#### Cook Of The Week

## Delicious Dapple Cake Is The Apple Of Her Eye

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 ple 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, 21/2, 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 Roladen. "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 pouzed over the cake while it is still hot.

APPLE BREAD PUDDING

8 slices bread, toasted

14-cup butter or margarine I can (20 oz.) apple ple filling (or 4-5 fresh apples, pared and sliced)

1/2 cup raisins

1 teaspoon cinnamon

I cup milk I cup hot water

¼ cup dark brown sugar

2 eggs, slightly beaten



Herald Photo by Lou Childers

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

teaspoon salt 1/2 teaspoon vanilla

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,

before serving with a dollop of whipped topping. APPLE DAPPLE CAKE

1¼ cups oil

2 cups sugar

3 eggs 2 teaspoons vanilla

3 cups flour I teaspoon salt

1 teaspoon soda

34 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

34 cup margarine Melt margarine. Add sugar and milk, cooking until thick on low settig. Pour over hot cake and let stand in pan at least two hours before serving. TACO PIE

11/2 lb. ground chuck

1 large can tomatoes

I 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 bout 10 additional minutes. Dip out on plates and pass Taco toppings of shredded lettuce, chopped tomatces and onlons, sour cream and additional shredded cheese.

SUPER SAUSAGE SUPPER

1 to 11/2 lbs. Kilbassa sausage 4 to 6 medium to large white potatoes

1 pkg. fresh carrots

2 large onions

I bunch of fresh proceed!

Clean and cut all vegetables as for stew. Melt 2 tablespoons margarine n large skillet. Put all vegetables in and brown a little, turning temperature to low. Cook Refrigerate two or three hours. Sprinkle top with for 15 minutes. Cut sausage into serving pieces and

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nutmeg: bake 50-60 minutes at 350 degrees or until place on top of vegetables. Cover and continue to cook custard is set. Remove from oven and sprinkle with 20 minutes or longer on low to medium setting. Season shredded cheese. Let pudding stand several minutes 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 1/2 to full bottle of dressing. Heat thoroughly to almost a boll 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 1/4-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 senior member of the American Society of Appraisers, will be in Sanford Saturday to give those interested a written, certified apapraisal of silver, cloisonne, crystal, porcelain, needlework, linen heirlooms and old

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

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

establishing the age, origin and value of

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 wherefores of appraisals in establishing the identity. history and value of inherited or acquired artifacts for historical preserva-tion and present Mrs. Cordell as a means of enabling area families to have this information as a part of their family

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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Karen

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## 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 book clubs and even a "lunch bunch." 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

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.

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

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,

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

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

The affair lasted two days, through three meals and

two cocktail hours. I had a great time, talked with many

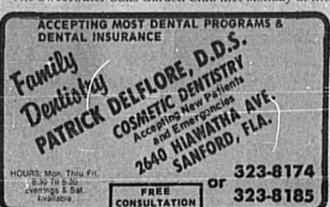
people, didn't skip any of the events and didn't go sit in

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 Warner 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

The Sweetwater Oaks Garden Club met Monday at the



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After a social hour and refreshments, special guest Vince Sims, of Sims Grown Foliage of Eustis, presented

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

#### **GUYS & GALS** HAIRSTYLING STUDIO Perm In Softness For A New Fall Look Reg. '45.00 Includes Cut & Style (Long Hair Slightly Higher) GOOD MON., TUES., WED. ONLY ENTIRE MONTH OF OCTOBER 113 W. 27th St. (Next To Pinecrest School) PH 322-8991 Sanford SUSAN WHEATON OWNER/OPERATOR

## '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

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

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 sitll 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

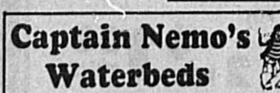
DEAR CHILDLESS: Counseling had better get back in if you value your marriage, because your obsession with motherhood and your unresolved resentment will surely drive your husband away.

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



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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 entertaling. This Teriyaki Popcorn adds a distinctive touch yet requires no fuss in preparation.

Beverages, too, should be assembled ahead of time. The Cape-Coder punch is a sparkling mix of coconut rum frail 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 memorble 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 garlie, chopped
- 1 cup catsup
- 35 cup applesauce -
- 2 teaspoons Worcestershire sauce
- 1 cup coconut rum
- 20 chicken wings (about 314 pounds) In medium saucepan melt butter; saute garlic until golden. Add catsup, applesauce and Worcestershire sauce; simmer 5 minutes. Remove from heat. Stir in cocoonut rum. Remove tips from chicken wings, discard. Divide wings in half by cutting through remaining joint. Place wing sections on brotler 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 (¼ pound shredded mild Cheddar cheese)
- 34 cup ecconut rum
- 14 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 14 cups.

CAPE-CODDER PUNCH

- I quart cranberry grape drink or 3 cups cranberry juice cocktail plus 1 cup grape juice
- va cups coconut rum 1/2 cup triple sec
- 3 tablespoons lemon Juice I quart club soda Orange and lemon slices
- 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**

- I quart apple eider
- 2 2-1/2 inch cinnamon sticks 11/2 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

#### **TERIYAKI POPCORN**

- 44 cup butter 1 small clove garlic, minced (optional)
- 2 teaspoons teriyaki sauce 2 quarts plain popcorn
- In a small saucepan melt butter; add garlie if desired and cook until softened. Stir in teriyaki sauce and pour over popcorn; toss to coat evenly.

### **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 everywherel

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 ple 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**

- I cup graham cracker crumbs
- ¼ cup margarine, melted ¼ cup finely chopped nuts 2 tablespoons sugar
- 2 envelopes unflavored gelatin 1/2 cup cold water
- 1 cup milk
- 1 7-0z. 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 eream, thawed

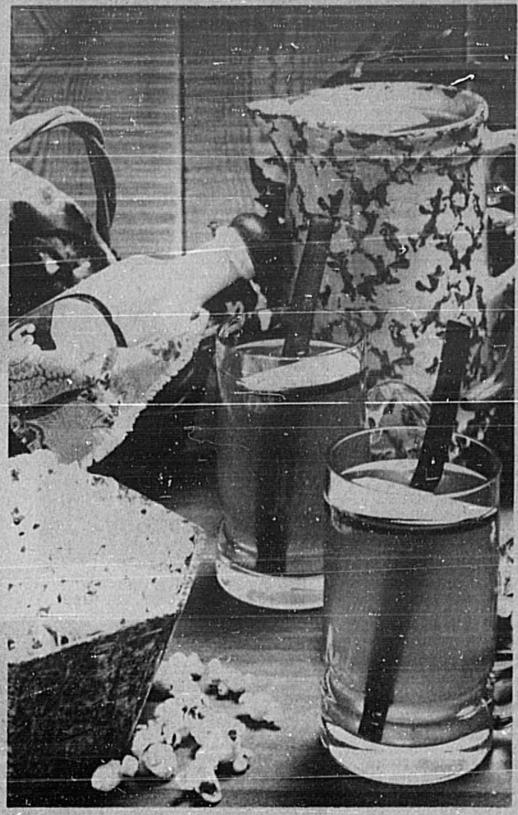
Combine crumbs, margarine, nuts and sugar; press onto bottom of 9-inch square pan. Bake at 350°, 10 minutes. Cool.

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 griatin 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

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





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



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## Unique Twist

Want something special for a company dinner? Pinwheel Loaf Wellington is a unique twist on a traditional dish. Economical ground beef is convenienty 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 I envelope onion soup mix

2 pounds ground beef

14 cup soft bread crumbs 1/2 cup catsup

3 eggs 1 teaspoon oregano

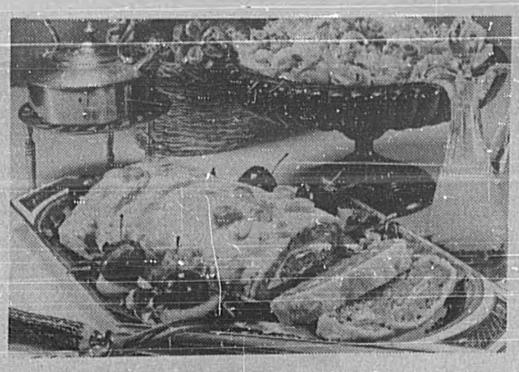
6 slices cooked ham

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 pre-

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

#### Snacks For

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 overindulging in high-calorie refreshments.

For more snacking information, write for a free brochure: Nature Valley SnackSense, P.O. Box 5402. Dept. 876. Minneapolis, MN 55460.

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SAVE \$1.10 CELLA 1.5 LITER 4 89 WINES OR HOSATO GALLO 1.5 LITER WINES **299** HEARTY BURGUNDY, CHABLIS BLANC, RED ROSE PINK CHABLIS OR RHINE

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20° OFF TOM'S GREAT AMERICAN POTATO CHIPS REG., CORN CHIPS OR DIP-N-CHIPS 6.502 GOOD THRU WID., OCT. 19, 1983 

COMPARE GROCERY Wishbone DRESSING . 2004 PREGO REG., MEAT OR MUSHROOM Spaghetti Sauce . ....

20° OFF # KEEBLER HONEY GRAHAMS 16or BOX OR CINNAMON CRISP 14or BOX UMIT-1 COUPON PER ITEM. GOOD THRU WED., OCT. 19. 1983. 

COMPARE GROCERY Elbow Macaroni . ... 49° **Brawny Towels** Post Toasties . . . 189 99° Superose SWEETENER ... 99°



SANFORD-2944 ORLANDO ROAD, ZAYRE PLAZA AT THE CORNER OF 17-92 & ORLANDO ROAD

## 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 EALAD

TROPICAL FRUIT PUNCH, GRAPE, VERY BERRY, RED OR LOW SUGAR RED

46oz CAN

YOU PAY 69" WITH THIS COUPON LIMIT-1 COUPON PER ITEM AND A \$10.00 OR MORE FOOD ORDER, GOOD WED., OCT. 12 THRU TUES., OCT. 18, 1983.

LB

THESE

1 clove garlie 15 cup salad oil

- 1 cup French bread cubes (1/2-inch)
- % teaspoon salt
- ¼ teaspoon dry mustard
- 1/4 teaspoon black pepper 1 1/2 teaspoons Worcestershire sauce

I large head romaine lettuce, washed and dried 14 cup crumbled blue cheese

2 tablespoons grated Parmesan cheese

2 tablespoons lemon juice 1 can (3 % ounces) Norway sardines, drained

Crush half of the garlic clove; combine with salad oil in jur 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-garlie 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 feed tube, about 15 seconds. Stop and scrape bowl. servings.

#### **CUCUMBER SOUP**

3 pounds cucumbers, peeled, seeded, and cut into

1-inch cubes I small onion, quartered

142 cups chicken broth 1 cup plain yogurt

2 tablespoons lemon juice

1/2 teaspoon dill weed 14 teaspoon salt

¼ teaspoon white pepper

AND

Position steel blade in work bowl. Add cucumbers and onion to bowl. Process 15 seconds. Stop and scrape bowl. Process 15 seconds longer to purce.

With machine running, add chicken broth through

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, 1/5 cup instant lea powder. 34 teaspoon ground cinnamon and 1/2 teaspoon ground cloves; add 1 quart water, 1 bottle (32 oz.) cranberry juice cocktail and I bottle (four-fifths qt.) Burgundy wine. Heat through but do not boil, stirring occasionally. Transport in 3-quart thermos. Makes about 12 servings.

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

## FREE COUPONS

SAVE!

## KRAFT'S PARKAY

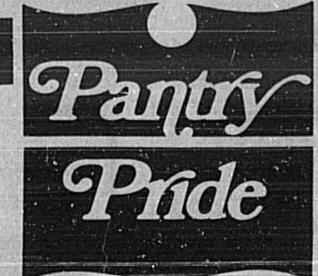
BONUS

U.S.D.A. CHOICE

LIMIT PLEASE

MARGARINE QUARTERS- 1 LB PKG.

YOU PAY 65' WITH THIS COUPON LIMIT 1 COUPON PER ITEM AND A \$10.00 OR MORE FOOD ORDER, GOOD WED., OCT. 12 THRU TUES., CCT. 18, 1983.



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



MARKET STYLE

3 LBS & OVER

SAVE 60 PER LB

## COMPARE

ROLL PATTIES OR BAUSAGE & BISCUIT TEMESSEE PRIOR

PRICES GOOD DNLY IN SEMINOLE COUNTY. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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SALATINES

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Biscuits . . TEXAS . 28 39° PANTRY PRIDE CHILLED Orange Juice . . . # \$119 Cheese Pride PRODUCT PRID \$119 AXELROD'S WHOLE MILK Beef Burgers . . . \* \$199 Ricotta Cheese . . 5 \$149

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BEEF PATTIE MIX

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SAVE 60° PER LB

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LIMIT-1 WITH A \$7.50

OR MORE PURCHASE

SAVE 40° PER LB

Beef Liver .... 69°

Smoked Sausage 24 LB 99°

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Pork Chops . . . AND 99

Chuck Steaks . . . \$129

Ground Chuck . 348 LB \$179

COMPARE MEAT

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PANTRY PRIDE 12 PACK CLOVERLEAF OF PARTY FLAKE S OC

**AUNT HANNAH** ANGEL FOOD 29 **BAR CAKE** 

FAB S

DETERGENT

FRESH START \$

\$1.00 OFF LABEL

DETERGENT

49oz

700z

**VO-5** SHAMPOO & 15oz CONDITIONER O **CA**C CLAIRMIST \$129 HAIR SPRAY CN-AEROSOL REG. UNSCENTED CRI EXTRA HOLD UNSCENTED AEROSOL REG. UNSCENTED OR EXTRA HOLD UNISCENTED

COMPARE

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\$149 MEALS SUCED TURKEY, BEEF PATTY MUSHROOM GRAVY, SALEBURY STEAK OR MEAT LOAF SAVE 20° 10oz FROZEN BROCCCLI **SPEARS** COMPARE FROZEN

**JENOS** 

PIZZA

COMBINATION: PEPPERONI OR SAUSAGE

SAVE 50

FAMILY

10.3oz

FROZEN

Coffee Lightener . 1884 3/51 PANTRY PRICE SHOESTRING Potatoes . . . . Fraise 69° DOMESTIC Whipped Topping ..... 99° 

2 LBS FROZEN

SAVE 50 CASH JR PEPSI COLA YOU PAY 89° DIET PEPSI, PEPSI LIGHT, PEPSI FREE (REG. OR SUGAR FREE) WITH COUPON OR MOUNTAIN DEW 8 PACK- 1602 BTL. PLUS DEPOSIT UMIT-1 COUPON PER ITEM. GOOD THRU WED., OCT. 19, 1983.



FRESH BAKED ITALIAN BREAD 16oz LOAF CHERRY SUPREME LAYER CAKE PONE

IN THE DELUBAKERY STORES ONLY COMPARE Fried Fruit Pies . . . Chopped Ham . . \*\* 5139 Swiss Cheese . . 4 5189 WITH 2 VEG. & ROLL (SMOKED BAUSAGE WITH CHEESE) Cheddarwurst . \$199

12oz PALMOLIVE LIQUID 10' OFF LABEL COLD POWER 490z DETERGENT \$ 5

## Spread

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 cheesu. whole grain crackers and Apricot-Mustard Butter: Spicy Peach Butter, Or-ange-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 meals and snacks with flavored butter spreads.

#### SWEET AND SPICED BUTTERS

12 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.

FI AVOR 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 14 c. powdered sugar, ¼ c. sour cream, ¼ tsp. cloves and 14 tsp. crushed caraway seed.

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

Spicy Peach Butter: Add 3 tbsp. peach preserves and ¼ tsp. allspice. Orange-Clove Butter:

Add 3 tbsp. orange marmalade and ¼ tsp. cloves.

Cherry-Rum Butter: Add 3 tbsp. cherry preserves and ¼ tsp. rum extract.

Choco-Nut Butter: Add 14 c. chocolate syrup and ¼ c. chunky style peanut butter.

The World Almanac



1. What football team won the Rose Bowl in 1972? (a) Ohio State (b) Mirchigan (c) Stanford

2. In what year did Aaron Burr shoot his political rival Alexander Hamilton in a

duel? (a) 1798 (b) 1804 (c)

3. What actor starred in the film, "Lilies of the Field." (a) Gregory Peck (b) Sidney Poitter (c) John Wayne

ANSWERS

1 c 5. b 3 b





## It's Just 30 Minutes Until Dinner Is Served

and nutritious beef meal for your family and friends. to facilitate slicing. 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 me in the kitchen or at the grill pays handsome ividends at the dining table.

You can hasten your cooking even more by following

Plan menus before shopping
 Read the entire recipe before starting to cook

O Assemble all ingredients and equipment

o 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 ½ cup of the meat mixture for each patty. Using your hands, shape into 8 patties, bout ½ inch thick. Place on rack in broiler pan so pattles 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 11/2 pounds) 1 rup soy sauce

2 tablespoons sugar

2 tablespoons water

1 tablespoon sherry extract 2 cloves garlic, minced

1 teaspoon grated ginger root

8 cubes (1x1 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 marindade 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

34 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, 1/3 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 mayor naise with sandwich. 4 servings.

COMPANY STEAK

11/2 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 ¼ 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

11/2 pounds ground beef

1/2 teaspoon salt ¼ teaspoon pepper

1/2 3-ounce package cream cheese

1 tablespoon crumbled blue cheese

1 tablespoon minced onion

I 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 ¾ inch thick 3 tablespoons soy sauce

2 tablespoons sesame oil 1/2 teaspoon crushed red pepper pods

2 teaspoons cornstarch

2 teaspoons sugar I clove garlic, minced

1 1/2 cup water

¼ cup creamy peanut butter Slice steak into strips 1/4 to 1/4 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 fack in broiler pan so surface of meat is 3 to 4 inches

from heat. Broil 2 minutes on each side. Serve sauce

It lakes just minutes, not hours, to create a delicious with beef strips. 4 servings. Note: Partially freeze steak

MUSHROOM SAUCED STEAKS 4 beef cubed steaks (aproximately 1¼ pounds)

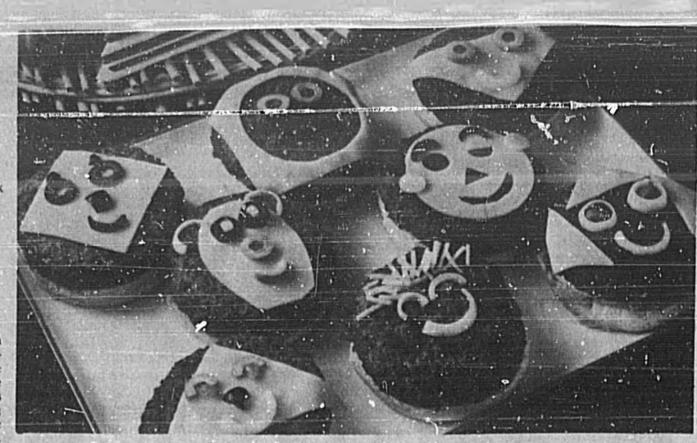
I small onion, chopped 3 tablespoons butter o margarine, divided

1 cup sliced fresh mushrooms 1/2 cup apple juice

1/2 cup beef broth

3 tablespoons flour ¼ 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

RICH THICK

Tomato

AURORA SOFT PRINTS OR WHITE Bathroom Tissue

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BEEF

Round

Steak

per lb.

Flounder Fillets ... 181 \$369

Whole Salmon ..... 3259

Salmon Fillets..... 2 \$299

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With This Coupon ONLY Swift Canned Boneless

**Hostess Ham** 

(Limit 1 Per Family Please, With

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(Effective Oct. 13-19, 1983)

50° OFF

With This Coupon ONLY

**Publix Frozen** 

Pumpkin

**Custard Pie** 

(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

(Effective Oct. 13-19, 1983)

50° OFF

With This Coupon ONLY

**Blue Bonnet** 

Spread

Excluding All Tobacco hems) (Effective Oct. 13-19, 1983)

26-oz. pkg.

Seafood Treat! Fresh

Seafood Treat! Fresh

Fresh Frozen

Fresh Frozen

75-sq. ft. roll With One S&H Stamp Price Saver Certificate

With One S&H Stamp Price Savar Certificate Robust Values During Publix 2nd BIG WEEK

OCT. 19, 1983 ...

U.S.D.A. CHOICE

BONELESS BEEF,

**FULL CUT** 

Roast

per lb.

Fresh Produce

FOR BREAKFAST,

SNACKS

OR DESSERTS

Bananas

per pound

Red Delicious .... 3 130 790

Good Boiled or for Siaw, Fresh

Sirloin Tip

12-INCH

Aluminum

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Honey Buns 69° Save 26c, Swanson's Frozen Dark Meat Chicken, Turkey or Chopped

TV Dinners ...... 11%-oz.\$109 Save 30c, Morton's Frozen Gravy &

Turkey or Gravy & Beef Patties
"Family Meals" .... 2-15.
Save 30c, Armour's Frozen 10-oz.
Lasagna, 10¾-oz. Veal Parmigiana,

Salisbury Steak, Gravy & Sliced

11-oz. Salisbury Steak, 113-oz.

Chicken Fricassee or 12-oz. Stuffed

Dinner Classics ..... \$199

Pot Pies ...... 2 pkgs. 79\*

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Save 30c, Mrs. Paul's Frozen
Deviled Crabs ...... 9kg. \$109

International Style Vegetables...... 10-oz. 99\*

Vegetables..... 10-oz. 99

Orange Juice...... 12-02. 99

Potatoes......poly bag 99\*

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Save 20c, Swanson's Frozen White

Chicken TV Dinner .. 11h-oz. \$ 139 Save 20c, Swanson's Frozen

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All Beef Sandwich Steaks

Combination

Water Chestnuts, Spinach & Water

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Save 20c, Morton's Frozen Chec.,
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Green Peppers

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Frozen

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Steak-

Portions

Hash Brown

Salisbury Steak

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(Makes 3 Loaves)

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Fish Fillets..... Save 20c, Regular Frozen Homestyle Eggo Waffles ...... 11-02-69¢ Save 24c, Mrs. Paul's Frozen
Fried Clams 5-02. \$109
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Fish Fillets 74-04. \$109 Fish Sticks ..... 74-02. \$109 FRESH PORK Shoulder

20e-OFF LABEL.

Lipton

Tea Bags

100-ct. pkg.

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Fresh Pork Boston Butt Rosst ..... 119 Fresh Pork Spareribs..... Swift All American (21/2-4-lb. avg.) Boneless Hams.... 18 \$199 Tarnow Whole Hog Mild, Medium or Hot Sausage..... 1-1b. \$ 170 Armour Star Meat or Beef Jumbo Hot Dogs. 146. 5159 Oscar Mayer Regular or Thick Sliced Bacon...... 145 \$198 Dak Slic od Cooked Ham ...... 14b. \$329

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Delicious Honey Loaf or Pepper Loaf ...... quarter 89° Zesty Flavored Baked Boans..... 89° Fresh Made Cuban Sandwich .. "or \$ 179 Hot From The Deli! Chicken & Biscuits..... Per \$269 Macaroni & Cheese ..... Fresh-Baked Lemon Krunch

Dairy Dairy

Pie ...... ... ... sach \$ 159

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Crescent Rolls ... 2 tal 99 Reg. Margarine Quarters
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**Crisp Juicy Apples** 

Firm Green

DIET FLAVORS Shasta **Drinks** 12-oz. cans

Bread Dough ...... 3-lb: 99°

**ASSORTED OR** WHITE & DECORATED Gala 120 Towels large roll

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, im responsibly priced, and of the best quality now through January. Try using them stewed, poached and 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

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
- I piece stick cinnamon I 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)

roast pork.

Green

Beans

16-oz.

cans

**ALL GRINDS** 

Folger's

Coffee

1-lb. can

Purchases of \$7.50 or More,

xeluding All Tobacco Items

Orango, Lako, Seminole, & Osceola Countles Only!

PLUS TAX & DEPOSIT,

DIET RITE, REG. OR

SUGAR FREE R C 100, OR REG.

R C Cola

IN 12-OZ. CANS

Miller Beer

twelve-pack

\$449

- I 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

**BAKED APPLES** 

2 tablespoons flour 2 tublespoons brown sugar

- I tablespoon butter
- 2 tablespoons flaked coconut
- 14 teaspoon cinnamon 3 medium cooking apples

Combine flour, sugar, and butter in small mixing bowl. Microwave at 100% power for 15-1 minute or until butter is soft. Mix with fork until crumbly. Stirin 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

134 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 saucey. Stir twice. Pour into a serving bowl and dust with cinnamon.



CHABLIS, PINK CHABLIS, VIN ROSE OR

LIGHT CHIANTI **Carlo Rossi** 

**5-269** 1.5-liter bot.



Jell-O Chocolate or Vanilla Pudding Pops ...... 1welve \$ 189 Assorted Lady Borden's Ice Cream..... half \$299 CAMPBELL'S

**Tomato Soup** 

101/2-oz.

cans ASSORTED FLAVORS



Regular or Sugar-Free Assorted Certs .. 3 pkgs. 79° Red Dentyne or Cinnamon, Original

Excluding All Tobacco Items)

**Publix Special Recipe** 

**Butter Sesame** 

Smucker's

Regular or Quick

Bread ..... 16-oz. 590

Sandwich Rolls ... 2 pkgs. 51

Bold Detergent.... 49-02. \$ 179

Instant Sanka ..... Boz. \$459

Quaker Oats...... 18-oz. 89°

Grape Juice...... 64-02. \$229

In Light Syrup, Stokely Bartlett
Pear Halves ...... 16-02- 69°

Cat Food ...... 3 201 850

20¢-Off Label, Dish Detergent Dawn Liquid ....... 22-02- \$109

Kraft

Mayonnaise

32-oz. jar

**Fancy Feast Assorted Varieties** 

32-01. \$ 4 19

25¢-Off Label, For Your Laundry

Publix Special Recipe Sesame

Grape Jelly .....

97% Caffein Free Coffee

Welch's No Sugar Added

Trident Gum .....

Duncan Hines 13-oz. Blueberry.

Duncan Hines 18-oz. Chocolate

Chip or 17-oz. Double Chocolate Chip or 171/2-oz. Oatmeal Raisin

Duncan Hines 15-oz. Golden

**Duncan Hines Family Size** 

All-Purpose

Cookies Mixes .... for \$129

Sugar or 161/2-oz. Peanut Butter Cookie Mix ...... sach \$ 419

Crisco O!I..... 32-02 8140

Brownie Mix ...... 23 02. 8 448

or 111/2-oz. Spicy Apple

Muffin Wixes.....

9%-oz. Bran. 11%-oz. Banana Nut

This ad effective in the following counties: Brevard, Charlotte, Collier, Highlands, Hillsboro, Lake, Lee, Manatee, Orange, Osceola, Polk, Sarasota and Seminole only!

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90° OFF With This Coupon ONLY Reg. or Butter FlavoreJ

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ther Purchases of \$7.50 or Mor Excluding All Tebacco Items) (Effective Oct. 13-19, 1983)





Comp Statement Compan Home Layer Case	
d (Lucius Phage Science Ma Science (Aprile Me 3 (B-1156) Home County Ma	har any non-time
7 Dutten Hann Fraging PIECEIVE: \$3.40 worth it Course Makes	
Durson Hoes Layers 5 Y	deny to past the green
Design stops from the \$ 2	proof at one pay non proof to non P or to Book
Marie Control	

BALING PONANZA COUPON OFFER

## Pork Pie Canadian Favorite

Cool, crisp fall days call for hearty, down-home

Taking a cue from the French Canadians and Hungarians, here are a sweet and savory pork ple and a goulash pot ple 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 / cup all-purpose flour
- 5 tablespoons vegetable oil, divided
- 3 carrots, diced 2 tart green apples, cored and chopped
- l large onion, chopped I cup beef bouillon
- / cup raisins l teaspoon Tabasco pepper sauce
- 1 teaspoon dried leaf savory
- 34 teaspoon ground cinnamon
- 34 teaspoon salt
- 14 teaspoon ground clove
- seamount in grantsque

for 2-crust ple

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 i 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 to 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 4 pound (5

strips) bacon, chopped
2 pounds beef for stew, cut into 1- inch cubes

/ cup all-purpose flour 1 large onion, chopped

3 cloves garlic, minced

34 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 4 teaspoon Tabasco pepper sauce 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 enion 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 1/2 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 HEEF AND PEPPERS SHIFRY

I pound beef top round steak, cut % to 1 inch thick

14 cup water

34 cup dry sherry

14 cup soy sauce 1 large red pepper

1 large green pepper

2 tablespoors cooking oil 1 tablespoon cornstarch

Cooked rice, if desired Slice steak crosswise into 16-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 (1/2 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

#### **READY TO SPREAD Assorted** Frostings 161/2-oz. can

**DUNCAN HINES** 



#### New Analysis Shows Oysters Low In Fat

DEAR DR. LAMB ... WES ...... 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 were 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, lowcholesterol 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

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 73 milligrams of sodium in 3 ounces of raw oysters. But remember the sauce which many people use may rather than the oysters.

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

North East

Pass

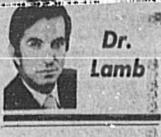
Opening lead: •A

By Oswald Jacoby

and James Jacoby

Pass

Pass



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

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 - Sur-

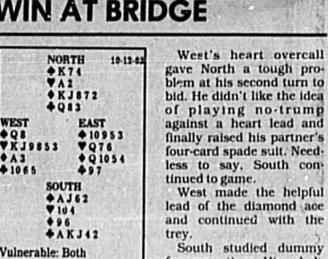
prisingly many healthy people can tolerate very hot, spicy food without any problem. Perhaps that is because the digestive system produces some pretty powerful chemicals of its own to accomplish If using hot spices does

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 contain loads and loads of ulcerative colitis or any sodium. So it may be the number of disorders that sauce you need to avoid should not be ignored.



#### **WIN AT BRIDGE**



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

How about a 42 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

below the game, the game tricks, game and rubber. by Jim Davis AS SOON AS SHE REGAINS CONSCIOUSNESS, I'LL CHALLENGE THE HEART PART



by Leonard Starr



#### TONIGHT'S TV

WEDNES DAY \_\_\_

EVENING 6:00

(1) (35) BJ / LOBO

(10) MACNEIL / LEHRER
NEWSHOUR

(10) MACNEIL / LEHRER

(8) ONE DAY AT A TIME 6:05 (2) LITTLE HOUSE ON THE PRAI-

6:30 (3) (4) NBC NEWS (5) (5) CBS NEWS (7) (2) ABC NEWS (8) GOOD TIMES

7:00 PEOPLE'S COURT
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 flootage of her last interview.

(7) JOKER'S WILD

35) THE JEFFERSONS (10) MEETING OF MINDS Steve in continues his discussic i of lation control, free enterprise and social morally with Margaret Sanger, Mahatma Gandhi and Adam Smith. (Part 2) (8) ROWAN & MARTIN'S

(2) CAROL BURNETT AND

ENTERTAINMENT TONIGHT

Seeing Simon

watchdog group says.

renew their licenses.

Peggy Charren, presi-

Saturday morning lineup

are based on toys, dolls,

games, breakfast cereals

In addition, six specials

and mini-series including

Care Bears. He-Man and

the Masters of the Uni-

program promote

merchandise, and at least

eight more "program-

and other products.

back in a new TV series. (5) WHEEL OF FORTUNE (7) OF FAMILY FEUD (8) TIC TAC DOUGH

(12) GOOD NEWS 8:00 A 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 alleged-(5) WHIZ KIDS Richie learns

that his pen pal, a prison inmate (David Ackroyd), has designed a ideo game as part of an escape (T) WORLD SERIES Game 2 (from AL champion's city) (1) (35) HAWAII FIVE-0

(10) CHARLIE MUFFIN British Agent Charlie Muffin attempts to persuade a KGB head to defect.

8:05 (1969) Richard Benjamin, Ali MacGraw. A young man vacation-ing with the family of a wealthy busiwith the tycoon's daughter.

(4) THE FACTS OF LIFE Jo fatts for a wealthy young man (Peter Nel-son) and tries to alter her streetwise image.

③ ☑ MOVIE "Sunset Limousine"
(Premiere) John Ritter, Susan Dey.

Accused by his girlfriend of irresponsibility, a would-be comedi-

unwittingly makes himself the target of hoodlums. (1) (35) QUINCY

9:30

[3] [4] FAMILY TIES Mallory's boy-friend Jeff (John Dukakis) decides to leave college in order to be clos-

10:00 (4) CANDID CAMERA: NOW AND THEN Allen Funt and Angle Dickinson introduce film clips from "people caught in the act of being themselves." (R) (35) INDEPENDENT NETWORK

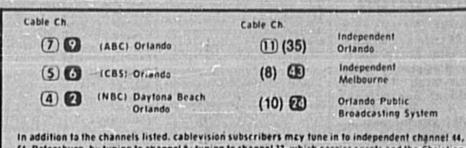
(10) NEVER TURN BACK: THE LIFE OF FANNIE LOU HAMER THE struggles of Fannie Lou Hamer during the hot summer in the 1960: when the Mississippi civil rights movement was in full swing, are (8) KOJAK

10:05 (12) NEW3 10:30 (II) (35) BOB NEWHART

11:00 (1) (35) BENNY HILL (10) ALFRED HITCHCOCK PRESENTS (8) TWILIGHT ZONE

(2) ALL IN THE FAMILY (2) (2) NEWS

appoint ......



KIT 'N' CARLYLE'M by Larry Wright OH, COME ON, CARLYLE, MY LEFTOVERS CAN'T BE THAT BAD.

11:30 TONIGHT Host: Johnny Carson. Guests: Charles Grodin. Roberta Flack, Peabo Bryson.

3 WKRP IN CINCINNATI

@ 1983 by NEA, Inc., TM Reg. U.S. Pat. & TM OR

(1) LATE NIGHT WITH DAVID LETTERMAN Guest: columnist Art

1:10 MOVIE "The Solitary Man" (1979) Earl Holliman, Carrie

(7) MOVIE "Rebel Without A Cause" (1955) James Dean, Natalie Wood.

1:30 NBC NEWS OVERNIGHT 2:20 MOVIE "Each Dawn I Die"

(1939) James Cagney, George Raft. 2:30

② ENTERTAINMENT TONIGHT
Gene Barry talks about his hit

3:00

MBC NEWS OVERNIGHT 3:10

(1951) Julie London, Rock Hudson. 4:00

 NBC NEWS OVERNIGHT

\_\_\_ THURSDAY \_\_

MORNING

7:15 (10) A.M. WEATHER

FRIENDS (8) JIM BAKKER

6:05 BEWITCHED

Electric **Weathertron Central** Air Conditioning System Wall PLUMBING & HEATING INC. Ph. 322-4542 1007 Sanford Ave. Sanford

(1) (35) THICKE OF THE NIGHT (8) HOUSE CALLS

11:35 12 THE CATLINS

(7) (2) ABC NEWS NIGHTLINE 12:00

(5) PCLICE STORY A rookie cop (Clifton Davis) goes undercover to investigate a major drug ring. (R) 12:05 "The Assassination (2) MOVIE "The Assassination Bureau" (1969) Oliver Reed, Diana

(Z) ALL IN THE FAMILY (1) (35) STREETS OF SAN FRAN-CISCO

7:30
(1) (35) WOODY WOODPECKER
(2) (10) SESAME STREET (R) (C)
(B) (S) SPIDER-MAN 7:35 (35) BUGS BUNNY AND 3) CBS NEWS NIGHTWATCH

4:20 (2) MOVIE "Her Kind Of Man" (1946) Dane Clark, Jants Paige.

4:30

(7) MOVIE "Beg, Borrow Or Steal" (1973) Mike Connors, Kent

5:00 NEWS (TUE-FRI)

51. Petersburg, by tuning to channel 8; tuning to channel 13, which carries sports and the Christian 8:30 (1) (35) POPEYE (2) (10) MISTER ROGERS (R)

12 I LOVE LUCY

(12) MOVIE

9:00

DIFF'RENT STROKES (R)
DONAHUE
DONAHUE

(10) SESAME STREET (R) (S) (8) BODY BUDDIES

9:05

9:30

A LAVERNE & SHIRLEY I

10:00

(a) LOVE CONNECTION (b) (b) HOUR MAGAZINE (c) (35) FAMILY

10:30

SALE OF THE CENTURY

11:00

(1) WHEEL OF FORTUNE (3) THE PRICE IS RIGHT (7) SEENSON (R) (10) (35) GOOD DAY ORLANDO (10) MAGIC OF OIL PAINTING

11:30

D (I) DREAM HOUSE D LOVING (I) (35) INDEPENDENT NETWORK

行Floyd Theatres

A Burney & Street Company

PLAZA TWIN)

ALL SHOWS 990

(8) HIGH CHAPARRAL

12 THE CATLINS

(10) POSTSCRIPTS

(10) UNTAMED WORLD (8) CLASSIC COUNTRY

(1) (35) I LOVE LUCY

(8) ODD COUPLE

幽

WORLD AT LARGE (MON) 12 WORLD AT LARGE (TUE)

5:30 NBC NEWS OVERNIGHT (TUE-FRI)
(T) IT'S YOUR BUSINESS (MON)
(2) CATHOLIC MASS (TUE)

5:50 WORLD AT LARGE (THU) (1) FLORIDA'S WATCHING

(MON) CBS EARLY MORNING NEWS

(7) (2) SUNRISE

(1) (35) 20 MINUTE WORKOUT

(2) NEWS

PLAZA1 215 6:30 (3) (3) CBS EARLY MORNING NEWS (TUE-FRI) SMOKEY and the BANDIT PART 3 (1) (35) INSPECTOR GADGET
(1) (85) INSPECTOR GADGET
(2) (8) MOPNING STRETCH PLAZA II 220 750

6:45 10 NEWS MR.MOM 7:00

G (1) TODAY

(3) CBS MORNING NEWS

(7) G GOOD MORNING AMEPICA

(1) (35) TOM AND JERRY

(3) (10) TO LIFE

(2) FUNTIME

(3) (8) NEW ZOO REVUE MOVIELAND

THE MORTUARY

THE INCUBUS

12 TEXAS

AFTERNOON 12:00

5) G CAROLE NELSON AT

(35) BEWITCHED (10) MEETING OF MINDS (MON (10) MASTERPIECE THEATRE (10) EVENING AT POPS (WED)

(10) NOVA (THU) 12:05

(12) PERRY MASON 12:30 (3) SEARCH FOR TOMORROW
(5) THE YOUNG AND THE RESTLESS (1) (35) BEVERLY HILL BILLIES

DAYS OF OUR LIVES (1) (35) ANDY GRIFFITH ... (MON-WED)

1:05

(12) MOVIE 1:30 (5) AS THE WORLD TUPNS (11) (35) DICK VAN DYKE (22) (10) THIS OLD HOUSE (FRI)

(MON, TUE, THU, FRI)
(MON, TUE, THU, FRI)
(MON TUE, THU, FRI) 2:00

② ② ANOTHER WORLD

② ② ONE LIFE TO LIVE

① (35) GOMER PYLE (10) NEVER TURN BACK: THE

(10) MAGIC OF DECORATIVE PAINTING (FRI) (8) BONANZA

(3) CAPITOL (1) (35) I DREAM OF JEANNIE (10) FRENCH CHEF (WED)

(I) GILLIGAN'S ISLAND (5) GUIDING LIGHT
(7) GENERAL HOSPITAL 11 (35) THE FLINTSTONES (10) POSTSCRIPTS

3:05 12 FUNTIME

(I) (35) SCOCBY DOO
(II) (35) SCOCBY DOO
(II) (10) MISTER ROGERS (R)

THE FLINTSTONES

FANTASY ISLAND
BREAKAWAY
MERY GRIFFIN (1) (35) SUPERFRIENDS (2) (10) SESAME STREET (R) (7) (8) MOVIE

12 THE MUNSTERS

(35) PINK PANTHER

**12 THE BRADY BUNCH** 5:00

(1) LOYE BOAT
(5) (2) THREE'S COMPANY
(7) (2) NEWSCOPE
(11) (35) CHIPS PATROL
(10) OCEANUS (MON) (10) UNDERSTANDING HUMAN BEHAVIOR (TUE) (10) FOCUS ON SOCIETY

(WED) (10) EARTH, SEA AND SKY (10) ART OF BEING HUMAN

12 STARCADE

5:30
(5) M'A'S'H
(7) NEWS
(10) OCEANUS (MON)
(10) UNDERSTANDING HUMAN
BEHAVIOR (TUE) (10) FOCUS ON SOCIETY

(WED) (10) EARTH, SEA AND SKY (THU) (10) ART OF BEING HUMAN

**FAMILY DAY** SPECIAL

ALL DAY WEDNESDAY **Try Our Famous 3 Piece Dinner!** 

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



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GOLD KIST GRADE "A" FLORIDA PREMIUM FRYERS

CHITTERLINGS. 56.99 FRESH PORK NECK BONES, EARS, FEET & MAWS. . . . LB. 58° BEEF LIVER . TURKEY TURKEY LEGS GROUND BEEF .... 99 OX TAILS ... LB. WHITE EGGS PORK CHOPSIB. 5

PICNIC HAMS AND 89

BOTTLES PUE UP. ROLLS TOMATOES # 3/1 MUSTARD " 69 BEER +17 0Z CAME 1.99 ICE CREAM . £1.59

BANANAS 4 LBS. ST APPLES 3 to me 99

PAPER

TOWELS

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SAVINGS ON DELMONTE Delmonte Peas, Whole Kernel or Cream Style Corn, French Style or Cut Grean Beans and Spinach MIX OR MATCH 303 CANS

BATHROOM

TISSUE

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LAUNDRY

DETERGENT

MIX mot me 4/51

RICE ... 11 ... 99

1100 West 13th St.

FOOD STAMPS WELCOME

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

WASHINGTON (UPI) - The complaint emtain cartoon shows are are not "spinoffs" of sucgram-length commercials" the desire to promote the not real programs, a products ... precipitated children's televison the development of the commercials.

Cheryl McMannis 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.

Action for Children's Licensing of children's Television wants the Fed- toys and games based on eral Communications characters was a \$4 billion Commission to order sta- business in 1982, the tions to log cartoon shows trade magazine Toy and such as Pac-Man and Hobby World reported. Smurfs as commercials.

face a full FCC review to shortsighted and overly idealistic.

children.

Broadcast Group said: 'CBS feels there is no validity to ACT's claim. To say this is to say that any Grimms' fairy tale is designed to sell books and verse and a GI Joe any Christmas story is designed to sell ornaments or any Charlie Brown show is designed to sell

length commercials" are

Cartoons Turned Into 'Big Sell they can't get away with sion into the big sell," Ms. Charren said.

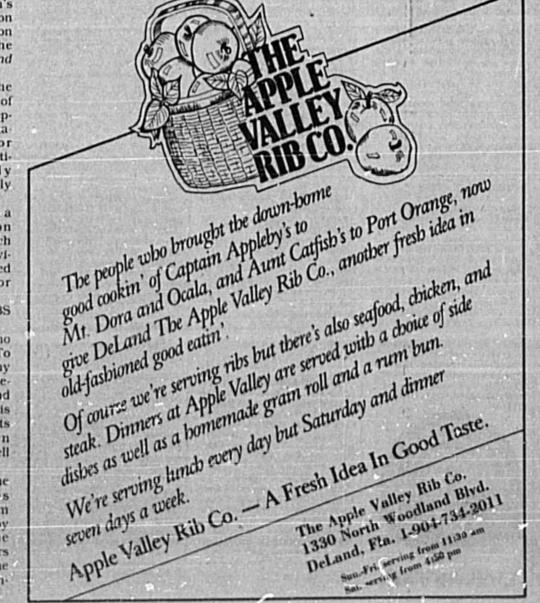
Children who watch cer- phasizes that the products broadcasters know that being subjected to "pro- cessful TV series. "Rather, turning children's televi-

Edward Fritts of the Such logging would ef- National Association of fectively force the pro- Broadcasters, which repgrams off the air because resents 700 television sta-TV stations that carry tions and the major more than 16 minutes of networks, called the peticommercial time per hour tion "outrageously

"It says in essence that a tent of Action for national phenomenon Children's Television, said such as Pac-Man, which the characters in eight did not evolve from televiprograms on the commer- sion, cannot be translated cial networks' 1983-84 into programming for

A spokesman for CBS

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.





#### Parade Invitation

Sanford Jaycees Christmas Parade Chairman Larry Blair, right, discusses parade plans with Jaycees President Les Balogh. The Jaycees' annual parade will be held on Dec. 10 beginning at 10 a.m. along First Street in Sanford. The theme of the parade is Memories of Christmas Past. Blair encourages all interested groups to participate. Information may be obtained by writing to the Jaycees at P.O. Box 1543. Sanford 32771.

#### Acclaimed Black Women Feted At Metropolitan Museum of Art "Candace was the an- years fighting for Pullman

NEW YORK (UPI) - A former nun who became an entrepreneur and a 101-year old woman who fought for railroad workers' rights are among 11 acclaimed black women set to be honored today at a galaJewell Jackson ceremony at the Metropolitan Museum of

The women are winners of the 1983 Candace (can-day-say) Awards. given for the second consecutive year by the National Coalition of 100 Black Women to honor extraordinary achievement by black women.

Jewell Jackson McCabe, president of the National Coalition, a group with affiliates in many states,

**EVERYONE** 

**WANTS** 

cient Ethiopian title for empress or queen. Thus, Candace is a reminder of black female power and accomplishment. We have a history that dates back to 332 B.C." The former nun, An- she was secretary. DEL 69

toinette Bianchi, born in New Orleans and raised in Bogaloosa, La., now is chair-president of Bianchi Enterprises Inc., Baltimore. She won the Candace technology award for creating a million dollar high tech firm that assembles electronic and electro-mechanical pro-

lifelong labor leader from Washington, D.C., spent

The winner of the labor award, Rosina Tucker, a the majority of her 101

Ms. McCabe said the the National Coalition provides forums nationwide where outstanding black women can work for political and economic goals. where they can think and

workers' rights, Ms. Mc-

ganize the Washington

Chapterofthe

Brotherhood of Sleeping

Car Porters. For 30 years

treasurer of the

Brothehood's Ladies Aux-

In 1925 she helped or-

Cabe said.

illary.

speak out about the needs of the 21st century. One premise of the National Coalition is that the civil rights movement has not met all its goals and there is plenty of unfinished business to be

"We are trying to make a civil rights statement by 'surfacing' black women who have succeeded." Ms.

McCabe said. Other Candace winners honored: at a gala black-tie ceremony this week (Oct. 12) at the Metropolitan

Museum of Art: • Arts. Dr. Selma Burke, 91. New Hope, Pa., for decades has been behind many fine arts festivals in her state. She is a prodigious sculptor whose 1943 profile of President Roosevelt was reproduced on the dime.

Business. Suzanne de Passe, Los Angeles, president of Motown Productions Inc., who rose through the ranks of the world-renowned music company. She was nominated for the Academy Award for best screen play for Lady Sings the Blues

• Community Service. Dr. Mattle Cook, a founding member of Malcolm King, Harlem Coilege Extension in New York City. She earned awards in education, correction. drug abuse treatment and economic development.

· Economic Development. Mary Shaw, president and chief executive officer of Universal Life Insurance Co., Memphis.

· Education. Mary Hatwood Futrell. Washingtor., D.C., president of the National Education Association, the nation's largest teachers

· Health. Dr. Gloria Jackson Bacon, medical director of Clinic Associates of Chicago. Ltd., a medical group for low income patients.

• History. Sylvia Hill Williams, director of the National Museum of African Art, Smithsonian Institution. Washington.

· Humanitarian. Dr. Mamie Phipps Clark, posthumous award. With her husband, Dr. Kenneth Clark, she was founder of the Northside Center for Child Development in New York City and served as its executive director for forty

• Letters. Etta Moien Barnet, actress and singer who premiered the role of Bess in George Gershwin's Porgy and Bess on Broadway, and was the first black woman to sing at the White House. On behalf of Presidents Eisenhower, Kennedy and Johnson she made visits to Liberia, the Ivory Coast, Tunisia, Libya, Ethiopia, Iganda, and The Cameroons.

QUISITION OF BANK ASSETS AND ASSUMPTION OF LIABILITIES Notice is hereby given that the First Fidelity Savings and Loan Association, Winter Park, Florida. has made application to the Federal Deposit Insurance Corporation. Washington, D.C., 20429, for its written consent to acquire the assets of and assume libitity to pay deposits in the Wekiva Branch of Flagship Bank of Seminole, Sanford, Florida; the Tuscawilla Branch of Flagship Bank of Seminole, Sanford, Florida; and the Coralwood Mail tranch of Sun Bank/ Southwest, N.A., Cape Coral, Florida, It is contemplated that all of the offices of the above named banks will continue to be

Section 18(c) of the Federal Deposit

public Inspection during regular business hours.

October 12, 1983, FIRST FIDELITY SAVINGS AND LOAN ASSOCIATION 925 South Orlando Avenue Winter Park, Florida 32789 FLAGSHIP BANK OF SEMINOLE 200 West First Street Sanforc Fiorida 32771 SUN BANK/ SOUTHWEST, N.A.

1612 Cape Coral Parkway Cape Coral, Florida 33904 Publish September 14, 21, October 5, 12, 14, 1983

AND FOR SEMINOLE COUNTY. FLORIDA CASE NO. 83-1550-CA 09-E DORIS G. RIVERS.

NOTICE OF PUBLIC

County, Florida, in Sanford, Florida, the following described property lying and being in Seminole County Florida, to wit:

The South 465 feet of the North 930

feet of the NW % of the SW % of Section 34, Township 19 South, Range 31 East. Seminale County, Florida Lying West of State Road 415.
The NW 14 of the SW 14 of Section

West of State Road 415. Said sale is to be made to satisfy the terms of said Summary Final Judgment

Clerk of Circuit Court Seminole County, Florida By Catherine M. Evens Deputy Clerk Thomas A. Spear

Publish October 12, 19, 1983 DEM 72 IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT OF THE STATE OF FLORIDA, IN AND FOR SEMINOLE COUNTY,

DAVIDA DINGESS, et al.

NOTICE OF SALE

That certain condominium parcel known as Unit No. 1328 and an undivided 1/296 interest in the land. common elements and common expenses appurtenant to said unit. all in accordance with and subject to the covenants, conditions, restrictions, ferms and other provisions of that Declaration of Condominium of SPRINGWOOD VILLAGE, a Con dominium, as recorded in Official Records Book 1331, page 1849, Public

Florida at public sale, to the highest and besi bidder, for cash, at the front door of the Seminale County Courthouse, at Sanford, Florida, at 11 00 A.M., on November 4, 1983

WITHESS my hand and seal of this court on October 10, 1963 ARTHUR H. BECKWITH, JR. CLERK CIRCUIT COURT By: Catherine A. Evans

Doputy Clerk Publish October 12 and 19, 1983

Notice is hereby given that I am engaged in business at 981 N. Highway 17:92. Casselberry. Seminole County, Florida under the ficillious name of THE AQUARIUM & FOUNTAIN SHOP, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida in accordance with the provisions of the Fictitious Name Statutes, to Wit: Section ,845.09 Florida Statutes 1957. /s/ E. E. Burke

Publish October 5, 12, 19, 24, 1983 DEMJI



#### **Legal Notice**

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN BY THE CITY OF LONGWOOD. FLORIDA THAT the Longwood City Commission will hold a Public Hearing on October 17, 1993 to consider 4 Conditional Use Request to operate a nursing and convales cent facility and a Conditional Use Request to construct a facility that exceeds the 35 foot height limitation on the following legally described

Part of Tracts 1 and 2, REPLAT OF TRACTS 1, 2, 7, 10, 15 and SOUTH HALF OF 14 LESS PLOCK OF TRACT 10. SANLANDO SPRINGS according to the plat thereof as recorded in Plat Book 7, Page 1, Public Records of Sentinole County, Florida, together with a part of the 25 foot street adjacent on the north, all In Section 1, Township 21 South, Range 29 East, Seminole County, and being more particularly described as follows:

Commence at the North 14 corner of said Section 1; thence East along the North line thereof for 581.90 feet to the Point of Beginning; thence continue East for 75.00 feet; thence South for 200.00 feet; thence East for 690.70 feat to the East line of the West, 141.60 feet of said Fract 1; thence S.00°05'38"W along said East line for 202 30 feet; Therice East for 265 31 feet to the West line of the East 1965 feet of said Tract 1; thence \$.00°51'41"W. along said West line for 404.13 feet; thence \$.55°23'07"W. for 308.12 feet; thence N.72410'02''W for 550.20 feet; thence N.7042'36''W for 112.17 feet, thence N.54°35'12 'W for 265.57 feet thence North for 18.59 feet to a point 506.90 feet East and 603.40 feet South of the North 4 cornyr of Section 1; thence East for 65.87 feet; thence N.14\*59'00"E. for 130 93 feet thence N 42º30 00 W. for

feet to the Point of Beginning
Part of Tract 2, REPLAT OF TRACTS 1, 2, 7, 10, 15 and SOUTH HALF OF 14 LESS BLOCK 'H' OF TRACT 10. SANLANDO SPRINGS. according to the plat thereof as recorded in Plat Book 7. Page 1. Public Records, Seminole County, Florida; together with a part of the 25 foot street adjacent on the North all in Section 1. Township 71 South, Range 29 East. Seminole County, and being more particularly described as

follows:

Commence at the North 4 corner of said Section 1; thence East along the North line thereof for 581.90 feet; thence South for 200.00 feet to the Point of Beginning: thence continue South for 249.95 feet, thence N.42°30'00''W, for 61.01 feet to a point on a curve concave Northwesterly, a radial line to said point bearing 5.42°30'00 E.; thence Southwesterly along the arc of said curve, having a radius of 50.00 feet and a central angle of 42°30'00" for 37.09 feet to 4 point 304 90 feet East and 418.10 feet South of the North 4 corner of Section I thence Northwesterly along the continuation of the last described curve, having a radius of 50.00 feet and a central angle of 55°00'00". for 48.00 feet; thence 5.55°00'00"W for 145.94 feet; thence N.38°19'20' W. for 205.08 feet, thence East along a line 225.00 feet South of the north line of Section 1 for 340.99 feet to a point 481.90 feet East and 225.00 feet South of the North 16 corner of Section 1; thence North for 25.00 feet; thence East for 100.00 feet to the Point of Beginning

Being more generally described as the 16.652 vecant acres lying south of SR 434, north of Island Lake, and east of Palm Springs Drive.

A Public Hearing will be held on Monday, October 17, 1983 at 7:30 PM in the Lougwood City Hall, 175 West Warren Avenue, Longwood, Florida, or as soon thereafter as possible. At this meeting all interested parties may appear to be heard with respect to Conditional Use Requests. This heering may be continued from time to time until final action is taken by the City Commission. A copy of the Conditional Use Request is on file with the City Clerk and may be

inspected by the public.

A taped record of this meeting is made by the City of Longwood for its convenience. This record may not constitute an adequate record for the purposes of appeal from a decision made by the City Commission with respect to the foregoing matter. Any person wishing to ensure that an adequate record of the proceedings is maintained for appellace purposes is advised to make the necesary ar rangements for their own expense.

Dated this September 23, 1983. D.L. Terry, City Clerk City o' Longwood,

Florida Publish October 2, 12, 1983 DEM 3

IN THE CIRCUIT COURT FOR PROBATE DIVISION File Number 83-522-CP JOHN A STRAIN.

Deceased NOTICE OF ADMINISTRATION The administration of the estate of JOHN A. STRAIN, deceased File No. 83-522-CP, is pending in the Circuit Court for Seminole County, Florida. Probate Division, the address of which is P.O. Drawer C. Sanford, Flurida 32771. The names and addresses of the personal representative and the personal representative's attorney are set forth

All interested persons are required to file with this court, WITHIN THREE MONTHS OF THE FIRST PUBLICATION OF THIS NOTICE: (1) all claims against the estate and (2) any objection by an interested person to whom this notice was mailed that challenges the validity of the will, the qualifications of the personal representative, yeaux, or jurisdiction of the court.
ALL CLAIMS AND OBJECTIONS

NOT SO FILED WILL BE FOREV ERBARRED. Publication of this Notice has begun on October 12th, 1983

Personal Representative: GORDON A. STRAIN 5434 Gaymar Drive Orlando, Florida 12818 Attorney for Personal Representatives BRUCE M. WIGLE, III, ESQ. OI GURNEY & HANDLEY, P.A P.O. Box 12/1 203 N. Magnolla Ave. Orlando, Florida 32002 Telephone: (305) 843-9500 Publish October 12, 19,1983 DEM 44

Fictitious Name Notice is hereby given that I am engaged in business at 1441 Semoran Blvd., Casselberry. FL 32707, Seminole County, Florida under the fictitious name of HOLIDAY FIT-NESS AND AEROBICS AND HOLI DAY FITHESS AND AEROBICS CENTERS, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County. Florida in accordance with the pro-visions of the Fictilious Name Statules, to Wit: Section 865.09 Florida Statutes 1957 Holiday Filness and Aerobics, Inc.

/s/ H.E. Bramlett, V.P. Publish September 24 & October 5. 12, 19, 1983 DEL 159

#### Legal Notice

NOTICE IS HEREBY GIVEN BY THE CITY OF LONGWOOD FLORIDA that the Longwood City Commission will hold a Public Hearing on October 17, 1983 to consider a Conditional Use Requested by HCA Health Services of Florida, Inc., South Seminole Medical Center, to erect a 180 foot

transmission in eer on the following legally described property.

Parcel B. From the SE corns of the SW G of the SE G of Sec. 31, Township 20 South, Range 30 East. Seminole County, Fla. 00°00'39"W, along the East I've of said SW 4s, a distance of 50.61 feet, thence run 5 89°25'53"W, along the Northerly Right of Way line of State Road 431, a distance of 780.00 feet for a POINT OF BEGINNING, thence continue S. 89°25'53"W, along said Right of Way line, 423 93 feet to the Point of Curvature of a curve concave Northerly and having a radius of 11459.16 feet, thence run Westerly, along the arc of said curve and along said Right-of-Way line 233.05 feet through a central angle of 01°09'55" to the Point of Tangency. thence run N. 89°24'12"W., 79.01 feet to a point on the East line of the West 1103.36 feet of the SE 4 of the SW 14 of said Section 31, thence run N. 00°17'41"W., along said East line of the West 1103.36 feet, a distance of 746.37 feet to a point on the South Right of Way line of Longwood Palm Springs Road, thence run N 89\*20'00''E along said South Right of Way line, 213.37 feet, thence run N. 89\*19'41"E., continuing along said South Right of Way line, 518.93 feet, thence run \$,00°34'07"E., 771.63 feet to the POINT OF BEGINNING. PARCEL C: From the Southeast Corner of the SW Ia of the SE Ia of Section 31, Township 20 South, Range 30 East, Seminole County, Florida, run N. 80°00'59"W, along the East line of said SW %, a distance of 398.42 feet for a POINT OF REGINNING; thence run \$.89°25'53"W., 783.36 feet thence run N. 00°34'07"W 423 63 fee!

787.45 feet, thence run \$.00°00'59"E. 425.07 feet to the POINT OF BEGINNING PARCEL D. From the Southeast Corner of the SW 4 of the SE 14 of Section 31, Township 20 South, Range 30 East, Seminole County, Florida. run N.00°00"59"W, along the East line of said SW ¼ a distance of 398.62 feet, thence run \$.89°25'53"W., 34.00 feet for a POINT OF BGINNING. thence continue 5. 89\*25 53 "W , 753.30 feet, thence run \$ .00°34'07" E., 348.00 feet to the north Right of Way line of State Road 434, thence run N. 89°25'53"E, along said Right of Way line, 750.00 feet, thence run N.00°00'59'W., 348.01 feet to the

to a point on the South Right of Way

line of Longwood - Palm Springs

Road, livence run N. 87"17 41 E.

along the said Right of Way line.

POINT OF BEGINNING. PARCEL E. Fruit the Southeast Corner of the SW % of the SE % of Section 31, Township 20 South, Range 30 East, Seminole County, Florida run N. 00°00'59"W., along the East line of said Sw la, a distance of 68.61 leet for a POINT OF BEGINNING thence confinue N. 00°00'59"W. 330.01 feet, thence run 5.89°25'53"W. 30.00 feet, thence run 5, 00°00'39" E., 348.01 feet to a point on the north Right of Way line of State Road 434. thence run N. 89°25'53"E., along said Right of-Way line, 12.00 feet, thence run N.44°42'31"E., 25.58 feet to the POINT OF BEGINNING.

Being more generally described as the South Seminole Medical Center life on SR 434, west of West Lake Street and south of West Warren

Avenue.

A Public Heering will be held on Monday, October 17, 1983 at 7:30 P.M. In the Longwood City Hall, 175 W. Warren Avenue, Longwood. Florida, or as soon thereafter as possible. At this meeting all interested parties may appear to be heard with respect to Conditional Use Request. This hearing may be con tinued from time to time until final action is taken by the City Commission. A copy of the Conditional Use Request is on file with the City Clerk and may be inspected by the

A taped record of this meeting is made by the City of Longwood for its convenience. This record may not constitute an adequate record for the purposes of appeal from a decision made by the City Commission with respect to the foregoing matter. Any person wishing to ensure that an adequate record of the proceedings is maintained for appellate purposes is advised to make the necessary ar

angements for their own expense. Dated this September 28, 1983 D.L. Terry, City of Longwood.

Publish October 2, 12, 1983 DEMS

PUBLIC HEARING NOTICE IS HEREBY GIVEN BY THE CITY OF LONGWOOD FLORIDA that the Longwood City ommission will hold a Publi Hearing on October 17, 1983 to consider a Conditional Use requested by Theresa Lehnen to operate a Commercial Kennel (small animal and bird breeding) on the following legally described property:

PH 20. PG 10 Being more generally described as 113 Applewood Drive, Baywood Industrial Park, Longwood, Florida.

A Public Hearing will be held on Monday, October 17, 1983 at 7:30 P.M. in the Longwood City Hall, 175 Warren Avenue, Longwood, Florida. or as soon thereafter as possible. At this meeting, all interested parties may appear to be heard with respec to Conditional Use Request. This hearing may be continued from time lu lime until final action is taken by the City Commission. A copy of the Conditional Use Request is on file with the City Clerk and may be inspected by the Public.

A taped record of this meeting is made by the City of Longwood for Its convenience. This record may not constitute an adequate record for the purposes of appeal from a decision nade by the City Commission with respect to the foregoing matter. Any person wishing to ensure that an adequate record of the proceedings is maintained for appellate purposes is advised to make the necessary ar rangements for their own expense.
Dated this September 28, 1983

City Clerk City ut Longwood, Florida Publish October 2, 1983 and October 12, 1983

D. L. Terry

FICTITIOUS NAME Notice is hereby giver, that I am

engaged in business at 6 Algiers Ave. Winter Springs Seminale County, Florida under the fictitious name of MID FLORIDA BUILDING & ASSOCIATES, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida in accordance with the pro-visions of the Fictitious Name Statules, to Wit Section 845.09 Florida Statutes 1957.

/s/ William Patrick Kelley Publish October 5, 17, 17, 26, 1983.

#### CLASSIFIED ADS

Seminole 322-2611

HOURS

8:00 A.M. - 5:30 P.M.

SATURDAY 9 - Noon

MONDAY thru FRIDAY

Orlando - Winter Park 831-9993

CLASSIFIED DEPT.

RATES

3 consecutive times 54c a line 7 consecutive times 46c a line 10 consecutive times 42c a line \$2.00 Minimum 3 Lines Minimum

DEADLINES Noon The Day Before Publication Sunday · Noon Friday Monday - 5:30 P.M. Friday

#### 12—Legal Services

Bankrupcy \$230 and Chapter 13 \$410. Free conference. Attorney M. Price. For Appl. 422 2997. CURLEY R. DOLTIE ATTORNEY AT LAW 101-8 W 1st Street Sanford Fla. 32771 323 8000

#### 23—Lost & Found

Female Yorkie, gold and silver red collar answers to Muttan Lost in Sunland Estates Oct 4th Call 323-1344 Anytime Reward

LOST AMAZON PARROT

CALL 323-4190. Small, light brown dog Mixed breed. Chain fraining collar no fags. "Honey". In old Idylewilde area, 323 0618, Reward!

#### 25—Special Notices

Filness FANTASTIC FUR . Benefits Of Trampolines Sun Light Products 831-8465 0 SIMAIDS TO ORDERSS Get Results & Save 15 DON'T DELAY 831-MAID New Office now opening.

#### 31—Private Instructions

VORWERK

1120 W. Ist St.

Piano Lessons in my Sanford home. All levels, theory inc. Also theory classes offered. Ph 321-

Reading Tuter, Exp. reading specialist 8.5 M Ed Kin dergarden thru college. 831 0064

#### 33—Real Estate Courses

BOB BALL JR SCHOOL OF REAL ESTATE LOCAL REBATES 323 4118 MASTER CHARGE OR VISA

#### 55—Business **Opportunities**

NEW, beautifulice Sanford location Call loday ....URO TILE...

#### Men needed to learn new trade High prefit margin, 339-5535. 63—Mortgages Bought

& Sold . CASH FOR MORTGAGES. We buy first and second mortgages on homes, from individuals, builders, brokers, and real estate companies. We also make home owner loans for home improv ment and bill consolidation. Call us and let us make you an offer! Barbara Crewford 323 2610. If you collect payments from a first or second mortgage on property

#### you sold, we will buy the mortgage you are now holding 780 2599

**Legal Notice** Notice is hereby given that I am engaged in business at 960 Alberta St., Longwood, Seminole County, Florida under the fictitious name of ISLAND LAKE GALLERIES, and that I inlend to register said name with the Clerk of the Circuit Court. Seminole County, Florida in ac cordance with the provisions of the Fictitious Name Statutes, to Wit: Section 845 09 Florida Statutes 1957.

/s/ Greg N. Drummond Publish September 28 & October 5, 12, 19, 1983. DEL 157 IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA

CASE NO. 83-2113 CA-09-K GRACE C. LINDBLOM. AS TRUSTEE.

#### ROBERT R. /AELVIN, et al. Defendants NOTICE OF SUIT To: The Defendants, GERLINE R.

MELVIN, and all others whom it May concern YOU ARE HEREBY NOTIFIED

that an action to foreclose a Mortgage on the following described real property located in Seminole. Lot A 10. That parcel of land lains in Section 10. Township 20 South, Range 32 East, Seminole County,

Florida described as follows: From the Southwest corner of said Section 10, run North 660 00 feet to a point or the centerline of the 50 foot Right of Way of Osceola Road: thence run East 25:00 feet to the East Right of Way line of said Osceola Road thence run along the East Right of Way line of Osceola Road, North 2178.00 feet to the Point of Beginning. thence run North 207.43 feet: thence leaving said Right of Way line of Osceola Road, run East 1050.00 feet; thence run South 207.43 feet, thence run West 1050.00 feet to the Point of has been filed against you and you

are required to serve a copy of your written defenses. If any, to it on CHARLES E. MEINER, 36 Wall Street, Orlando, Florida 32801, Attorney for Plaintiff, and file the original with the Clerk of the above styled Court on or before November 8. 1983, otherwise, a judgment may be entered against you for the relief nanded in the complaint.

WITNESS my hand and seal of said Court on this 3rd day of October. 1983. (SEAL)

ARTHURH BECKWITH, JR.

Clerk
of the Circuit Court By: Eleanor F. Buratto Deputy Clerk
Publish October 5, 12, 19, 24, 1983

#### 71—Help Wanted

ASSEMBLY WORKERS Light assembly work from you funity for housewives, etc. Start Immediately Call Maggie at 1-312-969-8686 Also open

ASSEMBLY... Day or night position, permanent Employer will train, benifits and

AAA EMPLOYMENT 373-5174 AVON CHRISTMAS WOWII START SELLING NOW! 322-0459 or 321-3555 Avon Ladies, Full, part Time over 18 Sanford, Washington Oaks Midway & Geneva 323-4195. CASHIERS & CLERKS Full & part time openings. Good pay

CONSTRUCTION WORKERS Snould have Home Building expe

scales. No exp. nec. 629 4094



200 West First St. (Flagship Bank Building: Sanford 321-3940

Cooks Utilities Day/Night. Full part time positions Apply in person Days Inn I-4 & St. Rd. 46 COUPLE to work as Manag er/Operator in ice Cream-Sandwich Shop Call for

Delivery & Maintenance w/Chau Lisc: Apply at Sheds America, 1135 Hwy 17-92, Longwood. Earn Extra Money. Part/Time Full/Time Prepaid Legal Services Call Don. 678-2407 Experienced dish garden potters. Local, Call 322 0940. Thursdays

321 4621 9 A.M. to 12

FACTORY WORKERS Immediate openings. High wages. Some will train. Call 62 4094

Food Concessions Managers and workers. Mature, experienced preferred Apply Fleeworld, Hwy. 17-92, Thurs., Fri., Sat., 9-5 P.M. 321-1792 GENERAL OFFICE...........\$184 Wk.

Appetate towards Upb 10, her Excellent company offers promotion and bentifits.

AAA EMPLOYMENT 323-5176 Golf Course Mechanic Wented. References required Send P.O. Drawer 3911 Lake Mary, Floria

#### **Legal Notice**

FICTITIOUS NAME Notice is hereby given that I am engaged in business at 2156 Sipes Ave., Sanford, Seminole County) Florida under the fictitious name of PERKINS ENTERPRISE, and that I Intend to register said name with the Clerk of the Circuit Court, Seminals County, Florida in accordance will the provisions of the Fictitious Name Statutes. to Wil: Section 845.09 Florida Statutes 1957

#### /s/ George Cambridge Publish October 5, 12, 19, 26, 1983

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE CASE NO: C183-1442-09-L RALPH P. AUTRY, JR. and BETTY A AUTRY, His wife, and H.D. REALTY, INC.

JOHNNY R. TAYLOR and KRISTINE M. TAYLOR, his wife, Defendants NOTICE OF SALE

NOTICE IS HEREBY GIVEN that pursuant to a Final Judgment of Foreclosure dated the 4th day of October, 1983, Case No: 83 1442 CA 09 L of the Circuit Court of the Eighteenth Judicial-Circuit, in and for Seminole County, Florida in which RALPH P. AUTRY, JR.
BETTY A. AUTRY, his wile, and
H.D. REALTY, INC., are Plaintiffs,
and JOHNNY R. TAYLOR and KRISTINE M. TAYLOR, his wife, are the Delendants, I will sell to the highest and best bidder for cash in the lobby at the West front door of the Courthouse in Santord, Seminole County, Florida at 11:00 A.M. on the 2nd day of November, 1983, the following described properly set forth in the order of Final Judgment

of Foreclosure to the plat thereof, as recorded in Plat Book 15, Page 33, Public Records of Seminale County. Florida DATED this 10th day of October

Arthur H. Beckwith, Jr. CLERK OF THE CIRCUIT COURT By: Catherine M. Evans Deputy Clerk R EDWARD COOLEY, ESQUIRE of Shepherd, McCabe and Cooley Post Office Box 2226 319 North Magnolia Avenue Orlando, Florida 32802

(305)425 0502 Publish October 12, 19, 1983 DEM-74 Fictitious Name Notice is hereby given that I am ngaged in business at 1441 Semoran Blvd . Casselberry. FL 32707. eminole County, Florida under licillious name of AMERICAN FITNESS AND AEROBICS AND AMERICAN FITNESS AND AEROBICS CENTERS, and that I

intend to register said name with the Clerk of the Circuit Court, Seminule County, Florida in accordance with the provisions of the Fictitious Name Statutes, to With Section 845 07 Floride Statutes 1737 American Filness & Aerobics, Inc.

Publish September 28 & October 5. 12. 19, 1903.

/s/ h E Bramlett, V.P.

THEWORL AT THEIR **FINGERTIPS!** READ THE **CLASSIFIEDS** 

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CALL 322-2611 or 831-9993 EVENING HERALD

#### Legal Notice

This notice is published pursuant to

Insurance Act Any person wishing to comment on this application may file his/ her comments in writing with the Re-gional Director of the Federal Depos It Insurance Corporation at its Reglonal Office, 231 Peachtree St. N.E., sulte 2400, Atlanta, Georgia 30043. If any person desires to protest the granting of this application, he/ she has a right to do so if he/ she files a written notice of his/ her intent with the Regional Director by October 29, 1983. The nonconfidential portions of the application are on file In the Regional Office as part of the public file maintained by the Corporation. This file is available for

IN THE CIRCUIT COURT, EIGHTEENTH JUDICIAL CIRCUIT. IN

PEGASO INTERNATIONAL, INC.,

NOTICE IS HEREBY GIVEN that pursuant to Summary Final Judgment rendered on the 6th day of October, A.D., 1983, in that certain cause pending in the above styled Court wherein DORIS G. RIVERS is Plaintiff, and PEGASO INTERNA-TIONAL. INC., a Florida Corpora-tion. Is Defendant, the undersigned Clerk of the Circuit Court of seminole County, Florida, will at 11:00 o'clock A.M. on the 3rd day of November, A.D. 1983, ofter for sale and sell to the highest and best bidder for cash, at the (West) front door of the Courthouse of Seminole

The North 465 feet of the NW % of the SW 14 of Section 34. Township 19 South, Range 31 East, Seminole County, Florida. Lying West of State

34. Township 19 South, Range 31 East, Seminole County, Florida: Less the North 930 feet thereof, Lying

Dated: October 6, 1983 ARTHUR H. BECKWITH, JR.

Of Speer & Speer, P.A. P.O. Box 1344 Sanford, Florida 32771

CASE NO. 83-1445-CA 49-E FREEDOM SAVINGS AND LOAN ASSOCIATION.

Notice is hereby given that, pursuant to a Final Judgment of Foreclosure entered in the above styled cause, in the Circuit Court of Seminole County, Florida, I will sell the property situate in Seminole

County, Florida described as:

Records of Seminole County,

FICTITIOUS NAME



#### GOVERNMENT JOBS

Federal, State and Civil Service Many positions available. Call (refundable) 1 (819) 569-8304 for defails. Open 24 hrs.

JOURNEYMAN.....\$310 Wk Needs block license. Some travel involved, expenses paid. Top Company

AAA EMPLOYMENT 111-5174 LANDSCAPER Person with background in design, sales, job supervision, irrigation, good driving record and experience

required 830-7378. Light delivery part or full lime. Needs economical car. Needs to live in Sanford or Longwood and needs to know both areas well Call 830 4802 between 9 12 or 5 8 Tuesday-Friday.

Minimal day care help needed for elderly gentlemen, semi mobile, excellent mind, requires some light cooking. Pix 323-2140 be-tween 8 and 5, 645-5683 after 5:30. Please Contact Mr. Roth.

Needed at Charles D. Hays Barber Shop. An experienced barber, full time or part time. 108 S. Park Ave., Sanford. Call home after 6 P.M. 322-8604 Now interviewing for recentionest

and dental assistant for our current and new location at The Mailland Center. 323-8180, Only qualified need apply. OFFICE HELP Full & part time

openings available now. Will fully train. Phone 629-4094. Part and Full Time Production positions, evallable day or night shift. Apply in person Star-Line Ent., Inc. 298 Rudder Circle. Sanford Airport, EOE

PHONE PRO'S nation's leading portrail studio has permanent openings in advertising department. Excellent commission for telephone sales, salary guaranteed. Full time pay for part time work. Call Olan Mills, Longwood Studio at also agor he tween 9-12 or 5-8 Tuesday Friday. Physcian's office. Medical secre-Tary, to do transcription and insurance. Send resume to P.O. Box 4040, Sanford, Fla. 32772-

PROCESS MAIL AT HOME 1 \$75.00 per hundred! No experience Part or full time. Start Immediately. Details send selfaddressed stamped envelope to C.R.I. 300, P.O. Box 45, Stuart,

RECEPTIONEST.....\$200 WK Good office skills, CRT a plus. Casualty and property a plus.
AAA EMPLOYMENT 323-5176 Sales Person. Part time. Retirees welcome! Apply Sheds America, 1135 Why. 17 92, Longwood. SALESLADY Part time experienced in ladies ready to wear

Apply in person only, no phone calls. Ro Jay 218 E. 1st Street. Secretary/Nursery person. Landscaping firm seeks experience pleasant phone personality, accounting, sales, typing, filing,

general office. 830-7378 Service lechnician wanted immediately. Knowledge in stereo's and television's. Field service ed own tools. Call 321-4783. TRUCKS DRIVERS Local & Long Haul positions. High wages. Call today, 420-4094.

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on Helden Southern Maid Ser. Bend/Insur. Maid 646-9976

PAR MAID SERVICES

Have you had your home cleaner

lately? Cleaning with the

personal touch 327-0115-678-4311.

Call Gall 322-0748

Accounting and Tax Services. A

assilied 1

E SER

71—Help Wanted

Wanted Domestic Help! Non-smoker Christian lady, willing to work two 7 hour days, \$4.00 an hour, lunch included. Transportation mendatory, 20¢ a mile. References required Apply

WAREHOUSE WORKERS Many openings, full time, god starting pay. Call immediately, 629-4094. NEEDS Change With The Seasons. Want ads pay for many reasons.

> 73—Employment Wanted

LOOK GOOD AS NEW!! **Drywall Patch Repair Work** 

73—Rooms for Rent

SANFORD Furnished rooms by the week. Reasonable rates. Mald. service catering to working peo-ple. 323 4507, 500 Palmetto Ave. SANFORD, Reas, weekly & Mon-thly rates. Util. Inc. eff. 500 Oak Adults 1-841-7883

> 97—Apartments Furnished / Rent

Furn. Apts. for Senior Citizens 318 Palmetto Ave. J. Cowan. No Phone Calls. 1 6drm. Ett., Palio, A/C. \$269. Sav-On-Rentals Inc. Realter 1 Bdrm, living room, kitchen porch, air, carpeted, no pets, \$245 mo. with lease, 322-2962. 1 Bdrm, living room, kitchen,

#### 99—Apartments Unfurnished / Rent

porch, air, carpeted, no pets, \$243 ma, with lease, 322-2942.

Apt. for rent for elderty couple. 1 Bdrm., central A/H Catt be tween 8 A.M. to 6 P.M. 322-5752 BAMBOO COVE APTS 300 E. Airport Blvd. Ph. 323-4420. discount for Senior Citizens. LUXURY APARTMENTS Family & Adults section. Poolside,

2 Bdrms, Master Cove Apts. 323 7900 Open on weekends. Mariner's Village on Lake Ada, I from \$275. 2 bdrm from \$325. Located 17-92 just south of Airport Blvd. in Sanford. All

Adults, 323 8470 e Mellenville Trace Apts. e Unfurnished 2 bdrm, Specious Apt. Walk To Lake Front, No Pets. \$325. Ph 321-3905.

NEW 1 & 2 Bedrooms. Adjacent to Lake Monroe. Health Club, Racquetball and More! Sanford Landing S. R. 44 321 4220. RIDGEWOOD ARMS APTS 2580 Ridgewood Ave. Ph.323 6420 1,2 & 3 Bdrms. from \$300

Unfurnish 1 Bdrm., 1 B., all Ilances \$300 a month. 322-8237 In A.M. or 842-2860. 1 Bdrm. Apt., near business

\$225. Call 323 8646. 2 Bdrm., upstairs. Adults only. \$275 plus \$150 damage fee. \$31-1141 Mr. Barber or \$31-4479.

SHENANDOAH
VILLAGE

2 Bedroom Duplex Apt.
from \$31000

OLYMPIC POOL . PLAYGROUND · CLUB HOUSE 323-2920 4220 S. ORLANDO DRIVE SANFORD

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AFFORDABLE PRICES

Sharon's Creations 678 0353

PHONE 323 2411.

103-Houses Unfurnished / Rent

New 3 Bdrm., 2 B., Space for Garden, no pels. \$375 a mo 322-01e0.

Nice neighborhood, very clean, 3 Bdrm, 1 B., dining room, living room, A/C, with separate 1 Bdrm. Apt. A/C. Rent as 1, \$550 a month. \$500 security deposit. Call hetween S & 7 P M 323 4856 3 Bdrm, klds. pets, garage, \$435 Sav-On-Rentals Inc. Realtor 3 Bdrm. 1 B, CHA, carpeted, Adults. No pets. \$370 per mo.

4 Bdrm., 152 Bath, living room & lamily room, wall to wall carpet, fenced yard, appliances, \$400 a mo plus deposit, 321-3050.

> 105-Duplex-Triplex / Rent

Sanford Duplex 2 Bdrm., 1 Bath. carport, laundry room, central A/C, kitchen equip, carpet drapes, 2426 Lake Ave. 830 0585. 2 bedroom 1 bath, specious, Ph 323 8180 or 699 4712

> 107—Mobile Homes / Rent

2 Bdrm, Utilities paid \$300 Furnished Fee Ph 339 7200 Sav-On Rentals Inc. Realfor LOOKING FOR A TREAT IN STEAD OF A TRICK! USE DUR CLASSIFIEDS.

> 121—Condominium Rentals

2 Bdrm, 2 B., kids, A/C, \$325. Unfurnished. Fee Ph 339-7200 Sav-On-Rentals Inc. Realter

127—Office Rentals

THE MERCANTILE BUILDING BOB M. BALL JR. PA **REALTOR 323 4118** 

141—Homes For Sale Assumable 7%% Mortgage, 4

down \$51,900 Appl. 321 0434. **BATEMAN REALTY** Lic. Real Estate Broker 2440 Sanford Ave.

SEE THIS TODAY, Vacant, 3/1, dining room, freshly painted, nice established neighborhood, morgage \$ Move in LAKE MARY. 3/2, enclosed

garage, inground pool, fenced back secluded area \$19,900 SEMINOLE WOODS. 5 acres, high and dry, beautifully wooded corner, unbelievable. \$39,500

321-0759 Eve 322-7643 BY OWNER. Sunland Estate, newly renovated 3 Bdrm., 1 Bath, house on 12 acre fenced in lot with well, in quiet neighborhood. \$49,500. No owner linencing.

Phone 322 5059.

By Owner-Longwood Area, 4 Bdrm., 2 B, Pool, garden spot. Reduced to \$53,500, 830-5767. By owner, Hidden Lake, 129 Borada Road, 3 bdrm, 2 beth, wooded lot, screened room, 2 car garage, large kitchen, \$42,900. Ph

Cassleberry, 3/1, family room, fireplace, screened porch, tenced Just off 17-92, \$43,900 BOB M. BALL JR. PA 323 4118 REALTOR

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OUR BURKUING HUUSE

CAREFUL OR ILL MOP FILL US VERMONT YOU UP! KYUK-KYUK! IN ON HOLDIJP I'M ANCHORING A NEW YOUR BIG MAGAZ'NE SHOW AS MEN WHO JOB PIKE! FORGOT TO TAKE THE A COME INATION MIKE HAVE YOUR WALLACE AND ANDY ROONEY! FIRST, I EX-MONEY! IM OWN BROOM POSE EVILDOERS, THEN CALLING IT CRIMINAL I JOKE ABOUT 2 NEGLIGENCE 河口間 PIKE COMIN A LEVINOS OURE KILLING US, PIKE -

141—Homes For Sale

**EXTRA large 2 story Colonial on I** acre of Oak trees. All the amenities plus guest apt. Best locale s200.000. WM. MALICZOWSKI REALTOR 322 7961.



FIRE SALE IN SANORA. Owner is desperate! Must sell this week! levely 3 bdrm. 2 balk, seriemity reem and lenced yard! Tremendous potential! Submit all offers. Assumable mortgage! Asking \$49,500, Make offer.

DREAM HOME IN COUNTRY! Just like new, 2 story, 4 bdrm, 2 bath, w/custom cedar Ihraughauti Plush carpett sparkling pools 3 paddle lans! Large shade trees and citrust 2 garages and Fla. ren. tool

SOUTHERN CHARM. Large 2 story, 4 bdrm, 21's bath home. W/country kitchen! Family room! Brick fireplace in master Commercial zoning! Extensively

PRESTIGIOUS MAYFAIR EARCH tive Section! Walk to Lake Monroe from this constortable home with it's own private in door jungle! 55" x 35" screened rear patie! Custom buil! Jacuzzi off Master Bdrm! & paddle (ans) Kitchen equipped! Many custom features throughouts \$195,800.

HIDDEN LAKE ESTATES. AL fractive 2 bdrm, 2 bath home, dbl/car garage, kischen w/privacy hadgel Sprinkler mortgaget \$42,500

fenced! Only \$33,500. FHA VA SPECIAL Comfortable

and alfordable 3 bdrm, 113 bath home, w/large lenced yard and screened perch! Good location! Call us quick! \$42,500.

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141—Homes For Sale

FOR ALL YOUR

549 W. Lake Mary Bivd Lake Mary, Fla. 32746

2523 FRENCHAVE REALTOR 321-0041

Mayfair Pool Home 60's Assumable 1155% Mfg. 321 0451 or 322 2350. Open House, Saturday and Sunday by owner, 3/2 split. F/P, F/R large pool, fenced yard, heat pump, 819 assumption, 267 De-

lakefront, \$79,900. Wallace Cress Realty Inc. 323 5092 RIGHT ON LAKE MONROE.

LOW & DOWN. Fishing pier, Large screened poo and patio, with 3 bdrm, 112 bath All overlooking the lake. Owner financing, \$95,000, Call Charlotte Croslyn, Wall St. Company, Re allors. 321-5005 or 323 8072.



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Aft. Hrs. 322 6954, 323 4365 Sanford/Sanora, Private communi ty, pool, lenni, etc. 2 year eld home, 3 bdrm, living room, D/R, fam. room, F/P, screened porch, large private back yard. Assume mortgage or own preference, \$49,400. Principles only Ph 221-6265.

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OWNER FINANCE, SAVES U.S. 3 bdrm, 2 bath, A I condition, exc area C/H/A, W/W/C, double garage, workshop, pantry, storage shed, screened porch, well and sprinkler system, fenced. Owner will finance, only



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MOVE RIGHT IN1 3 bdrm, 1 bath home in Sunland! Many extrast

perch, fenced rear let and more! \$44,0001 SPECIALI 3 bdrm, 2 bath home in

Newley painted, new roof, family room, patie, fenced rear yard and lets more! \$47,500. JUST FCR YDU. 3 bdrm, 2 bath

patie and mere. \$47,900.

new! Fishing pond fee! \$54,900.

in's! New roof and near Maylair Country Club, 857.508. HORSE LOVERS DELIGHT. 4 bdrm, 2 bath home on 4 + acres with it all! Great room, custom

2 years old. Barn and tach room CUSTOM BUILT, 4 bdrm, 2 bath

home on 1 + acres in Oviede, Beautifully decorated, split bedroom, family room, paddle fans, sky lights, fireplace, screened perch and so much more! Horses welcome! 129,900.

322-2420

3 Bdrm Doll House Affordable monthly payments. Call owner broker selesman 331 1411. . UNDER PRICED . \$47,900 3 Borm 113 Bath Move in ition . Call for appo

141—Homes For Sale

By Owner, new Villa home in Hidden Lakes, 2 bdrm, 2 bath, large lot, 1 car garage, \$50,300. \$14,500 to assume. Payment \$398 mo 321 4727.

HOME WITH INCOME Large modern 3 bdrm, family home with CH & A, sat-in kitchen, family room, oversized garage. Plus 2 fully equipped preenhouses. Going business for family or retired couple. Owner will train and finance. \$110,000.

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153—Lots-Acreage/Sale

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322-2420

155—Condominiums

Co-Op / Sale Sandlewood by owner, 1 Bdr ) bth, carpet, full kitchen, washer/dryer, A/C, pool and maint., \$26,500 323 8067

after 5, 322-8642 157—Mobile Homes / Sale

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Palm Springs P Siesta Key VA FHA Financing 305 323 5200 New Homes starting at \$8995. Easy credit and low down. Uncle Rays, Leesburg. US. 441 994-787-0324.

> 159—Real Estate Wanted

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2 or 3 BEDROOM HOUSE Your PRICE, MY TERMS 323-4461.

181—Appliances / Furniture

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Two melching twin beds, gold velvet quilted headboards, box spring & mattress in perfect shape. Only used in Guestroom. \$150 00 Call 321-0242 WILSON MAIER FURNITURE 311 315 E FIRST ST. 322 5422

Evening Herald, Sanford, Fl. Wednesday, Oct. 12, 1983-11B

181—Appliances / Furniture

2 Year old 15.3 upright fraezer, \$300 Gas grill used 3 times, \$150. \$125.00 Stereo \$50, 221, 4727.

> 183—Television / Radio / Stereo

TELEVISION - ZENITH 35" Colo TV in Walnut Console, Original Price, over \$700. Balance due \$295. Cash or take up payments of \$20.00 month. No Money down. Still in warranty. Free Home Trial no obligation 847-5394 19" Curtis Mathes portable, 2 year

between 8 & 1, 322-4440 19" Curtis Mathis portable. 2 year warranty, \$200 or best offer: 4 Ploneer speakers, Pioneer 780 receiver, Ploneer equalizer, cassette deck. Maranta turntable. \$1,400 or best offer 322 7255 between 8 & 2 After Ph 322 4440

2 hunting permits for Buil Creek. 14th, 15th, & 16th. Both 2110. Call

1980 Pontiac Firebird. Call 221 5085 \$500 or frade 323 4675

\$1,000 or best offer Ph 333 7778

stery, Like New, \$1395. Arrange finance, 339 9100 76 Grand Torino 9 passenger

cassette, charcoal, w/white & gra; interior, undercoated. Under 35,000 miles. A 1 condition. \$7,500 firm. Sanford 322-1056. ac'Turbo" Trans Am. T Top. P/S P/B. P/W. A/T. A/C. AM/FM. cassette, charcoal, w/white &

86 Monte Carle, Loaded, bucket or. Extra nice! 79 Mercury Marquis 2 dr., small V S. A/T, P/S, A/C P/B, AM/FM stereo 78 Teyeta Pickup 4 cyl., std. frans.

237—Tractors/Trailers

1974. 19 ft. Prowler with canopy

239-Motorcycles/Bikes

Police Special \$3,000 574-3598 A400 Almost new, still under warranty. Only 2700 miles. \$1200 includes helmet and rain

241—Recreational

Country Aire travel trailer. 24', self contained, Cen. A/H 849 4436 after 5 P.M. Small Camper, sleeps 4 Stove, sink & A/C, needs some repairs in front Ideal for hunter, \$350, Ph.

243—Junk Cars

BUY JUNK CARS & TRUCKS From \$10 to \$50 or more Call 322 1624 323 4312 TOP Dollar Paid for Junk & Used

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223—Miscellaneous We buy furniture, antiques or

Fla. Trader Auction 339 3119 1 Queen Size Bed \$50 1 New Security Light \$30 323 8072 2 devenports, love seats, brown fur \$100, orange/white pillow \$150 Misc. articles, ceramics, paperbacks, chair & stool \$35

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231—Cars Bed Credit? No Credit? WE FINANCE No Credit Check Easy Terms NATIONAL AUTO SALES

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72 Datsun Pickup. Needs nechanical work. Best offer over

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199—Pets & Supplies

193-Lawn & Garden

Siberian Husky Pups, BI/Silver w/white, blue eyes. Wormed and shots, \$50 and up. 322-4578.

207—Swap Corner

Has Fall Housecleaning Turned Up Surplus Things Want Ad Will Turn To Cash?

Quality Consingment Fashions Men, Women, Children, 321-2378 211—Antiques /

209-Wearing Apparel

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213—Auctions Auction Every other Sat. night, starting Oct. 22. Florida Trade; Auction. Longwood 308-5119

als. Call Dell's Auction 323-5420. FOR ESTATE OF COMMERCIAL AUCTIONS Call A I AUCTION SERVICE 323 4198

72 Chrysler Outboard Motor, 130 HP, with power tilt and controls. \$850, 32-4415.

215—Boats/Accessories

FOR ESTATE. Commercial or

Residential Auctions & Apprais-

217—Garage Sales Clothing, dining table, TV, sink, and loads of misc. Oct. 15th & 16th. 9 A.M. til? 2006 Central Dr. GARAGE SALE SI

Fridays B.S P.M.

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Multi Family Garage Sale. In cludes many Fisher Price toys. Sat. OCt 15, 8 to 3 P.M. 426 Cardinal Oaks Ct., Lake Mary, Near SCC.

219—Wanted to Buy Asby Beds, Strollers, Carseats, Playpens, Etc. Paperback Books, 323-8377-322-9504 Paying CASH for Aluminum, Cans. Copper, Brass, Lead, Newspa-per, Glass, Gold, Silver.

Kokomo Tool, 918 W. Ist 8-4:30 Sat. 9-1 323 1100. \*\*\*\*\*\*\*\*\*\*\*\*\* Plant a Want-Ad And Harvest Dollars! WE BUY ANTIQUES FURNITURE & APPLIANCES.

to Eat Gut the "Cream Of the Cree!" The Seasons Best Buys Are in the Want Ads!

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221—Good Things

Beautiful Wedding Gown and Velf. Size 18. Originally \$450, Will sell \$125 or best offer. 83 + 4246 CAMO PANTS. JACKETS. CAPS. ARMY NAVY SURPLUS

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223—Miscellaneous

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**FENDER Stratacaster Guitar and** 

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FUTURA, like new, one of Singer's Top Models. All Stitches built in Sold new over \$700. Must

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Nice landscaped lot! Screened

home, near schools, shopping etc., neat floor plan, C/H/A,

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MON. - SAT. 8 A.M. - 10 P.M. OSCEOLA, BREVARD, VOLUSIA, LAKE,

SUNDAY 8 A.M. - 9 P.M. ORANGE, SEMINOLE, OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER,

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W-D BRAND USDA CHOICE BEEF ROUND EONELESS RUMP ROAST

W.D BRAND USDA CHOICE BEEF ROUND BONELESS EYE OF THE ROUND Roast ..... \$259 W-D BRAND

SDA CHOICE BEEF LOIM BONE-IN SIRLOIN

W-D BRAND USDA CHOICE BEEF HIND BONELESS CUBED Steaks .... \$299 SAVE \$102

BEEF PATTIES

3

MR. TURKEY (3-LB. PKG. \$2.97) Turkey .... a 99°

PINKY PIG ULL 14 FRESH PORK LOIN SLICED INTO PORK CHOPS

**\$159** SMALL MEATY FRESH PORK (31/2 LBS. &

Spareribs . . . . is \$169

W-D BRAND USDA CHOICE BEEF ROUND BONELESS BOTTOM ROUND ROAST \$189

W-D BRAND USDA CHOICE BEEF CHUCK BLADE CHUCK Roast ..... \$159

SAVE 38'Z

DIXIE DARLING SANDWICH BREAD

REGULAR OR UNSALTED CRACKIN' Saltines . . . . . . . . 59° Campbell SAVE 32 CAMPBELL'S

TOMATO Tomato SOUP SOUP

Peaches .... 27. 31 69°

SAVE 36 RECULAR OR LIGHT BUDWEISER

6 \$ 2 29

Drinks . . . . . . 24TR 79°

SAVE 20

Thrifty 瑙Maid THRIFTY MAID SHORTENING SHORTEMING **CEED** 

169 42-oz. Dog Food . . . . 2548 5699

SAVE SUPERBRAND ASSORTED FLAVORS SWISS STYLE **YOGURT** (4) S-OL.

SAVE 30" - SUPERBRAND STA-FIT OR REGULAR COTTAGE Cheese .... 311 5189

SAVE 40 Minute Maid

MINUTE MAID **ORANGE** JUICE HALF GAL

LAND O' SUNSHINE CITRUS 



Onions . . . . . . . . 89°

SUPERBRAND ASSORTED FLAVORS SHERBET or ICE CREAM Fudge Bars . . 12.9% 5729



