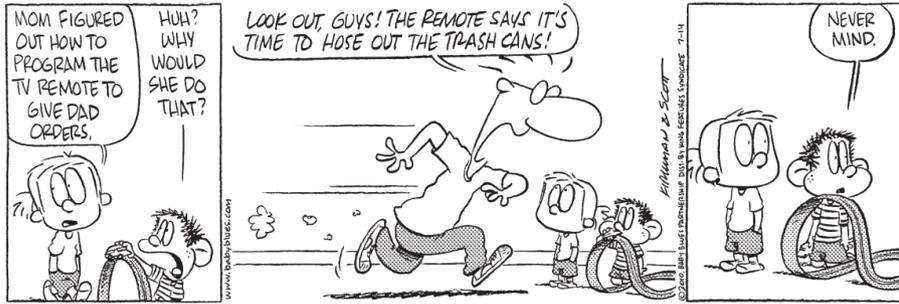


**Baby Blues** • Rick Kirkman & Jerry Scott



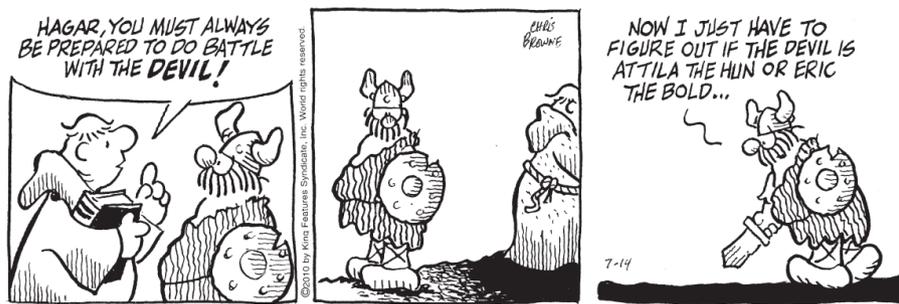
**Beetle Bailey** • Mort Walker



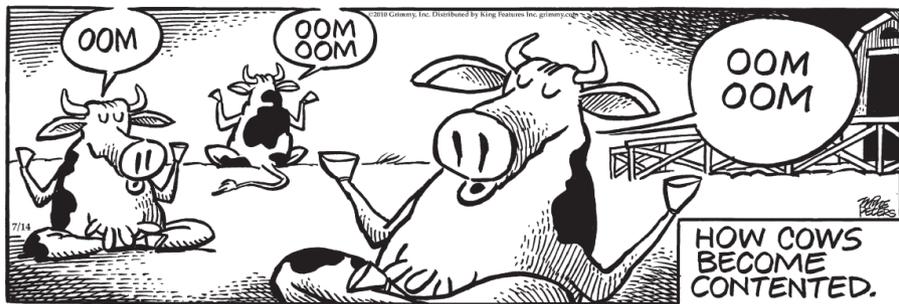
**Blondie** • Chic Young



**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

**Bread offers lots of choices**

Dear Readers: Are there too many CHOICES OF BREAD out there? Do you know the difference between whole-wheat bread and whole-grain bread?

Whole wheat is one component of whole grain. Whole wheat has not been refined, or broken down, as it has been in white bread; therefore, the nutrients in the grain (the bran and germ) remain intact.

Whole-grain bread can contain other grains besides whole wheat: flaxseed, rolled oats, barley flakes, wheat bran and amaranth seed (a hearty grain grown around the world, similar to rice).

Loaves of whole grain and whole wheat cost about the same, and nutritionally they are very similar, too.

Whole-wheat bread usually is darker in color than whole-grain bread. While the visible grains and seeds in the whole-grain bread are pretty and add texture to the bread, some people may find whole-grain bread a bit more difficult to digest. But both types are healthier for you than white processed bread, and will keep you feeling fuller longer. — Heloise

P.S.: My favorite snack is whole-wheat toast with some peanut butter and grated Granny Smith apple!

SEND A GREAT HINT TO:

Heloise  
P.O. Box 795000  
San Antonio, TX 78279-5000  
E-mail: Heloise(at)Heloise.com

**LETTUCE CONTAINERS**

Dear Heloise: When I buy those large plastic containers of lettuce at a warehouse club, I wash them out after I'm finished with them. Every year at the holidays, when I make hundreds of holiday cookies for family and friends, these salad containers make great storage containers for my cookies. I also feel like I'm recycling the plastics, and I don't have to spend money or waste more storage space on huge pieces of plasticware. — Sue in Cypress, Calif.

**HOT PADS**

Hi, Heloise: I enjoy your column. Our family always forgets to use hot pads when taking a hot bowl of food out the microwave. There's always a lot of juggling and yelling "It's hot!" I now keep a silicone hot pad next to the microwave at all times. If the bowl is too hot to handle, we can pick it up using that hot pad. When the silicone hot pad gets dirty, I toss it in the dishwasher. — Patrice, Manitou Springs, Colo.

These hot pads are great! I usually keep two paper plates in the microwave: one to set the food on and one to cover it with. — Heloise

**CHINESE FOOD**

Dear Heloise: When we go out to eat Chinese food and bring home leftovers, the food makes the whole refrigerator smell of garlic, no matter how I overwrap it.

So, now I put the leftovers in a wide-mouth canning jar — usually a pint-size jar is large enough — and then I screw the lid on tight.

No more odors find their way into the eggs and butter, and the food stays quite fresh. The glass never retains the odor. The leftovers stay good, too, and I have a great lunch for the next day. — Carol in Arizona

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**Bridge** • Steve Becker

East dealer. Both sides vulnerable.  
NORTH  
♠ J 8 4 2  
♥ K J 7 2  
♦ A K 8 6  
♣ J  
WEST  
♠ Q 10 6 3  
♥ A 4  
♦ 10 5 3  
♣ Q 6 3  
EAST  
♠ 5  
♥ 6 5  
♦ Q 9 4  
♣ A K 10 9 8 5 2  
SOUTH  
♠ A K 9 7  
♥ Q 10 9 8 3  
♦ 7 2  
♣ 7 4  
The bidding:  
East 3 Pass West 4 Pass North 4 Pass  
Opening lead — three of clubs.

**Caution, Danger Ahead**

There's no doubt that some hands are much harder to play than others. For example, suppose you're in four hearts in this deal and West leads a club to East's king, whereupon East shifts to the six of spades, taken by you with the ace.

If you tend to be a complacent declarer, you might easily lose four tricks. If you lead a trump at trick three, which seems the natural thing to do, West takes the ace and returns a low spade, which East ruffs. Whatever East returns, West still has a spade trick coming, and you finish down one.

If you are a more cautious soul, though, you make the contract. Since there is a strong possibility that East's spade return at trick two is a singleton, you should try to cover that contingency.

Upon winning the spade, you should cash the A-K of diamonds, ruff a diamond, ruff your remaining club and ruff dummy's last diamond. Then — and only then — you lead a trump.

West will probably go up with the ace and give his partner a spade ruff for his side's third trick, but the big difference is that East now has only clubs left and must lead one! This allows you to ruff in one hand while you discard a spade from the other, thus eliminating your remaining spade loser.

The hand demonstrates an important principle of declarer play. When the available clues indicate that the contract is in danger if declarer follows a particular line of play, he should pause to consider whether there is any way to protect himself against that threat.

Those who play too quickly occasionally have to pay the piper.

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**Family Circus** • Bil Keane



7-14  
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www.familycircus.com

"We're chimpanzees! So, you can be Jane Goodall and keep an eye on us."

**Conceptis Sudoku** • Dave Green

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

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.

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

**Cryptoquip**

J Z U Y K E N K H H F I M N W J N

Z U S J T E S U J P T E Q E N X T T J P Y

S U M M I X N N X N , R F K T G E F K

N U E W X ' N U " Q X G R J P P X I ? "

Yesterday's Cryptoquip: SINCE THE POLICE OFTEN APPREHEND FELONS AT THAT DINER, ONE COULD CALL IT AN ARREST-AURANT.

Today's Cryptoquip Clue: E equals Y

**Crossword** • Eugene Sheffer

- ACROSS**
  - 1 Arp's style
  - 5 Bill
  - 8 Hemingway sobriquet
  - 12 Clapton or Idle
  - 13 The whole enchilada
  - 14 Yemeni port city
  - 15 Summer-time pest
  - 17 Coastal bird
  - 18 Ear bone also called the anvil
  - 19 Small circle of friends
  - 21 Poetic foot
  - 24 Debt notice
  - 25 Fair
  - 28 Exam format
  - 30 Furthermore
  - 33 Previous
  - 34 Oust
  - 35 Bill's partner
- DOWN**
  - 1 Ms. Moore
  - 2 "East of Eden" son
  - 3 Platter
  - 4 Find not guilty
  - 5 Mai — (cocktail)
  - 6 PC key
  - 7 United nations
  - 8 Lanai
  - 9 Sufficiency
  - 10 Lima's country
  - 11 Actress Hathaway
  - 16 Can. neighbor
  - 20 Springlike melody
  - 22 Relocate
  - 23 Pipe type
  - 25 Clappett patriarch
  - 26 Grecian container
  - 27 Source of big waves
  - 29 Farm fraction
  - 31 Hair-link
  - 32 Buck's mate
  - 34 Formerly
  - 38 Sham
  - 40 Hay bundles
  - 42 Common webpage abbr.
  - 43 Author Ferber
  - 44 Bit of banter
  - 45 Send out
  - 47 Harvest
  - 48 "Say It — So"
  - 49 Greek vowels
  - 52 Expert
  - 53 Shell game item

Solution time: 21 mins.

ASP	DITSY	ORR
GOO	ENATE	LOU
OLDS	SCHOOL	DAB
	ORE	CLAMMY
DANDER	KOLA	
ESE	EER	WASTE
SEWS	SEN	STAY
KAYAK	GAS	EKE
	OURS	VEERED
HARLOW	ARA	
IRK	NEW	JERSEY
LEE	ODEON	PRO
TAR	REESE	YEN

Yesterday's answer 7-14

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
18							19	20		
			21	22	23		24			
25	26	27			28	29		30	31	32
33				34				35		
36					37			38		
			39	40			41	42		
43	44			45		46		47	48	49
50				51	52	53				
54				55				56		
57				58				59		