

Evening Herald

76th Year, No. 118—Wednesday, January 4, 1984—Sanford, Florida 32772-1657

Evening Herald—(USPS 481-280)—Price 20 Cents

Seminole DUI Dragnet Nets Fewer Than Expected

Over the New Year's weekend, 18 drivers gambled on driving drunk and lost.

Seminole County sheriff's deputies nabbed six suspected drunk drivers from 6 p.m. Friday to 12 a.m. Tuesday.

Sgt. Mike Kirby, Florida Highway Patrol spokesman, said there were six Seminole County drunk driver arrests made by troopers. He said that figure is considerably lower

than he expected.

"We normally make 10 to 12 arrests per week in Seminole and we expected the arrests to shoot up this weekend. They just weren't out there to arrest and we're happy about that."

The highway patrol had re-scheduled officers to provide additional coverage state-wide to curb drunk driving. In Florida, Kirby

said, 16 persons died in holiday traffic accidents. That was 12 fewer than lawmen had predicted.

"I think knowing more patrols were on the road made a difference," Kirby said. "Locally, we also had good cooperation from restaurants and cab companies who were offering free rides or discount fares to drinkers. I think that helped, too. I hope this holds out past the holidays."

Sheriff's spokesman John Spolski said that deputies and other area lawmen made 11 DUI arrests New Year's weekend last year and they usually arrest about seven drunk drivers each weekend.

A lot of potential drunk drivers stayed off the roads this year, Spolski said, because they were aware of increased patrols and the cold weather may have made some people stay home.

Sanford and Casselberry police each made one DUI arrest and Altamonte Springs and Oviedo police each arrested two suspected drunk drivers.

For the past two weeks, five additional Seminole County sheriff's deputies have been on patrol looking for drunk drivers and on New Year's Eve the Sanford police department had 40 officers on the road.

Sgt. Bill Bernosky said that the knowledge that additional officers were on DUI patrol made many people who may have had too much to drink find someone else to drive them home.

In the 10-day period from Dec. 17 to 27, Seminole County deputies arrested 17 suspected drunk drivers and Sanford police reported no DUI arrests in that period.

—Susan Loden

Library Bond Sale Set

Seminole County will begin advertising an offering of \$7 million in library bonds by mid-January. The county commission voted 4-1 Tuesday to authorize the advertising. Commissioner Bud Feather cast the opposing vote.

The bids on the bonds must be received by the county clerk by 11 a.m. Jan. 26. The clerk will then tabulate them and present them to the commission at a special 1 p.m. meeting the same day. The commission will name the successful bidder.

Prospective purchasers bid to buy the bonds at a specific interest rate. The county will award the bonds to the bidder who will charge the lowest interest rate.

County Attorney Nikki Clayton said the delivery of the bonds is expected to take place on Feb. 22.

At Tuesday's commission meeting, Feather asked the Ms. Clayton if the board was bound by the library bond referendum passed by the voters in November, 1982.

"It's a difficult question," she replied, "but the voters answered the question. The board is without discretion and must follow the will of the people, but obviously the board has wide room for to interpret. Fundamentally, it is obligated to proceed."

"The reason I asked," Feather added, "is they have opened a new library in Putnam County and it was built using grants from the state and private funds with no tax dollars. Why couldn't we do that and use the bond money where it is needed such as transportation needs. There are over 50 libraries in the county and the majority were built with taxpayers money. It's silly to build more."

Commission Chairman Sandra Glenn said that the county has been receiving grant funds from the state to the maximum and they were used to update existing library facilities and for



The Sanford Branch of the Seminole County Library will be expanded as the part of improvements and new construction planned after the upcoming sale of the \$7 million bond issue.

Herald Photo by Jacques Brund

books and capital improvements.

The commissioners dusted off the bond issue proposal in July and agreed to issue the bonds.

The bond issue is intended to pay for expansion of the Sanford branch library, build a new home for the main library in Casselberry and acquire property and build libraries in Lake Mary, Oviedo, Lake Howell, Tusawilla and Forest City-Wekiva areas.

Feather has consistently

maintained, however, than once the new libraries are built the county will not have funds available to staff, stock or maintain them.

The bonds were originally scheduled to be issued in March, but concern over the county's ability to pay higher library operating costs led commissioners to delay. A compromise proposal by the Library Advisory Board is issue \$4 million of the bonds in 1983 and the remaining \$3 million in 1987 was dropped earlier in the

year when the county attorney said splitting the bond issue made little sense. She said the county's costs would be increased by issuing bonds twice.

Once the bonds are sold, the county has five years to spend the money. When the bonds are sold the county will begin land acquisition and construction as soon as possible. Construction will begin as sites become available, giving commissioners and civic organizations an incentive to help locate potential library sites in their areas.

Water

Special Wells Buy Time, But Crisis Still With Us

By Donna Estes
Herald Staff Writer

The connection of two irrigation wells to the Sanford water system gave the city a breathing spell from its water shortage today, but "the crisis is still here and the need is still here," the city manager said.

With the two privately-owned wells connected to the city's system, the city's water capacity was boosted by 1.8 million gallons daily to 5 million gallons per day, he said.

Six of the city's 15 wells are shut down because of contamination above the state-acceptable level of .1 parts per billion of the pesticide and suspected carcinogen EDB—ethylene dibromide.

City Manager W.E. "Pete" Knowles said the irrigation wells were connected Tuesday afternoon, but one of the two was shut down shortly after connection because of a broken coupling. The coupling was repaired this morning and the two wells were again on line shortly before noon.

Knowles said the city system uses a minimum of 4.5 million gallons daily. He added that the 5 million gallons per day capacity with the irrigation wells added means there is no water in reserve and the normal procedure of resting wells periodically has been abandoned temporarily.

Meanwhile, drilling began Tuesday for two new city wells in the Hidden Lake area to increase the city's supply further. Knowles said he expects construction to be completed on those new wells within four to six months with the cooperation of state agencies in granting permits expeditiously.

When the new wells are completed, the privately-owned irrigation wells will be taken off the system, Knowles said.

A building moratorium, called by the Sanford City Commission last week while the water shortage exists, is still on, Knowles said.

Formal conservation measures would be a 'nightmare' to enforce.

But, the city has not imposed water conservation measures on its city customers yet, Knowles said. He said on Dec. 7 the city commission adopted a proclamation calling for mandatory conservation, but that proclamation will be put into effect only if it becomes necessary. He said the city residents are currently conserving water without a formal mandate and urged that the practice continue.

"If more wells go down, or when hot weather arrives, we may have to put the proclamation into effect," he said.

Earlier, Knowles advised the commission that formal conservation measures would be a "nightmare" for police to enforce.

Knowles said, at this point, city staff and engineers are at a loss to explain why six wells at Mayfair are tainted while one remains free of EDB contamination.

Knowles said the city must work toward getting its water capacity back to 9 million gallons per day. Knowles has said that the city's 9-million-gallon capacity is necessary to provide reserves for emergencies such as wells being shut down for equipment repair.

EDB was first discovered in three of the seven wells at Mayfair Golf Course on Nov. 15 after the county health department took samples for state analysis from the site. The city ordered the three wells shut down. Last week a fourth well was found contaminated and then two others.

The city well field of eight wells on U.S. 17-92 at Airport Boulevard is free of EDB, according to state test results.

Craft Jury Being Picked

JOPLIN, Mo. (UPI) — Jury selection began today in the re-trial of former television news anchorwoman Christine Craft's \$3.5 million fraud claim against Metromedia Inc., which she says defamed her because she refused a fashion and beauty make-over.

Craft's 1983 \$500,000 fraud verdict

against New Jersey-based Metromedia Inc. was overturned by Judge J. Stevens leading to the re-trial of her \$3.5 million fraud claim. One of the reasons used by Stevens in his decision was the effect that news reports had on the jury.

After she was demoted to reporter, she left the station.

Faulty Lights Put Sanford Airport In The Dark

Pilots flying in and out of Sanford Airport were virtually flying in the dark recently when the airport's runway lights went on the blink.

The lights, which illuminate the airport's four runways, were out of commission Friday to Tuesday, according to airport

manager J.S. "Red" Cleveland.

The darkened runway caused at least one pilot, while approaching the airport, to good-naturedly chide airport authorities.

"I heard your lights were out. If you pay your electricity bill it might help," he said after the air

traffic controller told him the strip's approach lights were working but the landing lights were not.

The problem, however, had little to do with the light bill, according to Cleveland.

Cleveland said a contractor, working at the direction of the

Federal Aviation Authority, finished installing new threshold lights on the 8,000-foot runway Friday.

Cleveland said he assumed there was a connection between the installation work and the darkened runway.

The problem was fixed Tuesday night. —Deane Jordan

TODAY

Action Reports.....2A	Crossword.....4B	Hospital.....2A
Around The Clock.....4A	Dear Abby.....5B	Nation.....2A
Bridge.....4B	Deaths.....7A	People.....1,5,6B
Calendar.....6A	Dr. Lamb.....4B	Sports.....8-10A
Classifieds.....6,7B	Editorial.....4A	Television.....5B
Comics.....8B	Florida.....3A	Weather.....2A
	Horoscope.....4B	World.....7A

Few Think Goodman Release Boosts Jackson Candidacy

Seminole County political leaders today called the release of Navy Lt. Robert Goodman Jr. from Syrian captivity "fantastic", but only one thought the Rev. Jesse Jackson's presidential aspirations have been solidly boosted with new support by the personal diplomatic role he played in the release.

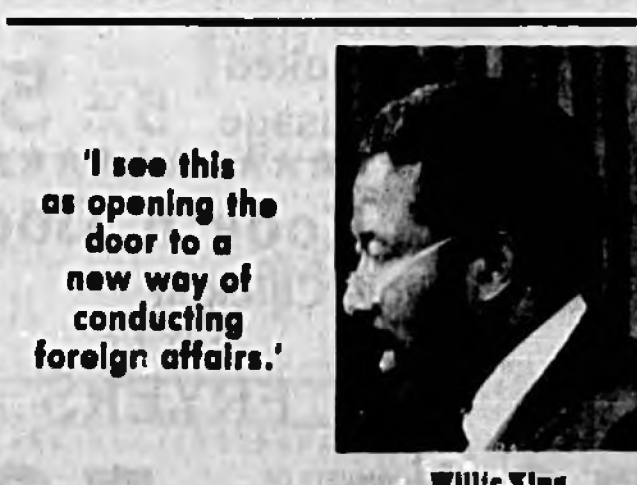
Charles Glascock, state Democratic committeeman, said "only time will tell" and the "voters tend to forget matters like this when they go to the polls."

But, Willie King, president of the Seminole chapter of the NAACP, said Jackson's coup has enhanced the voters' perception of his abilities and credibility in international affairs.

"I think some voters who ordinarily would not vote, will do so now because of this one incident. There are many who do not pay attention to the national furor, but will take note of this humanitarian effort," King said.

"But more than adding impetus to Jackson's campaign I see this as opening the door to a different way of conducting foreign affairs. Perhaps some may believe that the U.S. needs to get so-called amateurs, rather than professionals, to negotiate with third world nations where Americans are not held in such high esteem but a man-of-the-cloth like Rev. Jackson is," King said.

King, in addition to his NAACP role, is also vice president of "The Orlando Times," a black newspaper, and is a member of the Seminole County Democratic



Willie King

Executive Committee. Bill Kinane, chairman of the local GOP committee, said while he is "glad" that Lt. Goodman was released, he doesn't see Jackson's diplomacy as having harmed President Reagan's credibility in foreign affairs or his candidacy for re-election.

"I'm happy to have anyone who is a captive released," Kinane said. "Sometimes citizen diplomacy can do better than national diplomacy, but I don't think this will have any great effect on Reagan."

"It indicates that Jackson is a force to be reckoned with nationally by the other Democratic candidates. It will be a rallying point for him within his community and the Democratic community where it was imagined that one of his main weaknesses was foreign affairs."

"And obviously the stronger Jackson is, the weaker the other Democratic candidates are. It has enhanced

See Related Stories, Page 7A

his chances from one percent to possibly two percent of becoming a vice presidential contender. But he does not have the background and leadership from the entire country that the voters demand," Kinane said.

Fred Streetman, GOP state committeeman, said Jackson's candidacy among those already within his camp may have been strengthened.

"But I think this has been a positive thing for Reagan too. Reagan has handled this well and has been very gracious to Jackson and his accomplishment," Streetman said.

"Reagan has had nice things to say about Jackson. He didn't strong-arm him to keep him from going to Syria," he said.

The Goodman release is in the category, however, of things that might add to the growing feeling that the Marines ought to be brought home from Beirut as soon as possible, he said.

"But Reagan also believes the Marines should come home as soon as possible," Streetman said. "The debate is about when as soon as possible is."

Meanwhile, Glascock, who is also mayor of Casselberry and a retired military officer, said Goodman's release is "fantastic, outstanding."

"Goodman's release benefited the whole country, including the president," he said. "This goes back to the American way of doing things."

On what issue will determine the winner of the presidential campaigns in November, this year, Glascock said the major factor will be the state of the economy at that time.

The release of Lt. Goodman will likely add impetus to the congressional movement to bring the Marines home from Beirut, Glascock said.

"This may cause positions to be reassessed and realigned. The military in Beirut is in an undefendable position. They have been put out there like clay pigeons, something unheard of in our military annals," Glascock said.

King added that one can't ignore that Rev. Jackson said his mission to Syria "was one from God."

"I think that is what motivated him and what gives him credibility. Whether it hurt Reagan or (Democratic presidential hopeful Walter) Mondale is yet to be seen," King said.

—Donna Estes

FLORIDA

IN BRIEF

Few Taking Advantage Of Libraries' Pay Computers

MIAMI (UPI) — South Florida public libraries are selling a minute of computer time for a quarter and an hour is going for five dollars.

But library officials say people have not yet jumped on the bargain.

Some librarians say the computers are getting use, but not from students who are turned off by the cost.

The microcomputers are equipped with printers and a collection of software.

Among the computer's capabilities are an accounting program that aids in calculating budgets, a typing tutor that monitors speed and accuracy, a word processor to help write business reports and term papers, and games.

The coin box on the computer will accept only quarters. A warning signal and light comes on when one minute of time remains. The user then has the option of depositing more money or storing the information.

Ghetto Fund Mismanaged

MIAMI (UPI) — A loan fund formed to help black businessmen in Miami's riot-torn Liberty City has been so badly mismanaged that Dade County could be stuck for more than \$435,000 worth of delinquent loans, a county audit said.

Six of the nine loans made by the Economic Development Corporation of Dade County are delinquent, the audit showed.

EDCO is a semi-autonomous firm that gets federal money and is supervised by Dade County's community development office. The organization was formed to lend seed money and advice to black businessmen after Miami's 1980 riots.

Overtown Trial Delayed

MIAMI (UPI) — A trial has been delayed a week for a white policeman accused in the shooting of a young black in a Miami ghetto, partly because of a decision to call dozens of other additional witnesses.

Jury selection had been scheduled to begin Tuesday in the manslaughter trial of Luis Alvarez, 33. He is charged with shooting Nevell Johnson Jr., 20, at an Overtown video game arcade last December. The shooting, which Alvarez contends was an accident, sparked three days of rioting.

Tax Cut Possible

Budget Reserve May Allow Lowering Of Local Levies

TALLAHASSEE (UPI) — Senate President Curtis Peterson says the Legislature may move to lower local property taxes this year as a result of an anticipated budget reserve of \$153 million.

"People have discussed some ways to use the money. One of the best ways would be to reduce the required local effort and increase the state share in education ... Education is a state responsibility, not local," he said.

The result would be that local property taxes could go down, while the state increased its share of the public schools' financial support. Peterson said increasing the state share had been a state goal for the past 10 years anyway.

Peterson deflected questions that linked possible tax cuts with Amendment 1, a proposed constitutional amendment that would restrict government spending. Amendment 1 goes before voters in the November 1984 general election.

"I think the Legislature will be its typical frugal self," Peterson said, although lawmakers approved about

\$500 million in increased taxes for transportation and education this year.

Peterson said he expected education to continue as a top legislative priority, with lawmakers working to implement the seventh period and merit pay plan for teachers, train teachers to serve as counsellors for one period a day and increase the rigor of student assessment tests.

He said, however, that he did not expect a merit pay program — one of Gov. Bob Graham's favorite projects — to be implemented in time for the beginning of the 1984-85 school year.

Peterson said his own education proposals last year focused on classroom reform rather than merit pay because he thought it would be a quicker way to improve the quality of education. He said time had proved him right.

"I think merit pay can be developed. It's just going to take a little while to do it," Peterson said, predicting that it might take two or three years for the program to be

fully in place. Meanwhile, Peterson said the 1984 session might not see a lot of new programs.

"We need to make sure things we've done are working. This may be a good year for that," he said.

On other topics Tuesday, Peterson said: — No one had been "knocking down our door" to push for repeal of the state's controversial new unitary system of taxing corporate profits. Peterson defended the approach as fair.

He said under the old approach some firms were able to transfer profits "somewhere else" and avoid paying 40 percent to 80 percent of their tax bill. Under the unitary system, he said, those corporations are paying a fair share.

— Lawmakers should not give rate-setting authority over hospitals to the Hospital Cost Containment Board.

— A bill to raise the legal drinking age from 19 to 21 would not emerge this year, primarily because of opposition from the House.

Famed Sinkhole Stable, But May Open Up Again

WINTER PARK (UPI) — The "Great Winter Park Sinkhole" that swallowed a house, six cars and chunks of two streets in 1981 has stabilized, but experts warn there is no "100 percent assurance" it would never open again.

The famed chasm now appears no more ominous than a small lake the size of two football fields — a far cry from the 350-foot crater that opened with a loud hiss and growl in this swank bedroom community at the fringe of Orlando on the evening of May 8, 1981.

By the time it was done, it had devoured a house, six cars — five of them expensive sports cars — part of a swimming pool and chunks of two streets, making it the largest sinkhole in recent U.S. history.

Officials estimate the crater caused \$4 million in property damage.

Jim Jammal, a geotechnical engineer who has studied the sinkhole, said its water level has been stable since September 1981 when a plug apparently formed in the narrow neck that connects the hole with the underground water system.

But Jammal said he "could not give absolute 100 percent assurance" the monstrous pit would never open again.

In the first months after the crater formed, experts thought it would be a long time before it stabilized. They also said it would be 200 years before the hole ever would resemble a lake.

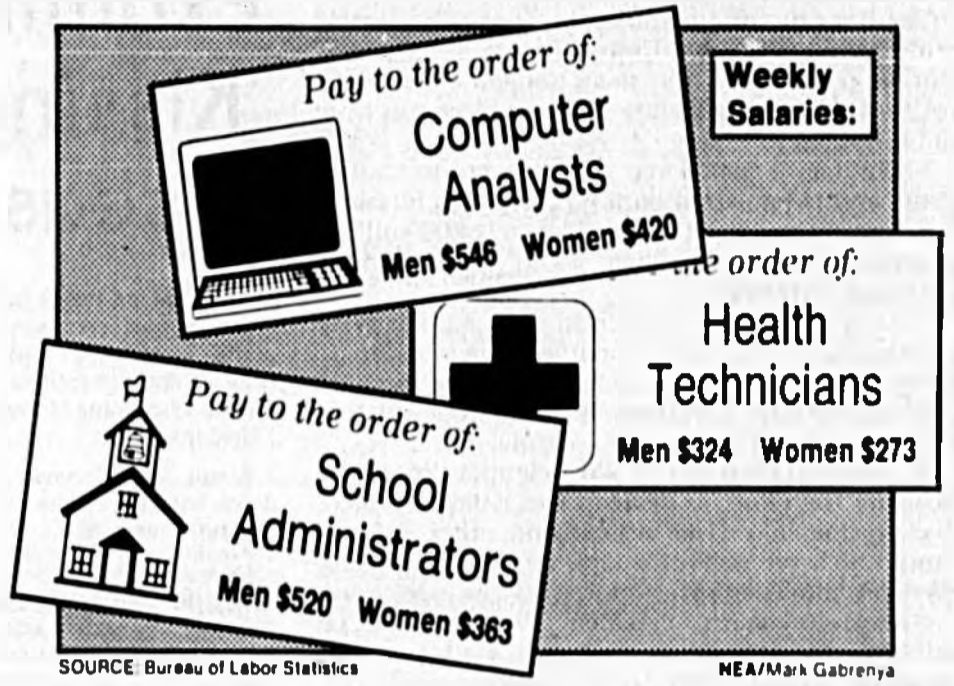
Experts also were pessimistic about finding an inexpensive way of reopening Denning Drive, a four-lane artery that lost a large chunk of asphalt to the sinkhole.

But 2½ years and \$660,000 later, city officials have completed a list of repairs topped by the December reopening of Denning Drive.

The "Great Winter Park Sinkhole" has since become a tourist attraction with local merchants selling souvenirs and memorabilia.

Sinkholes are common in central Florida, which lies on a foundation of limestone.

The most common cause of sinkholes is either periods of extreme drought or of flooding rains that cause underground limestone caverns to crack or cave in and suck down the surface above them.



The earnings of women continue to lag behind those of men for equivalent work. A Labor Department survey covering median wages in 100 occupations turned up discrepancies similar to these in almost all instances. It found the best paying jobs for women to be in the education field and for men in engineering.

Managers Nationwide Saw Salaries Increase In 1983

WILLOW GROVE, Pa. (UPI) — A recent survey shows middle-level managers in the South led their counterparts nationwide in base salaries in 1983, but pay levels increased overall for white-collar workers.

Nationwide, annual base salaries for middle-level managers increased by 7.6 percent for the second straight year to an annual average of \$29,977 in 1983, according to a survey by the Administrative Management Society. Plant managers averaged the highest base pay, \$41,900 annually, or 14.4 percent more than the 1982 average of \$36,600, the survey said.

Personnel directors were second at \$36,900, a 10.1 percent increase over the \$33,500 figure reported last year. The lowest salary reported was \$22,400 for word processing managers, the survey said.

AMS examined salaries and benefits paid as of Sept. 16 to middle-level managers in 20 different types of jobs at 3,039 companies in 114 cities in the United States and Canada.

In Canada, the average salary rose 17.4 percent in 1983 to \$34,224, the report said.

In the United States, managers in the South earned average annual salaries of \$31,538, compared to \$30,020 in the West, \$29,766 in the East, \$29,536 in West Central states and \$29,275 in East Central regions.

Managers in the South also experienced the greatest increase, up 14.6 percent from \$27,516 in 1982, while those in East Central states received the least, up 3.6 percent from \$28,254.

Utility managers continued to earn higher salaries than those in other industries, including banking, retail and wholesale sales and insurance and financial services, the survey said.

Salaries for 18 of the 20 positions surveyed were higher in the utility industry, the survey said.

The survey said 57 percent of the U.S. companies indicated they grant managers salary increases strictly on merit, while 28 percent consider merit and other factors, and 15 percent give general or cost of living increases.

FLA. GRADE A SUPER JUMBO EGGS 68¢ DOZ. WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	EVERCANE SUGAR 5 LB. BAG 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	SUNNY FLA. EXTRA RICH HOMO OR LOW FAT MILK 1.58 GAL. WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	U.S. NO. 1 POTATOES 10 LB. BAG 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	TV SWEET QTRS. BUTTER 1 LB. PKG. 1.28 WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84
CYPRESS LEAN SLICED BACON 38¢ LB. WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	CHARMIN BATHROOM TISSUE 4 ROLL PACK 68¢ WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	DEL MONTE CATSUP 88¢ GIANT 32 OZ. JUG WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	HOLSUM WHITE BREAD 20 OZ. LOAF 4 LOAVES \$1 WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	OXYDOL DETERGENT 1.38 GIANT 49 OZ. BOX WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84
GOOD VALUE FLOUR 38¢ 5 LB. BAG WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	BOUNTY JUMBO TOWELS 28¢ WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	CRISCO SHORTENING 1.98 REG. FR BUTTER FLAVOR 3 LB. CAN WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	GOOD VALUE BLEACH 28¢ GAL. WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84	ALL BRANDS REG. KING-100'S CIGARETTES 748 CTN. WITH ONE FILLED BONUS CARD GOOD THRU 1/11/84

Everyday Low Prices At Park & Shop!

OLD MILWAUKEE BEER 24 12 OZ. CANS 5.88 LIMIT 2 WITH \$7.50 OR MORE PURCHASE	HOLSUM BREAD 39¢ GIANT 20 OZ. LOAF	BEECH NUT STRAINED BABY FOOD 4 1/2 OZ. JAR 5/\$1
IVORY LIQUID DISH DETERGENT 22 OZ. 1.19	LIBBY'S NAT. PAK CORN, SWEET PEAS, GREEN BEANS, PEAS & CARROTS 17 OZ. CANS 2 1.00	KRAFT MACARONI & CHEESE 7 1/2 OZ. PKG. 44¢
KELLOGG'S CORN FLAKES 18 OZ. PKG. 1.14	GEORGIA RED TOMATOES OR VAN CAMP Pork & Beans 16 OZ. CANS 3 1.00	CAMPBELL TOMATO SOUP 10.8 OZ. CAN 28¢
JIFFY PEANUT BUTTER 18 OZ. JAR 1.56	SUNNY FLORIDA EXTRA RICH HOMO MILK GAL. 1.98	GIFFY CORN MUFFIN MIX 8.5 OZ. PKG. 4/\$1
DUNCAN HINES CAKE MIXES 18 1/2 OZ. BOX 79¢	WILLIAMSBURG WHOLE HOG Pork Sausage 1-LB. ROLL 68¢ LIMIT 1 WITH COUPON & OTHER PURCHASE - EXPIRES 1/11/84	
MORTON SALT 26 OZ. BOX 3 FOR \$1		

DAIRY KRAFT PHILADELPHIA CREAM CHEESE 8 OZ. 89¢ TROPICANA 64 OZ. CTN. Orange Juice 1.49 SHEDD'S SPREAD 3 Lb. Tub 1.98 Country Crock BUTTER FINALLY MET ITS MATCH PET Buttermilk 1/2 GAL. 99¢	FRESH PRODUCE RED DELICIOUS Apples ... 3 LB. BAG 78¢ GOLDEN RIPE Bananas ... LB. 18¢ BARTLETT Sweet Pears ... LB. 38¢ GEORGIA FANCY Sweet Potatoes 3 LBS. \$1	FROZEN FOOD MRS. SMITH JUMBO Apple Pie GIANT 46 OZ. 2.59 GOOD VALUE - 2 COUNT Pie Shells 79¢ MORTON POT PIES CHICKEN, BEEF OR Turkey 8 OZ. 3 FOR \$1 CHEF SALUTO DEEP DISH DELUXE Pizza ... 21 OZ. 2.79
---	--	--

Federal Benefits for Veterans and Dependents

- ELIGIBILITY
WWII, Korea, Vietnam
- MEDICAL
Service and Non-Service Connected
- PENSION
Service and Non-Service Connected
- SOCIAL SECURITY CREDITS
- These and Many More Federal Benefits Now Available

FOR FURTHER INFORMATION AT NO COST OR OBLIGATION FILL OUT COUPON BELOW AND MAIL TO:

OAKLAWN'S VETERANS DIVISION 81-694
 Route 4, Box 244
 Sanford, Florida 32771

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____
 Year Of Discharge _____ Age _____
 Type Of Discharge _____

U.S. Pullout May Bring Reform To UNESCO

By Aline Mosby

PARIS (UPI) — The U.S. decision to withdraw from UNESCO at the end of 1984 has alarmed the organization's leadership but some of its employees hope Washington's move will trigger needed reform.

Most of that hope is found among the U.N. Educational, Scientific and Cultural Organization's overall staff of 3,658 that implements its programs around the world.

"There's panic in the leadership but joy in the troops," said one of the 1,900 employees in UNESCO's ultra-modern headquarters in Paris.

"Everybody is so sick of the way UNESCO is run that they wanted something drastic to happen, and it has," the employee said.

UNESCO's leadership, however, views the U.S. action with alarm.

A spokesman for Director-General Amadou Mahtar Mbow of Senegal said he "regretted" Washington's decision to withdraw from the organization and that he would "take all measures necessary so that UNESCO can continue its mission..."

In announcing its decision to withdraw from the organization, the United States left open the possibility it might reconsider the action if changes in UNESCO policies show "indications of significant improvement."

Some UNESCO staff members, who spoke to reporters on the condition they remain anonymous, say that only by leaving the door open can the United States exercise any leverage to change UNESCO policy, especially two major programs that have irritated Washington — the "new economic order" and "new world information order."

The "new economic order" is a U.N.-sponsored goal to reduce the gap between rich and poor nations by redistributing wealth. The "new information order" is a UNESCO program that seeks to strengthen the influence of the news media in the developing world.

The Reagan administration views the first as a scheme that is hostile to free enterprise and the second as a threat to freedom of the press.

The French-educated Mbow now is faced with three choices: to intensify what Washington considers the radical "politicization" of UNESCO, to maintain the status quo, or make sweeping reforms in an effort to satisfy the Americans.

UNESCO officials say that when Mbow is reviewing the organization's educational, scientific and cultural programs and will have to decide whether to reduce his staff and cancel projects.

One ambassador close to Mbow predicts "a house cleaning, including a purge of American" employees from the permanent UNESCO staff.

The director-general said in November UNESCO would not close if the United States cut off its subsidies, which amount to one-fourth of the organization's budget. He said Mbow would borrow funds if necessary, a move provided for in the UNESCO constitution.

Mbow also has said that if the Americans packed up and left, the "new world information order" that they dislike would continue anyway.

Mbow's second term has three more years to go. Under UNESCO's constitution he cannot be fired.

Although the U.S. withdrawal decision has been applauded privately by some Western delegations, none appears likely to follow Washington out the door. Only New Zealand has indicated it is studying the value of its UNESCO participation. Britain and West Germany have said they will not withdraw but want reforms.

The Swiss, Dutch and Japanese governments in past years have expressed dismay with the U.N. organization.

Of the Western nations, only France, host of UNESCO's headquarters, expressed "disappointment" at the U.S. decision. Jean-Pierre Cot, a French member

of UNESCO's executive council, went further, calling the U.S. attitude "imperialist and isolationist."

While vowing France will support Mbow, Cot nonetheless admitted some of the U.S. complaints are "well-founded" and that "progress is needed in UNESCO management."

UNESCO employees have complained for years that projects have been transformed from education to propaganda. Some say staff members have been chosen according to their political leanings and nationality and not for their professionalism.

The United States first began making veiled threats about leaving UNESCO nine years ago and withheld dues in 1974 because of an Arab campaign to isolate Israel in the organization.

The anti-Israel diatribes have virtually ended. But Washington did not get satisfaction on all of its second major demand — the appointment of Americans to UNESCO policy-making jobs. An American assistant director-general was named but he complained he felt isolated and finally quit.

Arab states pledged \$25 million in 1975 and Mbow borrowed from banks to rescue UNESCO until the United States paid up its back dues after two years — with interest.

Tougher Standards Urged For Reactor Pipe Cracking

WASHINGTON (UPI) — The Nuclear Regulatory Commission should issue stricter repair requirements for atomic reactors with potentially dangerous pipe cracks in cooling water lines, top nuclear power experts are recommending.

In a report to the NRC, the commission's own Advisory Committee on Reactor Safeguards — composed of leading nuclear scientists and engineers — concluded that

advanced "ultrasonic" techniques for analyzing reactor pipe cracks cannot yet reliably determine the depth of corrosion in cooling water lines.

"If one could be sure that the crack depth were measurable ... then deep cracks could be distinguished from shallow cracks and a conservative analysis could be made," said the panel.

The committee concern focused on pipe

cracks that are greater than 120 degrees in circumference, saying it "is imprudent to risk the challenge of such a large break."

A major leak might result in a loss of cooling water that could trigger a meltdown of the reactor core and radiation release. The panel said it has seen "no convincing evidence" that techniques now being used "in the field" are sufficiently reliable for measuring crack depth.

IN THE SERVICE

WILLIAM R. HAUSER

Staff Sgt. William R. Hauser Jr., son of retired Air Force Tech. Sgt. William R. and Annie M. Hauser of 403 Cherokee Lane, Sanford, has been decorated with the Army Achievement Medal at Fort Riley, Kan.

The medal is awarded to soldiers for achievement, meritorious service or acts of courage. Hauser is a microwave systems repairer with the 121st Signal Battalion. He is a 1971 graduate of Seminole High School.

THEODORE THOMPSON

Pvt. Theodore Thompson, son of the late Thurman Thompson and Mrs. Lulama Elizabeth Thompson of 117 S. Hickory Ave., Sanford, recently returned home on 10 days leave from Parris Island, S.C. after completing 11 weeks of recruit training.

During training, Thompson received formal instruction in first aid, physical fitness, marksmanship, close combat techniques, Marine Corps history, customs and courtesy, drill, and nuclear, biological and chemical warfare. Following his leave, he reported to Marine Corps Base, Camp Lejeune,

N.C. for formal instruction as a field wireman.

There he will be instructed on the construction, operation and maintenance of overhead wire networks to link key outposts, control points and headquarters with reliable paths for transmission of telephone, teletype, facsimile and digital data messages. Thompson is a 1983 graduate of Seminole High School.

LAWRENCE G. STINGER

Master Sgt. Lawrence G. Stinger, son of Carol B. Baird of 824 Sheoach Circle, Winter Springs, has been decorated with the second award of the Air Force Commendation Medal at Aviano Air Base, Italy.

Stinger is a communications equipment technician with the 2187th Communications Group.

JOHN RUXTON WIGHT

PFC John Ruxton Wight, son of Mrs. Dorothy Vernon Wight of 1730 Mohawk Trail, Milland, recently returned home on 20 days leave from Parris Island, S.C. after completing 11 weeks of recruit training.

During training, Wight received formal instruction in first aid, physical fitness, marksmanship, close combat techniques, Marine Corps history, customs and courtesy, drill, and nuclear, biological and chemical

warfare.

Following his leave, he reported to Lackland Air Force Base, San Antonio, Texas for formal instruction in military police work.

There he will be instructed on law enforcement duties to uphold the criminal justice system, maintain good order and discipline and support the local commanders' military police requirements.

ERVIN L. MILLER

Tech Sgt. Ervin L. Miller, son of Moddy and Alberta Miller of 1703 Southwest Road, Sanford, has been decorated with the second award of the Air Force Commendation Medal at March Air Force Base, Calif.

The Air Force Commendation Medal is awarded to those individuals who demonstrate outstanding achievement or meritorious service in the performance of their duties on behalf of the Air Force.

Miller is an aerospace control and warning systems technician with the 26th Air Defense Squadron. He is a 1983 graduate of Crooms High School.

SHERRY NOEL COOK

PFC Sherry Noel Cook, daughter of Mr. and Mrs. Walter Armstrong Cook of 2408 DeColes Ave., Sanford, recently returned home on 20 days leave from Parris Island, S.C. after completing 6 weeks of recruit training.

During training, Cook received formal instruction in first aid, physical fitness, marksmanship, close

combat techniques, Marine Corps history, customs and courtesy, drill, and nuclear, biological and chemical warfare, wardrobe planning, cosmetology and etiquette. Following her leave, she reported to Lackland Air Force Base, San Antonio, Texas for formal instruction in military police work.

There she will be instructed on law enforcement duties to uphold the criminal justice system, maintain good order and discipline and support the local commanders' military police requirements.

ANTHONY E. SHIRING

Staff Sgt. Anthony E. Shiring, son of Marian J. Tyler and stepson of Billy R. Tyler of 408 San Leandro, Casselberry, has been decorated with the Air Force Achievement Medal at Eglin Air Force Base, Fla.

The Achievement Medal is awarded to airmen for accomplishment, meritorious service or acts of courage. Shiring is an avionics test technician with the 33rd Component Repair Squadron.

RAYMOND DOUGLAS RANDALL

Raymond Douglas Randall, son of Mr. and Mrs. Charles Raymond Randall of 1551 Hobson, Longwood, has enlisted in the United States Marine Corps.

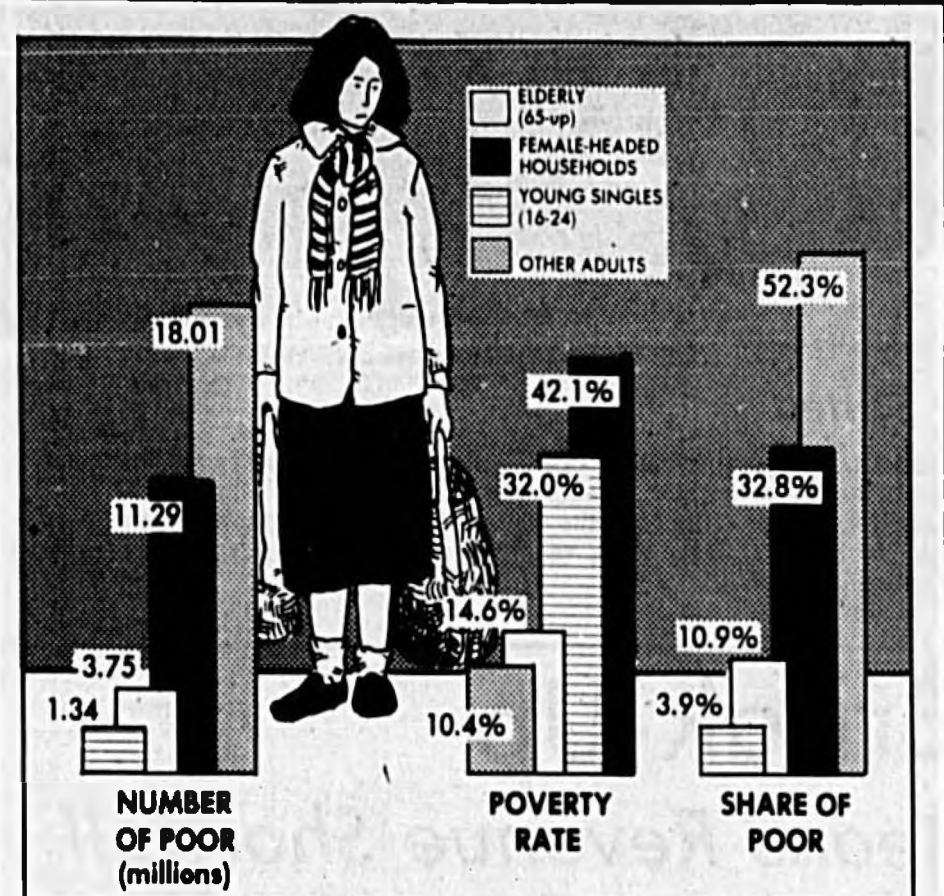
Randall will depart Oct. 18 for 11 weeks of recruit training at the Marine Corps Recruit Depot, Parris Island, S.C. Upon completion of recruit training, Randall will be home for a 10 day leave before going on for further technical training in a formal Marine Corps school.

TIMOTHY TYRONE HERRING

Timothy Tyrone Herring, son of Mr. George Herring of 2901 E. 20th St. and the late Mozella Herring, has enlisted in the United States Marine Corps.

Herring departed Dec. 9 for 11 weeks of recruit training at the Marine Corps Recruit Depot, Parris Island, S.C. Upon completion of recruit training, Herring will be home for a 10 day leave before going on for further technical training in a formal Marine Corps school.

Herring enlisted for four years with a guaranteed assignment in personnel administration. He is a 1983 graduate of Seminole High School.



(Source: Office of Management and Budget)

NEA GRAPHIC/Marilyn Post

How The Poor Differ

Poverty affects different groups with varying needs, all of which Washington must consider in shaping economic policy. Female household heads, for example, are strongly affected by changes in food stamps or other benefits, while the elderly are concerned with social insurance and young singles are more dependent on future economic growth.



The children of Sanford

The children of Sanford are the City's future leaders, and Barnett Bank wants to keep them safe.

One year ago, Barnett Bank first opened its doors to the city of Sanford and our office has been growing ever since. Total deposits are now over \$3 million and in the past 6 months commercial business has increased over 770%. Yet we never would have been able to develop so quickly without the help of the community's residents and businesses. Your support has been greatly appreciated. We would like to express our thanks for this warm reception by offering a means to help protect our city's future leaders.

We recognize that today's children will be Sanford's future leaders. Barnett wants to help protect these valuable young citizens by providing them with a safe place to play. For every new account opened at our Sanford Office during the month of January, Barnett Bank will donate \$10 towards the pur-

chase of new playground equipment for the Clifford W. McKibbin Jr. Memorial Park.

If you would like to help provide the children of Sanford with a safe place to play, open an account at our Sanford office today, and we'll donate \$10 towards protecting our future leaders... It's our way of saying Thank-you Sanford, and to ensure that the city will continue to prosper.



Barnett Bank
of Central Florida
Member FDIC
Sanford Office
3094 Orlando Drive
(17/92 and Airport Blvd.)

Hours

Lobby	9:00 am - 4:00 pm	Drive-In	8:00 am - 6:00 pm
Mon.-Thurs.	9:00 am - 6:00 pm	Mon.-Fri.	9:00 am - 12:00 pm
Friday		Saturday	



UPI TOP 20

NEW YORK (UPI) — The United Press International Board of Coaches final Top 20 1983 college football ratings...

- 1. Miami (Fla.) (30) (11-1) 600
2. Nebraska (6) (12-1) 566
3. Auburn (4) (11-1) 543
4. Georgia (10-1-1) 473
5. Texas (1) (11-1) 447
6. Florida (9-2-1) 318
7. Brigham Young (11-1) 306
8. Ohio State (9-3) 243
9. Michigan (9-3) 241
10. Illinois (10-2) 182
11. Southern Methodist (10-2) 177
12. Alabama (8-4) 136
13. UCLA (7-4-1) 129
14. Iowa (9-3) 106
15. Air Force (10-2) 91
16. West Virginia (9-3) 57
17. Penn State (8-4-1) 48
18. Oklahoma St. (8-4) 32
19. Pittsburgh (8-3-1) 31
20. Boston College (9-3) 30

Note: By agreement with the American Football Coaches Association, teams on probation by the NCAA are ineligible for the Top 20 and national championship consideration by the UPI Board of Coaches...

Scoffers Lead Cheers — Miami Is No. 1

MIAMI (UPI) — The scoffers are leading the cheers for the Miami Hurricanes this week. Few people believed Coach Howard Schnellenberger who said when he took on the Hurricanes head coaching job five years ago that "all the elements are in place for a national championship..."

College Football

team to win the national championship. Next year's schedule could turn into a beast with seven teams that have been in the top 20 in 1983. Schnellenberger said it was way too early to start worrying about it, but it does offer another opportunity.

ries on next year's games. "We're getting calls left and right for season tickets for next year," said Dorothy Wehr, receptionist at the university athletic center. Schnellenberger is clearly the hero of the day in Miami.

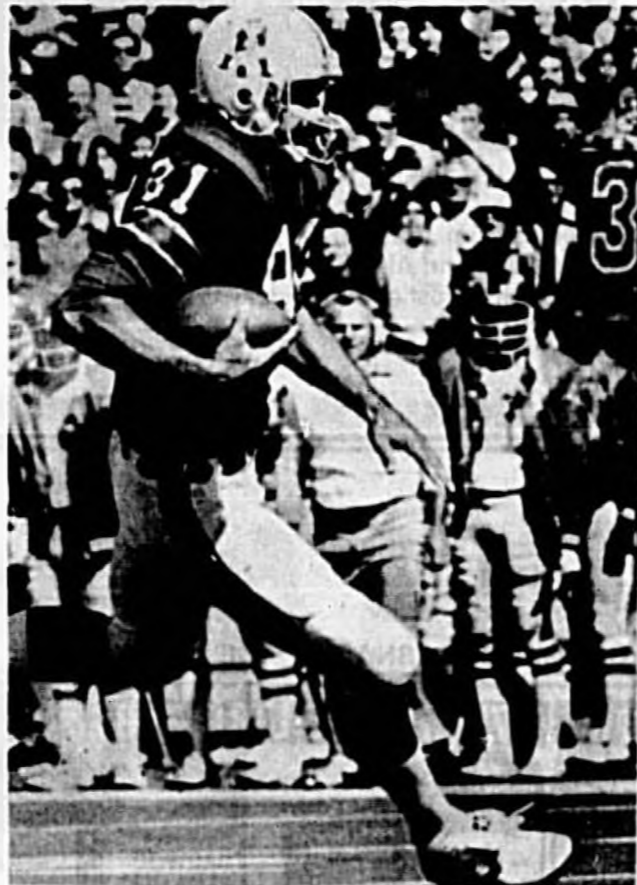
accepted 30 of 41 first-place votes. Even Schnellenberger didn't expect such support. "It doesn't bother me at all," he said of the first-place votes his team didn't get.

USFL Holds Draft Today

NEW YORK (UPI) — The U.S. Football League, whose overall strategy is to strike hard and first in acquiring players, again takes the first step in trying to sign the top college seniors today by holding its second annual collegiate draft.

Pro Football

to sign only seniors. The USFL successfully outbid the NFL for such collegiate stars as Kelvin Bryant, Tim Spencer and Anthony Carter last year.



Russ Francis, a former all-pro, regained his magic touch by catching four key passes in San Francisco's win over Detroit.

Francis, Riggins Slip Adage — Recapture Gridiron Glory

REDWOOD CITY, Calif. (UPI) — One time-honored sports adage says once a player leaves, he cannot come back. However, when it comes to football — Washington Redskins running back John Riggins and San Francisco 49er tight end Russ Francis both have successfully proved otherwise.

NFL Playoffs

This year, Riggins has amassed 1,347 yards on 375 rushing attempts and scored 24 touchdowns. For Francis, the road back has been more difficult. The 30-year-old tight end was a member of the AFC Pro Bowl team from 1977 to 1979.

SPORTS IN BRIEF

Henderson Hits 19 Points, Seminole Frosh Take 10th

Rod Henderson returned to action with 19 points to lead four players in double figures as the Seminole freshman basketball team survived a technical foul by coach Bill Klein to wallop Bishop Moore, 73-46, Tuesday night.

Thomas Top NBA Player

NEW YORK (UPI) — Isiah Thomas of the Detroit Pistons has been named the NBA Player of the Week, the league announced Tuesday.

Virgin Runs In Longwood

LONGWOOD — Craig Virgin, the U.S. record holder for the five-mile and 10K race, and John Tuttle, who placed fourth in the 1983 New York Marathon, will vie for the title to the Red Lobster 15K Classic on Saturday in Longwood.

Napoli's FTs Save Rams

Mark Napoli dropped in two free throws with four seconds to play Monday night to lift the Lake Mary Junior varsity past Lyman, 71-69, in JV basketball action at Lake Mary High School.

Coach Charles Steele's Rams improved to 8-3 for the season as Matt Newby led three players in double figures with 21 points. Chris Jackson chipped in 19 and Alan Reid added 18.

Alan Unroe poured in a career-high 32 points for coach Norman Ready's Greylounds while T.J. Scaletta accounted for 19.

SCORECARD

SOKC

Table with columns for team names, scores, and game details for SOKC events.

Table with columns for Western Division, Midwest Division, and Pacific Division results.

DEALS

Table listing various sports deals and transactions, including player signings and trades.

NASL

Table listing NASL (North American Soccer League) team records and results.

BASEBALL

Table listing Florida Baseball School results and statistics.

BOWLING

Table listing bowling results and winners for Wednesday night bowlers.

NHL

Table listing NHL (National Hockey League) team records and statistics.

NBA

Table listing NBA (National Basketball Association) team records and statistics.

MISL

Table listing MISL (Major Indoor Soccer League) team records and statistics.

DOG RACING

Table listing dog racing results and winners for various tracks.

FREE

Text advertisement for a free spinal examination and other medical services.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

DOG RACING

Text advertisement for dog racing events, including matinee and evening races.

Large advertisement for 'BIG 10 TIRES OF SANFORD' featuring various tire models, prices, and promotional offers like 'LIFETIME PLUS CARE' and 'POWER CAT RVM'.

Cook Of The Week

'Dream Duty' In Hawaii Rubs Off On Sanford Law Librarian

**By Doris Dietrich
PEOPLE Editor**
Jan Cara, a petite blonde, may look like a Southern Belle. But Jan says she feels she was "Polynesian in another life."
Born in Sanford, Jan is a Florida cracker and proud of it. "I was born in the country," she laughs, "right where Zayre's is now. That was the country back then."
Jan is the daughter of Mrs. Genevieve Ratliff and the late Mr. B.E. Ratliff Sr. of Sanford.
Shortly after her graduation from Seminole High School in 1953, Jan married Vince Cara who was stationed at Sanford Naval Air Station. In 1963 Vince was transferred to "dream duty" in Hawaii.

Her interest in Hawaii began with a few sways of hulu dancing. "I slipped into different areas of culture," she says. It didn't take long for Jan to become an expert in dancing, foods, language, history, art forms and the culture of Hawaii.
The Cara family, including two sons, Bob and Jim, formed a Hawaiian dance troupe and entertained locally at various benefits. Jan is frequently asked to speak on Hawaii. Her most recent appearance was before the Kiwanis Club of Orlando in December when she spoke and gave several dance demonstrations.
When she is not working at her fulltime job as law librarian at the Seminole County Courthouse, Jan is busy with hobbies and restoring a dollhouse she

had when she was a little girl. She collects Fiesta pottery, handmade dolls, plays the piano and organ and loves to cook and entertain.
Last August the Caras threw a lavish luau at their home in celebration of the silver anniversary of Hawaii as a state. The couple prepared and served authentic and exotic Polynesian foods to the delight of a host of guests who arrived in colorful attire of the islands.
But Jan says her husband's favorite is Braciolo which she shares with Herald readers as "Cook of the Week."
IANEKE'S COCONUT HORR D'OEUVRES
2 fairly large ripe coconuts
Crack coconuts in half.
SECRET: There are

three "eyes" on the coconut. Using a hammer, strike the coconut between two of the "eyes" and the coconut should part.
Cut the meat of the coconut out and dice into squares a little larger than a dime. Place coconuts on an oven pan and broil, shaking every once in a while, until they turn toasty brown. Serve on toothpicks.
Tasty and easy!
PINEAPPLE BEEF STEW
2 lbs. boneless beef chuck, cut in 1 inch cubes
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup flour
2 tablespoons cooking oil
1 cup pineapple & water chestnut liquid (mixed)
1 cup water
1 teaspoon soy sauce
1/2 teaspoon ginger or sliced fresh ginger
1 medium onion, sliced
1 green pepper, cut in strips
1 8 oz. can water chestnuts, drained and sliced
1 13 ounce can pineapple tidbits, drained
1 tablespoon cornstarch
Coat beef cubes with seasoned flour; brown on all sides in cooking oil in heavy deep pan. Add pineapple and chestnut liquid, water, soy sauce and ginger to meat.
Cover and simmer over low heat for 1 1/2 hours or until meat is tender. Add green pepper and onion during last 30 minutes of cooking time. Add pineapple, water during the last 20 minutes.
Dissolve cornstarch in a little cold water; stir into meat mixture. Cook, stirring constantly, until sauce is thickened. 6 servings.

BAKED BANANAS
6 firm bananas, peeled
Sugar
Lemon Juice
Butter
Arrange the peeled bananas in a well-buttered fireproof baking dish that can go to the table. Sprinkle with a little sugar, lemon juice; dot generously with butter.
Place in a preheated 450° oven for about 10 minutes. Then slide them under the broiler just long enough to fleck them with gold, about 1 minute. Some like freshly grated Horseradish Sauce with bananas.
SAUCE:
Peel and dice the root of one horseradish, then grind in the electric blender with a little wine vinegar or lemon juice. To serve add salt and sugar to taste.
Otherwise you may use the commercial sauce.
COFFEE KUHULUI
1 1/2 cup flaked coconut
1 1/2 cup milk
2 tablespoons instant coffee powder
1 1/4 cup boiling water
2 drops vanilla extract
1 teaspoon sugar
Simmer coconut and milk for about 3 minutes.



Herald Photo by Jacques Brunel

Jan Cara prepares Jan's Italian Stuffed Mushrooms

ITALIAN BRACIOLE
(Pronounced BRE-JOL)
1 1/2 lbs. round steak
(Have the meat market run steak through the tenderizer twice OR pound very well)
1/2 - 3/4 loaf day old bread

(Tear into approximately nickel size pieces)
4 - 6 hardboiled eggs, chopped slightly
1 1/2 teaspoons garlic powder
3 teaspoons parsley
1 medium onion, finely

chopped
1 medium size green pepper chopped
1 1/2 - 2 sticks butter (melted)
Cooking string and toothpicks
See COOK, Page 8B

Friedman's

WE'RE CELEBRATING 1984 WITH THESE SPECIALS...

SAVE 50% OFF ALL GOLD

 1/4 Carat* Lady's Diamond Cocktail \$349	 1/2 Carat* Lady's Diamond Cluster \$569
 Diamond Pendant Or Earrings Your Choice \$39.95	 Diamond Promise Me Ring \$59
 1/2 Carat* Man's Diamond Nugget Horseshoes \$629	 Lady's Cameo Ring \$59
 Diamond Trio Man's Band Included \$199	 Diamond Bridal Set \$119

TOTAL WEIGHT

YOUR PERSONAL CHARGE ACCOUNT IS WELCOME

Sanford Plaza
Sanford, Florida

ALL SALES SUBJECT TO APPROVAL
ILLUSTRATIONS SUBJECT TO STOCK
COURTESY LISTS - QUALITY GUARANTEED

GOING ON NOW! GREAT SELECTION! GREAT SAVINGS!

SAVE UP TO 75%

ON NAME BRAND SHOES FOR MEN, WOMEN & CHILDREN ALL SHOES ARE ON RACKS & TABLES FOR EASY SELECTION AND FAST SERVING!

SEMI-ANNUAL SHOE SALE

PRICES SLASHED

IN ALL DEPARTMENTS

GREAT SAVINGS FOR THE WHOLE FAMILY!

Now \$14.99 - \$25.99

NIKE CONVERSE

<p>SPORT SHOES VALUES TO \$140</p> <p>Now \$29.99 - \$59.99</p> <p><small>NIKE CONVERSE</small></p>	<p>LADIES' SHOES VALUES TO \$100</p> <p>Now \$15.99 - \$59.99</p> <p><small>West Coast, come, NATURALIZER, Penelope, Trotters, The Orange Shoe</small></p>	<p>CHILDREN'S SHOES VALUES TO \$100</p> <p>Now \$10.99 - \$29.99</p> <p><small>Full Figure, Mush Puppie, Dora Mae</small></p>
---	--	---

208 E. First Street
Downtown Sanford

322-0204

208 E. First Street
Downtown Sanford

STOREWIDE

CLEARANCE

25% To 50% Off

Sale!

Tues. Jan. 2
Thru
Sat. Jan. 7

Selected

ALL NAME BRANDS

WINTER ROBES

SWEATERS - DRESSES

SKIRTS - BLOUSES

SUITS - COATS - SHOES

PURSES - JOGGING SUITS

SPORTSWEAR

ALL SALES FINAL - VISA
MASTERCARD - CASH

SPECTACULAR SAVINGS

Lois' Place

116 W. First St.
323-4132
Downtown Sanford

Sanford's Most Unique Boutique - Lois Dycus - Owner

40 Ways To Prepare Potatoes Featured In Book

The Idaho Potato Commission, P.O. Box 1068, Boise, Idaho, has published a cookbook featuring a delectable variety of 40 kitchen tested recipes. For information on the cookbook, write the commission.

The following recipes are from "The Idaho Potato Cookbook."

CRISPY POTATO SKINS
An excellent idea for formal entertaining.
4 Idaho* potatoes
¼ cup butter or margarine, melted

Salt and pepper
Wash potatoes, dry and prick with a fork. Bake in a 425°F. oven 50 to 60 minutes, until soft. Cool potatoes slightly; cut into quarters (wedge-shaped) and scrape out almost all pulp. Place skin-side-down on baking sheet. Brush with melted butter. Salt and pepper to taste. Return to oven and bake 10 minutes longer or until crispy. Yield: 16 wedges.

Variation:
Pizza Skins
16 wedges baked Idaho* potato skins
1 cup prepared spicy tomato pizza sauce
¼ cup grated Parmesan cheese

1 cup shredded mozzarella (6 ounces) cheese
Brush or spread pizza sauce over each wedge, sprinkle with Parmesan cheese, top with mozzarella. Bake 8 to 10 minutes in a 425°F. oven until cheese melts. Serve very hot

MUSHROOMS IDAHO
The potato mixture can be prepared a day or two in advance. Bring to room temperature before filling pastry bag.

24 fresh medium mushrooms
1 Idaho* potato, cooked, peeled
1 tablespoon butter or margarine
2 to 3 tablespoons milk
2 strips bacon
1 tablespoon finely chopped onion
1 tablespoon prepared horseradish
1 tablespoon chopped parsley

¼ teaspoon salt
¼ teaspoon hot pepper sauce
Melted butter or margarine

Paprika
Wash and dry mushrooms; remove stems. (Stems may be chopped and frozen for future use in soups or gravies). In small bowl of electric mixer beat potato until smooth. Add butter and milk, beat until light and fluffy. In small skillet saute bacon until well browned; chop finely. In a small bowl combine mashed potato, bacon, onion, horseradish, parsley, salt and hot pepper sauce. Brush mushroom caps with melted butter; place on broiler tray. Fill pastry bag with potato mixture and pipe into mushroom caps or spoon potato mixture into caps. Sprinkle tops with paprika. Broil 5 to 7 minutes until lightly browned. Serve hot. Yield: 24 appetizers.

IDAHO HAY STACKS
Potatoes and cheese — a delectable duo.

1 package (10 or 11 ounces) pie crust mix
1 tablespoon butter or margarine, melted
1 package (6 ounces) Idaho* dehydrated hash brown potatoes with seasoning mix
¼ cup grated Parmesan cheese

½ pound Gruyere cheese, shredded
Prepare pie crust according to package directions. Roll out on floured surface into a 15x10-inch rectangle. Fit pastry into bottom of 15x10-inch jelly roll pan; brush with melted butter. Bake in a 400°F. oven, 8 minutes. Rehydrate hash brown potatoes according to package directions; drain well. Add Parmesan cheese; mix well. Remove partially baked pastry from oven; sprinkle with potato mixture. Bake 20 minutes longer; remove and sprinkle with Gruyere cheese. Return to oven, bake 10 minutes longer, remove from oven, let cool slightly, cut into small squares (pizza wheel works well). Yield: 5 to 6 dozen 2x1-inch pieces.

POTATO DIP

BALI-STYLE
French fries make easy "dippers" for this unusual hors d'oeuvre.

1 cup cottage cheese
¼ cup milk
2 tablespoons chopped, canned, green chili peppers
1 tablespoon peanut butter
2 teaspoons minced onion
¼ teaspoon ground ginger
¼ teaspoon salt
Idaho* frozen french

fried potatoes

In container of electric blender combine all ingredients except potatoes. Cover. Process until smooth. Chill several hours or overnight to blend flavors. Serve with French fried potatoes, prepared according to package directions. Yield: About 1½ cups dip.

NEAPOLITAN POTATO SOUP

Meatballs make this a meal in itself.
½ pound lean ground

beef

2 tablespoons packaged, dry bread crumbs
2 tablespoons butter or margarine
½ cup chopped celery
½ cup chopped onion
½ teaspoon dried leaf basil
¼ teaspoon dried leaf oregano
1 can (13¾ ounces) beef broth
1 cup water
3 large Idaho* potatoes, pared, cubed (3 cups)
1 teaspoon salt
1 can (15 to 16 ounces)

red kidney beans, un-

drained
1 can (1 pound) tomatoes
In small bowl, combine beef and bread crumbs; shape into ½-inch balls. In heavy kettle, melt butter; brown meatballs on all sides; remove, reserve. Add celery, onion, basil and oregano, cook until onion is tender. Add beef broth, water, potatoes and salt. Bring to boiling; cover; reduce heat, simmer 15 minutes or until potatoes are tender. Add

kidney beans, tomatoes

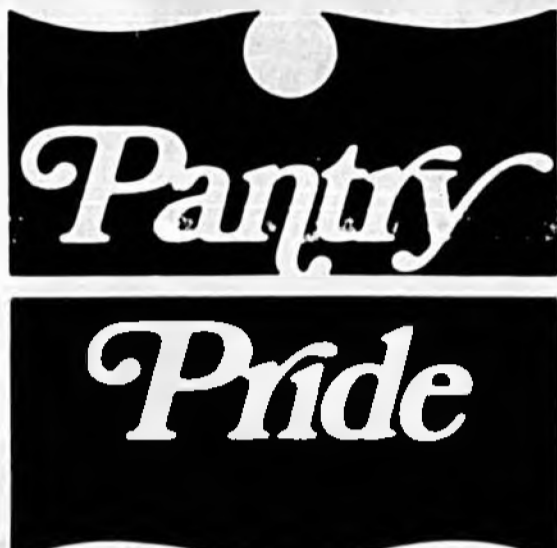
and reserved meatballs. Heat through. Yield: 4 servings.
"MARRY ME" PORK STEW
A meal-in-a-dish made extra flavorful by adding beer.
2 tablespoons vegetable oil
6 thinly sliced pork chops
2 cups thinly sliced onions (2 large)
1½ tablespoons flour
2 chicken bouillon cubes

1½ cups boiling water

1 cup beer
¼ teaspoon salt
Dash pepper
1 bay leaf
2 pounds Idaho* potatoes, pared, sliced ¼-inch thick
1½ cups thinly sliced carrots
2 tablespoons chopped parsley
In large skillet heat oil, brown pork chops on both sides; remove and reserve. In same skillet, saute onion until tender; stir in flour, cook 1 minute.

Remove skillet from heat.

Dissolve bouillon cubes in water; slowly add to skillet, stirring constantly. Add beer, salt, pepper and bay leaf; mix well. Return to heat, cook until mixture boils and thickens. In a 3-quart casserole, arrange alternate layers of potatoes, carrots and onions, ending with layer of potatoes. Arrange pork chops on top. Pour bouillon mixture over all. Cover. Bake in a 350°F. oven 1 hour or until! See POTATOES, Page 3B



PRICES EFFECTIVE WED., JAN. 4 THRU TUES., JAN. 10, 1984.

HORMEL CHILI
WITH BEANS
REGULAR OR HOT
EVERYDAY LOW PRICE
15oz CAN **79¢**

SUNSHINE KRISPY SALTINES
SALTED OR UNSALTED
EVERYDAY LOW PRICE
16oz BOX **79¢**

CALIFORNIA BROCCOLI
FRESH
BONUS BUY
BUNCH **79¢**
SAVE 20¢

WHITE POTATOES
U.S. NO. 1
10 LB BAG **\$1.39**
SAVE 30¢ BONUS BUY

RINSO DETERGENT
LAUNDRY
EVERYDAY LOW PRICE
72oz BOX **\$1.99**

GRAPEFRUIT JUICE
TREE SWEET
EVERYDAY LOW PRICE
46oz **59¢**
SAVE 10¢

ORANGES
FRESH FLORIDA
BONUS BUY
12/\$1
SAVE 24¢

CELLO CARROTS
FRESH CRISP
BONUS BUY
2 LB BAG **59¢**
SAVE 20¢

Smack Cup CHICKEN, BEEF OR SHIMP 3/\$1
Hawaiian Punch ASSORTED FLAVORS 69¢
Clam Chowder OORTONS, MANHATTAN CLAM CHOWDER OR CLAM STEW 79¢
Syrup 12oz 99¢
Kosher Dills JUNE BOY FRESH 140¢

Green Beans FRENCH OR REGULAR CUT 2/89¢
Potato Pancake 5.5oz FRENCH AU GRATIN POTATOES OR FRENCH 59¢
Hawaiian Punch ASSORTED FLAVORS 69¢
Bathroom Tissue PANTRY PRIDE ASSORTED 99¢
Idaho Spuds FRENCH'S 27oz 119¢

Persian Limes FRESH FLORIDA 10/11
Rutabagas CANADIAN GROWN 19¢
Eating Pears NORTH-WESTERN ANJOU 59¢
Slaw or Salad FRESHLY PACKAGED 59¢
Cello Greens FRESHLY PACKAGED 20oz 99¢

Yellow Onions ALL PURPOSE 23¢
Acorn Squash BUTTERNUT OR 39¢
Cello Tomatoes FIRM RIPE CTN 39¢
Delicious Apples WESTERN RED OR GOLDEN 49¢
Florida Avocados FRESH 2/11

CHUN KING DIVIDER PACK PEPPER ORIENTAL, SHRIMP CHOW, MEIN, CHICKEN CHOW MEIN, OR BEEF CHOW MEIN
EVERYDAY LOW PRICE
42oz **\$2.19**
SAVE 34¢

PANTRY PRIDE TOWELS WHITE OR ASSORTED 85 SQUARE FEET
EVERYDAY LOW PRICE
2/99¢
SAVE 16¢

PANTRY PRIDE TEA BAGS
EVERYDAY LOW PRICE
100 COUNT **\$1.29**
SAVE 40¢

MEISTER BRAU BEER 6 PACK 12oz CANS
BONUS BUY
\$1.69

SAVE 60¢ CASH
PEPSI COLA YOU PAY 99¢
DIET PEPSI, PESPI LIGHT, PEPSI FREE (REG. OR SUGAR FREE) OR MOUNTAIN DEW 8 PACK, 16oz BTL.
LIMIT 1 COUPON PER ITEM. GOOD THRU WED. JAN. 11, 1984

MACARONI AND CHEDDAR GOLDEN GRAIN 7.25oz 3/\$1
GRAPE JELLY BAMA 2 LB JAR 99¢

LONG GRAIN RICE POLKA DOT 10 LB \$2.59
SWEET N' LOW SUGAR SUBSTITUTE 100 COUNT 89¢
SAVE 40¢

WINE ALMADEN 3 LITER \$6.99
CHAPEL GOLDEN 750 ML \$1.99
SAVE 50¢

Sodas ALL FLAVORS PANTRY PRIDE 12oz CAN 6/11
Facial Tissue PANTRY PRIDE 100 CT 2/99¢
Luncheon Meat SPAM 7oz 99¢
Washbone ITALIAN DRESSING 3oz 119¢

Yellow Rice VIGOR 5¢ OFF LABEL 10oz 2/11
Pork Bar-B-Que CASTLEBERRY 10oz CAN 89¢
Kitchen Bags GLAD TALL 18 CT 99¢
Apple Juice WHITEHOUSE 4oz 99¢

Waffle Syrup PANTRY PRIDE 34oz 99¢
Ketchup PANTRY PRIDE 28oz BTL 99¢
Spaghetti Sauce FREGO WITH MUSHROOM OR MEAT 4oz 219¢
Sunshine Chiparoo's 12oz 119¢

Blackeye Peas JOAN OF ARC PINTO, GREAT NORTHERN BEANS OR 12oz CAN 3/89¢
Tomato Sauce HUNTS 15oz CAN 2/11
Woolite Liquid BOTTLE 99¢
Pink Salmon WHITNEY 12oz CAN 119¢

25¢ OFF
LIGHT N' LIVELY ICE MILK HALF GALLON
LIMIT 1 COUPON PER ITEM. GOOD THRU WED. JAN. 11, 1984.

20¢ OFF
NABISCO 16oz PREMIUM SALTINES OR 11oz CHEESE RITZ YOUR CHOICE
LIMIT 1 COUPON PER ITEM. GOOD THRU WED. JAN. 11, 1984.

CARPET SCENT
EVERYDAY LOW PRICE
16oz **99¢**

PAC MAN CEREAL
EVERYDAY LOW PRICE
13oz BOX **\$1.79**

...Potatoes

Cont'd From Page 2B
 potatoes are tender. Allow to stand 10 minutes. Sprinkle with parsley before serving. Yield: 6 servings.
KNOCKWURST SPUD SALAD
 Flavorful family fare. 3 Idaho[®] potatoes, 2 slices bacon, diced, ½ cup chopped onion, ½ cup cider vinegar, ¼ cup water, 1 teaspoon sugar, ¼ teaspoon ground celery seed, ¼ teaspoon caraway seed, 1 tablespoon freshly chopped parsley, ½ teaspoon salt, Dash hot pepper sauce, 4 knockwurst, cut in halves lengthwise. In large saucepan cook potatoes, covered, in 1-inch boiling, salted water 20 to 25 minutes, until tender. Drain, peel and slice ½-inch thick. In small skillet saute bacon and onion until tender, about 5 minutes. In small bowl combine vinegar, water, sugar, celery seed, caraway seed, parsley, salt and hot pepper sauce. Arrange half the potatoes in a 2-quart baking dish. Sprinkle with half the bacon mixture; pour over

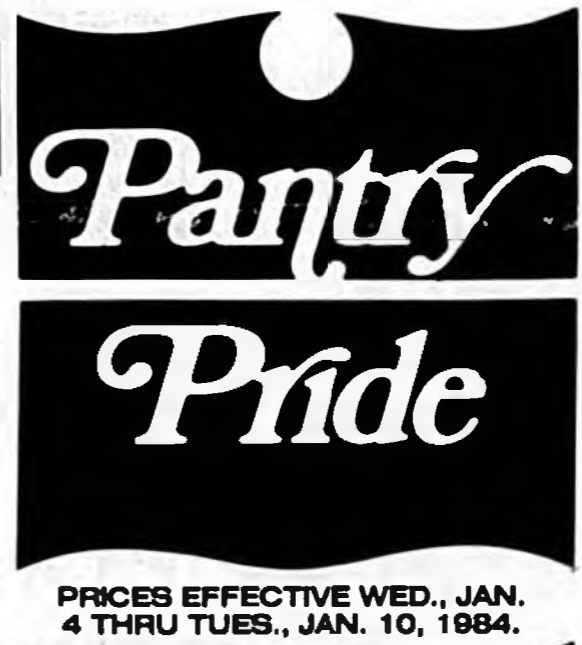
half the dressing; repeat. Arrange knockwurst over potatoes. Cover. Bake in 350°F. oven 25 to 30 minutes, until heated through. Yield: 4 servings.
GOLDEN POTATO ROUNDS
 Cottage fries become savory canapes in minutes. 1 package (14 ounces) Idaho[®] frozen cottage fry potatoes, 1 can (7 ounces) tuna, drained and flaked, ½ cup mayonnaise, 2 tablespoons Dijon-style mustard, 1 tablespoon butter or margarine, ¼ cup finely chopped onion, 1 clove garlic, minced, 1 tablespoon white vinegar, 1 tablespoon chopped parsley, ¼ teaspoon dried leaf thyme, ½ teaspoon cayenne pepper, Cheddar cheese, shredded. Heat cottage fries on baking sheet according to package directions. In small bowl, combine tuna, mayonnaise and mustard. Melt butter in small skillet; cook onion and garlic until golden. Add vinegar, parsley, thyme and cayenne; blend well. Add onion mixture to tuna; mix well. Spoon a small mound of tuna on each cottage fry; top with

shredded cheese. Place canapes under broiler until cheese melts, about 1 minute. Yield: About 50 canapes.
GOLDEN CHICKEN VEGETABLE HASH
 A good use for leftover chicken or turkey. 1 package (6 ounces) Idaho[®] dehydrated hash brown potatoes, 1¾ cups boiling water, 3 tablespoons butter or margarine, ½ cup sliced scallions, ½ cup chopped fresh parsley, 1 clove garlic, minced, ½ teaspoon salt, ½ teaspoon pepper, 1 cup cooked green beans, ½ cups diced, cooked chicken or turkey, 1 medium tomato, seeded, chopped. Place potatoes in medium bowl; cover with boiling water. Let stand 8 minutes until water is absorbed. Meanwhile, in 10-inch skillet, melt butter; saute scallions, parsley and garlic until tender. Stir in rehydrated potatoes, salt and pepper. Cook, uncovered, without turning or stirring until bottom is brown, 5 to 8 minutes. Turn potatoes; and cook until tops are golden. Add green beans and chicken. Heat 2 to 3 minutes. Stir in tomato. Serve immediately. Yield: 2 to 3 servings.

Evening Herald, Sanford, Fl. Wednesday, Jan. 4, 1984—18
SAVORY PORK AND POTATO SKILLET
 Sure to satisfy hearty appetites. 1½ pounds (3 large) Idaho[®] potatoes, unpeeled, 2 tablespoons olive oil, 1 pound pork shoulder, cut in 1-inch cubes, 1 cup sliced onion, 2 cloves garlic, finely minced, 1 can (8 ounces) tomato sauce, ½ cup dry red wine, 1 cup sliced carrots, ¼ teaspoon salt, ½ pound sliced mushrooms, 2 tablespoons butter or margarine, Chopped parsley. Steam potatoes in 1-inch boiling water 30 to 40 minutes, until tender. Drain. Slice potatoes ½-inch thick. In large skillet, heat oil; brown meat; set aside. In same skillet, saute onion and garlic until golden. Return meat to skillet. Stir in tomato sauce, wine, carrots and salt. Cover. Simmer 30 minutes. Add mushrooms; cook 5 minutes longer. Meanwhile in separate skillet, melt butter; brown potatoes on both sides. Line serving platter with potatoes; spoon meat mixture over potatoes; Sprinkle with chopped parsley. Yield: 4 servings.

THE BEST SAVINGS!

U.S.D.A. CHOICE **BONELESS CHUCK ROAST** SAVE 80° PER LB **\$1.49 LB.** BONUS BUY



Change In Cooking Methods

By Jacqueline Heriteau Special To The Herald
 New to the cooking scene in the last decade, microwave and convection ovens are now popular as second ovens. They require special cooking and timing tables. These are supplied by the oven manufacturers. Generally, both cook more rapidly than conventional ovens, but similarities between microwave and convection cooking end there.

The microwave oven uses electromagnetic radiation to break down food fibers from the inside out. It cooks food in one-half to one-quarter of the time required by conventional ovens, according to manufacturers' claims. The microwave oven cooks vegetables as beautifully as a Chinese cook, but doesn't crisp or brown anything. Many cooks say these ovens are excellent for thawing frozen foods rapidly.

The prospective microwave oven owner should be aware of two precautions. Special wiring may be required before installation and metal utensils or those with even a small quantity of metal on them can damage the oven. Some ceramic ware has metal in it, so it is safest to use only glass vessels and utensils. You can also cook on paper plates.

The convection oven, cooks with electric heat, but circulates the heat rapidly. The result is, superbly crisp, brown meats, potatoes and other foods in as little as 75 percent of the time required in a conventional oven. I use mine for every thing except very large roasts (which are too big for it) and for baking (the moving air builds slopes on my cakes and muffins).

Custards and other delicate foods should be baked at 25 to 50 degrees lower than the recipe specifies. The convection oven bakes fish beautifully in a matter of minutes.

A great help to the working homemaker is a slow-cooking electric crockery pot for making stews, soups and pot roasts. These come with their own recipe booklets, but you can use them with your favorite recipes, too.

Most pots have two settings. "Low" is used if you are going to be away all day or if you want to cook overnight to take advantage of low electricity rates. "High" is used if you want the food to be ready in three to four hours. Add an automatic timer to the equipment if you want the pot to turn itself off at a specific time.

For maximum flavor in slow-cooked stews, you must brown the meat before putting it into the pot! Just as if you were going to cook in a Dutch oven or casserole. If you throw all the ingredients into the slow cooker, add water and make no further effort, the food will taste like soup. On the "low" setting, no steam escapes, so sauces tend to be thin. When cooking is completed, thicken these sauces with a roux.

From "The Cook's Almanac," ©C 1983, by: Jacqueline Heriteau, \$8.95. Available from your local bookstore or World Almanac Publications, 200 Park Ave., New York, NY 10168.

GREAT GROUND BEEF PATTIE MIX BONUS BUY **99¢ LB.** SAVE 40° PER LB. 5 LBS & OVER

U.S.D.A. GRADE A **FRYER THIGHS OR DRUMSTICKS** BONUS BUY **79¢ LB.** SAVE 50° PER LB. 5 LBS & OVER

LAND O' FROST **SMOKED TURKEY HAM** BONUS BUY **\$1.39 PER POUND** SAVE 60° PER LB.

U.S.D.A. CHOICE **BONELESS UNDERBLADE CALIFORNIA ROASTS** BONUS BUY **\$1.89 PER POUND** SAVE 51° 00 PER LB.

SKINNED & DEVEINED **BEEF LIVER** BONUS BUY **69¢ LB.** SAVE 30° PER LB. 6 SLICE PKG.

MARKET STYLE **SLICED BACON** BONUS BUY **\$1.29 LB.** SAVE 10° PER LB. 3 LBS & OVER

CENTER CUT **SMOKED RIB PORK CHOPS** BONUS BUY **\$1.69 PER POUND** SAVE 70° PER LB.

U.S.D.A. GRADE A **FRYER WINGS** BONUS BUY **69¢ LB.** SAVE 20° PER LB. 5 LBS & OVER

- COMPARE MEAT CHECK THESE PRICES**
 MR. TURKEY **Ground Turkey** 2.5 LBS PKG. **79¢**
 CAROLINA PRIDE **Roll Sausage** 10 LBS **89¢**
 J.K. BRAND READY TO COOK **Breaded Patties** 1 LB PKG. **99¢**
 FRESHLY **Ground Chuck** 3 LBS OVER **\$1.70**
 BREAKFAST LINK **Sausages (BUNNYLAND)** 2 LBS PKG. **\$2.29**

- COMPARE MEAT CHECK THESE PRICES**
 EXCELLENT FOR RICE & OZZARDS **Fryer Glizzards** 2 TO 3 LBS **49¢**
 3 LB BOX **Pork Neck Bones** **99¢**
 FROZEN CELLO WRAPPED **Porch Filets** 1 LB **\$1.99**
 U.S.D.A. CHOICE UNDERBLADE **Family Size PKG. Bnls. Calif. Steaks** 1 LB **\$1.99**
 HILTON BRAND **Pacific Oysters** 1 CAN **\$2.99**

- COMPARE DELI CHECK THESE PRICES**
 MR. TURKEY **Turkey Franks** 1 LBS PKG. **89¢**
 LYNES BOLOGNA OR **Cheese Franks** 1 LBS PKG. **99¢**
 SUNNYLAND MEAT OR BEEF **Smoked Sausage** 2 LBS PKG. **\$1.29**
 GWALTNEY SLICED **Turkey Ham** 1 LBS PKG. **\$1.99**
 OSCAR MAYER VARIETY PACK **Sliced Lunch Meat** 1 LBS PKG. **\$1.99**

- COMPARE DAIRY CHECK THESE PRICES**
 BLUE BONNET QUARTERS **Margarine** 1 LB CTN. **49¢**
 BOX CAN **Biscuits PANTRY PRIDE** 4 PACK **89¢**
 SARONTO CHEDDAR OR **Mozzarella (SHREDDED)** 2 LBS PKG. **\$1.99**
 TROPICANA PURE FLORIDA **Orange Juice** 64 OZ. CTN. **\$1.99**
 AXELROD **Cottage Cheese** 3 CUP **\$1.99**

PANTRY PRIDE **BUTTERMILK or PULLMAN BREAD** EVERYDAY LOW PRICE **2/\$1** SAVE 30° 24 OZ. LOAVES

MINUTE MAID **ORANGE JUICE** EVERYDAY LOW PRICE **89¢** SAVE 24° 12 OZ. FROZEN

SLIM FAST DIET EVERYDAY LOW PRICE **\$5.99** SAVE \$1.00 YOUR CHOICE

LEAN **VIRGINIA BAKED HAM** BONUS BUY **\$1.59** HALF POUND

PANTRY PRIDE **SOURDOUGH OR ENGLISH MUFFIN** SAVE 10° 8 PAK **59¢**
 BEE BO **SPANISH BAR CAKE** SAVE 20° 14x7 **\$1.19**

SALITO DEEP DISH PIZZA SAVE \$1.00 21.75oz FROZEN **\$2.99**
 ARMOUR **DINNER CLASSICS** SAVE 40° 10.5oz FROZEN **\$1.89**

LISTERINE **MONTHLY MOUTH-WASH** 32oz **\$2.79**
 LADY **SPEED-STICK** 1.5oz **\$1.49**

COMBO DINNER IN THE DELI BAKERY STORES ONLY **\$1.99**
 FRESH BAKED PECAN CINNAMON **COFFEE CAKE** IN THE DELI BAKERY STORES ONLY **\$1.69**

St. Mary's "Dream Bath" SAVINGS PLAN
 SAVE ON LUXURY BATH PRODUCTS

YOUR SELECTION	ST. MARY'S SAVINGS PLAN	REGULAR RETAIL
BATH SOAP	\$.99	\$ 3.29
BATH FOAM	.59	2.29
BATH CUP	.09	1.49
BATH SHEET	4.99	8.99
BUG SIFTER	—	8.99

- COMPARE FROZEN EVERYDAY LOW PRICE**
 PANTRY PRIDE **Coffee Lightener** 1 LBS **3/\$1**
 OLD EL PASO **Burrito** 1 LBS **2/\$1**
 PANTRY PRIDE **Round Waffle** 1 LBS **69¢**
 PANTRY PRIDE CRINKLE CUT **French Fries** 3 LBS FROZEN **\$2.99**

- COMPARE EVERYDAY LOW PRICE**
 REGULAR, MENTHOL, LIME ALOE **Colgate TOOTH PASTE** 4.25 OZ. **88¢**
 PACKAGE **Basis Soap** 2 OZ. **99¢**
 TABLETS **Alka Seltzer** 3 OZ. **\$1.79**
 REGULAR OR WITH IRON **E.T. Vitamins** 3 OZ. **\$3.99**

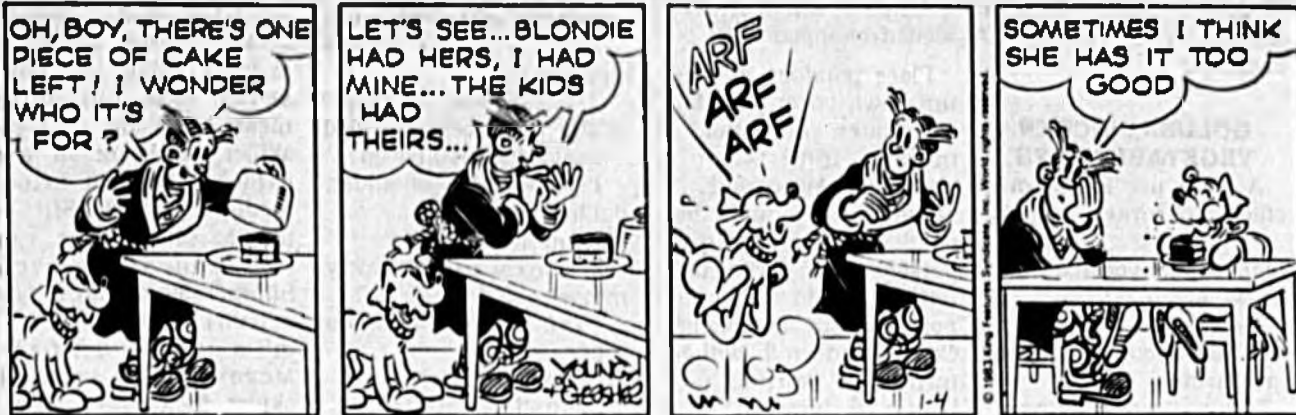
- COMPARE FRESH BAKED EVERYDAY LOW PRICE**
Torpedo Rolls 6/89¢
 LAND O' LAKES **American Cheese** 1 LB **\$1.49**
 WITH TWO VEGETABLES & A ROLL, SMOKED **Sausage Dinner** 1 LBS **\$1.99**
 EVERYONE'S FAVORITE **Layer Cake** 8 OZ. **\$2.99**

FASHIONABLE CUBIC ZIRCONIA FROM ONLY... **\$4.99** TO \$19.99 EACH PLUS TAX WITH \$100 IN PANTRY PRIDE REGISTER TAPES

PUNCH LAUNDRY DETERGENT EVERYDAY LOW PRICE **\$1.99** 72oz BOX

FYNE TASTE PEACHES SLICED OR HALVES EVERYDAY LOW PRICE **79¢** 20oz

HORMEL POTTED MEAT EVERYDAY LOW PRICE **4/\$1** 3oz CAN



BEETLE BAILEY

by Mort Walker



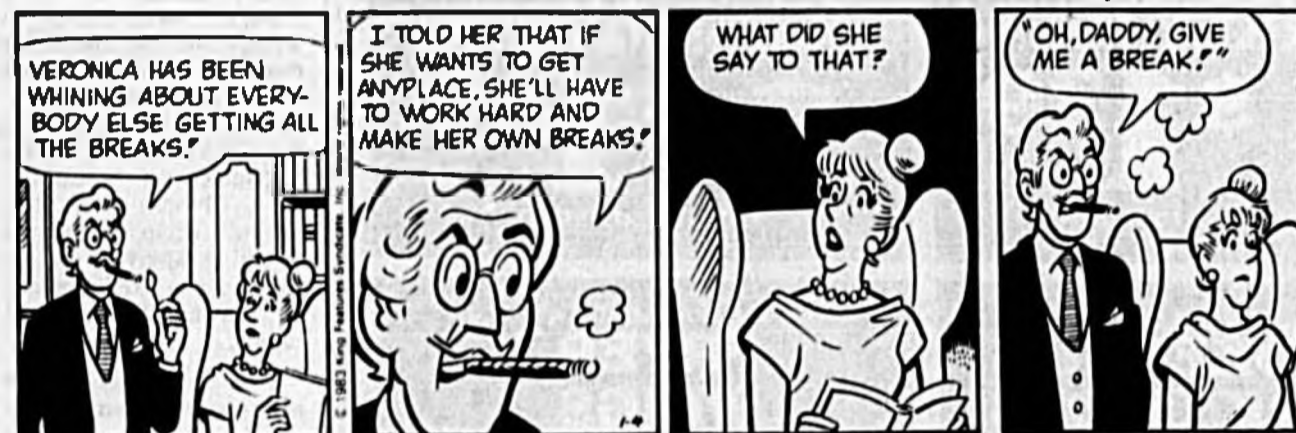
THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



BUGS BUNNY

by Stoffel & Helmdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



ACROSS

- 1 Cut on slant 8 Give birth to 11 Deficient 13 Actress Dahl 14 Cite as proof 15 Liquid measure 16 Hawaiian volcano. Mauna 17 Brainstorm 19 Energy-saving time (abbr.) 20 Throwback 22 Secure 25 Hank of twine 26 Auditory 30 Norse deity 31 Retain 32 Masculine 33 Went quickly 34 Jane Austen title 35 Label 38 Being (Lat.) 39 Western mountains 42 Mao 45 Sioux Indian 46 Paving liquid 49 Pilot 51 Rings 53 Excessively 54 Changed course 55 Sycophant 56 Billiard shot

DOWN

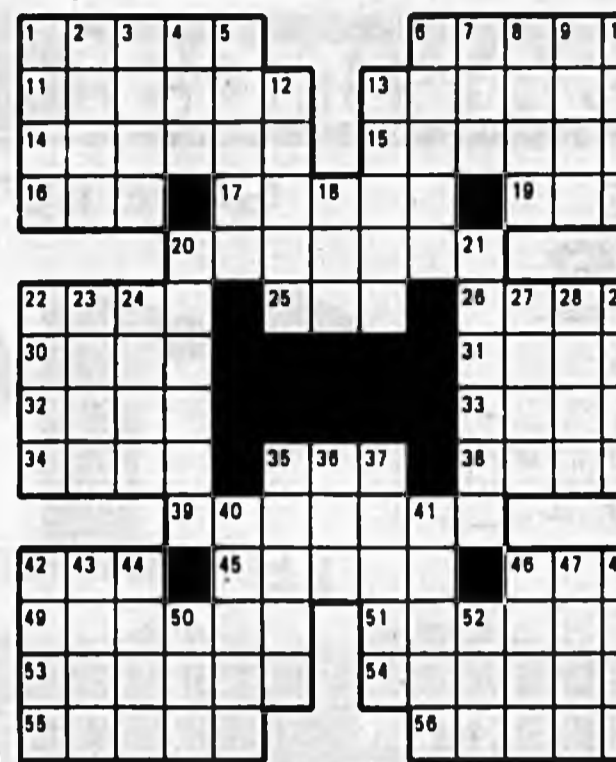
- 1 Semitic deity 2 Inner (prefix) 3 Hindu literature 4 Flightless bird 5 Legal 6 Horns 7 Room shape 8 Neuter 9 Adam's grandson 10 Big top 12 Tree 13 Once more 18 Mrs. Peron 20 Trojan hero 21 Low vegetation (pl.) 22 More or less 23 Common ancestor 24 Thin layer 27 Lights out 28 American folk singer 29 Yield 35 Very small 36 Skill 37 Old English coin 40 Alpine country 41 Year (Lat.) 42 Stretched tight 43 Chinese (prefix) 44 Goddess of fate 46 Wine casks 47 Beers 48 Take the bus 50 Mira 52 Depression initials

The Sweet Scare Has Been Overdone



DEAR DR. LAMB — I want to ask you about the harm caused by sugar. I am 73 and in fairly good health. I'm not overweight (in fact, I should weigh more than I do). I'm not a diabetic and I don't eat salt.

teeth — most people can eat sweets without any serious problem. They are not poisonous. If you assume that sugar is poisonous, you would have to agree that an apple a day is poisonous.



I eat lots of fruits and vegetables and don't eat much meat. DEAR READER — The sweets scare has been overdone. With the exception of milk, all of the carbohydrates — including those healthy fresh fruits, vegetables and cereals — are made of glucose and fructose. That includes honey.

However, concentrated sweets fall to give you the necessary bulk, vitamins and minerals you need for a well-balanced diet. I am sending you The Health Letter 19-4, Sugar and Sweets, Good and Bad, for more details.

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY JANUARY 5, 1984 Persons in positions to do so will help you in ways this coming year that they won't employ for their other friends. However, they'll back off if you attempt to bring the uninvited into the act. CAPRICORN (Dec. 22-Jan. 19) There is a possibility today that by overselling, you could undo the good that you do for yourself. Stop pressing when you get a "yes." The NEW Matchmaker wheel and booklet 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, New York, N.Y. 10019. Mail an additional \$1 and your zodiac sign for your Capricorn Astro-Graph predictions for the year ahead. AQUARIUS (Jan. 20-Feb. 19) Unless it's absolutely necessary, it's best not to request favors today. There's a chance friends might feel you are using them. PISCES (Feb. 20-March 20) Today others are apt to have more faith in your abilities than you have. Even when you accomplish something, you may not give yourself credit. ARIES (March 21-April 19) Be careful today about becoming too deeply involved with persons about whom you know little. Take time to study their characters thoroughly. TAURUS (April 20-May 20) If negotiating an important matter today, leave space for revisions, just in case you misread something up front. Alterations may be necessary. GEMINI (May 21-June 20) Early in the day you're likely to be enthusiastic and industrious, but these drives could diminish if you tackle tasks that are too tough. CANCER (June 21-July 22) Speculative financial situations today could be subject to unexpected swings. One moment you might be ahead — the next, nursing your wounds. LEO (July 23-Aug. 22) Family members will be disappointed today if you fail to follow through on promises. Once you make a commitment, do your best to keep it. VIRGO (Aug. 23-Sept. 22) Dealings with coworkers could be a trifle tricky today. You must put your best foot forward by being diplomatic. Caustic remarks cause problems. LIBRA (Sept. 23-Oct. 23) Do not take anything for granted financially today. You might go in thinking you're in the catbird seat only to discover you're not. SCORPIO (Oct. 24-Nov. 22) Financial and worldly affairs should work out to your satisfaction today, but things might not go equally as smoothly in your domestic relationships. SAGITTARIUS (Nov. 23-Dec. 21) Normally you're an open person who discusses things that bother you, but today complications could arise because you won't say all that's on your mind.

WIN AT BRIDGE

Bridge hand diagram showing North, West, East, South cards and dealer information.

spades and South sees immediately that if diamonds break any way but 4-0, he can draw trumps, knock out the ace of clubs and claim his contract. If West has all four trumps, South can do nothing about it, so South starts his diamond play by leading toward dummy's queen after winning the first trick with the ace of spades. West shows out and South leads a second diamond from dummy. East plays the 10. South takes his king and must get back to dummy to lead another diamond. He decides against a heart lead since if he leads that, he must take a finesse he doesn't need. He leads the 10 of clubs. Maybe West would duck with A-x-x. South covers his 10 with dummy's jack. East takes his ace and leads a spade to his partner. West leads a heart, but now South can rise with the ace. He does so, picks up East's J-x of trumps and discards his second heart on the lung club. West leads the king of

GARFIELD

by Jim Davis



ANNIE

by Leonard Starr



SCC Leisure Time Classes To Start

The Leisure Time Program at Seminole Community College announces that the following classes begin the week of Jan. 9. "These classes are self-supported by student fees at no expense to the taxpayer," according to Fay C. Brake, Coordinator of the Program. Registration is underway at the registrar's office.

INTRODUCTION TO PERSONAL COMPUTERS (evening class) — Intended for those interested in learning about how computers work.

WU SHU KUNG FU (evening class) — The purpose of Kung Fu is not only self-defense but also physical and mental discipline.

ADVANCED WU SHU KUNG FU (evening class) — Before a student joins this class, he/she must have taken beginning Wu Shu Kung Fu.

JAZZ DANCE/ EXERCISE (morning, afternoon and evening classes) — A total form of dance and exercise in which you are taught proper body alignment, coordination, discipline, flexibility and rhythm.

SLIM 'N TRIM (morning, afternoon and evening classes) — An exercise program involving all types of exercise.

AEROBIC DANCE/ EXERCISE (morning and evening classes) — A physical fitness course involving vigorous exercise to music. Different routines are taught with the emphasis on dancing for movement and exercise.

WOMEN'S ISSUES (evening class) — A series of sessions in which the following topics will be discussed: physical and mental health; careers — new and old; volunteerism; political involvement; financial planning; crime prevention; self-improvement — mind.

BALLET (evening class) — students will learn to carry themselves with correct posture, develop their physical fitness, stamina, control, flexibility and coordination through classical ballet techniques.

COMMUNITY CHORUS (evening class) — Offers a wide variety of types and periods of choral literature.

PREPARATORY VOICE CLASS (afternoon class) — A study of vocal techniques and repertoire.

WOOD SCULPTURE/ CARVING (evening class) — Teaches the different kinds of wood and tools to use to make a variety of articles.

GOLF (morning and afternoon classes) — Designed to teach the student the basic techniques of playing golf — how to hold the club, stance and swing. Students should bring a 4 or 5 iron to first class meeting.

HOBBY GREENHOUSE & INDOOR GARDENING (evening class) — The student will learn the fundamentals of hobby greenhouse as well as indoor gardening. Topics to be covered: greenhouse construction, how to select the best greenhouse, operating and maintaining a greenhouse, house plant familiarization, basic plant needs, how to propagate house plants, and an introduction to specialized indoor gardening.

WORKING WITH WOOD (evening class) — The student will use hand, portable and stationary power tools to make various trial cabinet joints, after familiarization, the student will select and construct a project of personal choice.

COLOR & STYLE WORKSHOP (evening class) — Two three-hour sessions which cover personal color analysis, makeup selection and application techniques, clothing selection for body type and lifestyle, and wardrobe planning. Class enrollment limited to seven so that each student may be given as much personal attention as possible.

HOME LANDSCAPE GARDENING (evening class) — The student will learn how to properly plan and evaluate home landscaping.

...Cook Of Week

Continued From Page 1B
Your own favorite recipe for spaghetti sauce.

2 tablespoons olive oil.
In a large bowl break up the bread, eggs, garlic, parsley, onion and green pepper.

Lay your steak out on a fairly large work surface. Melt butter being careful not to let it brown. Mix butter with the above ingredients to a pasty consistency. Press this mixture firmly into the steak until steak is covered, then roll steak as you would a jellyroll. Do this slowly. Fasten with toothpicks and tie with cooking string. Rub steak with olive oil and brown in medium hot pan quickly on all sides.

Pour your spaghetti

sauce over the mixture. (This should be placed into a deep covered baking dish.) Bake approximately 45 minutes at 350°. Test meat using fork for doneness. Should be firm but tender.

Cook some type pasta and use the meat sauce, fix a salad and you have a super dinner.

NOTE: This dish SHOULD be baked the day before use. It should be refrigerated and rewarmed for the next day. This will enable you to slice the meat into jellyroll circular slices without meat falling apart.

Don't forget to remove all the toothpicks from the meat when you remove the cooking string.

IOWA MEATS



We Sell Only U.S.D.A. Choice Naturally Aged Western Beef

PRICES GOOD WED. THRU SAT.

PACKAGE DEAL NUMBER 4

- 1-ROUND STEAK 1½-lbs. Each
- 1-T-BONE STEAK..... 1-lb. Each
- 1-CLUB STEAK..... 1-lb. Each
- 1-CHUCK STEAK 1½-lbs. Each
- 1-CHUCK ROAST..... 3-lbs. Each
- 1-SHORT RIBS or STEW ... 2-lbs. Each
- 1-GROUND ROUND..... 1½-lbs. Each
- 1-FRYER 3-lbs. Each

Guaranteed 16 lbs. or More
Cut & Wrapped in Freezer Paper.
USDA Choice Iowa Beef, Aged to Perfection
Guaranteed Satisfaction to You
TRIMMED WEIGHT

\$28.95

2108 S. FRENCH AVE. (17-92)
NEXT TO MR. C'S CHICKEN

PHONE ORDER AHEAD
It's Ready When You're Ready **323-4528**

W. VINCENT ROBERTS M.D. ANNOUNCES

His Retirement From Practice Effective December 31, 1983

Continuity Of Care For His Patients Will Be

**Provided By: Steven R. Phillips M.D.
Juan L. Ravelo M.D.
David C. Mowere M.D.**

Medical Arts Bldg.
1301 E. 2nd St.
Sanford, Fla.
322-5313

Deltona Point
916 Deltona Blvd.
Deltona, Fla.
574-5900



DR. PATRICK L. DEFLOORE
FAMILY DENTIST

Pulp Cap

Sometimes during the course of treating a tooth, the pulp tissue (which consists of connective tissue, nerves and blood vessels) can become exposed to environment of the mouth. This usually occurs when the decay has advanced far enough into the tooth to cause a direct opening to the pulp. In other words, the decay is too deep, or a deep sealed old filling may cause the problem - or we may be dealing with a particularly large pulp.

However, the pulp tissue does have the ability to cause an injured tooth to heal if the afflicted area is treated with the proper medication, which is calcium hydroxide. The presence of the calcium hydroxide pulp cap stimulates the pulpal area to heal by developing a protective layer of tooth structure.

If the pulp cap is successful - and they generally are - then we will have no further problems. However, there is always a possibility that the procedure will not be successful. In this case, the tooth will lose its vitality and this loss of vitality is usually accompanied by a rather sharp toothache. It is also possible (but not probable) that the tooth will develop a root end abscess. It's a chance which we must take. The odds are way in our favor.

HOURS BY APPOINTMENT
NEW PATIENTS AND
EMERGENCIES ACCEPTED

DR. PATRICK L. DEFLOORE
323-8174 or 323-8185
2640 HIAWATHA AVE. SANFORD

Walgreens

The Shopper's Center

Sanford's Prescription Center

DISCOUNT LIQUOR CENTER

Golden DOLLAR DAYS

<p>3-Pack Candy Bar Free-bate!</p> <p>Zero Pay Day ButterNut Milkshake 8 1/2 oz. packs</p> <p>SALE Selling price Mail rebate After rebate 1.00 - 1.00 = 0.00</p>	<p>Scotch Transparent Tape</p> <p>3/1.00 SALE reg. 74¢ each</p> <p>500" Scotch Tape Transparent in dispenser, no. 144.</p>	<p>EARLY TIMES BOURBON</p> <p>LITER BOTTLE 6.99 SALE</p>	<p>CANADIAN MIST</p> <p>LITER 6.99 SALE</p>
<p>JIF PEANUT BUTTER</p> <p>18 oz. 3 types 1.49 Limit 1 thru Jan. 8, 1984.</p>	<p>THICK CADBURY BARS</p> <p>REG. 3/1 4/1 SALE</p>	<p>SCORESBY 86° SCOTCH</p> <p>LITER 6.99 SALE</p>	<p>WALKERS VODKA</p> <p>LITER 5.69 SALE</p>
<p>MAJANAN GRANGES</p> <p>Whole oranges 11 oz. 2/79¢ Limit 2 thru Jan. 8, 1984.</p>	<p>STATIONARY CHOICES</p> <p>REG. 69¢ EA. 2/1 SALE</p> <p>Tablets ruled or unruled. Or envelopes 6 1/2 or 10" length. Or box stationary.</p>	<p>OLD THOMPSON BLEND</p> <p>LITER 5.59 SALE</p>	<p>POPOV VODKA</p> <p>1.75 LITER 9.69 SALE</p>
<p>M&M'S 1-POUND</p> <p>Pink, peanut 1.89 Limit 1 thru Jan. 8, 1984.</p>	<p>FIRST ALERT SMOKE DETECTOR</p> <p>From Pittway, Model SA76RC</p> <p>SALE Selling price Mail Rebate After Rebate \$16 - \$5 = \$11</p>	<p>SEAGRAM'S 7 CROWN</p> <p>1.75 LITER 12.99 SALE</p>	<p>JIM BEAM</p> <p>1.75 LITER 11.49 SALE</p>
<p>ALUMINUM FOIL WRAP</p> <p>24 sq. ft. 18 in. x 18 in. 2/1 Limit 1 thru Jan. 8, 1984.</p>	<p>PENZOIL 10W-40</p> <p>LIMIT 12 QUARTS 1.00 SALE</p>	<p>HARWOOD CANADIAN</p> <p>1.75 LITER 11.49 SALE</p>	<p>CLAN MACGREGOR</p> <p>1.75 LITER 11.49 SALE</p>
<p>GLAD WRAP 200 SQ. FT.</p> <p>Seals in freshness 1.00 Limit 1 thru Jan. 8, 1984.</p>	<p>TYLENOL X-STRENGTH</p> <p>48 caps or 48 tabs 2.00 Limit 1 thru Jan. 8, 1984.</p>	<p>BEER & WINE SPECIALS</p>	
<p>TEST 5 1/2 OZ. BATH SOAP</p> <p>2/99¢ Limit 1 thru Jan. 8, 1984.</p>	<p>WIN \$5000 in Pure Gold</p> <p>The Photo Center</p>	<p>KELLER GEISTER WINE</p> <p>750 ML. 2.69 SALE</p>	<p>CARLO ROSSI 3-LITER</p> <p>4.99 SALE</p>
<p>SAVE 20¢ ON 1 WITH P & G MARKED COUPON</p>	<p>Photo Gold Sweeps</p> <p>• \$1,000 Grand Prize One winner to be awarded \$500 in cash or a Pound of Gold, winner's choice. • Golden Gift Certificates in each photographing envelope or ask for one at the camera counter. No purchase necessary.</p>	<p>PAMPERS</p> <p>Newborn 70's Extra Absorbent 40's Toddler 48's Stay-Dry 60's 8.99 Limit 1 thru Jan. 8, 1984.</p>	<p>SCOPE MOUTHWASH</p> <p>Mint Fresh, 24 oz. size. 2.29 Limit 1 thru Jan. 8, 1984.</p>
<p>SAVE 15¢ ON 1 WITH P & G MARKED COUPON</p>	<p>SECOND SET PRINT OPTION</p> <p>Save on Second Set of prints Only 99¢</p> <p>12 exposure prints 15 exposure DISC \$1.29 20 exposure prints \$1.49 24 exposure prints \$1.79 36 exposure prints \$2.99 Original call order only.</p>	<p>SAVE 50¢ WITH P & G MARKED COUPON</p>	<p>SAVE 20¢ WITH P & G MARKED COUPON</p>
<p>BOUNCE SOFTNER</p> <p>Box of 40 sheets 1.99 Limit 1 thru Jan. 8, 1984.</p>	<p>KODAKCOLOR FILM</p> <p>Buy 1 get 1st mail rebate CP 126 C110 \$1.99 CP 135 C110 \$1.99 35mm \$2.99 Limit 1 thru 1 & 8.</p>	<p>SAVE 20¢ WITH P & G MARKED COUPON</p>	<p>SAVE 20¢ WITH P & G MARKED COUPON</p>

SALE PRICES NOW THRU SUNDAY
© WALGREEN CO. 1983.

ZAYRE PLAZA SANFORD

LIQUOR 9 A.M. TO 9 P.M.
(Liquor Closed Sunday)
PHONE 323-9190 RX 321-0250

OPEN DAILY 9 A.M. TO 9 P.M.
SUNDAY 10 A.M. TO 6 P.M.

Our Policy: Each advertisement is required to be readily available for sale at or below the advertised price. If at any time, unless specifically otherwise stated in this ad, "As Advertised" signs point them out. Special sale prices are used by "Sale" or "Coupon". Any others are for everyday low prices. Some regular prices may vary in some stores. Right reserved to limit quantities on all items.

TURNER & LEE

MEATS



27th St. & Hwy. 17-92
PINECREST SHOPPING CENTER
NEXT TO JEWEL T
PH. 323-0180 Sanford

OPEN MON. THURS. 9-6
FRI. 9-7 SAT. 9-6

CASH & CARRY - WE ACCEPT FOOD STAMPS
PRICES GOOD THRU JAN. 10, 1984

BLADE CUT
CHUCK ROAST \$1.39 LB.

BONELESS ROLLED
PORK ROAST \$1.39 LB.

SLICED INTO CHOPS
QTR. PORK LOIN \$1.39 LB.

FRESH 100% ALL BEEF 3 LBS OR MORE
GROUND BEEF \$1.39 LB.

LEAN & MEATY 3 LBS OR MORE
SHORT RIBS \$1.39 LB.

EXTRA LEAN BREAKFAST 3 LBS OR MORE
SAUSAGE \$1.39 LB.

MARKET STYLE SLICED 3 LBS OR MORE
SMOKED BACON \$1.39 LB.

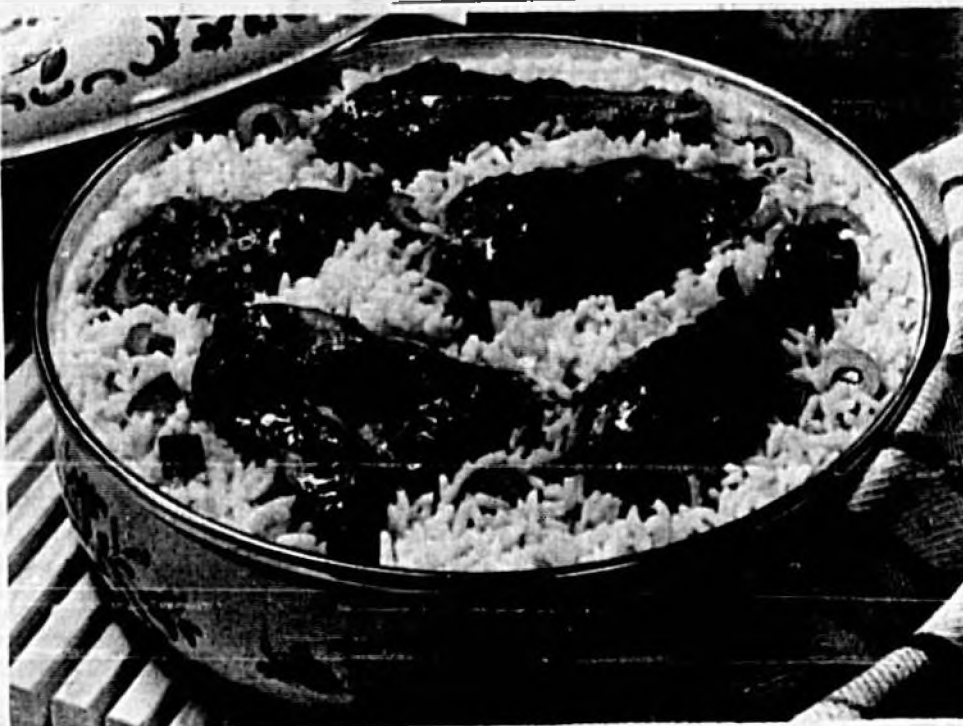
SLICED SUBSTITUTE 3 LBS OR MORE
AMERICAN CHEESE \$1.39 LB.

FRESH CUT 3 LBS OR MORE
PORK STEAKS \$1.39 LB.

FRESH CUT COUNTRY STYLE 3 LBS OR MORE
PORK RIBS \$1.39 LB.

FRESH SLICED 3 LBS OR MORE
LUNCHEON MEAT OR BOLOGNA \$1.39 LB.

Chicken and rice were never better when seasoned with picante sauce, a flavorful new brew of tomatoes, onions, Jalapeno peppers and hot pepper sauce.



Chicken And Egg Both First In Skillet Suppers

Which came first — the chicken or the egg? Actually, they both are number one when used with the exciting new Tabasco brand picante sauce.

It took 114 years for the McIlhenny Company of Avery Island, Louisiana, to add another seasoning product with the Tabasco brand name. The original product, tabasco pepper sauce, has been awakening palates around the world since its development in 1868 by company founder Edmund McIlhenny.

Here is a new sauce that is everything its name suggests: piquant, zesty flavor alive in a rich, red brew of tomatoes, onions, Jalapeno peppers and the famous pepper sauce. This distinctive blend of ingredients offers one-stop flavoring convenience for the busy cook.

An everyday chicken and rice skillet dish sizzles with a new flavor. Pimiento, ham, olives and green pepper join picante sauce in Skillet Chicken and Rice, a fast, one-dish dinner with the added bonus of having the rice cook along with everything else.

Ranchero Potato Omelet is as beautiful to look at as it is good to eat. Its elegant layers bring a glamour to the most mundane kitchen staples: potatoes, eggs and onions. Eggs beaten with picante sauce are poured over sauteed sliced potatoes and chopped onions, giving a carefully stacked effect with no effort. A garnish of extra sauce brings a splash of color and added flavor to a truly pretty dish.

Don't stop with chicken and eggs with this new sauce. Its versatility makes it a marvelous enhancer for hamburgers, barbecue, beans, meatloaf, seafood, dips, salad dressings and whatever else is suggested by your imagination.

Families will say that both the chicken and the egg come first on their list of favorites when they try these two marvelous skillet dinners.

SKILLET CHICKEN AND RICE

- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 1 1/2 pounds chicken, cut in pieces
- 2 cups chicken broth
- 3/4 cup Tabasco picante sauce, divided
- 1 cup chopped green pepper
- 1 cup uncooked rice
- 1/4 cup sliced olives

In large skillet, heat oil; add garlic and saute until golden. Brown chicken on all sides. Pour off excess fat. Combine chicken broth and 1/4 cup Tabasco picante sauce; pour over chicken. Stir in green pepper and rice. Cover. Cook over medium heat about 25 minutes until rice and chicken are tender. Add additional broth, if necessary. Garnish with olives and remaining 1/4 cup Tabasco picante sauce. Yield: 4 servings.

RANCHERO POTATO OMELET

- 2 medium potatoes, unpeeled
- 1/4 cup butter or margarine
- 1 large onion, sliced (1 cup)
- 8 eggs
- 1/4 cup milk
- 1/4 cup Tabasco picante sauce, divided.

Cook potatoes in boiling water until tender. Drain. Slice thickly. In large skillet* melt butter; saute onion until tender. Add potatoes; cook until golden on both sides. In large bowl beat together eggs, milk and 1/4 cup Tabasco picante sauce. Pour over vegetables in skillet. Cook over low heat, lifting edges with a spatula to let uncooked egg mixture flow underneath. When bottom is lightly browned, place under a preheated broiler 2 or 3 minutes until top is set. Cut into wedges. Serve with additional 1/4 cup Tabasco picante sauce. Yield: 4 servings.

FREE BLOOD PRESSURE CLINIC

THURSDAY FROM 10 A.M. TO 2 P.M.

AT

MEDCO DISCOUNT PHARMACY

2701 ORLANDO DR. — Hwy. 17-92

(NEXT TO JEWEL T)

SANFORD

323-5702



We Are A Full Service Pharmacy
Carrying A Full Stock Of Quality Brand
Products At Competitive Prices.

MEDCO DISCOUNT PHARMACY

2701 ORLANDO DRIVE
SANFORD

Don't Be Left Out In The Cold!

For Prompt Courteous Service On Your Heating System—

Call Us!
WE OFFER 24 HOUR EMERGENCY SERVICE



Carrier

WE SERVICE ALL MAKES & MODELS
GAS, OIL OR ELECTRIC

ASK ABOUT OUR SENIOR CITIZEN DISCOUNT
SOUTHERN AIR
OF SANFORD, INC.
Doing Business In Sanford Area Since 1961
100 N. MAPLE AVE. PH. 322-8321 SANFORD



- Meal Planning
- Budget Shopping
- Nutrition
- New Taste Treats

There are great menu ideas, clever recipes, and new and different ways to serve and enjoy the simple everyday foods. Keep your scissors handy as there will be scads of suggestions you'll want to save - plus all those coupons that will save you money at the checkout counter.

Each Wednesday in the
Evening Herald

For Home Delivery
CALL

322-2611 - 831-9993



HELP PUBLIX SUPPORT THE SPECIAL OLYMPICS

For each Procter & Gamble coupon you redeem, Publix will contribute 5¢ and Procter & Gamble will contribute 10¢ to the Special Olympics. Help send a special athlete to the 1984 International Summer Special Olympic Games. Make a special person feel special.



Be a special person



ROLL-ON UNSCENTED OR REG.
Secret
Anti-Perspirant
1.25-oz. pkg. **\$1.39**

GEL, REG. OR MINT

Crest
Toothpaste
6.4-oz. tube
\$1.39

ANTISEPTIC

Scope
Mouthwash
24-oz. bot. **\$2.19**

NORMAL, OILY OR DRY

Pert
Shampoo
15-oz. bot. **\$1.99**

EDGE LIME, REG., SPECIAL OR SKIN CONDITIONER

Bounce
Shave Cream
7-oz. can **\$1.39**

BOUNCE REG. OR UNSCENTED

Fabric Softener
40-ct. pkg. **\$2.29**

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
6-oz. bot. **Nyquil**
1. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
6.25-oz. can Reg. or Lemon Lime **Gillette Foamy Shave Cream**
11. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
half oz. bot. Reg. or Long Acting **Sinex Nasal Spray**
2. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
30-ct. pkg. **Midol Tablets**
12. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
3-oz. bot. **Vicks Formula 44-D Cough Syrup**
3. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
12-oz. bot. **Flavored or Plain Milk Of Magnesia**
13. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
18-ct. pkg. **Comtrex Capsules**
4. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
\$1 or More of Rainbow **Kitchen Towels, Oven Mitts or Pot Holders**
14. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
18-oz. bot. **Listerine Mouthwash**
5. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
\$1 or More of Any **Hartz Mountain Pet Supplies**
15. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
24-ct. pkg. **Dristan Decongestant Tablets**
6. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
\$1 or More of Any **Size, Any Style Norma Lee Pantyhose**
16. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
8-oz. bot. **Alpha Kerl Bath Oil**
7. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
5-oz. can Super Hard To Hold **Vitalis Hair Spray**
17. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
40-ct. pkg. **Dexatrim Capsules, Extra Strength**
8. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
9-oz. pkg. Reg., Herbal or Vinegar & Water **Summer Eye Douche**
18. (Effective Jan. 5-11, 1984)

- Dish Detergent **Dawn Liquid** 22-oz. bot. **\$1.39**
- Heavy Duty Laundry Detergent **Era Liquid** 64-oz. bot. **\$3.79**
- Bath Size Bar **Zest Soap** 5-oz. bar **57¢**
- Giant Size **Mr. Clean** 20-oz. size **\$1.89**
- 6-oz. to 8-oz. Pringles Rippled, Cheez-Ums, Light or Reg. **Potato Chips** per pkg. **\$1.09**
- Duncan Hines 9 1/2-oz. to 13-oz. Banana Nut, Bran, Blueberry or Spicy Apple **Muffin Mix** per pkg. **\$1.29**
- Duncan Hines Family Size **Brownie Mix** 23-oz. pkg. **\$1.59**
- 100% Pure Vegetable Oil **Puritan Oil** 32-oz. bot. **\$2.19**
- Duncan Hines 18-oz. Chocolate Chip, 17-oz. Double Chocolate or 16 1/2-oz. Oatmeal Raisin **Cookie Mix** per pkg. **\$1.39**
- Duncan Hines 15-oz. Golden Sugar or 15 1/2-oz. Peanut Butter **Cookie Mix** per pkg. **\$1.19**
- Folger's **Instant Coffee** 5-oz. jar **\$3.29**
- Puffs 175-ct. White or Assorted or 150-ct. Prints **Facial Tissue** per pkg. **83¢**

CHARMIN ASSORTED COLORS
Bath Tissue
4-roll pack **99¢**

JIF EXTRA CRUNCHY OR CREAMY
Peanut Butter
18-oz. jar **\$1.59**

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
2.5-oz. pkg. Reg. or Unscented **Dry Idea Anti-Perspirant**
9. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
4-ct. pkg. **Personal Touche Blades**
19. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
7.5-oz. can Unscented, Reg. or Extra Hold **White Rain Hair Spray**
21. (Effective Jan. 5-11, 1984)

200 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
3.9-oz. jar Ponds Reg. Dry Skin Cream or 3.5-oz. jar **Lemon or Reg. Cold Cream**
10. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
5-ct. pkg. **Schick Disposable Razor**
20. (Effective Jan. 5-11, 1984)

100 Green Stamps
EXTRA
WITH THIS COUPON AND PURCHASE OF
36-ct. pkg. **Children's Bayer Aspirin**
23. (Effective Jan. 5-11, 1984)

THIS AD EFFECTIVE: THURS., JAN. 5 THRU WED., JAN. 11, 1984...

CONVENIENT PAK ELASTIC 60-CT. EXTRA ABSORBENT OR 48-CT. TODDLER
Pampers Diapers
per pkg. **\$8.89**

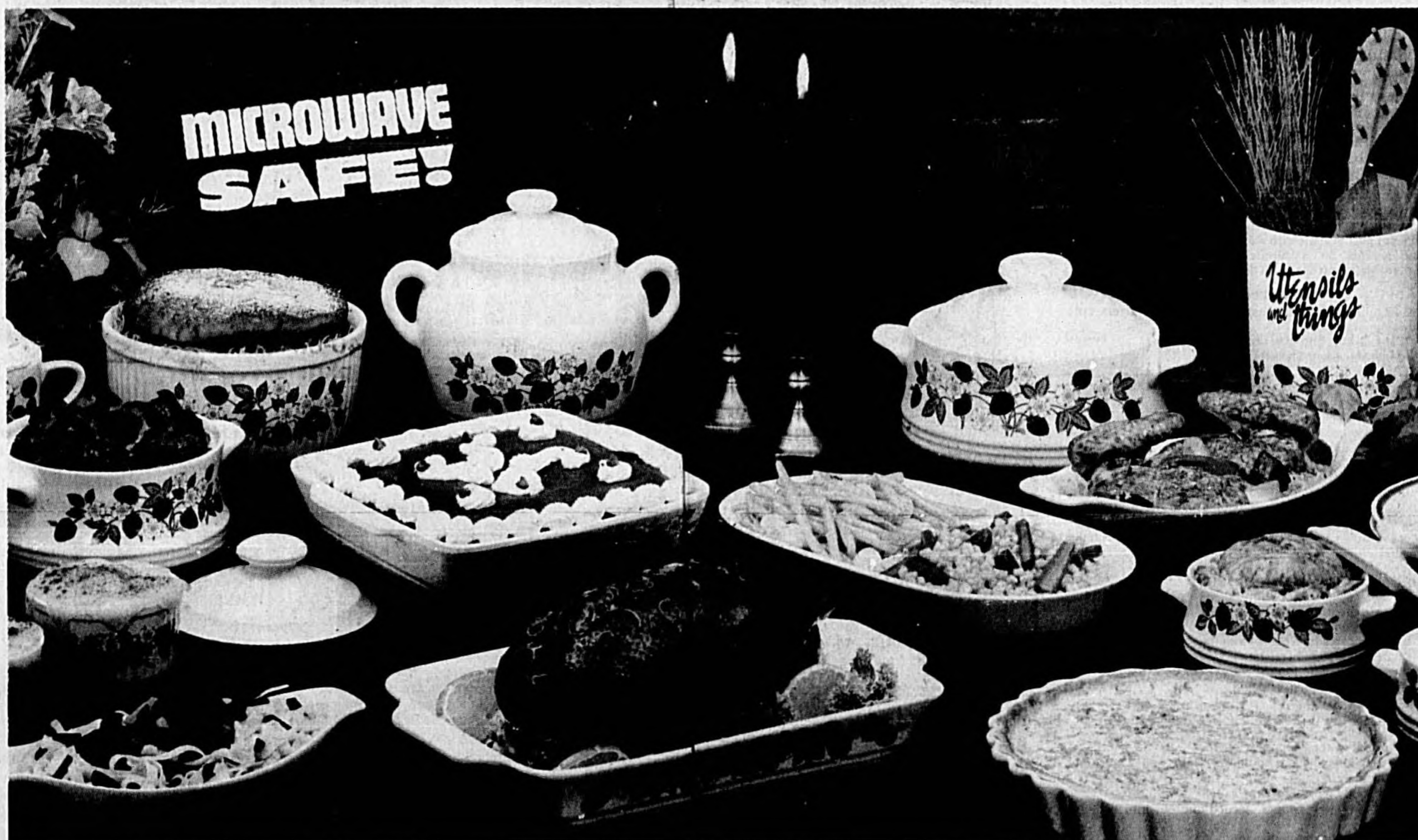


Strawberries 'n Cream

Bake, Serve & Store Stoneware

Publix proudly introduces Strawberries 'n Cream Stoneware beautifully designed to go from oven to table to freezer. Each is microwave and dishwasher safe. And every week Publix features a different baking dish at exceptional savings with any \$10 purchase. Just see the table below and pick the sweetest deals going for your dinner table. From Publix.

Start collecting one sweet deal after another.



Matching Accessories Too!

They're specially priced throughout our entire program.
 Set of 2 9" Luncheon Plates \$4.99
 Kitchen Utensil Jar \$6.99
 Set of 4 Jumbo Mugs \$6.99
 13" divided Vegetable Bowl \$8.99
 1½ Qt. Covered Casserole \$9.99



Follow this schedule for exceptional savings every week.

	DATE	ITEM	Special Retail with \$10 Purchase	Value Retail Without Purchase
Week 1	Jan. 5-11	Individual Soufflé Baker	49¢ with coupon	\$ 9.99
Week 2	Jan. 12-18	Individual Covered Casserole	2.99	3.99
Week 3	Jan. 19-25	10" Au Gratin	4.99	5.99
Week 4	Jan. 26-Feb. 1	2 Qt. Soufflé	7.99	8.99
Week 5	Feb. 2-8	12" Au Gratin	5.99	6.99
Week 6	Feb. 9-15	9" Square Baker (2 Qt.)	8.99	10.99
Week 7	Feb. 16-22	10" Quiche	8.99	10.99
Week 8	Feb. 23-29	2½ Qt. Covered Bean Pot	9.99	11.99
Week 9	March 1-7	14" Rectangular Baker	9.99	11.99
Week 10	March 8-14	2½ Qt. Covered Casserole	13.99	15.99

Once an item is introduced, it remains on sale for the duration of our program at special retail with \$10 purchase.

Every item may also be purchased at our low value retail prices throughout the program — no purchase necessary.



INTRODUCTORY OFFER



Individual Soufflé Baker only **49¢**

with this 50¢ off coupon and \$10.00 purchase. Coupon good January 5-11, 1984 only.

where shopping is a pleasure 7 days a week



Dish Up Steaming Serving Of Tasty Soup

Soup was once the basic sustenance in the home. Families looked forward to the warm and nourishing goodness of the daily soup pot, often served at more than one meal during the day.

Although we have become accustomed to serving soup as a first course, the addition of sausage to soups will bring it back to the dinner table as an irresistible main course — a meal in itself that will renew the body and prepare it for the chilly, winter air. Sausage complements, a steaming pot of broth and vegetables with vitamins, minerals and unique flavors.

Sausage and Vegetable Winter Soup combines an array of fresh vegetables and chicken stock surrounding hearty chunks of kielbasa. Savory juices from smoked sausage links are blended with corn, potatoes, canned soup and milk to create a creamy sausage chowder.

While thick, buttered slices of French bread complete these sausage soup meals, Peppercorn Soup is served with garlic bread right in the bowl. Melted mozzarella cheese, grated Parmesan and crushed red pepper top off this meal-in-a-bowl brimming with flavors reminiscent of great Italian cooking.

SAUSAGE AND VEGETABLE WINTER SOUP

- 8 ounces kielbasa, cut into 1/2-inch chunks
- 3 tablespoons butter or margarine
- 2 medium onions, coarsely chopped
- 2 medium leeks (white part only), thinly sliced
- 1 large clove garlic, minced
- 4 carrots, pared and julienne
- 5 cups chicken stock
- 1/2 cup instant long grain rice, uncooked
- 6 ounces fresh spinach, chopped into 3-inch pieces
- 2 small zucchini, sliced
- 1 cup frozen green beans, thawed

Melt 2 tablespoons butter in Dutch oven or soup pot over medium heat. Sauté onion, leeks and garlic until just tender. Add carrots. Cook, stirring frequently for 3 minutes. Add chicken stock and bring to a boil. Add rice and reduce heat to simmer. Cover and cook 8 to 10 minutes.

Meanwhile, melt remainder of butter in another skillet and brown sausage. Pat dry with paper towel and reserve. Add spinach, zucchini and thawed green beans to soup pot. Season with salt and pepper to taste. Cover and simmer for 5 minutes. Add sausage. Top with grated Parmesan cheese, if desired. Yield: 6-8 servings.

SAUSAGE CHOWDER

- 8-12 ounces smoked sausage links or frankfurters, cut into 1/2-inch pieces
- 2 tablespoons butter or margarine
- 1 medium onion, coarsely chopped
- 3 ribs celery, coarsely chopped
- 10 1/2 ounce can cream of potato soup, undiluted
- 1 cup milk
- 1/2 cup water
- 1/2 teaspoon coarsely ground black pepper
- 16 ounce can sliced potatoes, drained
- 16 ounce can whole kernel corn, drained
- Lightly brown sausage in 3-quart saucepan with butter or margarine. Add onion and celery and sauté. Add soup, milk, water and pepper. Stir until smooth. Add sliced potatoes and corn. Bring to a boil and simmer 10-12 minutes. Garnish with chopped parsley, if desired. Yield: 5 to 6 servings.

PEPPERONI SOUP

- 3-5 ounces pepperoni, thinly sliced
- 3 tablespoons butter or margarine
- 1 large onion, thinly sliced
- 16 ounce can whole peeled tomatoes, with juice
- 1 tablespoon tomato paste
- 1 teaspoon sugar
- 1/2 teaspoon oregano, crushed
- 1/4 teaspoon sweet basil, crushed
- 1/4 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 3 cups hot water
- 1 1/2 teaspoons chicken bouillon crystals or 1 1/2 chicken bouillon cubes
- 3/4 teaspoon Worcestershire sauce
- 1 medium green pepper, seeded and cut into 1/4-inch strips
- 3/4 cup sliced fresh mushrooms

GARLIC BREAD:

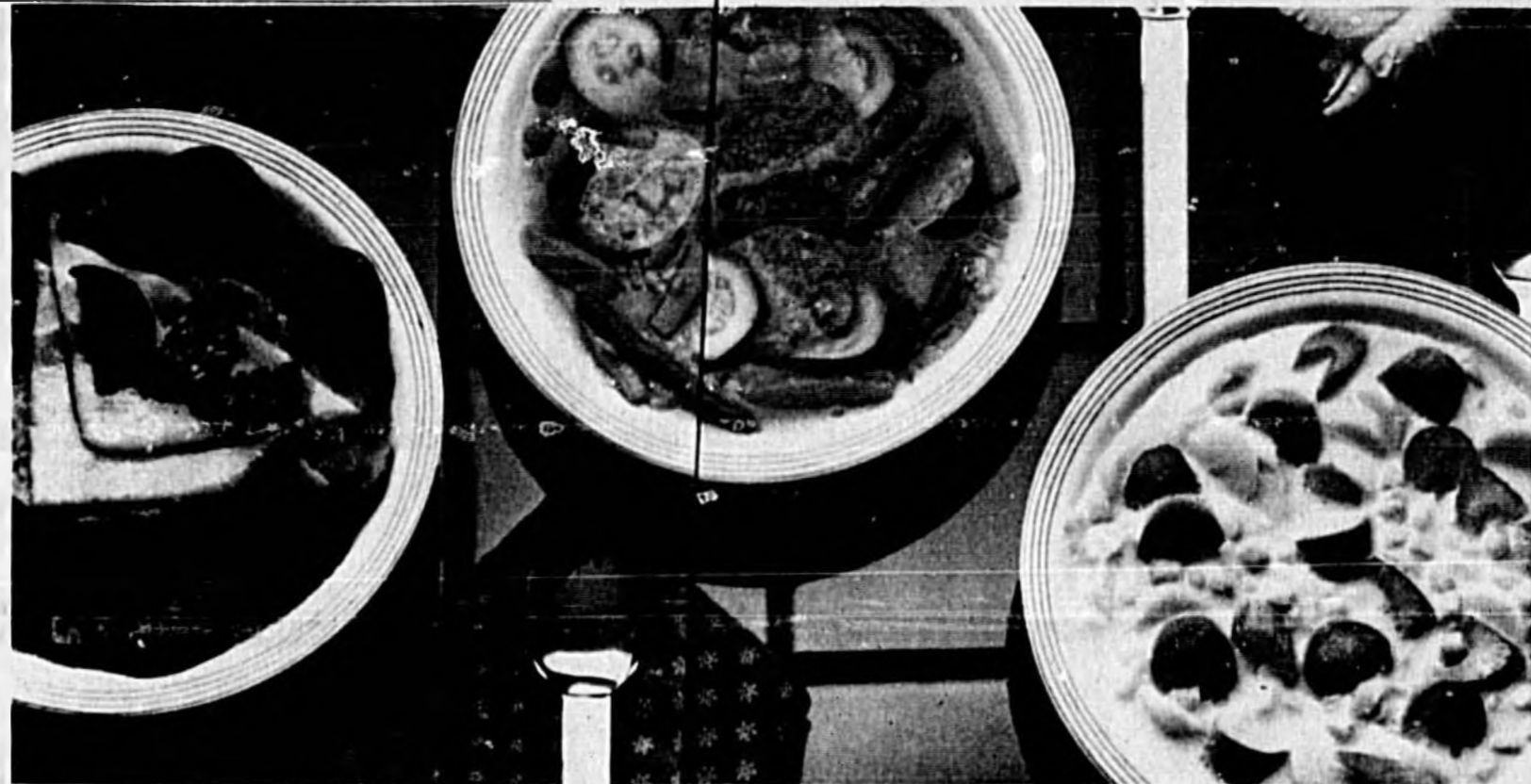
- 4 tablespoons butter or margarine
 - 1 large clove garlic, minced
 - 6 slices French bread, each piece 3/4-inch thick
 - 6 slices mozzarella cheese
- Melt butter in Dutch oven or 3-quart saucepan. Sauté onion slices for about 10 minutes until transparent and tender. Blend tomatoes with juice, tomato paste and seasonings and add to onions. Simmer over medium heat, stirring frequently for 5 minutes. Add water, chicken bouillon and Worcestershire sauce.

Bring to a boil. Reduce heat, cover and simmer 15 minutes. Add green pepper strips and mushrooms. Cook an additional 5 minutes.

Ladle soup into a bowl. Stir in about 6-8 slices pepperoni. Place one slice of garlic bread with cheese (see directions below) in center of soup bowl. Top with grated Parmesan cheese and additional crushed red pepper, if desired. Yield: 6 to 8 servings.

*GARLIC BREAD WITH CHEESE:

Preheat oven to 400 degrees. Melt butter in small skillet and sauté minced garlic about 5 minutes or until tender. Generously brush French bread slices on both sides with garlic butter. Arrange bread slices on baking sheet and toast in oven for 5 minutes on each side or until bread is golden brown on each side. Remove from oven, top each slice with a slice of mozzarella cheese. Return to oven until cheese melts.



A variety of sausages gives body and flavor to hale and hearty soups, taking the chill off wintery days.

BREAKFAST CLUB GRADE A FLORIDA Large Eggs
per dozen
59¢
With One S&H Stamp Price Saver Certificate

DEL MONTE Tomato Catsup
32-oz bot.
59¢
With One S&H Stamp Price Saver Certificate

DESIGNER, WHITE, DECORATED OR ASSORTED Bounty Towels
large roll SPECIAL OLYMPICS
29¢
With One S&H Stamp Price Saver Certificate

IN OIL OR WATER, CHICKEN OF THE SEA LIGHT MEAT Chunk Tuna
6 1/2-oz. can
19¢
With One S&H Stamp Price Saver Certificate



AT PUBLIX THERE'S ONE NEW YEAR'S RESOLUTION WE ALWAYS KEEP.

"We will never, knowingly, disappoint you if for any reason your purchase does not give you complete satisfaction, the full purchase price will be cheerfully refunded immediately upon request." We have always believed that no sale is complete until the meal is eaten and enjoyed.

Frozen Foods
TOTINO
20-OZ. CHEESE,
22.75-OZ. PEPPERONI
OR 24.5-OZ.
COMBINATION
"My Classic" Deluxe Pizzas
each for **\$2.89**

IN HEAVY SYRUP, YELLOW-CLING HALVED OR SLICED Del Monte Peaches
29-oz. can
79¢

THIS AFFECTIVE THURS., JAN. 5 THRU W.D., JAN. 11, 1984 ...
Del Monte In Heavy Syrup Sliced Yellow-Cling Peaches 2 9/16-oz. cans \$1
Del Monte, In Heavy Syrup Fruit Cocktail 17-oz. can 69¢
Del Monte, In Extra Light Syrup, Lite Fruit Cocktail 16-oz. can 69¢

BLUE BONNET Spread
2-lb. bowl **99¢**

- Egg, Pumpkin, Onion or Plain Lender's Bagels ... 2 12-oz. pkgs. \$1
- Stokely "Size-Wize" For Soup Vegetables 16-oz. bag 99¢
- Stokely "Size-Wize" For Stew Vegetables 20-oz. bag \$1.19
- Green Giant Sweet Peas, Mixed Vegetables or Whole Kernel Niblets Corn 16-oz. bag 89¢
- Mrs. Paul's Frozen Crunchy Light Battered Haddock Fillets 9-oz. pkg. \$1.59
- Stouffer's Single Serve Lasagna 10 1/2-oz. pkg. \$1.49

Del Monte In Extra Light Syrup, Lite Halved or Sliced Bartlett Pears 16-oz. can 69¢
Del Monte In Heavy Syrup Halved or Sliced Bartlett Pears 16-oz. can 69¢
Del Monte In Unsweetened Juice, Sliced, Crushed or Chunks Pineapple can 59¢
Del Monte Sliced Beets 16-oz. jar 69¢
Del Monte No Salt Whole Kernel or Cream Style Golden Sweet Corn 17-oz. can 49¢
Del Monte Whole Kernel or Cream Style Golden Sweet Corn 17-oz. can 49¢
Del Monte Reg. or No Salt Early Garden Sweet Peas 17-oz. can 49¢
Del Monte Blue Lake Reg. or No Salt Added Cut or French Style Green Beans 16-oz. can 49¢
Del Monte In Heavy Syrup, Halved Bartlett Pears 2 8 1/2-oz. cans \$1
Del Monte In Heavy Syrup, Fruit Cocktail 2 8 1/2-oz. cans \$1
Del Monte Green Lima Beans 2 8 1/2-oz. cans \$1
Del Monte Sliced Beets 3 8 1/2-oz. cans \$1
Del Monte Whole Kernel or Cream Style Golden Reg. or No Salt Sweet Corn 3 8 1/2-oz. cans \$1
Del Monte Early Garden Spinach 3 7 1/2-oz. cans \$1
Del Monte Blue Lake No Salt French Style Green Beans 3 8-oz. cans \$1
Del Monte No Salt Cut Green Beans 3 8-oz. cans \$1
Del Monte No Salt Early Garden Sweet Peas 3 8 1/2-oz. cans \$1
Del Monte Cut Wax Beans 3 8-oz. cans \$1

ASSORTED FLAVORS DairiFresh Sherbet
half gal. **\$1.29**

General Foods 10-oz. Cafe' Vienna or Orange Cappuccino or 8-oz. Irish Mocha Mint, Cafe' Amaretto, Cafe' Francals or Sulsse Mocha Coffee each for \$2.29
Publix Special Recipe **Butter Sesame Bread** 2 16-oz. \$1.19
Publix Special Recipe **Sesame Sandwich Rolls** 6-ct. 59¢
Sealtest Assorted Flavors **Ice Cream** half gal. \$2.19
Assorted Flavors **Fruit Punch Hawaiian Punch** 46-oz. can 69¢

Dairy Dairy
Fleischmann's Squeeze Margarine 12-oz. bot. 99¢
Pillsbury Big Country Buttermilk or Buttery Biscuits 3 8-ct. cans 99¢
Breakstone's Sour Cream half pint 59¢
Wisconsin Cheese Bar Mozzarella or Sharp Cheddar Shredded Cheese 8-oz. pkg. \$1.29
Dairi-Image Individually-Wrapped Sliced Imitation Process Cheese 12-oz. pkg. 89¢
Dairi-Fresh Small Curd, Large Curd, Schmorkane or Lowfat Cottage Cheese 1-lb. cup 99¢

Del Monte In Heavy Syrup, Halved Bartlett Pears 2 8 1/2-oz. cans \$1
Del Monte In Heavy Syrup, Fruit Cocktail 2 8 1/2-oz. cans \$1
Del Monte Green Lima Beans 2 8 1/2-oz. cans \$1
Del Monte Sliced Beets 3 8 1/2-oz. cans \$1
Del Monte Whole Kernel or Cream Style Golden Reg. or No Salt Sweet Corn 3 8 1/2-oz. cans \$1
Del Monte Early Garden Spinach 3 7 1/2-oz. cans \$1
Del Monte Blue Lake No Salt French Style Green Beans 3 8-oz. cans \$1
Del Monte No Salt Cut Green Beans 3 8-oz. cans \$1
Del Monte No Salt Early Garden Sweet Peas 3 8 1/2-oz. cans \$1
Del Monte Cut Wax Beans 3 8-oz. cans \$1

ASSORTED FLAVORS DairiFresh Sherbet
half gal. **\$1.29**

Publix Strawberry Jam
2-lb. jar **\$1.29**

ALL GRINDS Folger's Coffee
1-lb. can **\$1.89**

Del Monte Sliced Beets 3 8 1/2-oz. cans \$1
Del Monte Whole Kernel or Cream Style Golden Reg. or No Salt Sweet Corn 3 8 1/2-oz. cans \$1
Del Monte Early Garden Spinach 3 7 1/2-oz. cans \$1
Del Monte Blue Lake No Salt French Style Green Beans 3 8-oz. cans \$1
Del Monte No Salt Cut Green Beans 3 8-oz. cans \$1
Del Monte No Salt Early Garden Sweet Peas 3 8 1/2-oz. cans \$1
Del Monte Cut Wax Beans 3 8-oz. cans \$1

Del Monte Spinach
15-oz. can **49¢**

Bright Eyes Delux Entree, Beef/Liver, Chicken/Liver or Seafood Cat Food 4 8 1/2-oz. cans \$1
Campbell's **Tomato Soup** 3 10 1/2-oz. cans 89¢
Kosher Dill or Icicle **Vlasic Pickles** 32-oz. jar \$1.29
Ronco Enriched Vermicelli Extra Thin or Thin **Spaghetti** 12-oz. pkg. 59¢
Ronco Enriched **Spaghetti** 32-oz. bag \$1.29

Candy Candy
Pearson Coflioca, Licorice Nip, Coffee Nip, Chocolate Parfait, Caramel Nips or Mint Parfait Assorted Candy 5.6-oz. box 79¢
Charms **Sour Balls** 12-oz. can \$1.19
Hubba Bubba Assorted Flavors **Bubble Gum** 5 packs for \$1

ENJOY GRAPEFRUIT FROM FLORIDA

Microwave Magic

Meat Loaf Good Enough For Company

For those of you whose families are meat and potato lovers, this column is dedicated to you. The microwave oven can help you prepare meat loaf quickly and economically. Using a topping as a color agent will provide flavor as well as an attractive loaf. Some coloring agents you want to try are tomato paste or sauce, brown sugar, Worcestershire sauce, soy sauce, Kitchen Bouquet, and onion soup mix. Each will give a different flavor.

This meat loaf with mushrooms is good enough to serve to company.

MUSHROOM MEAT LOAF

- 1 (3 oz. can) chopped mushrooms, drained
- 1 egg, beaten
- 1 1/2 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1 1/2 cups soft bread crumbs
- 2 tablespoons catsup
- 1 1/2 pounds of lean ground beef
- 3 tablespoons browning liquid
- 3 tablespoons water
- 1 small can tomato paste
- 1/4 cup water

Combine mushrooms, egg, Worcestershire sauce, salt, mustard, bread crumbs, and catsup. Add beef and mix well. Shape into a loaf and place in a baking dish. Brush with browning liquid that is mixed with 3 tablespoons

Midge Mycoff

Home Economist
Seminole Community College



water. Microwave at 100% power for 8-10 minutes. Mix tomato paste with 1/4 cup water and pour over top of loaf. Microwave at 100% power for 6-7 minutes longer or until done. Allow to stand 3-5 minutes before serving.

The Fluffy Potatoes will complement the meat loaf in taste and color.

FLUFFY POTATOES

- 6 medium potatoes
- 4 tablespoons butter or margarine
- 1/2 cup onion (finely chopped)
- 1 cup warm milk (or enough to make the potatoes fluffy)
- 1/2 cup processed cheese spread
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Peel and quarter the potatoes. Place in a 2-quart casserole with 1/4 cup water. Cover tightly and microwave at 100% power for 15-20 minutes or until

tender. Drain. Cover and set aside. In a 1-quart microwave safe casserole, melt butter in microwave for 45-50 seconds at 100% power. Add onions and microwave 4-5 minutes or until soft. Whip potatoes while still hot. Microwave milk at 100% power for 2 minutes. Continue to whip potatoes and add enough hot milk to make potatoes fluffy. Add onion mixture, cheese, salt and pepper. Whip until all is well combined. Serves 6.

INDIVIDUAL MEAT LOAVES

- 1/2 cup soft bread crumbs
- 1/2 cup evaporated milk
- 2 eggs, slightly beaten
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 small onion, finely chopped
- 1/4 teaspoon ground thyme
- 1 1/4 pounds of lean ground beef
- 1/4 pound processed American Cheese

In a mixing bowl, combine bread crumbs, milk, eggs, salt, pepper, onion and thyme. Add meat; mix well. Cut cheese into 6 cubes. Divide meat into 6 equal portions; form meat around cheese cubes to make small loaves. Place in 7 1/2 x 12-inch baking dish. Cover with plastic wrap; cook by microwave for 4 minutes at 100% power; turn dish and cook another 4 minutes. Drain fat. Mix chili sauce with Worcestershire and mustard. Pour over meat. Cook uncovered for 2 minutes.

Sauce:

- 1/4 cup chili sauce
- 1 tablespoon Worcestershire Sauce
- 1 teaspoon prepared mustard

POTATO ONION BAKE

- 4 medium potatoes (peeled and sliced)
- 1 medium onion, sliced
- 1 teaspoon parsley
- Dash of pepper
- 1 teaspoon salt
- 2 tablespoons butter
- Dash of paprika

Combine all but salt and paprika. Dot with butter. Microwave, uncovered, for 15-17 minutes at 100% power. Stir 2 times, let set for 5 minutes. Sprinkle with paprika before serving.

How Man About Town Entertains

When you are invited to dinner and the host volunteers that he will be the cook, you may not be greeted with a dish "ordinaire" as the French would say. Men are adventurous cooks, often duplicating a recipe enjoyed on vacation, served with panache and showmanship. One bachelor whose work takes him abroad, frequently entertains his friends on his return with a dish he sampled in the country and behind-the-scenes stories that make an invitation to his dinners a prize to be sought.

From Europe, he brought Fish Stew Provençal that has become his hallmark. French Provençal cooking lauds the use of homegrown, fresh ingredients — and in the States he carefully finds the best in the market. Halibut or cod provides the base for the stock, both having sufficient texture to simmer without falling to pieces. Clam juice contributes the scent of the sea, vermouth offers its herbal essence and orange juice from Florida blends all the flavors, seasonings and spices together with a sunshine citrus taste that lifts it out of the ordinary. Citrus is particularly compatible with seafood, complementing the fresh, aromatic taste of the sea without overwhelming the dish.

To accompany the stew, he also makes a glorious Mediterranean Salad by combining fresh greens, cucumber, tomato, feta cheese, artichoke hearts, black olives and fresh golden grapefruit sections from Florida. The dressing is a grapefruit vinaigrette, sparkling with piquant flavor.

The stories must remain classified but the menu should inspire lots of tales of vacations spent on the beach and the foods one remembers from those golden hours.

FISH STEW PROVENÇAL

- 5 tablespoons olive oil, divided
- 2 large cloves garlic, finely minced
- 10 slices Italian bread, cut 1/2-incl. thick
- 2 medium onions, sliced
- 2 medium carrots, sliced
- 1/4 cup chopped parsley
- 1 teaspoon dried leaf thyme
- 1 teaspoon fennel seeds
- 1 bay leaf
- 2 strips (1/2 x 3-inches) orange peel
- 2 cups Florida orange juice
- 2 cups bottled clam juice
- 2 cups water
- 1 cup dry vermouth
- 1 1/2 pounds halibut or cod, cut into 1-inch cubes
- 1/2 pound raw shrimp, shelled and deveined
- 1/4 cup mayonnaise

Combine 3 tablespoons oil and garlic; brush on both sides of bread. Arrange bread slices on baking sheet. Bake in a 350°F. oven 4 minutes on each side or until well toasted. Set aside. Heat remaining 2 tablespoons oil in a Dutch oven or heavy kettle; saute onion and carrot until crisp-tender. Add parsley, thyme, fennel seeds, bay leaf and orange peel; cook 5 minutes longer. Stir in orange juice, clam juice, water and vermouth. Bring to a boil. Add fish. Reduce heat, simmer gently 5 minutes.

Add shrimp; simmer 5 minutes longer. Add a little hot soup to mayonnaise; mix well and stir into soup. Do not boil. Serve each portion of soup with toasted garlic bread. Yield: 8 to 10 servings.

MEDITERRANEAN SALAD

- 8 cups salad greens
- 2 Florida grapefruit, peeled, sectioned
- 1 medium cucumber, sliced
- 1 cup cherry tomatoes or 1 large tomato, cut in wedges
- 1 can (about 14 ounces) artichoke hearts, drained
- 1/2 cup crumbled feta cheese
- 1/4 cup sliced, pitted black olives

In a large salad bowl combine greens, grapefruit sections, cucumber, tomatoes, artichoke hearts, cheese and olives. Serve with grapefruit Vinaigrette*. Yield: 8 to 8 servings.

***Grapefruit Vinaigrette**

- 1/4 cup salad oil
- 2 tablespoons Florida grapefruit juice
- 1 1/2 tablespoons cider vinegar
- 1 teaspoon Dijon-style mustard
- 1/4 teaspoon dried leaf oregano, crumbled

Combine all ingredients; mix well. Yield: 1/4 cup.

MAXWELL HOUSE VACUUM PACK ELECTRIC PERK, ADC OR REGULAR Coffee
1-lb. bag
\$1.79
With One S&H Stamp Price Saver Certificate

MAXWELL HOUSE Instant Coffee
6-oz. jar
\$2.59
With One S&H Stamp Price Saver Certificate

RATH BLACKHAWK Sliced Bacon
REGULAR OR THICK
1-lb. pkg.
97¢
With One S&H Stamp Price Saver Certificate

FRESH HOMOGENIZED, 2% LOW FAT, 1% LOW FAT OR SKIM Dairi-Fresh Milk
gal. size
\$1.59
With One S&H Stamp Price Saver Certificate

FOR SNACKS OR SALADS, TASTY RED Emperor Grapes
per lb.
59¢

Fresh Produce
Tropicana 100% Pure Premium Pack Orange Juice half gal. \$1.39
For Snacks or Waldorf Salad, Crisp Juicy Red Delicious Apples 3 lb. bag 89¢
Florida Grown Flavorful Fresh Mushrooms 10-oz. pkg. \$1.89
Salad Perfect, Medium Size Florida Tasty Tomatoes .. per lb. 49¢
For Pies, Sauce or Baking Rome Apples ... 3 lb. bag 79¢
Ruskin Brand Cole Slaw 8-oz. pkg. 39¢
Colorful Blooming Rieger Begonias .. 4-inch pot. \$1.99

ALL-PURPOSE White Potatoes
10-lb. bag
\$1.49

THESE ITEMS EFFECTIVE IN FOLLOWING COUNTIES ONLY: ORANGE, LAKE, SEMINOLE, OSCEOLA AND BREVARD PLUS TAX & DEPOSIT, TAB, SPRITE, MR. PIBB, REG. OR DIET
Coca-Cola
4 32-oz. \$1.45
REG. OR LIGHT
Schlitz Beer
six-pack, 12-oz. cans
\$1.99
(Limit 4 Ctns. Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Meat Meat
Kahn's Chunk Braunschweiger .. 1-lb. pkg. \$1.10
Gwaltney Chicken Great Dogs 1-lb. 79¢
Tarrow Whole Hog Mild, Medium or Hot Sausage 1-lb. bag \$1.69
Sunnyland Sliced Cooked Ham 10-oz. \$1.99
Oscar Mayer Meat or Beef Sliced Bologna ... 8-oz. 99¢ 12-oz. \$1.39
Eckrich Smoked, Polish or Smoked Cheese Sausage per lb. \$2.29
Swift Premium Sliced Cooked Salami, Beef Bologna or Spiced Luncheon 8-oz. pkg. 79¢

FRESH EITHER END OR WHOLE Pork Loin Roast
per lb.
\$1.29

FRESH Ground Beef
per lb.
\$1.09

SPECIAL OLYMPICS 60¢ OFF
WITH THIS COUPON ONLY
Bold 3 Detergent
49-oz. pkg.
\$1.75
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Jan. 8-11, 1984)

WITH THIS COUPON ONLY Pickwick English Muffins
12-oz. pkg. Buy 3, Get 1
FREE!
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Jan. 8-11, 1984)

Deli Deli
Hickory Hill Beef Thüringer, Beef Summer Sausage or Salami For Beer ... quarter lb. 69¢
Delicious Ham & Bacon Loaf quarter lb. 89¢
Hot From The Deli! Potatoes Au Gratin per lb. \$1.99
Beef Stew per lb. \$2.99
Fresh-Baked Lemon Krunch Pie each for \$1.69

U.S.D.A. CHOICE BONELESS BEEF FULL CUT Round Steak
per lb.
\$1.79

FREE FILM
With every roll of color print film or Kodachrome 135 film film Public Personnel, you get two rolls of quality prints and a FREE roll of film of Kodak's color print film!
• Fast, convenient film service
• Free film
• Two rolls of quality prints

70¢ OFF
WITH THIS COUPON ONLY
Extra Strength 24-oz. Capsules or 30-oz. Tablets
Tylenol
each for
\$1.89
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Jan. 8-11, 1984)

BLACK OR BROWN Wood Bar Stools
each for
\$9.99

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





WIN UP TO \$2,000
\$500,000
IN PRIZES AVAILABLE

HERE'S ALL YOU HAVE TO DO:



Scheduled termination date January 20, 1984
These odds are in effect until 30 days after start. Thereafter, updated odds will be posted in all participating stores, and in any newspaper ads. Odds of winning a Shopper's Spruce will depend on the number of entries received.
When the total number of approved winners in any of the above prize categories is achieved, then that specific cash game will be terminated without notice and any entries submitted for that specific game will be rejected.

-NOTICE-
SCHEDULED TERMINATION DATE IS JANUARY 20, 1984. HOWEVER GAME WILL END WHEN ALL TICKETS ARE DISTRIBUTED.

ODDS CHART

Winn-Dixie Dollars	Number of Dollars Available	Number of Dollars Won	Odds
\$2,000	100,000	100	1:1,000
\$1,000	100,000	100	1:1,000
\$500	100,000	100	1:1,000
\$250	100,000	100	1:1,000
\$100	100,000	100	1:1,000
\$50	100,000	100	1:1,000
\$25	100,000	100	1:1,000
\$10	100,000	100	1:1,000
\$5	100,000	100	1:1,000
\$2	100,000	100	1:1,000
\$1	100,000	100	1:1,000

MATCH THE LEFT SIDE WITH THE RIGHT SIDE
THIS GAME PLAYED IN 87 PARTICIPATING STORES IN THE FOLLOWING COUNTIES: ORANGE, SEMINOLE, OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER & ST. LUCIE



PRICES GOOD JAN. 5-7, 1984

SUPER BONUS SPECIALS Here's how it works!

- 1 Pick up free Super Bonus Certificate at our other retail partners
- 2 Use one Super Bonus Certificate for every \$100 purchase of Super Bonus items
- 3 When you check out, present your Super Bonus Certificate for each Super Bonus item you buy

SUPER BONUS SPECIAL
CRISCO OIL \$1.99 (48-oz. BTL.) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
CHEK DRINKS 9¢ (3-LTR. BTL.) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
FOLGER'S INSTANT COFFEE \$2.69 (8-oz. JAR) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
CHARMIN BATH TISSUE 69¢ (4-ROLL PKG.) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
BOUNCE FABRIC SOFTENER SHEETS \$1.79 (40-CT. PKG.) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
JIF SMOOTH OR CRUNCHY PEANUT BUTTER 99¢ (18-oz. JAR) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
BOLD DETERGENT \$1.69 (49-oz. BOX) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
CREST GEL OR REGULAR OR MINT TOOTH PASTE \$1.19 (6.4-oz. TUBE) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
LAND O' SUNSHINE BUTTER \$1.29 (1-LB. SIZE) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
SUPERBRAND REGULAR OR STA-FIT COTTAGE CHEESE 39¢ (1-LB. SIZE) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

SUPER BONUS SPECIAL
HICKORY SWEET BACON 99¢ (1-LB. PKG.) WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 5-7, 1984

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

SAVE 40¢
W-D BRAND USDA CHOICE BEEF BONELESS BOTTOM ROUND ROAST \$1.99 (L.B.)
Cubed Steaks . . . \$2.99

SAVE 20¢
PINKY PIG FULL 1/4 FRESH PORK LOIN BLOCED INTO PORK CHOPS \$1.79 (L.B.)
Pork Roast . . . \$1.99

SAVE 40¢
W-D BRAND 100% PURE (2, 5 & 10 L.B. HANDI PACKS) GROUND BEEF \$1.19 (L.B.)
Ground Beef . . . \$1.49

SAVE \$1
PINKY PIG FRESH PIB END (7 INCH CUT) PORK ROAST 99¢ (L.B.)
Pork Roast . . . \$1.29

SAVE 20¢
W-D BRAND USDA CHOICE BEEF ROUND BONELESS RUMP ROAST \$2.39 (L.B.)
Steak . . . \$3.79

SAVE 20¢
REGULAR, A.D.C. OR ELECTRIC PERK ASTOR COFFEE \$1.79 (1-LB. BAG)
Diapers . . . \$8.29

SAVE 30¢
SELF-RISING OR PLAIN PILLSBURY FLOUR 69¢ (5-LB. BAG)
Rice . . . \$1.29

SAVE 60¢
REGULAR OR LIGHT OLD MILWAUKEE BEER 12 \$3.29 (PACK 12-oz. CANS)
Wines . . . \$6.99

THRIFTY MAID PORK & BEANS 3 \$1 (16-oz. CANS)
Peach Halves . . . \$1.00

SUPERBRAND SPREAD \$1.59 (3-LB. BOWL)
Sour Cream . . . 99¢

SAVE 40¢
HARVEST FRESH U.S. No. 1 WHITE POTATOES 5 99¢ (5-LB. BAG)
Onions . . . 99¢

SAVE 40¢
MINUTE MAID ORANGE JUICE \$1.49 (HALF GAL.)
Apple Juice . . . 99¢

PEPPERONI, COMBINATION, SAUSAGE OR CHEESE FOX DE LUXE PIZZA 89¢ (16-oz. PIZZA)
Garlic Bread . . . 99¢

PERCH OR FLOUNDER TASTE O' SEA DINNERS 99¢ (9-oz. PIZZA)
Suppers . . . \$1.99

DELI
SLICED TO ORDER ROAST BEEF 1/2 \$2.19 (L.B.)
Cheese . . . \$2.99