

Natural Reflexes Aid Elimination

DEAR DR. LAMB—I must have what is called spastic colon as I have been trying for the past two years to get away from laxatives with little results.

I'm 71 years old, in excellent health, swim a half a mile every day, walk and bicycle and occasionally jog. I drink at least 10 to 12 glasses of water a day and eat about a half a cup of raw bran from the health food store each morning. I practically live on fruits and vegetables, eating all of the skins of my only my own but also my husband's.

In spite of this, I will go for four or five days and then I begin to feel uncomfortable and get headaches and then resort to a laxative. Oh yes, I forgot to tell you that in addition to bran, I drink water with a heaping teaspoon of Metamucil three times a day.

Several years ago I had a barium enema which showed no difficulty except diverticulosis. We do a lot of traveling and in spite of carrying bran and Metamucil on trips, I have even more difficulty with elimination. I would appreciate any suggestions.

DEAR READER—You're doing most of the things that we usually suggest for people with irritable or spastic colon problems. I can see that adding any additional bulk to your diet, other than what you're already getting, will really help a great deal. You might benefit by attempting to train yourself to have a regular habit. I'm sending you the Health Letter number 2-1, Irritable Or Spastic Colon And Constipation. There is a natural reflex that occurs after eating. It's called the gastrocolic reflex. When the stomach is filled, there is a reflex for contractions of the colon. By training and developing this reflex, it helps to promote regular elimination.

The natural reflex is discussed in The Health

HOROSCOPE

By BERNICE BEDEOOL

For Wednesday, January 9, 1980

YOUR BIRTHDAY
January 9, 1980
This coming year should be a progressive one. Your gains may not be made in large leaps. Be content to move steadily ahead a step at a time.

CAPRICORN (Dec. 22-Jan. 19)
When conversing with others today, be careful not to dominate the conversation by telling them of your achievements. Tootling your own horn doesn't become you. Travel, resources, romance, luck, possible pitfalls and career for the months ahead are all discussed in your new Astro-Graph Letter which begins with your birthday.

AQUARIUS (Jan. 20-Feb. 18)
Your logic and your intuition may be in conflict today, causing you to be indecisive on the facts, not hunches.

PISCES (Feb. 19-March 20)
Instead of passing on hearsay information about a friend today, you'd be wiser to say nothing at all. Idle gossip could hurt your pal.

ARIES (March 21-April 19)
Making impulsive decisions before carefully studying all the facts and alternatives could get you in a stew today. Stall for time if in doubt.

TAURUS (April 20-May 20)
Dec. 21) Avoid a pal who always borrows small items, you fail to return them. He or she may be looking to you as a supplier again today.

WIN AT BRIDGE

By Oswald Jacoby and Alan Bossig

East played his king of hearts under his partner's ace. West led a second heart which East had to win. After this inauspicious start, South was sure of his contract. Actually, South made an overtrick after East failed to cash his ace of diamonds.

"Don't you know a suit preference signal when you see one!" yelled East. How were we going to beat the hand once you led a second heart?

"I don't know," replied West. "I did know that you had asked me to continue hearts and I did so to try to avoid getting into an argument with you. Did you really have to play the king?"

"If I had played the three it would have asked you to shift to a club," retorted East.

So much for nonsense. East's king did ask for the lead of a second heart. If he wanted to ask for the lead of a diamond (the higher unbid suit) he could have done so easily. He should play his queen of hearts. This would be a high card but it would also deny the king and hence not ask for a heart continuation.

(NEWSPAPER ENTERPRISE ASSN.)

SPIDER-MAN

by Stan Lee and John Romita

WHAT'S HAPPENING FOOTBALL? THANK YOU FOR THE TRY-OUT COACH!

I'M READY FOR THE TRY-OUT COACH!

IT'S BETTER I DON'T THINK YOU'VE GOT THE TRY-OUT COACH!

OH, YES! YOU'VE GOT THE TRY-OUT COACH!

ZOOPIES

by Craig Leggett

HEY, ELWOOD... IS THIS YOUR FIRST SKYDIVING ATTEMPT?

YEAH.

I THOUGHT SO.

BYE-BYE! SKYDIVING IS AN IMPROVISED SPORT!

Mrs. Graham Sees Program At Local School

The unique art program at English Estates Elementary School, planned and manned by "Dividends", citizen volunteers, was given a stamp of approval by Adele Graham during a special visit to the school Tuesday.

Mrs. Graham, wife of Florida's Gov. Bob Graham, and a school volunteer for many years herself, visited the school and viewed the program at the invitation of Debie Schaffner, coordinator of the "Dividends."

English Estates program is unique in that it has more volunteer hours logged by 30 individuals than any other similar program in the county school system and has expanded to an art club after school for interested students and an art class for parents, according to Marilyn Denton, Mrs. Schaffner's assistant. The entire art program is coordinated by Mrs. Loretta Wright, Mrs. Denton said.

At the conclusion of her 1½-hour visit to the school, Mrs. Graham was presented with a ceramic vase made in the art program. Making the presentation was Sybelle Blakey, 10-year-old daughter of Dr. and Mrs. Robert E. Blakey of English Estates.

At a reception after the personal visits to the classes, Mrs. Graham met with School Board members Al Keith, Pat Teton and Robert G. Feather and volunteers and other guests.

Mrs. Graham was greeted on her arrival at the school with songs by the student body. She viewed the students' mini-art festival in the hallways and went to several classrooms to speak with the children and volunteers.

She also personally visited with most of the volunteers. — DONNA ESTES

County Imposes 60-Day Moratorium On New Smut

By DIANE PETRYK
Herald Staff Writer

At the request of Sheriff John Polk, the Seminole County Commission Tuesday imposed a 60-day moratorium on granting occupational licenses for massage parlors, adult bookstores and adult mini-theaters.

Polk said the moratorium would effectively keep such establishments out of Seminole County while the county studies the feasibility and constitutionality of four anti-smut ordinances he has proposed.

The moratorium will not affect topless and nude entertainment establishments because there are no licenses which address such entertainers. But Polk wants an ordinance that would prohibit such entertainment in establishments with liquor licenses.

With the crackdown on adult entertainment in Orange County and elsewhere, Polk said such establishments will be looking to move into Seminole County unless action is taken to prevent it.

Seminole County has two topless bars in its unincorporated area but no massage parlors, adult bookstores or adult mini-theaters. Commission Chairman Bill Kirchoff indicated he does not agree with Sheriff Polk that such businesses are about to move in.

As for topless places, he doesn't think we'll be getting more.

"These places are popular in tourist areas," Kirchoff said. "We're a residential area. There's no economic incentive for the ones we've got. The two on (U.S. Highway) 17-82 are not booming."

"We had an adult bookstore that tried to get started but it had no customers."

"The only reason it went out of business was due to the law enforcement effort," Polk replied. "The topless places are making money hand over fist, but the courts knock them out. Politically you're a hero but you've spent a lot of the county's money. And the economics has shown that the demand for those places is not there."

"There's a more organized crime in Seminole County today than anybody wants to believe," Polk said. "Nobody wants to outlaw legal business," he added, "but certain aspects attract this element. Lap dancing, 'but both dancing for instance."

"These things are going on. Woman aren't paying \$3 a beer just to watch some... woman dance naked!"

Florida's Central For Carter Campaign Supper

The turnout of 150-200 central Floridians at the post-Thanksgiving dinner, sponsored by the Carter-Mondale presidential campaign committee Tuesday night was considered a success by state campaign officials.

Bob Liff, president Jimmy Carter's campaign press secretary for Florida, said the initial meeting was successful in gaining volunteers who will do telephoning and "door-belling" and who will open their homes for neighborhood campaign headquarters and for overnight guests.

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Commission Divided On Who Should Be On Land-Use Panel

County commissioners couldn't reach a consensus Tuesday on who would be on a committee to review a comprehensive land development code being put together by the county development department.

The purpose of the code is to put all the county's rules and regulations regarding land development under one cover. Currently, a developer must search several county departments to discover all the rules that may apply to a particular project.

County Development Director John Percy said his staff is in the process of compiling the regulations and checking for their consistency. But the committee will review the document and make recommendations before the final code is issued.

A draft of the code is expected to be ready by the end of this month, Percy said, and the schedule calls for appointing the review committee next week.

Percy recommended the committee members represent seven categories: developers, homeowners, farmers, environmentalists, real estate agents, engineers, surveyors and planners, and home builders.

But Commission Chairman Bill Kirchoff pointed out that five of the seven would be "in the business of developing land." Commissioner Dick Williams said developers should be represented on the committee but not so heavily.

Percy said he proposed the categories based on those the commission used to study subdivision regulations three years ago.

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in many precincts in the state as possible so that persons know who to go to for answers to their questions," Liff said.

"It's a way of reaching from the White House into everyone's neighborhood to campaign for us," he said.

"It's also better when someone is coming into a state for that person to be able to stay in someone's spare bedroom than to have to stay in a motel or hotel. It saves money and gives the visitor an opportunity for a closer look at the local situation," Liff said.

Compromise To Solve Downtown Dilemma?

A compromise appears in the offing which will allow at least a modicum revitalization of the downtown Sanford area, according to Vic Arnett, Greater Sanford Chamber of Commerce director.

Arnett has been leading an effort to find a meeting of the minds among the Sanford Business Association, the Sanford Development Corp., which has spearheaded the revitalization plans, and G. Algeron Speer and his supporters, who have objected to some of the plans.

Arnett said he, Speer and Dick Barnett of the business group Tuesday visited Cocoa Village, where a similar project has taken place and where it was a good thing for the community.

"We have reached a point where we are going to be able to work out some kind of compromise," Arnett said.

"We all (the groups) see some flaws and some alternatives to current plans. Mr. Speer will be meeting with those who have opposed the program to see if they can come up with a proposal which is as good or better than the original plan," Arnett said.

He added that the proposed closing of Magnolia Avenue to turn it into a pedestrian mall is "definitely out." Speer has said, Arnett pointed out, if the plan to close Magnolia Avenue is pursued it will file a lawsuit. "But he is agreeable to compromise on other aspects."

Khmeini's Top Aide Sees A Move To Free Hostages

TEHRAN, Iran (UPI)—A chief aide of Ayatollah Ruhollah Khomeini today reported "some movement" toward release of the American hostages as new clashes between rival political groups left a trail of destruction in the northwestern city of Tabriz.

Mohammad Beheshti, first secretary of the Islamic Revolutionary Council which rules Iran, told reporters, "There has been some movement toward release of American hostages."

But he added that freedom for the 50 hostages held captive inside the beleaguered U.S. Embassy for the 67th day "could still be weeks away."

Beheshti cautiously held out the hope of a possible breakthrough in the 18-month ordeal over the occupation of the embassy but did not elaborate on what he meant by "some movement."

"There is some movement," he repeated. "I'm not sure if this movement will be seen in a few days, maybe (it will be) in a few weeks," he added.

In an obvious reference to efforts made by Foreign Minister Sadegh Ghotbzadeh, he said, "A solution includes the possibility of a spy trial."

The Moslem militants holding the hostages said they had found evidence that some of their captives were spies and threatened to put them on trial.

Ghotbzadeh ignored the demand and instead asked Khomeini for a ruling on the militants' demand. Khomeini, however, has not responded to the plea and instead announced plans to go into a 15-day seclusion starting Saturday.

In Washington President Carter says the militant captors of the U.S. hostages in Iran have replaced the Ayatollah Ruhollah Khomeini and the government as the "most powerful single political entity" in that country.

Carter, during a special Tuesday night briefing for some 65 members of Congress, defended his responses to the Soviet involvement in Afghanistan and said without them Moscow would feel free to "move again and again" into other countries.

"There is no government entity with which we can communicate, or negotiate or register a complaint," Carter said of the efforts to free the 50 hostages seized Nov. 4.

He said the recent trip of U.S. Secretary-General Kurt Waldheim confirmed "what we already knew," that "the most powerful single political entity in Iran consists of the international terrorists, the kidnappers who are holding our hostages."

"Whenever there is a showdown between Khomeini or the Revolutionary Council vs. the terrorists, the terrorists have always prevailed."

Hospital Appointees Ready To Be Seated

Appointees to the Seminole Memorial Hospital Board of Trustees said today they have done all the necessary paperwork to help ensure they will receive their formal commissions from Gov. Bob Graham in time for the hospital's annual meeting Jan. 22.

Don Reynolds, 44, and Arthur C. Harris, 66, were announced as new appointees by Gov. Bob Graham Jan. 2. They replaced the late trustees Tom Blayne and Allan Jones, both of whom resigned.

Hospital board appointees are required to file financial disclosure documents and complete other paperwork before their commissions become official.

Harris' term will extend to Dec. 11, 1983, while Reynolds' term is until Dec. 3, 1982. They will join Sophie Shoemaker, E.C. Harper Jr. and Freddie Mosley on the board.

The county commission has approved a resolution which would change the governing procedure of the hospital. If the commission opts for one of the proposals, the current board of trustees could be abolished in the near future.

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Campaign '80

Today

Action Reports 2A
Around The Clock 4A
Bridge 11B
Classified 11B
Comics 11B
Crossword 11B
Dear Abby 1B
Deaths 11B
Dr. Lamb 11B
Editorial 4A
Florida 2A
Horsepage 11B
Hospital 2A
Nation 2A
Oversize 1B
Sports 11A
Television 2A
Weather 2A
World 2A

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Gold—Global Thermometer

The difficulty with Lord John Maynard Keynes' denunciation of gold as a "barbarous relic" was that no one outside his circle of deficit disciples believed him.

Humans in the industrial, nuclear space age are as fascinated with the soft, indetectable, and beautiful metal as were his forebearers going back to the earliest recorded times.

That gold officially valued at \$35 an ounce in the world's monetary system when the 1970s began should exceed \$600 in value as the decade ends in a measure of global dislocation and uncertainty.

More to the point, perhaps, the recent sharp increase in oil prices by OPEC nations become ever richer and the West gets poorer, gold, which no other government can inflate or debase, will become increasingly attractive to oil producers.

Aside from the upward pressure exerted by worried foreigners unloading their dollars for gold, its rising price reflects a devaluation of the dollar from inflation caused by our own fiscal mismanagement.

What we are seeing in the phenomenal increase in gold prices is something of a financial revolution. Various nations and their central banks are suddenly clinging to gold, using it instead of dollars as their currency reserve and the backing for their national credit.

The consequences of this development during the next decade cannot be forecast, except that it is widespread predictions that the dollar's purchasing power will continue to decline, which is to say the price of oil and gold will continue to rise from current levels, elevated as they may already seem.

Thus it would appear that an enormously shrunken and interdependent world is belatedly imposing a fiscal discipline upon the United States that Washington has heretofore been unwilling to attempt.

It would appear the mortgage which we have permitted to become delinquent through excessive borrowing and spending is now due and payable.

Please Write Letters to the editor are welcomed for publication. All letters should be signed with a mailing address and, if possible, a telephone number so the identity of the writer may be verified.

BERRY'S WORLD

Around

The Clock By JOE DESANTIS



VIEWPOINT Boat Rockers Rocked

WASHINGTON (NEA) Government agencies established specifically to protect the rights of "whistle-blowers" have instead become instruments for punishing the few brave federal employees who dare engage in boisterous activities.

Disturbing new evidence indicates that the purpose of those agencies has been corrupted in at least two major cases, one involving A. Ernest Fitzgerald, the Air Force civilian employee who has become the country's best known whistle-blower.

Fitzgerald was fired in early 1970, after he revealed to a congressional committee that cost overruns on the C-5A, the Air Force's mammoth jet cargo plane, could total as much as \$2 billion.

Hampton's involvement is significant because the commission chairman was the senior government official in charge of protecting the federal merit system against precisely the type of political abuse that dominated Fitzgerald's case.

In the interview, conducted under the auspices of an Air Force oral history project, Seaman says that in May 1969, when he became "quite certain that Fitzgerald should not be an active participant in the decision to move, according to the intelligence reports.

That's exactly what the Air Force did, reorganizing Fitzgerald's office under a scheme that eliminated his position.

JACK ANDERSON

WASHINGTON — For many Americans, the movie "Marathon Man" and "The Boys from Brazil" are not simply fantasies about Hitler henchmen who survived the Nazi downfall to pursue their victims 25 years later.

For tens of thousands of the Third Reich's victims who lived through the holocaust and found refuge in America, the nightmare of Nazi Germany will never fully disappear.

Players and followers of the Lake Brantley football program are waiting this week in anticipation of the naming of a new football coach for the Patriots.

Principal Darwin Boothe will be interviewing assistant coaches Dave Tullis, Sam Monary and Fred Almon for the position during the week to replace the head coaching slot left vacant by the departure of former head coach Jim Raley.

Raley accepted a college coaching job at Gardner Webb College in North Carolina and moved his headquarters to Raleigh, N.C., as offensive line coach and recruiter for the Central Florida area.

Before departing Raley kept it no secret that he'd like to take along his graduating quarterback Tony Constantine and center Steve Johnston.

Have faith Tampa Bay fans, there's always next year.

Despite its loss to Los Angeles Sunday, Buc followers can be proud of the team's accomplishments this season.

Now if the Buc's can just come up with a little more congenial coach and a quarterback that can complete more than 50 percent of his passes, there's no telling what could happen next season.

Look for the Steelers to be installed as heavy Super Bowl favorites, say to the tune of nine or 10 points.

The Pinar Country Club will once again be the site of the Lady Citrus Open.

LPGA Tournament scheduled for April 14-20. This year's \$100,000 purse is expected to attract the top names on the women's circuit with the winner pocketing a top prize of \$15,000.

January means Little League and Pony League baseball registration time.

Keep your eyes on the sports pages for news about dates, locations and times for the various leagues in the area.

Getting back to football, have you noticed that Jimmy the Greek is now a total waste on the CBS NFL Today program?

The Greek has resorted to hemming and hawing with all of his sophisticated charts and scouting reports yet fails to stick his neck out by offering any type of prediction or point spread on the show.

It's almost like old times in the Hindu Kush. The Russians once more, as they have repeatedly for more than a century, are pushing south into Afghanistan.

Almost that is, but not quite. There is this time no British Raj at the Khyber Pass, ready and able with its Bengal Lancers to repel the attempt to take over the strategic heartland of Central Asia.

Instead, there is only a power vacuum south of the Khyber. Opposition to the Russian advance this time comes from much farther away and in much less convincing fashion.

It comes from Washington, which is loudly protesting Soviet armed intrusion into Afghan affairs. Also, in somewhat more muted tones, from Peking and assorted other capitals, even such an unlikely one as Bucharest.

And it may very soon be expressed in the United Nations, as if that organization is not already sufficiently overwhelmed by the effort to prove that it can perform some function in the Iranian mess.

As justified as condemnation by world opinion, official and public, may be and as well-orchestrated as it may become, it is no substitute for Lancers. Negative opinion will not dissuade Moscow from pursuit of what it regards as its vital interests. It never has — not in East Germany, in Hungary or in Czechoslovakia.

There is, however, a difference between these three previous recipients of Soviet military attention and Afghanistan. Mountains, plus a functioning and expanding opposition movement.

Even with Soviet troops apparently in firm control of Kabul and armored forces continuing to roll into the country on roads conveniently built under earlier aid programs, there is growing speculation that Afghanistan could become Moscow's Vietnam.

That may well be the case. But the West would be premature to welcome the prospect as good news, since it would mean adding turmoil to what is already a dangerously turbulent world.

From whatever angle it is viewed, Afghanistan appears to be presenting the world with exactly what it does not need at this time — another crisis.

The Soviet move into Afghanistan has already had one significant consequence. It has initiated a thaw in the deeply chilled relations between the United States and Pakistan.

Re-selling Ripoff, which stems from the department rule allowing a higher price for "new" oil, which is more costly to produce. But some greedy middlemen have sold and resold old oil reclassified as "new," making it eligible for the markup.

While he has shown little enthusiasm for expediting the prosecution of ex-Nazi, Rockler has been diligent in his efforts to block our access to the facts.

Rockler has admitted that he engineered Mendelsohn's ouster from the unit, claiming he did it to bring in a new deputy, Allan Ryan Jr., to enhance the efficiency of the unit.

Perhaps the best news is that Rockler is planning to go back to his lucrative private practice in April. He will leave Ryan, who is reported to be competent and conscientious, in charge of the Justice Department's long-running Nazi hunters.

WASHINGTON (UPI) — The last major event of 1979 — the Soviet invasion of Afghanistan — may turn out to be the symbol of the world situation in the 1980s: the Kremlin finally using its military power to directly support its global aims.

The blunt fact is that the Soviet Union — operating from a base of strategic equivalence with the United States and overwhelming numerical superiority in conventional ground forces, has invaded another country, that of a satellite.

The last time that anything like that happened was in Czechoslovakia in 1968.

That analogy has identified a series of motives behind the Soviet move into Afghanistan, including the desire to send a formal warning to fundamentalist Moslem agitators inside the Soviet Union, and coming one step closer to the Soviet dream of having direct access (through Pakistan) of a warm water port in the Indian Ocean.

What the U.S. analysts have not been able to discover is any strong penalty for doing what they did. Dr. Paul Elio, professor of government at Georgetown University and an expert in Soviet studies, says, "There will be some adverse world opinion, but that will be offset by the fact that the Soviet Union has demonstrated it is a world power with the willingness and ability to act in its own interests, when necessary."

Elio says, "We are dealing with the reality of the 1980s. The implications are expected to have a sobering, thought-provoking effect on any nation which borders on the Soviet Union. Elio points out, "When the Soviet embassy in Tehran was attacked by a mob, the revolutionary guards fired on the demonstrators. They knew that the Soviet Union

naturalized citizens by lying about their past. They were to be deported for trial in Germany and other European countries that suffered under them in their jockboots heyday.

The Nazi search team became bogged down in a bureaucratic petting-pool until the Biblical injunction pressure, primarily from Rep. Elizabeth Holtzman, D-N.Y., got the unit transferred to the better-organized criminal division.

The pace of the Nazi probe picked up temporarily. But petty jealousies and other chronic ills of the paper-shuffling brigade again slowed the search for Nazis and criminals. The late last month, Philip Heymann, head of Justice's criminal division, was persuaded to seek the unit's most diligent Nazi hunter, deputy director Martin Men-

After more than two years with the special unit, Mendelsohn had developed legal expertise in the often tricky handling of ex-Nazi cases. He also had important contacts with prosecutors in other countries, whose help in finding witnesses and documents is frequently crucial.

As one knowledgeable source put it, "The one man who knows the most about the investigations and can do the best job is being removed. Why?"

The reasons present to have been a personal feud between Mendelsohn and the special unit's director, Walter Rockler, a former prosecutor at Newburgh, inside sources told.

President Carter authorized a special unit in the department to track down the unscrupulous Nazis, many of whom have become

time in the offices of his Washington law firm, Arnold & Porter.

Though Rockler's per diem payment by Arnold & Porter — at the rate of \$47,500 a year — is technically legal, his frequent absence from his Justice Department office have resulted in chaotic management, half-hearted pursuit of cases and low morale, according to insiders.

Rockler has admitted that he engineered Mendelsohn's ouster from the unit, claiming he did it to bring in a new deputy, Allan Ryan Jr., to enhance the efficiency of the unit.

He also insisted he now speaks "close to hell time" at the Justice Department.

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The blunt fact is that the Soviet Union — operating from a base of strategic equivalence with the United States and overwhelming numerical superiority in conventional ground forces, has invaded another country, that of a satellite.

The last time that anything like that happened was in Czechoslovakia in 1968.

That analogy has identified a series of motives behind the Soviet move into Afghanistan, including the desire to send a formal warning to fundamentalist Moslem agitators inside the Soviet Union, and coming one step closer to the Soviet dream of having direct access (through Pakistan) of a warm water port in the Indian Ocean.

What the U.S. analysts have not been able to discover is any strong penalty for doing what they did. Dr. Paul Elio, professor of government at Georgetown University and an expert in Soviet studies, says, "There will be some adverse world opinion, but that will be offset by the fact that the Soviet Union has demonstrated it is a world power with the willingness and ability to act in its own interests, when necessary."

Elio says, "We are dealing with the reality of the 1980s. The implications are expected to have a sobering, thought-provoking effect on any nation which borders on the Soviet Union. Elio points out, "When the Soviet embassy in Tehran was attacked by a mob, the revolutionary guards fired on the demonstrators. They knew that the Soviet Union

naturalized citizens by lying about their past. They were to be deported for trial in Germany and other European countries that suffered under them in their jockboots heyday.

The Nazi search team became bogged down in a bureaucratic petting-pool until the Biblical injunction pressure, primarily from Rep. Elizabeth Holtzman, D-N.Y., got the unit transferred to the better-organized criminal division.

The pace of the Nazi probe picked up temporarily. But petty jealousies and other chronic ills of the paper-shuffling brigade again slowed the search for Nazis and criminals. The late last month, Philip Heymann, head of Justice's criminal division, was persuaded to seek the unit's most diligent Nazi hunter, deputy director Martin Men-

After more than two years with the special unit, Mendelsohn had developed legal expertise in the often tricky handling of ex-Nazi cases. He also had important contacts with prosecutors in other countries, whose help in finding witnesses and documents is frequently crucial.

As one knowledgeable source put it, "The one man who knows the most about the investigations and can do the best job is being removed. Why?"

The reasons present to have been a personal feud between Mendelsohn and the special unit's director, Walter Rockler, a former prosecutor at Newburgh, inside sources told.

President Carter authorized a special unit in the department to track down the unscrupulous Nazis, many of whom have become

time in the offices of his Washington law firm, Arnold & Porter.

Though Rockler's per diem payment by Arnold & Porter — at the rate of \$47,500 a year — is technically legal, his frequent absence from his Justice Department office have resulted in chaotic management, half-hearted pursuit of cases and low morale, according to insiders.

Rockler has admitted that he engineered Mendelsohn's ouster from the unit, claiming he did it to bring in a new deputy, Allan Ryan Jr., to enhance the efficiency of the unit.

He also insisted he now speaks "close to hell time" at the Justice Department.

Perhaps the best news is that Rockler is planning to go back to his lucrative private practice in April. He will leave Ryan, who is reported to be competent and conscientious, in charge of the Justice Department's long-running Nazi hunters.

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Ready-To-Assemble 59x15x59 1/2" \$63

Walnut-look Furniture Resists alcohol and water. Solid construction from fiber-board.

Easy Assembly 2 \$88 FOR Sliding-Door Organizer

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Absorbent cotton pile on cotton polyester warp-kil. Our 77" Washcloth, 2/\$1



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New beauty for the bath! Soft, sheared solid color cotton polyester terry towel. Dobby border.



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Ultra-speed brewing. Warmer plate. 50-oz. heat-resistant glass decanter with lid. With 25 filters.



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Extra-stable table finished in baked enamel. Rolled edges, adjustable height. Our 2.58, K mart Pad Cover Set, 1.47



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For interior or exterior use. Fast-drying. White and colors. 11-oz. to 16-oz. *Not ut. Depending On Pigment

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T is for terry tee and terrific value! Spun polyester, looped terry in spring-new colors. Gentlest vee-neckline. Little muscle sleeves, slimmer, straight-bottom cut. Misses S-M-L.

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6.88 Our Reg. 8.96
All-Season Pants
The look is slim. The price is trim. Our new woven polyesters so basic with the slimmer down (but not extreme) cut you want. Many updated looks. Year-round colors. Misses.

4.88 YKK ABC Approved
Bowling Bag
Keystone-style bag of expanded vinyl.

19.97 Bowling Ball
Plastic in silver, blue, copper. 16-, 14-, 12-, 10-lb. wts.

3.47 Boys 9-11
6-Pack Tube Socks
Orlon® acrylic stretch nylon crew socks. *Output Reg. 1.8

3.88 Men's 10-13
Men's Emblem Cap
Polyester with mesh crown. Adjustable.

1.44 Pair
Tube Socks
Orlon® acrylic socks disperse perspiration. Adults', youths' sizes. *Output Reg. 1.8

4.97 Basketball
Nylon-wound, with rubber cover. Official size, weight. Save.



\$8 Our Reg. 12.97
Men's Denim Jeans
Good looking, well cut elastic-back jeans in pre-washed 10-oz. denim. Tailored for comfort with back fullness. Light blue. Men's sizes.

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This is the year of the sweatshirt! Like never before it is going places both on and off the sports scene. Ours, for all the men in the family, are made of a comfortable blend of cotton-polyester, fleecy inside. Rib knit neck and cuffs. A good choice of popular colors. Junior boys' sizes 4-5, 6-7.
Our Reg. 2.97 Boys S-M-L \$3
Our Reg. 4.97 Mens, sizes S-XL \$4



Men's \$4
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MAKING FRIENDS

This chap quickly made a number of fine feathered friends when he opened his bag lunch in London's St. James Park. Among those joining in the repast were swans, ducks, pigeons, geese and sparrows.

Death Lay In His Gut

Smuggler Can't Stomach Cocaine

MIAMI (UPI)—When a San Francisco area man heard that his friend and traveling companion had died from ingesting 110 cocaine-filled balloons, he decided he didn't want to meet the same fate. Herbert C. Meadows, 26, showed up at Jackson Memorial Hospital Saturday night with 88 cocaine-filled balloons in his abdomen and colon. He was arrested on drug possession and smuggling charges Monday while recovering from surgery to remove the packets. He was listed in stable condition. Meadows' friend, Victor H. Benjamin, 29, died Friday night after ingesting 110 cocaine-filled balloons burst inside his intestines. He collapsed while waiting to pass through U.S. Customs at Miami International Airport and later suffered a

cardiac arrest. Both men had flown to Miami from La Paz, Bolivia, Friday night. Meadows underwent two hours of surgery after X-rays revealed 18 balloons in his abdomen and 70 balloons in his colon. "He had taken laxatives to try to get rid of them, but for some reason they didn't come out as fast as he had planned," said the surgeon, Dr. Paul Kah. Emergency room doctors said Meadows was nervous when he arrived at the hospital. "He was feeling kind of sick. He had dilated pupils and he was very jumpy — twitchy," said emergency room physician Dr. Matthew Klein. The symptoms Meadows suffered were caused by

Turks Find Life Is A Struggle Because 'Essentials' Missing

ANKARA, Turkey (UPI)—Turks might be forgiven this winter for thinking they can't win. "You can never get everything you need at one time," said one Ankara resident. "You can get heat, water, electricity, cooking oil and cooking gas — but not all together." Life has become a daily struggle to get by — to cook, wash and keep warm. Many daily necessities taken for granted elsewhere — light bulbs, heat and running water — are in short supply in Turkey. And one shortage causes others. Electricity cuts are scheduled up to five hours a day in most of Turkey — nine hours in Istanbul — but unscheduled blackouts are frequent. When the electricity is out, so are traffic lights, and the result is chaos. Gas lamps hang in shops for use when there's no power. Small factories halt work for half the day when electricity is cut. Fuel oil is scarce because it must be imported at high prices which Turkey is barely able to pay. In rural villages, where 49 percent of Turkey's population lives, dung is dried all summer on stone walls and burned for

heat as it has been for centuries. In cities, apartments and houses without central heating are heated by coal or wood, which is expensive. Coal is plentiful and mined in Turkey, but officials say there are too few trucks to deliver it. It is low-grade and produces a thick sulfurous smoke. Turkey's capital, Ankara, has one of the worst smog problems because it is ringed by hills. On many windless days, the thick brown cloud is visible 30 miles away. On bad days buildings one block away are obscured. "My doctor told me I shouldn't breathe the bad air," said a downtown secretary. "He said bronchitis is just waiting to strike and the air downtown will help it along. But I have to work. I can't stop coming downtown." Coffee, which could make suffering more bearable, is available only on the black market at prohibitive prices. The government has halted imports of almost all consumer goods, like coffee, to save foreign exchange to buy oil. Even tea, which is grown in Turkey, has begun disappearing from grocery shelves. Light bulbs are scarce because the factory producing them is closed for lack of spare parts, officials say. So many elevators, elevators and public places stay dark, their bulbs stolen. "I take light bulbs from here," a Turkish employee of the American consulate in Istanbul said about the consulate's elevator. "I have to otherwise I have no light."

Seminoles Win 15th Straight

Butler 'Blocks' Tribe Past Grenadiers

By SAM COOK
Herald Sports Correspondent
BLOCK, BLOCK, BLOCK, BLOCK, BLOCK, BUTLER, BUTLER, BUTLER, BUTLER. One couldn't blame Colonial's Zeke Kinney for seeing two sets of quintuplets at the outset of Wednesday evening's game against Sanford's Fighting Seminoles. Prior to the Grenadiers' battle with the state's fifth ranked Seminoles, Zeke ascertained that "we can't let Reggie Butler block 15 shots on us again."

Panthers Clash With 'Hounds'

Panthers Clash With 'Hounds'

By DEBBIE BUTLER
Crooms Correspondent
Crooms' Panthers will host the Lyman Greyhounds tonight at 8:30 p.m. in an important Seminole County freshman basketball game. Why is this game so important? Because according to Panthers Coach Chris Marlette the Greyhounds are a "tough team."

Sanford Youth Baseball Meets

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The board of directors of the Sanford Youth Baseball Association will meet at 7:30 p.m. tonight at the Sanford Recreation Department office in the youth wing adjacent to the Sanford Civic Center.

Blue Darters Topples Patriots

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The Apopka Blue Darters, behind the 23 point, 13 rebound effort of Eddie Williams scored a 79-65 Thursday night win over the Lake Brantley Patriots.

Suggestion From A DJ

Replace Bert Parks With Hulk?

By KENNETH R. CLARK
United Press International
HULK IN A TUX? Not everyone is jumping on the "Save Bert Parks" bandwagon. Chicago disc jockey Larry Lujack agrees with contest officials who want to replace him as host of the Miss America pageant, and Lujack's candidate is "The Incredible Hulk." Lujack calls the annual beauty contest "the dirtiest show on television" — says as much, the "Hulk" would "take any contestant who starts to cry, lift her above his head, let out a mighty roar and throw her off the stage into the audience." But it probably wouldn't work. They'd have to change the theme song — from "There She Is, Miss America" to "There She Goes..."

band crossed their checkpoint during its European tour. Opting for detente, Speedwagon musicians welcomed the troops, cracked jokes, tried one liners. Nothing. Not a smile. They were waved through, but only after the sergeant in charge contacted every roll of film shot on the tour. Says Kevin Cronin, "We used to wonder if the bad guys were there or us, but now I know it's them. How can you agree with a country where it's against the law to laugh?"

CLASSIFIED WIFE: The ad, in an Oregon newspaper, was explicit: "I will pay \$ for any female willing to marry me. No sex. Box #6009, 200 State St. Salem, Or. 97310." It was run by Zoyar, Michael Archie Easton who's doing 18 years in the state pen for first-degree robbery. Easton, a full-time student in college classes offered in the prison, says the Veterans Administration will pay him benefits totaling \$2,124 — if he's married. He'll pay up to \$20 for a wife who'll sign a three-year contract — and he'll pay all costs for a noncontested divorce at the end of that time. The V.A. has no objection. Says director John Vogel, "We don't question why a man gets married."

GLIMPSES: Universal's "The Jerk" — costarring Steve Martin, Bernadette Peters, Catlin Adams and Jackie Mason — ranked up more than \$2 million at the boxoffice in its first 19 days. Bjorn Borg, Jimmy Connors and John McEnroe are among the top contenders for next week's \$400,000 Colgate Grand Prix Masters tennis tournament at New York's Madison Square Garden. Elizabeth Ashley will be in New York this month for the release of United Artists' "Windows" in which she costars with Talia Shire, Joseph Corsey and Kay Medford.

Unwed Father Asks Recognition

FORT LAUDERDALE, Fla. (UPI)—William Kendrick Fort was declared the legal father of his five daughters, who were born out of wedlock between 1964 and 1975, and he'll take his case to the Florida Supreme Court in Tallahassee this week.

Kendrick of Fort Lauderdale has custody of the children, but not the legal father status. He also wants the girls' mother to provide money for child support.

What stands in his way, according to his Supreme Court appeal, is a state statute known as the paternity provision. It details the legal procedure for denying with legitimate children.

Kendrick's attorney, Adrien Madschauer of the Broward Legal Aid Service, said the law addresses only the rights of several maternal fathers.

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Firestone advertisement featuring an electric oven-range with a hotpoint refrigerator freezer. Price \$449.95. Includes features like 3 door shelves, reversible door, and rolls out on wheels.

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SPORTS

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High energy costs got you down? Fight back with a RHEEM HEATING & AIR CONDITIONING SYSTEM. RHEEM'S NEW DAY HEAT PUMP is the most energy efficient heat pump ever built. Compare our OPERATING EFFICIENCY before you buy.

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Howe's Hardware

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\$60 to \$70 off electronic tune car stereos.

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Now! DOG RACING NIGHTLY 8 P.M.

(Closed Sunday) MATINEES: Reg. 1.00. NEW MATINEES: Post Time 1:15 p.m. 54 Trifecta Box. 542 Trifecta Wheel. ALL 15 RACES. Thursday-Ladies' Night. JAYFORD-ORLANDO KENNEL CLUB. at Hwy. 17, Sanford, Fla. Reservations - 831-1800. Open 12:30 to 5:30 p.m. Sunday.

Save on bowling balls and more.

Sale 22.99. Reg. 28.99. Brunswick® Triple Crown plastic bowling ball. Smokey pearl, black/copper, 10, 12, 14, or 16 lbs. Sale 22.99. Reg. 28.99. Personal 300 plastic bowling ball. Jade green, or burgundy.

Sale 8.79

Reg. 10.99. Spalding's "Dr. J." autographed rubber basketball. Wilson® Jabbar autographed basketball. Reg. 9.99 Sale 7.19.

Sale 19.99

Reg. 24.99. NBA endorsed backboard and goal set is 5'8" particle board. Net and hoop included. Comes un assembled. Sale price effective through Saturday.

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

Lynda Carter (left) turns in her "Wonder Woman" uniform for a revealing evening gown Saturday in a musical special on CBS (seen locally on Channel 6). The tall, stunning beauty may prove a welcome new attraction in the musical special format.



Lynda Carter 'Wonderful' As Herself

By VERNON SCOTT
HOLLYWOOD (UPI) — Lynda Carter sheds her "Wonder Woman" image in a TV special of her own Saturday to prove she's a lot sexier out of that brief, patriotic costume than in it.
Lynda sings, dances and gets folksy with her audience in the CBS musical special — a disappearing format on the tube.
Aside from occasional Cher, Milti Gaynor or Ann-Margret musical extravaganzas, television has suffered a curious dearth of exciting ladies in glamorous outfits strutting in their own shows.
Unisex notwithstanding, there is something about a beautiful young woman in a revealing gown that fascinates men and piques the interest of women.
Lynda, in her first such appearance, is a welcome new attraction in the musical special format.
She's more than just another stunning beauty, a professional singer since she was 15, Lynda has a clear, strong voice and an easy presence on stage.

The tall (almost 6 feet), slender Carter lives up to the rave reviews she received a year and a half ago in her nightclub debut at Las Vegas' Caesars Palace hotel.
Lynda is a long-legged (vouchsafed by all who saw her in the red, white and blue Wonder Woman treads) gorgeous brunette with enormous blue eyes and other clear and present assets.
Wonder Woman was a sterile sort of figure — despite her scanty duds — along the lines of Superman. She was a virtuous soul above and beyond romantic entanglements or any hint of sex appeal.
Lynda, on stage gyrating to throbbing music, is quite another matter. She's a flesh-and-blood siren who some have dubbed the sex symbol of the 1980s.
And why not? Two years ago the London-based International Academy of Music voted her the most beautiful woman in the world. As a teen-ager she won the 1973 Miss World-U.S.A. title.
A native of Arizona and a born-again Christian, Lynda and her husband-manager

Ron Samuels, cautiously endorse the possibility that she may indeed succeed the likes of Raquel Welch and Farrah Fawcett in the coming decade.
As was the case with her predecessors, however, Lynda is more anxious to establish her talent than to accentuate her obvious natural endowments.
Sexless Wonder Woman did not sing or dance. Nor was she able to dramatically taste as it was demanding on Lynda physically.
"Wonder Woman was soft and feminine in her own way," Lynda said. "I tried to give her a sense of humor and vulnerability. I'm a lot more vulnerable than she ever was, that's for sure."
"But I don't want anyone to think I'm trying to get away from the Wonder Woman image completely. Without her I wouldn't be doing this special. I wouldn't have had the opportunity to star at Caesars Palace."
"She may not have been a really believable character, but at least Wonder Woman didn't wear a mask like Batman.

My attitude was that she couldn't help what she was and I tried to make her behave as a normal person despite her special powers.
"Almost every actress who stays in a series for any length of time must expect the public to relate her to the character she plays. But it also leads people to accept you in other areas of show business."
"Wonder Woman was restricting and limiting, of course. I played her in 60 episodes, on and off, for five years. Now I want to be accepted as a singer and actress in other areas of show business."
Lynda's affection for Wonder Woman will be immediately apparent to viewers who tune in her show Jan. 12. The gal in the snug red, white and blue outfit and golden tiara introduces Lynda to open the special.
Her next project is "The Last Song," a CBS-TV movie in which she plays a recording star involved in a mystery with an ecological background.

Topless Bar Gets Cold Shoulder (And Then Some) In Carter Campaign Building

By DICK WEST
WASHINGTON (UPI) — There are few sights more piteous than goose bumps on a topless dancer.
But the Carter camp can be clearly seen and there are suggestions the Carter-Mondale campaign committee is trying to freeze out a go-go bar that shares its national headquarters building.
The committee fortuitously denies it.
Sabina Siles, a Turkish-born former belly dancer who owns

Sabina's Salaam, voiced suspicions the political group was bringing heat on her landlord to have her cut off.
"For almost two years, Miss Siles said, she ran the bar as smoothly as a stripper peels off a glove. But, last August, the Carter-Mondale committee moved into the downtown buildings, and her troubles began.
"First, she said, the *Politan Development Corp.*, the building management, asked her to remove during daylight hours

her sidewalk signs advertising "topless and bottomless dancers."
"That severely damaged her lunch-hour business, she complained.
"Then, when the weather turned cold last month, she discovered her club had no heat at night. Miss Siles said she was told the heat was being turned off after it was no longer needed for the Carter-Mondale committee, which occupies 15 of the building's 14 floors.
"It may be the last time Lynda dons the costume.
"Her next project is "The Last Song," a CBS-TV movie in which she plays a recording star involved in a mystery with an ecological background.

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'Kramer' Nominated For 8 Golden Globes

HOLLYWOOD (UPI) — The highly acclaimed motion picture "Kramer vs. Kramer" captured eight nominations to lead the competition in the 37th annual Golden Globe Awards presentations later this month.
The television series "Taxi" was nominated six times in the nine television categories.

Alexander all won supporting nominations.
Also competing for best dramatic movie is "Apocalypse Now," "The China Syndrome," "Manhattan" and "Norma Rae." Nominations for best comedy or musical movie went to "Being There," "Breaking Away," "Hair," "The Rose" and "10."
Bill Clayburgh picked up two best actress nominations, for her performances in "Luna" and "Starting Over."

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"Her next project is "The Last Song," a CBS-TV movie in which she plays a recording star involved in a mystery with an ecological background.

AREA DEATHS

EDDIE K. MILES, 65, of 908 Myrtle Ave., Sanford, died Monday at Seminole Memorial Hospital. Born in St. Louis, Mo., he moved to Sanford from Brooksville, Fla. in 1950.
He was an aircraft mechanic and an associate member of the Fleet Reserve Association in Sanford.
He is survived by his wife, Lois, Sanford; son, Charles E., Longwood and three grandchildren.
Seminole Funeral Home is in charge of arrangements.

FRANCIS A. BAXTER, Francis Arnold Baxter, 53, of Geneva died Tuesday at Seminole Memorial Hospital. A native of Minas, he lived all of his life in the Geneva area. He was a commercial fisherman and heavy equipment operator.
Survivors include his wife, Marie Baxter, Geneva; son, Bruce Baxter, Geneva; three brothers, Edward, Daniel, Bert, Union Park and Louis Baxter, Geneva; six sisters, Mrs. Susie Dreggers, Geneva, Mrs. Marie Hill, Oklawaha, Mrs. Mary Goldrick, Sanford, Mrs. Shirley Mull, Marietta, Ga., Miss Sara Baxter, Sanford and Mrs. Lucille Pendarvis, Shelby, Tenn.

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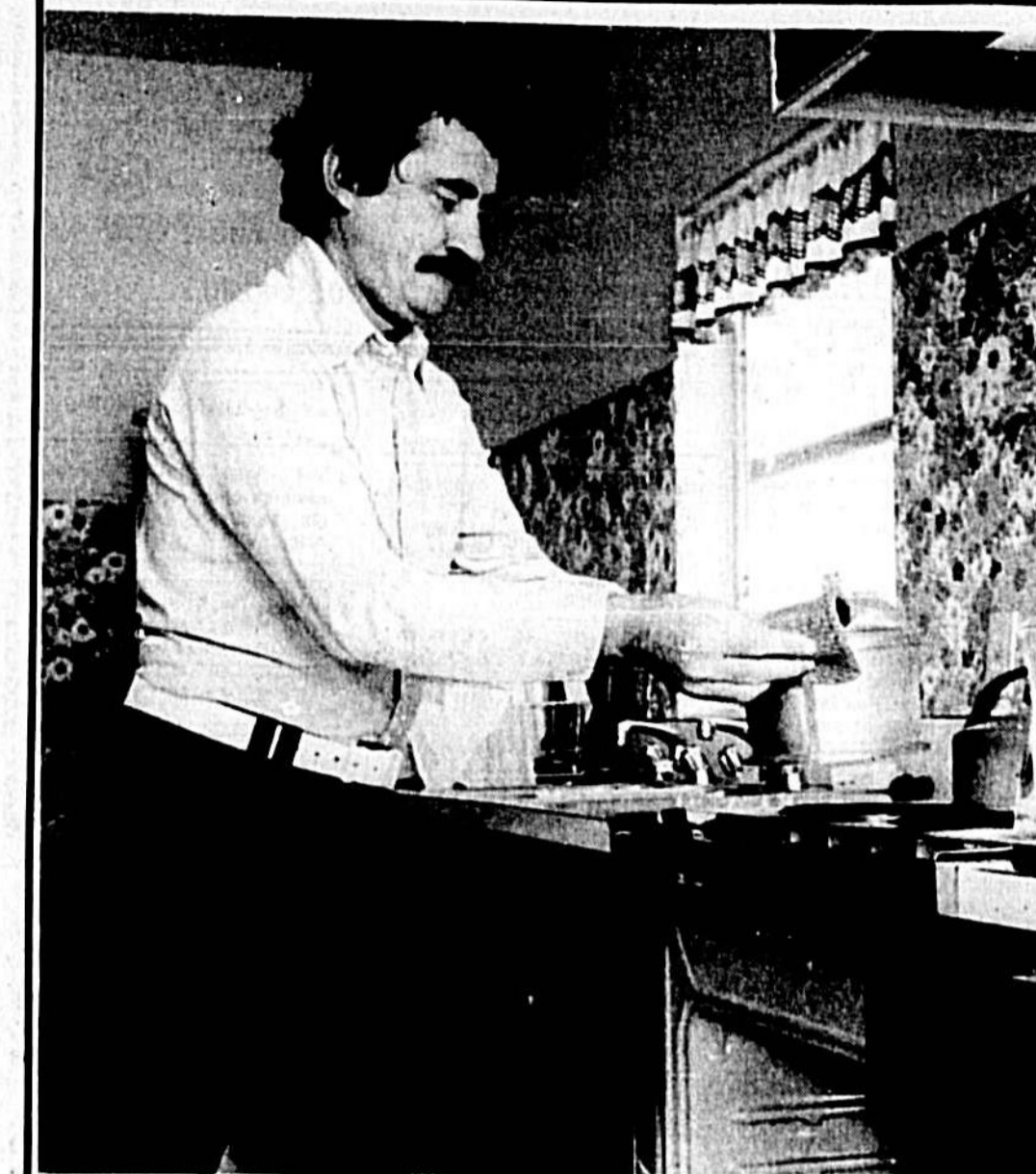
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OURSELVES

Evening Herald, Sanford, Fla. Wednesday, Jan. 9, 1980-1B



Rev. Fred Neal is at home in the church kitchen as he is in the pulpit.

Cook Of The Week Laces Food With A Lot Of Ingenuity

By TOM NETSEL
Herald Staff Writer
Rev. Fred Neal got interested in cooking when he was a teen-ager in West Virginia by working in his parents' restaurant.
"When I was in the sixth grade I was short order cook," said Neal, who is the minister at the Congregational Christian Church of Sanford. "I worked from 11 p.m. to 2 a.m. on the weekends and rode my bike home after work."
Neal said he never lost his interest in cooking and while he has changed his career, he still enjoys getting into the kitchen as a hobby.
Like many cooks, he uses a lot of ingenuity when combining ingredients and substitutes freely. "I never use a recipe," he said. "I just go into the kitchen and just start cooking. If I don't have one thing, I'll use another."
As an example, Neal said he was making potato salad and found he was out of mayonnaise. He used mushroom soup straight out of the can as a substitute and claims it is delicious.
Neal came across the idea for maraschino chicken in a similar manner. The original recipe called for fruit cocktail to be mixed with the chicken, but all Neal had was the juice from a jar of maraschino cherries. He poured that over the chicken and now it is a popular favorite around the Neal household.
Another dish Neal fixes that is a little different is his version of pizza. The toppings of tomato sauce, cheese and other ingredients can be whatever you like but the dough used for the crust is different.
He buys from bread dough that you bake at home and after it thaws he spreads it out on the bottom of a large cookie sheet. When the pizza cooks, the dough rises about an inch high and makes a great thick crust pizza.
The Neals have five children, two of whom are seniors in college, and they have been back in Sanford for six months after being up north for some time.
They had previously been here for five years. Neal's wife, Janice, is a registered nurse at Seminole Memorial Hospital. She is of Italian descent and handles the spaghetti, lasagna and linguine, said Neal.
"I don't dare cook Italian," he said.
SAUERKRAUT AND PORK RIBS
2 pounds ribs
1 pint jar Claussen sauerkraut

And Here She Is... Little Miss America

By DORIS DIETRICH
OURSELVES Editor
And here she is... Little Miss America, Desiree Russell, a former Sanford resident and granddaughter of Mr. and Mrs. Ken Russell, 210 Flamingo, Sanford.
The new beauty queen's father, John Russell, said when he was graduated from Seminole High School in 1972, he never dreamed of a daughter to say the least of a national celebrity daughter.
Desiree's mother, Denise, who is from Wauchegan, Ill. where the family lives said "It's hard to believe. You sit there and dream. All of the little girls are so pretty."
And Desiree — Little Miss America?
"She likes the excitement of being on stage and meeting the girls," her mother said. "And after it's all over, she settles back as if nothing had happened."
The 6-year-old blue-eyed blonde beauty entered her first pageant last year in Wauchegan when she won the title of Baby Miss Illinois. The national 3-day pageant at the Tipperware Auditorium and Lake Bronna Vista over the past weekend was Desiree's second pageant.
She walked off with 15 trophies and about that many prizes including a \$2,000 scholarship, travel to London and San Juan, Puerto Rico (among other sites), a wardrobe, fur, diamonds and other prizes.
According to pageant records, 152 girls, ages 2-8, were in competition for Tiny Miss America, Baby Miss America, and Little Miss America. There were 56 little girls in Desiree's age category vying for Little Miss America.
According to her mother, she has no special talents. "She's a very good dancer and modeling for Montgomery Ward in Wauchegan," the family made the Ken Russell family headquarter's. They departed for Wauchegan Tuesday night with crates of trophies and prizes.
Desiree was born in Wauchegan. When she was about 1-year-old, they moved to Sanford and lived at Master's Cove Apartments. About a year later, they moved back to Wauchegan where John is a sign painter. The Russells have another daughter, 2.



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- OUR OWN HOMEMADE BULK BREAKFAST SAUSAGE \$1.19 LB.

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Sleeping Apart Has No Effect On Love

DEAR ABBY: In response to JERI OUT WEST, who wondered how many couples who sleep apart: We've been married for 34 years, and for the last 15 years we have had two beds. There is nothing like it for comfort and total relaxation. We're able to turn over which way without worrying about kicking one another, or breathing in each others' faces.
He likes the blankets on. I like them off. If he has a cold, he can keep the cold germs in his own bed. And when it comes to intimacy, we manage nicely. One twin bed is big enough for both of us.
I LOVE MY HUSBAND
IN ALHAMBRA
DEAR ABBY: What has sleeping got to do with lovemaking? Nothing whatsoever! I didn't get my rest I would be a lousy lover. That's why the little woman and I sleep in separate bedrooms. She snores up a storm.
ARTHUR IN ARIZONA
DEAR ABBY: Sleeping apart is really great. I meet a lot of new girls that way.
My wife stays on her side of town, and I stay in the other 95 percent of town!
LARRY IN COLUMBUS, OHIO
DEAR ABBY: I'm 33 and my husband is 38. He's always been a very restless sleeper and gets up several times during the night to make notes or read. (He says he gets his best thinking done at night.) The only way I can get any sleep is to sleep in another room, which I do.
Believe me, it hasn't hurt our love life. Our children are 10, 7, 6, 4, 2 and another is on the way.
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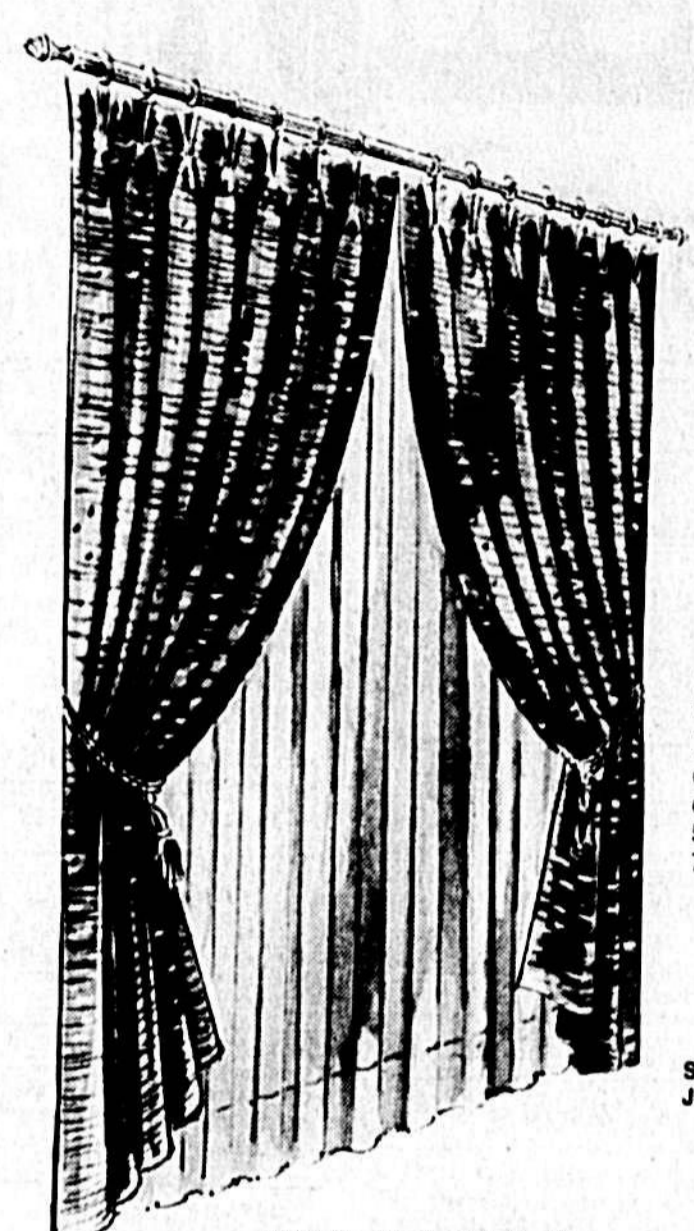
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UDC Reviews Life Of Benjamin

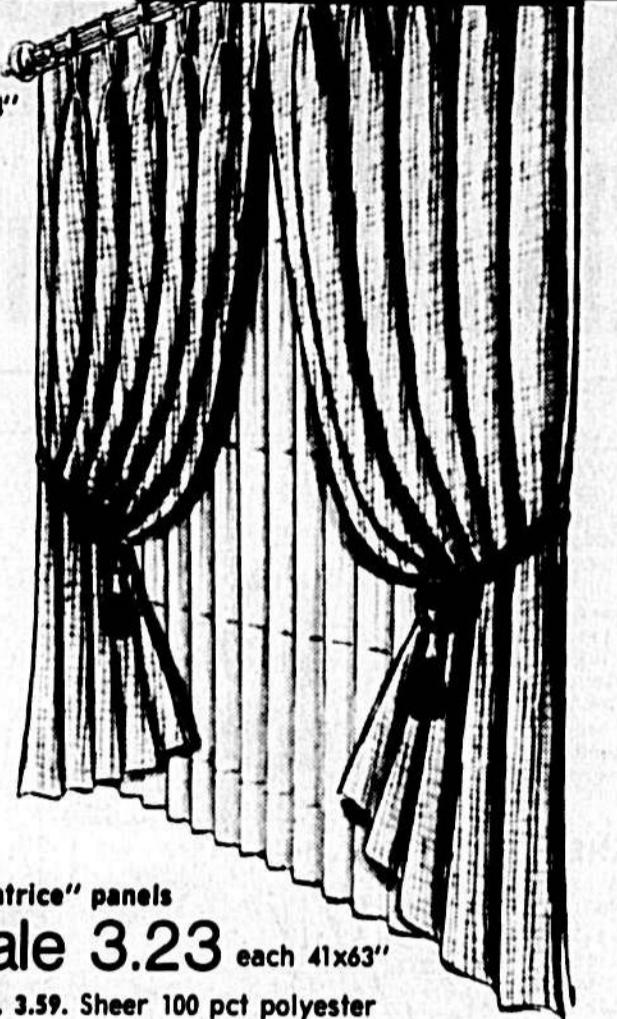
The Norman deVere Howard Chapter of the United Daughters of the Confederacy (UDC) met at the home of Mrs. L.D. Hastings, Mrs. E.A. Sewell and Mrs. Vernon Blackstone were co-businesses.
The program was led by Mrs. Donald Dunn who spoke on the life of Judah P. Benjamin, Secretary of War of the Confederacy.
Born in 1811 at Saint Croix, Virgin Islands, under temporary British occupancy, he was the son of a poor English tradesman of Jewish descent. He came to the United States

to receive his education, becoming a prominent lawyer in Louisiana and a U.S. Senator from that state.
Mrs. Dunn stated that Benjamin gave important services to the Confederacy and was the ablest and most faithful member on President Jefferson Davis' advisory council.
Benjamin joined the secession movement at its start and became first the Attorney General and later Secretary of War. As the president, presided during the Battle of Manassas in 1861.
Benjamin was a member of the Florida Board of Parks and Historical Memorials.
Mrs. L.D. Hastings, president, presided during the business session.

Our Great White Sale.



Lined "Jewel Tex" at right
Sale 42.50 pr. 72x54"
 Reg. \$50. Textured open-weaves of rayon/cotton/acetate/polyester with poly/cotton lining.
 96x84", Reg. \$66 Sale 57.42 pr.



"Regent" draperies
Sale 31.68 pr. 50x84"
 Reg. \$36. Tri-tone antique satin draperies of rayon/acetate/polyester lining.
 75x84", Reg. \$60 Sale \$45 pr.

"Whisper" panels
Sale 5.94 each 60x63"
 Reg. 4.99 each
 Sheer polyester panels; machine washable.
 60x84", reg. 7.99 Sale 7.19

"Jewel Tex" at left
Sale 15.66 pr. 50x63"
 Reg. \$18. Textured dooby-weave draperies of cotton/rayon/polyester or cotton/rayon. Acrylic foam backing.
 50x84", Reg. \$19 Sale 17.10 pr.
 75x84", Reg. \$33 Sale 29.70 pr.

"Patrice" panels
Sale 3.23 each 41x63"
 Reg. 3.59. Sheer 100 pct polyester panels; machine washable.
 41x84", reg. 3.99. Sale 3.59

Sale prices effective through Saturday, January 19th.

"Mystic Harbor" sheets.
Sale 5.09 twin sheet
 Reg. \$7.99. A charming crewel look of fresh picked flowers in a multicolor print. On crisp, easy-care poly/cotton percale sheets. Flat and fitted sheets are the same price.
 Full, Reg. 6.99 Sale 5.94
 Queen, Reg. 11.99 Sale 10.19
 King, Reg. 13.99 Sale 11.99
 Pillowcases, by the pair. Standard, Reg. 5.49 Sale 4.87
 Queen, Reg. 5.99 Sale 5.09
 King, Reg. 6.49 Sale 5.52



Percale sheets
Sale 4.99 twin
 Reg. 6.99. Pair up your own creative combinations of solids, or team them with prints. Smooth cotton/poly percale. Flat and fitted sheets are the same price.
 Full, Reg. 7.99 Sale 6.79
 Queen, Reg. 12.99 Sale 10.99
 King, Reg. 14.99 Sale 12.69
 Pillowcases, by the pair. Standard, Reg. 6.49 Sale 5.49
 Queen, Reg. 6.99 Sale 5.79
 King, Reg. 7.49 Sale 6.39
 Entire stock of sheets does not include crib sheets.
 Sale prices effective through Saturday, January 19th.

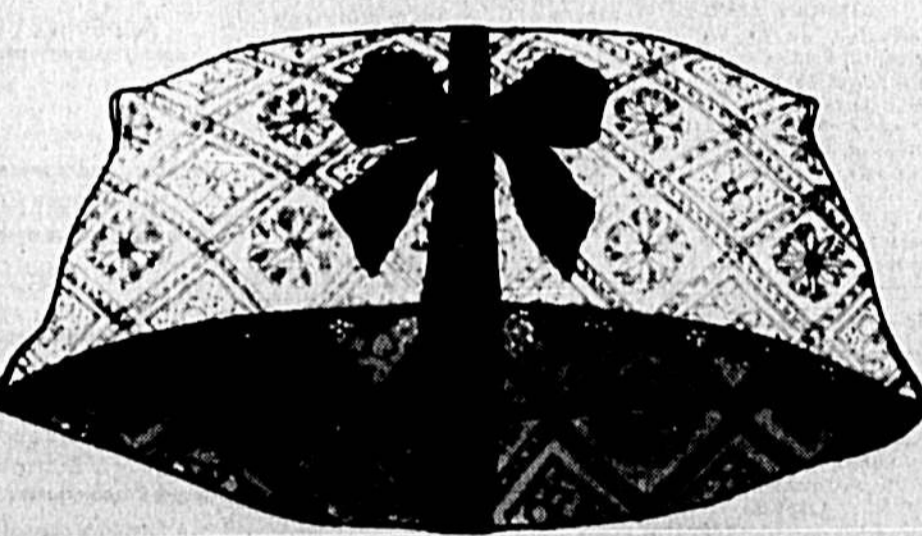


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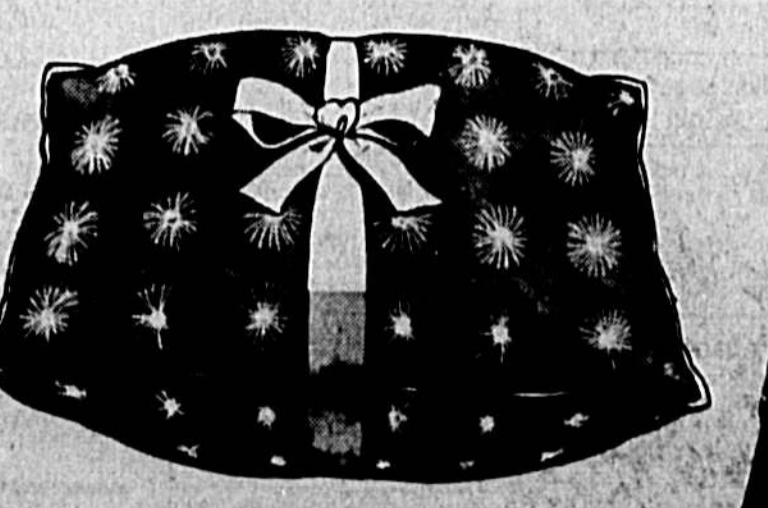
Sale 8.80 standard
 Reg. \$11. Celanese Fortrel® polyester bed pillows. Double covered in poly/cotton with a removable easy-care outer casing.
 Queen, Reg. \$13 Sale 10.40



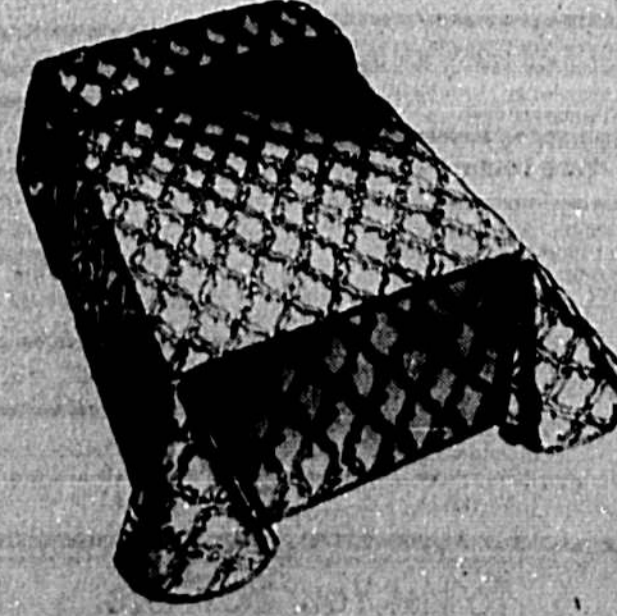
Sale 3.99 standard
 Reg. 4.99. Pleasingly plump bed pillow has Astrotex® polyester fiber-filling. Covered in cotton ticking with corded edge.
 Queen, Reg. 5.99 Sale 4.79



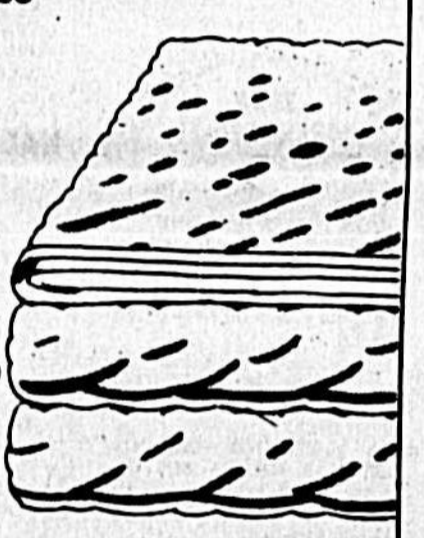
Sale 6.40 standard
 Reg. \$8. Cushiony pillow for a soft down-like feel. Dacron® fiberfill II polyester with cotton/poly ticking. Machine wash and dry.
 Queen, Reg. \$10 Sale 8.00
 King, Reg. \$12 Sale 8.80



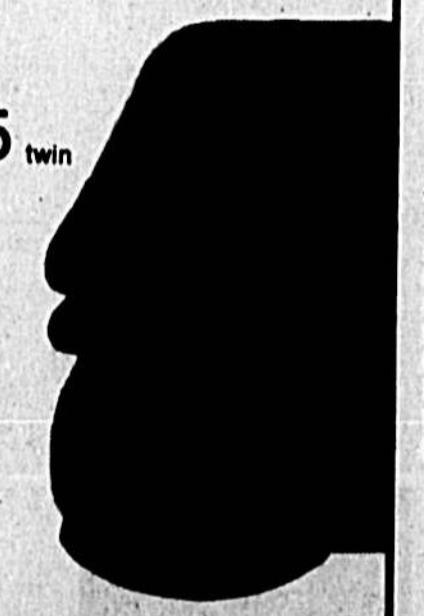
"Summit" bedspread
Sale 21.75 Twin
 Reg. \$29. Delicate quilting shows up on this solid color poly/cotton bedspread with polyester fill. Machine wash and dry.
 Full, Reg. \$34 Sale 25.30



Save on mattress pads.
Sale 7.99
 Sale 7.99 twin
 Reg. 9.99. Fitted mattress pads in cotton/polyester quilted to polyester fiberfill.
 Full, Reg. 13.99 Sale 11.19



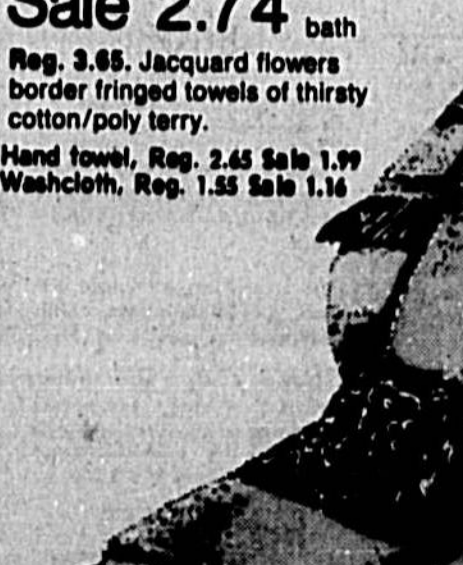
25% off blankets.
Sale 23.25 twin
 Reg. \$31. This automatic electric blanket has 11 settings, automatically adjusts to changes in room temperature. Soft-napped acrylic/polyester, snap-fit corners.
 Full, single control, Reg. \$35 Sale 26.25
 Full dual control, Reg. \$43 Sale 32.25
 Queen, dual control, Reg. \$53 Sale 38.75



Sale \$9 twin
 Reg. \$12. Lightweight acrylic thermal blanket with nylon binding. Machine washable.
 Full, Reg. \$14 Sale 10.99
 Queen, Reg. \$17 Sale 12.75
 King, Reg. \$21 Sale 15.75



Sale 2.74 bath
 Reg. 3.85. Jacquard flowers border fringed towels of thirty cotton/poly terry.
 Hand towel, Reg. 2.45 Sale 1.79
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Tasty 'Cheep' Chicken Loaf Increases Buying Power

Would you like to increase your buying power as well as your poultry collection? Try "Cheep" Chicken Loaf.
 It's a delicious treat that feeds a hungry family on a tight budget.
 This thrifty main dish combines leftover or canned chicken with chopped hard-cooked eggs, diced vegetables, dry bread crumbs and savory seasonings. Additional eggs bind all the ingredients together. The end result is a flavorful, frugal and filling loaf.

You can serve "Cheep" Chicken Loaf with baked potatoes, and cook them both in the same oven. Add a green vegetable or fresh fruit salad, and you've got a meal that's sure to win the battle of the budget.

"CHEEP" CHICKEN LOAF
 (6 to 8 servings)

- 2 eggs
- 1/2 cup chicken broth or milk
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1 cup fine dry bread crumbs
- 6 hard-cooked eggs, sliced
- 1 1/2 cups chopped cooked chicken or turkey OR 2 cans (5 1/2 oz. each) boned chicken
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- Parsley sprigs, optional
- Gravy, mushroom sauce or cheese sauce, optional

Beat together 2 eggs, broth, poultry seasoning and salt. Stir in crumbs. Reserve 3 center egg slices for garnish. Chop remaining eggs. Add chopped eggs and remaining ingredients except parsley and gravy to crumb mixture and toss lightly to mix. Place in greased 8"x4"x2 1/2"-inch loaf pan. Bake in preheated 350 degree F. oven 50 to 55 minutes or until lightly browned. Loosen at edges with spatula. Invert onto serving platter. Garnish with reserved egg slices and parsley, if desired. Slice and serve. Top slices with leftover gravy, mushroom sauce or cheese sauce, if desired.



Poultry Protein In '80's

Retail food prices this year average nearly 11 percent higher than in 1978. This follows a 10 percent rise in the cost of food in 1979 over the previous year with a predicted increase of 7 to 11 percent ahead in 1980.

A survey of supermarket shoppers (Supermarket Trends, 1979 Update) revealed that the American consumer today is placing more emphasis on nutrition in food purchases and demanding more nutritional value for the food dollar than ever before.

That is why "poultry is 'in' for the '80's" the head of one large supermarket chain told members of the National Broiler Council at their annual meeting held recently in Washington, DC.

At the same conference, Austin Kiplinger, editor-in-chief of the Kiplinger Washington Letter, in a look at "What's Ahead for the '80's," told the industry that the purchase of chicken should be encouraged "as a basic, economical food for the family."

He predicted that diets will tend toward lighter foods as more people work indoors and noted that chicken fits right in with this trend.

It appears that the consumer is already aware not only of the economical value but also the nutritional benefits of chicken. This year Americans are expected to consume a record 48 pounds per capita. During the period 1965 to 1979, chicken consumption was up 29 percent compared to a rise in per capita beef consumption of 39 percent.

From 1950 to 1978, the retail price of beef rose 138 percent (based on the Consumer Price Index). In the same period, pork prices increased 100 percent while the cost of chicken was up 12 percent, thanks to the efficiency and technology of the broiler industry. Today chicken is widely recognized as one of the world's major sources of animal protein.

Chicken has replaced pork for second place in per capita meat consumption in the American diet and the Chairman of the Board of the National Broiler Council sees it challenging the traditional leader, beef, in the not-too-distant future.

Collier Wenderoth notes that it takes just two pounds of grain to convert to one pound of chicken. This compares to four pounds for pork and eight for beef on the hoof (grain fed beef is even higher).

"On top of that, with chicken the yield is 78 percent meat and grow-out time is just eight weeks," he notes. The top official in the poultry industry's trade association calls broiler production "the most efficient food conversion machine in the world."

It is estimated that this year Americans will consume more than 48 pounds of chicken each. "There is no more economical protein source," Wenderoth declares.

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Dressing \$1.69
 KOUNTY KIST GOLD W.X.

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FRANCO AMERICAN BEEF RAVIOLI \$1.29
 MUSHROOM

JELLY \$1.59
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COCKTAIL \$1.19
 GREEN WINE (CRANBERRY & APPLE)

DOG MEAL \$1.69
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VINEGAR \$1.99
 GREAT ITALIAN SALAD

DRESSING \$1.69
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CORN 4/1
 17 OZ.

SHORTENINGS \$1.49
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JEWEL \$1.59
 NORTON

MACARONI CHEESE \$1
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WHITE CORNmeal \$1.69
 WHITE CORNmeal

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GRILL FRANKS
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SAVE 19¢
BLUE BAY
TUNA
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ON 1
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LIMIT 2 PLEASE
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SAVE 30¢
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SAVE 20¢
SUPERBRAND
SOFT MARGARINE 1-LB. BOWL **39¢**
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STORES JAN. 10-12
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PRICES GOOD JANUARY 10-12

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CHUCK STEAK
LB. **\$1.69**
BEEF SHORTRIBS . . . lb. \$1.49

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USDA GRADE 'A'
LARGE EGGS
LIMIT 2 PLEASE
2 DOZ. **\$1.29**
QUAKER
INSTANT GRITS . . . 8-oz. SIZE **63¢**

SAVE 60¢
W-D BRAND USDA CHOICE
BLADE CUT
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BEEF CHUCK CENTER CUT 7 BONE
Chuck Roast . . . lb. \$1.59

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BEEF SPARERIBS
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BEEF RIB E-Z CARVE - FIT FOR A KING
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BEEF ROUND BONELESS SIRLOIN
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SHANK PORTION
HICKORY
SMOKED HAM
LB. **99¢**

HICKORY SWEET
SLICED BACON
1-LB. PKG. **\$1.19**

SAVE 40¢
W-D BRAND
REGULAR OR ALL BEEF
SMOKED SAUSAGE
20-oz. PKG. **\$1.99**

SAVE 60¢
WESSON
OIL
48-oz. BTL. **\$1.89**
ASTOR Shortening . . . 3 lb. \$1.79

SAVE 30¢
LIGHT
RHEINGOLD BEER
6 PACK 12-oz. CANS **\$1.59**
CRACKIN' GOOD
Pretzels . . . 2 PKGS. \$1.00

SAVE 18¢
THRIFTY MAID
MACARONI & CHEESE
DINNER
4 7 1/2-oz. PKGS. **\$1**
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Saltines . . . 2 PKGS. \$1.19

SAVE 19¢
BLUE BAY
TUNA
6 1/2-oz. CAN **48¢**
DEEP SOUTH SALAD
Dressing . . . 4 1/2-oz. \$1.99

SAVE 36¢
ON 1
THRIFTY MAID
TOMATO SOUP
10 3/4-oz. CANS **\$1**
SAVE 10¢ - CRACKIN' GOOD SNACK
Crackers . . . 10-oz. \$1.29

SAVE 30¢
SPAGHETTI SAUCE
32-oz. JAR **89¢**

SAVE 19¢
THRIFTY MAID
THIN VERMICELLI OR REGULAR
SPAGHETTI
16-oz. PKGS. **\$1.00**

SAVE 30¢
KITCHEN BAGS
45-CT. PKG. **\$1.99**

SAVE 30¢
TEA BAGS
24-CT. PKG. **\$1.29**

SAVE 40¢
RED ROSE, PINK CHARLIS
OR CHARLIS BLANC (MAGNUM)
GALLO WINE
30.7-oz. BTL. **\$3.49**

SAVE 50¢
HARVEST FRESH IDAHO
BAKING POTATOES
10 LB. MESH BAG **\$1.39**
HARVEST FRESH EASTERN RED DELICIOUS
Apples . . . 13 for \$1.99

SAVE 19¢
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3 HEADS **\$1**
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HARVEST FRESH
GREEN CABBAGE
3 HEADS **\$1**
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Mushrooms . . . 1/2 lb. \$1.59

12 1/4-oz. TURKEY
12-oz. CHICKEN
10 1/4-oz. SALSIBURY
MORTON ENTREES
EACH **99¢**

12 1/4-oz. TURKEY
12-oz. CHICKEN
10 1/4-oz. SALSIBURY
MORTON ENTREES
EACH **99¢**

SAVE 20¢
SUPERBRAND FUDGE BARS OR
TWIN POPS
12 PACK PKG. **89¢**

SAVE 20¢
WHIP TOPPING
2 8-oz. CUPS **89¢**

ALL VARIETIES MORTON
POT PIES
7 8-oz. SIZES **\$1.89**

SAVE 10¢
SUPERBRAND
SOUR CREAM
16-oz. CUP **79¢**

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VILLA REAL BOILED HAM HALF POUND \$1.29	12 PIECE BUCKET OF GOLDEN BROWN INCLUDES: 3 WINGS, 3 BREASTS, 2 DRUMSTICKS, 3 THIGHS & 12 ROLLS Fried Chicken . . . each \$6.99	FRESH DAILY Garden Salad . . . \$1.99
HICKORY SMOCKED Spareribs . . . 1/4 " 99¢	CRUMB CAKE Crumb Cake . . . each 49¢	CHOCOLATE CHIP Crumb Cake 2 " 75¢
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Special Occasions Call For Company Appetizers

Special occasions call for some mouthwatering appetizers. Here are a few recipes that are company pleasers...and best of all...they're quick and easy to prepare in a microwave oven. You can even make them up ahead of time, refrigerate them on paper plates or heat-proof serving dishes and then serving time, just whisk them into the microwave oven and cook for a minute or two until hot.

STUFFED MUSHROOMS ITALIANO

12 large fresh mushrooms (5 ounces)
1 tablespoon butter or margarine
1/4 cup finely chopped onion
1/4 cup diced pepperoni (1 ounce)
2 tablespoons finely chopped green pepper
1/4 small clove garlic, minced
1/4 cup finely crushed rich round crackers (6 crackers)
1/4 tablespoons grated Parmesan cheese
2 teaspoons snipped parsley
1/4 teaspoon seasoned salt
1/4 teaspoon dried oregano, crushed
Dash pepper

Wash mushrooms; remove and finely chop the stems. Drain caps on paper toweling. In 1-quart bowl, combine butter, chopped onion, onion, pepperoni, green pepper, and garlic. Cook, covered, at HIGH for 2 to 3 minutes, till tender. Stir in crumbs, cheese, parsley, salt, oregano and pepper; mix well. Mound mixture in the mushroom caps. Place caps in 10x1 1/4-inch baking dish. Cook, covered, at MEDIUM for 4 minutes till mushrooms are hot. Makes 12 appetizers.

RIBAKI

2 pounds pork spareribs, cut in half crosswise
1/4 cup soy sauce
2 tablespoons cooking oil
2 tablespoons molasses
2 teaspoons ground ginger
1 teaspoon dry mustard
1 clove garlic, minced
Cut ribs into 1 1/2 pieces. Place in 12x17x2-inch baking dish. Cook, covered, at MEDIUM HIGH for 15 minutes. Drain; turn and rearrange ribs. Combine remaining ingredients; pour over ribs. Cook, covered, at MEDIUM HIGH for 10 minutes. Serve hot. Makes about 30 pieces.



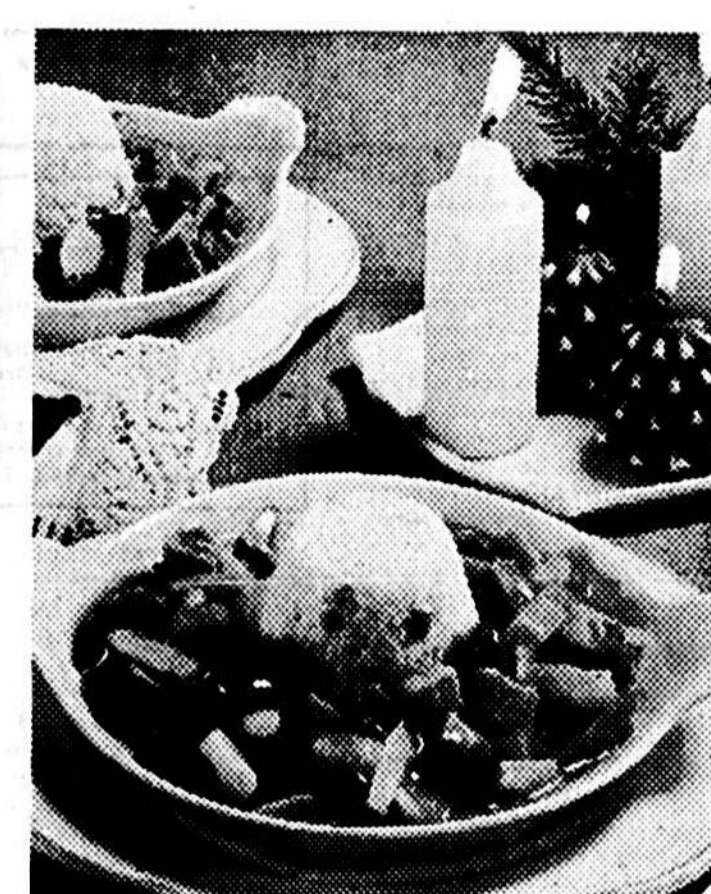
STUFFED MUSHROOMS ITALIANO



MUSHROOM CASSEROLE



SPANISH RICE



ISLAND HAM WITH RICE

Rice Extends Entrees Into Entire Meals

Nutritious, one-dish meals are a boon to busy cooks on winter evenings. Often they can be partially or completely prepared ahead of time, then baked briefly before serving. This Mushroom Spinach and Rice Casserole is a winner on all counts. It's easy on the calories and beautifully nutritious. And the mushrooms give it a hearty quality and "meaty" flavor, as well as a feeling of elegance.

MUSHROOM SPINACH AND RICE CASSEROLE

1 pound fresh mushrooms
4 tablespoons butter or margarine, divided
2 1/2 cups slightly undercooked brown rice (3/4 cup uncooked)
1/2 pound fresh spinach, coarsely chopped
1/2 cup shredded Cheddar cheese
4 eggs, lightly beaten
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup soft bread crumbs

Grease a 9-inch pie pan. Rinse, pat dry and slice mushrooms (makes about 3 1/2 cups). In a large skillet melt 2 tablespoons of the butter. Add mushrooms; saute until golden, 5 minutes, set aside. Preheat oven to 350 degrees F. In a large bowl combine rice, spinach, cheese, eggs, salt, black pepper and reserved mushrooms; mix thoroughly. Spoon into prepared pan. In a small saucepan melt remaining 2 tablespoons butter; add bread crumbs; mix well. Sprinkle over mushroom and spinach mixture. Bake, uncovered, until firm, about 30 minutes. Cut into wedges and serve as a main dish. Yield: 4 to 6 portions.

SPANISH RICE

1 pound ground beef
1 cup chopped onion
1/2 cup green pepper chopped
1 medium clove garlic, minced
1 tablespoon chili powder
1 cup cocktail vegetable juice
1 cup raw (uncooked) regular rice
1 teaspoon salt

Brown beef in skillet. Add onion, pepper, garlic and chili powder. Cook until onion and pepper are tender. (Use shortening if necessary). Stir to separate meat.

Add remaining ingredients. Bring to boil.

Cook over low heat 20 minutes or until liquid is absorbed. Stir occasionally.

ISLAND HAM WITH RICE

3/4 cup Minute rice
2 tablespoons chopped cashew nuts
1 teaspoon orange juice
1/2 cup cornstarch
1 package (10 oz.) Hawaiian style vegetables in a seasoned sauce
3/4 cup diced cooked ham
1 tablespoon butter or margarine
1/2 teaspoon prepared mustard

Prepare rice as directed on package. Stir in nuts. Pack rice mixture into 2 buttered 6-ounce custard cups; keep warm. Meanwhile, combine cornstarch and orange juice in medium saucepan. Add vegetables, ham, butter and mustard. Cook and stir over medium heat until mixture comes to a boil and vegetables are separated. Cover and simmer over low heat for 4 minutes. Unfold rice over vegetable dish. Serve with vegetable-ham mixture. Makes 2 cups ham mixture and 1 1/2-3rd cups rice or servings.

OVEN STYLE CREOLE

2 tablespoons flour
1/2 teaspoon white or red pepper
2 teaspoons parsley flakes
1 small onion, finely chopped
1/2 cup finely chopped green pepper
2 packages (6 oz. each) frozen peeled shrimp, thawed
1 1/2 cups quick cooking rice
2 cans (8 oz. each) tomato sauce
1 small bay leaf

Preheat oven to 350 degrees F. Place regular size (10"x16") Brown-In-Bag in 10x12x2-inch baking dish. Combine all ingredients except bay leaf in bag; turn bag gently to mix. Add bay leaf. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 to 35 minutes or until vegetables are tender.

Microwave Oven:

Follow direction above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting 6 to 8 minutes, turning dish once.

BANANA CHIFFON CAKE

2 1/2 cups sifted cake flour
3/4 cup granulated sugar
3 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon allspice
3/4 cup packed light brown sugar
1/2 cup salad oil
5 egg yolks
1-3rd cup cold water
1-3rd cups mashed ripe bananas (4 medium bananas)
1 teaspoon vanilla
1 cup egg whites (8 egg whites)
1/2 cup cream of tartar

Sift flour, granulated sugar, baking powder, salt and allspice into mixing bowl. Stir in brown sugar.

Make well in center. Add oil, egg yolks, water, bananas and vanilla. Beat until smooth.

In large bowl, combine egg whites and cream of tartar. Beat until very stiff peaks form.

Pour egg-yolk batter over entire surface of beaten egg whites in steady stream. Fold in gently, just until blended. Pour batter into ungreased 10-inch tube pan.

Bake in 325-degree oven 50 minutes. Increase temperature to 350 degrees and bake 15 to 20 minutes longer or until cake tester inserted in center comes out clean.

Invert pan. Let cool thoroughly. Sprinkle with confectioners sugar if desired.

Don't Cheat On Home Baked Bread

How often have you heard weight- or health-conscious folks describe their diets by saying, "I didn't cheat today — I passed up the bread." In fact, they are cheating themselves of essential nutrients as well as the entire dimension of small flavors and textures worshipped by bread-lovers and bread-bakers for centuries.

Wheat bread is a valuable source of the B vitamins which are needed to convert the foods we eat into the form of energy which the body uses as fuel.

Very active people burn more fuel and therefore demand these vitamins in larger quantities. Fiber, a natural constituent of whole grains and cereals, is thought by many to play a protective role against several of the nation's leading killer diseases.

The corn oil margarine used in this recipe is high on flavor, but low in saturated fats and cholesterol-free, another nutritional plus. So take a hefty slice of the bread of life and stop cheating yourself of homemade goodness.

CRACKED WHEAT BREAD

Makes 2 loaves (14 slices)

4 1/2 to 5 1/2 cups un sifted flour
3 tablespoons sugar
4 teaspoons salt
2 packages active dry yeast
1 1/4 cups water
1/2 cup milk
3 tablespoons margarine

1 cup cracked wheat
In a large bowl thoroughly mix 2 cups flour, sugar, salt and unadvised yeast.

Combine water, milk and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add cracked wheat and beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down. Turn out onto lightly floured board. Cover, let rest on board for 15 minutes. Shape into 2 loaves. Place in greased 9x5x3-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 400 degrees F. about 30 minutes, or until done. Remove from pans and cool on wire racks.

Centsible Egg Ideas

CENTSIBLE SKILLET SUPPER

4 servings

3 cups water
8 ounces (about 4 1/2 cups) uncooked medium egg or spinach noodles
1 envelope (1.375 oz.) dehydrated onion recipe and soup mix
1/2 cup sliced celery
1/2 teaspoon tarragon, crushed
8 hard-cooked eggs, wedged
1 cup (6 oz.) small curd creamed cottage cheese
Parsley or watercress, optional

Bring water to boiling. Add noodles, soup mix, celery and tarragon. Simmer 3 minutes, stirring occasionally. Cover and remove from heat. Allow to stand 10 minutes or until most of the liquid is absorbed. Reserve 3 egg wedges for garnish. Stir remaining eggs and cottage cheese into noodles. Cook over low heat 3 to 4 minutes or until heated through. Garnish with reserved egg wedges and parsley, if desired.

PENNY-PINCHING POCKET SANDWICHES

2 servings

4 eggs, beaten
1/2 cup bottled creamy cucumber dressing
1/4 cup chopped green pepper
1 teaspoon instant minced onion
1/4 teaspoon salt
2 tablespoons butter
1 Pita bread, halved

Beat together eggs, dressing, green pepper, onion and salt with fork. Heat butter in small (6-inch) skillet over medium heat until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, turn a pancake turner over and gently draw completely across bottom of pan, forming large soft curds. Continue until eggs are thickened but do not stir constantly. Cook until eggs are thickened throughout but still moist. Place half of eggs in each Pita half. Serve with additional dressing, if desired.

It is better to remove scrambled eggs from pan when they are slightly underdone. Heat retained in eggs completes the cooking.

Microwave: Beat together egg mixture in lightly buttered 3-cup measure or small microwaveable bowl. Cook on Full power 1 to 1 1/2 minutes, stirring once or twice, until almost done. Cover and let stand a few seconds to complete cooking.

HERE ARE 5 GOOD REASONS YOU

48¢ OFF

NABISCO PREMIUM SALTINES
LB PACKAGE
1 39¢

12¢ OFF

IVORY LIQUID
22oz BOTTLE
2 99¢

U.S. NO. 1 BAKING POTATOES

Super Discount!

10 \$1.19
LB BAG
SAVE 20¢

FIRM RIPE SLICING TOMATOES

Super Discount!

49¢
LB
SAVE 20¢ A LB

ALL PURPOSE YELLOW ONIONS

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LB BAG
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FRESH GREEN CABBAGE

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LB
SAVE 7¢ A LB

FRESH GREEN CUKES or PEPPERS

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6 \$1.00
FOR
SAVE 18¢

FRESH JUICE FLORIDA ORANGES

Super Discount!

5 LB 89¢
FOR
SAVE 10¢

GEORGIA RED SWEET POTATOES

Super Discount!

4 LBS \$1.00
FOR
SAVE 16¢ A LB

PANTRY PRIDE SPAGHETTI SAUCE

ASSORTED

99¢
SAVE 10¢

PANTRY PRIDE VEGETABLES

ASSORTED VARIETIES AND SIZES

3 89¢
YOUR CHOICE
SAVE 15¢

PANTRY PRIDE TEA BAGS

100 COUNT

\$1.29
SAVE 20¢

PEANUT BUTTER

40oz JAR

\$1.79
SAVE 10¢

PANTRY PRIDE ASSORTED SODAS

Everyday Low Price!

64oz 69¢
BTL.
SAVE 15¢

PANTRY PRIDE BLACK PEPPER

4oz

69¢
SAVE 10¢

PANTRY PRIDE PORK & BEANS

16oz CAN

4 \$1
FOR
SAVE 10¢

DOVE LIQUID

QUART

\$1.28

FINAL TOUCH FABRIC SOFTENER

64oz

\$1.88

CAN SAVE IN 1980 AT.....

27¢ OFF

PANTRY PRIDE CREAMED COTTAGE CHEESE
15oz CUP
58¢

40¢ OFF

FYNE TASTE SLICED BOLOGNA
16oz PACKAGE
98¢

30¢ OFF

STARKIST OR CHICKEN OF THE SEA TUNA
WATER ON OIL 5oz CAN
39¢

Pantry Pride SAVE \$1.57

SKILLET BRAND SLICED BREAKFAST BACON

Super Discount!

98¢
LB PKG.
SAVE 30¢

BEEF BLADE CHUCK ROAST

Fresh Family

\$1.68
LB
SAVE 30¢ A LB

SLICED QUARTER PORK LOIN

Fresh Family

\$1.28
3 TO 5 LBS
SAVE 30¢ A LB

ON-COR DINNERS

2 \$1.58
LB PKG. SAVE 20¢

ORANGE JUICE

SAVE 30¢

98¢
HALF GALLON CARTON

LISTERINE OR LISTERMINT MOUTHWASH

Everyday Low Price!

24oz \$1.49
BTL.
SAVE 20¢

PIELS BEER

6 PACK, 12oz CAN

\$1.49

GALLO CHABLIS

1.5 LITER ROSE OR BURGUNDY

\$3.29

TOOL SPECIAL 39 ASSORTED HAND TOOLS ON SPINNER RACK

Everyday Low Price!

2 FOR \$3

BIC LIGHTER

Everyday Low Price!

2 FOR \$1

PUNCH LAUNDRY DETERGENT

64oz BOX

\$1.99
SAVE 20¢

KLEENEX TOWELS

GIANT ROLL

59¢
SAVE 10¢

RAMEN PRIDE NOODLES

PORK, CHICKEN, BEEF

5/1
3oz PKG. SAVE 10¢

CHARMIN TOILET TISSUE

ASS T. COLORS 4 PAK WITH 100 COLORED GOODIES

10¢ CASH



Special Occasions Call For Company Appetizers

Special occasions call for some mouthwatering appetizers. Here are a few recipes that are company pleasers...and best of all, they're quick and easy to prepare in a microwave oven. You can even make them up ahead of time, refrigerate them on paper plates or heat-proof serving dishes and then serving time, just whisk them into the microwave oven and cook for a minute or two until hot.

STUFFED MUSHROOMS ITALIANO
 12 large fresh mushrooms (5 ounces)
 1 tablespoon butter or margarine
 1/4 cup finely chopped onion
 1/4 cup diced pepperoni (1 ounce)
 2 tablespoons finely chopped green pepper
 1 small clove garlic, minced
 1/4 cup finely crushed rich round crackers (6 crackers)
 1 1/2 tablespoons grated Parmesan cheese
 2 teaspoons snipped parsley
 1/4 teaspoon seasoned salt
 1/4 teaspoon dried oregano, crushed
 Dash pepper

Wash mushrooms; remove and finely chop the stems. Drain caps on paper toweling. In 1-quart bowl, combine butter, chopped onion, pepperoni, green pepper, and garlic. Cook, covered, at HIGH for 2 to 3 minutes, till tender. Stir in crumbs, cheese, parsley, salt, oregano and pepper; mix well. Mound mixture in the mushroom caps. Place caps in 10x2 1/4-inch baking dish. Cook, covered, at MEDIUM for 4 minutes till mushrooms are hot. Makes 12 appetizers.

RIBAKI
 2 pounds pork spare ribs, cut in half crosswise
 1/4 cup soy sauce
 2 tablespoons cooking oil
 2 tablespoons molasses
 2 teaspoons ground ginger
 1 teaspoon dry mustard
 1 clove garlic, minced
 Cut ribs into 1-7/8 pieces. Place in 12x7 1/2-inch baking dish. Cook, covered, at MEDIUM HIGH for 15 minutes. Drain; turn and rearrange ribs. Combine remaining ingredients; pour over ribs. Cook, covered at MEDIUM HIGH for 10 minutes. Serve hot. Makes about 36 pieces.



STUFFED MUSHROOMS ITALIANO



MUSHROOM CASSEROLE



SPANISH RICE



ISLAND HAM WITH RICE

Rice Extends Entrees Into Entire Meals

Nutritious, one-dish meals are a boon to busy cooks on winter evenings. Often they can be partially or completely prepared ahead of time, then baked briefly before serving. This Mushroom Spinach and Rice Casserole is a winner on all counts. It's easy on the calories and beautifully nutritious. And the mushrooms give it a hearty quality and "meaty" flavor, as well as a feeling of elegance.

MUSHROOM SPINACH AND RICE CASSEROLE
 1 pound fresh mushrooms
 4 tablespoons butter or margarine, divided
 2 1/2 cups slightly undercooked brown rice (5 1/2 cup uncooked)
 1/2 pound fresh spinach, coarsely chopped
 1/2 cup shredded Cheddar cheese
 4 eggs, lightly beaten
 1/2 teaspoon salt
 1/4 teaspoon ground black pepper
 1/4 cup soft bread crumbs
 Grease a 9-inch pie pan. Rinse, pat dry and dice mushrooms (makes about 5 1/2 cups). In a large skillet melt 2 tablespoons of the butter. Add mushrooms; saute until golden, 5 minutes, set aside. Preheat oven to 350 degrees F. In a large bowl combine rice, spinach, cheese, eggs, salt, black pepper and reserved mushrooms; mix thoroughly. Spoon into prepared pan. In a small saucepan melt remaining 2 tablespoons butter; add bread crumbs; mix well. Sprinkle over mushroom and spinach mixture. Bake, uncovered, until firm, about 30 minutes. Cut into wedges and serve as a main dish. Yield: 4 to 6 portions.

SPANISH RICE
 1 pound ground beef
 1 cup chopped onion
 1/2 cup green pepper, chopped
 2 medium clove garlic, minced
 1 tablespoon chili powder
 4 cups cocktail vegetable juice
 1 cup raw (uncooked) regular rice
 1 teaspoon salt
 Brown beef in skillet. Add onion, pepper, garlic and chili powder. Cook until onion and pepper are tender. (Use shortening if necessary). Stir to separate meat.
 Add remaining ingredients. Bring to boil.
 Cover. Cook over low heat 20 minutes or until liquid is absorbed. Stir occasionally.

ISLAND HAM WITH RICE
 3/4 cup Minute rice
 2 tablespoons chopped cashew nuts
 1 teaspoon coriander
 1/2 cup orange juice
 1 package (10 oz.) Hawaiian style vegetables in a seasoned sauce
 1/2 cup diced cooked ham
 1 tablespoon butter or margarine
 1/2 teaspoon prepared mustard
 Prepare rice as directed on package. Stir in nuts. Pack rice mixture into 2 buttered 6-ounce custard cups; keep warm. Meanwhile, combine cornstarch and orange juice in medium saucepan. Add vegetables, ham, butter and mustard. Cook and stir over medium heat until mixture comes to a boil and vegetables are separated. Cover and simmer over low heat for 4 minutes. Unfold rice onto serving dishes. Serve with vegetable-ham mixture. Makes 2 cups ham mixture and 1 1/2 cups rice or servings.

OVEN STYLE CREOLE
 2 tablespoons flour
 1/4 teaspoon cayenne or red pepper
 2 teaspoons parley flakes
 1 small onion, finely chopped
 1/4 cup finely chopped green pepper
 2 packages (6 oz. each) frozen peeled shrimp, thawed
 1 1/2 cups quick cooking rice
 2 cans (8 oz. each) tomato sauce
 1 small bay leaf
 Preheat oven to 350 degrees F. Place regular size (10"x16") Brown-In-Bag in 10x6x3-inch baking dish. Combine all ingredients except bay leaf in bag; turn bag gently to mix. Add bay leaf. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 to 35 minutes or until vegetables are tender.

Follow direction above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting 6 to 8 minutes, turning dish once.

BANANA CHIFFON CAKE
 2 1/2 cups sifted cake flour
 1/4 cup granulated sugar
 3 teaspoons baking powder
 1 teaspoon salt
 1/2 teaspoon allspice
 1/4 cup packed light brown sugar
 1/2 cup salad oil
 5 egg yolks
 1-1/2 cup cold water
 1-1/2 cup mashed ripe bananas (4 medium bananas)
 1 teaspoon vanilla
 1 cup egg whites (6 egg whites)
 1/2 teaspoon cream of tartar
 Sift flour, granulated sugar, baking powder, salt and allspice into mixing bowl. Stir in brown sugar.
 Make well in center. Add oil, egg yolks, water, bananas and vanilla. Beat until smooth.
 In large bowl, combine egg whites and cream of tartar. Beat until very stiff peaks form.
 Pour egg-yolk batter over entire surface of beaten egg whites in steady stream. Fold in gently, just until blended.
 Pour batter into greased (16-inch) tube pan.
 Bake in 325-degree oven 65 minutes. Increase temperature to 350 degrees and bake 15 to 20 minutes longer or until cake tester inserted in center comes out clean.
 Invert pan. Let cool thoroughly. Sprinkle with confectioners sugar if desired.

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The corn oil margarine used in this recipe is big on flavor, but low in saturated fats and cholesterol-free, another nutritional plus. So take a hefty slice of the bread of life and stop cheating yourself of homemade goodness.

CRACKED WHEAT BREAD
 Makes 12 loaves (8 slices)

4 1/2 to 5 1/2 cups unbleached flour
 3 tablespoons sugar
 4 teaspoons salt
 2 packages active dry yeast
 1 1/2 cups water
 1/4 cup milk
 3 tablespoons margarine
 1 cup cracked wheat

1. In a large bowl thoroughly mix 2 cups flour, sugar, salt and yeast.

2. Combine water, milk and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and heat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add cracked wheat and beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

3. Punch dough down. Turn out onto lightly floured board. Cover; let rest on board for 15 minutes. Shape into 2 loaves. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

4. Bake at 400 degrees F. about 30 minutes, or until done. Remove from pans and cool on wire racks.

Centsible Egg Ideas

CENTSIBLE SKILLET SUPPER
 4 servings

3 cups water
 8 ounces (about 1/4 cups) uncooked medium egg or spinach noodles
 1 envelope (1.75 oz.) dehydrated onion recipe and soup mix
 1/4 cup sliced celery
 1/4 teaspoon larragon, crushed
 8 hard-cooked eggs, wedged
 1 cup (8 oz.) small curd creamed cottage cheese
 Parsley or watercress, optional

Bring water to boiling. Add noodles, soup mix, celery and larragon. Simmer 3 minutes, stirring occasionally. Cover and remove from heat. Allow to stand 10 minutes or until most of the liquid is absorbed. Reserve 3 egg wedges for garnish. Stir remaining eggs and cottage cheese into noodles. Cook over low heat 3 to 4 minutes or until heated through. Garnish with reserved egg wedges and parsley, if desired.

PENNY-PINCHING POCKETS SANDWICHES
 4 servings

4 eggs, beaten
 1/4 cup bottled creamy cucumber dressing
 1/4 cup chopped green onions
 1 teaspoon salt
 1/4 teaspoon milk
 2 1/2 cups bread, toasted

Beat together eggs, dressing, green pepper, onion and salt with fork. Heat butter in small (8-inch) skillet over medium heat until just hot enough to sizzle a drop of water. Pour in egg mixture. An instant recipe to eat, turn a generous portion over and gently fry or completely across bottom of pan, forming large soft curds. Continue until eggs are thickened but do not stir constantly. Cook until eggs are thickened throughout but still moist. Flip half of eggs in each Pan hot. Serve with additional dressing, if desired.

It is better to remove scrambled eggs from pan when they are slightly underdone. Heat retained in eggs completes the cooking.

Microwave: Beat together egg mixture in lightly buttered 5-cup measure or small microwaveable bowl. Cook on Full power 1 to 1 1/2 minutes, stirring once or twice, until almost done. Cover and let stand a few seconds to complete cooking.

HERE ARE 5 GOOD REASONS YOU

48¢ OFF

Pantry Pride

NABISCO PREMIUM SALTINES
 12 PKG. 39¢

12¢ OFF

IVORY LIQUID
 22oz BOTTLE 99¢

U.S. NO. 1

BAKING POTATOES

Super Discount!

10 **\$1.19**
 LB BAG

SAVE 30¢

FIRM RIPE

SLICING TOMATOES

Super Discount!

49¢
 LB

SAVE 20¢ A LB

ALL PURPOSE

YELLOW ONIONS

Super Discount!

3 **39¢**
 LB BAG

SAVE 4¢

FRESH

GREEN CABBAGE

Super Discount!

12¢
 LB

SAVE 7¢ A LB

FRESH GREEN

CUKES or PEPPERS

Super Discount!

6 **\$1.00**
 FOR

SAVE 10¢

FRESH JUICE

FLORIDA ORANGES

Super Discount!

5 **89¢**
 LB BAG

SAVE 10¢

GEORGIA RED

SWEET POTATOES

Super Discount!

4 **\$1.00**
 FOR

SAVE 10¢ A LB

PANTRY PRIDE SPAGHETTI SAUCE
 ASSORTED FLAVORS

32oz 99¢

SAVE 10¢

PANTRY PRIDE VEGETABLES
 ASSORTED VARIETIES AND SIZES

3 YOUR CHOICE 89¢

SAVE 13¢

PANTRY PRIDE TEA BAGS
 100 COUNT

129¢

SAVE 20¢

PEANUT BUTTER
 40oz JAR

179¢

SAVE 10¢

PANTRY PRIDE ASSORTED SODAS

Everyday Low Price!

64oz BTL 69¢

SAVE 15¢

PANTRY PRIDE BLACK PEPPER

Everyday Low Price!

1oz 69¢

SAVE 10¢

PANTRY PRIDE PORK & BEANS

Everyday Low Price!

2 15oz CANS 1.19

SAVE 10¢

PANTRY PRIDE SPAGHETTI
 WITH MEAT SAUCE

Everyday Low Price!

2 15oz CANS 1.19

SAVE 10¢

PANTRY PRIDE SWIFT VIENNA SAUSAGE

39¢

PANTRY PRIDE ARMOUR VIENNAS

2/89¢

PANTRY PRIDE TALL KITCHEN BAGS

3/71

PANTRY PRIDE WYLER'S INSTANT BOULION

3/71

PANTRY PRIDE ARGOLIMAS

3/71

PANTRY PRIDE UNDERWOOD SARDINES

2/71

PANTRY PRIDE SUNN 'N' LOW

1/71

PANTRY PRIDE KOSHER JELLY

89¢

COKE, SPRITE, TAB or 7UP WITH A GRAPE OR CHERRY FLAVOR

2 LITER BTL 99¢

PANTRY PRIDE MARMALADE
 16oz PKG.

3:1

SAVE 10¢

PANTRY PRIDE SOLID AIR FRESHENERS
 NATURAL ROSE OR PINE

3:1

SAVE 10¢

PANTRY PRIDE CORN FLAKES
 12oz BOX

59¢

CAN SAVE IN 1980 AT.....

27¢ OFF

PANTRY PRIDE CREAMED COTTAGE CHEESE
 16oz CUP

58¢

40¢ OFF

FINE TASTE SLICED BOLOGNA
 16oz PACKAGE

98¢

30¢ OFF

STARKIST OR CHICKEN OF THE SEA
 CHUNK LIGHT WATER OR OIL 5.5oz CAN

39¢

SKILLET BRAND SLICED BACON

Super Discount!

98¢
 LB PKG.

SAVE 30¢

BEEF BLADE CHUCK ROAST

1.68

SAVE 30¢ A LB

SLICED QUARTER PORK LOIN

3 TO 5 LBS 128¢

SAVE 30¢ A LB

ON-COR DINNERS
 FROZEN-SALISBURY STEAKS-TURKEY CROQUETTES-SLICED TURKEY-MORTADACCI

2 15oz CANS 1.58

SAVE 20¢

ORANGE JUICE
 HOOD'S, TROPICANA OR MINUTE MAID PURE FLORIDA

SAVE 30¢

HALF GALLON 98¢

LISTERINE OR LISTERMINT MOUTHWASH

Everyday Low Price!

24oz BTL 1.49

SAVE 20¢

TOOL SPECIAL 29 ASSORTED HAND TOOLS ON SPINNER RACK

Everyday Low Price!

2 FOR 3

BIC LIGHTER

Everyday Low Price!

2 FOR 1

TONIGHT'S TV

WEDNESDAY

EVENING

6:00
 (3) 20 NEWS
 (10) ITS EVERYBODY'S BUSINESS "American Business"
 (17) CAROL BURNETT AND FRIENDS

8:00
 (3) NBC NEWS
 (10) CBS NEWS
 (17) ANDY GRIFFITH BARNEY HOPKINS with his school using a teaching method all his own
 (10) ITS EVERYBODY'S BUSINESS "The Business Firm"
 (17) BOB NEWMAN Bob becomes his patient's partner in a get-rich-quick real-estate venture

7:00
 (3) LOOK WHAT THEY'VE DONE TO MY SONG
 (10) M. MAGAZINE
 (17) JOKER'S WILD
 (10) SANFORD AND SON Fred plays an important role when Esther tries to adopt a child
 (10) MACHINÉ I LEHRER REPORT
 (17) SANFORD AND SON Fred is put under hypnosis to cure his addiction to television

7:30

(17) THE NEWLYWED GAME
 (3) FAMILY SPECIAL "A

8:00
 (3) DIFFERENT STROKES
 (10) DICK CAVETT Guest: Lady Antonia Fraser, author of "Royal Charles: Charles II and the Restoration"
 (17) ALL IN THE FAMILY Archie inadvertently causes a mentally retarded grocery store boy to lose his job

8:00
 (3) REAL PEOPLE RACING includes cable racing in Nevada, a human drum, a nightclub where female impersonators entertain, Andre the Seal and a horseracing factory
 (10) YOUNG MAVERICK Ben is hired by a railroad tycoon to win a chunk of Indian land being offered as stakes in a poker game by an 80-year-old cheat (Victor Jory)
 (17) EIGHT IS ENOUGH When an all-female band beats out Tommy's band for the job of playing for the senior prom, the boys retaliate by nominating Tommy for prom queen

(10) GREAT PERFORMANCES "Moliere" in the first part of Ariane Mnouchkine's five-hour epic, Jean Béraud's "Moliere" is seen growing up in a bourgeois 17th-century household and rebelling against tradition, depicting the life of the playwright (Part 1 of 5)
 (17) MOVIE Sands of Iwo Jima (1945) John Wayne, John Agar. The tough training that a U.S. Marine sergeant

THURSDAY

MORNING

8:00
 (1) THE FBI
 (3) SUNRISE SEMESTER

8:00
 (3) EARLY DAY
 (10) HEALTH FIELD
 (17) SUNRISE

8:15
 (17) WORLD AT LARGE

8:25
 (3) COUNTRY ROADS

8:30
 (3) TODAY
 (10) GOOD MORNING AMERICA
 (17) MOVIE

8:30
 (3) DONAHUE
 (10) MIKE DOUGLAS
 (17) MOVIE

8:30
 (3) MOVIE
 (10) DICK VAN DYKE
 (17) U.M. DAY CONCERT

8:30
 (3) COUNTRY ROADS
 (17) LUCY SHOW

8:30
 (3) ANOTHER WORLD
 (10) GIDDING LIGHT
 (17) DREAM OF JEANNE

8:30
 (3) MOVIE
 (10) DICK VAN DYKE
 (17) U.M. DAY CONCERT

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ABC HAS THE LOWER EVERYDAY PRICES
PRICES IN THIS AD GOOD THRU TUESDAY, JAN. 15
AT ALL 150 ABC'S IN FLORIDA

LIQUOR SALE
AMERICA'S LARGEST WINE & SPIRITS DEALER
SAVE UP TO 40% — AS MUCH AS \$2 A BOT.

A HAPPY HOUR DAILY 2 FOR 1
ALL ONE DRINKS 48¢
FOR ALL ONE DRINKS 48¢
FOR ALL ONE DRINKS 48¢

B SANFORD COCKTAIL LOUNGE
HIGHWAY 17-92 SOUTH CITY LIMITS
LONGWOOD COCKTAIL LOUNGE
HIGHWAY 17-92 NEAR 434 OPEN SUNDAY

C NEW ABC "DISCO" LOUNGE
HIGHWAY 17-92 AT 434 CASSABERRY
LIVE ENTERTAINMENT
ABC "DISCO" LOUNGE HI-WAY 436-ONE BLOCK E. OF 14
LIVE ENTERTAINMENT — OPEN SUNDAY

NOW YOU CAN CHARGE IT
AT YOUR NEAREST ABC

12 YR. SCOTCH OLD RARITY 8.99 QT.
90 PR. GIN KNIGHTSBRIDGE 4.99 QT.
WOLFSCHMIDT VODKA 4.99 QT.
STANLEY SCOTCH 5.39 QT.
OLD CROW STR. KY. BRB. 5.39 QT.
OMEGA 94° GIN 5.89 QT.
SEAGRAM'S 80° GIN 5.89 QT.

100° VODKA 5.69 QT.
SAXONY GIN RUM VODKA 3.99 QT.
STANLEY KY. GIN 4.79 QT.
GUCKENHEIMER BLEND 4.79 QT.
90° VODKA JACQUIN'S 5.79 QT.
CANADIAN MIST 5.79 QT.

94° GIN LONDON TOWER 5.69 QT.
100° VODKA ABC 5.69 QT.
86° SCOTCH ROYAL VELVET 5.39 QT.
80° SCOTCH CLAN MacGREGOR 5.39 QT.

ROYAL DELUXE VODKA GIN RUM 4.49 QT.
'76 MONTIGNY FRENCH POUILLY FUISSE 7.99 QT.
'76 CHABLIS IMP. FRENCH JACQUES-LAMBLIN 7.99 QT.

NEW LOW PRICE 100° VODKA ABC BEER 1.49
PEARL BEER 7.49
PEARL LITE BEER 7.49
ULTRA LIGHT BEER 7.49
FOSTERS AUSTRALIA 14.95
MOLSONS CANADIAN 12.95

PERMARTIN - IMP. SPAIN CREAM SHERRY 4.99
CRYSTAL CLEAR 69¢
MAGNUM 50.7 OZ. PINE FRENCH WINE 25.4 OZ.
SEBASTIANI 3.79
GALLO 2.79
GOLD SEAL TAYLOR LAKE COUNTRY 4.29
ST. JOHANNIS LIEBRANMILCH 4.49

WINE OF THE WEEK 5.99
GALLO VERMOUTH 1.79
MOULIN ROUGE CHAMPAGNE 2.79
BURGUNDY 2.99

Hospital Trustees Bid For 'Local Control'

County Interviews Bidders



By DIANE PETRYK
Herald Staff Writer

Decision-making power would reside in the local community if the current Seminole Memorial Hospital's (SMH) Board of Trustees' proposal is accepted, hospital Administrator Charles Bentley told the Seminole County Commission this morning.

Bentley, speaking on behalf of the hospital board members, who were all present, said local citizens would make up the board of the proposed new not-for-profit private corporation that would renovate SMH.

Donc Lewis, representative of Hospital Corporation of America (HCA), Nashville, told the commissioners a "retread of an old facility" is not appropriate and that HCA proposes to build a new one.

HCA's proposal to build a new hospital would put Sanford back in the mainstream of health care, he said. HCA proposes to build a 200-bed, acute-care facility.

"We're willing to spend \$10 million on the new hospital and get it done quickly," he said.

HCA's in-depth analysis, he said, indicated the best care would be provided by going to another suitable nearby location and keeping the current facility open during construction.

HCA opens seven new hospitals a year, he said. The corporation's proposal offers the county a buy-back offer on the old hospital once the new one is built.

Representatives of Florida Hospital Orlando, a Seventh-day Adventist group, were expected to be interviewed at 11 a.m. Florida Hospital representatives have previously said they would buy Seminole Memorial for \$2 million and spend an additional \$6 million renovating it. In addition, they propose construction of a satellite facility somewhere between Seminole Memorial Hospital and Florida Hospital-Alhambra in the I-4 corridor "at some point in the future." The group has also offered to take over the county's ambulance service if so requested.

Listening attentively to the Seminole Memorial Hospital Board of Trustees' presentation are (from left) board member Fred Mobley, board designates Don Reynolds and Arthur Harris, and board member E.C. Harper Jr.

Afgans Seize City, Slow Foes

KABUL, Afghanistan (UPI) — Rebel forces seized a provincial capital in northeastern Afghanistan and checked the advance of the 85,000 strong Soviet army in two other provinces, Western diplomats and guerrilla leaders said today.

The diplomats said the city of Faizabad, capital of Badkhashan Province in the northeastern corner of Afghanistan, bordering both the Soviet Union and China, fell within the past three days, the diplomats and guerrillas said.

The Jung newspaper in Rawalpindi, Pakistan said 400 Soviet troops died in the heavy fighting and at least two Russian helicopters were shot down over the city's airport.

The Soviet Union's 16th Motorized Rifle Division, one of seven divisions believed to be in Afghanistan, is deployed in the northeast, but apparently was not involved in the fighting.

Rebel tribesmen, who already controlled the province, with the exception of Faizabad, had been besieging the town's Afghan government garrison for months. The end came when the rebels seized the airfield that served as the garrison's supply line, the diplomats said.

The Jung newspaper also said the Soviets were attempting to airlift troops into the province. Hundreds of homes and mosques have been destroyed and scores of civilians killed in heavy bombing preceding the buildup for a Soviet counterattack, it said.

"With Faizabad in their hands, the whole northeastern corner of the country belongs to the rebels," one diplomat said.

President Carter announces further reductions in U.S.-Soviet trade and dockworkers across the nation refuse to load Russian ships. See stories on Page 5A.

Ayatollahs' Followers In Battles

TEHRAN, Iran (UPI) — Diehard followers of disident Ayatollah Kazem Shariat-Modari, defying their own leader, battled loyalists of Ayatollah Ruhollah Khomeini in Tabriz in running fights that left at least three dead and nearly 100 injured.

Heavy shooting and street fights erupted Wednesday in the northeastern city, a stronghold of Shariat-Modari's supporters, in what was supposed to have been a religious occasion — the Arbaeen Hussein holiday.

But the rival ayatollah's followers, armed with guns and clubs, charged into a crowd of some 100,000 Khomeini loyalists and triggered a day of shooting, arson and beatings that turned Tabriz into a virtually an armed camp.

After nightfall Wednesday, the army supported by Khomeini's revolutionary guards moved into the city to try to restore order by imposing a quasi-martial law.

It was a major outbreak of violence on a holiday that religious leaders had urged should spotlight the political — the 40th day of mourning after the anniversary of the death of Imam Hussein, grandson of the Prophet Mohammed.

Shariat-Modari himself, although at odds with Islamic strongman Khomeini over the role of the clergy under Iran's new Islamic constitution, has urged his supporters at least twice in the last five days to cease their opposition.

A meeting planned for 7 tonight at Longwood Elementary School featuring a speech by Thomas J. McDowell on "Teach Your Child to Talk" has been canceled due to the illness of the speaker. The next session in the series arranged by the Speech Language Department of Seminole County Schools will be Jan. 17 at 7 p.m. at Longwood Elementary School.

Security Council Meeting Today

UNITED NATIONS (UPI) — The U.N. Security Council, blocked from acting on its own because of a Soviet veto, sent to the General Assembly its stalled proposal to pressure the Soviet Union into withdrawing its troops from Afghanistan.

The council Wednesday voted, 12-2, with one abstention, to call the assembly into emergency session. The debate was scheduled to get under way today later.

Mexico and the Philippines introduced the joint proposal for an emergency session, the sixth in the assembly's 34-year history. The Soviet Union and its ally East Germany voted against the resolution, while Zambia abstained.

"There is no doubt at all that we are confronting an invasion, an armed intervention," Mexican Foreign Minister Jorge Castaneda told the Council. "We are in danger of falling into a cold war."

Small Group Meets

Sen. Stone's Train

"I think we are going to save these trains," said U.S. Sen. Richard Stone, D-Florida, at 3:40 p.m. Wednesday as he stopped in Sanford for a 10-minute visit while the Amtrak "Champion" took water and fuel.

The senator, who rode the train from Washington, to demonstrate his support for continued passenger train service to the state, arrived in Sanford three-and-a-half hours late because of snowy conditions in Maryland and the Carolinas.

He continued his train trip through Orlando to Tampa, where he disembarked to complete his trip to Bradenton.

Stone was met in Sanford by a small group of supporters which included three members of the United Transportation Union, led by J. H. Lee Jr., state legislative director; Seminole Elections Supervisor Camilla Bruce and her daughter, Pat Nuckolls; and a railroad worker, Phillip King, who had always wanted to meet a senator.

Also on hand was Stone's Orlando-office staff member, Clyde King.

"We really need to support train service for its energy savings. It's good for Florida," Stone said.

King, the railroad worker, told Stone he appreciated his efforts to save the passenger train service to Florida. "I need the work," he said. — DONNA ESTES

Soviets: U.S. Moves 'Dangerous'

MOSCOW (UPI) — The Soviet Union, in its strongest warning yet to the United States, said today Washington has begun an "extremely dangerous game of military-political poker" with the Kremlin.

A commentary by the Tass news agency Wednesday night said the Soviet Union would survive Carter's grain embargo and other punitive measures.

It was the first detailed response to the decision to stop shipment of some 17 million tons of corn, wheat and soybeans.

Area Got Railroad 100 Years Ago

By HAL FREEMAN
Special To The Herald

One-hundred years ago today former President U.S. Grant broke ground on Sanford's first railroad.

Interest in a local railroad was first generated in 1875 when a group of area businessmen secured a state charter that called for the building of a line between Lake Monroe and Orlando. However, a lack of capital interest plagued the group for four years, until Longwood promoter Edward Henck procured financial backing from a New England newspaper, the Boston Herald.

At this point, the proposed "South Florida Railroad" was to begin at the end of a 660-foot pier in Lake Monroe, pass through the fledgling town of Sanford, take in the settlements of Longwood and Maitland, and terminate in Orlando.

On Saturday, Jan. 10, 1880, groundbreaking ceremonies occurred, with former President Grant doing the honors, thus marking the official beginning of railroad construction.

While there was a good turnout for the ceremony, it was run from Sanford to Orlando carrying railroad officials and prominent citizens. The excursion train consisted of primarily flat cars upon which benches had been placed for the "comfort" of the passengers. Several times during the trip the "Seminole," as the locomotive was called, stalled on the grades and caused the passengers to climb down from their seats, roll up their sleeves, and push. At the end of the line, in Orlando, the group enjoyed a picnic at the site of what would become the San Juan Hotel.

Regular service on the 23-mile route began Nov. 12, 1880, with a north-bound mixed train leaving Orlando at 7 a.m. and a south-bound mixed train leaving Sanford at 4 p.m. Travel time from Sanford to Orlando was 1 1/2 hours, with regular stops at Orlando, Maitland, Longwood, and Sanford, and flag stops at six other points.

At Sanford, the railroad had its general offices and shops. The shops, located west of French Avenue and south of Sixth Street, were equipped to maintain the rolling stock as well as build freight and passenger cars. The offices were housed in the same frame building as the station, which was situated at the northeast corner of First Street and North Oak Avenue.

Following its operation as an independent line for a few years, the South Florida Railroad became a branch of the Plant System and in 1902 was absorbed into the Atlantic Coast Line. Today, most sections of the South Florida Railroad are still being used by the Seaboard Coast Line.



The Sanford station and general offices of the South Florida Railroad as photographed in 1881. Photo courtesy of Rollins College Archives.

Today

Action Reports	2A
Around The Clock	4A
Bridge	4B
Classified Ads	2-3B
Comics	4B-5B
Crossword	4B
Dear Abby	1B
Dr. Lamb	4B
Editorial	4A
Florida	2A
Horoscope	4B
Hospital	5A
Nation	5A
Ourselves	4B
Sports	6-7A
Television	2B
Weather	2A
World	2A