



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sanson



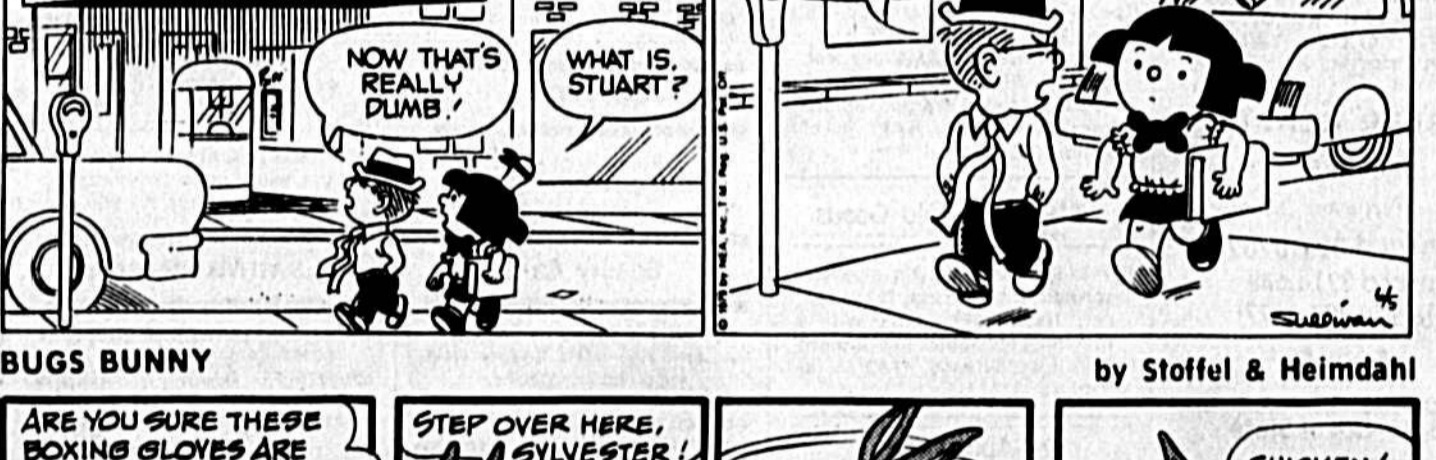
ARCHIE by Bob Montana



EEK & MEEK by Howie Schneider



PRISCILLA'S POP by Al Vermeer



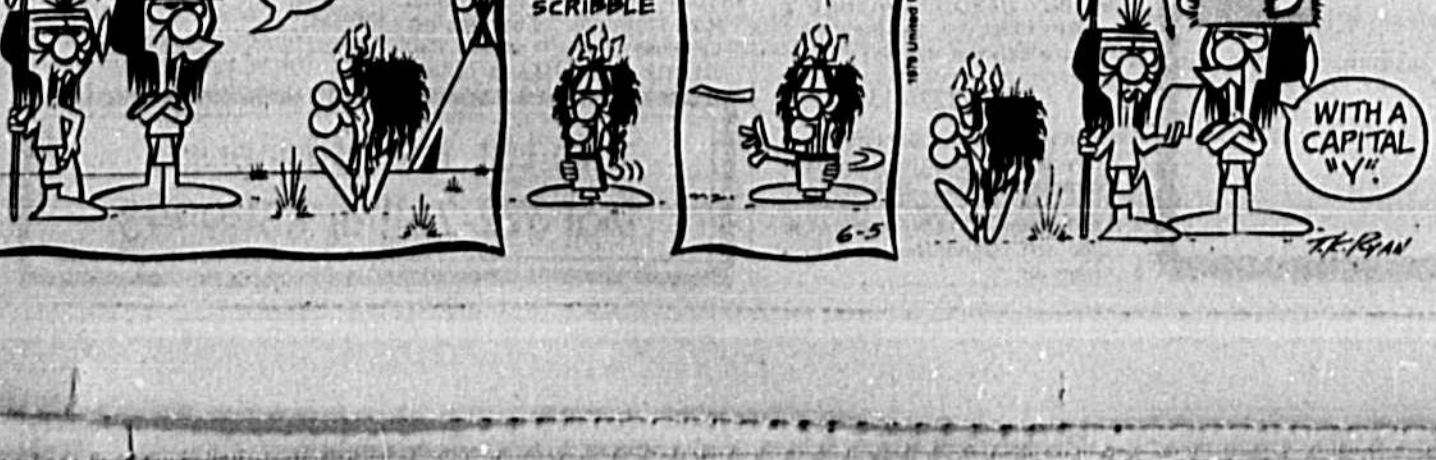
BUGS BUNNY by Stoffel & Heimdahl



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



Cereal Fiber Better Than Mineral Oil

DEAR DR. LAMB — I have been taking mineral oil most of my life. I am 72. I have piles for which I had surgery a few years ago. This left me with a tight muscle in the rectum and makes elimination difficult. However, the mineral oil doesn't seem to do what it used to and my stool is soft and sometimes shredded.

substance which swells when moist, adding bulk to the diet. The moisture that it retains does act as a stool softener and can help people who have problems in elimination in conjunction with hemorrhoids or complications of hemorrhoids.

Usually you can get the same effect from including enough bran or cereal in your diet. The cereal fiber swells when it's moistened and acts as a bulk additive.

Lately I've been introduced to Metacel which seems to work fine and gives me a natural stool. I also drink fruit juices. What I would like to know is, is it safe to take Metacel every day? I'm told that it is a physic and should not be relied on. It does seem to work nicely though.

DEAR READER — Many doctors used to recommend mineral oil but most of us don't. Originally it was not thought to be absorbed and was used to soften the stool. It worked very well for that in most cases. It also can interfere with the absorption of important vitamins and minerals. Then there's a little social problem of it leaking through.

I don't recommend chemical laxatives either. I'm sending you The Health Letter number 124. Laxatives, Enemas and Suppositories, to give you some basic information on which of these products you should avoid. Other readers who want to solve the problem with a long, stamped, self-addressed envelope for it. Send your request to me in care of this newspaper, PO Box 326, San Antonio, TX 78292.

Metacel is one of several bulk laxatives which has a mass in that area and doesn't leak. It is also certainly seen by a physician.

Crossword Puzzle

ACROSS
1 Doctrine
4 Adjoin
8 Alphabet
12 City of
13 Smallest bit
15 Tropical plant
16 A type of
18 Fence timber
19 Detects
20 Prop
22 Actor Sparks
23 Ireland
25 Conjunction
27 Sew
30 Walking sticks
33 Tax agency
34 Executioner
38 Linn
39 Invisibly
40 emanation
39 College
41 athletic group
42 Miss West
43 Cuel person
44 Pool

DOWN
1 Social club
2 King
3 Linn
4 Sabot
5 Doodle
6 Motion sick
7 College
8 Useful
9 Sage
10 Opher
11 Ovie
12 River in Europe
13 Short sleep
14 Spookily
15 Sacred image
16 Pats
17 Pragmatic
18 Hebrew
19 Blue-pencil
20 Lathers
21 Bunge
22 Twist about
23 Midwest city
24 River in Europe
25 Spookily
26 Sacred image
27 Pats
28 Pragmatic
29 Hebrew
30 Lathers
31 Bunge
32 Twist about
33 Midwest city
34 River in Europe
35 Spookily
36 Sacred image
37 Pats
38 Pragmatic
39 Hebrew
40 Blue-pencil
41 Lathers
42 Bunge
43 Twist about
44 Midwest city

Answer to Previous Puzzle

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55
56 57 58 59 60 61 62 63 64 65

HOROSCOPE

By BERNICE BEDE OSOL

For Wednesday, June 6, 1979

YOUR BIRTHDAY June 5, 1979

SCORPIO (Oct. 24-Nov. 22) Be your own person today but not at the expense of others. Treat your associates the way you'd like to be treated if the results are reversed.

SAGITTARIUS (Nov. 23-Dec. 21) Don't let an old grudge with a co-worker precondition your thinking today. His or her methods may be superior, but you'll never know if your mind is closed.

CAPRICORN (Dec. 22-Jan. 19) For one who usually deals with life realistically, your practicality could desert you today, involving you in something both complicated and illogical.

AQUARIUS (Jan. 20-Feb. 18) Be prepared to exert some extra effort today if you hope to achieve an important goal. Your chances are good, but you'll have to work at it.

PISCES (Feb. 19-March 20) Well-formulated plans should not be altered. Stick to your original blueprints even though you may be faced with an unexpected change.

ARIES (March 21-April 19) Treat warily in joint ventures today. Warm conditions may appear calm, but unusual undercurrents could lead to sticky developments.

Taurus (April 20-May 20) Be doubly tactful in important one-to-one relationships today. Do nothing erratic that could upset someone whose assistance you need at this time.

WIN AT BRIDGE

West produces the ace. South should have run out all his trumps. On the last trump end West would have led the king to protect his club suit. The trouble with that play is that it would fall if East held the club ace. Expert South finds a neat way to play to insure the contract. When he leads a spade he plays the eight, not the jack. Now West is endangered.

A spade lead gives South three spade tricks and the chance to get rid of a club. A club play makes South's king good and a diamond lead gives South a ruff and discard.

Ask the Experts

A Missouri reader asks what is meant by an interview. Usually an overall, it is a bid inserted while the opponents are bidding along on their merry way.

Here is another bad luck hand for the ordinary declarer. West falls to open a spade, but starts by leading ace and another diamond. South draws trumps, leads a spade from dummy and fineses the jack. West takes his queen and leads back the 10. Spades fall to break so South must lead a club toward his king and is down one when

SPIDER-MAN by Stan Lee and John Romita

ZOOINIIS by Craig Legett

Cereal Fiber Better Than Mineral Oil

Dr. Lamb

Evening Herald

71st Year, No. 249—Wednesday, June 6, 1979—Sanford, Florida 32771
Evening Herald—(USPS 48-280)—Price 15 Cents

If Legal Way Can Be Found County To Enforce Gas Storage Law

The county would like to call a halt to the "potentially hazardous practice" of storing gasoline in residential sections of the unincorporated areas of Seminole County. But it doesn't know how. Not yet at least.

County Commissioners were told by Public Safety Director Gary Kaiser on Tuesday that complaints from anonymous persons have come to his office that gasoline is being stored in quantities ranging from five gallons to 500 gallons in residential areas in violation of the fire code. Penalty for violation is unenforceable by \$300 fine or 60 days in jail.

The practice is potentially hazardous, Kaiser said. County Administrator Roger Neiswender said the law requires persons storing more than three gallons of gasoline to get a permit from the county. However, no permits will be issued, he said.

The problem, according to Chief Fire Inspector Joe McCluan, is how to enforce the code. "I know of at least one instance where gasoline is being stored at a home," McCluan said. "We've asked the county attorney's office how to enforce the code, specifically whether warrants are needed to enter a suspect's home or property."

Assistant County Attorney Bob McMillan said he will be researching the issue.

County Commissioners Tuesday, after hearing a report from Kaiser, instructed him to prepare a letter for Chairman Bob French's signature to be sent to homeowners' associations in the county warning of the hazards involved in improperly storing gasoline.

Kaiser said his office has received anonymous calls complaining that gasoline is being stored in residential areas. Kaiser said gasoline improperly stored is "extremely explosive."

He told of an incident in north Florida recently where gasoline, stored adjacent to a home, exploded. "Kaiser said. Kaiser recommended that no permits for over three gallons be issued. For those storing even three gallons, he advised that the fuel be kept in an "approved safety can" in a well ventilated area and "not inside a dwelling."

"Our department will be investigating the calls," Kaiser said. "We will be enforcing the law to eliminate the hazards in residential areas," said Neiswender.

Asked how someone would get 500 gallons of gasoline to a storage tank in his yard, McCluan said, "by transporting it in his car five or 10-gallons at a time, creating another hazardous situation." —DONNA ESTES

Vets, Elderly Form Lobby For 'Clout'

A coalition of veterans and senior citizens would have enough political clout to play the deciding role in any future Florida election, according to a man trying to form such a coalition.

"They'd have to come to us if they wanted to be elected. Together, the veterans and senior citizens would have a majority of voters in this state," said George Cintron. Cintron is the principal organizer of United Veterans and Senior Citizens, Inc. The organization was founded last month and Cintron claims there are already 150 members. Any person 55 or over or any veteran honorably discharged from the service, regardless of age, is eligible for membership, he said. The group is scheduled to hold its next meeting at a.m. June 13 at the American Legion building.

Veterans and senior citizens share a collective list of concerns, Cintron said, and a lobby group to address those concerns is a logical step. He said veterans and the elderly have been the most under-represented groups in the country and, as a result, they have been "ripped off" politically.

He said politicians consistently have neglected efforts to ease the tax drain placed on elderly citizens living on fixed incomes and the plight of returning veterans.

"When a couple who have worked hard all their life retire and then can't afford to pay the taxes to keep their home, it's a disgrace. When a veteran who



READING CAN BE FUN

"Reading is FUNDamental," especially when you're all dressed up as clowns, these students (from left)—Michael Lester, Robert Hill and Tim Edsall—in the (RIF) program at Southside Elementary School are being told by their teacher aide, Jeannette Green in top photograph. Below, Superintendent is the inspiration promoting reading at the Sanford branch library. Checking out the Super Summer '79 program at the library are (from left) April Vansoder, Alex Piquer, Corkey Howland and Dee Dee Howland.



Vote Bias Claimed By W. Side Blacks In Election Dispute

Charging racial discrimination, a group of west side blacks today said they will ask city officials to reject a white woman recommended by the Seminole Joint Tenants Council to fill a vacant seat on the Sanford Housing Authority Board.

Two seats on the board became open following the resignation of member John Colbert on May 7 and the death of member George Brown on May 21. At the May 30 Sanford City Commission meeting, Mrs. Zoyne Mae Davis was named to fill Colbert's position, but a recommendation on Brown's replacement was delayed pending the recommendations of the board and the Tenants Council.

On Monday, the Tenants Council held a special meeting and selected Teri Buratti from Hedding Gardens as the person to be recommended to the city commission for appointment to Brown's unexpired term.

However, a group of some 20 residents from the city's west side protested the action and claimed the election won by Miss Buratti was "rigged." So there would be a white member of the board.

If Miss Buratti were appointed to the five-member Authority Board, she would be the only white representative. With Colbert's resignation, and the appointment of Mrs. Zoyne Davis, the four current board members are all black.

"It wasn't a fair election and there are a lot of blacks on the west side of town that are mad about this," said Barbara Wyche, who said she is a spokeswoman for the dissenters.

Mrs. Wyche, a former chairman of the Tenants Council, said she would be "considerable opposition" to Miss Buratti's appointment. A petition bearing more than 50 names of west side residents supporting her charges will be submitted to the city commission at its regular meeting Monday night, Mrs. Wyche said.

"If Teri had won the election fair and square I could have accepted that. But she didn't and that isn't right. It isn't fair to the tenants," said Mrs. Wyche.

Housing Authority Director Tom Wilson said today the controversy should be settled at a later meeting. He said he will issue further directives to the Tenants Council this week spelling out the requirements of open meetings, and another election may have to be called for.

The Housing Authority is charged with the responsibility of monitoring the six public housing projects in the city.



BARBARA WYCHE
...charges bias

Site For Aged To Get Funds?

Only one more detail must be attended to before federal applications can be submitted for the proposed new senior citizens complex in Casselberry.

The Casselberry City Council next Monday night must approve purchase of the two-acre tract where the complex is to be located.

County Commissioners Tuesday gave informal approval to a county grant for the project of \$12,500.

Applications to the U.S. Department of Health, Education and Welfare (HEW) are to be submitted by July 1, said Bruce Ferrino, assistant city planner today.

Ferrino told county commissioners Tuesday the two-acre tract to be the location of the facility is behind Vaughn's Nursery, east of Sunset Drive, overlooking Lake Concord and south of the Better Living Retirement Center.

Purchase price for the property is \$27,200, Ferrino said. The Area Agency on Aging, which administers the grant program for HEW, has "almost guaranteed" federal funding under the Older Americans Act, Ferrino said.

The first-year grant of \$115,416 is to be matched with \$12,500 from the county and \$27,500 from the city. A second-year grant to furnish the facility is expected of \$60,000 — to be matched with \$7,500 from the city and \$12,500 from the county, Ferrino said.

Approval for the federal funding is expected by October 1, Ferrino said, and construction is planned to begin in January, 1980.

The \$27,200 purchase price of the property will not be paid until after the grant is approved Oct. 1, Ferrino said.

— DONNA ESTES

Kids Taunt Her Woman Left In Trunk

OAKLAND, Calif. (UPI) — A 61-year-old woman, locked for 56 hours in a car trunk, says children taunted her and adults walked away despite her screams for help.

Dorothy Hudson said Tuesday she was abducted by two men when she stopped at a traffic light last week, and stuffed her into the trunk of her car. One told her "Be still, Dorothy, or we're going to kill you."

"At first all I could do was pray they wouldn't hurt me," she said. "Then I prayed that someone would, please, hear my cries and call police. I know many people heard me because I could hear them."

She said she cried out for help when she knew adults could hear her but they apparently just walked away. Finally on Friday a man heard her weakened pleas and called police. She was taken to a hospital suffering from dehydration.

Casselberry Evacuation

Several homes in the area of 620 Laurel Way, Casselberry, were evacuated briefly today when a Florida Gas Company natural gas line was ruptured.

Anthony Pool Co. workers were excavating a swimming pool when they broke the gas line at approximately 10:45 a.m., according to Casselberry Police Chief George Karcher, who said the line was repaired within a half hour.

Today

Around The Clock	4-A	Dr. Lamb	5-B
Bridge	5-B	Horoscope	5-B
Calendar	7-A	Hospital	10-A
Comics	7-B	OURSELVES	1-B
Crossword	5-B	Sports	5-5-A
Editorial	4-A	Television	5-5-B
Dear Abby	1-B	Weather	2-A

Policemen On Horseback: A Tradition Here To Stay

RICHMOND (UPI) — At high noon, Richmond Police Sgt. Marion W. Johnson finishes guiding his horse through the concrete canyons of the city and dismounts at his reserved parking space in an automobile garage.

He fits a familiar mold: The image of the lawman astride a horse to track down desperados is an old one, as prevalent as "Gunslinger" reruns, more enduring than Zane Grey pulp novels.

But are contemporary policemen on horseback necessary? In an environment of computerized theft and getaway cars, the very idea might seem antiquated, or at best a frivolous expense.

Not so, claim the police in cities that have mounted patrols. To them, a horse is a horse, of course — except when he's a police horse.

Although officially billed as a "crime deterrent" in many cities that use them, police on horseback also serve as a sort of public relations tool.

"I was a detective sergeant for 16 years," said Johnson, who heads up Richmond's mounted patrol division. "And if someone had asked me then if I thought the department's horses were justified, I would have said the money could be spent another way."

Johnson obviously has had a change of heart since then.

"The mounted officer is at a high elevation and can see several blocks away," said Johnson. "Secondly, a thief can't outrun a horse. A horse can go across a median and even up steps where a patrol car can't."

In Baltimore, mounted patrols are invaluable when heavy snows block city thoroughfares.

"They can go places that even four-wheel drive and snow vehicles can't get through," said Baltimore patrolman Thomas Bretzlik.

Some towns only recently instituted horse patrols after seeing the apparent successes in other areas.

Said Maj. Charles Sands of the Charleston, S.C., police department, "We started ours last year and have seen obvious effects in the incidence of crime. When we get a rash of purse snatchings or break-ins in a particular area, we put a horse patrol down there and it all of a sudden stops."

As for the cost of keeping a stable of horses, oats in an energy-short society are cheaper than gasoline. In Richmond, only \$19,000 is spent annually to maintain the division's eight horses.

There is one unavoidable drawback, however, to horses versus patrol cars. While cars emit only fumes, horses make their own special brand of pollution.

"The only warning you get is when the horse lifts his tail," said Johnson. "And by then, it's too late. If it happens on a sidewalk or crosswalk, we dismount and use a shovel to clean it up."

Lawmen may still find horses effective in their job, but nobody ever saw Marshall Dillon do that.



PASSING THE GAVEL

The new officers of the Lake Mary Chamber of Commerce were sworn in at an installation meeting on Monday. The new officers are (from left): Ray Fox, vice president; Dorris Norden, secretary-treasurer; Ronald Ripp Sr., president, accepts the gavel from outgoing president Alfred Gulthell. The chamber takes a summer vacation and begins its new year with a meeting the first Monday in October. Meetings are held at The Forest, 542 W. Lake Mary Boulevard.

Herald photo by Tom Nelsot

"If this city ends up going to the poorhouse, at least there'll be a horse leading the way"

During the course of riding down a single block astride Thunder, a 10-year-old Tennessee walking horse, he is apt to be stopped several times by curious passersby.

"A very valuable thing is contact with people; it builds up trust," he said. "You get no contact when you're in a patrol car."

Johnson's horsemen are so well liked on their beats that local merchants provide free lunchtime hitching posts in garages in the business district.

And when Richmond city council three years ago contemplated eliminating the horse patrols as a cost cutting measure, a barrage of outraged letters and telephone calls convinced the members otherwise.

As one councilman put it, "If this city ends up going to the poorhouse, at least there'll be a horse leading the way."

Whether he's in Philadelphia or Dallas or Atlanta, a mounted patrolman's duties often include inhibiting street crime as well as writing traffic tickets or controlling crowds.

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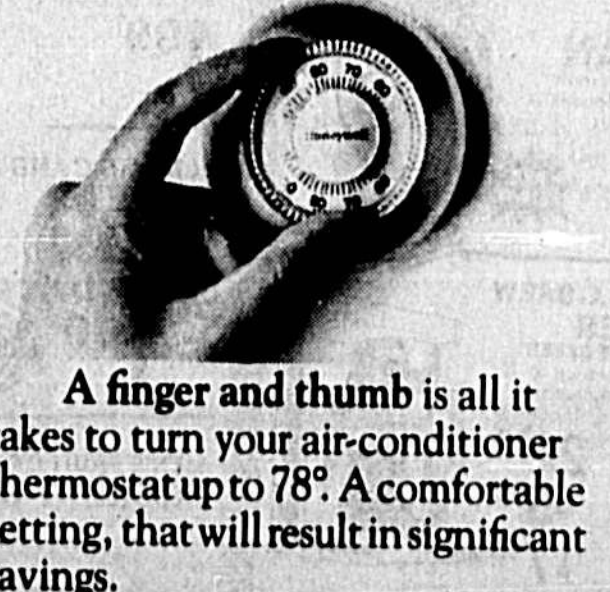
Regular and low sulfur oil are in short supply. And expensive. So right now it's more important than ever to practice conserving electricity. Governor Graham is encouraging a voluntary conservation program, because it's in every body's best interest to preserve our energy resources. We agree. And here are some of FPL's suggestions on how you can lend a hand.

Don't do a handful of laundry or dishes. Wait until you have a full load. And use cold water whenever possible.

If you have a pool, lend a hand by reducing the hours of the pump's operation to the minimum required by the manufacturer. That will make your bill take a dip, too.

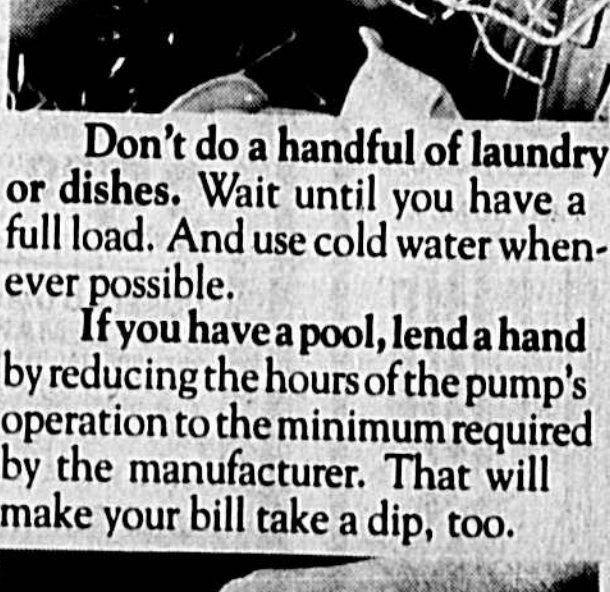
A flick of the finger will turn off any light or appliance you're not using. It's a small economy, but not when you multiply it by thousands of hours and millions of homes.

And, if you're planning to buy a new home, there's more than a handful of reasons to ask your builder about FPL's Watt-Wise Living Program; and the built-in energy-saving features that will help reduce your electricity costs.

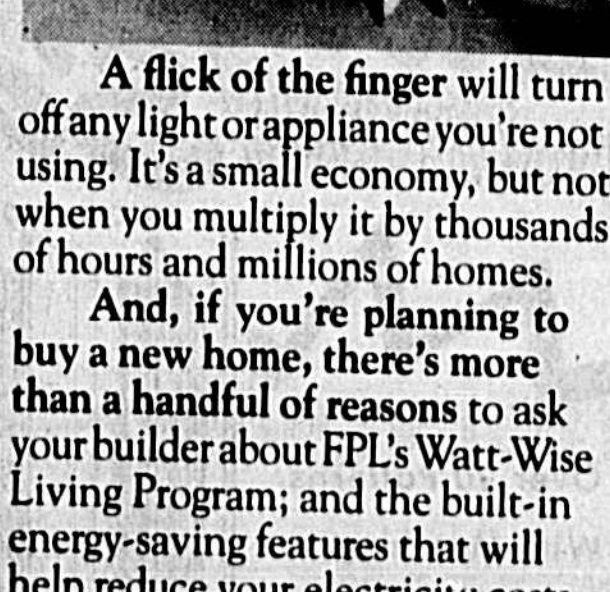


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CALENDAR

- WEDNESDAY, JUNE 6**
Sanford Optimist, 7:30 p.m., Holiday Inn.
Sanford Serenaders, senior citizens dance, 2:30 p.m., Civic Center.
Sanford-Seminole Jaycees, 7:30 p.m., Jaycee building, French Avenue.
Starlight Promenaders, 8 p.m., DeBary Community Center, Shell Road.
Sanford Intracat Club, 7:30 p.m., First Federal of Seminole, Sanford.
Overcasters Anonymous, 7:30 p.m., Altamonte Mall Sears.
THURSDAY, JUNE 7
Deltona Theatre Arts Guild, 7:30 p.m., Episcopal Parish House, Enterprise.
Friendship Club, 10 a.m., Altamonte Springs Civic Center.
Senior Citizens Dance, 2 p.m., Altamonte Springs Civic Center.
South Seminole Optimist, 7:30 a.m., Holiday Inn, Wynore Road, Altamonte Springs.
Lake Mary Rotary, 8 a.m., Mayfair Country Club.
Altamonte Springs Sertoma, noon, Ireland's Diet Workshop, 10 a.m. and 7 p.m., Montgomery Ward, Interstate Mall.
Sanford AA, 8 p.m., 1201 W. First St.
OES Seminole Chapter 3, 8 p.m., Sanford Masonic Temple.
Weight Watchers, 10 a.m., Lake Mary Presbyterian Church; 7 p.m., Longwood Quality Inn, I-4 and 434.
Overcasters Anonymous, 7:30 p.m., Community United Methodist Church, Casselberry.
FRIDAY, JUNE 8
University of Central Florida commencement, 8 a.m., adjacent to administration building. Speaker — Rep. Dick Batchelor.
Seminole South Rotary, 7:30 a.m., Lord Chumley's Altamonte Springs.
Seminole Sunrise Kiwanis, 7 a.m., Jerry's Sanford Airport.
South Volusia Sertoma, 7:30 a.m., Deltona.
Weight Watchers, 10 a.m., Sears, Altamonte Mall.
Tanglewood AA, closed, 8 p.m., St. Richard's Church.
Longwood AA, closed, 8 p.m., Rolling Hills Moravian Church, SR 434.
SATURDAY, JUNE 9
Sanford AA Women's Group, 2 p.m., 1201 W. First St.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church.
The Eagles CB Club, 8 p.m., Greater Sanford Chamber of Commerce.
Orange Blossom Chapter, National Federation of the Blind, 3 p.m., Apt. 22-B, Twin Lakes Apts., Monroe Avenue, Maitland.
SUNDAY, JUNE 10
Ballroom and round dancing, 8 p.m., Temple Shalom, Providence and Elkam boulevards, Deltona.
Seminole Group AA, 3 p.m., open speaker meeting, Halfway House 591 Lake Minnie Drive, Sanford.
MONDAY, JUNE 11
Monday Morners Toastmasters Club, 7:15 a.m., Holiday Inn, Wynore Road, Altamonte Springs.
Weight Watchers, 10 a.m., Ascension Lutheran Church, Casselberry and 7 p.m., Florida Federal S&L, Altamonte Springs.
Diet Workshop, 10 a.m. and 7:30 p.m., Carlton Union Building, Sletson University, Deland; 7:30 a.m., First Presbyterian Church, Deland; 7 p.m., Montgomery Ward, Interstate Mall, Altamonte Springs.
Sanford Rotary, noon, Civic Center.
TOPS Chapter 79, 7 p.m., over Baptist Church, Crystal Lake and Country Club, Lake Mary.
South Seminole AA, noon, Mental Health Center, Robin Road, Altamonte Springs.
Deltona Area Chamber of Commerce, 7:30 p.m.
Altamonte-South Seminole Jaycees, 7:30 p.m., Waffle Stop, SR 434, Altamonte Springs.
Lakeview Middle School Advisory Committee 7:30 p.m., Sanford AA-Area, 8 p.m., First United Methodist Church.
Sanford AA, 8 p.m., 1201 W. First St.
TUESDAY, JUNE 12
Suburban Republican Women's Club, 10 a.m., at the First F&S&L, SR 434, Altamonte Springs. Speaker Betty Smith of Seminole Sheriff's Department on self defense and rape. Silent auction.
Sanford Sertoma, 7 a.m., Samba's.
Winter Springs Sertoma, 7 a.m., Sunshine Park community center.
Sanford Lions, noon, Holiday Inn.
Longwood Sertoma, noon, Quality Inn, I-4 and 434.
Weight Watchers, 7 p.m., Summit Apts., Casselberry and 7 p.m., Sanford Woman's Club, 309 S. Oak Ave.
Parents Anonymous, 7:30 p.m., Community United Methodist Church, Casselberry.
Aviation Modelers, 7:30 p.m., Hobby Depot, Sanford.
Overcasters Anonymous, 7:30 p.m., Florida Power & Light, Sanford.
Seminole AA, 8 p.m., open discussion, Halfway House, 591 Lake Minnie Drive, Sanford.
Tit-County Road Runners CB Club, 7:30 p.m., Greater Sanford Chamber of Commerce.
WEDNESDAY, JUNE 13
White Elephant sale and auction, sponsored by Camels Homesteaders Assn., 11 a.m., 1333 Canterbury Circle, Casselberry. Proceeds to Charity.
Casselberry Rotary, 7:30 a.m., Woman's Club, 250 Overbrook Drive.
Orlando Rotary, 7:30 a.m., Town House.
Sanford Kiwanis, noon, Civic Center.
Recovery, Inc. 12:30 p.m., 103 Robin Road, Altamonte Springs.
Sanford Serenaders senior citizens dance, 2:30 p.m., Civic Center.
Starlight Promenaders, 8 p.m., DeBary Community Center, Shell Road.
Overcasters Anonymous, 7:30 p.m., Sears, Altamonte Mall.
NART-AARP directors meeting, 2 p.m., Sanford Chamber of Commerce building.
THURSDAY, JUNE 14
Overcasters Anonymous, 7:30 p.m., Community United Methodist Church, Casselberry.
Seminole Rebekah Lodge 62, 8 p.m., Odd Fellow Hall, 107 1/2 Magnolia Ave., Sanford.
Sanford-Seminole Jaycees Board, 7:30 p.m., Jaycee building.
SISTER, Inc. noon, Holiday Inn.
Greater Seminole Toastmasters, 7:30 p.m., Altamonte Springs Civic Center.
South Seminole Optimist, 7:30 a.m., Holiday Inn, Wynore Road.
Storybook hour for children 4-8, Altamonte Springs Library and Cultural Center, 201 Maitland Ave., 10-11 a.m.

Police T-Shirts: 1 Down-133 To Go

JACKSONVILLE, Fla. (UPI) — A police union softball team selling T-shirts bearing a drawing of Florida's electric chair with the words "1 Down-133 To Go!" are selling briskly at \$5 apiece.

Det. Phil Kearney, manager of the Jacksonville Fraternal Order of Police team, said team members sold about 200 shirts at the Police Memorial Building during their off-duty hours Monday.

"We've had off-duty officers and some citizens come in here to buy them," Kearney said.

He said the shirts — available in blue, yellow and red — reflect the public's support of the death penalty.

"I'd say you'll find maybe one of 100 policemen who don't favor the death penalty," Kearney said.

The T-shirts refer to the 133 inmates on Florida's Death Row. Murderer John A. Spenklink, the first man to die in Florida's electric chair in 15 years, was executed May 25.

Another version of the T-shirt also pictures the electric chair, but reads: "Raulerson you're next."

It refers to James D. Raulerson, who was sentenced to death for the 1973 slaying of Jacksonville patrolman Michael Stewart.

Kearney said Raulerson was selected because he killed a fellow police officer.

Gov. Bob Graham has not signed a death warrant for Raulerson and Willie Jasper Davidson, who was to be executed the same day as Spenklink, has been granted a stay of execution until he exhausts his appeals.

Although the team is sponsored by the FOP, the union has not sanctioned the T-shirt sale.

The shirts are being sold to defray the \$4,000 cost of travel and lodging for a softball tournament in New Orleans.

GEORGE DAVIS
Correction

The wrong photograph was inadvertently placed with a story on builder George Davis in Sunday's Evening Herald. Davis, of G. H. Davis Enterprises Inc., is pictured above. Davis also noted his son Glenn maintains field operations while his son Gary is a painting contractor. The Herald regrets the error.

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Kills Chinch Bugs, Ants, Ticks, Fleas, Grubs, Armyworms, Caterpillars. One gallon covers average lawn twice. Applies easily with hose sprayer or spraying can.
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Special introductory prices are noted by "Sale" or "Coupon." Any others are our everyday low prices. Some regular prices quoted may vary in some stores. Right reserved to limit quantities on all items.

WORLD IN BRIEF

Pope's Security Men Beat Priest, Watchers

CZESTOCHOWA, Poland (UPI) — Security men surrounding Pope John Paul II beat up a priest, kicked and punched well-wishers in the crowd and pummeled newspaper photographers today in the first violence of the pontiff's tour of his homeland.

Polish Regime 'Satisfied'

CZESTOCHOWA, Poland (UPI) — Poland's government said today it is satisfied with the political implications of the first visit by a reigning Roman Catholic pope to a communist-ruled land.

Gen. Bradley Marks D-Day

POINTE DU HOC, France (UPI) — A frail and crippled Gen. Omar Bradley, who commanded the American D-Day invasion forces, whispered his praises to the dead Allied soldiers at a ceremony marking the 35th anniversary today of the Normandy landing that liberated Europe.

Ghana Officers Arrested

ACCRA, Ghana (UPI) — The junior air force officers who seized control of Ghana's military government in a coup say they have arrested several senior officers and sent others fleeing the country.

House Passes Pot Legislation

TALLAHASSEE, Fla. (UPI) — The House passed and sent to Gov. Bob Graham today legislation allowing marijuana "stalks and stems" to be included as evidence while questioning the quantity of pot being confiscated before facing felony charges.

The lower chamber today bucked down from an amendment tacked on the bill Tuesday and passed the legislation (SB 1317) on a 58-40 vote.

The bill lets policemen include the stalks and stems when they weigh confiscated pot. It also raises from five to 20 grams the total amount of marijuana a person can be caught with and only be charged with a misdemeanor.

HOSPITAL NOTES

SEMINOLE MEMORIAL HOSPITAL (LUNGS) ADMISSIONS: Sanford: Frank Black, Joyce W. Myers, Patricia Ann Quigley, Murray J. Rumbles, Robert E. Sheppard, Morgan Tennell, Emilie E. Smith, DeBary: Frank J. Zarra, DeBary: Alfred H. Hirsch, DeBary: Mark A. Leavins, DeBary: Ronald R. Saki, DeBary: Harold D. Hooper, Jacksonville: Dian Fraser, Osteen: Clarence A. Stewart, Osteen: DISCHARGES: Sanford: Frank W. Crews, Ursula Doane, Casey L. Dunn.

Domenici: Americans Are Oil Addicts

By KENNETH R. CLARK United Press International Gasoline-hungry Americans were given the message from every quarter Tuesday. Sen. Pete Domenici, R-N.M., likened them to drug addicts. Deputy Secretary of State Warren Christopher told them to accept the reality of the energy crisis, and New York Gov. Hugh Carey said their teeth may be chattering next winter.

Students Taught Smoking Dangers

Dr. Garrett Dotson, assisted by Edith McNeil, president of the Seminole County Unit of the American Cancer Society, has presented more than a dozen anti-smoking programs to over 4,000 students in our Seminole County middle and high schools during the past year.



Using a cigarette smoking device, Dr. Garrett Dotson (left) and Edith McNeil, president of the Seminole County Unit of the American Cancer Society, show middle school students the amount of tar residue taken into the lungs by a single cigarette.

Suit Settlement

To avoid litigation, the city of Casselberry will settle for a total of \$12,000 from the three bonding companies it says renegeed on an agreement, said Frank Schutte, Casselberry council chairman.

The Casseberry council voted 5-2 Monday to make the settlement offer to Orlando Municipal Bonds, Inc. of Orlando, H.L. Henann, Inc. of Ft. Lauderdale and a Chicago bonding firm.

The city alleges the companies renegeed on an agreement made between Casselberry and the companies in May, 1978, Schutte said.

GRAMKOW FUNERAL HOME 130 WEST AIRPORT BOULEVARD SANFORD, FLORIDA TELEPHONE 322-3213 WILLIAM L. GRAMKOW

own energy conservation plans. Domenici said President Carter and the states should have the power to regulate fuel shortages because, "A collection of energy addicts is paralyzed by parochial interests.... We cannot act."

The Plague Is Back?

LOS ANGELES (UPI) — What could be the first major outbreak of bubonic plague in 55 years faces Southern California and health officials warned people to stay away from rodents.

Health and agricultural officials have planned an all-out assault on ground squirrels and the plague-infected fleas they carry to avert a situation they call "a veritable powder keg with a short fuse."

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Your credit is good for \$2,500 to \$25,000 or more, for any purpose!

HOMEOWNERS: Need Cash? Your credit is good for \$2,500 to \$25,000 or more, for any purpose! Easy Extended Repayment Terms. Use your cash for any purpose. Medical bills - vacations - home improvements - new car - furniture - appliances. Or pay off installment loans. Your credit will probably be less than the combined monthly payments you're making now.

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Cooks Of The Week

Teachers Rate 'A' For Culinary Prowess

The annual workshop for the faculty of the Developmental Division at Seminole Community College was the scene of a "bring-a-dish" luncheon.

Since many of the teachers have hectic working hours, they encounter some problems when it comes to planning and preparing well balanced meals; therefore, they have developed recipes that are nutritious but quick to fix.



College teachers line up to sample their own cooking during seminar.

French dressing with curry. Mash the cream cheese until smooth and stir in the milk and grated cheese. Whip and fold in the heavy cream. Dissolve the gelatin in the water by stirring over low heat. Stir it into the cheese mixture and season to taste with the salt and paprika. Mold it and serve on a lettuce leaf with the French dressing.

CARROT MEAT LOAF. 2 cups cooked carrots, mashed. 1 lb. ground beef. 1 egg beaten. 1/2 cup soft whole-wheat crumbs. 1 small minced onion. 2 tsp. salt. 1/4 tsp. pepper. Mix all ingredients thoroughly and bake in a greased loaf pan for 1 hour at 350 degrees.

PINEAPPLE PIE. 9 inch baked pie shell. 3/4 cup honey. 2 cups crushed pineapple. 2 Tbsp. cornstarch. 1/2 cup sugar. 2 Tbsp. for canned pineapple. 1/4 tsp. salt. 1 Tbsp. butter. 1 Tbsp. lemon juice. 1 Tbsp. grated lemon rind. 1 Tbsp. meringue.

SOUTHERN CORN PUDDING. 2 cups fresh grated corn or chopped canned, frozen or cooked corn. 2 eggs, slightly beaten. 1 tsp. sugar. 1/2 tsp. scalded butter. 2 cups melted milk. 1 tsp. salt. 1/4 tsp. pepper.

CHEESE SALAD MOLD. 1/2 cup cold water. 1 Tbsp. gelatin. Salt and paprika. Lettuce. 1/2 cup milk or cream. 1/2 cup grated Italian or Cheddar cheese. 1 pint heavy cream.

Patrons Tipped According To How They Liked Food

DEAR ABBY: I'm a waitress with a complaint I'll bet you've never heard before. Some customers tip according to how they liked the food!



DEAR ABBY: My wife and I plan a large wedding. My mother is asthmatic and highly allergic to perfumes and colognes.

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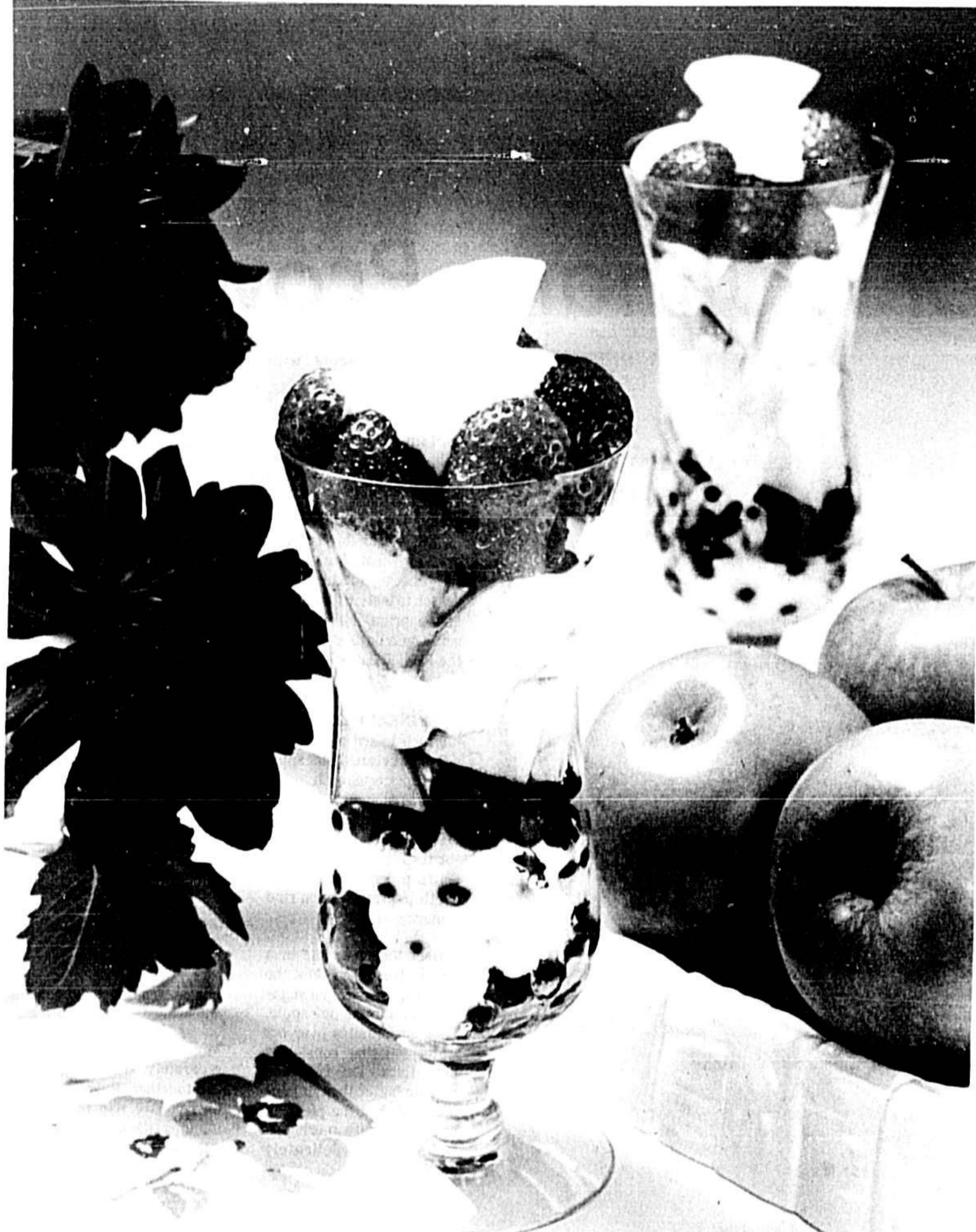
DANCERS HONORED The Board of Directors, parents, guests and company dancers of Ballet Guild of Sanford Seminole (BGS) were entertained at an end of the year swim and dinner party at the Sanford home of George and Valerie Weld.

Pilot Clubs Convene For District Seminar

Mrs. Lois Hooker, Pilot Governor of Florida and a member of the Pilot Club of New Smyrna Beach, was the official visitor at a District IV Pilot Club seminar held in the fellowship hall of the First United Methodist Church of Sanford.

Hosted by the Pilot Club of Sanford, 50 women from Pilot Clubs of New Smyrna Beach, Deland, Daytona Beach, Ormond Beach, Orlando-Winter Park and South Seminole attended the seminar on leadership and administrative officers training.

PHILIPS Decorating Den CUSTOM DRAPERY SAVE 34% FABRIC AND LABOR. BUILT TO LAST 18 LB. CAPACITY HEAVY DUTY MULTI SPEED GIBSON AUTOMATIC WASHER. 30 DAY MONEY BACK GUARANTEE. 358.00. PHILIPS Decorating Den IN BUSINESS SINCE 1951 319 West 13th St. Sanford.



Granny's Apple Parfaits, in their red, white and blue glory, are a great way to celebrate summer. Excellent for calorie watchers, the dessert is a light refresher perfect for warm-weather dining.

Summer Apple Is A Dream For Refreshing Desserts

When it comes to summer desserts almost every cook has the same requirements. The dish should be refreshing, kind to both pocketbook and waistline and get you out of the kitchen fast!

Impossible? Of course not. It's easy to create interesting desserts tailor-made to suit on even the most sultry day. All you need are good ingredients and a few minutes to concoct a dessert that's a summer's dream.

Take advantage of the delightful fresh fruits of the season, such as Granny Smith Apples, the only genuine summer apple available. In fact, the Granny Smith Apples in your store were picked about three weeks before coming to market — they're that fresh!

Summer Apple Compote is an imaginative mixture of apples, honeydew balls and grapes in a succulent lime-wine syrup that takes a scant five minutes to make. Prepare the cooling compote early in the day and serve icy cold for maximum refreshment.

Granny Smith Apples have glossy green skins and range from large to medium in size. They should be firm, free of bruises or skin imperfections.

GRANNY'S APPLE PARFAITS
1 cup vanilla yogurt
2 teaspoons orange liqueur
1/4 teaspoon ground cinnamon
2 Granny Smith Apples, cored and diced
1/2 pint strawberries, hulled and cut in half
1 cup fresh blueberries
Blend together the yogurt, orange liqueur and cinnamon. Layer diced apples, strawberries and blueberries with yogurt in parfait glasses or dessert dishes. Chill until ready to serve. Makes: 4 to 6 servings.
SUMMER APPLE COMPOTE
1/2 cup sugar

1 cup water
1 2-inch stick cinnamon
1 cup white wine
2 tablespoons lime juice
3 Granny Smith Apples, cored, cut in cubes (3 cups)
1 1/2 cups honeydew melon balls

Mix sugar and water in lime juice. Cool. Combine apples, melon and grapes in large bowl; pour syrup over fruit. Chill several hours before serving. Yield: 6 to 8 servings.

Turkey Is No Longer Just For Holidays

Turkey, once a holiday only treat, is becoming a favorite for family meals and for entertaining. It is still inexpensive compared with most beef, fish and seafood.

You can buy turkey in smaller amounts. Or you can buy a small roast that can be used in different ways for several meals.

Taking a cue from other countries, here is a turkey pilau served with rice and a Szechuan turkey with pungent seasonings that make it a perfect companion for rice and stir-fried vegetables. These are ideal recipes for leftover turkey. If you prefer, you may substitute chicken or pork.

TURKEY PILAU
6 slices bacon
1 large pepper, chopped
1 medium onion, chopped
1 package (10 ounces) frozen cut okra, thawed
3 cups turkey, divided
4 cups turkey broth
2-3 cups raw regular rice
1/2 teaspoon Tabasco pepper

3 tablespoons peanut oil
2 tablespoons sliced scallions
1 clove garlic, sliced
1 tablespoon minced ginger root or 1/2 teaspoon ground ginger
1 cup sliced green pepper
2 tablespoons dry sherry (optional)
1/2 cup chili sauce
2 tablespoons ketchup
2 tablespoons soy sauce
1/2 teaspoon Tabasco pepper

In a large chafing dish, heat oil over direct canned heat flame until very hot. Add scallions, garlic, ginger root and green pepper. Cook for 2 minutes.
Stir in sherry (if desired), chili sauce, ketchup, soy sauce, pepper, sugar and salt. Add turkey. Mix well. To keep warm, place over low flame filled with water over canned heat. Makes 6 servings.

TURKEY BROTH
In a large kettle, combine leftover turkey bones, 1 1/2 quarts water, 1 sliced carrot, 1 sliced onion, 1 stalk celery, 2 teaspoons salt and 1/2 teaspoon pepper. Simmer, covered, for 2 hours. Strain. Makes about 4 1/2 cups.

SZECHUAN TURKEY
3 cups hot cooked converted-brand rice
1/2 cup salad oil
2 tablespoons vinegar
1 tablespoon honey
1 teaspoon celery salt
1/2 teaspoon paprika
1/2 teaspoon dry mustard
1/2 teaspoon cinnamon
1/2 teaspoon pepper
2 green onions, sliced
1/2 cups sliced celery
2 large oranges, peeled and sectioned
1/2 pound cold roast beef, cut in julienne strips
Crisp salad greens
Cook rice according to package instructions.
Combine oil, vinegar, honey, celery salt, paprika, mustard, cinnamon and pepper. Add green onions.
Cover and chill well.
Add celery and orange sections. Toss lightly. Serve with julienne strips of beef on salad greens. Makes 6 servings or about 5 cups of rice salad.



Rice stretches leftover meat and poultry.

Rice Gives Flavor, Flair To Salads

Rice is one of our most compatible and least expensive food stretchers. Use it as a basis for cold salads that you prepare in advance for picnics or cookouts.

Combine it in a salad with leftover meat, chicken or turkey and fruit or vegetables. Use your imagination in deciding which fruits or vegetables to include.

ACAPULCO BEEF-RICESALAD
3 cups hot cooked converted-brand rice
1/2 cup salad oil
2 tablespoons vinegar
1 tablespoon honey
1 teaspoon celery salt
1/2 teaspoon paprika
1/2 teaspoon dry mustard
1/2 teaspoon cinnamon
1/2 teaspoon pepper
2 green onions, sliced
1/2 cups sliced celery
2 large oranges, peeled and sectioned
1/2 pound cold roast beef, cut in julienne strips
Crisp salad greens
Cook rice according to package instructions.
Combine oil, vinegar, honey, celery salt, paprika, mustard, cinnamon and pepper. Add green onions.
Cover and chill well.
Add celery and orange sections. Toss lightly. Serve with julienne strips of beef on salad greens. Makes 6 servings or about 5 cups of rice salad.

MARDI GRAS WILD-RICESALAD
1 (6 ounce) package long grain and wild rice
2 1/2 cups water
1/4 cup canned artichoke hearts, drained and cut in bite-size pieces
1/4 cup cold cooked green peas
6 cherry tomatoes, halved
2 green onions and tops, chopped
1/4 cup French dressing
Combine rice, water and contents of rice seasoning packet in medium saucepan. Bring to a boil. Cover tightly. Cook over low heat until all water is absorbed, about 25 minutes.
Cool cooked rice slightly. Add remaining ingredients. Toss lightly. Serve at room temperature with cold sliced turkey or ham. Makes 4 to 6 servings.

CURRIED RICESALAD
2 1/2 cups water
1 cup converted-brand rice
1 teaspoon salt
1 tablespoon butter or margarine
1 cup mayonnaise
1/2 cup chutney, finely

In frypan, place oil and heat to medium temperature. Add chicken and cook, turning, about 20 minutes or until brown on all sides. Add onion and saute about 5 minutes or until onion is soft. Drain oil from pan. Add butter, mushrooms, parsley, salt and pepper; saute 3 minutes. Add wine and water. Simmer until slightly thick. Place chicken on serving platter and pour sauce over it. Makes 6 servings.

Cacciatore Top Recipe In Contest

Camilla Jane Muntz of Fort Lauderdale, took top honors in the 1979 Florida Chicken Cooking Contest held at Tampa Bay Center shopping mall. Her recipe for "Chicken Cacciatore Blanc" won over recipes prepared by nine other finalists from across the state.

This event, sponsored by the Florida Federation and the Florida Department of Agriculture and Consumer Services is a preliminary to the National Chicken Cooking Contest to be held July 25 in Charleston, S.C. There, Mrs. Muntz will compete against 50 other contenders for the \$10,000 first prize.

Her prize winning recipe follows:
CHICKEN CACCIATORE BLANC
1 broiler-fryer chicken, cut in

Green Vegetables: Herb Topping Great

Americans have traditionally overlooked their green vegetables. Fortunately, increased interest in fresh produce is helping to turn that practice around.

Europeans often serve temptingly cooked green vegetables as a separate course. Such dishes can be prepared simply and subtly in your own kitchen.

Cook green vegetables right before serving in just enough boiling water to keep them from sticking to the pan. Boil for two or three minutes without a lid, then cover and cook until just crisp-tender and still bright green. This usually takes less than 10 minutes.

Try seasoning your green vegetables with different herbs, such as basil, chervil, tarragon, parsley flakes, chives or an Italian-seasoning blend. Fresh herbs from your garden will present other possibilities.

Another European sleight of hand with vegetables is the use of seasoned butters. To prepare, heat one stick of butter or margarine until lightly browned with one of the following: 1/2 teaspoon each oregano and basil leaves; 1/2 teaspoon thyme; 2 tablespoons sesame seed and half that much



Green vegetables need quick cooking and special seasonings.

skillet containing 1/2-inch boiling salted water. Cook uncovered for 3 minutes. Cover and cook until lower part of stalk is just crisp-tender, about 8 minutes.
If using frozen asparagus, cook as label directs.
Combine minced onion with water. Let stand for 10 minutes to soften. Meanwhile, melt butter in skillet. Add bread crumbs and basil. Brown lightly.
Stir in onion along with remaining ingredients. Reheat. Arrange asparagus on heated platter. Pour sauce over asparagus. Garnish with sliced lemon, if desired.

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SAVE 90c (50c OFF LABEL) SPRAY DEODORANT: **Right Guard** 10-oz. can **\$1.39**
SAVE 50c REFRESHING: **Scope Mouthwash** 12-oz. bot. **99¢**
SAVE 70c (20c OFF LABEL) REGULAR OR UNSCENTED: **Wondra Lotion** 10-oz. bot. **99¢**

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200 Green Stamps: Q-Tip Cotton Swabs 88-ct. pkg.	200 Green Stamps: 30c Off Label Secret Spray Anti-Perseptant 4-oz. can	200 Green Stamps: Skin Care Rose Milk Cream 8-oz. bot.
200 Green Stamps: (\$1.00 Off Label) Afta Razors per pkg.	200 Green Stamps: Soft Cosmetic Puffs 260-ct. pkg.	200 Green Stamps: BAND-AID Brand Adhesive Bandages Sheet Or Plastic, any size pkg.
200 Green Stamps: Or Waxed Johnson Dental Floss 50-yd. pkg.	200 Green Stamps: Afta Baby Wipes 5-ct. pkg.	200 Green Stamps: Public Baby Food 24-oz. can
200 Green Stamps: All-Purpose Borax 5-lb. pkg.	200 Green Stamps: For Whitening Snowy Bleach 22-oz. pkg.	200 Green Stamps: O Cedar Sponges 24-ct. bot.
200 Green Stamps: Kal-Kan Chunky Beef Dog Food 2 1/2-lb. can	200 Green Stamps: Windex Refill 32-oz. bot.	200 Green Stamps: Assorted Flavors Snack Pack Hunt's Pudding 4-pk. pkg.
200 Green Stamps: Unwaxed Mini Dental Floss 50-yd. pkg.	200 Green Stamps: For Whitening Snowy Bleach 22-oz. pkg.	200 Green Stamps: O Cedar Sponges 24-ct. bot.
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Unified Principle Would Have Pleased Confucius Balance Key To Chinese Cuisine

The five distinct schools of Chinese cooking — Canton, Fukien, Shantung, Szechwan and Honan — have a unifying principle that would have pleased Confucius.

The ancient sage said that good taste in food should be cultivated as a part of artistic living. And all Chinese cooking revolves around the search for a harmonious mixture. To the Chinese, that means a perfect balance of sweet and sour, smooth and crunchy, hot and cold, salty and bland.

Pork is the primary meat of all Chinese cooking. The Honan school gives it a sweet-and-sour treatment. This familiar dish is easy to prepare at home.

Incidentally, adoption of the Pinyin system of transcribing Chinese words into Western languages may mean that you will be seeing these once-familiar names as Fujian (Fukien), Shandong (Shantung), Sichuan (Szechwan) and Honan (Honan). As Confucius would say, "It's a wise man who rides with the tides of politics — even in the kitchen."

HUNAN PORK

1 egg, slightly beaten
1/2 cup cornstarch
1/4 cup unfluffed flour
1/4 teaspoon salt
2 1/2 cups chicken broth or bouillon
1/4 cup sesame or salad oil
6 pork chops, about 1-inch thick, trimmed of fat
1 pound of carrots, peeled and cut into thin strips 3 inches long
1/2 cup sugar
1/4 cup red wine vinegar
1/2 cup sweet pickle liquid
2 teaspoons soy sauce
1/2 cup water
1 bunch scallions, cut into 2-inch pieces (about 1 1/2 cups)

1 cup drained sweet mixed pickles
4 cups hot cooked rice

Prepare batter for chops by blending together egg, 1/4 cup cornstarch, flour, salt and 1/4 cup chicken broth.

Heat oil in large skillet. Dip pork chops into batter. Fry in hot oil until lightly browned on both sides. Transfer browned chops to rack in shallow baking pan. Bake uncovered in 375-degree oven for 35 minutes. Meanwhile, discard all but about 2 tablespoons of oil left in skillet. Sauté

carrots until crisp-tender, about 10 minutes. Add sugar, vinegar, pickle liquid, soy sauce and remaining chicken broth.

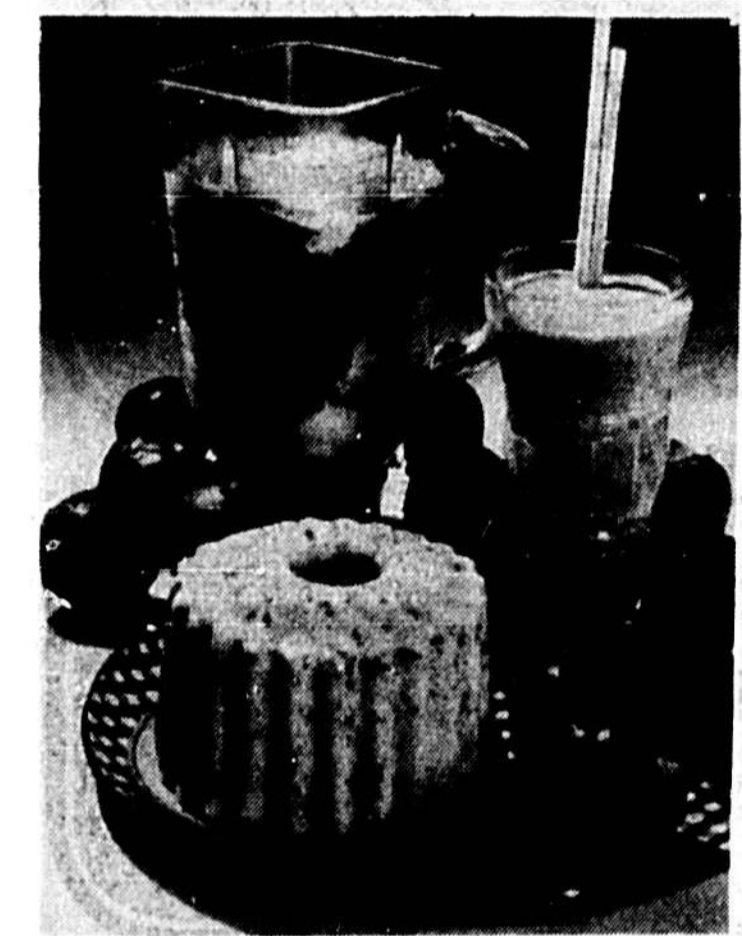
Combine remaining 1/4 cup cornstarch with water. Gradually stir into broth mixture. Stir constantly until mixture thickens. Simmer about 3 minutes.

Add scallions and pickles. Simmer about 2 minutes more.

Arrange pork chops on bed of rice. Pour some of sauce over chops. Serve remaining sauce in small bowl. Makes 6 servings.



Hunan Pork is a delightful sweet-and-sour combination.



Fresh plums make luscious desserts.

Fresh Plums Plum Good Now, Later

Plums are coming into season. Make the most of them in fresh desserts or as accompaniments to chicken, turkey and pork.

Sweet-tart plums provide so much eating pleasure that you might wish to take advantage of them while in season by putting up preserves and chutney.

You can also freeze plums for later use. Just dip plum halves or quarters into a sugar syrup and freeze on cookie sheets. When they are completely frozen store in plastic bags until needed.

To freeze larger quantities, prepare a mixture of 1 cup sugar and 1/4 teaspoon ascorbic acid powder for each quart of pitted and quartered plums.

Toss plums in sugar mixture until well coated. Then pack the sugar-coated quarters in freezer containers. Cover, label and freeze for future use.

But right now is the time to enjoy fresh plums in such treats as two-in-one plum mousse, cinnamon-plum pie and plum cups.

Plum Blender Drink: Prepare as directed, above except omit gelatin and water. Serve at once. This kitchen-tested recipe makes three 8-ounce servings.

CINNAMON-PLUM PIE Pastry for 9-inch 2-crust pie 5 cups sliced fresh California plums (about 2 pounds) 1 cup sugar (or to taste) 3 tablespoons cornstarch 2 teaspoons butter Dash salt 2 teaspoons cinnamon

On lightly floured board, roll out one half pastry. Use to line 9-inch pie pan.

Combine plums, sugar, cornstarch, butter, salt and cinnamon. Pour into pastry lined pan.

Roll out remaining dough. Place over filling, crimping edges to seal and make attractive border. With sharp knife, cut several slits in top crust to allow steam to escape during baking.

Bake in 400-degree oven for 40 to 50 minutes. Cool at least 30 minutes before serving. This kitchen-tested recipe makes 9-inch pie.

PLUM CUPS

4 cups biscuit mix
2-3 cup sugar
2 eggs
1 1/2 cups milk
2 tablespoons oil
7 medium California plums, halved and pitted

2 teaspoons cinnamon
Combine biscuit mix, 1-3 cup of sugar, eggs milk and oil. Stir just until blended.

Grease 14 2-3/4 inch muffin pan cups with shortening or natural vegetable cooking spray. Fill 2-3 full with batter.

Place 1 plum half skin side up on top of each muffin. Sprinkle with mixture of 1/3 cup sugar and cinnamon.

Bake in 400-degree oven for 20 to 25 minutes or until lightly browned. Remove muffins from pans and cool on rack. This kitchen-tested recipe makes 14 muffins.

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SAVE 47¢

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June Issue

Reader's Digest

SAVE 99¢

Sliced American

8 oz pkg

SAVE 37¢

Miracle Whip

32-oz jar

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Chunk Light Tuna

6 1/2-oz can

59¢

SAVE 10¢

Ice Cream

half gal

89¢

SAVE \$1.00

Almaden Mountain Wine

1.5-liter size

\$3.39

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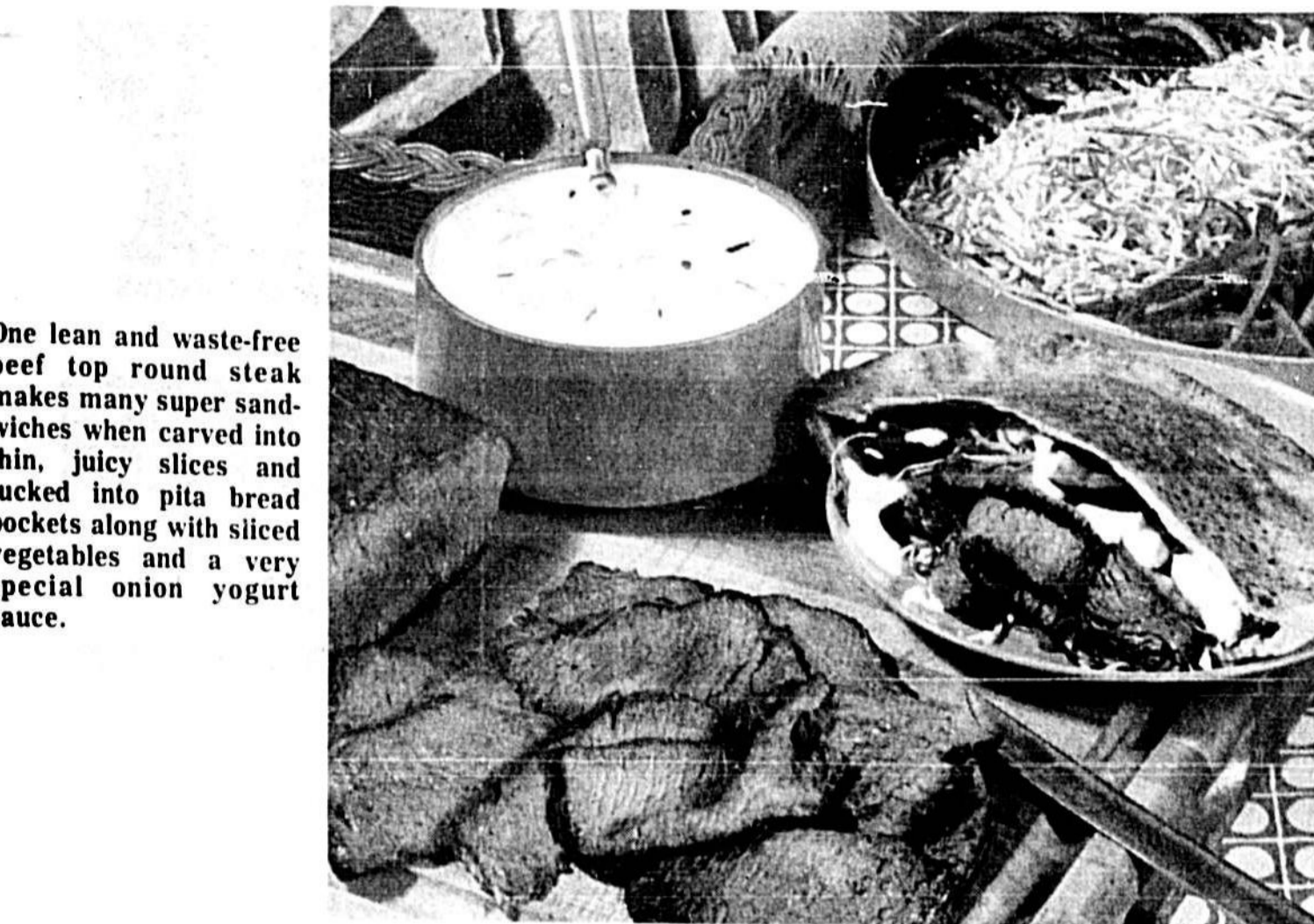
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Amateur Star (Regular Or Beef)	1 1/2 lbs	\$1.05
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Fryer Backs & Necks	1 1/2 lbs	19¢

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One lean and waste-free beef top round steak makes many super sandwiches when carved into thin, juicy slices and tucked into pita bread pockets along with sliced vegetables and a very special onion-yogurt sauce.

Father's Day Coming Up; Treat Dad To A Cookout

Father's Day — It's a special day to honor that extra-special Dad. To pamper him, put on your chef's hat and prepare a meal featuring his favorite meat — beef steak, broiled just the way he likes it.

Are you wondering if the budget will permit a steak choice in these days of higher prices? There is a solution. Steaks for broiling do come at economical prices, though they may be less familiar than the popular Porterhouse, T-Bone, rib eye, sirloin or tenderloin. Top round steak and chuck blade steak are most eligible for broiling,

especially when they are marinated — a way of tenderizing and at the same time supplying extra flavor.

Providing that flavor bonus is easy with an envelope of soup mix — onion, beefy onion or onion-mushroom. Any one of these convenient all-in-one seasoning mixes can be blended with lemon juice and oil to create a flavorful marinade.

You'll be pleasantly surprised by the number of generous servings a top round steak provides. You'll also be satisfied with the tenderness of this lean,

waste-free steak when it's marinated and broiled only to rare or medium and carved in very thin slices across the grain of the meat. The top round is truly a family steak since servings can be sized to match all appetites.

For something different and delicious serve the juicy steak slices sandwich-style in pita bread pockets with crisp and crunchy vegetables. For the crowning touch, add a flavorful onion-yogurt sauce. The sauce is quickly and easily made with convenient onion soup mix and shredded cucumber. It's so delicious you'll want to serve an extra sauce as a dip or salad dressing!

Beef blade steaks, cut from the beef chuck, are another economical family choice. Although containing more bone and fat, a considerably lower price tag and higher flavor potential make these meaty steaks a top value buy. They are particularly man-pleasing when marinated in a zesty sauce made with hearty beefy onion soup mix. The marinade, blended with tomato sauce and spiced with chili powder, is also used as a brush-on sauce while barbecuing.

Not quite steak, but also popular is ground beef, especially when seasoned with onion soup mix and chili sauce before forming into plump patties for the grill. These plump burgers are sure to win family acclaim.

On Father's Day or any day, use one of these recipes for a Beef Cookout the whole family will enjoy. It's a delicious way to show Dad just how special he is.

STEAK AND SPECIAL POCKET PLEASES!

1 broiled beef top round steak
4 loaves pita bread
2 cups finely shredded cabbage
1 medium green pepper, cut in thin strips
1 large tomato, cut in thin wedges

Onion-Yogurt Sauce
Carve steak in very thin slices across the grain of the meat. Cut loaves in half crosswise and enlarge pockets when necessary. Place cabbage, green pepper and tomato wedges in each pocket using half the vegetables. Add 1 tablespoon onion-yogurt sauce to each. Place 6 to 8 slices of meat in each pocket on top of vegetables and sauce. Place an equal amount of remaining vegetables in pockets. Add additional sauce as desired. 8 servings.

BROILED TOP ROUND STEAK

1 beef top round steak, cut 1 1/4 inches thick (2 1/2 to 3 pounds)
1/2 cup lemon juice
1/4 cup water
1/4 cup salad oil
1 1/2 teaspoons salt
1 teaspoon coarsely ground pepper

Combine lemon juice,

Combine ground beef, onion soup mix, water, chili sauce, green pepper and pepper, mixing lightly until ingredients are evenly distributed. Shape into 8 patties 3/4 inch thick. Place on grill or on rack in broiler pan 3 to 4 inches from heat. Broil 7 to 8 minutes on first side, turn and broil 6 to 8 minutes on degree of doneness desired. Serve on split Kaiser rolls or hamburger buns. 8 servings.

TUBORG GOLD Beer

6 12 oz pk cans \$1.69

MOUNTAIN DEW, TEEMOR Pepsi

16 oz - 8 Pk \$1.09 Plus Tax and Deposit

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Green Beans 3 18-oz 88¢

Tomato Soup 5 10-oz 1

Tomato Ketchup 24-oz 69¢

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Tea Bags 24-ct 1.39

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SAVE 10¢, Stokely Peach Halves	59¢
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Aunt Nellie's Sliced Or Whole Beets	89¢
Man's Special Or Herb Tomato Sauce	49¢
Bush's Baked Beans	1.19
Great Over Pancakes, Log Cabin Syrup	8.29

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SAVE 42¢, Men's 24-inch Super, Assorted Colors Tube Socks	5.10
SAVE 32¢, Men's 18-inch, Assorted Colors Tube Socks	97¢

Miracle Whip 32-oz jar **98¢**

Chunk Light Tuna 6 1/2-oz can **59¢**

Almaden Mountain Wine 1.5-liter size **\$3.39**

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Vegetable Bowl	5.99 with this coupon

Publix markets

ASSORTED FLAVORS PILLSBURY LAYER CAKE MIXES 2/\$1.18 reg. pkg. (through June 13, 1979) 2/\$1.66



High in flavor, but comparatively low in cost, are these beef chuck steaks that are marinated before and brushed during broiling with a zesty sauce easily made with an envelope of beefy onion soup mix.



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4.5oz CHEESE POPCORN

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SAVE 17¢-18¢ Veg All Mixed Vegetables	3/51
SAVE 30¢-40¢ ASSORTED Pantry Pride Soda	69¢
SAVE 40¢-30¢ Cremora Coffee Creamer	\$1.99

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SAVE 4¢-12¢ Big H Burger Sauce	79¢
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