

WORLD IN BRIEF

Cartier Urges Moratorium On Nuclear Plant Sales

UNITED NATIONS, N.Y. (AP)—Jimmy Carter today called for a worldwide voluntary moratorium on the purchase and sale of nuclear fuel enrichment and reprocessing plants "to make the spread of peaceful nuclear power less dangerous."

Speaking at a conference on nuclear energy and world order, the former Georgia governor and frontrunner for the Democratic presidential nomination presented a speech described by a source close to his campaign as his first attempt to set out a detailed statement on foreign policy.

The source said the prepared speech was the first in a series of major policy statements that Carter will offer, and that it represents a new stage in his campaign. A background session on the speech for reporters lasted one hour and 40 minutes.

The conference is not an official UN function.

Christians Attack Moslems

BEIRUT, Lebanon (AP)—Christian forces attacked leftist Moslems on two new battlefronts in eastern Lebanon today. A police spokesman reported 88 persons killed and 116 wounded, raising the toll in the 13-month-old civil war to more than 18,500 dead.

Police said fighting was heaviest along an 11-mile front in the Faraya ski area 25 miles northeast of Beirut. Right-wing Christians launched an attack there Wednesday night after a day-long barrage of howitzers and tank guns.

U.N. Delegates Stalled

NAIROBI, Kenya (AP)—American delegates at the fourth United Nations Conference on Trade and Development said they want to avoid a blowup that could harm President Ford's campaign in the presidential primaries.

But Ronald Reagan's victories "underscore the fact that we cannot go any further than we have already," one representative of the Ford administration said.

Justice Teacher Resigns

Dr. John Linehan, coordinator and instructor for the Criminal Justice Department at Seminole Community College, has resigned his position for health reasons effective June 19. Dr. Earl Weldon, SCC president, said today.

Dr. Weldon said Linehan noted in his resignation accepted by the SCC Board of Trustees this week that he considered his association with faculty and students at the school for the past seven years both a worthwhile and a stimulating experience.

"We hope his health will permit him to work with us in a part-time capacity," the college president said.

Meanwhile, Linehan, who has been on sick leave, will introduce the guest speaker at the eighth police recruit course graduation to be held at 7:30 p.m. today in the SCC Health Center.

Some 152 law enforcement students from the area will receive certificates during the ceremonies for having completed the police standards certification course.

The invocation at the ceremony will be given by Rev. William Emmit, pastor of All Saints Catholic Church, Sanford.

Father Emmit will also lead the pledge to the flag.

Thomas J. Kelly, an instructor in the Criminal Justice Department, will introduce the guest speaker for the occasion who will be Police Chief George C. Karcher of Casselberry.

Dismissal Motion Denied

A Sanford man has pleaded no contest to carrying a concealed firearm after a circuit court judge denied his motion for dismissal on the charge on the grounds that a county commission policy against issuing permits to carry concealed firearms had denied him his rights.

John F. Hall, 51, of 107 W. Ninth St., Sanford, entered the plea before Circuit Judge Robert B. McGregor on Wednesday. McGregor set bond for Hall at \$5,000 pending completion of a presentence investigation and set sentencing for July 15.

Hall was arrested by Sanford Police Patrolman Elizabeth Hill on April 7 on a Downtown street corner. Police said Hall had a pistol concealed in his clothing.

In the only criminal trial held this week, a circuit court jury acquitted Thomas L. McCarter, 25, of Dade County on a charge of carrying a concealed firearm.

McCarter, who is now serving a prison sentence for violation of probation, was arrested by Casselberry police responding to a report of an armed man getting into a rental van at a drive-in grocery store on March 19.

Officers testified that McCarter was asked at shotgun point to step from the van and when asked if he was armed, he said, he said, "Yes," and revealed a holstered pistol on his belt under a jacket.

Officers said the jacket was "thigh-length" and concealed the pistol. Jurors got a glimpse of a short jacket at one point in the brief trial and later, during deliberations, asked the court for the jacket.

Judge McGregor explained that the jacket hadn't been entered into evidence in the trial, thus it wasn't available to the jurors. Five minutes after going back to the jury room the six-member panel returned a verdict of innocent for McCarter.

In a Wednesday hearing, Judge McGregor dismissed charges of possession of controlled substance — marijuana — and carrying a concealed firearm against Gale Kim Gillespie, 24, of Orlando, on the grounds there was insufficient evidence that he had knowledge of the drugs and pistol discovered by sheriff's deputies in a traffic stop on SR-45.

The marijuana was near a passenger in the vehicle, officers said and the pistol was in the passenger's purse.



Mother-in-Law Hijack Your Favorite Chair?

Don't start a family fracas. We'll help you roust her out and settle her down in a comfortable chair of her own. We have everything from rockers to recliners. Reasonable prices, too!



Central FURNITURE
Sanford's Newest Largest First
Phone 322-1480
2306 French Ave.
Sanford, Fla.
(Free Delivery)

Presenting... DISCOUNT Carpet Store

SAVE SHAG \$5.75 Sq. Yd.

SAVE HILO \$4.99 Sq. Yd.

DU PONT 581 NYLON SCROLL PATTERN \$4.99 Sq. Yd.

OVER-STOCKED REMNANTS ALL SIZES EXAMPLE 9x12 \$48

BUY TODAY! INSTALL TOMORROW FREE ESTIMATES
PH. 221-0730

THOUSANDS OF YARDS IN STOCK
DISCOUNT CARPET STORE
STORES IN TITUSVILLE AND SANFORD
OPEN MON. THRU SAT. 9A
2306 FRENCH AVE. PH. 221-0730 SANFORD

Zayre savings!

buys as big as outdoors!

deluxe 22" cut 3 1/2 h.p. rotary lawn mower
our reg. 119.99

save \$30

89.99

Heavy duty rotary mower helps you get the job done quickly, efficiently... low Zayre price lets you save handsomely! Quality features include 3 1/2 h.p. Briggs & Stratton engine, easy-spin starter, 6" wheels, folding handle, safety chute and rear guard. Fully baffled. You can't afford to miss this value so shop now!

just say "charge it!"

convenient folding handle
easy-spin starter
Briggs & Stratton engine
safety chute and rear guard

24" x 24" smoker grill
Exclusive hi-cooking grid assures better cooking results! Adjustable vents regulate air flow for smoke flavor, back wheels for easy maneuverability.
44.88 our reg. 56.88

Save 30%
\$139 our reg. 169.99
10 x 10 Aluminum Shed

Store all your outdoor needs in this functional outdoor storage building. Triple ribbed for extra strength, fully gutted for water run-off. Doors glide easily on jam-proof track. Outside dimensions 115"x110"x72". Inside dimensions 111"x106"x68".

Disston upright cordless shears
Electric cordless 3" blades with 3 non-stick coated steel blades that will not rust! 400 strokes per minute; 35-40 minutes trimming time in normal dry grass; UL listed and CSA approved recharger included.
18.88

Multi-use storage locker
Holds two 30-gal. trash barrels, patio and garden equipment, more! Hinged back top; two sliding doors on individual tracks.
24.88 our reg. 34.38

1/2 bushel of potting soil
All-purpose potting soil with organic ingredients for terrific results! Stock up now at savings!
2.44 our reg. 2.99

compare...you can't do better than Zayre!

Sale in effect thru this weekend.

CIP Group Requests City Aid

Community Improvement Project volunteers have asked Sanford's city commissioners to join their campaign to beautify the city.

Mrs. Bill Glew of the Sanford Woman's Club, one of the CIP sponsoring organizations, asked the commissioners to install a sprinkler system in the "senior citizens park" on Park Avenue between 4th and 5th streets.

"The beautiful azaleas there now are going to die unless they receive better care," she told the commissioners at their Monday night meeting.

Mrs. Glew said members of the Woman's Club, the Junior Women's Club and other civic groups have raised nearly \$1,000 for the beautification project. More than \$8,000 has already been turned over to the city.

"Most of this money came from outright donations by the taxpayers of this community," she said. "I know these taxpayers join in requesting that you gentlemen allow funds for some major improvements of parks and beautification."

Trustees To Accept Building

Seminole Community College (SCC) Board of Trustees, after touring the new vocational building under the library this week, voted to accept the facility, subject to completion of a punch list and submission of a document noting the building's construction completion.

SCC President Dr. Earl Weldon said the first classes are expected to begin in the new building in September.

The new Fine Arts Building, for which construction contracts were let at the time in the fall of 1975, is expected to be completed and ready for classes in January.

Groundbreaking for the two new buildings took place on Sept. 17, 1975. Contracts for the two buildings, parking area and access road totaled \$1,024,800.

The trustees also approved the purchase this week of sewing equipment for sewing courses planned for the vocational building at a total cost of \$17,266.50. The costs are to be borne by a federal grant through the vocational department of the state division of education.

Accepted was a \$541 grant for a staff development intern program through the Division of Vocational Education in Tallahassee.

Murder Charges Dropped

State Atty. Abbott Herring's office has dropped murder charges against an Alabama woman and a man from New York due to "insufficient evidence at this time," according to Assistant State Atty. William Staley.

Betty Jean Williams, 26, of Montgomery, Ala., and John Lee Bryant, 31, of Rochester, N.Y., had been charged with murder in connection with the April 22 death of Franklin F. Ramsauer Jr., 54, of 2206 Winter Woods Blvd., in south Seminole.

Ramsauer's body was found covered with leaves in a wooded area near Oviedo but an autopsy report said he died of a heart attack.

Ms. Williams is still in the Seminole County Jail in lieu of \$5,000 bond on a grand larceny charge in connection with the taking of Ramsauer's car and credit cards to Jacksonville, where she and Bryant were arrested and the car and personal property recovered.

Authorities said Bryant was to be brought back to Sanford today on a grand larceny charge in the Ramsauer case. Bryant has been in Orange County Jail at Orlando following a conviction in federal court of interstate transportation of a motor vehicle, authorities said, in connection with an earlier arrest by Sanford police.

Staley said today that the investigation into Ramsauer's death is continuing.

Bedding Sale THURSDAY - FRIDAY - SATURDAY

- Quality Bedding
- 5" Foam Mattress

SAVE 40.00

Twin Sets
REG. 99.95 **59.95**

Full Sets
REG. 119.95 **69.95**

FREE DELIVERY

EASY CREDIT TERMS

Carroll's FURNITURE
116 W. FIRST ST. PH. 322-5181

Quality Washing Action need not be expensive

Filter-Flo® Washing Action Traps Lint As It Washes!

MODEL WWA 500P

- 3 Wash/Rinse-Temperature Combinations - Energy Saving cold water selections.
- Water-Level Selections - give versatile washing
- Permanent Press Cycle
- Activated Soak Cycle
- Famous Filter-Flo® System
- Balanced Load Control
- Heavy-Duty GE Motor
- Dependability - coin op proven

NOW ONLY \$299

Electrical Wiring Specialist. No Job Too Large or Too Small

Sanford Electric Co.
OPEN MON. THRU FRI. 9 a.m. - 5 p.m. CLOSED SAT.
2572 PARK PH. 322-1542

Sanford Electric Co.

Quality Tennis Racket

8.99 save \$2

Hank Aaron baseball glove by MacGregor Quality leather glove with laced ball web, natural ball pocket. Adjustable wrist and flex-pad thumb. Designed for comfort and control!

7.99 save \$2

Sports Action tennis racket Competition model featuring ash reinforced frame plus full fibre cradle and overlay for strength and durability! Raised cowhide grip; cross twist nylon stringing; recessed holes all around.

6.99 your choice

Bombat aluminum bats by Ten Pro
Softball model in 33" and 34" lengths with 2 1/2" barrel or Dixie Youth bat in 28"-31" lengths with 2" barrel.

10.99 save \$4

Electro foam vest
Buoyant polyethylene foam vest. Ideal for boating, water skiing and other water activities! One size fits all.

4.99 save \$1

Old Pal 2-tray tackle box
Plastic organizer with 15 compartments. Strong draw-down latch; luggage style handle; watertight.

99¢ special league baseball Official size

compare...you can't do better than Zayre!

Sale in effect through this weekend.

ZAYRE-SANFORD
HIGHWAY 17 & 92 AT AIRPORT BLVD.

OPEN MON. TO SAT. 9AM TO 9PM
OPEN SUNDAY 12 NOON TO 6PM

BANK AMERICAN master charge

Zayre quality!

just for you, sport!

We have it all! The famous brand quality you trust at prices you demand... and for proof of the pudding, just check these buys!

your choice **save \$3**
16.99 our reg. 19.99 charge it

Coleman camping lantern or stove

Lantern: Sturdy 2 mantle model features large 2 pint fuel capacity. A must for your campsite!

Stove: Two stainless steel burners for durability; wind baffles; 2 1/2 pint fuel capacity. Enjoy outdoor living with this great value!

Coleman fuel! 1.59
For gasoline stove lanterns and catalytic heaters at least 144 gals. per store our reg. 1.99

8.99 save \$2

Sports Action tennis racket Competition model featuring ash reinforced frame plus full fibre cradle and overlay for strength and durability! Raised cowhide grip; cross twist nylon stringing; recessed holes all around.

7.99 save \$2

Sports Action tennis balls Championship balls for use on all types of surfaces! Shop now and stock up for the season! can of 3 our reg. 1.99

6.99 your choice

Bombat aluminum bats by Ten Pro
Softball model in 33" and 34" lengths with 2 1/2" barrel or Dixie Youth bat in 28"-31" lengths with 2" barrel.

10.99 save \$4

Electro foam vest
Buoyant polyethylene foam vest. Ideal for boating, water skiing and other water activities! One size fits all.

4.99 save \$1

Old Pal 2-tray tackle box
Plastic organizer with 15 compartments. Strong draw-down latch; luggage style handle; watertight.

99¢ special league baseball Official size

compare...you can't do better than Zayre!

Sale in effect through this weekend.

ZAYRE-SANFORD
HIGHWAY 17 & 92 AT AIRPORT BLVD.

OPEN MON. TO SAT. 9AM TO 9PM
OPEN SUNDAY 12 NOON TO 6PM

BANK AMERICAN master charge



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Samsom



CAMPUS CLATTER with BIMO BURNS by Larry Lewis



BUGS BUNNY by Stoffel & Heindahl



BLONDIE by Chic Young



PRISCILLA'S POP by Al Vermeer



ARCHIE by Bob Montana



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan

Games

- ANSWER TO PREVIOUS PUZZLE
- ACROSS
- 1 Gopher's call
 - 5 Horoback game
 - 9 Defeat a bid in cards
 - 12 Class of vertebrates
 - 13 Over (Ger.)
 - 14 Dutch only
 - 15 Peewee
 - 17 Low heart
 - 18 Heraldic
 - 19 Era
 - 21 Spangled
 - 24 Rot by exposure
 - 25 Paid notes
 - 27 Units of weight
 - 29 Cumber plant
 - 32 Meal
 - 34 Football squad
 - 36 Egg dish
- DOWN
- 1 Gambling game
 - 2 Above commune
 - 3 Fisherman's gidgee
 - 4 Serts
 - 5 American writer
 - 6 High name
 - 7 Ogie
 - 8 Command
 - 9 Oriental guitar
 - 11 Minister to
 - 16 African fly
 - 20 Stipag
 - 24 In a line
 - 25 Greek
 - 28 Fastest
 - 28 Fight
 - 30 Hawaiian
 - 31 Drafted (her)
 - 32 Pilgrim father
 - 33 Endured
 - 34 Temper, as steel
 - 35 Oriental guitar
 - 36 Macintosh
 - 40 Not closed
 - 41 Not closed
 - 42 Not closed
 - 43 Shield bearing
 - 44 Not closed
 - 45 Not closed
 - 46 Not closed
 - 47 Not closed
 - 48 Not closed
 - 49 Not closed
 - 50 Not closed
 - 51 Not closed
 - 52 Not closed
 - 53 Not closed
 - 54 Not closed
 - 55 Not closed
 - 56 Not closed
 - 57 Not closed
 - 58 Not closed
 - 59 Not closed
 - 60 Not closed
 - 61 Not closed

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		

HOROSCOPE

By BERNICE BEDE OSO!

For Friday, May 14, 1976

ARIES (March 21-April 19) Take time to talk things out with someone in a situation that affects both of you. You'll achieve a meeting of the minds.

Taurus (April 20-May 20) If an adjustment is due you on a transaction, bring it to the attention of the person you deal with. If he's reputable, he'll make it right.

GEMINI (May 21-June 20) Feel free to alter your course if you find a better way to accomplish your purpose today, even if it differs from your original plan.

CANCER (June 21-July 22) Don't let little mistakes bug you today. You're an effective worker. Any minor problems can easily be rectified.

LEO (July 23-Aug. 22) A friend may talk too loosely today. Others may hide him for his naivete. You can do him a service by being on hand to help him untangle his tongue.

VIRGO (Aug. 23-Sept. 22) You may initially try to do things today to seek public approval. Later, however, you'll realize there's more benefit in quiet activity.

LIBRA (Sept. 23-Oct. 23) The advice of a well-meaning friend should not deter you from following your instincts in a

matter you're better equipped to evaluate.

SCORPIO (Oct. 23-Nov. 22) When buying or selling today, you'll have the better business acumen. Don't let anyone out of you from the driver's seat.

SAGITTARIUS (Nov. 23-Dec. 21) Misinformation maligning a person you're fond of will be handed about today. You can set the record straight without offending anyone.

CAPRICORN (Dec. 22-Jan. 19) Do not depend on promises made to you today. There's really very little you can't accomplish by yourself, given the inclination.

AQUARIUS (Jan. 20-Feb. 19) It may appear that a friend is not receptive to your approaches today. Don't let it faze you — that person has other pressing problems.

PISCES (Feb. 20-March 20) Quality is a trait that is not to be compromised. Quantity is never a substitute. Recall this when weighing decisions today.

YOUR BIRTHDAY

May 14, 1976

Although you may feel highly independent this coming year, much of what you can do depends upon others. Be alert for opportunities that occur in a unique way.

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

club. West follows to all three, clubs and produces the six and jack of diamonds when you cash your ace and king of that suit.

At this point in time you have a cinch play for your contract provided that West has at least five spades to the ace for his vulnerable overcall.

Just play your king of spades. West takes his ace. If he continues with the queen of spades he will collect three spades and then give you a ruff and discard. If he leads a low spade to his partner's jack, East will cash a diamond and give you that needed ruff and discard.

ASK THE JACOBSYS

Here is another question about honors in rubber bridge. Some people insist that they must be claimed before the first trick is played to.

The answer is that it is unnecessary for declarer to claim them until the hand is over and both improper and unnecessary for a defender to claim them early.

(For a copy of JACOBY MODERN, send \$1 to "Win at Bridge," c/o the successful club finese (the little bit of luck), cash dummy's ace of clubs and ruff a

West North East South

1 ♠ 2 ♥ Pass 4 ♥
Pass Pass Pass
Opening 8-9 - 10 ♠

Isometrics Hike Blood Pressure

DEAR DR. LAMB — I have heard that one can build up his muscles by doing isometric exercises only a few minutes a day. Is this true? I would like to increase the strength in my arms and shoulders particularly, and if I could do this with just a few, simple isometric exercises it would certainly be great. Would you explain a little bit about how important isometric exercises are and how one can use them to build up the strength and size of the muscles?

DEAR READER — An isometric exercise refers to contracting the muscle without changing its shape or length. A good example would be if you tensed your arm firmly so all the muscles in your arm are contracted even though you didn't move the arm or any part of it.

When you are tensing the muscles really the different muscle groups are contracting against each other. The biceps of the upper arm that tends to bend the elbow is contracting against the triceps, the muscle on the opposite side of the back of the arm which straightens the elbow. These two opposing muscles then are really contracting against each other with equal force and holding the elbow in a steady position. You can do this with almost any opposing sets of muscles in the body. You can tighten the leg muscles, arm muscles, hand muscles and in all of these instances the muscle will gain some strength with the procedure.

Some of the claims for the effectiveness of isometric exercises have been grossly exaggerated. Don't expect to build a Mr. America body with a few isometric exercises a week.

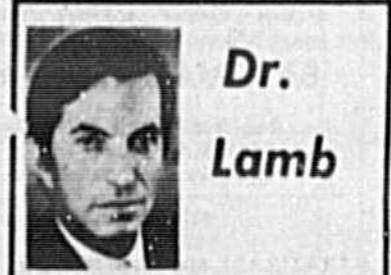
One of the biggest disadvantages of isometric exercises, particularly for middle-aged and older people, is their effect on the heart and circulation. While the muscle is tense or contracted it prevents the flow of blood through that muscle. This in turn induces sharp rises in the blood pressure and in some susceptible people triggers off extra beats of the heart which may not always be desirable. Once a muscle is relaxed, of course, there is a sudden rush of blood into the muscle.

Isometric exercises with the arm, for example, held in one position will not develop a smooth, even, well-developed muscle. It may end up being bumpy it will be strengthened only in those fibers that apply leverage against one point of attachment to the bony skeleton.

The blood pressure may increase as much as 120 points from a single isometric contraction. For this reason I would prefer that anyone who wants to use isometric exercises have a medical evaluation first.

I'd like to point out that isometric exercises are not the same as weight lifting. In moving weights you move them through distance. This changes the shape of the muscles as it shortens and lengthens and is an isotonic exercise.

I am all for your idea to develop your muscles and gain strength. This will help you with your posture which may in turn if done properly, help prevent backaches. It will help improve the function of your lungs and general health. But I believe you need a more balanced program. For more information about the use of isometric and isotonic exercises send 50 cents for The Health Letter, number 1-10, Exercise, Posture, Strength. Send a long, stamped, self-addressed envelope for mailing. Address your letter to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York, N.Y., 10019.



Dr. Lamb

SIDE GLANCES



SIDE GLANCES by Gill Fox

DOONESBURY



DOONESBURY by Garry Trudeau



HOME and GARDEN 1976

Check these pages for the newest tips in Home Decor, Gardening and Home Improvements

Time for SPRING GARDENING

ACCESSORIES

We also have a wide selection of garden and landscape accessories for that "professional look". Stepping stones, decorative fencing and trim, you'll find them at Seminole Garden Center.

FERTILIZERS

If you need fertilizers, weed killers, trees, the places to find them is here! We feature Sunland Fertilizers, Scotts Turf Builder, and Scotts Weed and Feed to promote good health to your lawn. We also have spreaders to make your job easy.

PRICE SALE 1/2 ON SCOTT'S LAWN DISEASE PRODUCTS FERTILIZER NOT INCLUDED

OPEN 7 DAYS

QUEEN OF THE GARDEN

New shipments of beautiful Nelson's Florida Roses arrive weekly. They are locally grown for Central Fla. Gardens. Many colors and varieties available from \$3.95 to \$5.45.

TREES & SHRUBS

Wouldn't a tree add that "special accent" to your landscape? You'll find whatever you need at Seminole Garden Center.

- Flowering Trees
- Fruit Trees
- Shade Trees
- Flowering Shrubs
- Low-growing Shrubs
- and much, much more!

"Your Complete One-Stop Garden Center"

SEMINOLE GARDEN CENTER

Seminole Garden Center

HWY. 17 & 92 • LONGWOOD • North of 434
HOURS: 9 to 5:30 DAILY
Monday-Daturnes

SANFORD INSURANCE, INC.
DONALD E. MERRIFIELD
President
ALL FORMS OF INSURANCE
322-6690

110 E. 23th St.
SANFORD

The McKibbin Agency
"Insure With Confidence"
114 N. Park Ave.
322-0331

ALSTATE INS. CO.
JOHN HAMILTON
Senior Account Agent
Allstate
THE ALSTATE BUILDING
1201 E. SEMINOLE BLVD.
CORNER CANTON ST. SANFORD, FLORIDA 32707
OFFICE 678-1114 HOME 322-8840

hogen
LAWN RENOVATION
FREE ESTIMATE
CALL 843-3114
FREE WEED EATER
WITH PURCHASE OF FULLY AUTOMATIC SPRINKLER SYSTEM OVER 5,000 SQ. FT.

DESIGN & CONSTRUCTION SERVICE
TORO
800-1-TORO-1818

True Value
22" ROTARY MOWER
9788

Powerful 3½-hp engine with easy lift starter, handle mounted throttle control, fully baffled deck. Lifts by ground. Flip position wheel allows for mowing on rough or uneven terrain, folding handle.

See Our Complete Line Of Mowers
True Value Lawn Mowers
1730 W. 7th St., Ft. Smith, Mo. 65506
Ph. 322-0500

HOME APPLIANCE CENTER
1700 West First St. Phone 322-3883 Sanford

Special Fridgidaire Week
This week only **\$558**
Up to \$30 value at no cost to you!

Special Fridgidaire Week
This week only **\$488**

- New elegant, functional design
- Flexible 18-lb capacity
- Kwik Permanent Fresh Regular wash cycles
- Kwik Water Level selector
- Kwik Wash and Spin cycles
- Drier Fabricer and Drier
- Gentle Flaming Heat drying action

• Continuous-heating back and side oven panels

- Cook with minute timer on console
- Full-width storage drawer
- Self-cleaning oven
- Continuous-cleaning oven!

Lowest-price Fridgidaire Range with continuous-cleaning oven!
\$298

- 17½-cu-ft total refrigerated volume
- 7½-cu-ft freezer compartment
- 5-cu-ft vegetable crisper
- 12½-cu-ft freezer compartment shelves
- 12-cu-ft freezer compartment shelves
- Kwik Vegetable Hydrators
- Kwik Vegetable Maker available at extra charge
- Meat Tender

The things you love most dearly in life need insurance

Things you love most dearly in life need insurance. Yourself, your family, your home and your cherished possessions all need security for today and for the future. The things you have so hard to acquire could be taken away from you if you are not adequately insured. We're never too busy to answer any questions. After all, that's what we're here for...for you.

Come see us anytime we can be of service...

Cal Today For Quotes On Home, Auto And General Insurance
322-0285 • 831-9774

TONY RUSSI
217 S. French Ave.
INSURANCE AGENCY
831-9774

Gardening Easier With Newest Aids

Gardening for home gardeners is easier now than ever before. Scientific research and new cultural methods have resulted in numerous new aids for the home gardener. These aids range from plant production techniques to soil care and fertilizer use. They also include aids for pest control and disease prevention. The aids are designed to make gardening easier and more enjoyable. They are available at most garden centers and nurseries. For more information, contact your local garden center or nursery.

National Frigidare Week
Limited time offer! Special models filled with special value!

Home Improvement Products. Certain Frigidare Week. Limited time offer! Special models filled with special value!

New Decorating Ideas For Windows And Doors

More and more families are making interior improvements. The home is a great place to express your individuality and create a warm and inviting atmosphere. One of the most important areas to decorate is the windows and doors. There are many new decorating ideas for windows and doors that can make a big difference in the look of your home. From new window treatments to decorative doors, there are many options to choose from. Contact your local home improvement store for more information.

Looking for a home? Look to "Home" In The Sunday Herald

mal, elegant powder room... a bright and joyous bathroom... there is a woman wood decorative impact to the pattern and weave to meet your requirements.

Home Improvements Take Bicentennial Turn

Long an advocate of home improvement, Sharon Kay Ritchie, director of the Bicentennial Restoration Program, says that the country's Bicentennial is providing a unique opportunity for home improvement. She notes that many homeowners are taking advantage of the program to improve their homes and celebrate the nation's 200th birthday.

Senkarik GLASS & PAINT CO.
210 MAGNOLIA BANK AMERICA RD. SANFORD, FLORIDA 32707
PH. 322-4873 MASTER CHARGE

Quality Paints Formulated for Florida Climate. Select from over 300 moldings. Member of the Florida Paint & Wall Paper Association.

ART SUPPLIES & ACCESSORIES
Acrylics and Oils with Permanent Pigments.

PAINT & WALL PAPER
Your Favorite Easter & Mother's Day PICTURES & PORTRAITS CUSTOM FRAMED

GLASS FOR EVERY PURPOSE
Sanford Glass & Paint Co.

AL PORZIG PLUMBING
705 S. French Ave. Sanford, FL 32707
PH. 322-3170

- NEW CONSTRUCTION
- REPAIRS • ALTERATIONS
- CUSTOM WORK
- Water Heaters • Fixtures

Deal with a company with a reputation for quality work, and honesty in all transactions.

Home Improvements A Family Affair

adhesives for paneling also available from the wood and gypsum manufacturers. They also provide instructions and decorating ideas are available from the manufacturers. They also provide instructions and decorating ideas are available from the manufacturers.

Men, Women, Children Included

Statistics from the U.S. Department of Commerce show that the home improvement market is growing. Men, women, and children are all participating in home improvement projects. This indicates that home improvement is becoming a family affair.

Mouldings Highlight Remodeling Efforts

It looks harmless enough in the store. But once you get it home the slightest touch of a saw results in cracking. Add the problems of staining, and you've got the do-it-yourselfer's biggest headache.

Guide Available For Homemakers

What do all the plumbing diagrams mean? This guide is just one of the many informative books available from the National Home Improvement Institute. The guide provides step-by-step instructions for various home improvement projects.

Home Improvements Take Bicentennial Turn

The Bicentennial Restoration Program is providing a unique opportunity for home improvement. Homeowners are taking advantage of the program to improve their homes and celebrate the nation's 200th birthday.

Home Improvements Take Bicentennial Turn

The Bicentennial Restoration Program is providing a unique opportunity for home improvement. Homeowners are taking advantage of the program to improve their homes and celebrate the nation's 200th birthday.

Home Improvements Take Bicentennial Turn

The Bicentennial Restoration Program is providing a unique opportunity for home improvement. Homeowners are taking advantage of the program to improve their homes and celebrate the nation's 200th birthday.

Home Improvements Take Bicentennial Turn

The Bicentennial Restoration Program is providing a unique opportunity for home improvement. Homeowners are taking advantage of the program to improve their homes and celebrate the nation's 200th birthday.

