chopped  
1/4 cup chopped parsley  
1 cup coarsely broken cooked or canned chestnuts  
1 1/2 cups Ocean Spray fresh cranberries, rinsed and drained  
2 teaspoons poultry seasoning  
2 teaspoons salt  
4 eggs, well beaten  
In a large bowl, combine bread and chicken broth. Heat butter and sauté celery, onion, parsley for 10 minutes. Add mixture to bread. Add chestnuts, cranberries, poultry seasoning, salt and eggs. Stuff turkey. Sew or skewer opening and roast as usual.

**APPLE CUPS WITH SPICED CRANBERRIES**  
(Serves 6)  
3 cups Ocean Spray fresh or frozen-fresh cranberries  
1 cup sugar  
2 cinnamon sticks  
12 whole cloves  
6 medium size red apples  
Combine cranberries, sugar, water and spices. Simmer 10 minutes or until cranberries are tender. Cool cranberries in syrup. Remove cranberries to a separate dish. Place apples in a rectangular dish. Leave apples in syrup and chill until ready to serve. Remove apples and drain. Fill apples with cooked cranberries. Place filled apples around roast turkey.

**CRANBERRY FESTIVAL CAKE**  
(Makes 1 ring cake about 2 1/2 inches high)  
3/4 cup butter or margarine  
1 cup sugar  
7 eggs  
2 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1 cup buttermilk  
Grated rind of 2 medium oranges  
1 cup Ocean Spray fresh or frozen-fresh cranberries, chopped  
1 cup chopped pitted dates  
1 cup chopped walnuts  
Glaze:  
1 cup orange juice  
1 cup sugar  
Cream butter and sugar until fluffy. Beat in eggs. Sift dry ingredients. Add dry ingredients alternately with buttermilk, beginning and ending with the dry ingredients. Fold in orange rind, cranberries, dates and walnuts. Pour into a greased 10x4-inch angel cake pan. Bake in a preheated slow oven (325° F.) for 1 1/2 hours. Unmold cake onto a shallow pan or pie pan. Mix orange juice and sugar until sugar is dissolved. Pour this mixture slowly over hot cake so that it is absorbed. Cover and let stand for 8 hours. Sprinkle with confectioners' sugar.  
Cranish with cranberries. Cut into thin slices and serve, if desired, with sweetened whipped cream.

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★ WED., OCT. 31

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26 OZ. PIE  
59¢  
FROZEN FOOD

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**"BANQUET" POT PIES** 4 OZ. PKGS. 89¢  
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**"STOKELY" WH. KERNEL (OR) CREAM CORN** 5 NO. 303 CANS 98¢  
MIX 'EM MATCH!  
"STOKELY" (YOUR CHOICE) CUT GREEN BEANS FRENCH GREEN BEANS (OR) SHELLIE BEANS 4 NO. 303 CANS 98¢

**"CAMPBELL'S" TOMATO SOUP** TALL CAN 10¢  
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**"KOZY KITTEN" CAT FOOD** 15 OZ. CAN 13¢

**"HEINZ" TOMATO KETCHUP** 14 OZ. BTL. 19¢  
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**"WHITFIELD" SALAD OLIVES** 10 OZ. JAR 54¢  
**"PIK-L-BARREL" SWEET RELISH** 32 OZ. JAR 45¢  
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**"BONUS BUY!" COCA COLA** 16 OZ. 8 PK. 69¢  
plus deposit.

**REG. (OR) MINT "CLOSE-UP" TOOTH PASTE** FAMILY TUBE 85¢  
WHY PAY \$1.09  
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WHY PAY 64¢  
**REG. (OR) CHERRY "VICTORS" COUGH DROPS** REGULAR STICK PKG. 13¢  
WHY PAY 89¢  
**"JOHNSON & JOHNSON" BABY OIL** 4 OZ. BTL. 79¢  
WHY PAY \$1.09  
**"GILLETTE" SHAVE CREAM "FOAMY" FACE SAVER** 7 OZ. 96¢  
WHY PAY \$1.00  
**SINUS CONGESTION RELIEF "SINE-AID"** 24 TABLETS 86¢

**"STOKELY" WH. KERNEL (OR) CREAM CORN** 5 NO. 303 CANS 98¢

# Bags Help Fast Meals

By SUSAN DELIGHT  
Copley News Service

In-the-bag cookery is becoming a way of life. It represents the quick-and-easy modern trend.  
Oven bags eliminate spattering and burned-on food stains. The self-sealing bags

can be used for marinating meats, flouring foods, or for storage.  
Among the meats which spatter over the most are such fat foods as pork and duck. The illustrative recipe for duck orange, often featured on restaurant menus as a specialty item, calls for

baking in a bag. While the fat bastes both the surface and the meat, the oven bag holds in fat and juices, so the oven never gets splattered.  
Indicative of the convenience features of sealable plastic bags is marinated steak in a bag. The steaks can be marinated, then carried to

the barbecue setting in the bag.  
**MARINATED STEAK IN A BAG**  
(Makes 4 Servings)  
2 1/4 pounds each, round bone) sirloin steaks, each about 1 1/4 to 1 1/2 inches thick (Note)  
Place each sirloin steak in

1 cup red Burgundy wine  
2 tbsps. salad oil  
1 tsp. lemon juice  
1/4 tsp. garlic powder  
2 tbsps. Worcestershire Salt and pepper  
Place each sirloin steak in

plastic-size sealable bag. For marinate, mix together all remaining ingredients except salt and pepper. Four half of marinate into each bag. Press excess air from bag; close bag by pressing the plastic tongue on one side firmly into the groove on the other side. Marinate for at least 2 hours. Keep steak chilled until 1 hour before grilling time.  
Remove steaks from marinade. Grill steaks about 5 inches from hot coals for about 9 to 11 minutes per side for medium. Baste steaks with marinade during broiling and sprinkle with salt and pepper after broiling.  
(Note) For less tender steaks: Less expensive steaks, such as chuck or round steaks, may be used instead of sirloin steaks. To tenderize steaks, keep steaks in marinade for 6 or more hours.

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100% PURE  
**GROUND BEEF**  
3 LBS. OR MORE LB. 78¢

HEAVY WESTERN  
**WHOLE BEEF LOINS**  
AVERAGE 50 LBS. LB. \$1.29  
CONSISTS OF SIRLOIN, T-BONE PORTERHOUSE AND MORE  
CUT & WRAPPED FOR YOUR FREEZER FREE!

**VALUABLE COUPON**  
"NESCAFE" INSTANT COFFEE  
12 OZ. JAR. BONUS \$1.28  
Good Only At: Sanford "Park & Shop" Coupon Expires: Wed., Oct. 31  
LIMIT: ONE COUPON PER FAMILY, PLEASE!

HEAVY WESTERN BEEF  
**T-BONE, CLUB OR CUBE STEAK** LB. \$1.58  
HEAVY WESTERN SIRLOIN STEAK LB. \$1.48

LYKES  
**SIMON SMOKED SHOULDER PICNICS** LB. 58¢

**VALUABLE COUPON**  
"LIQUID PLUMR" QUART BTL. 59¢  
Good Only At: Sanford "Park & Shop" Coupon Expires: Wed., Oct. 31  
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**SWISS OR FULL CUT ROUND STEAK** LB. \$1.28

HEAVY WESTERN BEEF  
**BONELESS POT ROAST** LB. \$1.18  
**BONELESS ALL MEAT STEW** 3 LBS. OR MORE LB. \$1.18

**FARM PRODUCE TRICK (OR) TREAT FANCY CORTLAND APPLES** 3 LBS. CELLO BAG 58¢

**DELMONICO STEAK** LB. \$2.48  
**FRESH WEST COAST MULLET** LB. 33¢  
**FILLET OF WHITE FISH OR RED SNAPPER** LB. 98¢

**SLICED BUDGET BACON** 1 lb PKG. 68¢

**"BAKING SIZE" SWEET POTATOES** 4 LBS. 68¢  
**"FRESH - CRISP" CELERY** LARGE STALKI 23¢  
**OCEAN SPRAY "PEAK OF HARVEST" CRANBERRIES** LB. BOX 28¢  
**"SUNNY DELIGHT" CITRUS PUNCH** 1/2 GAL. 48¢

HEAVY WESTERN BEEF  
**CHUCK ROAST** LB. 77¢

GA. EXTRA LEAN  
**BOSTON BUTTS** LB. 88¢  
**PORK STEAK** LB. 88¢

**CARAMEL APPLE KITS** 6 OZ. 39¢  
**PARK AND SHOP**  
WE ACCEPT USDA FOOD STAMPS

LYKES ALL-MEAT 2 LB. PKG. \$1.98  
**GRILL FRANKS** \$1.98  
LYKES BOLOGNA OR BRAUNSCHWEIGER LB. 88¢

DELICATESSEN SPECIALS  
**SALAMI** LB. 98¢  
**ROAST BEEF LOAF** 1/2 LB. 78¢  
**FOOT LONG HOT DOGS** LB. 98¢

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★ 329 SANFORD AVE. STORE  
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★ CHANGE OF HOURS SUNDAY 8:00 A.M.-7:00 P.M.

Remove steaks from marinade. Grill steaks about 5 inches from hot coals for about 9 to 11 minutes per side for medium. Baste steaks with marinade during broiling and sprinkle with salt and pepper after broiling.

(Note) For less tender steaks: Less expensive steaks, such as chuck or round steaks, may be used instead of sirloin steaks. To tenderize steaks, keep steaks in marinade for 6 or more hours.

Preheat oven to 375 degrees. Remove all visible fat from duck and prick skin well all over to allow fat to escape. Roll opening back on small size (10" x 16") sealable plastic bag and place in two-inch-deep roasting pan. Add dry ingredients to bag. Mix well with wooden spoon. Combine remaining ingredients and bind gradually into dry mix in bag. Place duck in mixture and turn to moisten all sides. Close bag with twist tie; make six half-inch slits in top. Cook 1 1/2 to 2 hours or until tender. Slit bag and remove duckling to warm serving platter. Pour sauce in bowl and skim off excess fat. Serve with seasoned rice.  
Makes: 2-4 servings.

## Shopper Turns Into Top Sleuth

By Gaynor Maddox  
Today's marketing demands a basic understanding of what the word "Food" means. Food prices keep spiraling. Therefore, to combat costs the housewife must get every cent's worth of food for her market dollar. So don't guess at the supermarket.  
Hamburgers — what exactly are they composed of? Today, more and more soy-beef burgers are being sold and many people report they like them. As a rule, they are made of 3/4 as much as 1/4 soy bean protein concentrate or textured vegetable protein. The soy products cost less than the beef. Therefore, make certain that your soy-beef burgers cost about only 1/4 as much as a pound of beef burger meat. Ask, too, if the butcher is selling all-beef or soy-beef burgers. Some of the store forgets or doesn't advertise this, according to reports. Don't guess. Check. That's the thirty approach.  
The Food and Drug Administration's efforts to revise food labels needs your cooperation. It may take a little effort to understand the labels and their significance. But that is another form of thrift essential today.  
Here are some new regulations that apply to all food shipped between states. All labels ordered after December 11, 1973, must carry these changes.  
When you want fresh or canned fruit or vegetables you don't want to be fooled into buying another product. Any non-carbonated juice product that may falsely appear to be a natural fruit or vegetable juice because of color, flavoring or labeling must have as part of its common name a statement that the product contains no natural juice. This rule bans beverage names that imply fruit or vegetable content when in fact there is none.  
Here is another labeling order to prevent the manufacturer from misleading the customer. Such main dish products as "chicken casserole" and "pepper steak" with labels that imply inclusion of important ingredients, such as chicken or steak, must carry a full list of the ingredients present, along with an appropriate statement naming the missing ingredients that must be added to complete the dish.  
Frozen heat-and-serve dinners need watching. These frozen dinners must contain at least three components, one of which is a significant source of protein.

# His Toes Won't Hurt Him Again If Shoes In Store Feel Comfy

By CAROLYN COIL  
Copley News Service

If Billy wants to try on a dozen different pairs of shoes before he makes a choice, let him.

But be sure he's trying to get a good fit and not playing games.

Tell Billy that his new shoes must feel good even in the store. They can be a little stiff, but they shouldn't feel as though they will need a lot of breaking in, says podiatrist Arnold Serkin of Torrance, Calif.

"There has to be plenty of room for the toes," he says. "There should be about a half-inch of room in the toe box. There should be fitted from the heel of the foot to the ball of the foot for proper support."

Shoes that are wider and shorter is best. Often just increasing the length of the shoes worn can cure painful foot problems.

Dr. Serkin says your child should be fitted by a qualified salesperson who will accurately measure your child's foot. This measurement should be taken while the child is standing, not sitting.

If shoes are too short, toes will curl under. This can cause corns, calluses and deformities like hammer toes.

"Tennis shoes and things are acceptable footwear if the child does not have any foot problems, such as flat feet, pigeon toes, bowlegs or knock-knees. But even then these styles should be worn in moderation."

"The continuous use of any shoe is not healthy," says Dr. Serkin. "People should change their shoes frequently."

"If they stand a lot, they should change twice during the day for good foot health."

Don't encourage your child to go barefoot unless he will be walking on grass or sand. "Walking barefoot on cement or concrete, or any hard surface," says Dr. Serkin, "can cause internal foot damage which may not be recognized until the child is an adult."

Shoes act as a cushion and absorb some of the impact the foot receives. A painful problem which is traced to wearing platform shoes is severe leg pains called shin splints.

He advises parents to say "no" when their children request this type of footwear.

He doesn't believe in treating foot problems with over-the-counter arch supporters and therapeutic shoes.

"They are not made by any scientific method such as from a cast," he says. "And no two feet are alike."

Dr. Serkin prefers leather shoes to any other type because of their breathing ability.

He says a shoe should have a firm shank which supports the foot structure.

A weak shank, often found in cheap shoes, will not give the proper support to the foot. But, says Dr. Serkin, the best-fitting shoe won't do any youngster any good if he wears it after it begins to pinch his toes.

"Mothers should check every day to see where their babies' or young children's toes reach in their shoes."

"Some children have hammetoes simply because their parents didn't check their children's shoe fit frequently."

Shoes don't always have to be expensive to be good. But, they should be made of leather and

leather will breathe and other materials don't.

## Meat Loaf Aids Budget Feel Oats

By Aileen Claire  
NEA Food Editor

A triple-decker meat loaf is a truly stretch-the-dollar dish. It layers dill pickle slices and American cheese between the ground beef mixture which includes an old-fashioned meat stretch-oat-fishers omelette.

Serve this sliced with vegetables and salad or as a sandwich filling.

### TRIPLE-DECKER MEAT LOAF

Relies on oats as stretch

1-1/2 pound ground beef

3/4 cup quick or old fashioned oats, uncooked

2 teaspoons instant minced onion

1-1/2 teaspoons salt

1/4 teaspoon pepper

1 cup tomato juice

1 egg, beaten

3/4 cup dill pickle slices

4 American cheese slices

Combine ground beef, oats, minced onion, salt, pepper, tomato juice and egg. Divide into 3 equal parts. Pack 1/3 of meat mixture into bottom of an ungreased 8 1/2 x 5 1/2 x 2 1/2 inch loaf pan. Top with a layer of pickle slices. Pack another 1/3 of meat mixture evenly over the pickle layer, making sure the pickles are covered and edges are sealed. Top with 4 American cheese slices. Pack remaining 1/3 of meat mixture over the cheese layer, making sure the cheese is covered and edges are sealed. Bake in preheated 350-degree oven for 65 minutes. If desired, top meat loaf with 4 thin American cheese strips during the last 5 minutes of cooking time. Let stand 5 minutes before slicing. Makes 8 servings.

## Brides 1st Homes

BOSTON (AP) — Brides to-day share with brides of previous eras the problem of finding their own homes, one expert says.

Jackson W. Goss, president and chief executive officer of Investors Mortgage Insurance Co., says today's bride may have the impression that the problem of making ends meet post-wedding and home buying are dilemmas of the space age.

"The approximately 1,125,000 women who will marry during 1974 have all heard much about the 'hood old days,' and may not fully realize that the generations of brides before them have faced the same problems," Goss said.

"Granted, the new bride may not come across an advertisement for a modern six-room house with two-car garage for \$2,300, as in 1934. But she will get a home all the same."

"About 222,000 of 1974's brides will move into their own homes," Goss added.

The president of a firm that works with lenders to insure conventional mortgage loans says today's brides will generally have an easier time than their parents did.

"Unlike the 1930s, when a down payment requirement could run as much as 35 or 40 per cent, the 1974 buyer will be able to acquire a home for as little as five or 10 per cent down," he said.

The 20 cent per pound sirloin steaks, which prevailed in 1934, may sound like a budgeter's dream: to a woman who pays the 1974 price of over \$2 a pound.

# no tricks.... just treats

FAIRWAY EXTRA LARGE or LARGE

**Eggs 69¢** FRESH FLORIDA GRADE A doz.

**59¢** GIANT SIZE

FAIRWAY'S PHARMACY SPECIALS!  
Mylanta Liquid \$1.29 12 oz. 15¢  
Epsom Salts \$3.99 4 lb. 15¢  
Coricidin D \$1.29 25 Tablets 15¢  
LOCATIONS: 5471 S. Orange Ave. 114 S. Semoran Ave. 1601 N. Bermuda, Kissimmee

**Shasta DRINKS 79¢** 10-12 CANS  
**Shasta SODA DRINKS 79¢** 10-12 CANS  
ALL FLAVORS REGULAR OR SUGAR FREE

**Shasta BEER 99¢** 6-12 oz. Cans

**Shasta JUICE 99¢** 6-12 oz. Cans

**Shasta CANDY 99¢** 6-12 oz. Cans

FAIRWAY'S PHARMACY SPECIALS!  
NABISCO **Snack Crackers 59¢** 4-8 oz. Cans  
**Instant Coffee 1.09** 12 oz. Cans  
**Coffee 1.05** 12 oz. Cans  
**Pampers 1.55** 30, 200 Pkts.  
**Reynolds Foil 1.59** 200 sq. ft.

**Crisp Western Lettuce 23¢** 2 1/2 lb. Heads

**Fairway Bread 49¢** 2 Loaves

**Fairway Cat Foods 75¢** 5 1/2 lb. Cans

**Miller Beer 99¢** 6-12 oz. Cans

**Frozen - Dairy**  
**Round Waffles 39¢** 12 oz. Cans  
**Breakstone Ricotta Cheese 73¢** 3 1/2 lb. Cans  
**Ice Cream Chocolate Eclairs 59¢** 6 oz. Cans  
**Minute Maid Orange Juice 99¢** 2 1/2 gal. Jugs

**Fresh Zellwood Mushrooms 79¢** 1 lb. Pkg.

**Bananas 9¢** Golden Ripe 1 lb.

**Everyday Discount Prices**  
Ketchup \$45¢ 2 1/2 qt. Jugs  
Peanut Butter \$69¢ 1 1/2 lb. Jugs  
Sunset Prune Juice \$69¢ 4 1/2 qt. Jugs  
Campbell's V-8 Cocktail \$49¢ 4 1/2 qt. Jugs  
Cut Green Beans \$39¢ 4 1/2 qt. Jugs  
Del Monte Sweet Corn \$41¢ 4 1/2 qt. Jugs

**Fruit Quality Green Peas \$4.99** 4 1/2 qt. Jugs  
**Beach-Nut Strawberry Baby Food \$8¢** 4 1/2 oz. Cans  
**Dog Food Ken L Ration \$1.09** 6 1/2 lb. Cans  
**Howard Johnson's Tomato Soup \$3.99** 3 1/2 qt. Cans  
**Kellogg's Rice Krispies \$1.39** 13 oz. Cans  
**Regular or Buttered Log Cabin Syrup \$77¢** 2 1/2 qt. Jugs

**Soft Margarine 49¢** 1 lb. Pkg.

**Save 15¢ with this coupon**  
**pledge 7¢** 1 lb. Pkg.

FAIRWAY MARKETS  
EXPIRES 10-31-73

Combine ground beef, oats, minced onion, salt, pepper, tomato juice and egg. Divide into 3 equal parts. Pack 1/3 of meat mixture into bottom of an ungreased 8 1/2 x 5 1/2 x 2 1/2 inch loaf pan. Top with a layer of pickle slices. Pack another 1/3 of meat mixture evenly over the pickle layer, making sure the pickles are covered and edges are sealed. Top with 4 American cheese slices. Pack remaining 1/3 of meat mixture over the cheese layer, making sure the cheese is covered and edges are sealed. Bake in preheated 350-degree oven for 65 minutes. If desired, top meat loaf with 4 thin American cheese strips during the last 5 minutes of cooking time. Let stand 5 minutes before slicing. Makes 8 servings.

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PULLING HER WEIGHT... Just like other cadets

# 5 Girls Train For Sea Careers At America's Maritime Academy

By KEN HUDSON  
Copley News Service

VALLEJO, Calif. — Susan Buller, 21, is a petite and pretty dark-eyed brunette who wants to stand someday on the bridge of an ocean-going freighter as a ship's captain.

She thinks she would be just great as the first woman skipper of a U.S.-flag cargo vessel. But then so does Lynn D. Frey, a vigorous 20-year-old from Castro Valley.

Or it could be Suzanne Foster, 18, a tanned school diver from Redondo Beach, or Cinda Rae Boone, 17, of Garden Valley, who shows up for lifesaving class in a bikini.

Those four young California ladies are the first of five midshipwomen ever admitted to the California Maritime Academy, a unique college here that trains officers for the U.S.

merchant marine. Jean Thatcher Arnold, the outgoing 17-year-old daughter of a San Francisco newspaper executive, has a different goal: standing on the bridge of a ship in the wind and sea spray.

Her dream is to be in command of the great diesel engines that power the largest and most sophisticated merchant vessels afloat. Her duty post as a chief engineer would be far below decks in the noisy engine room.

But before any of their hopes come true, these five women face three tough years of intensive schooling in everything from navigation and calculus to steam engineering and marine machinery.

For more than a month now they have been pulling on oars and heaving lines and hefting heavy pieces of diesel engine machinery. They sail and paint and splice

lines. And in between they study maritime economics and computer operations and then chip paint and study meteorology.

"Hard is getting up at 6 in the morning — every morning," said Miss Frey.

"I don't care much for the restrictions here — I guess I'm used to doing more what I want to do," she said.

"I went to (Chabot) college before I came here and had my own apartment. It's kind of hard to get used to not being able to come and go when I want," she added.

"But I would really like to be the first woman freighter master — that would really be neat. I'd be the best," she said with a display of self-confidence that the state-operated academy encourages.

Miss Buller doesn't think the academy's work is too hard so far but admits that the engineering class for deck officers is the most difficult.

Her biggest objection is to the residence hall restrictions. At present the midshipwomen can have male visitors in their rooms until 10 p.m. "for study purposes."

But they can't visit midshipmen in their rooms at any time for any purpose. "We have never allowed midshipmen to have women visitors in their rooms and they still can't," said Rear Adm. Joseph P. Rizzi, the maritime academy's superintendent.

He noted that allowing the midshipwomen to have male visitors came as a concession after the women—and the midshipmen—complained of the strict regulations.

"Well, I think we should have the free run of the ship (the

academy's training ship, the Golden Bear) and of the residence hall because that's the way it will be if we're working aboard a ship," said Miss Buller.

"They aren't going to have areas blocked off aboard a ship and they shouldn't have them here either," she said.

Miss Foster, a quiet, tanned 18-year-old, is looking toward Southern California for a maritime career although she wouldn't object to going anywhere on a freighter.

An accomplished swimmer and scuba diver, she would like to be an officer of one of the Scripps Institution of Oceanography in La Jolla, Calif., or National Marine Fisheries Service research vessels.

All of the girls have some anxieties about the job market for them when they get their bachelor degrees in nautical science or marine engineering three years from now.

## Meat Mix Confusion May End

By Gaynor Maddox

Four women are comparing their dinner menus. One says she is serving a Delmonico steak. Another says she is using a filet steak. A third is serving a Spencer steak and the fourth a beauty steak. They all went to different super markets but are serving the same steak — a beef ribeye steak.

In an attempt to eliminate such confusion, the meat industry has started a new standardized meat identification program. The various names used in meat stores for more than 1,000 cuts of beef, lamb, veal and pork were cut to about 300.

David H. Stroud, president of the Live Stock and Meat Board, the 51-year-old authority, says, "I think this new system of terms may be as significant in supermarkets as the introduction of self-service was four decades ago."

Each cut of meat is labeled by a uniform method. The label will show first, the species of meat (beef, veal, pork or lamb); second, the primal area (or so-called wholesale cut) from which the retail cut was derived — breast (brisket), shoulder (chuck), arm, shoulder (chuck), blade, rib, loin, sirloin (hip) and leg (round) — and finally, the recommended retail name.

Use of such names as "Patio Roast," "Pop-up Steak," "Paradise Roast," "Chuckwagon Cut," "Smoked Callie," "Ranch Bacon," "London Broil," and "His-and-Her Steaks," explain the counter confusion. Sometimes the same label is used to label different cuts of meat in different stores. A very frustrating experience for the shopper that the industry is trying to change.

Some names, however, while not anatomical, are so widely used and accepted that they have become traditional.

You will continue to find "Porterhouse Steak," "Filet Mignon," in the beef category. "Butterfly Loin Chop," among pork cuts and "French-style Chops" in lamb.

There are cases where complete elimination of previously familiar names might add to the customer's confusion," says Stroud. For example, when a retailer in New England adopts the program and discovers his ever-popular "California roast" is not listed, he can add "California Roast" under the regulation label Beef Chuck Under Blade Roast (California Roast).

becomes an official name guide for universal adoption by meat retailers. The industry-wide meat identification committee was composed of retail and meat packing, processing companies and their trade organizations. The committee was assisted by the U.S. Department of Agriculture, the White House Office for Consumer Affairs and the Council of Better Business Bureau.

The names on the meat package labels will be uniform nationally, but most participating stores will display illustrated identification charts.

Some stores may not join the program but Stroud says, "It's a highly competitive industry. It's unlikely that many firms will consciously give a merchandising edge to the competition in the area of customer good will."

# shop "happy" with fairway

**Fairway Kosher Style Brisket CORNED BEEF \$1.18** lb. whole

**Fairway Tender Fryer Sale! \$3.80** CUT-UP FRYERS 1 lb. 45¢

**Fairway Steak \$1.38** BONELESS RUMP ROAST 1 lb.

**Fairway Roast \$1.38** USDA CHOICE

**Fairway Pork Loins 95¢** FREESPECIAL FRESH FROZEN WHOLE

**Fairway Ground Beef 88¢** FAIRWAY PURE, EXTRA LEAN 1 lb.

**Fairway Steaks \$5.39** ONION, CHUCK WAGON, SALISBURY, PEPPER 20 - 4 oz. 5 lb. box

**Fairway Steak Patties \$5.69** CHOPPED SIRLOIN 15 - 5 1/2 oz. 5 lb. box

**Fairway Special Steaks \$9.99** 10 - 8 oz. 5 lb. box

**Fairway Family Steak \$1.08** 1 lb.

**Fairway Swiss Steak \$1.18** 1 lb.

**Fairway Cube Steak \$1.28** 1 lb.

**Fairway Pot Roast 88¢** 1 lb.

**Fairway English Cut 98¢** 1 lb.

**Fairway Round Bone \$1.08** 1 lb.

**Fairway Chicken 75¢** 1 lb.

**Fairway Danish Meltaway 75¢** 13 oz.

**Fairway Cool Whip 59¢** 8 oz.

**Fairway Broccoli Spears 49¢** 11 oz.

**Fairway Chopped Spinach 49¢** 10 oz.

**Fairway French Fries 79¢** 10 oz.

**Fairway Onion Rings 79¢** 10 oz.

**Fairway Shrimp Croquettes 79¢** 10 oz.

**Fairway Cottage Cheese 85¢** 24 oz.

**Fairway Paper Plates 67¢** 100 ct.

**Fairway Maple Leaf Butter 99¢** 10 oz.

**Fairway American Slices 89¢** 12 oz.

**Fairway Halfmoon Longhorn 1.03** 12 oz.

**Fairway Biscuits 2.29** 2 oz.

**Fairway Squeeze Parkay 63¢** 8 oz.

**Fairway Cream Cheese 45¢** 8 oz.

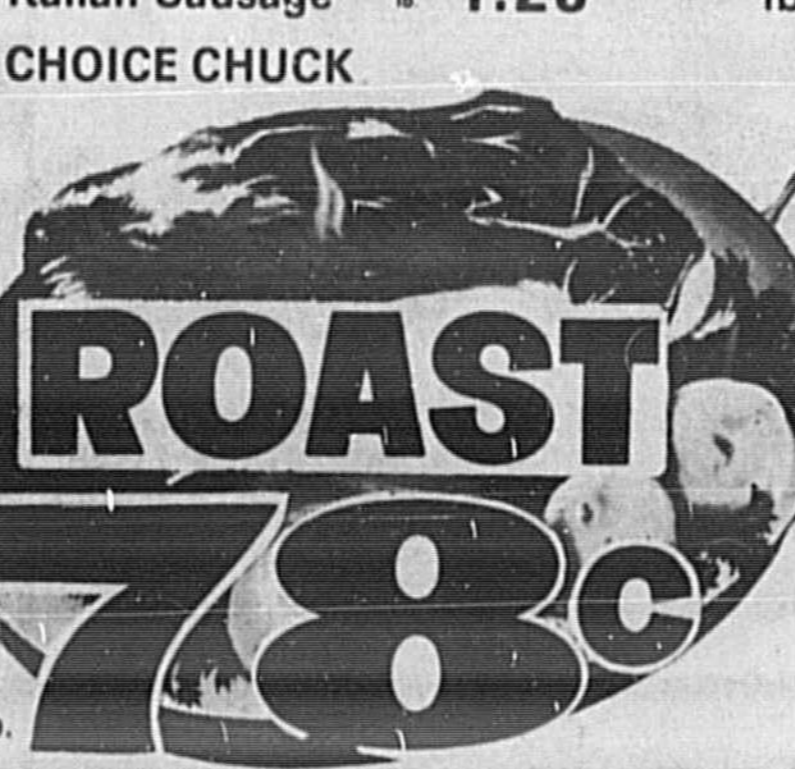
**Fairway Macaroni & Cheese 99¢** 12 oz.

**Fairway American Slices 89¢** 12 oz.

**Fairway Halfmoon Longhorn 1.03** 12 oz.

**Fairway Biscuits 2.29** 2 oz.

**Fairway Squeeze Parkay 63¢** 8 oz.



Don't Scare Us— 'Cause We're A Happy Bunch

WORRY CLINIC

By George W. Crane, Ph.D., M.D. Ellen was puzzled by her weird dream! It is typical of millions of romantic girls worldwide...

CASE Y 551: Ellen G., aged 19, is a college freshman. "Dr. Crane," she protested, "no dreams have any value at all!"

"For I often have weird nightmares where I am down on the beach somewhere in the South Pacific. "Now, Dr. Crane, I have actually never been out of the U.S.A., but in my dreams I may find myself in Tahiti or some other exotic location."

"Just last night, for example, I dreamed that I was walking along the beach in the moonlight on a tropical island. "All of a sudden, a band of savages jumped out of the woods and started chasing me."

"They didn't seem to be Indians but were brown-skinned and the leader was attractive looking. "I tried to run as fast as I could, as they began to hurl spears at me."

"Finally, that handsome leader threw his spear and it struck me in the left side, near my heart. "But I didn't seem to suffer any pain and then the dream suddenly ended."

"What makes a person have such impossible dreams?" DREAM INTERPRETATION Biblical Joseph became the world's first Food Administrator and also the Prime Minister of Egypt...

For dreams, though ostensibly weird and disjointed, often have distinct value to a psychiatrist in modern times. For some dreams camouflage hatred of a member of your own family or of your boss.

Others reflect immediate sensory conditions, as when your foot is uncovered on a cold winter night and you begin to dream you are walking barefoot, over ice and snow.

Remember, too, that your brain sleeps "in patches," meaning that some areas are alert while others are temporarily inactive.

But any stimulated sense organ can barrage the brain with an incoming shower of nervous impulses that will keep the receiving brain center active, even though you are asleep.

For example, if you go to bed on an empty stomach, you may soon dream about rich foods, as a Thanksgiving banquet. Or, if you drift off into slumber while thirsty, you may then dream of cold springs of water or icy soft drinks.

But if you enter dreamland while in a romantic mood, after Ellen kisses her date goodnight, then the romantic receiving center in the brain will be active.

So the resulting dream will likely satisfy that erotic hunger, just as the dream about Thanksgiving banquet or cold drinks, tried to allay the stomach craving.

But in modern society, girls of good breeding disguise basic sexual desires or camouflage them by using symbols that don't arouse their "Censor" (Conscience).

Highlights TV Time Previews

8:30-9:00 NUC ADAM-12 "Hot Spot" A distraught father holds his own daughter as hostage, threatening her life as Officers Reed and Malloy talk him out of his terrorist reaction.

8:30-9:00 ABC WEDNESDAY MOVIE OF THE WEEK "Go Ask Alice" (RERUN) An absorbing story, well acted, particularly by young newcomer Jamie Smith.

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9:00-9:30 CBS CANNON "Come Watch Me Die" This one gets involved in love triangles and murder frame-ups.

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BOZO THE CLOWN IN PERSON AT JCPenney SANFORD, PLAZA Thursday (Tomorrow) 7:30 - 8:30 PM

RIVER ROOM RESTAURANT Breakfast 7-11 Lunch 11:30-2:30 Dinner 5-10 Business Men's LUNCHEON \$7.45

House Of Steak Holiday 15c Complex Ph. 323-1910 Sanford We Still Have Our... LUNCHEON SPECIAL \$1.49

FREDDIE'S CENTRAL FLORIDA'S OLDEST AND FINEST STEAK HOUSE SERVING COMPLETE DINNERS UNTIL 1:30 AM

S/S Cafeterias EVERY TUESDAY VEAL PARMESAN Choice of Two Vegetables. Hot Bread & Butter \$1.09

Wednesday's FAMILY SPECIAL Famous Recipe Fried Chicken \$1.25 Regular \$1.63 Value GOOD ALL DAY

PLAZA MOVING CHAIR THEATRE LAST 2 DAYS 2:30-7:30-9:15 "NIGHT WATCH"

BURT REYNOLDS in "WHITE LIGHTNING" LEO United Artists

Thank goodness for the goodness of Famous Recipe FRIED CHICKEN Open Daily 11 a.m. till 9 p.m. — Fri. & Sat. till 10 p.m.

Dear Abby Family taught not to fear snakes By Abigail Van Buren

DEAR ABBY: Congratulations for standing up for the snake. I had a pet boa constrictor for many years and kept him until he became too big to feed, after which I gave him to the zoo.

DEAR ABBY: Your defense of the much-maligned serpent was very thought-provoking, but there is another side to that story.

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Help Wanted ANSWER TO PREVIOUS PUZZLE

ALLEY OOP HURRY, MR. OOP! HURRY!!

CAMPUS CLATTER with BIMO BURNS NO SOUL FOOD TODAY, FERCY!

BUGS BUNNY EVER CONSIDER TAKING A COURSE IN SPEED UP YOUR READING FLUENCY?

CAPTAIN EASY YOU'RE EXPECTING SOMEBODY, DUCKY!

POLLY'S POINTERS Sewer works advice on synthetics

FRANK AND ERNEST YOU JUST DON'T GET THE HANG OF IT, MR. FENSTER!

WINthrop SQUEEK SQUEAK SQUEAK SQUEAK!

BLONDE GUESS WHAT? SALLY'S PLANNING TO GET MARRIED!

BEEBLE BAILEY SORRY, I'VE BEEN SAVING THIS CHAIR FOR THE B.S. DOCUMENTARY JUST STARTING!

THE PHANTOM PHANTOM! PHANTOM!

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THE PHANTOM PHANTOM! PHANTOM!

Lee Falk and Sy Barry SHADOW—YOU'RE CRAZY!

Now at the 3 Seasons Restaurant. Appearing in our dining room this week the sensational Pork Chops "Midas" Backed up by Scallops En Casserole, Red Snapper, Scampis in Curry Sauce and Brochette of Tenderloin.



WHEN LITTLE SPOOKS ARE ON A SPREE

GET GOOD TREATS FROM PUBLIX!

From Our Frozen Food Dept.

- Cider Concentrate
Gingerbread Flavored
Cooks'n' Bags
Baked-A-Talos
Abel's Bagels

Green Giant Frozen Taste America Recipe Vegetables



100-OZ. GAIN DETERGENT 59¢

Light n' Lively 79¢

- Pear Halves
Fruit Cocktail
Lysol Spray
Palmolive Liquid
Tub & Tile
Comet Cleanser
Zest Beauty Bar
Fuf Rinso
Golden Corn
Cream Style Corn
Ripe Olives
Vermont Maid Syrup
Food Wrap
Three Minute Oats
Borden's Cremora
Instant Coffee

- Fresh Broccoli
Sweet Potatoes
Juicy Lemons
Crisp Carrots
Celery Hearts
Yellow Squash
Cauliflower
Green Cabbage
Strawberry Jam

- Sliced Bacon
Beef Liver
Ham Patties
Swift's Franks
Braunschweiger
Brown 'N Serve
Cold Cuts
Hot Dogs
Sliced Bologna
Beef, Ham, Turkey
Red Snapper Fillets
Smoked Mullet

- Hi-C Drinks
Mayonnaise
Fryers
Fully-Cooked Hams

- Kraft's Caramels
Party Pak
Hershey Kisses
Trick Or Treat
Satchel
Candy Corn
Milky Way Bars
100 Candy Treats

- Maxwell House Coffee
Bounty Towels

- Beef
Wine
7 Up
Milk
Sugar

Pillsbury Cookies 59¢

3 PKGS. \$1 Cake Mixes

Prices Effective Thru, Oct. 23, 1973

WE ACCEPT U.S.D.A. FOOD STAMPS!

- Krispy Crackers
Cranberry Juice
Whole Yams
Garden Peas
Oyster Stew
Daytime Diapers
Overnight Diapers
Pop Corn
Stuffed Sausages
Condensed Milk

Fried Chicken \$1.99

Fully-Cooked Hams 89¢

Pentagon Alerts Key U.S. Military Units

Called Precautionary Move After Report Soviets May Send Troops To Mid-East

WASHINGTON (AP)—The Pentagon alerted key military units in the United States and abroad today after receiving word the Soviet Union might send troops into the Middle East to enforce the cease-fire, U.S. government sources said.

The Sanford Herald

Thursday, October 25, 1973—Sanford, Florida 32771

A Lot Of Questions' Ruckelshaus Seeks Tape Exam

WASHINGTON (AP)—Former Deputy Atty. Gen. William D. Ruckelshaus says President Nixon's tapes of Watergate-related conversations should be examined by electronics experts to determine whether they have been altered.

Asked why, Ruckelshaus laughed and said, "If you try to figure this out rationally, you're going to get into a lot of trouble."

Seminole To Name Fire Administrator

A chief fire administrator for Seminole County will be named Monday by county commissioners anxious to fill for the \$15,000 a year post in time for a Nov. 12 deadline and the creation of a fire protection department for unincorporated areas.

WASHINGTON (AP)—President Nixon, preoccupied with developments in the Middle East, postponed today until sometime Friday a television-radio news conference that had been scheduled for tonight.

News Digest

TONIGHT the final whistle blows on the four-week long United Fund campaign. (Page 3A) OVER 6,000 PERSONS from all parts of the United States will converge on the Sanford Civic Center while attending the Seminole County Hearing Conservation Jamboree. (Page 3A)

Thanks to you it's working. Did You Forget The United Fund? Or Perhaps You Were Missed.

Moonlight Sale 7-10 Tonight, Sanford Plaza