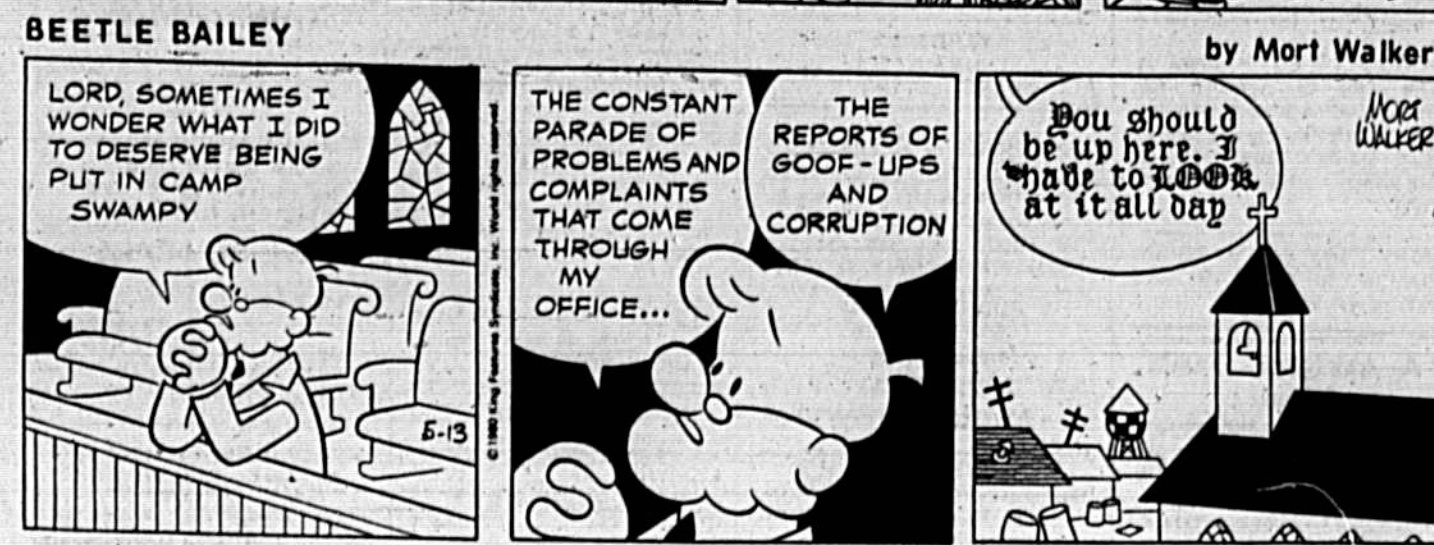




by Chic Young



by Mort Walker



by Art Sansom



by Bob Montana



by Howie Schneider



by Ed Sullivan



by Stoffel & Heimdahl



by Bob Thaves



by T. K. Ryan

ACROSS 41 Merest bit, 42 Burmese, 43 Circle part, 44 Football (abbr.), 45 Grouper (abbr.), 46 Unused, 47 Pizza cheer, 48 Heavy image, 49 Use brains, 50 Day (Sp.), 51 Contain, 52 Force unit, 53 New Testament book, 54 Contain, 55 Contain, 56 Contain, 57 Force unit, 58 New Testament book, 59 Contain, 60 Contain, 61 Contain, 62 Contain, 63 Contain, 64 Contain, 65 Contain, 66 Contain, 67 Contain, 68 Contain, 69 Contain, 70 Contain, 71 Contain, 72 Contain, 73 Contain, 74 Contain, 75 Contain, 76 Contain, 77 Contain, 78 Contain, 79 Contain, 80 Contain, 81 Contain, 82 Contain, 83 Contain, 84 Contain, 85 Contain, 86 Contain, 87 Contain, 88 Contain, 89 Contain, 90 Contain, 91 Contain, 92 Contain, 93 Contain, 94 Contain, 95 Contain, 96 Contain, 97 Contain, 98 Contain, 99 Contain, 100 Contain.

DOWN 1 Organ tube, 2 Possessive pronoun, 3 Discover by chance (2 wds.), 4 Superlative suffix, 5 Devoid, 6 You would, 7 Spill, 8 Frequently used, 9 Elongated, 10 Abels brother, 11 Weight, 12 New England cape, 13 Contain, 14 Contain, 15 Contain, 16 Contain, 17 Contain, 18 Contain, 19 Contain, 20 Contain, 21 Contain, 22 Contain, 23 Contain, 24 Contain, 25 Contain, 26 Contain, 27 Contain, 28 Contain, 29 Contain, 30 Contain, 31 Contain, 32 Contain, 33 Contain, 34 Contain, 35 Contain, 36 Contain, 37 Contain, 38 Contain, 39 Contain, 40 Contain, 41 Contain, 42 Contain, 43 Contain, 44 Contain, 45 Contain, 46 Contain, 47 Contain, 48 Contain, 49 Contain, 50 Contain, 51 Contain, 52 Contain, 53 Contain, 54 Contain, 55 Contain, 56 Contain, 57 Contain, 58 Contain, 59 Contain, 60 Contain, 61 Contain, 62 Contain, 63 Contain, 64 Contain, 65 Contain, 66 Contain, 67 Contain, 68 Contain, 69 Contain, 70 Contain, 71 Contain, 72 Contain, 73 Contain, 74 Contain, 75 Contain, 76 Contain, 77 Contain, 78 Contain, 79 Contain, 80 Contain, 81 Contain, 82 Contain, 83 Contain, 84 Contain, 85 Contain, 86 Contain, 87 Contain, 88 Contain, 89 Contain, 90 Contain, 91 Contain, 92 Contain, 93 Contain, 94 Contain, 95 Contain, 96 Contain, 97 Contain, 98 Contain, 99 Contain, 100 Contain.

HOROSCOPE For Wednesday, May 14, 1980. YOUR BIRTHDAY: May 14, 1980. Valuable contacts can be made this coming year to enhance your social life and romantic pursuits. There is no need, however, to spend beyond your means in order to enjoy their company. TAURUS (April 20-May 20): Self-indulgence and extravagance can be your two worst enemies today. You are wise to moderate in everything you do. ROMANCE, travel, luck, resources, possible pitfalls and career for the coming months are all discussed in your Astro-Graph Letter, which begins with your birthday. Mail \$1 for each to Astro-Graph, Box 408, Radio City Station, N.Y. 10101. Be sure to specify birth date. GEMINI (May 21-June 20): Those at home will show impatience if you try to place your needs above theirs. You'll have to give a little in order to get some cooperation. CANCER (June 21-July 21): Indignities you think are directed at you may be a complete misunderstanding on your part, stemming from a tendency toward being overly sensitive today. LEO (July 23-Aug. 22): Kneading up with the Joneses may turn into a pretty expensive deal today. Stick to activities you can afford, with friends in your own economic strata. VIRGO (Aug. 23-Sept. 22): Take things easy today. Don't push too hard on those you need to get your act under way. If you go over the line, they won't be forgiving. LIBRA (Sept. 23-Oct. 23): Your pride or foolish vanity could stand in the way of your seeing things realistically today. Deceiving yourself can only be harmful to you. SCORPIO (Oct. 24-Nov. 22): It's possible you could be the unwitting pawn in another's chess game today. Steer clear of any persons you feel may be trying to use you. SAGITTARIUS (Nov. 23-Dec. 21): Question your goals and see if there are some things you aren't already well informed about them.

WIN AT BRIDGE. NORTH 5-13-40, WEST 0-7, EAST 10-8-5, SOUTH 2-10-9-2. Opening lead: ♠ 5.

NEW CONTACT LENS Can Stay In Eye. DEAR DR. LAMB—My wife had cataracts removed from both eyes in 1973 and has been wearing soft contact lenses. She is now having difficulty with the inside of the eyelids from the formation of small nodules which the doctor says are caused from an allergy to a protein build up caused by the material in the soft lenses. He wants her to try hard lenses and if that doesn't work he advised her would have to depend on cataract glasses to see. With all of our modern technology and great medical expertise, we find it hard to believe that there is not a better solution to our problem. DEAR READER—Isn't it wonderful to be able to choose between having soft contact lenses or the regular hard contact lenses? And beyond that there is still another choice—having a solid lens inserted inside the eyeball itself. There are new contact lenses under development which are still in the experimental stage that may be able to be left in the eyes for days on end. My advice would be to do as your doctor recommends. If the regular contact lenses are well fitted, your wife may get along with them very well. Meanwhile, I am sending you The Health Letter number 13—Your Cataracts Are Coming. Other readers who send this issue can send 75 cents with a long, stamped, self-addressed envelope for it. Send your request to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10101. As the Health Letter I'm sending you explains, almost everyone will develop cataracts if they live long enough. It's because of the very nature of regeneration of the lens inside the eye itself. For that reason, I think all mature adults should learn something about cataracts if they aren't already well informed about them. It's very important for someone who has unexplained weight loss to have a complete examination in sufficient detail to find out what the real cause of the weight loss is. I would suggest that your sister should go back to her doctor and see if there are some additional studies that can be done to help solve her dilemma.

ANNIE. SENATOR STAY DOESN'T KNOW HE'S BEING USED TO FRONT A GAMBLING SCAM? SENATOR LAMBY IS BRAGGING 'COOL' 'HE' GO ALONG WITH THE LUNATIC GAYS, BUT IT'S STILL A PRETTY DICY PROPOSITION. 'BECAUSE OF ALL THE RYOFFERS? DON'T WORRY, TARNHADGE. 'OH, AN' 'IF OUR SCHEMS SHOULD BE DISCOVERED, BRAGGERS, WE'D BE LEFT HOLDING THE BAG. WHAT WAS THAT?'

ZOONIES. I CAN'T BELIEVE YOU REALLY SWALLOWED A BASKETBALL, ALFRED... THAT'S THE DUMBEST THING YOU'VE EVER DONE... BASKETBALL SEASON IS ALREADY OVER!

FRANK AND ERNEST. WHAT DO YOU THINK DOES A SKATEBOARD INDICATE INTELLIGENT LIFE OR NOT?

TUMBLEWEEDS. PUT ME DOWN CLOWELL GUNKLE! GAPS! I HAVE DID ANOTHER NO-NO! OH, WHAT'S THERE NEVER NO DO NOT HANDLE SIGNS WHERE YOU REALLY NEED THEM?

Sanford Seeks To Require Price Signs At Gas Stations

presented to the city commission for preliminary adoption in early June. Two gasoline service station owners in the Sanford area who were contacted today had no objection to the proposal. One of the two, Steve Williams, who operates a station on U.S. 17-92 and Lake Mary Boulevard, said he has been posting his prices for the past month. City Manager Warren Knowles who suggested the ordinance, told city commissioners two bills are currently being considered in the Florida Legislature mandating signs for "conspicuous display of prices." City Commissioners John Morris and Julian Stenstrom said today they both favor the proposal. "I think it is a very good thing," Stenstrom said, "for prices to be posted so people will know before they get to the pump what they have to pay. I read about the situation in Dade County and believe it has brought prices down there."



HORSE LOVES ROLL IN SAND. Ann Marie Jones (above) puts her horse, Dixie, through its paces in Longwood. With the temperature close to 90 degrees, a good cooling-off session is called for. Dixie enjoys being sprayed with water, but the standardbred mare thinks nothing tops off a shower like a roll in the sand (right).



Probe Called On Local HRS

paraprofessional providing minor direct services to HRS clients, admitted to him that she charged items against an account held by Mrs. Stubbs' brother and which Mrs. Stubbs was allowed to use. Douglass said she began posting prices when gasoline sales began falling off about a month ago. "The oil companies have a surplus right now. People are refusing to pay high prices. The oil companies will not come down of their prices so we (the dealers) have to..."

County Approves New Condemnation Ordinance

There are "40 structures in Midway alone" that can now be ordered repaired or demolished under a county condemnation ordinance approved Tuesday night. The ordinance, which allows the county building official to condemn unoccupied structures he deems a health hazard or public nuisance, was a long time coming, according to county officials. After more than two years of legal research and public discussions, the county commission Tuesday unanimously approved the final draft of the ordinance. County Building official Don Flippin said there are 40 structures in Midway alone, and numerous others elsewhere, that are hazardous and are likely candidates for condemnation. Although the ordinance provides an appeal process that would take a contested case before the county commission, two county residents protested that condemnation action is initiated by the building official and not the county commission. Mrs. Margaret Cammack, a Lake Harney resident, said the authority for condemnation should rest with the five elected county commissioners. But County attorney Nikki Clayton told Mrs. Cammack the ordinance provides ample opportunity for the owner of such building to appeal to the commission. Sanford Attorney Thomas Speer agreed with Mrs. Cammack, calling the ordinance vague and permissive, and argued that structures on agricultural land should be exempt from the ordinance. Commissioners explained, however, that not all land zoned for agriculture was used for agriculture. "Although the intent of the ordinance is that agricultural buildings be excluded unless they are an imminent threat," Clayton said, "it could not recommend to this board it allow one group within the county to disregard the safety of the public." She said each case must be considered separately, since a hazardous building on a remote area of agricultural land would be different than if the same building were located on agricultural land near an area where school children walk. Mrs. Cammack replied that "for the County Attorney's information, I have had this ordinance reviewed by several attorneys." After the meeting, she refused to name the attorneys, but said they told her the ordinance could be successfully challenged in court. "The document is poorly prepared and poorly written," she said. "It allows for condemnation of property without prior legal finding. "It also puts the responsibility and liability on the building official, not the county commission." "We didn't elect five county commissioners to let someone else make the decisions." But Clayton said the ordinance was designed to provide further methods of appeal for owners of structures the building official determines to be a hazard. "The root of your problem is your lack of understanding of the ordinance," Clayton told Mrs. Cammack. "She doesn't know what's in it," Mrs. Cammack later said of the attorney. County commissioners agreed, however, to further spell out in Section 2 of the document that owners of structures ordered repaired have an appeal process available to them, previously described only in Section 5. Flippin said today he does not mind having responsibility under the ordinance. "It's my job," he said.



Seminole County will use its new condemnation ordinance to rid the county of unoccupied, hazardous structures such as this abandoned building in the Bookertown area west of Lake Monroe, according to county building official Don Flippin.

Altamonte To Hire Investigator

The Altamonte Springs City Commission next Tuesday is to name an investigator to look into charges of wrongdoing in office leveled against Mayor Norman Floyd by Altamonte attorney Michael D. Jones. Deputy Mayor Lee Constantine said today the commissioner, a decision Tuesday night, to have an investigation conducted into the allegations contained in a complaint presented to the city earlier in the day by a spokesman for Jones. Both Floyd and Jones are out of town on business. According to an ordinance recently adopted by the city commission, the investigator to be named must be "impartial, competent and qualified" and cannot be "associated in any fashion with the city or with any individual concerned with the investigation." The commission voted unanimously to have the investigation conducted.

Today

Table with 2 columns: Activity and Time. Action 2A, Around The Clock 4A, Bridge 2B, Calendar 3B, Classified Ads 10-11A, Comics 2B, Crossword 2B, Dear Abby 9A, Dr. Lamb 9A, Editorial 4A, Florida 3A, Horoscope 2B, Hospital 2A, Nation 2A, Ourselves 9A, Sports 6-8A, Television 3B, Weather 2A, World 2A.

County Changes Mind About Class

In a reversal of its decision last week, the Seminole County Commission Tuesday approved sponsorship of a program that will spend \$105,881 of federal money to pay CETA-qualified workers \$3.10 per hour to learn how to look for a job. Commissioners Sandra Glenn and Bill Kirchhoff remained opposed to the proposal, but it passed 2-2. Commissioners Richard Williams and Bob Sturm changed their votes. Commissioner Bob French voted for the proposal both times. Williams said he wouldn't mind "trying it until September." Under the proposal, participants would be paid \$3.10 per hour to attend a 30-hour-per-week, three-week course on job hunting. Yontz said the classes would assist economically disadvantaged persons to develop motivation, positive habits and attitudes and give them the tools and techniques they need to obtain gainful employment in a complicated job market. But Kirchhoff continued to maintain that it shouldn't take three weeks to learn how to apply for a job. Mrs. Glenn said she could understand how the economically disadvantaged could need three weeks to "reverse routines they've had for years," but continued to vote against the proposal because she said it was a duplication of efforts elsewhere.

WORLD IN BRIEF

Bahamas Rejects Cuba Claim CIA Provoked Plane Attack

NASSAU, Bahamas (UPI) — The Bahamas government has rejected Cuba's latest explanation that the U.S. Central Intelligence Agency provoked the fatal Cuban fighter plane attack on the Bahamas' Defense Forces vessel Flamingo.

Bahamian External Affairs Minister Paul L. Adderley denied late Tuesday that his government is involved in any way in American intelligence activity.

NATO Leader Plot Plans

BRUSSELS, Belgium (UPI) — NATO foreign and defense ministers have agreed to expedite plans to deploy new weapons and increase the size of their air force and air troop carriers in their first clear signal to the Kremlin the West will not tolerate any further Afghan-type adventures.

Muskie: U.S. Needs Support

BRUSSELS, Belgium (UPI) — Secretary of State Edmund Muskie told NATO nations today the United States needs stronger support from its partners.

Iran To Name Minister?

TEHRAN, Iran (UPI) — President Abolhasan Banisadr's ability to control the government is questioned, today was reported making another attempt to name a prime minister before the newly elected Islamic parliament meets in June.

School Board Meets Tonight

The Seminole County School Board will hold its regular Wednesday business meeting at 7 p.m. today in the school board chambers at its offices at 1211 Melville, Sanford.

5 Dead In Michigan Tornadoes

Two tornadoes tore through downtown Kalamazoo, Mich., killing five people, injuring 85 others with flying glass and debris, and possibly trapping others in flattened buildings.

WEATHER

AREA READINGS (9 a.m.): temperature: 78; overnight low: 70; yesterday's high: 80; barometric pressure: 30.2; relative humidity: 82 percent; winds: Southeast at 7 m.p.h.

Evening Herald

Published Daily and Sunday, except Sundays at The Sanford Herald, Inc., 200 N. French Ave., Sanford, Fla. 32771.

Longwood Won't Delay Issuing Permits

By JANE CASSELBERRY Herald Staff Writer

Longwood residents from the area northeast of Lake Wildemere are angry over the issuance of permits for construction on non-conforming lots of record following a change in the legal interpretation of a city ordinance.

Muffler Breaks Gas Tank

By DAVID M. RAZLER Herald Staff Writer

A Sanford woman's car was destroyed by fire Tuesday when a broken muffler tore a hole in its gas tank, deputies say.

Blaze Destroys Car

Wanda Lynn Turner, 717 Baywood Circle, Sanford, was driving along Old Lake Mary Road, just south of 25th Street, at 11:10 a.m., when she noticed the fire and left the car, deputies say.

Sadat Ends 'Martial Law'

CAIRO, Egypt (UPI) — President Anwar Sadat today announced the abolition of martial law "for good" in a liberalization move forming part of a sweeping reform program including a new Cabinet under his personal command.

City Extends Cablevision Deal

Sanford two weeks ago sent the cablevision industry a message stop the move to take away from cities the authority to regulate cable television or Semnole Cablevision might suffer.

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restrictions went into effect with his legal interpretation given on April 29 at the request of the commission.

Refugees Could Raise Taxes

TALLAHASSEE, Fla. (UPI) — The Florida House Education Appropriations Chairman warned today that property taxes might have to be raised statewide to finance the education of an estimated 15,000 young Haitian and Cuban refugees.

2,000 More Cubans Arrive

KEY WEST, Fla. (UPI) — Nearly 2,000 Cuban refugees reached Key West early today in the resumed freedom seallift and a backlog quickly clogged processing facilities.

Senators Clear Bunny Bill

TALLAHASSEE, Fla. (UPI) — Landmark legislation giving doctors the right to take "brain dead" patients off respirators and other life support systems has cleared the Florida Senate.

Senate Clears Bunny Bill

TALLAHASSEE, Fla. (UPI) — Sen. Pat Frank put carrots on their desks and senators responded by passing legislation banning the use of live rabbits to train greyhounds.

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Inmates Hold 3 Deputies At Norfolk, Va., Jail

NORFOLK, Va. (UPI) — A group of inmates, apparently led in an escape attempt, went on a rampage at the City Jail early today and captured three deputies, authorities said.

HOSPITAL NOTES

Seminole Memorial Hospital May 13, 1980

State Files Suit

TAMPA, Fla. (UPI) — The Florida Department of Transportation filed suit in federal court Tuesday against the operators of the Summit Venture, seeking \$75 million damages as a result of the collision of the freighter with the Sunshine Skyway Bridge.

Victories Push Reagan, Carter Close To Nominations

By United Press International President Carter and Ronald Reagan, now within easy reach of the 1980 presidential nominations, won nearly 50 new delegates each in Maryland and Nebraska — victories sweetened by the memory of defeats four years past.

Death Ship's Engines Were At Full Reverse

TAMPA, Fla. (UPI) — The captain of a freighter that struck the Sunshine Skyway Bridge Friday sending 34 persons to their deaths says the anchor was dropped and the engines at full reverse when the vessel rammed into a support column on the southern side of the channel.

Prices Reduced 10% Below Freezing at Walgreens

AN IMPORTANT INFLATION FIGHTING MESSAGE: PRICES REDUCED 10% BELOW FREEZING ON HUNDREDS OF WALGREENS PRODUCTS! at Walgreens

FLORIDA IN BRIEF

Defense Rests In Trial Of 4 Dade Policemen

TAMPA, Fla. (UPI) — The defense has rested in the case of four white former Dade County police officers charged in the beating death last Dec. 17 of Arthur McDuffie, a 28-year-old black insurance man.

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Liquor License Lottery?

TALLAHASSEE, Fla. (UPI) — Recognizing that liquor licenses are worth many times their weight in gold, lawmakers hope to bring fairness to the process of parceling out some 700 new ones to be issued after the 1980 census.

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DRISTAN

Combust Guard SHAVE GEL Regular or Sensitive Skin Formulas 7 oz. \$ME 1.19

DRISTAN Tablets Deodorant provides more complete relief. \$ME 1.39

Anti-Perseptant 4 oz. SURE SPRAY. Price includes 25¢ off total Reg. Unadvertised. \$MS 1.19

Johnson's Baby OIL-ESTERS Deodorants odors with activated charcoal. \$MS 99¢

WALGREEN COUPON

BAUSCH & LOMB SALINE SOLUTION

3 oz. Sterile. \$1.59

WALGREEN COUPON

PRELL SHAMPOO

8.5 oz. Liquid or 5 oz. creamer. \$1.19

WALGREEN COUPON

PALMOLIVE LIQUID, 32 oz.

For dishes. \$1.19

WALGREEN COUPON

SCOT PAPER TOWELS, 85 ft., 2/51

Limit 1 thru May 17, 1980. Without coupon \$1.49.

WALGREEN COUPON

Penn Dutch MUSHROOMS 4-oz. CAN

\$1.49

OVERSIZE 50' HOSE

5" x 1/2" diam. for foot water flow. Two-ply lining. REG. \$6.99. SALE 4.99

THERMOS JUG GALLON

Plastic over thick foam insulation. screw-on stopper. REG. \$5.49. SALE 4.49

GRASS TRIMMER

Block & Decker automatic self-feeding nylon line, 10' swath. 70' REPLACEMENT LINE Reg. \$3.99. SALE 3.49

20" BREEZE BOX FAN

Cools 5 rooms using windows or without. 3-speed. UN APPROVED. REG. \$23.99. SALE 19.99

DIRECTOR'S CHAIR

Orange or brown canvas, smooth white printed wood. 10' swath. REG. \$21.99. SALE 18.99

KILL THOSE BUGS

(WHILE QUANTITIES LAST)

REUSABLE ICE PAK

12 degree cooler. REG. \$1.99. SALE 1.59

GRO AUTOMATIC ROOM FOGGER

6oz. can covers up to 3,000 cu. ft. REG. \$2.29. SALE 1.69

GRO AUTOMATIC ROOM FOGGER

14 oz. can covers up to 12,000 cu. ft. REG. \$4.99. SALE 3.29

STUD PLAYING CARDS

PINOCHLE OR REGULAR. 2 DECKS. REG. \$1.99. SALE 2.79

CAREFREE SHIELDS

Box of 6. REG. \$1.99. SALE 2.29

DIAZINON LAWN SPRAY

For drosophila, fly, aphid, grasshopper, caterpillar, beetle, spider, etc. REG. \$5.99. SALE 4.39

TERMITICIDE

1 GALLON. REG. \$9.99. SALE 6.29

ROACH KILLER

1 GALLON. REG. \$6.49. SALE 5.19

WALGREEN COUPON

REUSABLE ICE PAK

12 degree cooler. REG. \$1.99. SALE 1.59

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ROACH KILLER

1 GALLON. REG. \$6.49. SALE 5.19

30 QUART FOAM COOLER

Limit 1 thru May 17, 1980. Without coupon \$1.79

PROCESSING OF SLIDES OR MOVIES

110 128-135 Kodachrome or Ektachrome slides. 1/2" or Super 8 or 8mm movie film. REG. \$1.38. SALE 2.38

HOW TO GET MORE OUT OF YOUR BANK.

Choosing a bank for a free gift may give you something, temporarily. But choosing Atlantic Bank for service will give you something permanently. Because from four kinds of checking accounts, nine kinds of savings accounts and dozens of other accounts, Atlantic Bankers will help you choose the bank accounts and services that are right for you.

It's a new customized approach to banking that makes the most of your money. And isn't that what you want most from your bank, permanently?

Talk to an Atlantic Banker about Custom Banking today. And start getting more out of your bank.

Atlantic Bank
The Best Bank Around

Atlantic Bank of Orlando, Downtown (Main Office), 845-3700, West Orlando Branch, 845-3700, Water Park Branch, 845-3700, Conway Branch, 845-3700, Longwood Branch, (Opening 1980), Central Park Branch, (Opening 1980), Atlantic Bank of Dunedin, Main Office, 357-3111, Motor Bank, 357-3111

Adelphi National Bank of Seminole, Main Office, 322-6211, Motor Bank, 322-6211

NO FAULT AUTO INSURANCE

- DISCOUNT FOR SAFE DRIVERS
- YOUNG DRIVER PROGRAM
- SR 22 FILED FREE
- LOW MONTHLY PAY PLANS

322-0285

TONY RUSSI INSURANCE
317 S. French Ave. Sanford

ARMA

The Weekly Hardware Saver

HOWE'S GLASS & SCREEN HARDWARE

NOW OPEN UNTIL 5:30 PM

BAHIA GRASS SEED

PENACOLA BAHIA REG. \$1.29 lb. 99¢

ARGENTINE BAHIA REG. \$2.50 lb. 1.75 lb.

PENNINGTON GREEN REG. \$1.08 lb. 1.45 lb.

101 S. FRENCH AVE. SANFORD

(305) 323-1216

Clem Leonard Moves Into First In Pee Wee Action

Clem Leonard still ripped Adcock Roofing 6-5 Tuesday to claim sole possession of first place in the Sanford Pee Wee League with a 3-0 record.

Adcock Roofing regained the lead with a pair of runs in the top of the third. Burnett Washington led off the inning and went all the way around the bases on three errors.

Leonard Shell pitching staff chalked up a one-hitter. Burnett Washington went the distance in defeat, striking out nine while allowing five hits.

Table with columns for SEMINOLE, WESTSIDE, and KEN KERN'S. Lists player names and statistics.

Jabbar, Dawkins The Key Series Reaches Game 5

INGLEWOOD, Calif. (UPI) — The NBA championship series between the Los Angeles Lakers and the Philadelphia 76ers is tied at two games each entering Wednesday's fifth game, and to one seems to have an explanation.

Philadelphia just must be a very special team. Philadelphia Coach Billy Cunningham also couldn't explain how his 76ers could be ravaged so badly on the backboards and still manage to win a pair of games.

Save \$86 to \$165 on 4 steel belted radials. Closeout 33% off. Our best steel belted radials have a poly-ester radial ply body with 2 steel belts.



\$40 off Deluxe AM/FM in-dash stereos. 4 ply poly tires. 19.88* ea. Size 478-13. Our lowest price full-ply polyester tire.

Sale 119.99. Reg. 159.99. Deluxe AM/FM car stereo with auto-reverse cassette or 8-track. Features fine tuners, LED, push-button selectors. All hardware.

Sale \$10. Reg. \$15. Built for heavy-duty work for vans, light trucks. 35% bigger with 65% more fluid than our regular heavy duty shock. Greater durability, stability.

Sale \$67. Reg. \$79. Gould Action Pack 80 recreational battery for trolling fishermen.

Sale \$74. Reg. \$89. Gould Action Pack 105 recreational battery for big boats.

This is JCPenney. Rust-proofing. 59.88. Compacts' vital service protects the underside of late model vehicles.

Altamonte Roundup Johnson Handcuffs Pirates

The Kennedy Skylights Dodgers, winners of the first half of the Altamonte Little League's Triple-A Championship continued to roll Monday night behind the impressive pitching of Tony Johnson.

Little National League Poppa Jay's Derails Railroaders

Winning only its third game of the season, Poppa Jay's knocked off the league-leading Railroaders Tuesday in the Sanford Little National League.

Table with columns for Poppa Jay's and Railroaders. Lists player names and statistics.

Bowl America, Lloyd's Score Softball Wins

Tuesday night's action in the Sanford Women's Softball League saw Shadows post a 19-2 win over Stromberg-Carlson; Seminole Auto Machine scored a 2-0 win over Hamp's Angels; in a shortened contest Lloyd's completely bombed Flagship.

Parts City AUTOMOTIVE SUPERMARKETS

Large advertisement for Parts City featuring various automotive parts like tires, batteries, and gaskets. Includes logos for MG, Volvo, Datsun, Saab, and Toyota.

Sanford Plaza Hwy. 17-92 and State St. Open 8 a.m. to 9 p.m. Mon-Sat. Open 12:30 to 5:30 Sunday.



SEMINOLE FOOTWORK Spring gridiron workouts continue around the county as Five Star Center squads busily prepare for the annual Spring Jamboree to be held at Seminole High on May 29.

American League Roundup

Lynn Connects For Cycle

Fred Lynn decided to play a little hardball: hit the ball and run. Ordinarily, I wouldn't have tried for a triple, but I was aware of the cycle and we had a good lead.

Carl Yastrzemski and Jim Rice each drove in two runs in Boston's 15-hit attack. Yast hit a two-run homer in the third, the 40th of his career, tying him for 17th place with Hall of Famer Duke Snider.

National League Roundup

Knight Crowns Mets With Big Stick

Ray Knight answered his own question. The last time I was at bat and I hit a single and I said to myself, 'Am I ever going to get a hit?' said Knight, whose record-tying two home runs and five RBI in the fifth inning helped Cincinnati to a 15-4 victory over the New York Mets.

Seminole Netters Receive Honors

The Seminole High Tennis Team honored its team members at the Spring Sports Awards Banquet held at the Mayfair Country Club Monday night.

Angie Barley, Lisa Harper, Candi Crocker, Ginny Bishop, Patti Edgemont while men's varsity letters went to Rick Holt, David Holt, Tim Barley, Steve Yaker, Tyler Johnson, Jaime McAlexander and Bill Kirchhoff.

Federal Judge Rules Against 10-Cent Gasoline Fee

United Press International
Air fare prices likely will go up soon and the cost of gasoline remains a question mark, but mortgage rates are going down and the Chrysler Corp. is offering rebates of up to \$1,000 on some cars and trucks.

But government lawyers said they would appeal the ruling today. Adding to the uncertainty of the proposed tax is moves in Congress to stop Carter's oil fee.

In a step toward government deregulation of the airlines, the Civil Aeronautics Board eliminated fare ceilings for trips under 200 miles and gave airlines leeway to charge higher fares on longer domestic trips.

The CAB authorized fare increases up to 50 percent over the board's basic fare ceiling for trips of 200 to 400 miles, and 30 percent above the fare ceiling for trips of 400 miles or more.

Chitbank's rate reduction from 15 1/2 percent means a monthly saving of \$60 on a \$50,000, 30-year mortgage.

Couple Rams Car Into Gym

Teen Suicide Pact Stuns High School

MERCER ISLAND, Wash. (UPI) — At lunch time or after school, Jason, 14, and Dawn, 15, would lead their friends in long talks about suicide and reincarnation. No one knew how serious they were.

In a fantasy hatched by the group, Sheryl said, Jason and Dawn were supposed to steal a red Italian sports car. They would die in a flaming crash at their old junior high school and move to a "higher plane of existence."

Grand Jury Criticizes Dade School Board

MIAMI (UPI) — The grand jury that indicted former School Superintendent Johnny L. Jones for grand theft in the gold plated plumbing case has accused the Dade County School Board of giving him too much power and failing to make him accountable for his actions.

We're Sick of Inflation, too! Eckerd Freezes Prices

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WILKINSON BLADES Double edge 5" Stainless 29¢	MYLANTA 12-oz. Antacid 1.59	FLAVOR ROAST MIXED NUTS 17.99	CHARM DETERGENT 27¢	IRISH SPRING BATH SOAP 2.77¢
JUST WONDERFUL HAIRSPRAY 79¢	DECORATIVE OIL LAMP 4.88	WEBA ALUMINUM OUTDOOR FURNITURE 8.88	12" x 18" PEDESTAL HIBACHI 12.88	15-POUND BAG CHARCOAL BRIQUETTES 12.99
BAN ROLL-ON DEODORANT 79¢	COPPERTONE SUNTAN LOTION 1.09	FABERGE ORGANIC HAND & BODY LOTION 59¢	BAUSCH+LOMB SALINE SOLUTION 1.47	CHLOR-TRIMETON TABLETS 99¢
GENERAL ELECTRIC LIGHT BULBS 4/1.99	HOME ENTERTAINMENT CENTER 32.88	RID-A-BUG FLEA TICK SPRAY 3.99	ENERGIZER BATTERIES 4/2.27	SYLVANIA FLASHBAR 1.69

Contemporary Gardens

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10-GAL. PLAYMATE COOLER CHEST 12.88	WEBA ALUMINUM OUTDOOR FURNITURE 8.88	12" x 18" PEDESTAL HIBACHI 12.88	15-POUND BAG CHARCOAL BRIQUETTES 12.99	2-GALLON SPANK SPRAYER 16.88
DECORATIVE OIL LAMP 4.88	12" x 18" PEDESTAL HIBACHI 12.88	15-POUND BAG CHARCOAL BRIQUETTES 12.99	2-GALLON SPANK SPRAYER 16.88	NELSON TURRET SPRINKLER 4.88
27" x 20-YD. ROLL DUCT TAPE 1.99	HEAVY DUTY SEAT CUSHION 5.49	TURTLE WAX 1.79	EARTHWAX 1.79	2-GALLON SPANK SPRAYER 16.88

Cook Of The Week

Decorator Consultant Says She's A 'Plant Freak'

By TOM NETSEL, Herald Staff Writer

Donna Frangipane is a working mother who enjoys her job. As a decorator consultant for J.C. Penney, the Winter Springs woman goes into people's homes and advises them on drapery choices, upholstery and wallpaper.

Moving from Connecticut two years ago to their home on Sheeah Circle, the Frangipanes have two children: Lisa, 10, and Gary, 7. Mrs. Frangipane described herself as a "plant freak" and their back and wood home has numerous ferns and plants used throughout its decor.

Chrysler said its rebate program — offered on both 1979 and 1980 model cars and trucks — will be in effect through June 20.



Donna Frangipane enjoys her job, cooking, weaving and sewing

- ### QUICHE LORRAINE
- 1 package prepared pie crust mix
 - 4 slices bacon fried crisp and crumbled (reserve fat)
 - 1 small onion, coarsely chopped
 - 1/2 cup ham, chopped
 - 1 cup Swiss cheese, coarsely chopped
 - 1/4 cup grated Parmesan cheese
 - 4 eggs, beaten
 - 2 cups light cream
 - 1/4 teaspoon nutmeg
 - 1/2 teaspoon salt



Pair Pears With Fruits, Vegetables

This old-fashioned lattice-topped pie is filled with a flavorful combination of canned Bartlett pears and tart red rhubarb. Sweet and juicy canned Bartlett pears are cut into bite-size pieces and tossed with fresh rhubarb which is now in plentiful supply.

- ### SWEET-SOUR CARROTS AND PEARS
- 1 tablespoon oil
 - 2 cups thinly sliced carrot (about 5 small carrots)
 - 1/2 teaspoon salt
 - 1 large fresh California Bartlett pear
 - 1/4 cup sliced green onion
 - 1 tablespoon finely chopped green pepper
 - 2 tablespoons brown sugar (packed)
 - 2 tablespoons lemon juice
 - 1/2 teaspoon cornstarch
 - 1/2 teaspoon soy sauce

FOOD BARN

PARK AVE. AT 25TH ST., SANFORD

OPEN DAILY 8 A.M. TO 8 P.M., 7 DAYS A WEEK

STK. PAYER BREAST 1.78	FRANKS 2.99	HEAVY PORK NECK 2.25	BEEF 3.50	EXTRA LEAN BONELESS ROLL BRISKET 1.48	ROAST 1.98
ASSORTED PAPER TOWELS 59¢	BROWNIE 98¢	JUICE 98¢	THRIFT KING 1.39	ASSORTED SALAD DRESSING 1.00	SAUCE 1.00
LIBBY'S PEACHES 2.10	COCKTAIL 2.10	FRUIT 59¢	PEAS 1.00	BEANS 1.00	CORN 1.00
ICE CREAM 99¢	SAUCE 1.00	PASTA 1.00	PORCINI 1.00	TOMATO PASTE 59¢	CONDENSED MILK 1.00
ALL VARIETIES BANQUET Dinners 59¢	Lemonade 2.29	CHOCOLATE 89¢	Cream Cakes 1.69	CAULIFLOWER 69¢	Sherbet 89¢
2-GALLON SPANK SPRAYER 16.88	NELSON TURRET SPRINKLER 4.88	JANCO PLANTERS 2.30	2-GALLON SPANK SPRAYER 16.88	2-GALLON SPANK SPRAYER 16.88	2-GALLON SPANK SPRAYER 16.88

- 1/4 cup vinegar
- 1 cup chopped onion
- 1 teaspoon salt
- 1 teaspoon coarsely ground or cracked pepper
- 1/2 cup butter
- 1/2 tablespoons dry mustard
- Cut beef into 1 1/2-inch cubes. Blend Marinade ingredients and pour over beef cubes in a deep bowl. Refrigerate overnight or let stand at room temperature for 2 to 3 hours. When ready to cook, thread beef and wedges of green pepper alternately on skewers, including 2 mushrooms per skewer. Grill over high flame, turning often, for 12 to 15 minutes.

- ### NEW ENGLAND CLAM CHOWDER
- 12 large or 24 small mushrooms
 - 1 tablespoon butter or margarine
 - 2 tablespoons oil
 - 1 teaspoon minced onion
 - 1 clove garlic
 - 1 tablespoon minced parsley
 - 1/2 cup fine dry bread crumbs
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 tablespoons vegetable broth, dry white wine or hot water
 - 2 tablespoons Romano or Parmesan cheese

- ### BEEF SHISH KABOB
- 2 pounds lean round beef
 - 3 green peppers
 - 12 large mushrooms
 - Marinade: 1/2 cup salad oil

COUPON

MIRACLE WHIP 88¢

DAIRY

- Margarine 39¢
- Cream Cheese 29¢
- Sour Cream 2.19
- Cottage Cheese 89¢
- Whip Dips 3.19
- Sauer Kraut 39¢
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- RIGHT GUARD 1.29
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COUPON

FLOUR 5 1/2 78¢

EGGS 28¢

COUPON

produce

- CARROTS 3 LB. 49¢
- CELERY 4 STALKS 1.00
- CUCUMBERS 10 FOR 1.00
- BANANAS 28¢
- APPLES 6 FOR 98¢

Blondie comic strip panels with dialogue about going to work and a boss.

Beetle Bailey comic strip panels with dialogue about a mid-eastern problem.

The Born Loser comic strip panels with dialogue about a man's life.

Archie comic strip panels with dialogue about a girl's memory.

Eek & Meeq comic strip panels with dialogue about a chef's responsibility.

Priscilla's Pop comic strip panels with dialogue about a car fixer.

Bugs Bunny comic strip panels with dialogue about a sandwich.

Frank and Ernest comic strip panels with dialogue about men's clothing.

Tumbleweeds comic strip panels with dialogue about a tragic news story.

Answers to puzzles and word games.

Horoscope section for Thursday, May 15, 1980.

Win at Bridge section with a hand analysis.

Horoscope section for Thursday, May 15, 1980.

Win at Bridge section with a hand analysis.

Horoscope section for Thursday, May 15, 1980.

Win at Bridge section with a hand analysis.

Horoscope section for Thursday, May 15, 1980.

Win at Bridge section with a hand analysis.

Milk, Coffee Products May Delay His Relief - Dr. Lamb article.

Calendar section for Wednesday, May 14.

Calendar section for Thursday, May 15.

Calendar section for Friday, May 16.

Calendar section for Saturday, May 17.

Calendar section for Sunday, May 18.

Calendar section for Monday, May 19.

Calendar section for Tuesday, May 20.

Calendar section for Wednesday, May 21.

Calendar section for Thursday, May 15.

Calendar section for Friday, May 16.

Calendar section for Saturday, May 17.

Calendar section for Sunday, May 18.

Calendar section for Monday, May 19.

Calendar section for Tuesday, May 20.

Calendar section for Wednesday, May 21.

Calendar section for Thursday, May 22.

Calendar section for Friday, May 23.

TONIGHT'S TV section for Wednesday.

TONIGHT'S TV section for Thursday.

TONIGHT'S TV section for Friday.

TONIGHT'S TV section for Saturday.

TONIGHT'S TV section for Sunday.

TONIGHT'S TV section for Monday.

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TONIGHT'S TV section for Thursday.

TONIGHT'S TV section for Friday.

TONIGHT'S TV section for Saturday.

'Haywire' Depth, Dimension Missing - From TV Drama On Hayward article.

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Want to Know "What's Happening" in Seminole County? Read The Evening Herald.

WEDNESDAY IS CHICKEN DAY FAMOUS RECIPE - STAND UP AND BE COUNTED! - Show the world you're glad to be an American!

Festival To Feature All The Sweet Corn You Can Eat

The 1980 Zellwood Sweet Corn Festival is scheduled May 31-June 1. And the festival will feature all the luscious Zellwood sweet corn you can eat. The event will open with ceremonies beginning May 31, at 11 a.m.

The colorful program is filled with information on corn — and recipes. Included are recipes for corn whiskey and Elephant Stew.

The recipes are the result of a contest by members of the Orange County Extension Homemakers Club.

Some of the recipes are as follows:

CORRIED ZELLWOOD CORN
by Amelia Shearouse

2 cups water
Combine all ingredients, simmer for 20 minutes. Pack into clean pint jars, leaving 1" space but making sure vinegar solution covers vegetables. Adjust lids. Process in boiling water bath (212 degrees) for 15 min. Remove from canner and complete seal. NOTE: If using self-sealing, this need not be done. Makes 34 pts.

2 cups fresh corn kernels
3 tbsp. butter
1/4 tsp. curry powder
1/4 tsp. salt
1/4 tsp. pepper
1 cup chopped celery
1/4 cup diced green pepper
2 tbsp. diced onion
1/4 cup dairy sour cream

Melt butter in skillet. Add curry powder, salt and pepper. Blend. Add corn, celery, green pepper and onion. Cover. Cook over low heat for 8 to 10 min. or until vegetables are just tender. Stir in sour cream, heat stirring constantly but do not allow to boil. Serves 4.



Over 35,000 people are expected to feast and have fun in Zellwood on May 31 and June 1. A festival committee spokesman said, "There will be something for everyone."

CORN SALAD
by Beverly Tenay

1 cup water
2 cups corn kernels (4 ears)
1/4 cup light corn syrup
two-thirds cup red wine vinegar
one-third cup vegetable oil
1 tsp. salt
1/4 tsp. dillweed
1 small onion (sliced)
2 cups cooked wax beans
2 cups cooked green beans
1/4 cup sweet red pepper (chopped)

Heat water to boil in medium size pan. Add corn, cover and cook for 3-5 min. or until tender. Drain and place in large bowl. Combine corn syrup, vinegar, salt, oil and dill in medium size bowl. Pour over corn. Stir in onion, all beans and red pepper. Toss lightly. Cover and refrigerate overnight, drain marinade. Serve in lettuce lined bowl. Serves 10.

CORN FRITTERS

6 ears fresh corn
Milk
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1 egg, beaten
Oil for frying

Remove the husks and silks from fresh corn; rinse, cut off just the tips of kernels, holding knife at an easy angle, then scrape the cob. Drain uncooked, cut corn, reserving liquid; add enough milk to liquid to measure 1 cup. Sift together all-purpose flour, baking powder and salt. Combine beaten egg with the milk mixture and fresh corn; add to dry ingredients. Mix just till flour is moistened. Drop batter from tablespoon into deep, hot fat (375 degrees). Fry until golden brown, about 3 minutes. Drain fritters on paper towels. Serve with warm maple-flavored syrup, honey or powdered sugar. 18 fritters.

CORN CHOWDER
by Vicki Ketter

4 slices bacon (cut in small pieces)
1 cup chopped potatoes
1/4 cup chopped onions
3/4 cup chopped celery
4 tbsp. flour
2 cups milk
2 cups fresh corn-scrape cob well
1 tsp. salt
1/4 tsp. pepper

Cook corn in boiling water for 7 min. before removing from cob.

Brown bacon in large skillet. When bacon is crisp, add potatoes, onions and celery and cook until they are lightly browned. Add cup water and cook until vegetables are tender. Mix flour with milk and add to vegetables. Cook to boiling point, stirring constantly. Add corn and seasonings. Serves 4. Especially good served on a cold winter evening with a heavy type bread.

DILLY CORN-ON-THE-COB
by Rebecca Gardner Kawitka

6 ripe ears of corn (with husks)
1/2 cup melted butter (no substitute)
1 tsp. garlic salt
2 tsp. chopped fresh dill
1/4 tsp. paprika
1 tsp. grated parmesan cheese

Pull husks back and keep them intact and unbroken. Remove silk from corn. Wash gently and dry with soft towel. Combine rest of ingredients, mixing well. Brush each ear, using soft brush, using all of the mixture. Fold husks carefully back over corn. Place in a flat baking dish that has been covered over the bottom with 1/4 inch of water. Bake in a 350 degree oven for 15 to 20 minutes until kernels are plump and tender. Serves 6.

TAMALE CORN CASSEOLE
by Amelia Shearouse

3 cups corn kernels, fresh or frozen
2 (15 oz.) can tamales
1/4 cup chopped green peppers
1/4 cup salsa sauce
cheese olive topping

Cut each tamale into 6 slices and place half on bottom of a 13"x9" pan. Spread with 1/4 cups corn, top with remaining tamale slices and corn. Pour pizza sauce over all. Spoon green pepper over. Spoon cheese olive topping over casserole. Bake at 400 degrees for 30 min.

CHEESE OLIVE TOPPING

1/4 cup flour
1/4 cup corn meal
1 (1.5 oz) envelope cheese sauce mix
1/4 cup baking powder
1 tsp. salt
1 egg, slightly beaten
1/4 cup milk
1/4 cup vegetable oil
2 tbsp. chopped ripe olives

Mix in a large mixing bowl, combine flour, cheese sauce mix, baking powder and salt. Add remaining ingredients. Stir until dough is formed. Spoon over casserole.

CORN COB SYRUP
by Josephine Land

Wash 12 clean ears of corn. Break into pieces, cover with cold water. Boil until water is a light-colored. Strain juice, taking one part juice to two parts light brown sugar (or cup of juice to two cups sugar). Boil this mixture for about 10 minutes. Bottles and seal.

SWEET CORN RELISH
by Christine Dalziel

3/4 quart, frozen corn
1 cup, chopped green pepper
1 cup, chopped sweet red pepper
1/4 cups onion
1 cup chopped celery
1 small clove garlic
1 cup sugar
1 1/2 tsp. mustard seed
1 tsp. salt
1 tsp. celery seed
1/4 tsp. turmeric
2 and two-thirds cup cider vinegar

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When space exploration took off in Florida back in the fifties, Publix was busy in a space race of its own — opening bigger and bigger stores with an even larger selection of brand name groceries to serve Florida's growing population. Explore the Publix near you today and you'll find all the brands you know and trust in the sizes that are right for your family.

You'll find all your favorites

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2000 GREEN STAMPS WHEN YOU CLIP & REDEEM THE COUPONS ON THIS PAGE

10-oz. Pkg. Gillette Stainless Steel Double Edge Blades	10-oz. Pkg. Cap'n Crunch Cereal	10-oz. Pkg. Gillette Stainless Steel Double Edge Blades	10-oz. Pkg. Cap'n Crunch Cereal
10-oz. Pkg. Gillette Stainless Steel Double Edge Blades	10-oz. Pkg. Cap'n Crunch Cereal	10-oz. Pkg. Gillette Stainless Steel Double Edge Blades	10-oz. Pkg. Cap'n Crunch Cereal
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Scoop: Ice Cream Specials Of Yesterday Stars Of Today

Nostalgia is sweeping the country. Old time ice cream parlors now dot the city and country scene. When they're not doing that, teenaged mini-chefs or their moms are turning out fountain treats in their own kitchens.

Ice cream specials of yesterday are turning into stars all over again. Oldest of those is the ice cream sundae which was an 1800's favorite, then sodas, hailed in 1893 as the "national beverage."

In 1904 came the ice cream cone.

The Banana Skyscraper is a late comer, dating to 1936 while the Black Cow came along in 1944.

For the fancier tastes of the adult world, there's Peach Melba, created by the great chef, Auguste Escoffier, after he had heard Dame Nellie Melba sing in the opera, Lohengrin. Other desserts include a meringue shell filled with scoops of peppermint ice cream, drizzled with fudge sauce; and, chocolate cake layered with cherry ice cream, then frosted with whipped cream and nuts.

JOIN US AS WE REVISIT 5 DECADES OF SHOPPING PLEASURE. NOW WE'RE SPOTLIGHTING THE 1950'S.

Publix and Kraft bring you quick meal ideas with cheese.

KRAFT CHEESE SPRINGTACULAR

Look for these delicious recipes and more at your Publix Market.

50 YEARS OF SHOPPING PLEASURE 1930-1980

PRICES EFFECTIVE THURSDAY, MAY 15, THROUGH WEDNESDAY, MAY 21, 1980. CLOSED SUNDAY.

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Whipped Cream Cheese 8-oz. size **99¢**

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SAVE 10¢, KRAFT REGULAR

With Chives or Plain, Philadelphia Brand Cream Cheese 3 sizes **87¢**

Kraft Processed Cheese **Veveeta Spread** 2-lb. tub **92¢**

Kraft Plain **Cheez Whiz** 8-oz. tub **99¢**

Kraft Miracle Whipped **Margarine** 1-lb. tub **79¢**

Kraft Soft **Parkay Margarine** 1-lb. tub **79¢**

Kraft 6 1/2-oz. Real Cream or 8-oz. Regular **Whipped Topping** 8-oz. tub **89¢**

Kraft Chunk Style Aged **Big Eye Swiss** 16-oz. pkg. **99¢**

KRAFT'S INDIVIDUALLY WRAPPED PROCESSED CHEESE FOOD

Sliced American 12-oz. pkg. **\$1.39**

PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD

Kraft Individually-Wrapped Sliced Pimento, White American or Swiss **Cheese Food** 12-oz. pkg. **\$1.09**

Kraft's Cheese **New YrK Sharp Cheddar** 12-oz. pkg. **\$1.09**

Kraft's Casino Brand **Swiss Cheese** 10-oz. pkg. **\$1.79**

Kraft's Casino Brand **Mozzarella Cheese** 10-oz. pkg. **\$2.29**

Kraft's Mild **Longhorn Cheese** 10-oz. pkg. **\$1.49**

Kraft's Natural Cheese **Sharp Cheddar** 16-oz. bar **\$2.49**

10 minute breakfast **Sunny Scrambled Eggs**

20 minute lunch **Frank Whiz Macaroni**

30 minute dinner **Cheesy Bacon Carbonara**

Publix where shopping is a pleasure

50 YEARS OF SHOPPING PLEASURE 1930-1980

BANANA SKYSCRAPER

1 banana
1 medium scoop chocolate ice cream (1/2 cup)
Whipped cream
Maraschino cherry

Quarter a ripe banana by cutting end lengthwise and then once crosswise at center. Place 2 tablespoons Fudge Sauce in the bottom of a crisp sundae glass. Add 1 scoop of vanilla ice cream. Place banana quarters upright with pointed ends up. Add 1 scoop chocolate ice cream. Drizzle with 2 tablespoons Fudge Sauce. Top with whipped cream and cherry. 1 serving.

TIN ROOF SUNDAE

1/4 cup Fudge Sauce
1 large scoop vanilla ice cream (1/2 cup)
2 tablespoons Spanish salted peanuts
Place 2 tablespoons Fudge Sauce in the bottom of a footed ice cream bowl. Add one scoop of ice cream. Cover with 2 tablespoons Fudge Sauce; sprinkle with peanuts. 1 serving.

FUDGE SAUCE

1 package (6 oz.) semi-sweet chocolate pieces
1/2 cup light cream OR half and half
1/2 teaspoon vanilla

Melt chocolate with cream in a heavy saucepan over low heat, stirring until smooth. Remove from heat; stir in vanilla. Serve slightly warm. Yields 1 cup.

STRAWBERRY SODA

3 tablespoons frozen strawberries in syrup, thawed
3 small scoops strawberry ice cream (3/4 cup)
6 ounces chilled creme soda
Whipped cream
Fresh strawberries

Mash strawberries until well blended with syrup. Stir together strawberry syrup, 1 scoop ice cream and about 2 tablespoons creme soda in the bottom of a 4-ounce glass. Add 2 additional scoops of ice cream. Pour in enough soda to fill glass. Garnish with whipped cream and a strawberry. 1 serving.

PEPPERMINT FUDGE MERINGUE

For meringue shell, beat egg whites with cream of tartar until stiff peaks form. Gradually add sugar, 1 tablespoon at a time, beating constantly until sugar is dissolved and whites are glossy and stand in stiff peaks. Draw a 9-inch circle on a sheet of brown paper; place on cookie sheet. Shape meringue to form a 9-inch circle on brown paper, building up sides of meringue slightly. Bake in preheated 250 degree F. oven 1 hour. Turn off oven; leave meringue in oven with door closed 1 hour. Remove from oven. Cool on wire rack away from draft. Fill cooled shell with scoops of ice cream. Drizzle with Fudge Sauce. 8 to 10 servings.

PEACH MELBA

1 tablespoon cornstarch
1 package (10 oz.) frozen raspberries, thawed
1/2 cup red currant jelly
8 large cling peach halves, chilled
2 pints vanilla ice cream

For raspberry sauce, dissolve cornstarch in 2 tablespoons syrup from raspberries. Combine raspberries, remaining syrup and jelly in saucepan. Heat to boiling. Gradually stir in cornstarch and cook, stirring constantly, until thickened and clear. Cook 2 additional minutes. Cover and chill. Yield: 1/4 cups.

Cut each peach half into thirds. For each serving, arrange 4 peach slices in a ring in a chilled sherbet glass. Top with a generous scoop of ice cream. Spoon about 1/4 cup raspberry sauce over ice cream. 6 servings.

BLACK COW (Root Beer Float)

6 ounces chilled root beer
3 small scoops vanilla ice cream (about 3/4 cup)
chilled vanilla ice cream (optional)

Fill a 14-ounce glass 1/2 full with root beer. Add 2 more scoops of ice cream. Pour in enough root beer to fill glass. Serve with club soda to add for extra carbonation, if desired. 1 serving.

CHERRY ICE CREAM CAKE

1 package (18.5 oz.) butter recipe fudge cake mix
1/2 cup (1 stick) butter
3 eggs
3/4 cup water
2 pints New York cherry ice cream
1 cup whipping cream
2 tablespoons confectioners' sugar
Chopped walnuts

Butter two 9-inch square baking pans, line bottoms with waxed paper, butter again and dust with flour. Prepare cake batter according to package directions using butter, eggs and water. Bake in prepared pans in preheated 375 degree F. oven about 20 minutes. Cool 20 minutes, remove from pans and remove waxed paper. Chill 1 layer of cake. (Freeze the second layer for future use.)

To assemble, cut chilled cake layer in half lengthwise to make two 9 1/2 x 4 1/2 inch rectangles. Spoon 1 pint ice cream over one rectangle. Top with remaining rectangle and spoon remaining ice cream on top. Wrap in foil and freeze several hours or overnight.

To serve, beat cream in a chilled bowl with chilled beaters until stiff peaks form. Fold in sugar. Place ice cream cake on a chilled serving tray. Frost sides with sweetened whipped cream. Sprinkle sides with walnuts. Garnish with fresh Bing cherries and sprigs of mint, if desired. 12 servings.

Febulously fancy, but easy to make, ice cream desserts include famous Peach Melba, Cherry Ice Cream Cake and Peppermint Fudge Meringue.

Backyard Barbecue Bounty

Summertime is here, and there's no need to let inflation take the fun out of life! The state of food and gasoline prices plus other factors challenge our ingenuity. Fun in the backyard...on the porch or patio...is the order of the day. A return to basics and sharing is one solution to stretching the food dollars while enjoying the fun days of summer.

A backyard barbecue is a fun way to entertain family and guests. What's more it can be easier on the cook too! Easier that is, if costs, chores and food shopping are shared. Making and sharing a favorite recipe is another way to spice the barbecue. Family and guests can swell the bounty by contributing their own specialty.

To make the most of meat and poultry, rely on the help of lemon and lime juices. These juices, reconstituted and bottled for your convenience, can be used as is, or with oil, spices or herbs to make delicious sauces and marinades.

A good marinade can help to tenderize an inexpensive cut of meat. Garden fresh vegetables take well to lemon sauce. Savor the flavor of summer's bounty with the help of convenient, economical and versatile reconstituted lemon or lime juices.

Three tablespoons of reconstituted lemon juice equals one perfect lemon. Due to the uniform quality and strength, the reconstituted juice can be used in place of fresh lemon juice in most recipes. Furthermore, reconstituted juice is more economical than fresh lemon juice...yet another good way to combat rising food costs.

JOHN'S BARBECUED CHICKEN
(Makes 4 to 6 servings)
1 3/4 pound broiler-fryer chicken, cut up
1/2 cup lemon juice
1/2 cup vegetable oil
1 teaspoon garlic salt
1 teaspoon oregano leaves
1/4 teaspoon pepper

Place chicken in shallow baking dish. In 1-pint jar with tight-fitting lid, combine remaining ingredients; shake well. Pour over chicken. Refrigerate 6 hours or overnight; turn occasionally. Grill or broil, turning and basting frequently with remaining marinade. Refrigerate leftovers.

ZESTY BARBECUED RIBS
(Makes 5 to 8 servings)
6 pounds pork spare ribs
Water
2 cups catsup
1/2 cup lemon juice
1/2 cup firmly packed brown sugar
1/2 cup prepared mustard
1/2 cup finely chopped onion
1/4 cup Worcestershire sauce
1 clove garlic, finely chopped
1/4 teaspoon salt
1/2 teaspoon hot pepper sauce

In large pan with cover, cook ribs in boiling water 45 to 60 minutes or until tender. Meanwhile, in medium saucepan, combine remaining ingredients, simmer 30 minutes, stirring occasionally. Remove ribs to grill. Grill ribs, turning and brushing frequently with sauce. Refrigerate leftovers.

KAREN'S CREAMY LEMON SHERBET
(Makes about 3 cups)
1 cup sugar
1 pint (2 cups) whipping cream
1/2 cup lemon juice
Few drops yellow food coloring

In medium bowl, combine sugar and cream, stirring until dissolved. Stir in lemon juice and food coloring. Pour into 8-inch square pan or directly into sherbet dishes. Freeze 3 hours or until firm. Remove from freezer 5 minutes before serving. Return leftovers to freezer.

LEMON-HERB BUTTER
(Makes about 1 cup butter)
1 cup butter or margarine, softened
1/2 cup lemon juice
2 teaspoons oregano or basil or dill weed or thyme leaves
1 teaspoon chopped parsley

In small mixer bowl, cream butter; gradually beat in lemon juice. Stir in herbs and parsley. Cover and chill 45 minutes or until firm. Place in covered butter dish. If desired, spoon on waxed paper and shape into a 1x8-inch roll. Chill 1 to 2 hours. Serve on bread, vegetables and pasta.

GEORGE'S LEMON BEAN SALAD
(Makes 4 to 6 servings)
two-thirds cup lemon juice
one-third cup sugar
one-third cup vegetable oil
1 teaspoon salt
1/4 teaspoon pepper

1 (8-ounce) can garbanzo beans, drained
1 (8-ounce) can cut green beans, drained
1 (8-ounce) kidney beans, drained
1 (8-ounce) can wax beans, drained
1 (2-ounce) jar sliced pimientos, drained
1 small green pepper, seeded, thinly sliced
1 small purple onion, thinly sliced

In 1-pint jar with tight-fitting lid, combine lemon juice, sugar, oil, salt and pepper; shake well. In large bowl, combine remaining ingredients. Pour lemon mixture over vegetables; mix well. Cover; chill 3 hours or overnight. Refrigerate leftovers.

MARIA'S MINTED LEMONADE
(Makes 2 quarts)
1 cup sugar
1 cup lemon juice
6-1/2 cups water and ice
1/4 teaspoon peppermint extract
Mint leaves, optional

In large pitcher, dissolve sugar in lemon juice; stir until dissolved. Add water, ice and extract. Garnish with mint leaves if desired.

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Rice-Metic! New Math For Budget Meals

Today's inflationary economy has caused homemakers to create new "food equations." For example: Meat for 2 + Rice + Seasonings equals Dinner for 6.

A pound of meat, poultry or seafood just has to be stretched these days. And while the number of servings per pound depends on the type or cut of meat involved, the challenge always is how to make that meat go still further.

Small portions help, but they don't necessarily satisfy hungry appetites. (And, if you've counted on leftovers for tomorrow's meal, your still-hungry family can make short work of this "reserve" with one quick nighttime refrigerator raid!)

Rice can be stirred into, baked with, or served under many saucy meat, seafood and poultry dishes. See how the RICE-METRIC equation works in the following recipes.

STEAK COSMOPOLITAN

1 pound beef round steak, thinly sliced in 1-inch strips
3 tablespoons vegetable oil
1 cup sliced onions
2 cups diagonally sliced carrots
1 1/2 cups Burgundy or other dry red wine
1 1/2 cups beef broth
1 can (4 ounces) sliced mushrooms and liquid
1 1/2 teaspoons salt
1/4 teaspoon each garlic powder and pepper
1 tablespoon Worcestershire sauce
2 cups diagonally sliced celery
2 tablespoons cornstarch
4 cups hot cooked rice

CHICKEN ORLEANS

1 cup each chopped onions and green peppers
1 clove garlic, crushed
2 tablespoons butter or margarine
1 can (16 ounces) stewed tomatoes
1 1/2 cups double-strength chicken broth
1/2 teaspoon salt
Dash of red pepper
1 teaspoon poultry seasoning
1 package (10 ounces) frozen cut okra
2 cups cubed cooked chicken
1/4 cup wine
2 tablespoons flour
4 cups hot cooked rice

RICE TACO TOSS

1 can (19 ounces) chili without beans
1 can (16 ounces) kidney beans
2 cups cooked rice
1 large head lettuce, shredded
3 medium tomatoes, sliced
1 medium onion, thinly sliced
1/2 cup French dressing
1 cup (4 ounces) grated cheese (Monterey Jack or Cheddar)
1 package (6 ounces) corn chips
Taco Sauce or salsa picante (optional)
Mix chili, beans, and rice. Heat. Combine lettuce, tomatoes, onion, and French dressing. To serve, arrange lettuce mixture on plates. Top with chili-rice mixture. Sprinkle with cheese and corn chips. Serve with taco sauce or salsa picante, if desired. Garnish with avocado wedges and/or green pepper rings.
Make 6 servings.

SMOKED SAUSAGE WITH RICE

4 cups hot cooked rice
1 pound smoked country-style link sausage
1 large onion, sliced
1 large green pepper, cut in 1-inch pieces
1 cup diagonally sliced celery, cut in 1-inch pieces
1 can (14 1/2 ounces) tomatoes, quartered
1 cup beef broth
1 can (8 ounces) sliced pineapple (in unsweetened pineapple juice)
1/4 teaspoon each garlic powder and pepper
1 tablespoon brown sugar
2 tablespoons cornstarch

While rice is cooking, cover and cook sausage in 1/2 cup water about 5 minutes. Remove from water and cut in thin slices. Combine sausage, onion, green pepper, and celery in a large skillet. Cook until vegetables are tender crisp. Add tomatoes, broth, pineapple (drain, cube, and reserve juice), and seasonings. Cover and simmer 5 minutes. Blend cornstarch with pineapple juice. Pour into meal-vegetable mixture. Cook, stirring, until clear and thickened - about 1 minute. Serve over beds of fluffy rice.
Makes 6 servings.

Take A Roman Holiday With Italian Fare

If you long to travel and your bank account says, "No, No," then let Italian imagination and ingenuity bring interesting cuisine to your table. It's the next best thing to flying to Rome and countryside.

Start the dinner with antipasti, those casual appetizers of salted fish, meats and olives. Proceed to the pasta, in this case Pesto al Burro, the famous Genoese specialty of fresh herbs, nuts and sharp cheese (Parmesan), blended into a paste and tossed with noodles. Chicken is a popular item, especially in this style from Northern Italy's Piedmont region where Swiss cheese and red sauces flourish. Contrast this with a fresh green salad, adding sliced oranges and crisp onion circles, if desired.

PESTO AL BURRO
(4 servings)
1 cup snipped fresh parsley
3 tablespoons basil, crushed
1 tablespoon pignolias (or 2 whole blanched almonds)
6 blanched whole almonds
1 clove garlic
1/2 teaspoon salt
8 tablespoons butter, melted and cooled
1/4 cup grated Parmesan cheese
10 ounces spaghetti cooked, rinsed and drained

Place parsley, basil, pignolias, almonds, garlic and salt in blender container. Blend at high speed, scraping down ingredients frequently towards bottom of blender container with rubber scraper until all ingredients are finely chopped. Add melted butter and blend at high speed until mixed. Pour mixture into small mixing bowl and beat to cheese. (Do not refrigerate.) Before serving pesto, add 1 tablespoon of hot water in which spaghetti was cooked; mix well. Place hot spaghetti

in warmed container; spoon pesto sauce over spaghetti; toss with two forks to coat well.

Note: Pignolias are pine nuts.
Recipe may be made in food processor, processing just until ingredients are finely chopped.

**CHICKEN BREASTS
PIEDMONT STYLE**
6 servings
Red Sauce
2 tablespoons butter
1/2 cup finely chopped onion
2 cloves garlic, crushed
1 can (28 oz.) Italian-style tomatoes
1 can (6 oz.) tomato paste
2 teaspoons basil, crushed
2 teaspoons sugar
1 teaspoon salt
1/4 teaspoon white pepper
Chicken Breasts
3 Chicken breasts, split, boned and skin removed
1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 cup (1/2 stick) butter
1/2 pound fresh mushrooms, sliced
1 tablespoon butter
6 slices Swiss cheese (about 1 oz. each)
For sauce, melt butter in heavy saucepan; saute onion and garlic until tender but not brown. Coarsely chop tomatoes; add to onion along with liquid from can. Add tomato paste and seasonings. Simmer, uncovered, 30 minutes. (Yield: 3 1/2 cups).
For chicken, pound chicken breasts between sheets of waxed paper to 1/4-inch thickness. Combine flour, salt and pepper; coat chicken breasts. Melt butter in heavy skillet; saute chicken over medium heat until golden brown and done, 5 to 6 minutes per side. Remove to shallow, heat-proof platter.

Saute mushrooms lightly in 1 tablespoon butter; arrange on chicken breasts. Top each breast with a slice of cheese. Place under broiler; broil just until cheese melts. Spoon a few tablespoons Red Sauce over each chicken breast. Pass remaining sauce.

Note: Leftover Red Sauce may be frozen. It is excellent over hot cooked pasta.

SESAME COOKIES
(Yield: about 6 dozen cookies)
1 cup (2 sticks) butter
1 cup sugar
3/4 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
Sesame Seed
Red and green candied cherry halves
Cream butter; gradually add sugar and cream until light and fluffy. Beat in eggs.
Combine flour, baking powder and salt. Add to creamed mixture; mix thoroughly. Chill dough several hours or overnight. Preheat oven to 350 degrees F. Shape dough into 1-inch balls; roll in sesame seed. Place on unbuttered cookie sheets; press a candied cherry half into each. Bake 15 to 18 minutes or until lightly browned.

COFFEE CAPPUCCINO
(Yield: 1 quart)
2 cups boiling water
3 tablespoons instant Espresso coffee powder
3 tablespoons powdered chocolate flavoring for milk
2 cups milk
1/2 cup whipping cream, whipped
Cinnamon
Combine boiling water, coffee and chocolate. Heat milk just to boiling. Combine with coffee-chocolate mixture. Pour into heated cups. Top with a dollop of whipped cream; dust with cinnamon.



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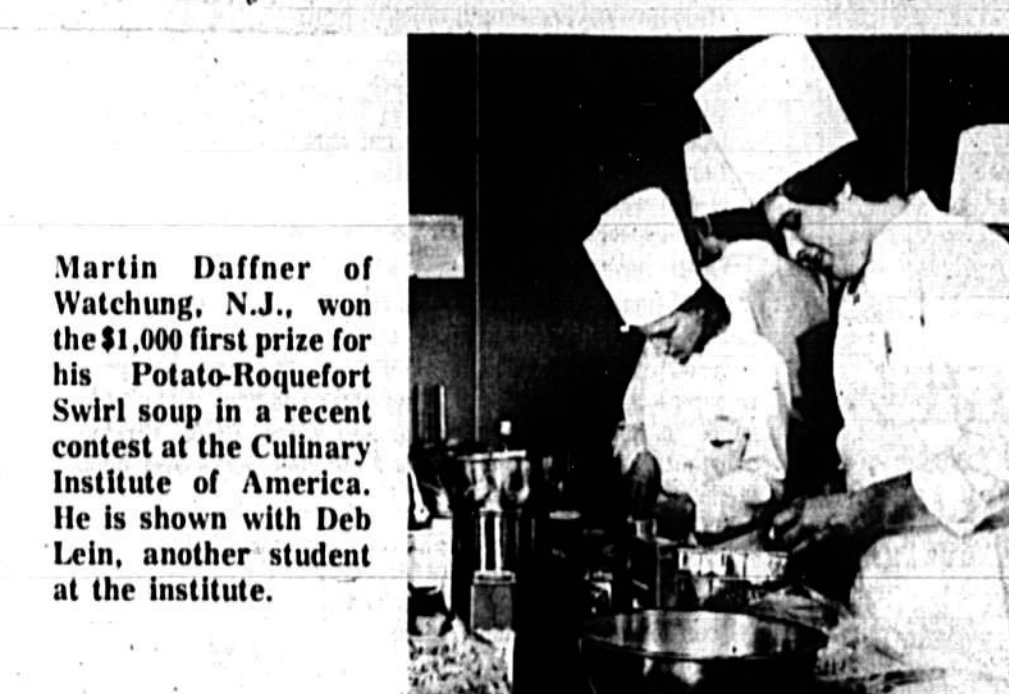
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		MEALOR GRITS 20 OZ. 43¢	EVAPORATED MILK 33¢
		BRECHNUT STRAINED BABY FOOD 4 OZ. 17¢	PURE GRAPE JELLY 2 LB. 76¢
		GOLDEN HARVEST TOMATOES 10 OZ. 29¢	SPAGHETTI SAUCE 20 OZ. 83¢
			CAKE MIX 14 OZ. 53¢
			PEANUT BUTTER 89¢

Cold Soup Is First In Recipe Contest



Martin Daffner of Watchung, N.J., won the \$1,000 first prize for his Potato-Roquefort Swirl soup in a recent contest at the Culinary Institute of America. He is shown with Deb Lein, another student at the institute.

Martin Daffner has been interested in cooking since he was 7 years old. That interest paid off recently when the Watchung, N.J., man won first prize in a recipe contest at the Culinary Institute of America in Hyde Park, N.Y.

Daffner received \$1,000 for this Potato and Roquefort Swirl, a variation on a basic cold vegetable soup.

Before enrolling at the Culinary Institute, Daffner took all the home-economics courses in food preparation offered by his high school.

He helped organize his cooking classmates to make breads, pies, sausage and bologna bag entrees to sell to other students and faculty. The proceeds were used for equipment for the food-preparation classroom and for class trip to the kitchens of the Billmore Hotel.

Both extensive classroom work and a 15-week "externship" are part of the Culinary Institute's program for Daffner and other students training for food-preparation careers at U.S. restaurants, clubs, hotels, motels, schools and hospitals. Contests like the one Daffner won give students an opportunity to develop recipes and win tuition money.

Daffner, who graduated from the institute two days after winning the contest, hopes eventually to open his own catering firm. He is off to a good start.

POTATO AND ROQUEFORT SWIRL SOUP

3 medium onions, thinly sliced
2 tablespoons butter
4 cups thinly sliced potatoes
1/2 cup thinly sliced celery
3 cups chicken broth
1 cup fresh chopped watercress
1/4 cup fresh chopped parsley
1/4 cup water
8 ounces Roquefort cheese, crumbled
1 cup heavy cream
Salt
White pepper
Saute onions in butter until transparent. Add potatoes, celery and chicken broth. Simmer, covered, for 25 minutes, until vegetables are tender. Put mixture through food mill or blender.
Measure 1 cup of this pureed mixture. Combine with watercress, parsley, dill and water in saucepan. Simmer, covered for 15 minutes. Remove from heat. Add Roquefort and put mixture through food mill.
Add 1/4 cup heavy cream to potato mixture and remaining 1/4 cup cream to Roquefort mixture. Season each mixture with salt and pepper to taste. Chill thoroughly.
Four potato mixture into attractive soup tureen, then pour Roquefort mixture into center. Swirl to form contrasting abstract design. For more geometric design, move two knives, one in each hand, simultaneously in sweeping motion. Garnish with watercress, if desired. Makes 6 to 8 servings.

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Use Imagination To Fix Tasty Low Calorie Lunch

The ambitious secretary is not only a valuable member of the work force right now but is also the promise of the future—the rising member of the business world who will eventually make up the executive cadre.

Although ability is of major importance, those who are looking for career advancement in the fast-track 80s need to present a smart, trim appearance.

Extra pounds put on during the less active winter months creep forward every year unless one strongly resolves to eliminate the worst diet spoilers—lunch and nibbles during the day.

It takes imagination to come up with a tasty, satisfying, low-calorie lunch. Often, we make the mistake of eliminating carbohydrates from a weight-loss diet.

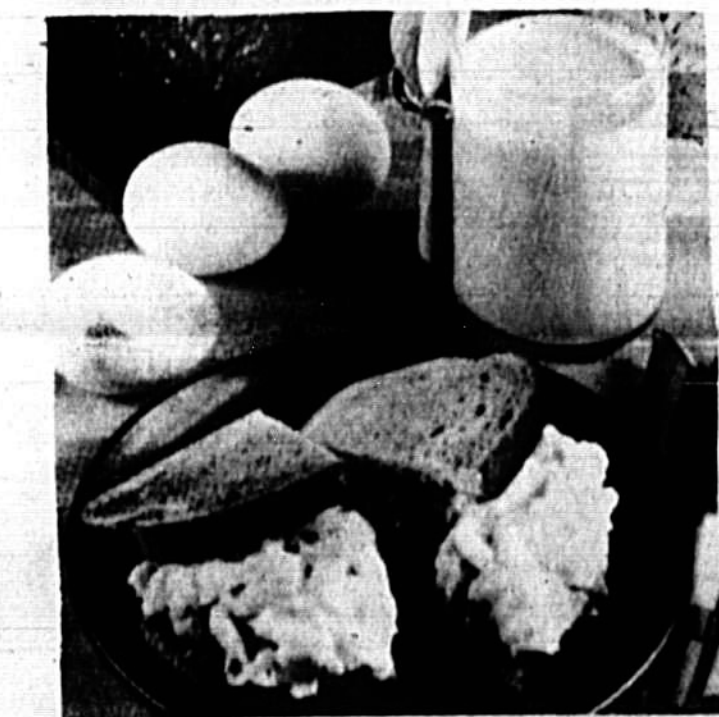
But judicious use of nutritious breads which one needs for both roughage and grain requirements in a healthy diet, can lead to a filling, well-nourished feeling. You'll be satisfied and less tempted to cheat with high calorie foods.

We've created a special Sunny Day Chicken Sandwich that's spiced with parsley, horseradish, scallions, and mustard. Low-fat yogurt in the chicken filling replaces other higher calorie ingredients.

During the day, we often get pangs of hunger. But if we reach for that donut or sweet roll, our diet goes down the drain. Instead, pack a container with more of the following nibbles. All calorie counts, except popcorn, are for 100 grams (about 3½ ounce portions). One half cup of popcorn without butter or margarine, is only about 21 calories.

- FRESH VEGETABLES**
- Raw, cut-up green beans 32
 - Carrot slices or sticks 27
 - Cauliflower pieces 27
 - Celery sticks 47
 - Green pepper strips 22
 - Radishes 17
 - Zucchini slices or spears 17
- FRUITS**
- Unsweetened applesauce 41
 - Blueberries 62
 - Grapefruit sections 40
 - Orange sections 50
 - Grapes 56
 - Fresh pineapple cubes 52
 - Strawberries 37

- SUNNY DAY CHICKEN SANDWICH**
- ½ cup chopped, cooked chicken
 - ¼ cup plain low-fat yogurt
 - 2 tablespoons finely chopped parsley
 - 1 tablespoon finely chopped scallions
 - ¼ teaspoon prepared mustard
 - ¼ teaspoon prepared horseradish



Eggwiches Simple, Saucy Menu Fare

SAUCY EGG SANDWICHES

Now that warm weather is upon us, it's time for easier, lighter meals. The Florida Poultry Federation recommends Deli Eggwiches with Quick Mustard Sauce, a simple and saucy way to add a special touch to springtime menus.

- 8 eggs
 - ¼ cup milk
 - 1½ teaspoons instant minced onion
 - ¼ teaspoon salt
 - ¼ teaspoon pepper
 - 2 tablespoons butter
 - ¼ lb. sliced salami or bologna, cut in ¼-inch strips (about 4 to 8 slices)
 - 8 slices large Russian rye bread, toasted and buttered
 - Quick Mustard Sauce.
- In mixing bowl mix eggs, milk, onion, salt and pepper thoroughly with a fork or rotary beater. Set aside. In large skillet or saucepan over medium heat cook salami in butter until slightly browned. Pour reserved egg mixture over salami. As eggs begin to set, gently draw a pancake turner completely across bottom and around sides of pan, forming large soft curds. Continue until eggs are thickened throughout but still moist. Place about two-thirds cup egg mixture on each of 4 toast slices. Top each with 1 tablespoon (or more to taste) Quick Mustard Sauce. Top with remaining toast slices. Cut in half. Makes 4 servings.

- It is better to remove scrambled eggs from pan when slightly underdone. Heat in eggs completes cooking.
- QUICK MUSTARD SAUCE**
- 1 egg
 - ¼ cup water
 - ¼ cup vinegar
 - 2 tablespoons sugar
 - 1½ tablespoons dry mustard
 - 1 tablespoon butter
 - ¼ teaspoon salt
 - Dash nutmeg
- Place all ingredients in blender container or small mixer bowl. Blend or mix with electric or rotary beater at medium speed until well combined. Pour into small saucepan and cook over medium-high heat, stirring constantly just until mixture comes to a boil. Remove from heat. Refrigerate any extra sauce. For more egg recipes write: Florida Poultry Federation, 5415 Mariner St., Ste. 105, Tampa, FL 33609.

- 1 tomato, thinly sliced (8 slices)
 - 4 slices whole grain bread
- In small bowl combine chicken, yogurt, parsley, scallions, mustard and horseradish. Mix well. Spread chicken filling on two slices of bread. Place three slices of tomato over the filling. Top with remaining two slices of bread. Yield: 2 sandwiches. Approximately 185 calories per sandwich.
- SUNSHINE LUNCHEON SALAD**
- 1 cup shredded carrots
 - one-third cup cubed pineapple in juice, undrained
 - 2 tablespoons chopped green pepper
 - ¼ teaspoon hot pepper sauce
 - Dash celery seed
 - Dash salt
 - Lettuce leaves
- In small bowl combine all ingredients except lettuce. Place lettuce in plastic container. Spoon salad over lettuce. Seal. Refrigerate. Yield: 1 serving (1½ cups).



Sunshine Salad especially enjoyable when eaten outside on a balmy day.

Pantry Pride More Ways Count the items...

- SHOULDER ROAST** (BONELESS BEEF) **\$1.78** LB. SAVE 60¢ A LB.
- ROCK CORNISH HENS** (U.S.D.A. GRADE A) **78¢** LB. SAVE 20¢ A LB.
- BONELESS SIRLOIN PORK ROAST** (FARMLAND FANCY CUT) **\$1.48** LB. SAVE 30¢ A LB.
- PANTRY PRIDE ICE CREAM** **99¢** HALF GALLON.

MEAT

- Beef Round Steak **\$2.58**
- Shoulder Steak **\$2.28**
- Stewing Beef **\$1.88**
- Beef Liver **.98¢**
- Hormel's Hams **\$2.48**
- Hygrade's Hams **\$1.88**
- Quarter Pork Loin **\$1.18**
- Smoked Slab Bacon **.58¢**
- Smoked Pork Chops **\$1.68**
- Tyson's Fried Chicken **\$1.99**

DELI

- Gold O' Corn (MARGARINE) **.58¢**
- Buttermilk Biscuits **.68¢**
- Fyne Spread Oleo **3/1**
- Cream Cheese **.68¢**
- Hormel's Sausages **.99¢**
- Italian Sausages **\$1.48**
- Real Polish Sausage **\$1.98**
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- Florida Grapefruit **6 for \$1.00**
- Florida Oranges **12 for \$1.00**
- Crisp Tender Celery **3 stalks .39¢**
- Romaine Lettuce **.39¢**
- Fresh Crisp Carrots **3 lbs .49¢**

SKILLET BRAND BACON **88¢** LB. PRG. SAVE 30¢

GROUND BEEF **\$1.38** 5 LBS. & OVER

HOOD OR TROPICANA PURE FLORIDA ORANGE JUICE **99¢** HALF GALLON CARTON

RED RIPE WATERMELONS **99¢** QUARTERS. HALVES \$1.89

Feast Like A Maharajah

There are a variety of ways to prepare economical, high-protein, low-calorie chicken. In many families, however, any change from "fried" or "roasted" is hard to sell. But you'll find more and more customers for seconds of this Americanized version of Indian sesame chicken with piquant curry sauce.

Serve it with your own dill-cranberry relish, pickle-date chow-chow or both, plus nuts and coconut.

SESAME CHICKEN WITH PIQUANT CURRY SAUCE

- ½ cup flour
- 2 tablespoons sesame seed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 (2½-pound) frying chicken, cut in serving pieces
- 1 egg, beaten
- 2 tablespoons salad oil
- 1 (10½-ounce) can condensed cream of chicken soup
- 1-3rd cup milk
- 1¼ teaspoons curry powder
- ¼ cup coarsely chopped sweet mixed pickles

Combine flour, sesame seed, salt and pepper. Mix well. Dip chicken in egg. Coat with flour mixture. Cook in oil until lightly browned on all sides.

Combine remaining ingredients. Mix well. Pour over chicken.

Cover and cook over low heat until chicken is tender, about 30 minutes. Serve with hot rice and assorted condiments, as desired.

This kitchen-tested recipe makes 4 servings.

DILL-CRANBERRY RELISH

- 2 cups fresh cranberries
- 1 medium orange
- 3 medium dill pickles
- ¼ cup walnuts
- 2 tablespoons sugar

Thoroughly wash cranberries and orange. Slice orange and remove seeds.

Put cranberries, orange slices, pickles and walnuts through food chopper. Stir in sugar.

Chill several hours before serving. This kitchen-tested recipe makes 3 cups.

PICKLE-DATE CHOW-CHOW

- 1½ cups chopped sweet mixed pickles
- 1½ cups chopped dates (8-ounce package)
- 2 tablespoons slivered orange peel
- ½ cup sweet-pickle liquid
- ½ cup water

NOTE: Relish may be prepared in food processor. Put all ingredients into work bowl. Process until finely chopped.



Americanized Indian chicken easy to prepare.

Combine pickles, dates and orange peel in bowl or jar. Mix together pickle liquid and water. Pour over pickle mixture.

Cover and refrigerate at least 24 hours before serving. Stir several times to mix well.

This kitchen-tested recipe makes 3 cups.

Short Ribs Score First In Cook-Off

Finals in the Florida Beef Cook-off sponsored by the Florida CowBelles' Association were held at the Marion County Agricultural Center, Ocala. A total of 10 contestants prepared their recipes which had been selected previously at statewide county level competition from among approximately 60 entries.

Taking top spot was Barbara Horning from Brevard County with her entry "Short Ribs 'L' Orange." Second place was won by Kay Bird, Hillsborough County, with "Pimenton Beef Supreme" and third by Julius Stafford, Marion County, with his recipe named "Round Steak a la Lena."

Judges for the competition were Lizette Murphy, Food Service, University of Florida, Gainesville; Linda Roy, Supervisor, Vocational Education, Marion County School System, and Myles Tiernan, a retired chef residing in Ocala. State chairman for the event was Celine Mack of Ocala. CowBelles' president is Katherine Simms of Lakeland.

SHORT RIBS 'L' ORANGE

- 3½ to 4 lbs. lean short ribs
- 2 tablespoons salad oil
- 2 cans (11 oz.) mandarin orange sections
- ¼ cup corn starch
- ½ cup orange marmalade
- 1 teaspoon salt
- 2 cans small, whole fingerling carrots, drained
- 16 medium size mushrooms

Slowly heat oil in large skillet or Dutch oven. Brown meat well, turning on all sides, about 20 minutes. Remove from heat.

Drain orange sections, reserving juice. Combine juice with corn starch, orange marmalade and salt. Mix well and pour over meat, add oranges. Bring to boiling, reduce heat and simmer, covered, 2 to 2½ hours, or until fork tender. Add mushrooms (whole) and fingerling carrots before cooking is complete (just long enough to heat them through).

The Florida Beef Cook-off is conducted for the purpose of featuring beef recipes, understanding the various cuts of beef and their proper preparation, for promoting the beef cattle industry and to select a state winner to represent Florida in the National Cook-off Contest slated to be held in Scottsdale, Ariz., Sept. 3-5.

In addition to the top winners, other contestants competing in the Cook-off were Wanda Wolfe, Pasco County; Mary Kelsch, Collier County; Rosemary Sowinski, St. Lucie County; Mary Lee' Daugherty, Volusia County; Rosie Bornemel, Okeechoobe County; Elaine Brady, St. Johns County, and Lorraine Goetz, contestant-at-large.



Ring Proves Making Bread No Big Deal

Growth in the convenience food industry is an indication that time and labor-saving meals have considerable appeal for modern cooks.

And the sales of small appliances, such as food processors, appear to confirm it. How much time and work new products save is actually up to the user.

Savvy cooks may not be tempted to change their ways, but adventurous cooks seem to welcome innovations. One of the recent ones is making yeast bread in a food processor.

Most food processors make a single loaf of bread, which is fine for small households.

The accompanying recipe, for Sour Cream Herb Ring is an example of how little effort it takes to prepare distinctive yeast rolls and bread. Today, measuring of ingredients takes more time than mixing and kneading.

In less than two minutes of mixing the dough is kneaded and ready to put aside to rise.

HERB SOUR CREAM RING (Makes 1 loaf)

- 2½ cups unbleached flour
- 5 tablespoons margarine
- 3 tablespoons sugar
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon dried oregano leaves
- 1 package active dry yeast
- ¼ cup warm water (105 degree F - 115 degree F.)
- ¼ cup dairy sour cream
- ¼ cup milk

Food Processor Preparation

With metal blade in place combine flour, 3 tablespoons margarine, sugar, thyme and oregano in bowl; process 5-10 seconds to combine. Dissolve yeast in warm water; pour through feed tube. Add sour cream and begin processing. Four milk through feed tube in a fast stream until ball forms, about 15-20 seconds. Continue processing for 60 seconds to knead dough.

Carefully remove dough from processor bowl. Shape into a ball and place in a greased bowl, turning to grease top. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down. Divide into 10 pieces and shape each into a ball. Arrange balls in a circle in a greased 8½ cup ring mold. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour, 10 minutes.

Melt remaining margarine; pour over dough. Bake at 375 degrees F. for 20 to 25 minutes, or until done. Remove from pan and cool on wire rack.

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SANWA RAMEN NOODLES **4 \$100** ASSORTED 3oz PACKAGE. EVERYDAY LOW PRICES. SAVE 16¢ ON 4.

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Kraft Dressings .59¢ **Hefty Trash Bags** .99¢

Heinz Ketchup 2/\$1 **Plochmans Mustard** .59¢

Punch Detergent .99¢ **Del Monte Drink** .59¢

9" White Plates (PAPER) .97¢ **Flavor Ice (FREEZER BARS)** .89¢

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Delmonte Drinks .59¢ **Potted Meat (HORMEL)** 5/\$1

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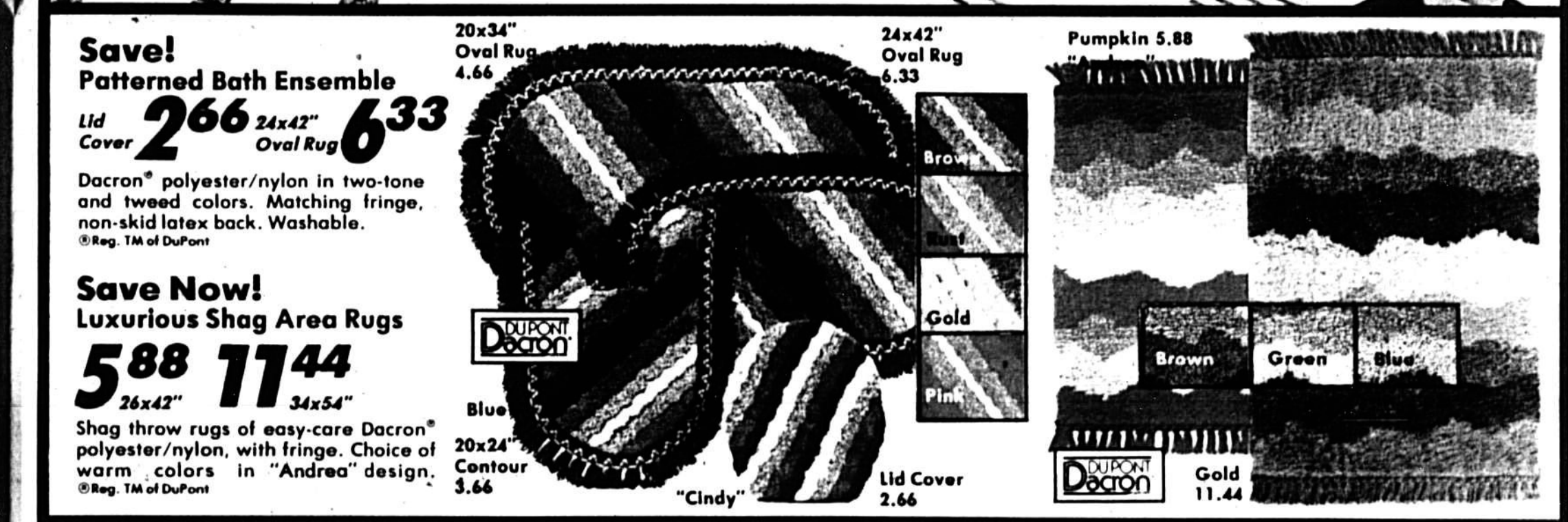
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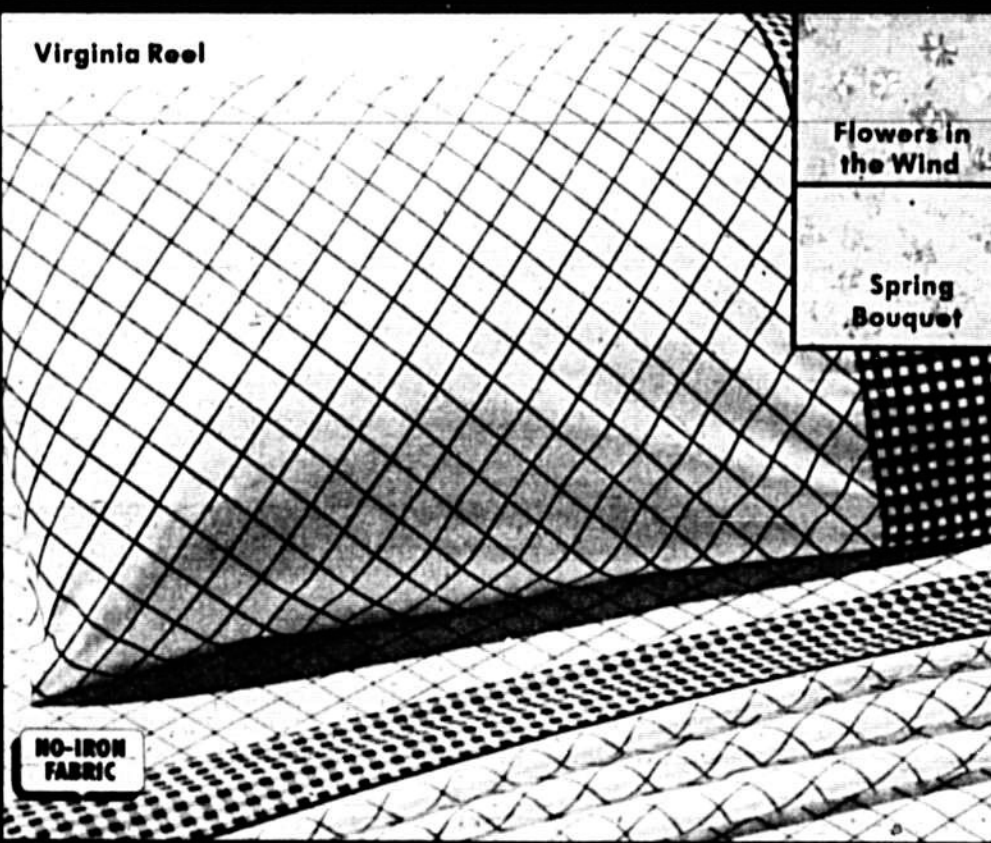
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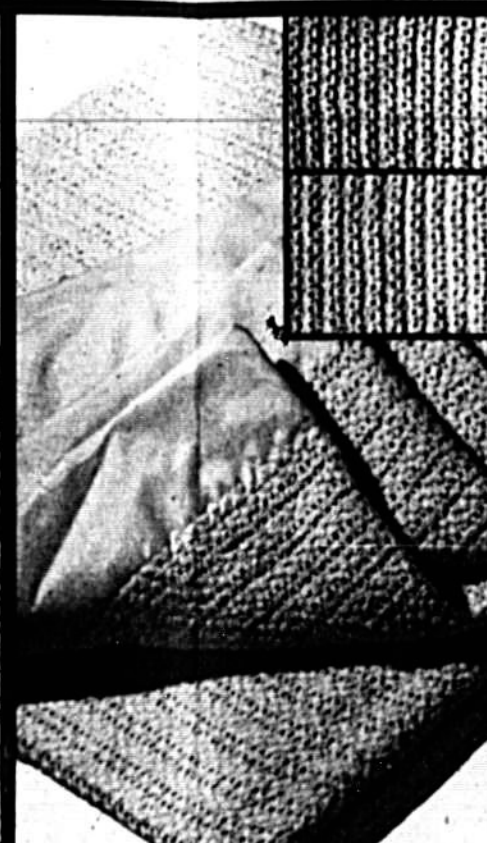
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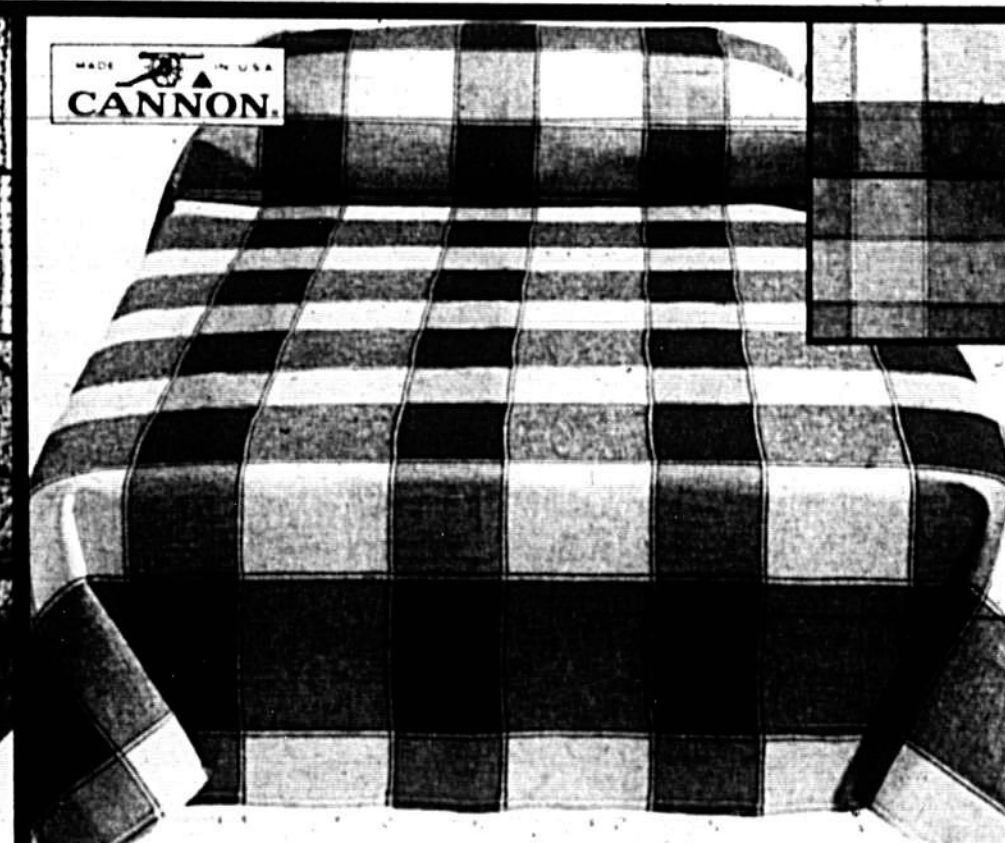


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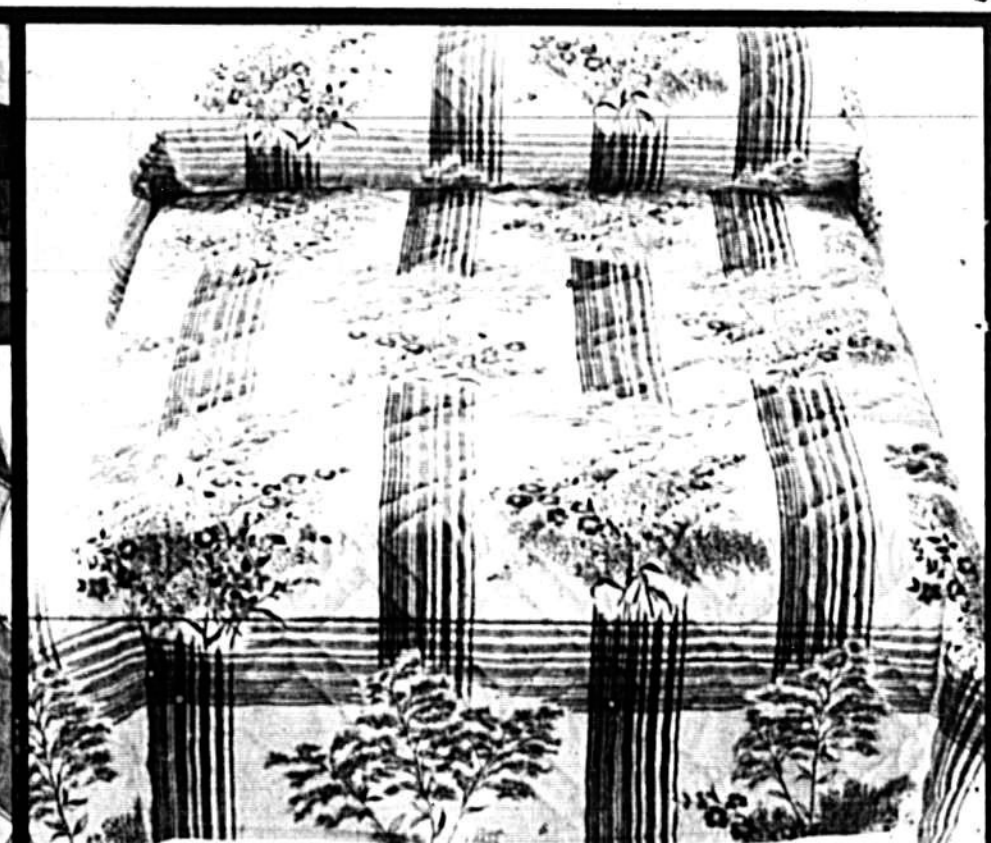
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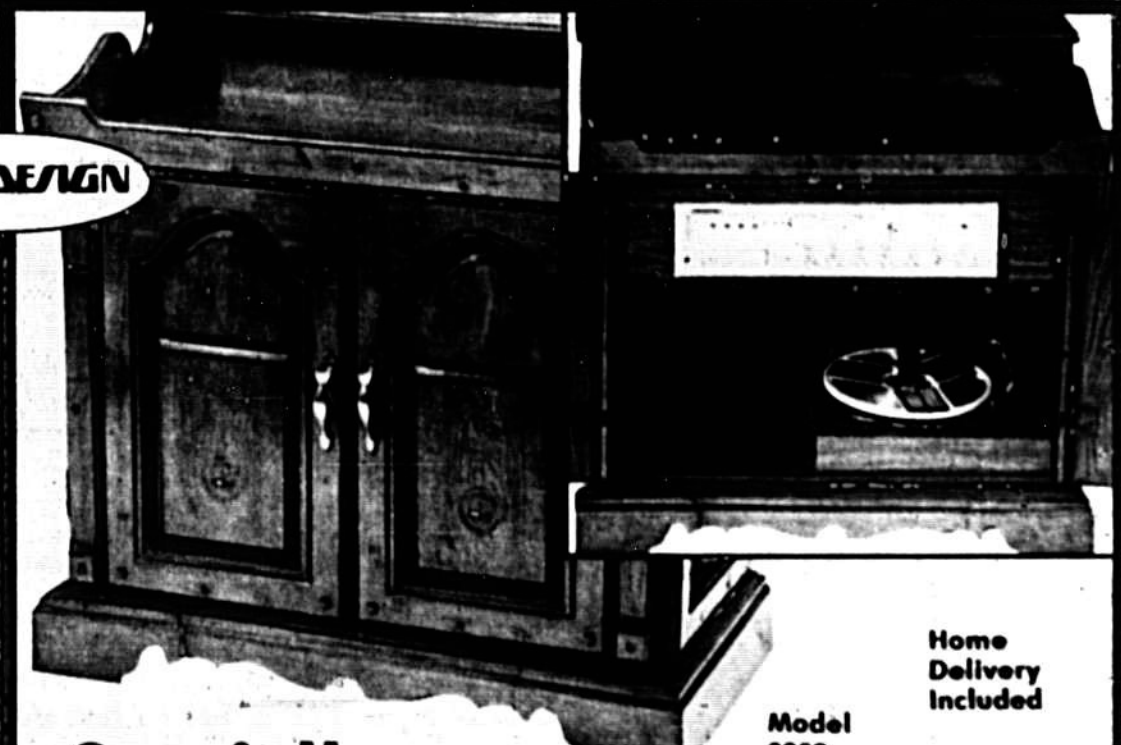


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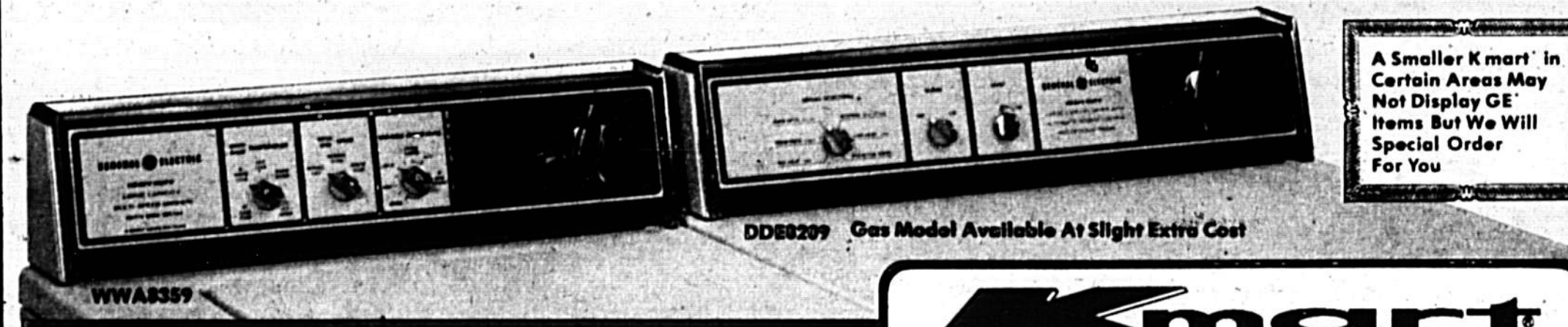


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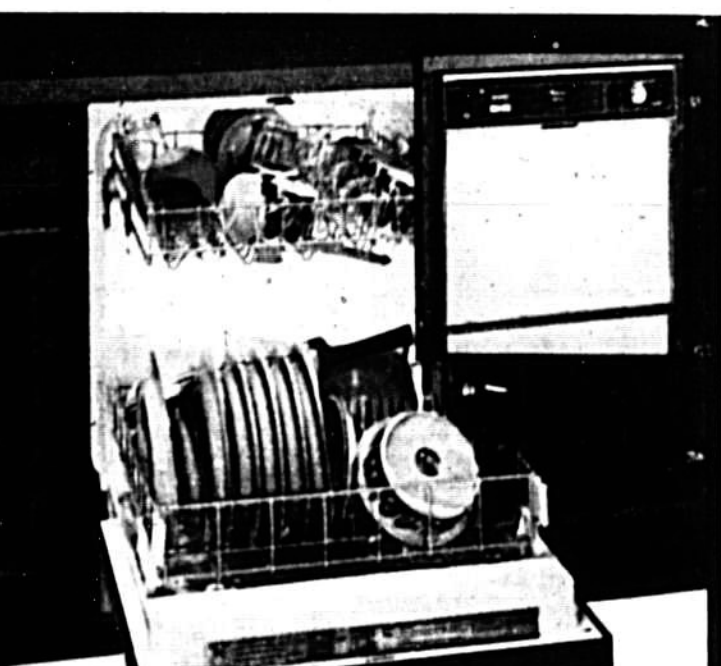
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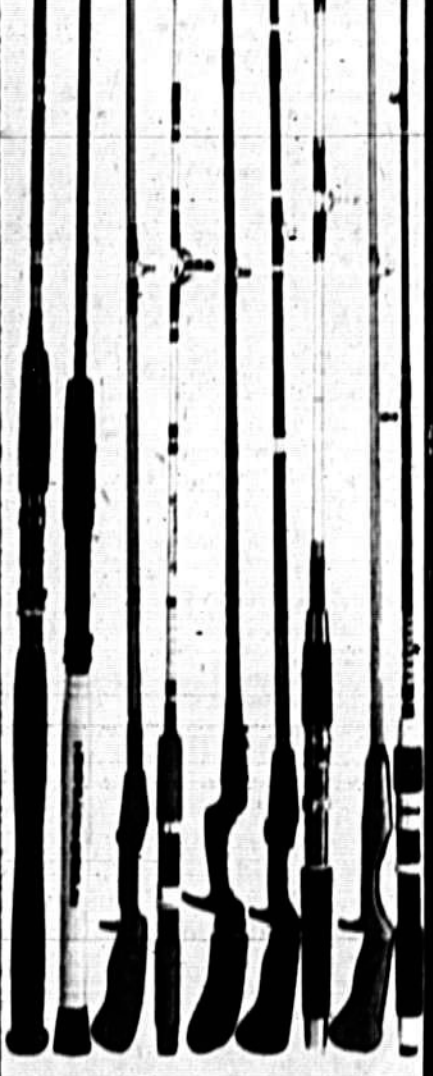
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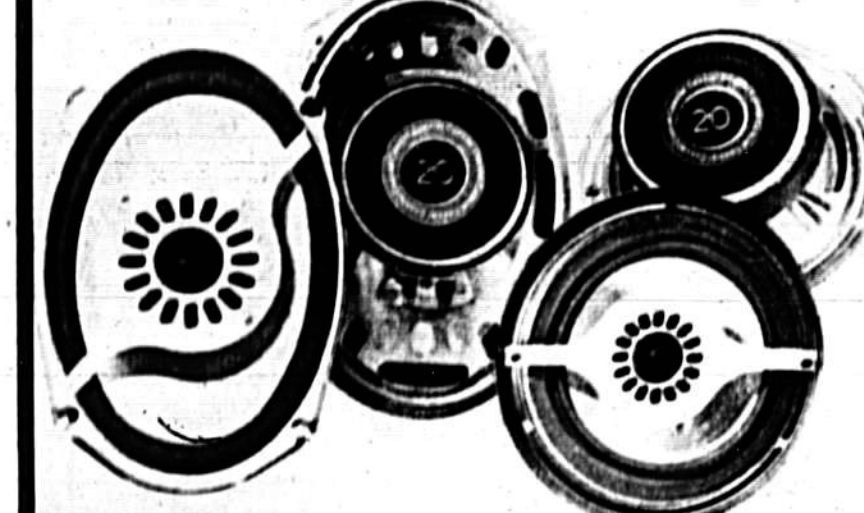
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Deputy Shoots, Kills Goldsboro Man

By DAVID M. RAZLER
Herald Staff Writer

The state attorney's office is expected today to issue a preliminary report indicating a Seminole County sheriff's deputy shot and killed an elderly man in the line of duty while investigating a domestic disturbance.

The dead man is Henry Alexander, about 85, of 1701 Tangerine Ave., in Goldsboro, who was shot by Deputy Richard O'Dell about 4 p.m. Wednesday.

Deputy O'Dell has been suspended with pay, according to Sheriff John Polk, as a matter of policy pending the outcome of an investigation by the sheriff's office as well as by the state attorney's office. Polk said the state attorney's office is involved "as a matter of course. Whenever there's a shooting involving a deputy, whether the victim dies or not, we ask the state attorney's office to investigate, so we can compare findings."

It's at this point the details are sketchy, according to Polk, but "as far as we could determine this morning, as soon as O'Dell entered the house, he saw Alexander in a rear room and both deputies yelled at Alexander to drop his weapon. However, Polk said, "Officer O'Dell saw Alexander turn to face him (O'Dell) and as he did, the man raised a shotgun and pointed it at the deputy who could see it was cocked. That's when O'Dell fired three shots from a .357 Magnum."

The medical examiner was conducting an autopsy this morning to determine the actual cause of death, and authorities still were uncertain whether all three shots hit Alexander or not.

Sheriff Polk said O'Dell, with the department eight years, "is a fine officer and level-headed. He has no previous record of having used his weapon in a case."

Polk said he couldn't "second guess Officer O'Dell, but I probably would have done the same thing," when asked if the deputy should have entered the house knowing there was an armed man inside, or if he should have cleared the area and asked for backup.

Polk stressed the deputy used his personal judgment and that while other options or alternative plans are available under such circumstances, "no one can say for sure which options anyone will take under those conditions."

Polk also said a check of his department's files shows several complaints of disturbances in the past at the Alexander residence "many of them involving weapons." Meanwhile, Sanford police records also indicate Alexander has a previous arrest for discharging a firearm in the city.

Neighbors of Alexander say the man had periodically had fights with Ms. Brown.

While Polk says he would like to see a county grand jury pass final judgment on the investigators' reports, Chief Assistant State Attorney Chris Ray said, this morning, the review might not even be necessary.

Polk said he believes all cases where a man is killed should be evaluated by a grand jury. Ray says the grand jury will only be asked to consider the case if the investigators' reports do not conclusively clear O'Dell of any possible improper actions.



Sheriff's deputies look on as the body of Henry Alexander is carried from his home



A Seminole County evidence technician carries the wrapped, 20-gauge shotgun Alexander allegedly aimed at deputies moments before he was shot.

State Considers Putting Prison In Seminole County

By DONNA ESTES
Herald Staff Writer

Seminole County is one of four Central Florida counties being considered as a site for a new "medium-maximum" security prison for Florida, a state official said today.

The other counties being considered as the site for a prison, ultimately to cost \$30 million and have the ability to house 634 men, are Orange, Lake and Osceola according to Frank McLaine, Facilities Administrator for the state's division of corrections.

McLaine said the prison could be located anywhere in the four-county Central Florida area south.

McLaine added, however, the state has been trying to locate a maximum security prison in South Florida for years without success.

The first phase of the institution, he said, would cost about \$12.5 million and house "probably" 400 men.

"We are trying simply to get correctional institution facilities in the areas where prisoners come from. The bulk of that population is a line across the Central Florida area and south. The bulk of the correctional institutions are now located in the areas north of that line," McLaine said.

McLaine said the division of corrections has asked the state Department of Natural Resources for a printout showing state-owned lands in the four Central Florida counties.

"Time frame for choice of site and construction cannot be determined, he said, until the Legislature appropriates money for the new facility. Once the money is appropriated, a construction contract would have to be awarded within 21 months thereafter, he said.

He said it is unknown exactly what action the Legislature will take during the current session — whether it will be for land acquisition, planning or new construction, or all three. "If it commits to only land and planning the 21 month time frame would not be turned on," he said.

In response to a question, McLaine said a medium-maximum or "close custody" facility would include persons convicted of murder, rape and other crimes of doing bodily harm to persons, but persons convicted of other, non-violent, crimes would also be kept there.

Meanwhile, State Rep. Bobby Brantley, R-Longwood, who learned Wednesday that Seminole County is among those areas being considered as a possible site for the medium-maximum security prison, said he could not envision any area in Seminole County which would be an appropriate site.

"My big concern is that this is not something Seminole County would want. I feel something of this sort should be located 20-40 miles from the nearest community. If there were breakouts, we wouldn't want prisoners running next door to someone's home and hurting someone," Brantley said.

Sheriff John Polk said what it boils down to is "everyone says there is a need for more prisons but no one wants them in their back yard."

"I don't think Seminole County is an appropriate place for a maximum security prison. Minimum security prisons, though, have to be built somewhere. I wouldn't be opposed to a minimum or medium security prison here. Maximum security should be maintained at Raiford. The state has plenty of land there and can build there."

Los Angeles (UPI) — Sen Edward Kennedy said today he would withdraw from the presidential race if he comes in second to President Carter in the June 3 primaries — but only if Carter debates him before then.

Kennedy said he will debate Carter any time before the June 3 Ohio, California and New Jersey primaries.

"If he agrees," Kennedy said in a speech to the Los Angeles Press Club, "then the final primaries will be the truest test of this campaign."

Agency Ponders Safety Of 3 Schools' Insulation

By DIANE PETRYK
Herald Staff Writer

In a meeting scheduled for today, the U.S. Consumer Product Safety Commission will consider whether to ban or require warning labeling on a form of building insulation used in three Seminole County schools.

The insulation is a spray-on foam known as urea formaldehyde. It has been the subject of over 500 consumer complaints made to the Safety Commission. The complaints cite adverse health effects, said Safety Commission spokesman Carol Young. The substance, she said, has been banned in Massachusetts.

It has been banned in several states, said High Carlton, director of auxiliary services for Seminole County Schools. But he said he does not know if any states have ordered the substance removed from existing construction.

He said he has research documents from manufacturers of the substance which show it is "perfectly harmless."

"So there's two sides to the issue," Carlton said.

Urea formaldehyde has been used in the additions to Lyman High School and Lake Howell High School and has been used on about 150 feet of wall space in the general music area of the new Lake Mary school.

Despite the consideration that the substance may someday be required to be removed, the Seminole County School Board Wednesday voted not to remove it where it has already been installed at Lake Mary.

Superintendent William Laver said the cost of removal now would be about \$8,000. After the building is complete, he said, the cost would be about \$12,000.

But the substance may never have to be removed.

The board approved a change order that provides for a substitute form of insulation on the rest of the construction. Builder's sand and sprayed-on cellulose will be used for this purpose.

The substitution was agreed to by the contractor at no additional charge according to a letter from Gutmann-Drasgah Associates, the architectural firm in charge of the project.

Urea formaldehyde gives off a toxic gas when it burns, according to Charles E. Chick, associate commissioner for educational facilities construction with the state Department of Education.

David H. Epperson, research architect with the state Department of Education, recommended that the board discontinue use of the substance but did not recommend its removal.

Epperson said the Safety Commission has conducted hearings on a national level to determine acceptable level for emissions from the substance and high humidity.

"Full (Safety Commission) reports will come out toward the end of the summer — but right now we're in limbo," he said.

Young said adverse health effects that have been attributed to the substance are respiratory problems, eye irritation and nose bleeds among a wide range of other problems.

Epperson said formaldehyde is used in a wide range of building products and when it is inert presents no problem.

"The question here is that this product is not totally stable," he said.

Today

Action Reports	2A
Around The Clock	4A
Bridge	12A
Calendar	14A
Classified Ads	14A-15A
Comics	12A
Crossword	12A
Dear Abby	13A
Deaths	2A
Dr. Lamb	12A
Editorial	4A
Florida	3A
Horoscope	12A
Hospital	4A
Ourselves	13A
Sports	10A-11A
Television	13A
Weather	2A
World	2A

Seminole Third Graders Achieve Best Scores In State

In reading, writing and arithmetic, Seminole County third graders are the best in the state.

State student assessment test results announced at the Seminole County School Board meeting Wednesday showed that 91 percent of the county's third graders met the state standard for reading; 86 percent met the standard for writing and 94 percent met the standard for math. These were the highest percentages of compliance with the standards for any county in the state, except for a tie with Brevard County third graders in the reading category.

Seminole County fifth, eighth and eleventh graders also scored high compared to their counterparts in 66 other Florida counties.

"We're very proud of the results," said Superintendent William Laver. "This is good."

"It's very good," added School Board Chairman Allan Keeth.

State student assessment tests are given each fall by third, fifth, eighth and

eleventh graders as well as twelfth graders who were not in the system as eleventh graders.

Tests of the twelfth graders, most newcomers to Seminole County, showed less impressive scores than those of the eleventh graders who had been with the county longer.

"Newcomers score worse than those who have been here," Laver said.

In reading, 87 percent of Seminole's eleventh graders passed the test, putting them in fourth place in the state in that category.

Twelfth graders, however, ranked fourteenth in the state for reading, with 79 percent of those tested meeting the state standard.

School Board public information officer Ralph Ray said he feels one of the reasons Seminole County students rank so high is because the county has good teachers.

"We have more teachers here with more experience because we pay our experienced teachers on the high side,"

he said.

"We also have an excellent superintendent," he said.

Ray said Seminole is fourth from the smallest county in the state and is probably easier to administer, but he gave credit for the high-scoring students to Laver, Assistant Superintendent Dan Dagg and Director of Elementary Education Mary Groome.

He also said the interest and backing of the parents of Seminole County students means a lot.

"We've always been a conservative county," he added. "We've always looked to the basics, so when the state started the assessment tests we weren't caught unprepared. We were already giving the fundamentals attention."

"We've always been a conservative county," he added. "We've always looked to the basics, so when the state started the assessment tests we weren't caught unprepared. We were already giving the fundamentals attention."

Seminole County fifth graders ranked first in the state in writing and math, 88 percent and 89 percent passing those tests respectively. The fifth graders placed second in reading with 86 percent passing, surpassed only by Walton County fifth graders, of whom 87 percent passed.

Eighty-four percent of Seminole County eighth graders passed the reading and math, placing second in the state in both categories. In writing, 85 percent of the eighth graders passed, tied for third place among counties.

Forty-four percent of the Seminole County eleventh graders met the state's standard for writing, a five-way tie for ninth place in the state. The eleventh graders also ranked 9th in the state in math, in a four-way tie.

Only 29 percent of Seminole County twelfth graders met the state standard for writing, but this was still a five-way tie for 18th place in the state among 67 counties. Sixty-two percent of Seminole County twelfth graders met the math standard, ranking 15th in the state.



ALLAN KEETH
...results very good

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