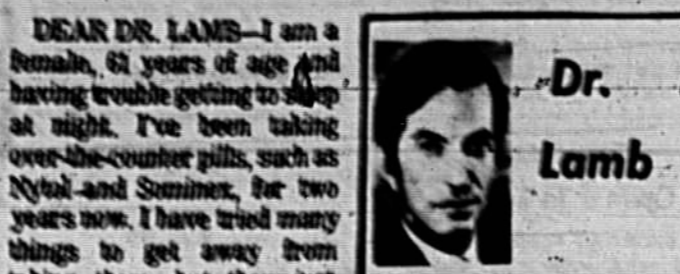


Use Sleeping Pills With Extreme Care



DEAR DR. LAMB—I am a female, 50 years of age and having trouble getting to sleep at night. I've been taking over-the-counter pills, such as Nyquil and Sedam, for two years now. I have tried many things to get away from taking them, but they just haven't worked. I do have some arthritis in my spine, hands and shoulders and I take Percodan every night for the pain and also some aspirin. Could you please give me some information on how to break the habit of taking these sleeping pills?

DEAR DR. LAMB—I'm a 52-year-old female and I have been drinking distilled water. I've been told it is not good for me as it does not have any minerals in it. I have read good books so I would like to know if I should keep drinking it.

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Victory Ronald Reagan Awaits Tonight's Nomination

DETROIT (UPI)—Twelve years of hope and heartbreak, millions of dollars spent, and months of campaigning culminate tonight as the Republicans nominate Ronald Reagan to be president of the United States.

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U.S. Grand Jury Indicts Kely, Longwood Man

Kelly Loses Backing Of Many Republicans



WASHINGTON (UPI)—Rep. Richard Kelly, R-Fla., who says he accepted cash from undercover agents to pursue his own investigation, has become the sixth congressman indicted on charges stemming from the FBI's Abscam operation.

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City Forgot It Has No Loitering Law

The city of Sanford won't be able to use an anti-loitering ordinance to prosecute persons hanging around West 13th Street grocery store and adjoining neighbors, who complained this week.

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Freed Hostage Sets Move

WIESBADEN, West Germany (UPI)—Freed American hostage Richard Quisenberry, suffering from multiple sclerosis, plans to recuperate in Maine then resume his foreign service career.

School Clerical Workers Get Pay Raise

In Washington, Secretary of State Edmund Muskie said Quisenberry will return with his family to the United States Friday and recuperate in the best place in the world—the state of Maine.

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The map shows the distribution of delegates for tonight's vote for the Republican presidential nomination.

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WORLD IN BRIEF

Shah Undergoes Operation As Iran Seals Its Borders

CAIRO, Egypt (UPI) — The former shah of Iran underwent his third operation in 17 days today to drain an abscess the size of an orange on his right thigh, the well-informed Al-Ahram newspaper said. There was no official confirmation of the Al-Ahram report and no immediate word on the condition of the former shah, who has undergone seven operations since leaving Iran 18 months ago.

Officer's Job Assured After Closed-Door Pact

By DONNA ESTES
Herald Staff Writer

"The agreement means we are simply going to continue following the law," Sanford Mayor Lee Moore said Tuesday night as he recommended that his fellow city commissioners approve an agreement worked out with federal officials earlier in the day.

The agreement says that Police Officer Tony Brooks will not sue the city and in return Brooks will not be penalized or retaliated against on issues of salary increases, promotions, transfers or other employment-related issues. The agreement also says that Brooks and his family will not be subjected to harassment by city officials and will be treated as other officers of the police department are.

Longwood Keeps Land Ordinance

By JANE CASSELLBERRY
Herald Staff Writer

In voting down a 2-3 amendment designed to clarify a city ordinance regarding non-conforming lots, the Longwood City Commission has created even more confusion.

Bowing to public pressure from residents in the Lake Wildflower area, Commissioners John Hepp, John Lorneman and William Mitchell voted against the amendment while Commissioners J.R. Grant and Mayor Steve Usbert voted in favor of the controversial ordinance. An ordinance putting a temporary moratorium on construction on non-conforming lots was approved unanimously, however.

City Attorney Marvin Rooks had been directed by the commission to draw up the amendment to clear up confusion over an amended 1976 ordinance on non-conforming lots of record after he gave an interpretation differing from one by former city attorney Ned Julian Jr.

In 1984, an ordinance was passed requiring a 5,000-square-foot minimum lot size with 60-foot frontage for residential zoning with lots of record that were not contiguous and had "single and separate" ownership excepted. In 1970 another ordinance was passed increasing the area to 10,000 square feet and the frontage to 100 feet. A subsequent amendment adjusting the zoning eliminated any reference to single ownership or noncontiguous frontage as being necessary for an exception.

Julian had interpreted the city code to mean the intent was to continue to require these for an exception, but Rooks interpreted the ordinance strictly as written advising that the city must issue building permits on this basis.

The commission had asked for Rooks' opinion after builder Thomas Lunsford of Dowling and Lunsford, general contractors, complained to the commission on April 21 that he had been illegally denied a permit to build on nine lots with residential zoning. Although his 80-foot lots do not meet the 100-foot frontage criteria they more than meet the minimum square-footage requirement.

Since then Lunsford, residents of the Blatline Avenue-Oxford Road—Lynx Drive area protested that homes built on smaller lots would be detrimental to their neighborhood and devalue their property.

Many objected to the new ruling because under the previous interpretation they had been required to purchase two lots in order to have the necessary 100-foot frontage to build their homes.

To placate the residents until the situation would be resolved, an ordinance was drawn up setting a temporary moratorium on construction on non-conforming lots in the city. The moratorium was extended to July 14 after action was tabled June 9 on the proposed amendment.

Having voted down the amendment Monday night the commission was left with a legal interpretation that building permits should be issued and was thus back at square one. The commissioners decided to meet Thursday at 5:30 a.m. to try and work out the dilemma prior to a work session on the budget. They extended the moratorium until Thursday.

A petition was signed by 200 residents asking the commission to vote against the amendment and direct Rooks to write a new amendment providing for a minimum building requirement of 10,000 square feet and requiring those with adjoining vacant lots in single ownership to lot frontage of less than 100 feet to combine the lots to meet the minimum frontage requirement.

Lunsford said his lots exceed the minimum square footage requirement and he wants to build two houses on his two non-conforming lots of record which are each 80 by 300 feet. His property facing on proposed extension of Lynx Drive would be divided into 100-foot lots, he said.

The 800,000 attractive homes would be an asset to the community, he explained.

Sanford Man Drowns In Jacksonville Pool

By DAVID M. RAZLER
Herald Staff Writer

A 48-year-old Sanford man on his way to a Georgia alcoholic drink drowned in a Jacksonville motel swimming pool.

William T. Simpson, 48, of 919 Laurel Ave., and an unidentified man had illegally entered the closed pool for a 5 a.m. swim Sunday morning, apparently after a great deal of drinking, police say. After clowning around in the water, Simpson ducked under the surface but never came up, said Jacksonville Police Det. J.L. Tarmentier. He was pronounced dead on the scene at 9:15 a.m., Tarmentier said.

Since 1978, Simpson, employed as a mechanic at Clem Leonard Shell, 3200 Park Ave., had lived with his sister and brother-in-law, Mary and Marvin Revels.

Mrs. Revels said she thought her brother had been improving, and had not been drinking recently. "We thought he was doing fine," she said, explaining her brother had completed more than a month at a Veterans' Administration detoxification program in Jacksonville and had come home for a week before leaving for the Georgia program.

He was transferring to the Georgia hospital because there he also would be treated for asthma, the condition which led to his discharge from the army in the late 60s, Mrs. Revels said.

Police say he and an unidentified companion, both believed intoxicated, climbed the steps leading from the street to an unguarded pool at the Heart of Jacksonville Motor Motel, where neither man was believed to be a guest.

The two pulled off their clothes and jumped in the water, said Tarmentier, explaining Simpson just "got too much water" and never surfaced after swimming towards the bottom of the pool.

Guests at the motel, used by railroad workers who leave early in the morning, saw Simpson go under and called an ambulance, Tarmentier said. Simpson's fellow swimmer apparently panicked and ran from the scene, said Tarmentier, adding police are still looking for the man. Simpson's death has been classified as an accident, he said.

"That motel has problems with people getting into the pool," Tarmentier said. The pool, which officially is open to guests between 10 a.m. and 10 p.m., can be reached by climbing a short flight of stairs from the street.

"Except when he drank, Simpson was a quiet man, said his sister. He was not consistently drunk, but "would go out on binges, often and often," she said. Treatment at the VA hospital would improve his condition for a while, she said. Simpson began drinking while working at an army medical dispensary, Mrs. Revels said.

In the late 1960s, Simpson joined the Air Force, then after two years enlisted in the Army. He served at several bases, including Okinawa, Japan, Revels said.

In 1968, Simpson came to Sanford after receiving a medical discharge for his breathing problems.

After living in several parts of the country, including Sanford, Simpson moved here again in 1971 with the Revels, working for a local service station.

When the station owner sold out and bought a station in Pennsylvania, Simpson moved up with him, Mrs. Revels said. He lived there for two or three years and got married, but returned from his wife in 1976 and moved back to Sanford.

WEATHER

AREA READINGS (9 a.m.): temperature: 84; overnight low: 75; yesterday's high: 91; barometric pressure: 30.01; relative humidity: 60 percent; wind: north-east at 10 mph.

THURSDAY TIDES: DAYTONA BEACH: high, 12:21 a.m., low, 1:55 a.m.; 4:09 p.m.; PORT CANAVERAL: high, 12:13 a.m., low, 1:46 a.m.; 6:49 p.m.; BAYPORT: high, 1:33 a.m., 1:31 p.m., low, 11:31 a.m., 11:28 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet, Out to 30 Miles: Variable winds 10 knots or less through Thursday. Seas less than 3 feet. Widely scattered showers and thunderstorms mostly south part.

AREA FORECAST: Partly cloudy through Thursday with a chance of mainly afternoon or evening thunderstorms. High in the mid to upper 90s. Lows mainly in the mid to upper 70s. Winds variable 10 mph or less. Rain probability 40 percent during afternoon and evening hours.

EXTENDED FORECAST: Partly cloudy with hot days and scattered mostly afternoon and evening thunderstorms. High mainly in the 90s. Lows in the 70s, except around 80 in the Keys.

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- 10.99** 18.99 VALUE. GOTT' TRASH CAN. Deep construction. Inset seams, and raised bottom for strength and durability. 30 gallon capacity.
- 16.99** 23.49 VALUE. YARD PRIDE 1 1/2 GALLON SPRAYER. Puls spray right on target. Features long hose, spray extension, adjustable nozzle, instant off control, brass pump. 1 1/2 gallon tank. Lightweight! Easy to use.
- 5.99** 8.95 VALUE. YARD PRIDE TRASH CAN. Deep construction. Inset seams, and raised bottom for strength and durability. 30 gallon capacity.
- 10.99** 18.99 VALUE. HOWE'S GLASS AND SCREEN HARDWARE. Paint holding power keeps head and hardware color longer. Address bottle fill, no leak. Washable and tear free.

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18-Year-Old Man Accused Of Robbing 72-Year-Old Woman

By DAVID M. RAZLER
Herald Staff Writer

An 18-year-old man believed by police to be living in a wooded area in Sanford has been arrested on charges he tied up and robbed a 72-year-old woman Thursday.

Tommy Tyrone Wynne was arrested this morning at 9 a.m. after he was spotted in the woods near Poplar Avenue and W. Third Street, police say.

He has been charged with aggravated assault and robbery in the knife attack on Ester Lansang, 72, as she worked at the Chevron Bulk Plant, 409 Laurel Ave. at 7:30 p.m. Thursday. Lansang was tied up and cut by her assailant before he left the plant with her wallet, police say.

Wynne also is suspected of committing four other armed robberies in Sanford over the last week, including the theft of about \$5 from a 73-year-old man as he stepped from his house Tuesday morning, police say.

Action Reports

- ★ Fires
- ★ Courts
- ★ Police Beat

Police say Wynne was spotted by Lt. Charly Parker, who had traced the suspect to the area. He was arrested by Officer Jack Davis, who cornered him after a chase by four police officers along Second and Third streets.

CHASE ENDS WITH CRASH

A 10-mile high-speed chase by deputies and police which began in Seminole County this morning ended abruptly in Orlando with a crash, Seminole County Sheriff's Department spokesman John Spolaki said.

The chase began at 2:06 a.m. when Seminole Sheriff's Deputy Jason Pauska spotted a car weaving on State Road 496 near Red Bug Road and ended a few minutes later when the car, a 1972 Cadillac, smashed into a utility pole south of State Road 50, Spolaki said.

Hospitalized following his arrest is Craig Troxler, 30, of 4011 Rose Ave., Orlando. Troxler, in stable condition at Winter Park Memorial Hospital this morning, claims he was not involved in the run from deputies or the accident, but was assaulted by a group of men nearby, Spolaki said.

Deputies and Orlando police maintain Troxler was the man who drove off at a high rate of speed when Pauska turned on his blue lights back in Seminole County.

As Pauska chased the Cadillac into Orange County, Orange deputies and Orlando police blocked off intersections to prevent motorists from colliding with either the runaway car or the deputy chasing it.

When the car hit the utility pole, its driver ran from the scene, Spolaki said, adding Troxler was arrested a short distance away.

Seminole County deputies ticketed Troxler for reckless driving, fleeing an officer and driving with a suspended license.

Charges resulting from the accident by Orange County authorities are still pending, Spolaki said.

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- Most Ladies Sizes
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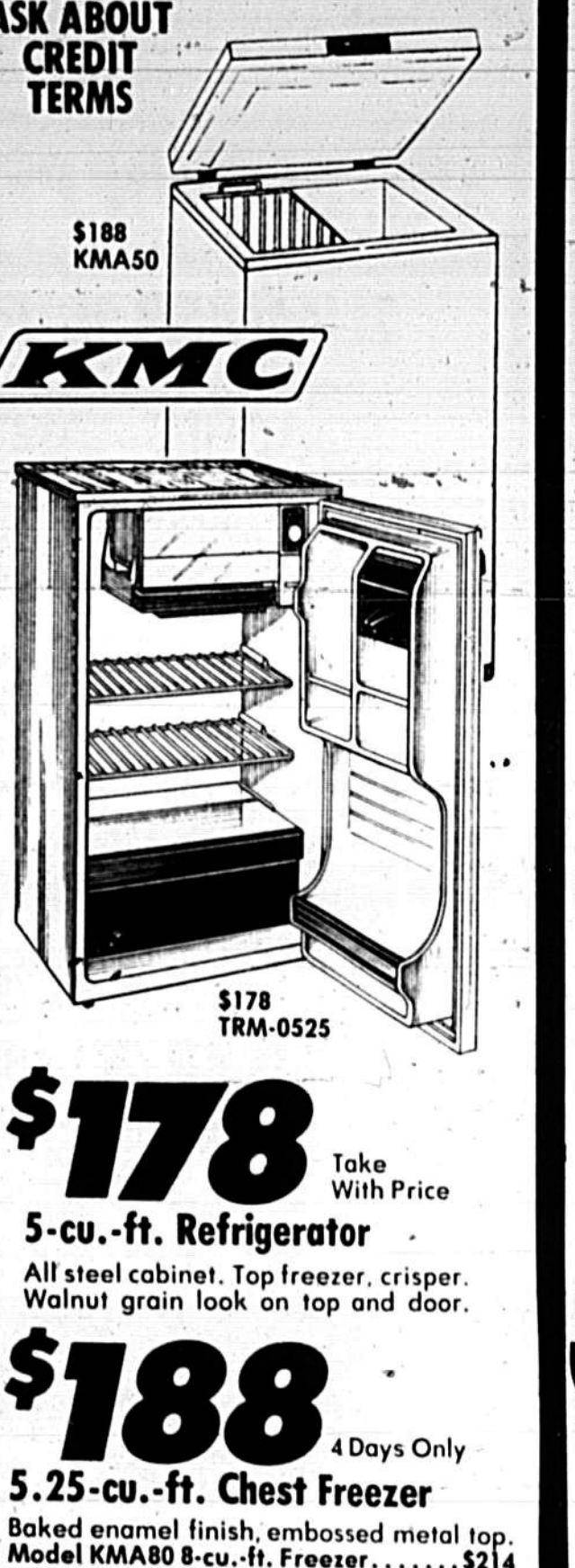


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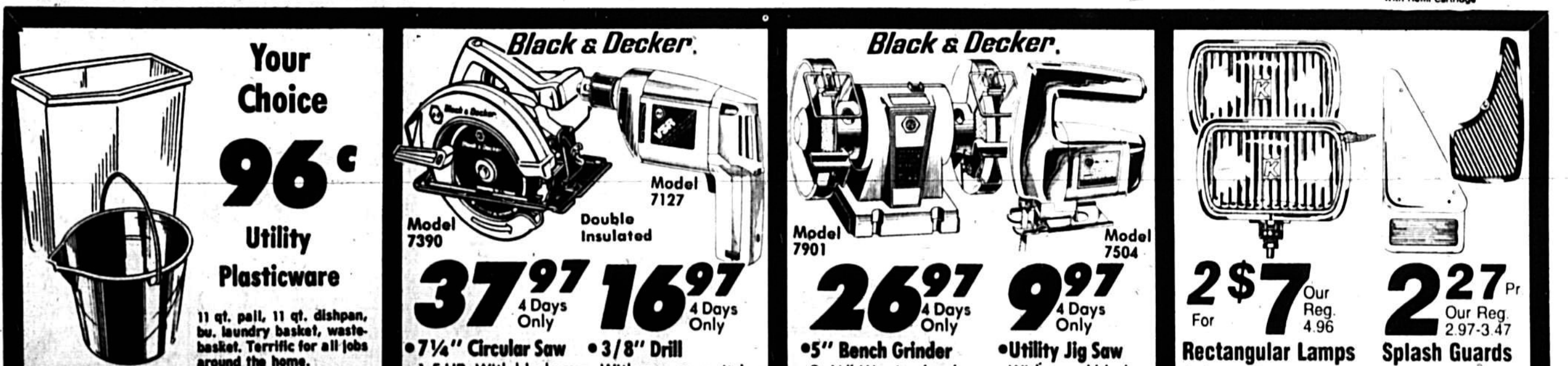
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 SANFORD U.S. HWY. 17-92 AT AIRPORT BLVD.
 S. ORLANDO 703 S. ORANGE BLVD. TRAIL AT SAND LAKE RD.
 DELAND 1201 SOUTH WOODLAND BLVD.
 CASSELBERRY U.S. HWY. 17-92 NEXT TO JAI-ALAI FRONTON
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National League Roundup

Bench Breaks Berra's HR Mark

By United Press International Step aside Yogi Berra — Johnny Bench wants to be alone. Cincinnati's annual All-Star became the greatest home-run hitter among catchers Monday night by crashing No. 314 to cap a five-run fifth inning that propelled the Reds to an 11-7 triumph over the Montreal Expos.

Bench, who has spent his entire 14-year career with the Reds, had been tied by Berra, who played 18 years with the New York Yankees, for the major-league record before his historic blast.

"As soon as he hit the ball and I had alerted myself to what was happening, my eyes went to him," said Cincinnati Manager John McNamara. "He has a smile as wide as an ocean and as he jumped, it was a tremendous thrill for me. It had to be Johnny's night."

Bench, who was given a 90-second standing ovation by the Riverfront Stadium crowd of 21,589, has amassed a career total of 347 home runs — 33 when he was playing a position other than catcher.

After Bench struck the pitch thrown by National League pitcher Zachry and Sharns, Alaska Los Angeles' Steve Garvey, Berra's 314th home run was the 11th in the ninth inning.

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ALL STAR SQUADS PREPARE FOR TOURNAMENTS

The Seminole Pony Baseball League fields at Five Points Sports Complex in Winter Springs will resemble a revolving door beginning Thursday as the host site for several district, regional and state qualifying tournaments for local Mustang, Bronco, Pony and Colt squads.

The American team members are front row left-to-right Kevin Landers, Robert Richter, Aaron Will, Mickey Helms, Joey McLaugh, Alan Fortenberry and Joe Taylor.

Back row left to right are Dale Stevens, Gary Stapleton, David Montgomery, Eric Swannie, Eric Birle, Joey Spelman, David Fritzer, Jimmy Kremer. Coaches in back row are left to right Don Steven-business manager, Harold Helms-coach and manager Jerry Fortenberry.

For a complete schedule of the upcoming tournaments at Five Points, see page 9A.

Advertisement for 'THE STORE' AUTO SERVICE, featuring front-end alignment services and tire services.

Advertisement for 'PROTECT MOVING PARTS' and 'MAINTAIN STOPPING DISTANCE' services.

Advertisement for '12-MONTH TUNE-UP' services, including oil changes and filter replacements.

Advertisement for 'SALE! TIRES FOR IMPORTS' with various tire models and prices.

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Advertisement for 'GOODYEAR SERVICE STORE' with contact information and services.

SCOREBOARD table listing baseball game results for various leagues including the National League, American League, and Pacific Coast League.

Gigantic Tire Clearance Sale!

40% to 50% off. Subject to Prior Sale. Limited Quantities - Some one of a kind. No phone orders - No Layaways. More tires than shown below.

JCPenney steel belted tires advertisement listing various models like AR78-13, BR78-13, HR78-15, and LR78-15 with their original and sale prices.

Advertisement for 40% to 50% off on tires, listing examples like A78-13, 155-15 V.W. tire, 165-13, FR78-14, P185/80R-13, P225/75R-14, and P215/75R-15.

The JCPenney 4 Year Battery advertisement, highlighting its long life and performance.

Save \$32 to \$56 on 4 El Tigre fiberglass belted tires advertisement, listing models like A78-13 and P185/80R-13.

Save 50% Car sound system advertisement, listing models like 10 only in-dash AM-FM electronic tune stereo and 8 only AM-FM stereo with cassette player.

Mileagemaker 10-step tune-up advertisement, listing the price of 29.88 and the benefits of the service.

TOOL VALUE advertisement for True Value Hardware, featuring various tools and equipment for sale.

2-in-1 WASHER advertisement for GE, highlighting its dual functionality and features.

GOODYEAR SERVICE STORE advertisement, listing various automotive services and tire sales.

This is JCPenney advertisement, featuring various products and services available at JCPenney stores.

CALENDAR

WEDNESDAY, JULY 16
Sanford-Seminole Jayceets, 7:30 p.m., Jaycee building, French Avenue.
Overcasters Anonymous, 7:30 p.m., Altamonte Mall Seas.

TONIGHT'S TV

WEDNESDAY
EVENING
6:00
(1) CBS NEWS
(2) CBS NEWS
(3) CBS NEWS
(4) CBS NEWS

THURSDAY, JULY 17
AARP-NART covered dish luncheon, noon, Sanford Civic Center. Open to all senior citizens.

FRIDAY, JULY 18
Seminole Sunrise Kiwanis, 7 a.m., Buck's Sanford Airport.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 7:30 a.m., Deltona Inn.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 8 a.m., Rolling Hills Moravian Church.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 9 a.m., Orlando Garden Club.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 10 a.m., Sears, Altamonte Mall.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 10 a.m., Deltona Inn.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 10 a.m., St. Richard's Church.

FRIDAY, JULY 18 (continued)
Seminole Sunrise Kiwanis, 10 a.m., Rolling Hills Moravian Church.

Valuable Coupon
Limit 1 With \$25.00 Purchase Excluding Cigarettes & Coupons
WHITE DOVE FLOUR
5 Lb. Bag 39¢

Valuable Coupon
Limit 1 With \$20.00 Purchase Excluding Cigarettes & Coupons
SHAFFER BEER
6 Pack 99¢

Valuable Coupon
Limit 1 With \$15.00 Purchase Excluding Cigarettes & Coupons
SHURFINE VEGETABLE OIL
24 Oz. 59¢

FOOD BARN
SALE PRICES GOOD THRU. FRI., SAT. ONLY
"Choice Heavy Western Flavor Aged Beef Sale"
Steak \$2.98
Bacon 48¢
Pork Chops 98¢
Pork Ribs 88¢

WEDNESDAY IS CHICKEN DAY
FAMOUS RECIPE
ALL FOR ONLY \$1.79
VALUE \$2.16
Good All Day Wednesday

20% DISCOUNT FROM DAILY RATES OCEANFRONT
The Islander Beach Lodge offers you a tropical beach resort setting amidst the lush natural landscaping of the Santerra Beach.

PLAZA TWIN
MAT ALL SEATS 99¢
DAUGHTER
RINO BILLY
MOVIELAND

RISSTUDDING (Holland)
1 cup uncooked rice
1 cup water
3 1/2 cups milk

RICE PUDDING (Sweden)
1 cup milk
3 cups half-and-half (cream and milk)
6 eggs

RIZOGALO MEMYLA (Greece)
3 medium tart apples
3 cups milk
1 tablespoon butter or margarine

MERINGUE-TOPPED PINEAPPLE RICE PUDDING (U.S.A.)
3 cups cooked rice
4 cups milk
1/2 cup sugar

FOOD BARN
PARK AVE AT 35TH ST. SANFORD
Shaffer Beer 6 pack \$1.39

RICE PUDDING

There's hardly a country in the world that doesn't have its own recipe for a sweet rice dessert. Some are plain; others fancy. They can be creamy—or firm enough to cut in squares. Some are made to be unmolded. In some countries, rice pudding is the main way in which rice is eaten. Even countries that serve rice for just about every meal have a rice dessert, too.

Age doesn't seem to be a factor, either. Rice Pudding is a favorite of young and old alike. And what is interesting is that rice puddings are also nutritious desserts. For with milk, perhaps eggs, and maybe some fruit, they make a pretty complete package. Versatile, appealing, nutritious rice puddings have another advantage. They are also economical.

It's hard to beat all those assets! And many people take advantage of medium grain rice in making rice pudding because it has the special attribute of cooking up to result in grains that tend to glue together. It makes a creamier rice pudding, although long grain rice works out just fine, too.

Try rice another way today... in scrumptious pudding that will be popular with all the family and guests. BURNT STRAWBERRY CREAM (England)

3 cups cooked rice
3 cups milk
1-3/4 cup sugar
1/2 teaspoon salt

2 cans (11 ounces each) Mandarin orange segments (drain; reserve syrup)
1/2 cup orange juice
1 tablespoon grated orange peel
3 cups cooked rice

ORANGE CREAM (Italy)
2 cans (11 ounces each) Mandarin orange segments (drain; reserve syrup)
1/2 cup orange juice
1 tablespoon grated orange peel
3 cups cooked rice



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Atra Blades \$1.29

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THIS AD EFFECTIVE THURSDAY, JULY 17, THRU WEDNESDAY, JULY 23, 1980... CLOSED SUNDAY...

Scope Mouthwash \$2.59
Pert Shampoo \$1.59

Final Net Hair Spray 99¢
Rely Tampons \$1.89

Publix 50 Green Stamps
250-ct. Pkg. Super Bubbles
50-ct. Pkg. Super Bubbles
50-ct. Pkg. Super Bubbles



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sanson



ARCHIE by Bob Montana



EEK & MEEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffel & Heindahl



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



ACROSS 48 Fowl basin (comp. wd.) 1 Formal dress 58 Novelist 68 Dishes 12 Indian tribe 13 Biblical character 14 Border on 15 Comfort 16 Take a meal 17 Unfrequented 18 Vehicle on runners 19 Most winding 21 Radio type (abbr.) 22 Zee 23 Moa genus 29 Himalayan state 33 Express 34 Fast time 35 Not difficult 37 Is human 38 Family member 41 Offend God 42 Coral island 44 Mexican panama 45 Spoke of wheel 48 Lone-star state (abbr.) 49 Midwest area

DOWN 1 Horse 2 College examination 3 Sage 4 Mexican panama 5 Spoke of wheel 6 Lone-star state (abbr.) 7 Midwest area 8 20 Relative 9 21 Twisted 10 On a cruise 11 25 Share 12 26 Unemployed 13 27 Day (Feb.) 14 28 Aid in diagnosis 15 29 Division 16 30 Bygone days 17 31 Orient 18 32 Actress 19 33 20 Relative 20 Twisted 21 24 On a cruise 25 Share 26 Unemployed 27 Day (Feb.) 28 Aid in diagnosis 29 Division 30 Bygone days 31 Orient 32 Actress 33 20 Relative 34 Fast time 35 Not difficult 37 Is human 38 Family member 41 Offend God 42 Coral island 44 Mexican panama 45 Spoke of wheel 48 Lone-star state (abbr.) 49 Midwest area

Horoscope section for Thursday, July 17, 1980, by Bernice Bede Osol. Includes sections for Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces, Aries, Taurus, Gemini, and Cancer.

WIN AT BRIDGE section by Leonard Starr. Includes a bridge hand and analysis.

Consult Specialist On Special Problems section by Dr. Lamb. Includes a photo of Dr. Lamb and text about a salt-free diet.

ORIENTAL FOOD FOR THOUGHT Toast Summer Days With Toss Of Exciting Salads

When temperatures sizzle and you don't feel up to cooking, main dish salads help beat the heat, perk the appetite, and provide healthy eating. Besides, even the most creative salads, like our Oriental selections can easily be prepared ahead of time. One thing is certain though, wherever you go—a dedicated salad maker always uses fresh high quality ingredients, handles salad greens properly, and takes the time to make the salad dressing from scratch. All over the world, each cuisine has its own way with salads. The tropical way makes refreshing salads with its bounty of luscious fruits and fresh seafood. The French generally favor a green salad with vinaigrette, but along the Mediterranean, salads are colorful and robust. Oriental Hacked Chicken is a perfect example of a cold main dish abundant in flavor and texture. Originally from the Hunan province of China, this dish is great for leftover chicken. Shredded chicken is combined with a spicy peanut dressing which includes soy and hot pepper sauces, sesame oil, vinegar and flavor enhancer. The flavor enhancer provides the finishing touch that heightens and melds the exotic seasonings. For attractive contrast, serve the Oriental Hacked Chicken on a bed of watercress. Or use lettuce or spinach. Whatever you decide, it's a good idea to dry salad greens thoroughly after washing. Dry salad greens, when chilled, are crispier and save on calories. The drier they are, the less dressing you need to coat them sufficiently. For another satisfying and interesting cold salad, try Shredded Pork with Noodles, inspired by Chinese and Japanese cuisines. Sesame and tea give this dish a distinctly different flavor. Toast the summer or any other season with a toss of exciting and diverse salads such as Oriental Hacked Chicken and Shredded Pork with Noodles.



Oriental Hacked Chicken is a cold salad with a combination of exotic flavors. This dish is sure to satisfy your appetite anytime of the year, especially during the long, hot summer.

Mr. G's Warehouse Foods advertisement. Features various products like beef sides, beef chuck steak, pork chops, and more. Includes prices and contact information for Mr. G's Warehouse Foods at 4th St. & Sanford Ave., Sanford, Fla.

