

NATION

IN BRIEF

Convicted Draft Resister Says He Won't Register

ROANOKE, Va. (UPI) — A minister's son who became the first man convicted for refusing to register for the draft says he will "follow God" and defy a judge's order to register despite the threat of a six-year prison sentence.

Enten Eller, 20, a clean-cut, straight-A science student at Virginia's Bridgewater College, conducted his own defense in a federal courtroom Tuesday.

While 150 supporters joined hands in front of the courthouse to sing hymns and pray for justice, Eller, the son of a Brethren minister, told Judge James Turk God is a higher authority than the federal government. Eller was put on probation for three years, ordered to do 250 hours of community service, and given 90 days to comply with the law and register for the draft.

Racist Acquitted In Ambush

SOUTH BEND, Ind. (UPI) — Joseph Paul Franklin, an avowed racist already serving life sentences for slaying two black joggers, was found innocent by a federal jury of shooting civil-rights leader Vernon Jordan.

Franklin flashed a "V" for victory sign when the jury, which deliberated a little more than eight hours Tuesday, acquitted him of charges he violated Jordan's civil rights by blasting a hole in his back with a high-powered rifle, nearly killing him, in May 1980, in a motel parking lot.

No one saw who shot Jordan, who was ambushed as he got out of a white woman's car, and the Remington 30-06 rifle used was never located.

Housing, Stocks Set Record

WASHINGTON (UPI) — Two record improvements in the economy — in housing starts and on Wall Street — pleased the Reagan administration.

The number of housing starts increased in July by one-third — the biggest jump since the government began keeping such records in 1959 — because of government subsidies set to end soon, probably in November.

On Wall Street, the Dow Jones stock average rose 38.31 points. The jump in the Dow came on the second busiest day in New York Stock Exchange history — 92.8 million shares were traded — in a buying frenzy sparked by a major breakthrough in interest rates.

Several more banks, notably Citibank, the nation's second largest, announced further half-percent declines to 14 percent in the benchmark prime rate of interest, following the lead Monday of Bankers Trust and other banks, a trend that could eventually touch commercial mortgage rates.

WEATHER

NATIONAL REPORT: Three people trying to outrun floods fed by a second straight day of heavy rains in Tennessee were missing and believed dead, and rescuers searched waters off Annapolis, Mo., for two boaters feared drowned in storms that lashed the Northeast. Arizona rains prompted flash-flood warnings today and a Florida storm Tuesday spawned at least one twister about 10 miles northwest of Fort Pierce. No damages or injuries were reported. The apparent deaths Tuesday in Tennessee brought to five the number of fatalities in two days of storms. Two elderly women drowned Monday when their frame home was swept off its foundations and carried away by rampaging waters. Authorities said damage to roads, bridges and crops would exceed \$10 million. Gusty winds knocked out power to thousands of residential customers in the Washington D.C. area and heavy rains stranded numerous boaters in two bordering rivers. All were rescued by D.C. Harbor Police and no injuries were reported. A storm packing tornado-like winds that "hit all of a sudden" ripped the roofs from eight buildings in Orange, Conn., carried one building across a street, uprooted trees, and left half of the town without electrical power. Up to 8 inches of rain doused the Georgia-Tennessee border area in five hours, erasing homes on Mount Aetna southwest of Chattanooga.

AREA READINGS (9 a.m.): temperature: 79; overnight low: 72; Tuesday high: 90; barometric pressure: 30.00; relative humidity: 79 percent; winds: south at 9 mph; rain: .07; sunrise 6:56 a.m., sunset 8:02 p.m.

THURSDAY TIDES: DAYTONA BEACH: highs, 9:03 a.m., 9:32 p.m.; lows, 2:40 a.m., 2:50 p.m.; **PORT CANAVERAL:** highs, 8:55 a.m., 9:24 p.m.; lows, 2:31 a.m., 2:41 p.m. **BAYPORT:** highs, 2:56 a.m., 2:11 p.m.; lows, 8:24 a.m., 9:16 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet, Out 50 Miles: Wind southeast to south 10 knots or less through Thursday. Seas 3 feet or less. Florida Bay will be smooth to a light chop. Winds and seas higher near scattered showers and thunderstorms.

AREA FORECAST: Considerable cloudiness today with a 70 percent chance of thunderstorms. Highs in the upper 80s. Wind south to southeast 10 mph. Tonight mostly cloudy with a 30 percent chance of thunderstorms early tonight. Variable light wind, Thursday considerable cloudiness with a 60 percent chance of thunderstorms. Highs near 90.

HOSPITAL NOTES

<p>Central Florida Regional Hospital Tuesday ADMISSIONS</p> <p>Sanford: Bessie M. Burkhead Jack R. Crews Jr. Nancy D. Hanstrom Irene A. Miller Myra A. Muse Judith A. Oliver Willie A. Riggins Catherine T. Smith Ruth E. Wurfenberg, DeBary Israel Fishman, Deltona Joseph Nehak, Longwood</p>	<p>Leroy J. Fink, Orange City BIRTHS</p> <p>Steven P. and Wannelta Duffey, a baby boy, Sanford David S. and Leona Pils, a baby boy, Altamonte Springs</p> <p>DISCHARGES</p> <p>Sanford: Betty Ruth Moore Selma E. Sechrest Alice M. Mackeyroy and baby girl Patricia M. Overstreet and baby girl Russell E. McCain, Deltona</p>
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Evening Herald (USPS 481-280)

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Millionaire Winter Park Builder

Suspected Drug Kingpin On Trial

By TENI YARBOROUGH
 Herald Staff Writer

The trial of suspected drug-smuggling kingpin Robert Govern and six associates, including an Altamonte Springs businessman, continued today in U.S. District Court in Ocala.

Govern, 34, a millionaire Winter Park builder, was arrested in April along with Leon Mausser of Altamonte Springs, president of Govern-owned GM Builders Inc. of Winter Park; Steven Liberatore, a Columbus, Ohio entertainment promoter; Keith Gustafson of Key West; Thomas Wilkerson of Lady Lake, Fla.; Chan Ziele, a stereo salesman from Edgewater; and Gabriel Quintero of Ocala. The men were charged with drug possession, conspiracy, racketeering and income tax violations. Three other who were indicted by the grand jury in April have pleaded guilty to their participation in the illegal drug activities.

Assistant U.S. Attorney John Lawlor said in court Tuesday that Govern headed an illegal drug ring importing up to 700,000 pounds of marijuana from South America into the central Florida area and then shipped the drug to storehouses in four southern states for sale between 1977 and 1981, netting more than \$150 million.

Govern's lawyer, Cap Wilson of Gainesville, said the government was basing its case against his client on the testimony of "convicted felons and liars" who agreed to testify against Govern in exchange for a reduction of their own prison sentences.

Since Govern's arrest, the Internal Revenue Service has seized four farms allegedly used as storehouses for the illegal drugs, three homes owned by Govern, and an Orlando apartment complex Dovetail Villas, valued in excess of \$5 million. Drug agents said the properties seized were purchased with profits from the illegal drug-smuggling operation.

Govern, who had been held in the Seminole County jail while

Action Reports

★ Fires

★ Courts

★ Police

awaiting trial in Ocala, was recently married in the jail's courtroom to his long-time girlfriend Bonnie Druminski.

GAS GRILL GRABBED

A gas barbecue grill was stolen from a Longwood woman's home between 5 p.m. Aug. 7 and 2 p.m. Friday.

Patricia Krallinger, 38, 433 Wild Oaks Circle, reported the theft of her grill to deputies.

BURGLARS TAKE BIRD BATH

A white birdbath was stolen from the front lawn of Simone Rohr's home at 121 Lea Ave., Longwood, between 8 p.m. Sunday and 12:30 p.m. Monday, deputies said.

Rohr, 35, said the birdbath is valued at \$20.

TRIO CHARGED WITH FIGHTING

Two Winter Park men and a New York man are free from the Seminole County today on \$500 bond each after deputies arrested them for fighting at a tire store along State Road 436, Casselberry, at 2:22 a.m. Tuesday.

Christopher Delano Bellows, 20, and Robert James MacLeod, 22, both of Winter Park, and Walter Greg Hoekhauser, 22, of Manassas, N.Y. were charged with fighting after deputies observed three men pushing and shoving each other and then wrestling on the ground.

SANFORD ACCIDENTS

The Sanford Police Department reported the following traffic accidents:

—About \$200 worth of damage was caused to a Sanford man's unattended 1977 Pontiac when a hit-and-run motorist struck the vehicle in a Sanford supermarket parking lot at 3:20 p.m. Friday. No injuries were reported and police are still seeking the offender.

—Clifford Clyde, 59, of Sanford, was charged with improper passing after his 1976 Ford collided with a 1979 AMC car driven by Annie Ward, of Lake Mary. About \$200 worth of damage was caused to both vehicles and no injuries were reported. The accident occurred at about 3:53 p.m. Friday at First St. and Myrtle Ave.

—Catherine Multari, 32, of Deltona, was charged with careless driving in a two-car collision at 25th St. and U.S. Highway 17-92 involved a which also involved a car driven by Albert Anderson, 35, of 2217 Alexander Ave., Sanford. About \$1,000 damage was caused to Ms. Multari's 1962 Ford and about \$100 damage to Anderson's 1981 Ford.

MOTORCYCLE MISSING

A \$6,000 Harley Davidson motorcycle was stolen from the parking lot of the ABC liquor store between 4:30 p.m. and 5:45 p.m. Sunday, police said.

Cecil Vernon Maynard, 32, of 819 Rosalia Drive, Sanford, told police he parked his 1977 motorcycle behind the store and upon his return, the vehicle was gone.

ARSON ATTEMPT AT SANFORD HOME

A 65-year-old Sanford woman told police someone set fire to newspapers and boxes stacked on her back porch at about 10 p.m. Monday.

Alzada Wooten, of 91 Castle Brewer Court, said she discovered the fire on her porch and extinguished it prior to calling police. No injuries were reported and the incident is under investigation.

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Men's Sportswear. Shorts - Swimwear Orig. to \$16 Sale 4⁵⁵	Girls' Belts - Handbags Orig. to \$5 Sale 95¢ To 1⁹⁵	Ladies' Sportswear Blouses & Skirts Sale 9⁹⁵	Dried Flowers Star Flowers Bunny Tails Orig. 1.50 Sale 75¢
Men's Belted Styles Orig. to \$24 Sale 12⁵⁵	Toddlers Playwear Sets Orig. to \$8 Sale 5⁹⁵	Ladies' Sports Wear Tops - Slacks Orig. to \$20 Sale 6⁹⁵	Buttons Cards Assorted Orig to 50c Sale 5¢
Men's Hats Straw - Casuals Orig. to 4.99 Sale 95¢	Men's Shimmel Shirts Orig. to 6.50 Sale 4⁰⁵	Buxton® Leather Goods French Purse 11 ⁵⁰ Billfold 15 ²⁵ Cardex 18 ⁷⁵ Check Clutch 22 ²⁵	Canvas Totes Orig. 6.99 Sale 5⁰⁵

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...Sick Doctor Law A Model

Continued From Page 1A
individual from seeking help on his own before the problem gets out of hand.

While physicians aware of peer alcohol and drug abuse problems are concerned about possible harm to patients and the reputation and credibility of the medical profession, they're also concerned about being sued by the doctors they turn in.

Efforts to identify and treat the impaired physician have steadily increased over the past decade. But getting a firm grasp on the national scope of the problem is difficult. While some medical

societies keep records of treatment and success rates, many do not. Still others refuse to share records while in some states committees dealing with the impaired physician problem are in the infantile stage and have been unable to compile a clear assessment of the problem.

In the future, the impaired physician programs face critical issues. One of the most severe is impaired physicians' denial of their problem. Alcoholism experts point to the fact that a significant number of drunk doctors have not been identified.

The biggest problem facing the program, however, is the lack of clearly defined reporting and enforcement procedures within the medical community itself. The absence of civil immunity laws protecting doctors who turn their peers in is considered another major stumbling block to a comprehensive application of the program.

Reconciliation between legislatures, licensing boards and medical societies is necessary to remove the loopholes and

vagueness of laws.

The medical profession acknowledges that more must be done to improve doctors' and their families' awareness of the problem, the danger signs, funding for committees to deal with impaired physicians and better publicity about the problem within the profession.

There have been several encouraging trends during recent years which include the increased usage of statewide hot lines for impaired physicians, educational re-entry programs for impaired doctors returning to practice, and doctors being taught how to cope with stress in medical school and during residency.

Some states even offer financial aid to doctors who cannot afford treatment. The AMA also announced earlier this year that it will set up committees to study the cause of physician suicides and determine who is most vulnerable and how suicide prevention programs can be most effective. Steps that clearly illustrate that perhaps in no other profession that doctors are truly their brother's keepers.

Foxwood Changes Approved

By MICHAEL BUEHA
Herald Staff Writer

The Seminole County Commission has approved over the objections of some residents, a change in the master plan of the Foxwood planned unit development (PUD) on Hunt Club Boulevard near State Road 436, Forest City.

The changes, approved Tuesday by a 3-to-2 vote with Commissioners Bill Kirchhoff and Sandra Glenn voting in opposition, would allow the unit's developer to construct condominiums on a 5-acre tract that had previously been zoned for construction of a church. Another change in the development would allow commercial buildings to locate in a 5.6-acre tract which had previously been designated for offices.

Attorney Kirby Moncreif, Orlando, representing The American Pioneer Development Company, said the firm had experienced difficulty selling those tracts to anyone interested in constructing the type facilities for which they were zoned.

Kirchhoff said approval of the zoning change would set a precedent for other developers establishing planned unit developments in Seminole County.

He said the changes in zoning actually amount to changing the density of the property, a decision that was made when the property was designated as a PUD.

"Why are we increasing the density in a PUD? We've never done that before."

He explained that part of the developer's flexibility in constructing a PUD is exchanged for a decrease in the density. Approving a PUD at one density and later amending that density is a dangerous precedent and eliminates the reason for having PUD's, he said.

A group of Foxwood area residents who opposed the zoning change expressed fear about the kind of buildings which will go into the tract, noting that the areas were zoned for other uses when they bought their property.

"My biggest objection is that the whole thing was submitted with no plan," Rick Brown, a spokesman for the group, said. "We don't know what will go in there."

Mrs. Glenn also voted against the change saying that the homeowners had valid complaints, adding that condominiums and commercial property in Foxwood would significantly increase traffic on the development's roads, she said.

After approval of the zoning changes, commissioners told the homeowners they could have input into the final decision on what will be placed on the property by being present when commissioners are given the development's new site plan.

Murderer Facing Lethal Injection Wins Delay, Supreme Court Hearing

HOUSTON (UPI) — Just seven hours before he was to become the first person in the United States to be executed by injection, a man convicted of killing a city marshal won an indefinite delay of his execution and a hearing before the Supreme Court.

Charles William Bass, 25, had already been taken to the death house in Huntsville Tuesday and officials were preparing to take his order for

a last meal when the 5th U.S. Circuit Court of Appeals, based in New Orleans, issued the stay of execution. "It was a close call," Bass' attorney, Anthony Griffin, said. "A stay is generally granted at the district court level. This is unusual. I've never heard of it before in this kind of case. It's shocking and surprising."

Griffin said. A spokeswoman for the high court said it probably would be weeks before the full court could act on the case.

Bass was scheduled to die by injection at 12:01 a.m. today for the Aug. 16, 1979, shooting of city marshal, Charles Baker.

Five men have been executed since the Supreme Court lifted its ban on capital punishment in 1976. Last

week, Frank J. Coppola, 36, a former police officer was electrocuted.

AREA DEATHS

MRS. DOROTHY E. WASHINGTON
Mrs. Dorothy E. Washington, 62, of Route 1, Box 207 (Markham Road), Sanford, died Thursday at the Central Florida Regional Hospital. Born Feb. 26, 1920, in Warrington, Ga., and has been a resident of Sanford for 42 years. She was a homemaker and member of New Mt. Calvary Missionary Baptist Church.
Survivors include her husband, Ivory L.; two sons, Willie George Washington of Chesapeake, Va., and Edmond R. Washington of Sanford; God-son, Wesley Wright of Hyannis, Mass.; two sisters, Lois Cobb of Covington, Ga., and Edith Williams of Winter Garden; two brothers, Johnny Williams of Atlanta, Ga., and Nathaniel Williams of Covington, Ga.; nine grand-

children and one great-grandchild.
Wilson-Eichelberger Mortuary in charge of funeral arrangements.

four grandchildren.
Baldwin-Fairchild Funeral Home, Goldenrod, is in charge of arrangements.

Funeral Notice

WASHINGTON MRS. DOROTHY E. — Funeral services for Mrs. Dorothy E. Washington, 62, of Route 1, Box 207 Markham Woods Road, Sanford, who died Thursday will be held 1 p.m. Saturday at the New Mt. Calvary M.B. Church, 1115 W. 12th St., Sanford. Rev. G.W. Warren, pastor, in charge. Calling hours for friends will be Friday noon until 4 p.m. at the chapel. Fraternal Rites will be given at the home of the deceased Friday evening. Burial to follow at Restlawn Cemetery. Wilson-Eichelberger Mortuary in charge.

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PEOPLE

Evening Herald, Sanford, Fla., Wednesday, August 14, 1980

Cook Of The Week

Crockpot Ensures KP Freedom

By LOU CHILDERS
Herald Correspondent

Even though she doesn't fancy herself as a great cook, Eva Shelton does have quite a few specialties that have evolved from her kitchen over the years.

"Mainly I like to cook things that are 'quickie foods,' but of course they still have to taste good, too," says this week's cook. Eva has had to turn out a lot of good meals for her family of six since moving to Sanford in 1973.

Besides cooking for her husband, Geve, Eva has three married children: Brenda Lacy, Carol Bertrand and Alan Shelton who have enjoyed things like their mom's special Banana Pudding. Her daughter Treva Lynn, a high school senior this year, loves the great meals that are a result of Eva's crockpot cooking.

"In 1975 I received a crockpot as a gift from the congregation at Trinity Assembly of God in Deltona where my husband was pastoring," explains Eva. From that time on, she has been enjoying the freedom of crockery cooking.

Eva's crockpot came with a cookbook, but she claims she read the recipes, but usually adapted them to the foods her family liked. "I'm just not a cookbook person," she adds. The thing that Eva likes best about her crockpot is that she can put her "main course" on to cook late Saturday evening, and by Sunday at noon, she can come home from church and add a few finishing touches like vegetables, a salad, and a pan of her Easy Corn Bread and her Sunday meal is done.

The two meat recipes that Eva uses most in the crockpot are Roast Beef and Corn Beef and Cabbage.

Eva also has learned that "diet recipes" can taste good. When her husband decided to try the famed "Scarsdale Medical Diet," she discovered a recipe that is so good, you'd never dream it is diet food. Even the name, Apple-Nut Acorn Squash, sounds full of

calories, but it's not, Eva says.

Whether it's crocking, dieting or living it up on Banana Pudding, Eva has a song in her heart (and as those who know her well will tell, sometimes in her mouth) as she clocks off her hours of cooking that is all in a housewife's line of duty.

BANANA PUDDING

Prepare the following pudding and allow to thoroughly cool before assembling the entire banana pudding:

- ¾ cup all purpose flour
 - 2½ cups sugar
 - 6 tablespoons cornstarch
 - ¾ teaspoon salt
 - 9 cups milk
 - 9 eggs yolks, slightly beaten
 - 6 tablespoons butter
 - 6 teaspoons vanilla extract
- Combine flour, sugar, cornstarch and salt in large saucepan. Gradually add milk; blend well. Cook, stirring constantly until thick. Blend about 1 cup of the hot mixture into egg yolks; then add to the hot mixture in saucepan. Cook 1 minute, stirring constantly. Blend in butter and vanilla extract. Cover and cool, stirring occasionally.

Pour a small amount of pudding in the bottom of a 3-quart punch bowl. Slice bananas, and cover pudding. Make a third layer of vanilla wafers. Continue layering, ending with pudding on top. Make one package of instant whipped topping, and frost top of pudding. Optional: Garnish sides of pudding dish with additional vanilla wafers. Yield: 25 servings.

APPLE-NUT ACORN SQUASH

- 1 acorn squash
 - ½ teaspoon salt
 - 1 medium apple, chopped
 - ½ teaspoon lemon juice
 - 5 whole pecans or walnuts, chopped
 - 1 pecan or walnut, halved
 - 1 teaspoon artificial brown sugar sweetener
- Preheat oven to 400 degrees. Cut acorn squash into halves lengthwise and scrape out seeds and fiber.



Herald Photo By Lou Childers

Eva Shelton says she likes to experiment with recipes.

Place halves in baking pan with cut sides down and pour ½-inch of water into pan around them. Bake 20 minutes, or until just tender. Pour off water. Sprinkle salt into squash halves, and fill them with a mixture of the chopped apple, chopped nuts, and lemon juice. Sprinkle sweetener over tops of filled halves. Return to oven and bake 10 minutes, or until filling is piping hot. Serve with ½ nut centered on each half. Serves 1 or 2.

CROCKPOT BEEF ROAST
Place a 5-6 pound top round beef roast in crockpot. Sprinkle top of roast with 1 package dry onion-mushroom

soup mix, and pour 1 bag of water over all. Cook on low setting overnight or at least 12 hours. A good gravy can be prepared by mixing 2 tablespoons cornstarch into ½ cup water and adding to drippings in crockpot. Cook on high for 3 to 5 minutes.

CORN BEEF AND CABBAGE

Place a 5-6 pound garlic cured corn beef brisket in crockpot with juice that it is packed in, and add 1 cup additional water. Cook on high setting for 9 hours. When meat is tender, remove from liquid and slice into thin pieces. Pour liquid from brisket into saucepan and

coarse-cut a head of cabbage into this liquid. Cook on top of the stove about 25 minutes until tender. Put cooked cabbage in a bowl and arrange sliced corn beef on top.

EASY CORN BREAD

2 tablespoons drippings
1½ cups milk
1 egg
2 cups self-rising white corn meal mix
Melt drippings in a 10-inch iron skillet in hot oven. Add milk, eggs and melted drippings to corn meal mix; stir until well blended. Pour into hot prepared skillet. Bake in preheated 425 degree oven for 20 to 25 minutes.

Vocational Business Term To Start

Registration is continuing for Term I, day and evening classes, at the Vocational Business School, Seminole Community College.

Individual instruction is offered in Typing, Advanced Typing (Lanier, Micom, Mag Card I, Memory, and Electronic Typewriters), Office Machine, Introduction to Computers, Bookkeeping I and II, Beginning Shorthand, Dictation and Transcription, Office Procedures, Business Math, Business English-Correspondence, Machine Shorthand, Record Keeping and Machine Transcription. Classes begin Aug. 30.

The registration fee is \$15 a course for Term I, Aug. 30 through Dec. 15. A student

may take a brushup course, a full schedule, or individual classes in office training.

The registration fee for evening classes is \$15 for Monday and Wednesday (7 to 10 p.m.) or Tuesday and Thursday (7 to 10 p.m.).

Registration is Monday through Friday from 9 a.m. to 4 p.m. and in the evening from 6 to 8 p.m. in the Administration Building.

Schedules for classes are available. For further information, telephone 323-1450.

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Rich Rum Butter Enhances Steak

A rum butter rich with shallots, lime juice, pepper sauce and parsley adds to the succulence of a prime steak. The rum butter is inspired by Caribbean cookery, for example, in Jamaica where the island's foods reflect the melange of many different cultures. And, such a sauce does multiple duty since it goes well with poultry and lamb and also can be a dunking sauce for lobster.

STEAK PORT ANTONIO
 1/4 cup dark rum
 1 tablespoon chopped shallots
 1/2 cup butter or margarine (1/4 pound)
 2 teaspoons fresh lime juice
 1/2 teaspoon Tabasco pepper sauce
 1 tablespoon chopped parsley
 4 shell steaks or boneless rib steaks (about 6 ounces each)

In small saucepan, combine rum and shallots, bring to a boil, reduce heat, simmer 2 minutes. Stir in butter, lime juice, pepper sauce and parsley. Place shell steaks under preheated broiler 6 inches from heat, brush with rum butter. Broil 4 minutes, turn steaks, brush again and broil 4 minutes longer. Serve with additional rum butter and pepper sauce, if desired. This kitchen-tested recipe makes 4 servings.

Basic Spicy Sauce

The romance associated with cowboys cooking on the range is so great that it could easily be at the root of our mania for meals prepared and eaten outdoors. The chuck wagon tailgate has its present-day counterpart in the station wagon tailgate. And the cowboy cooks have their counterpart in the neighborhood men building a good fire, maneuvering the charcoal, adjusting the grill and calling — when the meat's done just right — "Come and get it!" The barbecue is the one meal pioneered by men.

SPICY SAUCE
 3 6-oz. cans tomato paste
 3 cans water (2 1/2 cups)
 1/4 cup vinegar
 3 tbsps. Worcestershire sauce
 3 tbsps. butter
 2 tbsps. onion flakes
 2 tbsps. celery flakes
 1 tsp. black pepper
 1/2 tsp. allspice
 1/2 tsp. cinnamon
 1/2 tsp. chili powder
 1 tsp. paprika
 1 tsp. dry mustard
 1/2 tsp. nutmeg
 2 tbsps. barbecue spice
 1/2 tsp. garlic salt
 Dash MSG
 1/4 tsp. red pepper or cayenne, optional

Combine all ingredients in saucepan and mix well; cover. Slowly bring to a boil; reduce heat and simmer 1 hour or longer if time permits. Use to baste ribs, pork chops or chicken. Makes about 5 cups.

BEARD'S BASIC BARBECUE SAUCE
 5 to 7 cloves garlic, chopped
 2 tbsps. coarse salt
 2 onions, finely chopped
 1 cup olive oil or peanut oil
 1 cup tomato sauce
 1 cup Worcestershire sauce
 1 cup red wine vinegar
 1/2 cup brown sugar or honey
 1 tsp. rosemary
 1/2 tsp. thyme
 3 tbsps. chopped green pepper

Press the garlic into the salt and add the onions. Heat the oil in a skillet, add the garlic and onion mixture, and let it wilt down and blend thoroughly. When the garlic and onions are soft, add the remaining ingredients. Bring to a boil, lower the heat, and simmer for 20 minutes. Taste for seasoning. You may strain it if you wish, or put it in the container of an electric blender to get a smooth mixture.

To serve: Use sauce hot or cold with either meat or fish. Baste with it and serve with the finished dish. Makes about 4 and one-half cups.

Variations
 Mexican: Add 3 tablespoons chili powder and a few finely chopped hot chilies to the sauce before cooking. Add a few dashes of Tabasco sauce if you like it extra hot.

Italian: Omit the Worcestershire sauce and the vinegar. Add 1 cup tomato puree, 1 tablespoon fresh basil or dried basil, a pinch of oregano and 1 cup of red wine.

WEIGHT WATCHERS' ALL-PURPOSE SAUCE
 1 can (47 fluid oz.) tomato juice
 3 tbsps. vinegar
 2 tbsps. dehydrated onion flakes
 2 tbsps. prepared mustard
 1 tsp. lemon juice
 1 tsp. Worcestershire sauce

1/2 tsp. garlic powder
 1/2 tsp. barbecue spice
 1/2 tbsps. brown sugar

Combine all ingredients in a saucepan. Heat slowly until reduced to half its volume (it becomes quite thick.) Sauce may be stored in refrigerator and used as a base or marinade as desired on chicken, beef or fish. Makes 1 1/2 pints. Count 1 tablespoon of sauce as 2 tablespoons (1 fluid ounce) tomato juice.

Pantry Pride

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 16oz BOX
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Apple Dessert An Old Favorite

Apple brown betty is an old-fashioned favorite that is enjoyed by a new generation, much as is the classic rice pudding.

APPLE BROWN BETTY
 1/2 cup wheat germ, regular or brown sugar and honey
 1/2 cup fresh bread crumbs (1 slice bread)
 1/4 teaspoon cinnamon
 1/4 teaspoon nutmeg
 2 tablespoons butter or margarine, melted
 1 1/2 cups peeled, sliced apples (2 large)

3 tablespoons packed brown sugar
 1 tablespoon lemon juice
 1 teaspoon grated lemon rind
 3 tablespoons hot water

Combine wheat germ, bread crumbs, cinnamon and nutmeg. Add melted butter, tossing to combine. Set aside. Combine apples, sugar, lemon juice and rind. Mix well to coat apples. Place 1 tablespoon wheat germ mixture in each of three 10-ounce custard cups. Divide apple mixture into 3 portions. Repeat portion equally into custard cups. Repeat layers of wheat germ

Evening Herald, Sanford, FL. Wednesday, Aug. 18, 1982—18

and apples twice. Top with remaining wheat germ mixture. Add 1 tablespoon hot water to each custard cup. Cover with foil. Bake at 350 degrees for 15 minutes. Uncover and bake 10 minutes longer. Serve warm with ice cream, whipped cream or cream if desired. This kitchen-tested recipe makes 3 servings.

NOTE: Dessert may be baked in 1-quart casserole. Bake, covered at 350 degrees for 25 minutes. Uncover and bake 15 minutes longer.

Better, So More?



Pantry Pride

PRICES EFFECTIVE WED., AUG. 18
THRU TUES., AUG. 24, 1982.

Tasty Cheese Tray

Maybe it's time to try some new ideas for refreshments when friends drop in, come to a bridge party or a committee meeting. Instead of a fancy dessert or a tray of rich sandwiches, offer them a tasty tray of lower-calorie sandwiches made with cottage cheese.

These cottage cheese spreads may be made in advance, as well as their garnishes and their breads set out, covered, but ready to use. You can then assemble and refrigerate the sandwiches shortly before guests arrive.

The Open-Face Triple Decker Sandwich is a savory blend of cottage cheese, shredded carrots and chopped nuts, spiced with cloves and a bit of parsley. It starts with a toasted, buttered English muffin half, topped with a slice of cooked ham, then a pineapple ring and finally, a crown of the cheese mixture.

OPEN FACE TRIPLE-DECKER SANDWICH
 1 cup cottage cheese
 1 cup grated raw carrots
 One-third cup chopped nuts
 1/4 cup finely chopped fresh parsley
 1/2 teaspoon salt
 Dash of cloves (optional)
 4 English muffins, split, buttered and toasted
 8 slices cooked ham (about 1/4-inch thick)
 1 can (1 lb. 4 oz.) pineapple slices, drained (8 slices)

Beat cottage cheese in a small mixing bowl until smooth. Blend in carrots, nuts, parsley, salt and cloves; set aside. To assemble sandwiches, on individual serving plates layer English muffin half, a slice of ham and a slice of pineapple. Spoon about 3 tablespoons cottage cheese mixture on top of pineapple. Yield: 8

MUSTARD COTTAGE CHEESE SANDWICH SPREAD
 1 cup cottage cheese
 2 tablespoons prepared mustard
 1/2 teaspoon salt
 1/4 teaspoon vinegar

Beat cottage cheese in a small mixing bowl until fairly smooth. Blend in mustard, salt and vinegar. Serve as a spread on ham or cheese sandwiches. Yield about 1 cup.

DATE NUT SANDWICH FILLING
 1 cup cottage cheese
 1/2 cup finely chopped dates
 1/2 cup raisins
 One-third chopped pecans
 1/2 teaspoon salt
 Boston brown bread

Beat cottage cheese in a small mixing bowl until fairly smooth. Blend in dates, raisins, pecans and salt. Use as a filling between slices of buttered, toasted Boston brown bread. Yield: one or two-thirds cups.

CHEESY VEGETABLE SANDWICHES
 two-thirds cup dairy sour cream
 one-third cup chunky peanut butter
 1/2 teaspoon celery salt
 1 1/2 cups (6 oz.) shredded Provolone OR Swiss cheese
 1 cup shredded carrot (3 medium-sized carrots)
 1/2 cup chopped nuts
 1/2 cup chopped celery
 12 slices white bread
 1/4 cup (1/2 stick) butter, melted
 Leaf Lettuce

Combine sour cream, peanut butter and celery salt until well blended. Stir in cheese, carrot, nuts and celery until well combined. Chill, covered, 2 to 3 hours to allow flavors to blend. To serve, toast bread on both sides; lightly brush one side of each slice with melted butter. Cover 6 slices with lettuce. Spread cheese mixture over lettuce. Top with second slice of toast, buttered side facing filling. Serve immediately with Pineapple Frosty.

Yield: 6 sandwiches

LARGE MEATY TURKEY DRUMSTICKS
 BONUS BUY
 OVER 5 LBS
39¢ LB
 SAVE 30¢ PER LB

BLADE CUT CHUCK ROAST
 BONUS BUY
 CHOICE BEEF
\$1.38 LB
 SAVE 60¢ PER LB

SLICED BEEF LIVER
 BONUS BUY
 OVER 3 LBS
49¢ LB
 WHOLE. SLICE YOUR OWN 10 TO 12 LBS
Beef Liver 39¢ LB

MARKET STYLE SLICED BACON
 BONUS BUY
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 OVER 5 LBS
59¢ LB
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BEEF UNDERBLADE CALIFORNIA ROAST
 BONUS BUY
 CHOICE BEEF
\$1.78 LB
 SAVE 90¢ PER LB

COTTAGE BRAND SMOKED SAUSAGE
 BONUS BUY
 5 LB PKG.
99¢ LB
 SAVE 40¢ PER LB

BLADE CUT CHUCK STEAK TWIN PACK
 BONUS BUY
 CHOICE BEEF
\$1.68 LB
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Freezer Queen . . . \$1.39 40

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 EVERYDAY LOW PRICE
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 EVERYDAY LOW PRICE
2/\$1 150 COUNT
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 EVERYDAY LOW PRICE
99¢ 3 UNIT
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 BONUS BUY
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 SAVE 30¢ PER LB

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 GEL 5.25oz, PASTE 6oz
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\$1.79 WITH 2 VEG AND A ROLL
 SAVE 20¢ IN THE DELI-BAKERY STORES ONLY

FRESH MADE CREAM PIE
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 SAVE 30¢ IN THE DELI-BAKERY STORES ONLY

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COUNTRY SQUIRE
Bread (BAR-B-QUE) . . . 2/89¢ 10

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PANTRY PRIDE
Apple Pie \$1.29 10

COMPARE FROZEN EVERYDAY LOW PRICE SAVE

PANTRY PRIDE - FROZEN
Potatoes (RIBOIST) . . . 69¢ 20

FROZEN - BOWL IN BAGS SLICED BEEF, SAUSAGE, STEAK, SLICED TURKEY, CHICK & LA KING, CHAIR BROS, VEAL, PARM OR CREAM CHIP BEEF
Freezer Queen . . . 3/\$1 47

PANTRY PRIDE - FROZEN PINK OR REGULAR
Lemonade 4/\$1 16

FROSTY ACRES - FROZEN CHOPPED OR LEAF
Spinach 3/\$1 30

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COTTON SWABS
Q-Tips \$1.19 40

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OLD FASHION GERMAN STYLE
Bologna 99¢ 30

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Pork Sandwich . . . 99¢ 20

OUR FAMOUS FRESH BAKED RING GLAZED
Donuts . . . 12/\$1.69 30

10¢ OFF J.R. 401 601
GOLD MEDAL FLOUR
 PLAIN OR BELF RISING
 5 LB BAG
 WITH THIS COUPON GOOD THRU WED., AUG. 25, 1982.

20¢ OFF J.R. 405 605
MASTER BLEND COFFEE
 E.P. OR A.D.C.
 13oz CAN
 WITH THIS COUPON GOOD THRU WED., AUG. 25, 1982.

35¢ OFF J.R. 400 600
SEALTEST ICE CREAM
 HALF GALLON
 WITH THIS COUPON GOOD THRU WED., AUG. 25, 1982.

SAVE 20¢ CASH J.R. 401 601
COKE, SPRITE, TAB, MR. PIBB OR MELLO YELLO
 8 PAK 16oz BTL
 PLUS DEPOSIT
 YOU PAY \$1.19 WITH THIS COUPON GOOD THRU WED., AUGUST 25, 1982.

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- 1 Pick up free Super Bonus Certificates at our checkout counters
- 2 You get 1 Super Bonus Stamp to every \$1 you spend. Paste 25 Super Bonus Stamps on each certificate
- 3 When you check out, present one filled Super Bonus Certificate to reach Super Bonus Special you select!

SUPER BONUS SPECIAL

SUPERBRAND GRADE 'A' **LARGE EGGS**

DOZ. **19¢**

1 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

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

2 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

CHEK **DRINKS**

2-LTR. BOTTLE **1¢**

3 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

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3-LB. CAN **\$1.59**

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SUPER BONUS SPECIAL

SCOTT **TOWELS**

BIG ROLL **9¢**

5 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

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32-oz. BTL. **69¢**

6 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

W-D BRAND IN THE HANDI PAK **GROUND BEEF**

1-LB. PKG. **89¢**

7 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

SUPER BONUS SPECIAL

SUPERBRAND HOMOGENIZED, LO-FAT OR SKIM **MILK**

GAL. **\$1.69**

8 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 19-21, 1982

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

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PRICES GOOD AUGUST 19-21, 1982

PLAY double up BINGO

WIN UP TO \$2,000

ODDS CHART: AS OF AUGUST 8, 1982

ODDS	NO. OF TICKETS	ODDS	NO. OF TICKETS	ODDS	NO. OF TICKETS
1:100	100	1:100	100	1:100	100
1:200	200	1:200	200	1:200	200
1:300	300	1:300	300	1:300	300
1:400	400	1:400	400	1:400	400
1:500	500	1:500	500	1:500	500
1:600	600	1:600	600	1:600	600
1:700	700	1:700	700	1:700	700
1:800	800	1:800	800	1:800	800
1:900	900	1:900	900	1:900	900
1:1000	1000	1:1000	1000	1:1000	1000

\$2,000.00 WINNER
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U.S.D.A. CHOICE BEEF SAVE 20¢

USDA CHOICE HEART OF THE RIB WHOLE UNTRIMMED **BONELESS DELMONICOS**

10 to 12 LB. AVG. **\$4.49**

1 LB. **SAVE 10¢ - USDA CHOICE UNTRIMMED WHOLE BONELESS (14 to 16 LB. AVG.) N.Y. Strip . . . lb. \$4.29**

W-D BRAND 100% PURE IN THE 10-LB. HANDI PAK SAVE 40¢

GROUND BEEF

10-LB. **\$1.19**

SAVE 20¢ - W-D BRAND USDA CHOICE BEEF LOIN BONE-IN SIRLOIN **Steak lb. \$3.29**

USDA GRADE 'A' FROZEN W-D BRAND SELF-BASTED SAVE 10¢

BAKING HENS

4 to 6 LB. AVG. **59¢**

SAVE 20¢ - FAMILY PAK DRUMSTICKS OR **Thighs lb. 94¢**

PINKY PIG FRESH AND SMOKED ECONOMY SAVE 40¢

PORK CHOPS

5 BLADE & 5 SIRLOIN **\$1.59**

SAVE 20¢ - FRESH PORK LOIN SPLIT FOR **Country Style Spareribs lb. \$1.99**

USDA GRADE 'A' W-D BRAND (10 to 16 LB. AVG.) SAVE 10¢

Broadbreasted TURKEYS

10 to 16 LB. **79¢**

SAVE 30¢ - HICKORY SWEET BONELESS **SMOKED FULLY COOKED (2-8 LB. AVG.) Buffet Ham . . . lb. \$2.29**

SAVE 37¢ ON 2

LEMON-LIME OR ORANGE GATORADE

32-oz. BTL. **\$1.09**

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

BEECH-NUT Strained SAVE 15¢

BEECH-NUT REGULAR OR STRAINED BABY FOOD

4 1/2-oz. JARS **\$1.00**

DIXIE DARLING WIENER OR HAMBURGER **Buns 2 PKGS. 89¢**

REGULAR OR LIGHT SCHLITZ BEER SAVE 34¢

Limit two 6-pks. w/\$5.00 or more purchase excl. cigs.

6 PAK 12-oz. CANS **\$1.99**

SAVE 50¢ - ALL VARIETIES CARLO ROSSI **Wines 3-LTR. \$5.49**

Lilac SAVE 20¢

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42-oz. BOX **99¢**

ARROW FABRIC **Softener 64-oz. BTL. \$1.49**

Lipton SAVE 20¢

LIPTON FAMILY SIZE TEA BAGS

24-CT. PKG. **\$1.59**

SAVE 34¢ ON 3 - THRIFTY MAID WHOLE KERNEL OR CREAM STYLE **Corn 3 16-oz. CANS \$1.00**

SAVE 80¢

SUPERBRAND ORANGE JUICE

HALF GAL. **99¢**

SAVE 10¢ - HARVEST FRESH WHITE **Grapes lb. 89¢**

10-LBS. NET WT. HARVEST FRESH U.S. No. 1 WHITE POTATOES SAVE 40¢

WHITE POTATOES

10-LB. BAG **\$1.39**

SAVE 20¢ - HARVEST FRESH **Tomatoes lb. 59¢**

SAVE 20¢

SUPERBRAND FUDGE BARS OR TWIN POPS

12-PAK PKG. **99¢**

KOUNTRY FRESH PRESTIGE (ASSORTED FLAVORS) **Ice Cream . . . HALF GAL. \$2.39**

Minute Maid SAVE 8¢

MINUTE MAID ORANGE JUICE

16-oz. CAN **\$1.49**

DIXIANA **Honey Buns . . . 11-oz. 99¢**

SAVE 59¢ ON 4

SWISS STYLE ASSORTED FLAVORS SUPERBRAND YOGURT

4 8-oz. CUPS **\$1.00**

SAVE 10¢ - SUPERBRAND SOUR **Cream 16-oz. CUP 99¢**

Microwave Magic

Stuffed Eggplant A Great Meal-In-One

A friend recently gave me a beautiful eggplant from her garden. Usually I have sliced, breaded and deep-fried or pan-fried this vegetable, but I decided to investigate how I could put my microwave oven to use.

I have heard people say they prepared eggplant as a stuffed vegetable. That sounded like it should be baked, and if it can be baked in the conventional oven it can be baked in the microwave oven.

This recipe I found turned out to be a great meal-in-one dish, and such a change from the usual fried eggplant.

STUFFED EGGPLANT—MICROWAVE

- 1 medium eggplant
- 1/2 lb. ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 1/2 unpeeled cucumber, chopped
- 1/2 green pepper, chopped

Midge Mycoff

Home Economist
Seminole Community College



Microwave 100 percent power, uncovered, 2-3 minutes or until meat cooks. Stir to break meat into small pieces; drain. Drain eggplant and scoop out center leaving 1/4-inch shell. Chop the eggplant. Combine 1 1/2 cups chopped eggplant, onion, garlic, cucumber and green pepper in a 4 cup glass measure. Cover with plastic wrap. Microwave 100 percent power 4-5 minutes or until almost tender; drain. Stir into ground beef. Add tomato sauce, salt, Italian seasoning, basil and pepper; mix well.

Spoon into eggplant halves, mounding as necessary.

Place in 8 inch square glass baking dish. Cover with wax paper. Microwave 100 percent power 7-8 minutes or until eggplant is tender. Sprinkle with cheese. Microwave 100 percent power uncovered, 1/2 to 1 minute or until cheese is melted. Using two spatulas, gently lift eggplant onto serving plate.

Tip: add 1 tablespoon salt to 2 quarts water for salt water in which to soak eggplant.
Next week: Peaches.



Chicken Enchiladas have homemade corn meal crepes (tortillas).

New Twist To Chicken Every Sunday

Chicken every Sunday once meant the family sitting down to a roasted or stewed chicken replete with mashed potatoes, biscuits and gravy.

Chicken continues as a mainstay in menus, but now is served several times a week. It is still a less-expensive source of good protein and also a source of lower cholesterol. Most chicken dishes are easy to prepare, too.

However, chicken now appears at the table in many ethnic recipes, reflecting the widening interests of American in foods from all areas.

Especially popular are Mexican-style foods. Here is a chicken enchilada dish that features easy-to-make corn meal crepes or tortillas. It can be a party or family dish.

CHICKEN ENCHILADAS CREPES:

- 1 cup milk
- 3/4 cup enriched corn meal
- 1/2 cup all-purpose flour
- 2 eggs
- 1/2 teaspoon salt

FILLING AND TOPPING:

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- One 10 1/2 ounce can condensed chicken broth
- 1 tablespoon instant minced onion
- 1 tablespoon dried parsley flakes
- 1 tablespoon lemon juice
- 2 teaspoons chili powder
- 2 cups chopped cooked chicken
- One 16-ounce can refried beans
- One 10-ounce can enchilada sauce

For crepes: In medium bowl, combine all ingredients, mixing until batter is fairly smooth. Let stand 10 minutes; stir. Heat 6 to 7-inch crepe pan or skillet over medium-high heat. Grease lightly. For each crepe, pour about 2 tablespoons batter into a hot, prepared pan. Immediately tilt pan to coat bottom evenly with thin layer of batter. Cook 45 seconds or until top looks dry. Turn; cook about 20 seconds. Stack crepes between sheets of wax paper. Makes 12 crepes.

For filling and topping: In medium saucepan, melt butter; blend in flour. Add chicken broth, onion, parsley, lemon juice and chili powder. Bring to a boil; cook 1 minute, stirring constantly, or until thickened. Add chicken and beans; mix well.

Heat over to 350 degrees. Spoon about one-third cup chicken mixture across center of each crepe; roll up. Arrange filled crepes in ungreased 13-by-9-inch baking dish. Spoon enchilada sauce over crepes; cover with foil. Bake about 25 minutes or until heated through. Serve with sour cream and pepperoncinis or chili peppers. Garnish with chopped tomato, avocado or ripe olive slices, if desired. This kitchen-tested recipe makes 12 enchiladas.

Packaged Spuds Make Easy Meals

Prepared packaged or frozen potatoes help make a quick meal in these days of busy schedules.

A scalloped potato dinner is a one-dish meal that includes ham, green beans and tomatoes.

Soup lovers will enjoy a potato vegetable soup that is a complete meal when rounded out with a green salad, fresh bread and dessert. Try blending leftover potato vegetable soup and serve it chilled as a first course or for lunch on a hot summer's day.

SUPER SCALLOPED POTATO DINNER

- 1 package (5.5 ounces) Idaho scalloped potatoes
- 1 cup diced cooked ham
- 1 cup fresh green beans, cut in 1-inch pieces (1/4 pound)
- 2 tomatoes, peeled and sliced
- 1 1/2 cups boiling water
- 3/4 cup milk

In 2-quart casserole, lightly mix potatoes, ham, green beans and tomatoes. Sprinkle with seasoning mix. Pour water and milk over all. Bake in 375-degree oven 30 minutes, according to package directions. This kitchen-tested recipe makes 4 servings.

POTATO VEGETABLE SOUP

- 1 tablespoon butter or margarine
- 3/4 cup thinly sliced celery
- 2 cans (13 1/2 ounces each) chicken broth
- 2 tomatoes, peeled, seeded and chopped or 1 can (8 ounces) tomatoes
- 1/2 cup chopped parsley
- 3/4 teaspoon dried leaf marjoram
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups frozen Idaho hash brown potatoes
- 1 1/2 cups cooked vegetables (green beans, carrots, lima, peas)

In a large saucepan, melt butter. Add celery and cook 5 minutes over medium heat, until tender. Add chicken broth, tomatoes, parsley, marjoram, salt and pepper. Cover and simmer over medium heat 20 minutes. Add potatoes and vegetables. Cover and cook 10 minutes longer. This kitchen-tested recipe makes 8 servings.

THIS AD EFFECTIVE THURSDAY, AUG. 19 THRU WEDNESDAY, AUG. 25 1982... CLOSED SUNDAY...

STAMP PRICE SPECIALS

19¢ 46-OZ CAN DOLE PINEAPPLE GRABBER FRUIT PINEAPPLE PINK GRAPEFRUIT Drink	9¢ 14-OZ BOTTLE HUNT'S Tomato Ketchup	29¢ 6 1/2-OZ. IN WATER OR OIL, CHUNK LIGHT STAR KIST Tuna	6 99¢ 12 OZ CANS REGULAR DIET SOFT DRINKS Shasta	\$1.49 12 BARS FROZEN ASSORTED JELL O Pudding Pops	\$1.19 1 LB PKG PALM RIVER UNBLEACHED ALL PURPOSE SELF RISING BREAD UNBLEACHED SELF RISING Flour	29¢ 5-LB BAG PELLERBURY UNBLEACHED ALL PURPOSE SELF RISING BREAD UNBLEACHED SELF RISING Flour
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Back-to-School Begins at Publix.

It's easy to get ready for back-to-school, because Publix has almost everything we need... paper, pencils, notebooks, after school snacks.

Don't forget our Deli for delicious take-along lunches.

Here are "my brown bags" for my lunches, Mom.

FREE FILM

FOR YOUR SUMMER SALADS AND SANDWICHES WESTERN

Iceberg Lettuce large head 49¢

Swift Premium Ham

\$1.69

GALLON SIZE DAIRY-FRESH HOMOGENIZED, 2% LOW FAT, SKIM Milk

With One Publix Stamp Price Saver Booklet...

SWIFT'S PREMIUM BONELESS Canned Ham 3-lb. can \$5.99

SAVE \$1.00 CALIFORNIA CELLARS CHABLIS, ROSE, RHINE, BURGUNDY Wine 1.5-liter bottle \$4.69

FOR SNACKS OR SALADS Seedless Grapes per lb. 69¢

SAVE 29¢ PUBLIX SPECIAL RECIPE Honey Bran Bread 20-oz. loaves 2 \$1.29

Deli

Cuban Sandwich each \$1.79

Zesty Flavored Chicken Salad half \$1.69

Ready-to-take-out Southern Fried Chicken 9 pc \$3.59

Plain, Poppy or Seeded Italian Bread per loaf 79¢

Fresh-Baked Pumpkin Pie each \$1.79

Coconut Custard Pie each \$1.79

Hot from the Deli! Pepper Steak per lb. \$3.69

Macaroni & Cheese per lb. \$1.79

Seafood

Seafood Treat, Medium (51 to 60-ct.) Shrimp per lb. \$5.29

Seafood Treat, Frozen Trout Fillet per lb. \$1.39

Seafood Treat, Frozen Perch Fillet per lb. \$1.89

Sliced Beef Liver per lb. 79¢

Swift's Premium Boneless Hostess Ham per lb. \$3.39

Swift's Premium (White Meat) Turkey Roast 2-lb. pkg. \$3.59

Swift's Premium (Light & Dark Mix) Turkey Roast 2-lb. pkg. \$3.19

Swift's Premium (Dark Meat) Turkey Roast 2-lb. pkg. \$2.59

Swift's Premium Turkey Roast Ham 2-lb. pkg. \$3.49

Swift's Premium Sliced Pickle & Pimento Loaf, Spiced Luncheon or Bologna 6-oz. pkg. 79¢

Swift's Premium Stick Braunschweiger per lb. \$1.19

Rath Blackhawk Meat or Beef Weiners 1-lb. pkg. \$1.69

Sunnyland Sliced Cooked Ham 10-oz. pkg. \$2.39

Eckrich Smoked Kielbasa per lb. \$2.59

Buddig (All Varieties) Chipped Meats 2 1/2-oz. pkg. 49¢

Oscar Mayer Meat or Beef Weiners 1-lb. pkg. \$1.69

Jimmy Dean Pork Mild, Hot or Sage Sausage 1-lb. bag \$1.99

U.S.D.A. CHOICE BONELESS BEEF Round Steak per lb. \$2.19

U.S.D.A. CHOICE BONELESS BEEF Top Sirloin Steak per lb. \$2.99

U.S.D.A. CHOICE BEEF Top Sirloin Butt per lb. \$2.69

KOSHER OR GENUINE DILL Vlasic Pickles 46-oz. jar 99¢

SAVE 20¢ IN NATURAL JUICE, PUBLIX SLICED, CRUSHED, CHUNK Pineapple 20-oz. can 59¢



Chicken And Fruit Salad is an innovative combination.

Start With Quality For Salads As Easy As 1-2-3

The newest trend in American eating is nutritious cold foods, according to the current Yankelovich Monitor, a national survey of changing lifestyles.

Salads that start with refreshing California table grapes and quality Swanson canned chicken fit this bill perfectly. They can be made ahead and chilled so they are ready for a party, a picnic or a patio gathering with a minimum of fuss. Innovative use of these two basic ingredients in each of these salads makes an elegant difference.

Wonderful for an informal luncheon, Chicken and Fruit Salad combines tender chicken, grapes, seasonal berries and banana. A honey-kissed dressing tops it off. Serve with fancy rolls, specialty teas and a rich custard or cookies for dessert.

Another time, bring on Grape and Chicken Tossed Salad. An interesting twist on the standard tossed green salad, this satisfying version goes together fast. Crusty rolls and an assortment of cheeses may be all you need to make an entree of this delectable salad.

Layered Chicken-Grape Salad, ideal as a first course or meal accompaniment, boasts unusual flavor and texture combinations in a popular layered salad. This easy-to-transport salad would also be well-received at potluck dinners or picnics. Just keep thoroughly chilled in an ice chest until serving time. A quick toss with the zesty mustard dressing and you're set.

Canned chunk chicken is the perfect convenience food to keep on hand year-round. Easy to add to salads, appetizers or entrees, canned chunk chicken is always ready to use at a moment's notice.

California table grapes, harvested ripe and ready to eat, may be enjoyed immediately or refrigerated in plastic bags for a few days.

CHICKEN AND FRUIT SALAD

- 2 cans (5 ounces each) chunk or chunk white chicken
2 cups grapes, seeded if necessary
1 cup strawberries, cut in half
1 large banana, sliced
1/2 cup mayonnaise
1 tablespoon lime juice
1/2 teaspoon honey
Drain chicken, reserving broth. Toss chicken with grapes, strawberries and banana. Combine reserved broth, mayonnaise, lime juice and honey. Serve over chicken mixture. Makes about 4 1/2 cups, 4 salad servings.

GRAPE AND CHICKEN TOSSED SALAD

- 1/4 cup salad oil
2 tablespoons vinegar
1/2 teaspoon sugar
1/4 teaspoon oregano leaves, crushed
1/4 teaspoon basil leaves, crushed
Dash pepper
4 cups lettuce, torn in bite-size pieces
1 can (5 ounces) chunk chicken
1 cup grapes, seeded if necessary
2 slices bacon, cooked and crumbled
1/2 cup croutons

To make dressing, combine salad oil, vinegar, sugar, oregano, basil and pepper. Toss lightly with remaining ingredients. Makes about 5 cups, 4 or 5 salad servings.

LAYERED CHICKEN-GRAPE SALAD

- 1 can (5 ounces) chunk chicken
3 tablespoons salad oil
1 tablespoon white wine vinegar
1 tablespoon lemon juice
1/4 teaspoon dry mustard
1/4 teaspoon ground ginger
1/4 teaspoon pepper
Dash garlic powder
1 cup red or green grapes, seeded if necessary
2 cups lettuce, cut in long thin strands
2 cups bean sprouts
1/4 cup diagonally sliced green onions
1/4 cup jicama, cut in 2-inch thin sticks (optional)
Drain chicken, reserving broth. To make dressing, combine reserved broth, salad oil, vinegar, lemon juice and seasonings. In serving bowl, layer chicken and grapes with remaining ingredients. Serve with dressing. Makes about 5 cups, 4 or 5 appetizer or salad servings.

MACARONI VEGETABLE SALAD

- 2 cups (7 ozs.) elbow macaroni, cooked, drained
2 cups chopped cabbage
1 cup chopped tomato
1/2 cup chopped green pepper
Coleslaw dressing
Combine macaroni, cabbage, tomatoes, green pepper and enough dressing to moisten; toss lightly. Chill. Add additional dressing before serving, if desired. Serve in bowl lined with cabbage leaves. 6 to 8 servings.

FAMILY SUPPER SALAD PLATE

- 2 peeled nectarines, peeled peaches or plums; sliced
2 cups cantaloupe, honeydew or watermelon balls
1 avocado, pared and sliced
1 medium cucumber, cut in spears or 2 cups salad greens, torn into bite-size pieces
1 tomato, cut in wedges, or 1 cup cherry tomatoes
12 whole radishes or seedless green grapes
1 small red onion, thinly sliced or 8 scallions, trimmed
1 green pepper, seeded and cut in strips
1/2 pound, thinly sliced, cooked chicken, turkey, ham or other luncheon meat
1/2 pound sliced Swiss, American or Muenster cheese
On a large platter arrange fruits, vegetables and sliced meats and cheese. Serve with Creamy Curry Dressing, and slices of whole grain bread. This kitchen-tested recipe makes 4 servings.

CREAMY CURRY DRESSING

- 1/2 cup sour cream
1/2 cup mayonnaise
1 tablespoon honey
3/4 to 1/2 teaspoon curry powder
1/4 teaspoon salt
In a small, bowl, stir all ingredients until smooth. This kitchen-tested recipe makes 1 cup dressing.

GOLDEN GATE SALAD

- 1 12-oz. pkg. frozen shrimp, cooked
2 cups sliced fresh mushrooms
1 green pepper, cut in strips
two-thirds cup French dressing
2 cups (8 ozs.) cubed natural brick cheese
Lettuce
Marinate shrimp, mushrooms and green pepper in dressing for several hours. Add cheese; mix lightly. Serve on lettuce. 6 servings.

PLUM AND PEACH SUMMER SALAD

- 1 pound red potatoes, cooked and sliced
1/4 pound red onions, thinly sliced
1 pound green beans, steamed for 12 minutes or until tender-crisp and drained well
Mustard Vinaigrette Dressing
Frisly lettuce
3 fresh California peaches, cut into wedges
6 fresh California plums, cut into wedges
1/4 pound feta cheese, cut into 1/2-inch cubes (optional)
2 tablespoons capers, (optional)
Arrange potatoes, onions and green beans separately on a tray. Drizzle with 1/2 cup Mustard Vinaigrette Dressing and marinate for several hours if possible. Line a large platter with lettuce. Arrange peach and plum wedges in a ring on lettuce. Arrange cheese, potatoes, onions and beans inside ring. Sprinkle potatoes with capers. Drizzle remaining 1/2 cup Dressing over all. Makes 6 servings.
Mustard Vinaigrette Dressing: Combine 2-3rd cup white wine vinegar, 2 tablespoon Dijon mustard, 1/2 teaspoon salt, 1/4 teaspoon peppr and 1 medium clove garlic in electric blender. Whirl to blend. Slowly add 1 cup vegetable oil while blending at low speed. Stir in 1 teaspoon basil (crumbled) and 1/2 teaspoon thyme. Makes 1 cup.
Place potatoes in a large pan of boiling water. Return to boil and cook 15 minutes or until tender. Drain. When cool enough to handle, cut into 3/4-inch slices. Place in a bowl and toss with 2 tablespoons white wine or chicken stock, if desired.

OUR BONUS TO YOU

300



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WHEN YOU CLIP AND REDEEM THESE BONUS COUPONS

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Crackers 79c
Sunshine Cinnamon Grahams, Double Chocolate or Peanut Butter Creamers
Cookies 89c
Sealtest Light 'n Lively Assorted Ice Milk \$1.59
Plain or Krispy Klondike Bars \$1.79
F&P Tomato Sauce 49c
B&M Baked Beans \$1.09
Lite Wish-Bone Creamy Cucumber, Italian, Chunky Blue Cheese or Russian Salad Dressing 78c
Duncan Hines Assorted Deluxe II Cake Mix 88c
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Jell-O 59c
Tetley Family Size Tea Bags \$1.39
Success Rice 73c
Publix Pineapple Juice 99c
Jim Dandy Dog Ration \$6.39

SCHOOL 'N SPORT KEEBLER ELF TOTE BAG
DETAILS IN OUR STORE

This week's Wexford Crystal feature
FOOTED WINE JUICE 69c EACH
Other good August 18-25

COUPON 1 (Effective Aug. 19-25, 1982)
100 EXTRA GREEN STAMPS
with coupon and purchases of \$7.50 to \$14.99, excluding all tobacco products.

COUPON 2 (Effective Aug. 19-25, 1982)
200 EXTRA GREEN STAMPS
with coupon and purchases of \$15.00 to \$29.99, excluding all tobacco products.

Dairy Dairy

- Breakfast Club Regular Quarters
Corn Oil
Margarine 2 1-lb. ctns. 99c
Pillsbury Big Country Buttery or Buttermilk Biscuits 3 5-ct. cans 89c
Dairy-Fresh Assorted Swiss-Style Yogurt 3 8-oz. cups 89c
Dairy-Fresh Half & Half 3 32-oz. ctns. \$1.09
Kraft Sliced Old English Cheese 8-oz. pkg. \$1.29
Kraft Individually-Wrapped Sliced Cheese, Natural Mozzarella 8-oz. pkg. \$1.29
Kraft Individually-Wrapped Cheese Food, Sliced American 16-oz. pkg. \$2.29
Wisconsin Cheese Bar Mild Brick or Muenster 2 per lb. \$2.57
Wisconsin Cheese Bar Sharp or Medium Cheddar, Monterey Jack, Mild Longhorn Cheddar or Mozzarella 8-oz. pkg. \$1.29
Sealtest Light 'n' Lively Lowfat or Small Curd Cottage Cheese 12-oz. cup 79c
Breakstone Temp-Tee Whipped Cream Cheese 8-oz. pkg. 99c

- Stokely Orange or Lemon Lime Gatorade 48-oz. bottle 89c
Stokely Orange or Lemon Lime Powdered Gatorade 8-oz. pkg. 89c
Hunt's Fruit Cocktail 2 15-oz. cans \$1
Hunt's Halved or Sliced Peaches 2 15-oz. cans \$1
Green Giant Whole Kernel or Cream Style Golden Corn 2 17-oz. cans 88c

Orange, Lake, Seminole, & Osceola Counties Only!
PLUS TAX & DEPOSIT DIET RITE, RC 100 DECAFFEINATED OR REG.
RC Cola 3 32-oz. bts. 87c
Stroh's Beer six-pack \$2.15



1st PRIZE \$1000
2nd PRIZE \$500
3rd PRIZE \$100
SUN & SEASONS
White Cloud Assorted Bath Tissue 4 pk. \$1.19
Laundry Detergent Era Liquid 64-oz. bottle \$3.49
Laundry Detergent Powder Gain 49-oz. pkg. \$1.89
Assorted Paper Bounty Towels large roll 79c

SAVE 36c REGULAR, ADC OR DRIP MAXWELL HOUSE
Coffee 1-lb. bag \$1.88

SAVE 31c BLUE BONNET REGULAR
Margarine Quarters 1-lb. ctns. 2.99c

SAVE 36c Kraft Mayonnaise 32-oz. jar 99c

- Tree Top Concentrate Apple Juice 12-oz. can 79c
Assorted Mr. O Freezes 24-oz. pkg. 99c
Totino Extra Pepperoni or Combination (13 1/2 to 14.3-oz.) per pkg. \$1.49
Pizza Morton Salisbury Steak With Gravy, Chicken Ala King, Sliced Beef or Cream Chipped Beef (4 to 5-oz.) Boil 'n Bag 3 9-oz. pkgs. \$1

- Morton Chicken, Turkey or Beef Pot Pies 4 8-oz. pkgs. \$1
Birds Eye Cool Whip 12-oz. bowl 99c
Mrs. Smith Pumpkin Custard Pie 26-oz. \$1.59
Ore-Ida Crispers 30-oz. polybag 99c
PictSweet French Cut or Regular Cut Green Beans 3 9-oz. pkgs. \$1
Mrs. Paul's Family Pak Deviled Crabs 15-oz. pkg. \$2.49
Tampa Bay Breaded Round Shrimp 9-oz. pkg. \$1.59

- 16-oz. Ant & Roach Killer or 12-oz. Flying Insect Bomb Raid Spray per can \$1.99
Toilet Bowl Cleaner Sno Bol 18-oz. size 79c
(13c Off Label) Electric Dishwashing Detergent Cascade 35-oz. size \$1.69

Health & Beauty

- Regular or Extra Body Finesse Hair Conditioner 7-oz. bottle \$1.49 (30c Off Label)
Pepsodent Toothpaste 6 1/2-oz. tube 77c

BREAKFAST CLUB GRADE A FLORIDA
Large Eggs per doz. 65c

SAVE \$1.20 WEAVER'S FROZEN THIGHS & DRUMSTICKS
Dutch-Frye Chicken 28-oz. pkg. \$1.99

Publix
SANFORD PLAZA, SANFORD
LONGWOOD VILLAGE CTR., LONGWOOD

(10c Off Label) Assorted or White Puff Facial Tissue 200 ct. pkg. 78c
White Cloud Assorted Bath Tissue 4 pk. \$1.19
Laundry Detergent Era Liquid 64-oz. bottle \$3.49
Laundry Detergent Powder Gain 49-oz. pkg. \$1.89
Assorted Paper Bounty Towels large roll 79c

200 GreenStamps
14-ct. pkg. Gillette Trac II Blades
1. (Effective Aug. 19-25, 1982)

200 GreenStamps
100 ct. bottle. Anacin Tablets
2. (Effective Aug. 19-25, 1982)

100 GreenStamps
14-oz. can Multi-Purpose Holiday Household Insect Spray
3. (Effective Aug. 19-25, 1982)

100 GreenStamps
each, Assorted Twice As Fresh Air Freshener
4. (Effective Aug. 19-25, 1982)

100 GreenStamps
22-oz. can. Niagara Spray Starch
5. (Effective Aug. 19-25, 1982)

50 GreenStamps
40-ct. pkg., Scott Baby Fresh Wipes
6. (Effective Aug. 19-25, 1982)

10-oz. can, Hot Shot House & Garden Spray
7. (Effective Aug. 19-25, 1982)

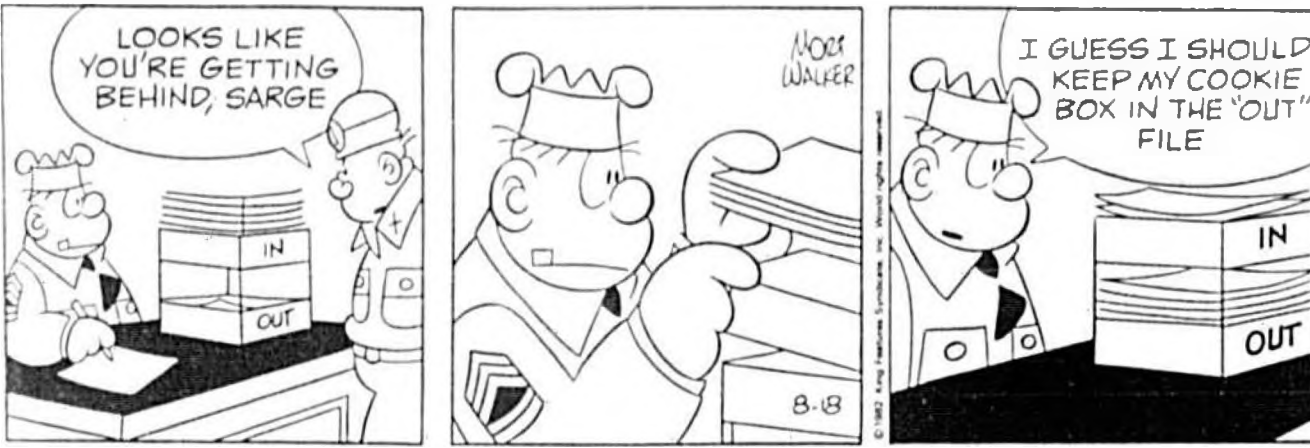
10-oz. can, Hersheys Chocolate Syrup
8. (Effective Aug. 19-25, 1982)

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heidmahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



ACROSS

1 Madame (abbr)

4 Shakespear

8 Metric foot

12 Intermediate (abbr)

13 Athletic buildings

14 Life science (abbr)

15 Noun suffix

16 Undiluted as

17 Safety agency (abbr)

18 S E Asian as-

20 Water spritz

22 Throw

23 Griddle

25 Wing (Fr)

27 Light

31 Norwegian dramatist

34 Cereal grass

35 Swerve

37 Hall (prefix)

38 News article

40 Organs of hearing

42 Feel

43 Carry across

45 Artist's equipment

47 Befuddled

49 Confine

50 Encountered

52 Urgent wireless signal

54 Horse race

58 Egyptian deity

60 Regretted liquor

62 Pay dirt

63 Location

64 Far (prefix)

65 European gull

66 Auld Lang

DOWN

1 Mesdames (abbr)

2 First word on the wall

3 Is (Sp)

4 Shuns procedure

5 Indeed

6 Government agent (comp wd)

7 Port of Rome

8 Cameroon

9 Critic's place (2 wds)

10 Mohorovicic discontinuity

11 Blurt out

19 Male turkey

21 12 Roman

24 Lothario

26 Pounds (abbr)

27 Make hardo

28 Rank

29 One use of procedure

30 Low tide

32 Send forth

33 Egyptian river

36 Bundle

39 Housewife's tri

41 Slid on snow

44 Of course

46 Compass point

48 Main artery

50 Feminine title

51 Eye

53 Plaintiff

55 Frolic

56 La _____ ter

57 Hedge plants

59 Female saint (abbr)

61 Actor Wallace

Answer to Previous Puzzle

HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, August 19, 1982

YOUR BIRTHDAY
 Aug. 19, 1982
 The year ahead promises to bring good fortune to you and your family as a whole. With the increase of funds, activities on the home front will escalate as well.

LEO (July 23-Aug. 22) In order to strengthen your financial position it may be necessary for you to take a calculated risk today. If all the signals say "go," give it a try. Predictions of what's in store for you in the seasons following your birth date and where to look for your luck and opportunities are in your Astro-Graph, Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.

VIRGO (Aug. 23-Sept. 22) Unless you are involved in some type of meaningful venture today, you'll not be utilizing your time properly. Do something important.

LIBRA (Sept. 23-Oct. 23) It's wise at this time not to discuss with outsiders any financial or business dealings you're developing. The less said the better.

SCORPIO (Oct. 24-Nov. 22) Fresh hopes can be awakened today if you begin to visualize situations as you would like them to be. Think optimistically and act accordingly.

SAGITTARIUS (Nov. 23-Dec. 21) Persons in a position to help will give you a boost today if they see you are sincerely trying to achieve the goal you've set for yourself.

CAPRICORN (Dec. 22-Jan. 19) Try to associate with persons today who are, both enterprising and positive. By observing their way of doing things, you can learn how you might fit their techniques into your plans.

AQUARIUS (Jan. 20-Feb. 19) Be ambitious and assertive today, but move at a measured pace so that each step you take is made from a firm footing.

PISCES (Feb. 20-March 20) Your two greatest assets today are your judgment and your desire to put your thoughts into action. Fortunately, you'll use them both wisely.

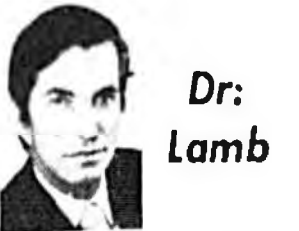
ARIES (March 21-April 19) Because you've gone out of your way to be extra-helpful to another, this person is now doing something exceptionally rewarding for you.

TAURUS (April 20-May 20) Today's aspects favor both romance and friendship, so if you're looking for a social encounter you shouldn't have any trouble finding it.

GEMINI (May 21-June 20) If you are one of those Geminis who hates housework, today could be a day when tasks might not be so distasteful. Get out the mops and brooms.

CANCER (June 21-July 22) Waste no time in getting in touch with persons who can help you promote your immediate interests. They're more likely to cooperate with you now than later.

Lower Risk Factors To Stop Hardening



Dr. Lamb

DEAR DR. LAMB — I would like to know what you can do to prevent or get rid of atherosclerosis, hardening of the arteries. I have changes in my arteries in my legs and the doctor says I probably have changes in other arteries too. I'd like to avoid having a heart attack if I can.

My doctor says there is no way I can reverse the hardening of the arteries and he predicts a bleak future for me. He thinks I'll need an operation eventually. If there is any way to avoid this, I would sure like to know about it.

DEAR READER — Doctors have been pessimistic about reversing changes that occur in the arteries. That is partly because it is very difficult to measure what is happening in the arteries in living people. We have to depend a lot on what is seen in animal research. But a lot of the work that has been done on monkeys surely does have an application to humans. In general doctors are more optimistic about preventing changes rather than reversing them.

There are some studies that support the idea that you can reverse fatty-cholesterol deposits in the arteries. A small study based on coronary arteriograms did show that you could stop the progression in some case and in others there was actual regression of the blockage. There are studies by X-rays of arteries in the legs which suggest that also.

In monkeys, changing their diet also cause a reversal of fatty-cholesterol deposits. So I think you can reverse some changes if you are successful in lowering the risk factors. What are the risk factors? The main ones you can do something about are your cholesterol, blood pressure and cigarette smoking. To have any change of reversing changes that have already occurred you must not smoke and you must lower the cholesterol and blood pressure to optimal levels. The risk factors have been studied in relation to the amount of changes in the arteries and there is a very good correlation.

The influence of the risk factor on arteries which in turn leads to heart attacks, strokes and other complications is discussed in The Health Letter number 13-2, How to Measure Your Risk of Heart Disease, which I am sending you. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

DEAR DR. LAMB — I get black and blue spots on my hands and arms if I bump myself. I'm 72 and have had this problem for about 10 years. I've been to two doctors and they haven't helped me.

I get so many spots that I'm ashamed to go out. What causes this? Is there any help?

DEAR READER — This is a fairly common complaint and I hate to tell you this but it is called senile purpura. The black and blue or dark purple areas usually have clear-cut margins and are not painful in any way.

Your doctors have not helped you because there is very little anyone can do for it. The cause is believed to be from a loss of supportive tissue. As you will notice the skin moves freely over the area. As the mobile skin moves, it pulls on and ruptures small blood vessels. This mobility may be from loss of collagen for connective tissue.

In any case, it is important to avoid medicines such as aspirin that may increase bleeding tendencies. And it is a good idea to eat plenty of fresh fruits for a plentiful supply of Vitamin C. But don't expect miracles.

WIN AT BRIDGE

hearts at trick one and wish you had stopped at a safe four. You have a possible trump loser and a very probable diamond loser. What is your best chance?

Your best chance will be to arrange things so that you can eliminate the diamond loser if you have to lose a trump.

A heart is returned at trick two. You win and cash your other top heart. If West ruffs, you overruff and your trump prospects have improved greatly.

Now you take your king of trumps and run your three top clubs. No one ruffed in and you now are sure of your contract. You can claim if you want to be flamboyant, but you simply play a small trump toward dummy. If West shows out you rise with dummy's ace and throw East in with the queen East will have been employed out of his diamond trick.

Actually West follows. You finesse successfully and can afford a diamond loser later.

Suppose the finesse lost? East would be happy about scoring his queen, but most unhappy about his potential diamond trick. It would have vanished into thin air.

(NEWSPAPER ENTERPRISE ASSN.)

NORTH 8-1082			
♦ A 10 9 8	♦ 4	♠ Q J 8 6	♠ 8
WEST			
♦ Q 6 2	♦ 3	♠ J 10 8 3	♠ 10 2
♥ 9 6 5	♥ A	♥ K 10 2	♥ J 9 6 3
♦ 5 4	♦ 2	♦ A K Q	
Vulnerable North-South			
Dealer North			
West	North	East	South
Pass	2♦	Pass	3♠
Pass	3♦	Pass	4♦
Pass	5♦	Pass	Pass

Opening lead ♥ 5

By Oswald Jacoby and Alan Sontag

"Popular Bridge" magazine has a section called "Test Your Play." Here is one from their June issue. The contract is five spades. You lose the ace of

GARFIELD



ANNIE



by Jim Davis

by Leonard Starr



MILLER LITE

6 PACK 12 OZ. CANS BEER

\$2.19

LIMIT 4 - 6 PACKS

HYDE PARK CHIPPED MEATS 2.5 OZ. . . **39¢**
HYDE PARK SALAD DRESSING 32 OZ. JAR . . **89¢**



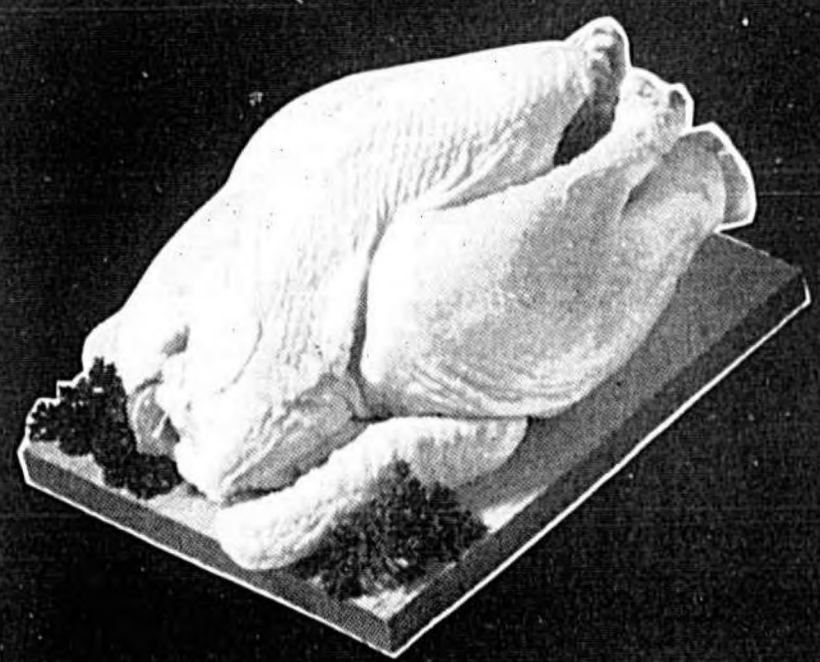
COCA COLA 8PK. 16 OZ.

SPRITE, TAB, MELLO-YELLO, MR. PIBB

YOUR CHOICE OF ONE **69¢** PLUS DEPOSIT BOTTLES

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASE

TOM'S GREAT AMERICAN RIPPLED POTATO CHIPS 7 OZ. . . . VALUE **99¢**
SUNNYLAND MEAT OR BEEF BOLOGNA **\$1.69**



WHOLE FRYERS

FRESH

45¢

LB.

HUNGRY JACK INSTANT POTATOES . . . 16 OZ. PKG. **\$1.09**
WESSON PURE VEGETABLE OIL 38 OZ. **\$1.69**

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DOG FOOD, BEEF OR BEEF, LIVER & BACON
5 LB. BAG
\$1.89

CORNED BEEF
BONELESS BRISKET LYKES CHOICE
LB.
\$1.79

CABBAGE
FRESH GREEN
LB.
19¢

CRAN. JUICE
OCEAN SPRAY REGULAR OR LO-CAL
32 OZ.
99¢

Open 24 Hours

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TAVARES
365 E. BURLEIGH BLVD.
KISSIMMEE
1601 N. BERMUDA ST.

OCOE
2750 E. HWY. 50
WINTER SPRINGS
300 E. HWY. 434
WINTER PARK
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Grocery	Frozen Food-Dairy	Deli-Bakery	Produce
BATH TISSUE SAV SUM 4 ROLL PACK 69¢	ORANGE JUICE NATURAL SUN HIGH OR LOW PULP FLORIDA FROZEN 12 OZ. CAN 79¢	ROAST BEEF MASH'S LOW SODIUM FRESH SLICED 1/2 LB. \$1.79	POTATOES U.S. NO. 1 WHITE 10 LB. BAG \$1.39
GREASE CUTTING DETERGENT DAWN LIQUID 22 OZ. \$1.19 DRY BLEACH CLOROX II . . . 100 OZ. \$3.39 DEODORANT FRAGRANCE 20 GLAD KITCHEN BAGS . . \$1.69	LADY BORDEN'S PREMIUM ICE CREAM . . HALF GALLON \$2.99 BORDEN'S FROSTY DREAM FROSTY POPS 24 PACK \$1.39 BORDEN'S BUTTERMILK HALF GALLON . . 99¢	BETTY ANN KITCHEN FRESH COLE SLAW LB. 89¢ FRESH BAKED 7 INCH CARROT CAKE . . . \$4.29 FRESH BAKED 3 DOZEN PAN ROLLS 88¢	CALIFORNIA RED PLUMS LB. 79¢ WESTERN 10 SIZE CANTALOPES . . . EA. 79¢ BARTLETT PEARS LB. 59¢

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<p>Redeem 1 coupon with \$3.00 additional purchase 2 coupons with \$6.00 additional purchase</p> <p>H1 Save 28¢ THIS COUPON GOOD FOR TIDE 15c OFF LABEL LAUNDRY DETERGENT 49 OZ. PKG. \$1.79 LIMIT ONE FAIRWAY COUPON PER FAMILY EXPIRES 8-25-82</p>	<p>H2 Save 49¢ THIS COUPON GOOD FOR BAR-B-Q SAUCE HEINZ 16 OZ. FLAVORED 2 FOR 89¢ LIMIT ONE FAIRWAY COUPON PER FAMILY EXPIRES 8-25-82</p>	<p>H3 Save 84¢ THIS COUPON GOOD FOR Boiled Ham SUNNYLAND 10 OZ. \$1.99 LIMIT ONE FAIRWAY COUPON PER FAMILY EXPIRES 8-25-82</p>	<p>H4 Save 80¢ THIS COUPON GOOD FOR FOLGER'S GROUND COFFEE LB. CAN \$1.79 LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO. EXP. 8-25-82</p>	<p>H5 Save 72¢ THIS COUPON GOOD FOR MILK BORDEN LOW FAT ONE GALLON \$1.59 LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO. EXP. 8-25-82</p>	<p>H6 Save 80¢ THIS COUPON GOOD FOR COCA-COLA 8 PACK 16 OZ. BOTTLES 69¢ PLUS DEP. LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO. EXP. 8-25-82</p>
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