

Other Recipes For All Occasions

Your Slow Cooker Can Yield A Fine Fig Pudding

By CECILY BROWNSTONE Associated Press Food Editor

If you have an electric slow cooker and haven't yet used it for steaming a wintertime pudding, you may be interested in the following recipe.

The notes we found the pudding's flavor much the same whether it was made with butter or margarine or suet. So if you don't want to use the traditional suet, don't feel it's a "must."

Place a trivet in an electric slow cooker and add enough hot water to have it come up 1 inch. (To make a small trivet, punch holes in a screen lid from a wire rack for 10 minutes; un-mold and serve with a favorite pudding sauce.)

Among the most popular recipes we have offered is one for Caponata that came from a good Italian home cook. Thus when we found another recipe for this antipasto in a small cookbook, published about a dozen years ago and compiled with the help of Atlanta Airlines personnel, we thought cooks who use our recipes might welcome a new version of this delicious Sicilian eggplant dish.

Here is our adaptation of that recipe.

Heat the remaining 1/4 cup oil in the skillet. Add onion and celery. Cook over medium heat, stirring often, until celery is tender- crisp—about 7 minutes. Add eggplant and the remaining ingredients. Heat to boiling, then simmer, uncovered, stirring occasionally, until eggplant is completely tender but still holds its shape—about 20 minutes.

Note: Caponata may be stored in the freezer for up to 1 month. To serve, thaw at room temperature and stir before serving.

ORIENTAL DINNER Seafood with Marinated Cucumbers Chicken Makio Rice Lettuce and Tomato Salad

Fruit Sherbet Beverage CHICKEN MAKIO 2 tablespoons light brown sugar, packed 1 cup Japanese-style soy sauce 1/2 cup dry sherry 1 clove garlic, minced

1 tablespoon minced fresh ginger root 3/4-pound roasted chicken, cut up In an oblong 3-quart glass baking dish (13 1/2 by 8 1/2 inches) or similar utensil stir together the sugar, soy sauce,

sherry, garlic and ginger root until sugar dissolves. Arrange chicken, skin side down, in one layer in the dish. Bake in a preheated 350-degree oven for 1 1/2 hours; turn chicken skin side up and continue baking until tender—1/2 hour longer. The

sauce will probably be thin; if you like you can pour it into a small saucepan and boil it until it is slightly syrupy and reduced. If you do this, first remove the chicken to a serving dish and keep warm in a low oven; spoon the reduced sauce

—it will be more concentrated in flavor—over the chicken and serve. Makes 4 to 6 servings.

FRIENDS FOR LUNCH Leah Dembo's Salad Peach Rolls Beverage LEAH DEMBO'S SALAD

Invention of a Cleveland host—light tuna, drained 6 1/2-ounce can chunk-style light tuna, drained 18-ounce can bean sprouts, well-drained 2 hard-cooked eggs, chopped

1/2 cup mayonnaise Salt and pepper to taste Toss together all the ingredients. You may want to add lemon juice and/or minced scallion. Nice served on lettuce with sliced tomato. Makes 4 servings.

STEADED FIG PUDDING 1/2 cup soft bread crumbs 1/2 cup milk 1/2 cup sugar 1/2 pound figs, ground 1/2 cup (3 ounces) ground nut or 1/2 cup softened butter or margarine 1/2 cup dark molasses 1/2 teaspoon grated orange rind 2 eggs, slightly beaten 1/2 cup flour, stir to aerate before measuring 1/2 teaspoon baking soda 1/2 teaspoon salt 1/2 teaspoon ground ginger

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FLORIDA BABY BEEF ARMOUR \* TESTENDER BEEF

Table with 2 columns: Meat Type and Price. Includes Round Steaks (\$1.28), Club Steaks (\$1.28), T. Bone Steaks (\$1.58), Sirloin Steaks (\$1.28), Chuck Steaks (88¢), Sirloin Tip Steaks (\$1.58), Round Bone Roast (\$1.08), Sirloin Steaks (\$1.78), California Roasts (\$1.38), Rolled Rump Roast (\$1.68), Round Bone Roasts (\$1.48).

ARMOUR \* VERIBEST PORK

Table with 2 columns: Meat Type and Price. Includes Assorted Chops, Quarter Loins (\$1.38), Rib Chops (\$1.88), Loin Chops (\$1.98), Pork Loin (\$1.38), Pork Steaks (\$1.58).

FAIRWAY FARMS

79¢ ONE HALF GALLON LIMIT TWO PACKAGES PLEASE

FRUITS & VEGETABLES

Table with 2 columns: Vegetable and Price. Includes Fresh Carrots (2 lbs. \$2.99), Broccoli (California bunch \$5.99), Red Bliss Potatoes (14¢), Potatoes (10 lbs. \$1.39), Onions (3 lbs. \$6.99).

RED, WHITE AND BLUE

Table with 2 columns: Item and Price. Includes Tomato Soup (18¢), V-8 Juice (59¢), Tomato Sauce (19¢), Baby Foods (14¢), Pot (27¢), Pils (27¢), 1000 Island Dressing (49¢).

CLIP THESE COUPONS NOW!

Table with 4 columns: Coupon Description and Price. Includes 50 EXTRA FAIRWAY MARKETS, 50 EXTRA FAIRWAY MARKETS, 50 EXTRA FAIRWAY MARKETS, 50 EXTRA FAIRWAY MARKETS.

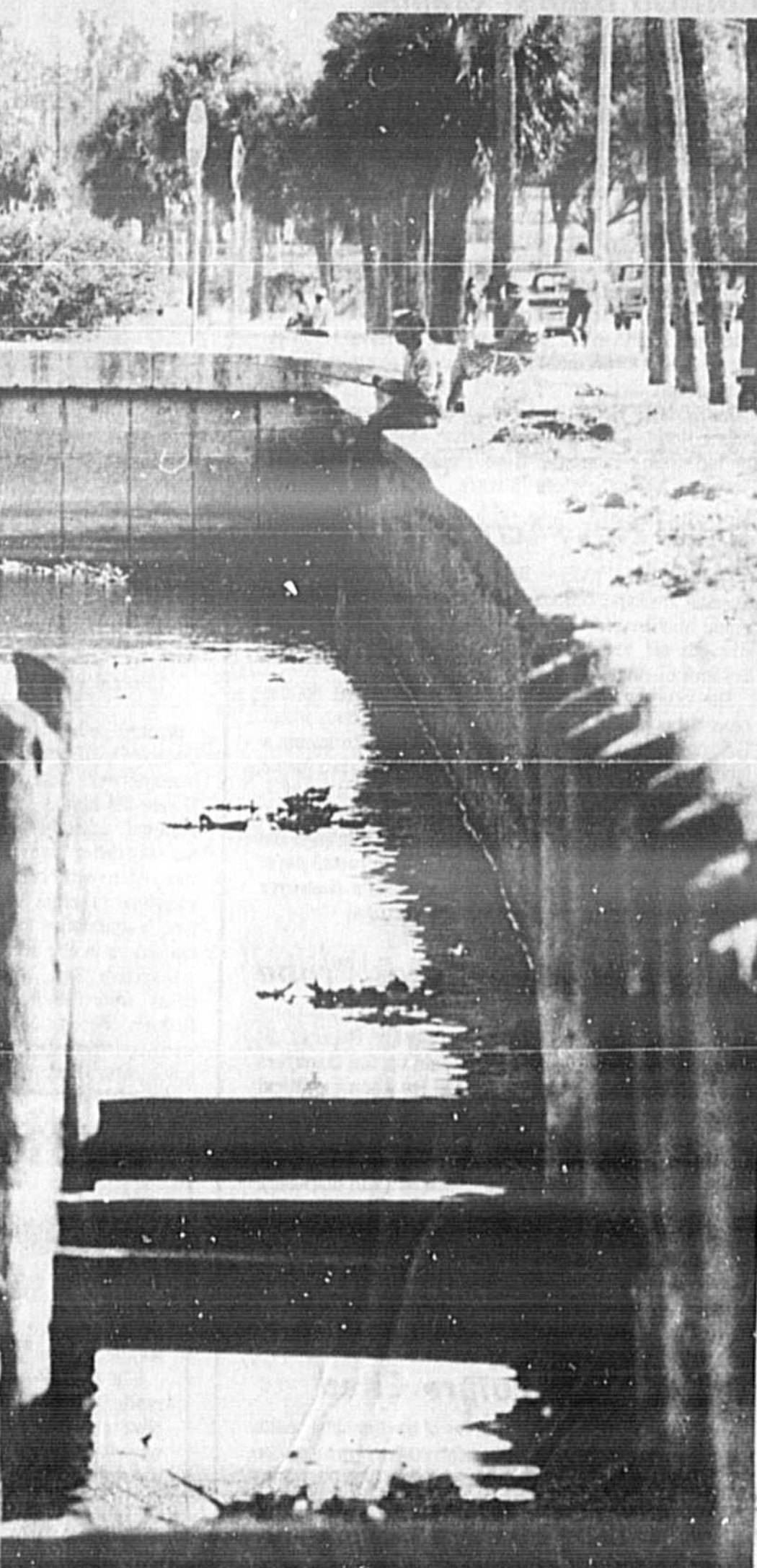
Evening Herald

Felony Charge Dismissed Leffler Frees Freeman

By BOB LLOYD Herald Staff Writer Circuit Court Judge Kenneth Leffler today dismissed a felony indictment charging County Attorney Thomas G. Freeman with soliciting unlawful compensation.

"It would appear to me, if the facts presented are true, that Freeman has engaged in conduct I wouldn't condone," Leffler said.

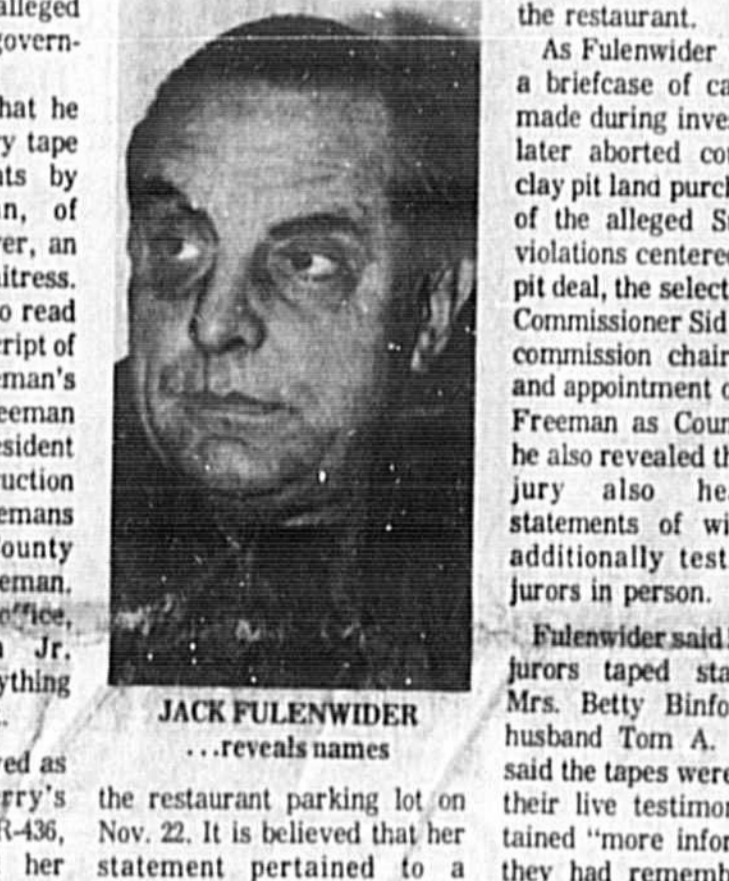
The day Freeman was indicted by the Seminole County Grand Jury Morris signed a sworn affidavit labeling the charge "Totally false."



SEAWALL ANGLING Fishermen enjoy a respite of warm and sunny weather between winter cold spells, while fishing off the seawall along Lake Monroe. Cooler temperatures are due again tonight.

State Reveals 'Secret' Witnesses

Jack R. Fulewider, chief investigator for State Attorney Abbott Herring, has revealed on court order that a grand jury had indicted three public officials for alleged Sunshine Law violations heard tape



JACK FULEWIDER ... reveals names

The bill, which would create a special taxing district in a portion of downtown Sanford, is being drawn up by the legal firm of Stenstrom, Davis and McIntosh.

The board decided it would take a position once its representatives had reviewed material on the subject gathered by the City Commission.

Group To Request Creation Of Improvement Authority

The board of directors of the new Downtown Development Corporation elected a nominating committee to produce a slate of officers and took action on four pending deadlines at its first meeting this morning in the Community Room of First Federal of Seminole Building.

The board will also meet a February deadline if it is to express an opinion to the City Commission on the location of a new City Hall site.

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School Board Airs Courtesy Busing Plan

Courtesy busing — transportation by school bus of pupils who live less than two miles from their assigned schools — continues to pose a tough problem to county school officials.



School Board Chairman Robert Feather makes a point.

Feather instructed Loyer and his staff to rewrite the proposal and draft a tentative policy to be presented at the next board meeting.

Feather further directed Loyer to establish a specific point at which courtesy busing would be implemented.

Table with 2 columns: Today and Price. Includes Around The Clock (4A), Bridge (8B), Calendar (5A), Comics (5B), Editorial (4A), Dear Abby (4B), Dr. Lamb (8B), Horoscope (8B), Hospital (5A), Obituaries (5A), Sports (1-3B), Television (6B), Women (4-5B).

Under the plan, a safety of... Details and times on Page 5-A.

Under the plan, a safety of... Details and times on Page 5-A.









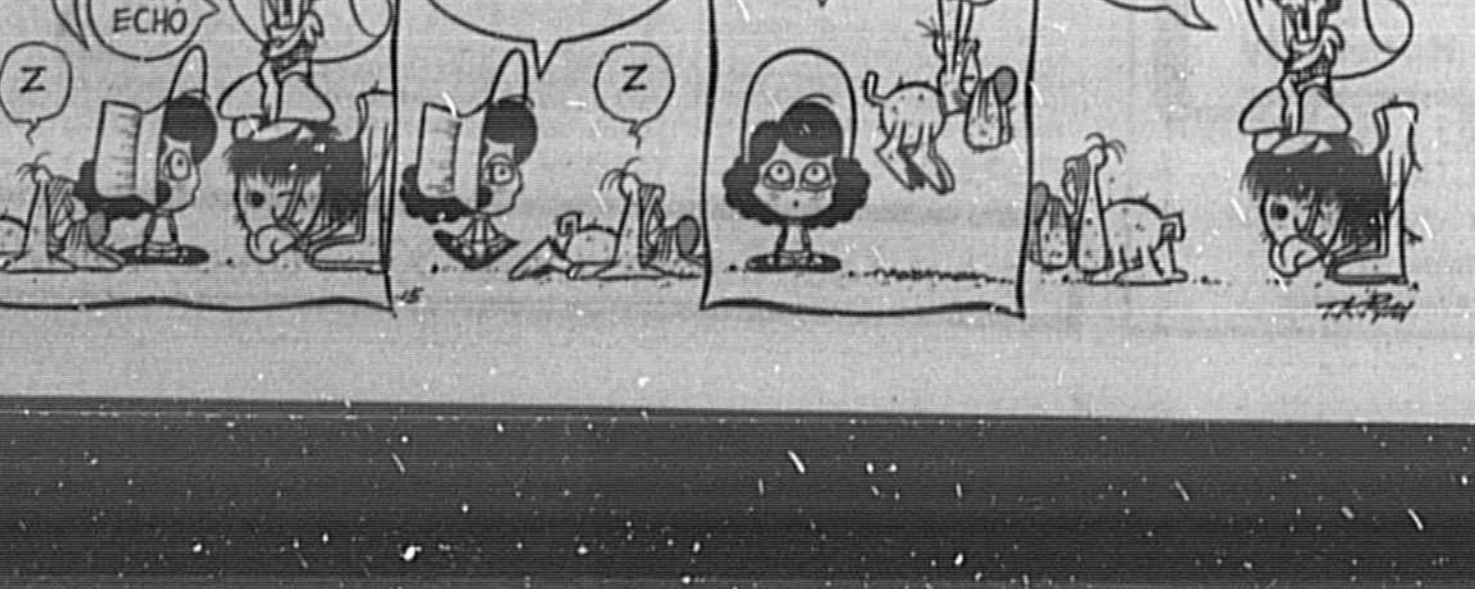
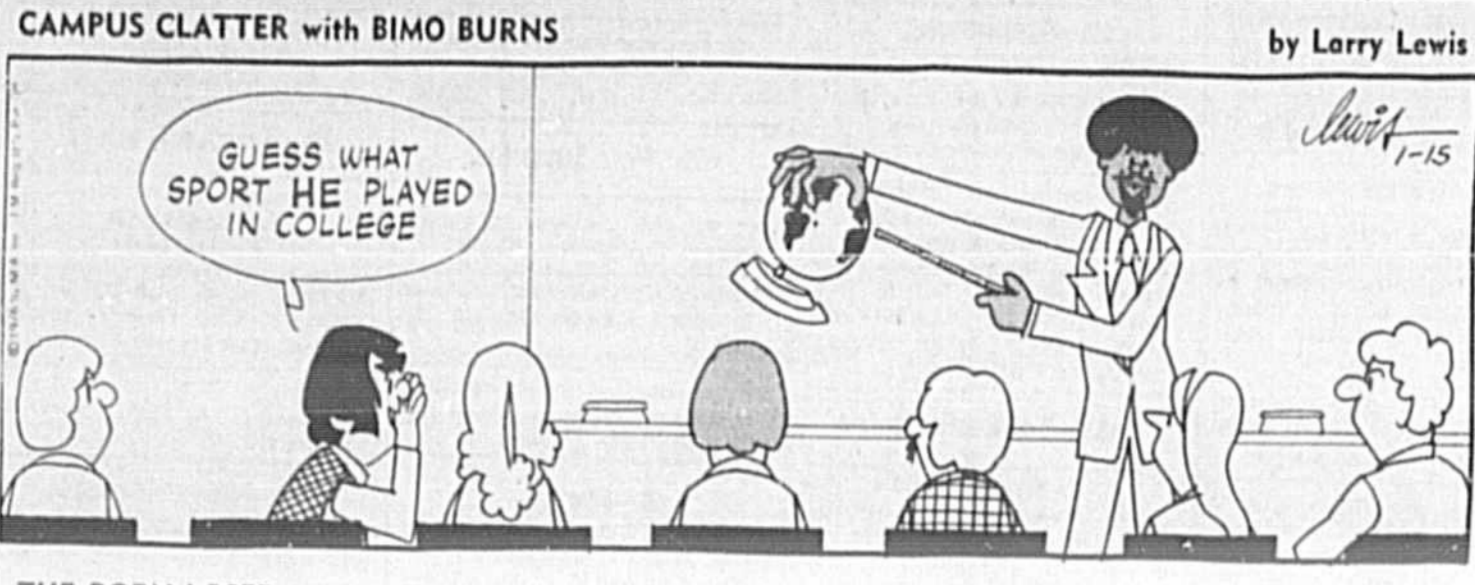












In Canada

ACROSS 1 New York is one of Canada's provinces. 2 1975 was the 100th anniversary of the Dominion of Canada. 3 1975 was the 100th anniversary of the Dominion of Canada. 4 1975 was the 100th anniversary of the Dominion of Canada.

13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70

DEAR DR. LAMB - I would like some advice. I'm 17 years old, 5 feet 6 and weigh 100 pounds. I'm small framed. Recently, I went on a strict starvation diet and lost 45 pounds. I went to the doctor afterward and he gave me vitamin pills. He also told me I have a mild case of anemia, so I'm taking iron pills too.

DEAR DR. LAMB - What does low blood pressure indicate? Recently mine was as low as 100 over 50. I'm 75 and weigh 95 pounds. I'm feet short. I am on my feet and keep going but I am tired and have to push myself to do housework.

DEAR DR. LAMB - Normal low blood pressure is usually associated with a longer life span. There is far less tendency to develop fatty-cholesterol deposits in the arteries.

DEAR DR. LAMB - I'm not surprised you are anemic. You need protein to form the iron containing hemoglobin, even if you are taking iron. Hopefully your present diet has enough protein in it that the iron will be helpful.

HAIR is specialized skin and mostly protein. As you recover you will likely regain

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HOROSCOPE

By BERNICE BEDE OSLO

ARIES (March 21-April 19) An awkward situation may put you with outsiders against your loved ones. Don't forget; what happens today is fleeting. Your family is with you always.

TAURUS (April 20-May 20) Your strong opinion may reflect the minority viewpoint today. The problem is temporary. Don't aggravate friends by arguing.

GEMINI (May 21-June 20) This is not a good time to assume a cumbersome obligations. Weigh your wants against your means.

CANCER (June 21-July 21) Your desires and aims today are likely to conflict with those whose support is essential. Some tactical maneuvering is necessary.

LEO (July 22-Aug. 22) It's wonderful to help others to lighten their burdens, but be careful not to add too greatly to your own load.

VIRGO (Aug. 23-Sept. 22) Someone you know is a super salesman, but he has a poor track record in the quality of things he promotes. Don't let him sell you a pig in a poke today.

LIBRA (Sept. 23-Oct. 23) Normally you're willing to weigh another's point of view. Today, you'll be a bit too in-

YOUR BIRTHDAY Jan. 16, 1976 Friends may bring you a great number of propositions this coming year. There may be some gold nuggets in all that sand, but they must be sifted carefully.

WIN AT BRIDGE By OSWALD AND JAMES JACOBY

South took over with Blackwood. When North showed all four kings by his six-club call the bid shows zero or four and there was no way for North to have 16 high card points without at least one king.

ASK THE GUY ABOUT IT A Vermont reader asks if one-handed players should be conceded and not played. The answer is that some rubber bridge players in order to save time concede and not play.

When you use the Jacoby transfer bid you don't have any normal use for responses of three diamonds, hearts or spades to a notrump opening. We recommend that all contracts must be played.

For more information on sensible dieting send 50 cents for The Health Letter number 47, Weight Losing Diet. Send a long, stamped, self-addressed envelope for mailing. Address your letter to me in care of this newspaper, P.O. Box 1561, Radio City Station, New York, NY 10101.

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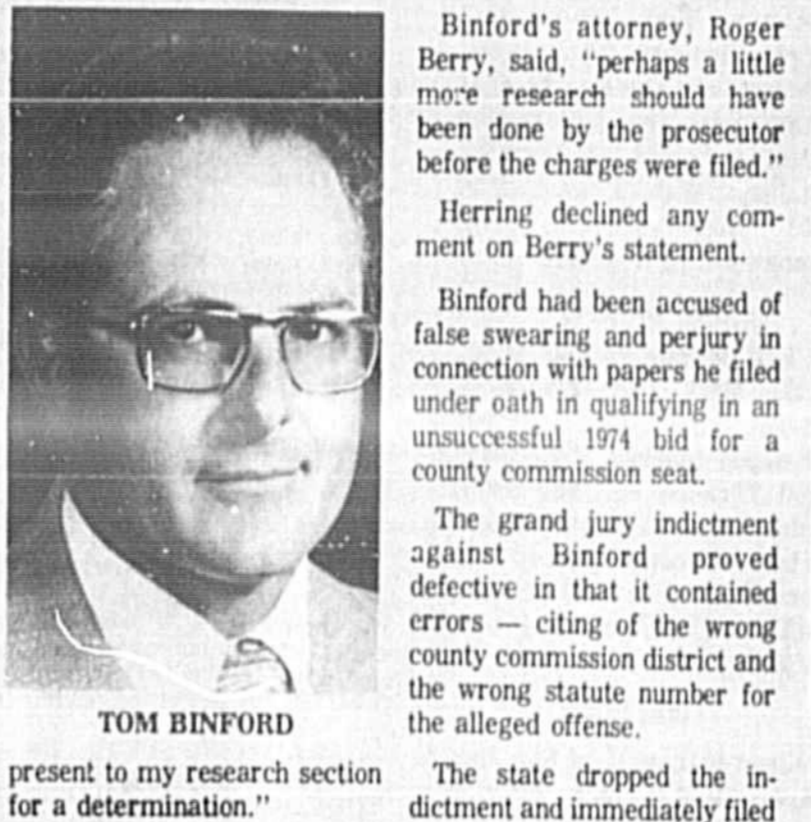
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Evening Herald

68th Year, No. 126—Friday, January 16, 1976 Sanford, Florida 32771—Price 10 Cents

Herring Plans Appeal On Freeman Woodson Dismisses Binford Charges

Binford's attorney, Roger Berry, said, "perhaps a little more research should have been done by the prosecutor before the charges were filed." Herring declined any comment on Berry's statement.



TOM BINFORD present to my research section for a determination.

Binford had been accused of false swearing and perjury in connection with papers he filed under oath in qualifying to run an unsuccessful 1974 bid for a county commission seat.

Binford did not attend the hearing this morning. Berry said his client "went back fishing in a log cabin in the state dropped the indictment and immediately filed

For Use By Seminole County Schools Zoo Park Offered As Nature Center

Central Florida Zoological Society President John Sobik Jr. is offering some 100 acres of wooded property for use in a joint project to develop an educational nature center for children.

Williams stressed, however, that he favors the site that would serve the most people for the least amount of dollars. Sobik also pointed out society officials have existing contracts with the school board and with the county commission.

Bob Hope Benefit Planned

The Rotary Club of Casselberry revealed today that America's foremost ambassador of wit, wisdom and national pride, Bob Hope, will be the featured guest speaker at a benefit dinner in Orlando April 3.

Inside Sunday

At the height of the citrus season, Floridians are all queering, freezing, baking and boiling the delicious fruit. But what about the citrus peel? Well Sanford resident End Moore has a delectable answer to that question in Sunday's Evening Herald, Women's Section, Page 1-C.

CARNIVAL

The most wonderful thing happened to me at a restaurant today. Ethel I ordered the diet lunch and they were out of it!

Water System Loan Approved For Lake Mary

LAKE MARY-A federal loan of \$40,000 to update and expand the city's water system has been approved by the U.S. Farmer's Home Administration according to Councilman Harry Terry, commissioner of the city's utility system.

'Jaycee Week' Observed Here

The Sanford-Seminole Jaycees will observe Jaycee Week, Jan. 17-24, with various activities highlighted by the Annual Distinguished Service Awards Banquet.

The banquet, to be held at 7:30 p.m. Jan. 24, at the Mayfair Country Club, will honor outstanding young community leaders in religion, fire fighting, education and law.

A breakfast, Jan. 22, at 7 a.m. at the Holiday Inn will honor past presidents of the organizations. One of the oldest Jaycee organizations in the state, the local club was born when the Florida Jaycees organized in 1923 at the Mayfair Inn.

NOW THAT'S A REAL PARTY

When Joe Bob McCawley Sr., plans a party he thinks big. To celebrate his upcoming 83rd birthday and the nation's Bicentennial, he has invited some 400 friends to feast on fish and spaghetti Saturday and to view the log cabin replica of Lincoln's birthplace, complete with two-seater outhouse, and split-rail fence and well made with brick from the first train depot in Sanford, Bore in a log cabin in Kentucky, McCawley moved to the Orlando area in 1922 and now lives on the Wekiva River just west of Sanford.

The group conducted a Junior Golf, 90th Annual Fishing Hodes, and a fire team safety program; sponsored two riders in the Muscular Dystrophy bike race; assisted with the Cerebral Palsy Walkathon; called to Santa; held an Easter Egg Hunt in Mellenville Park; supported Redheaver Boy's Club; held a Balsey Boy's clean up litter along SR-68 from 14 to Sanford. Mrs. Margie Smith Garden Club president, has issued a challenge to other groups to match the effort along other roads as part of the Golden Age Olympics.

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