

Making Family Life More Fun

YOUR RIGHTS IN RESTAURANTS

Americans love to eat out. The National Restaurant Association estimates that Americans spent more than \$128 billion during 1985 in more than 300,000 U.S. restaurants. And the average American dines out more than 150 times each year!



Despite the diversity of choice in all those restaurants, customers' needs remain constant—we all want good food, service and atmosphere to enjoy our feasts. Yet most of us have been disappointed dining out at least once, a disturbing experience when you consider the anticipation of a great meal. After all, as George Bernard Shaw wrote, "There is no love sincerer than the love of food." How, then, do we avoid the letdown of a bad restaurant experience?

Restaurant customers have certain rights that come with the price of their meals," says LA Dodge Manager Tommy Lasorda, baseball celebrity and renowned eater. "As customers, we are permitted certain luxuries, and by exercising those rights, we can guide almost any restaurant meal to our personal satisfaction."

Lasorda cites the common example of food served under- or over-cooked. "Some people are embarrassed to send food back and would rather eat it than make a fuss. I disagree. It's worth an extra few minutes to get your money's worth. You don't buy clothes that don't fit and you shouldn't eat food that doesn't make you smile. It is as simple as that!"

Lasorda, known throughout baseball and around the country as an avid visitor of restaurants, offers restaurant tips in his recently-penned brochure, TOMMY

LASORDA'S GUIDE TO DINING OUT. He notes that waiters and waitresses "can make or break your meal," so do your part to establish good rapport with your server. "A waiter who anticipates a nice tip will usually work a bit harder to please you," says Lasorda. "I expect good service from the moment I walk in the door, however, and feel comfortable complaining to the maitre d' or manager if necessary."

TOMMY LASORDA'S GUIDE TO DINING OUT is published by C/Dining, the restaurant program that offers Citibank MasterCard and Visa cardholders 20 percent reductions on their meals. The guide features tips on choosing restaurants, ordering food, dining alone, restaurant etiquette, tipping and more. Readers can get a copy free of charge by writing: LASORDA/C/DINING GUIDE, Box 3376, Grand Central Station, New York, NY 10163 or by calling 800-645-4777.

Lasorda is a fan of buffets and salad bars ("I stop eating when my arms tire"), endorses calling ahead for reservations, and encourages customers to send gratuities back to the chef before the meal is cooked. "Like everything else," Lasorda says, "there is a right way and a wrong way to eat out. The right way is to do whatever makes you feel comfortable. Sit back and enjoy!"

Hills food stores

Colony Plaza, East Third Street, Pembroke, NC

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59¢

CUT UP FRYERS... LB. 69¢

LB. LIMIT 3 PLEASE

HILL'S CHOICE WHOLE N.Y. STRIPS

\$1.99

BONELESS N.Y. STRIP STEAKS... \$2.99

LB. (WHOLE BONELESS)

HILL'S CHOICE TOP BEEF ROUNDS

\$1.49

TOP ROUND STEAK... \$1.79

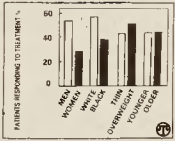
LB. (WHOLE ROUND)

SEE YOUR DOCTOR

Avoiding Common Lifestyle Blunders Can Help You Avoid Heart Disease And Hypertension

Do You Commit These Lifestyle Blunders?

Sometimes the way in which we live can have a lot to do with how healthy we are—and maybe how long we live.



Lifestyle habits—including how much exercise you get—can sometimes make the difference between the presence of health or the intrusion of disease. Many people who have hypertension, or high blood pressure, don't know it because the condition lacks symptoms—hence its nickname the "silent killer." A number of factors contribute to hypertension. Among them:

- **Lifestyle:** Cigarette smoking and stress.
- **Diet:** Excessive salt and fat intake and obesity.
- **Hereditary:** A family history of hypertension and stroke.
- **Ethnic:** Blacks have higher incidence than whites.

An easy way to test for the presence of hypertension is to have your doctor test your blood pressure. The American Heart Association recently lowered the level for defining high blood pressure to a reading of 140/90 or higher. The extent of damage caused by the condition depends on the level of pressure. The higher the pressure, the quicker the damage to the heart.

Once detected, high blood pressure can be controlled with medication. Over the years, most people with high blood pressure have been

given antihypertensive prescription pills by their doctors—but 50 percent of these people don't take their medication. Fortunately, a more convenient medication is at hand.

A small, paper-thin adhesive patch containing a well-known drug for the treatment of hypertension is helping people who suffer from the condition overcome the necessity to take oral medication and reducing the problem of side effects caused by the peaks and valleys of oral medication.

Sold by prescription only, Catapres-TTS* (clonidine), from Boehringer Ingelheim, is applied to the upper arm or torso and is effective for seven days.

FAMILY PACK BUYS!

TENDER CUBED STEAKS... LB. \$1.99

TOP ROUND STEAKS... LB. \$1.69

TENDER N.Y. STRIP STEAKS... \$2.89

OSCAR MAYER LOUIS RICH VARIETY PACK... 12-OZ. \$1.99

OSCAR MAYER LOUIS RICH SLICED BOLOGNA... 8-OZ. 89¢

JIMMY DEAN SPECIAL!

SAUSAGE, CHICKEN OR STEAK BISCUIT... 8-OZ. \$1.99

JIMMY DEAN CORNISH HENS... 25-OZ. \$1.99

JIMMY DEAN (MILD-HOT-OR-SPECIAL RECIPE) PORK SAUSAGE... 16-OZ. \$1.99

OSCAR MAYER LOUIS RICH ROASTED BREAST... 6-OZ. \$1.79

OSCAR MAYER LOUIS RICH CHOPPED HAM... 8-OZ. \$1.49

FROSTY MORN SPECIALS!

FROSTY MORN SLICED BOLOGNA... 16-OZ. \$1.59

FROSTY MORN MEAT FRANKS... 12-OZ. \$1.09

FROSTY MORN SLICED BACON... 12-OZ. \$1.39

HILL'S COOKED HAM... 6-OZ. \$1.59

HILL'S COOKED HAM... 16-OZ. \$3.79

HILL'S SPECIAL BUYS!

BREYER'S ICE CREAM... 1/2-GALLON

\$2.69

FRESH PRODUCE!

FRESH JUICY LARGE SIZES TANGELOES... 4-LB. BAG

99¢

AISLES OF VALUES!

ASSORTED SCOTT TOWELS... BIG ROLL

59¢

DESSERTS WITH A DIFFERENCE

What could be more tempting than a warm, fragrant apple pie or cranberry cobbler, fresh from the oven. Pumpkin, mince and squash tarts star on holiday buffet tables. And year-round, a colorful salad of seasonal fruits makes a refreshing grand finale to a rich meal.

If family and friends take the old favorites for granted, however, you can add an intriguing flavor accent that will give them new appeal. Take a tip from the Norwegians—try their unique, golden-brown Gjetost cheese in or as a garnish with any of the above treats.

Smooth, creamy Gjetost combines premium cow's and goat's milk with delectable results. The touch of natural sweetness—a lightly "caramel" taste—complements almost any fruit-based dessert; shred it into the filling before baking, or slice thinly on top—10 minutes before a pie is done, for example.

Served at room temperature, with ripe pears or crunchy apples, Gjetost also provides a delicious, wholesome snack. At breakfast or tea time, melt it on bran, berry, English—really any type of—muffins, instead of butter—these also make terrific midnight snacks.



PEMBROKE, NC

OSCAR MAYER
Weiners & Franks \$1.99
Cheese Franks \$2.19 lb.
Mt. & Bf. Bolo \$1.29 8 oz.
Cooked Ham \$1.79 6 oz.
Cooked Ham \$3.59 12 oz.
Mt. & Bf. Bolo \$1.79 12 oz.
Lunch Meat \$1.39 8 oz.
Bf. Variety \$2.19 12 oz.
Liver Cheese \$1.69 8 oz.
Sliced Bacon \$2.89 lb.
Select Slice Turkey Breast \$1.99 6 oz.
Select Slice Chicken Breast \$1.99 6 oz.

LOUIS RICH
Wings \$.99 lb.
Necks \$.89 lb.
Drumsticks \$.99 lb.
Gizzards \$1.29 lb.
Variety Pack \$2.29 12 oz.
Chopped Ham \$1.49 8 oz.
Ham \$1.89 8 oz.
Oven Roasted Breast \$1.89 6 oz.

CHEF'S PANTRY
Turkey Nuggets \$2.99 lb.
Fried Patties \$1.79 lb.

LIGHT & LIVELY COTTAGE CHEESE... 12-OZ. \$1.09

MRS. FILBERTS GOLDEN QUARTERS MARGARINE... 1-LB. PACK 2.89¢

KRAFT SLICED AMERICAN SINGLES... 12-OZ. \$1.59

DUNCAN HINES ASSORTED CAKE MIXES... 10-OZ. SIZES

79¢

FIRM FRESH STRAWBERRIES... 99¢ PINT

FRESH GRAPE OR WHITE GRAPEFRUIT... 3 FOR \$1.00

VINE RIPE FRESH TOMATOES... 10-OZ. CARTON 49¢

FRESH GREEN CABBAGE... 4 \$1 LB.

IDAHO BAKING POTATOES... 10-LB. BAG

\$1.99

WALDORF ASSORTED BATHROOM TISSUE... 4-ROLL PACK 79¢

J.F.G. SMOOTH PEANUT BUTTER... 16-OZ. \$1.99

GARNER APPLE OR GRAPE JELLY... 2-LB. JAR 99¢

THE WOMAN'S GENTLE LAXATIVE CORRECTOL... 30 CT. \$2.99

WELLA BALSAM SHAMPOO... 8-OZ. \$1.99

PEPSI FREE, DIET PEPSI, MOUNTAIN DEW or PEPSI COLAS... 2-LITER BOTTLE

\$1.09