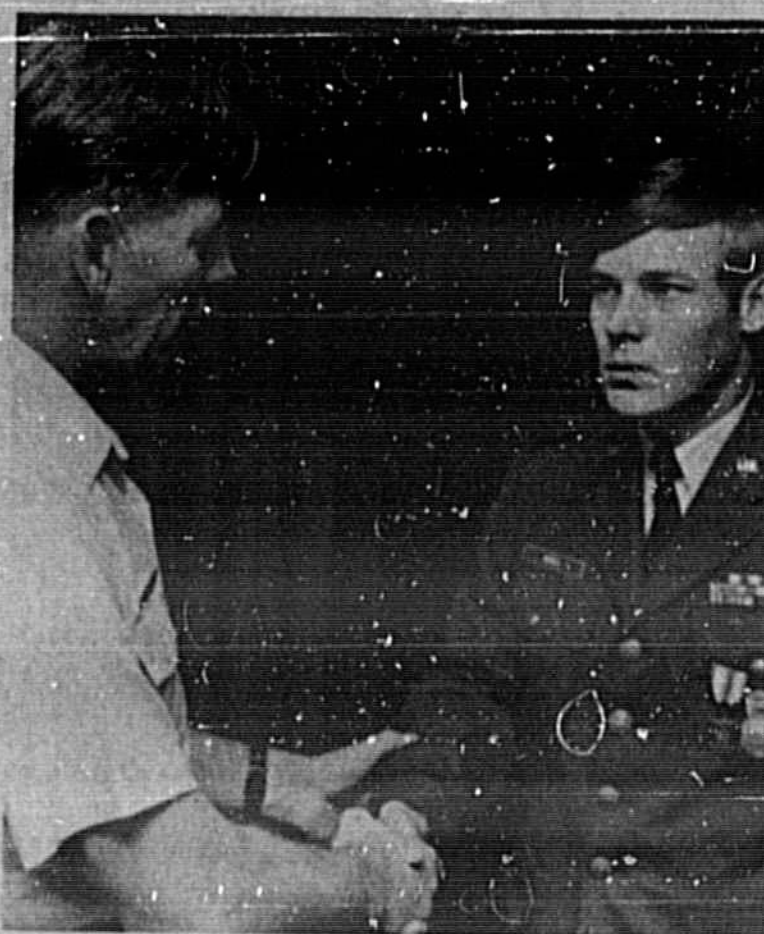


LOCAL BRIEFS



COMMENDATION MEDAL AWARDED

Lt. Charles T. Bibbs, (right) son of Mr. and Mrs. Walter J. Chambers of Longwood, is presented with his second U.S. Air Force Commendation Medal by Col. John H. Allison, base commander, at ceremonies at Sheppard AFB, Tex. Cited for meritorious service as administrative specialist with USAF Recruiting Detachment at Arlington, Tex., Bibbs is serving as a security police officer at Sheppard.

Smith Trains As Mechanic

Army Private First Class Edmund K. Smith, 19, son of Mr. and Mrs. E.N. Smith, 1893 Olive Ave., Sanford, completed on-the-job training as a mechanic at Ft. Benning, Ga. Smith is assigned with the 99th Light Maintenance Company.



Norma Herring Is Medical Aide

Army Private Norma J. Herring, daughter of Mr. and Mrs. Joe C. Herring Sr., 606 Martine Ave., Altamonte Springs, is serving as a medical aide in Headquarters Company of the 34th Engineer Battalion at Ft. Riley, Kan.

IN TRAINING
Airman David M. Doolittle, son of Mr. and Mrs. Maurice O. Doolittle, Longwood, has been assigned to Sheppard AFB, Tex., for training in the medical service field after completing Air Force Basic Training at Lackland AFB, Tex. He attended Lyman High School.

Burke Stationed With Artillery

Army Private James V. Burke, son of Mr. and Mrs. Moses Burke, 116 Lake Ave., Sanford, is assigned as a red eye gunner in Headquarters Battery, 3rd Battalion of the 17th Field Artillery in Nurnberg, Germany.

Syfert Completes Army Training

Private Michael C. Syfert, 17, son of Mr. and Mrs. Albert P. Syfert, 1503 Tyrone Ct., Casselberry, completed eight weeks of advanced individual training at the U.S. Army Armor Center, Ft. Knox, Ky.

WE BUY AND SELL GOLD COIN SEMINOLE COIN CENTER 107 W. 112th ST. SANFORD, FLA. 32702

BE SURE TO SEE THE NEW SELECTIONS AT THE UNIFORM STORE CALLED DEANS CAREER APPAREL 1715 BIRCHWOOD DR. SANFORD, FLA. 32709

COUPON 25¢ REDEEMABLE ON CAB FARE (1 Coupon Each Fare) Seminole Taxi Serving Altamonte Springs, Casselberry, Fern Park, Forest City, Longwood, Winter Springs. PH. 834-6655

Laughlin Trains Ai Fori Knox

Private Steven C. Laughlin, 19, son of Mr. and Mrs. Charles P. Laughlin, 619 Applewood Ave., Altamonte Springs, completed eight weeks of advanced individual training at the U.S. Army Armory Center, Ft. Knox, Ky.

Leopard Is On Enterprise

Navy Fireman Apprentice David C. Leopard, son of Chief Storekeeper and Mrs. Henry E. Leopard of 781 Longdale Ave., Longwood, reported for duty aboard the nuclear-powered aircraft carrier USS Enterprise in the Western Pacific.

The Sandbar Lounge
LIVE ENTERTAINMENT NIGHTLY
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5 pm - 7 pm ALL DRINKS 50¢
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States Eye Highway Funds

WASHINGTON (AP) — At least six states apparently won't be able to meet federal requirements for obtaining a share of the \$2 billion in impounded highway funds being released by the Ford administration.

But officials in at least 17 other states say they're eager to put the money to work and are able to meet the requirement for matching federal dollars with state funds.

Florida In Line For \$43 Million

President Ford announced release of the funds Tuesday in an effort to stimulate employment in the construction industry. White House spokesmen say the money will fund 125,000 new jobs.

Officials in some states planning to apply for the money say they'll have to rearrange their budgets or ask state legislatures to approve funds.

Spokesmen in six states, Ohio, Illinois, Washington, Minnesota, Idaho and South Dakota, said there was not enough state money to match the federal funds.

Under the current financing formula, states are required to provide \$3 for every \$7 the federal government allots for non-interstate highways and \$1 for every \$9 in federal money for



WEBELOS SCOUTS HAVE FIELD TRIP
Webelos Scouts from Cub Pack 540 of Casselberry marked beginning of Scout Week with a field trip to the Casselberry Police Station. Among those participating, from left, Joey Elston, Ray Elston, Chris LaCambre, Raymond Humphrey, Raymond Humphrey Jr. and Ken Clausen. (Herald Photo by Jane Casselberry)

TALLAHASSEE, Fla. (AP) — Florida is in line for \$43 million in additional federal highway funds because of President Ford's release of impounded money, Gov. Reubin Askew says.

The state may get even more if plans are prepared in time and if additional matching money can be found, Michael Dye, federal-state coordinator in the state Transportation Department, said Tuesday.

Askew said in a statement that he was pleased that Ford was following requests made by him and other governors.

"It is a sensible and logical way to help stimulate the economy and create needed jobs for many unemployed individuals," Askew said.

Dye said the money would be provided on a first-come, first-served basis from the \$2 billion impounded by former President Richard Nixon.

Florida hopes to get at least its \$43-million share that was impounded by Nixon, he said.

Look before you reap.

Do you know the most important thing you should do before picking fruit? Or pruning your tree? Right. Look up. And check carefully to see if there are any stray branches touching power lines. This simple precaution could save you from possible injury. You see, if a branch of a tree should come in contact with a power line, the tree could become charged with electricity. If either you or your pruning tool should come close to the point of contact — well, that could result in an unhappy accident. But sometimes you don't even have to come close to the point of contact. Under certain conditions, such as wet weather, the electrical current can flow through the tree like sap. And you could get a shock from just touching the tree trunk.

We're doing all we can to keep your trees free of our power lines. But sometimes nature has a way of creating its own problem. If you see a tree dangerously near a power line, don't take chances. Call us. We'll tell you what to do. Remember, whether it's pruning time or harvest time, look before you reap. This safety message has been brought to you by Florida Power & Light as a public service, because serving the public is really what we're here for.

FPL
Electricity is a powerful servant. Respect it.

GRAND OPENING Celebration NOW thru SAT. SPECIALS

...THE SAVINGS BEAT GOES ON!

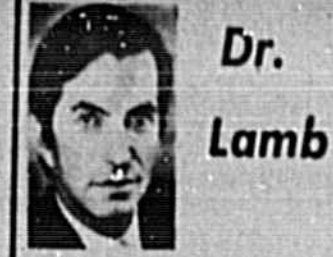
Where in the World but—
Walgreens
Could You Find Buys Like These!

SMASH 2nd Week VALUES!

<p>WALGREEN COUPON</p> <p>Wylers Lemonade Mix-I (MAKES ONE QUART) 13¢ With coupon thru 2-15-75, Limit 6.</p>	<p>WALGREEN COUPON</p> <p>Calvert Extra Blend 3.99 5th</p> <p>POPOV Vodka 3.97 QT.</p>	<p>LIQUOR BUYS</p> <p>MARTINI & ROSSI VERMOUTH 2.37 30 oz. Sweet Or Dry</p> <p>BUSCH BEER 6 Pk. 12 oz. No. Ref. Bottles 1.19</p>	<p>WALGREEN COUPON</p> <p>OLD CROW BOURBON 3.99 5th</p> <p>CANADIAN CLUB 7.99 QT.</p>	<p>WALGREEN COUPON</p> <p>ENFAMIL OR SIMILAC WITH IRON 32 OUNCES 69¢ With coupon thru 2-15-75, Limit 6.</p>
<p>WALGREEN COUPON</p> <p>Toilet Tissue Delsey 36¢ TWIN PACK With coupon thru 2-15-75, Limit 2.</p>	<p>WALGREEN COUPON</p> <p>STP Oil Treatment Helps engine run smoother, quieter, cooler, longer! 15-OZ. CAN 88¢</p>	<p>WALGREEN COUPON</p> <p>STP OIL FILTER Spin-on type for most American cars. CHOICE 1.49</p>	<p>WALGREEN COUPON</p> <p>ONE GALLON PICNIC JUG 1.44 REG. 1.99 INSULATED-PLASTIC SANFORD ONLY</p>	
<p>Sale! Solid Air Freshener 59¢ Reg. 89¢. Walgreen 10-oz. jumbo-pack for pleasant 24-hour protection. Limit two.</p>	<p>Garden Hand Tools 59¢ Cultivator, transplanter, trowel or weeder, each with hardwood handle.</p>	<p>FOLDING COT BUY! 9.99 Mattress included, a real money-saver! ONLY</p>	<p>Paint Roller And Tray Set 99¢ Makes home decorating go faster and better! 9-INCH!</p>	
<p>Pack 200 Beauty Sponges 59¢ 2" cotton squares for applying alcohol or astringent; removing nail polish; or cleansing skin.</p>	<p>Relaxer Health Sandal 4.99 pair Lacquered wood shaped to exercise feet, tone muscles, shape legs. Adjustable strap in colors.</p>	<p>DESITIN Skin Care 45¢ Medicated hand lotion to help heal and protect dry chapped skin. A buy! 6-OZ. BOTTLE</p>	<p>BARBASOL SHAVE 3.00 FOR 1.00 The "Beard Buster" in a choice of regular, or cooling menthol. Save!</p>	
<p>DESK FILE "ORGANIZER" 89¢ 5 compartments with label slots, penhole, tray, beige or black. CHOICE</p>	<p>PANASONIC TOOT-A-LOOP 8.88 BRACELET-RADIO you can wear! Battery, earphone, decals included. Choice of wild colors.</p>	<p>KNEE-HI HOSEY 4.100 Choice of nicest fashion hues... priced fabulously low for this sale.</p>	<p>COLORING BOOKS 13¢ Rainy-day indoor fun to keep 'em busy for hours! CHOICE</p>	

Weak Legs Are Problems

By LAWRENCE E. LAMB, M.D.



DEAR DR. LAMB—For as long as I can remember my legs, from the knees down, have tired out much quicker than anyone else's doing the same thing. This goes back to my high school basketball days and even to pre-teen days when I stayed home rather than go on shopping trips with my family because my legs got too tired. I have never consulted a doctor about this because I supposed I was born this way and must live with it.

I'm 51 now, have farmed for 27 years, and they are getting worse at an accelerating rate. If I am on my feet too much my feet and legs ache and even feel tired when I get out of bed in the mornings. Do you have any comments as to the cause and treatment of my problem?

DEAR READER—Anyone who has excessive fatigue, aching or cramping in the legs with exercise must have a medical examination. Sometimes this is a sign of poor circulation to the legs. The most common cause of poor circulation is the accumulation of fatty-cholesterol deposits in the arteries, but it can also be a birth defect of the major arteries.

Since you have had this since childhood it is less likely that your problem is circulation, but you need to have it checked anyway. If the circulation is fine my best bet would be lack of muscle strength. Here again we must make a distinction between endurance and strength. A strong muscle is a big muscle. The strength is related to the cross-sectional area of the muscle. Lots of walking will not develop strength because it doesn't increase the weight load on the muscle. Strength is developed in relation to the amount of weight a muscle must contract against, your body weight or any other means of loading the muscle. Because the ache is below the knees I am suspicious you are one of those many people who never developed strong calf muscles.

When a muscle is basically small it may not be so well equipped for endurance. This is why many coaches today include some form of weight training for their overall athletic program. I would suggest that you start a series of exercises of standing

on your toes. First stand flat-footed position and repeat this. The weight of your body will provide the weight training. Do this about 12 times in succession Monday, Wednesday and Friday for about two weeks. If you can't do it 12 times in a row regularly three days a week for two weeks, switch to standing on one foot. You can balance yourself with one hand against the wall. You may be able to raise up on one toe only three to five times at first. Do the toe stands for each foot three days a week until you build up to doing this three times a week regularly. More frequent or additional toe stands will not help you and can overwork the muscle to the point that it doesn't develop strength as fast as with the schedule outlined here. The rule is train, not strain. Maintain these exercises and it may enable you to increase your endurance during walking and similar activity.

DEAR DR. LAMB—I hope you can help me understand what my medical diagnosis means. I was teaching in the Virgin Islands and came down with virus encephalitis. I was in the hospital in both the Virgin Islands and Puerto Rico. Please explain this and the cause. It left my eyesight, hearing and speech impaired. Is there any cure? Is there a specialist for this condition?

DEAR READER—Encephalitis merely means inflammation of the brain. The cause of the inflammation in your case was attributed to a virus infection. Many viruses, including the common measles virus, can induce the complication of inflammation of the brain. How serious it is depends entirely on how much of the brain is involved and how seriously. In many instances the damage is limited to temporary swelling and there is complete recovery. In less fortunate circumstances brain cells can be permanently damaged, and the function they relate to is then impaired.

Horoscope

For Thursday February 13, 1975

By Bernice Bete Osal

ARIES (March 21-April 19) Some confidential knowledge that you have will work for your benefit, provided you don't tip your hand prematurely.

TAURUS (April 20-May 20) You'll be fortunate in situations where you deal with several people at one time, especially if you're chairing a committee.

GEMINI (May 21-June 20) Your chances of achieving in areas of importance are much better today than they'll be tomorrow. Take advantage of the NOW.

CANCER (June 21-July 22) Large issues won't rattle you today. Your attitude will be positive and far-seeing. Concentrate on major problems.

LEO (July 23-Aug. 22) Favors you seek will be treated in a generous fashion but don't request something that you have no immediate need for.

VIRGO (Aug. 23-Sept. 22) There's a close associate with whom you always latched-on with in things you do together. The combination holds true to form today.

LIBRA (Sept. 23-Oct. 23) You'll find others are quite willing to perform services to make your work easier. All you

have to do is ask nicely.

SCORPIO (Oct. 24-Nov. 22) Something good is coming your way through an influential social contact. This person will open doors.

SAGITTARIUS (Nov. 23-Dec. 21) Your luck will come through for you just when you need it the most. Hang in there.

CAPRICORN (Dec. 22-Jan. 19) Good news you'll be receiving will put you in a happy frame of mind and make you an easy guy to get along with.

AQUARIUS (Jan. 20-Feb. 19) This is a good time to take stock of your financial position. If you've accumulated a little surplus, think of ways to save, not spend.

PISCES (Feb. 20-March 20) You'll be fortunate in situations where you're the one in charge. Don't be pushy. Pull the strings yourself.

YOUR BIRTHDAY FEB. 12, 1975

You're going to have several fine opportunities this year that can be translated into substantial profits. Concentrate on ventures of promise that can be expanded on.

2438 FRENCH AVE. NEXT TO WINN DIXIE

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DRUG STORES

PRICES GOOD THRU FEB. 15, 1975

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

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ONE REASON WHY WE FILL OVER 52,000 PRESCRIPTIONS A DAY!

Safeguard your Health and your Budget with SuperRx...

<p>THRILL LIQUID 32-OZ. SIZE</p> <p>66¢</p> <p>LIMIT 1</p>	<p>SCOTT JUMBO TOWELS</p> <p>39¢</p> <p>LIMIT 2</p>	<p>VASELINE INTENSIVE CARE</p> <p>10-OZ. BOTTLE</p> <p>79¢</p> <p>LIMIT 1</p>	<p>BORDEN'S ELSIE BRAND ICE CREAM</p> <p>1/2 GAL.</p> <p>89¢</p>
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Valentine Values

<p>BRACH'S VALENTINE HEARTS</p> <p>FULL POUND BOX</p> <p>157</p>	<p>BRACH'S CONVERSATION HEARTS</p> <p>11-OZ. BAG</p> <p>49¢</p>	<p>WHITMAN SAMPLER</p> <p>1-LB. BOX</p> <p>325</p> <p>The best known, best liked candy in the world!</p>	<p>REMINGTON "HOT PISTOL" STYLER DRYER</p> <p>Model # HP-1000</p> <p>1000 watts. Finger tip heat control. Complete with nozzle to concentrate heat all flow.</p> <p>2188</p>
<p>BRACH'S VALENTINE CARDS</p> <p>DOUBLE PACK OF 48</p> <p>49¢</p>	<p>MEN'S & LADIES' WATCHES</p> <p>Dress and sports styles in men's and women's wrist watches with matching bands plus pretty pendant watches for the ladies, too! EACH</p> <p>999</p> <p>Reg. 12.88</p>	<p>NORELCO CURLY Q CURLING WAND</p> <p>Ready in less than 3 minutes. Curls, swirls, flips, wisps waves, wings or tendrils as easy as a twist of the wrist!</p> <p>1399</p>	<p>RIVAL 3 1/2 QUART CROCK POT</p> <p>Model #3100</p> <p>5-L-OW electric cooking in stoneware.</p> <p>1488</p>
<p>SOFT PLUSH VALENTINE PETS</p> <p>Dear little kittens... friendly pups... and bright-eyed bears!</p> <p>199</p>	<p>MEN'S & LADIES' AMITY WALLETS</p> <p>Top quality wallets in assorted styles and colors.</p> <p>399</p> <p>Reg. 4.99</p>	<p>MR. COFFEE II</p> <p>Makes up to 10 cups. Includes 25 filters. Model #CB-500</p> <p>2788</p>	<p>JULIETTE FM/AM PORTABLE RADIO</p> <p>Automatic AC/DC battery electric switching.</p> <p>1688</p>
<p>HAND DECORATED PLUSH ANIMALS</p> <p>Cuddly plush pekes... and monkey pets</p> <p>299</p>			

<p>ANACIN TABLETS</p> <p>BOTTLE OF 300</p> <p>249</p> <p>LIMIT 1</p>	<p>DRISTAN VAPOR NASAL SPRAY</p> <p>15-CC</p> <p>97¢</p>	<p>PHILLIP'S MILK OF MAGNESIA</p> <p>12-OZ.</p> <p>77¢</p>	<p>MASSENGILL LIQUID DOUCHE</p> <p>4-FL. OZ.</p> <p>99¢</p>	<p>GOOD HEALTH PROTECTIVE SHAVE CREAM</p> <p>2-OZ. CAPACITY</p> <p>188</p>	<p>EDGE WATER BOTTLE</p> <p>7-OZ.</p> <p>87¢</p>
<p>MISS BRECK HAIR SPRAY</p> <p>13 OZ.</p> <p>63¢</p>	<p>VO5 SHAMPOO</p> <p>15-OZ.</p> <p>97¢</p>	<p>BAN ROLL-ON DEODORANT</p> <p>1 1/2 OZ.</p> <p>89¢</p>	<p>SOFT & DRI NON-STING ANTI-PERSPIRANT</p> <p>8-OZ.</p> <p>99¢</p>	<p>MISS CLAIROL CREME FORMULA</p> <p>109</p>	<p>VASELINE INTENSIVE CARE BATH OIL BEADS</p> <p>16-OZ.</p> <p>94¢</p>

<p>BORDEN'S ICE-CREAM SANDWICHES</p> <p>6 pk.</p> <p>53¢</p> <p>EXPIRES FEB. 15</p>	<p>DUNCAN HINES CAKE-MIX</p> <p>LIMIT 4</p> <p>53¢</p> <p>EXPIRES FEB. 15</p>	<p>GILLETTE TRAC II TWIN BLADE CARTRIDGES</p> <p>PACK OF 5</p> <p>LIMIT 1</p> <p>77¢</p> <p>EXPIRES FEB. 15</p>	<p>PHOTO SPECIAL KODACHROME-EKTACHROME PROCESSING</p> <p>20 EXPOSURE SLIDES REGULAR 8 AND SUPER 8 MOVIES PRICE WITHOUT COUPON \$1.67</p> <p>ONE ROLL PER COUPON PLEASE COUPON MUST ACCOMPANY ORDER</p> <p>129</p> <p>EXPIRES FEB. 15</p>
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Winn Dixieland home of Harvest Fresh Produce

<p>TRIPLE HEADER-A</p> <p>100 Extra TOP VALUE STAMPS</p> <p>With purchase totaling \$5.00 thru \$9.99.</p> <p>Use this coupon with other Triple-Header Coupons for up to 600 bonus stamps (excluding cigarettes)</p> <p>Coupon good Feb. 13 thru Feb. 19, 1975 at Winn-Dixie</p>	<p>TRIPLE HEADER-B</p> <p>200 Extra TOP VALUE STAMPS</p> <p>With purchase totaling \$10.00 thru \$14.99.</p> <p>Use this coupon with other Triple-Header Coupons for up to 600 bonus stamps (excluding cigarettes)</p> <p>Coupon good Feb. 13 thru Feb. 19, 1975 at Winn-Dixie</p>	<p>TRIPLE HEADER-C</p> <p>300 Extra TOP VALUE STAMPS</p> <p>With purchase totaling \$15.00 thru \$19.99.</p> <p>Use this coupon with other Triple-Header Coupons for up to 600 bonus stamps (excluding cigarettes)</p> <p>Coupon good Feb. 13 thru Feb. 19, 1975 at Winn-Dixie</p>
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Coupons A and C are worth 400 extra stamps with a purchase of \$20.00 through \$24.99.

Coupons B and C are worth 500 extra stamps with a purchase of \$25.00 through \$29.99.

Coupons A, B and C are worth 600 extra stamps with a purchase of \$30.00 or more.

U.S. No. 1 REGULAR

POTATOES

10 POUND VENT-VU BAG

59¢

At Winn-Dixie shopping for "Harvest Fresh" Produce is a salad lover's delight. And with each purchase you get the extra savings of Top Value Stamps. Be a citizen of Winn-Dixieland!

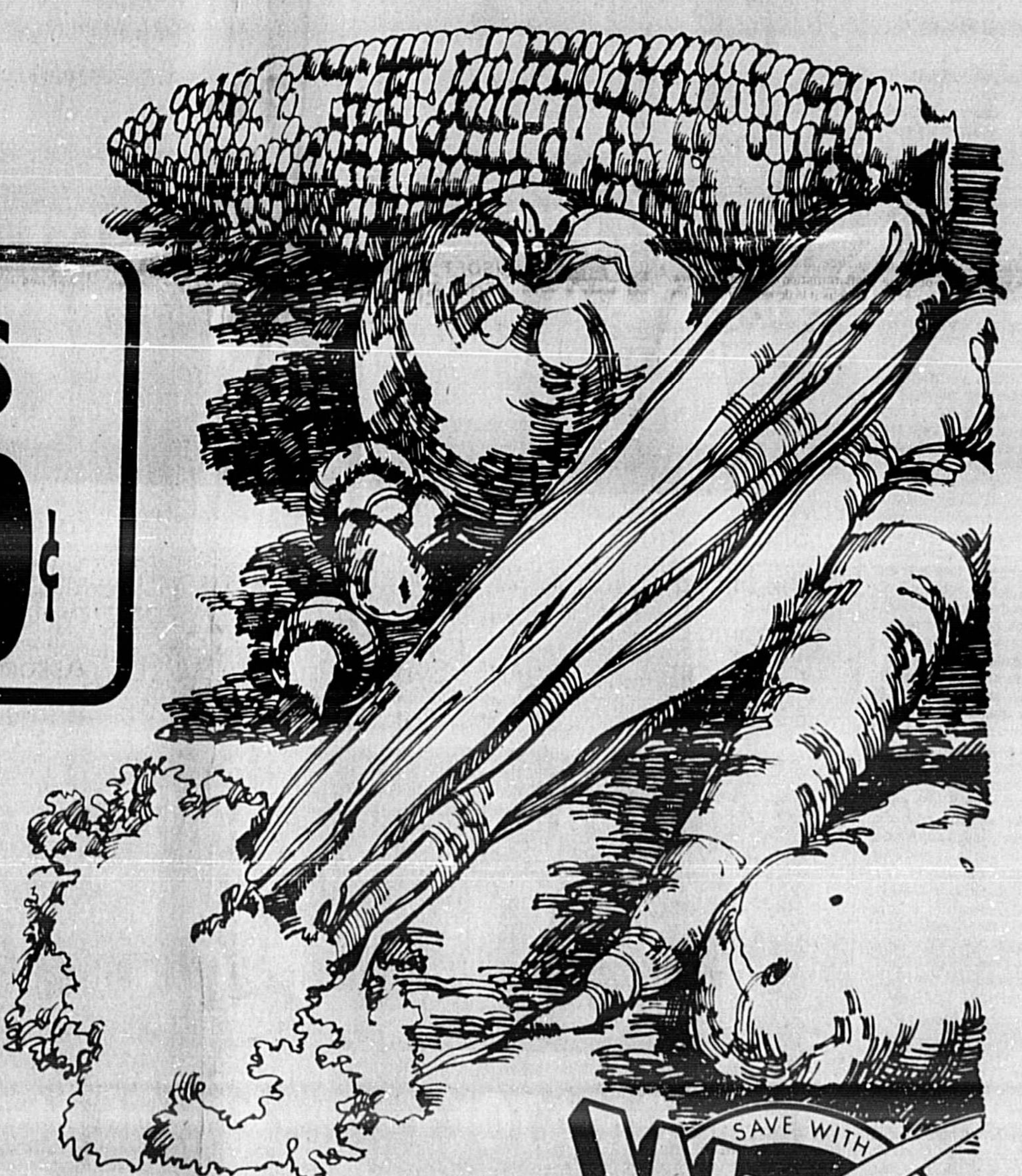
HARVEST FRESH

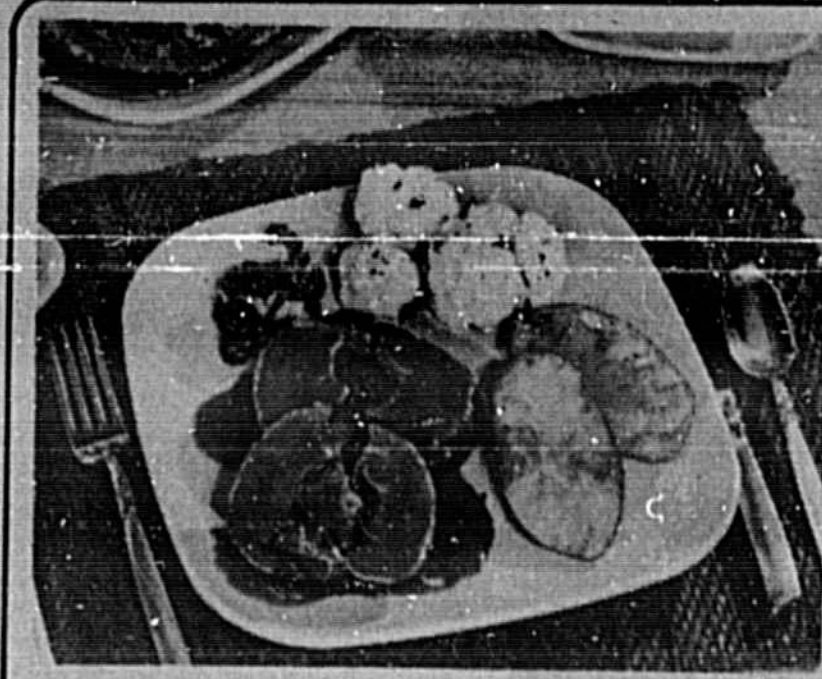
PACKAGED PRODUCE

Winn Dixieland

home of the Free and the Save

SAVE WITH WINN DIXIE THE BEEF PEOPLE





Beef Heart-y Meal Combines Nutrition With Tasty Treat

By CECILY BROWNSTONE
Associated Press Food Editor

DEAR CECILY: Although I'm always reading recipes in newspapers and magazines, I never see any using beef heart, which I understand is very nutritious. Can you help me? —THRIFTY COOK.

DEAR THRIFTY COOK: I agree with you with that recipe for beef heart are few and far between. That's probably because it does not appear as commonly on meat counters as other cuts. So first catch your beef heart, then try this recipe! —C. B.

BAKED STUFFED BEEF HEART

3 to 4-pound beef heart
3 slices bacon
1 tablespoon instant minced onion
3 tablespoons butter or margarine, melted
2 cups soft bread crumbs
1 tablespoon chopped pimiento
Salt and pepper
1/4 teaspoon poultry seasoning
Seasoned flour
1 1/2 cups water
Prepared white horseradish
With a sharp pointed knife or kitchen scissors, remove the coarse fibers, veins and arteries from beef heart. Wash thoroughly in cold water.
Fry bacon until crisp; reserve drippings. Mix crumbled bacon with onion, butter, bread crumbs, pimiento, 1 teaspoon salt, 1/4 teaspoon pepper and poultry seasoning. Fill heart with stuffing; skewer opening together. Roll in seasoned flour. In a Dutch oven in reserved hot bacon drippings, brown beef heart on all sides; add water. Cover and bake in a 350-degree oven, turning once, until tender — 2 1/2 to 3 hours. Remove heart; serve with pan juices or thicken them, adding salt and pepper and horseradish to taste.
Makes 4 to 6 servings.



By CECILY BROWNSTONE
Associated Press Food Editor

COOKING IS FUN

If you want to be "in" these days, you had better bake with yeast! Cooks all over the country seem to be on a nostalgia trip, recreating the homemade breads and coffee cakes of great-grandmother's day.

It won't hurt a bit if you use modern hot roll mix. We did just that and made some delicious no-knead Almond Butter Buns. The dough is light and lovely, the filling and topping a simple but wonderful combination of butter, brown sugar and almonds — a nut that the great European cuisines often call for in order to add fine flavor and contrasting texture to coffee cakes.

ALMOND BUTTER BUNS
1 3/4-ounce package hot roll mix
1 cup sliced blanched almonds
1/2 cup butter
3/4 cup firmly packed dark brown sugar

Prepare dough from hot roll mix as package directs. Cover bowl and let dough rise in a warm, draft-free place until doubled — 45 to 60 minutes. Meanwhile in a 10-inch skillet over medium heat stir almonds with 1 tablespoon of the butter until nuts are a light golden color, stir in remaining butter until melted. Off heat, stir in sugar. Set aside.

On a prepared pastry cloth lightly toss and turn over dough until no longer sticky. On pastry cloth, with a prepared stockinet-covered rolling pin, roll out dough — it will be very soft — to a 16 by 8 inch rectangle; sprinkle with about 2/3 of the almond mixture. Starting from the 16-inch side, roll up; cut into 10 equal slices.

Place slices, cut side up, in a buttered 8-inch springform pan. With palm of hand, gently press down slices until they join and almost fill pan. Sprinkle with remaining almond mixture. Cover and let rise in a warm, draft-free place until doubled — 45 to 60 minutes.

Bake in a preheated 350-degree oven until browned — 30 minutes. Remove band from springform pan; let stand 20 to 30 minutes. With a wide spatula loosen from bottom of springform pan and remove to serving plate. Serve warm with sweet butter. Or let stand until cold, wrap tightly in foil and freeze; reheat in foil in a moderate oven before serving.

Makes 10 pull-apart buns.

RANGETOP DINNER
Minute Steaks
Home-Fried Potatoes
Marmoth Salad Bowl
Fruit Beverage

ARTHUR HETTICH'S HOME-FRIED POTATOES
Family Circle's editor gives this recipe in the February issue of the magazine and we found it great.

2 large or 4 medium baking potatoes (about 1 1/2 pounds)
3 tablespoons butter or margarine
3 tablespoons vegetable oil
Salt and pepper

Paré potatoes and slice very thin. Heat butter and oil in a heavy 10-inch skillet until a few drops of water will sizzle when flicked into skillet. Turn potatoes with a broad flat turner; allow potatoes to cook until crispy-golden; then turn again. Continue cooking and turning until potatoes are crisp and brown; sprinkle with salt and pepper. Serve at once. Makes 4 servings.



WE PLEDGE TO FIGHT INFLATION AND CONSERVE ENERGY.

PRICES GOOD THURS. FEB. 13 THRU WED. FEB. 19

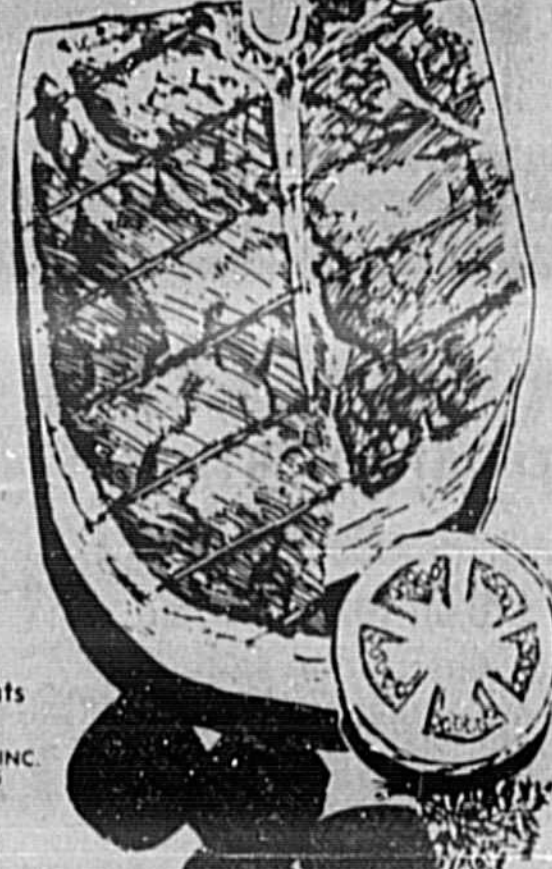
SAVE 12¢ — MUELLER'S Spaghetti . . . 4 88¢

SAVE 12¢ — THRIFTY MAID Garden Peas . . . 3 88¢

SAVE 8¢ — THRIFTY MAID GRAPE Fruit Juice . . . 4 39¢



Shasta Drinks 6 100¢
Pie Filling . . . 27¢
DREAM WHIP
Topping . . . 73¢
Crisco Oil . . . 195¢
Spaghetti . . . 43¢



SIRLOIN T-BONE

W-D BRAND U.S. CHOICE HEAVY GRAIN

CRISCO 3 159¢

NOODLE SOUP 5 15¢

COFFEE 78¢

SALTINES 2 15¢

PEARS 4 39¢

FAMILY BREAD 4 56¢

SHAMPOO 7 99¢

TOMATOES 4 17¢

LARGE EGGS 6 66¢

GOLD MEDAL FLOUR 5 78¢

Cleaner . . . 99¢
Cleaner . . . 179¢
Clorox . . . 89¢
Liquid Plumr . . . 99¢

Hearts . . . 75¢
Hearts . . . 75¢
Grahams . . . 73¢
Meat . . . 68¢

Sausage . . . 100¢
Catsup . . . 38¢
Cake Mixes . . . 59¢
Diapers . . . 99¢

FRENCH AVE. & 25th ST.

SANFORD

419 E. FIRST ST.



Carolyn Lewis, Home Economist, at the Sanford Civic Center. She visited Sanford last week to prepare for her show to be held March 4.

Homemakers School Slated

Something exciting is coming to Sanford . . . The famous Homemakers School "Homing Help" show, which has been presented for homemakers throughout the midwest for the past 25 years. Sponsored by The Evening Herald and local merchants, in cooperation with nationally famous food and appliance firms, the Homemakers Show will be held at the Sanford Civic Center, Tuesday March 4, from 7:30 to 10:30 p.m.

The Homemakers Show is a two and a half hour program featuring food tips, recipe ideas and plans for wisely using the family food dollar. It includes on stage preparation of 12 to 15 recipes.

Conducting the show in Sanford will be Home Economist Miss Carolyn Lewis of the Sanford Civic Center and Miss Lewis graduated from Merith College, Raleigh, North Carolina. She majored in Home Economics with a minor in American History. Her home is in Durham, North Carolina.

More than 600 women and men are expected to attend the Homemakers show in the Sanford Civic Center and see Miss Lewis prepare main dishes, appetizers, yeast breads, desserts, salads, beverages and vegetables, and lecture on how to save money yet eat well in these days of

inflation. Each dish she prepares will be given to a member of the audience, and door prizes, food and product samples and 20 bags of groceries will be given away during the show.

Other important items . . . the show is free. So join during the date now Tuesday, March 4 . . . and plan to be there early. Only 800 persons can be admitted and it will be first-come first-served until the center is filled. Doors will open at 6:30 p.m.



CAROLYN LEWIS

Strawberry Time's Come Round Again

For those who can't visit Plant City during its 9th Annual Strawberry Festival and Hillsborough County Fair to enjoy delicious strawberries — fresh cakes, pies, souffles, fondue, hors d'oeuvres, baked desserts, drinks and salads, here are some ideas.

This recipe is appropriate for the festival's theme, "I'm a strawberry pie."

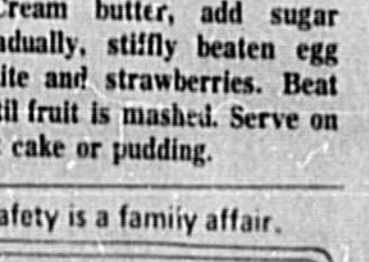
Prepare and bake a 9" crust using either your favorite pastry recipe or any popular mix of your choice. Cool slightly. Prepare a custard as follows:
Beat 2 egg yolks
Beat in gradually: 3/4 c. granulated sugar, 1/4 tsp. salt; 2 1/2 tsp. cornstarch. Pour over the above 2 cups scalded milk. Cook and stir the custard over very low heat. Stir constantly until it thickens. Have ready one quart of washed, hulled strawberries. Arrange them in the baked pie shell. Pour the hot custard over the berries. Chill thoroughly. When ready to serve, garnish with mounds of sweetened whipped cream. Add one teaspoon rum flavoring and additional whole berries if desired.

STRAWBERRY CONCEALED SALAD
1 box strawberry jello
1/2 cup whipping cream
1/2 cup sharp cheese (grated)
1/2 cup crushed pineapple (drained)
2-3rd cup pecans (cut fine)
1/4 cup coconut
1 1/2 cups fresh strawberries (cut in half)

Mix jello in 1 1/2 cups hot water. Refrigerate until it starts to jell. Whip cream and fold into jello, add rest of ingredients and mix well. Refrigerate in 8" square pan. Cut in squares. Keeps in refrigerator for several days.

STRAWBERRY SAUCE
2 cups hulled strawberries
2-3rd cup butter
1 cup powder sugar
White of one egg
Cream butter, add sugar gradually, stiffly beaten egg white and strawberries. Beat until fruit is mashed. Serve on hot cake or pudding.

Safety is a family affair.



GOVERNOR'S HIGHWAY SAFETY COMMISSION
Florida Department of Administration

FED DELICIOUS STEAK 1.48
FED PORTERHOUSE OR STEAK 1.58

SAVE 41¢ PER LB.

SAVE 41¢ PER LB.



DELMONICOS 1.99

CHUCK ROAST 78¢

Shoulder Steak \$1.38
Boneless Roast \$1.49
Rump Roast . . . \$1.49

ROUND STEAK 1.38

GROUND BEEF 66¢

CHICKENS 38¢

Strip Steak . . . 1.79
Cubed Steak . . . 1.89
Short Ribs . . . 79¢
Stew Meat . . . 1.29
Pot Roast . . . 1.39

Ground Round . . . 1.38
Smoked Picnics . . . 68¢
Chicken (FRESH) 2 \$2.19
Smoked Bacon . . . 1.09
Pork Roast . . . 89¢

Pork Steak . . . 99¢
Sliced Bologna . . . 69¢
Sausage . . . 99¢
Sausage . . . 1.19
Dinner Franks . . . 99¢

POTATOES 10 59¢

DINNER 2 1.00

CHERRY PIE 79¢

ORANGES 8 69¢

ORANGE JUICE 3 1.09

POLE BEANS 29¢

Cheese Food . . . 89¢
Sour Cream . . . 59¢
Cheese . . . 59¢
Biscuits . . . 6 89¢

Smoked Ham . . . 98¢
Apples . . . 5 69¢
Lettuce . . . 25¢

Cabbage . . . 12¢
Pears . . . 3 100¢
Onions . . . 5 49¢
Potatoes . . . 3 100¢

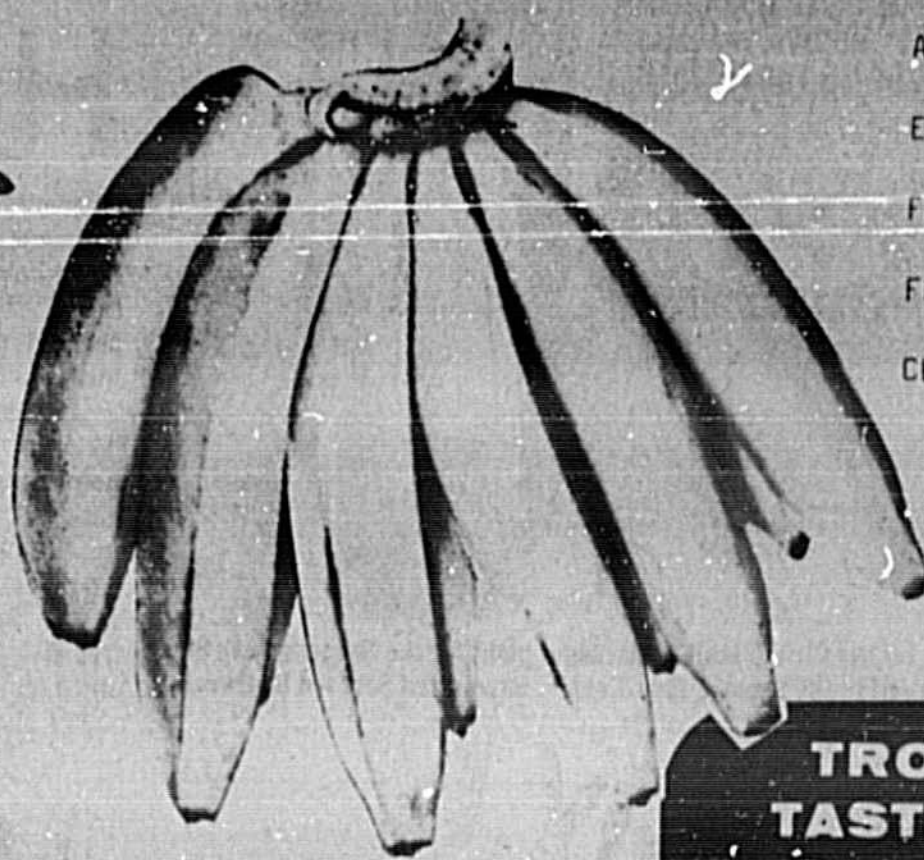
FRENCH AVE. & 25th ST.

SANFORD

419 E. FIRST ST.



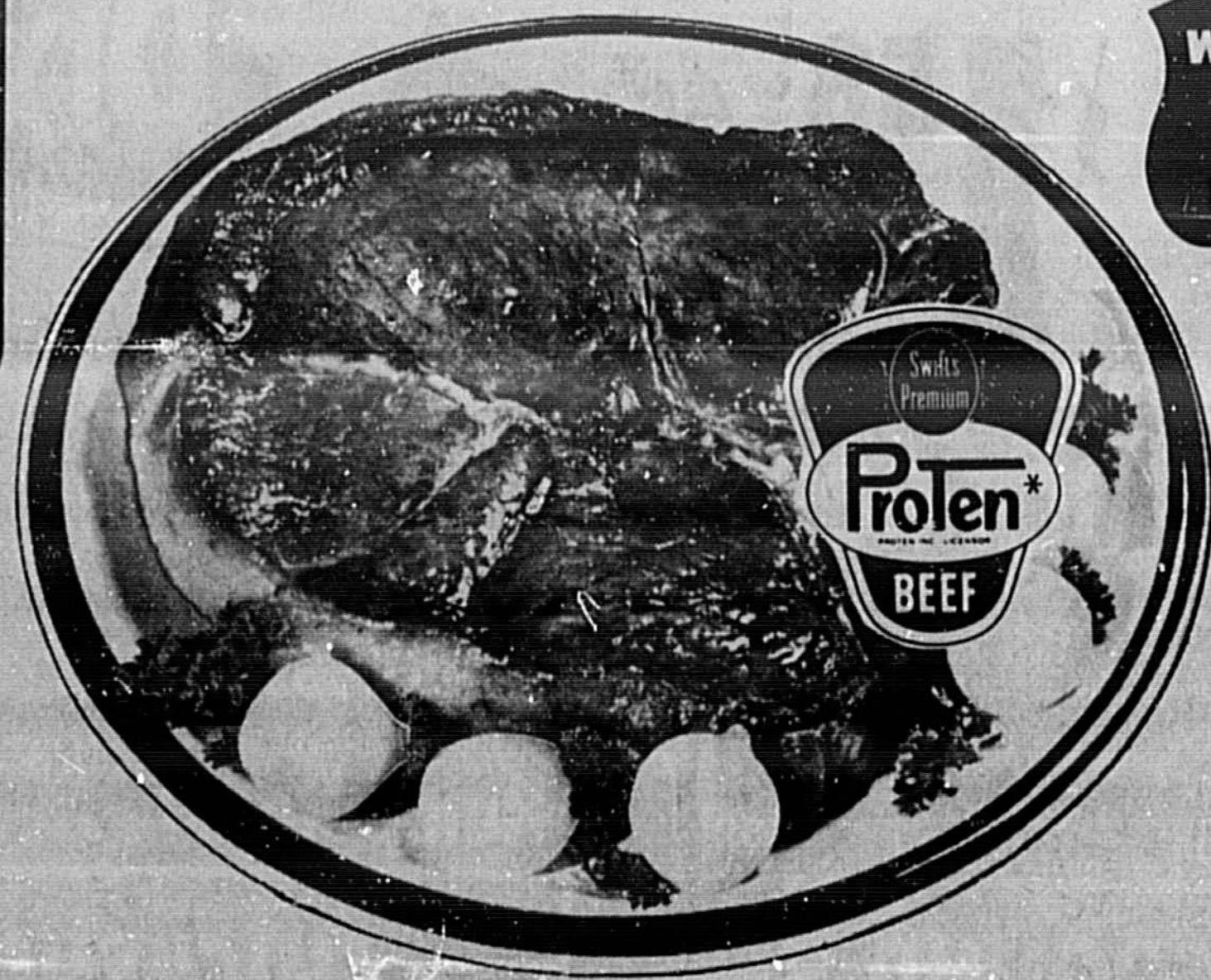
Customer BONUS



ALL OFFERS IN THIS AD
EFFECTIVE THURSDAY
FEB. 13 THRU WEDNESDAY
FEB. 19, 1975
CLOSED SUNDAY

SELECTED BABY BEEF!
BEEF LOIN,
BEEF FULL-CUT ROUND,
BEEF LOIN OR RIB
Steak Sale
lb. **\$1.25**

THIS AD EFFECTIVE IN ORLANDO, WINTER PARK, CASSELBERRY
SANFORD AND KISSIMMEE PUBLIX MARKETS ONLY!



**WE ACCEPT
U.S.D.A.
FOOD
STAMPS!**

**TROPICAL
TASTE TREAT
Golden
Bananas**
lb. **12¢**

**BUDDIG'S
TASTY ASSORTED
Chipped
Meats**
3-oz. pkg.
BUY 1, GET 1
FREE
BEEF, HAM, TURKEY.



**DELICIOUS
BIRDS EYE
Cool Whip**
9-oz. bowl
53¢

**12-oz. POP-TOP CANS
Red White
& Blue
Beer**
8-pack cin.
\$1.05

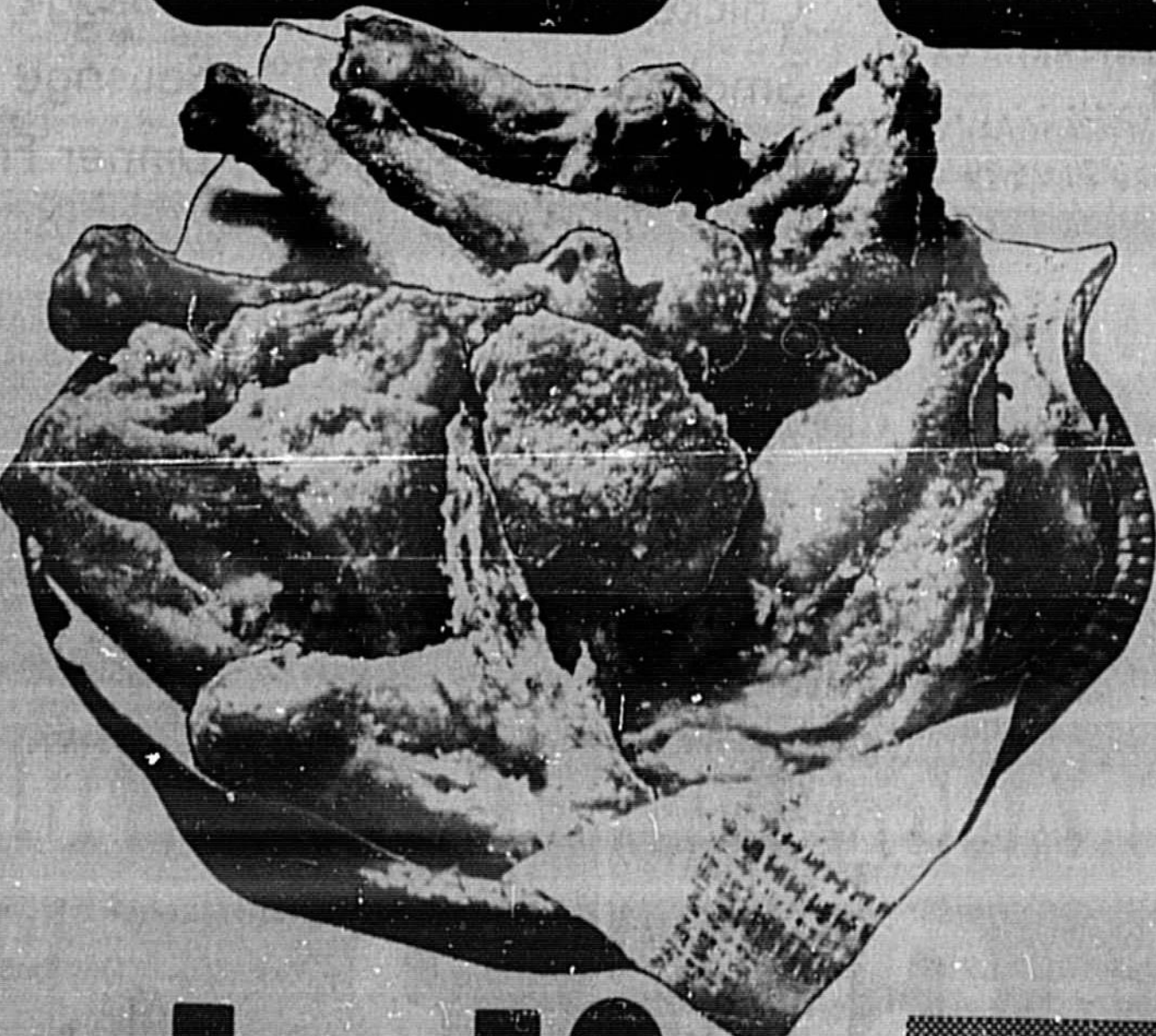
**SWIFT'S PREMIUM TENDER
GROWN GOVERNMENT-INSPECTED
SHIPPED, EVISC., FRESH NOT FROZEN,
Plant Grade A
Swift's
Fryers**
WHOLE CUT UP
55¢ 59¢

**Coke or
Sprite**
32 oz. bottles
4 for \$1
Plus Deposit

Publix reserves the right
to limit quantities sold

**BREAKFAST CLUB
Hamburger
or Hot Dog
Buns**
8-cl. pkgs
25¢

**BREAKFAST CLUB
GRADE A FLORIDA
Large
Eggs**
doz. **59¢**



where
shopping
is a
pleasure

Publix

THIS AD EFFECTIVE IN ORLANDO, WINTER PARK, SANFORD
CASSELBERRY AND KISSIMMEE PUBLIX MARKETS ONLY!

markets

- | | | | | | | | | |
|------------------------------|------------------------------------|-------------------------------------|---------------------------------|--|-----------------------------|------------------------------------|---------------------------------------|--------------------------|
| Soft Margarine
59¢ | Strawberry Preserves
89¢ | Borden's Ice Cream
\$1.09 | Jell-O Pudding
5¢ \$1 | Del Monte Golden Corn
3¢ \$1 | Maxwell House
79¢ | Shasta Diet Drink
7¢ \$1 | Scotties Facial Tissues
39¢ | Large Eggs
59¢ |
|------------------------------|------------------------------------|-------------------------------------|---------------------------------|--|-----------------------------|------------------------------------|---------------------------------------|--------------------------|

Publix For Meals Families Love

WIDE AISLES
THE FRESHEST PRODUCE
DELICIOUS DAIRY FOODS
ELEGANT DELICATESSEN
S&W GREEN STAMPS

Perform a death-defying act.
Give Heart Fund.

SAVE 4¢: Del Monte Pineapple or Pineapple Pink
Sliced or Halved, Del Monte Yellow
Cling Peaches 39¢
SAVE 10¢: Del Monte Dessert Fruit
Assorted Varieties 1-lb. tin
Fruit Cocktail 49¢
SAVE 10¢: Friskies Nutritional
Cat Food 5¢ \$1
SAVE 10¢: Friskies Nutritional
Puppy Food 5¢ \$1
SAVE 20¢: Spray Disinfectant
Lysol \$1.39
SAVE 20¢: 120 Off Label Dishwashing Detergent
Lux Liquid 97¢
SAVE 4¢: Krat's Barbecue, Smoked or Pileated
Crystal Clear 49¢
SAVE 4¢: Deodorant Family Size
Dial Soap 39¢
SAVE 10¢: Krat's Delicacies
Italian Dressing 49¢
SAVE 4¢: Chocolate, Biscuits or Cinnamon, Krat's Koogle
Peanut Butter Spread 69¢
SAVE 10¢: Maxwell House
Bar-B-Que Sauce 67¢
SAVE 10¢: Maxwell House
Instant Coffee 5¢ \$1

**"Selected Baby Beef"
... Inflation Fighter**

A Great Beef Tender Beef Loin
Sirloin Steak lb. \$1.25
Lean Meaty Beef Full-Cut
Round Steak lb. \$1.25
Tasty Beef Loin or
Rib Steak lb. \$1.25
Flavorful Lean Meaty Beef Blade
Chuck Roast lb. 89¢
Beef Chops from
Pot Roast lb. \$1.09
Tasty Delicious Beef Roast
Tip Roast lb. \$1.25
Great for Bar-B-Que Beef Plate
Short Ribs lb. 69¢
Flavorful Boneless
Beef for Stew lb. 99¢



Tasty Sliced Honey or
Pepper Loaf 49¢
Flavorful Sliced
Ham & Bacon Loaf 45¢
Delicious Candy Fruit
Genoa Salami 69¢
Flavorful Kitchen-Fresh
Baked Beans 49¢
Tasty Templing Bar-B-Que
Spareribs \$1.79
Tart and Tasty Fresh-Baked
Cherry Pie each 99¢
Ready-to-take-out Southern
Fried Chicken box \$1.99

Publix "The Place for Beef"
SWIFT'S PREMIUM PROTEN BEEF SALE
INSPECTED HEAVY WESTERN BEEF GRADE
THE BEEF THAT NEEDS LESS COOKING TIME!

Swift's Premium Proten Beef Loin
Sirloin Steak lb. \$1.49
Swift's Premium Proten Boneless Beef Round
Top Round Steak lb. \$1.49
Swift's Premium Proten Small End
Key Club Steak lb. \$1.49
Swift's Premium Proten Beef
Chuck Blade Steak lb. \$1.09
Swift's Premium Proten Beef
Chuck Shoulder Roast lb. 99¢
Swift's Premium Proten Boneless Beef
Imperial Oven Roast lb. \$1.39
Swift's Premium Proten Boneless Beef (English Cut Roast, Bone)
Chuck Shoulder Roast lb. \$1.49
Swift's Premium Proten Beef Plate
Short Ribs lb. 79¢

Whole Fryers
55¢

Pork Loin Chops
99¢

Dairy-Fresh Yogurt
5¢ \$1

PRICES EFFECTIVE
THURSDAY, FEB. 13TH
THRU WEDNESDAY
FEB. 19TH, 1975.
CLOSED SUNDAYS...

From Our Meat Dept.

Palin River Brand
Sliced Bacon 89¢
Swift's Premium Oven-Baked
Corned Beef \$1.59
Swift's Premium Fully-Cooked
Ham Patties \$1.69
Bark's Banquets
Smoked Dainties \$1.55
Seafood Treat, Tasty Frozen
Kingfish Steak \$1.19
Seafood Treat, Tasty Frozen
Red Snapper Fillets \$1.25

From Our Dairy Dept.

Breakfast Club Regular
Corn Oil Margarine 69¢
Tasty Bays Bakery
English Muffins 49¢
S&W Green Stamps
Pillsbury "Weiner Wraps" 4¢ \$1
Kraft's Philadelphia Brand
Cream Cheese 34¢ 19¢
S&W Green Stamps
Sour Cream 49¢
Kraft's Individually-Wrapped Processed Cheese Food
American, Pimento, Swiss 89¢
Milkmaid Cheese Bar
Sharp Cheddar \$1.09
Milkmaid Cheese Bar, Sliced
Big-Eye Swiss 69¢
Dairy-Fresh
Chive Cottage Cheese 53¢
Dairy-Fresh (Small, Large, Schmierbar, Lowfat)
Cottage Cheese 99¢

From Our Frozen Food Dept.

Swift's Premium Tender, Meaty
Cut-Up Fryers 59¢
Swift's Premium Fully-Cooked (2 to 3-lb. avg.)
Hostess Hams \$2.39
Armour Star Pump, Juicy
Hot Dogs 99¢
Swift's Premium Assorted Sausage
Brown N' Serve 85¢
Swift's Premium Sliced Cooked Salami or
Sliced Bologna \$1.05
Swift's Premium Tasty
Smoke Links 93¢
Oscar Meyer Regular or Thick Style
Sliced Bacon \$1.33
Dinner or Beef Style
Copeland Franks 99¢
Seasoned Delicacies
Smoke Links \$1.09
Seasoned Delicacies
Sliced Bologna 99¢
Body Farm's
Whole Hog Sausage \$1.39
Lucky Tasty
Grill Franks \$1.59

Orange Juice
6¢ \$1.08

Coconut Custard Pie
89¢

Temple Oranges
5¢ \$1.59

where shopping
is a
pleasure

THIS AD GOOD
AT THESE
LOCATIONS ONLY.

Delicious Apples
359¢

Kraft Mayonnaise
99¢

Star-Kist Tuna
289¢

White Potatoes
1069¢

Cheer Detergent
\$3.19

Health & Beauty Aids Specials

Fights Dandruff, Head & Shoulders
Shampoo 44¢ \$1.19
Great Antistaphy Mouthwash
Listerine 14¢ \$1.89

From Our Candy Dept.

Swiss Milk Tiramisu, Regular
Marshmallows 45¢
M&S Green Stamps
Marshmallows 45¢
M&S Green Stamps
Tootsie Midgees 89¢
Tide Lotion Van
Tootsie Pops 89¢
Continuing Our Italian Food Festival!
Fragrant White
Clam Sauce 59¢
Fragrant Red
Spaghetti Sauce 59¢
Fragrant Red
Spaghetti Sauce 59¢
Fragrant Red
Chick Peas 39¢
Fragrant Red
Kidney Beans 39¢
Fragrant Red
Bread Crumbs 39¢
Fragrant Red
Pepper Salad 79¢
Fragrant Red
Spaghetti Sauce 59¢
Fragrant Red
Wine Vinegar 39¢
Fragrant Red
Lentil Soup 39¢
Fragrant Red
Minestrone Soup 39¢

Down Produce Lane

Tropicana or Mead's Pure Florida
Orange Juice 3¢ \$1.89
Crisp Florida (Frozen in Bag)
Jumbo Celery 29¢
U.S. No. 1 Florida White or Pink
Seedless Grapefruit . . . 5¢ \$1.69
Tender Tasty Florida
Yellow Squash 29¢
Crisp Tender Florida
Green Beans 39¢
For Salads or Stuffing, Green
Bell Peppers 2¢ \$1.29
Perfect for Salads, Crisp
Fresh Cucumbers 2¢ \$1.29

100% Green Stamps

ARMOUR'S BAR-B-QUE SPARERIBS \$4.99
3-lb. can \$5.49

BETTY CROCKER POTATO BUDS 78¢
16-oz. pkg.
\$1.05

Built-in Frozen Cheese Ravioli 12-oz. pkg.
\$1.29

Built-in Frozen Chicken Noodle 12-oz. pkg.
\$1.29

Instant Dry Food 5-lb. bag
\$1.99

Contract Capsules 10-ct. size
\$1.99

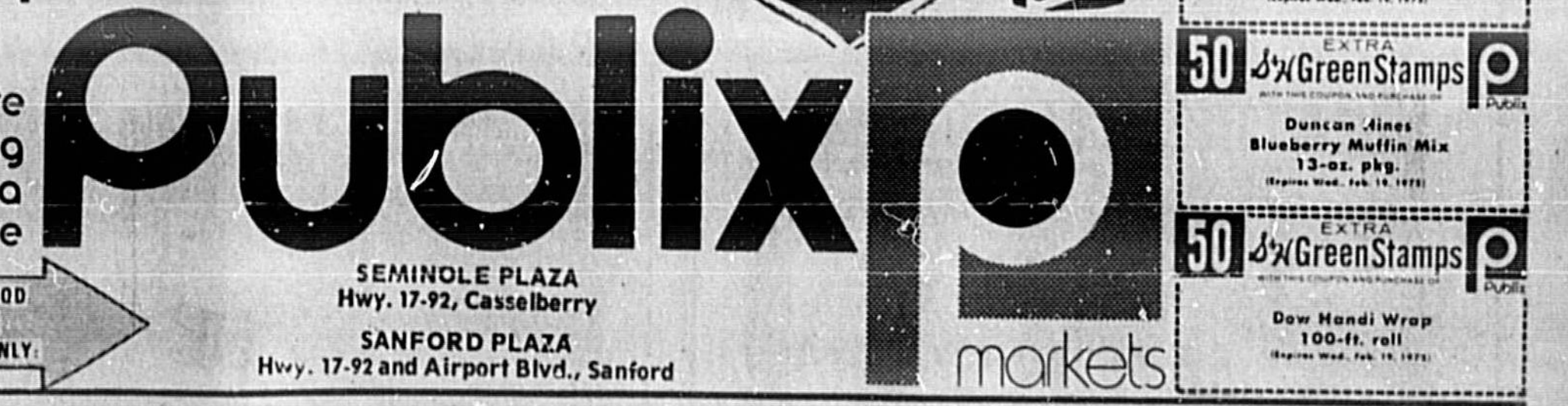
30¢ Off Label Popsicle Toothpaste 7-oz. tube
\$1.99

Lysol Cleaner 28-oz. bot.
\$1.99

Wisconsin Cheese Bar Sliced Mozzarella 8-oz. pkg.
\$1.99

Duncan Hines Blueberry Muffin Mix 12-oz. pkg.
\$1.99

Dow Handi Wrap 100-ft. roll
\$1.99



SEMINOLE PLAZA
Hwy. 17-92, Casselberry
SANFORD PLAZA
Hwy. 17-92 and Airport Blvd., Sanford

markets

PARK AND SHOP

Valentine BUYS

OPEN 7 DAYS A WEEK

SOUTH'S SAVINGS CENTER

DISCOUNT 7 DAYS A WEEK PRICES

THESE ITEMS & PRICES GOOD
★ THURS., FEB. 13 THRU.
★ WED., FEB. 19

WE GLADLY ACCEPT U.S.A. FOOD STAMP COUPONS

BONUS BUY! LEMON FRESHENED DETERGENT **FAB** GIANT BOX! **66¢**
LIMIT: ONE PLEASE. WITH OTHER PURCHASES OF \$2.00 OR MORE EXCLUDING CIGARETTES.

BAMA STRAWBERRY PRESERVES 18 OZ. JAR **77¢**

HAPPY KIDS PEANUT BUTTER 2 1/2 LB. JAR **\$1.38**

PEANUT PATCH BOILED PEANUTS 4 NO. 300 CANS **\$1.00**

BONUS BUY! Del Monte TOMATO CATSUP BIG 38 OZ. BTL. **68¢**

La Choy ASSORTED BI-PACK CHOW MEIN NOODLES NO. 303 CAN SOY SAUCE 10 OZ. BTL. **\$1.28 28¢ 48¢**

BONUS BUY! SOFTENS HANDS WHILE YOU DO DISHES... **PALMOLIVE** DISHWASHING LIQUID 22 OZ. BTL. **68¢**

VALUABLE COUPON (104-3-RTF-AC) PRICE APPLIES ONLY WITH THIS COUPON **INSTANT MASHED POTATOES** SAVE 10¢ OFF REG. PRICE 13 OZ. PKG. GOOD ONLY AT: SANFORD PARK & SHOPS COUPON EXPIRES: WED., FEBRUARY 19 LIMIT: ONE COUPON PER FAMILY PLEASE.

OUR EVERYDAY-STOREWIDE... LOWER PRICES...

BONUS BUY! ALL GRINDS **MAXWELL HOUSE COFFEE** LB. CAN **76¢**
LIMIT: ONE PLEASE. WITH OTHER PURCHASES OF \$2.00 OR MORE EXCLUDING CIGARETTES.

SHURFINE FLOUR • PLAIN (OR) • SELF-RISING **5 LB. BAG 68¢** LIMIT: 1 PLEASE

FROZEN FOODS Morton **DINNERS** MRS. SMITH'S CHERRY CHICKEN TURKEY SAUS. STEAK MEAT LOAF (OR) CHICKEN & DUMPLINGS 26 OZ. PIE **97¢**

EVERFRESH **BREAD** 3 26 OZ. LOAVES **\$1.00**
VAN CAMP PORK & BEANS NO. 215 CAN **58¢**
MIST KIST JELLIED CRANBERRY SAUCE 3 NO. 300 CANS **89¢**
ROBERT'S CANNED TOMATOES 4 NO. 303 CANS **\$1.00**
SUNSHINE COOKIES HYDROX CHOC. CREAM SANDWICH 19 OZ. CELLO-PAK **95¢**

DAIRY FOODS shurfresh **MARGARINE** 4 YELLOW QUARTERS LB. PKG. **58¢**

KWIK - MAKE • REG. (OR) • BUTTERMILK **PANCAKE BATTER** 16 OZ. **58¢**
KRAFT SHARP (OR) EXTR-SHARP **CHEESE** 10 OZ. PKG. **97¢**
MRS. FILBERT'S FAMILY-BOWL **MARGARINE** LB. BOWL **78¢**
HOOD'S 100 PCT. PURE **ORANGE JUICE** 3 32 OZ. CTNS. **89¢**

VALUABLE COUPON (112-3-372-104) PRICE APPLIES ONLY WITH THIS COUPON **NATURE VALLEY Granola** 100% NATURAL CEREAL *REGULAR HONEY & DATE (OR) * CINNAMON & RAISIN **SAVE 12¢** OFF REG. PRICE 16 OZ. PKG. GOOD ONLY AT: SANFORD PARK & SHOPS COUPON EXPIRES: WED., FEBRUARY 19 LIMIT: ONE COUPON PER FAMILY PLEASE.

BONUS BUY! PET EVAPORATED MILK 4 TALL CANS **\$1.00**

LOTUS LONG GRAIN RICE 3-LB. BAG **68¢** LIMIT: 1 PLEASE

HIGH LIFE (IMITATION) **SALAD DRESSING** WOODBURY "NATURE SCENTS" QT. JAR **58¢**
SOAP 4 BATH BARS **\$1.00**
ALL VARIETIES **FRISKIES** 5 15 1/2 OZ. CANS **\$1.00**
WHITE (OR) ASS'T'D. COLORS **KLEENEX TISSUES** 2 200 CT. BOXES **89¢**
FIELD TRIAL **CHUNK DOG FOOD** 25 LB. BAG **\$3.97**

BONUS BUY! Lykes **VIENNA SAUSAGE** 3 4 OZ. CANS **79¢**

HEALTH & BEAUTY AIDS
CLAIROL WHY PAY \$2.89 **FINAL NET \$1.59**
HAIR SPRAY 12 OZ. (REG. (OR) UNSCENTED) WHY PAY 99¢
BAN ROLL ON 1 OZ. DISP. **88¢**
DEODORANT PETROLEUM JELLY WHY PAY 49¢ **47¢**
VASELINE 1 1/4 OZ. JAR **47¢**
POND'S WHY PAY 99¢
COLD CREAM 1.8 OZ. JAR **90¢**
POND'S WHY PAY \$1.15 **1.04**
DRY SKIN CREAM 1.9 OZ. JAR
PALMOLIVE REG. MENTHOL (OR) LIME WHY PAY 79¢ **86¢**
RAPID SHAVE CREAM 4.35 OZ. CAN WHY PAY \$1.04 **74¢**
WITH BAKING SODA WHY PAY \$1.04
PEAK TOOTH PASTE 2 PAK 4 1/2 OZ. TUBES WHY PAY \$1.39 **74¢**
COLD-COUGH RELIEF WHY PAY \$1.39 **74¢**
C3 CAPSULES WHY PAY \$1.39 **74¢**
REG (OR) SUPER WHY PAY \$1.39 **74¢**
KOTEX TAMPONS PKG. OF 6 WHY PAY \$1.39 **74¢**
ALKA-SELTZER WHY PAY \$1.39 **71¢**
LARGE 33 COUNT

VALUABLE COUPON (115-3-751) PRICE APPLIES ONLY WITH THIS COUPON **AERO-WAX** SELF-POLISHING FLOOR WAX **SAVE 15¢** OFF REG. PRICE 27 OZ. CAN GOOD ONLY AT: SANFORD PARK & SHOPS COUPON EXPIRES: WED., FEBRUARY 19 LIMIT: ONE COUPON PER FAMILY PLEASE.

PARK AND SHOP

OPEN 7 DAYS A WEEK

SANFORD

★ 25TH. & PARK AVE. STORE
MON. - SAT. 8:00 A.M. - 9:00 P.M.
SUNDAY 8:00 A.M. - 7:00 P.M.
★ 329 SANFORD AVE. STORE
MON. - THURS. 8:00 A.M. - 7:00 P.M.
FRI. & SAT. 8:00 A.M. - 9:00 P.M.
SUNDAY 8:00 A.M. - 1:00 P.M.

STORE HOURS

BABY BEEF **STEAK** FULL CUT **ROUND SIRLOIN** LB. **\$1.17**

BABY BEEF **CHUCK STEAK** LB. **67¢**
CLUB STEAK LB. **\$1.07**
T-BONE STEAK LB. **\$1.37**
SHOULDER ROAST LB. **87¢**

HEAVY WESTERN LAZY AGED BEEF **CLUB CHUCK** LB. **\$1.37**
DELMONICO LB. **87¢**
SHOULDER SWISS LB. **\$1.17**
YOUNG BEEF LIVER LB. **57¢**
BEEF HIND 140 To 150 LBS. **87¢**
BEEF HIND 70 To 80 LBS. **77¢**
CUT & WRAPPED FOR YOUR FREZZER FREE!

★ **FAMILY-PAK-SPECIAL** ★
10 LB. PORK CHOPS
10 LB. CUBE STEAK
10 LB. FRYER BREST
COUNTRY THICK
10 LB. SLICED BACON
10 LB. ENGLISH ROAST **\$57.77**

FRESH-CRISP! ICEBERG LETTUCE HEAD **28¢** **FRESH PRODUCE**

FANCY! WASH. RED - DELICIOUS **APPLES** LB. **28¢**
FRESH 'N' TENDER! **POLE BEANS** 3 LBS. **\$1.00**
BAKING SIZE!
SW'T POTATOES LB. **17¢**
TASTY! CANADIAN **RUTABAGA** LB. **10¢**

PROVE WE HAVE A HEART!

HEAVY WESTERN LAZY AGED SIRLOIN STEAK LB. **\$1.37** **Quality MEATS**

HEAVY WESTERN LAZY AGED FULL CUT ROUND STEAK LB. **\$1.27**

LYKES "SUGAR CREEK" SMOKED SHOULDER PICNICS **47¢** LB.
SMOKED SLICED PICNICS LB. **57¢**

HEAVY WESTERN LAZY-AGED RIB ROASTS OVEN-READY LB. **\$1.27**
POT ROAST OVEN-READY LB. **87¢**
SHOULDER BONELESS ROUND BONE LB. **97¢**
ENGLISH RUMP LB. **\$1.27**

LEAN 'N' TENDER BONELESS ALL MEAT STEW LB. **97¢**
3 LB. PKG. OR MORE

FRESH 100% PURE GROUND BEEF LB. **57¢** **VALUES GALORE**

HEAVY WESTERN LAZY-AGED BEEF STEAKS
CLUB CHUCK LB. **\$1.37**
DELMONICO LB. **87¢**
SHOULDER SWISS LB. **\$1.17**
YOUNG BEEF LIVER LB. **57¢**

HEAVY WESTERN - LAZY AGED BEEF FAVORITE CHUCK ROAST LB. **67¢** **Quality MEATS**
BLADE-CUT

FLORIDA GRADE 'A' FAMILY PAK CUT-UP FRYERS LB. **47¢**

HEAVY WESTERN LAZY AGED CUBE STEAK LB. **\$1.47** **Quality MEATS**

LYKES **BUDGET SLICED BACON** LB. PKG. **57¢**
FRESH LEAN **PORK STEAKS** LB. **87¢**
FRESH LEAN **FAMILY PAK PORK CHOPS** LB. **97¢**
FRESH LEAN **GEORGIA BACK BONE** LB. **97¢**
FRESH NECK BONES **PIG-TAILS OR FEET** LB. **37¢**

FRESH FROZEN **BREADED VEAL CUTLETS** LB. **97¢**
IN OUR DELI **MEATY HOT DOGS** LB. **77¢**
FRESH SLICED **BOLOGNA OR SPICED HAM** LB. **77¢**
FRESH HOMEMADE **PURE PORK SAUSAGE** LB. **97¢**
ITALIAN SAUSAGE LB. **\$1.27**

FRESH & LEAN IOWA PORK ROAST LB. **67¢**



Home Canning Supplies In Big Demand

COOKING IS FUN

By **BECHY BROWNSTONE**
Associated Press Food Editor

MUNCIE, Ind.—Ball Corp., chief executive officer, said today it is anticipating another season of strong demand for home canning supplies and is presently manufacturing around-the-clock.

It is difficult to accurately determine buying trends for the coming canning season, Fisher said, but Ball does expect demand to be strong again in 1973, as it was in 1972 and 1974. Production lines are operating seven days a week and three shifts a day at Ball

harvesting season in the particular region. "Allocation shouldn't be confused with shortage, because our allocation to distributors really represents an increase from what we've sold to them before," Stuart said.

He said consumers can help by purchasing only the supplies they need. Demand for home canning supplies is affected by several factors, Stuart explained. Crop-ruining floods, frost or drought can reduce canning activity in one region, while favorable

rowing conditions can increase the amount of home canning activity in another region. "These factors are watched very closely by our distributors, who try to have canning supplies in stock in a region when they are needed," he said.

AP
WE ACCEPT U.S.D.A. FOOD STAMPS

WEO

WHERE ECONOMY ORIGINATES

CRISCO OIL

ALL VEGETABLE
\$1.49
WITH COUPON BELOW
YOU SAVE 46¢

TROPICANA

100% PURE ORANGE JUICE
32 oz. CTN. **29¢**
YOU SAVE 5¢

COTTAGE CHEESE

A&P "DAIRY FRESH"
32 oz. CTN. **79¢**
YOU SAVE 19¢

PAMPERS

OVERNIGHT DISP. DIAPERS
12 ct. BOX **99¢**
YOU SAVE 16¢

PILLSBURY FLOUR

PLAIN & SELF-RISING
5 lb. BAG **79¢**
YOU SAVE 14¢

"A SUPER BLEND, RICH IN BRAZILIAN COFFEES"

EIGHT O' CLOCK
1 lb. BAG **99¢**
3 lb. BAG \$2.89

SAVE 46¢
VALUABLE COUPON
38 oz. BTL. **CRISCO OIL**
YOU PAY **\$1.49** WITH THIS COUPON

MEAT PRICES REDUCED... SAVINGS YOU CAN SEE

"SUPER-RIGHT" HEAVY WESTERN BEEF

BONELESS BOTTOM ROUND ROAST
LB. **\$1.39**

BONELESS BOTTOM ROUND STEAK
LB. **\$1.49**

"SUPER-RIGHT" BEEF

BONELESS RUMP ROAST
18 TO 20 LB. AVG. **\$1.69**

WHOLE BOTTOM ROUND
18 TO 20 LB. AVG. **\$1.29**

A&P HOMOGENIZED

FRESH MILK
1/2 GAL. CTN. **\$1.38**
YOU SAVE 34¢

"SUPER-RIGHT" FULLY COOKED

SMOKED HAM
GRADE "A" FRESH FLA. OR GA. **78¢**

FRYER QUARTERS
LEG OR BREAST. **59¢**

PABST BLUE RIBBON

BEER
6 PK. 12 oz. CANS **\$1.19**
YOU SAVE 30¢

COCA-COLA SPITE or TAB
32 oz. PET. BTL. **3/87¢**
PLUS DEP. YOU SAVE 30¢

CHUNK LIGHT

DEL MONTE TUNA
6 1/2 oz. CAN **2/89¢**
YOU SAVE 7¢

LIQUID DETERGENT

PALMOLIVE
22 oz. BTL. **59¢**
YOU SAVE 26¢

"BUY 1, GET 1 FREE!"

APPLES
8 oz. PKG. **\$1.00**

WASHINGTON STATE GOLDEN DELICIOUS
APPLES
4 LBS. **\$1.00**

CHECK & COMPARE THESE EVERYDAY LOW PRICES

CRISCO 3 lb. CAN. **\$1.99**

HI-C ASS'T DRINKS 46 oz. **52¢**

SCOTT BATHROOM TISSUE SINGLE ROLL **23¢**

GERBER'S STRAINED BABY FOOD 4 1/2 oz. JAR. **16¢**

PRINGLE'S MAYONNAISE 9 oz. TWIN PK. **87¢**

KRAFT MAYONNAISE 16 oz. QT. JAR. **\$1.27**

JELL-O RICH IN BRAZILIAN COFFEES. EIGHT O'CLOCK INSTANT COFFEE 3 oz. PKG. **2/45¢**

COFFEE 10 oz. JAR. **\$1.49**

"MARVEL" REGULAR SLICED

WHITE BREAD
20 oz. LOAF **4/\$1.00**
YOU SAVE 34¢

JANE PARKER, BROWN & SERVE
FRENCH ROLLS, PLAIN 10 ct. PKG. **49¢**
JANE PARKER REG. & RIPPLE
POTATO CHIPS 9 oz. BAG **69¢**

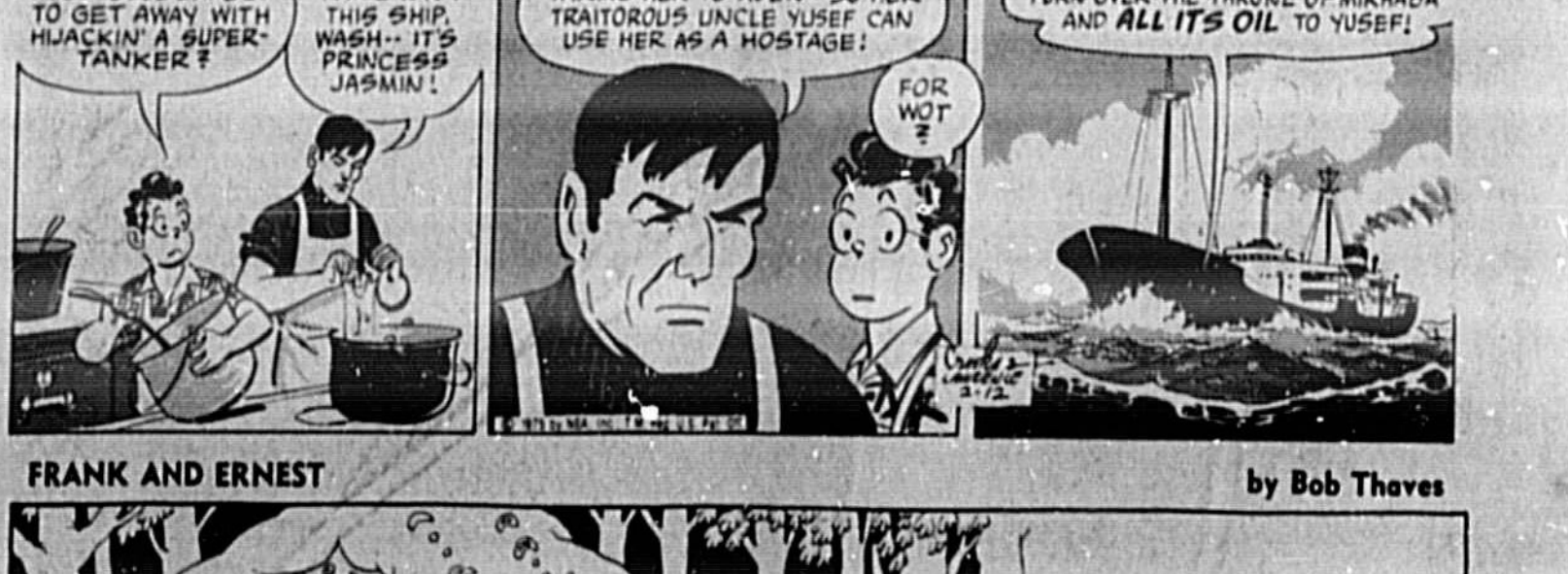
NEW! MARVEL SANDWICH & FRANK ROLLS 10 ct. PKG. **3/51**

SAVE 14¢
VALUABLE COUPON
5 lb. BAG of **PILLSBURY FLOUR**
YOU PAY **79¢** WITH THIS COUPON

SAVE 40¢
VALUABLE COUPON
2 lb. CAN VACCUM PACK **FOLGER'S COFFEE**
YOU PAY **\$1.85** WITH THIS COUPON

PRICES IN THIS AD ARE EFFECTIVE THROUGH FEBRUARY 12, 1973. PRICES OFFERED FOR SALE ARE NOT AVAILABLE TO OTHER WHOLE OR RETAIL DEALERS NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CUSTOMERS WILL BE RESPONSIBLE FOR ANY QUANTITIES OF ANY ITEM.

PRICES IN THIS AD ARE EFFECTIVE IN YOUR SANFORD & A.P. ONLY 2701 ORLANDO DR.



WIN AT BRIDGE

By OSWALD and JAMES JACOBY

NORTH	12
▲ A 4	♦ 11
♥ 10 8 7	♣ 10 8 7
▲ Q J 8 5 2	♦ 10 8 7 6 5 4
♥ K 10 8 6 2	♣ 9 8 5 3
♦ 8 7 4	▲ A K 2
♥ K 3	♣ 9 5 4

SOUTH

▲ Q J 8 5 2	♦ 10 8 7 6 5 4
♥ K 10 8 6 2	♣ 9 8 5 3
♦ 8 7 4	▲ A K 2
♥ K 3	♣ 9 5 4

West North East South

1. A	Pass	1. A	Pass
2. A	Pass	2. N	Pass
3. N	Pass	3. A	Pass

Opening lead - 6♥



WIN AT BRIDGE

South played brilliantly (at least he thought he had), quickly (everyone agreed to that), and with conspicuous lack of success.

He rose with dummy's jack of hearts, plunked his ace on East's queen, took the club finesse and ran off six club tricks. Then he led a heart and hoped for the best. The best did not eventuate. West had discarded one spade, one heart and two diamonds. He cashed the last three hearts and led a diamond to give his partner tricks with the ace and king.

North wanted to know why South had bid three notrump, instead of dropping the bidding at two notrump or signing off at



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Make Art A Part Of Your Life

Many Floridians still may not know that the Florida Federation of Art maintains a continuous and changing Exhibition of Paintings by Florida artists...

Club Notes

Camera Club

Fifteen members of the Deltona Camera Club leave Friday from Miami via Aviana nonstop jet for a ten day trip to Colombia, South America...

BPW Club

Deltona Business and Professional Women's Club will hear Miss Barbara Kinney, R.N., Director of the Southwest Volusia Outreach Center...

Altamonte Players

Announce Try-Outs

The Altamonte Springs Players announce that auditions will be held for their Spring production "Adventure on Patch Street"...

DAV Unit 30

Members of the Disabled American Veterans, Seminole County Auxiliary Unit 30, are planning a large American flag to Bear Lake Elementary School...

Program For Secretaries

Specific aspects of political science to be probed by the NSA Chapter will be presented by Dr. Marilyn Whisler...

Is Focused On Politics

Members of The National Secretaries Association (NSA) International will focus on the topic of Political Science...

Garden Club

At a Deltona Garden Club Membership Coffee will be held Feb. 14, at 10:30 a.m. in the Deltona Community Center...

Woman's Club

The Deltona Woman's Club will celebrate its tenth anniversary Feb. 13 in the Club House on Normandy Boulevard...

Woman's Club

Refreshments committee will be Mrs. Robert Howell, Ann O'Connell, Martha Gray, Ellen Groves, Pauline Cook, Julia Harr, Frances Walker and Frances West...

Woman's Club

My father lives ten miles away. The first year he made little effort to see me, and I haven't seen him since...



Tammy the Chihuahua has found a great way to keep warm at least when the temperature dips below a comfortable 70 degrees.

Her Husband's No Rose

DEAR ABBY: The wife who said her husband smelled bad, he seldom bathed, reminds me of a story they tell about Samuel Johnson...

Dear Abby

DEAR ABBY: I am 22 and work as a secretary in a large office. My boyfriend works for the U.S. Justice Department...

Dear Abby

DEAR ABBY: I am a 14-year-old boy who is one of three children. My parents have been divorced for five years and I live with my mother...

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Evening Herald

Blacks Call For Countywide School Boycott

Protesting black parents continued their boycott of Rosenwald Elementary School today and called for a countywide boycott of Seminole schools...

"They're trading an old school for an old school.... It's a gross injustice." —Supt. William Layer

"Why place the whole burden of integration on the blacks?" Jones asked. "Why should blacks pay the whole burden?"



Part of the large crowd that jammed into last night's school board meeting room



William C. White presents alternate proposals



Capt. J. Galloway, Supt. Layer discuss overcrowded meeting room

Layer Not Concerned About Losing Funds

School Supt. William Layer says he's not overly concerned about the prospect of the federal government cutting off funds to county schools...

City 'Quitting' Utility Business

A resolution which would eliminate an \$8 utility allowance and leave the residents of the Castle Brewer and William Clark housing projects to pay their own electric bills is expected to be approved tonight...

Benson Named Chief Of Lake Mary Police

LAKE MARY — Harry S. Benson, former director of police of the 105-man West Orange, N.J., force, was named chief of police of this city last night...

Chamber Drive Near 600 Goal

Early reports indicate that the 1975 membership drive of the Greater Sanford Chamber of Commerce will exceed its projected goal of a total 600 membership...

Entry Blank

3-Minute Brand Oats "Big Little" Recipe Contest. Gentlemen: I am enclosing my favorite money-stretching recipe using 3-Minute Brand Oats...

Index

Table with 2 columns: Index Item and Page Number. Includes items like 'Around the Clock', 'Bridge', 'Calendar', etc.

New Chief Assumes Duties Feb. 17

LAKE MARY -- This city's new police chief is so recently retired from his 28 years with the West Orange, N.J. force he is probably up North right now...

Chamber Drive

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Advertisement for EZ KARE LATEX FLAT ENAMEL, featuring a product image and contact information for Gregson Lumber.

Advertisement for 'New in the neighborhood? It's not all bad.' featuring a cartoon character and contact information for various local businesses.

Advertisement for 'BIG/LITTLE RECIPE CONTEST' featuring a cartoon character and contact information for Gregson Lumber.

Advertisement for 'Chamber Drive' featuring a cartoon character and contact information for the Greater Sanford Chamber of Commerce.

Advertisement for 'New Chief Assumes Duties Feb. 17' featuring a portrait of Harry Benson and contact information for the Lake Mary Police Department.

Advertisement for 'Chamber Drive' featuring a cartoon character and contact information for the Greater Sanford Chamber of Commerce.