

FLORIDA

IN BRIEF

Leading Redistricting Plan Facing Stiff Opposition

TALLAHASSEE (UPI) — House Congressional Redistricting Chairman Sam Bell says the front-runner among several proposals for redrawing lines to give Florida four new congressmen is one which the NAACP and Common Cause have branded unacceptable.

NAACP spokesman Morris Milton says the plan dilutes the voting strength of blacks. Common Cause lobbyist Peter Butzin says it was drawn solely to protect incumbents and create seats for four House members aspiring to Congress.

Gunman Fleeing Crime

MIAMI (UPI) — A Cuban refugee whose plane hijack attempt ended in a bloodless shootout with police at Miami International Airport has told officers and fellow workers he did it because he was afraid and wanted to escape from Miami's rising crime.

Policeman Jack Fernandez said Jesus Villa Munoz told him, "he was dissatisfied with all the things going on here in Miami, mainly the crime and nothing was being done about it. He was unhappy living here. He said he wanted to go back to Cuba and live the life he used to live. He had been planning this for a couple of weeks."

Hawkins Leaves Hospital

ORLANDO (UPI) — Florida Sen. Paula Hawkins, who was injured Jan. 5 when a television partition fell and bumped her in the head, has been discharged from an Orlando hospital and plans to return to Washington next Tuesday.

Mrs. Hawkins, 54, was released from Orlando Regional Medical Center shortly before noon Wednesday and returned to her home in fashionable Winter Park.

Rape Lawsuit Settled

MELBOURNE (UPI) — A former Florida Institute of Technology coed who was abducted from her dormitory room and then raped has reached an out-of-court settlement of more than \$50,000 with the school, her attorney says.

The agreement was reached a week before Sarah Wilkinson Capito's lawsuit alleging poor security at the school was scheduled for trial. Ironically, the settlement comes after two recent attacks on the Melbourne campus and amid assurances of tighter security measures from the F.I.T. staff.

Economy Hit By Triple Whammy

United Press International
The economy is reeling from a triple whammy — a rise in the prime rate, a decrease in factory production and a drop in housing starts — and the administration now says it may take a bit longer than expected to perk up.

Budget director David Stockman gave the latest prognosis Wednesday, saying the recession may not end until "this summer or fall." Previously, the administration said it would likely rebound by spring or summer.

This prediction came atop more bleak economic signs, the most dismaying of which was the increase in the prime rate to 17 percent. The prime is a bellwether of borrowing costs and the biggest roadblock to recovery.

Factory production fell 3 percent last month, the biggest drop since January 1975 and the worst of six consecutive monthly declines, the Federal Reserve reported.

The struggling housing industry also slipped another notch last month. The Commerce Department reported housing starts fell 0.6 percent.

Testifying at the opening of congressional hearings on President Reagan's budget, Stockman said the recession is "not going to be a permanent condition" and "built-in stabilizers ... will pull us out this summer or this fall."

Stockman called on skeptical congressmen to support Reagan's \$757.6 billion budget with its \$91.5 billion deficit. "What we have to do is keep this program on track until the economy

'Most people now are looking at about 14 percent (mortgage rates) as sort of the threshold for buying. Unfortunately we are now looking at rates of 17 to 18 percent again.'—Mark Riedy

weathers this unfortunate recession," Stockman said.

Reagan and Federal Reserve Board Chairman Paul Volcker, apparently met Monday on the subject of interest rates. But the White House waited until Wednesday to confirm the meeting and gave no inkling as to the conversation.

High interest rates hit the housing industry very hard because fewer people qualify for home mortgages.

"Most people now are looking at about 14 percent (mortgage rates) as sort of the threshold for buying. Unfortunately we are now looking at rates of 17 to 18 percent again," said Mark Riedy, executive vice president of the Mortgage Bankers Association.

Privately owned housing starts in January were at an annual rate of 894,000, the report said, marking the sixth consecutive month below the million mark. But starts of new single-family homes improved 5.2 percent.

Chase Manhattan Bank was first to announce an increase in its prime to 17 percent Wednesday, followed quickly by other large banks. The prime rate has gone up 1.25 percentage points this month as the Federal Reserve tightened the screws on the money supply.

Analysts expect another halfpoint increase soon.

"Increasing the prime rate is simply going to bring further pressure to bear on capital goods producers and make recovery more difficult," said Jerry Jasnowski, chief economist for the National Association of Manufacturers.

On Wall Street, stocks skidded to a 12-month low Wednesday in active trading.

The Dow Jones industrial average dropped 3.71 to 827.63, the lowest level since it finished at 824.01 on Sept. 25, 1981.

Florida's Population Passes 10 Million

GAINESVILLE (UPI) — Florida passed the 10 million mark in population last year and nearly all the increase that pushed it over the top came from immigration, the University of Florida's Bureau of Economic and Business Research said Wednesday.

The bureau, which issued its 1981 population estimates for the state, said 92.7 percent of the 359,633 population increase between April 1, 1980, and April 1, 1981, resulted from net migration, the difference between people moving in and people moving out of Florida.

And of the total increase, about 100,000 were Cuban and Hispanic immigrants who arrived too late to be included in the 1980 census, according to Dr. Stanley Smith, head of the bureau's population program.

The bureau said Florida's estimated population as of April 1, 1981, was 10,100,357. The noncensus year estimates are used by the state for revenue-sharing allocations.

The county with the greatest percentage increase for the year was Osceola, whose population increase of 6,045 represented a 13.1 percent growth rate since the 1980 census.

Other high percentage changes were in Flagler County (up 4.2 percent), Hernando County (up 9.7 percent), Collier County (up 9.2 percent), St. Lucie County (up 8.7 percent) and Citrus County (up 8.3 percent).

The Orlando SMSA, including Orange, Osceola and Seminole counties, had a 3.1 percent population increase. The total number of new residents in the Orlando SMSA was 2,848 for a total of 231,903.

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R-11" Sq. Ft. R-19" Sq. Ft.
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CYPRESS MULCH
30 lb. bag.
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40 lb. bag **165**
80 lb. bag **289**

Funeral Notice
TURRELL, MR. RAYMOND J. — Funeral services for Mr. Raymond J. Turrill, 85, of 800 Santa Barbara Drive, Sanford, who died Tuesday, will be held at 1 p.m. Friday in the Grambow Funeral Home Chapel with the Rev. Raymond Crocker officiating. Burial in Oaklawn Memorial Park, Grambow Funeral Home, Sanford, in charge.
HALL, MRS. SALLIE — Funeral services for Mother Sallie Hall, 86, of 1400 West 6th St., Sanford, who died Saturday, will be held 3 p.m. Sunday at Hickory Avenue Church of God, 503 Hickory Ave., Sanford with the Rev. Percel Sanders, in charge. Burial to follow at Restlawn Cemetery, Wilson-Eichelberger Mortuary in charge.
McLENDON, MRS. MARIAN GRANT — Funeral Services for Mrs. Marian Grant McLendon, 109, of 2645 North Myrtle Ave., Mims, who died Saturday, will be held 1 p.m. Saturday at Shiloh A.M.E. Church, Palmelto Avenue, Mims, with the Rev. David Malcom, pastor in charge. Burial to follow at LaGrange Cemetery, Mims. Wilson-Eichelberger Mortuary in charge.
EDWARDS, MR. ELOY — Funeral services for Mr. Eloy Edwards, 81, of 1314 Sheppard Ave., Sanford, who died Feb. 10, will be held noon, Saturday at Bethlehem Primitive Baptist Church, 146 West 15th St., Sanford, with the Rev. E.D. Brown, officiating. Burial to follow at Restlawn Cemetery, Wilson-Eichelberger Mortuary in charge.

AREA DEATHS
MRS. MARIAN GRANT McLENDON — Mrs. Marian Grant McLendon, 109, of 2645 North Myrtle Ave., Mims, died Saturday at Jess Parrish Memorial Hospital, Titusville. Born March 22, 1872 in Boston, (Thomas County) Ga. and has been a resident of Mims over 60 years. She was a housewife and member of Shiloh A.M.E. Church, Mims.
She is survived by two daughters, Mrs. Jessie McLendon Seigler, Mims, and Mrs. Lillie McLendon Johnson, Miami; 18 grandchildren and numerous of great-grandchildren.
Wilson-Eichelberger Mortuary is in charge of arrangements.

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Prices quoted in this ad are based on customers picking up merchandise at our store. Delivery is available for a small charge. Management reserves the right to limit quantities on special sale merchandise.

STATE'S TOP RECRUITER

Staff Sgt. Ike Moon, second from left, was promoted to gunnery sergeant in the U.S. Marine Corps Tuesday at the Sanford recruiting office.



Herald Photo By Bonnie Wrieboldt Robbins

Teen-Ager Craves An End To Overeating

DEAR ABBY: I'm 18 years old and don't know where else to turn. For the last two years I've been stuffing myself with food and forcing myself to throw up every day.

I really can't blame them since I got myself into this. I saw a doctor just once, and he said it was a matter of self-control. Abby, if I could control myself I wouldn't be writing to you.

I'm not fat, I'm normal, but I eat enormous amounts and keep eating and eating like there's no tomorrow. You wouldn't believe what I can down in 15 minutes.

I feel fine physically, but MENTALLY I'm a wreck. I feel guilty all the time. I'm a friendly, well-adjusted person, good to church every week and have many friends.

Thank God I have you, Abby. Just writing this has taken a load off my mind. Please help me.

DESPERATE IN INDIANA

DEAR DESPERATE: You have a disorder known as "bulimarexia" or "bulimia" — an uncontrollable compulsion to consume enormous amounts of food and get rid of it by taking laxatives or by self-induced vomiting.

There is a wonderful organization that will send you information (free) about this condition and direct you to the treatment center nearest you. Write to: ANAD, Box 271, Highland Park, Ill. 60035.

Please enclose a long, stamped, self-addressed envelope, as this is a non-profit organization.

DEAR ABBY: What do you think of someone who would give a gift to a good friend, admitting that she had worn it once herself? At least she was honest, but she couldn't very well have denied it because her fragrance was still on it.

Of course, I said it was lovely, and even tried to reassure her by saying it meant even more to me because she had chosen it first for herself.

Now I am having second thoughts and I feel hurt. I think she gave it to me because after wearing



Dear Abby

it, she decided she didn't like it very much, so instead of buying me a new gift, she gave me a castoff.

Something bought especially for me, regardless of the cost, would have left me with a better feeling. Or am I nitpicking?

HURT

DEAR HURT: Yes. It's not the gift but the spirit of giving that counts.

DEAR ABBY: I think women who complain about their husbands' excessive sexual demands are pulling a "reverse brag."

How else can a dignified lady tell the world how "irresistible" she is?

AL IN FERGUS FALLS

DEAR AL: A dignified lady doesn't discuss her sex life with the "world."

DEAR ABBY: I was so glad to see the letter in the column about people who use "you know" in every other sentence. I was once one of those people, and I didn't realize it until I met the man who later became my husband.

Here is how he broke me of the "you know" habit: Every time I said "you know," he would say, "Yes, I know." Then I realized I was "you knowing" in nearly every sentence!

If people who have this sloppy speech habit want to overcome it, they should ask a close friend to do what my husband did. It's embarrassing at first, but it really works, and it's worth it.

CURED IN VIRGINIA

DEAR CURED: You're right, you know?

Do you hate to write letters because you don't know what to say? Thank-you notes, sympathy letters, congratulations, how to decline and accept invitations and how to write an interesting letter are included in Abby's booklet, "How to Write Letters for All Occasions." Send \$2 and a long,

stamped (37 cents), self-addressed envelope to: Abby, Letter Booklet, P.O. Box 38923, Hollywood, Calif. 90038.

Beta Sigma Phi

Shower Fetes Sandy Crews

ZETA XI

Sandy Crews was honored at a surprise shower held in the home of Kathy Bukur. Following a brief business meeting members of Zeta Xi Chapter of Beta Sigma Phi matched wits in a spelling puzzle game.

A cake decorated by Mrs. E.H. Bucks with the names of Sandy and her fiancé, Norm Moodie, intertwined with tiny sweetheart roses, was served by the hostess assisted by Myra Michels. Members presented the honoree with a platter in her chosen china pattern.

Sue Farrugia, a clothing representative, gave a club party for Zeta Xi members at a recent meeting held in the home of Myra Michels to boost the chapter treasury.

A table will be taken at the Sanford Flea Market in March and all members are asked to save time and items for the sale. Myra Michels and Maureen Haige served refreshments to all members present, following a brief business meeting.

THETA EPSILON

Members of Theta Epsilon Chapter of Beta Sigma Phi met at the home of Laurel Rodgers.

Plans were made for the Valentine Girl Branch to honor Valentine Girl Nancy Hack held at Molly Magee's Feb. 6.

Service is making plans to make pillows for Kradle Kare at the next meeting. Plans were discussed to save coupons for cat and dog food to donate to the Humane Society.

The program, "Hobbies" was given by Laurel Rodgers and Tracy Wight. Members were asked to bring items they made or collect. Each told how they got started collecting different items and what they would like to collect.

Some of the items are: owls, bells, boxes made of wood, different type pens to wear, bottles, liners, coins, needlepoint, Christmas decorations.

Refreshment were served to: Joyce Harvey, president; Nancy Hack, Karen Hillard, Cathy Markowicz, Barbara Mayo, Laurel Rodgers, Sue Schwegman, Pat Shaver, Debbie Stimpson and Tracy Wight.

TONIGHT'S TV

Table listing TV channels (Cable Ch) and programs for various networks (ABC Orlando, CBS Orlando, NBC Daytona Beach Orlando) on Thursday.

THURSDAY EVENING 8:00 (7) (9) (ABC) ORLANDO CHARLIE'S ANGELS (11) (35) ORLANDO EARTH, SEA AND SKY (5) (6) ORLANDO EARTH, SEA AND SKY (4) (2) DAYTONA BEACH ORLANDO

KIT 'N' CARLYLE

by Larry Wright



marr'd by the questionable suicide of Mac's uncle (R) (7) MOVIE "Hustling" (C) (1975) Lee Remick, Monte Markham

FRIDAY

MORNING 8:10 (17) RAT PATROL 9:30 (3) AS THE WORLD TURNS 10:00 (7) ANOTHER WORLD (7) ONE LIFE TO LIVE 11:00 (3) SEARCH FOR TOMORROW 11:30 (3) TEXAS (1) QUIZING LIGHT (1) GENERAL HOSPITAL (35) SCOOBY DOO (10) CHECKING IT OUT (R) (C) (17) FUNTIME 3:30 (35) DREAM OF JEANNE (10) 2-1 CONTACT (R) (C) (17) THE FLINTSTONES 4:00 (4) LITTLE HOUSE ON THE PRAIRIE (3) BEWITCHED (7) MERV GRIFIN (35) BIONIC WOMAN (10) BEAN STREET (C) (17) THE MUNGERS 4:30 (3) HAPPY DAYS AGAIN 4:35 (17) LEAVE IT TO BEAVER 5:00 (4) LAVARNE & SHIRLEY A COMPANY (3) HOGAN'S HEROES (7) ALL IN THE FAMILY (1) INCREIBLE HULK (10) MISTER ROGERS (R) (17) THE BRADY BUNCH 5:30 (4) PEOPLE'S COURT (3) M*A*S*H (7) NEWS (10) POSTSCRIPTS 5:35 (17) BEVERLY HILLS 90210 10:00 (4) TIC TAC DOUGH (3) RICHARD SIMMONS (35) LOVE LUCY (10) EDUCATIONAL PROGRAMMING 10:30 (3) BLOCKBUSTERS (1) ALICE (R) (35) DICK VAN DYKE (10) ELECTRIC COMPANY (R) 11:00 (4) WHEEL OF FORTUNE (1) THE PRICE IS RIGHT (3) LOVE BOAT (R) (35) BIRD BREWER (10) 2-1 CONTACT (R) (C) (17) MOVIE 11:05 (17) MOVIE 11:30 (3) BATTLESTAR (35) INDEPENDENT NETWORK NEWS AFTERNOON 12:00 (4) PASWORLD PLUS (1) Floyd Theatre 12:30 (4) PLAZA TWIN May 17 82 357 782 ALL SEATS 99c (1) (1) PLAZA I (3) 7:45 LAST HITS (1) PLAZA II 7:00 ONLY SWAMP THING MOVIELAND May 17 82 357 782 ALL SEATS 99c (1) (1) LATE NIGHT WITH DAVID LETTERMAN Guest: comedian Tony Danza (35) WANTED: DEAD OR ALIVE WANTED: DEAD OR ALIVE 1:10 (3) MCMILLAN AND WIFE The McMillan's vacation in Scotland to

MAE'S Fabrics SALE STARTS FRIDAY SANFORD-2994 ORLANDO DR. ZATRE PLAZA AT AIRPORT BLVD. COUPON Sale ASSORTED FABRICS 59¢ KRINKLE GAUZE \$1.98 LINEN-TYPE \$1.29 JERSEY PRINTS 75¢ DOUBLE-KNITS 79¢ CHATHAM BLANKETS \$2.98 DISH TOWELS 4 FOR \$1 THERMAL INSULATED FOAM BACKED DRAPERIES \$1.99 \$2.49 \$2.62 \$2.81 OPEN WEAVE FOAM BACKED DRAPERIES \$1.99 \$2.49 \$2.89

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by Chic Young



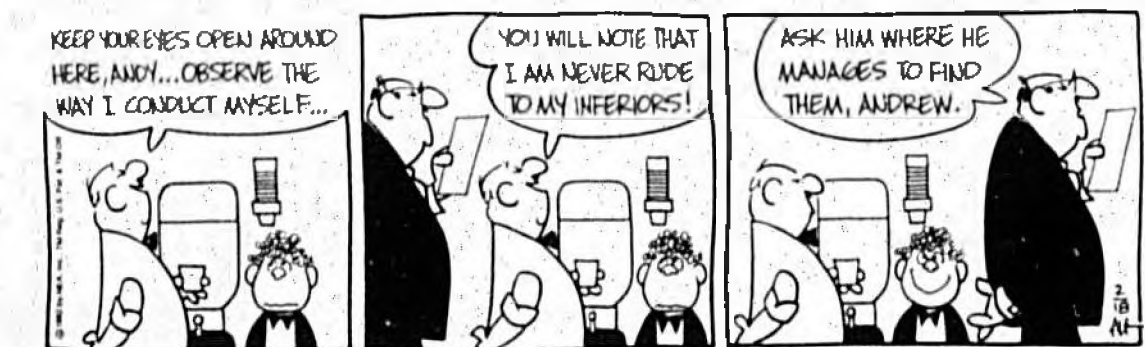
BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



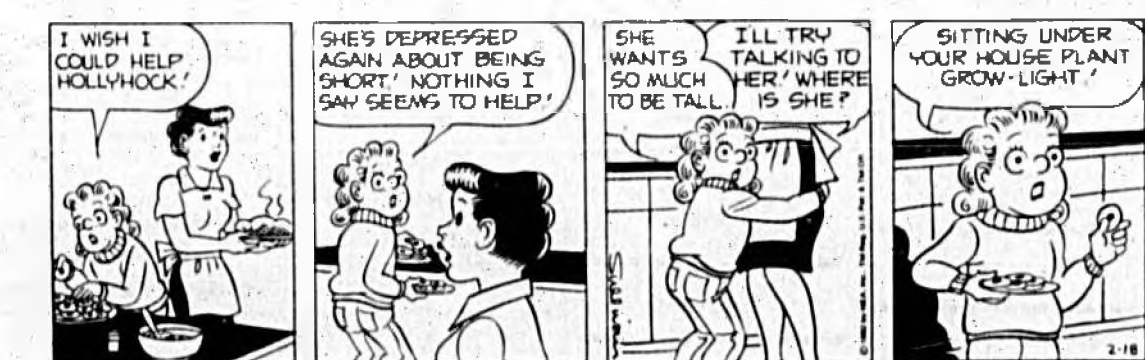
EEK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffer & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

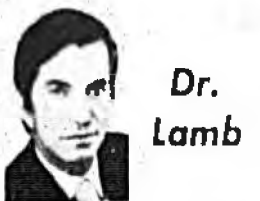
by T. K. Ryan



ACROSS 49 Can be rubbed out

Crossword puzzle grid with clues and answers

Arterial Disease Cause Of Strokes



DEAR DR. LAMB — My husband's mother died suddenly of a stroke just before her 64th birthday.

strokes" called transient ischemic attacks. These present the same symptoms of a stroke, paralysis or speech problems, but they are temporary.

DEAR READER — A stroke really means an area of brain damage, sudden in onset, that affects function.

I am sending you The Health Letter number 18-6, What You Need to Know About Strokes, to help you.

It is the same disease that causes heart attacks. That is because in both cases the disease is really in the arteries, not the brain or the heart.

DEAR DR. LAMB — I am a 13-year-old boy and go in a doctor once a year for a check up.

Your best approach to preventing strokes is to follow the same program recommended for preventing heart attacks.

I hear that vitamin C can be helpful. Is that true? Will a diet and exercise program help? I'll do anything to help prevent these.

And, of course, you should not smoke cigarettes.

DEAR READER — Vitamin C has not been shown to help in preventing colds if you already have a well-balanced diet.

HOROSCOPE

By BERNICE BEDE OSOL

For Friday, February 19, 1982

YOUR BIRTHDAY February 19, 1982

This coming year you're likely to establish a valuable relationship with someone who lives at a considerable distance.

things may not run equally as smoothly in your social activities.

CANCER (June 21-July 22) Airing any disagreements between you and your spouse in public could spoil what should be a pleasant day for you.

AQUARIUS (Jan. 20-Feb. 19) If something important you're involved in is presently running smoothly, let events follow their natural course.

LEO (July 23-Aug. 22) You'll perform well today, provided you have adequate time to do what needs doing.

PISCES (Feb. 20-March 20) Situations you conduct in accordance with your highest standards and ideals should turn out extremely lucky for you today.

VIRGO (Aug. 23-Sept. 22) If you pal around with persons today who are not as equally generous, the greater burden of expense is likely to fall on you.

ARIES (March 21-April 19) In joint ventures today your actions could offend an associate if you're not tactful, even though you'll do that which is for the collective good.

LIBRA (Sept. 23-Oct. 23) Persons who like you are apt to go out of their way to be helpful to you today.

TAURUS (April 20-May 20) A coworker is likely to support you verbally today, but when things get down to the nitty-gritty he or she may side with the opposition. Be on guard.

SCORPIO (Oct. 24-Nov. 22) You're very pleasant to be around today, provided all are in accord with your way of doing things.

GEMINI (May 21-June 20) This should be a productive day work- or career-wise, but

SAGITTARIUS (Nov. 23-Dec. 21) You have the ability today to add to your material resources, but you could be careless in the way you handle your acquisition and possibly nullify your gains.

TAURUS (April 20-May 20) A coworker is likely to support you verbally today, but when things get down to the nitty-gritty he or she may side with the opposition. Be on guard.

CAPRICORN (Dec. 22-Jan. 19) Friends will be supportive today, unless they feel you are using them for a selfish purpose. In that case, they might try to hamper your progress.

WIN AT BRIDGE

Bridge hand diagram showing cards and dealer information

Books on play are designed to get declarer to a problem contract, not to show how to bid.

West is allowed to hold the first trick with his king of spades. Since East has played the deuce, West shifts to the king of clubs.

South wins this trick in dummy and draws trumps with two leads. He notes that West has followed to both trumps, while East has dropped a low diamond.

It is a simple matter to count the hand and to see that unless West is slightly insane he was dealt at least 10 black cards. The queen of diamonds (finesse is going to be a certain loser, but if South has counted he has no worries.

South leads a diamond to his king and since West shows out South's worries are over. He plays his ace of spades, ruffs his last spade in dummy and leads a club.

GARFIELD



ANNIE



by Jim Davis

by Leonard Starr

Shop Sanford and Orlando daily 9:30-9:30, Sun. 12-6.

Shop Mt. Dora, Clermont daily 9-9 Sun. 12-6
Shop Leesburg, DeLand, Kissimmee daily 9-9 Sun. 11-6



Kmart ADVERTISED MERCHANDISE POLICY
Our first attention is to have every other head turn in stock on our shelves. If an advertised item is not available for purchase due to any unforeseen reason, the merchandise (one item or more) will be given away to the first customer in line. This policy is available on all sale items. A comparable quality item at a comparable price is available at a comparable price.

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Kmart COUPON



Limit 2

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WITH COUPON
Lux® Dish Liquid
Mild on hands 32 oz.*
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 2.41

1.58

WITH COUPON
Pine Sol® Cleaner
Pine scented 28 oz.*
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON




Limit 1

Our Reg. 1.73

99¢

WITH COUPON
Liquid Soft Scrub®
Won't scratch 26 oz.*
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



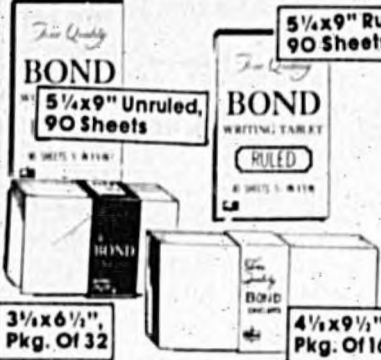
Our Reg. 10.97

Limit 2

8.88

WITH COUPON
8-digit Calculator
L.C.D. with memory.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 6

Our Reg. 68¢ Ea.

3 For \$1

WITH COUPON
Tablets or Envelopes
Quality Bond white paper
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Henna, Normal, Oily or Dry

Limit 3

99¢

WITH COUPON
Alberto VO-5® Shampoo
For shiny hair. 15 oz.*
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON




Limit 2

Sale Price

1.97

WITH COUPON
Kilo Coffee Creamer
Non-dairy powder. 35.3 oz.*
*Net wt.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 3

Our Reg. 1.27

\$1

WITH COUPON
Multicolor Dishcloths
Polyester/cotton 13x13"
*Net wt.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 2.17

1.67

WITH COUPON
Jif® Peanut Butter
Creamy style. 18 oz.*
*Net wt.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON

6-6-6

K-MART Fertilizer

50 lb. Bag

4.44

WITH COUPON
Reg. 5.44
50% Organic

Kmart COUPON

4 Days Only



Limit 2

2.48

WITH COUPON
10" Teflon® Fry Pan
Aluminum. Teflon® interior
DUPONT Reg. TM
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON

Limit 2



Sale Price

2 For \$1

WITH COUPON
Kmart® Coffee Filters
100 disposable filters
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



10 Oz.

Limit 2

2.97

WITH COUPON
NyQuil® Medicine
Nighttime cold relief.
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



6 Oz.

Limit 2

2.87

WITH COUPON
Vicks® Cough Syrups
Regular or decongestant.
*Fl. oz.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 1.18

74¢

WITH COUPON
Luncheon Napkins
1-ply paper. 13 1/2 x 11 1/2"
*Net wt.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



85-sq. Ft.

Limit 2

Our Reg. 94¢

58¢

WITH COUPON
Brawny® Paper Towels
80, 2-ply, 11x14" sheets
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON

Range of Colors



Limit 4

Our Reg. 4.57

2.97

WITH COUPON
100-Yds. Macrame Cord
Choice of twist or braid. 6mm
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Pkg. Of 50

Limit 2

Our Reg. 4.87

3.48

WITH COUPON
Trash Can Liners
30x37", 15-mil plastic bags.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 5.51

2.97

WITH COUPON
30-qt. Wastebasket
Sturdy plastic. Colors.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 35¢

5 For \$1

WITH COUPON
Plastic Drop Cloth
Indoor/outdoor. 9x12".
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

Our Reg. 77¢ Ea.

2.87¢

WITH COUPON
Disposable Lighters
Flame adjusters. Colors.
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 3

Our Reg. 1.67

\$1

WITH COUPON
Macrame Plant hangers
Olefin. Color choice. 42".
Good Only Feb. 17 thru Feb. 20, 1982

Kmart COUPON



Limit 2

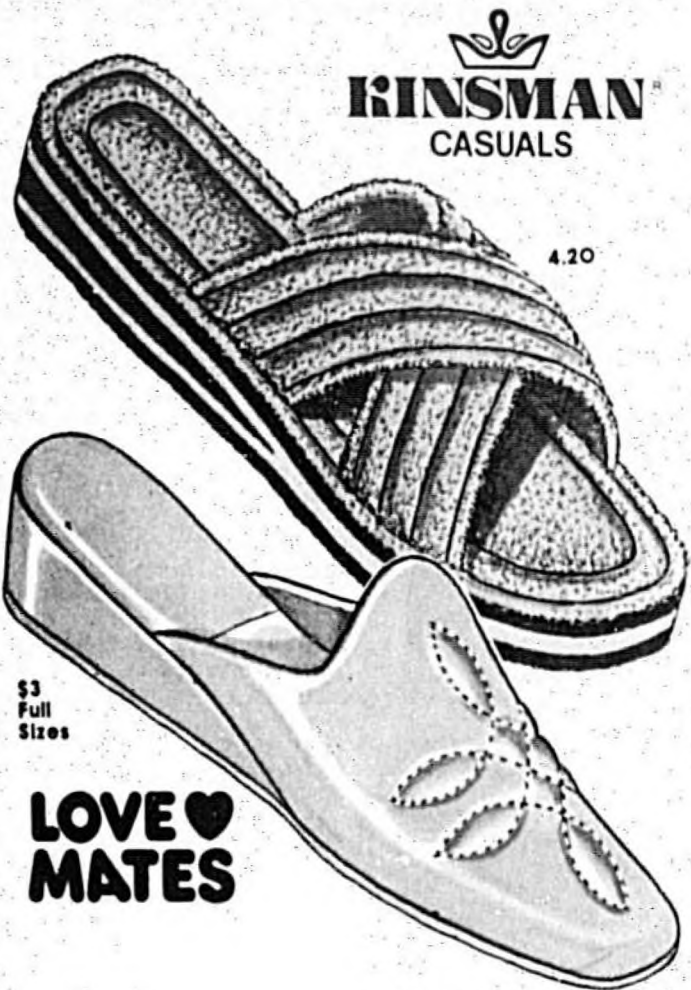
Sale Price

\$4

WITH COUPON
"Brookdale" Blanket
Polyester. Color choice.
Good Only Feb. 17 thru Feb. 20, 1982

PRICES EFFECTIVE WED. THRU SAT.

Shop Sanford and Orlando daily 9:30-9:30, Sun. 12-6.
Shop Mt. Dora, Clermont 9-9, Sun. 12-6.
Shop Leesburg, DeLand, Kissimmee daily 9-9, Sun. 11-6.



KINSMAN
CASUALS

4.20

\$3 Full Sizes

LOVE MATES

Our Reg. 5.97 Pr.

\$3

Our Reg. 4.97 Pr.

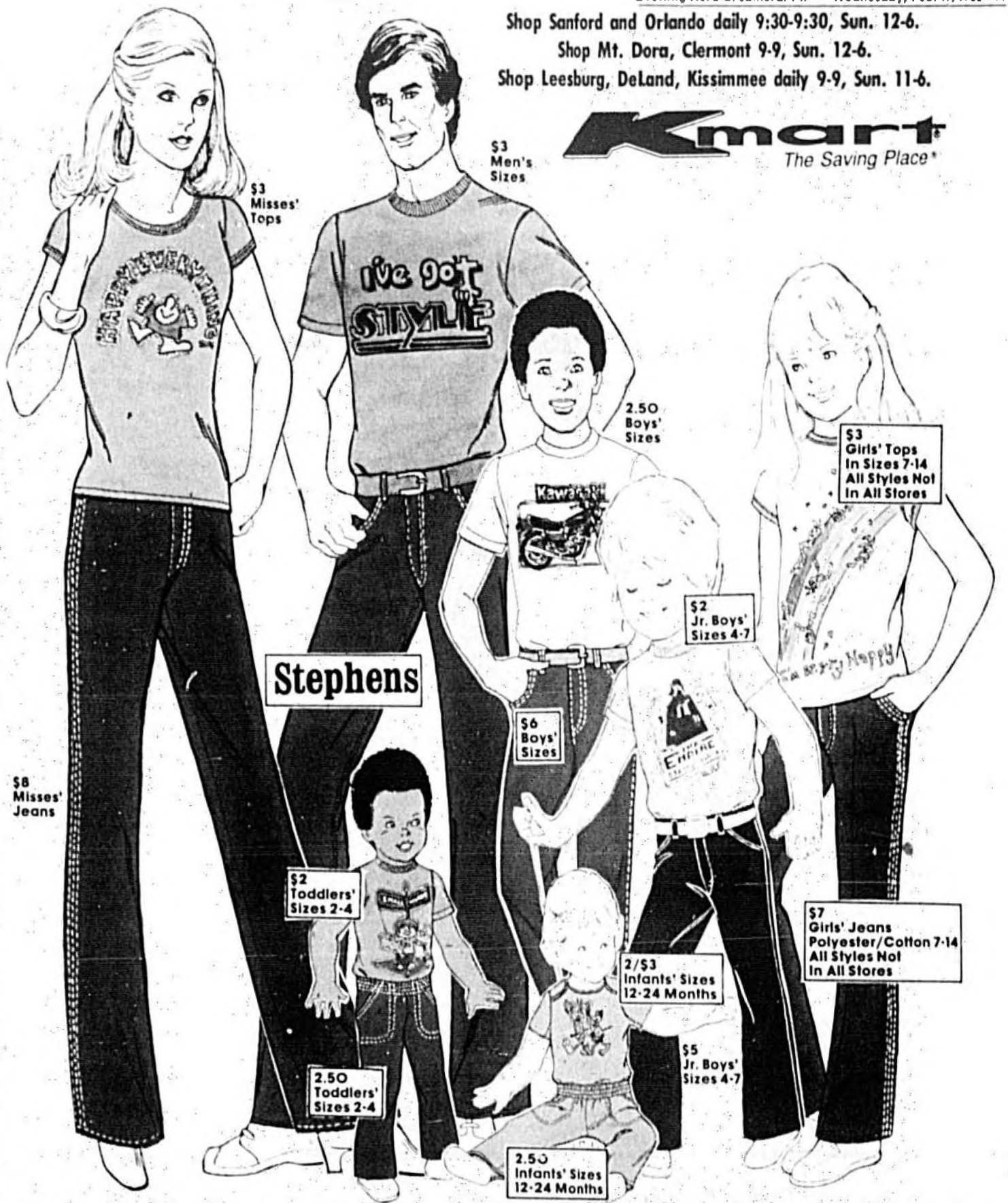
4.20

Women's Comfortable Leather-look Scuffs

Padded insole, tricot-to-foam lining, split-leather sole. Of polyurethane.

Save! Men's Casual Cross-band Slides

Comfortable terry cross-band slides with durable wedge sole, tan striping



\$3 Misses' Tops

\$3 Men's Sizes

2.50 Boys' Sizes

\$3 Girls' Tops In Sizes 7-14 All Styles Not In All Stores

\$2 Jr. Boys' Sizes 4-7

Stephens

\$6 Boys' Sizes

\$8 Misses' Jeans

\$2 Toddlers' Sizes 2-4

\$7 Girls' Jeans Polyester/Cotton 7-14 All Styles Not In All Stores

2/\$3 Infants' Sizes 12-24 Months

2.50 Toddlers' Sizes 2-4

\$5 Jr. Boys' Sizes 4-7

2.50 Infants' Sizes 12-24 Months

Save On Tee's 'n Jeans For The Family!

Shirts **1.50 TO \$3** Jeans **2.50 TO \$8**

Top off jeans with comfortable polyester/cotton T-shirts adorned with expressive heat transfers or with eye-catching screen prints. Save now at a Kmart® store!
Our 1.97, Infants' Tops, 2/\$3 Our 3.96, Girls' Top, \$3
Our 2.97, Toddlers' Top, \$2 Our 3.67, Boys' Top, 2.50
Our 3.37, Jr. Boys' Shirt, \$2 Our 4.57, Misses' Top, \$3
Our 3.57, Jr. Girls' 4-6X \$2.66 Our 3.96, Men's Top.....\$3
*Not Illustrated

Up-to-date jeans styled of cotton or polyester/cotton. Sizes for men, misses, boys and girls. Elastic-waist boxer-style pants for toddlers, infants. On sale now at gift giving prices!
Our 3.33, Infants' Pants 2.50 Our 9.96, Girls' Jeans, \$7
Our 3.47 Toddlers' Jeans, 2.50 Our 8.97, Boys' Jeans, \$6
Our 7.97, Jr. Boys' Jeans, \$5 Our 10.96, Misses' Jeans \$8
Our 7.96, Girls' 4-6X Jeans, \$5
*Not Illustrated

SPORTS CENTER SPECIALS



Sale Price **7.97** Voit® Basketball Official size. Nylon wound core with composition cover.



Sale Price Each **4.97** Lantern Or Lamp Waterproof floating lantern or adjustable-shade lamp.



Sale Price - Ea. **14.97** Reel/Rod Combo Daiwa® 2-piece action rod and spinning reel combo.



\$5 Sizes 4-7

\$6

\$7



Jr. Slack Set **\$5** Our Reg. 6.97
Boys' Shirt **\$6** Our Reg. 7.97
Boys' Jeans **\$7** Our Reg. 9.97

Sporty Tops And Pants For Active Boys
Jr. boys' 2-pc. polyester/cotton pant set teams striped crew- or V-neck top with boxer-style, twill pants in solid colors. Bigger boys' sport the newest in plaid, button-front shirts of polyester/cotton and Rustler® polyester/cotton denim jeans. Save now!



\$117 Ea. Choice of Deluxe AM/FM Stereos With Cassette Push-button AM/FM/Cassette or AM/FM with automatic reverse cassette player. Save.



\$39 Pr. Choice Of 5 1/4" or 6x9" Triple Play Speakers Woofer with tweeter and midrange for direct response. 50-watt. Save.



12.88 Each Carryout **MONROE** Monro-Matic® Shock Absorber 1 1/2" bore; sizes to fit many U.S. and foreign cars. Save now.



Installed **Save \$9** With Exchange **39.88** Our Reg. 48.88 **K mart® 36-mo. Battery** Top- or side-terminal styles. For many cars, light trucks.



14.88 Sale Price **Oil, Lube, Filter Special** Now's the time to save on this special offer at Kmart!



68.88 Sale Price **Front Disc Brake Special** For many American cars. Light trucks and imports higher.

MT. DORA 17 GOLDEN TRIANGLE SHOPPING CENTER	KISSIMMEE U.S. HWY. 173, VIWE ST. AT THACKER AVE.	LEESBURG NORTH COTRUS BLVD. AT U.S. HWY. 61 & 37	SANFORD U.S. HWY. 17-92 AT AIRPORT BLVD.	DELAND 1201 SOUTH WOODLAND BLVD.	PINE HILLS MIWASSEE RD. AT SILVER STAR RD.	CLERMONT SOUTH LAKE PLAZA 64 EAST HWY. 50
WEST ORLANDO 3153 WEST COLONIAL NEAR TEXAS AVE.	S.E. ORLANDO 1061 SOUTH SEMORAN AT CURRY FORD	EAST COLONIAL HERNDON PLAZA ACROSS FROM FASHION SQUARE	S. ORLANDO 7025 S. ORANGE BLOS. TRAIL AT SAND LAKE RD.	CASSELBERRY U.S. HWY. 17-92 NEXT TO JAI ALAI PRYNTON	ALTAMONTE SPRINGS 191 W. HWY. 46 AT FOREST CITY RD.	WINTER PARK HWY. 17-92 AT LEE RD. 51 SOUTH ORLANDO AVE.

SPORTS

IN BRIEF

Wildcats Edge Seminole 5-4; Boone Today; Raines Coming

Winter Park jumped on Seminole starter Greg Hill for four runs in the first inning Tuesday and held on for a 5-4 victory over the Tribe at Winter Park.

Tim Leggett opened the inning with a single and Tom Conway doubled him to second. Tribe third baseman John Polk then threw Carl Veazey's ground ball past the first baseman allowing both runs to score.

After Leggett, Pat [unclear] [unclear] a [unclear] homer to cap the first-inning outburst.

In the fourth inning, the Wildcats tacked on the winning run when Jack Nemes singled and stole second. John Muench singled Nemes to third. Leggett then lifted a shallow fly to right field which popped out of Mark Russi's glove for an error to allow Nemes to score.

Russi figured in the first Seminole run in the third inning when he singled and went to third on a double by Freddie Howard. Tracy Walker brought home Russi with a sacrifice fly to center, but Howard was gunned down when he tried to advance to third to end the frame.

The baserunning error proved costly when Alton Davis slammed a home run down the left field line to lead off the next inning and pull Sanford within 5-2.

The 'Noles rallied again in the sixth. Walker reached on an error and Hill walked. Tony Turner ran for Hill and both runners moved up on a passed ball.

Greg Register then tried a squeeze bunt, but the pitch was wild and allowed Walker to score. Register followed with a single to score Turner and pull Seminole within 5-4.

When Conway tried to pick Register off first base, he threw the ball down the right field line and Register sped to third base with just one out.

Bobby Burgess then grounded out to third and Polk flew out to center to kill the inning.

Seminole takes on defending state champion Boone today at 3:30 at Sanford Memorial Stadium. The Braves battered Lake Brantley, 21-2, Tuesday.

Saturday will be the big baseball day in Sanford, however. It's the annual Seminole-Alumni baseball game and Montreal Expo Tim Raines will suit up for the alumni along with San Francisco product David Wiggins.

The first pitch is set for 1 p.m. at Sanford Memorial Stadium.

Seminole 001 192 0 - 4 4
Winter Park 000 100 4 - 5 7 5
Hill and Veazey bats; Abel, Muench (R) and Conway

Region Wrestling At Lyman

Lyman's defending regional wrestling champions will host the Region III Tournament beginning Friday at Longwood.

Here's a breakdown of the weekend's activities:

FRIDAY, FEB. 19
9:30 - 11:00 a.m., Weigh-In
11:15 - 11:45 a.m., Scratch Meeting
12:00 p.m., Open Gates - Admission - \$2.00 per session

1:00 p.m., 1st round (4 mats)
6:00 p.m., Open gates
7:30 p.m., 2nd round (4 mats)
SATURDAY, FEB. 20
8:00 - 9:00 a.m., Weigh-In
9:00 a.m., Open gates
10:00 a.m., 3rd round (2 mats)
12:30 p.m., Wrestling (2 mats)
5:00 p.m., Open Gates
6:30 p.m., Consolation (2 mats)
8:00 p.m., Finals (1 mat)
Tickets are \$2 per session



Photo By Andy Wall

AN EASY TWO

Seminole High girls basketball player Sebrina Melton drops in a layup earlier this year against Oak Ridge. Melton and the Lady Seminoles take on Lyman tonight at 6:15 in the first round of the District 1A-9 Tournament at Daytona Beach. Top-seeded Mainland battles Spruce Creek in the 8 p.m. second game.

Longhorns Struggle On

College Basketball

United Press International Remember the Texas Longhorns? They were the winners of their first 14 games, holders of a No. 5 national ranking, and were the talk of college basketball.

But things are not quite the same at Austin, where the Longhorns have disappeared under the hoofs of the rest of the Southwest Conference.

The latest indignity came Tuesday night with a 62-57 loss to Baylor — their seventh defeat in the last nine games. And with all its losses coming in conference play, Texas is in danger of falling into last place in the eight-team league.

"We're just struggling, that's about all you can say," said Texas Coach Abe Lemons, whose club has been hurt by the injury to forward Mike Workner.

"We've played some of our best basketball, but just can't have the consistency to get over it."

The Bears won it thanks to Jay Staker, who scored 17 points, including six free throws in the last 3:39.

With 1:06 to go, Baylor led, 59-52, but Texas scored 5 straight points and trailed by 4 with 33 seconds left. Terry Teagle, who had 20 points, missed a free throw with 31 seconds remaining. And with 20 seconds left, LaSalle Thompson's tip-in cut the lead to 60-59.

College Basketball

Teagle then missed another free throw, giving Texas a chance to tie. But Virdell Howland missed a 12-footer with three seconds left. Kaiser then sank one free throw to seal it.

In the only game involving a Top 20 team Tuesday night, No. 4 Missouri blasted Iowa State, 100-71, at Columbia, Mo., to assure the Tigers of at least a share of their third straight Big Eight title.

In scoring 160 points for the first time in more than two years, the Tigers were led by Jon Sundvold's 18 points. Mickey Frazier added 16, Prince Bridges 15 and Marvin McCrary 10. It was Missouri's first game in Columbia since losing at home to Nebraska for its only loss this season.

"We wanted to win this one for the home crowd," said Sundvold.

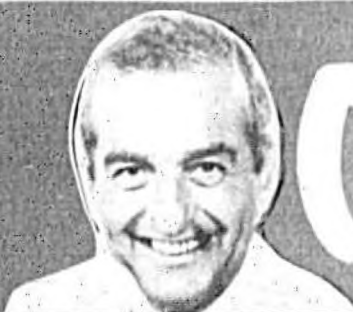
In other games, Thurl Bailey's 24 points led North Carolina State past Duke, 72-66. Marquette beat Duquesne, 69-55, with Marc Marotta and Glenn Rivers scoring 12 points each. Bob Williams fired in 21 points and Houston downed Texas Christian, 74-65, to pull within a game of first place in the SWC.



HAWKS FLY HIGH

Lake Howell's Paul Chmielewski (left) and Seminole's Jesse Rutherford await the bouncing ball in District 1A-9 soccer action Tuesday night at Lake Howell. The Silver Hawks knocked off the 'Noles, 2-0, as Pat Evans and David Anders each booted home a goal. Lyman, Daytona Beach Mainland and Lake Brantley all posted first-round victories. Action picks up again on Thursday when Lyman hosts Lake Howell at 7 p.m. and Mainland travels to Lake Brantley at 7 p.m. The two survivors meet for the championship on Saturday.

Herald Photo by Brian LaPete



OWNERSHIP UNDER NEW SHIP

Mike Gatto Inc. is happy to be serving Goodyear Customers in Seminole County

On January 29th, my company purchased the Sanford store from The Goodyear Tire and Rubber Company. We presently own and operate stores in Brevard, Volusia, and Osceola Counties, and we are delighted to now represent Goodyear in Seminole County. Please stop in and give our manager, Chuck Johnston, the opportunity to get to know you. While you are there, I am sure you will recognize some Goodyear people who have decided to remain in Sanford to work for us. We are looking forward to serving you with quality Goodyear products and first class automotive service.

Mike Gatto President

<h3>WRANGLER</h3> <p>30% off Bloms</p> <table border="0"> <tr> <td>\$49</td> <td>\$59</td> </tr> <tr> <td>F.T. 2.59</td> <td>F.T. 3.16</td> </tr> </table>	\$49	\$59	F.T. 2.59	F.T. 3.16	<h3>STEEL RADIALS</h3> <p>40% off Bloms Limited Quantities</p> <table border="0"> <tr> <td>\$49</td> <td>\$55</td> <td>\$59</td> <td>\$66</td> </tr> <tr> <td>F.T. 1.59</td> <td>F.T. 1.97</td> <td>F.T. 1.97</td> <td>F.T. 2.57</td> </tr> <tr> <td>\$69</td> <td>\$72</td> <td>\$76</td> <td>\$79</td> </tr> <tr> <td>F.T. 2.57</td> <td>F.T. 2.75</td> <td>F.T. 2.92</td> <td>F.T. 3.11</td> </tr> </table>	\$49	\$55	\$59	\$66	F.T. 1.59	F.T. 1.97	F.T. 1.97	F.T. 2.57	\$69	\$72	\$76	\$79	F.T. 2.57	F.T. 2.75	F.T. 2.92	F.T. 3.11	<h3>POLYESTER</h3> <p>POWER STREAK POLYESTER BLACKWALL BLEMS</p> <table border="0"> <tr> <td>1FOR \$49⁹⁰ 2FOR \$57⁹⁰ 3FOR \$62⁹⁰</td> <td>1FOR \$65⁹⁰ 2FOR \$69⁹⁰ 3FOR \$73⁹⁰</td> </tr> </table> <p>PRICES INCLUDE BOTH TIRES AND TUBES</p>	1FOR \$49 ⁹⁰ 2FOR \$57 ⁹⁰ 3FOR \$62 ⁹⁰	1FOR \$65 ⁹⁰ 2FOR \$69 ⁹⁰ 3FOR \$73 ⁹⁰										
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<h3>4-WHEEL DRIVES</h3> <p>35% off Bloms</p> <table border="0"> <tr> <td>\$85</td> <td>\$87</td> <td>\$89</td> </tr> <tr> <td>F.T. 4.40</td> <td>F.T. 4.70</td> <td>F.T. 4.70</td> </tr> </table>	\$85	\$87	\$89	F.T. 4.40	F.T. 4.70	F.T. 4.70	<h3>RV RADIALS</h3> <p>WRANGLER</p> <p>20% off Bloms</p> <table border="0"> <tr> <td>\$95</td> <td>\$99</td> <td>\$105</td> </tr> <tr> <td>F.T. 3.82</td> <td>F.T. 4.31</td> <td>F.T. 4.51</td> </tr> </table>	\$95	\$99	\$105	F.T. 3.82	F.T. 4.31	F.T. 4.51	<h3>POLYGLAS</h3> <p>\$39 F.T. 1.80 B78-13 Bloms</p> <table border="0"> <tr> <td>\$46</td> <td>\$49</td> <td>\$52</td> </tr> <tr> <td>F.T. 2.24</td> <td>F.T. 2.54</td> <td>F.T. 2.72</td> </tr> <tr> <td>\$49</td> <td>\$52</td> <td>\$53</td> </tr> <tr> <td>F.T. 2.40</td> <td>F.T. 2.82</td> <td>F.T. 3.05</td> </tr> </table>	\$46	\$49	\$52	F.T. 2.24	F.T. 2.54	F.T. 2.72	\$49	\$52	\$53	F.T. 2.40	F.T. 2.82	F.T. 3.05								
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<h3>OIL CHANGE & LUBE</h3> <p>7⁹⁵</p> <p>Up to 5 quarts of 30 wgt. Quaker State oil. Complete chassis lubrication, oil change for cars and light trucks.</p>	<h3>ALIGNMENT</h3> <p>ALIGNMENT—ONE LOW PRICE MOST AMERICAN CARS</p> <p>12⁹⁵</p> <p>Complete analysis and alignment. No extra charge for air conditioning or torsion bars. Parts extra only if needed.</p>	<h3>MUFFLERS</h3> <p>LIFETIME GUARANTEE HEAVY DUTY</p> <p>29⁹⁵</p> <p>Sizes to fit all American Cars including most luxury cars. Also check our prices on foreign and sports cars.</p> <p>FREE INSTALLATION</p>	<h3>DISC BRAKE</h3> <p>FRONT DISC BRAKE SPECIAL</p> <p>59⁹⁵</p> <p>Most Cars New Disc Pads Turn Rotors Repack Wheel Bearings</p>	<h3>TUNE-UP</h3> <p>Includes Labor, Parts and service.</p> <p>36⁹⁵</p> <p>6 Cyl. Most American electronic ignition cars.</p>	<h3>TRANSMISSION</h3> <p>29⁹⁵</p> <p>Drain and replace fluid, install new filter, inspect bands</p>																													

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Herald Photo By Lou Childers

Linda Venson shows the special cake she made and decorated for Valentine's Day.

Cook Of The Week

Granny's Specialties Family Pleasers

By LOU CHILDERS
Herald Correspondent

Every neighborhood has someone to call on when a birthday, wedding or anniversary cake is needed. In Chuluota, the woman called on the most for that special cake is this week's Cook of the Week, Linda Venson.

Linda, like a lot of others in Seminole County, took special training at Seminole Community College, completing cake-decorating courses about six years ago. But, she credits her Granny McGrew "back in Wheatcraft, Ky." for inspiring her and giving her the love for cooking.

She says, "Granny is the one who put up with me at her elbow, tolerating all of my questions." When she first learned to cook, Linda had to "stand on a stool and watch Granny," she says.

Linda is thankful that her grandmother was patient back then, because now she says, "My family can enjoy all the good dishes Granny used to make like chicken 'n dumplings, featherlight biscuits and cornbread." She goes on, "Granny can't cook anymore because of ill health, but her recipes and cooking styles go on in our home. I even make old-fashioned elderberry jelly."

When Linda took her first cake decorating class, little did she know that it would put her into a part-time business! But, as her cakes circulated at birthday parties and wedding receptions, people soon learned whose kitchen they had been created in. And, when these people had an occasion, guess who they called? Linda Venson.

Linda is as proud of her family as they are of her and the beautiful cakes she makes. She helps her husband, Norm, as bookkeeper for his roofing company. The Venson daughters, Jamie, 14, and Wendy, 12, often help their brother, Norman, 8, put a dent in one of Mom's great cakes.

Last week Linda made a special Valentine Day cake to be shared with family and friends. She frosted the heart-shaped, two-layer cake with Buttercream Icing. (This is the icing most people use for decorating purposes.)

The secret in getting the surface of the icing on any cake smooth and ready for further decorating and writing is to use a flat spatula dipped in boiling water. Using firm, even strokes, smooth the icing in one direction, dipping the spatula into the

boiling water each time it is removed from the icing. Be very sure the excess water is not transferred to the icing surface. Also, do not "over work" the icing. Use the same technique on the sides, holding the spatula level, turning the cake on a turntable as you work.

The Buttercream Icing may be tinted with "paste food coloring." Use a small amount on the end of a clean toothpick, stirring well after each addition until the desired color is achieved. Remember, when the icing dries, the color will be slightly darker than when it is wet.

Linda's favorite recipes for cakes are "1-2-3-4 Butter Cake" which makes two 9-inch or one 12x15 sheet cake, "Mayonnaise Cake" which bakes two 8-inch chocolate cakes, "Sock-It-To-Me Cake," a very moist cake that needs no frosting, and her mother-in-law's "Carrot Cake" recipe.

1-2-3-4 BUTTER CAKE

1 cup butter or margarine
1 cup sugar
3 cups flour
4 eggs, separated
4 teaspoons baking powder
1 cup milk
1 teaspoon vanilla
Cream butter; add sugar. Mix together until creamed. Add beaten egg yolks. Mix and sift dry ingredients, adding them alternately with milk to butter and sugar mixture. Add flavoring. Fold in beaten egg whites. Bake in two 9-inch cake pans or a 9x13 sheet pan at 365 degrees for 15 to 25 minutes.

MAYONNAISE CAKE

1 cup mayonnaise
2 cups flour
1 cup cold water
2 teaspoons soda
5 teaspoons cocoa
1 teaspoon vanilla
1 cup sugar
dash of salt
Mix all ingredients with mixer. Batter will be thin. Pour into greased and floured 8-inch round pans. Bake at 350 degrees for 30 minutes.

SOCK-IT-TO-ME CAKE

1 box butter flavored cake mix
8 oz. sour cream
4 eggs
1/2 cup sugar
1 teaspoon vanilla
3/4 cup cooking oil
1 cup chopped pecans
Mix above ingredients until smooth. Fold in nuts. Pour half of batter into well greased and floured 8-inch pan. In small bowl, mix 1 teaspoon cinnamon and 2 tablespoons brown sugar. Sprinkle over half of batter in remaining 8-inch pan. Bake for 1 hour at 350 degrees. (No frosting needed.)

MOM VENSON'S CARROT CAKE

Mix as given
1
4 eggs, well beaten
1 1/2 cups cooking oil
1 cup sugar
1 teaspoon vanilla
2
2 teaspoons soda
1 1/2 teaspoons cinnamon
3
3 cups self-rising flour
4
3 cups grated carrots
1 cup chopped pecans
Bake in three 9-inch greased and floured round pans, or one greased and floured 11x15 pan for 45 minutes at 350 degrees. This is a very moist, firm cake—good for weddings and specialty cakes. You may use cream cheese frosting, or decorator icing.

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Remaining Silent Not The Answer

DEAR ABBY: You had a letter from a hostess who said that two pieces of her sterling dinnerware were missing immediately following a dinner party. She said she'd looked everywhere but couldn't find them, and concluded that one of the guests must have stolen them. Both she and her husband agreed to say nothing. She wrote and asked you if she had done the right thing, and you said, "Yes. To have announced that the silver was missing would have created more humiliation than the silver was worth." In other words, they were right to remain silent.

It seems to me that today too many people are getting away with this sort of thing because nobody wants to create a scene.

I don't know how it could have been handled diplomatically, but remaining silent wasn't the answer either. I would hope that in other situations of this kind you might come up with an answer that could be a shade



more responsible. Thank you for allowing me to disagree.

WARD D. PIERCE,
METHODIST MINISTER

DEAR MR. PIERCE: You are, of course, right. Remaining silent isn't the answer, but consider the alternative: announcing to the guests that some silverware was missing, and would the thief please "fess" up? (P.S. If anybody out there knows of a diplomatic way of making that accusation, I'd like to hear it.)

DEAR ABBY: Our daughter was recently married. She had a church wedding and reception. We did not send invitations to any out-of-state relatives because we knew they wouldn't come, and we thought our invitation might be interpreted as a hint to send a gift.

Now, one of these out-of-state relatives is getting married for the second time, and we received an invitation.

She lives in Colorado and no one here has seen her for 20 years. We have no intention of going, which I'm sure will be no surprise to her.

What should we do?
TICKED OFF IN TEXAS
DEAR TICKED: Send your regrets and best wishes.

DEAR ABBY: Concerning "Out of Ideas," who didn't know what to give her wealthy mother-in-law for special occasions: Your advice was perfect. You told her not to worry about gifts for special occasions — to write letters regularly and enclose pictures.

I work in one of the finest retirement nursing homes in the country, and we do everything we can to make our residents happy. But nothing we do equals the pleasure they get when a letter from "the family" arrives. And when pictures are enclosed, there's a celebration! They're circulated throughout the home to be shared with everyone here.

But there's nothing sadder than seeing a resident look for mail every day and be disappointed.

Please emphasize again and again that the best thing a family can do for someone in

a nursing home is to write regularly and send pictures. Even those who can no longer read but must have letters read to them enjoy holding those letters and feeling them. There is something magical about the touch of something from the family.

HOWARD
IN PHILADELPHIA

Getting married? Whether you want a formal church wedding or a simple, "do-your-own-thing" ceremony, get Abby's new booklet. Send \$1 plus a long, self-addressed, stamped (37 cents) envelope to: Abby, Wedding Booklet, P.O. Box 38923, Hollywood, Calif. 90038.

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SCHLITZ BEER **\$1.99** 6-12 OZ. CANS

HERITAGE BOLOGNA 1 LB Pkg **\$1.18**

HERITAGE BATH TISSUE **69¢** HERITAGE BLEACH 1 Gal. **69¢** PORK CHITTERLINGS 10 Pkg **\$6.99**

12 PT ROLL Aluminium Foil **49¢** PURER Washing Powder **\$1.39** MARTHA WHITE Macaroni & Cheese 3 Pkg **\$1.00** CORN Jiffy Muffin Mix **4 oz \$1.00**

U.S.D.A. CHOICE Hamburger 3 lbs. or More **\$1.29**

U.S.D.A. CHOICE Chuck Roast **\$1.99** Boneless lb

U.S.D.A. CHOICE Cube Steak **\$2.99** lb

U.S.D.A. CHOICE MEATY Ox Tail **\$1.29** GRADE "A" ASSORTED Pork Chops **\$1.29** LYKES SMOKED Beef Liver **69¢** Picnic SHOULDER **99¢**

GRADE "A" CARDINAL SLAB BACON **99¢** HERITAGE Sliced BACON **98¢** lb

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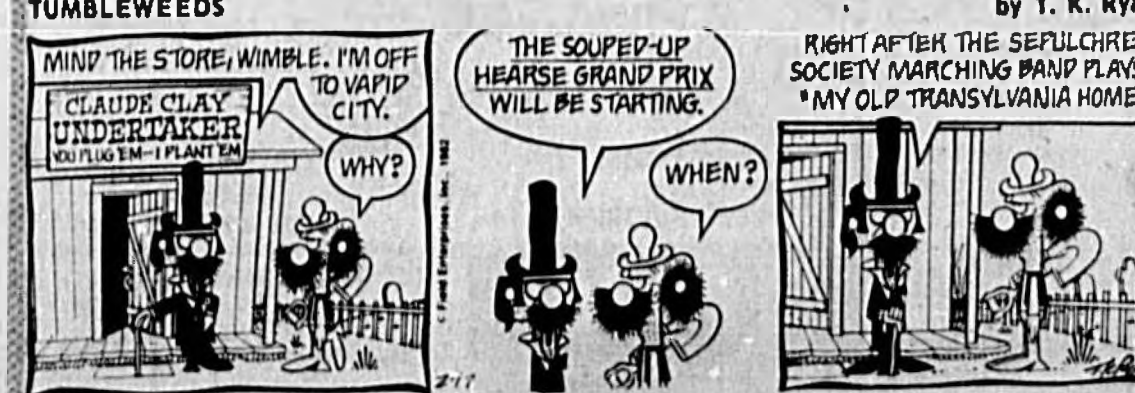
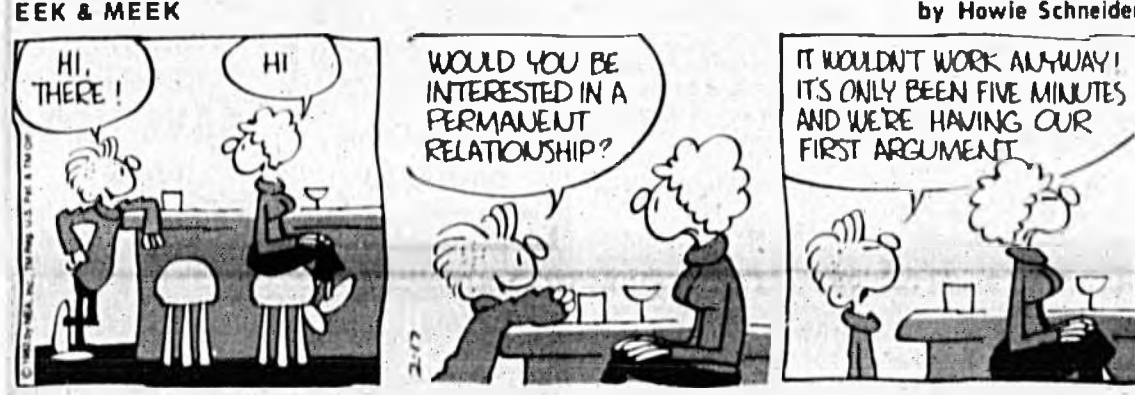
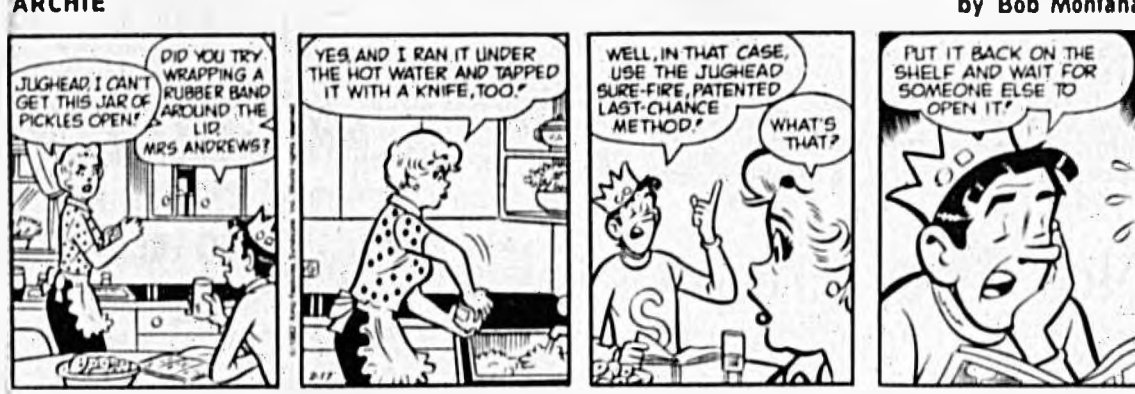
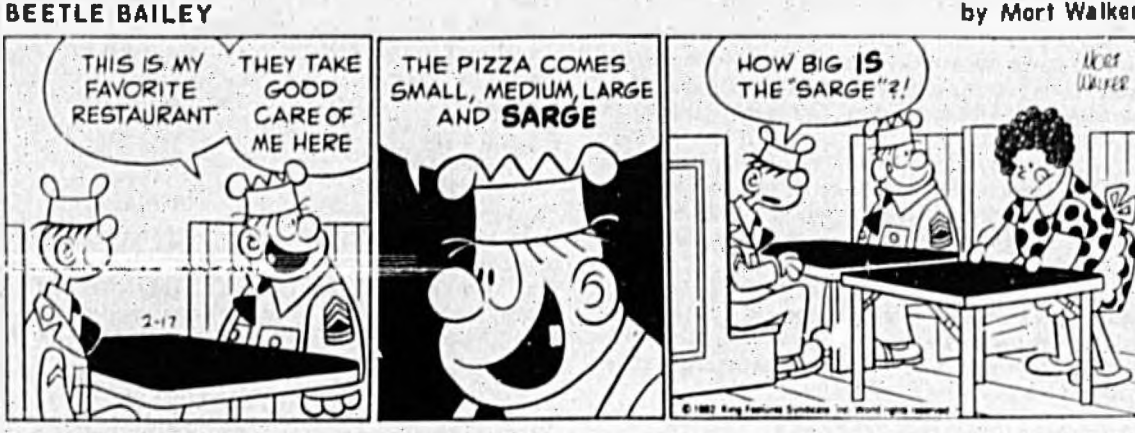
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ACROSS

- Madame (abbr.)
- Evening cloak
- Mexico (abbr.)
- Felt sorry about
- Charter
- Period
- Inflammable
- Large trucks
- Mao (abbr.)
- Sun (Lat.)
- What person
- Individual
- Chinese dish (2 wds)
- Magic stick
- Gallic
- Affirmative
- Canine cry
- Degenerate
- Dogtired (2 wds)
- Compass point
- Actress Arden
- Sets down
- Frunker
- Sea gull
- Skin tumor
- 8 Time zone (abbr.)
- By birth
- Posed
- We
- Eggs
- Legal order
- Feel affection for
- Regulate pitch
- Sown (Fr.)
- Toboggan
- Ones (Fr.)

DOWN

- Mesdames (abbr.)
- Nominal
- Quiz
- Emerald Isle dweller
- Liked (sl.)
- Fasting period
- Investor
- Thomas
- Hockey league (abbr.)
- Bones in chest
- Folksinger
- Guthrie
- Remove skin
- Decimal unit
- Former labor group (abbr.)
- Over (poetic)
- Female sheep (abbr.)
- Factory fuel
- Hawaiian dance
- Diagnous
- Former
- Spanish colony
- Maple genus
- Hub of a wheel
- Clothes tinter
- Departed
- Doctrine
- Compass point
- Graduate of Annapolis
- Cuts down
- Certain
- Cut hair
- Depraved
- Executioner in "Mikado"
- Level
- Diurnal periods
- Female saint (abbr.)
- Piece out

Answer to Previous Puzzle

RESTRICT DIET TO LOWER CHOLESTEROL

DEAR DR. LAMB — I am 30 years old and have just been told that my cholesterol level is extremely high. According to the lab results I am more prone to have a heart attack than the average man by five to one. I have been placed on a very strict diet containing no cholesterol.

Most products found in the local markets do not list cholesterol levels. How can you determine if a product is low or contains no cholesterol? How long do you think it will take to reduce my level of cholesterol? I'm very concerned since my father died of a heart attack at age 54.

DEAR READER — You are right to be concerned. If a person has a family history of members having heart attacks early in life it does increase the chances he will have a problem. In most instances if there is an increased chance of having a problem it will be manifested by a high cholesterol or high blood pressure. If you have a persistent high cholesterol level it may be an inherited trait.

The first rule is to have more than one cholesterol determination as it is sometimes elevated with stress or temporary conditions. If it remains high then you should restrict your calories and increase your physical activity enough to eliminate any significant excess fat deposits you have under the skin. Get rid of it all, not just a part of it. Most dietary efforts do not help much to lower cholesterol unless the person also eliminates excess body fat through general calorie restriction.

DEAR DR. LAMB — My six-month-old baby died a short time ago. I don't understand fully why. He had a throat infection first and then I guess the infection spread through his system. The death certificate said septic shock and some sort of meningitis, not spinal though. Is there any way a disease can strike a baby like that and kill him? The certificate also mentioned viral infection. He only lived nine hours after he got sick. Any information you can give me would be greatly appreciated.

DEAR READER — Most infectious diseases cause illness by releasing toxins. These toxins can go throughout the body in the circulation. Stated another way, the germs release a poison.

Septic shock means shock or circulatory failure induced by sepsis (an infection). Many infections can be rapidly fatal. And many different viral infections can involve the nervous system. Unfortunately, we do not have good antiviral agents available similar to the antibiotics to combat bacteria. But we will have some day.

And you will need to limit your total fat intake, especially your saturated fat as well as your cholesterol. Your own body will produce cholesterol if you consume too many calories and too much saturated fat.

There are only a few foods that are high in cholesterol —

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
18			19		20			21			
		22	23		24		25				
26	27	28			29			30	31	32	33
34			35					36			
37			38			39	40			41	
42				43						44	
		45	46			47					
48	49	50		51	52		53		54	55	56
57		58				59			60		
61				62					63		
64				65					66		

HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, February 18, 1982

February 18, 1982

CANCER (June 21-July 22) As others watch the efficient and fast manner which you organize your work today, they'll willingly cooperate with any game plan you formulate.

AQUARIUS (Jan. 20-Feb. 19) You may have thought this day was supposed to be a quiet one, but prepare yourself for something exciting which could get your adrenalin flowing. Predictions of what's in store for you in the seasons following your birth date and where your luck and opportunities lie are in your new Astro-Graph. Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.

PISCES (Feb. 20-March 20) It'll be a much more satisfying day if you associate with those who are clever and stimulating. You may hear from such persons today.

ARIES (March 21-April 19) You can handle people today in just about any situation in a way to do you proud. Possibly unbeknownst to you, one who can do you a lot of good will be watching and be impressed.

TAURUS (April 20-May 20) A proposition which could be materially beneficial in some manner may come from out of the blue today. Your friendly, cordial manner will precipitate it.

GEMINI (May 21-June 20) In joint ventures today, it will be you who will come up with all the bright and clever ideas which could make the undertaking successful. Don't hold back your thoughts.

LIBRA (Sept. 23-Oct. 23) There's a good chance someone will volunteer today to help you get your tasks out of the way early, making it possible to take a break from your normal routine.

SCORPIO (Oct. 24-Nov. 22) You have a certain instinctive shrewdness in money matters today. If you get any sudden impulses, act on them. They should work out.

SAGITTARIUS (Nov. 23-Dec. 21) Your enthusiasm is aroused if you see an opportunity to turn a dollar. Chances are, you're going to get a good one today. You'll know exactly how to handle it.

CAPRICORN (Dec. 22-Jan. 19) You communicate well today. If you get a moneymaking idea which needs another to make it go, don't sit on it. Go right to the persons who can help.

Restrict Diet To Lower Cholesterol

Dr. Lamb

DEAR DR. LAMB — I am 30 years old and have just been told that my cholesterol level is extremely high. According to the lab results I am more prone to have a heart attack than the average man by five to one. I have been placed on a very strict diet containing no cholesterol.

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And you will need to limit your total fat intake, especially your saturated fat as well as your cholesterol. Your own body will produce cholesterol if you consume too many calories and too much saturated fat.

There are only a few foods that are high in cholesterol —

WIN AT BRIDGE

set up four tricks in either diamonds or clubs.

In actual play the hand is really a complicated one since there are real problems in getting to cash those major suit winners. Suppose declarer leads a diamond from dummy at trick two. If East takes his ace everything is hunky-dory, but East can duck and win a second diamond. Then if East decides that South must hold both ace and queen of spades, East can lead the queen of hearts and will wind up with two hearts, two clubs and a diamond. If South plays a club after that first diamond holds, that heart shift by East will still defeat the contract.

The only winning play is for declarer to lead a club at trick two. East wins and can still lead a heart, but now declarer can play a diamond. East will duck that first diamond, but South will win in his own hand, cash one high spade and then lead a second club to score four clubs, two hearts, two spades and one diamond.

By the way, if West had opened a heart the defense could have collected five tricks against any line of play.

(NEWSPAPER ENTERPRISE ASSN.)

NORTH 3-17-82
 ♠K
 ♥AK65
 ♦Q10
 ♣Q108533

EAST
 ♠J10986
 ♥743
 ♦832
 ♣74

SOUTH
 ♠AQ5
 ♥92
 ♦KJ987
 ♣J82

Vulnerable East-West
 Dealer North

West	North	East	South
1♣	1♥	Pass	1♦
Pass	3NT	Pass	Pass

Opening lead: ♣J

By Oswald Jacoby and Alan Sontag

Today's hand looks like a lay down after the spade opening. Declarer has three spades and two hearts as a starter and plenty of time to



Mr. Spock Dead?

HOLLYWOOD (UPI) — Have they killed off Mr. Spock, the emotionless Vulcan science officer of the space ship Enterprise in the "Star Trek" sagas?

Rumor is rampant in Hollywood that the saturnine, pointed-eared Spock has been blown away in "Star Trek II," the second movie based on the greatest cult TV series ever made.

Trekies the world over are in a swirl. Have moviemakers killed off Spock who withstood ray gun attacks by vicious hordes of Klingons and other intergalactic space heavies?

Would any movie producer dare eliminate the most popular and beloved space alien in the history of planet Earth — Yoda of the "Star Wars" films notwithstanding?

The producers aren't talking. And neither is Paramount Studios.

The closest and most reliable source of information in the Spock death mystery, which won't come to light until "Star Trek II" is released, is Leonard Nimoy who plays the inscrutable Vulcan.

Nimoy waffled. Nimoy hedged. Nimoy was unreadable as Spock himself.

"Let me put it this way," Nimoy said pleasantly enough, "I think the ending of the picture is subject to interpretation. After all, what is death? Can it truly be defined where a Vulcan is involved?"

The actor lit a cigarette and narrowed his eyes speculatively.

"If Paramount decided to go ahead with a second sequel to 'Star Trek,' I could speculate that Spock could reappear because of several factors in the story line of the current movie.

"Also I can't remember a case of anyone dying in science fiction. They tried with Alec Guinness in 'Star Wars' but he popped up again as Ben (ObiWan) Kenobi when they made 'The Empire Strikes Back.'

"They killed off Superman's father when they made the sequel but that was only because they couldn't afford to bring back Marlon Brando."

Nimoy is delighted about playing Spock again and is unconcerned that he is so closely identified with the popular Vulcan. Nor has his association with Spock interfered with other acting assignments.

The past year has been Nimoy's busiest. He taped his one-man Vincent Van Gogh stage presentation, "Vincent," for ABC Cable, then flew to Israel to co-star with Ingrid Bergman in the TV movie "A Woman Called Golda."

Thereafter he spent five weeks in China with a top role in the massive miniseries, "Marco Polo," before reporting to Hollywood for "Star Trek II."

"Playing Spock this time was great because we had a terrific script, which was not the case in the first movie," Nimoy said. "I really believed in it — fast, exciting, funny and with the characters in focus."

"It was easy to slip back into Spock. Nick Meyer, who polished the script, wrote 'The Seven Percent Solution.' He's a real Sherlock Holmes buff who knows how to write good dialogue."

The Spock mystique has earned Nimoy a permanent spot in the hearts of trekies and even casual viewers of the "Star Trek" TV series which is one of the most widely syndicated of all old shows.

Knee Breakthrough

GAINESVILLE (UPI) — Football players with wobbly legs would be among the chief beneficiaries of a mechanical knee developed at the University of Florida that closely approximates the movements of the human knee.

Called the "Florida Knee," the device was developed over a 10-year period by Dr. Delbert Tesar, director of the UF Center for Intelligent Machines and Robotics, with the aid of four graduate mechanical engineering students.

"After seven years of continuous play, starting in high school, the odds are that a football player will have had a knee injury that incapacitates him from future play," said Tesar.

"There are knee braces that people can wear after surgery, but they are simple pivot joints which provide a motion nothing like the real motion of the knee, which is a complicated rolling and sliding motion," he said.

Tesar called the Florida Knee "a crude prototype" of a brace with five pivot points,

closely approximating the movement of the human knee. "At this point, it's too bulky, too heavy and too primitive to do the jobs I want it to do," said Tesar, who estimated it would take four or five people working full time for three or four years to produce a marketable device.

"One use I see for this brace when it is fully developed is as a preventative brace for football players, to protect their knee joints from lateral shock," he said.

"As a post-operative device, it would provide structural support to help healing, by allowing the natural movements of the knee to occur during rehabilitative exercises for the patient to prevent joint freeze-up.

"Finally, it could be used as a structural support for people with permanent joint disabilities like arthritis."

Tesar said, "What's needed is not just a demonstration model but an adjustable brace with a user's manual so the device could be fitted to a patient by a brace technician after a few measurements are made."

An individually-fitted, hinged brace is now being used by some football players. It was developed for former New York Jets player Joe Namath, who wore two well-padded versions of them to protect injured knees during games.

Dr. Gary Miller, a mechanical engineering and orthopedics professor, said not enough is known about the human knee — "friction in the joint, how strong the ligaments are, what the motion really is" — to compare the Florida Knee with it.

TONIGHT'S TV

Table with TV channels (Cable Ch, Independent, Orlando Public Broadcasting System) and program listings for Wednesday.

- WEDNESDAY EVENING 6:00 (7) (1) (5) (9) (11) (17) (35) CHARLIE'S ANGELS



ASTRONAUTS The special supports the premiere that early space travelers visited Earth before recorded time and profoundly altered the life of primitive man.

- 6:00 (1) (2) THE FACTS OF LIFE Natash... sees her father having lunch with a woman who is not her mother.

Table with program listings for Thursday, including 11:30 (7) (11) (35) BATTLESTARS.

- THURSDAY MORNING 5:10 (12) (17) RAT PATROL (MON. FRI.)

WEDNESDAY FAMILY SPECIAL

Advertisement for Famous Recipe's Chicken Dinner, featuring an image of the dish and text: 'GOOD ALL DAY \$1.99 GOOD ALL DAY it's honey dipped'.

THE WAY WE MAKE IT IS MAKING US FAMOUS. Famous Recipe FRIED CHICKEN.

Advertisement for 'It's Worth It' featuring a horse logo and text: 'The strategic move is to tell it in the Herald Business Review'.

MIRACLE REVIVAL! TWO GREAT MEN OF GOD ARE COMING YOUR WAY! Under The Big Gospel Tent...

Portrait of Rev. Garnell Crawford and Rev. Jim Inman, with text: 'EVANGELISTS: Come and hear an endtime message from the voice of the endtime evangelist.'

Advertisement for Big Gospel Tent, featuring a large tent image and text: 'BIG GOSPEL TENT BEGINS: MONDAY NIGHT FEBRUARY 15th 7:30 P.M.' and 'LOCATION: 700 SOUTH FRENCH AVE. HWY. 17-92 SANFORD'.

DAILY SPECIAL AFTER 4 P.M. DEEP FRIED Catfish ALL YOU CAN EAT WITH FRENCH FRIES, COLE SLAW AND HUSHPUPPIES \$4.95 Bar-B-Que Corral

DOG RACING NOW SANFORD-ORLANDO KENNEL CLUB 831-1600

PLAZA TWIN 99c ALL BEATS 99c PLAZA I ONLY Walt Disney's Cinderella PLAZA II 2:30 ONLY SWAMP THING MOVIELAND BEAST WITHIN HOTEL HELL

Microwave Magic

Easily Prepared Macaroni And Cheese A Good Dish For Busy Days

Cheeses of all kinds lend themselves to microwaving if you remember that the high fat content attracts microwave energy.

Some casseroles that call for a cheese topping, the cheese should not be added until the last few minutes of the cooking time and microwaved just long enough for the cheese to melt.

If the cheese is to be mixed throughout the contents, reduced cooking power is successful.

A basic white sauce with cheese added can be used in many preparations of vegetables and casseroles. Any cheddar or yellow cheese, or semi-hard cheese can be added for flavor and color.

BASIC WHITE SAUCE

- 2 tablespoons butter or margarine
- 2 tablespoon flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup milk
- 1/2 cup shredded cheese

Melt butter in 4-cup measure 100 percent power 30-45 seconds. Stir in flour and seasoning until smooth. Blend milk into flour and butter mixture. Microwave 6-8 minutes until thickened. Stirring every minute. Stir in shredded cheese.

The secret to a smooth sauce is thorough blending before the

Midge Mycoff

Home Economist
Seminole Community College



mixture is microwaved and frequent stirring during the cooking.

This cheese casserole is a favorite at our house. Its ease of preparation makes it a good dish for busy days. Stewed tomatoes and a crisp vegetable salad could complete the meal.

MACARONI AND CHEESE

- 1 pkg. (8 oz.) macaroni cooked and drained
- 2 cups (8 oz.) grated cheddar cheese
- 2 tablespoons chopped onion

- 1 beaten egg
- 1 can (13 oz.) evaporated milk
- 1/2 teaspoon salt
- 2 tablespoons butter or margarine
- Paprika

Grease a 2-quart casserole. Layer half the cooked macaroni in bottom. Top with half the onions and half the cheese. Repeat layers. Combine the egg, milk and salt. Pour over the macaroni. Sprinkle with paprika and dot with the butter. Microwave on 50 percent power 12-15 minutes. Let stand 10 minutes. Serve. Makes 6-8 servings.

Try this fondue. It's good as a party first course or as a luncheon main dish.

SWISS FONDUE

- 1 cup white wine (chablis or California white)
- 2 whole cloves garlic, peeled
- 3/4 lb. (3 cups) grated Gruyere or Swiss Cheese

- 3 tablespoons flour
- Freshly ground black pepper
- 3 tablespoons kirsch
- 3 tablespoons butter
- 1 teaspoon salt

Pour the wine into a 1 1/2-quart earthenware pot, a clay pot, or a glass casserole. Add the garlic. Cook uncovered on "simmer" setting for 5 mins. Discard the cloves of garlic. Combine the cheese, flour, and pepper and stir into the hot wine. Simmer for 3 minutes. Stir in the kirsch, butter, and cream. Simmer for 4 more minutes. Season with salt.

Serve immediately with cubes or fresh, crusty French bread and chilled white wine. Spears the bread cubes with fondue forks and swirl into the hot fondue. Mushroom caps, quickly fried hot butter, as well as salami, carrot sticks, and cauliflower sprigs make delicious contrasts of taste and texture with the fondue.

Next week: Cherries and other fruits.



Spinach Pie in a Spaghetti Crust is a novel, all-in-one meatless dinner.

Magnificent Meatless Meals

Get on the meatless bandwagon!
More Americans are consuming alternate sources of protein that still quench the appetite and dazzle the taste buds. If you're in the mood for something new, here's a terrific pair of recipes that will earn you "Chef of the Year" status from family and guests. What's extraordinary about them is that they combine familiar ingredients to create sophisticated fare with luxurious taste.

Spinach Pie in a Spaghetti Crust is one such meatless wonder. A lofty, meal-in-one that ranks low at the cash register, it features a golden, woven tapestry of spaghetti crust with a creamy custard base. Spinach, cheese and dill are added to the filling, with Tabasco pepper sauce giving it a bold and zesty character.

SPINACH PIE IN A SPAGHETTI CRUST

- 6 ounces uncooked spaghetti
- 5 tablespoons butter or margarine, melted, divided
- 1-3rd cup plus 1 tablespoon Parmesan cheese, divided
- 2 eggs, well beaten
- 1 package (10 ounces) frozen chopped spinach, thawed, well drained
- 1 cup cottage cheese
- 3/4 cup ricotta cheese
- 1/4 cup chopped onion
- 1 teaspoon dried dill weed
- 1/4 teaspoon Tabasco pepper sauce, divided
- 1/4 teaspoon salt, divided
- 1/2 pound fresh mushrooms, sliced
- 3 tablespoons flour
- 1 cup milk

Cook spaghetti, al dente, according to package directions. Drain. Combine spaghetti, 2 tablespoons butter, 1-3rd cup Parmesan cheese and eggs; mix well. Press spaghetti mixture into bottom and up sides of a 10-inch pie plate to form a crust. In medium bowl combine spinach, cottage cheese, ricotta cheese, onion, dill, 1/4 teaspoon Tabasco sauce and 1/4 teaspoon salt; mix well. Spoon spinach mixture into spaghetti pie shell. Place mushrooms over spinach. In small saucepan combine remaining 3 tablespoons butter, 1/4 teaspoon salt, 1/4 teaspoon Tabasco sauce and flour. Cook over low heat one minute. Gradually add milk, stirring constantly, until mixture boils and thickens. Spread sauce over mushrooms; sprinkle top with remaining 1 tablespoon Parmesan cheese. Bake in 350 degree F. oven for 10 minutes. Cover with aluminum foil; continue baking 20 minutes longer. Cool on wire rack 5 minutes. Cut in wedges and serve. Yield: 6 to 8 servings.

SAUTEED SCALLOPS AND SNOW PEAS

- 1/4 cup butter or margarine
- 1/4 cup finely chopped shallots
- 1 package (8 ounces) frozen Chinese pea pods, thawed
- 1 1/2 cups scallops, cut in 2-inch pieces
- 1 pound sea scallops, cut in quarters
- 1/2 cup heavy cream
- 2 tablespoons dry vermouth or white wine
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon Tabasco pepper sauce
- 3 cups cooked rice

In large skillet melt butter; saute shallots until golden. Add pea pods and scallions; stir-fry 1 minute. Remove to heated serving platter. To same skillet, add scallops; cook 3 to 5 minutes until scallops are just done. Do not overcook. Remove with slotted spoon and place over vegetables on platter. In same skillet combine heavy cream, vermouth, lemon juice, salt and Tabasco sauce. Scrape up bits from bottom of pan. Cook until mixture is reduced by about 1-3rd. Pour over scallops and vegetables. Serve with hot, cooked rice. YIELD: 4 servings.

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