It's no waste:

Sisters' livelihood is moving garbage

by Nathalie Weber

They may not be the swiftest,
strongest women, but Phyllis Best and Linda Walker spend 14 and 15 hours a day driving huge trucks for the State Landfill.

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Editorials

Bright and early this morn­
ing, thousands of area children headed to their neighborhood schools for the first day of the 1979 - 80 school year.

From today until June, the kids will be crossing the sidewalks, the bus stops and roundabouts to get to and from school. Now is a good time for parents to remind their children about pedestrian safety; what side of the road to walk on, how to cross a controlled inter­section.

It's also time to remind motorists of matters concerning school zones.

When a bus stops to load or unload passengers, its red lights should be turned on (by a law "stop" signs are used in this manner). If a vehicle coming from direct front or back is stopped, the driver completely off the road if the bus is on a school bus route.

This is how not all motorists are aware of and there are bound to be some accidents to children crossing the road, so it's a matter of safety.

And it means a savings to the budget conscious and it means that at least one food item has not only stopped its upward flight but has actual­ly taken a step down on the ladder of inflation.

It is refreshing and inspir­ing to see one of this coun­try's largest food chains tak­ing the next step towards the needs of the consumer and the needs of the student.

Remind to motorists.

Jeanne Sweeney

The ugly frog

I didn't want an ugly ceramic frog in our living room and I said so. It was a waste of money, it didn't match our furniture and there were a lot of other reasons. But my husband, Pat, wanted it. He said that it would make a great conversa­tion piece and I that would learn to love it.

The frog is large and green and shiny ceramic with a great many colored glass eyes all over its body. It lights up. I don't like frogs much since a summer a long time ago when I risked getting wasps all over my lips in an attempt to find a handsome prince.

And, I am especially fond of ceramic animals that light up. But this frog was carefully handcrafted by someone we know. A man who worked for my husband. A close friend.

Ellie to "slow down"

As a man in Washington department cut­ting food costs to the con­sumer. They aren't doing it for increased business. Business is good, they say. Most costs are down a bit, one manager said. That's part of the savings they are passing on to the consumer.

But the real reason they are doing it, McDonald's corporation officials announced, is to respond to President Carter's recent plea to the food industry to slow down the rising price of food.

We applaud the efforts of McDonald's and those of all businesses who have joined the battle against inflation. Lower food costs is the break we need every day.

The Five cent break

By a 10-to-1 vote the department cut­ting food costs to the consumer. They aren't doing it for increased business. Business is good, they say. Most costs are down a bit, one manager said. That's part of the savings they are passing on to the consumer.

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Raiders, Gators, Rams and Eagles hit the gridiron

Mike Johnson, a Jefferson receiver, clutches a pass during intra-squad scrimmage Saturday.

-photos by Mike Bainter-

TJ assistant Sterling Thurston gets a point across to a group of Raider gridders.

The Federal Way Eagles rally together to end scrimmage.

The Decatur Gators, Jefferson Raiders and Federal Way Eagles took their turn at two-hour intra-squad grid battle Saturday at Federal Way Memorial Stadium. Mt. Rainier held its annual intra-squad grid battle Saturday at Highline Stadium.

Each coach is busy analyzing films of those dress rehearsals in preparation for league openers. Federal Way will begin local high school football action tomorrow in a 7:30 p.m. game against Lakes at Federal Way Stadium. Mt. Rainier, Jefferson and Decatur begin their league campaigns Friday night. Decatur hosts Curtis at 8 p.m. at Federal Way Stadium. Jefferson travels to Puyallup's Sparks Stadium for a 7:30 p.m. contest against the Puyallup Vikings. Mt. Rainier meets district-rival Highline in a 7:30 p.m. game at Highline Stadium.

The beginning of the regular season marks the end of arduous two-a-day drills for the local high school gridders. However, the coaches involved admit that mental and physical errors are prevalent in the first game of the season.

Enthusiasm reigns on the Mt. Rainier squad. Decatur had a large turnout, featuring 40 sophomore prospects. Jefferson's team is bigger and more experienced than last year's. Federal Way has a number of returning veterans and could be tough on defense.

The football season kicks off each school's fall sports program. The Federal Way District schools -- Jefferson, Federal Way and Decatur -- offer six interscholastic competitions in the fall. Mt. Rainier a Highline District school, has five. All fall sports will be previewed in the "Fall Sports '79" insert magazine in Friday's NEWS.
School district, HCPSE in tentative agreement

The Highline School District and the Highline Chapter of Public School Employees (HCPSE) about midnight Friday reached tentative agreement in their salary negotiations.

HCPSE voted last night during a general membership meeting to accept the package the district will have avoided in the past by history.

Highline, last week, HCPSE members voted, after hearing, tax changes and maintenance personnel rejected a district proposal and gave their negotiating team strike authorization. The two groups had been in negotiations since April. They are at the point of being forced to call for a strike vote if the contract talks are being to break down.

Melissa, 16-year-old Mike McEleney's dog, to eat, Melissa never had a problem with the dog. It was never any trouble in their yard, it was never any trouble to keep the duck away from any possibility of her property, McEleney.

Cheryl received the duck as an Easter gift two years ago. Though originally painted in the back yard, it was never a problem for the duck to hop the wire fence and "fly the coop," said Cheryl.

When she blocked the dog to eat, Melissa disabled her too with the duck. After that, Melissa ducked in and Melissa placed it in the duck's care. "She's really possessive of that baby," said Cheryl.

A friend of Cheryl's brought an eastern Mallard duckling and Melissa, it in and Melissa placed it in the duck's care. "She's really possessive of that baby," said Cheryl. It was her duckling, she needed the duckling away from any possible danger. She won't let anybody get near it.

About that time, Melissa's folk Peter, a peck and Melissa took a flying leap and slipped him on the back of the duck as she said, "back off, Melissa and her duckling out tidbits from Cheryl McCleney's hotel balcony." When her ladyjacketed ducks are complete, there's little doubt that she'll be back on her hotel balcony giving the neighbors a tidbit of something to vote on then. Things haven't been going pretty well for us," she said.

McKamey said the district will have avoided in the past by history.

No further information was provided about details of their salary package.

Deadline near on tax cut program

Elderly persons and certain disabled homeowners here less than a month to apply for the 1980 property tax cut plan that was approved by the 1979 Legislature. State Department of Revenue officials reminded early this week that those applicants who submit their applications by Jan. 1, 1980, should contact the ag or Pierce county assessor, depending upon where they live, to determine whether they are eligible for the program.

Of course, they must own their residences at least since the beginning of 1979.

If the employee association participates any problems in coming to a settlement with the district if HCPSE voted last night during a general membership meeting to accept the package the district will have avoided in the past by history.

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Wednesday, September 5, 1979 The News
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I received 100 percent backing in many ways, primarily the group’s annual Santa Breakfast. She is one of the women you will find dishing out those who devoted hours of work to provide entertainment for all those who came the group’s annual Santa Breakfast. She is one of the devoted women you will find doing out for all of the mentally retarded in Federal Way by giving parties to them. She reported it to the Federal Way-King County Point Road, Jean Whitford blasting and painting a bridge. More recent activities which an organization called the Special Olympics. A “hugger,” the Federal Way group will host. As a result, Jane’s eyes as we visited the area iocations. Students will be selected to be trained within easy reach of local children who need help and training within easy reach of local children who need help. While driving down Dash Point Road, Jean Whitford discovered a group of recent high school graduates sandblasting and painting a bridge. She reported it to the Federal Way News and received $15 for her efforts with the newstip of her retirement. The program will be held in the center, at room 17 of the Occupation-Education Building. M. J. Adams, the center’s coordinator, says the program is aimed at providing opportunities for career planning, as well as a panel discussion by women who have returned to school. The program will be held in the center, at room 17 of the Occupation-Education Building. M. J. Adams, the center’s coordinator, says the program is aimed at providing opportunities for career planning, as well as a panel discussion by women who have returned to school.

For a brighter future.

Jane Desimone
Now the North Lake School which has brought training within easy reach of local children who need help and training within easy reach of local children who need help. More recent activities which an organization called the Special Olympics. A “hugger,” the Federal Way group will host. As a result, Jane’s eyes as we visited the area iocations. Students will be selected to be trained within easy reach of local children who need help and training within easy reach of local children who need help. While driving down Dash Point Road, Jean Whitford discovered a group of recent high school graduates sandblasting and painting a bridge. She reported it to the Federal Way News and received $15 for her efforts with the newstip of her retirement. The program will be held in the center, at room 17 of the Occupation-Education Building. M. J. Adams, the center’s coordinator, says the program is aimed at providing opportunities for career planning, as well as a panel discussion by women who have returned to school. The program will be held in the center, at room 17 of the Occupation-Education Building. M. J. Adams, the center’s coordinator, says the program is aimed at providing opportunities for career planning, as well as a panel discussion by women who have returned to school.
Scouts return from Sweden with memories

By Ann Bagen

When three Federal Way scouts returned recently from a two-week Encampment in Sweden, scouts from several neighboring states came home with treasures for their collections, badges, shirts and enough memories to last a lifetime.

Their name is John, Matt and Matt Bley, and they are members of Troop 184. John, Matt, and Matt Jr. are 14, 16 and 11 respectively.

The trip is sponsored by the Federal Way Noon Lions Club.

The group arrived in Sweden July 21 and returned home July 31.
Eberle elected to council directors

State Repentent Bob Eberle, R-3rd District, recently was appointed to the National Board of Directors of the American Legislative Exchange Council during the annual meeting in Chicago.

Eberle is currently a Republican member of the Washington State Legislature.
Seniors march to a different drummer

Maybe they're unable to run like jogger Jim Fix or compete in the Olympic games, but for 30 or more seasoned physical fitness advocates, their light calisthenics are a grueling challenge that keeps them young.

Three times a week the spry seniors, ranging in ages from 75 to 95, work out at Federal Way Convalescent Center. Arriving at the recreation room at 10:30 a.m., the residents come via wheelchairs, walkers or by their own two legs.

"They come not only to exercise but to socialize," says activities director, Mary Soule.

Along with assistant Barbara Heiret, Ms. Soule leads a 30 minute class in simple exercises. The basic activities include easy arm movements and foot exercises.

"They are designed to help strengthen, stimulate and keep the seniors' muscles in shape," Ms. Soule said.

Although some of the athletes may fall asleep in their chairs, the inDWISERS actively clap hands, wave arms and march to music—while seated.

"The exercise class is a big hit with the regulars who wouldn't miss it," Ms. Soule said. "Some of the folks look forward to the activity outside their rooms. They become disappointed when the class is canceled."

Saying the activity helps lift everyone's spirit, Ms. Heiret points to the laughter and smiling faces of the seniors as they chat with each other.

Although the young whippersnappers may make a religion out of jogging and eating health foods, the oldsters calmly take it in stride, says Pearl Forslund, "With the exercises I can keep my body in shape and it feels good."
Registration open for nursing update

Registration is now open for 4 content education workshops for nurses that will be held at Highline College during October.

Interested nurses may register from 9 a.m. to 11 a.m. on Tuesdays beginning Oct. 5, from 6:30 a.m. to 8:30 a.m. on Thursdays, starting Oct. 7, or over the phone by calling 428-4284. Tuesday's workshop, with Annette McCurry, R.N., is an introduction to Therapeutic Touch and will be held from 4 a.m. to 5 p.m., Oct. 7, and Oct. 11 at a cost of $55. Mary Przybylo, a registered nurse, will lead the workshop.

A workshop on Introduction to Therapeutic Touch will be held from 4 to 6 p.m. Oct. 9 on the South Campus.

The reception for the bride and groom will be held from 4 to 6 p.m. on Nov. 12. The reception will be at the Des Moines Masonic Temple, 711 S. 261st St., Des Moines.

The class is limited to 15 participants and will include basic mechanism of operation of equipment, recognition of equipment and other equipment. The cost of the class is $60.

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Holly Smith, left, and Kris Marone attending a Briagdon "We Are Proud" bumper sticker to a car in the News parking lot as part of the elementary sticker sale's cause. The stickers are 50 cents each and are being sold by Briagdon students as a PTSA fundraising project to purchase a 30-foot ground-wave slide for the playground. Those who wish to order by mail may call Susan Joyce at 927-8220.

Mr. and Mrs. Owen Clarke of 2704 36th Ave. are announcing the engagement of their daughter, Pamela, to James R. Hommel, son of Mr. and Mrs. James Hommel of 10335 22nd Ave. S.

The couple will be married Oct. 13 in Des Moines United Methodist Church.

TO THE FIRST 500 PEOPLE who register for either class, Radio KASY will cover the class tuition.

Applications are being accepted for both a 3-year-olds class, which begins Sept. 10, and for the 4-year-olds' class, which begins Sept. 11 and 12, at the Fort Steilacoom Student Center.

The show will include displays in tailoring, dressmaking, embroidery, and sewing. There will be door prizes and food.

The ticket donation covers the cost of the dual account, which includes a savings account, a checking account, and the convenience of checking. The Dual Account is a draft/savings account that works like a checking account, plus pays you 5% daily interest. Get the convenience of two accounts in the new Dual Account. It could be just the combination you've been wanting, with no fees.

All who are eligible to take part in the educational programs of the Cooperative Extension Service and to participate in Extension program activities and meetings are eligible to become members of the Extension Homemakers Club. Anyone interested in more information is welcome to call Marty Hommel, 1-952-2836, or Marilyn Burgen, 952-2836.

Regular meetings of the Extension Homemakers Club are held on the 3rd Thursday of each month at 9:30 a.m. to 10:30 a.m. The club meets on Wednesday, Thursday and Friday from 9 a.m. to 3 p.m.

The Dual Account is a draft/savings account that works like a checking account, plus pays you 5% daily interest. Get the convenience of two accounts in the new Dual Account. It could be just the combination you've been wanting, with no fees.

The mail-in dual account is perfect for those who live in a rural area.

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Introducing the new Dual Account.

The confined of checking plus 5% interest. As a Duallist you get the convenience of a savings account, and the convenience of checking, which you have paid for.

The Dual Account is a draft/savings account that works like a checking account, plus pays you 5% daily interest. Get the convenience of two accounts in the new Dual Account. It could be just the combination you've been wanting, with no fees.

Ted Duals are available at each of the 17 bank offices.

A new savings account is opened at your request.

Any amount of money can be withdrawn with your check, and the checking privileges are the same as for any checking account.

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All Jeans Hardy & Kwik Sew patterns are available at any price.

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Now you can get a No-Interest Conservation Loan from Puget Power to keep your electric heat where it belongs.

In the house.

If you have electric heat, here's an easy way to add insulation, weatherstripping, storm windows or doors and other improvements that will save energy—and reduce your heating costs for the entire life of your home.

Not only that, but your home will be more comfortable to live in. And worth more when you sell it.

You can do it all with a No-Interest Conservation Loan from Puget Power. Pay no interest on the loan. You don't have to make monthly payments of any kind. Just agree to pay back the principal—without interest—in ten years or when you sell the house, whichever comes first.

You can apply for a No-Interest Loan if you have electric heat that was installed prior to August 1978. How do you apply? Easy. Just phone your local Puget Power office, fill out the application and mail it to us. That's all it takes to start the ball rolling.

Free Home Energy Analysis. Once you request a No-Interest loan, a specially trained energy analyst from Puget Power will come to your home, survey it for areas of energy waste, and recommend what improvements should be made. He'll also tell you which items are not worth the expense and show you how much you may save on your electric bill by making the improvements.

"A loan with no interest? Wow! That should interest you."

Then, from a list provided by Puget Power, you may select approved contractors to provide firm bids on the total cost of making the recommended improvements. That's the amount you can borrow. If you agree to have the work done, Puget Power will arrange the financing, notify the contractor and take care of all the details. Naturally, we can't get out to everyone's house all at once, so there could be a short waiting period for your Home Energy Analysis. But we'll get to you as soon as possible after we get your call or your coupon.

That does interest me!

We've still got it. Let's conserve it.

Puget Power
Workshop is on publicity

Burien Library, 10800 Burien Ave. S.W., will present a free "Publicity Workshop" for all interested residents from 9 a.m. to noon Friday, Sept. 13. The workshop is designed for both volunteer and professional publicists who work with clubs, schools, service organizations, performing groups, church groups, etc.

The session will include presentations by representatives from several newspapers, radio and television stations. Municipal Judge Charles Smythe, King County Court; Temple MacDonald, Seattle Times; Lette Gavino, Seattle P.I.; Mike Frey, KING-5; and David Justice, Yakima, will present.

The event is sponsored by the Burien Library and the King County Library System.

Dahlia Assoc. schedules show

Puget Sound Dahlia Association will hold its 20th annual show, sponsored by the Rainier and Olympic Rooms of the Seattle Center.

Hours are from 9 a.m. to 5 p.m. Saturday and Sunday. Admission is on a "come-first, serve-first" basis. Children accompanied by an adult and senior citizens will be admitted free.

More than 3,000 dahlias, from the one-inch pompoms to the 15-inch giants, will be on display. They will be judged prior to the show opening, with cash prizes and ribbons awarded to the winners.

Along with the dahlias, the Seattle Fuchsia Society will present its annual show. Cut blooms and hanging baskets will be on display, along with free displays by the Burien Library and Baker & Chantry Orchids.orchids. Ornaments will be available for sale.

An added attraction this year is a "super stage" where hourly presentations will be made. The stage presentations will include dahlias culture in various climates, as well as fuschia and bonsai growing. A commercial bonsai grower will be on hand to answer questions. Information for beginners will be available for sale.

Church of the Holy Cross, Anglican (7:30 a.m.), Holy Communion and morning prayer services, call 44-5222.

Nanaimo, B.C. (6:30 p.m.), Holy Communion and evening prayer services, call 5222.

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Other officers are Mrs. Louis DesPres, treasurer and Mrs. Earl Bush, first secretary; Mrs. Pat Carew, second secretary; Mrs. Rick Davidson, vice president; Mrs. Mike Dundy of Mercer Island in the incoming president. Other officers are Mrs. Earl Bush, first vice president; Mrs. Pat Carew, second vice president; Mrs. Rick Davidson, third vice president; Mrs. Mike Dundy, secretary.

A 4:30 p.m. social hour will precede dinner at 7:30. All former and present United Air Lines flight attendants are invited to attend. For information contact Mrs. Jean Gasper, 641-8660, or Mrs. Gloria Methvin, 839-6424.

Mrs. Mike Dundy of Mercer Island in the incoming president. Other officers are Mrs. Earl Bush, first vice president; Mrs. Pat Carew, second vice president; Mrs. Rick Davidson, third vice president; Mrs. Mike Dundy, secretary.

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District gardeners meeting in Auburn

Chinook District of the Washington State Federation of Garden Clubs will hold its first fall meeting on Wednesday, Sept. 12, at the Auburn Elks Club. Registration will begin at 9 a.m. at which time the organization will be reorganized under new officers elected from the participating clubs:

Leisure Westerners, Angle Lake, Pinal; Mrs. Virginia Purdy, district director, will provide the meeting in Auburn.

Mrs. Karen Dean, vice-chairman; and Other Chinook, which the show Judges will present the Christmas show, "Starting Time for The Holidays," which will be held Nov. 26 and 27 at Longacres with Mrs. Jean Muschiel as general chairman, will hold a business meeting.

The buffet luncheon following the meeting in Auburn will begin at 11:30 a.m. The buffet luncheon and general business meeting will be held in the Social Dance Center, 425 S.W. 144th Street, Seattle. The meeting in Auburn will be held in the Social Dance Center, 425 S.W. 144th Street, Seattle.

Registration begins on Tuesdays from the week of Sept. 10 to Dec. 11. The dance classes for fee are fee. Those taking part are asked to wear loose clothing.

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Couple married in New London

Ensign and Mrs. Mark Boe were married in the Coast Guard Academy Chapel in New London, Conn., on July 31. The former Barbora Czarniecka of Federal Way, daughter of Mr. and Mrs. Thomas C. Thompson Jr. of Buffalo, N. Y., and Mr. and Mrs. Curt Boe of Federal Way, were married by the Rev. Richard P. Adam, pastor of the Federal Way United Church of Christ. The couple will make their first home in Astoria, Ore., where he will be stationed.

School clothing needed

Because of a lack of boys and girls warm clothing at the Salvation Army, parents of children in need will have coats and sweaters to wear this fall. The organization is in immediate need of children's clothing of all kinds, especially fall and winter jackets.

Storytime series starting

The fall series of Preschool Storytime, led by Joyce Wagner, children's librarian, begins Monday, Sept. 4, at 9 a.m. in the home of Linda Manville. The group will meet at the home of Linda Manville. The group will meet at the home of Linda Manville. The group will meet at the home of Linda Manville. The group will meet at the home of Linda Manville.

Pre-registration for the nine-week series is necessary. Call Des Moines 356-6066 for this free program. There is also a separate reading scheme and basic phonics program. Parents of children in need will have coats and sweaters to wear this fall. The organization is in immediate need of children's clothing of all kinds, especially fall and winter jackets.

Save 42% to 45% Medley Etchings: Pinch-pleated draperies 6 8 to 1988

SAVE 42% to 45%

"Medley Etchings" pinch-pleated draperies 6 8 to 1988

Heads-up for the July 15 Fall/Winter Catalog.

SAVE $2 OFF

Craftmans® Rotary Hobby Grinder with flexible shaft and swivel base

SAVE $8

Women's dress boots

SAVE 46% Heavy-Duty fireplace grate

Sorry, but we cannot accept phone orders.

We sell first quality and discontinued merchandise from Sears Retail and Catalog Distribution.

"Was" prices quoted are the regular prices at which the items were formerly offered by Catalog or in many Sears Retail stores around the country.

Paul's Burien

We will be showing one of the largest displays of gemstones in the N. W. These quality stones will be shown by a company representative and available for sale in many various sizes and varieties.

We also have a beautiful area of mountings to show off your selected stones!

Friday, Sept. 7th 10:50-3:00

Appointments Custom Jewelry Returns Watch Repair

243 S.W. 152nd

Terms available on approval of credit

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Chinook district clubs earn state garden awards

For many people who casually wander one thing driftwood does not represent a visual display of natural beauty, but for Mary Smith, an instructor at Green River Community College, has been a teaching assistant for 14 years and is a member of Northwest Beachcombers Artists. She not only practices her art, but also passes the information on to others through college courses.

This fall, she will be teaching a class at 2 p.m. on Mondays from 7 to 10 p.m. on Tuesdays and Thursdays at 2 p.m. at the college. She enjoys driftwood sculpting when I took a class from Lorraine Welford, Mrs. Mary Smith, I did the same. She liked the colors and I decided to do it for her. I was teaching kindergarten at the time, and the change to college level instruction was a thrill.

Since then, she has taught several seashore showing, which include one at the Maple Valley Library and Green River. Her students have excelled in their work and have won first place in the annual show. The classes are open to anyone and are held at the college.

Driftwood classes scheduled at GRCC

Driftwood classes are scheduled at GRCC. The class is open to anyone and is held on Tuesdays and Thursdays at 2 p.m. and on Mondays from 7 to 10 p.m. The classes are open to anyone and are held at the college.

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by Harry Brooks

The Federal Way Eagles and Lakes Lancers begin the South Puget Sound League season this week with a pair of Sept. 5 contests. Federal Way hosts Decatur tomorrow, while Lakes meets Bethel in a showdown tonight in the Lancer's home opener.

The contest will begin at 7:30 p.m. Federal Way coach Doug Johnson and Lakes' coach Mike McPherson both class the opener "very important" to their programs and admit their teams are "fighting for the entire season."Added McPherson, "The winner of this game could very well determine who finishes in the middle of the pack." And while that might be true, the two teams are trying to prove that their teams can compete with the best in the state. The Eagles, coached by Johnson, will be trying to duplicate their success of last year's state title. The Lancers, under McPherson, are hoping to improve on last season's third place finish in the league.

"As a team, we have to work to get to the top," said McPherson. "We have a lot of work to do, but I'm confident we can do it if we work hard." Johnson agreed, "Our team is ready to go. We've been practicing hard and we're looking forward to this game."

The Federal Way Eagles are expected to be a strong contender for the league title, while Lakes is looking to improve on last year's third place finish.

Ten grid teams fight for SPSL crown

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The Federal Way Eagles are expected to be a strong contender for the league title, while Lakes is looking to improve on last year's third place finish.

"It's not easy to win in this league," said Johnson. "But we have a great group of players and we're determined to give it our best." McPherson echoed his coach's sentiments, "We have a great team and I'm confident we can make some noise this season."
Truckers ready for final assault

By Terry M. Sell
The News

Jack Thompson has joined the Peterbilt Truckers this season for his third year, but the Eye of the Tiger reputation is perhaps better than ever. Wagner says Peterbilt's national reputation is perhaps better than ever, and that makes a big difference for the Truckers, a team already noted for its pitching.

"They have a lot of pride," Wagner said. "I think all the ballplayers realized they were still struggling with us." Truckers ready for final assault

"We have a lot of guys who can run very well, and we've got some guys who can hit well out of the park. If we can get the ball around us we can get them playing our game. When a team knows that, they swallow a little bit more, and they throw the ball away a little more." Wagner reported.

"We also have some good pitching experience from 1978. They have the talent to replace us if we need it," Wagner said. Peterbilt was third in 1977 at Second Avenue National Forest, 1601 Baker-Snoqualmie Building, Seattle, Wa.

Wagner said, "and that's got to help us." The Truckers and Peterbilt, a different brand of fastpitch became the Truckers' "favorite." They have a lot of experience. Wagner reported. "From out first meeting in July, they have a lot of pride."

The Truckers never passed the ball away a little more than we normally have." That makes a big difference for the Truckers, a team already noted for its pitching. Bill Stewart, George Bettineski, Mike Bishop, Butch Batt, Roger Bledsoe, Jeff Borror and George Nokes will enter the tourney veteran Bobby Battineski, MUce Bishop, Butch Batt, and a different brand of the yoimg players and the at­

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I think all the ballplayers realized that we weren't playing well, and they were still struggling with us.

But so this may be the summer of the big dreams come true. Wagner says the squad is healthy and ready to play. Butch Batt, the Pan Americans game catcher, appears headed from a back injury, and only Greg Fleming, recruited to football coaching at

Cougars have depth

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**Meet a Hawk**

Weaver wants more ‘Thunder’ in his ‘foot’

When you’re a punter and you have been nicknamed “Thunder,” it’s an added incentive to keep your kicks high and long.

That is the situation Herman Weaver faces everywhere he travels. When he gets right foot off the ground, it’s a thunderous sound. And that’s how Weaver joined a small group of NFL punters who received nicknames from Monday Night Football broadcasters.

“Ferrell Mann is a former punter who was called ‘Thunder’ when he was filling out the Seattle Seahawks locker room before the Monday night game, and it just stuck after that,” Weaver said.

And he’s given the nickname validity.

Weaver showed his ability to win by studying with the Delta Lions from 1976 to 1978. He led the team to a state championship twice before that team was abolished and merged with another school. The 1979 season was recessed because of a strike just before the start of the 1979 campaign. At that time, the Seattle Seahawks were considering adding a punter to their roster and purchased a placekicker for the sevens before the start of their first season and completed their kicking-specialist turnover.

Weaver off the wafer

Weaver proved his punting ability against a 43-yard average in 1977 which included a Seahawks record 49-yard punt against New England. Last season, his average dropped four yards per kick, as noted by coach Jack Patera, his job is to develop punters.

Weaver was also in the single punting record books. His consistent performance during the four pre-season games this season has him at the top of the NFL in kick returning.

Weaver also adds to his resume that he’s an added insentive to the onset of the pre-season in the secondary. Weaver is an added insentive to the kickoff return on the Southeastern background.

T. Weaver is better known as ‘Thunder’ Herman Weaver, now in better shape than in his bad days like to think, so many things can go wrong in punting. A high map or a low map can change your field of vision. Sometimes you’re punting with one foot out the past in bad situations.

Weaver hopes to work with the NFL for a few more years. After retiring, he will work to develop a top team you had come distribution. He began in Asheville, in the South Carolina, and start. But, for the time being, he wants to concentrate on finishing the well high.

“I’m not satisfied with my kicking”, he said, “I’m told that the situation is the best. I’m not satisfied with the situation.”

Weaver has bounced off the offensive line. He has to punt from at least the 50-yard line, and his good days like to think, so many things can go wrong in punting. A high map or a low map can change your field of vision. Sometimes you’re punting with one foot out the past in bad situations.

Weaver’s efforts are reflected in the team. When he launches, he is completely good day.

**Welcome addition to Seattle coaching staff**

Herman Weaver, a 6-foot-1, 180-pound running back who has been on the team for two months, has been an added insentive to the kickoff return on the Southeastern background.

“Welcome addition to the Seattle coaching staff, he has been an added insentive to the kickoff return on the Southeastern background.”

— Transcript

Softball women in national tourney

The eyes of Texas are on San Antonio, Seattle Metro and softball champions in national tournament. After a 14-8 thumping of the Texas entry, however, the 15-4-1 Indians received a spot in the Heartland National. They just whipped Norm Schram, who received points from Grand Prairie, Texas, of the fall season but also in the latest fall season, as the Indians, in Ft. Lauderdale, June 11.

A total of 26 teams were involved in the national tourney.
Flyers win big over South Kitsap

The Bremerton Flyers defeated the South Kitsap Trojans 41-10 in a game played against the Kitsap County Chiefs. The Flyers won the first half 21-10, and the second half 20-0. The game was held at Highline Stadium, and the Flyers were led by running back Steve Galoia, who rushed for over 150 yards and scored two touchdowns.

Sports News

Plastimo 5

RAIN GUTTERS THAT YOU SNAP TOGETHER

Maintenance free, and easy to install. Plastimo Poly Vinyl Chloride Rain Gutters for the Do-It-Yourselfer.

Plastimo Poly Vinyl Chloride Rain Gutters for the Do-It-Yourselfer.
Mt. Rainier faces passing Pirates

by Bart Potter

The Mt. Rainier Rams and the North Puget Sound League season
the North Puget

Moyle said the pro­

Rams and the

spect of facing Mt.

Mt, Rainier faces passing Pirates

Jerry Dotson, he said, as did

Two sessions will be

interested in playing football come

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• Stainless steel frame • Adjustable, 

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Horsemen’s Association installs dental facility

The Horsemen’s Benevolent and Protective Association in Washington, which is organized and designed to help and protect the men who own, train and race thoroughbreds at Longacres, Playfair and Yakima Meadows.

This is the second dental trailer to serve the country and serves its purpose well, in giving the body hand to hand for those in each community. It is available three days a week by appointment.

Dr. Alan Delorie, a horseman and a dentist, sent Delorie Dental Trailer sent over for its regular commercial cost. This now pays for an invitation.

Dogs will be performing at 8:30 a.m. to 4:30 p.m. There will be six rings of obedience, beginning many exercises. There will be six rings going at one time.

MANY breeds of dogs handled by children, adults and some seniors will be competing in all levels of obedience, beginning through advanced.

Withings birds can sometimes lead to sucking fish, on lakes which have far is located in Salt Lake City to the right of the Washington Horse Racing Association and their dental trailer was an actuality.

Members of the Association and their dependents are eligible eligible for the dentistry services which are given at one-eighth of the regular commercial cost. This pays the overhead — no profit or loss.

The new trailer (the second) which was formed by Dr. John Staggers, President Carl and the officers, head dentist, sent Delorie Dental Trailer over for its regular commercial cost. This now pays for an invitation.

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Pupils pass when shyness does

by Pat Jenkins

Hi, stranger. New in town? Do you have the time? Hot enough for you? How to respond, and that nobody will pay attention to you and won’t talk to you.

"WHY BE SHY?" asks Patricia Haggerty, the instructor for "How to Talk to Strangers," she said. Instead, "I give people a way, when they're ready, to talk to and meet people. I look at it as if it's talking — to strangers."

"I TELL people how to start a conversation, ways to continue it, and how to keep a conversation going after someone else starts it."

"A lot of divorcees are skittish people come to them. What good is it, they said, "if I have to use in a long time."

"I HAVE a lot of people in my class who are chronically bashful. They feel comfortable discussing," she said. "Always the biggest hurdle is to get started."

"I've had people say they won't talk to anyone unless the other person comes to them. What good is that? That's no benefit of being shy. That's what I try to help people with," Haggerty concluded.

"TELL people how to start a conversation, ways to continue it, and how to keep one going after someone else starts it."

"THE Sufi Men are verbs for words. How to respond, and that nobody will pay attention to you and won’t talk to you."


For a complete list of meetings, call the Federal Way Information Center at 941-2466, Federal Way Christian Church, 2130 S. 248th St.

Pinochle (Wednesday, 12:30 to 3 p.m.) At center.

Bowling (Fridays, 10 a.m.) At center.

Cards (Poker) (Monday through Thursday, 10 a.m., 11 a.m., 12:30 p.m., 1:30 p.m.) At center.

Fall gardening with Ed Hume, 927-2195.

Spices, home of Marty Roper.

For more information, call 839-5151 evenings for more information.

Information.

Center, 16200 42nd Ave. S., phone 941-5500.

Heights Improvement (Hub, 3730 Pacific Highway S.) 2nd, 1st and 3rd Wednesdays, 8 p.m.) At center.

For all inquiries, call Jackie at 927-8544.

Three additional free self-help classes are available, call Jackie at 927-8544, or 878-3410 for information.

Dinner meeting at Black Angus Restaurant.

Regular meeting. Pyramid Building, 2130 S. 248th St. 9-5, 9-6, 7 p.m.) Visitors and guests welcome.

Meetings begin. Your standard of living rises. 2) suggest a retirement plan that will guarantee you and your spouse an income for life, and 3) help you select health insurance that will protect your family's standard of living.

Dick Luznick at 839-1234 or Don Dickerson at 927-0244 for information.

Puyallup; lessons will start Sept. 11 for six weeks, 9-5, 9-6, 7 p.m.) Stated meeting in homes; new level square dances, Hank Johnson, caller, Camelot Mobile Home Park, Recreation Hall, 927-2195.

If you're interested and conserved your estate. 2) suggest a retirement plan that will guarantee you and your spouse an income for life, and 3) help you select health insurance that will protect your family's standard of living.

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For more information, call 839-5151 evenings for more information.

B extracts duplicate, 1346 S.W. Dash Point Road, call 927-0244 for additional information.

Fly fishing, 839-3727 for Information.

Puyallup; lessons will start Sept. 11 for six weeks, 9-5, 9-6, 7 p.m.) Stated meeting in homes; new level square dances, Hank Johnson, caller, Camelot Mobile Home Park, Recreation Hall, 927-2195.

Two Pugs breed Klawdiow (every Tuesday, 8 p.m.), held at Desert Horizon, 13321 108th Ave. S.

Pug breed Klawdiow (every Tuesday, 8 p.m.), held at Desert Horizon, 13321 108th Ave. S.

Overeaters Anonymous (each Monday, 10 a.m.) Meeting held at the Fog Cutter South, 2439 S. 208th St.

Highways.

America.
New Manager For Del Bianco

Seattle as branch manager for Del Bianco about it, "Roath says. "It's a challenge, the office is located at 30821 Pacific Hwy So.

Roath entered the real estate field by Kay Crane found her a big help in learning the ropes at the same time Roath did. He says he's particularly likes the Federal Way office, call him at 839-6060.

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ANNOUNCEMENTS

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Any advertisement appearing in this newspaper may be reclassified at the discretion of the publisher. Robinson Newspapers on equal opportunity basis.

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2 p.m. on day before

COMMERCIAL DEADLINES

2 p.m. on day before

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100-299

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300-499

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PET-LIVESTOCK

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TRANSPORTATION

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839-9520

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574-4650

ASSOCIATION

574-9682

AGREEMENT

574-4969

PUBLICATIONS

574-5361

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Federal Way News

Anchorage Daily News

Alaska Dispatch

Washington Post

Seattle Times

PULTE Master Builders Presents TWIN LAKES DIVISION X SOUND VIEW HOMES PRESENTS WANTED FOR CONDO & RESIDENTIAL SALESPEOPLE

Over 200 Condo and homes in West Seattle.

West Seattle, Renton, Auburn to Puyallup.

Good Commission Split with bonus with or without experience.

In House Training

PULTE Master Builders

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CLASSIFIED DEADLINES

4 p.m. Mon. for Wed. and Thur.

For Son, Parts Penns Ads and Cancellations Only

CLASSIFIED DEADLINES

2 p.m. on day before

ANNOUNCEMENTS

for such advertisements advertised in this newspaper will not be classified any order received for space that has not been paid for by the advertiser.

Any advertisement appearing in this newspaper may be reclassified at the discretion of the publisher. Robinson Newspapers on equal opportunity basis.

FEES

PETS-LIVESTOCK

839-9520

839-4700.927-5252

MCH MINIATURES

998-4700

10.00 Box 3007

1201 Fourth Ave.

Seattle 800-899
REAL ESTATE
NORTHWEST

Real Estate

BY MIKE DE LA GARZA

REAL ESTATE

MAY 8, 1983

WANT ADS

CLEAN

WANTED

ONE BEDROOM WITH 1.BATH

$79,950

11716 68TH AVENUE S.

TWIN LAKES

10134 60TH AVENUE S.

2 BEDROOMS, 2 BATHS, WALK IN CLOSETS, PANORAMIC VIEWS

$77,500

3 BEDROOMS, 2 BATHS, 1 DEN, 2 CAR GARAGE, CENTRAL HEATING/AC

$158,000

3 BEDROOMS, 2 BATHS, GREAT SCHOOL DISTRICT

$122,000

8105 48TH AVENUE S.

IN WEST CAMPUS CAMPLAND

CALL JIM 223-0741

IN WEST CAMPUS CAMPLAND

CALL JIM 223-0741

ONE BEDROOM $79,950

11TH FLOOR

1 BEDROOMS, 1 BATH, KITCHEN, LIVING ROOM, BALCONY, BALCONY BALCONY

$79,950

3208 17TH AVE. S.

FULLY FURNISHED

3 BEDROOMS, 2 BATHS, LARGE LIVING ROOM, FIREPLACE, 2 CAR GARAGE

$93,500

6560 45TH AVENUE S.

HIGH QUALITY

4 BEDROOMS, 2 BATHS, GREAT LOCATION,

$119,000

10604 45TH AVENUE S.

1 BEDROOMS, 1 BATH, GREAT LOCATION

$79,950

1004 45TH AVENUE S.

1 BEDROOMS, 1 BATH, KITCHEN, LIVING ROOM, BALCONY

$79,950

1004 45TH AVENUE S.

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1004 45TH AVENUE S.

1 BEDROOMS, 1 BATH, KITCHEN, LIVING ROOM, BALCONY

$79,950

1004 45TH AVENUE S.
For a free market estimate or free V.I.P. relocation service, call 941-3000.

1.65 Acres-$69,950

MLS #155, 3415 179th Ave. SW, Vashon.

Huge 4 bedroom White Spanish Stucco on huge cul-de-sac lot in West Campus, nr Nisqually, with shake roof, beautifully main­ tenanced, freshly painted, spacious. All bedrooms have their own bath, family room, 2 fireplace home with huge sliding doors to large bedrooms, family room, oak window frames, 3 bdrm, 2% baths - all in mint condition. $179,950 Call BARB DICKSON 246-7919 or 248-2722.

SUPER CLEAN AND PRIVATE

2722. A beautiful home in every respect, quiet dead-end street, Snd. & Mtn. view, 3980 square feet. 3 bedrooms. 2 full baths, family rm, RV parking. $1?»5,000 Call MYRTLE FRANK 246-7919 or 248-2722.

Just reduced $4,999-from the Living room, features thermopane windows, elec heat, gourmet kitchen, wooden carving room, big kitchen with eating area & pantry. Sliders to full length patio in back. New detached garage. New, beautiful. $55,000 Call 941-2651. #612

Qualify brand new daylite basement for $74,950 in Federal Way, nr employers. From $72,250 to $75,550. Of­ fering Golf Course view, Sept. 10, $295.824-3611, #615

Just a quick call away, over 3000 sq ft, nr school, church, park.

FOR AN AWARD WINNING WATERFRONT HOME, CALL 932-1450.

A large 3 bedroom White Spanish Stucco on huge cul-de-sac lot in West Campus, nr Nisqually, with shake roof, beautifully main­ tenanced, freshly painted, spacious. All bedrooms have their own bath, family room, 2 fireplace home with huge sliding doors to large bedrooms, family room, oak window frames, 3 bdrm, 2% baths - all in mint condition. $179,950 Call BARB DICKSON 246-7919 or 248-2722.

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Just a quick call away, over 3000 sq ft, nr school, church, park.

FOR AN AWARD WINNING WATERFRONT HOME, CALL 932-1450.
ATTENTION
NURSING ASSISTANTS INCREASED PAY SCALES IN EFFECT $3.50 TO START

Increases at 1 month, 6 months, and 1 year. Certified nursing assistants start at $3.50.
Competitive benefit package, plus free on-site parking.

FULL TIME PART TIME ALL SHIFTS
WESLEY TERRACE GARDENS
824-5000
HOMEMAKER MILDRED "JOsh" NEWKIRK, a woman of endless enthusiasm and energy believes you can "beat the system" with a little ingenuity.

If there were a severe depression, Mildred "Josh" Newkirk said she believes a lot of people simply wouldn't know how to take care of themselves. "They'd simply die."

But, Josh, as her friends know her, wouldn't be one of those people because she's learned to "beat the system" through careful spending, developing her own skills and taking advantage of a bargain when she sees it.

"Everybody always talks," said Josh, a sometime science teacher who, with her husband, Herman, has raised four children in the Highline district. "My game is beating the system by being independent. You don't have to go to them (commercial business and government) for everything."

Truth of what she says is obvious at her Normandy Park home on Marine View Drive. In her kitchen are recently prepared jams and jellies made with a Rennie Gibbons sweetener and a minimum amount of sugar; a dehydrater packed with inexpensive Thompson grapes that will soon be raisins; pineapple, apricot and nectarine slices; and red peppers that are being prepared for paprika.

She prides herself on making her own bread of home-ground wheat; buys meat from a friend and gets most of her fresh produce from her organically grown garden or by purchasing directly from the farmer.

Recently, she and two friends packed their pick-up with empty cardboard boxes and spent two days between here and Toppenish loading up with fresh fruit and vegetables. "We're after whatever is ripe. You have to be flexible," she said. They came home with 300 pounds each at bottom-of-the-line prices. They picked u-pick tomatoes and peppers for 10 cents a pound; Elberta peaches for $1.40 per box depending on quality; and squash and melons for 10-15 cents per pound.

SHE ADDED THAT THEY also "do a lot of gleaning" and pick up quality fruit that is left in the farmer's field after the commercial picking is over.

Interviewed more in quality than quantity, she said that you end up with fresher fruit -- and you know what you've got." Besides, she said, "psychologically, you feel good about doing for yourself and being independent. You've got top quality goods, you've had a good time and you've saved money besides."

Her money saving skills extend far beyond the actual realm of homemaking unless you count home building as part of that job. When she and her husband built their home 15 years ago, she said they purchased a supposedly uninhabitable lot on a steep cliff and proceeded to prove it could be done.

They hired an architect, filled in with fill-dirt and did most of the labor themselves. Gesturing about the house, she mentioned the doors were once part of the Berlin exhibit at the World's Fair in Seattle Center that was eventually torn down; the light fixtures were once in a ticket office; the wiring, that cost $30, was thrown away, and the used for a side wall was purchased out of a business for 25 cents a foot.

In her spare time, and it's hard to believe that she has any) she works in her pottery which she terms as completely self-supporting. She sells her pottery twice yearly at Miranda Park, keeping all those jossies she can't bear to part with.

In her spare time, (and it's hard to believe that she has any) she works on her pottery which she terms as completely self-supporting. She sells her pottery twice yearly at Miranda Park, keeping all those jossies she can't bear to part with.

"With little empathy for people on welfare," she said there is no reason for anyone to need money. "They simply need to be taught how to manage."

She said she remembers, yet, the days during the depression when her Ukranian-born parents had next to nothing but managed without the help of welfare. In fact, her mother purchased a home being torn down following a home show and set an example that has led to thousands of dollars being saved in the Newkirk household.

Asked why her system was so successful, she only knew that it worked and it was right for her. "You never cheat and you don't lie," she said firmly. "But, you always take advantage of a bargain when you see one. And if you see something that might be useful, never be afraid to ask. They might be just as anxious to get rid of it as you are to get it."
Quality is Always

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

**Meat Department**

**Beef Round Steak**

- Boneless, Full Cut, U.S.D.A. Choice $1.79

- Beef Rump Roast U.S.D.A. Choice $1.99
- Beef Short Ribs U.S.D.A. Choice $1.99
- Sausage **Fresh** $0.89
- Turkey Ham **Frozen** $0.99
- Turkey Drumstick Grade A $0.39
- Pork Shoulder Butt Boneless Midwest Park $1.19
- Beef Sirloin Tip Roast U.S.D.A. Choice $1.89
- Beef Cube Steak Deli Section $2.19

**Safeway Tasty Lean** 3 lb. $1.59
- Cheeseburger Meat Loaf 2 lb. $1.49
- Thuringer Chubs 1 lb. $2.49
- Hot Dogs 1 lb. $1.99

**Frozen Foods**

- Ice Cream $0.99
- Ice Milk $0.79
- Tater Treats Bel-air $0.79

**Safeway Copoun Value**

- Mars Candy Bars 15¢
- Good Seasons Salad Dressing 30¢
- Lender's Hot Sauce 2 for $1

**Bakery**

- Mrs. Wright's Old Fashioned Bread 24 oz. $2.99
- Italian Bread Mrs. Wright's 22.5 oz. $2.99
- English Muffins Mrs. Wright's 24 oz. $2.99

**Charmin**

- Bathroom Tissue 4 Roll $0.75

**Kraft Mayonnaise** 1 qt. $1.29
- Dry Detergent 10 oz. $0.39

**Safeway Tasty Lean**

- Vegetable Soup 10.5 oz. $0.49
- Tang Orange Drink Powdered $0.79

**Safeway Tasty Lean**

- Turkey Ham 20 oz. $0.59
- Turkey Drumstick Grade A $3.99
- Pork Shoulder Butt Boneless Midwest Park $1.19
- Beef Sirloin Tip Roast U.S.D.A. Choice $1.89
- Beef Cube Steak Deli Section $2.19

**Safeway Tasty Lean**

- Safeway Tasty Lean **Lean** $1.59
- Rope Sausage **Fresh** $2.29
- Luncheon Meat 1 # Hamburger 79¢
- Sliced Bologna **Fresh** $1.39

**Safeway Tasty Lean**

- Lucerne Ice Cream $1.99
- English Muffins Mrs. Wright's 6's $0.59

**Safeway Tasty Lean**

- Don't Forget These!
- Dry Detergent 10 oz. $0.39
- Bar Soap 20 oz. $0.79

**Safeway Tasty Lean**

- Everything you want from a store and a little bit more.
First at SAFEWAY

Safeway

SPAM Luncheon Meat 12 oz. $1.09

KRAFT Macaroni & Cheese Dinner 4 oz. $1.75

Don't Forget These!

Reynolds Twists 49c

Juice Sticks 49c

Super Sugar Crisp Cereal
Post 10-lb. 69c

Heinz Ketchup Special Value
14 oz. 49c

PURE CANE C & H Sugar
18 oz. 6.9 oz. $1.19

Northern Napkins
140 ct. 55c

Chunk Tuna
Regular & Slim
18 oz. 69c

King Cola
6.5 oz. $1.19

Deluxe H Duncan Hines Cake Mixes
18.5 oz. 69c

Cauliflower
Yellow Onions
59c

Select Carrots
49c

Sweet & Juicy Nectarines
Washin Grown

Bartlett Pears
Casaba Melons
Cauliflower
Yellow Onions

Extra Fancy

Bell Peppers
Ideal For Stuffing

Ripe Tomatoes
Ideal For Salads

Glazed Donuts
8 for 1

Bread
8 Grain Plus
16 oz. 75c

LUCERNE Cottage Cheese
49c

MINUTE MAID Chilled Orange Juice
$1.49

American Cheese
Sliced
1-lb. 1.55

Bake Shop
At Stores With Bakeries Only!
FRESHLY BAKED

SAVE 70c
Style Hair Spray
8 oz. 69c

Polish Remover
Case
SAVE 36c
Mr. Coffee Filters
100 ct. 59c

Photofinishing Specials

Each 188
13 Exp. 138-176
Each 138-176

Each 288
24 Exp. 238-288

Refrigerated Foods

LUCERNE Cottage Cheese
49c

Cheese
$4.29

Cubed Butter
$1.55

Prices effective Wednesdays, September 5th thru Tuesday, September 11, 1979. Sales in retail quantities only.
After-school snacks for hungry scholars

**Available Sept. 1**

**Hot Roll Taco Round-Up**

- **What You Need**
  - 1 package hot roll mix
  - 3/4 cup water
  - 1 envelope taco seasoning mix
  - 1 (10-oz.) can@hotmail sauce
  - 1 (3-oz.) package shredded cheese

- **What You Do**
  1. **Prepare Meat**
     - Brown ground beef; stir in remaining seasoning mix. Set aside.
  2. **Prepare Filling**
     - Crumble taco sauce into meat mixture; mix thoroughly.
  3. **Assemble**
     - Divide filling between 20 wrappers. Fold the 3 sides to the middle. Seal edges. Place sealed edge of taco round up in a ring shape for the appetizers. For mom jobs which lead to big starting, the bines a tasty potato of ground beef makes round pan.

- **Roll Taco Round-up is and tasty.**

**Topping**

- **What You Need**
  - 2 cups (8 oz.) shredded lettuce
  - 2 cups (8 oz.) shredded cheddar cheese
  - 2 cups (8 oz.) cheese. Serve with chopped onion, green onions or scallions.

- **What You Do**
  1. **Preheat**
     - Preheat oven to 375 degrees F.
  2. **Bake**
     - Bake in preheated 375-degree oven for 35 minutes or until golden brown. Light golden brown.

**POTATO BURGER**

- **What You Need**
  - 1 (10-spr ounce) package frozen ground beef
  - 2 tablespoons (2 oz.) prepared pan
  - 2 tablespoons (2 oz.) prepared pan

- **What You Do**
  1. **Preheat**
     - Preheat oven to 375 degrees F.
  2. **Bake**
     - Bake in preheated 375-degree oven for 30 minutes or until golden brown.

**Prices effective Wednesday September 5th thru Tues- day September 11, 1979. Sales in retail quantities only.**
Cookbook review:

Micky Mouse in the kitchen

Steak and potato Salad

There's only one real secret you have to know to make any of the Steak and Potato Salad recipes: Buy the steak and fries. Why? Because getting the steak and fries right is what makes the Steak and Potato Salad taste so good.

Ingredients:
- 1 pound frozen French fries
- 1 pound steak
- 1 head lettuce
- Zesty Dressing

Instructions:
1. Heat the oven to 375 degrees.
2. Place the steak and fries on a baking sheet and bake for 15 minutes.
3. In a medium bowl, mix the Zesty Dressing ingredients.
4. Toss the lettuce with the dressing and serve as a side dish.

"There's only one real secret you have to know to make any of the Steak and Potato Salad recipes: Buy the steak and fries. Why? Because getting the steak and fries right is what makes the Steak and Potato Salad taste so good."

Mickey Mouse's Sugar Cookies

Ingredients:
- 1 cup shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 1 cup milk

Instructions:
1. Preheat the oven to 375 degrees.
2. In a large bowl, cream the shortening and sugar. Add the eggs and vanilla and mix well.
3. In a separate bowl, whisk the baking powder and flour and add to the creamed mixture. Stir in the milk until the batter is smooth.
4. Drop the dough by the teaspoonful onto a cookie sheet. Place on a baking sheet and bake for 10-12 minutes or until golden brown. Cool on a wire rack.

"Mickey Mouse's Sugar Cookies..."
Those fresh tomatoes are hard to resist.

Bartlett pears make summer debut

Juicy, fresh Bartlett pears make their fall debut in the market in late summer. They are perfect for use in salads, in meat or poultry dishes, for desserts and even for canning plums and prunes. A medium-sized Bartlett pear weighs about 7 ounces and contains at least one seed, but also popular is the bosc pear, which is similar in appearance but larger and sweeter. Half a medium bosc pear contains 88 calories and 16 grams of carbohydrates.

Sweetness increases, texture and juiciness.

Bartlett pears, like plums and prunes, are derived from the Persimmon tree to develop their color and flesh that yields to gentle pressure. If pears that are green and firm, still a hard fruit to use for their own merits, and easy fruit to use for salads, desserts and jams and preserves, as Italian prunes, or plums that are rich in fiber and calcium. For canning plums: 1 quart) may be added syrup. Allow approximately one-half cup sugar to two parts syrup. Allow approximately one-half cup water) to which has been added one-half teaspoon ascorbic acid per quart of syrup. Allow approximately one-half cup syrup per quart of fruit. Place crumpled freezer paper over fruit to hold it under syrup. Seal and freeze.

Serve over ice, if desired.

When freezing purées, add ginger ale, crumbled freezer paper over fruit to prevent discoloration of fruit on freezing. When packing, add ginger ale to freezer paper over fruit.

Lucky never offers "specials" on a few selected vegetables. Bring to a boil; cover and simmer for 10 minutes, or until tomatoes are tender. Sprinkle with cheese. Serve hot or cold.

SEASONED TOMATOES

(Yield: 6 servings)

1 envelope Italian dressing mix
2 medium tomatoes
1 medium green onion, slivered
2 tablespoons Parmesan cheese

Mix, cover and refrigerate until ready to serve.

SPARKLY PUNCH

(Yield: 4 servings)

2 cups red wine
4 lemon slices
1 teaspoon orange juice

Combine wines, water and drink mix in a pitcher; stir until well blended. Add fruit and chill. Serve over ice;

With ginger ale, crumbled freezer paper over fruit to prevent discoloration of fruit on freezing.
Leans under pressure

In a rush to fix dinner? If a microwave oven isn't available, try a pressure cooker. A pressure cooker can sometimes mean the difference between a cooked meal andNone. That's true even if the necessary heating-up and cooling-down times with a pressure cooker is allowed for.

A pressure cooker can prepare four people's meals in 10 to 12 minutes, while a microwave oven would take 15 minutes. "The two appliances aren't really competing for jobs to do in the kitchen," says Mrs. Grant. But an inexpensive pressure cooker can speed up cooking at home. Smaller pressure cookers are available to buy for individuals, while large pressure cookers are meant for pickling or slicing, says Jan Grant, King County extension agent.

With the many varieties of cucumbers available today, it's sometimes difficult to determine how long it will take to prepare each type. Standard cucumbers are usually harvested and used for pickling. They're available in two great varieties. One, the "slicer," is better when the cucumbers are cut lengthwise. The other, the "pickler," is good for pickling but the cucumber can be used either way. It is better to slice to the diameter of a pen knife, says Jan Grant, King County extension agent.

Freshly harvested cucumbers are perfect for pickling or slicing, says Jan Grant, King County extension agent. If the cucumbers are not of the slicing type, they will be stringy, fast and slightly curled - they're probably the pickling type. The slicing type will be dark green, the pickling type will be small and few. Look for white spines on the little varieties.

On the other hand, if the cucumbers are green with some white, they are probably the pickling type. On the other hand, if the cucumbers are green with some white, they are probably the pickling type. The slicing type will be dark green, the pickling type will be small and few. Look for white spines on the little varieties.

Try to harvest vegetables at least once a week throughout the growing season to keep producing and the size will decrease.
**PEARS ARE**

BLAND or have a

flavorless texture?

Flavored pears are

vital to the scene.

They do tend to

mix sometimes

and sometimes

together, but there

is a shortcut to
deliciousness. For

example, I bought

some Emiron pears

at the market this

weekend. I found

them to be

exceptionally
tender and
delicious. I

purchased them

for 69 cents per

pound, which was

a good deal. I

brought them home,

ensured they were

nearly ripe, and

then I peeled them.

The peeling was

easy, and I didn't

have to use any

special equipment.

I was able to

remove the skins

with my bare hands

and a spoon. It was

a quick and
delightful process.

I then cut the pears

into halves and

eaten them fresh.

They were

exquisite. I

recommend you try

cutting and eating

Emiron pears if you

come across them

in the market. They

are definitely worth

the effort.
Garden peppers spice up meals

There are two distinct types of garden peppers: those that are hot, with the hot or pungent flavor, and those with the hot or pungent flavor.

Within each of these groups is a remarkable range of sizes, shapes and colors. The bell is probably the most popular of the sweet peppers, in that it is used as a food in many recipes. The bell is generally milder than the hot peppers, is about 50 and 40 degrees. The red bell peppers are a good source of vitamin A and C, avoid shriveled, bruised peppers or ones with soft waxy spots. Allow enough medium or half large pepper for each serving. The longer the vine long enough. The red bell peppers is about 50 and 40 degrees. The red bell peppers are a good source of vitamin A and C, avoid shriveled, bruised peppers or ones with soft waxy spots. Allow enough medium or half large pepper for each serving. Avoid shriveled, bruised peppers or ones with soft waxy spots. Allow enough medium or half large pepper for each serving.

The ideal storage temperature for fresh peppers is about 30 degrees. Second best would be the refrigerator, use within a week. If a hot pepper is just too hot, soak the whole pepper in cool water for a half hour or so, to reduce some of the pungent taste.

Since peppers are a low-acid food they need to be processed in a pressure canner. But with the addition of a strong vinegar, the canning process is the method to be used. If peppers are added to tomatoes or other vegetables coming to a boil,

Hints on choosing apricots

The primary Volkswagen group are Marburg, Bilk, Emsland and Perfecto. The vineyard is new and one of the best producers of quality fruit. Use only apricots that are full and firm, ripe and pit. Do not peal. Apricots that are full and firm, ripe and pit. Do not peel. Apricots that are full and firm, ripe and pit. Do not peel. Apricots that are full and firm, ripe and pit. Do not peel. Apricots that are full and firm, ripe and pit. Do not peel. Apricots that are full and firm, ripe and pit. Do not peel.

For freezing:

1. Remove stems and cores. 2. Half the topping mixture. 3. Add cantaloupe. Spoon into chilled graham cracker crust, half the topping mixture. 4. Sprinkle with blueberries. Chill four hours. Garnish with cantaloupe slices.

Pipe triple

CANTALOUP LIME PIE

1 can (14 ounces) sweetened condensed milk
1 container (four ounces) frozen limeade concentrate
1/2 cup blueberries
Graham cracker crust
Combine ingredients until thickened. Packed 1/2 cup blueberries to mix. Add cantaloupe. Spoon into crust. Chill two hours. Topping:

Blend 2 eggs, 1/2 cup sugar, 1/4 teaspoon salt, 1/4 teaspoon baking powder, 1/4 teaspoon cream of tartar, 1/4 teaspoon baking soda. Mix well. Add cantaloupe balls and additional blueberries, if desired.

Graham-cracker crust:
Crush 1 1/4 cups graham crackers crumbs and 1/4 cup sugar. Press firmly on bottom of 9-inch pie pan. Bake in a 350-degree oven for 8 minutes. Cool. To serve, spread meringue on top of pie. Chill one hour before serving.

This pie is ready to serve when
canned apricots are added to tomatoes or other vegetables coming to a boil.
Oven-Fried Chicken Monterey is a treat for a different taste you in. Bring our low prices and the taco seasoning mix in a 1-lb. pan. Place chicken in pan, turn once; cook and stir till brown. Blend inolv onto sauce and heat. Return to browning mixture, stir in 1 cup Monterey Jack cheese, shredded. Mix until cheese melts; do not boil. To serve, serve over baked dish with leaf lettuce, tomato, additional tortilla chips and ripe olives. Makes 8 servings.

Chopped Chicken Monterey

For a different taste you in. Bring our low prices and the taco seasoning mix in a 1-lb. pan. Place chicken in pan, turn once; cook and stir till brown. Blend in 1 cup Monterey Jack cheese, shredded. Mix until cheese melts; do not boil. To serve, serve over baked dish with leaf lettuce, tomato, additional tortilla chips and ripe olives. Makes 8 servings.
How to preserve your fresh Washington peaches

Fresh Washington peach season starts late in August and September. In August, the freestone variety is fully colored but becoming a trifle soft. The skin color should be yellow, or at least creamy, and may have a very shallow blush. Fruit that is firm should be avoided. Ripe peaches should be stored in the refrigerator until they are to be used.

When canning:

Peach, halve and pit peaches. Pack, cut side down, into hot jars, overlapping bottoms. Cover with hot syrup. When filling is about one-half inch head space, add ascorbic acid to each quart of syrup. Put one-half cup cold water in each freezer jar for freezing. Select fully ripe peaches for freezing. Wash and peel. Cut in halves or slices and remove pits.

For syrup pack peaches, cut or slice into halves or slices of peaches. Directly into cold syrup. Press fruit tightly and freeze.

Seal according to manufacturer's directions. Process in boiling water bath, one-half hour for pints and one hour for quarts.

When freezing:

Peel, halve and pit peaches. Pack, cut side down, into hot jars, overlapping bottoms. Cover with hot syrup. When filling is about one-half inch head space, add ascorbic acid to each quart of syrup. Put one-half cup cold water in each freezer jar for freezing. Select fully ripe peaches for freezing. Wash and peel. Cut in halves or slices and remove pits.

For syrup pack peaches, cut or slice into halves or slices of peaches. Directly into cold syrup. Press fruit tightly and freeze.
Light, tempting summertime foods

**SUMMER FRIED FISH**

1 pound fillets or three
eggs, beaten
1% cups milk
1% cups brown sugar
1% cups all-purpose flour

**Crunch Topping:**

1% cups ground
margarine, melted
1% cups quick oats, for crunch
old fashioned oats for

**Topping:**

1% cups brown sugar
3 eggs, beaten
% teaspoon salt
% cup firmly packed
brown sugar

Combine zucchini,
parsley, if desired.

Variation: For two

**Summer-Light Tuna Salad**

(Yield: 1 cup)

1% cups salad dressing
2 cups tomato, diced
1% cup green onions, sliced
1% cup celery, diced

**Honey Pecan Crunch Topping:**

% cup brown sugar
1% cups chopped pecans
One-third cup butter
% cup chopped pecans
% cup crunchy salad dressing

Spread mixture on
unbaked cookie sheet. Bake at 350 degrees for 13
minutes. Cool and

**Summer-Light Tuna Salad**

(Yield: 2 cups)

3 eggs, beaten
1% cups milk
1 pound fillets

Combine zucchini,
parsley, if desired.

Variation: For two

**Summer-Light Tuna Salad**

(Yield: 2 cups)

3 eggs, beaten
1% cups milk
1 pound fillets

Combine zucchini,
parsley, if desired.
SHASTA POP
ASSORTED FLVRS
6 PACK
89c

MJB COFFEE
3 LB. $8.29
TIN

SNACK CRACKERS
NABISCO
8 OZ. EACH
66c

GOLD MEDAL
FLOUR
10 LB. BAG
1.69

STAR-KIST
CHUNK LIGHT TUNA
6.5 OZ. CAN
69c

NALLEY'S
REG.
POTATO
DIPPER
CHIPS
69c

REG.
DIPPER
BAR-B-Q
6 OZ. BOX
EACH

BONELESS HAMS
MORRELL SLICE 'N EAT
$1.39

PORK ROAST
LOIN END
ECONOMY PACK
$1.29

FRESH GROUND BEEF
$1.29

BONELESS BEEF CHUCK STEAKS
SWIFT TURKEY ROAST
TURKEY DRUMSTICKS
FRESH FISH FILLETS

PRODUCE

YAKIMA TOMATOES
RED RIPE
5 LBS. $1

GREEN BELL PEPPERS
4 FOR $1
LETTUCE
3 FOR 89c

ELOERTA PEACHES
12 FOR $1

BARTLETT PEARS
YAKIMA
5 LBS. $1

GOLD N SOFT
MARGARINE
55c

BURRITOS
REGGER'S
$1 FOR 4

MILD LOAF CHEESE
WESTERN FAMILY
2 LBS.
$3.29

STAGECOACH BACON
88c

DAIRY DEPT. VALUES
ICE MILK
FROZEN FOOD BUYS
FRIED CHICKEN
BANQUET

COOPER SCOOP
HALF GAL.
89c

COLLEGE GOURMET
MIX
1.48

CHOCOLATE
YOGURT
24c

COOKED
POTATOES
2 LBS.
$1.88

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Lunch menus for back-to-schoolers

THURSDAY, SEPT. 6: Ham-fresh fruit cup, cooky, milk. cheese sandwich, green beans, warm buttered bread, peanut green salad, french dressing, french dressing. MONDAY, SEPT. 10: Spaghetti, meat and cheese, seasoned com, salad, seasoned green beans, cheese sandwich, golden glow tossed green salad, blueberry sauce, milk.

TUESDAY, SEPT. 11: Batter dipped zucchini sticks, cornbread and gravy, whipped potatoes, cranberries, candied sweet potatoes, fresh fruit, milk.

FRIDAY, SEPT. 14: Fishwich, potato chips, vegetarian beans, chilled pineapple tidbits, milk.

TUESDAY, SEPT. 25: Boston com niblets, chilled apricots, sandwich, lettuce and pickles, relish, shredded lettuce, sliced tomato, Kitchen sauce, milk.

FRIDAY, SEPT. 21: Macaroni and cheese, parsley sticks, buttered whole wheat bread, chili, potato chips, vegetarian beans, chilled pineapple or apple crisp, milk.


Jennie-O, 12-Oz. Pkg., Ea. 1.09

1979 EDITION

Let's Get Acquainted Issue

TACOMA SCHOOL DISTRICT

WEDNESDAY, SEPT. 5: Beef-taco on buttered bun, carrots, Spanish rice, hot french bread, blueberry bars, milk.

THURSDAY, SEPT. 6: Pizza with meat and cheese, celery sticks, chilled pears. Kitchen sauce, milk.

TUESDAY, SEPT. 18: Spaghetti with meat, tossed green salad, chilled applesauce, broccoli, milk.

TUESDAY, SEPT. 19: Chili with crackers, carrot sticks, fruit cup, hot cinnamon rolls, tiles or chocolate milk.

WEDNESDAY, SEPT. 20: Turkey meat (slated turkey and cheese on a bun), beef, mashed potatoes, gravy, green beans, chilled pineapple or apple crisp, milk.

FIFE SCHOOL DISTRICT

WEDNESDAY, SEPT. 6: Taco salad with cheese, lettuce and tortilla, cornbread, button, peach, milk.

FRIDAY, SEPT. 14: Fishwich, potato chips, vegetarian beans, chilled pineapple tidbits, milk.

MONDAY, SEPT. 17: Wiener in bun, potato chips, coleslaw, applesauce, milk.

TUESDAY, SEPT. 18: Sloppy joe on bun, buttered corn, cake with chocolate milk.

FRIDAY, SEPT. 21: Macaroni and cheese, parsley sticks, buttered whole wheat bread, chili, potato chips, vegetarian beans, chilled pineapple or apple crisp, milk.

THURSDAY, SEPT. 6: Taco salad with cheese, lettuce and tortilla, cornbread, button, peach, milk.

FRIDAY, SEPT. 14: Fishwich, potato chips, vegetarian beans, chilled pineapple tidbits, milk.

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FRIDAY, SEPT. 21: Macaroni and cheese, parsley sticks, buttered whole wheat bread, chili, potato chips, vegetarian beans, chilled pineapple or apple crisp, milk.
Food preservation exhibited at fair.

> A whole chicken, about two pounds.

> Pickle jar.

> Jelly roll pan.

> Chicken pieces.

> Tomato slices.

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> Water bath canner.

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Flavoring the season's bounty
Italian inspired beef rollups

Salad inspired by Fisherman's Wharf

**Italian Beef Rollups**

- **Ingredients**
  - 1 tablespoon salt
  - 1 teaspoon chili powder
  - 1 tablespoon sugar
  - 1 teaspoon paprika
  - 1 teaspoon cumin
  - 1 cup red wine
  - 2 cups cubed beef

**Instructions**

1. Preheat oven to 375°F.
2. Mix salt, chili powder, sugar, paprika, and cumin in small bowl.
3. Rub beef with spice mixture, then add red wine. Bake for 1 hour.

**Variation**

- Substitute beef with chicken or pork.

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**Seafood Louis**

- **Ingredients**
  - 1 cup real mayonnaise
  - 1 tablespoon lemon juice
  - 1 tablespoon Worcestershire sauce
  - 1 tablespoon catsup
  - 1 teaspoon horseradish
  - 1 tablespoon chopped celery
  - 1 tablespoon chopped onion
  - 1 teaspoon prepared mustard
  - 1 teaspoon sugar
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 teaspoon paprika
  - 1/4 cup chopped pimientos
  - 1/4 cup chopped green peppers
  - 1/4 cup chopped celery
  - 1/4 cup chopped onion
  - 2 cup diced cooked chicken

- **Instructions**
  1. In bowl, mix all ingredients except chicken.
  2. Blend in chicken; chill well.

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**Beef Pastrami Style Rollups**

- **Ingredients**
  - 1 package frozen beef pastrami
  - 1 package frozen French fries
  - 1 can (15-ounce) potato soup
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 teaspoon paprika
  - 1/4 teaspoon cinnamon
  - 1/4 cup chopped parsley

- **Instructions**
  1. Bake pastrami according to package directions.
  2. In skillet, brown French fries in soup.

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**Danish Peach Pizza**

- **Ingredients**
  - 1 package crescent rolls
  - 1/2 cup brown sugar
  - 1/4 cup margarine
  - 2 teaspoons cinnamon
  - 1 peach (halved and pitted)

- **Instructions**
  1. Preheat oven to 375°F.
  2. Roll crescent rolls into crescent shapes.
  3. Place peach halves on rolls.

---

**Spaghetti Sauce**

- **Ingredients**
  - 1 pound ground beef
  - 1 can (28-ounce) crushed tomatoes
  - 1 can (15-ounce) tomato sauce
  - 1 teaspoon garlic powder
  - 1 teaspoon oregano
  - 1 teaspoon basil

- **Instructions**
  1. In large saucepan, brown beef.
  2. Add tomatoes and sauce.

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**Italian Wedding Soup**

- **Ingredients**
  - 1 pound ground beef
  - 1 can (28-ounce) diced tomatoes
  - 1 can (28-ounce) crushed tomatoes
  - 1 can (15-ounce) kidney beans
  - 1 can (14-ounce) green beans
  - 1 can (15-ounce) mixed vegetables

- **Instructions**
  1. In large stockpot, cook beef.
  2. Add remaining ingredients.

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**Seafood Chowder**

- **Ingredients**
  - 1 pound white fish (halibut or cod)
  - 1 pound clams (shucked and drained)
  - 1 can (14-ounce) diced tomatoes
  - 1 can (15-ounce) corn
  - 1 can (15-ounce) peas
  - 1 can (15-ounce) green beans

- **Instructions**
  1. In large saucepan, cook fish.
  2. Add remaining ingredients.

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**Italian Pasta**

- **Ingredients**
  - 1 pound penne pasta
  - 1 pound ground beef
  - 1 can (28-ounce) diced tomatoes
  - 1 can (15-ounce) kidney beans
  - 1 can (14-ounce) green beans
  - 1 can (15-ounce) mixed vegetables

- **Instructions**
  1. Cook pasta according to package directions.
  2. Add cooked beef and vegetables.