# CA FOR WOMEN

## Sullivan-MacGregor vows

Miss Elizabeth Holmes Sullivan, daughter of Mr. and Mrs. Holmes Daniel Sullivan of 321 N. Hoopes Ave., and Bruce Arnold MacGregor, son of Mr. and Mrs. Frank J. MacGregor of 23 Briggs St., Johnstown, N.Y. were joined in marriage at 2 p.m. Sunday by the Rev. Ralph H. Wagner Jr., in First Presbyterian Church.

Escorted by her father, the bride wore a while silk organza and venise, lace gown, with empire bodice, mandarin neckline, and bishop sleeves. An A-line skirt extended into a wide sweep carriage train. The cathedral length veil was trimmed with Venise lace. She carried a cascade of white daisies, baby's breath, and stephanotis.

House of Hill

Mrs. Bruce A. MacGregor

Matron of honor was Mrs. George H. Emerson, cousin of the bride. Bridesmaids were Miss Leslie Baumline, Miss Melissa Coleman, Miss Gail Perrotta, and Mrs. Peter Sullivan.

Best man was Fred Putman. Ushers were James Van Horn, Kenneth Grey, Donald Lipari, Peter Sullivan and Daniel Sullivan.

A wedding breakfast was given at the home of Mrs. Stuart Mackay.

A wedding reception was held at the home of the bride's parents.

Prenuptial events were given by Miss Gail Perrotta, Miss Susan Hanley, Miss Martha Ahlstedt, Mrs. Walter Bench, Mrs. George Emerson, Mrs. Jonah Clark, Mrs. Gary Clark, Miss Karen Clark, Mrs. Howard Baumline, Miss Leslie Baumline, Mrs. Marhlon Coleman, Miss Melissa Coleman, Miss Carol Beardsley, Mrs. Sven Tunander, Mrs. Stuart Mackay, Mrs. George Diehl, Jr., and Mrs. Thomas Moseley.

A rehearsal dinner was given by the bridegroom's parents at Springside Inn.

The bride graduated from East High School, attended State University College at Geneseo, and plans to attend Bradenton Jr. College, Bradenton, Fla.

The bridegroom graduated from Johnstown High School, Fulton Montgomery Community College, and SUNY, Geneseo. He will be employed as an elementary school teacher by Manatee County School System in Florida.

After a wedding trip to New England and the Atlantic Coast, the couple will live in Bradenton, Fla.

# On the go

Mr. and Mrs. Raymond Cuatt of Rt. 34, East Genoa, will entertain the Lester-Palmer reunion Sunday, Aug. 9. Meat, ice cream and coffee will be furnished. Members will take food to pass, beverages, sandwiches and table service. Dinner will be at 1 p.m.

The Christopher Columbus Commemorative Committee will meet at 8 p.m. Wednesday at the Auburn Inn. Nick Speno, president, will preside.

Terry L. Schenck, son of Mr. and Mrs. Roy C. Schenck of Truesdale Road, Union Springs has been promoted to private first class. He is stationed at Ft. Wainwright, Alaska.

The Hill Class of Wall Street United Methodist Church will meet Tuesday at 6 p.m. at the home of Mrs. Lillian Short, East Genesee Street Road.

## New arrivals

Mr. and Mrs. John William Diego of 78 N. Fulton St. have announced the birth of a 7 lb. 3 oz. daughter Kristin Marie in Mercy Hospital July 28. Mrs. Diego is the former Miss Nancy Marie Glowacki.

Mr. and Mrs. Benjamin Edward Davis of 60 N. Fulton St. have announced the birth of a 7 lb. 11 oz. son Mark Edward in Mercy Hospital July 28. Mrs. Davis is the former Miss Carol Beula Mason.

Mr. and Mrs. Charles Thomas Johnson Sr., of 12 Allis Ave., Moravia have announced the birth of a 6 lb. 13 oz. son Martie J. in Mercy Hospital July 29. Mrs. Johnson is the former Miss Wanda Marie Whitfield.

Mr. and Mrs. Cecil Ranson Bunnell of 33½ Walnut St. have announced the birth of a 6 lb. 7½ oz. daughter, Diana Bowe, in Mercy Hospital July 29. Mrs. Bunnell is the former Miss Anna May Barry.

Mr. and Mrs. Frederic M. Banks of Marietta have announced the birth of a 4 lb. 14 oz. daughter, Beth Ann, in Auburn Memorial Hospital July 28. Mrs. Banks is the former Miss Gail Miner.

Mr. and Mrs. Gerald Hewitt of 55 North Fulton St. have announced the birth of an 8 lb. 6½ oz. son, Gerald Joseph Hewitt II in Auburn Memorial Hospital July 28. Mrs. Hewitt is the former Miss Jean Chamis.

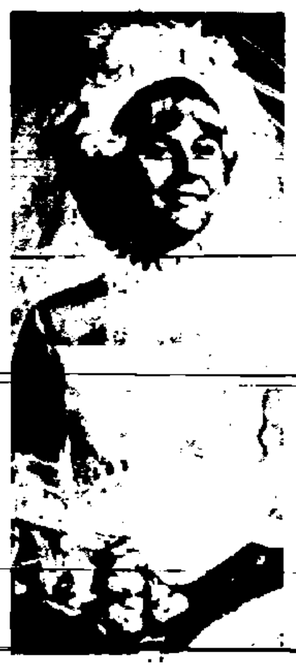
Mr. and Mrs. Donald Fleming of Meriden, Conn., have announced the birth of their first child, a 9 lb. 1½ oz. daughter, Sarah Anderson, in Meriden Hospital July 13. Mrs. Fleming is the former Miss Marlene Vince, daughter of Mr. and Mrs. George Vince, 23 Hockeborn Ave.

Mr. and Mrs. Irwin Abrams of Scarsdale have announced the birth of a 7 lb. 14oz. daughter, Elizabeth Maureen, in White Plains Hospital July 29. Mrs. Abrams is the former Miss Katherine Sullivan, daughter of Mrs. Charles M. Sullivan of 3 Chestnut St. This is their first child.

## Stryker-Walawender vows

Miss Mary Lee Stryker and Walter Walawender Jr. were married at noon Saturday in DeWitt Community Church, by the Rev. Alexander Carmichel.

The bride is the daughter of Mr. and Mrs. LeRoy Stryker of 4924 Long Acre Drive, Onondaga Hill. The bridegroom is the son of Mr. and Mrs. Walter Walawender Sr. of 143 Seymour St.



Mrs. Walter Walawender, Jr.

Given in marriage by her father, the bride wore a long gown of silk organza trimmed with pink satin ribbon. She wore a bouffant veil and carried pink and white roses.

Matron of honor was Mrs. Sonya Geisel. Bridesmaids were Mrs. Jean Borst and Miss Patricia Walawender, sisters of the bridegroom.

Best man was Fred Djiuba. Ushers were Grant Borst and Robert LaMontagne.

A luncheon reception was held at the Castaways.

The bride received a B.A. degree from Syracuse University where she was a member of Traditions Commission. She was elections commissioner and was chosen one of the 10 outstanding senior women. She is employed as a social worker with the Chittenango School District.

The bridegroom received a B.S. degree in psychology from Alliance College, where he was a member of Sigma Rho Delta, English honorary fraternity. He is an officer of the State Division of Parole in Syracuse.

After a wedding trip to Nassau, the Bahamas, the couple will live at Winkworth Garden Apartments, Syracuse.

## Shish kebab: Ancient cuisine comes into its own

By TOM HOGE
Associated Press Writer

Most people have at some point sampled shish kebab, that Middle East delicacy that can be traced back to the mountain warriors of the Caucasus who impaled meat on their swords and roasted it to a nice turn over a roaring fire.

But how many have sampled the delights of mihshee warak inab while they toasted their dinner companion with mint tea? It's just one of many succulent specialties of the Arab world that is finally finding favor on Western tables.

It is common knowledge that many of the spices we use today were introduced to the West by Arab traders centuries ago. Not so well known is the fact that many of the staples we consider indispensable were brought back from the Holy Land by the Crusaders in the 11th, 12th and 13th centuries. Knights of the Cross returned from the wars with their saddle packs laden with sesame, rice, millet and most important of all, sugar, which was virtually unknown by Western cooks who had done their sweetening with honey and fruits.

And don't forget the exotic eggplant which fired the imagination of Middle Eastern gourmets many centuries ago when they came from the kitchen dripping with olive oil and seasoned with a variety of spices.

Unfortunately, eggplant had a slow start in the West because some early botanist discovered that it was a distantcousin of the deadly nightshade plant. Dubbed the "mad apple," eggplant was avoided like the plague by all but an enlightened few in Western lands.

In recent years, Middle East fare has come into its own, however, and many students of international cookery rank it as the world's third finest cuisine, after France and China.

A table of appetizers, for instance; often includes up to 30 dishes such as white goat cheese, black olives, iced white onions, pistachio nuts, labani, a yogurt-like cultured milk product, pickled turnips, volcanic peppers and a variety of meat and rice specialties wrapped in grape leaves.

These delicacies are usually accompanied by thin, pliable loaves of Arabic bread. Pieces of it are torn from the loaf, folded to form a scoop and used to convey the various appetizers to the mouth.

One of the tastiest specialties of this ancient land in our opinion is Mihshee Warak Inab or ground lamb, rice and peppercorns wrapped in grape leaves.

**MIHSHEE WARAK INAB**

1 cup raw rice
1½ pounds ground lamb shoulder
half a dozen lamb bones
1 pound grape leaves
juice of three lemons
2 teaspoons salt
½ teaspoon whole peppercorns
½ teaspoon all spice

Mix uncooked rice and raw ground lamb in a bowl adding about 6 ounces water, salt, crushed peppercorns and all spice.

Soak grape leaves in warm water about 45 minutes to make them more pliable. Place leaves, greener side down on a board and top it with a heaping teaspoon of the rice and lamb mixture.

Space must be left on both sides of the leaf so they can be tucked in and the whole thing rolled as a package. The roll should be firm but loose enough to allow the rice to swell inside. The wet leaf should hold together during cooking.

Distribute lamb bones on bottom of kettle and cover with several grape leaves. This bed serves to keep the rolls from sticking at the bottom of the kettle. Arrange the rolled leaves in rows on top of each other. Place a medium sized dish atop the rolls to keep them in place and add enough salted water to reach this inverted dish. Cook the preparation over a medium fire for about half an hour. Add the lemon juice to bring out the grape leaf flavor and let dish simmer another 10 minutes.

Serve warm or cold as desired with yogurt or a green salad. Good with a dry white wine.

Serves Four.

## Miss Plis engaged to wed William Brush

Miss Margaret A. Plis

Mr. and Mrs. Matthew J. Plis of 132 Standart Ave. have announced the engagement of their daughter Margaret Anne, to William C. Brush, son of Mr. and Mrs. Charles E. Brush Sr., of Longmont, Colo.

Miss Plis is a graduate of East High School, and attended the State University at Albany. She is employed by Fay's Drugs.

Mr. Brush graduated from Poughkepsie High School and attended the State University at Albany. He is serving in the U.S. Navy, in the communication technician program. He is stationed at the Naval Training Center, Great Lakes, Ill.

The wedding has been planned for Dec. 26.

**NEW BUFFALO DEAN**

BUFFALO (AP) — The Dr. Henry J. Richards is the new Dean of Development Studies at Buffalo State College.

Richards will be responsible for directing the SEEK (Search for Education, Elevation and Knowledge) Program at the college as well as other similar de-developmental programs.

Richards succeeds Robert Hawkes, who resigned to accept a position with the University of Rochester as head of the Economic Opportunity Program.

# Dear Abby

By Abigail Van Buren

DEAR ABBY: A wife wrote that her husband got his kicks from asking her to don black sheer lingerie, high heels, and tying her up with ropes. She said he was a good husband except for this, and she asked you if you thought he could be dangerous. You advised her not to stick around to find out.

Abby, when this couple took their marriage vows, they promised it would be for better or for worse, in sickness and in health. And YOU tell her to call it quits. A fine counselor you are!

I had to make an adjustment in my sex life when I got married because I wasn't even sure my husband was normal. I went to my doctor and he told me that anything that was agreeable to both parties sexually was all right, and did not constitute a "far out fetish"—which is how you described that husband's behavior.

It takes different things to excite different people. That man just happened to like his woman in black sheer lingerie, high heels and tied up with ropes. Maybe that wife should learn to make an adjustment. Of course, it's probably too late for her now because if she took your advice she's already left him.

KNOWS THE ROPES

DEAR KNOWS: I, too, believe that anything that is agreeable to both parties sexually is acceptable behavior. But this woman said she was terrified and repulsed by this kind of "play," but her husband, knowing how frightened she was, kept after her to go along with it because it excited HIM. This, in my opinion, is cruel, selfish and brutal.

"Do you think he could be dangerous?" she asked. "If you stick around to find out and discover later that he was, don't say I didn't warn you." I replied. And what I said still goes.

DEAR ABBY: My oldest sister, Marion, has been like a mother to my brother and me since we were orphaned at an early age.

My brother's wife, Donna, had a misunderstanding with Marion years ago, and they haven't spoken to each other since. (Naturally, my brother took his wife's side.)

Marion did call Donna to apologize a few years ago, but Donna wouldn't even speak to her.

Now, Donna's daughter is being married, and it appears that Marion will not be invited to the wedding or any parties for the bride. I have remained "friendly" with both Marion and Donna.

Should I tell my brother that I will decline all invitations unless Marion is invited?

IN THE MIDDLE

DEAR IN: Do your best to get your brother and Donna to bury the hatchet (but not in Donna). I think for you to pressure them into inviting Marion in the manner you suggest would be wrong.

DEAR ABBY: My son, who is a dentist, has been married for 7 years. My problem is, his wife never does any ironing. Everything she buys is "permanent press," and after she washes it, she assumes it is ironed. Pillow cases, shirts, tablecloths and handkerchiefs all go unironed, and believe me they look it.

I am embarrassed for any professional man who must carry a crumpled hankerchief. But a dentist who must display it before his patients—well, this is too much! Abby, how can I tell her what an impression her husband is making?

"D.PRESSED"

DEAR "D.PRESSED:" If your son is embarrassed to carry a crumpled handkerchief, it's up to him to tell his wife to get on the stick and do some ironing.

## Pointers for do it yourself projects

By ANDY LANG
AP Newsfeatures

Q.—What is the proper mix to use for a concrete walk outside the house?

A.—One part of cement to two-and-one-quarter parts of sand and three parts of gravel. Use five gallons of water to each large sack of cement. But adjust accordingly if the sand is extra wet or extra dry—a little less water if it's very wet, a little more water if it's very dry.

Q.—I plan to make a picket fence. The posts I intend to use are five feet in length. How much of each post should be below ground? I intend to set them in concrete.

A.—The holes should be two feet deep. If you have many posts to set, better use a post-hole digger.

Q.—In making a kitchen work table with a plastic laminated top, how high should it be?

A.—From 32 to 36 inches, depending on the height of the person who will be using it the most.

Q.—I seem to have a knack for estimating the amount of paint incorrectly. I either have a lot left over or don't have enough. Since I intend to paint a couple of rooms soon, can you tell me how to make at least an approximate estimate of how much paint I'll need?

A.—Take the measurements of the room to be painted. For walls, multiply the length of each wall by its height and you'll have the number of square feet to be painted. Ceilings usually can be measured simply by measuring the floor. Generally, one gallon of paint will cover about 500 square feet, but that's not always true, so read the label on the can before you buy.

Make no deductions from the total square footage of the walls for windows and doors, unless they are exceptionally large as, for instance, a window expanse covering half a wall. By not counting normal windows and doors, you allow some extra paint for irregularities and other extras.

If you are painting a wall or the ceiling a color different from the other walls, you'll have to calculate separately for each color.

## NOW!

by G.J.L.

**DESIGNER'S MESSAGE: While the fashion hair seems to be free and easy the young set still add decorative touches. Last year it was the Indian forehead band, now it's a pretty ribbon as a hair hold knotted behind one ear in a single loop bow with clipped ends. Very "now" in bright stripes or prints and a pretty demure touch to accent the return to the new more covered lady-like look New York Now '70—G.J.L.**

Leftover sliced pickled beets, drained, are good added to a salad.

**CLEANING CROPS**

ITHACA, N.Y. (AP) — A process known as "leaching" is often capable of decontaminating food plants from deadly radioactive fallout and may also develop as an effective weapon in combatting other types of crop pollutants, a Cornell University research team reported.

The leaching technique involves mist treatments similar to the way nurserymen, greenhouse operators and other plant growers use water in the form of atomized mist for plant cuttings to promote root development.

## Astrological forecast

By SIDNEY OMARR

ARIES (March 21-April 19): You get ideas which make work easier. Message of praise, congratulations could be highlight. Formulate plans. Check with those at a distance. Co-ordinate activities.

TAURUS (April 20-May 20): Communication from opposite sex proves stimulating. Discuss problems, questions. Now is time to go into detail about desires, requirements. Frank approach is spotlighted.

GEMINI (May 21-June 20): Some leases, legal papers are made available. You get a better idea about values. You are able to know what can and cannot be done with land, property.

CANCER (June 21-July 22): Pay close attention to messages, calls. A relative who has been out of touch could reappear. Best to entertain on familiar ground. Sense of humor can be a great ally.

LEO (July 23-Aug. 22): You receive information which clarifies questions concerning money. All news may not be marvelous. But at least you get close to core of truth. This should prove valuable.

VIRGO (Aug. 23-Sept. 22): Burning light of curiosity seems to consume. Maintain integrity. Your principles will be accepted by those who mean most to you. Realize this and respond accordingly.

LIBRA (Sept. 23-Oct. 22): Get into areas ordinarily restricted. Do your own thinking. No one should tell you in which direction to aim. Key now is to emphasize self-reliance. This is not easy, but it may be necessary.

SCORPIO (Oct. 23-Nov. 21): What you thought was needed is subject to rather sudden revision. Stress independence of thought, action. Forego advice from one who is tied down with tradition.

SAGITTARIUS (Nov. 22-Dec. 21): Hunch could pay dividends. Applies especially to career, standing in community. Maintain and promote self-esteem. Don't permit yourself to be shoved aside.

CAPRICORN (Dec. 22-Jan. 19): You're no fool but you can, at times, act like one. No need for you to carry burden which is not your own. Be free. Includes freedom to move, travel, think and write.

AQUARIUS (Jan. 20-Feb. 18): You may appear to be enveloped in mystery. Key is to abandon fear. Welcome new knowledge. Bridge generation gap. Tear down in order to rebuild. You are going places.

PISCES (Feb. 19-March 20): See persons, situations in realistic light. Realize it is necessary to protect personal image. Some who are aggressive merely express uncertainty. Know this and respond accordingly.

IF TODAY IS YOUR BIRTHDAY you can be stubborn. But, in most cases, you stand up for lofty principles. Don't feel it is necessary now to map definite course of direction. By October, you have greater freedom of choice.

## Today's Recipe

By CECILY BROWNSTONE

**DINNER FOR FOUR**

A bland out flavorful way to treat fish fillets.

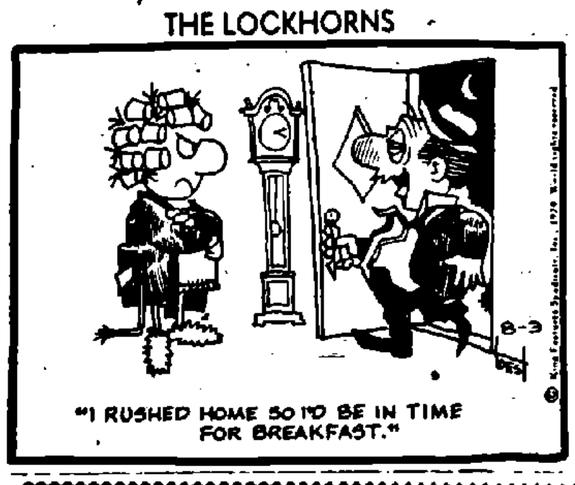
Fish Philippine — Rice
Broccoli — Salad Bowl
Coffee Bavarian Cream

**FISH PHILIPPINE**

4 large fish fillets, about 1½ pounds
Butter
1 medium-large onion, chopped (¾ to 1 cup)
1 large green pepper, seeded and cut in thin strips
1 cup water
1 tablespoon dark brown sugar
2 tablespoons cider vinegar
2 teaspoons minced fresh ginger root, if available
Salt to taste
4 slices drained canned pineapple

Cut the fillets in half lengthwise and crosswise. In a large skillet in a small amount of hot butter, cook the fish on both sides until opaque through and tinged with brown; keep warm. In clean skillet melt 2 tablespoons butter; add the onion and cook until wilted and golden; add remaining ingredients except pineapple; boil until pepper is tender and there is only a small amount of liquid left; spoon over fish; keep warm. In the skillet in a small amount of butter, heat and brown the pineapple; place on top of fish and sauce. Serve at once. Makes 4 servings.

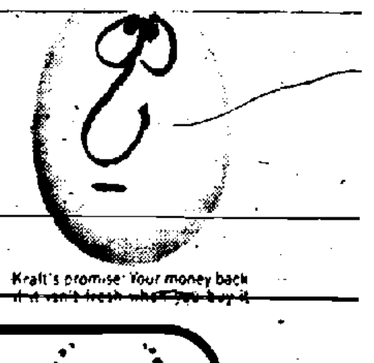
## THE LOCKHORNS





FRESHER THAN THIS THERE ISN'T

PHILADELPHIA CREAM CHEESE



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