

Fast Food Facts

"Fast foods" or "junk foods" can be nutritious according to a report published by the American Council on Science and Health.

Ninety percent of Americans ate in a fast food restaurant at least once in a six month period. Most of those contacted ate between one and three meals a week. 10 percent ate five or more meals weekly.

For those who are watching their weight, the chart below gives the calorie count for popular brand fast foods.

HAMBURGERS	
McDONALD'S*	
Hamburger	255
Cheeseburger	307
Big Mac*	563
Quarter Pounder*	424
Quarter Pounder* w/cheese	524
WENDY'S*	
Single	470
Double	670
Triple	850
BURGER KING*	
Hamburger	290
Cheeseburger	350
Whopper*	630
Whopper* w/cheese	740
Whopper Jr.*	370
Whopper Jr.* w/cheese	420
FISH	
McDONALD'S*	
Filet-O-Fish*	432
CHICKEN	
KENTUCKY FRIED CHICKEN*	
Original Recipe* (2 pieces)	393
Original Recipe* Dinner	661
Extra Crispy (2 pieces)	544
Extra Crispy Dinner	902
McDONALD'S*	
Chicken McNuggets* (no sauce) 3/4	314
PIZZA	
PIZZA HUT* II	
Standard Cheese	680
(1/2 13" medium, Thin 'N Crispy*)	
Supreme	800
(1/2 13" medium, Thin 'N Crispy*)	
MEXICAN-STYLE FOODS	
TACO BELL*	
Bean burrito	343
Beef burrito	466
Burrito Supreme*	457
Tostada	179
Taco	186
WENDY'S*	
Chili	230
JACK IN THE BOX*	
Regular Taco	190
Super Taco	280
SIDE DISHES	
KENTUCKY FRIED CHICKEN*	
Cole Slaw	121
Mashed potatoes w/gravy	87
McDONALD'S*	
French fries (regular)	220
BURGER KING*	
Regular French fries	210
Regular onion rings	270



Lon Finister, electrical engineer for BPA, talks to about 30 high school kids about his job at the 3rd Annual "Career Exploration Day 1983" last Saturday. (Photo: Richard J. Brown)

WANTED WANTED

Talented boys and girls ages 2-16 for Amateur Hour

Come and show your talent. Trophies will be awarded. Sign up today at:

The Amateur Hour show of young talent will be at the Elks Lodge, 6 N. Tillamook • 6 p.m. to 9 p.m. • August 28, 1983
Deadline for try-out will be August 15, 1983

Broadway Hair Weavers
1634 N.E. 7th



Famous Brands Stock-Up Sale!

Ad Prices Start Wednesday, August 10 Thru Tuesday, August 16, 1983

Safeway's 20% Off Beef Sale!

Somehow, Nothing Satisfies Like Beef!

 <p>Beef Blade Chuck Roast</p> <p>\$1.42 Lb. <small>Save 36¢ Pound</small></p> <p>Arm Cut Roast Lb. \$1.74 Blade Chuck Steak Lb. \$1.50 Chuck Roast ⁷/_{Bone} Lb. \$1.58</p>	 <p>Boneless Top Round Steak</p> <p>\$2.62 Lb. <small>Save 66¢ Pound</small></p> <p>Round Tip Stk. Lb. \$2.92 Round Steak ^{Whole}/_{Bone In} Lb. \$2.30 Cubed Steak Lb. \$2.38</p>	 <p>Beef Boneless Top Sirloin</p> <p>\$3.34 Lb. <small>Save 84¢ Pound</small></p> <p>Loin Strip Stk. Lb. \$4.38 T-Bone Steak Lb. \$3.34 Porterhouse Stk. Lb. \$3.42</p>	 <p>Bone-In Rib Steak</p> <p>\$3.26 Lb. <small>Save 82¢ Pound</small></p> <p>Rib Eye Stk. Boneless Lb. \$4.14 Rib Roast ^{Large End}/_{Cut} Lb. \$2.86 Rib Steak ^{Cut Lb. \$3.50}</p>
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Stevenson stays home

Cuba's superheavyweight Teofilo Stevenson was left behind when the Cuban team travelled to Caracas last week to compete in the upcoming Pan American Games.

Stevenson, three-time winner of the Olympic gold and twice world champion, was deprived of a try for a third Pan American championship when he was removed from the team.

The decision to substitute young Jorge Luis Gonzalez for Stevenson was based on the need for a win in that weight class if Cuba is to regain the Pan American team championship now held by the U.S. Stevenson made a poor showing against the Soviet boxer Alexander Krupken in their recent match. He was defeated during the 1982 world championships but returned to knock out the U.S.'s Tyrell Biggs in November.

Surprise upsets at their national championships give Cuba a new, younger team, while some of their world champions will stay home.

Stevenson's career is not over. All of Cuba expects him to be in Los Angeles in 1984 to win his fourth Olympic gold medal; Gonzalez is planning ahead to 1988.



Scotch Buy Lemonade
6-Oz. Frozen Concentrate

\$1.00 FOR 6



John's Original Deluxe Pizza WITH SAUSAGE

Delicious Pizza Ass't'd Varieties. 10-Ounce

79¢ Ea. SPECIAL PURCHASE WHILE SUPPLIES LAST!

John's Pizza

Delicious Pizza Ass't'd Varieties. 10-Ounce



M.D. Bath Tissue
2-Ply, Soft Tissue. Ass't'd Colors Or White

68¢ Limit 2

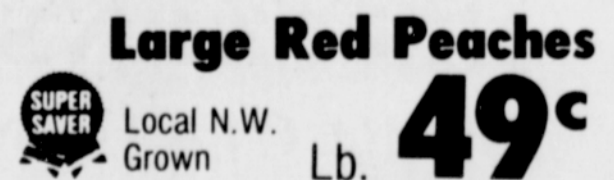
Mushrooms	Town House, Stems & Pieces, 4-Oz.	2 ⁵ / _R \$1
Merlino Fettuccini	20-Oz. Or 22-Oz. Spaghetti	69¢
Ceddar Cheese	Mild Lucerne, 2-Pound Loaf	\$3.98

Solid Bowl Cleaner	White Magic, 9-Ounce	69¢
Jolly Time Popcorn	White Or Yellow 2-Pound Bag	68¢
Kool-Aid Unsweetened	Packages, Ea. Makes 2 Quarts	8 ⁵ / ₉ \$1



San Jacquin Valley
Cantaloupe
Whole **18¢** Lb. SUPER SAVER

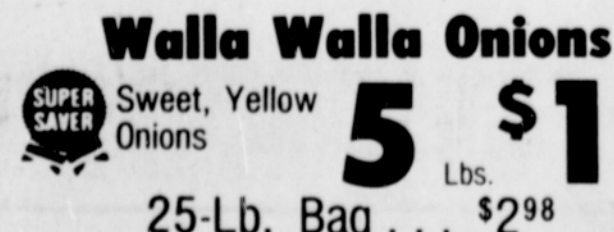
Large, Sweet, Thick Meated Famous Westside Melons . . .
Fresh Cut . . . Lb. 23¢



Large Red Peaches
SUPER SAVER Local N.W. Grown Lb. **49¢**



Large Bell Peppers
SUPER SAVER Extra Large Adds Zest To Meals **5 ⁰/_R \$1**



Walla Walla Onions
SUPER SAVER Sweet, Yellow Onions **5 ⁰/_R \$1** Lb.

25-Lb. Bag . . . \$2.98

To accelerate the baking of a potato, first boil it for about ten minutes.