







SCOREBOARD

Jai Alai Results

TUESDAY NIGHT
FIRST — Doubles, Spec 7.
Moncha Bella 15.50 3.00 3.00
Ica Sanchez 1.40 1.00 1.00
Oquiza Javi 1.20 1.00 1.00
Quintela (3) 1.20 1.00 1.00
PERFECTA (3) \$270.50
SECOND, Doubles, Spec 7.
Echano-Alberdi 14.50 3.00 3.00
Alcena Arana 10.00 4.00 4.00
Cacho Bella 1.40 1.00 1.00
Quintela (4) 1.20 1.00 1.00
PERFECTA (4) \$199.40
THIRD, Doubles, Spec 7.
Archa Sanchez 18.00 3.00 3.00
Oquiza Bella 1.40 1.00 1.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (1) 1.20 1.00 1.00
PERFECTA (1) \$300.00
FOURTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00
FIFTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00
SIXTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00
SEVENTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00
EIGHTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00
NINTH, Doubles, Spec 7.
Echano 11.20 4.00 3.00
Echano Zarre 4.20 3.00 3.00
Alcena Alberdi 1.20 1.00 1.00
Quintela (2) 1.20 1.00 1.00
PERFECTA (2) \$313.00

Stetson Champs

(Continued from Page 5-A)
Plus, we've got St. John's, LaSalle and a nine-game stretch where coach probably will be happy if we can't get out of it. We need every win we can get."
American University's Wilbur Thomas and Calvin Brown, who injured his left ankle and sat out most of the second half against Stetson, were named to the all-tournament team along with Stetson's Lehigh Dick Packer and Southern Mississippi's Mike Coleman.
Johnson, who was named MVP, averaged 15.5 points and 13 rebounds in the tournament. He blocked five shots and had five assists against American University.



Stetson basketball team and coaches after their victory over American University.

SPORTS IN BRIEF

Orlando Falls To No. 2
ORLANDO (AP) — Clearwater's undefeated status has moved it to the top of the Class AAAA high school basketball rankings in this week's Florida Sports Writers Association poll.

CHARITY NIGHT HANDICAP WINNER

Dark Mist, the No. 5 greyhound, won Tuesday night's Local Charity Handicap in the eighth race at the Sanford-Orlando Kennel Club. The proceeds from the club's Tuesday night purse will be donated to 28 local charities. With Dark Mist is lead out man Raymond Duquette. Standing, left to right, are Longwood Councilman H.A. Seott, City Clerk Omie R. Shomale, Councilman Don Schneider, dog owner Jim Abernathy, Mayor James R. Lormann, Council member June Lormann, Council Chairman J.R. Grant and Kennel Club Public Relations Director Jim Boese. (Herald Photo by Bill Vincent)

NBA Standings

Table showing NBA Standings for Eastern and Atlantic Divisions.

Dog Results

Table showing Dog Results for various tracks including Sanford and Orlando.

Evans Defeats Lyman 69-35

ORLANDO (AP) — Evans pulled ahead 14-1 and then coasted to an 18-3 first quarter lead. Although Lyman pulled down 12 rebounds and teammate Eddie Kuhl sank 18 points in the third quarter, the slow Greyhound start was too much to overcome.

Naval Academy Wins 28-21

MONTVERDE — Sanford Naval Academy traveled to Montverde Tuesday night for a football game. The Naval Academy's middle school team bettered Montverde 28-21.

SHS Soccer: Rough Project

"I didn't know our schedule was that hard until it started," Seminole High's Head Soccer Coach Larry McCormick said Monday.

Three Celtics Picked

NEW YORK (AP) — Three Boston Celtics—center Dave Cowens, forward Paul Silas and guard Jo Jo White—were added today to the Eastern Conference team for the 25th National Basketball Association All-Star Game at Phoenix, Jan. 14.

College Cage Scores

Table showing College Cage Scores for various teams including Duke, North Carolina, and others.

DOG RACING

Advertisement for Dog Racing at Sanford-Orlando Kennel Club, featuring a photo of a dog and details about the racing schedule.

WORLD IN BRIEF

Brezhnev Reported Entering U.S. Hospital

BOSTON (AP) — The Boston Globe said today that Leonid I. Brezhnev would enter the Sidney Farber Cancer Center here today, but in Moscow authorities said the Soviet leader was there for the funeral of his mother.

Jackie Does Story

NEW YORK (AP) — Jacqueline Kennedy Onassis has written an anonymous article for the New Yorker magazine about the new International Center for Photography here.

Gold Price Seesaws

LONDON (AP) — The price of gold seesawed back up on European exchanges today as the market apparently shrugged off the lack of American interest.

Latin Trade Rift Bothers Kissinger

By SHIRLEY CHRISTIAN
Associated Press Writer
The Ford administration finds itself in a ballooning squabble with Latin America over provisions Congress put into the new trade law preventing the manufactured goods of the nations in the oil cartel from entering the United States duty-free.

Mineilli In Berlin

BERLIN (AP) — Liza Mineilli takes her European tour to Berlin Friday for a performance in the city that was the scene for her hit musical "Cabaret."

Oviedo Conquers

Oviedo handed Ocoee its second basketball loss of the season Tuesday night, mastering the visitors 63-58.

CALENDAR

Table showing the weekly calendar with dates and events.

AREA DEATHS

MRS. LURENE ALLIGOOD
Mrs. Lurene Alligood, 46, of 2610 Magnolia Ave., in Evandale, Ga., she lived in Sanford for a number of years. She was a member of Central Baptist Church of Sanford.

Dog Bites Steward As Hijacker Nabbed

LONDON (AP) — Police at an airport north of London overpowered the hijacker of a British airliner, freed the five members of the plane crew unharmed and recovered \$200,000 in ransom.

World Watches Task Force Sailing

WASHINGTON (AP) — A powerful Navy carrier task force sailed toward the Indian Ocean today as rumblings persist over Secretary of State Henry A. Kissinger's implied warning of possible U.S. military action in a grave oil emergency.

Planes Rip Cong

SAIGON, South Vietnam (AP) — Waves of South Vietnamese planes attacked the Viet Cong headquarters at Loc Ninh and nearby Communist areas in retaliation for the loss of the capital of Phuoc Long province, the Saigon command announced today.

Latin Trade Rift Bothers Kissinger

The disputed section gives preferential trade terms to developing countries by allowing them to export their manufactured products to enter the United States without paying duty. However, over State Department objections, Congress excluded all members of the Organization for Petroleum Exporting Countries (OPEC). It also authorized President Ford to suspend tariff preferences to countries that form other trade-restricting cartels or that nationalize American holdings without compensation.

Latin Trade Rift Bothers Kissinger

Two top officials are trying to close the storm. Secretary of State Henry A. Kissinger said he doesn't like that section of the law and will ask Congress to liberalize it in regard to Latin America. White House sources said Vice President Nelson A. Rockefeller also is looking for a solution.

Latin Trade Rift Bothers Kissinger

The State Department tried in vain to get Congress to exempt Venezuela and Ecuador from the OPEC provision since they did not take part in the oil boycott which grew out of the 1973 Arab-Israeli war.

Latin Trade Rift Bothers Kissinger

Most other Latin American nations are potentially vulnerable to the law because they are trying to diversify their income from their basic exports by getting together with other producers or are forcing out the foreign companies that have been exploiting them.

Latin Trade Rift Bothers Kissinger

Lyman High School Band Boosters will meet Monday, at 7:30 p.m., in Band room.

HOSPITAL NOTES

JANUARY 7, 1975
ADMISSIONS
Sanford: Esther Weiss, Tiffany A. Holmes, Jane Maek, Mattie Hall, Bruce W. Holloway, Betty J. Veiterson, George A. Swain, Estie M. Atkins, Ted M. ...

WEATHER

Yesterday's high 72 low this morning 48. Partly cloudy to occasionally cloudy and mild through Thursday. Chance showers mainly high in the afternoon and tonight. Highs in the mid to upper 70s. Lows tonight in the upper 50s. East to southeast winds 10 to 15 mph Friday and southeast to south Thursday. Rain probability 30 per cent Friday, 40 per cent tonight and 20 per cent Thursday.

WEATHER

Estimated forecast Friday through Sunday for Florida Peninsula—generally fair and mild. Lows from low 50s north to upper 60s south and from low 70s north to near 80 south.

JCPenney auto center sale advertisement featuring a car and text: 'OPEN SUNDAY 12:30 til 5:30 p.m. Save 33 1/3 on nylon cord tires. Mileagemaker nylon. Four ply nylon tire in the wide 78 series profile. Modern sidewall, wrap around tread. No trade-in required.'

Heavy duty muffler installation special. \$3. Reg. 5.00. Save 2.00 on installation. Heavy duty muffler 18.99. JCPenney heavy duty muffler. Fits most American cars. Guaranteed for as long as you own your car.

Save on oil filters. Sale 1.29. Reg. 1.99. Save 70¢. JCPenney Spin-on oil filter. In sizes to fit most American cars. JCPenney American car cartridge oil filter. Save \$0.95. Reg. 1.79. Save 90¢. Save on foreign car Spin-on oil filters. Reg. 2.99. 2.12. Sale 1.49/2.49. Sizes to fit most foreign cars. Save 49¢. Reg. 1.98. Sale 1.49. Foreign car cartridge oil filter. Sizes to fit most foreign cars.

Air filters. In sizes to fit most American cars. Reg. 2.79-3.19. Sale 1.49. We'll install new points, JCPenney spark plugs, rotor, condenser and distributor cap. We inspect air filter, fuel filter, and PVC valve. Adjust timing, carburetor and dwell angle. Resistor plugs additional. 4 cylinder engine, Reg. 21.88, now 16.41. 6 cylinder engine, Reg. 25.88, now 19.41. 8 cylinder engine, Reg. 30.88, now 23.16. \*Most American cars and many foreign cars.

Low, low prices on steel belts. Reliable steel belted tire. Two plies of polyester cord and two steel belts in the wide 78 series profile. Whitewall tubless. No trade-in required. TIRE SIZE PRICE + F.E.D. TAX H78-14 33.00 2.61 H78-15 37.00 3.06 G78-14 34.00 2.79 L78-15 39.00 3.50

"CHARGE IT" at Sanford Plaza Penney's - Open Mon. thru Sat. 8 a.m. to 9 p.m.

BEETLE BAILEY by Mort Walker. A four-panel comic strip featuring Beetle Bailey and his dog, with dialogue about finding out who is grinding his teeth.

ALLEY OOP by Dave Greue. A four-panel comic strip about a man trying to impress a woman in a restaurant.

THE BORN LOSER by Art Sansom. A four-panel comic strip about a man who is a loser in a game.

CAMPUS CLATTER with BIMO BURNS by Larry Lewis. A four-panel comic strip about a student's secretary.

BLONDIE by Chic Young. A four-panel comic strip about Blondie and Dagwood.

BUGS BUNNY by Heimdahl & Stoffel. A four-panel comic strip about Bugs Bunny and the Elmer Fudd cartoon.

WINTHROP by Dick Cavalli. A four-panel comic strip about a man's financial situation.

CAPTAIN EASY by Crooks & Lawrence. A four-panel comic strip about a man's father and his bodyguard.

FRANK AND ERNEST by Bob Thayer. A four-panel comic strip about a man's retirement.

WIN AT BRIDGE by Dick Turner. A section containing a bridge bidding chart and a cartoon titled 'CARNIVAL'.

FUNNY BUSINESS by Roger Bollen. A cartoon about a man's head.

DOONESBURY by Garry Trudeau. A cartoon strip about a man's job.

TUMBLEWEED by T. K. Ryan. A cartoon strip about a man's home.

PRISCILLA'S POP by Al Vermeer. A cartoon strip about a man's conversion.

ARCHIE by Bob Montana. A cartoon strip about a man's speech.

EEK & MEEK by Howie Schneider. A cartoon strip about a man's janitor.

SHORT RIBS by Frank Hill. A cartoon strip about a man's banquet.

LEISURE section containing TV listings for Wednesday, Thursday, and Friday, along with a 'SEEK & FIND' puzzle.

TV Answerman section with the question 'Is CBS Going To Can Gannon?' and an answer by Richard K. Shull.

Snakes section containing a crossword puzzle and a word search.

Answers to previous puzzles, including the crossword and word search solutions.

THE TRIAL OF BILLY JACK by the Florida Shakespearean Theatre.

Black Samson movie advertisement for the Ritz Theatre.

Advertisement for S&S Cafeterias featuring various food items and prices.

Jockeying Of 'Kung Fu' Has Producers In Whirl. Article by Richard K. Shull about the ABC series.

Channel 2 Joins In Celebration. Article about the station's anniversary and a 'MEETING BACKSTAGE' photo.

Saturday Television Takes New Twist. Article by Lee Margulies about the new live-action shows.

Advertisement for S&S Cafeterias, 'HOUSE OF QUALITY FOODS', featuring a menu and prices.

# DR. L. E. LAMB

## Face Reddens To Cool Body

DEAR DR. LAMB — Could you tell me why my face gets red when I bend down or when the temperature is in the 80s or over? It gets red when I dance the polka or when I work outside when it's hot. I had my blood pressure checked a couple of times and the doctor said it was normal. I am 44 years old. I must add

an experiment if you want. Lie down and hold your bare feet up in the air. Notice that the skin will become pale. Now sit up and watch the color return to the skin over your feet. The red color of the face is related to the opening of the small blood vessels in the skin. When you get hot you have to cool the body. So, the small blood vessels open to expose blood to the surface and cool it. Your skin acts as a water cooler temperature control device for your body. So, when the weather is hot your face gets red. When your body is too warm from dancing the polka or even lifting bales of hay the blood is sent to the surface of the skin to cool you off.

# DEAR ABBY

## Proud Mother Is Criticized

By ABIGAIL VAN BUREN

DEAR ABBY: You were much too easy on "Proud Mother" who was proud of the fact that "God" had given her 13 children. (Why blame God alone? Surely she had a husband.) Proud Mother resented being criticized for the size of her family, saying she didn't ask anyone else to raise or feed her. If she is so proud of 13, perhaps she would be twice as proud with 26. Even if she cut with 13, consider the possibilities (and you will need a calculator) if each of her children multiplies at the same rate. In two generations she will have been responsible for 182 people!!! This number becomes significant when one considers the amount of food and gasoline they will consume in their lifetimes.

DEAR READER — When you bend over the pressure of the blood flowing to your head increases. Whenever any part of the body is below the heart this tends to occur. You can do

DEAR CONCERNED: You were not the only one who expressed concern over Proud Mother's attitude. Briefly, since the world's resources are limited, we can't continue to provide for a population that daily produces 185,000 new mouths to feed. Obviously, we must either decrease our birthrate or increase our death rate. The choice is up to us.

DEAR ABBY: My mother, who lives in Utah, came to visit my husband and me for two weeks. We live in a small apartment with only a double bed in the bedroom and a sofa in the living room. My husband is 5'11" and weighs 260, and he couldn't sleep on the sofa. My mother is 72, and has a bad back, so she couldn't sleep on the sofa either.

DEAR N.Y.ER: No. What was their beef?

DEAR ABBY: I am a 28-year-old woman who feels as though she has been reborn. It took me 13 months, but I lost 94 pounds. It has changed my life. I still consider myself ugly, but at least I'm not fat any more and I can talk to people without feeling ashamed. Everybody tells me how great I look, except this one person who better the other way. You don't look like yourself. You are TOO thin now. Abby, I burn up like a match when she talks that way. I worked so hard to lose that weight, and for her to put me down just about kills me.

I can't ignore her because we work together and I see her every day.

What makes a person so mean?

DEAR THIN: Your co-worker is either incredibly insensitive, or she's not playing with a full deck. (Maybe she's jealous.) Turn her out.

# HOROSCOPE

For Thursday, January 9, 1975

By CARROLL RIGHTER

**GENERAL TENDENCIES:** You want to accomplish a great deal today which is fine if you channel your activities wisely and use self-control to sidestep making any remarks that could alienate certain associates.

**ARIES (Mar. 21 to Apr. 19):** Be astute in the handling of a difficult matter. Look to a new associate for the information you need at this time.

**TAURUS (Apr. 20 to May 20):** Relax and listen to the voice of your intuition which can be most helpful to you. Discuss new plans with others intelligently.

**GEMINI (May 21 to June 21):** If you are more cooperative with associates, you can get better results. Don't let an uncontrolled person upset you.

**MOON CHILDREN (June 22 to July 21):** Handle that work ahead of you in an intelligent way and it is soon behind you. Don't neglect health treatments.

**LEO (July 22 to Aug. 21):** Before you go out for recreation, make sure you assist a good friend who has a problem. Show creativity in the work you do.

**VIRGO (Aug. 22 to Sept. 22):** Make those important decisions now instead of putting them off. You can get fine results from entertaining at home.

**LIBRA (Sept. 23 to Oct. 22):** By having quiet talks and cementing better relations with associates, you make the future much brighter. Relax tonight.

**SCORPIO (Oct. 23 to Nov. 21):** Don't get upset over some financial problem but find the right solution to it. A business expert can be most helpful.

**SAGITTARIUS (Nov. 22 to Dec. 21):** Discussions with allies brings to light many ideas which can be helpful in your line of endeavor. Avoid a troublemaker.

**CAPRICORN (Dec. 22 to Jan. 20):** Study personal matters and know just where you are headed in the future. Don't waste time with those who hold you back.

**AQUARIUS (Jan. 21 to Feb. 19):** Study a plan with friends and give it your approval. Much good can result from it. Enjoy yourself at the social tonight.

**PISCES (Feb. 20 to Mar. 20):** You can accomplish a great deal in the world of activity today, if you get an early start. Avoid a person who wastes time.

**IF YOUR CHILD IS BORN TODAY...** ...he or she will be one of those intelligent young people who can make a great career if given the opportunity to study at the right schools. Teach to control the temper and listen to experts for best results. Give ethical training early.

"The Stars imply, they do not compel." What you make of your life is largely up to YOU!

Carroll Righter's Individual Forecast for your sign for February is now ready. For your copy send \$1 to Carroll Righter, Forecast, Evening Herald, P.O. Box 89, Hollywood, Calif. 90028.

# SUPER DRUG STORES

2438 FRENCH AVE.—NEXT TO WINN-DIXIE

PHONE 322-8270

PRICES GOOD THRU. JAN. 11, 1975

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

PEPSI-COLA DIET-PEPSI — 7-UP 99¢

6 PK. IN CANS

LIMIT 2 4 PK5

DIAL SOAP REGULAR SIZE 19¢

VIVA PAPER TOWELS Single, large roll 39¢

BORDEN'S ROUND ICE CREAM 1/2 GAL. 99¢

PRELL SHAMPOO 11 OZ. BOTTLE 63¢

ASPIRIN BAYER 69¢

INJECTOR BLADES SCHICK 89¢

BRECK CREME RINSE 74¢

MAYBELLINE FRESH & LOVELY LIP GLOSS 69¢

UNICAP THERAPEUTIC HIGH POTENCY VITAMIN FORMULA 90 TABLETS WITH 30 FREE 49¢

RIGHT GUARD ANTI-PERSPIRANT 5 OZ. 59¢

PERTUSSIS 8 HOUR COUGH FORMULA 3 OZ. 97¢

MASSENGILL LIQUID DOUCHE CONCENTRATE 4 FL. OZ. 109¢

MURINE FOR YOUR EYES 6-OZ. 89¢

EFFERGRIP DENTURE ADHESIVE CREAM 1.5 OZ. 67¢

LECTRIC SHAVE REGULAR, FROST LIME OR MENTHOL 3 OZ. 79¢

FINAL NET HAIR SPRAY BY CLAIROL 12 OZ. 159¢

**SPECIAL BONUS**

**5-SHELF ETAGERE** With 2 shelves extending 18" Pecan finish with bamboo posts and finals 24<sup>99</sup>

**Electric Appliance Timer** Burglar proof your home automatically. 24 hour timer turns off and on as you like it! 4<sup>99</sup>

**RECORD & TAPE SALE**

POPULAR HIT L.P. RECORDS EACH 1<sup>99</sup>

TOP artists and hits

8-TRACK TAPES EACH 2<sup>99</sup>

Dozens to choose from

**Mirro 4-Quart Corn Popper** HM-2224-40 Makes delicious popcorn without shaking or stirring. 3<sup>99</sup>

**Hankscraft Cool-Vapor Vaporizer** 1.6 gal. capacity. Will operate Model up to 740 20 hours! 11<sup>88</sup>

**DIGITAL ALARM CLOCK** Model C-227 9<sup>99</sup>

**BOOSTER CABLE SET** 1<sup>33</sup>

**DELUXE 1,000 PIECE JIGSAW PUZZLES** 88¢

**MASTERCRAFT PIPE SALE** EACH 2<sup>33</sup>

**PHOTO DEPARTMENT**

**KODAK INSTAMATIC X-15** 14<sup>88</sup>

Flash pictures with out flash battery. Drop-in loading. Self-powered flash.

**KODACOLOR II NO FILM** 12 EXP. 99¢

BOX OF 3 SYLVANIA FLASHCUBES 88¢

PRINTS FROM SLIDES ORDERED FROM THE SAME SLIDE Reg. price 55¢ each. Please allow 14 days for delivery. 2<sup>73</sup>

**BORDEN'S ICE-CREAM SANDWICHES** 6 PACK 53¢

**ZESTA SALTINES** 16-OZ. LIMIT 1 49¢

**PLANTER'S DRY ROASTED PEANUTS** 8 OZ. JAR 49¢

**FUN SIZE CANDY BARS** 1 LB. BAGS EACH 99¢

# WOMEN

Evening Herald, Sanford, Fl. Wednesday, Jan. 8, 1975—1B



HELEN GURLEY BROWN

# 'Cosmo' Editor Helen Takes Direct Approach

By JOANNE E. ROMINE  
The Herald Staff

Helen Gurley Brown, editor of Cosmopolitan Magazine and author of "Sex and the Single Girl," is a woman of high intelligence, and more interested in dealing with the realities of life, than in abstract theories.

Her writing reveals her to be a straight-forward individual. And, whether you agree or disagree with her point of view, you have to admit she has a keen, sharp mind and ease of expression that we might all well envy.

Since Helen's name has almost become synonymous with sex, let's take a closer look at how she thinks, feels, and functions physically.

Regardless of tradition or moral codes of the past, this lady insists on being practical, realistic and direct in her approach to the problems of women today — including herself. She possesses personal pride and dignity, and though she is receptive to new ideas and new people, she is really a conservative person when it comes to emotional involvement. She will be most cautious in her selection of close intimate friends. She has known disappointment and frustration in the past, which has con-

tributed to her cautious approach. She is self-confident, (note the large capital letters) and an independent person. Even though what she thinks, says, or does, may make her vulnerable to criticism, she is determined to be herself.

In a social situation she is a delight. She can be warm and friendly, quick-witted, a good listener as well as offering much to the conversation that stimulates thinking. She has a talent for being a good story-teller, and with her excellent sense of timing, she can, if she so desires, keep people hanging on every word.

Ms. Brown has many talents in addition to her literary skill. Her aesthetic tastes combined with her creativity give her the ability to paint, as well as endorsing her with a sense of drama.

She can be very efficient, responsible, — on the job, efficient, responsible, devoted; as a wife, she will be affectionate, considerate, and occasionally stubborn; as a friend, she is loyal, understanding and frank. But to her "own self" she will be true.

She is avant-garde in her approach to life, but always totally open and honest. So much so that at times, even she suffers from feelings of guilt.

# Eating Habits Are In For A Change

By CAROLYN COIL  
The Herald Staff

You'll continue to pay more for the food you eat, say grocery industry experts.

They also believe inflation in food prices will exceed inflation in nonfood commodities.

The pressure of population growth on food supplies is causing the inflation, they say.

Other predictions include increasing production of food by placing more land under cultivation and increasing per-acre yield.

A survey of the grocery industry leaders from both retailing and manufacturing was recently conducted by the Newspaper Advertising Bureau. The result is 12 predictions of possible future

# Famous Piano Duo To Play In Daytona

The duo piano team of Ferrante & Teicher open the second WNDW-WNDI Concert Season at Peabody Auditorium in Daytona Beach Jan. 18.

Noted as much for their wit as their splendid keyboard artistry, Art Ferrante and Lou Teicher are best known as the Movie Theme Team, and particularly for their renditions of the movie theme from "The Apartment," "Exodus," "West Side Story" and "Midnight Cowboy." The duo has sold more than 20 million records and regularly performs more than 100 concert dates each season across the United States and Canada.

As follow students at the famed Juillard School of Music in Rochester, they often found themselves matched together playing piano ensembles. A friendship spawned from this common bond, and while they were still in their teens, Ferrante and Teicher determined that they would become a professional two-piano team.

# Woman's Club

The annual Arts and Crafts Festival sponsored by the Woman's Club and Junior Woman's Club of Sanford will be held Wednesday in the Woman's Club, Oak Avenue.

A variety of arts, crafts and sewing will be assembled before the noon covered dish.

The chapter supplied Christmas gifts and candy for the nursing on Wing II at the Sanford Nursing and Convalescent Center, as its Christmas service project.

Gamma Gamma will meet Jan. 20 at 8:30 p.m. at the Lake Mary home of Masli Blythe.

In their concert at Peabody, Ferrante and Teicher will play many of their hit songs, including show and movie tunes, love ballads, light classics and contemporary music. A unique light show adds extra dimension to their concert.

Reserved seat tickets to all of the Concert ShowCase attractions are available on a series basis at a savings for each series ticket. The series includes Ferrante & Teicher, the romantic songs of John Gary & Co. on Feb. 21, the entire (53 members) King Family with Alvin Roy on March 8 and the inimitable Victor Borge on March 21.

Series ticket holders may select additional attractions which are booked under the WNDW ShowCase label during the season at reduced rates, and enjoy the same choice seat to all performances.

WE BUY AND SELL GOLD COINS SEMI-MOLE COM CENTER 119 W. 11th St. Sanford 322-4132

UNDERWORLD VANITY FAIR COWAN'S UNDERWORLD 114 S. Magnolia UNDERWORLD

New in the neighborhood? It's not all bad... The Welcome Wagon hostess will help!

RENT OUR RINSE/VAC Get carpets professionally clean. Ret for only \$12.00 a day. Ph. 322-0500 Sanford

Call today: MARGE WILLIAMS 322-1812 Sanford MRS. DONALD BELL 322-1812 Casselberry-Winter Springs MARYLYN GARLANTI 834-9212 Altamonte Springs SHIRLEY MILLET 834-9212 Forest City HILDA RICHMOND 574-3167 Deltona

# SORORITY SUPPORTS ZOO

Mu Phi Chapter, Beta Sigma Phi, will present the world famous Lipizzan Stallions Jan. 18 at 8 p.m. and Jan. 19 at 2:30 and 6:30 p.m. at the Orlando Sports Stadium. Proceeds will help support the new Central Florida Zoo.

# Bookhard Family United

Upon successfully completing 21 years in the U.S. Air Force, People, and family of four including extensive travels in the United States and abroad, and enjoy the same choice seat to all performances.

**FANTASTIC SAVINGS ON Dresses • Costumes Sportswear • Pantsuits Handbags at our annual January SALE**

All Sales Final — No Exchanges

**The Village Shop**

We Honor BankAmericard Master Charge

2440 Hiawatha Sanford Telephone 322-9180



# Clearly a good value. New Diplomat glassware in Treasure Chest Oats.

You'll be proud to collect our new crystal-clear Diplomat glassware. A handsome design that goes with everything.

There's a 12 oz. tumbler, a 9 oz. tumbler, or a size suitable for juice in every package. And we pack an even assortment, so you can collect an even set.

It's something we think you deserve for sending your family off with a good hot breakfast every day. A breakfast of Treasure Chest Oats, one of the best values in your food store.



# Club Notes

**Xi Theta Epsilon**

Members of Xi Theta Epsilon Chapter, Beta Sigma Phi, and their husbands met at the Satsuma Drive, Sanford, home of Linda and Dan Dunn for its year's end formal holiday cocktail party.

The festive decorations were enhanced by many ceramic pieces made by the hostess. The formal buffet table, covered with a lace cloth, sported a centerpiece of pine cones and holly, and guests enjoyed a variety of savory snacks.

Highlighting the evening's entertainment, was the piano playing of Dan Dunn, who was joined by the guests singing old and new favorite songs.

Enjoying the evening, and looking forward to a better 1975, were: Elizabeth and Chuck Jett; Leslie and Joe Pauline; Evelyn and Alex Serrano; Jan and John Myers; Faye and Don Siler; Errol and Bob Gray; and Sue and Ray Ceynosa.

**Sanford AARP**

American Association of Retired Persons of Sanford will hold installation of officers Jan. 17, at 2:30 p.m., in the community room at First Federal Savings and Loan Association, First Street, Sanford, with Jack Horner, executive manager of Greater Sanford Chamber of Commerce as guest speaker.

State director ed. Joseph De Rita will be installing officer. Incoming officers include Mary McPherson, president; Harry H. Bicking, vice president; Lillian Gardner, secretary; Edmond Cajiga, treasurer.

Those who have been serving as temporary officers for the new organization include Lora E. Crews, president; Mary McPherson vice president and acting secretary; and John Cash, treasurer.

# Gamma Gamma

Gamma Gamma Chapter, Alpha Delta Kappa, held its annual Christmas party Dec. 10 at the home of Virginia Krause. "Secret Sister" gifts were exchanged, followed by holiday refreshments.

UNDERWORLD COWAN'S UNDERWORLD 114 S. Magnolia UNDERWORLD

**BARGAIN of the MONTH**

5.95 VALUE

now 2.99

HEATING PAD

Relieves tired, aching muscles, 3 hrs. night light. Waterproof pad; washable cover. 41

Open Sat. Ph. 322-8500 '71 4 p.m. Sanford

**GREGORY LUMBER**

520 Maple Ave.

You Don't Have To Be A MILLIONAIRE To Heat Like One With

General Electric CENTRAL HEATING CALL... WALL PLUMBING & HEATING, INC. 1007 S. Sanford 322-4542

# Game Meats Are Good When Well Prepared

By GLORIA DRUGOSZ  
Herald Staff Writer

Home is the hunter from his holiday trip to Farmington, and now you're left holding the "bag."

Relax. You can use these prized game meats just as you would domestic meats—if you—AND your Daniel Boone—follow a few "rules of the game."

The first rule is proper bleeding, drawing, cleaning and cooling immediately after the kill.

Often the objectionable and unpleasant flavors associated with venison and other wild game are caused by improper care in the field.

Complete information on the proper way to handle the fresh kill to insure high quality, wholesome meat is available at the Agri-Center, 420 S. Orlando Drive, Sanford. Perhaps you can order their pamphlets in time for your hunter's next outing.

Now, back to the cook. Here are some general hints provided by the Extension Home Economics Agency at the Agri-Center.

Age game under refrigeration at a temperature above freezing (32 to 45 degrees) for 48 hours before cooking.

Serve wild game either very hot or very cold and with tart, spicy side dishes, stuffing, dressings, or desserts to mask or avoid the "furry" after-taste the fat in the game leaves in the mouth.

For older game use a moist heat cooking method such as braising and stewing. When using dry heat cooking methods for younger game, add fat and moisture in cooking. Game is generally tougher and drier than domestic meat.

Reduce or mask the gamey flavor somewhat if your family does not enjoy the full wild flavor. Use high seasonings of herbs, tart fruits, fruit juices, vinegar, buttermilk, sour milk, or cream in marinades and sauces; use both tart fruits and herbs in stuffings.

When preparing venison, trim away excess fat to improve flavor. But replace the fat by wrapping bacon or fat pork around the venison when cooking by dry heat, as in roasting.

More information and details may be obtained from the Extension Home Economics Agency, Seminole County Agri-Center, 420 S. Orlando, Sanford, Fla. ZIP 32771.

Here are a few recipes the extension service suggests.

**Wild Duck Cantonese**  
Most delicious when cooked rare. But if your family runs for cover over rare meat, cook longer, but be careful not to overcook. Serve piping hot.

2 wild ducks, 2-2 1/2 lbs. (dressed weight)  
Garlic salt and pepper  
4 sprigs parsley  
1 lemon, halved  
6 slices bacon

1/2 cup grapefruit or lime juice  
1/2 cup dry mustard  
2 tablespoons soy sauce (optional)  
1/2 cup canned apricots (or stewed, dried one, mashed to pulp)

1 tablespoon grated orange peel  
1/2 cup butter or margarine, melted  
Sprinkle ducks inside and out with salt and pepper. Place 2 sprigs parsley and 1/2 lemon in each cavity. Cover with bacon

and fasten with string. Place ducks, breast up, in baking pan in preheated oven at 350 degrees for 1 1/2 hours. Baste often with butter or margarine and once—just once—with Cantonese sauce.

To make the Cantonese Sauce: Stir juice into dry mustard. Add soy sauce, grated orange peel and apricots. Heat double boiler over hot water. Add orange marmalade, dash of sugar or chopped candied

fruits if a degree of sweetness is desired. Remove lemon, parsley from ducks when cooked. Carve and serve with remaining Cantonese Sauce. Makes 4 servings.

**Roast Wild Turkey**  
Come March, hunters will take to the fields after the wild turkey gobbler. This noble native bird makes a regal roast. An extra precaution—cover breast with bacon slices and cheese cloth soaked in melted

bacon fat while baking to insure tender, moist meat.

1/4 cup chopped parsley  
1 cup cooked or canned chestnuts, chopped or raw peanuts  
8 cups bread crumbs (made from day old bread)  
45 slices bacon  
Melted bacon fat

Sprinkle bird inside and out with salt and pepper. Cook sausage in skillet until well done. Add onion and celery, cook until tender. Add seasonings and bread crumbs.

**Spoon stuffing** lightly into neck and body cavities. Close openings with skewers and string. Cover breast with bacon and fat-soaked cloth. Pull legs upward and tie together with string. Turn wings under.

Place turkey breast up on rack in roasting pan. Roast in pre-heated 325 degrees F. oven 20 to 25 minutes per pound or until tender. Baste often with bacon fat and drippings. Makes 8 to 10 servings.

**Venison Pot Roast**  
Shoulder, rump or round cuts are best used for this recipe. For a different touch, or when used as a leftover, follow this same recipe, then add your favorite dumplings.

3-4 pounds of venison salt, pepper, flour  
5 whole carrots  
5 whole potatoes  
5 whole onions  
Turkeys and celery may also be added

Dredge meat with flour, salt, pepper, and brown in fat. Add some water and simmer the meat for two or three hours over very low heat. When meat is tender, add vegetables and cook until done.

Make gravy of the liquid in the pan and pour over meat and vegetables. If you want a dumpling stew instead, follow same steps, then add dumplings, cook with cover for 15 minutes.

zels, polyunsaturated sour dressings, mayonnaise, special margarines, skim milk and skim milk products, buttermilk, low fat yogurt, herbs and spices, ketchup and mustard, all fruits and vegetables.

**DON'T USE**—cream cheese, regular cheese, caviar, egg yolk, luncheon meats and sausage, shrimp, cocktail crackers, potato chips and corn chips, sour cream and sour cream substitutes made with coconut oil, whipped cream and

imitation whipped cream, butter and cream, whole milk, ice cream.  
**BASIC CHEESE SAUCE**  
Use this basic recipe with variations as a dip, a spread, a salad dressing or a delicious replacement for sour cream.



**W-D BRAND U.S. CHOICE GRAIN FED BONELESS**

Quantity Rights Reserved  
WINN-DIXIE STORES, INC.  
COPYRIGHT - 1975

WE PLEDGE TO FIGHT INFLATION AND CONSERVE ENERGY

PRICES GOOD THURS. JAN. 9 THRU WED. JAN. 15

# Low Fat Cocktail Morsels Are 'Heart-Saving' Treats

Appetizers should be tantalizing morsels that whet the appetite. Most cocktail food is too high in saturated fat, but these heart-saving suggestions and recipes are low in both saturated fat and cholesterol. In addition, they are delicious and guest-pleasing.

**USE**—partially creamed cottage cheese, low fat cheeses, fish lean meat, and chicken, liquid egg substitutes, bread and melba toast, regular crackers and rye krisp, pret-

zels, polyunsaturated sour dressings, mayonnaise, special margarines, skim milk and skim milk products, buttermilk, low fat yogurt, herbs and spices, ketchup and mustard, all fruits and vegetables.

Place all ingredients in a blender jar. Blend until creamy, adjusting the milk measure to produce desired consistency. Yield: 2 cups.

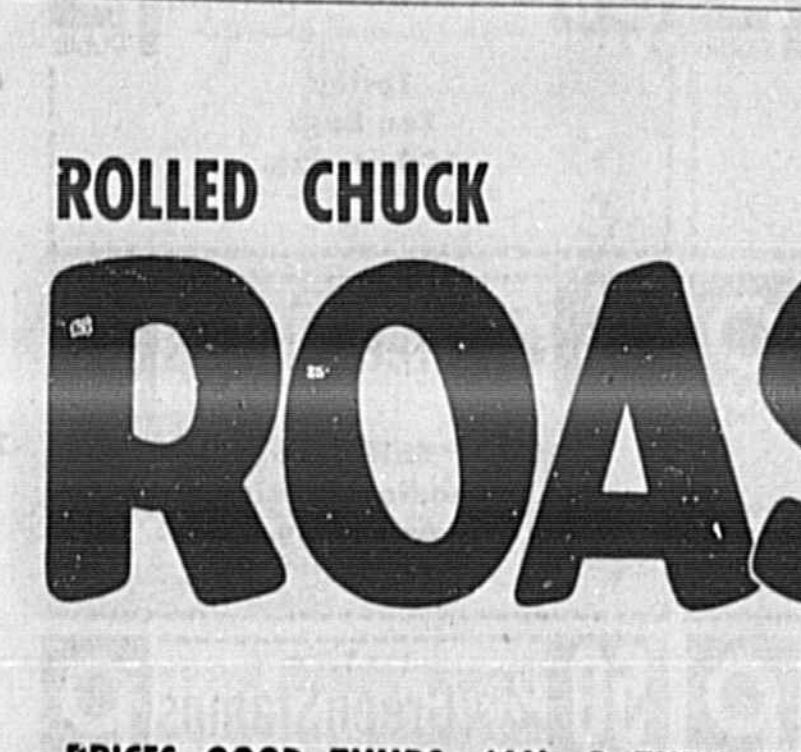
**Variations:**  
Dill: To 1 cup Basic Cheese Sauce, add 1 tablespoon chopped fresh dill and 1 tablespoon minced onion. Chill.  
Garlic: To 1 cup of Basic Cheese Sauce, add 2 tablespoons mayonnaise, 1 or 2 tablespoons chopped onion, a dash of garlic powder and 2

sprigs of fresh parsley. Mix in a blender at high speed until smooth. Chill.  
Anchovies: To 1 cup of Basic Cheese Sauce, add 4 anchovy fillets, 1 teaspoon paprika and 1/2 teaspoon dry mustard. Mix in a blender until smooth. Serve chilled.  
Onion: To 1 cup of Basic Cheese Sauce, add 2 tablespoons dry onion soup mix and 1 teaspoon finely chopped green onion. Mix. Serve chilled.

**MARINATED MUSHROOMS**  
1/2 cup polynaturated oil  
1/4 cup vinegar  
1 tablespoon lemon juice  
1/4 teaspoon celery salt  
1 tablespoon minced parsley  
1 clove garlic, minced  
1/4 teaspoon dry mustard  
1 pound small fresh mushrooms

Cover and stir. Marinate for 24 hours in refrigerator. Makes 4 cups.  
**EGGPLANT RELISH**  
1/2 cup polynaturated oil  
1 medium eggplant, about 1 1/2 pounds, cut into small pieces  
1 large onion, chopped  
1 clove garlic, minced  
2 tablespoons capers  
1/4 teaspoon oregano  
Salt and freshly ground pepper to taste

**TEHYAKI CANAPES**  
1 pound sirloin steak  
1 teaspoon ground ginger  
1 clove garlic, minced  
1 small onion, minced  
1 tablespoon sugar  
1/4 cup soy sauce  
3 tablespoons water  
1 tablespoon red wine



**ROLLED CHUCK ROAST 98¢**

Quantity Rights Reserved  
WINN-DIXIE STORES, INC.  
COPYRIGHT - 1975

WE PLEDGE TO FIGHT INFLATION AND CONSERVE ENERGY

PRICES GOOD THURS. JAN. 9 THRU WED. JAN. 15

<p><b>W-D BRAND USDA CHOICE RIB ROAST</b> \$1.39 LB.</p>	<p><b>W-D BRAND USDA INSP. PURE (NO ADDITIVES) GROUND BEEF</b> \$3.99 LB. PKG.</p>	<p><b>HICKORY SWEET SLICED BACON</b> SAVE 10¢ 1-LB. PKG.</p>
<p><b>W-D BRAND USDA CHOICE PORTERHOUSE OR T-BONE STEAK</b> SAVE 31¢ LB.</p>	<p><b>W-D TASTY BEEF PATTIES</b> 3 \$1.99 LB. PKG.</p>	<p><b>W-D BRAND USDA CHOICE ROUND STEAK</b> SAVE 41¢ LB.</p>
<p><b>W-D BRAND USDA CHOICE TOP ROUND OR SIRLOIN STEAK</b> SAVE 41¢ LB.</p>	<p><b>W-D BRAND USDA CHOICE BEEF BONELESS STEW MEAT</b> SAVE 31¢ LB.</p>	<p><b>JENNIE O DARK MEAT TURKEY ROAST</b> 2-LB. PKG. \$2.29</p>
<p><b>W-D BRAND USDA CHOICE PORTERHOUSE OR T-BONE STEAK</b> SAVE 31¢ LB.</p>	<p><b>W-D BRAND USDA CHOICE BEEF BONELESS CHUCK STEAK</b> SAVE 30¢ LB.</p>	<p><b>USDA GRADE "A" FRESH FROZEN W-D BRAND FRYING WHOLE CHICKEN</b> 1-LB. \$4.99</p>
<p><b>W-D BRAND USDA CHOICE PORTERHOUSE OR T-BONE STEAK</b> SAVE 31¢ LB.</p>	<p><b>W-D BRAND USDA CHOICE BEEF BONELESS DELMONICOS</b> LAND O' FROST SLICED CHIPPED BEEF OR HAM 2-LB. PKG. \$4.50</p>	<p><b>USDA GRADE "A" FRESH FROZEN W-D BRAND FRYING WHOLE CHICKEN</b> TALMADGE HALF OR WHOLE \$1.29</p>
<p><b>W-D BRAND USDA CHOICE PORTERHOUSE OR T-BONE STEAK</b> SAVE 31¢ LB.</p>	<p><b>W-D BRAND USDA CHOICE BEEF BONELESS DELMONICOS</b> LAND O' FROST SLICED CHIPPED BEEF OR HAM 2-LB. PKG. \$4.50</p>	<p><b>USDA GRADE "A" FRESH FROZEN W-D BRAND FRYING WHOLE CHICKEN</b> TALMADGE HALF OR WHOLE \$1.29</p>

**It's Pasta From Italy With Love**

By TOM HOGE  
AP Newsfeatures Writer

Italian cooks, they say, make pasta in more ways than you can eat in a month without repeating the same dish. They range from those little shells called marzuzelle and the ribbons known as fettuccelle down to tuboli tubes, the wires called fusilli and common varieties like spaghetti and noodles.

As the late Michael Field once noted, American pasta is so good because most U.S. pasta factories are owned and operated by Americans of Italian descent. Which is why to eat Americans are believed to eat pasta in more ways than you can eat in a month without repeating the same dish, despite its effect on the waistline.

The origins of pasta are shrouded in legend and lore. There have been claims that it first appeared in Sicily around 1000 B.C. Other historians say the Roman cooks in the days of the Caesars took wheat from Egypt and made it into the first pasta.

Until recently I didn't know that, whereas the people of southern Italy load up on pasta virtually every day of the week, those in the northern part of the country eat it more sparingly.

There are as many Italian pasta sauces as there are types of pasta, most of them with a tomato base because this vegetable abounds in the Mediterranean area. They are usually enriched with ground beef, clams, Italian sausages, bacon or chicken livers, to name a few prime ingredients. But the secret of a fine sauce lies, not in the tomato base or the meat, fish or fowl that is added, but in the spices and other seasonings. Here is one that I have elaborated on over the years.

<p><b>HARVEST FRESH FLORIDA YELLOW CORN</b> 10 99¢ EARS</p>	<p><b>VINE RIPE TOMATOES</b> 3 \$1 LBS.</p>	<p><b>MORTON DINNERS</b> 2 \$1 11-oz. PKGS.</p>
<p><b>FRESH FLORIDA ORANGES</b> 5 59¢ LB. BAG</p>	<p><b>ASTOR ORANGE JUICE</b> 3 \$1 12-oz. CANS</p>	<p><b>MRS. SMITH'S PIES</b> 2 89¢ 26-oz. PIE</p>

<p><b>HEAT &amp; SERVE FISH STICKS</b> 2-LB. PKG. \$1.99</p>	<p><b>W-D BRAND USDA CHOICE BEEF LOIN STRIP STEAKS</b> 10 \$9.98</p>	<p><b>W-D BRAND USDA CHOICE BEEF WHOLE 6/8 LB. AVG. TENDERLOINS</b> 18 \$2.49</p>	<p><b>W-D BRAND USDA CHOICE BEEF TENDER CUBE STEAKS</b> 5 \$9.89</p>	<p><b>W-D BRAND USDA CHOICE BEEF TENDER CHEESE SPREAD</b> 2-LB. BOX \$1.79</p>	<p><b>SUPERBRAND SLICED NATURAL SWISS CHEESE</b> 6-oz. PKG. 79¢</p>	<p><b>ASTOR GREEN PEAS</b> 3 \$1.00</p>	<p><b>RED DELICIOUS APPLES</b> 4 \$1.69</p>	<p><b>HARVEST FRESH LETTUCE</b> 1 \$1.19</p>	<p><b>HARVEST FRESH GREEN CABBAGE</b> 1 \$1.12</p>	<p><b>ASTOR JUMBO CELERY</b> 2 \$1.39</p>
--	--	---	--	--	---	---	---	--	--	---

<p><b>100 EXTRA TOP VALUE STAMPS</b> ONE 4-LB. CAN SWIFT PREMIUM Canned Ham GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 2-LB. CUP SUPERBRAND CREAMED Cottage Cheese GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 12-oz. PKG. ASTOR Instant Potatoes GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 12-oz. PKG. SARA LEE APPLE Pull Apart GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 20-oz. PKG. MORTON Pull Apart GOOD THRU JAN. 15</p>
---	--	---	--	--

## Sweets Can Be Safe

There are ways to feed the sweet tooth without serving dipper of ice cream over a piece of cherry pie. Let me give you a delightful recipe which will satisfy your desire for sweets and yet endanger your shape.

**STRAWBERRIES ROMANOFF:** Whip 2 cups of ice milk and fold in 1 cup whipped non-dairy topping. Add the juice of 1 lemon and 3 ounces Triple Sec over 8 cups of chilled strawberries. Add the cream mixture to strawberries and combine. Pile into tall glass serving dishes. Top each serving with 1 whole strawberry. Serves 8.

<p><b>VAN CAMP PORK &amp; BEANS</b> 4 \$1 16-oz. CANS</p>	<p><b>SUPERBRAND USDA INSP. GR. "A" FRESH FLA. ALL WHITE LARGE EGGS</b> DOZEN 69¢</p>	<p><b>DIXIE DARLING FAMILY BREAD</b> 4 \$1 20-oz. LOAVES</p>
<p><b>STOKELY W. K. CORN</b> 3 88¢ 17-oz. CANS</p>	<p><b>KRAFT GRAPE JELLY</b> SAVE 10¢ 18-oz. JAR</p>	<p><b>ARRID EXTRA DRY Anti-Perspirant</b> SAVE 14¢ 9-oz. BONUS PACK</p>

<p><b>THIRTY MAID CRANBERRY SAUCE</b> 3 \$1.00</p>	<p><b>THIRTY MAID LUNCH MEAT</b> 3 \$0.68</p>	<p><b>THIRTY MAID POWDERED MILK</b> 3 \$3.99</p>	<p><b>THIRTY MAID PINTO, NAVY, OR KIDNEY BEANS</b> 3 \$0.88</p>	<p><b>CRACKIN' GOOD TOASTER PASTRIES</b> 2 \$1.00</p>	<p><b>PERCH FILLET</b> 1 \$0.99</p>	<p><b>SOUP MIX</b> 1 \$0.63</p>	<p><b>CUT CORN</b> 1 \$0.63</p>	<p><b>CAULIFLOWER</b> 2 \$0.79</p>	<p><b>SUCCOTASH</b> 2 \$0.89</p>	<p><b>BABY LIMAS</b> 3 \$0.99</p>
--	---	--	---	---	---	-------------------------------------	-------------------------------------	--	--------------------------------------	---------------------------------------

<p><b>100 EXTRA TOP VALUE STAMPS</b> TWO 7-oz. PKGS. BENNETT'S SOUP Air Freshener GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 10-LB. BAG BEST OF SHOW Dog Food GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> SIX 12-oz. CANS Chek Drinks GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> 4-oz. JAR ASTOR FREEZE DRIED Coffee GOOD THRU JAN. 15</p>	<p><b>100 EXTRA TOP VALUE STAMPS</b> ONE HALF SUNNHLAND TENDER Smoked Ham GOOD THRU JAN. 15</p>
---	---	--	--	---

# GET THE FINEST GIFTS WITH THE FINEST STAMPS!



## 3950

EXTRA S & H GREEN STAMPS,  
WHEN YOU CLIP AND REDEEM  
THE COUPONS ON THIS PAGE!

REGULAR OR EXTRA-HOLD  
LUSTRE CREME  
**Hair Spray**  
12-oz. can  
**59¢**

FOR FRESHER BREATH  
ORAL ANTISEPTIC  
**Listerine Mouthwash**  
14-oz. bot.  
**89¢**

25¢ OFF LABEL  
REGULAR OR POWDER  
ANTI-PERSPIRANT  
**Right Guard**  
12-oz. can  
**\$1.59**

Gillette  
TRAC II  
Twin Injector  
Razors  
**89¢**

Grid of 100 Green Stamps and 50 Green Stamps with various product offers and expiration dates (Jan. 15, 1975).

100 Green Stamps  
**Gillette Injector Blades**  
7-ct. pkg.  
**59¢**

100 Green Stamps  
**Gillette Super Stainless Steel Double Edge**  
5 or 15-ct. pkgs.  
**59¢**

100 Green Stamps  
**Regular or Extra-Body Wella Balm Conditioner**  
16-oz. size  
**59¢**

100 Green Stamps  
**Desitin Ointment**  
2 1/2-oz. tube  
**59¢**

100 Green Stamps  
**Regular or Iron Flintstone Vitamins**  
60-ct. pkg.  
**59¢**

100 Green Stamps  
**Johnson's Cotton Swabs**  
200-ct. pkg.  
**59¢**

100 Green Stamps  
**Efferdent Denture Tablets**  
40-ct. pkg.  
**59¢**

100 Green Stamps  
**Noxzema Skin Cream**  
10-oz. jar  
**59¢**

100 Green Stamps  
**Shower to Shower Body Powder**  
7 1/2-oz. can  
**59¢**

100 Green Stamps  
**Cutex Nail Polish Remover**  
6-oz. bot.  
**59¢**

100 Green Stamps  
**Unscented, Regular or Powder Soft & Dri Anti-Perspirant**  
5-oz. can  
**59¢**

100 Green Stamps  
**Regular, Menthol or Lemon-Lime Gillette Foamy**  
11-oz. can  
**59¢**

100 Green Stamps  
**Vicks Sinex Nasal Spray**  
15 cc-bot.  
**59¢**

100 Green Stamps  
**Bayer Time Release Aspirin**  
72-ct. bot.  
**59¢**

100 Green Stamps  
**Vicks Formula "44" Cough Syrup**  
3 or 6-oz. bot.  
**59¢**

100 Green Stamps  
**Without Aspirin Alka Seltzer Gold**  
20 or 36-ct. pkgs.  
**59¢**

100 Green Stamps  
**Tylenol Tablets**  
100-ct. bot.  
**59¢**

100 Green Stamps  
**Di Gel Tablets**  
30-ct. pkg.  
**59¢**

100 Green Stamps  
**Any Butane Litter (Cricket - Bic)**  
**59¢**

100 Green Stamps  
**Contact Capsules**  
10-ct. pkg.  
**59¢**

100 Green Stamps  
**Aluminum Broil-A-Foil Pan**  
**59¢**

100 Green Stamps  
**Fire Extinguisher**  
**59¢**

100 Green Stamps  
**Glamorene Spray Vacuum Rug Cleaner**  
**59¢**

100 Green Stamps  
**\$1 Or More Of Any Candy**  
**59¢**

100 Green Stamps  
**Any Weko Mops**  
**59¢**

50 Green Stamps  
**Damp Rid Closet Dryer**  
**59¢**

50 Green Stamps  
**Any 10 Pack Chewing Gum**  
**59¢**

50 Green Stamps  
**Liquid Woolite**  
32-oz. size  
**59¢**

50 Green Stamps  
**Any Mildew Disks**  
**59¢**

50 Green Stamps  
**Peak Tooth Paste**  
2.7-oz. tube  
**59¢**

Grid of product coupons including Dairi-Fresh Yogurt, Freestone Peaches, Corn Oil Margarine, Pepsi-Cola, Brookfield Butter, Scott Towels, Folger's Coffee, Stouffer's Cup Cakes, and Auocrat Ice Cream.



## PREPARE AN ARMCHAIR FEAST FOR YOUR SUPERBOWL STARS.

a tasty treat from the dell at Publix

**Whole Fryers 55¢**

**"Selected Baby Beef"**  
Inflation Fighter  
**Sirloin Steak** ..... \$1.25  
**Round Steak** ..... \$1.25  
**Rib Steak** ..... \$1.25  
**Chuck Roast** ..... \$1.25  
**Pot Roast** ..... \$1.25  
**Tip Roast** ..... \$1.25  
**Short Ribs** ..... \$1.25  
**Beef for Stew** ..... \$1.25

SWIFT'S PREMIUM TASTY BONELESS  
**Canned Hams**  
4-lb. can  
**\$5.59**

**Pepper Loaf** ..... 89¢  
**Honey Loaf** ..... 89¢  
**Macaroni Salad** ..... 59¢  
**Pork Ribs** ..... \$1.79  
**Lime Supreme** ..... 59¢  
**Hoagie Sandwich** ..... 79¢  
**Fried Chicken** ..... \$1.99

SAVE 17¢ BUMBLE BEE  
**Chunk Style Tuna**  
6 1/2-oz. cans  
**2 89¢**

SWIFT'S PREMIUM PROTEIN GOV'T. INSPECTED HEAVY WESTERN BEEF SALE

**Cut-Up Fryers** ..... 59¢  
**Smoked Sausages** ..... \$1.59  
**Sliced Bacon** ..... \$1.20  
**Brown 'n Serve** ..... 85¢  
**Hot Dogs** ..... 99¢  
**Sliced Bologna** ..... 55¢  
**Gold Cuts** ..... 79¢  
**Sliced Bacon** ..... \$1.25  
**Breakfast Links** ..... 69¢  
**Copeland Franks** ..... 79¢  
**Smoked Brunschweiger** ..... 77¢  
**Sliced Bologna** ..... 99¢  
**Beef, Ham, Turkey** ..... 49¢  
**Smokie Links** ..... \$1.09  
**Red Snapper Fillets** ..... \$1.29  
**Whole Flounder** ..... 99¢

From Our Dairy Dept.

Need less than the amount in our produce packages? We'll be glad to break 'em open for just the quantity you want!

CRISP NEW ENGLAND  
**McIntosh Apples**  
3 49¢

From Our Dairy Dept.  
**Sirloin Steak** ..... \$1.69  
**Top Round Steak** ..... \$1.69  
**Key Club Steak** ..... \$1.69  
**Chuck Blade Steak** ..... \$1.09  
**Chuck Blade Roast** ..... 99¢  
**Imperial Oven Roast** ..... \$1.29  
**Chuck Shoulder Roast** ..... \$1.49  
**Short Ribs** ..... 79¢  
**Ground Beef With H.V.P.** ..... 69¢

From Our Frozen Food Dept.  
**Chicken Chow Mein** ..... \$1.19  
**French Toast** ..... 69¢  
**Frozen Pizza** ..... 99¢  
**Broccoli Spears** ..... 49¢  
**Flounder Fillets** ..... \$1.99  
**Fish Portions** ..... \$1.99

BREAKFAST CLUB FROZEN  
100% FLORIDA CONCENTRATED  
**Orange Juice**  
6-oz. cans  
**6 \$1.08**

SAVE 30¢ CANTONCH  
**Cheer Detergent**  
12-oz. box  
**89¢**

SAVE 30¢ 100% OFF LABEL  
**Iceberg Lettuce**  
large head  
**29¢**

Down Produce Lane  
**Orange Juice** ..... \$1.29  
**Emperor Grapes** ..... 33¢  
**Juicy Oranges** ..... 5 59¢  
**Boys Pears** ..... 10 89¢  
**Crisp Carrots** ..... 2 33¢  
**Green Onions** ..... 39¢  
**Fresh Mushrooms** ..... 99¢  
**Tasty Eggplant** ..... 29¢

**Pillsbury Flour**  
PLAIN, UNBLEACHED  
5-lb. bag  
99¢

**Biscuits**  
Biscuit Mix  
40-oz. pkg.  
78¢

**Winstons Cheese Bar**  
Sliced Macaroni  
6-oz. pkg.  
99¢

# Publix markets

SANFORD PLAZA  
Hwy. 17-92 and Airport Blvd., Sanford  
SEMINOLE PLAZA  
Hwy. 17-92, Casselberry



# PARK AND SHOP



OPEN 7 DAYS A WEEK  
SOUTH'S SAVINGS CENTER

DISCOUNT PRICES 7 DAYS A WEEK  
THESE ITEMS & PRICES GOOD...  
★ THURS., JAN. 9 THRU  
★ WED., JAN. 15  
WE GLADLY ACCEPT U.S.D.A. FOOD STAMP COUPONS

**BONUS BUY!**

**FRUIT COCKTAIL**  
NO. 2 1/2 CAN **58c**

PET EVAPORATED MILK **3 TALL CANS 79c**

NABISCO "PREMIUM" SALTINES **LB. BOX 59c**

PACSETER DOG RATION **25 LB. BAG \$2.97**

**BONUS BUY!**

**Coffee-mate** NON-DAIRY CREAMER from Carnation  
**22 OZ. JAR \$1.38**

HERITAGE ASS'T'D. COLORS TOWELS **JUMBO ROLL 38c**

HERITAGE ASS'T'D. COLORS NAPKINS **PKG. OF 200 44c**

REGULAR BARS JERGEN'S SOAP **10 FOR \$1.00**

**BONUS BUY!**

ELLBECK REGULAR (OR) **QUICK GRITS & REGULAR (OR) SELF-RISING MEAL**  
**1 1/2 LB. BAG 38c EA.**

**VALUABLE COUPON**  
PRICE APPLIES ONLY WITH THIS COUPON ALL GRINDS  
**FOLGER'S COFFEE**  
**2 LB. CAN \$1.76**

GOOD ONLY AT: SANFORD PARK & SHOPS  
COUPON EXPIRES: WED., JANUARY 15  
LIMIT: ONE COUPON PER FAMILY PLEASE!

## WE'RE SPECIALISTS ON... FINE FOODS & MEATS!

**Del Monte TOMATO CATSUP** **BONUS BUY!**  
**3 14 OZ. BTL. \$1.00**  
LIMIT: 3 PLEASE, WITH OTHER PURCHASES OF \$7.50 OR MORE, EX. CLUDING CIGARETTES.

**BOLD DETERGENT** **BONUS BUY!**  
**68c**  
LIMIT: ONE PLEASE, WITH OTHER PURCHASES OF \$7.50 OR MORE, EX. CLUDING CIGARETTES.

**BORDEN MILK**  
FULL GALLON HOMOGENIZED **\$1.38**

**Lotus LONG GRAIN RICE**  
**3 LB. BAG 77c**

**Morton DINNER**  
CHICKEN • TURKEY • MEAT LOAF • SALISBURY STEAK • CHICKEN 'N' DUMPLINGS  
**2 11 OZ. PKGS. 97c**

**CORNER BEEF** **7 OZ. CAN 88c**

**PRIDE OF EUROPE LUNCHEON MEAT** **12 OZ. CAN 78c**

**BORDEN'S ICE MILK** (ASSORTED FLAVORS) **77c**

**SHOESTRING POTATOES** **2 20 OZ. PKGS. 97c**

**ORANGE JUICE** **12 OZ. CAN 48c**

**BONUS BUY!**

**WHOLE KERNEL GOLDEN CORN** **4 NO. 303 CANS 97c**

**Pillsbury BUTTERMILK BISCUITS**  
**7 8 OZ. PKGS. \$1.00**

**FAITHFUL SWEET PEAS** **4 NO. 303 CANS 97c**

**EVERFRESH BREAD** **3 20 OZ. LOAVES \$1**

**HEALTH & BEAUTY AIDS**

**BAYER CHILDREN'S ASPIRIN** **8 BTL. OF 36 43c**

**AIM WITH STANNOUS FLUORIDE TOOTH PASTE** **4.4 OZ. TUBE 66c**

**LISTEROL SPRAY DISINFECTANT** **14 OZ. 1.48**

**POLI-GRIP DENTURE ADHESIVE CREAM** **LARGE TUBE 99c**

**CUTEX** **1.5 OZ. BTL. 34c**

**WILKINSON SWORD BLADES** **5 PAK 94c**

**HAIR GROOM VITALIS** **7 OZ. BTL. 1.38**

**12 HOUR COLD CAPSULES** **WHY PAY \$1.79 10 COUNT \$1.24**

**DEPIPLATORY** **WHY PAY 49c 5 OZ. 59c**

**MAGIC SHAVE POWDER** **WHY PAY 84c 3 OZ. BTL. 75c**

## ALL AT... SPECIAL LOW PRICES!

**FRESH 100% PURE GROUND BEEF** **Quality MEATS**  
**57c**  
LB. \$5 LBS. OR MORE

**LEAN 'N' TENDER HEAVY WESTERN LAZY AGED ALL MEAT STEW**  
**97c**  
LB.

**FLA. GRADE "A" WHOLE FRESH! NOT FROZEN FRYERS** **Quality MEATS**  
**37c**  
LB.

**HEAVY WESTERN LAZY AGED FULL CUT ROUND STEAK** **1.27**

**HEAVY WESTERN LAZY AGED CLUB STEAK** **1.27**

**HEAVY WESTERN LAZY AGED BONELESS SWISS STEAK** **1.17**

**QUICK FROZEN BREADED SHRIMP** **2 1/2 LB. PKG. \$2.97**

**LYKES BUDGET SLICED BACON** **Quality MEATS**  
**57c**  
LB. PKG.

**HEAVY WESTERN LAZY AGED BEEF CHUCK STEAK** **Quality MEATS**  
**67c**  
LB.

**POT ROAST** **77c**

**SHOULDER ROAST** **87c**

**BONELESS ENGLISH ROAST** **1.27**

**BONELESS RUMP ROAST** **1.27**

**BONELESS LONDON BROIL** **1.27**

**HEAVY WESTERN- LAZY AGED BEEF BLADE CUT CHUCK ROAST** **Quality MEATS**  
**57c**  
LB.

**HEAVY WESTERN LAZY AGED OVEN READY RIB ROAST** **Quality MEATS**  
**1.27**  
LB.

**HEAVY WESTERN LAZY AGED SIRLOIN TIP ROAST** **1.27**

**YOUNG 'N' TENDER BEEF LIVER** **57c**

**FLAVORFUL CUBE STEAK** **1.47**

**B-B-QUEING BEEF FLANKEN RIBS** **77c**

**ARMOUR STAR OF HOUSE OF RAEFORD TURKEYS** **10-12 LBS. 49c**

**FREEZER BEEF SALE** **Quality MEATS**

**BEEF HIND 1/4** (150 LB.) **87c**

**BEEF SIDE** (300 LB.) **77c**

**BEEF ROUND** (80 LB.) **87c**

**BEEF RIB** (10 LB.) **1.17**

**BEEF CHUCK** (80 LB.) **67c**

**HEAVY WESTERN LAZY AGED BEEF SIRLOIN STEAK** **Quality MEATS**  
**1.27**  
LB.

# PARK AND SHOP

OPEN 7 DAYS A WEEK  
SANFORD  
★ 25TH & PARK AVE. STORE  
★ 329 SANFORD AVE. STORE

**STORE HOURS**

MON THURS 8:00 A.M.-7:00 P.M.  
FRI & SAT 8:00 A.M.-9:00 P.M.  
SUNDAY 8:00 P.M.-1:00 P.M.

MON-SAT 8:00 A.M.-9 P.M.  
SUNDAY 8 A.M.-7 P.M.

**LEAN FRESH SPARE RIBS**  
**77c**  
LB.

**LEAN FRESH PORK STEAK** **87c**

**LEAN FRESH GEORGIA BACKBONE** **97c**

**FRESH HOMEMADE PORK SAUSAGE** **87c**

**FRESH HOMEMADE ITALIAN SAUSAGE** **1.27**

**LEAN FRESH PORK ROAST**  
**67c**  
LB.

**SUNNYLAND GOODTIME FRANKS** **12-OZ. 57c**

**LYKES SLICED BOLOGNA** **LB. PKG. 77c**

**FRESH PAN READY CATFISH** **97c**

**FRESH WEST COAST MULLET** **33c**

**Fresh PRODUCE FRESH-CRISP! ICEBERG LETTUCE**  
**28c**  
LARGE HEAD!

**SWEET 'N' JUICY WASHINGTON RED-DELICIOUS APPLES** **28c**

**U.S. NO. 1 RED POTATOES** **5 LBS. CELLO. BAG 48c**

**TASTY! NORTHWEST D'ANJOU PEARS** **23c**

**FRESH RED-RIP SALAD TOMATOES** **PINT PKG. 28c**

# Copycat Cookery: Artichoke Relish

By CECILY BROWNSTONE  
Associated Press Food Editor  
DEAR CECILY: A friend brought me the most delicious Jerusalem artichoke relish from South Carolina. According to the jar label, it's made from artichokes, cabbage, bell pepper, onions, vinegar, sugar, salt, spices. I've seen Jerusalem artichokes in markets but can you tell me how to make the relish? — COPYCAT COOK.

DEAR COPYCAT COOK: I got hold of some of the relish you describe, via mail order, and agree with you that it's superior and well worth buying. But for do-it-yourself purposes, here's our copycat recipe, a good facsimile except that we call for corn syrup instead of sugar — these days a welcome change.

Here in New York City, I had to go to a specialty market for the artichokes. I bought them in a see-through bag and they were firm and unwrinkled as they should be. They were

grown and packaged in California. When my recipe-creator spied them, she thought I had bought fresh ginger root — the two tubers look so much alike.

Cooks who aren't acquainted with Jerusalem artichokes are missing a good thing. Besides making a fine relish, they are lovely when steamed and served buttered or in a gratinee cheese sauce. I wish cooks would keep asking for them at markets because they deserve to be better known. They're most often available throughout the country during the winter months. — C. B.

ARTICHOKE RELISH  
1 pound Jerusalem artichokes  
1/2 head cabbage  
Medium onion  
Small sweet red pepper, seeded (if unavailable, use sweet green pepper)  
1/2 cup water  
2-3rds cup distilled white

vinegar  
1/4 cup light corn syrup  
1/2 teaspoon dry mustard  
1/2 teaspoon turmeric  
1/2 teaspoon celery seed  
1/2 teaspoon black pepper  
Scrub artichokes under cold running water with a stiff brush, trim if necessary. Pat enough of the cored cabbage through the coarse blade of a food grinder to make 1 1/2 cups not packed down; turn into a nominal bowl. Now coarsely grind artichokes, onion and sweet red pepper; add to cabbage with water and salt; cover lightly and refrigerate overnight. Drain and rinse in a colander. In a 3-quart saucepan stir together the vinegar, syrup, mustard, turmeric, celery seed and black pepper; bring to a boil; add vegetables; return to boiling; boil gently for 5 minutes. Leaving 1/4-inch space, ladle into clean hot 1/2-pint jars with 2-piece roval caps. Seal following jar manufacturer's directions. Process in boiling water bath for 10 minutes. Cool completely on wire rack or folded cloth. Label and store in cool dry place. Makes 4 to 5 one-half pints.

## Ham Stretching, Dollar-Saving

By CECILY BROWNSTONE  
Associated Press Food Editor  
Before inflation got out of hand, many of us enjoyed that American favorite, ham and eggs, with hefty portions of ham. Recently I tried a Creole version of the dish that calls for only a small amount of cooked ham. This may be leftover or bought sliced at the market.

In this recipe the ham is teamed with homemade unthickened tomato sauce and eggs and baked in stirred-egg dishes or similar shallow individual utensils. It tastes good for brunch, lunch or supper and is convenient because the sauce may be made ahead and the dish assembled quickly just before baking.

French bread or popovers are equally good with Creole Ham and Eggs. If you serve it for brunch, fresh fruit will make a refreshing second course. If it's on a lunch or supper menu, follow it with a green salad and have fresh fruit for dessert.

CHEOLE HAM AND EGGS  
2 tablespoons butter or margarine  
Small onion, thinly sliced and separated into rings  
1/2 of a medium green pepper, cut into thin strips  
Small clove garlic, crushed  
1/2-pound can tomatoes, unstrained  
1/4 teaspoon salt  
Tabasco sauce to taste  
4 thin slices (4 ounces) cooked ham  
8 eggs

In a 1-quart saucepan over low heat melt the butter; add onion, green pepper, garlic and salt; cook, stirring occasionally until wilted but not brown. Add tomatoes; let bubble gently, stirring occasionally and breaking up tomatoes until reduced to about 1 1/2 cups — 30 minutes. Stir in tabasco. You can make this sauce ahead, cover it tightly, store in the refrigerator and heat gently when you are ready to complete the dish.

Tightly butter 4 stirred-egg dishes or similar individual shallow utensils; place a slice of ham in each; spoon half of the hot tomato sauce over the ham; carefully break 2 eggs over the sauce in each dish without puncturing yolks; carefully spoon the remaining sauce over the eggs. Cover each dish tightly with foil. Bake in a preheated 325-degree oven until the whites are set and the yolks as firm as you like — usually 15 to 25 minutes. The time varies depending on whether the individual baking dishes are porcelainized iron, copper, copper-det-

# "friendliness makes the difference at fairway"



KRAFT PINT JAR  
**Mayonnaise 59¢**  
LIMIT 1 WITH \$7.50 ORDER EXCEPT BEER & CIGARETTES

WALDORF BATH  
**Tissue 59¢** 4 Pak  
LIMIT 2

KING SIZE DETERGENT  
**Drive... 139**  
LIMIT 1 WITH \$7.50 ORDER EXCEPT BEER & CIGARETTES

3201 Edgewater Dr. — 4201 Century Rd.  
1720 W. Fairbanks Ave. — 1935 S. Orange Ave.  
New 1717 Hamilton — 3201 Silver Star Rd.  
5731 Dunwoody Rd. — New 1717 Hamilton  
1801 N. Broadway, Kissimmee — 141 S. Semoran Blvd.  
3471 S. Orange Ave. — Palm City

KRAFT  
B-B-Q Sauce 2 16 oz. \$1  
HEINZ  
Kosher Dills 32 oz. 69¢

ROYAL CROWN  
**Cola 99¢**  
8 — 16 oz. Bottles  
PLUS DEPOSIT

FAME QUALITY  
**Sweet Peas 3 \$1**  
303 Cans

T. G. LEE  
**Milk 149**  
GALLON  
LIMIT ONE WITH \$7.50 OR MORE ORDER EXCEPT BEER & CIGARETTES

U.S. NO. 1  
**Potatoes 89¢**  
10 lb. Bag

ICEBERG  
**Lettuce 29¢**  
HEAD

FLORIDA & YELLOW  
**Sweet Corn 5 59¢**  
YELLOW COOKING  
Onions 3 39¢  
U.S. NO. 1 WHITE  
Potatoes 10 79¢  
SALAD SIZE  
Tomatoes 12 29¢

KRAFT  
Italian Dressing 8 oz. 39¢  
FRUIT & HONEY  
Cling Peaches 3 303 \$1  
MC VITIES COOKIES AND  
Crackers 3 303 \$1  
COLLEGE AND CITRILLA CREAMS, CHEESE, CRUMBLEBAKE AND TABLE WATER

HORMEL  
**Chili with Beans 49¢**  
15 oz. can

FRESIDE  
**Saltines 45¢**  
lb.

GREAT FOR SWEATERS  
**Woolite 79¢**  
8 oz.

HORMEL  
Spam 12 oz. 89¢  
FAME QUALITY  
Pork & Beans 4 303 \$1  
A FAVORITE  
Dove Liquid  
CONDENSED  
A2 Detergent 42 oz. 89¢

ONE-IDA  
French Fries 2 lb. 59¢  
IMPERIAL WHIPPED  
Margarine 1 lb. 73¢  
MINUTE MAID  
Orange Juice 12 oz. 49¢  
KRAFT DELUXE  
American Slices 12 oz. 89¢

FAME QUALITY  
**Tuna 39¢**  
6 1/2 oz. Can  
LIMIT 2 WITH \$7.50 OR MORE ORDER EXCEPT BEER & CIGARETTES

RED, WHITE & BLUE  
**Beer 99**  
6 — 17 oz. Cans  
LIMIT 4 — 6 Paks

FAIRWAY FARMS  
**Eggs 99**  
DOZEN

FAIRWAY FARMS  
**Bread 4 \$1**  
LIMIT 4 WITH \$7.50 OR MORE ORDER EXCEPT BEER & CIGARETTES

SEAFOODS  
SALMON  
SALMON  
SALMON

DELICATESSEN  
JOHN MORRELL'S SPICED  
LUNCHEON MEAT  
1/2 lb. 49¢  
BANNER BOY  
1/2 lb. 49¢  
1/2 lb. 79¢  
98¢

FAIRWAY FARMS  
**Money Saver Family Pak 1.28**  
ALL MEAT STEW  
LEAN CUBE STEAK  
LEAN CUBE ROUND  
3 lbs. or More

FRESH GEORGIA GRADE A  
**Frying Chicken 48¢**  
BREAST OR LEG  
QUARTERS  
lb.

FAIRWAY FARMS  
OLD FASHIONED RECIPE  
**Kosher Style Brisket of Corned Beef 98¢**  
WHOLE  
lb.

FAIRWAY FARMS  
Sliced Bacon 1 lb. 98¢  
LYKES BUDGET  
Sliced Bacon 1 lb. 68¢

U.S.D.A. CHOICE BONELESS  
**Rump Roast 138**  
lb.

BRUSSELS SPROUTS  
WITH LEMON AND  
PEANUTS  
2 packages (10 ounces each) frozen California Brussels sprouts, thawed and halved  
1/2 cup butter or margarine  
Two-thirds cup coarsely chopped, salted peanuts  
1/2 teaspoon each of salt, monosodium glutamate  
1/4 teaspoon pepper  
1/4 cup lemon juice  
Lemon twists  
In skillet, saute Brussels sprouts in butter 3 minutes. Stir in peanuts and seasonings. Saute 2 minutes longer until sprouts are highly browned. Remove from heat; stir in lemon juice. Turn into serving dish and garnish with lemon twists. Makes 6 servings.

Give the world a little gift today. Blood.

The American Red Cross. The Good Neighbor.

# Cheese, Beans Provide Means Budget Dishes Made Easily



It's not all bad news on the food front. There's good news in the bounty of dry beans in this country. Record production figures released by the United States Department of Agriculture claim there are enough dry beans to fill 22 million, one-hundred pound bags. That's 31 percent more than last year's crop and it doesn't include the crop of dry peas which is more than double last year's.

Beans and peas are an excellent source of vegetable protein. When combined with animal-based protein foods such as cheese, milk, meat, etc. they can easily satisfy the protein requirement. That recommendation (USRDA) for adults is 65 grams daily when both vegetable and animal-based proteins are used.

Bountiful Bean Stew is very similar to old-fashioned chili, since it has the same seasoning, but this is a meatless variety in the interests of economy. It contains carrots which enhance its texture and color while the cubes of Monterey Jack cheese, melted in with the beans, give it a satisfying taste and a protein boost.

Give the menu contrast with a mixed green salad or an assortment of vegetable relishes, glasses of milk, and a quick, instant lemon pudding or orange tapioca.

**BOUNTIFUL BEAN STEW**  
1 lb. dried red kidney beans  
2 1/2 quarts water  
2 1/2 cups chopped onion  
6 carrots, cut in 1/2-inch pieces  
1 12-oz. can tomato past  
3/4 teaspoon chili powder  
1 tablespoon salt

**HEARTY SPLIT PEA SOUP**  
2 lbs. green split peas  
2 quarts water  
1 ham bone with meat  
2 cups chopped celery  
2 cups chopped onions

**VARIOUS:**  
Herb Parmesan: Combine 4 1/2 cups puree, 1 1/2 cups dairy sour cream, 1/4 cups milk and 2 cups chopped ham. Bring to serving temperature over low heat, stirring frequently. Sprinkle with grated Parmesan cheese before serving. Yield: approx. 11 cups.  
Ham: Combine 4 1/2 cups puree, 4 cups milk and 2 cups chopped ham. Bring to serving temperature over low heat, stirring occasionally. Yield: approx. 10 cups.  
Tomato: Combine 4 1/2 cups puree, 3 cups milk, 1/4 teaspoon basil, crushed, and 2 tomatoes, chopped. Bring to serving temperature over low heat, stirring occasionally. Yield: approx. 8 cups.  
Frank 'n' Cheese: Combine 4 1/2 cups puree, 4 1/2 cups milk, 1 1/2 cups (6 oz.) shredded provolone cheese and 3 frankfurters, sliced. Bring to serving temperature over low heat, stirring frequently. Yield: approx. 10 cups.

# difference at fairway

U.S.D.A. CHOICE  
**Steaks \$1.68**  
T-BONE, TOP ROUND, CUBE  
U.S.D.A. CHOICE CENTER CUT  
London Broil 1 lb. \$1.78  
LEAN MEATY  
Pork Steaks 1 lb. 98¢  
LYKES SLICED LUNCHEON MEATS  
BOLOGNA, GARLIC BOLOGNA, GERMAN BOLOGNA,  
BEEF BOLOGNA, SALAMI, SPICED LUNCHEON  
1/2 POUND PACKAGES 98¢

U.S.D.A. CHOICE CENTER CUT  
**Sirloin Steak \$1.48**  
lb.

FAIRWAY FARMS  
**Money Saver Family Pak 1.28**  
ALL MEAT STEW  
LEAN CUBE STEAK  
LEAN CUBE ROUND  
3 lbs. or More

LYKES  
**SUGAR CREEK ALL MEAT Wieners 68¢**  
FULL POUND PACKAGE  
RATNY BREAKFAST  
Link Sausage 8 oz. 48¢

FAIRWAY FARMS  
OLD FASHIONED RECIPE  
**Kosher Style Brisket of Corned Beef 98¢**  
WHOLE  
lb.

EXTRA LEAN FRESH  
**GROUND Chuck 98¢**  
lb.

FAIRWAY FARMS  
FRESH FLORIDA GRADE A  
**EXTRA LARGE OR LARGE Eggs 99**  
DOZEN

FAIRWAY FARMS  
Sliced Bacon 1 lb. 98¢  
LYKES BUDGET  
Sliced Bacon 1 lb. 68¢

U.S.D.A. CHOICE BONELESS  
**Rump Roast 138**  
lb.

SAVE 40¢  
WITH THIS COUPON  
**FOLGER'S COFFEE 2 lb. Can**  
Fairway Markets  
LIMIT ONE COUPON PER PURCHASE

SEAFOODS  
SALMON  
SALMON  
SALMON

**BAKERY**  
Peach Pies 9 Inch 89¢  
Midnite Fudge Cake 98¢  
Breakfast Meltaways 6/69¢  
Buttercrust Bread 57¢

### Copycat Cookery: Artichoke Relish



Artichoke Relish - It's the best made in South Carolina.

By CECILY BROWNSTONE  
Associated Press Food Editor  
DEAR CECILY: A friend brought me the most delicious Jerusalem artichoke relish from South Carolina. According to the jar label, it's made from artichokes, cabbage, bell pepper, onions, vinegar, sugar, salt, spices. I've seen Jerusalem artichokes in markets but can you tell me how to make the relish? — COPYCAT COOK

DEAR COPYCAT COOK: I got hold of some of the relish you describe, via mail order, and agree with you that it's superb and well worth buying. But for do-it-yourself purposes, here's our copycat recipe, a good facsimile except that we call for corn syrup instead of sugar — these days a welcome change.

Cooks who aren't acquainted with Jerusalem artichokes are missing a good thing. Besides making a fine relish, they are lovely when steamed and served buttered or in a gruyere cheese sauce. I wish cooks would keep asking for them at markets because they deserve to be better known. They're most often available throughout the country during the winter months. — C. B.

ARTICHOKE RELISH  
1 pound Jerusalem artichokes  
1/2 cup raw cabbage  
1/2 cup medium onion  
Small sweet red pepper, seeded (if unavailable, use sweet green pepper)  
1/4 cups water  
1/4 cup salt  
2-3rds cup distilled white vinegar  
1/4 cup light corn syrup  
1/2 teaspoon dry mustard  
1/2 teaspoon turmeric  
1/4 teaspoon celery seed  
1/2 teaspoon black pepper

Scrub artichokes under cold running water with a stiff brush; trim if necessary. Put enough of the cores, cobs, to fill a 3-quart saucepan to make 1 1/2 cups not packed down; turn into a nonmetal bowl. Now coarsely grind artichokes, onion and sweet red pepper; add to cabbage with water and salt; cover tightly and refrigerate overnight. Drain and rinse in a colander. In a 3-quart saucepan stir together the vinegar, syrup, mustard, turmeric, celery seed and black pepper; bring to a boil; add vegetables; return to boiling; boil gently for 3 minutes. Leaving 1/4-inch space, ladle into clean hot 1/2-pint jars with 2-piece metal caps. Seal following jar manufacturer's directions. Process in boiling water bath for 10 minutes. Cool completely on wire rack or folded cloth. Label and store in a cool dry place. Makes 4 to 5 one-half pints.

### An Oyster 'Treasure Of Pleasure'

OYSTER-HOMINY STEW  
2 pints oysters, fresh or frozen  
1/4 cup diced bacon  
1/2 cup chopped green pepper  
1/2 cup sliced celery  
1/2 cup butter or margarine, melted  
1/4 cup flour  
1 teaspoon salt  
1/4 teaspoon pepper  
3 cups oyster liquor (plus water needed to make volume)  
1 chicken bouillon cube

2 tablespoons toasted sesame seeds, crushed  
1 tablespoon white wine (optional)  
2 cups canned or cooked hominy, heated and drained  
Chopped chives (optional)  
Thaw frozen oysters; drain, reserving liquor. Sauté bacon until brown. Add green pepper, onion, and celery; saute until vegetables are tender. In a separate pan make sauce by combining the melted butter or margarine, flour, salt, and pepper. Cook over low heat

until it is a golden brown, stirring constantly. Add oyster liquor; cook until sauce is slightly thickened, stirring constantly. Add bouillon cube, sauteed vegetables, oysters, and crushed sesame seeds. Cook just until the edges of oysters begin to curl and stew is proper serving temperature. Stir in wine. Measure one-third cup heated hominy into each soup bowl; fill with stew. Garnish with chopped chives, if desired. Makes 6 servings.

### Ham Stretching, Dollar-Saving

By CECILY BROWNSTONE  
Associated Press Food Editor  
Before inflation got out of hand, many of us enjoyed that American favorite, ham and eggs, with hefty portions of ham. Recently I tried a Creative version of the dish that calls for only a small amount of cooked ham. This may be leftover or bought sliced at the market.

In this recipe the ham is teamed with homemade unthickened tomato sauce and eggs and baked in shredded-egg dishes or similar shallow individual utensils. It tastes good for brunch, lunch or supper and is convenient because the sauce may be made ahead and the dish assembled quickly just before baking.

French bread or popovers are equally good with Creative Ham and Eggs. If you serve it for brunch, fresh fruit will make a refreshing second course. If it's on a lunch or supper menu, follow it with a green salad and fresh fruit and cheese for dessert.

CREOLE HAM AND EGGS  
2 tablespoons butter or margarine  
Small onion, thinly sliced and separated into rings  
1/2 of a medium green pepper, cut into thin strips  
Small clove garlic, crushed  
1-pound can tomatoes, undrained  
1/4 teaspoon salt  
Tabasco sauce to taste  
4 thin slices (4 ounces) cooked ham  
8 eggs

In a 1-quart saucepan over low heat melt the butter; add onion, green pepper, garlic and salt; cook, stirring occasionally until wilted but not brown. Add tomatoes; let bubble gently, stirring occasionally and breaking up tomatoes, until reduced to about 1 1/2 cups — 30 minutes. Stir in tabasco. You can make this sauce ahead, cover it tightly, store in the refrigerator and heat gently when you are ready to complete the dish.

Lightly butter 4 shredded-egg dishes or similar individual shallow utensils; place a slice of ham in each; spoon half of the hot tomato sauce over the ham; carefully break 2 eggs over the sauce in each dish without puncturing yolks; carefully spoon the remaining sauce over the eggs. Cover each dish tightly with foil. Bake in a preheated 325-degree oven until the whites are set and the yolks as firm as you like — usually 15 to 25 minutes. The time varies depending on whether the individual baking dishes are porcelainized iron, copper, copper-bot-

### Cheese, Beans Provide Means Budget Dishes Made Easily



It's not all bad news on the food front. There's good news in the bounty of dry beans in this country. Record production figures released by the United States Department of Agriculture claim there are enough dry beans to fill 22 million, one-hundred pound bags. That's 31 percent more than last year's crop and it doesn't include the crop of dry peas which is more than double last year's.

Beans and peas are an excellent source of vegetable protein. When combined with animal-based protein foods such as cheese, milk, meat, etc., they can easily satisfy the protein requirement. That recommendation (USDA) for adults is 65 grams daily when both vegetable and animal-based proteins are used.

Bountiful Bean Stew is very similar to old-fashioned chili, since it has the same seasoning.

1 1/2 teaspoons garlic salt  
1/4 teaspoon pepper  
1 lb. Monterey Jack cheese, cubed

### "friendliness makes the difference at fairway"

Advertisement for Fairway Markets. Features a man's face and various grocery items on sale:

- Mayonnaise 59¢ (KRAFT PINT JAR)
- Tissue 59¢ (WALDORF BATH)
- Drive 139¢ (KING SIZE DETERGENT)
- Italian Dressing 39¢ (8 oz)
- Chili with Beans 49¢ (15 oz)
- Saltines 45¢ (lb)
- Sweet Peas 3\$1 (303 Cans)
- Tuna 39¢ (6 1/2 oz Can)
- Milk 149¢ (T. G. LEE HOMOGENIZED GALLON)
- Woolite 79¢ (8 oz)
- Potatoes 89¢ (10 lb Bag)
- Beer 99¢ (RED, WHITE & BLUE 6-12 oz Cans)
- Eggs 69¢ (DOZEN)
- Bread 4\$1 (FAIRWAY FARMS)
- Pot Pies 4\$1 (BANQUET 8 oz)
- Sweet Corn 59¢ (5 ears)
- French Fries 59¢ (2 lb)
- Imperial Whipped Margarine 73¢ (lb bowl)
- Minute Maid Orange Juice 49¢ (12 oz)
- Kraft Deluxe American Slices 89¢ (12 oz)
- Cola 99¢ (8-16 oz Bottles)
- Sugar Creek All Meat Wieners 68¢ (FULL POUND PACKAGE)
- Fresh Georgia Grade A Frying Chicken Breast or Leg Quarters 48¢ (lb)
- Corned Beef 98¢ (KOSHER STYLE BRISKET OF WHOLE)
- Sliced Bacon 98¢ (FAIRWAY FARMS)
- Sliced Bacon 68¢ (LYKES BUDGET)
- Chuck 98¢ (EXTRA LEAN FRESH GROUND)
- Rump Roast 138¢ (U.S.D.A. CHOICE BONELESS)
- Brussels Sprouts with Lemon and Peanuts

Advertisement for Fairway Markets featuring meat and seafood products:

- Steaks: T-bone, Top Round, Cube \$1.68; London Broil \$1.78; Lean Meaty Pork Steaks 98¢
- Sirloin Steak \$1.48 (U.S.D.A. CHOICE CENTER CUT)
- Lykes Sliced Luncheon Meats: Bologna, Garlic Bologna, German Bologna, Beef Bologna, Salami, Spiced Luncheon 98¢ (FULL POUND PACKAGES)
- Money Saver Family Pak: All Meat Stew, Lean Cube Steak, Lean Ground Round 3 lbs. or more \$1.28
- Lykes Budget Link Sausage 48¢ (8 oz)
- Woolite 79¢ (8 oz)
- Fresh Florida Grade A Extra Large or Large Eggs 69¢ (DOZEN)
- Sliced Bacon 98¢ (FAIRWAY FARMS)
- Sliced Bacon 68¢ (LYKES BUDGET)
- Delicatessen: Spiced Luncheon Meat 49¢ (1/2 lb); Dutchloaf 49¢ (1/2 lb); Salami 79¢ (1/2 lb); Braunschweiger 98¢ (1/2 lb); Blue Cheese Dressing PT. 59¢ (1/2 lb); Sandwich Spread 79¢ (1/2 lb); Pimento Cheese Spread 89¢ (1/2 lb)
- Red Salmon \$1.98 (Whole Headless, 6 to 8 lbs. Avg.)
- Cooked Lobster \$2.98 (Jumbo King)
- Crab Legs \$2.98 (1 1/2 lb)
- Rock Shrimp \$3.98 (1 1/2 lb)
- Fresh Bluefish or Spanish Mackerel 59¢
- Fresh Catfish 98¢
- Halibut Fillet 98¢
- Bakery: Peach Pies 89¢ (9 inch), Midnite Fudge Cake 98¢, Breakfast Meltaways 6/69¢, Buttercrust Bread 57¢

Give the world a little gift today. Blood. The American Red Cross. The Good Neighbor.



COOKING IS FUN  
By CECILY BROWNSTONE  
Associated Press Food Editor  
MORE FOR THE BIRDS  
Winter Day Chickadee Delight  
Dear Cecily: Your Chickadee Pudding was a holiday treat! But these days even our feathered friends must learn to do with trifler fare. My nuthatches and hairy woodpecker, as well as my chickadees go for the following economical mixture. — Eudice Segal, Mt. Holly, VI.  
CHICKADEE DELIGHT  
Cut away excess fat from beef, lamb and pork before cooking; collect bits of fat that eaters remove from cooked meat and leave on their plates; store in a plastic bag in the freezer, letting the pieces accumulate. Save all fat skimmed from drippings from cooked meat. When you have the time and inclination, render the raw and "plate" fat and mix with the fat from the drippings and some wild bird seed. Store in empty milk cartons opened at the top or cut down to smaller size. Keep one carton in the refrigerator for present use; freeze-store others. Scoop out some of the mixture (it's easiest to do this if it's brought to room temperature) and serve on a window tray or stuff into a hanging suet-feeder. Then enjoy watching the chickadees, nuthatches and woodpeckers go for it.  
BRUSSELS SPROUTS WITH LEMON AND PEANUTS  
2 packages (10 ounces each) frozen California Brussels sprouts, thawed and halved  
1/2 cup butter or margarine  
Two-thirds cup coarsely chopped, salted peanuts  
1/2 teaspoon each of salt, monosodium glutamate  
1/4 teaspoon pepper  
1/4 cup lemon juice  
Lemon twists  
In skillet, saute Brussels sprouts in butter 3 minutes. Stir in peanuts and seasonings. Sauté 2 minutes longer until sprouts are highly browned. Remove from heat; stir in lemon juice. Turn into serving dish and garnish with lemon twists. Makes 6 servings.





COOKING IS FUN

By CECILY BROWNSTONE Associated Press Food Editor

DINNER FOR FOUR Seafood Cocktail Savory Spareribs Salad Fruit Compote Beverage SAVORY SPARERIBS The taste adds good flavor. 4 pounds fresh pork spare- ribs, cut into 1-rib lengths Salt and pepper to taste 1/2 cup light molasses 1/2 cup frozen orange-juice concentrate, undiluted Sprinkle ribs with salt and pepper. Arrange in shallow baking pan in one layer. Bake in a preheated 350-degree oven for 45 minutes; remove ribs and drain fat from pan. Mix molasses and concentrate. Re- turn ribs to pan and pour mixture over them. Continue to bake in the 350-degree oven, basting often and adding a little hot water if needed, until cooked through — about 45 minutes longer. Makes 4 gener- ous servings.

FRIENDS TO LUNCH Chicken Salad Rolls Fruit Crisp Beverage FRUIT CRISP Refreshingly tart to serve with ice cream. 1/2 cup sugar 1/4 teaspoon salt 2 tablespoons cornstarch 1 cup water 2 cups fresh cranberries 1/4 cups chopped pared apples 1/4 cup raisins 1 teaspoon grated lemon rind 2 tablespoons butter or margarine Topping: stir below Thoroughly stir together the sugar, salt and cornstarch; gradually stir in water, keeping smooth; bring to a boil, stirring constantly. Add remaining in- gredients except butter and topping. Cook over medium heat, stirring often, until cranberries begin to pop — about 10 minutes. Off heat stir in butter and let stand about 5 minutes. Pour into a buttered 8- inch square baking dish. Sprinkle with Topping. Bake in a preheated 375-degree oven 15 to 20 minutes. Serve warm with vanilla ice cream. Makes 6 servings.

SATURDAY BUFFET Trader Vic's Carrot Soup Chicken Stew Rice Salad Bowl Bread Tray Pineapple with Kirsch TRADER VIC'S CARROT SOUP Our version of a deli- cious first course devised by a fa- mous restaurateur. Three 1 1/2-ounce cans clear chicken broth 1/2 cup water 1 tablespoon instant minced onion 1/4 teaspoon nutmeg 2 carrots, pared and very thinly sliced (4 cups not packed) 1/2 cup heavy cream 1 1/2 tablespoons creamy peanut butter 2 teaspoons Worcestershire sauce Generous dash of tabasco sauce Small clove garlic, peeled Gently boil, tightly covered, the broth, water, onion, nutmeg and carrots until carrots are very tender. Whirl with remaining ingredients in an electric blender until smooth. Reheat. Makes 7 cups.

SUNDAY SUPPER Salmon Patties Potatoes Skillet Cucumbers Brownies Beverage SKILLET CUCUMBERS We borrowed the deli- cious seasoning from a great cook, Emma Law. 2 large cucumbers 2 tablespoons butter 1/4 teaspoon salt 1/2 teaspoon lemon juice Pare cucumbers; cut in half lengthwise; scoop out seeds and discard; slice cucumbers thin. In a 10-inch skillet simmer cu- cumbers and butter, slightly covered but stirring several times, until transparent — about 10 minutes. Stir in re- maining ingredients. Makes 4 servings.



Shrimp curry with moulded rice is unusual buffet dish

Shrimp Season Is Now!

Along the picturesque bays on the west coast of Mexico, shrimp boats are reaping a bountiful harvest of shrimp, adding to this nation's present abundant supplies. This is the peak season for harvesting the Mexican shrimp. The season which started in September, will continue through January, possibly into February.

SHRIMP CURRY

- 1 cup converted brand rice 1 large onion, finely chopped 1 medium apple, finely chopped stalk celery, finely chopped 1/2 cup butter or margarine 1 tablespoon curry powder 2 tablespoons flour 1 1/2 teaspoons salt 1/4 teaspoon pepper 1 teaspoon sugar 2 cups half and half 2 pounds raw shrimp, cooked, peeled, deveined

pickled relish

Cook rice according to package directions. Cook onion, apple and celery in butter until tender, but not brown. Blend in curry powder, flour, salt, pepper, and sugar. Cook one minute. Add half and half. Cook, stirring constantly, until thickened. Add shrimp and heat through.

CONDIMENTS:

- coconut, chutney, chopped almonds,

A&P WEO WHERE ECONOMY ORIGINATES

OPERATION AWARE, 1975: A&P CUTS FOOD PRICES

1. PRICE CUTS ON STAPLES.

2. WEEKLY SPECIALS TOO... IN ALL DEPARTMENTS.

3. AWARE LIST CONTINUES.

4. CONSUMER PROTECTION POLICY.

A&P WE OWE YOU MORE THAN JUST FOOD.

SAVINGS YOU CAN SEE!

MEAT PRICES REDUCED

ROUND ROAST \$1.19, ROUND STEAK \$1.29, GROUND BEEF 58¢

FRYER PARTS 79¢, WHITE GRAPEFRUIT 49¢

LARGE EGGS 59¢, BUTTER 59¢, ORANGE JUICE 6/99¢

EIGHT O'CLOCK 99¢, Tea Bago \$1.09

PREMIUM REGAL BEER \$1.09, DIET RITE COLA 89¢, SULTANA MAYONNAISE 88¢

BREAD 4/\$1, ROLLS 37¢, SOFT MARGARINE 53¢, SANKA COFFEE \$1.29

Evening Herald Sanford, Florida 32771—Price 10 Cents

Sanford Policemen Charged In Burglaries

By BOB LLOYD Herald Staff Writer. Six City of Sanford employees... HIRAM HAMLIN, RAYMOND BENNETT, LARRY PAYTON, WILLIAM MAGNER, ROBERT CAMPBELL JR., PAUL SESSIONS

Police Nab 'Shotgun Bandit' Suspect

By ED PRICKETT Herald Staff Writer. "The fellow we talked to had a sawed-off shotgun. That's all we could say at this time," Capshaw said.



Two Held In Tavern Murder

Seminole Sheriff's detectives jailed two men early today on murder charges in connection with the apparent shooting death last night of a tavern owner at the county's western border near Apopka.

Answers On Beltway Sought

By BILL BELLEVILLE Herald Staff Writer. The two essential questions facing the newly organized Seminole County Expressway Authority are whether or not to have a beltway built in the county and where such a beltway might be located.

Vogt Lauds Work Of Plan Group

By DONNA ESTES Herald Staff Writer. State Sen. John Vogt, chairman of the Seminole Legislative delegation, lauded the work of the technical coordinating committee for the Seminole County land planning act last night.

Index

- Around the Clock 4A, Bridge 7B, Calendar 10B, Classified 4B-6B, Comics 7B, Crossword Puzzle 8B, Dear Abby 5A, Dr. Lamb 4A, Editorial 4A, Horoscope 8B, Hospital 10B, Obituaries 5A, Sports 11B-2B, Television 8B, Women's 8A

WEATHER Yesterday's high 81 low this morning 60. There was a trace of rain. Partly cloudy and continued warm through Friday. Highs in the upper 70s to low 80s. Complete weather details page 10E.



Students of Sanford Middle School in Sanford competed in an academic improvement contest within the school and 135 were rewarded with a trip today to Sea World. Getting on in the buses are (left to right) Mrs. Nona Kramer, Marie Chess, Tracy Henegar, David Berry, Angela Jones, and Nora Cain.

CONTEST WINNERS Authority members plan to meet again on Feb. 19 with DOT representatives to discuss the need for DOT has done on the road and location for a beltway.