

College Is Challenge But Opens Many Doors

By ELAINE COLONELLI Copley News Service

LOS ANGELES — Ten years ago Jeanne Cunningham had a feeling that there was something missing in her life. She had a husband, four children, a lovely home and a normal amount of womanly activities. There was golf, bridge, Parent-Teacher Association, her daughter's Camp Fire group and the Tuesday Afternoon Club.



JEANNE CUNNINGHAM "Nobody gives you an A for getting dinner on the table..."

At this time, Jeanne had accumulated 25 college credits that she really hated to waste. At the same time, she could understand that the family did not have a valid argument in saying three nights a week away from home were just too much.

She also liked night school because it decreased the odds that I would be in a class with all B and C students. Like many women who go back to school, Jeanne said she feared that she would stick out like a sore thumb among the youngsters. But, she said, her fears were unfounded.

Country Doctor Keeps 'Pulse' On Progress

Expresses Need For More Doctors In Internal Medicine Or Pediatrics

By FRANK MACOMBER Copley News Service

Dr. Thomas Elmendorf likes to call himself an old-fashioned "country doctor" because he lives and practices medicine in Willows, Calif., a rather remote community of 5,000 about 90 miles north of Sacramento, the state capital.

While the United States has one doctor for every 700 people, the highest per capita in the world, the figure is misleading, Dr. Elmendorf points out.

There aren't enough physicians in this country, especially in the general practice of "family doctor" field, Elmendorf concedes.

He says it is only a psychosomatic aid to patients, if it is helpful it should be put to use. He recalls that "I was an acupuncture subject for arthritis of the hip. It relieved the pain, but only for about an hour."

He says it is difficult for doctors to reconcile reports of its success with their knowledge of medicine. But he wants to see the "bunk or cultism" removed.

Hospital costs to the patient still are rising, Elmendorf concedes, but at a rate of 12 to 20 per cent a year compared to nearly 20 per cent a few years ago.

Nixon Is Appalled At Hints Of His Land 'Improprieties'

SAN CLEMENTE, Calif. — President Nixon is described as appalled by what he regards as malicious, unfounded and scurrilous suggestions that his purchase of an oceanfront estate here involved improprieties.

Washington (AP) — Two former White House officials are reported ready to plead guilty in the Watergate cover-up and implicate H. R. Haldeman, the resigned White House chief of staff.

Ex-Aides To Plead Guilty Heat On Haldeman

WASHINGTON (AP) — Two former White House officials are reported ready to plead guilty in the Watergate cover-up and implicate H. R. Haldeman, the resigned White House chief of staff.

Welfare Cases On Decline

JACKSONVILLE, Fla. (AP) — Welfare cases in Florida are on the decline for the first time in two decades, says the Department of Health and Rehabilitative Services.



UNION SOLDIER HONORED BY FLAG

DON SCHRINER, commander of VFW Post 8207, and Mrs. Evelyn Hart, president of Ladies Auxiliary of VFW Post 8207, place flags today on a Union soldier's grave buried in Longwood Memory Gardens.

Cleared POWs Seek Out

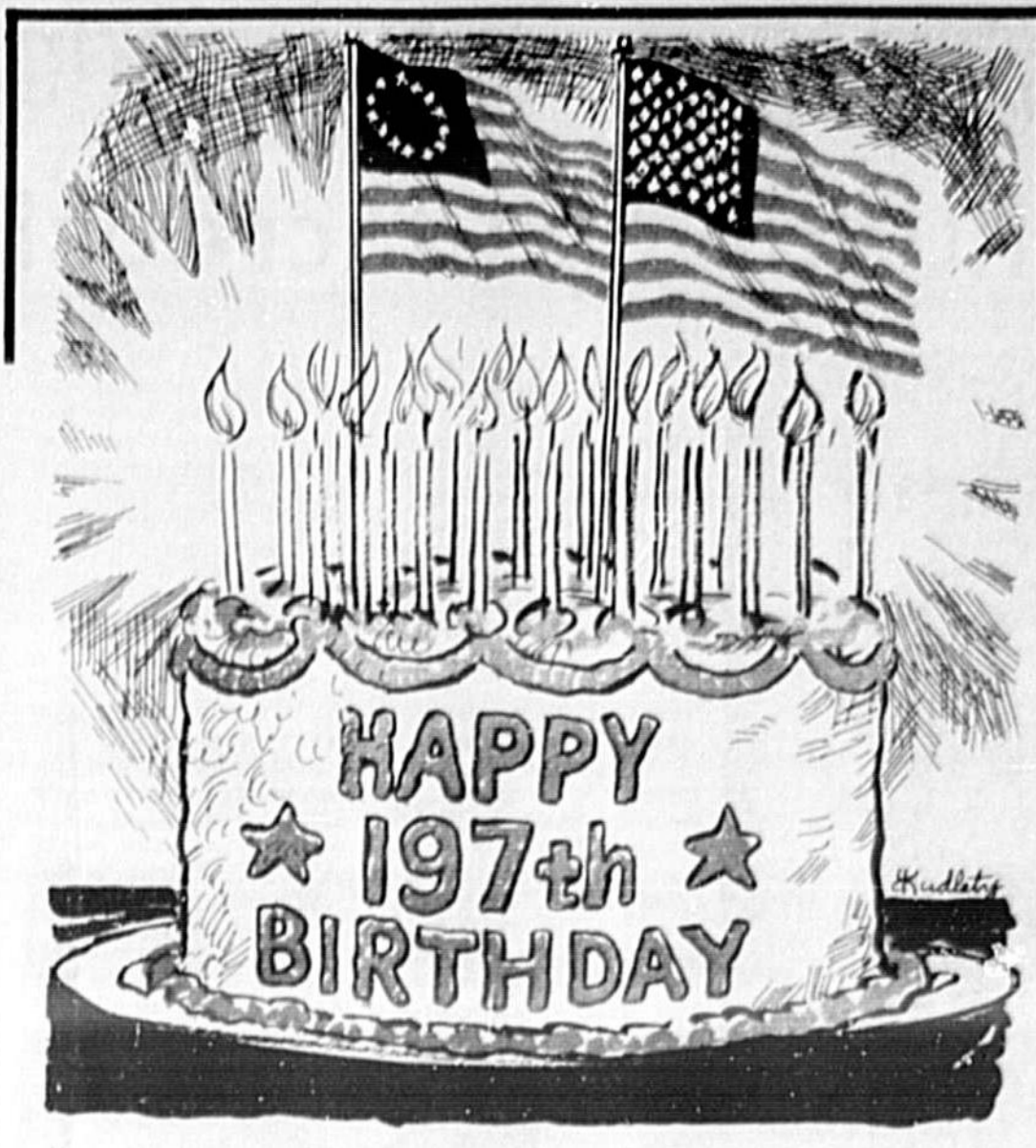
WASHINGTON (AP) — Five former prisoners of war are on their way out of the Army after charges of misconduct against them were dropped.

Advertisement for George Stuart name caller, listing features like 'Push a button, The Name Caller dials the phone' and 'No need to dial numbers'.

Advertisement for Beach Floats, Army-Navy Surplus, and a Jeep.

Seminole Calendar for 1973, listing various events and locations like 'July 4 - South Seminole Jaycees Fourth of July Festival'.

Large advertisement for ABC Liquor Sale, featuring various spirits and prices, such as 'GRANT'S 8 YR. STANLEY HEDGES BUTLER JACQUIN'.



Making a Revolution

Suppose the drafters of the Declaration of Independence had neglected to add this paragraph to their document: 'And for the support of this Declaration, we mutually pledge to each other our Lives, our Fortunes, and our Sacred Honor.'

Letter To Editor

'Remember 1776' Editor, Herald: "Patriotism means different things to different people. To me it is the undying love of my own country."

News Digest

- THE NONPARTISAN FAIR CAMPAIGN PRACTICES COMMITTEE recommends a law that would require a federal official to forfeit his office if convicted of engaging in illegal campaign practices.

Index of contents and page numbers for the newspaper.

Publix 4650

EXTRA

GREEN STAMPS

WHEN YOU CLIP AND REDEEM THE COUPONS ON THIS PAGE

MISS BRECK
UNSCENTED, REG.
OR SUPER
Hair Spray
13-oz. can
49¢



KEEPS BREATH
FRESHER FOR
HOURS! SCOPE
Mouth Wash
24-oz. bot.
\$1.19



<p>100 GreenStamps Regular or Super Kotex, 12-ct. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Dow Bathroom Cleaner, 20-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Black Flag Roach & Ant Bomb, 15 1/4-oz. (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Lipton Tea, half pound (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Clorox 2 Dry Bleach, 61-oz. size (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Hefty Tall Kitchen Bags, 15-ct. pkg. (Expires Wed., July 11, 1973)</p>
<p>50 GreenStamps Wizard Assorted Air Freshener, reg. cans (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Johnston Graham Cracker Crust, 6-oz. size, two pkgs. (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Industrial Strength Drene, 32-oz. size (Expires Wed., July 11, 1973)</p>
<p>50 GreenStamps Minute Rice, Fried Rice, Spanish Rice, Rib Roast Rice, Pork Rice or Drumstick Rice, reg. pkgs. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Woolite, 22-oz. Rug Shampoo (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Jet Dry Solid or Jet Dry Liquid (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Mexsana Heat Powder, 6 1/2-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Regular or Iron Pol Vitamins, 60-ct. bot. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Bufferin Tablets, 100-ct. bot. (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Vicine Eye Drops, 15cc bot. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Schick Super Chromium Injector Blades, 4-ct. pkg. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Right Guard Deodorant twin pkg. (Buy One - Get One FREE) (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Wilkinson Bonded Blades, 5-ct. pkg. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Pristeen Feminine Spray Deodorant, 2 1/2-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Johnson's Baby Shampoo, 16-oz. size (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Normal, Dry, Oily Breck Liquid Shampoo, 7-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Regular or Extra Body Wella Balsam Conditioner, 8-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Sable Soft Bath Oil, 32-oz. size (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Dreemflower Dusting Powder, 5-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Vaseline Intensive Care Lotion, 10-oz. or 15-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps 3-oz. Lotion or 4-oz. spray Solarcaine Medication (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Coppertone Suntan Lotion, 4-oz. or 8-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Q-Tip Cotton Swabs, 170-ct. pkg. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Regular or Lime Palmolive Rapid Shave, 6 1/2-oz. size (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Off Insect Repellent, 6 1/2-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Red Cross Cotton Balls, 65-ct. pkg. (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Any Adult Tooth Brush (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Johnson's Baby Oil, 4-oz. or 10-oz. size (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Ultra-Brite Toothpaste, 3-oz. size (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Aqua Velva Shave Lotion, 6-oz. size (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps 28-quart Waste Basket (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Electric Burner Liners (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Pell Liquid Shampoo, 11-oz. size (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Listerine Mouthwash, 14-oz. size (Expires Wed., July 11, 1973)</p>	<p>50 GreenStamps Dessert Mold Avocado or Dessert Mold Poppy (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Pot Holder or Oven Mitt or Magnetic Pot Holder (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps 3-speed Electric Fan (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Teflon Fry Pan (Expires Wed., July 11, 1973)</p>	<p>100 GreenStamps Bundt Pan (Expires Wed., July 11, 1973)</p>
<p>100 GreenStamps Swinger Cooler (Expires Wed., July 11, 1973)</p>	<p>TURN PAGE FOR MORE SAVINGS</p>	

SANFORD PLAZA Hwy. 17-92 and Airport Blvd., Sanford

CLOSED SUNDAY

SEMINOLE PLAZA Hwy. 17-92, Casselberry

<p>SAVE 6¢ Fruit Cocktail 29¢</p>	<p>SAVE 4¢ Garden Peas 25¢</p>	<p>SAVE 12¢ Coffee-Mate 79¢</p>	<p>PHILADELPHIA BRAND Cream Cheese 36¢</p>	<p>SAVE 29¢ Formula 409 129¢</p>	<p>SAVE 14¢ Grape Jelly 39¢</p>	<p>DONALD DUCK FROZEN Orange Juice 65¢/109¢</p>	<p>TASTY SWEET Cantaloupes 39¢</p>
---	--	---	--	--	---	---	--

SUMMERTIME

WHEN PUBLIX MAKES THE COOKING EASY!

MEALS IN MINUTES

SAVE 60¢
DELICIOUS
Libby's Beans
4 No. 2 cans \$1

BEER 6 12-oz. Cans 99¢
WINE 1/2 Gal. \$3.99
MILK 1/2 Gall. 17¢
BREAD 20-oz. Loaf 25¢
SUGAR 5 lb. Bag 59¢

From Our Dairy Dept.

Sharp Cheddar 89¢
Big Eye Swiss 49¢
Sliced Mozzarella 57¢
Cottage Cheese 48¢
Regular Margarine 49¢
English Muffins 11¢
Lemonade 11¢
Half & Half Cream 39¢

From Our Grocery Dept.

Tea Bags 95¢
Pineapple 25¢
White Corn 25¢
Sweet Peas 11¢
Niblets Corn 11¢
Mushroom Sauce 35¢
Green Beans 25¢
Whole Kernel Corn 25¢
Deodorant Soap 47¢
Cat Food 39¢

SAVE 60¢
ASSORTED FLAVORS
Hi-C Drinks
48-oz. can 29¢

SAVE 20¢
Hills Bros. Coffee
1-lb. can 79¢

From Our Grocery Dept.

Nabisco Cookies 55¢
Keibler Cookies 75¢
Chocolate Drop Cookies 75¢
Cookies 75¢

Down Produce Lane

Santa Rosa Plums 5¢
Sweet Corn 10 79¢
Cauliflower 49¢
Fresh Broccoli 49¢
Cooking Onions 3 39¢
Plump Eggplant 19¢
Juicy Lemons 59¢

SAVE 30¢
SOFT PLY WHITE
Paper Towels
25¢

SAVE 30¢
SOFT PLY WHITE
Bathroom Tissue
25¢

SAVE 10¢
RATH'S FLAVORFUL
HICKORY-SMOKED
Sliced Bacon
1 lb. pkg. 99¢

From Our Meat Dept.

Hostess Hams 16.29
Leg O' Lamb 11.19
Hot Dogs 99¢
Cold Cuts 75¢
Braunschweiger 69¢
Brown 'N Serve 85¢
Smoked Daisies 85¢
Sliced Bologna 85¢

where shopping is a pleasure

Publix markets

SANFORD PLAZA Hwy. 17-92 and Airport Blvd., Sanford

CLOSED SUNDAY

Kids Love 'em Tasty

Copeland Franks 79¢
Cooked Ham 99¢
Ham Steak 12.29
Small Shrimp 13.79
Groupers Fillets 13.15

the BEEF that NEEDS LESS COOKING TIME!

Chuck Steaks 1.99
Pot Roast 99¢
Imperial Roast 1.29
English Cut Roast 1.49
Beef Short Ribs 89¢
Ground Beef Plus 79¢

Proten BEEF
the BEEF that NEEDS LESS COOKING TIME!

From Our Candy Dept.

Spicettes 39¢
Orange Slices 39¢
Big Ben Jellies 39¢
Jelly Strings 39¢

SAVE 30¢
SOFT PLY WHITE
OR ASSORTED
Facial Tissue
300-ct. size
25¢

SAVE 24¢
100'S OFF LABEL
Giant Ajax
49¢

SAVE 10¢
BIRDS EYE
AMERICANA
RECIPE
VEGETABLES
13-oz. pkg. 49¢

SAVE 11¢
BLUE BONNET
SOFT
MARGARINE
1-lb. twin-pk. 52¢

SAVE 26¢
JOY LIQUID
DETERGENT
king size 85¢

From Our Frozen Food Dept.

Proten Beef

Steak Sale \$1.69

From Our Frozen Food Dept.

Minuteman Concentrate 89¢
Fried Clams 79¢
Welch Rarebit 89¢
Turkey Dinner 69¢
Pie Shells 39¢
Broccoli Spears 39¢
Flounder Fillets 31¢
Gorton's Sole 98¢
Miniature Shrimp 11¢

SAVE 20¢
CHEF BOY-AR-DEE
SAUCE WITH
MUSHROOMS
OR MEAT
29-oz. size 79¢

SAVE 10¢
Nescafe
INSTANT
COFFEE
10-oz. jar \$1.19 \$1.55

SAVE 10¢
WISCONSIN CHEESE BAR
Mild Longhorn Cheese
11-oz. pkg. 1.00

SAVE 10¢
Old El Paso
Taco Dinner
10-oz. pkg. 1.00

HEALTH & BEAUTY AIDS SALE

RIGHT GUARD DEODORANT 83¢

LISTERINE ANTISEPTIC SAVE 11¢

HAIR TONIC VITALIS SAVE \$1.48

INTENSIVE CARE LOTION 77¢

LIQUID PREP SHAMPOO 98¢

CARYL RICHARDS BALSAM 88¢

VASELINE Bath Beads 88¢

COLGATE Toothpaste 78¢

WINN-DIXIE DOLLAR

Quantity Rights Reserved WINN-DIXIE STORES, INC. COPYRIGHT © 1973 PRICES GOOD THURS. JULY 5 THRU WED. JULY 11

TIDE DETERGENT GIANT **68¢** 49-oz. PKG. *Save 17¢*
 DETERGENT **48¢** 49-oz. PKG.
 Limit 1 of choice with \$7.50 or more purchase excl. cigarettes
 SAVE 21¢ - ARROW

FRESH EGGS 58¢ DOZEN
 PINEBREEZE USDA INSPECTED GRADE 'A' MEDIUM FLORIDA ALL WHITE

BUTTER 68¢ 1-LB. PKG. (QTRS.)
 Land O' Sunshine

FAMILY BREAD 4 \$1 20-oz. LOAVES
 DIXIE DARLING
 SAVE 16¢ - DIXIE DARLING HAMBURGER BUNS OR Hot Dog Rolls 4 \$1.00

SCHLITZ BEER 6 \$1 12-oz. CANS
 SAVE 25¢

Sweetener 69¢	Cherries 75¢	Grape Drink 43¢	Dog Food 7 \$1.00
Sugar Twin Granulate 39¢	Sardines 35¢	Coffee \$1.07	Dressing 3 \$1.00
Drink Mixes 47¢	Cut Beets 39¢	Coffee \$1.59	Deviled Ham 3 \$1.00
Black Pepper 35¢	Cabbage 35¢	Ketchup \$1.00	Saltines 3 \$1.00
Syrup 75¢	Onion Soup 44¢	Arrow Foil \$1.00	Pastries 3 \$1.00
Dixie Cups 89¢	Potato Chips 54¢	Tuna Fish \$1.00	Cookies 3 \$1.00
Cocktail \$1.00	Polish 49¢	Detergent \$1.00	Pecan Buns 3 \$1.00
Pears 43¢	Grahams 43¢	Puddings 2 \$1.00	Fruit Buns 3 \$1.00

3 \$1 FOR • Clorox • Fruit Juice • Gatorade • Peaches • Apple Juice	5 \$1 FOR • Tomato Sauce • Dial Soap • Tomatoes • Spinach • Cut Beets • Hot Dog Chili	8 \$1 FOR • Pork & Beans • Spaghetti • Potted Meat • Soup • Tomato Soup • Macaroni
4 \$1 FOR • Cocktail • Pineapple • Mushrooms • Sausage • Vegetables • Bath Tissue	6 \$1 FOR • Green Beans • Corn • Soft Drinks • Sweet Peas • Blackeyes	10 \$1 FOR • Muffin Mix • Gelatins • Sauce • Puddings

EXTRA TOP VALUE STAMPS

100 Cigarettes	100 Bag Cookies	100 Disinfectant	100 Dixie Cups	100 Sliced Bacon
----------------	-----------------	------------------	----------------	------------------

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

DAYS!

PRICES GOOD THURS. JULY 5 THRU WED. JULY 11

ROAST 1 \$1.39 BONELESS SHOULDER W-D BRAND USDA CHOICE BEEF 10¢ BELOW CEILING PRICE	CHUCK ROAST 1 \$1.18 W-D BRAND USDA CHOICE BEEF ROLL 21¢ BELOW CEILING PRICE
SMOKED PICNIC 4 \$6.99 W-D BRAND PORK SHOULDER WHOLE LB.	HOSTESS HAM 4 \$5.99 SWIFT PREMIUM LEAN ROUND LB. CAN
N.Y. STRIP STEAKS 3 \$1.99 W-D BRAND USDA CHOICE 40¢ BELOW CEILING PRICE	WATERMELONS 2 \$1.00 CALIFORNIA JUMBO

Baking Hens 69¢	Ground Chuck \$1.18	Patties 10 \$7.99	Biscuits 6 63¢
Whole Hams 88¢	Turkey Wings 59¢	Tenderloins \$2.49	Whiting Fish 49¢
Pork Sausage 99¢	Chunk Bacon 89¢	Pork Steaks 5 \$4.99	Beef Liver 99¢
All Meat Franks 79¢	Pork Sausage 99¢	California Roast \$1.19	Cream Cheese 3 \$1.00
Chuck Roast 98¢	Sliced Picnic \$1.59	Cubed Steaks 5 \$8.19	Cheese 99¢
Chuck Steak \$1.09	Lunch Meat \$1.39	Smoked Ham 98¢	Cheese Food 2 \$1.79
Delmonico \$2.39	Lunch Meat 79¢	Turbot Fillets 89¢	Cheese Whiz 71¢
Ground Beef 3 \$2.59	Dinner Franks \$1.19	Fish Steaks 2 \$1.09	Cheese 95¢

YELLOW CORN 12 EARS 99¢	WHITE GRAPES 59¢ LB.
SANTA ROSA PLUMS 39¢ LB.	WASHINGTON STATE CHERRIES 59¢ LB.

EXTRA TOP VALUE STAMPS

100 Ground Beef	100 Pimento Cheese	100 Shortcake	100 Barbecue Sandwich	100 Fish Sticks
-----------------	--------------------	---------------	-----------------------	-----------------

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

FROZEN FOOD SALE SUPERBRAND TWIN POPS SAVE \$1.18 12-PK. PKGS.

WORTH COFFEE Cake . . . 2 \$1.00 Kr'chees 2 \$1.00 Dinner . . . 2 \$1.00 Berries 2 \$1.00 Dinner . . . 2 \$1.00 Rolls . . . 2 \$1.00

SUPERBRAND WHIPPED TOPPING 3 \$1.50 10-oz. CTNS.

DIABANA POLY BAG GREEN PEAS OR MIXED Vegets. 2 \$1.00 Beans . . . 2 \$1.00 Eclairs . . . 2 \$1.00 Pies . . . 3 \$1.00 Shells . . . 3 \$1.00

BLUE STAR POT PIES 5 \$1.15 8-oz. PIES

Potatoes 4 \$1.00 Limeade 8 \$1.00 Rounds 2 \$1.00 Puppies 3 \$1.00 Beans . . . 3 \$1.00

MRS. SMITH'S COCONUT, LEMON MERINGUE OR CHOCOLATE Cream Pies SAVE 19¢ \$1

SEA PAK SHRIMP 'N BATTER SAVE 49¢ 1-LB. PKG. \$1.00

Spice Will Bring Out Flavor In Your Fruit Pies

By AILEEN CLAIRE
NEA Food Editor

Americans love their fruit pies. One of the favorites inspired the song of long ago. "Can she bake a cherry pie, Billy Boy, Billy Boy."

Spices are important in bringing out the special flavors of fruit pies. For example, mace or nutmeg add their subtleties to rhubarb, lemon, blueberry, pineapple, banana or berry pies. Both spices come from the same peach-like fruit of a tropical evergreen tree. Mace is the fibrous network that surrounds the pit or seed of the fruit we call nutmeg.

NUTMEG CHERRY PIE
1 can (1 lb.) red tart pitted cherries, packed in water
1/2 cup sugar
2 tablespoons cornstarch
1 teaspoon lemon juice

1/2 teaspoon ground nutmeg
1/2 teaspoon salt
1 teaspoon butter or margarine

1/2 teaspoon pure vanilla extract
1 8-inch baked pastry shell
1/2 cup heavy cream.

Whipped
Drain cherries, reserving juice (approximately three-quarters cup). Set cherries aside.

In a small saucepan combine cherry juice with sugar, cornstarch, lemon juice, nutmeg and salt. Blend well. Cook, stirring constantly, until mixture thickens. Stir in butter, vanilla extract and reserved cherries; cool.

Turn into pie shell. Chill until firm. Garnish with whipped cream sprinkled with additional nutmeg, if desired. Makes one 8-inch pie.

Spice adds its subtle flavor to Nutmeg Cherry Pie. (See sidebar on next page for more information.)

QUANTITY RIGHTS RESERVED

PARK AND SHOP

SOUTH'S SAVINGS CENTER
DISCOUNT PRICES 7 DAYS A WEEK
ITEMS & PRICES GOOD ALL WEEK LONG!
★ THURS., JULY 5 THRU -
★ WED., JULY 11

BONUS BUY! GAZIL'S "EVERBEST" MILK
1/2 GALLON HOMO. **59c**

Seald-Sweet FROZEN CONCENTRATE FOR
• LEMONADE (OR)
• LIMEADE
6 OZ. CAN **10c**

BONUS BUY! FLO-CANE SUGAR
18 BAG **549c**

"SHASTA" REG. (OR) • DIET DRINKS 12 OZ. CAN **9c**
"LOTUS" EXTRA-LONG GRAIN RICE 3 LB. BAG **49c**

"ORE-IDA" HASH BROWNS 2 LB. PKGS. **3 \$1.00**
"BEECH-NUT" (STRAINED) BABY FOOD REG. JAR **9c**

BONUS BUY! "EVERFRESH" FRESH BAKED! BREAD 20 OZ. LOVES **499c**

GOOD OL' SUMMERTIME SAVINGS!

BONUS BUY! DIGESTIBLE! "CRISCO" OIL LARGE! 48 OZ. BTL. **98c**

BONUS BUY! LOW PHOSPHATE "AJAX" DETERGENT GIANT BOX! **58c**

VALUABLE COUPON TOWARDS THE PURCHASE OF A... THIS COUPON IS WORTH **40c COFFEE** (WITH THIS COUPON)

BONUS BUY! MORTON FROZEN • ASS'T'D POT PIES 8 OZ. PIES **6 \$1.00**

BONUS BUY! PARKAY MARGARINE (QUARTERS) ONE LB. PKGS. **3 \$1.00**

YOUR BRAND FOR SAVINGS... in good taste! FRUIT COCKTAIL NO. 303 CANS **497c**
WHOLE (OR) CREAM STYLE CORN NO. 303 CAN **5 \$1**
SWEET (OR) NATURAL GRAPEFRUIT JUICE 46 OZ. CANS **397c**

NON-DAIRY 11 OZ. JAR COFFEE **49c**
CREAMER **49c**
LUNCH MEAT 12 OZ. CAN **59c**
PLAIN (OR) SELF-RISING FLOUR 5 LB. BAG **49c**

"KRAFT" DINNERS "DELUXE" MACARONI 14 OZ. PKG. **49c**
CHICKEN NOODLE 14 OZ. PKG. **39c**

"KOTEX" REGULAR (OR) • SUPER PKG. OF 12 OR 24 **39c 78c**

BONUS BUY! KRAFT MAYONNAISE QT. JAR **48c**

BONUS BUY! "DIAL" DEODORANT SOAP 5 BATH BARS **5 \$1.00**

Tasty Potato Salad

By LILLY BROWNSTONE
Associated Press Food Editor

Most cooks make potato salad a good deal during the summer months because this dish is such a good accompaniment to cold cuts as well as to meats and poultry that are broiled on the outdoor grill.

If you want a new recipe that's delicious, we urge you to try the following combination. The salad's dressing is made with mayonnaise and sour cream and among the additions are sweet gherkins and some of their liquid.

POTATO SALAD WITH PICKLES
1/2 cup mayonnaise
1/4 cup commercial sour cream
1 clove garlic, minced
1 tablespoon lemon juice
1 tablespoon pickle liquid, drained from sweet gherkins
1-2/3 cup sliced scallions (green onions) with green tops included
1/4 cup thinly sliced sweet gherkins
1 1/2 pounds small new potatoes, (cooked in jackets, peeled and thinly sliced)
Salt and pepper to taste
Halved or sliced hard-cooked eggs for garnish

In a large mixing bowl whisk together the mayonnaise, sour cream, garlic, lemon juice and pickle liquid; add the remaining ingredients except salt, pepper and eggs. Season with salt and pepper. Cover and chill.

At serving time, turn potato salad into serving dish and garnish with eggs.

Makes 6 servings.

Sauerkraut Is Center Of Legend

By AILEEN CLAIRE
NEA Food Editor

Another food legend weaves around the origin of sauerkraut. Actually the Austrians named this white cabbage dish that is fermented in salt, not the Germans. Supposedly the Austrians got the recipe from the Chinese by way of the Tartars. They soured the cabbage with winter rice wine and ate it with their rice. Later, caraway and juniper berries were used to flavor the salted cabbage. Here is a version that combines apples and sauerkraut to make a cold salad that goes well with these summer barbecued meats.

SWEET N' SAUERKRAUT
2 cups drained sauerkraut
1 cup diced apple, unpeeled
1/2 cup peanut oil
1/2 cup chopped parsley
1/2 teaspoon caraway seed
1/2 teaspoon salt
1/2 teaspoon pepper

Cut one sauerkraut apple, peanut oil, chopped parsley, caraway seed, salt and pepper. Chill until ready to serve. Makes 4 to 6 servings.

COMPANY SUPPER
Lamb Curry
Artichoke Salad
Peach Parfait
Beverage
CONDIMENT TRAY

These additions make curry special.

Salted peanuts
Chopped hard-cooked egg
Mango Chutney
Sliced Scallions
Flaked coconut

Use 2 small matching bowls and place each ingredient in one of them with a teaspoon. Arrange bowls on a tray. Pass with lamb curry.

Spring Rolls, Gingered Chicken Cooked Chinese Style

By SUSAN DELIGHT
Copy News Service

lumply, if you like good food, cook it yourself. "That philosophy really was borrowed from Li Li-

wong, a 17th Century philosopher," she said. "It's one I wholeheartedly agree with."

ation is teaching and her avocation is cooking. During the past semester, she has taught University of Calif-

nia Extension courses in cross-cultural communications and in Chinese cooking. She said that Spring

Rolls are "much different from ones to be found in most Chinese-American restau-

as well as one for Gingered Chicken, are shared with readers today.

SPRING ROLLS
10 Chinese dried mushrooms (about 1/2 cup after preparation)
1/2 cup shredded bamboo shoots
1/2 pound lean pork (or chicken)
2 green onions
2 thin slices ginger root
3 soft shell eggs
1 egg white
1/2 cup sherry
1/2 cup sugar
1 tsp. soy sauce
1 tsp. monosodium glutamate
30 Won Ton skins
2 cups peanut oil (or vegetable oil)
Sealing Mixture:
1 tsp. cornstarch
2 tsp. water
Dip Sauce:
1/2 cup soy sauce
3 tsp. vinegar
1 tsp. Chinese Mustard (or use Chinese Mustard or Coleman's Dry Mustard)

"RED HOT" MEAT BUYS!

(WE ARE PLEASED TO ACCEPT U.S.D.A. FOOD STAMP COUPONS)

FAMILY FAVORITE!
CHUCK ROAST
LB. **78c**

FLAVORFUL!
CHUCK STEAK
LB. **88c**

SIZZLIN'
SIRLOIN STEAK
LB. **\$1.48**

FULL-CUT
ROUND STEAK
LB. **\$1.28**

AGAR CANNED HAM
3-LB. CAN **\$3.88**
SLICED FREE!

SHOULDER ROAST
LB. **98c**

FLA. GRADE "A"
FRYER QUARTERS
WITH GIBLETS LB. **48c**
FLA. GRADE "A"
FRYER PARTS
• BREAST
• THIGHS
• LEGS LB. **68c**

T-BONE STEAK
LB. **\$1.58**
PORTERHOUSE STEAK
LB. **\$1.68**

"FRESH-LEAN" PORK ROAST LB. **78c**
(FAMILY-PAK) PORK CHOPS LB. **98c**

LYKES 2 LB. PKG. **GRILL FRANKS \$1.78**
SUNNYLAND" **BOLOGNA 78c**
12 OZ. PKG.

FLA. GRADE "A" FRESH WHOLE **FRYERS**
LB. **48c**

"BONELESS" (ALL MEAT) **BEEF STEW**
3 LBS. OR MORE LB. **\$1.18**

WE ARE PLEASED TO ACCEPT U.S.D.A. FOOD STAMP COUPONS

Farm Fresh PRODUCE "SWEET 'N' JUICY" GEORGIA **PEACHES**
LB. **28c**

"FRESH" GREEN CABBAGE LB. **12c**
"TASTY" MELONS . . . EACH **48c**
"FRESH" GREEN BOILING PEANUTS LB. **33c**
"JUICY" FLORIDA LIMES 10 FOR **58c**

"SAVE" ON THESE... HEALTH & BEAUTY AIDS
• REG. (OR) • MINT WHY PAY 64?
ULTRA-BRITE TOOTHPASTE 3 OZ. TUBE **57c**
"WILKINSON" BONDED RAZOR BLADES 5 PAK **88c**
"WILKINSON" SWORD RAZOR BLADES 5 PKG. OF **74c**
"WILKINSON" INTENSIVE CARE LOTION WHY PAY 79?
"VASELINE" 6 OZ. BTL. **71c**
SPRAY DEODORANT WHY PAY \$1.19
"MAN-POWER" 5 OZ. CAN **\$1.06**
MEDICATED PADS WHY PAY 98?
"STRI-DEX" 42 PADS **80c**

"SPARKY" HICKORY BLEND **CHARCOAL BRIQUETS** 20-LB. BAG **96c**

"SCOT-TOWELS" WHITE • DEC. • ASS'T'D COLORS
JUMBO ROLLS! **3 \$1**

"LADY SCOTT" FACIAL TISSUE PKGS. OF 200 **4 \$1**

COOKING IS FUN

For use July 10)
COMPANY LUNCH
Strawberry Cream Cake
STRAWBERRY CREAM CAKE

Retrieving and not too sweet. Sponge Cake, baked in a 10-inch tube pan.
3 pink strawberries
1 pint heavy cream
1 teaspoon vanilla
Cut the cake into 3 crisscrossing layers. Wash, drain and hull strawberries. Reserve 1/4 of the berries for garnish. Slice the remaining berries - large ones in quarters, medium and small berries in half; mix with 1/2 tablespoon sugar. Whip the cream until stiff, gradually adding 1/4 cup sugar and the vanilla toward the end of the beating; reserve 1/4 of the cream. To the remaining cream, add in the berries, drizzle any berry juice over cake layers. Put the cake layers together with the berry-topped mixture including spreading it over the top. Now spread the reserved plain whipped cream over the strawberry-cream mixture on top; garnish with whole strawberries. Chill.

Peaches Star in Dessert

By CECILY BROWNSTONE Associated Press Food Editor...

Because egg yolks are used in Zabaglione...

Special For The Fourth

Many restaurants offer a special "surf and turf" dish...

It's Our Anniversary! Save all you can this week and every week. Shop A&P WEO and celebrate with us...

WEESSOO! SAVE AT A&P! GRADE "A" FRESH FLA. OR GA. BOX-O-CHICKEN LB. 49c

Double Your Money Back Meat Guarantee! THAT'S RIGHT! IF YOU'RE NOT COMPLETELY SATISFIED WITH ANY MEAT PURCHASED AT A&P WEO...

"Super-Right" Heavy Western Beef STEAK SALE! FULL CUT ROUND BONE IN \$1.59

WEESSOO! SUPER-RIGHT! HARD CORN FED WESTERN WHOLE Pork Loin 99c LB.

GRADE "A" FRESH FLA. OR GA. WITH SPLIT BROILERS... COMB. PACK... GROUND CHUCK... BEEF STEAKS...

BANQUET FROZEN DINNERS... OSCAR MAYER PURE BEEF OR ALL MEAT SLICED BOLOGNA... COPELAND BOLOGNA... COPELAND DELICIOUS SLICED COOKED PICNIC... A&P ASSORTED STYLES PIMENTO CHEESE... QUICK FROZEN DELICIOUS WHITING FILLETS...

WEESSOO! SUPER-RIGHT! ALL MEAT SKINLESS Franks 69c 12 OZ. PKG.

WEESSOO! CHECK AND COMPARE! Nectarines LB. 59c OXFORD PARK 50% ORGANIC 6-6-6 FERTILIZER 50 lb. \$1.99

WEESSOO! SOUTHERN! 2" & UP U.S. #1 EXTRA Peaches LB. 39c

WEESSOO! YOUR CHOICE! FRESH CALIFORNIA Iceberg Lettuce 39c HEAD OR ENDIVE, ROMAINE OR ESCAROLE

DEL MONTE SLICED PINEAPPLE... A&P BRAND APPLE JUICE... GREEN GIANT WHOLE KERNEL NIBLETS CORN... GREEN GIANT SWEET PEAS... A&P UNSWEETENED GRAPEFRUIT JUICE... PICKLE PATCH WHOLE DILL PICKLES...

100% PURE PASTEREURIZED FLORIDA Tropicana Orange Juice... A&P ASSORTED FLAVORS LOOK-FIT Ice Milk... QUART CARTON 4/\$100... 1/2 GAL. CTN. 2/99c

WEESSOO! CUSTOM GROUND EIGHT O'CLOCK 1 LB. 82c WITH COUPON BELOW... 3 LB. 2/36 WITH COUPON BELOW

LAZY DAY PAPER PLATES... ANN PAGE KETCHUP... SULTANA MAYONNAISE... LEMON JUICE... REALLEMON... SULTANA (WITH TOMATO SAUCE) PORK & BEANS... ANN PAGE HOT HORSEADISHER... SALAD MUSTARD...

WEESSOO! MARVEL! ORANGE, GRAPE OR CHERRY Fruit Drinks 46 OZ. CAN 4/\$100

WEESSOO! PACKER'S LABEL Charcoal BRIQUETS 20 LB. BAG 97c

WEESSOO! JANE PARKER Orange Chiffon CAKE 1 LB. RING 49c

ASSORTED COLORS VIVA NAPKINS... RED OR MINT FLAVOR TOOTH PASTE CLOSE-UP... LADIES' SHEER STRETCH PANTY HOSE... TERKIZE LIQUID DETERGENT... PINK LOTION... DRIVE DETERGENT...

OUR OWN TEA BAGS... SWISS FARFALT (ASSORTED FLAVORS) 8 OZ. CUP BREAKSTONE YOGURT 4/\$1.00... WEESSOO! SAVE 7c 100% BRAZILIAN COFFEE EIGHT O'CLOCK... WEESSOO! SAVE 25c 100% BRAZILIAN COFFEE EIGHT O'CLOCK...

JANE PARKER PLAIN OR SEEDED RYE BREAD... JANE PARKER SANDWICH OR FRANK ROLLS... JANE PARKER FRESH APPLE PIE... JANE PARKER CRISPY CHEESE PUFFS... JANE PARKER CRUNCHY POTATO CHIPS...

WEESSOO! JANE PARKER Orange Chiffon CAKE 1 LB. RING 49c

SALE ENDS MONDAY, JULY 9, 1973... PINECREST SHOPPING CENTER... HWY. 17-92 AT 27th Street SANFORD

Nixon Discussed Resigning, Julie Eisenhower Discloses

By FRANCES LEWINE Associated Press Writer SAN CLEMENTE, Calif. (AP) — President Nixon discussed with his family the possibility of resigning because of the Watergate affair...

The Sanford Herald Thursday, July 5, 1973—Sanford, Florida 32711 65th Year, No. 242 Price 10 Cents

Polk To Request Record Budget

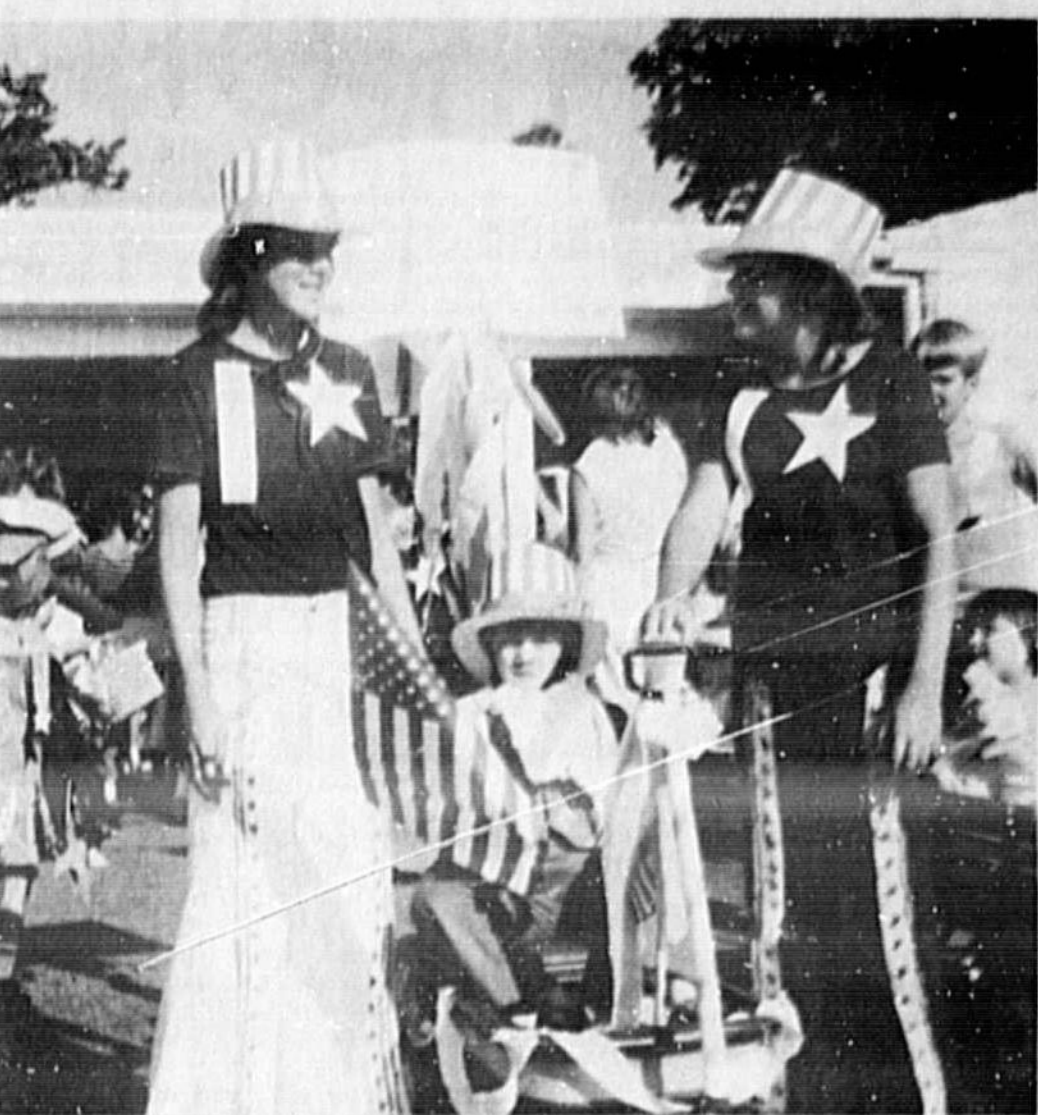
County commissioners began 1973-74 budget hearings today, but post-July 4 fireworks, if any, are not expected until Monday...

Last year, Polk received an even million dollars with the current boost stemming primarily from increased hiring and salary improvements...

Indictments Sought For 'Gate Four

WASHINGTON (AP) — Conspiracy indictments against five members of President Nixon's former advisers were recommended last week by the three original Watergate prosecutors...

Herald Log Of July 4 Fireworks, Activities



UNCLE SAM MAN OF THE HOUR TAKING part in Maitland parade sponsored by Maitland South Seminole Chamber of Commerce...



JANE AND JEAN George, one-year-old twins of Mr. and Mrs. Fred George of Winter Springs take shelter under umbrella held by Grend Jaffe...



MISS DELTONA DEBBI Erbe was all smiles after being crowned Miss Deltona, 1973...