

# Golf Course To Be Annexed By Sanford

By BOB LLOYD

Sanford city commission voted to annex the city-owned Mayfair Golf and Country Club west of Loch Arbor and 14.33 acres proposed for development of 125 townhouse units north of the golf course on S-46A.

# Property May Not Be Bought By City

By DONNA ESTES

Although contract with the city was approved for this last week to allow purchase of the privately-owned property around Secret Lake, it may be more difficult to spend the funds than it was to obtain them, according to report at last night's City Council meeting.

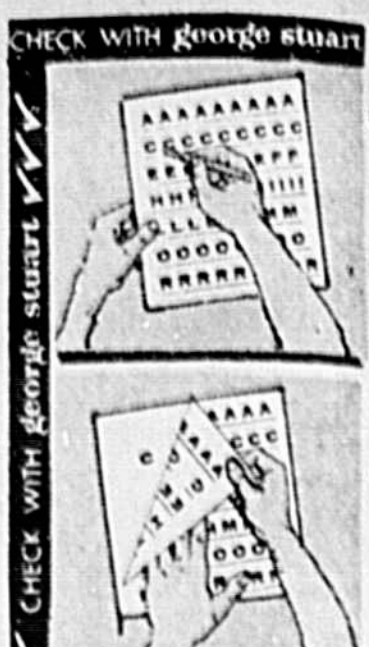
City commissioners had already voted 4-1 to annex the tract and the city-owned golf nine units per acre for the 14 acre tract on the north side of S-46A.

# Applications For Motor Route Carriers Now Being Taken-Apply At

300 N. French 322-2611 or 831-9993

The Council authorized City Attorney Kenneth McIntosh to discuss and negotiate with Joyce for acquisition of the remaining property. Councilman Edith Duerr, obviously miffed at the development,

**Sleeping Bags '66" Cots '66" UP Tarps - All Sizes Pup Tents '66" UP ARMY-NAVY SURPLUS**



**INSTANT DRY TRANSFER LETTERING**

INSTANT DRY TRANSFER LETTERING. A large variety of areas, specially numbered, including industrial and technical symbols designed for the architect, engineer or draftsman or chartmaker.

Used in preparation of copy for reproduction by all printing processes and duplicating machines.

**\$1.80** per sheet

Art Department **George Stuart** 133 East Robinson Downtown Orlando

# In Cambodia, Laos Peace Pact Does Not Insure War Halt

WASHINGTON (AP) —

Washington and Hanoi unveiled today the details of an intricate peace package that limits an impending cease-fire to South Vietnam without insuring a halt to fighting among contending factions in Cambodia and Laos.

The settlement package calls for a four-power international commission force of 1,160 persons to go to South Vietnam as a peace-keeping unit. The number contrasted with the original Hanoi demand for an ceiling of 250 personnel and an American suggestion of 5,000.

The agreement envisions signing by the Saigon government and Viet Cong of their own accord on internal matters, but the Democratic Republic of Vietnam and Viet Cong also would participate.

# P.O.W. Wife Is Elated Over News

By THE ASSOCIATED PRESS

"Thank you, Mr. President, that's the best thing anybody's told me in seven years," said the wife of war prisoner Maj. Glendon Perkins after listening to President Nixon's peace announcement Tuesday night.

# Reas, U.S. Okay Prisoner Return

By ROBERT A. DOBKIN

WASHINGTON (AP) — The United States and North Vietnam have agreed to return all captured prisoners "without delay" but set no specific schedule, it was announced today.

A document spelling out the agreement on handling POWs also says that the return "shall be carried out in places convenient to the concerned parties."

The only specific time mentioned in the protocol stipulates that "the return of all captured persons... shall be completed within 60 days of the signing of the agreement at a rate no slower than the rate of withdrawal from South Vietnam of United States forces and those of other countries."

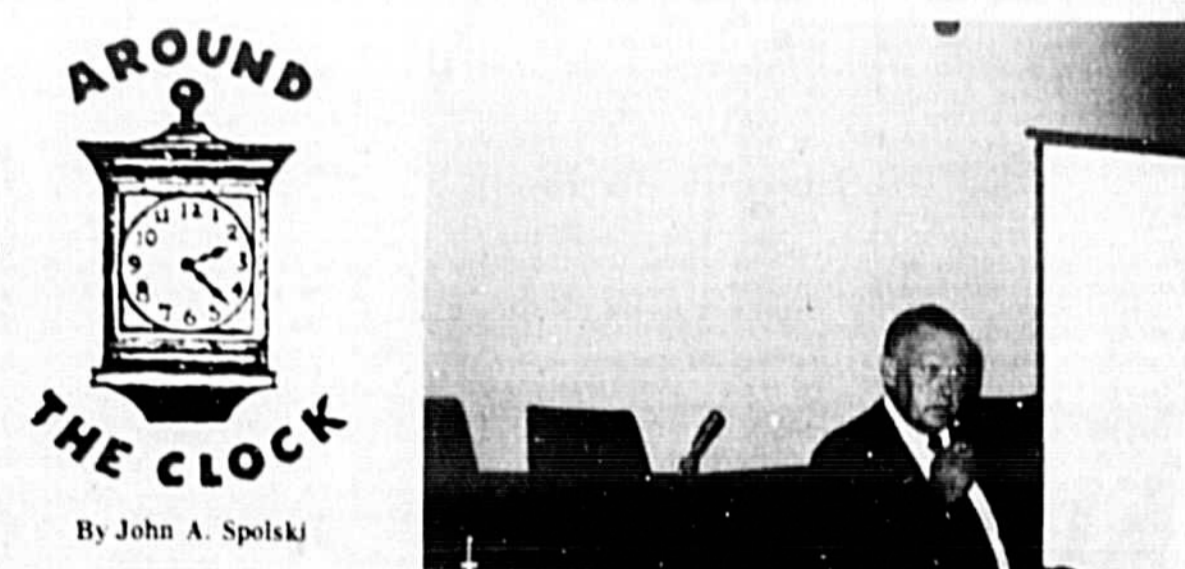
The document covering civilian as well as military servicemen on both sides provides that the seriously ill, wounded or maimed, and old persons and women shall be returned first.

The U.S. Senate Subcommittee on Refugees estimates civilian casualties in South Vietnam at 415,000 killed and 335,000 wounded from 1965 through 1972.

Under the protocol, the United States, North Vietnam and the other warring parties are obligated to exchange complete lists of captured military personnel and civilians on Saturday, the same day as the agreement is signed.

# The Sanford Herald

Wednesday, January 24, 1973—Sanford, Florida 32771 65th Year, No. 123 Price 10 Cents



From the police scanner... a report that a woman cat of Geneva called and reported a lion on her front lawn... Well, I believe that about as much as this "peace with honor" proclamation.

More on this after studying the text of the Vietnam peace agreement.

I'd better watch myself on that lion bit... a follow-up report said that the woman didn't want to call it in the first day for fear that no one would believe her... but after seeing it the 2nd day, she did call and said it was the "growing-type."

Something which commentator Paul Harvey said of the war keeps bugging me... "We gained nothing from this involvement. Nothing, but those 50,000 lives were not wasted if from the experience we learned something."

How can anyone in their right mind accept the premise that what is being offered to both sides is a just and honorable peace?

It's getting better...but, by very much. Referring to the assassin, "marathon" (time-consuming length of the County Commission meetings.



ALEX SERRAES, Crooms High School PTA president, addressed a group of North Seminole County parents and principals at a Monday night meeting at Crooms High auditorium over the School Board's request for four tax mills to build new South Seminole schools and the neglect of Sanford area educational facilities.

# \$ For Appraiser Snag In Bond Sale

By DONNA ESTES

CASSELLBERRY — The city has hit one more snag in its effort to complete park work to allow the sale of bonds for the purchase and improvement of the CCASQUO water and sewer system.

A misunderstanding of some sort has arisen with Black, Crowe and Eidness, which did the original appraisal of the systems, City Manager Ron Bergman told the board.



HAYMAEY ISLAND with the volcano in the background as it appeared on more peaceful days, serving as a dockage for ships and fishing boats utilizing the southeast coast of Iceland.

# Onassis' Son Fights For Life

ATHENS, Greece (AP) —

Alexandros Onassis, 24, the only son of the Greek shipping magnate, struggled for life today after being critically injured in an airplane crash.

The Ministry of Press and Information issued an announcement on his condition after reports from sources in the hospital said that he had died. The ministry said it made the announcement on the basis of information from Panayotis Antonides, director of Olympic Airways, the Greek national airline owned by Aristotle Onassis.

A source close to the Onassis family said Alexandros was in desperate condition with a severe concussion and brain damage being suffered when his private plane crash-landed at Athens Airport Monday.

Alexandros' mother is now Mrs. Stavros Niarchos, whose husband also is a shipping millionaire.

### FOR SALE! ALUMINUM SHEETS

USED OFFSET PRINTING PLATES 23 INCHES BY 36 INCHES

## 15¢ EACH

IDEAL LINING MATERIAL (They Just Fit Between Studings and Rafter)

NON-RUSTING PURE ALUMINUM EASILY INSTALLED WITH STAPLEGUN

1x2

Can be cut with scissors. IDEAL FOR ROOFING or INSULATING

The Sanford Herald 300 N. FRENCH AVE. Ph. 322-1611

### ABC LIQUOR SALE

AMERICA'S LARGEST WINE & SPIRITS DEALER

12 YR. IMP. SCOTCH	15 YR. KY. BEEFEEF	100 PR. VODKA	CERTIFIED GOLD COACH
M & E 10 YR.	15 YR. KY. BEEFEEF	VSP BRANDY	PREMIUM 101
GRAND DAD 100	15 YR. KY. BEEFEEF	CERTIFIED RUM	SEAGRAM-7
WISER 10 YR.	15 YR. KY. BEEFEEF	SMIRNOFF	100% VODKA
SEAGRAM V.O.	15 YR. KY. BEEFEEF	ROYAL DELUXE	ROYAL DELUXE
		GIN	GIN
		RUM	RUM
		SCOTCH	SCOTCH
		WHISKY	WHISKY
		BRANDY	BRANDY
		COGNAC	COGNAC
		TEQUILA	TEQUILA
		MEZCAL	MEZCAL
		LIQUOR	LIQUOR

... [more liquor items] ...

# Road Work To Start At SR 436, 17-92

By DONNA ESTES

CASSELLBERRY — Work on \$600,000 worth of modifications to the U.S. 17-92 SR 436 intersection including installation of sophisticated new traffic signal systems is to commence May 1 and be completed within 120 days.

Wallace Fish, district design engineer for the DOT, told the audience in no uncertain terms there are no plans for a full-fledged interchange at the intersection and further that the proposed construction of Maitland Blvd. in Orange County to intersect with I-4 provided the impetus to improve the intersection.

Fish said currently 40,000 cars travel the intersection daily on the average, reaching a peak of 51,000 cars daily and it is anticipated when Maitland Blvd. is constructed there will be four years from now another 10,000 vehicles daily will go through the intersection.

When persons in the audience continued to press for a possible overpass or underpass at the spot, George S. Smith, assistant district transportation planning engineer, said costs for additional rights-of-way at the intersection would be \$9 million. He continued that increasing the right-of-way at the spot is "talk of wiping out certain banks and shopping centers..."

# Vietnam Costs Termed Heavy

By THE ASSOCIATED PRESS

"For everyone involved, the cost of the Vietnam war has been staggering, both in terms of lives and dollars. Here is a quick look at some of those costs."

CASUALTIES: The Pentagon says 45,928 Americans were killed in action, and more than 300,000 were wounded between 1961 and the end of 1972.

TAXES: The war has cost American taxpayers nearly \$137 billion.

U.S. SERVICEMEN: About 2.6 million Americans have served in the armed forces in Vietnam and another 700,000 elsewhere in Southeast Asia or on ships off the Vietnamese coast.

# No Celebration In Saigon

By RICHARD BLYSTONF

SAIGON (AP) — There were no tumultuous cheers in Saigon today, no fireworks, no ticker-tape, no dancing in the streets.

# Weather Bulletin

WASHINGTON (AP) —

President adviser Henry Kissinger said today U.S. prisoners of war in Vietnam took the cease-fire announcement quietly — very quietly.

### Weather

Yesterday's high 58 low 55 with 48 of an inch of rain. Mostly cloudy today with some occasional rain tonight. Thursday partly cloudy. High today over 60s. Low tonight upper 50s.

### Bulletin

Fair weather and mild temperatures fell to zero or below only in parts of the central Rockies and the northern Great Lakes area. Light snow showers whitened some areas near the Great Lakes and the central Appalachians.

Area deaths	1B	Entertainment	3B
Bridge	3B	Horoscope	3B
Calendar	3A	Hospital notes	3A
Classified ads	4B-5B	Public notices	2A
Comics	4B	Society	2A
Crossword puzzle	3B	Sports	6A-7A
Dr. Crane	4B	Stocks	3B
Editorial comment	4A	TV	3B

# City Commission Authorizes Choice To Get Fee Debate

By BOB LLOYD

Sanora planned unit development will get a refund of approximately \$6,600 on tap fees paid for townhouse units now under construction after action Monday night by Sanford city commissioners.

## Peace Ingredients Set 2 Weeks Ago

By GAYLORD SHAW

Nearly two weeks ago Henry Kissinger flashed word across the Atlantic to President Nixon that major ingredients of a Vietnam peace agreement had been reached.

## Legal Notice

NOTICE UNDER FICTITIOUS NAME STATUTE... NOTICE IS HEREBY GIVEN THAT I am engaged in business at 365 E. 1st St., Sanford, Florida...

## Legal Notice

NOTICE OF SHERIFF'S SALE... NOTICE IS HEREBY GIVEN THAT by virtue of certain writ of execution issued out of and under the seal of the Circuit Court of Seminole County, Florida...

## Legal Notice

STOCKHOLDERS MEETING... The regular annual meeting of the stockholders of The Citizens Bank of Seminole County, Florida...

## Legal Notice

NOTICE IS HEREBY GIVEN THAT I am engaged in business at 2401 Stevens Ave., Sanford, Florida...

## Legal Notice

NOTICE IS HEREBY GIVEN THAT I am engaged in business at 365 E. 1st St., Sanford, Florida...

When developer Brailley Odham paid up fees for 24 townhouse units now being constructed he paid \$588 per unit since at that time condominium townhouses were classified by the city commission as single family dwelling units.

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...



RECEIVING congratulations from Charles Winkle, (left), president of Lake Mary PTO, is "Teacher of the Month," John Beasley, physical education teacher at the school. Principal Jack Frost smiles approval of the choice made by the PTO.

## Want Central Site For Police School

The Florida Police Chief's Association has gone on record, by a majority vote, favoring the new State Police Academy be built in central Florida.

## Hospital Notes

ADMISSIONS: Thelma S. Shaw, Marjorie L. Rankin, Fred J. Mills, Jr., Esther R. Plapp, Gustave E. Josephson, George E. McManus, Betty Loucares, Lela R. O'Quinn, Emmet S. Garver, Sr., Janice F. Bronson, Patricia Robinson, Mattie Williams, Henry H. Harteel, Altamonte Springs.

## Seminole Calendar

Jan. 25: Benefit Card party sponsored by Magnolia Circle, Sanford Garden Club at the Garden Center on 1972. Hours 10 a.m. to 4 p.m. For reservations or information call 322-7960 or 349-5337.

## Vegetable Report

Shipping point information for Tuesday, Jan. 23rd. All sales are F.O.B. for stock of generally good quality. Most preloading charges extra.

Large advertisement for SUPER drug stores featuring various products like Dial Soap, Scotties Tissues, Johnson's Baby Oil, and others with prices and promotional offers.



HATRACK THEATRE is a club of the Language Arts and English teachers in Seminole County, who meet four times a year, shown in a skit are Wanda Smith, Myrna Moore and Richard Jones.

## Legislative Support For Academy Asked

Seminole County's State Legislative Delegation, comprised of two senators and two representatives will meet at 4 p.m. today with members of the Legislative and National Affairs Committee of the Greater Sanford Chamber of Commerce.

## Seminole Taxpayers Fighting City Annexation

The Seminole County Taxpayers Association, Inc., dominant for over a year, is regrouping to fight Sanford's proposed legislation to enable the city to annex "pockets" of unwilling property owners whose land is completely surrounded by the city limits.

## Orderly Growth Meet Of Cities By Mooney

State Representative Eugene Mooney, chairman of the legislative delegation, has called a meeting Friday with representatives of Seminole County municipalities to participate in developing beneficial legislation for "orderly growth" in the county.

## Sanford Needs Workers

The city of Sanford has vacancies in 23 jobs in the Utility and Public Works Departments and so far has been unable to fill them.

## Peace Ingredients Set 2 Weeks Ago

Nearly two weeks ago Henry Kissinger flashed word across the Atlantic to President Nixon that major ingredients of a Vietnam peace agreement had been reached.

## Legal Notice

NOTICE UNDER FICTITIOUS NAME STATUTE... NOTICE IS HEREBY GIVEN THAT I am engaged in business at 365 E. 1st St., Sanford, Florida...

## Legal Notice

IN THE CIRCUIT COURT OF THE SEVENTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

## Legal Notice

NOTICE IS HEREBY GIVEN THAT I am engaged in business at 2401 Stevens Ave., Sanford, Florida...

## Legal Notice

NOTICE IS HEREBY GIVEN THAT I am engaged in business at 365 E. 1st St., Sanford, Florida...









Want Ads Don't Cost, They Pay

There's No Parking Problem When You Shop Classified.

ALLEY OOP comic strip panels with dialogue about a man in an alley.

CAMPUS CLATTER with BIMO BURNS comic strip panels.

FRISCELLA'S POP comic strip panels.

THE BADGE GUYS comic strip panels.

FRANK AND ERNEST comic strip panels.

WINTHROP comic strip panels.

BLONDIE comic strip panels.

BEETLE BAILEY comic strip panels.

Chic Young comic strip panels.

Mort Walker comic strip panels.

Lee Falk and Sy Barry comic strip panels.

Large classified advertisement for 'Want Ads Don't Cost, They Pay' featuring 'Our Fair Lady' and 'Recycle Center'.

Cartoon by Art Sansom titled 'THE BORN LOSER'.

Cartoon by Dick Turner titled 'CARNIVAL'.

Cartoon titled 'It's a file case for my trading stamp books!'.

Cartoon titled 'I got it for 28 bucks of stamps!'.

Cartoon titled 'The Shoppers Guide'.

Cartoon titled 'Look To Lifestyles'.

Cartoon titled 'Our Fair Lady'.

Cartoon titled 'Recycle Your Reusables'.

Sanora advertisement with text and logo.

WANT AD INFORMATION: Direct Phone Lines To Want Ads, Seminole 322-2611, Orlando 831-9993.

CLASSIFICATIONS: Announcements, Personal, Business Opportunities, Employment, Real Estate For Sale.

CLASSIFICATIONS: Real Estate For Rent, Business Property For Rent, Recreation, Merchandise, Transportation.

CLASSIFICATIONS: Wanted To Buy, Wanted To Sell, Miscellaneous, Other.

31 Houses For Sale: Large Lot, Immediate Occupancy, A Lifetime Gift.

31 Houses For Sale: SPECIAL, Stempier Agency.

31 Houses For Sale: MAYAIA, WILSON PLACE, DEBARY.

31 Houses For Sale: Callbart Real Estate, ST. JOHN'S REALTY CO.

31 Houses For Sale: CALLBART REAL ESTATE, ST. JOHN'S REALTY CO.

31 Houses For Sale: DON SAUNDERS REALTOR, 235 HOMES.

31 Houses For Sale: MARONDA HOMES INC., New Leasing.

31 Houses For Sale: JIM HUNT REALTY, FOR RENTAL INFORMATION.

31 Houses For Sale: SANFORA REALTY.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.

75 Autos For Sale: Autos For Sale, Autos For Sale.





HEALTH & BEAUTY AIDS SALE

FACE GUARD Double Edge BLADES

89¢

PEARL DROPS TOOTH POLISH

\$1.09

ANTISEPTIC LISTERINE

88¢

ANTI-PERSPIRANT

88¢

RINSE or SHAMPOO

89¢

ST. JOSEPH ASPIRIN

49¢

PEPTO-BISMOL

69¢

COFFEE

68¢

GIANT FAB

68¢

COFFEE

58¢

GREEN BEANS

7 \$1

- Irish Potatoes... 7 \$1.00
Lunch Meat... 38¢
Pork & Beans... 8 \$1.00
Spaghetti Sauce... 78¢
Bartlett Pears... 39¢
Tomato Catsup... 27¢
Napkins... 39¢
Mushrooms... 4 \$1.00
Garden Peas... 4 \$1.00



We Gladly ACCEPT U.S. Government FOOD STAMPS



WEEKLY SPECIALS!

FLOUR... 5 \$1.59 PRICES GOOD THURS. JAN. 25 THRU WED. JAN. 31

Towels

4 ROLLS \$1

COCKTAIL

5 \$1

Grits... 3 \$1.00
Bread... 4 88¢
Pudding... 2 88¢
Tissue... 3 88¢
Apple Juice... 3 88¢

MIRACLE WHIP 48¢
SALAD DRESSING 38¢

BEER

- Noodle Roni... 45¢
Mustard... 29¢
Sauce... 56¢
Catsup... \$1.00
Gravy Mix... 20¢
Napkins... 31¢

- Tissue... 39¢
Towels... 51¢
Towels... \$1.00
Holders... 59¢
Refills... 56¢
Storage Bags... 41¢
Trash Bags... 79¢
Bags... 27¢
Noodle Soup... 19¢
Apple Sauce... 43¢
Salad... 45¢
Cocktail... 55¢
Pears... 63¢
Sausage... \$1.00
Chicken... 99¢
Tissue... 88¢
Coffee... \$1.38
Juice... \$1.00

100 EXTRA TOP VALUE STAMPS... Lysol Spray, Map & Glow, Drano, Peanut Butter, Turkey Roast

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

- Apples... 5 69¢
Fresh Lettuce... 19¢
Potatoes... 10 99¢
Sweet Potatoes... 3 48¢
Krunchees... 3 \$1.00
Sausage Pizza... 69¢
Pie Shells... 2 99¢
Chicken In A Basket... \$1.99
Swirl Toast... 2 \$1.00

ORANGES

5 49¢

POT PIES

6 \$1

FRUIT PIES

2 \$1

EXTRA LGE. EGGS

59¢



FAMILY DINNER... Green Peas, Salad Bowl, Apple Crisp, Beverage, MODERN SWISS STEAK, French Bread

Savings WINN-DIXIE THE BEEF PEOPLE... TOP VALUE STAMPS! Everyday Low Prices!

PRICES GOOD THURS. JAN. 25 THRU WED. JAN. 31

W-D BRAND USDA CHOICE STEAK \$1.28, CHUCK STEAKS \$6.39, SMOKED HAM 88¢, GR. BEEF \$1.99

- Rutabagas... 11¢
Juice... 87¢
Rolls... 41¢
Vegetables... \$1.00
Corn... \$1.00
Casserole... \$1.00
Soup Mix... \$1.00
Rich... 89¢
Topping... 89¢
Cheese... 79¢
Cheese... \$1.00
Cookies... \$1.00
Cheese... 59¢
Cheese Food... 73¢
Cheese... 67¢
Carrots... 35¢
Juice... 89¢
Potatoes... 29¢
Steaks... \$8.19
Steaks... \$7.98
Steaks... \$10.98
Oxtails... 59¢
Bacon... 89¢
Dinners... 99¢
Lunch Meat... 59¢
Schweiger... 69¢
Sausage... 59¢
Franks... 89¢
Margarine... 37¢
Knockwurst... \$1.09
Sausage... \$1.99
Wieners... 99¢
Sausage... \$1.29
Sausage... \$1.29
Fish Fillets... 89¢
Sticks... 99¢

100 EXTRA TOP VALUE STAMPS... Lysol Spray, Map & Glow, Drano, Peanut Butter, Turkey Roast

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

OVEN DINNER... Meat Loaf, Baked Potatoes, Green Salad, Fried Cupcakes, Beverage, BAKED ONIONS... LUNCHEON FOR TWO... LUNCHEON FOR FOUR

# Eight Point Guide Is An Aid To Your Diet

### Copley News Service

Serve meals which will protect your family's hearts. Following a low-cholesterol, low-saturated-fat meal plan will be greatly simplified if you use this eight-point guide:

1. Use fewer egg yolks (limit it to three a week) and other cholesterol-rich foods such as organ meats and shellfish.
2. Use smaller portions of meat. All meats should be very lean and trimmed of all fat before cooking.
3. Use fish, poultry and veal more often than beef and other meats.
4. Do not use whole milk, cream, butter, ice cream and cheese, other than 2 per cent fat cheese and cottage cheese; no nondairy powdered creamers, nondairy imitation whipped cream or sour cream. Use only imitation or nondairy products which state that they are polyunsaturated and give the source of the vegetable oil.
5. Read labels to know which commercial products contain saturated fat which may be listed as vegetable shortening, hydrogenated vegetable oil, or even as vegetable oil which may be coconut oil.
6. Use a soft tub polyunsaturated margarine in which the first ingredient is listed as "liquid oil."
7. Use more polyunsaturated vegetable oils in salads and cooking.
8. Reduce calories to lose weight if necessary, but do not gain weight.

With the price of meat so high, chicken and turkey which help your pocket book as well as your heart. Try these delicious and different ways to prepare poultry:

**CHICKEN PIE WITH ALMOND "CRUST"**  
 1/2 cup polyunsaturated oil  
 1/2 cup flour  
 2 1/2 cups chicken broth, fat-free  
 1/2 cup dry white wine  
 1 can (8 ounces) sliced mushrooms, drained  
 1/2 cup each chopped onion and celery  
 1/2 cup polyunsaturated soft tub margarine  
 1 teaspoon grated lemon rind  
 Salt and pepper to taste  
 4 cups diced cooked chicken  
 6 slices bread  
 1/2 cup slivered blanched almonds

Sprinkle flour on soup in covered jar, shake. Add oil and cook, stirring, until thickened; add mushrooms. Sauté onion and celery lightly in two tablespoons oil. Add to first mixture with lemon rind, salt and pepper. Add chicken and put in two-quart casserole. Bake in moderate oven (350 degrees) 20 minutes, or until hot and bubbly. Cut crusts from bread, then cut slices in half diagonally. Melt 1/4 cup margarine and brush on bread and arrange in casserole. Add almonds. Bake 10 minutes longer, or until browned. Serves six.

**TURKEY CHOP SUEY**  
 2 cups cooked, sliced turkey  
 1 teaspoon salt  
 1 teaspoon monosodium glutamate  
 2 tablespoons soy sauce  
 One-third cup polyunsaturated oil  
 2 cups uncooked rice  
 3 cups chicken stock, fat-free  
 1/4 cup thinly sliced white onion  
 1/4 cup sliced celery  
 1/4 cup sliced green pepper  
 1/2 cup shredded Chinese cabbage  
 1 can bean sprouts, drained  
 1 can water chestnuts, thinly sliced and drained  
 1 small can sliced mushrooms, drained

Combine turkey, salt, monosodium glutamate and soy sauce. Let stand 15 minutes to blend flavors. Fry rice in hot oil in skillet over medium heat until golden brown, stirring frequently. Reduce heat to simmer. Add turkey with marinade and stock. Cover and cook 15-20 minutes until rice is tender. Remove cover last few minutes of cooking. Increase heat to medium and add vegetables, stir well. Cook, uncovered, a few minutes. Stir in cabbage and serve immediately. May be served with additional soy sauce if desired. Serves eight.

(QUANTITY RIGHTS RESERVED)

## PARK AND SHOP

### OUR MEAT IS ALWAYS A ... TREAT!

**SOUTH'S SAVINGS CENTER**

DISCOUNT PRICES  
**7 DAYS A WEEK**

ITEMS & PRICES GOOD ALL WEEK LONG!  
 ★ THURS., JAN. 25 THRU -  
 ★ WED., JAN. 31

**FLO-CANE**  
 FLA. FINE GRANULATED

**BONUS BUY!**

**SUGAR** 5 LB. BAG **37¢**

LIMIT: ONE PLEASE WITH OTHER PURCHASES OF 7.50 OR MORE EXC. CIG.

"MAXWELL HOUSE" (ALL GRINDS)

**COFFEE** LB. CAN **47¢**

LIMIT: ONE PLEASE, WITH OTHER PURCHASES OF \$7.50 OR MORE, EXCLUDING CIGARETTES.

"FAB" DETERGENT

WITH ALL-FABRIC BRIGHTENERS

**GIANT BOX!** **47¢**

LIMIT: ONE PLEASE, WITH OTHER PURCHASES OF \$7.50 OR MORE, EXCLUDING CIGARETTES.

**BONUS BUY!**

Old Milwaukee **BEER**

6-PAK 12 OZ CANS **93¢**

**BONUS BUY!**

**KRAFT** PREPARED **MUSTARD**

2 6 OZ. JARS **25¢**

**BONUS BUY!**

YOUR CHOICE

• CUT GREEN BEANS  
 • SWEET PEAS  
 • FRENCH-CUT GREEN BEANS

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

**BANQUET** FROZEN ASS'T'D. DINNERS

3 11 OZ. PKGS. **\$1.89**

**BANQUET** FROZEN ASS'T'D. SUPPERS (EXCLUDING BEEF)

2 LB. PKG. **89¢**

**Shurfine** TOMATO JUICE

3 46 OZ. CANS **\$1.39**

**"HI-C"** FRUIT DRINKS (ASS'T'D)

3 46 OZ. CANS **\$1.39**

**Del Monte** FRUIT COCKTAIL

3 NO. 303 CANS **\$1.49**

**WHOLE (OR) CREAM STYLE CORN**

5 NO. 303 CANS YOUR CHOICE **\$1.49**

**BONUS BUY!**

"CHARMIN" BATHROOM TISSUE

PKG. OF 4 ROLLS **39¢**

**KRAFT "PHILADELPHIA" CREAM CHEESE** 8 OZ. PKG. **36¢**

**"SHURFRESH" REFRIGERATED BISCUITS** 8 OZ. CAN **8¢**

**"SUNSHINE" HI-HO CRACKERS** 10-OZ. BOX **39¢**

**Del Monte** PUDDING & FRUIT CUPS

4-PAK **49¢** (EACH)

**Mrs. Filberts** WHIPPED MARGARINE ONE LB. (FAMILY BOWL)

3 **\$1.00**

"CAMPBELL'S" CHICKEN NOODLE SOUP

6 TALL CANS **\$1.69**

"SLENDA SUE" ICE MILK ASS'T'D. FLAVORS

1/2 GAL. CTN. **48¢**

NORMAL-DRY (OR) OILY 3 1/2 OZ. BTL. "BRECK" SHAMPOO (EACH) **59¢**

"PHILLIP'S" REG. (OR) MINT MILK OF MAGNESIA TABLETS 75'S **79¢**

"PHILLIP'S" REG. (OR) MINT MILK OF MAGNESIA LIQUID 12 OZ. BTL. **83¢**

**BONUS BUY!**

FROZEN **FRENCH FRIES**

9 OZ. PKG. **10¢**

**BONUS BUY!**

"FLO-CANE" FLA. FINE GRANULATED **SUGAR**

5 LB. BAG **49¢**

**BONUS BUY!**

GENTLE WHITE DETERGENT "IVORY" LIQUID

32 OZ. BTL. **55¢**

# Keep Your New Year's Resolution To Lose Pounds

**Copley News Service** One long feast followed in many cases by the New Year's resolution to "lose that 10 pounds I gained during the holidays." To help keep that resolution, here are some low-calorie foods to treat your family to.

**ANCHOVY DIP** 1 pint of partially creamed cottage cheese 1 small can anchovies 1 tablespoon minced onion 1 tablespoon lemon juice Put cottage cheese and other ingredients in blender. Cover and blend at low speed for four minutes. Pour into serving dish, sprinkle with paprika and serve on melba toast or raw vegetable sticks. Makes about two cups.

**TASTY DILL DIET DIP** 1 cup partially creamed cottage cheese 1 tablespoon lemon juice Dash salt 1 teaspoon fresh dill Put cottage cheese, lemon juice and salt in blender. Cover and blend at low speed about four minutes or until smooth. Pour into serving dish. Sprinkle with dill. Serve with celery, carrot sticks or other raw vegetables. Makes about one cup.

**SWISS POTTYBERRI** 1 cup partially creamed cottage cheese 2 tablespoons sliced blanched almonds (optional) One-third cup mayonnaise 1 tablespoon chopped chives 1 to 3 teaspoons caraway seeds Beat cottage cheese until smooth. Stir in mayonnaise, almonds, chives and caraway seeds. Chill. Use as spread on toast. Serves three or four.

**HERRING SALAD** 1 cup herring tidbits in wine sauce (8 ounces) or 1 cup of fillet of herring 1 raw apple, peeled 1 boiled potato 1/2 cup cucumber pickle 1 hard-cooked egg white 1/2 teaspoon sugar Freshly ground pepper Chop all the ingredients. Mix together and add pepper and sugar to taste. Chill for a few hours before serving.

**MUSHROOM HORS D'OEUVRE** Firm brown mushrooms 1/2 cup creamed cottage cheese 1/4 teaspoon per large mushroom Clean mushrooms. Separate stems from caps, save stems to use in another recipe. Fill mushroom caps with cottage cheese. Season with a little salt and pepper. Sprinkle Parmesan over top and bake in 400 oven for 7 to 10 minutes. Serve immediately.

## AND THE PRICES CAN'T BE ... BEAT!

**Rath** "BLACKHAWK" BEEF from WATERLOO, IOWA

• SIRLOIN STEAKS

LB. **\$1.28**

**Rath** "BLACKHAWK" BEEF from WATERLOO, IOWA

• ROUND (or) SWISS STEAKS

LB. **\$1.18**

**Rath** "BLACKHAWK" BEEF from WATERLOO, IOWA

• SHOULDER ROAST

LB. **98¢**

**Rath** "BLACKHAWK" CORN-FED BEEF from WATERLOO, IOWA

**CHUCK ROAST**

LB. **68¢**

**Rath** "FRESH-LEAN"

• PORK LOIN ROAST RIB 1/2 LB. **78¢**

**Shurfine** BONELESS • EXTRA LEAN CANNED HAM

3 LB. CAN **\$3.28**

NO CHARGE FOR SLICING!

"FRESH" 100% PURE! GROUND BEEF

3 LBS. **\$1.88**

FRESH PRODUCE U.S. "NO. 1" WHITE POTATOES

10 LB. BAG **68¢**

**Rath** "RACORN" SLICED BACON

LB. PKG. **58¢**

"LEAN-JUICY" CHOPPED BEEF PATTIES

10-2 OZ. PATTIES **98¢**

"FANCY" WASH. GOLDEN-DELICIOUS APPLES ..... LB. **23¢**

"CRUNCHY CRISP" CARROTS ..... ONE LB. (BAG) **14¢**

"FANCY" WASHINGTON D'ANJOU PEARS ..... LB. **28¢**

"TASTY" CANADIAN RUTABAGA ..... LB. **10¢**

FLA. (OR) GA. GRADE "A" CUT-UP FRYERS

4 LBS. (FAMILY-PACK) **\$1.88**

"LEAN-JUICY" CHOPPED CHUCK WAGON STEAKS!

5 - oz. **98¢**

GOLDEN RIPE BANANAS LB. **10¢**

"GRANNY'S" OLD FASHION PORK SAUSAGE

LB. **78¢**

**Lykes** "SUGAR-CREEK" WIENERS 12 oz. PKG. **59¢**

BOLOGNA LB. PKG. **69¢**

"BEECH-NUT" STRAINED BABY FOOD REG. JAR **9¢**

HICKORY-SMOKED • SLICED SHOULDER PICNICS

LB. **58¢**

"FRESH" ALL-MEAT BEEF STEW

(3 LBS. OR MORE) LB. **98¢**

"LYSOL" DEODORANT CLEANER 15 oz. btl. **49¢**

**PARK AND SHOP**

All Stores OPEN 7 DAYS A WEEK

• ORLANDO •  
 1340 WEST GORE AVE. STORE CLOSED FOR REMODELING  
 2918 S. ORANGE & OATLUM AVE. STORE 8:00 A.M. - 9:00 P.M.  
 SEMORAN STORE CLOSED FOR REMODELING

• SANFORD •  
 375 SANFORD AVE. STORE MON. - THURS. 8:00 A.M. - 9:00 P.M. FRI. & SAT. 8:00 A.M. - 9:00 P.M. SUNDAY 8:00 A.M. - 1:00 P.M.  
 2518 ST. A PARK AVE. STORE 8:00 A.M. - 9:00 P.M.

To Freeze: Remove from skin and cook. Wrap each wing in transparent wrap, and pack in a container or over-wrap with freezer wrap. Seal, label and date. Freeze.  
 To Use: Remove all wrappings. Put frozen wings in skillet with 1 or 2 tablespoons oil over low to medium heat. Cook, turning occasionally, until wings are hot. This takes 3 to 10 minutes. If desired, increase heat last few minutes to crisp the skin. Serve hot. Since these wings are precooked, however, they can be defrosted and eaten cold.  
 Storage Time in Freezer: About 4 months.

### Use Your Freezer

By CECILY BROWNSTONE  
 Associated Press Food Editor

We found a great recipe for Chinese Chicken Wings in the new "The Cook It and Freeze It Book" by Margaret Deeds Murphy (Hawthorn), and there are over 300 other recipes for cooks who want to prepare ahead. And who doesn't?

In over a dozen chapters Mrs. Murphy gives the how and why of freezing and illustrates the techniques with appropriate and practical recipes. From Appetizers to Desserts this is a reliable and up-to-the-minute guide on using the freezer for foods and then having them on hand to serve to family and guests.

**CHINESE CHICKEN WINGS**  
 18 chicken wings  
 1/2 cup soy sauce  
 1/2 cup honey  
 2 cloves garlic, crushed  
 4 to 8 tablespoons peanut oil After Freezing:  
 1 or 2 tablespoons peanut oil  
 Dipout chicken wings, wash and dry. Save tips for soup. Mix soy sauce with lemon juice, honey and garlic in a large bowl. Drain chicken wings, and add to hot oil. Cook, turning often, for about 25 minutes or until chicken wings are browned and cooked throughout. Makes 32 pieces.

To Freeze: Remove from skin and cook. Wrap each wing in transparent wrap, and pack in a container or over-wrap with freezer wrap. Seal, label and date. Freeze.  
 To Use: Remove all wrappings. Put frozen wings in skillet with 1 or 2 tablespoons oil over low to medium heat. Cook, turning occasionally, until wings are hot. This takes 3 to 10 minutes. If desired, increase heat last few minutes to crisp the skin. Serve hot. Since these wings are precooked, however, they can be defrosted and eaten cold.  
 Storage Time in Freezer: About 4 months.

For Average Family

Frozen Beef Could Lower Price

By GAYNOR MADDOX
The cost of beef is a major national concern. The price will continue to rise...



HONEY CRACKLE - It's a wonderful popcorn and almond confection.

Popcorn Makes A Treat

By CECILY BROWNSTONE
Associated Press Food Editor
There are all kinds of recipes for using popcorn in a crunchy treat...

Another method of cutting shipping costs on meat to the retail market is to freeze it at the packing house...

Vegetables Pep Up Taste

In 1973, go on a fresh vegetable cooking spree. Fresh is the real thing. Put the natural flavor on the plate...

Most fresh vegetables are boiled, sautéed, simmered in a sauce or baked in an oven, casserole style.

discount prices help you

Advertisement for Fairway IGA Markets featuring various products like Peanut Butter, Strawberry, Keebler Cookies, Charmin Bath Tissue, Joy Liquid, and more, with discount prices.

Meatball And Eggplant Casserole

1 1/2 pounds twice-ground beef chuck
3/4 cup bread crumbs
1 small onion, minced

Preheat oven to 350°F. Mix first 4 ingredients together and shape into medium-sized meatballs; brown in olive oil (about 8 to 10 minutes on each side). Peel and slice eggplant into 1/4-inch slices...

Advertisement for Morton Dinners featuring various frozen dinners like Sliced Swiss, Potato Pies, Chocolate eclairs, Ken'l Ration, and Coffee Rich.

Mushrooms Solve A Party Problem

By AILEEN CLAIRE
NEA Food Editor
Those who entertain often or very little face the same dilemma: What to serve as appetizers that are different and hopefully low in calories?



Party favorites—marinated mushrooms, mushroom pie or mold.

shop "happy" with fairway

Large advertisement for Fairway IGA Markets featuring a wide range of products like Cagle's Pride Game Hens, Oscar Mayer meats, Lykes Smoked Ham, and various grocery items with special prices.



Turkey, corn and bean chowder make hearty chowder for teen-agers.

A Hearty Treat

By AILEEN CLAIRE
NEA Food Editor
A treat that fits well into the crowded teenage schedule is a Turkey Corn Chowder. This is a hearty combination that makes a complete meal with homemade sun-dried (cheese) biscuits and fruit.

These Desserts Low In Fat

Here are some new desserts which are all right to serve your low saturated fat, low cholesterol dieters. Note the use of fruit, wine, nuts and egg white.

