

Evening Herald

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Two Women Missing Since Thursday Are Found Dead

The bodies of two Volusia County women, missing since Thursday after being last seen in Altamonte Springs, have been found in a car upside down in a deep pond off Interstate 4 a mile east of Deltona.

Divers from the Volusia County Sheriff's Department pulled the bodies of Cynthia Branch, 521 Monroe St., Port Orange, and Cathy Darling, 29, of 1400 Nova Road, Daytona Beach, from a 1977 silver Oldsmobile Cutlass which had apparently plunged off a steep ledge along I-4 and landed upside down in about nine feet of water.

The bodies were found about 9 p.m. when Florida Highway

Patrol troopers and Port Orange police acted on a tip from Tim Bloodworth of Edgewater, a friend of the Branch family, who had found a section of guardrail along I-4 which had been recently hit.

After silver paint along with pieces of glass and metal were found on and near the guardrail, authorities began searching the nearby pond where the bodies were discovered.

FHP Sgt. Ron Getman said the women, who were traveling home to Port Orange, apparently lost control of their car and struck a guard rail on the right side of the freeway, then slammed into the left side guard rail before the car flipped

over the embankment and tumbled into the pond, located in the median.

Mrs. Darling was the director of La Petit Academy, a small private school in Port Orange. Mrs. Branch, a mother of two, taught at the school.

The women were attending a regional curriculum planning meeting in Altamonte Springs before the accident, officials said.

Dick Branch, his brother, David, and a host of family members and friends had been using airplanes and cars to scour the route between Altamonte Springs and Daytona

Beach since early Friday.

Their search ended tragically Tuesday night.

Police theorize that the low-flying planes did not spot the car in the murky pond because it had flipped upside down, with its dark underside showing.

An autopsy was scheduled today at Halifax Hospital in Daytona to determine the exact cause of death.

And FHP investigators were examining the victims' wrecked car to determine if some sort of mechanical failure caused the car to leave the roadway.

—BRITT SMITH

Book To Sue County

The Rev. John Butler Book, minister of the North Side Church of Christ near Altamonte Springs, said today he will sue Seminole County commissioners over their decision to keep the church in the Florida Haven Lighting District.

Commissioners voted 3-2, Tuesday to deny the request, despite the threatened lawsuit.

Book has claimed the First Amendment to the U.S. Constitution exempts churches from paying taxes. But county officials have claimed that special lighting district fees are not taxes. They say churches are only exempt from paying property taxes.

Book said he will discuss the case with Attorney James Ball of Harrisburg, Pa. Ball specializes in cases involving separation of church and state and recently defended Bob Jones University in a discrimination suit.

Book also plans to meet with his attorney, Tim Schader of Altamonte Springs, and then to file suit against the county.

"My full intent is to go to court," he said. "I feel we need to shed a little light for the county commissioners. They are either uninformed, misinformed, or chloroformed."

Sandra Glenn, who is the commissioner from the district where the church is located, made a motion to remove the church's 7½ acres from the district, with the stipulation that the church replace a light near its property with one of its own and maintain the light.

Commissioner Barbara Christensen agreed with Mrs. Glenn but Commissioners Robert Sturm, Bill Kirchhoff and Robert G. "Bud" Feather voted to keep the church in the district.

"I have to object. I don't want to speak to the constitutional issue," Feather said. "Two thirds of the lot owners must sign a petition for a lighting district. I wouldn't have any objection to removing it if 66 and 2-3 percent of the people agreed to it."

Kirchhoff agreed with Feather's comments and Sturm added that "first of all it's not tax-free. Then there's the implication that Mr. Book will take us to court if he's not satisfied. Plus the precedent's not good."

Willis Wymore, a resident of the lighting district, asked commissioners not to allow the church to be removed. "I would recommend against it. It would set a precedent. Anyone could drop out of the lighting district."

Wymore added the residents of the neighborhood regard the church, which operates a school on the premises, as more of a business.

Director of Public Services and Development John Percy, who oversees the county's lighting districts, told commissioners before their vote that 30 other churches in the county pay lighting district fees.

He said the price to residents in the district would be minimal.

—MICHAEL BEHA

Politics

Mixson And Bafalis Campaign Here

By DONNA ESTES
Herald Staff Writer

Lt. Gov. Wayne Mixson, running mate of Democratic Gov. Bob Graham, and GOP gubernatorial nominee L.A. "Skip" Bafalis made brief visits to Seminole County Tuesday to meet elected officials and county employees.

Mixson arrived on the scene first. He flew into the Sanford Airport where he was met by Sheriff John Polk, toured the courthouse and flew out again to continue campaigning for re-election for Graham and himself to a second two-year term.

Bafalis arrived later in the afternoon after a tour of the Orange County courthouse and a speech-making visit to the newly organized Bull Snort Forum in Orlando. Members of the new club are persons involved in politics in Orange and Seminole counties.

In Seminole, Bafalis met with Polk, toured the Sheriff's Department administrative offices, the Seminole County courthouse, and the public works complex at Five Points before returning to Orange County for a Winter Park reception.

Mixson, reminding that he often played golf at the Casselberry golf course when he lived in Winter Park during the early 1950s, noted the change in the county from a sleepy, quiet atmosphere then to the bustling community of today.

Mixson predicted a tough fight ahead for him and Graham to retain the governor's mansion in the November election, saying he doesn't believe the polls which show the Graham-Mixson team so far ahead in the campaign.

"We are running full blast," he said, and looking forward to discussing the issues.

"We are pleased at the progress made in getting crime under control, the improvements in the crime fighting organization at the state level and with the revenues available to cities from the sales tax to put more and better equipped police officers on the streets," he said.

Mixson said Graham became particularly concerned about law enforcement in the state when a survey revealed that the major cities and counties had fewer police officers now than five years ago. "That's not



Lt. Gov. Wayne Mixson talks to county Personnel Director Lois Martin and Pat Warren, County Commission office manager, as he toured the Seminole County courthouse Tuesday morning.

Herald Photos by Tom Vincent

the way to come out of the trenches," he said.

The lieutenant governor said the Graham, a strong advocate of educational improvement, has advanced quality education and committed to education in Florida moving up in the national ranks.

Florida recently fell in the ranks of teacher pay, Mixson said, noting this was because some states fired a significant number of teachers and the average teacher left with a job in those states was making more money because of more time on the job.

"We are still striving for a reduction in the teacher-pupil ratio and increasing salaries and the educational programs," he said.

With attracting new industry to Florida one of his jobs in the state administration, Mixson said the Central Florida area is a showcase of success in attracting new jobs even at a time when the nation is suffering a deep recession.



County Commissioners Sandra Glenn and Bob Sturm accompany GOP gubernatorial candidate L.A. "Skip" Bafalis (left) on his tour of the courthouse Tuesday afternoon.

Casselberry To Give Police Pay Increase?

By JANE CASSELBERRY
Herald Staff Writer

The contract negotiations between the Casselberry police union and the city, which have been going on for 11 months, may be moving closer to settlement.

Randy Blankenship, the Orange County Police Benevolent Association negotiator for the Casselberry Police Department's 25 patrolmen and detec-

tives, said today he has heard unofficial rumors that the city is ready to make another offer, but so far has not heard from the city's chief negotiator, Ned Julian, Jr.

"I'm anxious to get their call," said Blankenship. "Eleven months at the bargaining table is long enough. I just completed negotiating a contract bet-

ween the Orlando police and that city and it only took two weeks and seven meetings to get it settled.

"I have heard that the city is willing to grant an eight percent across-the-board salary increase retroactive to Oct. 1, 1981 if the \$25 a month incentive (hazard) pay is deleted," Blankenship said. "They, supposedly will also include a 5 percent raise for 1982-83." These raises would be

equivalent to those previously given other non-union city workers, he said.

The city was reported to have reluctantly agreed at a closed door session following Monday night's public hearing on the 1982-83 budget to make the offer to the union and break the current impasse.

The police, their families, and friends picketed City Hall prior to Monday night's hearing. Many of those who spoke

at the hearing did so in support of giving the police the raise. It has been almost two years since the police officers have had a salary increase.

Blankenship said, however, that he had heard nothing officially or unofficially about other issues in the contract negotiations such as vacations and legal technicalities over grievances.

—MICHAEL BEHA

Homeowners, Developer Must Solve Driveway Dispute

By MICHAEL BEHA
Herald Staff Writer

A dispute between Sabal Point residents and the developer over the location of a driveway for seven buildings in the subdivision's professional office section has been returned to participants to reach a compromise.

Seminole County commissioners refused to take action Tuesday to solve the dispute which has gone on for five months.

In April Sabal Point developer Walter Temple constructed a second driveway into the professional office section of the subdivision onto Sabal Palm Drive, immediately opposite Hornbeam Avenue.

The residents of the development protested the construction because they claimed it was not in the original site plan and put the professional buildings and the parking lot in direct line of sight of their neighborhood.

Margaret Spence, secretary of the Sabal Point Homeowners Association, told commissioners Tuesday the 149 residents of her neighborhood use Hornbeam Avenue as their only access. She said seven professional buildings should get no more en-

trances than that.

Temple has since tried to reach a compromise with the residents about berms and limited access which would answer their complaints.

The latest proposal, a raised berm with construction of right turn only lanes and a no parking zone on Sabal Palm Drive, was rejected by the homeowners association Tuesday.

Commissioners had three motions placed before them on the matter but could not get anything passed.

TODAY

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Commissioner Robert G. "Bud" Feather said, "We should not require a developer to expend more funds to solve a community dispute. We are required to uphold county ordinances."

Feather made a motion to require a berm and opaque landscaping at the driveway plus right turn only entrance and exits with a median strip. The motion died for lack of a second.

Thomas Spence, president of the homeowners association, said the commission was approaching the issue as it is constructed, not as it should have been constructed.

"The work should have been delayed. It wasn't," he said. "Now we're faced with the fact that it exists."

Spence also charged that the construction of the second access to the professional complex was not approved by the county and "had slipped through the cracks."

Bul land management manager Herb Hardin said the site plan had been approved.

"The bottom line is nothing slipped through the cracks," Hardin said. "The only problem is sight distance."

Traffic Engineer Gary Lester recommended the commissioners accept the compromise offered by Temple but

added he did it "to accommodate the developer and the homeowners." Lester also recommended eliminating shrubbery that could block the vision of driver.

"I wouldn't even dignify that by calling it a solution," Spence said. "Attempts to make this thing palatable have failed. I have to stick to the original request."

Spence told commissioners he was tired of the continuing debate and asked them to take some action to end the dispute.

"I plead with the commissioners to make a motion to close it. Either vote it up or down," he said.

Commissioner Bill Kirchhoff obliged Spence, offering a motion to close the second driveway. That motion failed with Feather and Commissioners Robert Sturm and Barbara Christensen voting against it.

Sturm then made a motion to accept the compromise proposed by Temple. That motion failed, with Feather, Kirchhoff and Commissioner Sandra Glenn voting against it.

He set Sept. 29 for a return visit by the group and asked Lester and other staff members to cooperate with the efforts to reach an equitable agreement.

FLORIDA IN BRIEF

Court: Water Districts Can Levy Property Taxes

TALLAHASSEE (UPI) — It is not unconstitutional for the five water management district to collect property taxes, the Florida Supreme Court has ruled. The court's Tuesday decision applies specifically to the St. Johns River Water Management Districts, but to the other four districts indirectly and protects a critical revenue source for flood control and water supply work. Deseret Ranches of Florida, Inc., which owns land in Orange, Osceola and Brevard counties, contended that taxes levied on it by the St. Johns district were unconstitutional. It argued that the taxes levied by the district amount to state property taxes, which are prohibited by the constitution, which reserved ad valorem taxes for local or regional governments. Although the water management districts are state agencies, their property taxes are not state taxes prohibited by the constitution because the money is used "to further a local purpose," the Supreme Court said.

Coptic Leader Sentenced

MIAMI (UPI) — Balding, bearded "Brother Louv," leader of a religious order that smokes marijuana as a sacrament, faces 15 years in prison for smuggling tons of the drug into the United States. The 6-foot-7 leader of the Zion Coptic Church, whose real name is Thomas Reilly Jr., has sentenced to prison and fined \$20,000 Tuesday by U.S. District Judge William W. Hoeveler. Reilly says he plans to appeal. Anne Mary Morrison, a member of Reilly's congregation, also was sentenced to five months in jail to be followed by a three year period of probation. Earlier this summer, nine other defendants received sentences ranging from seven to 17 years in prison.

Courting Tinsel Town

United Press International
Civic leaders in Jacksonville and Daytona Beach say Hollywood should start sending movie-makers to North and central Florida. Motion picture producers have taken a liking to Florida settings recently, but most film makers are bypassing the north and central parts of the state in their haste to shoot movies in the Miami area. Daytona Beach and Jacksonville tourism officials say they plan to change that.

WORLD IN BRIEF

Death Toll Rises To 56 In Spanish Jetliner Crash

MALAGA, Spain (UPI) — Sobbing survivors and relatives of victims in the crash of the Spantax DC-10 charter that killed 56 people attended a memorial service today at a military chapel near the makeshift morgue. Many of the 20 to 30 Americans who flew in to identify the remains of family members attended the memorial service, along with some of the 50 uninjured survivors and Spanish and U.S. officials. The toll from Monday's crash at Malaga airport rose to 56 with the death of an unidentified woman in Carlos Haya hospital Tuesday, the U.S. consulate said.

Arafat To Meet The Pope

ROME (UPI) — Palestine Liberation Organization Chairman Yasser Arafat, seeking new legitimacy after his expulsion from west Beirut, arrived in Rome today for meetings with Pope John Paul II and top Italian leaders. Arafat's private audience with the pope was to take place at the Vatican, immediately before the pope's regular weekly audience. It was to be his first meeting with Arafat.

Israeli Forces Back In W. Beirut

Bomb Kills Lebanon's President-Elect



BASHIR GEMAYEL
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Coffee Makers Being Recalled

A recall of G.E. drip coffee makers manufactured before 1978 has been announced by G.E. and the Consumer Product Safety Commission. The recall is being made after it was found some coffee makers pose a fire hazard. Owners of G.E. drip coffee makers are advised to check two numbers located on their units, one is the catalog number located on the bottom of the coffee maker. The other is a 3-digit date code located on one of the two prongs that plugs into the wall outlet. Numbers that are being recalled are:
Catalog numbers: B1-3385-0
Date codes: 634 through 717
(634, 635, 636, 637, 639, 640, 641, 642, etc.)
Catalog numbers: B1-3382-0
Date codes: 717

BEIRUT, Lebanon (UPI) — Israeli forces moved into west Beirut today to "insure quiet" after the assassination of Lebanese President-elect Bashir Gemayel, the military command said in Jerusalem.

Unidentified assassins killed Gemayel Tuesday with a 450-pound bomb that took more than 20 lives, wounded 60 other people and returned Lebanon to relentless sectarian violence.

The death of the Maronite Christian, only nine days before he was to be inaugurated as Lebanon's president, raised fears of a new round of fighting between Gemayel's troops and Moslem forces in the deeply divided country.

The government, shocked at the first assassination in Lebanese history of an elected president, delayed confirming the death of the 34-year-old right-wing leader for nine hours.

Israeli tanks took up new advance positions inside the mainly Moslem half of the divided capital where tension was high following the assassination, witnesses said.

Israeli planes also streaked over the city starting at 11 p.m. EDT Tuesday and kept up the flights for more than four hours.

All crossings between east and west Beirut were closed and panicky residents jammed gas stations and bakeries, stocking up in fear a continued closure would lead to shortages of essential items.

The areas the Israelis advanced into today had all been under the control of the Lebanese army since it started taking up extensive security duties in the western half of the capital.

President Elias Sarkis ordered seven days of official mourning and a state funeral today

in Gemayel's hometown of Bikfaya. Searchers pulled at least 20 other bodies out of the wreckage and a steady stream of ambulances carried at least 60 wounded people to hospitals, Phalangist sources said. The count was expected to rise.

Six hours after the blast, Gemayel's mangled body was pulled from the rubble. Government sources said it could only be identified by a ring on his finger.

Wazzan called the attack, which also demolished much of the headquarters of Gemayel's Phalangist Party, a "link in a chain of criminal conspiracies against Lebanon at a time when it started to restore its strength."

Despite the charges of a plot, no one claimed responsibility for the blast that caused the

collapse of the back of the Phalange building. Authorities estimated the bomb contained 450 pounds of explosives.

Gemayel was an undeclared ally of Israel, and his Phalange forces had been aided by Israeli arms and equipment for years.

The state-run Beirut Radio played funeral music but Gemayel's Voice of Free Lebanon radio did not mention his death. It told Phalangist militiamen not to go out on the streets in uniform or to carry guns without orders.

Government sources said Sarkis could call new elections before Sept. 23, when Gemayel was to have taken office, or appoint a presidential council to rule until elections can be held.

Pilot Cable TV Offering

A pilot cable television project will be offered to about 150 customers of Orange-Seminole Cablevision in Seminole and Orange counties.

A spokesman for the firm said the service will provide sports, news, weather, stock market and other information to the customers selected for the project. The information for the project will be

compiled by Time magazine and the Orlando Sentinel-Star and will be available 24 hours a day.

The spokesman said the project will begin about the first of October and projected it will last for one year. At the end of the year, the service could be offered to other cable customers.

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Singing Mayor Ousted

ENTERPRISE, Kan. (UPI) — The world may be a stage but voters still don't want their mayor bursting into song at City Council meetings.

An unofficial count in a special recall election Tuesday showed 194 people voted to remove Mayor G.M. Wells, a chiropractor, and 124 voted to keep her, said City Clerk Beverly Bennett, the total did not include about 18 to 20 absentee votes.

"I tell you with a sigh of relief she is no longer in office," Mrs. Bennett said.

Survey To Gather Data On Disease Immunization

Local representatives of the U.S. Bureau of the Census will conduct a survey in the Central Florida area during the week of September 20-25 to determine the extent to which people have been immunized against selected diseases, Forrest P. Cawley, Jr., Director of the Bureau's Regional Office in Atlanta, said today.

The survey is conducted throughout the U.S. every year to provide information on immunization against measles, influenza, polio, diphtheria, whooping cough, tetanus, rubella, and mumps needed for administration of health programs geared to disease prevention. These health questions are in addition to the usual ones asked in the monthly survey on employment and unemployment conducted nationwide by the bureau for the U.S. Department of Labor.

Results of the monthly employment survey provide data on conditions in the labor force, prime indicators of the economic health of the country.

Personal information supplied in the survey is kept strictly confidential by law and results are used to compile statistical totals.

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Herald Photo by Tom Vincent

SOMETHING FOR A FRIEND

Martin "Marty" Mann, 18, of Lake Mary, died two weeks ago when his motorcycle collided with a camper-trailer along U.S. Highway 17-92 in Sanford. Friends of the former Seminole High School soccer team captain haven't forgotten him. They got together Saturday to do a little something for their friend. Ronnie Stafford, (right) and Joey Andrews were among those who

showed up at Mann's gravesite at the Sylvan Lake Cemetery in Paola to clear debris and underbrush that has piled up over the years. Stafford said the clean-up team will return to the cemetery at about 8 a.m. Saturday to finish the job. He encourages all of Mann's former classmates and friends to pitch in and help.

Winter Springs Candidates File

By JANE CASSELLBERRY
Herald Staff Writer

Qualifying ends today at 5 p.m. for the three Winter Springs city commission seats and the mayor's post to be decided at the Nov. 2 election.

As of this morning, two current city commissioners had qualified for the office of mayor vacated by Troy Phelan, who is a Democratic candidate for the District 11 seat in the State House of Representatives. They are Martin Trencher, 35, of the Highlands, and John Torcaso, 68, of Hacienda Village. Trencher is general manager of the Stars Hall of Fame, an Orlando attraction. Torcaso is a retired sergeant major with the U.S. Marine Corps.

In the commissioner race for Seat One, the incumbent Jim

Hartman, 26, is running for a second term against George Kaplan, a retired builder who is chairman of the city's planning and zoning board.

Mrs. Inez Luvville, a real estate agent, and Ellen Weiss, board of adjustment chairman, have qualified for commission Seat 2 now held by Trencher.

So far no one has filed in her bid for commission Seat 3 is Leanne Grove, who has served on the charter revision committee, code revision board and planning zoning board. The seat is now held by Torcaso.

According to City Clerk Mary Norton, several others have picked up qualifying papers, but have not yet qualified. Among these is an attorney, Harry Reid, who has picked up papers for two council seats and the mayor's post.

Local Students Vying For Merit Scholarships

The names of about 15,000 semifinalists in the competition for some 5,000 Merit Scholarships to be awarded in the spring of 1983 were announced today by National Merit Scholarship Corporation (NMSC).

The young men and women represent the top half of one percent of each state's high school senior class.

Included are 20 Seminole County students.

Seminole County high school student- semifinalists include

Lake Brantley High School — Susan M.

Moers — David J. Brad, Elizabeth A. Conroy, Joe M. Cusco, Erick V. Kish, Paul M. Prillo and Nicole Provost.

Seminole High School — Aubrey Kendall and Michael J. Wolgemuth.

Lyman High School — Christopher W. Adams, Jill E. Biscoff, Eric A. Dentel, Charles M. Jones and Karen L. Korn.

Lake Howell High School — Dianne A. Bucklester, Joseph DeFonzo, Karen M. Hill, Steffani L. Ploffer, Duncan S. Stearns and Robert S. Tribe.

Over one million students attending 10,000 U.S. secondary schools entered the

competition by taking the PSAT-NMSQT in 1981 when most of them were juniors. Those designated as semifinalists are being honored publicly as the highest scorers in their respective states.

At least 1,500 of the 5,000 Merit Scholarships to be offered in 1983 will be one-time National Merit \$1,000 scholarships. Every finalist will compete for one of these awards and recipients will be those who distinguish themselves in the competition. Some 3,500 renewable Merit Scholarships, worth between \$1,000 and \$8,000 will be awarded in 1983.

AREA DEATHS

HYMAN GRUNIN

Hyman Grunin, 77, of 375 Palm Springs Drive, Altamonte Springs, died Monday at Winter Park Memorial Hospital. Born Sept. 22, 1904, in Russia, he moved to Altamonte Springs from New York in 1951. He was a retired plumber and attended Temple Israel. He was a member of Plumbers Local Union 2, New York.

Survivors include his wife, Sally; two daughters, Mrs. Judith Lavine, of Paramus, N.J., and Mrs. Rhoda Cohen, of Altamonte Springs; three sisters, Mrs. Mollie Rubenstein, of Margate, Mrs. Rose Fine, of Monsey, N.Y., and

Mrs. Frieda Fember, of Miami, a brother, Harry Emanuel, of Passaic, N.J., and five grandchildren. Baldwin-Fairchild Funeral Home, Orlando, is in charge of arrangements.

RITA HAZEL VAN ALSTYNE

Rita Hazel Van Alstyne, 72, of 850 Orienta Ave., Altamonte Springs, died Tuesday at Florida Hospital-Altamonte. Born Sept. 2, 1910, in St. Regis Falls, N.Y., she moved to Altamonte Springs from South Carolina in August of this year. She was a homemaker and a Catholic. She was a member of the National Hairdressers

Association. Survivors include her husband, Chester; three sons, Gary, of Baldwinsville, N.Y., Wayne, of Winter Springs, and Richard, of Adams

Center, N.Y.; nine grandchildren and three great-grandchildren.

Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of arrangements.

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REALTY TRANSFERS

WEDNESDAY, SEPTEMBER 15, 1982

Altamonte Springs Historical Society annual meeting, 4 p.m. to 6 p.m. at the Altamonte Springs Historical Society building.

Personal Investments: A Strategic Approach, second seminar, 6:30 p.m. to 9 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs. For information call 438-8800.

Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs, 7:30 p.m. to 9 p.m. Music by the Altamonte Springs Community Band. Admission free. For information call 438-8800.

Wednesday Step 8 p.m. Closed. For information call 438-8800.

Starlight Promenaders, 8 p.m. to 10 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

THURSDAY, SEPTEMBER 16, 1982

Board of Directors of Sanford Christian Sharing Center, 10:00 a.m. to 11:00 a.m. at the Sanford Christian Sharing Center, 1000 S. Highway 17-92, Altamonte Springs.

Casselberry AA, 8 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs, Wednesday.

Sanford-Seminole Jaycees, 8 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

Born to Win AA, 8 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

St. Johns River Boat Parade Ass'n, 10 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

FRIDAY, SEPTEMBER 17, 1982

Central Florida Art Association Fall Arts and Crafts Show, 10:00 a.m. to 5:00 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

Seminole Sunrise Kiwanis, 10:00 a.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

Relax and Live Oak AA, 8 p.m. at the Seminole Hallway House, 1000 S. Highway 17-92, Altamonte Springs.

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PEOPLE

Evening Herald Sanford, Fl. Wednesday, Sept. 15, 1982—1B



Ruth Turnquist cherishes her recipe collection from friends.

Cook Of The Week

She Shares 'Friendship' Recipes

By LOU CHILDERS
Herald Correspondent

The moment you meet Ruth Turnquist you know she is special. So is her cooking. Ruth and her husband, Ray, moved to Florida four and one-half years ago from the Chicago suburb of Oaklaw. Ill. Last March they moved into a home they built in Deltona.

While in Illinois, Ruth owned her own business, Gift Wagon, a home interior decorating service. She also did "chuck talks" on the religious channel on television illustrating Bible stories utilizing her artistic talents.

The Turnquists have three daughters and four grandchildren.

Ruth says she enjoys cooking and she attributes part of that joy to those important first experiences "in a playhouse my Dad had built for me." She continues, "The playhouse kitchen had an electric burner, but no oven."

Ruth solved this problem by inverting a metal bucket to cover the cakes she wanted to bake. "Of course," she says, "they weren't too light!" Ruth has a mammoth folder running over with recipes she has collected from friends. Woodchuck is one such recipe that she describes as a special gourmet fare of

chicken breasts that can be prepared a few days ahead, refrigerated and then reheated for serving. Its guests "Woodchuck is served on flaky nests, pastry shells that can be purchased in the frozen food section to have on hand for baking."

Another friend of Ruth's recently gave her a recipe for Marinade Carrots. The carrots look like golden coins and are they ever good!

Two other recipes that Ruth says she has gathered from friends are "Leftovers Casserole" and "Holland Rusk Pie." Both of these are easy to make and both bring raves when served.

Once you try Ruth's "friendship recipes" you will probably want to pass them along to a friend, too. So, be sure you don't misplace them.

WOODCHUCK

Saute:
1 cup celery, diced
1 cup green pepper, sliced
4 tablespoons butter
Add:
1 cup mushroom soup
1/2 of a small package Velveeta cheese
1 glass jar Old English cheese
In top of double boiler combine:
1/2 cup chopped ripe olives
1/2 cup shredded almonds
4 chopped hard-boiled eggs
1 small jar pimento

Add 2 whole chicken breasts, cooked and dried.
When all ingredients are thoroughly combined and heated, serve over baked pastry shells. Yield: 12 to 15 servings.

MARINADE CARROTS

GOLDEN COINS:
1 green pepper, sliced thin
1 onion, sliced thin
1 cup sugar
1 teaspoon dry mustard
1 teaspoon Worcestershire
1 can tomato soup
1/2 cup salad oil
1/2 cup vinegar

Salt and pepper to taste.
Boil carrots, green pepper and onion in salted water. Drain and slice carrots. Cool. Mix remaining ingredients for marinade sauce and pour over cooled vegetables. Refrigerate in a covered container. Will keep up to 5 weeks in the refrigerator.

LEFTOVERS CASSEROLE

1 small chicken, cooked at

equivalent amount of leftover turkey.
1 stick margarine
1 8-oz. package cornbread stuffing mix
1 can (cream of chicken soup)
1 can (cream of turkey soup)
1 cup broth

Arrange cooked chicken or turkey leftovers in casserole dish. Blend stuffing with melted margarine. Combine soup with broth. Layer the stuffing over the chicken, adding the soup mixture on top. Bake for 30 minutes in a 325 degree oven.

HOLLAND RUSK PIE

Crust:
1 box of commercial (best) crushed with toll-free pin
4 tablespoons melted butter
2 1/2 cups sugar
Combine the above ingredients, reserving 1 cup for topping. Press firmly into pie pan or oblong cake pan. Refrigerate while preparing custard filling.
Filling:
1 1/2 egg whites, beaten
1 cup sugar
1 1/2 cups milk, scalded
1/4 cup water
1 teaspoon vanilla
Combine sugar and flour. Pour scalded milk and water into sugar-flour, stirring constantly to avoid lumps. Add egg whites that have been beaten to a lemon color. Return to stove, stirring constantly, cooking over low heat until mixture begins to boil and thickens. Cool by standing pan in cold water for a few minutes. Add vanilla. Pour cooled custard into prepared pan.
Make a meringue by beating 3 or 4 egg whites until foamy. Continue beating and gradually add 1/2 cups of sugar. When meringue stands in stiff peaks, spread over custard. Bake in 325 degree oven 5 to 10 minutes until golden brown. Cool before serving.

Real Estate Evening Courses

The UCF Real Estate Institute will offer a number of evening courses during October, including two at Winter Park High School, sponsored with the AIA and Institute of Real Estate Appraisers - AIREA.
There will be a 6-week evening course for prospective salespersons beginning Oct. 7 with classes Tuesday and Thursday, from 6:30 to 9:30 p.m. at St. Mary Magdalen School, Altona St. Sprines.
Winter Park High School will be the site for a broker's course from 6:30 to 9:30 p.m., Monday and Wednesday, Oct. 13 through Dec. 1.
A State Examination review will be conducted Oct. 8-10 at the main UCF campus, with sessions 8:30 to 10 p.m. Friday and 9 a.m. to 11:30 a.m. Saturday and Sunday.
The first of the two AIREA courses, Residential Valuation, will begin Oct. 14 with sessions through Nov. 16 from 6:30 to 9:30 p.m. Tuesday and Thursday. Appraisal Principles will be taught Oct. 21 through Nov. 21 at the same time, same evenings.
There also will be a course on the economic and practical evaluation of real estate investments on the UCF campus from Oct. 12 through Nov. 2. Classes will meet from 6:30 to 9:30 p.m. Tuesday and Thursday. Tuition is \$99 and includes all course materials.
Information on the October courses and others offered through UCF is available by calling the Real Estate Institute at 275-2126.

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NOTICE OF PUBLIC HEARING
SEMINOLE COUNTY PLANNING AND ZONING COMMISSION
WEDNESDAY, SEPT. 22, 7:00 P.M. ROOM 200
SEMINOLE COUNTY COURTHOUSE SANFORD, FLORIDA

GENERAL LOCATION MAP
WILLIAM F. ERNSTENS, Person C-3 (Proposed Commercial) to M-1 (Industrial)
DORIS J. MILLER, Person R-2 (Duplicate) to R-3A (Neighborhood Professional)
BARBARA H. LINDENBACH, Person A-1 (Agriculture) to C-3 (Neighborhood Commercial)
J. C. GLASGOW, Person R-2 (Duplicate) to R-3A (Multiple Family)

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FURTHER DETAILS AVAILABLE BY CALLING 323-4330 EXT. 40
Public

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Stuffed Squash

Tasty Main Dish

Squash was known and eaten by the Indian in the Western Hemisphere long before the white man began his exploration. Fall and winter squash, such as hubbard and acorn, made ideal dessert and vegetable side dishes. They also may be stuffed and served as a main course.

HEARTY SQUASHBOATS
 1 large acorn squash
 1 1/2 teaspoons vegetable oil
 1 small onion, chopped (1/4 cup)

1 small clove garlic, minced
 1/2 pound ground beef
 2 medium-size fresh tomatoes, peeled, chopped
 2 tablespoons chopped celery
 1/2 teaspoon salt
 1/2 teaspoon dried leaf oregano
 1/4 teaspoon dried leaf basil
 1/2 cup shredded Cheddar cheese, divided
 Cut acorn squash in half lengthwise and scoop out seeds and

fibers. Place in baking pan, cut-side down, with 1/2-inch water. Bake in 300-degree oven 20 minutes. Meanwhile, heat oil in large skillet. Add onion and garlic; cook until tender. Add ground beef; stirring with fork until browned. Stir in tomatoes, celery, salt, oregano, basil, thyme and 1/4 cup shredded cheese. Turn squash halves cut-side up. Carefully scoop out pulp without breaking skin; add pulp to ground meat mixture. Spoon squash mixture into shells; sprinkle with remaining cheese. Bake in 350-degree oven 20 minutes. This kitchen-tested recipe makes 2 servings.

Chili Days Ahead

There is nothing better as cool weather arrives than a bowl of chili. The ingredients vary from region to region but the soul of any chili remains its seasoning and slow cooking.

Most chili lovers will agree that chili is at its best as it "ages" a day or two. Serve with your favorite beer, milk and cornbread.

CHILI BEEF WITH CHICKPEAS

1-3 cup instant minced onion
 1 teaspoon instant minced garlic
 1-3 cup water
 4 pounds beef for stew, cut into 1-inch cubes
 6 tablespoons flour
 1 tablespoon salt
 1/4 teaspoon ground black pepper
 5 tablespoons oil, divided
 2 cans (1 pound 12 ounces each) tomatoes, broken up
 4 beef bouillon cubes
 5 teaspoons chili powder
 2 teaspoons oregano leaves, crushed
 2 teaspoons sugar
 2 teaspoons lemon juice
 2 cans (1 pound 4 ounces each) chickpeas, drained

Combine minced onion and garlic with water; let stand for 10 minutes to rehydrate. Coat beef cubes with flour mixed with salt and black pepper. In large sauce pot, heat 3 tablespoons of the oil. Add beef, a few pieces at a time; brown on all sides.

Remove and set aside. In same pot, heat remaining 2 tablespoons oil. Add rehydrated onion and garlic; saute for 3 minutes. Add tomatoes, bouillon cubes, chili powder, oregano, sugar and lemon juice, stirring well to scrape drippings from bottom of pot. Return beef to pot; bring to a boil. Reduce heat and simmer, covered, until beef is tender, about 1 1/2 hours. Stir in chickpeas. Cover and simmer 10 minutes longer. If desired serve over rice. This kitchen-tested recipe makes 12 portions.

CHILI CHICKEN

1/4 cup instant minced onion
 1 teaspoon instant minced garlic
 1/4 cup water
 2 tablespoons oil
 2 jars (15 1/2 ounces each) meatless tomato sauce
 2 tablespoons chili powder
 4 cups diced cooked chicken
 4 cups cooked macaroni
 2 cups cottage cheese
 8 ounces mozzarella cheese, sliced

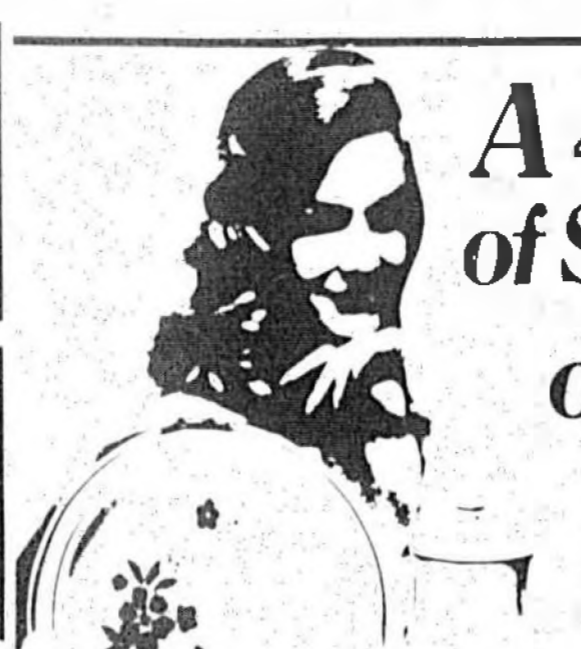
Combine minced onion and garlic with water; let stand for 10 minutes to rehydrate. In medium saucepan, heat oil until hot. Add rehydrated onion and garlic; saute 5 minutes. Stir in tomato sauce and chili powder. Bring to a boil. Reduce heat and simmer, covered, for 5 minutes, stirring occasionally. Stir in chicken. Pour about one-third of the sauce into the bottom of an oiled 13-by-9-by-2-inch casserole. Top with 2 cups of the macaroni, then 1 cup of the cottage cheese. Repeat layering once more, ending with a layer of the sauce. Top with mozzarella cheese. Bake in a preheated 350-degree oven until hot, about 30 minutes. This kitchen-tested recipe makes 10 portions.

PINEAPPLE FROSTY

Yield: 5 1/2 cups
 1 can (20 oz.) crushed pineapple in unsweetened juice, undrained
 2 cups cold milk
 1 pint pineapple sherbet, softened
 2 tablespoons fresh lemon juice
 Fresh mint, if desired
 Place pineapple and juice in blender container; cover. Puree until smooth. Add half of the milk and sherbet. Blend until smooth. Add remaining milk, sherbet and lemon juice. Blend until smooth and frothy. Serve immediately in tall chilled glasses garnished with a sprig of mint.



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Use Fresh Pears In Light Salad

Be imaginative with your salads. Fresh pears with a special vinaigrette sauce, pimientos and onion rings will be a pleasure to the eye and to the taste buds.

Serve this as a lighter than usual salad with thin slices of pork roast or turkey.

PAISLEY PEARS

- 6 fresh Bartlett pears
- 1/2 cup salad oil

- 2 tablespoons wine vinegar
- 1 tablespoon real mayonnaise
- 1 teaspoon dry mustard
- 2 teaspoons honey
- 2 teaspoons chopped fresh or freeze-dried chives
- 2 teaspoons each chopped fresh thyme, basil and tarragon or 1/2 teaspoon of each herb, dried
- 1 can (4 ounces) pimientos
- 1 onion, cut in rings

1/4 cup chopped parsley
Chill pears. Combine oil, vinegar, mayonnaise, mustard and honey in jar, cover and shake. Add herbs and shake again. Let stand at least one hour. Meanwhile, drain pimientos and cut into shapes, if desired. Halve and core pears; pare if you wish and toss gently in bowl with dressing, pimiento shapes, onion rings and parsley. This kitchen-tested recipe makes 6 servings.

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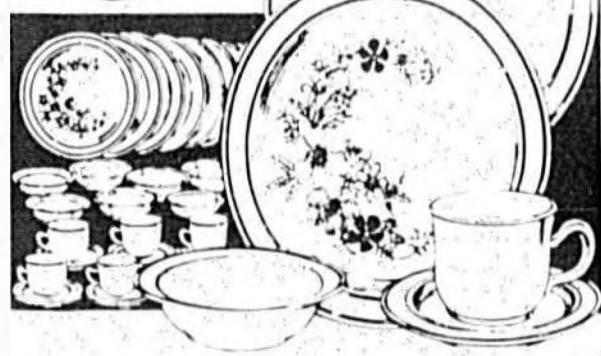


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Pantry Pride

Create Crisp Salads

Salads are an important part of a well-balanced diet but the same old lettuce and tomato combination can be an appetite turn-off. Salad isn't just lettuce anymore — it's anything and everything from the garden, the produce department or the canned or frozen fruit and vegetable section of the local grocery served with any of the many flavors of dressings available to compliment the flavor.

Creative cooks who experiment with new ingredients will find they can serve interesting new dishes at record low costs. Today, anything goes!

GIANT CARROT SALAD

- 1 1/2 pounds carrots (about 8 medium size) cut into 1/4-inch thick slanting slices
- Boiling water
- 1 medium-size onion cut into 1/4-inch-thick rings
- 1 small green pepper, cut into 1/4-inch-thick rings
- French or red Russian dressing
- 1/2 teaspoon Worcestershire

In a pan over medium-high heat, cook carrots, covered, in 1 inch boiling water just until tender when pierced (about 8 minutes). Drain, cool quickly under cold running water, drain again. In a serving bowl, layer carrots, onion rings and pepper rings. Combine dressing and Worcestershire sauce and pour over carrot mixture. Cover and refrigerate salad for at least 4 hours or until next day, stirring several times. For 4 to 6 to enjoy.

MAJESTIC LAYERED SALAD

- 1 quart torn spinach
 - 2 cups mushroom slices
 - 1 1/2 cups red onion rings
 - 2 10-ounce packages frozen peas, cooked, drained
 - 1 cup mayonnaise
 - 1/2 teaspoon sugar
 - 1/2 teaspoon curry powder
 - 2 crisply cooked bacon slices, crumbled
- In a 2 1/2 quart salad bowl, layer spinach, mushrooms, onions, and peas. Combine mayonnaise, sugar and curry powder. Spread over salad to seal. Cover, refrigerate overnight. Top with bacon before serving. For 8 to enjoy.

BROCCOLI-CHEDDAR CHEESE SALAD

- 3/4 pound broccoli (about 2 cups)
- Boiling water
- 4 ounces Cheddar cheese, cut in matchstick-size pieces
- 1/4 pound medium-size mushrooms, thinly sliced
- Creamy onion dressing
- Radishes (optional)
- Trim broccoli stem ends and peel outer layer of stalks. Cut flowerets from stalks and cut stalks crosswise into thin slices. Place flowerets and sliced stalks in a steamer basket; set in a kettle over 1 inch of boiling water. Cook, covered until barely tender when pierced (about 5 minutes) drain, rinse under cold water, and drain again.
- To serve, gently mix together in a salad bowl, broccoli, cheese, mushrooms, and dressing, coating vegetables well. Garnish with radishes, if you wish. For 4 to enjoy.

APRICOT COFFEE CREAM

- Yield 5 cups
- 1 can (176 oz.) apricot halves in syrup, undrained
- 1 teaspoon instant coffee powder
- 2 cups cold milk
- 1 pint coffee ice cream, softened
- 1/2 teaspoon almond extract
- Coffee ice cream
- Place apricots with syrup and instant coffee in blender container; cover. Puree until smooth. Add half of the milk and ice cream. Blend until smooth. Add remaining milk, ice cream and almond extract. Blend until smooth and frothy. Serve immediately in tall chilled glasses topped with a small scoop of coffee ice cream.

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7 TO 10 LB AVG. SAVE 70¢ PER LB

U.S.D.A. GRADE A LOTS OF CHICKEN
MIXED FRYER PARTS
BONUS BUY OVER 5 LBS **49¢ LB**
SAVE 20¢ PER LB. LIMIT 2 PKGS. PLEASE

MARKET STYLE SLICED BACON
BONUS BUY OVER 3 LBS **\$1.59 LB**
SAVE 50¢ PER LB

LAND O' FROST CHIPPED MEATS
GIANT SIZE: ALL VARIETIES
BONUS BUY 8oz PKG. **99¢**
SAVE 50¢

FRESH PORK SPARE RIBS
BONUS BUY MEDIUM SIZE LB **\$1.39 LB**
SAVE 60¢ PER LB

MRS. FILBERTS GOLDEN QUARTERS MARGARINE
BONUS BUY LB PKG. **39¢**
SAVE 30¢. LIMIT 3 PLEASE

BONELESS SIRLOIN TIP ROASTS
BONUS BUY **\$1.79 LB**
SAVE \$1.20 PER LB

COMPARE DELI CHECK THESE PRICES SAVE

LYKES POWER PAK **Chicken Franks** 2oz PKG. **69¢** 20

PANTRY PRIDE MEAT OR BEEF **Sliced Bologna** LB **\$1.59** 20

SUNNYLAND **Sausage (SMOKED)** 10oz PKG. **\$1.29** 20

LYKES AMERICAN QUALITY **Sliced Ham** 1/2oz PKG. **\$2.49** 20

OSCAR MAYER SLICED LUNCH MEATS ROUND OR SQUARE **Variety Pack** 12oz PKG. **\$1.99** 20

FAMILY SIZE PACKAGES CHECK THESE PRICES SAVE

U.S.D.A. CHOICE BEEF **Boneless Cubed Steak** OVER 3 LBS **\$2.99 LB** 60

U.S.D.A. CHOICE BEEF STEAKS **Boneless Sirloin Tip** OVER 3 LBS **\$2.49 LB** 50

U.S.D.A. CHOICE BEEF CHIPPED STEAKS **Boneless Sirloin Tip** OVER 3 LBS **\$2.99 LB** 70

U.S.D.A. CHOICE BEEF **Chopped Steakettes** OVER 3 LBS **\$1.99 LB** 50

U.S.D.A. GRADE A BREAST WITH RIBS, THIGHS & DRUMSTICKS COMBINATION PKG. **Choice Fryer Parts** OVER 5 LBS **\$1.19 LB** 20

COMPARE DAIRY CHECK THESE PRICES SAVE

PANTRY PRIDE CHILLED IN THE DAIRY CASE **Orange Juice** HALF GAL. CTN. **\$1.19** 40

AXELRODS ITALIAN **Ricotta Cheese** 8oz CUP **\$2.89** 40

PANTRY PRIDE CREAMED **Cottage Cheese** 4oz CUP **\$1.39** 20

BORDENS LITE LINE ALL VARIETIES **Cheese Singles** 1oz PKG. **\$1.19** 20

SCOTTS COLD PACK **Cheese Food** 8oz CUP **\$1.19** 20

SANWA RAMEN PRIDE NOODLES
PORK, SHRIMP, CHICKEN, BEEF OR MUSHROOM
EVERYDAY LOW PRICE 3oz PKG. **5/\$1**
SAVE 5¢

PANTRY PRIDE VEGETABLE OIL
EVERYDAY LOW PRICE 48oz BTL. **\$1.69**
SAVE 30¢

RICE A RONI
6.5oz FRIED, 8oz WITH BEEF, CHICKEN, 7.5oz SPANISH OR PILAF
EVERYDAY LOW PRICE YOUR CHOICE **59¢**
SAVE 6¢

LEAN BOILED HAM
BONUS BUY HALF POUND **\$1.49**
SAVE 30¢

SAUIERS PURE MUSTARD 32oz **59¢** SAVE 8¢

PANTRY PRIDE KING SIZE BREAD 20oz LOAVES **3/\$1.45** SAVE 9¢

PANTRY PRIDE POTATO CHIPS 8oz PKG. **79¢** SAVE 20¢

PANTRY PRIDE POWDER DRINK MIXES 24oz CAN **\$1.19** SAVE 6¢

PANTRY PRIDE PEAR HALVES 16oz CAN **2/\$1** SAVE 20¢

BAN ROLL-ON ANTI-PERSPIRANT 1.5oz **\$1.49** SAVE 50¢

COCONUT DELIGHT QUARTER SHEET CAKE (IN PAN) **\$2.99** SAVE \$1.00 AT THE DELI BAKERY STORES ONLY

WHOLE BAR-B-QUE CHICKEN RED TO EAT **\$2.49** SAVE 20¢ AT THE DELI BAKERY STORES ONLY

COMPARE BAKERY EVERYDAY LOW PRICE SAVE

PANTRY PRIDE BAKED OFF **Rolls (DINNER)** 1/2 PKG. **2/89¢** 10

PANTRY PRIDE BROWN & SERVE PULL-A-PART **Bread** 18oz LOAF **2/\$1.69** 10

PANTRY PRIDE PECAN **Twirls (CINNAMON)** 2oz PKG. **2/\$1** 20

PANTRY PRIDE STICK 16oz LOAF **French Bread** **2/\$1.19** 10

COMPARE FROZEN EVERYDAY LOW PRICE SAVE

BIRDSEYE BROCCOLI SPEARS OR **Cauliflower** 10oz FROZEN **59¢** 18

PANTRY PRIDE CRINKLE CUT **French Fries** 32oz FROZEN **89¢** 30

MINUTE MAID **Orange Juice** 10oz FROZEN **\$1.39** 20

MORTON SLICED TURKEY, BEEF PATTY, SALisbury STEAK, TURKEY CROQUETTES OR MEAT LOAF **Family Meals** 22oz FROZEN **\$1.49** 40

COMPARE HEALTH & BEAUTY AIDS EVERYDAY LOW PRICE SAVE

40¢ OFF LABEL MOUTHWASH **Signal** 2.4oz BTL. **\$1.89** 11

NAIL POLISH REMOVER REGULAR OR LEMON **Cutex** 4oz **69¢** 30

8oz PASTE OR 5.52oz GEL 20% MORE FREE BONUS **Colgate TOOTHPASTE** **\$1.19** 30

PLUS 2.5oz FREE **Selsun Blue** 7oz SHAMPOO **\$3.19** 60

COMPARE PREPARED FOODS EVERYDAY LOW PRICE SAVE

OUR FAMOUS **Torpedo Rolls** **6/79¢** 20

WITH 2 VEG & A ROLL BAR-B-QUE **Chicken Dinner** HALF CHECKEN **\$1.99** 30

LEAN **Pastrami ROUND** HALF LB **\$2.39** 50

LOW FAT ICELAND **Baby Swiss** HALF LB **\$1.69** 20

20¢ OFF J.R. 403 603 **REYNOLDS WRAP** 25 SQUARE FEET WITH THIS COUPON GOOD THRU WED., SEPT. 22, 1982

30¢ OFF J.R. 436 691 **SELATEST ICE CREAM** HALF GALLON WITH THIS COUPON GOOD THRU WED., SEPT. 22, 1982

30¢ OFF J.R. 401 601 **FOLGER'S COFFEE** REGULAR, E.P. OR DRIP LB CAN WITH THIS COUPON GOOD THRU WED., SEPT. 22, 1982

SAVE 40¢ CASH J.R. **PEPSI, DIET PEPSI, PEPSI LIGHT OR MOUNTAIN DEW** 8 PAK 16oz BTL. PLUS DEPOSIT YOU PAY \$1.19 WITH THIS COUPON GOOD THRU WED., SEPT. 22, 1982

COOKE, YOU HAVE A BIG EGO!

YOU'RE ONLY INTERESTED IN TALKING ABOUT YOURSELF!

THAT'S NOT TRUE.

I'M ALSO INTERESTED WHEN OTHER PEOPLE ARE TALKING ABOUT ME.

WELL, DID YOU HAVE A HARD DAY ON THE COURTS?

THE PRO SAYS MY GROUND STROKES ARE IMPROVING.

DON'T WORRY DEAR ROLF SAYS THAT TO ALL THE GIRLS.

OH HHHHHH *ARRRRRRGH*

WH-WHAT'S WRONG? CHOKES!

I'M S-SUFFERING FROM... A... DREADED ATTACK OF YOURS...

THAT'S A SHAME.

JUGHEAD, THIS COMPOSITION YOU TURNED IN IS AN ALMOST WORD FOR WORD COPY OF ONE YOU DID A MONTH AGO.

WELL, YOU KNOW WHAT THEY SAY, MISS GRUNDY, "HISTORY REPEATS ITSELF."

YES? WELL, IF YOU KEEP TURNING IN RECYCLED WORK...

NEXT YEAR YOU FIND YOURSELF REPEATING THIS HISTORY COURSE!

I'VE ALWAYS WANTED TO TRAVEL, BUT I DON'T KNOW WHERE TO! I'LL PROBABLY JUST GET LOST.

WONDERFUL IDEA! I'VE BEEN TELLING YOU TO DO THAT FOR YEARS!

GOT A HAIRCUT EH NUTCHELL?

YEAH, I NEEDED ONE!

I WENT TO A REGULAR BARBER, THOUGH. A LOT OF MEN GO TO BEAUTY SHOPS.

I KNOW, SOMEONE SAID ABOUT SIXTY PERCENT DO.

WHERE DID YOU HEAR THAT?

UNDER THE HAIR DRIVER.

CAUTION MIRAGE AREA NEXT 5 MI.

SAM, YOU'RE UGLY AS A WART.

AND STUPID, TOO.

YOU'RE A MAROON! WHEN I GET BACK TO TOM, I'M GOING TO PUNCH THE REAL RABBIT IN THE NOSE!

MEMORY LANE

ONE WAY

WHY YOU ON FOOT, DEWLAP?

MY HORSE STEPPED IN A PRAIRIE DOG HOLE.

GAD! HOW TRAGIC!

CHEER UP—MAYBE THE L'L CRITTERS WASN'T AT HOME.

by Chic Young

by Mort Walker

by Art Sansom

by Bob Montana

by Howie Schneider

by Ed Sullivan

by Stoffel & Heimdahl

by Bob Thaves

by T. K. Ryan

ACROSS

- Excitation
- Common tree
- Boat gear
- Popular
- Jeans
- Historic
- Swan
- Widow's which
- Thousandth
- Hindu
- Incarnate
- Blood feud
- Striped fur
- Wood group
- Middle
- Eastern name
- Suit
- Don't forget
- Don't taste
- Compass
- Group
- Drink
- Gift shop

DOWN

- Osiris' wife
- Galle
- Affirmative
- Olympic board (abbr.)
- Greek letter
- Complete
- Arrogant manner
- Eye infection
- Commist a faux
- Uk
- Bingolite
- Perk
- Ceramics
- Zero
- Measure of length
- Amie
- Demons
- Unctuous
- Eggs
- Spoken ex
- Love stat
- Chesapeake
- Belting
- Drinks
- Prayer
- Adherent
- Isis' maid
- Knitting stitch
- Center of
- Target
- Jackie's 2nd husband
- Entertainment
- Rock music
- River in Texas

ANSWER TO PREVIOUS PUZZLE

TAM TAW TAT
 AIDE ARI YARN
 CA CKLEID PAEIAN
 HETITSAOAIMA
 LEANITERTYETIP
 AVIADITETERTAP
 BRITCAPISM EARY
 ZISAZISA MIA
 LEVETTIE SPAS
 ADDITINITISE
 GOMLE NEUTRAL
 MLO INE LEWE
 TITIT ASK RED

Running In Place Is Good Exercise

Dr. Lamb

DEAR DR. LAMB — I do "stationary" running three times a week. I prefer indoor stationary running to outdoor jogging. 1. No running in snow, which is practically impossible. 2. No running in the cold, which requires special apparel because it can become quite cold where I live. 3. No running in the rain which I find a nuisance. 4. Less time. I do it in my basement. I do not have to join any club. It is much more convenient for me because I have psychomotor epilepsy, a mild case, which keeps me from driving an automobile.

Is stationary running at all fitting and if so how much should be done?

You don't have to do it fast to use calories, you just need to build up your ability to do it a long time or a lot of steps.

There are other tips on exercise in The Health Letter 15-12, Exercise Wise, which I am sending you. Others can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

DEAR DR. LAMB — Can a doctor tell that a person has heart failure by just looking at her? My mother went to an eye doctor and he told her she had heart failure. She gets dizzy when she moves about. Are there pills that reverse hardening of the arteries? Do you think they would help my mother?

DEAR READER — Yes, indoor stationary running is very good. The problem is that most people who start such a program will not continue it. Most people are more likely to continue if they do it while watching TV or to music to keep them occupied. Which reminds me that dancing or exercise with music is often a good idea.

If you have not been running in place before, you need to start carefully. And you should run in such a way that you don't take all the jar on your toes. Let your heel sink to the floor and take most of the jar. Otherwise you may develop some sore heel tendons.

A good starting place is to count each time your left foot hits the floor and run only 100 steps. Then you can increase the steps about 10 steps a day so you will gradually increase your exercise. If your leg muscles get sore slow down and increase more slowly.

Use your heart rate as a guide to how fast you should go. A comfortable speed is fine for using calories. It depends somewhat on a person's age and health status but if you have no health problems a speed that causes your heart to beat between 100 and 120 a minute is enough.

HOROSCOPE

By B. B. N. E. BEDEOSOL

For Thursday, September 16, 1982

YOUR BIRTHDAY September 16, 1982. Preparation of your natal chart should be done for you this coming year. There is a barrier for what you have to offer. So don't be afraid to express your talents.

VIRGO (Aug. 23-Sept. 22) This is a good day to try to get stronger bonds with one you love, know better. Don't wait the time of her to make the final gesture. Find out more of what lies ahead for you in the months following your birthday by sending for your copy of Astro-Graph Mail 41 for each \$4.99. Radio City Station, N.Y. 10019. Be sure to specify birth date.

LIBRA (Sept. 23-Oct. 23) You may question whether kindnesses you extend to others today are fully appreciated. Be assured that all you do will be carefully noted.

SCORPIO (Oct. 24-Nov. 22) A breakaway from mundane routines would do you good today. Select something fun to do, but be sure to include enjoyable companions.

SAGITTARIUS (Nov. 23-Dec. 21) You have the ability today to make something worthwhile from situations which offer meager promise. Look for opportunities. You'll figure out how to expand them.

CAPRICORN (Dec. 22-Jan. 19) This is a good day to study subjects which could be of practical value. You assimilate knowledge easily. What's more important, you'll know where to use it later.

AQUARIUS (Jan. 20-Feb. 18) Listen carefully to any proposals today made by persons you trust and respect. There are indications you may benefit from confidential information.

PISCES (Feb. 20-March 20) Your companionship will be desired by others today. You'll know how to make all your associates feel they are very special to you.

ARIES (March 21-April 19) Large strides can be made today if you really put your heart into your work. Look at each task which confronts you as a labor of love.

TAURUS (April 20-May 20) This could be an exciting day romantically for unattached Taureans. Someone in whom you are interested may send out signals that he or she feels the same way.

GEMINI (May 21-June 20) It looks like a matter you're concerned about is going to work out to your satisfaction. Keep plugging along positive lines.

CANCER (June 21-July 21) The impression you make today will be both favorable and lasting. Your charm captures attention, but it's your sincerity that scores.

LEO (July 23-Aug. 22) Conditions having an influence on your material well-being have shifted in your favor today. More gains than usual are likely for your efforts.

WIN AT BRIDGE

is one of those all-purpose pre-emptive jumps. East just doesn't know who can make what. It gives South a real problem. For all he knows there is a cinch slam, but South settles for merely bidding five and becomes declarer at that contract.

West opens the king of spades and right here it is up to declarer to make an unusual play. He must duck that spade and discard a club!

West leads a second spade, not that his play at this point matters. South is sure to make his five-heart contract.

A second club is discarded on the ace of spades. The ace of clubs is cashed and a club ruffed. Then it's back to the queen of hearts for a second club ruff. Now South goes back to the jack of hearts to lead a diamond and finesse his nine, 10 or jack. West wins and is end-played. He must either lead back a spade to give South a diamond discard in dummy or a diamond to give South an extra diamond trick.

Note that if West had seen all the cards he could have opened a club to spoil South's play. (NEWSPAPER ENTERPRISE ASSN.)

NORTH 8-10-11
 ♠ A Q J 9 5 2
 ♥ 7 5 2
 ♦ A J 9

WEST EAST
 ♠ K Q J 9 4 ♠ 10 7 5 3 2
 ♥ 6 ♥ 4
 ♦ K Q 4 3 ♦ 8 6
 ♣ 8 7 2 ♣ K Q 5 4

SOUTH
 ♠ A K 10 8 7 3
 ♥ A J 10 9
 ♦ 10 6 3

Vulnerable: Both
Dealer: South

West	North	East	South
1♠	3♥	4♠	5♥
Pass	Pass	Pass	Pass

Opening lead: ♦K

By Oswald Jacoby and Alan Sontag

Here is a teaching hand used by master teacher Sally Johnson in advanced classes.

East's jump to four spades

YUK!

ALTHOUGH CATS ARE FINICKY EATERS...

"HUNGER STRIKE" ISN'T EXACTLY IN OUR VOCABULARY.

GEE, YOU'RE NOT WELL ENOUGH TO WORK YET. "DADDY"—STELLA HAN SAID YOU'D PROBABLY BEEN DRUGGED!

NO "PROBABLY" ABOUT IT!—BUT THERE'S NO TIME TO LOSE!

OH, GEE! SOMEONE'S CARRYING A BODY DOWN THAT ALLEY!

WHAT'S THAT? SOMETHING FELL TO THE GROUND!

A WALLET!



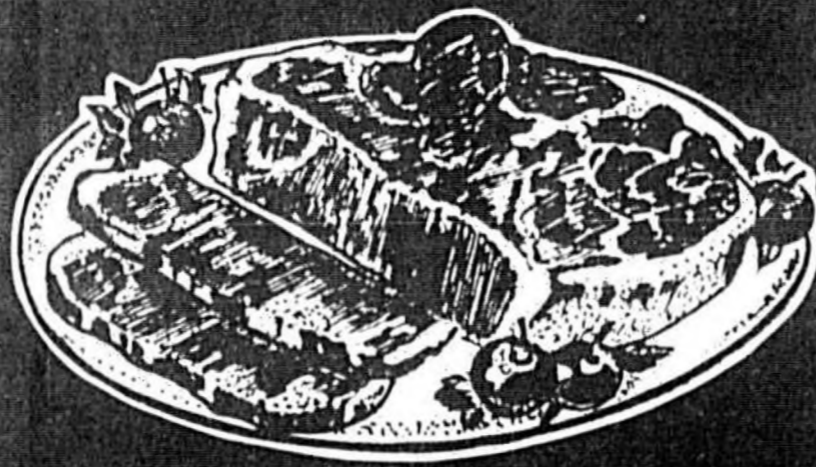
LOWFAT MILK

BORDEN'S ONE GALLON

\$1.69

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASE

POST BREAKFAST CEREAL
RAISIN BRAN . . . 25 OZ. **\$1.79**
 FREE TUMBLER OFFER ORANGE FLAVOR
TANG DRINK . . . 27 OZ. **\$2.29**



USDA CHOICE WESTERN BONELESS CHUCK ROAST

\$1.69
 LB.

ALL PURPOSE YELLOW
ONIONS **3 LB. BAG 69¢**
 USDA CHOICE WESTERN BONELESS
CHUCK STEAKS **\$1.89**
 LB.



8 PACK 16 OZ. BOTTLES

R-C COLA

DECAFFEINATED RC'S OR DIET RITE

69¢
 PLUS DEPOSIT

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASE

PROCTER & GAMBLE POTATO
PRINGLES CHIPS 8 OZ. **\$1.19**
 HYDE PARK ASSORTED VARIETY
CHIPPED MEATS 2.5 OZ. **39¢**

FAIRWAY

The Fast Way to Shop!

THIS AD EFFECTIVE THURSDAY, SEPT. 14 THROUGH WEDNESDAY, SEPT. 22, 1982

WE RESERVE THE RIGHT TO LIMIT QUANTITIES PURCHASED

WE ACCEPT USDA FOOD STAMPS

EKCO INTERNATIONAL CHINA
 SEE COUPON BELOW
 FOR THIS WEEK'S FEATURE.

COLLECT A FULL
 20 PIECE SET
 OF SERVICE FOR 4
 COLLECT
 CHINA CERTIFICATES
 ONLY **99¢** EACH ON OUR
 SPECIAL LAY-A-WAY PLAN
 WITH EACH \$3 PURCHASE

OLD MILWAUKEE
 REGULAR OR LIGHT BEER

6/12 OZ. CANS
\$1.79

GROUND CHUCK
 FRESH GROUND DAILY

\$1.59
 LB.
 3 POUNDS OR MORE

COCA COLA
 TAB · SPRITE ·
 MELLO-YELLO · MR. PIBB
 2 LITER PLASTIC

**BUY ONE
 GET ONE
 FREE!**
 BUY 1 - 2 LITER FOR \$1.59
 GET SECOND

Open 24 Hours

ORLANDO
 5300 SILVER STAR RD.
 5401 W. COLONIAL DR.
 5730 LAKE UNDERHILL RD.
 5471 S. ORANGE AVE. ★
 11672 E. COLONIAL DR.
 TAVARES
 365 E. BURLEIGH BLVD.
 KISSIMMEE
 1601 N. BERMUDA ST.

OCOE
 2750 E. HWY. 50
 WINTER SPRINGS
 300 E. HWY. 434
 WINTER PARK
 114 S. SEMORAN BLVD. ★
 SANFORD
 2690 S. ORLANDO AVE.

★ OPEN 6 A.M. TO MIDNIGHT

Grocery	Frozen Food-Dairy	Deli-Bakery	Produce
<p>GRAVY TRAIN DRY DOG FOOD</p> <p>25 LB. BAG \$6.99</p>	<p>ORANGE JUICE MINUTE MAID</p> <p>HALF GALLON \$1.09</p>	<p>BOILED HAM LYKES LaTROPICANA</p> <p>SLICED 1/2 LB. \$1.39</p>	<p>GREEN GRAPES THOMPSON SEEDLESS</p> <p>LB. 69¢</p>
<p>DOLE HAWAIIAN JUICE PINEAPPLE 46 OZ. CAN 99¢ DESIGNER JUMBO ROLL VIVA TOWELS 79¢ HEFTY 20 COUNT LINER TRASH BAGS \$2.49</p>	<p>T.G. LEE BUTTERMILK HALF GALLON \$1.09 LADY BORDEN ICE CREAM HALF GALLON \$2.89 BORDEN 12 PACK PUDDING BARS . . . \$1.69</p>	<p>YELLOW OR WHITE AMERICAN CHEESE 1/2 LB. \$1.09 FRESH BAKED FRENCH BREAD LOAF 73¢ SPECIAL COMBINATION MINCE-PUMPKIN MINCE-KIN PIE IN. \$1.98</p>	<p>WESTERN ICEBERG LETTUCE 2 HDS. 99¢ YELLOW CROCKNECK SQUASH 4 LBS. \$1 PAULA RED APPLES 3 LB. BAG \$1.09</p>

Clip & Save The Fast Way With Fairway!

H1	H2	H3	H4	H5	H6
<p>Save \$2.00</p> <p>THIS COUPON GOOD FOR EKCO INTERNATIONAL CHINA SUGAR BOWL</p> <p>Redeem this coupon worth \$2.00 toward the purchase of this item.</p> <p>Regular Discount Price \$7.99 Coupon Savings \$2.00 Price with Coupon \$5.99</p> <p>Check the Pattern of your Choice <input type="checkbox"/> Winford <input type="checkbox"/> Golden Autumn</p> <p>COUPON GOOD THRU SEPTEMBER 22, 1982</p> <p>VALUABLE DISCOUNT COUPON</p>	<p>Save 36¢</p> <p>THIS COUPON GOOD FOR MARGARINE HYDE PARK QUARTERS</p> <p>3 LBS. 89¢</p> <p>LIMIT ONE FAIRWAY COUPON PER FAMILY EXPIRES 9-22-82</p>	<p>Save 55¢</p> <p>THIS COUPON GOOD FOR SLICED BACON SUNNYLAND 12 OZ.</p> <p>\$1.39</p> <p>LIMIT ONE FAIRWAY COUPON PER FAMILY EXPIRES 9-22-82</p>	<p>Save 50¢</p> <p>THIS COUPON GOOD FOR CHARMIN 4 ROLL BATH TISSUE</p> <p>89¢</p> <p>LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO EXP. 9-22-82</p>	<p>Save 62¢</p> <p>THIS COUPON GOOD FOR LOWFAT MILK BORDEN'S GALLON</p> <p>\$1.69</p> <p>LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO EXP. 9-22-82</p>	<p>Save 70¢</p> <p>THIS COUPON GOOD FOR RC-COLA ROYAL CROWN PRODUCTS 6-16 OZ. BOT.</p> <p>69¢ PLUS DEPOSIT</p> <p>LIMIT ONE FAIRWAY COUPON PER FAMILY WITH \$3 ADDITIONAL PURCHASE EXCLUDING THIS ITEM AND TOBACCO EXP. 9-22-82</p>

Spice Up Fall Dinners With Broccoli Casserole

September means back to school — early morning dashes to class, long after-school workouts on the football field or track, and then it's back to school in the evening to work on science projects, scenery for the fall play or pom poms for the Friday-night football game.

All this activity means that kids and cooks have little time for planning and eating well-balanced, good-tasting meals. But because of the increased activity and the changes in the weather — it's important to make sure that daily diets are nutritious.

According to a home economist, a nutritious diet simply means healthful eating. It means that a person is getting the amount of protein, carbohydrates, fats, minerals, vitamins and water that his or her body needs to operate at a healthy maximum. These six nutrients work in concert with one another to build and maintain good health. Vitamins regulate our metabolism and help our bodies convert carbohydrates and protein into energy.

Citrus fruits such as oranges and grapefruit are familiar sources of vitamin C, but most people do not realize there are others — some with even higher concentrations than in the citrus fruits. Other foods high in vitamin C include broccoli, Brussels sprouts, cabbage and cauliflower; collards, bell peppers, spinach, tomato, avocados, strawberries and cantaloupe. For adults, the U.S. recommended daily allowance for vitamin C is 60 milligrams. A cup of broccoli provides more than twice that amount and has only 40 calories — a real benefit for weight watchers.

A quick and inexpensive way to serve vitamin-C-rich broccoli is in this attractive fiesta casserole that can be used either as a light main dish or as an accompaniment to meat, chicken or fish. Kids will love the colorful look and the rich, creamy cheddar cheese and the crispness of the broccoli.

Broccoli Fiesta is featured in "That's For Sure" booklet of recipes and nutritional information. For a free copy of this 20-page booklet, write to: Shurfline Recipe Offer, Dept. TFS, P.O. Box 1503, Melrose Park, Ill., 60160. Please allow 4 to 6 weeks for delivery.

As a colorful, flavorful and easy vegetable dish, this broccoli recipe rates very well. For an attractive presentation, serve the broccoli in a bowl with the orange and pimiento-red sauce spooned into the center, leaving a green broccoli border. Vary the mustard to suit your taste, making it as devilishly hot as you like.

BROCCOLI FIESTA

- 1½ pounds broccoli
 - 1 cup chicken broth or stock
 - 3 small onions, thinly sliced
 - 2 small cloves garlic, minced
 - 2 canned pimientos, thinly sliced (a round 1-3rd cup)
 - 3 tablespoons butter or margarine
 - 2½ teaspoons cornstarch
 - 1½ tablespoons water
 - 2 rounded tablespoons prepared German-style or Dijon mustard (Or any non-sweet mustard)
 - 1 cup shredded Cheddar cheese
- Trim tough leaves and woody stem ends from broccoli. Cut broccoli into 2-inch pieces. Cook in chicken broth, covered after first minute, until just tender, about 10 minutes for stems, 7 minutes for buds.

Meanwhile, saute onion, garlic, pimientos in butter over



Ladle up a bowl of gumbo.

Gumbo Spiced With Classic Cajun Flavor

Though many seafood gumbo recipes exist, perhaps the best are those produced in the authentic Cajun style. The gumbo requires fish fillets such as filefish, grouper, trout, mackerel, or mullet, but almost any species will suffice.

Whether you choose to serve this gumbo over a hot bed of rice, as a fish and vegetable dish, or alongside a loaf of sour dough bread the results will be the same. Guests will want the recipe and family will want more!

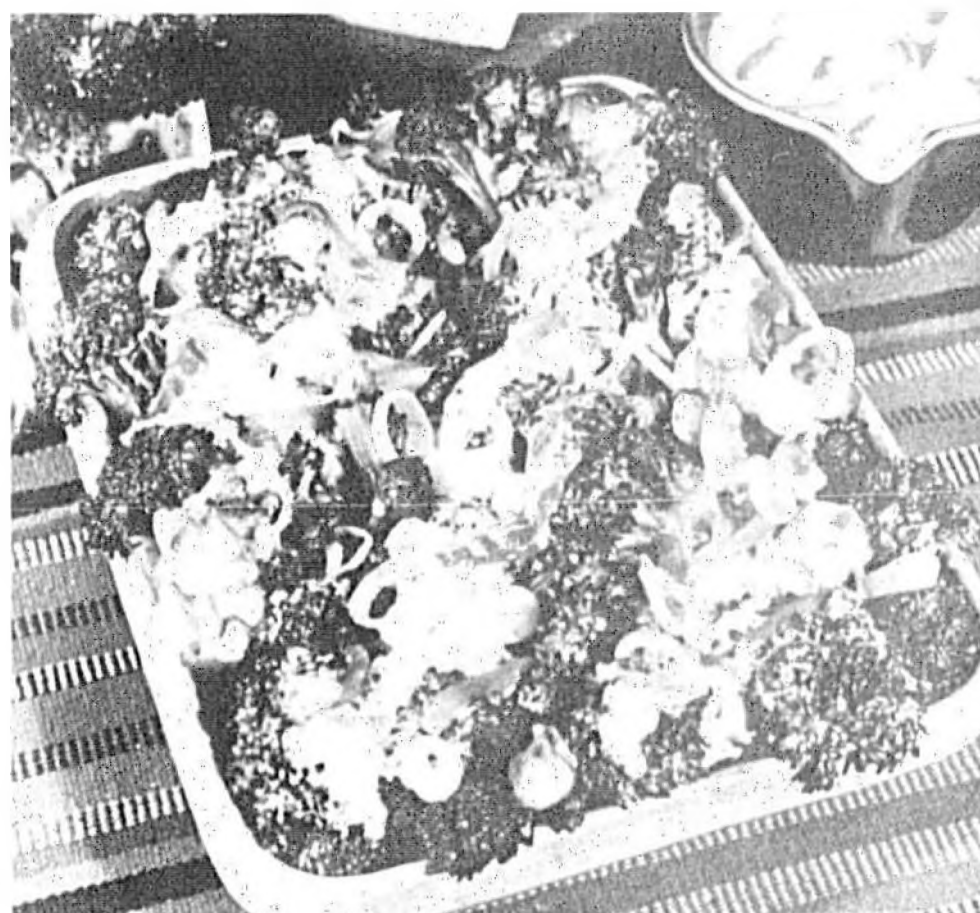
SEAFOOD GUMBO—CAJUN STYLE

- 1 pound skinned, boneless fish fillets, fresh or frozen
 - 3 cups water
 - 2 teaspoons salt
 - 1 clove garlic, minced
 - 1 large onion, chopped
 - 1 large green pepper, diced
 - 2 tablespoons margarine
 - 1 can (16 ounces) tomatoes
 - 1 package (10½ ounces) frozen cut okra
 - ¼ teaspoon liquid hot pepper sauce
 - ¼ teaspoon sugar
 - 2 teaspoons chopped parsley
 - 1 bottle (8 ounces) clam juice
- Cooked rice or crusty bread
- Thaw fillets if frozen. Cut fish into 2-inch cubes. Place fish in a large pot; add water and salt. Bring to boil and simmer 10 minutes. Drain and remove fish, reserving stock. In pot add garlic, onion, celery, and green pepper to margarine and saute until tender. Add tomatoes, okra, and reserved fish stock to sauteed vegetables. Simmer covered 30 minutes. Add pepper sauce, pepper, sugar, parsley, clam juice and fish cubes; simmer covered 3 to 5 minutes. Serve over rice or with crusty bread. Makes 4 to 6 servings. For additional free recipes, write: Seafood-DNR, 3900 Commonwealth Blvd., Tallahassee, Fl, 32303.

medium heat until onions are golden and limp, about 5 minutes. Add more butter if needed. Blend cornstarch with water. Stir into skillet with mustard. Drain broccoli, saving broth; keep broccoli warm in serving dish. Measure ¾ cup broth (add water, if necessary). Add to skillet, stirring well to blend. Bring to full boil; boil 1 minute. Stir in cheese, reduce heat and cook, stirring until cheese is melted and blended. Spoon sauce over broccoli. Serves 6.

Tips:

Tender young broccoli may be steamed upright in about ½ cup boiling water until just tender, 10 to 12 minutes. For more mature broccoli, trim woody stems and large, tough leaves; slash stalks, cook in small amount of salted water uncovered the first minute, then covered until tender, stems 12 to 15 minutes, buds about 10 minutes. If very mature, cook immersed in boiling water in an open kettle until tender, 15 or more minutes. For frozen broccoli, follow package directions for cooking, but substitute broth for water. Broccoli may be microwaved, using ¼ to ½ cup broth.



Colorful Broccoli Fiesta is an excellent light main course or ideal to accompany meat, seafood or chicken.

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32-oz. jar
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Microwave Magic

Fish Fillets

A Favorite For Dieters

Many microwave users have mentioned their interests in lower calorie recipes. With increased outdoor activities (now that the weather is cooler) and an abundance of fresh fruits and vegetables, now is the ideal season for taking off unwanted pounds and -or inches.

The microwave can be a big help by heating only the quantity of food needed (avoiding second portions) and by reducing calories through steaming rather than cooking in fats and sauces.

Even if you are a lucky one and do not need to count calories, you'll find these recipes make good additions to any meal plan. Fish is always a good selection when watching calories. In this recipe the fillets steam in their own juices and are served with a tangy mustard - yogurt sauce. The addition of 3/4 cup rice and a spinach salad makes a meal of about 340 calories.

FISH FILLETS WITH CREAMY MUSTARD SAUCE

1 teaspoon chicken bouillon
2 teaspoons hot water
3/4 cup plain yogurt
One-fourth teaspoon prepared mustard
1 lb. favorite fish fillets
1/2 teaspoon salt - dash of pepper

Combine bouillon and water in small dish. Let stand a few minutes to dissolve bouillon. Stir in yogurt and mustard. Set

Midge Mycoff
Home Economist
Seminole Community College

aside. Cut fillets into serving pieces - arrange in 8-inch square baking dish. Sprinkle with salt and pepper. Cover with plastic wrap. Microwave 100 per cent power, 4-5 minutes, until fish flakes apart easily. Serve with sauce. Makes 4 servings - 120 calories each. This casserole which is of Greek origin is a favorite of mine and when served with 2 crisp rye crackers and a fresh fruit salad provides only 350 calories.

3 tablespoons Parmesan cheese
Crumble ground beef into 1-qt. casserole, add onion. Microwave 100 per cent power, uncovered 3-4 minutes or until meat is set, stirring once. Drain. Stir in tomatoes, parsley, salt and pepper. Layer half of zucchini in 8 - inch square baking dish. Top with half of meat mixture, another layer of zucchini and remaining meat mixture. Cover with wax paper. Microwave 100 per cent power 15 to 17 minutes or until zucchini is tender. Beat together milk and eggs. Pour over zucchini. Sprinkle with cheese. Cover with paper towel. Microwave 50 per cent 4-5 minutes or until egg mixture is just about set. Cut into squares. Serves about 4. About 230 calories each. Eggplant can be substituted for zucchini. Peel 1 medium eggplant and cut into 1/2 thick slices.

Next Week: Desserts - Calories wise.
CAFE BRULOT

1 cup brandy
2 teaspoons sugar
6 whole cloves
1 stick cinnamon
1 piece vanilla bean, 2 inches long
Florida orange peel, cut in thin strips
1 pint hot coffee

Combine brandy, sugar, cloves, cinnamon, vanilla and orange peel in chafing dish; heat over direct flame. Slowly add hot coffee. Serve in coffee cups with orange twists. Yield: 3 cups coffee.

300

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FOR BREAKFAST OR DESSERT SNACKS

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Salad Perfect Crisp, Green Cucumbers and Bell Peppers **5** **\$1**
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2-oz. pkg., Reg. or Unseasoned Secret Solid Anti-Perasprant **1** (Effective Sept. 16-22, 1982)
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30.7-oz. Reg. or 30.8-oz. Pink Minute Maid Lemonade Crystals **2** (Effective Sept. 16-22, 1982)
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9-oz. size, Mazola No-Stick **3** (Effective Sept. 16-22, 1982)
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12-ct. pkg., Maxi Thins **4** (Effective Sept. 16-22, 1982)
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6-bar pkg., Carnation Assorted Breakfast Bars **5** (Effective Sept. 16-22, 1982)
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6-pack Carnation, Assorted Flavors Instant Breakfast **6** (Effective Sept. 16-22, 1982)

Cranberry Nut Brioche could become a family hallmark and will make men bakers the center of attention.

Nut Brioche Steeped In Tradition

It's time to turn the homebaker loose on a new brioche recipe. Many men enjoy baking and this recipe will make them stars with the family and amaze their friends and cohorts in the kitchen. If desired, serve with a cranberry curry.

- CRANBERRY NUT BRIOCHE**
- 1 package yeast
 - 1/4 cup water
 - 2 tablespoons sugar
 - 4 cups flour
 - 1 cup (1/2 pound) soft butter
 - 1 teaspoon salt
 - 3 eggs
 - 1/2 cup finely chopped almonds
 - 1/2 cup cranberry orange sauce
 - 1/2 teaspoon nutmeg
 - 1/4 cup milk scalded
- Soften yeast in water. Stir in 1 teaspoon sugar and 1 cup flour. Mix until smooth. Add remaining flour and knead thoroughly. Set aside. In separate bowl cream butter, remaining sugar and salt together; gradually beat in eggs, almonds, cranberry orange sauce, nutmeg and milk. Stir in yeast and flour mixture until thoroughly blended. Cover bowl with a towel and let dough rise in a warm place 2 or more hours. Stir dough and then beat thoroughly. Refrigerate overnight.
- Preheat oven to 425 degrees. Grease regular muffin tin. Remove dough from refrigerator and make 12 3-inch balls and 12 1-inch balls. Place the larger balls in the bottom of muffin tin. Place 1-inch balls on the top of each large ball. Cover and allow to rise 45-60 minutes. Bake 15-20 minutes or until brown. Remove from oven and cool. Serve cranberry curry over the brioche. This kitchen-tested recipe makes 12 brioche.

- CRANBERRY CURRY**
- 2 tablespoons olive oil
 - 1 pound diced sirloin beef, cut into 1/2 inch cubes
 - 1 cup diced winter squash
 - 1 cup diced carrot
 - 1 cup diced celery
 - 1 cup diced pear
 - 1 cup chopped onion
 - 2 tablespoons ginger, finely minced
 - 2 cloves garlic, crushed
 - 1 1/2 teaspoons curry powder
 - 1/2 teaspoons ground coriander
 - 1/2 teaspoon ground cinnamon
 - 1/4 teaspoon cayenne pepper
 - 1 teaspoon salt
 - 5 cups water
 - 4 tablespoons vinegar
 - 1 cup whole berry cranberry sauce
 - 1 cup cranberry orange sauce
- In 4-quart saucepan, heat oil, stir in beef and brown on all sides. Add remaining ingredients except vinegar and cranberry sauces. Stir in 5 cups water. Bring to a boil. Cover and simmer 45 minutes to an hour or until beef is tender. Stir in vinegar and cranberry sauces 10 minutes prior to serving. Remove top of brioche. Spoon mixture over brioche and replace top. This kitchen-tested recipe yields enough for 12 brioche.

- 99c** DIXIE CRYSTAL Sugar 5-lb. bag
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PRICES GOOD SEPT. 16-18, 1982

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<p>SAVE 30¢ GAL.</p> <p>CLOROX BLEACH 69¢</p> <p>Limit 2 w/\$3.00 or more purchase excl. tax. SUNBELT (WHITE OR YELLOW) Towels . . . 2 ROLLS \$1.99</p>	<p>SAVE 34¢ ON 3</p> <p>DEL MONTE CUT OR FRENCH STYLE GREEN BEANS \$1.00</p> <p>16-oz. CANS. SAVE 20¢ ON 2 - THRIFTY MAID (SLICED OR HALVES) BARTLETT Pears . . . 2 16-oz. CANS 89¢</p>	<p>SAVE 30¢</p> <p>REGULAR OR LIGHT OLD MILWAUKEE BEER \$1.69</p> <p>Limit two 6-paks w/\$3.00 or more purchase excl. tax. 6 PAK 12-oz. CANS. SAVE 30¢ - RIUNITE (LAMBRUSCO, BIANCO OR ROSATO) Wine . . . 1.5 LTR \$4.99</p>	<p>SAVE 37¢ ON 2</p> <p>ORANGE OR LEMON-LIME GATORADE \$1.09</p> <p>32-oz. BTLs. CHEK (ALL VARIETIES) Drinks . . . 12 12-oz. CANS \$1.99</p>	<p>SAVE 10¢</p> <p>LONG GRAIN TROPICAL RICE 69¢</p> <p>3-LB. BAG. HEINZ FRESH PACK KOSHER Dills . . . 46-oz. JAR 99¢</p>
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Man Turns Deaf Ears To Wife's Complaints

DEAR ABBY: I am considering leaving my husband after 47 years of marriage. It may sound foolish to you, but I just can't live with him any longer because he refuses to wear his hearing aid. He got one three years ago and says there's nothing wrong with it—that he can hear just fine without it.

Abby, he can't hear just fine without it. I have to repeat everything I say two and three times. I have a strong voice and I don't mumble. I know he hasn't heard me correctly half the time by his responses.

He's retired, and there are lots of things he could do with his time besides sit around and read. He doesn't exercise the way he should, he smokes too much, and I have to beg him to be a little more sociable—even with old friends. I hate to nag him but I love him—that's why I keep after him to stay active, keep fit, and try to be better company for me and other people. His health is fine, but he acts like an old man.

Help me, Abby. I can't go on like this.



Dear Abby

Judy made it clear that she did not want to be bothered with me. She said she'd see me on my birthday and Christmas, and the rest of the time she prefers to be with her friends.

I am not comfortable with these terms, but I have little choice. I've tried to tell Judy how I feel, but she doesn't seem to care.

What should I do?
SNUBBED IN CALIFORNIA

DEAR SNUBBED: There must be more to this than meets the nose. (It smells.) There are some unanswered questions: Did Judy encourage you to leave your friends and move out West? Or did you make that choice knowing your daughter didn't want to be bothered with you?

Would you be satisfied to remain in California on Judy's terms? (You can't force her to see any more of you than she desires.)

My heart aches for you, but if you want to remain in California, get busy and make new friends. Or go back East where you have old ones. The choice is yours.

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MISERABLE

DEAR MISERABLE: The problem may not be your husband's hearing, but your nagging. I know you "love" him and keep after him for his own good, but his refusal to wear the hearing aid could be his way of tuning you out.

Please be more understanding and less demanding. Quite nagging him, and accept the fact that one of the most precious rights a person has is the right to be left alone.

DEAR ABBY: I am a divorced grandmother living on a fixed income. After my divorce, I left my friends and moved from Rhode Island to Southern California hoping to see more of my married daughter and her children. Judy (not her real name) is my only child and her children are my only grandchildren. Shortly after I arrived,

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