



AERIAL VIEW of Port of Sanford as captured by Lorrin R. Meares, photographer of Photo-Flyers, shows a dredge pumping in front of the port docks, which are north-south in direction. Located at the rear of the facility, which is nearing completion, is a crane hoisted high above workmen's cars in the background. The barge ports' front is looking west and the railroad spur is shown at the extreme east. Built on what was a 120-acre swamp west of Sanford on the St. Johns River, shown at top of picture, the facility was let to Weiss Construction Company for \$1,787,000 or lowest bid, to be financed with grants from Economic Development Administration (EDA), funds from state's race track proceeds and taxes. An \$870,000 loan from U.S. Department of Housing and Urban Development (HUD) was also approved for the facility.

The Sanford Herald
 Wednesday, August 26, 1970 — Sanford, Florida 32771
 62nd Year, No. 261 Price 10 Cents

Youth Arrested, Assault Charge

A 20-year-old Sanford youth has been arrested and charged with fondling a nine-year-old girl.

Raymond Gaines, 622 East 8th Street, was arrested yesterday by Constable Fred Galloway on a warrant taken by the parents of the girl charging lewd and lascivious assault upon a child.

Gaines was placed in the county jail in lieu of \$5,000 bond.

According to a report at the Sanford Police Department, the accused allegedly fondled the child last Friday.

Sanford police have arrested James Edward Foster, 19, 1130 W. 14th Street, in connection with the theft of a vending machine from Daniels Laundry Center on West 12th Street.

According to Detective Roy Williams, Foster was charged with grand larceny on a vending machine after his capture by Patrolman Gary Swain and Sgt. Richard Nooney.

Detective Williams reported at least two others are also involved in the case and are being sought by police.

Seminole County authorities are investigating the burglary of Seminole Package Store at corner of SR 46 east and Cameron Avenue.

A total of \$180 was removed from two vending machines and 36 packages of cigarettes and 16 fifths of whiskey were also taken in the break-in that occurred sometime Monday or early Tuesday.

A door was pried open to permit entry, according to the report filed by Deputy Edward Fagen, investigator.

Field For Oviedo Board Discusses Leasing Problems

By BILL SCOTT
 Seminole County School Board at last night's meeting involved themselves with problems encountered in setting-up a lease agreement with Oviedo Athletic Association over the leasing of a field for football games and approving a food service policy for schools.

Regarding the lunch program, it was agreed by the board that new federal regulations governing the free and reduced price lunches at school would have to be adopted to conform with Public Law 91-248.

Charlotte Whitmore, school food service administrator, said the major change is the graduated scale of income in comparison with the number of persons living in the household.

REDUCED PRICES
 This new policy utilizes the National Income Poverty Guidelines and places the maximum charge county can make for reduced price lunches at 20 cents for all students in any school.

Regular sale prices for school lunches this term will be 35 cents for elementary 1-5 grades; 45 cents for secondary 6-12 grades and 85 cents for adults.

Under questioning by Ray Slaton, board member, it was brought out that schools still owed food bills for last year's lunch room operation.

SOMETHING NEW
 It was also established that a brunch will be set-up this year at Lyman and Seminole High Schools because of the double sessions at these facilities.

Price for this sandwich and orange juice will be 25 cents; extra milk can be bought for additional 10 cents.

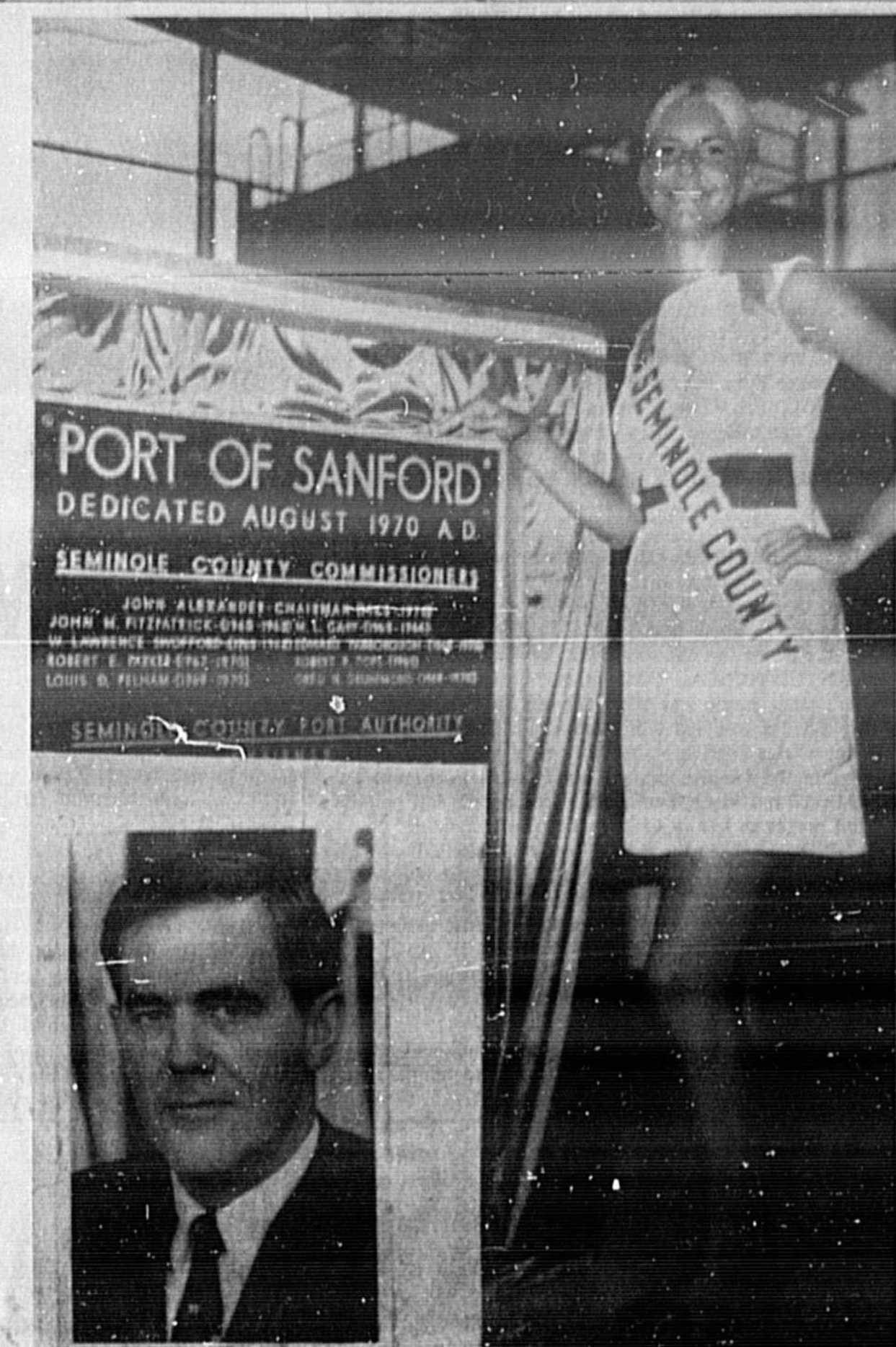
Jack Bratton, Oviedo Athletic Association president, appeared at the meeting in an effort to resolve contractual problems in getting a lease from the schools for a field owned by the Oviedo Masonic Lodge but used by the school for football games.

Board indicated approval of a one-year lease at \$5,000 a year with 30 years option with the \$5,000 received from the school board to be used to buy 500 portable bleacher seats for the field. Bratton said the seats were needed or else all home games scheduled this year would have to be played away.

Last night, it was also agreed that the athletic association would maintain the field and pay all expenses involved with the upkeep, and all money taken in at games would go to the school activity fund.

Walter Teague, associate county school superintendent, warned the board, it had already spent \$100,000 of its \$500,000 contingency funds.

In other action, the board approved the hiring of a secretary for Andrew Bracken, administrative aide and Hugh Carlton, director of auxiliary services.



MISS SEMINOLE COUNTY Becky Thornell unveils the Port of Sanford plaque which was dedicated today. Featured speaker for the event was (inset) Lt. Gov. Ray Osborne. (Related story on Page 2A).

County Faces Court; Named In Complaint

By MARION BETHEA
 A complaint for a temporary restraining order and injunction against Seminole County is being heard this morning at Orlando. The complaint is also lodged against Orange County by Katherine Gillespie, a resident of Orange County.

The hearing stems from the allegation by the complainant that Fred B. Hagan, a candidate for the Florida House of Representatives, was a member of the East Central Regional Planning Council at the time of his qualifying for office, and therefore was a public office holder. Recent changes in the election laws state that "any individual who holds an elective or appointive office may not qualify for another public office unless first tendering his resignation, and that the resignation be made not less than 10 days prior to the first day of qualifying."

The complainant asks that Hagan's name as a candidate from District 44 be removed from the ballot since his term as office holder runs concurrently with that of the office which he is seeking.

Mrs. Gillespie further states that Hagan failed to resign as required by law, and therefore was improperly qualified. She alleges that there is no contest in the Republican election for this post, there being only one other candidate, E. Pope Bassett, Attorney Harlan Tucker represents the plaintiff.

County Attorney Sid Johnson said the commission that while the Florida Supreme Court had ruled upon the constitutionality of the "resign-to-run" law; no ruling was made as to what constitutes an appointive office. Johnson pointed out that the hearing is for a temporary injunction and is not final. Commissioner Sid Vihlen advised the board that this was the first suit of this nature within the state.

Started As Committee

Many Have Helped Make Sanford Port

By BILL SCOTT
 The guiding hands that eventually brought about the just completed Port of Sanford on the St. Johns River have been many in the past five years.

What started out as just a committee from the Seminole Chamber of Commerce in 1964 soon became the first authority in 1965, when then Gov. Haydon Burns appointed Francis Rouni-Hat, Jr., Andrew Carraway, John Fitzpatrick, Byron Kimball, James Colbert, Karl Schulz and B. F. Wheeler Jr., to the first board.

Rouni-Hat served as the first port chairman in 1965 and he was again elected to the post in 1966, but resigned later during the year to become the first port administrator.

He was succeeded by Carraway for the remainder of the year; to be elected again to the post for another year in 1967.

Lee P. Moore was selected as chairman in 1968 for one year and he remained until his term expired in 1969. Moore's replacement was Ellis-orth Bassett, who resigned in June, 1970.

Harold Kastner, vice chairman, was selected chairman this past week, after serving since June as temporary chairman until new authority appointments were made by Gov. Claude Kirk.

Authority members terms were for four years, but the staggered terms of 14 years.

Kastner received a new four-year appointment recently to the authority along with Bernard Yagerman, a newcomer, who attended his first meeting August 1969. Previous to his term were: James Wagner, ministerial resigned his position and was of the authority's board; Yagerman, Kastner and Yagerman.



LT. GOV. OSBORNE ... main speaker

Political Chaos
 FRANKFORT, Ky. (AP) — Kentucky's political situation was in turmoil at the turn of the century.

William S. Taylor was sworn in as the state's 34th governor on Dec. 17, 1899, but was unseated Jan. 21, 1901, in an election contest which declared William Goebel the winner.

However, Goebel died from an assassin's bullet four days later and J. C. W. Beckham succeeded to the office.

We erected the prefabricated steel structure for the terminal warehouse at the

PORT OF SANFORD
 R. W. Jones Construction Co.
 P.O. Drawer J
 Fern Park, Florida 32730

Another "Impossible Dream!"

The Port of Sanford opens tomorrow!

Our sincere congratulations to all whose gifts of valuable time and undisciplined effort have made this step in the growth of Seminole County a reality.

US B UNITED STATE BANK of Seminole . . . SANFORD, FLORIDA
 MOST RAPIDLY GROWING BANK IN THIS AREA!

We salute the opening of the

PORT OF SANFORD

We're proud to have had a part in its construction . . .

STRUCTURAL CONCRETE FORMING

Donro Industries, Inc.
 1719 S. Division St.
 Orlando, Florida 32805

WEDNESDAY Headlines Inside THE HERALD

- World News**
 Vice President Spiro T. Agnew braves drizzle and fog to visit U.S. troops four miles from North Korea. He tells them not to listen to reports from home about "a few opportunists who may wish to see us bug out." (Page 1B)
- Around The Nation**
 Women liberationists demand equal rights with today's nationwide "Strike for Equality," timed to coincide with the 50th anniversary of adoption of the 19th amendment giving women the right to vote. (Page 1B)
 The defeat of a plan to maintain a volunteer army virtually guarantees extension of the draft, but the resulting pressure could quickly in U.S. withdrawal from Vietnam, some senators say. (Page 1B)
- Sports World Thrillers**
 Rick Sires shows DeLand Sun Caps he still remembers Conry Park. (Page 6A)
 Ray Daniel slated to speak to Kiwanis Club next week. (Page 6A)
- Statewide Developments**
 Dade County school officials work feverishly to implement a desegregation order but Broward County gets a deadline postponement after both school districts are denied an immediate hearing by the U.S. Supreme Court. (Page 5A)
 The refusal of an all-white cemetery to bury the body of a black soldier killed in Vietnam is symptomatic of the whole war, says a representative of the Vietnam Veterans Against the War. (Page 5A)
- Daily Features**
 Area deaths . . . 2A Entertainment . . . 12B
 Bridge . . . 12B Horoscope . . . 12B
 Calendar . . . 2A Hospital notes . . . 2A
 Classified ads . . . 2A-11A Pass It On . . . 2A
 Comics . . . 12B-12S Public notices . . . 10A
 Crossword puzzle . . . 12B Society . . . 8A-9A
 Dr. Crane . . . 12B Sports . . . 6A-7A
 Dear Abby . . . 12B TV . . . 12B
 Editorial comment . . . 4A Wall St. Chart . . . 6A



By JOHN A. SPOLSKI
 Tell it like it is, John . . . no more and no less. This one is about the purported pay raise of our legislative delegation.

If someone's trying to stick the shaft to John Q. Taxpayer, he'd be one of the first to expose 'em for it. . . cause that's some of my tax money they're fooling with.

But then again, if the story being told isn't exactly the truth, we'd be obliged to offer the facts and let you decide.

Regardless of what you've been fed in the past, there hasn't been any 1,000 per cent pay raise. It's ludicrous on anyone's part to even insinuate that thought, much less print it as a fact.

And secondly, if we were to poll you on who actually voted for the raise in the first place, you'd be tempted to say, "All of 'em!" And here again, that just isn't so.

For the records . . . on April 17 when HB 795 was first voted on, six House members from the Seminole Orange delegation, plus two of our Senators . . . VOTED AGAINST THE PAY RAISE!

Those are the facts; don't be misled that all they were interested in was a pay-raise.

However, when it came time to over-ride the Governor's veto this is where they joined ranks . . . both the Republicans and Democrats . . . and that's a story in itself which we'll comment on later this week. It reeks with broken promises!

Now how about the raise itself . . . originally the legislators received \$691.20. Of this amount, \$160 was supposed to be salary and the balance as expense.

When the raise went through, they got \$783.39 . . . or an increase of 89.29 per month. Or if you want to figure its percentage that's 13 per cent . . . but then, don't forget that the Bureau of Labor Statistics had the cost of living rising 14 per cent.

So, what's the big deal about the raise, really?

Here's the truth of the entire affair. Did you know that these same men could have just as easily continued with that measly \$160 per month as salary, and through the House Administrative Committee (with as little as three members attending) could have raised their monthly expenses \$1,000 per month and you or I couldn't have done a thing about it? Think about that for a little while. . .

Obstacles are those frightful things you see when you take your eyes off the goal.

Hannah More

Zoo Committee OKs Preparing Of Plan

Sanford's newly-reorganized Zoo Committee yesterday authorized Eoghan Kelley, architect, to prepare a proposal for consideration by the committee in order to relocate the city zoo from its present site next to the city hall to a 14-acre plot at the rear of the Sanford Herald.

Kelley and Amos Jones, Seminole Community Action director, gave short talks on individual plans each has for the zoo operation.

Kelley said he was paid \$900 several years ago for a zoo plan for the city, which was never used. A. B. Peterson Jr., zoo committee vice chairman, said he had been told that city paid Kelley \$5,000 for the plan, but Kelley disputed this rumor.

Jones explained his views on utilizing the zoo as part of a non-profit training program to be funded initially by Office of Economic Opportunity (OEO).

Jones said a feasibility study would first have to be completed before the Economic Development Program could be used in the relocation of the zoo.

Jones stated his group would use the zoo as training ground for people who have no skills and indicated he would like to present a proposal to the group at some later time after it has been found feasible under the OEO and available for funding.

The SAC director said his program would have considerable financial available.

Kelley also report within 30 days with his proposal, which will utilize the \$50,000 now set aside in the city's 1970-71 budget for zoo operations.

Tag Rush Subsidies

As the tag rush subsidizes the Seminole County Tax Collector, Troy Ray Jr., girls himself for the next onslaught — the renewal of occupational and retail store licenses.

The occupational and retail store licenses will be sent out Sept. 1 and are due in by Oct. 1. Four to five thousand licenses will go out during the period, said Ray.

Last year's income from occupational licenses amounted to \$43,500. Retail store licenses brought in 20,100.

today's FUNNY
TOO MUCH HENPECKING MAKES HUSBANDS CHICKEN

© 1970 by H&M, Inc.

Today's FUNNY will pay \$1.00 per copy plus 5¢ per copy. Thursday on bids, the county had defaulted, Greenbus Construction Company

County Commission Gets Low Bid On Courthouse

County Commissioners yesterday accepted the low bid of Greenhut Construction Company of Pensacola for the Courthouse and Jail at a figure of \$4,124,000.

It had been stated that the contractor would delete \$200,000 from the figure if the jail addition were omitted as had been discussed. Also deleting \$248,000 for the prison equipment, it was estimated that the figure would represent \$3,676,000 less than the present contract calls for.

Commissioners accepted the bid with the proviso that the deletion of the proposed jail addition, at a reduced cost figure to be acceptable to the architect and County Commission through a change order, and a further proviso that the contract include a starting date set by the commission at no later than Dec. 1, 1970.

REIMBURSEMENT
 In the event that the contract is null and void further stipulation that any actual preliminary costs or expenses incurred prior to the start order be reimbursed to the contractor in an amount not to exceed \$50,000. Also stipulated is that the contract be approved in all details prior to execution by the county attorney. The 20th day of the writing is the last day that the unusual situation facing the county with a Florida Supreme Court hearing in September on wording of modifications on the legal interest rates of the bonds.

The commission learned that no action was necessary on the low bid for the price; equipment by Decatur Iron and Steel Company since under the 30 day provision which expired last Thursday on bids, the county had defaulted, Greenbus Construction Company

PANELING
 Stock-up Now!

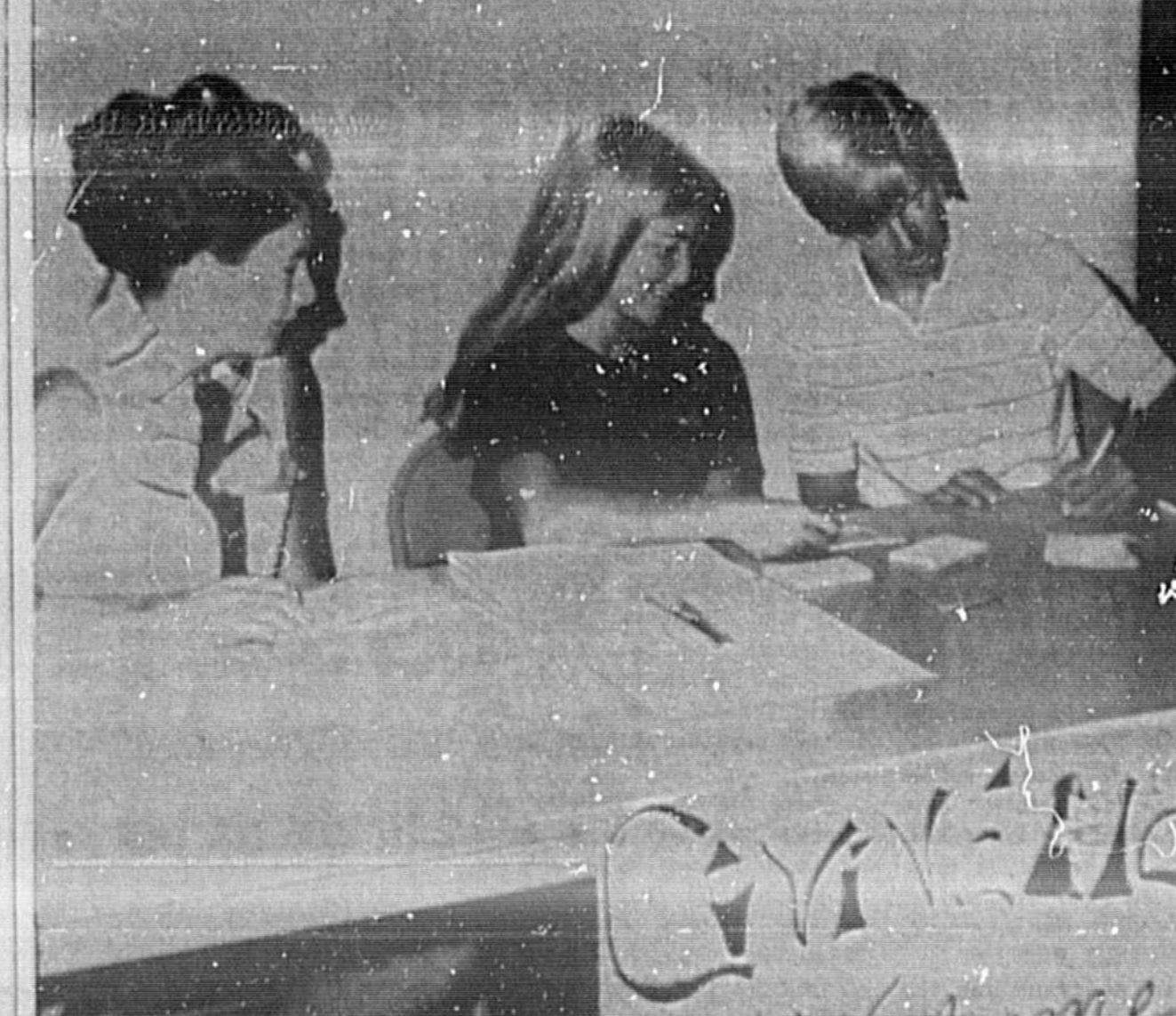
SPECIAL 3.99 UP
 4x8 SHEETS

GREGORY LUMBER
 WELCOME 322-6000
 121 S. MAPLE AVE.



TRASS ON ON by L.M. Boyd

WEDNESDAY, AUGUST 26, 1970
GANGSTERS — Steve Allen once put together an imaginary Mafia mob made up of the following characters: 1. Eggs Benedict, a safecracker, 2. Potatoes O'Brien, possessor of the low...



MEMBERS of the Civnettes are helping with the orientation of new students at Seminole Junior College...

Port Marks Culmination Of Years Of Hard Work

By JANE CASSELLBERY
The opening and dedication of the Port of Sanford today marks the culmination of much hard work and dreams that date back for many years...

Keep Your Cool With Carrier
Founders of the Air Conditioning Industry
SOUTHERN AIR OF SANFORD, INC.

CLIENT WANTS TO KNOW the typical age of new brides in India now. That's still low. They're only 14 1/2 years old on the average...

Lake Mary Helps Orphans

By CHARNER LEONE
The orphans of Anlac are better off as the result of efforts of the residents of the tiny community of Lake Mary...

ELECT RICHARD J. WIRZ
COUNTY COMMISSIONER
DISTRICT 4 DEMOCRAT

OPEN QUESTION — Among retired U.S. Army officers, why is it the West Point graduates tend to live approximately five years longer than the others?

Hospital Notes

AUGUST 25, 1970
ADMISSIONS
Sanford:
Erika M. Smith
William L. Underwood

Has a salesperson been nice to you lately?

WE HOPE SO BECAUSE WE WOULD LIKE TO ENCOURAGE COURTESY AND HELPFULNESS IN OUR STORES. TO DO THIS WE'RE SETTING UP A MONTHLY COURTESY AWARD...

Are Vietnamese Reds Changing Tactics?
PHNOM PENY, Cambodia (UPI)—The Communists were thrown back after fierce fighting when they attacked the outer defenses of Phnom Penh...

GREATER SANFORD CHAMBER OF COMMERCE
P. O. DRAWER "CC" SANFORD, FLORIDA
Nomination Form for the August Courtesy Award

Seminole Calendar

Aug. 25-27
Mobile chest x-ray unit, city parking lot north of County School Offices, Sanford, 9 a.m. to noon and 1-4 p.m.

Bomb Threat Means 'Just Another Movie'

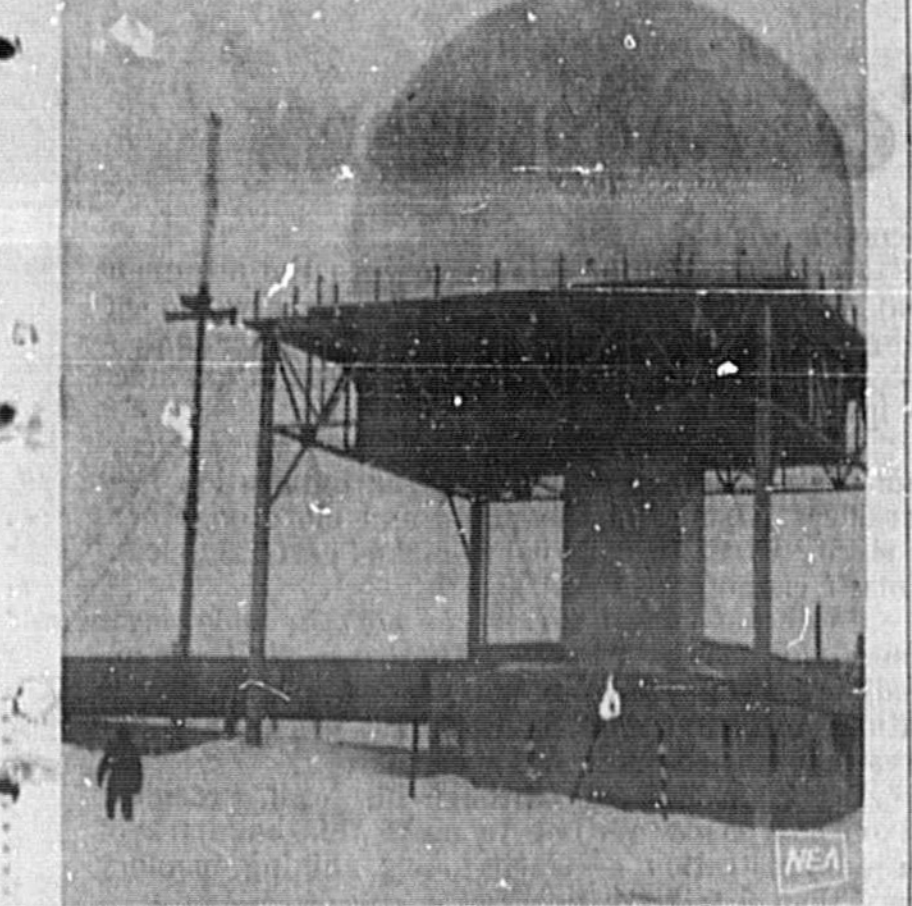
By JAMES O. CLIFFORD
SAN FRANCISCO (UPI)—To a youngster whose transatlantic flight was interrupted by a bomb threat, it merely meant that "we got to see another movie."

Sept. 2
Sanford-Seminole Jayettes meet 8 p.m. at home of Mrs. Wayne Keeling, 2401 Stephens Ave., Sanford.

NEED \$ MONEY \$

SEE ME BILL MOODY
SOUTHERN DISCOUNT
2019 FRENCH AVE. SANFORD, FLORIDA
OR CALL 323-2610

Any PHOTOGRAPH... appearing in The Sanford Herald is available to you in 8x10 reprint size for \$3. DIA. 322-2611



HOT SUMMER DAYS are no problem at Cape Dyer on Baffin Island. "Dye," on the Arctic Circle, is one of the main radar sites of the North American Air Defense Command's Distant Early Warning System.

State Issues Charters To Several Corporations

Secretary of State Tom Adams today announced the chartering of the following corporations:
Addmor, Inc. 1801 South French Avenue, Sanford. Authorized stock: 1,000 shares of commercial at \$1 per share.

Club Visits Springs

By MILDRED HANEY DELTONA — Although it was a rainy Sunday afternoon, 96 members and seven guests attended the monthly meeting of the Empire State Club of Deltona.

Two Aides Are Hired

Kenneth Echols, principal of Geneva Elementary School, will double his physical education teacher this year. New teacher's aide, Mrs. Suzanne Thomas, will assist him.

Broward County Gets Deadline Dade School Officials Are Working Feverishly

By THE ASSOCIATED PRESS
Dade County school officials worked feverishly today to implement a desegregation order but Broward County got a deadline postponement after both school districts Tuesday were denied an immediate hearing by the U.S. Supreme Court.

RED TAG SALE SUPER drug stores
75c VALUE Borden's Glacier Club ICE CREAM 56c
REG. 10c EACH CANDY BARS FOR 29c

RED TAG SPECIALS
REG. 56c VALUE 2 FOR 89c Corn Chips
REG. 19c VALUE 5-WAY COOKER \$1.99
REG. 24c VALUE BATH TOWEL \$1.09

Museum Matches BLUE MOUNTAIN LAKE, N.Y. (AP)—The Adirondack Museum, on a picturesque mountainside overlooking Blue Mountain Lake, recently announced completion of a double-deck parking lot.



Miss Sonja Echols Bride Of G. E. King

Miss Sonja Leslie Echols and Mr. G. E. "Bobby" King were united in Holy Matrimony, Aug. 21, at 8 p.m. in Fenwick Baptist Church, Dr. O. Lafayette Walker performed the double ring ceremony.

Miss Echols is the daughter of Mr. and Mrs. Ludwell E. Echols of Palatka. Mr. King is the son of Mr. and Mrs. Charles E. King, also of Palatka.

The sanctuary of the church was centered with a seventeen-branch brass tree candelabra and four fifteen-branch brass candelabra formed the setting for the bridal party. Brass floor baskets of white gladiolus, big white chrysanthemums and white stock were on each side of the prie dieu which centered the rostrum of the church.

Lee Echols, brother of the bride, and Gary King, brother of the groom, lit the candles and pulled the bride aside cloth. The family pews were marked with white satin bows.

Mr. John Hewitt, organist, played traditional wedding music and accompanied Mr. John Cooper as he sang "Theme from Romeo and Juliet," "If Ever I Would Leave You" from "Camelot" and "The Lord's Prayer."

The bride, given in marriage by her father, wore a formal gown with satin ribbon and a satin bow was attached at the Empire waistline. The gown featured long sleeves with scalloped lace. A redingote effect was created on the A-line skirt with scalloped lace terminating in a chapel length train.

Her multiple tiered veil of illusion was secured with a half crown of lace embroidered with seed pearls and she carried a cascade of white sweetheart roses, fashioned with puffs of white illusion and a white satin ribbon centered with white cattleya orchids.

Miss Rhonda Kay Echols, sister of the bride, was maid of honor. She wore a floor-length gown with satin ribbon and a satin bow was attached at the Empire waistline. The gown featured long sleeves with scalloped lace. A redingote effect was created on the A-line skirt with scalloped lace terminating in a chapel length train.

Approximately 60 guests called during the appointed hours of 2 and 5 p.m., including friends from Bartow, Tampa, and Winter Park. A special cake for the affair was the bride-elect's grandmother, Mrs. W. H. Swiley of Tampa.

The excited future bride opened many lovely and useful gifts appropriately chosen for her new home. The hostesses' full set of club aluminum cookware was a gift to the bride-elect and a gift set of club aluminum cookware was a gift to the bride-elect.

The refreshment table was overladen with an exquisite Brussels lace cloth and centered with an arrangement of yellow and green carnations. Coffee punch was served from a crystal punch bowl and crystal appointments held bell and heart-shaped canapes, petit fours, mints and nuts.

The excited future bride opened many lovely and useful gifts appropriately chosen for her new home. The hostesses' full set of club aluminum cookware was a gift to the bride-elect and a gift set of club aluminum cookware was a gift to the bride-elect.

Miss Pam Robinson Honored At Bridal-Coffee Shower

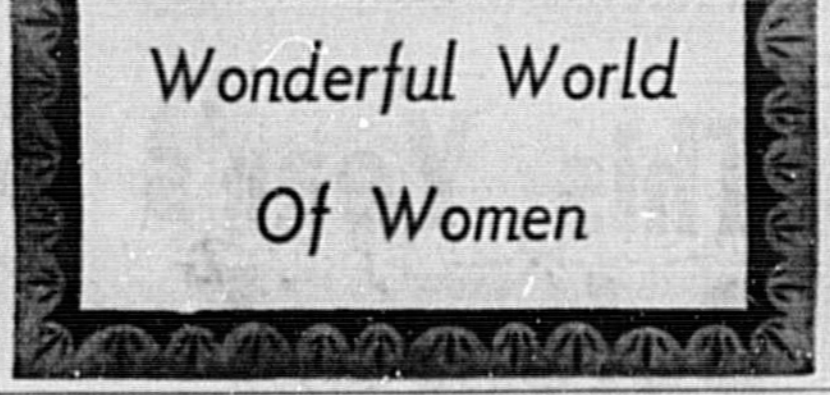
The lovely Lake Mary home of Mrs. Fred Gray was the scene of a miscellaneous shower and coffee on Saturday afternoon, Aug. 22, honoring Miss Pam Robinson of Atlanta.

Co-hostesses for the delightful gathering were Mrs. Lewis Barley, Mrs. Malcolm Burdette, Mrs. J. G. David, Mrs. Carlton Henley, and Mrs. Ray Williams.

Miss Robinson, formerly of Lake Mary, will become the bride of Joe Partee, Sanford, on Sunday, August 30, at First Baptist Church in Sanford.

The charming bride-elect was attired in blue jersey with elegant print of orange and green, featuring a V-neckline accented by a row of tiny white buttons leading to the Empire waistline. She was presented a cascade of white carnations by the hostesses.

Mrs. Charles Robinson, mother of the bride-elect, was at



Stop! Don't Discard Those Minis-- Change Them To Fashionable Midis

By JOANNE SCHREIBER

Not enough hem to let down? Add something to the hem. Real and fake furs are available in stripes, just like other trims. Flat furs will give you an extra two or three inches. Long-haired furs will give you more. The gray Persian with a gray wool, black fox or monkey fur on a black coat, fake fur on casual coats. Repeat the fur in hat, collar or cuffs, add those important shiny new boots, and you're off.

One fur-edged coat is enough for anyone. Cut your other winter coat to car-coat length, give it a pair of matching or coordinated slacks and have an instant pants suit.

If you bought a good suit last year and it has a longer jacket and an A-line skirt, there's hope. Take off the waistband, open the darts, and see if you can drop it to the right length. Add a skirt yoke of lining material and a longer overblouse and you'll be able to wear it for another couple of years.

If you have a couple of expensive and especially becoming dresses, it's well worth your while to convert them to the new look. (Forget about coat-

FLORIDA SPECIALS
126-lb. SIZE FREEZER!
100% Frost-Proof
BUILT BY FRIGIDAIRE
...for lasting quality!



G. H. HIGH APPLIANCE
Ph. 322-3893
1700 W. First St. Sanford

"Sanford As I Knew It: 1912-1935" by Peter Schaal

NOW ON PUBLIC SALE!
HARDBACK — \$5
PAPERBACK — \$4.50

A fascinating 145-page history of Sanford during its most exciting era!

Read about the trials and tribulations of a small farming town during the booms and depressions of yesteryear. See how over 700 persons (many still residing in Sanford) contributed in their unusual ways to the writing of Sanford's history. The author spent many months gleaning facts from headlines and stories from the Sanford Herald as well as his own memories of Sanford: 1912-1935.

Read what readers say about it!

REV. W. P. BROOKS JR.: "I enjoyed it very much... my thanks for your kind references to me."
DR. EDWARD HIRSCHBERG, Tampa Times Book Review Editor: "A detailed and lavishly documented account... a fast-moving, colorful style of writing that is eminently readable... local history in the proper sense of the word."
LOUIS ROTUNDO: "You've done a tremendous amount of research on this."

Supply is limited! ... get yours today ... ONLY AT

The Sanford Herald



Candlelight Rites Unite Miss Fowler, J. L. Gaver

By MARYANN MILES

The bride is the daughter of Mr. and Mrs. Verla B. Thompson of Forest City, and the bridegroom's parents are Mr. and Mrs. Harry Gaver of Miami.



Bridal Parties Fete Miss Nelson

Mr. Jack I. Greene was hostess for the bridesmaids luncheon, honoring Miss Melinda Nelson and her attendants, at the Imperial House in Winter Park, on Aug. 6.

Pink carnations and spider mums in a silver filigree bowl adorned the luncheon table. Pink carnation corsages were presented to the future bride, her mother, Mrs. Harlin Nelson, Jr., and the groom-elect's mother, Mrs. Carl Dallase.

Other guests invited to the luncheon were Libby Nelson, Mrs. John Kingsley, Miss Jackie Greene, Miss Lisa Greene, Mrs. Joe Hunt, Georgia Gage Hunt, Miss Eita Leonard, Miss Linda McArdle, Miss Karen Hunt, Mrs. William Barron and Mrs. George Touby.

Mr. and Mrs. Carl Dallase,

Women To Attend Luncheon Given Debbie Sewell

Miss Debbie Sewell of Dunthorpe, who became the bride of Steve Stogner on Aug. 24, was guest of honor at a bridal luncheon, Friday, Aug. 21, at the home of Mrs. Roy Mann, 123 W. 18th St., Sanford.

Co-hostess for the delightful affair was Mrs. Harry Woodruff.

The beautifully appointed table featured a centerpiece of pink and white mums and carnations. A delicious salad course was served.

Other invited guests were Mrs. Grover Sewell, Sr., Mrs. George Touby, Mrs. L. I. Frazer, Mrs. Neill Houston, Mrs. J. Thomas Hickman, Mrs. Thomas Lay, Mrs. James Winter, Mrs. Steve Marlowe and Mrs. Steve Harris.

McLain-Bowlin Wedding Plans Announced

Mr. and Mrs. Ralph L. McLain are announcing the final plans for the marriage of their daughter, Miss Debra Jelena McLain to Mr. U. Henry Bowlin on Friday, Aug. 28, at 8:00 p.m., at First Baptist Church of Sanford.

All friends of the families and of the young couple are invited to attend the ceremony and the reception immediately following at the church fellowship hall.

Shirts! Shirts! Shirts!

A sale for gals who never have enough shirts or enough money.



2 for \$7 Reg. '4
2 for \$8 Reg. '5

If you've taken the shirt right off his back, this is one sale you won't want to miss! You'll find tailored classics, body shirts, safari looks and more. Stripes, Prints, Long sleeves and roll-ups. Many with never-iron Penn-PreSt® all priced to save you plenty. Sizes for juniors and misses. But hurry. You've got just three days!



Men's 5.98 jeans now \$5

Stripe and fancy plaid jeans have fashion leg styling. Dacron® polyester/Avril® rayon blend keeps 'em crease-free for never-iron ease.

3.98

End-on-end weave sport shirt of 50% Fortrel® polyester / 50% cotton. Stripes and solids. All Penn-PreSt®. Long point button-down collars, tapered body, long tails. S-M-L-XL.

Penney's
the now place
CHARGE IT! In Sanford Plaza Monday thru Saturday 10 A.M. to 9 P.M.



THERE WAS A YOUNG LADY WITH SO MUCH TO DO, SHE COULDN'T FIX MEALS THAT WERE DIFFERENT OR NEW. WITH FRESH DAIRY PRODUCTS IT'S A WHIZ TO PREPARE SOMETHING SIMPLE AND HEARTY, YET SOMETHING WITH FLAIR!

HAMBURGERS FOR INSTANCE, CAN TASTE RATHER SAME, BUT TOPPED WITH BLUE CHEESE IT'S A WHOLE NEW BALL GAME!

CONVENIENT DAIRY FOODS

THE WIFE SAVERS

Delicious Ready-to-take-out
FRIED CHICKEN
 12-piece box \$1.69
 18-piece trucker \$2.54
 24-piece barrel \$3.38
 FREE CUP COFFEE WHILE YOU SHOP—SANFORD ONLY.

Prices effective Thursday Aug. 27 thru Wednesday Sept. 2, 1970

From Our Dairy Dept.

- Kraft's Cracker Barrel **Sharp Cheddar** 10 oz. stick **79¢**
- SAVE 10¢, Publix Individually-Wrapped **Sliced American** 6 oz. pkg. **29¢**
- Wisconsin Cheese Bar Mild **Sliced Swiss** 6 oz. pkg. **49¢**
- SAVE 4¢, Breakfast Club **Margarine** 1 lb. ctn. **15¢**
- Blue Bonnet Regular **Margarine** 1 lb. ctn. **37¢**
- Taste-Tempting Dairy-Fresh **Sour Cream** 8 oz. cup **27¢**

From Our Grocery Dept.

- SAVE 17¢, Red, Grape or Apple Red **Hawaiian Punch** 3 46 oz. cans **\$1**
- SAVE 6¢, Lady Betty **Prune Juice** quart **39¢**
- SAVE 7¢, Ken-L-Ration Liver or Reg. **Dog Food** 6 1 1/2 oz. cans **98¢**
- SAVE 20¢, Household Cleaner **Top Job** 28 oz. size **49¢**
- 2¢-off label, With Ammonia **Comet Cleanser** 2 reg. size **35¢**
- SAVE 10¢, Betty Cracker Scalloped or **Au Gratin Potatoes** 5 1/2 oz. pkg. **39¢**
- Del Monte Saled Tuna, **Chunk Tuna** 3 6 1/2 oz. cans **\$1**
- SAVE 10¢, Dinty Moore **Beef Stew** 24 oz. can **65¢**
- SAVE 6¢, Libby's **Vienna Sausage** 4 4 oz. cans **\$1**
- SAVE 17¢, Good To Have Around, **Gala Towels** 3 large rolls **\$1**
- SAVE 15¢, Carnation **Evap. Milk** 6 tall cans **99¢**

From Our Dairy Dept.

DAIRY-FRESH YOGURT

ASSORTED FLAVORS

19¢

8-oz. cup

DAIRY-FRESH GRADE A Homogenized Milk

half gal. full gal.

59¢ 99¢

- From Our Frozen Food Dept.*
- Pictweet Frozen Florida Conc. **Orange Juice** 6 oz. cans **\$1**
 - Chef's Frozen Crinkle Cut **Potatoes** 3 2 lb. bags **\$1**
 - Pictweet Tasty Frozen **Broccoli Spears** 10 oz. pkg. **29¢**
 - Green Beans** 9 oz. pkg. **29¢**
 - Seafood Treat, Gustard's Frozen **Cod Fillets** 1 lb. pkg. **59¢**
 - Singlelett's Frozen Stuffed **Fillet of Flounder** 8 oz. pkg. **39¢**

- Health & Beauty Aids Specials*
- White Hair Assorted **Hair Spray** 12 oz. can **89¢**
 - Antifungal Mouthwash **Listerine** 20 oz. bot. **89¢**

- From Our Grocery Dept.*
- Sunshine Cookie Treat **Vienna Fingers** 12 1/2 oz. pkg. **43¢**
 - F.F.V. Chocolate or Vanilla **Royal Cremes** 1 lb. pkg. **49¢**

PUBLIX MARKETS
 8 1/2 OZ. KING SIZE **GAIN** ONLY **99¢**
 WITH THIS COUPON
 PRICE WITHOUT COUPON **\$1.49**
 GOOD ONLY AT PUBLIX MARKETS
 LIMIT ONE COUPON PER PURCHASE
 Expires Wed., Sept. 2, 1970

STORE COUPON
SAVE 20¢
 WITH THIS COUPON WHEN YOU BUY A 6 OZ. JAR OF **MAXWELL HOUSE COFFEE** AT PUBLIX MARKETS
6 OZ. JAR ONLY 90¢ WITH COUPON
 Expires Wed., Sept. 2, 1970

STORE COUPON
 THIS COUPON WORTH **20¢** TOWARD THE PURCHASE OF REGULAR **Lipton** INSTANT TEA
 Limit one per family.
 Redeemable only at PUBLIX MARKETS
 Expires Wed., Sept. 2, 1970

STORE COUPON
 Buy 3... pay for 2
 BATH SIZE **Safeguard** YOU PAY ONLY **3/47¢** WITH THE COUPON
 WITHOUT COUPON **3/72¢**
 LIMIT ONE COUPON PER PURCHASE. THIS OFFER GOOD THRU **SEPT. 2, 1970**
 GOOD ONLY AT PUBLIX MARKETS
 Expires Wed., Sept. 2, 1970

Solid Stainless Carlton Tableware
 A DIFFERENT PIECE ON SALE EACH WEEK
 This Week:
TEASPOON ONLY!
19¢ per piece
 NO LIMIT!
Complete Your Set
 ADD MATCHING PIECES

SAVE 45¢, Libby's Tasty Cut
Green Beans 5 #303 cans **\$1**

SAVE 30¢ PUBLIX INDIVIDUALLY WRAPPED
Sliced American 6-oz. pkg. **29¢**

PUBLIX DAIRY-FRESH Cottage Cheese
 2-lb. cup **59¢**

WISE **CORN CHIPS**
 6-OZ. REG. 29¢
2 FOR 29¢

SAVE 8¢! THE HOME MADE KIND
Bennett's Mayonnaise quart jar **49¢**

LIBBY'S OR MENDALL'S FROZEN
Conc. Lemonade 6-oz. can **10¢**

SAVE 30¢ FINEST VEGETARIAN SHORTENING
Crisco Shortening 5-lb. can **69¢**

LIMIT 2 PLEASE
 SUMMER'S GREAT ASSORTED FLAVORS
Sealtest's Ice Cream half gallon **79¢**

SAVE 24¢ REG. DRIP PERK OR ELECTRIC PERK
Maxwell House Coffee 1-lb. can **69¢**

SAVE 24¢ LIBBY'S TASTY
Fruit Cocktail 303 cans **4 \$1**

SAVE 22¢! LIBBY'S TASTY
Pear Halves 303 cans **3 89¢**

SAVE 45¢! LIBBY'S CREAM STYLE OR WHOLE KERNEL
Golden Corn 303 cans **5 \$1**

Down Produce Lane
 SWEET WESTERN **Cantaloupes** 3 for **89¢**

Where Shopping is a Pleasure

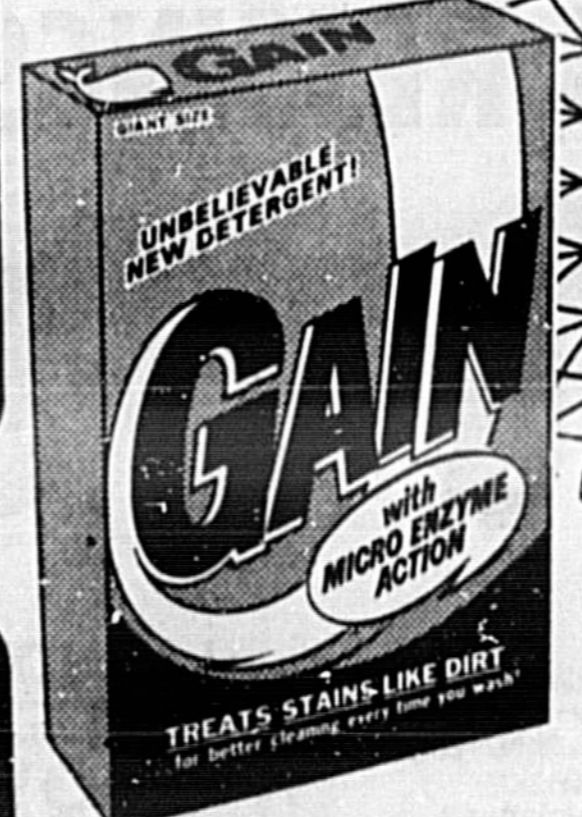


From Our Meat Dept.

- Swift's Premium Tasty Beef **Short Ribs** 1 lb. **59¢**
- Swift's Premium Sweet-Smoke-Flavor **Sliced Bacon** 1 lb. pkg. **82¢**
- Swift's Premium Tru-Tender Sliced **Beef Liver** 1 lb. **69¢**
- Swift's Premium Boneless **Smoked Daisies** 1 lb. **99¢**
- Swift's Premium Flavorful **Braunschweiger** 1 lb. **59¢**
- Swift's Premium Skinless Pork **Link Sausage** 12 oz. pkg. **65¢**
- Copeland's Zesty Flavored Pork **Roll Sausage** 1 lb. **69¢**
- Armour's Star Plump, Juicy **Hot Dogs** 1 lb. pkg. **69¢**
- Plumrose Imported Danish Cooked **Sliced Ham** 4 oz. pkg. **65¢**
- Seafood Treat, Quick-Frozen **Trout Fillets** 1 lb. **99¢**
- Seafood Treat, Tasty **Lake Erie Smelts** 1 lb. **39¢**

From Our Delicatessen Dept.

- Flavorful Sliced **Old Fashion Loaf** half **49¢**
- With Cheese, Tasty Smoked **Beef Sticks** half **79¢**
- Delicious Kitchen-Fresh **Potato Salad** 1 lb. **39¢**
- Zesty Flavored Fresh-Made **Cole Slaw** 1 lb. **39¢**
- Delicious Fresh-Made Roast Beef **Sandwiches** each **59¢**
- Delicious Fresh-Made **Cuban Sandwiches** each **59¢**



SAVE 50¢ WITH 30¢-OFF COUPON IN AD.
Gain Detergent king size **99¢**

- Down Produce Lane*
- Sliced-Tomato Hi-Hot **Potatoes** pint basket **19¢**
 - Tender Yellow **Sweet Corn** 10 ears **59¢**
 - Hot Weather Treat **Sun-Kist Lemons** 6 doz. **49¢**
 - U.S. No. 1 All Purpose White **Potatoes** 5 lb. **39¢**
 - U.S. No. 1 All Purpose White **Potatoes** 20 lb. bag **99¢**

SWIFT'S PREMIUM PROTEIN BONELESS
Imperial Roast 1 lb. **99¢**

SWIFT'S PREMIUM PROTEIN BONE-IN
Beef Pot Roast per pound **79¢**

SWIFT'S PREMIUM PROTEIN BONELESS
English-Cut Roast 1 lb. **\$1.09**

DELICIOUS BEEF OR PORK
Bar-B-Cued Ribs 1 lb. **\$1.49**

LAST CALL!
EXPIRES 8/29/70
 Classic Green **DINNERWARE**
 YOUR CHOICE: 10-inch Dinner Plate, Cup, Saucer, 6-inch Bread & Butter Plate or Dessert Dish, WHILE SUPPLIES LAST!
Only 39¢ PER PIECE
With purchases of \$3, you may buy 1 piece; with purchases of \$6, 2 pieces. SEE 2.

SWIFT'S PREMIUM PROTEIN BONELESS
Canned Hams 5-pound can **\$3.99**
 FULLY-COOKED

We reserve the right to limit quantities...

EXTRA **100 GreenStamps**
 WITH THIS COUPON AND PURCHASE OF
 C-053 **Puss 'n Boots Cat Food Meat** two 1 1/2 oz. cans **37¢**
 Expires Wed., Sept. 2, 1970

EXTRA **100 GreenStamps**
 WITH THIS COUPON AND PURCHASE OF
Gillette Platinum-Plus Blades 10-count **\$1.69**
 Expires Wed., Sept. 2, 1970

EXTRA **100 GreenStamps**
 WITH THIS COUPON AND PURCHASE OF
Brook Liquid Shampoo (dry, normal, oily) 3 1/2 oz. bot. **39¢**
 Expires Wed., Sept. 2, 1970

EXTRA **50 GreenStamps**
 WITH THIS COUPON AND PURCHASE OF
Lambrecht's Pizza With Sausage & Cheese 14 oz. pkg. **79¢**
 Expires Wed., Sept. 2, 1970

PUBLIX

SANFORD PLAZA Hwy. 17-92 and Onora Rd. Sanford
 HOURS: MON., TUES., WED., SAT. 8:30-7:00
 THURS., FRI., 8:30-6:00
 CLOSED SUNDAY

SEMINOLE PLAZA Casselberry
 HOURS: MON., THUR., SAT. 9 A.M.-9 P.M.
 CLOSED SUNDAY



DiETING Can Harm The Baby

By GAYNOR MADDOX
NEA Food and Nutrition Columnist

Here's a shocker. The current practice of keeping pregnant women down to a gain of only 10 to 14 pounds may be one cause of the high infant mortality rate in this country.

Instead, an average weight gain of 24 pounds is recommended, according to the National Research Council's special Committee on Maternal Nutrition.



Robert E. Shank, M.D., head of the Department of Preventive Medicine at Washington University, St. Louis, is chairman. Twelve other noted physicians and nutritionists are on the commission.

"The current obstetric practice in the U.S. that tends to restrict normal weight gains is not justified. Weight reduction programs and severe calorie restrictions should not be undertaken during pregnancy not even for these women because of the possibility of adverse effects on the fetus' weight and neurological development," Dr. Shank and his fellow commission members believe.

Weight restrictions are particularly harmful to underweight pregnant women. Perhaps even more so to pregnant adolescents, they stress.

"Many of the biological risks involving the young mother are connected with nutrition depletion. Because they are still growing, most girls under 17 have greater demands for good food than adult women. The additional nutritional demands during pregnancy may increase their risk."

The Committee on Maternal Nutrition, which includes Dr. Howard N. Jacobson of the Harvard Medical School, Dr. Jack H. Pritchard of the University of Texas Medical School, Dr. Richard H. Barnes, dean of the Graduate School of Nutrition, Cornell University, and Dr. Helen E. Walsh, chief of the California State Bureau of Nutrition at Berkeley, comments on toxemia in pregnancy.

"We found no evidence that excessive weight gain, either in fat or water, causes toxemia in pregnancy which is a metabolic disorder accompanied by body swelling and increased blood pressure.

"There is no evidence that calorie restrictions during pregnancy have any effect or that women who gain excessive amounts are more prone to develop toxemia," they state.

They are convinced that the routine supplementation of diets of expectant mothers with vitamin and mineral preparations is of doubtful value.

"The exceptions are iron, folic acid and iodine salt," they add.

They point out that smoking by pregnant women may lower the birth weight of their children.

"The more cigarettes they smoke, the less their babies will weigh," they state.

Family Graduation
FORT COLLINS, Colo. (AP) — Both Mrs. Robert J. Kelly and her son James, one of her nine children, received their high school diplomas this spring. Mrs. Kelly, 40, said she had to drop out of high school after her father died. Then she decided to take advantage of the adult completion programs in the schools.

Providing Funds
FRANKFORT, Ky. (AP) — The state administration is providing \$500,000 to 20 local school districts whose property tax assessments won't provide enough operating money under the Minimum Foundation program.

PARK AND SHOP

SURE PROOF of MORE LOW PRICES

The ONE price that COUNTS is the TOTAL price of your complete order. Here, our STOREWIDE LOW PRICES and extra SUPER SAVERS give you a BIG CARTON of fine foods for LESS! Come see! Sure proof of MORE LOW PRICES is the LOWER TOTAL of your food order — and the CASH-IN-HAND SAVINGS you take home with you.

ALL WEEK LONG!
★ THURS., AUG. 27 - ★ WED., SEPT. 2
QUANTITY RIGHTS RESERVED

"LADY SCOTT" ASST. COLORS
TOILET TISSUE
2 ROLLS
25¢

"LADY SCOTT" ASST. COLORS
FACIAL TISSUES
PKG. of 200
25¢

CIGARETTES
ALL BRANDS
KING SIZE
\$3.49
LIMIT: 2 WITH \$10 ORDER

Shurfine
TOMATO JUICE
46 OZ. CAN
37¢

Grand National
Super-Hiding
LATEX PAINT
GAL.
\$1.99

LIFETIME PAINT
100% ACRYLIC
LATEX PAINT
GALLON
\$2.49

"SUNNYLAND" GRADE "A"
BAKING HENS
LB.
27¢

"MORRELL PRIDE" FRESH!
LEG O' LAMB
LB.
97¢

"MORRELL PRIDE" FRESH! LAMB SHOULDER CHOPS LB. 67¢	"MORRELL PRIDE" FRESH! LAMB LOIN CHOPS LB. 77¢	"MORRELL PRIDE" FRESH! LAMB LIVER LB. 87¢
---	---	--

Shurfine
Mix or Match Sale

- EARLY HARVEST PEAS
- WHOLE-KERNEL CORN
- CREAM-STYLE CORN
- CUT GREEN BEANS

5 NO. 303 CANS **\$1.00**

Shurfine FRESH

- CUCUMBER CHIPS 16 OZ. JAR **35¢**
- COFFEE CREAMER 11 OZ. JAR **49¢**
- SANDWICH BAGS PKG. OF 150 **49¢**
- BAGGIES PKG. OF 150 **49¢**
- "KAL-KAN" CHICKEN, BEEF, STEW TALL CAN **27¢**
- "SUNSHINE" LEMON, CHERRY, APPLE COOLERS 10 OZ. BOX **49¢**
- "FRITO'S" CORN CHIPS 8 OZ. BAG **33¢**

"PILLSBURY" INSTANT POTATOES 3 OZ. PKG. **10¢**

"JIFFY" CORN MUFFIN MIX 8 1/2 OZ. PKG. **10¢**

"FLO-CANE" FINE GRANULATED SUGAR 5 LB. BAG **27¢**
(LIMIT: ONE PLEASE WITH OTHER PURCHASES OF \$10. OR MORE EXCL. CIGARETTES)

"PET" SKIMMED MILK TALL CAN **9¢**

"SHOWBOAT" PORK & BEANS NO. 300 CAN **10¢**

"DOUBLE-LUCK" CUT GREEN BEANS NO. 303 CAN **10¢**

"SACRAMENTO" TOMATO SAUCE 8 OZ. CAN **10¢**

"GOLD-MEDAL" BLACK PEPPER 1 OZ. CAN **10¢**

"EVERFRESH" POTATO CHIPS 9 OZ. TWIN-PKG. **38¢**

"ASST. FLAVORS" RITZ DRINKS 28 OZ. NO-RETURN BTL. **19¢**

(ALL GRINDS) YOUR CHOICE
COFFEE
"FOLGER'S" LB. CAN **47¢** (OR) "SHURFINE" LB. CAN **37¢**
LIMIT: ONE OF YOUR CHOICE, PLEASE, WITH OTHER PURCHASES OF \$10. OR MORE EXCL. CIG.

YOUR CHOICE
"KRAFT" MIRACLE WHIP QUART JAR... **47¢**
"GOLD-MEDAL" MAYONNAISE QUART JAR... **37¢**
LIMIT: ONE OF YOUR CHOICE, PLEASE, WITH OTHER PURCHASES OF \$10. OR MORE EXCL. CIG.

MICRO-ENZYME DETERGENT
"GAIN" GIANT BOX **37¢**
LIMIT: ONE PLEASE WITH OTHER PURCHASES OF \$10. OR MORE EXCL. CIGARETTES

ALL VEGETABLE! DAIRY FOODS
"SOLID" MARGARINE LB. PKG. **15¢**

FLA. GRADE "A" MEDIUM EGGS 2 DOZ. **79¢**

"EVERFRESH" COTTAGE CHEESE LARGE 2 LB. CUP **57¢**

HEALTH & BEAUTY AIDS
79¢ VALUE! "COLGATE" SHAVING CREAM REGULAR MENTHOL LIME 11 OZ. CAN **39¢**

\$1.59 VALUE! "WILKINSON" SWORD BLADES PKG. OF 10 **89¢**

"ORLANDO" STORES ONLY!
GERMAN BOLOGNA (ALL MEAT) **77¢** LB.
POTATO SALAD **29¢** LB.

COOKOUT MEATS and BARBECUE TREATS
Havin' a cookout? Then look to "PARK & SHOP" for the BEST MEATS and barbecue treats! Come choose your favorite tangy sauces and relishes to go with our juicy, tender meats — all at LOW PRICES that let you cookout some mighty tasty SAVINGS, too!

- SIRLOIN • CLUB STEAKS LB. **97¢**
- ROUND • SWISS STEAKS LB. **87¢**
- RIB • FAMILY STEAKS LB. **77¢**
- DEL MONICO STEAKS LB. **1.47**

"LEAN TRIM" LB. **47¢**

GROUND BEEF 4 LBS. **\$1.97**

FAMOUS "LAZY-AGED" BEEF RIB ROAST LB. **87¢**

FAMOUS "LAZY-AGED" BEEF SHOULDER ROAST LB. **77¢**

"CHUCK" POT ROAST... **67¢**

"ENGLISH" CUT ROAST... **87¢**

LEAN "ALL MEAT" STEW BEEF... **77¢**

"LEAN BEEF" SHORT RIBS... **47¢**

Banquet ASSORTED FLAVORS CREAM PIES EACH **25¢**

Supreme's "HOLLAND DUTCH" ASST. FLAVORS ICE CREAM 1/2 GALLON **57¢**

"DUKE'S" ALL PURPOSE! VEGETABLE OIL 24 OZ. BTL. **37¢**

U.S. #1 POTATOES 10 LBS. **59¢**

"FRESH 'N' CRISP" GREEN CABBAGE... **8¢**

"CALIFORNIA" RED PLUMS... **23¢**

"U. S. NO. 1" YELLOW ONIONS 3 (5 LB. BAG) **33¢**

"KRAFT" FRESH FLA. ORANGE JUICE GAL. **69¢**

PARK AND SHOP

All Stores OPEN 7 DAYS A WEEK

SANFORD
★ 4th & Sanford Ave.
MON-THUR 8AM-7PM
FRI-SAT 8-9
SUNDAY 8-8

SANFORD
★ 25th & Park Ave.
MON-THUR 8AM-7PM
FRI & SAT 8-9
SUNDAY 8-8

SANFORD
★ 1100 W. 13th St.
MON-THUR 8AM-7PM
FRI & SAT 8-9
SUNDAY 8-11

Delightful Melange Of Seafoods

By ALBEN CLAIR
NEA Food Editor

Panilla (pin-yah or pin-ah) is a delightful melange of sea-foods, meat and rice of Spanish origin. It's a good family or guest dish since there are no set ingredients. Include what's on hand although shellfish and rice are considered musts by panilla fans.

For variety, add chicken, sausage, tomatoes, peas and artichoke hearts. A California version introduces avocado and olives (or a different taste sense, served cold for a refreshing warm day treat).

- 1 small to medium lobsters
- 3 tablespoons salt
- 3 quarts boiling water
- 1 dozen each: small clams, mussels
- 1/4 pound raw shrimp
- 1 clove garlic, crushed
- 1 tablespoon butter or margarine
- 2 tablespoons dry sherry
- 1/4 teaspoon saffron, crushed
- Dash pepper
- 1 1/4 cups raw rice
- 1/4 cup small pimiento-stuffed olives
- 2 ripe avocados
- Lemon juice

Add lobsters and salt to boiling water in large pot. Cover and simmer 20 minutes. Remove lobsters. Cook clams, mussels and shrimp in same liquid, cooking shrimp 3 to 5 minutes, and clams and mussels until shells open. Leave in shells. Chill shellfish. Strain and reserve 1/2 cups fish broth.

Combine reserved broth, garlic, butter, sherry, saffron, and pepper in medium saucepan. Bring to boil. Add rice and cook, covered, over low heat 15 minutes until tender and liquid is absorbed.

Shell shrimp and lobsters, reserving 2 lobster claws for garnish. Cut lobster meat into pieces. Combine rice, shellfish and olives in large serving bowl. Mix lightly and chill.

Slice avocado lengthwise, twisting gently to separate halves. Place a sharp knife directly into seeds and twist to cut out. Peel avocado halves, place cavity-side down and slice. Brush with lemon juice. Arrange on seafood-rice mixture in serving dish.

Garnish with lobster claws. Serve with olive oil, herbed mayonnaise, salad dressing or tartar sauce as desired.

Two cans (3 oz. each) lobster, drained and boned, may be used in place of fresh lobster. Omit mussels or substitute clams.

Extra Flavor For Beans
By CECILY BROWNSTONE
AP Food Editor

FAMILY DINNER

Give green beans extra flavor! Mince Steaks Mashed Potatoes Mushroom Beans Salad Nectarines Beverages

MUSHROOM BEANS

- 1/2 cup sliced onion
- 1 can (3 ounces) broiled chopped mushrooms
- 2 tablespoons butter
- 1 pound snap beans, tipped and cut in 1/2-inch crosswise pieces
- 1 teaspoon salt

In an 8-inch skillet melt the butter; add the onion and cook gently until golden. Add drained mushrooms, saving the liquid. Set aside. Add enough boiling water to the mushroom liquid to make 1 cup; turn into a medium saucepan and add the beans and salt; boil vigorously, covered, until tender—about 8 to 10 minutes. Drain. Add onion-mushroom mixture to beans and reheat. Makes 6 servings.

WORLD ALMANAC FACTS

Phineas T. Barnum was an American showman whose imagination, inventiveness, wit and keen sense of publicity helped make the circus a popular amusement in America. The World Almanac recalls, in 1841, P. T. Barnum joined forces with a managerial partner to create "The Greatest Show on Earth."

THE SANFORD HERALD - Wednesday, August 26, 1970 - Page 8B

Interesting Varieties Of Sausage

Interesting varieties of sausage add to back yard cooking and eating fun.

Try skewering sweet or hot Italian sausages, fresh pork links, bratwurst, spicy kishka (Polish) and others with an array of fruits and vegetables. You'll find a shish kabob treat with a difference.

When grilling sausages, grill them over low fire so the sausages won't burn. Don't pierce or slash sausages once on the skewers or you'll lose more flavorful juices.

VEGETABLE SAUSAGE

1 pound Italian-style sausage (or regular pork link sausage)

2 large green peppers

22 medium-sized mushrooms

Parboil sausage briefly and cut in half. Cut peppers into large bite-size pieces. Wash mushrooms and remove stems. String sausage on eight skewers alternating with green pepper slices and mushrooms. Broil until sausage is nicely browned on both sides. Makes 8 kabobs.

GRILLED SAUSAGE AND PINEAPPLE

1 pound pork sausage links (12 pineapple slices (canned))

1/2 cup melted butter

1 tablespoon A-1 Sauce

1 tablespoon brown sugar

Parboil sausage links for few minutes. Place on grill and cook until nicely browned. Place pineapple slices in a shallow foil pan. Make a mixture of remaining ingredients and pour over pineapple. Cook on grill until heated through and slightly glazed. Serve fruit with sausage links. Makes approximately 6 servings.

BARBECUED SAUSAGE AND APPLE LINKS

16 pork sausage links

6 apples, unpeeled

2 green peppers

Cut each sausage link in half; cut apples into slices or cubes; cut peppers into wedges. String sausage, apples and green peppers on skewers and broil, turning to cook on both sides, until sausage is browned. Serves 6 to 8.

Cooked By The Bride

By CECILY BROWNSTONE

RP Food Editor

THE BRIDE COOKS' TRINER

It's easy to bake chicken! Mustard Chicken Potatoes Green Peas Salad Frieded Cucumbers Beverage

MUSTARD CHICKEN

Broiler-fryer chicken, quartered

1/2 cup butter

1/4 cup (1/2 of a quarter-pound stick) butter

3/4 cup prepared mustard

3 tablespoons lemon juice

1 teaspoon dried crushed tarragon

Sprinkle chicken with salt. Place skin-side down in foil-lined shallow baking pan. In a small saucepan heat the butter, mustard, lemon juice and tarragon until butter melts; stir until smooth. Brush mustard sauce over chicken. Bake in a preheated 425-degree oven, basting chicken often with additional sauce, for 25 minutes. Turn chicken; brush with sauce and, basting often, bake 20 minutes longer. Heat remaining sauce and serve with chicken. Makes 4 servings.

SUNDAY NIGHT REFRESHER

Great to serve when friends visit.

Lumaki

Olive Cheese Spread with Party Dip

Frosted Banana-Orange Sponge Cake

RUMAKI

1-3/4 cup soy sauce

1/2 teaspoon ginger

1/2 teaspoon curry powder

1/2 pound Chicken Liver

Bacon slices, halved crosswise

Water chestnuts

In a small bowl stir together the soy sauce, ginger and curry powder. Have livers, removing membranes, and add. Allow 1/2 bacon slice for each half-liver and add to marinade. Chill for about 4 hours. Remove and drain. Hold each piece of liver with a thin slice of water chestnut and wrap with half a bacon slice. Secure with food picks. Place on foil-lined shallow baking pan. Broil, turning once, until bacon is cooked and crisp. Serve about 15 appetizers.

WINN-DIXIE FOOD STORES

THREE WAY

LOWER REGULAR PRICES... WEEK LONG SPECIALS

CHEK ALL FLAVORS SOFT

DRINKS 15¢ 12-oz. CANS

KRAFT MAYONNAISE 49¢ QUART

DEEP SOUTH MAYONNAISE 39¢ QUART

LIBBY'S VINAIGRE

Sausage . . . 4 4-oz. CANS \$1.00

Stokely Fruit Cocktail . . . 4 12-oz. CANS \$1.00

Beef Stew 3 15-oz. CANS \$1.00

Hunt's Catsup . . . 3 32-oz. BTL. 49¢

THRIFTY MAID CUT SWEET POTATOES . . . 4 NO. 303 12-oz. CANS \$1.00

GR. BEANS . . . 5 NO. 303 12-oz. CANS 95¢

CORN 5 NO. 303 12-oz. CANS 95¢

Bleach 1/2-GAL. 35¢

JIM DANIE GRITS 3-LB. Pkg. 25¢

Root Beer 64-oz. BTL. 49¢

Cereal 18-oz. Pkg. 37¢

Libby's Sweet Relish 18-oz. Jar 29¢

QUART

Cat Food 4-oz. CAN \$10¢

Wedges NO. 300 29¢

Beans NO. 300 10¢

Drink 32-oz. BTL. \$1.00

MAXWELL HOUSE ALL GRINDS COFFEE 59¢ 1-LB. BAG

NOTEBOOK FILLER PAPER 59¢ 500-CT. PKG.

THRIFTY MAID CORNED BEEF 12-oz. CAN 89¢

Cooking Oil 48-oz. BTL. 68¢

Detergent QT. 65¢

DEL MONTE STEWED TOMATOES NO. 303 33¢

THRIFTY MAID PINE-APPLE 18¢ WHOLE SLICED OR CRUSHED NO. 2 CAN

THRIFTY MAID CORNED BEEF 12-oz. CAN 89¢

Cooking Oil 48-oz. BTL. 68¢

Detergent QT. 65¢

DEL MONTE STEWED TOMATOES NO. 303 33¢

DOLLAR SPECIALS

Facial Tissue 3 384-CT. BOXES \$1.00

Liquid Detergent 4 21-oz. BTL. \$1.00

Pears 4 NO. 303 12-oz. CANS \$1.00

Peas NO. 303 12-oz. CANS \$1.00

Beans 5 NO. 303 12-oz. CANS \$1.00

Food 4 1/2-oz. CANS \$1.00

Catsup 4 30-oz. BTL. \$1.00

Beans 4 NO. 319 12-oz. CANS \$1.00

Pickles 3 18-oz. JARS \$1.00

Pop-Ups 3 10-oz. PKGS. \$1.00

CAMPOBELLO PEACHES 18¢ NO. 211/2 CAN

OLD MILWAUKEE BEER 6 89¢ 12-oz. CANS

20¢ OFF WITH THIS COUPON

30¢ OFF WITH THIS COUPON

EXTRA TOP VALUE STAMPS

100 EXTRA TOP VALUE STAMPS

50 EXTRA TOP VALUE STAMPS

50 EXTRA TOP VALUE STAMPS

50 EXTRA TOP VALUE STAMPS

100 EXTRA TOP VALUE STAMPS

French Ave. & 25th SANFORD STORES 419 East 1st. St.

SAVINGS

PLUS TOP VALUE STAMPS

FLA. or GA. GRADE "A" WHOLE FRYERS LB. 28¢

ECONOMY BRAND SLICED BACON LB. 59¢

W-D BRAND U.S. CHOICE CHUCK ROAST LB. 57¢

Med. Eggs 2 DOZ. 79¢

SHRIMP COCKTAIL 3 79¢

SHRIMP 2 LB. \$2.99

SHRIMP DINNERS 2 LB. \$2.99

SHRIMP LIMAS 4 PKG. \$1.00

SHRIMP COCKTAIL 3 79¢

SHRIMP 2 LB. \$2.99

SHRIMP DINNERS 2 LB. \$2.99

SHRIMP LIMAS 4 PKG. \$1.00

W-D BRAND PURE GROUND BEEF 10 5 49¢ "HANDI-PAK" 5 LBS.

HORMEL CANNED HAM 3 2 99¢ LBS.

W-D BRAND U.S. CHOICE BEEF ROUND STEAK LB. 99¢

Sausage 2 1/4 LB. \$1.99

Cottage Cheese 2 LB. 69¢

W-D BRAND U.S. CHOICE BEEF ROUND STEAK LB. 99¢

Sausage 2 1/4 LB. \$1.99

Cottage Cheese 2 LB. 69¢

PEACHES 5 1 99¢ LBS.

BANANAS 10¢ POUND

TOMATOES 19¢ LBS.

CREME PIES 4 for \$1

GRAPES 3 LB. \$1.00

ICE CREAM 2 \$1.00 HALF GAL.

COOKIES 11-oz. Pkg. 39¢

COOKIES 14-oz. Pkg. 47¢

COOKIES 11 1/2-oz. Pkg. 57¢

NOODLE NO. 315 12-oz. CAN 35¢

SHRIMP 4-oz. CAN \$1.19

SAUCE 8-oz. BTL. 23¢

JUICE 3 12-oz. BTL. 99¢

LEMONADE 9 99¢ CANS

COCKTAIL 3 PAK 99¢

POTATOES 10 58¢ LBS.

SHRIMP PKG. 89¢

CHOW MEIN PKG. 99¢

FLounder 1-LB. PKG. 79¢

100 EXTRA TOP VALUE STAMPS

50 EXTRA TOP VALUE STAMPS

100 EXTRA TOP VALUE STAMPS

100 EXTRA TOP VALUE STAMPS

100 EXTRA TOP VALUE STAMPS

French Ave. & 25th SANFORD STORES 419 East 1st. St.

Frozen Pudding Pops

By AILEEN CLAIRE

NEA Food Editor

Quick time riders have a treat in store. Simple frozen pudding pops can be made in quantity and kept in the freezer for anytime use.

A change of taste is important to the young, so whip up marshmallow, nutty or chocolate-sprinkled vanilla versions for finicky fellows.

FROZEN PUDDING POPS

1 package (4-serving size) instant pudding, any flavor

2 cups cold milk or 2 cups half-and-half

Prepare pudding mix with milk as directed on package. Pour into six 4-ounce paper cups. Insert wooden stick or wooden or plastic spoon into each for a handle. Press a paper flower or a square of aluminum foil down onto pudding to cover, piercing center of pudding with handle. Freeze until firm, at least 4 hours. Press firmly on bottom of cup to release pop. Serve with paper flower around handle. Makes 6 pops.

Marshmallow Pops: Prepare Frozen Pudding Pops as directed above, stirring 1/2-cup miniature marshmallows into paper cups before pouring into paper cups.

Nutty Treasure Pops: Prepare Frozen Pudding Pops as directed above, placing 1 tablespoon chopped nuts in bottom of each paper cup before pouring in pudding.

Pink Dot Pops: Prepare Frozen Pudding Pops as directed above, using vanilla flavor. Roll each frozen pop in chocolate sprinkles before serving.

FAMILY DINNER

Chopping the succini allows the butter flavor to permeate every bit of the squash.

Poached Chicken

with Mushroom Sauce

Marge Mitchell's

Buttered Succini

Skillet-style Cherry Tomatoes

Apple Pie

Beverage

MARGE MITCHELL'S BUTTERED ZUCCHINI

4 medium-large zucchini, about 1 1/2 pounds

1 cup boiling water

1 teaspoon salt

3 tablespoons butter

With a swivel-blade vegetable peeler pare off any bruised portion of zucchini skin but leave rest of skin on; cut off ends; scrub under cold running water. Slice crosswise in 1/2 to 3/4 inch thick. Into a medium saucepan turn the zucchini, water and salt; bring to a boil; cover and boil until tender—about 5 minutes. Drain thoroughly. Chop coarsely. In the clean saucepan melt the butter; add the zucchini; mix well and reheat. Makes 4 to 6 servings.

SHE WAS ONE OF 80,000

who attended a four-day International Pop Festival held in a large meadow near Holt, Mich.; The Netherlands' The Festival was a monthly, requiring the services of only a small number of police officers.

Unwed Mothers

LIMA, Peru (AP) — A social worker's study indicated 60 percent of the mothers in the heavily-populated suburb, Comas, were unmarried.

The study showed the unwed mothers had an average of five children, although one woman had 12.



Why Pay

EVERYDAY LOW PRICE!
100% TEA
INSTANT NESTEA
3oz JAR **95¢**

EVERYDAY LOW PRICE!
RED DART BY DEL MONTE
PEAS OR ROSEDALE BY LIBBY'S LIMAS
16oz CANS **6/\$1**

EVERYDAY LOW PRICE!
FLOUR
PLAIN OR SELF-RISING
5 LB BAG **37¢**

EVERYDAY LOW PRICE!
POTATO CHIPS
TWIN PAK **38¢**

EVERYDAY LOW PRICE!
16oz CANS
Grapefruit SECTIONS
4/97¢

FRESH HOMOGENIZED
MILK
1/2 gal. **59¢** 1 gallon plastic **99¢**

EVERY DAY LOW PRICE!
Toastem POP-UPS
ASSORTED TOASTER PASTRIES
10oz BOX **39¢**

FOOD FAIR KING SIZE 20oz LOAF
SLICED WHITE ENRICHED
BREAD
BAKED WITH PURE VEGETABLE SHORTENING
BONUS BUY!
4/89¢

EVERYDAY LOW PRICE!
32oz BOTTLES
GATOR ADE
3/89¢

EVERYDAY LOW PRICE!
BABY BRAND
ORANGE JUICE
4.3oz CANS **6/29¢**

EVERYDAY LOW PRICE!
FORMULA 409
ALL PURPOSE CLEANER
22oz BTL **59¢**

EVERYDAY LOW PRICE!
FRESH BAKED
PEACH PIES
8" SIZE **49¢**

EVERYDAY LOW PRICE!
FOOD FAIR
ICED CINNAMON BUNS
PKG OF 8 **3/\$1**

Over 7,000 Everyday Low Prices
Sugar . . . GRANULATED 5 LB BAG **49¢**
Crisco . . . SHORTENING 3 LB CAN **75¢**
Corn Flakes KELLOGG'S 18-OZ BOX **37¢**
Towels . . . GIANT ROLLS **4/\$1**
Libby Corn CREAM OR W/LE 17-OZ CAN **5/95¢**

NOT LARGE...NOT GIANT...BUT KING SIZE
DRIVE DRIVE SAVE 50¢
ONLY **99¢**

EVERY DAY LOW PRICE!
ORANGE JUICE
6oz CANS **\$1**
12 OZ CAN...27¢ SAVE 8¢

EVERYDAY LOW PRICE!
Del Monte DRINKS
ASSORTED FRUIT FLAVORS
46oz CANS **4/\$1**

EVERYDAY LOW PRICE!
STURDY WHITE 9" PAPER PLATES
150 COUNT **95¢**

EVERYDAY LOW PRICE!
EATWELL TUNA FISH
4/88¢

EVERYDAY LOW PRICE!
FAMOUS BRANDS
CHARCOAL BRIQUETS
20 LB BAG **88¢**

EVERYDAY LOW PRICE!
CRYSTAL BRAND
PEACH PRESERVES
2 LB JAR **49¢**

EVERYDAY LOW PRICE!
69¢ ELSEWHERE
FYNE BAKE SHORTENING
3 LB CAN **59¢**

EVERYDAY LOW PRICE!
Sweet Treat
SLICED PINEAPPLE
14-OZ BOTTLE **3/97¢**

EVERYDAY LOW PRICE!
LIBBY'S DRINKS
FRESH, SWEETENED, UNADDED OR ASSORTED FRUIT FLAVORS
6oz CANS **10/\$1**

15¢ OFF BATH SOAP
WITH THIS COUPON
GOOD ONLY AT FOOD FAIR
GOOD STORES. LIMIT-1 COUPON PER FAMILY. EXPIRES SEPT 9, 1970.

10¢ OFF TOTAL CEREAL
WITH THIS COUPON
GOOD AT FOOD FAIR
GOOD STORES. LIMIT-1 COUPON PER FAMILY. EXPIRES SEPT 2, 1970.

EVERYDAY LOW PRICE!
GOLD KIST FRIED CHICKEN
38oz PKG **\$1.99**

EVERYDAY LOW PRICE!
Colgate TOOTH PASTE
FAMILY SIZE **69¢**

EVERYDAY LOW PRICE!
MICRIN ANTISEPTIC MOUTHWASH
12oz BOTTLE **2/\$1**

EVERYDAY LOW PRICE!
ALKA SELTZER
25¢ **2/\$1**

EVERYDAY LOW PRICE!
THE DUCHESSE BRAND
CURAD BANDAGES
79¢ **2/\$1**

Over 7,000 Everyday Low Prices
Baby Food HEINE STRAINED ALL VARIETIES REG. JAR **7¢**
Ice Milk . . . ASSORTED 1/2 GALLON **49¢**
Bleach . . . 1 GALLON PLASTIC **29¢**
Evap. Milk TALL **3/39¢**
Ice Cream ASSORTED 1/2 GALLON **59¢**

COMPARE!
Sunaid Grape Jelly 3 LB. JAR 45¢ 59¢ 14¢
Blue Plate Apple Jelly 3 LB. JAR 39¢ 43¢ 4¢
Suave Shampoo CASTLE AND BOG 16 OZ. BOTTLE 2/\$1 \$1.38 38¢
Suave Hair Spray NORMAL DRY, HARD TO HOLD 15 OZ. 49¢ 68¢ 19¢
Miss Breck Hair Spray REG. & SUPER 13 OZ. CAN 67¢ 88¢ 21¢
Hair Spray LUSTRE COMBE REG. OR HARD TO HOLD 15 OZ. 49¢ 59¢ 10¢
White Rain Hair Spray REG. & EXTRA HOLD 18 OZ. CAN 99¢ \$1.28 29¢

COMPARE!
Colgate Tooth Paste FAMILY SIZE 69¢ 88¢ 19¢
Ipana Tooth Paste FAMILY SIZE TUBE 2/\$1 \$1.76 76¢
Listerine Antiseptic 14-OZ BOTTLE 69¢ \$1.19 50¢
Listerine Antiseptic 22 OZ. BOTTLE \$1.29 \$1.69 40¢
Micrin Mouthwash 35-OZ. BOTTLE \$1.19 \$2.19 \$1.00
Miracle Whip SALAD DRESSING 22 OZ. JAR 59¢ 71¢ 12¢
Strawberry Preserves FYNE TASTE 3 LB. JAR 69¢ 79¢ 10¢

More?

FOOD FAIR QUALITY DISCOUNT
SANFORD'S LOWEST FOOD PRICES!
2460 PARK AVENUE

EVERYDAY LOW PRICE!
WELL-TRIMMED
BEEF RIB ROAST
U.S. CHOICE **98¢**

EVERYDAY LOW PRICE!
CHUCK STEAK
U.S. CHOICE **68¢**

EVERYDAY LOW PRICE!
COUNTRY STYLE
SHOULDER STEAK
U.S. CHOICE **98¢**

EVERYDAY LOW PRICE!
FREEZER QUEEN
ASST MEAT DINNERS
2 LB PKG **98¢**

EVERYDAY LOW PRICE!
SLICED 1/4 PORK LOIN CHOPS
2 TO 3 LB PKGS **78¢**

FOOD FAIR
SIRLOIN STEAKS OR BONELESS SHOULDER
U.S. CHOICE **\$1.19**

FOOD FAIR
ROUND BONELESS STEAK FULL CUT
U.S. CHOICE **\$1.09** LB

EVERY DAY LOW PRICE!
fresh FANCY GOLDEN RIPE
BANANAS
LB **10¢**

EVERYDAY LOW PRICE!
LEAN FRESH
GROUND BEEF
LBS **3/\$1.49**

EVERYDAY LOW PRICE!
FYNE-TASTE
SLICED BACON
LB BOX **68¢**

EVERYDAY LOW PRICE!
LEAN MEATY
FRESH PORK BUTTS
LB **59¢**

EVERYDAY LOW PRICE!
FARMER GRAY
CORNISH GAME HENS
LB 1.5 LB AVERAGE **49¢**

EVERYDAY LOW PRICE!
PLUMROSE IMPORTED
COOKED HAM
4 OZ PKG **59¢**

FOOD FAIR
CHUCK ROAST
U.S. CHOICE **58¢** LB

EVERY DAY LOW PRICE!
FRESH FLORIDA GRADE 'A'
FRYERS
WHOLE BAGGED SAVE 10¢ LB **25¢** LB

EVERY DAY LOW PRICE!
U.S. NO. 1
WHITE POTATOES
LB BAG **10 55¢**

EVERYDAY LOW PRICE!
SMOKED PORK SHOULDER
LB **49¢**

EVERYDAY LOW PRICE!
GREENDALL CUBED BEEF PATTIES
16oz BOX **89¢**

EVERYDAY LOW PRICE!
SLICED BOLOGNA
PKG **59¢**

EVERYDAY LOW PRICE!
SKINLESS FRANKS
12oz PKG **45¢**

EVERYDAY LOW PRICE!
LAND O' FROST
CHIPPED MEATS
2oz PKG SLICED **35¢**

EVERYDAY LOW PRICE!
FRESH
CARROTS
1 LB PKG **14¢**

BONUS BUY!
FIRM FANCY
GREEN CABBAGE
8 LB **8¢**

BONUS BUY!
FRESH CRISP
PASCAL CELERY
LARGE STALK **14¢**

EVERYDAY LOW PRICE!
COLD CUTS
ASSORTED VARIETIES
5oz PKGS **29¢**

EVERYDAY LOW PRICE!
SLICED AMERICAN CHEESE
LB **79¢**

EVERYDAY LOW PRICE!
LARGE EYE SLICED
SWISS CHEESE
LB **99¢**

EVERYDAY LOW PRICE!
HEAT AND SERVE
FRIED FISH STICKS
2 DOZ **89¢**

EVERYDAY LOW PRICE!
SMOKED, NO WASTE!
BONELESS HAMS
LB **\$1.29**

SAVE
ALUMINUM FOLDING CHAIRS
\$2.99 WHILE THEY LAST

CHAISE LOUNGE ONLY \$5.99

COMPARE!
Skinless Franks 50 LB PKG 89¢ \$1.09 20¢
Smoked Sausage 50 LB PKG 89¢ \$1.09 20¢
Pizza Pies 69¢ 79¢ 10¢
Plumrose Cooked Ham 59¢ 69¢ 10¢
Lamb Roast 48¢ 58¢ 21¢
Lamb Chops 68¢ 88¢ 21¢
Spare Ribs 59¢ 79¢ 20¢
ARMOUR FRANKS SAUSAGE 75¢
PET FOOD...A/\$1

COMPARE!
Hydrac Cheese Spread 59¢ 69¢ 10¢
Cream Cheese 29¢ 39¢ 10¢
Orange Juice 3/1 \$1.17 17¢
Solid Oleo 2/33¢ 35¢ 40¢
Deveined Shrimp 89¢ \$1.09 20¢
Shrimp Cocktail 3/79¢ \$1.00 31¢
Ocean Parch Fillets 49¢ 59¢ 10¢
Dressed Whiting \$1.29 \$1.59 30¢
Morrell Pride Sausage 45¢ 59¢ 14¢
Cross Rib Roast 88¢ 99¢ 11¢
Center Cut Pork Chops 99¢ \$1.19 20¢

COMPARE!
Sliced Beef Liver 49¢ 59¢ 10¢
Fryer Combination 59¢ 69¢ 10¢
Turkey Drumsticks 33¢ 43¢ 10¢
Cornish Game Hens 49¢ 59¢ 10¢
Breaded Veal Steaks 79¢ 99¢ 20¢
Chuckwagon Steaks 79¢ 99¢ 20¢
Leg-O-Lamb 78¢ 99¢ 21¢

CANTA-LOUPES
JUMBO 23 SIZE
BONUS BUY! **3/89¢**

Church Sponsors Show

By MRS. R. B. THOMAS, JR.
 Allen Chapel AME Church is sponsoring a benefit fashion show for children and adults. The show will be held at the Sanford Civic Center, Sunday, August 30 at 9 p.m.

Registration for attendance to Merit's Kindergarten is now in progress.

Parents of children attending the school are asked to register their children during the afternoon hours by calling or coming to the school.



YOUTH OF ALLEN CHAPEL ready for benefit Fashion Show. Seated from left to right, Janice McDonald, Charlotte Ringling and Holly Block-shaere.

Special Meeting Held

By ANN RILEY
 LONGWOOD The city council held a special meeting to discuss annexing the Talmo Subdivision into Longwood. Mayor Ken Brown made a motion that the council adopt ordinance 233 which would annex Talmo from SK 434 to Oak Lane.

VOTE Your Most Precious Asset USE IT WISELY

BARCO
 STATE REPRESENTATIVE
 Orange-Seminole District 38
 Democrat Ph. 424-4072
 VETERAN • FLORIDIAN • QUALIFIED
 Pol. ad paid for by C. S. Brown

Mass 'Sick-Out' Seen

By BILL SCOTT
 The probable participation by Seminole County citizens in a state-wide "sick-out" to protest forced busing of students to achieve racial balance in Seminole County schools loomed today after a meeting last night of the Committee for Neighborhood Schools Under Freedom of Choice.

United Citizens Inc., a group considering a mass statewide "sick-out" on Sept. 8, yesterday advised that students to achieve racial balance in Seminole County schools loomed today after a meeting last night of the Committee for Neighborhood Schools Under Freedom of Choice.

Kirk said he admitted Foster and his group for their forthright stand... as a group of Pinecrest Elementary School parents opposed to transferring fourth and fifth grades at the predominantly all-white school to Goldsboro Elementary School, a former all-black facility located in a Negro neighborhood.

The Sanford Herald

Thursday, August 27, 1970 - Sanford, Florida \$271
 62nd Year, No. 262 Price 10 Cents

Sanford Receives Dickinson Vote

Sanford's efforts to acquire the State Police Academy have resulted in the city being foremost in the possibility of being designated as the site for the advanced training facility.

This was opined by State Treasurer Broward Williams, who was the city's guest at a breakfast this morning at the Holiday Inn.

Williams, a candidate to remain in his political position during the present state primary race, indicated that Sanford was now first among the cities seeking the police academy.

Dragline Permit Sought

By MARION BETHEA
 A request has been received by the County Commission for a permit to operate a dragline by Sanford Boat Works and Marina Inc. The concern wishes to clean a shallow area leading into the boat house, which lies in a slough off the St. Johns River. The application was received and approved by the Water Pollution Control and Advisory Board on Aug. 21. Estimated cost of the project is \$3,000.

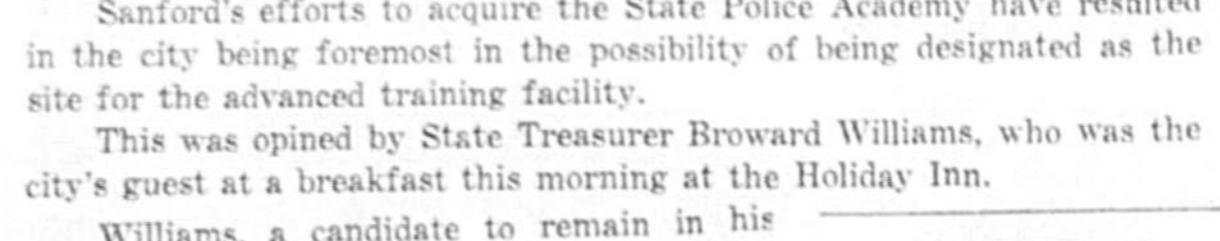


KATHERINE B. PIKINS, wife of Lyman High School principal, yesterday filed suit to stop the Seminole County School Board and Carlton Henley, Lyman High School principal, from removing her to Crooms High, an all-ninth grade integrated school for the 1971 term.

Suit Used To Prevent Transfer

Court action was sought Wednesday at Orlando's U.S. District Court to prevent the forced transfer of a Lyman High School English teacher to a former all-black Sanford High School.

Katherine B. Pipkins of Mailand, represented by her attorney, filed suit to stop the Seminole County School Board and Carlton Henley, Lyman High principal, from removing her to Crooms High, an all-ninth grade integrated school for the 1971 term.



AROUND THE CLOCK
 By JOHN A. SPOLSKI
 These "babes" wanting equal rights just tickles the daylight out of me... but, it's certainly "burning" a lot of you women, as evidenced by those phone calls on the subject.

What really caught my ear was "I'd rather that it still be my husband who goes up onto the roof to fix it... NOT ME!"

The biggest surprise though was when I asked her name and thought surely that she'd rather not divulge it. "You betcha I'll give you my name... it's Mrs. Thomas Clark."

THURSDAY Headlines Inside THE HERALD

- World News**
 Thirty-two Americans die in worst helicopter crash of the Vietnam War. (Page 1B)
- Around the Nation**
 Signs hang throughout the country, "equal work" and "equal pay." (Page 12A)
- Legislation permits consumers to band together in suits against deceptive selling practices. (Page 1B)
- Sports World Thrillers**
 Seminole High has girl managers for football team. (Page 2B)
- Orlando Lions looking toward a better season. (Page 2B)
- Statewide Developments**
 Bafalis charges Governor Kirk with being partly responsible for Florida's rising crime rate. (Page 5A)
- Police officials trying to solve murder supposed to have taken place in the Orlando area by three believed to be AWOL from the Navy. (Page 5A)
- Friends stand beside the body of a black soldier killed in Vietnam as lawyers prepare to argue the case. (Page 1B)
- WEATHER** - Yesterday's high 89, low 71 with one inch of rain.
 Partly cloudy to occasionally cloudy through Friday with thundershowers most likely during afternoon and evening.
 Highs 88-92 and the low in the 70s.
 Fair and warm weather prevailed over most of the nation today.

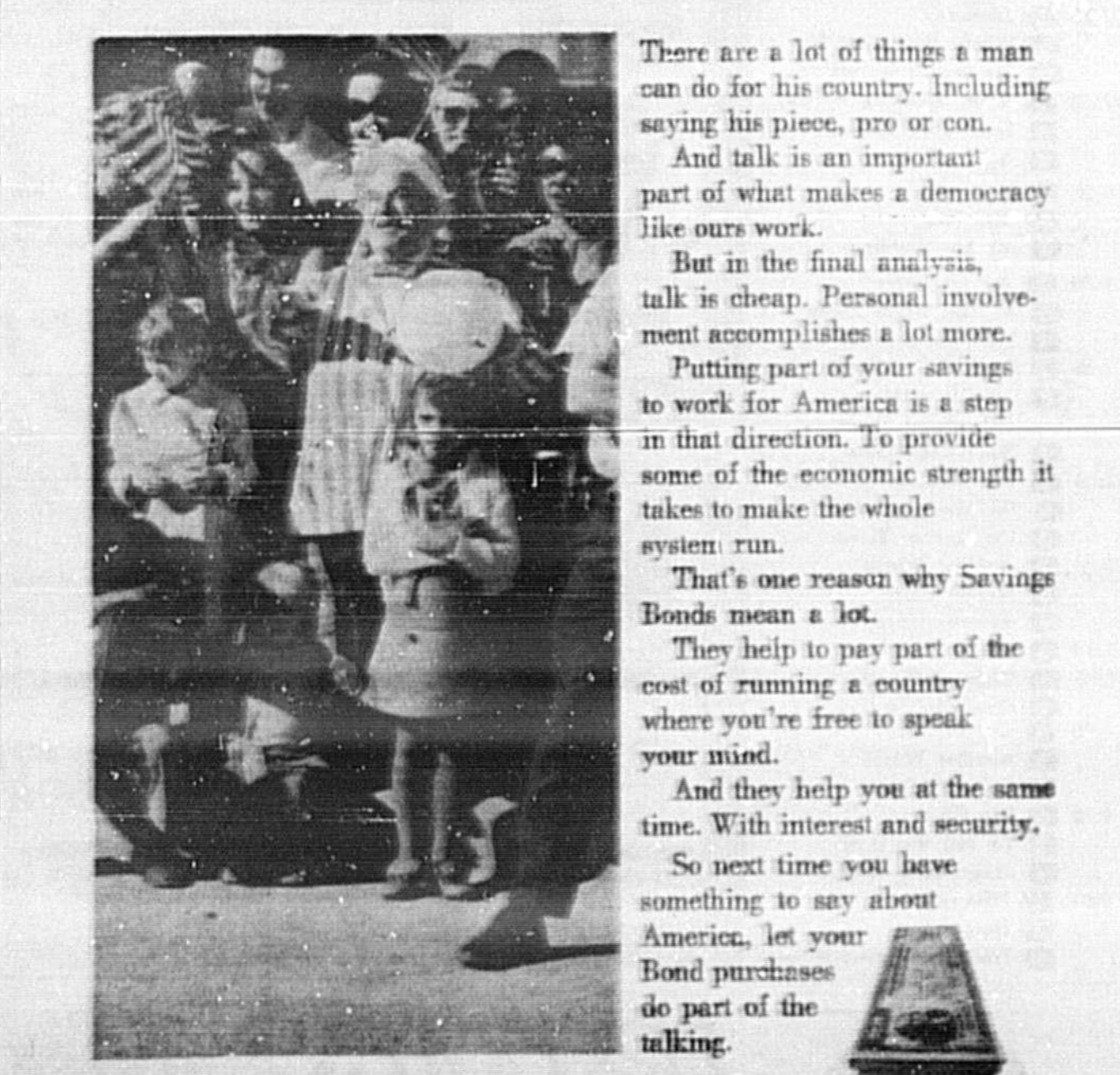
- Daily Features**
 Area deaths... 2A
 Bridge... 2A
 Calendar... 2A
 Classified ads... 5B-7E
 Comics... 3A
 Crossword puzzle... 11A
 Dr. Crane... 36A
 Dear Abby... 36A
 Entertainment... 11A
 Horoscope... 36A
 Hospital notes... 6A
 Pass It On... 6A
 Public notices... 5E
 Society... 6A-8A
 Sports... 2B-4B
 TV... 11A
 Well St. Chapter... 5A

PLEASE COME TO SEE US as we model some of the latest fashions. Pictured are William Fredericks, Linda Connelly, Carolyn Williams and Sherwood Fredericks. Fashion and Hair styles to be presented at Sanford Civic Center Sunday afternoon at 3:00.

Business-Education Day Thursday

The annual Business-Education Day for teachers in Orange and South Seminole Counties will be held Thursday under the co-sponsorship of the Matiland South Seminole and Winter Park Chambers of Commerce. Dr. Louis Perez of Sanford, a former Cuban resident, will speak to the teachers and business representatives at the kick-off meeting at 8:30 a.m. to be held at the Park West Theatre in Fields Plaza Winter Park, regarding his views on freedom and private enterprise.

A country can't live on love alone.



There are a lot of things a man can do for his country. Including saying his piece, pro or con.

And talk is an important part of what makes a democracy tick.

But in the final analysis, talk is cheap. Personal involvement accomplishes a lot more.

Putting part of your savings to work for America is a step in that direction. To provide some of the economic strength it takes to make the whole system run.

That's one reason why Savings Bonds mean a lot.

They help to pay part of the cost of running a country where you're free to speak your mind.

And they help you at the same time. With interest and security.

So next time you have something to say about America, let your bond purchases do part of the talking.

Take stock in America
 Buy U.S. Savings Bonds

Cook up a bargain.

It's no surprise that the average family has 22 electric appliances in their home, ranging from electric frypans to automatic dishwashers and color TV. After all, why not take full advantage of the biggest bargain in your budget.

And that's exactly what clean, flameless electricity is. In fact, the average price paid per kilowatt hour by FPL served families today is one-third less than it was in 1957.

So go right ahead and rely on flameless electric for cooking...hair drying...dishwashing...shaving...cooling and heating your home. Because when it comes to serving you with economy, there's just no match for flameless electric.



Osborne Praises Herald; For 'Getting Port Started'

Florida Lt. Gov. Ray Osborne, at yesterday's Port of Sanford Dedication, Praised The Sanford Herald for "doing so much to get the port project started."

The Lieutenant Governor was the featured speaker at the opening of the St. Johns River barge port held at the newly-completed facility located at the outlet of Lake Monroe and adjacent to Interstate Highway 4.

Almost 500 persons including various waterway dignitaries and political representatives from over the state and area were on hand for the luncheon and speech-making that preceded the opening of a barge port. Osborne and Fleck Thornell, Seminole County.

Osborne, in his 15 minute address, said the port was a good example of state and local governments banding together.

"I pledge to you that the state stands ready to assist you in every way, and we have already started to publicize the port," Osborne added.

ARRIVES BY YACHT
 The lieutenant governor arrived at 11:30 a.m. by yacht from the Volusia side of the St. Johns River, accompanied by Miss Thornall and Frank Kirk, son of the governor, who represented Kirk at the port dedication.

Other notables to speak at the ceremony included: Dale Miller, president of National Rivers and Harbors Congress; and a representative from Sanford who reported that Sanford had been designated as the site of the port.

Commissioner Greg Drummond suggested that the state stand ready to assist you in every way, and we have already started to publicize the port," Osborne added.

BULLETIN
 HOMESTEAD, Fla. (AP)—A two-engine plane crashed in an uninhabited area of southwest Dade County today, seriously injuring both the pilot and co-pilot, authorities said.

The two were taken by helicopter to Homestead AFB hospital, Dade County Sheriff's office said. Homestead did not immediately confirm the crash.

Request Is Unrealistic

WASHINGTON (AP)—Secretary of Defense Melvin R. Laird says the multi-billion dollar military aid sought by the South Koreans from the United States over the next five years is unrealistic.

The defense secretary made the comment during a news conference Wednesday.

Welcome Teachers

As you work with our youngsters this year you have our full support and prayers. Come in and get acquainted with US.