

WORLD IN BRIEF

Polish Workers Call Strike As Rioters Battle Police

GDANSK, Poland (UPI) — Shipyard workers defiantly called a general strike today in the port city where Solidarity was born in a mounting civil uprising aimed at restoring the trade union and freeing its chief, Lech Walesa.

Throwing rocks and Molotov cocktails, gangs of youths battled in the streets of Gdansk through the night with riot police armed with tear gas and water cannon as martial law entered its 11th month today.

Thousands of workers demanding parliament reverse Friday's decision to outlaw Solidarity struck the Lenin shipyards Tuesday for the second straight day. They said the action would continue until Walesa was brought to Gdansk.

The government declared the area "militarized" Tuesday, meaning striking workers faced the death penalty for breaking military regulations.

Arafat Praises U.S. Plan

United Press International

Palestinian Liberation Organization chief Yasser Arafat praised President Reagan's Middle East peace plan as a "step forward" in bringing peace to the region despite its failure to call for an independent Palestinian state.

Arafat's statements came Tuesday as Israeli tanks and artillery battled Palestinian and Syrian forces, destroying a guerrilla outpost in the heaviest fighting in Lebanon's eastern Bekaa Valley in nearly three months.

In Jerusalem, the Israeli Cabinet was meeting today for the second time this week to discuss setting up a 25-mile-wide security zone in southern Lebanon to avoid future guerrilla attacks on the northern sector of the Jewish state.

Israel has demanded its pullout be preceded by establishment of the zone, withdrawal from Lebanon of some 10,000 PLO guerrillas and return of Israeli prisoners of war in Syrian and PLO hands.

Psychologists Claim

Unemployment A Health Threat

WASHINGTON (UPI) — Unemployment, now at 10.1 percent, is more than an economic problem. A report by psychologists says joblessness is a serious threat to personal health and the quality of family and community life.

In an article in the American Psychologist, Boston College psychologist Ramsey Lerner said a study of 40 blue-collar and 40 white-collar workers found unemployed husbands had increased symptoms of anxiety, depression, hostility, paranoia and psychosomatic conditions.

Brandeis University sociologist Paula Rayman cited a separate study of 80 unemployed aircraft workers near Hartford, Conn. The study said the workers suffered high blood pressure, alcoholism, increased smoking, insomnia, nervous exhaustion, worry and anxiety.

Such maladies are commonly reported symptoms of serious physical and emotional strain, Rayman said in the American Psychological Association report.

The study showed middle-aged heads of households with young dependents experienced more intense strain than younger, single workers, and female blue-collar workers were more likely than males to be thrust out into marginal, unskilled jobs with lower pay and benefits.

In an accompanying article, Sen. Donald Riegle, D-Mich., said labor statistics "offer little insight into the lives of workers strained to the breaking point by long-term unemployment and plagued by stress-related conditions such as alcohol and drug abuse, depression, heightened family tensions, and chronic health problems."

\$26,000 To Be Spent For Partitions

County Debates Office Space Needs

By MICHAEL BEHA Herald Staff Writer

Seminole County commissioners have authorized the spending of up to \$26,000 for partitions to be used in temporary county offices on the first floor of Sanford City Hall.

The outlay was unanimously approved to expedite the transfer of the county's manpower office and public defender's office into the temporary quarters.

A lawsuit, seeking permanent quarters for the public defender's office was filed earlier this year and an amended suit was delivered to commission offices last week.

Commissioners had hoped to move the two agencies into the temporary quarters by Friday, but delays in acquiring partitions for the offices have slowed the transition.

Commissioners have put off a final decision on plans to construct additional office space adjacent to the courthouse until Oct. 27 when bids for the purchase of the old Seminole Memorial Hospital building are opened.

If a bidder meets the \$1.5 million purchase price the commissioners plan to sell the structure. If no buyer is found, they plan to convert the building into county offices.

The lease with the city for space in City Hall will cost the county about \$62,000 a year.

Commissioner Bill Kirchhoff balked at the authorization for the partitions, claiming the offices would cost the board as much over four years as had been spent on the purchase of the Rourimiat Building on First Street for county office space.

The offices in Sanford City Hall are considered temporary but will allow the county to renovate the Masonic Building to

make better use of the space available there.

County Administrator Roger Neiswender said the temporary quarters will be the home of the two offices for at least a year since that is the minimum time necessary for renovation or construction.

Economic News Good And Bad

WASHINGTON (UPI) — A decrease in the federally insured mortgage rate and a surge of federally subsidized construction cheered the depressed housing industry. But weak sales left retailers glum.

Effective today, mortgage rates from the Veterans Administration and the Federal Housing Administration drops a full percentage point to 12.5 percent, the lowest in more than two years.

Some major banks Tuesday, in a sign a general softening of interest rates is not over, dropped their benchmark prime rate a full percentage point to 12 percent.

Housing Secretary Samuel Pierce said, with the new FHA rate, as many as 1.6 million additional families could now qualify for home loans. Insured mobile home loan rates will drop to 15 percent Oct. 20.

The weak retail sales increase, however, mirrored a 1 percent decline in August and brought the level of sales back up to what it was in July.

Total sales of retail stores in September, after adjustment for routine seasonal buying trends, reached \$89.5 billion, the government said.

Auto sales alone rose a strong 4 percent, fueled by factory incentives to dealers to move an exceptionally large backlog of cars off their lots.

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Lake Mary Road Plans Challenged

The multi-million cost estimates for the future four-laning and ultimate six-laning of Lake Mary Boulevard are coming under criticism from a Lake Mary city councilman.

There is concern that the plan may permit drainage from the roadway to flow into and pollute neighboring lakes.

And residents of the Forest, a mobile home community of senior citizens, off Lake Mary Boulevard, have expressed concern that ultimately the highway will link Lake Mary with Orlando.

Councilman Ray Fox says the study on Lake Mary Boulevard is future improvements by Foxworth & Associates under contract to the county was poorly done.

Admitting he is not a soil expert, Fox says cost

estimates for the muck and swamp land in some areas where the road is to be expanded are ridiculous.

Fox says the traffic count on Lake Mary Boulevard noted in the report reflects counts only on the area from Rinehart Road to Interstate 4 and didn't reflect the traffic on the less busy sections of the road in both directions. This, he said, is misleading because the traffic count on the portions of the roadway from U.S. Highway 17-92 to Rinehart Road and from I-4 to Markham Road aren't included.

Councilman Kenneth King has said the plan does not include drainage methods. He said it should be kept in mind that drainage ought to be provided within the 24 foot median strip through natural percolation of the water into the ground,

rather than allowing water to run off the sides of the pavement to pollute lakes.

Meanwhile, homeowners from the Forest, are pointing to television news programs concerning the proposed future road expansion. One resident said the shows are leading people to believe that the boulevard will be part of a major highway circling the Orlando area.

"On television they even talked about a toll booth on Interstate 4," one Forest resident said.

Mayor Walter Sorenson, who was a member of the advisory committee that studied the Foxworth report, believes there is no move to make Lake Mary Boulevard a circumferential road for Orlando, for State Road 434 nor for Maitland Boulevard. — DONNA ESTES.

Birth Control Pill Helps Fight Arthritis And Cancer

NEW YORK (UPI) — Birth control pills, blamed for grave side effects in some women, can help others reduce the chance of developing arthritis, two kinds of cancer and five other ailments, a federal health expert says.

The pill prevents 50,000 hospitalizations a year, Dr. Howard W. Ory of the Centers for Disease Control said Tuesday.

Women who use oral contraceptives have long complained of the side effects — the most important an increase in strokes among women over 35. The side effects have caused a drop in use from a peak of 9 million users to 7.5 million.

New information, however, shows the pill

cuts incidence of rheumatoid arthritis, endometrial cancer, ovarian cancer, ovarian cysts, benign breast disease, iron-deficiency anemia, pelvic inflammatory disease and ectopic pregnancy, Dr. Ory said.

"While it is quite clear there are risks associated with pill use, they are heavily concentrated among women over 35 who smoke. But for the 90 percent of pill users who do not fall into this category, it would seem the benefits of pill use far outweigh the risk," Dr. Ory said.

The Alan Guttmacher Institute is an independent corporation for research, policy analysis and public education in the field of family planning and population.

CALENDAR



WEDNESDAY, OCTOBER 13

- Pilot Club of South Seminole, 7:30 p.m., Casselberry Senior Center, North Triplet Drive, Casselberry.
- Square dancing for beginners, 12:45 to 2:45 p.m., Casselberry Senior Center, North Triplet Drive, Casselberry.
- Starlight Promenaders, 8 p.m., DeBary Community Center, Shell Road.
- Casselberry Rotary, 7 p.m., Casselberry Senior Center, Secret Lake Park, North Triplet Drive.
- Wednesday Step, 8 p.m. (closed) Penguin Building, Mental Health Center, Crane's Roost, Altamonte Springs.
- Casselberry AA, closed, 8 p.m., Ascension Lutheran Church Overbrook Drive.
- Seminole County Democratic Executive Committee, 7:30 p.m., Seminole County Agri-Center, 4300 S. Orlando Drive, Sanford.
- Seminole Rebekah Lodge 43, 8 p.m., Old Fellows Hall, 107 1/2 Magnolia Ave., Sanford.
- Greater Seminole Toastmistress Club, 7:30 p.m., Greater Seminole Chamber of Commerce, Maitland Avenue, Altamonte Springs.

THURSDAY, OCTOBER 14

- Longwood Tourist Club dinner meeting, noon, Longwood Community Building on Wilma Avenue. Bring covered dish and table service. Program on China by June Pearson and Grace Sullivan.
- Sanford-Seminole Jaycees, 7:30 p.m. Jaycee building, Fifth and French, Sanford.
- Casselberry AA, 8 p.m. Ascension Lutheran Church, Overbrook Drive (closed open speaker second and last Wednesday.)
- Born to Win AA, 8 p.m. (closed) Ravenna Park Baptist Church, 2743 Country Club Road, Sanford.
- American Association of Retired Persons Sanford Chapter 1977 covered dish luncheon, noon, Sanford Civic Center. Business meeting followed by bingo.

FRIDAY, OCTOBER 15

- U.S. Army Field Band and Soldier's Chorus, 8 p.m., Lake Eola Bandshell, Orlando. Open to the public.

Veterans To Host Candidate Picnic

District 18 of the Veterans of Foreign Wars will host a "Meet Your Candidate" picnic at Pine Hills VFW Post 6152 at 4621 No. Pine Hills Road on Sunday from 1-5 p.m.

Covering Orange and Seminole counties, District 18 consists of 6,000 Post and Auxiliary members. All candidates running for a national, state or local office in these counties are being invited to attend.

The gathering will be informal with no speeches. Refreshments will be available.

Fire Calls Listed

The Sanford Fire Department responded to the following fire alarms:

- Friday**
 - 12:14 a.m., 1505 W. 25th St., rescue.
 - 8:52 a.m., 27th St. at U.S. Highway 17-92, child hit by truck. Hospitalized at Florida Hospital-Orlando's intensive care unit, Friday, discharged in good condition Sunday.
 - 2:41 p.m., Room 309 Bram Tower, 519 E. First St., woman down.
 - 3:39 p.m., 1214 Randolph Place, gas leak, no fire.
 - 6:47 p.m., U.S. 17-92 and Hiawatha Ave., man down.
 - 11:31 p.m., 212 Pine Winds Drive, man down.
- Saturday**
 - 12:13 a.m., The Barn, 12th St. and French Ave., man down.
 - 12:34 a.m., 8th St. and Oleander Ave., auto accident with injuries.
 - 8:40 a.m., 232 Pine Winds Drive, man down.
 - 2:31 p.m., 4200 S. Orlando Drive, Seminole County jail, false alarm.
 - 3:42 p.m., 950 Melonville Ave., smoke scare, no fire.
 - 10:29 p.m., 20th St. and Patrick Ave., trash fire without permit, extinguished.
 - 11:11 p.m., Airport Blvd. and Hidden Lake Drive, man fell out of truck, treated for injuries at scene.
 - 11:34 p.m., 1013 Oak Ave., man down.
- Sunday**
 - 3:32 a.m., 2625 El Capitan Drive, man down.
 - 8:40 a.m., 207 Terry Lane, woman down.
 - 5:43 a.m., 1206 Crescent St., woman down.
 - 1:51 p.m., Seminole Community College training tower, county firefighter suffered from heat exhaustion during practice drills, treated.
 - 5:08 p.m. Randolph Place and Summerlin Ave., trash fire without permit, extinguished.
 - 9:26 p.m. 608 E. Fifth St., man down.
- Monday**
 - 4:11 p.m., Airport Blvd. and State Road 46A, pedestrian struck by auto, injuries treated at scene and Central Florida Regional Hospital for possible fractured foot.
 - 4:22 p.m., 1809 Hanger Road, Bldg. 256, Sanford Airport, man's foot broken by steel plates which fell while he was attempting to move them, treated at scene and Central Florida Regional Hospital.
 - 6:08 p.m., State Farmer's Market, 1450 S. French Ave., man down.
 - 7:47 p.m., Seminole County sheriff's office, Sanford Airport, electrical short in dictaphone, smoke, no fire, no injuries.
 - 8:54 p.m., 608 E. 11th St., woman down.
 - 11:06 p.m., 3688 S. Orlando Drive, auto accident with possible injuries.

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Volunteer Retirees Make Big Difference

(EDITOR'S NOTE: This is one in a series of articles on the agencies that receive funds from the United Way drive in Seminole County).

When he opened his eyes in the morning, he faced only despair, hopelessness and dread of another day. James Walker, 49, of Sanford was completely paralyzed as a result of being struck by lightning.

For six long months he laid in a nursing home. "He had no control over his limbs at all...not even a finger," says Susan Brennan, administrator of the nursing home where Walker lives.

Ineligible for aid that would provide physical therapy, he saw no hope of ever functioning in society again. Despair set in — he didn't even have a ray of hope.

About this time, RSVP, volunteer E. Richard King, 72, of Longwood, a semi-retired physical therapist, learned of the plight of Walker through the Retired Senior Volunteer Program and began to donate his time and talent.

Twice weekly King would drive 24 miles round trip to the nursing home to apply physical therapy, patiently working with his patient to the point of exhaustion himself.

"He (Walker) has dramatically improved," continues the administrator. "When he first came, he gave up. He wanted to die. He can now see his progress and looks toward the future."

King humbly says, "I didn't teach him to do anything he couldn't already do. I just worked with him to show him how to do it again."

The progress happened little by little. First the patient began developing muscle strength; then he learned to turn over; then sit. Last month, with assistance, he stood for the first time in over a year. He is now able to sit in a wheelchair and go home for short periods of time.

King continues to face a challenge with his patient who needs constant assistance to prevent him from regressing. When King went on a two-week vacation during the summer, his patient missed him, became discouraged and lost ground. "He realized how fast he could fall back with Mr. King gone, and he really missed him," says Mrs. Brennan. When King returned, however, the patient's spirits lifted and his will for survival became even greater.

"Mr. King's a great guy," says Mrs. Brennan. "I don't know what James would have done without him."

King shrugs his shoulders. "I'm not doing much...he's doing all the work!"

In addition to his work at the nursing home, King is a school resource volunteer. He has made four slide presentations - combining his love of nature with his love of photography - and he visits schools all over Orange and Seminole Counties teaching students about birds, animals, flowers and butterflies indigenous to Florida. For the past four years, he has visited at least two schools a week teaching elementary and middle school children about nature.



RSVP therapist E. Richard King (left) helps James Walker, a lightning victim, regain his strength.

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Nancy Sends Get-Well Message To Clown, 80

WASHINGTON (UPI) — First lady Nancy Reagan sent a get-well telegram Tuesday to Lou Jacobs, America's oldest active circus clown, who was undergoing surgery in Sarasota.

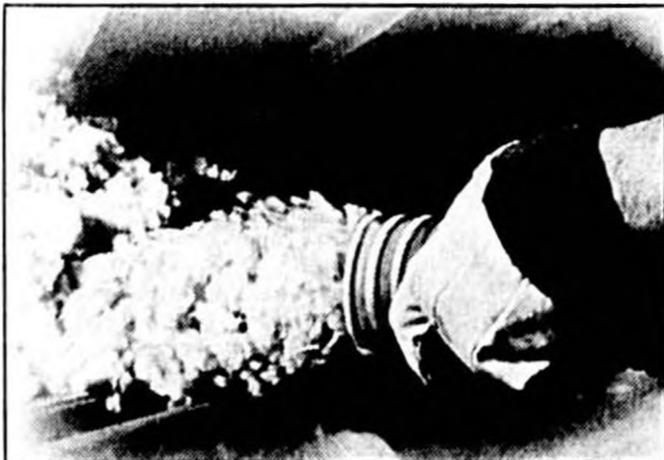
Sheila Tate, the first lady's press secretary, said that Mrs. Reagan learned that Jacobs, 80, was being operated on for a kidney tumor. She met him last spring when she attended the Ringling Brothers, Barnum and Bailey Circus, during a benefit program for foster children.

Mrs. Tate said that Jacobs "cherished a letter" from Mrs. Reagan that he received after the performance.

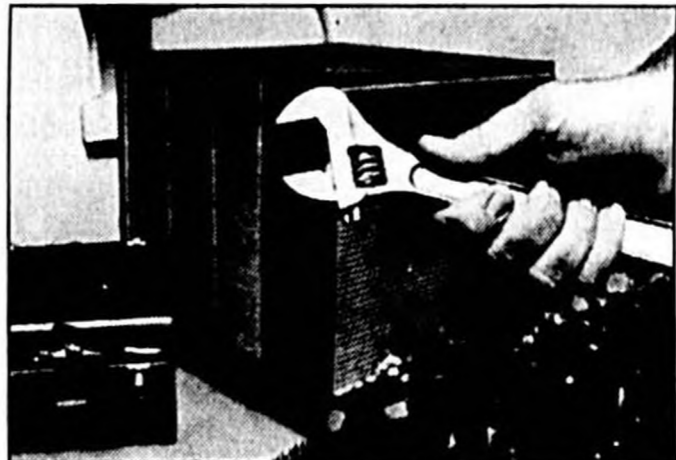
Mrs. Reagan's telegram, sent to the Sarasota hospital, read: "I want you up and in top form, bringing smiles again to all the children at the circus."



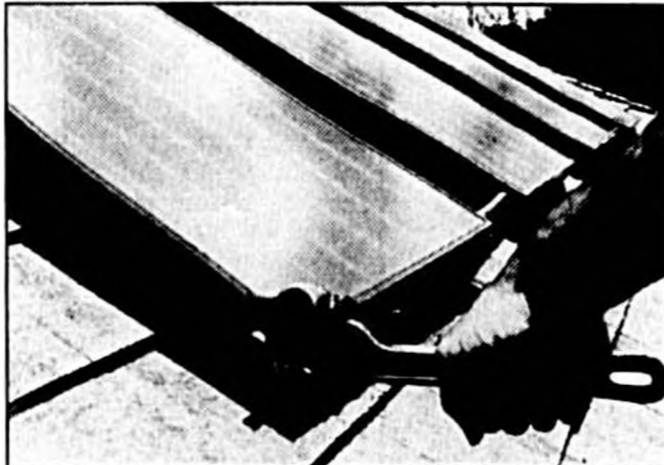
A game similar to soccer was probably played as early as 400 B.C. by the Chinese.



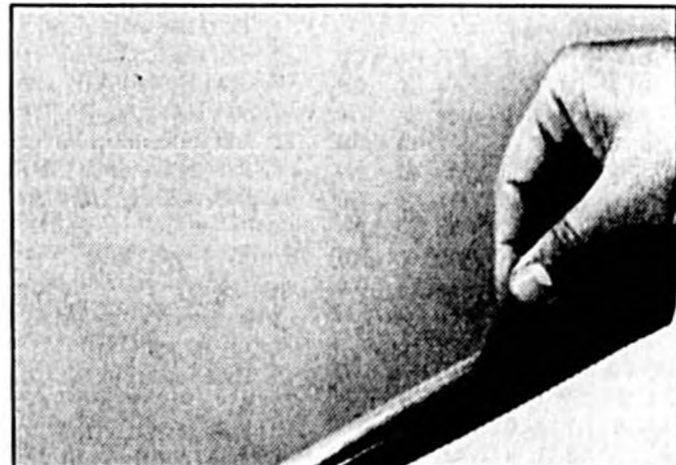
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8 PACK 16 OZ. **69¢** PLUS DEPOSIT BOTTLES

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USDA CHOICE WESTERN BEEF
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PEOPLE

Evening Herald, Sanford, FL Wednesday, Oct. 13, 1982—1B

Cook Of The Week

Slim Mom: 'I'm A Real Dessert Freak'

By LOU CHILDERS
Herald Correspondent

If you were judging a book by its cover, you'd never guess that slender Jane Burfield's favorite foods are desserts. "I love to make something gooshy and good — I'm a real dessert freak," says Jane of herself.

Jane is the manager of the Osteen Corner Store. She and husband Jim celebrated their 20th anniversary just last month. They have three children Deborah, Sheryl who lives in Spain, and Joe, 16, a junior at Seminole High School.

Jane was born in Alabama and says, "My twin brother, Joe, and I were the babies on the totem pole of nine children." Consequently, she didn't do a lot of cooking when she was young. "When I was nine we moved to Illinois — and was the cooking ever different there."

Jane says she has always enjoyed collecting recipes and has fond memories of going to an aunt's home "when I was about 13" and "clipping" recipes out of magazines.

The Burfields owned their own bakery in DeBary for about a year and there Jane got plenty of practice making the "gooshy, good" desserts she is so fond of.

When she isn't concentrating her efforts on sweets, Jane enjoys other traditional Southern standards like fried chicken — only her recipe eliminates the hazard of getting splattered because she "oven fries" the chicken.

If you are ever going to the beach via highway 415, copy your favorite recipe down on a 3 x 5 file card and stop at the Osteen Corner Store to give it to Jane.

Maybe one of Osteen's greatest cooks will share some of her other favorite recipes with you, too.



Herald Photo By Lou Childers
Jane Burfield, a recipe collector since she was 13, says she loves "to make something gooshy and good."

SPEEDY PEACH PIE
1 cup flour
1 cup sugar
2 teaspoons baking powder
1 cup milk
4 cups juicy peaches, diced & sweetened to taste
Butter as needed
Dot the bottom of an oblong baking dish generously with butter. Combine all of the above ingredients except peaches. Pour mixture into baking dish. Spread peaches over the top. Bake 40 minutes at 350 degrees. (Bottom rises to top.) Serve hot or cold with whipped cream or ice cream.

BY-CRACKY BARS
1-3/4 cups flour
1/2 teaspoon salt
1/4 teaspoon soda
3/4 cup butter
1 cup sugar
2 unbeaten eggs
1-3rd cup milk
1 teaspoon vanilla
1 square unsweetened chocolate
3/4 cup walnuts or pecans
9 double graham crackers
3/4 cup semi-sweet chocolate pieces
Sift together flour, salt and soda. Cream together butter and sugar, creaming well. Add eggs and beat well. Combine milk and vanilla, add alternately with dry ingredients to creamed

mixture. Blend thoroughly after each addition.
Place one-third batter in a second bowl; add melted chocolate and nuts. Spread in a well greased 13 x 9 x 2-inch pan. Arrange crackers over batter in oblong pan. Add semi-sweet chocolate pieces to remaining two-thirds of batter. Drop by spoonfuls over graham crackers and spread to cover. Bake in a 375 degree oven 20 to 25 minutes. Cut into bars and serve. Yield: 3 dozen bars.

CHOCOLATE POUND CAKE
1/2 pound butter
1 stick oleo
3 cups sugar
5 eggs
3 cups flour
1/2 teaspoon baking powder
1/2 teaspoon salt
4 tablespoons cocoa (heaping)
1 cup milk
Cream butter and oleo. Add sugar, beat eggs, and add milk to eggs. Mix dry ingredients and add alternately with eggs and milk to butter and sugar. Pour cake mixture into a well greased and floured tube or bundt pan. Bake in a 300 degree oven for 1 1/2 hours.

SWEET POTATO CASSEROLE
1 large can of sweet potatoes
3 eggs, beaten
1 stick margarine, melted
1/2 cup brown sugar
1/2 cup white sugar
1/2 stick margarine, melted
1 cup corn flake crumbs
1 cup pecans, chopped
Mash sweet potatoes. Combine sugar, beaten eggs, 1 stick melted margarine and potatoes. Mix corn flake crumbs, 1/2 stick melted margarine and pecans. Place potato mixture in greased casserole dish, and sprinkle corn flake mixture on top. Bake in a 400 degree oven 20 to 25 minutes. Serve while hot.

OVEN FRIED CHICKEN
Wash chicken pieces thoroughly in water. Combine 1 1/2 cups flour, 1 teaspoon salt, 1/2 teaspoon each pepper and garlic salt, and a dash of paprika in a large bowl. Coat each piece of chicken with flour mixture.
Generously grease a baking pan with butter or margarine. Place floured chicken pieces in pan so that they do not touch each other. Dot more butter on top of each piece. Bake in a 375 degree oven 40 to 50 minutes, turning chicken half way through cooking time. Chicken will be tender, moist, and crispy on the outside. (Oven temperature may be advanced to 400 degrees for very crisp chicken.)

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Organ Donors Leave Living Gifts

DEAR ABBY: While driving north from Florida, I stopped in Virginia for gas, only to discover that somewhere after the last fill-up I'd lost my wallet containing all my identification, license, etc.

A week later, I received a well-wrapped package in the mail. It contained my wallet! And with it was this letter.

"Dear June: My husband is a truck driver from Kansas. While he and his co-driver were driving through Virginia yesterday, they found your

wallet and its contents scattered on the highway. They picked up all they could find; I hope nothing is missing. There was money. In the wallet was a card indicating that you are an organ donor. There was also a very touching clipping from the Dear Abby column urging people to become donors. It was beautiful!

"You must be a wonderful person. My sister had a heart transplant, which added a few more months to her life. We can never thank the relatives

of the donor because we don't know who the donor was.

"I also have a young daughter who is on a kidney machine three hours twice a week. It breaks my heart that I can't give her one of my kidneys (our blood and tissue types don't match) and, unfortunately, her father's kidneys aren't healthy enough. But thanks to caring people like you, someday someone may be a donor for her. May God bless you with a long and healthy life." — Driver's Wife



Dear Abby

nothing but endless days of pain.

"Give my blood to a teenager who has been pulled from the wreckage of his car, so that he might live to see his grandchildren play.

"Give my kidneys to one who depends on a machine to exist from week to week.

"Take my bones, every muscle, every fiber and nerve in my body and find a way to make a crippled child walk.

"Explore every corner of my brain. Take my cells, if necessary, and let them grow so that someday a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her window.

"Burn what is left of me and scatter the ashes to the winds to help the flowers grow.

"If you must bury something, let it be my faults,

my weaknesses, and all prejudice against my fellow man.

"Give my soul to God. "If by chance you wish to remember me, do it with a kind deed or work to someone who needs you. If you do all I have asked, I will live forever."

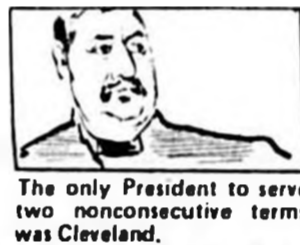
ROBERTN. TEST

"DEAR READERS: Those who wish to become organ donors may write to: The Living Bank, P.O. Box 6725, Houston, Texas 77005. Include a stamped, self-addressed envelope, as it is a non-profit organization.

"Indicate your desire to will your organs after death. You will be sent a card that should be carried at all times. I carry such a card and feel that there is nothing I could leave after my death that will be of greater value."

ABIGAIL VAN BUREN

Everybody needs friends. For some practical tips on how to be popular, get Abby's Popularity booklet. Send \$1 plus a long, self-addressed stamped (37 cents) envelope to Abby, Popularity, P.O. Box 38923, Hollywood, Calif. 90038.



The only President to serve two nonconsecutive terms was Cleveland.

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Abby, I hope that you will think this is worth sharing. People need to know that there are still a lot of generous, decent people out there who will go out of their way to do a kindness for a stranger.

JUNE P., MAINE
DEAR JUNE: It is indeed worth sharing. And the "clipping" that touched that truck driver's wife also deserves another run, and here it is. It originally appeared Dec. 28, 1977:

"At a certain moment a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

"When that happens, do not attempt to instill artificial life into my body by the use of a machine. And don't call this my 'deathbed.' Call it my 'bed of life,' and let my body be taken from it to help others lead fuller lives.

"Give my sight to a man who has never seen a sunrise, a baby's face or love in the eyes of a woman.

"Give my heart to a person whose own heart has caused

Etienne Aigner

Lois' Place

The new fall Aigner handbags have arrived at Lois' Place. Come make your choice while selection is good.

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Create a tempting breakfast without using exotic ingredients. Breakfast stacks, left, can be ready for the table in just minutes. City Farmer's Breakfast, right, is a morning feast for a he-man's appetite. Top of the morning to you.



Eye-Openers For A Good Morning

If your breakfasts are boring, it's time to try some new recipes for morning "eye openers." Fortunately, this does not mean buying exotic ingredients; familiar foods combined in new ways are all you need.

SAUSAGE OVEN PANCAKE

8-ounce package brown 'n serve sausage links
1 cup pancake mix
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup milk
1 egg
1/2 cup chopped apple

Brown sausages according to package directions. In mixing bowl, combine pancake mix, spices, milk and egg. Mix until batter is smooth. Add apple. Pour into well-greased 10 x 6 x 1 1/2-inch baking dish. Arrange sausages on top. Bake in preheated 450 degree F oven 20 minutes. Serve hot with maple syrup. Yield: 5 Servings.

SAUSAGE FRITTATA

8-ounce package brown 'n serve sausage links
1/2 cup chopped onion
1/2 cup chopped green pepper
5 eggs
1/4 cup milk
1 tomato, peeled and chopped
1-1/2 tablespoons butter or margarine

Brown sausages in heavy 8-inch ovenproof skillet according to package directions. Remove sausages and keep warm. Sauté onion and green pepper. In a medium bowl, combine eggs and milk. Add onions, green pepper and tomato. Melt butter in skillet. Add egg mixture and cook over low heat until eggs are almost set. Arrange sausage links on top of eggs. To finish cooking top, broil 4 inches from heat source until center is firm and top lightly browned. Cut into 5 wedges and serve warm. Yield: 5 servings.

CITY FARMERS' BREAKFAST

8-ounce package brown 'n serve sausage links
3 to 4 tablespoon butter or margarine
3 cups Southern style frozen hash brown potatoes
1-1/4 cups shredded sharp Cheddar cheese
5 eggs
Chopped parsley

Brown sausages in 9-inch skillet; remove and set aside. Melt butter and cook potatoes until barely tender and lightly browned. Pat down flat in pan. Arrange sausages in pairs spoke-fashion in pan, leaving 5 spaces for cheese and eggs. Sprinkle cheese on potatoes. Carefully crack eggs on top of cheese. Cover and cook over medium-low heat until eggs are set or done to individual's liking. Garnish with parsley. Yield: 5 servings.

QUICHE AU SIZZLEAN

Baked pastry for one-crust 9-inch pie
9 strips pork breakfast strips
1/2 cup chopped onion
3/4 cup shredded Swiss cheese
2 eggs plus 2 extra egg yolks
1-1/2 cups whipping cream
1/2 teaspoon salt
1/2 teaspoon white pepper
2 tablespoons butter

Preheat oven to 375 degrees F. Cook 6 pork breakfast strips until lightly browned. Drain on paper toweling. Cut into 1/4-inch pieces. Scatter over bottom of pie crust with Swiss cheese and onion. Combine eggs, egg yolks, cream and seasonings in a medium bowl. Beat to combine well. Place pie crust on rack in oven; pour liquid ingredients over all. Dot with butter. Bake for 25 minutes or until custard sets. Cook remaining pork breakfast strips and serve as garnish with quiche. Yield: one 9-inch pie.

SIZZLEAN ROUND-UPS

6 strips pork breakfast strips
2 slices bread
6 eggs
Salt
Paprika

Butter the bottoms of a 6-cup muffin pan. Line sides of each cup with a pork breakfast strip. Tear bread into small pieces and place in bottom of cups. Carefully break an egg over bread. Sprinkle egg with salt and paprika. Bake in a preheated 325 degree F. oven for 10 to 15 minutes until eggs are set. Yield: 6 servings.

BREAKFAST STACKS

8 strips pork breakfast strips
8 eggs, beaten
1/2 cup milk
Salt and Pepper
1 tablespoon butter or margarine
1/2 cup chopped green pepper
2 tablespoons finely chopped onion
4 slices frozen French toast
4 slices (2 to 3 ounces) process American cheese
Paprika, for garnish

Cook pork breakfast strips according to package directions. Cut strips into halves crosswise and keep warm. Combine eggs, milk, salt and pepper. Melt butter in skillet. Sauté green pepper and onion until barely tender. Add egg mixture, stir to combine and continue cooking, stirring gently, until eggs are scrambled. Toast French toast. While hot, top each slice with 1 slice cheese, 4 pieces pork breakfast strips and a quarter of the scrambled egg mixture. Sprinkle with paprika. Yield: 4 servings.



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ENHANCE NORMAL OR DRY
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THRU WEDNESDAY
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CLOSED SUNDAY ...

(25¢ OFF LABEL)
AQUA FRESH

Toothpaste
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\$1.19

200 Green Stamps 16-oz. bottle, Johnson's Baby Shampoo 3 (Effective Oct. 14-20, 1982)	200 Green Stamps Head & Chest 12-ct. Cold Capsules or 18-ct. Cold Tablets 4 (Effective Oct. 14-20, 1982)	200 Green Stamps 6-oz. bottle, Nyquil Cold Medication 5 (Effective Oct. 14-20, 1982)	200 Green Stamps 10-ct. pkg., Gillette Atra Blades 1 (Effective Oct. 14-20, 1982)	200 Green Stamps 24-oz. can, Johnson's Baby Powder 2 (Effective Oct. 14-20, 1982)
200 Green Stamps 10-oz. jar, Noxzema Skin Cream 8 (Effective Oct. 14-20, 1982)	200 Green Stamps 5-oz. can, Extra Hold or Regular Gillette Dry Look Hair Spray 9 (Effective Oct. 14-20, 1982)	200 Green Stamps 100-ct. bottle, Geritol Tablets 10 (Effective Oct. 14-20, 1982)	200 Green Stamps .5 or 1-oz. bottle, Afrin Nasal Spray 6 (Effective Oct. 14-20, 1982)	200 Green Stamps 15-oz. bottle, Regular or Dry Jergen's Lotion 7 (Effective Oct. 14-20, 1982)
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Bayer
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Microwave Magic

Dried Beans Favorite Of All Nations

Beans and more beans. Dried beans, which are an economical and nutritive food source, have a place in almost all of the ethnic food patterns with which we are familiar.

The Italians enjoy pasta, fagioli; the Spanish, Black Bean Soup; and the Germans, Bean mit Ham.

In our own country, households in New Orleans traditionally serve red beans with rice on Mondays. Black-eyed peas (beans) are a staple throughout the south. Texas chili beans and pinto beans and ham gravy are served in the west, and we could continue on and on.

As our culture is experiencing influences of our neighbors from islands of the Caribbean and South America, we will realize more the prominence of the lowly bean.

Two friends with Puerto Rican backgrounds have helped me develop this recipe using pink beans.

HABICHUELAS GUSADAS
(Stewed Beans)

- 1 lb. pink beans (rosados)
- 1 (6 oz.) can tomato sauce
- 1 tablespoon oil

Midge Mycoff

Home Economist
Seminole Community College



- 2 cloves garlic, minced
 - 1 med. onion, chopped
 - 1/2 cups green pepper, chopped
 - Pork or ham, cubed - optional
 - 1/2 teaspoon paprika (Bejol)
1. Soak beans over night and cook in microwave at 50 per cent power, 30 minutes. Beans will be partially cooked.
 2. Sauté in microwave 100 percent power, 3-4 minutes, onions, garlic, and pepper in 1 tablespoon oil until fork tender. Stir in paprika.
 3. Add tomato sauce and microwave 100 per cent power, 5 minutes.

4. Stir the tomato mixture into the beans. Cover, microwave 50 per cent power for 30 minutes. Stir several times.
5. Serve over rice.

HOPPING JOHN

- 8 oz. dry black eyed beans
 - 3 cups water
 - 1 1/2 onions
 - 1/2 teaspoon pepper
 - 1/4 teaspoon crushed red pepper
 - 1 large clove garlic
 - 1 bay leaf
 - 8 oz. salted pork, cut into 12 pieces
1. Rinse beans. Let soak over night.
 2. Add onion, peppers, garlic, and bay leaf.
 3. Cover and cook 100 per cent power, 9-11 minutes or until beans come to a boil. Stir in salted pork. Cook covered (30 percent) simmer 25-30 minutes or until beans are tender. Stirring often.
 4. Remove bay leaf and pork before serving if desired. Serve with rice.



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Mug or plate \$1.49
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where shopping is a pleasure



Lemon juice, spices and herbs make potatoes a tasty low-sodium dish.

Spuds Fow Low-Sodium Menu, Diet

Those who are watching their daily salt (sodium) intake as a possible hedge against high blood pressure and stroke are discovering they enjoy the challenge in the kitchen.

They're learning the uses of a myriad of herbs and spices to enhance food flavor and make salt unnecessary.

For example, baked potatoes take on extra flavor when basted with a lemon butter sauce while baking and then browned under the broiler with another basting of the sauce.

Another potato treat combines sliced potatoes and sliced celery, pan-fried in vegetable oil and seasoned with onion, a dash of curry powder, pepper and lemon juice.

BAKED LEMON POTATOES

- one-third cup unsalted butter or margarine
- 1 small clove garlic, minced
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon dried dill
- 1/4 teaspoon lemon rind
- 1 tablespoon lemon juice
- 3 large Idaho potatoes

In a small saucepan, melt butter over medium heat. Add garlic, hot pepper sauce, dill, lemon rind and lemon juice; mix well. Cut potatoes in half lengthwise; deeply score cut surfaces being careful not to puncture the skin. Place in a shallow baking pan. Brush with butter mixture. Bake in a 425-degree oven 1 hour, brushing with butter mixture every 15 minutes. Place potatoes under broiler; brush with remaining butter mixture. Broil until golden brown. This kitchen-tested recipe makes 6 servings.

SPUD 'N CELERY FRY

- 3 large Idaho potatoes
- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1/4 teaspoon curry powder
- 1/4 teaspoon pepper
- 1 1/2 cups diagonally sliced celery
- 1 teaspoon lemon juice

Pare potatoes; thinly slice crosswise into 1/4-inch slices for about 4 cups of slices. Heat oil in a large skillet. Add potatoes, onion, curry and pepper; toss potatoes in oil to coat evenly. Cover; cook over medium heat 5 minutes. Uncover; add celery. Cook over medium-high heat 15 minutes turning with a spatula until potatoes are tender. Sprinkle with lemon juice. Serve immediately. This kitchen-tested recipe makes 4 servings.

Hot Ice Cream Sauce

Sauces for ice cream are myriad. Some of the most memorable are fruit-based.

For a special occasion, serve ice cream with a hot grape sauce . . . with the more elegant name of grapes a la jubilee. If you desire, prepare grapes with an orange liqueur and flame just before spooning over ice cream.

GRAPES A LA JUBILEE

- 2 cups red or blue-black grapes, halved and seeded, if necessary
- 1/2 cup orange juice
- 4 teaspoons cornstarch
- 1 tablespoon cold water
- 1/4 cup orange liqueur or orange juice
- 1 banana, sliced
- 4 large scoops vanilla ice cream

Poach grapes in orange juice several minutes or until thoroughly heated; remove grapes from liquid with slotted spoon. Blend together cornstarch and cold water; stir until smooth. Gradually stir cornstarch mixture into hot juices; cook and stir until thickened and clear. Stir grapes back into sauce along with banana. Gently heat liqueur; pour over grapes. Flame, if desired. Serve warm over ice cream. This kitchen-tested recipe makes 4 servings.

Flaming Dessert Simple To Make

A little practice before the holidays will turn the home chef into a magician, so to speak. A flaming dessert, when handled properly, is a lovely closing to a very special meal. Just remember not to add the liqueur to an already flaming dish. Use only the amounts called for.

Bananas Foster is simple to make and is flavorful without flaming. Merely sautee the bananas in a chafing dish with

brown sugar, butter and liqueurs. Serve while hot.

- BANANAS FOSTER**
- 1/4 cup packed brown sugar
 - 2 tablespoons butter
 - 2 ripe bananas, peeled and sliced lengthwise
 - Dash cinnamon
 - 2 tablespoons banana liqueur

1/4 cup light rum
Melt brown sugar and butter in flat chafing dish directly over flame. Add banana and saute until tender. Sprinkle with cinnamon. Pour in banana liqueur and rum over all and flame.
Baste with warm liquid until flame burns out. Serve immediately. This kitchen-tested recipe makes 2 servings.

Such Sweet Treats

**CRANBERRY TORTONI
ICE CREAM BOMBE**
1/2 cup boiling water
2 teaspoons instant espresso coffee
2 tablespoons rum (Optional)
1 package (10 3/4 ounces) frozen pound cake
1 quart chocolate chip ice cream
1/2 cup chopped, toasted blanched almonds
1 cup whole berry cranberry sauce
1/2 teaspoon almond extract
1/2 pint heavy cream
Cherries for garnish
Stir water into coffee in a cup until dissolved; stir in rum. Line a 2-quart bowl with foil or plastic wrap. Cut pound cake into 1/4-inch slices. Cut half the slices diagonally into triangles. Arrange triangles in bottom of lined bowl, pinwheel fashion, with points toward center. Line side of bowl with whole cake slices. Sprinkle slices with 2/3rd of the coffee mixture. Soften ice cream slightly in a chilled bowl. Work in almonds, cranberry sauce, extract and remaining coffee mixture. Spoon evenly into cake lined bowl, working quickly so that ice cream does not melt. Cover ice cream with remaining coffee covered cake slices, pressing down firmly. Cover bowl with plastic wrap or foil; freeze overnight or for up to 2 days. Unmold cake onto serving plate about 2 hours before serving. Beat cream in a small bowl until stiff. Spread a thin layer of cream over surface of cake. Spoon remaining cream into a pastry bag fitted with a star tip. Pipe rosettes of cream around bottom of cake and on top and side. Garnish with halves and quarters of cherries as desired. This kitchen-tested recipe makes 12 servings.

DEEP DISH PLUM PIE
1 cup sugar
1/2 cup flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Grated rind of 1 orange
8 cups sliced, pitted fresh California plums
3 tablespoons butter or margarine
1 package pie crust mix
Combine sugar, flour, cinnamon, nutmeg, orange rind and plums and toss to coat plum slices. Pour mixture into a well-greased 2-quart casserole. Dot top with butter. Prepare pie crust mix according to package directions. Roll out pie crust on a floured board large enough to cover the top of the casserole and allow 1 inch overhang. Place crust over plums and crimp edges. Slash top. Bake in a preheated hot oven (425 degrees) for 1 hour. Place casserole on a cookie sheet to catch any overflow of juice. Serve warm or cold spooned into bowls topped with a small scoop of vanilla ice cream. This kitchen-tested recipe makes one 2-quart casserole.

BLUEBERRY-TEA BREAD
2 cups unsifted all-purpose flour
1 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cup fresh blueberries
2 eggs
1 cup milk
3 tablespoons salad oil
1 teaspoon grated fresh orange rind
In large bowl mix flour, sugar, baking powder and salt. Stir in blueberries. In small bowl beat together eggs, milk, oil and orange rind; add all at once to flour mixture. Stir until dry ingredients are moistened. Turn into greased 9x5x3 inch loaf pan. Bake in 350 degree oven 1 hour or until cake tester inserted in center comes out clean. Remove and cool 10 minutes, remove from pan and cool completely. Sprinkle top with confectioners' sugar before cutting to serve.



U.S. NO. 1 REGULAR
**WHITE
POTATOES**
10 LB BAG

79¢

SAVE 50¢

PRICES EFFECTIVE WED., OCT. 13
THRU TUES., OCT. 19, 1982.

BONUS BUY

PANTRY PRIDE COFFEE
REG., AUTOMATIC DRIP OR ELECTRIC PERK

1 LB BAG

\$1.79

SAVE 20¢

BONUS BUY

LARGE SLICING TOMATOES

PER POUND

49¢

SAVE 20¢ PER LB

BONUS BUY

FRESH GREEN CUKES

PICK YOUR OWN!

5/49¢

SAVE 25¢

BONUS BUY

ALL PURPOSE YELLOW ONIONS

3 LB BAG

49¢

SAVE 30¢

A 4 piece Place Setting* only **49¢**
on our plan



1. 1 Filled Card plus \$2.00 in purchase
2. 1/2 Filled Card plus Cash \$1.50 in purchase
3. 1/4 Filled Card plus Cash \$1.00 in purchase
4. 1/8 Filled Card plus Cash \$0.50 in purchase
5. Price without cards

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\$2.74
\$4.99
\$7.24
\$9.49



OUTSTANDING PRODUCE BUYS!

- WESTERN **Eating Pears** LB **39¢** 20'
- GEORGIA RED **Sweet Potatoes** 3 LBS **49¢** 12'
- FRESH **Crisp Carrots** 2 LB CELLO BAG **35¢** 24'
- FRESH **Fla. White Grapefruit** . . **6/1** 18'
- FRESH **Crisp Celery** LARGE STALK **39¢** 20'

PILLSBURY CAKE MIXES
ASSORTED VARIETIES

18.5oz BOX

79¢

SAVE 8

RINSO LAUNDRY DETERGENT

76oz BOX

\$2.19

SAVE 10

WHITEHOUSE APPLE JUICE

48oz BTL

99¢

SAVE 36

OLD MILWAUKEE BEER
REGULAR OR LIGHT

12 PACK 12oz CANS

\$3.29

GENERIC SCALLOPED OR AUGRATIN POTATOES
5.5oz

69¢

GENERIC BABY SHAMPOO
32oz

\$1.19

KRAFT DRESSING
ITALIAN, FRENCH, CATALINA OR 1000 ISLAND

16oz BTL

\$1.19

SUNSHINE CHEEZ-IT CRACKERS
10oz BOX

69¢

CONTADINA TOMATO PASTE
12oz CAN

69¢

COMSTOCK APPLE PIE FILLING
21oz

99¢

CELLA WINES
LAMBRUSCO, IBANCO OR ROSATO

1.5 LITER

\$4.49

INGLENOOK WINES
CHABLIS, BURGUNDY, PINOT OR ROSE

1.5 LITER

\$3.99

COMPARE GENERIC FOOD

Pear Halves 2 1/2oz CAN **75¢** 99'

Cotton Swabs 150 CT **49¢** 111'

Marshmallows 16oz PKG **69¢** 79'

Mustard 32oz JAR **59¢** 96'

COMPARE GROCERY

Packer Label White Paper Plates 100 CT **89¢** 20'

Pantry Pride Large Sponges 1 UNIT **2/1** 14'

Punch, Lemonade or Cherry Drink Mix 2 CT **39¢** 26'

Hungry Jack Complete Pancake Mix 2 LB BOX **99¢** 36'

COMPARE GROCERY

Green Giant Peas or Corn 17oz CAN **2/89¢** 9'

Fyne Taste Strawberry Preserves 3 LB JAR **\$2.19** 40'

June Boy Kosher Dills HALF GAL. **\$1.49** 30'

Sugar Substitute Sweet N' Low 250 CT **\$2.29** 50'

COMPARE GROCERY

Dinty Moore Beef Stew 2 1/2oz CAN **\$1.49** 18'

Real Pine Pine Oil 12oz BTL **49¢** 36'

Martha White Corn Muffin Mix 7 1/2oz PKG **2/49¢** 13'

Check Full of Nuts Coffee 1 LB CAN **\$2.33** 4'

20¢ OFF

HIGHPOINT DECAFFENATED INSTANT COFFEE
8oz JAR

WITH THIS COUPON GOOD THRU WED., OCT. 20, 1982.

20¢ OFF

FLAVO-RICH SQUARE ICE CREAM
HALF GALLON

WITH THIS COUPON GOOD THRU WED., OCT. 20, 1982.

20¢ OFF

FOLGER'S INSTANT COFFEE
8oz JAR

WITH THIS COUPON GOOD THRU WED., OCT. 20, 1982.

SAVE 20¢ CASH

PEPSI, DIET PEPSI, PEPSI LIGHT OR MOUNTAIN DEW
2 LITER

YOU PAY 89¢ WITH THIS COUPON GOOD THRU WED., OCT. 20, 1982.

Try Juicy Pears In Cheese Ball

Bartlett pears are a part of summer's bounty, coming into season in August and available into December this year. The next time you entertain, try this versatile cheese ball served with slices of juicy Bartlett pears as a light dessert or change-of-pace appetizer.

Cream cheese is accented with the exciting flavor-blend of ginger and orange peel. Crushed pineapple and bright maraschino cherries give a delightful fruity flavor. The cheese ball is coated with finely chopped walnuts, then chilled several

hours for full blending of flavors. At serving time, juicy sliced pears surround the cheese ball for a lovely presentation.

PEARS WITH FRUITED CHEESE BALL.

- 1 package (8oz.) cream cheese, softened
- 1 can (8 1/2 oz.) crushed pineapple, well-drained
- 2 tablespoons chopped maraschino cherries
- 1 teaspoon grated orange peel
- 1/4 teaspoon ground ginger
- 1/2 cup finely chopped walnuts

Evening Herald, Sanford, FL Wednesday, Oct 13, 1982—7D

Fresh Bartlett pears, chilled
Lemon juice

Combine cream cheese, pineapple, cherries, orange peel and ginger. Chill until firm enough to shape into a ball. Fold in finely chopped walnuts. Refrigerate several hours to blend flavors. Core and slice pears; dip in lemon juice to prevent darkening. Serve cheese ball at room temperature as a spread for pear slices. Makes about 1 1/2 cups spread.

BEEF SIRLOIN STEAK

\$2.39

LB

SAVE \$1.00 PER LB

UNIT-3 WITH OTHER PURCHASES

Pantry Pride
USDA GRADED
CHOICE BEEF

BONUS BUY

Pantry Pride

PRICES EFFECTIVE WED., OCT. 13 THRU TUES., OCT. 19, 1982.

Create Party Mood

Premiere the autumn theatre season with an "opening night" party. Invite guests to a late-night supper after the theatre, opera or ballet.

GOLDEN PUNCH

2 cans (20 ounces each) crushed pineapple in its own juice

2 cans (6 ounces) frozen lemonade concentrate
1/4 cup liquid brown sugar
1/4 cup lime juice
1 bottle (28 ounces) chilled club soda
Ice cubes
Strawberries
Lime slices

In blender, whip 1 can pineapple until thickened. Pour into pitcher or punch bowl. Repeat with remaining can of pineapple. Add remaining ingredients. Blend. Serve. Makes about 3 quarts.

HOFFO VEAL ROLLS

6 tablespoons butter or margarine

1/2 cup green onion, chopped
1 medium clove garlic, minced

1 cup soft bread cubes
2 cups unpared apple, coarsely chopped
1/4 teaspoon salt
1/4 teaspoon poultry seasoning

12 thin scallops of veal (about 1 1/2 pounds)
Flour

1/4 cup orange juice
1/2 cup light rum
Candied crabapples or sauteed apple slices
Hot cooked rice

In skillet, melt 4 tablespoons butter. Add onion and garlic. Saute, stirring often, until onion is golden. Blend in bread cubes, apple, salt and poultry seasoning. Divide stuffing among veal slices. Roll up each slice and secure with toothpicks. Dust lightly with flour. Brown veal in remaining 2 tablespoons butter. Add orange juice and rum. Simmer, covered for 20 minutes or until veal is tender. Serve garnished with apples over rice.

BEST-EVER

BLACK BOTTOM PIE:

1 1/2 cups chocolate cookies, crumbled
one-third cup pecans, finely chopped
one-third cup butter or margarine, melted

1 tablespoon unflavored gelatin
1/4 cup cold water

1 cup sugar
2 tablespoons cornstarch
Dash salt
2 cups milk
4 eggs, separated

3 squares unsweetened chocolate, coarsely grated
1/4 cup light rum
1/4 teaspoon cream of tartar

1 cup heavy cream
2 tablespoons light rum
2 tablespoons sugar

In bowl, combine cookie crumbs, pecans and melted butter; blend well. Press against bottom and sides of 9-inch pie plate. Bake at 375 degrees F. for 8 minutes. Cool. Combine gelatin and cold water; set aside. In

saucepan, combine 1/2 cup sugar, cornstarch and salt. Gradually blend in milk. Cook, stirring, until thickened and smooth. Beat egg yolks with small amount of custard mixture. Slowly pour into pan while beating briskly. Cook over low heat, stirring, until very thick. Do not boil. Blend

1 1/2 cups custard with chocolate, using wire whisk, until chocolate is melted and mixture is smooth. Pour into prepared crust; chill. Blend softened gelatin into remaining custard. Stir until dissolved. Add 1/4 cup rum. Let stand 15 minutes, stirring occasionally. Beat egg whites with cream of tartar until foamy. Gradually add remaining 1/4 cup sugar until mixture is consistency of thick marshmallow. Fold in custard mixture. Spoon over chocolate filling. Chill several hours or overnight. Just before serving, combine

heavy cream, 2 tablespoons rum and sugar.

BONUS BUY

BLADE CUT CHUCK ROAST

PER POUND

\$1.39

SAVE 60¢ PER LB

Pantry Pride
USDA GRADED
CHOICE BEEF

BONUS BUY

BEEF T-BONE STEAKS

LIMIT-3 WITH OTHER PURCHASES

\$2.69

LB

SAVE \$1.30 PER LB

Pantry Pride
USDA GRADED
CHOICE BEEF

BONUS BUY

BEEF PORTERHOUSE STEAKS

LIMIT-3 WITH OTHER PURCHASES

\$2.69

LB

SAVE \$1.30 PER LB

Pantry Pride
USDA GRADED
CHOICE BEEF

BONUS BUY

PANTRY PRIDE CHILLED ORANGE JUICE

IN THE DAIRY CASE

HALF GALLON CARTON

99¢

SAVE 40¢

COMPARE

BEEF PATTIE MIX

Great Ground OVER 5 LBS LB **99¢** 40

SMOKED

Boneless Turkey Ham LB **\$1.69** 60

FROZEN

Kneips Cube Steaks SOLD IN 4 LB BOXES LB **\$1.99** 50

SUCED

Market Style Bacon OVER 3 LB PKGS LB **\$1.39** 60

U.S.D.A. CHOICE BLADE CUT

Chuck Steak TWIN PACK LB **\$1.59** 40

COMPARE DELI

GWALTNEY'S

Great Dogs 99¢ 20

Lykes POWER PAK \$1.29 20

HILLSHIRE FARMS SMOKED

Cheddar Wurst (LB) **\$2.49** 40

SUNNYLAND WHOLE HOG

Sausage (1 LB Pkg) **\$1.69** 60

FYNE TASTE SUCED

Bologna (1 LB Pkg) **\$1.49** 20

COMPARE DAIRY

COOPERS MILD OR MEDIUM

Cheese (CHEDDAR) **\$1.69** 30

CHEESE PRIDE SUCED AMERICAN SINGLES

Cheese PRODUCT **\$4.69** 17

SUCED NATURAL

Kraft Swiss **\$1.19** 20

DANNON ALL VARIETIES

Yogurt (1/2 CUP) **2/89¢** 30

AXELRODS

Sour Cream (1/2 CUP) **89¢** 10

HORMEL CHILI
REGULAR OR HOT

EVERYDAY LOW PRICE

79¢

15oz CAN

SAVE 15¢

PANTRY PRIDE MAYONNAISE

EVERYDAY LOW PRICE

89¢

32oz JAR

SAVE 20¢

GREEN GIANT GREEN BEANS
16oz CUT OR FRENCH

EVERYDAY LOW PRICE

2/79¢

SAVE 20¢

DELICIOUS COCONUT DELIGHT LAYER CAKE
IN THE DELI-BAKERY STORES ONLY

BONUS BUY

\$2.99

8 INCH 2 LAYER

SAVE \$1.00

PANTRY PRIDE WAFFLE SYRUP

SAVE 40¢

89¢

24oz BTL.

PANTRY PRIDE KING SIZE BREAD

SAVE 20¢

3/\$1.45

20oz LOAVES

VLASIC KOSHER DILLS

SAVE 50¢

\$1.29

46oz JAR

G & W PIZZAS

SAVE 20¢

79¢

10oz FROZEN

SUAVE LOTION

SAVE 31¢

88¢

10oz

SUAVE SHAMPOOS AND CONDITIONERS

SAVE 50¢

\$1.69

28oz

FRESHLY BAKED KAISER ROLLS

SAVE 20¢

8/99¢

12 PACK

SOLID WHITE MEAT STORE SUCED TURKEY BREAST

SAVE 50¢

\$1.89

HALF POUND

COMPARE BAKERY

PANTRY PRIDE BAKED OFF DINNER

Rolls 12 PACK **2/89¢** 10

FAMOUS SOURDOUGH OR

Rye Bread 18oz LOAF **99¢** 20

PANTRY PRIDE PECAN CINNAMON

Twirls 5 PACK **2/51** 20

PANTRY PRIDE PARTYFLAKE OR CLOVERLEAF

Rolls 12 PACK **2/98¢** 10

COMPARE FROZEN

GREEN GIANT FROZEN

Cob Corn 4 CT **\$1.29** 30

GREEN GIANT BOIL IN BAG NIBLETS OR FROZEN

Cream Corn 10oz **79¢** 20

MINUTE MAID REG. OR WITH PULP FROZEN

Orange Juice 12oz **89¢** 34

PET RITZ FROZEN

Pie Shells 5 PACK **\$1.59** 30

COMPARE HEALTH & BEAUTY AID

20% MORE FREE GEL 5.52oz OR PASTE 6oz

Colgate TOOTHPASTE **\$1.19** 30

SHAVING RAZOR

Good News 8 1/2 PLUS 1 FREE **\$1.49** 40

THICK & SOFT

Baby Wipes 60 CT **\$1.99** 50

EXTRA STRENGTH CAPSULES WITH VITAMINS

Dextrim 16 CT **\$2.79** 80

COMPARE PREPARED FOODS

GOLDEN DINNER

Rolls **12/89¢** 20

SPICED

Luncheon Meat **99¢** 40

FRESH MADE WITH 2 VEG & A ROLL

Meat Loaf DINNER **\$1.69** 50

HICKORY SMOKED WITH 2 VEG & A ROLL

Johnny Rib DINNER **\$1.99** 50

30¢ OFF

ON ANY LOUIS RICH SUCED CHICKEN or TURKEY LUNCH MEATS

WITH THIS COUPON GOOD THRU WED., OCT. 20, 1982.

NESTLE HOT COCOA
REGULAR OR WITH MARSHMALLOWS

EVERYDAY LOW PRICE

\$1.19

12 PACK

SAVE 40¢

PANTRY PRIDE PAPER TOWELS
WHITE OR ASSORTED

EVERYDAY LOW PRICE

2/\$1

85 SQ. FT.

SAVE 18¢

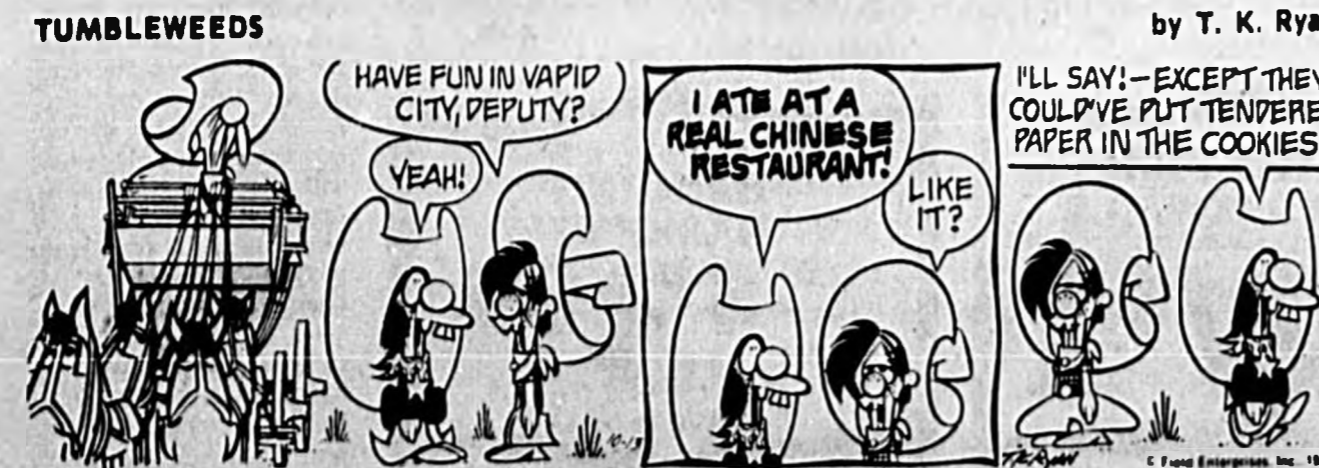
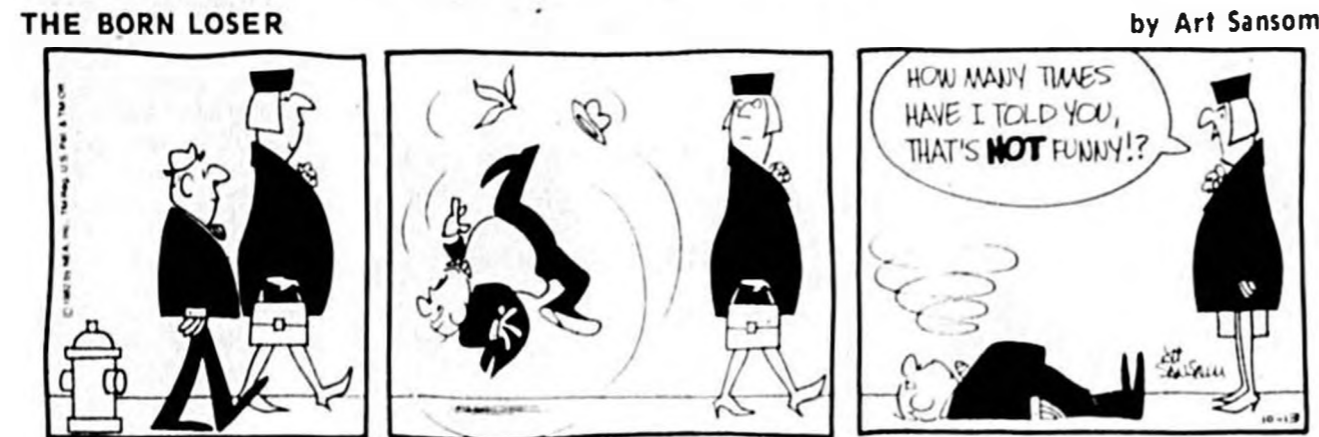
ASSORTED TROPICAL PLANT HANGING BASKETS

EVERYDAY LOW PRICE

\$3.99

8 INCH POT

SAVE \$2.00



ACROSS

- Befuddled
- Interrogates
- Scottish cap
- Conjunction
- Baseball team number
- Eight (prefix)
- Mother's sister
- Chew
- It is (contr)
- Fencing call
- Held fast
- Kind of fuel
- Noun suffix
- Snake eyes
- Strive with
- Donor
- Garment hanger
- Kindly
- Pons specialty
- Of the Orient
- Isthm
- Two singers
- Defective bomb
- Inventor
- Whitney

DOWN

- Motoring association
- Compact
- Authorless
- Houston ballplayer
- Heavenly
- Go astray
- Jack at cards
- Needlework
- Carry
- Sour
- Mountains (abbr)
- Prima donna
- Use sparingly
- Comparative conjunction
- Manufactured products
- Auricular appliance
- Squeezed out
- Engaged in contest
- Off white
- Cleave
- Removed leaves
- Of the dawn
- Rise
- Investigator
- Point at stake
- Grape product (pl)
- Sunken fence
- Household appliance
- Behold (Lat)
- Newspaper edition
- Toddler
- Compass point
- Astronauts "all right" (comp wd)

Answer to Previous Puzzle

BUOY	BUS	TAM
AFRO	UTAH	ABA
LOADS	STONE	KING
ISLE	PELL	LETTIS
LEVI	LOT	
TWO	VEAL	TUBE
HOUSES	MATRED	
ARRANT	ATONED	
NEST	SOSO	STY
FEEL	RAMS	
GOLDING	IMAGE	
NOV	COINCIDED	
AWAY	ISEE	TENN
WAS	TEST	ESTA

HOROSCOPE

By BERNICE BEDE OSOL
For Thursday, October 14, 1982

YOUR BIRTHDAY October 14, 1982
You could be extremely fortunate this coming year in imaginative ventures or enterprises which you conceive. Don't let your valuable ideas gather dust.

PISCES (Feb. 20-March 20)
You may be tempted today to try to dodge difficult decisions. Keep in mind that progress can only be made when you set a course.

LIBRA (Sept. 23-Oct. 23)
Self-doubts are likely to be your greatest enemies today. Instead of dwelling on what might go wrong, think about all the good things that can happen. Predictions of what's in store for you in the seasons following your birthday 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.

SCORPIO (Oct. 24-Nov. 22)
When handling financial transactions today, don't be hasty. Take time to scan the receipts and carefully count all of your change.

SAGITTARIUS (Nov. 23-Dec. 21)
There is a possibility you could have a misunderstanding today with someone of whom you are very fond. Resolve it promptly so that it doesn't fester.

CAPRICORN (Dec. 22-Jan. 19)
You will have to pay a price today if you don't do things in accordance with your high ideals and standards. Let your noble qualities prevail.

AQUARIUS (Jan. 20-Feb. 19)
Even though others may knock a mutual friend today, be the one who builds him or her up instead. Your loyalty will not go unnoticed.

PISCES (March 21-April 19)
Your attention span may not be up to par today. Extra discipline will be required when performing tedious tasks. Concentrate, concentrate, concentrate.

TAURUS (April 20-May 20)
You could be attracted today to situations or involvements in unfamiliar realms. When skirting the unknown, take cautious steps.

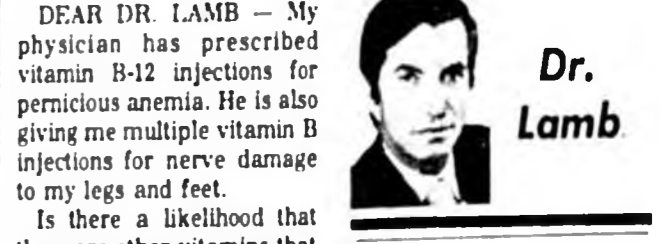
GEMINI (May 21-June 20)
Don't make halfhearted commitments today. It's better to say "no" than to pretend you're going to do something which you may not intend doing.

CANCER (June 21-July 22)
You will be well aware of your responsibilities today, but you may try to find reasons to rationalize them away. Unfortunately, it won't work.

LEO (July 23-Aug. 22)
Be both guarded and prudent in managing your resources today. There's a possibility you could suffer a loss, either through carelessness or extravagance.

VIRGO (Aug. 23-Sept. 22)
Even though you may be able to adjust a tricky situation to your advantage today, give the edge to the other guy rather than yourself. You'll feel better for it.

Vitamin B-12 Has Some Unique Needs



Dr. Lamb

DEAR DR. LAMB — My physician has prescribed vitamin B-12 injections for pernicious anemia. He is also giving me multiple vitamin B injections for nerve damage to my legs and feet.

Is there a likelihood that there are other vitamins that might not be assimilated by my stomach? Which would be the most likely ones and what type of procedure is required to determine this?

DEAR READER — Vitamin B-12 is unique in that it requires a substance manufactured by your stomach for its absorption. This substance is called intrinsic factor. If your stomach doesn't manufacture enough intrinsic factor the B-12 you swallow as pills or in food will not be absorbed. The lack of B-12 in your system leads to pernicious anemia. That, of course, is why B-12 is given as a shot rather than a pill.

The absence of intrinsic factor will not affect the absorption of any other vitamins. If you are eating a normal balanced diet you should be getting enough other vitamins. The best way to test for vitamin deficiencies is from a blood sample.

Your story is particularly interesting because of the "nerve damage" in your legs and feet. A B-12 deficiency can cause degeneration of certain nerve cells that affect the nerves to the legs.

DEAR DR. LAMB — I would like to know more about the differences in smoking cigarettes and marijuana. Do they have the same odds of causing lung cancer? What does pot do to the lungs? I'm a woman with four small children under the age of 4. I have twins who are six months old. Pot relaxes me after I get the children to bed. I have never smoked cigarettes because I am afraid I might get cancer. Have people gotten cancer of the lungs from smoking pot?

DEAR READER — It takes 15 to 20 years to see the cancers caused by many environmental factors including smoking cigarettes. We have not seen enough people who have smoked pot that long to know what the actual figures will be.

BUT we do know that smoking marijuana produces 50 percent more polyaromatic hydrocarbons than cigarettes. These are the substances that are associated with lung cancer.

Good studies show severe changes in the lungs from smoking marijuana. Smoking just one joint reduces the ability of the lungs to inhale and exhale a maximum amount of air to the same extent as 16 cigarettes.

A good estimate would be that people who smoke marijuana for equal periods of time will have more lung problems than cigarette smokers.

You can use folic acid to correct anemias from B-12 deficiency but folic acid will not prevent the nerve cell damage that affects the feet and legs. It is extremely important for people with pernicious anemia to get B-12 to avoid this complication. A B-12 deficiency can cause degeneration of nerve cells in the spinal cord and even nerve cells in the brain. If the cell has been too severely damaged the problem cannot be corrected. Permanent walking problems can occur. You'll need the information in The Health Letter number 4-5, Vitamin B-12, Folic Acid,

WIN AT BRIDGE

dummy and noted the fall of the nine from East. Mark had also noted that West had thought for a moment over his one-spade opening. Hence, Mark decided that West was very likely to hold six hearts and the king of spades. So Mark led dummy's nine of spades and went right up with his ace when East followed low. A second spade went to West's king.

West continued with the jack of hearts. Dummy won and East discarded a club. Now Mark was sure of a good score, but he still hoped for a top.

Was there any play that might produce one more trick than other declarers? Mark found one! It wasn't complicated, but it risked nothing and worked. He promptly led a club to his ace and continued by playing his ace of diamonds.

East dropped the four spot and Mark was home, although he didn't know it. He cashed the king of diamonds, led a club to dummy's king, ruffed a club and played his last diamond.

East was forced in and had to give Mark a ruff and discard for that important extra trick.

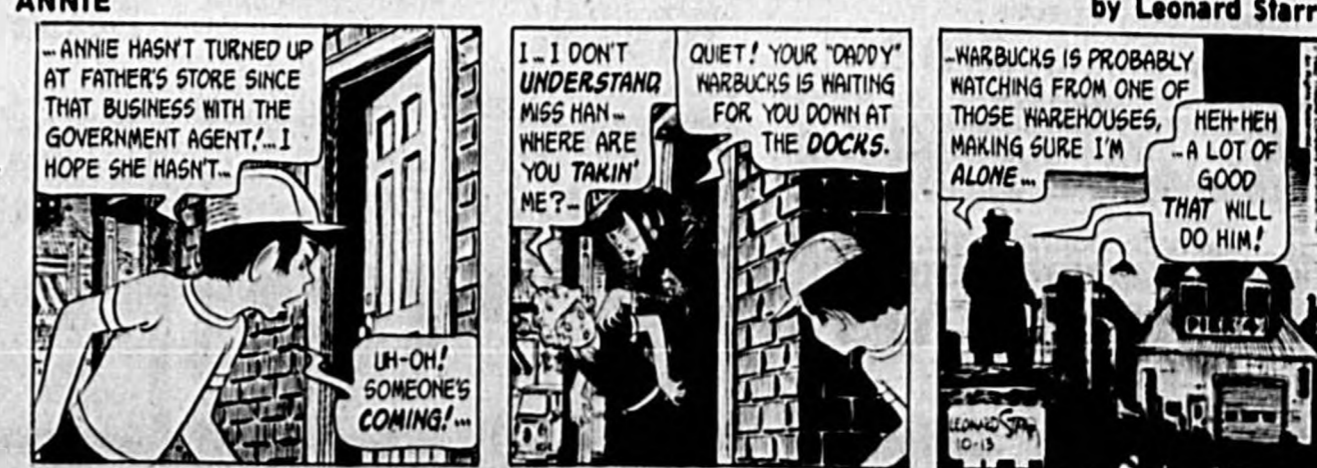
Here we see Mark Lair of Canyon, Texas, getting one. He won the heart lead in

NORTH		10-1382	
♦ 9 8 1 2			
♥ A K 5			
♠ 7 6 3			
♣ K 5 4			
WEST		EAST	
♦ A 6		♦ 5 3	
♥ Q J 10 8 7 4		♥ 9 8 5	
♠ 10 3		♠ Q J 10 4	
		♣ Q J 9 7 6 2	
SOUTH			
♦ A Q J 10 7			
♥ 6 3 2			
♠ A K 2			
♣ A 8			
Vulnerable: East-West			
Dealer: South			
West	North	East	South
Pass	2♣	Pass	1♦
Pass	Pass	Pass	1♣
Opening lead: ♥Q			

By Oswald Jacoby and Alan Sontag

Here is an apparently simple hand that manages to show how really successful match point players find ways to get top scores.

Here we see Mark Lair of Canyon, Texas, getting one. He won the heart lead in



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Vol. 1

\$2⁹⁹

W/D BRAND U.S. CHOICE W.D. BRAND USDA CHOICE BEEF CHUCK BLADE CHUCK ROAST \$1³⁹ LB. SAVE 80¢	SAVE 140¢ USDA CHOICE UNTRIMMED WHOLE BONELESS (14/16 LB. AVG.) N.Y. STRIP \$2⁹⁹ LB. SAVE 70¢	SAVE 40¢ W.D. BRAND 100% PURE HANDI PACK (10 LB. PKG.) GROUND BEEF \$1¹⁹ LB. SAVE 40¢	SAVE 40¢ FRESH AND SMOKED ECONOMY PORK CHOPS \$1⁵⁹ LB. SAVE 40¢	SAVE 70¢ USDA CHOICE WHOLE UNTRIMMED HEART OF THE RIB FOR STEAKS AND ROAST RIB EYES or DELMONICOS \$3⁹⁹ LB. SAVE 70¢
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