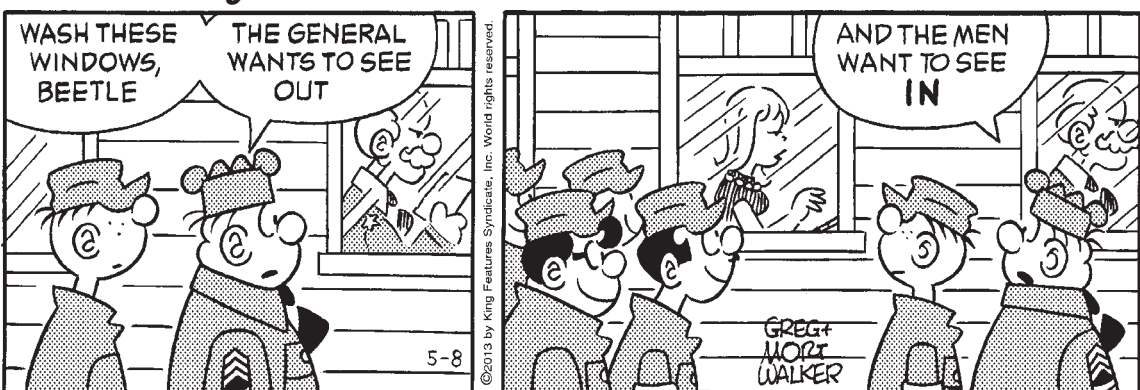


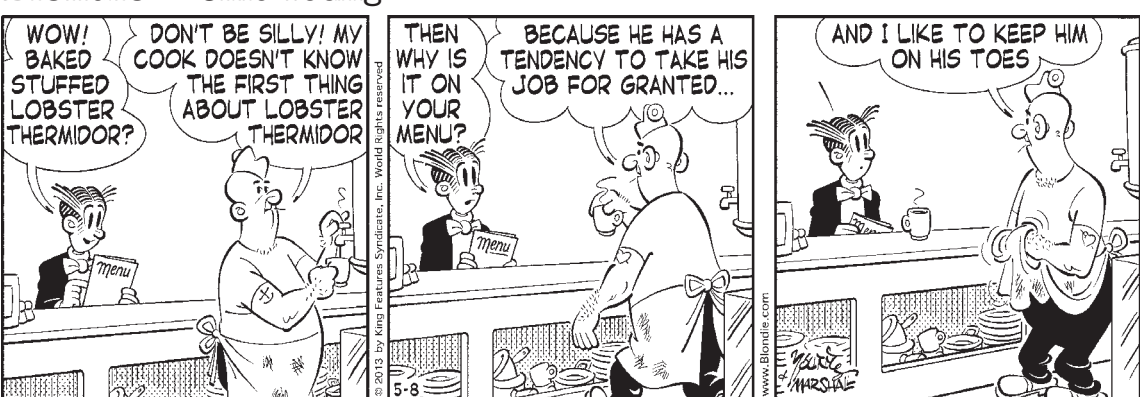
Baby Blues • Rick Kirkman & Jerry Scott



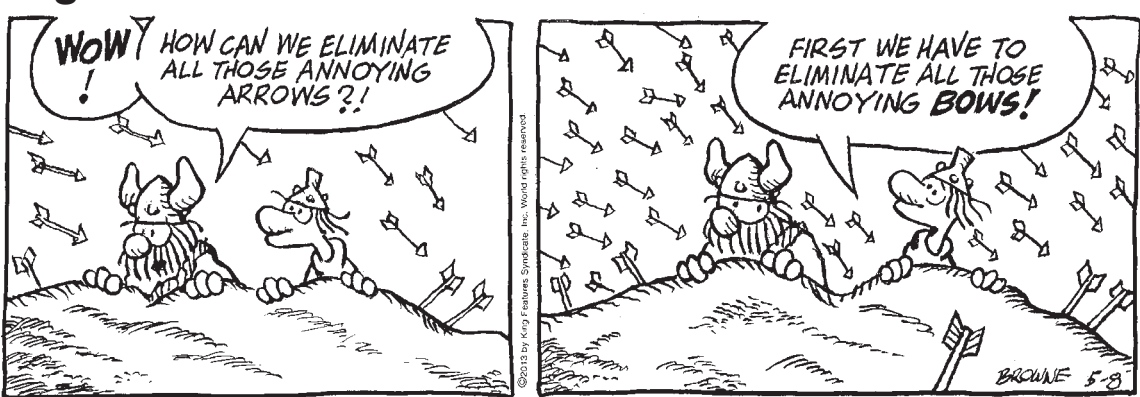
Beetle Bailey • Mort Walker



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

Fiber, roughage almost the same

Dear Heloise: What is the difference between fiber and roughage? I know it's important to get both, but they seem the same to me. — Zach K. in Florida

What a great question! The answer is that they are and they aren't! Dietary fiber and roughage are pretty much the same thing. But there are two different types of fiber: soluble and insoluble.

Soluble fiber is jellylike and dissolves in water. The flesh of fruits and vegetables (no skin) is soluble, as are oats and beans.

Insoluble fiber is "roughage." It's what keeps your digestive system moving. It's found in the skin of fruits and vegetables, and in whole wheat and nuts.

Both types of fiber are important to your good health. Fiber can help lower cholesterol, and it aids in digestion. An apple a day (skin and all) really can keep the doctor away! But don't go overboard all at once. Add a little more fiber to your diet slowly, and your body will thank you. Also, read labels, and you will be able to see how much fiber is in a serving. — Heloise

SEND A GREAT HINT TO:

Heloise
P.O. Box 795000
San Antonio, TX 78279-5000
Fax: 210-HELOISE
E-mail: Heloise@Heloise.com

NO DRIPS

Dear Heloise: I have a cake recipe I make to bring to a lot of functions that has a glaze-type frosting you pour over the top. It usually drips down and pools around the cake on the platter. I end up having to try to clean it up before serving.

After I cut out wax paper to line the cake pans, I save the outer scraps. I put them down around the cake and on the platter. When done glazing and the glaze has finished dripping down, I just remove the wax paper and throw it away. The platter stays clean and without drips! — Nicole G. in Washington

BAKING HINT

Dear Heloise: I bake just about every day. My favorite things to bake are pies and cookies. Most of them are rolled out.

I buy about a yard of cheap muslin and cut four pieces to use for rolling out these goodies. It sure saves a lot of money instead of buying a special cloth for rolling. Once it gets a little bit soiled, I just throw it away and go to the next piece. I store the cloth I am working with in a plastic storage bag and keep it on a shelf in the pantry. — Dot B. in New Hampshire

VEGETABLE PEELER

Dear Readers: Most of us own a vegetable peeler, but did you know that it is not just for vegetables? A peeler is used for carrots, cucumbers and potatoes, but it also is great for shaving chocolate, butter and slices of cheese! — Heloise

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Bridge • Steve Becker

East dealer.
East-West vulnerable.
NORTH
♠ K 8 5 2
♥ A J 9
♦ Q 6 3
♣ 9 7 4
WEST
♠ 9
♥ Q 10 7 5 4 3 2
♦ 7 4 2
♣ 6 3
EAST
♠ Q J 10 7 6 3
♥ K 8 6
♦ A 8 5
♣ A
SOUTH
♠ A 4
♥ —
♦ K J 10 9
♣ K Q J 10 8 5 2

The bidding:
East 1♣ South 5♣ West 2♥ North 2NT
Pass 5♣
Opening lead — nine of spades.

A Precautionary Measure

There are easy hands to play, and there are also difficult ones.

Fortunately, the easy hands far outnumber the difficult hands. Because of this, a player's success depends not so much on his ability to execute the occasional squeeze, coup or endplay, but on how well he handles the run-of-the-mill hands.

There is nothing complicated in the play of today's hand, yet it would be easy to go astray and fail to make five clubs. The deal occurred in a duplicate tournament, and of the 12 Souths who got to five clubs, only two made the contract!

The opening lead invariably was the nine of spades. At most tables, South won with the ace and played a trump. East took the ace and returned a spade, which West ruffed. Declarer still had to lose a trick to the diamond ace and so went down one.

This outcome was avoided at the two tables where South succeeded. Both declarers took the spade lead with dummy's king, cashed the ace of hearts and discarded the ace of spades on it!

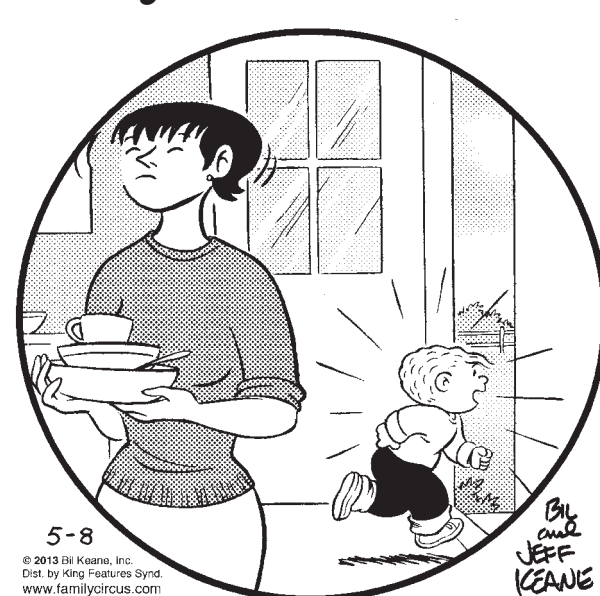
When South next led a trump, East took the ace and returned a spade, but declarer ruffed high, drew West's last trump and conceded a diamond to finish with 11 tricks.

Certainly the situation demands that declarer win the spade lead in dummy and dispose of his ace of spades, which is a millstone around his neck. But, judging by the 10 declarers who failed, making this play is much easier said than done, since it is highly unusual for a player to discard an ace on an ace.

The key is to train one's self to say at the start of the play of every deal: "What can defeat me?" Since the answer is that only a spade ruff can defeat the contract, declarer should immediately seek a means to counter that possibility.

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Family Circus • Bil Keane



5-8
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"Goody! Just what I've been waiting for, a nice muddy day!"

Conceptis Sudoku • Dave Green

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

Difficulty Level ★★★ 5/08

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

Cryptoquip

B F L H T M X U Z M O Z H
U D S I L B S Y J U S W L K Z H L Y S I V H T
M D O F L V W U F Z L U , K Z X Z M
O F V H J O F L X O V L S U O W Z - J H Z O U ?

Yesterday's Cryptoquip: WHEN EMPLOYEES AT A CERTAIN HIGH-TECH WORKPLACE LAUGH, I THINK YOU CALL THEM GOOGLE'S GIGGLES.

Today's Cryptoquip Clue: M equals U

Crossword • Eugene Sheffer

ACROSS
43 Carry on
1 Satchel
4 Nowhere to be good!
8 Visored military cap
12 — out a living
13 State of worship
14 Object of worship
15 Have a bug
16 Dilute
18 Up to
20 Finish
21 Second letter
24 Sponsorship
28 Negative aspect
32 Took the bus
33 Fire residue
34 Oodles
36 Wager
37 Amorphous lump
39 Onion rings, e.g.
41 Takes to the skies

DOWN
4 Anarchic
5 Eggs
6 Prepared
7 Genealogy chart
8 Actress Margot
9 "Green" prefix
10 "Bam!"
11 Hostel
17 Genetic stuff
19 — Saud
22 Twitches
23 Fire-fighting legend
25 Asian desert
26 Mid-month date
27 Green or Rogen
28 Slight touches
29 Norway's capital
30 "Halt!"
31 Icelandic poetry
35 More than just a few
38 Lullaby composer
40 Society newbie
42 Tool with teeth
45 50 percent
47 Muscat's land
48 Small winning margin
49 Oxen's harness
50 Water barrier
51 Berlin's "What'll —?"
52 Potential syrup
53 Greek cross
54 56-Across' partner

Yesterday's answer 5-8

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
28	29	30				31		32		
33			34					35		36
37			38			39				40
41			42			43				
			44			45		46		47
50	51	52				53	54			55
56						57				58
59						60				61