



# PREVENTION WEEK

DO YOUR PART

## OCTOBER 4th to 10th

### CHECK YOUR ELECTRIC WIRING

Frayed cords, overloaded plugs, bent wires, only a few electrical problems that can cause fires. Check your wiring!

### WATCH ALL COMBUSTIBLE WASTES

Careless piling of rags, papers and storage of combustible fluids in glass contributes to fires. Clean up now!

### BE CAREFUL OF SMOKING

Just one forgotten cigarette can destroy your home or you. If you must smoke, watch it!

### MAKE CERTAIN OF EVERY INSTALLATION

Heat's nice... when it's under control. Make sure your heater is away from furniture and drapes.

## HELP STOP THOSE FIRES BEFORE THEY START!

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INSURE WITH CONFIDENCE  
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Today's Protection Guarantees Tomorrow's Future  
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# The Sanford Herald

Wednesday, October 7, 1970 — Sanford, Florida 32771  
63rd Year, No. 27 Price 10 Cents

## Child Molestation Reports Continue

There were four more incidents of attempted child molestation by adults yesterday, according to reports filed by the sheriff's department. The latest incident occurred last night in the Sunland Estates subdivision and was reported to Sheriff John Polk by a father, who stated his 11-year-old daughter ran from a man who tried to entice her to get into his car.

Previous Tuesday incidents included a call to the sheriff's office from Casselberry Elementary School officials after a nine-year-old girl reported a man standing by a road sign near her bus stop. The girl was afraid to approach the bus stop because of the menacing attitude of the man.

Two girls, ages nine and 10, had to seek help from a sheriff's Helping Hand home, when two older youths tried to assault them while they walked home from Midway Elementary School.

A Knollwood subdivision mother called sheriff's (Continued on Page 2A Column 6)



### WEDNESDAY Headlines Inside THE HERALD

### World News

Enemy attacks subside in Vietnam but Communist troops make new attacks on Cambodian forces at Thung Kawk and along Phnom Penh's outer defense ring. (Page 2A)

Civilians rally to the side of leftist officers fighting a conservative attempt to seize control of Bolivia. (Page 2A)

**Around The Nation**

President Nixon presents to the nation tonight a major statement on Southeast Asia, coinciding with a new U.S. proposal to be offered at the Vietnam peace talks. (Page 2A)

**Sports World Thrillers**

Hugh Wholchel Memorial Tournament scheduled. (Page 9A)

Oviedo in Apopka Friday. (Page 8A)

**Staterwide Developments**

A drifter charged with the robbery-murders of five persons that netted less than \$500 is arrested as he waits to board a bus back to St. Petersburg — 30 miles from the death scene. (Page 5A)

Secretary of State Tom Adams accuses a former aide to Gov. Claude Kirk of political meddling, the second time in as many weeks he attacks a political opponent at a Cabinet meeting. (Page 5A)

Two Brevard County circuit judges yielding to pleas from attorneys for four teen-agers, agree to select and then lock up four 12-member juries until each defendant in an 88 robbery-murder case had been tried separately. (Page 5A)

### Weather

Yesterday's high 90 low 68. Partly cloudy through Thursday with a chance of showers.

Highs in the 80s and low near 70.

Extended forecast: Friday through Sunday — Partly cloudy with widely scattered mostly afternoon and evening showers. Low temperatures in the 70s and highs between 85 and 90.

### Daily Features

Area Deaths	2A	Entertainment	11B
Bridge	10B	Horoscope	10B
Calendar	3A	Hospital notes	6A
Classified ads	10A-11A	Pass It On	5A
Crossword puzzles	11B	Sports	7A
Dr. Casse	10B	Society	8A-10A
Dear Abby	10B	TV	11B
	10B	Wall St. Gossip	5A
	10B	Editorial Comment	4A

## School Aide Raises Question

# Are Drugs Used In Seminole Classrooms?

By BILL SCOTT

Are Seminole County school children being given personality drugs to induce a desired behavior pattern while they are in classrooms? This is the question that a member of the Seminole County School Board will pose Thursday night at the board's 7 p.m. scheduled meeting.

Pat Buie, board member, disclosed today he will ask for an investigation of the county schools by determining if students are being prescribed drugs while they are in class.

The educator said he is not saying that drugs are being used but believes an investigation is needed since he had heard from an unnamed source that drugs are used in Orange County.

Buie related that Ritalin, which he said is a mild amphetamine, had been used elsewhere, according to reports that he had read. He said this drug is related to the family of narcotics called "speed," which induces a personality change.

(Related information on drugs in today's "Around the Clock" column.)

"I have read where some schools are administering this type drug to keep students from becoming too active and moving around too much while in class," the board member stated.

In further reference to drugs, Buie said he wants to propose to the board that a copy in plain language be prepared for students giving information pertaining to the state drug laws.

Buie gave the following reasons for requesting the preparation of the information: He said the information to students from grade 8 and up:

It would make the child aware of the possibilities before he experiments with drugs; this will give these students who are wavering good reason not to use drugs and cause them to back off; increasing laws regarding use of drugs; the tragic fact that young people just starting life are being branded as felons if they are caught using drugs.

The state legislature recently passed law implementing drug education for school pupils and, since only 15-12 graders will be given this program this year, Buie feels all children should know the facts.

"I think it's time we, the board, do something about the situation," Buie explained.

## THIS IS THE NEW Sanford Zoo — SITE — COMING SOON

IT APPEARS that is the question expounded by this goose from the Sanford Zoo, addressed to Mrs. Arnold Hood, the zookeeper. This sign "mysteriously" appeared overnight on a city owned lot facing French Avenue, between The Sanford-Herald and Seminole Boulevard. A surprised city manager, W. E. Knowles, said no sign permit was issued by the city.

## Industrial Park Site Rezoning Is Deferred

When we reach the point of desperation that we prostrate ourselves for nickles and dimes, saying come and get us, we are really in trouble. The county has a great deal to offer without letting our standards go and the question is: Who does the cutting; the people in the county or the developers?"

This was a statement by County Commissioner Greg Drummond relative to a request by Dr. J. W. Hickman for rezoning from C-2 to M-1 on property west of Elder Road. The property is located north of SR 46 and east of I-4. The petition had previously been rejected by the county Planning and Zoning Board, which recommended M-1A.

Krider suggested a Spring event be held instead of a Fall celebration, since other areas are having Autumn events. He believes a Spring activity would draw more people since there would be no competition.

George Toombs, Chairman of the Board, pointed out that at least 12 to 18 months lead time is needed so outstanding events could be scheduled in time for the celebration.

Alex McKibbin, committee chairman, said he would like the group to look into what event could be scheduled and report back at a later meeting. Finally, the group lamented the sad state of the half-front

## State Eyes The Wekiva For Park

The entire Wekiva River, from the new Wekiva River State Park in Orange County, to the St. Johns River, in Seminole County, has been included in a state study for establishment of park areas in a "wild river" status.

This was reported this morning by Harold Rowland to the Greater Sanford Chamber of Commerce's project development committee. He said the Wekiva River has been given a priority in the state study.

Rowland said he would attempt to set up a meeting of a new county committee to consider what steps to pursue the proposal. He added that the county already has provided the state with some information.

Priority was granted by the interagency technical advisory panel of the State Bureau of Recreation and Parks.

John Krider, Chamber manager, opined that Seminole County needs some form of seasonal celebration or observance around which a promotion could be fashioned.

Krider, in bringing the matter before the committee, pointed out that the Labor Day Regatta was not held this year and emphasized that other neighboring cities had started such things as Fall Festivals and the like as a means to promote the cities and county areas and draw people.

The chamber manager said he had talked with officials at Farmers Market and had received a tentative approval for use of their stalls.

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## Decimated Council; 2 Show Up

By MARION BETHLE

ALTAHONTE SPRINGS — Running true to form, as has been the case in the last several meetings, a decimated City Council met yesterday with two members in absentia. This necessitated continuation for two weeks of a hearing upon occupational license fees in the municipality.

T. A. Radloff, of Custom Builders, addressed the council concerning the license fees, which he felt to be excessive. He stated that the current fee in Altamonte is \$100 per year, and went on to enumerate other cities as being \$60.00 in Apopka, \$75 in Longwood, \$90 in Oviedo, \$60 in Winter Park, \$20 in Ocoee, and \$15 in Orlando. Radloff said that the City of Sanford had the most up-to-date method in that they used the formula of a contractor versus the number of employees.

Radloff said that the excessive fee charged by Altamonte was "creating a hardship upon business," and that a fairer method should be devised. He continued that "before a law is passed you should consult the business people." Mayor Lawrence Swafford told Radloff that, "The full council is not here... the one who proposed the law is not here... we can't take action with two members absent."

## Tax Exempt?

ALTAHONTE SPRINGS — "Is this similar to so many church organizations that want tax exempt property?" These were the words of Mayor Lawrence Swafford in questioning a request by Ralph Williams, Williams Development Company, for a variance at the Roache and Bark's property presently zoned R-1.

Williams told Swafford that construction was proposed for a 16 story building comprised of units to be occupied by elderly persons. The building will be sponsored by the Presbyterian Church and owned by a non-profit group. To be included in the project are offices for doctors, a barber, and beauty salon.

When Swafford asked if the request would include a tax exemption for churches and received a negative reply that the development was under the federal 236 program, Swafford replied, "Good, then I'm willing to listen."

He continued that he was "tick of churches (oriented business) making a profit and then wanting a tax exemption." The request was made for a variance upon the height and also for on site services. A hearing upon the matter was set for Nov. 10 at 4:30 p.m.

## PANELING SALE

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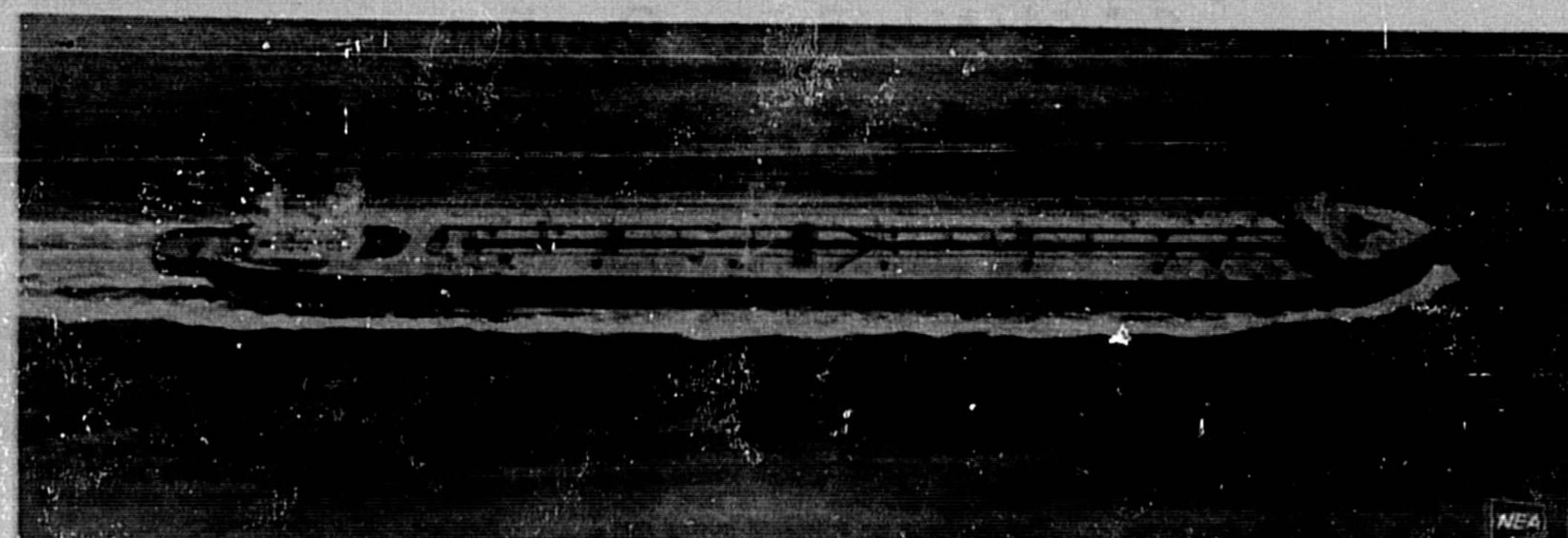
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### Nixon On TV, Radio Tonight

## Major Talk On SE Asia Due

By LEWIS GIBLICK  
Associated Press Writer  
WASHINGTON (AP) - President Nixon will make what he terms a major statement on Southeast Asia tonight in a speech broadcast on television and radio.

### Industrial Park Site Rezoning Is Deferred

\* Continued From Page 1  
That could not be solved with draining the northern portion of the property.

In mentioning the rezoning of the Lewis property, Drummond said that this is a difficult situation in that "a canal does not run through it." He went on to say that the county should maintain standards and not say "bring us your plan factories... we're hungry for business."

Mize contended that the canal assisted in drainage and that if the property were rezoned, the approval of the site plan could be deferred.

POINT PLEASANT  
Drummond disagreed and pressed the point that the canal is a problem, and that the rezoning could exist in lowering standards where politicians could be dumped into the canal.

WEDNESDAY BARBS  
By PHIL PASTORIS  
If you are subject to soreness in the joints, it's much safer to stay out of saloons.

FUNNY BUSINESS  
By Roger Bollen  
Wendell Jarrard, President and Chairman of the Board of The First National Bank of Milledgeville, announced that the first bank in the Atlanta area to offer "Photo Identification" Master Charge Cards to its customers, beginning January, 1971.

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## GI Fighter Pilot Killed; Reds Hit Cambodia City

By ROBERT TUCKMAN  
Associated Press Writer  
SAIGON (AP) - Allied forces today reported 28 Viet Cong and North Vietnamese killed in small ground actions in South Vietnam, an American pilot killed in the crash of his U.S. Air Force plane, and 21 enemy mortar and rocket attacks in the past 24 hours, most of them in the Mekong Delta.

In Cambodia, Communist forces made an attack on the government force stalled 47 miles north of Phnom Penh, at Taung Kruk, and made "minor harassing attacks" at four points on Phnom Penh's outer defense ring.

U.S. Places Pressure On Egypt  
By MILTON BESSER  
Associated Press Writer  
UNITED NATIONS, N.Y. (AP) - The surprise U.S. withdrawal from one set of Middle East negotiations added new complications today to the U.S. search for an Arab-Israeli peace formula.

ARAB LEADER - Dr. George Habash, a Palestinian-born physician, head of the pro-Farouk Popular Front for the Liberation of Palestine, a major Arab commando group.

AREA DEATHS  
ELBERT B. CARTER  
Elbert B. Carter, 71, of 101 E. Woodland Dr., died early today at Seminole Memorial Hospital.

Child Molestation Reports Continue  
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Investigators when two men, described as clean-cut and riding in a white car with a raised rear-end, tried to get three small school children to get into the car.

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By L.M. Boyd  
PASS IT ON  
LOVE AND WAR—Young fellow, did you ever drink a toast to your girlfriend's slipper? That was the custom of old. Most romantic. However, if you should decide to revive this billowing toast, bear in mind researchers at the Harvard Medical School have discovered the average lady's slipper holds better than 10 shots of whiskey, and that's overmuch.

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## County Commissioner Concerned Highway Rights-Of-Way Costs 'Skyrocketing'

By JANE CASSELLBERRY  
County Commissioner Greg Drummond expressed concern at Tuesday's session of the County Commission over what he termed "skyrocketing" costs of obtaining rights-of-way for the four-lane of SR 426 West, which might put a drain on secondary road funds.

County Engineer William Bush stated that he had information that it was running double the amount originally budgeted. Commission Chairman John Alexander reported that he was informed recently in Tallahassee that there are sufficient funds to buy the primary right-of-way even though the estimate has doubled.

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Editorial Comment

Mental Health Clinic Shows County's Ability

"Never Underestimate The Power Of A Woman" is a sage observation. It's wisdom is in no way diminished if the plural noun is substituted.

Here in Seminole County there has been positive proof of the truth so boldly stated. When Dr. Michael Gutman, director of the Seminole County Mental Health Clinic, cut the ribbon dedicating that facility in Langwood Plaza, the Q.E.D. was on the record.

We record the occasion and see it as one more instance of the growing awareness of Seminole County to the strength which this area can muster when there is the will and when there is a vigorous, persistent leadership.

Operation of the facility is, to be sure, the immediate problem. To do this the clinic has Dr. Werner Metz, who holds a Ph.D. in psychology from Florida State University and who comes here from Miami where he served as supervisor of pupil personnel service for the Board of Education.

Fire Prevention

Sometimes it seems as though official "weeks" follow official "weeks" with such frequency and with such an overlapping that this practice is being overdone.



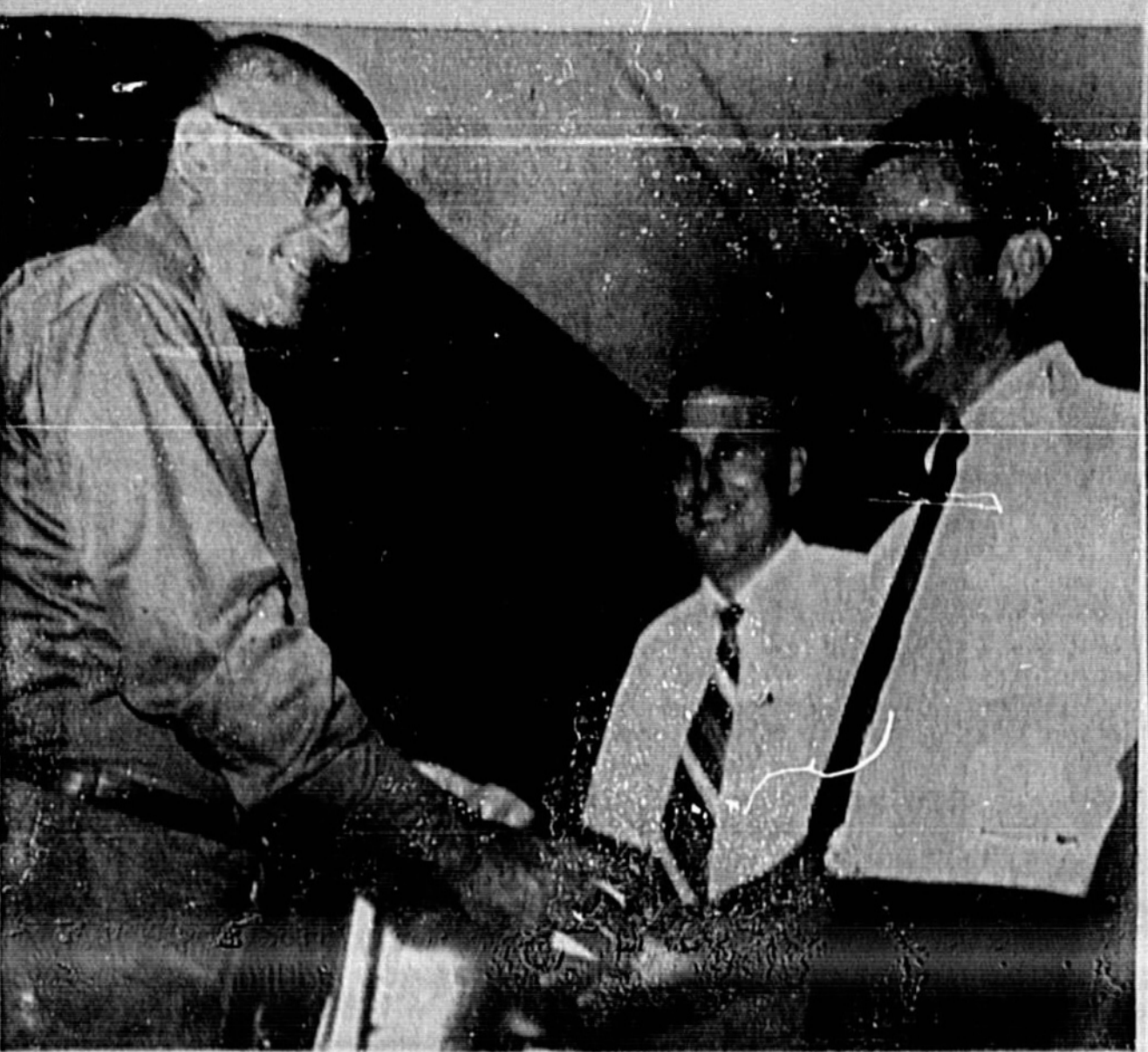
Political Notebook

Close Gubernatorial Race

By BRUCE BROSSAT
Washington Correspondent
BOSTON (NEA) — GOP Gov. Francis Sargent and Democratic Mayor Kevin White of Boston, rivals in the gubernatorial race, are both handsome devils who convey an air of competence and look as though they should be able to win anything.

4 Juries To Be Sequestered

TITUSVILLE, Fla. (AP) — attorneys for four teenagers, two Brevard County circuit judges, yielding to pleas from



ROBERT NEWELL, Republican candidate for county commission, serves coffee at recent meeting of the Seminole County Republican Executive Committee to David Smith and Robert Mooney. (Ann Riley Photo)

Unusual Jury Plan Okayed

TITUSVILLE, Fla. (AP) — attorneys for four teenagers, two Brevard County circuit judges, yielding to pleas from

Kirk, Solons To Meet On Insurance Outline

TALLAHASSEE, Fla. (AP) — Republican Gov. Claude Kirk was to meet with top legislative leaders today to outline his proposals for the Oct. 9 special session on insurance.

Check Thyroid

NEW YORK (AP) — Women taking birth control pills should have their thyroid levels checked as a preventive measure against clotting and other blood disorders. This conclusion comes from a physician who discovered similar symptoms in women with a thyroid deficiency and those taking the Pill, and was reported to the Federation of American Societies for Experimental Biology.

Arrested In Jax Bus Station

Drifter Arrested In Five Murders

JACKSONVILLE, Fla. (AP) — A drifter charged with the robbery-murders of five persons that netted less than \$500 was arrested here Tuesday night as he waited to board a bus back to St. Petersburg — 50 miles from the death scene.

Ashley was described by Pasco County Sheriff Basil Gaines as an ex-convict from Portsmouth, Va. Gaines said Ashley had served a prison sentence for grand larceny in Virginia.

Ashley was warned when he was arrested with no problems, the FBI said.

Political Meddling Held

TALLAHASSEE, Fla. (AP) — Secretary of State Tom Adams accused a former aide and Gov. Claude Kirk Tuesday, the second time in as many weeks he attacked a political opponent at a Cabinet meeting.

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Advertisement for GORDON'S DRUGS, featuring 'Complete Line of MONAGHAN Oxygen Therapy Equipment' and 'Complete Line of SICKROOM Supplies for Rent or Sale'.

The Sanford Herald

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BILLY VINCENT, Jr., Staff Photographer
GARY TAYLOR, Sports Editor
CHARLES MATS, Mechanical Supt.

Global Comment

U.N. Is 25 But Can It Go On?

By LEON DENNEN
UNITED NATIONS, N.Y. — (NEA) — As international dignitaries convene in New York to celebrate the General Assembly's 25th anniversary, many observers are warning that the U.N. may not survive to its 50th.

The Lighter Side

Electronic Eavesdropping Fun

By DICK WEST
WASHINGTON (UPI) — The other day as I was reading an article about some sophisticated electronic eavesdropping, I found my thoughts galloping off in two directions.

Don Oakley Says:

What Real Value?

Speaking in Salt Lake City the other day, Vice President Spiro T. Agnew made it plain that the Nixon administration had nothing to do with the Commission on Pornography, which has recommended that all laws pertaining thereto be abolished for adults.

BERRY'S WORLD

At this point he is unable to proceed on his own authority and must retreat to the sales manager for aid and comfort.

Wall Street Chatter

NEW YORK (UPI) — The last time odd lotters bought more stock than they sold was July 27, Spear & Staff observes. Assuming the odd lotter is to be expected to continue until it is penetrated strongly.



Geneva Guys And Gals Membership Totals 45

By LIZ MATHIEUX
At the present time the "Geneva Guys and Gals" membership is composed of 45 enthusiastic youngsters under the leadership of Mrs. Imogene Yarborough, Mrs. Chris Pfundston, Mrs. Audrey Burkette, Mrs. Kay Brough, Mrs. Aljo Romans and Mrs. Doris Phillips.

ANNOUNCING A GOSPEL MEETING

Advertisement for a Gospel Meeting at Paola Church of Christ, October 5-11. Includes contact information for Harrell D. Davidson.

Herald Area Correspondents

- Altamonte Springs: Mrs. Jane Castellberry
Orlando: Mrs. Anne Riley
Lakeland: Mrs. Anne Riley
North Orlando: Mrs. Mary Hyatt
Orlando: Mrs. Clarence Snyder

# 'Woman's Day' Program Slated

By MRS. R. B. THOMAS JR.  
Eighty women of Central Florida whose character and attitude toward humanity have been outstanding throughout the area will be honored by the women of St. James A.M.E. Church Sunday at the 11 a.m. services.

Today's Christian Women Help Humanity Through Service has been selected as the theme for the Women's Day observance.

Mrs. Fannie Butler, instructor of English at Valencia Junior College, Orlando, is to expand on this theme at the 11 a.m. service.

The Youth Department of the church will be at the helm at 6 p.m. At this time Miss Pamela Cherry, sophomore at Seminole Junior College, will be guest speaker.

The public is cordially invited to share this memorable occasion with the St. James church family.

A brief business session will be held prior to the recreational hour. The president, Mrs. L. B. Merz, is requesting the presence of adding funds to be used toward a building project. The winners were Dora Williams, daughter of Mr. and Mrs. Gary Williams and Kelly Gaines, son of Mr. and Mrs. Freddie Gaines. Mrs. Albert Jones is club president.

The newly organized Young Adults group of New Mt. Zion held its regular monthly meeting Monday. Following the business session, refreshments were served. Oscar Merz III is president. Betty Burke, secretary, and Rev. W. H. Bagley, pastor.

The women of the electric blanket was won by Philip King. Second prize, a single blanket, was won by Howard Smith, of Gainesville.

This club will worship at New Mt. Calvary Baptist Church on Sunday at 2:30 as guests of Mrs. Lucille Boykins and Mrs. Mary McHenry. The occasion is the Debers Anniversary.

Celery City Lodge No. 542 will conduct a memorial service Sunday at 2:30 p.m. at St. John Baptist Church. Exalted Ruler D. C. McCoy is expecting the presence of all Bills and members at this special service.

The Women's Improvement Club will hold its regular re-

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  3. ONE FLAT CHARGE—all you pay is \$3.25, just order your Ad for 7 days and if you don't call to cancel, your ad will automatically run for 7 more days without additional cost to you!
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63—Dogs, Cats, Pets

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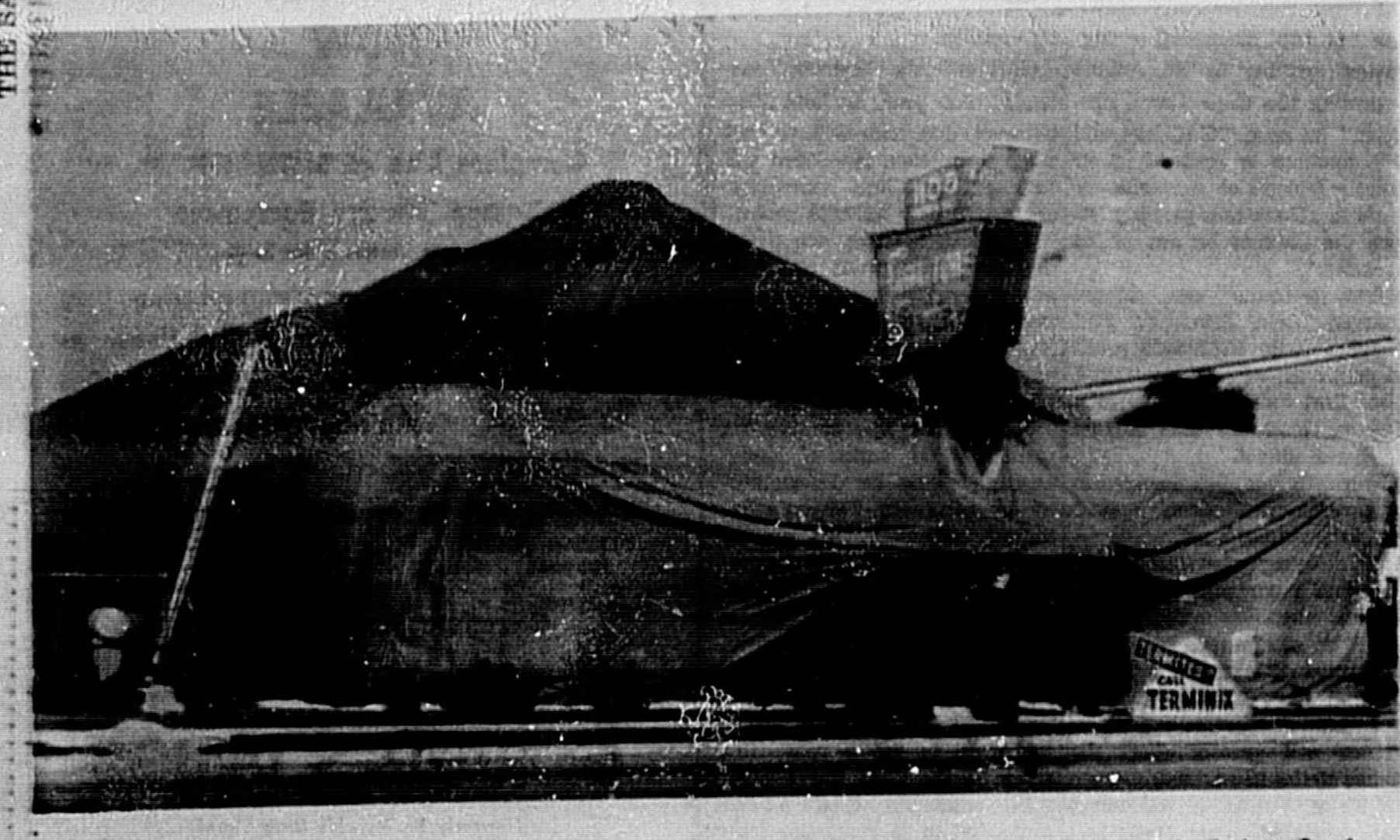
Write your Want Ad Below — one word to each line. Include your address or phone number in your Ad. Your Ad must contain price to qualify for the special family rate. 14 words, 7 days \$3.25. You get results within 7 days or your Ad will automatically run for 7 more days at no additional cost.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	

Now write your name, address, and phone number in the space below.

YOUR NAME \_\_\_\_\_  
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PHONE NUMBER \_\_\_\_\_  
CITY \_\_\_\_\_  
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**DON'T FORGET! ENCLOSE YOUR CHECK OR MONEY ORDER!**



UNDER THIS TENT is the Furniture Center at 1100 French Avenue. Now a part of the Sterchi furniture store chain, the store is being Tumbled by Terminix.

## 'Environmental Enigmas' Weeded Out

### Conservationists Favoring Nominees

By JOHN VAN GIESSEN  
Associated Press Writer  
TALLAHASSEE, Fla. (AP) — Before the general election candidates face the voters on Nov. 3 they will be tested by conservationists who want to know if all the "environmental enigmas" were weeded out in the primaries.

"I think the nominations have done their work and turned good options," said Loring Lovell, director of Conservation. "Things look pretty good for conservationists."

"I think conservationists have done their work and turned good options," said Loring Lovell, director of Conservation. "Things look pretty good for conservationists."

Speaking as a private citizen and not in his official capacity as chairman of the Florida De-fenders of the Environment, Bill Partington said two whose runoff defeats would not be mourned were Senate candidate Farry Bryant and attorney general Elmer Friday.

Bryant, ran into strong opposition from conservationists, who consider him the "father of the Cross." Florida Barge Canal their pet nominee. Sen. Lawton Chiles defeated Bryant.

"The fact that Mr. Chiles came out with a stronger stand against the barge canal in the last few days before the election undoubtedly assisted his cause in attracting many voters to him," Partington said.

He said that conservation issues played a large part in Sen. Robert Sherwin's runoff victory over Friday.

"Last Friday Mr. Friday said the attorney general had no power to make a decision on the barge canal which was felt was inaccurate since the State Cabinet does get the opportunity to support or reject the state's public works package each year," Partington said. "Mr. Sherrin did come out strongly against the canal and favors a moratorium."

Chiles, Sherrin and all the other state candidates will be asked next week to respond to Florida League of Conservation voters' questionnaire seeking their positions on environmental issues.

To respond will require some thought, however, as the four-part questionnaire are designed to elicit responses on the future of internal combustion engines, population growth, pollution and the barge canal.

Helen Bird, state coordinator of the league, said the first part will ask candidates to state the priority they would give to air pollution, highway construction, increased power production, mass transit, the crisis in the cities, tax relief, over population and water pollution.

"We snuck a couple of sleepers in there," she said. "If they check a couple of things we'll know they're not conservationists."

The questionnaire route was devised by Partington's organization before the primaries with the result not entirely satisfactory.



NEW FACULTY member at the Forest Lake Academy include (right to left) Pastor Phairiz Sa'hany, new student pastor and religion IV teacher; Clifford Newkirk, bookkeeping; Ed Hochendorf, dean of men; Robert Romanelli, English; and Wendell Lucy, Spanish I. (Maryann Miles Photo)

## Seminole Memorial Hospital Notes

SANFORD, FLORIDA  
October 6, 1970

**ADMISSIONS**  
Ruth G. Lane  
Thodore Sharpe  
Marry Wesley Wall  
Janie Mae Johnson  
Michael E. Drensen  
Philip J. Healy  
Louise Daugherty  
Roberta A. Dubo  
Janet L. Myers  
Laurian Brown  
James F. Parlier  
Phyllis Ann Creaman  
Redunda Davis  
Henry A. Kramer, Deltona  
Elizabeth M. Hubert, New Smyrna Beach

**DISCHARGES**  
William Davison  
Patri W. McLellan  
James Brooks  
Mrs. Al Baskie and baby girl  
Erna Davis  
Annie Mae Copper

**Port Back**  
PORT ELIZABETH, South Africa (AP) — Years after stealing from a local store, an anonymous shoplifter repaid the management 20 times over.

Steve manager J. H. Diederichs received a letter saying: "Dear Sir: A few years ago I pinched something in your shop worth 90 cents (9 U.S. cents). Will you please forgive me. I send you Bands 16 (154) for it. I am very sorry. Will never do it again. Mrs. A."

**Dogs At Fault**  
FRANKFORT, Ky. (AP) — Sheep raisers have complained to a legislative agricultural committee that manuring dogs are a main cause in the sharp decline of sheep farms since 1950, from 15,000 to 2,000 today.

## Meet The Diamond: From Carbon To Jewel

By AP Newsfeatures  
NEW YORK (AP) — The diamond and the rainbow are both unique products of nature — you can't buy a diamond!

For millions of years, the diamond remained deep in the earth until it was mined, cut, polished and set in a ring.

The diamond is simply carbon, like graphite or sugar, but tremendous heat and pressure deep in the earth trapped carbon atoms together in crystallized forms. These particles then were forced to burst through the earth's crust in a molten lava.

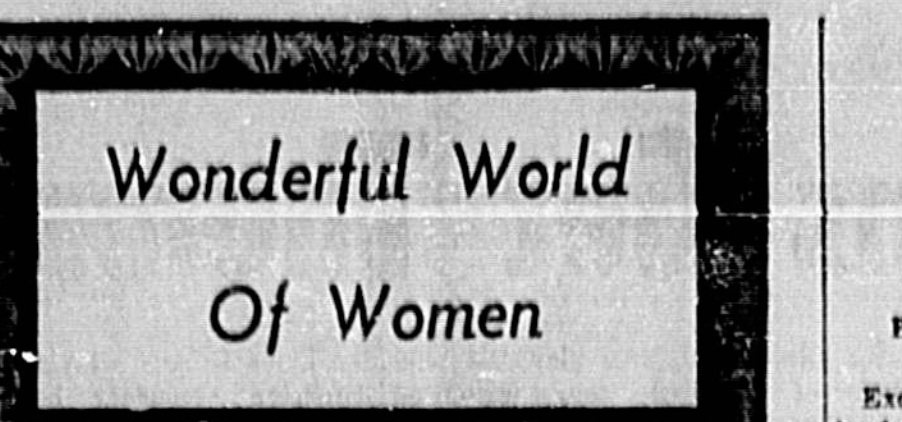
The word, diamond, comes from the Greek word, "adamas," meaning unconquerable or invincible. The glow of the diamond was likened to mysterious and ever-burning love — "a flame that burns without consuming."

When diamonds first were discovered in the fifth or sixth century B.C., they symbolized wealth and power and were used mainly in royal and religious regalia.

This continued until a girl named Agnes Sorel came along. Agnes, a favorite of the French king during the fifteenth century reign of Charles VII, borrowed diamonds from the royal treasury and wore them at an elegant soiree. She became the number-one glamour girl.

There's not much royalty around today as there used to be, but there are more diamonds than ever, because now they are being bought by the average citizen. The diamond's matchless beauty and brilliance makes it a prized possession of women the world over.

The first recorded diamond engagement ring was given to



**Wonderful World  
Of Women**

**Diamonds Better Be  
A Girl's Best Friend**

Mary of Burgundy on her engagement to Maximilian of Austria, on August 17, 1477. When the marriage was being arranged, Max received a note from his advisor: "At the betrothal Your Grace must have a ring set with a diamond and also a gold ring."

Today, four out of five brides-to-be receive diamond betrothal rings.

The diamond is still rare and precious so it's good to learn all you can about the diamond you buy.

Although many people think the prices of diamonds are set at the whim of the jeweler, their cost factors are specific.

Carat weight, clarity, color, cut, factors known as the Four C's, determine the price of a diamond.

A CARAT is the unit of weight for diamonds. The stones are so precious that they are weighed on scales delicate enough for even a breath to tip the balance.

In early times, the seeds of the carot tree were used to balance the gem scales. "Carat" comes from the Greek word for these seeds. A carat is equal to 200 milligrams, and there are 142 carats in the avoirdupois ounce.

The carat is further divided to 100 "points." One point is equal to the weight of three or four ordinary bread crumbs.

CLARITY refers to the diamond's carbon spots, inclusions or other natural imperfections. A diamond is rated flawless if it shows no imperfections at all except using ten-power magnification. (But very few are completely flawless.) No two patterns of inclusions are alike.

"COLOR of a diamond may be any color of the spectrum, but all colors are beautiful. Pure white diamonds are extremely rare, and are priced accordingly. You can judge the color of a diamond by looking at it sideways, through the thickest part of the stone, as you hold it up to north light on a clear day.

CUT refers to the shape of the diamond and to the arrangement of the facets—the 58 tiny planes that trap the light and make the stone sparkle.

The beauty of a diamond depends on the way it handles light. The diamond cutter shapes the stone, so that the maximum amount of light is admitted through the top of the stone, bounces around inside, and comes back out the top.

Diamonds are cut in a variety of shapes. The round ("brilliant" cut) is the most popular for engagement rings. The oval is an elongated round. The marquise is an oval with points at both ends, and the pear-shaped round at one end and pointed at the other. The heart-shaped is a pear-shaped with a notch in the round end. The emerald-cut is rectangular, with facets on the sides and ends and across the corners.

Diamonds may last forever, but they need care to stay at their brilliant best. They must be kept clean, and must be put away carefully while not being worn. And they must be packed carefully when they travel.

Diamonds do get smudged, soiled and dusty. Linting, however, is a disaster if not being worn. And they must be packed carefully when they travel.

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## Sanford Woman And Sister Re-United After 33 Years

By DOHIS WILLIAMS  
Said Heloeb, excitement mounted at Orlando's McCoy Jetport as Mrs. Rosa Brauder of Sanford, nervously awaited the arrival of a plane from New York.

High up in the sky, Mr. Theo Rapp of New York City, and his sister, Mrs. Zenia Strobl of Munich, Germany, chatted in their native tongue, German, after having not seen each other for about 30 years.

The plane's destination was Sanford, via Orlando.

After the big jet touched down and taxied to the proper gate, the couple de-planed to find their sister, Mrs. Brauder, waiting with open arms. It was the first time the two sisters had met in 33 years.

The order of the day was a steady flow of tears combined with embraces and words of affection in German. Mrs. Brauder does not speak a word of English. What a reunion!

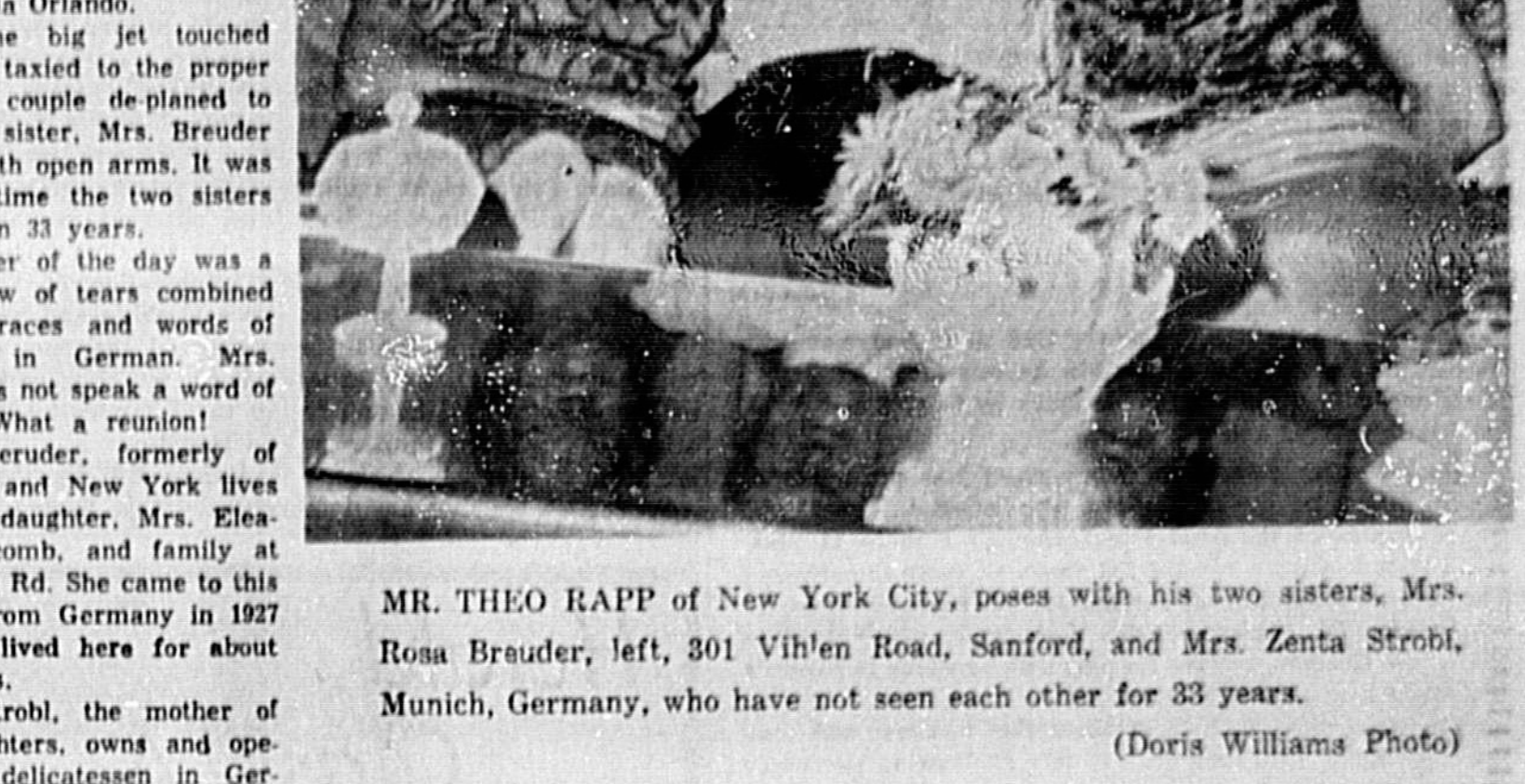
Mrs. Brauder, formerly of Germany and now living in New York City, was with her daughter, Mrs. Eleanor Holcomb, and family at 301 Wilton Rd. She came to this country from Germany in 1927 and has lived here for about 30 years.

Mrs. Strobl, the mother of two daughters, owns and operates a delicatessen in Germany and is his first trip to America, which she finds fascinating. Language obviously isn't a barrier with all the expert translators around.

Mr. Rapp, a butcher in the big metropolis, is the first to admit that Florida is the ideal spot to live. He and Mrs. Strobl plan to remain in Florida for a few days before heading back North where they will visit until time to return to her native Germany.

Mrs. Holcomb, who is the owner of Holcomb's Gift Shop, plans to accompany her guests on the usual "cook's tour" and visit the area attractions during their brief visit in Sanford.

Although Mrs. Strobl speaks no English, the spark in her eyes reflected the happiness that was in her heart. It was a wonderful reunion for the two sisters and brother.



MR. THEO RAPP of New York City, poses with his two sisters, Mrs. Rosa Brauder, left, 301 Wilton Road, Sanford, and Mrs. Zenia Strobl, Munich, Germany, who have not seen each other for 33 years. (Doris Williams Photo)

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Ph. 322-4913 Sanford

clean diamonds "glow" because the maximum amount of light can then enter and return in a fiery brilliance. It takes just a little care to keep them that way.

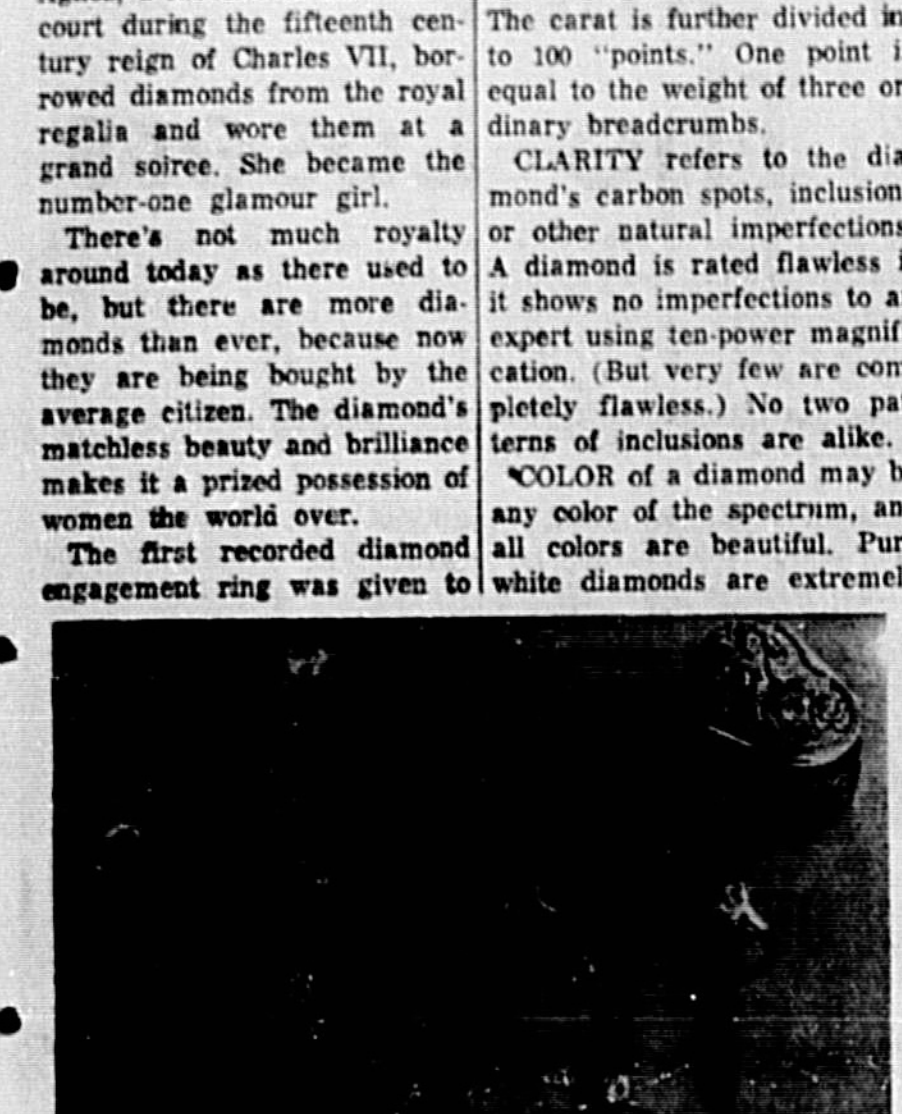
One of the easiest methods of giving your diamond a "facial" is to buy one of the brand-name jewelry cleaners, with its kit, and follow its instructions. Some of the preparations can not be used on certain metals, and choose the kind most useful to you.

When you're not wearing diamonds they should be kept in a fabric-lined jewel case, or a box with compartments or dividers. Don't jumble your diamonds, pieces in a drawer or jewelry case, because diamonds can scratch other jewelry, or even each other.

The packing of diamonds for travel should be given care. There are many kinds of carry-alls, especially designed for jewelry travel. Most have special compartments for bracelets and necklaces; velvet pads to attack pins and earrings.

Enjoy your diamonds. Wear them with pleasure and pride. Each diamond, even the smallest of stones, is a miniature work of art, and each a reflection of its own personality.

Nothing can begin to rival the diamond — Nature's "limited edition."



## Author Retreats To 'Celebrities On The Couch'

By JOYCE GABRIEL  
NEW YORK — (NEA) — "When I first went into the Institute, I was terrified that someone would see me going into the place. I felt that what I was talking about behind that closed door somehow would show on my face in the waiting room. I even felt that it would be a disaster if acquaintances guessed I was in treatment."

Richard Florensheim, the well-known painter and printmaker, was discussing his early feelings about psychoanalysis.

The issue of an individual's mental health is of crucial importance. The mind has been likened to a computer; it must be programmed correctly to function properly. Psychological problems are the wrong data which sabotage an individual's behavior by short-circuiting his reasoning power. To get the proper output from the mind, one must correct the input.

Correcting the input is the job of the psychiatrist, psychologist and psychotherapist.

When a computer is not functioning properly, no one would hesitate to call an engineer to adjust its mechanism. Unfortunately, when a mind is malfunctioning, many people do hesitate to call a psychiatrist, feeling there is some stigma attached to seeking help for their problems.

Lucy Freeman, formerly a writer for a leading newspaper and now a book author, felt that way at first, but a severe and seemingly incurable sinus problem led her to seek psychiatric help.

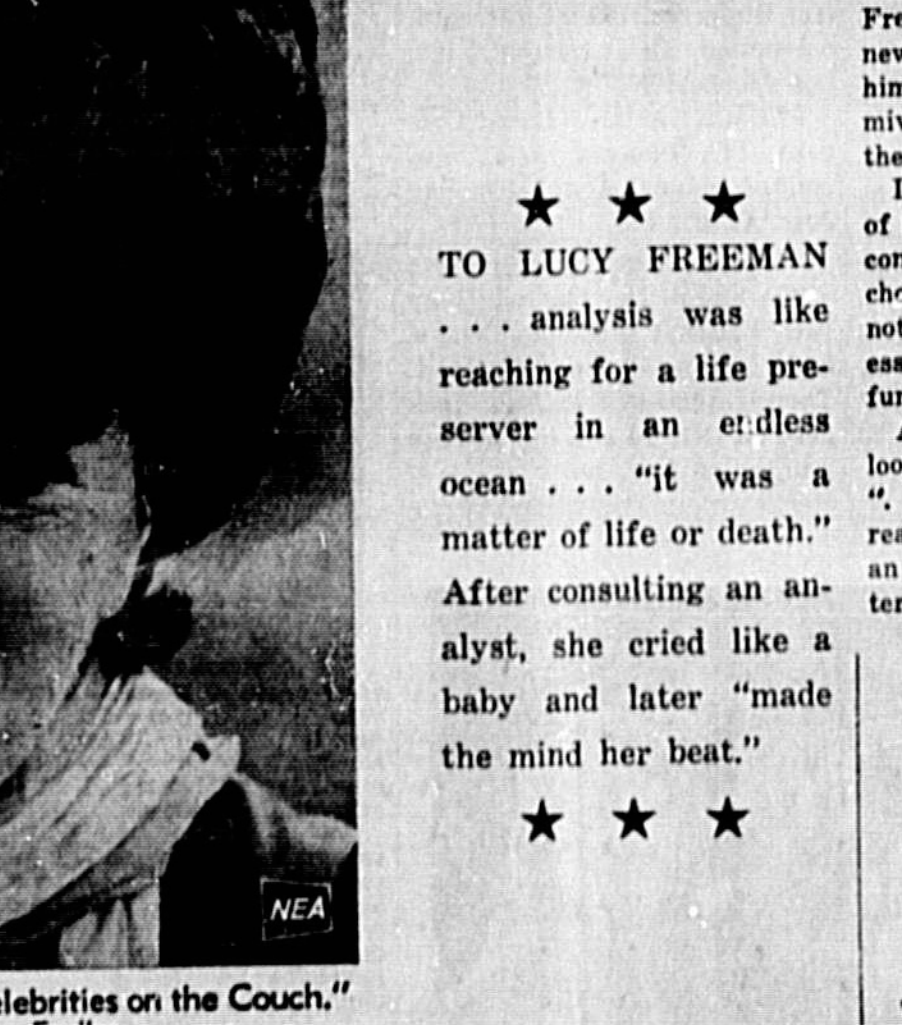
"When I was working at the New York Times, I used to have terrible sinus trouble," she said, "and I went to all kinds of doctors and nothing helped. Finally, one doctor said, 'We don't know much about why don't you try going to see a psychiatrist? Your sinus condition may be caused by a psychological problem.' That struck me at first, but I went."

"One of my friends knew a psychiatrist and I liked him right away. I went to him and cried like a baby the first session and my sinus trouble disappeared forever. It had been caused by my emotional problems and I realized there were many more I had to deal with," she said.

"Lucy Freeman was so convinced of the value of psychiatric help that she requested health care of her newspaper beat. She covered all schools of psychological thought, but she remained a confirmed Freudian and she sees psychoanalysis as the only effective method of therapy that gets to the root of problems. All other methods, she describes as "stop-gap."

Miss Freeman has written 28 books, many of them dealing with psychology. Her first book, "Eight Against Freud," told of her own experiences in psychoanalysis.

"Freudians had all intellectualizing about problems as a defense mechanism," she said.



Lucy Freeman, author of "Celebrities On The Couch."

Lucy Freeman, author of "Celebrities On The Couch," says she never would have been happily married to Steve Allen if she hadn't had psychiatric help. Vivian Vance tells how she was brought from a computer worker to a happier, more serene state.

"When I first started analysis, I was telling my analyst about a dream—there was a goose in it—and I said I thought the goose represented regression. It's analyst said, 'Why don't you talk about Mother Goose has had of trying to interpret intellectually?'"

Many psychologists don't agree with the Freudians' anti-intellectual approach. What all psychologists do agree on, however, is that psychological problems get worse if they aren't treated.

Lucy Freeman's latest book, "Celebrities On The Couch," may cause many readers to agree with psychologist that mental problems can and should be treated. The book is a series of essays by famous personalities in entertainment, sports, public relations and the arts who tell of what they were like before analysis and how their treatment changed them.

Jayne Meadows tells of how she never would have been happily married to Steve Allen if she hadn't had psychiatric help. Vivian Vance tells how she was brought from a computer worker to a happier, more serene state.

What's happening in your room? If the answer is nothing, a practice room that's bright, sound-absorbing studio. Cover the walls with a rush matting and the floor with sunny, shaggy carpeting. Laminated window shades in bright stripes beam while controlling the sunshine volume.

Disposable pans are a bonus for seaguing cooks. Heavy foil skillets and corrugated broilers are sturdy enough for many uses and can be used for through several seasons, and then be discarded.

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You don't have to be rich to be happy.

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TERMS OF THE GAME — The language of baseball is distinctive. These sketches depict two expressions peculiar to the grand old game that will more than likely be heard during the World Series starting Saturday...

# Quarterbacks Setting Pace SEC

By THE ASSOCIATED PRESS. The top four offense leaders in the Southeastern Conference are quarterbacks—Pat Sullivan of Auburn, John Reeves of Florida, Archie Manning of Mississippi and Rudy Lee of Louisiana State.

# Second Stringers Talent Deserves Looking Into

By THE ASSOCIATED PRESS. Quarterbacks may be playing musical chairs Saturday when Georgia Tech and Tennessee engage in another chapter of their exciting college football series.

Statistics compiled by the SEC commissioner's office in Birmingham show Sullivan at the top of the heap with an average of 270 yards per game in Auburn's three conquests. Reeves has the highest total, 828 yards, and a 22 average.

Each team discovered last Saturday that "their other quarterback" also has some talent. Georgia Tech out of effort to hold down its humiliation of Army.

And Manning each have six scoring passes. Alabama's Scott Hunter has the best completion percentage, 70.5.

Rebel Coach Johnny Vaught put his team through a two and one-half hour session and moved light end Preston Carpenter to the No. 2 defensive end spot to fill the vacancy left by Allen LeBlanc, who suffered knee surgery Monday.

# Want Ads Deliver... Fast Action

NOW—PERSON TO PERSON LOW RATES 3 Lines 7 Days '3 DIAL 322-2611 or 425-5938 3 Lines 7 Days '3

PERSONS FACING A DRINKING PROBLEM? Nephew Alcohol Anonymous Can Help. Write P.O. Box 1213 Sanford, Fla. Phone 322-2199.

12. Male Help Wanted Wanted: Driver for home fuel oil route. Union 74, 604 West 4th Street.

13. Home Rent Unfurnished 2 bedrooms, 2 bath, central air heat. Fenced yard, corner lot, 1800 month, \$950 cash after 5 p.m. 322-8028.

14. Female Help Wanted AMBITIOUS WOMEN Earn extra time with Sarah Cooney. Immediate employment. Lillian Clark, 322-7388.

15. Child Care TUMBLING TOTS DAY CARE CENTER. 24 Holly Ave. Open 6:30-6. 322-9120.

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21. Home For Sale BARGAIN 3 bedrooms, 1 bath, completely furnished. Call 322-9284.

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33. Home For Sale 3 bedrooms, 2 bath, furnished. Call 322-9284.

34. Home For Sale 2 bedrooms, 1 bath, furnished. Call 322-9284.

# Wildcats Blank Bulldogs In Flag Football Action

Wildcats 30 - Bulldogs 0 The Wildcats got on the scoreboard early as Johnny Linton scattered 60 yds. on a punt return...

It was the Steve Lang story in this game as Steve scored the first touchdown...

The Cladej in Charleston, S. C. last year posted a 5-9 record under Coach Frank Froeh...

ALL THE WAY? - - - By Alan Mavris

# Legal Notice

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

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IF YOUR BUSINESS IS SERVICE... and you want to build your SERVICE BUSINESS by reaching new prospects and increasing your customer list.

DIAL 322-2611 OF COURSE YOU MAY CHANGE YOUR AD IF YOU HAVE A TELEPHONE LISTED IN YOUR NAME.



**SPOOKS AND GOBLINS** here we come! Getting ready for Halloween are sixth grade art students at South Seminole Middle School. Putting finishing touches on their masks, (left to right) Louise Mills, Esther Edelberg, Angela Aguriks, Lindsay Row, and Melissa MacDonald. (Ann Riley Photo)



"DO I LOOK LIKE THAT?" muse Dawn Milstead, and Reginald Cuyler, fifth graders, as their Teacher Sylvester Harris explains the digestive system to them at Rosenwald School. (Ann Riley Photo)

### Nation Is Big Collector Of Art

By JOY ELLIOTT  
Associated Press Writer  
WASHINGTON (AP) — The federal government probably owns more 20th Century art than Washington's National Gallery and New York's Whitney Museum combined, says the General Services Administration. All it has to do is find it.

The job of locating and cataloging the works has fallen to the GSA.

"The art collection accrued to the government through New Deal-sponsored projects that kept artists on federal payrolls from 1933 to 1943 and brought the United States to the forefront of contemporary international art.

As many as 100,000 pieces of art were created during those years but GSA expects to find only a fraction of them.

GSA starts its inventory in mid-October in Colorado, Wis-

consin, Utah, New Mexico and Arizona, the five states that form Region 8 of GSA's 10 regions.

In a two-month project directed by Robert E. Waggoner, GSA regional administrator, Denver artist Marion Iserman will take a detailed inventory of federal art in the five states.

"It all started when Frank Meckler's widow started campaigning to have his mural restored," Iserman said. "Meckler's canvases... were dirty and frayed, with feeling slashed and punched holes. Restoring made such a difference to that painting that GSA asked me to do another and then another."

Iserman himself was a Works Project Administration artist for three months during the Depression.

"I was trying to work my way out of here, to Chicago where I lived

### QUICK RESULTS

Want all readers actively seeking homes and services they need and want?

Mrs. L. E. Estes, P.O. Box 107, Sanford, called in this ad:

Three bedroom house unfurnished except kitchen. Days. 000-0000, Nights. 000-0000.

Mrs. Estes told us she had quite a few calls, and she would call her house. She also told she was very pleased with her results.

O. E. Rice, Box 299, Rt. 1, Okla. called us to place his ad:

One queen size bed. One twin size bed. Table. Four chairs. Double dresser and refrigerator. Call 000-0000.

Mr. Rice told us he had a number of calls and he sold most of the items. He was very happy with his results.

E. E. Gregory, P.O. Box 411, Lake Mary, con her ad like this:

Refrigerator and automatic washer. \$15 each. Wonder toas, tricycle, and car, all 1-3-45. Three place picnic furniture, \$25. Phone 000-0000.

Mrs. Gregory said she had quite a few calls and sold most of the items. She was very happy with the results.

WHY DON'T YOU GET A LOW COST SANFORD HERALD WANT AD AND GET QUICK RESULTS?

DIAL 322-2611

## Total Production Of Goods And Services

### U. S. Output Seen At \$1 Trillion In '71

NEW YORK (AP) — In 1971, the Gross National Product, which is said to be the total output of goods and services, will surpass \$1 trillion. Ten years earlier the figure was only one-half that.

Does this mean that America is twice as productive or twice as powerful or twice as rich? Does the per capita GNP growth to roughly \$3,000 next year from about \$2,700 in 1961 mean that life really has improved that much?

Many such assumptions are made each day. None is correct. The obvious defect—one that is recognized by economists but seldom by the public—is that to day's dollar cannot be used to measure yesterday's activity. The 1971 dollar will be worth one-third less than the 1961 dollar.

"The other reasons are detailed in a fascinating paper prepared by Dr. F. Tom Juster for the National Bureau of Economic Research, an awesomely prestigious, coldly scientific assemblage of scholars.

"The GNP," says Juster, vice president of the Bureau, "is neither simple nor unambiguous nor comprehensive." It is not, he says, "necessarily a good measure of economic performance."

Among the defects, Juster says, are these:

- Nonmarket activities of people are not measured. The efforts of housewives and students and voluntary workers are not included in the GNP because they are outside the market place. That is, they are unpaid.
- If the student quit school and took a job as a laborer, or if the housewife became a waitress, their efforts would show up in the GNP. But would the nation really be producing more?
- The GNP really doesn't measure all investments. It measures the additions to capital assets of business and households, but not the total accumulation of these assets.
- The output of many government services are measured by the salaries paid to public employees, not by the social and economic contributions they make.
- Why, then, asks Juster, should the output of the police services be measured in salaries paid and the cost of police cars, rather than by the social and economic value of crimes prevented or violators apprehended?
- Why also should the value of education be measured as the cost of teachers' salaries, teaching materials purchased in the market, the cost of business and so on, rather than by the gain in pupil knowledge?
- And why should the value of health services be measured by the cost of doctors' fees and drugs, not by the reduction in mortality rates, the lessening of time lost because of illness and so forth?

It is becoming increasingly apparent to Americans that there is also a negative aspect to production. The output of a factory is measured, but no provision is made for "negative benefits," such as air and stream pollution.

### Neighbors Aid Eskimo, 110

By DOROTHY FREESTONE  
Written for Associated Press  
FAIRBANKS, Alaska (AP) — Non-residents here learned 110-year-old Minnie Tucker lost her entire winter supply of firewood, they responded so well she wonders if she'll live long enough to turn it all.

The wood was taken from a shed while Mrs. Tucker, an Eskimo who lives alone, was visiting her daughter. She had filled the shed during the summer to prepare for winter temperatures often 40 degrees below zero.

Several residents and military personnel from nearby Ft. Wainwright and Elysium Air Force Base hauled truckloads of wood to Mrs. Tucker's home. They pledged to bring more as needed.

"Do they do all this for nothing, without pay?" she asked, amazed. "Why for me?"

Gravida Tucker, as she is known by her friends, walks on a hip hopped together by several pins. She broke it in a fall several years ago.

She also broke her back in a fall when she was young. Villagers tied her between two boards like a sandwich for the winter when she began to recover. In the spring, sprayed her back to drain away old blood.

She has several pictures of Christ in her little cabin and a Bible beside her bed. She cannot read but she remembers many passages read to her by her English husband, Arthur Samuel Tucker, who died of a heart attack in 1941.

Mrs. Tucker's eyesight is limited and she has trouble getting around. But she keeps her own house and chops wood for the stove on which she bakes bread.

After breakfast, she says, she goes outside and looks into the sky to see if Christ is coming. She remembers her husband reading from the Bible that He is coming to earth tomorrow. "He is coming to get me," she says.

**Sewing Machine Repair**  
DIAL 322-9678  
BERRY'S COIN LAUNDRY  
SANFORD PLAZA

**YOU'LL BE AMAZED**  
At the difference in cost — New shoes or our expert repair service.

**ECONOMY HALF SOLES** — \$1.99 to \$3.49  
**SUPER SHOE REPAIR** — Superior Patch — 322-8570  
Luggage—Hangers Repairs  
Scissors Sharpened—Keys Made.

## We saved our biggest tire sale for Penney Days.

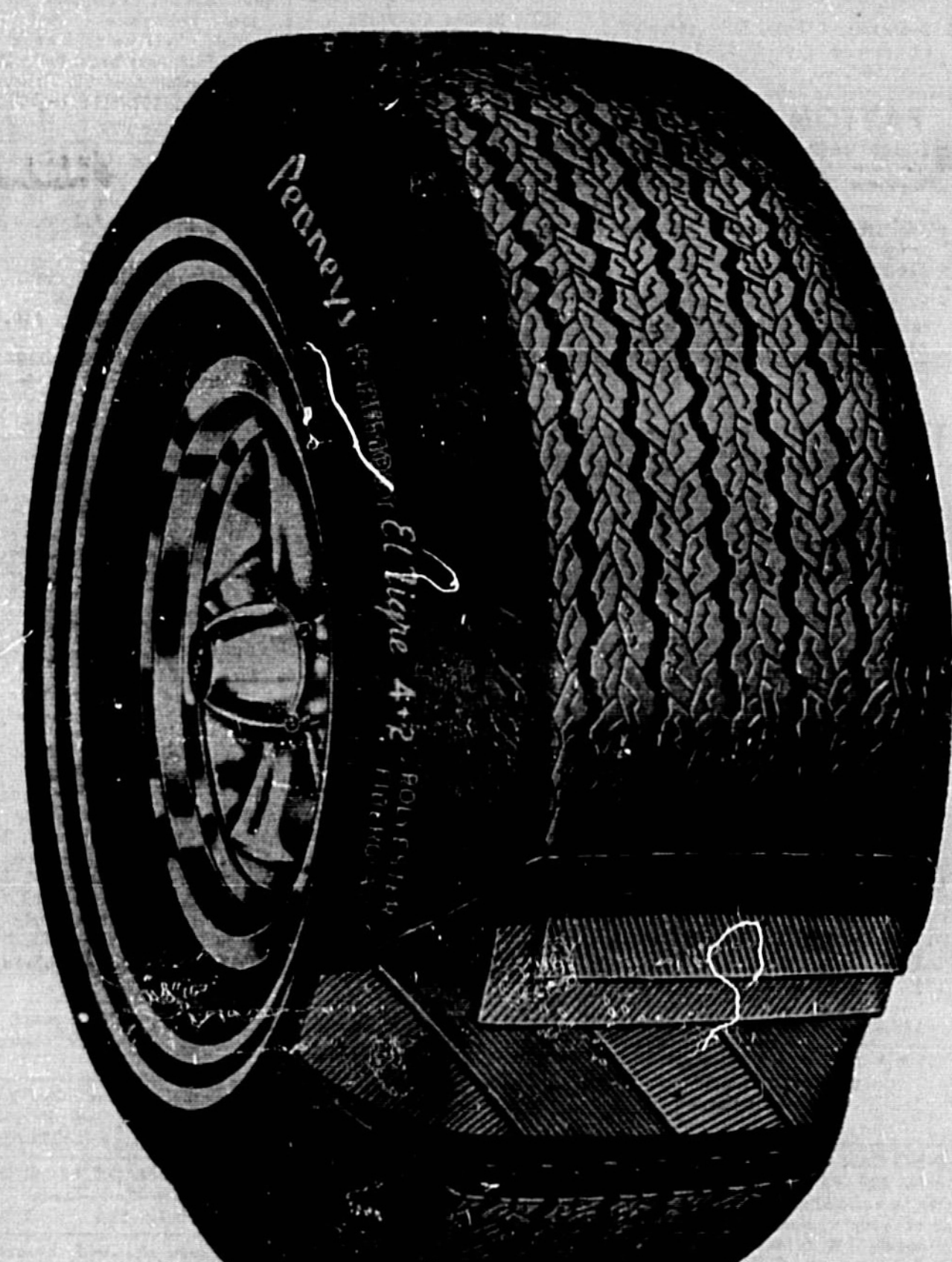
40 Mo. Guarantee With 16 Mo. 100% Allowance

# Sale 3244

Reg. \$6.95. Fiber glass belted tire. 'El Tigre' 4 plus 2 with 2 belts of fiber glass on a 4 ply polyester cord body. New dual whitetail design, too.

SIZES	REG. PRICE	REG. SALE PER. TAX
F78-14	775-14	28.95 32.44 2.44
G78-14	825-14	40.95 34.44 2.40
H78-14	855-14	42.95 36.44 2.80
J78-14	885-14	44.95 38.44 3.01
K78-14	915-14	46.95 40.44 3.40
L78-14	945-14	48.95 42.44 3.40
M78-15	975-15	50.95 44.44 3.80
N78-15	1005-15	52.95 46.44 4.27

Sale prices effective thru Saturday.



### Wheel Balance Special . . . . 4 for 3.99


Calling all CB's . . . proceed to Penney's auto center!

**YOUR CHOICE \$159**

**GOLDEN PINTO transceiver.** Operates on all 23 channels. Delta fine tuning. Solid state. F. C. C. type accepted. \$159

**PINTO 23B base station.** Designed for home use. Operates on all 23 channels. F.C.C. type accepted. \$159

**PINTO 23 CB radio.** Operates on all channels. \$129



**Charge it! Open 8 A.M. to 9 P.M. in Sanford Plaza**



# Christmas is only a few books away!




It's not too early to plan for Holiday gift-giving. That's why we're reminding you that if you start saving your S&H Green Stamps now, come holiday time, you'll be able to get the finest gifts money can buy. (And you won't need the money!)

# 4 2 0 0

**EXTRA S&H GREEN STAMPS**  
WHEN YOU CLIP AND REDEEM THE COUPONS ON THIS PAGE

<p>1. Gillette Techniatric Adjustable Bands 10-Ct. pkg. (Expires Wed., Oct. 14, 1970)</p>	<p>2. Lysol Spray Disinfectant 14-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>3. Gillette SAFEM-PLUS Hair Cream 3-oz. jar (Expires Wed., Oct. 14, 1970)</p>	<p>4. Technomatic Gillette Shaver 10-Beam blades and edge</p>
<p>5. Normal or Dry Breck Shampoo 4-oz. size (Expires Wed., Oct. 14, 1970)</p>	<p>6. Regular or with Body Breck Creams Rinse 8-oz. size (Expires Wed., Oct. 14, 1970)</p>	<p>7. Adorn Assorted Hair Spray 13-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>8. Jergens' Lotion 9 1/2-oz. bot. (Expires Wed., Oct. 14, 1970)</p>
<p>9. Dreamflower Talcum Powder 6 1/2-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>10. Right Guard Spray Deodorant 3-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>11. Hour After Hour Deodorant 4-oz. size (Expires Wed., Oct. 14, 1970)</p>	<p>12. Solarcaine Medication 3-oz. lotion or 4-oz. spray (Expires Wed., Oct. 14, 1970)</p>
<p>13. Any Adult Tooth Brush reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>14. Pristeen Feminine Deodorant 2 1/2-oz. size (Expires Wed., Oct. 14, 1970)</p>	<p>15. Johnson's Baby Shampoo 12 1/2-oz. size or 7-oz. size (Expires Wed., Oct. 14, 1970)</p>	<p>16. Listerine Antiseptic 14-oz. bot. or 20-oz. bot. (Expires Wed., Oct. 14, 1970)</p>
<p>17. Aqua Velva Shave Lotion 6-oz. bot. (Expires Wed., Oct. 14, 1970)</p>	<p>18. Edge Shave Cream 6 1/2-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>19. Effortant Denture Cleanser 40-ct. pkg. (Expires Wed., Oct. 14, 1970)</p>	<p>20. Excedrin P.M. Tablets 50-ct. bot. (Expires Wed., Oct. 14, 1970)</p>
<p>21. Johnson's Baby Powder 14-oz. can (Expires Wed., Oct. 14, 1970)</p>	<p>22. Gillette Injector Razor Blades 7-ct. pkg. (Expires Wed., Oct. 14, 1970)</p>	<p>23. Visine Brand Eye Drops 15-cc. size (Expires Wed., Oct. 14, 1970)</p>	<p>24. Ultra-Brite Tooth Paste 5-oz. size (Expires Wed., Oct. 14, 1970)</p>
<p>25. Heavy Duty Cutting Board each reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>26. Plastic Garbage Cans each, reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>27. Prell Liquid Shampoo 7-oz. bot. (Expires Wed., Oct. 14, 1970)</p>	<p>28. Vanish Bowl Deodorant each 1/2 lb. reg. price (Expires Wed., Oct. 14, 1970)</p>
<p>29. Cutex Polish Remover 3-oz. bot. (Expires Wed., Oct. 14, 1970)</p>	<p>30. 1/2-inch or 3/8-inch Plastic Hose each, reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>31. Blue Toilet Bowl Cleaner (Expires Wed., Oct. 14, 1970)</p>	<p>32. One-Wipe Dust Cloth each pkg., reg. price (Expires Wed., Oct. 14, 1970)</p>
<p>33. Wild Bird Seed 15-lb. bag, reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>34. \$1 or more purchase of any Candy (Expires Wed., Oct. 14, 1970)</p>	<p>35. Wild Bird Seed 15-lb. bag, reg. price (Expires Wed., Oct. 14, 1970)</p>	<p>36. Special Pack Vitalls Liquid Hair Dressing 2-oz. bot. (Expires Wed., Oct. 14, 1970)</p>
<p><b>TURN PAGE FOR MORE SAVINGS</b></p>  			

**Delicious Ready-to-take-out FRIED CHICKEN**  
 12-piece bucket \$1.49  
 18-piece bucket \$2.54  
 24-piece bucket \$3.38  
 FREE CUP COFFEE WHILE YOU SHOP - SANFORD ONLY.



# Fall Cheese Festival



## Cheese Guide

- Appetizers:** Cheddar, Blue or Roquefort, Swiss, Brick, Cream, Cottage, Gouda, Edam, Muenster, Mozzarella, Provolone, Dips
- Sandwiches:** Cheddar, Swiss, Brick, Cream, Muenster, Provolone
- Cooked Foods:** Cheddar, Blue or Roquefort, Swiss, Cream, Gouda, Edam, Parmesan, Mozzarella, Provolone, Cottage
- Salads:** Cheddar, Blue or Roquefort, Swiss, Cream, Gouda, Edam, Cottage
- Desserts:** Cheddar, Blue or Roquefort, Brick, Cream, Gouda, Cottage (ingredient), Edam, Provolone, Camembert, Limburger
- Seasoning:** Romano, Parmesan (grated)

Prices effective Thursday October 8, thru Wednesday October 14, 1970

**Swift's Fryers**  
 WHOLE CUT UP  
**33¢ 39¢**

**ARMOUR'S STAR BONELESS ZIP-TOP Canned Hams**  
 3-lb. can  
**\$2.79**



SWIFT'S PREMIUM PROTEN GOV'T. INSPECTED HEAVY WESTERN BEEF SALE

*the BEEF that NEEDS LESS COOKING TIME!*



- Fryer Breasts** . . . 59¢  
**Fryer Thighs** . . . 59¢  
**Drumsticks** . . . 59¢  
**Fryer Wings** . . . 35¢
- Pork Roast** . . . 59¢  
**Corned Beef** . . . \$1.09  
**Swift's Franks** . . . 55¢  
**Beef, Ham, Turkey** . . . 39¢  
**Brown 'N Serve** . . . 69¢  
**Sliced Bacon** . . . 78¢  
**Bologna** . . . 29¢ 49¢ 69¢  
**Smoked Mullet** . . . 89¢  
**Tasty Shrimp** . . . \$1.09

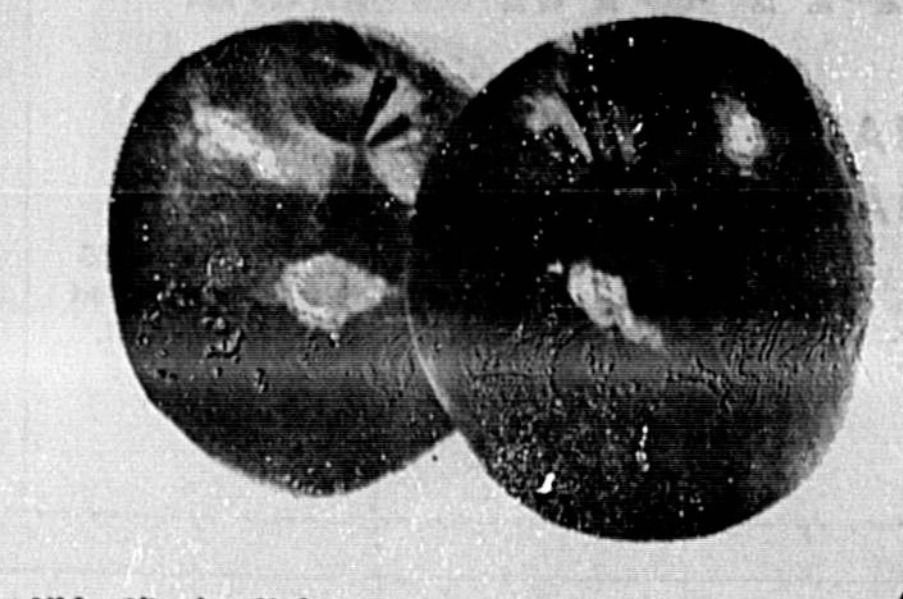
- Pot Roast** . . . 79¢  
**Beef Roast** . . . 99¢  
**Beef Roast** . . . \$1.09  
**Chuck Steaks** . . . 79¢  
**Short Ribs** . . . 59¢

**KRAFT'S PHILADELPHIA BRAND Cream Cheese**  
 3 oz. pkg.  
**10¢**  
 LIMIT 2 PLEASE

- Sliced American** . . . 69¢  
**Cream Dips** . . . 39¢  
**Blue Cheese** . . . 39¢  
**Wisconsin Cheese Bar Mild Longhorn Cheese** . . . 98¢  
**Sliced Swiss** . . . 49¢  
**Mozzarella** . . . 49¢  
**Sliced Muenster** . . . 49¢  
**Baby Gouda** . . . 63¢  
**Cottage Cheese** . . . 69¢

heavy-duty lava soap reg. 2 bars 31c	antogard deodorant soap reg. 2 bars 35c	gentle ivory soap personal 4 bars 35c	best beauty bar reg. 2 bars 35c	downy fabric softener 17-oz. bot. 47c	mr. clean liquid cleanser 28-oz. bot. 69c	comet cleanser reg. 2 cans 39c	spic & span cleaner giant pkg. 99c
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**KRAFT'S SALAD DRESSING, Miracle Whip quart jar 49¢**  
**FRESH, CRISP RED Jonathan Apples 4 39¢**  
 pound bag



- Libby's Sliced or Halves Peaches** . . . 3 #3 1/2 \$1  
**Libby's Tasty Fruit Cocktail** . . . 4 #303 \$1  
**Libby's Cream Style or Whole Kernel Golden Corn** . . . 5 #303 \$1  
**Libby's Tender Cut Beets** . . . 2 #303 29¢  
**Libby's Delicious Garden Peas** . . . 4 #303 \$1  
**Libby's Nourishing Cut Green Beans** . . . 5 #303 \$1  
**Libby's Snackin' Good Deep Brown Baked Beans** . . . 5 #2 \$1  
**All Purpose Shortening Swift'ning** . . . 3-lb. can 59¢  
**Libby's Corned Beef Hash** . . . 1 1/2-oz. can 39¢  
**Ketchup** . . . 4 14-oz. \$1  
**Dog Food** . . . 8 1 1/2-oz. cans \$1

**ALL GRINDS MOUNTAIN CROWN Folger's Coffee**  
 1-lb. can  
**69¢**  
 LIMIT 1 PLEASE WITH OTHER PURCHASES OF \$5.00 OR MORE EXCLUDING CIGARETTES

- From Our Delicatessen Dept.**
- Summer Sausage** . . . half pound 79¢  
**Braunschweiger** . . . half pound 49¢  
**Potato Salad** . . . per pound 39¢  
**Cole Slaw** . . . per pound 39¢  
**Greek Salad** . . . per \$1.19  
**Bar-B-Q Fryers** . . . per pound 79¢  
**Sandwiches** . . . each 49¢

**BIRDS EYE TENDER FROZEN Green Peas**  
 10 oz. pkgs.  
**5 1/2 \$1**

- Asst. Janina Pancake Syrup** . . . 24-oz. bottle 59¢  
**Asst. Janina Pancake Mix** . . . 2-lb. pkg. 59¢  
**Asst. Janina Butter Milk Pancake Mix** . . . 2-lb. pkg. 69¢  
**Smucker's Tasty Orange Marmalade or Grape Jelly** . . . 16-oz. jar 39¢  
**Backer of Maria's Stuffed Olives** . . . 2 1/2-oz. 39¢  
**Withness Salad Italian Dressing** . . . 3 8-oz. bot. \$1  
**Betty Crocker Potato Buds** . . . 16-oz. pkg. 59¢  
**Saran Wrap** . . . 20-ft. roll 39¢  
**Bathroom Cleaner** . . . 20-oz. bot. 59¢  
**Oven Cleaner** . . . 9-oz. can 72¢  
**Pineapple Juice** . . . 3 46-oz. cans \$1  
**Prune Juice** . . . 40-oz. bot. 55¢  
**Jelly Tarts** . . . 1 1/2-oz. pkg. 55¢  
**Saltines** . . . 1-lb. pkg. 41¢  
**Morton's Salt** . . . 26-oz. pkg. 10¢

**SAVE 34¢ ASSORTED FLAVORS FRUIT DRINKS**  
**Hi-C Drinks**  
 46-oz. cans  
**4 \$1**

**Samsonite FOLDING CHAIR**  
 in beautiful WOODGRAIN FINISH  
 to go with your Samsonite folding table.

**\$3.99**  
 REGULAR \$4.99  
 WITH \$1.00 WORTH OF REGISTERED SALES

**10-oz. label WASHDAY DETERGENT**  
**Cold Power**  
 giant pkg.  
**59¢**  
 LIMIT 1 PLEASE WITH OTHER PURCHASES OF \$5.00 OR MORE EXCLUDING CIGARETTES

- From Our Dairy Dept.**
- Margarine** . . . 1-lb. tin 39¢  
**Parkay** . . . 5-lb. tin 33¢

- From Our Frozen Food Dept.**
- Hard Rolls** . . . 79¢  
**Coco-Lemon Cake** . . . 16-oz. pkg. 89¢  
**Coffee Cake** . . . large 79¢  
**Broccoli Spears** . . . 10-oz. pkg. 29¢  
**Fish Sticks** . . . 1-lb. pkg. 69¢  
**Cooked Shrimp** . . . 10-oz. pkg. 83¢

**COOL OFF WITH ASSORTED FLAVORS Autocrat Ice Cream**  
 half gal.  
**59¢**  
 LIMIT 2 PLEASE

**SAVE PUBLIC OFFERS YOU SAVE**

**4-PIECE SCISSORS SET**

7" Household \$1.79  
 8" Cloth \$1.79  
 5" Cloth \$1.79

Double Polished Nickel Plated Handles Imported from West Germany

Included in payment of \$1.99 for each Scissors Set ordered. Mail my order to: \$1.99 Comparable \$3.50 Value

**SAVE VALUABLE COUPON SAVE**

**GIANT SIZE IVORY LIQUID ONLY**  
**39¢**  
 WITH THIS COUPON  
**63¢**  
 PRICE WITHOUT COUPON  
 GOOD ONLY AT PUBLIC MARKETS

**100 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Johnson's Lemon Pledge**  
 14-oz. can \$1.43  
 (Expires Wed., Oct. 14, 1970)

**100 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Chicken Sirognoff or Chicken Supreme**  
 reg. pkg. 79¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Breakfast Club Corn Oil Margarine**  
 1-lb. tin 39¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Golden Hearth Bakers Dozen Hard Rolls**  
 reg. pkg. 59¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Treasure Isle Frozen Cooked Shrimp**  
 10-oz. pkg. 83¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Gravy Train Dog Food**  
 5-lb. bag 87¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Old Dutch Sweet & Sour Dressing**  
 8-oz. bot. 39¢  
 (Expires Wed., Oct. 14, 1970)

**50 Green Stamps**  
 EXTRA  
 with this coupon and purchase of \$5.00 or more

**Wisconsin Cheese Bar Mild Longhorn Cheese**  
 per lb. 98¢  
 (Expires Wed., Oct. 14, 1970)

**PUBLIX MARKETS**

**SANFORD PLAZA** Hwy. 17-92 and Onora Rd. Sanford  
 HOURS: MON., TUES., WED., SAT. 8:30-7:00 THURS., FRI., 8:30-7:00  
 CLOSED SUNDAY

**SEMINOLE PLAZA** Casselberry  
 HOURS: MON., THUR., SAT. 9 A.M.-9 P.M.  
 CLOSED SUNDAY

*Where Shopping is a Pleasure*

gentle ivory soap med. 2 bars 27c	gentle ivory soap large 2 bars 41c	blz pre-soak giant pkg. 79c	camay toilet soap reg. 2 bars 27c	top job liquid cleanser 22-oz. bot. 39c	We reserve the right to limit quantities . . .
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**Flemish Beef Stew in Beer**  
 By CECILY BROWNSTONE  
 Associated Press Food Editor  
 Every country has its own meat stew, but one of the most interesting versions of the dish comes from Belgium. There the beef for the stew is teamed with onions; the liquid used is beer. Even Escoffier, the great French chef, includes Flemish Beef Stew in his classic cook-book. And so does Larousse Gastronomique, the famous French encyclopedia of cookery. Belgian cooks have a way with beer. Besides adding it to their Cabonade Flamande, they use it in making waffles and in the batter for fritters made from apples or sweet potatoes.

**A&P MART DISCOUNT FOODS**  
 Shop Your Convenient A-Mart Located at PINECREST SHOPPING CENTER Hwy. 17-92, Sanford

**SAVE REAL CASH**  
**A & P Instant COFFEE** 10-Oz. Jar 99c  
 (Limit 1 W/55, or more, food order)  
**Green Giant** Mexican, Niblets W. K. Corn Kitchen Sliced Green Peas Le Sueur White Shoopig Corn

**4 12-Oz. Cans 95c**  
**Milani 1890**  
**WHY PAY MORE**  
**DRESSINGS** French, Creamy Thousand Island, Italian, Russian, or Green Goddess  
**4 8-Oz. Btls. 99c**

**YOU BE THE JUDGE**  
**COLT 45 Malt Liquor** 6 pack 99c  
**SAVE 7c**  
**COLGATE** WITH THIS 6c-OZ. COUPON TUBE 78c WITHOUT COUPON 91c  
 Coupon Good Through October 13, 1970.

**6c Off Label Toothpaste**  
**COLGATE** WITH THIS 6c-OZ. COUPON TUBE 78c WITHOUT COUPON 91c  
 Coupon Good Through October 13, 1970.

**COMPARE DISCOUNT PRICES!**

**LIBBY'S TOMATO JUICE**  
**3 4c-OZ. CANS \$1.00**  
 Sunnybrook Grade 'A' Fla. FRESH LARGE EGGS 2 CTNS. OF 12 99c

**SAVE 27c on HELLMANN'S MAYONNAISE**  
**49c** Limit 1 w/55 or more food order excl. cigarettes  
**HELLMANN'S MAYONNAISE** QUART JAR

**CASH-SAVERS**

**Waffles** 3 13-Oz. Pkgs. \$1.00  
**Frosting** 3 Pkgs. \$1.00  
**Campbell's** CTN. OF 6 6-Oz. Cans 49c  
**Saltines** 1-Lb. Box 35c  
**Ice Milk** 1/2 Gal. Jug 48c  
**Waldorf** 3 4-Roll Pkgs. \$1.00  
**Scott's** 2 2-Roll Pkgs. 79c  
**Place Mats** 2 24 Ct. Pkgs. 69c  
**Yukon Club Beverages** 15 12-oz. Cans \$1.00  
**Sand. Bags** 75 Ct. Pkg. 22c

**SAVE 34c**  
**PUNCH DETERGENT** 49c  
 10c OFF LABEL  
 3 lb. 1 oz. GIANT PKG.  
 Limit 1 w/ 55 or more order excl. cigarettes.

**SAVE 5c PER CAN**  
**SOUP** 10c  
 Campbell's Tomato 10 1/2 oz. Can  
 Limit 1 w/ 55 or more order.

**SAVE 10c**  
**CHERRY PIES** 49c  
 1-lb. 6-oz.

**Great Scott Paper Sale!!**  
**Scot Towels** 3 Jumbo Rolls \$1.00  
**Soft Weve** 3 2-Roll Pkgs. 79c  
**Waldorf** 3 4-Roll Pkgs. \$1.00  
**Viva Napkins** 14-Oz. Pkg. 3/1.11  
**Scotties** 200 Ct. Box 3/79c

**Every Day Low Prices**  
**Grated Tuna** 4 6 1/2-Oz. CANS \$1.00  
**Detergent** 4 Qt. Btls. \$1.00  
**Margarine** 2 1-Lb. Blocks 29c  
**Beverages** 16-Oz. Btl. 10c  
**Saltines** 1-Lb. Box 39c  
**Fleischmann's** 1-Lb. Cks. 39c  
**Tea Bags** 100 Ct. 79c  
**Breakfast** 100 69c

**A-MART OFFERS YOU**  
**Jergens** 7-OZ. BTL. 89c  
**Dial** 7-OZ. REG. OR PERS. 89c  
**Hair Spray** 49c  
**Colgate** 11-OZ. CAN 39c

**NO STAMPS! NO GAMES! NO GIMMICKS!**

**Grade 'A' Fresh Fla. or Ga. Whole Bagged FRYERS**  
**25c** Limit Please  
**HELLMANN'S MAYONNAISE** QUART JAR

**"Super-Right" STEAKS** Lb. 98c  
**"Super-Right" Bone In CHUCK STEAK** Lb. 64c  
**"Super-Right" Beef CHUCK** Lb. 58c  
**"Super-Right" Fully Cooked HAMS** Lb. 48c  
**Betty Crocker CAKE MIXES** 4 18 1/2 oz. Boxes \$1.00 with Coupon Below

**SAVE REAL CASH**  
**ROAST** Lb. 58c  
**"Super-Right" Beef CHUCK** Lb. 58c  
**"Super-Right" Fully Cooked HAMS** Lb. 48c

**SAVE 20c LB.**  
**HAMS** Lb. 48c  
**Betty Crocker CAKE MIXES** 4 18 1/2 oz. Boxes \$1.00 with Coupon Below

**SAVE 72c**  
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**Layer Cake Mixes** BETTY CROCKER THIS WITH COUPON 4 PKGS. \$1.00 WITHOUT COUPON \$1.64  
**ARM RANGERS FRANKFORT, KY. (AP)**  
**Orange Juice** 7 4-OZ. CANS \$1.00  
**Crisco** 3-LB. CAN 88c  
**HERB OX** 2 1/2 38c

**Potato, Green Pea Casserole**  
 By CECILY BROWNSTONE  
 Associated Press Food Editor  
 Cooks use them in a quantity over what to serve at a buffet supper that features ham or turkey. Baked beans? Macaroni and cheese? Both good but they pull when they've been offered over and over again.  
 So here's a new suggestion. Team potatoes and green peas in a cream sauce and top with buttered fresh bread crumbs mixed with cheese. A beauty of a dish that can be prepared well ahead and heated in the oven.  
 And this dish is made the easy way: it calls for frozen small white whole peeled potatoes and frozen green peas. No peeling, no parboiling, no dicing the potatoes or shelling the peas necessary. Isn't it nice to know that such a nutritious and attractive combination can be put together in jiffies?  
**POTATO AND GREEN PEA CASSEROLE**  
 1 package (12 pounds) frozen small white whole peeled potatoes  
 1 package (10 oz) frozen green peas  
 1/2 cup butter  
 1/2 cup flour  
 1/4 teaspoon salt  
 1/4 teaspoon nutmeg  
 1/4 teaspoon onion powder  
 1/4 teaspoon dried crushed thyme  
 1/4 cup milk  
 1/2 cup fresh bread crumbs  
 1/4 cup cheddar cheese  
 Paprika  
 Cook potatoes and peas separately, each according to package directions; drain thoroughly; mix together in a buttered oblong 2-quart glass baking dish (1 1/2 by 7 1/2 by 1 1/2 inches or similar sizes).  
 Meanwhile in a medium saucepan over low heat, melt 1/2 cup butter; stir in flour, salt, pepper and nutmeg; remove from heat; gradually stir in milk, keeping smooth. Cook over medium heat, stirring constantly, until boiling and thickened. Pour over potatoes and peas; mix slightly.  
 In a small skillet over low heat, melt 1/2 tablespoon butter; mix in crumbs, then cheese. Spoon evenly over vegetables and sauce; sprinkle with paprika.  
 Bake in a preheated 350-degree oven until vegetables are very hot and crumb mixture is lightly browned—about 15 minutes. If dish has to be held for a brief time before serving, reduce oven temperature to 225 degrees.  
 Makes 6 to 8 servings.  
 To Prepare Ahead: Up to 3 or 6 hours before casserole is to be served, prepare it but do not add crumb mixture. Cover dish with foil or transparent plastic wrap and refrigerate. About 1 1/2 hours before serving time, remove dish from refrigerator, uncover and let stand 15 minutes. Sprinkle with crumb mixture and paprika. Bake, uncovered, in a 350-degree oven until bubbly-hot and crumbs are browned—1 hour and 15 minutes.

### New Recipe For Molded Tuna Salad

By CECILY BROWNSTONE  
Associated Press Food Editor  
DEAR CECILY: I'm having half a dozen of my women friends to lunch and want to serve a pre-arranged salad. Have you a new recipe you can recommend—RELAXED HOSTESS.

DEAR RELAXED HOSTESS: Molded Tuna Salad, recently tried in my test kitchen, may fill the bill. The base-made with fresh lemon juice, sour cream and mayonnaise—is a perfect background for the tuna and celery that go in. Pickle relish helps to enliven it. The molded tuna is served with avocado slices and fresh green peas plus salad greens so the salad not only looks pretty but makes hearty eating. Because the salad mold is lumpy, no dressing is needed for the avocado, orange and greens.—C.B.

**MOLDED TUNA SALAD**  
2 envelopes unflavored gelatin  
1/2 cup cold water  
1/2 cup boiling water  
1 teaspoon salt  
1 teaspoon freshly grated lemon rind  
1/4 cup freshly squeezed lemon juice  
1 container (8 oz) commercial sour cream  
1/2 cup mayonnaise  
1 large can (8 1/2 oz) tuna, drained and flaked  
1/2 cup sweet pickle relish, just as it comes from jar  
1 cup finely chopped celery  
Salad greens  
1 avocado, peeled and cut into lengthwise slices  
2 oranges, peeled and sectioned  
In a medium mixing bowl, sprinkle gelatin over cold water; allow to stand for about 5 minutes to soften. Add boiling water and stir to dissolve gelatin. Add salt, lemon rind, lemon juice, sour cream and mayonnaise; beat gently until combined. Chill until slightly thickened but not set. Thoroughly fold in tuna, pickle relish and celery.  
Turn into a 1-quart mold or into individual molds or custard cups; chill until firm; cover.  
Trimmed on top; salad sliced and garnish with avocado slices and orange sections.  
Makes 4 to 8 servings.

**KITCHEN NOTES**  
Fresh lemon juice which helps to make a delightful base for the Molded Tuna Salad, is also delicious in other salad combinations. Here are a few suggestions:  
Mix fresh lemon juice with sugar and salt to taste; use as a marinade, for cucumber, slices and sweet onion rings. Serve on salad greens; garnish with pineapple and offer with any fish diet.  
Green snap beans benefit from a marinade made with fresh lemon juice, olive oil, salt, pepper and oregano.  
For cole slaw mix together finely shredded green cabbage and drained canned pineapple tidbits. Add a dressing of mayonnaise packed up with a generous amount of lemon juice.  
**Saturday Night Refreshers**  
This annual recipe varies standard cake mix.  
Assorted Spreads with Crackers  
Bourbon Bars Beverage  
**BOURBON BARS**  
1 package (1 1/2 oz) yellow cake mix  
1/4 cup sugar  
2 teaspoons nutmeg  
1/4 cup corn oil  
1/4 cup bourbon  
3 eggs, separated  
1 1/2 cups chopped pecans  
1/2 cups raisins, cut up  
Grease a jelly roll pan (about 15 by 10 by 1 inch). Reserve 1/3d cup cake mix. In large mixing bowl, beat medium speed until flour mixture is well mixed—about 3 minutes. Beat egg whites until they form very stiff, almost dry peaks when beater is lifted; withdraw. Fold into cake-mixture. Toss pecans and raisins with reserved cake mix; fold into mixture. Turn into prepared pan. Bake in a preheated 325-degree oven 35 to 40 minutes or until top springs back when lightly touched. Cool before cutting. Makes 64 (2 1/2 by 1 inch) bar cookies.

**Obsolete Code**  
FRANKFORT, Ky. (AP) — Kentucky has revised its stamping code to comply with federal regulations. An estimated 280 million a year in stamps was endangered because the federal government said the 46-year-old code was obsolete.

THESE ITEMS & PRICES GOOD  
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★ THURS., OCT. 8 THRU ★ WED., OCT. 14  
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"MAXWELL HOUSE" ALL GRINDS COFFEE  
LB. CAN **37¢**

**Shurfine ALL GRINDS COFFEE**  
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LB. PKG. **25¢**

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PKG. OF 2 ROLLS **25¢**

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REGULAR (OR) SUPER  
BOX OF 24 **57¢**

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GIANT BOX **47¢**

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REG. \$1.00 VALUE!  
WITH COUPON!  
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**EACH ONLY 10¢**

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**STEAKS**  
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**"CHUCK" POT ROAST** LB. **67¢**  
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**ROUND ROAST**... LB. **87¢**  
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20 LBS. (VENT-VU BAG) **99¢**

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DOZ **39¢**

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LB. **10¢**

**"FRESH" CRISP CELERY**  
LARGE STALK **23¢**

**Golden Indian BREAD**  
with that delicious Nutty Flavor **35¢** Leaf

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**BAKED BEANS**  
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**Apple & Spice Donuts**  
With That Tang of Fall  
**30¢** ... The Half Dozen  
**59¢** ... The Dozen

**Delicious ICED LONG JOHNS**  
WITH BAVARIAN CREME FILLING SPECIAL **79¢** DOZ.

**Saffron Barley Welcome**  
By CECILY BROWNSTONE  
Associated Press Food Editor  
As an accompaniment for meat, poultry or fish, Saffron Barley rings a welcome and delicious change.  
Saffron regular barley or the quick-cooking variety may be used in this dish. The following recipe tells you just how to make this switch.  
**SAFFRON BARLEY**  
1/4 teaspoon saffron pieces  
1/4 cup boiling water  
1/2 cup cold water  
1/2 cup regular barley or quick-cooking barley  
1 chicken bouillon cube  
In a small mixing bowl or other container combine saffron pieces and boiling water; set aside.  
In a medium saucepan heat the butter; add the barley, onion, celery and garlic; sauté until soft, stirring several times, for about 5 minutes. Add salt, pepper, cold water and bouillon cube.  
Bring saffron pieces from water; add strained saffron water to barley mixture. Bring to a boil; cover and simmer, stirring occasionally until liquid is absorbed—about 45 minutes. Serve hot.  
Makes 4 servings.  
NOTE: To use quick-cooking barley, substitute 1 1/2 cups of the quick-cooking barley for the 1 cup regular barley. Decrease cold water to 1/4 cup. Reduce final cooking time to 15 to 20 minutes.

**FAMILY DINNER**  
Good accompaniment for meat.  
Braised Beef Brisket with Onion and Carrots  
Noodle Bake  
Salad Bowl  
Fruit Sherbert  
Beverage  
**NOODLE BAKE**  
2 cups chicken into short (egg) the egg noodles, 1/2 of an 8-oz. package  
1 teaspoon salt  
1/4 cup butter, melted  
1 large egg, slightly beaten  
White pepper to taste  
Boil noodles according to package directions; drain. Mix with remaining ingredients. Turn into well-buttered 8-inch glass pie plate; bake in a preheated 350-degree oven until set—about 20 minutes. Cut in wedges. Makes 4 to 4 servings.

**THE BRIDE COOKS LUNCH**  
Familiar chicken makes this tossed salad hearty.  
Hot Tomato Bouillon Crackers  
Chicken Tossed Salad  
Fruit Sherbert  
Beverage  
**CHICKEN TOSSED SALAD**  
2 cup torn romaine  
1 can (3 oz) boned chicken with broth, drained  
1/4 cup thinly sliced celery  
1/4 cup thin strips cheddar cheese  
1/2 tablespoon grated Parmesan cheese  
1/4 tablespoon olive oil  
1/4 tablespoon red wine vinegar  
Salt and pepper to taste  
Turn romaine, chicken, celery, cheese and scallion into a salad bowl; cover and refrigerate. At serving time toss with remaining ingredients. Makes 3 servings.  
By CECILY BROWNSTONE  
AP Food Editor  
**FAMILY DINNER**  
Leftover smoked tongue is handy to use for sandwiches.  
Smoked Tongue  
Mustard Sauce  
Mashed Potatoes  
Spinach  
Fruit and Cookies  
Beverage  
**SMOKED TONGUE**  
3-pound smoked tongue  
1 small onion, peeled and sliced  
Leaves from 2 large ribs celery  
1 medium carrot, pared  
2 cloves garlic, peeled  
1/4 teaspoon coarse cracked pepper  
Remove wrapping from tongue; place in a medium or large saucepot; cover with cold water; add remaining ingredients. Bring to a boil; reduce heat and simmer, covered, until tender when pierced with a fork—about 3 hours. Drain tongue; peel off skin and trim off roots at thick end. (Save strained cooking liquid, if you like, for making split pea soup.) To slice, make even parallel slices, starting diagonally across the top, gradually changing direction of knife as thick end is sliced.  
The great redwood forests which line the Pacific Coast do not extend inland more than 25 miles.

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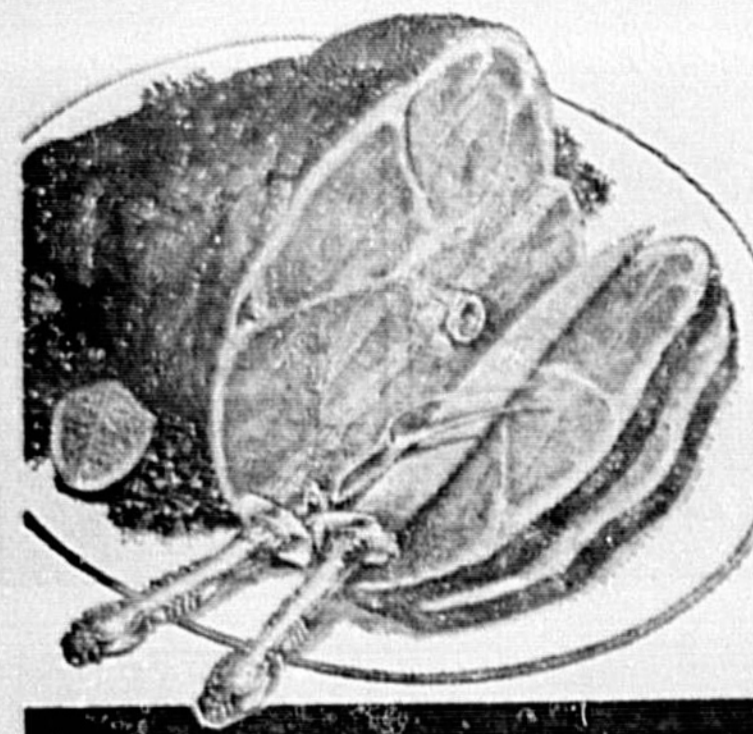
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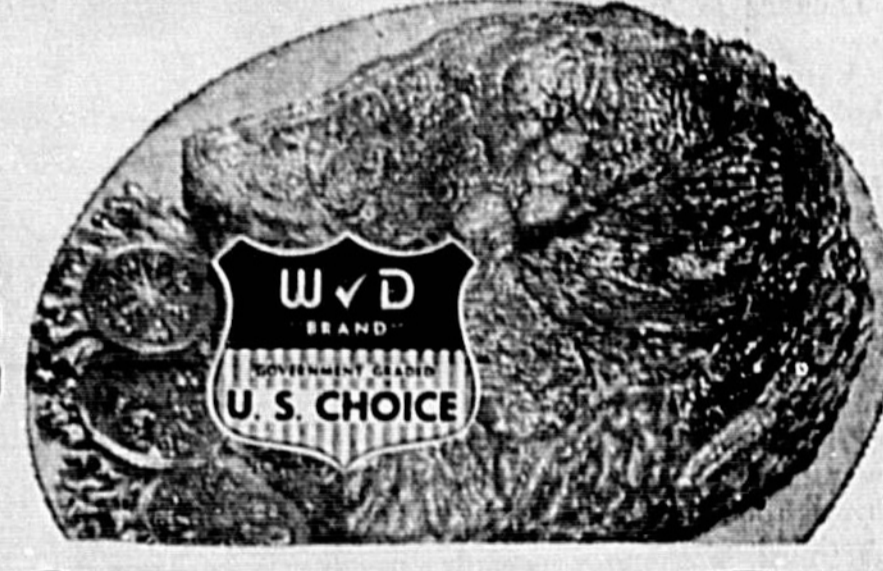
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