

Turner Hears Final Gun In America's Cup

NEWPORT, R.I. (AP) — What a difference a few years make. Unlike 1974, when he skipped the slugging Mariner...

"The great thing about this year is always being able to hear the gun go off — even when we lost."

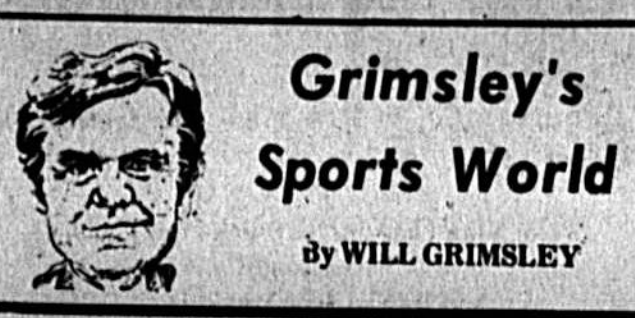
"We thought there would be more chop than there actually was and our headsail was not right-winded enough."

"After the 3.4-mile race in Rhode Island Sound, Turner explained that he used three jibs after being asked how he decided which ones were best."

"We tacked early when we probably shouldn't have," Robins admitted.

Turner, owner of the Atlanta Braves who was suspended for a year from baseball by Commissioner Bowie Kuhn for tampering with another team's player, also was asked if Kuhn was in town for the races.

Meanwhile, Australia syndicate boss Alan Bond said he received a day off from racing today to work on sails.



Grimsley's Sports World by WILL GRIMSLEY

Crass, Deplorable, Immature

The millions of fans watching Sunday's engrossing U.S. Open tennis final between Guillermo Vilas and Jimmy Connors on their home television screens must have been intrigued by a bit of colloquy between the two distinguished commentators, Tony Trabert and Pat Summerall.



FRICKE WHITEHOUSE HILL MOOTY WRIGHT MULLIGAN

Brantley-Lyman Encounter Heavy On Prep Minds

By DAN RUTLEDGE Herald Correspondent "I'll take another one, just like the other one," is the prevailing feeling at Lyman High football practice this week.

'Bama Picked Over Big Red

By ED SHEKARER AP Sports Writer ATLANTA (AP) — Bear Bryant talks a lot each season about schedule luck.

Yankee Rookie Stops Bosox Win Streak On 5-Hitter

By The Associated Press For their most important game of the season, the New York Yankees did not start former 30-game winners Catfish Hunter, Ken Holtzman or Mike Torrez.

14th victory in 20 decisions ending Boston's five-game winning streak.

Angus 13, Rangers 7 Dave Klugman tied a pair of two-run homers, his first in the AL, as California beat Texas and also became a part of pitching history.

White Sox 4, Twins 1 Jim Easton hit two-run homer and Oscar Gamble added a solo shot, backing Francisco Barrios' eight-hitter and pacing Chicago over Minnesota.

Dodgers-Reds Tonight ... NL West Clincher Close?

By The Associated Press Los Angeles tonight the Cincinnati Reds tonight in the opener of a two-game series, and when it's over the National League West Division race could be too.

win both games to clinch the pennant, but the way both teams played Tuesday night it wouldn't be surprising.

Gossage combined for a five-hitter, with Gossage collecting three hits and entered the bottom of the eighth trailing 4-3.

Cardinals 3, Cubs 1 Jerry Mumphrey and Gary Templeton hit two-run singles in the fifth inning to score all three St. Louis runs.

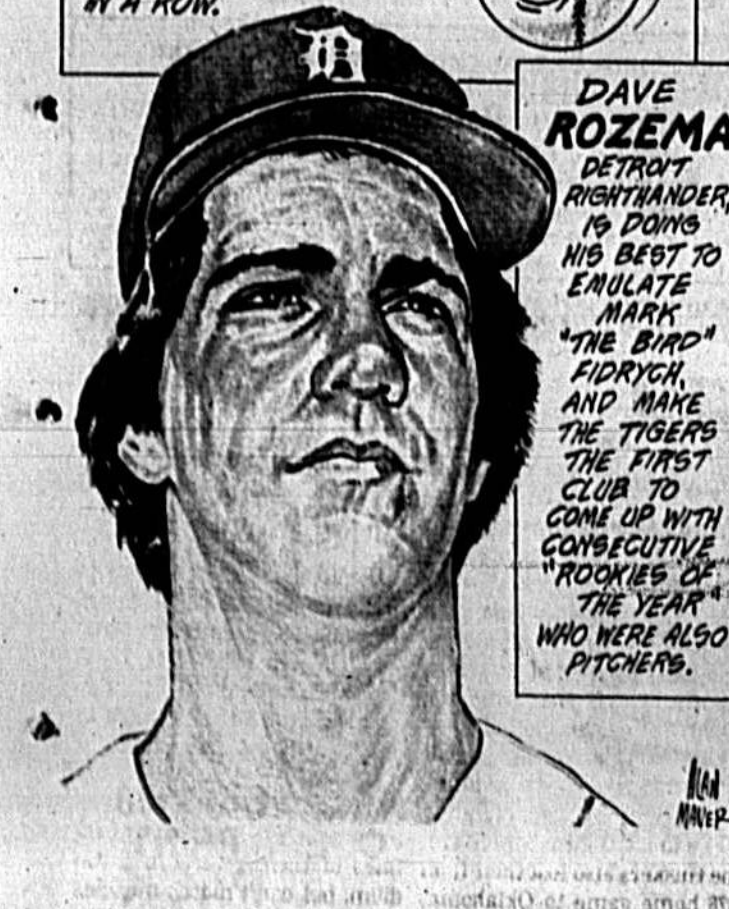
Bad Day For NFL Veterans

By The Associated Press Steve Spurrier drove away from Miami without a job and it would appear, without much of a future after the odyssey that has taken him from San Francisco to Tampa Bay to Denver and finally to Miami.

Seattle Seahawks cut 34-year-old, 11-year veteran Lurnesia, who started at defensive end last year after being obtained from the Minnesota Vikings.

Phil Garner knicked in both Pittsburgh runs, bringing home Frank Taveras with a ground-out after Taveras had tripled in the first and then tripling in another tally in the sixth.

Expos 8, Mets 5 Montreal trailed 4-0 after three innings and entered the bottom of the eighth trailing 4-3.



DAVE ROZEMA DETROIT RIGHT-HANDER IS DOING HIS BEST TO ENLARGE MARK 'THE BIRD' FIDRICH AND MAKE THE TIGERS THE FIRST CLUB TO COME UP WITH 'ROOKIE OF THE YEAR' WHO WERE ALSO PITCHERS.

Utah State at Memphis State—Lloyd Patterson keeps throwing and the Tigers keep winning. Memphis State 37-17.

Sanford Plaza and Winter Park auto centers open daily 8 a.m. - 9 p.m. Open Sunday 12:30 - 5:30 p.m.

\$8 to \$24 off a pair of glass belted tires. El Tigre 278 features a construction of 2 fiberglass belts and 2 polyester plies.

Advertisement for Chrysler cars and JCPenney tires. Includes text: 'WE HAVE MORE of what you're looking for! AT MARC SLADE CHRYSLER-PLYMOUTH' and '33 1/3% off steel belted radials.'

Hoople Pegs Gators, FSU Winners

By Major Anne E. Hoople The Wizard of Odds Egan, friends, if indeed, travel in broadening, as so often has been said, the collegial gridgers are in for some interesting experiences as inter-sectional clashes dominate the schedule.

Major Hoople's Football Forecast

Cooper's Rebels, 26-7. It will be a big day for Indiana eleven as the Hoosiers surprise LSU to win, 24-1. The Michigan State lads will pull another surprise by edging Washington State, 14-16.

Longwood CoC Sponsors Golf Event Saturday

The Longwood Chamber of Commerce is holding a golf tournament Friday, Nov. 18, from 11 a.m. to 4 p.m. at the Golf Club in Winter Springs.

Hedberg Bucs' Symbol Of Reverse Fortunes

FARGO, N.D. (AP) — Fans Priddy handy stuff for a guy of the struggling Tampa Bay who just a year ago was college football legend are looking for football, playing before fans who might be a symphony chorus of perhaps 3,000.

West Shrine Coaches Set

STANFORD, Calif. (AP) — Stanford's Coach of the Year, Bill McWhorter, of San Diego State and Homer Rice of Rice University were named Tuesday as assistant coaches for the West Shrine All-Star football game at Stanford Stadium Dec. 31.

Quebec Prevail

QUEBEC (AP) — A rookiedom representing the New York Islanders of the National Hockey League defeated the Quebec Nordiques of the Quebec Major Junior Hockey League 7-0 in an exhibition hockey game Tuesday night.

SCOREBOARD

Major League Baseball

Table of Major League Baseball scores including National League East, West, Central, and American League East.

Transactions

Transactions section detailing player movements, trades, and signings across various MLB teams.

Baseball

Table of Minor League Baseball scores from various leagues.

Transactions

Additional transactions section detailing player movements and team news.

Dog Racing

Dog racing results and news from various tracks.

Jai Alai

Jai Alai results and news from the sport.

Orlando Seminole

Orlando Seminole horse racing results and news.

Recaps

Recaps section providing summaries of recent events and races.

Carter's Only Achievement Treaty Major Test

Article discussing Jimmy Carter's foreign policy and the Panama Canal treaty.

Continuation of the article on Carter's foreign policy and the Panama Canal treaty.

Analysis

Analysis section providing commentary on the Panama Canal treaty.

Realty Transfers

Table listing various real estate transfers, including property addresses and sale prices.

Large advertisement for Eckerd's Drugs featuring 'Sweepstakes' and 'Pay the New Exciting' theme.

Large advertisement for Eckerd's Drugs featuring 'Fall Vitamin Sale!' and 'Thousands of Instant Cash Winners'.

Advertisement for household and outdoor products including a pedestal hibachi grill, 1-gal. molded igloo cooler, and Snoopy Thermos Bottle.

Advertisement for power tools including a self-propelled power mower, K&S gas power edger, and H-P electric weeder trimmer.

Large advertisement for DePre's Fall Vitamin Sale featuring various vitamin supplements like Vitamin C, E, and B6.

TONIGHT'S TV

Table listing TV programs for Wednesday, Thursday, and Friday. Includes channels like 5, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Club SABA THE PLACE for entertainment featuring COUNTRY ROCK. Includes address, phone, and operating hours.

FALL and WINTER SKATING SCHEDULE. Includes sessions for Mon-Tues, Wednesday, Thursday, Friday, and Saturday. Also includes SUNDAY CLOSURE and INSTRUCTIONS.

CALENDAR section for Wednesday, September 14. Includes Transcendental Meditation lecture, Sanford Seminars, and various church services.

Pryor Family Viewing? LOS ANGELES (AP)—The "family viewing hour," killed as a TV code standard by the courts, still generally is followed by the networks.

SEEK & FIND TRANSPORTATION. A word search puzzle with instructions and a list of words to find.

CLASSIFIED ADS

CLASSIFIED DEPT. RATES. Includes information about advertising rates and contact information for the classified department.

4—Personals. Includes ads for personal services, dating, and companionship.

18—Help Wanted. Includes ads for various job openings and employment opportunities.

4A—Public Notices. Includes legal notices, court orders, and other official announcements.

30—Apartments Unfurnished. Includes listings for unfurnished apartments in various locations.

31—Apartments Furnished. Includes listings for furnished apartments and rental properties.

41—Houses. Includes listings for houses for sale or rent in various areas.

41—Houses (continued). Includes additional listings for houses and real estate.

41—Houses (continued). Includes more listings for houses and real estate.

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48—Wanted to Buy. Includes ads for items being sought for purchase.

71—Antiques. Includes ads for antique items for sale.

72—Auction. Includes information about upcoming auctions and items.

75—Trucks-Trailers. Includes ads for trucks and trailers for sale or rent.

60—Autos for Sale. Includes ads for cars and trucks for sale.

60—Autos for Sale (continued). Includes more ads for cars and trucks.

60—Autos for Sale (continued). Includes more ads for cars and trucks.

60—Autos for Sale (continued). Includes more ads for cars and trucks.

60—Autos for Sale (continued). Includes more ads for cars and trucks.

DISCOUNT NURSERY PLANTERS. Includes ads for plants and nursery services.

Legal Notice

IN THE CIRCUIT COURT IN AND FOR SEMINOLE COUNTY, FLORIDA. CIVIL ACTION NO. 77-183-CA-44...

ROBERT TIMOTHY McFADDEN, Husband Respondent. NOTICE OF ACTION...

TO: Robert Timothy McFadden 7411 Noah's Landing Gregory, Michigan 48137

You are hereby notified that an action for dissolution of marriage has been filed against you and you are required to serve a copy of your written defenses...

Arthur H. Beckwith, Jr. Clerk of the Circuit Court. By: Betty M. Capps Deputy Clerk

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Local Planning Agency will hold a public hearing...

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Woman, 71, Raises Boy...Loses Him

ST. PETERSBURG (AP) —Lucille Williams took in a homeless baby boy four years ago and raised him as her own, sharing her small social security allotment and proudly referring to him as her son.

At a custody hearing later to be held, a judge was to consider whether the child should go back to Mrs. Williams, become a ward of the state, or be placed in the custody of a relative.

Florida Department of Health and Rehabilitative Services records. He followed them to church and they argued outside. Some-one called the police.

Washington says "Don't worry," but we're worried. You should worry, too.

Some people in Washington say, "Don't worry about an oil use tax...we won't let Florida suffer."

But the proposed energy bill says: "If the Administrator determines...that such authority (the state regulatory authority) has not implemented such policies...such authority shall be considered as not having such enforcement responsibilities until such time as he determines..."

There's still time to get the energy program into better shape. To make the bill fair for Florida. The Senate has time to make changes.

This tax will hit hardest at a few states like Florida, where conversion to coal by 1983 is absolutely impossible for all electric utilities.

This takeover law will let a Washington bureaucrat, who doesn't answer to any voters in Florida or elsewhere, control every major electric service decision.

1) write into S. 1472 a clear exemption from the fuel use tax for any electric utility which, for good reason, cannot convert to coal by 1983;

Some people in Washington say, "Don't worry about Federal super-control over your state...we don't want to take away your state authority."

There's much more like this in these "energy" bills. Much that has nothing to do with bringing you more energy or reliable electric service.

Your Florida Senators are: Lawton Chiles Richard Stone Key Senate Committee Chairmen are: Russell Long Henry M. Jackson Bennett Johnston

The following Floridians join in this message from the shareholders of Florida Power & Light Company because the energy proposals now in Congress are vital to everyone who lives and works in Florida.

- TOM ADAMS Former Sec'y of State FRANK ALTOBELLO Businessman M.P. "HAM" ANTHONY Businessman CHARLES D. BAILEY Finance JEANNE BELLAMY Pres. Greater Miami C of C B. BOYD BENJAMIN Businessman DAN BLALOCK Businessman ELAINE BLOOM State Representative DAVID BLUMBERG Real Estate Development JOHN B. BOY Pres. U.S. Sugar Corp. ALAN BRACKETT Businessman RAYMOND B. BUNTON Dir. Puman Co. Barge Port RICHARD C. CASSIDY Pres. Fla. Forestry Assoc. HENRY C. COLEMAN JR. Chmn. Volusia Committee of 100 GEORGE H. COOPER Businessman MARSHALL M. CRISER Attorney THOMAS R. CRONIN Businessman JOHN V. DALBORA, JR. Businessman THOMAS E. DANSON, JR. Businessman BILL DARDEN Dep. Clerk, Putnam Co. JEAN McARTHUR DAVIS Businesswoman RICHARD A. DOAK, JR. Pres. Local 759 IBEW GEORGE DUCK Dir. Civil Defense Putnam Co. ROBERT ELMORE Businessman DAVID FALKUS Real Estate Development HAMILTON C. FORMAN Finance CHARLIE HARRIS AFL-CIO M.R. HARRISON, JR. Businessman ED HEALEY State Representative HOWARD H. HODGES Finance MALLORY HORNE Attorney, former legislator CHARLES HORNER City Commissioner, Palatka HAROLD HOSE Businessman WILLIAM D. HOWITZ Businessman ROBERT E. HUDSON Businessman ROBERT E. HUEBNER Pres. Ft. Lauderdale C of C WILLIAM G. JAMES State Representative HAROLD E. KENDALL, JR. Businessman ROBERT KESTER Finance HARLEY KIRK Businessman CHARLES B. PROVOST Businessman DONALD H. REED, JR. Attorney RICHARD N. SANGER Mayor, St. Augustine Beach E. CLAY SHAW, JR. Mayor, City of Ft. Lauderdale JOHN SHEBEL Pres. Assoc. Industries of Fla. ROBERT H. SIMMS Exec. Dir. Dade Community Relations Board ADGER SMITH Businessman JAMES C. SMITH Attorney LEE P. MOORE Mayor, City of Sanford DR. RICHARD V. MOORE Pres. (Ret) Bethune Cookman College JACK L. MOSS Broward Co. Commissioner EDDY MUSSALLEM Mayor, St. Augustine JOHN J. OATES Mayor, Rockledge LESLIE P. PANTIN Businessman THOMAS R. PLEDGER Businessman CHARLES B. PROVOST Businessman DONALD H. REED, JR. Attorney RICHARD N. SANGER Mayor, St. Augustine Beach E. CLAY SHAW, JR. Mayor, City of Ft. Lauderdale JOHN SHEBEL Pres. Assoc. Industries of Fla. ROBERT H. SIMMS Exec. Dir. Dade Community Relations Board ADGER SMITH Businessman JAMES C. SMITH Attorney LEE K. SPENCER Businessman RONNIE SPENCER Exec. Dir. Fla. State C of C LEONARD J. SPRING Pres. Local 359 IBEW ERNEST N. STAMEY Attorney ED STEPHENSON Pres. So. Fla. AFL-CIO HANS TANZLER Mayor, Jacksonville JOSEPH TARAVELLA Businessman LEWIS E. WADSWORTH Farmer GEORGE H. WEDGWORTH Businessman ELMER F. WEIGLE Finance MILTON WEISS Finance CURTIS WESTBROOK, JR. Chmn. C of C Ewen, Dev. Comm. St. Augustine GENE A. WHIDDON Businessman C.R. "RUSS" WIMER Collier Co. Commissioner SHERMAN WINN State Senator L.A. USINA Finance

OURSELVES



...Dolle Withrow prepares food for slow-cooker

Cook Of The Week Career Woman Puts Slow Cooker To Work

By ELDA NICHOLS Herald Correspondent Dolle Withrow, Casselberry, likes to cook, but particularly enjoys preparing a big meal for a large group of people.

Imagination to change them around. Oh, I might add a little something new and then, but generally I follow a recipe to the letter.

Gradually add 1 box Patacho pudding and beat 2 min. longer. 1 Frost cake. Add coconut on top. DUMP CAKE 1 pkg. milk chocolate pudding (cooked) 1 pkg. German Chocolate cake mix

'Dummy' Told To Ditch Idle Live-In Mocher

DEAR ABBY: I'm a 34-year-old woman earning a top salary as an executive, but when it comes to managing my personal life, I'm a dummy.

Dear Abby: I'm getting married soon and I'm a bit nervous. I've never been married before and I'm not sure I know what to expect.

Dear Abby

DEAR ABBY: My parents were divorced when I was 3, and from that time on, I lived with my mother. Mom married Jake when I was 8, and he has been to me. I never saw my real father (Lloyd) much.

Hee-Having It Up Juniors, Husbands In Act

By JAN FREEMAN Herald Correspondent When the Junior Woman's Club of Sanford goes into action, everybody gets into the act, including husbands.

With only a few babies of hay, wigs, guitars, and lots of faded blue jeans, the juniors and their husbands plan to convert a portion of the Sheraton "Twin Towers, Orlando, into Hee Haw Country U.S.A.

Birth Announcement

Mr. and Mrs. Kevin Beckwith of Sanford, announce the birth of their first child, a 7-pound, 8-ounce daughter, Heather Michele, born Sept. 11, at Seminole Memorial Hospital.

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Nuptial Mass Unites Couple

Ellen Kay Brooks and Danny Paul Fitzgerald were married Aug. 13 at All Souls Catholic Church. Rev. Father William Ennis performed the double ring nuptial mass at noon.

BIRTHDAY HONOREES

Two residents of Sanford Nursing and Convalescent Center were honored at a birthday celebration on Sept. 9.

Area Engagement

Mrs. Gertrude Lee of Sanford, announces the engagement of her daughter, Trudy G., to Mark L. Nichols, son of Tommy and Doris Nichols of Sanford.

The 'Stack' hair style.

One of the newest looks for college this year. Styled by Diane at Dawn's Family Hair Care 710 W. First, Sanford Stop by from 7:30 a.m. 323-9630

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OURSELVES Evening Herald, Sanford, FL Wednesday, Sept. 14, 1977-18

Styles By Uicky Adcock and Susan Whelan Jam-Up Hairstyling for Men & Women

SEMINOLE PLAZA'S Free Spirit Hairstylists REDKEN CREATIVE CURL REGULARLY \$35.00 NOW \$25.00

FREE Thermal Blanket when you insulate and decorate with Thermal Ceilings.

REALLY BIG BUYS Wedge Heel Assorted Colors SURFERS \$6.99

WOOD WEDGE ROPE SANDAL \$7.99

GREGORY LUMBER 520 S. Maple Ave. Sanford

WINN DIXIE
THE BEEF PEOPLE

SAVE WITH WINN DIXIE COUPONS

W-D BRAND USDA CHOICE BONELESS CHUCK ROAST
1 LB. **\$1.09**

W-D BRAND USDA CHOICE BONELESS WHOLE BOTTOM ROUND
18 TO 24 LB. AVG. **99c**

W-D BRAND USDA CHOICE BONELESS WHOLE ROUND ROAST
1 LB. **\$1.19**

W-D BRAND USDA CHOICE BONELESS WHOLE ROUND STEAK
1 LB. **\$1.29**

W-D BRAND USDA CHOICE BONELESS WHOLE RUMP ROAST
1 LB. **\$1.49**

W-D BRAND USDA CHOICE BONELESS WHOLE BOTTOM ROUND
15 LB. PKG. **\$17.99**

W-D BRAND USDA CHOICE BONELESS WHOLE CALIF. ROAST
15 LB. PKG. **\$16.99**

W-D BRAND USDA CHOICE BONELESS WHOLE BEEF LOIN
15 LB. PKG. **\$14.99**

W-D BRAND USDA CHOICE BONELESS WHOLE TONKIN
15 LB. PKG. **\$2.89**

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W-D BRAND USDA CHOICE BONELESS WHOLE WHOLE FRYERS
1 LB. **49c**

W-D BRAND 100% PURE GROUND BEEF
1 LB. PKG. **\$1.68**

W-D BRAND 100% PURE GROUND BEEF
5 LB. PKG. **\$3.95**

DEL MONICO STEAKS
1 LB. **\$2.79**

W-D BRAND SEARED COOKED HAM
1 LB. PKG. **\$2.99**

W-D BRAND SEARED COOKED PICNIC
1 LB. PKG. **\$2.89**

W-D BRAND SEARED PIMENTO LOAF
1 LB. PKG. **\$1.29**

W-D BRAND SEARED COOKED SALAMI
1 LB. PKG. **\$1.99**

W-D BRAND SEARED BOLONA
1 LB. PKG. **\$1.99**

W-D BRAND HOT, MEDIUM, OR MILD WHOLE HOG
1 LB. BAG **\$1.39**

W-D BRAND SEARED BAY SAUSAGE
2 LB. PKG. **\$2.99**

W-D BRAND SEARED FRANKS
12-oz. PKG. **99c**

W-D BRAND SEARED POLISH SAUSAGE
1 LB. **\$1.69**

W-D BRAND SEARED BREAKFAST LINKS
22-oz. PKG. **\$2.19**

W-D BRAND SEARED CHEESE SPREAD
16-oz. PKG. **99c**

W-D BRAND SEARED STUFFED CLAMS
30-oz. PKG. **\$1.99**

QUARTERS SUPERBRAND MARGARINE
Limit 4 with \$5.00 or more purchase excl. cig. **\$1.00**

ASTOR TEA BAGS
Limit 1 with \$5.00 or more purchase excl. cig. **\$1.29**

KRAFT MAYONNAISE
Limit 1 with \$5.00 or more purchase excl. cig. **89c**

DEEP SOUTH FRESH PACK KOSHER WHOLE DILL PICKLES
33-oz. JAR **69c**

PLUS DEPOSIT COCA COLA
8 PACK 16-oz. BTL. **99c**

ORANGE LAKE, SEMINOLE, OSCEOLA COUNTIES ONLY.

DEEP SOUTH FRESH PRODUCE

DEEP SOUTH FRESH D.B. WINES
CALIFORNIA VINEYARD D.B. WINES
1 GAL. **\$4.99**
HALF GAL. **\$2.99**
MINUTE LAMBRUSCO WINE
25.4-oz. BTL. **\$2.99**

WINN DIXIE
THE BEEF PEOPLE

HARVEST FRESH LARGE NECTARINES
3 LBS. **99c**

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

W-D BRAND USDA CHOICE BONELESS WHOLE BOTTOM ROUND
18 TO 24 LB. AVG. **99c**

W-D BRAND USDA CHOICE BONELESS WHOLE ROUND ROAST
1 LB. **\$1.19**

W-D BRAND USDA CHOICE BONELESS WHOLE ROUND STEAK
1 LB. **\$1.29**

W-D BRAND USDA CHOICE BONELESS WHOLE RUMP ROAST
1 LB. **\$1.49**

W-D BRAND USDA CHOICE BONELESS WHOLE BOTTOM ROUND
15 LB. PKG. **\$17.99**

W-D BRAND USDA CHOICE BONELESS WHOLE CALIF. ROAST
15 LB. PKG. **\$16.99**

W-D BRAND USDA CHOICE BONELESS WHOLE BEEF LOIN
15 LB. PKG. **\$14.99**

W-D BRAND USDA CHOICE BONELESS WHOLE TONKIN
15 LB. PKG. **\$2.89**

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W-D BRAND SEARED COOKED SALAMI
1 LB. PKG. **\$1.99**

W-D BRAND SEARED BOLONA
1 LB. PKG. **\$1.99**

W-D BRAND HOT, MEDIUM, OR MILD WHOLE HOG
1 LB. BAG **\$1.39**

W-D BRAND SEARED BAY SAUSAGE
2 LB. PKG. **\$2.99**

W-D BRAND SEARED FRANKS
12-oz. PKG. **99c**

W-D BRAND SEARED POLISH SAUSAGE
1 LB. **\$1.69**

W-D BRAND SEARED BREAKFAST LINKS
22-oz. PKG. **\$2.19**

W-D BRAND SEARED CHEESE SPREAD
16-oz. PKG. **99c**

W-D BRAND SEARED STUFFED CLAMS
30-oz. PKG. **\$1.99**

DEEP DARLING LARGE LOAF FAMILY BREAD
3 LBS. **\$1.00**

DEEP DARLING FRENCH BREAD
2 LBS. **99c**

DEEP DARLING PRESTIGE ROLLS
2 PKGS. **89c**

DEEP DARLING SOUR DOUGH MUFFINS
3 PKGS. **\$1.00**

PLUS DEPOSIT COCA COLA
8 PACK 16-oz. BTL. **99c**

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

HARVEST FRESH PRODUCE

SUNNY DELITE CITRUS PUNCH
HALF GALLON **59c**

HARVEST FRESH NEW CROP BARTLETT PEARS
1 LB. **39c**

NEW CROP HARVEST FRESH SWEET POTATOES
4 LBS. **\$1.00**

NEW CROP HARVEST FRESH RUTABAGAS
1 LB. **19c**

HARVEST FRESH CELERY
2 STALKS **49c**

U. S. NO. 1 VENTURE WHITE POTATOES
10 LB. BAG **99c**

HARVEST FRESH YELLOW COOKING ONIONS
5 LB. BAG **99c**

HARVEST FRESH GREEN CABBAGE
3 HEADS **\$1.00**

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W-D BRAND SEARED CHEESE SPREAD
16-oz. PKG. **99c**

W-D BRAND SEARED STUFFED CLAMS
30-oz. PKG. **\$1.99**

NO RETURN BOTTLES OLD MILWAUKEE BEER
Limit two 6-pkts. with \$5.00 or more purchase excl. cig. **\$1.19**

CRACKEN OOD GOOD REGULAR AND WAWY POTATO CHIPS
8-oz. PKG. **69c**

HEFTY TALL KITCHEN BAGS
15-CT. PKG. **\$1.00**

MOTT'S COUNTRY STYLE APPLE JUICE
32-oz. BTL. **65c**

FRENCH BLACK PEPPER
4-oz. SIZE **\$1.00**

FRANCO AMERICAN SPAGHETTI
4 14-oz. CANS **\$1.00**

DEL MONTE SLICED OR HALVED PEACHES
29-oz. CAN **59c**

DEL MONTE SLICED OR HALVED PEACHES
16-oz. CAN **49c**

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30-oz. PKG. **\$1.99**

MR. CLEAN
16-oz. BTL. **\$1.06**

COMET CLEANSER
16-oz. BTL. **83c**

IVORY SOAP
4 BAR PKG. **63c**

SLICK DOG FOOD
6 1.5-oz. CANS **\$1.00**

MR. CLEAN
16-oz. BTL. **\$1.06**

COMET CLEANSER
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IVORY SOAP
4 BAR PKG. **63c**

SLICK DOG FOOD
6 1.5-oz. CANS **\$1.00**

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

Try Bananas To Sweeten Summer Moods



The waning days of summer still generate lots of heat that can dull a family's appetite. And preparing attractive yet nutritious foods to tempt the finicky can be a dispiriting challenge.

But here comes the banana to the rescue. The banana, frozen that it can provide naturally sweet, healthful relief for the summer diet doldrums. Blended with yogurt and frozen until firm, it forms an economical basis for desserts and salad main dishes.

Tops on our list of late-summer banana coolers is the Frozen Banana Fruit Loaf, a

refreshing variation on the classic frozen salad. Served as a festive luncheon dish or for a light supper, this tangy combination of bananas and plain yogurt, laced with colorful peaches and berries, will perk up a heat-laden palate.

It also supplies many of the basic nutrients for a well-balanced meal. Bananas contain an impressive amount of Vitamin A and potassium; they also provide thiamine, riboflavin, niacin, Vitamin C and Vitamin B6. A splendid source of quick energy, they complement the yogurt's high protein content.

The cholesterol conscious can also indulge themselves in these frozen banana delights and still feel virtuous. A richly rich-tasting dessert like Frozen Banana Yogurt is low in fat, yet comparable in flavor and texture to ice cream.

Best of all, though, these banana coolers are simple and quick to prepare, saving hours in a hot kitchen and leaving the cook free to enjoy the last, long summer days knowing the family is eating well.

FROZEN BANANA RAINBOW FRUIT LOAF
 1 envelope unflavored gelatin
 1/2 cup cold water
 1 cup sugar
 1/2 teaspoon salt
 1 cup mashed very ripe bananas (6 medium)
 1 tablespoon lemon juice
 1 container (8 ounces) plain yogurt
 2 egg whites
 In small saucepan mix gelatin with cold water. Let stand 1 minute; stir over medium heat until gelatin is completely dissolved, about 1 minute. Stir in sugar and salt. Remove from heat; stir in mashed bananas, lemon juice, and yogurt. Pour into freezer tray. Freeze 30 minutes. Press until firm. Turn frozen mixture into large bowl and add egg whites. Beat at high speed on electric mixer until smooth and fluffy, about 10 minutes. Fold in sliced bananas, blueberries, strawberries, and peach slices. Return to pan; freeze until firm, several hours or overnight. To unmold, dip pan quickly in warm water and run knife along inside edges of pan. Invert onto serving platter. Let loaf stand at room temperature about 30 minutes before serving. Slice and serve.
 Yield: 18 1/2-inch slices.
FROZEN BANANA YOGURT
 1 envelope unflavored gelatin
 1/2 cup cold water
 1/2 cup sugar
 1/2 teaspoon salt
 1 cup mashed very ripe bananas (6 medium)
 1 tablespoon lemon juice
 1 container (8 ounces) plain yogurt
 2 egg whites
 In small saucepan mix gelatin with cold water. Let stand 1 minute; stir over medium heat until gelatin is completely dissolved, about 1 minute. Stir in sugar and salt. Remove from heat; stir in mashed bananas, lemon juice, and yogurt. Pour into freezer tray. Freeze 30 minutes. Press until firm. Turn frozen mixture into large bowl; add egg whites. Beat at high speed on electric mixer until smooth and fluffy, about 10 minutes. Return to pan and freeze.
 Yield: 4 cups.

BANANA LOAF

PRICES GOOD THURS. SEPT. 15 THRU WED., SEPT. 21, 1977—QUANTITY RIGHTS RESERVED

PARK AND SHOP Picnics

SUNNYLAND SMOKED

17/92

100% PURE GROUND BEEF 5 Lbs. or more **68¢**

100% PURE GROUND CHUCK 3 Lbs. or more **99¢**

BONELESS ALL-MEAT STEW 3 Lbs. or more **99¢**

LARGE WEST COAST MULLET 2 1/2 to 4 1/2 Lb. Avg. **39¢**

54¢

HEAVY WESTERN LAZY AGED BEEF

SIRLOIN or RIB **\$1.34**

DELMONICO **\$1.08**

FULL CUT ROUND **\$1.38**

T-BONE or CLUB **\$1.48**

CHUCK **98¢**

Alone At Last? Then Eat Well



NOT-SO-RAREBIT

By chance or by choice, by hook or by crook, for better or worse, you're living (and probably loving) the single life. If your life heretofore has been dictated by the command or caprice of others, if you've been shackled in a barracks, dwelling in a dorm, suffering in an insufferable roomie, or rooming with relatives (to the tune of sibling squabbling), you will embrace the single life with ardor if not lust. But be aware, and beware, there are pitfalls with the privileges. Oyes, and o no.

You might occasionally get the blues or the blahs, you might get cleaning because no one's around to complain, and words of all you might be tempted to dine in a somewhat a byzantine manner, not wanting to fuss just for yourself. . . spaghetti out of a can, eggs out of a pan, "meat" of prepack, candy or chips. The blahs are simple but seldom satisfying, and certainly not conducive to conducting an eventual existence.

Not all the good luck charms or personal charm in the world can buoy the blues and the blahs. At some point, you'll find yourself all alone by the telephone, unattended, instead of inundated with dates. Your best friend is frolicking in Freeport, your worst enemy is engaged in exciting endeavors, and even your mother claims to be busy. The trick is to cope instead of mope, taking advantage of the situation and surviving in high style.

Good Life Starts At 65



TUNA ASPARAGUS BAKE

Once you retire at the age of 65, you can have as many as five thousand leisure hours a year to fill. What you decide to do with them can make the difference between a tedious sinking into old age and a new, rich, fulfilling way of life.

Hobbies can be fun. Find one that is challenging and holds your interest. Join a craft club and build a bookcase or knit a sweater. Perhaps gardening is an interest to which you've never been able to devote enough time. Now your green thumb will really have a chance to develop. Indoor plants are increasingly popular so even city apartment dwellers can get their fingers into the soil. These lucky enough to have a patch of land can grow fresh vegetables for special seasonal treats that can also lower rising food bills.

Experiences that you bring with you from your old job can be channeled into a retirement activity.

Traveling can be as exotic as a trip to Mexico or as comfortable as a visit with your daughter in Dubuque. These limited incomes can travel right in their own city. How about a trip to the public library? Many city libraries offer free films or lectures.

You'll have time to enjoy watching your grandchildren grow up. If they live in another town, write to them. Many teenagers are looking for someone who is interested in them and is willing to listen without lecturing. Grandparents often fill that role beautifully.

Whatever your activities make sure you remain in good health. Guard it with proper medical care, rest, exercise and diet. Good nutrition is important to people of all ages but it is essential in the golden years.

The following recipes serve 2 to 4 people. The casseroles can be made ahead and a half portion frozen for later use.

Now Is The Time For Flour Power

AMERICAN FOOD SERVICES FORMERLY PARK AND SHOP

Park Avenue & 25th Street
 OPEN DAILY 8 A.M. to 8 P.M. 7 Days A Week

By LOUISE COOK Associated Press Writer

The high prices of 1973 and 1974 which prompted people to cut down the use of convenience foods have left a legacy in the form of continued interest in baked goods and other "do-it-yourself" types of food.

Government statistics show that per capita consumption of wheat flour in the United States declined steadily from 118 pounds in 1960 to 108 pounds in 1974. The trend was reversed in 1975, however, and estimated per capita consumption of wheat flour for 1976 was 111 pounds.

It is too soon to tell what the picture for 1977 will show. But some industry sources predict steady interest in home baking and consumers will find that they can save money and time if they learn what types of flours are available.

There are three parts to a barrel of wheat. The inner part, or endosperm, is the part which is ground to make white flour which accounts for more than 90 per cent of the flour milled in the United States.

The other two parts are the bran or outer layer and the germ — the part which would sprout. The bran and the germ are removed from white flour, but are left in whole wheat flour. They also are sold separately, usually in breakfast cereals.

Enriched white flour contains vitamins, iron and sometimes calcium which are added to replace nutrients lost when the bran is removed in processing.

—Hard-wheat or bread flour. This is milled from hard, high-protein wheat. It is used chiefly in commercial bread production where dough must withstand machine handling.

—Soft-wheat flour. This is all-purpose flour with added salt and leavening agents — sodium bicarbonate and one or more acid-reacting substances. This type of flour should not be used for baking yeast-raised products.

—Quick or instant-blending flour. A granular flour which digests easily, even in cold liquids, and requires no sifting. It does not pack down in the package. It may be used in almost all recipes in place of regular flour. It offers convenience, but is usually more expensive.

WHOLE DRAPE GOLDEN YELLOW NUGGETS GOOD FRYERS

FRYERS **39¢**

CHUCK ROAST **98¢**

CHUCK STEAK **88¢**

SIRLOIN OR RIB STEAK **\$1.48**

ALL MEAT STEW **98¢**

CHUCK ROAST **78¢**

CHUCK STEAK **78¢**

CHUCK STEAK **78¢**

CHUCK STEAK **78¢**

STEAK

SIRLOIN or RIB **\$1.34**

DELMONICO **\$1.08**

FULL CUT ROUND **\$1.38**

T-BONE or CLUB **\$1.48**

CHUCK **98¢**

Soul Food

SMO. HOCK **49¢**

PORK CHITTERLINGS **5 Lbs. \$2.99**

OX TAIL **59¢**

RIB TIPS **48¢**

MEATY PORK NECK **38¢**

MEATY BEEF TRIPE **69¢**

MEATY HONEY COMB **69¢**

Meatly TURKEY NECKS • PORK KIDNEYS • PORK SNOUTS • PORK TAILS • PORK FEET • Tender Sliced PORK LIVER • **29¢**

FRYERS

COUNTRY CUT-UP FAMILY PACK **\$2.98**

20 Pcs. or more OVER 15 LBS.

WHOLE FRYERS **49¢**

FRESH ICE PACK FRYER GIZZARDS **69¢**

FRYER BACKS OR NECKS **5 Lbs. 99¢**

LEAN BEEF BLADE CUT **69¢**

PORK CHOPS **99¢**

FRANKS • WILSON ALL MEAT **79¢**

SAUSAGE PORK HOT or MILD **79¢**

SPARE RIBS **79¢**

LEAN BEEF **69¢**

PORK BRAINS **59¢**

PORK CHOPS **99¢**

JUNNYLAND SLICED **99¢**

OLIVE or CHEESE LOAF **99¢**

BABY PORK **1 Lb. 99¢**

SPARE RIBS **1 Lb. 99¢**

DETERGENT **49¢**

BABY FOOD **69¢**

BREAD **4 \$1.00**

YOUR CHOICE **3 FOR 89¢**

GR. NO. BEANS • WHOLE NO. 300 CAN

BLACK BEANS • WHOLE NO. 300 CAN

MUSTARD GREENS • 15 Oz.

SPINACH GREENS • 15 Oz.

COLLARD GREENS • 15 Oz.

PEANUT BUTTER **79¢**

MAYONNAISE **99¢**

LEMON JUICE **69¢**

CORNER BEEF **98¢**

JAM or JELLY **99¢**

TEA BAGS **99¢**

CATSUP **38¢**

PINK SALMON **99¢**

DOG FOOD **99¢**

SHORTENING **99¢**

LUX SOAP **99¢**

YOUR CHOICE, Mix 'Em or Match 'Em

Good Value W.K. CORN **16 Oz. 3 FOR \$1.00**

Good Value CREAM CORN **16 Oz. 3 FOR \$1.00**

Good Value SWEET PEAS **16 Oz. 3 FOR \$1.00**

Why Pay More?

TERRI TOWELS **69¢**

SOFT 'N PRETTY TISSUE **89¢**

FLOUR MARATHA WHITE **5 Lb. Bag 69¢**

MEAL MARATHA WHITE **5 Lb. Bag 79¢**

GRITS MARATHA WHITE **5 Lb. Bag 89¢**

LARD PURE **2 1/2 Lb. 99¢**

ORANGE JUICE **3 \$1.00**

PIZZA **69¢**

PIZZA SPECIAL **99¢**

CHOCOLATE MINT **49¢**

APPLES **3 Lb. 69¢**

PLUMS **3 Lb. 29¢**

CRISP HEAD LETTUCE **39¢**

YOUR CHOICE **3 CANS 89¢**

ORANGE JUICE **3 \$1.00**

WILSON'S SLICED OR WEDGE 7 1/2 Oz. **99¢**

CHEESE **99¢**

MIRACLE MARGARINE **69¢**

SUNNYLAND FOOT LONG HOT DOGS **\$1.19**

BOLOGNA CHUNK **99¢**

PORK SPARE RIBS SLAB **99¢**

3 TO 5 Lb. AVG. **99¢**

CHICKEN MACARONI CASEROLE

1/2 cup (1/2 stick) margarine
 1/2 cup bread crumbs
 1/2 teaspoon parsley flakes
 1/2 cup melted butter
 1/2 cup dry mustard
 1/2 teaspoon salt
 Dash white pepper
 1 teaspoon Worcestershire sauce
 1 cup chicken broth
 1 cup skim milk
 2 1/2 cups cooked diced chicken
 2 cups cooked macaroni
 1 can (15 ounces) sliced mushrooms
 1/2 cup diced pimientos

CHUCK ROAST **78¢**

CHUCK STEAK **78¢**

CHUCK STEAK **78¢**

CHUCK STEAK **78¢**

SAVARIAN COFFEE **\$3.29**

COLONIAL SUGAR **49¢**

STOKELY CATSUP **3 \$1.00**

STOCKLEY HALVES PEARS **39¢**

HEFTY TRASH BAGS **\$1.99**

TEA BAGS **99¢**

DRESSING **57¢**

LOTION **79¢**

ORANGE JUICE **3 \$1.00**

WILSON'S SLICED OR WEDGE 7 1/2 Oz. **99¢**

CHEESE **99¢**

MIRACLE MARGARINE **69¢**

MORTON POT PIES **\$1.00**

MORTON CREAM PIES **69¢**

MORTON RC COLA **69¢**

FRYERS **39¢**

CHUCK ROAST **98¢**

CHUCK STEAK **88¢**

SIRLOIN OR RIB STEAK **\$1.48**

ALL MEAT STEW **98¢**

CHUCK ROAST **98¢**

CHUCK STEAK **88¢**

SIRLOIN OR RIB STEAK **\$1.48**

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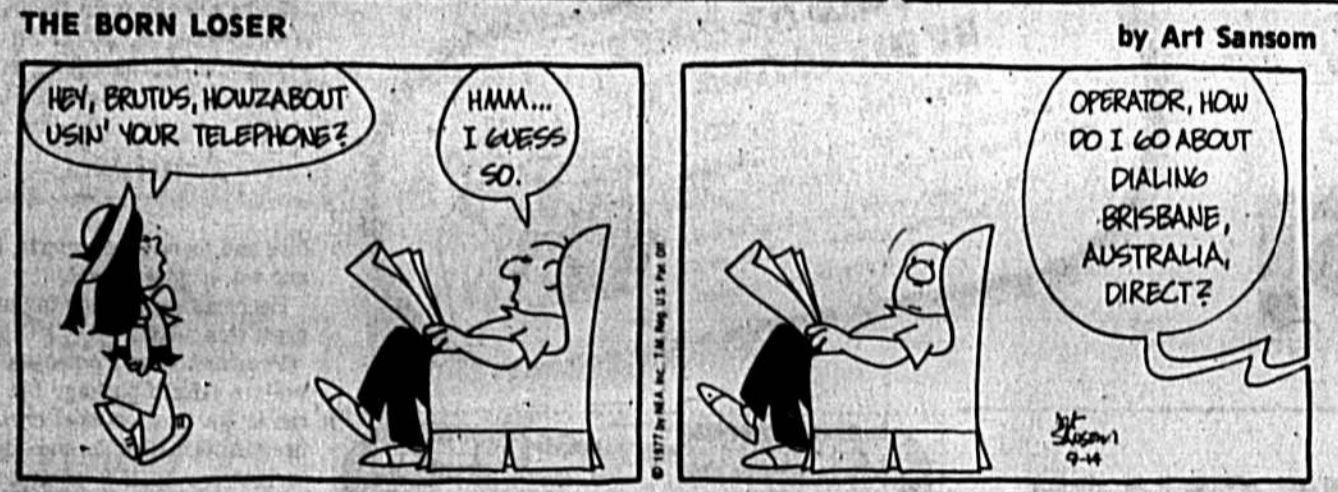
MORTON RC COLA **69¢**



by Chic Young



Mort Walker



by Art Sansom



by Bob Montana



by Al Vermeer



by Howie Schneider



by Stoffel & Helmdahl



by Bob Thaves



by T. K. Ryan

ACROBOS 44 Over (poetic) 45 Hooster's 46 Printer's measure (pl) 47 Herms 48 Lats 49 Addot 50 Sporshly sing 51 Site 52 Oil plant

DOWN 1 Wiggly fish 2 Compass 3 Confederate States Army (abbr.) 4 Espal 5 Songstress 6 Dallas 7 Jewish 8 Rats 9 Right (Fr.) 10 Summer (Fr.) 11 Ram's moses 12 Nautic fabric 13 Woodworking tool 14 Lycopodium 15 Adenolain tri. diaphana (abbr.) 16 City in Florida

18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57

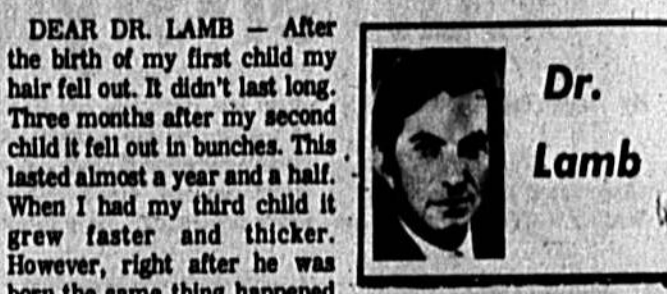
HOROSCOPE by BERNICE BEDE OOL For Thursday, September 15, 1977 YOUR BIRTHDAY Sept. 15, 1977

WIN AT BRIDGE by OSWALD and JAMES JACOBY

SPIDER-MAN AS THE DEPENDENT WEB-SLINGER STRUGLES TO FREE HIMSELF FROM THE AGONY OF ELECTRONIC INTERFERENCE

DOONESBURY AND FRANKLIN D. ROOSEVELT FROM AMERICA'S MOST FAMOUS COMIC STRIP

Woman's Hair Loss Over Child's Birth



DEAR DR. LAMB - After the birth of my first child, my hair fell out. It didn't last long. Three months after my second child it fell out in bunches. This lasted almost a year and a half. When I had my third child it grew faster and thicker. However, right after he was born the same thing happened again. What can be done? I just cannot figure out why when I am pregnant it grows so fast and afterward this happens.

DEAR READER - Many women share your concern. Your hair has a growth cycle from two to six years for each hair. At any one time some of the hair follicles will be resting, not producing a shaft of hair. These follicles are not dead, only sleeping. Normally this represents about 20 per cent of your hair follicles.

WIN AT BRIDGE (continued) NORTH 14 13 12 11 10 9 8 7 6 5 4 3 2 1 WEST EAST (D) 10854 AQ103 1042 WAJ1753 10178 A15 44 A2 SOUTH K112 K10873 North-South vulnerable West North East South Pass 4 N.T. Pass 56 Pass Pass Pass Opening lead - 39

Without Drugs - Psychologist STRESS: There's A Way To Cope With It

STRESS: There's A Way To Cope With It (continued) Stress seems to be one of the major causes of increased prescription drug use and abuse in the nation and in Seminole County, according to local doctors and therapists.

STRESS: There's A Way To Cope With It (continued) Stress situations seem to be used to help a family and job stress in life, according to Hodges and Van Twyler.

STRESS: There's A Way To Cope With It (continued) Stress itself is destructive, with or without the addition of pill popping to cope, agreed Van Twyler.

Evening Herald Sanford, Florida 32771—Price 10 Cents

Sanford To Sheriff: You Go Fly That Plane

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THIS POLICE PLANE WON'T FLY... OR WILL IT?



Lance: My Rights Have Gone Down The Drain

WASHINGTON (AP) - Budget Director Bert Lance, testifying "more in sorrow than in anger," declared to Senate interrogators today that while he may have made mistakes in running his Georgia banks he was engaged in no wrongdoing and no cover-up.

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THANKS, DOC Today

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