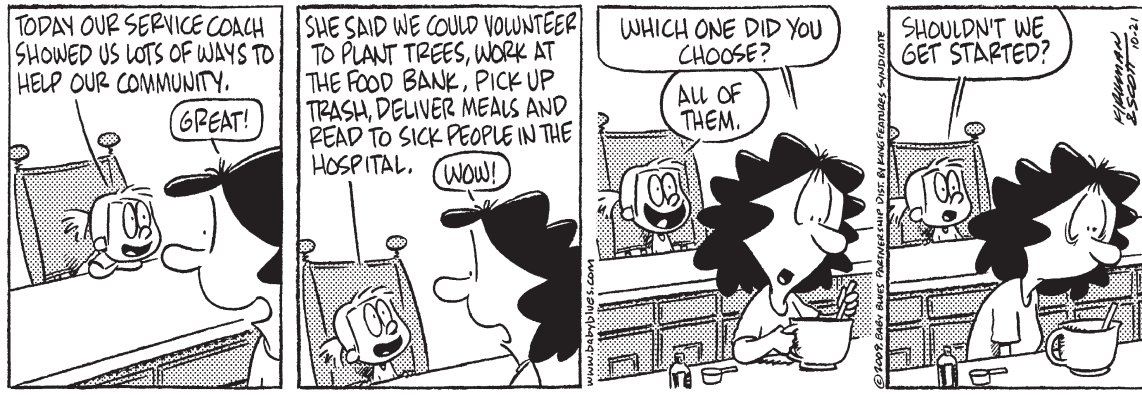
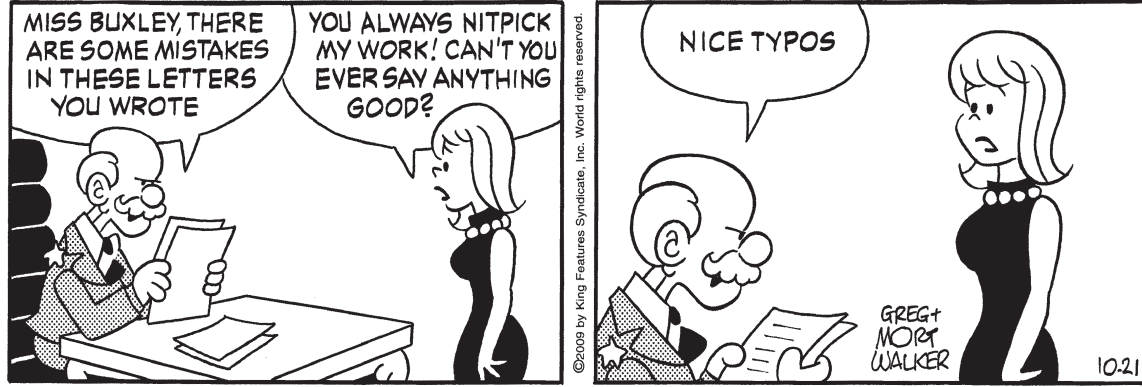


Baby Blues • Rick Kirkman & Jerry Scott



Beetle Bailey • Mort Walker



Blondie • Chic Young



Hagar the Horrible • Chris Browne



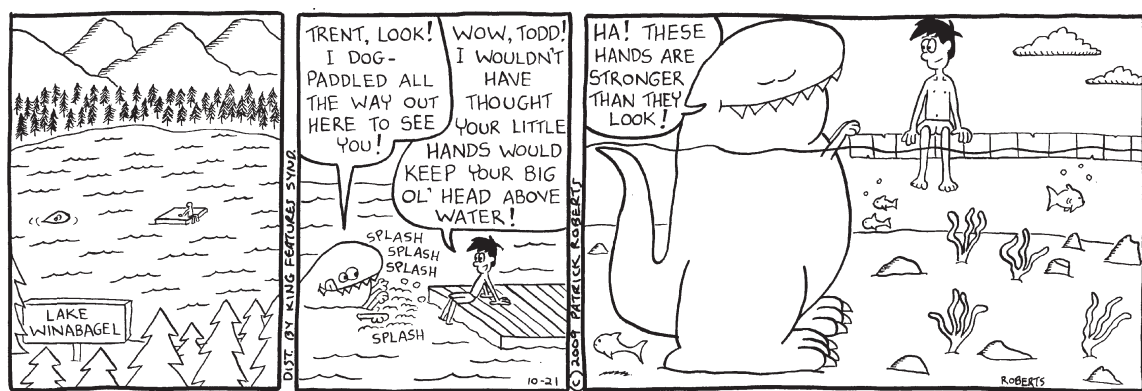
Mother Goose and Grimm • Mike Peters



Sally Forth • Greg Howard



Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Heloise

• Hints from Heloise

Salt sneaks in to many foods

Dear Heloise: My diabetic husband was put on a SALT-RESTRICTED DIET – this meant sticking to the recommended guidelines for salt. We thought that we had been careful with salt. I never added salt to my cooking, and there was no saltshaker on the table except for when eating tomatoes.

Whew – did we have a violent awakening! Salt or sodium is everywhere! Not just in canned soup and vegetables, but frozen vegetables can have added sodium, too. So, you must read labels! A good restaurant may custom-fix food if you explain the dietary restrictions.

There are commercial salt-free seasonings, and you have a great Heloise recipe for salt-free seasoning to make at home. I mix up quintuple batches and use it just about everywhere. When seasoning without salt, we use three to four times as much.

Unsalted food has a tendency to taste like cardboard. Give the unsalted diet time (three to four months), and your taste buds will wake up and you will taste the flavor of food.

Meanwhile, use some lemon juice or lime juice in place of salt. I keep a bowl of freshly cut lemons on the table, and with a quick squeeze I zip up eggs, potatoes and fresh veggies. – Sharon M., Norphlet, Ark.

Sharon, how right you are! Lemon and lime are wonderful for enhancing most foods. I use a crystallized lemon “powder” that is fantastic on veggies, especially fresh tomatoes, cucumbers and carrots!

Need a recipe to make your own no-salt seasoning? Don't worry, I've got you covered. Just send \$3 and a long, self-addressed, stamped (61 cents) envelope to: Heloise/SSS, P.O. Box 795001, San Antonio, TX 78279-5001.

You will receive a copy of my pamphlet Heloise's Seasonings, Sauces and Substitutes, which includes several no-salt substitutes for you to try. Mixed together, these make a good gift, too! – Heloise

COFFEE-FILTER SEPARATION

Dear Heloise: I have found an easy way to separate coffee filters. I hold the nested filters with both hands on the rim and bend them around the upper edge to loosen them slightly. Then I blow on the uppermost edge of the filters, and the top one is immediately freed from the next filter. Works for me! – Delores in New Mexico

And here's another hint from Jack Dube of Boynton Beach, Fla. He says: “For those people like me who have trouble extracting a single filter for the coffee pack, try this: Tack a small piece of double-faced sticky tape to the inside of a cabinet door. Lightly touch the edge of the outer rim of the bottom filter to the tape, and a single filter flakes off.” – Heloise

EASY OPEN

Dear Heloise: I use the flat part of a spoon handle to open a cereal box. Using the spoon, I swipe it in both directions. This eliminates paper cuts. It also works well for opening the bottom when it's empty to prepare for flattening the box for recycling. – Dale, via e-mail

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Bridge • Steve Becker

West dealer. North-South vulnerable.

NORTH
 ♠ 7 4 3
 ♥ K Q 10 6
 ♦ K 7 5
 ♣ 10 2

EAST
 ♠ J 6 5
 ♥ 8 3 2
 ♦ A Q 9 6
 ♣ J 9 5

SOUTH
 ♠ A J 4
 ♥ 10 8 3 2
 ♦ A K Q 8 4 3

The bidding:
 West 2♣ North Pass East 3♣ South 4♣
 Pass 5♣
 Opening lead — king of spades.

An Elegant Performance

Assume you get to five clubs on the bidding shown and West leads the king of spades. You ruff and observe that your chances of making the contract are not good.

First, there's the possibility of losing a trump trick if the trumps are not divided 3-2. Second, there's a strong probability, considering West's opening weak two-bid, that East has the ace of diamonds and that you might therefore lose three diamond tricks.

When you play the A-K-Q of clubs, the trumps turn out to be divided 3-2, so the only problem remaining is to limit yourself to two diamond losers. Is there any way you can accomplish that task, you ask yourself, and the answer is that you have an excellent chance of doing so.

After drawing trumps, you cross to the ten of hearts and ruff a spade. You then cash the A-K-Q of hearts, discarding a diamond from your hand, and ruff still another spade. Having run East out of spades, hearts and trumps, this is the three-card end position:

North
 ♦ K 7 5

West
 ♠ A
 ♦ J 4

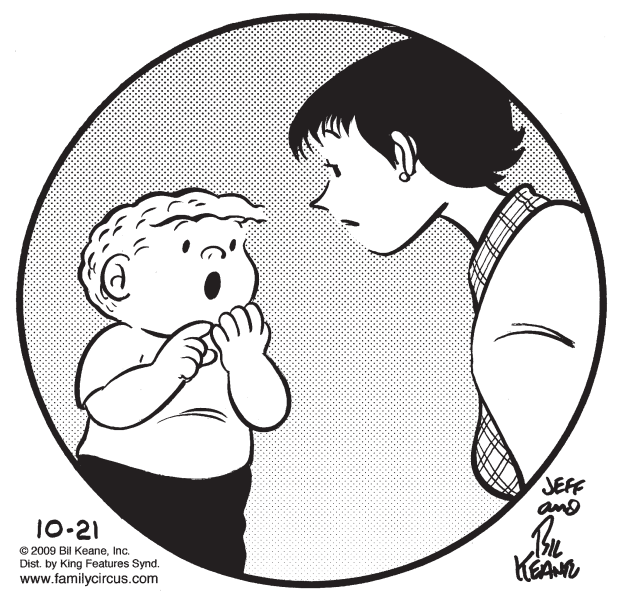
East
 ♠ A Q 9

South
 ♦ 10 8 3

You lead the three of diamonds, and you're sure to win a diamond trick, regardless of what West does. If he plays the four, you cover with dummy's five, forcing East to win and yield a trick to dummy's king. If West instead plays the jack of diamonds on the three, you cover with dummy's king. East wins with the ace but must then yield the game-going trick to your ten.

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Family Circus • Bil Keane



10-21

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“Why does this finger keep forgettin' to grow as much as the rest?”

Conceptis Sudoku • Dave Green

		2	1					
	5		2					
3				9				8
8	3	9			7	6	5	
		6						9
		5						3
		3	7	5	2	1	8	4
		1		4		9		7
		7		3		2		5

Difficulty Level ★★★

This is a logic-based number placement puzzle.

The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral.

The solution to the last Sudoku puzzle is at right.

8	1	9	3	2	5	7	6	4
3	6	7	9	4	8	2	5	1
5	2	4	6	7	1	9	8	3
7	4	1	5	6	2	3	9	8
9	3	6	1	8	7	4	2	5
2	8	5	4	3	9	6	1	7
1	7	2	8	9	3	5	4	6
4	5	3	2	1	6	8	7	9
6	9	8	7	5	4	1	3	2

Cryptoquip

D YKGV K JVBQHDKS YKPE
 AL JAQSDOW AQE PAEEHVU
 AL YAOVZ. ZAQ TDWYE UKZ
 D'T DO K GDUBAQU BZBHV.

Yesterday's Cryptoquip: BIG NEIL SEDAKA HIT ABOUT PEOPLE WHO ARE TOTAL NIGHT OWLS: “WAKING UP IS HARD TO DO.”

Today's Cryptoquip Clue: T equals M

Crossword • Eugene Sheffer

ACROSS

1 Unruly bunch
 4 Min. fraction
 7 Bear lair
 8 Parish-ioner's donation
 10 Novem-ber birthstone
 11 Shocked
 13 He played Paul Drake on "Perry Mason"
 16 Common bill
 17 Resigns
 18 Participated in track
 19 — and void
 20 Mineral in sheets
 21 Filled fully
 23 Disinclined
 25 "Sultan of Swat"

DOWN

1 Syrup flavor
 2 Elliptical
 3 Game like pinochle
 4 Vision
 5 Commu-nity spirit
 6 Fellow
 7 Nickel, e.g.
 8 Lan-guage of Sri Lanka
 9 — de corps
 10 Pair letters
 12 Instruct
 14 "— Lang Syne"
 15 Genetic abbr.
 19 To the — degree
 20 Has permission
 21 Cold fish?
 22 Theseus' land
 23 Volcanic flow
 24 Emote
 25 Agent, for short
 26 Hardly macho men
 28 More pleasant
 29 In different places
 30 Scalawag
 31 Dumb-struck
 32 Capita lead-in
 34 Jeans maker
 35 Entice

Solution time: 21 mins.

C	A	P	T	C	A	M	A	G	E	D
A	M	E	R	A	L	E	L	O	N	E
S	A	R	I	C	A	S	H	F	L	O
S	H	I	L	O	H	H	A	R	D	L
				B	R	A	C	P	E	R
				B	O	D	Y	B	L	O
				A	N	I	S	O	D	A
				H	O	S	T	T	A	L
				L	E	T	S	L	I	T
				H	O	O	P	O	E	
				U	N	D	E	R	T	O
				G	A	G	E	A	V	E
				O	N	E	S	S	A	D

Yesterday's answer 10-21