

WORLD

IN BRIEF

Japanese Demonstrators Protest Reagan's Visit

TOKYO (UPI) — Helmed and masked student radicals snake-danced and rioted under the close watch of riot police today to protest the arrival of President Reagan on his first state visit to Japan.

The noisy but peaceful rally by about 1,500 protesters was held at a small park near Tokyo's Haneda Airport where Reagan's Air Force One jet touched down today following a more than 16-hour flight from Washington.

A group of 18 university students began a 72-hour hunger strike to protest Reagan's visit.

The students and other leftist groups claim his trip would bring about a stronger military alliance between the United States, Japan and South Korea, which Reagan visits on Saturday.

Aquino Probe Resumes

MANILA, Philippines (UPI) — An inquiry into the assassination of popular opposition leader Benigno Aquino Jr. reopened today amid criticism its procedures were "highly irregular."

Among those scheduled to testify at the second public hearing of a revamped panel was Col. Pedro Elvas, head of the Philippine Constabulary crime laboratory where an autopsy was conducted on Aquino's alleged assassin, Rolando Galman.

Officials said Rosendo Cawigan, who claims Galman was a hitman for the Communist Party of the Philippines, also would testify, time permitting. Cawigan, who claims he once was an aide to Aquino, said the Communist Party had asked him to kill Aquino.

150 Die In Plane Crash

BELGRADE, Yugoslavia (UPI) — An Angolan jetliner carrying at least 150 people, many of them army recruits, crashed shortly after takeoff in the African country, the Yugoslav news agency Tanjug said. There were no survivors.

Voters Pick Woman Governor, Black Mayor

In a day of political firsts, Kentucky elected a woman governor, Philadelphia chose a black mayor and Georgians refused to give a dead congressman's seat to his widow.

The 1983 off-year elections Tuesday also junked some other political myths.

Mississippi voters refused to be stampeded by an "October surprise" — charges that a candidate for governor had sex with black males dressed as women — and Ohioans rejected a proposal to cut their taxes.

Washington state voters, after sending two Democrats to the Senate for more than 30 years, completed a turnabout by electing former GOP Gov. Daniel Evans to fill the five years left in the term of the late Sen. Henry Jackson.

The first woman governor of Kentucky

will be Democrat Martha Layne Collins, the lieutenant governor under retiring Gov. John Brown. Mrs. Collins, a seasoned campaigner, defeated GOP State Sen. Jim Burnham, who won more than 240 baseball games as a major league pitcher but got sent to the showers in his first outing as a statewide candidate.

Democrat Wilson Goode, son of a North Carolina sharecropper, won the Philadelphia mayoral contest with ease, beating Republican John Egan and independent Thomas Leonard.

The second black to win a major city mayor's seat this year, Goode succeeded without getting pulled into the morass of racial politics that engulfed the Chicago election last spring.

The Georgia House seat vacated by the

death of Rep. Larry McDonald went to a veteran state legislator, George "Buddy" Darden in a runoff election instead of to McDonald's wife, Kathryn.

The widows of congressmen who die in office more often than not are elected to fill the remaining portion of the current term, and Mrs. McDonald had led the field in the first balloting to replace the conservative Democrat killed in the crash of Korean Air Lines Flight 007 Sept. 1.

But with all 186 precincts in Georgia's 7th District in, Darden had 56,167 votes to Mrs. McDonald's 38,880.

The Mississippi contest, in which Democratic state Attorney General Bill Allain had been favored until the final weeks of the campaign, was a classic

example of an 11th hour political bombshell.

Supporters of Republican Leon Bramlett charged Allain had engaged in sex with several black "drag queens." Allain denied the charges and Bramlett disassociated himself from them, but the issue clouded the election until the votes were in.

Despite the GOP win in Washington, Democratic National Committee Chairman Charles Manatt, focused on Kentucky and Mississippi and the victory of Democrat Edwin Edwards last month in Louisiana, and pronounced the results "Good news for the national Democratic Party, particularly in the South, which will be crucial to our presidential and Senate hopes in 1984."

Drinking, Smoking And Taxes On Voters' Minds

United Press International

Ohio voters declined to fatten their own pocketbooks or raise the state's minimum drinking age, San Francisco voters upheld a ban on smoking in the office, and Maine voters had no sympathy for their own state animal, the moose.

In other ballot questions Tuesday, a historic old saloon in Washington, D.C. got a new lease on life and Texas voters decided to help crack down on fathers who fail to pay child support, approving a measure to attach their wages.

Another San Francisco initiative calling on the government to get out of El Salvador passed with 53.3 percent support and a measure asking the federal government to outlaw bilingual ballots got nearly 62 percent support.

In Cambridge, Mass., voters faced several days of waiting before learning whether their city would be the first in the nation to ban private research on nuclear weapons. Ballots are tallied manually and the count isn't expected until Friday.

In Ohio, voters scorned arguments a higher drinking age would lead to greater highway safety, and turned thumbs down on a proposal to raise the state's beer-drinking age from 19 to 21.

And a discontented lot of would-be Ohio tax repealers resigned themselves to living with a 90 percent income tax increase. State Issues 2 and 3, which would have rolled Ohio taxes back to 1982 levels and made it harder to raise taxes in the future, succumbed Tuesday in a near-record vote for an off-year election.

With only 7,000 absentee ballots uncouneted early today in San Francisco, the controversial measure

severely limiting smoking in offices narrowly passed. The measure aimed at tobacco users had support from 50.4 percent of the voters. It would fine office managers who do not force smokers into specified areas. If no agreement could be reached in an office, smoking would be banned.

Maine voters soundly rejected a proposal to halt the state's popular fall moose hunt.

AREA DEATHS

RAYMOND W. MEYER
Mr. Raymond W. Meyer, 73, of 207 Wilshire Drive, Casselberry, died Monday at Winter Park Memorial Hospital. Born May 20, 1910, in Chicago, he moved to Casselberry from there in 1976. He was a retired photo engineer and was a member of St. Augustine Catholic Church. He was a member of Augie's Elders Club, Graphic Arts International Union 245, Chicago.


Survivors include his wife, Anne V.; son, Terry O'Neill, Chicago; three grandchildren.

MARtha Y. CHADWICK
Miss Martha Y. Chadwick, 29, of 2405 Stevens Ave., Sanford, died Monday night in Longwood as the result of a traffic accident. Born March 17, 1954, in Portsmouth, Va., she moved here 25 years ago. She was a sales person for Burdine's and a member of Holy Cross Episcopal Church. She was a graduate of Woody's Hairstyling

Funeral Notice
CHADWICK, MISS MARtha Y. — Funeral services for Martha Y. Chadwick, 29, of 2405 Stevens Ave., Sanford, who died Monday, will be held on Friday at 10 a.m. in the Gramkow Funeral Home Chapel with the Rev. Leroy D. Soper officiating. Visitation will be Thursday 7-9 p.m. and burial in Oaklawn Memorial Park, Gramkow Funeral Home in charge.


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Infertility On The Rise In U.S.

CHICAGO (UPI) — Reports of infertility are on the rise in the United States because of a changing society in which couples are waiting longer to have children and many would-be mothers are long-time pill users, researchers say.

Though the problems of infertility are real, a report in the *Journal of the American Medical Association* said some of the increase in reports can be attributable to nerves and impatience.

Anxiety among older couples who finally decide to have children may increase reporting of infertility. Sevgi O. Aral and Dr. Willard Cates of the Centers for Disease Control in Atlanta said in the report.

After years of using contraceptives to avoid pregnancy, many couples rush to their physicians when a wanted pregnancy does not occur immediately, they said.

"When women discontinue oral contraception, they take longer to become pregnant than those who stop other methods or who never use any type of contraception," they said.

"Any delay in the ability to conceive among women who discontinue oral contraception would be perceived as infertility by the couple."

Older couples also might try to have all their children in a shorter period of time and will be less patient, they said.

"Because a larger proportion of American couples have delayed childbearing until their later reproductive years, they have condensed the interval of desired fertility into a shorter time span than have previous generations."

Women who delay childbearing also allow more time for environmental hazards and sexually transmitted diseases to damage reproductive organs, Aral and Cates said.

The proportion of couples classified as infertile increased with age, they said. Birth statistics for the past decade show in 1976, 2 percent of 15-to-19-year-olds were infertile compared with 16 percent of those aged 40 to 45.

Study Says Sore Throats Are Treated Irrationally

CHICAGO (UPI) — Fear of a disease that is no longer a major health threat may cause doctors to over-prescribe antibiotics for a simple sore throat, doctors report in the *Journal of the American Medical Association*.

A Rhode Island survey showed there were more than 157,000 throat cultures for a population of 930,000 in 1980.

But before culture results were known, 87 percent of primary care physicians prescribed antibiotic therapy and about 40 percent continued therapy for 10 days regardless of culture results.

"Antibiotics are frequently given when cultures are taken and such therapy is often not stopped when culture results are negative," said Dr. Scott D. Holmberg, with the Centers for Disease Control in Atlanta, and Dr. Gerald A. Falch, with the Department of Health and Human Services in Rockville, Md.

In an accompanying editorial, Dr. Alan L. Bisno of the University of Tennessee in Memphis said accepted strategies for management of simple sore throat were devised by the American Heart Association at a time when acute rheumatic fever, ARF, was a much greater health hazard.

But the occurrence of that disease has plummeted in the 20th century to as low

as one case per 200,000 school-age children per year in parts of the United States, Bisno said.

ARF is caused by group A Streptococcus. Throat cultures are taken to differentiate sore throats caused by that microorganism from those caused by other agents, mostly viruses.

"Acute rheumatic fever is rare in the state (Rhode Island)," Holmberg and Falch said. "The costs of present practices are high while the benefits of these practices relative to control of ARF are doubtful.

"These findings suggest that promotion of throat culturing by public health laboratories should be reconsidered."

Holmberg and Falch said physicians "probably routinely culture out of habit, in deference to the expectations of patients and parents, or in accord with professional recommendations."

Doctors probably begin antibiotic therapy immediately so their patients are spared extra office visits, they said.

"One can only hope that future advances ... will lead to more rational and cost-effective strategies for management of the common but perplexing problem of 'simple' sore throat," Bisno said.

A Baby's Crying May Signal Physical, Emotional Problems

BLACKSBURG, Va. (UPI) — A baby's cry may someday be used to predict problems from crib death and mental retardation to child abuse, a psychologist says.

For the past eight years, Virginia Tech psychology professor Dr. Phillip Zeskind has been using voiceprints and computer graphs to analyze the cries of thousands of infants.

Zeskind said a constant high-pitched wail may be an early warning of an imbalance in the nervous system that can lead to serious complications.

"The question is, can we use the cry to diagnose problems, very subtle things that we wouldn't know otherwise?" he asked.

Zeskind said his research suggests that a mother who drinks alcohol during pregnancy may harm the nervous system of the unborn child in minute ways that cannot be detected in ordinary medical tests. But once the baby is born, the damage may reveal itself in the cry.

"I see crying as a reflection of the biological health of the infant, and then I see crying as influencing the kind of care the baby gets," Zeskind said.

Years ago, French doctors noted that infants with brain damage exhibited a piercing shriek dubbed "the cry of the cat."

Zeskind noticed that some babies who appeared perfectly normal cried like cats — and an alarming number of them later

died suddenly in their cribs, grew up retarded, or fell victim to parental abuse or neglect.

His theory is that alcohol use by the mother may upset the autonomic nervous system — the control center for sleep and arousal, breathing and heartbeat. Like a governor on a motor, the autonomic nervous system keeps our bodies from racing or stalling.

"In babies that have this funny cry, the balance is way out of whack," Zeskind said.

His tests confirmed that babies with unusual crying characteristics have pulse and respiration rates that fluctuate wildly. Zeskind said their higher incidence of crib death suggests "they don't have the mechanism to jerk them awake" when they "forget to breathe" during sleep.

A shrill and unwavering cry also tests a parent's patience, making the infant a prime candidate for neglect and abuse.

"Parents who abuse their children often say they had this high-pitched grating cry. It drove them nuts," Zeskind said.

A parent's reaction to the child's cry determines whether the problem gets better or worse, Zeskind said. A parent who recognizes that the baby sounds sick may catch the problem in time. A parent who turns away from a noisy baby invites trouble.

Will All Small Cars One Day Be Built By The Japanese?

DETROIT (UPI) — Domestic automakers, who once boasted they could "drive the Japanese into the sea," now are threatening to send small car production overseas because they cannot compete with Japanese tax and currency advantages.

The debate over whether future small cars can be built profitably in the United States is this fall's hot political issue in the auto industry.

This past week found automakers reacting with rage to the agreement between the U.S. and Japan to a fourth year of Japanese auto imports at 1.85 million, up from the current 1.68 million, beginning in March.

All but General Motors Corp. — which plans to import 300,000 small cars and build the same number with Toyota — denounced the deal. But even GM felt the heat and at week's end unveiled a long-remored prototype of a subcompact that likely will replace the Chevette around 1987.

The rub is that while GM has put its top 325 engineers and designers on the project, the technology for the car still must be culled from the GM-Toyota joint venture, which is bogged down in a dispute between Toyota and the Federal Trade Commission.

Tercel. It was the most astonishing display of chutzpah I've ever seen," said an executive at another automaker.

But these domestic auto fans are becoming few and far between. Leaders

of other firms are taking a "join them" rather than the "beat them" attitude so prevalent three years ago when Henry Ford II predicted U.S. firms would "drive the Japanese into the sea."

Now, Chrysler Corp. Chairman Lee Iacocca grumbles the U.S. auto industry is performing an "outright surrender" to the Japanese but has said his firm may have to take on a Japanese partner.

The "surrender" as Iacocca puts it is due mainly to a covenant enjoyed by the Japanese firms that is estimated at between \$1,500 and \$2,000 per small car, depending on the source.

This may sound puzzling to the average car buyer, who certainly is not finding Japanese cars \$1,500 to \$2,000 cheaper at the local dealership where premiums are being added to the few cars in stock.

The cost advantage is due mostly to export tax breaks allowed by the Japanese and the undervaluation of the yen against the dollar. These are factors the U.S. companies cannot fight without government help, giving them an unbeatable argument for sending small car production off-shore.

Ironically, small car production in the United States has never been profitable. For decades, profits have made on sales of mid-sized and large cars, not on subcompact and sporty models.

The energy events of the 70s and double-digit inflation put an end to that.

Dinosaurs Done In By Dust?

WASHINGTON (UPI) — New evidence adds strength to the theory that an asteroid crashed into Earth 65 million years ago, producing an immense dust cloud that blacked out the sun for months and extinguished many forms of life, including dinosaurs.

Karl Turekian and Jean-Marc Luck of Yale University reported that analysis of two isotopes of the rare metallic element osmium found in ancient layers of sediment indicates the material came from an extraterrestrial source.

The sediments examined were deposited in Denmark and Colorado 65 million years ago — at the end of the

Cretaceous period when numerous species of plants and animals disappeared from the fossil record.

Luiz Alvarez of the Lawrence Berkeley Laboratory in California and his son, Walter Alvarez of the University of California at Berkeley, first proposed the catastrophe theory in 1980. It was based on a jump in the element iridium in sediments formed at the end of the Cretaceous period.

Iridium is extremely rare in Earth's crust but is 1,000 times more abundant in extraterrestrial material, suggesting the extra iridium in sediments deposited 65 million years ago came from debris strewn about by the collision.

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Russ and Katie Moncrief of Sanford look home medals in the canoe sprint race Monday at Sanford Landings. Russ won a silver medal in the men's age 55-59 age group. Katie won the gold medal in the women's age 55-59 group. The Moncriefs have some canoeing experience. They own Katie's Wekiva Landing west of Sanford.

Canoeing

Secret Is In The Stroke, Winner Says; Lightweight Aluminum Craft 'A Joy'

By Micheal Beha
Herald Staff Writer

There were a lot of entrants in Monday's canoeing competition who were just killing time waiting for their favorite events. But Canadian-born Albert Christiansen wasn't one of them.

The Venus, Fla., resident turned in a one-minute 52-second performance in the canoe sprint race in capturing a gold medal in the 55-59 age bracket at Sanford Landings.

"I hadn't really been doing anything to train for this," said Christiansen. "The only thing I've been doing lately is pulling out gallberry bushes on our farm."

Gallberry bushes have deep roots, he said, and give chest and shoulder muscles a real workout. Canoeing also gives the muscles of the chest and shoulders a workout.

But Christiansen said the secret of canoeing is knowing how to stroke.

"I learned how to paddle a canoe in Canada when I was

about 13 years old," he said. "I had an old pair of sprint skis I traded for a canoe when I was in the eighth grade. I remember it was a birch bark canoe. Man, was it heavy."

He said the lightweight aluminum canoes used in the competition are a joy to paddle compared to that old canoe.

His strokes kept him on a straight and true path and Christiansen said because of his experience he didn't have to take turns paddling on the right and left.

That switching was only one of the hazards which befell some competitors. Aching knees also presented a problem. Some of the competitors couldn't kneel so they had to sit to paddle.

"I could've gone a lot faster if I could've kneeled," said Ernest Hammond of Illinois. Despite the disadvantage, Hammond earned a bronze medal in the 50-59 age bracket.

Hammond said he entered



Albert Christiansen
...with his gold

the canoe racing to fill in time while he waits for the 10-event decathlon which will be held Wednesday and Thursday and the track and field meet which will be held on Saturday.

"We're here all week so I hate to just sit around and not do anything until Wednesday," he said.



Herald Photo by Micheal Be

Washed Up?

Harriet Boyd of Lake Mary is helped out of the water Monday after she to an unexpected dip in the lake at Sanford Landings. The plunge occurred the end of her run in the canoe sprint race. But Mrs. Boyd's efforts weren't vain. She received a bronze medal in the 60-64 age group in the canoe race.

Five Years Later

Ghosts Of Guyana, Mayor's Slaying Still Haunt City

By John M. Leighty

SAN FRANCISCO (UPI) — Legal cases linger on a half decade after San Francisco was shocked by the mass suicides of Jim Jones' Peoples Temple and the slaying of the city's mayor and a city supervisor.

On Nov. 18, 1978, the Rev. Jones, a former San Francisco Housing Commissioner, and 912 cultists were shot or drank poison in Guyana following the jungle airport slayings of Rep. Leo Ryan, D-Calif., and four others who had flown to there to investigate the religious group.

It was the end for Jones' Peoples Temple, a cult that had built up political clout in California and whose members even canvassed for the election of George Moscone as San Francisco mayor.

Within two weeks of the Guyana horror, Mayor Moscone and Supervisor Harvey Milk were slain in their City Hall offices by former policeman Dan White, later convicted of manslaughter in a jury verdict which caused a riot on the streets.

The unrelated twin tragedies left the city in shock and mourning. Flags flew at half staff. There were memorial services and candlelight vigils.

Five years later the ghosts of both cases are still present in San Francisco, where the Peoples Temple was headquartered and where Moscone and Milk were popular politicians.

Although the \$9.5 million in Temple assets have finally been distributed to 75 claimants — survivors and their families — there is still the unanswered question of how much the U.S. government was involved with the commune of Jonestown.

A suit dismissed on a technicality by the Supreme Court last month charged that mind-controlling drugs were experimented with at the Guyana compound with the "consent, knowledge and aid" of the Central Intelligence Agency. The \$65 million lawsuit had filed in San Francisco federal court by several survivors of the Guyana bloodbath.

Larry Layton, a temple aide, still faces a possible second murder-conspiracy trial for the jungle airstrip attack on Ryan, the event which triggered the mass suicide of the cult at Jones' orders. Layton's first trial ended in deadlock in 1981.

Prosecution material banned from the first trial, including "last hour" video tapes of Jones, will be permitted as evidence at the new proceeding under a ruling by an federal appeals court.

The defense, on the other hand, has failed in numerous attempts to obtain classified government documents pertaining to Jonestown, where they said the CIA condoned "mind control" experiments using drugs and other techniques.

Layton's attorney Tony Tamburello said if the prosecution entered the "last hour" tapes as evidence, the defense should be allowed to unseal government documents pertaining to Jonestown.

"We still feel strongly that the government knew way ahead of time that bad things were happening in Jonestown and failed to act properly," said Tamburello.

The case of Dan White has also re-emerged in the legal arena.

White, whose "Twinkie defense" got him a relatively light manslaughter conviction when attorneys argued that he had been under severe pressures and was living on junk food prior to the killings, is due for parole in January.

He could, however, be re-prosecuted under federal civil rights laws for assassinating a person seeking political office. Both Moscone and Milk had re-filed for election just prior to their slayings.

A decision on whether to order such a federal trial — requested by Gov. George Deukmejian and San Francisco Mayor Dianne Feinstein among others — is in the hands of U.S. Attorney General William French Smith.

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Cook Of The Week

Student Shares Perfect Holiday Entertaining Ideas

By Lou Childers
Herald Correspondent

When you're young, you sometimes cook the way you learned from friends and family members. That's exactly how this week's cook, Barbara Childers of Geneva, is doing it.

Barbara has a few favorite recipes — most of them with a foreign flair — that she has collected over the past five years. "For the creamiest scalloped potatoes you've ever tasted," says Barbara, "Iry Polish Scalloped Potatoes." This is a recipe that her good friend, Jennie Jodkowski, of Orlando taught her how to make. It has mushrooms in it for a change in flavor.

Then, Barbara says, "Perfect for entertaining during the holidays, especially if you are planning a buffet, is my grandmother's German Potato Salad." Barb's grandmother, Mary Peterson of Winter Park, gets the credit for passing this one on to her. It is a family tradition.

No matter what the fare, it seems that Hawaiian Delight makes the gathering a total success. This delicious dish can be served as a salad or a dessert. Be sure to take extra copies of the recipe with you if you ever take this to a covered dish dinner, because your friends will want to know how to make it, too.

What party would be complete without chips and dip? Barbara likes to make Mexican Bean Dip in the microwave. It is sure to be the rave, and the nice part about it, it takes about 10 minutes to make.

"I'm proud to be an American, too," says Barbara. And what could be more All-American than meatloaf. Again, she likes to use the microwave, and the baking time is counted down to 30 minutes.

Barbara is a recent graduate of Oviedo High School and is attending Seminole Community College. She likes to plan entire menus. Her favorite includes Southern Fried Chicken, REAL mashed potatoes, green beans almondine, tossed salad, iced tea and French Apple Pie.



Barbara Childers, a graduate of Oviedo High School, likes to plan entire menus in advance. One of her favorites is her grandmother's German Potato Salad.

blender and blend until smooth. Pour into bacon drippings in 1 1/2 quart casserole. Stir in remaining ingredients, except bacon. Cover with glass lid or plastic wrap.

3. Microwave on HIGH for 7 to 8 minutes or until mixture is hot in center. Sprinkle top with bacon pieces. Yield: 3 1/2 cups.

RANCH MEAT LOAF

- 1 1/2 lbs. ground beef
- 2 cups soft bread cubes
- 1/2 cup finely chopped celery
- 1/2 cup catsup
- 1/4 cup finely chopped green pepper
- 1 1/2 teaspoons salt
- 1 egg, beaten

1. Combine all ingredients in medium mixing bowl; mix well. Put into 8x4-inch glass loaf dish.
2. Microwave on Roast (medium) for 25 to 30 minutes or until well done in center. Let stand covered, 5 minutes before serving. Yield: 5 to 6 servings. Optional: Drizzle with catsup and garnish with parsley.

HAWAIIAN DELIGHT

2 cans Mandarin oranges, drained
2 bananas, cut into slices
1 small package dates, chopped fine
1 small jar maraschino cherries, halved
1 1-lb. can crushed pineapple, well-drained
1 can Angel-flake coconut
8 oz. sour cream
1 small bag miniature marshmallows
In large glass bowl combine all ingredients, folding gently to coat with sour cream. Cover with plastic wrap and refrigerate several hours before serving. Garnish top with extra cherries and sprinkle coconut like "snow."

POLISH SCALLOPED POTATOES

8 large potatoes, peeled and sliced
2 cans cream of mushroom soup
1 stick butter or margarine
1/2 cup chopped onions
2 cups milk
Melt butter in saute skillet and add onions, stirring until tender. Add mushroom soup and milk, stirring over medium heat until mixture is creamy. Grease an oblong pan well with butter or margarine and place all sliced potatoes in pan, adding salt and pepper to taste. Pour in soup mixture covering all potatoes and bake in a 350 degree oven 35-45 minutes, or until potatoes are tender.

GERMAN POTATO SALAD

- 4 slices bacon, cut into pieces
- 1/2 cup diced onions
- 1/4 cup diced green pepper
- 6 large potatoes, cooked and cubed
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 teaspoon celery seeds
- 1 tablespoon corn starch

1/2 cup water mixed with 1/2 cup vinegar
1/2 cup sugar
1 egg, well-beaten

In large skillet, brown bacon, onions and green pepper. Add all seasonings to skillet, and stir in sugar. Stir corn starch into water and vinegar and add to skillet, stirring until slightly thickened. Pour over pre-cooked cubed potatoes and simmer over low heat about 5 to 10 minutes so flavors blend into potatoes.

Just before serving, quickly stir in egg. The heat and the vinegar will "cook" the egg quickly. (This holds well in a crock pot or in a dish over a warming tray.) Serve hot.

RIPE OLIVE N CHICKEN TOSTADAS

- 1 (1-1/4 ounce) package taco seasoning mix
- 1 cup water
- 2 cups diced cooked chicken
- 1-1/4 cups sliced ripe olives
- 6 flour tortillas
- 1 (20-1/2 ounce) can refried beans
- 1 cup grated cheddar or Jack cheese
- 3 cups shredded lettuce
- 2 tomatoes, chopped
- 1/2 cup dairy sour cream
- 2 tablespoons sliced green onions
- 1 avocado, peeled and sliced
- Oil

In saucepan, combine taco mix with water; stir until dissolved. Simmer 5 minutes. Add cooked chicken and 1 cup ripe olives; simmer another 2 or 3 minutes, stirring occasionally. Meanwhile, in medium skillet, fry tortillas in oil until crisp and golden brown on both sides; drain on paper towels. Heat refried beans in small saucepan. Place each crisp tortilla on individual plate. Spread beans over tortilla. Then spoon chicken-olive mixture over beans. Top with cheese, lettuce and tomatoes. For a final touch, add sour cream, onions and 1/4 cup ripe olives. Arrange avocado slices around base. Serve with taco sauce or green chili salsa, if desired. Serves 6.

Leisure Time Classes Start This Week

The Leisure Time Program at Seminole Community College announces that the following classes begin during the week of Nov. 7. These classes are self-supported by student

fees at no expense to the taxpayer," according to Pay C. Beke, Coordinator of the Program. Registrations are being accepted in the Registrar's Office at SCC.

BREAD DOUGH ORNAMENTS (evening class) — Involves making bread dough Christmas ornaments, bread baskets and decorative fruits, unique plaques and novelty items

for the kitchen and bathroom.
INTRODUCTION TO PERSONAL COMPUTERS (evening class) — Intended for those interested in learning about how computers work, differences between different models, selection of systems and devices, what small computers can do, and programs available. No previous knowledge is required.

OIL PAINTING (morning class) — Basic to advanced techniques in Oil painting, concentration on use of color, composition and perspective as applied to portrait, figure, still life and landscape painting.

BASKETRY I (evening class) — This course will teach the techniques for weaving three traditional rib-style construction baskets using round and flat reed: Melon or Fanny basket, Wall basket, and Hen basket. Students must furnish their own supplies.

CHRISTMAS ARRANGEMENT & WREATH WORKSHOP (morning and evening classes) — These classes consist of making and coordinating Christmas arrangements, wreaths, mantle pieces, and other Holiday pieces for the home or as gifts.

COLOR & STYLE WORKSHOP (evening class) — The workshop will consist of two three-hour sessions in which the following topics will be discussed: personal color analysis, proper makeup colors and proper application, and clothing style, textures and accessories.

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Turkey Chef Shares Method Of Cooking A Moist Bird

By DENNIS O'SHEA

VALPARAISO, Ind. (UPI) — Russell Adams used to raise turkeys on the family farm.
Now he works across the highway in the family restaurant, cooking turkeys for thousands of hungry gobblers a year.
At 26, Adams is chef and part-owner of Strongbow Inn, the popular restaurant his turkey-farming grandmother started 43 years ago when some forward-looking bureaucrat decided to build U.S. 30 right through her property.
No one knows how many famished travelers have been lured off the highway since then by the inn's turkey-dominated menu, which includes everything from a traditional Thanksgiving dinner to turkey pies and turkey schnitzel.
They're still coming, in numbers large enough that Adams and his kitchen staff go through about 5,000

birds a year — along with 24 gallons of pumpkins baked into 72 pies and more than 200 pounds of cranberries on Thanksgiving alone.
But before long, it's time for Christmas banquets and catered parties, and the crowds seem to just keep on coming all the way through to Easter and Mother's Day.
Adams began by raising turkeys on the farm, graduated to dishwasher and busboy in the restaurant and eventually attended the Culinary Institute of America.
His mother and father eventually took over the business from grandmother Beas Thrun, the strong-willed Mississippian and college faculty wife who ran the Strongbow for nearly three decades. They built it from a tiny 28-seater into the spacious 300-seat facility it is today.
Some people think of turkey as a once-a-year holiday meal. To the Adamses, it's a way of life.

That's why they cringe when they think of the dried-out, overcooked, unsatisfying turkeys carved on thousands of dining room tables every Thanksgiving.
If that describes your holiday bird, Adams has three words of advice: "Don't stuff it."
If that's not heresy, it's downright un-American in some people's minds, but Adams says it makes sense to cook the stuffing in a separate pan, not in the bird.
"There's a lot of people that'll swear up and down by their stuffing, and it is good," he said.
"But it's extremely dangerous when you stuff a turkey. If everything is not cold when you stuff it, a lot of times it can spoil on you. The other thing is that the moisture is drawn out of the turkey and into the stuffing, therefore drying it out."
"And a lot of times, in order to get that stuffing done, you have to cook that turkey five or six hours. That is

overcooking. I cook a 25-pound turkey in 2 1/2 hours — that's without the legs and the wings.
Adams said it's not necessary to cook a turkey to 180 degrees, the temperature some recipes call for to prevent the growth of bacteria.
"At 160 degrees, you're very, very, very safe and your bird's not overcooked," he said. "It won't fall apart. It's not dry and it's much easier to slice."
Adams doesn't expect Americans to give up the beef they love so much, but he said more and more are adding more low-cholesterol, high-protein foods like turkey to their diet.
"It's easy to use the whole thing and it's real easy to cook," he said. "They're making so many products out of it now, like turkey pastramis and hams."

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FDA Controls Food Additives

What do baking powder, paprika, and vitamin C have in common? They are food additives. In simplest terms, food additives are natural or synthetic substances added to food either directly or indirectly during manufacturing.
Often, familiar substances are listed on labels using unfamiliar scientific names assigned by food scientists. For example, monocalcium phosphate, a leavening agent, is a type of baking powder. Oleoresin paprika, a color and flavor enhancer, is the scientific name for paprika. Ascorbic acid, a nutrient and antioxidant, is simply vitamin C.
Throughout history, substances have been added to foods — both in the home and commercially — for many reasons. They preserve freshness; add color and flavor; improve nutritive value, texture and consistency; and control acidity and alkalinity. Today, additives are most frequently used as flavoring agents and nutrients.
Synthetically derived additives are usually patterned after their natural counterparts. For example, carotene, a color enhancer extracted from carrots, has the same chemical structure as carotene produced in the laboratory. Furthermore, the additives used in homemade foods are similar to their commercial counterparts in manufactured foods. For example, baking powder, a common ingredient in a cake made from scratch, resembles the commercial leavening agent in a cake mix.

In the past, Americans grew and prepared most of their own food. Before refrigeration, people relied on additives, particularly salt, to preserve their food. Today, only 2% of the U.S. population grows food for the remaining 98%. Americans enjoy an abundant and varied food supply due to a sophisticated production and distribution system. Additives allow this system to function, keeping foods safe and palatable — from farmer to dining table.
The Food and Drug Administration (FDA) is responsible for the safety of food additives, and evaluation is an ongoing process. Since 1958, the Administration has strictly regulated additives. A manufacturer seeking approval for a new additive must file a petition containing scientific evidence that the additive is safe. It often takes years for new additives to gain approval.
A recently updated booklet from Kraft, entitled "Additives and Our Food Heritage," compares the historical and modern use of additives. The booklet also includes a chart listing some common additives and their functions and provides further information on FDA regulations. For a free copy, send a post card to:
The Consumer's Right To Know
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Tradition Teams With Contemporary

Holidays are a time for tradition and for doing things the same way year after year. Grandma's favorite recipes are always prepared. It just wouldn't seem right any other way.

But lifestyles have changed. More mothers are working. The kids are too. Finding time to do everything is turning out to be the biggest problem during the holidays.

When the turkey comes from the oven, let it stand at room temperature for 15 to 20 minutes before slicing. It will cut more easily. An important part of a holiday meal is a good sharp knife. It will make a world of difference in the appearance of the slices and in the disposition of the carver!

Another tip for making the meal easier to serve is to prepare the gravy in advance. While the turkey is roasting, simmer the giblets with liquid, herbs and vegetables. Use this stock to make the gravy. To make a rich-colored gravy, use a color and flavor enhancer in place of the drippings. There'll be the traditional homemade taste without all the calories or fuss.

Turkey wouldn't be the same without dressing. This rice/sausage/apple variation tastes great. Rice, perhaps the most ancient of foods, is also a modern convenience food. Uncooked, it can be stored at room temperature, ready to measure with other dressing ingredients just before baking. Cooking the dressing separately, rather than using to stuff the turkey, saves time in preparation, roasting and serving.

Cranberries are the traditional turkey accompaniment. They become even more special when mixed with fruit cocktail/raspberry flavor gelatin, and blue cheese. The piquant, domestically-aged blue cheese is used in the dressing as well. It is indeed a special blend of flavors for this special meal. Find time the day before to prepare the molded salad. The flavors blend and mellow overnight while you rest easy knowing there's one less dish to prepare.

Tradition doesn't need to go out the window when an easier-to-prepare-and-serve meal is put on the table. Perhaps this one will become a tradition in its own right.

NEW—FASHIONED RICE DRESSING

8 ounces well-seasoned whole hog sausage
1 cup chopped onions
1 cup sliced celery
1 cup uncooked rice
1 can (8 oz.) sliced water chestnuts, drained
1/2 cup raisins
1/4 teaspoon ground black pepper
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1 tablespoon brown sugar, firmly packed
2 cups turkey or chicken broth
Salt
2 tart cooking apples, cored and coarsely chopped
1/2 cup slivered almonds, toasted
Crumble sausage into large oven-proof skillet. Cook over medium heat, stirring, about 5 minutes. Add onions and celery; cook until tender crisp but not brown. Add rice, water chestnuts, raisins, seasonings, sugar and broth. Salt to taste. Bring to a boil. Cover and bake at 350° for 25 to 35 minutes, or until rice is tender and liquid is absorbed. Remove from oven. Stir in apples. Replace cover and let stand 5 minutes. Sprinkle with almonds.
Makes 8 servings.

EASY TURKEY GRAVY

5 cups turkey stock* or canned chicken broth
1/2 cup flour
1 teaspoon Kitchen Bouquet
1 teaspoon salt
1/2 teaspoon ground black pepper
Chopped giblets (optional)
Blend in a bowl 1 cup cold stock or chicken broth with flour until smooth. Heat remaining stock in large saucepan. Stir flour mixture into hot stock. Cook and stir over moderate heat until mixture thickens. Reduce heat, add remaining ingredients and cook 2 to 3 minutes longer. Serve hot. Makes about 4 cups.
*TURKEY STOCK: Combine giblets; 1 teaspoon each thyme leaves and chopped parsley; 1 carrot and 1 celery rib with leaves, chopped; 1 half onion, quartered; and 1/2 teaspoon Kitchen Bouquet. Cover with water. Simmer about 2 hours. Strain. Reserve giblets.

CRANBERRY BLUE CHEESE SALAD

1 box (10 oz.) frozen cranberry orange relish*
1 can (17 oz.) fruit cocktail, undrained
1 cup water or fruit juice
1 package (6 oz.) raspberry flavor gelatin
1/2 cup cream sherry
2 to 4 oz. blue cheese, crumbled
1 banana
2 teaspoons lemon juice
1 cup heavy cream
1 package (3 oz.) cream cheese, softened
2 tablespoons cream sherry
Combine relish, fruit cocktail, and water in 2-quart saucepan. Bring to a boil. Remove from heat and stir in gelatin, stirring until dissolved. Set aside to cool but not thicken. Stir in 1/2 cup sherry and half the blue cheese. Spoon into 4 to 6 cup mold. Chill until firm. Mash banana with lemon juice. Beat cream and cream cheese until stiff. Beat in sherry, mashed banana and remaining blue cheese. Chill until needed. At serving time, unmold salad and serve with dressing.
Makes 6-8 servings.
*or 1 jar (14 oz.) cranberry orange sauce.

FILLETING A TURKEY

This simple method yields large slices of breast meat for an attractive platter.
1. REMOVING LEG, THIGH, AND WING
Start with an extremely sharp knife.
Place turkey on a cutting board. Remove drumstick and thigh in one piece by pulling leg away from bird and slicing through the joint. Separate leg and thigh by cutting through the connecting joint. Remove bones and slice meat, if desired.
Remove wings by pulling them away from the body and cutting through the joint closest to the breast. Separate the wing into sections at the joints for serving, discarding tip.
2. REMOVING BREAST
The breast will be removed in two sections. Make a vertical cut along the entire length of the breastbone about 1 inch deep until you reach the bone. Place fingers in the slit and peel the meat away by pulling with your hand and slicing with the knife.
3. SLICING BREAST
Place the breast sections on cutting board; starting at the small end, make thin diagonal slices at a 45° angle.
Arrange the light and dark meat on platter and garnish with parsley and fruit-filled orange shells, if desired.



Rice dressing, turkey gravy and cranberry salad add a new touch to the traditional holiday meal

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THIS AD EFFECTIVE:
THURS., NOV. 10
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NOV. 16, 1983 ...

DEL MONTE GOLDEN CREAM STYLE OR WHOLE KERNEL

Sweet Corn

2 **88¢**
17-oz. cans

ORANGE, LIME, LEMON, RASPBERRY, APPLE, STRAWBERRY, BLACKBERRY CHERRY OR TROPICAL FRUIT

DESSERT Royal Gelatin

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pkgs.

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Toothpaste 6-oz. tube **\$1.10**
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Instant Shave 11-oz. can **99¢**

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Delicious Mounds or
Almond Joy 1/2-lb. pack **\$1.29**

ALL GRINDS

Folger's Coffee

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

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- Keebler **Chips Deluxe** 12-oz. **\$1.99** pkg.
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- Del Monte, In Extra Light Syrup, Lite Halved or Sliced **Bartlett Pears** 16-oz. **69¢** can
- Del Monte, In Heavy Syrup, Halved or Sliced **Bartlett Pears** 16-oz. **69¢** can
- Del Monte, In Heavy Syrup **Fruit Cocktail** 17-oz. **69¢** can
- Del Monte, In Extra Light Syrup, Lite **Fruit Cocktail** 16-oz. **69¢** can
- Del Monte Blue Lake Cut or French Style **Green Beans** 2 16-oz. **88¢** cans
- Del Monte **Sweet Peas** 2 17-oz. **88¢** cans
- Del Monte **Tomato Catsup** 33-oz. **99¢** bot.

Tremendous Savings On

BREYERS ASSORTED FLAVORS

Ice Cream
half gal.

\$2.39

Personalized Photo Mugs

A delightful gift for loved ones. Order early while they're ONLY \$2.39 each. Orders accepted thru 12/10/83.

\$2.39

Holiday Photo Greeting Cards

Send your favorite photo in one of our attractive Holiday Folders or Slim Line Designs for a very special Christmas Card. Order now and save.

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46-oz. can

69¢

Tremendous Savings On

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Collect An Entire Set

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Special Retail with \$10 Purchase

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Del Monte Pineapple
15 1/2-oz. can

59¢

- Northern White or Assorted **Bath Tissue** 4-roll **99¢** pkg.
- 20¢-Off Label, Pure Vegetable Oil **Wesson Oil** 24-oz. **\$1.25** bot.
- 5¢-Off Label **Comet Cleanser** 3 14-oz. **99¢** cans
- 40¢-Off Label, King Size **Fabric Softener Downy** 64-oz. **\$1.99** bot.
- 48-ct. Toddler or 60-ct. Extra Absorbent Convenient Pack Elastic Leg **Pampers Diapers** each **\$8.00** pkg.
- Fresh Pack Kosher Spears **Vlasic Pickles** 24-oz. **\$1.29** jar
- Jif Smooth or Crunchy **Peanut Butter** 28-oz. **\$2.49** jar

Microwave Magic

Substitute Squash For Spaghetti

The produce counters are piled high with many variations of squash. They come in many colors, shapes, and sizes. The squash is a member of the gourd family. There are two main types, summer and winter. We are fortunate in that we have available both kinds year-round.

When selecting this vegetable, look for firm, well-shaped squash without soft spots. The squash should be heavy for its size. Since so many varieties are available now, try some of the ones that are unfamiliar to you. You will be pleasantly surprised at the different tastes and textures.

The spaghetti squash looks much like strands of spaghetti on the inside. It can be used instead of pasta, served with tomato sauce or as an accompaniment to meat.

PARMESAN SPAGHETTI SQUASH

- 1 medium spaghetti squash (about 5 lbs.)
 - 1/4 cup butter or margarine
 - 1/2 cup Parmesan Cheese
 - 1 teaspoon parsley flakes
 - 1/2 teaspoon salt
- Pierce squash several times with fork to allow steam to escape. Place on paper plate. Microwave at 100% power for 20-25 minutes turning over several times during the cooking. Let stand 5-8 minutes.

Midge Mycoff

Home Economist
Seminole Community College



Cut squash several times with fork to allow steam to escape. Place on paper plate. Microwave at 100% power for 20-25 minutes turning over several times during the cooking. Let stand 5-8 minutes.

Cut squash in half crosswise; scrape out seeds. With fork, pull out the strands of squash into a serving bowl. Dot with butter and add cheese, parsley and salt. Toss to mix evenly.

SAUSAGE AND SQUASH

- 2 medium acorn squash
 - 1 pound of ground beef
 - 1/4 pound of pork sausage
 - 1 small onion, chopped
 - 1/2 cup milk
 - 1/2 cup dry bread crumbs
 - 1/2 teaspoon salt
 - 1/4 cup apply jelly
- Pierce squash several times to allow steam to

escape. Place on paper plate. Microwave at 100% power for 13-16 minutes. Turn squash 2 times during cooking. Cut squash in three slices and remove seeds. Place slices in a 12x8 glass baking dish. Combine remaining ingredients except for apple jelly. Mix well and divide into six portions. Shape into a ball and place in center of each squash slice. Press into hollow space. Cover with wax paper. Microwave at 100% power for 7-10 minutes or until meat is no longer pink. Spoon apple jelly onto meat. Microwave at 100% power, uncovered, for 2-3 minutes or until meat is glazed.

Even the seeds of the squash are a wholesome food and tasty if prepared correctly.

SEASONED SQUASH SEEDS

- 1 cup squash seeds
 - 1 tablespoon butter
 - 1/2 teaspoon Worcestershire Sauce
 - 1/4 teaspoon garlic salt
 - 1/4 teaspoon onion or seasoned salt
- Remove the membrane from seeds. Wash and pat dry on paper towel. Place seeds in a 9-inch glass pie plate. Add remaining ingredients. Microwave at 100% power for 8-10 minutes or until lightly toasted. Stir 4 or 5 times during cooking.
- If the seeds are large and moist, it will take longer to get to the toasted stage.

PILLSBURY UNBLEACHED SELF-RISING, ALL PURPOSE, UNBLEACHED, SELF-RISING OR BREAD **Flour** 5-lb. bag

39¢

With One S&H Stamp Price Saver Certificate

ASSORTED FLAVORS **Dairi-Fresh Sherbet** half gal.

89¢

With One S&H Stamp Price Saver Certificate

BREAKFAST CLUB GRADE A FLORIDA **Large Eggs** per dozen

39¢

With One S&H Stamp Price Saver Certificate

IN WATER OR OIL, LIGHT MEAT **Star-Kist Chunk Tuna** 6 1/2-oz. can

9¢

With One S&H Stamp Price Saver Certificate

- Lykes Sliced Cooked Ham 1-lb. pkg. \$2.99
- Louis Rich Smoked Turkey Sausage .. 1-lb. pkg. \$1.79
- Fresh Pork Boston Butt 5-lb. \$1.79
- Swift All American (2 1/2-4-lb. avg.) Boneless Hams.... per lb. \$1.99
- Swift Premium Sliced Cooked Salami, Beef Bologna or Spiced Luncheon 6-oz. 79¢
- Armour Star Jumbo Meat or Beef Hot Dogs..... 1-lb. pkg. \$1.49
- Sunnyland Meat, Beef or Thick Sliced Bologna 1-lb. pkg. \$1.49
- Seafood Treat! Fresh Flounder Fillets ... per lb. \$3.69
- Seafood Treat! Fresh White Fish Fillets .. per lb. \$2.19
- Fresh Frozen Grouper Fillets per lb. \$2.69
- Fresh Frozen Halibut Steak per lb. \$2.59
- Seafood Treat! 21-25-ct. Shrimp per lb. \$8.99

FOR SALADS OR SANDWICHES, CRISP WESTERN **Iceberg Lettuce** large head

49¢

Fresh Produce ALL PURPOSE WHITE **Potatoes** 10 lb. bag

\$1.59

- Florida Tender Sweet Yellow Corn.... 10 ears for \$1.39
- Tropicana 100% Pure Premium Pack Orange Juice half gal. \$1.39
- Tasty California Red Emperor Grapes .. per lb. 59¢
- Crisp Juicy Virginia Red Apples..... 3 bag 79¢
- The Natural Snack, Red Seedless Grapes... per lb. 79¢
- For Salads or Slicing, Large Size Tasty Tomatoes .. per lb. 49¢

PLANTERS 6 1/2-oz. CHEEZ CURLS, 5-oz. CHEEZ BALLS, 7 1/2-oz. CORN CHIPS OR 7-oz. PRETZEL TWIST **Assorted Snacks** per pkg.

39¢

With One S&H Stamp Price Saver Certificate

U.S.D.A. CHOICE BONELESS BEEF **Chuck Roast** per lb.

\$1.59

U.S.D.A. CHOICE BONELESS BEEF **Shoulder Roast** per lb.

\$1.79

FRESH PORK **Shoulder Picnic** per lb.

79¢

- Deli**
- Delicious Coconut Custard Pie each for \$1.79
 - Tasty Smoked Braunschweiger or Fresh Liverwurst quarter lb. 59¢
 - Delicious Old Canadian Cheese quarter lb. 89¢
 - Zesty Flavored Macaroni Salad per lb. 89¢
 - Fresh Tasting Onion Rye Bread .. per loaf 79¢
 - Hot From The Deli! Beef Stroganoff .. per lb. \$3.99
 - Macaroni & Cheese per lb. \$1.79

LAND O LAKES LIGHTLY SALTED SWEET CREAM **Butter Quarters** 1-lb. ctn

\$1.99

- Dairy**
- Ballard Buttermilk Biscuits 6 10-ct. cans 99¢
 - Pillsbury Pie Crust 15-oz. pkg. \$1.33
 - Dairi-Fresh Whipping Cream ... half pint 69¢
 - Dannon Assorted Flavors Yogurt 2 8-oz. cups 99¢
 - Wisconsin Cheese Bar Swiss Cheese per lb. \$3.23
 - Wisconsin Cheese Bar Provolone or Mozzarella Sliced Cheese 6-oz. pkg. 99¢
 - Wisconsin Cheese Bar Monterey Jack, Medium Cheddar, Mild Cheddar Horn Cheese or Mozzarella Cheese 8-oz. pkg. \$1.19
 - Dairi-Fresh Assorted Cottage Cheese..... 16-oz. cup 99¢

60¢ OFF With This Coupon ONLY 50¢-Off Label, King Size **Tide Detergent** \$2.77 84-oz. pkg.

(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Nov. 10-16, 1983)

\$1 OFF With This Coupon ONLY 3-LBS. OR MORE OF **Fresh Ground Beef** (Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Nov. 10-16, 1983)

50¢ OFF With This Coupon ONLY **York Mint Patties** 12-oz. box **\$1.35**

(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Nov. 10-16, 1983)

60¢ OFF With This Coupon ONLY **Holiday Fogger** 6-oz. can **\$1.99**

(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Nov. 10-16, 1983)



Frozen patty shells and sardines make delicious main dish pies

Pie's Ready In Just 30 Minutes

How to create a tasty, nutritious meal in just half an hour? Keep a few convenience foods, like Norway sardines and frozen patty shells on your pantry and refrigerator shelf, and you can prepare these delicious main dish pies in a jiffy.

Originally called 'pasties' centuries ago in England, these up-dated Nordic Half Moon Pies get wonderful new flavor from a zesty filling of Norway sardines, Swiss cheese and vegetables wrapped in a light pastry shell. Served warm from the oven, the savory pies are an easy way to satisfy cool weather appetites quick-as-a-wink!

It's nice to know too, that Nordic Half Moon Pies provide plenty of good nutrition. A 3 3/4-ounce serving of Norway sardines boosts plenty of bone-building calcium plus important protein, vitamins D and B-12, phosphorus and niacin — so they're a good bet in this and many other recipes.

Serve Nordic Half Moon Pies as a hearty lunch for favorite TV sporting events — and you'll have plenty of time to enjoy the game too! Or, pair the individual pies with a hot mug of soup or a crisp salad for a satisfying supper whenever time's at a premium.

- NORDIC HALF MOON PIES**
- 1 package (10 ounces) frozen patty shells
 - 1/4 cup prepared mustard
 - 2 cans (3 3/4 ounces each) Norway sardines in oil, drained
 - 2 tablespoons chopped capers
 - 1 large tomato, sliced
 - 1 cup shredded Swiss cheese
 - 1 egg, beaten

Thaw patty shells in refrigerator. Roll out each cold shell on floured board to 6-inch circle. Brush with mustard, leaving 1/4-inch border. Layer sardines, capers, tomato slices and cheese on half of each circle. Fold over to enclose filling; crimp edges with a fork to seal. Brush with egg. Bake on lightly greased baking sheet in 400 degree oven 15 minutes, or until puffy and golden. Makes 6 Pies.

ITALIAN BEEF SANDWICHES

- 2 beef tip steaks, cut 1/4 inch thick (about 1/2 pound)
- 3 small cloves garlic, divided
- 2 cup beef broth
- 1/2 teaspoon oregano leaves, divided
- 1 small onion, sliced
- 1 small green pepper, cut into strips
- 2 tablespoons cooking oil
- 2 Italian or French rolls, split in half

Cut one clove of garlic in half. Combine broth, 1 clove garlic and 1/4 teaspoon oregano in small saucepan and cook slowly 10 to 15 minutes. Mince remaining garlic. Quickly cook onion, green pepper, minced garlic and remaining oregano in hot oil in large frying pan, stirring, 3 to 5 minutes. Remove from frying pan; reserve. Quickly cook steaks in same frying pan until lightly browned on both sides. Dip cut surface of bottom halves of rolls in broth; top with a steak and an equal amount of vegetables. Dip cut surface of top halves in broth and place on top of vegetables. Makes 2 sandwiches.

CRACKED PEPPER PATTIES

- 1 1/2 pounds ground beef
 - 1/2 teaspoon salt
 - 2 teaspoons cracked black pepper
 - 1 tablespoon butter
 - 2 tablespoons minced shallot or onion
 - 1/4 cup dry red wine
 - 1/4 cup beef broth
 - 2 tablespoons chopped parsley
- Heat heavy frying pan over moderate heat 5 minutes. Meanwhile combine ground beef and salt, mixing lightly but thoroughly. Shape into 4 oval patties, 1/2 inch thick. Lightly press pepper into both sides. Place patties in frying pan and cook 6 minutes. Pour off drippings. Turn patties and continue cooking 6 minutes; remove to warm platter. Pour off drippings. Cook shallot in butter 1 to 2 minutes, stirring constantly. Add wine and broth and cook, stirring, over high heat until reduced by half. Return patties to pan and cook 1 to 2 minutes. Sprinkle parsley over patties. 4 servings.

where shopping is a pleasure 7 days a week



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

SANFORD PLAZA, SANFORD

LONGWOOD VILLAGE CTR., LONGWOOD



BEETLE BAILEY

by Mort Walker



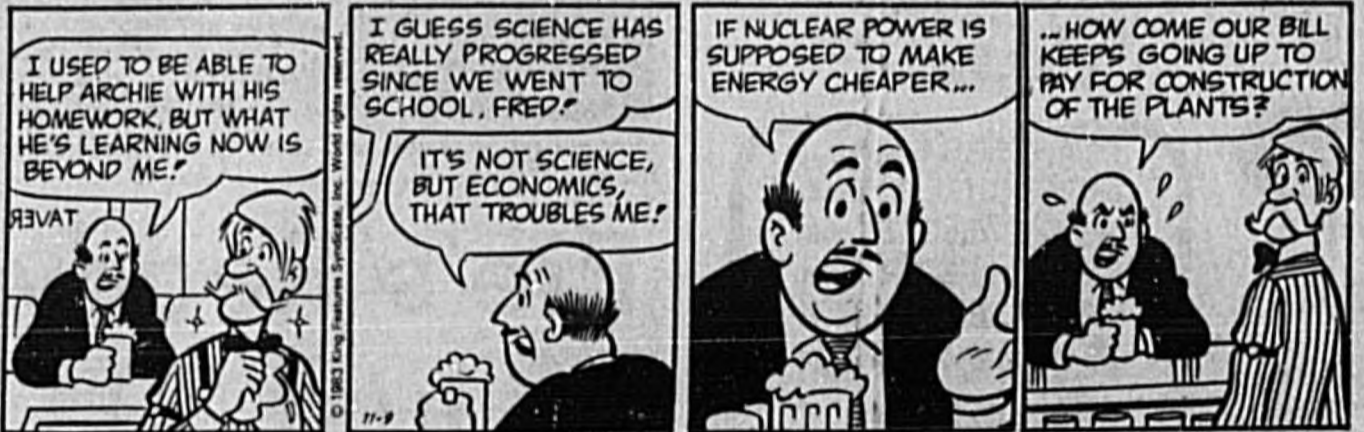
THE BORN LOSER

by Art Sanson



ARCHIE

by Bob Montana



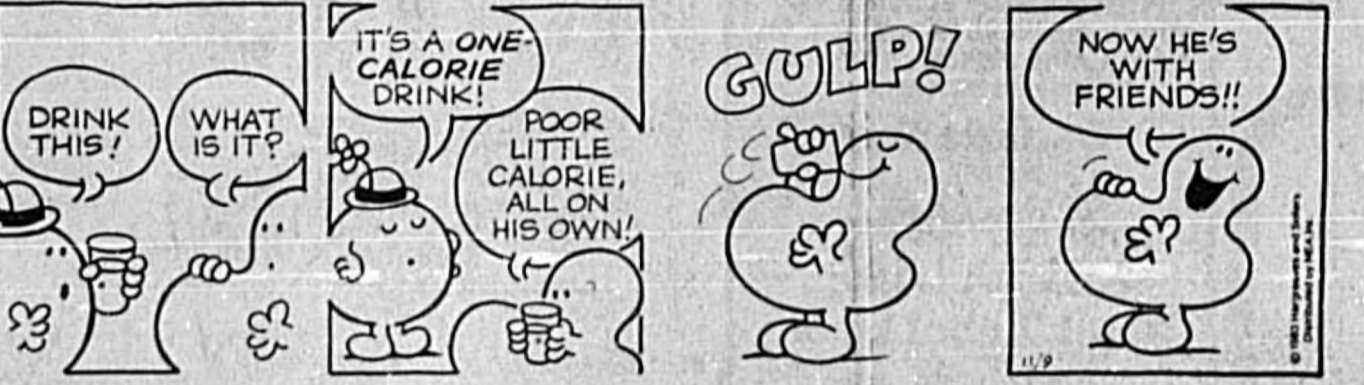
EEK & MEEK

by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



ACROSS

- 1 Hawaiian instruments
- 5 Forearm bone
- 9 Semite
- 12 Saracen
- 13 Reclined
- 14 Hawaiian instrument
- 15 Park
- 16 London
- 17 Charitable organization (abbr)
- 18 Comedian
- 19 Sparks
- 20 Kinds
- 21 Mythical woodfolk
- 22 Wireless signal
- 23 Cowboy
- 24 Rogers
- 25 Game (Fr.)
- 27 Soaked
- 28 Scooped
- 33 Vivid
- 35 Star
- 36 Weil (Sp.)
- 37 Knurl
- 40 Auto failure
- 42 Sharp bite

ANSWER TO PREVIOUS PUZZLE

ACROSS

1 LUCIFER
2 ARTHUR
3 AROUND
4 EXPENSE
5 ADS
6 YOU
7 OWE
8 EMS
9 ENT
10 DANE
11 GNUS
12 ONE
13 APOGEE

DOWN

11 UHIE
12 Small city
13 Contesting
14 Jeer
15 Novelist
16 Bagnoid
17 Shoshoneans
18 Water bird
19 Physician
20 Fiat
21 Actor
22 Andrews
23 Adversary
24 Slickest
25 Likeness
26 Stop
27 Pared
28 On the ocean

DOWN

- 1 Exclamation
- 2 Florida islets
- 3 Inner (prefix)
- 4 Fortune tellers
- 5 Epic hero
- 6 Flee
- 7 More agreeable
- 8 Likeness
- 9 Month
- 10 Squeezes out
- 11 UHIE
- 12 Small city
- 13 Contesting
- 14 Jeer
- 15 Novelist
- 16 Bagnoid
- 17 Shoshoneans
- 18 Water bird
- 19 Physician
- 20 Fiat
- 21 Actor
- 22 Andrews
- 23 Adversary
- 24 Slickest
- 25 Likeness
- 26 Stop
- 27 Pared
- 28 On the ocean

ACROSS

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53 54 55 56 57

58 59 60

61 62 63

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY NOVEMBER 10, 1983
This coming year you are likely to realize you're not as beholden to others for your success as you previously believed. New vistas will open when you become more self-assured.

SCORPIO (Oct. 24-Nov. 22) You may not be in a domestic frame of mind today. Rather than make waves, get out of the house and be with other members of the family. Order now: The New Matchmaker wheel and booklet which reveals romantic compatibilities for all signs, tells how to get along with others, finds rising signs, hidden qualities, plus more. Send \$2 to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to give your zodiac sign. Mail an additional \$1 for your Scorpio Astro-Graph predictions for the year ahead.

SAGITTARIUS (Nov. 23-Dec. 21) There's a possibility you may misread the intentions of others today. Try not to be too gullible. Someone sly may attempt to take advantage of you.

CAPRICORN (Dec. 22-Jan. 19) Avoid groups or cliques today which measure your worth by your bank balance. Associate with friends who like you for yourself.

AQUARIUS (Jan. 20-Feb. 19) Do not rely too heavily upon your wit, charm and good looks to get you by today. Accomplishments in the business world will require real effort.

PISCES (Feb. 20-March 20) Most of your problems today are apt to be creatures of your own fertile imagination. Negative thoughts will produce negative results.

ARIES (March 21-April 19) Appreciate your friends today for what they are, not for what they have to offer. Don't lean on them for special favors or to bail you out financially.

AURUS (April 20-May 20) Treat everyone equally today. Be careful not to ignore social contacts in order to glad-hand business associates.

GEMINI (May 21-June 20) Relations will be cordial today with persons who don't make demands of you. However, there's a chance you might turn down someone who really needs help.

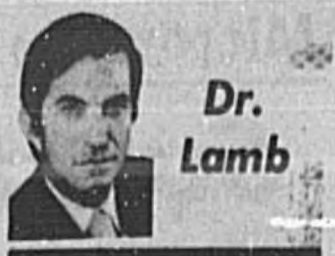
CANCER (June 21-July 22) It looks as though Dan Cupid will be your ally today, but those in the commercial world may not. Put your chips on romance, not business.

LEO (July 23-Aug. 22) Your mate might be a bit more temperamental than usual today, so be sure to employ all the charm and tact that you can muster.

VIRGO (Aug. 23-Sept. 22) Things could appear harder to you today than they actually are. Strive to conquer your mental obstacles by replacing them with positive thoughts.

LIBRA (Sept. 23-Oct. 23) Don't permit selfish or ulterior motives to dominate your course of action today. Act from a kind heart, with no thought of material reward.

Sugar Craving Not Sign Of Addiction



DEAR DR. LAMB — I quite often react as if I am addicted to sugar. Is there some physical condition that would cause a person to crave foods high in sugar? Also, is there anything that can be done to eliminate this apparent need to take in large amounts of sweets?

DEAR READER — Sugar is not addictive. After all, it contains only two basic substances, glucose and fructose, found in the entire carbohydrate foods, specifically the bread and cereal group as well as the fruit and vegetable group.

Nevertheless, some people do crave sweets. Probably the most common cause is that the body has adjusted to consuming a certain amount of sweets. It is similar to reactive hypoglycemia.

Here is how it works. You eat concentrated sweets and your pancreas produces insulin to lower the blood glucose level to normal limits. Your pancreas literally develops the capability to produce the amount of insulin you need for your sweet habit.

Now if you stop eating sweets the excess insulin makes your blood glucose level ride the low side and this stimulates your appetite to eat more sweets and bring your blood glucose back to normal.

The converse works, too. If you don't eat any sweets your pancreas, specifically the islets of Langerhans that produce insulin, gets lazy. Then when you consume sweets your islets can't produce enough insulin and your high blood glucose level is like a diabetic. In fact, that is how some diabetic responses to blood glucose tests occur in normal people.

Recent studies also suggest that some people need more glucose to affect brain chemistry but I think those studies are too early for any conclusions yet.

You'll be interested in reading the facts in The

Health Letter 19-4, Sugar and Sweets: Good and Bad.

The way to break the habit involves toughing it out until your body readjusts to your not consuming too many sweets. It will make the adjustment in a few days to a week. You can substitute good fresh fruit such as a raw apple or vegetables when you feel that sweet urge coming on.

DEAR DR. LAMB — I am plagued by fatty deposits high on the back and sides of the hips. These deposits or "love handles" persist despite trunk twisting exercises and dieting. I'm painfully skinny otherwise. I'm a 5-foot-10-inch man and I only weigh 140 pounds. I'm 30 years old and in good general health — but what can be done to eliminate these unsightly bulges?

DEAR READER — There is not much that can be done short of surgical removal. Your trunk exercises support the observation that one cannot accomplish spot reducing with exercises. But I would recommend that you try a body building program to grow larger muscles. As your muscles enlarge and fill out your body, the "love handles" may not be so noticeable or the little roll of fat held in the loose skin will be compressed over the strong and larger muscles. It is worth trying and you will most likely look better and be more pleased with yourself as you develop a stronger, more muscular body.

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

WIN AT BRIDGE

NORTH 11-9-83

Q 10 6
K 4
A K 8 6 4
A K Q 2

WEST EAST

K 5 4 2
Q 9 7 6 2
J 5 3 2
10 8 6

SOUTH

A J 9 8 7 3
K J 5
10 7
J 4

Vulnerable: Both
Dealer: North

| | | | |
|------|-------|------|-------|
| West | North | East | South |
| Pass | 10 | Pass | 10 |
| Pass | 30 | Pass | 30 |
| Pass | 40 | Pass | 4 NT |
| Pass | 50 | Dol. | 60 |
| Pass | Pass | Pass | Pass |

Opening lead: ♠6

played a board-a-match scoring. A plus score for a board wins one point, a minus score gets a zero and a tie gets half a point.

South found himself in a slightly optimistic slam. East won the first trick with the ace of hearts and led back a heart to South's king. Now South called for the queen of spades from dummy.

We'll let world class expert West describe what happened at this point.

"I heard a voice say, 'The lead's in your own hand.' I looked around to see who had said it and suddenly realized that the voice was mine."

The rule is that declarer must lead the same suit from his own hand, so naturally enough he played his ace, dropped the expert's singleton king and was the only declarer to make that spade slam. The slam was not bid at the other table in the match so it was a swing of one full board, but to show that justice doesn't always triumph, the team that lost the board still won the event.

By Oswald Jacoby and James Jacoby
It was the final round of the 1952 National Men's Team Championships of the ACBL.

West was one of the great all-time players. His team led going into this final session. This particular event was

GARFIELD



ANNIE



71—Help Wanted

Experienced Termite Salesman... Front Desk Clerk... Hairstylist... Handyman... Process Mail at Home!... Kids... Management Trainees... Models Wanted for Fashion Designer... Night Auditor-Relief... Office Help... Full time... Part time... Phone Time Counter Help... Phone Solicitors... Phone Pros...

71—Help Wanted

GAS ATTENDANT... General office skills... Receptionist Position... Secretary Wanted... Truck Drivers... Underpaid? Get What You're Worth!... Warehouses and Stock Workers... Welders... 2nd Cook-Roasting... High School Diploma?... Night Auditor-Relief... Office Help... Full time... Part time... Phone Time Counter Help... Phone Solicitors... Phone Pros...

97—Apartments Furnished / Rent

46 2 Bdrm. utilities pd., air, \$300... 1 Bdrm. Apt. Newly decorated... 99—Apartments Unfurnished / Rent... Bamboo Cove Apts... Efficiency... Large 4 room... LUXURY APARTMENTS... Mariner's Village on Lake Ada... Mellenville Trace Apts... Near Airport 4.5 on 2.3 acres... NEW 1 & 2 Bedrooms... SANFORD 4 rms. garage, air... SINGLE STORY LIVING... SANFORD COURT APARTMENTS... 1 Bdrm., 1 B., large garage... 1-2 Bdrm. Like new... 2 Bdrm. 1 bath upstairs... 4 Bdrm. 2 Bath, kids, pets...

OUR BOARDING HOUSE



105—Duplex-Triplex / Rent

Unfurn 1 yr. old, dishwasher, garbage disposal, ice maker, washer/dryer hook up... 107—Mobile Homes / Rent... 3 Bdrm, 1 bath, 2 1/2 acres... 113—Storage Rentals... Semi-Storage Trailers for Rent... 117—Commercial Rentals... Automotive Service Stalls for rent... Warehousing for Lease... 127—Office Rentals... THE MERCANTILE BUILDING... 141—Homes For Sale... Deltona Prime Location... EXTRA large 2 story Colonial... INLAND REALTY, INC. REALTY WORLD... WE HAVE LISTINGS!! WE NEED BUYERS!!... 323-3145... 323-3146... EXECUTIVES-DOCTORS... PLAYBOYS... SOMETHING SPECIAL... UNBELIEVABLE... SOUTHERN CHARMER... INVESTORS DREAM... LAKEFRONT... JUST FOR YOU... POOL HOME... BEAUTIFUL... CUSTOM BUILDERS HOME... COLONIAL CHARM... SANFORD 1-4 44... GENEVA-OSCEOLA RD... CALL ANY TIME... 322-2420

141—Homes For Sale

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141—Homes For Sale

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