



# Apopka Area To Be Developed

By BILL BELLEVILLE  
Herald Staff Writer

## 'Abortionist' Doctor Returns To Hospital

BOSTON (AP) — Dr. Kenneth C. Edelin, sentenced to one year's probation on a manslaughter conviction in the death of a fetus after a legal abortion, returns to work at Boston City Hospital today, Suffolk Superior Court Judge James P. McGuire stated today.

## Permanent Cut Planned

DETROIT (AP) — Chrysler Corp. officials say they plan permanent operational cutbacks this year that could spell still more layoffs and possibly some plant closings. "We are going to have to cut back until we're profitable," Chrysler Chairman Lynn Townsend told reporters Tuesday. A record fourth-quarter loss of \$73.3 million in 1974 was the worst performance in Chrysler history. Chrysler directors were to decide today whether to eliminate the 35-cent per share quarterly dividend. The firm reported Monday that 1974 losses were \$32 million, while revenues of \$11 billion were off from \$11.8 billion in 1973.

## Blind Man A Farmer

HERMANSVILLE, Mich. (AP) — Ron Schmidt raises calves and chickens for a living and rides a bike for recreation. But his wife doesn't think he's exceptional, even though he's blind. "Living with Ron, I don't think he's special," Bonnie Schmidt says. "I get so tired of hearing people say, 'Look at the blind guy... Where's his Superman suit?'" Schmidt, who lost his sight as a child, grew up on his father's 650-acre farm near Springport, Mich. He earned a degree in physics from the University of Michigan but turned to his "first love," farming and raising animals, when jobs in physics dried up. Schmidt said his wife has a first love, and it is their children.

## Floods Soak Alabama

By The Associated Press  
A forecast for clearing skies greeted much of flood-drenched South Alabama today, but coffee-colored rivers rising beyond flood stage still threatened to turn farmland into inland seas. The National Guard was called out to help evacuate flood victims.

## Bundy Not Planning Lawsuit

(Continued From Page 1-A)  
about it. He's remarkable ... one of the smartest people I've ever met."  
Bundy said his spirits throughout the case had been kept high by public response. "I received many calls," he said, "and I feel like the general public knew I was innocent."  
The Fourth District Court of Appeals at West Palm Beach last month upheld Circuit Court Judge Vole A. Williams' ruling suppressing statements made by Bundy to Herring's office. Assistant State Atty. William Staley said the Bundy charges were dropped because the suppressed statements "we have no case."

## Seventh Suspect Pleads Guilty

By BOB LLOYD  
Herald Staff Writer  
A seventh suspect in a Sanford police burglary ring has pleaded guilty in circuit court at Sanford.  
Michael Panko, 26, of Colonia, N.J., pleaded guilty yesterday to entering without breaking with intent to commit a misdemeanor. He has been charged with breaking and entering with intent to commit a felony and grand larceny in connection with a Dec. 30 burglary at a hardware store building on W. 25th St.

## 'Fired' Pay Pondered

(Continued From Page 1-A)  
said, the claims came from persons who had either quit their jobs or been fired.  
San Ackley, assistant to Sanford City Manager W. E. (Pete) Knowles, said today Sanford has received 20 claims for payment from the state and one of the 39 was from a person who was fired after reportedly falsifying records and lying to the city.  
"We have also found out that part time program are covered in the program," Ackley said, predicting that this will lead to cut back on part time help. He noted as an example that an umpire at a Little League game can be paid \$4 for his services and receive \$4 unemployment compensation if he is fired.  
"We are not happy," Ackley

indicated if planning work done by both counties in that sector was successful, it could pave the way for joint planning efforts along the entire Seminole-Orange borderline.

## City Attorney Davis Questions State Law

By DONNA ESTES  
Herald Staff Writer

ALTA MONTÉ SPRINGS — The special state law which calls for completion of comprehensive land development plans by Seminole County and its seven cities by 1977 may be unconstitutional because of some of its requirements, City Attorney Joe Davis said today.

## Eyesore

(Continued From Page 1-A)  
LOCATION: SW corner of Santa Barbara and Highway 17-49 in Sanford.  
Would you like to have this eyesore as your next door neighbor?  
We think not and feel it should be spruced up at once. This eyesore is the heart of Sanford and does nothing to improve the community's image to any out-of-towner who might be driving through or visiting the area.  
Got an eyesore in your neighborhood? Help call attention to it and participate in cleaning up your neighborhood. Write EYESORE, The Evening Herald, P.O. Box 1687, Sanford, Fla., 32771.

## Legal Notice

FICTITIOUS NAME  
NOTICE IS HEREBY GIVEN THAT I am engaged in business at P.O. Box 218, 401 Lakeview Dr., Forest City, Seminole County, Florida under the fictitious name of ED REGISTER and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida, in accordance with the provisions of the Fictitious Name Statutes, To-Wit: Section 845.09 Florida Statutes 1975.  
S: Edward E. Lindquist  
Publish: Jan. 29, Feb. 5, 12, 19, 1975  
DEX-19

## Legal Notice

STOCKHOLDERS MEETING  
The regular annual meeting of the shareholders of the Citizens Bank of Oklawaha, Florida, will be held at the new bank building located at 3100 P.M. Ave., Oklawaha, Florida, on Wednesday, February 26, 1975 for the election of Directors and the transacting of such other business as may properly come before the meeting.  
L. H. Webb  
Executive Vice President  
Publish: Feb. 12, 19, 1975  
DEX-41

## Legal Notice

FICTITIOUS NAME  
NOTICE IS HEREBY GIVEN THAT I am engaged in business at 500 Prairie Lake Dr., Fern Park, Seminole County, Florida under the fictitious name of ESS ANDRE ASSOCIATES, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida, in accordance with the provisions of the Fictitious Name Statutes, To-Wit: Section 845.09 Florida Statutes 1975.  
S: Andre A. Beauchamp  
Greg J. Esser  
Publish: Feb. 12, 19, 26, March 5, 1975  
DEX-42

## Legal Notice

NOTICE TO THE PUBLIC  
NOTICE IS HEREBY GIVEN THAT the Board of Adjustment of the City of Sanford will hold a special meeting on February 21, 1975 in the City Hall at 11:30 A.M. in order to consider a zoning ordinance amending the Zoning Ordinance as it pertains to Corner Lot side setback requirements in RC Zoned district, in the S 30' of Lot 1, Block 15, Dreamland, 2nd Section, Sanford, Florida, more particularly described as located at 20th Place, between French Avenue and Maple Avenue, S. L. Perkins  
Chairman  
Board of Adjustment  
Publish: Feb. 19, 1975  
DEX-110

Orange officials, declared that "a good guide of what-not-to-do in joint planning is the FTU area."  
Last night, the Board again postponed a continued rezoning request from E and J Homes so that private planner David Farr could research more information about fence construction and drainage in the area. Farr, representing builder Terry Hagen, had asked that zoning be lowered from residential (R-1AA) and change Agriculture (A-1) to B-1A for 21 acres of land on West Lake Brantley Road.  
The requested lower zoning would permit smaller lot sizes

## Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY PROBATE DIVISION PROBATE NO. 73-23-C-CP In re: Estate of HAZEL STRUNK GOFF, deceased.  
NOTICE TO CREDITORS: To All Creditors and All Persons Having Claims or Demands Against Said Estate: You are hereby notified and required to present any claims and demands which you may have against the estate of HAZEL STRUNK GOFF, deceased late of Seminole County, Florida, to the Clerk of the Circuit Court, and file the same in duplicate and file the same in original and file the same in original in the office of the County Court House in Seminole County, Florida, within four calendar months from the time of the first publication hereof, or the same will be barred.  
Filed at Sanford Florida, this 23rd day of January, 1975.  
S: Elaine Strunk Geduldig  
AS Administratrix, CTA  
S: A. Edwin Shilohiser  
Attorney for Administratrix, CTA  
First Federal Building  
Sanford, Florida 32771  
Publish: Jan. 29, Feb. 5, 12, 19, 1975  
DEX-141

## Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY PROBATE DIVISION PROBATE NO. 73-48-CA-BA In re: The Marriage of CATHERINE F. ROUSE, Wife and PAUL J. ROUSE, Husband.  
NOTICE OF DEFENDANT: PAUL J. ROUSE  
c/o Wilson Rouse  
Post Office Box 354  
Canal Point, Florida 3288  
YOU ARE HEREBY NOTIFIED THAT CATHERINE F. ROUSE, has filed a Petition in the Circuit Court of Seminole County, Florida, for the Dissolution of Marriage and you are required to serve a copy of your "Written defense, if any, on" me, her attorney, at the address above. If you are not a party to this action, you are advised to file the original with the Clerk of the above Hybrid Court on or before the 8th day of March, A.D. 1975, otherwise a Default and Ultimate Judgment will be entered against you for the relief demanded in the Petition.  
WITNESS my hand and office of said Court on this 31st day of January, A.D. 1975.  
Arthur H. Beckwith, Jr., Clerk of Circuit Court, Seminole County, Florida  
By: Charles E. Ekern Deputy Clerk  
John E. Pank, Sheriff  
Seminole County, Florida  
Publish: Feb. 5, 12, 19, 26, 1975  
DEX-18

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Chairman  
Board of Adjustment  
Publish: Feb. 19, 1975  
DEX-110

and smaller homes, and allow the builder to construct as many as seven units to be built under the present zoning.

## Legal Notice

INVITATION TO BID  
Seminole Memorial Hospital in Sanford, Florida, under the Administration of the Administration, is available at the office of the Administration, 140 W. 17th St., Sanford, Florida. All bids shall be mailed to: Mr. Robert T. Besser, Administrator, Seminole Memorial Hospital, 140 W. 17th Street, Sanford, Florida 32771. Bids must be received by noon on the 17th day of April 1975.  
DEX-95

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By: Charles E. Ekern Deputy Clerk  
John E. Pank, Sheriff  
Seminole County, Florida  
Publish: Feb. 5, 12, 19, 26, 1975  
DEX-18

# SUPER SALE at Your Great New Drugstore!

## Where in the World but - Walgreens

NOW THRU SATURDAY  
**AIRPORT BLVD. - HWYS. 17 & 92**

**REGULAR OR SPEARMINT**  
**ROLAIDS**  
"Stomach acid balancer" gives you fast relief for indigestion, gas.  
**PRICE TO SAVE!**  
18¢ each, or **6 For \$1.00**

**SAVE NOW!**  
**SCOTCH TAPE!**  
Transparent tape 1 1/2" x 500" size pack... priced for sale savings!  
18¢ each, or **6 For \$1.00**

**JIFFY CAKE MIX**  
9-oz. yellow, white, devils food or 7½-oz. pack FROSTING MIX.  
18¢ each, or **6 For \$1.00**

**Box 250 Toothpicks**  
Round white birch toothpicks... Royal Smoothtex. A terrific buy!  
18¢ each, or **6 For \$1.00**

**GRAND BUY!**  
**NAIL CLIPPER**  
Hard tempered chromed steel holds its keen edge. Buy now and save!  
18¢ each, or **6 For \$1.00**

**18¢ EACH OR... ANY \$1.00 FOR**

**GREAT BUY!**  
**GLASS ASH TRAY**  
18¢ each, or **6 For \$1.00**

**BOBBY PINS, 80s**  
Choice of bronze or black in nice big pack. Your chance to save!  
18¢ each, or **6 For \$1.00**

**HAND-KERCHIEF**  
MAN-SIZE squares of 100% cotton with soft finish. Stock up now!  
18¢ each, or **6 For \$1.00**

**LIGHTER FLUID**  
Fine quality Walgreen Fluid. Depend on it for sure-fire lights!  
18¢ each, or **6 For \$1.00**

**CRAYOLA CRAYONS**  
Famous school crayons in a PACK OF 8... 8 vivid colors. A buy!  
18¢ each, or **6 For \$1.00**

**SCRATCH PAD BUY!**  
4x6-inch, 100 SHEETS, handy in kitchen, den or near phone.  
18¢ each, or **6 For \$1.00**

**BUBBLE SOAP!**  
Make bubbles with magic wand included. 8-oz. bottle BUBBLE JOY.  
18¢ each, or **6 For \$1.00**

**Evening Herald Sunday Herald**  
Published Daily and Sunday, except holidays, at the Sanford Herald Building, 200 N. French Ave., Sanford, Fla. 32771.  
Second-Class Postage Paid at Sanford, Florida 32771.  
Subscription Rates by Carrier  
Year \$12.00  
Year \$12.00  
DEX-18



WORLD IN BRIEF

Eritrean Guerrillas Battle Government Troops

ADDIS ABABA, Ethiopia (AP) — Eritrean guerrillas continued to battle government troops today outside Asmara after the heaviest fighting in the besieged provincial capital in eight days.

Kissinger Reports On Talks

PARIS (AP) — Secretary of State Henry A. Kissinger told newsmen in Paris today that he and French President Valéry Giscard d'Estaing conferred for more than an hour over breakfast today before Kissinger headed home to Washington.

Royalty Visits Barbados

BRIDGETOWN, Barbados (AP) — Britain's Queen Elizabeth II and her husband, Prince Philip, have arrived in this island nation for a visit.

Princess To Marry

THE HAGUE, Netherlands (AP) — Government sources say Princess Christina will probably marry her American fiancé before his 28th birthday on Aug. 1.

Insurgents Capture Town

PHNOM PENH, Cambodia (AP) — The Cambodian government reported more Khmer Rouge attacks on the Niek Lung naval base 32 miles southeast of Phnom Penh today but gave no details.

County Designates 'Defense Week'

In an effort "to bring attention to America's strong and progressive defense system," the Seminole County Commission has designated Feb. 12 through Feb. 22 as "National Defense Week."

Deltona Shrine Sets Sale

DELTONA — The Deltona Shrine Club, in accordance with the Bahia Temple and all Shrine Clubs in the area, will conduct its annual Paper Sale Feb. 28, from 9 a.m. to 6 p.m.

Agri-Business Group To Meet

The Agri-Business Committee of the Greater Sanford Chamber of Commerce will hold an organizational meeting tomorrow morning at 8:15 in the chamber building.

Salvation Army Ready For Dedication

The 30,000 square foot Salvation Army (SA) building will be dedicated at 3 p.m. Sunday in a ceremony to which the public is invited.

It starts as an emblem of service, but more importantly, perhaps, as a symbol of perseverance and unrelenting effort of many concerned citizens.

Optimists Approve Horizons Project

The Sanford Optimist Club, at yesterday's luncheon meeting, voted to launch a Horizons '76 Bicentennial project for the Seminole Regional Juvenile Detention Center, an Optimist Canteen.

deemed sufficient for chapel, offices, gymnasium and equipment needed to make them functional.

Community finance, industrial and commercial firms quickly rose to the challenge with generous commitments of funds. Other business houses and civic leaders led scores of individuals willing to contribute

determined that the building would not conform to the code for that area.

Neighborhood residents requested a facing of the building different from that called for in the plot plan. City officials were sympathetic with the neighbor property owners and with the SA building proponents. Resolution of the conflict resulted in more delay as plans were modified.

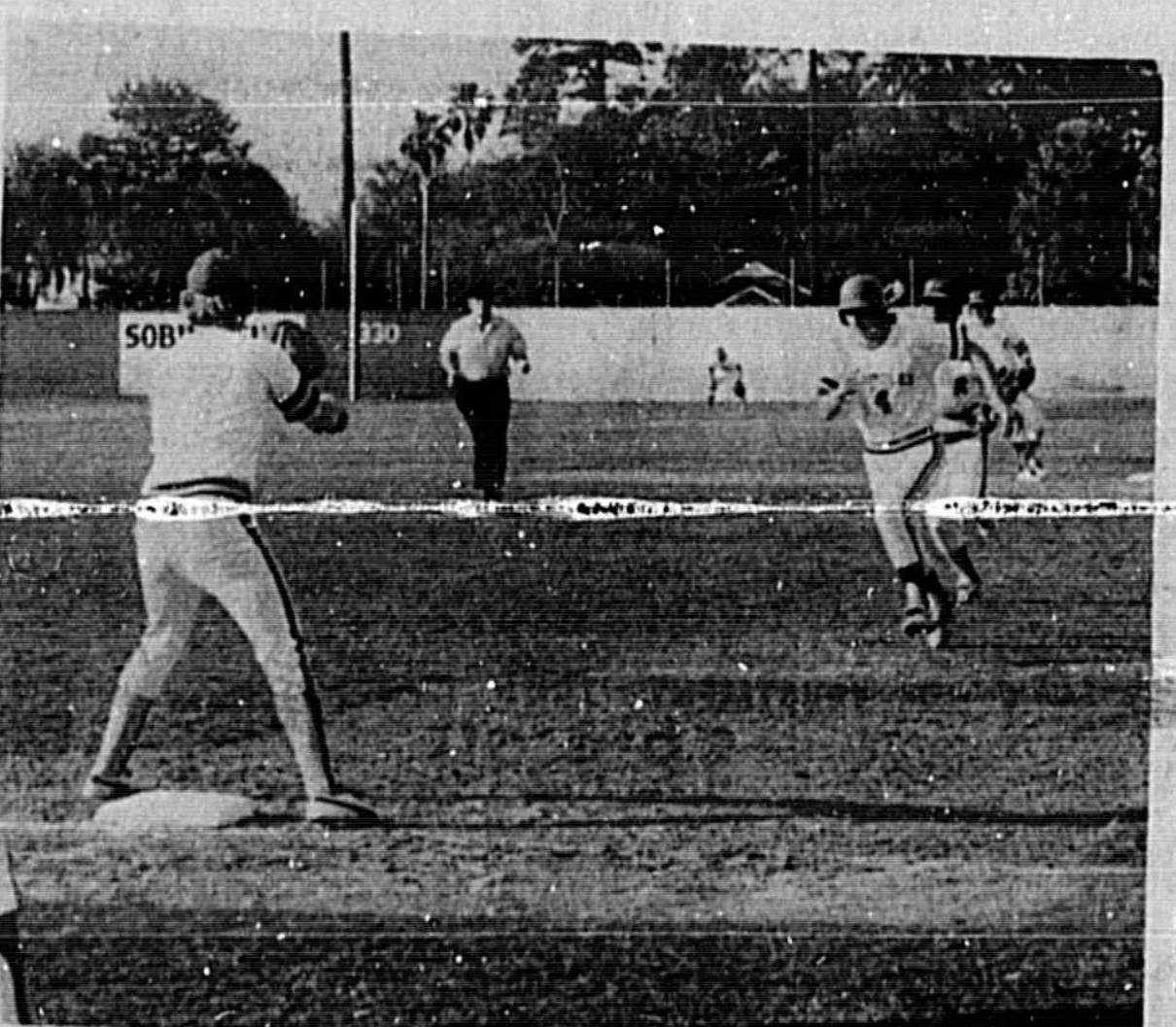
With building costs still rising, an entirely new design for the project was required.

SPORTS

He's Going...



No, He's Coming...



And He's Safe!



SHS Tops Oak Ridge

Seminole High School won its first baseball game Tuesday afternoon, edging Oak Ridge 8-4 at Sanford Memorial Stadium.

With building costs still rising, an entirely new design for the project was required.

Oak Ridge error resulted in Seminole's secondinning runs. Simkovich walked in the third, stole second, advanced on an infield out and scored on Bobby Robinson's single.

SJC Opens Season With 2-0 Win

Seminole Junior College opened its 1975 baseball season Tuesday, knocking off Brevard Community College 2-0 at the SJC field.

The Raiders travel to Clearwater today for a 4 p.m. battle with St. Petersburg Junior College and return home

Thursday for a 3 p.m. meeting with Hillsborough Community College.

Against Brevard Tuesday, SJC scored two runs in the sixth for the winning margin.

Struck out five. Mitch Gambill relieved in the ninth with a man on first and none out. He retired the side with three pitches and flew out to centerfield.

Trinity Prep Bombs SHS

The Seminole High School girls' tennis team suffered its first loss of the season, falling to Trinity Prep 6-1 Tuesday.

Laurie McNulty of Trinity Prep topped Seminole's Betsy Barley 6-3. Kerry Fugleberg defeated Meg Newman of Seminole 6-1 and Trinity Prep's Angela

Sandy Mize downed Newman 4-0 in a match halled because of darkness.

Butcher skunked Seminole's Rick Moreland 6-0. Steve Brownell of Trinity Prep defeated SHS's Eddie White 6-1 and Andy Taylor of Prep dumped Andy Thape of Seminole 8-4.

Table with 2 columns: Player Name and Score. Includes names like Givens, Altman, Barley, etc.

Simpson Dominates Superstars' Events

ROTUNDA, Fla. (AP) — O.J. Simpson's determination to avoid what he considered to be an embarrassing performance by finishing the two-day event with a \$25,000 first-place check in the 1975 competition.

had 40 and defending champion Steve Smith second at 8.71. He finished third in baseball hitting and the obstacle course.

On Monday, Simpson had won bowling with a score of 185 and finished second in rowing, weight lifting and tennis.

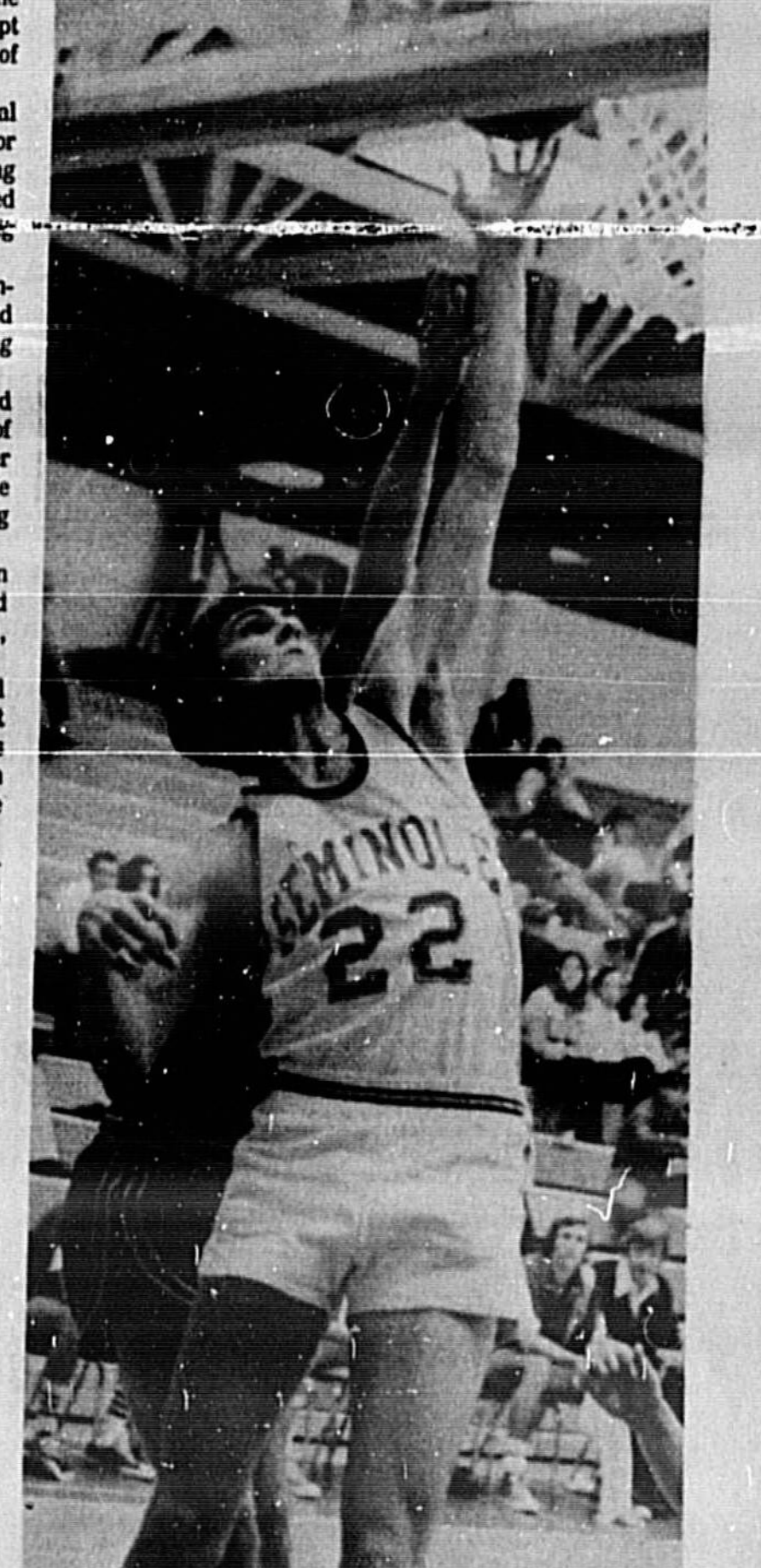
Table with 2 columns: Event Name and Winner. Includes events like 100 Yard Dash, 200 Yard Dash, etc.

Brantley Wins Track Meet

APOPKA — Lake Brantley ruled a five-team high school track meet at Apopka Tuesday, amassing 116 1/2 points.

Harris of Lake Brantley won the 120-yard high hurdles with a time of 15.0 and Brantley's Henry Stanley was third at 15.5.

Other winners Tuesday were speed skater Ard Schenk in the bicycle race with a time of 2:32.84 and Franco Harris of the NFL's Pittsburgh Steelers with 18 points in baseball hitting.



SJC TRAVELS TO VALENCIA. Seminole Junior College's Jim McInerney, above, will be in a tux tonight as the Raiders close their season with a 7:30 p.m. meeting at Valencia Community College. (Herald Photo)

WFL Eyes Toronto

CHARLOTTE, N.C. (AP) — Chris Hemminger, treasurer of the World Football League, indicates there will be another attempt to place a franchise in Toronto with Larry Coonka, Jim Kick and Paul Warfield as the nucleus.

Harris of Lake Brantley won the 300-yard dash with a clocking of 37.2.

Other winners Tuesday were speed skater Ard Schenk in the bicycle race with a time of 2:32.84 and Franco Harris of the NFL's Pittsburgh Steelers with 18 points in baseball hitting.

Deltona Shrine Sets Sale

DELTONA — The Deltona Shrine Club, in accordance with the Bahia Temple and all Shrine Clubs in the area, will conduct its annual Paper Sale Feb. 28, from 9 a.m. to 6 p.m.

Agri-Business Group To Meet

The Agri-Business Committee of the Greater Sanford Chamber of Commerce will hold an organizational meeting tomorrow morning at 8:15 in the chamber building.

ECKERD'S PEOPLE TRUST ECKERD'S... for quality prescriptions at low, low prices! OVER TWO MILLION LAST MONTH ALONE! Advertisement for Eckerd's Drugs featuring various products like hair spray, shampoo, lozenges, etc. with prices and coupons.

LOW AUTO RATES. Under 25 - SR 22's Canceled - Rejected E.Z. Payments - Quotes. TONY RUSSI INSURANCE AGENCY. 2417 S. French Ave. Sanford, Fla. 32771

DOG RACING. POST TIME 8 P.M. MATINEES: 1:45 P.M. (WED & SAT) CLOSED CIRCUIT COLOR TV PLAY THE ALL NEW TRIFECTA. SANFORD-ORLANDO KENNEL CLUB. IN LONGWOOD OFF 17.92 SORRY NO ONE UNDER 18

SCOREBOARD

Dog Results

TUESDAY NIGHT
FIRST 5: H. 5:31:
Hi Ho Bill 17.40 8.80 4.80 1
Country Champs 4.00 3.40 3.40 3
Country Champs 1.33 2.40 4.40 3
Country Champs 1.33 2.40 4.40 3

Horse

Show Results

The DuWay Boots Riding Association held a horse show Sunday at Wild Sales Arena on State Road 44, four miles west of Interstate 4. The results of Semhol County entrants follow:

CHRIS WOODALL, showing Cozy Cash, 2nd Jr. Showmanship at Halter, 5th, Aged Mares; 2nd, Western Equitation; 3rd, Jr. Western Pleasure; 4th, Non Blue Western Pleasure.

WHA Standings

Division 3
Montreal 1.34 1.14 84.383 147
L. Ansett 2.11 1.14 78.199 124
Pitt 23.20 12 62 29 205
Detroit 14.32 20 12 162 248
Washin 4.8 3 17 12 224

College Cage

Poll

1. Kentucky (1) 202 217
2. Kentucky (2) 213 184
3. Kentucky (3) 213 167
4. Kentucky (4) 213 167
5. Kentucky (5) 213 167

ABA Standings

Atlantic Division
Boston 41 16 719
New York 28 20 482 1310
Philadelphia 28 20 482 1310

NBA Standings

Eastern Conference
Boston 41 16 719
New York 28 20 482 1310
Philadelphia 28 20 482 1310

NHL Standings

Division 1
Philadelphia 28 20 482 1310
New York 28 20 482 1310
Philadelphia 28 20 482 1310

SPORTS IN BRIEF

Stetson Averages

DELAND, Fla. (AP) — Stetson University has averaged one of its three losses and claimed its 18th basketball victory by overpowering Southern Illinois 76-65 behind Olin Johnson's 33 points.

Early Setback

DELAND, Fla. (AP) — Stetson University has averaged one of its three losses and claimed its 18th basketball victory by overpowering Southern Illinois 76-65 behind Olin Johnson's 33 points.

Watts In Spotlight

NEW YORK (AP) — The basketball fame that escaped Ron Watts because of a lame knee now has found him because of a prominent friend and a 30-second TV commercial.

Fisher Buys New Love

OCALA, Fla. (AP) — John Fisher of Philadelphia has paid \$124,000 for New Love, a mare in foal to Native Charger, at the second Ocala Breeders' Sales Co. sale of the year.

Drag Races Set Tonight

The Wednesday night street drag will be held tonight at the Central Florida Dragway, Gatoos open at 6:30 p.m.

College Cage

Poll

1. Kentucky (1) 202 217
2. Kentucky (2) 213 184
3. Kentucky (3) 213 167
4. Kentucky (4) 213 167
5. Kentucky (5) 213 167

Bench Signs Wealthy Pact

By KEN RAPPOPORT
AP Sports Writer
Johnny Bench has made the biggest catch of his baseball career — \$175,000.

Bench Signs Wealthy Pact

That's what the All-Star catcher reportedly signed for Tuesday with the Cincinnati Reds, a spectacular figure that makes him the top money-maker in club history.

Bench Signs Wealthy Pact

"We met only three times and we were never far apart," said Bench after signing his 1975 contract with one of the strongest throwing arms in baseball.

Bench Signs Wealthy Pact

That's what the All-Star catcher reportedly signed for Tuesday with the Cincinnati Reds, a spectacular figure that makes him the top money-maker in club history.

Twins Begin Spring Trek To Tinker

ORLANDO — The pitchers and catchers of the Minnesota Twins report to Orlando's Tinker Field Saturday and the remaining players will report Feb. 28.

Connors, Evert Together

By The Associated Press
It's "love" all over again for Jimmy Connors and Chris Evert. The two are back together — at least for a tennis tournament.

Watts In Spotlight

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Fisher Buys New Love

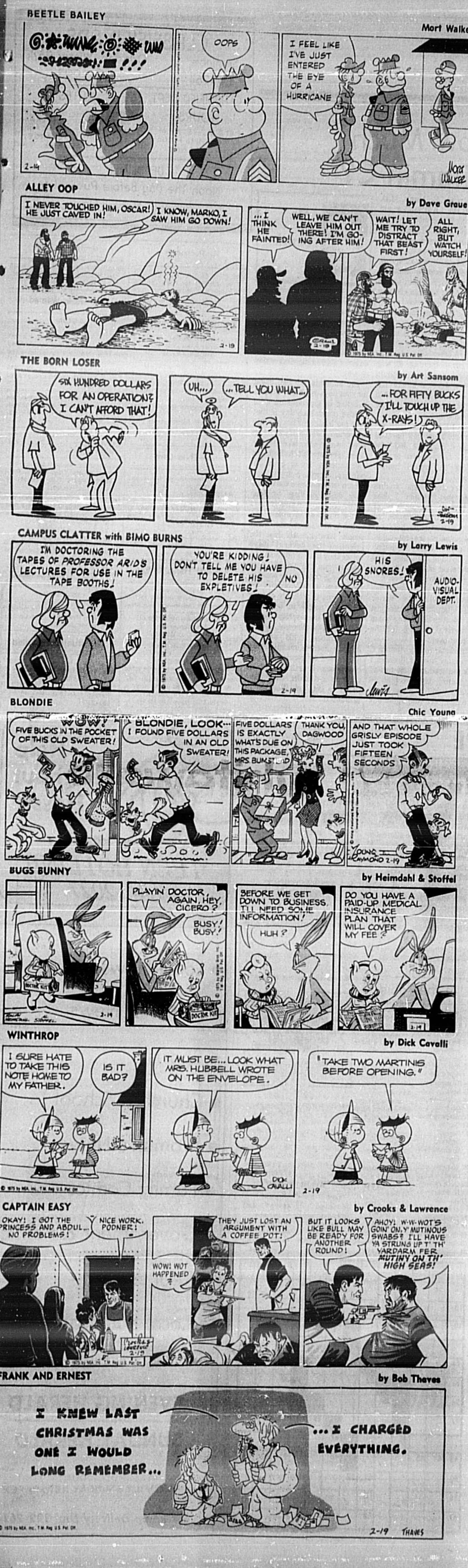
OCALA, Fla. (AP) — John Fisher of Philadelphia has paid \$124,000 for New Love, a mare in foal to Native Charger, at the second Ocala Breeders' Sales Co. sale of the year.

JCPenney auto center Closeout. 33 1/3% off glass belted whitewalls. Features 2 ply polyester cord body, 2 fiber glass belts. In the wide 78 series profile. No trade-in required. Whitewall tubeluss

25% off Tune-up service\* Save on parts and labor. Now 17.88 6 cyl. Reg. 23.88 We will install new points, JCPenney pulser, rotor, condenser and distributor cap for you. Inspect air filter, fuel filter and PCV valve. Adjust timing, carburetor and dwell angle. Resistor plugs additional. 4 cyl. Reg. 19.88 Now 14.88 8 cyl. Reg. 26.00 Now 21.50 \*Most American cars and many foreign cars.

Save \$7 on Survivor 48 battery. Sale 30.95 with trade-in. Reg. 37.95. Survivor 48 battery. For the average motorist. Corrosion resistant polypropylene case. Available in group sizes 24, 27, 27F, 22F, 24F, 72, to fit most American cars. Without trade-in, add \$3. Installation at no extra charge. Drive in today. Let our mechanics check your battery charging system (no extra charge, no purchase necessary). Survivor 48 month guarantee. Should any JCPenney Survivor 48 battery fail to hold a charge within 18 months from the date you bought it from us, just return it to us. We will replace it with a brand new battery at no extra cost to you. After 18 months, but during the guarantee period, we will replace the battery charging only for the time you have owned it based on the price at time of return, prorated over the guarantee period. Sale prices effective thru Monday, Feb. 24.

ENLIST NOW! COMPANY A 3RD. SPECIAL FORCES BATTALION 20TH. SPECIAL FORCES FLORIDA NATIONAL GUARD For Further Information Call LT. STEVE LETCHWORTH 321-0688



WIN AT BRIDGE

By OSWALD and JAMES JACOBY

Table with columns: NORTH (D), SOUTH, WEST, EAST, Pass, Opening lead. Includes card symbols and numbers.

The bidding has been: 1♥ Pass 2♥ Pass 3♥ Pass 3NT.

By Oswald & James Jacoby North was both philosophical and sarcastic.

He remarked: "Good rubber bridge players should play fast and get off in as many rubbers as possible. They win more that way. You should take more time. You may even find the correct play if you do not stop to think."

South had passed for a full spade before winning the first spade. He played the ace and queen of clubs to show dummy with equal speed. East showed out, and all of a sudden, North's nine-eight of clubs were going to block South's fifth club.

Send \$1 for JACOBY MODERN book to "Win at Bridge," (c/o the newspaper), P.O. Box 489, Radio City Station, New York, N.Y. 10101. (NEWSPAPER ENTERPRISE ASSN.)

SIDE GLANCES

by Gill Fox



"Don't tell him it's an emergency. They'll charge double!"

By Roger Bollen

IF PERHAPS A DANCE COULD TELL THE ANSWER, HENRIOD, BUT A THOROUGH RECONSTRUCTION OF YOUR FAMILY BUDGET.

HEAR, I HAVE BEEN BUCHING MY PACE CHECK-AN EXCEEDED A LOT LATELY!

TODAY'S QUESTION Instead of passing your partner has bid one nontump over West's one heart. What do you do now? Answer Tomorrow

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by Garry Trudeau



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IT'S HOOK IT ER SLICE IT?

WILL PEW!

SCRIBBLE SCRIBBLE

LIKE MY NEW OUTFIT PRISCILLA'S

SEE? I'VE GOT OUT PART A "SWEATSHIRT"

EVEN HOBBLED BOOTS!

IMAGINE MY VERY FIRST FORMAL!

I'VE TRIED ALL OF 'EM FLUTES OF IT THAT FLY WITH NO LUCK!

DILTON ASK ME A FLUTE OF IT IF HE HAS AN OH INSECT SPRAY? HE DOESN'T BELIEVE IN USING SPRAYS

ALL RIGHT. ALL RIGHT. ASK HIM HOW DANGEROUS FOR HIM OUR ATMO-SPHERE WITH THEM!

I CAN'T STAY HOME ANY MORE! MY MOTHER'S FRIENDS ARE BEGINNING TO BUSH ME!

ONE IN PARTICULAR.

IF HE WASN'T SO BUSY TO KICK HIM OUT!

OUR GREATEST BALLET DANCER HAS DEFECTED TO THE WEST.

HOW DID HE GET OUT OF THE COUNTRY?

EASY!

HE DID A GRAND JETIE RIGHT OVER THE BERLIN WALL.

BY FRANK HUII

BY BOB THAVES

BY GARY MOULTON

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES

BY BOB THAVES



# Bicentennial Plan Takes Step Forward

By BILL BELLEVILLE  
Herald Staff Writer



The Seminole County Bicentennial Committee moved one step closer to the reality of project implementation last night with the formation of essential sub-committees, the appointment of committee chairman, and the adoption of project rules.

At least half of the necessary sub-committees were formed last night. But, according to Committee Coordinator Ernie Horrell "seven or eight more groups still need to be put together," before the Bicentennial takes on the thrust of a complete community effort.

Also, last night, requirements for "official Bicentennial projects were explained to committee members and civic groups who attended the meeting. The comprehensive list of rules were adopted in order to better organize and unify all independent project plans.

The projects will be officially approved by the Action '76 Steering Committee, which will consist of the sub-committee heads of the county-wide Bicentennial project.

According to project

are:  
— A narrative describing the project. It may range from a statement concerning a planned event to an exhaustive study concerning a community problem.

— A summary statement of "Areas of Concern," or goals and recommendations for their solution.

— The application of the project to all citizens, and how it will contribute to a significant or substantial improvement in health, safety, education, environment, etc.

— A time schedule for completion.

— A statement of financial requirements, and a proposed plan for financing the project.

— A "Project Grant Application" should be included for all projects requesting state, federal or endowment organizational financial assistance.

Forms for the project submittal are available at no cost from the county Bicentennial office in the Sanford Chamber.

Community volunteers, both groups and individuals interested in furthering the concept of the country's 200-year-old birthday, are still needed.

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# 'Shotgun' Bandit Hits Second Time

By BOB LLOYD  
Herald Staff Writer

A Fern Park bowling lanes operator exchanged gunfire today with a ski-masked robber early in the morning. The bandit succeeded in robbing the business after the business' owner, Francis W. Farnsworth, 45, of Winter Park, told sheriff's investigators that he had closed Fairlanes Bowling, SR-436, at 1 a.m. when he heard a noise outside and the bandit shattered a glass door with a shotgun blast.

Farnsworth grabbed a M-1 carbine and fired one shot at the door but the shot was high and the rifle jammed, deputy Donald McCormick reported.

Deputies said Farnsworth remained behind the counter and the masked man entered telling Farnsworth at shotgun point "hold it right there, let's go" and forced him to put an undisclosed amount of money from a safe into a blue vinyl bag.

Farnsworth told investigators the bandit ordered, "get the bills, don't bother with the pennies," before grabbing the bag and hitting the businessman on the back of the head with the shotgun.

McCormick said Farnsworth was treated at Florida Hospital North, Altamonte Springs, and three stitches were used to close a laceration.

The robbery was the second by a ski-masked, shotgun

# Naval Academy Issued Warning

(Continued From Page 1-A)

doors will not close automatically and latch upon release.

— Open pipe chases are throughout the building and should spread fire from floor to floor. Fretwell says they should be sealed. Sealing pipe chases in main building is in the "beginning stage," Harry says.

— Insufficient fire extinguishers are provided. Some service tags were found missing, and some extinguishers were not hung. Harry says fire extinguishers should be placed throughout main building.

Other infractions listed included inoperative sliding fire doors, open interior stairways, mattresses and combustibles located in rooms, certain exit doors swung in the wrong direction, the boiler room is not separated with fire resistant material and no automatic extinguishing system is provided for kitchen equipment.

Harry said school officials have been making "progress" at the facility since he took over in July. "We're working on it," he added.

He also said the school has some of the highest academic standards in the state and that Sanford Naval Academy students generally outscore other Florida students on statewide exams.

Also, Harry said at least two students yearly are admitted to one of the academies. The school was constructed in 1963. Before that, the senior school was a hotel. At the senior school, grades nine through 12 attend, while sixth through eighth graders attend classes at the junior school.

Harry said the operation is run by a non-profit corporation. He could not specify the exact amount it will cost to eliminate the deficiencies outlined by Fretwell, but he said he will appeal to the school's board of directors for additional funds.

On some items that cost a lot of money, Fretwell said he could allow 180 days, but most of the items he listed he specified they be corrected in 90 days. After that "I'll reinspect," Fretwell said yesterday after touring the senior school.

RE SURE TO SEE THE NEW SELECTIONS AT THE UNIFORM STORE CALLED DEANS CAREER APPAREL 1515 BLOCK 40 OF DOG TRACK RD AT THE HOT LIVE CASHIERERY 513 7807

<b>SUPER COUPON</b> FOLGERS COFFEE 1 L.B. CAN 88¢ LIMIT 1 EXPIRES FEB. 22	<b>BORDEN'S SUNDAE CUPS</b> 69¢ PKG. OF 6 EXPIRES FEB. 22	<b>TAMPAX</b> REG. OR SUPER 29¢ BOX OF 10 LIMIT 1 EXPIRES FEB. 22	<b>BORDEN'S Weight Watchers Frozen Dessert</b> 1/2 Gal. 1.19 EXPIRES FEB. 22
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# Probe In Doubt

(Continued From Page 1-A)

definitely and resumed plans for the countywide movement.

One of the reasons Dougherty cited as a block to launching a probe is the fact he is overworked and covers 50 southern districts. He also said if a legal problem of desecration is involved, then the department is interested. But if not, then the school board will have to resolve the matter.

School Supt. Bud Layer was disappointed that the justice department is hedging on their promise to launch an investigation. "Where are they when you need them?" he asked.

The school board has given permission to negotiate to its attorney, Doug Dismartino in an effort to reach an amiable solution.

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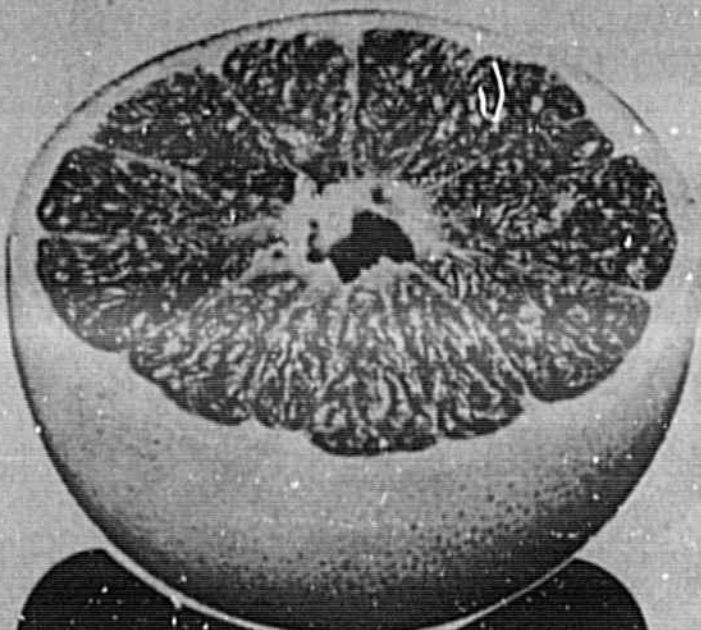
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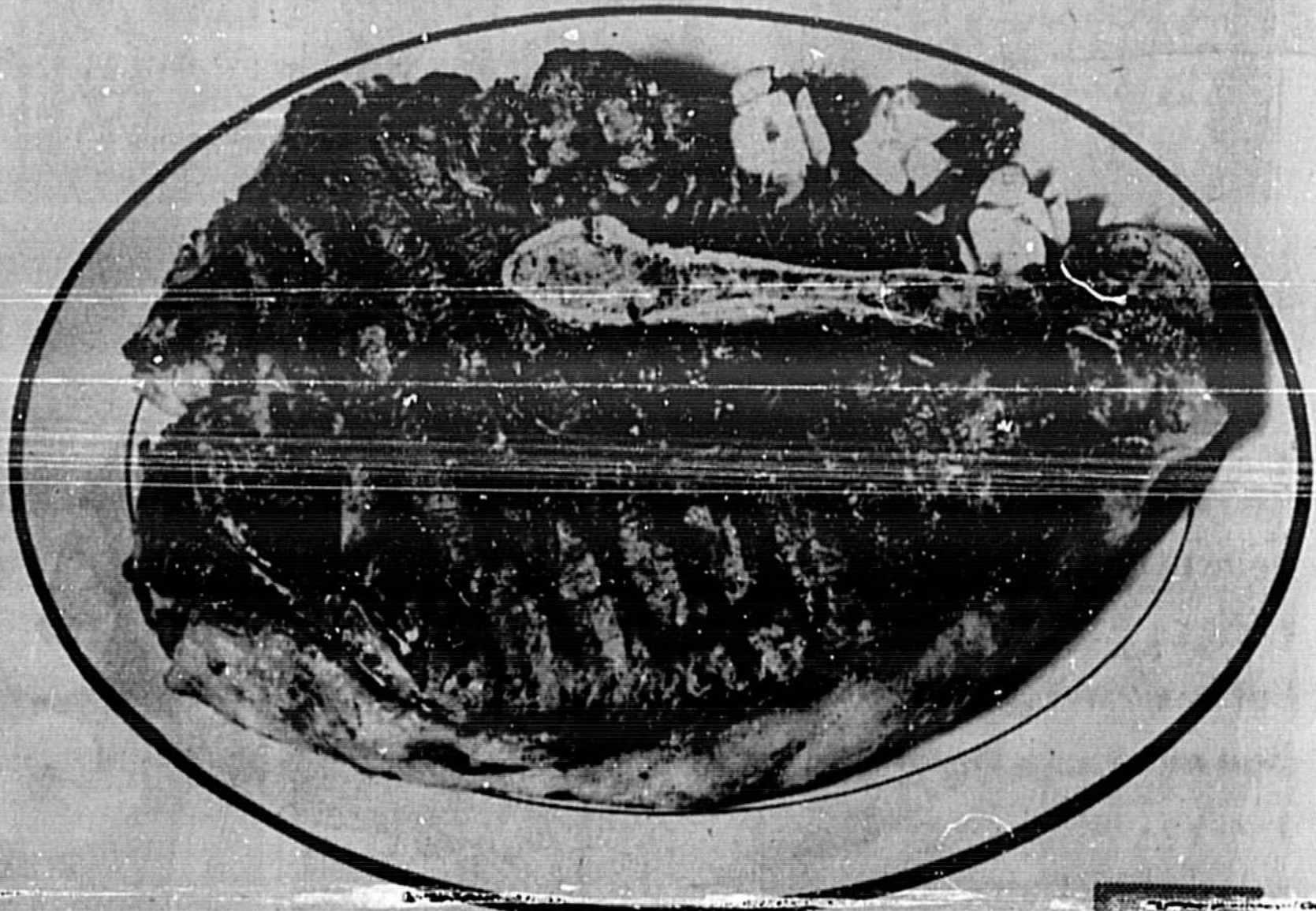
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Honey Pod Peas ..... #207 65¢  
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Italian Dressing ..... 16-oz. bot. 75¢  
Potato Chips ..... 9¢  
Corned Beef Hash ..... 11-oz. pkg. 69¢  
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Hot Dogs ..... 99¢  
Small Shrimp ..... \$1.49  
Flounder Fillets ..... 89¢

SWIFT'S PREMIUM TASTY BONELESS CANNED HAMS

"Selected Baby Beef" Inflation Fighter  
**BEEF LOIN, BEEF FULL-CUT ROUND, BEEF LOIN OR RIB**  
**Steak Sale**  
lb. **\$1.19**

NEW LOW PRICES

SELECTED BABY BEEF! Flavorful Lean Meaty Beef Steaks  
Chuck Roast ..... 69¢  
Pot Roast ..... 89¢  
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Beef for Stew ..... 99¢

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Hi-C Fruit Drinks **49¢**

Coffee Rings **99¢**

Orange Juice **6\$1.08**

Folger's Coffee **79¢**

Stokely Peaches **49¢**

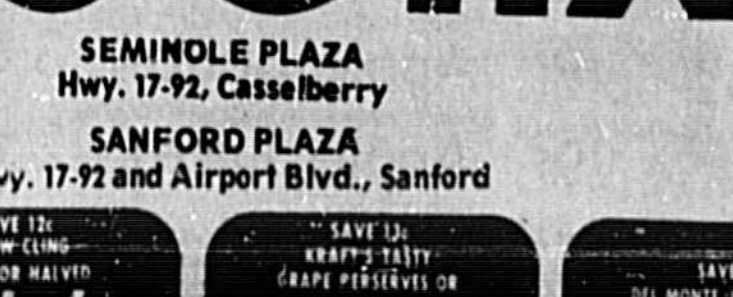
Grape Jelly **69¢**

Chunk Style Tuna **289¢**

Gala Towels **289¢**

Golden Corn **389¢**

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THIS AD GOOD AT THESE LOCATIONS ONLY



50 GreenStamps



# Bachelor's Shopping Spree Leaves Him Shell-Shocked

By GLENN McCLASLAND  
Herald Staff Writer

Going grocery shopping has become a favorite chore of mine, but a necessary evil. But unless you know the ins and outs of the supermarket rat race, it can leave a person "shell-shocked" worse than World War Two.

Being a bachelor, pushing a shopping cart has become a weekly habit, so rolling into the neighborhood supermarket wasn't a strange thing at all. Finding the New Jersey Turnpike had moved inside was the big shock.

The scene was one of frantic frenzy with women of all sizes and shapes pushing the little metal carts various speeds around corners and grabbing for so-called "specials" as if their lives depended on it. Avoiding two collisions near the fresh fruit section and witnessing one "head-on" at the cabbage bin, I steered my buggy slowly, picking up various items on my check list as I went.

Pratt soon I had a decision to make and stopped to ponder which brand of canned corn I wanted. The stop was like slamming on your brakes without warning on U. S. 17-92 at 5 p.m. The traffic jam behind me was almost as bad.

"Hey, what's the stall up there," one lady yelled. "I've got a baby sitter at home and can't spend time waiting on you to make up your mind!"

Begging her pardon, I grabbed a couple of cans and moved along — a bit faster. Finding the better brands without warning on U. S. 17-92 at 5 p.m. The traffic jam behind me was almost as bad.

"Hey, what's the stall up there," one lady yelled. "I've got a baby sitter at home and can't spend time waiting on you to make up your mind!"

name brand, they were carefully stacked where Sherlock Holmes would have had problems.

Between the English peas and canned beets I heard a tiny voice calling, "Daddy, wait."

Looking around I found this small youngster toddling along after me. "Hey, son, I'm not your daddy," I declared, looking around for the missing parent as I did so.

About that time, a heavy set woman — with fire in her eyes — came hurrying up. "Give me

my child, you bum," she snarled, jerking the young man by the arm. Before I could suggest the watch her son better, they were off and I decided silence was golden.

The meat market was a disaster. Even the winners looked like gold bars considering the price tag and I won't describe what the sandwich meats were like. I felt like James Bond in Fort Knox.

The big problem wasn't finding a good selection of meat, but determining which

was the latest price. One package of steak had enough stickers on it to make a travel agency jealous.

Carefully selecting several items and feeling my pocketbook get smaller in doing so, I headed to the dairy counter for milk, cheese, bread and other goodies.

There I learned that if steak is king, the dairy family is the crown prince when it comes to price.

The next stop was at the pet food department. My only

family is a German Shepherd dog that eats like it's going out of style.

"I picked a few cans of dog food and some dog meal, putting these separate from the other selections for price comparison, knowing the dogs bill would make mine look rather small.

Then I roll over to the houseware section to pick up some tissue paper and paper towels, which this time last year were as scarce as hen's teeth. No problem this time.

Moving to the checkout counter, I passed the "exotic" foods department where two ladies are in heavy discussion over the last jar of jam.

"I saw it first," one lady said, while the second was pulling on the jar.

"No, it's mine," the second woman growled as she twisted the first woman's arm a little.

Not being smart enough to stay out of it, I asked why fight over caviar — after all it's expensive these days.

business," one of the two declared. "It's on food stamps and we're trying to make the best selections possible."

Caviar is on food stamps? I'm going crazy. I can't afford steak and these folks are fighting over caviar to round out their food stamp purchases.

I made it to the checkout counter to get the bad news. I watched the young lady expertly punch the keys on the big money-grabber and learned 14 items later that I'm \$32.50 lighter than I was when I rolled into the store.

"Wait, I want to get some aspirin," I said. "I feel a headache coming on after this."

"I'm sorry sir, but the aspirin is limited to one per customer and we're out," the sweet young thing behind the cash register declared.

Not waiting for more "good news", I rushed the groceries out the door and into the sweet madness of outdoor traffic, knowing how it feels to have been robbed — legally.

# Cornbread Has A German Twist

By CECILY BROWNSTONE  
Associated Press Food Editor  
American cooks are often inspired by the dishes of other countries; they use the ethnic ideas in typically American fashion.

We were reminded of this when a recipe for Onion Cornbread came our way. Zwiebel Brod or Kuchen is a German recipe and it's made with yeast dough and a topping of onion.

In the following modern American version of Zwiebel Brod the base is cornbread with crumbled crisply cooked bacon stirred into the batter; the topping is slices of onion and the custard mixture is omitted. Like the German version, this should be served warm.

Onion Cornbread is fine to serve on an economical light supper menu because it is hearty and filling. **ONION CORNBREAD**  
1/2 cup flour, for-stir well to aerate before measuring  
3 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons sugar  
1 1/2 cups enriched yellow or white cornmeal  
1 egg  
1 cup milk  
1/4 cup shortening, at room temperature  
6 slices bacon, cooked until crisp and crumbled  
9 onion slices (2 small onions with ends removed should give the number needed)  
In a medium mixing bowl



Topped with hearty onion slices and so filling it will round out a light supper.

thoroughly stir together the flour, baking powder, salt and sugar; stir in cornmeal. Add egg, milk and shortening; beat with a rotary beater (hand or electric) just until smooth. Stir in bacon. Turn into a greased 8-inch square cake pan. Arrange onion slices in three rows, spacing evenly, over top. Bake in a preheated 425-degree oven until a cake tester inserted in the center comes out clean — 20 to 25 minutes.  
Makes 9 servings.  
Note: If you want less hearty onion flavor, top the cornbread batter with onion rings instead of slices. For a less expensive hot bread, omit the bacon. Suggestive number needed) or may be decreased or omitted.

**COOKING IS FUN**  
By CECILY BROWNSTONE  
Associated Press Food Editor  
FAMILY DINNER  
Baked Pork Chops  
Casserole Yams  
Broccoli Bread/Try Coconut  
Pudding Beverage

**CASSEROLE YAMS**  
Honey and lemon add delightful flavor.  
4 medium (about 1 1/4 pounds) yams or sweet potatoes  
3 tablespoons butter or margarine, melted  
1/2 cup honey  
1/2 teaspoon grated lemon rind  
1 tablespoon lemon juice  
Scrub yams under cold running water; do not peel. Boil, covered, in boiling salted water to cover until tender — about 30 minutes. Drain, peel and slice about 1/2-inch thick; arrange in a 1-quart casserole. Heat remaining ingredients, stirring to blend; pour over yams. Bake, covered, in a preheated 350-degree oven until thoroughly hot — 20 to 30 minutes. After removing from oven, baste with syrup in bottom of casserole if necessary. Makes 4 servings.

**MEATLESS SUPPER**  
Baked Beans Salad/Bowl  
Sweet Rye Bread  
Fruit Cheese  
Sweet Rye Bread  
Eileen Farrell, the famous singer, uses this recipe.  
1/2 cup warm water  
2 packages active dry yeast  
1 1/2 cups lukewarm milk  
3 teaspoons salt  
1/2 cup molasses  
2 tablespoons butter or margarine, softened  
3 1/2 cups medium rye flour  
2 1/4 cups white flour  
In a large mixing bowl dissolve yeast in warm water; add milk, salt, molasses, butter and 1 cup of the rye flour; beat until smooth. Add remaining rye flour and the white flour; mix until dough leaves sides of bowl.

**FINNISH SUPPER**  
Carrot Casserole/Bacon Green Beans Lettuce/Salad  
Rye Bread and Butter  
Fruit Soup  
BEATRICE O'KANGAS'S CARROT CASSEROLE  
From "The Finnish Cookbook" by Beatrice A. O'Kangas (Crown), it's a satisfying and interesting dish.  
1 cup cooked rice  
2 cups milk  
5 medium carrots, shredded  
1 teaspoon salt  
1 tablespoon dark brown sugar  
2 eggs, slightly beaten  
3 tablespoons butter  
1 1/2 cup fine bread or cracker crumbs  
Combine the rice, milk, carrots, salt, sugar and eggs. Pour into a well-buttered 1 1/2-quart casserole. Melt the butter in a separate pan and stir the crumbs into it. Sprinkle over the top of casserole. Bake in a moderately hot oven (375 degrees) about 40 minutes or until the top is lightly browned. Serves 6.  
Note: When we tried this recipe we used a 1 1/2-quart ceramic soufflé dish and baked it until a knife inserted near the center came out clean. — C.B.

**W-D BRAND U.S. CHOICE GRAIN FED BONELESS**  
SAVE 61¢ PER LB.  
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<b>TUNA FISH</b> 3 SAVE \$1.19 3 12-oz. CANS	<b>BREAD</b> 4 SAVE \$1.56 20-oz. LOAVES	<b>MAYONNAISE</b> 11 SAVE \$1.88 32-oz. JAR
<b>PEACHES</b> 2 SAVE \$1.88 29-oz. CANS	<b>VEG-ALL</b> 4 SAVE \$1.34 16-oz. CANS	<b>VEGETABLES</b> 5 SAVE \$1.46 16-oz. CANS

**COFFEE** 99¢  
**SEEDING ROLLS** 3 SAVE \$1.23  
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**Extra Large Eggs** 66¢  
**GREEN BEANS** 4 SAVE \$1.17  
**POTATO BUDS** 2 SAVE \$2.20

**KETCHUP** 59¢  
**SOUP** 49¢  
**APPLES** 559¢  
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**ICE CREAM** 12-PK. \$1.29

**SOAP** 49¢  
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**SOAP PADS** 45¢  
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**BEEF CHUCK POT ROAST 88¢**  
PRICES GOOD THURS. FEB. 20 THRU WED. FEB. 26

<b>CHUCK ROAST</b> 30¢ SAVE 68¢ W-D BRAND USDA CHOICE BEEF	<b>GROUND BEEF</b> 59¢ WHEN YOU PURCHASE 10-LB. PKG. W-D BRAND U.S. H.M.P. (NO ADDITIVES) PURE	<b>PORK CHOPS</b> 21¢ SAVE 98¢ FRESH SLICED PORK LOIN ASSORTED
<b>CHICKEN</b> 17¢ SAVE 38¢ USDA GRADE "A" FRESH FROZEN W-D BRAND WHOLE FRYING	<b>LEG O' LAMB</b> \$1.39 USDA CHOICE	<b>RIB ROAST</b> \$1.39 W-D BRAND USDA CHOICE BEEF E-Z CARVE OVEN READY

**GROUND CHUCK** 88¢  
**ROUND STEAK** \$1.49  
**SHOULDER ROAST** 99¢

**TOMATOES** 49¢  
**ORANGES** 559¢  
**POTATO BUDS** 99¢

**POT PIES** 4 \$1.20  
**DINNERS** 2 \$1.12  
**ICE CREAM** 12-PK. \$1.29

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



COOKING IS FUN

By CECILY BROWNSTONE  
Associated Press Food Editor

**FAMILY SUPPER**  
Vegetable Soup  
Pizzaburgers  
If you prefer, the beef patties may be broiled instead of pan-fried.  
1 pound ground beef  
4 English muffins, split  
Pizza sauce, from a 15 1/2-ounce can  
Dried crushed oregano  
2 to 4 ounces mozzarella cheese, sliced  
If you like, season the meat with salt and pepper to taste; shape into 4 flat patties the same diameter as the muffins — in this recipe, the patties will shrink in cooking so they shouldn't be thick and small in diameter to begin with. Pan-fry rapidly so surfaces are crusty and they are done as much as you like. Meanwhile toast the muffins; keep top halves warm; spread the bottom halves with pizza sauce and sprinkle with oregano; top with the patties, mozzarella and more pizza sauce. Broil rapidly just until mozzarella begins to melt. Add top halves of muffins and serve at once. Makes 4 servings.

**INFORMAL GET-TOGETHER**  
Grilled Frankfurters  
Ennie's Baked Beans  
Relishes/Holls  
Giant Salad Bowl  
Fruit Cheese  
EMMIE'S BAKED BEANS  
A Southern friend of ours, after tasting these deliciously creamy beans in New England, was inspired to work out this recipe.  
Two 18-ounce jars New England style baked beans  
1/2 cup heavy cream  
1/2 medium onion  
2 slices bacon  
Remove pork from beans and use in some other dish or discard. Turn beans into a shallow 1-to 1 1/2-quart baking dish; gently stir in the cream. Peel onion-half and slice fairly thin; separate into half-rings; arrange over beans. Dice bacon and sprinkle over onion. Bake in a preheated 375-degree oven until bacon is cooked and top is slightly crusty — about 40 minutes. Serve at once. Makes 6 servings.

**FLORIDA ARRIVE ALIVE**  
BY SUNSHINE STATE

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**OLD MILWAUKEE BEER**

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LOTUS "LONG GRAIN" RICE

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MAXWELL HOUSE (ALL GRINDS) COFFEE

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WHY PAY \$1.24

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**\$1.24**

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7 OZ. BTL.

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**\$1.29**

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CLUB..... LB. **\$1.27**

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LB.

**87c**

FAMILY PAK PORK CHOPS

LB.

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LB.

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WHOLE FRESH PORK LOIN

17 LB. AVG. CUT & WRAPPED

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Evening Herald, Sanford, FL. Wednesday, Feb. 19, 1975-78

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10 LB. SLICED BACON

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**\$5.77**

**U.S. NO. 1 GENUINE Farm Fresh PRODUCE**

IDAHO RUSSET BAKING POTATOES

10 LB. BAG

**88c**

EXTRA FANCY! WASHINGTON GOLDEN-DELICIOUS

3 LBS. CELLO BAGS

**58c**

FRESH-GREEN! CABBAGE

LB.

**9c**

TASTY! WASHINGTON D'ANJOU PEARS

LB.

**28c**

FRESH-CRISP! FLORIDA CELERY

LARGE STALK

**18c**

# Bake-Off Winner's Big Secret Is Finally Out

NEW YORK — (NEA) — The secret about the bake-off winner's big secret is finally out. Mrs. Gene Hungate of Sterling, Ill., won the 1972 Pillsbury General Electric Bake-Off in San Francisco Feb. 22-25 to demonstrate her unusual heavy winning dish of spinach and shrimp. She is the third annual winner of the General Electric microwave cooking contest and her main dish is a departure from the majority of entrants who tend to concentrate on desserts. The first winner, a 19-year-old college student from San Antonio, Tex., for example, won with a honey drizzle cake.

The two do have something in common, though. Andrea Allard prepared her winning recipe in the microwave oven in the university's home economics department. Mrs. Hungate also "borrowed" an oven with which to create her winning entrée. In her case, she

knew such a secret was almost impossible to keep. Mrs. Hungate will be on hand during the Pillsbury General Electric Bake-Off in San Francisco Feb. 22-25 to demonstrate her unusual heavy winning dish of spinach and shrimp. She is the third annual winner of the General Electric microwave cooking contest and her main dish is a departure from the majority of entrants who tend to concentrate on desserts. The first winner, a 19-year-old college student from San Antonio, Tex., for example, won with a honey drizzle cake.

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used the unit owned by a friend down the street to perfect her dish. "My husband will be on hand during the Pillsbury General Electric Bake-Off in San Francisco Feb. 22-25 to demonstrate her unusual heavy winning dish of spinach and shrimp. She is the third annual winner of the General Electric microwave cooking contest and her main dish is a departure from the majority of entrants who tend to concentrate on desserts. The first winner, a 19-year-old college student from San Antonio, Tex., for example, won with a honey drizzle cake.

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Mrs. Gene Hungate of Sterling, Ill., and her winning combination

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# Chicken: Tops In Nutrition

It isn't always easy to provide nutritionally-balanced meals without unbalancing the food budget. That's why more and more homemakers, concerned with maintaining the good health of their families, include chicken frequently in their meal planning.

Few meats equal the food high quality of chicken. Chicken contains the same value of chicken protein found in red meats. It also contributes iron, thiamin, riboflavin, niacin, calcium and phosphorus to the diet.

Chicken liver is especially rich in iron and Vitamin A, providing 109.7 per cent of the recommended daily allowance of the latter.

Equally important is what chicken does NOT add to the diet. Chicken is low in fat content and the fat it does contain is two-thirds unsaturated. It contains no carbohydrate.

Another nutritional plus for chicken is its low calorie content. Chicken has fewer calories than most meats. According to the National Broiler Council, a 3 1/2 ounce serving of broiled chicken (without skin and bone) contains approximately 136 calories.

However, it's chicken's protein value that has made it a mainstay of American meals. A 3 1/2 ounce serving of chicken (without skin and bone) contains 31.2 grams of protein or 52 per cent of the average daily adult requirements.

The light, delicate taste of chicken appeals to every age.

And chicken is so versatile, it can be served often. A slight change in seasoning results in a completely new taste, allowing the imaginative cook almost limitless possibilities for preparing this nutrition-packed food.

**ROBUST COUNTRY CHICKEN**

- 1 broiler-fryer chicken, cut in serving parts
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup oil
- 1/2 cup chicken bouillon
- 2 tablespoons chopped parsley (optional)
- 1 1/2-ounce can yellow corn, drained
- 1 1/2-ounce can butter beans
- 1 tablespoon chopped pimiento
- 2 8-ounce cans tomato sauce with mushrooms
- 1 teaspoon seasoning salt

Lightly coat chicken with combination of flour, salt and pepper. Lightly brown chicken on all sides in oil in skillet. Pour off excess fat. Add bouillon, cover and simmer 40 minutes. Add parsley, corn, butter beans, pimiento, tomato sauce and seasoning salt. Simmer 10 minutes or until chicken is tender. Makes 4 servings.



Robust Country Chicken is a hearty, nutritious dish

# WHERE YOU CAN SAVE AND SHOP HAPPY TOO!

FAIRWAY CORN FED HEAVY WESTERN BEEF TASTES GREAT

**FREEZER BUY OF THE WEEK!**  
FAIRWAY CORN FED HEAVY WESTERN BEEF  
**Hindquarter 98c**

STANDING RIB ROAST  
**7 Inch Cut**



**RIB ROAST \$128**



**Fryers 48c**  
COUNTRY PRIDE FRESH WHOLE U.S.D.A. GRADE A  
Cut-Up Fryers 53c

**Quarter Pork Loin 98c**  
SLICED INTO CHOPS

**Cube Steaks 98c**  
3 lbs. or More

**Fryer Quarters 53c**  
Breast or Leg  
Whole or Split  
**Broilers 53c**

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More Meat to Eat For Your Money

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Delmonico Steak lb. \$2.69	Chuck Roast lb. 79c
Lean Cube Steak lb. \$1.69	Calif. Roast lb. \$1.19
Chuck Steak lb. 89c	Boneless Rump lb. \$1.39
Lean Stew Beef lb. \$1.29	Sirloin Tip Roast lb. \$1.49

Fresh Ground Beef is 79c

**Money Saver Family Pak 88c**  
3 lbs. or More  
Fresh Lean Ground Chuck

**Wiener 78c**  
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**BAKERY DELIGHTS**  
Reg. 12/79. Save 29

**Potato Rolls 6/54c**

**Banana Loaf Cake 98c**  
Schoolhouse

**Cookies 48c**  
doz.

**Date & Nut Loaf 98c**

**Glazed Donuts 6 for 69c**

**Breaded Veal Patties 51c**  
4 oz. Each

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Split & Oven Ready Florida Cooked Lobster lb. \$2.98	White Supply Lests 5 lb. \$4.98
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Fresh Spanish Mackerel lb. 49c	Fresh Yellowtail Snapper lb. \$1.49
Fresh Catfish lb. 98c	Fresh Whole Pompano lb. \$1.49
Trout Fillet lb. 98c	

**JOHN MORRELL Spiced Luncheon 59c**  
1/2 lb.

**GERMAN Bologna 55c**  
KRAFT  
Longhorn Cheese 98c

**HOFFMAN SPECIALTY Cheeses 49c**  
1/4 lb.

**Hot Noon Lunches \$1.35**  
(DIFFERENT FEATURE EVERYDAY)

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CENTER CUT

**HORMEL CORN FED Loin Chops \$1.58**  
CENTER CUT

**MONEY SAVER FAMILY PAK Beef Patties \$2.98**  
20 4 oz. 5 lb. box  
ONION PEPPER MUSHROOM SALISBURY CHUCK WAGON

# FAIRWAY THE FRIENDLY FOOD MARKETS

GREAT FOOD VALUES EVERY WEEK AT FAIRWAY

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POUND QUARTERS

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PETER PAN Peanut Butter 18 oz. 89c	FOLGER'S Coffee 1 pound can \$1.09
REFILL 409 Cleaner 64 oz. \$1.49	LYKES Vienna Sausage 3 5 oz. \$1

**Clorox 59c**  
GALLON  
LIMIT ONE WITH \$7.50 ORDER EXCEPT BEER & CIGARETTES

**Kidney Beans 4 \$1**  
FAME QUALITY  
Cut Green Beans 3 \$1  
Cut Beets 4 \$1  
Sweet Corn 3 \$1  
Dove Dish Liquid 22 oz. 59c

**Coffee \$1.69**  
10 oz Jar  
LIMIT ONE WITH \$7.50 ORDER EXCEPT BEER & CIGARETTES

**Beer \$1.09**  
6-12 oz. Cans  
LIMIT 4 6-Paks

**Tomato Soup 3 for 53c**  
CAMPBELL'S

**Drive \$1.39**  
KING SIZE  
LIMIT ONE WITH \$7.50 ORDER EXCEPT BEER & CIGARETTES

**Potatoes 59c**  
10 lb. bag  
U.S. NO. 1 WHITE

**Ice Cream \$1.39**  
1/2 Gal

**Sliced American 89c**  
12 oz

**Drinks 79c**  
6-12 oz Cans  
REGULAR OR LO CAL SHASTA

**GOLDEN DELICIOUS Apples 3 59c**

**SNOWHITE Mushrooms 99c**

**GREEN Pepper 14c**

**YELLOW Squash 29c**

**LARGE TEMPLE Oranges 8c**

**FAIRWAY FARMS Orange Juice 6 oz. 19c**

**SARA LEE Pound Cakes 11 oz. 99c**

**FLEISCHMANN Egg Beaters 16 oz. 85c**

**BREAKSTONE Cottage Cheese 16 oz. 59c**

**KRAFT CRACKER BARREL Sharp Stix 10 oz. \$1.09**

**PILLSBURY Biscuits 2 8 oz. 25c**

**SAVE 50c WITH THIS COUPON TETLEY TEA BAGS**  
100 ct. FAIRWAY MARKETS

**SAVE 10c WITH THIS COUPON A-1 STEAK SAUCE**  
10 oz. FAIRWAY MARKETS

**LUNCH FOR FOUR**  
Soup and Sandwiches  
Fruit Compote Beverage  
SOUP AND SANDWICHES  
Much enjoyed at our house.  
3 tablespoons butter or margarine  
1-2 cup diced green pepper  
6 eggs  
1/2 teaspoon onion salt  
1/4 teaspoon pepper  
1/4 teaspoons prepared mustard  
6 slices buttered toast  
Two 10-ounce cans split pea with ham soup  
1/4 to 1/2 teaspoons dry crushed thyme  
In a 15-16 inch skillet over low heat, melt the butter; add green pepper and cook, stirring often, until softened. Beat together the eggs, onion salt, pepper and mustard just until combined; pour into the hot skillet. Cook, using a wide spatula to lift set portions so runny part flows underneath, until all the mixture is set but still soft. Make sandwiches of the scrambled eggs and the toast. Meanwhile heat soup with thyme according to label directions. Serve with the sandwiches. Makes 4 servings.

# Fancy Up Meat Loaf Servings

By CECILY BROWNSTONE  
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Fancy up that meat loaf and you'll take it out of the realm of everyday eating.

If you do this by adding a coating of mashed potato, as in the following recipe, you'll save yourself using an extra serving bowl for the potatoes.

The frosted meat loaf may be company fare. Offer it with a cooked vegetable, good bread, a crisp salad, dessert and coffee or tea. The meat loaf is flavorem with its addition of tomato sauce, onion, chili and garlic so there's no need to serve a sauce or relish with it.

**FROSTED MEAT LOAF**  
8-ounce can tomato sauce  
2 eggs  
2-3 cups soft bread crumbs  
1-1/4 cup instant minced onion  
3 teaspoons chili powder  
1 to 1 1/2 teaspoon salt  
1/4 to 1/2 teaspoon garlic powder  
1/2 cups water  
In a large mixing bowl thoroughly mix together the beef, tomato sauce, eggs, bread crumbs, onion, chili powder, salt and garlic powder. Turn onto an ungreased shallow baking pan (11 by 7 by 1 1/2 inches is a good size) and shape into an oblong about 9 by 5 inches. Bake in a preheated 325 degree oven 1 1/2 hours.

Just before meat loaf comes out of oven, bring water and milk to a boil; beat in potato enough to blend. Beat in egg yolks and parsley. Remove meat loaf from oven; set oven regulator to 375 degrees.

Remove meat loaf to an ovenproof platter using two wide spatulas or pancake turners. Spread mashed potatoes over top and sides. Return to 375-degree oven and bake until potatoes are lightly browned — 15 minutes.

**MAKE 8 servings.**



