

TownTalk

There's no guarantee the programs won't get bigger and better, the Deputies of Linden Street said, speaking on the planned use of the Manchester Linden Street Center. "It's the same way with mavors, here today...

Obituaries

Harold E. Flagg - GLASTONBURY - Harold E. Flagg, 37, of 80 Cedar Ridge Drive, husband of Dorothy Fisher Flagg, died Tuesday at home...

Howard Dowd - MANCHESTER - Funeral services for Howard Dowd, 79, formerly of Division Street, were held at Manchester Memorial Hospital Tuesday night...

Mrs. Hayes Nero - HARTFORD - Mary Hayes (Hodge) Nero, 72, of Chamberlain Drive, formerly of Vernon and of Glastonbury, died Tuesday at Hartford Hospital...

Zinsser endorsed - Carl Zinsser, who is seeking the Republican nomination to run in the Fourth Senatorial District, Tuesday night received the endorsement of Coventry's Republican Town Committee...

'Jane Doe' charged - An unidentified female was arrested by Vernon Police Tuesday while allegedly trying to cash a stolen check at a Boston Red Sox starting rotation in favor of southpaw John Tudor...

Man held in theft - MANCHESTER - Police arrested a man Tuesday morning in connection with the theft of about \$273 in Instant Lottery tickets from a Broad Street market...

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Notch food store on E. Middle Turnpike - In the next few weeks you will be interviewed on Main Street in East Hartford don't be surprised. Town Planner John Shemo said the next stage of the town's study of its central business district will involve...

Fire union seeks accord - When neither man was eager to say what that obstacle is, both said the safe assumption was the town's residency requirement for firefighters the union would like to see terminated...

Figures indicated growth - MANCHESTER - Manchester's population has risen by 1.7 per cent from the last decade, according to revised figures by the U.S. Census Bureau...

Heat toll approaches 100 - Fort Worth area with a high of 109 degrees, Wichita Falls, Texas, had 113 degrees at midday. Wichita, Kan., recorded a high of 109 on its eighth straight day over 100 and it was 106 in Columbia, Mo...

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Al Sieffert's offers one of the areas largest selections of Top Name Brand Refrigerators, Freezers at Low Prices ?..... Now you know!!

Advertisement for Al Sieffert's featuring various appliances like refrigerators, freezers, and TVs with prices and contact information.

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Davis' diet starves Red Sox

BOSTON (UPI) Life is tough enough on a relief pitcher, so Ron Davis lets the Boston Red Sox do his work for him. The sizzling Yankee reliever just gives the Red Sox power hitters a steady diet of low stuff. He knows where they will try to hit it — over the enticed left field wall. He also knows where it will usually wind up — on the ground to one of his infielders...



Reggie Jackson of the New York Yankees almost falls down after taking hard swing in eighth inning in game last night at Fenway Park. Jackson connected for third inning homer which won it for Yanks. (UPI photo)

I love to pitch here. They're a completely different team in Yankee Stadium and, as far as I'm concerned, a better hitting team. Davis said Davis, who notched his fifth save, Steinbrenner held court briefly in the Yankee clubhouse and said Figueroa still had to prove himself. "Here, I just thought about the Yankees," added Figueroa, who had a three-hitter after five innings. "I can just think about the game and not worry about the fans or the front office."

Davis had come on in the seventh in relief of the reluctant starter, Ed Figueroa, who was a last-minute replacement for an injured Luis Tiant. Figueroa had spent 45 minutes in the afternoon pitching to a Brookline, Mass., man who had written the Yankee barrier. "I was going to say no, but I decided not to let the team down. I remember (Owner George) Steinbrenner complained that I pitched just to try to get over the left field wall because it's so close. That's why I pitched here."

Reggie Jackson of the New York Yankees almost falls down after taking hard swing in eighth inning in game last night at Fenway Park. Jackson connected for third inning homer which won it for Yanks. (UPI photo)

Moriarty's bumped from Town tourney

One team was sent to the sidelines in the annual Town Little League tournament as International League champion Oilers ousted National League tilts Moriarty Bros. 3-2, last night at Leber Field. Moriarty's opened the scoring in the first inning. Brian Belcher looped a single to short rightfield and was forced at second by Mike Chartier. Brian Fleisher then unloaded a two-out, two-run homer over the leftfield fence for a 2-0 lead.

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Egypt called setting for 'fight for peace'

MINNEAPOLIS (UPI) - If it was good enough for Anthony and Leopatra, it appears it will be good enough for Muhammad Ali and Larry Holmes. Final preparations are being made this week for Ali to meet Holmes in Cairo, Egypt, in the what promoter Don King terms the "Fight For Peace." The \$20 million bout would be held in late September or early October, King confirmed Tuesday.

"I was not very happy in relief," he said. "I'm trained to be a starter. I'm disappointed about it (being in the bullpen) but I've learned to accept it." Mike Stanton preserved Ovcenko's first win by getting the last three outs of the game for his Detroit Tigers. "I'm not very happy in relief," he said. "I'm trained to be a starter. I'm disappointed about it (being in the bullpen) but I've learned to accept it."

Ovcenko may have home

DETROIT (UPI) - Bob Ovcenko may have found himself at home. The struggling southpaw turned in a solid relief performance for 4-1-1 in the seventh inning of the Detroit Tigers' 5-3 victory over the Cleveland team-mates rallied from a five-run deficit to record an 8-7 victory over the Detroit Tigers. "I'm not very happy in relief," he said. "I'm trained to be a starter. I'm disappointed about it (being in the bullpen) but I've learned to accept it."

Herzog sees light for Cardinals yet

NEW YORK (UPI) - Although his team has lost its second one-run game to the Pittsburgh Pirates in as many nights, Whitey Herzog thought the time was right to praise his St. Louis Cardinals. "With guys like (Jim) Kaat and (Don) Hood last night and with people willing to get out of their positions, we'll be in contention all year," said Herzog, who despite losing 3-2 to the Pittsburgh Pirates Tuesday night, is 13-9 since taking over the Cardinals. Pinch hitter Mike Easler's grounder with one out in the bottom of the 10th inning scored Phil Garner from third with the winning run as St. Louis failed to turn an inning-saving double play.

Ovett and Coe establish world standards in track

OSLO, Norway (UPI) - Move over Sebastian Coe - here comes Steve Ovett. Ovett set a world record for the mile Tuesday with a time of 3 minutes 48.8 seconds - two tenths a second faster than Coe's mark set last summer on the same Bisset International track. "It tastes terrific," said Ovett after rewriting track history at the age of 25. "One of the big goals this year was to take the record from Coe."

Randle concentration results in Cubs win

NEW YORK (UPI) - Letting Lenny Randle get his concentration is a mistake that the New York Mets' John Stearns is not likely to make again soon. Following a bit of reprieve in the seventh inning, Randle smashed his fourth homer of the season, producing three runs as the Chicago Cubs beat New York 4-3 Tuesday night. "After the second pitch made the count 1-1," said Randle. "I saw Stearns yelling out to (Craig) Swan, you're in control of the game now," and I said to him, 'hey, John, give 'em a rest. I'm trying to concentrate.' Randle drove the next pitch over the right-field fence for a three-run homer and the balgame.

Steve Ovett of Great Britain set a new mile mark in race in Oslo, Norway. (UPI photo)

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Steve Ovett of Great Britain set a new mile mark in race in Oslo, Norway. (UPI photo)

Region Daily police protection advocated by parks head

BOLTON — "I'd like to see police protection and lifeguards at the park every day," Stanley Bates, park director said during a discussion of department heads, on the town parks, particularly Indian Notch Park.

Bates remark was responding to the question of what the ideal situation would be. He commented "Some people do get unruly and the police could keep them in line. We're having a problem getting lifeguards because they're just not available."

Aloysius Ahearn, deputy first selectman, said, "It seems to me we should maintain security and keep a well disciplined beach right at the beginning." According to Bates, vandalism problems at Indian Notch Park have included removing shrubbery, breaking signs, staining

Officials eye Bolton Park as transfer station location

By DONNA HOLLAND
Herald Reporter

BOLTON — Several Bolton officials and representatives from the state Department of Environmental Protection toured Bolton's Freja Park recently to determine its feasibility as the site of a proposed transfer station.

Alan Bergren, the town's administrative assistant, said, "Indications were to keep the transfer station near the front of the property so residents would have easier access and the more level land in the rear of the property could be used for a bulky waste site."

Aloysius Ahearn, acting first selectman, feels the

Honors students

MANCHESTER — The following is a list of honor students at Howell Cheney Regional Vocational Technical School for the third marking term.

Seniors

High honors
Darryl Allen, Stafford Springs; Steven Atkins, Vernon; Wallace Colpitts Jr., Rockville; Charles Damer, East Hartford; Robert Ferguson, Manchester; Robert Francis Jr., East Windsor; Michael Fraser, Manchester; David Grinski, Rockville; Maurice Harrison, South Windsor; Sherwood Holland Jr., Bolton; Daniel Jeski, South Windsor; Daniel Menard, East Hartford; Michael Nicholson, East Hartford; Zaone Peterson, Vernon; Dennis Rehner, Enfield; Richard Tamiso and Christopher Vann both of East Hartford.

Shop honors
William McKenna and Daniel O'Donnell, both of Ellington and Mary-Ellen Tunksy, West Suffield.

Academic honors
David LaPorte, Ellington.

Juniors

High honors
Richard Aylward, Vernon; Eric Buson, Coventry; Daniel Calfo, Bolton; Timothy Callahan and Robert Camire, both of Manchester; Joseph Corso, South Windsor; Michael Cunningham and Russel Kuczynski, both of Manchester; Richard Mathis, Enfield; James McElberon, Somers; Mark McVeigh and David Menard, both of East Hartford; Richard Mikoleit and Steven Ruffolo, both of Manchester; Mark Rogolia, East Hartford; Michael Switzer and Scott Twelzer, both of Manchester and Gerard Torres, Somers.

Shop honors
John Dundo and Neil Czaikowski, both of East Hartford.

Academic honors
Everett Carpenter, Scott MacLaurine and Terry Melendy, all of Manchester; Christopher Edlund, South Windsor and Robert Hill, Coventry.

Sophomores

High honors
Donald Bernard Jr., East Hartford; Jeffery Bilecik, Swinback, Tolland and Rockville; Brian Bogar and

the building, damaging doors, breaking the water fountain, fires, and burning over and breaking the concrete picnic tables.

About the vandalism, Bates said, "I accept it and try to work around it. If I got frustrated, I wouldn't be here." But Ahearn said he didn't want to accept it, "I want to prevent it," he said.

Ahearn suggested charging admission on a daily basis, not just on weekends. He said, "We could use the money for additional park improvements such as more police protection."

Officials said that last year about 1,200 tickets were sold. Residents can buy discount tickets for daily or seasonal use at the Community Hall during regular business hours.

Bates explained to those at the

meeting that the trees on the beach are dying off. He explained that when the tree roots are covered, the water table rises and they suffocate.

Bates said he knew that would happen but "they looked so nice on the beach, we tried to save them."

Alan Bergren, administrative assistant, said that Indian Notch Park hasn't yet been accepted by the town. He said several items have to be addressed by the Public Building Commission before the project can be accepted.

"If all of the money appropriated for the project hasn't been spent, it could be used to augment the project with enhancements," he said.

Ahearn instructed Bergren to contact the Public Building Commission "to find out what's happening and get the job done immediately, it's been dragging for too long," he said.

site but said most of that area is used as a drainage field for the septic systems at the high school. He said it would be really expensive to develop.

Ahearn added, "We'd only be able to use about four of the 19 acres and I wonder if the town just wants to put a transfer station there."

The Department of Environmental Protection indicated the type of land in Bolton would be difficult to develop but they couldn't see any major problems (at Freja Park) other than development costs," Bergren said.

Ahearn said that the group also looked at the property behind Bolton High School as a possible

transfer station, a bulky waste site, a dog pound and the town garage.

Town officials expect to have a written report from the Department of Environmental Protection within a week or so.

families and friends are encouraged to attend. The police station is accessible to those in wheelchairs.

The Stroke Club is designed to provide information, support, and social opportunities for people who have experienced a stroke and for their families and friends.

Academic honors
David Dwellley, Glastonbury; Timothy Fitzgerald and John Tobus III, both of East Hartford; Marcel Goetz, Manchester and Ronald Schulz, South Windsor.

Freshmen
High honors
Robert Adams, Daniel Barone and Bryan Beley, all of East Hartford; Thomas Bennett, Ellington; Joseph Cameron, South Windsor; Rene Chabre, Vernon; Dean DePretras, Christopher Dobb and Stephen Haddock, all of Manchester; Darrin Hanna, Bolton; Allen Harrison Jr., East Hartford; Luke Jamesek, Manchester; Thomas Kaminaki, Rockville; Nan Kim, East Hartford; Tina Madore, Manchester; Kathleen Molloy, East Hartford; Todd Morzer, Manchester; Brian Parent, East Hartford; Timothy Reynolds, Manchester; and John Sullivan, South Windsor.

Shop honors

Ryan Albers, Manchester; Cynthia Clapp, East Hartford; Todd D'Alessandro, Manchester; David Fisher, Thomas Gibbons and John Grimm, all of East Hartford; Dennis McKenna, Rockville; Michael Murray, Enfield; Richard Paradis, East Hartford; and Kevin Romanick, Tolland.

Academic honors
Craig Fox, Ellington; William Fuller, Collinsville; David Horn and Scott Kuhnly, both of Vernon; Edward Lacasse, South Windsor; Peter Lambert and Lawrence Phillips, both of Enfield; Carl Swinback, Tolland and Michael Zelonis, Vernon.



Moving out
This building, formerly owned by Attorney Frank McCoy, is on wheels and ready to be moved out to make way for changes to be made on Route 30 in connection with the widening of Interstate 86. This is one of the last of the buildings in the area to be torn down or moved out. McCoy has moved his law offices to Pitkin Street. (Herald photo by Richmond)

Church bells to honor July 4

VERNON — In keeping with Independence Day, the governor's proclamation issued by Governor Ella Grasso, Mayor Marie Herbst is calling on local clergymen to ring the church bells at 2 p.m. on Friday.

New club

VERNON — The Tri-Town Area Stroke Club, a club that is in the process of being formed, will meet July 10 at 7 p.m. in the community room at the Vernon Police Station.

"glorious heritage of freedom and opportunity that began with the signing of our nation's birthday by 'to find out what's happening and get the job done immediately, it's been dragging for too long,' he said.

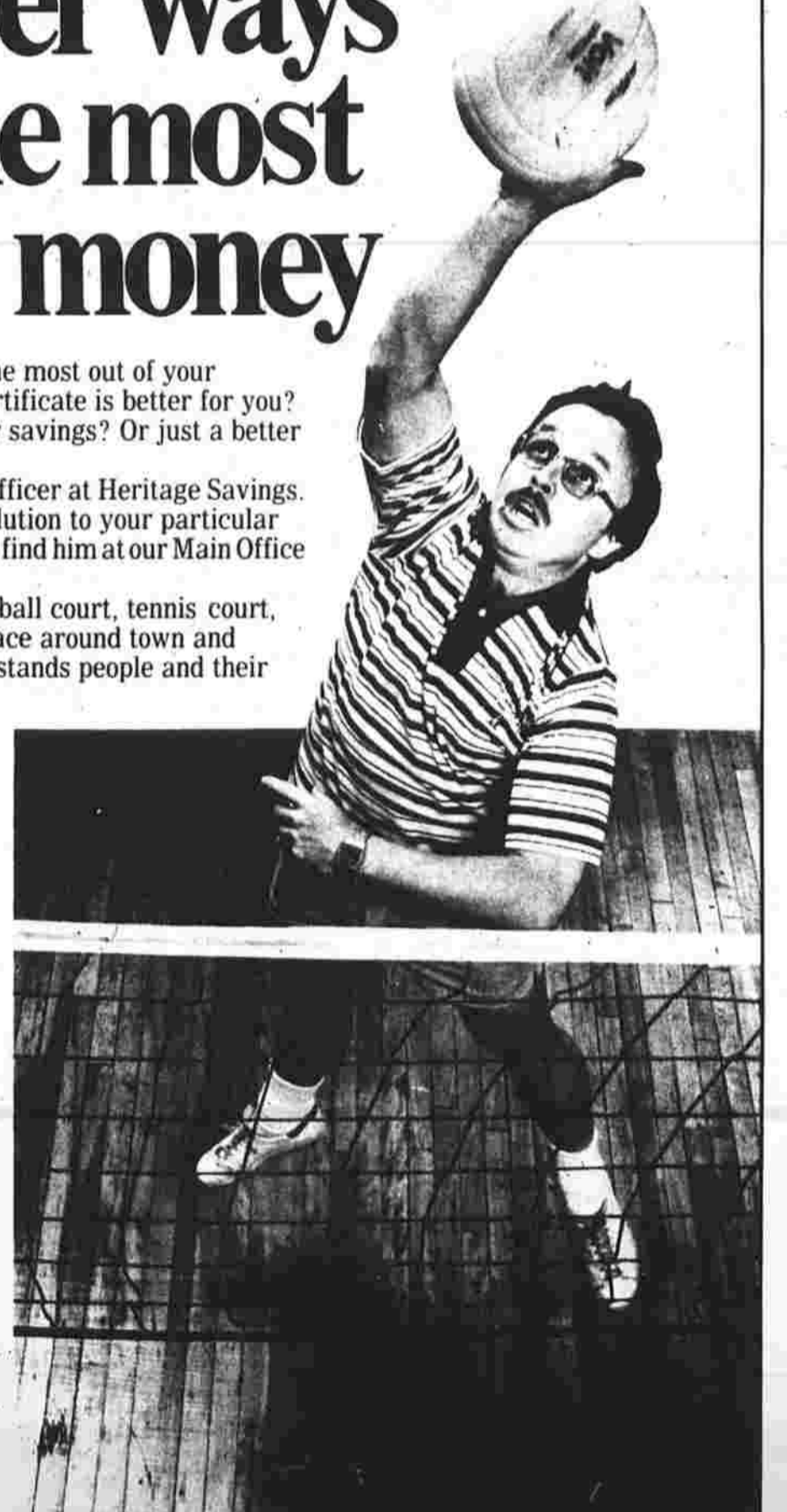
This man can show you better ways to get the most for your money

Want to know a better way to get the most out of your retirement? Which Money Market certificate is better for you? How to get a better tax break on your savings? Or just a better way to get the most for your money?

Talk to Ray Juleson. He's a senior officer at Heritage Savings. Ray can give you the best possible solution to your particular problem. He's a specialist and you can find him at our Main Office here in Manchester.

You can also find Ray on the volleyball court, tennis court, or even golf course. He's a familiar face around town and knows his customers well. Ray understands people and their problems. He's a good man to know these days.

Come in and talk with him anytime. Bring your problems with you. He'll show you a better way.



Heritage Savings & Loan Association
Since 1891

Main Office: 1007 Main Street, Manchester 649-4586
K-Mart Office: Spencer Street, Manchester 649-3007
Coventry Office: Route 31 742-7321
Tolland Office: Route 195, 1/4 mile south of I-86, Exit 99 872-3887
South Windsor Office: 29 Oakland Road 644-2484
Moneymarket in Food Mart: West Middle Turnpike in the Manchester Parkade
Moneymarket in Highland Park Market: Highland Street, Manchester

People/Food

GREAT AMERICAN DESSERTS

4th The Fourth is made for fun — not working and slaving in the kitchen! Plan now to declare your independence from cooking on this all-American holiday by featuring delicious make-ahead food for yourself and fellow celebrators.

What could be more appropriate after the big parade, for instance, than a great American dessert or two featuring the kind of built-in convenience and flair that's typical of our good old U.S.A.?

Suppose you're heading back home for refreshments on the patio or terrace. If you've made Creamy Peanut Butter Cheesecake in advance, all that's needed is to remove it from the refrigerator and decorate it with a garland of peanut butter flavored chips. These handy little chips, made from real roasted peanuts, add a healthy boost of nutrition to foods, and because they melt easily and mix well with other ingredients, they're also very convenient to use in this dessert.

If you're picnic-bound, take along Peanuty Oat Bars — a great traveler that's unbelievably easy to make. No mixing required, for you just add the ingredients one by one to the baking pan. The delicious, chewy bars can be baked a day or more in advance, all ready to be tucked into a hamper.

What's the Fourth of July without ice cream? Unthinkable, that's what! Give all your ice cream fans, young and old, something really worth celebrating by making Cranberry Ripple Ice Cream (it's our native-to-America berry in a brand new guise). No ice cream freezer is needed for this delectable variation. All that's required is to layer the ice cream mixture with cranberry orange relish in a loaf pan, then "swirl" it with a knife before putting it into the freezer compartment of your refrigerator.

Hot weather and cool beverages go hand in hand. Old Glory Grapefruit Drink is a refreshing cooler combining the wonderful flavor of bottled grapefruit juice with thawed, frozen raspberries and a taste of honey. Whirl the mixture in a blender and serve at once, or pour it into a thermos and shake it up for picnickers later!



FESTIVE FOOD for the Fourth, easily made in advance, includes Cranberry Ripple Ice Cream, Creamy Peanut Butter Cheesecake, Peanuty Oat Bars and Old Glory Grapefruit Drink. They'll give you a good reason to celebrate!

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|---|--|---|---|
| <p>CREAMY PEANUT BUTTER CHEESECAKE
(Makes 12 to 15 servings)</p> <p>1/3 cup butter or margarine
1 1/2 cups chocolate wafers cookie crumbs (about 24 cookies)
1/4 cup sugar
1 (8-ounce) package cream cheese, softened
2 tablespoons reconstituted lemon juice
2 cups (12-ounce package) peanut butter chips
1 (14-ounce) can sweetened condensed milk (NOT evaporated)
1 cup (1/2 pint) whipping cream, whipped</p> <p>In small saucepan, melt butter, stir in crumbs and sugar. Press firmly on bottom of 9-inch springform pan or 13x9-inch baking dish. Chill while preparing filling. In large mixer bowl, beat cheese until fluffy; stir in reconstituted lemon juice. Set aside. Reserve 1/4 cup chips for garnish. In small saucepan, combine remaining chips with sweetened condensed milk, cook, stirring, over low heat until chips melt. Stir peanut butter mixture into cheese mixture; mix well. Fold in whipped cream; turn into prepared pan. Chill 5 hours or until set. Remove side of springform pan to serve. Garnish with reserved peanut butter chips. Refrigerate leftovers.</p> | <p>PEANUTTY OAT BARS
(Makes 24 bars)</p> <p>1/4 cup butter or margarine
1/2 cups quick-cooking oats
1 cup flaked coconut
1 (14-ounce) can sweetened condensed milk (NOT evaporated)
2 cups (12-ounce package) peanut butter chips
1/2 cup chopped nuts</p> <p>Preheat oven to 350° (325° for glass dish). In 13x9-inch baking pan, melt butter in oven. Sprinkle oats over butter, then coconut. Pour sweetened condensed milk evenly over coconut. Top evenly with chips, then nuts; press down gently. Bake 25 to 30 minutes or until lightly browned. Cool thoroughly before cutting into bars. Store, loosely covered, at room temperature.</p> | <p>CRANBERRY RIPPLE ICE CREAM
(Makes about 1 1/2 quarts)</p> <p>2 egg yolks*
1 (14-ounce) can sweetened condensed milk (NOT evaporated)
1/4 cup chopped walnuts
2 tablespoons water
4 teaspoons vanilla extract
1 tablespoon grated orange rind
2 cups (1 pint) whipping cream, whipped
1 (14-ounce) jar cranberry orange relish</p> <p>In large bowl, beat egg yolks; stir in remaining ingredients, except whipping cream and relish. Pour into 13x9-inch aluminum foil-lined 9x5-inch loaf pan. Pour in one-third of ice cream mixture; spoon half of remaining relish on top. Repeat layering, ending with ice cream mixture. Swirl knife or spatula through ice cream to create marble effect. Cover; freeze 6 hours or until firm. Scoop ice cream from pan, or peel off foil and slice. Return leftovers to freezer. *Use only Grade A clean, uncracked eggs.</p> | <p>OLD GLORY GRAPEFRUIT DRINK
(Serves 4)</p> <p>3/4 quart (32 ounces) Italian Rivera bottled grapefruit juice, chilled
1 package (10 ounces) frozen raspberries, thawed
2 tablespoons honey</p> <p>Combine all ingredients in a blender and whirl at top speed until smooth. Pour into tall glasses filled with ice cubes.</p> |
|---|--|---|---|

How can the box stores charge such low prices

By MARTIN SLOAN. Box stores spend only one-third as much as conventional supermarkets on advertising.

That figure may be slightly inflated. But comparison shopping has shown that box-store prices are consistently 15 percent to 20 percent lower than those of supermarkets.

New program teaches children about nature

ATLANTA (AP) — One of the exercises Warren said children are instructed in is to pick the mushrooms growing on the forest floor.

When the supermarkets match the prices of the box stores, the larger selection and greater service offered by the supermarkets tip the scale in their favor.

Super Market Shopper

it with similar cash-off coupons—beverage refund offers with beverage coupons, for example.

Attention: R. O. Larsen. This refund offer expires Dec. 31, 1980. Clip 'n' File Refunds (Week of June 29) Personal Papers (file 11-B) Clip out this file and keep.

FOR YOUR SHOPPING CONVENIENCE ALL CONN. STORES OPEN JULY 4th 8 AM - 4 PM

A&P STORE COUPON. 25% OFF CHARCOAL BRIQUETTES. 25% OFF COCA-COLA. 25% OFF ICE CREAM. \$1.00 OFF EIGHT O'CLOCK.

SMOKED HAM 69¢ lb. SHANK PORTION. Rump Portion 79¢. Ham Steaks Or Roasts \$1.59. Whole Or Half Ham 89¢.

Sliced Meats 2 for 79¢. Imported Sliced Cameco Ham \$2.99. Ready Ground GROUND BEEF \$1.49.

MEAT FRANKS 99¢. Sliced Ham \$1.99. Shell Strip Steaks \$3.69. COOK-OUT PACK \$23.95.

THE FARM. Golden-Ripe Yellow Bananas 3 for \$1. Peaches or Nectarines 49¢ lb.

FRENCH FRIES \$1.39. GREEN PEAS 59¢. Ann Page Lorraine 5 for \$1. Ann Page Fudge Sides \$2.49.

DISH DETERGENT Ivory Liquid 99¢. MARVEL-WHITE-RINCH PAPER PLATES 89¢.

POTATO CHIPS 69¢. SALAD DRESSING 99¢. ANN PAGE KETCHUP 69¢.

COOKED HAM \$1.99. TROPICAL BLEND SCOPE \$1.39. SOCK SENSE \$1.39.

Wexford On the Rocks 59¢. Pineapple 49¢. Nestea 2.39.

Ken's Dressing 59¢. Keelers Zesta 69¢. Disposable Toddler Diapers \$1.79.

Ann Page Salad 79¢. Olives 99¢. Peanut Butter 99¢. Foam Cups 59¢. Scott Napkins \$1.19.

TOBINS FRANKS \$1.99. KIELBASA \$1.99.

the front panel containing the photograph and the "5.11" statement from one box of Revlon. Realistic Milk Plus 6. Expires Aug. 31, 1980.

BOX-O-CHICKEN 39¢ lb.

RED-WHITE-BLUE BEAUTIES SWEET JUICY SEEDLESS GRAPES 79¢. RED RIPE WHOLE WATERMELON \$2.99. SWEET JERSEY BLUEBERRIES 99¢.

SHOULDER VEAL CHOPS \$2.49. RIB VEALE CHOPS \$2.79. FRESH CALIFORNIA DRIEGL BRAND RED RIB STRAWBERRIES 99¢.

FRANKS BACON \$1.39. ITALIAN SAUSAGE \$1.99. PRINCE MACARONI 39¢.

California Sweet Nectarines 49¢. Sweet Carolina Peaches 49¢. Honeydew Melons \$1.49.

Cantaloupe 99¢. Lem-N-Limes 69¢. Kiwi Fruit 39¢.

Iceberg Lettuce 59¢. Salad Favorite Ripe Tomatoes 49¢. Romaine Lettuce 39¢.

Green Cucumbers 5 for \$1. Yellow Sweet Corn 6 ears \$9.99. White Potatoes 8 lbs \$1.99.

Squash 3 lbs \$1. Frozen Foods Galore! Hood Ice Cream \$1.59. Cool Whip 69¢.

1% Low Fat Hood Milk \$1.39. Florida Citrus Orange Juice 89¢. Parky Margarine 59¢.

Whipped Cream Cheese 79¢. Fruit Drinks 49¢. Fruit Flavors 79¢.

Postor Grant Sunglasses \$2.00 off. Morton Chicken \$50 off. Kingsford Charcoal Briquettes \$40 off.

Louise Round Ravioli \$40 off. Schorr's Pickles 25 off. Pampers Diapers 15 off.

Hi-C Fruit Drinks 49¢. Whipped Cream Cheese 79¢.

Dietitians say nutrition is key to good health

Variety is one of the keys to good nutrition. Jan Horn, clinical dietitian, says that "since our society has become more health-conscious diet—as well as exercise—is part of the answer to good health.

The clinical dietitians at Manchester Memorial Hospital are primarily counselors and educators. While they do devise special diets based on the needs of individual patients, they find the main thrust of their work involves teaching the fundamentals of good nutrition and emphasizing good eating habits.

The dietitians teach and explain various diets to inpatients who will have to adjust their food intake following discharge. They instruct individuals in the Diabetic and Heart classes. They instruct and inform interested mothers about the nutritional implications of infant feeding.

"Eating too many eggs and you increase your risk of heart attack," say some scientists. "Nonsense," rebut others. "The cholesterol in the egg yolk will not affect your health one way or the other."

Eggs are a valuable food. They supply first-class protein as well as such other nutrients as vitamin A and iron.

Until one side or the other prevails, it will be up to you to decide whether or not to eat eggs. If you decide to do so, you must determine how many eggs you will eat each week.

The best advice for now is to use common sense. Unless your doctor instructs you otherwise, you will probably be playing it safe by limiting yourself to one egg every other day.

Another advantage of eggs is that they are one of the most economical protein sources. Currently they are near their lowest price of the year.

If you opt for eggs, you may want to try some of the recipes in Robert Ackart's handsome new book, "Souffles, Mousses, Jellies and Creams" (Abbecon, \$1.95).

Many of Ackart's recipes combine eggs with vegetables. (No matter what their stand on eggs, all nutritionists advise that we eat more vegetables.)

Ackart's souffle recipes are so clear that almost anyone can be sure of a handsome and unusual dish. Most of the main-dish souffles call for three or four eggs.

Among his recipes are souffles featuring green pepper, watercress, zucchini, winter squash and mustard greens. And green peas, green beans, collard greens, cauliflower, even carrot.

Other souffles include meat, poultry and fish. Ackart does not limit himself to souffles, of course. He also devotes much attention to cold main-dish mousses. His avocado mousse with watercress, for example, makes a delightful summer dish.

So, egg eaters, enjoy the recipes in Ackart's book. But try to limit yourself to just one serving. That's a practically painless way to cut both calories and cholesterol.

importance of proper nutrition. As the first step in counseling, the dietitian obtains a nutritional history from the patient, determining such factors as food intake, eating habits and frequency of meals. They also take into account any ethnic considerations, religious preferences, financial or psychological factors that may affect a person's nutritional intake.

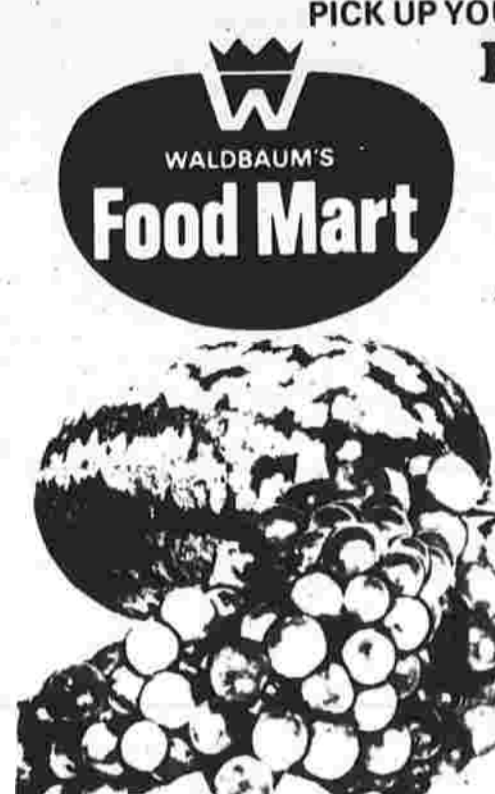
"If you take away a lot of things from a patient's diet, it becomes more likely that they won't follow that diet," Ms. Davis said. "After a few items and the likelihood of following that diet increases."

Outpatient counseling results from a physician referral and carries a fee for the initial instruction. The instruction usually lasts an hour and may involve follow-up appointments. Outpatient counseling is offered seven days a week.

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Food Mart is ready to help you with your 4th of July Celebration!

FOOD MART WILL BE OPEN JULY 4th 9 A.M. TO 4 P.M.

U.S.D.A. CHOICE BEEF BONELESS Sirloin Tip ROAST \$1.99 LB. U.S. GOVT. INSPECTED FRESH FRYING CHICKEN LEGS 59¢ LB.

U.S.D.A. CHOICE BEEF BONELESS Sirloin Tip London Broil \$2.39. U.S. GOVERNMENT INSPECTED GRADE A Whole Frozen Turkey Breast \$1.19.

PERDUE Fresh Fryng Chicken Legs 69¢ LB. New York Style Deli! GENOVA OR HARD SALAMI \$2.79.

U.S.D.A. CHOICE BEEF BONELESS BEEF BRISKETS \$1.39. U.S.D.A. CHOICE BEEF BONE IN Rib Steak or Roast \$2.79.

SHOULDER VEAL CHOPS \$2.49. RIB VEAL CHOPS \$2.79. BACON \$1.39.

SMOKED HAMS \$1.89. WHOLE HAMS \$1.99. COKE, TAB, PEPSI OR DIET PEPSI \$1.39.

B&M BAKED BEANS 69¢. Food Club CATSUP 69¢. CAINS RELISH 3 for \$1.

Ken's Salad Dressings 79¢. Food Mart Potato Chips 69¢. SCOTT NAPKINS \$1.09.

Friends Pea Beans 53¢. Mandarin Oranges 57¢. Underwood Spreads 69¢.

Saltesa Clams 79¢. Beach Cliff Fish Steaks 39¢. Oodles of Noodles 5 for \$1.

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COOL WHIP 69¢. 1% LOW FAT HOOD MILK \$1.39. FLORIDA CITRUS ORANGE JUICE 89¢.

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GET 32 BONUS FREE GIFTCEKS WITH COUPONS BELOW!

Dollar-wise skillet rice dinners conserve time, energy



For a gourmet-quality meal on a shoestring, serve Mediterranean Pepper Skillet. The cook and the kitchen keep cool as the one-dish meal simmers unwatched.

Food dollar stretching and energy conservation have become a way of life for most Americans. One great way to conserve food dollars, energy (both fuel-energy and personal physical energy) and time spent in meal preparation is to serve satisfying skillet rice dinners. As the skillet simmers unwatched, toss a salad, set the table, sit down and relax. All the cooking is done in one skillet, keeping the cook and the kitchen cool, saving fuel and reducing after-meal clean-up.

Why do shoppers pick a particular store?

Supermarket shoppers still put cleanliness ahead of low prices in deciding where to shop—despite inflation. Of 65 they say.

Region



Ford raps Carter

Former President Gerald R. Ford at a news conference in Stamford Tuesday, said the Carter administration's policies at home and abroad are a "disaster" that can put Ronald Reagan in the White House.

PTO planning 'playscape' at Maple Street School

With the necessary money in hand, the Maple Street PTO is making plans for installation of "playscape" a unique playground project in the fall.

Reapportionment probe urged

MAJOR Marie Herbst is asking State Rep. Patricia Hendel, co-chairman of the General Assembly Reapportionment Subcommittee, to take a close look at Vernon when making the reapportionment proposal.

Stack-up a better barbecue

Does the word "barbecue" make you think of juicy hamburgers, sizzling steaks, steaming chicken, period? These last traditions are delicious, but why limit yourself to the basics? Exotic and your "barbecue" becomes "savory barbecue."



Your Fantastic Skin

Skin, the largest organ in the body and one of the phase of the skin from 2 to 2.5 million sweat glands. You perspire all the time.

WE'RE LOOKING FOR A FEW GOOD EX-MARINES, SAILORS AND AIRMEN.

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MEET TODAY'S ARMY RESERVE.

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WINDOW GLASS • MIRRORS • GLASS FURNITURE
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ALL SIX-PACK CAN SODA SPECIAL 1.59

ICE COLD POPSICLES 69¢

over 20 Flavors 12 PACK

GRADE A WHITE LARGE EGGS 65¢ DOZ.

SALE ENDS SAT. JULY 5, 1980

PINEHURST VERIBEST HOLIDAY MEAT VALUES

Fresh small genuine Pork Spare Ribs, Veribest LONDON BROILS, Morrell Hams and plenty of Small Turkeys and Turkey Breasts are ready for you along with Grote & Weigel's Natural Casing Franks and Tobin's Skinless Franks.

Tobin's Skinless Franks \$1.36

SHURFINE FRANKS \$1.19
CHICKEN FRANKS 99¢
ARMOUR'S FRESH SMALL GENUINE PORK SPARE RIBS (These are real spare ribs not the country style) \$1.79

ARMOUR'S VERY LEAN SLICED BACON \$1.39

While many local parties will serve Pinehurst Veribest Patties along with Franks, others will want our FAMOUS MORRELL HAM. The whole Morrell Ham will be featured at \$1.98 lb., and the but 1/2 at \$2.09. Veribest 5 to the lb. Patties (available fresh or frozen) are made from Fresh U.S.D.A. Choice Beef and featured at \$1.98 lb.

Service Cold Cuts sliced to order - all one kind or assorted as you instruct.

Potato Salad
Cole Slaw
Italian Olive Salad

FOLKS TELL US... THE BEST MEAT IN TOWN

PINEHURST GROCERY INC.

ANTIQUES PROFESSIONAL STRIPPING & REFINISHING

Nearly Nu Shoppe
388 Main Street (2 buildings up from Memorial Store) 649-1042
CLOSED FRI. JULY 4, OPEN SAT. JULY 5 Ladies & Childrens Good Used Clothing. Every Day Low Prices for Quality Used Clothes STOP BY FOR SAVINGS! 10-15 Daily

DR. GEORGE A. CAILLOUETTE, Chiropractor of 119 Center St. has resumed practice

HOURS 10-12 a.m. and 2-7 p.m.
Phone 649-7628

NOTICE

THE SAVINGS BANK OF MANCHESTER will be closed this SATURDAY, JULY 5, 1980 so that our employees may enjoy Fourth of July weekend with their families.

Savings Bank of Manchester

Radio Shack

4th of JULY

SALE

Last Big Week! RED TAG SALE

Auto Sound & Portable Radios	28% to 53% Off
Hi-Fi Equipment	14% to 50% Off
CB's & Walkie-Talkies	20% to 50% Off
Test Equipment	20% to 38% Off
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Calculators	30% to 41% Off
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Dual-Speaker FM/AM Headphone Radio

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Save 27% **2195** Reg. 29.95

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TRC-421A by Realistic
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All-Electronic SLIM-FONE ET-200 by Radio Shack

Save 32% **47.88** Reg. 69.95

AM/FM Stereo Digital Clock Radio

Chromatic - 218 by Realistic
Save 20% **1988** Reg. 24.95

Weatheradio In a Cube

By Realistic
Save 28% **12.95** Reg. 17.95

Extra-Long-Range Radar Detector

Road Patrol LR by Micronta
Save \$30 **169.95** Reg. 199.95

Programmable Scanner Radio

PRO-2001 by Realistic
Save \$50 **349.95** Reg. 399.95

Silent Alarm Auto Security System

By Archer
Save \$10 **89.95** Reg. 99.95

Electronic Indoor Outdoor Thermometer

By Micronta
Save 16% **24.95** Reg. 29.95

Check Your Phone Book for the Radio Shack Store or Dealer Nearest You
Most Stores Open July 4th
MANCHESTER, EAST HARTFORD
MANCHESTER PARKWAY - CHARTER OAK MALL

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THREE BEDROOM COLONIAL - Large living room. Formal dining room. Call 646-2244.

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FINANCING AVAILABLE. Rockledge Area 3 bedroom raised ranch. 850 sq ft. Call 646-4144.

COMPLETE APPLIANCE REPAIR SERVICE by factory-trained technicians. Call East Hartford, 288-0369.

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Abby Girl of His Dreams Gives Rude Awakening

DEAR ABBY: Six months ago I married a beautiful woman. She was kind of beauty that most men can only dream about. She was cuddly and loving before we were married and until about a month after, then Abby, her 9-year-old son, took over.

DEAR ABBY: About three weeks ago I met a real neat kid. We hit it off well together. He asked me for my telephone number and I gave it to him.

DEAR ABBY: You do you, you should borrow the rocks in his head to fill up the holes in yours.

Priscilla's Pop - Ed Sullivan

I GUESS I'M THE WORST COLLECTOR IN THE WORLD BUT... HEV LISTEN... THERE ARE A LOT OF WORSE THAN YOU... BUT THEY DON'T PLAY!

I DON'T GET IT! SANDRA FITZINGHAM NOT ONLY A WEALTHY BLUE-BLOODED SOCIETY BEAUTY... SHE'S ALSO A TOP-SHELF FASHION DESIGNER!

NEVER MIND THAT! JUST GET OUTTA HERE! NEVER MIND THAT! JUST GET OUTTA HERE! NEVER MIND THAT! JUST GET OUTTA HERE!

Alley Oop - Dave Graue

WHY ARE YOU GUYS SO STUPID? NEVER MIND THAT! JUST GET OUTTA HERE! NEVER MIND THAT! JUST GET OUTTA HERE!

WHY ARE YOU GUYS SO STUPID? NEVER MIND THAT! JUST GET OUTTA HERE! NEVER MIND THAT! JUST GET OUTTA HERE!

WHY ARE YOU GUYS SO STUPID? NEVER MIND THAT! JUST GET OUTTA HERE! NEVER MIND THAT! JUST GET OUTTA HERE!

The Born Loser - Art Sansom

LISTEN, BRUTUS... I WAS PLAYING 'WILLIAM TELL' WITH POOR WILBERFORCE AND UH...

HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

Levy's Law - James Schumeister

WHAT TYPE OF UNIFORM IS THAT, MISS LEVY? POLICE UNIFORM... SOMETIME MAMA ZOTZ FORGETS WE'RE NO LONGER IN THE OLD COUNTRY.

WHAT TYPE OF UNIFORM IS THAT, MISS LEVY? POLICE UNIFORM... SOMETIME MAMA ZOTZ FORGETS WE'RE NO LONGER IN THE OLD COUNTRY.

WHAT TYPE OF UNIFORM IS THAT, MISS LEVY? POLICE UNIFORM... SOMETIME MAMA ZOTZ FORGETS WE'RE NO LONGER IN THE OLD COUNTRY.

Winthrop - Dick Cavalli

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HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

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WEEKEND BREAK-AWAY SPECIAL 3 DAY RENTAL \$490 UNLIMITED MILEAGE! PICK UP CAR FRIDAY OR SATURDAY. MANCHESTER, CONN.

Astrograph Bernice Bede Osof SCORPIO (Oct. 24-Nov. 22) Be able to distinguish between sensible risks and unnecessary gambles. Losses could occur if you are foolish with your resources.

Winthrop - Dick Cavalli HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

Levy's Law - James Schumeister WHAT TYPE OF UNIFORM IS THAT, MISS LEVY? POLICE UNIFORM...

Winthrop - Dick Cavalli HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

Winthrop - Dick Cavalli HOW DO YOU FEEL ABOUT OUR NATIONAL PASTIME, SPORTS?? GERM-STOMPING IS A GREAT SPORT FOR ALL AMERICANS!

Bugs Bunny - Heilmann & Stoffel NOW YOU'RE GOING TO HAVE TO PAY THE WINDFALL PROFITS! "According to our projections, by 1987 EVERYBODY will be suing EVERYBODY ELSE."