

JOIN ANY CLASS ANYTIME

Weight Watchers

INTRODUCES THE **NEW FAST & FLEXIBLE PROGRAM**

All New Program
Easy To Follow
Enjoy Everyday Foods
Dine Out With Your Family & Friends
Fast Weight-Loss

Unity of Love

6720 N.E. M.L.K., Jr. Blvd.
283-5440

Hair Weaving Is The Thing For Everyone!!!
Some Like Cosmetic Weave . . .
Others Might Need A Corrective Weave . . .
You May Just Want To Look Good!!!

If So Give LONNIE A Call at 283-5440
6720 N.E. Martin Luther King, Jr., Blvd.

*If Weaving Isn't Your Thing!
Let's Do What Ever Your Hair Desires!*

KIENOW'S

MEDIUM CHEDDAR CHEESE
BANDON'S
SAVE \$1.40
\$3.99
2 POUND LOAF

SOFT MARGARINE
SAFFOLA
16 oz. TUB
99¢

Specials Effective TUES. thru SUN.
MAY 8 thru 13, 1990

Ask about our Gold Card

JOIN ANY CLASS ANYTIME
For Information Call (collect) weekdays
8:30 a.m. to 5:00 p.m.
(503) 297-1021

NORTHEAST PORTLAND
Marantha Church
4222 N.E. 12th
(Enter on Skidmore)
Sat. 9:30 a.m.

Temple Baptist Church
1319 N.E. 17th
Fireside Room
Tuesday 12:00 Noon
(Brown Bag Lunch Class)

Thiamook Park Bldg.
2108 N.E. 41st Ave.
Mon. 7:00 p.m.
Tues. 7:00 p.m.
Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

NORTH PORTLAND
Rivergate Community Church
4737 N. Lombard St.
Tues. 7:00 p.m.

University of Portland
5000 N. Willamette Blvd.
Columbia Hall
(Enter from Portsmouth)
Wed. 5:00 p.m.

WEIGHT WATCHERS is a registered trademark of Weight Watchers International, Inc.
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CENSUS '90

**This Is Our Chance!
Answer the Census.**

Summer Savings.

MRS C'S WIGS

WHOLESALE & RETAIL
HUNDREDS OF WIGS
FOR YOUR EVERCHANGING LIFESTYLES

- NAOMI SIMS • BORNFREE
- MICHAEL WEEKS

AND OTHER NAME BRANDS

BETTY CABINE PROPRIETOR
TUES-SAT 11:30-6:00

EVERYTHING FROM CURRENT STYLES TO SPECIALTY WIGS
UNIQUE HAIR ORNAMENTS
HAIR BEADS & BEAUTY SUPPLIES
MRS. C'S EBONY ESSENCE COSMETICS
ZURI COSMETICS

BEAUTICIAN & STUDENT DISCOUNTS
100% HUMAN HAIR FOR BRAIDING & WEAVING

281-6525
7th & FREMONT (707 N.E. FREMONT)

City	Fare each way with round-trip purchase
Albany	\$213
Albuquerque	\$125
Allentown/Bethlehem, PA	\$213
†Anchorage	\$238
Atlanta	\$203
Austin, TX	\$140
Baltimore	\$213
Bangor, ME	\$213
*Bellingham, WA	\$98
Billings, MT	\$140
Birmingham, AL	\$203
Boise	\$144
Boston	\$215
Buffalo	\$203
Burbank, CA	\$151
Burlington, VT	\$213
Cedar Rapids, IA	\$182
*Charleston, SC	\$149
Charlotte, NC	\$213
Chicago	\$185
Cincinnati	\$192
Cleveland	\$203
Colorado Springs	\$140
*Columbia, SC	\$149
Columbus, OH	\$203
Dallas/Ft. Worth	\$182
Dayton, OH	\$192
Denver	\$141
Des Moines	\$172
Detroit	\$192
*Eugene	\$84
†Fairbanks, AK	\$280
Fargo, ND	\$182
*Ft. Lauderdale, FL	\$150

Celebrate summer with United's lowest fares going. Just pick your city and have fun! For reservations, call your Travel Agent. Or call United at 226-7211.

*Ft. Myers, FL	\$150	Memphis	\$192
Ft. Wayne, IN	\$192	*Miami	\$150
Fresno	\$130	Milwaukee	\$182
Grand Rapids, MI	\$192	Minneapolis/St. Paul	\$172
Great Falls, MT	\$130	Modesto, CA	\$135
*Greensboro/High Point, NC	\$149	Moline, IL	\$182
Harrisburg, PA	\$213	Monterey, CA	\$130
Hartford	\$213	Nashville, TN	\$192
*Honolulu	\$236	Newark	\$213
Houston	\$192	New Orleans	\$203
*Huntsville, AL	\$149	New York	\$213
Indianapolis	\$192	*Norfolk, VA	\$129
Islip, NY	\$213	Oakland	\$120
*Jacksonville, FL	\$150	Oklahoma City	\$172
Kansas City	\$161	Omaha, NE	\$172
Knoxville, TN	\$203	Ontario, CA	\$146
*Las Vegas	\$109	*Orlando	\$106
Lexington, KY	\$192	Palm Springs, CA	\$150
Lincoln, NE	\$172	Peoria, IL	\$182
Little Rock, AR	\$192	Philadelphia	\$213
Long Beach, CA	\$146	Phoenix	\$120
Los Angeles	\$146	Pittsburgh	\$203
Louisville	\$192	Portland, ME	\$213
Madison	\$182	Providence	\$213
Manchester, NH	\$213	*Raleigh/Durham	\$149
*Medford, OR	\$87	Rapid City, SD	\$166
		*Reno	\$98

*Richmond, VA	\$149
Rochester, NY	\$203
Sacramento	\$120
Saginaw, MI	\$192
St. Louis	\$182
Salt Lake City	\$130
San Antonio	\$161
San Diego	\$151
San Francisco	\$120
San Jose	\$120
Santa Ana/Orange County, CA	\$146
Santa Barbara	\$140
*Sarasota, FL	\$150
*Savannah, GA	\$149
Seattle, WA	\$83
Sioux City, IA	\$172
Sioux Falls, SD	\$172
Spokane, WA	\$108
Springfield, MO	\$182
Syracuse, NY	\$213
*Tampa	\$150
*Tucson	\$130
Tulsa	\$182
Washington, D.C.	\$213
*Wenatchee, WA	\$92
*West Palm Beach, FL	\$150
White Plains, NY	\$213
Wichita, KS	\$161

RESTRICTIONS: United's Summer Savings are good for travel from noon Monday through noon Thursday. Fares shown are each way with a round-trip purchase. Buy your tickets within a day of making your reservations, and at least 14 days in advance of your departure. Tickets are non-refundable and your trip must include a Saturday night stay. Other significant restrictions may apply and fares are subject to change without notice. Seats are limited and the flight you want may not be available when you call, so make your reservations early. A portion of some travel may be on United Express carriers. These fares are good from Portland International.

CODE:
♦7-day advance purchase required. Travel between June 28 and September 4 is \$10 higher each way.
*Day of week travel restrictions may vary. †Travel any day of the week.

Sheridan FRUIT CO. SINCE 1916

OREGON GROWN **WHOLE CHICKEN** 79¢ LB.
CUT-UP 99¢ LB.

OLD FASHION **SMOKED DINNER FRANKS** \$1.89 LB.

SICILIAN STYLE **GREEN OLIVES** \$1.89 LB.

LARGE SIZE **ARTICHOKES** 2/89¢

FRESH RHUBARB 39¢ LB.

HONEYDEW OR CANTALOUPE 69¢ LB.

HOME GROWN **SPINACH** 3/99¢

BULK NON-PARIEL **ALMONDS** \$1.99 LB.

BULK **ROLLED OATS** 3/\$1.00
REGULAR OR QUICK

BULK **WHITE TEXMATE RICE** 99¢ LB.
PRE-PACKED

WHILE THEY LAST! **SARDINES** 2/\$1.00
GLYNGORE DANISH BRISLING

PRICES GOOD MAY 8 THRU MAY 14, 1990
409 S. E. UNION & OAK 235-9353
OPEN DAILY 6AM-8PM, SUNDAY 6AM-6PM

UNITED AIRLINES