

CALENDAR

- THURSDAY, JUNE 29
Greater Seminole Tensatees Club, 7:30 p.m.
Alamonte Springs Civic Center...
Friday, July 1
Seminole South Rotary, 7:50 a.m., Lord Chumley's...

Switchboards Spawn New Space Race ...

WASHINGTON (AP)— From the frozen wastelands of the far north to remote jungle islands, the world is being drawn closer together by communications satellites...
While the satellite is launched in 1985, it added 240 transatlantic voice circuits to the 522 then carried by underwater cable...

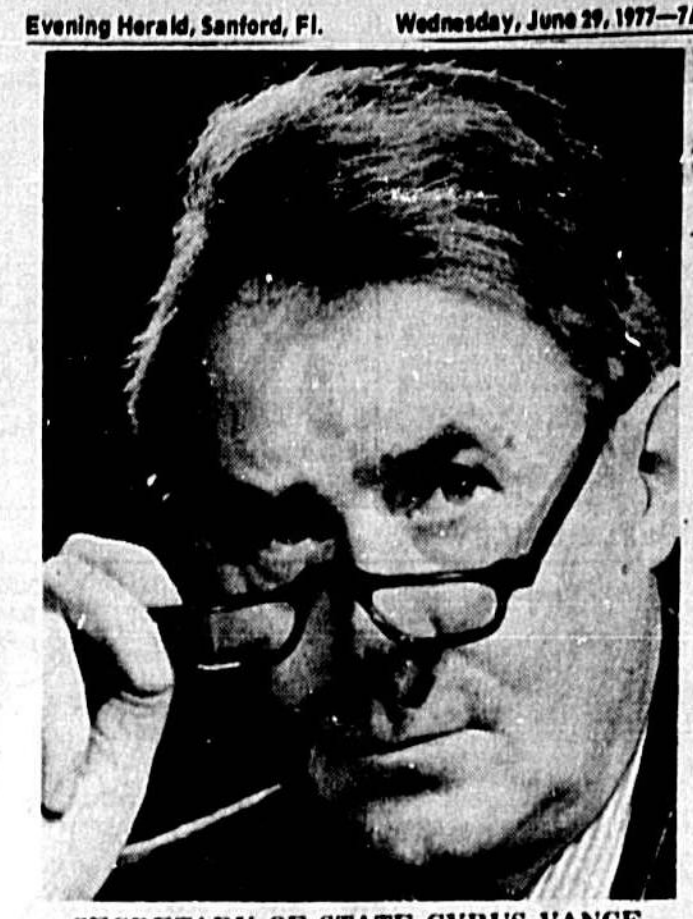
...And Help For Citrus

MIAMI (AP)— Each year, fruit growers complain of spending thousands of dollars in a single night, protecting their trees from a freeze that never comes...
Farm economists estimate the new satellite system can save the Florida citrus industry \$750,000 an hour, or up to \$5 million a day...

Vance: No 'Lone Ranger' Or Wallflower

WASHINGTON (AP)— No one has yet called Cyrus Vance the "Lone Ranger" of American diplomacy, which was Jimmy Carter's poke at Henry Kissinger during the presidential campaign...
He has hit the same major parts of call as Kissinger — the Middle East, Moscow and, in August, Peking — as well as the minor ones: Iran, Spain and Organization of American States...

Analysis
Their compartment he would bounce, amusing, informing and also polishing his image.
He would speak of the record or through a "senior official" — who couldn't be held accountable, of course, if things turned out differently than reporters would like to believe...



SECRETARY OF STATE CYRUS VANCE

\$13 Million Soviet Deal Killed

NEW YORK (AP)— Control Data Corp. says it didn't receive a fair shake in the administration's denial of its proposed \$13 million computer deal with the Soviet Union...
Neither, it feels, did the American people.

Computer Firm: U.S. Gave Us Rough Deal

NEW YORK (AP)— Control Data Corp. says it didn't receive a fair shake in the administration's denial of its proposed \$13 million computer deal with the Soviet Union...
The data is up there. It's just a matter of putting it to use.

Arms, Not Rights, Talks Key: Vance

WASHINGTON (AP)— Secretary of State Cyrus R. Vance says military considerations and not human rights will determine whether the Soviets agree to a new arms treaty with the United States...
Vance was preparing for that eventually, said deadlines were not as important as arriving at an understanding without loopholes and one that is considered to be in the national interest of both powers.

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WE'LL BE OPEN MONDAY 4th OF JULY
STYROFOAM HOT 'N COLD CUPS 39¢
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POLOROID POLACOLOR 2 TYPE 108 FILM 4.79
ZEBCO 404 REEL & ROD COMBO 6.99
SOUTHBEND 630 SPINNING REEL & ROD 6.99

Police Attacker Facing 5 Years

A circuit court jury has found a Lake Mary man guilty as charged of aggravated assault upon a sheriff's deputy with a knife in an April 21 incident...
The court sentenced the defendant to five years in prison and a \$5,000 fine.

Auction Service Wins Sanford Nod

The Sanford City Commission Monday night selected the proposal of Delis Auction Service to auction city surplus property in July...
The council also took "no further action," after a public hearing at which no one appeared either for or against...

Help win the race
Both defects are forever unless you help
MARCH OF DIMES

Lex Crewmen Hunted
Crewmen who served on the USS Lexington from 1927 when she was commissioned and May 8, 1942, when she was sunk in the Battle of the Coral Sea...

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TWICE THE PRINTS
Get an extra set of prints for only the cost of one...

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CASSELBERRY SEMINOLE PLAZA AND 1435 SEMORAN BLVD.



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W-D BRAND 100% PURE GROUND BEEF

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L.B. **59[¢]**

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L.B. **99[¢]**

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CHUCK ROAST **79[¢]**

L.B. **79[¢]**

W-D BRAND USDA CHOICE

Sirloin Tip Steak **\$1.99**

BEF LON BONELESS AND BONE-IN SIRLOIN STEAK L.B. \$1.99

W-D BRAND USDA CHOICE BEEF ROUND

Sirloin Tip Steak \$1.49

L.B. **\$1.49**

W-D BRAND USDA CHOICE

T-BONE STEAK L.B. \$1.99

SAVE 10[¢]

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HALF GALLON **79[¢]**

THRIFTY MAID FUDGE MAPS AND TWIN POPS 12-PK. PKG. 79[¢]

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SUPERBRAND REGULAR OR STA #11 COTTAGE CHEESE

2 LBS. LBS. **\$1.29**

SAVE 15[¢]

SUPERBRAND ALL FLAVORS NATURAL YOGURT

3 8-OZ. CUPS **\$1.00**

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USDA GRADE 'A' WHOLE FRESH FRYERS

L.B. **49[¢]**

USDA GRADE 'A' MIXED FRYER PARTS

L.B. **49[¢]**

USDA GRADE 'A' COUNTRY STYLE CUT UP PAN-REDI FRYERS

L.B. **69[¢]**

USDA GRADE 'A' BREASTSTICKS, THIGHS OR BREAST WRIBS

L.B. **89[¢]**

W-D BRAND 12 QUARTERS POUNDERS BEEF PATTIES

3 LBS. BOX **\$1.99**

W-D BRAND REGULAR OR ALL MEAT GRILL FRANKS

2 LBS. PKG. **\$1.99**

W-D BRAND REGULAR, ALL BEEF OR THICK SLICED BOLOGNA

1-LB. PKG. **99[¢]**

W-D BRAND CHIPPED HAM

W-D BRAND Sliced Ham

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SAVE 79[¢]

ALL FLAVORS CHEK DRINKS

9 12-OZ. CANS **99[¢]**

CHEK COLA 64-OZ. BTL. 69[¢]

SAVE 30[¢]

SMOKEY BEAR CHARCOAL

10 LB. BAG **99[¢]**

SMOKEY BEAR LIGHTER 69[¢]

SAVE 40[¢]

KRAFT MAYONNAISE OR MIRACLE WHIP

Limit 1 of your choice with \$5.00 or more purchase excluding cigarettes.

QUART JAR **89[¢]**



BAKERY SPECIALS

DIXIE DARLING WEINER & HAMBURGER BUNS

4 11-OZ. PKG. **\$1.00**

DIXIE DARLING LARGE FAMILY BREAD

3 20-OZ. LOAVES **\$1.00**

ALL STORES CLOSED MONDAY, 4th OF JULY

HARVEST FRESH CORN 10 EARS **89[¢]**

HARVEST FRESH CITRUS PUNCH HALF GAL. 59[¢]

SAVE 33[¢]

VAN CAMP PORK & BEANS

4 16-OZ. CANS **\$1.00**

THRIFTY MAID PORK BEANS

3 16-OZ. CANS **\$1.00**

SAVE 20[¢]

THRIFTY MAID CATSUP

3 16-OZ. BTL. **59[¢]**

THRIFTY MAID HOT DOG CHILI 4 OZ. PKG. \$1.00

PRICES GOOD JUNE 30 - JULY 3

HARVEST FRESH PRODUCE

3 LBS. PEACHES **99[¢]**

2 LBS. PLUMS **\$1.00**

ALLERGY RELIEF

A.R.M. Medicine 20-CT. SIZE **\$1.39**

Listerine 22-OZ. SIZE **\$1.69**

SAVE 29[¢] - TOOTH PASTE

Aim 6.4-OZ. TUBE **88[¢]**

SAVE 79[¢] - PEPSCODENT SOFT/MEDIUM/HARD

Toothbrush . . . 2 OR **79[¢]**

SAVE 34[¢] - KOTEX REGULAR OR SUPER

Tampons 30-CT. PKG. **\$1.39**

LIQUID

Geritol 12-OZ. SIZE **\$2.79**

SKIN CREAM

Noxema 6-OZ. SIZE **\$1.69**

DISPOSABLE BOTTLES

Playtex 100-CT. PKG. **\$1.85**

STYROFOAM

Ice Chest 28-OZ. SET **\$1.19**

JUICY LARGE LEMONS

11 FOR **89[¢]**

JUICY D' ANJOU PEARS

3 LBS. **99[¢]**

HARVEST FRESH SALAD TOMATOES

3 PINTS **\$1.00**

This week's money-saving special!

SAUCER **88[¢]**

Reg. \$1.49 ONLY with every \$5.00 purchase

ELECTRIC MONOFILAMENT K & S EDGER

EACH **\$19.99**

2% LOW FAT OR HIGHLY ENRICHED GUSTAFSON MILK

GAL. **\$1.69**

HAWAIIAN ALL FLAVORS

Punch 48-OZ. CAN **57[¢]**

BLEACH

Clorox 64-OZ. BTL. **59[¢]**

DAYTIME

Pampers 30-CT. PKG. **\$2.59**

STAYFREE

Maxi Pads 42-CT. PKG. **\$3.27**

Liquid Plumer . . . 32-OZ. BTL. **95[¢]**

PINE SOL

Pine Scent 12-OZ. BTL. **95[¢]**

WISBONE DELUXE FRENCH, 1000 ISLAND OR ITALIAN

Dressing 8-OZ. BTL. **61[¢]**

Borateam Plus . . . 100-OZ. PKG. **\$1.99**

SHELL ANTS & ROACH AEROSOL

Insecticide 11-OZ. CAN **99[¢]**

INSECT FLYING

Insect Aerosol . . . 12 1/2-OZ. CAN **\$1.39**

CHEF BOY-AR-DEE

Mini Ravioli 15-OZ. CAN **53[¢]**

PINE SOL 25 OFF

Pine Scent 40-OZ. BTL. **\$1.74**

WORCESTERSHIRE

French Sauce . . . 10-OZ. BTL. **81[¢]**

FRENCH

Mustard 74-OZ. JAR **69[¢]**

SUNSHINE

Cheez-Its 10-OZ. PKG. **63[¢]**

HARVEST FRESH CABBAGE

3 HEADS **\$1.00**

HARVEST FRESH LETTUCE ROMAINE

3 LBS. **99[¢]**

HEINE GENUINE DILL PICKLES

66-OZ. JAR **99[¢]**

THRIFTY MAID 9" WHITE PAPER PLATES

100-CT. PKG. **79[¢]**

SAVE 40[¢]

ASTOR TEA BAGS

100-CT. PKG. **\$1.29**

SAVE 38[¢]

CRACKIN' GOOD REGULAR OR WAVY POTATO CHIPS

DEEP SOUTH HAMBURGER OIL CHIPS

Pickles 25 OZ. **59[¢]**

FRENCH AVE. & 25th ST. 419 E. FIRST ST. SANFORD



DESSERT STRAINED BABY FOOD

6 1/2-OZ. JAR **18[¢]**

THRIFTY MAID MEDIUM OR LARGE SWEET PEAS

4 16-OZ. CANS **\$1.00**

THRIFTY MAID GREEN BEANS

4 16-OZ. CANS **\$1.00**

THRIFTY MAID CREAM STYLE OR WHOLE KERNEL CORN

4 16-OZ. CANS **\$1.00**

THRIFTY MAID SWEET PEAS

4 16-OZ. CANS **\$1.00**

THRIFTY MAID GREEN BEANS

4 16-OZ. CANS **\$1.00**

THRIFTY MAID CREAM STYLE OR WHOLE KERNEL CORN

4 16-OZ. CANS **\$1.00**



All About Milk(s)

Shopping for milk today is not as easy as it used to be. Today, the ABC's of milk purchasing include such milk as Sweet Acidophilus, Buttermilk, Chocolate Lowfat — not to mention many other types.

But the many kinds of milk are marketed because consumers have asked for variety. And today, milk appears at the supermarket in many forms — each one has its purpose.

So, which one should you use? The answer: Study the following descriptions, read your labels and choose the milk you need for each particular use.

Whole Milk — contains not less than 3.25 percent milkfat; it must contain not less than 8.25 percent solids-not-fat. The nonfat solids are the source of the proteins, minerals, carbohydrate and all the water-soluble vitamins. Almost all whole milk marketed is also fortified with vitamin D.

Lowfat Milk — has had sufficient milkfat removed to bring the levels between 0.5 and 2 percent. It also contains at least 8.25 percent solids-not-fat. It must contain 2000 IU of vitamin A per quart. Vitamin A is added to offset its loss caused by removal of some of the milkfat. You can find milk in this category labeled: lowfat, 2 percent milk, 1 percent milk, etc.

Skim Milk — also called nonfat milk, has had sufficient milkfat removed to bring the level to less than 0.5 percent. It must contain not less than 8.25 percent solids-not-fat and must be fortified with vitamin A. If nonfat milk solids are added to reach the 10 percent level, it must be labeled "protein fortified" or "fortified with protein."

Chocolate Lowfat Milk — is made by adding chocolate or cocoa and sweetener to whole milk. It must be fortified with...

Call For Cool Summer Drink

By AILEEN CLAIRE, NEA Food Editor

If you're in the mood to experiment, whip up some refreshing coolers for warm weather drinking. Two strawberry treats are easy to make and definitely provide variety in the flavor department. An orange-berry cooler or a strawberry-lemonade will please the palates of young and old. For a strictly adult drink, add red wine to the strawberry lemonade for a different Sangria.

ORANGE-BERRY COOLERS
6 scoops orange
Hawaiian punch drink mix
2 cups water
1 package (10 ounces) quick thaw strawberries,

partially thawed
1 cup pineapple juice
Ice cubes
In large bowl, combine the orange punch drink mix, 2 cups of the water and the strawberries. Beat with rotary beater until smooth. Pour into punch bowl or large pot, add rest of water. Stir in pineapple juice. Add ice cubes. Makes about eight 8-ounce coolers.

STRAWBERRY LEMONADE
2 parts fresh strawberries
1½ cups sugar
3 cups water
1½ cups lemon juice

Puree strawberries in electric blender or force through food mill. Slice to remove seeds. Combine sugar and water in saucepan. Stir and heat slowly until sugar dissolves. Mix with strawberry puree and lemon juice; chill thoroughly. Serve in glasses with crushed ice or ice cubes.



BERRY REFRESHING

Garnish with strawberries, lemon and mint, as desired. Makes about 1½ quarts.

Variation: To make a Sangria, add 2 cups Beaujolais or Claret wine to the strawberry lemonade.

Buying Fresh Fruit Is Art

Plums come in many flavors and colors. Ripe plums are well-colored for the variety, with a slightly soft tip. Refrigerate, as they can become overripe very quickly. Bartlett Peaches are picked green-skinned and ripen to eating perfection when kept at room temperature for a day or two. Enjoy peaches when they are golden and yield to gentle pressure. They are best slightly chilled.

Nectarines vary in size and color. Ripe nectarines have a rich gold background skin color and are slightly soft when ripe. Avoid nectarines with green at the stem end. Peaches are ripe when the background is creamy yellow. A rosy blush indicates certain varieties, not ripeness. Peaches are ready to enjoy when they give slightly to gentle pressure.

Table Grapes are ripe when harvested. Choose bunches with firm, plump berries, well-colored for the variety, firmly attached to pliable, green stems. Grapes are most refreshing served slightly chilled.

Papayas are often green skinned when purchased, but ripen when kept at room temperature a day or two. This exotic fruit is ready to enjoy when slightly soft and the skin is mostly yellow-gold. Papayas does not darken when cut and can be prepared several hours ahead of serving time.

Use It For Lunch Or Supper

Omelet Features Citrus Fruit

We've come on an elegant and lovely main dish to serve for lunch or supper. It's a fluffy omelet accompanied by fresh orange sections plus sour cream mixed with grated orange rind and a suspicion of brown sugar. It's a fine combination and a great dish to serve now because oranges are plentiful and at a reasonable price.

For a first course you can serve a salad of raw spinach, crisp bacon pieces and sliced wet mushrooms tossed with an oil-and-vinegar dressing. Or you can offer a chilled soup of cucumber or zucchini. No dessert is needed. Just have lots of good hot rolls on hand and offer them with both the first course and the omelet.

ORANGE OMELET
1 cup cultured sour cream



SIX EGG OMELET

Mix It With Berries

Use Frozen Yogurt

DEAR CECILY: I notice that your readers think you have the answer to everything culinary and write you for advice. So why shouldn't I? What I want is a recipe for a good frozen yogurt. Do you have one? — Your sister ROWENA.

DEAR ROWENA: I enjoyed your note! When I've loved the answer to a question I'm pretty good at finding out who does. In the case of frozen yogurt, a young American home economist who has studied at the Cordon Bleu in Paris helped me. She developed a recipe for frozen strawberry yogurt that was delicious when tried in my test kitchen. She told me it was cheaper to make at home than to buy and, after trying two brands, she found her copycat version had the truest fla-



STRAWBERRY TREAT

'Non-Aging' Diet Has Few Taboos

A sardine a day keeps the doctor... and wrinkles... and old age away. At least this is the claim of Dr. Benjamin Frank, creator of and author, with Philip Miele, of Dr. Frank's No Aging Diet (Dial Press, New York, 1977, \$7.95).

Dr. Frank, in his New York medical practice, has been treating patients with a youth diet containing many foods rich in the nucleic acid-RNA and DNA. These are the substances which enable our body's cells to do the job of continuously renewing themselves. His credo might very well be based on the opening paragraph of his book: "Good health is the natural state of the human body. I believe in maintaining this state—and in restoring it if it is lost—in ways that are natural to the body. Not with powerful drugs but with natural nutrients. I have found that these nutrients work better and are far safer than medicines which are so powerful (the word should be dangerous) that the public must be protected from them by laws that require prescriptions."



Each day at least one of the following: radishes, mushrooms, spinach, onions, scallions, asparagus, cauliflower, or celery.

Each day drink at least 4 glasses of water—more in the summer.

Each day drink a glass of fruit or vegetable juice.

Each day drink two glasses of milk, preferably skimmed.

Dr. Frank also advises the daily intake of a strong multivitamin, and emphasizes the need for the recommended fluids.

FROM THE DELI SERVED WITH PORK & BEANS DELICIOUS FRESH BAR-B-QUE'D	BREAKFAST CLUB HOT DOG OR	FROZEN BANANA OR ORANGE	MINUTE MAID CONCENTRATED PINK OR REGULAR	7% OFF LABEL FOR FRYING OR BAKING
Spare Ribs \$1.99	Hamburger Buns 4 for \$1	Sara Lee Cakes 99¢	Frozen Lemonade 3 for \$1.19	Crisco Oil \$1.49

Publix Puts the Sizzle in your 4th of July

Shop now for the long week-end ahead. Publix will be closed Sunday, July 3 and Monday, July 4.

Publix has all your favorite foods for the Fourth—sure to make your Patio Party a blast!

ASSORTED FLAVORS	SUMMERTIME FAVORITE	NORTHWEST SWEET TASTY	TEELWOOD FLORIDA YELLOW
Hawaiian Punch 2.89	Nestea Instant Tea Mix \$1.29	Bing Cherries 69¢	Sweet Corn 12 for \$1

Publix

Fried Chicken \$1.99

Roast Beef 89¢

Sliced Ham 79¢

Smoked Ham 79¢

Charcoal Briquets \$1.59

Bonus Prints \$0.59

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Publix the place for produce.

Hellmann's Mayonnaise 89¢

Seedless Grapes 59¢

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Diet Tricks Help All Party Guests

It's June, to rhyme with moon.

And end in weddings, orange blossoms and cream fillings, veils and mayonnaised sandwiches, blue garters and champagne... they go together.

And what's a dieter to do when confronted with the family gathering and the traditional goodies? Stay on the diet! Think out your defense against the food onslaught. That's why they send those invitations out weeks in advance, to give you time to get ready to diet in public.

One glass of champagne — it's poor substitute for a fruit, but it will do for one day in your life. Once you've toasted the bride, reject further alcohol. Get high on the joy that abounds during such sentimental occasions.

Be wary as you pick and choose your way through whatever type of food is served. Catering places will mass-produce meals that are uniformly gravy-soaked. You'll have to scrape away what you shouldn't have and ignore the potatoes. You are probably only missing some cardboard dehydrated ones anyhow.

Vegetables are fine, but try to short-scoop the salad dressing so that you may enjoy the greenery.

If you've indulged in the champagne, no further indulgence in dessert is wise. Besides, wedding cake is to dream on, not eat.

I must admit the hora d'oeuvre-type reception is a bit

Swift's Premium Deli-Tilt Sliced Turkey, Ham or Beef 49¢

Swift's Premium Deli-Tilt Sliced Regular or Beef Style, Sugar Cured Ham 49¢

Swift's Premium Tru-Tender Sliced Beef Liver 69¢

Oscar Meyer Regular or Beef Lunch Meat, Sliced 59¢

Variety Pak 59¢

Ruben Sliced Corned Beef or Sliced Pastrami 79¢

Sausages, Tasty, Frozen 59¢

Turkey Fillets 59¢

Sausage Triangles, Tasty Dressing 59¢

Whole Flounder 59¢

Cream Cheese 59¢	Borden's Ice Cream 99¢	Paper Towels 39¢	Rose Milk Lotion 99¢
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LONGWOOD VILLAGE CTR.—LONGWOOD
SEMINOLE PLAZA—CASSELBERRY

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2. Protein 29 Hair Cream
3. French's Spaghetti Sauce Mix
4. Easy-Off Oven Cleaner Trigger Spray
5. Putina Hot-Protein Dog Food

