

Hodgepodge crossword puzzle grid with clues for Across and Down.

Answer to Previous Puzzle crossword puzzle grid with answers.

Reaction To Milk comic strip panel 1: A man asks 'Dear Dr. Lamb - I have the condition diagnosed as diverticulosis...' and Dr. Lamb replies 'I am sending you the Health Letter, Number 54, Diverticulosis...'"/>

Reaction To Milk comic strip panel 2: A man asks 'I am supposed to drink milk three times a day to avoid base thinning and milk is starting to cause some discomfort...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

Reaction To Milk comic strip panel 3: A man asks 'Dear Reader - Those little pockets along the colon called diverticula...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

Reaction To Milk comic strip panel 4: A man asks 'I am supposed to drink milk three times a day to avoid base thinning...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

Reaction To Milk comic strip panel 5: A man asks 'I am supposed to drink milk three times a day to avoid base thinning...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

Reaction To Milk comic strip panel 6: A man asks 'I am supposed to drink milk three times a day to avoid base thinning...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

Reaction To Milk comic strip panel 7: A man asks 'I am supposed to drink milk three times a day to avoid base thinning...' and Dr. Lamb replies 'I am supposed to drink milk three times a day to avoid base thinning...'"/>

HOROSCOPE

By BERNICE BEDEOSOL
For Wednesday, June 23, 1976
ARIES (March 21-April 19) Treat your opportunities with respect today or you'll regret it.

WIN AT BRIDGE

By OSWALD and JAMES JACOBY
NORTH ♠ 10764 22
♥ 853
♦ 955
♣ 852

to hold the trick. Later on South led a spade, finessed dummy's 10 and wound up with no spade tricks at all.

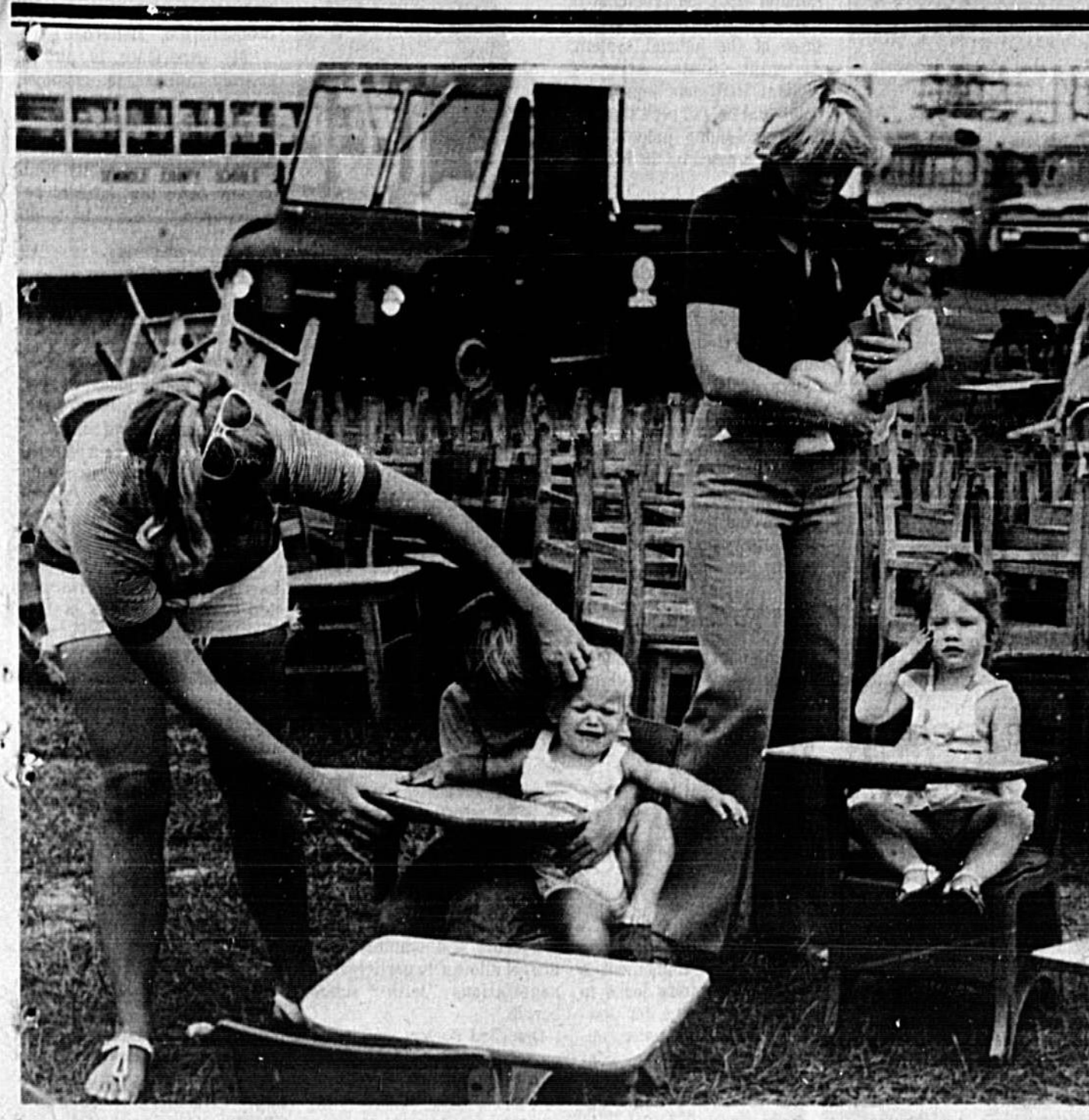
side glances. The judge and the prisoner were escorted to a holding area to wait until he was called for testimony.

Bond Refinancing Will Be Reviewed
A bond refinancing plan that could save Seminole County taxpayers \$512,000 has been sent to Jacksonville for review by the county's bond counsel.

New Tax Proposal Nearing Approval
WASHINGTON (AP) — A plan to require wealthy Americans to pay some income tax no matter how many tax loopholes they use is nearing approval in the Senate.

Auto-Train To Add Service
Auto-Train President Eugene K. Garfield today announced that the train will be scheduled each week instead of once a month.

Evening Herald



Although Carol Bobay (left) and son Robbie tried their best to introduce Tarrah to the kind of desk she'll have to sit in all through her approaching school years, the youngster wasn't too happy about the prospects.

Carter Hits Foreign Policy; Urges 'Creative Alliances'

NEW YORK (AP) — Democratic presidential candidate Jimmy Carter said today the United States must abandon what he called its "Lone Ranger" foreign policy and organize free nations to share responsibility for "a just and stable world order."

Lake Mary Enters Firefighting Pact

The city of Lake Mary has entered into a firefighting pact with Seminole County. The mutual aid agreement between the city and the county was announced at Tuesday's Seminole County Commission meeting.

Today

Table listing today's events: Auto-Train President Eugene K. Garfield prompts some thoughts from Ed Priclett in today's "Around the Clock" on page 4-A.

Judge Directs Acquittal

But minutes later, Williams' testimony — or the lack of it — prompted Assistant State Attorney Claude Van Hook to suddenly rest his case and support a defense motion for a directed verdict of acquittal from Circuit Judge A.J. Hosemann Jr.

Weather

Tuesday's high 84, today's low 70. Rainfall .07 inch. Considerable cloudiness throughout Thursday with thunder showers likely. Highs in mid 70s and lows tonight in the 60s. Variable mostly southeast winds around 10 m.p.h. Rain probability 60 percent.

Facilities Reviewed

Seminole County Commissioner Sid Vilhen Jr. (right) views the boat ramp and picnic area at U.S. 17-92 and I-4 which the county will take over under a lease agreement with the Florida Department of Transportation.



A smiling Eugene K. Garfield (center) listens as state Secretary of Commerce Ed Trombetta (left) lauds Auto-Train's transfer of 160 employees from Virginia to Sanford.

Auto-Train To Add Service

Auto-Train President Eugene K. Garfield today announced that the train will be scheduled each week instead of once a month. The Louisville run, suspended in early May after two derailments knocked 24 automobiles out of service, was mentioned by Garfield who was in town to announce Auto-Train's transfer of 160 positions from Virginia to Sanford.

New Tax Proposal Nearing Approval

WASHINGTON (AP) — A plan to require wealthy Americans to pay some income tax no matter how many tax loopholes they use is nearing approval in the Senate. The plan, approved earlier by the Senate Finance Committee, would cost the wealthy \$1 billion a year.

Evening Herald

300 N. FRENCH AVE., SANFORD, FLA. 32771
Area Code 305-322-3611 or 321-9991

Wednesday, June 23, 1976—1A

WAYNE D. DOYLE, Publisher
WILLIAM D. CURRIE, Managing Editor

Home Delivery: Week, 35 cents; Month, \$2.40; 6 Months, \$14.20;
Year, \$28.00. In Florida same as home delivery. All other months: Month, \$2.70; 6 Months, \$16.20; 12 Months, \$32.40.

Facts Needed On Clean Air

The simmering conflict over whether clean air should be placed ahead of the need for continuing growth is coming to a head in Congress. At issue are amendments of the Clean Air Act of 1970.

As approved by the House, amendments to the Clean Air Act would endorse the principle that air quality should be protected in regions where it is cleaner than required by national standards. Another provision would give industrial polluters until 1982 to meet state emission standards. A third amendment would force companies to install "scrubbers" in chimneys.

The amendments also would delay implementation of auto emission standards for three years, give congested cities until 1985 to enforce "transportation control" plans and improve procedures for applying regulations. The Senate is considering similar amendments.

Business and industrial interests insist that if the amendments are approved the impact would be that of "a second Arab oil embargo." They are particularly frightened by the provisions that would preclude deterioration of air where it is cleaner than national standards. Most of these areas are in remote regions which will be the future sites of power generation, mills and other industrial uses.

On the other hand, the National Clean Air Coalition believes that the amendments are necessary if the United States is to continue to clean up its air on schedule.

The issue is so divisive that even the Environmental Protection Agency and the Federal Energy Agency within the Administration are on opposite sides of the fence.

It is not an easy problem to resolve. Everybody wants a better environment. On the other hand unemployment is one of the most pressing national problems. Any restrictions on growth inevitably reduce the rate of employment.

What is apparent from the discussion is that nobody really is sure what the impact of the definitive and complex measure will be in terms of jobs, growth and environment.

Sen. Frank Moss of Utah is proposing that the Senate delay consideration of the amendments until the new National Commission on Air Quality studies their full impact on employment, local tax revenues and energy development.

His position is a reasonable compromise for a current problem, and future resolution of the thin line between environment and jobs will be easier if the Congress has harder facts with which to work.

A Hollow Threat

The warning by the Soviet Union, that outside powers should not interfere in Lebanon because its "vital interests" are involved, was directed at the United States, France and Syria, but it is hollow.

The Soviet Union appears to be following a hands-off policy but it has a great potential for troublesome activities. However, if it intervened directly in the Middle East, the United States could not stand by idly. And if the United States were forced to act against the Soviet Union in some way, many more Russian vital interests would be endangered, including detente and trade. The United States faces the same considerations.

Thus the current Arab falling out will have to be settled largely by the nations and factions involved, not a happy prospect for peace. In the 14 months that the Lebanese war has been in progress, it has progressed from a largely political and economic conflict to a four-front war with the additional possibilities of a coup against Syrian President Hafiz Assad and a Syria-Israeli war.

If there is any value at all in the strife, it is that the Arabs' and guerrillas' attention has been diverted from Israel, and even if they should find a solution to their current problems their capacity for fighting Israel will have diminished considerably. That most assuredly reduces the possibility of major power intervention in the Middle East and the possibility of a much broader war involving powers outside of the Middle East.

BERRY'S WORLD



"I think I've discovered the root of your problem — you BELIEVE everything you read!"

Around



The Clock

By ED PRICKETT

Eugene K. Garfield was in town yesterday. He flew here to announce the transfer of 160 positions on the Auto-Train from Lorion, Va., to Sanford. And believe me, Florida's economy can use the additional jobs.

Moving the employe hostess and entertainer corps to Sanford will be a boon to Seminole County — a \$1.5-million-a-year boon to be specific. Garfield has plans for the Auto-Train, and anyone capable of putting a passenger train service together from scratch as Garfield did is a person to be watched.

Florida Gov. Reubin Askew, Garfield says, urged him for years to move as much of his operation as possible to Sanford. Then yesterday, the Auto-Train president said, "Auto-Train is coming home."

By home he meant Sanford, the city he chose as the southern terminus for Auto-Train which brings

northern passengers south to enjoy the scenery and soak up Florida sunshine.

A top Sanford side in Garfield, Thomas Blumey, set up yesterday's press conference. It went like clockwork, and Blumey was his usual cheerful self. Also in attendance was state Secretary of Commerce Ed Trombetta.

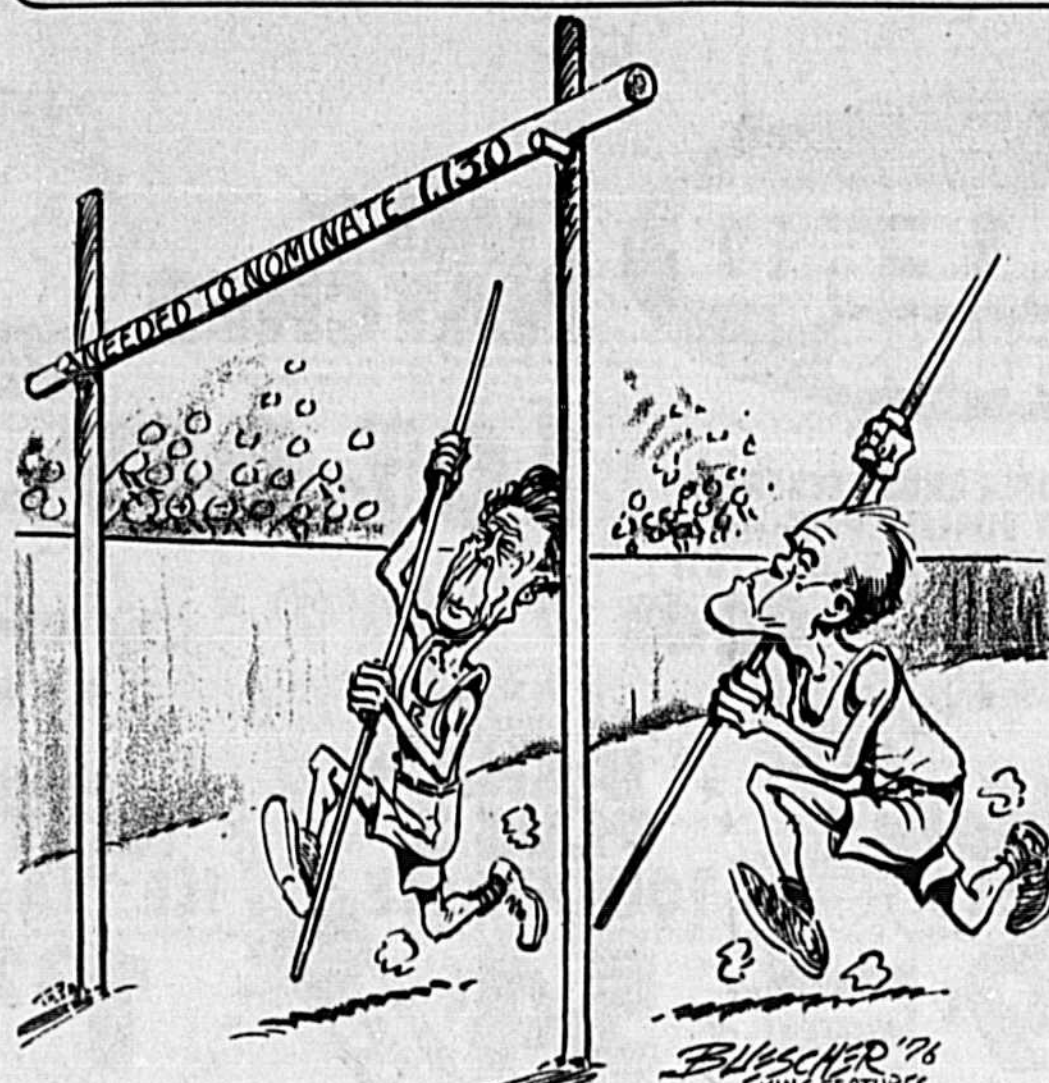
County officials in attendance included County Atty. Thomas Freeman and County Commissioners Mike Hattaway and Harry Kwiatkowski. Kwiatkowski just returned from a week's vacation.

Freeman was his usual media-baiting self. Sometimes I think Thomas missed his calling when he didn't become a fulltime journalist instead of a \$100,000-a-year county attorney. But then as Freeman says, "Journalists are the purest at heart. I guess he might add that attorneys are the pure in bank account, or something like that. Also on hand was State Rep. Bob Hattaway. The

Altamonte Springs Democrat said he pushed some difficult legislation through the House this year, and he says if voters want a "fighting legislator" they'll send him to the state capital again next year.

Hattaway said he anticipates more trouble beating challenger James Smith than former County Commissioner Chairman Greg Drummond. Both men have announced they will seek Hattaway's seat.

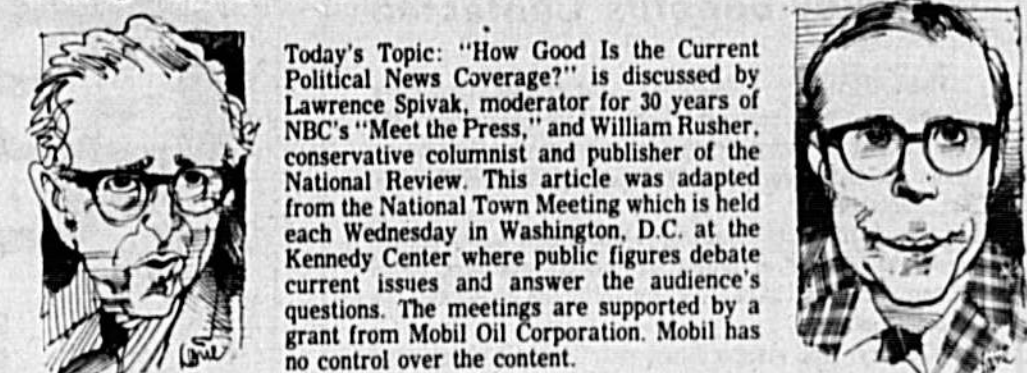
Drummond, on the other hand, feels Hattaway has already beaten himself. The former county commissioner says Hattaway's sponsorship of a measure to amend Florida's open meetings law hurt the Altamonte Democrat. Hattaway doesn't see it that way. In fact he still maintains the law needs changing. Though the Hattaway-sponsored bill passed the Florida House, it failed to get past a Senate Subcommittee.



The big hurdle

PRO/CON

Are the news media too liberal?



LAWRENCE SPIVAK

Does the United States have good political news coverage?

We can compare our political news coverage with that of other countries and ours would probably come out fairly well. But if we look at our present political coverage in relation to the job to be done in an important national election at a critical time in our history, then we would have to say it is not good enough. Let me list what I think we should expect from the media:

— We want the media to keep a penetrating searchlight on government.

— We want more and better opinions about a candidate's past record and we want them from sources we can trust.

— We want to be able to judge a man seeking high office, not by what he says, but by what he has done.

— We want to know something about the people around the candidate — are they men of ability or just second-rate yes men?

— We want to know what a candidate thinks about the major problems we face and we want to know about his priorities.

— We want especially to know why a man seeks the presidency.

In short, we want the media to keep us informed so that we can make the judgments necessary to elect the best man for the job. We want predictions about how a candidate is going to do in the first primary, or the last, and we certainly don't need the media to explain to us why a defeat in a primary is really a victory or vice versa. Above all, we don't want an important national election reported as though it were a horse race. There is too much news about the candidates and not enough — too much trivial, daily surface stuff but not enough substance.

And finally, in discussing news coverage, political and other, we must consider how much confidence the public has in the media. Otherwise, no assessment can have real significance. According to a recent Lou Harris poll, the American people do not have great confidence in the media. The present is a 20 per cent rating and television news, a 28 per cent rating.

Why is there a liberal "tilt" in the media? I can only speak for what happened on our own program. We tried desperately always to find the conservative point of view... but we used to use people like Bill Rusher, (William) Buckley, James Kilpatrick, George Will, but there are just not a great number of them. We also found that the rate reporter tried hard to be fair and to be balanced.

WILLIAM RUSHER

Does the United States have good political news coverage?

I have very grave reservations about the political news coverage we are getting. To take television news first, there are at least two ways and probably a great many more in which television news could be expected to do better. One might be called technical. This is perhaps the most difficult of the problems to solve. The serious work of politics is one behind closed doors in those famous, smoke-filled rooms. Now how is CBS or whatever network going to get its creepy peep right into that smoke-filled room where the deal is being made between senator so-and-so and senator so-and-so to come out for governor such and such? The network will not get there. The second problem in television is the question of political bias. I happen to feel that there is on the major networks a steady, general bias towards the left, liberal positions. The book, The News Twisters by Edith Epler, which is a statistical study of the networks during the 1968 campaign, shows conclusively that there was an absurdly overrepresented favoritism towards liberal positions. I do think that after the Agnew attack of November, 1969, a great deal of self-searching went on in the media and the situation is better now. But a lot more needs to be done in that field.

So far as the print media are concerned, they do not have the technical disadvantage of television. A competent reporter can get into a story — can very often know what goes on in the smoke-filled rooms. At the same time, this tendency to be able to tell more expands the opportunities for print media to throw their weight around more. The ability to tell and to stress realities with the ability not to tell and to underemphasize. And I'm sorry to say that I think that it is used politically again and again in the liberal direction by a great many political reporters in Washington. It was not too long ago that a very well-known correspondent introduced himself, in my hearing, as John Jones "for impeachment before Watergate," which I thought kind of odd. The story of Mr. Jones, he didn't even wait around for Watergate, he was against Nixon all along.

Why is there a liberal "tilt" in the media? The question has long puzzled me. For one thing, the analysis of the social structure of America and of its political divisions suggests that the verbalist elite — to use one of the terms for it — in our society is, for a series of complex reasons, allied with the new welfare constituency and, in that sense, arrayed against the rather older, established, producing sectors of society. There are people in the verbalist elite who aren't that way but most of them are.

WORLD IN BRIEF

Communists Celebrate Win In Roman Election

ROME (AP) — "Rome is red and Italy will be," thousands of Communists chanted Tuesday night as they celebrated their victory in Rome's municipal elections. Tens of thousands marched from the party headquarters to the city hall a block away on the Capitoline Hill. Holding hands, they danced around the square Michelangelo designed. Some limbed up on the equestrian statue of Emperor Marcus Aurelius to decorate it with hammer-and-sickle stickers and red flags. Elections for a new city council in the center of Roman Catholicism and in about 100 other municipalities were held Sunday and Monday along with the national parliamentary elections. The Christian Democrats came in first nationally despite strong Communist gains, but in Rome the Communists won 30 of the municipal council's 80 seats to 27 for the Christian Democrats.

Christians Attack In Beirut

NICOSIA, Cyprus (AP) — The Palestinians and their leftist Lebanese Moslem allies reported widespread Christian attacks in Beirut through the night and today. They claimed their forces repulsed the attacks and inflicted heavy losses. Telephone and telex communications between the Lebanese capital and foreign centers were cut again. But the Moslem-entitled Beirut Radio reported fierce fighting at Palestinian refugee camps on the northeast side of Beirut, around Moslem enclaves in the Christian sector of Beirut, in suburbs on the south side of the city and between the Moslem and Christian sectors. Christian broadcasts accused the Palestinians of "provocative attacks" on unarmed civilians and said "our forces were forced to counter the aggression."

AREA DEATH

WILLIAM SHERROD He is survived by his wife, Mrs. Roxie Sherrod, of Lake Mary. Gramkow Funeral Home is in charge of arrangements.

OAKLAWN MEMORIAL PARK Perpetual Care Cemetery PH. 322-4743 CONWAY CLUB ROAD 4 miles west of Sanford

ARRIVE ALIVE — SUNSHINE STATE —

HOSPITAL NOTES

JUNE 22 ADMISSIONS

Sanford: Lucy Akey, Marian S. Coker, Jeffrey J. Dague, Henry Gordon, Fannie A. Harden, Ralph McLean, Margaret W. Hietgo, William S. Phillips, Carol S. Riley, Inez Smith, Mary L. Smith, Lena Weaver, Dianna Williams, Mattie L. Culbert, Deltona Buhler Kauffman, Deltona William C. Lerdan, Deltona Dorothy Padgett, Deltona Margaret Pettigrew, Deltona John Craft, Lake Mary Robert H. Wright Jr., Deltona Henry Rentscher, Lake Mary Elsie Apiewa, Lake Mary James O. Boston, Lake Mary

DISCHARGES Sanford: Jeffrey B. Alling, Martha Bauer, Ray Braden, Lucille Cobourn, Edna L. Fowler, W. Reginald Howe, Earl G. Key, Burton Lewis, William C. Whitson, Delmary Bert Dawes, DeLand Russell H. Brooks, Deltona Edwin J. Ogden, Deltona Catherine I. Dodson, Lake Mary George Waldvogel, Winter Springs Mrs. Franklin (Shirley) Gilbert & baby girl, Sanford Mrs. Michael (Deborah) Arnett & baby girl, Geneva



DAY CARE GRADUATES

Surrounded by 17 young graduates at the Recene Day Care Center in Sanford at pre-school graduation program Sunday are Mother

Blanche Bell, director, and Mertis Cockerhan, head teacher. (Herald Photo by Tom Vincent)

BLONDIE by Chic Young

HEY HERB! GET UNDER MY UMBRELLA!
GEE, THANKS OLD BUDDY.
HEY THIS IS MY UMBRELLA! YOUR WIFE BORROWED IT FROM TOOTSIE LAST WEEK.

THE BORN LOSER by Art Sansom

KEEFESTER COMPANY... OH, HELLO, MRS. THORNTON!
NO HE'S OUT TO LUNCH, BUT HE WON'T BE GONE LONG...
...NOBODY TOOK HIM.

BEEBLE BAILEY by Mort Walker

HERE COMES BARGE. HE'LL DIE WHEN HE SEES THIS.
Not Wuzie!

ARCHIE by Bob Montana

I'D LOVE TO SEE RONNIE A WOOD RING, BUT LOOK AT THOSE PRICES!
DO KIDNAP?
SURE, THE STONE'S THE SAME, JUST THE SETTINGS ARE DIFFERENT.
OH, SHE LOVED IT WHEN THE STONE TURNED FROM YELLOW TO GREEN TO BLUE.
BUT NOT WHEN HER FINGER TURNED FROM PINK TO GREEN!

BUGS BUNNY by Staffel & Heimdehl

HOW ARE YA COMIN' WITH THAT SIGN, SYLVESTER?
PROGRESSING NICELY, GUVNOR!
HOWEVER, I DO HAVE ONE PROBLEM!
THERE'S SOMETHING FINE IN A BUGS SIGN.
HERNIE'S BUSTED AND CHIMP'S STUNNED!

CAMPUS CLATTER with BIMO BURNS by Larry Lewis

MISS OBOYLE, COULD YOU GIVE ME ONE PRACTICAL EXAMPLE OF INFLATION IN ACTION?
I SURE CAN!
THERE'S A LOOSE SCREW ON MY TV SET, AND IT USED TO TAKE A DIME TO TURN IT...
...NOW IT TAKES A QUARTER!

PRISCILLA'S POP by Al Vermeer

LOOK, PRISCILLA, IT'S A PENICILLIN CAPILLUS!
WE CALL IT A CHICKADEE!
I CAN NEVER REMEMBER THAT NAME!

FRANK AND ERNEST by Bob Thaves

NATIONAL BANK
NOW AVAILABLE: TWO-DOLLAR BILLS

DOES THIS MEAN THEY'RE GOING TO MAKE A THREE-DOLLAR BILL FOR THE TRICENTENNIAL?

TUMBLEWEEDS by T. K. Ryan

SAY! WHY HAVEN'T YOU RIPPEN THAT NEW "HORSE" OF YOURS TO WAR, OR OUT ON A HUNTY, RUNT?
HE'S NOT COVERED.
YOU MEAN...?
IT TAKES TIME FOR MY LLOYD'S AGENT TO POP WAY OVER HERE, RUBIE.

Furniture

ACROSS
1 Used to give light
2 Sleeping furniture
3 Place to write
4 Bedstead
5 Roman
6 Hunting dog
7 Newspaper
8 Evergreen tree
9 Bedroom
10 Bedroom furniture
11 To speak
12 Bushy clump
13 Foot rest
14 Foot rest
15 Ancient two-wheeled cart
16 Mouths
17 Delay with expectation
18 Japanese wash
19 Egyptian
20 pressure god
24 Temperature (ab.)
25 Number

DOWN
1 Master
2 Adversate
3 A lot
4 Fast
5 Shed blood
6 Always
7 Noise
8 Heat and rain
9 Master
10 Master
11 To speak
12 Bushy clump
13 Foot rest
14 Foot rest
15 Ancient two-wheeled cart
16 Mouths
17 Delay with expectation
18 Japanese wash
19 Egyptian
20 pressure god
24 Temperature (ab.)
25 Number

Answer to Previous Puzzle

| | | | | | | | | | |
|----|----|----|----|----|---|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | 13 | | | 14 | | | |
| 15 | | | | | | 17 | | | |
| 18 | | 19 | | 20 | | | | | |
| 21 | | | 22 | | | | | | |
| 23 | 24 | 25 | | 26 | | 27 | 28 | 29 | |
| 30 | | | 31 | | | 32 | | | |
| 33 | | | 34 | | | 35 | | | |
| 36 | | | 37 | | | 38 | 39 | | |
| 40 | | | 41 | | | | | | |
| 42 | 43 | 44 | | 45 | | 46 | 47 | 48 | |
| 49 | | | 50 | | | 51 | | | |
| 52 | | | 53 | | | 54 | | | |
| 55 | | | 56 | | | 57 | | | 23 |

Vegetarians Need Variety In Diet

By Lawrence E. Lamb, M.D.

DEAR DR. LAMB— I am a vegetarian. I've read that even the best of vegetarians lack vitamin B-12, but other books say that there is nothing lacking. Would you set the record straight and let us vegetarians know if we're getting all the vitamins and nutrients we need?

DEAR READER— Vitamin B-12 is found in animal products. Strict vegetarians who use no animal protein at all in their diet are consuming a vitamin B-12 deficient diet. Micro-organisms do live in the nodules of legumes that synthesize country B-12 and that delays the manifestations of B-12 deficiency. The strict vegetarians also get plenty of folic acid from leafy vegetables. The folic acid may help to prevent part of the problems of B-12 deficiency but not some of the vital ones.

Vegetarians who use milk, cottage cheese and milk powder will get some B-12 from these products. Also, there is an adequate amount of B-12 in egg yolks. But if these items are not in the diet, then you should seriously consider adding some B-12 to your daily nutrient intake. I'd recommend that such individuals just take an ordinary daily all-purpose vitamin pill and that will meet the daily needs for B-12.

You can get sufficient amounts of protein in a vegetarian diet that includes plenty of beans, particularly soybeans, plus some wheat in the diet. However, for growing children who need greater amounts of some of the amino acids I think it is wise to also include milk and milk products in the diet.

To give you more information on daily dietary needs I'm sending you The Health Letter number 44, Balanced Diet, Recommended Daily Dietary Allowances (RDA). Others who want this information can send 50 cents with a long, stamped self-addressed envelope for mailing. Address your letter to me in care of the Evening Herald, P.O. Box 1581, Radio City Station, New York 10019.

DEAR DR. LAMB— Could there be any danger of hemorrhage from taking 10 milligrams of Coumadin as a blood thinner over a period of time?

DEAR READER— It is certainly a warning that you should see a doctor at once and have your blood tested. A dose of 10 milligrams a day is the upper range that is usually given and is likely to be too much over a period of time.

Individuals taking Coumadin and other medicines to prevent clotting of the blood should be aware that some common medicines can increase their tendency to bleed. Aspirin is a good example. Aspirin alone can increase the bleeding tendency and has been known to cause hemorrhages in people taking large amounts.

Tylenol will not cause bleeding when taken alone, but it will increase the action of Coumadin and in this way increase the tendency to bleed. Since people who get aspirin and Tylenol without a prescription the doctor may not know they are taking these medicines and that plays a role with trying to regulate the blood-clotting mechanism.

HOROSCOPE

By BERNICE BDE OSOL

For Thursday, June 24, 1976

ARIES (March 21-April 19) Not only is your thinking sharp today, but you have the ability to sell your ideas. Go out and make your pitch.

TAURUS (April 20-May 20) You have the knack today of turning unusual situations to your advantage. Your talent is especially directed toward making a buck.

GEMINI (May 21-June 20) This could be a very fortunate day for you, provided you don't leave things up to others. Lead your own parade.

CANCER (June 21-July 21) Heed your intuition in business today. You are very perceptive in spotting potential profit situations not readily apparent to others.

LEO (July 22-Aug. 22) Involve yourself with some type of organizational activity today. You work well with groups and you'll get a real charge out of it.

VIRGO (Aug. 23-Sept. 22) Don't be afraid to go all out where your attention are concerned today. Challenge awakens your competitive spirit.

LIBRA (Sept. 23-Oct. 23) You can reach someone today who you previously felt was cold and distant to your proposals. Don't wait to be contacted.

SCORPIO (Oct. 24-Nov. 22) This is a good day to make a change that can further your aims. If you feel you have all the wrinkles ironed out, move!

SAGITTARIUS (Nov. 23-Dec. 21) You'll be equipped today with the courage and wisdom to make a tough decision you're being put off. Do it now.

CAPRICORN (Dec. 22-Jan. 19) There's something you're entitled to, likewise, that you've been denied. Call it to the boss' attention today.

AQUARIUS (Jan. 20-Feb. 19) You've long neglected an old and valuable contact. Make an effort to rekindle the friendship to others.

PISCES (Feb. 20-March 20) Don't give up now on something worthwhile you've been pursuing. The results you've hoped for could be closer than you realize.

YOUR BIRTHDAY June 24, 1976 This coming year has some pleasant surprises in store. One may be in the area where your work or career is concerned. Another could lead to some pleasure trips.

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

NORTH 23
 ♠ A 4
 ♥ A 6
 ♦ K 5 2
 ♣ K J 7 6 2

EAST
 ♠ 10 9 6 3
 ♥ Q 5
 ♦ Q J 8 3
 ♣ A 4 3

SOUTH (D)
 ♠ 10 7 2
 ♥ A K 7
 ♦ A 9 8
 ♣ 10 9

Both vulnerable

West North East South
 Pass 1NT Pass Pass
 Pass 1NT Pass Pass
 Opening lead — 4

Today, I know that this was one time for second-hand. The ace play would insure my contract unless West had led from five to the king-queen-jack. A very unusual lead since it is automatic to lead an honor from that holding.

I might not have worked that out back then, but at least it would have been well worth my while to stop and think.

Several readers have asked the significance of a three-spade response to partner's opening bid of one in any other suit.

In expert circles it shows either a bad hand that would take six or may be seven tricks with spades as trump or is some sort of high-level artificial bid depending on partnership understanding.

With the Jacobys it is the first meaning.

In other games it usually means that partner has a very big hand and is so excited that he has jumped one trick higher than necessary.

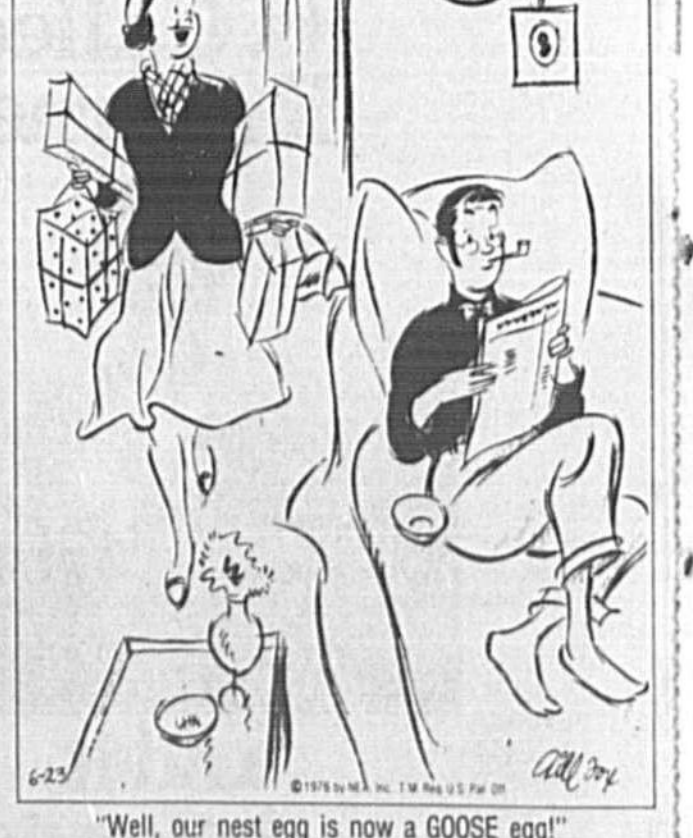
(Do you have a question for the experts? Write "Ask the Jacobys" care of this newspaper. The Jacobys will answer individual questions if stamped, self-addressed envelopes are enclosed. The most interesting questions are later used in this column and will receive copies of JACOBY MODERN.)

I used to write my father in Korea to ask him bridge questions. I remember one bit of advice he stressed. It was to take time as declares to plan the whole play of the hand before playing the first trick.

He pointed out that a little study then is likely to save a lot of futile struggle later.

Here is a hand that I really went wrong with because I played too fast at trick one. West opened the four of hearts. I called for dummy's six (second-hand low) without any thought at all. East put up his queen and returned the suit to knock out dummy's ace. Later West took the rest of clubs and three more heart tricks to defeat my game.

SIDE GLANCES



"Well, our nest egg is now a GOOSE egg!"

DOONESBURY



SEMINOLE SENIORS

By LVLE SUFFIELD

JULY 1

SOUTH SEMINOLE SENIOR CITIZEN CLUB — meet at 10:30 a.m. Altamonte Springs Civic Center

VILLAGE CLUB — meet at 7 p.m. at St. John's Village

JULY 2

KEENAGEERS — meet at 7:30 p.m., The Forest, Lake Mary

THIRTY-NINERS CLUB — meet at 7:30 p.m. Saint Peter & Paul Catholic Church, Goldenrod

CASSELLBERRY SUNSHINE SENIOR CLUB — meet at 10 a.m. Casselberry Senior Club

NARFE CLUB — meet at 1 p.m. First Federal Savings & Loan Bldg. Assembly Room, Sanford

Clubs, Addresses

Altamonte Springs Friendship Club — Altamonte Springs

Civic Center — Magnolia Avenue, Altamonte Springs — meet 1st and 3rd Thursday of the Month — 12:30 p.m.

Angles Elders — St. Augustine Catholic Church — 3 Sunset Drive — Casselberry — meet 2nd Tuesday of the Month — 10:00 a.m.

Bram Towers — Sanford — meet 1st Wednesday of the Month — 10:00 a.m.

SKYZ Club — meet 1st Baptist Church — Activities Building — Longwood — 1st Tuesday of the month — 12:30 p.m.

Lively Socialites Club — meet at Highlands Club House — 675 Shepard Road — Winter Springs — 4th Friday of the Month at 10:30 a.m.

Over Fifty Club — All Soul's Catholic Church — now meeting at Hedding Gardens Rec. Room — every other Tuesday of the Month — 10:00 a.m.

Sanford Senior Citizens Club — meet at Sanford Civic Center — 1st and 3rd Tuesdays at 12 noon.

South Seminole Senior Citizens Club — meet 1st Thursday of the Month at 1st Federal Savings & Loan Bldg. — 320 W. Semoran Blvd. — Altamonte Springs — meet 3rd Thursday of the Month at 10:00 a.m.

Thirty-Niners Club — meet Sts. Peter and Paul — Goldenrod — 1st Friday of the month 7:30 p.m.

Village Club — St. John's Village — Fern Park — meet 1st and 3rd Thursday of the Month — 7:30 p.m.

Young at Heart Club — St. Andrews Presbyterian Church — 9013 Bear Lake Road — Forest City — 2nd Thursday of the Month — 1:00 p.m.

CORRESPONDENCE ADDRESS TO THIS COLUMN — P.O. Box 2541 — Sanford, Florida 32771.

Various Reasons Given For Leaving Three Of Askew's Aides Are Quitting

By JOHN VAN GIESON
Associated Press Writer

TALLAHASSEE (AP) — Within less than a week, two of Gov. Reubin Askew's top aides have announced their resignations, and a third is leaving in the fall to attend law school.

Additional departures of key Askew aides apparently are in the works.

Are they leaving to pursue better opportunities, or because of a feeling that there's little left to accomplish? Or is it disappointment that there is no national political office in the governor's future?

The aides who are leaving maintain they are seeking better opportunities. But political columnists have speculated that Askew aides feel their race has been run. One pronouncing a "sinking ship" theory.

"I don't subscribe to the sinking ship theory," said James Bacchus, Askew's speechwriter. "We accomplished a good deal this legislative session and there's a lot to be accomplished yet this year with housing, the Sunshine Amendment and merit retention of judges on the November ballot."

Bacchus said he will leave the governor's staff in September to enroll at the Florida State University law school but expects to return on a part-time basis following his first quarter.

Bernie Parrish, Askew's patronage chief and his longest-serving aide, announced last week he was leaving to enter private business. Arthur Canaday, the governor's chief legal aide, said Monday he will run for a new seat on the 1st District Court of Appeal.

"I think it's natural for people to begin thinking at this stage of the second term about where they want to go in the future," Bacchus said.

He derided the theory that aides are leaving because the governor refused to get involved in national Democratic politics.

"All of us have known for at least a year that he wasn't going to go into national politics," Bacchus said.

He said other aides probably will quit the governor's staff in the near future. The departure of James Apthorp, Askew's No. 1 assistant, has been rumored for months, but he denied any plans to leave.

Bacchus, meanwhile, is torn between conflicting loyalties in planning his future. Lt. Gov. Jim Williams and Sen. Robert Graham, D-Miami Lakes, both of whom plan to run for governor in 1978, have urged Bacchus to work for them.

He said he has not made up his mind which man he'll support, but most likely will play an active role in the 1978 campaign.

Cabinet members sometimes play word games with each other at their meetings.

Secretary of State Bruce Smathers was trying last week to amend Department of Education standards for testing student achievement by adding the word, "minimal."

But Treasurer Philip Ashler didn't think that was necessary. He said it was implied that students should meet minimal standards.

"I don't mean to minimize your minimal," Ashler told Smathers.

Gov. Reubin Askew joined in the fun a few minutes later. "If there are no objections, your amendment has the maximum vote," he told Smathers.

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In the summer, more than the temperature goes up. Here's something you can do about it.

You've probably noticed that the temperature isn't the only thing that rises in the summertime. There's also your electric bill.

The cold hard fact as to why, is your air conditioner. Your air conditioning costs could very well account for half of your summer bill. For example, last year the average electric bill in April came to about \$24.75. That average bill increased to \$41.23 in July.

In short, your summer bill increases primarily because you use more electricity to keep cool.

But there are some things you can do to help keep your bill down while the temperature goes up.

First and most importantly don't over-cool. Set your thermostat as close to 78 degrees as is comfortable for you.

Weather strip your doors and windows. It's amazing how much warm air can seep in through even the slightest crack.

Shade your windows with awnings, shutters or reflective film.

Use light colors on your walls and roof to reflect the sun. The lighter the color the less the heat. The less heat the less your bill during the summer months.

Shade your air conditioning unit with shrubbery, but don't block the air flow. That way it'll operate more efficiently. At FPL we'd like you to know what can happen to your bill during the summer, because we'd also like you to know what you can do about it.

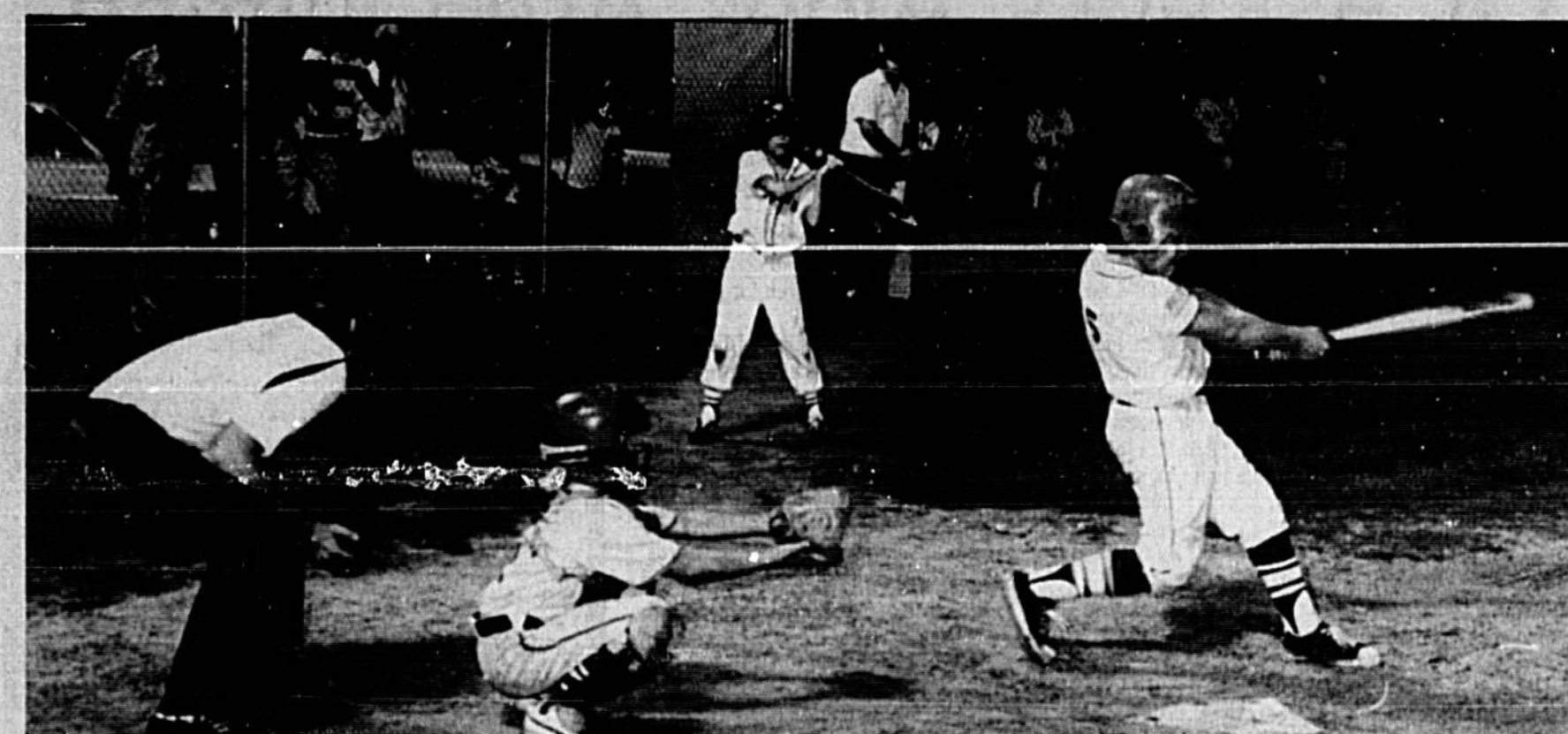
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BANKAMERICARD MASTER CHARGE

Flagship Too Much For Petroleum, 15-5



Jim Johnson takes big cut for Flagship of Seminole, Seminole Petroleum catcher is Bobby Bridges. (Herald photo by Tom Vincent).

Tourney To Begin Thursday

Flagship Bank of Seminole sealed its berth in the city Little League tournament with a lopsided 15-5 victory over Seminole Petroleum Tuesday night.

Thus Flagship of Seminole advances to Thursday's tourney opener against Procter Ford in an 8 p.m. encounter. The winner advances to Friday night's game against the Railroaders, who gained a bye in the three-team, double-elimination affair by virtue of having the best record.

Tuesday's Peo tourney game between the Tigers and Panthers was rained out. The opener of a best-3-of-3 series is rescheduled for 6:15 at Fort Mellon Park.

The city tourney for the Major League teams representing Sanford's three leagues will conclude either Tuesday or Wednesday. There will be no games Saturday or Sunday and Monday's game is a losers' bracket tilt to see which team survives to go up against Friday night's winner.

All games will be at 8 p.m. at Fort Mellon Park. Tuesday's game found Flagship star pitcher Chip Saunders spinning a two-hitter, with Bobby Bridges being the spoiler on a two-out single in the third inning and a one-out triple in the fifth.

A seven-run fifth inning put the game out of reach for the winners with Saunders getting a double and Larry Frederick a single in the big rally.

Saunders had another double and single to give him a 3-for-4 night. Wade Steeks had two hits for the winners.

SAVANNAH PETROLEUM AB R H W L Pct. GB

Table showing Savannah Petroleum statistics: AB R H W L Pct. GB. Bobby Bridges 3, Mike Graves 3b, Steve Pohl 1b, Stuart Pohl 2b, Mike Sanders 2b, Jeff Sanders 2b, Total: 20 4 10 2 0 0.

FLAGSHIP OF SEMINOLE AB R H W L Pct. GB

Table showing Flagship of Seminole statistics: AB R H W L Pct. GB. Jimmy Johnson 3b, Willie Fernandez 2b, Larry Fernandez 2b, Chip Saunders 2b, Neal Wellman cf, Mike Sanders 2b, Jim Johnson cf, Jay Burke cf, Eric Kendrick rf, Tom Bradley lf, Total: 38 11 8.

SEMINOLE PETROLEUM AB R H W L Pct. GB

Table showing Seminole Petroleum statistics: AB R H W L Pct. GB. Pats Harrison ss, Bobby Bridges c, Mike Graves 3b, Steve Pohl 1b, Stuart Pohl 2b, Mike Sanders 2b, Jeff Sanders 2b, Total: 20 4 10 2 0 0.

ORLANDO — Chalk up one for Gene Wells, Mike Quarry, Scott Clark and John Hayden. And don't forget Joe Vincent.

They were the winners Tuesday night at the Orlando Sports Stadium, where 1,878 fans braved inclement weather to watch five boxing bouts, including one title event.

Hayden, who attends Lake Howell High School, lived up to his nickname (Hurricane) as Terry Bennett, leading for Tiger Hall.

The 17-year-old Casselberry youth tore into him from the beginning and overwhelmed him with a two-fisted barrage that resulted in Bennett's being counted out 1:43 into the second round.

Vincent's bid for the Florida State welterweight title was almost over before it started. The champion, Tony Ortiz of Miami, goaded Vincent while they were getting instructions from referee Jack Blake. As they separated Ortiz snarped Vincent's head back with a ring hand stiff arm.

This appeared to enrage Vincent and he tore out of his corner at the opening bell and right into an uppercut that dropped him on his back. For the next two rounds, Vincent seemed to be in a daze. Joe made another trip to the canvas in the first and landed flat on his face in the second, but the Orlando fighter kept getting up and battling back.

Blood pouring down his face from a bad cut over his right eye, Vincent cut loose with everything he had in the third session. A stunning right, followed by a series of lefts and rights, dropped the champion three times, while ripping open both lips.

The final punch, a whistling left hook, dropped the battered Ortiz in a heap while the near hysterical fans screamed Vincent's name in tribute to his sensational come back.

Quarry's fifth round KO over Cleveland's Sylvester Wilber didn't have the drama or blood of the Vincent-Ortiz fight, but it did have the same number of knockdowns — six.

Wells finished off the night of



Stuart Smith scores, Chip Saunders covers home

SPORTS

—Evening Herald, Sanford, Fla. Wednesday, June 23, 1974

New Olympics Plan Eliminates Trials

EUGENE, Ore. (AP) — The United States should abandon the concept of a single, one-shot Olympic trial for its track and field athletes and begin picking the U.S. squad two years before the Olympics.

That's the idea being pushed by Dr. Leroy Walker, the head coach of the men's track team that will compete at Montreal starting July 17.

Walker long has advocated selecting the U.S. team well in advance, but the subject being up again last Saturday when sprinter Steve Williams, one of the world's fastest men, was injured and failed to make the American team.

"Under my plan," said Walker, "if you have an injured athlete, you would do with him what any good coach would do — you'd rest him to make him whole. We would not have had to chance this situation with Williams being forced to run in the trials."

ROBERTS SETS POLE RECORD

EUGENE, Ore. (AP) — Dave Roberts regained the world pole vault record with a mark of 18 feet 8 1/4 inches and promptly declared "I will take at least the same height or better to win" an Olympic gold medal. The medical student's record-shattering vault was only one of the highlights of a big day at the U.S. Olympic track and field trials Tuesday.

Marathon champion Frank Shorter, Craig Virgin and Gary Bjorklund finished 1-2-3 in a 10,000-meter final.

—Jane Frederick, a top prospect for a medal at Montreal, won the women's pentathlon and missed her American record by only 110 points.

—Madeline Manning won second in 27-59.45, and Bjorklund, who won the NCAA six-mile championship while at Minnesota in 1971, lost a shoe halfway through the race. He came from about 30 meters behind after the final curve to overtake Bill Rodgers of the Greater Boston Track Club.

Bjorklund was third in 26:43.74.

Major League Leaders

Table showing Major League Leaders: American League and National League batting averages.

Table showing Major League Leaders: American League and National League fielding percentages.

Table showing Major League Leaders: American League and National League pitcher win-loss records.

Table showing Major League Leaders: American League and National League pitcher earned run averages.

SCOREBOARD

Baseball AMERICAN LEAGUE East W L Pct. GB

Baseball NATIONAL LEAGUE East W L Pct. GB

Harness Racing TUESDAY'S RESULTS

Dog Racing DAYTONA BEACH TUESDAY'S RESULTS

Jai-Alai DAYTONA BEACH TUESDAY'S RESULTS

TONIGHT'S ENTRIES

TONIGHT'S ENTRIES

TONIGHT'S ENTRIES

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TONIGHT'S ENTRIES

Randy Jones Ties Record

By The Associated Press

Randy Jones would give his left arm to take one pitch back. "As soon as I let it go, I knew it was a ball," he said.

With the slip of that pitch, the San Diego left-hander let a National League record fall out of his grasp — Randy Matheson's monumental no-walk record established 63 years ago.

The free pass to Marc Hill leading off the eighth inning of Tuesday night's 4-3 victory over the San Francisco Giants stopped Jones' streak at 68 walkless innings.

A few moments before, he had pulled into a tie with the great Matheson of the New York Giants by striking out Darrell Evans to close out his big grasp — Randy Matheson's monumental no-walk record established 63 years ago.

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Vincent Bounces Back To Capture State Title

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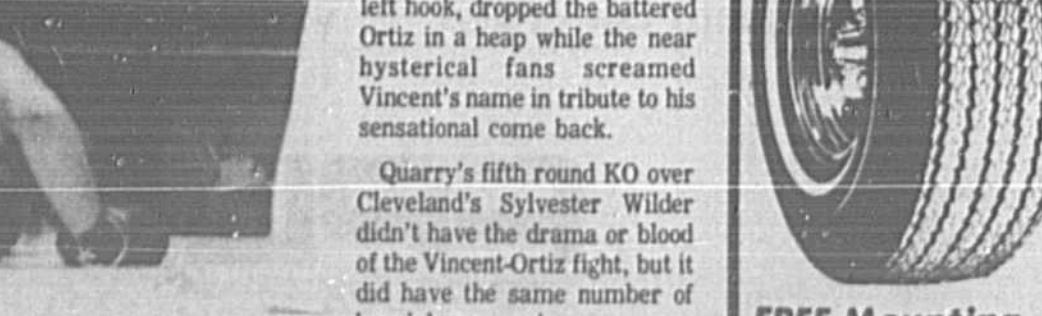
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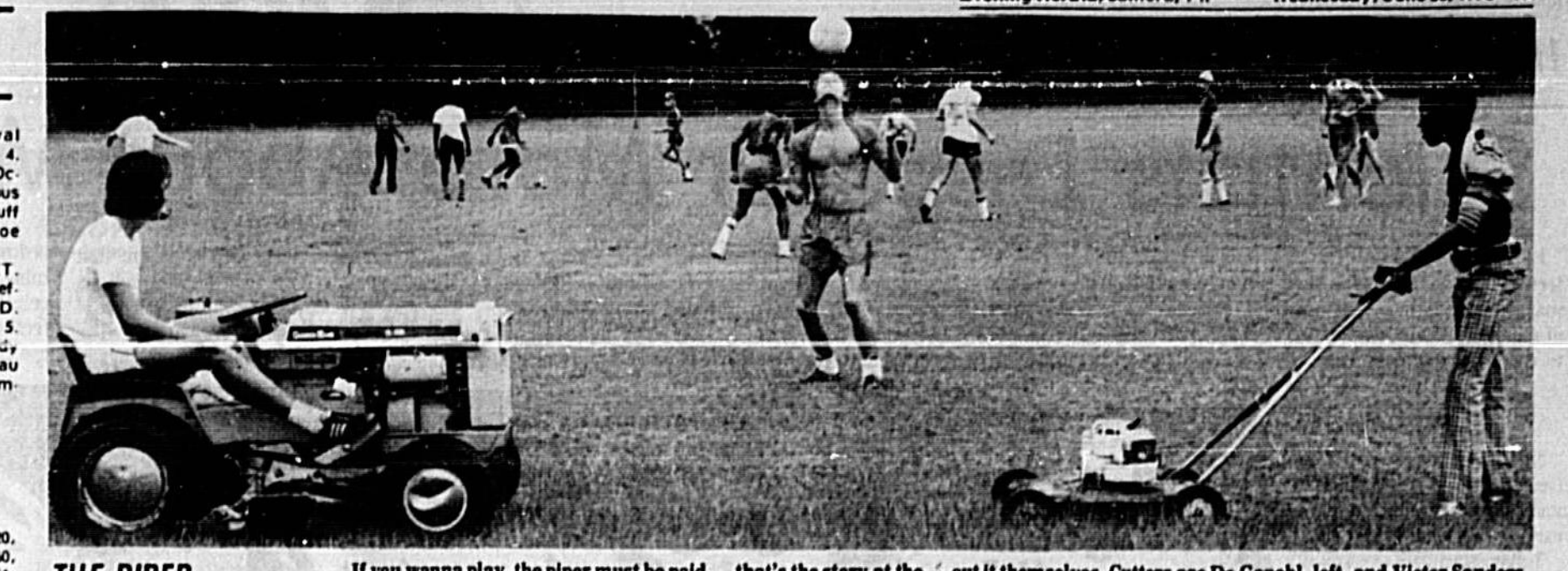


Vincent salutes his followers after KO



Ortiz assumes turnabout position on fight-ending

Wells finished off the night of



THE PIPER IS PAID

If you wanna play, the piper must be paid... that's the story at the Sanford Memorial Stadium sports complex, where the Sanford team in the Central Florida Soccer League needed a field for practice. The grass was too high to toe the ball, so they pitched in, cut it themselves. Cutters are De Ganahl, left, and Victor Sanders while Chris Fitcher plays head ball. (Herald photo by Tom Vincent).



Jai-Alai

DAYTONA BEACH TUESDAY'S RESULTS

Table showing Jai-Alai results at Daytona Beach.

TONIGHT'S ENTRIES

Table showing Jai-Alai entries for tonight.

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Save \$45 to \$82. Steel belted radial. Sets of 4.



Survivor Steel Belted Radial. Features radial ply body, 2 fiber glass belts, one steel belt. In the wide 70 and 78 series profiles. Whitealls. No-trade-in required.

Table showing tire prices and specifications for Survivor Steel Belted Radial tires.

*Sizes with different tread design. Save prices effective thru Sunday, June 23.

25% off JCPenney 10 step tune-up

4 cyl. Save \$47. Reg. 25.89, Now 19.41. 6 cyl. engines. Save \$72. Reg. 29.89, Now 22.41. 8 cyl. Save \$87. Reg. 34.89, Now 26.16.

Survivor 36

Survivor 36 six v.v. 1 and 1 1/2. Save \$96. Reg. 27.95, Now 21.99 with trade-in. Survivor 36 month guarantee. Shuts off any faulty battery.

JCPenney 36 battery

Survivor 36 month guarantee. Shuts off any faulty battery. Battery fail not merely discharged within 12 months, return it to JCPenney and it will be replaced. All no extra charge.

After the Replacement Period but prior to the expiration date of the JCPenney Company, you will receive the Battery charging only for the period of ownership, based on the current price at the time of return. Price based on the stated guarantee month.

Sanford Police Dominate Senior All-Stars

Sanford Police Dominate Senior All-Stars. Sanford Police dominate all-star selections in the Senior League, announced today by the Sanford Recreation Department.

Baker players include Price Baker, William Frederick, Kevin Wright, David Hall and Duane Lee. Badcock Furniture players were Ricky Mann, Louis Lively, Donald Lively and Eddie Bassano. Selected from Keystone Mechanical were Scott Milson, Tony Dunkinson and Kenny Perry. Chase & Co. players were Brian Burgess, Chad Roll and Billy Griffin.

The Sanford all-stars play in the district tourney July 12 in Sanford. The winner goes to West Palm Beach July 26 for the state tournament.

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It Can Be Used As Important Tool Of Medicine

Scientists Discover More About Mysteries Of Light

EDITOR'S NOTE: — The effects of light on the human body may become an important part of medicine. A tool doctors use to cure their patients.

BY ALTON BLANKENLEY
AP Science Editor
NEW YORK (AP) — "And God said, Let there be light: and there was light." — Genesis.

Today, scientists are still discovering more about the mysteries and miracles of light. As examples:

- Exposing premature babies to light prevents a form of jaundice that otherwise can damage their brains or kill them.
- In Russia, the law requires that every coal miner be exposed daily to ultraviolet light, in the belief this helps prevent lung disease from coal dust. Preliminary U.S. experiments with hamsters indicate it can work.
- Light can kill cancer cells in test-tube type experiments. But certain light rays can induce skin cancer in animals, and may affect human skin life, too.
- Sunlight is the engine of life. It makes plants grow. Sun rays, in the ultraviolet range, tan or burn human skin. Ultraviolet light on the skin makes you produce vitamin D, essential to bone structure.

After sunlight, in mankind's history, came firelight from wood, and candlelight, and kerosene lamps, all with rather feeble but welcome new light. Then nearly 90 years ago, the first man-made light bulb clicked on, and a new era began. People could stay up later, work at night more easily, walk on illuminated streets. But more than habits were changed. Scientists began to discover the curious biological effects of natural and artificial light, many of them beneficial. Lately, however, they've begun to wonder whether some of the effects from light may be harmful, in subtle ways.

"Next to food, air and water, light is the most important input into human beings," says Luke Thorington, vice president of Duro-Test Corporation, a lamp manufacturer in New Jersey, and chairman of a study committee of the International Commission on Illumination. His committee is starting a study of the extra-terrestrial effects of light — those not perceived merely in the sense of vision or warmth. "Exactly how ultraviolet light could prevent black lung disease is a mystery. Working with hamsters, an American scientist found dust particles, through tubes, into their lungs. Some animals were left in the dark, others were exposed for an hour a day to high intensity "daylight" type xenon light that also emits ultraviolet rays. The hamsters living in darkness developed heavy, dense lung particles four weeks later. Those exposed to simulated sunlight had much clearer lungs. But just how light protected their lungs is not known.

The perceptiveness of a nurse in England led to the use of light to save the brains and lives of premature babies. She noticed that premature babies near sunlight windows fared better than those inside the nursery. But why?

As the story unfolded, it turned out that "premies" during the first five to seven days of life often lack an enzyme, or chemical controller, in the liver that gets rid of a chemical, bilirubin, formed when red blood cells are broken down in a normal process.

No bilirubin accumulates, turning skin yellow and, worse, vetting the brain to cause damage or death.

Just how light exerts influence on the liver or through the skin to do this is not yet understood. But perhaps 70,000 premature infants a year in this country alone are being treated successfully with light to prevent jaundice.

Light can not only kill bacteria, but sometimes also can cure cells.

At the University of California Medical School in San Francisco, Dr. Ivan Diamond set up cultures of brain tumor cells, then added heat to porphyrin, a chemical highly sensitive to visible light. When the cultures were exposed to sunlight-simulating fluorescent light, the tumor cells died within 2 1/2 hours. And Dr. Diamond has found he can kill off 90 per

cent of tumor cells in rats by directing this type of light through glass pipes into the tumors.

In Columbia, Mo., Dr. Abraham Eisenstark found that bacteria growing in laboratory dishes were being killed by certain short wavelengths of ultraviolet light coming from fluorescent lamps, like those used in homes, offices and factories. The rays were turning one component of protein material in bacteria into a poison that interferes with normal cell reproduction.

He wonders whether the same kind of ultraviolet rays in ordinary sunlight could be jamming up the machinery of skin cells to produce cancers, or affecting cells in the lens of the eye to produce cataracts.

If so, he says, special ointments might block out the ultraviolet rays on the skin, and special goggles protect the eyes.

Moonlight is associated with romance. But sunlight and some artificial lighting can have profound effects on sex and reproduction.

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Santalol rich to keep skin smooth. 16-oz.
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Polident
20% OFF
Santalol rich to keep skin smooth. 16-oz.
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BAYER ASPIRIN, 100 Tablets
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100s... REG. \$1.14
Sale! 69¢

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84's. Bubbles away denture stain, odor.
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ICE CREAM HALF-GALLON
Always in the best of taste.
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SUPER CHINCH SPRAY with DIAZINON
Kill Chinch bugs, Ants, Ticks, Fleas, Grubs, Army worms, Cut worms.
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LIFEBUOY BATH BARS
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CLAIROL FINAL NET
Holds hair in place. 8-oz.
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CHUCKLES JU-JUBES
12 OUNCE BOX
REGULAR 90¢

CHANTILLY SUPER SPECIAL!
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WATERFILL & FRAZIER BOURBON
86¢ Qt.
4.79

SWEETARTS or PIXY STIX
Great treat!
Sale! 2.51

STITCHERY KITS
REG. \$2.99, **Sale! 1.99**

16" BEACH BALL
Now thru 6-27-76. Limit 2
Sale! 27¢

MATEUS ROSE
5th
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LICORICE OR RED TWISTS
All-time favorite candy.
Sale! 3.51

POSTA-RUG BRIGHT DECOR IDEA!
Account Rug or Poster!
2.29

SHOESTRING POTATOES
Now thru 6-27-76. Limit 2
Sale! 49¢

LIEBFRÄUMILCH
3 for \$3.89

24" GRILL
SAVE \$1.89 Chromed 4-position 24" grid. Wooden stick, BUDDY L.
Sale! 8.99

CHARCOAL LIGHTER
Reg. \$2.99, 1 1/2 in. long. Lights quickly.
Sale! 2.19

NESTEA INSTANT TEA MIX
Easy. Now thru 6-27-76. Limit 2
Sale! 1.29

MESH TABLE
Reg. \$2.97, 16x16". Wrought-iron look.
Sale! 2.39

QUAKER STATE MOTOR OIL
30 W. HD Limit 6
Sale! 49¢

33-QUART COOLER
Reg. \$1.89. Sturdy. Room. Light-weight.
Sale! 1.39

HEINZ TOMATO KETCHUP
Tasty. Now thru 6-27-76. Limit 2
Sale! 39¢

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RAE ARTMAN

WOMEN

Cook Of The Week

Rae Artman Likes Her Slow Cooker

By ELDANICHOLS
Herald Correspondent

Rae Artman, Longwood, likes to cook with her slow cooker. "It's convenient for anyone who has to be away from home for several hours, and you know there will be something to eat when you get back," she said. "I'm generally here when it's time to prepare dinner, but the cooker comes in handy for so many tasty things."

As president of the Seminole County Extension Homemakers' Council, Rae often gets new ideas from a monthly newsletter put out by the group, featuring recipes by members. "We all share our recipes, and get lots of good ideas that way," she said. "Rae doesn't enjoy cooking if she is rushed. 'I really like to cook if I can plan it,' she said.

"If I'm having guests, then I leave enough time to plan and check everything, and that way, I have fun doing it," she stressed the fact that a slow cooker doesn't heat the kitchen. "An oven can heat the kitchen and it's more expensive. A slow cooker takes low heat, and when you turn it off, that's it. No heat."

Rae is active in several organizations, including secretary of Lyman High School Band Boosters; president of Lyman P-TSA; president of Altamonte Springs Homemakers' Club; Orlando Navy Wives Club and Seminole County Federation of Women's Clubs. She loves boating and water-skiing, crafts and sewing. Some of Rae's recipes follow:

PUMPKIN BREAD
1/2 cup oil
1/2 cup sugar

Put the following in oven dish:
Stew meat
carrots-cut up
onions-cut up
celery-cut up
potatoes-cut up
1 can of cream soup (mushroom or celery)
salt & pepper
cover with foil
Bake at 300 degrees, five hours

ZELLWOOD CORN
Remove husks but leave green outer silks on the ears and cut off ends so corn will fit in crock pot in standing position. Wash thoroughly. Six to eight ears fit best. Cover and cook on high 4-5 minutes, then turn to low for 1 1/2 to 2 hours. Remove husks and serve.

SWISS STEAK
2 lbs. round steak

Put the following in oven dish:
1 large onion, sliced thin
1 can tomatoes (1 lb.)
Cut round steak into serving pieces. Season with salt and pepper and place in crock pot with sliced onion. Pour tomatoes over all. Cover. Cook on low 8-10 hours.

LENTIL SOUP
2 cups lentils pre-soaked, and drained
5 cups water
2 slices bacon, diced
1 medium onion, chopped
1 carrot, thinly sliced
2 stalks celery w-tops sliced
1 garlic clove, minced
2 1/2 tsp. salt
1/4 tsp. pepper
1 pound can tomatoes
Put all ingredients in crock pot. Mix together well. Cover and cook on low 8-10 hours. Before serving, season to taste.

Blend oil and two sugars. Stir in beaten eggs, pumpkin. Sift dry ingredients together. Add 1/2 cup nuts and dates. Pour batter into greased and floured 2 pound coffee can. Place can in crock pot. Cover top of can with 6 to 8 paper towels. Place lid on top. Bake on high for 2 1/2 to 3 hours. No fair peeking till last hour.

If you don't own a crock pot...
FIVE HOUR STEW

Teen Can't Find A Job

By ABIGAIL VAN BUREN

DEAR ABBY: I am a 17-year-old boy who was able to find a job as a graduate from high school early because I passed the required tests. My problem is I need a summer job, but nobody will hire me because I have had no experience. Abby, how can a person get experience if nobody will hire him?

I am a responsible, hard-working boy who has never been in any kind of trouble, and I'm willing to do anything — run errands, wait on tables, sweep the floors, answer the phone, buy groceries — you name it. And I don't know how to do it well.

So far I have applied for 22

Dear Abby

DEAR TAKING: Yes. You owe Bill an apology.

DEAR ABBY: I am to be married in the fall and need your opinion about something that has caused considerable conversation in our family. I have asked my favorite aunt to be one of my bridesmaids. She is 44 and very young-looking. She refused, saying, "Everyone would say I looked foolish with all those young girls, and it would spoil your day." (The other bridesmaids are from 17 to 26.)

BALTIMORE BRIDE
DEAR BRIDE: I can't possible know what "everyone" would say, and neither can your aunt. She's obviously more concerned with her own image than eager to participate in your wedding. Don't coax her.

DEAR ABBY: Can Cub Scouts join the Brownies now?

LUKE IN SALEM, ORE.
DEAR LUKE: Not to your knowledge. If you're a Cub Scout, you'll have to make brownies points in your own den.

Everyone has a problem. What's yours and how do you solve it? Write to: ABBY: Box No. 49786, L.A., Calif. Enclose stamped, self-addressed envelope, please.

For Abby's booklet, "How to Have a Lovely Wedding," send \$1 to Abigail Van Buren, 122 Lasky Dr., Beverly Hills, Calif. 90212. Please enclose a long, self-addressed, stamped 10-cent envelope.

Engagements

Lee, Quinn Engaged
Mr. and Mrs. J.H. Lee Jr., of 810 E. 14th St., Sanford, announce the engagement of their daughter, Gail Elaine, to Francis Patrick Quinn III, son of Mr. and Mrs. P.P. Quinn Jr., of New Orleans.

Miss Lee, born in Sanford, is a 1973 graduate of Seminole High School where she was a member of the French Club, Latin Club and Thespians. She attended Seaside Community College, and is currently a member of the Phi Kappa Phi Honor Society and the Phi Kappa Phi Honor Society.

Francis Patrick Quinn III, son of Mr. and Mrs. P.P. Quinn Jr., is a 1973 graduate of Central Florida State University. He is employed by the Marriott Hotel chain in New Orleans. He is the grandson of the late Herbert Dalme and Mrs. Dalme and the late Francis P. Quinn and Mrs. Quinn, all of New Orleans.

The wedding will be July 17 at 11 a.m. at Pope Pius X Catholic Church in New Orleans.

Combs, Rich Engaged

Mr. and Mrs. M.L. Kelly of Sanford announce the engagement of her daughter, Janet Carol Combs, to Jackie J. Rich, son of Mr. and Mrs. Jack Rich of Whitwell, Tenn.

Miss Combs, born in Sanford, is a 1975 graduate of Central Florida State University. She is employed in the central bookkeeping department of Flagship Banks Inc.

Her fiancé, born in Jasper, Tenn., is a 1976 graduate of Seminole High School. He is employed at Winn-Dixie.

The wedding will be Aug. 7 at 7 p.m. in the Geneva Church of the Nazarene.

An Oriental Salad Inspires Appetites

Bibb lettuce leaves
For Dressing: In a jar with tight-fitting lid, place all ingredients for dressing. Shake vigorously until well combined.

For Salad: In large bowl, toss watercress, onion, bean sprouts, pickles and beef. Pour on dressing and toss again until well coated. Spoon onto lettuce-lined plate. Serve immediately. Makes 4 to 6 servings.

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289¢
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large rolls
289¢
SAVE 37¢

Cooking Can Be Fun

Try These Recipes On Your Family And Friends

By CECILY BROWNSTONE, Associated Press Food Editor

SUMMER SUPPER
Yogurt Cucumber Soup
Stuffed Green Peppers
Fresh Berry Cobbler

YOGURT CUCUMBER SOUP
Another version of a Persian delight.
8 ounces plain yogurt
1 large cucumber, pared and grated medium-fine (1 cup not packed)
1 tablespoon minced scallions
2 tablespoons minced fresh dillweed
2 tablespoons golden raisins

Stir together all the ingredients; chill. The raisins will fall to the bottom of the soup, so stir well as it is served to distribute them. They give the soup a good deal of its charm. Drop an ice cube into each bowl of the soup; the ice will keep the soup chilled as it is eaten and pleasantly thin it.

SNACKTIME PAIR
Egless Teacake
Beverage

EGLESS TEACAKE
Breaders who liked our no-egg Hoagy Cake have asked us for others of its kind.
1 1/2 cups flour, stir to aerate before measuring

1 teaspoon salt
1/2 teaspoon baking soda
1 1/2 teaspoon apple pie spice
1 cup butter or margarine
1 cup sugar
1 cup raisins
1 cup chopped (medium-fine) nuts

Stir together the flour, baking soda, salt and apple pie spice. Cream butter and sugar; add gradually all flour mixture, after each addition. Stir in raisins and nuts. Turn into a greased and floured 8 by 8 by 2-inch cake pan. Bake in a preheated 350-degree oven until a cake tester inserted in center comes out clean, 45 minutes. Let stand on wire cake rack for 5 minutes; turn out on rack, turn right-side up. Or leave cake in pan and remove as cut.

SUNDAY COMPANY MAIN-DISH SOUP BOLS
Ice Cream and Cake
MAIN-DISH SOUP
Different and delicious.
2 tablespoons butter or margarine
1 large onion, sliced
Large frying or small roasting chicken, about 3 pounds and whole
4 quarts water
1 cup extra long-grain rice

heated 350-degree oven until a cake tester inserted in center comes out clean, 45 minutes. Let stand on wire cake rack for 5 minutes; turn out on rack, turn right-side up. Or leave cake in pan and remove as cut.

1 cup yellow split peas
1/2 cup fresh green peas, coarsely shredded
2 or 3 scallions or leeks, sliced
1 cup parsley, finely chopped
2 tablespoons salt
1/2 teaspoon pepper
1 tablespoon turmeric
15 pitted prunes
1 tablespoon sugar
Fresh mint, finely chopped

In a large saucepot brown the onion in the butter. Add the chicken, water, rice, split peas, scallions, parsley, salt, pepper and turmeric. Bring to a boil; simmer, covered, until chicken is tender—about 45 minutes. Add prunes and sugar and simmer 15 minutes longer. Remove chicken; discard and discard skin and bones; cut up chicken meat in spoon-size pieces and return to soup. Reheat. Sprinkle with mint. Makes 8 main-dish servings. Adapted from "Persian Cooking" by Neta Hamanazi.

TEHFACE LUNCHEON
Chicken Salad Rolls
Strawberries Arabella
STRAWBERRIES ARABELLA
Tasters will wonder about what's in the delightful topping.
1 to 1 1/2 quarts strawberries
Sugar

1 large egg white
1 cup heavy cream
1 cup plain yogurt

No more than 1 hour before serving, rinse, hull and halve or slice berries; fold in sugar to taste. Beat egg white until stiff, gradually beating in 1 1/2 tablespoons sugar. Without washing beater, beat cream until stiff; again without washing beater, beat yogurt slightly. Fold egg white and then cream into yogurt; chill. Top strawberries with the creamy mixture. Makes 4 to 6 servings.

LIGHT SUPPER
Homemade Tomato Soup
Olive Nut Sandwiches

Nectarines Cookies
OLIVE NUT SANDWICHES
These have been popular for a long time.
1 cup finely chopped celery
1 cup coarsely chopped pimiento-stuffed green olives
1 cup finely chopped walnuts
1 1/2 tablespoons mayonnaise
Thinly sliced buttered fresh wholewheat bread
Shortly before serving, mix together the celery, olives, nuts and mayonnaise. Makes about 1/2 cup. Make sandwiches of the filling as thick or thin as you like.

Keep Your Cool As Irma Does

By The Associated Press

How does a person without help manage to give parties and never lose his or her cool? Of all the people we know who entertain single-handedly, Irma Rhode is the best organized. It's true that she is now retired and has plenty of time, but even when she worked at a full-time job she entertained with the utmost ease.

Rhode's secret is to plan ahead—and to stick to the plan. She tells just how to do this in her new book, "Cool Entertaining." Chapters are devoted to hors d'oeuvres, soups, fish and shellfish, meat and poultry, salads, desserts and drinks that may be served for cold suppers to company. Throughout the book there is a fine concern for practicality and economy.

This system may have as many rewards for you as it has had for Rhode. In his introduction to "Cool Entertaining," James Beard says that he has known Irma Rhode for almost 40 years and that "her enthusiasm, her delight in entertaining, and her vast knowledge of food and drink have given her a full, rich life. She is always bubbling... her sense of humor is a perpetual delight."

From "Cool Entertaining" by Irma Rhode (Athens).

Rhode's Herring Salad
delicious to serve at a buffet supper at any time of year.

HERRING SALAD
2-pound turkey hindquarter (cooked, skinned, boned and diced), about 2 cups
3 potatoes (cooked, peeled and diced), about 1 1/2 cups
2 apples (peeled, cooked and diced), about 1 1/2 cups
1 can (8 1/2 ounces) beets, drained and minced
3 to 4 small firm dill pickles (minced), about 1/2 cup
2 tablespoons capers
2 hard-boiled eggs, chopped
1 jar (8 ounces) marinated herring tidbits, drained and minced
Dressing, see below

Mix together well all the ingredients, adding enough of the Dressing to coat them; then should not be any liquid. Refrigerate overnight before serving to allow flavors to blend. Makes 2 quarts plus.

Dressing: Beat together 1/2 cup salad oil, 1 tablespoon wine vinegar and 2 tablespoons red wine. Dissolve 1 chicken bouillon cube in 3 tablespoons warm water and blend with 1/2 teaspoon dry mustard; beat into oil mixture.

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Rhubarb-Raisin Delightful Duo

A delightful fruit combination, one that Americans have enjoyed over the years, is rhubarb cooked with raisins. The compute may be served as an accompaniment to meat, fish or poultry or as a dessert.

This teaming of rhubarb and raisins probably got under way toward the end of the last century. We haven't checked out old cookbooks; we deduce this from some food history.

According to one researcher, "Records of rhubarb in Maine identify an unnamed Maine gardener as apparently having obtained either the seeds or root stock from Europe between 1790 and 1800. He in turn introduced it to gardeners in Massachusetts where the growth spread and by 1822 it was being sold in produce markets in the Bay State. The earliest usage reference date is 1806 when it appeared as filling for tarts and pies. How the rhubarb industry spread from New England to Washington, Michigan, California, Oregon and New York is obscure. Proper combinations of weather, humidity and available growing space seem to be the major contributing factors."

The marketing of rhubarb started much later. According to another researcher, "In 1873, during an unexpected and unusually hot spell in California, San Joaquin Valley, grapes dried on the vine before they could be picked. One enterprising grower, refusing to see his crop lost, shipped the dried grapes to a grocer friend in San Francisco. The grocer, noting that the arrival of the rhubarb coincided with the arrival of a ship from Peru, featured the rhubarb as a "Peruvian delicacy" and created a demand for the fruit. This the rhubarb industry was born."

Now with slow-cooking in vogue once again, cooks may want to try the following recipe for this good fruit combination.

SLOW-COOKER RHUBARB-RAISIN COMBO
2 to 2 1/2 pounds trimmed hot-house rhubarb
1 1/2 cups sugar
1/2 cup raisins
1/2 cup water

Slice rhubarb crosswise into 1-inch pieces—there should be about 8 cups; rinse. Into a 3 1/2-quart electric slow-cooker turn all the ingredients; mix well; cover. Cook with control set at Low for 2 1/2 hours. If rhubarb at top is not quite soft, gently and carefully stir once; let stand, covered, with heat control off for at least 1/2 hour. Chill. Makes about 1 1/2 quarts. If you use field-grown rhubarb sold with full leaves, you'll need to buy 4 pounds to make the cut-up amount called for.

Meatless Supper

Skillet Squash Asparagus Fried Tomatoes Green Beans
Wholewheat Bread
Fruit Cheese
SKILLET SQUASH
Trimming two kinds of squash is fun!
2 small zucchini and 2 small straightneck yellow squashes (about 1 pound all together)
1/4 cup butter or margarine
Salt and pepper to taste
Scrub squash in cold water; discard ends; cut out pare. Grate coarsely. In a 10-inch skillet over high heat stir together the butter and squash and cook until barely cooked and thoroughly hot—about 5 minutes. Stir in salt and pepper. Makes 4 servings.

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THRIFTY MAID ELBOW MACARONI 3 16-OZ. PKG. \$1

MISS BECK NON AEROSOL LASTING HOLD HAIR SPRAY 99¢

BABY SHAMPOO \$1.79

SCOPE \$1.39

ALKA-SELTZER 59¢

VANQUISH \$1.29

WILKINSON BLADES \$1.09

THRIFTY MAID CUT GREEN BEANS 5 16-OZ. CANS \$1

THRIFTY MAID Cream Style or Whole Kernel CORN 5 16-OZ. CANS \$1

THRIFTY MAID CUT BEETS 5 16-OZ. CANS \$1

PRICES GOOD IN THESE COUNTIES ONLY... ORANGE, SEMINOLE, OSCEOLA, LAKE, CITRUS, BREVARD, COLLIER, AND VOLUSIA

FISCHERS BEER 6 99¢

ARROW DETERGENT 2 99¢

WESSON OIL 99¢

U. S. NO. 1 WHITE POTATOES 10 99¢

SHERBET or ICE CREAM 69¢

BARS or SANDWICHES 99¢

LIBBY REGULAR OR PINK LEMONADE 6 6-OZ. CANS 99¢

MORTON ALL VARIETIES CREAM PIES 69¢

ASTOR FROZEN GRAPEFRUIT OR ORANGE JUICE 6 \$1.29

ASTOR LEAF OR CHOPPED SPINACH 4 10-OZ. PKGS. 89¢

PAR RIBI BREADED SHRIMP 1-LB. PKG. \$2.39

MORTON FRIED CHICKEN 2 1-LB. BOX \$2.39

DEEP SOUTH MAYONNAISE 59¢

DEEP SOUTH MAYONNAISE 99¢

DIXIE HOME TEA BAGS 99¢

DIXIE DARLING BREAD 4 \$1

Tomato Sauce 39¢

Ketchup 93¢

Baked Beans 69¢

Manwich 59¢

Cereal 71¢

Wheat Chex 69¢

BEST BATH SIZE ZESTY BATH BARS 4 \$1

SANDWICH BAGGIES 53¢

NESTLE TEA MIX CANISTER \$1.79

THRIFTY MAID APPLE SAUCE 5 16-OZ. CANS \$1

THRIFTY MAID MIXED VEGETABLES 5 16-OZ. CANS \$1

THRIFTY MAID PORK & BEANS 5 16-OZ. CANS \$1

PRICES GOOD JUNE 24-26

NEW STORE HOURS
 MONDAY - SATURDAY 9 a.m. - 9 p.m.
 SUNDAY 9 a.m. - 7 p.m.

THE FOLLOWING STORES NOW CLOSED SUNDAY
 419 E. FIRST ST. SANFORD 419 EGGWATER DR. ORLANDO
 2841 DELANEY ST. ORLANDO GOLDEN TRIANGLE SHOPPING CENTER
 117 SOUTH ROSLINDALE ORLANDO MT. DORA

HARVEST FRESH PRODUCE

HARVEST FRESH JUMBO LETTUCE 3 HEADS \$1.00

HARVEST FRESH RED BEAUTY PLUMS 59¢

HARVEST FRESH NECTARINES 59¢

HARVEST FRESH PEACHES 4 \$1

HARVEST FRESH WHITE SEEDLESS GRAPES 59¢

WASHINGTON STATE EXTRA FANCY RED DELICIOUS APPLES 16 FOR \$1.99

HARVEST FRESH LETTUCE ROMANINE 39¢

HARVEST FRESH ZELLWOOD YELLOW CORN 10 EARS 99¢

HARVEST FRESH CABBAGE 10¢

HARVEST FRESH IDAHO POTATOES 10 \$1.59

HARVEST FRESH YELLOW ONIONS 3 59¢

THE BEEF PEOPLE!

We've put fine foods on America's tables for over 50 years.

WINN DIXIE Celebrates America!

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

HISTORICAL FLAG COLLECTION

COMPLETE SET OF 48 FLAGS WITH CAROUSEL \$12.99

4" x 6" FABRIC MINIATURE FLAGS 3 FOR \$1.00

WINN DIXIE Celebrates America!

TELEVISION LISTINGS AND HIGHLIGHTS

Wednesday Evening
7:00 NEWS
7:30 FAMILY AFFAIR
8:00 ZOOM
8:30 MOVIES
9:00 MY FAVORITE MARTIAN
9:30 NEWS
10:00 DREAM OF JEANNE
10:30 BOON BEAT
11:00 ZOOM
11:30 RIN TIN TIN
12:00 TO TELL THE TRUTH
12:30 BRADY BUNCH
1:00 CONCENTRATION
1:30 TODAY SHOWS
1:55 UNLIMITED WORLD
2:00 ROBERT YOUNG, FAMILY DOCTOR
2:30 INTERCOM 24
3:00 START '87
3:15 TREASURE HUNT
3:30 DON ADAMS SCREEN TEST
3:45 MOVIES HEROES
4:00 \$25,000 PYRAMID
4:30 THE LITTLE HOUSE ON THE PRAIRIE
4:55 THE JACKSON FAMILY
5:15 THE BONIC WOMAN
5:30 G.R.A.T.
6:00 G.R.A.T.

PERFORMANCES
6:00 NEWS
6:30 THE UNTOUCHABLES
6:55 WEDNESDAY MOVIE
7:00 NEWS
7:30 LILLIAS, YOGA AND YOU
8:00 MOVIES
8:30 NEWS
9:00 DREAM OF JEANNE
9:30 BOON BEAT
10:00 ZOOM
10:30 RIN TIN TIN
11:00 TO TELL THE TRUTH
11:30 BRADY BUNCH
12:00 CONCENTRATION
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3:55 THE JACKSON FAMILY
4:15 THE BONIC WOMAN
4:30 G.R.A.T.

Jacksons Like Shorter Format

LOS ANGELES (AP) — If anyone ever needed an hour to showcase their talent in a TV variety show, you'd think you'd have an incurable disease. (R)
The Jackson family's Quincey, Marlon, Phil and La Toya...
The Jackson clan was offered a weekly series by ABC two years ago but Michael says they turned it down because they were just too busy recording and touring to devote the time to a one-hour TV show each week.

WE WANT TO WIPE OUT CANCER IN YOUR LIFETIME
AMERICAN CANCER SOCIETY
FATHER JOE, the primary musical influence on the talented children, also got involved, serving as an executive producer. But Mother Katherine, who played clarinet in high school, would have none of it, Michael reports.

Wednesdays FAMILY SPECIAL
FREE WILSONS GREENE SPECIAL
100 RIFLES
VACATION SPECIAL

Legal Notice

NOTICE OF HEIRSHIP GIVEN THAT BY VIRTUE OF THAT CERTAIN WILL OF JOHN W. BERRY...
SEMINOLE COUNTY DISTRICT OF ORLANDO
UNITED STATES DISTRICT OF FLORIDA
IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA

Legal Notice

NOTICE OF ACTION
RE: ESTATE OF JOHN W. BERRY
YOU ARE NOTIFIED THAT AN ACTION TO REVOKE A MORTGAGE ON REAL PROPERTY...
NOTICE OF ACTION
RE: ESTATE OF JOHN W. BERRY
YOU ARE NOTIFIED THAT AN ACTION TO REVOKE A MORTGAGE ON REAL PROPERTY...

CLASSIFIED ADS

31-Apartments Furnished
31-B-Houses
41-Houses
51-Miscellaneous For Sale
61-Garage Sales
71-Swap & Trade
71-Autos Wanted
78-Motorcycles
79-Trucks Trailers
79-Auction
79-Office Supplies
79-Bicycles
79-Auto Parts
79-More Cash For Trucks or Cars
79-Used Appliances
79-TV-Radio-Stereo
79-Garage Sales

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Super Special
Gran Fury Sale-75%
Terrific Selection of Colors
4 Door Sedans and Hardtops
THE SALE TO END ALL SALES
WHILE THEY LAST \$7588
Power Train Warranty
The First's Sold Out!
Receive 150 Gallons of Gas
As An Early Bird Bonus!

Bob Dodge Spectacular Service Special
We Service All Chrysler Corp. Cars
MAJOR LUBRICATION
Includes 5 qts. Quaker State Oil, New Filter and Lube
ANY MAKE OR MODEL
Good thru July 5th

LONGWOOD LINCOLN-MERCURY HOME OF THE NEARSIGHTED APPRAISER
The nearsighted appraiser saves you hundreds of dollars on these pre-owned automobiles
73 FORD LTD. 2-Dr. Bronze, Air Conditioning, Low Mileage. Only \$2595
75 BUICK CENTURY, 4-Dr., Green, Low Miles. Only \$3595

WEDNESDAY'S FAMILY SPECIAL
FREE WILSONS GREENE SPECIAL
100 RIFLES
VACATION SPECIAL

SEEK & FIND WILDFLOWERS
ALCHIFNFOURCLOCKSC
SCYEBMCEABMCLPEU
TOLMEXLUTGLHIVRTN
LILVGLVOUTAULHIVP
RULOLGVFCANLEWCCLU
BMYCCLUPKPAETBWERC
IBXGQSEKRCRWHWERC
GNDAXTKVYRKEIFUELY
NOLCOVERTNINSTEHESLD
OEVVEFRABUOPIDSAOND
NGLOYRSLUBUTTERCUP
ICATTALAECCRACTIPE
AMINTEADRTIEMDNUSHD
PXLHXESORMKSPONDMH
THISTLEELKRCYSYENHR

ERA Stenstrom Realty
NEAT AS A PIN - 2 bedrooms, 1 bath, carpeting, two drs. large closet. \$11,000.
Harold Hall Realty
Must Sell! 2 story plus 2 finished - large 2 1/2 baths, full kitchen, 2 car garage, central heat and air. \$22,900.

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Free estimates. No obligation.
THE RAMO-TEK, 831-9311
Auto Painting
Auto Painting & minor Body Work. Professional, experienced painter.
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Free estimates. No obligation.

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THE MEAT PEOPLE

STORE HOURS
4th & SANFORD AVE.
Mon., Tues., Wed. 8 a.m. to 7 p.m.
Thurs., Fri. and Sat. 8 a.m. to 7 p.m.
Sunday 8 a.m. to 1 p.m.

PARK AVE. and 25th ST.
8 a.m. to 9 p.m. 7 Days a Week

PRICES EFFECTIVE THURS. JUNE 24
THRU WED. JUNE 30

WE ARE PLEASED TO ACCEPT
U.S.D.A. FOOD STAMP COUPONS

USDA Choice Meat Sale

FLORIDA OR GEORGIA FRESH GOOD

FRYERS WHOLE BAGGED **39¢** LB.

CHUCK ROAST BLADE CUT **67¢** LB.

OVEN ROAST BONELESS **97¢** LB.

USDA CHOICE HEAVY WESTERN LAZY AGED BEEF

CHUCK STEAK **87¢** LB.

Beef Sirloin Steak **1.57** LB.

Boneless Patio Steak **1.57** LB.

Boneless Stew **1.17** 3 LBS. OR MORE

Beef Liver **47¢** LB.

FRESH PREMIUM FAMILY PACK
20 PIECES OF CHICKEN **\$2.97**

FRYERS **87¢** 5 LBS. OR MORE

HEAVY WESTERN BEEF 100 PCT. PURE

Ground Chuck **97¢** 3 LBS. OR MORE

Round Steak **1.47** LB.

Cube Steak **1.67** LB.

LEAN WESTERN PORK CHOPS **87¢** LB.

SUNNYLAND Breakfast Links **1.97** 20 OZ.

Hind Quarter **97¢** AVG. 150 LBS. CUT AND WRAPPED FOR FREEZER FREE

Whole Side **87¢** AVG. 140 LBS. CUT AND WRAPPED FOR FREEZER FREE

Baby Beef Sirloin, Round, Club **1.17** LB.

Baby Beef Chuck **77¢** LB.

USDA CHOICE HEAVY WESTERN LAZY AGED BEEF-BONELESS

DELMONICO STEAK **1.97** LB.

Sliced Bacon **87¢** LB.

Bar-C-Bologna **87¢** LB.

Regular Wieners **67¢** 12 OZ.

Pig Feet **37¢** LB.

FRESH 100% PURE GROUND BEEF **67¢** 5 LBS. OR MORE

LONG GRAIN RICE **55¢** 40 OZ.

Tea Bags **88¢** 100 COUNT

Cut Green Beans **5/1.00** 15 1/2 OZ.

NORTHERN TISSUE **19¢** SINGLE ROLL

Ajax Cleanser **19¢** 14 OZ.

Vienna Sausage **3/1.00** 5 OZ.

DETERGENT FOR DISHES **39¢** 12 OZ.

BOUNTY TOWELS **49¢** JUMBO ROLL

Royal Gelatin **5/1.00** 3 OZ.

Tomato Soup **19¢** NO. 1 CAN

Tomato Sauce **6/1.00** 8 OZ.

Pork and Beans **3/1.00** 16 OZ.

Salad Dressing **69¢** 32 OZ.

Grated Tuna **39¢** 4 1/2 OZ.

Sliced Peaches **2/1.00** 29 OZ.

Elbow Macaroni **39¢** 16 OZ.

Drink Concentrate **5/1.00** 6 OZ.

Grapefruit Drink **39¢** 46 OZ.

Defergent **77¢** 42 OZ.

Luncheon Meat **85¢** 12 OZ.

COUPON SPECIAL

SHORTENING CRISCO **97¢** 3 LB. CAN

Hudson Napkins **23¢** 40 CT.

Purina Cat Food **5/1.00** 4 1/2 OZ.

CREAMERY BUTTER **89¢** LB.

Frozen Food Department

Whipped Topping **39¢** 9 OZ.

Pot Pies **4/1.00** 8 OZ.

Pizzas **79¢** CHEESE, SAUSAGE OR PEPPERONI

Pepperidge Farm Cakes **89¢** 12 OZ.

EVERCANE SUGAR **79¢** 5 LB. BAG

Fresh Dairy Products

Orange Juice **3/89¢** QT.

Sour Cream **3/1.00** 8 OZ.

Longhorn Cheese **79¢** 10 OZ.

Butter-me-not-Biscuits **2/49¢** 9 1/2 OZ.

Fresh Fruits & Vegetables

Yellow Cooking Onions **48¢** 3 LB.

Santa Rosa Plums **69¢** LB.

EXTRA RICH MILK **1.38** PLASTIC GALLON

Seedless White Grapes **59¢** LB.

Fresh Georgia Peaches **69¢** LB.

COUPON SPECIAL CLIP

CREAMERY BUTTER **89¢** LB.

EVERCANE SUGAR **79¢** 5 LB. BAG

Evening Herald

48th Year, No. 263—Thursday, June 24, 1976 Sanford, Florida 32771—Price 10 Cents

Industry-Seeking Bodies Would Be Combined

Governor Holds Key To Joint SCOPA-SCIDA Agency

By ED PRICKETT
Herald Staff Writer

By noon Friday, Governor Reubin Askew must act on a local bill that has triggered efforts to combine Seminole County's two industry-seeking agencies.

Officials say creation of one super agency would save taxpayers thousands of dollars and would eliminate duplication of industry seeking efforts.

As proposed by State Sen. Lori Wilson, a member of Seminole's Legislative delegation, the measure which officials say Askew will approve gives the Seminole County Commission the power to make direct appointments to the Seminole County Port Authority (SCOPA) without approval from the governor's office.

State Sen. John Vogt, another of Seminole's lawmakers, said today part of the measure's intent was to induce county officials to combine SCOPA and the Seminole County Industrial Development Authority (SCIDA).

"Why have two industrial development agencies that are basically performing the same task?" Vogt asked.

Local officials interviewed for the most part agreed with Vogt. Port Chairman Thomas Binford said today either SCOPA or SCIDA should be abolished, or else the two should be combined.

"They've got some fine people, but SCIDA hasn't done a thing," Binford charged. He said SCIDA has spent \$284,000 of the taxpayer's money, but the agency has failed to produce any new industry for the county.

If approved, the measure goes into effect July 1—14 days before Binford's appointment expires.

Two county commissioners—Richard Williams and Harry Kwiatkowski—agree the agencies should be combined. But they differ on how it should be accomplished.

"At this particular point, it's nonsense to have them both," Kwiatkowski said.

Williams said county officials should meet in the near future to decide the fate of the two agencies.

"We definitely ought to sit down and find out what the mechanics are," Williams noted. The mechanics, depending on whom you talk to, differ.

For example Port Administrator Jim Ryan says the county commission on any given Tuesday can abolish SCIDA.

Kwiatkowski, however, feels a local bill would have to be passed by Florida legislators. "SCIDA exists because of legislation and so does SCOPA," the commissioner said.

Williams believes SCIDA has "some advantages" over the port, but Williams agreed with Ryan that the "commission created SCIDA and can abolish it."

Williams says SCIDA can perform certain tasks that SCOPA cannot, but Ryan says "everything that is required to function like SCIDA is already invested in the port authority. We need no amendment to the act."

SCOPA was designated by the Florida Legislature as an industrial development authority in 1971. But by 1973 the county commission became disenchanted with SCOPA and under the Home Rule Law created SCIDA and gave it industry-seeking powers.

For fiscal 1976-77, SCIDA's budget is \$60,250. "Honestly, the (SCIDA) money has been a total waste," one top-ranking county official said.

SCOPA, on the other hand, has a \$250,000 yearly operating budget, all of which comes from port-operated businesses. Ryan said it would be a "total waste" if the county commission were to abolish SCOPA.

(Continued On Page 12-A)



YOUNG HOBOES
Five-year-old Tonya Butler (right) gives some advice to Mary Reck, 4, at the Sanford Recreation Department's Hobo Day Wednesday. Highlight of the day was a batch of "hobo stew" mixed up by recreation staffers. (Herald Photo by Bill Vincent Jr.)

Gov. Askew Vetoes 'Shoot To Kill' Bill

TALLAHASSEE (AP) — Gov. Reubin Askew today vetoed the so-called "shoot-to-kill" bill, saying it has been widely misunderstood and "invites abuse."

Askew objected to a provision in the bill which would remove from the current law a requirement that persons who use deadly force to halt intruders in or near their homes must have reasonable belief that such force is necessary.

"I do not think any persons should be authorized to take a life if it is not necessary," he said in his veto message. "I do not believe the legislature intended this result."

The bill also authorizes use of deadly force to halt persons fleeing after committing a forcible felony such as rape, murder, arson, burglary or robbery.

Askew said his decision was supported by Atty. Gen. Robert Stevin, who also urged Askew to veto the shoot-to-kill bill.

"I am confident that the legislature did not intend to authorize anyone to kill an individual," he said. "It was unnecessary to do so, yet SB351 would, in my opinion, do just that," Stevin said.

The bill would allow use of deadly force to halt persons breaking into a home or lurking in the immediate area. It also would allow the slaying of criminals escaping after a forcible felony.

Stevin said he opposed the bill because it would eliminate the long-standing legal requirement that a person using deadly force must "reasonably believe that such force is necessary."

Longwood \$ Fears Appear Unfounded

By DONNA ESTES
Herald Staff Writer

LONGWOOD—Fears expressed by city officials early this week that settling out of court a long-standing lawsuit will require an increase in city taxes are not borne out by a financial statement for the city's operation during the first two-thirds of the fiscal year.

The report—covering city operation from October 1975 through May 1976 shows that the city, on the brink of bankruptcy 18 months ago, is not only solvent, but has \$88,000 in the bank not budgeted for any purpose.

The report also shows revenues will exceed expectations by \$50,000 by the end of the fiscal year Sept. 30 and that department budgets are in the black.

The suit is scheduled for court hearing in July.

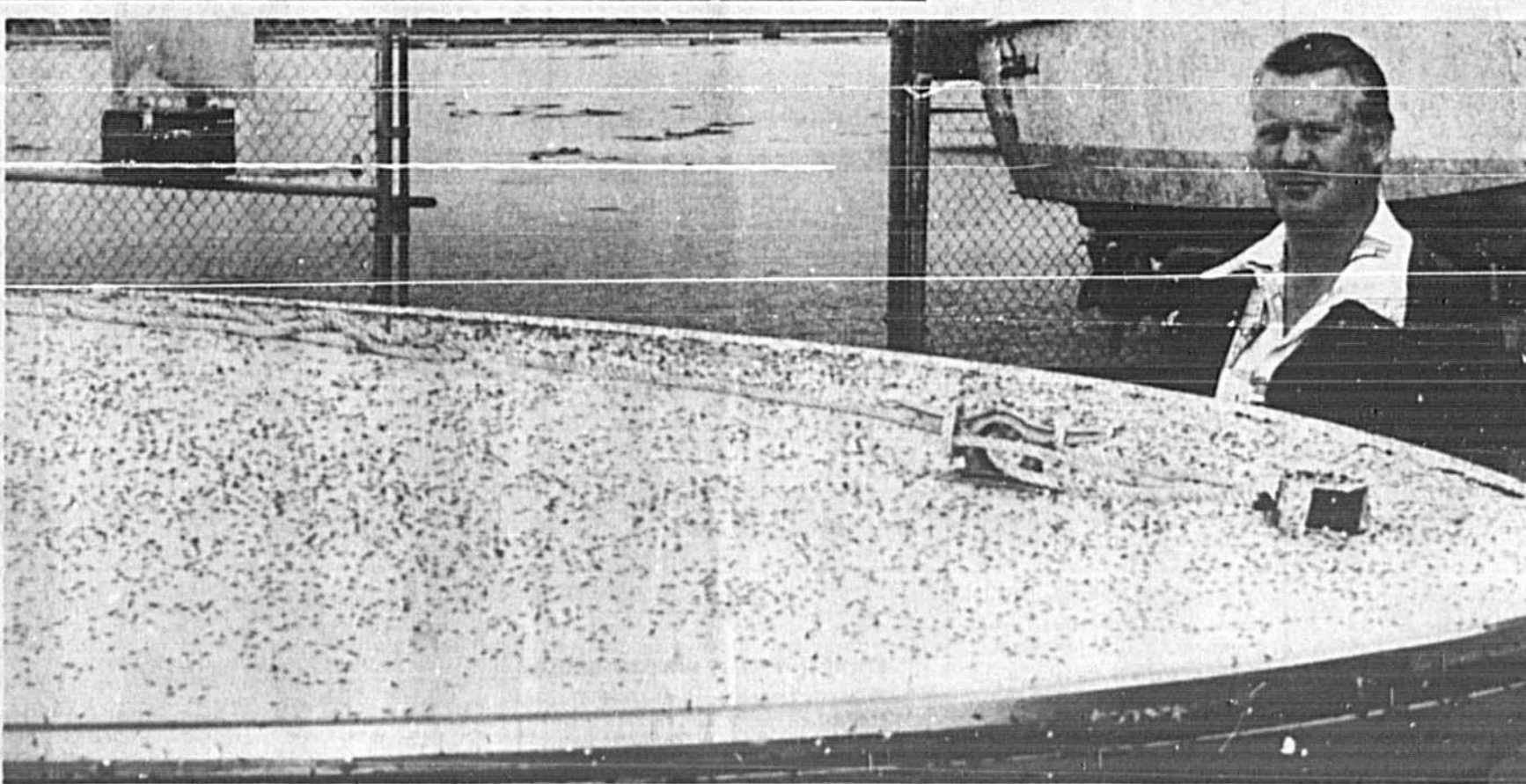
The engineering fees were for designing and engineering a sewer system for the city with effluent to be pumped to Altamonte Springs for treatment at its regional sewer plant.

Funding in the open market was to be obtained for the installation of lines within the city for the multi-million dollar system while an \$813,000 grant from the federal government was to pay for 75 per cent of the cost of the construction of a sewer interceptor line west on SR 434 to Montgomery Road.

The interceptor would have linked the two cities.

Included within the grant funds was some \$30,000 to be used toward engineering fees.

In early 1974 as the building boom was continuing, but trouble appeared ahead, city officials, led by Council member June Lottmann expressed fears that trouble was ahead for the construction industry and that the city would



MOSQUITOES CLOSE BUSINESS
Jack Rathmell, manager of Monroe Harbour Marina on the Lake Monroe waterfront, said he had to completely close down his business this morning due to a heavy infestation of blind mosquitoes—or midges, as they are known. Rathmell stands beside one of the boats at the marina which is covered with the pests that have plagued Downtown Sanford and the waterfront for the past several weeks. (Herald Photo by Bill Vincent Jr.)

Bill May Provide Area Jobs

By The Herald Services

The U.S. House of Representatives Wednesday approved a \$1.9-billion public works employment bill that, if it becomes law, may provide millions of federal dollars for projects in Sanford.

The vote on the bill was 228 to 83, substantially more than the two-thirds needed to override a presidential veto. The Senate last week approved the measure 70-25, also enough to override a veto by President Ford.

Sanford city officials for the past few months have been working in conjunction with Seminole authorities to have the county designated an "economically distressed area" by the federal Economic Development Administration—a prerequisite for receiving grants under the terms of the bill.

Sanford City Manager Warren Knowles said Monday a decision on the designation is expected around July 1, but that it was impossible to accurately predict a date because of the red tape involved in dealing with the federal bureaucracy.

Knowles said two projects under consideration by city officials for possible federal funding are the new city hall and a proposed municipal drainage project.

In May, the City Commission voted to fund the construction of the new city hall, expected to cost approximately \$1.3 million, through the use of utility franchise revenues. On June 1, commissioners voted to place the Orlando architectural firm of Watson & Company at the top of a priority list for negotiations. On June 11, commissioners entered into a contract with the firm to pay

(Continued On Page 2-A)

Today

- Around The Clock 4-A
 - Bridge 2-B
 - Calendar 12-A
 - Comics 2-B
 - Crossword 2-B
 - Editorial 4-A
 - Dr. Lamb 2-B
 - HorseScope 2-B
 - Hospital 5-A
 - Sports 8-A
 - Television 10-A
 - Women 13-B
- WEATHER**
Wednesday's high 83, today's low 69.
Thunderstorms likely mainly during afternoon and evening hours. Otherwise partly cloudy through Friday.
Highs in the mid to upper 80s and lows tonight in the low 70s. Mostly southeast winds 10-15 m.p.h. Rain probability is 60 per cent.
Details and tides on Page 5-A.

Black Or Woman For VP?

WASHINGTON (AP) — Jimmy Carter says his vice presidential choice is likely to have a Washington background and could be a woman or a black. But the former Georgia governor isn't ready to name names.

Carter, in the capital for a series of meetings today with congressional leaders, says he has not yet whittled down a list of 10 or 12 persons he said he is considering as his running mate.

Carter is expected to win first ballot nomination as the Democrats' presidential candidate when the party convenes its national convention in New York next month.

He commented in a brief news conference Wednesday night after flying from New York, where he delivered a foreign policy speech and took part in five fund-raising events to help campaign debts.

The Republican presidential battle resumes today when President Ford and Ronald Reagan step up their delegate hunt. GOP delegates will be selected at four state conventions this coming weekend.

Carter planned separate meetings today with House and Senate Democrats; House Speaker Carl Albert and Majority Leader Thomas O'Neill; Sen. Robert Byrd of West Virginia; Edmund Muskie of Maine, and Henry Jackson of Washington.

He also was to meet with Democratic Party Chairman Robert Strauss.

Carter also said he has decided to decline President Ford's offer of an FBI background check of prospective running mates.

(Continued On Page 12-A)