

Peking duck economy style still a culinary pleasure

By Ann Scott
United Press International

PEKING — Travel in China is an endless gastronomic adventure. Sampling regional fare — from fiery peppered chicken in Sichuan to sweet sucking pig in Canton — is a fattening and gratifying way to enjoy Chinese people and places. The pinnacle of culinary pleasure, for Chinese who can afford it, is Peking duck. The Qian Men restaurant on the capital's lively Qianmen Road serves it every evening. The restaurant's noisy, smoke-filled Chinese wing is far more animated than the expensive section next door reserved for foreigners. The food is delicious, the

service fast, and prices rock bottom. Friendly waitresses in white smocks seat customers in wooden chairs around one of a dozen crowded tables already heaped with plates of tender roast duck and malty, local beer. Bare duck bones litter the floor. A huge painting of plump, white ducks flying over the Great Wall whets the appetite. Chinese welcome foreign friends to the table, often offering them Chinese cigarettes and staring and laughing when they fumble with chopsticks. The menu is small. Almost every dish is made from some part of the duck. People who don't speak Mandarin can point to the plates of Chinese tablemates.

Duck soup, with large chunks of neck, liver, ribs and chopped green onion swimming in a rich, milky broth, makes an excellent appetizer — although soup is usually the last course instead of the first at a Chinese banquet. Webs, tongue, heart and wings prepared in a variety of ways are also tasty preliminaries. For only \$5 U.S., a duck, dainties can stuff themselves just as Ming emperors did more than 400 years ago when court chefs invented the dish. The ducks were force fed and closely penned to keep them from exercising. Once well fattened, they were killed, plucked and cleaned. Compressed air was injected between the skin and flesh so fat would drip out as they were cooked.

The birds were scalded, then coated with a syrup and hung to dry before roasting. Court chefs roasted the ducks until their skin was crisp and deep red, then chopped the birds into 120 thin slices and whisked them to the emperor's dining table. Every night in the Qian Men kitchens dozens of ducks are prepared the same way. Besides duck soup, webs, tongues, hearts and wings, diners may eat the crisp, savory skin and meat wrapped in a soft wheat pancake with shredded green onion and a sweet bean or plum sauce. Drowsy after a duck banquet, the diner is tempted to head for bed. But, walk instead down to tiny Dasharan Road, where Chinese acrobats suspend reality with nightly, hair-raising performances.

Macadamia nuts liven this sauce for fish steaks

By Aileen Claire
NEA Food Editor

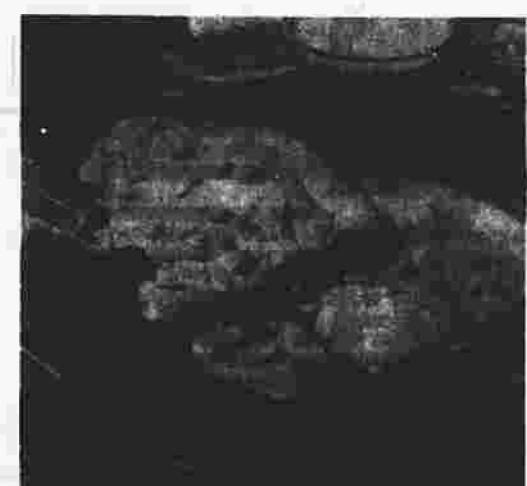
A food diet will benefit from a little imagination. A fish steak, for example, is pan-broiled and served with a creamy macadamia nut sauce. This dish designed for two is easy to make and is also an excellent company fish entrée.

Tangy Fish Steaks With Macadamia Sauce

- 12 ounces firm-fresh fish steaks cut 1/2-inch thick
 - 1 1/2 tablespoons fresh lime juice
 - 1 tablespoon flour
 - 1/4 teaspoon salt, divided
 - 1/16 teaspoon ground black pepper
 - 1 tablespoon butter or margarine
 - 1/3 cup heavy cream or half and half
 - 3 tablespoons water
 - 1/4 cup chopped macadamia nuts
 - Lime slices and parsley optional
- Sprinkle both sides of fish with lime juice; let stand for 10 minutes. Combine flour, 1/4 teaspoon salt and black pepper. Sprinkle fish with flour mixture; shake off excess. In medium skillet, melt butter. Add fish; cook until fish flakes easily when tested with a fork, turning once, about 8 minutes. Remove to a warm serving platter and set aside. Add cream, water, macadamia nuts and remaining 1/4 teaspoon salt to the pan. Cook and stir over low heat, scraping bottom of pan, until sauce is lightly browned and thickened. Spoon over fish. Garnish with lime slices and parsley, if desired. (This recipe may be doubled.) This kitchen-tested recipe makes 2 portions.



Patricia Johnson of Fountain Village looks over the 1973 bound volume edition of Gourmet Magazine an anonymous donor left her last week.



Macadamia nut sauce turns fish steaks into an entrée.

Best meat buys listed

WASHINGTON (UPI) — Beef liver, turkey, chicken, ground beef, pork shoulder and ham are the best meat buys these days. The rankings are based on a study made by the U.S. Department of Agriculture during four consecutive weeks of June 1983 in five Washington area supermarkets. The economy of a cut is based on the amount of cooked lean meat or the number of servings it provides, along with the price per pound, says Isabel Wolf, administrator of the USDA Human Nutrition Information Service. "A relatively high priced meat with little or no waste may be more economical than a low-priced cut with a great deal of bone, gristle or fat," Mrs. Wolf says.

Mystery benefactor leaves book on step

When Pat Johnson of Fountain Village Apartments returned home from vacation last week she had a pleasant surprise waiting for her — a bound volume of all 1973 issues of Gourmet magazine. The magazines were left in the office of her apartment complex by an anonymous donor. Obviously the donor reads the Manchester Herald. Mrs. Johnson appeared in the "Your Neighbor's Kitchen" column in the June 29 issue. In the article, she said she'd been collecting Gourmet magazine since age 14, or for about 18 years. But she was missing those for the year 1973. That was the year she had just finished college and she couldn't afford to buy the magazine that year. She was determined that some day she would find them to complete her set. Little did she dream that they would come to her so easily. She only wishes she could thank the donor personally. Mrs. Johnson has shelves full of the magazines, in her kitchen, some are in bound volumes and some aren't. She keeps them handy, and often refers to them.

Supermarket Shopper Super-stockers rate the 'hall of fame'

By Martin Sloane
United Press Syndicate

What's a "stocker"? No, it isn't a person who drives a '58 Chevy through town with exhaust pipes thundering. Actually, a stocker is a very special type of smart shopper. Peggy Patrick is a wonderful example. "A few weeks ago, some friends lost their little boy. For the two weeks before he passed away, he was in the hospital, and they stayed there almost constantly. Nothing could ease their sorrow. "I tried to think of some small way in which I could help. Finally, I went to my pantry where I keep my stock of supermarket items and fixed a 'basket of love' to help ease some of their grief. "I must say I never felt more grateful for my stock. I knew they appreciated my basket, and being able to help in this unusual way made the time and effort I spend in stocking up all the more worthwhile. Here are three "super-stockers" who have made my hall of fame. Henry Wesley of Dearmanville, Ala. "I can't imagine what took me so long to discover organized couponing, refunding and stocking up. Now, after just a few months, I wouldn't shop in any other way. For example, my store has double coupons every Monday and had a special on Hungry Jack 5-count biscuits, after just 99 cents. I had six Hungry Jack coupons which each offered \$1 off on the purchase of six cans. After the coupons were doubled, I actually received 36 cents off each can, and 12 cents change! R. Chmielewski, Baltimore, Md. "In a newspaper advertising supplement, I saw an announcement of an upcoming special promotion for Yes! laundry detergent. The ad said to look for a bottle specially marked at 99 cents. I went through my coupons and found six 30-cent coupons and six 30-cent coupons. Those 10 newspapers also got me more than \$40 worth of other useful coupons! Even with bargains like these stocking up still requires some extra money to invest in your stock. If you are on a very tight budget, how do you come up with this money? Mrs. Michael Peckinpaugh, Glendale, Ariz. "A local store had double coupons and also advertised Coke at \$1.19 a six-pack. In the same newspaper was a Coke for a bottle specially marked at 99 cents. I went through my coupons and found six 30-cent coupons and six 30-cent coupons. Those 10 newspapers also got me more than \$40 worth of other useful coupons! Even with bargains like these stocking up still requires some extra money to invest in your stock. If you are on a very tight budget, how do you come up with this money? Mrs. C.L. Kline of Shrewsbury, Mass., has a good method: "For the past few years, I have been able to stock up on bargains despite the fact that I am on a tight budget. How do I do it? I borrow money to stock up from my "coupon jar." Then, as I use each coupon, I pay back the jar out of that week's household money as though I had just purchased it. For instance, I purchased 59 pounds of hamburger when it was on sale for 99 cents a pound. When I used it, the price was \$1.39, and this is what I paid to my "coupon jar."

These offers require refund forms: **CAKE MATE Offer.** Receive a coupon for a free quart of milk up to 70 cents. Send the required refund form and two Tully Shapers from the front of any Cake Mate Icing or Gel product. Expires March 1, 1984. **CHICKEN IN A BASKET \$1 Snack Cracker Refund.** Send the required refund form and three purchase confirmation seals from Chicken In A Basket Flavored Crackers. Expires Sept. 30, 1983. **KJELDSENS Butter Cookies \$1 Refund.** Send the required refund form and the register tape, along with the perforated center divider found between the top and bottom layer inside the tin of Kjeldsens Butter Cookies. Expires Dec. 31, 1983. **MRS. SMITH'S Frozen Foods Co. \$1 Refund.** Send the required form and two Universal Product Code symbols from Mrs. Smith's Cherry Crepes or Blueberry Crepes packages. Expires Dec. 31, 1983. **NABISCO \$1 Cookie Refund.** Send the required refund form and the purchase confirmation seals from four packages of Nabisco Cookie varieties, including one from Fig Newtons Cookies. Expires Sept. 30, 1983. **SUNSHINE Graham Slam Refund Offer.** Receive a \$1, \$1.50 or \$3 refund. Send the required refund form and two proof of purchase seals from any size of Sunshine Honey Graham or Creamy Graham for a \$1 refund, or three proof of purchase seals for \$1.50 refund, or four proof of purchase seals for a \$3 refund. The proof of purchase seals are the Universal Product Code symbols. Expires Oct. 31, 1983. **THOMAS' Free Eggs Offer.** Receive a coupon for a free 1-dozen eggs — to \$1, plus the "Brunch with Sir Thomas" Recipe Collection, which contains a 10-cent coupon and special "Egg Ring" offer. Send the required refund form and the Universal Product Code symbols from five packages of Thomas' English Muffins (any size / any flavor). Expires Sept. 30, 1983. **WHEAT THINS \$1 Snack Cracker Refund.** Send the required refund form and three purchase confirmation seals from Wheat Thins Snack Crackers. Expires Sept. 30, 1983. Here's a refund form to write for: A Free Oreo Cookie Offer Form, P.O. Box 108, El Paso, Texas 79977. This offer expires Sept. 30, 1983.

International cuisine contest produce unexpected recipes

By Jeanne Lesern
United Press International

America's reputation as a melting pot of world cuisines continues to grow with every cooking contest. One recent competition encouraging the use of two Italian type cheeses in international cookery received entries adapted from Chinese and Japanese cuisine, although dairy products are very rare in the Far East. The appetizer-salad category winner in another contest was a Greek-style pastry whose ingredients included stout brewed in Ireland and marketed by an England-based company. In a third contest, promoting coconut, one grand prize winner was a French chef at a Boston hotel who entered an African entree recipe he submitted on a previous job. And in a fourth, an American-born finalist developed a French-style, nouvelle cuisine hors d'oeuvre recipe using, among other things, French hunk and cognac and Japanese enoki mushrooms. Only three of the top 10 prizes in the cheese cookery competition went to American-style recipes. The grand prizes from the sponsoring Polio Dairy Products Corp. went to two New Yorkers and a New Jersey resident — for a coffee cake, a deep-fried appetizer containing ground turkey as well as three cheeses, and Greek triptika, or cheese-filled triangles. The seven firsts included two recipes each based on Mexican and Greek traditions and one each representing the United States, Burma and Paraguay. Interesting recipes that finished out of the money in the dairy products contest included a Jamaican cheese ball snack from a Bronx, N.Y., woman, Chinese wontons with cheese, almond and Chinese five spice filling from a Peruvian. And in a fourth, an American-born finalist developed a French-style, nouvelle cuisine hors d'oeuvre recipe using, among other things, French hunk and cognac and Japanese enoki mushrooms. Only three of the top 10 prizes in the cheese cookery competition went to American-style recipes. The grand prizes from the sponsoring Polio Dairy Products Corp. went to two New Yorkers and a New Jersey resident — for a coffee cake, a deep-fried appetizer containing ground turkey as well as three cheeses, and Greek triptika, or cheese-filled triangles. The seven firsts included two recipes each based on Mexican and Greek traditions and one each representing the United States, Burma and Paraguay. Interesting recipes that finished out of the money in the dairy products contest included a Jamaican cheese ball snack from a Bronx, N.Y., woman, Chinese wontons with cheese, almond and Chinese five spice filling from a Peruvian. And in a fourth, an American-born finalist developed a French-style, nouvelle cuisine hors d'oeuvre recipe using, among other things, French hunk and cognac and Japanese enoki mushrooms.

SAVE \$3.10

redeem these coupons at any store selling these products

IT'S HOT, GET A LOT!

BEAT THE SUMMER HEAT AND SAVE ON YOUR CHOICE OF REAL REFRESHMENT!

SAVE 25¢

with a picture-perfect offer on *Pretty as a Picture*

Clip 25¢ off the cost of PARKAY Light spread.

Taste the great buttery flavor of PARKAY Light spread. It has 25% fewer calories than regular margarine. And you get 25¢ off the regular price when you clip this coupon.

HURRY! REDEEM ONE OF THESE GLAD COUPONS NOW!

on your next purchase of GLAD 50 Count Food Storage Bags

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CLIP ONLY ONE OF THESE COUPONS

INTRODUCING CHUNKS OF REAL APPLE SURROUNDED BY A COOKIE!

APPLE BARS

Deliciously Moist

Apple Cookie Licious!

SAVE 15¢ ON NEW NABISCO APPLE BARS

TO THE RETAILER: Coupon will be redeemed for 15¢ plus 7¢ for handling when you comply with offer terms. Any other application constitutes fraud. Coupon is void where prohibited. Coupon must be attached to proof of purchase of specified product(s) or other applicable sales. Coupon may not be assigned or transferred by you. Coupon void where prohibited by state agency or broker or where use is prohibited, restricted, or taxed. Good in U.S.A. Cash value .0001. Make no coupon interest on purchase. NABISCO BRANDS, INC. P.O. Box 1754, Clinton, Iowa 52724. Only one coupon interest on purchase. COUPON EXPIRES JANUARY 31, 1984.

44000 110807

MANCHESTER HERALD, Wednesday, July 27, 1983 - 15

Save 50¢ when you purchase any large (15-24 ounce) la Pizzeria frozen pizza.

50¢ STORE COUPON

SAVE 20¢ OFF THE REGULAR PRICE OF ONE 2-LITER BOTTLE OR A MULTI-PACK OF BOTTLES OR CANS.

50¢ STORE COUPON

SAVE 25¢ on a 2-lb. package of PARKAY Light spread

25¢ STORE COUPON

SAVE 35¢ on your next purchase of GLAD 75 Count Food Storage Bags

35¢ STORE COUPON

SAVE 30¢ ON one package of GLAD 20 ct. GLAD Large Trash Bags OR one package of GLAD 30 ct. GLAD Large Kitchen Garbage Bags

35¢ STORE COUPON

SAVE 25¢ ON ANY BLACK FLAG BUG KILLER.

25¢ STORE COUPON

SAVE 35¢ on any size Little Friskies dry cat food, any flavor.

35¢ STORE COUPON

SAVE 20¢ ON ANY 5 CANS OF MIGHTY DOG OFF

20¢ STORE COUPON

27 JUL 27

Dance teacher Arthur Murray

The man with the footsteps treads the financial waltz

By Patricia Patton
United Press International
HONOLULU — His name is synonymous with ballroom dancing...



Murray dance studio in Atlanta, to a mail-order "footprints" dance correspondence course that taught some 750,000 to the 11-year TV run of the popular Arthur Murray Dance Party...

DANCE TEACHER ARTHUR MURRAY AT 88 ... keeping up with the financial news

About Town

Garden club elects officers
Mrs. E. Thomas Donovan of 34 Timber Trail has been elected president of the Perennial Planters Garden Club...

TV Watergate

A nation's probe of its government
"Summer of Judgment: The Watergate Hearings" will air tonight on most PBS stations...

Computer camp offered Scouts

Manchester Boy Scouts are eligible to attend a computer camp being offered by Long Rivers Council of Boy Scouts of America during the week of Aug. 14 through 20...

Band shell program change

Peanutbutterjam will be the featured act at the Bicentennial Bandshell Concert on Aug. 10 at 7 p.m. This group will replace the Ripple Band...

Cheney photos on exhibit

"Cheney Brothers was the World," an exhibition of old photographs of life and labor in Manchester in the early 20th century, is on display at the Chamber of Commerce...

Church to show Swiss film

"Climb a Tall Mountain," a motion picture filmed in Switzerland, will be shown Sunday at 7 p.m. at Trinity Covenant Church...

GIOVANNI'S RESTAURANT

MANCHESTER, CT. 647-0440
We are now Air-Conditioned to add to your dining comfort. COME ON IN AND TRY US!

Cinema

HARTFORD
Albion Cinema — Reopens Thursday
Cinema City — La Trovato (G) 2:30, 7:30, 9:30
Blow Up 2:45, 7:10 with The Poseidon (G) 9:15

Businessman's Special

Any Sandwich \$2.95 Any Entree \$3.95
OFF OUR LUNCH MENU
Includes Choice of Rice Pilaf or French Fries.
Beer or Wine \$1.00 each
11-3 P.M. — Monday - Friday AT BAR ONLY

SHOWCASE CINEMAS

HARTFORD
INTERSTATE 8 EXIT 58 LAST HARTFORD 548-8810
CLASS
SHOW AT 1:15-3:15-5:15-7:15-9:15

THE PRODUCING GUILD

is looking for MALE SINGERS between the ages of 25 and 55 years old for their upcoming production of TAKE ME ALONG on Thursday, July 28th, 7:30 PM to 9:30 PM.

News for Senior Citizens

There're still a few openings for the Bronx Zoo trip

Editor's note: This column is prepared by the Manchester Senior Citizens Center. It appears in the Manchester Herald on Wednesdays and Saturdays.

There are still a few openings for the Aug. 23 Bronx Zoo trip. The cost of the trip is \$15, which includes transportation, admission and a tour of the zoo on the Monorail system...

Individuals who have signed up for the "Arizona Scramble" on Aug. 3 with the Retired Swingers of the Manchester Country Club can obtain their starting times this Monday at the Country Club by inquiring with the league officers...

On Aug. 29, the Men's Senior Citizens Golf League will be sponsoring a tournament at Twin Hills Golf Course starting at 7:30 a.m. The cost of the affair will be \$5, which includes greens fees, prizes, hot dogs and hamburgers...

Menus

Senior citizen
The following lunches will be served the week of Aug. 1 through 5 at Mayfair Gardens and Westhill Gardens, to Manchester residents who are 60 or older...

DELISHIOUS

Weaver Chicken Roll \$2.59
Tobins Skinless Franks \$1.99
Colonial Glazed Ham \$2.79
Potato Salad \$1.59

DELISHIOUS

Del Monte Vegetables \$2.85
Sunshine Krispy Crackers \$1.89

DELISHIOUS

Del Monte Vegetables \$2.85
Sunshine Krispy Crackers \$1.89

A&P Fresh Chicken Legs 79c

Box-O-Chicken 59c

Morton Meat Pies 3 for \$1

Pepperidge Farm Muffins 1 for 1.09

Orange Juice 79c

Bare Elegance Body Shampoo 1.69

Tubelis TASTEMAKER

Spruce Tuna Fish 69c

Del Monte Vegetables 285c

Del Monte Vegetables 285c

Del Monte Vegetables 285c

DOUBLE COUPONS REDEEM MANUFACTURERS' CENTS-OFF COUPONS FOR DOUBLE THEIR VALUE.

Fresh Chicken Legs 79c

Lean Ground Beef 1.49

Pepperidge Farm Muffins 1 for 1.09

Orange Juice 79c

Bare Elegance Body Shampoo 1.69

Tubelis TASTEMAKER

Spruce Tuna Fish 69c

Del Monte Vegetables 285c

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Spruce Tuna Fish 69c

Del Monte Vegetables 285c

Del Monte Vegetables 285c

Del Monte Vegetables 285c

All Stores Open Sunday CHECK LOCAL STORES FOR HOURS

Smoked Hams Shank Portion 69c

Smoked Hams Rump Portion 79c

Smoked Hams Whole or Shank Half 89c

Chiquita Bananas 39c

Whole Watermelons 2.99

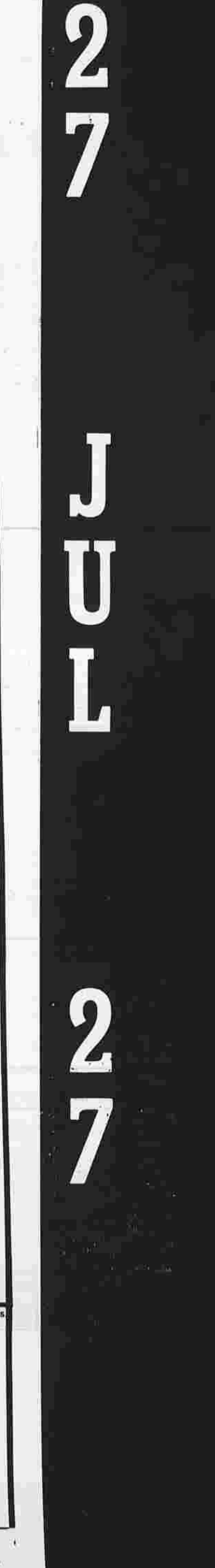
Yoplait Yogurt 3 for \$1

Gulden's Spicy Brown Mustard 2 for \$1

Betty Crocker Cake Mixes 79c

Betty Crocker Angel Food Cake 1.29

Rold Gold Pretzels 99c



Caldor Shopping Plaza Burr Corners, Manchester

HOURS: MONDAY THRU FRIDAY 8:00 A.M. TO 12:00 P.M.; SATURDAY 8:00 A.M. TO 10:00 P.M.; SUNDAY 9:00 A.M. TO 5:00 P.M.

Wednesday TV

6:00 P.M.
1 - CBS News
2 - Three's Company
3 - S.W.A.T.
4 - Lawrence & Shirley & Co.
5 - Bill Dinos Outdoors
6 - USA Cartoon Express
7 - Rock Church
8 - Back Rogers
9 - MOVIE: 'Labyrinth' Bruno the Questionable is a sleek...

Wednesday
A reluctant Joey (Christian Jacobs) is supposed to visit his father for the first time since his parents' separation, but all that arrives is his luggage on Wednesday, July 27 on CBS.
CHECK LISTINGS FOR EXACT TIME
11:45 P.M.
1 - Mac...
2 - NBC News Overnight
3 - MOVIE: 'Summer Lovers'...

Comic strips including 'The Trick to Acting', 'Slam in a 4-4 fit', 'Thoughts', 'CROSSWORD', '6 MUFFINS \$1.69', 'RETURN OF THE JEDI', 'I AM THE BOSS', 'YOU'RE FIRED!', 'THE SWEETLEYS', 'WINTHROP', 'HEE YAAH!', 'LET ME SEE WHAT I WRITE', 'I USED TO BE VERY SHY UNTIL I READ YOUR PAMPHLET', 'I'M GLAD YOU FOUND IT HELPFUL', 'I AM A PHI BETA KAPPA, SIR.', 'YOU'RE FIRED!', 'HO-HUM, IT'S PRETTY BORING...', 'JUST SITTING AROUND LIKE THIS, BUT WHAT CAN I DO?', 'THE SWEETLEYS DIDN'T LET THEIR CAT OUT TODAY.'

BRIDGE
Slam in a 4-4 fit
NORTH 7-27-83
WEST 10-17-83
EAST 10-17-83
SOUTH 10-17-83
ASTRO GRAPH
July 28, 1983
This coming year you could experience a number of changes not of your making, each instance you'll turn around to serve your best interest.
Thoughts
Athletic games and contests life to an athletic extent. Certainly there is commitment and self-discipline involved in both, and yet there are also striking differences.
CROSSWORD
ACROSS
1 Her Majesty's ship (abbr.)
2 French women (abbr.)
3 Sleeping sickness fly
4 Long time
5 England
6 Flank
7 Monster
8 Jet
9 Piece of
10 Outer (prefix)
11 Keep clear of
12 Direction
13 Item of value
14 Affected
15 High spirits
16 Stupid fellow
17 Map West
18 Narrow aperture
19 Concerning the ear
20 Roman
21 Infamous
22 City in Oklahoma
23 Pertaining to
24 Wild iris
25 Give outlet to
26 Force over
27 Mild oath
28 35 Northern
29 Constellation
30 'Auld Lang'
31 Columnist's entry
32 City in
33 Oklahoma
34 Pertaining to
35 Opened onto
36 Pressed
37 Colorado card point
38 41 Units
39 Adam's mate
40 Shy
41 Snapped
42 Compass point
43 Semantics
44 The last
45 Widespread
46 Adolescent
47 Short sleep
48 Luxury
49 Houseboat
50 Incessant
51 Incessant
52 Standard
53 Slow slider
54 Amphetamine
55 DOWN
1 Wife of Zeus

Advice
Woman still hot for roving husband
Dear Abby
Abigail Van Buren
DEAR ABBY: I'll try to keep this short, but I could write a book. I was a 35-year-old divorcee with a 17-year-old daughter ('Angie') when I married 'Bill,' a gorgeous, 39-year-old hunk.
DEAR ABBY: My pet peeve is 'music' in public places. I enjoy music - good music - but I resent having it forced on me in restaurants, offices, even in elevators. And I now suspect that the volume and choice of music are not designed to please the customer, but certain employees. Two examples:
DEAR ABBY: I'm a 39-year-old man who would have sex with his wife's 17-year-old daughter if I were a fool. I'm a young adolescent with his step-sister, and while they were there Angie caught Bill in bed with his step-sister, so Angie took a bus home and filed for divorce.
DEAR ABBY: Recently I attended a family reunion, where I met a young adolescent with his step-sister in blindness. His parents have promised him that he will not go blind because they're afraid he

Is there nutritious milk substitute?
Your Health
Lawrence Lamb, M.D.
DEAR DR. LAMB: I read your column about the person who had a spastic colon that was caused by drinking milk. I too had gas, cramps, sometimes mild diarrhea, but most of all those terrible pains from bloating. After reading about her problem I decided that perhaps my spastic colon was really milk intolerance so I quit all milk and stopped eating anything made with milk.
DEAR DR. LAMB: I hope you will be able to advise me about my nightly leg cramps. The pain may occur within two hours after I am in bed but it is sure to occur by 4 a.m. The cramps are in the leg muscles and go down into the feet. I have to get up and walk to relax the muscles. I have taken many different medicines including quinine, which was the best. But I increased the ringing in my head and this has been going for 10 years now.

Cuban study suggests dark tobacco is worst
WASHINGTON (UPI) - Cuban women have the highest lung cancer death rates in the Americas and researchers say smoking is to blame with dark locally grown tobacco possibly aggravating the situation.
DEAR LOVER: Write to the offending management, stating that you're taking your business elsewhere and giving the reason why.

Bogner
SUMMER SIZZLERS
EXTRA LEAN BULK HAMBURG 10# LOTS \$129 PER LB.
CHOICE BONELESS SIRLOIN TIPS 12-14 LB. AVG. \$169 PER LB.
HAMBURG PATTIES 10 LB. \$149 PER LB.
BEEF FRANKS 3.5 LB. \$159 PER LB.
BONELESS SIRLOIN HIPS 10-14 LB. \$279 PER LB.
WHAOLE COMMERCIAL BEEF TENDERLOINS 4-6 LB. \$289 PER LB.
EYE ROUND ROAST 5-7 LB. \$229 PER LB.
BUBBLE OF FLANK STEAKS 3-4-6 LB. \$339 PER LB.
WHOLE WESTERN PORK LOINS 14 LB. \$139 PER LB.
WHOLE WHOLE BONELESS SHOULDER CLODS 10-12 LB. \$189 PER LB.
Manchester packing company inc. 646-5000

6 MUFFINS \$1.69
It's worth the trip... it's worth the trip... it's worth the trip...
COUPON
6 MUFFINS \$1.69
A savings of at least \$0.60
DUNKIN' DONUTS
It's worth the trip.
SAVE 25%
Post grape-nuts
Crunchy good taste... compliments of nature.
SAVE 25% on any size Post grape-nuts
GENERAL FOODS CORPORATION

27 JULY

27

summer REAL ESTATE

HOME OF THE WEEK



- Attractively landscaped
- Efficiency kitchen
- Air conditioned
- Spacious rooms
- Plenty of parking
- Large conference room
- A warm and friendly place
- It's our home away from home
- It's Ed Gorman's office building
- It's at 604 Middle Turnpike East
- If you want to buy or sell a home
- Or start a career in real estate sales
- Stop by and say Hello
- You'll feel right at home



NEAT PACKAGE
Reasonably priced and conveniently located 3/4 bedroom cape. Large kitchen and living room, family room, fireplace living room. One car garage. \$66,900. makes it a good buy. New Listing!



BECOME AN OWNER
and quit paying out your income in taxes! Enjoy ownership but without all the yard maintenance... enjoy carefree weekends in this lovely 3 bedroom town home. 2 1/2 baths, central air and much more! Only \$70,500.

D.F. REALE, INC.
Real Estate
119 Main St., Manchester, Ct.
646-4525



204 Scott Dr., Manchester \$119,000
It's sleek and sophisticated, planned for people with "champagne taste." This distinctive Colonial with 11 rooms is a dream come true. Your guests will oooh & aah at the sight of the 16x32 pool with Cabana & shower. The extras could fill a book. You won't find a more luxurious home for your family.



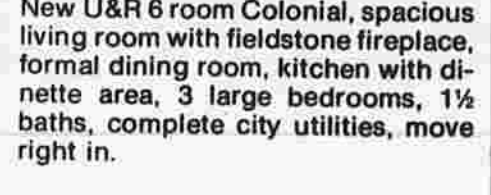
SENTRY
Real Estate Services, Inc.
223 East Center St., Manchester 643-4000
648 Hartford Tpk., Rt. 30 Vernon
29 Connecticut Blvd., East Hartford
60 Poquonock Ave., Windsor



MANCHESTER
• Beautiful Garrison Colonial
• First floor family room with fireplace
• 3 bedrooms
• Large living room with fireplace
• 2 car garage
• Very private yard
• Located on Ferguson Road
• \$100,000



VERNON
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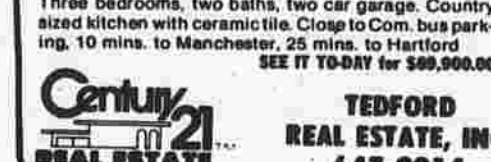
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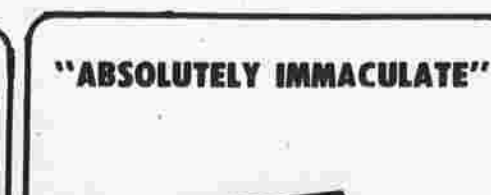
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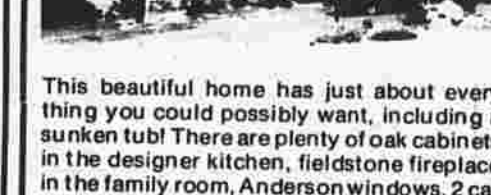
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NEW YORK (UPI) — American League President Lee MacPhail overruled his umpires today and upheld a protest by the Kansas City Royals by declaring that George Brett's two-run homer Sunday was valid.



Manchester man testifies
The former acting director of the Department of Transportation's tolls and concessions unit told a legislative committee today that conditions in the unit were "a blight on the State of Connecticut" when he took over in early 1979.



DOT tolls unit termed a 'blight'
The DOT's concessions unit became known as the "political arm" of the department under the Powers administration.



Inside Today
20 pages, 2 sections



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OPEN HOUSE SATURDAY, JULY 30th 1-4 P.M.
Rare 2 bedroom townhouse with 1 1/2 baths, pool, recreation area, central air conditioning. Immaculate home with superb decor. Carport, full finished basement.

9C Ambassador Dr., Manchester
Windsor & Center to Parker St. to left on Ambassador.

Slates for fall election take shape in Coventry
... page 7

Adult book shop still arouses ire
... page 11

Legion heads for playoffs
... page 15

Manchester Herald

State says no; Bennet project on hold again

By Alex Grell
Herald City Editor

The Bennet conversion project is on hold again because Integrity Financial Group Inc., which is supposed to insure the bonds, is not licensed to issue mortgage guarantee insurance and State Insurance Commissioner Peter Gillies holds that mortgage guarantee insurance is the kind involved in the transaction.

Gillies said this morning he thought the town had been informed of his decision Wednesday afternoon or this morning.

But General Manager Robert B. Weiss and James Lloyd, the town's bond counsel, were in New York today at office of S.F. Hutton, the brokerage firm that is supposed to buy the \$1.5-million issue. Weiss, Lloyd and Arthur Greenblatt of Community Development Corp., manager of the Bennet conversion, were conducting a pre-closing examination of various documents.

In a telephone conversation with the Manchester Herald from the Hutton offices this morning, Greenblatt said he was awaiting word from the insurance commissioner and that execution of the sale would go forward today or Friday if he received clearance.

But Gillies told the Herald he could not give that clearance. He said Integrity is specifically licensed for credit-line insurance. The Bennet developers, he said, feel that the kind of insurance in question is credit-line insurance, but the insurance department cannot agree.

When the problem was explained to the town Redevelopment Agency Tuesday night, it was described as a technical one involving documents submitted to the state's insurance department.

The town first knew there was the potential problem with insurance back in March. Peter Kelly, the chief examiner for the state insurance department, is a Manchester resident. He read about Integrity in Herald stories and phoned the office of Weiss about it.



Herald photos by Tarquinio

They had a tough job

They had a tough job at the town's swim meet at Verplanck Pool this morning. Above, they are the judges, from left, Glenn Eagleson, Chris Marchie, Dan O'Neil, Aaron Gaber, and Pam Calhoun. The event was relaxing for 10-month-old Andy Alejandro, at left. He slept. But Victoria Hahn, below, put a lot of effort into her backstroke.



Arafat's last post under rebel attack

By Hugh Pope
United Press International

Palestinian rebels using Soviet-made tanks and heavy mortars today attacked Yasser Arafat's loyalist troops near Jdita, the last Arafat stronghold along the strategic Beirut-Damascus highway in central Lebanon, radio reports said.

Police and private radio reports said the dissidents launched the attack four hours after Arafat's troops refused to surrender at 6 a.m. local time, the deadline set by rebel troops deployed around Jdita.

"The dissidents launched a major attack to capture the last pro-Arafat position in Jdita," the rightist Voice of Lebanon radio said. "The dissidents were using 120 mm mortars, (Soviet-made) T-55 tanks and heavy machine guns in their concentrated attack."

The report said the Arafat's troops, who had bolstered their defenses around the Khater Hotel on the outskirts of Jdita, were engaged in heavy fighting with the attackers.

The radio report said Col. Said Moussa, the rebel leader also known as Abu Moussa, had given the ultimatum to Abu Ahmed Ismail, the loyalist commander.

Ismail Wednesday bolstered defenses around the Khater Hotel on the outskirts of Jdita, with boys filling sandbags and machine guns erected on barricades. Rebels dug foxholes around the loyalist fortifications of the hotel and surrounding buildings, prepared for a possible assault.

"Our men are so close ... to the Khater Hotel that we can talk to them and try to bring them round to our point of view. Abu Ali here came over to us last night," said Abu Ashraf, the local rebel commander.

Guerrillas opposed to Arafat's leadership of the PLO drove the loyalists out of Jdita, 20 miles east of Beirut, in heavy fighting Monday and Tuesday. Shops were open again in Jdita Wednesday.

The Phalange radio said 15 guerrillas, including six Arafat loyalists, were killed Wednesday in Zaf Zabd on the Syrian border, 10 miles east of Jdita, and that 30 loyalists were taken prisoner.

If the rebels overrun the hotel near Jdita, the dissidents will have pushed Arafat's loyalists off the entire Syrian-controlled Beirut-Damascus highway. Ismail's small force of loyalists would also lose its last remaining front-line position facing the Israeli station south of the highway.

Brett homer ruled valid by MacPhail

NEW YORK (UPI) — American League President Lee MacPhail overruled his umpires today and upheld a protest by the Kansas City Royals by declaring that George Brett's two-run homer Sunday was valid.

MacPhail reopened what appeared to become a 4-3 Yankee victory when Brett was called out after his bat was found to have a coating of pine tar in excess of the allowable 18 inches.

Kansas City General Manager John Schuerholz was advised of the decision by AL secretary Bob Fischel 10 minutes before the official announcement. Brett, who said he expected to lose the appeal, planned to be on the golf course with his brother this morning.

"It is the position of this office that the umpires' interpretation, while technically defensible, is not in accord with the intent or spirit of the rules and that the rules do not provide that a hitter be called out for excessive use of pine tar," said MacPhail in a two-page release. "The rules provide instead that the bat be removed from the game. The protest of the Kansas City club is therefore upheld and the home run by Brett is permitted to stand."

"The score of the game becomes 5-4 Kansas City, with Kansas City at bat and two out in the top of the ninth inning. The game becomes a suspended game at that point and must be completed before the close of the season if practicable or the close of the season if it should affect the first place position in either division."

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