

ACROSS 43 Sooner State 45 Common level 47 Mother sheep 48 Component of 49 Change 50 Desert pastry 51 Frigging's life 52 One with speech impediment 53 Mountain range 54 Ancient Troy 55 Telephone wire 56 Greek deity 57 Energy 58 Weather bureau (abbr.) 59 River in England 60 Compass point 61 Charity 62 Mosaic 63 Three (abbr.) 64 German 65 Golem (Jewish myth) 66 Stringed instrument 67 French negative 68 Accounting agency (abbr.) 69 Goddess of fate 70 Answer to Previous Puzzle

DOWN 1 Brainstorm 2 River in Yorkshire 3 Eucalyptus 4 Artificially high voice 5 Southern state (abbr.) 6 Spanish news agency 7 Naval officer 8 At the back 9 Clothopier 10 Idols 11 Sheltered from wind 12 Possessive pronoun 13 Apartment (abbr.) 14 Small island 15 American patriot 16 Over (abbr.) 17 Spun yarn 18 Barnyard 19 Emblem 20 Madame (abbr.) 21 Spanish coin 22 Colonnade 23 Aura 24 Chemist's workplace 25 French city 26 Over (abbr.) 27 Spun yarn 28 Spun yarn 29 Barnyard 30 Sings of praise 31 Emblem 32 Madame (abbr.) 33 Colonnade 34 Orange peel 35 Argument

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

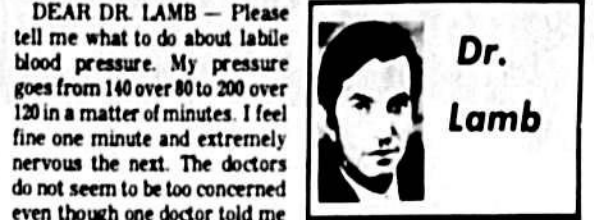
HOROSCOPE
By HERNICE BEDE OSOL

WIN AT BRIDGE
NORTH 718-A
WEST: ♠ 10 5 4 ♠ K 10 8 ♠ 7 5 3 ♠ Q 6 2 ♠ Q 10 8 ♠ 8 7 1 2 ♠ Q 9 8
EAST: ♠ Q 6 2 ♠ K 9 7 5 4 ♠ 8 7 1 2 ♠ Q 9 8
SOUTH: ♠ A Q J 9 8 2 ♠ A J 4 ♠ 2 ♠ K 10 3
Vulnerable: Both
Dealer: South
Pass 20 Pass 10
Pass 10 Pass 40
Pass 50 Pass 40
Pass Pass 60
Opening lead: ♠ Q

SPIDER-MAN
By Stan Lee and John Romita

ZOONS
By Craig Loggott

When Anxiety Affects Your Blood Pressure



DEAR DR. LAMB — Please tell me what to do about labile blood pressure. My pressure goes from 140 over 80 to 200 over 120 in a matter of minutes. I feel fine one minute and extremely nervous the next. The doctors do not seem to be too concerned even though one doctor told me that my heart had been damaged some because of the high blood pressure. He prescribed Inderal.

This condition has worried me so much I'm afraid to get up in the morning fearing that I'll have a stroke or heart attack. This feeling of anxiety has caused depression for which the doctor prescribed Sinequan. I have taken Inderal and Sinequan for over a month and I do not believe either has helped. I would appreciate any advice that would help me get my blood pressure stabilized. I feel that the depression would subside if my physical condition would improve.

YOUR BIRTHDAY
July 18, 1978
You'll be more on the go than usual this coming year. Taking lots of short jaunts and meeting all kinds of people should provide you with oodles of excitement.

WIN AT BRIDGE
A Michigan reader asks what he should have bid after he opened one diamond in the South seat. West over-called one spade. North bid three diamonds and East bid three spades.

SPIDER-MAN
"I've got a question for the experts! Write 'Ask the Experts' care of this newspaper. Individual questions will be answered, self-addressed envelopes. The most interesting questions will be answered in this column and will receive copies of JACOBI MODERN."

ZOONS
"Hi, fellows! You're just in time to taste my latest delicacy!"

ZOONS
"I wonder if it's possible to fracture yer thumb?"

Evening Herald

70th Year, No. 287—Wednesday, July 19, 1978 Sanford, Florida 32771—Price 10 Cents

The Firing In Sanford... Both Sides

Knowles Memo Key To Panel's Action

Sanford City Manager Warren E. Knowles withdrew his support for fired Police Chief Wallace N. LaPeters in a highly critical memo distributed to commissioners just prior to Monday's surprise action.

LaPeters Challenges Foe To Lie Test

As part of The Evening Herald's coverage of the surprise firing of Sanford Police Chief Wallace N. LaPeters, staff writer Dennis Feola, in separate stories, talked with two of the principals, soliciting details of the charges as instigated by City Manager Warren E. Knowles and the responses from LaPeters.



WALLACE LAPETERS

Youth Ranch Role: Mental Health Site?

The Seminole County Mental Health Center Board was on the verge of approving a plan to lease the Seminole Youth Ranch Inc. facilities as a residential treatment center for emotionally and mentally disturbed boys and girls.

Today
Around The Clock 6-A
Bridges 6-A
Calendar 6-B
Comics 6-A
Crossword 6-A
Editorial 6-A
De LaBey 6-A
Food 6-B
Horseplay 6-B
Obituaries 2-A
OURSELVES 1-B
Sports 6-B
Television 6-B
Weather 6-A



'Make Sure He's Home On Time'

OAKLAND (UPI) — Devoted and lovelly, George Trebay had to go to court to win visitation rights to the family dog, Clyde.



PAT & DICK ON THE CAMPAIGN TRAIL

Pat: A Look Back At Broken Vows

NEW YORK (UPI) — For Richard Nixon, the political road that led him to the White House was one of pain, sacrifice and a promise broken even though her husband had put it in writing.

Panel Advises: Stay In Orlando Library System

The Library Advisory Committee has recommended to the Seminole County Commission that it continue its participation in the Orlando Public Library system for one more year at a cost of \$588,874.

Turner: Look Ahead To Run

Glenn W. Turner, entrepreneur who has fought the United States government and the state of Florida in the past over his business practices, has scheduled a news conference for Friday to announce he is running for office again.

WORLD IN BRIEF

Carter Kills Two Sales Of Equipment To Russia

WASHINGTON (UPI) — A day after a Soviet court convicted two U.S. newsmen — Craig Whitney of the New York Times and Harold Piper of the Baltimore Sun — for libel, President Carter announced a decision to kill the sale of a sophisticated computer to the Soviet Union and to impose the requirement for individual White House approval on sale of oil development equipment to Russia.

Israel, Egypt Still Talking

LEEDS CASTLE, England (UPI) — The foreign ministers of Egypt and Israel began their second and final day of peace talks today, apparently willing to keep the dialogue going despite signs of impatience from Egyptian President Anwar Sadat. U.S. officials said Egypt and Israel, although still far apart, have already agreed to hold further direct negotiations next week, probably in the Israeli-occupied Sinai.

Peru Grants Political Amnesty

LIMA, Peru (UPI) — Peru's military government Tuesday night granted a sweeping amnesty to all people convicted and sentenced for political offenses or accused of such crimes. The decree followed a day of violent protests in downtown Lima in support of a 10-week teachers' strike.

Blast, Fire Hit Embassy

MOSCOW (UPI) — A small explosion and electrical fire knocked out power today in the U.S. Embassy. The blast, which slightly injured an American Navy Seabee, occurred in a basement electrical power control room near the embassy chancellery.

Miss Lillian Going To Sahel

PARIS (UPI) — President Carter's mother Lillian was briefed today on drought and famine in the Sahel region of West and Central Africa in preparation for her trip there as a White House emissary.

Frigidaire SUMMER SALE
HOME APPLIANCE

WALL

Action Reports

- ★ Fires
- ★ Courts
- ★ Police Beat

By LEONARD KRANSDORF
Herald Staff Writer

Food stamps and a bloody jacket which are evidence in the trial of Robert Preston were ordered suppressed Tuesday by Circuit Judge Thomas Waddell.

The motion to suppress was made by Seminole Assistant Public Defenders Thomas Greene and Bennett Ford who said the search of Preston's bedroom where the evidence was found was not proper because permission was not given by Preston. The prosecution noted that the mother gave the permission and that Preston had signed a statement on the day he was arrested that gave police permission to search his room.

Preston is on trial in circuit court, Sanford, for the Jan. 9 murder of Earline Walker. Alan Robinson, assistant state attorney, said he will appeal the judge's decision to the 4th District Court of Appeals in West Palm Beach.

A spokesman at the court said today that once all the materials have been filed, when the appeal is heard depends on whether an oral argument is requested.

The court spokesman noted that if oral arguments are requested it will take three months from filing until the case is heard; if no oral arguments are requested, the case would immediately go before the three-judge panel. Robinson said today he "will certainly request oral arguments."

IDENTITY BOUGHT
Lake Mary police are still seeking to find the identity of the man who was charged this week with sexually assaulting an 11-year-old Lawrence, Mass., boy in a wooded area in Lake Mary. According to Police Chief Harry Benson, the man's fingerprints have yet to come back from the FBI office.

GAS STATIONS HIT
Two county gas stations were also the target of thefts: the Exxon station at State Road 436 and State Road 400 had \$100 taken from its safe, while \$200 was taken from a cash drawer at the Sunoco station at State Road 400 and 400.

BURGULARS HIT
The home of Roger Prewett in Lake Mary was the target of burglars who took \$200 worth of merchandise. Among the items stolen, according to reports, were a clock radio, records, records, tackle box and fishing gear.

Pair Files Defense Statements In Winter Springs Recall Case

By DONNA ESTES
Herald Staff Writer



JOHN DANIELS LAURENT PELLERIN

New recall petitions containing the statements of Winter Springs Councilmen John Daniels and Laurent Pellerin were being prepared by City Clerk Mary Norton today as the process aimed at removal of the two continued.

Mrs. Norton said that when the new petitions are prepared they will be turned over to Charles Mort, for circulation. Mort is chairman of the recall committee. The names of the other members have not been revealed.

According to the law, Mrs. Norton must have the new petitions prepared and returned to Mort by Tuesday, five working days after the statements were filed by the two councilmen. The statements were delivered to Mrs. Norton Tuesday.

Mort will have 60 days to collect the signatures of 15 percent, 306, of the city's 2,026 voters to continue the process. After signed petitions are certified, the chief judge of the 18th judicial circuit would be requested to call an election for the voters to consider recall.

The original recall petitions filed by Mort, a former CETA (Comprehensive Employment Training Act) city employee, charging Daniels and Pellerin with misfeasance, malfeasance and neglect of duty were certified July 5. The petitions contained 299 valid signatures against Pellerin and 298 against Daniels. The law requires a minimum of 250 on the initiating petition.

The second petition will contain the charges and the defenses of not more than 200 words of each of the councilmen.

Pellerin's statement says: "I have never violated the trust that you have placed in me since having been elected to office. The charges are not true and were made as a direct result of the problems within the fire department. The fire chief and mayor for the past four years have permitted the department to operate in violation of the state law."

"No matter who the fire commissioner is, the city is faced with the same problem; comply with state law or end up in court. The problem was created years ago. I am not responsible for that. I am trying to correct the errors of the past. I feel that you the citizens are entitled to the truth, due to the limited number of words permitted. I invite you, who

qualities. I do not and have not threatened any employee's job. Failure to act on ordinance. Council passed utility tax refund ordinance when properly presented to council. Please consider the facts before you sign." Daniels' statement approved attorney was present.

The others continued business. Failure to act on ordinance. Council passed utility tax refund ordinance when properly presented to council. Please consider the facts before you sign." Daniels' statement approved attorney was present.

care, to discuss the charges with me before signing the petition. "You the citizens pay the salaries of our city employees, therefore you are entitled to first class fire protection under the law," said Pellerin. "The Daniels statement reads: 'Charges against me are unfounded and without substance. I have done nothing wrong in office and my accusers know it. Charter violations: The council questioned the appointments by the mayor. After questions were answered we are working in appointed areas. Mayor

GOOD YEAR For More Good Years In Your Car

WIDE TREADS

OUTLINE AND RAISED WHITE LETTER SIDEWALLS

SAVE 25% Customgard GT RADIAL

In a class all its own! Selected for the Indy Pace Car three years in a row. A favorite with drivers in the IMSA Radial Challenge series. Built with a built-in flexion - the cord that's a step ahead of steel. A performance tire for the serious driver.

Size	Regular Price	Our Price	Flat Fee
RW70-13	\$80.90	\$60.65	\$2.17
RW70-14	\$86.30	\$64.70	\$2.19
RW70-15	\$92.70	\$70.50	\$2.18
RW70-15	\$109.10	\$81.80	\$3.30
RW60-13	\$83.25	\$62.40	\$2.46
RW60-15	\$112.00	\$84.20	\$3.23

SALE CHECK - If we set out of your size we will issue you a rain check, allowing future delivery at the advertised price.

SAVE 20% Polyglas GT

The big bold look of action! Double fiberglass belts reinforce the tread - keep tread grooves open for good grip, long wear, shock absorbing polyester cord body. Outline white letters - A powerful choice for performance.

Size	Regular Price	Our Price	Flat Fee
RW70-13	\$49.55	\$39.00	\$1.98
RW70-14	\$57.75	\$44.80	\$2.23
RW70-15	\$62.75	\$48.40	\$2.73
RW70-15	\$84.40	\$63.30	\$2.80
RW70-15	\$89.20	\$68.35	\$2.99
RW70-15	\$102.95	\$78.70	\$3.59

SALE CHECK - If we set out of your size we will issue you a rain check, allowing future delivery at the advertised price.

SAVE 20% Rally GT

A raised white letter tire that performs as good as it looks. Here's why. Four ply polyester cord. Low cord angles for good heat dissipation. Reverse molded for a full, flat footprint on the road. Good tread quality, every step of the way!

Size	Regular Price	Our Price	Flat Fee
RW70-13	\$49.55	\$37.00	\$2.10
RW70-14	\$57.75	\$43.90	\$2.18
RW70-15	\$62.75	\$48.40	\$2.73
RW70-15	\$84.40	\$63.30	\$2.80
RW70-15	\$89.20	\$68.35	\$2.99
RW70-15	\$102.95	\$78.70	\$3.59

SALE CHECK - If we set out of your size we will issue you a rain check, allowing future delivery at the advertised price.

Smooth-Riding Polyester

All Weather 78

Durable rib tread, designed for grip. Resilient polyester cord body - won't flat-spot! 78-series sizes fit many popular American cars.

Size	OUR PRICE	Flat Fee
67R-14	\$29.00	\$2.03
77R-14	\$37.00	\$2.54
67R-14	\$29.00	\$2.19
67R-15	\$38.00	\$2.38

816-327-6161 and 816-327-6162

Lube & Oil Change \$588

Up to 5 qts. major brand oil • Helps protect moving parts • ensures smooth quiet performance • Complete chassis lubrication and oil change (check fluid levels) • Includes light trucks • Call for an appointment.

Front-End Alignment and 4 Tire Rotation \$1588

Parts extra if needed • Excludes front wheel drive • Perfect tires and improve vehicle performance • Inspect and rotate tires, check suspension and steering system • Set camber, caster and toe to manufacturers specifications • Most U.S. made - some import cars.

Engine Tune-Up \$3988

Price includes parts and labor • 64 hrs. for 4-cyl. • 84 hrs. for 6-cyl. • Electronic engine, starting and charging system analysis • Install new points, spark plugs, condenser and rotor • Set dwell and engine timing • Adjust carburetor for fuel economy • No extra charge for air conditioned cars • Includes Volkswagen, Toyota, Datsun and light trucks.

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555 W. FIRST ST. SANFORD, FLORIDA PH. 322-2821

STORE HOURS: 8:00 to 5:30 MON., TUES., THURS., FRI. 8:00 to 5:00 WED. & SAT.

NATION IN BRIEF

House Panel Boosts ERA Bid With More Ratifying Time

WASHINGTON (UPI) — A proposal extending the current March 22, 1979 ratification deadline for the Equal Rights Amendment for 39 months until June 30, 1982, cleared the House Judiciary Committee Tuesday night. The measure now goes to the Rules Committee to be cleared for House action, and Senate supporters are prepared to move quickly if the extension is approved by the House. So far, the amendment has been approved by 35 of the required 38 states, but proponents believe they cannot win passage by the needed three more states before the current deadline.

More Skylab Changes On Tap

HOUSTON (UPI) — For the fourth time in six weeks, flight controllers are planning maneuvers to stabilize Skylab's orbit and keep the 84-ton spacecraft from burning up in the atmosphere and possibly scattering debris over populated areas.

No Relief From Deadly Heat

DALLAS (UPI) — The record heat wave that has reached highs of 110 degrees and killed at least 21 people shows no signs of relenting through the end of this week, forecasters say. So from Abilene to Dallas — across 40,000 square miles — millions of Texans braced today for more of the searing heat that has reached 100-degrees-plus for the past 17 days.

Postal Talks: Threats

WASHINGTON (UPI) — With just two days remaining before a possible nationwide mail strike, the two sides in the Postal Service labor negotiations have been busy exchanging threats and accusations. The Pentagon says it is prepared to supply Army troops to keep the mail flowing if a strike does develop.

All 7 City Workers Back

CLARKTON, Mo. (UPI) — Seven striking municipal employees have returned to work under an agreement reached with their penny-pinching mayor, who had complained the seven workers in this town of 2,300 were overpaid at salaries of \$460 to \$600 a month.

Wallace Hospitalized

MONTGOMERY, Ala. (UPI) — Gov. George C. Wallace was hospitalized Tuesday for a urinary tract infection — a medical problem that has plagued him since he was shot down and partially paralyzed while campaigning for the presidency six years ago.

4 States Fight Grasshoppers

By United Press International
Four states — Colorado, Kansas, Oklahoma and Nebraska — are battling a plague of grasshoppers, the worst infestation since 1958 when the creatures caused more than \$60 million damage in Colorado alone.

Last year's drought, followed by a moist winter and then a mild spring, created perfect conditions for the present huge hatch of hoppers, estimated at more than 60 a square yard in some areas. And on top of the weather there is a ban on the pesticides that have been used successfully against the grasshoppers in the past.

WEATHER

8 a.m. readings: temperature 70; overnight low 72; yesterday's high 91; barometric pressure, 30.80; relative humidity, 88 percent.

Frigidaire SUMMER SALE
HOME APPLIANCE

TUESDAY
Dayton Beach: high 8:35 a.m., 9:00 p.m., low 3:30 a.m., 1:00 p.m.
Fort Lauderdale: high 8:10 a.m., 6:45 p.m., low 2:05 a.m., 2:30 p.m.
Daytona: high 8:35 a.m., 9:00 p.m., low 3:30 a.m., 1:07 p.m.

County OKs Grant Bid For Juvenile Plan

By MAX ERKLETTIAN
Herald Staff Writer

The application for a federal grant to fund a system of juvenile arbitration has been approved by the Seminole County Commission. However, the commission refused Tuesday to provide local funding for the program.

The commission declined to supply the \$1,000 local money. The task force formed by the state attorney's office to study arbitration has already outlined an effort to obtain money for the local match from service organizations. The commission specified the local money should come from such donations.

Under terms of the application, the federal government would fund \$9,102 of the program with matching funds supplied at the local level of \$1,000.

Arbitration is designed to aid first-time offenders. It would work as follows: the arresting officer may recommend arbitration; then the child and his or her legal guardian must agree to the procedure within three days.

Once arbitration is agreed to, a hearing is set before the arbitrator. The arbitrator would function as a judge and be able to dismiss the case, delay it for further evidence or pass sentence.

The commission also delayed action on a proposal to renovate the county health clinic in Sanford. The proposal calls for conversion of two bathrooms side by side into space for duplicating and mailing. Another large bathroom would be converted into a pharmacy.

When you're looking for the sale of the summer, take another look at Zayre.

fashion values!

men's July buys!

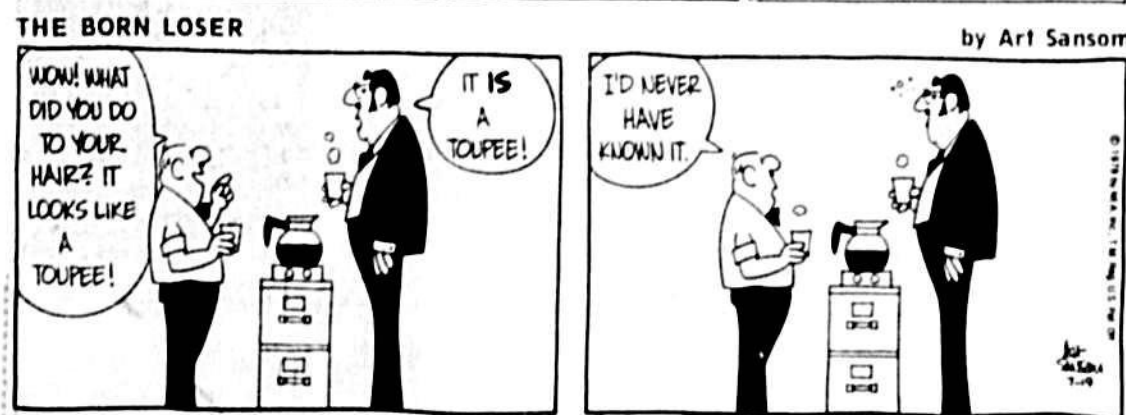
girls' savings!

sportswear specials!

lawn & patio specials!

boys' savings!

We're clearing the decks! Our summer Clearance Sale has oceans of VALUES, see-worthy SELECTIONS from stem to stern at Zayre... Come, sail into boatlands of buys for you, your home and your family! And, if you're a bit overboard on your budget, just say 'charge it' on any one of three convenient plans. Full SALE ahead with super savings at Zayre!



CROSSWORD puzzle grid with clues for Across and Down.

ANSWER TO PREVIOUS PUZZLE. A list of words and their corresponding grid positions.

HOROSCOPE

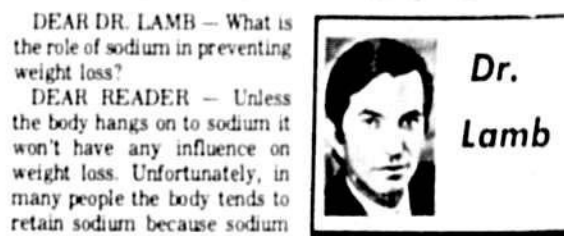
By BERNICE BEDE ISOEL

For Thursday, July 20, 1978

YOUR BIRTHDAY July 20, 1978. Involvements in several joint ventures are likely for you this coming year. One may prove to be a real fizzle, but another shows exceptionally high promise. CANCER (June 21-July 21) Financial dealings containing elements of risk are not your cup of tea today. You could show a tidy profit, however, by sticking to blue chip areas. Having trouble selecting a career? Send for your copy of Astro-Graph Letter by mailing 50 cents for each and a long, self-addressed, stamped envelope to Astro-Graph, P.O. Box 189, Radio City Station, N.Y. 10019. Be sure to specify Leo sign.



Weight Loss And Sodium's Effects



DEAR DR. LAMB—What is the role of sodium in preventing weight loss? DEAR READER—Unless the body hangs on to sodium it won't have any influence on weight loss. Unfortunately, in many people the body tends to retain sodium because sodium salt has to be diluted with water for the body to retain it, that also means the body retains water. In a number of medical problems, if we stimulate the body to eliminate sodium we know that will cause water to be flushed out with it. That's the way most of the water pills work. Sodium or sodium chloride, as in normal table salt, contains no calories. It has nothing to do with retention of body fat or the formation of fat tissues. It simply contributes to the retention of water which affects the reading in pounds on the bathroom scales. This can sometimes be a factor in the plateau that people experience because their body is retaining sodium salt and with it water. To give you a plan for sensible weight control I'm sending you the Health Letter number 47, Weight Loss Diet (Others who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York, N.Y. 10019). DEAR DR. LAMB—I would appreciate any information you can give me on Osgood Schlatter disease. After my doctor X-rayed my son's knees he informed me that he had this disease and that there was no cure for it. My son is 13 years old. He said by the time he is 26 the disease would disappear. I would like to know what causes this disease and if there is anything we can do to help him get better. DEAR READER—The problem involves the bony area where the tendon around the kneecap inserts into the shin bone. This is the area of bone growth during the growing years. During the period while the cartilage is still converting to bone and individuals are very active there may be a local injury. Some people think it is a minute fracture where the bony area is literally pulled loose from the rest of the shin bone. If you think about it a minute you can see that the large muscle over the thigh that goes down into the tendon to engage the kneecap actually inserts onto the shin bone. This is the largest muscle in the whole body and it moves on very large levers—the thigh bones and the leg bones. As a result an enormous amount of force can be placed at this particular area where the kneecap tendon attaches. There really isn't too much that can be done about it. The problem in most cases. Doctors advise also that it varies but most feel it's important to rest the knee without seriously limiting the person's activities. That means that such a person might avoid climbing stairs and might avoid competitive sports and things that involve movements like kicking or straightening up from a bent knee position. Some doctors go so far as to put such an individual in a straight leg cast so they don't bend the knees; thereby they don't pull on the tendon that attaches to the shin bone. Most cases do well with moderate limitation of activity and in some instances the whole problem lasts only months or a few years. Rarely the problem is sufficiently severe as to require surgery.

WIN AT BRIDGE

WEST NORTH EAST SOUTH. A list of bridge hands and their solutions.

By Oswald Jacoby and Alan Sontag. North's pre-empt of three clubs has little to recommend it. The suit is adequate for the bid, but he has a hand in which game or even slam could be on in either of the major suits. South's three notrump was slightly aggressive but he hoped partner would be able to fill in a few bids and pieces in suits other than clubs. This hand was lost on the very first trick. Declarer covered the opening spade.



ANDRETTI ANSWERS NEWSMAN'S QUESTIONS

Sutton Nears Dodger Mark

By United Press International. Los Angeles Dodgers' pitcher Don Sutton has had only one 20-victory season, but he is almost certain to establish team marks for most victories, games started, strikeouts, and innings pitched, and shutouts before he retires. His six-hit, 7-2 triumph over the Pittsburgh Pirates Tuesday night moved him within nine of Don Drysdale's club record for most victories, and Sutton has his sights set on surpassing his former teammate in both victories and shutouts before the year is over. Sutton has 47 career shutouts and is just two short of Drysdale's club record. "Drysdale has always been my inspiration and since he has the all-time Dodger winner with 209, I think it's a definite possibility I could reach that total this year," said Sutton. "There are three nice things that could happen to me this year: 1. I could reach 200 victories. 2. I could reach 400 strikeouts. 3. I could reach 400 innings pitched. I think I can do all three."

Hardy Sparks Kiwanis, 10-6

Toni Hardy slammed a treble home in the first inning to send Kiwanis toward an eventual 10-4 victory over Florida Screen in a Girls Junior Softball game Tuesday night. Debbie McFadden had three hits for Kiwanis. Dee Hogan had a triple for the losers.

Jackson Homer Keys 17-2 Win

Jackie Jackson belted out a home run and single Tuesday to lead Slumberite to a 17-2 victory over Burch & Sons in a Women's Softball League game at Fort Mellon Park. Joyce Davis also had two hits for the winners. Debbie Roberts had the only hit for the losers, a two-run single.

Sanford Juniors Play Daytona Beach Tonight

PORT ORANGE—Rain was the only winner in Tuesday's Junior League district tournament. Sanford was rained out of its scheduled game against Daytona Beach, but will get another chance to advance through the winner's bracket in an 8 p.m. game tonight. Coach Bob Graham indicated he would use either Tracy Walker or Tony Little as pitcher in tonight's

SPORTS

Mario Not So Slow Off The Track

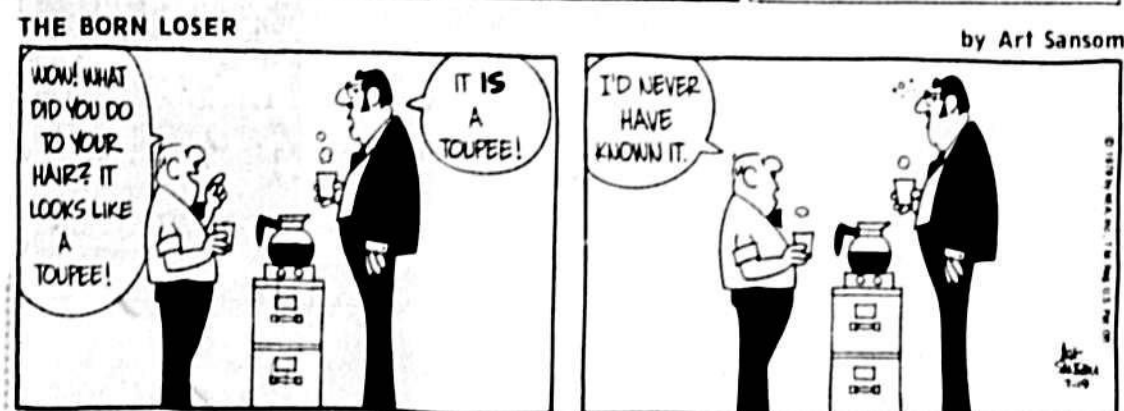
Mario Andretti looked a little bored at all the questions about his racing career. He was polite, but obviously aware of the probing questions about his recent failures on the European racing circuit. Standing between the lines, he perceived the line of thought, and pointed out that his "bad luck" had cost him valuable points in second and third place finishes, and that now instead of carrying a big lead into the final races on the circuit, the tables had turned and he was going to have to do some catching. Andretti was in Seminole County to promote the opening of a grand prix mini race track which bears his name. It's located in Fern Park, and Andretti and his partners hope it is the second successful one in a chain of half a dozen or so stretching through the states and Europe. At the reception in the track clubhouse a late arrival charged through the crowd and wanted to know which one was Andretti. "Well listen buddy, you should have been here a few minutes ago," someone told him. "A guy looking just like you just walked past him, and I'd say he was pretty fast."



Everyone within earshot agreed. Fun for Andretti is getting behind the wheel. Even in the slumped-down version of cars they have at the track in Fern Park, the half-mile track has the characteristic curves of Le Mans, and it takes a little less than a minute to negotiate. A time in the mid-fifties is considered good. Andretti went 66 seconds his first time out, losing it on the first turn. He wiped 10 seconds off the clock his second trip, and his best for the day was 55.58 seconds. Newsman took turns trying to beat his time.

While he was watching, nine-year old John Magnotta stuck a pad, a pen, in front of him. Andretti signed it and handed it back, but the Fern Park youngster handed it back, saying he wanted one for his cousin. Andretti raised an eyebrow, and with a hint of a grin, signed. Another look, said he wanted still another autograph. "You got a lot of cousins, kid," said Andretti, quickly signing half a dozen pages. The track out of the track is to go as fast as you can and stay on the track. Recent rains have left the apron wet and muddy. I didn't know about the mud until I learned what my plastic face visor was for. Tricky little devil, those cars. Strangely enough, I took the first several of five laps cautiously to get the feel of it. I went 56, 55.20 and 54.22 those first three. Sensing greater success, I got greedy the last two laps, and that's when I found out about the mud. Someone handed a certificate in my hand which documented that I had beaten Mario Andretti on his own track. I tried to tell them I couldn't brag too much, because a lot of people had been beating him lately.

Walgreens THE SHOPPER'S CENTER. A large advertisement for Walgreens featuring various products and their prices. Products include Johnson & Johnson O.B. Tampons, Air Mattress, Beach Ball, G-E FM/AM Portable, Sunsensor Sunglasses, B-B-Q Grill, and many others. Prices are listed for each item, often with 'SALE' or '99¢' tags.



CROSSWORD puzzle grid with clues for Across and Down.

Answers to the crossword puzzle.

Horoscope section for Thursday, July 20, 1978, by Bernice Bede-Soel.

Win at Bridge section by Oswald Jacoby and Alan Sontag.

Spider-Man comic strip by Stan Lee and John Romita.

Hardy Sparks section by J.R. Richard.

Sanford Juniors Play Daytona Beach Tonight section.

Weight Loss And Sodium's Effects article by Dr. Lamb.

Haynes Hunches section by Jim Haynes.

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SPORTS

Mario Not So Slow Off The Track

Mario Andretti looked a little bored at all the questions about his racing career.

Andretti is in Seminole County to promote the opening of a grand prix mini race track which bears his name.

Andretti is in Seminole County to promote the opening of a grand prix mini race track which bears his name.

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Walgreens THE SHOPPER'S CENTER advertisement with various products and prices.

Walgreens THE SHOPPER'S CENTER advertisement with various products and prices.



Bronco Tourney Opens Thursday Night

The district Bronco baseball tournament opens Thursday night at Five Points field, and the Seminole Pony League has two squads with an eye on advancing to the regional tournament next weekend.

The double-elimination affair opens with a 6 p.m. showdown between Seminole's No. 2 team and Semoran. Seminole No. 1 takes on Gainesville at 8:30.

Seminole's league is using a familiar formula in this tourney, putting its top 15 players on team No. 1, coached by Jim Withrow, whose assistant is Jack Lang. The second team is composed of mostly 11-year-olds, with the concept designed to give the second unit valuable experience for next year.

Heading the Seminole No. 1 team is a group of

power hitters, paced by league home run champion Greg Hill, who hit 12 out of the park in regular season. Between Hill, Brian Davis, Bill Lang, Chris Boyles, Ron Ingram, Marty Coffey, Ron Clippard, Ron Gardner and Kevin Wick, they have a total of 54 homers.

Pitching is likely another strong point. Wick, Hill, Lang and Brent Neibauer are expected to carry the mound load.

"Infield is also strong," said Withrow, an experienced youth league manager. "The only problem I foresee is one you run into with most all-star teams—a shortage of experienced outfielders. Most of the all-stars were used in the infield. Our outfielders have strong arms, but don't cover their territory as well as they would if they had been

playing there all season." Rounding out the No. 1 team are Paul Alegre, Clint Baker, Scott Bowersox, Casey Hawthorne, Mike McArdle.

Seminole No. 2 is managed by Ron Baker, with Carl Wood assisting.

The dream situation for his team, naturally, would be to pull off an upset. "It's one of those everything to gain, nothing to lose situations," noted Baker. Members of the No. 2 team include Jeff Vanzura, Tim Heffernan, Steve DeLisle, Paul Wood, Jay Sheppard, Joey Janego, Keith Rozek, Steve McCormick, T.C. Cox, Chris Andrews, Jody Foster, John Cupit, Bobby Miller, Bobby Bogart and Darren Simpson.

LANG

CLIPPARD

MCCORMICK VANZURA MILLER ROZEK COX SIMPSON HEFFERMAN BOGAN DeLISLE JANEGO WOOD SHEPPARD CUPIT

Altamonte Springs Sharp As A Razor's Edge, 14-1



ALTAMONTE SPRINGS — Altamonte Springs continued to show the most class in the district Little League tournament Tuesday night with its second straight impressive victory, a 14-1 blasting of host Rolling Hills. Just Monday night Altamonte Springs eliminated Matland, 22-0.

"The kids all played super," said manager Ralph Cochran. Altamonte advanced to the championship game Thursday night at 7:30 on the Pine Hills field against West Oak Ridge. A victory in that one would send

ALTAMONTE SPRINGS
AB R H
Mark Cochran, c.p. 4 0 1
Craig Bolton, cf 3 0 1
Tom Prater, p 3 0 1
John Luzzi, p 3 0 1
Troy Quackenbush, rf 3 0 2
Van Colman, 3b 3 0 2
Craig Cochran, 2b 3 0 2
Jack Zabolocki, lf 3 0 2
Mark Viner, 2b 2 0 1
Greg Lorenz, ss 4 1 1
Totals 32 10 18

ALTAMONTE MANAGER RALPH COCHRAN GIVES THE WORD

Martin, Jackson Have Their Own Tug-O-War

NEW YORK (UPI) — Reggie Jackson stands at one end of the rope, Billy Martin at the other. Back-to-back, with fierce determination, they head in opposite directions, tagging with a ferocity that defies common logic. The rope is tugging down to its final strain, and when it gives... When it gives, one or both will be gone. And the rope will give, because Martin and Jackson will never iron out their differences. Both are marvelous as what they do, but neither is prone to compromise.

When Jackson was appraised of the five-day suspension, he replied, "Okay," and took off for his home in Oakland, Calif. Designated by reporters and photographers upon landing at 5 p.m. EDT, Jackson was evasive, but a UPI lemming managed to get a picture of him. Jackson unleashed a stream of obscenities before finally departing.

ALTAMONTE SPRINGS
AB R H
Dye, 3b 3 0 1
Lee, 2b 3 0 1
Tucker, rf 3 0 1
Andrews, rf 3 0 1
Sizemore, rf 3 0 1
Lenta, 1b 3 0 1
Madden, cf 3 0 1
McNulty, lf 3 0 1
Prism, lf 3 0 1
Totals 32 10 18

ALTAMONTE SPRINGS
Rolling Hills
AB R H
Dye, 3b 3 0 1
Lee, 2b 3 0 1
Tucker, rf 3 0 1
Andrews, rf 3 0 1
Sizemore, rf 3 0 1
Lenta, 1b 3 0 1
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Totals 32 10 18

ANDREWS

FOSTER

CUPIT

ALTAMONTE SPRINGS
Rolling Hills
AB R H
Dye, 3b 3 0 1
Lee, 2b 3 0 1
Tucker, rf 3 0 1
Andrews, rf 3 0 1
Sizemore, rf 3 0 1
Lenta, 1b 3 0 1
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Madden, cf 3 0 1
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Prism, lf 3 0 1
Totals 32 10 18

SCOREBOARD

Major League Baseball

Table with columns for American League and National League, listing teams, scores, and game status.

Transactions

Atlanta - Named Bill Lucas vice president and director. Released right-handed pitcher Tommy Bogus from Richmond farm club.

Jai Alai

Table showing Jai Alai results for various locations including Daytona Beach and Sanford.

Dog Racing

Table showing dog racing results for various tracks.

Leaders

Table showing league leaders in batting, pitching, and other categories.

Home Run

Table showing home run leaders in the American League.

Home Run

Table showing home run leaders in the National League.

Home Run

Table showing home run leaders in the American League.

Home Run

Table showing home run leaders in the National League.



SEMINOLE PONIES ROLLING

Seminole Pony all-stars get the lumber ready before a 5-0 and 6-0 sweep in Tuesday night's area tournament at Five Points Field. Seminole now advances to Saturday's tournament at Gainesville.

Large advertisement for SUPERX drug stores featuring various products and prices. Includes sections for 10% OFF on insulin syringes, HEALTH & BEAUTY BUYS, WESTCLOX SCOTTY POCKET WATCH, MID-SUMMER SALE, and SUPER PHOTO BUYS.

SUPERX DRUGS - 2438 FRENCH AVE. - SANFORD, FLA. - PH. 322-8270

JCPenney Auto Center SANFORD PLAZA AND WINTER PARK MALL

Storewide Clearance

1/2 price

Selected group of family shoes.

Dressy and casual shoes for girls, boys, men and women. Sandals, oxfords, canvas casuals and much more. Now's your chance to save on shoes for the whole family!



1/2 price

Selected group of misses and junior sportswear.

There's plenty of summer left, so scoop up these savings now. Tee shirts, blouses, shorts, pants, skirts and much more. Great summer styles in Jr. and misses sizes.

1/2 price

Group of boys and girls tops and pants.

Stock up on summer tops and pants for big and little boys and girls. Lots of styles. Lots of colors. All at great 50 percent savings.



Mens seersucker sportcoat.

16.88

Orig. \$50 in May 1978.

Cool and comfortable seersucker sportcoats styled for the mature man. Easy-care Arnel triacetate-nylon in blue and white. Sizes 38-44 reg. and long.

This is JCPenney

WINTER PARK AND SANFORD PLAZA - OPEN DAILY 10 A.M. TO 9 P.M. - OPEN SUNDAY 12:30 - 5:30 P.M.
ORLANDO DOWNTOWN - OPEN TUES., WED., THURS., SAT 9:30 A.M. TO 6 P.M. - OPEN MON AND FRI 9:30 A.M. TO 8:30 P.M.

OURSELVES

Evening Herald, Sanford, Fl. Wednesday, July 19, 1978—1B

Cook Of The Week

Being Wife, Mother Comes First For Teacher, Dancer

By ELDA NICHOLS
Herald Correspondent

Phyllis Hudson of Altamonte Springs, loves to cook and dance, although not at the same time.

Exotic cooking is a favorite with the attractive Phyllis. "I enjoy Polynesian and Chinese cooking," she said. She is also a member of the Mid-Eastern Dance Ensemble, of Casselberry, specializing in belly dancing.

"I've been dancing for two years now and can feel a big difference, physically, because of the dancing. This form of dancing is becoming extremely popular. A lot of people take it to slim down, but the fact is, it's just plain fun. Another thing, not only the very young, but the very old are all able to enjoy it," she said.

Phyllis teaches art at the YMCA in Winter Park, and has performed with the dance group at Civic Centers and Lake Eola.

Waterless cookware is high on the list of Phyllis' cooking preferences. "The vegetables retain their color and the vitamins aren't lost," she said. Other indispensable items in her kitchen include a blender and food chopper. "They are just so handy," she said.

Though Phyllis has no weight problem, she believes in seeing that her family receives good nutrition in their food. "I used to bake bread and rolls and just about everything. But my husband, Ken's, waistline said, 'Stop! I don't do as much baking now,'" she laughed. Two young sons, Brad and Vince, make up the rest of Phyllis' family.

When company comes, Phyllis enjoys going all out in her entertaining. "I like to prepare something they don't usually fix at home for themselves. I try to have everything ready to pop in the oven so there's no fuss when company comes. I guess I like being organized. That way, we all enjoy each other's visit," she explained.

Calling herself a conventional cook, Phyllis said, "I like to prepare plain old roast beef and the trimmings, as well as more fancy dishes. I don't use a microwave oven or a slow cooker. As to hobbies, she said, "First, I'm a wife and



Phyllis Hudson samples Sour Cream Coffee Cake

mother, with rehearsing, dancing and teaching taking second place."

SOUR CREAM COFFEE CAKE
2 sticks butter at room temperature
1 1/4 cups sugar
1 cup sour cream
2 eggs, well beaten
1 tsp. vanilla
2 cups all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/4 tsp. soda
1 cup finely chopped nuts (pecans or walnuts)
2 tsp. ground cinnamon
Cream butter, sugar and sour cream. Add eggs and vanilla and beat well. Combine dry ingredients and add to creamed mixture. Beat well. Thoroughly grease a 10 in. tube pan. Make topping by combining nuts, brown sugar and cinnamon. In bottom of tube pan, put a third of the topping mixture; alternate layers of batter and topping, ending with batter. Bake at 350 degrees for 45 min.

BAKED COCONUT CHICKEN
4 whole chicken breasts, boned, skinned and cut in half
1 small can frozen orange juice, thawed
1/2 tsp. salt
1/4 tsp. ground ginger
2 eggs
1 tbsp. soy sauce
1/2 tsp. garlic powder
1/2 cup corn flake crumbs
1 pkg. shredded coconut
2 cups chicken broth
1 tsp. lemon juice
1 tsp. salt and pepper
2 tbsp. cornstarch mixed with 4 tbsp. water

Marinate chicken in orange juice, salt and ginger for 2 hours at room temp., or overnight in refrig. Turn occasionally. Drain and reserve juice. On a sheet of wax paper, mix corn flake crumbs with coconut in a shallow bowl, beat eggs with half the orange juice mixture, soy sauce and garlic powder. With tongs, dip chicken pieces first into egg mixture, then into coconut and corn flake crumbs. Coat thoroughly by pressing mixture onto chicken with fingers. Place on greased baking pan. Bake at 350 degrees for 40 to 45 min. Sauce: In small saucepan, combine remaining reserved orange juice mixture, chicken broth, lemon juice, salt and pepper to taste. Add corn-

starch mixture and cook, stirring constantly, until thickened. Serve separately in gravy dish. Garnish chicken on platter with parsley and thin orange slices. Serve extra orange sauce on cooked rice.

SPINACH PIE
1 small pkg. (3 oz.) cream cheese, softened
1 cup half-and-half light cream
1/2 cup soft bread cubes, lightly packed
1/4 cup shredded Parmesan cheese
2 eggs, beaten
1-10 oz. pkg. frozen chopped spinach, cooked and drained
4 tbsp. butter or margarine
1 large onion, finely chopped
1/2 lb. mushrooms, finely chopped
1 tsp. tarragon leaves
1/4 tsp. salt
1 unbleached deep-dish 9 in. pie shell

In a mixing bowl, mash cream cheese with fork and gradually blend in cream. Add bread cubes, Parmesan cheese and eggs to cream cheese mixture, and beat with mixer or wire whip to break up bread pieces. Stir in the spinach.

Melt butter in wide frying pan and cook onion and mushrooms until lightly browned. Stir frequently, add tarragon. Blend hot vegetables with spinach mixture. Add salt. Pour vegetable filling into pastry shell. Bake on lowest rack in a 400 degree oven for 25 min., or until crust is well browned. Let stand for 10 min. before serving. 6 to 8 servings.

HAWAIIAN TUNA SALAD
1 med pineapple
2-7 oz. cans tuna, drained
1-16 oz. can sliced peaches, drained
1 large banana, sliced
1/2 cup flaked coconut
1 med apple, cored and diced
1/2 cup mayonnaise or salad dressing
Cut pineapple in half, remove fruit, leaving 1/2 in. shell. Reserve shells, dice pineapple, combine pineapple, tuna, peaches, banana, coconut and apple; mix lightly. Chill. Blend mayonnaise, orange juice, bitters and salt. Chill. Add dressing to tuna salad; toss lightly, but well. Fill pineapple shells with salad. Garnish with cherries and parsley.



A TOAST TO NEW OFFICERS
Nancy Peycke (center), outgoing president of the Greater Seminole Toastmistress Club, pins the president's pin on newly installed president Joan Madison. (Other officers installed at the banquet held at the Quality Inn are Mary Thibodeau (left to right): council delegate, Jody Perkins, vice-president; and Margie Beine, treasurer. Not pictured are Pat Powers, secretary, and Barbie Wilder, the installing officer.

Daughter Resents Mother's New Spouse In Pop's Home

DEAR ABBY: My husband died six years ago. He was a heavy drinker and habitual gambler, and our children knew their father for what he was. I worked all my married years to give our children the necessities. (I have four children—all married now.)

A year ago I married a good man who neither drinks nor gambles. He was divorced and walked out leaving his wife everything, so after our marriage, he moved into my home.

One of my daughters is giving me a hard time. She resents my new husband. She never got along with her father when he was living, but now she says she can't stand to see another man living in her father's house, sleeping in her father's bed, and sitting in her father's chair.

DEAR HAROLD: If a woman gets all dressed up to go "shopping," comes home slightly late and out of breath, has no packages and is wearing her pants inside out, I'd wonder where she's been.

DEAR ABBY: As a marriage and family counselor, I am disturbed by her response to MINNESOTA MOM who complained because her 12-year-old daughter displayed "affection" for her boyfriend in public.

While I agree there are certain forms of affection that are inappropriate to demonstrate in public, holding hands and putting arms around each other's waists are not only appropriate to my view, they are warm, lovely things to see.



Dear Abby

herself the agony and stay away.

DEAR HAROLD: If a woman gets all dressed up to go "shopping," comes home slightly late and out of breath, has no packages and is wearing her pants inside out, I'd wonder where she's been.

DEAR ABBY: As a marriage and family counselor, I am disturbed by her response to MINNESOTA MOM who complained because her 12-year-old daughter displayed "affection" for her boyfriend in public.

While I agree there are certain forms of affection that are inappropriate to demonstrate in public, holding hands and putting arms around each other's waists are not only appropriate to my view, they are warm, lovely things to see.

An appropriate show of affection is essential to our physical and emotional wellbeing. I believe that one of the problems in our society today is that there is not enough touching. We are progressively alienating ourselves from each other, and that is why we marriage counselors are so busy seeing people who desperately want to know how to make contact with others.

LA MARRIAGE COUNSELOR
MINNESOTA MOM asked me to get the message across to her daughter that it is extremely poor taste to let a boy "put his hands all over her" in public. I replied: "All the world may love a lover, but he doesn't have to act his role out in public. A boy who respects a girl will keep his hands OFF her in public, and a girl who respects herself will make sure he does."

Holding hands is a far cry from letting a boy put his hands all over her, which, I repeat, is highly inappropriate in public. Are your problems too heavy to handle alone? Let Abby help you. For a personal, un-

published reply, write Abby, and enclosing a stamped, self-addressed envelope.

Enclose a stamped, self-addressed envelope.

Enclose a stamped, self-addressed envelope.

Getting Married?

Engagement and wedding forms are available at the Herald office to announce these events. The forms may be accompanied by professional black and white photographs if a picture is desired with the announcement. Wedding forms and pictures must be submitted within two weeks of the wedding. Contact The Herald COURSELVES editor for information and suggestions.

Frigidaire SUMMER SALE HOME APPLIANCE

Dieting Wives Don't Need Their Husbands' 'Help'

By DR. RICHARD STUART

Wives would rather go it alone than have their husbands help in losing weight. This is the conclusion of a recent survey I conducted of attitudes toward weight-control programs.

More than three-fourths of the women who reached their goal weights through participation in a weight-control group said their dieting was

simplified by their husbands not being involved.

Moreover, the women ranked the desire to please their husbands sixth in a list of seven reasons for wishing to lose weight. The list was headed by desire to improve personal appearance and health and to prove to themselves that they could do it.

While only one-third of the wives who succeeded in losing

weight said they would have wanted their husbands to attend weight control classes with them, slightly more than half said their husbands had been helpful during their dieting.

One-third of the women said they had also received help from their children.

These findings suggest that, while constructive interest from family members may help some women to lose weight,

others succeed despite a lack of this support. Indeed, many of the women in the survey indicated that their husbands actually interfered with their weight-loss efforts.

The survey, summarized in my book "Act Thin-Slay Thin" (Norton), offers some insight into how and why many husbands were not helpful.

Husbands are far more likely to comment on their wives' dieting failures than to praise their dieting successes. They are also unlikely to curb their own overeating to aid their wives' food-management efforts.

Few husbands deliberately try to sabotage their wives' efforts. Rather, they are often unaware of what they are doing and of the impact of their behavior upon their wives.

Some husbands simply enjoy overeating with their mates and do not wish to lose that companionship.

Other husbands feel that excess weight prevents their wives from widening their social and work opportunities. They fear the stability of their

marriages will be threatened if their spouses lose weight.

Still other husbands have entered into unspoken contracts with their wives. The husband is permitted his personal excess, such as heavy social drinking, in exchange for granting his wife permission to overeat.

When the wife curbs her excessive eating, the husband often fears he will be expected to forego his self-indulgent pleasure.

Finally, some husbands seem to enter into undercover battles to subvert their wives' self-improvement efforts. The husbands are attempting to insure that they will not be surpassed by their spouses in personal success.

Whatever the husbands' motivations—whether they are fully supportive of their wives or struggling to wreck their spouses' efforts—two tactics can help wives attempting to win the weight-loss battle.

First, wives should redirect their husbands' efforts along these three lines:

1. Husbands should be encouraged to set a good example by eating the proper amounts of carefully chosen foods.

2. Husbands should offer their wives gentle reminders of their new eating program. Helping their wives remember to plan for constructive eating can greatly aid long-range success.

3. Husbands should be ever ready to compliment their wives' successful efforts and to ignore their eating lapses.

This third step is contrary to most people's normal interaction style. It can be taken only with considerable effort.



We are pleased to announce Karen Wallace Formerly of Sara and Woody's (Winter Park)

has joined our staff

FAIRWAY LAUNDROMAT
Dry Cleaning at budget prices and coin laundry service in a pleasant atmosphere. Open 7 a.m. to 10 p.m. daily. Located at...
FAIRWAY PLAZA
On Hwy. 17, 92 at 27th 322-9799
Try it you'll like it!

TREASURE CHEST OF BEAUTY
WELCOME WITH OR WITHOUT APPT.
SANFORD PLAZA 322 0500
MABEL DUGGAN—OWNER OPERATOR
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ANNETTE PERALTA
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BARBARA MAYO
BECKY FERRIS

Tasty Lime and Fruit Cheese Salad served with your favorite meal will be a hit every time.



Super Summer Salads Made To Order For Cool Dining

Cool and refreshing summer salads made with Florida fruits and vegetables... what a great way to beat the summer heat while adding color, appeal, and loads of valuable minerals and vitamins to your diet. Salads can be made to fit any course and occasion and can be varied as the individuals who make them. They range from the hearty served as main

dishes to those elegant enough for your most formal dinner party. For a light summer luncheon try a chilled melon salad loaded with chunks of chicken or an avocado stuffed with cottage cheese and diced tomatoes. Either one will be refreshing on a hot summer day. The next time you invite the group over for a backyard bar-

becue serve Bean Stuffed Tomatoes. They'll dress up your picnic table and the ingredients can be prepared earlier in the day, leaving you free to enjoy the fun. And then for a cool and tasty congealed salad to serve as an accompaniment to your favorite meal prepare Lime and Fruit Cheese Salad. It's a hit every time.

MELON AND CHICKEN SALAD
 1 1/2 cups diced cooked chicken
 2 Florida oranges, sectioned
 1/4 cup seedless white grapes
 1/4 cup toasted slivered almonds
 1 cup cantaloupe balls
 1/4 cup mayonnaise
 6 to 8 cantaloupe rings or halves, peeled
 lettuce leaves
 Mint or parsley
 Combine chicken, orange sections, grapes, almonds, cantaloupe balls and mayonnaise; chill. Arrange cantaloupe rings or halves on lettuce and fill with chicken salad. Garnish with mint or parsley. Serves 8-10.

FOOD BARN

2 LOCATIONS

★ Park Ave. & 25th St.
OPEN DAILY 8 A.M. TO 11 P.M.
7 DAYS A WEEK

★ 4th & Sanford Ave.
OPEN Mon.-Thurs. 8 a.m. to 8 p.m.
Fri.-Sat. 8 a.m. to 9 p.m.
Sun. 8 a.m. to 10 a.m.

SUPER FOOD BUYS!

FOR JULY

DOWN ON THE FARM PRICES plus free bags and service

SIRLOIN STEAK \$1.98	T-BONE STEAK \$2.18	DELMONICO STEAK \$2.68	FARM VALUE BREAD \$1.00
SAVE 81¢ LB.	SAVE 81¢ LB.	SAVE 99¢ LB.	20 OZ. LOAVES

All Beef Items Choice Heavy Western

GROUND BEEF 88¢	BEEF LIVER 39¢	ALL MEAT STEW \$1.48	FRYERS 58¢	CUBED STEAK \$1.98
SAVE 41¢ LB. 100% PURE	SAVE 50¢ LB. TENDER SLICED	SAVE 61¢ LB. BONELESS BEEF	SAVE 21¢ LB. DENT'S GOOD FRESH PACK WHOLE	SAVE 51¢ LB. BEEF TEXAS

QUANTITY RIGHTS RESERVED
Prices Good Wed., July 19 through Tues., July 25.

PORK BRAINS 49¢	SHOULDER PORK ROAST 99¢	SAUSAGE 98¢	BLADE CUT BEEF CHUCK STEAK \$1.38
CHITTERLINGS..... 5 LBS. \$2.49	DELICIOUS PORK KIDNEY..... 29¢	DOGIE BONES..... 29¢	BONELESS BEEF OVEN ROAST..... \$1.68
BACON..... 99¢	FRESH MULLET..... 49¢	PATIO STEAK..... \$2.19	1 LB. OR MORE IMPCT. PURE GROUND CHUCK..... \$1.18
FRYER LIVER..... 5 LBS. \$2.79	TASTE TEMPTING SMOKED HOCK..... 79¢	BEEF TONGUE..... 98¢	COUNTRY STYLE PORK RIBS..... \$1.19
FRYER GIZZARDS..... 5 LBS. \$2.79	MEATY OX TAIL..... 79¢	BEEF HEART..... 69¢	DENT'S GOOD FRYER BREAST or THIGH..... 78¢
WIENERS..... 99¢	LEAN BEEF BRISKET STEW..... 89¢	HOT SAUCE..... 4 1/2 OZ. \$1.00	DELICIOUS BEEF KIDNEY..... 28¢

YELLOW RICE \$1.00	MEAL OR GRITS 38¢	BANANAS \$1.00	LETTUCE \$1.00
DIXIE LILY	DIXIE LILY	GOLDEN RIPE	FRESH CRISP

COOKIES 69¢	GLADIOLA MIXES 88¢	CORN 3/88¢	RED PLUMS 59¢
PURE MUSTARD..... 59¢	PANCAKE-MUFFIN-CORN BREAD BISCUIT..... 88¢	STOKELY HONEY POD PEAS..... 3/88¢	TENDER GREEN BEANS..... 39¢
PRUNE JUICE..... 89¢	4 OZ. PACKS..... 88¢	GEORGIA RED TOMATOES..... 3/88¢	10 LBS. POTATOES..... \$1.58
COOKED PRUNES..... 85¢		BORDEN'S LITE LINE YOGURT..... 4 1/2 OZ. CUPS \$1.00	WHITE OR RED GRAPES..... 68¢

TISSUE 78¢	EGGS 88¢	RINSO 78¢	TOWELS 38¢
CHARMIN	FLA. GRADE 'A' SMALL	DETERGENT	HIDRI JUMBO

MAYONNAISE 98¢	BACON 68¢
DUKE	ECONOMY SLICED

EFFECTIVE IN ORANGE, BREVARD, OSCEOLA, SEMINOLE AND LAKE COUNTIES ONLY!

Everybody WINS at PUBLIX and with Green Stamps you choose your own prizes!



GET UP TO **600** EXTRA Green Stamps

WHEN YOU CLIP AND REDEEM THESE BONUS COUPONS

IN 12-OZ. POP-TOP CANS

Schlitz Beer

six-pack

\$1.59

BREAKFAST CLUB REGULAR

Margarine

1-lb. pkg.

39¢

PLUS TAX & DEPOSIT

Sprite

32-oz. bot.

BUY 1, AT REGULAR PRICE, GET 1 FREE

TASTY

Wise Potato Chips

twin-pack

59¢

THIS AD EFFECTIVE: THURSDAY, JULY 20TH THRU WEDNESDAY, JULY 26TH, 1978. CLOSED SUNDAYS...

COUPON 1 (Expires Wed. July 26, 1978)

Publix **100 EXTRA** Publix GREEN STAMPS

on purchases totaling \$5.00 to \$9.99 excluding all tobacco products

COUPON 2 (Expires Wed. July 26, 1978)

Publix **200 EXTRA** Publix GREEN STAMPS

on purchases totaling \$10.00 to \$14.99 excluding all tobacco products

COUPON 3 (Expires Wed. July 26, 1978)

Publix **300 EXTRA** Publix GREEN STAMPS

on purchases totaling \$15.00 to \$19.99 excluding all tobacco products

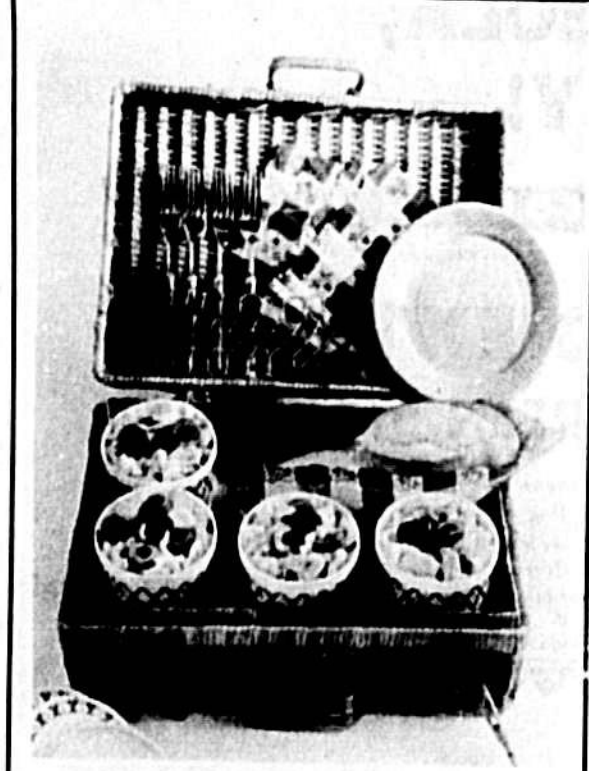
COUPONS 1 & 2 ARE WORTH 300 STAMPS ON A PURCHASE OF \$15 THROUGH \$19.99

COUPONS 1 & 3 ARE WORTH 400 STAMPS ON A PURCHASE OF \$20 THROUGH \$24.99

COUPONS 2 & 3 ARE WORTH 500 STAMPS ON A PURCHASE OF \$25 THROUGH \$29.99

COUPONS 1, 2 & 3 ARE WORTH 600 STAMPS ON A PURCHASE OF \$30 OR MORE

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



TUNA COMBINATIONS GO ANYWHERE

Pantry Staples, Tuna And Pasta, Stretch Budget

Tuna, noodles and cheese always have been staples for those who like to eat well for less money. Though prices for these items are up, they have not skyrocketed like those at the meat counter.

When planning a meal or shopping the supermarket, you can make the most of your money by considering cost per serving.

For example, a tuna-noodle-olive casserole costs about 70 cents a serving. Tuna-macaroni salad is a tasty budget delight at about 45 cents a serving. (These are New York prices.)

Chill the salad thoroughly and take it on your picnic in an insulated cooler.

TUNA-NOODLE-OLIVE CASSEROLE
8 ounces medium egg noodles (about 4 cups)
1 tablespoon salt
3 quarts boiling water
1 can (10 1/2 oz.) condensed cream of celery soup
Two-thirds cup milk
1/2 cup thinly sliced celery
1/2 cup sliced Spanish stuffed green olives
1 can (8 1/2 or 7 oz.) tuna, drained and flaked
2 tomatoes, sliced
1/2 cup shredded process American cheese (about 2 oz.)

Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, combine undiluted soup, milk,

Cauliflower May Go Overlooked If Overcooked

Cauliflower is a vegetable often overlooked because it is usually overcooked. Here often with water, unappealing to eye and taste buds?

Cauliflower is at its best when cooked just until crisp-tender. And raw cauliflower florets on fresh garden vegetable platters are good party nibbles.

Make full use of low-calorie cauliflower when it is at its peak and, therefore, less expensive.

FRESH CAULIFLOWER WITH PARSLEY SAUCE
1 medium cauliflower
1/2 tsp salt
Fresh Parsley Sauce
Remove outer leaves from cauliflower, leaving small tender leaves attached. Wash. Place whole head in a saucepan with 1 inch boiling water and

New Ways To Give Variety To Low-Cost Old Favorites

Chicken has been an economical, high-protein staple in diets around the world for centuries.

With mass production, chicken continues to be less expensive per serving than most meat cuts, seafood and fish.

Dress up ground ham with apple, onion, spices and whole cranberry sauce for a different and flavorful ham loaf. This is a great way to use leftover ham.

BAKED CRANBERRY CHICKEN BREASTS
4 chicken breast halves
Salt and pepper
1/4 cup butter or margarine
1 cup chopped celery

1 onion, chopped
package (8 oz.) corn bread stuffing mix
1/2 cup cranberry-orange relish
1 cup chicken broth
1 can (6 oz.) frozen concentrated orange juice, undiluted

Sprinkle chicken breasts with salt and pepper. In a skillet, heat butter and brown chicken breasts on both sides. Remove from skillet.

Add celery and onion to skillet, sautéing for 5 minutes. Stir in stuffing mix, relish and chicken broth. Spread mixture evenly in a foil-lined 9-by-13-inch baking pan.

Place chicken breasts on top of stuffing. Pour orange juice



Chicken continues to be less expensive per serving than other entree items. Try dressing up chicken with corn bread stuffing for a delicious dollar stretcher.

FUN TIME with FUN FOODS from PUBLIX.

Publix adds to your fun in the sun with your favorite foods. And the Deli has em ready-to-go when you are.

Publix The Place for Beef

(This is Non-Protein Beef)

USDA Choice Non-Protein Beef Lean Sirloin Steak	\$2.99
USDA Choice Non-Protein Beef Round Top Round Steak	\$2.99
USDA Choice Non-Protein Beef Rib Steak	\$2.99
USDA Choice Non-Protein Beef Chuck Blade Steak	\$1.99
USDA Choice Non-Protein Beef Chuck Blade Roast	\$1.99
USDA Choice Non-Protein Boneless Beef Chuck Eye Roast	\$1.99
USDA Choice Non-Protein Boneless Beef (English Cut) Roast	\$2.99
USDA Choice Non-Protein Beef Plate Short Ribs	\$1.99

Publix The Place for Beef

(THE BEEF THAT NEEDS NO OTHER MEAT)

Swift's Premium Tender Crown D.O. Inspected, Shipped, D.O. Fresh Not Frozen, Premium Grade

Whole Fryers 69¢

Swift's Premium Tender Crown D.O. Inspected, Shipped, D.O. Fresh Not Frozen, Premium Grade

Fryer Breasts with Ribs	\$1.99
Fryer Thighs	\$1.99
Fryer Drumsticks	\$1.99
Fryer Wings	\$1.99
Fryer Backs & Necks	\$1.99

Delicious Flame Brown Baked Ham

Tasty Smoked or Fresh Liverwurst	\$1.99
Always A Family Favorite Hoagie Sandwiches	\$1.99
Zesty Flavored German Potato Salad	\$1.99
Fresh Baked Apple or Dutch Apple Pie	\$1.99
Kitchen Fresh Onion Rye Bread	\$1.99
Ready-To-Take-Out Southern Fried Chicken	\$1.99

Publix reserves the right to limit quantities sold

Blue Bonnet Margarino 55¢

Blue Bonnet Soft Margarino 69¢

Blue Bonnet Spread 99¢

HELLMANN'S Real Mayonnaise 99¢

Armour Star Sliced Bacon

Swift's Premium Oven Roast Mild or Garlic Corned Beef

Swift's Premium Sausage Breakfast Strips

Swift's Premium Sliced Peppers, Hard or Genoa Salami

Swift's Premium Sliced Budding Chopped Beef, Ham or Turkey

Oscar Mayer Smoke Link Sausage

Oscar Mayer Regular or Beef Style Wieners

Lykes Regular or Beef Style Wieners

Seafood Treat: Frozen Flounder Fillets

Seafood Treat: Frozen Salmon Steaks

Publix The Place for Dairy Foods

Breakfast Club Regular Margarino	3 99¢
Pilgrimage Caramel or Orange Danish Rolls	79¢
Breakfast's Cream Cheese	59¢
Kraft's Grated Parmesan Cheese	1 11¢
Dani-Fresh Cream Half & Half	89¢
Kraft's Individually Wrapped Sliced Sharp, American or Cheese and Bacon Cheese Food	79¢
Wisconsin Cheese Bar Shredded Mozzarella or Cheddar Cheese	99¢
Breakfast's Ricotta Cheese	1 11¢
Dani-Fresh Small Large Schmear or Low-Fat Cottage Cheese	1 69¢

FLORIAN'S Corn Oil Margarine 79¢

Halfmoon Longhorn \$1.19

Tide Detergent 99¢

Bonus Prints

Make time stand still.

Party Plan Gives Hostess Time For Fun, Relaxation

Florida limes are now in season. Throw a party using the tropical citrus in a variety of ways — from appetizers to desserts.

With today's busy lives, it's hard to find time to relax. But the rewards taste and texture the Cod is only partially... (Text continues with recipes and party ideas)

Great on Top of Pudding, Sunshine's Vanilla Wafers	59¢
Stakely's Dessert Treat! Fruit Cocktail	39¢
Green Giant Cream Style or Whole Kernel Golden Corn	3 99¢
Stakely Shells Beans, Cut or French Style Green Beans	3 99¢
Plaffier's Spring Garden or Caesar Salad Dressing	4 99¢
Stor-Kit Chunk Light Tuna	59¢
With Lemon, Tealoy Tea Mix	59¢

Swiff's Smokers Twin Pops	75¢
Nabisco's Great Tasting Oreo Cookies	99¢
Great with Soup, Little Brownie Sallines	49¢
Mott's Apple Sauce	59¢
Little Friskies Chef's Blend Dry Cat Food	49¢
Camel Cleanser	29¢
12oz. Off Label for Dishwashing Joy Liquid	1 19¢
13oz. Off on 4 Bars Personal Size Ivory Soap	59¢
12oz. Off Label Fabric Softener Downy	12 99¢
Van Camp's Pork & Beans	29¢
Assorted Varieties of Betty Crocker Frosting Mix	89¢
Save Hot or Cold Toppings Instant Tea	1 19¢
Assorted Flavors, Makes 8 Qt. Powdered Hi-C Drink Mix	1 19¢
Yellow, Cling Sliced or Halved Libby Peaches	2 99¢

ASSORTED FLAVORS Hi-C Fruit Drinks 2 89¢

Publix The Place for Health & Security Rich

SAVE 50¢ WITH COUPON ASSORTED VARIETIES OF BETTY CROCKER'S SUPER-MOIST Cake Mixes 2 \$1

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Publix markets

TAKE A FLORIDA ORANGE JUICE BREAK

TONIGHT'S TV

- WEDNESDAY
EVENING
11:30-12:00 NEWS
12:00-12:30 THE PRINCE OF HENRI

- 12:30-1:00 POLICE WORLD
1:00-1:30 TODAY
1:30-2:00 GOOD MORNING AMERICA

- THURSDAY
MORNING
7:00-7:30 THE NEWLYWED GAME
7:30-8:00 THE CROSS-WITS

- 8:00-8:30 THE CROSS-WITS
8:30-9:00 HOLLYWOOD SQUARES
9:00-9:30 THE CROSS-WITS

PLAZA TWIN
MOVIELAND
YUM YUM GIRLS
SLUMBER PARTY

WEDNESDAY FAMILY SPECIAL
COMPLETE DINNER INCLUDES
Famous Recipe FRED CHICKEN

CALENDAR

WEDNESDAY, JULY 19
Casselberry Jayces, 7:30 p.m., Casselberry City Hall
Overeaters Anonymous, 7:30 p.m., Sears, Altamonte Mall

THURSDAY, JULY 20
Sanford Civitan, 7:15 a.m., Buck's
South Semole Optimist, 7:30 a.m., Holiday Inn

FRIDAY, JULY 21
Sanford AA Women's Group, 2 p.m., 1201 W. First St.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church

SATURDAY, JULY 22
Sanford AA Women's Group, 2 p.m., 1201 W. First St.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church

SUNDAY, JULY 23
Sanford AA Women's Group, 2 p.m., 1201 W. First St.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church

RENT A FORD
Call Jack Prosser or Dee Diamond
FOR THE LOWEST RATES IN FLORIDA

CLASSIFIED ADS
Semnole 327-2611 Orlando-Winter Park 831-9993
CLASSIFIED DEPT. RATES
CASH 42¢ a line
CREDIT 48¢ a line

18-Help Wanted
Assist Miami man for app. comp. in Sanford. Call 323-4488 for Mrs. Boyd

21-Situations Wanted
Moving no job but large or two small. Call 323-4488

HELP WANTED
GREEN HOUSE WORKERS
\$12.00 Per Hour
Apply to: GREEN TREE CORPORATION

30-Apartments Unfurnished
Ridgewood Arms Apts.
1, 2, 3 Bedroom Apartments
Available. Call 323-4488

31-Apartments Furnished
Apts. for Senior Citizens
Call 323-4488

32-Houses Unfurnished
Sanford, 1 1/2 BR. 1 1/2 Bath.
Call 323-4488

Go to market daily in the WANT ADS
EVERY DAY IS SALE DAY IN THE CLASSIFIEDS!

18-Help Wanted
Local store looking for matura- person for full time position

21-Situations Wanted
Mechanic experienced for Dub's Lawnmower Shop

24-Business Opportunities
Service Station Garage
For rent or sale. Call 323-4488

29-Roots
Room in large private home
Call 323-4488

30-Apartments Unfurnished
Ridgewood Arms Apts.
1, 2, 3 Bedroom Apartments
Available. Call 323-4488

31-Apartments Furnished
Apts. for Senior Citizens
Call 323-4488

32-Houses Unfurnished
1 BR. 1 Bath. 1 Car garage
Call 323-4488

34-Mobile Homes
1 BR. 1 Bath. Call 323-4488

34-Mobile Homes
1 BR. 1 Bath. Call 323-4488

34-Mobile Homes
1 BR. 1 Bath. Call 323-4488

34-Mobile Homes
1 BR. 1 Bath. Call 323-4488

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41-Houses
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1 Acre. Call 323-4488

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IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA

Legal Notice
NOTICE OF ACTION
MARJORIE ROWELL vs.
WESLEYNE JONES

Legal Notice
IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA

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MARJORIE ROWELL vs.
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NOTICE OF ACTION
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WESLEYNE JONES

Legal Notice
NOTICE OF ACTION
MARJORIE ROWELL vs.
WESLEYNE JONES

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FANTASTIC 1 BR 1 Bath home in Delmarwood

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REAL ESTATE ASSOCIATES
We List & Sell More Homes Than Anyone Else In The Area

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1 Acre. Call 323-4488

43-Lots Acreage
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43-Lots Acreage
1 Acre. Call 323-4488

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WINN-DIXIE
THE BEEF PEOPLE

SANFORD
519 E. FIRST ST.
FRENCH AVE. AT 25TH ST.

LONGWOOD
951 STATE RD. 424
US 17-92 AT SR 424

Double *Bingo odd Bingo even*

**SUPER BINGO BONUS
DOUBLE TICKETS**

**3 DAYS ONLY! THURSDAY, FRIDAY,
SATURDAY, JULY 20, 21, 22.**

**ODDS CHART
AS OF JULY 7, 1978**

PRIZE VALUE	NO. OF PRIZES	ODDS FOR ONE STORE VISIT	ODDS FOR 4 STORE VISITS	ODDS FOR 8 STORE VISITS
\$2,000.00	14	210,337 TO 1	52,589 TO 1	26,295 TO 1
1,000.00	36	81,806 TO 1	20,451 TO 1	10,226 TO 1
200.00	63	46,746 TO 1	11,687 TO 1	5,844 TO 1
100.00	364	8,091 TO 1	2,023 TO 1	1,011 TO 1
20.00	796	3,700 TO 1	925 TO 1	462 TO 1
5.00	3,164	931 TO 1	233 TO 1	116 TO 1
2.00	10,253	287 TO 1	72 TO 1	36 TO 1
1.00	87,629	34 TO 1	8 TO 1	4 TO 1
TOTAL	102,319	29 TO 1	7 TO 1	3 1/2 TO 1

This game being played in the eighty-one (81) participating Winn-Dixie stores located in the following counties: Collier, Seminole, Orange, Lake, Citrus, Bayard, Hendry, Orange, Volusia, Sumter, Charlotte, Lee and Marion.
Scheduled termination date: August 2, 1978

Meat **SAVE 40**

W-D BRAND USDA CHOICE
BLADE
CHUCK ROAST
L.B. **\$1.19**

SAVE 60

8 TO 12 LB. AVG.
USDA CHOICE BONELESS ROUND
UNTRIMMED WHOLE
SIRLOIN TIP
L.B. **\$1.49**

SAVE 17

W-D BRAND USDA CHOICE
BONELESS ROUND
TIP ROAST
L.B. **\$1.69**

SAVE 11

W-D BRAND USDA CHOICE
BONELESS ROUND
SIRLOIN TIP STEAK
L.B. **\$1.89**

SAVE 30

WESTERN CORN FED FULL 1/2 LOIN
SLICED INTO
PORK CHOPS
L.B. **\$1.49**

SAVE 2

W-D BRAND
100% PURE HANDED-PACK
GROUND BEEF
3, 5 OR 10
L.B. PKG. **99c**

SAVE 70

W-D BRAND USDA CHOICE
BONELESS LOIN
N.Y. STRIP STEAKS
L.B. **\$3.49**

Dairy

SUPERBRAND REGULAR OR STA
COTTAGE CHEESE
(2 LBS. \$1.29)
1-LB. CUP **75c**

(THREE 8-oz. CUPS)
SUPERBRAND SWISS STYLE
YOGURT
15-oz. Pkg. **55c**

CRACKIN' GOOD
CRACKIN' GOOD TEXAS STYLE
BISCUITS
6-oz. CAN **10c**

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SHORTENING
Limit 1 with \$5.00 or more
purchase excl. cig. **\$1.39**

EKO ETERNA
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FINAL OFFER
2 WEEKS TO COMPLETE SET

WITH EACH \$6.00 PURCHASE
ALL FEATURE ITEMS
Only **79c**

ALL COMPLETE PRICES ON SALE
PRICES AS MARKED.

Produce **SAVE 38**

HARVEST FRESH
PLUMS
LBS. **2 \$1.00**

HARVEST FRESH
NECTARINES
L.B. **59c**

HARVEST FRESH
BANANAS
4 LBS. **\$1.00**

HARVEST FRESH
FLORIDA LIMES
11 FOR **59c**

HARVEST FRESH VINE RIPE
TOMATOES
L.B. **59c**

Frozen Food

SUPERBRAND
SHERBET OR
ICE CREAM **SAVE 20**
HALF GAL. **79c**

JELLY, BOSTON CREAM,
CHOCOLATE ICING OR GLAZED
MORTON DONUTS
2 9-oz. Pkg. **\$1.00**

SUPERBRAND FUDGE BARS
TWIN POPS
12-PK. Pkg. **89c**

BOSTON REGULAR
CREAM PIES
2 16-oz. SIZE **\$1.19**

MIRACLE WHIP
Limit 1 with \$5.00 or more
purchase excluding cig. **99c**

BLUE BAY LIGHT CHUNK TUNA
Limit 4 with \$5.00 or more
purchase excluding cig. **2 \$1**

MULLERS ELBOW MACARONI
8-oz. BOXES **4 \$1**

MIRACLE WHIP
Cubes . . . 2 **99c**

MULLERS ELBOW MACARONI
Noodles . . . 2 **\$1**

MULLERS ELBOW MACARONI
Spaghetti 3 **\$1**

BARBECUE SAUCE . . . 2 **\$1.09**

ASTOR COFFEE
Limit 1 of your choice with \$5.00 or more
purchase excluding cigarettes

SAVARIN 1-LB. CAN **\$2.39** | ASTOR 1-LB. CAN **\$2.29**

SCHLITZ BEER
Limit two 6-pks. with \$5.00
or more purch. excl. cig. **6 \$1.39**

ALL GRINDS COFFEE
Limit 1 of your choice with \$5.00 or more
purchase excluding cigarettes

SAVARIN 1-LB. CAN **\$2.39** | ASTOR 1-LB. CAN **\$2.29**

SCHLITZ BEER
Limit two 6-pks. with \$5.00
or more purch. excl. cig. **6 \$1.39**

COFFEE-MATE **99c**

PRETZELS **89c**

PEANUT BUTTER **\$1.79**

DUNCAN HINES ALL VARIETIES CAKE MIXES
18 1/2-oz. BOX **59c**

THIRTY MAID ALL VARIETIES FRUIT DRINKS
22-oz. BTL. **79c**

J&J'S ALL VARIETIES FRUIT DRINKS
46-oz. CANS **2 88c**

SANFORD
ZAYRE PLAZA
HI-WAY 17-92 &
AIRPORT BLVD.

Super Discount **SAVE 21c**

COOKS DELIGHT
PORK SHOULDER

SMOKED PICNICS
WATER ADDED
6 TO 8
LB. AVG. **78c** LB.

WE FEEL GREAT WHEN YOU feel good

PANTRY PRIDE FROZEN LEMONADE
REG. OR PINK

6oz CAN **6/\$1**



Pantry Pride



FREE! 447

TREASURE SPAGHETTI SAUCE

WITH THIS COUPON WED., JULY 19, THRU TUES., JULY 25, 1978. LIMIT 1 OF EACH COUPON WITH A \$10.00 OR MORE FOOD ORDER. TOBACCO PRODUCTS EXCLUDED.

16oz CAN

Super Discount

CLOROX BLEACH

ONE GALLON **69c**

SAVE 8c

Super Discount

WALDORF TISSUE

ASSORTED OR WHITE

4 ROLL PACK **69c**

SAVE 18c

Pantry Pride

HARVEST OF

WE'LL FEEL GREAT & YOU'LL FEEL GOOD

HOT DOG or HAMBURGER ROLLS
SAVE 30¢
8 PAK
4/\$1

MIX OR MATCH
CALIFORNIA PLUMS
SAVE 20¢
39¢ LB

CLOROX BLEACH
ONE GALLON
SAVE 8¢
69¢

Bargains in Bakery
PARTY FLAKE or CLOVERLEAF BROWN 'N SERVE ROLLS
PKG. OF 12
3/\$1

SOURDOUGH OR
ENGLISH MUFFINS
6 PAK
SAVE 40¢
89¢

Super Discount
GOLDEN TOP DUTCH APPLE PIE
18oz
89¢

EveryDayLowPrice
OLYMPIC MEAL
HIGH IN PROTEIN
REGULAR OR HEAT TOP BREAD
LOW IN CALORIES
20oz LOAF
59¢

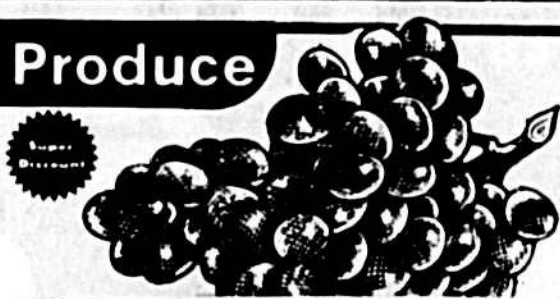
EveryDayLowPrice
COUNTRY SQUIRE HAMBURGER ROLLS
5 INCH
6 PAK
59¢

Super Discount
DINNER ROLLS
HEAT & SERVE
12 PAK
3/89¢

The Store For Produce

CALIFORNIA CANTALOUPE
LARGE JUMBO
27 SIZE
SAVE 10¢
79¢ EACH

Snow White CAULIFLOWER
SAVE 10¢
89¢ EACH



Super Discount
SWEET JUICY
CALIFORNIA NECTARINES
PICK YOUR OWN!
49¢ LB

Super Discount
CALIFORNIA RED OR WHITE GRAPES
PICK YOUR OWN!
69¢ LB

FRESH SWEET PEACHES
SAVE 10¢
29¢ LB

TROPICANA
LO CAL ORANGE DRINK
HALF GAL.
89¢

Super Discount
NORTHWEST BING CHERRIES
69¢ LB

Super Discount
FIRM RIPE TOMATOES
49¢ LB

Super Discount
FRESH CALIFORNIA BROCCOLI
BUNCH
69¢

Super Discount
FLORIDA MANGOES
FRESH
59¢ EACH

EveryDayLowPrice
COLE SLAW
PKG
39¢

Bargains in Grocery

EveryDayLowPrice
ROSEDALE SWEET PEAS
17oz CAN
SAVE 33¢
4/\$1

PUNCH DETERGENT
SAVE 30¢
84oz BOX
\$1.59

HUNT'S KETCHUP
SAVE 20¢
32oz JAR
69¢

EveryDayLowPrice
HERSHEY KISSES
14oz PKG
\$1.95

Pantry Pride
Plastic Cups
100 COUNT
7oz
89¢

COMPARE
PEPPER ORIENTAL, VEG. SAUCE & BEAN
Chun King Divider Pack
42oz \$1.49
LOW SODIUM CHUN KING
Chun King Divider Pack
42oz \$1.49
PORK CHUN KING
Chun King Divider Pack
42oz \$1.49
CHICKEN CHUN KING
Chun King Divider Pack
42oz \$1.49

EveryDayLowPrice
TREASURE SPAGHETTI SAUCE
16oz CAN
3/\$1

EveryDayLowPrice
VAN CAMP'S PORK & BEANS
4 PAK
11oz CAN
99¢

SUGAR FREE
CANADA DRY
GINGER ALE, CHERRY, HIRES
ROOT BEER OR JAMAICA COLA
28oz BTL.
PLUS DEPOSIT
5/\$1

EveryDayLowPrice
JUNE BOY KOSHER DILLS
4 LB JAR
SAVE 30¢
99¢

EveryDayLowPrice
FFV SNACK CRACKERS
2/\$1

EveryDayLowPrice
VLASIC RELISHES
39¢

EveryDayLowPrice
TETLEY ICED TEA MIX
24oz SIZE
\$1.29

EveryDayLowPrice
DEL MONTE LIMAS
16oz CAN
3/\$1

IVORY LIQUID DETERGENT
22oz BTL
89¢

OXYDOL LAUNDRY DETERGENT
49oz BOX
\$1.43

HUNT'S TOMATOES
YOUR CHOICE
39¢

TETLEY INSTANT TEA
10z JAR
\$1.79

WITH SAVINGS ON FROZEN ITEMS DURING OUR...

VALUES SALE

Pantry Pride

Super Discount
WALDORF TISSUE
WHITE OR ASSORTED COLORS
4 ROLL PKG.
69¢

PFEIFFER LO CAL DRESSING
FRENCH, ITALIAN,
1000 ISLAND
SAVE 77¢
8oz BOTTLE
3/\$1

LARGE EGGS
FRESH GRADE A
DOZEN
57¢

SKILLET BRAND SLICED BREAKFAST BACON
LB PKG
SAVE 30¢
A POUND
\$1.19

Meat Department

Fresh Valley
CENTER CUT BLADE
CHUCK ROAST
U.S.D.A. CHOICE
LB
\$1.29

Fresh Valley
SLICED ASSORTED
PORK CHOPS
3 TO 5 LB PKG
\$1.48

Super Discount
COOKS DELIGHT
PORK SHOULDER
SMOKED PICNICS
WATER ADDED
6 TO 8 LB AVG.
78¢ LB

COMPARE

PLUMROSE COOKED HAM	16oz PKG	\$1.99	20"
HORMEL BACON	16oz PKG	\$1.69	50"
FRESH PORK SAUSAGE	16oz PKG	89¢	20"
LYKES DINNER FRANKS	16oz PKG	\$1.29	20"
AXELRODS CHEESE	15oz CUP	99¢	20"
LES CAL YOGURT	8oz CUPS	4/\$1	32"
PANTRY PRIDE CHEESE	24oz CUP	99¢	10"
AMERICAN SINGLES	16oz PKG	\$1.59	30"
CHEESE WEDGES	PER POUND	\$1.69	20"
CREAM CHEESE	8oz PKG	58¢	11"
VEGETABLE SPREAD	2 LB BOWL	89¢	10"

COMPARE
FRESH BREAKFAST LINK SAUSAGES
Hormel's Little Sizzler
12oz PKG
99¢
10"

Sunnylands Sausage
12oz PKG
\$1.19
20"

COMPARE
STEAM WATER LUNCH MEAT
VARIETY PACK
12oz PACKAGE
\$1.69
20"

Hygrade Franks
16oz PKG
\$1.39
30"

Fresh Valley
UNDER BLADE
CALIFORNIA ROAST
12oz PKG
\$1.49

Fresh Valley
CHUCK STEAK
12oz PKG
\$1.39

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

EveryDayLowPrice
FINE TASTE
SLICED BOLOGNA
12oz PKG
\$1.19

Super Discount
24oz SWEET & SOUR
SLICES OR 32oz WHOLE
ICE CUBE
YOUR CHOICE
99¢

Super Discount
LYKES HOMELAND
SMOKED HAMS
POUND
\$1.99

EveryDayLowPrice
FINE TASTE
SKINLESS FRANKS
12oz PACKAGE
88¢

BARGAINS IN GENERAL MERCHANDISE!

EveryDayLowPrice
PLASTIC TRASH CAN
24 GAL
\$4.44

GULF SAPPHIRE MOTOR OIL
30W QUART
NON-DETERGENT
3/\$1

EveryDayLowPrice
LADIES BRIEFS
ASSORTED STYLES
YOUR CHOICE
3/\$1

AT YOUR
COLOR FILM
DEVELOPING
Pantry Pride Photo Center

Bargains in Beer & Wine

EveryDayLowPrice
DUNKS BEER
GERMAN STYLE
NO RETURN BOTTLES
12oz 6 PAK
\$1.19

Super Discount
SCHAEFER BEER
8 PAK
12oz CAN
\$1.49

EveryDayLowPrice
INGLENOOK WINES
RUBY CABERNET
50oz BTL
\$3.49

EveryDayLowPrice
HARVEYS BRISTOL CREAM SHERRY
25oz BTL
\$6.99

EveryDayLowPrice
CAPRI SANGRIA WINE
24oz BTL
SAVE 50¢
\$1.49

Bargains in Health & Beauty Aids

EveryDayLowPrice
SIGNAL MOUTH-WASH
24oz BOTTLE
\$1.19

EveryDayLowPrice
SUAVE BALSAM SHAMPOO
16oz BTL
79¢

EveryDayLowPrice
SUAVE BALSAM CONDITIONER
16oz BTL
79¢

EveryDayLowPrice
GILLETTE TRAC II BLADES
COUNT
\$1.79

EveryDayLowPrice
BAND-AID JOHNSON & JOHNSON BAND-AID BRAND
2/\$1

EveryDayLowPrice
REVLON FLEX HAIR SPRAY
79¢

QUALITY FOODS

Pantry Pride
MUSHROOMS
STEMS & PIECES
4oz CANS
2/89¢

EveryDayLowPrice
CONTADINA TOMATO SAUCE
15oz CAN
SAVE 10¢
39¢

EveryDayLowPrice
KOTEX TAMPONS
10 COUNT
\$1.69

EveryDayLowPrice
NEW FREEDOM
MINI PAUS
48 COUNT
2.49
\$1.99

NESTLE
HOT COCOA MIX
12 1oz
99¢

EveryDayLowPrice
PLOCHMAN'S MUSTARD
49¢



FROZEN FOOD BARGAIN BLIZZARD

9oz CUT OR FRENCH PANTRY PRIDE

Green Beans 3/\$1

10oz PANTRY PRIDE SPEARS

Broccoli 2/79¢

12oz PLAIN, ONION, EGG OR PUMPERNICKLE LEADERS

Bagels 39¢

BOSTON BONNIE 8oz

Fish Cakes 2/89¢

BOSTON BONNIE 8.5oz

Perch Dinner 89¢

8oz ASS'T MORTON MEAT

Pot Pies 29¢

9oz NUTWOOD FARMS

Honey Buns 2/89¢

14oz NUTWOOD FARMS GLAZED

Donuts 59¢

10oz LEAF OR CHOPPED PANTRY PRIDE

Spinach 4/\$1

5oz PANTRY PRIDE

Waffles 5/\$1

2 LB FROZEN FRIED

Morton Chicken \$2.59

ASS'T 3.5oz MINI CREAM

Morton Pies 3/\$1

ASS'T 10oz OR 11oz MORTON REG

T.V. Dinners 67¢

11oz SHRIMP, CHICKEN, DINNER / 12oz SHRIMP OR CHICKEN CHOW MEIN

Chun King 99¢

INTERNATIONAL 22.5oz / STRAWBERRY OR FRENCH CREAM CHEESE

Sara Lee Desserts \$1.99

**PANTRY PRIDE
LEMONADE**

REGULAR or PINK
6oz CAN

6/\$1

**PANTRY PRIDE
POT PIES**

CHICKEN, BEEF,
TURKEY OR
MACARONI & CHEESE
8oz PACKAGE

4/99¢

**PANTRY PRIDE
DINNER
FRIES**

24oz PACKAGE

59¢



END
JULY 19, 1978