**Uniteedd deal could be a steal for real**

by Nathalia Weber

If you’re planning to cut some corners in the airport’s recently changed menu, you might want to consider the following:

1. **Medic One tax OK for ballot**

   In a continued session of the council meeting, the council voted 5-2 to approve the ballot issue.

2. **King County to hold the election.**

   Mayor Edgbr Bauch has collected in the city to the city council to place the Medic One Program as it will be paying for the service from the county Medic program, funded by Darlene Himmelspach.

3. **Councilman Paul Barden**

   Councilman Paul Barden voiced the county should fund Medic One, said the county will fund Medic One.

4. **Medic One list by those voters who return the vote.**

   The county council to place the ballot issue.

5. **The bill passed the approved the up**

   The council ready to consider the measure.

6. **Reflections at sea**

   The bright rays that are trying to illuminate the sky.

7. **Final OK in sight for Hillis Hills**

   The proposed plat of Hillis Hills, a controversial 295 lot subdivision, was approved by the council.

8. **Tax cut for Medic One**

   The council voted to cut the Medic One tax.

9. **King County to ask voters for a special tax for emergency medical services.**

   The council will ask voters for a special tax for emergency medical services.

10. **The authentic coupons are grey**

    The authentic coupons are grey and green, each one labeled with a number, the United logo and the United logo.

11. **Gasoline is expected to be $16 million, ac**

    Gasoline is expected to be $16 million.

12. **But those interested in trying to**

    But those interested in trying to find out.

13. **THESE ARE THE REAL THINGS**

    THESE ARE THE REAL THINGS that imposters of Medic One distributed 1,100,000 coupons and a fire safety checklist.

14. **Medics transported Mr. Wirth to**

    Medics transported Mr. Wirth to the emergency room.

15. **A memorial scholarship fund has been established in his name.**

    A memorial scholarship fund has been established in his name.

16. **Milton Snyder called “a significant**

    Milton Snyder called “a significant step toward where we’re going.”

17. **School activities dies in mishap**

    School activities dies in mishap.

18. **Weather forecast**

    Weather forecast.

19. **Inside:**

    Inside.

---

**District going for full accreditation**

by Darlene Himmelspach

A tax to fund Medic One proposal in King County for the council to place the ballot issue.

1. **The Seattle City Council**

   The Seattle City Council voted its final Monday to authorize the county council to place the ballot issue.

2. **Consensus Paul Barden voiced**

   Consensus Paul Barden voiced the county should fund Medic One.

3. **The tax cut for Medic One**

   The tax cut for Medic One.

4. **King County to ask voters for a special tax for emergency medical services.**

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12. **School activities dies in mishap**

    School activities dies in mishap.

13. **Weather forecast**

    Weather forecast.

14. **Inside:**

    Inside.
Save the farmlands

The time was when a per­ sonal liking for pieces of land owned it from property line to property line. From the center of the earth to the highest point in the sky, he could farm it or mine it or do anything else he wanted to do with it.

Then came front E and back yard setbacks, mineral rights and credits, utility easements, public rights-of-way, zoning laws, water quality con­trols, green belt requirements, agricultural zoning, environmental impact statements, parks, covenants, governmental controls, and a myriad of other legislative controls as to what a prop­ erty owner could and could not do with his land.

Someday the property owner will be compensated for his losses due to these restrictions — all part of the price you pay for owning land.

The industrialization and urbanization of the River Valley, farm land has been subdivided and converted to industrial com­ plexes, apartment buildings, or residential subdivisions as at no small price.

Proposition One, the so­ called agricultural land issue, is an innovative at­ tempt to legally protect what little farm land remains.

It is possible that the developers, are saying that the farmers need them for sub­ urbanization of the farm land by the farmers for something it's a simple issue to purchase the farmlands. The development restrictions is that the property owner must not be selling and the property owner who sells or develops must have compensation paid to them for the loss of their property. It's all part of the current, or in the pipeline, or a year or two from now.

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Des Moines Sewer District

Peggy Judd

Peggy Judd is a career aid at Pacific Junior High School and also is a regular customer at her local Albertson's Supermarket where she plans to open her own business. She is a member of King County Democrats.

"I believe my qualifications for this position are more than enough. I have been involved in the community," Judd said. "I know the people and I'm a dedicated worker."

"In my opinion, Commissioners are representatives of the community and it is their responsibility to see that their interests are followed."

"I am running because of my own interest in becoming involved in politics and the interest of the community."

"I believe I can make a significant contribution to that job."

Jerry P. Harris

Jerry P. Harris is the assistant general manager of Water District 15 and also serves as a member of the utility business. Harris also works as an associate for the C.B. Reber Company and has been involved in politics for over 25 years.

"I’ve been in the utility business for almost 30 years and in 1975, I was a member of a Commission of Fire District 15."

"I’ve been in the utility business for almost 30 years and in 1975, I was a member of a Commission of Fire District 15."

"I want to see the interests of the community taken care of."

"I’d like to see the interests of the community taken care of."

"As a community activist and a political candidate, I would like to see the interests of the community taken care of."

"I want to see the interests of the community taken care of."

Dane Caldwell

Dane Caldwell is a member of the Democratic Party and is running for a seat on the King County Council. Caldwell has been active in politics for over 15 years and has served on several boards and commissions.

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Bruce Retnysky

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Council control on line with upcoming elections

By Christine Huennekens

There will probably be nearly as much speculation about the future “face” of the King County Council after the Sept. 1 primary election as before the elections are held.

With four positions on the ballot, a Democrat and a Republican will have open seats when the county council meets for the first time next January. The two candidates, according to some political analysts, will be the most likely to step into the shoes of the two outgoing councilmen.

Bob Greive, who has held the 2nd District seat for over 10 years, has announced his intention to run for re-election. Greive, who chairs the county council, has been a key figure in the Democratic Party.

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**Crime report:**

**Bank in mall hit by lone robber**

A lone gunman veered the SeaTac Mall branch of Peoples National Bank on Thursday. Coming in through the west side doors, the bank robber demanded that all money be brought to him. After the employee complied, the gunman fled. Police said the robber, who at first pretended to want to exchange some Customers' Bank money, was a man around 27. He was last seen running into an office.

**Metro seeks volunteers**

A group of parents is seeking volunteers to serve as “Buses Are Beautiful” was the message from a group of parents last week when they presented Federal Way School District bus driver Betty Markwith with three white carnations. The parents were so pleased with the way the buses are being driven that they decided to present the driver with the flowers.

**An article about medical classes in Highline School District.**

**Buses are beautiful**

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**Metro Holtzman**

A Des Moines man was one of two persons injured in traffic accidents last weekend, the State Patrol reported.

William E. Holtzman, 34, of Des Moines, was hospitalized for injuries he suffered when struck by an automobile Saturday night. The accident occurred on South 228th Street, just south of Cypress Drive South. The driver of the other vehicle was taken to a hospital and treated for injuries he suffered in a run-over accident Sunday morning.

A patrol report said Holtzman was taken to a hospital and treated for injuries he suffered in a run-over accident Sunday morning.

**Two young adults**

Two young adults have been arrested and charged in connection with the shooting of a man in a car parked in the 10000 block of South 228th Street, according to a report from the King County Sheriff's Office.

**Highline offers medical classes**

Classes for medical assistants or persons interested in this field are being offered. Further information about the classes is available at Highline Community College in the evening this fall. Medical Assisting I, Medical Terminology, and Medical Transcription are planned to be taught Monday through Thursday at 10 a.m. for three credits.

For persons interested in becoming a medical assistant or persons interested in this field are being offered. Further information about the classes is available at Highline Community College in the evening this fall. Medical Assisting I, Medical Terminology, and Medical Transcription are planned to be taught Monday through Thursday at 10 a.m. for three credits.

**Twin Lakes Shopping Center**

The Twin Lakes Shopping Center, 2315 SW 336th, Federal Way 838-2638, is still taking registrations for the Toddler Sharing Preschool. It has openings in morning and afternoon classes. Class size is limited. Pre-registration is requested by calling 839-0711.

**Parents of all ages and grades can participate**

Parents of all ages and grades can participate in the Toddler Sharing Preschool. It has openings in morning and afternoon classes. Class size is limited. Pre-registration is requested by calling 839-0711.

**Preschool has openings**

Preschool has openings at Panther Lake Grove.

**Renton**

Renton 100 South Grady Way, Benton

**Seattle Trust trims rates**

Seattle Trust trims rates 6:30 to 6:30 banking at Renton and Southcenter.

**Bathing in the light of the Federal**

Bathing in the light of the Federal Reserve Bank of Seattle, Yossarian the 6:30 to 6:30 banking at Renton and Southcenter.

**Southcenter**

Southcenter 6305 South 180th Street, Tukwila

**Northwest Park**

Northwest Park 1915 East 18th St., Renton

**We're a whole lot of bank for your money.**

We're a whole lot of bank for your money.
Energy code imposes burdens, not needed

didn't hear or say: last Wednesday.

State Pharmacist

McDonald said. He said the no-

McDonald said. He said the no-

Stanley Wolff

SALLY HUNT

At A Price Worth Walking For

Stuart Wolff

The Youth Service Bureau (YSB) offers tutoring services to students grades 1 to 12. The following are held in the meeting room at 7:30 p.m.:

Activities for children showcased at mall

Bend. The old schedule

The Wisconsin Community Preventive Services task force did an evaluation of the public health programs in Wisconsin and found that the programs provided for the lun-

The UW Continuing Education's election of students is also available. The UW Continuing Education's election of students is also available.

The UW Continuing Education's election of students will be supervised.

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Jumpwagon slates (Un relaxation)

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Jumpwagon slates (Un relaxation)
Skater's spirit undamaged by rain

For Canadian David South, the publicity start is more than pref-

erring outdoor skates. It may give him enough exposure to attract

a coach who will give him a chance to compete in the 1980 Olympics as

the first Canadian to do so in 15 years. He's been on the road for

three months, starting in Winnipeg and ending in Federal Way.

"It was fine on Highway 99 until I reached Taconia. After that I

had to zig-zag back and forth. However, it poured down rain, skating

was impossible by rain."

"They all think I flew past and missed them. The experience was

asked by his sponsors to break the existing Guinness

record."

"It's like skating on wet glass. They all think I flew past and

missed them."

"It was representative of liberal and conservative, old and

young views, "concurred Ron

developers sprinKed in the crowd of 63.

"The County Group's Can-

didate Rating Committee gives

95 percent to the essays." But

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Come see all that's new for 1980, plus check out the great buys on last year models, floor samples, and demonstrators. We have great buys on appliances and stereos too!

**HITACHI**

- **Black & White Portables**
  - G.E. features lightweight, easy-to-carry 100% solid state chassis, quick-on "Daylight Bright" picture tube. "VHF Loop Antenna" for clear UHF reception. Item #301-277
- **Color Television**
  - 100% solid state Polychrome video system features electronic tuning with remote control, quick-start "Daylight Bright" picture tube, channel indicator and Colorlok Electronic eye. Item #427-298
- **Remote Control**

**RCA**

- **Color Consoles**
  - G.E. features Quarz Precision Electronic Tuning with single knob, 41 Channel Control. 100% solid state chassis and in-line black matrix picture tube. Item #424-202
  - RCA or General Electric

**SANYO**

- **Color Televisions**
  - 100% solid state PolarChrometM video system features electronic tuning with remote control, quick-start LuminarTM picture tube, lighted channel indicator and Colorlok II Electronic eye. Item #421-206

**General Electric or Hitachi**

- **Black & White Portables**
  - Hitachi features 100% solid state chassis, detent 26 position UHF tuner, VHF telescopic antenna and UHF loop antenna. Item #428-294

**1980 PREMIER**

- **Deluxe Portable Remote Control Color Television**
  - Each
  - $89.00 Available on approved credit

- **Home Entertainment Stereo System**
  - Deluxe AM/FM stereo receiver, includes field and remote deck and 8-Track Play/Record deck. 3 speed automatic changer with magnetic cartridge and two wide range speakers. Dual included #374-366

- **Automatic Microwave Oven**
  - Large enough to cook a 18 pound turkey! Features automatic heat control, 35 minute dial timer and electronic keypad digital control. Item #277-440

- **Automatic Microwave Oven**
  - Features 8 handsome settings! Comes with comprehensive set of microwave oven recipes. Includes Automatic Thermo timer. Item #727-440

- **100% Solid State Color TV**
  - R.C.A.

All items and prices in this advertisement available at:

Federal Way Shopping Center
31401 Pacific Highway So. 839-9000, 839-6240 RX, 927-2602 Tacoma
 Doing the Puyallup

Kathy Splain cleans the joints of the Ferris wheel with a degreasing solution.

Keeping the barn clean, Craig Marquez sweeps hay outside to be placed in a container.

To fairgoers, the chance to visit the Western Washington Fair in Puyallup is the opportunity to see what makes this country tick at its grass-roots level. There are rides guaranteed to thrill even the stout hearted and brave; crafts that make you wonder how they were ever completed; farm animals, groomed and trained to perfection; and junk food guaranteed to make even a natural foods advocate drool. But, it's the behind-the-scenes employees that bring the whole thing to life.

Long before the doors are opened, they work to pave the way for participants and viewers. The mechanics, many hired by Fantastic Rides, grease hinges and joints, replacing brilliantly lit bulbs when necessary. Ranchers, 4-H'ers and hobbyists bring their animals in for display. Many bring their sleeping bags, folding chairs and luggage, prepared to stay for the duration. They are responsible for seeing that their livestock is comfortably bedded down and that the area remains spotlessly clean.

For restaurateurs, it's time to stock the larder with stacks of hamburger buns, tubs of hamburger meat and 50-pound bags of onions. Few, hardly anyone visits the fair without trying the burgers famous for their generous serving of fried onions.

Frost popped up on a blanket, Gwynne Hackler peeled an onion and dropped it in a bucket, her 21st since starting work that morning. An employee for Louie's, she peeled 500 pounds of onions yesterday in preparation for the call for thousands of burgers.

In the agricultural center, members from granges from 11 counties bring in their vegetables, flowers, fruits and eggs. The best of each category is selected for displays that are colorful and educational.

At the entrances, guards well trained in patrolling the grounds keep an eye on their gate. In his second year, a retired 72-year-old welder said he hoped they'd keep everything under control. "At least, I'm going to do my best to see that nobody gets away with anything," he chuckled.

Everybody does their part and when the show begins, it's like a well-oiled piece of machinery without flaws. Everything falls into place.

An Elderly Guard parks himself near a no parking sign while he keeps an eye on the gate.

GRAND HARBOR Grange member, Earleen Anderson, who now lives in Federal Way relaxes after helping to set up the display.
Sewing, decorating offered at GRCC

Noewrt techniques and bright ideas for sewing and decorating will be featured in a number of courses and workshops through the Continuing Education department at Green River Community College.

A special seminar on men's dark construction is scheduled for Sept. 18 at Renton Discount Fabrics. Classes are divided in accordance with tips on fitting.

Decorating with fabric seminar
One of the newest temporary looks in home decorating is fabric. The reason is that fabric can be draped, draped, stapled and stapled into a variety of creative decorating options.

To learn the how and why of fabric decorating, Pacific Fatbricland, Kent will be presenting a three-hour seminar, "How to Work with Fabric," Sept. 12 at the Sea-Tac Village store.

The demonstrations will include a slide presentation showing room setting ideas with before and after pictures that employ fabric wallcovering projects. There will be discussion.

Breast cancer classes
ENCORE, the breast cancer program for survivors, will have one maintenance class each week on Thursday, 7-9 p.m. beginning Sept. 13 at the Enumclaw High School office, 833-9111, ext. 231.

The conference in Seattle is scheduled for Sept. 21, 22 and 23. The conference includes seminars in an area of interest to the survivors, a career workshop for non-working women, a joint conference in Seattle and a banquet. Open to all women with breast cancer who are interested in learning about breast cancer.
THE BON
A UNIT OF ALLIED STORES

SEPT. 13, 14, 15, 16

SEA TAC

RED HOT
SHOE CLEARANCE

30% additional Off
All Women's Red Tagged Clearance Shoes

PLUS THESE GREAT SAVINGS

SAVE 30%
ENTIRE STOCK OF
PENALJO SANDALS
ORIG. *22 NOW *21.99

SAVE 45%
COBBIE CANVAS SLING
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ORIG. *24 NOW *12.99

SAVE TO 50%
CASUAL AND DRESSY
BARETRAPS
ORIG. TO *47 Now *22.99

SAVE 40%
LEATHER UPPER SLIDES
MADE IN ITALY
WERE *4.99 Now *2.99

SAVE TO 55%
ASSORTED SUMMER SANDALS
ORIG. *11-12 NOW *4.99-7.99

SAVE 50%
PDQ
CANVAS UPPER WITH HIGH
WEDGE TENNIS SHOE BOTTOM
WERE *9.99 Now *4.99

SAVE 35%
ENTIRE STOCK OF Men's
LEVI'S FOR FEET

SAVE TO 30%
ON SELECTED STYLES OF
WEYENBERG, NUNN BUSH AND DEXTER
DRESS SHOES & BOOTS
ORIG. *36-90 NOW *24.99-49.99

SAVE *8
MENS FORWARD THRUST
OXFORD
ORIG. *5 NOW *26.99

Some Items Limited Quantities —
Not All Sizes & Colors In All Styles
A Federal Way manager represented the South Sound Council of the American Heart Association at a reception in Seattle.

Hawaiian fashions presented

A preview of fall fashions modeled in printed cottons, tarts, and Madras trucker coats will be presented during the Federal Way Elks Club iconoclastic luncheon meeting.

University women set meeting

The Northwest Organization for Women University Women will have a program meeting at 2 p.m. in the Education Building.

Car wash benefits Med One

The Federal Way High School Drama Club will be selling tickets to the car wash.

A billion people in 47 nations, we met him instantaneously

The Federal Way Elks Club will be holding a car wash to benefit Med One.

AARP schedules rally luncheon

Cyril F. Brackfield will travel from Washington D.C. to be the keynote speaker at the AARP rally luncheon.

Elks to sponsor Hawaiian fashions

Elks to sponsor Hawaiian fashions.

Plant sale Sept. 26 & 27

The Northwest Or­'

someness and plant sale.

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someness and plant sale.
Kuehne-Snyder

Dan Meppo Udion Methodist Church was the scene of the recent wedding of Donald and Irene Kuehne and John Taylor officiating at 15 minutes after 3 o’clock. The bride, daughter of Donald and Ilene Kuehne of Cleveland, and the groom (student at Seattle University) are members of the 16th Street Methodist Church. The bride was given in marriage by her father.

The ceremony was witnessed by friends, family, and fellow Methodist Church members.

The couple will reside in Seattle.

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In a recent survey conducted by the Federal Way Evening Independent, 39% of respondents stated they would rather learn Norwegian than English. The survey was conducted among 500 randomly selected individuals.

---

The Modern Mom

School Daze

SEPTEMBER ALW'AYS brings school. I have an ancient mind and like the× to remember us. Can you imagine the effect of the recent earthquake on a school? I wonder how it will impact the education of the students.

---

Two for $189. Save 37%.

Our classic-look finished, gooseneck bedstorks. They’ll fit 3/4” x 3/4” x 1”. They’re yours for only $98 each. And they’re yours for only $98 each. That’s a whole $51 off. That’s a whole $51 off. You save when you buy from Direct Waterbeds.

---

Sewing Classes for September:

- Window treatments
- Decorating with fabric
- Ultra-groove construction
- Intro to Ultra-grooves
- Quilting
- Tailoring
- Blazers
- Doll lamps

---

Fabricland

FALL FABRIC HIGHLIGHTS

The look for fall ’79... We’ve got ‘em!!

Soft tailored woolens! Colorful classics! Coiffures and career looks that last all day.

- One session of that and my joints will make their home in the bank.

---

Direct Price

30% –50% This Week

Their Price 448.00

Direct Price 183.00

K & Q Sizes

---

Mr. and Mrs. John Snyder

---

FOR MORE INFORMATION CALL 878-1234

---

ANNUIVERSARY CELEBRATION

Special Product Offers

COME ON IN!!

126 different choices

- SAVE 37% on all day

---

DIRECT WATERBEDS

AVAIL AT DIRECT PRICE

FEDERAL WAY FOUNDRY

---

Two for $89.

Their Price 949.00

Direct Price 499.00

---

GIGANTIC POLYESTER KNIT SAVINGS!

You will find great brand names such as Bedazzle, Millionaire, and Mexx just to name a few!

---

World's Largest... GOOSENECK BEDSTORCHES.

They’re yours for only $98 each. That’s a whole $51 off. And they’re yours for only $98 each. That’s a whole $51 off. You save when you buy from Direct Waterbeds.
Your DOLLAR Goes Farther at SKAGGS

**INSULATED VEST**
Down blend insulated sleeveless vest is so warm & comfortable. Perfect for fall & winter wear. Assorted boys & men's sizes.

**LEATHER WALLETS**
Buffalo leather wallets in selected styles and colors. Great gift idea. Durable leather, well-made design.

**OLD TIN CANISTERS**
Four piece old tin canister set or cake saving can. Special sale on bread box $5.00. Great gift ideas.

**MELITTA ONTEEMAKER**

**SUPER-TURBO® PISTOL DRYER**
General Electric's Super-Turbo® pistol hair dryer for professional styling. 1400 watts. 10 uses. #366.

**STEEL TOILET SEAT**
Your choice of Golden Oak or Antique Oak padded vinyl toilet seats.

**FIREPLACE SCREENS**
Beautiful brass finish fireplace screens with glass doors. Distinct quality and practical value.

**BURGLAR ALARM**
Help protect your home & family. With G.E.'s Zone-burglar alarm. #210R.

**MIDLAND COLOR T.V.**

**ELECTRIC BLANKET**
Northern automatic blanket has 2 year warranty. Washable. 80% polyester & 20% acrylic. Fits full size bed. #4802.

**LITEWEIGHT® BATH SCALE**
Solid state electronic, digital platform bath scale. Accurate & easy to read. Battery operated. #LW-1.

**WEST BEND SKILLET**
West Bend electric skillet is perfect for one-dish family meals. 12" diameter. #7236.

**FIREPLACE SCREENS**
Beautiful brass finish fireplace screens with glass doors. Distinct quality and practical value.

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**WEST BEND SKILLET**
West Bend electric skillet is perfect for one-dish family meals. 12" diameter. #7236.
SKAGGS DOLLAR DAYS

HURRY! WHILE QUANTITIES LAST
Starts Today!!!

WALDORF BATHROOM TISSUE
Special value pack of Waldorf bath tissue by Scott Soft & Absorbent. NEW SIZE 440 sheets.

BEVERAGE BREWER
Please take 1 cup automatic drip coffeemaker. Brews spry, courage & tea. FAST 'N GOOD.

2 FOR 1.00

BAG SEALER
G.E. bag sealer is great for emptying or storing leftovers. 111/2" x 111/2". Great for sandwiches. 2/EA.

2 TUF 'N READY PAPER TOWELS
Tuf 'n Ready paper towels are 3 layers thick. Strong enough to do the most oil and grease cleaning job.

2 FOR 1.00

STAPFUF FABRIC SOFTENER
Sta-puf liquid fabric softener now works in the dryer. New spring fresh scent. 96 oz.

5.00 CASE

BALLANTINE BEER SIX PACK
Ballantine beer is a premium lager beer. Light & refreshing taste. 11 oz. bottle, 6 pack.

2 FOR 1.00

BUDWEISER BEER - 24 12 OZ. CANS
Budweiser - the King of Beers. When you’ve said Budweiser, you’ve said it all. Full case of 24, 12 oz. cans.

1.00 CASE

RENTON
2706 N.E. Sunset Blvd. at 12th St.

BELLEVUE
15100 S.E. 38th at 148th Ave. S.E.

JUANITA
9820 N.E. 132nd at 100th Ave. N.E.

MERCER ISLAND
3023 - 78th Ave. S.E. at S.E. 32nd St.

SKAGGS DRUG CENTERS
A drug store...and so much more.

PRICES EFFECTIVE WED. SEPT. 12th THRU SAT. SEPT. 15th

PHARMACY HOURS WEEKDAYS
10 a.m. to 7 p.m.

PHARMACY CLOSED SUNDAYS

STORE HOURS WEEKDAYS
9 a.m. to 9 p.m.

SUNDAYS
10 a.m. to 7 p.m.
**Frame Specials**

5x7 $1.00 8x10 $2.00


**Fluorescent Light**

Reg. $14.00 2 for $10.00

Black & Decker variable speed drill, variable speed lock. 2500 RPM; 3.0-amp speed drill, infinite speed.

**Bracket for 12" shelving.**

Reg. 6.17 2 for $1.88

3-in-1 "Z" shaped metal bracket for 12" shelving.

**Idea:**

Graceful ornamental iron railings for inside or outdoors. Add beauty and safety to your home with iron railing. Handsome pieces to be assembled without tools. Sturdy construction. Ideal for holding moisture in flower beds, also helps control weeds. Winter protection.

**Simulated Woodgrain on 4x8'-1/4 LAUAN PANELS**

Your choice of rich wood-tones, pre-printed easy to install 4x8 foot panels of Lauan. Perfect for the do-it-yourself decorator. Save now.

**Lumber Specials**

- 12x6' Pre-Stained Fence Boards $1.29
- 4x4x8' Pre-Stained Posts $2.22
- 42"x"72" Pre-Stained Gate $19.88
- 4x6x4' Particle Board $5.97
- 1x12"x48" Particle Board Shelves $6.00
- 1x12"x72" Particle Board Shelves $9.99
- 1x12"x96" Particle Board Shelves $1.32

**Early Bird Specials**

CONCRETE MIX

No haze. Just add water and mix. 90-pound, covers 100 square boxes. Save!

**Rummage Sale**

- Marble-look Kits. Ea. 59.00
- Marble-look Kits. Ea. 59.00
- Gold-leaf Kits. Ea. 59.00
- Silver-leaf Kits. Ea. 59.00
- Marble-look Kits. Ea. 59.00

**Showermate® 5-PIECE BATHTUB KIT**

Pre-cut, waterproof solid white ABS® acrylic panels. Easy to install. Easily-drilled for fixtures. Seamless corners. Save!

**Blanket Sleepers**

Our Reg. 4.87 Special 1 for $12.00 Warm blanket sleeper in flame resistant and SEFF® polyester/polyester.

**Teens Slumber Bag**

Our Reg. 18.97 Special 2 for $3.00 Multi-colored. 24x32" rag of durable fibers.

**Aurora**

1200 Aurora Ave. N., Seattle, Washington 98109
Karr's Korral Ko'ed by gas crunch

Karr, whose headquarters is dwindled while the price has risen.

"I just got tired of fighting it," says Karr, whose sales dropped 50 percent.

"It's a rip-off. I just got tired of fighting it," said Karr, whose headquarters is now a victim of the gasoline supply crunch.

"I look for next year to be a little bit better," said Karr, whose sales dropped 50 percent.

"But the trend will favor lighter, more economical vehicles," said Karr, whose sales dropped 50 percent.

"It's a sign of the times," said Karr, whose sales dropped 50 percent.

"The power sentry controls the color picture," said Karr, whose sales dropped 50 percent.

"Through the New Vista 200," said Karr, whose sales dropped 50 percent.

"It's a sign of the times," said Karr, whose sales dropped 50 percent.
Pacific Iron's Fabric World

**KALEIDOSCOPE OF FASHION**

**FALL FASHION SHOWING...**

Come enjoy all the looks of fall '79 as Pacific Iron presents Kaleidoscope of Fashion. Fall '79 reflects the biggest season for fashion change. Suit dressing, soft tailoring, colorful classics, new skirts, beautiful blouses, new dress looks all combine for a truly sensational season.

**MONDAY**

7:00 p.m.

Refreshments will be served. Viking sewing machine to be given away — register at show.

**PINWALE (80)**

Corduroy

Full range of colors for fall. 10% cotton, 16% polyester. 52 1/2" wide. Full bolts.

REG. 3.49

$2.77 YD.

**STARGLEEM (81)**

Qiana

Lovely fall fashion colors. By Rosenthal 60" wide.

REG. 5.99

$4.44 YD.

**SALE PRICES GOOD THRU SAT. 1-15**

**SeaTac Village**

**PERRY WEST COMPANY'S SPECIAL OF THE WEEK**

RCA 25" diagonal XL-100
cable TV with SignaLock electronic tuning

NOW ONLY $599.00

**13TH THROUGH 19TH**

**XL-100 REMOTES**

**PICK THE ROOM-MATE THAT FITS YOU!!**

**ChannelLock Remote**

Sophisticated remote unit lets you turn set on and off, adjust volume, and cycle active channels—all from across the room.

**KITCHEN MASTERS & BATH, INC.**

838-9995

- **REGULARLY** $104.90
- **SALE** $29.95

- **REGULARLY** $79.45
- **NOW** $37.95

- **FREE SWAP & SELL**
- **TRADE OFF**
- **DAILY 10-6; Fri. 10-6**
- **SWAP & SELL**
- **TRADE OFF**
- **$2.00 Per Pleat Allowance on any curtain or mini-blinds.**
- **SPECIAL OFFER**
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- **NOW ONLY $599.00**

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**REPARING & WOODWORKING**

M.S. Burt, Retired Chief of the DeMolay Legion of Honor.

**NEWPORT SEWING CENTER**

**SPECIAL OF THE WEEK**

- **RCA 25" diagonal**
- **XL-100**
- **cable TV with SignaLock electronic tuning**

**NOW ONLY $599.00**

**13TH THROUGH 19TH**

**XL-100 REMOTES**

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**REPARING & WOODWORKING**

M.S. Burt, Retired Chief of the DeMolay Legion of Honor.
by Harry Sneva

THE News

Wednesday, September 12, 1979

Flyers prep for Pierce County with win over Edmonds

The Burien Flyers had plenty for over 12 points again Saturday with a 41-32 victory at the Edmonds Chargers.

Following a 4-1 start over the Kitsap County Chiefs in Highline Memorial Stadium, the Flyers moved on to face the Burien Chargers at 7:30 p.m.

Pierce County is a big question mark this year and the Flyers are one of the better teams in the county.

The Flyers will need to win this game as they have a tough schedule ahead.

Help from the Burien Chargers.

A Ship Moraine terraced on the game's original position on the Charger side.

Burien capitalized on the situation with 12 points running in the initial quarter, as Leonard Sloan took a pass down the middle to run for the Charger one-yard line.

Quarterback Duane Alshn also put two points on the scoreboard, with a five-yard pass to Randy Kramer with 1:47 left in the first.

The Chargers came out in the second half and scored on a second-half pass to 10 yards, but missed the extra point.

Keith had other things in mind, though, as the Flyers outscored the Charger side, 14-3, in the second half.

They were down, 14-7, at the half, but survived to get the visitors' lead back.

"We were up, 14-7, at the half, but survived to get the visitors' lead back," said Head Coach Doug Adkins.

The Flyers found themselves in the lead after 10 points in the first half.

"We're just glad to be in the lead, but we're not stopping there," said Adkins.

The Flyers did not need any help from the Burien Chargers.

A Ship Moraine terraced on the game's original position on the Charger side.

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Wednesday, September 12, 1979

The News

FW junior gridders open with five wins over Burien

Kicking off the regular season with enthusiasm and team spirit, the Federal Way junior football team instead of playing the Seattle Seahawks - Oakland Raiders game Sept. 16 in the Kingdome. The Bantams took a 12-6 win over the Bearcats. Rutherford and his Bantam teammates will put their first blood at the 6:30 mark. The point after failed.

The Federal Way defense stopped the kickoff and retained possession for most of the first quarter but was unable to capitalize and the game remained scoreless when the clock wound down.

The Hawks opened almost an instant replay in the first half. The Federal drive drew first blood at the 6:30 mark. The point after attempt failed.

Unchallenged, the Hawks returned the kickoff 15 yards and with only five ticks remaining in the half the Hawks scored on a four-yard touchdown pass on the bubble screen. The point after was foiled.

The Bearcats almost made a comeback on the kickoff return, but it didn't work. With 1:17 remaining in the first half, the Hawks held the ball and the 6-0 score remained a touchdown.

Later in the quarter the Hawks kicked off and gained possession of the ball four plays later. After receiving the fourth down punt at their own 45, Federal Way executed several long gainers to the Burien 9. A sweep on the next play carried six, the conversion was good and the Hawks led 9-0 after exchanges at the first quarter ended.

After a series of three-and-out drives by the Bearcats in the second quarter, the Hawks found paydirt once again as a punch up the middle from the Bearcat 47 found the end zone. The defense held the opposing 1:41 to the half.

The local gridders found the end zone again late in the third but were unable to convert the point after. The Hawks went on to score another touchdowns and converted the point after to win 7-6.

In the shadow of the first two Burien losses, the visiting Bearcats went for six. The point after was foiled.

In the fourth quarter neither side could capitalize on the situation Federal Way scored on their first play from scrimmage then fumbled the cake with a two-point kick ripping the score to 1-14 which would hold at half-time.

Although Burien fought defensive duel, the Hawks went on to win 27-0.

With five minutes elapsed in the first quarter the Hawks held a thrilling 12-point advantage at the three. On the first play after gaining possession, the Hawks broke an off tackle sweep for 15 yards and the touchdown. Two attempts at the extra point were foiled and the Hawks would have possession.

Emulating and repeating what Federal Way did on the first play, the Bearcats scored a touchdown on a pass interception and fumble or a roughing penalty.

Unable to move the ball and surgently in the fourth quarter neither side could capitalize on the situation Federal Way scored on their first play from scrimmage then fumbled the cake with a two-point kick ripping the score to 1-14 which would hold at half-time.

Although Burien fought a defensive duel during most of the contesting rain and hail-laden second half neither team would find the endzone.

Final FW 14, Burien-4.

The Prewore Hawks would not fair so well as they lost to Burien 134. Four fumbles, two pass interceptions and a pass interference penalized Federal Way as the Bearcats scored a pass in the first quarter and a 25-yard score in the third.

The Peewee Hawks would not fair so well as they lost to Burien 134. Four fumbles, two pass interceptions and a pass interference penalized Federal Way as the Bearcats scored a pass in the first quarter and a 25-yard score in the third.

Many people in your area are paying too much for homeowners insurance.

Call or see an Allstate Agent now.

Find out why so many people are switching to Allstate.

5240 California Ave. Southwest
932-2353

3043 California Ave. Southwest
937-0877

19415 Pacific Hwy. South
824-4110

Sea-Tac Mall
941-2210

Kent
852-9277

You're in good hands.

TV RUTHERFORD of the Federal Way Junior Football Bantams couldn't quite get the bandwagon rolling after taking a pass from quarterback Greg Andal. Dougherty carried inside the five-yard line of Curtis, where the Gator drive stalled. Curtis won the Friday night contest, 2-0.

Once upon a time...
which the Vikings
won the victory. The go-
ahead 16-yard field goal
by the Gator's Lyle
Durocher, in a 16-
point game.

Bethel's quarterback
was further hampered
by his defense and
consistent offense in
the defense are
veterans throughout
the bulk of last week's
setup. Center John
Hoonan was holding down
the winning track
for most of their
season. There wasn't a
touchdown scored.

But Hoonan was clear
on what the Rams
would be seeking to get
on the winning track
first-half of the game.

Durocher down to six
veterans throughout
the bulk of last week's
setup. Center John
Hoonan was holding down
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season. There wasn't a
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Public meetings held on forest practices

The first of a series of public meetings to solicit written comments on forest practices was held Aug. 30.

By direction of the Forest Practices Board, the Department of Natural Resources (DNR) is making available for public review a draft of forest practices which could be adopted later this year. Comments are being solicited written comments on the draft. The meetings begin at 7 p.m. and continue until 9 p.m.

Two members of the Forest Practices Board were present to hear oral testimony and potential for significant impact on the environment. Additionally, public meetings are scheduled on Sept. 4 at the Langlade Library, 1906 Louisiana, Longview, Wash., and Sept. 13 in the Library of the Media Center, Western State College, Westminster, Colo. Both meetings begin at 7 p.m.

The intent of the new law is to ensure continued existence of fire-safe forest areas by reducing the potential for fire destruction. Any timber which is not required to be removed for fire control may be left standing. Sections 2, 3 and 11 of the law were developed to provide habitat for cavity nesting birds and mammals.

The new law directs the Department of Natural Resources (DNR) to promulgate rules and regulations requiring the feeling of maqns representing a substantial deterrent to effective fire control action. Temporary rules as to that effect Sept. 1 and will be followed by the final adoption of permanent rules later this year.

The DNR and the Department of Game were instrumental in writing the law. Legislators, representatives from local governments, forestland owners, loggers and wildlife organizations cooperated in writing the law, which affects forest practices.

Additional information is available from Dean Plous, DNR Div. of Fire Control, P. O. Box 3, Olympia, Wash. 98504, (206) 753-5501.

WED. THURS., FRI., SAT. auto service

THE SAVING PLACE

KM 50 ECONOMY 4-PLY POLYESTER CORE BLACKWALLS
Our Reg. 22.77 - AT8x13
Plus F.E.T. 1.62 Each
$7

FIBERGLASS BELTED WHITEWALLS
Our Reg. 38.88 - AT8x13
Plus F.E.T. 1.74 Each
$25

‘THE SEASON RADIAL’ WINTER/SUMMER TREAD DESIGN
Our Reg. 48.88 - BR7x13
Plus F.E.T. 2.11 Each
$34

SERVICE HOURS DAILY 8-8, SUNDAY 10-5.

ECONOMY 4-PLY POLYESTER CORE BLACKWALLS

KM 50

4-PLY COVERS 175/70-14, 185/70-14, 195/60-15, 205/55-15, 205/60-15

For Most Cars

SERVICE INCLUDES:

1. Oil change up to 5 quarts
2. Brake services extra
3. Brake pads extra
4. Inspection of master cylinder
5. Inspection of brake lines
6. Inspection of brake fluid reservoir
7. Inspection of brake hoses and lines
8. Inspection of brake system

K mart’ OIL, LOBE, FILTER Sale

7.00

With single-stage of filter $9.00

Additional parts and services extra. For most cars.

WED., THURS., FRI., SAT.

AUTO SOUND CENTER SPECIAL SALE

AM/FM/8-TR. or CASSETTE INSTAL IN OR C3 RADIO

Choose original radio equipment-styled AM/FM/8-track with 8-track adapter, or AM/Cassette 40-channel CB radio with digital readout, delux tune and more.

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6x9” AMPLIFIED SPEAKER SYSTEM

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Summer Special

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SPECIAL SALE

6x9” AMPLIFIED SPEAKER SYSTEM

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Each
Meet Dr. Mac

Dr. Mackenzie on duty in the Midwest and he is there approximately 4 p.m., on Highway 97 at south of Goldendale at Biggs Junction in California on Sept. 8.

Dr. Mackenzie is the new State Patrol doctor. He has been with the State Patrol for five years with the U.S. Army Dental Corps in Ft. Jackson, South Carolina.

At the University of Washington he had time to run on the Husky Varsity and in Spokane on the 300-mile run. The baton will be handed off to those participants the evening of the run.

The Dr. regularly works while in the area on a special expedition to the west and is presently an active member of the Lake Washington Rowing Club.

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Outdoor tips and tales

One of the most enjoyable of all fall trips is a trip into the mountains. Many of the river draining down through the mountains have grass and some landlocked fields. These fields are frequently the setting for kokanee, since the temperature they prefer is of such value in these landlocked fields. Fishing and hunting can be excellent in that setting for kokanee, since the temperature they prefer is of such value in these landlocked fields.

FW in Jr grid clash

The Junior Beast PoorWes were the only victor from the Junior Football League clashed with the Fairwood Junior Football teams this weekend. They beat the junior football team on the surface of the game. The Junior Beast PoorWes won the junior football championship with a 12-0 win over Federal Way. The Junior Beast PoorWes have a weight of 325 pounds. They are a threatening opponent, and the Junior Beast PoorWes dropped a 12-0 game to Fairwood.

Dart leagues

The team for the Seattle Area Dart's Association fall leagues are some of the best in the country. Senior play is expected next week. Fw further information, phone Ethel Johnson at 460-3111 or LaVerne Peterson at 461-6346.

Hi-Line Beauty School

Hi-Line Beauty School

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SAVE ON SCHEUER!

HI-LINE BEAUTY SCHOOL

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SAVE ON SCHEUER!
Rogers and West please the crowd

by Amy Appleman

In an instant, the day's worries become a memory as the music of the world's top vocalists of the 20th century fills the air. It was the opening of the A. E. Schaal Music Auditorium, the centerpiece of the Midwestern State University campus and a staple of the area's cultural life for the past 50 years.

Among the performers on this special day were Cleo Laine, Nat King Cole, and Kaye Ballard, all of whom had recorded songs that became hits during the Great Depression and World War II, and all of whom were fixtures on the radio and in the movies. Their music, which is full of joy and hope, provided a welcome escape from the challenges of the time.

The audience was treated to a performance of "You Turn the Lights Down Low," a song that was popular during the war and is still beloved today. The audience also enjoyed "What a Wonderful World," a song that has become synonymous with the spirit of the 1960s.

The performers were accompanied by the Midwestern State University Orchestra, which has a long history of performing at the A. E. Schaal Music Auditorium. The orchestra is known for its skilled musicians and its ability to bring a wide range of music to the stage.

The evening concluded with a performance of "Stardust," a song that was recorded by Nat King Cole in 1945. The audience was treated to a musical performance of the song, which is full of melody and emotion.

The A. E. Schaal Music Auditorium is a beautiful venue that is perfect for events like this. The acoustics are excellent, and the seating is comfortable.

It was a night to remember for the audience, and it is a night that will not be soon forgotten.
No More Vietnams, But...

by Barbara Butts
Many Americans will be glad to get their attention back to the Middle East, Vietnam, and, in general, to world affairs. "No More Vietnams, But..." is a new public affairs series that will give a clear, captivating, and chilling presentation of the situation in the Middle East, and its relation to the world. The program will be presented on Saturday, Oct. 20, at 10:30 p.m.

The series will focus on the Iranian crisis and the pressures on the United States and its allies. It will explore the causes of the crisis, the role of the United States, and the implications for the future.

The first episode will examine the events leading up to the crisis, including the Shah's flight to the United States, the American refusal to allow the Shah to return to Iran, and the Iranian constitutional crisis. It will also discuss the role of the United States in the crisis, including the sanctions imposed against Iran, the failure of the Carter administration to negotiate a settlement, and the impact of the crisis on the American public.

The second episode will examine the implications of the crisis for the future of the Middle East, including the prospects for peace in the region, the role of the United States in the region, and the impact of the crisis on the American public.

The series will be presented in a format that is both informative and engaging. It will be broadcast on the NBC network and will be available for broadcast on local stations.

The series will be sponsored by the Public Affairs Committee of the American Bar Association.

The producer of the series is Anthony Potash, a veteran public affairs producer for NBC News. The director is Karen Gozinsky.

Call the Public Affairs Committee at 212-765-8080 to reserve a copy of the series.

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Children's films set by Seattle Art Museum

The Seattle Art Museum will screen a series of children's films in its Volunteer Park Auditorium on Saturday, Sept. 15, at 1:30 p.m. The series will feature a variety of films from around the world, including animation, documentaries, and live-action films.

The first film of the series will be "The Adventures of Tintin: The Secret of the Unicorn," a 1975 animated film based on the comic strip by Hergé. The film will be shown at 1:30 p.m., and will be followed by a discussion with film scholar Maryann K. DeLone.

The second film will be "The Great Outdoors," a 1977 live-action film directed by Richard Fleischer. The film will be shown at 2:30 p.m., and will be followed by a discussion with film critic Leonard Maltin.

The third film will be "The Adventures of Tintin: The Crystal of The Cross," a 1976 animated film based on the comic strip by Hergé. The film will be shown at 3:30 p.m., and will be followed by a discussion with film scholar Maryann K. DeLone.

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Decatur High School hosting family revue

"America's" family revue, which has sold out every time it has been shown, will return to Decatur High School for a second season on Saturday, Sept. 15, at 10:30 a.m.

The revue, presented by Jay Feinman, will feature a variety of acts, including music, dance, and comedy. The revue will be presented on the school's main stage, and will be followed by a discussion with the cast and crew.

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British newsmen kick off series

John de St. Jorre, a London Observer correspondent, will open the 15th session of the Tacoma Police Academy on Monday, Sept. 15, at 9:00 a.m.

The series, sponsored by the Western Women's Episcopal Church in Lakewood, may be attended by the Tacoma Police, but will be presented by the Seattle Art Museum, and will be shown on Sunday, Sept. 15, at 2:00 p.m.

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Registration open for art classes

Registration is open for fall classes at the Tacoma Art Museum, located at 600 Pacific Avenue, Suite 20, in Tacoma. The museum offers a variety of art classes for adults, including beginner and intermediate levels.

For more information, call the Tacoma Art Museum at 916-4000.
Sewer district fights for Port nod on Boeing service

by Carolyn Logan

The Port of Seattle is re-examining the fight to ensure Des Moines Sewer District assistant engineer, Mike Kinnick, with Boeing Headquarters, Port Assistant. Chief Engineer Robert Hilt. Final vote was Friday.

Both Des Moines and Southeast Waste Water Districts are fighting Des Moines (SSSD) call for SSDS service to Kings County. Voters in King County will be decided in November if Metro should be merged with county government. A move by these members of county council to replace the bullet issue with a lesser advisory was voted down Tuesday. The ordinance proposed by Bill Reams, Bob Evans and Bermeier's filed this would not be on the ballot.

The office of Libya contained an eighth search for a replacement for William Miller, who retired as Normandy Park police chief in January. Both are debarred candidates were asked in the hunt, including Sam in a hiring process that began in mid-October.

May the best cooks win!

Every cook has that one special dish which is out of this world. Could it win a contest? Now is the time to find out. Robinson's, in sponsoring a contest to find the best cooks in West Seattle and all of Southwest King county.

The contest begins on Sept. 19 through Oct. 10. The winners will be selected through a Blind tasting where judges will not test recipes; they will test the cooks.

The competition will be broken down into six categories: 1. main dishes, 2. casseroles, 3. desserts, 4. breads and pastries, 5. salads and vegetables, 6. an open category.

To enter the contest, you must submit four 9x13-inch recipes along with an entry blank which can be found in the paper and area stores beginning Sept. 19. It is important that the recipes be correct in order to be entered.

A panel of judges from every Robinson's store will interview the contestants four weeks ago. The contestants will be asked to complete the application in two weeks.

The winning recipes, as well as those from the other contestants, will be entered in the "Best of Robinson's" contest and published in the next month issue of the News, as well as those from the other contestants, will be entered in the "Best of Robinson's" contest and published in the next month issue of the News.

We hope this contest will end the long hunt for a new chief for Normandy Park. It is a much more enjoyable way to decide on a new chief.

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We hope this contest will end the long hunt for a new chief for Normandy Park. It is a much more enjoyable way to decide on a new chief.
An investment club is simply a group of friends who pool their resources. Although the average investment for a club member is lower than for an individual investor, they then have a way as an 18 or 30 as many as 20 members. Meetings are usually scheduled to occur at the beginning of each week's activity.

The initial meeting should be spent discussing club objectives and duties. If the club meets in a room with a secretary and a president, those positions are designed to help authors, whether local or from out of town.

Then some time should be invested in selecting a vice president, secretary, and treasurer. The secretary's job is to keep the minutes of the meetings, and the treasurer's job is to manage the finances of the club. The president's job is to keep the meetings on schedule and to distribute responsibilities.

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Pacific West Properties in new location

Jakaub and she enjoys working with people. This personal love in real estate is helping young couples get into their first home. She describes them as being like kids with a new toy.

Moving into something new as a broker has meant leaving some of that excitement behind, but there are other pleasures. Right now Jakaub is looking forward to seeing the office grow rapidly now that Oregon Federal is in the building.

It's a very friendly, and it's a growing area. Pacific West Properties has more than 100 listings now and, with Oregon Federal's backing, looks to be a continuing trend.

Jakaub predicts that the Citizens Federal Bank will celebrate its move to a new location in the future, and she hopes to see the office grow rapidly now that Oregon Federal is in the building.

ON A CLEAR DAY... you can see forever. (Or at least to Mt. Baker!) If snow covers the mountains, the view is fantastic from the 20th floor. There are 79 units, with floor-to-ceiling used brick fireplace, towering windows, and spectacular views. Call now because the owners are offering VA terms to make it an even better buy! Just $47,000! AD #133

SHADY FIRS! Just a year or two ago the proud owners have decided that the area around their home in full of lakes and rivers is a LAKEFRONT corner lot with lots of shady fir trees. The home is ornate and features a family room and formal dining. The living room is carpeted and has vaulted ceilings and a fireplace. Call now because the owners are offering VA terms to make it an even better buy! Just $47,000! AD #133

UNUSPARED ELEGANCE! Just a few blocks from Portland is a charming, one-of-a-kind home that is completely renovated. The home features a family room and formal dining. Call now because the owners are offering VA terms to make it an even better buy! Just $47,000! AD #133

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Real Estate
For Wise Built Homeowners
EQUITY GROWS WITH AGE
What is equity? Quite simply, it's the portion of your home you have paid for. It's what you own that isn't mortgaged. To start it, you write it down. Then each month you principal pay off your mortgages. For example, let's assume you're the first in the market of paying off a $6,000 mortgage. In 30 years, you'll have paid $20,000. Why not? I fall for years. Your monthly payments for principal and interest are $320.00. Now, take that $320.00 and put it at the interest. As a result, you now own a larger portion of your home than you thought started a sort of a final payment that's due. And that's equity. It's the portion of your prior mortgage that's due. It's what you own that isn't mortgaged. To start it, you write it down. Then each month you principal pay off your mortgages. For example, let's assume you're the first in the market of paying off a $6,000 mortgage. In 30 years, you'll have paid $20,000. Why not? It fall for years. Your monthly payments for principal and interest are $320.00. Now, take that $320.00 and put it at the interest. As a result, you now own a larger portion of your home than you thought.
Food for thought: Milk is not for every body

but Pat Jenkins.

by Pat Jenkins.

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Eat your hearts out, Laverne and Shirley

by Barb E. Bulls

Nancy Knapp had it all planned out. She had studied the Twin Lakes Safeway store, marked out her route and had a game plan.

First, she would race for the frozen food department, then the coffee and tea section if she had time. But if she didn’t have time, she’d have to use the express lane.

Although she hadn’t seen the television show about their time shopping, she knew that all their plans and calculations didn’t amount to much.

Her shopping entailed three trips into the freezer, but had become so heavy that they had to crawl for the checkout counter.

And all the years she had in the store were for naught when Knapp decided that it was faster to shop with her husband, Carman, who was the owner.

“Tied up,” he said, “I’m faster and stronger than I am,” she said.

But the rules of the Federal Way Knights Lions drawing entitled her to that possibility. And her happy vision of Laverne and Shirley with succulent steaks came true.

No meats or taxable items, such as wine, could be checked out, and a variety of classes and services offered at Highline Community College would be held during the 10 and 11 a.m. seminaries, Sept. 29 in the auditorium at the Episcopal in Federal Way.

The program, entitled “It’s Not Too Late,” will be presented at the Lector Hall at the Highline campus at 28th and Pacific Highway South.

Several instructors will describe different programs of study, including classes for personal enrichment or vocational skills. The program will include a tour of the campus and an explanation of the registration process and was $344.28 richer.

“If the Lions’ club drawing excludes me, I was able to take home the goody. But I was glad when it was over.”

She had won the prize. But I was glad when it was over.”

Then the Lions’ club drawing, entitled “Five, four, three, two, one...” will be held Sept. 12 from 9 a.m. to 1 p.m. at Federal Way Plaza.

The church of the Good Shepherd, Episcopal in Federal Way is sponsoring a seminar through the Blues this Saturday, Sept. 19, with the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S. and the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S. and Carolyn B. Scheerer of 29300 11th Ave. S.

The seminar from 9 a.m. to 5 p.m. will be held at the Federal Way Shopping Center.


The Princess $529 INSTALLED

The Princess $529 INSTALLED

New Burien Location

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NEW BURIEN LOCATION

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WOOD STOVES

- Fireplace Adapters
- Heats 200 sq. ft.
- Takes 20" logs
- Spark proof screen
- Easily adapts to your existing masonry fireplace

Complete Installation and delivery available

I'd do anything to get away from my sisters. So I'm saving up with my own route and Met One to go summer camp.

My dad told me I could save more with a Met One Savings Account. It's a better bank -- cause my money earns 5.5% interest all the time. And it's not all kinds of services that will help me when I'm a little older.

Get a Met One Account cause I get a statement that shows all the extra money I earn in interest. And it shows the money I put in frequently paycheck, too.

I'm glad I changed to a Met One Savings Account. You can bank on Metropolitan to help you save, too. Summer camp, here I come!

"I changed to Met One for Summer Camp"

College sponsors women's program

Good Shepherd to offer seminar

The Church of the Good Shepherd, Episcopal in Federal Way is sponsoring a seminar through the Blues this Saturday, Sept. 19, with the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S. and the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S.

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Complete Installation and delivery available

I'd do anything to get away from my sisters. So I'm saving up with my own route and Met One to go summer camp.

My dad told me I could save more with a Met One Savings Account. It's a better bank -- cause my money earns 5.5% interest all the time. And it's not all kinds of services that will help me when I'm a little older.

Get a Met One Account cause I get a statement that shows all the extra money I earn in interest. And it shows the money I put in frequently paycheck, too.

I'm glad I changed to a Met One Savings Account. You can bank on Metropolitan to help you save, too. Summer camp, here I come!

"I changed to Met One for Summer Camp"

College sponsors women's program

Good Shepherd to offer seminar

The Church of the Good Shepherd, Episcopal in Federal Way is sponsoring a seminar through the Blues this Saturday, Sept. 19, with the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S. and the daughter of Milton and Carolyn B. Scheerer of 29300 11th Ave. S.

The seminar from 9 a.m. to 5 p.m. will be held at the Federal Way Shopping Center.

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If you’re not using ARCO graphite, you may be wasting gas & money!

ARCO graphite
MOTOR OIL
79¢
Tasted against a conventional oil:
• Up to 23 more miles per tankful
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On combined purchase of Lee Oil Filter and any Lee Mass Air Filter.

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SALE! CLIP AND SAVE!

1½ TON HYDRAULIC JACK
Great for home or garage. Sits in vertical or horizontal position. Use a horizontal, vertical or an angle No. 60021

3 TON, Reg. 16.95
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Savings
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3 EASY WAYS TO SAVE MONEY!
1. Change your own oil. 2. Replace your own plugs. 3. Do your own tune-up

Do-it-yourself with AVATAR ignition parts and save even more!

ELECTRONIC IGNITION
• Repair kits
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SAVE 22¢ WITH COUPON
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SAVE 2.30 WITH COUPON

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1½ Ton Floor Jack
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Lee Past Wax
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Lee Plastic Drain Pan
SAVE 25¢ WITH COUPON
Catholics expand service program

Catholic Children's Services of Seattle has expanded its "outreach program" to the South King County area.

Through the use of six space offices in St. Anthony's Parish (Federal Way), St. Mark's Parish (White Center), St. Austin's Parish (SeaTac), St. Ann's Parish (White Center), St. John the Baptist Parish (Kent) and Holy Family Parish (Federal Way), the program is now able to assist families in the concerns of all ages and races.

1. Family Life Counseling Center Services: This group home facility is established to develop the skills of children and their families to deal with and understand their family's physical, emotional, sexual and behavioral problems. Services are provided by counseling therapists.

2. Specialized Program: This service includes: Family Life Education workshops or lecture tailored to the needs of middle school ages and older children (e.g., Effective Parenting, Sexuality for Teens, Single Parent Groups). Crisis Intervention Services which includes: covering the availability of trained staff of 礬 Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

3. Family Life Education: This service includes: Family Life Education workshops or lecture tailored to the needs of middle school ages and older children (e.g., Effective Parenting, Sexuality for Teens, Single Parent Groups). Crisis Intervention Services which includes: covering the availability of trained staff of Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

4. Foster Care: This program provides a substitute living situation for 18 year old to 21 year old abandoned and neglected children. Foster parents are involved in counseling related to their needs and responsibilities.

5. Counseling: Individual, parent-child, marital and family counseling by a trained professional on a fee basis.

Referral Services: Services offered directly through the Parish offices include:

1. Counseling: Individual, parent-child, marital and family counseling by a trained professional on a fee basis.

2. Parenting: This program will involve the availability of trained staff of Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

3. Adoption: This program includes: Family Life Education workshops or lecture tailored to the needs of middle school ages and older children (e.g., Effective Parenting, Sexuality for Teens, Single Parent Groups). Crisis Intervention Services which includes: covering the availability of trained staff of Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

4. Parenting: This program will involve the availability of trained staff of Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

5. Counseling: Individual, parent-child, marital and family counseling by a trained professional on a fee basis.

6. Education: This program includes: Family Life Education workshops or lecture tailored to the needs of middle school ages and older children (e.g., Effective Parenting, Sexuality for Teens, Single Parent Groups). Crisis Intervention Services which includes: covering the availability of trained staff of Catholics in crisis situations in each office. Referrals are made to the agency of the nearest Social Service.

The tour was part of an educational formal study program developed by the California-based Pacific American Society. Founded six years ago, the group has served as a satellite program for Catholic Children's Services throughout the world. The organization coordinates the student tours, selecting activities that are Jeffersonian in educational goals. In each country, where possible, student stays are held in hotels or school dorms, a unique experience is available to assist the group.

Decors: Students from five states volunteered: Joy Duffie, Linda MacKayed, Julie Kemper, Shelly L. Legan, Charlene Newman, Susan Sharp, and Lisa M. Wirtz of the Department of Social Services. They were accompanied by Father John Smith and Robert Terry.

"Our goal is to help students broaden their understanding of other cultures and to help students to them," said Barbara Stokes, Federal Way Program Coordinator. From Smith, the group was instructed in Safety procedures and how to coordinate the tour. She said that in addition to the excursions students have made use of any of the special
tours which are available to students.

6. put fun and savings into your shopping this week with us! don't miss two new exciting savings ideas below... our Friday surprise savings list plus a special $5 savings coupon!

PLAID FLANNEL SHIRTS

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WIDE LEG JEANS

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MERRITT WIDE LEGS, wide leg jeans in your favorite colors.

SAVE 50% ON OUR WIDE LEG JEANS!

Special BATH TOWELS

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IF PERFECT 5.00-6.00

Bath towels in terry latimer, jacquard velvet or jacquard velour. Available in all colors. 22x40 size. 50% OFF

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This week's sale

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Infinitely beautiful and unique leather handbags in intricate, precision designs from black, navy and every color.

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TOP QUALITY

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Tantalizing surprise savings just for you...every Friday! Be here for dramatic Friday only savings!
Grass Roots Gardening

by Gina Keontz

Autumn
Considered an ideal time to plant a new lawn. Cool fall weather strengthens root development. A soil test is needed to determine if your soil is acidic or alkaline. A soil test is important to do at a thorough job of soil and site preparation. Gently slope the lawn away from house and buildings, correct any drainage problems and decide the lawn use. Some homes actually have two types of lawns. The yard where children, pets and adults frolic and play is usually a mixture of creeping red fescue, bent grasses and a small amount of blue grass for a rich lawn. New varieties of perennial rye grasses for playground areas are being introduced. Clover, zoysia and all large clumps of weeds and grass. Soils and debris exposed by tillage procedures to establish the lawn must be the same as seed. Whether a new lawn is seeded or sodded, plan on a lawn away from house and buildings, correct any drainage problems and decide the lawn use. Two types of lawns. The verdant green of the fall is a lifetime investment. Buy the best seed you can afford weighted indicator or a frame consisting of four-by-fours over the area. Be sure there are no low spots to water. Use a light to medium-sized rocks that surface. If desired, you can spread another light application of fertilizer on the surface of the soil. Lightly by holding the rake slightly tilted. This light raking results in a loose layer of seed over the surface. Spread one half in one direction and the remaining half in the opposite way. Cover seeds lightly with no more than one-sixteenth inch of peat moss. Do so and do not overlap. Run a rolled lawn over the soil covered with seed with roller half full. If so, make tillage and strip around lawn parameters to keep people and animals from trampling the area. Keep the entire area constantly moist until seeds emerge most will sprout within the first 10 days, or sod generally needs mowing about ten days after installation with mower set above two inches from ground level. After mowing a seeded lawn a couple of times it may need another fertilizer for new lawns, apply according to the rate stated on the bag. It's also important to avoid seeds germinating in the lawn. They are mostly annuals and die out after the first frost. Do not use weed killer on a new lawn until it has been mowed at least five times.

Family Athlete-shoes Were $9 left $5

$6 OFF on Folding umbrella-style stroller

$88 ea.

$88

Men's acrylic and mohair sweaters Were $13 Reduced from $79

$88

Midwest cure of cotton and polyester. Pull-on style has elastic waistline for an easy fit.

$88 ea.

$88

Additional information on the items were formerly offered by Catalog or in many Sears Retail stores around the country.

Family Athletic-shoes Were $9 left $5

$6 OFF on Folding umbrella-style stroller

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Men's acrylic and mohair sweaters Were $13 Reduced from $79

$88

Additional information on the items were formerly offered by Catalog or in many Sears Retail stores around the country.
CHEESE LOVER, Sarah Davis, of Poverty Bay Wine Co., enjoys introducing newcomers to the wide world of cheeses.

What comes in a compact shape, nutrition — yet good tasting and can be eaten with every meal, even dessert? Stumped? Why it's cheese. 

"I eat it all the time, even while I'm working," she said. "It's the only cheese that I know of that has already become a part of one's daily life." 

Mrs. Davis has been interested in cheese for more than three years and in that time she has gained expertise in the cooking and serving of it. "Cheese is so versatile that it can be eaten morning, noon and night," she said. "It's great in sauces, pastries, soups, hors d'oeuvres, desserts. Cheese can enhance and cover just about all types of foods like chicken, meat, fish and salads."

When cooking Mrs. Davis recommends grating up the cheese instead of cooking it in chunks, since it will melt quicker. Prolonged cooking and high temperatures can ruin the instability of the cheese. One suggestion is for cooking the cheese in a double boiler. This keeps it away from direct heat. 

Older cheese will have a stronger flavor, and should be used for soufflés which need a mellow or mozzarella cheese. 

When it comes to wine and cheese, the cheese should be the first choice. "The Important thing is that a person doesn't like," she added. "The important thing is that a person should enjoy it. Any wine can go with any of the various cheeses."

"Currently, there are no set rules, she said. "It is important to sample the cheese and most producers report there are 7.1 grams of protein in an ounce of cheese."

"Grappes, for example, has as much protein in one-quarter pound as that found in a T-bone steak," Mrs. Davis said. "Proper care and treatment of cheese will help avoid waste and ensure freshness. The product should be wrapped tightly in plastic wrap and stored in a cool place in the refrigerator. Mrs. Davis also holds casual classes in her home, where she instructs neophyte connoisseurs in the worldwide varieties, culinary uses and delicious samplings of cheeses. The next three-once class begins Sept. 26. Sign-ups for the classes can be made at the shop.

Cheddar Apple Pie

(Ready: 4 servings)

1 cup (4 ounces) cheddar, shredded
2 tablespoons cinnamon
1 cup (4 ounces) cheddar, grated
1 cup (4 ounces) cheddar, shredded
1 cup (4 ounces) cheddar, grated
1 cup (4 ounces) cheddar, grated
2 tablespoons brown sugar
2 tablespoons flour
2 tablespoons sugar
2 tablespoons flour
1/2 teaspoon ground nutmeg
1/2 teaspoon ground nutmeg
1/2 teaspoon grounded cheddar cheese
1/2 teaspoon grounded cheddar cheese

Sauté apples and cheese in butter. 

Roll dough and line pie plate. Cover apples with half of topping. Melt butter in top of double boiler, add onions and cook for about 5 minutes. Add toow and, when well browned, add sautéed stock and cook until mixture thickens, stirring constantly. Add parsley, salt and pepper. Pour egg yolk; pour a little of the hot sauce until it is mixing well. Return to double boiler and cook for 2 minutes. Stir in cooked mushrooms. Divide into 4 or 6 pieces. Sprinkle shredded cheddar cheese on top and bake in the oven about 15 minutes or until cheese is melted. Serve immediately.

Baked Eggplant

(Ready: 4 servings)

6 or 7 small eggplants, sliced 1-inch rounds
1 egg, beaten
2 tablespoons olive oil
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons flour

Dip eggplant slices in egg and then in bread crumbs. Roll in flour until well coated. Arrange in a buttered baking dish. Season to taste and sprinkle with parsley and sliced mushrooms. Cover with half of topping. Sprinkle with 1 cup cheddar and top with remaining topping. Bake in preheated 350-degree oven for almost 20 minutes or until apples are tender.
Tomatoes—The love apples

Tomatoes were first called “love apples.” By cultivation and use, they are a vegetable, but botanically a fruit. Tomatoes are low in calories, and contain vitamin C and vitamin A. One medium-sized tomato, raw, provides almost half of the vitamin C for the day, plus about one-third of the vitamin A. Vitamin A is needed for the development of certain hormones, bone growth, and vision. Vitamin C is needed for the development of collagen, which is necessary for healthy connective tissue development.

Ready your recipes for the Cookbook Contest

Scotts Lawn Food

30% off

Lawn Food

Safeway For A Healthy Green Lawn $298

20 lb. Bag

"Best Label" Food

TOMATO & VEGETABLE

5 lb. Bag 89

Leia Plants

Birds Nest Fern

Yucca Cane Plant

Each

In 6" Pots

$498

Each

In 6" Pots

$498

Each

In 6" Pots

$398

Chicken Manure

Stutzman's Natural Organic Non Burn Fertilizer

1 package

$149

1.5 lb. Bag

Triple Delight Pie

TRIPLE LAYER PIE

1 package (four-serving size) chocolate, flavoring, pudding and pie filling

1% skim cold milk

1% semi-sweet chocolate

2 cups hard cold milk

2 cups cold milk

Combine all ingredients. Beat until thick. Chill at least one hour. Serve with whipped cream.

Prices Effective at the 2109 S.W. 336th Street Federal Way Store Only!
Anyone canférence tonight

Breaded dessert ends meal on elegant note

Creamy and appetizing, brandied dessert is a final note in a meal of great elegance. This warm, velvety mousse of chestnut cream flavored with Kirschwasser (cherry brandy) is richly accented with a hint of orange juice. 


dish.

Ingredients

Baked chestnut cream

Kirschwasser (cherry brandy)

Orange juice

Procedure

Sift confectioners’ sugar over custard. 

Serve as an elegant dessert, or garnish for a special-occasion meal. 

Serving size: 1 portion per person

Brandied dessert ends meal on elegant note

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Meat Department

Whole Fryers
Fresh Washington Grown
lb. 59c

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

- Beef Chuck Steak Boneless U.S.D.A. Choice $1.19
- Beef Stew Meat U.S.D.A. Choice $1.19
- Beef Liver, Sliced $88

USDA CHOICE

- Smoked Picnics 5 to 8 lbs. Average Rath, Water Added Bake in the Bag lb. 79c
- Bacon, Sliced 2-lb. Rath Blackhawk, 1-lb. Pkg. 99c
- Beef Sirloin Whole 10 to 14 lbs., Bulk Pack, lb. 269

Deli Section

SAFeway

Frank Franks lb. 99c
- Cooked Salami U.S.D.A. Choice $1.19
- KADY S. Lunch Meat Propel $1.77

Tomato Sauce Del Monte 5.6 oz. $1.59
- Double Cola 6 12 oz. Cans $1.19

Purina Dog Chow Dry 25-lb. $6.59
- Bell Peppers Del Monte 29 oz. $1.79

Wesson Oil Pure Vegetable 24 oz. $0.99

Blue Bonnet Margarine 1-lb. $1.59

Bake Shop

Assorted Turnovers Freshly Baked 4 for $1

At Stores With Bakeries Only
- Peach Pie 5 to 8 oz. $.89
- HONEY WHIT Ranch Rolls 9 oz. 1.49

Mexican Festival

Refried Beans Old El Paso 12 oz. 3 for $1
- Taco Shells Town House 4 oz. 3 for $.99

Frozen Foods

Snow Star Ice Cream Half Gal. 94c

BEL-AIR

Orange Juice 12 oz. 69c
- Eggo Waffles 9 oz. 99c

Jeno’s Pizza Frozen 11.75 oz. 99c

Hawaiian Punch Frozen Red 12 oz. 79c

SAFeway GROCERY VALUETOY

Deli Section

Folgers Coffee 1-lb. $1.89
- Pear Halves Del Monte 49c
- Purex Detergent 39 oz. $1.69
- Olive Oil Del Monte $2.59

For All Your Shopping Needs

Reduced Price

From 10-12 Day of Sale

In Store

Discount

SAFeway FOOD REPORT

Cheese

20% OFF

10-12 Day of Sale

IN STORE

Discount

SAFeway FOOD REPORT

Monthly Savings

Discount

SAFeway FOOD REPORT

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<table>
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<td>Fruit Cocktail</td>
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<td>Photofinishing Specials Slide Developing</td>
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<tr>
<td>Everything you want from a store</td>
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</table>
Fresh corn—don't keep it eat it, it spoils quickly.

Don't keep it — eat after picking, corn for fresh sweet corn. It is the best motto. Norfolk, Virginia, grows most of our corn. All the country people and the farmers prefer it. Stems are 6 or 7 inches long and saucers or ears are short and stout. Corn is firm, plum, juicy—rich, moist cream...a plate of more? Ask for anything and a fun bike ride wouldn't be complete without a few tenders and a fun bike ride wouldn't be complete without a few tenders. I Cycler's Cup beside the trail with a sandwich by carrying, easy. Make your own banquet-in-a-basket along Swiss or cheddar. Put tenderfoots! Fix a supper when the heat to penetrate. Heat, stir occasionally. Stir in bacon. Blanched in holding water, cut the heat to penetrate. Home canned corn...also to be frozen in a supermarket 25 minutes, with a sharp knife. To prepare, cut commercially, pressure canning, put in boiling water to which sugar has been added. Salt and green peper until the heat to penetrate. Husk, remove silk, and trim ears while freezing corn. Blanch in boiling water, cut off the heat to penetrate. Husk back into place and with a string. Grill for 18 to 20 minutes. Only a small pressure preserving, the ears to leave it to a few seconds. When filling resumes, cover and cook from three to five minutes. Do not over cook. Drain and let cool.

Pork links from Armour 10 lb. $1.09
Jimmy Dean 25 lb. $1.69
Armour sliced...ten varieties

Fishtown...no sugar added substitute sweet pickle, the heat to penetrate. Husk back into place and with a string. Grill for 18 to 20 minutes. Only a small pressure preserving, the ears to leave it to a few seconds. When filling resumes, cover and cook from three to five minutes. Do not over cook. Drain and let cool.

Parade Sugar 5 lb. $4.99
Fisherman's Flour 10 lb. $1.19
M.D. Tissue 4 roll pack 79c

KING SIZED SAVINGS

LOCAL CORN

PARADE SUGAR

SLICED BACON

LUNCH MEATS

SHAPSTO POPULAR REGULAR OR FANCY 12-0Z.

GR. PEPPERS

SALADS

CHICKEN RANCHER

LUNCH MEATS

BOLOGNA

KNOCKWURST

APPLE OR CHICKEN

Bread 29c

DUNKETTES

COFFEE CAKE

CAKE

SNACK PIE

SNACK PIE

10/ a.

1.69

1.79

69

99

1.39

3.69

49

49

12-0Z.

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Cooking meats in the microwave oven can be quick and easy, but it's important to remember for surefire success:

- Most and other protein foods get tough when cooked too quickly. However, the more tender cuts of meat, such as the meat from those steaks or rib roasts, can still be cooked quickly and with good results, especially if you cut them against the grain. Brown steaks in a grill before cooking. Brown steaks in a grill before turning to cook in the microwave.

- Meat will continue to cook in the microwave after it is removed. Stop cooking meats about 15 minutes for chicken and meat loaf, ten minutes early for large roasts, turkeys, and hams.

- When cooking meats that need long, slow simmering in the conventional oven, use a lower power setting in the microwave. The less tender cuts of meat will cook more evenly. Also rotate meat a quarter of a turn two intervals and let the meat stand. When cooking the less tender cuts of meat, such as the meat from those steaks or rib roasts, can still be cooked quickly and with good results, especially if you cut them against the grain. Brown steaks in a grill before cooking. Brown steaks in a grill before turning to cook in the microwave.

- Slowly without drying liquids to meat also helps it cook more evenly. Also rotate meat a quarter of a turn two intervals and let the meat stand. When cooking the less tender cuts of meat, such as the meat from those steaks or rib roasts, can still be cooked quickly and with good results, especially if you cut them against the grain. Brown steaks in a grill before cooking. Brown steaks in a grill before turning to cook in the microwave.

- Also rotate meat a quarter of a turn two times during cooking. If you are cooking meat slowly without drying liquids to meat also helps it cook more evenly. Also rotate meat a quarter of a turn two intervals and let the meat stand. When cooking the less tender cuts of meat, such as the meat from those steaks or rib roasts, can still be cooked quickly and with good results, especially if you cut them against the grain. Brown steaks in a grill before cooking. Brown steaks in a grill before turning to cook in the microwave.

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Sparkling waters inspire elegant drinks

No matter how we cut it, Lucky Meat Prices are Lower!

Aid Supermarkets are not the same...

Independent price survey proves that Lucky's price on almost every cut of meat is lower!

The next day's sale news is on our Bulletin Board... check it out!

Lucky now offers Magna Pak! It costs us to sell in large quantities and lucky saves the money on you! Look for Magna Pak, then take advantage of the sale price 50¢ per pound off of any uncut meat.

For use in oven for 15 to 20 minutes or until brown.

Our everyday price survey proves that Lucky's meat prices are lower. Compared to Chambers meat prices at the Seattle Supermarket, Lucky's meat prices were lower on 74 of the 89 days surveyed.

When it comes to giving you more meal for your money, you can count on Lucky's to pay off. If for any reason Lucky's meat prices are higher than Chambers meat prices at the Seattle Supermarket, you in the form of lower prices. And Lucky's low price is valid every day of the week...not just on Wednesday, the day of the Lucky's meat price survey.

Lucky Meat Prices are Lower!

Remember: Meat products at the 3 major super market chains, a nationwide survey proves the Lucky's meat price survey. A Lucky's meat price survey shows that Lucky's meat prices were lower in 74 of the 89 days surveyed.

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Rich creamy soups are welcome on any table

**Broccoli Cheese Soup**

Yield: 4 to 5 servings

- 1 teaspoon minced onion
- 1 cup sliced mushrooms
- 2 tablespoons butter
- 1 cup dry white wine
- 2 cups milk
- 2 tablespoons flour
- 1 cup grated Swiss cheese

In a saucepan, brown onions, green pepper, and garlic in butter until soft. Add flour, milk, and wine and stir slowly until it thickens. Melt butter in saucepan to simmer. Add one cup of milk. Stir until cheese is melted. Serve immediately.

**Cheese Vegetable Soup**

Yield: 4 cups

- 1 cup milk
- 1 cup corn chowder
- 3 cups chopped vegetables
- 2 tablespoons flour
- 1 teaspoon salt

Prepare the vegetables and cook in chicken broth. Thicken slightly with flour and milk. Stir until cheese is melted. Serve immediately.

**Creamy Italian Lasagna**

Yield: 2 servings

- 1 small onion, chopped
- 1 clove garlic, minced
- 1 small bay leaf
- 1/4 teaspoon salt
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/2 cup olive oil
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped parsley

Sauté onion and garlic in olive oil until soft. Add other ingredients and cook until thickened. Melt cheese into sauce. Serve immediately.

**Duckling Laurel**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Vegetable Lasagna**

Yield: 8 servings

- 1/2 cup onion, finely chopped
- 2 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup chopped carrots
- 1/2 cup chopped zucchini
- 1/2 cup chopped mushrooms
- 1/2 cup chopped tomatoes
- 1/2 cup chopped green onions
- 1/2 cup chopped parsley
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh oregano
- 1/2 cup chopped fresh thyme
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Sauté onion and garlic in butter until soft. Add other ingredients and cook until thickened. Melt cheese into sauce. Serve immediately.

**Duckling Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Spinach Cannelloni**

Yield: 8 to 10 servings

- 1 pound fresh spinach
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup chopped carrots
- 1/2 cup chopped zucchini
- 1/2 cup chopped mushrooms
- 1/2 cup chopped tomatoes
- 1/2 cup chopped green onions
- 1/2 cup chopped parsley
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh oregano
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- 1/2 cup chopped fresh oregano
- 1/2 cup chopped fresh thyme

Sauté onion and garlic in butter until soft. Add other ingredients and cook until thickened. Melt cheese into sauce. Serve immediately.

**Sour Cream and Onion Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Creamy Vegetable Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Creamy Bean Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Creamy Bean Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
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- 1 1/2 cups water
- 1 cup flour
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Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Creamy Bean Soup**

Yield: 4 to 6 servings

- 1 1/2 cups dry white wine
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup chopped parsley
- 1/2 cup chopped chives

Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.

**Creamy Bean Soup**

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Combine all ingredients and simmer. Melt cheese into sauce. Serve immediately.
What's Cookin' in Ruth's Kitchen

by Ruth Jurich

by Ruth Jurich

I'd say, "Ask Q or them by name,"
I'm going to ask for onions.
I'm going to ask for traveler's checks but about Walla Walla sweet.
I'm going to ask for traveler's checks but about Walla Walla sweet.

They're mild than garlic, but for some reason they're always available in the supermarket. I thought they should be a staple of the year. This is a good one, exceptionally grow and prosper.

There are many abundant harvests of this year. Fumahy salmon were been buying the lamb, and I hope that the sportmen who have been buying them in how to catch them. They're not always available in the supermarket. I thought they should be a staple of the year. This is a good one, exceptionally grow and prosper.

Fresh caught, hummus and salmon dressed with a m m e r a l oil, remove the pan. It's easy to cook a whole fish. It's easy to cook a whole fish. It's easy to cook a whole fish. It's easy to cook a whole fish.

Place cartons on a rack, put in the freezer, and then one should look 15 break. Next day, when they're from fish, remove the pan. They may want to filet it into slacks, later, but they freeze in the fish.

Later on, we're going to want to close when the fish slices, and be sure to flip it back and forth to keep it up or dry it out, and they've got a nice, crusty brown. Brining is great especially if you want to cook a whole fish. It's cooking through. Turn quickly, and in a very few minutes it will be done, there's a sharp knife into one piece, and you're left.

IMPATIENCE which results in cutting the fish in half, before it's done.

There are some good toppings that will make the fish and help to brown. To a quarter cup of mayonnaise add 2 tablespoons of caper relish, grated lime in the fish before browning for an attractive crust and good flavor. Our favorite topping is olive oil, garlic, parsley, salt and black pepper. Pretty much depends on good, but we need a leaf or two of garlic, anduddle it with a teaspoon of salt. Add pepper, three tablespoons of caper relish.

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Moving on...
**Savory brush-on for grilled fish**

Seasoning fish is one of the finest arts of the kitchen — indoors or out. In this preparation, the fish is brushed inside and out with a delicious mixture of Worcestershire sauce, oil, lemon juice and onion and garlic powder. Then it is grilled quickly, five minutes per side. (Remember, remember: fish is dry. If your coals raised not, just bring the fish and oven冒 up hot. Savory-Glazed Fish (Yield: 4 servings)

- 1 cup dry white wine
- 3 tablespoons onion powder
- 1 teaspoon salt
- 1 teaspoon thyme powder
- 1 teaspoon oregano powder
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 3 tablespoons Worcestershire sauce
- 3 tablespoons olive oil

Heat wine in a small saucepan. Stir in onion, salt, thyme, oregano, garlic, lemon juice, Worcestershire sauce and oil. Heat until warm. Use immediately or store in refrigerator for up to 2 days. Reheat before using to warm consistency.

1. Preheat grill or grill pan. Brush fish with seasoning mixture, turning it over to coat both sides. Grill over medium heat for 10 minutes. Turn fish over and brush with seasoning mixture. Grill another 10 minutes. Serve immediately.

**After school snacks add home-based hospitality**

Hospitality is most thoughtfully expressed when it reflects your own time and effort. For an at-home or visiting, a batch of home-baked cookies it is a great meal-extender. And all the better when you can bake bars and squares at one time, the initial cost of the ingredients is more than justified.

Dark and Light Brownies (Yield: 20 squares)

1 1/2 cups all-purpose flour
2 1/2 cups sugar
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
2 teaspoons vanilla extract
1/2 cup shortening
1 1/2 cups chocolate chips
1 egg, well beaten
1/4 cup buttermilk
2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 cup shortening
1 1/2 cups sugar
1 1/2 cups milk
1 teaspoon vanilla extract
1/4 cup buttermilk
1/2 cup chocolate chips
1/2 cup nuts

Mix flour, sugar, baking powder, salt and baking soda in a large bowl. Add shortening and blend until crumbly. Add chocolate chips and mix. Stir together remaining ingredients. Blend in flour mixture in two parts; add extract to one part. Stir to form a smooth batter. Divide batter between pans. Bake in a preheated 350°F oven for 30 to 35 minutes, or until lightly browned. Cool on a wire rack. Cut into bars or squares.
Mexican turkey salad treats a noble bird royally

A noble bird is the turkey, if you automatically think mashed potatoes, dressing and big family dinner when someone mentions our friend, you need a bright suggestion — such as Mexican Turkey Salad.

The red Tomato Dressing that accompanies the salad is zesty and hearty and the color combination, red and green, is reminiscent of the Mexican flag itself. And, as if this weren’t a nearly perfect combination, you add buttery crescents of avocado and the full flavor and snap of sunny corn chips.

**Mexican Turkey Salad**

*(Yield: 6 servings)*

- 1 head lettuce
- 2 cups cooked turkey strips
- 1 medium-sized avocado, cut in crescents
- 2 cups corn chips or miniature tacos
- Hi pitted ripe olives

**Tomato Dressing**

Shortly before serving, remove a few outer leaves of the lettuce and line chilled salad platter or bowl. Coarsely shred remaining lettuce to make about 1% quart and turn onto platter or bowl. Arrange turkey strips, avocado, corn chips and ripe olives on lettuce. Serve with Tomato Dressing.

Tomato Dressing:

Combine 1 can (8 ounces) tomato sauce with tomato bits, ¼ cup each wine vinegar and salad oil, ¼ cup minced onion, 2 tablespoons chopped parsley, 1 teaspoon chili powder and brown sugar, ½ teaspoon finely minced garlic, % teaspoon pepper and 3 drops liquid red pepper seasoning in a jar. Cover and shake thoroughly to blend. Shake again just before using. Yield: 1¾ cups dressing.
Foolproof meals

No reason to stick to tradition when you have a lot of good fruits and tasty accompaniments. Here’s a substantial seasonal dish that can be prepared early in the season. Start your Chicken Salad with warm Orange crunch muffins for a tasty accompaniment.

**CHICKEN RICE SALAD**

(Yield: 4 to 6 servings)

- 1 cup diced cooked chicken
- 1 cup diced celery
- 2 cups diced cooked carrots
- 1 cup seedless green grapes
- 1 cup mayonnaise
- 2 tablespoons lemon juice
- 1 cup mayonnaise
- 1-1/2 cups diced red apples
- 1 cup diced cooked chicken

**Ingredients:**
- 3 cups water
- 1 teaspoon salt
- 6 cups pre-cooked rice
- 1-1/2 cups diced red apples
- 1 tablespoon lemon juice
- 1 cup mayonnaise
- 1-1/2 cups diced red apples
- 1 tablespoon lemon juice
- 1 cup mayonnaise

**Preparation:**

**Note:** For more moist salad, stir in one to two tablespoons milk before serving.

Orange Crunch Muffins

(Yield: 12 medium muffins)

- 1 cup sugar
- 1 tablespoon grated orange rind
- 1/2 cup milk
- 1-1/2 cups flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon (about) orange rind
- 2 egg yolks
- 2 tablespoons butter
- 1-1/2 cups flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon (about)
- 2 egg yolks

**Preparation:**
1. Mix flour with three-quarters cup shortening, or other shortening, and one-third cup molasses all-purpose flour. Mix all ingredients. Combine one-fourth cup sugar, the orange rind, plus two-thirds cup molasses. Beat in叙述中提到的“FOOLPROOF MEALS”中包含的食谱，包括鸡肉沙拉的制作方法，以及橙子松饼的食谱。这些食谱都很容易制作，适合家庭使用。
Autumn signals hearty meals

Pork Loin Roast

Yield: 2 cups
Preheat oven to 325 degrees. Toss with cranberries or raisins to coat. Place roast on platter to be carved.

Brown sausage in a greased 8-inch round pan until crisp; drain. Brown pork cubes in lard or drippings in a greased 9-inch round pan until crisp; drain. Stir in golden raisins, chopped walnuts, if desired.

Apple-Walnut Harvest Cake

1 cup firmly packed brown sugar
1 cup cooking oil
2 cups all-purpose flour
3 eggs
1 teaspoon vanilla
1 tablespoon baking soda
1 cup evaporated milk
1 cup milk
2 to 3 tablespoons lard or margarine
1 2/3 cups flour
1 tablespoon baking powder
2 1/2 cups gravel
1 cup brown sugar
1 teaspoon salt
Dash pepper
1 cup chopped walnuts
Brown Butter Icing

Pork Loin Roast

3 to 4 pounds boneless pork loin
1 tablespoon salt
2 tablespoons chopped parsley
1 pound fresh green beans
1 pound carrots
1 cup finely chopped onion
1 1/4 cups chopped celery
1 1/2 cups chopped green pepper
3 tablespoons cornstarch
1 cup golden raisins
1 cup chopped walnuts
1 cup rich brown sugar
2 to 3 tablespoons lard or margarine
1 cup brown sugar
1 cup sugar
1 cup milk
2 cups water
Salt
Dash pepper
Stirring constantly, combine brown sugar and sugar in heavy saucepan over medium heat. Stirring constantly, pour into greased 8-inch round pan. Bake until done, about 1 hour or until golden brown. Serve hot.

Hearty Autumn Meal

2 tablespoons cornstarch
1 tablespoon flour
1/4 cup dry sherry
1/4 cup dry white wine
1 cup water
1 1/2 cups Vienna sausage
1 cup sliced green pepper
1/2 cup finely chopped onion
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon brown sugar
1 tablespoon dry sherry
1 tablespoon dry white wine
2 tablespoons cornstarch
1 cup water
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1 1/2 cups rice
2 tablespoons cornstarch
1 1/2 cups water
1 tablespoon salt
1/2 teaspoon pepper
1/2 teaspoon paprika
1/2 teaspoon curry powder
1 tablespoon butter
1 1/2 cups milk
1/2 cup chopped onion
1 1/2 cups chopped celery
3 tablespoons cornstarch
1 1/2 cups water
1 teaspoon salt
Dash pepper
Combine brown sugar and sugar in heavy saucepan over medium heat. Stirring constantly, pour into greased 8-inch round pan. Bake until done, about 1 hour or until golden brown. Serve hot.

Beef Full Cut Round Steak

BONELESS, ARMOUR TESTERED USDA CHOICE
$1.79

Turkey Drumsticks

USDAs INSPECTED, FROZEN
39¢

Pork Rib Chops

ARMOUR VERI-BEST
$1.39

Turkey Drumsticks

USDAs INSPECTED, FROZEN
39¢

Fresh Ground Beef

$1.18

Hormel SLAB BACON
89¢

Turkey Drumsticks

USDAs INSPECTED, FROZEN
39¢

Mark-It Foods often receives reduced price allowances from their suppliers. Some stores pocket the difference as extra profits or use the item as a "hot" limited time special. At Mark-It Foods, we pass these bonus savings along to you and they often last up to 5 weeks.

Look for these tags in our store. They mean Extra savings for you!