



Baseball fans up in arms over players' strike, 9-10A

Evening Herald

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Young Men Electrocuted As Ladder Falls On Wires

Two young men trimming trees were electrocuted Tuesday when their aluminum ladder fell against power lines in the Tuscahill subdivision near Winter Springs, a Seminole County sheriff's spokesman said.

Killed were Terry Miller, 18, of P.O. Box 4300, Lake Mary, and Scott Alan Cheren, 20, of 700 N. Thompson Road, Apopka. Tuesday was Miller's birthday.

Both men were trimming palm trees at 1097 Black Acre Trail, their boss' home, when they

apparently lost control of the 25-foot extension ladder, the spokesman said. They were moving the ladder from tree to tree in the backyard when it fell against two power lines. Indicated by scorch marks on the ladder to be 17 and about 23 feet high, according to the spokesman. The lines were charged with 7,200 volts.

Both men were found lying face down on the ground when sheriff's Lt. Joe Patton arrived at the scene. He tried unsuccessfully to revive the pair with cardiopulmonary resuscitation.

Rescue workers took Cheren to Winter Park Memorial Hospital and Miller to South Seminole Hospital in Longwood where they were pronounced dead.

Both men were employed by Bruce McGonigal Co., a Longwood sprinkler company.

They were trimming trees at McGonigal's home when the accident occurred, the sheriff's spokesman said.

McGonigal could not be reached for comment today.

Florida Power Corp., which owns the power lines, conducted an initial investigation into the accident today, according to Tracy Smith, FPC public relations director.

"It appears that the lines were clear from obstruction and visible," he said.

Smith said earlier the investigation was conducted because the company "wants to make sure our equipment (power lines) was in a safe situation" and did not create a hazard.

—Rick Brunson

County Listens, Takes No Action On Zoo Lease

By Donna Estes
Herald Staff Writer

Seminole County commissioners Tuesday took no action after a meeting with zoo enthusiasts who asked they consider canceling the current zoo operators' lease of county land because the zoo board announced its intention to move

the facility to Orlando. Canceling the lease would mean no zoo fixtures could be moved from the site on the Monroe lakefront and a new Sanford-based group could take over operating the zoo.

Experts at the Central Florida Zoo said they did not know the park, in a low-lying area south of

U.S. Highway 17-92 and west of the Sanford city limits, was too damp for certain exotic animals they subsequently brought in, zoo Executive Director Al Rozon said Tuesday.

When some of the animals died zoo officials began looking for a new site for the zoo, which was established at its current site in 1973.

Rozon was attending a commissioners' workshop requested by citizens interested in keeping the zoo where it is.

Rozon, director of the zoo since it was taken over and moved from its original site where Sanford city hall is today, said the animals given by the city could have been maintained at the zoo despite its wetlands but the zoo board decided to try to make the zoo more appealing in recent years and brought in animals such as the Mouflon sheep, the American bison and woolly monkeys who suffered at the sometimes marshy park. It was because of problems animals of this sort have in a

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Herald Photo by Tommy Vincent

Advocate of keeping the zoo in Sanford, A.B. "Tommy" Peterson Jr., talks to Commissioners, from left, Sandra Glenn, Barbara Christensen, Fred Streetman and Bill Kirchoff.



Herald Photo by Tommy Vincent

Extra, Extra

The newsboy dressed in baggy knickers, wrinkled shirt and cap shoved pugnaciously to the side is really Central Florida Regional Hospital's Director of Nursing Edna Robinson, left, but her plea to "read all about it" Tuesday is heeded by Florence Krutz and hospital administrator James Tesar. Blazoned across a specially prepared souvenir issue of the *Evening Herald* the announcement came: "Krutz Is Frist

Winner At CFRH." Thus Ms. Krutz, secretary for the Cardiopulmonary Department, was notified she had captured the coveted Hospital Corporation of America humanitarian award. The award is named after Dr. Thomas Frist, Sr., founder of HCA, of which CFRH is an affiliate. Ms. Krutz earned the award for her ever-present smile and ability to make others feel good through her thoughtful and caring attitude.

Woman Beaten By Holdup Men

A Sanford woman was treated for head injuries and released Tuesday after she was beaten with a baseball bat by two men who tried to rob her as she left an office she had been cleaning.

Barbara Cooper, 33, of Route 5 Box 624-B, was leaving Sun Travel Agency, 2311 S. French Ave., Sanford, at about 8:45 p.m. when the men confronted her and demanded her money, Police Chief Steve Harriett said.

The men beat her even though she offered to give them money, Harriett said.

Police have not determined if the bandits got any money from the woman, he said.

One man was being questioned today in the case but there have been no arrests, Harriett said. An investigation is continuing.

—Rick Brunson

Despite Traffic Death Charge

Altamonte's Miss Florida To Retain Title

By Rick Brunson
Herald Staff Writer

An Altamonte Springs woman crowned Miss Florida-USA 1985 will continue her reign even though she was charged in 1983 with vehicular homicide and manslaughter because she was "honest and forthright" about the incident, a pageant official said today.

Kathy Rosenwinkel, 20, of Altamonte Springs, told pageant officials Monday, two days after she won the crown, that she was in an accident that killed a 75-year-old Hawthorne man while she was a student at the

University of Florida in 1983, according to pageant president Grant Gravitt.

Miss Rosenwinkel was driving home from the Gainesville campus Feb. 27, 1983, after taking an exam when she ran a red light and plowed into another vehicle, Gravitt said. Her car was reportedly weaving from lane to lane at about 40 mph during a rainstorm.

The car her vehicle hit spun through the intersection and hit three pedestrians, he said. One of them, 76-year-old Samuel Goodbread, was killed.

No alcohol was involved in the accident.

Miss Rosenwinkel was charged with vehicular homicide and manslaughter but was not prosecuted, Gravitt said. Instead the Alachua County state attorney's office put her on a two-year pretrial intervention program. Under the program she must complete 100 hours of community service, according to Gravitt. She also must either keep a job or attend school, take a driving course, not drive, keep in contact with program representatives and not break any

laws during the four years, under the program.

If she complies with program all charges would be dropped in four years.

The state attorney's office decision not to prosecute angered Goodbread's wife and family which filed a lawsuit against Miss Rosenwinkel and her insurance company. They think the penalty is not stiff enough.

Miss Rosenwinkel told Gravitt about the accident and the charges

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2-Cent Gas Tax Imposed

Drivers purchasing gas in Seminole County will find the price 2-cents higher as of Sept. 1.

A 2-cent-per-gallon gasoline tax to help finance road construction in Seminole County was unanimously approved by county commissioners after a public hearing Tuesday night. There were no protests.

Only one citizen, John Horvath, appeared before the commission at the hearing and he favored the tax to "meet the road needs of the county."

Noting he is a life-long resident of the county, Horvath said he has driven the county roads for years and he knows how the county's growth has effected the road network.

An ordinance was adopted setting the tax and calling for its imposition for 30 years. In 1983 the commission approved a 4-cents-per-gallon gas tax for 10 years, but it was extended to 30 years in the formal action Tuesday.

The commissioners are expected to adopt a resolution next week, showing how the \$1.96 million in anticipated revenues from the 2-cent tax will be shared with the county's seven cities.

County Management and Budget Director Eleanor Anderson, in a written report to the commission, said the county will receive 61.09 percent of the revenues. County Administrator Ken Hooper said that will equal about \$1.4 million, while the cities' will share 38.91 percent, about \$560,000.

See TAX, page 8A

Limelight-Stealing Syria Trying To Free U.S. Hostages In Lebanon

CASABLANCA, Morocco (UPI) — Arab leaders gathered in Morocco for a summit conference amid reports that Syria might try to divert attention from today's meeting by winning the release of eight Westerners held hostage in Lebanon.

Syria, Algeria, Lebanon and South Yemen boycotted the summit, which Syria described as "divisive and poisonous."

But King Hassan II of Morocco said the summit of the 21-nation league was essential to promote Arab unity and discuss the Palestinian quest for a homeland.

The meeting was clouded by reports Syria would try to steal the conclave's thunder by engineering the release of eight Westerners — five Americans and three Frenchmen — held hostage in Lebanon.

Egypt's official Middle East News Agency said Syria would try to win release of the hostages before the Arab leaders begin their meeting today.

Official news agencies in Damascus had no immediate comment on the report.

The Egyptian news agency based its report on a story from London in Kuwait's *Al-Siyassah*

newspaper, which said its information came from an anonymous Western diplomat who recently arrived in London from Beirut.

"Damascus wants to create a large-scale international propaganda festival to steal the limelight from the Arab summit conference in view of what the release of the hostages means to Western politicians and media circles," the Western diplomat was quoted as saying.

Political observers said they expected little more than a vague statement to emerge from

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Feds Sic IRS On Student Loan Defaulters

WASHINGTON (UPI) — The Education Department has asked the Internal Revenue Service to help recover about \$5 billion in overdue student loans by withholding the debtors' tax refunds.

The plan, which could recover an estimated \$50 million in delinquent debts in the fiscal year beginning Oct. 1, will affect nearly 2 million

Americans, the Education Department said Tuesday.

"This is a major step which should show loan defaulters that we are dead serious about collecting these debts to American taxpayers," said Education Secretary William Bennett in announcing the crackdown.

TODAY

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Chicken Soup Flavors Deal

KENDALL, Fla. (UPI) — The condominium Sylvia Cronin wants to sell has these amenities — a swimming pool, tennis courts, a short walk to the ocean and homemade chicken soup.

After trying unsuccessfully for six weeks to sell her condominium in Jupiter, Fla., with conventional advertising, Cronin said Tuesday, "I decided I'm going to offer the best of me — my chicken soup."

"Either my husband and I will deliver it or (the buyer) can come down to collect it," she said. She won't reveal her recipe, saying only that her soup is laced with vegetables, light on fat and has cured her ailments for years.

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Defense Scandal Won't Go Away

As House and Senate members agree on a \$302 billion defense budget for fiscal 1986, charges of military fraud and theft continue.

The latest scandal involves a lieutenant colonel attached to the pentagon who was in cahoots with several others bent on selling sophisticated weapons to Iran, no less.

Not too long ago, another scandal occurred concerning the aircraft carrier Kitty Hawk, which sailed from San Diego July 24 for six months of duty in the Western Pacific and Indian Ocean.

The Kitty Hawk's departure took place over the objections of Rep. Jim Bates, D-Calif. He wanted the Navy carrier to remain in San Diego until an investigation is completed into charges that aircraft parts were stolen from the vessel and smuggled to Iran. Seven persons, including two Navy men and a civilian employee of the Navy, have been arrested in the case.

Bates fears records vital to the investigation may disappear while the Kitty Hawk is in foreign waters. The Navy says Bates' fears are outrageous.

Sen. Pete Wilson, R-Calif., chairman of the Senate Armed Services Subcommittee on Manpower and Personnel, says his subcommittee will hold hearings in September on whether sale of military aircraft parts to a hostile country constitutes espionage. He said sale of Navy hardware can be as much a threat to national security as the sale of secret information.

The Kitty Hawk investigation is only the latest in a series of defense scandals this year. General Electric was caught doctoring overtime charges on defense contracts. General Dynamics was condemned for improper charges and tactics in handling defense contracts and retired Adm. Hyman Rickover was shamed for accepting gifts and gratuities.

At Miramar Naval Air Station in San Diego, three high-ranking officers were removed from their jobs by Secretary of Defense Caspar Weinberger because of embarrassing overpayments for spare military parts. One of them was later reinstated, but the firing of the other two was upheld.

Navy Secretary John Lehman has said the Pentagon's ineffective management procedures are surely as much to blame as defense contractors for the scandals. Lehman says there must be more competitive bidding, more fixed-price agreements and that cost-plus procurement must not be allowed to become a way of life. We agree.

The American public is particularly incensed over waste and illegal expenditures because of the increased amount of tax money going toward defense. What is happening right now is not an increase in corruption and waste so much as it is an increase of media coverage, public concern and political attention.

There has been waste in the military since the American Revolution. Corruption was a big story during the Civil War. Harry Truman rose to prominence as a senator crusading against profiteering by defense contractors just before World War II.

These horror stories run in cycles. Now we are at the top of a cycle. It is a burden and a trial, but it also a challenge and an opportunity. The military has primary responsibility for tightening procedures and making necessary reforms. The Navy should not be defensive but should take the offensive at every level and in every unit against theft, fraud and waste.

BERRY'S WORLD



"Don't give me that 'I'm just a house-husband in need of some adult conversation' stuff."

DICK WEST

Check Signals Before Leaving On Tour

WASHINGTON (UPI) — I've been told that mutes get along better than vocal Americans in foreign countries because they are accustomed to signaling with their hands even in shops where English is spoken.

I have since learned, however, that making themselves understood may depend on what Yanks abroad want to buy or what other needs and desires they are trying to express.

According to *Do's and Taboos Around the World*, a new book on the subject, the interpretation of hand talk is far from universal.

"Gestures that mean a good thing at home can mean something terrible somewhere else," says Robert Axtell, a Parker Pen Co. executive who compiled the manual.

For example, a head tap may be a signal to a store clerk in Rio that a customer is thinking

over a prospective purchase.

But shopkeepers in other countries might take that gesture to mean the customer considers the price slightly bananas.

"Gestures to look out for and be careful about include the head tap, which means 'I'm thinking' in Brazil but 'he's crazy' elsewhere," says Axtell.

(This refers to customers tapping their own heads, of course. Tapping the heads of shop clerks may mean something entirely different.)

I don't have the latest vacation figures before me, but what with the favorable exchange rate and all I suspect there were enough overseas trips this summer to revive the ugly American image of the 1950s.

If so, taking a mute along to handle the bargaining probably didn't help much, not unless the gesture had been approved by Axtell.

I mean, even a mute isn't likely to know that a chin stroke in Greece means "attractive," connotes "success" in Yugoslavia but can be symbolic for "ill or thin" in other countries.

Such variations may spell trouble if, say, an American is contemplating a Greek menu in Belgrade, or is trying to order Chinese food in Amsterdam.

You wouldn't necessarily want a waiter in a foreign restaurant to get the impression that eggrolls make you ill. But that could be the upshot of stroking your chin at the wrong time.

"The nose tap in Britain connotes secrecy or confidentiality, in Italy a friendly warning," Axtell reports.

In other words, if you must tap something, tap your elbows or ankles, not your head or nose. And especially don't lead to natives to believe you are holding your nose.

ANTHONY HARRIGAN

Military Is Part Of U.S.A.

The furious anti-defense feeling born of the radical movements of the 1960s is dead except among friends of Nicaragua's Sandinista regime, or so one would think. Here and there, however, one finds elements that aren't sympathetic to the revival of patriotism in the United States.

While in Wisconsin recently, I came across a story in the *Madison Capital Times* which reported action by the Madison school board to restrict military recruiting in the city's high schools. The board adopted a rule, over the objection of the school superintendent, that limits armed forces recruiters to no more than two pre-announced visits per year. The Madison school board also asked its legal counsel to investigate whether school employees who are in the military reserves would have a conflict of interest in counseling students about the armed forces.

The school board seems to have forgotten that the armed forces are as much American institutions as Congress and the Supreme Court. The security of the American people is ensured by the millions of Americans who serve in the Army, Navy, Marine Corps, Air Force and Coast Guard.

There's no mistaking the character of the school board's action. According to the *Capital Times*, "the board's action came amid demonstrators who displayed signs saying 'Teach peace, not killing' and 'Kick the military out of our schools.'"

The action of the Madison school board surely will be resented by citizens of Wisconsin who have served or are now serving in the armed forces. The action is an ugly slap at brave and dedicated men and women. The board's actions came within days of the brutal murder of a young American Navy petty officer at the hands of Middle Eastern terrorists.

This is not the only kind of anti-defense funny business taking place in Wisconsin these days. The same issue of the *Capital Times* that told of the restrictions on armed forces' recruiters contained two letters to the editor — one signed by four professors at the University of Wisconsin at Madison, in support of something described as "Pledge of Resistance" activities.

In the sixties, the University of Wisconsin at Madison had a reputation for radical extremism. Though the nation as a whole has recovered from the outbursts of hostility to American institutions and impulses, remnants of the old radicalism continue to survive. Apparently Madison is one of the holdout areas.

JACK ANDERSON

Army Bases Skirt Procurement Rules

By Jack Anderson and Dale Van Atta

WASHINGTON — Applying the Army's talent for camouflage, two military posts in the Washington area hid some purchases that might have raised eyebrows. These ranged from personal computers to a coffee maker and an exercise machine.

The purchases were disguised as "educational services" to bypass proper procurement channels.

Why did military officials ignore regulations? Because it was "easier and faster," Army auditors were told by those responsible. It was also, the auditors added, more expensive.

The two bases that tampered with the rules were Walter Reed Medical Center in Washington, D.C., and Fort Belvoir in nearby Virginia. In fiscal 1982 and 1983, the years covered by the audit, the bases bought about \$235,000 in equipment without going through the



WILLIAM RUSHER

'Dedicated' Tax?

During last year's presidential campaign, cynics in both parties scoffed at President Reagan's pledge that he would oppose any tax increase after Election Day. But here it is August 1985, and Mr. Reagan's finger is still firmly in the dike. You and I could have made a lot of money, a year ago, betting with people who were sure it wouldn't be.

One reason the president is so resolutely opposed to a tax hike is that he isn't fooled by all the crocodile tears being shed by the likes of Tip O'Neill over the deficit. The Democrats' loud calls for a tax increase "to reduce the deficit" are the exact analogue of a drunken bum's touching appeal for a couple of bucks "for breakfast." You know darned well that every nickel you give him will be spent on his next bottle of Sneaky Pete. If Ronald Reagan were to consent to a tax increase, virtually the entire proceeds would be spent by Congress on its pet projects. Debt reduction would come in dead last.

That is why Lloyd Cutler's proposal has a certain undeniable appeal. Mr. Cutler, who was counsel to President Jimmy Carter, proposes a tax increase whose entire proceeds would be committed by law, "dedicated" is the technical word, to debt reduction. If the deficit was \$200 billion, a tax that brought in \$50 billion would reduce it to \$150 billion. More important, it would reduce next year's interest on that debt, and every subsequent year's, by about \$5 billion, and by as much again in every succeeding year that the tax was collected. Equally important, it would reduce the government's demand for new

financing by \$50 billion, and ease upward pressure on interest rates.

Cutler argues that such a dedicated tax "would leave the current pressures on Congress to cut down spending," but that is debatable. That's probably why Mr. Reagan has not already made the concept of a dedicated tax his own. He knows very well that congressional responsiveness to the pressures of the myriad special-interest lobbies is enormous. Any excuse whatever to abandon fiscal restraint and resume the spending binge will be seized on and exploited to the full. A Congress facing a \$150 billion deficit is not likely to feel nervous about a few more billion here and there if it has already gazed into the jaws of a \$200 billion monster.

Still, Cutler's proposal is not wholly without merit, and it meshes rather well with the idea of an "oil import fee," which is currently attracting a good deal of favorable attention on Capitol Hill. This is the proposal that we slap a fee of \$5 (or whatever) per barrel on imported oil. This would result in an increase of a few cents a gallon in the cost of gasoline, at a time when OPEC oil prices are dropping and are under heavy pressure to drop still further, but would bring in nearly \$10 billion in revenues per year.

No tax is painless, but that would be as close to painless as a tax ever gets, because we would only be paying (for gasoline and such downstream items as airline tickets) what we are already used to forking over. Only we would be paying it to our own government instead of to OPEC, and could dedicate the entire proceeds to reducing the deficit.

EDWARD J. WALSH

Volker Will Take Control

The embarrassing retreat of the Congress from the opportunity to pass a federal budget that honestly cut spending has one predictable consequence: Paul Volcker, chairman of the Federal Reserve System, will again be taking over the reins of America's economic policy.

Monetary policy, which is regulation of the supply of money Americans spend and save, should be but one side of economic policy. The most important element is the control of the government's purse strings, which is in the hands of Congress. In late May, there was real hope that our legislators would act genuinely to reduce federal spending by \$295 billion over five years, in part by restoring some measure of prudence to the frequency of cost-of-living adjustments enjoyed by recipients of Social Security. After two months, that hope lies in ruins, as Congress recesses. So, Mr. Volcker will again take control.

The Federal Reserve's dominant role in the U.S. economy over the past six years is either famous or infamous, depending on the observer's perspective. In September, 1979, the Fed launched a ruthless war on inflation by exerting direct control over the reserves of commercial banks. It raised the discount rate, which is the rate it charges banks for loans from 10 1/2 to 11 percent. More important, it abandoned its practice of manipulating the federal funds rate and set a broad target range for monetary growth.

The problem for Mr. Volcker is that he is being asked to fight other peoples' battles. In testimony before the House Banking Committee on July 17, he announced that the Fed was in effect shrugging off the recent high rates of money growth by "rebasizing" its target at 3-8 percent. The central bank will do what it can to keep interest rates low in response to the weak second quarter GNP figures.

But the economy is still growing. Aside from overall GNP, real final sales, which means GNP minus inventories, were up 5.1 percent.

So the Fed is again playing a high-risk game against new inflation, while trying to ease the value of the dollar by easing rates on behalf of U.S. manufacturers under pressure from imports. Unfortunately, neither Mr. Volcker nor any other wise man can compensate for congressional irresponsibility on our out-of-control federal budget which makes our manufacturing sector, and every other sector, easy picking for foreign competition. Some help from the world's greatest deliberative body would be welcome.

Agriculture Department's inspector general and now a grand jury is studying the school's operations.

According to the Army audit report, which was obtained by our reporter Kenneth Reid, Fort Belvoir paid the Graduate School \$21,685 for word-processing equipment in 1982, and \$77,000 for office equipment, furniture and supplies in 1982-83. It also purchased data processors from the school as part of its educational service.

The items purchased included a microwave oven, a bar stool, a coffee maker, slide projectors, desk lamps, a belt massager or exercise machine, two 12-by-19.5-foot carpets and 100 tables and chairs. A Graduate School spokesman said the purchase of the belt massager was an "error." The bar stool was used as a classroom perch for a teacher.

Walter Reed paid the school \$89,000 for data-processing gear,

without the high-level approval required for purchases above \$50,000.

The auditors, noting that the Graduate School charged overhead fees of anywhere from 6 percent to 30 percent, said the school made a \$49,450 profit on its Army contracts in 1983. The auditors recommended that the fees be returned, but the school spokesman said it has no intention of returning the \$49,450.

"These fees were not a profit," he said. "It cost that much to do business with the Army."

As for the reasoning behind the two posts' camouflaging their equipment purchases, the audit stated: "Responsible personnel told us that they used the school to acquire items because it was easier and faster than acquiring them through normal acquisition channels."

But the shortcut clearly violates Army regulations.

Pet Owners May Pay Fee For Licenses

Seminole County is considering a new program, calling for pet owners to pay part of the cost of operating the animal control department.

With a \$320,000 operating budget proposed for the 1985-86 fiscal year, Animal Control Director Bob McIntosh asked county commission approval to levy a \$5 fee for licensing neutered pets and a \$7.50 fee for licensing unneutered pets to help pay operating costs. Currently there is no license charge for a neutered animal, but a \$6 charge is levied for unneutered animals.

In addition, those adopting unneutered dogs or cats from the department at Five Points

will pay a \$10 adoption fee plus post a \$25 fee to guarantee the animals will be neutered. The \$25 will be rebated once proof is shown that the operation has taken place.

McIntosh told commissioners Tuesday that the program approved by the commission some years ago calls for a fee of \$44 for adopting unspayed females and a fee of \$34 for unneutered males. The persons adopting the animals then could go to a veterinarian of their choice for the spaying or neutering and the county would pay the charge.

Animal control got none of the fee money.

Commissioners in workshop

Tuesday indicated they will approve the new program but want a recommendation from the Animal Control Board, a group of citizens appointed by the commissioners to oversee the department's operations.

Diane Albers, chairman of the board, said at a meeting Tuesday night McIntosh's recommendations will be considered by the advisory board.

McIntosh said the county animal shelter has housed over the past month 1,181 animals. Some 51 percent of the dogs have been neutered while only 16 percent of the cats have been sterilized.

Meanwhile, Mrs. Albers told

commissioners Monday that of the 65,000 pets in Seminole County, only 30 percent — about 19,500 — are licensed and have received rabies inoculations.

She said all types of rabies clinics have been conducted and everything possible done to encourage people to have their pets given the rabies shot.

Commissioner Fred Streetman said he wants a provision requiring veterinarians to report to animal control the names of pet owners who refuse to have their animals inoculated included in the new ordinance which will be adopted if McIntosh's recommendation is approved.

—Donna Estes

A Long Career

A familiar face is missing around Sanford City Hall. Mary Harkey-Meyer retired July 31 after a 31-year career with the city. Ms. Meyer began her career with the city in February 1954 as a secretary. For many years since that time she was former city manager Warren "Pete" Knowles' secretary. She ended her career as the city's assistant city manager.



Herald Photo by Chuck Larrabee

Constitution Board Draw Political Opposites

WASHINGTON (UPI) — Sen. Edward Kennedy and Phyllis Schlafly could not differ more in their interpretations of the Constitution, but now they are working together to plan the national commemoration of the historic document.

The liberal Massachusetts senator and the founder of the conservative Eagle Forum are two of the 23 members of the Commission on the Bicentennial of the Constitution, which began work last week.

They will plan fundraising and promotional activities for the 200th anniversary of the signing of the Constitution in 1787.

The Constitution, which took effect in 1789, two years after it was signed in Philadelphia, outlines the powers of the three branches of government and sets down the country's basic freedoms, including freedom of religion and the press and the right to a speedy trial.

Created by Congress two years ago, the commission is headed by Chief Justice Warren Burger and includes lawyers, scholars, senators, House members and federal judges.

Many of them disagree on some of the most important constitutional issues of the day — abortion, religion in schools and civil rights — but all credit the Constitution with the nation's stability.

"There will always be differences about how issues are interpreted under the Constitution," said Dean Harry Lightsey of the University of South Carolina Law Center. "In terms of the fundamentals, we can celebrate. They are enduring things."

Schlafly, best known for her active opposition to the Equal Rights Amendment, said differences of opinion have been put aside for the bicentennial.

"The Constitution is a document that was written in 1787 and we all like it and agree with it and we're celebrating the 200th anniversary," she said.

Kennedy called the Constitution this nation's "fundamental symbol."

At the commission's opening meeting, Kennedy described the Constitution as "both Newtonian and Darwinian — Newtonian in the sense of action and reaction,

force and counterforce, checks and balances; Darwinian in the sense that it is organic and evolving."

Burger said, "The Constitution is what we did with our independence. This is a unique opportunity for a history and civics lesson for all of us."

Lynne Cheney, a commission member and senior editor of Washingtonian magazine, said

one of the commission's toughest challenges is to educate the public about why the bicentennial is different from the 200th anniversary celebration of the Declaration of Independence in 1976.

"We're really wanting people to understand how this document was created, what there is about it that has given us 200 years of ordered liberty."

792 Immigrants Find Freedom

MIAMI (UPI) — Immigrants from around the world raised their right hands and said "I do" in accents of a dozen nations, taking the oath of American citizenship.

In a naturalization ceremony at Dade County Auditorium Monday, 792 immigrants — mostly from Cuba, Central and South America — became citizens. Jacques Despinosse, the first Haitian to address such a ceremony, welcomed them.

"Only here in America, my dreams of a better life could become a reality," Despinosse told them. "Only here in

America, whatever your humble beginnings, you can elevate yourself to become a doctor, a lawyer or an engineer."

U.S. Magistrate Peter Palermo called the ceremony to order, the auditorium falling silent as he read the oath. The immigrants said "I do" three times, then burst into applause.

Onila Diaz, 78, sat alone in the second row and blinked hard as she took the oath. She shed a tear later as she clutched her paper certificate.

Despinosse, 39, who took the oath eight years ago, came to the United States in 1966.

Poll Says

Reagan's Popularity At An All-Time High

NEW YORK (UPI) — President Reagan's popularity is at an all-time high, although 75 percent of Americans have little confidence he can reduce the deficit or negotiate an arms control agreement, Time magazine says.

A telephone poll of 1,013 registered voters — taken between July 25 and July 27, nearly two weeks after Reagan underwent surgery to remove a cancerous tumor from his colon — also found that many Americans were concerned about Reagan's health.

About 40 percent of those surveyed called the president's medical problems "very serious" or "serious." But eight out of 10 polled thought he will finish his term.

The poll, conducted for Time by Yankelovich, Skelly and White and released Sunday, showed Reagan's popularity at an all-time high. Asked to rate the president's performance on a scale of one to 10, about 67 percent gave it a five or higher.

The 67 percent figure is up 6 percent from May and 17 percent from Reagan's lowest rating in the summer of 1982, Time said.

The survey showed Reagan's popularity once again mirrors the national mood. About 69 percent of those surveyed thought things are going "very well" or "fairly well" in the United States — down slightly from the aftermath of the 1984 Summer Olympics when 74 percent of Americans felt that way.

But the survey also showed that 75 percent have "only a

little confidence" or "none at all" in Reagan's ability to reduce the deficit.

Only one of every four people surveyed — 25 percent — had "a lot of confidence" that he could close the budget gap — now considered the most pressing problem, the poll found.

Those polled responded in much the same manner when asked about the president's ability to reform the tax code or negotiate a nuclear arms control agreement with the Soviet Union, Time said.

The survey found the federal deficit has replaced the fear of nuclear war as the biggest worry among Americans. About 55 percent of those polled said the deficit concerned them "a lot" and 51 percent worried about the economy in general.

But only 14 percent expressed "a lot of confidence" the president and Congress would agree on a budget that would close the deficit.

Still, despite a tripling of the deficit during Reagan's administration, only 19 percent said he is most responsible for the budget woes, putting the blame instead on Congress and past Democratic presidents.

The poll found that more than seven out of 10 believe the poor and elderly have suffered from cuts in public programs. About 58 percent said the cuts have adversely affected blacks and the middle class.

Reagan's tax reform plan got a lukewarm response. Only 27 percent were "very familiar" or "fairly familiar" with it.

The poll had a margin of error of plus or minus 3 percent.

Wal-Mart To Open Oct. 1

About 50 percent of Seminole Center on Orlando Drive in Sanford has been leased, according to a spokesman for Horne Properties, which owns the \$13 million shopping center.

The main store in the center, Wal-Mart, along with some of the other stores, are scheduled to open Oct. 1, said Joe Wilson, leasing manager for Horne.

"It's pretty much on time. In fact, I think we'll be finished on time," Wilson said.

Along with Wal-Mart, other main stores at the 40-acre center include Publix, Eckerd Drugs and Ross department store, Wilson said. Some of the smaller specialty shops include Hallmark card and gift shop, Party USA, Baskin Robbins ice cream, Wendy's restaurant, and

possibly an Arby's restaurant, he said. The center will also have a videotape rental store, travel agency, bank, shoe store and coin laundry. A shop carrying newspapers, magazines and paperback books will also be in the shopping center, according to Tony Miller, vice president of Horne Properties. No other bookstores to date are slated to go in the project, he said.

Horne owns four other Wal-Mart stores in Florida and plans to open six more in the state soon, Wilson said. The Sanford Wal-Mart store will bring about 125 jobs to the area.

Horne Properties is based in Knoxville, Tenn., and directs its Florida operations from its office in Barrow.

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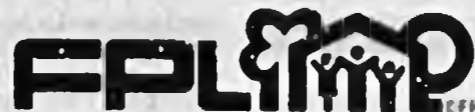
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SPORTS

Evening Herald, Sanford, Fl. Wednesday, Aug. 7, 1985—9A

Hall: Probation Will Have Little Effect On Gators

Editor's note — This is the first in a series of advances on 1985 Southeastern Conference football teams. Today's team: the University of Florida Gators.

GAINESVILLE (UPI) — Galen Hall expects Florida, which is in its first year of a two-year probation for wholesale recruiting violations, to have a good football team this fall. But he thinks it would be asking too much to expect the Gators to match last season's 9-1-1 mark.

"I wish I could say we'll be as good as last year, but I can't," said Hall, who coached the Gators to eight straight victories after moving up from offensive coordinator when Charley Pell was fired after the third game. "We lost 21 seniors and they'll be hard to replace."

"Last year's offensive line (which started four seniors) was the best I've ever been around, one of the best in the nation," said Hall. "This year's line has the potential to be good again. But it needs time to mature."

The big question at Florida is what effect being on probation and thus barred from television and bowl appearances will have on the Gators' performance.

Football

"Little, if any," insisted Hall, who added, "Adversity is what molded us together last season and I don't expect that to change. Probation did affect recruiting, cost us several players, but I think the people we do have are determined to show what they are capable of."

"They tell us we didn't win the conference championship because of the probation," said senior Neal Anderson, expected to be one of the top running backs in the nation this fall. "That doesn't bother us. All we have to do is look at the film of the games and we know who won."

The return of Anderson, a 210-pounder who split playing time with first-round draft choice (Miami Dolphins) Lorenzo Hampton and still gained a team-high 916 yards; 220-pound senior fullback John L. Williams, who rushed for 793 yards; and quarterback Kerwin Bell, top-rated passer in the SEC last season although only a freshman, gives Florida the most highly regarded

offensive backfield in the conference.

And the Gators return most of the starters from last year's defensive unit which was the best in the SEC.

"We have a team which should improve as the season goes along because both the offensive line and the defense will get better with experience," said Hall. "The schedule is difficult with eight bowl teams, five of whom finished in the top 20, but we can't do anything about that and, anyway, we look forward to the competition."

Hall said that while waiting for the offensive line, which will average close to 280 pounds per man from tackle to tackle, to mature, "We will probably go to a little more of the passing game on the run. We should still have the ability to be explosive, to produce the big play, but how dominant we can be on offense depends on how rapidly our offensive line develops."

Although ineligible for the SEC championship, a recent media poll predicted the Gators would finish second in the race behind Auburn, a team they beat 24-3 last year when they were 5-0-1 in conference play, the tie a 21-21 battle with LSU.

"There is so much balance in the SEC that it is difficult to predict a finish," said Hall. "I don't



Galen Hall



Neal Anderson

think there is a team in the league who could count on beating another.

"When I was in the Big Eight (17 years as an assistant at Oklahoma or Nebraska was going to be the winner and there were days when one of those two could be below par and still be confident of winning against one of the other conference teams. That doesn't happen very often in the SEC."

Duncan Shuts Down Bristol

By Chris Flister
Herald Sports Writer

ORLANDO — District 14 manager Max Westgate would probably like to thank himself or whatever force it was that made him choose Craig Duncan as his starter on the mound Tuesday night against Bristol, Va.

Duncan, who was picked over three other hurlers, tossed a three-hitter and District 14 took advantage of some sloppy play on the part of the Virginians as the Central Florida all-stars cruised to an 11-3 victory in the Big League Southern Regional Tournament at the University of Central Florida.

District 14 advances to the tournament finals where it needs just one more win to snare a berth in the Big League World Series in Fort Lauderdale. Meanwhile, in tonight's losers' bracket final at 7, Bristol takes on Jacksonville.

Duncan, who will be a senior at Oviedo High this school year, surrendered only a bunt single through the first three innings Tuesday night before giving up a two-run homer to Billy Parham in the fourth. After the fourth, Duncan held Bristol hitless the rest of the way. The 5-10 right hander struck out five and walked five.

After Duncan set Bristol down in order in the top of the first, District 14 gave him all he needed in the bottom of the first with five runs, four of them unearned.

Mark Merchant drew a walk off Bristol starter Parham and stole second but he was thrown out trying to take third on Jeff Morgan's grounder to short. Mike Davis then drilled a single to right center to put runners on the corners. Todd Maudroy followed with a sacrifice fly to deep center field that scored Morgan for a 1-0 lead.

With two outs, Davis stole second, took third on a passed ball and scored on a wild pitch when Kevin Bass walked. Bass, who lived dangerously on the basepaths Tuesday, went to second on a passed ball, to third on a wild pitch and scored when

Baseball

David Westgate reached on an error. Jason Andrews followed with a base hit to right and, when the outfielder misplayed the ball, the runners moved to second and third. District 14 took a 5-0 lead as both Westgate and Andrews scored when Kyle Whitaker reached on the third Bristol error of the frame.

Duncan walked the lead off hitter, Parham, in the top of the second but he was quickly erased when David Dixon hit into a double play. Dixon rapped a grounder to Bass and the big first baseman stepped on first and fired to shortstop Morgan who put the tag on Parham for the twin-killing. Duncan then struck out Paul Pruett to end the inning.

Waller went on in relief for Bristol in the bottom of the third and held District 14 in check and the Virginians came back with two runs in the top of the fourth to pull within 5-2.

Darin Nottingham drew a walk to lead off the inning and Parham then launched a Duncan fastball over the 330 mark in left field for a two-run homer. With one out, Pruett singled up the middle but Duncan wouldn't let Bristol get any closer as he got Waller on a fly out to left and Jones on a grounder to second.

District 14 then pulled away with five runs on three hits in the bottom of the fourth. Merchant lined a single to left center to start off the inning and Morgan dropped down a bunt single. Davis then bunted the runners to second and third.

Bristol then chose to intentionally walk Maudroy to load the bases, bringing up Bass. The Virginians almost suffered the ultimate humiliation when Bass creamed a Waller fastball to deep left field. At first, it didn't look like the ballpark would hold it but it did at the last minute and hit the fence on one hop.

Since the runners were holding in case the ball was caught, Bass settled for a long single but



it drove in Merchant for a 6-3 lead. Parham then reentered the game on the mound and proceeded to walk Westgate on four pitches to force in Morgan for a 7-3 lead.

Andrews then hit into a force play with Maudroy out at the plate for the second out, but Parham continued to struggle with his control as he walked Whitaker to force in another run. Westgate came around to score

on a wild pickoff play and Andrews scored on a wild pitch to make it 10-2.

JAX OUBTS TEXAS

ORLANDO — Kelly Wheat pitched a three-hitter and Jacksonville pushed across a run in the top of the second inning Tuesday and held on for a 1-0 victory over San Antonio in a losers' bracket game of the Big League Southern Regional Tournament at the University of

District 14s Mark Merchant, above, leads off first as Bristol's David Dixon holds him on. Merchant was 1 for 3 with a run scored and a stolen base Tuesday and his Oviedo High teammate, Craig Duncan, at the left, tossed a three-hitter as District 14 thrashed the Virginians, 11-3, in the Big League Southern Regional Tournament at the University of Central Florida. Merchant will be a junior at Oviedo High this school year while Duncan will be a senior. District 14, a team of Central Florida all-stars, needs just one win to qualify for the Big League World Series in Fort Lauderdale.

Herald Photos by Chuck Larrabee

Owners, Players Try Again

NEW YORK (UPI) — Major league baseball's owners and players headed back to the bargaining table early today to try reaching an agreement on a new labor contract that will end a one-day old strike which has already cost cities and workers millions of dollars in revenues.

Despite pleas from Congress to settle the issue, the Major League Players Association called its second strike in five seasons Monday when day-long negotiating meetings failed to produce a solution to the problems of salary arbitration and pension fund contributions that have plagued the talks since they began last November.

As a result, 13 games scheduled for Tuesday night were canceled and, unless an agreement is reached early today, Wednesday's games will be wiped out as well.

Negotiations began again today at 9:30 a.m. EDT at an undisclosed site.

The two sides met three times for a total of 8 1/2 hours Tuesday, giving indications that a settlement might be near. However, Donald Fehr, acting director of the Players Association, said they were still far apart on the major issues.

"The owners have miscalculated," said Fehr. "We are far apart. The owners thought they could have things wrapped up by 6 o'clock. The important issues have not been resolved. We are hung up on the salary cap issue."

"I can't say I expect anything to come about to end the strike quickly. The major issue is the salary arbitration. The owners remain insistent that an artificially low salary be imposed on the players."

"We tried every avenue we knew how to see if there was interest in reaching an agreement. It seems to me it's a sad thing in this country when you have an industry that acts as a monopoly and the players cannot bargain in a free market. At the moment I don't see a way out. Where we are is not good."

However, Lee MacPhail, chief negotiator for the owners, thought the 8 1/2 hours of talks had produced some forward movement.

"In Lee's opinion, some progress was made, especially in salary arbitration and the benefit plan," said Bob Fishel, a spokesman for the owners.

Fehr disagreed. "I'm sure Lee wants to put the best face on, but it ought not to minimize where we are," added Fehr. "If you ask me are we any closer, I'd say 'No.' If you ask me if we're going to try again tomorrow, I'd say 'Yes.' Maybe I gave Lee an idea he hasn't told me about yet."

"If the matter proceeds any longer, the players are not going to be willing to settle for what they would have before the strike. If you have any doubts about that, just remember 1981."

In Washington, congressional leaders asked baseball commissioner Peter Ueberroth to use whatever powers he could to stop a strike and asked both sides summon their best pitch for a compromise.

In 1981 the players struck for 50 days over the matter of free agent compensation and the losses in revenues totaled several millions of dollars.

15 Non-Americans Vie For PGA Title

DENVER, Colo. (UPI) — There are 15 non-American players taking part in the PGA championship this year and the way 1985 has gone so far, the odds appear to favor one of them this week at Cherry Hills Country Club.

"That's good," said Spain's Seve Ballesteros, who usually is the most dangerous of those who come to the United States to play. "If an American wins every week it is boring."

The three previous major championships this year have come close to being an all-foreign show. Bernhard Langer of West Germany overcame a four-shot deficit on the back nine at the Augusta National and captured the Masters.

Britain's Sandy Lyle took the British Open, repelling a smallish American challenge.

And if Andy North had not held himself together during the final round of the U.S. Open that championship would have had

Golf

an 18-hole playoff between a South African, a Canadian and a Taiwanese.

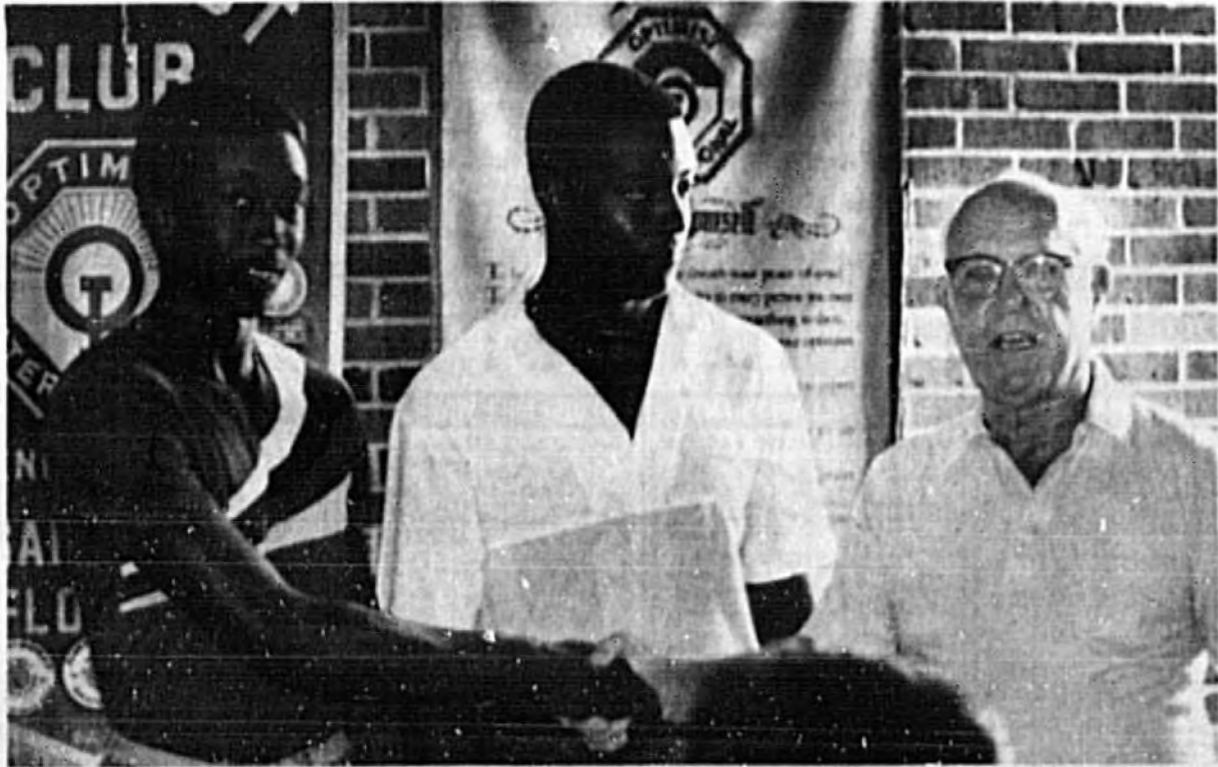
"Who knows," said Ballesteros. "Maybe a foreigner will win this week. But it is tough to win in the United States."

"Everybody here is a good competitor. There are so many people who can win. That's why you have a different player on topevery week."

Ballesteros has won two Masters and two British Opens and is obviously in good form to add the PGA title to that list.

"To win here would get me closer to the grand slam (a win in all four major championships)," Ballesteros said. "That is the goal of my career."

"You go through periods when you don't have any confidence and you don't hit the ball so good. It is a funny game."



Herald Photo by Chuck Larrabee

Optimist Honorees

Ernie Butler of the Sanford Optimist Club shakes hands with Alvin Jones while Louis Brown looks on. The Optimist Club honored the Seminole High track athletes for their accomplishments at the Junior Olympic Meets this summer. Jones won the National

Junior Olympic title in the triple jump while Brown qualified for nationals in the 100 yard dash. "We want to recognize the kids for their accomplishments and let them know their efforts are appreciated by the community," Butler said.

Strike Shatters Baseball Fans Nationwide

United Press International
Baseball fans, never known for their gentility, gave a rousing Bronx cheer to the striking players and turned to good old-fashioned name-calling to vent their anger over the second major league strike in five years.

"We've been paying premium dollar to watch a bunch of clowns," Ed Hobson of Pittsburgh said Tuesday after hearing a last-ditch negotiating session between owners and players failed.

"They should be playing for flagging brothers," he said.

The walkout is the second in five years. The last strike in 1981 lasted 50 days and, once

again, few baseball fans are sympathetic to the players' demands.

Lynn Thompson, a gung-ho St. Louis Cardinal fan who works as a car dealer when not cheering for the home team, was direct.

"The jerks," Thompson said, "It's unbelievable. People who follow baseball, they're hurt. They feel emotionally cheated. I feel cheated. ... They don't realize how many people they're hurting. I don't think it's fair at all."

Added another St. Louis fan, Dave Mulcahy, an accountant for Boise-Cascade in St. Louis, "I think it's a sad day when

Baseball

adults can't decide what to do with \$200 million. I think they're overpaid as it is."

Tom Clark of Boston, who said he would spend the rest of the summer watching reruns of "Leave It to Beaver," also criticized the players.

"What are they going to do?" he asked. "Drive their Jaguars to the picket line? The only thing they know how to do well is play baseball. I don't understand why baseball players are turning their noses up at the public."

Dave Vasey of Washington, D.C., who describes himself as a "rabid St. Louis Cardinals fan," called the strike "stupid."

"I think that by striking, the owners and the players are killing the goose that laid the golden egg. They're alienating fans who really should have very little sympathy for either side. Both sides are acting like a couple of spoiled brats."

Even the youngest fans refused to take the strike sitting down and planned revenge, with one youngster threatening to tear up his baseball cards.

"My favorite (Houston) Astro

is Dickie Thon," said Ben Tremonte, 8, of Denham Springs, La. "If the strike happens, I've got his baseball card and I'll tear it up and throw it away."

Added Mark Updegraff, 12, of Houston, "The strike is plain dumb. They get paid enough."

In Tulsa, Okla., a 3-year-old girl broke into tears at the breakfast table when her mother told her the strike would most likely force them to cancel their plans to attend a Kansas City Royals game this weekend.

Elizabeth Drake said her daughter, Jessica Poter, for at least a month had looked

forward to attending a game during their weekend visit to Kansas City — their former home.

"I told her that I had some bad news," Drake said. "It looks like the baseball players are going on strike. And if they do, we can't see the Royals this weekend. And that's when she put her head down and cried."

"I tried to explain that, just in general terms, that the players needed more money," Drake said. "I didn't want to get into details with a 3-year-old so I just said money."

"She kept saying, 'Why?' which I thought was a pretty good question."

Players Make Different Plans While Strike Is On

By United Press International
What did you do during the 1985 baseball strike, daddy?

Everything from surfing to dancing, according to a survey of major leaguers.

Carlton Fisk, White Sox catcher, the major league's home run leader — "I'm going to take care of my orchids and wallpaper Casey's (his son's) room, which was supposed to be done last year. The furniture is all over the place."

Ozzie Guillen, White Sox shortstop — "I go to dance merengue in my country and listen to the Latin music. I'm going to dance and then drink beer all the way to winter ball, unless it's a short strike and then I'm going to come back. But otherwise, it's the merengue and beer. No, wait, say I'm going to practice and stay in shape every day."

Baseball

Tom Seaver, White Sox pitcher, 300-game winner — "I'm going to go pull the weeds. I've been away for four months. My wife will have plenty for me to do, believe me."

Mike Schmidt, Phillies first baseman, seven-time home run champion — "I got my strike plans in order. I'll work out. I'll figure out a way to stay sharp. Of course, baseball is a funny game, you can do nothing and go out there and get four hits."

Jamie Easterly, Indians pitcher — "I'm going to take a case of scotch and spend the entire strike in my basement. I like dark and damp places."

Pat Corrales, Indians manager — "I'll be around, mostly at the stadium. I'll probably



Mike Schmidt ...Stay sharp



Ozzie Guillen ...Drink beer

spend time being frustrated (as if managing the Indians weren't frustrating enough)."

Whitey Herzog, Cardinals manager — "Well, my wife (Mary Lou) tore a ligament in her leg and has a full leg cast on. We live in a two-story house here and that makes it rough for her. I think we'll go to New Athens (Ill.) and visit my brother, Butz. We'll probably play some pinocle."

Hockey May Go On Strike Next

TORONTO (UPI) — The National Hockey League Players' Association threatened Tuesday to call its first strike during the 1986-87 season if major changes are not made by club owners when the current contract expires after next season.

While last-ditch talks continued to avert a major league baseball strike, hockey representatives said they had warned NHL officials of a walkout if substantial changes are not made on the issues of free agency and pensions.

"Unless it changes drastically, the players will strike next fall," Alan Eagleson, executive director of the Players Association, said after meeting with player representatives at a downtown hotel.

The Toronto attorney said the Players Association had fully backed the baseball players in their dispute.

The main complaint among the NHL players centered on the issue of compensation.

Eagleson said that after a player has completed his option he is not a free agent, but a free agent subject to compensation in the form of draft picks and or players. Under present constraints, free agency has been nearly non-existent in hockey.

The association is seeking total free agency but would look at other suggestions on the issue, Eagleson added.

No players have moved under the current system in three years, he said.

Eagleson said he believed a strike could be averted and that some mutual ground could be reached.

Also at issue, he said, is the pension scheme. In addition to the negotiated deal, the players want an independent program in which the club owners contribute \$15 million and the players \$5 million.

Hockey

From the fund, players who skated five years in the NHL would receive a lump-sum payment of \$200,000 at age 55 or 60, or could opt to spend the money earlier for continuing education.

Eagleson originally called a news conference to announce player support for a program of career counseling and continuing education among NHL clubs.

He said the association committed \$100,000 to the program, which has proved successful in the United States.

It began at Boston's Northeastern University, where members of the Boston Bruins, New England Patriots and Boston Red Sox took part.

Eagleson said the program would help the "average player" who in their dream for a professional sports career turned their backs on academics.

The current contract in the NHL expires Sept. 15, 1986. It was a five-year deal with an option to cancel in the fourth year, which the players association has done.

Eagleson said there also have been some violations of the agreement, which, if proved in arbitration, would put the players in a strike position earlier.

"They're screwing the little guy because they know he can't fight back," he said of the club owners.

Eagleson added that television and cable-TV rights have generated more revenue and the players, who earn an average \$150,000 a year, should have a share of that.

Three or four of the NHL teams are losing money, he said, but the rest are breaking even or earning profits.

Brown Balks At Contract Negotiations

United Press International
If Eddie Brown is ever to catch a pass from Ken Anderson, the first-round draft choice will have to get a new contract offer thrown his way from Cincinnati Bengals management.

The Bengals, unable to come to contract terms with last year's No. 1 draft pick, are having the same problem with Brown.

Brown's agent, Jim Ferraro, said the former University of Miami wide receiver is willing to compromise but he isn't sure about the Bengals. The sides are \$300,000 apart in negotiations for a four-year contract.

The Bengals have reportedly offered Brown \$1.6 million for four years, but Brown reportedly has asked for \$1.9 million.

"I've already told them we'll budge from \$1.9, but I don't know that they'll budge from \$1.6," said Ferraro. "And they're not going to get Eddie for \$1.6. As long as there's no change in their offer, we'll just sit."

win, lose & DREW



of Minneapolis.

Testing showed the walkie-talkies between quarterbacks and receivers worked but the equipment uncomfortably pinched and pressed against players' heads. The jaw pads used to test the equipment were not the same size as the samples used in NFL helmets.

There is some doubt the helmets will be ready for the Aug. 17 Pittsburgh at Minnesota game. The wireless system is also scheduled for use for Cincinnati at Detroit on Aug. 23; the New York Jets at New York Giants Aug. 24; San Francisco at Seattle Aug. 30; and Houston at Dallas Aug. 31.

The Seattle and Indianapolis

quarterbacks aren't worried about missing the audio experiment.

"If they turn that sucker up pretty loud and I scream signals, it could hurt somebody," Colts quarterback Mike Pagel said. "I'd have to learn just how loud to talk."

"Football is football. What are we going to have next — electronics experts on the sidelines?" Seahawks quarterback David Krieg said. "I don't think they'll make a difference. We can hear the signals."

At Houston, veteran linebacker Gregg Bingham, who last week agreed to Coach Hugh Campbell's request that he seek a trade, said he will join the Oilers' front office in a public

relations position.

Bingham, who has started 173 games for the Oilers, did not say what his new duties will be.

"I have come to a four-year agreement with the Houston Oilers and that is not in the position of a player, but in the front office," he said. "As of today, I'm taking off my spikes and putting on my wingtips."

"I couldn't leave the city of Houston."

At Latrobe, Pa., the Steelers announced running back Frank Pollard has been sidelined indefinitely with a broken bone in his right hand. Pollard, a six-year veteran, suffered the injury Monday when he was stepped on in practice.

Lyle Blackwood Arrives At Camp

MIAMI (UPI) — Lyle Blackwood, one half of the Dolphins' "Bruise Brothers," made his first appearance at training camp Tuesday and immediately laid some big verbal hits on Miami owner Joe Robbie.

Blackwood ended his holdout Monday night when he signed a contract with the Dolphins, leaving Miami with five unsigned veterans, including his brother Glenn. Quarterback Dan Marino is also missing, having left camp in a dispute over the renegotiation of his contract.

Blackwood said that if he had waited for a contract that paid him what other starting free safeties around the league make, he would still be holding out.

"My wife and I sat down and talked, and I decided Sunday night that whatever the next offer was, I was going to take it," he said. "I was going to come in, period. I'm from the old school of football where money isn't everything to me."

Football

"I didn't get an offer until the week before training camp started and it was ridiculous. It's ridiculous for me to go in and settle what I settled for ... You go to some teams, like the Colts, and you're not making nearly as much as a marginal safety there."

He also accused the Dolphins of not negotiating seriously with his brother.

"Glenn is not a holdout, he's being held out," Blackwood said. "I know my brother's attitude and as soon as he gets a fair offer, he'll be in camp."

Blackwood, entering his 13th year in the NFL, admits that times have changed since he signed his first contract for \$16,500 a year after being picked in the ninth round out of Texas Christian by Denver.

Waltrip Stripped Of Pocono 500 Pole

DAYTONA BEACH (UPI) — NASCAR Tuesday stripped Darrell Waltrip of the pole position he won in last month's Summer 500 at the Pocono, Pa., speedway because Waltrip used an improper fuel.

The pole position was subsequently awarded to Bill Elliott, who has now captured eight poles this season. Elliott also won the July 21 Summer 500, with Waltrip finishing third. The outcome of the race was not altered.

Also disallowed was the qualifying run of Neil Bonnett, who had posted the best time on the second day of qualifying.

A fuel analysis showed that Bonnett and Waltrip used a fuel other than the UNOCAL provided by pumps at the track. The entry blanks state that all drivers must use the fuel provided by the track.

"The fuel used in those cars was not the same as that dispersed from the UNOCAL pumps."

PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Aug. 7, 1985-1B

Cook Of The Week

Mother Of 12 Will Be Remembered By Her Biscuits Made From Scratch

By Dorothy Greene
Herald Correspondent

To Merle Pickren, our Cook of the Week, the familiar expression, "cheaper by the dozen," has more meaning than just a matter of economics. Tender loving care, patience, understanding, discipline and a variety of other ingredients went into her recipe for raising 12 children who turned out to be healthy, happy adults.

Merle's background helped to prepare her for a large family. Born in Ozark, Ala., Merle had an older sister and six younger brothers when her mother died, so at the age of 17 she was "mature enough to keep house and take care of the children. My dad helped me with the cooking. We didn't buy food from the grocery store," says Merle. "The only thing we ever bought was coffee, flour and sugar. Everything else was home grown. We

had our own meat, syrup, milk, butter, eggs, and grits and corn."

Merle's parents were tenant farmers who sustained themselves in those days with all the healthy, home grown products of their labors. "People were so much healthier then," says Merle. "We didn't have a whole lot of sweets. Five pounds of sugar would last two or three months."

Striking out on her own shortly after her father remarried, Merle went to live with her sister and got a job in a peanut mill. "I made ten cents an hour, six dollars a week," says Merle. "The most expensive shoes cost about \$1.98, and dresses were about \$1.98. I paid two dollars a week board, I had two dollars to spend, and I gave my dad two dollars a week to help buy medicine for a sick brother."

After one winter at the peanut

mill, Merle decided to move to Florida to live with her grandparents in Mt. Dora and that's where she met her husband, Bill Pickren. Merle found a job at a citrus plant and "I worked inside on the juicing machine and he worked outside as a fruit buyer," says Merle. After they were married, Merle and Bill lived in Mt. Dora for many years. After several moves while their children were growing up, Merle and Bill settled in Sanford in 1978.

Although she is widowed now, Merle reflects on a busy life as wife, mother and homemaker. "All our children are healthy and have good professional jobs," says Merle. "We put all of them through high school, then if they wanted to go to college, we got them in, then they had to work their way through. Only four out of the twelve graduated from college, but I'm proud of

them all."

Merle's 12 children range in age from 47 to 28 and have given her the joy of 23 grandchildren and 11 great-grandchildren. With two daughters and three sons living in Florida, two daughters and three sons in Texas, a daughter in Mississippi and a daughter in California, it was no easy task getting them all together for a family reunion this past July 4th weekend, but it was done.

"It was pretty hectic," says Merle. "We had planned it for a year and 47 in all got together. We set up a motor home in my driveway for one of my daughters and her family, another daughter and son and their families stayed in the house with me. Then we had 3 campers set up at my son James' home out on Sanford Avenue. He had a big picnic pavillion complete with

See COOK, 3B



Merle Photo by Tommy Vincent

Merle Pickren says her style of cooking is old-fashioned and "I feel as though I'm the most fortunate woman in the world."

Double Ring Rites Unite Judy Raybon, R.W. Mullins

Judy Lynn Raybon and Robert Wayne Mullins were married June 29, at 8 p.m., at the Central Baptist Church, Sanford. The church pastor, the Rev. Freddie Smith performed the candlelight and double ring ceremony.

The bride is the daughter of Mr. and Mrs. Kenneth Raybon, 1463 Court St., Sanford. The bridegroom is the son of Mr. and Mrs. Robert Mullins of Apopka.

Given in marriage by her father, the bride chose for her vows a white organza gown fashioned along the bouffant silhouette. The basque bodice featured a scoop neckline and short puffed sleeves accented with Chantilly lace ruffles and seed pearls. Three tiers of Chantilly lace enhanced the full skirt and attached flowing cathedral train.

Her headpiece was a pearl and sequined trimmed picture hat that secured her tiered waltz-length veil of imported illusion

and she carried a hand bouquet of pink rosebuds interspersed with baby's breath.

Kathryn Alderman attended her sister as matron of honor. She wore a rose watered silk floor-length gown with Chantilly lace puffed sleeves. She carried a lighted candle surrounded by flowers in a crystal brandy snifter.

Bridesmaids were Lynn Miller, cousin of the bride, and Sherry Mullins, sister of the bridegroom. Their shell pink gowns and arrangements were identical to the honor attendant's.

The bridegroom's father served his son as best man. Ushers were Tim Raybon, brother of the bride, and Bruce Rodgers.

Brandy Parrish was the flower girl and Brett Alderman was the ring bearer.

Immediately following the ceremony, the reception was held in



Mr. and Mrs. Robert Wayne Mullins

the church social hall. Assisting were Joyce Miller and Doris Miller, aunts of the bride, and Jennifer Ruffing.

After a wedding trip to Lido Key, the newlyweds are making

their home in Martner Cove, Sanford. The bride is employed by Hair Arrangers, Sanford, and the bridegroom is employed by K-C Air Conditioning Service, Altamonte Springs.

Sanford Moose Chapter Hosts 'Musical Extravaganza' For Arthritis Foundation

District 9 of the Florida State Moose Association will stage a "Musical Extravaganza" to benefit the Arthritis Foundation. A variety of musical entertainment will be presented at the Sanford Civic Center on Saturday, Sept. 14, from 1-6 p.m.

Current plans call for singing, playing and dancing arrange-

ments ranging from bluegrass and country-western to jazz, big band and gospel. Several civic leaders and other personalities are being asked to serve as co-hosts during the program.

The Civic Affairs Chairman of District 9, Neil Moore of host lodge Sanford 1852, has mailed invitations to 83 local civic and

service groups asking them to join this endeavor. With the endorsement of Chamber of Commerce President Jack Horner, local merchants will also be invited to participate as sponsors.

Tickets are being printed and will be available throughout the community and at the door for

\$5 each, and \$4 for senior citizens 60 and over. Refreshments will be sold during the show.

All proceeds from this event will be presented to the Arthritis Foundation to combat this ailment which affects children and adults.

Annual Arts Awards Nomination Ballots Available At Arts Council

Nomination ballots for the Arts Council of Greater Orlando's Annual Arts Awards are now available from the Arts Council and at various other locations in Central Florida.

Nominations are being taken for the categories of Outstanding Contribution to or Achievement on the Arts by an individual or Business/Corporation. The deadline for nominations is Tuesday, Sept. 3.

The winners will be announced at the Art Council's Panoply of Presidents' evening on Sept. 21.

Arts Awards ballot locations include the Arts Council Ticket Office in the Arts & Community Service Center, 1900 N. Mills Ave., the Celebrity Dinner Theatre, the Bob Carr Perform-

ing Arts Centre Box Office and Once Upon a Stage Dinner Theatre.

Additional ballot locations are available by call 843-2787. Past recipients include Southern Ballet Theatre, Grady Kimsey, John Tiedtke, The Orlando Sentinel and Dr. Charles Micarelli.

Along with the presentation of

this year's Arts Awards recipients, the Arts Council's Panoply of Presidents' evening will also honor the presidents of its member organizations and pay tribute to Arts and Higher Education on the occasion of the Rollins College Centennial.

For more information, call Carolyn Reis, 843-2787.

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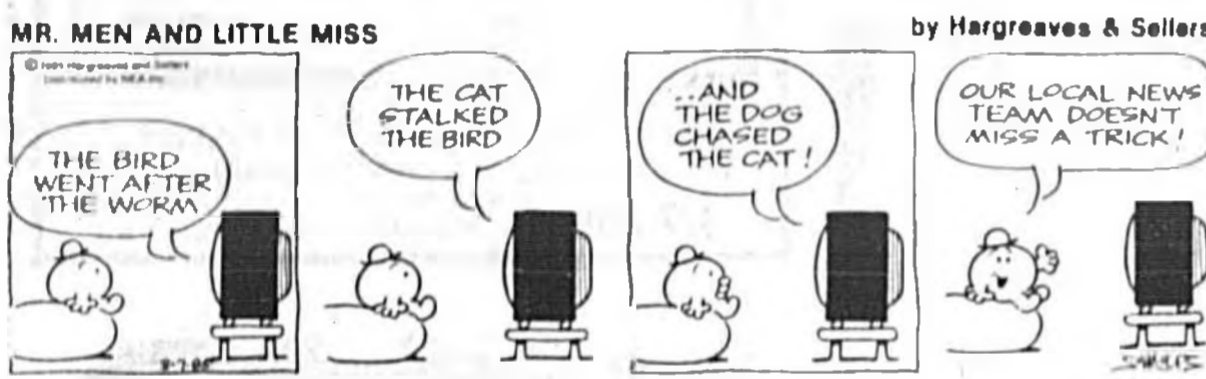
by Bob Montana



by Howie Schneider



by Hargreaves & Sellers



by Warner Brothers



by Bob Thaves



by Jim Davis



by T. K. Ryan



Regular Post-Menopausal Exams Aren't Necessary



DEAR DR. GOTT — My mother is 76 and hasn't been to a gynecologist since she went through menopause. She says there's no need and that it's "undignified." Is it necessary for a woman her age to have regular gynecological exams?

DEAR READER — Although some gynecologists urge post-menopausal women to undergo annual examination, the pendulum is swinging away from this practice. If your mother has no symptoms, I agree with her that regular exams are unnecessary. Naturally, if she develops a discharge or bleeding, she should see a doctor immediately. However, as a general rule, I disagree with doctors who insist that elderly women have periodic gynecological exams. Your mother may, however, develop other diseases — like hypertension and diabetes — that come with age, so she should have regular general checkups, without the necessity of Pap smears.

DEAR DR. GOTT — I have recurring yeast infections. My doctor suggested that I take a glucose tolerance test for diabetes. What do yeast infections have to do with diabetes? Isn't there any easier way to test for diabetes?

DEAR READER — Recurring yeast infections indicate an imbalance between the normal bacterial inhabitants of the vaginal canal and their fungus cousins. These organisms usually exist in equilibrium, but some factors can upset that delicate balance. Antibiotics, for example, can alter the bacterial population and permit yeast to grow. When a patient takes anti-fungal medication, the yeasts are killed and the bacteria multiply. Metabolic events also disrupt the balance.

Diabetes is characterized by elevated blood sugar. This sugar is also excessively present in other body fluids, like urine and glandular secretions. Diabetics often have a high sugar content in their vaginal mucus, and this carbohydrate presents a real windfall for yeasts, which use the sugar as food, reproduce and

ultimately cause vaginal discharge.

Therefore, any woman with repeated vaginal yeast infections should undergo evaluation to see if she has diabetes, which, when treated, deprives the yeast of their unjust dessert.

There is some medical disagreement as to the simplest, most accurate and least

expensive method to test for diabetes. Many experts now believe that the five-hour glucose tolerance test is a cumbersome annoyance for most patients. Send your questions to Dr. Gott at P.O. Box 91428, Cleveland Ohio, 44101.

ACROSS

- Snoop
- Town
- Blood (pref.)
- Comedian
- Costello
- Pertaining to an age
- Fragrance
- Negroite of Philippines
- Glance off obliquely
- Vets
- Plant exudation
- Snaky letter
- Noun suffix
- Dismissing vote
- Glowe
- Behold (Lat.)
- Hebrew letter
- VWII area
- Household gods
- AI Capp character
- Before (pref.)
- Graduate of Annapolis (abbr.)
- Key
- Artistic person
- Sprightly tune
- Broke bread
- Expert golfer
- Egg drink
- ACT
- Of the ear
- Apartment (sl.)
- Man's name
- Parched
- New Zealand tree
- Source of iodine
- City in Oklahoma
- Bernstein, for short

DOWN

- Small piece of ground
- Roster
- Chinese currency
- Steel making process
- Swiss canton
- Radiation measure
- Collects
- In what way
- Songstress Ad-ams
- Swabbing tools
- Here's son
- Hot spring
- Actress Novak
- Soak flax
- City of affirmation
- Cheer
- Machinery oil, for short
- Hostels
- Strong cord
- American Indian
- Copper coin
- To be (Lat.)
- Literate
- Airline information (abbr.)
- Royal Scottish Academy (abbr.)
- Stir
- Skirt edge
- Business abbreviation
- Home of Eve
- Lead
- Criterion
- Soviet city
- Secluded valley
- Milky gem
- Capture
- Home of Eve
- Hobgoblin
- Jackie's 2nd husband

Answer to Previous Puzzle

ONE	AFIRE	ONS
OO	DETER	OIL
NEO	ADOBE	ZOO
ASSAM	CHEST	
	OSE	OTO
HONK	PES	GEUM
ONA	AORTA	OVI
OTT	ICILY	NEF
DOTO	HEE	USAF
	PIS	ROT
AITER	GETIT	
OAS	AFOUL	OAR
NRA	DOUSE	EGO
EER	ERRED	DOT

WIN AT BRIDGE

By James Jacoby

Look how the lack of bidding methods propelled South into a rather mediocre slam contract. The two-diamond response by North was tempoizing and artificial.

After two hearts by South, a bid of three clubs by North would also have been artificial, denying any significant high cards. In tournament parlance, this is called the "double negative." Because three diamonds did express values in the diamond suit, South threw caution to the winds and bid six hearts. He might have been better advised to try for slam by bidding five hearts.

In this auction, with South holding the strong hand, he could hardly be asking for a black suit control. Instead, five hearts logically would be asking

"Partner, how good are your diamonds?" North might still have bid six.

Even bad contracts must be played out, and declarer gave himself his best chance. He won the spade king, drew trumps in four rounds, and played the A-K of clubs. Next he led a diamond to dummy. West signaled even distribution with the nine and East properly held off.

Declarer played a club from dummy and trumped it. That was one key play. Now came another: He played the ace of spades, making West's queen a winner. Finally the second diamond was played.

East won but had nothing left to play but another diamond, allowing South to ditch his losing spade and make the contract.

NORTH 9705

♦ 974
♥ 63
♠ KQJ62
♣ 652

WEST
♦ Q10632
♥ 4
♠ 94
♣ Q10874

EAST
♦ J8
♥ 8752
♠ A1085
♣ J93

SOUTH
♦ AK5
♥ AKQJ109
♠ 73
♣ AK

Vulnerable: East-West
Dealer: North

West	North	East	South
Pass	Pass	Pass	2♣
Pass	2♥	Pass	2♥
Pass	3♠	Pass	3♥
Pass	4♥	Pass	6♥
Pass	Pass	Pass	

Opening lead: ♦3

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY
AUGUST 8, 1985

Stronger than usual ambitions will be aroused within you in the year ahead. It's OK to drive yourself hard to get what you want, but also try to take time to smell the roses.

LEO (July 23-Aug. 22) It's best to count to 10 today before responding angrily to the boss. Bear in mind that he or she might not be right, but he or she is still the boss. Major changes are ahead for Leos in the coming year. Send for your Astro-Graph predictions today. Mail #2 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019. Be sure to state your zodiac sign.

VIRGO (Aug. 23-Sept. 22) The results of events are likely to turn out as you envision them today. If you picture yourself as a loser, don't expect a trophy.

LIBRA (Sept. 23-Oct. 23)

Others may try to impose upon you today. Keep your guard up, even if you're with a close pal who is normally reticent about requesting favors.

SCORPIO (Oct. 24-Nov. 22) Objectives may not be achieved today if you and your mate are not in complete harmony. Be sure both of you are tuned into the same wavelength.

SAGITTARIUS (Nov. 23-Dec. 21) This could be the wrong day for you to attempt a do-it-yourself project where you lack expertise. Bent nails and frayed tempers may be all you produce.

CAPRICORN (Dec. 22-Jan. 19) Don't be too openhanded today and lend something to another that isn't yours without first consulting the owner. You'll be held accountable for damages.

AQUARIUS (Jan. 20-Feb. 19) It's imperative that your mate have an input into decisions today that affect the family. His or her thoughts could correct flaws you'll overlook.

PISCES (Feb. 20-March 19) Be

careful today that you do not ask others to do things you wouldn't choose to do if the roles were reversed. Put yourself in their place.

ARIES (March 21-April 19) Subdue temptations today to take long-shot financial risks. If you're heading for the track or bingo parlor, don't carry more than you can afford to lose.

TAURUS (April 20-May 20) Others may find you difficult to comprehend today in situations where you are in a position of authority. You might ask for one thing but expect something else.

GEMINI (May 21-June 20) In a conversation with another today, you might find the perfect opening to repeat something told to you in confidence. Don't betray a trust.

CANCER (June 21-July 22) Have fun and enjoy yourself today, but try to adhere to your budget. If you dip into funds you've earmarked for other purposes, they'll be hard to replace.

ANNIE



Elderly Frequent Victims of Fast-Talking Fund-Raisers

DEAR ABBY: "Frustrated in Palm Springs" complained because her 91-year-old sister had sent thousands of dollars to politicians in response to their letters soliciting for campaign funds. When Sister realized that the letters were only "form" letters and not personally written to her, she wanted her money back. "Frustrated" tried, but not once cent was returned, so she wrote to you and asked if you thought she could get a refund. You said she stood about as much of a chance as a snowball in Palm Springs.

Well, I've lived in Palm Springs for 22 years, and I have seen it snow several times. In 1979, enough snow fell in Palm Springs to make a 5-foot snowman. The Desert Sun had a picture of that snowman on its front page.

I can sympathize with

"Frustrated" because my mother, who is 90, is also a victim. Only she's trying to buy her way into heaven by sending money to those smooth-talking religious orators on TV.

OLD TIMER

DEAR OLD TIMER: Live and learn I should have come right out and said, "You don't stand a chance of a snowball in hell." That's what I get for trying to be refined and ladylike.

DEAR ABBY: Your column on irritating speech habits hit some well-chosen targets, but missed one of them completely. You wrote that it was incorrect to use "apropos" as though it meant "appropriate," and went on to add, "It doesn't. It means 'concerning,' 'regarding,' 'pertaining to' or 'relevant.'"

In fact, "apropos" has two



Dear Abby

correct usage, you should set the record straight.

RAMON B. JENKINS, M.D., CHEVY CHASE, MD.

DEAR DR. JENKINS: Apropos "apropos" Mercey! And merci!

DEAR ABBY: This is a touchy subject, but it's a serious problem in my life. I feel like a nun. There has been no sex in my life for the last 10 years because my husband has had two prostate operations and can't perform. He's a kind and loving man, but I can't help but feel frustrated.

At times I've felt like having an affair, but the feeling soon passes and I'm glad I didn't.

I love my husband, but how does one cope? I figure I have 15 to 20 years left in my life. My husband is in excellent health, for which I am thankful, but sometimes I don't even want to be touched because it leads to nothing.

Is there any hope for my problem? I'm sure I'm not alone.

63 AND HOLDING

DEAR 63: You are not alone. And there is indeed help for your problem. If your husband has

not investigated the possibility of a penile implant, perhaps he should. Another avenue to pursue is sex therapy for both of you. If your physician can't recommend a competent sex therapist, contact the Masters and Johnson Institute in St. Louis.

CONFIDENTIAL TO "YOUR READER IN MAUI, HAWAII": Nobody said it better than Benjamin Franklin: "To be proud of knowledge, is to be blind with light; to be proud of virtue, is to poison yourself with the antidote."

...Cook

Continued From 1B

cook stoves and the rest of the children and their families got together there. Everyone had a good time recalling stories of their childhood and just enjoyed being all together to catch up on old times.

Merle says, "In our latest Bible class at church we studied a book on 'How Shall I Be Remembered?' and I know one thing for sure, that my children and the people who have eaten at my house will always remember me for my homemade biscuits. When the children were all home, I'd make biscuits every morning for breakfast. That was a tradition, and now when they come home to visit the first thing they want is biscuits. So, on the last day of the reunion they had a video camera set up and had me make my biscuits, telling in detail how they were made from scratch." Merle is pleased that her family has a lasting remembrance of their reunion on film.

"We had a good marriage," Merle says of her life with Bill Pickren. "We had our ups and downs, and if anybody says they don't have problems, then they don't have a marriage. We always worked out our problems. We were married forty-four years, one month, two weeks, and two hours when he died. He worked hard and provided well for the family," says Merle.

In recent years, since her family has grown and gone, Merle has become more active in interests outside the home. "One thing I've always wanted to be involved in was taking care of older people and being active in church," says Merle. "I never had the time and I couldn't drive, but I found out that if you really want to do something, you can find a way. I enjoy attending the ladies' Bible class, and I'm in charge of putting the food together when a family is in need or experiences a death. I know how to plan for big meals, so that helps a lot." Merle also is helpful in caring for an elderly neighbor who is in poor health and enjoys the opportunity to do for others.

Merle's lovely home is embraced by a lush garden which she maintains entirely by herself, "except for cutting the grass, which my grandson does for me," says Merle. Rose bushes and tropical greenery along with carefully nurtured potted plants all combine to give a "welcome" look to the Pickren home. A gallery of family portraits on Merle's living room wall holds memories of proud moments in her life.

"I feel as though I'm the most fortunate woman in the world," says Merle. "Now everybody doesn't count 'fortunate' the way I do, but all my children are living and they're all healthy. All the grandchildren are healthy, and I've had a good life and a good marriage. I know how to manage on what little income I have. I never had a lot of money to go out and spend, but I knew how to manage whatever I had, so I'm thankful for that. All my daughters-in-law and sons-in-law are great and we all get along well."

Merle attributes much of her cooking skills to her mother-in-law who helped teach her when she was a young bride. "We had a very good relationship; she was like a mother to me. Bill liked things differently than what I was used to cooking, so she was very helpful to me. My style of cooking is still old fashioned. I don't know how to fix fancy dishes. It takes too many things to make fancy meals. Not too many people had gardens when I moved to Florida and I didn't know how to cook a lot of things you bought at the store, so my mother-in-law taught me basically all I know."

Merle still enjoys cooking for family and friends and cooks well balanced meals for herself. She tries to have one family of children for dinner at least twice a month for either a week-day meal or Sunday dinner. One son, who is a minister, often visits with his family for Monday morning breakfasts to savor Merle's famous biscuits. Merle's recipe for biscuits will have to remain a secret since she works from scratch and has no exact measurements written down, but some very tasty favorites are given below which rate encore status when the Pickren clan gets together.

Recipes are as follows:

GROUND BEEF CASSEROLE

1 lb. ground beef
1 medium onion, chopped
2 tsp. fat
1 can cream of chicken soup
1 can cream of mushroom soup
2 cans water
1 cup raw rice
Brown beef and onions in fat. Drain. Add soups and water. Mix well, then add raw rice and mix thoroughly. Pour into greased casserole dish. Cover and bake at 350 degrees for 45 minutes. Uncover and top with buttered bread crumbs. Bake for 15 more minutes. Serves 6.

ALABAMA POTATO SALAD

(For large family)
5 lbs. new red potatoes
6 hard boiled eggs
3 tablespoons sweet relish
1 cup or more of Hellmann's mayonnaise

Peel potatoes and cut up into small pieces. Place in a large pot of water, salted to taste, with 2 tablespoons salad oil. Cook until done, drain. Dice hard cooked eggs, add relish, black pepper to taste and mayonnaise. Mix well and add to cooked potatoes. Serve hot or cold. Serves 10 or more.

"PORCUPINES"

2 large cans stewed tomatoes
1 lb. ground chuck
1 cup uncooked rice
1 small onion, chopped
In large pan, pour both cans of tomatoes and heat slowly. In mixing bowl, combine ground chuck, rice and onions, adding salt and pepper to taste. Mix well. With hands, form into oblong pieces and drop into boiling tomatoes. When this starts to boil again, lower heat to a good simmer and cook 45 minutes. Serve with tossed salad and garlic bread. Serves 6.

MY MOTHER'S CHOCOLATE CAKE

3 eggs
1 cup sugar
1/2 cup Crisco
1 cup milk
2 1/2 cups self-rising flour
1 tsp. vanilla extract
Mix sugar and Crisco well, then add 1 egg at a time, beating well after each addition. Gradually add milk, mix well. Add flour gradually beating well, then add vanilla. Makes three 9 inch layers. Bake at 400° until wooden pick comes out clean.

Icing:
1 box confectioners' sugar
4 tablespoons cocoa
1/4 stick melted butter
Approximately 1/2 cup of milk
Sift confectioners' and sugar and cocoa together. Add milk gradually until of spreading consistency, then add melted butter or margarine and mix well. Spread on cooled cake layers.

ALMOND PUDDING LOAF

1 1/2 cups toasted and finely chopped almonds (or pecans or walnuts)
2 1/2 cups Bisquick baking mix
1 pkg. (3 1/2 oz.) instant vanilla pudding
3/4 cup milk
1/4 cup vegetable oil
4 eggs
Combine all ingredients and mix well until batter is smooth. Pour into generously greased loaf pan and bake at 350° until wooden pick inserted in center comes out clean.

FAMILY DOLLAR

26th Anniversary

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THIS WEEK'S 52 BIG \$100.00 CASH WINNERS!

P. Sumner, River Falls, ALA	M. Wright, Selma, AL	K. Sumnerlin, Birmingham, AL	A. Pinner, Lancaster, SC
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L. Davis, Slaughter, LA	W. Lancaster, Forest City, NC	Y. Simman, Ayden, NC	C. Taylor, St. Marys, WV
L. McKin, Fayetteville, TN	J. Bridgeman, Asheboro, NC	X. Wallace, Clayton, NC	M. Walker, Atlanta, GA
Q. Meadows, Lexington, NC	D. English, Pritchard, AL	V. Cole, Greenville, AL	S. Davis, Fuquay Varina, NC
P. Priddgen, Marion, SC	B. Kennedy, La Grange, NC	S. Johnson, Ruleville, MS	C. Hall, Harriman, TN
J. Frazier, Richmond, VA	W. Richardson, Robinwood, AL	C. Hamilton, Naichtochas, LA	J. Styles, Summerton, SC
M. Frazier, Lancaster, SC	P. Herring, Warsaw, NC	P. Henderson, Tallulah, LA	K. Washall, Dalton, GA
M. Conrad, Irvine, KY	S. Harris, Logan, AL	S. Bowen, Leachville, ARK	R. Mitchell, Beckley, WV
J. Thomas, Vidalia, LA	B. Lawson, Glasgow, KY	E. Dingess, Chapmanville, WV	L. Kay, Hones Path, SC
D. Jackson, Charlotte, NC	D. Bumgardner, Charlotte, NC	M. Tine, Kannapolis, NC	A. Head, Fort Walton Beach, FLA
S. Melton, Valdese, NC	N. Dixon, McDonald, PA	A. Jarrell, Dallas, NC	A. Knight, Cassett, SC
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Prices Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers.

413 E. FIRST ST. (Next to West Dairy)

STORE HOURS: 9 AM - 9 PM MON. - SAT. SUNDAY 1 PM - 6 PM

Simplicity Is Elegance

Today's Menus Have Intriguing Taste Of Sweet Success

Today's party menus reflect the sweeping trend toward a lighter, healthier cuisine. Led by a group of young, health-conscious individuals who study food with the same dedication with which they approach everything in life, this trend includes meals that are light, with intriguing tastes and best of all, they're easy to prepare.

These modern, two-income couples enjoy eating well, but don't have the time to fuss in the kitchen, especially when entertaining. Busy during the week, they enjoy having people over on weekends.

Here are four easygoing summertime recipes. Gourmet Turkey Burgers, served with a Sophisticated Spinach Salad, make a great outdoor barbecue. And, Bayou Barbecue Sandwich combines with Redskin Potato Salad for a make-ahead feast.

The burgers are unique in that they are made with ground turkey that is very lean, boasting 50% less fat than regular ground beef. The flavor of turkey is so delicate that it lends itself to subtle seasoning. The gourmet burgers are served atop a hearty, flavorful sesame bun then topped with a crown of creamy yogurt, fancy shredded Cheddar cheese, onion, dill and garlic.

In this version of the popular spinach salad, crisp green spinach leaves are tossed with bacon, fancy sliced Parmesan cheese, and mushrooms. And, for a different touch, onion and garlic croutons are tossed into the salad just before it is served adding both texture and seasoning.

Another intriguing menu suggestion following the popular Cajun food trend is the Bayou Barbecue Sandwich. Fully cooked, lean ham slices are simmered in a hot spiced barbecue sauce chock full of celery, green pepper, onion, thyme and garlic powder. After the ham slices and sauce are spooned into the sandwich buns, they are topped off with a sprinkling of fancy shredded Cheddar cheese.

A luscious redskin potato salad made with strips of 95% fat free cooked ham and fancy shredded Swiss cheese complement the Bayou Barbecue.

Parmesan cheese
1 1/2 cups sliced fresh mushrooms
1/2 cups onion and garlic croutons
Dressing:
1 egg, beaten
1/2 cup water
1/2 cup sugar
1/4 cup vinegar
1/4 teaspoon pepper

Cut bacon into 1-inch pieces.
Cook in skillet on medium-low until crisp. Drain, reserving 1/4 cup drippings in skillet. With whisk, stir in dressing ingredients. Simmer 10 minutes. Meanwhile, toss spinach with bacon, cheese, mushrooms and croutons. Pour dressing over spinach mixture. Toss and serve immediately. Makes 6 (2 cup) servings.

BAYOU BARBECUE
1 tablespoon butter
2 stalks celery, thinly sliced diagonally
1 medium green pepper, thinly sliced into rings
1 medium onion, cut into 16 wedges
1 can (15 ounces) tomato sauce

1/4 teaspoon each of ground thyme, garlic powder, black pepper, paprika
1/2 teaspoon cayenne pepper
2 package (6 ounces each) sliced cooked ham
1 package (8 ounces) sandwich buns
1 package (4 ounces) fancy shredded Cheddar cheese
Melt butter in skillet. Add

celery, green pepper and onion. Cook and stir occasionally on medium heat until vegetables are tender-crisp (about 5 minutes). Add tomato sauce and spices. Bring to a boil. Add ham slices. Reduce heat. Simmer 5 minutes. Place ham mixture in buns. Top each sandwich with about 3 tablespoons cheese. Makes 8 sandwiches.



Come See The Is Making Pantry Pride

SWEET Jumbo Cantaloupes
EACH
69¢

U.S. INSPECTED TOP QUALITY Fresh Pork Loins
RIB OR SIRLOIN HALF
99¢ LB

U.S.D.A. TOP CHOICE Chuck Steaks
OR ROASTS
99¢ LB

U.S. NO. 1 White Potatoes
LB
10¢

U.S. No. 1 Cooking Onions
3 LB BAG
99¢

PRODUCE		MEAT		DELI	
TENDER Fresh Pole Beans	PER POUND 59¢	WAYNE FARMS PORK O THE CHICK Fryer Combination Package BREASTS, THIGHS, DRUMSTICKS	PER POUND 99¢	Sunnyland Sliced Bologna MEAT OF BEEF	16-OZ PKG. \$149
Fresh Florida Avocados	EACH 59¢	U.S. INSPECTED TOP QUALITY Center Cut Pork Chops	PER POUND \$1.99	Louis Rich VARIETY PACK Sliced Lunch Meats	12-OZ PKG. \$179
Fresh Crisp Celery	LARGE STALK 59¢	Plantation Brand Sliced Bacon	LB PKG. \$149	Kahns MEAT OR BEEF Franks	1 LB PKG. \$169
California Bartlett Pears	PER POUND 59¢	Valleydale Boneless Dinner Hams	PER POUND \$1.89	Claussens Pickles ASSTD VARIETY	PER JAR \$139
Fresh Florida Carrots	2 LB CELLO BAG 59¢	SHIPPED & DEVEINED Sliced Beef Liver	6 SLICE PKG. 69¢ LB	Gwaltneys Big 8 Franks MEAT OR BEEF	1 LB PKG. \$139

PRICES EFFECTIVE THURSDAY, AUG 8 THRU WEDNESDAY, AUG 14, 1985
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REDSKIN POTATO SALAD
1 pound new red potatoes (about 5 medium)
1 package (8 ounces) ham slice
1 package (4 ounces) fancy shredded Swiss cheese
1 cup seasoned croutons
1 medium tomato, cut into wedges

Dressing:
1/2 cup olive oil
1/2 cup white wine vinegar
2 tablespoons minced shallots
4 teaspoons Dijon mustard

In covered saucepan, simmer unpeeled potatoes in lightly salted water until just tender (about 15 minutes). Drain and cool. Cut into 1/2-inch slices. Cut ham crosswise into thirds. Cut each piece into 1/2-inch strips. Combine potatoes with ham and cheese. Mix together dressing ingredients, toss lightly with ham potato mixture. Refrigerate until ready to serve. * Just before serving toss in croutons. Serve on lettuce leaves, garnish with tomato wedges. Makes 4 (1 1/2 cup) servings.

* To make ahead: Prepare up to this point. Cover and refrigerate several hours or overnight. Add croutons just before serving.

GOURMET TURKEY BURGER
1 pound ground turkey
1 1/4 teaspoons instant chicken bouillon
4 lettuce leaves
1 small tomato, thinly sliced
1/2 cucumber, sliced
4 Pepperidge sesame sandwich buns
1/2 cup fancy shredded Cheddar cheese

Topping:
1/2 cup plain yogurt
1/2 cup fancy shredded Cheddar cheese
2 teaspoons finely chopped onion
1/4 teaspoon dillweed
1/4 teaspoon garlic powder
Combine turkey with chicken bouillon. Form into 4 patties. Fry on medium heat in lightly greased skillet 12-15 minutes, turning occasionally. Combine topping ingredients. To assemble sandwich, place lettuce, tomato, cucumber, turkey burger and topping on buns. Sprinkle additional cheese on topping. Serve immediately. Makes 4 sandwiches.

SOPHISTICATED SPINACH SALAD
1 package (16 ounces) bacon
10-12 ounces fresh spinach, torn into bite-size pieces
1 package (3 ounces)

Rawsons Where Our Name is Your Guarantee

IN THE DELI/BAKERY STORES		BAKERY	
TURKEY BREAST SOLID WHITE HALF POUND \$1.99	KAISER ROLLS FRESH BAKED LARGE 6/ 69¢	FRENCH BREAD 6 PACK 49¢	WHITE BREAD PANTRY PRIDE 20-OZ LOAF 3/\$1.49
COUNTRY HAM SMOKED SLICED HALF POUND \$1.69	CHOC. CHIP COOKIES FRESH BAKED DOZEN \$1.39	RAISIN MUFFINS 6 PACK 99¢	WHEAT BREAD COUNTRY SQUIRE 20-OZ 2/\$1.49
LUNCHEON MEAT HOTMEL SPICED HALF POUND 99¢	CAKE DONUTS PLAIN OR SUGARED 6/79¢	BAR-B-QUE BREAD COUNTRY SQUIRE 12-OZ 79¢	BUTTERFLY BREAD COUNTRY SQUIRE 20-OZ 2/\$1.49

SANFORD 2944 ORLANDO ROAD ZAYRE PLAZA AT THE CORNER OF 1702 & ORLANDO ROAD

Microwave Magic

Pasta Salad Hits The Spot In Summer

Pasta is found on many more restaurant menus and is included in more of our family meals than ever before. The vast variety of sizes and shapes on the store shelf attest to its popularity.

Pasta can be prepared in the microwave oven just by following the directions on the package for conventional preparation. The cooking time is approximately the same. Be sure to drain and rinse with cold water to prevent sticking.

An old favorite that is especially good for summer lunch or supper is a pasta salad.

- MACARONI SALAD**
- 4 cups water
 - 1 cup uncooked macaroni shells
 - 1 salt
 - 1/4 cup fresh peas
 - 1 tablespoon water
 - 1/2 cup sliced celery
 - 1/4 cup chopped green pepper
 - 3 green onions, sliced
 - 1/2 cup chopped cucumber
 - 1/2 teaspoon salt
 - Dash of pepper
 - 1/2 teaspoon prepared mustard
 - 1/2 cup mayonnaise
 - 1 cup shredded cheddar cheese



Midge Mycoff

Home Economist
Seminoe Community College

Microwave on 100% power water in a 1-quart batter bowl 10-12 minutes, or until boiling. Stir in macaroni and salt. Microwave on 100% power, uncovered 10-11 minutes, or until macaroni is tender stirring once. Drain, rinse with cold water.

Combine peas and 1 tablespoon water in a 2-cup glass measure. Cover with plastic wrap. Vent. Microwave on 100% power 3-4 minutes, or until tender. Let stand 5 minutes. Drain, add to macaroni. Add remaining ingredients to macaroni and peas, mix lightly to combine. Cover and refrigerate until ready to serve.

meat can be added.

I first discovered this version of a pasta salad at a covered dish luncheon.

PASTA AND VEGETABLES

- 8 ounces macaroni twists (Rotini)
- 4 cups hot water
- 1 teaspoon cooking oil
- 1/2 teaspoon salt
- 2 cups sliced cauliflowerettes
- 2 cups broccoli pieces
- 1/2 cup thinly sliced carrot
- 1 tomato, chopped
- 1/2 cup sliced ripe olives
- 1 1/2 cups Italian dressing
- 1/2 teaspoon salt

Combine twists, water, oil and 1/2 teaspoon salt in a 2-quart batter bowl. Microwave on 100% power 10-12 minutes, or until pasta is tender. Drain. Rinse in cold water. Set aside. Combine cauliflowerettes, broccoli, and carrot in a 2-quart micro-safe casserole. Cover. Microwave on 100% power 3-4 minutes, or until tender-crisp. Drain and cool slightly. Add pasta, tomato, olives, salad dressing and salt to vegetable mixture. Toss well to coat with dressing. Cover and refrigerate until chilled several hours, or overnight.

A tortellini is a small piece of dough filled with meat or cheese. It makes a more filling salad. The tortellini comes in spinach or plain.

TORTELLINI SALAD

- 1 (7 ounce package) tortellini with cheese filling
- 4 cups hot water
- 1 teaspoon cooking oil
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1/2 cup olive oil, or salad oil
- 3 tablespoons lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon dry mustard
- 2 cups broccoli pieces
- 1 cup sliced fresh mushrooms
- 1 medium tomato, cut into wedges
- 1/4 cup ripe olive slices
- Parmesan cheese

Combine tortellini, water, cooking oil and salt in a 2-quart batter bowl. Microwave on 100% power, uncovered 13-15 minutes, or until pasta is tender, stirring twice. Drain. Rinse in cold water. Refrigerate. Combine garlic, olive oil, lemon juice, Worcestershire sauce, salt, sugar, and mustard in large bowl, mix well. Add chilled tortellini, broccoli, mushrooms, tomato and olives, toss lightly. Cover and refrigerate at least 4 hours to allow flavors to blend. Sprinkle with Parmesan cheese just before serving.

A layered casserole, not unlike Lasagna, is this spinach-pasta combination. It's a great do-ahead main dish.

SPINACH PASTA CASSEROLE

- (Serves 6)
- 7 ounces elbow macaroni
 - 1 (10 ounce) frozen chopped spinach
 - 1 egg, beaten
 - 1/2 cup creamed cottage cheese
 - 1 medium onion, chopped
 - 1/4 cup water
 - 1 can (8 ounce) tomato sauce
 - 1 can (6 ounce) tomato pasta
 - 2 teaspoons sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon Italian seasoning
 - 1/2 teaspoon basil leaves
 - 1/2 teaspoon oregano
 - 1/4 teaspoon garlic powder
 - 1/8 teaspoon pepper
 - 1/2 cup water
 - Parmesan cheese

Cook macaroni as directed on package. Drain and rinse in cold water. Set aside. Microwave on 100% power spinach in package 4-5 minutes, or until thawed. Drain well. Combine spinach with egg and cottage cheese. Mix well and set aside. Combine onion and 1/4 cup water in a 4-cup glass measure. Microwave on 100% power, uncovered, 4-5 minutes, or until bubbly, stirring once. Place half of macaroni in a 2-quart micro-safe casserole. Spoon half of sauce over macaroni, mix lightly. Top with spinach mixture, spreading evenly. Top with remaining macaroni and sauce, mixing layer slightly. Sprinkle with Parmesan cheese. Cover with casserole lid or plastic wrap. Microwave on 100% power 12-14 minutes, or until heated in center. Let stand 10 minutes before serving.

BARBS

Phil Pastoret

If they can locate black holes in space, why can't they invent a gizmo to locate the next pothole lying in wait to break a wheel?

(Of course the insects bother you while you're mowing. Wouldn't YOU be all about if someone ran a revolving fan through your house?)



Class is being seen walking out of a four-star restaurant, when what you've actually done is detour through it to a carry-out foundry.

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Bob Longacre

BOB LONGACRE
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Ocean Spray Grapefruit Juice 48-OZ \$1.49	Hefty Cinch Bags 10 COUNT 99¢	Nabisco Almost Home Cookies 12-OZ PKG \$1.39
Hershey Chocolate Flavored Syrup 28-OZ 4-OZ FREE \$1.49	Ziploc Freezer Bags YOUR CHOICE \$1.19	Royal Gelatin Dessert 3-OZ 4/\$1
Kal Kan Dog Food 23.5-OZ CAN 59¢	Rice-A-Roni 8-OZ 59¢	Buy 1 Get 1 Free June Boy Sweet Relish 1 LB JAR \$1.19
Folger's Coffee 1 LB BAG \$2.29	Red Cheek Apple Juice 46-OZ JAR \$1.49	Busch Beer 12 PACK 12-OZ CANS \$3.59

13-OZ DECAFFEINATED '3.29

Libby's Vegetables
17-OZ PEAS, CREAM STYLE OR WHOLE KERNEL CORN, 16-OZ CUT OR FRENCH STYLE GREEN BEANS

3/\$1

Coke, Diet Coke, Caffeine Free Diet Coke, Tab, Sprite, Mr. Pibb or Mello Yello
8 PACK 16-OZ BTLs
\$1.89
PLUS DEPOSIT

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DAIRY

Minute Maid Orange Juice REG. OR COUNTRY STYLE 64-OZ \$1.69	Blue Bonnet Margarine 2 LBS \$1.39
Kraft Cracker Barrel Cheese 10-OZ \$1.99	Axelrod Yogurt 32-OZ 99¢
Light 'N Lively Cottage Cheese 12-OZ 89¢	Kraft Natural Swiss Cheese 6-OZ \$1.29

FROZEN

Celebrate Sealtest Ice Cream's 50th Anniversary HALF GALLON \$1.99	Totino's Party Pizza 10.3-OZ FROZEN 88¢
Minute Maid Orange Juice 12-OZ FROZEN \$1.19	Banquet Fried Chicken 2 LB FROZEN \$2.99
Jeno Pizza Rolls 6-OZ FROZEN 99¢	Pet Ritz Pies 14-OZ FROZEN 99¢

PRICES GOOD ONLY IN SEASIDE COUNTY DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS NOT RESPONSIBLE FOR PHOTOGRAPHIC ERRORS.

Refreshing

Tart Is A Colorful Mosaic Of Fresh Fruit Filled With Cheese, Whipped Topping

A medley of glorious fresh fruit adorns Sunburst Fruit Tart and stars in a Refreshing Fruit Salad. Both are perfect for summer entertaining.

The tart is a colorful mosaic of sliced peaches, strawberries, kiwi and fresh blueberries filled with a cream cheese and whipped topping mixture.

A chilled, fresh watermelon wedge is the colorful frame for individual servings of Refreshing Fruit Salad — a mixture of cantaloupe balls, grapes, blueberries and pineapple chunks, combined with chopped pecans. Whipped topping blended with lemon yogurt is the salad's fresh tasting dressing.

Both Sunburst Fruit Tart and Refreshing Fruit Salad use one 8-ounce container (3 cups) of whipped topping. When a recipe specifies less topping — or you want only a dollop or two — measure out as needed and return the remaining portion to the freezer. Topping may be thawed and refrozen without affecting quality.

SUNBURST FRUIT TART

Pastry for 1 crust 9-inch pie
1 8-oz. pkg. cream cheese, softened
1 tablespoon lemon juice
1 teaspoon grated lemon rind
1 8-oz. container (3 cups) whipped topping with real

cream, thawed

Assorted fresh fruit
Roll pastry to 12-inch circle. Place in 10-inch tart pan. Prick bottom and sides of pastry with fork. Bake at 450° 8 to 10 minutes or until golden brown. Cool. Combine cream cheese and sugar, mixing until well blended. Blend in milk, juice and rind. Fold in whipped topping, spoon into crust. Chill. Top with fruit just before serving. 8 to 10 servings.

Variation: Substitute 9-inch pie plate or 10-inch quiche dish for tart pan.

REFRESHING FRUIT SALAD

1 cup cantaloupe balls
1 cup grapes
1 cup blueberries
1/2 cup chopped pecans, toasted
1 8-oz. container (3 cups) whipped topping with real cream, thawed
1/2 cup lemon yogurt
1 cup pineapple chunks, drained
8 watermelon wedges

Combine cantaloupe, grapes, blueberries and pecans. Combine whipped topping and yogurt, fold into fruit mixture. Chill. Stir in pineapple. Spoon fruit mixture over watermelon.

8 servings
Variation: Substitute 8-oz. can pineapple chunks, drained, for fresh pineapple.

LEMON MOLD WITH BLUEBERRY SAUCE

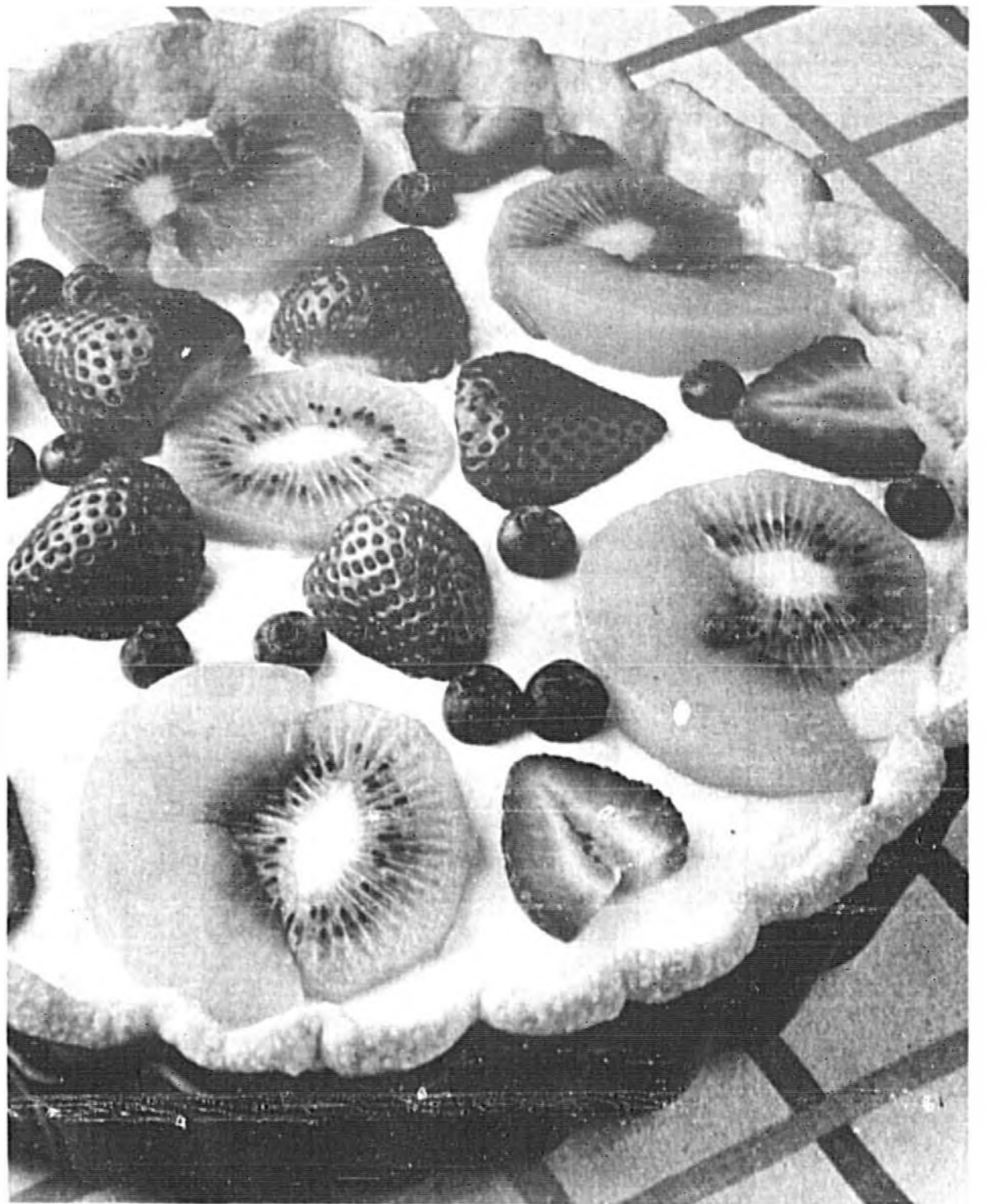
1 envelope unflavored gelatin
1/2 cup cold water
1 cup plain yogurt
2 tablespoons sugar
1 tablespoon lemon juice
1 teaspoon lemon rind
1 8-oz. container (3 cups) whipped topping with real cream, thawed

Blueberry Sauce
Soften gelatin in water, stir over low heat until dissolved. Gradually add gelatin to yogurt, mixing until well blended. Stir in sugar, juice and rind. Chill, stirring occasionally, until thickened but not set. Fold whipped topping into yogurt mixture. Pour into lightly oiled 1-quart mold, chill until firm. Unmold, serve with

Blueberry Sauce:
1/2 cup sugar
1/2 teaspoon cornstarch
1 cup blueberries
1/2 cup water

Combine sugar and cornstarch in saucepan. Add blueberries and water. Bring to boil over medium heat, stirring constantly. Continue boiling 1 minute. Cool.

8 servings
Variation: Substitute eight dessert dishes for 1 quart mold. Chill. Serve in dishes with Blueberry Sauce.



Sunburst Fruit Tart is an elegant finale to any meal.

Chicken Mainstay In Southeast Menu Planning

The Southeast is known for its good cooks and hospitality and chicken is a part of that tradition.

While Fried Chicken is widely recognized as having Southern origins, there is almost no end to the different ways chicken is cooked there — barbecued, roasted, broiled, baked, stuffed, fried, or made into chicken pie, salads and an infinite variety of casseroles. And almost every cook has her (or his) own special version of each.

The National Broiler Council selected two favorites of the area — chicken pie and chicken salad — and developed recipes which are typical of the most popular variations.

In Southeast Chicken Pie, the natural flavor of the chicken is paramount with very little additional seasoning. Some cooks add a hard-boiled egg or peas and/or carrots, but the favored version is simply cooked chicken in a light sauce baked between two crusts of rich pastry.

Chicken salad is probably the most versatile of all Southern chicken recipes.

There was a time when young Southern girls first learning to cook were advised that any dish would turn out right if they used enough butter and cream. Like the rest of the nation, they have become more calorie and time conscious, preparing traditional dishes in quicker, lighter ways.

But chicken remains a mainstay in Southeast menu planning.

SOUTHEAST CHICKEN PIE

1 broiler-fryer chicken, cooked,* skinned, boned and broken into pieces
1 2-crust pastry for 9-inch pie
3 tablespoons butter
3 tablespoons flour
1 1/2 cups hot chicken broth
1/2 cup milk
1/2 teaspoon seasoning salt
1/2 teaspoon pepper
1/2 teaspoon lemon juice

Line 2-quart baking dish with thin pastry (1/8-inch thick). In saucepan, melt butter over medium heat. Add flour and stir until light brown, about 2 minutes. Stir in chicken broth, continuing to stir with whisk

until thickened and smooth. Slowly pour in milk, continuing to stir with whisk. Add salt, pepper and lemon juice and cool until quite thick, about 5 minutes. Add chicken and pour immediately into pastry in baking dish. Cover with remaining pastry which has been rolled 1/8-inch thick; seal around edges and crimp. Make several slits in top pastry. Bake in 425°F. oven for 25 minutes. Let stand about 5 minutes before serving. Makes 6 servings.

*Do not overcook chicken as it will cook more during baking.

SOUTHERN CHICKEN SALAD

1 broiler-fryer chicken, cooked, skinned, boned and finely chopped

1 1/2 cups celery, finely chopped
1/2 cup sweet pickle relish
1/2 cup mayonnaise (not salad dressing)

1/2 cup broken pecans
1/2 cup chicken broth
1 tablespoon fresh lemon juice
1 tablespoon prepared mustard mayonnaise salad and sandwich sauce

1 teaspoon seasoned salt
1/2 teaspoon prepared mustard
1/4 teaspoon pepper
In large bowl, place chopped chicken. Add celery, pickle relish, mayonnaise, pecans, chicken broth, lemon juice, mustard mayonnaise sauce, seasoned salt, mustard and pepper; stir gently to mix well. Chill in refrigerator at least 1

hour. Serve cold.* Makes 6 servings.

*How a Southern cook serves Chicken Salad is almost as important as the recipe itself. Some typical ways are: (1) stuffed in small, fresh tomatoes (a luncheon favorite); (2) made into a hearty sandwich, using toasted bread or buns (a man's choice); (3) filling for puffed pastry shells (a party specialty); (4) made into tiny sandwiches (for teas or receptions); (5) served on lettuce garnished with boiled egg and sprinkled with paprika (great for picnics or patio parties); and (6) garnished with capers and served with fresh fruit (super for summer suppers).



Southeast Chicken Pie needs very little additional seasonings.

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MEAT SPECIALS FOR THE WEEK ENDING AUG. 14th

Boneless Chuck Roast \$1.49 Lb.	Boneless Shoulder Steak \$1.69 Lb.	Fresh Ground Beef 3 Lbs. Or More 89¢ Lb.	Full Cut Bone-In Round Steak \$1.49 Lb.	Fla. Premium Leg Quarters 49¢ Lb.	Pork Neck Bones 29¢ Lb.
Boneless Chuck Steak \$1.69 Lb.	Boneless Chicken Steak \$1.79 Lb.	Stew Beef 3 Lbs. Or More \$1.79 Lb.	Boneless Rump Roast \$1.89 Lb.	Whole Fryers 59¢ Lb.	Pigs Feet 29¢ Lb.

Bar 5 Thrifty Bacon 1/2 Lb. 89¢
 Fairway Homemade Sausage 1/2 Lb. 99¢
 Lykes Jumbo Franks Beef Or Reg. Oscar Meyer Wieners 1 Lb. \$1.49 \$1.79

Bama Grape Jam 32 Oz. Jar 99¢	7-Up, Diet 7-Up Or Ginger Ale 3 Liter Bil. \$1.29	Kraft Mayonnaise 32 Oz. Jar \$1.39	Old Milwaukee Beer Light Or Reg. 6-12 Oz. Cans \$1.99	Hyde Park Jumbo Roll Paper Towels 2 For \$1
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Minute Maid Fresh Orange Juice 64 Oz. Cin. \$1.59
 Mrs. Filberts Whipped Margarine 24 Oz. 99¢
 Janos Pizza 10 1/2 Oz. Pkg. 99¢

Fresh Tennessee Mountain Tomatoes 2 Lbs. \$1.00	Golden Ripe Bananas 4 Lbs. \$1.00	U.S. #1 White Potatoes 5 Lb. Bag 69¢	Thompson Seedless Grapes Lb. 69¢
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BAKERY DEPARTMENT
 8" Lemon Meringue Pie Each \$1.79
 Fruit Danish 3/99¢
 Chocolate Or Butterscotch Mounds 6/99¢

Hyde Park Sugar 99¢
Limit 1 With \$10 Food Purchase Excluding Beer And Cigarettes

DELI DEPARTMENT
 Fresh Sliced Deli \$1.69
 Balled Ham Lb. \$1.69
 Imported Australian Swiss Lb. \$2.99
 Master Deli \$1.69
 Bologna Lb. \$1.69

Hyde Park Large Grade A Eggs With 4 With 1 D. Dis. Cert. 25¢	Pat 1% Plasma Or Vitamin D Paste Cin. Milk With 2 With 1 D. Dis. Cert. 25¢	U.S. #1 White Potatoes 5 Lb. Bag With 1 With 1 Filled D. Dis. Cert. 39¢	Bounty Towel Jumbo Roll With 1 With 1 Filled D. Dis. Cert. 39¢	Fresh Ground Round Lb. With 1 With 1 Filled D. Dis. Cert. \$1.99
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PRICES ENDING AUG. 14

Potpourri

Banana Salad Has Unusual Asian Appeal

This unusual Asian salad tastes perfectly wonderful!

BATAY BANANA SALAD
 1/2 bunch fresh spinach, washed, torn
 1/2 head romaine lettuce, washed, torn
 1 cup bean sprouts
 2 medium bananas, peeled, sliced diagonally
 1 small green bell pepper, julienne-cut
 1/2 pound large shrimp, cooked, cleaned, chilled
 2 hard-cooked eggs, quartered
 1/2 cup orange juice
 2 tablespoons peanut butter
 2 tablespoons vegetable oil
 1 tablespoon soy sauce
 1 tablespoon brown sugar
 1 teaspoon grated ginger root
 1/2 teaspoon garlic powder
 1/2 teaspoon crushed red pepper flakes

Layer spinach and romaine lettuce in a salad bowl. Top with bean sprouts. Arrange bananas, bell pepper, shrimp and eggs on top. For dressing, combine remaining ingredients in a screw-top jar. Shake well to mix. Pour dressing over salad to serve. Makes 4 servings.

REFRIGERATOR BRAN MUFFINS

Total cooking time: See variable timings below
 3 cups whole bran cereal
 1 cup boiling water
 1/2 cup shortening
 2 cups buttermilk
 2 beaten eggs
 2 1/2 cups all-purpose flour
 1 cup sugar
 1 1/2 teaspoons baking powder
 1 1/2 teaspoons baking soda
 1 teaspoon salt

In large bowl combine bran cereal and boiling water; stir in shortening until melted. Add buttermilk and eggs; mix well. In medium bowl stir together flour, sugar, baking powder, baking soda, and salt. Add all at once to cereal mixture, stirring just till moistened. Store muffin batter in a tightly covered container in refrigerator up to 4 weeks. For each muffin, spoon 2 tablespoons batter into bottom of a lined plastic microwave oven muffin baking ring or a 6-ounce custard cup lined with a paper bake cup. Place in microwave oven. Makes enough batter for 48 muffins.

For 1 muffin, cook at high 35 seconds
 For 2 muffins, cook at high for 50 seconds
 For 4 muffins, cook at high for 1:30
 For 6 muffins, cook at high for 2:30

MUFFIN & FRUIT BREAKFAST

Total cooking time: 9 minutes
 3 cups milk
 Presweetened cocoa powder
 1 10-ounce package frozen peach slices (in quick-thaw pouch)
 Refrigerator Bran Muffin batter
 3 marshmallows

Divide milk among 3 large mugs; stir 1-2 tablespoons cocoa mix into each. Arrange mugs to right on rack in microwave oven. Cut an "X" in fruit pouch. Place on bottom of microwave oven.

Cook at high for 3 minutes. Meanwhile, spoon 2 tablespoons muffin batter into each of six 6-ounce custard cups lined with paper bake cups or lined microwave oven muffin baking ring. Place to left on rack in microwave oven.

Cook muffins at high for 4 minutes. Rearrange custard cups or give muffin baking ring a half turn. Top cocoa with marshmallows. Cook at high for 2 minutes. Spoon fruit into dessert cups. Makes 3 servings.

FLORIDA ORANGE SHAKE
 2 cups Florida orange juice
 2 bananas, peeled and cut into 1-inch pieces
 1/2 pint vanilla ice cream, cut into chunks

Put all ingredients into blender container in order listed; cover and run on high until smooth. Pour into tall glasses. Yield: 4 servings.

PIPERADE SOUFFLE

1 pound ripe Florida tomatoes
 2 Tablespoons salad oil
 1/2 cup Florida green pepper, diced
 1/2 cup onion, minced
 1/4 teaspoon garlic, minced
 4 oz. sliced cooked ham, cut in 1/2-inch squares (1 c.)
 salt
 1/2 teaspoon thyme leaves, crushed
 9 Florida eggs, separated (at room temperature)

Use tomatoes held at room temperature until fully ripe. Plunge tomatoes in boiling water for 30 seconds. Peel and quarter tomatoes, remove and discard seeds and chop pulp (makes about 2 1/2 cups); set aside. Pre-heat oven to 325°F. Grease a 2-quart souffle dish. Fold a 26-inch length of waxed paper in half lengthwise; grease one side,

With the ungreased side on the outside, wrap paper around souffle dish to form a collar extending 2 inches above the top of the dish, fasten with a straight pin or string; set aside. In medium saucepan heat oil until hot. Add green pepper, onion and garlic. Sauté until green pepper is almost tender, about 3 minutes. Add ham, 1 teaspoon salt, thyme and reserved tomatoes. Simmer, uncovered, until tomatoes are soft and liquid has evaporated, about 5 minutes. Beat egg yolks at high speed until light and lemon-

colored, about 5 minutes. Stir yolks into the hot tomato mixture. Wash beater and bowl. Add a pinch of salt to egg whites; beat until stiff but not dry. Fold into yolk mixture. Spoon into prepared dish. Place in a large roasting pan in oven. Pour boiling water into roasting pan to a depth of 1 inch. Bake until souffle appears firm when shaken gently, about 45 minutes. Serve immediately. Serves 6.

PARMESAN PUFFY OMELET
 2 servings
 Think of this light, relatively

low-in-calories main dish as a souffle in a skillet. This airy masterpiece is both easy to prepare and quick-cooking, too. It's simple enough for a novice cook to attempt, but sophisticated enough to please a gourmet's palate.

4 eggs, separated
 1/4 cup water
 1 teaspoon lemon juice
 1/4 cup finely chopped green onions with tops
 1/4 cup (1 oz.) grated Parmesan cheese
 1 tablespoon butter

In large mixing bowl, beat egg

whites with water and lemon juice at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. In small mixing bowl, beat egg yolks at high speed until thick and lemon-colored. Gently, but thoroughly, fold yolks, onions and cheese into whites.

In 10-inch omelet pan or skillet with ovenproof handle over medium-high heat, heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture and gently smooth surface. Reduce heat to low. Cook until puffed and lightly

browned on bottom, about 3 minutes. (Lift omelet at edges to judge color.) Bake in preheated 350°F. oven until knife inserted halfway between center and outer edges comes out clean, about 10 to 12 minutes. Loosen omelet edges with spatula.

To serve folded, with a sharp knife cut upper surface down center of omelet but DO NOT cut through to bottom of omelet. Tip skillet. With pancake turner, fold omelet in half and invert onto warmed plate or platter with a quick flip of the wrist.

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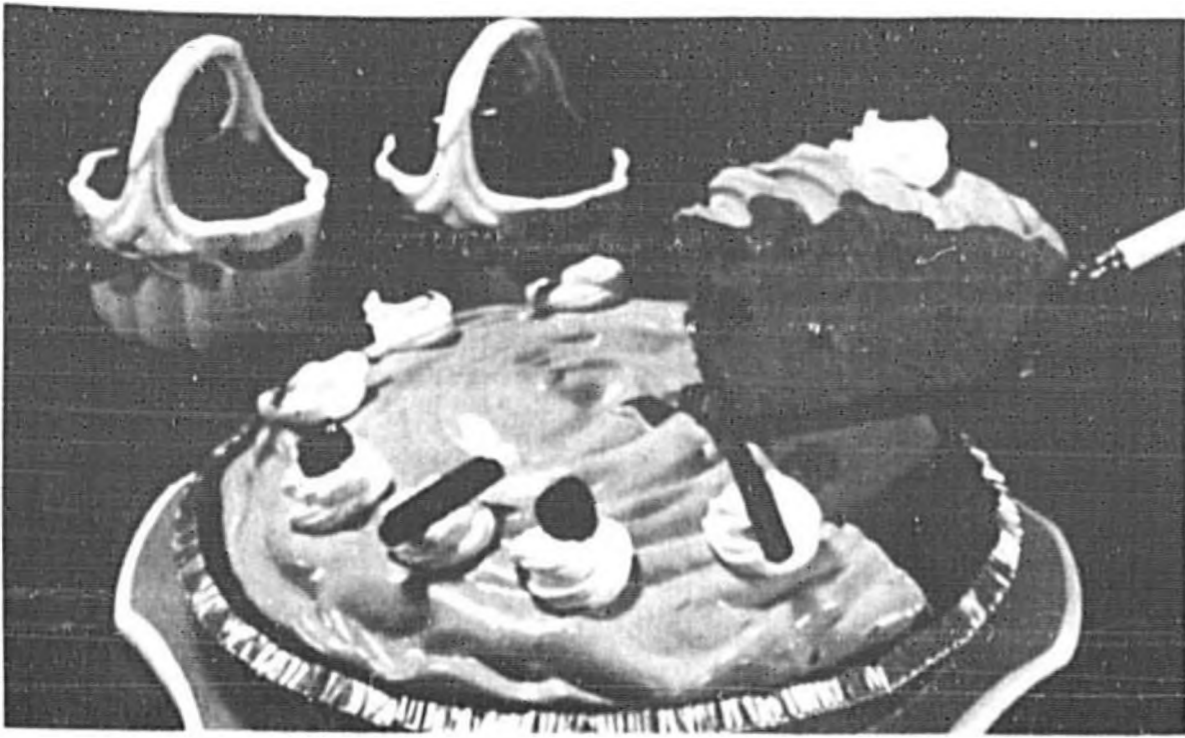
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A novice can prepare ice cream pie with the airs of a pro.

Whip Up A Luscious Dessert Impressive Enough For A King

Peter Piper may have "picked a peck of pickled peppers," but Chef Steven Mark Weiss can tell you how to pick the best fruits of summer and turn them into dessert favorites, from pies to parfaits.

A graduate of the Culinary Institute of America, Steve is a chef, food writer and food consultant who's not interested in

telling people how to cook "gourmet," but rather in teaching them how to cook "good" every day of the week. With his wit, imagination and know-how, Steve can mix up some simple convenience products such as Jell-O brand gelatin and Cool Whip whipped topping, add some fresh fruit and create a dessert impressive

enough to set before a king. You can, too.

Steve laments the fact that many people approach cooking with fear instead of fun. "Stop thinking that you need to serve an internship, have three apprentices and five electrical appliances to be creative in the kitchen," he believes. "A little culinary silliness is good for the soul." To prove his point, Steve has created two simple yet inspiring desserts. Yet all they require are some convenient ingredients and the great fresh fruits of summer.

Fresh Fruit Ice Cream Pie looks and tastes luscious, yet it's so easy that a novice in the kitchen won't be intimidated. "The hero of this pie is the fruit," Steve points out, along with the fact that it's quick and simply put together in one bowl.

Fresh Fruit Mousse Parfait is light and luscious. Steve shares a chef's secret for turning out this special dessert: "The finest chefs use gelatin whipping cream and egg whites when making a mousse. Household chefs can turn out a truly fine mousse," he assures, with fruit flavor gelatin and frozen whipped topping. "You still need the egg whites for volume and lightness," Steve points out, "but you'll be pleased with the results." The key to its lusciousness is all the fresh fruit and care and patience when folding the egg whites.

So go ahead. Follow Chef Steven Mark Weiss's advice. Have a ball in the kitchen. You can start this summer with two of Steve's summertime dessert recipes.

FRESH FRUIT MOUSSE PARFAIT

1 package (4-serving size) gelatin or sugar free gelatin, any flavor*
1 cup boiling water
1/2 cup sugar
1 pint fresh fruit*
2 egg whites
1/2 cup sugar
1 1/2 cups thawed frozen whipped topping

Place gelatin, boiling water and sugar in blender container and blend at low speed for about one minute, until sugar and gelatin are completely dissolved. Add the fruit, a few pieces at a time, and blend at high speed until thoroughly pureed. Chill mixture until syrupy, about 2 hours. Beat egg whites, adding sugar gradually, until stiff peak stage. Fold in whipped topping, then fold in fruit mixture, working gently so as not to break down egg whites. Mound into stemmed glassware. Garnish with additional whipped topping and serve with cookies, if desired. Makes 6 cups or about 12 servings.

*Try these fruit and gelatin combinations:

Strawberries, hulled, with strawberry flavor gelatin
Peaches, pitted and quartered, with peach flavor gelatin
Plums, pitted and quartered, with lemon flavor gelatin
Pears, cored and quartered, with lime flavor gelatin

FRESH FRUIT ICE CREAM PIE

1 package (4-serving size) gelatin or sugar free gelatin, any flavor*
1/2 cup boiling water
1 cup vanilla ice cream
2 cups thawed frozen whipped topping
1 cup fresh fruit*
1 prebaked 9-inch chocolate crumb crust

Dissolve gelatin in boiling water. Add ice cream by spoonfuls, stirring until melted and smooth. Blend in whipped topping and fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill about 3 hours or freeze until firm. Garnish with chocolate curls, dollops of whipped topping and additional fruit, if desired.

*Try these fruit and gelatin combinations:

Raspberries with raspberry flavor gelatin
Strawberries, hulled and halved, with strawberry flavor gelatin
Peaches, pitted and sliced, with peach flavor gelatin

Note: Fruit may be mixed with 2 tablespoons each rum and sugar; set aside for 30 minutes, stirring occasionally.



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They're Bread-Based

Delicious, Novel Crepes A Take-Off On The Russian Blini

QUICK VEGETABLE — SAUCED "CREPES"

For a novel entree, start with bread instead of flour to make these "crepes," a take-off on the Russian blini. Any bread you have on hand will do, but rye or whole wheat will contrast most prettily with the sauce. There's no need to serve vegetables separately since they're part of the topping. And, they're ever so quick and easy to prepare by dressing up a frozen package. If you're not fond of peas, use your favorite sauced blend.

1 package (8 oz.) frozen peas with cream sauce
1 can (4 oz.) sliced mushrooms, drained
1/2 cup dairy sour cream
1 teaspoon instant chicken bouillon
8 eggs
1/2 cup milk
4 slices day-old bread, torn into chunks
3 tablespoons butter, divided
Cook peas according to package directions. Stir in mushrooms, sour cream and bouillon. Bring just to simmering. Remove from heat. Cover and keep warm while preparing crepes.

Place eggs and milk in 5-cup blender container. Cover and blend at medium speed about 30 seconds. Add bread. Recover and blend at medium speed until thoroughly blended, about an additional 45 seconds.

For each crepe, in 10-inch omelet or crepe pan over medium-high heat, heat about 1 teaspoon butter until just hot enough to sizzle a drop of water. Pour 1/2 cup batter into pan, tipping and tilting pan to move batter quickly over bottom. Cook until lightly browned on bottom and almost dry on top. Remove from pan or, if desired, turn and brown on either side. Roll up* and place in 12x7 1/2x2" baking dish. Keep warm while preparing hot vegetable mixture.

*If necessary, set pan off heat while rolling.

CALIFORNIA SCRAMBLE

Creamy avocado contrasts nicely with crunchy almonds in this colorful skillet supper. Plan to serve it some night when you need to scramble off to an evening appointment in a hurry. It's super speedy!

1 medium ripe avocado, peeled and sliced or chopped
2 teaspoons lemon juice
1/2 cup blanched slivered almonds
2 tablespoons butter
1/2 cup minced green onions with tops
8 eggs
1/2 cup milk
1 teaspoon lemon pepper seasoning**
1/4 teaspoon salt

In small bowl, toss avocado with lemon juice. Set aside. In 10-inch omelet pan or skillet over high heat, toast almonds, shaking pan or stirring occasionally, until lightly browned, 2 to 3 minutes. Remove pan from heat. Stir in butter and onions until butter is melted.

Beat together eggs, milk and seasonings. Return pan to medium heat. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across the bottom and sides of pan, forming large soft curds. Continue until eggs are thickened but still moist.

**Do not stir constantly. Spoon onto serving plates. Top with reserved avocado. Serve immediately.

It is better to remove

Acapulco Ice Fast And Easy

Acapulco Ice is so fast and easy you'll want to make it for company meals and special family dinners, too. This light and tangy pineapple dessert is the perfect finishing touch for a Mexican meal.

ACAPULCOICE

1 pint vanilla ice cream
1/2 cup coffee liqueur
1 1/2 teaspoons ground cinnamon

1 large fresh pineapple
Soften ice cream just enough to stir. Add liqueur and cinnamon, blend well. Refreeze for at least 2 hours. Twist crown from pineapple. Cut pineapple into quarters. Remove fruit from shells. Core, slice fruit crosswise and replace in shells. Arrange fruit in staggered pattern if desired. Top each quarter with a scoop of spiced ice cream to serve. Makes 4 servings.

To become an expert on fresh pineapple, send for the Dole Fresh Pineapple Guide, Dept. M85, P.O. Box 7758, San Francisco, CA 94120.

scrambled eggs from pan when they are slightly underdone. Heat retained in eggs completes the cooking.

**Or, substitute 1/2 teaspoon grated lemon rind, 1/4 teaspoon salt and 1/4 teaspoon pepper.

ANY-WAY EGG CURRY

Take your pick of "extras" to suit your taste. Then, choose how you'd like to serve this savory blend based on what's handy and quickest for you. Some possibilities include: pita pockets, hollowed out tomatoes,

splitted popovers or cream puffs, pineapple halves, toasted English muffins or rice. Or, prepare the curry the night before and chill it to serve later on lettuce leaves or to fill a sandwich. If you keep hard-cooked eggs on hand, preparation's a snap!

6 eggs
2 tablespoons butter
1 1/2 teaspoons curry powder
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup "extra"
1 tablespoon flour

1 1/2 teaspoons chicken bouillon
1/4 teaspoon garlic powder
1/2 cup water
1 teaspoon lemon juice

In medium saucepan, put eggs in single layer. Add enough tap water to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water 15 to 17 minutes for large eggs (Adjust time up or down by about 3 minutes for each size larger or

smaller.) Immediately run cold water over eggs or put them in ice water until cool enough to handle, about 3 minutes. To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

Meanwhile, in medium saucepan over medium heat, cook and stir butter and curry powder until bubbly. Add onion, celery and "extra." Cook, stirring oc-

asionally, until onion is tender but not brown, about 5 minutes. Combine flour, bouillon and garlic powder. Sprinkle over vegetables and stir to blend. Combine water and lemon juice. Add to pan. Cook and stir until mixture boils and is smooth and thickened. Chop peeled eggs and stir into creamed mixture. Heat to serving temperature.

*"Extra": Use any one of the following: chopped or shredded zucchini, carrot, cucumber, apple, banana, peanuts or flaked coconut.

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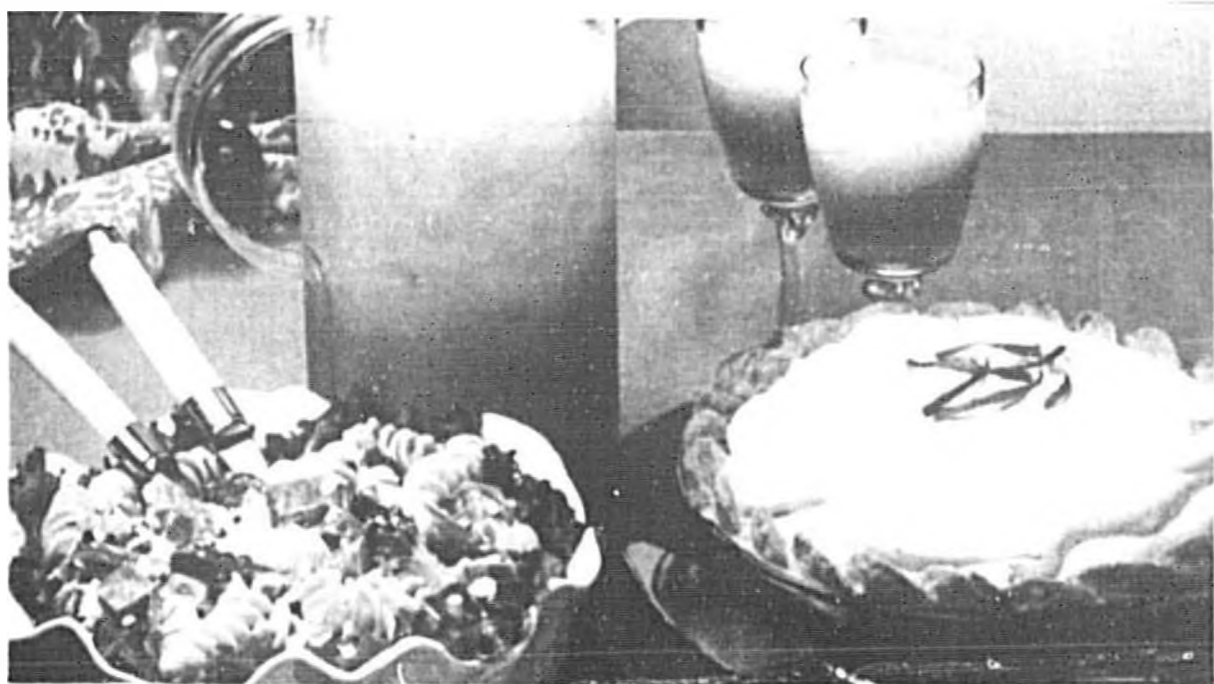
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For a delicious taste of The Setpoint Diet, why not sample the nutritious recipes below and discover how satisfying eating outdoors can be! You can easily obtain a Setpoint Diet kit. For information write: Setpoint Diet, P.O. Box 989, Bradley, IL 60815.

- FRUITED PORK KEBABS**
- 1/2 cup orange marmalade
 - 1 tablespoon vinegar
 - 1/2 pound pork tenderloin, cut in 1-inch cubes
 - 1 large onion, cut in 12 wedges
 - 1 medium red pepper, cut in eighths
 - 1 medium green pepper, cut in eighths

- 1 can (8 ounces) pineapple chunks in juice, drained

Melt marmalade in small saucepan over low heat. Remove from heat and blend in vinegar. Pour over pork cubes in bowl to coat all pieces. Cover and marinate in refrigerator 2 hours or overnight, stirring occasionally. Alternately thread pork, vegetables and pineapple on skewers. Brush kebabs with marinade and broil about 10 minutes longer. Always cook pork thoroughly. Makes 4 servings. *One serving equals approximately 270 calories.*

- LIME CHIFFON PIE**

- 1 package (4 serving size) sugar free lime flavor gelatin
- 1 cup boiling water
- 1/2 cup cold water
- 2 tablespoons lime juice
- 1 tablespoon grated lemon rind

- 1 container (8 ounces) frozen whipped topping, thawed
- 1 baked 8-inch pie shell, cooled

Dissolve gelatin in boiling water. Add cold water, lime juice and rind. Chill until thickened. Blend in 3 cups whipped topping and spoon into pie shell. Chill until firm, about 3 hours. Garnish with remaining whipped topping. *One serving equals approximately 210 calories.*

- SOUTH SEAS COOLER**

- 1 tub lemonade flavor sugar free drink mix
- 1/2 cups water
- 2 cups unsweetened pineapple juice
- 1/2 cup cream of coconut
- 1/2 cup vodka or rum
- Crushed ice

Dissolve drink mix in water in large plastic or glass pitcher. Add pineapple juice, cream of coconut, and vodka. Chill. Serve with ice. Makes about 4 1/2 cups or 12 servings, about 1/2 cup each. *One serving equals approximately 110 calories with vodka or 70 calories without.*

- TROPICAL CHICKEN SALAD**

- 1/2 cup sour cream
- 1 teaspoon lemon juice
- 2 dozen seedless green grapes, halved
- 1 cup (5 ounces) diced cooked chicken
- 1 cup diced celery
- 1/2 cup baked coconut, toasted
- Spinach leaves or dark salad greens

Combine sour cream and lemon juice in a bowl. Stir in grapes, chicken, celery and 2 tablespoons of the coconut. Arrange spinach leaves on individual salad plates. Spoon on chicken mixture, sprinkle with remaining coconut. Serve chicken mixture with carrot strips. Makes 27 entree salads. 1 1/2 cups each. *One serving equals approximately 340 calories.* Note: Recipe may be prepared in half quantity if desired.

- VEGETABLE PASTA SALAD**

- 2 cups Rotelle pasta twists
- 2 cups frozen farm fresh broccoli, green beans, pearl onions and red peppers
- 1 cup 1% milkfat small curd cottage cheese
- 1 1/2 cups (8 ounces) diced cooked ham
- 1/2 cup whole milk
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Cook pasta as directed on package; drain. Cook vegetables as directed on package, reducing simmer time to 2 minutes; drain. Place pasta and vegetables in large serving bowl. Add remaining ingredients and toss together gently. Chill. Makes 4 servings. *One serving equals approximately 300 calories.*

- Portion Control Tips**

- Eat a variety of foods from each of the basic food groups to ensure proper nutritional balance.
- Weigh and measure foods before eating until you are familiar with portion sizes.
- Don't skip meals — space meals and snacks throughout the day.
- Eat slowly, take time to enjoy what you're eating.
- Drink plenty of fluids daily — it will help fill you up and replace fluids lost while exercising.

STAMP PRICE SPECIALS
Buy 1 with each listed S&H Stamp Price Special Certificate

Heinz
Tomato Ketchup
28-oz. bottle

99¢

STAMP PRICE SPECIALS
Buy 1 with each listed S&H Stamp Price Special Certificate

Assorted Aurora
Bathroom Tissue
4-roll pkg.

59¢

STAMP PRICE SPECIALS
Buy 1 with each listed S&H Stamp Price Special Certificate

(35¢ Off Label)
Dishwashing Detergent
Joy Liquid
22-oz. bottle

69¢

STAMP PRICE SPECIALS
Buy 1 with each listed S&H Stamp Price Special Certificate

Charcoal Briquets with Mesquite
Royal Oak Plus
10-lb. bag

\$2.39

Final Week!

McCall's COOKBOOK COLLECTION

VOLUME 1 THRU VOLUME 22

PUBLISHER RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD

Tablets
Bayer Aspirin
50-ct. bottle

\$1.19

Frozen Food

Tropicana Concentrate Orange Juice	12-oz. can	\$1.09
Green Giant Shrimp Creole	9.5-oz. pkg.	\$2.59
Stouffer's Creamed Chipped Beef	11-oz. pkg.	\$1.89
Pillsbury Cinnamon, Blueberry, Raspberry or Strawberry Toaster Strudel	11.5-oz. pkg.	\$1.29

Frozen Green Giant Broccoli Cuts or LeSueur Peas
16-oz. bag

89¢

Health & Beauty

Toothpaste Pepsodent	8.5-oz. tube	99¢
Fresh Scent or Spice Anti-Perspirant Mennen Speed Stick	2.25-oz. pkg.	\$1.79
Unscented or Regular Extra Hold Adorn Hair Spray	9-oz. can	\$1.99

Frozen Green Giant Sweet Peas, Mixed Vegetables or Whole Kernel Niblet Corn
16-oz. bag

79¢

Frozen Food

Banquet Sliced Beef or Chicken & Dumplings Buffet Supper	2-lb. pkg.	\$2.79
Celeste Deluxe, Pepperoni, Cheese or Suprema with Meat (6.5 to 9-Oz.) Pizza for One	per pkg.	\$1.19
Rich's Non Dairy Coffee Creamer Poly Rich or Coffee Rich	2 1/2-oz. ctns.	79¢
Serve with Ice Cream! Publix Cherry Pie	26-oz. pkg.	\$1.59
Gorton Crunchy Clams	5-oz. pkg.	\$1.19
Treasure Isle Cooked Shrimp	8-oz. pkg.	\$1.89

THIS AD EFFECTIVE: THURS., AUG. 8 THRU WED., AUG. 14, 1985.

Produce

For Snacks or Salads, Red Flame or White Thompson

Seedless Grapes	per lb.	69¢
Citrus Hill Brand Select Chilled Orange Juice	per gal.	\$1.89
Perfect For Salad, (Medium Size) Tasty Tomatoes	per lb.	39¢
Fresh Tender Green Beans	per lb.	49¢

Perfect For Potato Salad, "New Crop"

Red Potatoes	5 lb. bag	79¢
California Ripe, Juicy, Tasty Assorted Plums	10 for	\$1.29
For Dips or Salads, Florida Large Avocados	each	69¢
"Ruskin" Brand Cole Slaw	8-oz. pkg.	39¢
Assorted Colors of Fresh Cut Pompons	each bunch	\$2.99

Publix SUPER SAVER SPECTACULAR

Super savings on name brand merchandise

Discounts of up to 59%!

WIN UP TO 25 books of S&H Green Stamps

Instant Rub Off Game

600 GREEN STAMP DISCOUNT

where shopping is a pleasure 7 days a week

Ice Cream

Assorted Dairy Fresh Tasty-Lite Ice Milk

half gallon \$1.19

Raspberry, Rainbow, Pineapple, Orange or Lime

Dairy-Fresh Sherbet
half gallon

\$1.29

COUPON

60¢ OFF
With This Coupon ONLY Instant Print Polaroid SX-70 Film single pkg.
(Effective Aug. 8-14, 1985) C

COUPON

30¢ OFF
With This Coupon ONLY Any Size, Any Style Norma Lee Hosiery per pair
(Effective Aug. 8-14, 1985) C

For Salads or Sandwiches, Crisp Western

Iceberg Lettuce
large head

49¢

Ripe, Sweet, Tasty Western

Cantaloupe
each for

69¢

where shopping is a pleasure 7 days a week

SANFORD PLAZA, SANFORD

LONGWOOD VILLAGE CTR., LONGWOOD





WINN DIXIE

PRICES GOOD AUGUST 8-10, 1985

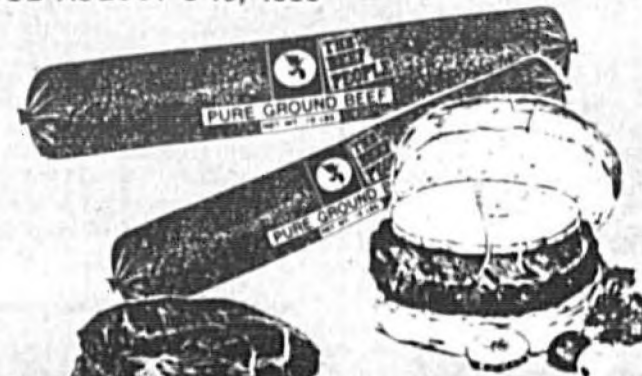
SAVE 48c LB. - W-D BRAND 100% PURE (10-LB. HANDI PACK)

GROUND BEEF LB. 99c

W-D BRAND 100% PURE (1, 2, 3, 5 LB. HANDI PACKS) & FRESH MARKET GROUND BEEF LB. \$1.29



PINKY PIG FULL 1/4 FRESH PORK LOIN SLICED INTO **PORK CHOPS \$1.39** LB.



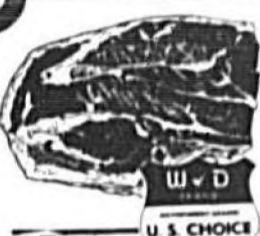
W-D BRAND USDA CHOICE BEEF **3-BONELESS CHUCK ROAST \$1.27** 3-LBS. OR MORE LB.

U.S. CHOICE W-D BRAND USDA CHOICE BEEF BONELESS CHUCK ROAST LB. \$1.37



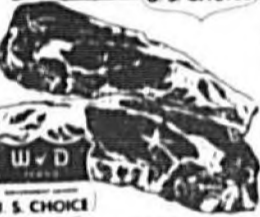
THOMPSON WHITE & RED FLAME **HARVEST FRESH GRAPES 88c** LB.

HARVEST FRESH GRAND ROSA RED PLUMS LB. 79c



SAVE 50c - W-D BRAND USDA CHOICE BLADE **CHUCK ROAST . . . LB. \$1.19**

W-D BRAND USDA CHOICE BEEF CENTER CUT 7 BONE CHUCK or POT ROAST . . . LB. \$1.39



SAVE \$1.40 LB. - W-D BRAND USDA CHOICE BEEF BONELESS **DELMONICO STEAKS . . . LB. \$4.59**

W-D BRAND USDA CHOICE BEEF BONELESS CHUCK EYE STEAK LB. \$2.99



USDA GRADE 'A' FRESH FRYER (BREASTS, DRUMSTICKS, THIGHS) **PICK OF THE CHICKEN . LB. 99c**

USDA GRADE 'A' FRESH FRYER BONELESS AND SKINLESS FRYER BREAST LB. \$2.79



DELI QUALITY BROWNED **TURKEY BREAST 1/2 LB. \$1.69**

BAKERY FRESH ITALIAN ITALIAN BREAD 2 1/2 LBS. \$1.00



REGULAR & LIGHT **OLD MILWAUKEE BEER \$1.69** 6 PAK 12-OZ. CANS

Limit two 6-paks with \$5.00 or more purchase excl. cigs.



ALL FLAVORS **CHEK DRINKS 10 \$1.99** 12-OZ. CANS



ALL VARIETIES **INGLENOOK WINES \$5.99** 3-LTR. BTL.



HARVEST FRESH ENDIVE, (JUMBO) **ESCAROLE or ROMAINE EACH 59c**

HARVEST FRESH CALIFORNIA BAKING POTATOES . . . 4 LB. \$1.00



KELLOGG'S FROSTED FLAKES \$1.99 20-OZ. PKG.

GERBERS REGULAR STRAINED ALL VARIETIES BABY FOOD 4 OZ. JARS 88c



Thrifty Maid SHORTENING \$1.59 42 OZ. SIZE

WESSON OIL 48 OZ. BTL. \$2.49



ALL VARIETIES **ALPO DOG FOOD 2 \$1.09** 23 1/2-OZ. CANS

SUNBELT BATH TISSUE 4 ROLL PKG. 79c



ALL FLAVORS **SUPERBRAND ICE MILK 99c** HALF GAL.



MAXWELL HOUSE **MASTER BLEND COFFEE \$1.79** 13-OZ. BAG

Limit 1 with \$5.00 or more purchase excl. cigs.



SUPERBRAND ORANGE JUICE \$1.39 HALF GAL.

PRICES IN THIS AD ARE GOOD IN THE FOLLOWING FLORIDA COUNTIES ONLY! ORANGE, SEMINOLE, OSCEOLA, SLATKIN, BREVARD, VOLUSIA, LAKE, CITRUS, MARION, INDIAN RIVER & ST. LUCIE. FOR ALL OTHER COUNTIES PLEASE SEE YOUR LOCAL NEWSPAPER.

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- 3 When you check out present one filled Super Bonus Certificate for each Super Bonus Special you want!

SUPER BONUS SPECIAL
SUPERBRAND GRADE 'A' **LARGE EGGS 9c** DOZ.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
DIXIE CRYSTAL **SUGAR 99c** 5-LB. BAG
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
STAR-KIST LIGHT CHUNK **TUNA 1c** 6 1/2-OZ. CAN
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
IVORY LIQUID DISH **DETERGENT 99c** 32-OZ. BTL.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
CHEK ALL VARIETIES **DRINKS 19c** 2-LTR. BTL.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
ARROW ALL VARIETIES **DETERGENT 89c** 49-OZ. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
OSAGE 'FREESTONE' **PEACHES 39c** 29-OZ. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
BETTY CROCKER ALL VARIETIES **CAKE MIXES 49c** 18 1/2-OZ. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
Hi-C 'BOX' ALL VARIETIES **DRINKS \$1.39** 9 PAK SIZE BOX
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
SUNBELT **TOWELS 1c** ROLL
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
COLGATE 'PUMP' **TOOTH PASTE 89c** 4.5-OZ. PUMP
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
PRESTIGE ALL FLAVORS **ICE CREAM \$1.99** HALF GAL.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
SARA LEE **POUND CAKE 99c** 10 1/2-OZ. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985

SUPER BONUS SPECIAL
KAHN'S **MEAT OR BEEF FRANKS \$1.69** 1-LB. PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 8 TO 10, 1985