Octoger 1,1954
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 At 6 th Annual State Safety Parley

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Racial Integration
Sulfers Set-Back

Delegates Display Agreement Dulles, Eden

Two Employes Of Local Bank
Observe 25th Anniversaries


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 Legal Notice







This Serles is Being Published Each Week in the Sanford Herald with the Approval of the Seminole County Ministerial Association, and is Sponsored by the Following Business Establishments:



Douglas Stenstrom As Senator Would Give Good Representation
Ellgible voters of Seminole and lirevard
countices nhould be aure to participate In the


Paga 1 FrI
What Happened To Marshall Case?





## Vermont Picks A Womon



$\frac{\text { hal boyle }}{\text { Woman }}$ Has Allergy To Money




Jet-Powered Tank * Shown By Brilish









 Slon conqueror tunk nuitid whine

WELL DRILLING - Pumpro Itriation

## A MESSAGE

## To The People Of Our Senatorial District

Ieter winh that 1 cold nend each of you a perannul
 perconal menanag.
Mant of wuil and convinced. recognize the need
for men In pubile office who will not compromise on
 Interenta to the defliment of public welar.
dentre to make you limat kind of \& Senalor.



 Rard
me.


 Induntrid schoola for Boye And Girtit the Department Waier Fith nhd Game Commition the Btate Baard dren's Comminition, \&end other departmenta of our dren' Commine

Institutio Florida County Judge, Astociation and Juvenile

## SINCERELY

# DOUGLAS STENSTROM 

Candidate For State Senator 37th Senatorial District
working knowledge of the yurjoenea and proyrama on


I bellieve the growth and progrean of Florlda and our diatrict is unllimilted. An your Senator, I would county of our dintrict. and each community within ach county, to meet od

Thruugh unfied effort only can we secure action neected in our diatrict to reduce the toll of death and demage. to attract Florida's tourint trada through our distrtet, and to open up new opportunitica for coin-
merciul development.
I would support the centinuation of Floridn'n pro-
 district. I would favor Florida's School Minimum
Foundtion Program. Revinion of our State Conatitue
 fucillities and persuanel for vur Staif Inalitution for
the Nentally ill, A Service Security Syitem for BLato Employ ces, and the State Asobatance Progratn for our
eider ctizens. -
ive the pepeple of our diatitict able, do my bast to itratghtforward representalifon in the Floridn Sonate.
$l$ invite you to conilder my concepta of puble mervice. my qualificatlona and beck cound, and ip you feel hati would appreciate your nupport on October bih.






\section*{Free Christmas Offer <br> 


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## COUNTY JUDGE

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## Lake Mory







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 Windsor
 Canulidate to surceed elf, two year term. Special Democ
Primary Tuesday Oett, Bth, 1964. If you believe I am right in my vlews, action and con. werienced judgment with well founded ability to conJudge, 1 desire to agaln ank for your vote and aup. port.

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HOIIIER MOTUIR SAI.ES


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THE SANFORD HERALD



## WE LIKED IT, 100

We liked woodion Alten's unery on "Dragrail" in the Sepp. gisuce of All Firtide we would Lite to know if the strent was a "takeoff" on the radio pingram Dragnet, or just a relesence in ohe dragging dertiere of policemen in general? Whikhevei, ter's tove more of Allen He had anWher good one about Chrisemas dercenting, which stuxt alowe to Home and amused our whol hamily
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Wiat Din Boed

## OnR COVIR

Ow cower this weet is purely cancidened All Flosida's pho cographer. Tount hogers, Map pened to cacch this unidenaficed young man dimmameling dady' lawn mower tint libe idea a pueting the power plact in his limk -ricer " Mean ahide, Jim Jeraigen produced a Foto Fes res (peger of and 9 ) on Ploride: amifly groming Micro-Midger rexing fod The linck mikro rec. ent, 100, we poeered with hem mower engroes
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The eall) mim we can give merilbors the mey find a lave mover engine mywerinady mime tag is chat "out boy" lives na Guncervile


## WE UKE WOMEN

Like most monen I enjny: good magatine and I wani you to bnow ihat I considet All Plop. ida Magazine in that calegory I like those leters to the editor. cren if wime of them seem to find faule with some of gour amides. You can'i pleace every. body 1 knoe Whoeves does your cafroons has a big funny bone, 10 I hope fou cill pribe as many of theice as you hate rown for. If you need mone reom for good articles you should in for good articiet you sbould in
creme tin side of your magazame. As a rive I dom'́ cart 100 mede for sports news, bet yous sports writers seen so have somethine gpecind ilve eprealt to me, 201 frequenty read alwate aricles Helen Thertildhen's ohmen iecte Mow on fuct seme are wert is terevinge and I clip olvem for my scrap book. My fon grabe the croundord puzale so It don't ger - chence mither. If you will per. don 1 surgenion, how real/ in be if you printed somet than fic. lion? I think is wauld be velcomed by pow reakers


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## No ARCUMENT

It secem to me that a number of cities in Plorida could take a page out of the alipping book of Se. Peteraburg and leatn how to atract courists. Your article on "A City Full of Promotess" (Aug 22) painerd a cicar picure of the value of publicity in atrracring visitors to a cily-and St. Petersbutg itself illustrases that this sype of promotion attrecte not only visitues, but permanent revidentes, at well
Amorbet Plorida city that has grown as a result of telling the whale vorld is Mismi. They spend a great deal of money there anding picrures and artixlea to nevepapers all over the courify and the vorld. The retulh has been so mate Mismi inco one of the bigerst rowns in the Southease.
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 swing io ho mow in a thing like that?



## GROCERY CRAT UNDER SAILS

BOB BALFE<br>All Fleride Sperti Iditer

$\mathbf{I}_{T i,}$, , wnexthat binare corcummance in this day of jet propulsion, but Florida may be on the verge of a boom in a much older and slower means of etansportation - the sailboat.

Kids who are growing up today in the "cracker boses" and assorted other "growery crates" of home-made pram sailing craft are showing evidence that they'll graduate to larger craft in the next few years, thereby multiplying the numbers of the present day skippers.

Florida's sailing enthusiasis are just as rabid is their counterparts elsewhere, but theit num bers are telatively small. In an efa when motor bikes, scooters and hot rods offer noisier and speedier motion. kids have been inclined to pass up the thrill of a skimming hull swept over the waves by wind alone

The pram fleet is changing all that. The colorful little "grocety crates" have put sailing within the reach-physically and financially-ot the small fry. Having learned the incomparable thrills of sailing. nearly every graduate of the pram ranks is continuing this interest in such classes as moths, crickets, snipes, the new wind mill division, or larger sail area groups

There are more than 30 sailing clubs affili ated with the Florida Sailing Assectation, which sanctions an annual tall-fo-spring program ot re gattas around the state, most of the big events being scheduled in winter for the benefit of tour ist spectators. In addition to this association, sailing groups in the Pensacola area, for geographical convenience, compete in Gulf Coast groups.

The ordinary Florida sailing regatta will include races for eight to ten different classes. Fre quently the programs will attract 100 or more boats. Each boat represents three to four inter ested competitors, including skippers, crew and officials. With that many persons in the cast, it becomes quite a show.

Many a shoreline spectator can't tell whether the boat's are coming or going during a sailing race, but even the uninitiated find it a colorful and refreshing sport. That's why the sailing clubs in most cities (often they are branches of larger yacht clubs) ger help from municipal and Chamber of Commerce sources in staging the programs

This year's annual series will start in St. Pet ersburg on Armistice Day and by mid-winter will include a regatia just about every week end

By contrast with contact sports or some more screnuous phystal exercies, sailing appears mild to the casual observer. But any skipper will rell
 of the FSA is Hugo Millet, of West Palm Ikach. who was captain of the Florida fimotball Gators in 1945.

Still another phase of Florida ssiling is the winter program of ocean racing for larger craft. manned by sportsman crews, in such time hands. cap events as the St. Petersburg to Havana, the Miami to Nassau and the Fort lauderdale to Cat Cay races.

Forida doesn't have ton many entries in that category, but when it comes to individually operated boats. Florida has many a competent hand on the tiller, with the prospect that the pram kids will swell the sire of the fleets in the future

HIS is the windmall dasi of "erocery crate" and was developed in florida to provide a new division in asil ing boatt.

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## BALI WHO? <br> L.folts whor ate getiong a litele pudgs <br> atwour the same number of caluries dalb

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 It sugared cup of coffer. An hinur ur $m$ Itier. after ehey've packed hubby wiff tor hen cokomut picking, the coffer is fodlumed In a mouilhful of boiled rike, dioncily gamobled with a prig of banama leaf a litite later a banana or oolher fruit aill be easen. perthap with a glas of iwerened wates. Fidhowing the same foutine uncil bedtime.
 delicacies as fermented worbean cake. 1 piece uf fish, or mure tice, washed dnmen - ith iserened water of a woft dink thet never more than a mosusthful as any one cime'
Piesumably the lissume figures of the Halinese ladies result from the fact that while they wem to eat all the time, they never eat much Over all, they consume
as the average American housewife. bue the intake is spirad more crenly thrioug the active part of thrit day
As a mesns of kereping tive aright dhwn. it losing ceress poundage, the Blinex practice firs in well with what Dr Jean Mayer. of the Harvard Nutrition I.sthera. bey, hat called the "Glucuratic Thene" " Hunger. suys Dt Mayer, is eclated to the ammeno of sugar in the blamel. which cuntroh a group of apecialized brain cells alled the "appesias" When the hlound sugat level falls, the "appestas" prese inot action and you become hungry. As anm as momething is eaten, the blumbl sugar level gies up, the "appessat" is cut off. and hunger disappeass. Taking a hise ox two of numinious food every rouple of Howes, at the Balinex do, keep the lihenal sugar athuve the critical level
Incidenally. girls, it's no longer fash. ionable to blame a straping figure on "Rland inouble" ose hetedity. Docturs is. dare that more than 99 per cent of olk nation'a fas people are overweighe simply because "their caloric intake is in escess of bendy requitements." In other mords. they ers mute than they need! Sume wereeat because ithey enioy it: orhert, poubably a liste on the neutatic side. are shle tis forget theit eroubles when they think of hood Whatever tive reawno, it applize maxe tu momen than to men. One Candian

## CRACKER ACTOR

## By MEL MEFFTRT

## T

 Dive lankimome late of a young Fliutilian is rapidly frecoming a familar bue tio the lagke merment of pupulatum whith gatimets around TV weis every night.He is Patrick O'Neal, native of ©hala and graduate of the University of Flurids. and once of television's rising poung stass
Maries, tous, are recognizing Pa'stasentu Hin latest mie is in "Mack Shield on Falworth" He plays Tony Curtis' rival live tle hand of Janet leigh.
Timy wins ife gitl, nasith, but Pac's per. liwmarke has won him an oppoceunity tol dimb a couple of rungs up the ladider of akiens
Relating at the spaciaus hame of his purenti at Ocala for a few days recently afiet a busy summer. Pat cothmented the had to tuin down wome jubs
"It's been delighoful." he glasted
Pat majored in diamatics at the University of Flowida, where be beaded the Phurids Piayers, and clited the "Semimole." university yearbork

Equipped with ralent, imbition and oun. siderable confidence. he struck wur for Itrualway immedincely after his groduasion in 104, mudied acting soner more me the
 irping to trect ime shew trosimess DACA 10-all Fiovion Macpate.


An In month fout of duty with dic Air Force interupped his carere in 1991.35 Breaks began co come with his resurn no civilian life. There was a part in "The Mad Magician," movic starting Vincent Pixc, a couple of doren TV films, and etre "Blak Shield" rule, all in rapid succes. *ino

By and latge, Pat has found establistred stats very willing lo entend an encoutag. ing hand wh newcomers
-I never met iwo niset people than Ting Curtis and Janet Leigh They were won. derful to work with-and they do work hard, by the way - and I gir to know them as peropic. tou.
"Duruhy Maguise has helped me move than you would ever enpeci from a per. won at the top of the heap. I gie to trow het at the theater she and rome orbers have as la Jolla, and slue's been really marvelues:"
Television is giving many young acrus like Pat a chance in stusw buanesi-aside from supplying, burter for their bread while they worl etheir way up.
"Traffic moves in all directions on TV." Pat observed "There are the we: ones coming Yp, the M ames moming down.



## PREPARING SCHOOL LUNCHES

Now shat shumel is in full －mong again and packing a lunati －the urder of the day．make a icuchlutuon that you witl nest let chu all importani chore become ＂ן⿴囗十介 portine．＂＂Variety is the eplis of liff．＂wo the taying gice and this is truc ehen it is time lot upen the lunch trix and＂wer whit Morther has for me．romay．＂ Cise bour child a well halanced lumb thas has hern well planned and arll packed，wi it will have iavic appeal as wrill as lavinge nutrilional value
When mahing asmidwatice，it mombel lian the hecall wous ＂juse so impuriant as the filling Alado um firali brial and un diflerent hecals Dun＇s always uer just＂white＂hreal W＇houle ut afated whest，fac ar wimeal thesela aer riphi for meats，fioh I exge hur uar taisin，frus om innamon fur awert tilling：But

## CITRUS RECIPE OF THE WEEK

Oropefruil Cechial Twos cups prapetruit pulp．i up diced pinespple．is tup pineapple juice．：eablespecons
 pred cherries Mis fruit juise and chill．Serve in plases， ․in with cherries

| d wherpeon mo <br> 3 14pamay <br>  <br> 440mom <br> －irango <br>  <br> ：Iup＝wrt <br> a Meras home cherte |
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Phill the water．add the rea and sugar，and ler seand for half minute，ithen strain．Ald the oranger juise and the juice of the lemons，and the oranges thinly lied．the cherries cach cut in
four pasts，and the ginger ale Tout parts．and the ginger ale
poup this over eight cups lis Pour this oret erght cupe les
inu yuato）of cracked ice in a purnh houl

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ish with orange slices 10 sery ines
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## BALI WHO?

Leflil:S who are geting a litele pudg around the edges, says Harvard's Dr. Fred. erick $\int$ Stare, might wo well to adopt a custom of the women of Bali. Following a recerts trip to the Pacific island, as a consultant for the World Healeh Organization. Dr Stare made the surprising statemene that he found no fat women among the Halinese. The reason, he adds, is probably the island habit of frequetr nibbling. ratice than eating thece full meals a day. and he recommends the mechod to American monven who would like to kose a pound or (wi) of waistline.

According to Dr. State, the women of Bali stare their day at 6 am . with a heavily sugared cup of coffec. An hour or w later, after they've packed hubby off to his coconut picking, the coffee is folluwad by a mouthful of boiled rice, daintily gamithed with a sprig of banana teaf. A litele later a banana or other fruit will be eaten. perhaps with a glass of sweetencd water. Following the same routine until bed-rime. was Balinese housewife will nibble on such delicacies as fermented soy-bean cake, 2 piece of fish, of more rice, washed down with sweetened water of a soft drink. But never more than a mouthful at any one time!

Presumably the listome figures of the Balinese ladies resule from the face that while they seem to eat all the time. they never eat much Over all, they consume
abosur the same number of calories daily as the average American housewife, but the intake is spread more evenly through the active part of their day

As a means of kecping the weight down. or losing excess poundage, the Balinesc practice firs in well with what Dr. Jean Mayer, of the Harvard Nutrition I.aboratory, has called the "Glucostatic Theory" Hunger, say: Dr. Mayer, is related to ste amount of sugat in the blood, which comtrols 2 group of specialized brain cells called the "appestat." When the blomed sugar level falls, the "appestae" goes intos action and you become hungry. As sum as sumething is eaten, the blood sugar level gocs up, the "appestat" is cus off. and hunger disappears. Taking a bite or two of nutritious food every couple of hours, as the Balinese do, keeps the bluod sugar above the critical level.
Incidentally. girls, it's no longer fashionable to blame straying figure on "eland rrouble" or heredity. Docturs declare that more than 9 ) per cent of the nation's fat people are overweight simply because "rheir caloric intake is in excess of body requirements." In other wirds, they eat more than they need! Some overeat because they enjoy it; others, probably a little on the neurotic side, are athle to forger their troubles when they think of Guod whatever the reason, it applies more to momen than to men. Onc Canadian

Tr

## CRACKER ACTOR

## By Natil Maprint

T
HE handsome face of a goung Floridian is rapidly becoming a familiar one to the lafge segment of population which gathen amund TV sets every night.

He is Patrick O'Neal, native of Ocala and graduate of the University of Plorida. and one of eclevision's rising young atars Movics, coo, are recognizing Pacis ial. ents. His lasen role is in "Back Shield of Falworth." He plays Tony Curtis' rival fis the hand of Janet Leigh.
Tony wins the girl, natch, but Pat's performance has won him an opportunity ou climb a couple of runge up the ladder of success

Relasing at she spacious home of his parents at Ocala for a few days recenily after a busy summer, Pat commented he had tu iurn down some jobs.
"ti's been deligheful." the gloated.
Pat majored in dramatics at the University of Plorida, where the headed the Flurid Players, and edited the "Serninole," universiey yearbook.
Equipped wish taletw, ambition and cunsiderclik confideace. he mincle ous for Brovieney hanadimely afoer his gradumion in ISN. rualiod cotion tive mane 5 ats
 uring to teres ino cteot theines. Pact 0-an mith in

An 18-month tour of duty with the Ait Force interuppred his career in 1992-93,
Breaks began to come with his retum to civilian life. There was a part in "The Mad Magician," movic atarting Vincent Price, a couple of dozen TV films, and the "Black Shield" role, all in rapid succes. sion.

By and large. Pat has found exrablished stars rery willing to extend an encouraging hand to newcomers.
"I never met two nicer people than Tony Cutris and Janet Leigh. They were won. derful to work with-and they du work hard, by the way - and I got to know them as people, too.
"Doroshy Maguire has helped me more than you would ever enpect from a per. son at the top of the heap. I got to trow her af she theater she and some otbert have at La jolla, and she's been meiny marvelous."

Tricvision la giving many young Econs like Pas a chance in show buainest-bile from supplying, butter for theis bread -hile strey work sheir way mp.

Treficic moves in all direction an TV," Pat obervel. "Thove tiedtis wev evet coing de en empers song
,


aushority, Dr. Gerant McFerridge, found that 93 per cent of his overweight patiencs were women, which suggests the ladies are more inclined to relieve their frusters. tions and rensions by overeating. Women outnumber men when it comes to reduc. ing, too, largely because of vanity!
Dr. Siare offers a word of warning to women erying to sereamline sheir figures by the Balinese method: Don't increase your nibbling and eat three good meals, toon! Instead, he suggests, eat three mondcrate meals, with emphasis on beakfast. and space the nibbling throughour the day. What constitutes a "moderate" meal is bomething each woman must decide for herself, bus the objective is to decrease the daily caloric insake, and spread it over a greater number of hours. Doctors point ouf that many ressonably active women




## and old-timers carving out new careers

 for themselves."Admirting to an occasional pang of the special brand of Florida homesickncse known at and in the shoes, Pat com. mented, "Unfortunately there ate only tew piaces pou cad live if pou'te in acrot

- Lomewhere near Nev Yort or Hally. wrood."
"To eell the trush. I gucss I'm son of in 'OLic'-migrant eroter otpe -right now." Pa grimel. "I juar follow cte crop of exting ioble bact and Gorth scrom che country"


Now that schual is in full awing again and packing a lunch in the order of the day, make a ecoulution that you will nor let this all important chore become "just mutinc." "Variety is the spice of life," $m$ the saying goes and this is true when it is time tos open the lunch bexi and "iec what Mother has for me, today." Give gour child a well-balanced lunth that has been well planned and well packed, so it will have lasie appeal as well as having nutritional value.
When making sandwiches, etmember that the herad you use is juss as important as the filling. Always use fresh hread and use differene breats. Dun't always use just "white" bread. Whale ot cracked wheat, rye or oatmeal bread are tiglu for meats, fisb ur eges hut use raisin, fruit os cinnamon for swect fillings. Bus-
ect bubl shices generously to kerp fillings from soaking into the hrest.

Fur variety use fillings made of fish, meat or rafs and ald a awett sandeich now and then. llase vegesables io add ieviure and color whe fillings. Be gencfors with the fillings hut don't make them liws exny as this type filling is hard fur your childen (t) eat with ease

Wrap cad sandwich eparately with wax paper oo kerpitiem fresh and wothat thavers won't mix. Til make sandwiches more enjoyable, cur them in tifferent ways - on ibe diagonal, in four squares or three of four sticks Leave the crusts on for the addi. tional fond value.

When using a filling rich in protein, crisp vegetables such at pieces of celety, carturs or let. luce may be wrapped in wased

## CITRUS RECIPE OF THE WEEK

Orapofirut Ceskrẹll
Two cups grapefruit pulp, is cup diced pineapple, 12 cup pineapple juice. 2 tablesponns fermm juice. 4 tahlesponns sugar. 3 red cherries. Mix fruir juices and chill. Serve in glasics, tup with cherrics.


Puil the water, add the tea and sugat, and let stand for hall a minute, then strain. Add the orange juice and the juice of the lemons, and the oranges thinly sliced, the cherries each cut in
four parts, and the ginger ale Pour this over eight cupt (or (wo) quats) of cracked ice in a punch buwl.

Ferlis Tee
mial at annamon
II traspenin shate shines
4. ap bump

1 oup =ater
2 atengre (av arp Mun)
1 lemin (th at juiat)
2 anhrpena blation
on cup hilmp war
Simaner spices and honey with the one cup wates for 10 minutes and let it stand one hour. Sirain. Add rind of one arange and one lemon if desired. Squecze fruis juices, sicep tea in boiling water onc minuse. Strain. Add fruit juice and apice mixture to sarained tea Reheat and sesve hor. Gam. ish wish orange slicrs. 10 serv. ings.
paper tulx caten with thic sand. wich. Sulup is aluas a weckone addition sin any lunch hom and can tre witly carried in a vacuum botele. Salals are alw vers gemad (to cat with a adnduich and can the packed in 1 plastic comedint with a tigh firsing lid.
For that evers "something" in finish uff a well balanced lunch. add an appls, hanana or orange fruit is the lywe alsseert a schemi givi ar hay call car.

- ecp yout welves well stinked witli nuts, canned mears and fish and a few guod relishes and iry " invens fillings that jour
youngsters will cnjas Adila special icrat now and phensumerhing that is a surprius Pranue Crunch Comkies acould ix a nice surprise for anyone and will have a goosd llavor and real
lined value
Herc's the recipe
Is sup hurter
12 cup pranue crumbli
17 cup alite sugat
\% cup hown $n$ ougat

1 с祭 (wall lxaten)
It atup ilheur
il iccipumil wald


Citasm hutier and peanus arumh hogreher. Add sugat and afeam llurnughly. Add theaten eFF Site llour once heture meas. uring Sifi lloue, coda, hating proxier and sale toxerher and whd loucreamed miviure Chill dough Then ferm intos balls we size of - walnut and flaten witb a furk dipped in Mour Place on preswed combie sliese Hake to to 12 minutes in a 374 degree insen Maker four doren cowkies

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Weehly Meusehold Himt: To shappen scissors, cut ihollugh line ampapet





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