by Carolynn Logan
Righthanders, Federal Way and other suburban city taxpayers got a good deal: They received about $2.4 million more in services than they paid in county taxes last year.
That was one conclusion in a private consultant’s report to the Voter Executive Committee of the King County Health Department. The report has been released to the public.
Another conclusion was that taxpayers in rural counties, like King County, get more per dollar paid than suburban taxpayers, who pay more per dollar than do taxpayers in the county.
The report noted that taxpayers in suburban cities, like Federal Way, are part of a state’s metropolitan area. Thus, Federal Way taxpayers are benefiting from the services of a state health department.
In response to state services being utilized by Federal Way taxpayers, the report suggested that Federal Way taxpayers should be recognized for the services they are using.

Shots are required for area elementary school students.

King County Health Department.

Sampson also observed that the city should pay to fluid the continuing Seattle-county relations. At the same time, she said, the city should be made responsible for what they do, "so a Seattle police officer can say, 'If your kids are here, you have to pay for it.'"
Sampson said that in the case of the school disturbance that resulted in several citations, "it’s a law and order situation," and she felt that the city should be responsible for getting the books and music program off the ground.

Parents who refuse to enroll their child in an immunization program may face legal reasons for non-access to birth certificates. Parents are required to enroll their child in an immunization program for the child to be issued a birth certificate.

Parents need only sign a state form certifying that they are responsible for having their child immunized on the parents.

Parents are also responsible for seeing that their child is immunized, and if the child is not, the parents may be charged with a misdemeanor.

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Editorial

Two bad apples

by Jim Shahan

Editor

You are not to be confused with the sponsor of the same name and his "Bad Apple" Award. The first uses the term as a public relations tool to promote the "Golden Fleece Award." The latter is given by the Second Amendment Foundation to recognize those in the gun control business who have contributed to the advancement of this noble cause.

Ballot measure

When the state agreed to Senate committees weren't prejourned of the Legislature, the on Aquatic, Arson, Criminal at least for the time being.

A simple majority is all that is needed to pass a ballot measure in Washington. Meanwhile, though the House is meeting, inaugurated in 1973, the evenly divided House.

The issues have been created by the government's expense dictionary of Tzotzil, an.

This award, the "Golden Fleece Award," will be the first recipient of the award.

With its usual haunts in D.C. and...
Little wheels in a big man's world

With a hefty push, they were off, six junior novice racers, 5-6 years old, burning up the asphalt at 25-30 miles an hour as their families watched.

Their feet on the gas, they leaned slightly toward the inside of the track to help them corner as they sped around the oval paved track at Graham, south of Puyallup.

The dads, vicariously in the driver's seat, offered silent encouragement as they leaned on the protective wire fencing. It's against the rules to give advice while the cars are racing.

Commenting on the race, one father said, "we want them to do as good as they can and be careful."

The families were involved in the last race of the year sponsored by the "Little Whiz" Quarter Midget Racing Association (LWQMA). It was a fundraiser for the hemophilia association.

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Fire Prevention Week begins

Victims fight back, robbers fail

Would-be robbers were twice thwarted in attempted holdups last week in the Federal Way area. The first incident occurred at about 4:30 a.m. Saturday, when a man who evidently had been watching a Federal Way High School football game was电缆 a young woman who had been leaving the game. He followed her home and confronted her at gunpoint, demanding that she open the safe. 

The second incident occurred late Friday night at an all-night grocery at Southeast Avenue and Southeast. The owner was not present and apparently had no connection with the earlier episode. 

Washington State Patrol source said that Sanders was traveling south on Pacific Highway South and turned left on the sidewalk, assumed a defensive posture and quickly brought the suspects to bay.

The official results of the Sept. 20 election were released by King County election officials yesterday. The results of the general election are:

- In the WD 75 district, voters elected Rep. Jerry Harris, D-Des Moines, and Thomas Powell, D-Normandy Park.
- In the WD 74 district, voters elected Rep. Joseph Stockdale, D-Des Moines, and incumbent William C. Barns, R-Normandy Park.
- In the WD 73 district, voters elected Rep. Robert McCabe, D-Normandy Park, and incumbent Bruce S. Hall, R-Des Moines.

The only contested position in the November Primary race was the Mayoral race, where Mayor Robert McCabe ran unopposed. The incumbent in the Primary race was defeated in the general election.

Election results released

**Tale of judge’s vibrating chair**

by Carolyn Logan

How many judges get vibrating chairs? Not many, it seems. One clear exception is Judge Richard M. Letts, who came to the attention of the山西 Courthouse and Police Department in 1979. Actually, many others in the bar and bench community have been known to enjoy a good massage. Even when they’re sitting in traffic, drivers who come to a stop may wonder if they’re getting a shoulder rub. 

The Washington State Patrol source said that Sanders was traveling south on Pacific Highway South and turned left on the sidewalk, assumed a defensive posture and quickly brought the suspects to bay.

Burglaries were relatively inactive during the weekend, police said. There were no break-ins. The driver of the other vehicle involved was northbound on Pacific Highway South—was Abigail O’Connor, 30, of 1303 S.E. 24th Ave., Maple Valley.

Treasurers and Treaseen suffered cut lips and bloodstream cuts and a left leg leg in the driver of a sedan. The driver of the other vehicle involved in the incident was pronounced dead at the scene of the accident.

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**Federal regulations require a substantial penalty for early withdrawal**

The Spaclal Four Year Certiicale from SeaTac Mall will il­...
Winter omens

The weather turns frigid within the coming months, the escalating costs of heating oil and natural gas, and the dripping supply of electricity may make the wood-chopping business boom.

The Seattle Mayor's Office for Senior Citizens has announced that fall and part-time jobs for senior citizens (age 55 and older) are available. Positions include kitchen and kitchen work, housekeeping, laundry, and maintenance and some clerical work. For further information, contact the mayor's office at 839-8483.

Is church just for emergencies?

When tragedy strikes, and help is needed. But we're here just in case a church is.
Second year:
School safety again improved

The day that happened most in the district was last year when 31 percent of all the accidents involved only one person per accident. As to the differences in kinds of accidents from one grade level to the next, Sienko said, "Secured during recess periods, the sixth grade involved mostly bubble gum and toys that are easily broken, according to the Principal."

District officials point out that no effective measures have been proposed by any group of parents or children who are aware of a special medical problem and in some cases, have been taken to the hospital by Medici.

Parents are invited to visit the school and participate in a short-handed school schedule of class. Teachers' assistants will conduct independent sessions to be in charge of the particular credit should not be taken without the consent of the principal, of the seventh and eighth grades.

"We have a glandular problem," said a parent of a seventh-grader. "I just quit smoking," said a ninth-grader. "I'm a desk all day," said a tenth-grader. "I have a history of asthma," said a twelfth-grader.

The number of accidents involving children in the district was 31,342.51, which is up 10 percent from the 1977-78 total of 12,345.87. The number of accidents involving children in the district was 31,342.51, which is up 10 percent from the 1977-78 total of 12,345.87. The number of accidents involving children in the district was 31,342.51, which is up 10 percent from the 1977-78 total of 12,345.87.

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Hotels to pick-up slack of industry unemployment

Hotel-related incidents during the past week were numerous. A hotel in the district was reported to be experiencing a surge in admissions, with the staff working overtime to accommodate the increased demand.

Robert Anderson, quoted in the article, stated that the migration from the city to the suburbs has led to a decrease in hotel occupancy. He believes that this trend will continue to affect the hotel industry in the coming years.

In an interview with the Washington Research Council, Anderson acknowledged that the hotel industry has been experiencing a decline in occupancy. He believed that this decline is due to the population boom and the construction of more residential units in the area.

Further in the article, Anderson speculated that the hotel industry may continue to experience difficulties in the future. He stated that the hotel industry needs to adapt to the changing needs of the customers and to the competition from other industries.

The significance of the hotel industry in the local economy was also highlighted in the article. It was mentioned that the hotel industry is a major employer and contributes significantly to the local economy.

In summary, the article highlights the challenges facing the hotel industry, and the need for adaptation and innovation to overcome these challenges.

Energy programs scheduled

Four programs offering an overview of current energy concerns are scheduled at the Highline Community College next month.

"The Energy Efficient Home," designed for those who are hoping to use energy more economically, is scheduled for Oct. 3. On Oct. 10, a program titled "The Energy Efficiency Challenge," will be offered.

"Reapying Versus the Dump," will be presented on Oct. 17. The program will focus on the benefits of using recycled materials.

A program on the "Renewable Energy," will be held on Oct. 24. The program will discuss the use of solar and wind energy.

It is important to note that the programs are free and open to the public. For more information, please contact the college at 3021 S. 219th St.
The Highline School Board recently revised portions of its student conduct policy. According to the district, the revisions were designed to clearly indicate that the Director of Student Placement is the school official responsible for handling any student conduct issues, including receiving hearing requests and initiating any disciplinary action to be taken against a student and that such a request be submitted in writing. Also, in reference to the length of suspensions, the words school days were substituted for consecutive days and authority to invoke an emergency suspension was limited to the Superintendent and the district's policy in line with state regulations, according to Highline officials.

The changes bring the district's policy in line with state regulations, according to Highline officials.
Dazzling dahlias

Though winter is just a whisper away, you wouldn’t know it by the garden of Vic and Hermia Pennington. Giant dahlias mingle with smaller varieties to overflow their Des Moines garden.

A casual passerby on a warm Indian summer day could easily imagine that the presence of the mountains of flowers signals the coming of warmer days rather than the inevitable cool rains and snow.

Even a passing bumble bee is deceived by the flowers’ beauty as he snuggles up in one of the huge buds for a little snooze.

The Penningtons grow the blooms mostly for their own enjoyment, though they sell the flowers for a small price to help cover costs. In cultivating the flowers, they strive to create the perfect bloom. Judging from their many awards earned in flower shows, they’ve been fairly successful.

To accomplish the perfect bloom, they carefully water, fertilize and de-bud their plants, but Hermia Pennington said her husband uses one other technique frequently lauded as a sure-fire way to grow beautiful plants.

“I think he talks to them. Sure he does.”
Chloe's case comes up next. The plaintive little girl ploy worked. She asked Linda, "we might as well stop here for lunch. Now, lunch to Chloe is synonymous with cocktail, and that day proved no exception. Two martini and a lunch later Chloe climbed behind the steering wheel. The only cost to her was having just the argument regarding who should drive. Chloe mailed nery long along, and I found myself careening to a stop. "I just can't drive."

The course, $20 for members and $26 for non-members, will be conducted by the Downtown YMCA, Coleman Room A, second floor.

For further information or registration for these and other Connections programs, contact the Metrocenter YMCA, Coleman Room C, second floor.

Ludala Kemmel, the director of discussion research at the Metrocenter YMCA, (contact 415-645).

The course, $20 for members and $26 for non-members, $25 for non-members.

For further information or registration for these and other Connections programs, contact Donna Ben-Pel Studio, 3672 SW 318th St. Sue Smith. Registration is necessary. Come in and register.

The Federal Way Bar Association will be scheduled on a monthly meeting at 6 p.m. in the Coleman Room B and C, second floor.

The course, $20 for members and $26 for non-members, will be conducted by the Downtown YMCA, Coleman Room A, second floor.

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More women seeking police jobs

by Lorel Lisa

Though a growing number of women are entering the police force, many have not
found the profession as a glamorous and
stimulating career. Miss Larson of Kent,
daughter of Mrs. Merwyn Larson of
Spokane, is one of these women. She and
her fiancé, Terri Skelly, both 22, hope to
form the double of their marriage in
Grace Lutheran Church. Rev. Edward
McGrath, a friend of the couple, will
preside. Mrs. Gerald Grengs, Mrs. Brian
Les Buchman and Mrs. Donald Freet, son
of Joseph Freet of Seattle, are among the
groom's parents. Mr. and Mrs. Donald
Petersen, Mr. and Mrs. Edward Bright,
Mrs. Merwyn Larson and Mrs. Brian
Les Buchman will attend. The wedding
will be October 15, and a reception will
take place at the Grace Lutheran Church.

The bride is a 1978 graduate of Mt.
Shasta High School in New Providence,
New Jersey. The groom is a graduate of
Jefferson High School in Spokane.

Virginia Mason recruits rents

Virginia Mason Hospital is recruiting for
positions available. Women, ages 15 to 35, are
invited to join the operating room, surgical
suite and hospital's junior volunteer staff.
Junior volunteers are needed to help the
hospital provide patient care, work on the
delivery of flowers and gifts to patients,
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McGrath, a friend of the couple, will
preside. Mrs. Gerald Grengs, Mrs. Brian
Les Buchman and Mrs. Donald Freet, son
of Joseph Freet of Seattle, are among the
groom's parents. Mr. and Mrs. Donald
Petersen, Mr. and Mrs. Edward Bright,
Mrs. Merwyn Larson and Mrs. Brian
Les Buchman will attend. The wedding
will be October 15, and a reception will
take place at the Grace Lutheran Church.

The bride is a 1978 graduate of Mt.
Shasta High School in New Providence,
New Jersey. The groom is a graduate of
Jefferson High School in Spokane.
Wednesday, October 3, 1979

The News

Friends to study

Olympic View Friends Church at 801 Browne Point Blvd. is starting a program of studying the Bible book by book with the goal of finding the answers to problems and pressures of modern living. Cost of the series will be $25 and will include a study manual designed to become a lifetime reference and inspirational resource. Anyone who wants to receive more information may phone the church at 927-9151.

GRAND OPENING SALE

Monday, October 1st. Thru Saturday, October 13th

50% OFF ALL LIGHTING FIXTURES

STIFFEL LAMPS 20% OFF

Outdoor Bracket

$7.00

$5.60

2-light pendant

$32.00

$25.60

FREE 600 WATT DIMMER WITH $100 PURCHASE

Hyland's Clams 100's

Reg. 2.59 ea. 2.09 ea.

Bran-a Crisp 3.5 oz.

Reg. 0.99 ea. 0.75 ea.

Sonoma Mixed Fruit 12-oz.

Reg. 1.72 ea. 1.39 ea.

Health Valley Crackers

Reg. 1.89 lb. 1.43 lb.

Mountain Mix

Reg. 2.45 lb. 2.19 lb.

FREE 80% OFF

Health Valley Chili-Spicy

Reg. 1.18 lb. 0.57 lb.

Now MADWY FRED MEYER 25250 PACIFIC HWY, S. KENT

13 Convenient Nutrition Center Locations to Serve You Better

• AURORA • GREENWOOD • EVERETT
• BROADWAY • BELLINGHAM • BELLEVUE
• LYNNWOOD • TACOMA PACIFIC • CROSSROADS
• STEVENS • AURORA • NATURE VITES

STIFFEL LAMPS

WASHINGTON LIGHTING CENTER

WEIkDAYS 8:30AM-9PM
SATURDAYS 8AM-NOON

20% OFF

Alt. brass w/ smoke, tall glass

$32.00

$25.60

GRAND OPENING SALE

OF OUR NEW MIDWAY NUTRITION CENTER

"More than just a Health Food Store"

3.49 Natur-Glo Vitamin C Chewable with Rose Rips

Reg. 5.99 ea. 3.95 ea.

3.95 Natur-Glo Lecithin Caps

Reg. 9.99 ea. 5.45 ea.

4.95 Natur-Glo Naturade NRG Protein

Reg. 10.49 ea. 5.45 ea.

GRAND OPENING SALE

SAVE MONEY

SAVE GAS

3.49 Natur-Glo Vitamin C Chewable with Rose Rips

Reg. 5.99 ea. 3.95 ea.

3.95 Natur-Glo Lecithin Caps

Reg. 9.99 ea. 5.45 ea.

4.95 Natur-Glo Naturade NRG Protein

Reg. 10.49 ea. 5.45 ea.

Lunigart, Deb­

ORLANDO CHURCH NEWS

Wednesday, October 3, 1979

lilies of the valley. The bridal bouquet con­

sisted of French lace. The bridesmaids were

married on Aug. 18 in a candlelight cer­

mony at John Kees United Presbyterian Church.

The couple took a wedding trip to the

Oregon Coast. They will make their home

in Portland.

Two parenting classes offered:

‘Two parenting classes offered: ‘Survival Skills for parents’ and ‘Living with your toddler.’ will be offered by the Highline Seattle Mental Health Center.

‘Survival Skills,’ a seven-week series beginning Oct. 2 that will stress new ap­

proaches in handling conflicts, strengthen­

ing relationships, family and home man­

agement skills and support systems for the single parent. The course will meet

from 7:30 to 9:30 p.m. at the Center in White Center.

The discussion group will be a forum for meeting new friends. There is no fee for further in­

formation, contact Diane Bingham, Director of WICS, at 924-4162.

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formation, contact Diane Bingham, Director of WICS, at 924-4162.
**Workshop for homemakers**

The Household Science Executives is the title of a six-part course for homemakers to be presented from 9 a.m. to 1 p.m. at noon. On Oct. 16, "Women and the Law" is the topic discussed. Approximately 100 women in various walks of life are expected to attend the course. The final presentation of the series, November 13, is on the topic of "Volunteer Work in Employment." Panel discussions will be held for the benefit of groups interested in job assistance and counseling.

**Business**

**Sears Super Store**

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

**SAVE 30**

Craftsman \$7/8 HP router

Was $58.50

\$25.99

**HALF PRICE!** Craftsman electric Bushwacker hedge trimmer

Was $83.50

\$41.75

10\% half boarding motor develops 600-lb. shaft speed of 28,000 rpm. Double induction.

Reduced from our \$71.99

**HALF PRICE!!** Mr. Barger all temperature pan with corn popping lid

Was $14.99

\$7.49

Thermostat controls temperature from \$ to \$200°F. Non-stick interior. Comes with regular and non popcorn lids.

Reduced from our \$14.99

**SAVE 40%** soft side Featherweight and Featherlite travel bag

Was $40.99

\$24.59

Easy core polyester and cotton. A large range of colors and sizes are available including some extra large sizes. Reduced from our \$60.99

**SAVE 40%** Medley flannelette sheets

Was $7.99

\$5.99

Easy care polyester and cotton. A large range of colors and sizes are available including some extra large sizes. Reduced from our \$11.99

**HALF PRICE**

Fashion photo Barbie Doll

Was $14.99

\$7.49

Ruffles, ancient and lace on plaits or Formal dress. Size 141. Reduced from our \$29.99

 informatie about heart disease and risk factors. October will feature a program by the League of Women Voters titled "Bullying in America," which will be the subject of a general election meeting on October 17. For more information, call Joan Sweeden or Elizabeth Egan, Women's Center.

In recent weeks, the Northwest Women's Law Center has had several clients expressing concern about the legal rights that exist for gay and lesbian women. Legal aid is available to those who may be interested. To schedule a meeting with one of the Northwest Women's Law Center's attorneys, please call (206) 281-7785 or (206) 284-8220.

**Births**

Shanes
Their first child was born to Mr. and Mrs. David Shanes of Snohomish, Washington. The baby, Ryan Neil Shanes, was born at 8:42 a.m., weighing 6 pounds, 10 ounces. She was delivered at PeaceHealth Everett Hospital. The parents chose the name Ryan because it means "fairy" in Irish and "male" in Greek.

Penoni
Their first child was born to Mr. and Mrs. Andrew Penoni of Everett. The baby, Andrew John Penoni, was born at 1:08 p.m., weighing 7 pounds, 12 ounces. He was delivered at PeaceHealth Everett Hospital. His parents chose the name Andrew because it is a traditional, old name for a strong, adventurous boy.

Gillespie
On Sept. 19, Mr. and Mrs. Charles Gillespie of the Northwest Women's Law Center, downtown Seattle, sponsored a dinner meeting of the National Evergreen Chapter of the National League of Women Voters. The meeting was entitled "The Volunteer Work in Employment," and was attended by approximately 20 women.

Birushka
Birushka, the first child of Mr. and Mrs. Birushka, was born to Mr. and Mrs. Birushka, on September 12. The baby, Michael Birushka, was born at 3:23 a.m., weighing 8 pounds, 1 ounce. He was delivered at PeaceHealth Everett Hospital. His parents chose the name Michael because it means "mystery" in English.

Edwards
Edwards, the first child of Mr. and Mrs. Edwards, was born to Mr. and Mrs. Edwards, on September 14. The baby, Emily Edwards, was born at 7:20 p.m., weighing 7 pounds, 12 ounces. She was delivered at PeaceHealth Everett Hospital. Her parents chose the name Emily because it is a traditional name for a strong, adventurous girl.

**Surplus Store**

Our half-price sale offer includes a variety of unique indoor miniature crafts, available from Janet Maats at 255 Washington Ave.
Mr. and Mrs. David Kludsikofsky baby yellow roses, the to David P. Kludsikofsky and Luoma wore peach swiss. Fresh flower wedding at place following Kludsikofsky was a baby's breath. She which took place to answer any questions. The Class is free and open to the public. P. F. P., foreman, children education classes held experient parents understand the childbirth process. The goal of P. F. P. (Parent Education Program) is to provide couples for planing and preparation for childbirth. attendance requirements remain available to parents the baby is born to answer questions any child for several months timely.

For more information, call P. F. P. office at (305) 400-6899. For referrals, call P. F. P. at 400-6899.

Vending machine skills taught in SCCC program cause options such as SCCC vending service company and cake and punch machine companies. Self-employment is another opportunity for graduates. Students will be accepted on a first come, first served basis. This program is designed for those interested in the vending machine business. The instructor is Fred Glennon. The program fee (SCCC is $39.00 per hour for a per quarter for part time student. This program is open to the public. The class is free and open to the public. P. F. P., foreman, children education classes held experient parents understand the childbirth process. The goal of P. F. P. (Parent Education Program) is to provide couples for planing and preparation for childbirth. attendance requirements remain available to parents the baby is born to answer questions any child for several months timely.

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sons have expressed their intentions to Federal Way, and Federal Way.

Marsha L. Trivette, S. 314th St., Auburn, and Debra 3209 SW 319th PL, Federal Way, and Kent, and Mary Barber 25121 - 22nd Ave. So., Pierce County.


29, 4430 SW 319th St., and Roy Burbin, 34, 4430 Federal Way.

Timothy Haley, 30, 4430 Federal Way, and Brian Lafky, 23, 750 24623 Military Road S., and Dennis Green, 29, 4430 Military Road S., and John T. Massi, 27, 4430 Military Road S.

//ADDITIONAL TEXT INSERTED HERE/
B-8 Wednesday, October 3, 1979

**PUBLIC MEETINGS**

**Des Moines City Council** second and fourth Mondays, each month, 7:30 p.m., regular meeting; 10 a.m., budget meeting.

**Des Moines Planning Commission** first, fourth, and second Monday evenings, 7 p.m. meeting at Des Moines City Hall.

**Federal Way Community Council** 1st Thursday, 7 p.m., regular meeting; 3rd Thursday, 7 p.m., special meeting.

**Federal Way School Board** second and fourth Monday, each month, 7:30 p.m. meeting at Educational Services Center, 2450 S. 295th

**Water District 14** 1st Monday, each month at 7:30 p.m. and 2nd Monday, each month at 7 a.m., regular meetings; 1st Wednesday, 7:30 a.m., regular meeting; 2nd Wednesday, 7:30 p.m., regular meeting

**COMMUNITY EVENTS**

Pamela Without Partners, Chapter X, 80th Avenue S., 7th Floor, Wednesdays, 7 p.m. meeting at Snoqualmie, Washington.

Normandy Park, perspective group of women, 3rd Wednesday, 7:30 p.m., meeting at Normandy Park Senior Center.

Delia Star Chapter of Captain Suzanne (English Camp) 104th, 9 p.m., meetings held at Federal Way High School.

**Federal Way Community Council** 1st Monday, 7 p.m. Antiques appraisals. Call Joyce at 392-1174.

October Fest 1979, 10-25 to 11-10 a.m. (daily) An Old World Exhibit with artists and craftsmen, 10-50th Street from Military Road to Pacific Highway South. Free admission.

Star Lake Elementary Newspaper Art Show, 10-25 to 11-10 a.m., twenty children in grades 1 through 6 from the Elementary School. School at 298th and Military Road.

**Pyramid Court No. 88** (fourth Friday, 10-9:30 a.m.) annual slide show, meeting held at Pyramid Temple, 29645 51st S., Auburn.

**Soroptimist International of South King County** (third Thursday, 6:30 p.m. for more information call Jackie at 927-8544, 10-26, 7 to 9:30 p.m.) Three- series, began 9-17, 10 a.m.) WiU tryout prospects - singing quartets, held at Star Lake Intermediate, 8400, Multi-Service Center.

**White River Chapter of the American Red Cross** (third Thursday, each month, 7 p.m.) red Cross training program.

**Tops Chapter 555** (each Thursday, noon) Meeting held at Jaycee Restaurant, SeaTac Mall, for additional information call Ken Gillette at 245-662.

**Foot Care** (10-3, 10 a.m. to noon) $2 charge, sign up apartment one day advance notice for shopping and doctor appointments, call 839-9321.

**White River Chapter of the American Red Cross** (third Thursday, each month, 7 p.m.) Stated meeting held at Jaycee Restaurant, SeaTac Mall, for more information call Marilyn Nesbitt, at the library.

**Federal Way Elks Lodge** (10-24, 7 to 9:30 p.m.) Three- series, began 9-17, 10 a.m.) WiU tryout prospects - singing quartets, held at Star Lake Intermediate, 8400, Multi-Service Center.

**Steve Adams** (third Thursday, each month, 7 p.m.) for additional information call Norma Johnson, caller, Camelot Mobile Home Park, Renton Road, call 245-2978 for reservations; for additional information call 245-2978.

**Pyramid Temple** (second Thursday, each month, 8 p.m.) Stated meeting held at Pyramid Temple, 29645 51st S., Auburn.

**Overeaters Anonymous** (each Monday, 7:30 p.m.) Meetings held at Decatur High School.

**Mary Bridge Speech and Hearing** (third Thursday, each month, 7:30 p.m.) at Mary Bridge Hospital, 8500 South Atlantic Blvd, 234.

**Steel Lake Garden Club** (third Wednesday, each month, 9:30 a.m.) Steel Lake Grange Hall, one block east of 298th and Military Road.

**Kensington International of Federal Way** (second Thursday, 6:30 p.m.) Meetings held at the Fog Cutter South.

**HOMEMAKERS CLUB MONTHLY MEETING**

**King County Arts Commission,** 3701 10th Ave. S. includes introductions to Italic, Intermediate Italic and Roman alphabets, preregister by calling 245-1469.

**DES MOINES LIBRARY**

**Toddler Sharing Time (six week series, began 9-17, 10 a.m.) WiU tryout prospects - singing quartets, held at Star Lake Intermediate, 8400, Multi-Service Center.

**Commonroom Community Center** (five Thursday, each month, 1 p.m.) Regular meetings, held at St. Joseph's Hospital, 3100 Western Ave. S., Auburn.

**Federal Way Evenings Lions Club** second and fourth Tuesdays, each month, 7 p.m.) Regular meeting at Des Moines City Hall.

**Des Moines Church** (every third Saturday, of each month) Board meeting in homes; 3rd Tuesday, 7:30 p.m. held at Mrs. John Sawyers, 806 S. 295th Place.

**Centralia Grange Chapter 441** (third Thursday, each month, 7:30 p.m.) Meeting held at Mr. John Sawyers, 806 S. 295th Place.

**Star Lake Elementary School** (every third Saturday, of each month, 10 a.m.) Public welcome to attend, pre- register by calling 839-9321.

**Evergreen Quad (club at Federal Way 10-9, 6:30 p.m.) Evergreen Quad, 6704 15th Ave. N.W., Federal Way. (1st and 3rd Monday, 7:30 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**St. Joseph's Hospital** (first and third Tuesday, each month, 7:30 p.m.) Dinner meeting at Black Angus Restaurant, SeaTac Mall, for additional information call Long Hanson, at the library.

**Soroptimist International of South King County** (third Thursday, each month, 7:30 p.m.) Held at the Fog Cutter South.

**Golden Nuggets** the public is invited, for more information call 839-9321.

**Star Lake Intermediate** (first and third Saturday, each month, 7:30 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**Evergreen Chapter Barbershop Quartets** (first Thursday, each month, 7 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**Federal Way Elks Lodge** (10-24, 7:30 p.m.) Meeting held at Mr. John Sawyers, 806 S. 295th Place.

**Mary Bridge Speech and Hearing** (third Thursday, each month, 7:30 p.m.) at Mary Bridge Hospital, 8500 South Atlantic Blvd, 234.

**Evergreen Chapter Barbershop Quartets** (first Thursday, each month, 7 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**South King County Genealogy Society** (third Thursday, each month, 7 p.m.) at Mary Bridge Hospital, 8500 South Atlantic Blvd, 234.

**Fargo Catholic Church** (third Thursday, each month, 7-9 p.m.) Stated meeting held at Fargo Catholic Church, 27678 123rd St.

**Des Moines Carbon Copy** (third Thursday, each month, 7 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**Steel Lake Garden Club** (third Wednesday, each month, 9:30 a.m.) Steel Lake Grange Hall, one block east of 298th and Military Road.

**Federal Way Elmo Cooped Preschool** (third Thursday, each month, 7-9 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

**Pyramid Temple** (second Thursday, each month, 8 p.m.) Stated meeting held at Pyramid Temple, 29645 51st S., Auburn.

**Thurston County and Regional Chil­dren's Orthopedic Hospital** (first Thursday, each month, 7 p.m.) Cost $3 per item, includes introductions to Italic, Intermediate Italic and Roman alphabets, preregister by calling 245-1469.

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**Star Lake Elementary School** (every third Saturday, of each month, 10 a.m.) Public welcome to attend, pre- register by calling 839-9321.
Highline Community College has added a new look to its ad- ministration this fall, as four new administrators moved in, bring- ing with them new ideas and much practical experience.
The four new department heads include Dr. Patricia Justice, Associate Dean of Occupational Education; Keith Harker, Library Director; James Sharpe, Manager of Financial Services; and Mike Grubiak, Assistant Dean of Student Ser- vices.
Dr. Justice brings to the Oc- cupational Education Program a 'real-world' philosophy, which views the occupational student as someone who may not want to complete their program in four years; but work with the business and industrial community, to upgrade the communities, to upgrade the students in this selection process because this will enhance the HCC financial department.
James Sharpe, Manager of Business and Finance, will be in- volved in improving the college's already good internal financial policies, an area he says he is looking forward to adding some new ideas. James Sharpe, manager of business and Finance, will be involved in improving the college's already good internal financial policies, an area he says he is looking forward to adding some new ideas.
Keith Harker, HCC's Library Director, will bring 22 years of library management to his new position.
Kevin Harker earned a bachelor's degree in history and liberal arts at the University of Idaho, and a master's degree in liberal arts at the University of Oregon to attain a master's degree in librarianship.
Harker's latest position was at Lone Mountain College in Evans, Ore., where he spent nine years as learning resources director, and four years as Associate Dean of Instruction.
Harker would like to see more community involvement at Highline at the ad- dition of printed materials for the library. "We want to involve the faculty and the students in this selection process because this will encour- age a lot of the community and the students to become more in- volved in the using the facility," he said.
In addition, Harker said that "the community and the students will be used to increase the hours ac- cessible to the students and the community.
The services we offer our school funds will be another main thrust of ours," he said. "We are not going to wait in the back of our offices -- we are going to work with people to get them to want to forget that our primary concern is for the student, and we will continue to ask ourselves, 'Are the students' needs being met?'"
Patricia Justice Student Needs Coordinator. She has also been involved at Tacoma Community College. Other facets of the new Assistant Dean's pro- gram will be better night counsel- ing services the nightime students, overall attitude of not waiting for the students to come to them for help.
"We are not going to wait in the back of our offices -- we are going to work with people to get them to want to forget that our primary concern is for the student, and we will continue to ask ourselves, 'Are the students' needs being met?'"

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**Regular Savings Accounts offer 51/2%**

**Interest Compounded Daily**

**Annual Yield: 5.73%**

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<th>Rate</th>
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**Ask About Our INVESTOR'S ACCOUNT & T-BILL PLUS High Yield...**

A LIMITED TIME OFFER!

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- Federal Way • Kent • Bellevue
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**Four new administrators join Highline CC staff**

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**Highline Community College has added a new look to its ad- ministration this fall, as four new administrators moved in, bring- ing with them new ideas and much practical experience.

The four new department heads include Dr. Patricia Justice, Associate Dean of Occupational Education; Keith Harker, Library Director; James Sharpe, Manager of Financial Services; and Mike Grubiak, Assistant Dean of Student Ser- vices.**
Burgess faults the board for making "a long 'leg' across the children's neighborhood," he said. "They should have denied Holiday Heights-Angle Lake Fire District's consolidated annexations, where justified."

Martin, executive secretary of the County Boundary Review Board, said the board must be read; not everything reported is "of taste...Dine out...Dine out in your restaurant to be in the Dining Guide."

Parents will have the chance to get together for a school-unique event on Oct. 9, at Mt. Rainier High School. The Mt. Rainier hosts a back-to-school night from 7-9 p.m. in the cafeteria. Parents and teachers are welcome. Parents can meet with teachers, see the children's activities, and visit each classroom. The event is free. The block schedule where they will have a simultaneous dinner. Class is at 8:30. Parents are expected to return to the cafeteria after dinner and cook. Teachers will be on hand to answer any questions. Mt. Rainier High School is located at 29900-29th Ave. S.

open daily 9-10, Sunday 10-7, effective Oct. 3-6, 1979.

Black Vinyl Gun Case

Available At Kmart Sporting Goods Dept.

Our Reg. 8.97

6.97

Martin, executive secretary of the County Boundary Review Board, said the board must be read; not everything reported is "of taste...Dine out...Dine out in your restaurant to be in the Dining Guide."

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OPEN DAILY 9-10, SUNDAY 10-7, EFFECTIVE OCT. 3-6, 1979.
Ray Berg hits to win ‘You Pick ’Em’ contest

Ray Berg, 18, one of Federal Way’s three top distance runners, went off to a 1-0 start in the ‘You Pick ’Em’ contest.

Berg, a senior at Federal Way High School, missed only one production of his season’s best total.

He won the 3,000 meter run in 8:37, the two-mile run in 11:42 time for the two-mile course, which beats by 38 seconds her own old record, led the Federal Way girls to a 3-2 win over Sumner.

Berg, a senior at Federal Way High School, won both events and finished third in the one mile run.

The win raised the Raiders’ overall record to 2-2 and the girls are 3-1 heading into Friday’s home meet with Lindbergh.

The boys now stand at 3-2 and the girls are 4-1 heading into Friday’s home meet with Lindbergh.

The boys lost at number one single, doubles, while Ternes said the coach noticed that the girls were tenacious.

“They’re competitive,” he said. “They don’t give up.”

Ray Berg at a football practice session. He was all worth of merchandise.

Ray Berg hits to win ‘You Pick ’Em’ contest

The rains came Thursday to the Decatur-Thomson tennis crosstree.

The Gators, under coach Jack Sheppard, were undone by another peak power outage Thursday.

RENEE FOHN of Decatur readies for her lefty forehand return in action against Mt. Rainier’s Thomas Jeffers. The Gators eventually won the rain-interrupted contest by 6-0, 6-0. Roxanne Moreau scored a 6-2, 7-6 upset of Holly Godfrey at 18:00.

Dailly scored a 6-2, 7-6 upset over the top spot. Sometimes, the Gators have to get the best of the two spots to win.

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**Sweet Peas romp to 25-0 win**

The Des Moines Sweet Peas made up for an earlier 146-0 defeat by their SPSL cohorts with a dominant win of their own over Maple Valley last weekend.

The Sweet Peas had the better of it from the very beginning of the game , outpacing Maple Valley 14-0 in the first quarter. Then, the identical score was repeated in the second quarter, a Maple Valley fumble set up another TD by Finch. Early in the third quarter, Philip Merron turned in an outstanding run to put the Sweet Peas ahead for good. Finch ran the final 17-yard TD on a 3-4 run over the Golden Gators.

**Bettel hands Gators first loss of season**

The Des Moines Bettel faced a tough Bethel team on the difficult Lake Spanaway golf course near Bainbridge Island. The result was predictable: an 86-74 Dray victory.

"We played well enough," Gator coach Roy O'Donnell said. "But Bettel (going) to prove of pads on that course, they're going to beat just about anybody."

"The loss, the Gators' first of the season in five mat­ches, leaves Bethel and Drayton leading in the South Puget Sound League standings. Lakes and Dray for first with 5-0 marks.

O'Donnell said the Gators had a good chance to put the first Immortal on Clever Park's record is A Monday December's team Lakes' Lake could be available at press time. The Gators' Freshman Prep School (results unavailable) and tomorrow's Otsego visit Lakes at Tacoma Country Club.

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FULL LINE OF AUTOMOTIVE PARTS

- Cylinder Head Exchange
- Engine Rebuilding or Exchange
- Fly Wheel Surfacing
- Drum and Disc Brake Rotor Machining

Specializing in Monroe Magnum 60's Heavy Duty RV Shock Absorbers

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**Seattle ski show set for Center**

The 1981 Seattle International Ski and Winter Sports Show has been set for Oct. 15, 16 and 17. The show, which is being highlighted as a "Week to Ski Show," will include all facets of the skiing business. There will be continuous free ski films, including the 17-minute Dick Bar­ ton's "Sky Diving Over the Horizon."

Kathy Sullivan, ski editor from Big Mountain, will entertain in the Ski Show Survival Sta­tion. Noted author and Aerial Acrobatic Professional Ski Champion, Walt Hilpert, will coordinate "A Flying Group of Freeskiers," while throughout the three days, Hilpert will be assisted by Kerri Haward, the 1978 Women's Aerial World Cup Champion.

Show hours are Fri­ day through Sunday, 9:30 a.m. to 8 p.m. Saturday 1 to 11 p.m. and Sunday 9 a.m. to 7 p.m. Tickets available at the door, will be $3 for adults, $2 for seniors and $1 for students ages 6 to 11 will be admitted free.

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**Sailling classes at Seattle Y**

Classes in sailing are currently being offered by the Seattle Downtown Y.C.C.A. and West Works Sailing School.

The course includes four hours of onshore classroom instruction (meeting Wednesday evenings for two weeks). Following this onshore instruc­tion, 21/2 hours of sailing is scheduled each week.

For information, call Doug Fischer at West Works Sailing School, 839-5682.

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**DR. BUTCH Corbin, team doctor for the injured Maple Valley Raiders, 24-0 win over Des Moines.**
Bob Plummer was the top boys' finisher against Curtis, Frank, seventh in 15:39; Pete Cunningham, eighth in 15:41; and Todd Peterson, 12th in 15:46. In the girls meet, Plummer was fifth, Fresh sixth, Hamilton seventh, Cox 11th and Wafler eighth. Hamilton won 42-23, while Lakes stopped the Raiders 49-18.

Tracy Hanington took first place against Curtis with a time of 15:10. She was followed by Lizzie Paua, third in 16:08; Robin Pulliet fifth, fourth, Cox, 15th and Aiken 12th.

The girls are now 3-3 in the season, while the boys are 0-4.

"It's coming," coach Jim Dillon said of the girls team, that is just now discovering what they can do.

The Raiders hosted Puyallup yesterday (results unavailable at press time).
Anglers capture sixth-place
day.

The third member of the crew, Paul Barnes hooked up with a 135-

pound tuna. The first indication was that Barnes had hooked up

another marlin, but after three hours of fighting the fish

many members aboard the

charter became inspired as

whether or not it was really a

marlin. "Thinking it was a marlin, we

set a relatively light drag of about

182-pounds," Youngberg said.

"After a while we began to

wonder because of the fight the

fish was putting up. But we knew

it was a tuna and we set it up before
departing.

Youngberg said, "I told the
two people who could touch the rod

twice during the entire trip and

in case of long hours they would take it.

It was during something like this that

you find out what you're made

The local anglers had done

done some deep-sea fishing and

fishing before, but it was the first
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But the members of the club, especially

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Highline Soccer Association results and standings

**Sum Honeybees**
- WH Lightning Bugs 1-0
- 4M Goal Getters 1-0
- Kelly's Kickers 1-0; Golden Village Wildcats 2-0;
- Starlets 3-1, FW Truck 1.

**PSDalays**
- Eagles 3, Taco Time Hotsox.
- Angels 0-1 Daisys 4, Wee Bugs 7, Hotshots 0; Qoalget 0.
- Angels 0-1 Hotstuff 0; Hotstuff 5, C-6 Wednesday, October 3, 1979

**To our valued customers**

**Payless**

- Enter the $1,000

- Of the 235 items from our SUNDAY DOLLAR DAYS circular, the following 2 items have not yet arrived:
  - PS-2 TITAN RETURN
  - PS-72 WRAPPING PAPER

- We sincerely apologize and please be assured that we have the greatest respect for our valued customers.

- Rackhocks are being issued.

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- DOLLAR DAYS circular contains details of the following items.
- To view the circular, visit your nearest Payless.
- Visit Payless and select from the following items:
  - 16" X 16" HOME REMODELING CENTER Nature life SKYLIGHT COVER $2995
  - GLIDDEN SPEED HOUSE PAINT $9575
  - GLIDDEN SPEED LATEX SATIN $150

**ENTER**

**KLAC**

- Listen to KLAC to hear our 85 Secret Songs. Test your musical knowledge by identifying any one or all of the Secret Songs. Any one could win you $1,000 cash. Listen to KLAC contest rules.

**Outdoor tips and tales**

- by Herb Williams

- If you get a chance

- you will notice one or several deer in the protective cover

- At bases the deer is on or one of several times before you notice a deer in the area.

- If brighten, the doe is not to point at the buck, who more often than

- light on his conscious

- he will notice the cover he'll

- If you're out at
daybreak, you'll see the bucks disappear

- On the reverse. They

- out of the open coun-

- may find the buck back to the thick

- the season, when hunters

- the woods,

- these habits

- even more

**SALE PRICE**

- BAND 60 WATT GRAPHIC EQUALIZER $2995

**HOME REMODELING CENTER**

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- GLIDDEN SPEED LATEX SATIN $75

- FREE SPEAKERS WITH

- FREE SPEAKERS WITH

- $2995

- $3.49

- Liquid or Paste

- Prestone II WINTER SUMMER

- ANTI-FREEZE ANTI-BOIL

- SALE PRICE $2995

- REFUND IN EXCHANGE

- $150

- YOUR COST $150

- (308 oz. after purchase)

- SO節2995

- 100799

- Burien 6235 S.W. 157th

- 242-2290

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- AUTO SOUND SPECIALISTS

- 24811 PACIFIC HWY So.

- 833-1999

- IN AUBURN ACROSS FROM TOMMATSON

- DODGE

- MIDWAY DRIVE IN THEATER

- AUTO SOUND SPECIALISTS

- SANYO FT 1490A

- THE HOTTEST SELLING AM/FM BLANK CASSETTE TAPE $1.45

- AUTO REVERSE, LOCKING FAST FORWARD, REWIND, 12 WATTS IMR MODUL 18-16,000 HZ

- WITH FREE SPEAKERS $199.96

- SPECIAL PRICE VALUE TO $99.95

- MIDLAND

- AM/FM MULTIFEED CASSETTE TAPE $1.45

- FREE SPEAKERS WITH $199.95

- TOTAL QUALITY TAPE CARRYING 1/2 PRICE

- JENSEN C. B. ANTENNA RACE TRUCK MOUNT 11679

- BLANK CASSETTE 2 HOURS $9.95

- DELUXE 6X6 SPEAKER ENCLOSURE $45.45

- FREE SPEAKER ENCLOSURE WITH 1490A
by Barbara Buta

Kendall Kay Munsey was afraid that she was going to wake up and discover that it had all been a dream. But there she was, dreaming about being cast in the film, "The Runner Stumbles," for a Roman Catholic priest when he is accused of killing a priest. As she accepted by the other actors, she was so friendly to me; that she was the standout to the left. For a Roman Catholic priest when he is accused of killing a priest. As she accepted by Beau Bridges, "I'm going to keep waiting until something happens. That's what you'll have to do," Kendall said. "I had written. "You're going to have to have the right time and luck." Kendall said, "I've wanted something to happen since I was 3 years old," she said. "But I didn't think it was going to happen."

Her rememberances are the best, the spring of last year. She was a sense of display, the young and got called to the office because my mom was there to pick me up." Kendall said, "She had a little smile on her face. And I knew it must be some kind of news." Then one day...poof!

"Then she told me I had an audition for a film, a role that had only two or three lines."

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**Parent-child programs offered at Y**

The week of Oct. 15 marks the start of Y-Parent-Child programs at the Highline YMCA. The programs, open to boys and girls ages 3 to 9, are designed to encourage family interaction and to provide opportunities for the child to learn about their place in the family and in the world.

The programs are divided into two age groups: children ages 3 to 6 and children ages 6 to 9. Each group will engage in activities such as music, art, sports, and family games, all aimed at fostering a positive parent-child relationship.

Parents will have the opportunity to participate in these programs with their children, creating a shared experience that strengthens the bond between parent and child. The programs are led by YMCA staff and volunteers who are trained to facilitate these interactions in a safe and supportive environment.

If you are interested in participating in the Y-Parent-Child programs, you can contact the YMCA at 425-648-0400 for more information. It is recommended to enroll early as spaces are limited.
While Ted Kennedy toles his time in the Senate environment many consider invaluable, King County Democrat Chairperson John Hickman has his eye on efforts to build a hand in steam in the county for a Kennedy for President campaign.

The King County Democrat's Central Committee has received delegates from the Democrat County Campaigns in Snohomish, King, Pierce, and Skagit counties. The committee has been reviewing suggestions and will make a recommendation to the State Committee in the near future.

The committee is also reviewing suggestions for a possible state campaign to support Kennedy.

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* Rec Rooms * Bathrooms * Kitchens * Studies * Hobby Rms * Lamps from Diners * Key Racks

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**FREE DELIVERY!**

4x4 Club (second Monday of every month) Meeting, November 27. Anyone interested in becoming a member of the 4x4 Club should contact the Secretary, Mrs. JoAnn Bumpus, 72nd Place, Crest Air Park, Federal Way, 98003.

Rules:
1. List all ingredients in order of use. Give directions on how to make and serve each dish as possible. In case of a tie in the number of entries received, the entry judged best by a panel of judges will be awarded first place.
2. Entries are limited to one entry in each category. More than one or in any group will disqualify all entries by that group or group.
3. Recipes must be complete to be considered.
4. In case of identical entries, only the first will be judged.
5. Anyone may enter with the exception of Robinson Newspaper employees and their immediate families.


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Hop-In Warehouse
Laden's Video
Lake Deli
Nelson's TV
Pelletier's
Pet Valu
Robinson Newsstand
Shear Wizards
Window Engineering
Zold Fitness Center

Ingredients

WALL BASE

12" 36" 42" 58" 68" 82" 88"

Wall 12" 12" 42" 62" 62" 82" 88"

BASE

24" 24" 24" 72" 72" 88" 88"

Experimental Aircraft Assn.
General Nutrition
Hop-In Grocery
Mr. Butcher
Nelson's TV
Pet Valu
Pelletier's
Shear Wizards
Crabill's

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Natural gas rates increased

The Washington Utilities and Transportation Commission on Wednesday approved a 5 percent increase in the average residential natural gas bill in the state, effective next month.

The Commission of Public Utility Affiliates Inc., a competitive firm that represents approximately half the natural gas customers in Washington State, voted unanimously in favor of the price hike.

The average residential customer's bill will rise $0.50 per month, or about 4 percent, to a new average of $4.04 per month. The average commercial rate will increase $2.90 per month, or 13 percent, to $20.90.

The Seattle City Light residential rate will increase $2.90 per month, or 13 percent, to $20.90. The rate will rise $4.04 per month, or 10 percent, to $40.90.

The new rate structure will take effect Oct. 1.

The Commission's decision is based on the fact that natural gas prices have increased substantially since the Commission's last rate proceeding in 1983.

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by Kay Crane
Larry Sims has joined Rhodes Realty, Inc., of 2000 Pacific Ave., SEATAC Office. Federal Way, as branch manager. Dave Rhodes will continue to be the designated broker but use more of his main as sales manager.

“This is a rush growth area,” Sims says, “one of the fastest in the nation. South King County is the place to be in the real estate business now, and will be excellent for the next 10 years at least, despite the rest of the nation perhaps facing a slowdown.”

After growing up in the Highline area and graduating from Tyee High School, “I like not having a time clock, dealing with people, and making this an excellent buy at just $87,000!”

NEW ASSOCIATES

Sims serves on the educational ad-

visory board at Daystar High School
through the Distributive Education
 Clubs of America work training pro-

gram, an effort to get students out into the real world. He often speaks to classes about the real estate field, both as a prospective field of employment and as something which will involve all of us, as they become renters or homeowners.

“I like not having a time clock, dealing with all sorts of people, and getting an in-

depth look at the real estate investment market. It’s a way to route to financial independence is real estate in-

vestment, and being in the business is the best way for me to do this.”

New associates at Rhodes who will be working with Sims are: Marisa DiPietro, Carolyn Johnson, Diane McKinney, Honda Prince Sims, Mark Ar-

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Only $65,000 for this immaculate 3 bedroom, 1 bath home. This is a must see!! Call 838-3896.

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Find luxury as well as comfort in this spacious almost new 4 bedroom condo w/view decks from 2 levels, large family kitchen w/Jenn Aire appliances. Call Barbara Buil for a VIDEO PREVIEW.

VASHON ISLAND

$139,950

150 ft of WATERFRONT with new concrete bulkhead plus boat slip. Immaculate 3 bedroom, 2 bath home w/built-in bookcase, beveled glass windows. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

BURLINGTON

$87,950

3 bedroom, 2 bath, 1900 sq ft, Ranch, features 1750 sq ft, 3 bedrooms, 1 1/2 baths, a large recreation room. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

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Large & beautiful landscaped lot. Well maintained, large home. Call Lee 837-6590. Asking $72,950. V/A #654.

SEATTLE

3 bedroom, 2 bath, 1900 sq ft, Ranch, features 1750 sq ft, 3 bedrooms, 1 1/2 baths, a large recreation room. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

SOLDS MOINES

$64,950

This 4 bedroom rambler is in perfect for the growing family - 4 bedrooms, 2 baths, large finished basement, 2 car garage, large deck. All of this plus a large deck and beautiful yard. Perfect for growing family. Features spacious family room, large kitchen, large bedrooms, and more at a price you can afford! Walk to schools and St. Vincent de Paul Church! Priced at only $65,000!

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BEACH DRIVE

$94,950

View Brick Tudor! Large 4 bedroom townhome w/attached 2 car garage, brick fireplace, 3 1/2 bathrooms, fully buffered, large patio and yard. Call John L Hole Realty.

CONDO & RESIDENTIAL

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150 ft of WATERFRONT with new concrete bulkhead plus boat slip. Immaculate 3 bedroom, 2 bath home w/built-in bookcase, beveled glass windows. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

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4 bedroom, 2.5 bath, 3000 sq ft, 2 story townhome. Immaculate condition, new carpets, professionally decorated. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

RENTON

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3 bedroom, 1 bath, 940 sq ft, townhouse. Located in a desirable community. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

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Super investor or starter home. All brick, 3 bedroom, full basement, move in ready. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

NORTH HILL

$78,000

3 bedroom ranch, 1 car garage, deck. Large & beautiful landscaped lot. Well maintained, large home. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

SEATTLE

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3 bedroom, 2 bath, 1700 sq ft, Ranch, features 1750 sq ft, 3 bedrooms, 1 1/2 baths, a large recreation room. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

WASHINGTON

$82,500

3 bedroom, 1 bath, 940 sq ft, townhouse. Located in a desirable community. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

RAMBLED RAMBLER TO TREES

$48,950

Fantastic 1978 sq ft, rancher on the hill, 4 bedroom, 2 bath, 2 car garage, very nice condition. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

OXFORD VISTA

$39,950

1 bedroom, 1 bath, 750 sq ft, apartment. Condo, 2 car garage. Located in West Seattle. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

CAMBRIDGE AREA

$74,950

4 bedroom, 2 bath, 1700 sq ft, Ranch, features 1750 sq ft, 3 bedrooms, 1 1/2 baths, a large recreation room. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

YOU WILL LIKE THIS ONE!!

$53,500

Large, well maintained, occupied, 3 bedroom ranch, very private, beautiful yard. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

IN FIFE

$48,950

This home is adjacent to green belt. Within walking distance to bars and bistros. Beautifully landscaped yard, close to I-5. Large 3 bedrooms, 2 1/2 baths, kitchen, living, dining, and garage. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

SOUND VIEW

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Transfer-seven year old, 2 story, 2 car garage, brick, 3 bedroom, 2 bath home. King size family rm plus oversize rec rm. Zoo., beautiful, elegant, "gracious" wallpaper, custom cabinetry. Very high quality. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

START IN STYLE

$64,950

Stylishly appointed, move in ready. 3 bedroom, 2 bath, 1400 sq ft, Ranch, features 1750 sq ft, 3 bedrooms, 1 1/2 baths, a large recreation room. Call Gregory Hgts. $65,000. Call BETTY PARRISH 244-4207 or 248-2722.

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New 2 bdrm., rambler, partial moun- 
tain view, on cul-de-sac. Be the first to 
view this property. Call for your appoint- 
ment. Only $139,900. Hurry, this won't 
last long.

PRICE REDUCTION

Beautiful contemporary 3 bedroom 
(lake view) with lake view from decks. 
Reduced to $129,900. Previous sale of 
this home is the one you need to see. 
Quick close. Buyer can use your loan. 
Call today for details to arrange show-

ing. At only $139,900 this home won't 
last long. Hurry.

FOUR ACRES

ELEGANT TWO STORY

VISTA

Huge Lot

CULPUS, WOOS

VISTA

2 BEDROOMS

FAMILY MINDED

$66,950

6 beds, 2 baths. 2 family rooms, 
2 car garage, wall, carpet, beautifully 
landscaped. Call or drop by for a look.

FAMILY MINDING

$95,000

Bay, fireplace, laundry room, spa, 
attached garage. Home is located on 
private, very quiet street, great view-

ing, close to school, church, shopping.

SECLUDED ESTATE

$210,000

8 very private acres, complete with 
rollin door, extra workshop, pool, 
privacy, large flat yard, all in a very well-
laid out plan.

70' WATERFRONT - LAKE TAPS

$45,000

4 bdrm, 2 bath, rm. frplc, rm. from 
back to forested backyard. Preval hunting.

70' WATERFRONT - LAKE TAPS

$48,950

3 bdrms., 2 baths, con
do, garage, patio, living rm, with 
lovely fireplace that will help keep your 
heating bill to a minimum. Some mari-
time needed.

FULLY FURNISHED

$74,900

3 bdrms., 2 1/2 baths with 1/2 
roughed in, secluded acre estate, complete 
with deck. Call for an appt. to see Ad 107.

BDRMS, 2 BTHS, 2200 SQ FT. AND EASY 
ACCESS TO MOUNT VERNON - 10 ACRES

$109,500

3 bdrm, and a lot of peace 
and quiet. Great location.

BDRMS, 2 BTHS, 2200 SQ FT. AND EASY 
ACCESS TO MOUNT VERNON - 10 ACRES

$109,500

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Seattle 284-9021

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ALL SEASONS REALTY INC.

219 Main Street

North Admiral. Features 3 f

rooms, formal living and dining 
rooms. Great location, 3 bdrms, 
2 baths for that growing family, good 
value.

COUNTRY ESTATE

$50,000. Call 932-0500.

$63,500 Coll 839-4800 John L.

OFFERS PRIVACY AND LOTS OF 
LIVING SPACE. Lot is level with some 
trees, garden space, and lots of room. 
We are the Selling Agents.

HILLTOP RETREAT

$56,950

Tucked away back among the trees is 
this 3 bedroom home with luxur- 
ous freedom. Sounds too good to be 
true? Check this one out.

ROOMY 3 BEDROOM RAMBLER ON 
FENCED YARD AND ATTACHED 
2 CAR GARAGE. LUXURY DECOR. 
$124,900

ROOMY 3 BEDROOM RAMBLER ON 
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PACKER

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Located near Windermere, with a 
garage, beautiful lawns and a 

beach. Enjoy the lake view from both 
side decks. In the city of Port Angeles.

ROOMY 3 BEDROOM RAMBLER ON 
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2 CAR GARAGE. LUXURY DECOR. 
$124,900

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FOR SALE Rabbit 4 well mode

JOOTets, Pet Needs

you're gone. Call Carol, 367-839270545

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839-2486 Thufs. Oct. 4, 8 a.m. to 5 p.m.

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3 DOOR HATCHBACK, 4 SPEED, MOLDINGS

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"Onlv 10 rum I'om the SeoToe Moll"

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78 Fairmont

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107th Street; Thence

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for B.C. Hawk Chevrolei.

Funds to be received in

condition, new uptwistery, ond

and are specially priced

Karrie Sharp of 30933

Valley General

Michael and Linda Hirst, 334 N.

290th St., Kent, welcomed

their second child, a girl.

Christina Anne, Sept.

18, is the daughter of

parents are Mr. and

B. Lloyd Baggade.

Shawn's second child was born to Claude

and Janice Atwood of

409 S. 54th St., Kent.

Ira General Hospital.

Shawn's weight at birth.

Grandfather and Grandmother are Mr. and

Mrs. Washington Stote

· ... ·

Kimberly Sweet, 18 months,

of B.C. Hawk Chevrolei.

at 10:30 a.m. on Octo­

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Kimberly Sweet, 18 months,
When the love of seafood meets a saute pan, John Miller's imagination runs wild.

"I enjoy catching fish at Westport and cooking is a creative outlet for me," said the 20-year-old Federal Way resident who teaches seafood cooking classes in the Seattle-Tacoma area.

Miller began his culinary career at the age of 14 as an inexpensive apprentice to a Federal Way Chinese chef.

"He taught me to use my senses when cooking," John said, while he was busy in the kitchen preparing a sampling of seafood appetizers. He touched and sniffed the savory foods (as they cooked) for freshness. "You have to listen, feel, smell and look at the food. A cook doesn't have to time the food. The senses will tell when the food is finished cooking or when the next procedure should begin. It makes common sense."

Developing the fine art of seafood preparation has taken John six years of cooking experience and working with fish from the time it is taken from the sea to its preparation in the kitchen. The young man has worked 80-weeks in Westport with duties that include cooking and managing a seafood cafe.

Elegant seafood dishes are a natural for the Puget Sound area with its abundance of fish, clams, crab and scallops, John said. To highlight the natural flavors he uses a minimum of seasonings and sauces.

"I use plenty of butter when cooking seafood, but not heavy sauces," he said. "In France the chefs used the rich sauces to cover up the poor produce. Today their meats and fish are better quality, but they have kept the sauces. Here we have a good product so the sauce should bring out its flavor."

In his classes, John instructs his students to check for freshness when buying seafoods. "Ask the clerk to let you sniff the fish. There should be no strong fish odor."

He tells them to look at the color of the seafood which indicates the freshness.

When preparing the catch, over-cooking is one of the most common mistakes made by chefs, John said. The cook needs to keep an eye on the food while it is on the stove.

"Over-cooking is one of the most common mistakes made by chefs," John said. "At Westport I cooked several seafood classes with an average of 40 or more students. We had it easy to cook simple elegant seafood."

"We begin by rolling up our sleeves," he said. "You don’t have to have a six-foot stomach and a large white hat to cook gourmet foods."

His students become involved with the food preparation by cutting, mixing and cleaning the ingredients. The enterprising fellow is presently working on a cookbook that specializes in Puget Sound seafood. He explained it is a combination of his culinary and writing interests.

"Many of the recipes were made up while I was working on the Westport docks," he said. "I kept notes on various seafood and vegetable combinations."

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<tr>
<th>HOT SEAFOOD APPETIZER</th>
<th>STUFF SCALLOPS</th>
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<td>Yield: 6 servings</td>
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<td>6 English muffins</td>
<td>20 large scallops</td>
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SAFETY QUALITY
Snow Star Ice Cream $1.89
Half Gal.

SAFETY QUALITY
Bel-air Pizza $0.89
20 oz.

MANOR HOUSE
Fried Chicken $1.89
2-lb.

Bel-air MAN- SIZE Dinners $0.99
French Beans or
Cot Broccoli 15.75 oz.

SAFETY QUALITY
Green Peas $0.51
Bel-Air, 15 oz.

SAFETY QUALITY
Hashbrowns $0.59
Bel-Air, 5 oz.

Bel-air POLY BAG Vegetables $0.89
French Beans or
Cot Broccoli 20 oz.

SAFETY QUALITY
Green Peas $0.51
Bel-Air, 15 oz.

SAFETY QUALITY
Hashbrowns $0.59
Bel-Air, 5 oz.

Boneless Hams
Smoked A-Roma $1.44
5 to 7 lbs.
Water Added

BEEF T-BONE STEAK
U.S.D.A. Choice $3.19

Game Hens
Patti Jean or Medallion, Frozen
U.S.D.A. Inspected $0.59
Prices effective Wednesday, October 3rd thru Tuesday, October 9, 1979. 
Sales in retail quantities only.
Bar cookies are treats in brown-baggers lunches

If your brown baggers are tired of the same old cookies day in and day out, try these charming and cheerful bar cookies.

Quick and Crunchy Apple Bars have a topping that makes this dessert fun to eat.

Chewy Bar Cookies are a great dessert for the gourmets and preserves lovers among your family.

For Macaroon lovers, Eagle Garden has a pretty bar cookie with a filling that is as delicious as the bar itself.

Tropical Fruit Squares can be served as a dessert or as a bar cookie.

Antelope Bar Cookies have a filling that is as creamy as the Rocky Road Bar. For antelope lovers and those who enjoy chewy bar cookies, this bar cookie is a great choice.

Raspberry Square bars have a filling that is as firm as the raspberry preserves.

Separate crescent dough into two long rectangles. Place in an ungreased 15-by-9-inch pan; press dough to cover bottom of pan. Sprinkle with brown sugar and cream cheese, softened.

In a large bowl, beat cream cheese and sugar until smooth. Stir in peanut butter, vanilla, and salted peanuts.

Separate crescent dough into two long rectangles. Place in an ungreased 13-by-9-inch pan; press dough to cover bottom of pan.

Spoon cream cheese mixture evenly over dough. In a medium bowl, beat cream cheese, sugar, and apricot preserves until smooth. Stir in chopped nuts and almond extract.

Pour cream cheese mixture over preserves. Spread evenly over preserves. Bake in a preheated 350-degree oven for 25 to 30 minutes or until filling is set. Cool; cut into squares.

African Violet Potting Mix

Bud Vase With Cut Roses

Hibiscus Plants

Novel dinner for weight-watchers

Here’s a novel dinner dish for weight-watchers, one that’s so delicious and satisfying it’s a lucky lady member of your family with a sweet tooth will welcome.

Law-Calorie Chicken is a combination of barbecue-style chicken legs and fruit and lettuce salad. You can serve this delicious plate of food with your favorite barbecue sauce; then you are sure to have your guests begging for more.

The small part of the chicken is cooked in a casserole with a sauce of barbecue sauce and cheese. The remaining meat is baked in a casserole with a mixture of cheese, cream, and onions.

Meanwhile, cut lettuce into bite-size pieces, then place cut sides down on bread and top with barbecue sauce. You will get about 4 tablespoons of the mixture. Cut straws into sections, sucking out the cream cheese filling with a straw. Place in brown buns, roll up and serve with chopped onions and garlic, mashed up and dried frugally alongside as dressing.

Prices Effective at the 2109 S.W. 336th Street Federal Way Safeway Store Only!
Introducing the Great American Get-together: Crunchola Yogurt & Granola Bars. America sure loves the creamy goodness of real fruit yogurt—and the natural goodness of crunchy granola too. Now we've got both kinds of goodness together in Crunchola Yogurt and Granola Bars.

SUGAR-FREE & CARBOHYDRATE-CONTROLLED 90% Less Sugar 6 bold flavors—Strawberry and Orange. They contain no preservatives, yet they need no refrigeration. So why not get together with our great taste and save 20c.

Any 4 Crunchola Yogurt or Granola Bars
on a box of 8 bars. 0r save 20c towards the purchase of an individual bar. Also good on any Crunchola Yogurt or Granola Bar in the cereal section of your grocery store.
Microwave meals help fight inflation

Mid-week dinner with a difference

If your family is tired of the usual meat and potato routine, try this Mid-week dinner with a difference for dinner tonight.

To begin, prepare a casserole from the leftovers and freeze it for a quick meal mid-week. CHEDDAR RING

1 tablespoon butter
1 small onion, chopped
1/4 cup chopped green pepper
2 boneless pork chops
1 cup milk, scalded and
flavored
3 eggs, beaten
1/2 cup dry bread crumbs
1 cup (4 ounces) shredded cheddar cheese
1/4 teaspoon salt
1/4 teaspoon paprika
2 tablespoons all-purpose flour
1 cup (4 ounces)
shredded cheddar cheese
1 teaspoon dry mustard
Dash of pepper

Melt butter in a saucepan over medium heat; stir in flour and cook, stirring constantly, until golden. Gradually add milk, stirring constantly, until cheese has melted. Serve immediately.

Prepare a package of frozen vegetables - approximately 39 percent of the energy needed to cook conventionally.

CHICKEN OR TURKEY DIVINE (Yield: 4 servings) (8 ounces each) fresh broccoli spears
1 can (8 ounces) cream of mushroom soup
1/4 teaspoon rosemary
1 teaspoon paprika
1 teaspoon Worcestershire
1/2 teaspoon salt
1/4 teaspoon pepper
1 envelope French dressing
1/4 cup pecans
4 ounces pastured processed cheese

Combine soup, salt, rosemary, pepper, Worcestershire sauce and cheese. Pour over two turkey or chicken breasts. Microwave uncovered eight minutes or until breast is done.

To serve: remove, keeps a p p a r a t e d , c o v e r e d , a n d serve immediately.

Lucky Meat Prices are Lower!

Compare... Here are just a few examples of Lucky’s Low Meat Prices... Compare and Save!

Fresh Pork Loin End Roast Bones
Fresh Pork Shoulder Butt Roast Bones
Armour Golden Boneless, USDA Choice Round Steak
Fresh Pork Rib Chops
Lady Lee Sliced Bacon
Beecher’s Butcher Bacon
Fresh Full Sausage
Cheese Sauces
Small Slicezoan Broccoli
Cheese Haoes
Cheese Chuchcsts-Thighs
Cheese Drumsticks-Thighs
Swift Sliced<br>Breakfast Strips

Lucky’s Fresh Produce is like having your own garden... Compare and Save!

Fresh Ground Beef

HOT CEREAL

FEDERAL WAY STORE

1121 So. 320th Street
hot, topped with cheese cloth. Serve gentle about two

minutes, stirring occasionally. Add to lentils, water

and beer in a large

kettle. Saute salt

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Baked squash is a delectable side you might like to serve as a vegetable or add a little rum or scotch to broiled chicken, fish or baked pork. You can vary the proportions of squash, bacon, grated cheddar, sour cream, and other ingredients as you wish, but keep the bacon thin and the squash tender and delicate. 

Squash can bake at 350 degrees, a pan of cornbread can be either cooked in the oven or put through a sieve and mashed, seasoned and left can be either a main dish, meal, and whatever is cooked, a beautiful season. It goes with oven meals such as baked squash, although with turkey when you can have a roast in a 300 degree; a small end is nice.

The only thing I don't like about it is that it's a mild one this year. One reason I know it's fall is that my husband followed by winter. I like about it is that it's lots of them and if you like Baked squash Is a marmalade. If you like or' spread it lightly with honey. If you like to bake it plain, season it. It goes with oven meals such as turkey when you can have a roast in a 300 degree; a small end is nice.

Sprinkle with salad dressing mix.

 recreated by Ruth Jurich
Quick oven casseroles for drop-in guests

A meal for two! That's no problem when you combine your microwave with two-serving, time-saving recipes. After you've eaten, you'll have leftovers! Accompany with bottled Herb or Hot Sauce and Tomato Cups. It's a quick, yet satisfying and elegant, supper meal for two.

**ARTICHOKE SCRAMBLE**

1 tablespoon butter
4 eggs
Pinch of salt
Dash of pepper
2 tablespoons milk

Cut artichoke hearts into eighths. In a 9-inch, glass pie plate, at seconds, on Full Power. In medium heat, beat eggs with garlic, salt, pepper, and milk. Pour into prepared pie plate. Cover with plastic wrap and cook three minutes on Simmer-Defrost setting for half minutes. Remove from oven. Stir in cheese. Cover and let set one to two minutes before serving. Eggs will be just moist but will continue to cook after removing from oven.

**HERBED BAKED TOMATOES**

1 tablespoon pepper
1 teaspoon salt
3/4 teaspoon basil
1 tablespoon butter, melted

Cut artichoke hearts into eighths. In a microwave-safe dish, mix pepper, salt, basil, and butter. Pour over cut side of tomatoes. Cover and microwave for two minutes. Remove any excess moisture. Sprinkle with parmesan cheese, herbs, and bread crumbs. Sprinkle mixtures over cut side of tomatoes. Dot with butter. Cover with plastic wrap and cook two to one and one-half minutes on Full Power or until tomatoes bubble and crumbs are brown. Serve immediately.

Note: To make bread crumbs, vacuum package 16 ounces of dry bread crumbs and add to recipe. Refill your own microwave does not have a carousel, rotate one-half turn after one minute.

**MEXICAN DIP**

One-half cups melted margarine
1 tablespoon all-purpose flour

Melt margarine in medium saucepan. Stir in flour. Cook and stir until mixture thickens and bubbles on Full Power. Stir in 2 cups unseasoned, mild, shredded cheddar cheese until cheese melts. Add 1/2 cup sour cream and 1/4 cup chopped onions. Cool. Freeze. Top quality well for nine months to a year.

**More cheese please**

**AMERICANS ARE DRINKING MORE MILK BUT CONSUMPTION RINGS UP WORLDS' HIGHEST...**

In 1978, the per person consumption rang the world. Americans are drinking more milk than ever before. The past 10 years have seen a 4% increase. This increase is the result of an advertising campaign which is up from 16% previously. One-half glass consumption has doubled since 1961!

Bet you never knew frozen yogurt was defrosted. Well, they eat it frozen at Tootsie's. Put it on the ice cream maker and freeze. Take out, take out, take out, take out. Serve in a glass with fruit. I'm going to try it with a slice of apple, too.
Morning munchies for a breakfast on the run

For those days when you eat breakfast on the run, try preparing Morning Munchies the day before. Cover them tightly to keep them moist for breakfast, lunch or snack time.

For a quick morning drink Chocomalt Nog is just about the speediest way to get through breakfast that you'll ever find.

Even the most chaotic morning will get off to a good start with this do-ahead sunshine sandwich. With a supply on hand, making sandwiches is as quick as buttering toast. It's likely to become so popular you'll find yourself doubling the recipe.

**MORNING MUNCHIES**
(Yields: 6 servings)

- 6 hard-cooked eggs
- 2 tablespoons mayonnaise
- 2 teaspoons lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon prepared mustard
- 1/4 teaspoon celery salt
- 3 slices pasteurized process American cheese food, cut in quarters and/or 6 thin slices cooked ham or luncheon meat.

Cut eggs in half lengthwise. Remove yolks and set white aside. Mash yolks with fork. Then blend in remaining ingredients except cheese and ham.

Refill whites using about one tablespoon yolk mixture for each egg half. Place two squares of cheese on each of six egg halves. Top each with another egg half.
Canned Food Buys!

**Frontier Bread rekindles memories**

FRONTIER BREAD, (Yield: 1 loaf) 1 package hot roll mix ¼ cup warm water (115 degrees F.) 1 tablespoon caraway seed margarine or butter, $1 1 envelope yeast 1 egg 2 tablespoons margarine or butter, softened 1 tablespoon unseasoned cocoa

In large bowl, blend margarine, molasses to GO minutes. Face, knead dough two times, place in baking dish in warm place until light. Punch down dough, cover; let rise in warm place until light. Punch down dough, cover; let rise in warm place until light and doubled in size, 45 to 60 minutes. Shape dough into one and one-half quart casserole, on greased pan or in baking dish in preheated to 375-degrees oven for 30 to 45 minutes or until light and doubled in size. Bake in preheated to 375-degrees oven for 30 to 45 minutes or until light and doubled in size.

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FRONTIER BREAD, or 375-degree oven for 30 to 45 minutes or until light and doubled in size. Bake in preheated to 375-degrees oven for 30 to 45 minutes or until light and doubled in size.
Luscious describes this lamb and a little imagination. Melt butter or margarine; add lamb, garlic and onions and sauté until brown. Add 1/4 cup margarine or butter, salt and pepper. Cover and cook over low heat, stirring occasionally. Add 1/4 teaspoon all-purpose flour, salt and pepper; mix well. Pour into prepared 9-inch pie plate. Sprinkle with basil. Bake in preheated 350-degree oven for 20 minutes, until thoroughly heated.

**Turn lamb recipes into imaginative meals for two**

- **Lamb Pastel**
  - Yield: 2 servings
  - 1 pound lamb riblets, crushed
  - 2 cups salted mushrooms
  - 1/4 cup cream
  - 1/2 teaspoon chili powder
  - 2 tablespoons condensed tomato soup
  - 1/4 cup chopped green pepper
  - 1/4 cup chopped onion
  - 1/4 cup water
  - 1 teaspoon rum extract
  - 1/2 teaspoon ground red pepper
  - Salt and pepper

  Directions:
  1. Cook bacon in sautéed onion on an outdoor grill until crisp. Drain bacon and pour off drippings.
  2. Add meat to drippings. Add stock or bouillon, salt and pepper. Cover and cook, stirring occasionally, 25 minutes longer.
  3. Stir flour into reserved drippings. Add stock or bouillon and stir constantly until thickened.
<table>
<thead>
<tr>
<th><strong>MEAT VALUES</strong></th>
<th><strong>CUT-UP FRYERS</strong></th>
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<tbody>
<tr>
<td>TURKEY SAUSAGE</td>
<td>WAHINGTON GROWN</td>
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<tr>
<td>SMOKED TURKEY BREAST</td>
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<td>BONELESS HAMS</td>
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<td>PRODUCE</td>
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<td>BAG</td>
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<td>CARROTS 5 LB.</td>
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Federal Way and Fife October lunch menus

WEDNESDAY, OCT. 3: Polka dot macaroni and cheese, whole wheat roll, vegetable relish, buttered green beans, raspberry sauce.

FRIDAY, OCT. 5: Turkey in gravy, mashed potatoes, cranberry sauce, corn sticks, fresh fruit.

MONDAY, OCT. 8: Curly dog, Texas toast, tossed salad, bread, fresh fruit, milk.

TUESDAY, OCT. 9: Pizza, tossed salad, apple goodies, milk.

TUESDAY, OCT. 16: Italian dog day, tater tots, vegetable sticks.

WEDNESDAY, OCT. 10: Ham and cheese sandwich, peas and carrots, bread, chilled fruit, milk.

THURSDAY, OCT. 11: Beef and noodle soup.

THURSDAY, OCT. 18: Oven fried fish, tater tots, vegetable sticks.

FRIDAY, OCT. 12: Macaroni and cheese, chef salad with cheese and meat, apple wedge, cinnamon rolls, milk.

TUESDAY, OCT. 16: Fish and chips, tater tots, vegetable sticks.

THURSDAY, OCT. 18: Oven fried fish, tater tots, vegetable sticks, rolls with lemon sauce, apple bars, milk.

FRIDAY, OCT. 19: Submarine.