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Campaign Spending Law Is Being Tested

This year's presidential campaign is testing the 1974 campaign spending law. So far the test is inconclusive. But the law doesn't seem to have done any major harm. And it may be doing some considerable good.

The law was passed in the aftermath of Watergate. It was intended to correct the corrupting effect of excessive fund-raising and spending in the 1972 presidential elections. It was the year a cent rose to nearly \$140 million, up from only a little more than \$20 million in 1960.

That was the year a millionaire Chicagoan gave Richard Nixon's presidential campaign \$2 million; and scores of illegal cash contributions were handed under the table by corporations doing business with the government. It was the year a General Motors heir gave his favorite presidential candidate, George McGovern, \$729,000.

The 1974 law limited contributions to \$1,000 per individual for each primary and general election. In the primary, this limitation does not seem to have been too onerous upon the candidates.

And each candidate was limited to spending \$10 million in total for all the primaries. The spending limit does not appear to have been unduly onerous either.

Taken together, the fund-giving and spending limits certainly held down the role of money in the presidential primary campaigns. It is quite possible that total primary spending was below the \$32.7-million figure for 1972.

Probably the law's greatest beneficiary was one of its strongest critics, Ronald Reagan. That is because the law limited President Ford's ability to raise and spend money in the primaries. Ford and Reagan each spent close to the \$10-million limit. Without the law, Ford as the incumbent could probably have raised more money than Reagan and out-spent Reagan.

Moreover, the Federal Election Commission, created by the law, prevented the President from using White House funds to support his campaign as previous incumbents have done.

Now we will go into the general election campaign with spending limited to \$20 million paid in subsidies to each major-party candidate. We will have to see how that works out before passing final judgment on the new law.

On The Track

Portugal, after riding the dictatorship that ruled the nation for nearly half a century, two years ago was threatened with Communist domination.

Radicals had infiltrated the military and taken over most key posts in the "democratic" government. The Communist influence had brought warnings from the United States that it would hesitate to speak out in a meeting of the North Atlantic Treaty Organization in which a Moscow-dominated Portugal was a participant.

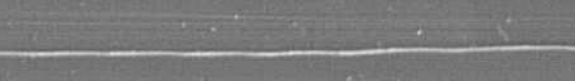
But the common sense of the Portuguese people prevailed. In legislative elections earlier this year, moderate Mario Soares and his Socialist Party captured the largest share of the vote.

Now, Gen. Antonio Ramalho Eanes, another moderate, has been elected president for a five-year term with a heavy majority. The Communists could win only 8 per cent of the vote.

Eanes has pledged to name Soares his premier, indicating that Portugal has put itself on the road to the democratic principles and liberty restored before the chaos initiated by the Communists in 1944.

Faced with a clear choice, the Portuguese rejected radicalism and opted for the stability essential for their nation's survival.

BERRY'S WORLD



Around

Been tuned to the boob-tube the last couple of days? We have and we've been pleasantly surprised by the smoothness of the Democratic National Convention.

Even John Chancellor and David Brinkley, those veterans of the airwaves, commented on how the convention was going according to schedule—even ahead of time, in fact.

To say that we were impressed with some of the initial keynote speeches would be an understatement.

New York's Governor Hugh Carey, perhaps, was the biggest surprise of all. He came on strong, as John Glenn, the former astronaut who is now the Ohio Senator... well, until hearing him we didn't think he'd make a very good choice for a vice presidential candidate for Jimmy Carter.

Now we don't know. For the past couple of days, a variety of people have asked our opinion as to who we thought would be Carter's choice for a running mate. We didn't have an honest opinion then—and we

The Clock

Today's Topic: "Child Rearing Today—How Good, How Bad?" It is discussed by Dr. Benjamin Spock and Tom Braden, syndicated columnist and father of eight.

Tom Braden is a syndicated columnist and father of eight. Dr. Benjamin Spock is a pediatrician and author of the famous "Baby and Child Care" book.

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TOM TIEDE

Caution! Election Near

WASHINGTON—As the parties make ready for Phase II of the election season—contending for the political gospel is becoming toxic. The whippers are that Republican leaders have engineered at least part of the scandal involving Democratic congressman. For instance, since Utah's Rep. Alan Howe swears he was tricked into approaching that Salt Lake City prostitute-cop, it appears to him that the tricksters would likely be a political enemy, and the natural enemy of Utah Democrats is the Utah GOP.

Surely the suspicion is absurd. There is manifest evidence that Utah Republicans are pure as snow in the Wasatch, and besides have no idea where the bimboes hang out. Yet the talk is instructive in that it gauges the pressures building up among partisans.

Sensing victory for the first time in twelve years, some Democrats will use any dodge to keep up momentum. Sensing defeat, some Republicans will do as much to stay afloat. The voters are thus lousy. And in this first presidential election since Watergate, there is evidence the nation is about to suffer another nose-holding campaign.

Maybe not. Jerry Ford is straight up and Jimmy Carter is the Right Hand of God. The

JACK ANDERSON

Carter Remains An Enigma To Many

NEW YORK—To the Democratic delegates who came here to acclaim Jimmy Carter, he remains an enigma. Most of them will leave the Democratic convention still a bit chary about their nominee. What makes Carter run? They will go home wondering.

The key to his behavior, according to sources close to Carter, can be found in the example of his former commanding officer, Adm. Hyman Rickover. The salty, old curmudgeon battled the bureaucracy, slashed red tape, overcame obstacles, refused to be deterred.

And he abhorred any waste of the taxpayers' money.

Those who know Carter say his view of Washington was first shaped in the reconvered ladies' washroom where Rickover was banished to develop the nuclear submarine the naval bureaucracy pool-poohed. The Democratic candidate, if he should become President, can be expected to pursue his goals with the same single-mindedness.

"It will be, damn the bureaucrats and full steam ahead!" predicted one intimate. "I, like Rickover, the source said, Carter will operate within the system."

The admiral also demanded total dedication from his subordinates. Carter will expect the same commitment from the men around him. They will have to put on the crusader's armor,

PRO/CON

Child rearing — how good or bad?

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WORLD IN BRIEF

West German Chancellor On Bicentennial Visit

BONN, West Germany (AP)—Chancellor Helmut Schmidt leaves today for a Bicentennial visit to the United States confident that West German-American relations are at a high point.

"There is an enormous amount of confidence by my people regarding the United States and... regarding the vitality of the American people, their creativity and their ability to overcome difficulties," Schmidt told American reporters here Tuesday.

Schmidt, his wife and Foreign Minister Hans-Dietrich Genscher were scheduled to arrive in Newport News, Va., at 4:30 p.m. EDT to spend the night in Williamsburg.

The chancellor and President Ford will meet at the White House Thursday and Friday to discuss a wide range of international issues, including terrorism, the strength of the North Atlantic Treaty Organization and relations with Africa.

B-52s Watch Soviet Ships

WASHINGTON (AP)—Aging Air Force B-52 bombers are being assigned to help the Navy keep watch on Soviet warships in the far reaches of the Atlantic Ocean.

The Pentagon announced Tuesday that the giant eight-engine, long-range jet bombers have started flying solo reconnaissance-surveillance missions from U.S. bases.

"Only a few aircraft will be involved in the flights, which will occur from time to time over various Atlantic Ocean areas of operation," the Pentagon said in a brief announcement.

Italian Diplomat Tasked

ROME (AP)—Giulio Andreotti, a two-time premier and fixture in Christian Democratic cabinets, began trying to form Italy's 36th postwar government today. It will probably be weeks before he knows if he can succeed.

President Giovanni Leone gave Andreotti the assignment Tuesday night. The 51-year-old premier-designate called on all parties for "political, economic and social solidarity" to help bail Italy out of its grave economic and social crisis.

CALENDAR

WEDNESDAY, JULY 14
 Casselberry Rotary Club, 7:30 a.m., The Caboose.
 Thursday, July 15
 Sanford A.A. 8 p.m., 1201 W. First St.
 Lake Mary Rotary, 8 a.m., Mary's Country Club
 Sorotona Club of Sanford, 12:15 p.m., Mayfair Country Club.

FRIDAY, JULY 16
 Seminole South Rotary, 7:30 a.m., Lord Chumley's, Altamonte Springs.
 Seminole Sunrise Kiwanis, 7 a.m., Buck's Tanglewood AA, closed, 8 p.m., St. Richard's Episcopal Church.
 Longwood AA, closed, 8 p.m., Rolling Hills Moravian Church, St. 43.

HAPPY SENIOR CITIZEN CLUB OF FERN PARK will meet to discuss plans for a seven-day November cruise to San Juan, Puerto Rico. Movies will be shown about the trip and the ship to be used, American Leisure Home, Old Post and Prairie Lake, Fern Park, 1:30 p.m.

JULY 13 ADMISSIONS
 Sanford: Jacob Beat, Monet Beveritt, Linda S. Healey, Mary E. Burke, Addie Calhoun, Willie J. Carter, William J. Dorton, Elizabeth Edwards, Lowell Greenleaf, Irene S. Knudsen, Lewis Lee, Alice J. Linebarier, Helen P. Malone, John E. Fomire, DeBarry.

AREA DEATH
 GERTRUDE R. GILBERT
 Mrs. Gertrude R. Gilbert, 709 Palmetto Ave., Sanford, died Tuesday. Born in Jacksonville, she came to Sanford in 1908. She was retired from the Seminole County school system as a finance officer. She was a member of the First Presbyterian Church of Sanford, the Sanford Garden Club, and a former member of the Business and Professional Women's Club.

Funeral Notice
 GILBERT, MRS. GERTRUDE R.—Funeral services for Mrs. Gertrude R. Gilbert who died Tuesday will be held Thursday at 2 p.m. at Brison Funeral Home with the Rev. Virginia Bryant officiating. Burial will follow in Evergreen Cemetery. Brison Funeral Home in charge.

75 People To Be Hired For New Sanford Firm

A new business is coming to Sanford—an aluminum processing plant that will put at least 75 local people to work and could be the springboard to more jobs.

The firm, Florida Extrusion, Inc., was announced Tuesday at Flagship Bank by owner John Wall and John Krider, executive vice president of the Sanford-Seminole Development Company which will finance the \$1.2 million plant at Jewett Lane and Airport Boulevard.

Wall said the plant should be operating by Nov. 1. He said, "I decided to surround myself with the most qualified people I could get. And that's what we've got—good people, qualified people."

Harold Kay will be general manager of the new aluminum processing plant, and to Wall's way of thinking, "he's the best there is."

In addition to Krider, Wall said, "We can't go wrong."

credited Tom Hunt of the Greater Sanford Chamber of Commerce's Industrial 25 Committee, the Flagship Bank and Cliff McKibbin, president of the development company, with being instrumental in bringing this new business to Sanford.

"With this in mind," Wall said, "I decided to surround myself with the most qualified people I could get. And that's what we've got—good people, qualified people."

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Walgreens worth COUPON!
 12 35mm Kodachrome II or Fuji Color Film Developed and Printed
 No. 114 \$2.99
 GOOD THRU JULY 31, 1976

Walgreens worth COUPON!
 14 EXHIBIT COLOR FILM
 No. 115 \$1.09
 GOOD THRU JULY 31, 1976

Walgreens worth COUPON!
 20 Exposure Color Slides or Movie Processing
 No. 116 \$1.39
 GOOD THRU JULY 31, 1976

Walgreens worth COUPON!
 Kodachrome 40 Super 8 Movie Film
 No. 117 \$2.69
 GOOD THRU JULY 31, 1976

Walgreens worth COUPON!
 20 35mm Kodachrome II or Fuji Color Film Developed and Printed
 No. 118 \$3.69
 GOOD THRU JULY 31, 1976

Walgreens worth COUPON!
 20 35mm Kodachrome II or Fuji Color Film Developed and Printed
 No. 119 \$1.89
 GOOD THRU JULY 31, 1976

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WE MUST VACATE THE PREMISES BY MIDNIGHT, JULY 25
 THESE ARE JUST A FEW OF THE TREMENDOUS BARGAINS OFFERED THROUGHOUT THE STORE.....

SAVE ON BEDROOM SUITES NOW!

ITALIAN PROVINCIAL
 Fruitwood finish Triple Dresser - Twin Mirrors - Chest on Chest - Night Stand Headboard
 Reg. \$400
 YOU SAVE \$179.95

FRENCH PROVINCIAL
 Antique White - Gold Trim Triple Dresser - Mirror Chest on Chest - Night Stand - Headboard
 Reg. \$370
 YOU SAVE \$159.95

BAMBOO TRIM
 Yellow Glazed Finish Double Dresser - 4 Drawer Chest - Mirror - Night Stand - Headboard
 Reg. \$489.95
 YOU SAVE \$159.95

EARLY AMERICAN
 Maple Finish Triple Dresser - Mirror Chest - Night Stand Headboard
 Reg. \$317.76
 YOU SAVE \$152.19

Choice of Oak or Honey Pine Woods CANNON BALL BED - HUTCH MIRROR TRIPLE DRESSER - CHEST - NIGHT STAND
 Reg. \$1039
 YOU SAVE \$340

Double Dressers - Twin and King Size Headboards in Stock For Most Suites
 Reg. \$469.95
 YOU SAVE \$152.19

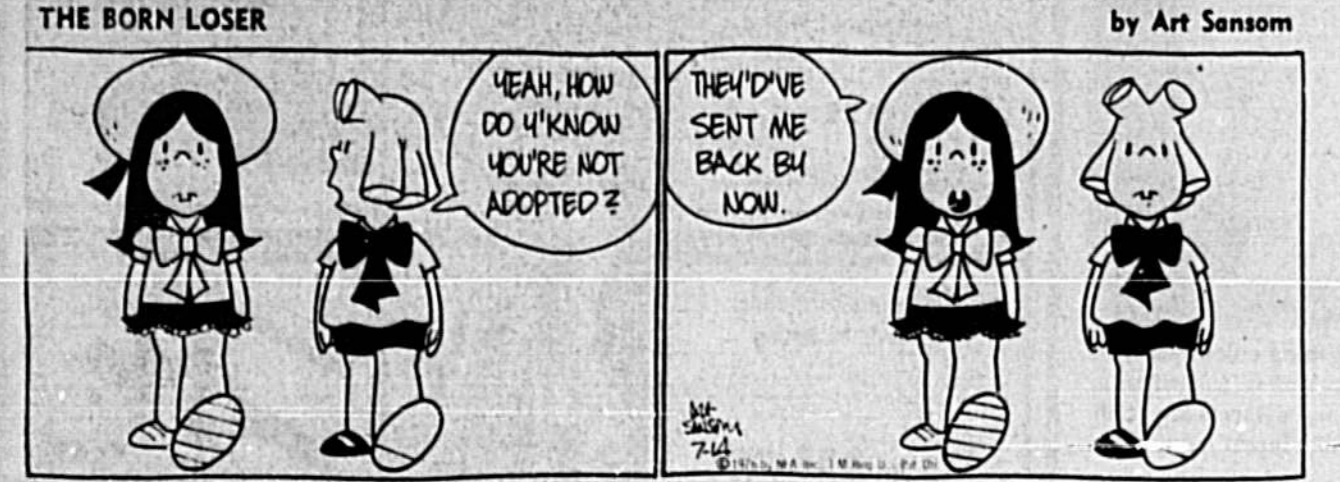
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 • No Exchanges
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 James Triplett - Owner
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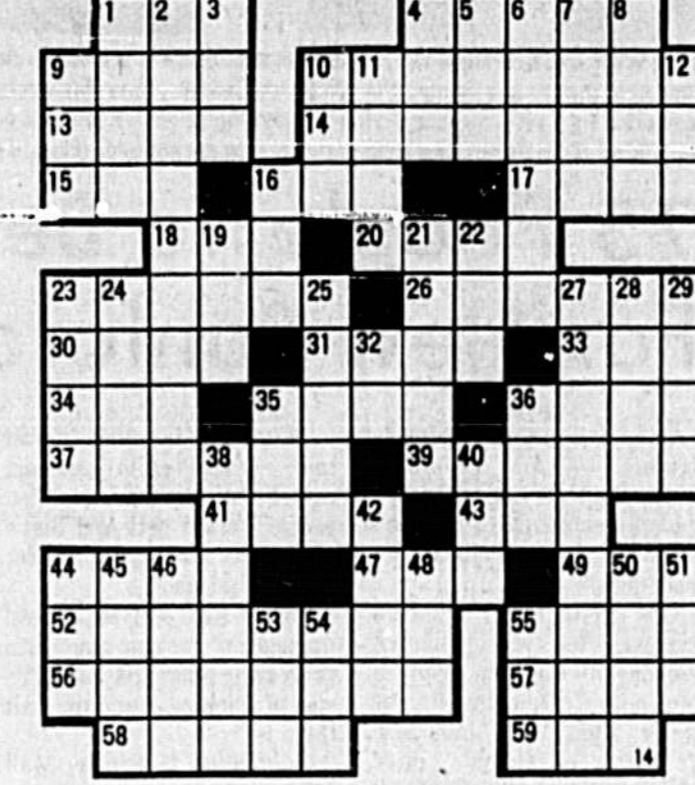
Zodiac

ACROSS

1 5th sign of Zodiac
2 7th sign of Zodiac
3 Zodiac
4 1st sign of Zodiac
5 Zodiac
6 Zodiac
7 Zodiac
8 Zodiac
9 Zodiac
10 Zodiac
11 Zodiac
12 Zodiac

DOWN

1 Zodiac
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12 Zodiac



Tetracycline Kills Different Bacteria

DEAR DR. LAMB: Would you explain the medication tetracycline to me? How many different illnesses is it used for? My grandson's doctor prescribed it for his acne condition and my doctor prescribed it for me to take as an antibiotic in case of a virus infection. Is the constant use of this drug harmful?

DR. LAMB: The tetracyclines include several different antibiotics. The best known of these are Aureomycin, Terramycin and Achromycin. They are broad-spectrum antibiotics, meaning they are effective against a large number of different organisms. That is why your doctor and your grandson's doctor used them for different infections.

Your doctor did not give you tetracycline to treat viruses since this drug is not effective against viruses. He probably gave it to you to control any secondary infection from bacteria.

Some people are aware that these medicines are used in treatment of "virus pneumonia." The catch is that what was once called virus pneumonia is not caused by a virus at all but by a very small bacteria that is treatable with antibiotics.

Common concentrations they stop reproduction of bacteria and are therefore called bacteriostatic. In greater concentrations they may actually kill the bacteria and are then called bactericidal.

No medicine is entirely safe. Antibiotics are safe when used as directed. The most common problem is that the patient fails to follow the doctor's advice. As soon as the patient feels better he stops the medicine. This may enable the development of resistant bacteria. For the full effectiveness against some infections it is important that

you get to sleep. What works for one does not work for another. I would agree that the continual use of penicillin may not be a good idea. I see no reason why you cannot take two Tylenol tablets if that does the trick for you, but I would not want my other readers to consider an endorsement for Tylenol for sleeplessness. In this amount it should not harm you and if it worked for you that is fine.

I have found that the antibiotics are often very useful to induce a pleasant sleep without any hangover effect or problems of addiction. Many people do well with a Banadyl capsule at bedtime. You would need to get the prescription from your doctor. For information on how your body generates and uses energy send a long stamped, self-addressed envelope with 50 cents for the Health Letter number 5-2, Understanding Your Energy System. Just send your letter to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.



HOROSCOPE

By BERNICE BEDE OSOL.

For Thursday, July 8, 1976

ARIES (March 21-April 19) Don't employ coy or clever methods to get others to do your bidding today. They'll produce anything but favorable results.

TAURUS (April 20-May 20) Daydreaming is not the same as being visionary. Don't indulge in wishful thinking today and feel you're on the way to solving the world's problems.

GEMINI (May 21-June 20) Should you be too uncertain about your aims today you'll accomplish little of value. Have definite purposes in mind. You can pull off a victory.

CANCER (June 21-July 21) Others today are likely to determine your productivity. If your cohorts are lazy, you'll probably lay down your tools.

LEO (July 22-Aug. 22) You're still not at your best in the commercial world. Watch yourself every step of the way if buying, selling or trading.

VIRGO (Aug. 23-Sept. 22) Important decisions should not be made for expedient reasons today. Weigh matters carefully, then come up with what's best for all.

LIBRA (Sept. 23-Oct. 23) It's the kind of day when good intentions about health or diet

matters could go by the boards. Try to keep your worthwhile resolutions.

SCORPIO (Oct. 24-Nov. 22) Today, avoid being pretentious in any manner. Such action will have an effect exactly opposite of what you hope for.

SAGITTARIUS (Nov. 23-Dec. 21) Your attention span is very short today. You must concentrate or have another check your work.

CAPRICORN (Dec. 22-Jan. 19) Guard against reporting or information where you are uncertain of the facts. You could unintentionally hurt someone.

AQUARIUS (Jan. 20-Feb. 19) One who borrowed and who is still not current on her indebtedness may try to touch you up again. Keep her record in mind.

PISCES (Feb. 20-March 20) You want some things at present, but apparently not badly enough to make the sacrifice needed to obtain them.

YOUR BIRTHDAY
July 15, 1976

A very profitable market opens up for your talents and experience this year. It will come about only if you seek out the right people to exploit it.

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

NORTH 14

♠ 2 J 9 8
♥ Q 8 5 3 2
♦ A K 8 5 3 2
♣ A

EAST 11

♠ A Q 8 2
♥ A K J 10 7
♦ A 10 5
♣ J 10

WEST (D)

♠ J 10 4 3
♥ Q 8 8 4
♦ Q 9 8 4
♣ A Q 9 7

SOUTH 11

♠ 5 2
♥ A K 5 4 3
♦ A 10 5
♣ A

East-West vulnerable
West North East South
Pass Pass Pass Pass
♠ 5 ♠ 5 ♠ 5 ♠ 5
Pass Opening lead - ♠

Blackwood. They can't make any slam try without actually bidding the slam.

When we reached this hand in a recent rubber-bridge game North made his bid. East studied a long while. He hated to give up game, rubber and 100 honors, but finally made the right decision and doubled.

This way he did get 100 points for setting South. Better than going down one at five hearts, but a far worse result than playing and making four hearts.

We continue to get questions about the use of the five-card response to a Blackwood four-ace or four.

This variation in Blackwood is standard expert practice and is used by Eastley Blackwood himself. The idea is that the Blackwood bidder who has at least one ace will know what the bid means. If he has no ace he should be able to tell that his partner is showing all four.

(Do you have a question for the experts? Write "Ask the Jacobsys" care of this newspaper. The Jacobsys will answer individual questions if stamped, self-addressed envelopes are enclosed. The most interesting questions will be used in this column and will receive copies of JACOBY MODERN.)



After nine days and three countries, the only thing I can relate to are the ruins!

by Garry Trudeau

A TYPICAL CONGRESSIONAL HEARING. AS IT LAY QUIETLY AT ITS MOORINGS, HE ORDERED IF ITS OWNER COULD BE ENGINEERING IN ILLEGAL FINANCIAL PRACTICES THEN AS HE WATCHED!

TO FIND OUT, THE 'GO WINTERS' FILM CREW FOLLOWED ME AS I COPIED ON BOARD AND SURVEYED THE SLEAZY MAIN CABIN DOOR!

3 CHEERERS!

WELL, HELLO! YOU'VE COME ON IN!

AS YOU CAN SEE, THE CONGRESSIONAL HEARING ONLY READING A BOOK.

AMH!

Harry Bridges Himself Was Known As 'Troublemaker'

Elder Statesman Of Labor Under Fire From Insurgents

EDITOR'S NOTE: Harry Bridges has outlived his elders and today is an elder statesman of the labor movement, honored by management, by labor and by other labor leaders. Nevertheless, the rank and file of his own union are forcing him to remain an independent union since its expulsion by the CIO in 1959.

Bridges has little taste for interviews, preferring his "On The Beach" column in the union newspaper as a principal forum for his ideas, which he describes as "lousy capitalist system is the wealth, but those who own it, the rich, keep getting richer and the poor get poorer," he declared recently.

Bridges emerged as a labor leader of stature in a 1934 strike that won contract recognition and established a dock workers' hiring hall. With the backing of all the city's organized labor in the three-day general strike, contract recognition eventually was won.

Associated Press Writer SAN FRANCISCO (AP)—Harry Bridges, who will be 75 this month, is a living landmark to history's remarkable union since its expulsion by the CIO in 1959.

The leader of the West Coast Longshoremen was one of the late FBI Director J. Edgar Hoover's early targets for political destruction. Back in the '30s Hoover journeyed here and put out the word that he wanted to talk with anyone who would testify against Harry Bridges.

Some came forward, and thus began years of government hounding, always on the same charge — that Bridges was an alien Communist. "Our investigation shows beyond doubt that Bridges is a Red," Hoover once declared.

But Bridges, now serving his last term as president of the militant International Longshoremen's and Warehousemen's Union, survived the assault and is saluted today as an elder statesman of American labor. At a recent testimonial dinner to mark his nearly 42 years of labor leadership, government and industry leaders alike called Bridges "a redoubtable patriot" and "a man of integrity."

As for Hoover, his once-formidable image as leader of the world's most respected and effective police organization has been darkened by disclosures of abuses of his vast powers.

"Things do change," the harassed Bridges muses in his talk at the testimonial dinner, attended by 1,600 guests paying \$50 a plate.

"Of course, I've changed. Not to have changed from the character I was 40 years ago — I'd have to have rocks in my head."

Bridges first plunged into the storm of a U.S. waterfront strike in 1929. Then a 19-year-old Australian seaman, he jumped ship and stayed to grow from "an undesirable troublemaker" to a labor statesman.

He has remained an avowed Marxist in thinking, a dedicated trade unionist, a radical critic of American foreign policy and an advocate of expanded trade with the Soviet Union and China.

Bridges also has earned the respect and trust of the shipping industry which has condemned him as serving Communist aims. It now considers him a reliable, pragmatic, far-sighted bargainer, a man of his word.

However, a new and young I.L.W.U. rank and file has rebelled in recent years, resoundingly defeating Bridge's proposals to merge the small, independent I.L.W.U. with the East Coast International Longshoremen's Association, or with the Teamsters, and instituting rules to force his retirement next April. Bridges will be 75 on July 23.

He contended that the I.L.W.U. should seek merger because its shrinking membership — now 60,000 — was too small to stand alone.

Bridges, lean and fast-talking, serene and sensitive to suggestions that he has shifted from radicalism to respectability.

"Look, some people talk about me getting mellow, whatever the hell that means," he told an interviewer.

"I don't think I'm getting mellow, whatever the hell that means," he told an interviewer.

But the years have mellowed Bridges' lifestyle. He once enjoyed convivial sessions with colleagues at Harrington's Irish saloon near I.L.W.U. headquarters. But ulcer surgery forced him on the wagon.

He still puts in full working days and his adversaries say his home work is always done on any bargaining issue.

And he frequently consults by telephone with political and labor leaders. The I.L.W.U. unions and the Teamsters in shows of labor solidarity even

Get Cutting... and Get Your Walgreens worth!

Walgreens worth COUPON!

7-OZ. BOTTLE CEPACOL Mouthwash 39¢

Walgreens worth COUPON!

Twin Pack (12-oz.) Massengill DOUCHE 39¢

Walgreens worth COUPON!

1/4-Grain Worthmore 1,000 SACCHARIN 49¢

Walgreens worth COUPON!

HALF GALLON ICE CREAM 88¢

Walgreens worth COUPON!

50 Plus 20 FREE! BAND-AID Plastic Strips 69¢

Walgreens worth COUPON!

Regular or Super 30 KOTEX NAPKINS 1.69

Walgreens worth COUPON!

Vaseline Intensive Care WIP-E DIPE (50) 68¢

Walgreens worth COUPON!

7 Sticks... 3 Flavors WRIGLEY'S GUM 2.19

Walgreens worth COUPON!

5 Plus 20 FREE! GILLETTE TRAC II 89¢

Walgreens worth COUPON!

Regular or Super 100% Nylon, Sandalfoot HYTIME ANKLETS 3.10

Walgreens worth COUPON!

Choice of 3 Types 16-oz. V05 HAIRSPRAY 1.29

Walgreens worth COUPON!

Regular or With Peanuts 8-oz. M & M CANDY 63¢

Walgreens worth COUPON!

3-oz. Skin Care Bars NIVEA SOAP (3's) 79¢

Walgreens worth COUPON!

Price incl. 10¢ off label 22-oz. Liquid PALMOLIVE 69¢

Walgreens worth COUPON!

NESTLE INSTANT TEA 1.29

Walgreens worth COUPON!

20-oz. 3 DIAMONDS PINEAPPLE SLICES 45¢

Walgreens worth COUPON!

Chrome-Plated Walgreen NAIL CLIPPER 13¢

Walgreens worth COUPON!

1/2-in. Wide Cellophane 1,500-in. Tuck Tape 2.49

Walgreens worth COUPON!

Massage Action Head SHAMPOO SPRAY 89¢

Walgreens worth COUPON!

From Johnson's Wax 7-oz. SIZE FAVOR 88¢

Walgreens worth COUPON!

40 Wastebasket KORDITE BAGS 1.29

Walgreens worth COUPON!

16-Oz. Outdoor Fogger RAID Yard Guard 1.99

Walgreens worth COUPON!

250 Round Type TOOTH PICKS 15¢

Walgreens worth COUPON!

Eveready "C" or "D" BATTERY "2-PACK" 39¢

LIQUOR BUYS

ANCIENT SMIRNOFF AGE VODKA 4.79

Walgreens worth COUPON!

Vanier or Essex Glass Citronella CANDLES 2.100

Walgreens worth COUPON!

DISPOZ-A-LITE BUTANE LIGHTER 79¢

Walgreens worth COUPON!

Polaroid 2 or Type 88 POLAROID Color Film 3.49

Walgreens worth COUPON!

REUSABLE Women's Twin-Blade Razor THE LADY by Personna 88¢

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BOTTLE OF 100 Super Aytinal Plus 50 Free 6.98

Walgreens worth COUPON!

Bring your photo: allow 10 days Insulated 12-oz. King Size Photo Mug 1.69

American, National All-Stars Post Wins.



JIMMY WILLIAMS
FREDDIE HOWARD
WES STEELE

The Score? Oh, 7-1 Ho Hum! NL Wins Again

PHILADELPHIA (AP) — Ho Hum, the National League beat the American League again in the All-Star game.

So what's new?

Just for the record, the score in the National's fifth straight triumph and 13th in the last 14 years was 7-1. San Diego's Randy Jones, the starting pitcher, threw three scoreless innings and was the winning pitcher.

And George Foster, the Cincinnati Reds' outfielder who leads the majors with 72 RBIs, drove in three runs, two with a three-run homer and was selected the game's Most Valuable Player.

The loser was Mark Fidrych, the Detroit Tigers' rookie sensation who pitched two innings and left trailing 5-0.

The National League now leads the All-Star series 23-11-1. And no relief is in sight for the beleaguered American League.

Perhaps John Montefusco, the outpoken San Francisco Giants' pitcher, put the dull game in its proper perspective. "I didn't have my good fast-ball, but I didn't need it against the American League."

Foster drove in the National League's second run in the first inning after Pete Rose had singled and scored on a Steve Garvey triple.

"I was quite honored to be selected," he said, his face and voice devoid of emotion. "But I didn't come out here to play any homers. I just wanted to play the best I could to help my team. Whatever came my way in honors, fine."

Foster drove in the National League's second run in the first inning after Pete Rose had singled and scored on a Steve Garvey triple.

SPORTS

—Evening Herald, Sanford, Fl. Wednesday, July 14, 1974

plans the National League turned and you have another American League defeat.

The 27-year-old Foster outwardly took his MVP accolade almost with a yawn.

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National Secret? Maybe Old College Rah-Rah-Rah

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Owners Ponder Contract

PHILADELPHIA (AP) — Representatives of the major league baseball owners were to meet today to consider a new contract with the union that would recognize players' freedom of movement for the first time.

After more than 13 months of bargaining, which at times was bitter, the baseball owners and the players reached the agreement on the four-year contract Monday, the day of the All-Star Game.

In calling the meeting of the 24 club owners, Commissioner Bowie Kuhn said its purpose "is to receive and act upon a report of the Player Relations Committee recommending rationalization of collective bargaining agreements with the Players Association."

Kuhn said he would recommend approval of the contract although he declined to give details of what it contained.

It was understood, however, that the contract would enable a player to become a free agent after six years of major league service.

The agreement would replace the so-called reserve system under which a player was bound to one club until he was traded, sold or released.

The new agreement is divided into two parts: a four-year basic agreement covering working conditions and economic terms other than player's salaries, and a four-year benefit plan.

Black Olympians Ask To Withdraw

SACRAMENTO (AP) — Black American Olympians en route to the Tokyo 1964 summer games have asked to be taken to the United States to follow various black African countries in withdrawing from the games.

The Sacramento Bee said that the Olympic Committee would be asked to take the Olympians to the United States to follow various black African countries in withdrawing from the games.

Slippery Rocker Cut By Buffalo

BUFFALO (AP) — Rookie free agent Kurt Kral, a line-backer from Slippery Rock (Pa.) State, was released Tuesday, the National Football League Buffalo Bills announced.

The Buffalo Bills released Kurt Kral, a line-backer from Slippery Rock (Pa.) State, who was released Tuesday. Kral was released Tuesday by the Buffalo Bills.

Clermont Semis Set Tonight

CLERMONT — Sanford Little Major League teams posted a pair of victories in Tuesday's subdivider tournament, sitting down both local entries in the single-elimination affair in the process.

Sanford's National League All-Stars used seven innings to top Clermont, 2-1, and the American League All-Stars took a 4-2 measure of nearby Groveland.

Thus tonight's four-way all-star game pits Sanford's Continental League All-Stars against Tazewell at 8 p.m. by American vs. National square-off at 8 p.m. in the Thursday and the right to advance to the district tournament at Ormond Beach.

Freddie Howard pitched a three-hitter, fanned 13 and hit a first-inning home run for the National All-Stars. However, winning manager Sparty Anderson of the Reds said he believed the dominance over the American League stemmed from the offense of former NL President Warren Giles.

"He believed the National League had to win," Anderson recalled. "And there is an enthusiasm in the National League to win."

San Diego's Jones, as always, kept a low profile. He said the only thing wrong was that he gave up a walk. He said he was nervous at the start, but settled down after a two-out first-inning walk to Milwaukee's George Brett.

As for the game itself, before a sellout crowd of 83,974, including President Ford, the National built a 4-0 lead with their two in the first and Foster's home run in the second. The rookie, 22 in the first half of the American League season, gave up four hits and two runs in two innings.

Olympics Committee: Brilliant At Indecision

MONTEAL (AP) — Lord Killanin who constantly puffs his chest about his role in the official organization of the Olympic Games in Greece centuries ago — politics, commercialism, national aggrandizement and inflexible pride. They are magnificent in the art of condemnation, as is the official chairmanship of Canada in its refusal to let Taiwan compete under its official name and colors. They cringe at strong, firm action. They have been letting member nations get away with abuses for years. One has to look over the makeup of the club to understand these contradictions.

The IOC is a collection of more than 70 lords, princes, barons, malapropists and industrial tycoons with a Midas touch.

They all are well heeled, as if wealth were a prerequisite for membership. You can find any plumbers, bricklayers or truck drivers sitting in the august councils. There are no women, and the few blacks are from the African nations.

"We are beholden to no government and no earthly power," Brundage used to say. If you listened to Brundage, you would know IOC members are neither elected nor chosen. They are ordained.

"We are more like a board of trustees," says Killanin. The pleasant Irishman has brought a touch of humanity to the order, if no more cult. Whereas Brundage was a dictator, held in awe and fear by fellow IOC members, Killanin is a diplomat. He even accepts expenses, which Brundage shunned.

"The IOC presidency should never give the impression that it can be bought," he said. If it could be bought, many in its ranks could write the check.

Eldridge Wins, 9-4

Jim Dawson ripped off three straight hits and Mark Brewer and Roger Beathard added two apiece to pace Eldridge Standard to a 9-4 triumph over Gregory Mobile's slow-pitch softball game.

Alan Buky had two hits for Gregory.

Drugs Checking Machine In Use

MONTEAL (AP) — A sophisticated drug checking program to discourage Olympians from using outwashed stimulants and to catch those who break the rules will be put into effect later this week.

About 2,000 urine samples taken from participants will be analyzed for drugs during the Games, according to Dr. Robert Dugal, head of the doping control program. All medal winners, fourth-place finishers in most events and others selected at random will be tested.

Drug use has been a problem at recent Olympics and other world sports events. Two medal winners from the 1972 Winter Olympics at Innsbruck, Austria, and seven from the 1972 Games at Munich were disqualified and stripped of their medals for using drugs banned by the International Olympic Committee.

Stampeders Win, 22-21

REGINA, Sask. (AP) — Quarterback Joe Pasirick guided Calgary 72 yards in eight plays for a last-minute touchdown that gave the Stampeders a 22-21 victory over the Saskatchewan Roughriders in a Canadian Football League exhibition game Tuesday night.

Seeds Advance

CINCINNATI — The top four seeds, Eddie Dibbs, Roncoe Tanner, Harold Solomon and Stan Smith secured first-round victories to advance to the second round of the \$100,000 Western Tennis Championship.

Farmhand Killed

NEWARK, N.Y. — Rookie Daniel Morok, 18, a baseball player with Newark of the New York-Penn League and a farm hand at the Milwaukee Brewers, was shot and killed during a street fight.

Thomas In Lead

JEFF THOMAS OF Boise, Idaho won medalist honors in the U.S. Public Links Golf Championship with a two-day total of four-under-par 140.

SCOREBOARD

Baseball

National League	
Phillies	40 40 350 17
Pitts	42 42 382 17
New York	42 42 371 17
Detroit	41 41 371 17
Chicago	38 48 470 21
Montreal	32 32 29 29
West	31 31 26 26
Los Ang	29 29 26 26
San Diego	24 24 26 26
Houston	24 24 26 26
Atlanta	24 24 26 26
San Fran	23 23 26 26
National League 7	American League 7
Today's Games	
Atlanta at Pittsburgh	(no)
Los Angeles at Cincinnati	(no)
Houston at San Diego	(no)
San Louis at San Diego	(no)
Chicago at Los Angeles	(no)
Yesterday's Games	
Philadelphia at San Fran	4-2
Atlanta at Pittsburgh	1-0
Los Angeles at Cincinnati	1-0
Houston at San Diego	1-0
San Louis at San Diego	1-0
Chicago at Los Angeles	1-0

Harness Racing

ATTEMPOLE

TUESDAY

WINDY

Bill Grimes Jr. (4) 3:20.24, 2:20.30, 1:51.24, 1:15.11. V. M. Ave. Win. 1:51.24, 1:15.11.

SECOND - Panay Knight (Al) 3:12.45, 2:12.45, 1:42.45, 1:07.45. V. M. Ave. Win. 1:42.45, 1:07.45.

THIRD - D. J. D. (4) 3:20.24, 2:20.30, 1:51.24, 1:15.11. V. M. Ave. Win. 1:51.24, 1:15.11.

FOURTH - C. O. (4) 3:20.24, 2:20.30, 1:51.24, 1:15.11. V. M. Ave. Win. 1:51.24, 1:15.11.

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New Gator Gym Ready For '79?

GAINESVILLE (AP) — Architects say University of Florida's new coliseum may be ready in time for the basketball season opener in December 1978.

Les May of the Gainesville architectural firm of Moore, May and Harrington, said that design work started Tuesday and work will be pushed as much as possible so the coliseum can be opened before the early 1979 deadline.

The coliseum will seat 13,000 while a connected swimming facility with an unusual air-supported roof of glass fibers will be designed for \$500, he told the building committee.

The design of the \$9.5-million project will be similar to one built a year ago at Santa Clara University in California.

The connected coliseum and swimming pool will be dug about 12 feet into the ground beside the campus ROTC drill field, which is used as a parking lot for sports.

Humphrey Back

GREENVILLE, S.C. (AP) — "As far as I'm concerned, I'm back," Atlanta Falcons defensive end Claude Humphrey said Tuesday after his first rigorous workout since his knee was injured last year.

"Now I can sleep at night," Humphrey said when his knee without a grueling hitting session at the National Football League team's training camp.

Humphrey was injured a preseason game against the New York Jets in 1975.

James Stout Dies

GRANTVILLE, Pa. — Horse Racing Hall of Fame member James Stout died of a heart attack at the age of 62.

Snubbing of Barry Marks MVP Woe

By MURRAY OLDERMAN OAKLAND, Calif. — At \$300,000 a year for his exercises, Rick Barry isn't missing out on much of anything in the arena of basketball. Except possibly for recognition of value.

It was a travesty that the captain and forward of the Golden State Warriors didn't get serious consideration in the voting for most valuable player in the National Basketball Association.

The odds were against him, both historically and statistically.

Rick's ranking average of 21 points a game for the current season will be lowest since he came into the NBA in 1965. It opponents and snuffing of the game last year, when he led the Warriors in a fantastic championship spurt.

Designation of MVP has a poor fourth in the vote, won by Buffalo's Bob McAdoo.

McAdoo, again leading the NBA in scoring, was a strong candidate to repeat. All you had to do was ask him. However, the players selected Karem Abdul-Jabbar of the Los Angeles Lakers, whose ability or merit no one disputes.

The fact is, however, the balloting was affected by a metaphysical element, Richard Francis Barry III. Liked by his peers in professional basketball. Too many years of sneering at officials, basing opinion on a whim, would give a certain air of arrogance. On the few occasions when Rick has filled in as a network play-by-play commentator, the ultimate ambition is to be in broadcasting — he has for strikingly pointed out mistakes by other players.

Those personal factors come into account when the players of the NBA officially pick their most valuable player. I know a little about it because NEA inaugurated the Podoloff Cup in 1965 when Bob Pettit of the St. Louis Hawks was the first recipient. Maurice Podoloff, a little roly poly promoter, was then the president of the NBA. The award was first called the President's Cup. After Podoloff retired the trophy was awarded in his name and sanctioned by the league.

I conducted the balloting for 15 years and was witness to the play-by-play conversations, voting habits. Players voted for their buddies or for old college teammates. They were as much influenced by publicity as newspaper readers.

Traditionally, centers, the big men of the game, have dominated the ballot box. The

Jai-Alai

DAYTONA BEACH

TUESDAY'S RESULTS

FIRST — 1. Victor Liorde (1) 3:00.24, 2:20.30, 1:51.24, 1:15.11. V. M. Ave. Win. 1:51.24, 1:15.11.

SECOND — 1. Reta Ender (2) 3:20.24, 2:20.30, 1:51.24, 1:15.11. V. M. Ave. Win. 1:51.24, 1:15.11.

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Donnie For Bobby

MONTEAL (AP) — NASCAR driver Bobby Allison, injured last week in a race at Elko, Minn., may be replaced by his brother Donnie for Saturday night's race for the 52nd Grand National race.

A spokesman for the Nashville Speedway said Tuesday it's doubtful that Bobby Allison will race and that negotiations with Donnie were under way to replace him.

Allison suffered broken ribs, several lacerations to his face and lacerations Saturday when his car hit a retaining wall at the Minnesota Speedway.

Wheel Alignment

12.88*

Heck, what you get:

- Suspension inspection
- Set caster and camber
- Adjust toe-in
- Road test
- Most tires and many foreign cars
- Add 52¢ each for cars equipped with either air conditioning or torsion bars

Small Tractor, Small Price

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John Deere's Band transceiver. Covers all 23 channels. Has noise limiter. PA output. Operates on 12V DC positive or negative ground. With variable volume, squelch control and S/F meter.

Engine cover, Vinyl with diamond plating.

18.99

Engine cover, Vinyl with diamond plating. Including mounting screws.

Wood snack tray, 14.95

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Harness Racing Nightly at 8:00, except Sunday

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Color TV race replay. Racing rain or shine. Wed. night special — most concessions 25¢

Grandstand Admission \$50 Ladies free on Thursdays

Call 831-1140 for Clubhouse Reservations

PLENTY OF JACK

THE 10TH EDITION OF THE WESTCHESTER CLASSIC PODOLOFF CUP IS BEING HELD JULY 15-18 SINCE IT'S NOT ONLY THE FIRST \$300,000 STIPEND OF THE YEAR AND THE ONLY DESIGNATED EVENT OF 1976 ALL OF GOLF'S SUPERSTARS WILL BE THERE. THE 31 DESIGNATED PLAYERS WOULD BE 326 POA TOURERS AND 115 GOLFERS WHO DON'T PLAYERS 61

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JACK NICKLAUS WON THE WESTCHESTER CLASSIC IN 1967, AND TO ONLY PLAYER WHO HAS WON THE WESTCHESTER CLASSIC MORE THAN ONCE. HIS 1976 FIRST PRIZE WOULD BE A BIG \$300,000 AND A 6% COLLECTIBLE 200-GRAN GOLD BEAR.

Save on 4 ply polyester tires.

Mileagemaker. Features 4 plys of polyester. In the widest 7 series profile. No trade-in required.

Tire size	Save	Regular Price	4 for \$77
A7B-13	\$11	\$22 each (4 for \$88)	1.74 ea.
B7B-14	\$11	\$24 each (4 for \$96)	1.80 ea.
S60-15	\$7	\$21 each (4 for \$84)	1.81 ea.

Tire size	Save	Regular Price	4 for \$99
E7B-14	\$5	\$26 each (4 for \$104)	2.25 ea.
F7B-14	\$13	\$28 each (4 for \$112)	2.32 ea.
G7B-14	\$17	\$29 each (4 for \$116)	2.39 ea.

Tire size	Save	Regular Price	4 for \$109
G7B-15	\$11	\$30 each (4 for \$120)	2.58 ea.
H7B-15	\$19	\$32 each (4 for \$128)	2.80 ea.

Whitelights slightly higher. Sales prices effective through Sunday, July 18.

Donnie For Bobby

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The JCPenney Battery

\$49

The JCPenney battery. Revolutionary. You never add water. Corrosion virtually eliminated. It's the most powerful battery of its size available for a passenger car.

WARRANTY: Full warranty as long as you own your private car or truck. If we ever fail to hold a charge, return to us. We will replace it free.

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Open Sunday 10 a.m. to 5 p.m.

Sanford Plaza
Open 7 a.m. to 9 p.m. Monday thru Saturday
Open Sunday 10 a.m. to 5 p.m.

WINTER PARK MALL

Open 7 a.m. to 9 p.m. Monday thru Saturday
Open Sunday 10 a.m. to 5 p.m.

EMINOLE HARNES RACEWAY

Highway 17-92 in Cassaberry

1974 International Harvester Travelall Fully Loaded. Extra Life.

\$295

1974 Dasher 4 Dr. Sedan, A.C. 4 Speed, Light Blue.

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BILL BAKER VOLKSWAGEN PH. 322-1833

Pay-Less

Great Styles In Solids or Two Tones Sizes 7½-12

\$19.99 To \$29.99

Great Styles In Solids or Two Tones Sizes 7½-12

Black Olympians Ask To Withdraw

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Taiwan Says Withdrawal Next Step

TAIPEI (AP) — The National Olympic Committee has announced its decision to withdraw from the Montreal Olympic Games "because of Canada's discrimination."

Slippery Rocker Cut By Buffalo

BUFFALO (AP) — Rookie free agent Kurt Kral, a line-backer from Slippery Rock (Pa.) State, was released Tuesday, the National Football League Buffalo Bills announced.

It's A Way For Companies To Say 'Thanks, America'

Giant Firms Producing More Public Service Films

EDITOR'S NOTE: Some industrial films are still blatantly commercial, but these are the exceptions today. The public service film is the growing trend. It's a way for a company to say "thanks to America," an executive explains. "Maybe if people see this, they will feel a little better about you."

By KAY BARTLETT AP Newsletters Writer NEW YORK (AP) — The film is called "America — It's All the Difference." It's not brought to you by those wonderful people in Hollywood. It's brought to you by the J.C. Penney Co.

You might see it if you're a student, a mover, a civic club member or a television watcher. It won't cost you anything, or the theater, TV station, school or club that shows it to you. J.C. Penney pays all the bills.

Not that it's free for Penney's. The giant corporation paid \$75,000 to produce the film and will spend more money to distribute it.

There's not a single word about Penney's in it, not a picture of Penney merchandise nor a shot of a Penney store. At the very end, there's simply a credit line: "Presented as a public service by the J.C. Penney Co."

The 28-minute film, narrated by Henry Fonda, is one of thousands produced each year by American industry, which calls them sponsored or industrial films. They cost from a few thousand dollars to the current record holder — a \$2 million biennial film about American history.

The Penney film, focusing on immigrants and how their differences shaped America, is what the industry calls a public service film, enhancing a company's image. Such films are a growing trend.

There are other industrial films which promote a product indirectly. Another Penney production, "Footnotes on History," is a comic documentary on the history of shoes that features the latest in shoes. Penney shoes, to be sure.

Some films are still blatantly commercial, but these are the exceptions. Modern Talking Picture Service Inc., the largest distributor of sponsored or industrial films, recently turned one down. The account executive, Gordon Reynolds, advised the client to do some editing and try it as a television commercial.

"We now have the luxury of being able to say no," he says. "But it doesn't happen often. In the last 12 years, there has been a heavier swing toward

offering public service films." Phillips Petroleum, for instance, has financed a five-part film on the free enterprise system with William Shatner of Star Trek fame. "Ten years ago, Phillips would be a 'good budget' for a project like that," Reynolds says.

The film cost \$350,000 to produce and \$400,000 to distribute it to a hoped-for audience of 12 million by the end of 1977.

Phillips hired men and women from the academic world to tell the story and says it first saw the film in its completed stage.

Why does a company like J.C. Penney or Phillips — or Exxon, Johnson's Wax, General Motors, and many others — want to spend this kind of money for films that don't really push the product? Good will, in a word, says Harvey McCormack, manager of public information at Penney's.

"It's a thank you to America," he says. "It says something about the kind of company we are. Who knows, maybe they will go to J.C. Penney to shop."

The industrial film is not new. It's been around since World War I, but grew dramatically after World War II when the 16 millimeter projector became the greatest teacher in the United States.

Now \$12 million annually is spent on such films, including costs of production and distribution. The U.S. government spends an additional \$42 million for films made by 45 agencies, with the Defense Department and the U.S. Information Service among the big spenders.

The figures come from Tom Hope Reports, a marketing research firm in Rochester, N.Y., that specializes in keeping tabs on the industry. Hope says the average film costs about \$70,000. One problem in discussing the average film is that they vary in length. If the producer aims for the television market, he produces a 7- or 28-minute film, long enough for a few commercials.

Major networks will not take these films, but the local program director of an NBC affiliate may accept one. He feels viewers in that area may enjoy.

If the producer wants to place films in movie theaters, he shorts, a 12-to-15-minute film is most desirable. The viewer may or may not be aware of the goods he uses these films; they are regularly booked into Radio City Music Hall in Rockefeller Center.

A third type is the "news spot." If a company has a newsworthy item coming up, it's say the opening of the first Volkswagen plant in the United States—a quick film may be made and distributed free to local television stations. Viewers then get a little shot of the plant opening, an item that's been in the newspapers.

Most industries have shorter lives—a fashion film, for instance, is good for only months. Others last a year, some four or five years. Often, the films are thematic. Oil companies, for instance, have a best seller in the energy crisis, accounts of just how the oil gets out of the ground, is processed, and makes your car run.

The 500 or so firms producing industrial films tend to be small. And there are awards and prizes for them—Oscars as it were. The most prestigious is the Cine Golden Eagle. The winners of the Golden Eagle are entered in film contests around the world — some

serious, some not so serious. A new contest is to be held this year in the Virgin Islands. "That may prove to be a very legitimate one since everyone wants to go to the Virgin Islands," says one industrial film maker.

Thompson, while noting that the awards and contests are good publicity, takes a humorous view. "I think at one point I was made the ambassador to Graustark," he says.

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ECKERD'S AT ECKERD'S YOU KNOW THE PRESCRIPTION IS RIGHT... AND THE PRICE IS RIGHT TOO!

Advertisement for Eckerd's Drugs featuring various products and their prices. Products include Coppertone Tanning Butter (109¢), Excedrin Tablets (109¢), Pepsodent Toothpaste (59¢), Pampers Daytime (199¢), Wet Ones (49¢), Beach Towel (288¢), Auto & Truck Tape Player (2399¢), Hearing Aid Battery Sale (588¢), Men's Vinyl Casual Shoes (444¢), Hibachi Grill (688¢), Proctor Silex Electric Ice Cream Freezer (1288¢), 5 Gal. Utility Gas Can (488¢), and others. Prices are marked as 'LIMIT ONE'.



Joyce Sammet prepares cookies for baking. (Herald photo by Elda Nichols)

According To Beauty Expert Good Makeup Is Important To Women

By VIVIAN BROWN The Herald Staff Writer It takes a lot of skill these days to achieve instant beauty with makeup, says George Masters, one of the best known and highest priced makeup artists in the business. He was explaining his fee of \$150 for a 30-minute or so makeup.

"Girls do not have that look of innocence they had once... many faces are spotted from use of the pill... a lot of girls have acne... the rebellious '60s group has wrinkled faster than most because they have worn no makeup, which can protect the skin..." he explained.

Instant beauty is applied by George Masters, well known makeup artist who has a big bag of makeup tricks for girls of all ages. His youthful appearance belies his long experience. A runaway, he began his career in cosmetics as a stockboy and sometimes hairdresser to a well-known cosmetics queen when he was a teen-ager.

For women in their late 20s and 30s he provides a lot of coverage for "their spots, under-eye circles and the like" and he tries to teach their proper use of makeup.

Advertisement for Dawns Unisex Styling, featuring a portrait of Barbara (B.B.) Marsh and text: 'ANNOUNCING Barbara (B.B.) Marsh Formerly With Mr. A's Is Now With Down's Dawns Unisex Styling "Don't You Deserve the Best?" 710 W. First St. Sanford 323-8439'

WOMEN Cook Of The Week Enjoy Food? Ask For The Recipe

By ELDA NICHOLS Herald Correspondent Joyce Sammet of Lake Mary isn't afraid to ask for a recipe, if she enjoys a certain dish. "No one seems reluctant to give me their recipes," she said. "In fact, they seem glad to do it."

As a member of Xi Epsilon Sigma Chapter of Beta Sigma Phi Sorority, Mrs. Sammet often takes a favorite dish to the meetings. "Everyone in the chapter is a good cook," she said. "We like to trade recipes."

Continuing, she said, "I like to cook for groups, and my pizzas and casseroles take care of that." However, Joyce's time is limited, as she works and also attends Hollins College in the evening, as does her husband.

She has a married daughter, and 13-year-old son, who planted a vegetable garden this year. "We had a lot of good vegetables out of it, too," she said.

Mrs. Sammet likes to sew and the entire family loves camping. Some of her favorite recipes, given to her by her mother and her late mother-in-law, are:

BEAN-RICE SOUP: 1 cup navy beans, 1/2 lb. of salt pork cut in small cubes. Cover with water and cook until beans are soft, adding water as needed. Then add 1 cup macaroni and 1-3rd cup rice and cook until soft. Add water as needed, but don't make too soupy. Very good on cold days.

COOK OF THE WEEK: Mrs. Sammet of Lake Mary is the 'Cook of the Week' for the month of July. She is a member of Xi Epsilon Sigma Chapter of Beta Sigma Phi Sorority. Her recipes are shared with the community.

Advertisement for Betty Anne's Unisex Styling, featuring a portrait of Betty Anne and text: 'Make Waves for Summer UNIPERM \$1995 up Local VOLUMODE \$1450 316 Commercial Lakeview Plaza Ph. 322-4913'

Advertisement for Sam's Portions Meats, featuring a portrait of a man and text: 'SAM'S PORTIONS MEATS 118 PALMETTO AVE., DOWNTOWN SANFORD PIG SAVINGS 10 T-Bone Steaks 32 Pure Ground Beef Patties 24 Chopped Sirloin 20 Pork Sausage Patties With Free Fryer \$2350 (SALE PRICES JULY 14-JULY 20) SPECIAL FRESH NECKBONES 49c 5 Lbs. Chicken Thighs \$425 Sam's Portions BEEF-LAMB-PORK-POULTRY OVER 75 MEAT ITEMS IN STOCK IF WE DON'T HAVE WHAT YOU WANT WE'LL ORDER IT PHONE 322-2274 HOURS: MON.-SAT. 9 To 6'

Advertisement for John Olive Started Small, featuring a portrait of John Olive and text: 'NEW YORK (AP) — Frank Olive, a big man who has made a big name in the world of millinery design, started out small — in a 6-by-8-foot "salon." I had my own shop in an old popcorn stand I rent — in Greenwich Village. There was room for only one customer at a time," recalls the 100-pound, 6-foot-10 Olive. He sold hats and accessories — scarves, blouses and jewelry — which he lived in, where there was barely room for his sewing room to another "aid coddler?" The psychiatrist recommends that you forget about electric shock and says there is no medicine that will abolish sexual fantasies — short of a general anesthetic. DEAR ABBY: What do you give a man who has everything? I.M. SERIOUS DEAR SERIOUS: If I were you, I'd be in the Internal Revenue Department. I'd give him an audit. DEAR ABBY: I plan to be married soon. My both have grown children by previous marriages. I have some property, savings, etc., that I want to make sure to have, and I do not wish any of it shared to be. Assuming that I die first, how can this be accomplished and still allow my spouse the use of my assets during her lifetime? Are prenuptial agreements legally binding? Or should another written document be prepared and notarized? A properly executed will is ignored? Sign me. "IN LOVE AND IN DOUBT" DEAR IN: Unless you want to get "IN TROUBLE" to your signature, I urge you to have all of your questions answered by your lawyer. CONFIDENTIAL "FOURTEEN AND WORRIED STIFF": Tell your mother today. I promise you she will not kick you out of the house. If you just can't tell her, please send me your name and address. I think I can help you. Everyone has a problem. What's yours? For a personal reply, write to ABBY: Box No. 4790, L.A., Calif. 90069. Enclose stamped, self-addressed envelope, please.

Advertisement for Nationwide Sewing Center, featuring a portrait of a woman and text: 'Coupon Only At Nationwide Sewing Center We Will Clean, Oil, Adjust Tensions ANY MAKE OR MODEL SEWING MACHINE \$595 REG. 129.95 IN STORE ONLY Nationwide Sewing Center 777 N. Hwy 17-92 Casselberry Ph. 339-8097'

Advertisement for Big Tire & Wheel Service, featuring a portrait of a tire and text: 'Big Tire & Wheel Service Hwy. 17-92 2600 Orlando Dr. Sanford, Fla. Ph. 321-0920 4 Tire Sale Astro Star 4 Ply Poly 78 Series Whitewalls \$88 Fed. Tax 1.84-2.39 \$99 Fed. Tax 2.55-2.58 \$109 Fed. Tax 2.75-3.08 FREE MOUNTING'

Publix 4200

EXTRA GREEN STAMPS
Publix puts a great new twist on savings.
Great Prices, Great S&H Green Stamps.



FRESHENS YOUR BREATH
Listerine Mouthwash
32-oz. bottle
\$1.19

ALBERTO VOS GRAY
HARD-TO-HOLD, SUPER
Hair Spray
9-oz. can
89¢

STRAWBERRY, HERBAL
ESSENCE OR BABY
Publix Shampoo
16-oz. size
59¢

100 Green Stamps Sanka Instant Coffee 8-oz. jar (Expires Wed., July 21, 1976)	50 Green Stamps Purina Tuna Cat Food 12 1/2-oz. can (Expires Wed., July 21, 1976)	50 Green Stamps Wizard Air Freshener Assorted Scents 8-oz. can (Expires Wed., July 21, 1976)	50 Green Stamps Good Seasons Italian Salad Mix 4-pk. pkg. (Expires Wed., July 21, 1976)	50 Green Stamps Glad Sandwich Bags 80-ct. pkg. (Expires Wed., July 21, 1976)
50 Green Stamps Mueller's Lasagne 16-oz. pkg. (Expires Wed., July 21, 1976)	50 Green Stamps Grins & Smiles Rolston Cereal 8-oz. pkg. (Expires Wed., July 21, 1976)	100 Green Stamps Johnson's Baby Oil 16-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Unguentine Spray 5-oz. can (Expires Wed., July 21, 1976)	50 Green Stamps Cutex Polish Remover 3-oz. bottle (Expires Wed., July 21, 1976)
100 Green Stamps Vaseline Hand Lotion 10-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Q Tip Cotton Swabs 170-ct. pkg. (Expires Wed., July 21, 1976)	100 Green Stamps Gillette Lady Trac II Razor each (Expires Wed., July 21, 1976)	100 Green Stamps Unscented, Regular, Super or Ultimate Miss Break Hair Spray 11-oz. can (Expires Wed., July 21, 1976)	100 Green Stamps Breck Clean Rinse 8-oz. bottle (Expires Wed., July 21, 1976)
100 Green Stamps Bayer Aspirin 200-ct. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Rolaids 75-ct. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Schick Super II Blades pkg. of 9 (Expires Wed., July 21, 1976)	100 Green Stamps Lysol Spray Disinfectant 7-oz. can (Expires Wed., July 21, 1976)	100 Green Stamps Johnson's Baby Shampoo 16-oz. bottle (Expires Wed., July 21, 1976)
100 Green Stamps Ban Basic Scent or Neutral Anti-Perispirant 3-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps 10c Off Label Colgate Toothpaste 5-oz. tube (Expires Wed., July 21, 1976)	100 Green Stamps Effardent Denture Tablets pkg. of 60 (Expires Wed., July 21, 1976)	100 Green Stamps Loravir Mouthwash 18-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Vitalis Liquid Hair Dressing 4-oz. bottle (Expires Wed., July 21, 1976)
100 Green Stamps Mennen's Pro Electric Lotion 4-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Geritol Tablets 14- or 40-ct. size (Expires Wed., July 21, 1976)	100 Green Stamps Anacin Tablets 100-ct. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Maalox Liquid 12-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps BAND-AID Brand Adhesive Strips any size pkg. (Expires Wed., July 21, 1976)
100 Green Stamps Mennen's Baby Lotion 9-oz. bottle (Expires Wed., July 21, 1976)	100 Green Stamps Plastic Colonial Broom each (Expires Wed., July 21, 1976)	100 Green Stamps \$1 or More of Any Candy (Expires Wed., July 21, 1976)	100 Green Stamps Pet'em Tick & Flea Collar each (Expires Wed., July 21, 1976)	100 Green Stamps Wizard Charcoal Litter quart size (Expires Wed., July 21, 1976)
50 Green Stamps Charcoal Plus any size bag (Expires Wed., July 21, 1976)	50 Green Stamps X-14 Instant Mildew Remover any size (Expires Wed., July 21, 1976)	50 Green Stamps Spot Out any size (Expires Wed., July 21, 1976)	50 Green Stamps Broil-A-Foil-Pan each (Expires Wed., July 21, 1976)	50 Green Stamps Any Variety Coffee Filter (Expires Wed., July 21, 1976)
50 Green Stamps Dairy-Fresh Whipping Cream half-pint ctn. (Expires Wed., July 21, 1976)	50 Green Stamps Chiffon Margarine 1-lb. ctn. (Expires Wed., July 21, 1976)	50 Green Stamps Weight Watcher's Single-Wrapped Pasteurized Processed Cheese Food Product, 9% Milk Fat 10-oz. pkg. (Expires Wed., July 21, 1976)	50 Green Stamps Rondale Cheese Plain, Pepper, Herb 4-oz. pkg. (Expires Wed., July 21, 1976)	50 Green Stamps Sealtest Small Curd Cottage Cheese 12-oz. cup (Expires Wed., July 21, 1976)

THIS AD EFFECTIVE THURSDAY, JULY 15 THRU WEDNESDAY, JULY 21, 1976...

- 100 Green Stamps: Stouffer's Frozen Salisbury Steaks 12-oz. pkg. (Expires Wed., July 21, 1976)
- 100 Green Stamps: Gorton's Frozen Fish Portions 2-lb. pkg. (Expires Wed., July 21, 1976)
- 100 Green Stamps: Publix Heavy Duty Aluminum Foil 100-foot roll (Expires Wed., July 21, 1976)
- 100 Green Stamps: Hot Shot Insect Bomb 11-oz. bomb (Expires Wed., July 21, 1976)
- 100 Green Stamps: Glad Trash Bags 20-ct. pkg. (Expires Wed., July 21, 1976)

Bing Cherries per lb. 49¢	Tomato Juice 46-oz. can 49¢	Tomato Ketchup 13-oz. bottle 39¢	Breyers Ice Cream half gallon \$1.39	Frozen Lemonade 6-oz. cans \$1.29	Veal Steak 20-oz. pkg. \$1.59
---	---	--	--	---	---

SAVE 5c Old-Time Favorite, Campbell's Tomato Soup... 5 cans \$1
SAVE 4c Campbell's (Don't Forget the Crackers) Chunky Vegetable Soup... 3 cans \$9
Campbell's (Delicious Keep 'em Warm in a Thermos) Cream of Chicken Soup... 4 cans \$1
Campbell's (Adds Flavor to Casteroles) Cream of Mushroom Soup... 4 cans \$1

Publix SOUP & SALAD
SOUPER SUMMER MEALS
They're easy on the cook and popular with the family. Why not try a few of your favorite soups summer style? Chilled tomato soup topped with chopped chives served with a crisp green salad is just one tasty warm weather idea.

- SAVE 8c Pineapple Grapefruit or Pineapple Pink Grapefruit **Del Monte Drink**... 46-oz. can **39¢**
- SAVE 10c Sliced or Halved Yellow Cling **Del Monte Peaches**... #2 1/2 can **49¢**
- SAVE 10c Del Monte Sliced or Halved **Bartlett Pears**... #203 can **39¢**
- SAVE 10c Mix in Gelatin, Del Monte **Fruit Cocktail**... #203 can **39¢**
- SAVE 10c (10c Off Label) Liquid Detergent **Palmolive**... 22-oz. bottle **83¢**
- SAVE 11c (8c Off Label) **Comet Cleanser**... 21-oz. can **39¢**
- SAVE 10c (10c Off Label) **Green S.O.S. Pads**... 18-ct. pkg. **59¢**
- SAVE 12c (3c Off On 4 Bars) Personal Size **Ivory Soap**... 4-bar pkg. **39¢**
- SAVE 4c Del Monte Early **Garden Spinach**... #203 can **29¢**
- SAVE 26c Golden or White Cream Style, or Whole Kernel **Del Monte Corn**... #203 can **39¢**
- SAVE 17c Rogers Green **Sweet Peas**... 3 #203 **\$1**
- SAVE 16c Campbell's (Flavor with Bacon Strips) **Pork & Beans**... 3 #203 **89¢**
- Delicious Lipton's **Onion Soup Mix**... 2-oz. pkg. **59¢**
- SAVE 9c Del Monte Chunk Style (Soup N' Sandwich) **Tuna**... 4 1/2-oz. can **89¢**
- SAVE 10c Lady Scott Printed **Facial Tissue**... 200-ct. pkg. **49¢**

RIPE SWEET WESTERN LARGE 36 SIZE
Cantaloupes
2 for **89¢**

Publix the place for produce.
Full of Juice and Flavor, California **Fresh Nectarines**... 10 for \$1
Make Muffins or Hot Cakes with These **Blueberries**... 69¢
Mix or Match, Zesty Refreshing California **Juicy Lemons**... 69¢
Mix or Match, "Summertime is Lime Time" **Fresh Limes**... 69¢
For Summer Potato Salad, U.S. #1 **Red Potatoes**... 5 for 49¢
Top Your Steak or Roast with Cops of **Fresh Mushrooms**... 1 lb. \$1.19
Boil with Onions and Season to Taste **Zucchini Squash**... 25¢
Put Extra Flavor in Fruit Cups with Hawaiian **Fresh Papaya**... 79¢
For Slicing or Salsas, Large size **Tasty Tomatoes**... 33¢

"Selected Baby Beef" ... Inflation Fighter
A Great Treat! Beef Loin **Sirloin Steak**... \$1.29
Lean, Meaty Beef Full-Cut **Round Steak**... \$1.29
Tasty Beef Loin or **Rib Steak**... \$1.29
Flavorful Lean Meaty Beef Blade **Chuck Roast**... 79¢
Publix "The Place for Beef"
SWIFT'S PREMIUM PROTEIN GOVERNMENT INSPECTED HEAVY WESTERN BEEF SALE
THE BEEF THAT NEEDS LESS COOKING TIME!

AGAR BONELESS
Canned Hams
5-lb. can
\$6.99
PLUS 100 S&H GREEN STAMPS WITH COUPON BELOW

tender-grown
Swift's Premium
Whole Fryers
lb. **49¢**

SAVE 6c
PHILADELPHIA BRAND
Cream Cheese
8-oz. size
59¢

Swift's Premium Tender-Grown, Gov't-Inspected, Shipped, D.D. Fresh, USDA Grade A
Cul-up Fryers... 59¢
Fryer Breasts with Rib... 1.19
Fryer Drumsticks... 99¢
Fryer Thighs... 99¢
Fryer Wings... 99¢
Fryer Backs & Necks... 1.19

Swift's Premium Stick Style **Braunschweiger**... 89¢
Swift's Premium Sliced **Bologna**... 59¢
Swift's Premium Deli-Thin Sliced **Beef, Ham, Turkey**... 49¢
Hillshire Farm **Smoked Sausage**... 1.19
Copeland Sliced **Cooked Ham**... 1.19
Oscar Mayer Regular or Beef Sliced **Bologna**... 75¢
Seafood Treat, Tasty **Fillet**... 1.19
Seafood Treat, Tasty **Fillet**... 1.19
Lake Erie **Smelts**... 75¢

HEARTY REGULAR, ELEC-PERK OR AMF
Savarin Coffee
1-lb. can
\$1.29
Limit 1 Please. With Other Purchases of \$5 or More Excluding All Tobacco Products

BREAKFAST CLUB GRADE A FLORIDA
Large Eggs
per dozen
69¢

25c OFF LABEL
COLD WATER SPECIALIST
Cold Power Detergent
king size pkg.
\$1.59
Limit 1 Please. With Other Purchases of \$5 or More Excluding All Tobacco Products

Publix
AMERICAN BICENTENNIAL 1776-1976
Publix

PUBLIX PRESENTS
McCall's GREAT AMERICAN **RECIPE CARD COLLECTION**
THIS WEEKS FEATURE
SET NO. 6
THE SOUTHWEST
OFFER ONLY AVAILABLE IN THE FOLLOWING COUNTIES: Orange, Lake, Seminole, Osceola, Brevard.

100 Green Stamps
Agar Boneless Canned Hams 5-lb. can (Expires Wed., July 21, 1976)
THIS COUPON WORTH **29c**

100 Green Stamps
Assorted Betty Crocker Cake Mixes reg. pkg. **2/\$1.18**
(Expires Wed., July 21, 1976)

THIS AD GOOD AT THESE LOCATIONS ONLY: SANFORD PLAZA—SANFORD LONGWOOD VILLAGE CTR.—LONGWOOD SEMINOLE PLAZA—CASSELBERRY



PRICES GOOD JULY 15-17

W-D BRAND U.S. CHOICE FEDERALLY GRADED HEAVY WESTERN AGED BEEF

WHOLE FRYERS
LB. **49¢**
Fryer Drumsticks, Thighs or Breast w/Ribs . . . 99¢
Carnish (20-oz. Avg.) Game Hens . . . each \$1.29

SMOKED HAM
SHANK PORTION **89¢**
Whole or Butt Portion . . . 17 to 22 lbs. . . 99¢
Center Sliced Ham Steak . . . \$1.79

LEG O' LAMB
RUMP HALF OR WHOLE **\$2.19**
Lamb Shoulder . . . \$1.79
Lamb Shanks . . . 89¢

PORK CHOPS
WESTERN CORN FED CENTER CUT LOIN OR RIB **\$1.89**
Sliced Bacon . . . \$1.39
Fresh Pork Shoulder Boston Butt Roast . . . 99¢

BOTTOM ROUND
15 **\$19.95**
POUND PKG.
Consisting of: 5 lbs. of Boneless Bottom Round Steak, 5 lbs. of Boneless Bottom Round Steak, Cubed, and 5 lbs. Boneless Bottom Round Roast.

FOREQUARTERS . . . 79¢
HINDQUARTERS . . . 99¢
SIDE OF BEEF . . . 89¢

CB RADIO

CRYSTAL CONTROLLED PA SWITCH SQUELCH CONTROL

DYNAMIC MIKE FULL 4-WATT OUTPUT SRF METER

WHILE THEY LAST! EACH **\$79.95**

CB Antenna . . . each \$14.95



W-D BRAND USDA CHOICE (WHOLE IN CRYOVAC) BONELESS BEEF ROUND

SIRLOIN TIP ROAST
8 to 10 LB. AVG. **\$1.09**
Boneless Beef Stew Meat . . . \$1.09
Boneless Beef Beef Oxtails . . . 69¢

W-D BRAND HAND CUT PURE

GROUND BEEF
3 OR 10 LB. PKG. **69¢**
Superbrand All Flavors Yogurt . . . 4 . . . \$1.00
Superbrand Sliced Longhorn Cheese . . . 89¢

W-D BRAND USDA CHOICE ALL CHUCK INCLUDING 7 HOME CENTER CUT

CHUCK ROAST
LB. **89¢**
Boneless Beef Steak Delmonico's . . . \$2.39
Superbrand Sour Cream . . . 69¢

W-D BRAND USDA CHOICE BONELESS BEEF ROUND

SIRLOIN TIP ROAST
LB. **\$1.19**
Boneless Beef Cube Steak . . . \$1.99

W-D BRAND USDA CHOICE BONELESS BEEF

CHUCK ROAST
LB. **\$1.09**
Superbrand Regular or Sirloin Tip Low Fat Cottage (1 lb. Cup 6%) Cheese . . . 2 . . . \$1.29

W-D BRAND USDA CHOICE BONELESS BEEF

SIRLOIN TIP STEAK
LB. **\$1.29**
Palmetto Farms (8-oz. Cup 5%) Pimento Spread . . . 99¢

W-D Brand Regular, All Beef or Dinner

Reigel Ham . . . 18 **\$1.89**
Sliced, Shanks & Diced

Calf Liver . . . 18 **\$1.39**
Turbot Boneless

Fish Fillet . . . 18 **99¢**
W-D Brand Cooked Picnic or Ham . . . 12-oz. PKG. \$1.99
W-D Brand All Beef, Regular or Thick Sliced Bologna . . . 7-oz. PKG. 99¢

W-D Brand Regular, All Beef or Dinner

Franks . . . 8-oz. PKG. **99¢**
W-D Brand Spiced Luncheon, Olive Loaf, Pickle & Pickling Loaf, Ham & Cheese Loaf or Cappelletti Smoked Sausage . . . 21-oz. PKG. \$1.79
Hygrade Ballpark Regular or All Beef Franks . . . 1-LB. \$1.39
Swift Premium Brown and Serve - All Varieties Sausage . . . 7-oz. PKG. 99¢

Jimmy Dean Bag

Sausage . . . 12-oz. ROLL **\$1.49**
Oscar Meyer Regular or Thick Sliced Bacon . . . 1-LB. PKG. \$1.99
Oscar Meyer Bologna . . . 8-oz. \$1.85
10 CT. Cinnamon Good Sweet Milk or Butter Milk Biscuits . . . 6 CANS 79¢
Knott, Brick, Muenster, Coraway, Monterey Jack, Monterey Casino Cheese . . . 8-oz. PKG. \$1.09

LIPTON FAMILY SIZE TEA BAGS
24-CT. PKG. **99¢**
Lipton Tea Mix . . . \$1.19
Sweetener . . . 30-CT. PKG. 59¢

DUNCAN MINE'S CAKE MIX
18 1/2-oz. PKG. **59¢**
Party Cookies Ready to Serve Frostings . . . 2 . . . 95¢

DEEP SOUTH MAYONNAISE
Limit 1 with \$5.00 or more purchase excluding sigs.
32-oz. JAR **59¢**
Dial Mopie Catsup . . . 18-oz. \$1.89

CUTEX HERBIL OR LEMON POLISH REMOVER
4-oz. SIZE **63¢**

DATRIL TABLETS
100-CT. BTL. **88¢**
Black Flag Ant & Roach Bomb . . . \$1.09

MENNEN BABY MAGIC LOTION
9-oz. SIZE **\$1.43**

RAZOR BY GILLETTE LADY TRAC II
EACH **\$2.99**

THRIFTY MAID WHOLE KERNEL OR CREAM STYLE CORN
16-oz. CANS **5 \$1**
Deep South Barbecue Sauce . . . 2 . . . \$1.00

THORO FED DOG FOOD
15 1/4-oz. CANS **5 \$1**
Field Trial Dog Ration 25 . . . \$2.99

THRIFTY MAID CUT GREEN BEANS
16-oz. CANS **5 \$1**
Thrifty Maid Sliced Carrots . . . 5 . . . \$1.00

SINCE 1925

WE WELCOME FEDERAL FOOD STAMPS

THE BEEF PEOPLE

FRENCH AVE. & 25th ST. SANFORD 419 E. FIRST ST.

NEW STORE HOURS
MONDAY - SATURDAY

9 a.m. - 9 p.m.

SUNDAY

9 a.m. - 7 p.m.

THE FOLLOWING STORES NOW CLOSED SUNDAY
19 E. FIRST ST. SANFORD GOLDEN TRIANGLE SHOPPING CENTER
SOUTH ROSLINDO ORLANDO MT. DORA

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49-oz. PKG. **59¢**
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4 QUART CTNS. **\$1.00**
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HARVEST FRESH IDAHO POTATOES
10 LB. BAG **\$1.29**
Superbrand Soft Bowl Margarine . . . 2 . . . \$1.00

HARVEST FRESH YELLOW ONIONS
3 LB. BAG **59¢**

FRENCH AVE. & 25th ST. SANFORD 419 E. FIRST ST.

Neglected Nutrition A Summer Problem

Summer is here and that means hot humid weather and in general less interest in heavy, complete meals. We tend to eat more snack foods and quick foods bought along the road when traveling.

How wise is it to go easy on food when the temperature is high? Should we limit ourselves to salads and cold drinks?

In general, the answer is a definite NO. Most nutritionists agree that the answer is no, but with some qualifications. For the elderly and the overweight fewer calories are needed in hot weather. For the rest of us, eat as much as you are comfortable with, but where possible, change to more easily digestible foods.

The human body requires nourishment whether the weather is cold or hot. Particularly if you go in for athletics during the long and sunny summer days. Swimming, tennis, bicycle riding, walks through the woods, mountain climbing, yes, and even jumping rope, demand more nourishment, explains Anita Fial, nutritionist, trained at Cornell, and an executive in a large food affiliated corporation.

She adds, "You will need just as much protein, calories and other nutrients on hot days as on cold days. Your body requires a balanced diet, not a specialized diet, during the hot weather just as it does in cold weather. It may require a little more in fact, because warm weather lures people into more strenuous activities."

She stresses the importance of a sound breakfast before the sun gets too hot. All experiments and tests have shown that the average person resists summer wilt and body exhaustion when the day starts with a good breakfast — some protein, some cereal, some fruit and milk. "That is a demonstrable fact, not just talk," she stresses.

"The mid-morning coffee break is not the same thing. At least start your hot day on a solidly nutritious base and you'll be surprised how well you can exist throughout the day, no matter what the temperature is."

Restating her conviction that more protein and other nutrients will be needed in summer for athletically-inclined people, she emphasizes the importance of balanced meals.

"No miracle diets, no crash diets, but the basic diet pattern established by nutritionists and doctors at universities and in research laboratories. In general — fruit, some protein such as eggs, cheese, fish or meat, peanut butter, and cereal and bread. Plus milk to drink and ice cream. Don't rely on diet pills!"

On the other hand, hot weather requires a different attitude toward diet on the part of the sedentary, the elderly, the crippled and the just plain indolent. They probably all would feel better in the heat with a few less calories in their meals. That means, cut down, not out. It particularly means go easy on those snack foods.



Macaroni allowed on many diets in salad and used with poultry.

Dieters: You Can Dish Up Macaroni, Too

Those on a diet often are surprised to find macaroni remains as an acceptable food. That doesn't mean you can eat it morning, noon and night without damaging your weight-loss goal. However, macaroni dishes are allowable and macaroni combines with cheese, eggs, meat, poultry and seafood for a healthy dish. Those on low fat or low sodium diets also find macaroni listed. Just remember not to add salt or dress your pasta dishes in butter, heavy cream or cheese sauces since these are high in animal fat.

MACARONI GARDEN SALAD
2 cups elbow macaroni (8 ounces)
1 tablespoon salt
3 quarts boiling water
1 cup creamed cottage cheese

1 cucumber, thinly sliced
8 radishes, thinly sliced
1 cup diced celery
1 cup sliced mushrooms, undrained
1 teaspoon salt
1/2 teaspoon dry mustard
3 tablespoons low calorie Italian salad dressing
1 medium head Boston lettuce
Gradually add macaroni and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse in cold water; drain again.
Combine remaining ingredients except lettuce; toss with macaroni. Chill. Serve salad in lettuce-lined bowl. Makes 4 servings, about 250 calories per serving.

Meanwhile, gradually add noodles and 1 tablespoon salt to rapidly boiling water to the water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Toss with turkey mixture. Makes 4 servings, about 500 calories per serving.

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1/2 GAL. FAIRWAY FARMS ICE CREAM
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DOZEN LARGE EGGS (OR EXTRA LARGE)
59¢
FAIRWAY FARMS GRADE A FLORIDA

PRODUCE

FRESH FLORIDA GREEN CABBAGE	1 LB.	10¢
NEW JERSEY BLUEBERRIES	PT.	69¢
SWEET JUICY NECTARINES FOR BAKING — (DAHO)	2 LBS.	88¢
POTATOES	10 LBS.	1.19
GREAT FOR SALADS — YELLOW ONIONS	3 BAG	49¢

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WITH PURCHASE OF 16 OZ. SHAVE SHAMPOO
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MAXWELL HOUSE
1 LB. CAN COFFEE WITH THIS COUPON
\$1.49
FAIRWAY MARKET/GOOD THRU 7/21/76



French use Dijon mustard to enhance lamb chops, chicken and steak.

Simple, Subtle And French

By ALLEEN CLAIRE
The Herald Services

Good French cooking actually is quite simple and it is not necessary to spend hours making special sauces for your favorite meats or poultry. For example, butter, Dijon mustard, herbs and wine or lemon juice make a basic dressing for less expensive shoulder lamb chops or chicken legs. And, for a different flavored steak, spread it on both sides with mustard before broiling. Serve with scalloped cups of fresh orange slices, asparagus, lettuce salad or French fries.

COTELETTES D'AGNEAU DIJONNAISE
4 round bone shoulder lamb chops salt and pepper
2 tablespoons butter
2 tablespoons Dijon mustard
1 can (14 ounces) hearts of celery
1 cup tomato juice
1/2 cup French dry white wine or apple juice
1/2 cup finely chopped parsley

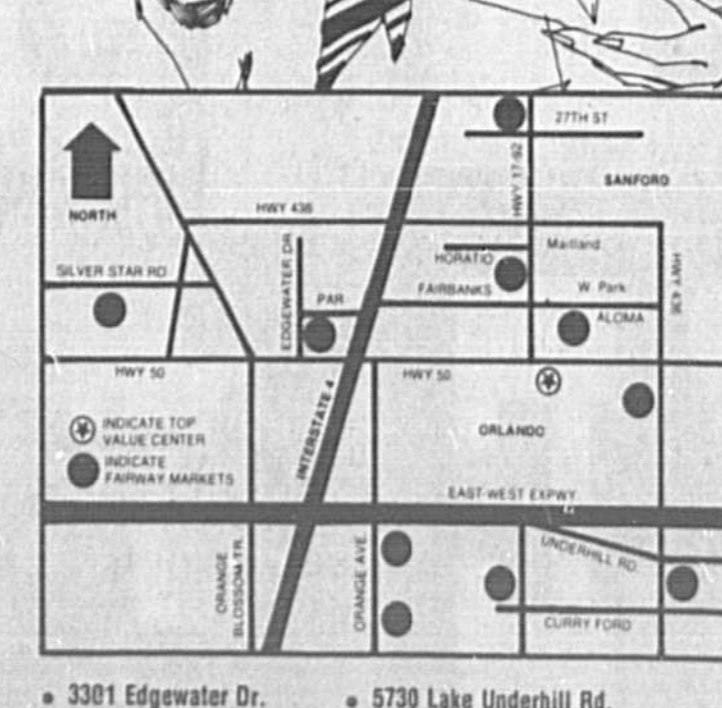
Sprinkle chops with salt and pepper. Melt butter in a skillet. Brown chops on both sides. Spread mustard on chops. Add celery and juice in can, tomato juice and white wine. Cover and simmer 1 hour or until chops are tender. Place lamb chops on a platter and keep warm. Pour pan juices into blender. Whirl until smooth. Pour into

pan again and reheat until bubbly and thick. Spoon over chops. Sprinkle with parsley. Garnish platter with scalloped orange cups filled with orange sections. Makes about 6 servings.

CHICKEN LEGS DIJONNAISE
Juice of 1 lemon
1/2 teaspoon tarragon leaves
1 teaspoon Dijon mustard
4 tablespoons soft butter
6 chicken legs
Salt

Mix together first four ingredients and let sit at room temperature for half an hour to allow flavors to blend. With fingers, carefully lift up skin from chicken legs to make space for mustard-butter mixture. Allow one teaspoon of mixture for filling second joint area and one teaspoon for drumstick area. Place filling between skin and meat and then press down skin to spread filling evenly in area. Salt chicken legs and broil, 6 to 8 inches from source of heat, turning twice until completely cooked. Makes about 6 servings.

PORTERHOUSE DIJONNAISE
Before broiling steak, spread on both sides with a thin layer of Dijon mustard and let sit at room temperature for half an hour. Broil to desired degree of doneness, then season to taste with salt.



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Top Off Menu With Sangria Dessert

Marvelous Mulligatawny Variation

Mulligatawny soup as we know it today comes from the many variations dreamed up by British housewives in India. Traditionally it was served with rice and slices of lime or lemon. Here orange juice has been added to make a more flavorful broth. Another use of fruit juice may also enjoy this combination of orange juice, tomato bouillon, sugar and cloves chilled or on the rocks. For a dessert, try mixing seedless grapes with fruit juices, wine or grape juice and some brandy for a classic sangria to eat with a spoon.

ORANGE CONSOMME
2 cups orange juice
2 cups tomato juice
1 cup beef bouillon
1/2 tsp. sugar
2 whole cloves

Rinse and drain grapes; remove from stems. Chill. Cut lemon and orange into thin slices. Place in pitcher, along with sugar, wine and brandy. Chill to blend flavors, about 1 hour or longer. To serve: portion one-half cup grapes into stemmed glasses. Add one-third cup wine mixture to each, and a lemon and orange slice. Garnish each with a cinnamon stick. Serve with a spoon and a short straw, if desired. Makes 6 servings.

SANGRIA DESSERT
1 1/2 lbs. Thompson seedless grapes (3 to 4 cups)
1/2 lemon
1/2 orange



Fresh blueberries make ideal sauce for fried Indian style pies.

Wo-Ja-Pi: Indian Treat

Take advantage of fresh blueberries and whip up some little fried pies Indian style. Serve with freshly whipped cream, ice cream or plain yogurt as a very special treat. Make a quantity of Wo-Ja-Pi and freeze for use later. Fry only as many as you need at one time and you'll always have a dessert ready to serve when the mood or occasion calls for one.

WO-JA-PI (INDIAN BLUEBERRY DESSERT)
1 qt. fresh blueberries
rinse and drained
1 cup honey
1/2 cup flour
1 cup water
2 tbs. chopped fresh mint leaves
Fried bread:
2 cups sifted all-purpose flour
2 tbs. salt
2 tbs. sugar

Check This Out: Chicken And 'Kraut

Sauerkraut helps stretch dishes and goes well with poultry and meats other than frankfurters. Have you thought of a chicken-kraut skillet dish which is zipped up with peppers and tomatoes? This is a one-dish meal because you also may add potatoes to the skillet or serve the chicken and kraut over rice.

CHICKEN AND KRAUT SKILLET
1/2 cup butter or margarine
1 large onion, sliced
1 cup green pepper strips
1 can (16 ounces) tomatoes undrained
1 can (8 ounces) tomato paste
2 cups diced cooked chicken
2 cups drained sauerkraut (about 1 1/2 ounces)
2 tbs. sugar
1/2 tsp. crushed oregano
1/2 tsp. salt
1/2 tsp. pepper
3 cups cooked rice



Steepie cream was a rich dessert enjoyed by colonial ancestors

Ridiculously Rich Colonial Dessert

Early colonists were fond of their rich desserts. Rich or poor, all managed to make the most of the fruits and vegetables at hand, milk from their cows or goats, honey, sugar or sorghum and special spices or condiments that arrived by welcome ships. An example is a molded dessert called steepie cream, popular among the more affluent colonists who entertained often and lavishly. Fruit dumplings, such as fresh peach dumplings, also were favorites. Here is a modern variation using prepared crescent rolls rather than homemade biscuits.

STEEPIE CREAM
1/2 cup oven starch
1/2 cup sugar
1/2 tsp. salt
3/4 cup milk
1/2 cup light corn syrup
1 tsp. almond extract
1 cup ground almonds
Canned violets, optional
Blanch almonds, optional

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COOKIN' GOOD FLA. PREMIUM ECON-O-PAK MIXED FRYER PARTS
3 FRONT QUARTERS
3 HIND QUARTERS
3 WINGS WITH GIBLETS
38¢ LB.

ARMOUR STAR TESTENDER RUMP ROAST BONELESS ROLLED
\$1.28 LB.

ARMOUR STAR TESTENDER BONELESS N.Y. STRIP
\$1.98 LB.

8-10 LB. AVERAGE WEIGHT CUT AND WRAPPED AT NO EXTRA COST

FRESH 75% LEAN GROUND BEEF
78¢ LB.

3 LBS. OR MORE

MEAT VALUES

3 LBS. OR MORE GROUND CHUCK	LB \$.98
3 LBS. OR MORE CUBE STEAK	LB	\$1.48
3 LBS. OR MORE STEW BEEF	LB	\$1.28
ASSORTED CHOPS QUARTER PORK LOIN	LB	\$1.48
CENTER CUT RIB PORK CHOPS	LB	\$1.98
SLICED RATH BACON	LB	\$1.38
SLICED COPELAND BOLOGNA	LB	\$.98
LYKES REG. OR BEEF WIENERS	12 OZ. PKG	\$.68

COOKIN' GOOD FRYERS
U.S.D.A. GRADE A WHOLE LB. 48¢
U.S.D.A. GRADE A CUT UP LB. 58¢
FLA. PREMIUM FAMILY PAK FRYER PARTS LB. 78¢

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HORMEL LOAVES SLICED TO YOUR ORDER
OLIVE LOAF 98¢
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OLD FASHIONED LOAF AMERICAN CHEESE HALF POUND

KITCHEN FRESH POTATO SALAD PINT

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"ACROSS THE BACK FENCE"
BY GEORGE DANIEL
Testender Meats Gimmick or Great?
I didn't make that up. That's what a guy asked me the other day. Trailing along behind his wife, when he'd rather have been out fishing, he picked up a piece of beef and said, "C'mon, 'Testender' has gotta be somethin' right outa Madison Avenue, right?"

ARMOUR STAR TESTENDER BLADE CUT CHUCK ROAST
68¢ LB.

ARMOUR STAR TESTENDER BEEF

BONELESS N.Y. STRIP STEAK	LB.	\$2.48
CENTER CUT SIRLOIN STEAK	LB.	\$1.78
BONELESS TOP ROUND STEAK	LB.	\$1.88
BONELESS EYE ROUND ROAST	LB.	\$1.98
ROUND BONE SHOULDER ROAST	LB.	\$1.28
CROSS CUT ENGLISH ROAST	LB.	\$.98

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USDA Choice Meat Sale

FRESH 100% PURE GROUND BEEF
5 LBS. OR MORE
67¢ LB.

CORN FED WESTERN FRESH PORK LOIN
HALF OR WHOLE
97¢ LB.

CORN FED WESTERN CENTER CUT PORK CHOPS
LB.
1.37

BONUS BUY! USDA CHOICE HEAVY WESTERN LAZY AGED BEEF-BONELESS

DELMONICO STEAK
LB.
\$1.97

USDA CHOICE HEAVY WESTERN LAZY AGED **Beef Cube Steak** LB. **\$1.67**

USDA CHOICE HEAVY WESTERN LAZY AGED **Beef Chuck Steak** LB. **87¢**

SUNNYLAND **Good Time Franks** 12 OZ. **67¢**

LYKES **All Beef Wieners** **77¢**

FRESH 100 PCT. PURE **Ground Chuck** 3 LBS. OR MORE **97¢**

HEAVY WESTERN BEEF **Boneless Stew** 3 LBS. OR MORE **\$1.17**

USDA CHOICE HEAVY WESTERN LAZY **Sirloin Steak** LB. **\$1.57**

USDA CHOICE HEAVY WESTERN LAZY **Round Steak** LB. **\$1.47**

PREMIUM FAMILY PACK 20 PIECES OF CHICKEN

FRYERS \$2.97
5 LBS. OR MORE

CORN FED WESTERN FAMILY PACK PORK CHOPS (FIRST CUTS) LB. **87¢**

YOUNG TENDER **Beef Liver** LB. **47¢**

LYKES BUDGET **Sliced Bacon** LB. **87¢**

COPELAND **Bar-C Bologna** LB. **87¢**

SUNNYLAND **Smoked Red Hots** 22 OZ. **\$1.47**

BONUS BUY! BABY BEEF

SIRLOIN, CLUB OR ROUND STEAK LB. **97¢**

BABY BEEF **Chuck Steak** LB. **77¢**

BABY BEEF FRONT AND HIND—AVG. 140 LBS. **Whole Side** CUT AND WRAPPED FOR YOUR FREEZER FREE **67¢**

USDA GRADE 'A' TURKEY **Wings, Necks or Tails** LB. **47¢**

FRESH **Meaty Neck Bones** LB. **37¢**

BONUS BUY! USDA CHOICE HEAVY WESTERN LAZY AGED BEEF

CHUCK ROAST (BLADE CUT) LB. **67¢**

DEL MONTE **Fruit Cocktail** 303 CAN **3/\$1.00**

BETTY CROCKER **Potato Buds** 14 1/2 OZ. **49¢**

BONUS BUY! DEL MONTE CATSUP 38 OZ. **79¢**

FAME **Dog Food** 15 1/2 OZ. **6/\$1.00**

BRYAN 12 OZ. **Luncheon Meat** **85¢**

BONUS BUY! HEAVY DUTY DETERGENT

PUREX 72 OZ. **1.19**

Del Monte Spinach 303 CAN **4/\$1.00**

Sliced or Halves **Del Monte Pears** 303 CAN **2/89¢**

BIG CHIEF **Long Grain Rice** 36 OZ. **55¢**

FAME 9 INCH **White Paper Plates** 100 CT. **75¢**

FAME **Bleach** GALLON **59¢**

FAME **Elbow Macaroni** 16 OZ. **39¢**

Gatorade 32 OZ. **37¢**

FAME **Tomato Sauce** 8 OZ. **6/\$1.00**

CAMPBELL'S **Pork and Beans** 16 OZ. **3/\$1.00**

GARD LEMON OR **Pink Lotion Detergent** 32 OZ. **2/\$1.00**

SUNSHINE **Lemon Coolers** 10 OZ. **55¢**

COUPON

KRAFT MAYONNAISE 79¢ QUART

LIMIT 1 WITH THIS COUPON AND 7.50 ORDER EXCL. CIGS—EXPIRES 7-21-76

DEL MONTE CREAM STYLE **White Corn** 303 CAN **3/\$1.00**

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Del Monte Sweet Peas 303 CAN **3/\$1.00**

COUPON

COOKING OIL 1.09 CRISCO 48 OZ.

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COUPON

Frozen Food Department

ORE IDA **Crisper Potatoes** 10 OZ. **3/89¢**

Roman Meal Waffles 14 OZ. **39¢**

SARA LEE CINNAMON HONEY OR **Apple Crunch Rolls** PKG. **79¢**

PATIO **Beef Tacos** 4 CT. 12 OZ. **99¢**

PATIO BEEF ENCHILADAS MEXICAN **Fiesta Dinner** **59¢**

BONUS BUY! BORDEN'S FRESH HOMOGENIZED MILK GALLON **\$1.38**

BONUS BUY! BRYAN VIENNA SAUSAGE 5 OZ. **4/\$1.00**

COUPON

4 PACK FAME BATHROOM TISSUE 2 FOR \$1.00

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Fresh Dairy Products

Merico Biscuits 5 CT. **5¢**

KRAFT DELUXE **American Cheese** 12 OZ. **99¢**

FAME ALL VEGETABLE **Margarine** QUARTERS **3** LBS. **89¢**

BORDEN'S **Chocolate Milk** QUART **69¢**

Liteline Milk HALF GALLON **79¢**

Fresh Fruits & Vegetables

WE BUY FROM LOCAL FARMERS

FRESH CAROLINA **Peaches** 5 LBS. **\$1.00**

GARDEN FRESH **Green Beans** LB. **39¢**

COUPON

TISSUE 2 FOR \$1.00

LIMIT 1 WITH THIS COUPON AND 7.50 ORDER EXCL. CIGS—EXPIRES 7-21-76

Fresh Fruits & Vegetables

WE BUY FROM LOCAL FARMERS

FRESH CAROLINA **Peaches** 5 LBS. **\$1.00**

GARDEN FRESH **Green Beans** LB. **39¢**

CALIFORNIA **Pascal Celery** STALK **29¢**

FANCY **Cucumbers** 2 FOR **19¢**

COUPON

TISSUE 2 FOR \$1.00

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Evening Herald

68th Year, No. 281—Thursday, July 15, 1976 Sanford, Florida 32771—Price 10 Cents

Mondale Is Carter's No. 1 Choice

NEW YORK (AP)—Democratic presidential nominee Jimmy Carter today designated Sen. Walter F. Mondale as his running mate. Carter's choice will be ratified tonight at the closing session of the Democratic National Convention.

Carter, named Wednesday night as the Democratic presidential candidate, said he had found "a compatibility" between the Minnesota senator and himself.

Carter entered the Royal Ballroom at the Americana Hotel shortly after 10 a.m. EDT, and told waiting newsmen that "I've decided to accept the nomination for President and...I've agreed to serve as my running mate, if the delegates will approve, Sen. Walter Mondale."

Carter described Mondale as "the best person to lead this country if something should happen to me."

"I feel completely compatible with Sen. Mondale," he added.

Mondale, added Carter "has a very clear concept of what the presidency should be."

After the delegates ratify Carter's choice of Mondale they will hear acceptance speeches from Carter and his running mate and then adjourn.

Carter carefully and successfully kept his choice a secret until the moment he appeared in the ballroom to announce it. The identity of the party's vice presidential nominee was the only suspense in the convention which opened in Madison Square Garden on Monday.

It was Carter all the way and his firm control of the entire process gave him a rare opportunity to choose a running mate at leisure, free of the political horse trading that has characterized such decisions at past conventions.

Carter said he would recommend that future conventions recess for 30 days after the presidential nominee is chosen to give him time to make a careful choice of a running mate.

Mondale arrived at the Americana Hotel



JIMMY CARTER WALTER MONDALE

during Carter's news conference. "Everything is great. Everything is great," he told reporters, as he entered the hotel. Carter's own process for choosing a vice presidential candidate involved personal interviews with seven individuals and requests for background information including financial and medical data.

By the time Carter was nominated he had narrowed the list of potential running mates to six.

Mondale, regarded as a liberal with strong support from organized labor, always was considered one of the leading prospects.

The others on Carter's list were Sens. Edmund S. Muskie of Maine, John Glenn of Ohio, Henry Jackson of Washington, Frank Church of Idaho, and Aulian Stevenson, III of Illinois.

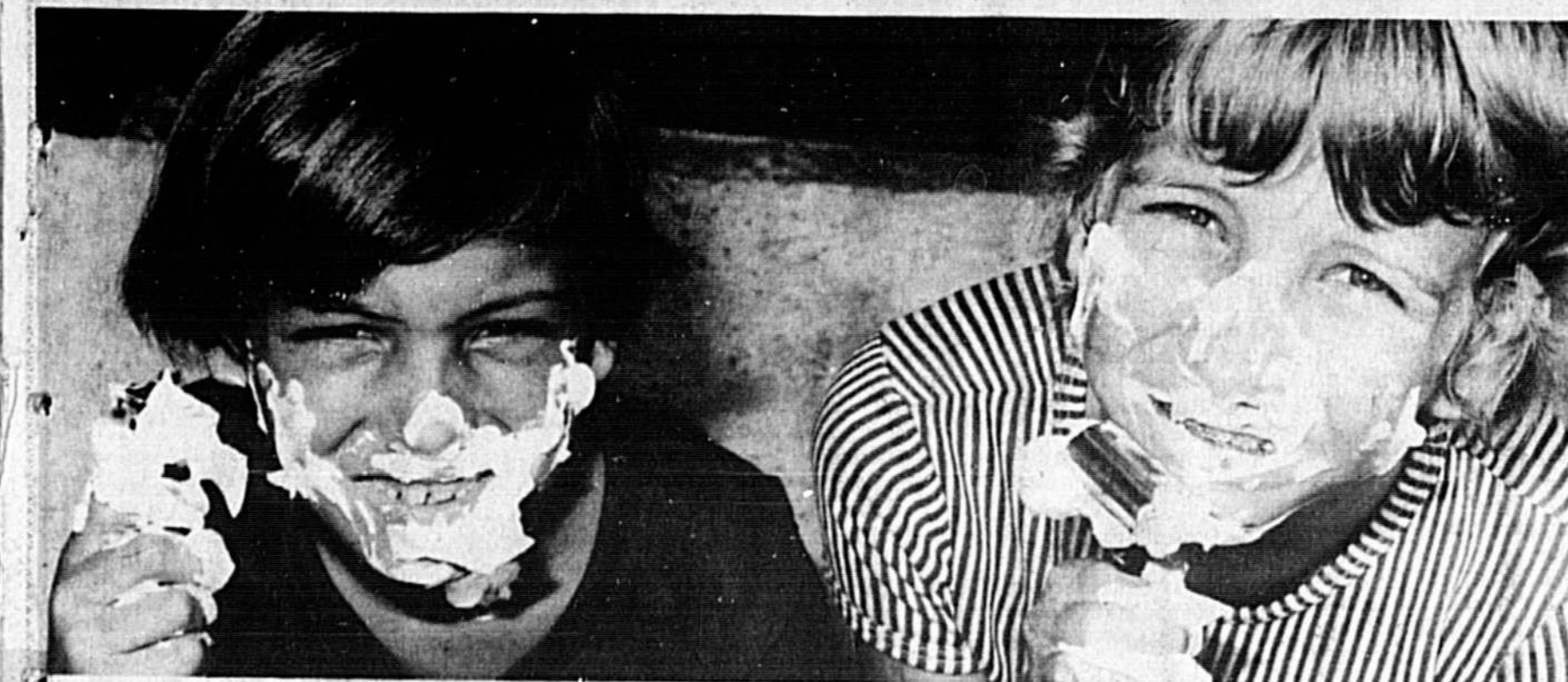
In the hour before his news conference, Carter called each of the other men on his list to notify them they had not been chosen. He did not tell them his choice was Mondale.

Rep. Peter Rodino of New Jersey, who had presided over the impeachment hearings two years ago and who placed Carter's name in nomination, had been on the list of vice-presidential hopefuls until he asked Carter to drop him from consideration.

Carter won the nomination Wednesday night. He received 2,488 votes on the first and only ballot, well over the 1,566 needed for nomination.

After the formality of the roll call, the convention voted to deliver the nomination by acclamation. James Earl Carter Jr., 51, had defeated 11 rivals to clinch the nomination.

Rep. Morris K. Udall of Arizona, who battled throughout the primary season but retained his delegates before the roll call, finished second with 329.5 votes. California Gov. Edmund G. Brown Jr., who entered late into the contest but beat Carter in several primaries, got 70.5



LITTLE SHAVERS Terry Reek (right), a relatively old man at 13, won the Sanford Recreation Department's shaving contest this morning at the Civic Center. He and eight-year-old Carl Tipton, who finished second, will face youngsters from the westside recreation center in a shave-off. (Herald Photo by Bill Vincent Jr.)

School Board Calls For Accreditation

Seminole County's high schools—all five of them—will soon be accredited.

Many citizens showed up at Wednesday night's school board meeting to voice their views on Seminole's unaccredited schools—a situation brought about when the Florida Legislature abolished the state accreditation system last year.

When state accreditation expired in June, Seminole and six other counties—all small, rural areas—were left with no accredited schools. Florida's 60 other counties have at least one school accredited by the Southern Association of Colleges and Schools.

Accreditation of Seminole's five high schools—Lake Brantley, Lake Howell, Lyman and Orsiedo—was approved by a 5-1 vote, after board members rejected School Supt. William P. Laver's recommendation that each individual school be permitted to act on its own—to either seek accreditation or ignore it.

It appeared that what Laver and most of the school board members were concerned about was the approximately \$3,000 it will cost each school to be accredited.

After the motion passed, Chairman Robert G. Feather immediately called a recess to the meeting and cheer and applause broke out from the audience, obviously happy with the knowledge that their sons and daughters would be attending accredited high schools—at least in the not too distant future.

Laver let it be known, and he reiterated the point later in the meeting, that he certainly wasn't against regional accreditation.

"However," he said, "I just wonder if this is the best we can do for the good of all students in Seminole County."

Laver said Seminole students are scoring above the state average on tests—and that the scores continue to improve each year.

This point was disputed by Burch Cornelius, former headmaster of the recently closed Sanford Naval Academy, who said he had facts and figures to disprove Laver's figures.

One disgruntled spectator told the board that it didn't matter what the tests showed on a statewide level. "After all," he said, "I and all these other parents, want to know how our children stack up against the national average."

Laver pointed out that of 11 or 12 states in the Southern Association regional jurisdiction, Florida is ranked first and that all regional accreditation standards were the same.

Laver said that of 93 schools in Orange County, only 10 were accredited.

This was countered by a representative of the Seminole County League of Voters who said, "Yes, and all 10 of them are high schools."

After the motion passed, Chairman Robert G. Feather immediately called a recess to the meeting and cheer and applause broke out from the audience, obviously happy with the knowledge that their sons and daughters would be attending accredited high schools—at least in the not too distant future.

At The Convention: Seminole's Only Delegate Says 'It's Super Interesting'

By KRIS NASH
Herald Staff Writer

Veteran conventioners may find the Democratic Party's 1976 gathering in New York rather routine, but for a first-timer it's a "super interesting" whirl of activity marred only by the thousands of persons who glut convention centers aisles and block the view.

"People who have been to four or five conventions say it's boring," reported Allan Keen of Altamonte Springs, the only Seminole resident among 81 delegates representing Florida on the convention floor.

"But that's because they are used to floor fights and battles over platforms and nominees—everything you can think of," said Keen, who is attending his first national political assembly. "I don't think it's boring. There is constant activity and it's super, super interesting."

Keen, 27, who ran Carter's Seminole campaign during the March primary, was particularly impressed with the status accorded convention delegates.

"You walk around and you meet senators and congressmen, and they're just like you," he said. "Well, they're a little different because they have more influence and can accomplish more things within the party—but not much. A delegate has an awful lot of responsibility as well as—as well, it's a lot of fun."

The Florida delegation was flown to New York Sunday afternoon on a special charter flight and immediately fell into the whirlpool of reception activity, Keen said. First there was an affair at the Americana Hotel given by the national Democratic Women's Caucus.

Following that there was a massive reception sponsored by presidential nominee Jimmy Carter at plush Pier 88. Carter was on hand at the gathering and made an effort to personally greet all of the approximately 10,000 supporters who attended.

"He shook hands for about three hours," Keen said. "The problem of continuous streams of persons milling through the aisles at Madison Square Garden—is noticeable on television—is chiefly caused by the thousands of workers who are trying to produce that TV coverage—as well as the various other types, Keen said.

"About 75 per cent of the people in the aisles are the press," Keen said. "There are two television stations here from Orlando alone. So if you multiply that by all the cities in Florida, and then by all the cities in other states, why—there are probably 1,000 people walking around on the floor with television cameras."

In addition to these, of course, there are radio personnel and representatives of the various print media, plus a large contingent of free-lance photographers.

"If there's somebody with a real crazy Carter hat, or something like that," Keen said, "there'll be five or six photographers around taking a picture of it."

Convention pages and messengers for the delegates join a wide variety of aides and assistants in further compounding crowded conditions on the convention floor, Keen explained.

"From my seat it's very difficult to see sometimes because of this," he said, voicing his only complaint on his experiences in New York. "That can be very frustrating."

FBI Agent Silent In Court

WASHINGTON (AP)—The lawyer rattled off about 80 questions asked by a Socialist party attorney Wednesday, said Cathy Perkus.

She is a spokeswoman for the Political Rights in Defense Fund, which is financing the party's multimillion-dollar lawsuit against government agencies for alleged illegal harassment of political activists.

Furrer's attorney, Andrew Schaffer, and two other lawyers involved in the case were present during the questioning in New York. Schaffer could not be reached. The others declined comment.

Ms. Perkus, who prefers that designation, said the party lawyer asked Furrer about FBI burglaries at the New York offices of the party and its affiliate, the Young Socialist Alliance.

Other Floridians Wander Into Chinatown Gang Fight

NEW YORK (AP)—Nine Floridians found a way to liven up a Democratic National Convention that many have called dull—they wandered into a Chinatown gun battle.

State Democratic Chairman Alfredo Duran said Wednesday that shooting erupted shortly after a cabbie dropped the group, which was going out to dinner after Tuesday's late meeting, on Mott Street in Chinatown.

"Make members of the party say they shrugged off the explosions, assuming it was some sort of Chinese celebration. "We started walking and all of a sudden we heard this noise that sounded like a lot of firecrackers," said Mike Abrams of Miami, a convention guest. "I guess that was our welcome."

But Abrams' wife, Nancy, said the women knew it was gunfire and took cover in a nearby restaurant.

"After yelling and screaming at them, we couldn't convince them," she said. "Finally Alfredo sees a guy with a gun coming at us."

Mrs. Abrams said Duran herded the group together as the gunman walked past without showing interest in them.

"There were two guys on the street with guns and one on the rooftop," said Susan Vodka of Miami. "The real killer was when the cabbies all hit the floor and rolled under their cabs."

None of the Floridians was hit by gunfire, and they said as far as they knew no one else was injured either.

Mrs. Vodka said patrons of the restaurant where the women took cover described the incident as a "gang fight between some people in Chinatown and some people in Little Italy over a cocaine thing."

Duran said he had asked an elderly Chinese man when the group first arrived in Chinatown if the restaurant was good. "He said, 'oh, yes, very good,'" Duran said.

"When we left we saw the guy two blocks up the street," he said. "I went up to him and said, 'bad restaurant.'"

Abrams said the Floridians caught the first available cabs and "got the hell out of there."

"We went to Greenwich Village and found a great outdoor cafe," Mrs. Abrams said. "We had a really good meal and we all got drunk."

"I feel fine about New York. I've still got my Big Apple pin on, and I'm still a big supporter. God knows it could have happened in Miami."

SCIDA Eyes 2-County Campaign

By KRIS NASH
Herald Staff Writer

The Seminole County Industrial Development Authority (SCIDA) began considering a proposal today to join forces with Orange County in an advertising campaign aimed at luring industry into a two-county region known as "Middle Florida."

The proposal was part of a presentation made to the board by representatives of Fry-Hammond Inc., an Orlando-based advertising agency that is seeking to aid SCIDA's industrial recruitment efforts in fiscal 1977.

The Orlando firm, whose clients include Cobia Boats Inc. of Sanford, was one of seven scheduled to appear before the development authority panel.

Charles Fry and Peter Barr told board members that the joint effort would apply only to the advertising campaigns of the two counties and would not involve an exchange of personnel between SCIDA and the Orlando-Orange County Industrial Board (OOCIB).

"Look at this as an engagement rather than a wedding," Barr said, "because weddings can be dissolved, too, but engagements can be dissolved more easily. If you don't like it (the way the arrangement is working out), you can just back out."

Barr and Fry said they had presented the combined advertising concept to Orlando Mayor Carl Langford and OOCIB Executive Director Bill Ulstrom and had received favorable reactions from both.

Fry showed the panel a series of ads, most of them from the Wall Street Journal. He said that with SCIDA's proposed 1976-77 advertising budget of \$55,000, such ads could be run only a limited number of times, while the combined Orange and Seminole budgets would gain both counties far greater exposure.

In addition, Barr said he planned to call the two-county

Sentencing Postponed

The sentencing of Joseph (Crazy Joe) Spaziano, convicted here in January for the 1973 semi-mutilating slaying of Orlando hospital clerk Laura Lynn Harberts, has been postponed until Friday at 11 a.m.

Edward Kirkland, Spaziano's attorney, was reportedly in court in Orlando today and was unable to represent the former member of the Outlaw Motorcycle Club at his scheduled 2 p.m. sentencing today.

When convicted in January, a jury recommended a life sentence for Spaziano, who is currently serving a life-plus-five-year sentence for an Orange County rape conviction.

However, the judge is not bound by the jury's recommendation.

The U.S. Supreme Court recently upheld Florida's death penalty law.