

At 40, Walesa Says It's No Time To Quit

'Ideals Of Solidarity Will Win Out'

GDANSK, Poland (UPI) — Lech Walesa, who turns 40 Thursday, looked full of the old fire. Doubts gone, there was steel in his voice.

He jumped out of a comfortable yellow armchair, his arms beating the air.

"I think the ideals of Solidarity that we spread must win out and will win out — for sure," he shouted.

He sank back into the cushions, surrounded by advisers, journalists and children. His wife, Danuta, banged about in the kitchen of the couple's five-room apartment in the Baltic port of Gdansk.

Asked about his leadership of the remnants of Solidarity's organization, his voice went hard as he swept away the weeks of speculation over his future that followed the visit of Pope John Paul II to Poland in July.

"There is a necessity to continue my leadership at this time," he said. "It is no time to quit. I shall quit when we have attained our ideals."

Reflecting on the three years since he climbed over a wall into Gdansk's Lenin shipyard to begin organizing the now outlawed free trade union, Walesa said:

"I have come to the halfway point of my life. I never thought before 1980 that I could achieve so much. I mapped out my goals during that period. My task is now to speed up the process of reaching them."

Solidarity, once a seemingly unstoppable force of 9 million members, is now in ruins, its leaders silenced,

driven abroad, underground or in jail.

But Walesa said he is convinced it will rise again on the tide of dissatisfaction with still price increases brought in during the martial law period between December 1981 and last July.

"Someone will tell this government, 'How can you rule? As if your 400 percent price rises are not enough.'"

He frowned over the prospect of a new round of price increases, now in preparation for January and expected to average 30 percent to 40 percent.

"Search people's pockets for money," he said. "See if any is left over."

"A workers' upheaval is inevitable, sooner or later," Walesa said. Gen. Wojciech Jaruzelski's government could not survive in the face of Poland's chronic economic problems — inflation, food shortages, housing shortages, ailing industrial production and mountainous foreign debt.

"They have solved nothing. It is only a matter of time and the price we will have to pay."

"The implementation of Solidarity's ideals will take time. We are geared only for peaceful methods, but we will implement them for sure. The victory will come."

Walesa is carrying middle age well. At 180 pounds, he still fights a flab problem, but there seemed no new lines around the impish eyes and no sign of gray in the "Viva Zapata" moustache.

Yet Walesa has paid a price for the tensions and pressures of the past three years, which saw him yo-yo from humble electrician to union boss, 11 months of internment during martial law, and now back to a \$270 a month "private citizen."

He has stomach ulcers.

"They're painful," he said. "I'm looking for some kind of drug. The doctors tell me to rest. But there is no time. I am so much involved with my work."

He said he had ridden out the internal upheavals within the union as the authorities dismembered it.

"The (Solidarity) people who were against me are for me now and have apologized," he said.

Street demonstrations and strikes during martial law brought no great gains and fatigued supporters, he said.

"People can see these methods were not efficient. Many were fired from their jobs, beaten up and jailed. Not everyone wants to go to jail and people know they cannot win against tanks."

And the future?

"We are locked into a compromise. We must negotiate. We have a (new) concrete program, a safe and sensible program, which I will announce on Dec. 16."

That is the 13th anniversary of the bloody, 1970 anti-government riots in Gdansk, when some 50 workers died in street battles with police. Walesa's arms were beating the air again, his eyes twinkling.

Stano's Taped Murder Confession Will Be Played For Jurors Today

TITUSVILLE (UPI) — Prosecutors said a taped confession by mass murderer Gerald Stano would prove to jurors today that the former short-order cook killed a Port Orange teenager in 1973.

Prosecutor Alan Robinson said he would play the tape recording of Stano detailing the murder of a girl matching the victim's description during testimony today.

"This case has been solved out of the mouth of the defendant," Robinson said.

Stano, already facing six life prison terms and two death sentences, is accused of killing Cathy Scharf, 17. The girl's skeletal remains were discovered by hunters in the Merritt Island National Wildlife Refuge on Jan. 19, 1974 — more than a month after she was reported missing.

Prosecutors contend Stano picked up Ms. Scharf in December 1973 while she was hitchhiking, gave her a ride and then killed her after an argument.

Although Stano told police investigators he killed a young

woman matching the teenager's description, the former Ormond Beach resident pleaded innocent to the crime in court.

Defense attorneys were hoping to use testimony from a pathologist to cement their case.

Dr. R. Molina, associate medical examiner for Brevard County at the time of the murder, testified Tuesday that he could not pinpoint the cause of Miss Scharf's death.

"There could be a thousand different causes of death," Molina said.

But the doctor added that traces of blood around the body "suggested to me that the body could have been stabbed."

Defense attorneys want to convince the nine-woman, three-man jury that it is impossible to have murder without an exact cause of death.

Miss Scharf's parents added emotional testimony during the first full day of the trial at the Brevard County Courthouse

Edith Scharf, the victim's mother, testified briefly Tuesday. Wiping

away tears and her voice wavering, Mrs. Scharf said her daughter "always thought she'd like to be a cosmetologist."

Mrs. Scharf never looked at Stano, who scribbled down notes on a legal pad.

John Scharf, the victim's father, identified several of his daughter's belongings.

Stano has told police investigators he killed at least 39 women over a 10-year stretch, which would make him the most prolific murderer in United States history. So far, he's been convicted of eight murders and 26 of the bodies have been recovered.

This marks the first time Stano, 32, has faced a jury. In previous cases, he has avoided jury trials by pleading guilty to murder charges.

During Tuesday's lunch break, court clerk Doris Dodson apparently suffered a stroke. Molina treated Ms. Dodson, 62. In the courtroom before she was taken to Jess Parrish Memorial Hospital, where she was reported in critical condition.



Ready To Rustle

Getting in practice to rustle up chow for the Sanford Rotary Club's second annual Country Western Dance and Bar-B-Que Rib Dinner to be held Oct. 8 at the Sanford Civic Center are Les Owens, left, dinner committee chairman, and Garnett White of the serving committee. Dinner will be served from 5-7 p.m. and dancing to the music of "Two Plus Two" will follow from 8 to midnight. In addition to the dinner and dance, the tax deductible \$20 per person donation ticket entitles those attending to share in the drawings for more than \$3,000 in prizes. All proceeds go to charities. Warren E. "Pete" Knowles is the dance chairman. Tickets for the event are available from all Sanford Rotarians or at ticket offices at J.C. Penney Co., Publix Market, Southeast Bank, Greater Sanford Chamber of Commerce, Nice Day Coin Laundry, Care-O-Sell or at the door.

Eastern, Continental Employees Rebel

United Press International

Employees of Continental and Eastern airlines say the companies are using financial "doomsday prophecies" to break their unions and Continental pilots gathered today in Houston to discuss striking the airline.

Continental, which filed for bankruptcy during the weekend after failing to win labor concessions, resumed flights on a reduced schedule Tuesday. Leaders of two of Eastern's largest unions rejected Chairman Frank Borman's plea to take a 15 percent pay cut or see the airline go under.

Both airlines deny they are trying to disrupt the unions but Charles Bryan, leader of the Eastern machinists in Miami, said, "The only reason Borman will try Chapter 11 (bankruptcy proceedings) would be to break, to bust up the unions, just like they did at Continental."

"We'll be in court to stop it if necessary."

A pilots' strike may be the response to Continental's bankruptcy proceedings.

"The master executive council, the highest governing group of Continental pilots, will meet in Houston (today) to consider withdrawal of service in fighting the company attempt to abrogate its labor contract," John Mazar, a spokesman for the Air Line Pilots Association.

Mazar said local Continental pilots groups in Denver and Houston voted to support a work stoppage if the pilots executive council approves one. Mazar said in addition to the Continental union meeting, the executive council for the entire Air Line Pilots Association planned a Houston meeting Thursday.

Patricia Fink, president of the local Transport Workers Union that represents Miami-based Eastern's 5,800 flight attendants, said Borman was trying to force the flight attendants to strike.

"I think he very definitely wants to push us to the wall and out on strike, and after he files a bankruptcy petition, he'll blame it all on the flight attendants," said Ms. Fink. The flight attendants have been trying to negotiate a new contract with the airline for over a year, and have set a strike deadline for 12:01 a.m. Oct. 13.

In a videotaped message Tuesday, Borman told his employees they would be "voting on their jobs" on the pay cut referendum. "We are as serious as we can be," said Eastern spokesman Dalton James. "This is no idle threat."

Eastern's pilots are still considering the pay cut request.

"We do not accept Borman's doomsday prophecies about this company," said Bryan. "We know this company is operationally sound and not in danger of dying."

Continental was not in an immediate cash bind when it filed for bankruptcy, although it did have \$650 million worth of debts against \$800 million in assets, including \$50 million cash. Continental's parent corporation, Texas Air Corp., reported it had \$105 million in liquid assets if needed.

Eastern lost \$158.2 million between 1980 and 1982, and already has lost \$106.4 million during the first seven months of this year. The carrier is also deeply in debt, facing new cash shortages and battling intense competition from airlines with lower costs.

DeBary Chamber Fair Scheduled For Oct. 8

The DeBary Chamber of Commerce will sponsor its Fourth Annual DeBary Fair on the chamber grounds on Highway 17-92, DeBary, from 9 a.m. to 5 p.m. on Saturday, Oct. 8. In case of rain the event will be held on Oct. 9.

Entertainers for the event will include Joe Howard, guitarist; Pam Ackley, Gospel singer; Mark Yxley, guitarist; Mickey Hebling, country singer; Phil Van Ness, who will call for the Starlight Promenaders square dancers as well as singing and serving as master of ceremonies; and Russell Tissot of the spoons.

The DeBary Junior High School Band and Majorettes are scheduled to perform at the opening ceremonies.

The Southwest Volusia Jaycees and Jayceettes will be in charge of the food concession and games for the children.

There are sites for 75 exhibitors and 40 have signed up for the \$25 12 by 18 foot locations to date. Among those who will be exhibiting are non-profit organizations such as the DeBary Public Library, DeBary Women's Club, Boy Scouts, Lions Club, American Legion, DeBary Civic Association, Daytona Beach Community College, DeBary Volunteer Fire Department, Business and Professional Women's Club, and the Providence Humane Society.

Local businesses will have displays to make the public aware of what they have to offer in products and services. Anyone desiring to reserve space or information may call 668-4614.

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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Sept. 28, 1983-18

Cooks Of The Week

UMW's Luncheon Features Cookbook Specialties

By Doris Dietrich
PEOPLE Editor

Too Many cooks spoil the stew. Or so some may dare to say.

But not when it comes to an enterprising group of women putting their heads and recipes together to compile a truly unique cookbook.

And the frosting on the cake is when they prepare recipes from the cookbook for a Tasting Luncheon. "Burnt Offerings II," a project of the United Women of the First United Methodist Church, Sanford, is hot off the presses. The cookbook features chapters on Appetizers And Beverages, Breads, Cakes And Frostings, Casseroles, Cookies And Candy, Main Dishes, Pastries And Desserts, Salads and Vegetables and a potpourri of miscellaneous information.

Previously, the UMW has held an annual Fall Bazaar. But, this year, according to Nancy Terwilliger, UMW president, a Tasting Luncheon, open to the public, will take the place of the annual event to benefit missions, including local needs. Limited bazaar items will be available that day, also.

The food served at the luncheon will include Main Dishes, Casseroles, Salads And Vegetables and Desserts featured in the cookbook. Breads and beverages will be included in the \$3.50 donation.

The idea is that luncheon patrons will sample the tempting array of specialties prepared by the churchwomen in fellowship hall, Thursday, Nov. 3, from 11 a.m. to 2 p.m. Mrs. Terwilliger says that two identical serving areas will be featured with four lines forming for the bountiful buffet.

Mrs. Terwilliger adds that no tickets will be sold at the door. Tickets must be purchased in advance from UMW members or at the church office, she says.

Mary Boone, chairman of "Burnt Offerings II" says, "We're proud of it (cookbook). We had good cooperation of the church members."

Mrs. Boone explained that the UMW members and church members submitted "two or three recipes each." The committee selected 350 of the recipes for the cookbook. This is the first time in 15 years that the churchwomen have published a cookbook, and it is the sequel to "Burnt Offerings I."

And Mrs. Boone can guarantee that all of the recipes have been kitchen-tested. She said the committee spent endless hours editing the recipes and eliminating duplications. "They're hand-picked," she says.

The cookbook features more than tantalizing good things to eat. Measures and substitutes, roasting charts and charts on the various cuts of meat are also explained. A list of the common causes of baking failures may be of interest to the novice cook or even the experienced.

An entire chapter is devoted to 427 household hints including cooking, cleaning, sewing and first aid. Do you know that a slightly dampened aspirin tablet is recommended for relieving chigger bites?

The cookbook, priced at \$5 is available at the church office, from UMW members or can be purchased at the luncheon.

Some of the recipes of the community's best cooks appearing in "Burnt Offerings II" are as follows:

ATTRACTIVE QUICK APPETIZER

By Mrs. W.L. (Jeri) Kirk

1 lg. grapefruit
3 cans Vienna sausage
1/2 lb. sharp Cheddar cheese
7 oz. jar stuffed olives
Box of party picks (cocktail kind)



Carolyn Buie, from left, Mary Boone and Nancy Terwilliger scan 'Burnt Offerings II' for recipes for a Tasting Luncheon scheduled Nov 3.

Herald Photo by Tommy Vincent

Select a grapefruit with pretty color and a flat even bottom. If necessary, trim some rind away from bottom to make grapefruit sit steady. With a sharp knife, cut each sausage into thirds. Cut cheese into squares and approximate size of cut sausages. Drain olives. Secure to picks: 1 sausage, 2 cheese squares and 3 olives, then insert into grapefruit. Center grapefruit on small tray and surround with crisp crackers (Ritz are good).

ARTICHOKE SQUARES

By Dottie Sullivan

4 eggs
Garlic salt
Pepper
Dash of Tabasco
3 green onions & parsley (chopped)
2-6 oz. jars artichoke hearts (chopped)
1/2 lb. sharp Cheddar cheese (grated)
6 soda crackers (crushed)
8x8" pan, 325°, 40 minutes
Saute green onions in oil from artichokes. Beat eggs, add each ingredient, beating with fork after each addition. Pour into 8x8" oiled pan. Bake at 325° for 40 minutes. Cut into 1" squares. Can be made ahead and reheated in foil. Can also be cooked, frozen, thawed and reheated. Be sure and have plenty! Serves 8.

SOUR CREAM CORN BREAD

By Leticia Lee

1 C. white self-rising cornmeal
2 eggs
1 C. sour cream
1/4 C. salad oil
1 sm. can (8 3/4 oz.) cream-style corn (optional)
Combine all ingredients, mixing well. Pour into 9" pan or muffin tin. Bake at 400° for 20 minutes.

CHOCOLATE POUND CAKE

By Clara Swain

3 sticks butter or margarine
3 C. sugar
1 T. vanilla
5 eggs

3 C. flour (sift before measuring)
1/2 tsp. baking powder
1/2 tsp. salt
4 T. cocoa
1 C. milk

Cream together butter, sugar and vanilla. Add eggs, one at a time, beating well after each one. Sift together dry ingredients and add to first mixture gradually, alternating with milk. Bake in greased and floured round pound cake pan or 2 loaf pans at 325° for approximately 1 hour. Test for doneness.

EGGPLANT CASSEROLE

By Ruth Herron

2 med. or 1 lg. eggplant
3/4 C. cracker crumbs
1 egg
1/2 C. milk
3 T. melted butter
3/4 C. bread crumbs
3 T. melted butter
Cut eggplant in cubes and boil in salt water for 8 minutes. Drain; add 3/4 cup cracker crumbs to drained eggplant. Beat 1 egg in casserole; add 1/2 cup milk and 3 tablespoons melted butter; pour eggplant into casserole; mix 3/4 cup bread crumbs and 3 tablespoons butter and spread evenly over casserole. Bake 35 minutes at 350°.

HOT CHICKEN SALAD

By Frieda Tyre

3 C. cooked chicken
1 C. chopped celery
3/4 C. chopped green pepper
2 T. chopped pimento

2 T. lemon juice
1 C. grated cheese
1/2 C. toasted almonds
1/2 tsp. salt

1 T. grated onion
1/2 C. mayonnaise
3 hard-boiled eggs
1/2 C. chicken soup

1 C. crushed potato chips
Combine liquids, add to remaining ingredients. Combine and let set overnight. Sprinkle cheese and potato chips over top and bake at 350 degrees for 25 min.

CAFÉ SOCIETY TACO PIE

By Linda Terwilliger

1 lb. ground beef
1 C. chopped onions
1 env. taco seasoning mix
14 oz. can green chilies, drained
2 C. milk
1 C. self-rising flour
Pinch baking powder
4 eggs

2 tomatoes, sliced
1 C. shredded Cheddar cheese
Pinch salt, pepper and Accent
Heat oven to 400°. Grease 9" deep dish pie pan. Saute beef and onions until brown. Stir in seasoning mix and green chilies. Beat milk, flour, baking powder and eggs until smooth; pour over beef mixture and bake for 25 minutes. Top with sliced tomatoes and Cheddar cheese. Bake additional 8 to 10 minutes. Let cool 5 minutes. Cut into wedges. Garnish with sour cream, chopped lettuce, chopped onion and more shredded cheese if desired.

MACARON PIE

By Minnie Strickland

12 dates (cut in quarters)
1/2 C. nuts
12 soda crackers (broken up)
1 tsp. almond extract
1 C. sugar
1/2 tsp. baking powder
3 egg whites

Mix all but eggs and almond extract. Mix well. Beat eggs, add almond extract. Mix well together. Bake 30 minutes at 325° in greased pie pan or 8x8" square pan. Test with toothpick. If it comes out dry, it's done. If made in pie pan, cut in slices; if in a square pan, in squares. Serves 10 or 12.
May use Nabisco Uneeda Biscuits. Be sure to beat egg whites very stiff but not dry.

VINEGAR PIE - JARRETT HOUSE, N.C.

By Mildred Carver

1 stick margarine (melted and cooled)
1 1/2 C. sugar
2 T. flour
1 T. vanilla
2 T. vinegar
3 eggs
Unbaked pie shell
Mix well. Put in unbaked pie shell. Bake at 300° for 45 minutes. Serves 8.

Leisure Time Classes

The Leisure Time Program at Seminole Community College announces that the following classes begin during the first week of October and throughout the month.

These classes are self-supported by student fees at no expense to the taxpayer," according to Fay C. Brake, coordinator of the program. Registrations are being accepted in the registrar's office at SCC.

OIL PAINTING (morning class) - Basic to advanced techniques in Oil painting, concentrating on use of color, composition and perspective as applied to portrait, figure, still life and landscape painting.

BASKETRY II (evening class) - This course will teach the techniques for weaving three baskets: Round Wicker basket, Coiled basket, and Twined basket. Emphasis will be

on learning to control shape of basket, using diverse types of materials and weaving methods.

CHRISTMAS ARRANGEMENTS AND WREATH WORKSHOP (morning and evening class) - These classes consist of making and coordinating Christmas arrangements, wreaths, mantle pieces, and other Holiday pieces for the home or as gifts.

COLOR AND STYLE WORKSHOP (evening class) - The workshop will consist of two three-hour sessions in which the following topics will be discussed: Personal color analysis, proper makeup colors and proper application, and clothing styles, textures and accessories.

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Linda M. Hill, G.A. Fuhrmann Exchange Vows



Mr. and Mrs. Gary Alan Fuhrmann

Linda Marie Hill and Gary Alan Fuhrmann were married Aug. 19, at 7:30 p.m., at St. Christopher's Episcopal Church, Forest City. The Rev. Robert Lelfort performed the double ring ceremony.

The bride is the daughter of Mrs. Dorothy M. Hill, Casselberry, and the late James C. Hill. The bridegroom is the son of Mrs. Catherine Fuhrmann, Sanford, and George Fuhrmann, also of Sanford.

The bride, given in marriage by her brother, James E. Hill, wore her mother's wedding gown. She carried a bouquet of keepsake silk flowers.

Barbara McCall attended the bride as maid of honor. Wayne Duke served the bridegroom as best man.

A reception for over 100 guests was held in the church social hall where a buffet dinner was served.

Out-of-town guests attended from Toms River, N.J., Cambridge, Mass., and Holyoke, Mass.

The newlyweds are making their home in DeBary. The bridegroom is employed by United Telephone and the bride is employed by Rush Hampton.

Beta Sigma Phi Chapters

XITHETA EPSILON

A Champagne Brunch at the Buena Vista Clubhouse and a shopping spree signaled the beginning of another sorority year for members of Xi Theta Epsilon Chapter of Beta Sigma Phi. Those attending took the boat ride across the lake and made plans for this fall's sorority and community activities.

A group that will be there to help the child through the family. She also stressed the need for all members of the community to become involved by contacting the school's student service.

A guest, Mary Frances Lyons, from Xi Kappa Lambda attended the meeting along with members Laurel Rodgers, Tracey Wight, Al Kurtz, Faye Lord, Norma Loepp, Lois Smith, Ruth Gaines, Victoria Hughes, Vickie Hall, Ginny Hagan, Tina Bojanowski and Bonnie Jones.

The chapter's first meeting was held at the home of president, Laurel Rodgers. After a brief business meeting, final plans were made for the Sanford area's All-Chapter Luncheon to be held Nov. 5, at the Sweetwater Country Club. Members chose Ruth Gaines as Valentine Girl for this year.

PRECEPTOR BETA LAMBDA

Preceptor Beta Lambda Chapter of Beta Sigma Phi Met recently at the home of June Helms for a Beginning Day dinner and discussion on chapter activities for the 1983-84 year.

Laurel Rodgers presented a program on "Inner Beauty." During this presentation, members engaged in a lively discussion as to what makes a person beautiful to be around and how this beauty is immediately recognized by others in the community.

Service Projects were presented to the members with plans to work with AEGIS, a community based Day Treatment Center sponsored by Seminole County Mental Health Center Inc. Also chosen was the Christian Sharing Center and Beta House.

A second meeting held in the Longwood home of member Al Kurtz concentrated on the Beta Sigma Phi room at the Ronald Mcdonald House in Gainesville. Creative members were encouraged to donate craft items to help furnish the Beta Sigma Phi Room.

A regular meeting was later held at the home of Grace Marie Stineciper.

Following the business, guest speaker Gladys Wilson, a counselor of student services for Seminole County schools, talked about ways the chapter can help the county's schools. Her primary goal is to help keep students in school.

A program on Refunding as a Hobby was presented to members by Miss Stineciper. Plans were made for a Game Night with dinner to be held later in the month. Also planned was an annual trip to Oak Hill for steamed oysters and clams.

Speaking from 15 years experience, she gave specific ways to support children's attendance in Seminole County's schools. These ways ranged from donations of paper goods and clothes to becoming a "resource." A resource is what Ms. Wilson calls a crisis

A social hour followed the program and business meeting. Members attending were: Amoret LaRosa, Sharon Cannon, Glenda Emerson, Barbara Gorman, June Helms, Delora Mark, Ruth Hoffon, Jewel Rose, Joyce Sammet, Pam Hawkins, Vertis Sauls, and Grace Marie Stineciper.

Mortician Wants To Bury Jokes

DEAR ABBY: I am a funeral director (mortician) who is fed up with people who make jokes about my profession. I am very easygoing and enjoy good humor, but enough is enough!



Dear Abby

Have you any idea how many times I've heard the lines, "I'll bet people are just dying to do business with you!" and, "How's business? Dead, huh?"

I'm sure I speak for many funeral directors. Please print this for people who think they're being clever or original. They're not; a few hundred others have already beat them to the punch. Thanks a lot.

DEAD SERIOUS IN CALIFORNIA

DEAR DEAD: All right, let's call a spade a spade. The mortuary business is a grave undertaking, so how is this for a sequel? "All men are cremated equal."

DEAR ABBY I can't receive a personal letter because my husband brings in the mail, so I hope you will answer me in your column.

Before we were married, I told my husband I wasn't a virgin, but I didn't tell him how much of a virgin I was! I admitted to having had only one lover, and I've wanted to correct that lie many times, but I never did. Now I am the guiltiest person on earth.

I never was a tramp; I was a lady who had some special friends with whom I shared some very special moments. I don't have a long list of lovers in my past, but there was more than one.

I hate myself for lying and wonder if I should tell my husband the truth now. We've been married only a short time, and I don't know what would happen if I told him. He tends to be rather jealous.

I've been praying to God for an answer. Maybe he will give it to me through you.

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COUPON EXPIRES 10/5/83

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OPEN DAILY 9 to 9, SUNDAY 9 to 6. Sale Prices good thru Sat. Oct. 1st. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Treat The Family To A Harvest Of Savings

Roadside stands, urban farmers' markets and supermarket produce sections are overflowing with the season's most abundant gifts — vine-ripened tomatoes, multi-hued squash in a myriad of shapes and sizes, glistening eggplants, tender sweet corn, shiny apples, rosy pears and bunches of plump red, green and purple grapes. Although we no longer depend upon the harvest to sustain us year 'round, we still wait with anticipation for the colors, flavors and textures the fields and gardens provide.

Besides rewarding eager appetites, the season's bounty stretches food dollars — deliciously. Fruits and vegetables which are "in season" are at their peak quality and lowest prices. So, now's the time to stock up, enjoying some of the harvest immediately and freezing, drying or canning the rest. Months later you can reap the rewards in the form of lower grocery bills.

To lower grocery bills even further, create your own supermarket game plan. "Stretching Food Dollars," a new booklet from The Quaker Oats Company, provides helpful tips.

Pre-Game Planning

- Plan meals and snacks for an entire week at one time to take advantage of money-saving supermarket specials.

- Check for specials in the weekly newspaper food advertisements, but be on the lookout for unadvertised specials.

- Prepare a shopping list to double savings of time, energy and money. Keep the list handy, and make a note when you run out of tissues, coffee or cereal.

- Gather any appropriate coupons. For maximum savings, use coupons and refund offers to save money on items you need.

Ready, Set, Go Shopping

- With shopping list and coupons in hand, head for the supermarket — alone and after you've eaten, if at all possible.

- Read labels to obtain the most nutrition for each dollar spent.

- Take advantage of unit pricing to determine which product or which size package is the most economical. Simply divide the price of the item by the number of ounces or pounds it contains.

- Look for open dating as a sign of quality and freshness.

- Compare the prices of the same food in different forms — fresh versus canned peaches — as well as the cost of foods within the same food group — a loaf of bread versus a dozen rolls.

HARVEST APPLE NUT BREAD

2-1/2 cups all-purpose flour
1 cup quick or old fashioned oats, uncooked
1/2 cup chopped nuts
1 tablespoon baking powder
1-1/2 teaspoons cinnamon
1 teaspoon salt
1/4 teaspoon nutmeg
1-1/4 cups firmly packed brown sugar
3 eggs
3/4 cup vegetable oil
1 teaspoon vanilla
2 cups shredded apple (about 3 large apples)

Heat oven to 325°F. Grease bottom only of 9x5-inch loaf pan. In medium bowl, combine flour, oats, nuts, baking powder, cinnamon, salt and nutmeg. In large bowl, combine sugar, eggs, oil and vanilla; mix until smooth. Stir in apple. Add flour mixture, mixing just until dry ingredients are moistened. Pour into prepared pan. Bake about 1 hour and 10 to 15 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire cooling rack. Makes about 18 slices.

AUTUMN BARLEY SOUP

3 qt. water
3 ham hocks (1-1/2 to 2 lb.)
2 beef bouillon cubes
1 garlic clove, crushed
Dash of pepper
3/4 cup regular barley
1-1/2 cups cut fresh green beans OR one 10-oz. pkg. frozen cut green beans
2 large carrots, sliced
1 large turnip, sliced
3/4 cup celery slices
2 tablespoons chopped fresh parsley OR 2 teaspoons dried parsley flakes

In 4-1/2-qt. Dutch oven, combine water, ham hocks, bouillon cubes, garlic and pepper. Bring to a boil over high heat. Cover; reduce heat. Simmer 2 hours or until ham hocks are tender. Remove ham hocks; trim meat and add to soup, if desired. Add barley; return to a boil. Cover; simmer 20 minutes. Add remaining ingredients. Cover; continue simmering 25 to 30 minutes or until barley and vegetables are tender. Skim fat, if necessary. Makes about ten 1-cup servings.

COUNTRY CORN & GRITS BAKE

4 cups water
3/4 teaspoon salt
1 cup enriched white hominy quick grits
1-1/2 cups (6 oz.) shredded sharp Cheddar cheese
1/2 cup margarine
1-1/2 cups fresh sweet corn, removed from cob (about 3 medium ears) OR one 10-oz. pkg. frozen whole kernel corn, thawed, drained OR one 17-oz. can whole kernel corn, drained
3 eggs, beaten
1/4 cup finely chopped onion
1/2 teaspoon pepper

Heat oven to 350°F. Grease 8-inch square glass baking dish. In heavy large saucepan, bring water and salt to a boil. Slowly stir in grits; return to a boil. Reduce heat; continue cooking about 5 minutes, stirring occasionally, until thick. Stir in cheese and margarine, mixing until melted. Remove from heat; stir in remaining ingredients. Pour into prepared dish. Bake 1 hour or until knife inserted in center comes out clean. Let stand 10 minutes before serving. Makes 6 to 8 servings.

MAPLE SWEET POTATO PIE

Corn Meal Crust:
1 cup all-purpose flour
1/4 cup enriched corn meal
1/4 teaspoon salt
1/2 cup vegetable shortening or lard
1/4 cup cold water

Sweet Potato filling:
1-1/2 cups mashed cooked sweet potatoes (about 3 medium sweet potatoes)
3/4 cup maple flavored table syrup
One 5-1/2-oz. can (3/4 cup) evaporated milk
3 eggs
1/4 cup margarine, melted
1 teaspoon vanilla
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/4 teaspoon ginger

For crust: Heat oven to 450°F. In medium bowl, combine flour, corn meal and salt. Cut in shortening until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring lightly until mixture forms a ball. On lightly floured surface, roll out pastry to form

13-inch circle. Fit loosely into 9-inch pie plate; trim. Turn edges under; flute. Line pastry with foil; fill with dry beans. Bake 5 minutes. Remove beans and foil; continue baking about 5 minutes. Remove from oven.

For filling: Reduce heat to 350°F. In large bowl, combine all ingredients; mix until smooth. Place partially baked pie shell on oven rack; pour in filling. Bake about 50 minutes or until knife inserted in center comes out clean. Garnish with orange slice, if desired. Makes 6 to 8 servings.

GARDEN FRESH PIZZA

Crust:
3/4 cup all-purpose flour
1/2 cup enriched corn meal
1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 cup milk
2 tablespoons vegetable oil

Topping:
1/2 cup commercially prepared pizza sauce
1/4 teaspoon oregano leaves, crushed
1 cup (4 oz.) shredded Mozzarella cheese
4 thin tomato slices
1/2 cup chopped green pepper
2 tablespoons chopped onion

For crust: Heat oven to 425°F. Grease cookie sheet. In large bowl, combine flour, corn meal, baking powder and salt. Add milk and oil; stir until mixture forms a ball. Knead against sides of bowl 3 to 4 times or until smooth. Cover; let stand 2 to 3 minutes. Place ball of dough on center of prepared cookie sheet; pat into 8-1/2-inch circle. Shape edge to form 1/2-inch high rim.

For topping:
Spread pizza sauce evenly over crust; sprinkle with oregano. Sprinkle 1/2 cup cheese over sauce. Arrange tomato slices over cheese; arrange remaining vegetables over tomato. Sprinkle remaining cheese over vegetables. Bake about 25 minutes or until crust is light golden brown. Makes 1 to 2 servings.

CARROT-ZUCCHINI PANCAKES

1 cup original pancake and waffle mix
1 cup milk
1/2 cup shredded carrot
1/2 cup shredded zucchini
1/4 cup thin green onion slices
1 egg, beaten
1 tablespoon vegetable oil

Heat griddle over high heat (400°F. electric griddle). Grease lightly. In medium bowl, combine all ingredients; mix until batter is fairly smooth. Pour scant 1/4 cup batter onto prepared griddle. Turn when tops are covered with bubbles and edges look cooked. Turn only once. Serve immediately with margarine, herb butter



Apple nut bread, sweet potato pie and barley soup heartily herald autumn

or sour cream, if desired. Makes about 12 pancakes.

Managing food dollars — creatively — is the timely topic of "Stretching Food Dollars," a new booklet developed by The Quaker Oats Company. This informative booklet is filled with good tasting yet economical recipes and practical suggestions for planning well-balanced meals the entire family will enjoy. It offers tips on shopping wisely and storing groceries properly to prevent costly food waste.

For your free copy of "Stretching Food Dollars," send name and address to: QUAKER "Stretching Food Dollars" Booklet Offer, P.O. Box 11257, Chicago, IL 60611.

DENNIS & KATHY'S FAIRWAY

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STORE HOURS SUN. - THURS. 6 A.M. - 10 P.M.
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WE WELCOME FOOD STAMP SHOPPERS
PRICES EFFECTIVE THURSDAY SEPT. 29 THRU WED. OCT. 5, 1983

USDA CHOICE BEEF
BOTTOM ROUND ROAST

\$1.69
LB.

FLORIDA PREMIUM
3 LBS. OR MORE WHOLE FRYER LEGS

39¢
LB.

USDA CHOICE BEEF
RUMP ROAST

\$1.79
LB.

USDA CHOICE BEEF
BONELESS SIRLOIN TIP STEAK

\$2.29
LB.

<p>USDA CHOICE BEEF, BONELESS EYE OR ROUND ROAST ... LB. \$2.59</p> <p>USDA CHOICE BEEF BOTTOM ROUND STEAK ... LB. \$1.99</p> <p>BONELESS FLOUNDER FILLETS ... LB. \$1.89</p>	<p>USDA CHOICE BEEF WHOLE SIRLOIN TIP ... LB. \$1.79 <small>CUT & WRAPPED FOR FREEZER AT NO CHARGE</small></p>	<p>DELICATESSEN</p> <p>SLICED BOILED HAM ... LB. \$1.89</p> <p>YELLOW OR WHITE AMERICAN CHEESE ... LB. \$1.99</p> <p>COLE SLAW OR POTATO SALAD ... LB. 79¢</p> <p>SLICED ROAST BEEF ... LB. \$2.79</p>	<p>Dennis & Kathy's Fairway Coupon</p> <p>COUNTY FAIR BREAD 28 OZ. LOAF COUPON EXPIRES 10/5/83 3 LOAVES \$1 <small>WITH COUPON AND 75¢ MIN. PURCHASE</small></p>
<p>WILSON COOK KING LIVERWURST ... LB. 79¢</p> <p>WILSON SLICED SLAB BACON ... LB. 99¢</p> <p>LYKES OAK CREEK BACON ... 1 LB. PKG. \$1.09</p>	<p>SUN SWEET PRUNE JUICE ... 32 OZ. BOTTLE ... 99¢</p> <p>FAYGO SODAS ... ALL FLAVORS 16 OZ. BOTTLES ... 4 FOR \$1</p> <p>DUTCH LAUNDRY DETERGENT ... 65 OZ. BOX 89¢</p>	<p>FROZEN FOODS</p> <p>NEWYER'S ALL NATURAL ICE CREAM ... 1/2 GAL. \$1.99</p> <p>HYDE PARK FROZEN SHOESTRING POTATOES ... 20 OZ. PKG. 69¢</p> <p>DONNY FLAKE JUMBO WAFFLES ... 12 OZ. PKG. 69¢</p> <p>KRAFT VELVETA CHEESE ... 2 LB. PKG. \$3.19</p>	<p>Dennis & Kathy's Fairway Coupon</p> <p>LYKES HAM AND CHEESE ... 12 OZ. PKG.</p> <p>FRANKS 99¢ <small>LIMIT 1 PER COUPON COUPON EXPIRES 10/5/83 WITH COUPON</small></p>
<p>LIBBY'S PEAS or CORN ... 16 OZ. CAN 2 FOR 89¢</p> <p>HYDE PARK APPLE SAUCE ... 25 OZ. GLASS JAR ... 69¢</p> <p>BEER OLD MILWAUKEE 6-12 OZ. CANS ... \$1.79</p> <p>CAMPBELL'S TOMATO SOUP ... 10.8 OZ. CANS ... 4 FOR \$1</p> <p>OLD EL PASO TACO SHELLS ... 18 CT. PKG. ... \$1.19</p>	<p>PEPSI COLA ... 6-16 OZ. BOTTLES \$1.39 PLUS DEP.</p> <p>HYDE PARK PAPER TOWELS ... 2 ROLLS \$1</p> <p>GOLDEN FLAKE POTATO CHIPS ... 6 1/2 OZ. REG. 1.09</p> <p>BUY ONE GET ONE FREE</p>	<p>DAIRY FOODS</p> <p>BORDEN'S LITE LINE YOGURT ... 8 OZ. CUP 3 FOR \$1</p> <p>CHOCO-LEE CHOCOLATE DRINK ... GAL. \$1.29</p> <p>T.G. LEE COTTAGE CHEESE ... 24 OZ. CTR. \$1.39</p> <p>BORDEN'S FRUIT DRINK ... GAL. 89¢</p>	<p>GARDEN FRESH PRODUCE</p> <p>GOLDEN RIPE BANANAS ... 4 LBS. \$1</p> <p>CALIFORNIA ICEBERG LETTUCE ... SOLID HEADS EA. 59¢</p> <p>TEXAS SWEET SPANISH ONIONS ... LB. 15¢</p> <p>NORTH CAROLINA-RED OR GOLDEN DELICIOUS APPLES ... 4 LB. BAG \$1.49</p> <p>NEW RED POTATOES ... 5 LB. BAG \$1.39</p> <p>CALIFORNIA SEEDLESS GRAPES ... LB. 79¢</p> <p>RED EMPEROR GRAPES ... LB. 79¢</p> <p>CELLO PACK TOMATOES ... 6 PACK 59¢</p> <p>WASHINGTON BARTLETT PEARS 7 FOR \$1</p> <p>SELECT CUCUMBERS ... 7 FOR \$1</p>
<p>DENNIS & KATHY'S FAIRWAY... DOUBLE DISCOUNT SAVINGS THURS. SEPT. 29 THRU WED. OCT. 5</p>			
<p>HYDE PARK GRADE A LARGE EGGS ... DOZ. 29¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICES ENDING 10/5/83</small></p>	<p>GULLNETTER OIL OR WATER CHUNK TUNA ... 6 1/2 OZ. CAN 39¢ <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICES ENDING 10/5/83</small></p>	<p>COCA COLA ONLY ... 8-12 OZ. CANS \$1.69 <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICES ENDING 10/5/83</small></p>	<p>TIDE LAUNDRY DETERGENT ... 40 OZ. BOX \$1.59 <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICES ENDING 10/5/83</small></p>
<p>SINGLE POUND GROUND ROUND ... 1 LB. PKG. \$1.79 <small>WITH ONE FILLED DOUBLE DISCOUNT CERTIFICATE PRICES ENDING 10/5/83</small></p>			

Elegant Desserts Using 'Queen Of Sponge Cakes'

The French have always been noted for their elegant preparation of cuisine. For more than 900 years, great French chefs have created deliciously ornate desserts using the airy, delicately sweet "Queen of Sponge Cakes," Ladyfingers.

Today, the Ladyfinger is a delicacy considered one of the rarest of the baker's arts. It is used extensively in the country's finest restaurants as an ingredient for elaborate French or Italian desserts. Yet virtually all the Ladyfingers available in the United States are baked by a bakery located on the banks of the Susquehanna River in Marysville, Pa. This bakery has been in continuous operation since 1901, combining its special skills and ingredients to the renowned, 900-year old recipe.

Ladyfingers are enjoyed by millions as simple finger snacks — a light, tasty break in the middle of the day — and as the alternative to pie dough or cake batter in easy to prepare, family pleasing desserts.

Try one of these royal desserts. You'll find compliments come as easily as these desserts are easy and simple to prepare.

Additional consumer recipes are available by sending name and address to:

RECIPES
P.O. Box 125
Marysville, Penn. 17053
LUCKY LEMON CAKE
20 plain Ladyfingers,

split
2 (14 oz.) cans sweetened condensed milk
8 eggs, separated
2 teaspoons grated lemon peel
14 to 15 tablespoons lemon juice
¼ teaspoon cream of tartar

Powdered sugar
1 thin slice lemon, if desired

Preheat oven to 375 degrees. Lightly grease a 9"x3" springform pan. Cover bottom of pan with Ladyfingers, cutting some to fit. Stand remaining Ladyfingers around sides of pan. If necessary, cut bottom ends so tops of Ladyfingers are even with top of pan. This prevents tips from getting too brown during baking. In a large bowl, mix condensed milk, egg yolks, lemon peel and lemon juice. In a medium bowl, beat egg whites with cream of tartar until stiff. Fold into lemon mixture. Pour batter into prepared pan. Bake 25 minutes or until top is lightly browned. Cool thoroughly.

Before serving, remove outside ring of springform pan. Dust top of cake with powdered sugar. Make a star design in the center of the cake with Ladyfingers. Garnish with a lemon slice. Makes 12 servings.

QUEEN'S PUDDING
15 plain Ladyfingers, split

4 eggs
¾ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
3 cups scalded milk
1 cup red raspberry preserves

Arrange Ladyfingers in 1½ quart casserole. Slightly beat 2 whole eggs and 2 egg yolks together. Add ½ cup sugar, ¼ teaspoon salt and vanilla; mix. Add scalded milk to egg mixture gradually, stirring constantly. Pour over Ladyfingers. Place casserole in shallow pan filled with 1 inch hot water. Bake in 350 degree oven until done, about 30 minutes or until a knife inserted comes out clean. Remove from oven; spread with raspberry preserves. Beat egg whites with remaining ¼ teaspoon salt until frothy. Add remaining ¼ cup sugar gradually. Continue beating until meringue holds stiff peaks. Spread over preserves. Return to oven and bake 10 minutes or until meringue is delicately browned. Cool and serve. Makes 6 servings.

PUMPKIN CHIFFON DESSERT
26 plain Ladyfingers; 18 whole, 8 split
½ cup brown sugar
2 teaspoons unflavored gelatin
¼ teaspoon each salt, ginger, cinnamon and nutmeg
¾ cup canned pumpkin
2 eggs, separated

¾ cup milk
¼ teaspoon cream of tartar
½ cup granulated sugar
Line sides and bottom of 8 inch pie plate with Ladyfingers, using whole ladyfingers for the sides and split Ladyfingers for the bottom. In a small saucepan, stir together brown sugar, gelatin, salt, ginger, cinnamon and nutmeg. Cook over medium heat, stirring constantly, just until mixture boils. Place pan in refrigerator, stirring occasionally until mixture

mounds slightly when dropped from spoon.
Beat egg whites and cream of tartar until foamy. Beat in granulated sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Fold pumpkin mixture into meringue. Pile into plate lined with Ladyfingers. Chill at least 3 hours or until set. Garnish with whipped cream and Ladyfingers, if desired.

PEANUT BUTTER PETITES
2-12 pack plain Ladyfinger

gers
¾ cup milk
4 oz. Phila. cream cheese
½ cup 10X sugar
¼ cup smooth peanut butter
1½ cups Cool Whip (reserve ¼ cup)
Chopped peanuts
Whip cream cheese until creamy. Beat in sugar and peanut butter. Add milk slowly. Fold in ¼ cups Cool Whip until all ingredients are well mixed. Spread between Ladyfingers. Chill 3 hours before serving. Just before serv-

ing, frost lightly with reserved Cool Whip and sprinkle with chopped nuts. Makes 24.

BRANDIED CHERRY RING
12 plain Ladyfingers, split
1 can (16 oz.) pitted dark sweet cherries
½ cup brandy
1 package 6 oz. cherry gelatin
2 cups boiling water
1 cup prepared whipped topping
Drain cherries, measuring syrup. Add water to syrup to make 1½ cups.

Cut cherries in half. Heat brandy and pour over cherries; let stand about 30 minutes. Drain, adding brandy to measured liquid. Dissolve gelatin in boiling water. Add measured liquid. Chill until thickened. Add cherries to half the gelatin and pour into a 6 cup ring mold. Chill until set but not firm. Blend whipped topping into remaining gelatin. Spoon into pan. Chill until firm, about 4 hours. Unmold. Serve with cherries placed around base of molded ring.

Lucky Lemon Cake makes a royal presentation, yet the luscious dessert is so simple to prepare.

Lucky Lemon Cake makes a royal presentation, yet the luscious dessert is so simple to prepare.



Lucky Lemon Cake makes a royal presentation, yet the luscious dessert is so simple to prepare.

Pantry Pride

PRICES EFFECTIVE WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

BONUS BUY
KRAFT BAR-B-Q SAUCE
SMOKE, REG. OR HOT
18oz BOTTLE
69¢
SAVE 20¢

COMPARE GROCERY EVERYDAY LOW PRICE
HUNGRY JACK MASHED Instant Potatoes . . . 5/1
YELLOW Vigo Rice 4/1
CRYSTAL A B Hot Sauce 3/1
LIBBY'S Vienna Sausage 2/89¢
TREE TOP REG. OR NATURAL Apple Juice \$1.39

GOLDEN GRAIN MACARONI & CHEDDAR
7.25oz BOX
3/\$1
SAVE 5

GENERIC APPLE SAUCE 16oz **3/\$1**
GENERIC TEA BAGS 100 CT. **99¢**

COMPARE GROCERY EVERYDAY LOW PRICE
WITH BEANS Generic Chili . . . 13oz CAN **69¢**
GENERIC Toilet Tissue . . . 281 2/1 **77¢**
GENERIC Dry Bleach 40oz **99¢**
GENERIC Graham Crackers 10oz **99¢**

20¢ OFF
KEEBLER 2 1/2oz CLUB TOWNHOUSE BONUS PACK OR 12oz TOWNHOUSE CRACKERS
WITH THIS COUPON GOOD THRU WED., OCT. 5, 1983

TAKE THE PRICE TEST!

WITH THIS COUPON J.R. 618
MAXWELL HOUSE COFFEE \$1.49
REG., ELECTRA PERK OR A.D.C. ONE LB VACUUM BAG
LIMIT ONE WITH THIS COUPON AND A \$7.50 OR MORE FOOD ORDER. GOOD WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

WITH THIS COUPON J.R. 619
TIDE LAUNDRY DETERGENT \$1.49
49oz BOX REGULAR OR OFF LABEL
LIMIT ONE WITH THIS COUPON AND A \$7.50 OR MORE FOOD ORDER. GOOD WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

BONUS BUY
FLAV-O-RICH ICE CREAM
HALF GALLON CTN.
\$1.79
SAVE 70¢

COMPARE GROCERY EVERYDAY LOW PRICE
PANTRY PRIDE Tomato Sauce . . . 4/1
CREAM STYLE OR WHOLE KERNEL Del Monte Corn . . . 2/1
DEL MONTE WHOLE Green Beans . . . 2/1
ASSORTED FLAVORS PANTRY PRIDE Sodas 79¢
PANTRY PRIDE Black Pepper 79¢

EVERYDAY LOW PRICE
HORMEL CHILI
WITH BEANS, REGULAR OR HOT
15oz CAN **79¢**
SAVE 20

BAMA GRAPE JELLY 2 LB JAR **99¢**
QUAKER INSTANT GRITS 8oz BOX **69¢**

COMPARE GROCERY EVERYDAY LOW PRICE
CHICKEN, CORNBREAD, BEEF, SAN FRANCISCO Dressings STOVE TOP . . . 99¢
PANTRY PRIDE Waffle Syrup . . . 24oz BTL **99¢**
PANTRY PRIDE Quick Oats \$1.49
STERLING Solar Salt 40 LB BAG **\$1.00**

30¢ OFF
TOMS GREAT AMERICAN POTATO CHIPS & RIPPLED CHIPS
ONE LB PKG.
WITH THIS COUPON GOOD THRU WED., OCT. 5, 1983.

BONUS BUY
FRESH FLORIDA YELLOW CORN
EARS
10/\$1
SAVE 30¢

COMPARE PRODUCE EVERYDAY LOW PRICE
GEORGIA RED Sweet Potatoes . . . 3 LBS **\$1**
FRESH Florida Avocodos . . . 2/1
FRESH CELLO Crisp Carrots . . . 2 LB BAG **59¢**
NORTHWESTERN Bartlett Pears LB **59¢**
CRISP Tender Celery . . . ITAL **59¢**

EVERYDAY LOW PRICE
Del Monte SINGLE SERVINGS
TAPACA BANANA BUTTERSCOTCH CHOCOLATE CHOCOLATE FUDGE VANILLA DICKED PEACHES OR MIXED FRUIT
4.5oz CAN **99¢**
SAVE 16

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COMPARE GROCERY EVERYDAY LOW PRICE
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PAPER Viva Napkins 300 CT. **\$1.00**
13oz BOX Pac Man Cereal . . . **\$1.70**

20¢ OFF
NABISCO NILLA WAFERS 12oz OR IMPORTED DANISH 14oz
WITH THIS COUPON GOOD THRU WED., OCT. 5, 1983.

BONUS BUY
U.S. NO. 1 BAKING POTATOES
10 LB BAG
\$1.39
SAVE \$1.00

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FRESH Green Cukes 6/89¢
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BONUS BUY
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SAVE \$1.10
CELLA WINES 1.5 LITER **\$4.89**
GALLO WINES 1.5 LITER **\$3.99**

COMPARE GROCERY EVERYDAY LOW PRICE
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PANTRY PRIDE Plastic Wrap 99¢
FLOWERS COMPARTMENT OR DINNER Plates CHERRY GARDEN \$1.10
PANTRY PRIDE Storage Bags \$1.00

SAVE 50¢ CASH
PEPSI COLA YOU PAY **89¢**
DIET PEPSI, PEPSI LIGHT, PEPSI FREE (REG. OR SUGAR FREE) OR MOUNTAIN DEW WITH COUPON
8 PACK 16oz BTL. PLUS DEPOSIT
WITH THIS COUPON GOOD THRU WED., OCT. 5, 1983.

One Broiled Eggplant Sandwich; Hold The Bread

Men are marching into the kitchen, tying on an apron and producing dinner in record numbers. They're finding out that there is no great mystery to shopping and preparing foods.

Two simply delicious recipes that will make marvelous weekend fare are Eggplant Sandwiches and Fresh Pear Pumpernickel Pudding. They both use fresh and readily available ingredients, which provide the best taste and nutritional advantages, that are easy to prepare and uniquely delicious.

Eggplant, once considered an exotic vegetable relegated to a few Mid-Eastern or Mediterranean ethnic dishes, is one of America's most popular vegetables, today.

Eggplant Sandwiches use the vegetable in place of bread, an idea that will appeal to all ages at an informal meal. A typical treatment of eggplant is to fry it; this recipe avoids the cliché by baking it instead.

The hearty and sophisticated pudding offers the unusual combination of fresh pears and pumpernickel bread crumbs. The two flavors, mellowed by wine and freshly squeezed orange juice are unexpectedly compatible in this variation of "Charloska," a time-honored Polish dessert.

EGGPLANT SANDWICHES

- 1 large eggplant
- 1 large onion, sliced
- 6 tablespoons butter or margarine, melted
- 1 1/4 cups wheat germ
- 3 eggs
- 1 1/4 cups shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon dried leaf oregano, crumbled
- 2 tomatoes, sliced
- 2 tablespoons water

Cut eggplant crosswise into 1/4-inch slices. Soak slices in a large bowl of salted water 30 minutes. Rinse and pat dry. Brush both sides of eggplant slices and onion slices with butter. Dip eggplant in wheat germ to coat both sides. Place eggplant slices and onion slices on a lightly greased baking sheet. Broil 2 to 3 minutes on each side until eggplant is lightly toasted and onion is tender. In a small bowl stir together 1 beaten egg, mozzarella, Parmesan and oregano. Spread mixture equally on half the eggplant slices. Top each half with one tomato slice, one broiled onion slice and top with eggplant slice. Beat together 2 remaining eggs and water. Dip sandwiches in egg mixture and remaining wheat germ. Return to baking sheet and broil each side 2 to 3 minutes until golden brown and cheese melts. Makes: 4 to 6 servings.

FRESH PEAR PUMPERKICKEL PUDDING

- 1/4 cup butter or margarine, melted

- 5 cups fresh pumpernickel bread crumbs
- 1/4 cup light brown sugar, firmly packed
- 1 1/4 teaspoons grated fresh orange peel
- 1 teaspoon ground cinnamon
- 5 to 6 fresh pears, cored, unpared, sliced (6 cups)
- 1 1/4 cups freshly squeezed orange juice
- 3/4 cup dry red wine

In a large skillet melt butter; add bread crumbs and toss to coat. Stir in brown sugar, orange peel and cinnamon. Sprinkle one-third of the crumb mixture in a buttered, 2-quart casserole. Layer pears over crumbs; cover with half the remaining crumbs; top with remaining 3 cups pears and remaining crumbs. Mix together orange juice and red wine; pour over crumbs.

Cover. Bake in a 375°F. oven 30 minutes; uncover, bake 30 minutes longer. Add more orange juice if pudding looks dry. Makes: 6 to 8 servings.

WHY PAY MORE!

WITH THIS COUPON JR 620

BUMBLE BEE
CHUNK LIGHT
TUNA **39¢**
IN WATER OR OIL
6.5oz CAN

LIMIT ONE WITH THIS COUPON AND A \$7.50 OR MORE FOOD ORDER. GOOD WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

WITH THIS COUPON JR 778

PANTRY PRIDE CHILLED FLORIDA
ORANGE JUICE **59¢**
HALF GALLON CARTON

LIMIT ONE WITH THIS COUPON AND A \$7.50 OR MORE FOOD ORDER. GOOD WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

Pantry
Pride

PRICES EFFECTIVE WED., SEPT. 28 THRU TUES., OCT. 4, 1983.

Snack Sense

A variety of foods is readily available to most Americans. And this variety makes snacking more fun than ever. No need to settle for boring, repetitious food that often fails to satisfy and, as a result, stimulate nonstop, inappropriate nibbling.

SNACKING TIPS

Today, quality snack foods are available in most stores and vending machines to suit every age, appetite, meal plan, budget and preference. Quality, of course, is the key word. Granola products, made with 100% natural ingredients, combine quality and variety. Now there are five varieties of granola products available, each featuring a popular taste and texture to tantalize even the most persnickety snacker.

Periodically take stock of your snacking habits. Keeping quality and variety in mind, how well do your between-meal treats complement the other foods you consume each day? Fueling our bodies properly is like putting together a puzzle. Different nutrients have different functions, so they must be carefully combined to meet our needs for energy, growth, maintenance, repair and replacement of body tissues, acid regulation of body processes. Following is the Daily Food Guide which will help you review your eating and snacking pattern.

DAILY FOOD GUIDE

Vegetable and Fruit — 4 or more (1 piece or 1/4 cup cooked per serving)

Bread, Cereal, Pasta and Rice — 4 or more (1 slice bread, 1 cup dry cereal, 1/2 cup cooked cereal, rice or pasta per serving)

Milk, Cheese and Yogurt — 2 to 3 cups milk—adults and children under 9 years; 3 or more cups milk—pregnant women and children 9 to 12 years; 4 or more cups milk—nursing mothers and teenagers;

(1 cup yogurt equals 1 cup milk)

1 ounce cheese equals 3/4 cup milk)

Meat, Poultry, Fish, Eggs, Nuts and Beans — 2 (2 to 3 ounces meat, 2 eggs, 1 cup cooked dried beans, 4 tablespoons peanut butter, 1/2 to 1 cup nuts per serving)

Fats, Sweets and Alcohol — variable (dependent on caloric needs)

SNACKING THRIFTILY
Limit purchases of perishable foods to amounts that can be used while fresh.

Buy fresh fruits and vegetables in season.

Prepare low-cost snacks like popcorn, cinnamon toast, homemade soup and home-baked goods, such as muffins with blueberries or cranberries.

Forkids as well as adults, snacking is a way of life. So learning to snack sensibly, keeping in mind the five basic food groups and using snacks to complement food eaten at regular meals, is important for young children, too. Children just learning about nutrition will delight in choosing and helping prepare wholesome snacks. With guidance, they will develop food preferences that will set the pace for a lifetime of healthful eating at mealtime and at snacktime.

For more snacking information write for a free brochure: Nature Valley SnackSense, P.O. Box 5401, Department 825, Minneapolis, Minnesota 55460.

BONUS BUY

U.S.D.A. GRADE A
FRYING CHICKENS

LIMIT: 1 BAG WITH \$7.50 OR MORE PURCHASES

2 PER BAG

39¢ LB

SAVE 30¢ PER LB

BONUS BUY

MARKET STYLE
SLICED BACON

3 LB AVG. PKG.

99¢ LB

SAVE 60¢ PER LB

BONUS BUY

BONELESS
BOTTOM ROUND ROAST

PER POUND

\$1.59

SAVE \$1.20 PER LB

BONUS BUY

BONELESS
EYE ROUND ROAST

WHOLE
4 TO 6 LB AVG.

\$1.99 LB

SAVE \$1.40 PER LB

COMPARE MEAT CHECK THESE PRICES

ETHER HALF
Fresh Pork Loin . . . **\$1.39** LB

FRESHLY
Ground Round . . . **\$1.99** 3 LB

U.S.D.A. CHOICE BONELESS
Btm. Round Steak . . . **\$1.99** 3 LB

U.S.D.A. CHOICE BEEF
Bnls. Rump Roast . . . **\$2.39** LB

U.S.D.A. CHOICE
Beef Cube Steak . . . **\$2.49** 3 LB

COMPARE MEAT CHECK THESE PRICES

U.S.D.A. GRADE A TRAY PACK
Turkey Wings . . . **\$3.99** 3 LB

SMOKED
Pork Neck Bones . . . **\$5.99** 3 LB

U.S.D.A. CHOICE WHOLE CUT & WRAPPED FRESH
Bottom Rounds . . . **\$1.49** LB

FLASH FROZEN
Turbot Fillets . . . **\$1.99** LB

U.S.D.A. CHOICE FAMILY SIZE PKG.
Bnls. K.C. Steaks . . . **\$2.99** LB

COMPARE DELI CHECK THESE PRICES

LYKES POWER PAK
Chicken Franks . . . **69¢** 12oz

PANTRY PRIDE IMPORTED
Sliced Ham . . . **\$1.39** 8oz

ASSORTED VARIETY
Claussens Pickles . . . **\$1.39** PER JAR

OSCAR MAYER MEAT OR BEEF
Sliced Bologna . . . **\$1.79** 12oz

LYKES MEAT OR BEEF
Grill Franks . . . **\$1.99** 8oz

COMPARE DAIRY CHECK THESE PRICES

GENERIC SHREDDED
Mozzarella OR CHEDDAR . . . **79¢** 8oz

TROPICANA PURE FRESH
Orange Juice . . . **\$1.59** HALF GAL

SHEDD'S COUNTRY CROCK
Vegetable Spread . . . **\$1.99** 3 LB

AXELFOODS WHOLE MILK
Ricotta Cheese . . . **\$2.79** 3 LB

KRAFTS SPREAD
Velveta Cheese . . . **\$3.99** 3 LB

PANTRY PRIDE KING SIZE BREAD
20oz LOAVES

3/\$1.49

COLGATE TOOTHPASTE
7oz REGULAR OR 6.4oz GEL

\$1.99

TWIN PACK

SAVE \$1.59

STOUFFER LASAGNA

\$1.99

2 1/2oz FROZEN

SAVE 66¢

KITCHEN FRESH ROAST BEEF
IN THE DELI/BAKERY STORES ONLY

\$1.99

HALF POUND

AUNT HANNAH ANGEL FOOD BAR 8oz **\$1.09**

ENGLISH MUFFINS 8 PACK **2/89¢**

LISTERINE MOUTH-WASH 18oz PLUS 6oz **\$1.99**

FINESSE SHAMPOO 15oz **\$1.99**

MINUTE MAID ORANGE JUICE 12oz FROZEN **89¢**

PANTRY PRIDE BROCCOLI SPEARS 10oz FROZEN **2/\$1**

COUNTRY PRIDE FRIED CHICKEN 8 PIECE SATCHEL **\$2.99**

FRESH BAKED ITALIAN BREAD 8oz LOAF **3/\$1**

COMPARE GROCERY EVERYDAY LOW PRICE

PANTRY PRIDE
Lunch Bags . . . **2/\$1**

DEL MONTE FRENCH OR CUT
Green Beans . . . **2/89¢**

100% REAL FRUIT JUICE, RED, PURPLE, GOLDEN OR APPLE
Juicy Juice . . . **99¢**

CAN
Del Monte Peas . . . **2/\$1**

COMPARE HEALTHY READY-TO-EAT EVERYDAY LOW PRICE

REG., SUPER OR SUPER PLUS
Tampax Tampons 10 CT. **79¢**

UNSCENTED OR EXTRA SUPER HOLD
Aqua Net HAIR SPRAY . . . **99¢**

REGULAR OR SUPER
New Freedom MAXI PADS . . . **\$3.99**

DIET POWDER
Slim Fast . . . **\$5.99**

COMPARE FROZEN EVERYDAY LOW PRICE

PANTRY PRIDE SHOESTRING
Potatoes . . . **69¢**

VEAL PARMESAN, CHICKEN, TURKEY, SALISBURY STEAK, MEAT LOAF
Morton Dinners . . . **79¢**

CHEESE, PEPPERONI OR SALISBURY
Q & W Pizza . . . **89¢**

PANTRY PRIDE FRENCH OR CUT
Green Beans . . . **89¢**

COMPARE PREPARED FOODS EVERYDAY LOW PRICE

FRESH BAKED
Hoagie Rolls . . . **4/69¢**

OLD FASHION
Bologna GERMAN STYLE . . . **99¢**

WITH 2 VEG. & A ROLL, SMOKED
Sausage Dinner . . . **\$1.99**

CHERRY
Boston Cream Cake **\$2.99**

GIORGIOS MUSHROOMS STEMS & PIECES

2/\$1

4oz CAN

SUNLIGHT DISH-WASHING LIQUID

\$1.59

32oz BTL

27¢ OFF LABEL

PFEIFFER DRESSINGS FRENCH, ITALIAN OR 1000 ISLE

99¢

18oz BTL

SAVE 20¢

FRESH START LAUNDRY DETERGENT

\$7.76

70oz

\$1.00 OFF LABEL

Stuffed Flank Steak Company Masterpiece

The cook with a fast-paced lifestyle that includes entertaining must look for menus that can be largely prepared ahead of time yet will retain a just-made, fresh taste.

Vegetable Stuffed Flank Steak certainly wins in this category because it meets the criteria of do-ahead preparation of fresh and delicious ingredients that also provide eye appeal.

The flank steak is a colorful array of fresh vegetables — zucchini, sweet red pepper, onions and mushrooms — that are sauteed before being spread on the meat, which is then rolled and tied. The preparation can be done the day before you expect company and simply refrigerated until cooking. A tossed salad with leafy green lettuce such as romaine and carrots, cucumbers and celery, is all that's needed to complete the main course.

Dessert follows along the same fast yet fresh theme. Grapefruit In Cranberry Puree makes a dramatic presentation because of its rich color contrast. It can be made ahead in just minutes and is absolutely delicious.

Grapefruit is in plentiful supply now, according to the United Fresh Fruit and Vegetable Association, which advises consumers to choose fruit heavy in relation to its size, and avoid those that are soft or wilted. In addition to vitamin C, grapefruit offers a wide variety of nutrients, including trace elements.

The cranberries, too, are high in nutrients as they are in taste. Low in sodium, they also provide vitamin C.

Entertaining with top-quality fresh foods like these will insure a delightful and relaxing evening for the hosts.

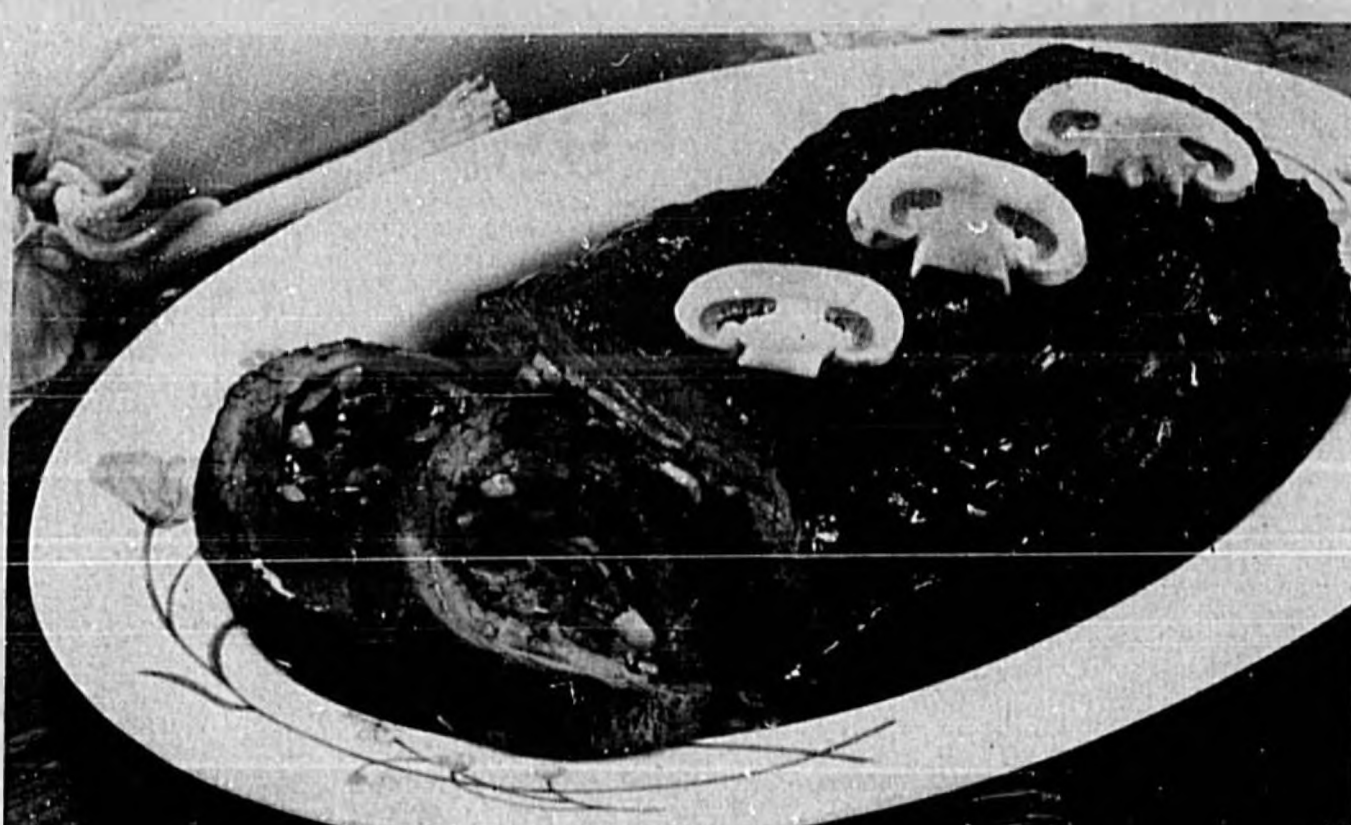
VEGETABLE STUFFED FLANK STEAK

- 1 flank steak 2 to 2½ pounds
 - 2 tablespoons vegetable oil, divided
 - 2 tablespoons fresh lemon juice
 - ¼ cup butter or margarine
 - 1 medium onion, chopped (¾ cup)
 - 1 small red pepper coarsely chopped (¾ cup)
 - ½ pound fresh mushrooms
 - 1 medium zucchini coarsely chopped (1 cup)
 - 1½ cups fresh whole wheat bread crumbs
 - 1 egg
 - 1½ teaspoons Worcestershire sauce
 - ¼ teaspoon pepper
 - ¾ to 1 cup beef broth
 - 1 tablespoon cornstarch
 - 6 tablespoons red wine
- Pound steak with meat mallet until it is ¼ inch thick. Score on both sides with sharp knife. Combine 1 tablespoon oil and lemon juice; rub on both sides of meat. In a large skillet melt butter; saute onion and pepper until tender. Chop enough mushroom stems and caps to measure 1½ cups; reserve remaining caps for garnish. Add chopped mushrooms and zucchini to skillet; cook 3 minutes longer. Add bread crumbs, egg, Worcestershire and pepper; mix well. Spread stuffing on meat, leaving a 1 inch strip around edge. Roll up lengthwise; tie in several places with string. In same skillet, heat remaining 1 tablespoon oil; brown meat on all sides. Add ¾ cup beef broth. Cover. Simmer slowly 1½ to 1½ hours, or until tender. Turn meat occasionally and add more liquid if necessary. Remove meat to

heated serving platter; remove string. Measure liquid in skillet; if necessary reduce it, by boiling rapidly, to measure 1 cup. Combine cornstarch and red wine; add to liquid in skillet. Add whole mushroom caps. Cook, stirring constantly, until gravy is thickened and mushrooms are heated through. Serve gravy with meat. Makes: 6 servings.

GRAPEFRUIT IN CRANBERRY PUREE

- 1 cup fresh cranberries
 - ¾ cup water
 - ½ cup honey
 - 1 tablespoon chopped candied ginger
 - 2 fresh grapefruit, sectioned
- In medium saucepan combine cranberries, water, honey and ginger. Bring to a boil; reduce heat, simmer 7 to 10 minutes until cranberries skins pop open. Press berries and liquid through a food mill or sieve to remove skins. Cover. Chill. Spoon chilled sauce onto 4 individual serving plates. Arrange grapefruit sections in sauce. Makes: 4 servings.



Stuffed flank steak can be prepared the day before serving

Citrus Base Of 'Sippers'

Lazy days and evenings when guests gather round are the times for refreshing "sippin' drinks." When made with a citrus juice from Florida as a base, they satisfy and provide a mellowness with a rewarding zest.

One of the best of the "sippin' drinks" is the Sherbet Shrub, which combines different flavors and luscious colors to refresh the eye as well as the palate.

The first requirement is lots of ice, followed by orange and grapefruit concentrate for easy-to-make coolers.

Minty Sherbet Shrub starts with a tall glass filled with crushed ice. With a little grenadine for pinkness, zesty grapefruit juice is blended with bitters and mixed with pineapple sherbet to make this as cooling as a dip in the ocean.

Icy Orange Shrub combines frozen orange concentrate from Florida with lemon sherbet and apricot preserves over crushed ice. This velvety surprise should be sipped slowly to savor the wonderful flavors.

Grapefruit juice, raspberry jam and raspberry sherbet are fizzed up with club soda in Pink Fizz Shrub, a just-sweet-enough concoction that children will adore.

The flavor of the South Pacific makes Tahiti Shrub an exotic drink that impresses and is also a great pick-me-up.

MINTY SHERBET SHRUB

- 1 pint pineapple sherbet
- 1 can (6 ounces) frozen grapefruit juice concentrate from Florida, reconstituted
- ¼ teaspoon bitters
- Crushed ice
- Grenadine syrup, optional
- Mint sprigs

Soften pineapple sherbet; add reconstituted grapefruit concentrate with bitters and stir until well blended. Fill 8 large glasses with crushed ice. Add grapefruit juice mixture. If desired, pour 1 tablespoon grenadine syrup over ice in each glass. Garnish with mint sprigs. Yield: 8 servings.

ICY ORANGE SHRUB

- 1 pint lemon sherbet
- ¼ cup apricot preserves
- 1 can (6 ounces) frozen orange juice concentrate from Florida, thawed, undiluted
- Crushed ice

Soften sherbet; blend with apricot preserves. Stir in undiluted orange concentrate. Fill 8 large glasses with crushed ice. Add orange mixture; stir. Serve with a straw and sip slowly as ice melts. Yield: 8 servings.

PINK FIZZ SHRUB

- 6 tablespoons (½ 6-ounce can) frozen grapefruit juice concentrate from Florida, thawed, undiluted
 - 1 cup raspberry jam
 - 1 pint raspberry sherbet
 - 2 bottles (12 ounces each) sparkling water, chilled
- Stir undiluted grapefruit concentrate into raspberry jam. Place scoops of raspberry sherbet in tall glasses; add grapefruit concentrate and jam mixture. Fill glasses with chilled sparkling water and serve immediately.

TAHITI SHRUB

- ½ cup milk
 - ½ cup light cream
 - ¾ cup flaked coconut
 - 6 tablespoons (½ 6-ounce can) frozen orange juice concentrate from Florida, thawed, undiluted
 - ½ pint orange sherbet, slightly softened
 - 2 ice cubes
- Combine all ingredients in blender container. Process at high speed for about 10 seconds. Serve immediately in chilled glasses. If desired, top with whipped cream.

<p>ASSORTED REG. OR DIET Publix Soft Drinks 2-liter bot.</p> <p>29¢</p> <p>With One S&H Stamp Price Saver Certificate</p>	<p>ASSORTED CRISP CRUST FROZEN Totino Party Pizzas reg. size pkg.</p> <p>59¢</p> <p>With One S&H Stamp Price Saver Certificate</p>	<p>ASSORTED FLAVORS Dairi-Fresh Ice Cream half gal.</p> <p>89¢</p> <p>With One S&H Stamp Price Saver Certificate</p>	<p>REGULAR OR THICK Sunnyland Sliced Bacon 1-lb. pkg.</p> <p>98¢</p> <p>With One S&H Stamp Price Saver Certificate</p>
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Whole Wheat Bread 2 20-oz. \$1.29
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Syrup 24-oz. \$1.79

Publix

Jumbo

Cantaloupe

A GOOD SOURCE OF
VITAMIN A & C

69¢

each

THIS AD EFFECTIVE:
THURSDAY, SEPT. 28
THRU WEDNESDAY
OCT. 5, 1983 ...

THE NATURAL SNACK,
THOMPSON
Seedless Grapes
per lb.

69¢

REAL
Hellmann's Mayonnaise
32-oz. jar

\$1.19

(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

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Mr. Clean 20-oz. \$1.79
- 25¢-Off Label, Cleaner
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Comet Cleanser ... 21-oz. 68¢
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Shield Soap 5-oz. 49¢
- 7¢-Off Label, Bath Size
Caress Soap 4.75-oz. 49¢
- 15¢-Off Label, Fabric Softener
Giant Downy 32-oz. \$1.29
- Hunt's Special or Herb
Tomato Sauce 15-oz. 63¢
- Hunt's
Tomato Paste 12-oz. 73¢
- Hunt's Whole Peeled California
Tomatoes 28-oz. 89¢
- Chef Boy-Ar-Dee
Spaghetti & Meat Balls 15-oz. 79¢
- Chef Boy-Ar-Dee (Macaroni With Beef In Tomato Sauce)
Beefaroni 15-oz. 79¢
- Delicious Cocoa
Nestles Quik 2-lb. \$2.79
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Chicken 5-oz. 79¢

Fresh Produce

All Purpose
White Potatoes 10 lb. bag \$1.59
Made From Concentrate,
Minute Maid Chilled
Orange Juice half gal. \$1.49
Serve With Cheese Sauce, Tender
Fresh Broccoli large bunch 99¢
Tasty Red
Emperor Grapes .. per lb. 69¢
For Salads or Sandwiches,
Large Size Tasty
Tomatoes per lb. 49¢
Flavorful Florida Grown
Mushrooms 8-oz. pkg. 99¢

SEALTEST ASSORTED FLAVORS
Light N' Lively Ice Milk
half gal.

\$1.69

ALL GRINDS COFFEE...
Maxwell House
1-lb. can

\$1.89

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LAMBRUSCO, BIANCO OR ROSATO
Cella Wine
1.5-liter bot.

\$4.99

PLAIN OR IODIZED
Morton Salt
26-oz. pkg.

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Bath Tissue
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99¢

Candy Candy

Orange, Spearmint, Wintergreen or Freshmint
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Liquid Normal To Oily or Normal To Dry
Prell Shampoo 7-oz. 79¢
Vaseline
Intensive Care Lotion 15-oz. \$1.99
Mouthwash
Listermin 32-oz. \$2.79

Microwave Magic

Fall Brings On Spicy Desserts

The fall reminds me of those spicy baked desserts full of cinnamon, nutmeg, and ginger. These spices have a dual purpose in recipes prepared in the microwave. They become the browning agent that gives color to the product, as well as flavor. Chocolate added to a recipe adds the color and the flavor too.

Gingerbread is a great dessert for this time of the year. The Lemon Sauce is delicious with it and the Old Fashioned Bread Pudding. If you are a

chocoholic, you'll be interested in the Chocolate Bread Pudding.

GINGERBREAD

- 1 1/4 cups flour
- 1/2 teaspoon soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon hot water
- 1/2 cup sortening
- 1/2 cup brown sugar, packed
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/2 cup light molasses
- 2 eggs

Place all ingredients in mixing bowl. Blend then beat for 2 minutes. Spread in 8x8 baking dish (shield corners with aluminum foil). Microwave at 50% power for 6 minutes. Rotate twice if you don't have a carousel. Remove foil. Increase power to 100% power. Microwave 1-4 minutes or until done. Cool on counter-top. Serve with lemon sauce or whipping cream.

LEMON SAUCE

- 1/2 cup sugar
- 1 tablespoon corn starch
- 1 cup water
- 2 tablespoons butter or margarine
- 2 tablespoons lemon juice

Midge Mycoff

Home Economist
Seminole Community College



1/2 teaspoon grated lemon
Dash of salt
Combine sugar and corn starch in a 4-cup container. Stir in water. Cook for 2 minutes on High power, stirring twice. Blend in butter or margarine, grated lemon, lemon juice, and salt. Heat for 30 seconds more on High to blend ingredients together. Delicious over gingerbread or spice cake.

OLD FASHIONED BREAD PUDDING

- 2 cups milk
- 1 tablespoon butter or margarine
- 3 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 cups raisins
- 3 cups soft bread crumbs

In a 4-cup glass measuring cup, heat milk and butter by microwave for 3 minutes. Beat eggs, blend in sugar. Gradually add hot milk to eggs, stir until well blended. Stir in salt, vanilla, cinnamon and raisins. Place bread in a 10x6-inch baking dish. Pour egg mixture over bread. Microwave at 100% power for 4-6 minutes or until a knife inserted in the center comes out clean. Shield corners or dish with aluminum foil to prevent overcooking. Makes 6 servings.

CHOCOLATE BREAD PUDDING

3 1/2 cups milk
4 squares unsweetened chocolate
3 eggs
3/4 cup sugar
1 teaspoon vanilla
3 cups dried bread crumbs
In microwave cook milk and chocolate in batter bowl at 100% power. Cook for 3-5 minutes or until chocolate is melted. Stir several times during cooking.

Beat eggs, add sugar and vanilla. Mix well. Stir into milk mixture. Add bread cubes and mix well. Pour into a greased 2 quart casserole. Microwave at 85% power (roast-bake) for 10-12 minutes. Stir once during cooking. Knife inserted into center should come out clean when finished. Serve with vanilla sauce or whipping cream.

WHITE & DECORATED, ASSORTED OR DESIGNER

Bounty Towels
large roll

29¢

With One S&H Stamp Price Saver Certificate

—1st Down—
Ready-to-take-out
Chicken Dinner

- 18-Pieces of Fried Chicken
- 4-lbs. of Potato Salad, Cole Slaw or Baked Beans (Customer's Choice)
- 1 doz. Dinner Rolls
- (8) Plates, (8) Forks.
- Napkins, Salt & Pepper.

each for **\$12⁵⁰**

Deli

VACUUM PACKED

Folger's Flaked Coffee
13-oz. bag

\$149

With One S&H Stamp Price Saver Certificate

U.S.D.A. CHOICE

Sirloin Steak
per lb.

\$299

ASSORTED SUPER MOIST

Betty Crocker Cake Mixes
18 1/2-oz. pkg.

29¢

With One S&H Stamp Price Saver Certificate

SUNNYLAND FULLY COOKED EITHER END OR WHOLE

Smoked Ham
per lb.

89¢

IN WATER OR OIL, LIGHT MEAT

Star-Kist Chunk Tuna
6 1/2-oz. can

9¢

With One S&H Stamp Price Saver Certificate

FRESH HOMOGENIZED, 2% LOW FAT, 1% LOW FAT OR SKIM

Dairi-Fresh Milk
gal. size

\$159

With One S&H Stamp Price Saver Certificate

Tasty Smoked Braunschweiger or Fresh

Liverwurst quarter lb. **59¢**

Zesty Ham & Bacon Loaf quarter lb. **89¢**

Fresh Bake Dutch Apple or Apple Pie each for **\$1.09**

Flavorful Large White Pita Bread 20-oz. loaf **\$1.29**

Hot From The Deli! Beef Stroganoff .. per lb. **\$2.89**

Macaroni & Cheese per lb. **\$1.79**

Frozen Foods

Morton Frozen Sugar & Spice

Mini Donuts 10-oz. pkg. **99¢**

Van deKamp Frozen 11-oz. Shredded Beef Enchilada or Cheese

Enchilada Ranchero 11.25-oz. pkg. **\$1.69**

Birds Eye

Cool Whip 8-oz. bowl **69¢**

Mrs. Smith Pumpkin

Custard Pie 26-oz. pkg. **\$1.59**

Birds Eye Little Ears

Cob Corn pkg. of 8 ears **\$1.49**

ORE-IDA FROZEN COUNTRY STYLE

Dinner Fries
3-lb. bag

\$199

USDA CHOICE

Louis Rich Boneless Turkey Ham per lb. **\$1.89**

Armour Heat & Serve Beef or Pork Breaded Patties .. per lb. **\$1.79**

Swift Premium Beef, Dinner, Meat or Bun Size Franks 1-lb. pkg. **\$1.89**

Louis Rich Turkey Franks 12-oz. pkg. **89¢**

Webber Tasty Johnny Ribs 16-oz. pkg. **\$2.79**

Kahn's Meat or Beef Jumbo Franks 1-lb. pkg. **\$1.79**

Seafood Treat! Fresh Cod Fillets per lb. **\$3.69**

Delicious Fresh Flounder Fillets ... per lb. **\$3.79**

Seafood Treat! Frozen Whiting Fillets per lb. **\$1.29**

Seafood Treat! Frozen Halibut Steaks per lb. **\$2.99**

50¢ OFF
With This Coupon ONLY

Older Smithfield Meat Franks
1-lb. pkg.

\$1.29

(Limit 1 Per Family Please, With Other Purchases of \$7.00 or More, Excluding All Tobacco Items) (Effective Sept. 29-Oct. 5, 1983)

60¢ OFF
With This Coupon ONLY

Kraft Grated Parmesan Cheese
8-oz. can

\$1.99

(Effective Sept. 29-Oct. 5, 1983)

REGULAR CORN OIL QUARTERS

Mazola Margarine
1-lb. ctn.

79¢

Tremendous Savings On

Strawberries 'n Cream Cookware

Collect An Entire Set

THIS WEEK'S FEATURED ITEM
2 1/2 qt. Covered Saucepan
Special Retail with \$10 Purchase

\$1199

Special Retail without Purchase \$16.99 (Effective Sept. 29-Oct. 5, 1983)

Dairy

Ballard's Buttermilk

Biscuits 4 10-ct. cans **93¢**

Original or Custard Style, Assorted Flavors

Yoplait Yogurt 3 6-oz. cups **\$1.29**

Sunny Delight Florida

Citrus Punch half gal. **99¢**

Wisconsin Cheese Bar Mozzarella or Sharp Cheddar

Shredded Cheese .. 8-oz. pkg. **\$1.19**

Dairi-Fresh Assorted Flavors

Cottage Cheese 16-oz. cup **99¢**

THIS AD EFFECTIVE: THURSDAY, SEPT. 29 THRU WEDNESDAY OCT. 5, 1983...

This ad effective in the following counties: Brevard, Charlotte, Collier, Highlands, Hillsboro, Lake, Lee, Manatee, Orange, Osceola, Polk, Sarasota and Seminole only!

Orange, Lake, Seminole, & Osceola Counties Only!

PLUS TAX & DEPOSIT, MOUNTAIN DEW, REG. OR SUGAR FREE PEPSI-FREE, REG., DIET OR LIGHT

Pepsi-Cola
eight-pack, 16-oz. bots.

\$129

REG. OR EXTRA LIGHT

Pabst Blue Ribbon Beer
twelve-pack 12-oz. cans

\$339

\$5 OFF
With This Coupon ONLY

Porcelain on Steel Cookware
7-piece set

\$1499

(Limit 1 Per Family Please, With Other Purchases of \$7.00 or More, Excluding All Tobacco Items) (Effective Sept. 29-Oct. 5, 1983)

\$1 OFF
With This Coupon ONLY

King Size Cheer Detergent
84-oz. pkg.

\$287

(Limit 1 Per Family Please, With Other Purchases of \$7.00 or More, Excluding All Tobacco Items) (Effective Sept. 29-Oct. 5, 1983)



Cinnamon Apple Tea Bread is drizzled with a glaze made with freshly brewed tea.

Warm Up To Cozy Treats This Fall

On a chilly afternoon, there is nothing quite as welcoming as a hot beverage accompanied by a fragrant loaf of homemade bread.

After working outdoors, what better way to restore your strength — and improve your mental attitude at the same time — than with quick warm-up snacks made with wonderfully delicious ingredients. A cozy almond tea nog topped with a frothy sweetened cream can easily be paired with a warm slice of cinnamon apple tea bread livened with raisins and walnuts. Or, try warming up to a soothing cup of cran-orange drink to help you bear the cold or to brighten soggy spirits.

Like all good and natural things, these recipes start with wholesome ingredients: high quality water and caffeine-free herbal tea bags. Not surprisingly, the gentle taste, warm colors and fragrant aroma of these cozy comforts result from a combination of tea with a delightful blend of herbs and spices and water that's fresh in taste, free of odor and crystal clear.

CINNAMON APPLE TEA BREAD

- 1-1/4 cups high quality boiling water
- 4 cinnamon apple herbal tea bags
- 1 cup raisins
- 1/2 cup honey
- 2 tablespoons butter or margarine
- 1 egg
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped walnuts
- 1/2 cup confectioners sugar

Preheat oven to 350°.

In teapot, pour boiling water over cinnamon apple herbal tea bags; cover and brew 5 minutes. Remove tea bags and reserve 2 tablespoons tea.

In large bowl, pour remaining tea over raisins, honey and butter and cool completely; beat in egg.

In medium bowl, combine flour, baking powder and salt. Gradually add to tea mixture, blending well after each addition. Stir in walnuts.

Turn into greased and floured 9"x5"x3" loaf pan and bake 1 hour or until bread tests done. On wire rack, cool 10 minutes; remove from pan and cool completely before glazing.

Meanwhile, in small bowl, gradually add reserved tea to confectioners sugar until desired thickness; drizzle over bread. Makes about 8 servings.

ALMOND TEA NOG

- 2 cups high quality water
- 4 almond pleasure herbal tea bags
- 1 cup milk
- 2 tablespoons brown sugar
- Brandy (optional)
- Sweetened whipped cream

In medium saucepan, bring water to a boil. Add almond herbal tea bags; cover and brew 5 minutes. Remove tea bags. Stir in milk and sugar; heat through. Just before serving, stir in brandy and garnish with whipped cream and sliced almonds. Makes about 4 servings.

CRAN ORANGE CUP

- 2-1/4 cups high quality boiling water
- 6 gentle orange herbal tea bags
- 3/4 cup cranberry juice cocktail, heated to boiling
- 2 tablespoons brown sugar

In teapot, pour boiling water over orange herbal tea bags; cover and brew 5 minutes. Remove tea bags. Stir in remaining ingredients. Garnish, if desired, with cinnamon stick and orange peel. Makes about 4 servings.

SANFORD PLAZA, SANFORD LONGWOOD VILLAGE CTR., LONGWOOD

Publix

where shopping is a pleasure 7 days a week



by Chic Young



by Mort Walker



by Art Sansom



by Bob Montana



by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan

ACROSS

- 1 Communications agency (abbr.)
- 4 Gives out
- 9 To and
- 12 Not well
- 13 Lifeless
- 14 Author
- 15 Flaming
- 16 Enemy
- 18 Four (prefix)
- 17 Female saint (abbr.)
- 18 Age
- 20 Is excessively fond of
- 22 Blood (prefix)
- 24 Appropriate
- 25 Arbitrator
- 28 Triangular sail
- 32 Sunshine
- 33 Petition
- 35 Anti-British
- 36 Along in years
- 37 Compress
- 38 Ranch animal
- 39 Teal
- 42 Dairy product
- 45 Ate prey
- 46 Take a meal

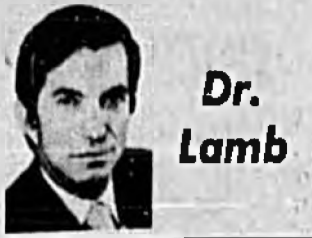
DOWN

- 1 Band instrument
- 2 Hoofbeat
- 3 Nile queen, for short
- 4 Franny
- 5 Undivided
- 6 Allow
- 7 Sin
- 8 Playing fields
- 9 Clenched hand
- 10 Estimate
- 11 Singletons
- 19 Who (It)
- 21 Baseball player Mel
- 23 Put in
- 24 Wool sound
- 25 Flying saucer (abbr.)
- 26 Young lady (Fr. abbr.)
- 27 Homes (sl)
- 29 Emerald Isle
- 30 Epochs
- 31 Christian
- 34 Pronoun
- 40 Stern
- 41 Mexican liquor
- 43 Bedevil
- 44 Arrival-time guess (abbr.)
- 47 Uses shovel
- 48 Dustbowl victim
- 49 Easter preparatory season
- 51 Gossip (sl)
- 52 Vegetable spread
- 53 Russian secret police
- 56 Nigerian tribe
- 57 Southern general
- 58 Possessive

Answer to Previous Puzzle

JIM TARRANT JUDY
 BOB HELLO EVA
 BUY EDITS HEP
 ESTES CAUSE
 WED JAG
 JIB AKIA OYER
 IDA BAKI OAME
 MENU WELK OLLIT
 AMEN EDEN ERA
 DAR DUX
 TROP RIGID
 IAN TRAIL L
 LIS ENURE ITS
 ENI RAGED OAI

Collapse Maybe Not Caused By Epilepsy



DEAR DR. LAMB — Has the diagnosis of epilepsy become a cut-and-dried thing or is it still in the "If-and-or-but" category? A few months ago, it was very hot where we live. I had been working very hard for about a month. I collapsed in my bedroom and eventually wound up in the hospital emergency room. I could have been dehydrated or low on salt or had a low blood sugar. My doctor says it was none of these.

I have collapsed before, during the war, under conditions of long hours of work and hot temperatures. Now I don't have my driver's license. I have taken Dilantin until it sticks out my ears. I take phenobarbital but it doesn't let me sleep. I go 24 hours before it takes hold, then I'm miserable, mad, mean and cranky.

Is standing heels together and toes together with your eyes closed a good test for epilepsy or is someone giving me the runaround? DEAR READER — If you have typical seizures and have typical findings on your EEG (brain wave), you can be diagnosed as having epilepsy with certainty. That doesn't explain why epilepsy has occurred.

Brain damage from automobile accidents results in a large number of new epileptics each year. So will brain damage from strokes. But once you have epilepsy, regardless of the cause, you have it and you need appropriate medical treatment for your case. There are many causes for convulsions and fainting other than epilepsy. These include sudden slowing of the heart to cause seizures. A deep faint can cause convulsions.

If you are doubtful of your diagnosis, you should ask for a consultation with a neurologist, provided your doctor is not a neurologist.

I am sending you the Health Letter 10-8, Epilepsy: You Can Have It Too, for more details.

The feet together with the eyes closed test is a neurological test related to balance. It is not a test for epilepsy. But it is part of a good neurological examination.

DEAR DR. LAMB — I read somewhere that sodium nitrite is a normal component of human saliva and that nitrite under some circumstances can combine with other components of our diet to form chemical compounds called nitrosamines. I understand nitrosamines have been found to cause cancer. Any information on this would be appreciated.

DEAR READER — Yes, that is why the concern over a reasonable amount of nitrates and nitrites in food products can be overdone. Your own body already forms far more nitrites than you will possibly get in food.

The source is from bacterial action in your colon. The nitrites and nitrates formed are then absorbed by your bloodstream. They leave the circulation and enter the salivary gland to be excreted into your saliva. Then you swallow the saliva introducing these substances into the stomach. There they may be converted to nitrosamines.

Vitamin C seems to inhibit the formation of nitrosamines and that is one argument for taking some vitamin C with each meal in the form of fresh fruits, fruit juices or papayas.

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY SEPTEMBER 29, 1983

Seek associations this coming year with persons who are in the forefront of progressive ventures. These people will inspire you to greater heights in your personal life as well as in your career.

LIBRA (Sept. 23-Oct. 23) Unless you have a proper sense of timing today, you might fall at something you hope to achieve. Don't act prematurely nor be too tardy. Libra predictions for the year ahead are now ready. Romance, career, luck, earnings, travel and much more are discussed. Send \$1 to Astro-Graph, Box 489, Radio City Station, N.Y. 10019.

SCORPIO (Oct. 24-Nov. 23) Your financial instincts are quite keen today, yet you might be plagued by self-doubts and not do that which your intuition directs.

SAGITTARIUS (Nov. 23-Dec. 21) Make excuses for a quick departure if friends try to involve you in business or financial situations today. Their offerings may be of no value.

CAPRICORN (Dec. 22-Jan. 19) You're likely to be resourceful today in matters which require a quick decision. Where you weigh and balance things too long, you tend to lose your edge.

AQUARIUS (Jan. 20-Feb. 19) You're able to execute your duties and responsibilities competently today. A word of warning, however: don't

LEO (July 23-Aug. 22) If you promised to do something for a friend today, follow through. Equally important: Don't make this person feel obligated.

VIRGO (Aug. 23-Sept. 22) Try to determine your expenditures in advance today, then budget yourself accordingly. Without a definite plan you could yield to extravagance.

WIN AT BRIDGE

off four hearts. Husband West chucked the club queen and diamond deuce. Then South took his high spades and led a diamond toward dummy's ace. West played the jack and was promptly thrown in with the king. He cashed two spades, but was then forced to give South the contract trick with the king of clubs. Wife East remarked, "Didn't it occur to you to drop the diamond king so I could get in with my queen and lead a club?" West replied, "Yes, sweetheart! It did occur to me." "Then why on earth didn't you do it?" "Well, you see, it occurred to me a trifle too late." For the record, West should really have foreseen the end play. A point count would show that East held either the diamond queen or club king. If East held the club king, South would have just 16 high-card points and would probably have passed at two no-trump.

NORTH 9-24-83

♠ 96
♥ K J 10 8
♦ A 7 3
♣ 8 5 4

WEST

♠ Q 10 8 3 2
♥ 9 4
♦ K J 2
♣ A Q J

EAST

♠ 7 5 4
♥ 7 6 5 3
♦ Q 6 4
♣ 10 7 2

SOUTH

♠ A K J
♥ A Q 2
♦ 10 9 8 5
♣ K 9 3

Vulnerable: North-South
Dealer: South

West	North	East	South
Pass	2♣	Pass	1NT
Pass	2NT	Pass	2♠
Pass	Pass	Pass	3NT

Opening lead: ♠3

By Oswald Jacoby and James Jacoby

Today's hand is noteworthy only because of the conversation between husband and wife after South had made game and rubber. South won the spade lead with the jack and ran



GARFIELD

by Jim Davis



ANNIE

by Leonard Starr

WINN DIXIE

SUPER BONUS SPECIALS

PRICES GOOD SEPT. 29 - OCT. 1, 1983

1 Pick up two Super Bonus Certificates at our checkout counters

2 The get a Super Bonus Certificate with every purchase of \$1.00 or more at each certificate

3 Each certificate has a unique number that you can use to check out your Super Bonus Certificate

SUPER BONUS SPECIAL
SUPERBRAND GRADE 'A' EXTRA LARGE EGGS
29¢
 DOZ.
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
FOLGERS ALL GRINDS COFFEE
\$1.69
 1-LB. CAN
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
THRIFTY MAID SUGAR
99¢
 5-LB. BAG
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
WESSON OIL
\$1.89
 48-oz. BTL.
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
DIET COKE, TAB, SPRITE, MELLO YELLO OR COCA-COLA
99¢
 8 PAK 16-oz. BTLs. PLUS DEPOSIT
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
FAB DETERGENT
\$1.39
 49-oz. SIZE
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
LAND O' SUNSHINE BUTTER
\$1.29
 1-LB. PKG.
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

SUPER BONUS SPECIAL
W-D "HANDI-PAK" GROUND BEEF
89¢
 1-LB. SIZE
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPT. 29-OCT. 1, 1983

STORE HOURS

MON. - SAT.
 8 A.M. - 11 P.M.
 ORANGE & SEMINOLE COUNTIES



MON. - SAT.
 8 A.M. - 10 P.M.
 OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER AND ST. LUCIE COUNTIES

SUNDAY
 8 A.M. - 9 P.M.
 ORANGE, SEMINOLE OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMTER, MARION, INDIAN RIVER AND ST. LUCIE COUNTIES

SAVE 60¢
W-D BRAND USDA CHOICE BEEF ROUND BONELESS SIRLOIN TIP ROAST
\$1.99
 LB.
 W-D BRAND USDA CHOICE BRISKET (MILD OR SPICY) Corned Beef . . . lb. \$1.79

SAVE 40¢
W-D BRAND 100% PURE GROUND BEEF
\$1.19
 5/10 LB. HANDI PAKS
 LB.
 MARKET FRESH OR W-D BRAND 100% PURE HANDI PACK (1, 2, 3 LB. PKG.) Ground Beef . . . lb. \$1.39

USDA GRADE 'A' FRESH WHOLE FRYERS
59¢
 LB.
 W-D BRAND USDA CHOICE BEEF CHUCK BLADE Chuck Roast . . . lb. \$1.59

SAVE 60¢
W-D BRAND USDA CHOICE BEEF BONELESS SIRLOIN TIP STEAK
\$2.19
 LB.
 USDA CHOICE BEEF WHOLE UNTRIMMED BONELESS (8-12 LB. AVG.) Sirloin Tip . . . lb. \$1.99

SAVE 90¢
USDA GRADE 'A' TYSON FROZEN CORNISH GAME HENS
\$2.99
 20-oz. TWIN PAK
 TYSON FROZEN CORNISH Game Hen . . . 20-oz. size \$1.59

ALP SAVE \$1.00
ALPO DOG FOOD
\$6.99
 25-LB. BAG
 BEEF FLAVORED DINNER
 DIXIE DARLING JUMBO SANDWICH Bread . . . 2 lbs. \$1.19

SAVE 40¢
KRAFT MAYONNAISE
99¢
 QT. JAR
 Limit 1 with \$2.00 or more purchase excl. sig.
 DEEP SOUTH (SMOOTH OR CRUNCHY) P'nut Butter . . . JAR \$1.59

SAVE 19¢ ON 2
HI-DRI TOWELS
2.99¢
 JUMBO ROLLS
 WHEATIES Cereal . . . 12-oz. size 99¢

SAVE 30¢
NATURAL LIGHT & BUSCH BEER
\$1.89
 6 PAK 12-oz. CANS
 Limit two drinks with \$3.00 or more purchase excl. sig.
 CHEK (ALL VARIETIES) 2-LTR. BTL. 79¢

SAVE 47¢ ON 3
ALL NATURAL ASSORTED FLAVORS SUPERBRAND YOGURT
\$1.00
 3 8-oz. CUPS
 SUPERBRAND (STA-FIT, REGULAR) COTTAGE Cheese . . . 2-LB. size \$1.59

SAVE 40¢
SUPERBRAND ORANGE JUICE
\$1.19
 HALF GAL.
 LAND O' SUNSHINE Citrus Punch . . . HALF GAL. 99¢

SAVE 70¢
HARVEST FRESH U.S. No. 1 WHITE POTATOES
\$1.49
 10 LB. BAG
 HARVEST FRESH Broccoli . . . BUNCH 99¢

SAVE 18¢
MINUTE MAID ORANGE JUICE
99¢
 12-oz. SIZE
 SAVE 30¢ - TASTE O' SEA SHRIMP DINNER OR SEAFOOD Platter . . . 9-oz. size \$1.29

SAVE 30¢
ASSORTED FLAVORS THRIFTY MAID ICE MILK
99¢
 HALF GAL.
 SUPERBRAND FUDGE BARS OR Twin Pops . . . 12 PAK \$1.29

DELI
VILLA REAL SLICED TO ORDER BOILED HAM
\$2.49
 LB.
 IMPORTED SLICED TO ORDER SWISS Cheese . . . 1/2 lb. \$2.49