

Cook Of The Week

Delicious Dapple Cake Is The Apple Of Her Eye

By Lou Childers
Herald Correspondent

For Kathy Heath of Longwood, cooking skills go all the way back to her family's roots in West Virginia. "I learned basic country cooking from my mother," says this week's cook.

Kathy admits that when she moved to Sanford at age 8 with her parents, Mr. and Mrs. Densil Triplett, and her brothers, Denny and Richard, and sister, Dreama, she had a cooking experience she'll never forget.

"It was the first time I fried chicken," Kathy starts, "and when I knew the chicken was tender I went to pour the grease out in the garbage can. I never dreamed that our family cat for some strange reason was in there. Well, you can imagine the scene! The cat came screeching out of the can and Kathy's chicken — pan and all — went flying all over the room!"

Kathy has always loved to cook, and especially enjoyed home economics in school at Seminole High. "I've always read magazines and newspapers hunting for new recipes that sound good." That's how Kathy found her recipe for Apple Bread Pudding. This recipe calls for canned apple pie filling, but in order to cut down on sugar and calories, Kathy substitutes 4 or 5 large fresh apples pared and sliced.

One of Kathy's favorite meals to fix for her husband, Dick, and daughter, Rebecca, 2½, is Super Sausage Supper which is enhanced by the additions of Southern corn bread and Wilted Lettuce Salad.

When Kathy's husband retired as meat manager at the Sanford Publix store, he taught her how to make Beef Rouladen. "This is a very special main course, and be sure to baste the top of the steak several times during the cooking so it won't dry out," instructs Kathy.

When the Heaths find a busy schedule is pushing them to "get it together" for a meal, Kathy often turns to Taco Pie.

Through the years, Kathy has saved one recipe out that she favors among all others. Apple Dapple Cake. Again, she uses fresh apples, and the unique feature of this cake is the topping poured over the cake while it is still hot.

APPLE BREAD PUDDING

- 8 slices bread, toasted
- ¼ cup butter or margarine
- 1 can (20 oz.) apple pie filling (or 4-5 fresh apples, pared and sliced)
- ½ cup raisins
- 1 teaspoon cinnamon
- 1 cup milk
- 1 cup hot water
- ¼ cup dark brown sugar
- 2 eggs, slightly beaten



Herald Photo by Lou Childers

Kathy Heath uses canned apple pie filling combined with fresh apples for Apple Bread Pudding.

- ½ teaspoon salt
 - ½ teaspoon vanilla
 - nutmeg
 - Shredded cheddar cheese
- Spread toasted bread with butter. Arrange four slices bread, buttered side up, in well-oiled baking pan. Spread pie filling or fresh apples over bread. Top with raisins and cinnamon. Cut remaining bread into cubes and arrange over apples, covering well. Stir brown sugar and hot water together until sugar is somewhat dissolved. Add milk, eggs, salt and vanilla, pouring over bread. Refrigerate two or three hours. Sprinkle top with

nutmeg, bake 50-60 minutes at 350 degrees or until custard is set. Remove from oven and sprinkle with shredded cheese. Let pudding stand several minutes before serving with a dollop of whipped topping.

APPLE DAPPLE CAKE

- 1 ¼ cups oil
 - 2 cups sugar
 - 3 eggs
 - 2 teaspoons vanilla
 - 3 cups flour
 - 1 teaspoon salt
 - 1 teaspoon soda
 - ¾ cup pecans
 - 3 cups raw apples
- Combine oil, sugar, eggs, vanilla, and add flour, salt, soda, pecans and apples. Pour into greased and floured 9x13-inch pan. Bake for 1 hour in 350 degree oven.

Topping:

- 1 cup brown sugar
 - ¼ cup milk
 - ¾ cup margarine
- Melt margarine. Add sugar and milk, cooking until thick on low setting. Pour over hot cake and let stand in pan at least two hours before serving.

TACO PIE

- 1 ½ lb. ground chuck
 - 1 large can tomatoes
 - 1 small can green chilies
 - 2 to 3 tablespoons chili powder (seasoning)
 - 1 package corn tortillas (found in refrigerator section of grocery store)
 - 8 oz. cheddar cheese, grated
 - 2 tablespoons flour
 - salt & pepper to taste
- Brown meat and drain excess fat. Put seasonings in and add tomatoes with all juice. Cut green chilies into small pieces and add to meat mixture. Cook for approximately 10 minutes on medium heat. Add tortilla shells and push in with spoon, cutting into meat mixture. (If sauce is too soupy, sprinkle flour on top and stir to thicken.) Cook for about 10 additional minutes. Dip out on plates and pass Taco toppings of shredded lettuce, chopped tomatoes and onions, sour cream and additional shredded cheese.

SUPER SAUSAGE SUPPER

- 1 to 1 ½ lbs. Kilbassa sausage
 - 4 to 6 medium to large white potatoes
 - 1 pkg. fresh carrots
 - 2 large onions
 - 1 bunch of fresh broccoli!
- Clean and cut all vegetables as for stew. Melt 2 tablespoons margarine in large skillet. Put all vegetables in and brown a little, turning temperature to low. Cook for 15 minutes. Cut sausage into serving pieces and

place on top of vegetables. Cover and continue to cook 20 minutes or longer on low to medium setting. Season to taste with salt and pepper. Serve when vegetables are tender. Yield: 4 servings.

WILTED LETTUCE SALAD

- 1 head of lettuce
 - 1 chopped onion
 - 4 slices bacon
 - 1 bottle Old Dutch salad dressing
- Break lettuce up in large bowl. Fry bacon crispy. Add onions to lettuce. Heat 1 tablespoon of bacon grease with drippings and pour in ½ to full bottle of dressing. Heat thoroughly to almost a boil and pour over lettuce. Toss lightly and add crumbled bacon. Serve immediately.

BEEF ROLADEN

- Yield: 4 servings
 - 1 pound top round steak
 - 1 small bag herb dressing mix
 - 4 oz. pecan pieces
 - 1 cup diced celery
 - 1 cup diced onion
 - ¼ cup butter
- Have butcher slice top round ¼-inch thick, or into 4 thin slices. Prepare dressing according to package directions. In small skillet saute pecan pieces, celery and onions in the ¼ cup butter. When celery is crisp-tender, add all to dressing, stirring in well.
- Take each thin slice of round steak and spoon dressing into middle, rolling lengthwise. Place each roll in baking dish — making sure sides do not touch each other. Bake 40 minutes in 325 degree oven. Do Not Add Salt Or Pepper Before Cooking. Baste tops of steak rolls periodically with any sauce of your choice. When ready to serve, thoroughly heat 1 can of mushroom gravy and spoon 1 or 2 tablespoons on top of each serving.

Certified Appraiser At Museum Saturday



Harriett Cordell, A.S.A.

Harriett Cordell, a senior member of the American Society of Appraisers, will be in Sanford Saturday to give those interested a written, certified appraisal of silver, cloisonne, crystal, porcelain, needlework, linen heirlooms and old clocks.

The appraisal session is sponsored by the Henry S. Sanford Historical Preservation Society and will be held at the Henry S. Sanford Library Museum, 520 E. First St., Oct. 15, from 3 to 5 p.m.

Mrs. Cordell is a regular guest on Channel 24 television, teaches the merchandising of antiques at Loch Haven Art Center and is the owner of The Cordellier, an antique shop in Orlando.

She is an expert in the field of establishing the age, origin and value of objects and what conditions affect the value of foreign and domestic antiques.

Mildred M. Caskey, curator at the museum, announces that tickets are available in advance at the museum. Donation is \$5 which entitles the appraisal and certification of three items.

Donation for observers is \$1. For information, call the museum, 321-0710, open Sunday, Wednesday, Thursday and Friday, from 2-5 p.m., or call 322-6419.

Mrs. Caskey says that due to widespread interest in this event and limited space at the museum, it is suggested that tickets be obtained in advance to ensure admission.

She adds, "In their role of an organization dedicated to historical preservation, the Sanford Society is greatly concerned with the beliefs and whereof of appraisals in establishing the identity, history and value of inherited or acquired artifacts for historical preservation and present Mrs. Cordell as a means of enabling area families to have this information as a part of their family heritage.

Mrs. Caskey stresses the importance of knowing how much family heirlooms are worth on today's market. "Your family may not know but your insurance man should," Mrs. Caskey says.

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In And Around Longwood

Spokes Welcome Area Newcomers



SISTER Hears City Manager

SISTER Inc. officers, Ruth Swinney, first vice president, left, and Irene Laney, president, pose questions for Sanford City Manager W.E. "Pete" Knowles, guest speaker at the SISTER's first program of the season at Holiday Inn, Sanford Marina. Representatives of six organizations attended the meeting when Knowles discussed issues that citizens will be faced with in the near future.

With all the new people moving into the Longwood area each month, it must be refreshing for them to know there is a group of people who are willing to take the time to reach out a hand of friendship and make them feel welcome.



Karen Warner

Each month the Seminole Spokes, a branch of the Florida Welcome Wagon, holds a special "get acquainted" coffee for new residents in the area.

On the third Wednesday of each month, newcomers can meet with other newcomers at the Westmont Recreation Center in the Spring Oaks subdivision, at 11:30 a.m.

Following the first meeting, newcomers may join one of the many different "mini" groups that are meeting on a regular basis. Small groups consist of golf, tennis or bowling clubs, canasta or bridge groups, garden clubs, book clubs and even a "lunch bunch."

According to Corky Hauge, a member of the "lunch bunch," this particular group of women enjoy seeking out and finding the most interesting places to go for lunches.

In September, a group of over 75 ladies converged on People's Restaurant on Lee Road.

For the October meeting, the group plans to visit the Sabal Point Country Club.

Speaking of good things to eat, the Rock Lake Middle School Band is raising funds this month by selling candy bars. The candy bars, priced at \$1 each, include a coupon redeemable at Burger King for "a buy one, get one free Whopper."

The candy bars can be purchased from members of the school band or may be obtained from the school.

The Sweetwater Oaks Garden Club met Monday at the

First Baptist Church in Sweetwater. After a social hour and refreshments, special guest Vince Sims, of Sims Grown Foliage of Eustis, presented a program.

Sims shared a beautiful slide show. He explained planting short cuts, landscaping designs and showed the members a variety of exotic plants.

The Sweetwater Oaks Garden Club is open to interested women in the area. The club meets the second Tuesday of each month at the church.

The Sweetwater Woman's Club met today for luncheon at the 94th Aero Squadron restaurant in Orlando.

'Who Gives This Woman' Arouses Feminist's Anger

DEAR ABBY: I am a 58-year-old woman. When I was a young girl, I attended a formal wedding and was greatly enraged when I heard the minister ask, "Who gives this woman...?"



Dear Abby

The question still arouses my anger, and I am amazed that more women are not insulted by this question — asked publicly yet!

Only the woman herself has the right to "give" herself to anyone, any time, for any reason.

I've finally begun to express defiantly my indignation when a bride-to-be tells me she is going to be "given away" by her father or stepfather. Of course, I am a "nut" to even suggest that a woman belongs to no one but herself, and is not an inanimate object to be "given away."

Thanks for listening.

MARGARET JONAS
IN SAN FRANCISCO

DEAR MARGARET: The original marriage vows were written during Biblical times when a woman was considered "chattel" — a piece of property owned by her father. He had the right to "give" her to her husband, who then regarded her as his property.

However, in recent years, many couples have requested that that portion of the marriage ceremony be omitted for the reason you cited.

DEAR ABBY: I learned about a year ago that, even with corrective surgery my chances for having a baby are practically non-existent. My husband, "Barry," never did really want children, and now he feels relieved. He refuses to adopt one.

Abby, having a child is very important to me. I tried for six years, but it just never happened. I was so depressed, I even considered leaving Barry to find a man who could love me and adopt a child with me. I felt that if Barry really loved me, he would want to have a child with me — one way or another.

Now I realize that I really do love Barry. I could never find a better man, Abby. I want to stay with him, but I still have these terrible feelings of resentment because he is depriving me of motherhood. (I want to adopt.) I try not to show it, but it hurts so much whenever I see children — especially when they are with a loving father. What can I do? Counseling is out.

CHILDLESS AND HURTING

DEAR CHILDLESS: Counseling had better get back in if you value your marriage, because your obsession with motherhood and your unresolved resentment will surely drive your husband away.

DEAR ABBY: "No More Reunions" sounds like a sorehead. He accompanied his wife to her high school reunion, and because he didn't know anybody he got mad, skipped the banquet and sat in the lobby.

Last August I went with my wife to her 42nd high school reunion. I figured it was her class and her party. On my name tag I wrote "MR. Mary Smith" and just

wandered around in the crowd.

The affair lasted two days, through three meals and two cocktail hours. I had a great time, talked with many people, didn't skip any of the events and didn't go sit in the lobby.

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<p>FROM OUR DELI SLICED TO ORDER</p> <table border="1"> <tr> <td>LEAN BOILED HAM \$1.59 LB.</td> <td>KOLB BOLOGNA \$1.49 LB.</td> <td>WHITE OR YELLOW AMERICAN CHEESE \$1.19 1/2 LB.</td> </tr> </table>			LEAN BOILED HAM \$1.59 LB.	KOLB BOLOGNA \$1.49 LB.	WHITE OR YELLOW AMERICAN CHEESE \$1.19 1/2 LB.
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Sports Sunday Super Menu Scores Extra Points

The fall sports season is a perfect time to gather friends and family around the TV set for an informal meal. Fare should be simple and delicious, as well as easy to prepare and serve.

Chicken Dippers, for example, can be brushed with a savory sauce that combines coconut rum with applesauce, catsup and other seasonings, then refrigerated until it is time to broil. The extra sauce is used at room temperature for dipping the wings.

A cheese spread is another good idea for a sports Sunday get-together. It can be prepared a day or two ahead of time, a plus for the hostess who doesn't want to miss the action. The Crock 'O Cheese Spread is delightfully different. Using peanuts, which some fans maintain were invented for sportswatching, mild cheddar and cream cheese and coconut rum, it is particularly good with fresh fruit.

Popcorn is a classic for casual entertaining. This Teriyaki Popcorn adds a distinctive touch yet requires no fuss in preparation.

Beverages, too, should be assembled ahead of time. The Cape-Codder punch is a sparkling mix of coconut rum, fruit and liqueurs that is eye-catching and palate tempting. A cider mixture, such as the warm Super Sunday Cider, redolent with cinnamon, also is a sure bet for a crowd of Sunday quarterbacks.

Any of these ideas will help make your gatherings as memorable as the event you'll be watching and have the added edge of bringing the hostess onto the field instead of being sidelined into the kitchen.

CHICKEN DIPPERS

2 tablespoons butter or margarine
2 small cloves garlic, chopped
1 cup catsup
3/4 cup applesauce
2 teaspoons Worcestershire sauce
1 cup coconut rum
20 chicken wings (about 3 1/2 pounds)

In medium saucepan melt butter; saute garlic until golden. Add catsup, applesauce and Worcestershire sauce; simmer 5 minutes. Remove from heat. Stir in coconut rum. Remove tips from chicken wings, discard. Divide wings in half by cutting through remaining joint. Place wing sections on broiler pan; brush with coconut rum sauce. Broil about 4-inches from source of heat for 5 minutes. Turn; brush again with sauce. Broil 5 minutes longer or until cooked through. Serve hot, with remaining sauce. (Sauce can be at room temperature.) Yield: 40 appetizer portions.

CROCK 'O CHEESE SPREAD

2 packages (3 ounces) cream cheese, at room temperature
1 cup 1/4 pound shredded mild Cheddar cheese
1/4 cup coconut rum
1/4 cup chopped salted skinless peanuts
Chopped peanuts for garnish (optional)

In a medium bowl beat together cream cheese, Cheddar cheese, coconut rum and peanuts until combined. Spoon into a crock and sprinkle with additional chopped peanuts if desired. Cover and refrigerate. Serve with sliced pears, apples and crackers. Yield: about 1 1/4 cups.

CAPE-CODDER PUNCH

1 quart cranberry grape drink or 3 cups cranberry juice cocktail plus 1 cup grape juice
1/4 cups coconut rum
1/2 cup triple sec
3 tablespoons lemon juice
1 quart club soda
Orange and lemon slices
Ice cubes

In large pitcher or punch bowl combine cranberry grape drink. Coconut rum, triple sec and lemon juice; mix well. Just before serving stir in club soda, orange and lemon slices and ice cubes. Yield: about 20 servings.

SUPER SUNDAY CIDER

1 quart apple cider
2 1/2 inch cinnamon sticks
1 1/2 cups coconut rum
Apple slices

In large saucepan combine cider and cinnamon sticks. Bring to a boil; simmer 3 or 4 minutes. Remove from heat; stir in coconut rum. Serve garnished with apple slices.

TERIYAKI POPCORN

1/4 cup butter
1 small clove garlic, minced (optional)
2 teaspoons teriyaki sauce
2 quarts plain popcorn

In a small saucepan melt butter; add garlic if desired and cook until softened. Stir in teriyaki sauce and pour over popcorn; toss to coat evenly.



Chicken Dippers, left photo, team with cheese spread, punch, and right photo, popcorn and cider

Great Treats For Ghosts, Goblins On Halloween

Capture the look of autumn with colorful arrangements of dried leaves and flowers, with a bowl of big red apples, a spray of Indian corn on the door and pumpkins everywhere!

Then, capture the season's flavor with a fresh new pumpkin dessert. Made with whipped topping with real cream, the dessert has a nutty graham cracker crust topped with a pumpkin pie spiced, creamy mixture of marshmallow creme, pumpkin, gelatin and whipped topping. Frozen topping — right from the freezer — blended with orange juice makes another great treat for ghosts, goblins and other Halloween revelers.

PLUFFY PUMPKIN DESSERT

1 cup graham cracker crumbs
1/4 cup margarine, melted
1/4 cup finely chopped nuts
2 tablespoons sugar

2 envelopes unflavored gelatin
1/2 cup cold water
1 cup milk
1 7-oz. jar marshmallow creme
1 16-oz. can pumpkin
1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1 8-oz. container (5 cups) whipped topping with real cream, thawed

Combine crumbs, margarine, nuts and sugar; press onto bottom of 9-inch square pan. Bake at 350°, 10 minutes. Cool.

Soften gelatin in water; stir over low heat until dissolved. Add milk. Cool. Combine marshmallow creme, pumpkin and seasonings, mixing with wire whisk or electric mixer until well blended. Gradually add gelatin mixture, mixing until blended. Chill until thickened but not set; fold in 2 cups whipped topping. Pour over crust; chill until firm. Top with remaining whipped topping. Serves 6 to 8.

DREAMY ORANGE SHAKES

3/4 cup orange flavored drink or pure 100% unsweetened pasteurized orange juice
1 8-oz. container (3 cups) frozen whipped topping with real cream

Cut frozen whipped topping into pieces. Place orange juice and whipped topping in blender container. Cover; process on high speed until well blended. Makes 2 cups.

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Tradition With A Unique Twist

Want something special for a company dinner? Pinwheel Loaf Wellington is a unique twist on a traditional dish. Economical ground beef is conveniently seasoned with onion soup mix, rolled with ham and cheese and encased in pastry. When baked to golden perfection, you'll serve a loaf everyone will love.

For more sensational soup mix recipes, request a copy of "The Secret's in the Soup...Recipes from Lipton." Simply send name, address and zip code along with \$2.49 (check or money order made payable to Thomas J. Lipton, Inc.) to: The Secret's in the Soup, P.O. Box 8201 MR, Clinton, IA 52736. Please allow 4 to 6 weeks for delivery. Offer expires when supplies are exhausted. (An offer of Thomas J. Lipton, Inc., 800 Sylvan Avenue, Englewood Cliffs, NJ 07632.)

PINWHEEL LOAF WELLINGTON

1 envelope onion soup mix
2 pounds ground beef

¾ cup soft bread crumbs
½ cup catsup
3 eggs
1 teaspoon oregano
6 slices cooked ham
2 cups shredded mozzarella cheese (about 6 oz.)
Pastry for double-crust pie
Preheat oven to 350°.

In large bowl, combine onion soup mix, ground beef, bread crumbs, catsup, 2 eggs and oregano. On waxed paper, shape mixture into 10"x12" rectangle; top with ham and cheese, leaving a 1-inch border. Roll, starting at 10-inch end, jelly-roll style; seal edges tightly.

Roll pastry into 12"x14" rectangle; arrange over loaf. Press pastry around base of filling to seal; trim excess. Prick with fork and brush with remaining beaten egg. Place on rack in baking pan; bake 1 hour or until done. Makes about 8 servings.



Elegant Wellington loaf is seasoned with soup mix, rolled with ham and cheese and encased in pastry.

Snack Sense

Snacking is a way of life for most Americans today.

Snacks provide 10 percent to 23 percent of twelve important nutrients, according to a study of data collected by the Market Research Corporation of America.

For people with normal health, when and how frequently we eat often are not as important as what and how much we eat. Experts say the key to good snacking is in concentrating on the quality of snack foods, not the quantity.

Because they are so versatile, wholesome and convenient, granola snacks — according to home economists working with Nature Valley granola — make "snacksense." The home economists point out that granola products offer a taste and texture for everyone and are 100 percent natural with no additives or preservatives.

The home economists have compiled a list of snack suggestions for people in different age groups.

Snacks For Preschoolers

Plan snacks for children that complement their daily food plan. Then, choose snacks that have energy-giving qualities and are fun to eat.

Keep Light & Crunchy granola snacks handy for munching. These light, toasty, granola-covered corn puffs are fun to eat, and the granola taste is satisfying.

Allow children to serve themselves when practical. They are more likely to eat all they take.

Offer only familiar foods when a child is tired or cross.

Snacks For Teenagers

To provide teens with an afternoon energy boost, serve granola snacks in a variety of forms — chewy granola bars, granola & fruit bars and Granola Clusters.

Reinforce good eating choices by setting good examples.

Snacks For The Middle Years

Middle-aged adults, as with people in every age group, should choose between-meal snacks for the contribution they make to the entire day's good eating plan.

Crisp, raw vegetables are excellent for snacks. Such bulky foods take longer to eat, provide chewing satisfaction and are filling. Or save a food from one meal to eat later as a snack.

Again, adult snacking can include granola products. They are not only good tasting but also are "go-anywhere" snacks — convenient for the lunch box, briefcase, handbag, car glove compartment or backpack.

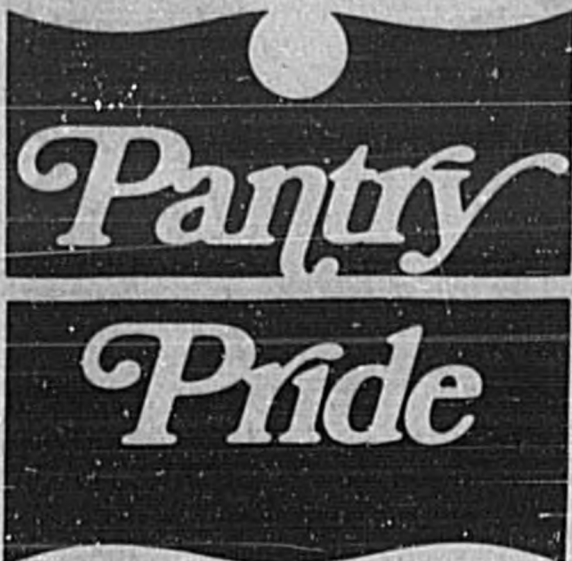
Remember to balance physical activity with food intake.

Snacks For The Retired Years

This age group should use snacks as a supplement to smaller meals to help maintain their diet's nutritional balance. Eat meals and snacks at regular times and with an eye toward maintaining proper weight.

If overweight, eat smaller portions of food and increase physical activity. Avoid over-indulging in high-calorie refreshments.

For more snacking information, write for a free brochure: Nature Valley SnackSense, P.O. Box 5402, Dept. 876, Minneapolis, MN 55480.



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Caesar Salad, Soup Herald Football Season

It's football time and a special sardine Caesar salad rounds out a weekend menu for those who gather for the sport's rituals.

The salad also goes well with the soups, varied cheeses, pates, breads and fresh fruits that make up a tailgate picnic at the stadium. When tailgating, assemble salad ingredients in a covered bowl and keep chilled until ready to serve. Add egg, garlic dressing and sardines and toss.

SARDINE CAESAR SALAD

- 1 clove garlic
- 1/2 cup salad oil
- 1 cup French bread cubes (1/2-inch)
- 3/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon black pepper
- 1 1/2 teaspoons Worcestershire sauce

- 1 large head romaine lettuce, washed and dried
- 1/4 cup crumbled blue cheese
- 2 tablespoons grated Parmesan cheese
- 1 egg
- 2 tablespoons lemon juice
- 1 can (3 3/4 ounces) Norway sardines, drained

Crush half of the garlic clove; combine with salad oil in jar with tight fitting lid. Refrigerate 1 hour. Heat 2 tablespoons oil-garlic mixture in medium skillet. Add bread cubes; saute until golden brown. Set aside. To remaining oil-garlic mixture in jar, add salt, mustard, pepper and Worcestershire sauce. Shake and refrigerate.

To serve salad, rub inside of wooden salad bowl with remaining garlic. Tear lettuce into bowl. Sprinkle with cheeses; toss with dressing. Break egg over center of salad. Pour lemon juice over egg; toss well. Sprinkle bread cubes and sardines over salad. Quickly toss and

serve at once. This kitchen-tested recipe makes 4 to 6 servings.

CUCUMBER SOUP

- 3 pounds cucumbers, peeled, seeded, and cut into 1-inch cubes
- 1 small onion, quartered
- 2 1/2 cups chicken broth
- 1 cup plain yogurt
- 2 tablespoons lemon juice
- 1/2 teaspoon dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper

Position steel blade in work bowl. Add cucumbers and onion to bowl. Process 15 seconds. Stop and scrape bowl. Process 15 seconds longer to puree. With machine running, add chicken broth through

feed tube, about 15 seconds. Stop and scrape bowl. Add yogurt, lemon juice, dill weed, salt, and white pepper; process 15 seconds to combine ingredients. Refrigerate and chill well before serving. Yield: 5 to 6 servings

TEA WINE WARMER

In large saucepan, combine 1/2 cup brown sugar, 1/2 cup instant tea powder, 1/4 teaspoon ground cinnamon and 1/4 teaspoon ground cloves; add 1 quart water, 1 bottle (32 oz.) cranberry juice cocktail and 1 bottle (four-fifths qt.) Burgundy wine. Heat through but do not boil, stirring occasionally. Transfer in 3-quart thermos. Make about 12 servings.

For additional food processor recipes and tips write: Food Processor Brochure, KitchenAid Division, Hobart Corporation, Troy, OH 45374.

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Pantry Pride
 PRICES EFFECTIVE WED., OCT. 12 THRU TUES., OCT. 18, 1983.

Spread It On Thick

Cooks who use herbs and spices know that a small amount enhances a dish in a big way. If you add tangy mustard, subtle cloves or caraway, plus all kinds of fruit preserves to sweet cream butter, you've got a collection of versatile spreads. Each spread is quick to mix. Use your electric mixer. Serve each in a small crock.

At appetizer time, serve a wheel of aged cheddar, whole grain crackers and Apricot-Mustard Butter; Spicy Peach Butter, Orange-Clove Butter and Cherry Rum Butter each add a hint of fresh fruit flavor. Try these with warm muffins or biscuits at breakfast or lunch.

Sour Cream-Clove-Caraway Butter is equally delicious on breads or vegetables. Try Apple-Apricot-Walnut Butter with breads. For the young-at-heart, peanut butter and chocolate are always a hit combination. Mix with butter and watch Choco-Nut Butter disappear with graham crackers and bread.

Don't expect leftovers, but you can store the butter in covered containers up to one month in the refrigerator and about four months in the freezer.

Bring a sweet and spicy touch to meats and snacks with flavored butter spreads.

SWEET AND SPICED BUTTERS

1/2 c. sweet cream butter, softened

Flavor variation
 In small mixer bowl combine butter and a flavor variation. Beat at med. speed, scraping bowl often, or by hand vigorously, until light and fluffy (1 to 2 min.). Yield 1 cup.

FLAVOR VARIATIONS

Apricot-Mustard Butter: Add 3 tbsp. apricot preserves and 1/2 tsp. dry mustard.

Sour Cream-Clove-Caraway Butter: Beat butter until light and fluffy. By hand stir in 1/2 c. powdered sugar, 1/4 c. sour cream, 1/4 tsp. cloves and 1/4 tsp. crushed caraway seed.

Apple-Apricot-Walnut Butter: Add 2 tbsp. apple jelly, 2 tbsp. apricot preserves and 1 tbsp. ground walnuts.

Spicy Peach Butter: Add 3 tbsp. peach preserves and 1/4 tsp. allspice.

Orange-Clove Butter: Add 3 tbsp. orange marmalade and 1/4 tsp. cloves.

Cherry-Rum Butter: Add 3 tbsp. cherry preserves and 1/4 tsp. rum extract.

Choco-Nut Butter: Add 1/4 c. chocolate syrup and 1/4 c. chunky style peanut butter.

The World Almanac



1. What football team won the Rose Bowl in 1972? (a) Ohio State (b) Michigan (c) Stanford
2. In what year did Aaron Burr shoot his political rival Alexander Hamilton in a duel? (a) 1790 (b) 1804 (c) 1821
3. What actor starred in the film "Lilies of the Field"? (a) Gregory Peck (b) Sidney Poitier (c) John Wayne

ANSWERS

9 8 2 3 1

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 SAVE 24¢

SAVE 50¢ CASH
PEPSI COLA YOU PAY
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 GOOD THRU WED., OCT. 19, 1983

PALMOLIVE 12oz
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COLD POWER 40oz
 LAUNDRY DETERGENT
\$2.15
 50¢ OFF LABEL

It's Just 30 Minutes Until Dinner Is Served

It takes just minutes, not hours, to create a delicious and nutritious beef meal for your family and friends. The secret is to plan your menu around a main-dish recipe developed with time in mind, like any of these 10 beef recipes designed for rapid skillet, broiler and outdoor grill cooking.

Nine of these easy recipes take 30 minutes or less to prepare from start to finish. The tenth is assembled and cooks in less than half an hour after the beef has been marinated. And with flavorful, popular beef, your brief time in the kitchen or at the grill pays handsome dividends at the dining table.

You can hasten your cooking even more by following these tips.

- Plan menus before shopping
 - Read the entire recipe before starting to cook
 - Assemble all ingredients and equipment
 - Slice, mince or measure other ingredients while part of the recipe is cooking
 - Select other fast-to-fix foods to complete your menu
- Now, read on — pick the recipe you'll want to try first and enjoy your cooking and newly gained free time.

KIDS' PARTY BEEF PATTIES

2 pounds ground beef
 1/2 cup mild taco sauce
 2 teaspoons instant minced onion
 1 teaspoon salt
 6 slices American cheese
 3 stuffed olives, sliced
 3 pitted ripe olives, sliced
 1 small onion, sliced and separated into rings
 8 hamburger buns, split

Combine ground beef, taco sauce, instant minced onion and salt, mixing lightly but thoroughly. Measure 1/2 cup of the meat mixture for each patty. Using your hands, shape into 8 patties, about 1/2 inch thick. Place on rack in broiler pan so patties are 3 to 4 inches from heat (measure with ruler). Broil 5 to 6 minutes on first side, turn and broil 5 to 6 minutes. (Ask for adult help if you're not sure when patties are done.) To decorate, cut cheese slices into desired shapes; arrange on patties with olive slices and onion rings to form "faces." Serve in buns, 8 servings.

ORIENTAL-STYLE BEEF KABOBS

1 boneless beef top sirloin steak, cut 1 inch thick (about 1 1/2 pounds)
 1/2 cup soy sauce
 2 tablespoons sugar
 2 tablespoons water
 1 tablespoon sherry extract
 2 cloves garlic, minced
 1 teaspoon grated ginger root
 8 cubes (1 x 1 inch) fresh pineapple
 1 small green pepper, cut into 8 pieces

Combine soy sauce, sugar, water, sherry extract, garlic and ginger root. Cut steak into sixteen 1-inch cubes; place in plastic bag. Pour marinade over beef, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight, if desired). Drain marinade into small saucepan and cook slowly 5 minutes. Alternately thread 4 beef cubes, 2 pineapple cubes and 2 green pepper pieces on each of four 12-inch skewers. Place kabobs on grill over ash-covered coals so surface of meat is 3 to 4 inches from heat. Broil 15 to 20 minutes, depending on doneness desired (rare or medium), turning and brushing with marinade occasionally. 4 servings.

BEEF SANDWICH IN THE ROUND

12 ounces thinly sliced cooked beef
 1/2 cup mayonnaise
 1 tablespoon spicy brown mustard
 1 teaspoon lemon juice
 1/2 teaspoon Worcestershire sauce
 1 round (1 pound) loaf rye bread
 1 cup coarsely chopped Romaine lettuce
 3/4 cup shredded Cheddar cheese
 1 medium tomato, thinly sliced

Combine mayonnaise, mustard, lemon juice and Worcestershire sauce. Cover tightly and refrigerate. Using long bread knife, slice off top 2 inches of loaf. Remove center portion of bread, leaving a shell approximately 1 inch thick. To assemble, layer ingredients in the following order in the loaf: lettuce, 1/2 of the sliced beef, 1/2 of the cheese and 1/2 of the tomato slices, repeat layers, ending with a beef layer. Replace bread top. Cut into 4 wedges. Serve mustard mayonnaise with sandwich. 4 servings.

COMPANY STEAK

1 1/2 pounds boneless beef sirloin steak, cut 1/2 inch thick
 2 tablespoons flour
 3 tablespoons butter or margarine, divided
 2 teaspoons Dijon-style mustard
 1 teaspoon Worcestershire sauce
 3 tablespoons chopped chives
 2 tablespoons brandy
 1/2 cup beef broth

Cut steak into 4 serving-size pieces. Pound steaks to about 1/4 inch thickness; dredge in flour. Brown steaks in 2 tablespoons butter in large frying pan for 2 minutes on each side. Remove to platter; keep warm. Spread both sides of steaks with mustard and sprinkle with Worcestershire sauce. Cook chives in remaining butter in same frying pan 1 minute, stirring constantly. Add brandy and broth and cook, stirring, over high heat until reduced by half. Return steaks to frying pan and heat through, about 1 to 2 minutes. 4 servings.

BLUE CHEESE STUFFED BURGERS

1 1/2 pounds ground beef
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1/2 3-ounce package cream cheese
 1 tablespoon crumbled blue cheese
 1 tablespoon minced onion
 1 teaspoon prepared horseradish

Sprinkle salt and pepper over ground beef mix lightly but thoroughly. Divide meat into 8 equal portions and form into patties 4 inches in diameter. Combine cream cheese, blue cheese, onion and horseradish. Place 1 tablespoon in center of 4 patties. Top with remaining patties. Press edges together securely to seal. Place on grill over ash-covered coals so burgers are 5 to 6 inches from coals. Broil 5 to 6 minutes on first side, turn and broil 5 to 6 minutes, to doneness desired. 4 servings.

BEEF SATE WITH PEANUT SAUCE

1 pound boneless beef chuck blade steak, cut 3/4 inch thick
 3 tablespoons soy sauce
 2 tablespoons sesame oil
 1/2 teaspoon crushed red pepper pods
 2 teaspoons cornstarch
 2 teaspoons sugar
 1 clove garlic, minced
 1/2 cup water
 1/4 cup creamy peanut butter

Slice steak into strips 1/2 to 3/4 inch thick. Pour combined soy sauce, oil, pepper pods, cornstarch, sugar and garlic over beef strips and marinate 15 minutes, turning once. Pour marinade into small saucepan; add water and peanut butter and simmer 8 to 10 minutes, stirring occasionally. Meanwhile thread (weaving back and forth) beef strips on thin wooden skewers. Place on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 2 minutes on each side. Serve sauce

with beef strips. 4 servings. Note: Partially freeze steak to facilitate slicing.

MUSHROOM SAUCED STEAKS

4 beef cubed steaks (approximately 1 1/4 pounds)
 1 small onion, chopped
 3 tablespoons butter or margarine, divided
 1 cup sliced fresh mushrooms
 1/2 cup apple juice
 1/2 cup beef broth
 3 tablespoons flour
 1/4 teaspoon pepper

Slowly cook onion in 1 tablespoon butter in medium-sized frying pan 5 minutes, stirring occasionally. Add mushrooms and cook over moderate heat 5 minutes stirring occasionally. Add apple juice and broth and cook over high heat until liquid is reduced by half. Meanwhile, combine flour and pepper; dredge steaks. Brown steaks in remaining butter in large frying pan to desired doneness (3 to 4 minutes per side). Pour mushroom sauce over steaks and simmer until sauce is slightly thickened, about 3 to 4 minutes.



Let kids decorate beef patties for Halloween

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Robust Values During Publix 2nd BIG WEEK Oktoberfest

THIS AD EFFECTIVE THURSDAY, OCT. 13 THRU WEDNESDAY OCT. 19, 1983

<p>U.S.D.A. CHOICE BEEF Round Steak per lb. \$1.69</p>	<p>U.S.D.A. CHOICE BONELESS BEEF, FULL CUT Sirloin Tip Roast per lb. \$2.29</p>	<p>Save 20¢, Morton's Frozen Choc., Original, Maple Nut or Coconut Honey Buns 9 1/2-oz. 69¢</p> <p>Save 26¢, Swanson's Frozen Dark Meat Chicken, Turkey or Chopped Sirloin Beef TV Dinners 11 1/2-oz. \$1.09</p> <p>Save 30¢, Morton's Frozen Gravy & Salisbury Steak, Gravy & Sliced Turkey or Gravy & Beef Patties "Family Meals" 2-lb. \$1.09</p> <p>Save 30¢, Armour's Frozen 10-oz. Lasagna, 10 3/4-oz. Veal Parmigiana, 11-oz. Salisbury Steak, 11 1/2-oz. Chicken Fricassee or 12-oz. Stuffed Green Peppers Dinner Classics 10 1/2-oz. \$1.09</p> <p>Save 20¢, Morton's Frozen Chicken, Turkey or Beef Pot Pies 2 8-oz. 79¢</p> <p>Save 30¢, Sara Lee Frozen Pecan, Apple, Cheese or Cinnamon Raisin Individual Danish 7 1/2-oz. \$1.19</p> <p>Save 30¢, Mrs. Paul's Frozen Supreme Light Batter Fish Fillets 7 1/2-oz. \$1.29</p> <p>Save 30¢, Mrs. Paul's Frozen Deviled Crabs 6-oz. \$1.09</p> <p>Save 20¢, Birds Eye All Varieties Frozen International Style Vegetables 10-oz. 99¢</p> <p>Save 20¢, Birds Eye Broccoli & Water Chestnuts, Spinach & Water Chestnuts or Broccoli & Almonds Combination Vegetables 10-oz. 99¢</p> <p>Save 14¢, Minute Maid Reg. or More Pulp Concentrate Orange Juice 12-oz. 99¢</p> <p>Save 30¢, Ore Ida's Frozen Shredded Hash Brown Potatoes 24-oz. poly bag 99¢</p> <p>All Beef Sandwich Steaks Steak-umms 14-oz. \$2.59 24-oz. \$4.29</p> <p>Save 20¢, Swanson's Frozen White Portions Chicken TV Dinner 11 1/2-oz. \$1.39</p> <p>Save 20¢, Swanson's Frozen Salisbury Steak TV Dinner 11-oz. 89¢</p> <p>Save 30¢, Bridgford's (Makes 3 Loaves) Bread Dough 3-lb. 99¢</p>	<p>FRESH PORK Shoulder Picnic per lb. 79¢</p> <p>Fresh Pork Boston Butt Roast per lb. \$1.19</p> <p>Fresh Pork Spareribs per lb. \$1.49</p> <p>Swift All American (2 1/2-4-lb. avg.) Boneless Hams per lb. \$1.99</p> <p>Tarrow Whole Hog Mild, Medium or Hot Sausage 1-lb. \$1.79</p> <p>Armour Star Meat or Beef Jumbo Hot Dogs 1-lb. \$1.59</p> <p>Oscar Mayer Regular or Thick Sliced Bacon pkg. \$1.98</p> <p>Dak Sliced Cooked Ham 1-lb. pkg. \$3.29</p>
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<p>\$1 OFF With This Coupon ONLY Swift Canned Boneless Hostess Ham 4-lb. can \$9.99</p> <p>(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Oct. 13-19, 1983)</p>	<p>50¢ OFF With This Coupon ONLY Publix Frozen Pumpkin Custard Pie 26-oz. pkg. \$1.29</p> <p>(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Oct. 13-19, 1983)</p>	<p>50¢ OFF With This Coupon ONLY Blue Bonnet Spread 2-lb. bowl 73¢</p> <p>(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Oct. 13-19, 1983)</p>
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<p>REG. COLA & ASSORTED DIET FLAVORS Shasta Drinks 6 12-oz. cans \$1.09</p>	<p>ASSORTED OR WHITE & DECORATED Gala 120 Towels large roll 58¢</p>
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<p>Deli</p> <p>Delicious Honey Loaf or Pepper Loaf quarter lb. 89¢</p> <p>Zesty Flavored Baked Beans per lb. 89¢</p> <p>Fresh Made Cuban Sandwich each for \$1.79</p> <p>Hot From The Deli! Chicken & Biscuits per lb. \$2.69</p> <p>Macaroni & Cheese per lb. \$1.79</p> <p>Fresh-Baked Lemon Krunch Pie each for \$1.59</p>	<p>Dairy</p> <p>ASSORTED FLAVORS Dairy-Fresh Yogurt 3 8-oz. cups 89¢</p> <p>Pillsbury Dinner Crescent Rolls ... 2 4-ct. cans 99¢</p> <p>Reg. Margarine Quarters Kraft Parkay 1-lb. ctn. 55¢</p> <p>Dairy-Fresh Cream Whipped Topping ... 7-oz. can 99¢</p> <p>Cheese Spread Kraft Velveeta 1-lb. leaf \$1.69</p> <p>Wisconsin Cheese Bar Provolone or Mozzarella Sliced Cheese 6-oz. pkg. 99¢</p> <p>Sealtest Light n' Lively Low Fat or Small Curd Cottage Cheese 12-oz. cup 80¢</p>
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Microwave Magic

Fresh Fruit Ends Meal Deliciously

The microwave oven lends itself easily to cooking fruits for breakfast, lunch, or dinner. Pears and apples are in abundance in reasonably priced, and of the best quality now through January. Try using them stewed, poached, or for sauces.

An easy arrival this year is the cranberry. They are packaged in 12 ounce bags and found in the produce departments also. All of these fruits have a high water and sugar content, so they microwave quickly.

This recipe for poached pears is a delicious ending to a fall meal. Use the hard Florida pear found locally or Bartlets from California. Both of these pears work well, but there is a difference in the cooking time.

BURGUNDY POACHED PEARS

6 pears, peeled
1 cup Burgundy wine
1 cup sugar
1 piece stick cinnamon
1 teaspoon lemon rind—grated

Combine wine, sugar, cinnamon stick and lemon rind in a 4-cup batter bowl or measuring cup. Microwave at 100% power. Pour over pears which have been placed in a 9-inch round baking dish. Cover. Microwave at 50% power for 12-15 minutes, or until pears are soft. Baste pears with the sauce



Midge Mycoff

Home Economist
Seminole Community College

twice during the cooking. Carefully remove the pears and continue cooking the syrup at 100% power (uncovered) until it is reduced by half, about 10 minutes. Pour over pears.

APPLE SLICES IN CINNAMON SAUCE

6 medium apples, peeled and sliced (about 6 cups)
1/2 cup sugar
1 tablespoon flour
1/2 teaspoon cinnamon
1/2 cup raisins

Combine apples, sugar, flour and cinnamon in a 2-quart casserole. Cover. Microwave at 100% power for 12-15 minutes or until apples are tender. Stir raisins. Serve warm or cold as an accompaniment to roast pork.

BAKED APPLES

2 tablespoons flour
2 tablespoons brown sugar

1 tablespoon butter
2 tablespoons flaked coconut
1/2 teaspoon cinnamon
3 medium cooking apples

Combine flour, sugar, and butter in small mixing bowl. Microwave at 100% power for 1-1 minute or until butter is soft. Mix with fork until crumbly. Stir in coconut, nuts and cinnamon. Set aside. Cut apples in half lengthwise, remove core, do not peel. Arrange cut-side-up in an 8-inch round baking dish. Spoon topping evenly into center of apples. Cover with wax paper. Microwave at 100% power for 5-6 minutes or until apples are tender.

Cranberry Sauce is as good with pork as it is with poultry. This whole berry sauce will be a taste treat with a roast or chops.

SPICED CRANBERRY SAUCE

1 1/2 cups sugar
1/4 cup water
12 oz. package fresh cranberries
1/2 teaspoon cinnamon

In an 8-cup batter bowl, combine cranberries, sugar, and water. Mix and cover with plastic wrap. Microwave at 100% power for 10-12 minutes or until berries are cooked and saucy. Stir twice. Pour into a serving bowl and dust with cinnamon.

<p>ASSORTED FLAVORS Dairi-Fresh Sherbet half gal. 89¢ With One S&H Stamp Price Saver Certificate</p>	<p>PALM RIVER Sliced Bacon 1-lb. pkg. 69¢ With One S&H Stamp Price Saver Certificate</p>	<p>BREAKFAST CLUB GRADE A FLORIDA Large Eggs per dozen 39¢ With One S&H Stamp Price Saver Certificate</p>	<p>IN WATER OR OIL. STAR-KIST Chunk Light Tuna 6 1/2-oz. can 9¢ With One S&H Stamp Price Saver Certificate</p>
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BURGUNDY, RHINE, CHABLIS, PINK CHABLIS, VIN ROSE OR LIGHT CHIANTI
Carlo Rossi Wine
\$3.69
1.5-liter bot.

SUNSHINE SALTED OR UNSALTED
Krispy Crackers
16-oz. box
99¢

Jell-O Chocolate or Vanilla Pudding Pops twelve \$1.89
Assorted Lady Borden's Ice Cream half gal. \$2.99

Tomato Soup
10 1/2-oz. cans
4 \$1

ASSORTED FLAVORS
DUNCAN HINES
Cake Mixes
reg. pkg.
79¢

Publix
Pound Cake 16-oz. size \$1.29
Butter Sesame Bread 16-oz. loaf 59¢
Publix Special Recipe **Sandwich Rolls** ... 2 pkgs. \$1
25¢-Off Label, For Your Laundry **Bold Detergent** 48-oz. pkg. \$1.79
Smucker's **Grape Jelly** 32-oz. jar \$1.19
97% Caffein Free Coffee **Instant Sanka** 8-oz. jar \$4.59
Regular or Quick **Quaker Oats** 18-oz. pkg. 89¢
Welch's No Sugar Added **Grape Juice** 64-oz. bot. \$2.29
In Light Syrup, Stokely Bartlett **Pear Halves** 16-oz. can 69¢
Fancy Feast Assorted Varieties **Cat Food** 3 3-oz. cans 85¢
20¢-Off Label, Dish Detergent **Dawn Liquid** 72-oz. bot. \$1.09

Kraft Mayonnaise
32-oz. jar
\$1.09
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Regular or Sugar-Free **Assorted Certs** ... 3 12-ct. pkgs. 79¢
Red Dentyne or Cinnamon, Original or Spearmint
Trident Gum eight-pack 79¢

STOKELY SHELLIE,
CUT OR FRENCH STYLE
Green Beans
16-oz. cans
3 \$1

ALL GRINDS
Folger's Coffee
1-lb. can
\$1.89
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Orange, Lake, Seminole, & Osceola Counties Only!
PLUS TAX & DEPOSIT,
DIET RITE, REG. OR
SUGAR FREE R C 100, OR REG.
R C Cola
3 32-oz. 99¢
IN 12-OZ. CANS
Miller Beer
twelve-pack
\$4.49

Publix Teller
FOR 24 HOUR CONVENIENCE
YOU CAN BANK ON. HONOR
AT MOST PUBLIX LOCATIONS

Tremendous Savings On
Strawberries 'n Cream Cookware
THIS WEEK'S FEATURED ITEM
5 1/2 qt. Covered Dutch Oven
Special Retail with \$10 Purchase
\$15.99
Special Retail without Purchase \$25.99 (Effective Oct. 13-18, 1983)

where shopping is a pleasure 7 days a week

90¢ OFF
With This Coupon ONLY
Reg. or Butter Flavored
Crisco Shortening
3-lb. can
\$1.89
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Oct. 13-19, 1983)

Publix

Orange, Lake, Seminole, & Osceola Counties Only!
PLUS TAX & DEPOSIT,
DIET RITE, REG. OR
SUGAR FREE R C 100, OR REG.
R C Cola
3 32-oz. 99¢
IN 12-OZ. CANS
Miller Beer
twelve-pack
\$4.49

FALL Baking BONANZA

DUNCAN HINES
READY TO SPREAD
Assorted Frostings
16 1/2-oz. can
\$1.19

Duncan Hines 13-oz. Blueberry, 9 1/2-oz. Bran, 11 1/2-oz. Banana Nut or 11 1/2-oz. Spicy Apple **Muffin Mixes** each \$1.29
Duncan Hines 18-oz. Chocolate Chip or 17-oz. Double Chocolate Chip or 17 1/2-oz. Oatmeal Raisin **Cookies Mixes** each \$1.29
Duncan Hines 15-oz. Golden Sugar or 16 1/2-oz. Peanut Butter **Cookie Mix** for \$1.19
All-Purpose **Crisco Oil** 32-oz. bot. \$1.49
Duncan Hines Family Size **Brownie Mix** 23-oz. pkg. \$1.49

Plus \$3.40 In Bonus Coupons By Mail
with this certificate

\$3.40 In Bonus Coupons By Mail
When you buy six of the seven participating brands.
BUY: Any size flavor of six of the seven participating brands.
MAIL: This required certificate plus proofs of purchase from six of the seven participating brands to the address on the right.

Participating brands and their proofs of purchase are:
1. Duncan Hines Layers 16-oz. pkg. \$1.49
2. Duncan Hines Frosting 16-oz. jar \$1.49
3. Duncan Hines Cookies 16-oz. jar \$1.49
4. Duncan Hines Muffin Mix 16-oz. pkg. \$1.49
5. Duncan Hines Cookie Mix 16-oz. pkg. \$1.49
6. Duncan Hines Frosting 16-oz. jar \$1.49
7. Duncan Hines Frosting 16-oz. jar \$1.49

RECEIVE: \$3.40 worth of coupons by mail.

Send to: **Publix Coupon Service**, P.O. Box 2050, Sanford, FL 32773.

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ ZIP CODE: _____

Place a stamped envelope and mail to:
Publix Coupon Service, P.O. Box 2050, Sanford, FL 32773.

Pork Pie Canadian Favorite

Cool, crisp fall days call for hearty, down-home cooking. Taking a cue from the French Canadians and Hungarians, here are a sweet and savory pork pie and a goulash pot pie for the season.

The pork pie is a traditional French Canadian meat pie that has fortified many a lumberjack and farmer. It can be made ahead and frozen, then reheated.

The Hungarians gave the world "gulyas" — or goulash — a delectable stew made with beef, onions and paprika. Serve this version in soup bowls, with a dollop of sour cream on top.

SWEET AND SAVORY PORK PIE

2 pounds lean pork, cut in 1/2-inch cubes
1 cup all-purpose flour
5 tablespoons vegetable oil, divided
3 carrots, diced
2 tart green apples, cored and chopped
1 large onion, chopped
1 cup beef bouillon
1/2 cup raisins
1 teaspoon Tabasco pepper sauce
1 teaspoon dried leaf savory
3/4 teaspoon ground cinnamon
3/4 teaspoon salt
1/4 teaspoon ground clove
2 eggs
Prepared pastry for 2-crust pie

In large bowl, paper or plastic bag, coat pork cubes with flour. In large skillet, heat 3 tablespoons oil; saute pork over high heat until meat is lightly browned on all sides. Remove meat from skillet, reserve. Heat remaining 2 tablespoons oil; saute carrots, apple and onion until crisp-tender. Return pork to skillet. Add bouillon, raisins, pepper sauce, savory, cinnamon, salt and clove. Simmer 5 minutes until sauce thickens slightly. Remove from heat. Beat 1 egg. Quickly stir into pork mixture. Divide pastry dough in half. Roll out one half to an 11-inch circle. Press into bottom and sides of a 9-inch tart pan with removable bottom. Spoon pork mixture into tart pan. Press mixture down firmly. Roll out remaining pastry in an 11-inch circle. Place over filling, trim; seal edges. Roll out scraps of pastry and cut into 10 strips, 10-by-1/2 inches. Decorate top of pie in crisscross fashion. Beat remaining egg; brush top of crust. With sharp knife, cut air vents in pastry. Bake in a 400-degree oven 40 to 45 minutes. Let stand 10 minutes before serving. To serve, remove sides of tart pan. This kitchen-tested recipe makes 6 servings.

GOULASH POT PIE

1/2 pound (5 strips) bacon, chopped
2 pounds beef for stew, cut into 1-inch cubes
1 cup all-purpose flour
1 large onion, chopped
3 cloves garlic, minced
3/4 pound rutabaga, peeled, cut into 1-inch cubes (about 3 cups)
2 cups beef bouillon
2 tablespoons paprika
2 bay leaves
1 teaspoon caraway seed
3/4 teaspoon Tabasco pepper sauce
1/4 teaspoon salt
Pastry for single crust 9-inch pie
Sour cream (optional)

In large saucepot or Dutch oven, cook bacon; remove from saucepot. Coat beef cubes with flour. Add to skillet; saute meat in bacon fat until evenly browned on all sides. Add onion and garlic; saute until crisp-tender. Add rutabaga, bouillon, bacon, paprika, bay leaves, caraway seed, pepper sauce and salt. Cover. Simmer 35 to 40 minutes, stirring occasionally. Spoon into 2-quart shallow baking dish. On lightly floured board, roll out pastry 1/4 inch thick and 2 inches larger than baking dish. Place pastry over meat mixture. Fold under excess pastry even with edge of baking dish. Flute edge. With sharp knife cut air vents in pastry. Bake in 400-degree oven 15 minutes until crust is golden brown. Serve with sour cream, if desired. This kitchen-tested recipe makes 4 to 6 servings.

BEEF AND PEPPERS SHI-FRY

1 pound beef top round steak, cut 3/4 to 1 inch thick
1/2 cup water
1/4 cup dry sherry
1/4 cup soy sauce
1 large red pepper
1 large green pepper
2 tablespoons cooking oil
1 tablespoon cornstarch
Cooked rice, if desired

Slice steak crosswise into 1/4-inch strips. Combine water, sherry and soy sauce; pour over beef and marinate while cutting peppers into thin strips. Quickly cook peppers in hot oil in large frying pan or wok 3 to 4 minutes, stirring constantly. Remove from pan. Pour off and reserve marinade. Quickly brown beef strips (1/4 at a time) in hot cooking oil. Combine cornstarch with reserved marinade; add liquid and peppers to beef and cook, stirring, until sauce is thickened. Serve over cooked rice, if desired, 4 servings.

Note: Partially freeze steak to facilitate slicing into thin strips.

BLONDIE by Chic Young

1 I KNOW WHAT'S WRONG WITH PEOPLE THESE DAYS
2 NOBODY IS WILLING TO STAND BY THEIR CONVICTIONS
3 DO YOU REALLY THINK SO?
4 WELL, MAYBE NOT

BEETLE BAILEY by Mort Walker

1 YOUR PROBLEM IS YOU DON'T EAT WELL-BALANCED MEALS
2 I TRY
3 WELL, YOU DON'T TRY HARD ENOUGH, TRY HARDER
4 DOCTOR'S ORDERS

THE BORN LOSER by Art Sansom

1 OH GOOD FELLOW, I HAVE BEEN WAITING PATIENTLY FOR 45 MINUTES FOR MY BROOK TROUT!
2 IT SHOULDN'T BE TOO MUCH LONGER, SIR.
3 PERHAPS YOU ARE USING THE WRONG BAIT!

ARCHIE by Bob Montana

1 I'M GETTING SICK AND TIRED OF ALL THESE GOVERNMENTAL REGULATIONS AND RED TAPE!
2 YOU'VE BEEN WORKING TOO HARD, SIR. WHY DON'T YOU TAKE A FEW MINUTES OFF...
3 CLOSE YOUR EYES, LEAN BACK, LISTEN TO SOME SOFT MUSIC AND RELAX!
4 I CAN'T, MISS PHILIPS...
5 THERE ARE NO FEDERAL GUIDELINES FOR THAT!

EKK & MEEK by Howie Schneider

1 MONSIEUR MEALS
2 SPECIAL TODAY COUP D'ETAT PIE
3 SOUNDS LIKE A CHANGE IN MANAGEMENT TO ME

MR. MEN AND LITTLE MISS by Hargreaves & Sellers

1 LIKE EVERYTHING ELSE IN LIFE, JOGGING HAS ITS PROS AND CONS!
2 ON THE ONE HAND, YOU KEEP FIT!
3 ON THE OTHER FOOT, YOU GET BLISTERS!

BUGS BUNNY by Stoffel & Heidahl

1 AA...
2 CHOOO!
3 GERONIMO!
4 I ALWAYS THOUGHT IT WAS GESUNDHEIT.

FRANK AND ERNEST by Bob Thaves

1 LATELY, I'VE BEEN LOOKING FORWARD TO WHEN MY MEMORY STARTS TO GO.

TUMBLEWEEDS by T. K. Ryan

1 KNOW OF ANY SCAMPALS FOR MY GOSSIP COLUMN, DOCTOR?!
2 CAN'T STOP TO TALK, MISS HAMHOCKER. GOT AN OUTBREAK OF GERMAN MEASLES IN HOGTOWN!
3 NEIGHBORING... VILLAGE... TAKES... ON... INTERNATIONAL... FLAVOR...

ACROSS

- Arabian coffee
- Slow (mus.)
- Virgil's poem
- Letters
- Entertain
- British people
- African land
- One (Ger.)
- Metal fastener
- Discomfit
- Gad
- Pine Tree State
- Grampus
- Search
- Mae West role
- Poverty-war agency (abbr.)
- The planet earth
- Female saint (abbr.)
- Goose-eggs
- Kind of grain
- Biblical garden
- Liked (st.)
- Ripped
- Goes to court
- Moody person
- Shade of red
- Revealing
- Followed
- FBI
- Older persons
- Beasts of burden
- Part of a church
- Fearful
- Remove rind
- Lubricates
- One
- Far (prefix)
- Takes option
- Veal
- Leak out
- Musical pipe
- Heart
- Boast
- Kick type
- Shops
- Property titles
- Think
- Leases
- Energy unit (pl.)
- Customer
- Russian planes
- Guevara
- Lamprey
- Scarlet
- Motoring association

DOWN

- Thanks (Fr.)
- Pungent bulb
- Position halfway between
- Popular songs
- Commercial
- Biblical priest
- Residue
- Persian cat
- Tibetan gazelle
- Misfortune
- Elaborate poem
- Part of a church
- Leases
- Remove rind
- Lubricates
- One
- Far (prefix)
- Takes option
- Veal
- Leak out
- Musical pipe
- Heart
- Boast
- Kick type
- Shops
- Property titles
- Think
- Leases
- Energy unit (pl.)
- Customer
- Russian planes
- Guevara
- Lamprey
- Scarlet
- Motoring association

CROSSWORD

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HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY
OCTOBER 13, 1983
More travel for pleasurable purposes is likely this coming year. Contacts you make on your sojourns will prove helpful in other areas of your life.

LIBRA (Sept. 23-Oct. 23)
In situations where you have charge over others, don't be heavy-handed or throw your weight around today. Stepping on toes will make enemies. Libra predictions for the year ahead are now ready. Romance, career, luck, earnings, travel and much more aseasoned. Send \$1 to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Send an additional \$2 for the NEW Astro-Graph Matchmaker wheel and booklet. Reveals romantic compatibilities for all signs. Be sure to state your zodiac sign.

SCORPIO (Oct. 24-Nov. 22)
You're not the type to be easily intimidated, but today you could be defeated by your own negative thoughts. Seek sunshine, not shadows.

SAGITTARIUS (Nov. 23-Dec. 21)
Your industrious intentions will go by the boards if you become involved with friends who entice you into frivolous activities.

CAPRICORN (Dec. 22-Jan. 19)
If you hope to make your mark in the world today, chances are you'll have to do it on your own. Persons with clout aren't apt to help you.

AQUARIUS (Jan. 20-Feb. 19)
Just because you made a mistake in the past, it doesn't necessarily follow you'll repeat it today. Yet, this fear may prevent you from trying.

PISCES (Feb. 20-March 20)
Self-deception could be detrimental to you in business situations today. Don't kid yourself that you're dealing from strength where you are not.

ARIES (March 21-April 19)
Seek placid companions today, rather than domineering types. You'll not be in the mood to have others do thinking for you or tell you what to do.

TAURUS (April 20-May 20)
Guard against tendencies today to magnify the magnitude of your tasks. If you believe them to be difficult, they will be.

GEMINI (May 21-June 20)
Zoid risky ventures today, especially those of a financial nature. Gambles that look good on the surface may lack real substance.

CANCER (June 21-July 22)
Steering a middle course enhances your effectiveness in dealing with otheday. If you take a strong position, they may be forced to do likewise.

LEO (July 23-Aug. 22)
Kind words and gentle suggestions are musts in dealing with subordinates today. Look for ways to praise, not to haze. If you want good results.

VIRGO (Aug. 23-Sept. 22)
Your prudence in financial matters could desert you today. There's a chance you'll be wasteful or extravagant when you shouldn't.

New Analysis Shows Oysters Low In Fat

Dr. Lamb

DEAR DR. LAMB— I was delighted with your comment that oysters are low in cholesterol and fat. I was born in New Orleans and cultivated the raw oyster habit early in life. I am 69 years old. I had a stroke about two years ago and was placed on a no cholesterol diet because of atherosclerosis. It was thought that my stroke was due to high blood pressure so I am on a no salt diet also.

From your comment it would appear that the advice given me earlier may no longer be valid so that I may be able to eat oysters, which I was told was a "no-no." The only thing I am wondering about now is the salt. Are oysters high in salt content? I sure do hope the answer is no so I can begin eating them again.

DEAR READER— The problem that occurred regarding shellfish was a method of analysis used to evaluate the cholesterol and fat content. So oysters were said to be high in cholesterol but newer methods have shown that many shellfish (but not all) are really low-fat, low-cholesterol foods. Oysters actually contain only 58 milligrams of cholesterol in 3 ounces (100 grams) of the raw edible portion. That is lower than you will find in most red meats and poultry or many fish.

Oysters also are only 1.8 percent fat by weight and that translates into 24.9 percent of their calories as fat, which is considered a low-fat food.

Also, they do not contain a lot of sodium. There are only 75 milligrams of sodium in 3 ounces of raw oysters. But remember the sauce which many people use may contain loads and loads of sodium. So it may be the sauce you need to avoid rather than the oysters.

I have included the newer values for cholesterol and fat in shellfish and common fish in The Health Letter

11-12. Fish and Shellfish As Health Foods, which am sending you. Other who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me. In care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

DEAR DR. LAMB— My husband and I have a little problem. He puts Tabasco sauce on everything but ice cream. Not just a couple of drops, he drowns everything with it. I say it can't be good for him. He says it won't hurt him.

He's 21 years old and in pretty good shape. But he has complained of a little bit of blood in his stools. I'm very worried.

DEAR READER— Surprisingly many healthy people can tolerate very hot, spicy food without any problem. Perhaps that is because the digestive system produces some pretty powerful chemicals of its own to accomplish digestion.

If using hot spices does not cause him to have symptoms, then I wouldn't worry about it.

But if he does in fact have some blood in his stools, regardless of whether he uses Tabasco sauce or not, he must have a medical examination. Blood could mean hemorrhoids, which might not be alarming, but it can also mean a cancer, even in young people. Or it can be from irritation of the colon as you might see with ulcerative colitis or any number of disorders that should not be ignored.

ENJOY GRAPEFRUIT FROM FLORIDA

WIN AT BRIDGE

West's heart overall gave North a tough problem at his second turn to bid. He didn't like the idea of playing no-trump against a heart lead and finally raised his partner's four-card spade suit. Needless to say, South continued to game.

West made the helpful lead of the diamond ace and continued with the trey.

South studied dummy for some time. His whole problem was the play of the time.

How about a 4-2 break? Give West four to the queen and the contract was not going to come home. Give East that same holding and a finesse would make things easy, but finally South saw that he could handle that holding anyway.

Now he led a spade to his ace and a second one back to dummy's king with every intention of leading a third spade from dummy if the queen failed to drop. It did drop and now South had his 10 tricks, game and rubber.

Vulnerable: Both Dealer: South

West	North	East	South
1♥	2♠	Pass	2♦
Pass	3♦	Pass	4♦
Pass	Pass	Pass	Pass

Opening lead: ♦A

By Oswald Jacoby and James Jacoby
The bidding in the special Cavendish rubber bridge game is sort of catch as catch can. One thing about it is that when a pair gets to one trick below the game, the game is going to be bid.

GARFIELD by Jim Davis

1 HEY, ARLENE. LOOK AT THIS
2 SO WHAT?
3 JUST WHAT DOES IT TAKE TO IMPRESS YOU, LADY?
4 A CHALLENGE TO MY HEAD AS WELL AS MY HEART
5 AS SOON AS SHE REGAINS CONSCIOUSNESS, I'LL CHALLENGE THE HEART PART

ANNIE by Leonard Starr

1 ...ER... MARIA DOESN'T SEEM TO BE AT HOME, OFFICER... SHE PROBABLY WENT SHOPPING...
2 I'D BETTER LOOK THROUGH THE REST OF THE HOUSE TO MAKE SURE, MISS PERSE.
3 OH, GOLLY! I WISH SHE COULD RUN FASTER...
4 WHAT'S GOIN' ON? OH?!
5 COYOTE! IT'S... AN' SHE'S RUNNING TH' BORDER PATROL! THEY'RE AFTER MARIA!
6 ...AN' SHE'S RUNNING AWAY? IN HER CONDITION?!

TONIGHT'S TV

- WEDNESDAY**
- EVENING**
- 6:00
 (1) (35) L'LOBO
 (2) (10) MACNEIL / LEHRER NEWSHOUR
 (3) (8) ONE DAY AT A TIME
- 6:05
 (2) LITTLE HOUSE ON THE PRAIRIE
- 6:30
 (3) (4) NBC NEWS
 (1) (35) ABC NEWS
 (1) (35) ALICE
 (2) (8) GOOD TIMES
- 7:00
 (3) (4) PEOPLE'S COURT
 (2) (2) P.M. MAGAZINE A deer roundup in New Zealand using helicopters; a look at how Natalie Wood's last movie, "Brainstorm," was completed, including exclusive footage of her last interview.
 (7) (3) JOKER'S WILD
 (1) (35) THE JEFFERSONS
 (2) (10) MEETING OF MINDS Steve Allen continues his discussion of population control, free enterprise and social morality with Margaret Sanger, Mahatma Gandhi and Adam Smith. (Part 2)
 (3) (8) ROWAN & MARTIN'S LAUGH-IN
- 7:05
 (2) CAROL BURNETT AND FRIENDS
- 7:30
 (3) (4) ENTERTAINMENT TONIGHT

- Anne Baxter is making a comeback in a new TV series.
 (3) (4) WHEEL OF FORTUNE
 (7) (3) FAMILY FEUD
 (1) (35) BARNEY MILLER
 (2) (8) TIC TAC DOUGH
- 7:35
 (2) (8) GOOD NEWS
- 8:00
 (3) (4) REAL PEOPLE Skip Stephenson's trip via express courier; a Las Vegas arm-wrestling contest; cats and dogs that help the elderly; safety laws that are allegedly harmful.
 (5) (3) WHIZ KIDS Richie learns that his pen pal, a prison inmate (David Ackroyd), has designed a video game as part of an escape plan.
 (7) (3) WORLD SERIES Game 2 (from AL champion's city)
 (1) (35) HAWAII FIVE-O
 (2) (10) CHARLIE MUFFIN British Agent Charlie Muffin attempts to persuade a KGB head to defect.
 (3) (8) MOVIE
- 8:05
 (2) MOVIE "Goodbye, Columbus" (1969) Richard Benjamin. All MacGraw. A young man vacationing with the family of a wealthy businessman has a secret love affair with the lycoon's daughter.
- 9:00
 (3) (4) THE FACTS OF LIFE Jo falls for a wealthy young man (Peter Nelson) and tries to alter her streetwise image.
 (5) (3) MOVIE "Sunset Limousine" (Premiere) John Ritter, Susan Dey. Accused by his girlfriend of irresponsibility, a would-be comedi-

- an becomes a limousine driver and unwittingly makes himself the target of hoodlums.
 (1) (35) QUINCY
- 9:30
 (3) (4) FAMILY TIES Mallory's boyfriend Jeff (John Dukakis) decides to leave college in order to be closer to her.
- 10:00
 (3) (4) CANDID CAMERA: NOW AND THEN Allen Funt and Angie Dickinson introduce film clips from the classic TV series that show "people caught in the act of being themselves." (R)
 (1) (35) INDEPENDENT NETWORK NEWS
 (2) (10) NEVER TURN BACK: THE LIFE OF FANNIE LOU HAMER The struggles of Fannie Lou Hamer, during the hot summer in the 1960s when the Mississippi civil rights movement was in full swing, are dramatized.
 (3) (8) KOJAK
- 10:05
 (2) NEWS
- 10:30
 (1) (35) BOB NEUHART
- 11:00
 (3) (4) (5) NEWS
 (1) (35) BENNY HILL
 (2) (10) ALFRED HITCHCOCK PRESENTS
 (3) (8) TWILIGHT ZONE
- 11:05
 (2) ALL IN THE FAMILY
- 11:15
 (2) (8) NEWS

Cable Ch.	Independent
(7) (9) (ABC) Orlando	(1) (35) Orlando
(5) (6) (CBS) Orlando	(8) (45) Melbourne
(4) (2) (NBC) Daytona Beach Orlando	(10) (24) Orlando Public Broadcasting System

In addition to the channels listed, cablevision subscribers may tune in to independent channel 44, 51, Petersburg, by tuning to channel 8; tuning to channel 13, which carries sports and the Christian Broadcasting Network (CBN).



- THURSDAY**
- MORNING
- 5:00
 (3) (4) NEWS (TUE-FRI)
- 5:15
 (3) (4) TONIGHT Host: Johnny Carson. Guests: Charles Grodin, Roberto Flack, Peabo Bryson.
 (5) (3) WKRP IN CINCINNATI
 (1) (35) THICKE OF THE NIGHT
 (2) (8) HOUSE CALLS
- 11:35
 (2) THE CATLINS
- 11:45
 (7) ABC NEWS NIGHTLINE
- 12:00
 (3) (4) POLICE STORY A rookie cop (Clifton Davis) goes undercover to investigate a major drug ring. (R)
- 12:05
 (2) MOVIE "The Assassination Bureau" (1969) Oliver Reed, Diana Rigg.
- 12:30
 (3) (4) LATE NIGHT WITH DAVID LETTERMAN Guest: columnist Art Buchwald.
 (7) (3) ALL IN THE FAMILY
- 1:00
 (1) (35) STREETS OF SAN FRANCISCO
- 1:10
 (3) (4) MOVIE "The Solitary Man" (1979) Earl Holliman, Carrie Snodgrass.
 (7) (3) MOVIE "Rebel Without A Cause" (1955) James Dean, Natalie Wood.
- 1:30
 (3) (4) NBC NEWS OVERNIGHT
- 2:20
 (2) MOVIE "Each Dawn I Die" (1939) James Cagney, George Raft.
- 2:30
 (3) (4) ENTERTAINMENT TONIGHT Gene Barry talks about his hit Broadway musical.
 (5) (3) CBS NEWS NIGHTWATCH
- 3:00
 (3) (4) NBC NEWS OVERNIGHT
- 3:10
 (7) (3) MOVIE "The Fat Man" (1951) Julie London, Rock Hudson.
- 4:00
 (3) (4) NBC NEWS OVERNIGHT
- 4:20
 (2) MOVIE "Her Kind Of Man" (1946) Dane Clark, Janis Paige.
- 4:30
 (7) (3) MOVIE "Beg, Borrow Or Steal" (1973) Mike Connors, Kent McCord.
- 5:15
 (3) (4) WORLD AT LARGE (MON)
- 5:20
 (2) WORLD AT LARGE (TUE)
- 5:30
 (3) (4) NBC NEWS OVERNIGHT (TUE-FRI)
 (5) (3) YOUR BUSINESS (MON)
 (2) CATHOLIC MASS (TUE)
- 5:50
 (2) WORLD AT LARGE (THU)
- 6:00
 (3) (4) FLORIDA'S WATCHING (MON)
 (5) (3) CBS EARLY MORNING NEWS
 (7) (3) SUNRISE
 (1) (35) 20 MINUTE WORKOUT
 (2) NEWS
- 8:30
 (3) (4) NBC NEWS AT SUNRISE
 (5) (3) CBS EARLY MORNING NEWS (TUE-FRI)
 (7) (3) ABC NEWS THIS MORNING
 (1) (35) INSPECTOR GADGET
 (2) (8) MORNING STRETCH
- 6:45
 (7) (3) NEWS
 (1) (35) A.M. WEATHER
- 7:00
 (3) (4) TODAY
 (5) (3) CBS MORNING NEWS
 (7) (3) GOOD MORNING AMERICA
 (1) (35) TOM AND JERRY
 (2) (8) MORNING STRETCH
- 7:15
 (3) (4) NEWS
 (1) (35) A.M. WEATHER
- 7:30
 (1) (35) WOODY WOODPECKER
 (2) (10) SESAME STREET (R)
 (3) (8) SPIDER-MAN
- 7:35
 (1) (35) DREAM OF JEANNIE
- 8:00
 (1) (35) BUGS BUNNY AND FRIENDS
 (2) (8) JIM BAKKER
- 8:05
 (2) BEWITCHED

- 11:35
 (2) TEXAS
- AFTERNOON
- 12:00
 (3) (4) MIDDAY
 (5) (3) CAROLE NELSON AT NOON
 (7) (3) NEWS
 (1) (35) BEWITCHED
 (2) (10) MEETING OF MINDS (MON)
 (3) (8) MASTERPIECE THEATRE (TUE)
 (4) (10) EVENING AT POPS (WED)
 (5) (10) NOVA (THU)
 (6) (10) NATURE (FRI)
 (7) (8) MOVIE
- 12:05
 (2) PERRY MASON
- 12:30
 (3) (4) SEARCH FOR TOMORROW
 (5) (3) THE YOUNG AND THE RESTLESS
 (7) (3) RYAN'S HOPE
 (1) (35) BEVERLY HILLBILLIES
- 1:00
 (3) (4) DAYS OF OUR LIVES
 (5) (3) ALL MY CHILDREN
 (1) (35) ANDY GRIFFITH
 (2) (10) THE EMIGRANT SAGA (MON-WED)
 (3) (8) UNKNOWN WAR (THU)
 (4) (10) FLORIDA HOME GROWN (FRI)
- 1:05
 (2) MOVIE
- 1:30
 (3) (4) AS THE WORLD TURNS
 (5) (3) DICK VAN DYKE
 (1) (35) THIS OLD HOUSE (FRI)
- 2:00
 (3) (4) ANOTHER WORLD
 (5) (3) ONE LIFE TO LIVE
 (1) (35) GOMER PYLE
 (2) (10) NEVER TURN BACK: THE LIFE OF FANNIE LOU HAMER (THU)
 (3) (8) MAGIC OF DECORATIVE PAINTING (FRI)
 (4) (8) BONANZA
- 2:30
 (3) (4) CAPITOL
 (5) (3) DREAM OF JEANNIE
 (1) (35) FRENCH CHEF (WED)
 (2) (10) MAGIC OF FLORAL PAINTING (FRI)
- 3:00
 (3) (4) GILLIGAN'S ISLAND
 (5) (3) GUIDING LIGHT
 (7) (3) GENERAL HOSPITAL
 (1) (35) THE FLINTSTONES
 (2) (10) POSTSCRIPTS
 (3) (8) IRONSIDE
- 3:05
 (2) FUNTIME
- 3:30
 (3) (4) MORK AND MINDY
 (5) (3) BOOBY DOO
 (1) (35) MISTER ROGERS (R)
- 3:35
 (2) THE FLINTSTONES
- 4:00
 (3) (4) FANTASY ISLAND
 (5) (3) BREAKAWAY
 (7) (3) MERV GRFFIN
 (1) (35) SUPERFRIENDS
 (2) (10) SESAME STREET (R)
- 4:05
 (2) THE MUNSTERS
- 4:30
 (1) (35) PINK PANTHER
- 4:35
 (2) THE BRADY BUNCH
- 5:00
 (3) (4) LOVE BOAT
 (5) (3) THREE'S COMPANY
 (7) (3) NEWS
 (1) (35) NEWS
 (2) (10) OCEANUS (MON)
 (3) (8) UNDERSTANDING HUMAN BEHAVIOR (TUE)
 (4) (10) FOCUS ON SOCIETY (WED)
 (5) (3) EARTH, SEA AND SKY (THU)
 (6) (10) ART OF BEING HUMAN (FRI)
- 5:05
 (2) STARCADE
- 5:30
 (3) (4) M*A*S*H
 (5) (3) NEWS
 (7) (3) OCEANUS (MON)
 (1) (35) UNDERSTANDING HUMAN BEHAVIOR (TUE)
 (2) (10) FOCUS ON SOCIETY (WED)
 (3) (8) EARTH, SEA AND SKY (THU)
 (4) (10) ART OF BEING HUMAN (FRI)



Seeing Simon

Cheryl McManis guest stars as a sightless witness to a murder who becomes romantically entangled with Rick Simon (series co-star Gerald McRaney) on *Simon & Simon* Thursday at 9 p.m. on CBS.

Cartoons Turned Into 'Big Sell'

WASHINGTON (UPI) — Children who watch certain cartoon shows are being subjected to "program-length commercials" not real programs, a children's television watchdog group says.

Children's Television Action for Children's Television wants the Federal Communications Commission to order stations to log cartoon shows such as *Pac-Man* and *Smurfs* as commercials. Such logging would effectively force the programs off the air because TV stations that carry more than 16 minutes of commercial time per hour face a full FCC review to renew their licenses.

Peggy Charren, president of Action for Children's Television, said the characters in eight programs on the commercial networks' 1983-84 Saturday morning lineup are based on toys, dolls, games, breakfast cereals and other products.

In addition, six specials and mini-series including *Care Bears*, *He-Man* and *The Masters of the Universe* and a *GI Joe* program promote merchandise, and at least eight more "program-length commercials" are being developed, she said.

"What makes matters worse is that most of the products are being advertised on children's television as well, making it hard to distinguish between product and programming," she said.

The complaint emphasizes that the products are not "spinoffs" of successful TV series. "Rather, the desire to promote the products... precipitated the development of the commercials."

Licensing of children's toys and games based on characters was a \$4 billion business in 1982, the trade magazine *Toy and Hobby World* reported.

Edward Fritts of the National Association of Broadcasters, which represents 700 television stations and the major networks, called the petition "outrageously shortsighted and overly idealistic."

"It says in essence that a national phenomenon such as *Pac-Man*, which did not evolve from television, cannot be translated into programming for children."

A spokesman for CBS Broadcast Group said: "CBS feels there is no validity to ACT's claim. To say this is to say that a Grimm's fairy tale is designed to sell books and any Christmas story is designed to sell ornaments or any *Charlie Brown* show is designed to sell funnies."

In a 1971 ruling, the FCC ordered stations broadcasting a program sponsored by Mattel Toy Co. and featuring the firm's Hot Wheels toy cars to log all references to the Mattel products as commercial time.

THURSDAY

MORNING

5:00
 (3) (4) NEWS (TUE-FRI)

KEEP COOL with General Electric

Weathertron Central Air Conditioning System

Wall PLUMBING & HEATING INC.
 Ph. 322-4542
 1007 Sanford Ave., Sanford

THE APPLE VALLEY RIB CO.

The people who brought the down-home good cookin' of Captain Appleby's to Mt. Dora and Ocala, and Aunt Catfish's to Port Orange, now give Deland The Apple Valley Rib Co., another fresh idea in old-fashioned good eatin'.

Of course we're serving ribs but there's also seafood, chicken, and steak. Dinners at Apple Valley are served with a choice of side dishes as well as a homemade grain roll and a rum bun.

We're serving lunch every day but Saturday and dinner seven days a week.

Apple Valley Rib Co. — A Fresh Idea In Good Taste.

The Apple Valley Rib Co.
 1330 North Woodland Blvd.
 Deland, Fla. 1-904-734-2011

Sun.-Fri. serving from 11:30 am
 Sat. serving from 4:00 pm

Floyd Theatres
 A Show & Sell Company

PLAZA TWIN
 ALL SHOWS 99¢
 PLAZA I 2:15 AND 7:45
SMOKEY and the BANDIT PART 3
 PLAZA II 2:20 7:50

MR. MOM
 100 YEARS FOR FILMS

MOVELAND
 May 17-22 S. 322-1216

THE MORTUARY
 AND
THE INCUBUS

FAMILY DAY SPECIAL
 ALL DAY WEDNESDAY

Try Our Famous 3 Piece Dinner!

\$2.09

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

Famous Recipe
 FRIED CHICKEN

You Make Us Famous!
 Open daily 11 AM - 10 PM
 Except Wed., Fri, Sat. & Sun. when we open at 10:30 AM & Close at 10:30 PM

SANFORD 1905 French Ave. (Hwy. 17-92) 322-3650
 CASSELBERRY 41 N. Hwy. 17-92 831-0151

TIP TOP...HOME OF QUALITY FOODS & MEAT

USDA CHOICE BEEF BONELESS **CHUCK ROAST \$1.59** LB.

LEAN & MEATY **PORK SPARE RIBS \$78** 5 LBS. & UP LB.

FRESH **CATFISH \$1.48** LB.
 FLORIDA PREMIUM CHICKEN **LEG QUARTERS \$39** LB.

GOLD KIST GRADE "A" FLORIDA PREMIUM **FRYERS \$59** LB.

LYNES SMOKED SHOULDER **PICNIC HAMS \$89** 5-6 LB. AVE. LB.
PORK CHITTERLINGS \$6.99 10 LB. PAIL
FRESH PORK NECK BONES, EARS, FEET & MAWS. \$58 LB.
TENDER BEEF LIVER \$58 LB.
TURKEY WINGS \$58 LB.
TURKEY LEGS \$48 LB.
 FRESH DAILY **GROUND BEEF \$99** LB.
 USDA CHOICE BEEF **OX TAILS \$1.19** LB.
 HERITAGE FRESH LARGE GRADE "A" 2 1/2 DOZ. FLAT **WHITE EGGS \$1.99**
 ASSORTED **PORK CHOPS \$1.29** LB.

RC PRODUCTS \$99 8-16 OZ. BOTTLES

GENERIC PAPER TOWELS \$1 2 JUMBO ROLLS

GENERIC BATHROOM TISSUE \$79 4 ROLL PACK

GENERIC LAUNDRY DETERGENT \$99 42 OZ. BOX

SAVINGS ON DELMONTE
 Delmonde Peas, Whole Kernel or Cream Style Corn, French Style or Cut Green Beans and Spinach **3 \$1**
 MIX OR MATCH 303 CANS

COUPON EXPIRES 10-15-83
HERITAGE SUGAR \$99 5 LB. BAG

COUPON EXPIRES 10-15-83
ARMIX SHORTENING \$99 3 LB. CAN

LUCKY FARMS TOMATOES \$3/1
 HERITAGE **MUSTARD \$69** 22 OZ. JAR
 OLD MILWAUKEE **BEER \$1.99** 12 OZ. CAN
 PATCH HOLLAND **ICE CREAM \$1.59** 1/2 GAL.
 JIFFY COOK **MUFFIN MIX \$4/1** 8 1/2 OZ. PAIL
 MINORCA **RICE \$99** 1 LB. BAG
 MARTHA WHITE **RAC & CHEESE DINNER \$3/1** 7 1/2 OZ. BOX

BANANAS \$1 4 LBS. \$1
 RED DELICIOUS **APPLES \$99** 3 LB. BAG
 WHITE **POTATOES \$1.49** 5 LB. BAG
 WHITE **POTATOES \$1.00** 5 LB. BAG

TIP-TOP SUPERMARKET
 1100 West 13th St. Sanford
 Quality! Service! Savings!
 FOOD STAMPS WELCOME

WE RESERVE THE RIGHT TO LIMIT QUANTITIES
 PRICES GOOD THRU OCT. 19, 1983

WINN DIXIE

SUPER BONUS SPECIALS

1 PRICES GOOD OCT. 13-15, 1983

2

3

SUPER BONUS SPECIAL
SUPERBRAND GRADE 'A' EXTRA-LARGE EGGS
 DOZ. **29¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
THRIFTY MAID SUGAR
 5-LB. BAG **99¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
EIGHT O' CLOCK BEAN COFFEE
 1-LB. BAG **\$1.69**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
BOUNTY TOWELS
 JUMBO ROLL **29¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
ARROW (ALL VARIETIES) DETERGENT
 49-oz. BOX **89¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
KRAFT MAYONNAISE
 QT. JAR **79¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
LAND O' SUNSHINE BUTTER
 1-LB. PKG. **\$1.29**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

SUPER BONUS SPECIAL
W-D (HANDI PAK) GROUND BEEF
 1-LB. SIZE **89¢**
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD OCTOBER 13-15, 1983

STORE HOURS
MON. - SAT.
 8 A.M. - 11 P.M.
 ORANGE & SEMINOLE COUNTIES
MON. - SAT.
 8 A.M. - 10 P.M.
 OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER & ST. LUCIE COUNTIES
SUNDAY
 8 A.M. - 9 P.M.
 ORANGE, SEMINOLE, OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER & ST. LUCIE COUNTIES

Reminder!
EKCO Baker's Secret Non-Stick Bakeware!
NOW ON SALE!

Collect new pieces each week
THIS WEEK'S FEATURES

 8-Round Cake Pan **\$1.29**
 6-Round Cake Pan **\$1.99**

SAVE 50¢ LB.
W-D BRAND USDA CHOICE BEEF ROUND BONELESS RUMP ROAST
\$1.99
 W-D BRAND USDA CHOICE BEEF ROUND BONELESS EYE OF THE ROUND Roast **\$2.59**

SAVE 90¢ LB.
W-D BRAND USDA CHOICE BEEF LOIN BONE-IN SIRLOIN STEAK
\$2.89
 W-D BRAND USDA CHOICE BEEF HIND BONELESS CURED Steaks **\$2.99**

SAVE \$1.02
W-D BRAND 12 PATTIES BEEF PATTIES
3 LB. BOX \$2.97
 MR. TURKEY (3-LB. PKG. \$2.97) GROUND Turkey **99¢**

SAVE 40¢ LB.
PINKY PIG FRESH PORK FULL 1/2 FRESH PORK LOIN SLICED INTO PORK CHOPS
\$1.59
 SMALL MEATY FRESH PORK (3 1/2 LBS. & DOWN) Spareribs **\$1.69**

W-D BRAND USDA CHOICE BEEF ROUND BONELESS BOTTOM ROUND ROAST
\$1.89
 W-D BRAND USDA CHOICE BEEF CHUCK BLADE CHUCK Roast **\$1.59**

SAVE 38¢
DIXIE DARLING JUMBO SANDWICH BREAD
2 24-oz. LVS. \$1.00
 REGULAR OR UNSALTED CRACKIN' GOOD Saltines **59¢**

SAVE 32¢ ON 4
CAMPBELL'S TOMATO SOUP
4 10 1/2-oz. CANS \$1.00
 SAVE 30¢ - PRKE-BREAKER YELLOW CLING Peaches **69¢**

SAVE 36¢
REGULAR OR LIGHT BUDWEISER BEER
6 12-oz. BTL. \$2.29
 ALL VARIETIES CHEK Drinks **79¢**

THRIFTY MAID SHORTENING
42-oz. SIZE \$1.69
 SAVE \$1.00 - ALPO Dog Food **\$6.99**

SAVE
SUPERBRAND ASSORTED FLAVORS SWISS STYLE YOGURT
3 8-oz. CUPS \$1.00
 SAVE 30¢ - SUPERBRAND STA-FIT OR REGULAR COTTAGE Cheese **\$1.99**

SAVE 40¢
MINUTE MAID ORANGE JUICE
HALF GAL. \$1.59
 LAND O' SUNSHINE CITRUS Punch **99¢**

10 LBS. NET WT.
U.S. No. 1 WHITE POTATOES
10-LB. BAG \$1.49
 HARVEST FRESH YELLOW Onions **89¢**

SAVE 20¢
SUPERBRAND ASSORTED FLAVORS SHERBET or ICE CREAM
HALF GAL. \$1.19
 SUPERBRAND TWIN POPS OR Fudge Bars **\$1.29**

SAVE
21 1/2-oz. COMBINATION, 19 1/2-oz. HAMBURGER, 21-oz. SAUSAGE OR 19-oz. PEPPERONI DANO'S PIZZA
EACH \$2.59
 SAVE 10¢ - SWANSON CHICKEN, TURKEY, FISH, SALISBURY OR CHICKEN NIBBLES Entrees **\$1.09**

DELI
HERRLICH SLICED TO ORDER BOILED HAM
15-oz. SIZE \$2.69
 DANZMARK ALL FLAVORS DANISH Strips **\$1.69**