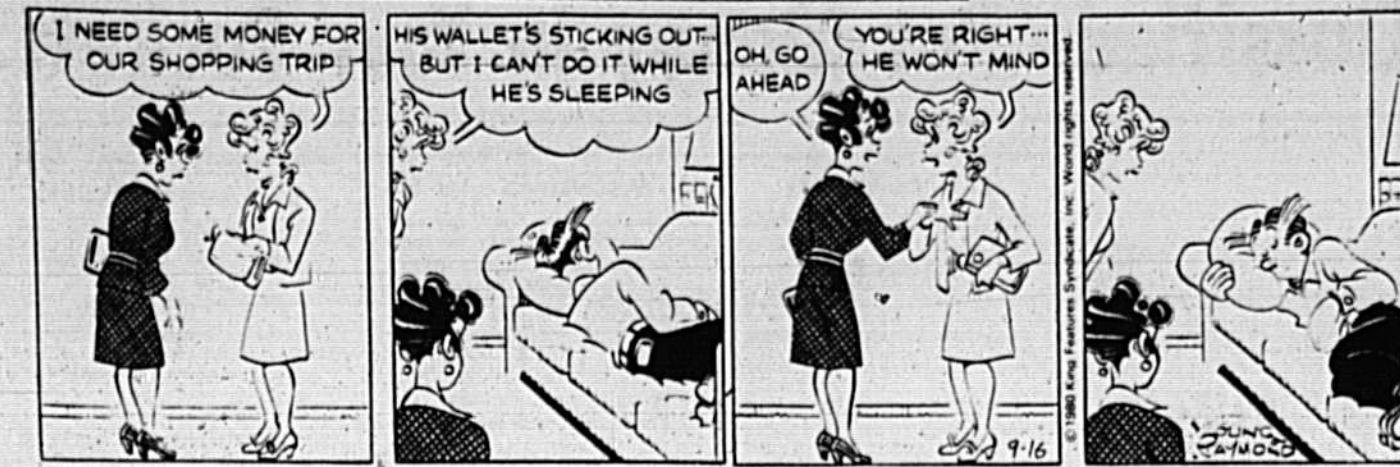
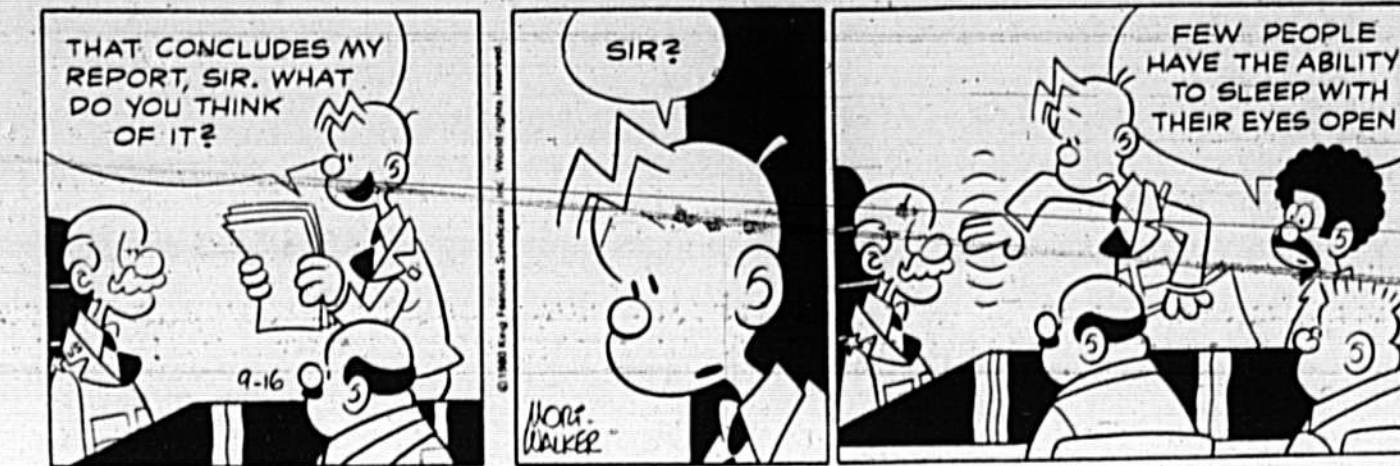


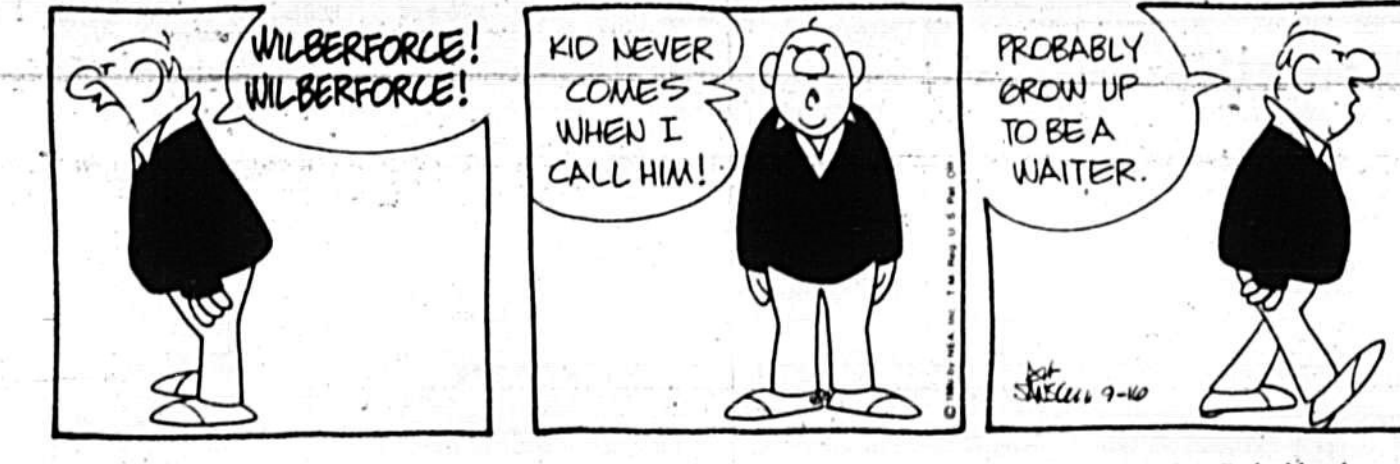
BLONDIE 4B—Evening Herald, Sanford, FL Tuesday, Sept. 16, 1980 by Chic Young



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sanson



ARCHIE by Bob Montana



EK & MEEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffer & Heimdahl



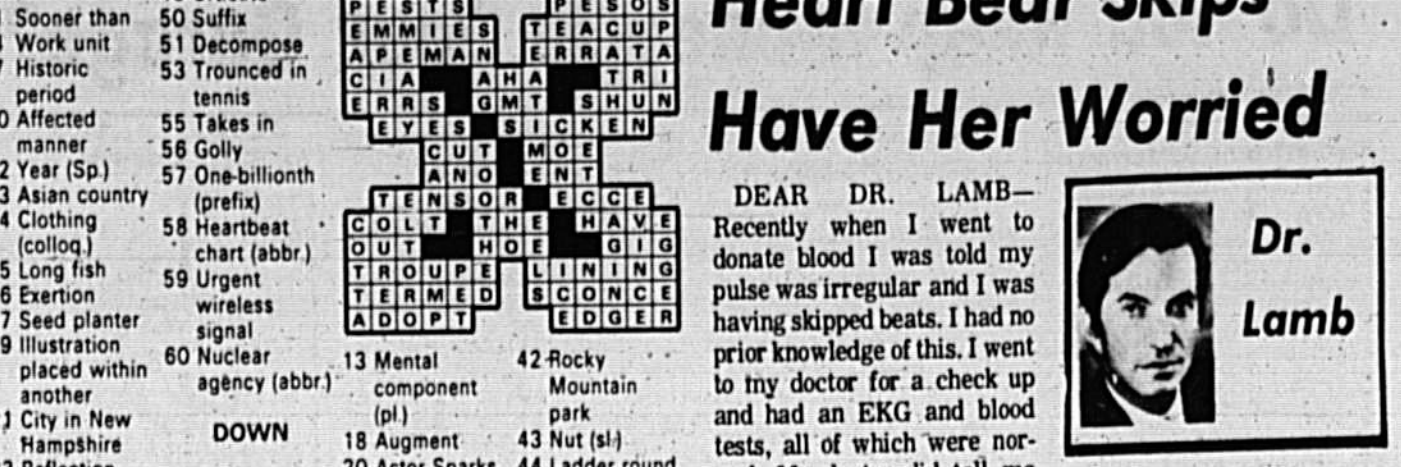
FRANK AND ERNEST by Bob Thaves



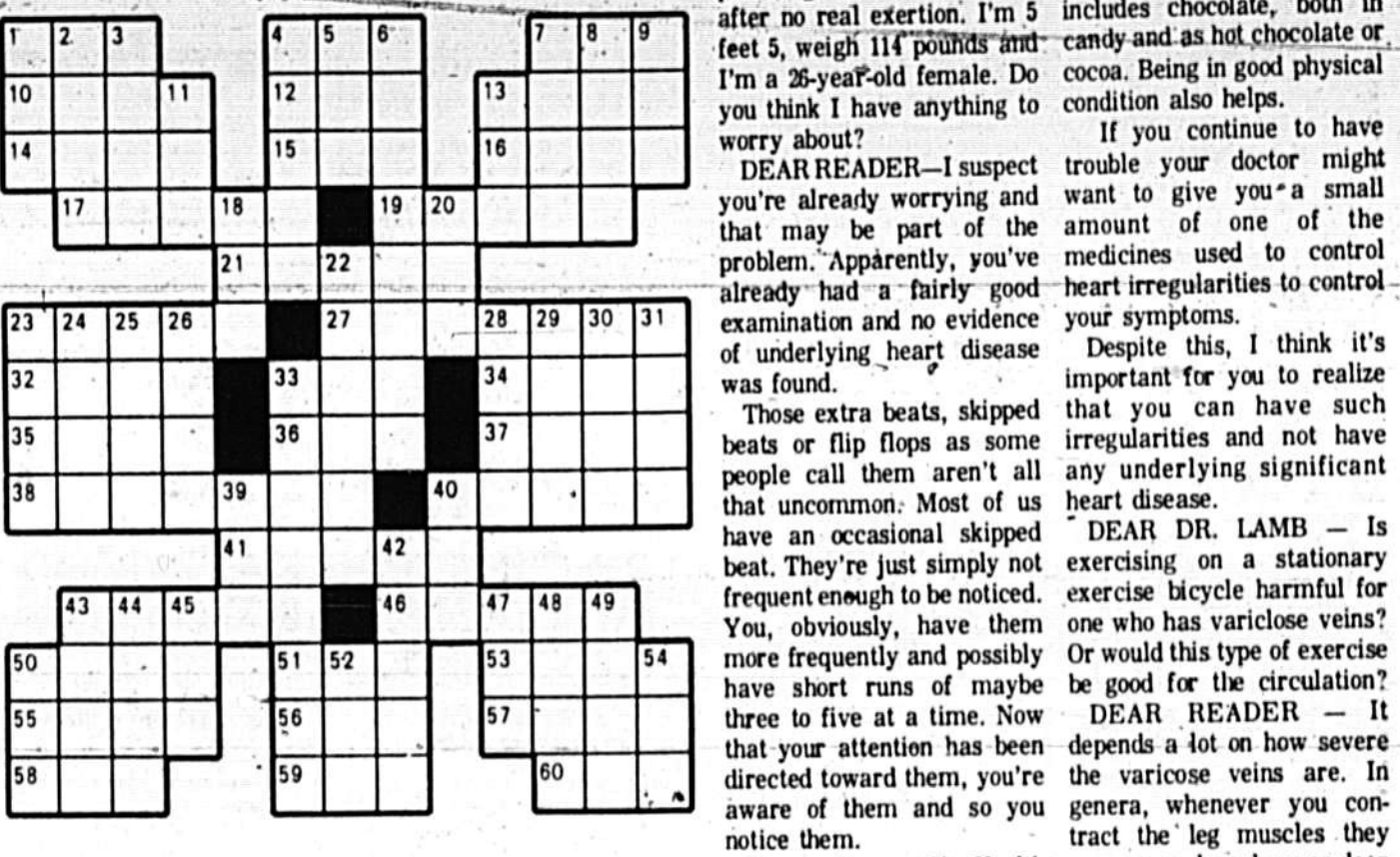
TUMBLEWEEDS by T. K. Ryan



ACROSS 43 Danish coin 46 Urucate



DOWN 1 Spooner 2 Actors Sparks 3 Trounced in tennis 4 Affected manner 5 Golly 12 Year (Sp) 13 Alan County 14 Clothing 15 Long fish 16 Exaction 17 Seed planter 18 Illustration placed within 23 City in New Hampshire 24 Air (prefix) 25 Crisscross-haired person 26 Reflection 33 Tax agency 34 Weight material 35 Sand 36 Kind of lettuce 37 Son of Isaac 38 Parades 41 Norwegian



HOROSCOPE By BERNICE BEDE OSOL

For Wednesday, September 17, 1980

YOUR BIRTHDAY September 17, 1980 You could be subjected in the months ahead to some unexpected changes of which you will initially disapprove. Don't let them upset you. Your overall year will be a good one.

WIN AT BRIDGE and that one heart lead would clear the suit. South won the trick with the jack over East's 10, cashed his ace and king of clubs and led the three of spades to dummy's queen and East's king.

WIN AT BRIDGE (Cont.) East led back a heart and West cashed four heart tricks and checked his three small diamonds to hang on to four spades and the diamond ace. West, who threw one spade away when South cashed the ace and king of clubs, now led away from his 10 of spades and South was down only one.

WIN AT BRIDGE (Cont.) That turned out to be a really good match-point score for South.

WIN AT BRIDGE (Cont.) East was bitter about his partner's spade lead and rightfully so. He pointed out carefully that he had discarded two clubs on the long hearts and that those discs had been the five and nine to constitute a suit preference call for the lower suit diamonds. If he had wanted a spade lead he could have thrown the jack and then the five. If he had not really cared he could have jettisoned the 10 and held jack nine.

WIN AT BRIDGE (Cont.) The new bill, sponsored in the Senate by Lawton Chiles D-Fla., will, if signed into law, raise the maximum penalties for being caught with 1,000 pounds of marijuana or more from five years in prison to 15 years for the first offense, 30 years for the second.

WIN AT BRIDGE (Cont.) The new law also increases the maximum fine per offense from \$15,000 to \$150,000 for the first offense, \$500,000 for each subsequent conviction.

WIN AT BRIDGE (Cont.) It would make trafficking in a half-ton of pot a more severely punishable crime than trafficking in any quantity of heroin, cocaine or other drug, at least on the federal level.

WIN AT BRIDGE (Cont.) "It would go a long way in helping," said Florida region

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

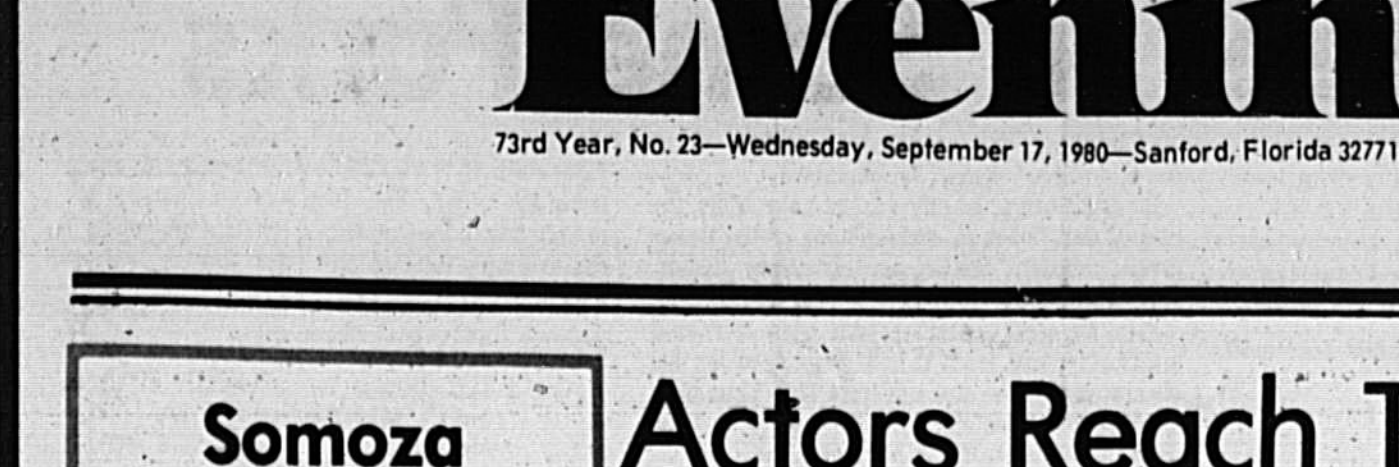
WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

Heart Beat Skips Have Her Worried



DEAR DR. LAMB—Recently when I went to donate blood I was told my pulse was irregular and I was having skipped beats. I had no prior knowledge of this. I went to my doctor for a check up and had an EKG and blood tests, all of which were normal. My doctor told me that my pulse is irregular. It beats normally for a time and then skips a beat and then beats three or four times extremely fast. Since my tests were normal, he felt I didn't have anything to worry about. I saw another doctor and he told me the same thing. Nevertheless, I feel my heart pounding and I feel winded after no real exertion. I'm 5 feet 5, weigh 114 pounds and I'm a 35-year-old female. Do you think I have anything to worry about?

DEAR READER—I suspect you're already worrying and that may be part of the problem. Apparently, you've already had a fairly good examination and no evidence of underlying heart disease was found. These extra beats, skipped beats or flip flops as some people call them aren't all that uncommon. Most of us have an occasional skipped beat. They're just simply not frequent enough to be noticed. You, obviously, have them more frequently and possibly have short runs of maybe three to five at a time. Now that your attention has been directed toward them, you're aware of them and so you notice them.

I'm sending you The Health Letter number 6-12, Heart Irregularities, Skipped Beats and Tachycardias, which will give you more information about these disorders. Other readers who want this issue can send 75 cents with a long stamped, self-addressed envelope for it. Send your request to me, in care of this newspaper, P.O. Box 1561, Radio City Station, New York, NY 10101. There are certain things you can do to prevent this irregularity or at least the frequency of them. These are discussed in more detail in the Health Letter. I'm sending you a booklet which includes eliminating smoking cigarettes if you happen to do that, eliminating coffee, tea, cola, and all sources of caffeine. By the way, that includes chocolate, both in candy and as hot chocolate or cocoa. Being in good physical condition also helps.

If you continue to have trouble your doctor might want to give you a small amount of one of the medicines used to control heart irregularities to control your symptoms. Despite this, I think it's important for you to realize that you can have such irregularities and not have any underlying significant heart disease. DEAR DR. LAMB — Is exercising on a stationary exercise bicycle harmful for one who has varicose veins? Or would this type of exercise be beneficial for the circulation? DEAR READER — It depends a lot on how severe the varicose veins are. In general, however, you contract the leg muscles they squeeze on deep down on deep veins inside the legs and help to milk the blood out of the veins and up to your heart. This, in turn, helps to empty the superficial veins that you see under the skin. This activity decreases the pressure in the veins and helps to prevent overstretching of the veins. Actually, standing still is much more harmful to the veins in the legs than simple walking or exercising as you described.

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

WIN AT BRIDGE (Cont.)

Somoza Killed



ASUNCION, Paraguay (UPI) — Unidentified men with machine guns and a bazooka today killed former Nicaraguan President Anastasio Somoza, his driver and a bodyguard in an attack in downtown Asuncion, police said.

Actors Reach Tentative Pay-TV Agreement
HOLLYWOOD (UPI) — Representatives for producers and striking actors worked out a tentative agreement on the issue of pay television early today, resolving the key obstacle in the nine-week strike that has paralyzed the television and film industry.

No Dates Set For Proposed Horse Track
MIAMI (UPI) — Despite a stern warning from the Fidei Castro government, two Spanish-speaking men, believed to be recently-arrived Cuban refugees, hijacked a Delta Airlines jet to Cuba today.

Men Spill Gas, Hijack Jet To Cuba
WASHINGTON (UPI) — The United States and the Castro government have suddenly found agreement in seeking to end a rash of airplane hijackings to Cuba, but for different reasons.

Twigg Tries New Sport
TWIGGY, Sanford's own water-skiing squirrel, has broadened her range of interests and has taken up the sport of hang gliding. She is shown above taking an early morning practice spin around Lake Monroe behind her radio-controlled speed boat.

Auto-Train Asks Workers For Help
More than 300 Sanford-based Auto-Train employees, who received their paychecks a day late have been asked to wait even longer before cashing them.

Proposed Marijuana Bill Could Cut Into Smuggling
A bill awaiting the president's signature will more than triple the maximum penalties for trafficking in large quantities of marijuana.

Proposed Marijuana Bill Could Cut Into Smuggling (Cont.)

Proposed Marijuana Bill Could Cut Into Smuggling (Cont.)

Job Hunting? Save Your Shoe Leather & Read The Want Ads!

Do You Keep Money in Your Garage? Classifieds Put Money in Your Pocket!

CLASSIFIED ADS. Seminole Orlando-Winter Park 322-2611 831-9993. CLASIFIED-DEPT. HOURS. RATES. DEADLINES. Noon The Day Before Publication. Sunday-noon Friday.

CALENDAR. WEDNESDAY, SEPTEMBER 17. Sanford Rotaract, 7:30 p.m., Florida Power and Light, 310 N. Myrtle Ave. Sanford-Seminole Jayceettes, 8:30 p.m., 1201 W. First St. Polish folk dancing rehearsal and instruction for all ages, 8:30 p.m., sponsored by Central Florida League 3216 Polish National Alliance, Call 645-1883 for details.

HOW TO ERASE A GOOD PART OF YOUR FUTURE... SHOPTIFTERS. Here it comes again... another shoplifting pitch. We know you've heard it before, but read on. Shoplifting is stealing. It is punishable by law and it labels you a criminal. It can wipe out your hopes for the future. It gets you a court record that can't be erased. Say goodbye to college plans or landing a job. Employers will think twice before they hire a thief. Is that wallet, necklace or lipstick you pocket worth the price you must pay in the end?

CONSULT OUR BUSINESS SERVICE LISTING AND LET AN EXPERT DO THE JOB. To List Your Business... Dial 322-2611 or 831-9993. Air Conditioning, Concrete Work, House Cleaning, Painting & Pressure Cleaning, Paperhanging, Photography, Plastering, Plumbing, Repairs, Roofing, Siding, Tinting, Windows, etc.

FUNNY BUSINESS by Roger Bollen. I'M WORRIED SICK ABOUT HIM! EVER SINCE HE RETIRED, HE JUST SITS AND VEGETATES. BOYS & GIRLS AGES 13-18. EARN EXTRA MONEY AFTER SCHOOL. CALL 322-2611.

18-Help Wanted. 21-Situations Wanted. 28-Apts. & Houses To Share. 30-Apartments Unfurnished. 31-Apartments Furnished. 31A-Duplexes. 32-Houses Unfurnished. 32A-Houses Furnished. 33-Business Opportunities. 34-Mobile Homes. 35-Real Estate. 36-Other.

SIDE GLANCES by Gill Fox. 'Here comes Mrs. Quick-Withdraw McGraw!'

41-Houses. Harold Hall Realty. REALTORS, MLS. 323-5774 Day or Night. 2645 S. Hwy. 17-92.

COMPUTER OPERATOR IBM 3270/330. Permanent full time split shift position. Good fringe benefits. Applicant must have experience with OS/2, MASP, RJE, Contact A. DUDA & SONS, INC. Personnel 227-1030 Ext. 248. Equal Opportunity Employer.

If you're thirsty for Seminole County News... then we have the quencher. HERA. A six pack of Seminole County's only daily newspaper delivered to your home for just \$1.00 per week.

33-D-Industrial for Rent. Warehouse for rent. 8,000 square ft. 41 Offices, loading dock, industrial truck (321313).

REALTY WORLD. THE REALTY AGENCY, INC. REALTORS. 32351 S. French 322-9283.

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FRICKE & FRICKE ASSOCIATES, INC. REALTORS, MLS. 5th St. Lk. Mary Blvd. 322-5253. 33-Business Opportunities. 34-Mobile Homes. 35-Real Estate. 36-Other.

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The Peanut: Treasure In A Nut-Shell

The Florida peanut crop for 1979, according to the Florida Department of Agriculture, was 179 million, 850 thousand pounds — and that's a lot of peanuts, folks. About half of the crop was grown in Jackson County or the Northwest portion of the state.

Peanuts were first found when Spanish explorers sailed to South America in the 16th century and found not the gold they were searching for but instead a treasure in a nut-shell — the peanut.

The Mediterranean adventurers didn't have a crystal ball to look into. If they had, they would have seen that peanuts would someday be "worth their weight in gold" and that they would be one of the major farm crops in the U.S.

Over 61 percent of the domestic peanuts are grown in the three southern states of Florida, Georgia and Alabama.

Most probably the favorite way to eat peanuts is the south is boiled. For this true southern delight green peanuts, (peanuts dug about 20 days before they mature), after being washed, are placed in a large saucepan and covered with salted water (use about 10 ounces salt to 1 gallon of water), then boil for 30 to 45 minutes or until the inside kernel is tender. Let peanuts sit in the brine solution 10 to 15 minutes or until the desired saltiness is obtained.

A sizeable portion, about two-thirds, of Florida's peanut crop goes into processed products such as peanut butter, peanut oil, and confectioners. Most of the remaining is used for seed.

Most Americans buy their peanuts already salted or packaged or in the form of peanutbutter. There are scores of ways these may be incorporated in the diet to the delight of adults as well as the small fry. This is good because peanuts are a good source of protein; 4 tablespoons is equivalent to a serving of meat, as well as a valuable source of vitamin B and iron.

CREAMY PEANUT BUTTER SOUP

1/2 cup butter
1/2 cup celery, thinly sliced
1/2 cup onion, chopped fine
2 tablespoons flour
1 1/2 cups cans chicken broth or 7 cups chicken stock
1 cup creamy peanut butter
1 cup light cream

Melt butter in large saucepan over low heat; add celery and onion. Sauté until tender, but not brown. Add flour and stir until mixture is smooth. Gradually add chicken broth and bring to a boil. Remove from heat and strain. Puree vegetable mixture in blender or food processor and return to soup. Blend in peanut butter and simmer about 15 minutes. Stir in cream just before serving. Serves: 8

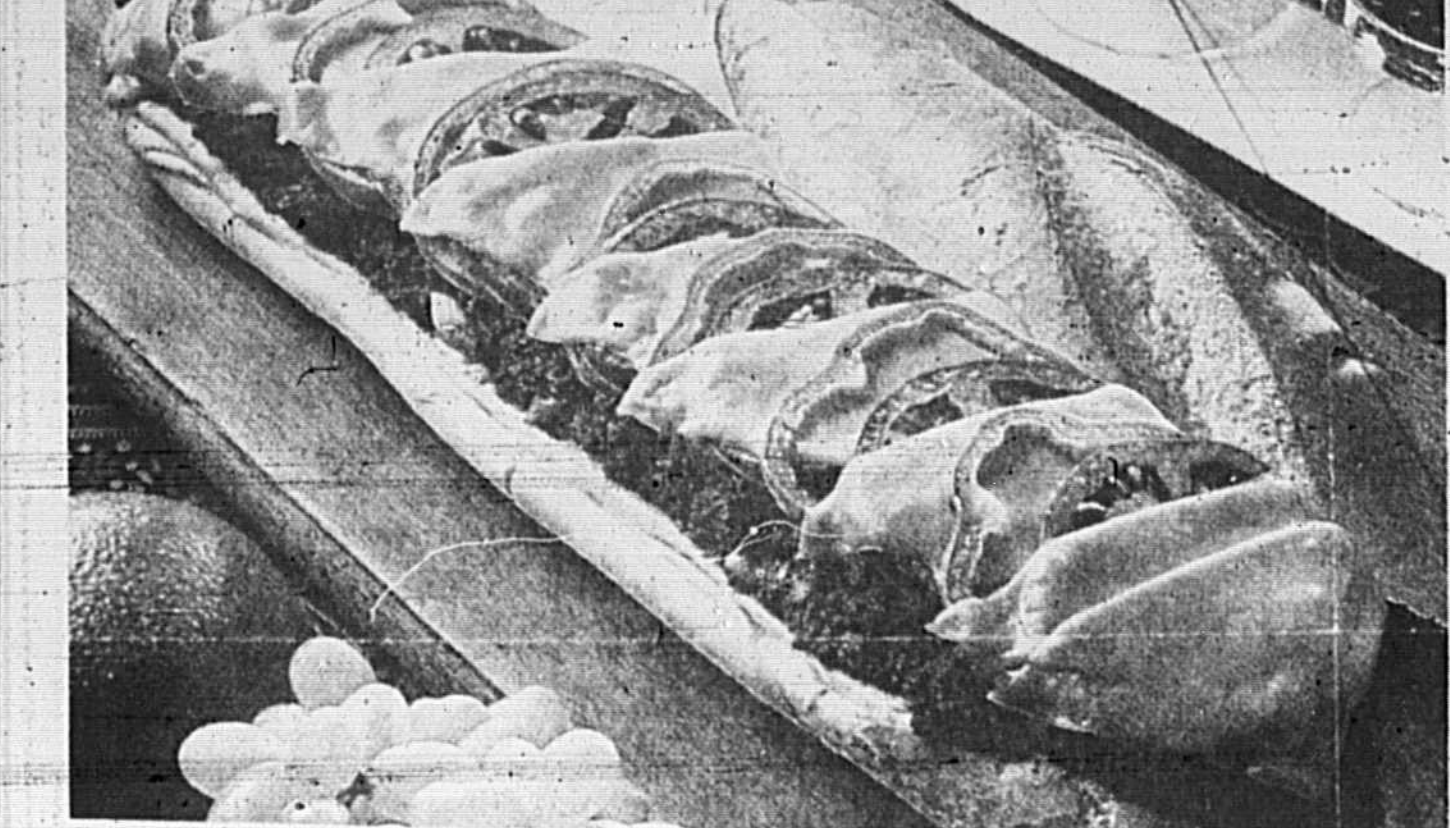
PEANUT OATMEAL COOKIES

1/2 cup butter
1/2 cup sugar
1/2 cup brown sugar, well packed
1 egg
1/2 teaspoon vanilla
3/4 cup sifted flour
1/2 teaspoon soda
1 1/2 cup quick-cook oats
1 teaspoon milk
1/2 teaspoon cinnamon
3/4 cup salted Florida peanuts

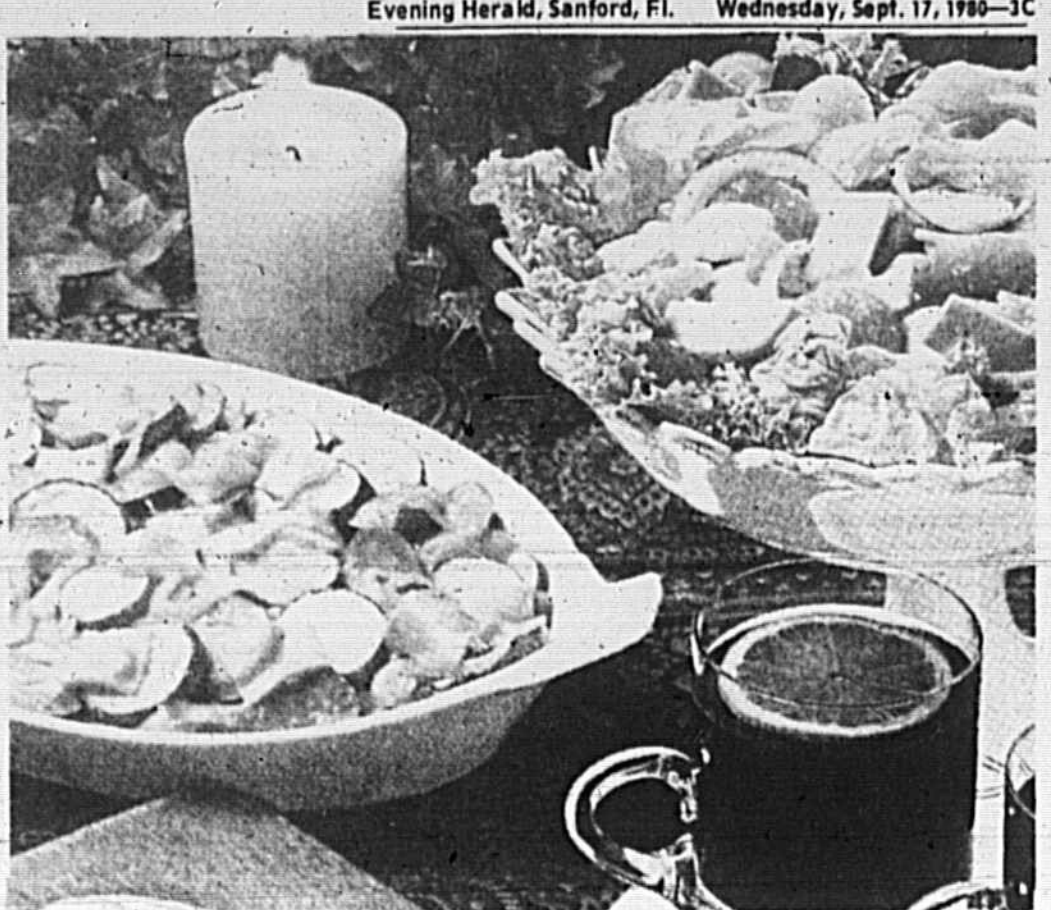
Cream butter. Add sugars, egg and vanilla. Place in mixer and beat until light. Combine flour, soda, oats, milk, cinnamon. Mix well; drop by spoonful onto greased cookie sheets. Bake in 375 degree oven 10 to 12 minutes. (Cookies may be flattened with fork slightly before baking, or baked as dropped from spoon.) Yield: 4 to 6 dozen

BEST EVER PEANUT BRITTLE

2 cups sugar
1 cup white corn syrup



Get the gang together and serve something hearty and simple such as the Po'Boy, right, with a nifty spinach salad, hot sherried bouillon and a crunchy vegetable medley, left.



EASY PINEAPPLE PORK

Gourmet Meal Ready In Minutes

As the lifestyles of American families become busier and more hurried, we look for fast and easy gourmet meals to satisfy each family member's tastes as well as their time schedules.

The Kraft Kitchens has developed a recipe to fit these needs. "Easy Pineapple Pork" features pork in a simplified sweet and sour sauce using Kraft pineapple or apricot preserves as the basic ingredient. Preserves offer a never-fail flavor addition to the sauce that assures gourmet results with limited time or cooking experience.

The distinctive flavor and Oriental flair will please the entire family. One-half hour preparation time makes this recipe a hit with the family cook as well. Whether a busy mother comes home from work to prepare dinner or another member of the family has "family dinner" responsibilities, "Easy Pineapple Pork" will offer quick and easy preparation with a gourmet touch.

EASY PINEAPPLE PORK

1 1/2 lbs. pork, cut into 1/2x1/2-inch strips
2 tablespoons oil
1/2 cup water
1/2 teaspoon salt
1 10-oz. jar pineapple or apricot preserves
2 tablespoons vinegar
1 tablespoon soy sauce
1 tablespoon cornstarch
1 4-oz. pkg. frozen Chinese pea pods, thawed
Hot cooked ramen noodles or rice

Brown meat in oil; add water and salt. Cover; simmer 5 minutes or until tender. Add combined preserves, vinegar, soy sauce and cornstarch; mix lightly. Add onion; cook over low heat 5 minutes. Stir in pea pods; heat thoroughly. Serve over noodles. 4 to 6 servings.

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For Snacks or Fruit Salad Northwest **Prune Plums** 165 Size 33¢

Ripe Juicy, Delicious (165 Size)

Bartlett Pears 10 for \$1

For Your Cooking Needs U.S. #1 Yellow **Cooking Onions** 3-bag 59¢

Serve With Hollandaise Sauce, Fresh Tender **Broccoli** 89¢

Refreshing Minute Maid Regular or Pink **Lemonade** 79¢

Perfect for Salads (Medium Size) Tasty **Tomatoes** 39¢

For Your Tossed Salad, Fresh Crisp **Endive Or Escarole** 49¢

Delicate Flavored Ripe Hawaiian **Papaya** 99¢

Fancy Fruit Farms **Blueberry Jam** 14-oz. jar \$1.49

Beautiful Fresh **Cut Daisies** 12-22

Jobe's Houseplant or Flower Pot Plant **Food Spikes** 20 for 79¢

Golden Bananas 4 lbs. for \$1

FOR BREAKFAST, SNACKS, OR DESSERT. FLAVORFUL RIPE

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SAVE 34¢. MR. BIG. WHITE ON WHITE PRINT, YELLOW ON YELLOW PRINT

Paper Towels 3-roll pkg. \$1.49

SAVE 32¢. CORONET ASSORTED OR PASTEL

Jumbo Honeydews each for \$1.49

"KING OF THE WEST" RIPE, SWEET

Fruit Drink 2 46-oz. cans \$1

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Flour 5-lb. bag 88¢

SAVE 14¢. PILLSBURY UNBLEACHED SELF-RISING, BREAD FLOUR, PLAIN, UNBLEACHED OR SELF-RISING

Margarine 1-lb. ctn. 79¢

SAVE 10¢. REGULAR FLEISCHMANN'S

Diapers 40-ct. \$6.99

(27¢ OFF LABEL) **Ivory Liquid** 32-oz. bot. \$1.55

(15¢ OFF LABEL) **Niagara Spray** 32-oz. bot. 90¢

Pampers Extra Dry Daytime Diapers 60-ct. \$6.99

Pampers Toddler Size Diapers 40-ct. \$6.99

Tide 10-lb. 11-oz. box \$4.89

SAVE \$1.70. LAUNDRY DETERGENT

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SAVE 39¢. 12-OZ. CANS REGULAR OR DIET

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Nestle Instant Unsweetened Tea With Lemon Flavor 1-oz. jar \$1.73

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Nestle Low Calorie Iced Tea Mix 4-oz. jar \$1.57

Entertaining: Fix Feasible Fare For Fall

The fall season brings with it many entertaining opportunities. Election parties will abound... followed by seasonal sports parties and Saturday night get-togethers for conversation or card playing and Sunday morning brunches. These are just a few of the how's and why's of the Fall entertaining trend.

Whether planning for family or guests, there is no need to worry about serving elaborate food, as economy and practicality are the order of the day. Food costs seem destined to rise, providing us with more reasons for selective food shopping.

What's more, the U.S. Department of Agriculture, Science and Education Administration continues to tell us of the importance of selecting the kinds and amounts of food for making up a nutritious diet. The new five food groups are not so different from the old four food groups, though it is interesting to note that in the milk and cheese group, the words skin, low-fat and nonfat are prominent.

While adhering to government guidelines and standards, food can be festive yet practical and easy-to-prepare. Here is a fine example of a festive, fall buffet with the recipes for creating it. The basics have been built-in... especially with the cheese product... processed with lower fat and cholesterol to meet the demands of modern consumers who are aware of the ways of better health.

ELEANOR'S PO'BOY

1 1/2 pounds lean ground beef
1 8-ounce can tomato sauce
8 slices Skim-American Pasteurized Process Cheese Product
1/2 cup chopped green onion
2 teaspoons beef-flavor instant bouillon or 2 beef-flavor bouillon cubes
1/2 teaspoon garlic powder
1 (1-pound) loaf French bread
1 medium tomato, sliced
1 medium green pepper, cut into rings
Preheat oven to 400 degrees. In large skillet, brown meat; pour off fat. Stir in tomato sauce, 3 slices cheese product (cut into pieces), onion, bouillon and garlic powder; cover. Simmer 5 to 10 minutes or until bouillon dissolves, stirring occasionally. Meanwhile, slice off top of French bread and scoop out center section (use for making bread crumbs or croutons); place on large sheet of aluminum foil for wrapping. Spoon meat mixture into bread loaf. Cut remaining cheese product slices in half diagonally; layer alternately with tomato slices and green pepper on meat; replace top of loaf. Tightly wrap in aluminum foil. Bake 20 minutes or until hot. Refrigerate leftovers. 8 servings.

Pepto Bismol Liquid

12-oz. bottle

Maxim Freeze Dried Coffee

100-pkg. 100¢

Borateem

16-oz. bottle

Lime-A-Way Bathroom Cleaner

16-oz. bottle

SUSAN'S SPINACH SALAD

4 cups torn lettuce or other salad greens
4 cups torn fresh spinach
1 (11-ounce) can Mandarin orange sections, drained
1 (8-ounce) can water chestnuts, drained and sliced
6 slices Skim-American Pasteurized Process Cheese Product, cut into strips
4 ounces (about 1 cup) fresh mushrooms, sliced
1 small red onion, sliced and separated into rings
Bottled low-calorie Italian or other salad dressing

In large bowl, combine all ingredients except dressing; chill until serving time. Toss with dressing. Refrigerate leftovers. 8 servings.

NOTE: Prepared as directed, provides approximately 5.4 grams of fat, and 100 calories. Values by product analyses and recipe calculation.

DAVID'S SHERRY BOUILLON

6 cups water
3 tablespoons beef-flavor instant bouillon or 3 beef-flavor bouillon cubes
one-third cup dry or cocktail sherry
1 tablespoon lemon juice
Lemon slices, optional

In large saucepan, bring water to boiling; add bouillon, stirring until dissolved. Remove from heat; stir in sherry and lemon juice. Serve hot garnished with lemon slices if desired. 1 1/2 quarts.

NOTE: Prepared as directed, provides approximately 26 calories. Values by product analyses and recipe calculation.

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