

Evening Herald

74th Year, No. 182—Tuesday, March 23, 1982—Sanford, Florida 32771

Evening Herald—(USPS 481-280)—Price 20 Cents

Sanford Rezones 80-Acre Silver Lake Tract For Industry

By DONNA ESTES
Herald Staff Writer

Despite protests from 32 residents of the Silver Lake area, the Sanford City Commission, after a 90-minute public hearing Monday night, voted to rezone 80 acres in their neighborhood for industrial development.

The unanimous decision came after Thomas McDonald, trustee of the tract, promised that Silver Lake area residents will have input into site planning for development of the property.

And McDonald, on the request of one of the residents, Richard Fowler, revealed the names of all the members of the trust he represents.

Saying that under a trust the members' names are not supposed to be revealed and that listing them could subject him to a lawsuit, McDonald said the members are: Clyde Bennett Jr., DeLand; the Abstract Corp. or Lawyers Title Grouping; lawyer William C. Hutchison Jr., Mary Lou

McDonald; Lottie Griffin, New Smyrna Beach, Franklin M. Martha M., Thomas H., Cynthia and Matthew J. McDonald and himself.

Fowler said that by rezoning the tract the Silver Lake residents would be boxed in on three sides by industrial property. Stating his strong opposition to the proposed rezoning, Fowler said property values and the quality of life in the area would suffer as a result.

"All of us made plans contingent on present zoning," he said. Fowler asked why the McDonald request merited approval when a similar request three years earlier was denied. He suggested that the sole difference between then and now is that the sponsors of the proposal are well-known residents.

Fowler asked the commission for the perimeter of the property if it approved the rezoning.

Mayor Lee P. Moore informed the commission that Duke Adamson, another resident near the proposed industrial property, offered trees and plantings for a buffer zone and

asked that only one entranceway to the property via Mellonville Avenue be permitted.

Dorothy McReynolds of the Lake Golden area said that if the zoning were approved her property would be "sandwiched between two awful things" — the industrial area and Sanford Airport. "I pray those of you who don't live near us to have mercy," Mrs. McReynolds said.

Nancy Pinnock Butler, recently appointed to the Sanford museum board, said Sanford is "sitting on a gold mine" and could be another Williamsburg, Va. with its wealth of history. "I hope you will search your souls" before voting to rezone, she said.

City Commissioner David Farr asked for a commitment from McDonald that his group will provide an adequate buffer when the property is developed.

McDonald said a \$5 million residential complex is being built near the trust's property. He cited this as an example that industries and homes can co-exist. He said he intends to keep

as many trees as possible on the parcel.

Hutchison said the property is currently being engineered and that the trust's intention is to properly buffer the development.

Hutchison appealed to the opponents to trust the group, saying he has a stake in the community and is a lifelong resident.

McDonald said he plans to develop the tract in two- to three-acre parcels for small light industry. He said a major consideration is providing jobs for the community.

Scott Burns, who served in the past on the Greater Sanford Chamber of Commerce Industrial Action Committee, said the city needs good clean industry.

Jack Horner, president of the chamber, said the Industrial Action Committee voted unanimously to support the rezoning. The committee noted that taxable property and its advantageous effect on the overall tax base is of vital concern to the city.

Vindicated

Graham Backs Cheshire In Manslaughter Case

By TENI YARBOROUGH
Herald Staff Writer

Although Gov. Bob Graham's office says it can find no fault with the Seminole-Brevard state attorney's office's handling of a manslaughter case, State Rep. Dick Batchelor, who requested the investigation, says the issue is not dead.

"I accept the governor's office's review of the case concerning the handling of the case by the state attorney's office," said Batchelor, D-Orlando, from his Tallahassee office today. "But I still am awaiting the District Court of Appeals ruling on the dismissal of the case. The court will make the determination on who is at fault for the case's not going to trial on time. It's not over yet."

Those findings are not the final authority. The bottom line is that there is still a girl who has been killed by an alleged drunken driver, and I won't be satisfied until that matter has had its day in court.

— Dick Batchelor

"It is my opinion that any allegations of misfeasance or malfeasance are unfounded," Graham said in a letter to Batchelor.

Batchelor requested the investigation by Graham's office into the case against Jerome A. Jowais, 18, who was charged with manslaughter by operation of an automobile while intoxicated. The case was dismissed on Jan. 21 by Circuit Judge Dominick J. Salfi, who cited the

state's Speedy Trial Rule, which requires cases to be tried within 180 days, as grounds for dismissal.

The state attorney's office has appealed Salfi's decision to the 5th District Court of Appeals on the grounds that Salfi used the wrong rule of criminal procedure in determining the speedy-trial dates.

Salfi and Jowais' defense lawyer maintain that the legal time clock ran out Jan. 15, while the prosecution says it had yet another month to take the case to trial when it was dismissed.

Jowais, of 1561 Kenlyn Dr., Forest City, was charged with manslaughter in connection with the May 16 death of Laurie Anne Hebel, 14, of Longwood, who was killed when a car plowed into a group of girls walking along Wekiva Springs Road, north of Altamonte Springs.

"The governor's investigation, at my request, was into (State Attorney Douglas) Cheshire's office's handling of the case," Batchelor said. "However, those findings are not the final authority. The bottom line is that there is still a girl who has been killed by an alleged drunken driver, and I won't be satisfied until that matter has had its day in court."

Graham indicated in his letter to Batchelor that the governor's office would continue to monitor the case's progress through the appeal process and "work with all appropriate parties concerning review" of the speedy-trial issue in the case.

The governor's office made its determination concerning the state's handling of the case based on a review of a four-page letter from Cheshire, memoranda from state prosecutors involved in the case, hearing transcripts and records, and court orders issued by Salfi.

"As far as I'm concerned, this case is far from over," Batchelor said.

Cheshire could not be reached for comment concerning the results of the governor's office's investigation.



Herald Photo by Tom Vincent

EGG DROP SOUP?

Well, you put an egg on top of a piece of tubing standing in the middle of a baking pan, see? And the baking pan is resting on top of a glass of water — okay? Then, like Seminole Community College physics student Dave Johnson, you yank the baking pan and tubing from under the egg, causing it to drop into the glass. Simple, no? Well, you just try it some time. Johnson put on the demonstration this past weekend during the Seminole County school system's annual Festival of Science at SCC.

Commission Eyes Greater Public Input

By JOE DESANTIS
Herald Staff Writer

The Seminole County Commission is looking into a pair of ideas, presented at Monday's workshop session, that would streamline its work schedule and broaden the time available for public input at its meetings.

Commission Chairman Robert Sturm and County Administrator Roger Neiswender presented the commission with similar scheduling plans that would capsule regular commission business into workshop sessions and make more time available for public input.

"We're looking at a way to package the same amount of work more efficiently," said Neiswender of the proposed change in the commission's work schedule.

Currently, the commission meets on regular agenda items on the second and fourth Tuesdays of each month. Included in those meetings are regular county business such as the administrator's report and reports from other departments.

Sturm proposes that under a new work schedule, effective April 1, all regular business be addressed on the first Tuesday of each month with the exception of land management business.

"The new schedule would cut down on overtime for the county staff and make the commission more available to the public," Sturm said. "Sometimes a resident will come to a commission meeting and have to sit through several

hours of regular county business before we get to the public hearing matters."

Sturm's proposal also would free the commission on the third Tuesday of each month to participate in commission tours of various facilities on a monthly basis.

"We'd like to get out as a group and investigate a county employees that we are interested in what's happening out there," he said.

Also at the workshop session, the commission rejected an invitation from a private firm, Florida Innovation Group, to participate in a feasibility study to determine whether the county could save money by growing its own crops to be processed into ethyl fuel. The cost of the county's participation would be \$5,000.

Sturm said the commission should investigate a fleet management program to determine how fuel costs could be cut. Commissioner Robert G. "Bud" Feather dismissed the idea, saying it would be like a private business trying to get a county government to foot the bill for its own research.

Commissioner William Kirchhoff said, "That kind of study might make sense for a county out in the Midwest where there's plenty of cropland. But in Seminole County there just isn't the space."

In another matter, the commission appointed Neiswender budget officer for interdepartmental transfers.

Improvement Suit Readied For Trial

Sanford city staff members were in the downtown area much of the day Monday taking photographs and preparing emergency vehicles as part of the city's case in the downtown improvement lawsuit.

The suit, after 18 months in preliminaries of the legal battle, is to be thrashed out in Circuit Court, Sanford, all next week before Circuit Judge Roger Dykes.

This is the second time in 13 years that Dykes has been the judge in a lawsuit of major importance to the city. The last time was in 1969, when he ruled that Sanford is the legal county seat. An effort was being made at that time to move the county seat to Five Points, then in an unincorporated area under county jurisdiction.

The current lawsuit was filed by G. Algernon Speer, a Sanford lawyer and property owner, on behalf of some merchants and property owners.

Speer contends in the suit that proposed improvements would create traffic hazards and impede emergency vehicles. He is also opposed to a portion of the proposed public improvements that would close off part of Magnolia Avenue from First Street to the alleyway to vehicular traffic.

Nearly two years ago the City Commission agreed to a request from a downtown improvement organization to aesthetically improve the public property — streets and sidewalks — in the downtown area.

The proposed plan would have the city rebuild sidewalks and install planter areas in the street and at corners to beautify the area.

Part of the plan was to create a center esplanade or pedestrian mall on part of Magnolia Avenue.

At that point the cost of the improvements was estimated at \$24,000 including labor. For the last three budget years the funding for the project has been continued year to year.

City Manager W.E. "Pete" Knowles said today the Monday exercise has showed that emergency vehicles — fire trucks, specifically — will easily be able to traverse the street even with the planter present. Cones were set up where the planters are to be located.

In other business, the commission: —Authorized Mayor Lee P. Moore to sign the annual contract renewal with T.J. Sierpirowski of Future Property Services for maintenance of city cemeteries — Lakeview Municipal Cemetery and Evergreen Municipal Cemetery, first and second additions. The \$36,000 contract runs from July 1, 1982 to June 30, 1983.

—Denied a request from the Sanford Christian Church for permission to park three trailers on the church property at 137 Airport Blvd. Moore told the Rev. Joe R. Johnson, minister of the church, that city law forbids the parking of trailers on any property except tracts specifically zoned for mobile-home parks.

—Approved the addition of expenditures and revenues totaling \$618,887 in the Sanford Airport Authority's 1982 budget. New expenditures include \$11,924 salary for a new air traffic controller; \$7,102 for increased costs of Florida state retirement, since payments were raised by the state from 9.1 percent of salaries to 10.93 percent; new equipment, \$10,443; air operations repairs, \$1,500; new construction, \$587,918, including \$450,000 for RIS irrigation systems. —DONNA ESTES

And Moves Ahead On Land-Use Plan

Longwood Solves Paving Problem

By JOE DESANTIS
Herald Staff Writer

After haggling for the better part of an hour, the Longwood City Commission finally struck an agreement with developer Dick Williams on the paving of Overstreet Avenue at Monday's commission meeting.

Williams' proposed Wildmere Patio Homes project already had received approval from the city's land planning agency on March 10, but the question of paving a 200-foot section of Overstreet where the 16-unit condominium project will sit remained unresolved.

The matter of just who would foot the bill for possible paving of the dirt road was settled when the commission agreed to enter into a written agreement with Williams.

"It's been my intention from the beginning, and I've volunteered to pay for the paving on a pro-rata basis,"

Williams told the commission. Williams will place \$3,600 in an open-end escrow account to be used specifically for the paving of a 200-foot section of Overstreet when and if the street is paved.

Several commissioners expressed concern about a time limit on the account and what would happen to the money if the city elected not to pave the street.

Prior to striking an open-end account agreement, Commissioner Tim O'Leary expressed concern about setting a time frame for paving.

"I think the escrow account is all right for a solution," he said. "The only question I have is the matter of time."

City Attorney Marvin Rooks cautioned the commission that if it took Williams' escrow money, the funds should be tied specifically to the project in question.

"By accepting Williams' \$3,600, the city is not agreeing to pave the street,"

he said.

Following a motion by O'Leary, the commission unanimously approved a furat reading on adoption of Ordinance 548, adopting the land-use-map element of Longwood's Comprehensive Land Use Plan. A public hearing on the ordinance has been scheduled for April 12.

In related land-use business, the commission unanimously approved a furat reading on adoption of Ordinance 548, adopting the land-use-map element of Longwood's Comprehensive Land Use Plan. A public hearing on the ordinance has been scheduled for April 12.

The commission also unanimously adopted Resolution 469, setting April 26 as the date for a public hearing for paving assessment of property owners whose property abuts Orange Avenue from Grant Street to County Road 427. The hearing has been scheduled for 7 p.m. at the City Hall.

In another matter, City Administrator

David Chacey informed the commission that residents north of 14th Street had complained about the city's two wreckers being parked in a residential area.

City ordinances prohibit the 1½-ton vehicles from being parked in residential sections. Chacey said that by parking the vehicles at the home of the drivers, approximately 30 minutes would be saved on a wrecker call, which could hasten medical treatment to seriously injured motorists.

Commissioner J. Russell Grant said he felt the safety factor involved in saving 30 minutes on a call was worth the inconvenience of parking the wreckers in a residential area, but Mayor June Lorman and Commissioner Steven Uskert agreed that the city should abide by its own ordinances and not make exceptions.

Inmate Bars Political Career

KINROSS, Mich. (UPI) — The Michigan prison inmate who killed himself "Your Honest Con" in his bid for nomination as governor has dropped out of the race and says he's backing the lieutenant governor.

Gustave Jansson, 34, an inmate at the Kinross Correctional Facility, said Monday he is supporting Lt. Gov. James Brickley in the Republican primary because Brickley is against the death

penalty and is "the best man to put Michigan back on the right economic track," Jansson said.

Jansson, serving a 10-to-15-year term for third-degree criminal sexual conduct, threw his hat through the bars last fall looking for the GOP nomination for governor.

The former Grand Rapids salesman said prison officials generally were cooperative in his short-lived campaign.

TODAY

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

Patty Duke Takes Back Seat To Son

Sean Astin, 10, Teams With Elliott Gould

HOLLYWOOD (NEA) — Among the players in the TV movie "The Rules of Marriage," which is currently being filmed, is a 10-year old boy. According to the rules regarding working with children, the child must be accompanied by a guardian, and almost always that guardian is the mother. That is true in this case.

And there she was, the mother of the boy, sitting quietly in the mobile home the production company provided. This particular mother, however, was probably as well known as the stars of the film.

This was Patty Duke Astin, the mother of Sean Astin, who is working in "The Rules of Marriage" with Elizabeth Montgomery and Elliott Gould. She is here strictly as mother-of-the-child, and she is carefully staying out of the way.

"I have been here," she said, "for the entire shooting schedule. I have looked after Sean, made sure that he went to his classes, had him on the set on time, all that. And I love my son very much — but no more! This is the last time. I am going crazy because I have nothing to do."

"I answer phone calls. I read. I look over scripts that have been submitted to me. And I can tell you that this is absolutely the last time I ever do this."

At that precise moment, Sean ran by, pursued by his teacher. She mumbled, in passing, that she had told him to get some paper and he didn't.

"I forgot," Sean said, disappearing around another mobile home.

"He is so bright," Patty said, "but as soon as he is asked to do something for school, suddenly he can't remember."

Teacher and pupil came back, heading for the classroom set up in the adjoining mobile home. He had a hang-dog look. Patty turned her head away so her son wouldn't see her laughing.

They were shooting at Trancas, a beach just beyond Malibu and just as fashionable. This was supposed to be Fire Island, a New York beach resort, but they couldn't go there in winter, so they were here. They were



Patty Duke Astin cares for her son, Sean, on the set of "The Rules of Marriage," in which Sean — but not mom — has a role. "I'm going crazy because I have nothing to do," says Mrs. Astin, a former child star herself.

actually filming inside a home that Liz Montgomery described as "just a shack," but it was for sale with a \$1 and 1/2 million price tag.

"The Rules of Marriage" is yet another in the steady onslaught of stories about the break-up of a marriage. Gould, doing his first TV movie with this, says he looks the part because it was the best script offered to him in some time.

"I'm finding," he says, "that even though we are working twice as fast as we work on a feature, the quality is just as good."

Gould worked with Ingemar Bergman and says the quality of this film appears to be on a par with that of the great Swedish director.

He kept emphasizing how fast it was being shot, but they still had a lot of time between takes.

Liz spent hers ducking outside, sitting on a rock and doing the New York Times Sunday crossword puzzle, using a piece of plywood as a desk. It turned out to be her own plywood, just the right size for the Times puzzle, and she brings it with her whenever she goes to work.

Gould was spending his off-camera moments doing the thing he enjoys most — talking. He said that he liked to get out as often as he could to walk around the city and meet people and talk to them, one on one.

"My son's mother can't do that," he said, referring to his ex-wife, Barbra Streisand. "Jason is 13 now, and he's very interested in music and film. And I have two younger children, Molly, who is 11 and Sam, who is 9, and the three are all very close."

Gould said that this part — a husband involved in a marital break-up — is one he's done often before. But, he says, the script by Reginald Rose sets it apart.

"I've never played a husband with this reality," he says, "or with such a resolution as this script has. And Elizabeth is a marvelous actress to work with."

Outside, in the mobile home, there was another marvelous actress, playing the real-life role of mother to the child actor. Patty Duke had been one of the top child actors herself, but this time she was playing a supporting role.

TONIGHT'S TV

Cable Ch.	(7) (9)	(ABC) Orlando	(11) (35)	Independent Orlando
(5) (6)	(CBS) Orlando	(12) (17)	Independent Atlanta, Ga.	
(4) (2)	(NBC) Daytona Beach Orlando	(10) (24)	Orlando Public Broadcasting System	

In addition to the channels listed, cablevision subscribers may tune in to independent channel 64, St. Petersburg. By tuning to channel 11, which carries sports and the Christian Broadcasting Network (CBN).

WEDNESDAY

EVENING

8:00 (1) (3) (2) (7) NEWS (15) CHARLIE'S ANGELS (10) IT'S EVERYBODY'S BUSINESS

8:05 (17) ANDY GRIFFITH

8:30 (1) NBC NEWS (1) CBS NEWS (1) ABC NEWS (10) IT'S EVERYBODY'S BUSINESS

8:35 (17) GOMER PYLE

7:00 (1) THE KILPATRICKS (1) P.M. MAGAZINE (7) JOKER'S WILD (1) (35) THE JEFFERSONS (10) MACHTEL / LEHRER REPORT

7:05 (17) CAROL BURNETT AND FRIENDS

7:30 (1) ENTERTAINMENT TONIGHT An interview with Henry Winkler (1) YOU ASKED FOR IT (7) FAMILY FEUD (1) (35) BARNEY MILLER (10) DICK CAVETT

7:35 (17) BANFORD AND SON

8:00 (1) REAL PEOPLE More than 100 former guests, including the world's fastest beer drinker, consumer advocate Captain Stacy and the human who are seen in clips and in the studio. (R) (1) HERBIE, THE LOVE BUG The Department of Motor Vehicles closes down Jim's Famous Driving School after a surprise inspection (7) THE GREATEST AMERICAN HERO

(1) (35) YOUR CHOICE FOR THE OSCARS Rich Little and Debbie Reynolds host the 17th annual edition of these awards honoring the winners of a popular poll in the six major Oscar categories: Best Actor, Actress, Supporting Actor and Supporting Actress, Best Picture and Best Song

(1) (10) CLOSING RANKS The efforts of British intelligence to uncover a possible Soviet infiltrator in the mid-60s are followed in the thriller starring Jose Ackland and Harry Andrews

8:05 (17) JACQUES COUSTEAU SPECIAL "Calypso Countdown: Ripping For The Amazon"

8:35 (17) NBA BASKETBALL Atlanta Hawks vs. Kansas City Kings

9:00 (1) WKRP IN CINCINNATI (7) THE FALL GUY (1) (35) GUNSMOKE (10) MOBILETOWN (Premiere) The Campaign: The personalities, strategies and pressures involved in Muncie, Indiana's mayoral race are examined

9:30 (1) THE FACTS OF LIFE Blair sneaks and reads Natalie's diary (1) MOVIE "The Bat" (1972) Dennis Miller, Michael Constantine. A beautiful policeman takes an insane murderer into a trap

10:00 (1) QUINCY An aporophobic's life is endangered when the spit-nease a staying and become the killer's next target (7) DYNASTY Blake, furious over Colby's dealings with Claude, decks Colby, and Nick and Krystle rush to stop a manic Claude from a live Colby (1) (35) INDEPENDENT NETWORK NEWS



THURSDAY

MORNING

5:00 (17) MISSION: IMPOSSIBLE (TUE)

5:30 (1) SUNRISE BEMESTER (17) IT'S YOUR BUSINESS (MON)

5:40 (17) WORLD AT LARGE (WED)

6:00 (1) U.S.A.M. (7) SUNRISE (1) (35) JIM BAKKER (1) TODAY IN FLORIDA 6:45 (10) A.M. WEATHER

10:30 (1) (35) LOVE, AMERICAN STYLE (10) TODAY IN THE LEGISLATURE

10:50 (17) NEWS

11:00 (1) (3) (7) (1) NEWS (1) (35) BENNY HILL

11:30 (1) TONIGHT Host Johnny Carson. Guests: Shelley Long, Bill Cosby (1) M*A*S*H (7) ABC NEWS MIGHTLINE (1) (35) STREETS OF SAN FRANCISCO

11:50 (17) MOVIE "All the King's Men" (1949) Broderick Crawford, John Ireland

12:00 (1) (3) MOVIE "Blue Sunshine" (1970) Zelman King, Deborah Winters (7) LOVE BOAT

12:30 (1) LATE NIGHT WITH DAVID LETTERMAN Guests: journalist Hunter Thompson, Commander Cody (1) (35) WANTED: DEAD OR ALIVE

1:10 (1) MOVIE "Bedlam Of Alcatraz" (1962) Burl Lancaster, Karl Malden

1:30 (1) CAROL BURNETT AND FRIENDS

2:00 (17) MOVIE "Chicago Syndicate" (1955) Dennis O'Keefe, Abbe Lane

3:40 (7) NEWS

3:55 (17) MOVIE "Dangerous Exile" (1958) Louise Jordan, Bela-Los

4:10 (1) MOVIE "Mars Brothers At The Circus" (1938) Marx Brothers, Eve Arden

(1) DONAHUE (1) MOVIE (1) (35) DOMER PYLE (1) (35) SESAME STREET (1) (17) MOVIE (1) (3) SPECIAL REPORT (MON) 9:30 (1) (35) ANDY GRIFFITH 9:46 (1) (3) SPECIAL REPORT (MON) 10:00 (1) TIC TAC DOUGH (1) (3) RICHARD SIMMONS (1) (35) LOVE LOCT (10) EDUCATIONAL PROGRAMMING

10:30 (1) BLOCKBUSTERS (1) ALICE (R) (1) (35) DICK VAN DYKE (10) ELECTRIC COMPANY (R)

11:00 (1) WHEEL OF FORTUNE (1) THE PRICE IS RIGHT (7) LOVE BOAT (R) (1) (35) BOB BREWER (10) 3-2-1 CONTACT (R)

11:05 (17) MOVIE

11:30 (1) BATTLESTARS (1) (35) INDEPENDENT NETWORK NEWS

AFTERNOON

12:00 (1) PASSWORD PLUS (1) (7) (3) NEWS (1) (35) RHODA

12:30 (1) NEWS (1) THE YOUNG AND THE RESTLESS (7) RYAN'S HOPE (1) (35) MAUDE

1:00 (1) DAYS OF OUR LIVES (7) ALL MY CHILDREN (1) (35) MOVIE

1:05 (17) MOVIE

1:30 (1) AS THE WORLD TURNS

2:00 (1) ANOTHER WORLD (7) ONE LIFE TO LIVE

2:30 (1) SEARCH FOR TOMORROW

2:45 (1) (35) YESTERDAY'S NEWS-REELS (MON, FR)

3:00 (1) TEXAS (1) GUIDING LIGHT

Floyd Theatres

PLAZA TWIN
May 17 83 322 7502
ALL SEATS 99¢

PLAZA I 7:41 ONLY
NOMINATED 11 AWARDS
A GOLDEN GLOBE AWARD

On Golden Pond

PLAZA II 7:41 ONLY
BRONSON'S LOOSE

DEATH WISH II

MOVIELAND
May 17 82 322 1218
7:30 STRIPES
11:30 BLUE LAGOON

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44 Trifecta Bets
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*Bucks, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th

SANFORD-ORLANDO KENNEL CLUB

Just Off U.S. 17-92
On the Track Road
Longwood

831-1600
Sorry, No One Under 18 Admitted

'Answer And Win' Game Show School

SAN DIEGO (UPI) — The lights were bright and hot, the camera was rolling and scholarly Roy Harris had absolutely no idea what he was going to say when he impulsively pressed the buzzer in a bold move for the \$25,000 jackpot on "Answer and Win."

"Of Mississippi, Alabama and Georgia, which state does not lie on the Gulf of Mexico?" game show host Wink Dawson asked.

There was a tension-filled moment of silence while Harris, a 35-year-old reporter for the Wall Street Journal from Santa Monica, Calif., pondered the question. If he goofed it, drill team instructor and housewife Karen Kelly was ready with the answer that would capture the \$25,000 prize.

"Georgia!" Harris finally blurted out. He was right, and Mrs. Kelly applauded Kelly as enthusiastically as if she had won herself and the audience, which had been prompted just a bit, whooped it up as well.

But in truth, this was not a real game show at all and the \$25,000 stakes were just make-believe.

Harris, Mrs. Kelly and nine others on this night were actually students in the nation's

first school for game show contestants, paying \$75 each for a four-hour seminar complete with a video-taped mock game show and critical analysis of their performances.

The school is the brainchild of Mark Richards and Phil Gannon, both veterans of real game shows who started their "Game Show Company" 11 months ago.

So far, about 130 students have passed through the doors of "Studio 8" and 27 of them have appeared on some of the more than a dozen daily network and syndicated TV game shows filmed in Hollywood ranging from "Price is Right" to "Match Game."

One pupil, Rick Michel went on to win \$18,000 in cash and prizes on Password Plus last May.

"Our success rate is really quite amazing considering the fact that most of the students haven't yet gone up to Hollywood to apply for the game shows," Richards said. "If any of our students are accepted, we will give them further coaching and play the actual game with them and even video-tape their performance."

Richards and Gannon said their school has become so popular that a new branch is opening in Hollywood.

WEDNESDAY FAMILY SPECIAL FAMOUS RECIPES

Because they look like deer, and because of their name, many people think that reindeer belong to the deer species. But they really belong to the caribou family.

FAMOUS RECIPES CHICKEN DINNER
3 pieces of delicious Famous Recipe, roasted potatoes and gravy, cole slaw and 2 biscuits

ALL FOR ONLY \$1.99

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THE TASTE THAT MADE THE SOUTH LOVE CHICKEN.
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Things Ain't Any Better In Moscow

MOSCOW (UPI) — Moscow Radio says one-third of the marriages in the Soviet Union end in divorce and Soviets who marry for love instead of money have an even higher break-up rate.

One-third of the divorces in the country take place before the couples celebrate their first wedding anniversary, the Sunday broadcast said, and 16 percent occur within three months of the wedding.

"The vast majority of the newlyweds cited love as the motivation behind their decision 'to get married,'" "About 2 percent of the men surveyed and 3 percent of the women admitted they married because of the high material and financial standing of their future spouses," the radio said.

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Microwave Magic

Try Using Fresh Herbs And Spices As Substitutes For Sodium

Many of us need to restrict our sodium (salt) intake for reasons of health. The microwave oven can be a great help in accomplishing this and still have tasty food that looks attractive.

When cooking fresh vegetables you should never salt before cooking in the microwave. You will find that you need very little, if any salt after the vegetables are cooked.

The flavor of the vegetables is enhanced by the microwaves. This point is documented by scientists, but at this time they are unable to tell us why.

These recipes have been developed especially for limiting sodium; however, with the addition of a little salt they can be enjoyed by anyone.

Try using more herbs and spices in your cooking. They help to remove the flat taste and are not harmful to us. When using fresh herbs, use about half as much as you would the dry. Incidentally, the microwave oven dries fresh herbs such as parsley, sage, basil in a very short time and the color is almost as good as the fresh.

Consult your oven cookbook for directions.

MUSHROOM-RICE PILAF

- 2 cups fresh mushrooms, sliced
 - 1 small onion, chopped
 - 1 garlic clove, minced
 - 1 teaspoon basil leaves
 - 3 tablespoons unsalted butter or margarine
 - 1/2 cup chopped or sliced almonds
 - 3/4 cup long grain white rice
 - 1-one-third cups water
1. Combine mushrooms, onion, garlic, basil, butter and almonds in 1 1/2-quart glass casserole. Cover.
 2. Microwave 100 percent power 5 to 6 minutes or till vegetables are tender. Add rice and water. Cover.
 3. Microwave 100 percent power 4-5 minutes or until mixture boils. Reduce to 30 percent power microwave 18 minutes or until the water is absorbed and rice is tender. Fluff with fork.
- This recipe for chicken, asparagus and rice is made with special low sodium soup available in most markets. White meat of chicken is lower in calories and sodium than dark

March National Nutrition Month

March 1982 is designated by the American Dietetic Association (ADA) as National Nutrition Month. The purpose of this event is to increase public awareness of the benefits of good nutrition and the risks in ignoring it. The theme being promoted this year is "Feel Nutrific!"

The Seminole County Health Department Women, Infants and Children Program (WIC) suggests the following tips:

Vegetables add variety plus sound nutritional values to family meals without straining the food budget. Cook vegetables until tender but still crisp and be creative with seasonings other than salt and fat. Combine vegetables for contrast of color, flavor and texture.

The family's food practices and attitudes are soon evident in the young child. Parents who provide pleasant mealtime surroundings, nourishing meals, and positive attitudes without pressure, help to form good food habits in their children's health, energy and appearance now and in the years ahead. Make each mealtime a happy and enjoyable experience for the whole family.

Are teenagers well fed? Not always! Adolescent boys and girls face many problems related to nutrition because of rapid skeletal, muscular and emotional growth. Special problems include peer pressure, weight control, fat diets, and poor snacking practices. For girls there is the additional nutritional demands in preparation for later motherhood, or even a teenage pregnancy. They need guidance to make their food choices and snacks count nutritionally. Balance that sandwich diet with milk and fresh vegetables and fruits.

Calories in the form of starches, sugars, fats or proteins all add extra pounds when you eat more food than your body needs. Overweight people often believe they can control their weight by cutting out starches and sweets. It is dangerous to omit all starches, it is much wiser to cut down on amounts of all foods and get some exercise.

Meat, in addition to being a source of good quality protein, is also an important source of B-vitamins and minerals. The way in which you cook meat affects nutritional values for better or for worse. Roasting on a rack, at a steady temperature of 300-325 degrees or braising cheaper cuts of meat are the most economical methods of preparation. The meat shrinks less so you have more servings per pound; the vitamin and mineral losses are less so you get more nutrients for your money. The meat is tastier too.

Be a smart nutrition shopper by reading labels. A food label tells about selected nutrients you need daily which are in the particular food. It also lists the product's ingredients, number of servings, the weight, the quality and other information important to you. Use labels to compare the cost per serving of similar foods, to find less costly substitutes for more expensive foods and to get the most nutrition for your food dollar.

Most people know the importance of brushing their teeth, but here are some additional hints to keep your mouth healthy. Cut down on foods with a high sugar content. Use vegetables and crackers for between-meal snacks rather than candy, cakes and cookies. It is less harmful to your teeth to eat your concentrated sweets with meals, then be sure to clean your teeth thoroughly.

Hurry Curry Sauce From Last Week

A recipe for Hurry Curry Cauliflower (a head of cauliflower cooked whole) appeared in The Herald March 17. The Hurry Curry Sauce recipe, inadvertently omitted, is as follows:

HURRY CURRY SAUCE

- 3 egg yolks
 - 2 tablespoons light cream or milk
 - 1 to 2 tablespoons freshly squeezed lemon juice
 - 1/2 teaspoon curry powder
 - 1/4 teaspoon salt
 - 1/2 cup butter or margarine, melted
- In container of electric blender combine egg yolks, cream, lemon juice, curry powder and salt. Process 10 seconds until smooth. With blender on slow speed gradually add melted butter. Process 10 seconds longer until sauce is smooth and slightly thickened. Serve immediately. Makes: 1 cup sauce.

Midge Mycoff

Home Economist
Seminole Community College



meat. 205 calories 7 mg. sodium.

CHICKEN-ASPARAGUS CASSEROLE

- 10 oz. fresh asparagus cut into pieces (about 2 cups)
- 1 tablespoon water
- 1 cup cubed cooked white meat chicken
- 1 can (7 1/2 oz.) low sodium cream of mushroom soup
- one-third cup sliced green onion
- 1/2 cup quick-cooking white rice
- 2 teaspoons parsley

1 teaspoon tarragon leaves

1. Combine asparagus and water in 1 quart casserole. Cover. Microwave 100 percent power 4-5 minutes or till tender. Stir in remaining ingredients. Cover.

2. Microwave 100 percent power 35-7 minutes or until rice is tender and mixture is hot. Stir once during cooking time.

Other vegetables can be substituted for asparagus. Try peas or broccoli. 220 calories per serving 56 mg. sodium.

Cookies often contain ingredients that are high in sodium. These cookies bars contain minimum amounts of these ingredients.

ALMOND BUTTER BARS

- 1/2 cup unsalted butter or margarine
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1 egg yolk
- 1 teaspoon almond extract
- 1-one-third cups all-purpose flour

1/2 teaspoon cream of tartar

1/2 cup chopped almonds

1/2 cup flaked coconut

1/2 cup chocolate chips

1. Microwave 100 percent power butter in large mixing bowl 20-30 seconds. Add sugar, blend until creamy. Beat in egg yolk and extract. Add flour and cream of tartar. Mix until combined. (Dough will be crumbly).

2. Spoon mixture into ungreased 12x8 baking dish. Press firmly and evenly into dish.

3. Microwave 100 percent power uncovered 3 1/2 to 4 minutes or until no longer doughy. Set aside.

4. Microwave 100 percent power chocolate chips in small glass dish 1 1/2 to 2 minutes or until softened. Stir once during cooking. Stir until smooth. Spoon onto baked dough. Spread thinly with back of spoon. Cool completely. Cut into squares. Makes about 40 bars. 75 calories each, 2 mg. sodium.

Next week: Microwaving Spring Vegetables

Publix roundup of VALUES

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Perry Como, left, has completed an Easter TV special straight from Guadalajara. Como says he enjoys fishing and cooking when he's relaxing off camera. His favorite fish dish, 'Gourmet Fish Roll Ups: With Cheese Sauce,' is a real family pleaser.



Cooking 'In Tune' With Como's Style

When Perry Como isn't cutting a new record or flying off to various parts of the world to tape one of his musical travelogue TV Specials, he's usually fishing somewhere close to his Florida home.

Spending an entire day fishing is an experience which the popular entertainer claims is much "in tune" with his easygoing personality and lifestyle.

Explains Perry, "When I catch more than I should, I spend those lazy late afternoon hours filleting the fish to give away to friends or to cook up a big dinner for my family."

He enjoys preparing the filets with light seasoning and a simple sauce, using a recipe like the "Gourmet Fish Roll Ups: With Cheese Sauce" described below. This dish lets Como make something special which even his young grandchildren enjoy and still leaves him plenty of time to get in a long day of fishing.

Como didn't mind recently taking a break from fishing, or his other favorite hobby, golf, to travel south of the border to do his Easter TV Special for Kraft. "Perry Como's Easter in Guadalajara," scheduled to air April 3 from 10-11 P.M. ET on ABC-TV, follows Como and his co-host Ann Julian on a colorful tour of the beautiful sights and sounds of this traditional Mexican city.

In between tapings, Perry and his crew enjoyed touring the city to sample the food, visit historical sites and talk to the local fishermen.

Reminisces Perry, "I was especially surprised to learn that fish was on the menus in the restaurants of Guadalajara — not all traditional Mexican food is hot and spicy."

Why not treat your own family to Perry Como's favorite mild fish dish with the recipe offered below?

GOURMET FISH ROLL-UPS

- 2 cups soft bread crumbs
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped onion
- 1/2 teaspoon thyme leaves
- 1/4 teaspoon sage leaves
- Squeeze Parkay margarine
- 8 3 x 6-inch (approx. 2 lbs.) sole filets
- Cheese Sauce
- Combine crumbs, celery, onion, seasonings and 1/4 cup margarine; mix well. Spoon mixture evenly over filets, skin side up. Roll each fillet starting from narrow end. Place seam-side down on greased rack of broiler pan. Squeeze margarine over filets. Broil 12 to 14 minutes, or until lightly browned. Top with cheese sauce. Sprinkle with paprika, if desired.

CHEESE SAUCE

- 1/4 cup margarine
- 2 tablespoons flour
- 1/2 cup milk
- 2 tablespoons white wine
- 1 cup (4 oz.) shredded Kraft sharp natural cheddar cheese
- Make a white sauce with margarine, flour and milk. Stir in wine. Add cheese; stir until melted. Yield: 4 servings.

They'll Scramble For Eggs Tudor

Are you tired of the same old ham and eggs? Don't despair. Ripe Olive Eggs Tudor is the answer.

Seasoned scrambled eggs are spooned over sliced ham and then covered with a creamy cheese sauce accented with crunchy ripe olives. Sprinkle grated cheese on top, broil and serve in individual bakers garnished with a ripe olive and cherry tomato halves.

RIPE OLIVE EGGS TUDOR

- 4 tablespoons butter or margarine
- 2 tablespoons flour
- 1 1/2 cups light cream
- 1 chicken bouillon cube
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- Dash nutmeg
- 3/4 cup grated Swiss cheese
- 1/2 cup coarsely chopped California ripe olives
- 8 eggs
- 1/2 cup milk
- 1-one-third cups sliced cooked ham
- 4 whole ripe olives
- 4 cherry tomatoes, halved
- Melt 2 tablespoons butter. Stir in flour. Gradually, stir in cream. Add chicken bouillon cube, 1/4 teaspoon salt, 1/4 teaspoon pepper and nutmeg, to cream mixture and cook, stirring, until sauce boils and thickens. Stir in 3/4 cup cheese and chopped olives. Stir over low heat until cheese melts. Keep warm while preparing eggs. Beat eggs with milk. Add the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Preheat broiler. Melt remaining 2 tablespoons butter in skillet. Add seasoned egg mixture and cook, over low heat, stirring occasionally from bottom of pan, until eggs are set. Place one-third cup ham in each of 4 individual baking dishes. Top each with 2 tablespoons sauce. Cover with scrambled eggs. Spoon remaining sauce over all and sprinkle with remaining cheese. Place low under broiler and broil until top is lightly browned. Garnish each dish with a whole ripe olive and a halved cherry tomato. Makes 4 servings.

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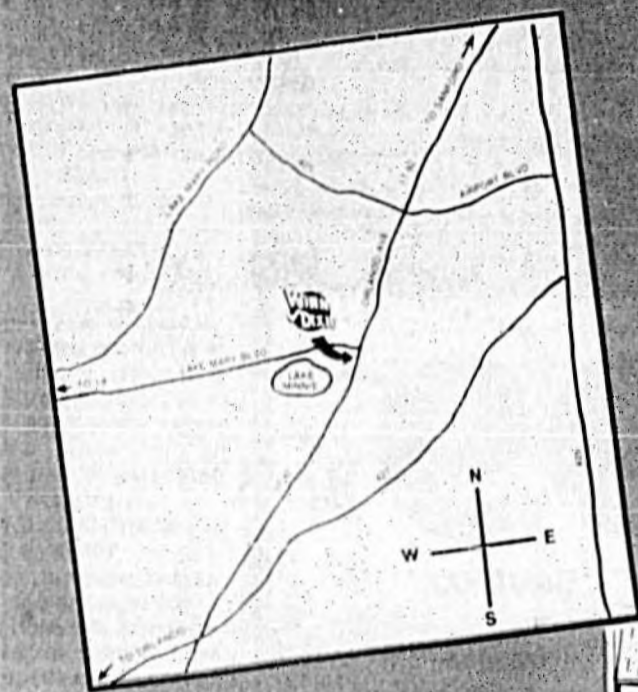


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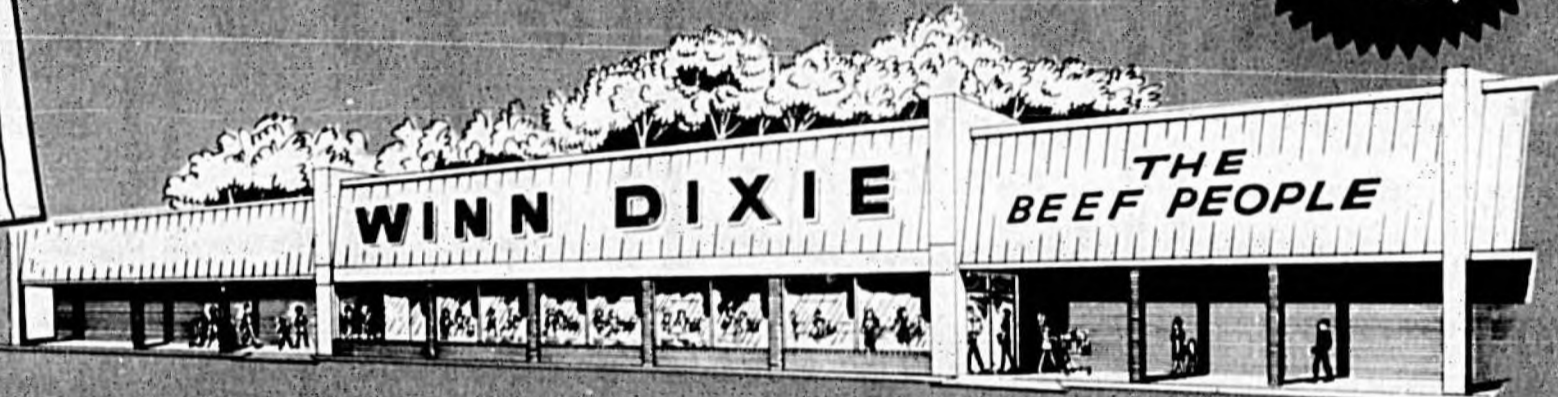
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<p>BUY ONE... GET ONE FREE!</p> <p>MERITA TWIN DINNER ROLLS</p> <p>10-oz. PKG. 95¢</p>	<p>BUY ONE... GET ONE FREE!</p> <p>MERIO'S FRESH NEVER FROZEN PEPPERONI PIZZA</p> <p>20-oz. PKG. \$2.99</p>	<p>BUY ONE... GET ONE FREE!</p> <p>RATH BREAKFAST LINK SAUSAGE</p> <p>8-oz. PKG. \$1.59</p>	<p>BUY ONE... GET ONE FREE!</p> <p>DIXIE DARLING PECAN TWIRLS</p> <p>6-oz. PKG. 69¢</p>
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BUY ONE... GET ONE... FREE!

<p>OWALTNEY GREAT PICKLE AND (8-oz. PKG. \$1.39)</p> <p>PIMENTO BUY ONE... GET 1 FREE!</p> <p>RATH (8-oz. ROLL \$1.39)</p> <p>BRAUNSCH-WEIGER BUY ONE... GET 1 FREE!</p> <p>KAHN'S (8-oz. ROLL \$1.39)</p> <p>BRAUNSCH-WEIGER BUY ONE... GET 1 FREE!</p> <p>TALMADGE (12-oz. PKG. \$1.29)</p> <p>CHICKEN BUY ONE... GET 1 FREE!</p> <p>BOLOGNA BUY ONE... GET 1 FREE!</p> <p>FROZEN (8-oz. CUP 89¢)</p> <p>FRYER BUY ONE... GET 1 FREE!</p> <p>LIVERS BUY ONE... GET 1 FREE!</p>	<p>HORMEL MIDGET BREAKFAST (8-oz. PKG. \$1.79)</p> <p>LINK BUY ONE... GET 1 FREE!</p> <p>SAUSAGE BUY ONE... GET 1 FREE!</p> <p>FARMLAND SKINLESS LINKS (12-oz. PKG. \$2.29)</p> <p>PORK BUY ONE... GET 1 FREE!</p> <p>SAUSAGE BUY ONE... GET 1 FREE!</p> <p>SUNNYLAND LINKS (10-oz. PKG. \$1.99)</p> <p>SMOKED SAUSAGE BUY ONE... GET 1 FREE!</p> <p>TENNESSEE PRIDE COUNTY (8-oz. PKG. 89¢)</p> <p>SAUSAGE BUY ONE... GET 1 FREE!</p> <p>GRAVY BUY ONE... GET 1 FREE!</p>	<p>CREST FRESH 'N VAC (3-oz. SIZE 99¢)</p> <p>CARPET CLEANER BUY ONE... GET 1 FREE!</p> <p>WEIGHT WATCHERS CREAMY (16-oz. SIZE \$1.19)</p> <p>ITALIAN DRESSING BUY ONE... GET 1 FREE!</p> <p>(3.5-oz. SIZE 31¢)</p> <p>POUCH BISQUICK BUY ONE... GET 1 FREE!</p> <p>GARCIA (18 1/2-oz. SIZE 39¢)</p> <p>BLACK BEANS BUY ONE... GET 1 FREE!</p>	<p>MAPLE RIVER (12-oz. ROLL \$1.59)</p> <p>BREAKFAST ROLL BUY ONE... GET 1 FREE!</p> <p>BORDEN'S (QT. 79¢)</p> <p>BUTTER BUY ONE... GET 1 FREE!</p> <p>MILK BUY ONE... GET 1 FREE!</p> <p>(3 PAK/3-oz. 85¢)</p> <p>SUPERBRAND YOGURT BUY ONE... GET 1 FREE!</p> <p>DAIRY PRIDE (QT. \$1.23)</p> <p>HALF & HALF BUY ONE... GET 1 FREE!</p>	<p>FARMLAND PORK AND (12-oz. PKG. \$2.29)</p> <p>BACON BUY ONE... GET 1 FREE!</p> <p>LINKS BUY ONE... GET 1 FREE!</p> <p>HERRERA 6" (14-oz. PKG. 99¢)</p> <p>CORN BUY ONE... GET 1 FREE!</p> <p>TORTILLAS BUY ONE... GET 1 FREE!</p> <p>LAND O' FROST (ALL VARIETIES) (2 1/2-oz. PKG. 59¢)</p> <p>CHIPPED MEATS BUY ONE... GET 1 FREE!</p> <p>HEFTY OR DOR GUARD TALL (20-CT. PKG. \$1.99)</p> <p>KITCHEN BAGS BUY ONE... GET 1 FREE!</p>
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SUPER BONUS SPECIALS

Free!

UP TO 60 EXTRA SUPER BONUS STAMPS

- 20 EXTRA SUPER BONUS STAMPS WITH PURCHASE OF \$15.00 TO \$19.99
- 30 EXTRA SUPER BONUS STAMPS WITH PURCHASE OF \$20.00 TO \$29.99
- 40 EXTRA SUPER BONUS STAMPS WITH PURCHASE OF \$30.00 TO \$39.99
- 50 EXTRA SUPER BONUS STAMPS WITH PURCHASE OF \$40.00 TO \$49.99
- 60 EXTRA SUPER BONUS STAMPS WITH PURCHASE OF \$50.00 OR MORE



WHEN YOU PRESENT THIS VALUABLE COUPON WITH YOUR PURCHASE. LIMIT ONE

COUPON GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

SUPERBRAND GRADE 'A' **LARGE EGGS**

DOZ. **29¢**

1 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

MAXWELL HOUSE **COFFEE**

1-LB. BAG **\$1.79**

2 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

BOUNTY **TOWELS**

JUMBO ROLL **39¢**

3 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

PILLSBURY **FLOUR**

5-LB. BAG **29¢**

4 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

PRICES GOOD MARCH 25-27, 1982

Here's how it works!

1 Pick up free Super Bonus Certificates at our check-out counters

2 You get 1 Super Bonus Stamp for every \$1 you spend. Place 30 Super Bonus Stamps on each certificate.

3 When you check out, present one filled Super Bonus Certificate for each Super Bonus Special you select.

SUPER BONUS SPECIAL

MOUNTAIN DEW, PEPSI LIGHT, DIET PEPSI OR **PEPSI-COLA**

2 LITER BTL. **69¢**

5 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

KRAFT **MAYONNAISE**

QT. **69¢**

6 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

SUPERBRAND (QUARTERS) **MARGARINE**

2 1-LB. PKGS. **19¢**

7 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982

SUPER BONUS SPECIAL

HICKORY SWEET **BACON**

1-LB. PKG. **89¢**

8 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 25-27, 1982



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

Now presenting an exclusive lay-a-way offer!

WOODBERRY COLLECTION STONEWARE

20-PIECE SET LAY-A-WAY CERTIFICATES

49¢ EACH With each \$3.00 purchase

SEE STORE DISPLAY FOR FULL DETAILS

THIS WEEK'S FEATURE

SOUP & CASSEROL **BOWLS** SET OF 4 **\$8.99**

WITH COVER **CASSEROLE** EACH **\$17.99**

We're trying to keep the cost of a good education down.

FUNK & WAGNALLS NEW ENCYCLOPEDIA

Vol. 1 **9¢** Vols. 2 thru 18 \$3.49 each.

HAMMOND WORLD ATLAS ONLY **\$4.98**

SAVE 60¢ LB.

W-D BRAND USDA CHOICE BEEF CHUCK BLADE **CHUCK ROAST**

LB. **\$1.39**

W-D BRAND USDA CHOICE BEEF ROUND BONE SHOULDER Roast \$1.99

SAVE 60¢ LB.

W-D BRAND USDA CHOICE BEEF CHUCK CENTER CUT 7 BONE **CHUCK ROAST**

LB. **\$1.59**

W-D BRAND BEEF ROUND BONELESS BOTTOM ROUND Roast \$1.99

SAVE 60¢ LB.

FULL 1/4 FRESH PORK LOINS SLICED INTO **PORK CHOPS**

LB. **\$1.39**

HICKORY SWEET BONELESS - FULLY COOKED (2.8 LB. AVG.) Buffet Ham . . . \$2.99

SAVE 20¢ LB.

USDA GRADE 'A' FRESH MIX **FRYER PARTS**

LB. **59¢**

SHOW HILL (4 1/2 LB. AVG.) Baking Hens . . . 59¢

SAVE 30¢ LB.

W-D BRAND PURE 100% HANDI PACK (10 LB. PKG.) **GROUND BEEF**

LB. **\$1.29**

CENTER CUT HAM ROAST AND Ham Steak . . . \$1.99

SAVE 30¢

BUSCH **BEER**

6 PAK 12-oz. CANS **\$1.89**

SAVE 30¢ - CHENIN BLANC, FRENCH COLONARD OR ROSE Gallo Wine . . . \$4.59

SAVE 26¢

SOFT 'N' PRETTY (PASTEL, PRINT OR WHITE) **BATH TISSUE**

4-ROLL PKG. **99¢**

ULAC Detergent . . . 42-oz. BOX **99¢**

SAVE 20¢

LIBBY'S **TOMATO JUICE**

46-oz. CAN **69¢**

SAVE 10¢ - THIRTY MAID ELBOW (OVERCCELLI, REGULAR OR THIN) MACARONI & Spaghetti . . . 2 1-LB. PKGS. **\$1.09**

SAVE 20¢

Blue Bay **PINK SALMON**

1 1/2-oz. CAN **\$1.69**

SAVE 20¢ - DIXIE DARING WIENER OR HAMBURGER Buns 2 11-oz. PKGS. **89¢**

SAVE 39¢

ASTOR **FRUIT COCKTAIL**

4 16-oz. SIZES **\$1.99**

CHEK Drinks . . . 12 12-oz. CANS **\$1.99**

SAVE 50¢

SUPERBRAND **ORANGE JUICE**

HALF GAL. **\$1.29**

SUNNY DELIGHT CITRUS Punch 64-oz. SIZE **99¢**

SAVE 50¢

HARVEST FRESH U.S. No. 1 **WHITE POTATOES**

10 LB. BAG **\$1.29**

HARVEST FRESH GREEN Cabbage . . . 2 HEADS **89¢**

SAVE 20¢

SUPERBRAND **Ice Cream or SHERBERT**

HALF GAL. **\$1.19**

SUPERBRAND FUDGE BARS OR Twin Pops . . . 12-PK. **\$1.19**

SAVE 40¢

CRISP 'N TASTY **PIZZA**

12-oz. PKG. **99¢**

SAVE 40¢ - FREEZER QUEEN (BEEF PATTIES, TURKEY CROQUETS, SALISBURY STEAKS OR SLICED TURKEY) Suppers 2-LB. PKG. **\$1.99**

SAVE 47¢

SUPERBRAND ASSORTED FLAVORS **ALL NATURAL YOGURT**

3 8-oz. CUPS **\$1.00**

SAVE 30¢ - SUPERBRAND INDIVIDUALLY WRAPPED SLICED AMERICAN CHEESE Food 17-oz. PKG. **\$1.99**

Popover More Than A Biscuit



Orange-Currant-Glazed Roast Turkey and Viennese Orange-Chocolate Torte make a memorable Seder.

Seder Feast Ideas

For sheer drama there is no feast to compare to the Passover dinner, the Seder, celebrating the freedom from slavery and the Exodus from Egypt of the Hebrews.

The young bride as well as the accomplished homemaker will work hard at the Seder to make sure that everything is perfect. The silver will be polished, the wine chosen for her fine decanter and flowers and candles will be carefully selected, but it is planning the meal itself that takes the most thought. It must be sumptuous and elegant.

A whole turkey breast with a stuffing laden with fruits and nuts, deliciously seasoned, then glazed and roasted to a ruby-red finish is an excellent choice. The stuffing is made with matzoh so it is kosher for Passover, pungent with garlic and onion, seasoned gently with parsley, rosemary and thyme, succulent with fresh Florida orange sections and crunchy with chopped nuts — a melange of fresh flavors tucked under the turkey breast. Basting with Orange-Currant Glaze keeps the breast moist and tender while it roasts, and adds a delicate, indefinable scent to the bird.

With the turkey, serve a fresh green vegetable, broccoli or tender new asparagus, steamed lightly, as well as the traditional carrot and honey trimmes. Viennese Orange-Chocolate Torte offers an extravaganza of flavor. Deliciously rich but light in texture, it is worthy of its place on any holiday table. The chocolate matzoh meal batter is baked, then cut into two layers. Between the layers are spread apricot preserves and fresh Florida orange sections. A chocolate glaze and fresh orange sections decorate the top.

ORANGE-CURRANT GLAZED ROAST TURKEY

- 2 tablespoons pareve margarine
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 can (13 1/2 ounces) chicken broth
- 5 matzohs, broken into 1-inch pieces
- 1 egg, beaten
- 4 Florida oranges, peeled and sectioned, divided
- 1 large apple, seeded and chopped
- 1 cup chopped walnuts
- 1/2 cup chopped parsley
- 3/4 teaspoon salt
- 1/2 teaspoon rosemary
- 1/2 teaspoon leaf thyme
- 1/2 teaspoon pepper
- 1 frozen turkey breast (about 3 1/2 to 4 pounds), thawed

Orange-Currant Glaze (Below)

In large skillet melt margarine; saute onion and garlic until tender. Add chicken broth and matzohs; stir until matzohs are softened. Blend in egg. Reserve sections from 1 orange for garnish. Gently stir

See SEDER, Page 3B

Most of us are familiar with individual popovers that are served in place of muffins or rolls. The American popover may be a spinoff from English Yorkshire pudding but it has its own personality.

Made basically from a batter of flour, milk, egg and salt, the popover is more than "just another biscuit." It can serve as the vessel for a rich filling of your heart's desire — a creamed chicken, shrimp or crab mornay, or in this case, turkey.

TURKEY POPOVER RING

3 eggs

- 1 cup flour
- 1 cup milk
- 1/2 teaspoon salt
- 6 tablespoons butter or margarine
- 1/2 cup diagonally sliced carrots
- 1/2 cup diagonally sliced celery
- One-third cup green onion cuts in 1-inch pieces
- 1 medium clove garlic, minced
- 1 can (10 1/2 ounces) chicken gravy
- 1 cup cubed cooked turkey

1 tablespoon soy sauce
To make batter, beat eggs until foamy. Add flour, milk and salt all at once. Beat until smooth. To make popover, melt 4 tablespoons butter in 1 1/2 quart casserole at 400 degrees. (This may be done in the oven.) Remove from oven and add batter. Bake for 45 minutes or until golden and puffed.

Meanwhile, in saucepan, cook carrots, celery and onions with garlic in remaining butter until tender. Add remaining ingredients. Heat; stir occasionally. Spoon into popover. Serve immediately. This kitchen-tested recipe makes 4 servings.

Pantry

Pride



LET OUR DO THE WITH BONUS BUYS

PILLSBURY CAKE MIXES
ASSORTED VARIETIES
18.5oz PACKAGE

79¢
SAVE 12¢

ALL PURPOSE YELLOW ONIONS

14¢ LB
SAVE 11¢ PER LB

FRESH FLORIDA GRAPEFRUIT

8/\$1
SAVE 24¢

FRESH CRISP FLORIDA CARROTS
LB CELLO BAG

19¢
SAVE 6¢

COMPARE GENERIC FOOD

GENERIC 50oz Auto Dishwash	\$1.29	12"
GENERIC 64oz Apple Juice	\$1.27	11"
GENERIC 24oz Vegetable Oil	.97¢	11"
GENERIC 32oz MEAT OR MEATLESS Mushroom Sauce	.97¢	11"
GENERIC 18oz Moist Cat Food	.93¢	9"

COMPARE GROCERY

WHITE SPRINGS GALLON ULTRA PURE Drinking Water	2/\$1	18"
A & B 5oz Hot Sauce	4/\$1	48"
HUNGRY JACK 3oz INSTANT Potatoes (MASHED)	5/\$1	45"
CONTADINA 15oz Tomato Sauce	2/89¢	10"
2 LITER 7-UP, DIET 7-UP OR CANADA DRY Ginger Ale	4/\$1.15	32"

COMPARE GROCERY

72oz BOX Punch Detergent	\$2.19	30"
24oz BUTTER MAPLE Syrup (NORTHWOODS)	.79¢	50"
MOTT'S 25oz Apple Sauce	.69¢	10"
10oz BOX Cheez-Its (SUNSHINE)	.69¢	18"
BAMA 2 LB Grape Jelly	.99¢	10"

COMPARE PRODUCE

JUCY CALIFORNIA Lemons	12/79¢	20"
5oz WHITE-LB TRAY Mushrooms	\$1.69	20"
20oz CELLO PKG ASSTD Fresh Greens	\$1.19	10"
FRESHLY PACKAGED Slaw or Salad	.58¢	11"
DRY ROASTED 16oz JAR Generic Peanuts	\$1.39	90"

GENERIC BAR-B-QUE SAUCE
18oz BTL
NATIONAL BRAND PRICE 65¢

59¢

PANTRY PRIDE VEGETABLE OIL
48oz
SAVE 30¢

\$1.69

INGLENOOK WINE
CHATEAU BURGUNDY CHENIN BLANC ROSE OR FRENCH COLOMBARD
1.5 LITER
SAVE \$1.10

\$3.99

SCHMIDT'S BEER
6 PACK 12oz N.R. BOTTLES

\$1.59

GENERIC MUSTARD
32oz JAR
NATIONAL BRAND PRICE 99¢

59¢

GENERIC DOG BURGERS
72oz
NATIONAL BRAND PRICE \$3.29

\$2.29

STOKLEY GREEN BEANS
CUT OR FRENCH
18oz CAN
SAVE 14¢

39¢

THANK YOU PURPLE PLUMS
18oz
SAVE 20¢

39¢

SWEET 'N LOW
100 COUNT
SAVE 10¢

79¢

BUMBLE BEE TUNA
IN WATER OR OIL
6.5oz CAN
SAVE 10¢

79¢

GALA TOWELS
ASSTD. OR PRINT
85 SQ. FT.
SAVE 20¢

69¢

DYNAMO LIQUID DETERGENT
120oz
\$1.00 OFF LABEL

\$6.45

COMPARE GENERIC FOOD

GENERIC 300 Cosmetic Puffs	2/\$1	11"
GENERIC 32oz GREEN Mouthwash	.99¢	12"
GENERIC 4oz Black Pepper	.69¢	11"
GENERIC 5.5oz SCALLOPED OR AUGATHN Potatoes	.65¢	7.5"

COMPARE GROCERY

15oz CAN REG. OR HOT Hormel Chili	.79¢	18"
COTTON Deck Mop	\$1.69	20"
FOR TEFLON SET OF 3 Pot Scourers	.59¢	10"
STEP-LITE 4 PIECE STACKING CONTAINER Storage Set	\$2.99	12"

COMPARE GROCERY

10oz JAR INSTANT COFFEE Maxwell House	\$4.99	10"
WHITEHOUSE 64oz Apple Juice	\$1.29	40"
3oz PORK SHRIMP CHICKEN BEEF OR MUSHROOM Noodles BAMA PANTRY PRICE	5/\$1	12"
POUND CAN Coffee CHECK FULL OF NUTS	\$2.33	10"

COMPARE GROCERY

COMSTOCK 21oz CHERRY Pie Filling	\$1.59	10"
CARNATION 10 QUART Instant Milk	\$3.99	80"
MARTHA WHITE 7.5oz CORN Muffin Mix	2/49¢	13"
POUKA DOT 10 LB BAG Long Grain Rice	\$2.79	40"

10¢ OFF J.R. 443 643

FOLGER'S FLAKED COFFEE
13oz BAG
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

10¢ OFF J.R. 440 640

NABISCO 13.5oz NUTTER BUTTER 18oz WHEAT THINS OR 13oz TRISCUIT
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

25¢ OFF J.R. 442 642

LIGHT N' LIVELY ICE MILK HALF GALLON
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

10¢ OFF J.R. 441 641

BOLD DETERGENT
40oz BOX
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

20¢ OFF J.R. 445 645

MAXWELL HOUSE COFFEE
REG., EP, A.D.C. OR DRP LB BAG
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

20¢ OFF J.R. 439 639

NABISCO OREO
16oz or 20oz NABISCO DOUBLE STUFF OREO
WITH THIS COUPON GOOD THRU WED, MAR 31, 1982

Easter Eggs Fun Family Project

If you thought Easter eggs could only be bought in the store — guess again! Maple Fondant Easter Eggs can be made by you and your family with only a few ingredients.

MAPLE FONDANT EASTER EGGS

Maple Fondant:
 One 16-oz. pkg. confectioners sugar
 1/4 cup butter or margarine, softened
 1/4 teaspoon salt
 1-3rd cup maple flavored table syrup

5 to 6 drops red or green food coloring, if desired

Chocolate Coating:
 One 8-oz. pkg. (1 cup) semi-sweet chocolate pieces
 1 tablespoon vegetable shortening

For maple fondant, combine sugar, butter and salt in medium bowl. Beat at low speed on electric mixer about 1 minute or until blended. Combine syrup and food coloring; stir into sugar mixture. Knead mixture on unfloured surface 2 to 3 minutes or until smooth and satiny. Shape to form 1 to 1-1/4-inch

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balls; continue shaping balls into eggs. Place on wax paper-lined cookie sheet; refrigerate several hours or until firm.

For chocolate coating, melt together chocolate and shortening in 1-qt. saucepan over low heat, stirring occasionally until smooth. Cool 10 minutes. Swirl each egg through chocolate, coating thoroughly. Return to cookie sheet; chill until chocolate is set. Store in refrigerator. Makes about 3 dozen candies.

PRICES TALKING & EVERYDAY LOW PRICES.



...Seder

Cont'd From Page 4B

remaining orange sections, apple, nuts, parsley, salt, rosemary, thyme and pepper into a matzoh mixture.

Pull apart ribs of turkey. Fill with matzoh stuffing. Place aluminum foil over stuffing. Turn breast over onto rack in roasting pan. Stuff and truss neck cavity. (Extra matzoh stuffing may be baked in covered casserole during last half hour of roasting.) Brush turkey breast with Orange-Currant Glaze. Repeat basting during roasting time. Insert meat thermometer into thickest part of meat. Roast in a 350 degree F. oven 1 1/2 hours, until meat thermometer registers 185 degrees F. or until juices run clear when turkey breast is pierced with fork. Let rest 20 minutes before carving. Garnish with parsley, orange sections and carrot curls. Yield: 6 to 8 servings.

ORANGE-CURRANT GLAZE:

1 jar (10 ounces) currant jelly
 1/4 cup Florida orange juice
 1/2 teaspoon grated orange peel

In small saucepan combine jelly, juice and grated orange peel. Cook, stirring constantly, until jelly melts and mixture is smooth. Boil 1 to 2 minutes until mixture thickens slightly. Keep warm.

VIENNESE ORANGE-CHOCOLATE TORTE:

8 eggs, separated
 1 cup sugar, divided
 2 squares (2 ounces) semi-sweet chocolate, melted
 1/4 cup Florida orange juice
 1 teaspoon grated orange peel
 2 cups ground walnuts, divided

one-third cup matzoh cake meal
 one-third cup potato starch
 2 Florida oranges, peeled and sectioned
 Orange Filling (Below)
 Chocolate Glaze (Below)

In small bowl, combine egg yolks and 1/2 cup sugar, beat until thick and lemon covered. Blend in melted chocolate, orange juice and grated peel. Mix together 1 cup ground nuts, matzoh cake meal and potato starch. Fold into yolk mixture. In large bowl beat egg whites until foamy. Gradually add remaining 1/2 cup sugar, beating until stiff peaks form. Gently fold yolk mixture into meringue. Turn into an ungreased 10 x 4 1/2-inch tube pan. Bake in a 350 degree F. oven 55 to 60 minutes. Invert pan and let hang to cool completely. Remove from pan. Slice cake in half horizontally. Spread Orange Filling evenly over bottom layer. Place second cake layer on top. Spread Chocolate Glaze over top of cake and garnish with remaining 1 cup ground nuts and orange sections. Yield: 10 to 12 servings.

ORANGE-FILLING:

1 jar (10 ounces) apricot preserves
 2 Florida oranges, peeled and sectioned

In small saucepan melt apricot preserves, stir in orange sections. Cook 5 minutes.

CHOCOLATE GLAZE:

1/4 cup Florida orange juice
 6 squares (6 ounces) semi-sweet chocolate

In small saucepan heat orange juice just until boiling; remove from heat. Add chocolate, stir until melted and smooth. Cool 5 minutes.

Who's Cooking?

The Herald welcomes suggestions for Cook Of The Week. Do you know someone you would like to see featured in this spot? There is something for everyone in the line of cooking.

Novice cooks, as well as master chefs, add a different dimension to dining. Please contact OURSELVES Editor Doris Dietrich about your news and views on cooking.

BONUS BUY

SLICED ASSORTED PORK CHOPS

OVER 3 LBS

99¢ LB

SAVE 60¢ PER LB

BONUS BUY

BONELESS SMOKED TURKEY HAM

\$149 LB

SAVE 50¢ PER LB

Choice Beef **BONUS BUY**

WHOLE IN BAG- TRIMMED SIRLOIN TIPS

CAP OFF- CUT & WRAPPED FREE 8 TO 10 LBS

\$179 LB

SAVE 60¢ PER LB

BONUS BUY

PANTRY PRIDE PURE FLORIDA ORANGE JUICE

HALF GALLON CARTON

99¢

SAVE 60¢

COMPARE MEAT **EVERYDAY LOW PRICE** **SAVE**

3 LB PKGS- FISH

Whiting (DRESSED) **49¢** 30¢

OVER 3 LBS- BEEF PATTIE MIX

Great Ground **99¢** 20¢

FRESH- MEDIUM SIZE

Pork Spare Ribs **\$139** 20¢

ON-COR BREADED VEAL PORK CHICKEN OR CHUCK WAGON

Cooked Patties **\$149** 20¢

MATLAW- 15oz PKG. EGG, LOBSTER OR

Shrimp Rolls **\$139** 30¢

Family Size Packages

BUY BIG, SAVE BIG- OVER 5 LBS

FRESH FLA. OR GA. PREMIUM GRADE- THIGHS, DRUMSTICKS, BREASTS WITH RIBS- PICK O' THE CHICK

Fryer Combination Pkg. **99¢** 30¢

CENTER CUT

Pork Chops **\$169** 80¢

U.S.D.A. CHOICE BEEF

Cubed Chuck Steaks **\$199** 80¢

U.S.D.A. CHOICE BEEF

Boneless Rib Eye Steak **\$379** 11¢

COMPARE DAIRY **EVERYDAY LOW PRICE** **SAVE**

CHEESE PRIDE- 12oz PKG. SINGLY WRAPPED

Cheese Product **\$119** 40¢

LB PKG- POWER PAK SPICED LUNCHEON PICKLE FRENCH SALAMI

Lunch Meats (LYRES) **99¢** 30¢

ANEURODS- 24oz CUPS EASY DIET

Cottage Cheese **\$129** 40¢

GOLDENICK- 2 LB PKG

Cheese Spread **\$259** 70¢

LB PKG- JUMBO MEAT ON BEEF

Sunnyland Franks **\$150** 40¢

PANTRY PRIDE SODAS

79¢ 2 LITER

SAVE 10¢

MORTON JELLY DONUTS

88¢ 11oz FROZEN

SAVE 15¢

PANTRY PRIDE GRAPEFRUIT JUICE

69¢ 46oz

SAVE 8¢

HORMEL SPICED LUNCHEON MEAT

IN THE DELI BAKERY STORES ONLY

99¢ HALF POUND

SAVE 60¢ PER LB

PANTRY PRIDE KING SIZE BREAD

22oz LOAVES **3/\$129** SAVE 18¢

PANTRY PRIDE HOT DOG OR HAMBURGER ROLLS

8 PAK **3/\$129** SAVE 18¢

PANTRY PRIDE TEA BAGS

\$139 100 CT. SAVE 10¢

CHAMP DOG RATION

\$359 25 LB BAG SAVE 40¢

SUNSHINE KRISPY SALTINE CRACKERS

69¢ 16oz BOX SAVE 24¢

FINESSE CONDITIONER

\$139 7OZ SAVE 90¢

FRESH BAKED KAISER ROLLS

JUMBO **6/69¢** SAVE 30¢ DOZEN

FRESH BAKED EXOTIC PINA COLADA

2 LAYER CAKE **\$299** SAVE \$1.00

COMPARE BAKERY **EVERYDAY LOW PRICE** **SAVE**

PANTRY PRIDE- 12 PAK ROLLS (PARTY FLAKE) **2/98¢** 40¢

PANTRY PRIDE- 12 PAK ROLLS (CLOVERLEAF) **2/98¢** 40¢

ALUNT HANNAN- Box Angel Food Bar **99¢** 10¢

18oz LOAF- FAMOUS RYE OR BREAD (PUMPERNICKEL) **99¢** 10¢

COMPARE FROZEN **EVERYDAY LOW PRICE** **SAVE**

NATURAL SUN- 12oz FROZEN LOW PULP OR HIGH PULP

Orange Juice **99¢** 20¢

BIRDSEYE- Box FROZEN

Cool Whip **79¢** 14¢

OREGON FARMS- 16oz FROZEN

Carrot Cake **\$199** 28¢

MRS. SMITHS- 8.5oz FROZEN LORRAINE FLORENTINE OR MUSHROOM

Quiche **\$229** 10¢

COMPARE **REININ & MAINTAIN AID** **EVERYDAY LOW PRICE** **SAVE**

PANTRY PRIDE- 7oz REGULAR OR MINT

Toothpaste **89¢** 20¢

30's

Anacin Tablets **99¢** 40¢

8 PAK

Bic Shaver **89¢** 20¢

20's EXTRA STRENGTH OR CAFFEINE FREE

Dexatrim DIET CAPSULES **\$279** 20¢

COMPARE PREPARED FOODS **EVERYDAY LOW PRICE** **SAVE**

ONE PORK CHOP & 1 PIECE OF CHICKEN- DARK OR WHITE WITH 2 VEG. & ROLL

Combo Dinner **\$199** 50¢

VEGETARIAN DINNER WITH THREE HOT VEG. & A ROLL

Baked Macaroni **\$179** 60¢

HALF POUND- LEAN

Sliced Pastrami **\$239** 11¢

HALF POUND- STORE SLICED

American Cheese **\$149** 20¢

BLUE PLATE MAYONNAISE

\$119 32oz JAR

SAVE 10¢

SUNSHINE VANILLA WAFERS

79¢ 11oz BOX

SAVE 40¢

KRAFT BAR-B-QUE SAUCE

SMOKED, REGULAR OR HOT

82¢ 18oz BTL

BUY-1 GET-1 FREE PLANTER'S

PECAN HALVES- 6.25oz BAG
 WALNUT HALVES- 6oz BAG

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEK

by Howie Schneider



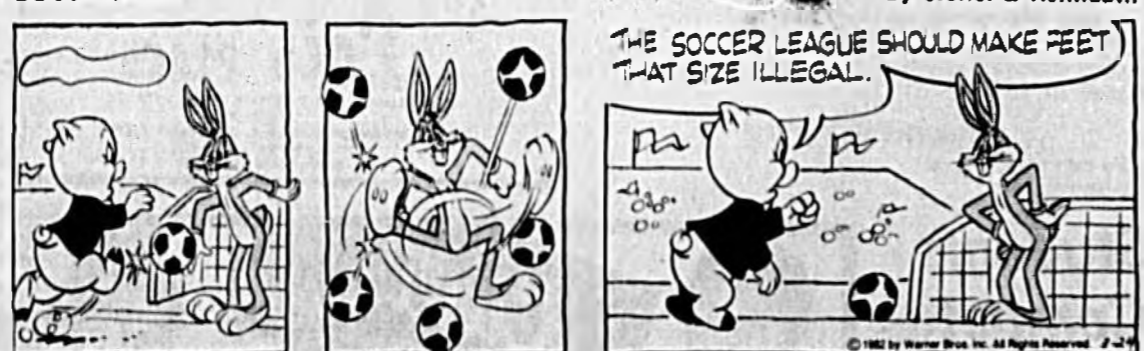
PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heilmahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

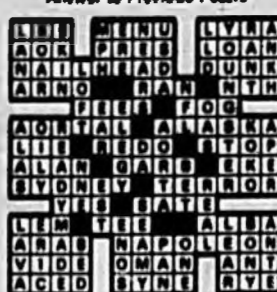
by T. K. Ryan



ACROSS

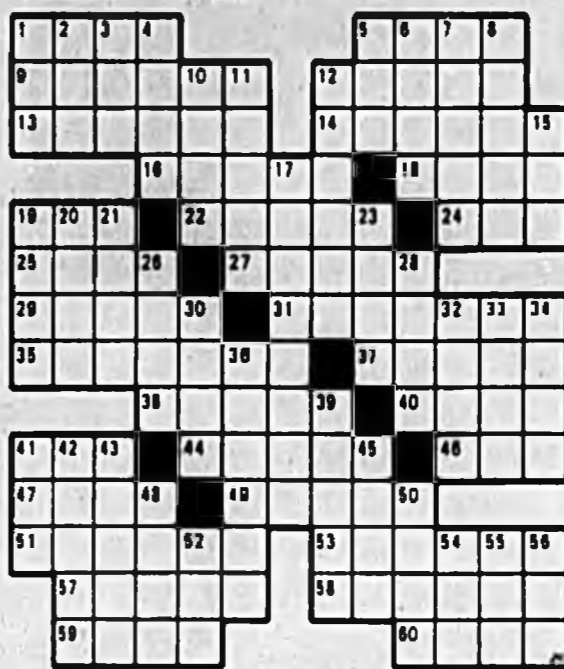
- 1 Mountain pass in India
51 Hebrew word
52 Catches
53 East in race
54 Easy
55 Withstand
56 Aquatic mammal
57 Diver's forte
58 Eighth month (abbr.)
59 President
60 Rubber rug
61 Dull color
62 Natural incline
63 Having aches
64 Similar element
65 Cunning
66 Domesticated
67 Tossed greens
68 Beverages
69 Diving land
70 Becomes faint
71 Depression initials
72 Hebrew holy day (abbr.)

Answer to Previous Puzzle



DOWN

- 17 Cliff
18 Eras
20 River in Russia
21 Indiana city
22 Location
23 Comp. (pl.)
24 State (pl.)
25 Hard of hearing
26 August
27 Arab country
28 Confused
29 Requires
30 Measure of heat
31 Arab country
32 Diving land
33 Requires
34 Depression initials
35 Hebrew holy day (abbr.)



HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, March 25, 1982

YOUR BIRTHDAY

March 25, 1982

Aries are noted for their inventiveness and originality. These characteristics are likely to be enhanced in you this coming year.

LIBRA (Sept. 23-Oct. 23) For the sake of your honor and reputation, stand by your promises and commitments today, even if you feel you've made a bum deal.

TAURUS (April 20-May 20) You're well aware of things that need changing today and you'll have some clever solutions.

GEMINI (May 21-June 20) In dealing with friends today, don't make who is right or wrong a big issue.

CANCER (June 21-July 22) There's a possibility today that you could experience more competition than usual from coworkers.

LEO (July 23-Aug. 22) When discussing serious subjects today, try to keep everything

as light as possible. If you come on strong, so will others.

SCORPIO (Oct. 24-Nov. 22) Your possibilities for gain from your industriousness and efforts look good today.

SAGITTARIUS (Nov. 23-Dec. 21) If left to your own devices today you'll be able to manage difficult situations nicely.

AQUARIUS (Jan. 20-Feb. 19) Persons who take themselves and their ideas too seriously should be avoided today.

PISCES (Feb. 20-March 20) Financial conditions could be a stand-off for you today.

Virgo (Aug. 23-Sept. 22) Commercial matters which appear to be running smoothly could take a sudden, unexpected turn for the worse today.

Capricorn (Dec. 22-Jan. 19) You're good at getting things done today, as long as your energy level is up.

Financial conditions could be a stand-off for you today. You have high card points in the combined hands. Again you have to locate the queen of spades.

New Treatment For Those Hot Flashes



Dr. Lamb

DEAR DR. LAMB - I have found that menopausal hot flashes are treated very casually. Many people consider this a laughable condition.

DEAR DR. LAMB - Your column on antacids raised a question in my mind. Can the blood in the overall system acquire acidity even though the stomach and the digestive tract seem to be entirely free of excessive acid?

DEAR READER - They are certainly not rare. Some women said through the menopause without problems, usually because they are producing enough estrogen from the adrenal gland to help prevent sudden changes in hormone levels.

DEAR READER - What happens inside your stomach and in the opening in the long digestive tube is quite different from what occurs inside the body enveloped by the skin and the lining of the digestive tract - your muscles, circulation and vital organs.

The acidity inside your body is kept very constant. We call it the pH of the body.

You might talk to your doctor about trying some other newer methods to control hot flashes that would not pose the same risks estrogen might for you.

It is probably also a good idea to avoid coffee, tea and colas containing caffeine. Caffeine increases the

adrenaline response.

I am sending you The Health Letter number 5-12, Menopause, which may be helpful. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1351, Radio City Station, New York, NY 10019.

DEAR DR. LAMB - Your column on antacids raised a question in my mind. Can the blood in the overall system acquire acidity even though the stomach and the digestive tract seem to be entirely free of excessive acid?

DEAR READER - They are certainly not rare. Some women said through the menopause without problems, usually because they are producing enough estrogen from the adrenal gland to help prevent sudden changes in hormone levels.

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It is probably also a good idea to avoid coffee, tea and colas containing caffeine. Caffeine increases the

WIN AT BRIDGE

There is a difference here. Today you are playing against a strange pair in a duplicate tournament.

WEST NORTH EAST SOUTH
A102 A108 KQJ4 AK10
863 875
7542 763
1096 112
887 872

Vulnerable: Neither Dealer: South
West North East South
Pass NT Pass Pass

Opening lead: 10

By Oswald Jacoby and Alan Sontag

Today's hand is very similar to yesterday's. Again you are in seven no-trump with 38 high card points in the combined hands.

Today you are playing against a strange pair in a duplicate tournament. The only thing you know about them is that they aren't experts. Still, even a non-expert pair is likely to recognize that spades is the key suit in the event that you show the queen of clubs and queen of hearts.

In a similar situation, British expert Terence Reese suggested that you take an unusual method of getting information.

Terence let the first diamond run to his ace. Then, after some slight thought he led his jack of hearts.

West had a slight problem before playing the four spot. Now Terence came back to his hand with the queen of clubs and led the jack of spades.

This time West had another slight problem. Terence went up with dummy's ace and eventually finessed against East's queen. It wasn't that West was unethical. The hesitations were very slight, but Terence decided that if West held the queen of spades he would not have acted the same way in spades as he had in hearts.

ANNIE



GARFIELD

by Jim Davis



by Leonard Starr



Dieters Explore Italian Festival

Celebrating their 16th annual Spring Open House, The Diet Workshop will be giving away an Italian Festival Cookbooklet to all members and guests attending Diet Workshop classes the week of March 22.

A sampling of recipes included is the following Diet Lasagna:

DIET LASAGNA

1 pound lean ground beef or veal
 1/4 cup minced onion
 1 8-ounce can tomato sauce

1 teaspoon basil
 1 teaspoon chopped parsley
 1/4 teaspoon oregano
 dash garlic salt
 dash pepper

1 4-ounce can mushrooms, drained
 1 10-ounce package frozen, chopped spinach, thawed and well drained
 8 ounces low-fat cottage cheese

Evening Herald, Sanford, Fl. Wednesday, March 24, 1982-3B

4 ounces skimmed-milk mozzarella cheese, shredded
 Preheat oven to 375 degrees. In medium-size skillet, saute ground meat and onion until onion is tender and meat is browned. Add tomato sauce, basil, parsley, oregano, garlic salt, pepper and mushrooms. Combine spinach and cottage cheese. In 8-inch square baking dish, arrange in layers spinach mixture, meat mixture, then mozzarella cheese. Repeat layering, ending with cheese. Bake 20 minutes or until hot.

Treats Travel Well

Brown-bagging is a way of life for millions of Americans. For some, taking lunch to work is a daily ritual. Others brown-bag occasionally.

Aside from the usual range of sandwiches, brown-baggers enjoy cottage cheese, fruits, strips of vegetables, hot soup and a sweet or two. Oatmeal-nut or raisin-bran cookies travel well and fit into the brown-bagger's diet quite well, too. They're also good to have on hand for after-school snacks for youngsters to eat with fruit juice or milk.

OATMEAL-NUT COOKIES

3 cups quick oats
 1 cup unsifted flour
 1 teaspoon ground cinnamon

1/2 teaspoon baking soda
 1 cup firmly packed brown sugar
 1/2 cup real mayonnaise

1 egg
 2 teaspoons vanilla
 1 cup chopped walnuts

In medium bowl, stir together oats, flour, cinnamon and baking soda. In large bowl with mixer at high speed, beat sugar, mayonnaise, egg and vanilla 2 minutes. Reduce speed to low; beat in oats mixture until well-blended. Stir in walnuts.

Drop by level tablespoonsfuls 3 inches apart on greased cookie sheets. Bake in 350-degree oven 10 to 12 minutes or until lightly browned. Immediately transfer to wire rack; cool. This kitchen-tested recipe makes about 4 dozen cookies.

Raisin-Bran Cookies: Follow recipe for Oatmeal-Nut Cookies. Omit oats and walnuts. Use 3 cups bran cereal and 1 cup raisins.

Vitamin Research Results

By GAYNOR MADDOX
 Special to The Herald
 We all know that vitamin C is vitally important to health. But several recently published reports on the effects of this vitamin may come as a surprise.

Jerry Rivers, professor in Cornell University's Division of Nutritional Sciences, says that "people who take supplements of ascorbic acid (vitamin C) should not expect any dramatic effects."

She recommends supplements for people who are not certain that they are getting at least 60 milligrams of vitamin C a day.

This amount can be obtained from a 4-ounce glass of orange or grapefruit juice or one regular serving of citrus fruit, tomatoes, dark green leafy vegetables, green peppers or sweet potatoes.

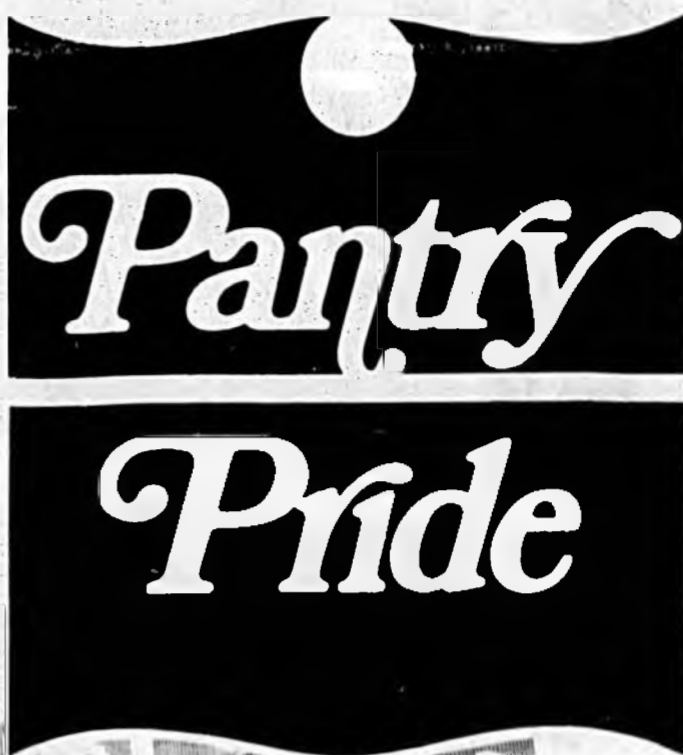
As to the controversy over vitamin C and the common cold, Ms. Rivers says: "Although it is not proven, evidence indicates that a gram (1,000 milligrams) of ascorbic acid might be beneficial at the beginning of a cold. Research to date supports claims that there are no ill effects of taking extra doses in such cases."

"But there's just no hard proof that large doses can prevent a cold, and the evidence that they can shorten one is just barely significant."

There appears to be a connection between smoking and vitamin C. Swiss researchers have found that smokers break down vitamin C more quickly than do non-smokers.

They suggest that the recommended daily allowance of vitamin C be raised from the current 60 milligrams to 100 milligrams for non-smokers and 140 milligrams for smokers.

IF YOU WANT TO BE SURE...



TAKE THE PRICE TEST

IF YOU ARE NOT ALREADY A PANTRY PRIDE SHOPPER TAKE THE PRICE TEST. CHECKING THE TOTAL COST OF YOUR MOST RECENT GROCERY PURCHASES AGAINST THE TOTAL COST AT PANTRY PRIDE WILL SHOW YOU HOW MUCH YOU SAVE SHOPPING PANTRY PRIDE. ONE TEST WILL PROVE OUR POINT!

Your Total Food Bill will Total Less!

<p>BONUS BUY</p> <p>LARGE MEATY TURKEY DRUMSTICKS</p> <p>OVER 5 LB PKG. 39¢ LB SAVE 30¢ PER LB</p>	<p>BONUS BUY</p> <p>MARKET STYLE SLICED BACON</p> <p>OVER 3 LBS 99¢ LB SAVE 40¢ PER LB</p>	<p>BONUS BUY</p> <p>FRESH FLORIDA CELERY</p> <p>LARGE STALK 29¢ SAVE 10¢</p>	<p>BONUS BUY</p> <p>FRESH GREEN FLORIDA CABBAGE</p> <p>12¢ LB SAVE 5¢ PER LB</p>
<p>BONUS BUY</p> <p>SIRLOIN TIP ROAST TRIMMED CAP-OFF</p> <p>\$1.89 LB SAVE \$1.10 PER LB</p>	<p>BONUS BUY</p> <p>SIRLOIN TIP STEAKS TRIMMED CAP-OFF TWIN PACK</p> <p>\$1.99 LB SAVE \$1.50 PER LB</p>	<p>BONUS BUY</p> <p>NEW CROP WESTERN CANTALOUPE</p> <p>EACH 89¢ SAVE 20¢</p>	<p>BONUS BUY</p> <p>U.S. NO. 1 WHITE POTATOES</p> <p>10 LB BAG \$1.19 SAVE 30¢</p>

Check out our Meat & Produce Bonus Buys!

PRICES EFFECTIVE WED., MAR. 24 THRU THUR., MAR. 30, 1982. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES, NONE SOLD TO DEALERS, NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.

Invisible Braces

Sanford Doctor Helps Put An End To 'Metal Mouth'

By JANE CASSELBERRY
Herald Staff Writer

The dreaded "tin grin" is no longer necessary for most persons needing braces. With a new development, "Only your orthodontist knows for sure," says 31-year-old Sanford orthodontist Dr. John R. "Bob" Smith.

Smith was one of seven orthodontists from four states selected to help develop a new system of "invisible" braces. He spent his private practice in Sanford in August 1977, and has satellite offices in Tallahassee and Orlando.

He now has more than 30 of his adult and teenage patients wearing braces which are applied to the back, or lingual side of the teeth. He is one of the first orthodontists in the U.S. to use invisible braces as an optional treatment method for patients such as actor Charlton Heston's daughter Holly.

"It has added an exciting new dimension to the practice of orthodontics," says Smith. "The invisible braces are not made to replace conventional methods, but are one more tool to help the patient develop optimum dental health. It is revolutionary; for the first time we can offer an alternative."

Smith said he was chosen for the task force because it was looking for young practitioners with research experience. As a member of the task force helping Ormco, a division of the Evanston, Ill.-based American Hospital Supply Corp., Smith has been fitting patients since early 1981.

He says he finds that his patients who wear the invisible braces quickly become accustomed to having them on their teeth. What is more important, the lingual-treatment results are meeting his professional expectations.

"In one case, we were concerned about the tongue adapting to the presence of the lingual braces, but we found that within two weeks the patient had adjusted and has also accommodated to a change in speech," he said.

Lingual orthodontics (lingual is dental terminology for the tongue side of the teeth) differs primarily from the more conventional "outside," or labial, braces in that the brackets and wires are placed invisibly on the lingual surfaces of most of the teeth.

Like conventional braces, or appliances as they are called by orthodontists, the lingual appliance serves to move the teeth within the jaws and to help correct disharmony between the upper and lower jaws.

Many adults are resorting to braces not only for a better appearance but also because misaligned teeth can lead to periodontal disease and tooth loss. Orthodontic treatment can also be helpful in correcting temporal mandibular joint (TMJ) dysfunction—a painful joint ailment—as well as other dental problems.

Among Smith's patients with the invisible braces are several lawyers and wives of local professional people. "They are highly motivated people and are enthusiastic about the results that become apparent within four to six months," he says.

Since word has gotten out about the invisible braces, he says, several patients have come in to request them or inquire about them.

The lingual braces are not for everyone, Smith emphasizes. Each case is evaluated individually, but he says he has found that 70 to 80 percent of his patients can opt to have them if they wish.

Although the overall treatment time (two years) for wearing the braces is about the same, Smith says he has found that it takes 30 to 50 percent longer for each appointment. As a result, they cost 30 percent more than conventional braces. "The new method is not any more effective, but it means that self-conscious patients who previously rejected braces because of how they might look now have an alternative," he says.



"The new method is not any more effective, but it means that self-conscious patients who previously rejected braces because of how they might look now have an alternative."
— Dr. John R. "Bob" Smith

that self-conscious patients who previously rejected braces because of how they might look now have an alternative," he says.

"Dentists and orthodontists are concerned about the function of teeth and the repair of dental problems so the patient can keep his teeth as long as possible," says Smith, "but the patient is more concerned about how it will look or what others might say."

"It's a team effort between the dentist and the orthodontist working hand in hand," he adds. "In addition to brushing and flossing, patients with braces also need dental checkups every three months to make sure cavities don't develop."

Smith received the Milo Hellman Research Award in 1978 for an article on "Bone Dynamics Associated with the Controlled Loading of Bioglass-Coated Aluminum Oxide Endosteal Implants." The article, subsequently published in the December 1979 issue of the American Journal of Orthodontics, was based on his research with monkeys while working toward his master's degree.

He received his undergraduate dental degree at Emory University, Atlanta, with highest honors in 1975 and was graduated from the University of Washington's orthodontic program in 1977. While at Emory, Smith received an honorary mention for his work as a student clinician of the American

Dental Association, and participated as a table clinician at the 115th annual session of that group in 1974.

The grandson of the late Sanford physician Dr. Alonzo Smith, Smith was in the fifth grade when his parents, William and Mildred Smith, moved from Sanford to Melbourne in 1961. When he got ready to open a practice, the young orthodontist wanted to move back to Sanford.

He is married, and he and his wife, Gail, are expecting their first child.

Smith and others on the task force are holding seminars around the country to familiarize hundreds of other or-



HOLLY HESTON
...wearing invisible braces

thodontists with the new technique. This year he has seminars scheduled in Chicago, Boston, San Francisco, Atlanta and New Orleans. As additional orthodontists are trained, they also make evaluations of the new method.

As a featured speaker at the seminars, Smith shares with other orthodontists the treatment methods he has found most efficient for installing and adjusting the lingual braces.

Ormco claims to be the first company to develop a lingual orthodontic laboratory that customizes the lingual orthodontic braces for each individual patient.

AREA DEATHS

DAVID L. SHEPPARD JR.
David Lee Sheppard Jr., 4, 1501 Douglas Ave., Sanford, died Friday at a neighbor's home. Born Aug. 8, 1977, he attended Midway Headstart Center.

Survivors include his parents, Mr. and Mrs. David Lee Sheppard, Sr.; two brothers, Markis and Daniel; his grandfather, Alji Sheppard, his grandmothers, Mrs. Mae Retha Sheppard and Mrs. Gladys Lee; a great-grandmother, Mrs. Gertrude Jenkins; his godparents, Mr. and Mrs. Hubert Burch, Sanford; and numerous aunts, uncles and cousins.

Funeral services will be held at 3 p.m. Saturday at Tabernacle of Prayer, 950 W. 13th St., Sanford.

Sunrise Funeral Home is in charge of arrangements.

HARLAN T. MITCHELL.
Harlan T. Mitchell, 74, of 601 N. U.S. Highway 17-92, Casselberry, died Tuesday at his home.

Born May 19, 1907, in Mayville, Mich., he was a seasonal resident. He was a retired employment officer with Chrysler Corp. and was a Protestant and a Mason.

Survivors include his wife, Eva; a daughter, Mrs. Martha Kenyon, Chicago; a son, David, West Bloomfield, Mich.; and two grandchildren.

Cox-Parker Funeral Home, Winter Park, is in charge of arrangements.

ESTELLA M. FOLEY.
Mrs. Estella M. Foley, 67, of 609 Dolphin Road, Winter Springs, died Tuesday at Americana Health Care Center, Winter Park.

Born in Detroit Dec. 30, 1914, she moved to Winter Springs from Brazil in 1960. She was a store manager and a Protestant. She was a member of the Orange Squares.

Survivors include her husband, John P.; two sons, William J. Sutherland, Brighton, Mich., David A. Sutherland, New York City; a sister, Mrs. Margaret A. Legris, Michigan; six grandchildren; and three great-grandchildren.

Baldwin-Fairchild Funeral Home, Orlando is in charge of all arrangements.

MARIA G. ABELLA.
Mrs. Maria Garcia Abella, 69, of 2604A Hiawatha Ave., Sanford, died Monday at Florida Hospital-Orlando. Born in Puerto Rico Feb. 15, 1913, she moved to Sanford from there in 1975. She was a retired waitress and a Catholic.

Survivors include her husband, Luis, Miami; two daughters, Mrs. Myrna Moes, Altamonte Springs, Mrs.

Sylvia Pietri, Kentwood, Mich.; a brother, Eddie Garcia, San Juan, Puerto Rico; a sister, Mrs. Aida G. Cambier, San Juan; and a grandchild.

Winter Park Funeral Home, Winter Park, is in charge of arrangements.

AGNES L. BLATZ.
Mrs. Agnes L. Blatz, 76, of 104 Cottestmore Circle, Longwood, died Monday at Longwood Health Care Center.

Born in New York City, Jan. 19, 1906, she moved to Longwood from Titusville in 1980. She was homemaker and a Catholic.

Survivors include two sons, James, Wabash, Ind., Warren, Longwood; seven grandchildren; and one great-grandchild.

Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of all arrangements.

GREGORY VENCE.
Gregory Vence, 63, of Route 2, Forest City, died Sunday. Born in Florida, Cuba, April 1, 1918, he moved to Forest City from Philadelphia in 1961. He was a retired cement finisher and was a member of Forest City Spanish Seventh-day Adventist church.

Survivors include his wife, Hilda; two sons, Elvin, David, both of Forest City, Abilias, Columbia, S.C.; a daughter, Miss Jenette Vence, Forest City; three brothers, Herminio, La Verne, Calif., Nicholas, La Sierra, Calif., Efrain, Haleah; five sisters, Mrs. Felida Comensanas, Mrs. Celestina Sales, Mrs. Lydia Flores, all of National City, Calif., Mrs. Cora Lorenzo, La Sierra, Mrs. Maria Herrera, Santa Ana, Calif.; and three grandchildren.

Semoran Funeral Home, Altamonte Springs, is in charge of all arrangements.

MERLA W. BEST.
Mrs. Merla W. Best, 74, of 138 W. Crystal Lake Ave., Lake Mary, died Tuesday at Florida Hospital-Altamonte.

Born Dec. 27, 1907, in Asheville, N.C., she moved to Lake Mary in 1979 from Rocky Mount, N.C. She was a Methodist.

Survivors include three daughters, Mrs. Barbara Smith, Lake Mary, Mrs. Sylvia Boswell, Florence, S.C., Mrs. Judith Taylor, Rocky Mount; two brothers; a sister; seven grandchildren; and two great-grandchildren. Briason-Funeral Home-PA, Sanford, is in charge of arrangements.

FLORENCE A. HARRISON.
Mrs. Florence A. Harrison, 77, of 41 E. First St., Chuluota, died Tuesday at Winter Park Memorial Hospital. Born in Register, Ga., Dec. 2, 1904, she moved to Chuluota from Rockyville, Md., in 1967. She was a retired waitress and was a Baptist.

Survivors include a brother, Richard W. Byrd, Decatur, Ga.; and a sister, Mrs. Murrel Cashion, Chuluota.

Carey Hand Funeral Chapel, Orlando, is in charge of arrangements.

REALTY TRANSFERS

Odyssey Homes Inc. to Dade Sav., Lot 176 Barclay Woods 2nd Addn, \$148,000.
Odyssey Homes Inc. to Dade Sav., Lot 3, Bk A, Columbus Harbor, \$125,400.
(QCD) Gerald J. Cappetta to Susan B. Cappetta, Lot 11, Bk D, The Meadows, UN 1, \$100.
(QCD) Walter J. Gallagher & wife Suzanne to Robert W. Hancock (mar.) Lot 146, Van Arsdale Osborne Brokerage Co. Addn, Black Hammock, \$100.
Jeane T. Smith rep. Est. Norman W. Smith to Norman Will Smith Jr., Lot 3, Colonial Est. 19 98 & Lot 14, \$100.
(QCD) Polly J. Smith to W. Donald Smith, 1/2 of Lot 11 & 1/2 of 12, Lemon Bluff, 1st Addn, \$100.
(QCD) W. Donald Smith to Polly J. Smith, 1/2 of Lot 22 & N 35 of 23, Bk D, Buena Vista Ests., \$100.
John F. Kurzon, Inc. to John F. Kurzon Jr., sgt. Lots 18 & 19, Bk G, Sanlando Tr. 73, 2nd repl., \$100.
John Kurzon Jr., sole survy. Dir. & Tr. to John F. Kurzon Jr., Lots 18 & 19, Bk G, Sanlando Tr. 73, 2nd repl., \$100.
Samuel Swope, et al. Repr. Est. Lytle E. Swope to Samuel G. Swope & Foster Wm. Swope, Lots 23 & 24, repl. Bk CE, Country Club Addn, Casselberry, (corrective) \$100.
Charles A. Lytle & wife Brenda to Robert F. Guernsey & wife Candy W., Lot 1, Paradise Cove, \$22,000.

(QCD) Larry Laitler & wife Jane to Robert F. Guernsey & wife Candy W., Lot 1, Paradise Cove, \$100.
Daniel C. Davis, sgt. to O. Keith Shreve & wife Robin E., Lot 5, Bk F, Oakland Shores 1st Addn, \$87,200.
H. Miller & Sons FL to William C. Casler Jr. & wife Patricia L., Lot 17, Tusawilla Point, \$90,700.
Edward P. Teague & wife Elaine to Howard B. Robinson & wife Linda L., Lot 22, Bk B, The Meadows West, \$81,700.
RCA to Edward N. Zadorian & wife Dorothy, Lot 136, Hidden Lake, PH. II, UN 111, \$30,400.
Natalie Hall, sgt. to Max E. Salas & wife Pamela E., Lot 84, Lake of the Woods Townhouse, Sec. 3, \$27,000.
Park Fin. SVC. Inc. etc. to Richard K. Larson & wife Helen M., Lot 39, Wingfield Reserve Ph. One, \$275,000.
Ronald L. Addington, sgt. to A.W. Johnson & wife G. Beverly, Lot 33, Bk B, Country Club Hts., UN One, \$44,600.
Estate of Joseph B. Martin, etc. to Anna L. Thompson & nb. Houston II Sr., wife of Lot 13, Bk D, Prairie Lake Park, \$30,000.
Shelton Potakoff (mar.) to Rose M. Potakoff (mar.) 5 58 of Lot 5, all of 6 (less 5 71 3) Bk A, South Fern Park S. D., \$100.
Arthur D. Gaynor & wife Mary R. to Lee J. Lenner & wife Sherie H., Lot 3, Bk C, Sweetwater Oaks, Sec. 14, \$129,000.

W.L. Gramkow L.F.D.

Certain qualities are important in any profession: . . . thoughtfulness, understanding, and personal concern. W.L. Gramkow believes in these qualities, and they make his service especially comforting to every family.

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FUNERAL HOME
130 WEST AIRPORT BOULEVARD
SANFORD, FLORIDA
TELEPHONE 322-3213
WILLIAM L. GRAMKOW

CALENDAR

THURSDAY, MARCH 23
SISTER, Inc., noon, Holiday Inn on Lake Monroe, Sanford.
Sanlando Springs Home Extension Club, 9:30 a.m. Sanlando Springs Baptist Church, Palm Springs Drive at State Road 434.
Lake Mary Rotary Club, 8 a.m. Lake Mary High School, Longwood-Lake Mary Road.
Recovery, Inc., 12:30 p.m., Sears Altamonte Mall, Sanford. Seranaders senior citizens dance, 2:30 p.m., Sanford Civic Center.
Starlight Promenaders, 8 p.m., DeBary Community Center.
Democratic Women's Club of Seminole County, 7:30 p.m., Seminole Education Association office, 404 W. 25th St., Sanford.
Florida Audubon Seminole Chapter, 2 p.m., Florida Power & Light building, North Myrtle Avenue, Sanford. County Horticultural Agent Tom Hunt will speak on shrubs.

FRIDAY, MARCH 23
Norman de Vere Howard Chapter United Daughters of the Confederacy, 2 p.m., home of Mrs. Harold Jones, 620 Red Sail Lane, Altamonte Springs. Program on "Ancestors."

SATURDAY, MARCH 27
Craft show, 9 a.m. to 4 p.m., Sanlando United Methodist Church, State Road 434 and Interstate-4, Longwood. Sponsored by Boy Scout Troop 830. Spaces available call 869-4379.

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OURSELVES

Evening Herald, Sanford, Fl. Wednesday, March 14, 1982—18

Cook Of The Week

Love Of Quality Produce Runs In Carli Family

By LOU CHILDERS
Herald Correspondent

Enjoying fresh vegetables and fruits is nothing new for Marnita Carli. She's been enjoying their benefits since "I was a country girl from central Illinois," Marnita says, "and we always had a garden." "Mother and I canned and processed everything we raised," she continues, "and I think that is how I developed a taste for good quality fresh vegetables and fruits."

When Marnita met and married John Carli, she soon learned that he was not fond of sweets. But, he loved to snack on a dessert his mother often made called Grotstule. It mixes up and handles very much like old fashioned egg noodles, but has the flavor of a fried pie crust — not too sweet.

Marnita says, "My favorite thing to do in the kitchen is bake. Most of my family and friends like my sweetrolls and muffins," she says, "and when I find time, I still like to bake both of them."

Marnita's recipe for Refrigerator Muffins is very unusual. It calls for a 15-ounce box of raisin bran and the dough can be kept up to six weeks in a covered container in the refrigerator and used as needed.

The Carlis, residents of The Oaks in Sanford, have worked in Seminole County for 20 years. He is director of services for Sunnyland and she is the registrar at Lake Howell High School. All four of their children, Maria, Carla, Mark and Brent graduated from Seminole High School.

Mrs. Carli says, "Maria is an X-ray tech now in Orlando, and our other daughter, Carla is a Junior at FSU. Our sons, Mark and Brent," she continues, "are the proud owners of 'Carli's', a fresh fruit and vegetable-deli-ornamental plant business."

Marnita says she likes to go to Carli's before the store is open too long, because if she doesn't, one of the boys is saying, "Here, Mom, take this beat up banana home!"

Her sons must have inherited Marnita's love for fresh fruits and vegetables, for she says, "Brent often goes and hand picks what he wants to sell in the store to insure quality and freshness."

"We enjoy stir frying vegetables. It's fun, easy, quick and uses fresh vegetables — something we of course have a lot of."

One of Marnita's favorite salads is fresh Spinach Salad with Poppy Seed Dressing. It can be eaten as a light lunch or served as an accompaniment to any meal.

Marnita says both her mother and grandmother were good cooks, but she learned by trial and error. "When you have four children and you work," she says, "you learn how to cook things that will make good leftovers."

"When all the children were living at home, I used to buy these huge packages of ground beef and fry up a lot of hamburgers at one time," she says. "Then, whenever anyone wanted to satisfy a hunger pang, they could just go to the fridge, pop a cooked hamburger in the microwave and zap it — presto, instant sandwich!"

When the busy Mrs. Carli isn't working at Lake Howell, filling in for an hour or two at her sons' store, or cooking up a storm, she says she enjoys sewing. "Sewing is a hobby of necessity for me," she says. This past week she completed seven garments for Carli's college wardrobe.

"I was so caught up in the sewing project over the weekend that Carla had to remind me we hadn't had a 'real meal.' We finally took time to prepare one Sunday!"

GROSTULE*

6 egg yolks, beaten
Add:
3 tablespoons sugar
4 tablespoons softened butter
Beat until creamy and white. Add enough flour to knead. Roll out very thin and cut into 5 by 1-inch strips. Cut a slit in center of each strip and pull a corner through making a twist. Fry strips in deep fat until lightly browned; lift from oil and drain on paper. Sprinkle with granulated sugar while still hot. May be eaten alone, or serve with a fresh fruit platter.

VEGETABLE CASSEROLE

Cook the following vegetables in microwave according to directions for a par-cook, or cook conventionally until vegetables are par-cooked:
1 separated head of cauliflower
1 bunch of broccoli, separated into flowers
1 pound sweet carrots (the small variety)
When vegetables are par-cooked, cover with 1/4 pound process cheese slices. Microwave or cook until cheese is melted, and serve.

REFRIGERATOR MUFFINS

2 1/2 cups sugar
2 teaspoons salt

Students Compete In DECA Program

Four members of Seminole Community College DECA Club (Distributive Education Clubs of America) attended the 1982 Florida State Junior Collegiate Division Career Development Conference in Kissimmee, on March 4-7 and competed against the best business students statewide. John Gerena placed sixth in the sales representative contest and was close to going to New York City for the National Career Development Conference.

Other members who attended the conference were Gary Heimann, Jeff Young and Chris Brown.

The purpose of the DECA competition is to provide incentive, encouragement and recognition to students who show outstanding individual and/or group achievement.

1 cup salad oil
4 eggs
Cream the above ingredients, then add alternately:
5 cups flour
5 teaspoons baking soda
1 quart buttermilk
Add 1 package raisin bran (15 oz. size)
Mix well. Store in refrigerator in covered plastic container until ready to use. Mixture will keep up to six weeks. When ready to bake, fill muffin cups and bake in a 400 degree oven for 15 to 20 minutes. Serve hot with butter.

LAYERED LETTUCE SALAD

1 1/2 heads of crisp lettuce
1/2 cup chopped green pepper
1/2 cup chopped celery
1 cup salad dressing
1 tablespoon milk
1 Bermuda onion, sliced thin
1/4 cup sugar
1 package frozen peas
1/2 pound shredded Swiss cheese
5 slices fried bacon, crumbled
(You may substitute 1/2 cup water chestnuts for celery if you wish.)

In a large glass bowl, layer salad in the following way: lettuce, salad dressing, sliced onion, sugar (cover onions), peas, portion of chopped vegetables, and cheese. Make at least 2 layers. Chill covered in refrigerator for 12 hours. Toss to serve and sprinkle with crushed bacon crumbs.

SPINACH SALAD WITH POPPY SEED DRESSING

Clean and chill fresh spinach
Slice very thin:
2 hard boiled eggs
2 yellow squash
Green scallions
Crush 4 slices of fried bacon
Arrange spinach, eggs, squash and green scallions attractively on individual salad plates and top with crushed bacon. Add Poppy Seed Dressing, serve immediately.

POPPY SEED DRESSING

1/2 cup sugar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon onion juice
3 tablespoons honey
1 cup salad oil
2 tablespoons poppy seeds
Combine sugar, salt, mustard and onion juice; stir in vinegar. Slowly add oil beating constantly until thick. Add poppy seeds. Let dressing sit for several hours before serving.



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Marnita Carli prepares a 'not too sweet' treat, Grotstule, deep fried strips that are delicious as snacks or accompaniments for a fresh fruit platter.

Herald Photos By Lou Childers

Home Fires Keep Burning For Date Who's 'Honorable'

DEAR ABBY: I am 27, single, attractive and no prude. After a second or third date with a guy (whom I know only casually), he wants me to go back to his apartment, assuring me that his intentions are honorable, but my instincts tell me otherwise. When I politely refuse, he gets mad, then grudgingly takes me home. I never hear from him again.

On those rare occasions when I do go back to his apartment, as soon as the front door is closed, he starts making physical advances. When I refuse them, he gets angry and then takes me home, and I never hear from him again, either.

Surely there must be a way to continue dating a guy without ending up in the bedroom before it is mutually agreeable. But how? Sign me ...

NOWIN

DEAR NO: If a guy drops you because you won't go to bed with him, his message is clear — all he wants is a bed partner. You're better off without him. (That's how you separate the men from the boys.)

There are still some good men around who prefer a woman who won't go to bed with a guy she hardly knows. Hang in there!

DEAR ABBY: My 13-year-old grandson is a nice-looking, intelligent, quiet boy. He does very well in school but is not particularly athletic. Last year he began to have trouble with his peers, becoming the butt of their teasing. He has become withdrawn and a loner. His apparent unhappiness has become upsetting to his parents, although they try not to show it.

How should this problem be handled? Is there some literature on the subject that we can give him to read?

CONCERNED GRANNY

DEAR CONCERNED: Reading is not the answer. Although his parents may mean well by not showing their concern over their son's withdrawn behavior, they aren't helping him by ignoring it. The boy needs to verbalize his feelings, not hide them.

If he can't (or won't) talk to his parents, he should be counseled by an understanding professional who is not emotionally involved.



Dear Abby

DEAR ABBY: I had a boyfriend who said he liked me, but I guess he liked another girl better because he broke a date with me to be with this other girl. Abby, I tried everything to get him back. I wore black satin jeans, makeup and high heels, but it didn't work. What should I do?

FIFTH-GRADE WORRIES

DEAR WORRIES: You're much too young to be "dating," but make a note of what didn't work to get a boy to like you. And thank your lucky stars for the valuable lesson you learned early in life.

DEAR ABBY: I am the mother of an exceptionally beautiful son. Believe me, this is not just another mother talking. My problem: Whenever I take this boy into a supermarket or walk him down the street, strangers stop and tell me how beautiful he is.

Of course, I'm proud and pleased, but almost everyone who sees him says, "He's much too beautiful to be a boy. He should have been a girl!"

Abby, although he's not yet 2, remarks like these are not healthy for a boy to hear.

Most people mean well, but they need to be reminded that repeated remarks can influence the development of a small child. If you agree, I hope you'll use this in your column.

NERVOUS IN NORTHBRIDGE

DEAR NERVOUS: I do, and I shall.

Do you hate to write letters because you don't know what to say? Thank-you notes, sympathy letters, congratulations, how to decline and accept invitations and how to write an interesting letter are included in Abby's booklet, "How to Write Letters for All Occasions." Send \$2 and a long, stamped (\$7 cents), self-addressed envelope to: Abby, Letter Booklet, P.O. Box 38823, Hollywood, Calif. 90038.



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BRENT MARK

Attention Ladies, we need your help. This week, MARK and BRENT are asking you to please bring us the names of your two favorite WINES. Yes, we are wanting to expand our WINE SHELF. So tell us your favorites! Think how nice it will be to have friends over and surprise them with a fine selection of French, German, Italian or domestic WINES.

So come on, where else can you have your own selection and drink it too. CARLI'S of course! By the way, the first lady to provide us with the most popular WINE will be given her first bottle of WINE from CARLI'S! See ya soon!

From the DELI our SUB SANDWICHES are being eaten faster than ever and we hope you'll come by this week and try the BEST SUB in SANFORD! Furthermore, our CHEESE selection is growing every week and is fast becoming the best quality and selection in town. Come see what CHEESE we have for your next meal!

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SPORTS

18A—Evening Herald, Sanford, Fl., Wednesday, March 24, 1982

Sterling Steps Down



JOESTERLING ... bows out

JC Basketball

Joe Sterling, the only head basketball coach Seminole Community College has known, will be stepping down from the position this summer.

Sterling will remain as Chairman of the Health and Physical Education Department as well as Athletic Director. SCC announced today that the search for a new head basketball coach will begin immediately.

The college's ad-hoc committee went along with Sterling's recommendations for the process of selecting a successor.

After formation of a screening committee, SCC will announce the vacancy and accept applications for the head basketball coaching position through June 1.

Minimum requirements for the post are a Master's degree in Health-Physical Education and prior basketball coaching experience at a competitive level.

The salary for the position will be approximately \$18,000 annually, depending on the number of teaching years experience.

Until a new coach has been appointed, Sterling, along with assistants Solomon Batton and Tony Mandeville will be handling recruiting efforts for the Raiders. — JOE DeSANTIS

Hayward, Cheeseman Triple Fun, Greyhound Girls Grab F-S Meet

Prop Track

By SAM COOK
Herald Sports Editor
Lake Brantley's Kathy Hayward and Lake Howell's Ken Cheeseman tripled their pleasure Tuesday, while the Lyman girls and the Mainland boys made away with the team titles in the Five Star Conference Fresh-Soph. Track Meet at Longwood's Lyman High.

Hayward, a pretty sophomore distance runner, pulled away from Seabreeze's Cheryl Hollins in the last 800 of the mile run for her first victory and then added easy wins in the two mile and 800.

"That was a heckuva triple to win if you're going to win a triple," said Lyman coach Larry Baker. Hayward's time in the mile was 5:26.1. She ran a 12:07.5 two mile and a 2:24.6 800.

Cheeseman's efforts were just as spectacular. The Tennessee transfer blew away fellow sophomore Doug McBroom in the final 440 of the mile to win in 4:25.4. The Lyman tenth grader was next at 4:29.7.

In the 800, "Cheese" cruised the course in 2:03.9. He added the two mile run by almost five seconds in 10:17.7.

Hawk track coach Tom Hammontree was hesitant to predict any future accomplishment for his import. "We'll find out how good Ken's going to be," she said. "But we aren't worried about setting any goals for him."

Cheeseman finished second in the Tennessee State Cross Country Meet. He had a little trouble adjusting to Florida's heat, but once he did, he was fine, related Hammontree. Cheeseman holds the fourth best mile in the state this year in 4:22.5.

Baker's Greyhounds, who figured to be challenged by Seminole and Lake Brantley, coasted to the team crown with 85 points. The Lady Patriots were second with 68 and the Tribe had 59.

"I wasn't really surprised," Baker said about the easy win. "We knew we had a lot of people that would not win, but we thought we could sneak in there here and there (for places)."

One big winner Lyman did have was Schowanda Williams, who grabbed the 110 hurdles in 15.2 seconds, just three seconds off her 14.9 which is sixth best in the state.

The flashy soph also anchored victories in the mile medley relay where she came from second place to overhaul Lake Brantley and the mile relay.

"The two firsts in the relays really helped," pointed out Baker.

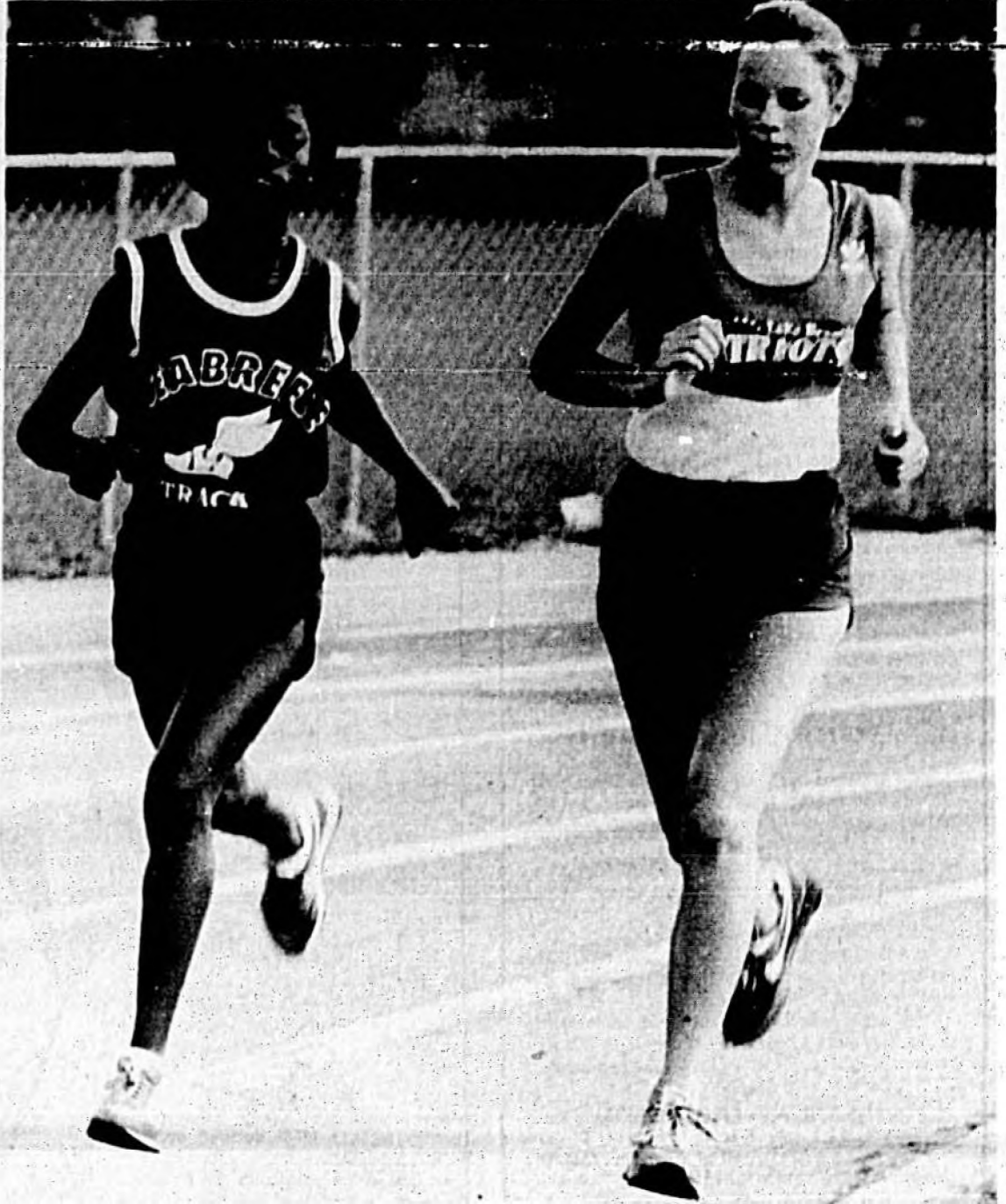
Seminole, who usually dominates the relays, had its troubles. In the 440 relay, a botched baton handoff on the third leg left super sprinter Traci Brown like the lady left out after the Tribe had built an early lead.

"That was going to be a good one," said Baker about the Seminole effort. After the dropped baton, however, the "Noles" didn't finish the race and Brown, waiting for the anchor leg, disconsolately walked off the track.

Seminole received first places from Arlene Jones (330 hurdles, 48.1), the mile relay team and twin wins from Crystal Caldwell. The sophomore sprinter whizzed to a two-second victory in the 440 in 40.2. She won the 220 in 26.5.

Lyman's Lori Carroll was the only other county winner. She took the high jump with a leap of 5-0, but it was seven inches lower than her season's best (5-7), which ranks second in the state.

While the girls' meet was a runaway, Mainland's Bucu used victories in the mile relay and mile medley along with the second place in the 440 relay to fight off coach David Huggins Greyhounds, 71-63. Lake Howell (57), Seminole (54) and



Herald Photo by Brian LaPater

Lake Brantley's Kathy Hayward (right) starts to make her move on the inside to pull away from Seabreeze's Cheryl Hollins to win the mile run.

The Patriot sophomore also took firsts in the two mile and the 800.

Lake Brantley (46) were next.

Seminole's Joe Whack turned in a first place in the 220 with a 23.5 and Hendell Manley did the same in the 330 hurdles with a clocking of 41.2.

In the pole vault, Lake Brantley's Mark Napier sailed 10-6 for the top spot. Teammate Mike Chiazerna took the triple jump with a hop, skip and jump of 37-3/4.



KEN CHEESEMAN ...triple winner

5 Star Results

Five Star Conference Fresh-Soph. Meet At Lyman

GIRLS

Lyman 95; Lake Brantley 48; Seminole 58; Seabreeze 48; Deland 32; Lake Howell 29; Spruce Creek 20; Mainland 11; Apopka 1.
110 Hurdles — 1. Williams 15.2; 2. Jones (Semi) 15.7; 3. Thomas (OI) 18.8.
100 — 1. Knight (OI) 11.5; 2. Brown (Semi) 11.5; 3. Jackson (LI) 11.7.
1 Mile — 1. K. Hayward (LBI) 5:26.1; 2. Hollins (Seal) 5:33.9; 3. J. Hayward (LBI) 5:42.7.
Discus — 1. Abney (SCI) 107.3; 2. French (LI) 99.5; 3. Jackson (LI) 91.1.

440 Relay — 1. Lyman 51.3; 2. Lake Brantley 53.0; 3. Lake Howell 54.4.
Shot Put — 1. Abney (SCI) 37.5; 2. Shepherd (AI) 31.0; 3. French (LI) 29.4; 4. Caldwell (Semi) 26.2; 3. Carroll (LI) 42.3; 3. Gorovm (LI) 44.3.

Long Jump — 1. Horne (Seal) 16.7; 2. Medlock (Semi) 16.1; 3. Carroll (LI) 16.0.
800 — 1. K. Hayward (LBI) 2:24.6; 3. Rowland (LBI) 2:32; 3. Ellmore (LI) 3:36.7.
330 Hurdles — 1. Jones (Semi) 48.1; 2. Thomas (OI) 48.1; 3. Jones (LBI) 49.3.

Mile Medley Relay — 1. Lyman 4:29.7; 2. Lake Brantley 4:30.7; 3. Seminole 4:39.5.
220 — 1. Caldwell (Semi) 26.5; 2. Horn (Seal) 27.2; 3. Lemon (LI) 27.4.
Two Mile — 1. K. Hayward (LBI) 12:07.5; 2. Lesson (Seal) 12:37.7; 3. Lucas (LBI) 13:40.5.
Mile Relay — 1. Seminole 4:09.3; 2. Lyman 4:14.3; 3. Deland 4:25.4.
High Jump — 1. Carroll (LI) 5-0; 3. Toller (Seal) 4-10; 3. Jones (Semi) 4-8.

BOYS

Mainland 71; Lyman 65; Lake Howell 57; Seminole 54; Lake Brantley 46; Deland 43; Apopka 30; Seabreeze 17; Spruce Creek 16.
100 Hurdles — 1. Smith (AI) 15.9; 2. King (LI) 16.4; 3. Griffin (LI) 18.2.

100 — 1. Bass (Semi) 10.4; 2. Robinson (OI) 10.5; 3. O'Dell (AI) 10.6.
1 Mile — 1. Cheeseman (LBI) 4:25.4; 2. McBroom (LI) 4:29.7; 3. Maurer (AI) 4:42.3.
Discus — 1. Gary (Seal) 119.6; 2. Jones (LBI) 118.3; 3. Smith (SCI) 116.1.

Shot Put — 1. Fedor (SCI) 41.5; 2. Berger (AI) 39.5; 3. Davis (OI) 38.7.
440 Relay — 1. Deland 44.4; 2. Mainland 46.8; 3. Lake Brantley 47.3.

Long Jump — 1. Fair (OI) 20.1; 2. Smith (AI) 19.10; 3. Chiazerna (LBI) 18.9; 4. 18.10; 3. Chiazerna (LBI) 18.9; 4. 18.10.

Pole Vault — 1. Napier (LBI) 10-6; 2. Harper (LI) 9-0; 3. Mayes (LI) 8-0.
440 — 1. Dukari (AI) 51.5; 2. Thompson (Semi) 53.4; 3. O'Dell (AI) 54.7.
800 — 1. Cheeseman (LBI) 2:03.9; 2. Hunnans (AI) 2:08.2; 3. Hunter (LI) 2:08.7.

330 Hurdles — 1. Manley (Semi) 41.2; 2. King (LI) 44.9; 3. Griffin (LI) 46.6.
Mile Medley — 1. Mainland 4:08.9; 2. Seminole 4:33.9; 3. Lyman 4:40.2.
220 — 1. Whack (Semi) 23.5; 2. O'Dell (AI) 23.5; 3. Robinson (OI) 24.0.

Two Mile — 1. Cheeseman 10:17.7; 2. Woolley (OI) 10:22.4; 3. Hunter (LI) 10:26.
Mile Relay — 1. Mainland 4:40.2; 2. Seminole 4:40.8; 3. Lyman 4:43.3.
Triple Jump — 1. Chiazerna (LBI) 37-3/4; 2. King (LBI) 36-10/16; 3. Pilot (LI) 36-10/16.
High Jump — 1. Smith (AI) 6-0; 2. Napier (LBI) 5-8; 3. Thompson (Semi) 5-6.

SCC Nipped; Kerr, 5-Hitter

JC Baseball

St. Johns River Junior College came up with two runs in the eighth inning Tuesday to knock off Seminole Community College, 2-1, in Mid-Florida baseball action at SCC.

Righthander Jay Williams, 7-1, carried a 1-0 lead into the eighth when St. Johns used a home run by Mike Barfield to erupt for two runs.

It was the second straight loss for SCC after a 10-game winning streak. It dropped the Raiders conference record to 6-2, just a game ahead of Santa Fe. SCC is 25-10 overall.

Seminole, who was led by Bobby Thigpen and Jeff "Bear" Blanton with two hits each, plays DeFiance today at 3 at SCC.

In other JUCP action Tuesday, former Lyman pitcher Jeff Kerr fired a

five-hitter as Valencia tripped Central Florida, 7-2.

Kerr hurled eight scoreless innings while going the distance to improve Valencia's record in the conference to 4-4. J.D. D'Arville, ex-Lake Brantley shortstop, ripped two hits for the Matadors.

St. Johns 000 000 020 — 2B1
Seminole 000 000 100 — 1B3
Surhoff and Mattox; Williams and Mee.

Valencia 010 000 240 — 7 1B 2
Central Florida 000 002 000 — 2 5 2

Kerr and Cable; Minaryard, Laycock (6) and Lee.

Cotton Picks On Creek

Prop Softball

Seminole's Brenda Cotton slugged a two-run home run in the fourth inning Tuesday to highlight a 6-1 Five Star Conference softball victory over Spruce Creek at Ft. Mellon Park.

The victory improved Coach Beth Corso's girls' record to 4-3 in the Five Star and 4-6 overall. Thursday, the Tribe travels to Daytona Beach to take on Seabreeze at 4 p.m.

"We have been averaging six errors a game," pointed out Corso. "We cut that in half today which was a big help."

Senior righthander Dee Hogan spaced eight hits while going the distance on the mound. She was in trouble just once, in the second inning when the Hawks tallied their run.

Seminole tied the game in the third when catcher Teresa Behrens reached on an error, moved to second base on a Hogan single, and scored on a base hit by Cindy Pendarvis.

In the fourth inning, Jackie Link

rapped a single and Cotton followed with a long homer to left center field. It was her first of the year and it gave the "Noles" a 3-1 advantage.

The Tribe put the game away in the fifth when Hogan singled, Pendarvis singled and Susan Bagley forced Hogan at third base. Johnnie Bennett roped a single to right center which the outfielder fired toward the first baseman. The throw got away allowing all three runners to score for the final 6-1 count.

Bennett, a senior shortstop, also figured in the key defensive play when she and Pendarvis turned a double play.

Pendarvis rapped two singles to give her six hits in the past two days. Link, Hogan and Bennett all had two base hits. Cotton's homer gave her two RBI for the day.

Spruce Creek 010 000 0 — 1B4
Seminole 001 230 x — 6B3



Herald Photo by Andy Wall

Seminole's Teresa Behrens guns down a runner after fielding a slow roller.

Rams Sweep Quadrangular

Lake Mary's boys and girls track teams swept a quadrangular meet Tuesday involving Oviedo, Wildwood and Luther at Lake Mary.

In the boys' meet, Oviedo took seven firsts, including two by sprinter J.W. Yarborough, but the Rams had enough depth to hold off the Lions, 106-95½. Wildwood (56½) was third and Luther (24) was fourth.

The Rams received winning efforts from Keith Mandy (440, 51.9), Derek Turney (330 hurdles, 43.6) and Jeff Hopkins (pole vault, 10-6).

Yarborough blazed to a victory in the 100 in 10.1 and the 220 in 22.1.

Prop Track

In the girls meet, freshman Kim Averill captured the two mile in 13:50.7 and the 800 in 2:42.2 to make things easy for Mike Gibson's squad. Sprinter Fran Gordon also won the 100 (11.8) and 220 (27.8).

Wilease Buggs took the 330 hurdles in 53.9.

Team scores — Lake Mary 95; Oviedo 95½; Wildwood 56½; Luther 24.
100 hurdles — Harrison (WI) 14.4; 100 — Yarborough (OI) 10.1; Mile — Phillips (OI) 4:52.4; 440 relay — Wildwood 43.9; 440 — Mandy (LMI) 51.9; 330 hurdles — Turney (LMI)

43.4; 800 — Shepherd (LMI) 2:41.1; Mile medley relay — Luther 3:58.4; 220 — Yarborough (OI) 27.1; 3-mile — Phillips (OI) 10:47.8; Mile relay — Oviedo 3:37.4; High jump — Harrison (WI) 5-10; Triple jump — Thompson (OI) 19.5; Shot — Dalton (WI) 41.4; Discus — Patterson (SH) 117.1; Pole vault — Hopkins (LMI) 9-6.

Team scores — GIRLS
Team scores — Lake Mary 95; Luther 60½; Wildwood 42.

110 hurdles — Lake (LI) 18.8; 100 — Gordon (LMI) 11.8; Mile — Friel (LMI) 6:19.5; 440 relay — Lake Mary 53.1; 440 — Malone (OI) 65.2; 330

hurdles — Buggs (LAI) 53.9; 800 — Averill (LMI) 2:42.2; Mile medley relay — Oviedo 4:36.4; High jump — Furr (WI) 4-7; Long jump — Herzog (OI) 14.3; Shot — Margret (WI) 32.1; Discus — Slaby (LI) 84.8.



MIKE GIBSON ...double winner

—SAM COOK

New Materials, Procedures The Secret

20-Year Rustproofing Possible, But At What Cost?

NEW YORK (UPI) — It's possible to make automobile paints so good a car never will rust but whether Detroit can afford to do so is another matter, says Louis LeBras. LeBras is technical director of coatings and resins for PPG Industries, Inc., of Pittsburgh.

He said the problem of rusting rocker panels beneath the

Whether Detroit can afford that is part

farther U.S. manufacturers in general
carry in complying with
increasing environmental and safety
restrictions.

doors, which for years made so many cars old before their time, already has been largely solved by changes in paint coatings. At one time it looked as if the automakers would have

to go to aluminum or plastic rocker panels. He said PPG bought new and used cars and cut them up to discover the cause of rocker panel rust which, once started, spread like cancer over a car's body.

It learned that no paint process then being used would get the paint thick enough to adhere well on the inside of the rocker panels. "The electrocoating methods being used now do that and 100 percent electrocoating could make the whole

Whether Detroit can afford that is part of the bigger question of how much farther U.S. manufacturers in general can go in complying with ever increasing environmental and safety restrictions on materials and processes not required by Japan and other countries they must compete with in a narrowing world market.

LeBras noted these restrictions don't apply to finished products. The paint on a Japanese car imported into the United States may contain lead salts, for example, while American regulations effectively compel Detroit to use pigments and

solids costing many times as much as lead. LeBras was in New York to deliver a speech on the radical changes that have taken place in paints and coatings spurred by chemical research and the government's desire to reduce or eliminate the use of toxic related solvents in paints and other coatings that can be harmful to the atmosphere and to human beings.

the Environmental Protection Agency and turn out a new array of products to reduce the use of toxic volatile solvents. This has been accomplished by the use of water-borne electrocoat coatings, 100 percent solid radiation cured finishes and, later, by new high solid spray topcoats that contain volatile solvents but in vastly smaller quantity than the coatings of the past.

"The paints we used to know hardly exist any longer," LeBras said. "Water-thinned latex paints have taken over virtually all interior painting and much exterior painting of buildings. Even the chemical polymers used in paints and

coatings have changed in recent years." In painting and coating industrial products, everything now is put on by electrodeposition and electrostatic spraying and baked on or cured by radiation, although air-dried paints still must be used on big objects like freight cars or ships.

Many modern coatings have much higher proportions of solids than the old coatings and even in those that are not so much greater.

Tremendous progress has been made, he said, in developing coatings that adhere better and last longer without cracking or flaking.

The next step in industry, LeBras said, will be the steady introduction of robot machines that will do a perfect job of spraying paints electrostatically on the most difficult surfaces and at difficult angles. There will be no human workers in the paintrooms as to be exposed to harmful volatiles.

Vanishing Breed: The Milkman

BLOOMINGTON, Ind. (NEA) — While most people are just slipping out of slumber, Don Shields is already starting his workday. He sips vending machine coffee from a paper cup, checks his metal-covered route book and heads out into the early morning darkness, where his refrigerated truck is loaded and ready to go.

Shields is one of a vanishing breed. He is a home-delivery milkman, bringing milk and a variety of other products to the doorsteps or into the homes of customers on his routes.

Inflation, working wives and other factors have combined to sour the business of delivering milk to the home. Forty years ago, the United States had about 50,000 milkmen. That number has now dwindled to about 3,000 to 4,000 nationwide.

Shields is one of four home delivery, or retail, drivers for Johnson's Creamery, the only local company that delivers milk to homes.

Shields has been a route driver for Johnson's for six years. His working day begins before 8 a.m., when he checks in at the retail room of the creamery and gets his truck, which he loaded the afternoon before.

Milkmen evoke memories of earlier times when horses leisurely clippety-clopped their way around the delivery routes. But like his motor-driven vehicle, the modern milkman is prepared for life in the fast lane.

"You're lucky," Shields says to his passenger as he hops into his truck. "This is my easy day."

Shields' "easy day" is a Tuesday route that covers almost 80 stops. He repeats the route on Friday. His "doozy" route is the Monday-Thursday one.

"I run it in about six hours," he says. "This one here takes about four hours."

He literally does "run" on his route, jogging to and from milk boxes to stay on time.

"I like to be at a certain place at a certain time," he smiles. "They always say you can set your watch by a milkman. I try to keep that slogan."

As he makes his first stop, at the Bloomington Detoxification Center, the stars are still shining.

"Milkman!" he calls, knocking on the back door. This is one of several stops where he puts the milk and other products in the refrigerator instead of a milk box. It is one of the stops where he knows the customers.

"Then some I've got, I've never seen once," he says. "I mail them a bill, and they send a check."

Many of the customers he knows so well that he can predict which products they will need — milk, cream, cottage cheese, ice cream, margarine, eggs or even laundry detergent.

"I guess it used to be milkmen were just eggs and butter and milk," he says. "Now you carry all the other stuff. It makes a difference."

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PEOPLE IN BRIEF

Happy Birthday, Madame Chukovskaya

By United Press International
The grande dame of Russian literature, Lydia Chukovskaya, marked her 75th birthday Tuesday and

Alexander Solzhenitsyn cabled her his "best wishes for many more years."

Ms. Chukovskaya, a novelist and essayist passionately defended him in a series of public letters to the Communist leadership when the author of "The Gulag Archipelago" fell out of favor with the Kremlin. Solzhenitsyn's telegram read, "Your selfless devotion to Russian literature and your own contribution to it despite the difficulties and rebuffs of life are a constant source of joy to me. Together with you I believe in the resurrection of Russian literature."

Ms. Chukovskaya was expelled from the Moscow Writers Union in 1974, the same year Solzhenitsyn was arrested and flown out of the Soviet Union.

Kenny The Home Lover

Kenny Rogers is one home-loving entertainer — he loves them so much he spends millions on them.

First there was his \$2 million Los Angeles pad he spent another \$3 million to fix up.

Last year he went upscale and paid \$14.5 million for Dino de Laurentiis' Beverly Hills shack, which he plans to improve to the tune of \$3 million.

His latest venture, he told People magazine, is putting up an 8,000 square-foot Grecian-style house on 1,100 acres in rural Oglethorpe County, Ga.

The Beaver Valley Dam Farms House includes a wrap-around Italian marble porch, a 60-foot living room, and multi-level pools, including one with underwater bar stools.

Now, that's a wet bar.

Sic Transit Gloria Mundi

It doesn't seem fair — the Memphis mansion Elvis Presley built is being turned into a museum, but the garage where Mickey Mouse was born was auctioned over the weekend for a mere \$8,500.

That's pretty good for a garage, but hardly the price of a landmark. Walt Disney and his brother, Roy, created Mortimer Mouse in that garage—a character who later was nicknamed Mickey.

Art Adler, the garage's new owner, said he'll store the structure in a suburban warehouse "until its ultimate disposition is decided."

Other Disney memorabilia auctioned off included photographs, toys and porcelain figures of the Disney versions of Dumbo, Pinocchio, Cinderella and Bambi.

Criminals At The Library?

Bob Keeshan, better known as television's Captain Kangaroo, told a seminar held by the Christian Life Commission of the Southern Baptist Convention he condemned gratuitous violence on television.

But he doesn't believe television provides a how-to primer for criminals.

"Television gives a lot of information," he said. "So do books, magazines, the comics. If you want to make a bomb or rob a bank and don't know just how to go about it, your local library is a great resource center. And the information is better indexed than a television program. If you want to know how to rob and bomb, proceed directly to your friendly local library."

Amsterdam's Drug Problem Gets Worse

AMSTERDAM (UPI) — Amsterdam has changed since the hippie '60s when peaceful flower children smoked pot in the Dam Square sun and waited for police to hose them down at noon in a token effort to send them packing.

"Drug users were creative intellectuals then, the children of the rich," said health ministry drugs policy coordinator Eddy Engelsman.

"Now it is the working class youth who turn to drugs to escape the reality of unemployment and a hopeless future. And they don't use cannabis any more. They use heroin."

Holland has an estimated 10,000 hard-drug addicts. National

— theft to feed the habit.

With a \$7 million annual budget, Amsterdam seeks to win the estimated 6,200 city addicts over to free methadone in place of dangerous and expensive heroin.

"We have managed to register over 3,000 addicts on our methadone program and we are pleased with that," Polak said. "We don't lay down many conditions in the first stage, only that the methadone must be consumed immediately to

'A large part of the problem is simply

assistance schemes. They seldom seek help but we find they sometimes accept help when it is there.'

— Eddy Engelsman

avoid black market trade.

"But later, as we pass the addict on to easier and more convenient methadone supplies, we require that he submit to tests to ensure that he is not substituting heroin," Polak said.

Social workers agree that methadone is not a perfect substitute for heroin, from the addict's point of view. One said it was like offering an alcoholic 10 beers instead of one brandy. But they say it is a first step towards breaking the habit, it is clean and it is free.

Engelsman sees signs of progress, partly in the courts.

"Magistrates are beginning to offer addicts caught stealing a chance of joining a program to kick the habit," he said.

"A large part of the problem is simply how to get addicts in touch with assistance schemes. They seldom seek help, but we find they sometimes accept help when it is there."

He emphasized, however, that there was no way that an addict could be forced to accept help or that he could be put under pressure to commit himself to giving up the habit.

"I am convinced that it is wrong to consider heavily addicted people as lost," said psychologist Frank Verbrugge, head of a 40-person city clinic. "There is a road back."

"I used to try giving up each year," said Helene, 32, who is trying to quit heroin after 17 years on the needle. "I thought that if friends could give up alone, then so could I. It never worked."

"This year, suddenly, I got too tired of the constant years I had been shoplifting, stealing, signing false checks and doing all sorts of things I didn't want to do. So I thought I'd try the clinic," she said.

She was on the drug within 10 painful days, but Verbrugge said she faced a number of hurdles before, after 30 months, the clinic would issue her a certificate of rehabilitation.

"The worst thing about giving up is the fear of that gap on the other side," said Michel, 35. "For years, heroin has been your life and suddenly you have to think about all the time you're going to have on your hands. It is terrifying."

"I don't know if we will ever really beat the drugs problem, but I think we have stabilized it after years of explosive growth in the '70s," Polak said.

"All we can do is try as many different approaches as possible and remain flexible to meet new needs. And when we do beat the problem in one area we have to expect it back in another," he said.

"We know that addiction is dangerous and that it has negative consequences for society, but we also acknowledge that a drug addict has the same human rights as anyone else," said Koning.

"We try to reduce the risks of being addicted to an acceptable level. We try to keep the consequences for society within tolerable limits. And we try to be there to help the addict when he wants help."

Look up!

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If a kite gets caught in a tree, be sure the tree is not near any power lines that could charge the tree with electricity. If it is, don't touch it. And call FPL.

Most importantly, should a kite get tangled in a power line, leave it alone and call FPL for advice. Trying to pull the kite down or climbing up after it could result in a serious shock.

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The Other Beatty

HOLLYWOOD (UPI) — Ned Beatty is no relation to Warren Beatty who is nominated for four Oscars this year — best actor, best director, best writer and producer of the best picture, "Reds."

Ned wasn't nominated for anything, although he was a nominee for best supporting actor in 1978 for his board chairman role in "Network." He lost to Jason Robards in "All The President's Men."

Neither Beatty has ever won an Oscar, although Warren's been nominated seven times in five different categories. Their names and losing Oscar ways are just about all the Beatty boys have in common.

Warren is tall, handsome and romantic. Ned is short, plain and not renowned for breaking hearts. Warren plays dashing leading men. Ned must content himself with losers, heavies and dumbbells.

Even so, Ned is far more visible in movies and TV than Warren. Ned works all the time, jumping from films to TV and back again. Most recently he starred in "Pray TV," playing a sinister media minister. Warren eschews the tube.

Perhaps Ned's most memorable roles, aside from "Network," were in the TV movie "Friendly Fire" and "Deliverance" and "Superman" in which he played the numbskull sidekick villain with Gene Hackman.

Although Ned and Warren bear absolutely no resemblance to one another, people still ask Ned if he and his famous namesake are related.

"I tell them he's my illegitimate uncle and they actually try to figure it out," Ned said, grinning.

"I know the public thinks of me as a heavy. It's the parts I get and the way I look. But the important thing is to play the villain so convincingly audiences will hate him but understand what makes him tick."

"You might say I don't often have the opportunity to play the most admired character in the cast. But I don't always play an unsympathetic character. I do comedy, too."

"The best example was Otis in 'Superman.' He was the guy who drove Gene Hackman crazy. Sure, he was a heavy, but he was funny."

"I've done 30 or 40 pictures and in some I played everyman characters. In a relatively short time I've become a very recognizable face."

It is difficult for Ned to enter a room or walk down the street without drawing attention. People may not identify him, but they remember the face — and not always happily.

"Usually they react in one of two ways," Ned said.

"Sometimes they thank me for my work. They appreciate the fact that I'm an actor doing a job. Others can't keep from objectifying me, associating me with my latest villainous role and they put me down."

"But 9 out of 10 people will stare at me, searching their memories. Then they come up and ask, 'Did you ever bowl in Tucson?' Or 'I saw you on television last night,' and then walk away."

"Cops give me trouble. A lot of them are convinced they've seen my face on a wanted poster. And they try to make some sort of contact just in case."

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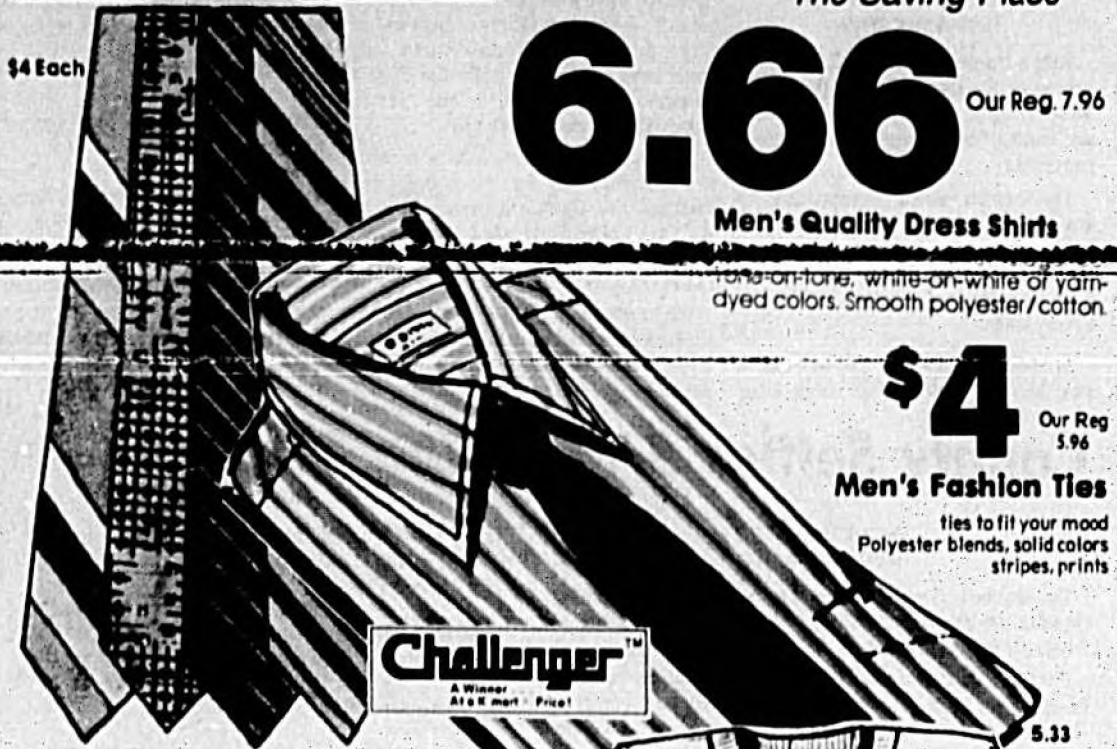
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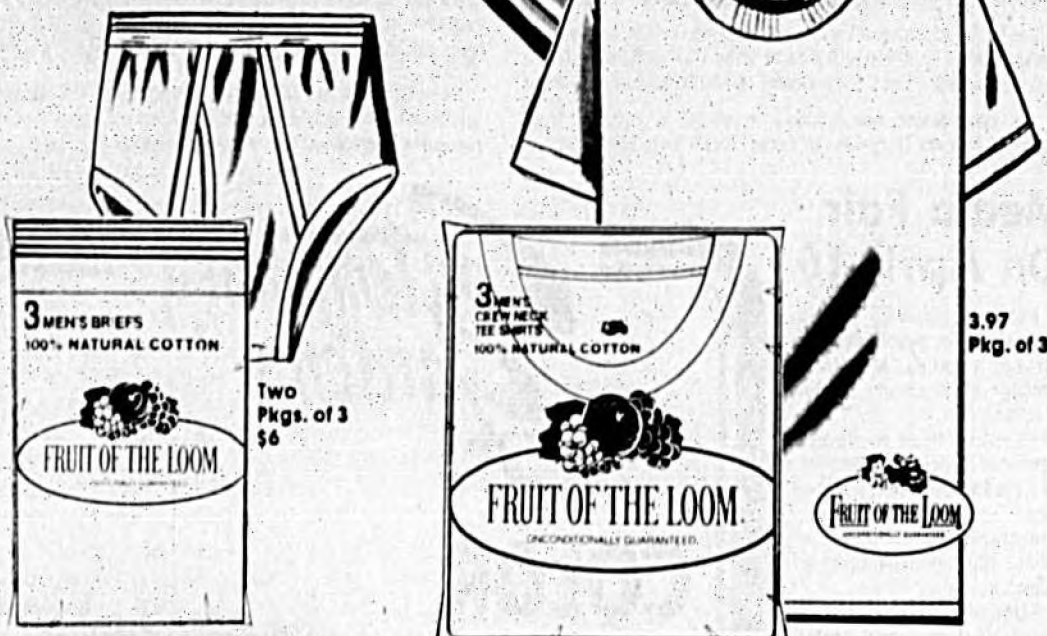
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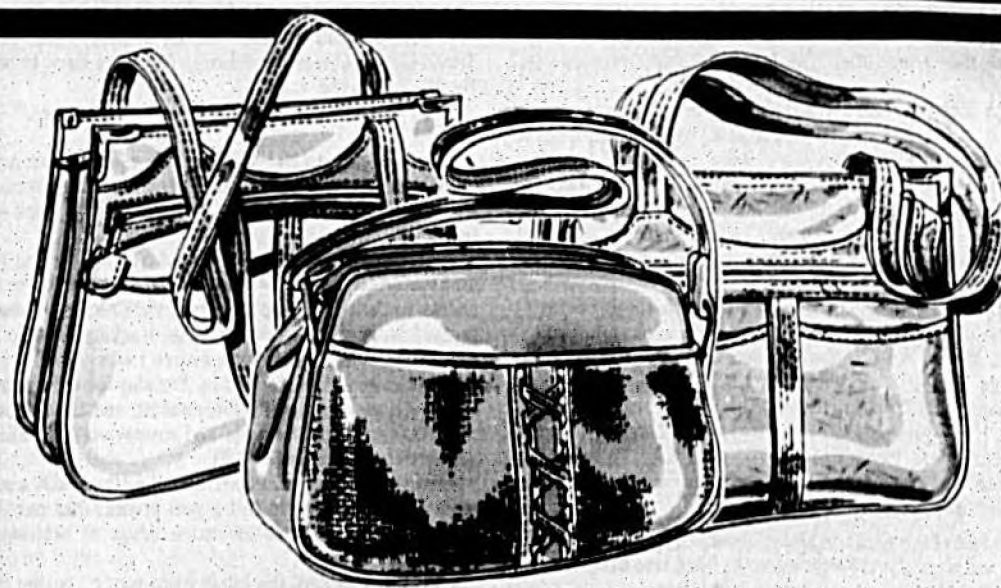
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WEST ORLANDO 2155 WEST COLONIAL NEAR TEXAS AVE.	S.E. ORLANDO 1801 SOUTH SEMORAN AT CURRY FORD	EAST COLONIAL HERNDON PLAZA ACROSS FROM FASHION SQUARE	S. ORLANDO 7825 S. ORANGE BLOS. TRAIL AT SAND LAKE RD.	CASSELBERRY U.S. HWY. 17-92 NEXT TO JAI ALAI FRONTON	ALTAMONTE SPRINGS 951 W. HWY. 434 AT FOREST CITY RD.	WINTER PARK HWY. 17-92 AT LEE RD. 161 SOUTH ORLANDO AVE.

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99¢ Our Reg. 1.54
2-pr. Pkg. L'Eggs® Knee Highs
Nylon knee highs in sheer or reinforced toe; colors Misses' 9-11

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Savings on 4-pack Light Bulbs
4-pack inside-frost bulbs in popular wattages: 60-W, 75-W, 100-W

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22-oz. Palmolive® Liquid
Gentle Palmolive® liquid softens hands while you wash the dishes.
*Fl. oz.

87¢ Our Reg. 1.73
10-lb. Cat's Litter Guard®
Absorbent granules for the pet box; sanitary; helps to control pet odor.
*Net wt.

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3.77 Our Reg. 4.96
Misses' Sporty Baseball Shirts
Casual comfort and style in white, contrast sleeve colors. Polyester/cotton.

54¢ Our Reg. 68¢
Opaque Nylon Knee High Hose
Stretch nylon campus hose in smart spring fashion colors; misses' 9-11

\$5 Our Reg. 5.97
Men's Short-sleeve Golf Shirt
Trim casual shirt in polyester/cotton; solid colors. Men's sizes S-XL.

2.77 Our Reg. 3.97
12x12" Latch Hook Rug Kit
Complete with precut acrylic yarn, canvas in choice of designs, instructions. Latch hooks not included.

31.47
Polaroid® OneStep® Camera
Never needs batteries. Includes pack of Time-Zero® SX-70® film.

46¢ Each Our Reg. 58¢
12"x25" Roll Aluminum Foil
25 sq. ft. Kmart® household aluminum foil in metal cutter-edge box. Save!

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Pkg. of 3 Wonderball® Golf Balls
Save on Wonderball® long-distance golf balls. 1-pc. construction by PGA®. Save.

28.88
13" Insulated trimmer
double edge trimmer or flexline self-feeding trimmer with line cutter.

4.97
Oscillating Sprinkler
Sprinkler alternates spray back and forth. Save now.
Nozzle.....1.78

25.66
Presto® 11x15" Electric Fry Pan
No-slick pan with high dome cover for poultry, ham, or other large items.

97¢
170 Q-tips® Swabs
Cotton; double tips.

1.37
Intensive Care®
Dry skin lotion. 10-oz.
*Fl. oz.

1.66
12-oz. Pond's® Lotion
Cream/cocoa butter.
*Fl. oz.

97¢
16-oz. Baby Lotion
Kmart®. Silky-smooth.
*Fl. oz.

1.28
8.2-oz. Aqua-fresh®
Helps refresh breath.
*Net wt.

2.27
96 Efferdent® Tablets
Clean denture stains.

2.34
Choice Of Excedrin®
100 tablets or 60 caps.

44¢
Children's Bayer®
36. 1/4-grain aspirin.

1.77
Noxzema®
Medicated 10-oz. size.
*Net wt.

63¢
11-oz. Barbasol®
Concentrated lather.
*Net wt.

2.27
32-oz. Listerine®
Mouthwash/gargle.
*Fl. oz.

3.44
100 One-A-Day®/Iron
Multivitamins/iron.

2.97
100 One-A-Day®
Dietary supplement.

3.94
50, 1500 mg. Vitamin C
250, 500 mg. Vitamin C, 3,96
With Rose Hips

2.88
100 Time-release C
500 mg. capsules.

3.74
100 B-100 Complex
Natural, high potency.

