

U.S. Military Machine Dismantling Continues

By ALPH A. MULLIGAN Special Correspondent SAIGON (AP) — The great military machine ever built in Southeast Asia is rapidly being pulled apart, without firing a bullet.

Legal Notice

In the Circuit Court of the Eighteenth Judicial Circuit, Seminole County, Florida, in and for the County of Seminole.

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Aviation Brigade, a helicopter unit, and the 71st Military Police Battalion the biggest units in country. Each has about 350 men.

Reversing the trend of a decade, ships are heading down the winding Saigon River to the sea in the water, carrying home to U.S. ports thousands of tons of trucks, guns, helicopters and planes.

Sources close to the logistical command report that, with a little over three weeks remaining to pull out date, cargo planes and freighters have removed 61 per cent of the homing;

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drop in the bucket" compared with shipping home more than 2½ million tons of tanks, trucks, planes and guns since President Nixon began winding down the U.S. involvement in 1969.

"What's going out now represents only three per cent of the cargo that has been shipped back so far," said a high-ranking source.

Besides the tonnage going home, known in military language as "retrograde cargo," the United States has turned back to the South Vietnamese all its remaining ammunition and millions of dollars worth of planes, helicopters and other equipment, including 1,800 175mm howitzers and many M48 tanks.

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With the cease-fire in Vietnam, the United States is shifting its Southeast Asian military headquarters from Saigon to Nakhon Phanom in Thailand, on the Mekong River border with Laos.

Aid Hinges on Ceasefire

WASHINGTON (AP) — Before the United States provides \$1 billion in military aid to North Vietnam, Secretary of Defense Elliot L. Richardson says, there must be a real cease-fire in force in South Vietnam.

Freight Damaged Furniture

AT 1/2 OFF OR MORE NOLL'S FURNITURE SALES CASSELBERRY

"If there isn't a peace to be strengthened and to be preserved, we can't very well begin the work of reconstruction," Richardson said at a news conference Tuesday.

Mrs. Askew Helps 'Dig' Salvation Army Building

Florida's first lady, Mrs. Donna Lou Askew, turned the first shovel of dirt today in ceremonies beginning construction in Sanford of a new \$2,000 square foot Salvation Army center.

Advertisement for Pilot Pens Mechanical Pencils. Includes text: 'won't wear you down \$6.95 other models from \$1.00 to \$1.95'. Logo for Pilot Pens and George Stuart.

Wednesday, March 7, 1973—Sanford, Florida 32771 65th Year, No. 159 Price 10 Cents

Girl Denies Work As Adams' Maid

TALLAHASSEE, Fla. (AP) — Commerce Department employee Julia Johnson denies she works as a maid during state time for Lt. Gov. Tom Adams. But she says "if he gets in a tight I might go by his apartment and rinse out some things for him."

Newsmen Bill Cox of The Fort Lauderdale News and John Hayes of Tampa television station WTSP reported many Commerce Department employees consider Mrs. Johnson, listed as a \$3,927-a-year messenger-clerk, to be the maid at Adams' Tallahassee apartment.

Commerce secretary Adams, Mrs. Johnson and Eleanor Donnell, Adams' administrative assistant who handles his personal bank account, denied she was Adams' maid.

Hayes and Cox revealed last month that Commerce Department employee Gifford worked on state time at a 1,000-acre farm Adams leases in Gadsden County.

After an investigation by Gov. Reubin Askew, Gifford was docked for 80 hours annual leave and Adams was ordered to pay back any state expense money he collected while at the farm. Askew also said Adams would not be his running mate in 1974.

State and federal auditors have examined Mrs. Johnson's duties and she has been subpoenaed by the joint legislative investigating committee which is examining Adams' use of state employees, Hayes and Cox reported.

While denying she was Adams' maid, Mrs. Johnson said she ran errands to the apartment, sometimes taking Adams' clothes to or picking them up from the laundry.

She said she did work parttime as a maid for Adams when he was secretary of state.

Representatives of Longwood and Sanford attending a workshop session of the County Commission last week criticized an action he took to proceed with a study on consolidation in Seminole County.

SAIGON meets the Communist demand for release of more POWs, breaking a week-long impasse that threatened the prisoner exchange program and the peacekeeping machinery.

ONE 30-YEAR-OLD NAVY LIEUTENANT, freed from a Hanoi jail, says America won a "fantastic victory" and he's ready to go back for U.S. honor. Another would never go back and seems dubious about what America did in Vietnam.

THE END OF PHASE 2 rent controls spurs a flurry of rent increases in some parts of the nation and proposals to impose new forms of controls. TODAY'S 8-CENT STAMP will cost 20 cents in 1984 if present trends continue, senators are told as they launch an inquiry into Postal Service operations.

THE EUROPEAN MONEY DOCTORS concoct bitter medicine for the United States and big bills for the Common Market to ease the pain of the monetary crisis.



Together we can make this world a better place in which to live. Before the governor spoke, Salvation Army officials in the local advisory board. Added to the board, bringing it up to full strength of 25 members were: Hon. Butler, Gilbert Eisenberg, Mrs. Walter Gielow, Mrs. Katherine Ladd, Clay Long, John Mercer, Stanley Pierce, John Poff, Donald Rabel, Mrs. Robert Rabel, and Earl Weldon.

Installed by Major John McKies as 1973 officers of the advisory board were chairman Mrs. Sheila Roberts, Vice Chairman Harold Kastner, Secretary Mrs. Irving Fertig, and Treasurer Mrs. Wendell Springfield.

Mr. and Mrs. Ralph Austin Smith were surprised with life membership awards for their years of dedicated work in the advisory board. Kastner and W. Vincent Roberts, co-chairmen of the successful fund raising drive, received the Salvation Army's "Others" award for their efforts in helping each other," he said.

GOVERNOR REUBIN ASKEW COMMENDS LOCAL EFFORTS



Groundbreaking ceremonies were held at 11 a.m. today at the Salvation Army building site on Holly Avenue with Mrs. Donna Lou Askew, wife of Florida's governor participating. Left to right, City Commissioner, Gordon Meyer, Mrs. Askew, Mrs. Sheila Roberts, advisory board chairman, and Capt. Billy Lyons, local corps officer. (Staff Photo)

Services Duplicated Consolidation Study Sought

By DONNA ESTES time of burning trash in backyards, throwing garbage to the pigs or having outdoor picnics in the back yard, an individual would be more responsible. "We are doing great. We already have some things going on," he continued, referring to county-wide voter registration, tax assessment and collection.

Consumers Hit 'Shield'

TALLAHASSEE, Fla. (AP) — Many Floridians are unaware of the consumer protection laws that exist, according to a survey released today by Gov. Reubin Askew's consumer adviser.

State Supreme Court Favors Sanford Man

TALLAHASSEE, Fla. (AP) — A ruling by the state Judicial Relations Commission denying a Sanford man disability benefits for two industrial accidents sustained in 1970 was overturned today by the Florida Supreme Court. The court ordered the commission to award Rogers Brown permanent partial disability and other benefits as a result of accidents suffered while working for Southern Chemical Inc. of Sanford.

The commission last May reversed an order issued seven months earlier by an industrial claims judge which found that Brown suffered 25 per cent less of earning capacity from back injuries suffered while lifting bags of fertilizer. The judge's decision was overruled because the commission said Brown's employer didn't have proper notice of ane-2-1 claim dates.

Large advertisement titled 'NEWS DIGEST' containing various news snippets, sections like 'Weather', 'Lindsay Won't Seek Re-election', 'Area deaths', 'Index', 'FERN PARK', 'Casselberry', and 'Hi-Way 17-92'.













# Council, Delegation Clash Over Altamonte Limits

By MARION BETHEA  
ALTAMONTE SPRINGS — A proposal by Mayor Lawrence Swafford to withdraw a local bill requesting the Seminole legislative delegation to re-define the city's territorial limits was turned by City Council Tuesday.

# Bank To Change City's Land Map

By MARION BETHEA  
ALTAMONTE SPRINGS — Construction of a new First Federal Savings and Loan Association building to be located at the corner of SR 426 and SR 36 has necessitated correcting the new master land use map to include a new zoning category.



## THE WORDS OF CHRIST

BY DAVID POLING  
And he came to Nazareth, where he had been brought up, and he went to the synagogue as his custom was on the sabbath day. And he stood up to read, and there was given to him the book of the prophet Isaiah.

## Opposed By Baker

## 'Springs Approves 2 Plats

By MARION BETHEA  
WINTER SPRINGS — Two preliminary plats for new sections of the Terrace subdivision were approved at city council Monday, although one was vehemently opposed by Councilman Vicki Baker.

those who are oppressed. But the freedom of the Christian man is not the liberty to abuse others. Everyone must gain in the liberation of the spirit.

Writing in Reflection, Dr. William Muehl of Yale Divinity School expresses the concern of many readers when he says: "I have begun to have some serious reservations about the current popularity of the word 'liberation.' First we had Black Liberation, then Women's Liberation, and now Gay Liberation. And in its very form the concept was once used by college students to describe everything from the occupation of the dean's office to sexual integration of the library toilet."

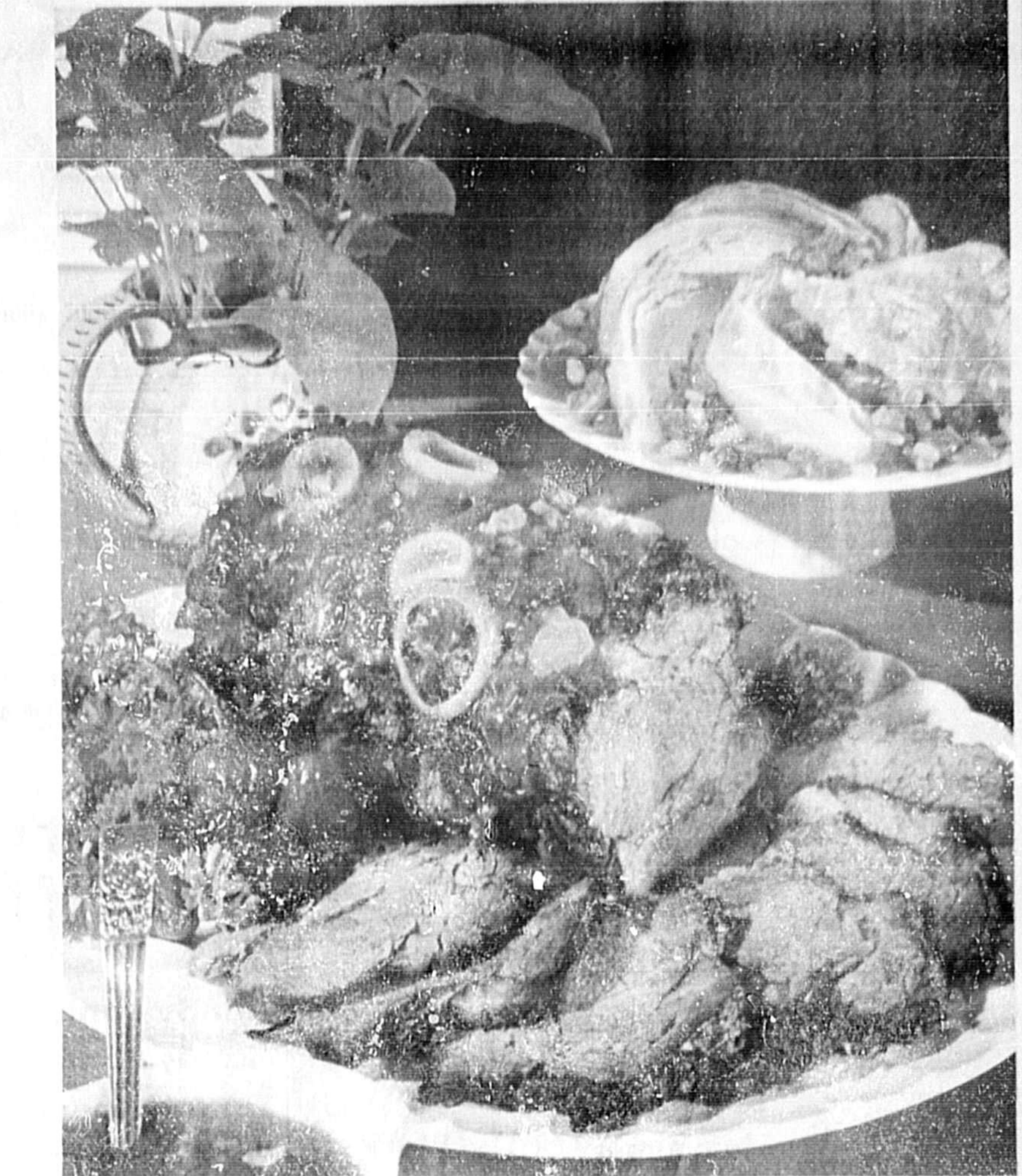
recommened by the city Planning and Zoning Board. Referred in this instance, providing a 16-foot setback on one side of the property. In other action, local agent Logan Browning advised city council that \$250,000 is enough to construct and provide equipment for a new city hall, fire station and police department. The figure, he said, excluded federal or state grants.

# Smart Cook Couples Beef Buying Skill with Kitchen Know-How

Today's kitchen executive is interested in value received for food dollar spent while providing good eating for her family with ease and efficiency. She's a smart shopper who considers price per serving as well as price per pound and evaluates her purchases with an eye to flavor appeal, nutritive contribution and convenience as well as cost. Coupling this marketing knowledge with preparation know-how, she achieves the most in satisfaction for the least expenditure of time and money.

Meat holds no mystery for today's director of kitchen activities. She can differentiate between the rib eye and the eye of round and knows when to braise, broil, roast or stew a cut of beef. A busy woman, she also knows the value of shortcuts, such as premeasured and mixed seasonings in a packet that can be combined with her beef purchases to produce flavor perfection.

Important in the value picture, too, is the contribution of beef to good nutrition as well as good eating. Although costing less per pound than those from the rib and loin, these cuts provide the same high quality protein, the important B-vitamins (niacin, riboflavin, thiamin, B<sub>6</sub> and B<sub>12</sub>) and minerals, including iron.



## Penny-Wise Beef Pot-Roast

- 4 to 5 pound boneless beef pot-roast (inside chuck pot-roast)
1/4 teaspoon salt
1 envelope Lipton beef flavor mushroom mix
1 medium-sized onion, sliced
1 jar (7 3/4 ounces) junior apricots with tapioca

Place pot-roast on rack in Dutch oven or roasting pan. Combine mushroom mix, apricots and salt and spread over roast. Cover tightly and cook in slow oven (325°F) for 2 hours. Add onion and lemon juice to liquid in pan. Cover and cook 1 hour longer, or until tender. Remove roast to warm platter. If thicker gravy is desired, combine water and flour to thicken cooking liquid. Add snipped parsley and cook 3 to 5 minutes.

\*Note: A boneless beef rump or English (Boston) pot-roast can be used.

## Braised Italian Beef Kabobs

- 2 1/2 pounds boneless beef, cut in 1 1/4- to 1 1/2-inch cubes
1/2 teaspoon oregano
1 cup water
1 teaspoon sugar
2 to 3 medium-sized carrots, cut crosswise in 1/2-inch slices
1 can (16 ounces) tomatoes
1 medium-sized green pepper, cut into rings
1 envelope Lipton onion soup mix
1 package (7 to 8 ounces) noodles or spaghetti
1/4 cup flour
1 package (7 to 8 ounces) Parmesan cheese
3 tablespoons cooking fat

Alternately thread 3 beef cubes and 2 carrot slices on each of 9 to 12 skewers. Combine onion soup mix and flour; dredge kabobs in mixture, reserving remaining mixture. Brown meat in cooking fat. Pour off drippings. Add oregano and water; cover and cook slowly 1 1/2 hours. Combine reserved flour mixture with sugar, stir in tomatoes and add to meat. Add green pepper rings, cover and cook slowly 20 to 30 minutes, or until meat is tender. Cook noodles or spaghetti according to package directions, drain and arrange on platter. Place kabobs on noodles or spaghetti. Sprinkle with Parmesan cheese. Serve sauce with kabobs and noodles or spaghetti, 6 servings.

Note: Skewers can be eliminated, if desired, and dredged and browned beef cubes cooked with carrots as directed.

## Zesty Two-Bean Salad

- 2 packages (9 ounces each) frozen Italian beans, cooked and drained
1/4 cup strips red pepper or pimiento
1 can (15 1/2 ounces) garbanzo beans, drained
1/2 cup Wish-Bone Italian Dressing
1/4 cup pieces ripe olives
Lettuce or romaine

Combine Italian and garbanzo beans, ripe olives, red pepper or pimiento and Italian dressing. Chill. To serve, stir lightly and turn into bowl lined with lettuce or romaine.



## Anniversary Celebration At New Bethel Church

By MARVA V. HAWKINS  
New Bethel Missionary Baptist Church, will observe its 34th anniversary of Christ Day, Sunday at 2 p.m.



MOTHER RUBY WILSON presents \$200 check to the Rev. A. A. Fields for payment on furnishings at Good Samaritan Home, as Mrs. Sallye F. Bentley helps ceremonies.

Officers and members of the choir are Mamie Tillman, vice president; James Washington, treasurer; Eva Hughes, financial secretary; Jessie Gaskin, chairman; Aaron Caphart, pianist; Johnny Holloway, critic; Alma Mingo, program chairman; Clyde Gastin, Leatha Hardy, Henrietta White, color committee; Ruth Killingworth, Lizzie Baker, sick reporter and Beatrice Mitchell, Mary Huff, Cordele Nelson, Gladys Mitchell and Francis Nelson.



## Children Lifted

Of all the world's great religions, the Christian faith was the first to lift up the place of children in the life of the believing community. Here again, the central figure in Jesus and his sermons, the needs and yearnings of young people. Even his devoted disciples, communities, one must be of "age" to participate fully in matters of worship and study. Not so with Christ.

FOR SALE! ALUMINUM SHEETS USED OFFSET PRINTING PLATES 23 INCHES BY 36 INCHES 15¢ EACH IDEAL LINING MATERIAL (They Just Fit Between Studdings and Rafters) NON-RUSTING PURE ALUMINUM EASILY INSTALLED WITH STAPLEGUN CAN BE CUT WITH SCISSORS IDEAL FOR ROOFING or INSULATING The Sanford Herald 300 N. FRENCH AVE. PH. 322-2611

When You Need Assistance... We are always here to take care of those family details that arise when death occurs. Just one call places our entire staff and facilities at your service. Wilson Eichelberger Mortuary 1110 Pine Ave. Ph. 322-5212 Sanford



HEALTH & BEAUTY AIDS SALE NYQUIL COLD MEDICINE \$1.09 SAVE 20¢

TOOTH-PASTE 77¢

NYLON HOSE 49¢

SCOPE \$1.29 SAVE 30¢

HAIR TONIC 69¢

ASPIRIN 49¢

BATH BEADS 88¢

POWDER DEODORANT 99¢



# 3-Way

WEEKLY SPECIALS!

PRICES GOOD THURS., MARCH 8 THRU WED., MARCH 14

- BREAD 4** 30-oz. LOAVES \$1.00
- JIKIE DARLING FAMILY**
- Cake Mixes . . . . . 2 19-oz. 79¢
  - Frostings . . . . . 16-oz. CAN 57¢
  - Cherry Coffee Cake . . . . . 15-oz. CAN 62¢
  - Fudge Brownies . . . . . 21-oz. PKG 65¢
  - Cremora . . . . . 9-oz. JAR 53¢
  - Flour . . . . . 5 10-oz. BAG 65¢
  - Dry Fry . . . . . 13-oz. PKG \$1.39
  - Long Thin Spaghetti . . . . . 33¢
  - Sea Shells . . . . . 2 8-oz. CAN 37¢
  - Sweet Cuke Sticks . . . . . 16-oz. JAR 49¢
  - Wyrob Kosher Dills . . . . . 32-oz. JAR 67¢
  - A-1 Steak Sauce . . . . . 5-oz. BOTTLE 45¢
  - Sweet Cuke Slices . . . . . 16-oz. JAR 43¢
  - Hamburger Dills . . . . . 16-oz. JAR 43¢
  - Tomato Ketchup . . . . . 26-oz. BOTTLE 57¢
  - Paper Towels . . . . . 3 40-oz. ROLLS \$1.00
  - Luzianne Coffee . . . . . 9-oz. CAN 95¢
  - Fruit Cocktail . . . . . 17-oz. CAN 35¢
  - Chicken Chow Mein . . . . . 15-oz. CAN \$1.19
  - Spinach . . . . . 4 15-oz. CANS \$1.00
  - Dark, Sweet Cherries . . . . . 17-oz. CAN 69¢
  - 3-Beans Salad . . . . . 17-oz. CAN 59¢

EX. LGE. EGGS 58¢

DOZ.

**Strawberries** 3 Pints \$1.00

25¢ OFF DETERGENT **TIDE** 84-oz. PKG. 99¢

Save 31¢

Limit 1 with \$7.50 or more purchase excluding cigarettes.

**ASTOR ALL GRINDS COFFEE** 1-LP. CAN 68¢

Save 27¢

**THRIFTY MAID GRAPEFRUIT JUICE** 46-oz. CANS 3 SAVE \$1

Save 29¢

- Handy Pants . . . . . 15-CT. PKG. 58¢
- Handy Pants . . . . . 74-CT. \$1.00
- Tuna Helpers . . . . . 2 PKGS. \$1.00
- Pork & Beans . . . . . 4 21-oz. CANS \$1.00
- Macaroni Dinner . . . . . 4 7-oz. PKGS. 88¢
- Pineapple Juice . . . . . 3 46-oz. CANS \$1.00
- Whole Chickens . . . . . 32-oz. SIZE 99¢
- Bartlett Pears . . . . . 4 16-oz. CANS \$1.00
- Flour . . . . . 5 16-oz. BAG 58¢
- Luncheon Meat . . . . . 2 12-oz. CANS 88¢
- White Acre Peas . . . . . 3 16-oz. CANS \$1.00
- Napkins . . . . . 15-CT. PKG. 39¢
- Niblets Corn . . . . . 4 4-oz. CANS \$1.00
- Cat Food . . . . . 7 8-oz. CANS \$1.00

**VEGETABLE SOUP** 10-oz. CANS 88¢

Save 20¢

Limit 1 with \$7.50 or more purchase excluding cigarettes.

**GREEN BEANS** 16-oz. CANS 4 88¢

Save 20¢

**GREEN BEANS** 16-oz. CANS 5 88¢

Save 12¢

**OLD MILWAUKEE BEER** 6 PACK 12-oz. CANS 99¢

- Vienna Sausage . . . . . 4 4-oz. CANS \$1.00
- Sardines . . . . . 6 CANS \$1.00
- Mushroom Sauce . . . . . 10¢
- Meat Balls . . . . . 3 15-oz. CANS \$1.00
- Paper Towels . . . . . 3 40-oz. ROLLS \$1.00
- Bar-B-Que Sauces . . . . . 18-oz. BOTTLE 44¢
- Puddings . . . . . 2 4-PK. PKGS. \$1.00
- Jumbo Pies . . . . . 3 12-CT. PKGS. \$1.00
- Saltine Crackers . . . . . 3 1-LB. PKGS. \$1.00
- Storage Bags . . . . . 3 25-CT. PKGS. \$1.00
- Flaky Rolls . . . . . 2 11-oz. PKGS. 59¢
- Twin Rolls . . . . . 2 11-oz. PKGS. 59¢
- Pecan Twirls . . . . . 2 7-oz. PKGS. 69¢

- EXTRA TOP VALUE STAMPS** 100: Choc. Chip Cookies
- EXTRA TOP VALUE STAMPS** 100: Cleaner
- EXTRA TOP VALUE STAMPS** 100: 3-Dry Bleach
- EXTRA TOP VALUE STAMPS** 100: Trash Can Liners
- EXTRA TOP VALUE STAMPS** 100: Beef Steakettes

419 E. FIRST ST. FRENCH AVE. & 25th. ST. SANFORD

# Savings

TOP VALUE STAMPS! Everyday Low Prices!

PRICES GOOD THURS., MARCH 8 THRU WED., MARCH 14

**W-D BRAND U.S. CHOICE BEEF ROLLED CHUCK ROAST** 1-LB. 98¢

Save 21¢

**W-D BRAND U.S. CHOICE BEEF CHUCK ROAST** 1-LB. \$1.18

Save 21¢

**SCHLITZ BEER** 6-PACK 12-oz. CANS \$1.19

- Chuck Steak . . . . . 1-LB. \$1.09
- Delmonico Steaks . . . . . 5 \$2.39
- Ground Chuck . . . . . 1-LB. \$1.18
- Sausage Roll . . . . . 1-LB. 69¢
- Strip Steaks . . . . . 10 8-oz. AVG. \$10.98
- Cubed Steaks . . . . . 5 12-oz. OVER \$8.19
- Perch Fillets . . . . . 5 12-oz. OVER \$3.89
- Spare Ribs . . . . . 5 12-oz. OVER \$5.89
- Beef Patties . . . . . 5 1-LB. \$3.99
- Shoulder Picnic . . . . . 1-LB. 69¢
- Baking Hens . . . . . 1-LB. 59¢
- Sliced Ham . . . . . 1-LB. 88¢
- Sliced Liver . . . . . 1-LB. 89¢
- Sliced Bacon . . . . . 12-oz. PKG. 79¢

**W-D BRAND PURE GROUND BEEF** 5 16-oz. PKG. \$3.99

**MORTON POT PIES** 5 8-oz. PIES 88¢

Save 32¢

- Turkey Breast . . . . . 1-LB. 99¢
- All Meat Bologna . . . . . 8-oz. PKG. 59¢
- Shoulder Picnic . . . . . 12-oz. PKG. \$1.59
- Smoked Bacon . . . . . 1-LB. 89¢
- Link Sausage . . . . . 12-oz. PKG. \$1.09
- Perch Fish Fillets . . . . . 1-LB. 79¢
- Canned Biscuits . . . . . 6 10-CT. CANS 59¢
- Meat Dinners . . . . . 2 PKG. \$1.19
- Pork Sausage . . . . . 26-oz. PKG. \$2.19
- Fish Krunches . . . . . 3 8-oz. PKGS. \$1.00
- Twin Pops . . . . . 2 12-PK. PKGS. \$1.00
- Party Pizza . . . . . 32-oz. SIZE \$1.99
- Fish Sticks . . . . . 18-oz. PKG. 79¢
- Topping . . . . . 3 QUARTS \$1.00
- French Toast . . . . . 2 9-oz. PKGS. \$1.00
- Biscuits . . . . . 4 8-oz. PKGS. \$1.00
- Vegetables . . . . . 2 10-oz. PKGS. \$1.00
- Whole Okra . . . . . 18-oz. BAG 65¢

- EXTRA TOP VALUE STAMPS** 100: Sliced Bacon
- EXTRA TOP VALUE STAMPS** 100: Cheese Spread
- EXTRA TOP VALUE STAMPS** 100: Colonial Cakes
- EXTRA TOP VALUE STAMPS** 100: Meat Entrees
- EXTRA TOP VALUE STAMPS** 100: Dinner

SANFORD FRENCH AVE. & 25th. ST. 419 E. FIRST ST.

- FOR YOUR CLEANING NEEDS**
- SOS Pads 2 4-PK. PKGS. 33¢
  - Cleaner 18-oz. BOTTLE 49¢
  - Freshener 18-oz. BOTTLE 59¢
  - Grahams 8-oz. PKG. 33¢
  - Wafers 12-oz. PKG. 46¢
  - Crackers 16-oz. PKG. 42¢
  - Cleaner 17-oz. BOTTLE 88¢
  - Starch 15-oz. CAN 49¢
  - Napkins 180-CT. PKG. 39¢
  - Can Liners 20-CT. PKG. \$1.39
  - Coffee 12-oz. JAR \$1.49
  - Cocktail 2 8-oz. CANS 47¢
  - Peaches 5 15-oz. CANS \$1.00
  - Fruit Punch 48-oz. CAN 39¢
  - Puddings 2 4-PK. PKGS. \$1.00
  - Mixes 2 18-oz. PKGS. 79¢
  - Cake 18-oz. PKG. 49¢
  - Brownie Mix 23-oz. PKG. 77¢
  - Muffin Mix 13-oz. PKG. 57¢
  - Bisquick 40-oz. PKG. 77¢
  - Sauce Mix 15-oz. PKG. 25¢

- Beef Ox Tails . . . . . 1-LB. 69¢
- Pork Neck Bones . . . . . 1-LB. 39¢
- Kosher Pickles . . . . . 12-oz. JAR 89¢
- Grouper Fillets . . . . . 1-LB. 99¢
- Sausage Roll . . . . . 1-LB. 99¢
- Sausage Roll . . . . . 1-LB. \$1.19
- Shrimp . . . . . 1-LB. \$1.49
- Dinner Rolls . . . . . 8-CT. PKGS. 39¢
- Chopped Broccoli . . . . . 4 10-oz. PKGS. \$1.00
- Fried Clams . . . . . 7-oz. PKG. 79¢
- Blue Detergent . . . . . 48-oz. PKG. 77¢
- Fabric Softener . . . . . 13-oz. BOTTLE 85¢
- Coffee . . . . . 7-oz. JAR 69¢
- Chicken Noodle Soup . . . . . 37-oz. CAN 45¢
- Iodized Salt . . . . . 2 26-oz. PKGS. 29¢
- Shoestring Potatoes . . . . . 7-oz. SIZE 39¢

**Dairy Specials**

- Cheese Spread . . . . . 2 1-LB. PKGS. 79¢
- Cream Cheese . . . . . 3 8-oz. PKGS. \$1.00
- Cottage Cheese . . . . . 2 1-LB. PKGS. 85¢
- Swiss Cheese . . . . . 8-oz. PKG. 55¢
- Pimento Cheese . . . . . 1-LB. PKG. 79¢
- Cheese Food . . . . . 18-oz. PKG. \$1.19

**FRESH FLORIDA YELLOW CORN** 7 EARS 69¢

- Western Apples . . . . . 8 8-oz. PKGS. 88¢
- Florida Oranges . . . . . 5 16-oz. BAG 49¢
- Fresh Lettuce . . . . . 1-LB. 19¢
- Pink Grapefruit . . . . . 5 16-oz. BAG 79¢
- Crisp Celery . . . . . 23-oz. STALK 23¢
- Sweet Potatoes . . . . . 3 1-LB. 48¢
- Orange Juice . . . . . 3 8-oz. BTL. 89¢
- Margarine . . . . . 3 1-LB. PKGS. 89¢

419 E. FIRST ST.

Homemade Whole Wheat Peanut Bread in Mini-Loaves

By AILEEN CLAIRE  
NEA Food Editor

Homemade bread adds a special touch to the week. Men, especially, enjoy making bread as part of the weekend of getting away from the normal job routine. Some families no longer make several loaves at a time and freeze them for later use. A recipe that divides well into mini-loaves answers the baking problem for families with children. Also, for couples without children or single men and women who don't want to be stuck with a freezer full of bread because they want to try another recipe a following weekend. One that fulfills this need is a Whole Wheat Peanut Mini-Loaf.

**INGREDIENTS:**  
1½ cups unbleached whole wheat flour  
¾ cup ground coconut  
½ cup margarine  
2 tablespoons sugar  
2 teaspoons salt  
1 cup instant meaty dry milk solids  
1 package active dry yeast  
2½ cups very warm tap water (120-130 degrees)  
Combine flour and ground coconut peanuts in a large bowl thoroughly mix ¾ cup flour mixture, sugar, salt, dry milk solids and active dry yeast.  
Gradually add very warm water to dry ingredients and beat 2 minutes at medium speed of electric mixer (or with rotary beater, scraping bowl occasionally). Add ½ cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board, knead until smooth and elastic, about 8 to 10 minutes. Dough will be very stiff. Place in greased bowl, turning to grease top. Cover, let rise in warm place, free from draft, until double in bulk, about 1 hour.  
Punch dough down, divide into 6 equal pieces. Roll each piece into a 4x7-inch rectangle. Beginning at a 4-inch end, tightly roll dough as for jelly roll. Pinch seam down, in 6 greased 4x 7-inch pans.  
Cover, let rise in warm place, free from draft, until double in bulk, about 1 hour.  
Place loaf pans on a baking sheet. Bake at 375 degrees 30 to 35 minutes or until done. Remove from oven and cool on wire rack. Makes 6 individual loaves.

**Sardine Snack Supper**  
By FELIX BROWNSTONE  
Associated Press Food Editor  
He is a light and lively diet. Leading ailments, simmered in white wine - to serve for an impromptu supper for four. Accompany this dish with French bread to sop up the juices. Fret not, mustard and a tossed green salad. For a second course you can offer more of the 4-speed bread with cheese.  
When we tried the sardine recipe in our test kitchen, we had only two leftovers so there was some leftover. Later we saved the leftover sardines, mashed and mixed with a little mayonnaise to make a good sandwich.  
**SARDINES IN WHITE WINE:**  
2 tablespoons butter  
1 small onion, cut in thin strips  
2 medium cloves garlic, crushed  
1 cup dry white wine  
1 half loaf  
2 cups each 2 1/2 ounces strained sardines, drained.  
In a 16-cup skillet melt the butter, add the onion and garlic and cook gently, stirring often, until onions are translucent; do not brown. Add wine and bay leaf and simmer for 10 to 15 minutes. Remove bay leaf and discard. Carefully place sardines in skillet, simmer gently for 5 minutes. Makes 4 servings.

Four bread recipes are given in the Illustrated "Candy Brownstone's Associated Press Cookbook," available by sending \$4.95 (check or money order made payable to The Associated Press) to this newspaper in care of AP COOKBOOK, Box 64, Newark, N.J. 07102.

**SUNDAY BRUNCH**  
Tomato Juice Cocktail  
Poached Eggs with Bacon on Toast  
Apple Doughnuts Beverage  
APPLE DOUGHNUTS  
An American interpretation of a Dutch recipe.  
4 large cooking apples  
1/2 cup sugar  
1/2 cups sifted flour  
1/2 cup enriched white cornmeal  
2 tablespoons sugar  
3 teaspoons baking powder  
1 teaspoon salt  
1/5 teaspoon nutmeg  
1 egg, slightly beaten  
1 1/4 cups milk  
Peel and core apples, slice crosswise into 1/8-inch thick rounds. Lay rounds flat on absorbent paper, sprinkle with the 1/2 cup sugar. Sit together the remaining dry ingredients, add egg and milk, mix well. Dip each apple slice in batter, coat well, then fry in hot deep fat (400 degrees) 2 slices at a time, until golden-brown - about 3 1/2 minutes on each side. Drain on absorbent paper. Sprinkle with confectioners' sugar and serve warm. Makes about 2 dozen.

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Book Says Everyone Can Cook With Natural Grains

By GAYNOR MADDOX  
A booklet that contains recipes for Scrambled Eggs with Alfalfa Sprouts, Sun-

flower Seed Brownies, Three-Square Crisps made with brewer's yeast, honey, millet, soy and barley flour, leads one to think there is a health faddist in the neighborhood.

That's right — two of them. Eden Gray and Mary Beckwith, Cohen, recently put together a 32-page illustrated "Natural Grains Cookbook" (The Stephen Greene Press, Hattletown, Vt., \$1.25). They seem bent on

recalling us from use of over-processed grains back to the old-fashioned type, free from the processing, refining, bleaching and enriching that practically all of our grains go through before reaching the grocer's shelves. Whole grains are more nutritious, they state gratefully. Why then, is it so difficult to find whole wheat flour, brown rice, soy flour or ungerminated cornmeal? Food processors tell us that it is because people like white flour better. The real reason, however, is that the grains that have been refined, processed and bleached have a longer shelf life in the store.

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Tuna-Rice Skillet Is Flavorful

By AILEEN CLAIRE  
NEA Food Editor

A money-stretching dish if peanuts instead of cashews are used) has a base of brown rice and tuna which will please health food followers. It also is a flavorful dish that requires little time in preparation.

- TUNA-RICE SKILLET**  
1/2 cup butter or margarine  
1 ribs celery, sliced  
1 medium green pepper, cut in strips  
1 cup broken cashews or peanuts  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon dried leaf thyme  
1 tablespoon soy sauce  
2 cans (8 1/2 or 7 ounces each) tuna in vegetable oil
- Prepare rice according to package directions; set aside. Melt butter over medium heat in a large skillet. Add vegetables, mushrooms and cashews or peanuts. Cook, stirring occasionally, until vegetables are crisp-tender, 3 to 5 minutes. Add salt, pepper, thyme and soy sauce; mix well. Stir in cooked rice and tuna. Heat to serving temperature, stirring occasionally. Transfer to serving dish. Makes 4 servings.

Beat the Big One... Heart Attack Give Heart Fund  
the golden macaroni in the little green box  
Creamettes MACARONI

# Delicious Stuffed Capon With Cornbread Dressing

By CECILY BROWNSTONE  
Associated Press Food Editor

If you want an unusually good cornbread stuffing for a capon, we heartily recommend the following recipe. Some of the dressing is stuffed into the body and neck cavities of the bird and the rest is baked in a casserole. After the bird is cooked, the stuffing is served on top of the capon. And the casserole stuffing tastes just as good as that in the bird.

**STUFFED CAPON**  
1 man: corn bread, crumbled

**(see below)**  
2 cups herb-seasoned croutons, from a 3-ounce package  
2 cups chopped onion  
1/2 cup butter  
2 cups diced pared apples  
1/2 cup raisins  
1 1/2 cups clear chicken broth, from a 13 3/4-ounce can  
2 eggs, slightly beaten  
1 1/2 teaspoons salt  
1 teaspoon poultry seasoning  
1/2 teaspoon sage  
1/2 teaspoon pepper

**Roast Capon**  
1 man: corn bread, crumbled  
2 cups herb-seasoned croutons, from a 3-ounce package  
2 cups chopped onion  
1/2 cup butter  
2 cups diced pared apples  
1/2 cup raisins  
1 1/2 cups clear chicken broth, from a 13 3/4-ounce can  
2 eggs, slightly beaten  
1 1/2 teaspoons salt  
1 teaspoon poultry seasoning  
1/2 teaspoon sage  
1/2 teaspoon pepper



ROAST CAPON WITH CORNBREAD STUFFING—Some of the dressing is used in the bird, the rest is baked in a casserole.

# Try It... You'll Like It Ever Bake An Applesauce Pie?

By CECILY BROWNSTONE  
Associated Press Food Editor

Around Boston, Massachusetts, applesauce pies were popular in the past century. These were made chiefly with applesauce, sugar and eggs. But as the years have passed, applesauce pies have changed. One good cook adds golden raisins and a streusel topping. When we tested this version our tasters applauded, and the recipe follows.

**APPLESAUCE RAISIN CRUMBLE PIE**  
1 can (16 ounces) or 1 jar (15 ounces) applesauce  
1 cup firmly packed dark brown sugar  
1/4 cup butter  
Dash of salt  
1 cup golden raisins  
4 eggs  
Unbaked 10-inch pie shell  
3/4 cup butter milk  
1/4 cup granulated sugar  
2 tablespoons butter  
In a 2-quart saucepan turn the applesauce and brown sugar. Bring to a boil, reduce heat and simmer for 20 minutes, remove from heat. Add 1/4 cup butter and the salt; stir until butter is melted. Stir in raisins. Cool to room temperature.  
In a small mixing bowl beat eggs well, add to cooled applesauce mixture and blend well. Pour into pie shell. Bake

**CORN BREAD**  
Into a medium mixing bowl sift together 1 cup enriched cornmeal, 1/2 cup sifted flour, 2 teaspoons baking powder, 1 tea-

**SPONGE CAKE**  
Four hundred recipes are given in the illustrated "Cooky Book," available by sending \$4.95 (check or money order made payable to "The Associated Press") to this newspaper in care of AP BOOKS, Box G4, Teaneck, N.J. 07666.

spoon salt and 1 tablespoon sugar. Add 1 cup milk, 1 slightly beaten egg and 3 tablespoons butter (melted), stirring to combine. Pour into greased 8-inch square cake pan. Bake in 350-degree oven 20 to 25 minutes; cool.

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Cake Donuts 6 for 29¢  
Mini Cookies 2 for 58¢

# Easy Party Menu

By AILEEN CLAIRE  
NEA Food Editor

Soup and salad parties are becoming very popular for a variety of reasons. The preparation of the party menu, the variety of the menu allows for casual buffet serving, and the heartiness of a soup, such as an Elegant King Crab Chowder also is a relatively inexpensive way to entertain many guests without popping holes in the weekly food budget. Add a favorite homemade bread and fruit and cheese for dessert.

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# Cooking Corner Tasty Frosted Cream Cake Roll Isn't Too Difficult To Prepare



EYE APPEAL--A gourmet's delight, this custard-cream cake roll has extra eye appeal in a rich chocolate frosting.

**By SUSAN DELIGHT**  
Copy News Service  
Cake rolls, which established their reputation in early American times, are not too often attempted by today's home baker. Most people are intimidated by the rolling, which they consider difficult. If directions are followed to the letter, this type of cake is really not too difficult to prepare. And cake rolls offer an impressive and easy-to-serve dessert.  
The rolled cake recipe given today calls for frosting, which affords extra eye appeal.  
**FROSTED CREAM CAKE ROLL**  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs  
1/2 cup sugar

Turn into cloth, generally sprinkled with confectioner's sugar. Remove watered paper. Roll up in cloth, starting at narrow end, roll completely on wire rack. Unroll and spread with Deluxe Cream Filling, spreading almost to edges of cake. Roll up cake on spread top and sides with frosting. Chill several hours before serving. Makes 10 (1-inch) slices.  
**Deluxe Cream Filling:** In a small, heavy saucepan, stir together 1/2 cup sugar, 1 1/2 tablespoons corn starch and 1/2 teaspoon salt. Gradually add 1 cup milk. Stir until smooth. Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Gradually stir about half of the hot mixture into 1 well beaten egg  
**RICH CHOCOLATE FROSTING**  
1/4 cup margarine  
1 1/2 tablespoons light corn syrup  
1/4 teaspoon salt  
1/2 teaspoon vanilla  
1/2 cup cream  
2 tablespoons milk (about) (1 cup sifted confectioner's sugar)  
With a spoon, blend margarine, cream syrup, salt

# A Real Prize Winner

By AILEEN CLAIRE  
NEA Food Editor

Daisy Hill, wife of a well-known local businessman and a member of the Red Cross, is the winner of the 1972-73 Fairway Markets Home Economics Contest. She won a \$100 prize for her winning recipe for a Honey Drizzle Cake. She plans to use the money to attend graduate school in journalism.

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**FRYER PARTS**  
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Log Quarters .59¢  
Split Broilers .59¢  
Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Gradually stir about half of the hot mixture into 1 well beaten egg  
**FRYER PARTS**  
Breast Quarters .65¢  
Log Quarters .59¢  
Split Broilers .59¢  
Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Gradually stir about half of the hot mixture into 1 well beaten egg  
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Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Gradually stir about half of the hot mixture into 1 well beaten egg  
**FRYER PARTS**  
Breast Quarters .65¢  
Log Quarters .59¢  
Split Broilers .59¢  
Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Gradually stir about half of the hot mixture into 1 well beaten egg

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**DISCOUNT PRICE** Fairway Bread 2 for 49¢

Tasty Cookie Treats

By CECILY BROWNSTONE Associated Press Food Editor

If you are entertaining and want to serve some really rich and delicious cookies we promise that you won't be disappointed if you try the following recipe.

We found the recipe in two cookbooks one published in aid of a library in Pound Ridge, Conn., and the other a volume put out by a spice company. Both cookbooks stated that the cookies were Czechoslovakian in origin.

In making these cookies we went by the Connecticut recipe but substituted pecans for walnuts. Just the rich buttery flavor comes through, an excellent one for the strawberry jam used as the "filling."

STRAWBERRY JAM SQUARES
1 cup butter
1 cup sugar
2 eggs
2 cups unsifted flour, stir to separate before measuring
1 cup finely chopped walnuts
3/4 cup strawberry jam

In a medium mixing bowl cream butter and sugar. Beat in egg yolks. Gradually stir in flour, then walnuts. Form mixture into a ball and cut in half. Wrap one half of dough in plastic wrap and place in freezer to chill.

Pat remaining half of dough into an ungreased square cake pan (9 by 9 by 1 3/4 inches). Spread jam over mixture. Remove remaining half of dough from freezer and roll between two pieces of wax paper to form a 9-inch square. Remove top piece of wax paper and invert over jam in pan. Peel off paper and with fingers gently press edges of dough against pan.

Bake in a preheated 325-degree oven until lightly browned — 55 to 60 minutes. Place pan on a cookie rack. Cool. Loosen edges with a small spatula and cut into 1 1/2-inch squares. Makes 36 squares.

NOTE: These cookies keep extremely well when stored in a tightly covered tin box. Four hundred recipes are given in the illustrated Cecily Brownstone's Associated Press Cookbook available by sending \$4.95 (check or money order made payable to "The Associated Press") to this newspaper in care of A.P. COOKBOOK, Box 64, Newark, N. J. 07106.

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McIntosh Apples 49¢. Fla. Sweet Corn 5/49¢. Polebeans 39¢. Button Mushrooms 99¢. Sweet Rolls 39¢. Grapefruit 8 for \$1.00.

Dionne, Bi-Want A Girl

By NANCY ANDERSON HOLLYWOOD — Dionne Warwick and her husband, Bill Elliott, are expecting their second child son, and Bill says unless it's a girl, the new arrival may be embarrassed wearing all those pink dresses and sleeping on all pink blankets.

Legal Notice

NOTICE UNDER FICTITIOUS NAME STATUTE TO WHOM IT MAY CONCERN. NOTICE TO CREDITORS IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA.

NOTICE TO CREDITORS IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA. NOTICE TO CREDITORS IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA.

IN THE CIRCUIT COURT FOR SEMINOLE COUNTY, FLORIDA. CIVIL ACTION NO. 73-184. NAME: AYOVA. Plaintiff.

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA. PROBATE DIVISION. CASE NO. 73-93-C.

AMENDED NOTICE OF SUIT TO QUIET TITLE IN THE NAME OF THE STATE OF FLORIDA.

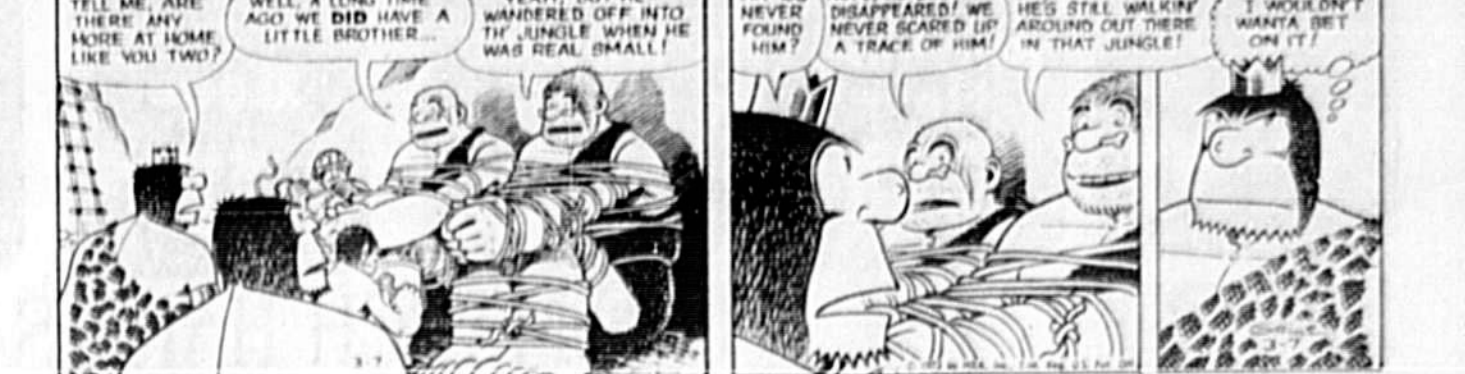
IN THE CIRCUIT COURT IN AND FOR SEMINOLE COUNTY, FLORIDA. CIVIL ACTION NO. 73-174-B.

IN THE CIRCUIT COURT OF SEMINOLE COUNTY, FLORIDA. PROBATE DIVISION. IN RE: ESTATE OF...

NOTICE TO DEFEND IN THE STATE OF FLORIDA. NOTICE TO DEFEND IN THE STATE OF FLORIDA.

NOTICE TO DEFEND IN THE STATE OF FLORIDA. NOTICE TO DEFEND IN THE STATE OF FLORIDA.

THIS AD. IS EFFECTIVE IN ALL STORES IN THE CITIES BELOW. PINECREST SHOPPING CENTER Hwy 17-92 at 27th St., Sanford



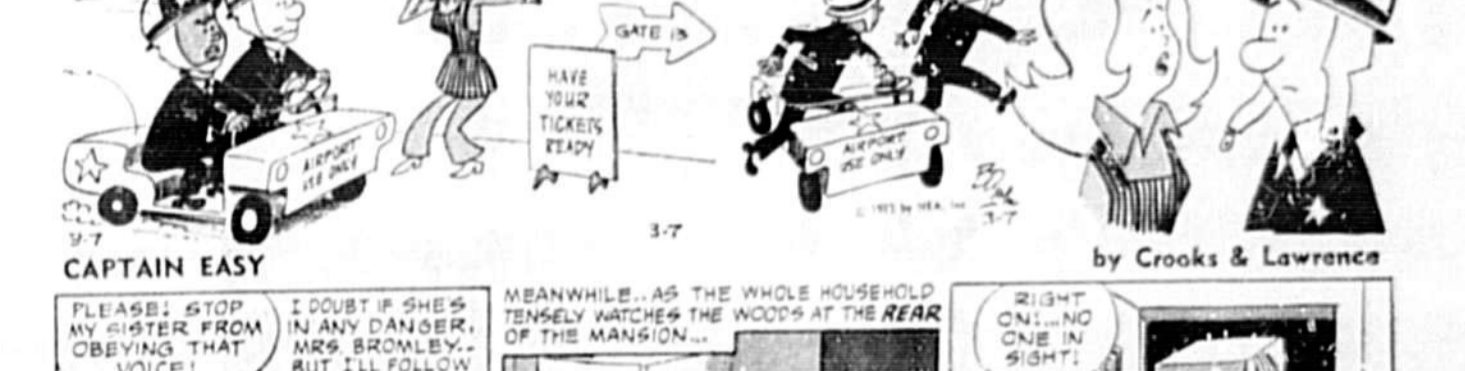
ALLEY OOP by Dave Gruen



PRISCILLA'S POP by Larry Lewis



THE BADGE GUYS by Al Veermor



CAPTAIN EASY by Bowen & Schwarz



FRANK AND ERNEST by Bob Thaves



LOANS ON YOUR SIGNATURE by Dick Cavalli



WINTHROP by Dick Cavalli



BLONDIE by Chic Young



BEEBLE BAILEY by Mort Walker

