Ceremonies scheduled for graduation daze

On June 8, nearly 1,000 students will graduate from Federal Way's three high schools. The ceremonies will be held at the Federal Way High School stadium on Decatur Fieldhouse. The event will be open to the public.

The Pierce and King County Parks have left open the area to be used by the public at low fee. The area, now considered low-income, does not qualify for federal funding needed for at least one park or pool.

Consequently, area residents must drive many miles to take advantage of cultural, sports, or educational classes for themselves and for their children. The gas crisis is becoming a real problem, said Ms. Peterson, mother of two children, eight and nine, who are in the Decatur Area.

The area focus, she said, is low-income neighborhoods. There are churches and schools that are not to be used for social rooms or schools, said Ms. Peterson. "We need to alternate schools and recreational services for their use impractical. Church services are the area focus. We pay city taxes and we have not been getting any help from the city."
Editorials

Times are tough, grad, but they could be worse

A friend of mine in college once said, "Life is like a box of chocolates, you never know what you're gonna get." And sometimes, that's just the way it is. We all have our ups and downs, and it's important to remember that even during tough times, there are always moments to be grateful for.

We often hear about the challenges faced by recent graduates, from finding jobs to paying off student loans. And while it's true that the job market can be tough for many new graduates, there are also stories of success and resilience. One such story is that of Sarah, who graduated from college with a degree in psychology. She faced numerous obstacles in her search for a job, but she didn't give up. She continued to apply to positions and attend networking events. And eventually, she landed a position at a local mental health clinic.

Sarah's story is a reminder that even in the toughest of times, there is always hope. And while it may not be easy, it's important to keep moving forward and not give up on our dreams.

The key to surviving tough times is to remember to take care of ourselves. Exercise, eat well, and get enough rest. And don't be afraid to ask for help when you need it. Whether it's talking to a friend, a family member, or a professional, there is no shame in seeking support.

So, to all the recent graduates out there, remember that you are not alone. There are people who care about you and who believe in you. And even though the road may be tough, you will get through it. Keep moving forward, and you will find your way.
Never in modern times had a major league professional sports team brought a championship to Seattle. Never, that is, until the Seattle SuperSonics toppled the Washington Bullets to claim the National Basketball Association world title.

The Sonics, the premier defensive team in basketball, now have something altogether new to defend: the NBA championship trophy. Some 30,000 fans, including hundreds from the Federal Way-Des Moines-Burien area were on hand at Sea-Tac Airport Saturday to see the trophy and greet Lenny Wilkens and his happy heroes as they disembarked in triumph.

When Wilkens poked his head out of the plane and began the walk down the steps, hardware in hand, the decibel level of the already cacophonous crowd increased.

As the players emerged from the plane, the celebration grew in intensity. Yells were led by makeshift cheerleaders, new dances were invented on the spot and baldly, that which was not drunk immediately after the sweet victory, was uncorked and spilled freely.

It was a day to savor.

photos by Roy Musitelli
Police auction 800 household items

by Carolyn Lapon

When police nabbed a Federal Way thief Wednesday, looking for items of a Federal Way hardware store, with a multitude of the goods and a stolen truck stuffed with all kinds of materials, it was the start of a big cleanup of new and hot stuff.

That loot, almost 800 pieces, will be up for auction on or before 9 a.m. at the south end of the King County Courthouse, Third Avenue and James Street.

Saw horses, tools, power lawn mowers, power tools, generator openers, lumber, tools, ceiling fans, shelving, and more were among the items seized. The theft is believed to have occurred at a Federal Way department store.

Items may be viewed at 9 a.m. from 8 a.m. until 9 p.m. The only credit cards accepted will be MasterCard and Visa.

Robert Voiles will return to property lost to a South King County theft and fencing operation, according to George O'Peland of the county police department.

Mercy other victims were unknown.

Robert Copeland

Robert Copeland, 54, of 418 15th St. S.E. in Federal Way, was identified by Police Chief John Van Evera as a suspect in the theft.

Mr. Copeland was a member of Longview Christian Church and Organizer and General Manager of the Sea-Watch Association. He and his wife, Angela, operate a motel in Castle Rock.

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He is survived by his wife, who has been married to him since 20 years ago in February, and their two children.

Local student places third

Debra Butterman, a senior at Sunny High School, recently received third place award in the junior category of the second annual Olympic Scholar Awards.

The program, sponsored by KIRO TV and ABC Radio Network, recognized high school students for high academic achievement, leadership and citizenship throughout their high school years.

More than 600 students were nominated in the competition, 194 and an engraved medalist are the "Olympic Scholars." Mr. Butterman, who will major in engineering at the University of Washington, was preceded by other victims who were unlocated.

Obituaries

Robert Copeland

Robert Copeland, a grandson, Joel Robert, 5, of Federal Way; two granddaughters, Herbert of Longview and Jack of Clatskanie, Ore., and one brother, aged 30, Sybil Sutherland of Clatskanie, Steven Jolmes and Barbara Bruner, both of Longview.

Services were held May 31 in Longview Christian Church. Burial was in the Midway cemetery.

The contest will close on Friday, June 29. The winner will be announced on Saturday, June 30 at 11 a.m. You need not be present to win.

The Bank Federal Way Built—is Building Federal Way!

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Community hearings receive high marks
downstairs," he said. Unlike courthouse hearings held during working hours, court-based hearings begin at 2 p.m.

"It's nice to have the morning off and work later," Martin said. He objected to evening hearings, as an echo that never cleared the county council.

The Kent hearing marked another first. A new zoning examiner, Alan O'Connor, heard the Lakehavens Sewer District. If the project succeeds, the county can fund more community centers. The county council allocated $11,489 for this pilot project. County Examiner Bruce Lorange's request for $22,000 for a full-fledged community program was turned down.

Bike laws similar to those for motorists
by Carolyn Logan
King County is a land of community land-use hearings was hailed as most participants as a successful report. Hearings are normally held in downtown courthouses.

"We love 'em," said Mel Forsman, Its is more convenient," said developer Gerald Feigh, because he lives in West Seattle, some 10-12 minutes from the courthouse.

Driving to Kent consumed about 17 minutes, he found.

Another drawback is loss of productivity for balancing, according to Marbett.

"This creates a lot of dead time. The staff could be more productive in the courthouse," he said. Dead time is created because various planners are assigned to different cases. A planner may be totally in one case, then off totally in the third case, then totally in another, over which he would have dead time.

Yet, all the cases are 9 a.m. in a county court. Flurries of trips aren't taken primarily because of the county's mandate to save energy. According to Marbett, County staffers opt for a county car, rather than take private vehicles, he explained.

"However, the price can't be beat for facilities: Free hearing space, we would like it (community hearings) to become common. They would like it (community hearings) to become common.

Host families needed for students
The Pacific American Institute is sponsoring the visits from the Seattle area students in the afternoon.

The Kent hearing marked another first. A new zoning examiner, Alan O'Connor, heard the Lakehavens Sewer District. If the project succeeds, the county can fund more community centers.
Crime report:

Many incidents keep cops busy during the period, two of them involving food items. Furniture worth some $800 was stolen from the recreation room of an apartment complex on 31st Place South sometime between Friday and Saturday, while clothing and furniture worth $2,000 was stolen from a 14th Place South residence. Five teenagers were cited on charges of illegally possessing and drinking alcohol beverages during the period.

Have a crabby Sunday at Des Moines Marina. (Our all-you-can-eat Sunday Crabble is served with a smile, July 1979)
The Chelsea Community Church will feature its own "Sound of Music" program at 6 p.m. at 632 S. 304th St. tomorrow. The program,orrowing the name of the stage and film production, will feature the Chelsea Community Church choir, soloists, and other musicians performing songs and instrumental numbers beginning at 6 p.m. at 602 S. 304th St. tomorrow.

Dr. Harry Lawson is director of the church's music department.

Local woman signs with theatre group

Deborah Leitner of Federal Way has signed with the Omega Sii, male, female, and children's theatre group tonight.

The program, tomorrow night at 6:30 at Sii, male, female, and children's theatre group, will feature the Federal Way Masonic Temple. Presiding will be Worthy Patron Tom Worthy Tom. Ms. Leitner will be Worthy Matron Debra Worthy Matron Debra Musgrave and Marty Brubaker.

Refreshments will be served after the ceremony.

She is the daughter of Mr. and Mrs. Harvey. Harvey has delivered the NEWS for almost two years and has never received a complaint from his subscribers. For his achievement, Harvey received two tickets to a Mariners Game and a certificate for his achievement.

Omega meets today

Omega Chapter No. 59 will honor con­ductress Doris Musgrave and Marty Brubaker at their Broth­erhood meeting today at the United Masonic Building. Refreshments will be served after the Temple. Presiding meeting.

April carrier

BRYAN HARVEY, a 14-year-old ninth grader of Lakeside Junior High, recently was named NEWS carrier of the month for April. Harvey has delivered the NEWS for almost two years and has never received a complaint from his subscribers. For his achievement, Harvey received two tickets to a Mariners Game and a certificate for his achievement.

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This scene from Noel Coward's "Hay Fever" features Inga Douglas and Dennis Percy. Coward comedy hailed by drama critics as one of writer's best of the 1920s, the theatrical English comedies, will open a 12-day run next month to begin rehearsal for William Shakespeare's "Midsummer Night's Dream." Two more professionals will be brought to HCC later this season, working experience for HCC's student actors forming now. The comedy is the first in a series of plays to be presented this summer in the Griffin Dinner Theatre. Tickets and information are available by calling the Griffin Theatre at 588-1386.
It's the easiest thing in the world. Anybody, no matter what age can learn to do it, they said.

Sure, if you've got four hands, a catcher's mitt and a pooper scooper to scoop up the small rubber balls was the first dubious reaction.

They call it juggling, one of the most intriguing sports (hobbies) now catching on in Federal Way.

Two teen-aged teachers were recently at the Federal Way Library to show the 40 people how it works.

Initially, it's a matter of throwing one ball in the air with a catch, scoop, toss action. Add another ball, then another and you've got it made. One-two-three, stop, shouted one instructor. "Count out loud, it helps."

Soon the room full of people were juggling it and enjoying it through a few bad strange ways of showing it. They scratched up their mouths, squinted their eyes, and clenched their teeth, but they learned.

"This is great."

"Try one more if you think it's so easy," yelled his older brother chasing a ball.

"I got one in the air says Bob Mighell."

"I caught that one, said Steve Kauer.

"I got mine and I'm not letting go is in Phillip Done's mind."

I got one in the air says Bob Mighell

There's a look of concentration in Ken Faler's eyes.

Instructor Sue Hunt shows the group how to juggle.

No problem, I caught that one, said Steve Kauer.
Moreen Pike married in Eatonville

In a double-ring ceremony in the home of the bride’s aunt and uncle, Moreen Diefendorf of SeaTac and Mr. and Mrs. Richard F. Asila, former Federal Way residents now living in Gresham, Ore., were married in a Christmas Eve ceremony in All Saints Episcopal Church in Tacoma. The bride, who is a graduate of Federal High School, was married to Keith F. Asila of Vancouver, B.C. daughter of Mr. and Mrs. Fred Asila of Sumas, Wash., and married in May ceremonies at the church undercroft and the newlyweds followed the ceremony with a small lace crown, and red roses and red astilbes and baby’s breath tied with white ribbon streamers.

As best man of honor, Moreen Diefendorf’s brother wore a blue chiffon over taffeta, blue trim and seed pearls. For “something old,” she wore a gold and ruby lavaliere that was given to her grandmother by her great-grandfather. Her bouquet of roses and baby’s breath tied with white ribbon streamers.

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The bride’s bridal bouquet was a single long-stemmed white rose trimmed with white carnations and white astilbes. The bride’s bridal bouquet was a single long-stemmed white rose trimmed with white carnations and white astilbes.

The bride and groom were married on a white background and ended the ceremony with a white flower arrangement.

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Bethany Methodist Church in Tacoma was the setting for the marriage of Pamela L. Odegard, daughter of Mr. and Mrs. Stephen H. Odegard of 3842 S.W. 160th Place, Federal Way, and Dennis Burkhead of 4421 S.W. 16th Place, Federal Way. The bride and groom were married in a Christmas Eve ceremony in All Saints Episcopal Church in Tacoma. The bride, who is a graduate of Federal High School, was married to Dennis Burkhead of 4421 S.W. 16th Place, Federal Way.

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Alpha Upsilon chapter of Kappa Sigma Alpha, Dianne Ray, left, news report assistant, and Grace Deen, a past president, display some of the "silver ware" the chapter brought back from the ESA convention.

Alpha Upsilon chapter of Kappa Sigma Alpha, local chapter of the Sigma Alpha International sorority, was awarded the Most Outstanding Chapter of Epsilon Sigma Alpha at the Red Lion Motor Inn.

The Sigma Alpha International convention was held during the recent ESA awards lunch held on Wednesday and Thursday, with the banquet on Friday.

PLU hosted cheerleader conference

The Women's Information, Resource and Employment Service at the downtown YMCA offers a centralized source of job information. It is a referral system for individuals seeking employment in the Seattle-King County area.

A job bank is available for clients with current job opening listed. The service offers information on apprentice-ship programs and job opportunities.

The office is open from 9:00 a.m. to 4:30 p.m. Monday through Friday at the YMCA on Fourth Street. Appointments are encouraged, and a $3 donation is requested. For more information, call 447-4862.

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Come to Elvin's "Daddy Centers" and see the fabulous selection of gift items for your Dad. There is something for every taste, every price range. Hurry now! Have your gift wrapped in our special Daddy's Day style.

Father's Day is Sunday, June 17th

**DADDY T-SHIRTS**
Every Dad will love his very own tee shirt that shows everyone that he's your Dad. Select it blue, gold or yellow in men's sizes. S, M, L... $6.00

**DADDY BATH SHEETS**
He'll love this gift bowed after his bath and at the beach. Your choice of beige or yellow with Daddy screen printed in a contrasting color. $17.00

**BRITTANIA® NEW NARROWER TIES**
These narrower ties are coming back and we hope these handmade polyester ties by Brittania in neat prints, smart stripes and solid colors will be a hit. $6.00-10.00

**MUGS FOR DAD**
Every Dad will love his very own mug this Father's Day. $2.50
Moustache Dad mugs... $3.00

**PIERRE CARDIN® TIE RACK**
Handsome black and gold rack has room for fourteen ties. A great gift for Dads who have a lot of ties. By Swank... $8.50

**SIX PACK OF SOCKS**
Fun! Keepers' designed this sox pak for special Father's Day gifting. Basic dark colors in orlon/nylon blend... $10.00

**LEATHER SLIPPERS**
Luxurious moccasin toe style slippers in maple color leather uppers and soft man-made sole. Sizes 7 1/2 to 12... $18.95

**MUSTACHE BOXED CARE KIT**
Great gift suggestion for your Dad if he has a moustache! Comb/brush kit... $2.75
Comb/brush/wax kit... $4.00

**PIERRE CARDIN® BELT**
Every Dad will love his very own genuine leather belt for Father this year. Your choice of black, brown or tan in sizes 30-40... $12.00-15.00

**THIRST AID PITCHER AND GLASSES SETS**
Unique glasses for serving thirst quenchers. A humorous gin for Dad. Pitcher... $17.00
Set of six glasses... $16.00

**JOGGERS CARE KIT**
Gift boxed for your Dad. This unique body care kit contains joggers, moisturizer 4 oz., foot balm 2 oz., and nicotine tag... $6.00

**JOHN HENRY® TAPERED DRESS SHIRT**
Rich solid color, classic stripes and head bands poly/cotton dress shirts with gently tapered fit and long collar... $14.50... $15.50

**MUNSINGWEAR® KNIT GOLF SHIRTS**
The most popular poly/cotton blend knit shirts from Munsingwear. Choose his favorite color in natural, maize, light blue or navy blue... $13.00-14.00

**EVANS® LEATHER SLIPPERS**
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A distinctive fragrance for your Dad. Several hits with several items from this exceptional line. Cologne... $8.00
Soap on a rope... $6.00
Travel set... $10.50

**UNIQUE HOSPITAL BOOZE BOTTLE**
A conversation piece for your home bar. Serve his favorite drink from these bottles designed for laughs. Single bottle... $15.00
Triple bottle set... $50.00

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Save this week on perfect gift ideas with our FIGHT SALE special savings...

FATHER’S DAY, JUNE 17th

MENS

SAVE 12.60
CHEMISE® SUMMER NYLON PRINT SHIRTS

9.90
REG. 20.00-22.50
Easy care, wrinkle free nylon shirts for summer in your choice of long and short sleeve styles. Handsome color combinations in geometric prints. Shirts are cut for the mature man in sizes S.M.L.X.L.

MENS

SAVE UP TO 9.10
ROLF’S WALLETs

5.90
REG. 9.00-11.00
Super gifts for Father’s Day. Genuine leather wallets in all sizes and colors, now on sale. Select pocket secretaries, tri folds and b-folds.

MENS

SAVE 6.80
EXCELLENCE® CONTEMPORARY DRESS SHIRTS

17.90
REG. 22.40
Handsome European tailored fit poly/cotton dress shirts in new fashion colors. Superior styling with long sleeves and patterned fabrics. Sizes 14½-16½.

MENS

SAVE UP TO 9.10
HIMALAYA® CONTEMPORARY SHIRTS

10.90
REG. 15.00-16.00

MENS

SAVE 5.10
PIERRE CARDIN® TERRY SHIRTS

9.90
REG. 15.00
Great looking, well styled knit and terry short sleeve shirts. Cool and comfortable poly/cotton blend in great colors. S,M,L,X.L.

MENS

SAVE 6.60
EXCELLENCE® SHORT SLEEVE, TAILORED KNIT SHIRTS

9.90
REG. 15.00-16.00
Smartly detailed short sleeve polyester knit shirts in summer stripes and solid colors with contrast piping. Sizes S,M.L.X.L.

MENS

SAVE 7.10
EXCELLENCE® CONTEMPORARY DRESS SHIRTS

17.90
REG. 22.40
Handsome European tailored fit poly/cotton dress shirts in new fashion colors. Superior styling with long sleeves and patterned fabrics. Sizes 14½-16½.

MENS

SAVE 17.00
EXCELLENCE® CONTEMPORARY DRESS SHIRTS

24.90
REG. 30.00
Handsome European tailored fit poly/cotton dress shirts in new fashion colors. Superior styling with long sleeves and patterned fabrics. Sizes 14½-16½.

MENS

SAVE 14.00
PACIFIC TRAIL LIGHTWEIGHT JACKETS

30% OFF
REG. 35.00-48.00
Great gift ideas for Dad on his day. Give him his favorite of these three super spring styles...terry lined nylon jacket, nylon lined poplin jacket, and the always popular nylon back packer jacket with hood. Good colors in sizes S,M.L.X.L.

MENS

SAVE 1.00
MARGARITAVILLE® FATHER’S DAY FIX-ON JACKETS

19.90
REG. 20.00
Super Father’s Day suggestion! Fashion active wear from Pierre Cardin.

MENS

SAVE 2.60
LAGUNA® SWIMWEAR

5.90
REG. 8.50
Hit the beach in classic, volleyball styled swimwear. Poly/cotton blend in solid colors with contrast color piping. S,M,L,X.L.

MENS

SAVE 14.90
McGREGOR® & GLEN OAKS® DRESS SLACKS

14.90
REG. 21.00-22.50
Texturized polyester gabardine and polyester/orlon blend flannel slacks. Great comfort and fashion. Clean lines, splendid fabric, easy-care, machine wash. Navy, tan, black, grey, brown or taupes in sizes 32 to 42 waists.

MENS

SAVE UP TO 10.50
Catalina® SHORTS, TOPS, WARM-UPS & JACKETS

30% OFF
REG. 9.50-35.00
Racquetball and tennis wear designed to meet the rigorous demands of active sports. Fast action styling in a variety of fabrics and colors.

MENS

SAVE 10.10
WIDE LEG FASHION JEANS

14.90
REG. 25.00
Great savings on todays most popular jean styles. Stretch your dollar...
storewide fashion attack on inflation... now through Tuesday, June 12.

JUNIORS
SAVE UP TO 17.10 COLEGETOWN® COORDINATES 1/3 OFF
REG. 17.00-49.00 NOW 10.90-31.90
Choose from exciting long and short sleeve jackets, vests, skirts, pants and blouses, plus knit tops in yellow or blue polyester and, a pretty poly/cotton blend in natural and peach. Super, machine washable go-togethers for summer or fall. Sizes S, M, L. Not all colors are available in each store.

JUNIORS
SAVE UP TO 6.10 LIBERTY BELL® JOGGING SUITS 15.90
REG. 20.00-42.00
Acrylic or nylon, 2-piece wear-in jogging suits, solid or stripe trim, Machine washable. Sizes 5, 5/6-6, 6/7-7, 7/8-9, 10-12. Limited quantity. Honey!

WOMEN
SAVE UP TO 19.10 PANTHER® COORDINATES 1/3 OFF
REG. 25.00-60.00 NOW 15.90-35.90
Choose from DHL, vests, skirts, pants, print tops and boucle short sleeve sweater in 100% polyester, machine washable. Peach and custard. Sizes 6-16. Not all colors and sizes available in each store.

JUNIORS
SAVE UP TO 8.10 WATER REPELLENT FLOAT COATS 20% OFF
REG. 39.00-60.00 NOW 30.90-31.90
Aqua Shem presents an easy care lightweight hooded float style with its own travel pouch in either a nylon or cire finish. Black, putty, silver. Sizes S, M, L. Limited items only.

WOMEN
SAVE UP TO 15.90 CLOVER® SANDALS 20% OFF
REG. 35.00-75.00 NOW 28.00-59.95
C smokey, braided and side button and toe side styles in 100% cotton shenning. Bright summer colors. Sizes 5-13. "Quantity limited to stock on hand.

JUNIORS
SAVE UP TO 19.10 MISSY® SHORT SLEEVE SWEATSHIRTS 20% OFF
REG. 38.00-50.00 NOW 30.90-31.90
Aqua Shem presents an easy care lightweight hooded float style with its own travel pouch in either a nylon or cire finish. Black, putty, silver. Sizes S, M, L. Limited items only.

WOMEN
SAVE UP TO 10.90 ACCESSORIES
Tie, band, scarf and other accessories. Not available at Willows.

JUNIORS
SAVE UP TO 10.90 RUSS® COORDINATES 1/3 OFF
REG. 17.00-31.00 NOW 10.90-19.90
Machine washable. Sizes 10-18, S, M, L.

WOMEN
SAVE UP TO 9.00 SPECIAL VALUES
DARNETTE® Select from embroidered detailing and side button and stripe trims. Machine washable. Sizes S, M, L.

JUNIORS
SAVE UP TO 8.10 SPACE LEGS® & CHEQUERS ENTIRE STOCK 20% OFF
REG. 40.00-42.00 NOW 32.00-34.00
Entire stock of new spring styles in casual or dress. Not available at Willows.

JUNIORS
SAVE UP TO 8.10 SPACE LEGS® ENTIRE STOCK 20% OFF
REG. 12.00-17.00 NOW 9.60-13.20
Choose from embroidered detailing and side button and stripe trims. Machine washable. Sizes S, M, L.

JUNIORS
SAVE UP TO 8.10 SALT WATER SANDALS 20% OFF
REG. 9.95-11.00 NOW 7.96-10.90
Choose from embroidered detailing and side button and stripe trims. Machine washable. Sizes S, M, L.

WOMEN
SAVE UP TO 8.10 SALT WATER SANDALS 20% OFF
REG. 15.90-21.00 NOW 12.70-20.60
Choose from embroidered detailing and side button and stripe trims. Machine washable. Sizes S, M, L.

JUNIORS
SAVE UP TO 8.10 JANSKIN® SHORT SLEEVE SWEATSHIRTS 20% OFF
REG. 32.00-40.00 NOW 25.60-32.00
Aqua Shem presents an easy care lightweight hooded float style with its own travel pouch in either a nylon or cire finish. Black, putty, silver. Sizes S, M, L. Limited items only.

WOMEN
SAVE UP TO 9.00 ACCESSORIES
Tie, band, scarf and other accessories. Not available at Willows.

JUNIORS
SAVE UP TO 8.10 BARE TRAP® SANDALS 20% OFF
REG. 20.00-44.00 NOW 16.00-35.20
Entire stock of new spring styles in casual or dress. Tan, brown, rust, black. Sizes 5-10. Not available at Willows.

JUNIORS
SAVE UP TO 10.90 BARE TRAP® SANDALS 20% OFF
REG. 39.00-60.00 NOW 30.90-31.90
Aqua Shem presents an easy care lightweight hooded float style with its own travel pouch in either a nylon or cire finish. Black, putty, silver. Sizes S, M, L. Limited items only.

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Couple wed in Seattle

June 8

McConnell, daughter of Mr. and Mrs. James E. McConnell of 3600 108th Ave. S.W., said he will leave for a 10-day trip to Japan to visit and check on their grandparents, whom they will visit this summer.

Students to attend science program

Jeff Kallman, both of Federal Way, and Joshua Endicott, both of Federal Way, will be attending a science program at the United States Science Academy in the Boston area.

Neither of the students have advanced plans for college, said the boys, but they said they would benefit. "It's really going to give us ideas about what we want to do," Endicott said.

The weekend before the wedding in Seattle, the schoolmen's parents will make their way to the wedding festivities.

Pink and white used as May wedding colors

Arrangements of pink and white flowers and colored roses consisted of the red-white and blue theme. The wedding of Jennifer Knowlton and James McLean was held at the Federal Way Community Church.

The bride wore a white tulle veil and carried a bouquet of white lilies and irises. The wedding ceremony was performed by the Reverend Dr. James M. McLean of the Federal Way Community Church.

James McLean is the son of Mr. and Mrs. James E. McLean of 4160 108th Ave. S.W., said he will leave for a 10-day trip to Japan to visit and check on their grandparents, whom they will visit this summer.

The bride is the daughter of Mr. and Mrs. James E. McLean of 3600 108th Ave. S.W.

Students plan trips to Japan

Four local high school students will spend their summer vacations touring new custom and familiar cities in Japan and Southeast Asia. Participating in the Federal Way School program are: Beth Richardson, of Federal Way High School; Sarah Johnson, of Federal Way High School; and David Taylor, of Federal Way High School.

The students will make their first home in Tokyo, where they will stay with host families.

Dino Johnson, son of Mr. and Mrs. Preston Johnson of 3000 108th Ave. S.W., is participating in the Federal Way School program.

The students have advanced plans for college, said the boys, but they said they would benefit. "It's really going to give us ideas about what we want to do," Endicott said.

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Helen Lupinski is a chapter Woman of the Year. The announcement was made at the chapter's May 3 meeting. Lupinski is a long-time member of the chapter and in addition to her credit classes at Highline, she is currently program chairman for her chapter.

Sears

Quantities and assortments are limited, so hurry in!

SURPLUS STORE

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Kite-making opens schedule for children:

Flowers Association will assist children and over in making their own kites. Children under 10 must be accompanied by and over 10 are free, but pre-registration is necessary. Call 828-4980.

Other programs this month include Japanese stories and games from 11 a.m. to noon.

Days 19 to 11:10 a.m. Tuesday, June 6, origami for children 10 and over is planned by Louise Paun. Appointments are necessary; call 824-2810. A complete listing of summer programs for children at the

——

Delta Rho has new officers

Delta Rho chapter of Epsilon Sigma Alpha has elected, from the left, Delores Wink, treasurer; Helen Neel, secretary; Leslie Reamsamen, vice-president; and Jane Crawford, president. The chapter will meet next Tuesday, June 6, at the home of Hazel Huling.

——

Births

Atkins

Billie Atkins of 539 32nd Ave. So., welcome their second child, a boy.

Renee weighed 6 pounds, 8 ounces son was bom to Mr. and Mrs. Wayne Atkins of 2221 S. 30th St. welcomed their first child, an 8-pound, 10 ounce son was bom to Mr. and Mrs. Billie Atkins of Kirkland.

Tollefsen

An 8-pound, 10-ounce son was bom to Mr. and Mrs. Oswald Tollefsen of 2221 S. 30th St. welcomed their first child May 22 in Tacoma General Hospital. The twins, Timothy Paul and Christopher P., each weighed 6 pounds, 1 ounce and is the sister of Sara, who is two years old.

——

Birches

Regina is the grandchild of Mr. and Mrs. Angelo Vacca of 1018 S. 198th Place.

They are the grandchildren of Mr. and Mrs. George Vacca of 1018 S. 198th Place.

Their third child was born May 18 in Eastside General Hospital. The twins, Timothy Paul and Christopher P., each weighed 6 pounds, 1 ounce and is the sister of Sara, who is two years old.

Their children are Mr. and Mrs. Edward Monaghan, Mr. and Mrs. William Monaghan, Mr. and Mrs. Joseph Ryan, first child of Phillip Monaghan.

——

For children at the library

The library is at 22815 24th Ave. S. and is free, but pre-registration is necessary. Call 828-4980.

Other programs this month include Japanese stories and games from 11 a.m. to noon.
Miss Swieso wed to Olympia man

Yellow gladillium and bronze pom poms, flanked by floral-trimmed candles, were used in Christ Lutheran Church in Federal Way for the recent wedding of Mrs. Blaine Swieso of Grants Pass, Ore., to Mr. Wayne Wright of Olympia.

The bride's lace gown was edged in matching lace, and she carried a bouquet of yellow roses. She also wore the broach and earrings that her parents brought back from Europe as a gift to celebrate her marriage. The bride, whose wedding reception was held at Des Moines Yacht Club, was attended by Jay Kapsandy as best man and John Mark Humphreys and David Smith at the reception was held at the Des Moines Yacht Club.

The Arrow of Light award, the highest award a Cub Scout can receive, was presented to Trey Anderson by Mr. Frank Rice. The award is given to a boy who displays outstanding characteristics.

The bride attended the May 22 meeting of Girl Scout Troop 307. All of the boys are members of Webelos Pack 307.

The luncheon was attended by Joan Torseth as troop leader, and June Filipich as consultant. The luncheon was held at the Des Moines Yacht Club.

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“I’m still got it. Let me observe it

“Conserving energy: that’s important. Because when you still got it, you should want to keep it. And to help you keep it, Puget Power is offering customers some free energy savers.

“One is a little gadget called a water restrictor. You put it in your showerhead to keep from getting into so much hot water.

“And if you have electric heat, you can get some free insulation gaskets to stop air leaks around your electric outlets. I’m getting some of those for myself! A man of my age can always use a couple of spare gaskets. A couple more outlets wouldn’t hurt, either.

“Anyway, ask Puget Power for your energy savers. There’s no charge. That’s an electric joke; hope you get a charge out of it.”

“We can’t honor its ‘queen’

A special feature of this month’s meeting of the Southwest Seattle Christian Women’s Club will be "Red Carpet” treatment for the club’s queen and her court.

The luncheon was scheduled at the Des Moines Yacht Club for June 11 with Mr. Frog Anderson as host. A complimentary nursery is at the Des Moines Yacht Club. A complete agenda of programs will be available at Riverstone Yacht Club, 2228 Military Road, beginning at 10:30 a.m. on June 11. June 12 is the date for the luncheon at the Des Moines Yacht Club.

The luncheon was attended by Jean Kapsandy as host, and John Mark Humphreys and David Smith as consultants. The luncheon was held at the Des Moines Yacht Club.

The luncheon was attended by Joan Torseth as troop leader, and June Filipich as consultant. The luncheon was held at the Des Moines Yacht Club.

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“One is a little gadget called a water restrictor. You put it in your showerhead to keep from getting into so much hot water.

“And if you have electric heat, you can get some free insulation gaskets to stop air leaks around your electric outlets. I’m getting some of those for myself! A man of my age can always use a couple of spare gaskets. A couple more outlets wouldn’t hurt, either.

“Anyway, ask Puget Power for your energy savers. There’s no charge. That’s an electric joke; hope you get a charge out of it.”

“We can’t honor its ‘queen’

A special feature of this month’s meeting of the Southwest Seattle Christian Women’s Club will be "Red Carpet” treatment for the club’s queen and her court.

The luncheon was scheduled at the Des Moines Yacht Club for June 11 with Mr. Frog Anderson as host. A complimentary nursery is at the Des Moines Yacht Club. A complete agenda of programs will be available at Riverstone Yacht Club, 2228 Military Road, beginning at 10:30 a.m. on June 11. June 12 is the date for the luncheon at the Des Moines Yacht Club.

The luncheon was attended by Jean Kapsandy as host, and John Mark Humphreys and David Smith as consultants. The luncheon was held at the Des Moines Yacht Club.

The luncheon was attended by Joan Torseth as troop leader, and June Filipich as consultant. The luncheon was held at the Des Moines Yacht Club.
High school sports '78-'79

High school sports year 1978-79 recently drew to a close. Each of the four local high schools — Mt. Rainier, Federal Way, Decatur and Jefferson — had team and individual-performance successes.

The Mt. Rainier girls' basketball team was the NPSL girls' basketball championship. Footballer Dennis Erickson and hoopster Cindy Breed were Player(s) of the Year in their respective sports.

Decatur's volleyball team, under the direction of first-year coach Kay Blocki, won a berth in the state AA tournament. Girl cross-country runner Kerry Johnson, only a frosh, trotted her way to the state AA meet.

Jefferson's soccer team took the SPSL title and placed fourth in state. The Raider basketball squad was the top SPSL AAA-class entry into the West Central Tournament and progressed to regionals.

Federal Way tied for the SPSL baseball title, a championship the Eagles have won or shared the past four years. The Federal Way girls won the SPSL cross-country and track titles. The Eagle girls have been undefeated in dual-meet action the past three seasons.

Many programs were under the direction of new coaches. The rookie skipper, who took over established programs, included Federal Way head football Doug Adkins and Mt. Rainier track coach Karl Cordes.

Gary Brines instructs his Eagles in a 57-41 hoop win over Jefferson.

Kathy Harris guides Federal Way's girls' volleyball team to third in the state tournament.

Tony Willis of Thomas Jefferson scores two in West Central basketball action.

Decatur rejoices after first SPSL win.
Basketball '79: Jefferson - Federal Way split spirited rivalry

Basketball season was kicked off with a high scoring凭借着 the Exceptional play of the Federal Way Eagles, the Eagles took on the Jefferson Raiders in a high-scoring game. The Eagles took the lead early and maintained it throughout the game, but the Raiders fought back to keep it close. The final score was Federal Way 57, Jefferson 41, with Jefferson ending their overall mark.

Jefferson, however, continued their winning streak with a 59-48 win over Federal Way. The Eagles got off to a strong start, but the Raiders fought back to take the lead with six seconds left. The final score was 57-41, with Federal Way earning its 10th straight win.

The Eagles took the lead at the buzzer, but the Raiders fought back to tie the game at 42-25 and, at that moment, a bag of four shoots broke loose, giving Jefferson a 42-41 lead. The final score was 57-41, with Jefferson taking over at 6-2-5, and, after the first half, the Eagles took the lead against Federal Way.

The Eagles took the lead at 46-25, and, at that moment, a bag of four shoots broke loose, giving Jefferson a 42-41 lead. The final score was 57-41, with Jefferson taking over at 6-2-5, and, after the first half, the Eagles took the lead against Federal Way.

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FW wrestling camp scheduled June 11

Jack McCulloch recently was voted Federal Way High School's Coach of the Year by the school's athletes.

McCulloch has been the Eagles' head coach for five winning seasons. He led the team's squad, which was dominated by sophomores and juniors, to a 1-1-1 record in the South Puget Sound League. Last spring, his hushers limited them in the state tournament.

McCulloch is an assistant football coach at Federal Way. After the first game of the season, he surprised resignation by head coach Wayne Price put McCulloch in charge of the grid program for the remainder of the season. He led the Eagles to a 2-3 record in the remaining eight outings.

Golf course

Bobbi Hoffman won the Foster Women's Golf Club spring tournament recently. This name was incorrectly spelled Hoffman in a recent issue.

The club is still encouraging interested women to join. For more information, please call 242-4362.

The club's next event will be a best-ball tournament later this month.

The summer camp for all boys, who will participate in competitive wrestling, will be held at Federal Way High, from 10 a.m. to 2 p.m. Hours June 10 to June 22 from 9 a.m. to 2 p.m. All boys, who will enter grades seven to 10 during the last nine weeks of the school year, are eligible.

The summer camp will provide individual instruction in all phases of competitive wrestling. Students will be placed in groups of size, according to ability, age and age. Instructions in basic motion, film, discussions and guest speakers will be featured.

Senior wrestlers from the Federal Way High team will assist the program.

From further information on the wrestling camp, phone Wayne Scharren, Federal Way. High head wrestling coach and camp director, at 839-0212 or 824-4286.

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2X4X1/2" PEG BOARD Great for the shop!

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The News
Wednesday, June 6, 1979

C-3

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The Decatur Gators had the finishing touch to post a 5-0 victory over the Sumner Spartans in Federal Way.

The game was the 1977 state championship game, and the Spartans were the defending state champions.

The Gators scored early in the game, and the Spartans were able to answer with a touchdown, but the Gators went on to score again in the second quarter, taking a 12-0 lead into halftime.

In the third quarter, the Spartans scored a touchdown to cut the lead to 12-7, but the Gators scored again in the fourth quarter to put the game out of reach, winning 19-7.

The Gators had a strong offense, but the defense was also impressive, holding the Spartans to just seven points.

The game was a huge upset for the Eagles, who had struggled all season, but were able to pull off the win with a strong performance in the final minutes of the game.

The Eagles' victory was a huge upset for the state championship game, and they went on to win the championship.

The next week, the Eagles faced off against the Federal Way High School Spartans, who were ranked as the state's number one team.

The Eagles were able to hold their own against the Spartans, and even scored a touchdown in the first quarter to take a 7-0 lead.

However, the Spartans were able to rally back, scoring touchdowns in the second and third quarters to take a 14-7 lead into halftime.

In the fourth quarter, the Eagles scored a touchdown to cut the lead to 14-10, but the Spartans were able to hold on for the win, 14-10.

The Eagles were able to keep their season alive, and they continued to work hard throughout the season to make it to the championship game.

The Eagles' victory was a huge upset, and they were able to hold off the powerful Federal Way Spartans to win the championship.

The Eagles' win was a huge moment for the school and the community, and they celebrated with a parade and a huge celebration at the stadium.

The Eagles were able to hold off the Spartans and win the championship, and they were able to celebrate their hard work throughout the season.

The Eagles' victory was a huge upset, and they were able to hold off the powerful Federal Way Spartans to win the championship.
Editor's note: Anyone having information or questions concerning Federal Way Little League should contact Carol Heath at 827-2720.

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Good defensive play by Don改为Dan and Bruce Hunziker and Laurie Johnson helped hold Standard Auto Parts to only one run, but thanks to a double hitting in two runs for Standard Auto Parts, Dan David and Dan Petry hit a double.

On the strength of the pitching, the game went 24-18.

Overton took first at bat and scored five runs, while Cranbrook Royals 1B Jeff Perry was responsible for the last two outs due to his efforts.

Proctor Larson turned out a fine shot on second to keep up and Standard Auto Parts ahead of the fifth inning.

And there was Dan Perry, whootted them first of the season.

In another good hitting Cranbrook Construction and the Cranbrook Royals helped home with the Royals scoring out 24-18.

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St. Vincent continues to be a Church League threat

Evergreen Bible Chapel, 41st, Jack Homsen went three for four for the win as the Eagles defeated Trinity, 9-3. Harold Schleifer's three, two, and 9-inning, and Heritage's eight sacrifices helped Lon­ dren Memorial I re­ turn undefeated in a tough win over Midway Christian. Londren scored nine runs in the fifth inning.

Bethel Chapel kept pace with the Eagles with a 30-1 victory over Lutheran Church of the Cross. Don Clodin and Roy Miller were the hitting stars for Bethel. Jerry Halvorsen took five innings of hitless ball for the win. Chris Lutherans 1-4.

St. Vincent did it Trinity Lutheran who a 3-0 win over Des Moines

SeaTec moves into 1st place

SeaTec Equipment won both games to re­ take over first place. SeaTec defeated Heritage's eight at­ tacks to a 17-3 win over Lutheran Church of the Cross. Don Clodin and Roy Miller were the hitting stars for Bethel. Jerry Halvorsen took five innings of hitless ball for the win. Chris Lutherans 1-4.

St. Vincent did it Trinity Lutheran who a 3-0 win over Des Moines
Ih Soccer '79: Laird and Eagles battle to the wire

The ninth high school soccer season in the state definitely
was the Federal Way and the Jefferson Raiders in Federal Way.

Jefferson was seventh in the league standings and had
been knocked out of the playoffs. Jeff was a
mature, experienced team with a strong defense.

Federal Way finished the regular season as the very'
strongest team, winning 13 of 14 games and finishing
first in the South Puget Sound League.

The two teams met in the
state tournament at Federal Way High School.

The game was tied 1-1 after
90 minutes. In overtime, Federal Way
scored on a penalty kick to win 2-1.

The loss was the first for
Jefferson in the state playoffs.

The team's high school
season ended but not its
season of success. They
were one of the top
three teams in the state.

Jefferson coach Mark Hildebrandt
was named the state's Coach of
the Year for 1979.

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Federal Way girls' softball

Time never moves slower in the outdoors than when you're laboring up a steep wooded hill toward a distant road or ridge. You see daylight through the tree tops, which promises level ground ahead, but you never seem to get there.

The real moment of truth is not in how fast you make it up that hill, but in how quickly you recover. If you didn't bounce back quickly the last time out, now is the time to start getting in shape for next fall. You don't need to kill yourself with jogging, weights or other fads. One of the best hikers and climbers I know simply walks briskly for about half an hour. He keeps up with the best.

Outdoor tips and tales

Outdoor tips and tales

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**Park playground toys not budgeted**

After waiting months for approval of the Des Moines Park Board and a state funding for new playground equipment, the park during the coming summer may not have the equipment available that is needed.

Eric Robb, District Director, said that the committee is still looking for the new equipment and is planning to investigate "Troop 70" and local companies for such equipment.

Complaints about the absence of the some equipment-although most of them have been removed-provided by management in the park were made.

Complaints were recorded by the park's board and Recreation Commission and by those who operate Seattle Park, but the park manager says "no new equipment is available to be used and if the children want to use the equipment in the park, they will have to wait for new equipment."
Getting to know Unruh Realty Inc.

"We use our knowledge to serve you better."

Part six of a series

A MEETING OF THE MINDS...

"We share our knowledge to serve you better."

- TO EXCHANGE IDEAS: On the best possible marketing procedures for each clients home.
- TO HONOR ACHIEVEMENT: of these Associates who have made outstanding contributions in the past week.
- TO EDUCATE: These actively practicing Real Estate, in the latest developments in Law and Finance.
- TO PROMOTE: Cooperation and Team Spirit between all Associates for the benefit of Clients with specialized needs.
- TO INFORM: The Associates of the latest Builder trends and information on prices and plans.
- TO SHARE: Customer needs and "Hot Buy" information so that each potential Buyer is dealing with an Agent who has the most current New Listings.
- TO DEVELOP: Professionalism in the Staff by providing Seminars and Guest Speakers.

SUMMARY:
The Unruh Realty, Inc. Sales Meeting is held each Friday morning in our Training Facility. These weekly Meetings provide an important sense of Unity and Teamwork among our Professional Sales Staff. Out of these weekly meetings come the ideas and creative solutions that keep Unruh Realty, Inc. at the top in the Real Estate Industry.

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HOME OF THE WEEK

FHA-VA BUYERS!

Attention! It's hard to find a really nice family home with these terms, but we have one! A charming Family Ranch with lots of special Features including a spacious Fire-Room and a Greenhouse, too! It's all completely finished, landscaped and immaculately maintained. Only $85,900. Ad 9-77

CHEAP!

And cute as a bug, too! All you young couples who have discovered of finding that first home, don't pass this opportunity up. It has everything you've been looking for; over 1000 sq. ft. of living space, a fireplace and pool table sized rec-room, and the Seller will even leave the pool table! Only $44,000. Ad 9-73

KENT BARNBLY!

How about a classic rancher in one of Kent's most desirable neighborhoods! This well maintained home includes 3 bedrooms, 1 baths and a huge rec-room that will perfect for that pool table of yours! It's situated on a lovely lot with lots of latex trees and easy access to freeways etc. The Seller is sure to please the whole family. One of our best buys at $99,900. Ad 9-73

BRACCI!

For those of you who appreciate a little Spanish elegance, we are proud to feature this unique home! Listed on over an acre of gorgeous greenery, this home shows every indication of a home that features formal living, exposed staircase to the second level, and afternoon billiard room with it's own circular window. Perfect for the Pool or the Fortress. Who wants to miss seeing this one? Ad 9-73

FEDERAL WAY OFFICE
246-1234 or 878-8079
HOME OF THE WEEK

SOMETHING FOR EVERYONE!

Bachelor Pad or Family Home? We'll let you decide. It's hard to find that one home that will suit everyone in the family, so let's find that one! It's all completely finished, landscaped and immaculately maintained. Only $84,500. Ad 8-96

SURE YOU CAN...

afford a home of your own? And what a cute and cozy home! Only $88,900 sq. ft. of living area! Close to schools and shopping! Don't pass this opportunity up. It's all completely finished, landscaped and immaculately maintained. Only $44,000. Ad 9-73

I REMEMBER MOMMA

If you remember "Momma" and she's got a new home with all the Lark from almost every inch of this immaculate four-bedroom home! You'll be able to live in this desirable area, close to everything, this home features two immaculate fireplaces, two beautifully decorated bathrooms, and a very unique home! What do you think? "Everything about this home is just perfect, how about you?" If you think this is the home you've dreamed of, don't pass it up for another $500,000. Ad 9-73

BACHELOR PAD?

Or family home? We'll let you decide. It's hard to find that one home that will suit everyone in the family. We have for you! It's all completely finished, landscaped and immaculately maintained. Only $85,900. Ad 9-73

SE-1 A MORN?

This is just the home for the family with older children at home or a family with younger children that is so popular now. The ideal home for the family with older children at home or family with younger children that is so popular now. It's all completely finished, landscaped and immaculately maintained. Only $85,900. Ad 9-73

FEDERAL WAY OFFICE
246-1234 or 878-8079
HOME OF THE WEEK

LIVE A LITTLE!

You've worked hard to get to the top! Now you and your family deserve a home like this! This Superb Tri level with it's own wet-bar, and fireplace and a double garage with an attached Storage Facility. These weekly Meetings provide an important sense of Unity and Teamwork among our Professional Sales Staff. Out of these weekly meetings come the ideas and creative solutions that keep Unruh Realty, Inc. at the top in the Real Estate Industry.

MEMBER
HOMES FOR LIVING

REAL ESTATE OFFICES IN ALL 50 STATES

PROFESSIONAL EXCELLENCE ASSURED

Unruh Realty,
Single family home sales strong despite higher costs

The price of a single-family home continued to rise in the first few months of 1979, but the market remains strong and new sales are generally priced higher than existing homes, according to the spring housing report by the National Association of Realtors.

By March the median price of a resale home was $60,895-$12,5% higher than a year earlier. The median price in March was $12,000 higher than the median price of a resale home in March 1978. The report also points out that new homes, which account for only 10% of all existing properties, also have been appreciating rapidly.

The median price of new homes which were sold in March was $9,500 higher than the median price of new homes in March last year.

Bob Doyle has joined North Campus Realty Inc., as vice president, designated broker at the corporate office in West Campus.

Burien 146

Downtown tutor houses -

3 bedrooms, 2 baths, rec. room, garage, $59,900. 927-2882. "Over A Quarter Of A Century Real Estate Experience - Call For Free Estimate-

LEADED GLASS

Older home with charm with updated windows, will be ready to move-in, 5 bedroom, 2 bath, 3500 sq. ft, new eat-in kitchen, 2 car attached garage, 20401 4th Ave. S, Burien, 927-2282.

RED CARPET

AUBURN

Call 392-0500

FEDERAL WAY OFFICE

Call 839-5300

REAL ESTATE NORTHWEST

FRIDAY, JUNE 1, 1979

D-3
That is what I heard from people who looked at this home with unbelievable prices below replacement cost. CONTRACT

**PACIFIC WEST PROPERTIES OF FEDERAL WAY INC.**

**WANTED SALESPEOPLE**

Do you have experience in selling and closing real estate? Call us for a free interview today. Just ask Julie.

**Super desirable condo, 2 brm., top floor position.**

From this well maintained bldm., 2 bdrms., 2 brs., 2 fireplces., room for H.V. parking, floor to ceiling view, overlooking, $49,700. 918-652-0771.

**NEWLY LISTED**

This older home is within walking distance to town, it is also situated on the large kitchen with double floor plan, large garage, and a large sun deck. One of the finest Purchose Plon in the area, and lists for only $73,900. 918-530-8899.

**COUNTRY ESTATE**

Would you like a 5 acres of secluded 3 bdrm., 2 bath, custom home, custom kitchen, large deck, garage, and shop area, and brings less than 60% of $72,000. 253-939-8080.

**INVESTORS HURRY**

Duplex pre-sale.

This is an amazing opportunity for investors. Come with $35,000 to make 2 bdrms., 2 baths, 2 car garage, and shop area too, for only $95,000. 253-303-0006.

**A DREAMING MAN'S HOME**

At a THINKING MAN'S PRICE

Here is the opportunity to get the best buy yet! A 4 bedroom, 3 bath, 2 living, 2 good sized rooms with a Renga-SEWW house under the $100,000 price. Call now for a private showing of your cherished bedroom furniture suite and the 2 family areas, a great corner to live and play in a safe and secure area. Call today to be the first to discover the secret of the property everyone is talking about. 253-345-5070.

**PICNIC UNDER TREES**

Fishing by the lake

Almost 6 acres of land, spring fed pond, and Five Mile Lake. Covered patio, 2 car garage, and 3 bedrooms and 2 bathrooms, it is your very own lake home, you have seen them all, at a great price of $48,750. 253-927-4960.
**овое оружие:** 1-5 на 143 1st Ave S to Westboro, WA. MOISTUERS. beautiful 2 Federal Way & comedian, with 1,2 & 3 Auburn for only $127,500. If relocating? You need a friend who knows the territory. So, if you’re moving in & 052 Multiplexes Exceptional 2.3 acres in Lake Tapps under $80,000! 3 bdrms, 3 baths, 2 IMAGINE THIS! dreamt of living in such a home take the opportunity to see this home being 941-3000 shown by appointment only.

**MOUNTAIN HILLS**
Located in the Twin Lakes area on the large corner lot, this lovely rambler has 5 bedrooms, double living room with electric garage door opener. There is an extra kitchen in the basement. Basically, a brand new home. Call for your appointment today.

**QUAIL RIDGE**
Exceptional 3 bdrms. 2 baths, reasonable price. Call for your appointment today.

**DUPLEX**
2 bedrooms, 2 baths, 1,200 sq. ft., all appliances, new carpets, lovely new paint. $75,000.

**WOODBROOK MEADOWS**
Large area set in lot of better homes. $12,500.

**FEDERAL WAY**
**MOUNTAIN MEADOWS**
$15,000 & up. Call KEITH. DEWEY, 244-5900 or leave message at 242-0100, 246-4073.

**ALEXANDER MEADOWS**
Beautiful newer two bedroom, 1 bath, 960 sq. ft. Insulated home in the heart of beautiful Federal Way. Beautifully landscaped, 1,200 sq. ft., new carpet, new deck, new appliances. $63,500. Call 244-5900 or leave message at 242-0100, 246-4073.

**PACIFIC HWY**
This is your chance to own a home on Lake Tapps with a full view of the Sound. Separate home office. Three doors to outside, large deck overlooking lake. $69,500. Call KEITH. DEWEY, 244-5900 or leave message at 242-0100, 246-4073.

**SECLUDED IN MARINE HILLS**
Terrific exposure. Three bedrooms, 2.5 baths, gorgeous park, 2 carport, large 3 car garage, huge family room, huge master bath. $100,000. Call DOYLS 839-0700. Ask for DICK for more information. 244-5900 or leave message at 242-0100, 246-4073.

**SHOREWOOD**
**VA-FHA TERMS!**
This property may have some Sound & Mt. View. 2 bedrooms, 2 baths, great new kitchen, brand new bathrooms, 5th bedroom in basement, central heating. $56,500.

**BUTTET TOWN**
**Little Foot Home**
1% baths, ceramic tile entry, custom cabinets, with huge family room on main floor. Call MAYNARD THIESE, 244-4900 or leave message at 242-0100, 246-4073.

**BUTTET TOWN**
**KING**
**SHOREWOOD ON MARINE HILLS**
Terrific 2 bedrooms, 2 baths, ceramic tile entry, custom cabinets, with huge family room on main floor. Call MAYNARD THIESE, 244-4900 or leave message at 242-0100, 246-4073.

**TWIN LAKES**
**PET FRIENDLY**
Special 2 bedrooms, 2 baths, huge family room, fireplace, deck overlooking fenced backyard. $95,000. Call 941-3800 on Ad#381.

**AMERIQUE**
**DUNIWAY PARK**
Large lot in area. In N.E. Tacom. Close to Boeing Interchange near Lacy. $54,500.

**BETTERBUILT INC.**
**Spacious in quality home with huge living room, formal dining room, eat-in kitchen, large bedroom suites. 4 fireplaces, hot water heat, brand new, in excellent condition. $280,000. Call 941-3000 on Ad#387.

**IMAGINE THIS!**
This is your chance to own a home on Lake Tapps with a full view of the Sound. Separate home office. Three doors to outside, large deck overlooking lake. $69,500. Call KEITH. DEWEY, 244-5900 or leave message at 242-0100, 246-4073.

**FEDERAL WAY**
**HIGHPOINTER ONE**
Spacious 3 bedroom rambler, 2 full baths, 1 bath up. Full basement w/2 bedroom apartment, in-law, sep. utility room, central heating. This home has too many special features to list, call for your appointment.

**WEST CONCOURS**
**NEW WESTMINSTERS**
$84,750

**SHOREWOOD ON THE SOUND**
Inquire at Belfoir Hardware, 927-2195.

**RENTALS**
Call Earl Seraphin, 243-5705.

**TWIN LAKES**
**PET FRIENDLY**
Terrific 2 bedrooms, 2 baths, ceramic tile entry, custom cabinets, with huge family room on main floor. Call MAYNARD THIESE, 244-4900 or leave message at 242-0100, 246-4073.

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ACCOUNTS PAYABLE CLERK

Doy 9 to 4. The Wockenhut Corp.

A/P Department. Start $800

Consumer Finance. Must be outgoing,

cashing. Contact Terry Quinnett

Dealership. Responsible for Acc,

Adams & Associates Per

A winning smile and basic

$700 South

background. If you are in-

ore looking for one en-

challenging full time posi-

through Friday. Federal

Health Care Institutions and

formation please coll 326-

good benefits. Stoble in-

put you into your own

at 248 2«00.

We have several openings

this one person office.

experience using Dictaphone,

2) 3 Multiples

3) All listings closing (over 2

1) 85/15 Split after $11,500

For nonprofit orgoniiotion!

Win a Contest.

4) 100 Commission on per-

5) 65% on over $15,000

6) 35% on over $30,000

$20,952-3388.

NEW HOOVER UPRIGHT

$90,000

Includes Kitchen Carpet

Commercials, Regular

1/2 PRICE

VENETIAN BLINDS

PAINT

CARPET

SALE

Carpeting - Various Stants - Wall to Wall - Runners

SALES, INSTALLATION OF NEW AND REMODEL

524 Help Wanted

Furniture & Equipment

507 Building Materials

507 Building Materials

557 Furniture

557 Furniture

CARPET SALE

Thousands of Yards of Carpets

1/2 OFF

Redwood Centre

3 BED UNIT

5 doy work week, 1 need you

for 2-3 days a week.

$1600 per month CURES

DRIVERS BUT $900 •

put you into your own

at 248 2»00.

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6) 35% on over $30,000

$20,952-3388.
NEED YOUR Driver's respored?
Open daily 9:00-6:00
Shaklee Products or wholesale.
N.CollMr.Woll. 323^551.
art» and craft* items at corD-
SMfs coins, 406 West Meeker St.
eoch, vinyl hileets $8.00. dog
Children's room & play yard
SUNS OUT! So are kids.
seat $3.00. Feeding table
CHINA Set. $350. 927-0675.
$15. 244-9129.
$50. King size frame and heod-
ICTl-GOT TRESS, $50, Twin mopla frame,
ZA6 sewing
choose from. Glrbils -
BABY PARAKEETS -
... See more...
... See less...
QUICK AND versatile food processors add ease to making a cool summer soup.

**AVOCADO SOUP**

**Recipe Overview**

1 1/4 cups chicken stock
1 tablespoon lemon juice
1 cup light cream
1/2 cup sour cream
Dash cayenne
Lemon slices

1. In blender or food processor fitted with the blade, combine:
   - 1 clove garlic
   - 1 red pepper
   - 1 onion
   - 1 tablespoon olive oil
   - 1/4 cup lemon juice
   - 1/4 cup wine
   - pinch salt and pepper
   - 1 teaspoon sugar
   - 1/2 teaspoon cumin
   - 1/4 teaspoon coriander

2. Add cream, sour cream, and seasonings. Pulse until well blended. Garnish with a sprig of parsley.

**MARINADE FOR TERIYAKI**

**Recipe Overview**

1 1/4 cups sake or white wine
1 tablespoon soy sauce
1 teaspoon sugar
1/4 cup brown sugar
2 tablespoons lemon juice
1 tablespoon Mirin

1. Combine all ingredients. Marinate fish 1 hour.

**CREAM WITH STRAWBERRIES**

**Recipe Overview**

1/2 cup whipping cream
1/2 cup sugar
1/2 cup kirsch

1. In blender or food processor combine:
   - 1 box raspberries
   - 1/2 cup sugar
   - 1/4 cup kirsch

2. Pulse until mixture is well chilled. Garnish with the slices of lemon.

JUDY COZINE loves creative cookery, especially when it is light and easy, during the summer season.
Quality is Always

PARTY PRIDE
Potato Chips
Twin Pack
59c
9 oz.

Great-Eating Meal
Guaranteed at Safeway!

Beef T-Bone Steak
U.S.D.A.
Choice
298
lb.

Because of staffing limitations, some fresh meat items in this ad may not be available on Sunday.

- Beef Cube Steak
- Pork Blade Steak
- Fryer Livers
- Sliced Bologna
- Ball Park Franks
- Fresh Snapper Fillet
- Grade A
  Turkeys
  10-14 lbs. Frozen
  75c
  lb.
- Pork Shoulder
  Butt
  119
  lb.
- Lean Ground Beef
- Bacon, Sliced
  99c
  lb.
- Beef Top Sirloin
Steak
  298
  lb.
  U.S.D.A. Choice
- Beef Sirloin Tip
  Roast
  199
  lb.
  U.S.D.A. Choice

Prices effective Wednesday, June 6th thru Tuesday, June 12, 1979. Sales in retail quantities only.

SAFEWAY
(COPYRIGHT 1979 SAFEWAY STORES, INCORPORATED)
**First at SAFEWAY**

**Evaporated Milk**
- Lucerne
- 13 oz.
- **39¢**

**Mayonnaise**
- Kraft
- **$1.29**

**Cup-O-Noodles**
- Nissin
- 2.5 oz.
- **99¢**

**Bathroom Tissue**
- Kleenex
- 4 Roll Pack
- **89¢**

**MAYONNAISE**
- Scotch
- 1 lb. Pkg.
- **49¢**

**Paper Towels**
- Bounty
- 100 ct.
- **69¢**

**Variety Department!**

**ANTI PERSPIRANT**
- Sure
- Roll-On
- 2.5 oz.
- **95¢**

**SHAMPOO**
- Head & Shoulders
- 11 oz. Lotion
- **$1.89**

**Pine Power**
- Household Cleaner
- Reg. Price 7.13¢
- 15 oz.
- **69¢**

**409 Cleaner**
- Liquid
- Reg. Price 7.13¢
- 22 oz.
- **79¢**

**Rolaids Antacid**
- Tablets
- Reg. Price 9¢
- 3 Rolls of 12
- **59¢**

**Orlon Crew Socks**
- Boys / Girls Pair
- **79¢**

**EGO ETERNA**
- 6" Utility Knife
- Each
- **$2.49**

**MAKES 12 TO 22 COUPS**
- West Bend Percolator
- Each
- **$9.99**

**BOTTLE**
- **Cragmont Pop**
- Assorted Flavors
- Non-Return
- **59¢**

**Garden - Fresh Produce**
- **Always Top Quality!**

**No. 1 Bananas**
- Our Finest Quality
- **5 lbs. $1**

**Seedless Grapes**
- White, Delicious
- lb. **98¢**

**Watermelons**
- Cut, Red Ripe
- lb. **19¢**

**Bing Cherries**
- Sweet, Calif. Grown
- lb. **89¢**

**Refrigerated Foods!**

**LUCERNE NATURAL LOAF**
- Cheddar Cheese
- Lucerne Monterey 2-lb.
- **$3.39**

**LUCERNE**
- Cottage Cheese
- Large or Small Cord
- **49¢**

**Prices Effective at the following Safeway Stores**
- Twin Lakes, 21st S.W. & 33rd Ave
- Century City, 37057 Poc. Hwy. So.
**Homemade ice cream one of America's popular desserts**

Even with the introduction of frozen dairy products and frozen convenience foods to the market, ice cream remains one of America's most popular desserts. Homemade ice cream is made by either the stirred or the still-frozen method. The stirred method uses a crank or electric motor to freeze the mixture. The still-frozen method relies on the refrigerator or freezer for cooling. The stirred method is commonly cranked by hand. The still-frozen method uses an electric freezer or the stirred or still-frozen method successively. With the rapid freezing and the use of refrigerator or freezer, ice cream is easier to make and is more popular foods.

**Creamy Omelet**

- **Ingredients:**
  - 6 eggs, separated
  - 2 tblsp butter or margarine
  - 1 tsp salt

- **Instructions:**
  1. Beat egg yolks until thick and light; add milk, salt and pepper. Fold yolk mixture into egg whites until stiff but still fluffy. Mix butter in thin strips into yolk mixture. Pour into 8-inch skillet. Cook over medium heat 3 to 5 minutes, or until lightly browned on bottom.
  2. Place under broiler a minute or two more, until top is firm. Serve immediately on hot platter.

**Easy Chicken Pies**

- **Ingredients:**
  - 1 cup diced cooked chicken
  - 2 tblsp butter or margarine
  - 1 tsp salt

- **Instructions:**
  1. Place under broiler a minute or two more, until top is firm. Serve immediately on hot platter.

**Almond Ice Cream**

- **Ingredients:**
  - 2 cups milk
  - 1 cup sugar
  - 2 tsp vanilla extract

- **Instructions:**
  1. Heat milk and sugar in saucepan; add flour. Measure out the remaining sugar and add slowly. Mix well. Use a small mallet or buy crushed ice. Crush the mixture into the can, cover and adjust crystals slowly. Press mixture down tightly and the inside will turn out onto serving plate. Make sure the equipment is in place. Fill the tub until full of crushed ice. Put in the rest of the ice and salt in sides of the container. Slowly turn the level of the mixture in the can. Pack the ice cream with a wooden spoon. Let stand 5 minutes, slightly below freezing. Toss or stir the mixture. The ice cream is at the correct consistency, slightly below freezing. Freeze in the container. When using a crank or still-frozen method, ensure the equipment is in place. Fill the tub until full of crushed ice. Put in the rest of the ice and salt in sides of the container. Slowly turn the level of the mixture in the can. Pack the ice cream with a wooden spoon. Let stand 5 minutes, slightly below freezing. Toss or stir the mixture. The ice cream is at the correct consistency, slightly below freezing. Freeze in the container. When using a crank or still-frozen method, ensure the equipment is in place. Fill the tub until full of crushed ice. Put in the rest of the ice and salt in sides of the container. Slowly turn the level of the mixture in the can. Pack the ice cream with a wooden spoon. Let stand 5 minutes, slightly below freezing. Toss or stir the mixture. The ice cream is at the correct consistency, slightly below freezing. Freeze in the container.

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More for the money during Dairy Month

A special supper for June Dairy Month is a nutritious, June Dairy Month is a special supper for No wonder so many are protein rich free dairy products are bound to be casseroles topped with dairy case. Consumers begin their choices for satisfying mixture of half and diced green chiles. A of Monterey Jack and tastes. It has soups from the cans vegetables makes meats, seafood and on your grocer's ting Scotland, Peru, Washingtonians' looks as good as it serves with meals and some guests and dine Month supper. Invite sprinkled over the top slices. Almonds are Spiced apple yogurt a flavorful apple combined with eggs mixed with half and chocolate products include milk and extra rich milk and nonfat milk, butter­ choose lowfat milk, choose half and half and chocolate milk.

Everything from soups to snacks

These hearty, main­ dishes are protein rich for main­ course. A golden cheese crust. Baumkuchen is a plant­based food from Germany and contains the corn syrup. It is made of spelt flour and wheat bran. It is a traditional German dessert, and it is often served with a dollop of whipped cream or a drizzle of honey. The recipe for Baumkuchen is simple and easy to follow. It requires just a few basic ingredients and a few simple steps. First, the spelt flour and wheat bran are mixed with water and a little bit of salt. Then, the mixture is steamed until it is firm and solid. Finally, the dough is cut into small rounds and served with a drizzle of honey or a dollop of whipped cream. It is a delicious and healthy dessert that is perfect for any occasion.

Dairy Month

Dairy Month is a special time of year to celebrate the importance of dairy products in our diets. Dairy products are a key source of protein, calcium, and other essential nutrients. They are also an important part of a healthy, balanced diet. During Dairy Month, there are many opportunities to try new and exciting dairy products, as well as to learn more about the benefits of incorporating dairy into your diet. Whether you are a long­time dairy consumer or a first­time tryer, there is something for everyone to enjoy. So, join in the fun and celebrate Dairy Month with a delicious and nutritious dairy­rich meal!
Appetizers fill to the party table. So tasty enough to nibble on, shared out on a warm link and something cheese.

**Crabmeat Salad**

- 1 can (6 oz) crabmeat
- Juice of one-third cup
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1/4 cup sugar
- Salt and pepper
- 1/4 cup mayonnaise
- 1/2 cup soft butter

**Cheesecake Salad**

- 2 pkg cream cheese (3oz each)
- 2 Tbsp catsup
- 1/4 cup milk
- 1/4 cup mayonnaise
- 1 Tbsp lemon juice
- 1 Tbsp vinegar
- 1/4 tsp each: Chili powder, Garlic powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp each: Cornstarch, Flour
- 1/2 cup sugar
- 1/2 cup milk
- 1/2 cup water
- 1 Tbsp gelatin

**Chicken Salad**

- 1 cup finely chopped celery
- 2 Tbsp finely chopped onion
- 1/2 cup mayonnaise
- 1/2 cup soft butter
- 1/2 tsp salt
- 1/6 tsp pepper
- 1/8 tsp each: Nutmeg, Ginger
- 1/4 tsp paprika

**Tomato Salad**

- 1 lb tomatoes
- 1/2 cup finely chopped celery
- 1 Tbsp vinegar
- 1 Tbsp soft butter
- 1/2 tsp salt
- 1/4 tsp pepper

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**For Variety, Selection and Savings... Lucky Has It!**

**Cranberry Sauce**

- 1 lb cranberries
- 1/2 cup sugar
- 1/4 cup water

**Summertime is pool party time!**

**Summertime is pool party time!**

- Pineapple slices
- In electric blender, blend until smooth.
- Pour into gluh. Add remaining ingredients to gluh. Serve over ice. Garnish with fresh mint and pineapple rings.

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Learning to make crepes

What do crepes, blinis, egg rolls and pancakes all have in common? They are all thin, delicate pancakes made with a batter of flour and eggs. Once you learn the procedure for making pancake batter, you will be able to get the most out of various pancake fillings.

For an all-purpose crepe batter, combine three eggs, one-half cup all-purpose flour and one-half cup milk. Season the batter lightly with melted butter and pour into a greased or floured baking pan. Beat until combined. Add three-fourth cup all-purpose flour and one-half teaspoon salt. Beat until smooth. If you like, combine all the ingredients in a blender container and blend until smooth, about a minute. You can refrigerate batter for up to two hours.

To make crepes in the traditional manner, heat a well-seasoned crepe pan or skillet over medium-high. Brush with butter and pour in one-fourth cup all-purpose flour batter. In less than a minute, when the bottom is lightly browned and the top is beginning to show signs of flour, remove from the pan or turned to brown the other side.

TheгарLgarfiFRENCH crepes into Swiss cheese, folded them with cottage cheese, sauteed with an egg or two and seasoned with paprika and flavored with either grated lemon or dill. Serve with a side of sour cream. Place the filling on the cooked crepe and roll it up to almost cover the filling for each crepe,depending on the size of your pan. Any excess batter can be poured off. Holmes can be "potted" in butter, a drop of tabasco sauce, onions, or minced cooked meat or fish and seasoned chopped green onion. An egg may be added. My family likes it served in this style. You can feed almost a large family with a gallon of egg rolls. It is easy to make Italian cannelloni with French crepes. Simply fill the crepes with the mixture of meat, vegetables, cooked pasta or even sauteed vegetables, and herbs seasoned with an egg, salt, pepper, and grated cheese. Roll the filled crepes and seal them together with a bit of uncooked batter. Brown the egg rolls in the last few minutes before they come out of the oven. Add a bit of grated cheese and serve with sour cream or a mozzarella sauce.

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The TRADITIONAL

...a good paper to wake up to.

SIRLOIN TIP ROASTS

U.S.D.A. Choice Boneless

Cut From 14 lb. to 17 lb. $1.39

PORK RIB CHOPS

Pork Fresh

Country Style

Cut From 14 lb. to 17 lb. $1.29

YOUNG TURKEY ROASTS

U.S.D.A. Grade A

Acme Brand

3 lb. to 4 lb. avg. $1.29

Chicken Fresh

Cut From 14 lb. to 17 lb. $1.29

SALE PRICE GUARANTEE (Backpack) Each of these advertised items is expected to be readily available for sale at or below the advertised price in each store, when specifically noted in this ad. The item has been listed in the store at the time of advertisement. If any reason we are not out of stock, a SALE PRICE GUARANTEE (Backpack) will be honored enabling you to buy the item at the advertised price at no cost to becomes available.

TRADEWELL

Prices Effective June 4 thru June 6, 1979.
LIMIT RESERVES ACCEPTED An Equal Opportunity Employer

23406 PACIFIC HWY. S.
15858 PACIFIC HWY. S.
24700 MILITARY RD. S.

RED LION NURSING HOME.

...a good paper to wake up to.
houM. No matter how
large the bird, it’s
refrigerator raids.
especially practical
as much as four or
hours and a large one
two to two and a half
times. It’s done, and
side and Juicy on the
house for a while I
taste.

I've roasted so
many turkey hind
quarters that I often
roast a whole
chicken and Turkey in
the same heat, but
I'm leaving that job
for another time.

When it reaches 180
degrees, it’s done, and

When I say gravy to
myself, I am thinking
of a gravy that

I enjoy making
just for Christmas
mornings. It’s on
special now
right to limit quantities

To paraphrase a

statement
made on June 6, 1979

What’s Cookin’
in Ruth’s Kitchen
by Ruth Jurlin

...and at the
middle of the

Vegetables tender but
crisp, greens, and you have
a really fine
turkey meat at a modest
price, and turkey

is fun if you like to

upon the table.

I've roasted so

many turkeys

before, and it’s

nice to have a

leftover Turkey I’dd
use

summer Turkey

or Chicken salads

that

1 cup pineapple

chunks

"Scrap the
crumb topping
with a fork before
slopping, and eres will
have scallops. Wash
and drain tomatoes,
and cut or break in
chucks. Put all ingre-
dients in a large

bowl, and toss with
French dressing; just
before serving. Serve
four to six, according
to appetite.


**Sandwiches: fast, filling and nutritious**

Of you are eating on the run, or trying to fix a meal in a hurry, there's nothing like a hot, golde-torn sandwich. Here are several delicious and nutritious sandwiches listed here to satisfy your taste and texture. There's nothing like a hot, gorges meal. The sandwiches are perfect to fill the bellies of everyone. The following are some of the best sandwiches for you to try.

### Ham Bundles

1 can (1 ¼ oz) asparagus spears, drained, and cooked ham
1 pkg (1 oz) cream cheese, cubed
½ cup milk
1 tbsp dry sherry

Place 1 or 2 asparagus spears on one end of each ham slice; roll up to make six bundles. Heat cream cheese and milk in small heavy saucepan over medium heat, stirring often, until smooth. Blend in sherry. Place bundles may also be served on toasted English muffins. 3 servings.

### Taco Wraps

1 can (10 ½ oz) campbells soup
1 cup mayonnaise or salad dressing
1 small tomato, peeled, seeded and chopped
1 yellow pepper, chopped
½ cup mayonnaise or salad dressing

Mix the campbells soup, mayonnaise, tomato, pepper, and dressing in a bowl. 6 servings.

### Welsh Rarebit

8 slices cooked chicken
1 pkg (10 oz) frozen ham
1 pkg (1 oz) cream cheese

Broil the chicken and ham until hot and cheese starts to bubble. Remove from heat 1 to 2 minutes, or until hot. Broil 3 to 4 in from heat, 2 minutes, or until hot. Place in toasted bread. 6 servings.

### Tuna Salad

1 small cucumber, sliced and chopped
1 small pepper, chopped
1 small onion, chopped
1 can (5 oz) tuna, drained and flaked
1 cup mayonnaise or salad dressing
1 small tomato, peeled, seeded and chopped
1 yellow pepper, chopped
½ cup mayonnaise or salad dressing

Mix the cucumber, pepper, onion, tuna, tomato, pepper, mayonnaise, and dressing in a bowl. 8 servings.

### Barbecue

4 pita pockets
1 lb. pork
1 can (8 oz) barbecue sauce
1 small onion, chopped
1 cup brown sugar
1 tsp. dry mustard

Cut pork into 1 inch pieces. Cook in barbecue sauce until tender. Place pork in pita pockets. 6 servings.

### Hot Grilled Sandwich

8 slices cooked ham
1 can (8 oz) pineapple chunks
1 small onion, chopped
1 small tomato, sliced
1 small cucumber, sliced
1 small pepper, chopped
1 small tomato, peeled, seeded and chopped
1 yellow pepper, chopped
½ cup mayonnaise or salad dressing

Mix the ham, onion, tomato, cucumber, pepper, mayonnaise, and dressing in a bowl. 8 servings.

### Tuna Salad 1

1 can (12 oz) tuna, drained and flaked
1 cup mayonnaise or salad dressing
1 small tomato, peeled, seeded and chopped
1 small pepper, chopped
½ cup mayonnaise or salad dressing

Mix the tuna, mayonnaise, tomato, pepper, and dressing in a bowl. 8 servings.

### Tuna Salad 2

1 can (12 oz) tuna, drained and flaked
1 cup mayonnaise or salad dressing
1 small tomato, peeled, seeded and chopped
1 small pepper, chopped
½ cup mayonnaise or salad dressing

Mix the tuna, mayonnaise, tomato, pepper, and dressing in a bowl. 8 servings.
Meat loaves have a rare versatility over other meat dishes. Since colonial times, there have been as many meatloaf recipes as there are people who make them. Meat loaves have a versatility rare in other meat dishes. Depending on your imagination and the variation of seasonings and meats used, you can make any number of different-tasting dishes — all grouped under the title "meat loaf.

The following recipe combines the traditional elements of meat loaf, ground meat, bread crumbs and seasonings, but introduces a unique flavor with the addition of corned beef, a colonial favorite.

DOUBLE BEEF LOAF AND POTATOES

2 cans (10 1/2 ounces each) beef gravy or 2 cans (10 1/2 ounces each) brown gravy with onions

1 pound ground beef

1 can (12 ounces) corned beef, crumbled

2 slices stale white bread, crumbled

1 egg, slightly beaten

1/4 cup finely chopped celery

2 tablespoons prepared horseradish

6 medium potatoes (about two pounds), cooked and cut in half

Melted butter or margarine

Salt

Pepper

1/4 cup applesauce

Mix thoroughly one-half cup gravy, ground beef, corned beef, bread, egg, celery and one tablespoon horseradish. Shape firmly into loaf; place in shallow baking pan (11x9x2 inches). Arrange potatoes around meat. Brush with butter; season with salt and pepper. Bake at 350 degrees F. for one hour and fifteen minutes or until done. Meanwhile, in saucepan, combine remaining gravy, applesauce and remaining one tablespoon horseradish. Heat; stir occasionally. Serve with meat and potatoes. Makes six servings, about two cups gravy.
It's the memory of the dessert that lingers, and whatever that one special creation that elicits rave hostess likes to have views from her kitchen — handy ingredients that result in a simply spectacular dessert.

Our people bring you back.
Quick n' easy ways to satisfy that appetite

Do something nice for yourself, treat your body, start with your heart! It's the theme of the Aug. 11-12 Heart-a-thon at Washington's Heart and Stroke Prevention Association of Washington.

Nancy Buergel, R.D., chairman of the local Heart Association's nutrition committee suggests that Heart-a-thoners bicycle, walk or jog that extra mile and dusted lightly with your heart" is a good way to celebrate.

Three dozen cookies.

Ingredients, mix well.

2 egg whites
1 cup brown sugar
1 cup raisins

1-1/2 cups oatmeal
3/4 cup shortening
1 tsp. baking soda
1/2 tsp. allspice

Preheat oven to 350 degrees for 8 minutes.

Wrap securely in foil and bake for 55 minutes, or until done.

Serve with warmed milk.

VARIATIONS:

Turkey Roast 3.98
Turkey Roast 4.49
Armour Smoked Turkey 1.29
BEEF RIB ROAST 2.69
RIB STEAK U.S.D.A. CHOICE BEEF 2.89

Recipes for quick energy

WHEAT BREAD
2 eggs, large (slightly beaten)
3/4 cup whole wheat flour
1/2 cup white flour
1/2 cup milk
1 tsp. baking powder
1 tbsp. sugar

One-third cup oil
1 egg, beaten
1/4 cup walnuts, chopped

2 cups grated orange rind

Preheat oven to 350 degrees about 1 hour, package directions. Stir in milk.

Pour over eggs.

Combine meat, milk, soup and stir in milk.

Serves 6.
Chocolate Custard Pie

Old-fashioned pie with a new twist

Do you have mouth-watering visions of old-fashioned custard pie the way Grandma made it? This homemade custard pie is as good as Grandma's topped with custard.

Chocolate is sprinkled then more grated pie crust before it is cooking chocolate is perfect all-occasion made it, then sudden dessert. Grated sweet egg custard mix is the do the work for you. Basis for this watering visions of.

Do you have mouth-watering visions of.

Old-fashioned pie from getting into so much hot water. Those for myself. A man of my age can always use around your electric outlets. I'm getting some of those for myself.

Chocolate Fleck Custard Pie

Bake 8-inch pie

1/4 cup grated sweet chocolate coated shell cooked Blood custard mix, one medium onion, sliced, and cut in strips.

1 medium onion, molasses, sugar, and mustard. Place meat on plate. The crockery slow cooker is also an ideal appliance for a hot summer day. Meat can be planned and assembled in advance. Bring to boiling the end of the morning, and the family can enjoy a hot meal without the blaze or kitchen getting overheated.

BORSCH-STYLE

This is made in a slow electric cooker chocolate plate, fruit, onion, celery, and beef.

PIZZA

Simplify your tasks are done, standing up comedian. Of course if I hadn't not look it but I'm 83. And I'm still at it. Meanwhile, from getting into so much hot water. I'm getting some of those for myself.

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Cottage cheese on yogurt ideas

Every food group has a couple of "plain Jane" items and the dairy group isn't any different. To Jan Grant, King County Extension agent, magnets that you use to imagin­ ing foods like "cottage cheese and yogurt" can be a good place to change place yogurt. Goat cheese is another item that Jan suggests. The flavor and texture of this dip adds low calories to fresh vegetables.

A small amount of yogurt added to this combination makes a smoother dip. Owner soap mix is an­ other item that Jan suggests. The flavor and texture of this dip adds low calories to fresh vegetables.

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