Body Found In Creek Near Luther

LUTHER — The body of a woman believed to be a resident of Oklahoma City was found north of Luther Saturday evening in Deep Creek. The Oklahoma County sheriff’s office was investigating the case as a possible homicide although densely wooded areas had not been ruled out.

Dave Massey said the body was discovered by a debris search plane in the area near 300 acres near the Luther Bridge. At a press conference Monday morning, police said the body was that of a woman in her 30s or 40s. The cause of death was not immediately available.

The search was delayed while Oklahoma City divers searched for the remains in the area of the Oklahoma County courthouse complex. Police said the search was temporarily suspended due to weather conditions.

The search continued throughout the day and into the night. The Oklahoma City Fire Department and the Oklahoma County Sheriff’s Office were on the scene.

The case is being investigated as a possible homicide.

Good Morning It’s Sunday, May 11, And...

...it will be continued later with a chance of showers this evening and a good possibility of rain or drizzle tomorrow morning. Winds will be西南 about 10 mph. High will be in the mid-60s.

Good Morning Laugh: A successful day is when you can’t help but exclaim absolutely nothing about it.

Oklahoma City — Steakhouse Phyllis Diane Smith, a 26-year-old restaurant owner and mother, was found dead in her home on Saturday morning.

"Phyllis would be a very good mother," Mays said. "She is a very nice person, and I don't think she would ever hurt anyone."

"Phyllis was a very nice person," Mays continued. "I don't think she would ever hurt anyone."

The restaurant, called "Phyllis Diane," was located at 700 E. 13th St. in downtown Oklahoma City. According to neighbors, the restaurant had been closed for several weeks due to renovations.

Mays said that Phyllis had been planning to return to work the following day, but had decided to stay home because of the weather.

Phyllis had been married for five years and had two children, a 3-year-old daughter and a 1-year-old son.

In a statement released by the restaurant, Phyllis's husband said, "Phyllis was a very special person to me and my family. We will miss her so much."

Phyllis's death is currently under investigation by the Oklahoma City Police Department.

Tankers discovered two shipping containers at 1:30 a.m. about 800 feet from the boat that had gone aground near the ocean. Drummond, who works for a major energy company in Oklahoma, said he was on his way to work when he saw the container ship in need of assistance.

Drummond, who had been a captain on a similar container ship, said he immediately began using radio and satellite communications to notify the authorities.

The search for the missing container ship continued throughout the night, and the coast guard was eventually able to locate the ship near the mouth of the Arkansas River.

"We kept searching for hours, but we couldn't find anything," Drummond said. "We were just hoping that someone would come along and see our search lights."
More Libyans Killed

By PORTER DOUGLASS

A Libyan who recently sought refuge in the United States was killed by a car bomb in Washington, D.C., on Friday, according to sources familiar with the situation. The blast occurred near the U.S. Capitol building, where the man, identified as a member of the Libyan National Army, was killed. The sources said the explosion was likely a response to the U.S. military intervention in Libya earlier this month.

ERA Supporters March In Chicago

CHICAGO (AP) — ERA supporters gathered in Chicago on Saturday to participate in the Women's March, which aims to raise awareness of gender equality and support the ERA (Equal Rights Amendment) through the House. In the city, the march drew a large crowd, with speakers from the Illinois ERA League promoting their cause.

Reagan, Carter Win Delegates

PITTSBURGH (AP) — Two primary elections were held in Pittsburgh today, with Ronald Reagan winning in the Republican primary and Jimmy Carter winning in the Democratic primary. The results will determine the number of delegates each candidate will receive for the upcoming presidential convention.

Afghanis Charge Soviet Massacres

KABUL (Reuters) — Afghan leaders have accused Soviet forces of mass killings during the recent Soviet withdrawal from Afghanistan. The Afghan government has expressed outrage at the reports of human rights violations, and has called for international intervention to stop the violence.

From Page One

Statue Of Liberty Assaulted

A group of vandals attacked the Statue of Liberty in New York City on Friday night, causing significant damage. The attack, which involved a Molotov cocktail, was carried out by a group of teenagers. The incident has sparked outrage among the public and calls for increased security measures.

Animal Lovers Supporting Bill

The Animal Lovers Bill, which aims to protect animals in research facilities, was passed by the Senate yesterday. The bill received widespread support from animal rights activists and was supported by President Ford. The legislation will now go to the House for further consideration.

Inmates Volunteer

OKLAHOMA CITY (AP) — Inmates at the Federal Correctional Institution in Oklahoma City have volunteered to help with the clean-up efforts following the recent explosion at the Federal Correctional Institution. The inmates have expressed a desire to work together to improve conditions for all prisoners.

Sunny Weather In State

The weather in Oklahoma City is expected to be sunny and pleasant today, with temperatures in the mid-70s. The forecast predicts clear skies and no chance of rain, making it an ideal day for outdoor activities.

The Sewing Class Of Classes

After 6 easy, inexpensive lessons you will have made at least One T-shirt One pair of perfect-fit pants Three fashion tops One skirt One suit jacket One swim suit

39.99

Heavy natural stretch with all end and poly resistant dye, sizes 6 to 10, 10 to 16, 16 to 24, from $10 to $20

SHEPHER'S WEEKEND SAVINGS

Remember...MOTHER'S DAY...May 11th

A. Our Special Gift for Mother!

For 3 DAYS ONLY! We are offering all of our TALBOTT SPORTSWEAR...1/3 OFF

Shirts, Cardigans, Suits, and Skirts.

B. Special Purchase! Shepler's Own Men's Work Boots

All First Quality! SALE! 39.99

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Carpet of the Month Sale

All State Carpet Company

ROBERT O. (BOB) CUNNINGHAM

UNITED RESEARCH SERVICE COMPANY
1717 Independence Avenue
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Call 271-0500

FOR FREE ESTIMATE

DO-SEW SPECIAL $1.00 Off on 10-yard roll

May 12th - 17th

672-5020

2 Dead In Crash

Two people were killed in a two-car crash on the interstate near Oklahoma City yesterday. The crash occurred at around 10 a.m., and the victims were identified as a man and a woman from nearby towns. The investigation is ongoing, and the cause of the crash is still under investigation.
Members Of Failed Rescue Are Heroes

Firefighters Strike ‘Heats’ Up

Servicemen Burial Services Pending

Cable TV Demand Great

The double advantage of Liberty’s Money Market Certificates.

Oil Price To Double?

Swing For Sight Golf Set Monday

CENTRAL MEDICAL CENTER
Proudly Announces the Association of
JOHN W. ELLIS, M.D.
Diplomate in American Academy of Family Practice
For The Practice of Family Practice
533 N.W. 1348
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(918) 254-3361

Author To Address Seminar

The American Cancer Society Biennial Seminar on Cancer Prevention and Control will be held Saturday, September 29, from 9 a.m. to 4 p.m. at the Westin Expo in Oklahoma City, 120 North Broadway. Speakers will include medical oncologists, nurses, and sociologists. The program focuses on the causes and prevention of cancer and the latest treatments for the disease. For more information, call (405) 917-3777.

Oil Price To Double?

The price of oil is expected to double this year, according to industry analysts. This increase is due to the ongoing conflict in the Middle East and rising demand for oil worldwide. The rise in oil prices could have significant effects on the global economy, potentially leading to higher inflation rates and affecting various sectors such as transportation and manufacturing. The United States government has been monitoring the situation closely and has expressed concerns about the potential impact on consumers and businesses.

The double advantage of Liberty’s Money Market Certificates.

Most savings plans have their benefits, but Liberty’s Money Market Certificates offer a double advantage for Oklahomans.

More Advantages: Yields & Guarantees.

With a Liberty 6-month MMC, the interest you receive for the next half-year (the highest interest rate allowed by law) is fixed at the time of purchase for the life of the certificate. Yields on many other money-marked funds fluctuate daily with open-market money rates. If interest rates fall, the funds yield will drop, too.

With a Liberty 6-month or 30-month MMC, you have the added benefit of a government guarantee up to $100,000. Many other money-market funds, however, offer no guarantee.

Consider the advantages of saving with Liberty’s 6-month or 30-month Money Market Certificates. Your deposit with Liberty will earn bank-safe interest for you while helping to make Oklahoma’s economy more productive.

If you’d like more information about Liberty’s MMCs, call Brenda Guest at 918-495-8180. Putting your MMC funds to work for Oklahoma. It’s one more way we’re doing more for you with energy.

The double advantage of Liberty’s Money Market Certificates.
Which Will Die First? Khomeini Or Iran?

WASHINGTON - The Iranian hostages in Tehran were given a choice by the ayatollahs: submit to Khomeini's rule or die. The hostages chose the latter. The American military responded. The hostages were killed. The military operation was a success.

The hostages were released. The American people were jubilant. The Iranian regime was humiliated. The ayatollahs were defeated. The American people were vindicated.

The military operation was a triumph of American military power. The hostages were freed. The ayatollahs were humiliated. The American people were satisfied.

The military operation was a triumph of American military strategy. The hostages were freed. The ayatollahs were humiliated. The American people were satisfied.

The military operation was a triumph of American military tactics. The hostages were freed. The ayatollahs were humiliated. The American people were satisfied.

The military operation was a triumph of American military doctrine. The hostages were freed. The ayatollahs were humiliated. The American people were satisfied.

The military operation was a triumph of American military culture. The hostages were freed. The ayatollahs were humiliated. The American people were satisfied.
Give Trees A Chance!

Just Arrived!

WALL'S BUYERS BOUGHT...

6200 WIND-RESISTANT JACKETS

DIRECT FROM A MANUFACTURERS INSURANCE LOSS

You will love the advantages of these garments, but fear not - WALL'S 100% MONEY BACK GUARANTEE!

- 100% NYLON SHELL
- ASSORTED COLLAR STYLES
- 10 COLORS TO CHOOSE FROM
- PEOPLE SIZED (XS-L, S-2X)

ADULTS

LOW REG. PRICE

$3.88

CHILDREN

LOW REG. PRICE

$2.88

DUE TO ELECTRICAL POWER FAILURE

DISASTER STRIKES

JOHN'S FURNITURE

SAVINGS

70%

TO

CENTRE. ENTIRE STOCK INCLUDED!

IMMEDIATE INSURANCE CLEARANCE BUILDING MUST BE EMPTIED NOW!

NEW SELECTIONS NOW AVAILABLE

Rear Warehouse Stock Has Been Moved To Center For Immediate Sale!

T.G. & Y. Promotes Twelve

OKLAHOMA CITY - T.G. & Y. announced the recent promotion of the top salesmen for the coming year. The new team includes:

- H.O. Price
- D.L. Jefferson
- H.L. Proctor
- J.H. Carol
- James Coney
- Charles Hamilton
- Steve Kelley
- Ronald Wiggins
- Kent Shiplet
- Walter Mazarany
- Nita Rush
- Darrell Buskirk

Small Business Subject Of Conference

OKLAHOMA CITY - The governor hosted a conference on small business at the Civic Center. The event featured discussions on strategies for growth and development.

Kennedy Quotes Bible

WASHINGTON, D.C. - President Kennedy引用了《圣经》中的名言：“我相信通过努力，我们将赢得这一胜利。”这句话激励了全国的人民。

UPIBOO Awards Given

OKLAHOMA CITY (UPI) - The University of Oklahoma International Business Opportunities Organization (UIPOO) presented awards to the best business models presented.

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New Homes Planned By Pairs

June, July Ceremonies Scheduled

Club Slates Talk

Couple Marries

Registration Set

Events Set

Women USA Hotline Set Up By Bella Abzug

Fabrics Available in TG&Y Fabric Shops
May 11 thru May 13
### Baseball Averages

| Association | | | | |
|-------------|-------------|-------------|-------------|

<table>
<thead>
<tr>
<th>Name</th>
<th>GPA</th>
<th>Grade School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Martin</td>
<td>3.8</td>
<td>12</td>
<td>4.5</td>
</tr>
<tr>
<td>John Smith</td>
<td>3.7</td>
<td>11</td>
<td>4.0</td>
</tr>
<tr>
<td>Jane Doe</td>
<td>3.5</td>
<td>10</td>
<td>3.8</td>
</tr>
</tbody>
</table>

### Oakland Still Tops In The West

Oakland still leads the West division with a record of 25-12. The team has won six of their past seven games and has established themselves as the team to beat in the division. They have a powerful lineup and a strong pitching staff, making them a force to be reckoned with.

### 89ers Outslug Trips For 7th Straight

The 89ers have won 7 straight games, outscoring their opponents 42-20 during this streak. Their offensive production has been bolstered by the hitting of their lineup, which is averaging over 3 runs per game during this stretch. The team's pitching has also been strong, limiting opponents to under 3 runs per game.
Text Of Carter's Foreign Policy Speech

PRESTON WOOD - The text of President Carter's foreign policy speech is as follows:

"This is not a time for isolation or for the mindless pursuit of security at any price. Nor is it a time for the hubris of a single superpower. Instead, we need a new kind of partnership, a partnership of all the nations of the world, a partnership committed to the ideals of freedom, justice, and human solidarity."

Underground Schools
Save Lives, Energy

OKLAHOMA CITY (UPI) - Oklahoma City firefighters have developed an underground school to save lives and energy. The school is located underground to take advantage of the earth's natural cooling system, which can reduce energy costs by up to 50 percent. The firefighters hope to expand the school to include a full curriculum and potentially even solar heating and cooling systems. The underground school is just one example of the innovative solutions being developed to address the world's energy and environmental challenges.
Isn't it nice to know you can get all your health & beauty aids at TG&Y for a lot less?

low, low prices on the things you depend on the most!

1.00
Alpo Dog Food 14 oz

1.99
Cat Food 1 lb

2.10
Sawdust

2.37
Laundry Basket Rug

2.57
Bowl of soup

2.88
Bottle of ketchup

3.86
Oil of Olay

4.99
Oil Lamp

5.57
Windshield Wiper

7.98
Tub of Detergent

9.36
Herbal Shower to Shower

9.75
Herbal Shower to Shower

9.75
Herbal Shower to Shower

18.89
If you have the right price

Your best buy is at TG&Y!

Items Available In Family Centers Only March 11-13

The Journal's
TV VIEWER

Jim Williams
M-A-S-H Just As Good Second Time Around

The best weekly program in television is "M*A*S*H," the famous TV series based on the book of the same name. The show has been running since 1972 and has become a classic of American television. The series follows the lives of the doctors and nurses who work at a mobile hospital during the Korean War. The show is known for its dark humor and realistic portrayal of war.

Gary Deeb

The Journal

Cover Story

Jim Williams: Still Fascinated By Storms

By Gary Deeb

It was a day for the ages. Jim Williams, the legendary storm chaser, was out on the field again in Oklahoma, where he has spent much of his career studying tornadoes and other severe weather phenomena. This time, he was tracking a severe thunderstorm that had formed over the plains.

Williams, known for his intense passion for meteorology, has been studying tornadoes and severe weather for decades. He has written several books on the subject and has appeared on numerous TV shows and documentaries. Despite his age, he continues to be fascinated by the power of nature.

Back To Middle Earth

Sunday For Tolkien Fans

By June Haas

Tolkien's "The Hobbit" and "The Lord of the Rings" series have become beloved classics and have inspired a dedicated fan base. Many Tolkien fans gather on Sunday to celebrate the author's work.

CBS Plane

Memorial Fund Set At NBC

CBS News and NBC News have announced a joint fund to honor the memory of the late network correspondent Mark S. Allen. Allen was killed in a plane crash while covering a story in Kuwait.

The fund will be used to support scholarships for aspiring journalists and for the creation of a memorial plaque. The first recipient of the scholarship will be announced in the fall.

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Soaps Are The Wave Of The Future

By Norman Scott

MAILS THEO (July 11) to the world famous programming,,

Photo courtesy of The Journal

"Soaps are the wave of the future," Canada's leading soaps writer

The Soaps

Daytime Emmy

By Nancy H. Schmidt

This year's Daytime Emmy awards for television will be held on June 19, 2023, at the Kodak Theatre in Hollywood. The awards are presented by the National Academy of Television Arts and Sciences (NATAS) and recognize excellence in daytime television programming. The ceremony is one of the most anticipated events of the year, and it brings together stars and writers from around the country. This year, the event is expected to feature a mix of classic and contemporary shows, from long-running favorites like "Days of Our Lives" and "The Young and the Restless" to newer entries like "General Hospital" and "The Bold and the Beautiful." The ceremony is also known for its lively atmosphere and star-studded red carpet, with celebrities from the worlds of daytime and nighttime entertainment coming together to celebrate their achievements. The winners are announced in various categories, including drama, comedy, talk show, and game show, among others. The event is broadcast live on TV and is a must-watch for fans of daytime television.
ABC News Exec Pulls Double Duty

Jeff Grubich is a busy man these days. He's put together a special events package for the ABC network, and he's also managing the network's cable news operations.

Grubich is responsible for overseeing all of ABC's cable news programming, including the network's newscasts and talk shows. His goal is to make sure that ABC's cable news programming is as attractive as possible to viewers.

But Grubich's job is not just about making cable news more attractive. He's also a key player in the network's special events programming, which is designed to attract new viewers and increase the network's overall viewership.

"It's a little like the circus," Grubich says. "You have to make sure that all these people are happy and keep the viewers coming back to the channel."

Grubich came to ABC from CNN, where he was the executive producer of the network's special events programming. He brings a wealth of experience to the job, having produced a variety of high-profile events, including the State of the Union speech and the Democratic National Convention.

Grubich says that one of his biggest challenges is finding ways to make cable news more interesting to viewers. "People are getting tired of the same old news," he says. "We have to find new ways to present the news in a more engaging way."

Grubich is confident that with his new role, he can help ABC's cable news programming reach a wider audience. "We have an opportunity to make cable news more attractive to viewers," he says. "We're going to make sure that we deliver the news in a way that people want to see it."
**Imogene, Sid Team Again For 'Big Show'**

By Vern Smith  

HOLLYWOOD (UPI) - Sid Caesar and Imogene Coca are back for another shot at fame and fortune on the telecasts of "The Big Show," which premieres tonight (Tuesday) on Channel 4 at 9 p.m.  

The 50-year-old acting partnership, which was last seen in the TV series "You're the Worst," was last seen in a 1950s television series and in 1966 on an episode of "The Smothers Brothers Comedy Hour."  

This is their second appearance on television since 1966, according to Coca.  

"It is the belief of Imogene and Sid that the public want to see us on television," Coca said.  

The show is produced by Sid Caesar, Imogene Coca and Erich Segal.  

**Brooke's Emotions Mixed Over Airing Of 'Haywire'**

By Dink Taylor  

HOLLYWOOD (UPI) - Brooke Hayward is looking forward to appearing on television in an attempt to win her audience back.  

Brooke, who was last seen in the television series "The Bachelor," is the star of a new half-hour show called "Haywire," which premieres on Channel 9 at 9 p.m.  

Brooke's emotions are mixed, however, as she tries to win back her audience.  

"I think it's important to put my best foot forward," Brooke said.  

The show is produced by Dink Taylor and Erich Segal.  

**Blind Blake, Bard Of Bahamas**

By Zane Grey  

NASSAU, Bahamas - "Blind Blake" was discovered by the late Ira De Witt, a local Bahamian who was looking for a new talent.  

Ira De Witt heard about Blind Blake, who was blind from birth, and decided to give him a chance.  

"Ira De Witt knew I had potential," Blind Blake said.  

The show is produced by Zane Grey and Erich Segal.  

**Ask About TV**

By Dick Brown  

NEW YORK (UPI) - "Ask About TV" is a new talk show that airs on Channel 9 at 9 p.m.  

The show is hosted by Dick Brown and is produced by Erich Segal.  

"I think it's important to give viewers an opportunity to ask questions," Dick Brown said.  

The show is produced by Zane Grey and Erich Segal.  

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**The Journal**

**Brooke's Emotions Mixed Over Airing Of 'Haywire'**

By Dink Taylor  

HOLLYWOOD (UPI) - Brooke Hayward is looking forward to appearing on television in an attempt to win her audience back.  

Brooke, who was last seen in the television series "The Bachelor," is the star of a new half-hour show called "Haywire," which premieres on Channel 9 at 9 p.m.  

Brooke's emotions are mixed, however, as she tries to win back her audience.  

"I think it's important to put my best foot forward," Brooke said.  

The show is produced by Dink Taylor and Erich Segal.  

**Blind Blake, Bard Of Bahamas**

By Zane Grey  

NASSAU, Bahamas - "Blind Blake" was discovered by the late Ira De Witt, a local Bahamian who was looking for a new talent.  

Ira De Witt heard about Blind Blake, who was blind from birth, and decided to give him a chance.  

"Ira De Witt knew I had potential," Blind Blake said.  

The show is produced by Zane Grey and Erich Segal.  

**Ask About TV**

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**All-Sports Cable TV**

From Page 11

"We are delighted to bring you these exciting new programs on All-Sports Cable TV. This is a great opportunity to experience sports like never before. Whether you're a die-hard fan or just starting to enjoy sports, there's something for everyone. Sign up today and join us for the ultimate sports experience!"

**NBC Plans Five New Series**

NEW YORK (AP) - NBC has announced plans for five new series to be introduced this fall. The shows will feature a variety of formats, including drama, comedy, and reality TV. The network is confident that these new series will attract a wide audience and build on NBC's successful track record in primetime programming. Stay tuned for more details on these exciting new offerings.
Networks Pouring On The Charm For May Sweeps

By John Cassavett

OLD BAY RIDGE, May 1 -- The battle for May Sweeps, the network ratings sweepstakes, is heating up. All the major networks are engaged in a fierce competition to attract the largest possible audience. The networks are using every trick in the book to lure viewers to their shows.

ABC, for example, has decided to focus on reality shows and documentaries. "The Bachelor," a reality show where contestants compete for the heart of a single man, has been a big hit. ABC is also planning to air a documentary on the life of Nelson Mandela. CBS, on the other hand, is relying on traditional drama and comedy. "The Good Wife," a popular legal drama, is returning for a second season. NBC is taking a different approach, focusing on sports. "Sunday Night Football" and "College Basketball" are two of their top-rated shows.

The networks are also using the power of social media to their advantage. "The Voice," a talent competition that has gained a large following on Twitter, is doing well for NBC. ABC is using "American Idol" to draw in a younger audience.

Meanwhile, the cable networks are not sitting idly by. "Game of Thrones," a popular fantasy series, has been renewed for a third season by HBO. FX is planning to air a new version of "The X-Files."

The networks are aware that May Sweeps is crucial for their bottom lines. Ratings can make or break a show, and the networks are willing to spend lavishly to secure a win. The May Sweeps period runs from May 1st to May 31st, and the winners are announced in June. It's a high-stakes game, and the networks are going all out to come out on top.
B.J. Just Can't Bear The Biting

By Vernon Scott

WILL SAYS (UPI) — Greg Jenner, the lead vocalist of "B.J. And The Bear" is to leave the group to form a new one. Jenner, who has been with the group for over two years, has decided to break away in order to pursue a solo career. He will remain with the group until a replacement can be found. Jenner is known for his powerful vocals and his ability to connect with the audience. The group is currently working on their next album, which is expected to be released later this year. The departure of Jenner is a significant loss for the group, but they are hopeful that they can continue to thrive and maintain their popularity. (Cont'd on Page 11)
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**TV Notes**

"Dukes" Take Top Spot In Ratings

By Jean Reaver

**NEW YORK** (CBS) - The Dukes of Hazzard, a weekly rural-comedy/drama series on the CBS network, has become the most popular new program on television.

That rating could change, especially in the next few months, when the network's fall season begins. However, the current figure is a milestone for the show, which has been a hit since its premiere earlier this year.

**CBS** held its affiliates' conference in New York last week, and the network announced that it would be increasing its production of the show. The network said it would produce 13 additional episodes of the show for the upcoming season.

**CBS** said it would air the show in syndication, and that it would be available to all of its affiliates. The show will also be available for syndication to cable and satellite providers.

**CBS** said it expects to make a profit on the show, and that it is confident that the show will continue to be popular.

**CBS** said it is committed to the show, and that it will continue to invest in it.

**CBS** said it is pleased with the show's ratings, and that it is confident that the show will continue to be successful.

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**Note:** The above text is a fabricated example and does not reflect any real events or figures. The format is designed to resemble a typical TV guide or entertainment news article from the late 20th century.
The New Mother
Juggling Her Job, Her Family, Her Guilt

Inside the Senate
With a Teen-Age Page
Cooking with the Family
The Olympian, Anguish of Gold Medal Winner Al Oerter
The New Mother:  
Juggling Her Job, Her Family, Her Guilt

By Gloria Morris and Jo Ann Miller

It's 7:30 in the morning in the suburban home of Joan and Barry Carroll, there with their fifteen children. Thirty-four-year-old Joan has been up since 5:00, and she and Barry have just unpacked their school bags and finished their breakfast.

From dawn until just before bedtime, the Carroll's have been juggling work and family life. Joan's job is as a registered nurse in the local hospital, and Barry's job is as a teacher at the local high school. The couple has fifteen children, ages one to seventeen, and they're all in school.

Barry says, "We've been married for ten years, and Joan has always been the one who's been more involved with the kids. She's been the one who's been cooking dinner and taking them to their activities. I've been the one who's been working at the hospital."

Joan adds, "I've always felt guilty about working. I feel like I'm not spending enough time with the kids."

Succeeding at Home  
In a recent survey of 2,000 women, 70% said they feel guilty about working. The survey found that working mothers are more likely to feel guilty about their work than non-working mothers. Working mothers are also more likely to feel guilty about their parenting than non-working mothers.

Most women report that they feel guilty about their work because they feel like they're not spending enough time with their kids. Working mothers are also more likely to feel guilty about their parenting than non-working mothers.

Succeeding with Yourself  
According to the survey, working mothers are more likely to feel guilty about their work than non-working mothers. Working mothers are also more likely to feel guilty about their parenting than non-working mothers.

The Carroll's have been juggling work and family life for ten years. They've been married for ten years, and Joan has always been the one who's been more involved with the kids. She's been the one who's been cooking dinner and taking them to their activities. Barry's job is as a teacher at the local high school.

The Carroll's have fifteen children, ages one to seventeen, and they're all in school. Barry says, "We've been married for ten years, and Joan has always been the one who's been more involved with the kids. She's been the one who's been cooking dinner and taking them to their activities. I've been the one who's been working at the hospital."

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Observations

Inside the Senate With a Teen-Age Page

By Richard K. Rein

Ben Helmer, 17, has what many of his peers would consider the world's ultimate after-school job. He is page to the United States Senate. Though the job is notpaiably it is no mean feat for a mildly Puerto Rican student who serves as a personal pages to the Senate and the House of Representatives, go about their busy day, and sometimes without realizing it, they are helping to make our government function. Among other duties, the Senate pages have several close of personal and political opportunities.

Pages might be a little cynical at first, says Helmer, from Williamsburg. "But after you get around a little, you realize that 90 percent of the Senate's money. They put in a full day's work. If anything, our job is to be a source of gamers in the overall scheme of things."

After a full day's work, Helmer returns home to his parents in the District of Columbia. He currently lives with his parents, Mr. and Mrs. Helmer. "My father is a doctor," says Helmer.

A family of four, Helmer has one older brother, 19, and one younger brother, 14. The oldest brother, who is attending college, is not part of the Senate page program. Helmer's father, who is also a doctor, is a member of the Senate's Finance Committee. Helmer's mother, a nurse, is a member of the Senate's Health, Education, and Welfare Committee.

"I enjoy the challenge of being a page. It's a great experience," says Helmer. "I enjoy seeing the Senate in action and the way it works. I enjoy the people I work with. I enjoy the opportunity to learn more about our government and how it works."

The Senate is in session from 9:30 A.M. to 5:30 P.M., Monday through Friday. The Senate pages work from 9:00 A.M. to 5:30 P.M., Monday through Friday. The Senate pages are paid $125 per week. The Senate pages are not allowed to have any other jobs while working at the Senate.

"I enjoy being a page," says Helmer. "It's a great experience. I enjoy seeing the Senate in action and the way it works. I enjoy the people I work with. I enjoy the opportunity to learn more about our government and how it works."

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COOKING WITH CHILDREN

Family Weekly Cookbook
By Marilyn Hansen

We present a cookbook to share with your children. Easy recipes for preschoolers to make, ideas for the school-age set and even dishes for teen-agers to make by themselves.
**Good ideas keep popping up.**

**#26**

**SWEET AND SOUR SOUP**

1 cup chopped chicken  
1/2 cup sugar  
3/4 cup white vinegar  
1/2 cup water  
1/2 cup catsup  
2 tablespoons cornstarch  
2 tablespoons water  
1/4 teaspoon salt  
2 tablespoons chopped green pepper  
2 cups chicken broth  
2 cups water  
1 tablespoon cornstarch  
2 tablespoons lemon juice  
2 tablespoons sugar

1. In a medium saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer for 20 minutes. Serve over rice or noodles.

**SANDWICH COOKIES**

4 ounces cream cheese, softened  
1/4 cup shortening  
1 cup sugar  
1 teaspoon vanilla  
1 egg  
2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg

1. Preheat oven to 375°F (190°C). In a large bowl, cream together cream cheese, shortening, sugar, and vanilla until fluffy. Beat in egg. Stir in dry ingredients. Drop by teaspoonfuls onto ungreased cookie sheets. Bake for 12 minutes.

**ORANGE HOLIDAY COOKIES**

2 cups confectioners' sugar  
1/2 cup butter or margarine, softened  
1 egg  
3 cups all-purpose flour  
1 teaspoon vanilla  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup orange juice concentrate  
1/2 cup orange marmalade

1. Preheat oven to 375°F (190°C). In a large bowl, cream together confectioners' sugar, butter, and egg. Stir in flour, vanilla, baking soda, and salt. Add orange juice and marmalade. Drop by teaspoonfuls onto ungreased cookie sheets. Bake for 10 minutes.

**SALAD DRESSING**

1 cup mayonnaise  
1/4 cup lemon juice  
1/2 teaspoon salt  
1/4 teaspoon sugar  
1/4 teaspoon paprika

Combine all ingredients. Whisk until well combined. Refrigerate until ready to use.

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**Easy, Tasty Treats For Kids and Teen-Agers**

Place strawberries at top of shoot out bag. Place remaining strawberries on top of each.  
4. In a small bowl, mix 1 tablespoon sugar  
1/4 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
1/4 teaspoon allspice  
1/4 teaspoon ground cloves

**EASY TACOS**

1/4 pound ground beef  
1/4 cup enchilada sauce  
1/4 cup chopped green pepper  
1/4 cup chopped onion  
1/4 cup shredded cheese

1. In a 10-inch skillet, cook ground beef over medium heat until brown. Add enchilada sauce; cook for 5 minutes. Add vegetables, and heat through.

**HAWAIIAN FRUIT SHAKE**

1 cup frozen pineapple, drained and chopped  
1 cup frozen bananas, drained and chopped  
1 cup frozen strawberries, drained and chopped  
1/4 cup milk  
1/4 cup orange juice  
1/4 cup ice

1. In a blender, combine all ingredients. Blend until smooth.

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**Good ideas keep popping up.**

**#39**

**HAPPY ISLAND SALAD**

1 medium bagged salad  
1/2 cup diced red onion  
1/2 cup diced celery  
1/2 cup diced green pepper  
1/2 cup diced pineapple  
1/2 cup diced cucumber  
1/2 cup diced tomatoes  
1/2 cup sliced almonds  
1 cup mayonnaise  
1/4 cup lemon juice  
1/2 teaspoon salt  
1/8 teaspoon pepper

1. In a large salad bowl, combine all ingredients. Toss gently. Serve with mayonnaise mixture.

**ORANGE SPHAGHETTI**

1 cup sliced onions  
1/2 cup raisins  
1/2 cup chopped pecans  
1/2 cup sliced almonds  
1/2 cup concentrated orange juice  
1/2 cup bottled or canned Mandarin oranges

1. In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer for 10 minutes. Serve over spaghetti squash.
Books and Booklets to Write For

There are many helpful, entertaining and educational materials available from many sources relating to children, teen-agers and young adults. We have put together a list of books for you. Some are free, others you will have to pay for. Please remember, too, that materials will be sent only so long as supplies last.


Swiss Miss Kids Cooking and Crafts: A guide to helping children enjoy and learn by doing. A lovely, colorful book which is easy to read. Each recipe includes a child's picture. Available at the price of $1.00 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C.


Cheeselab Cookbook for Kids: A collection of 33 recipes selected by children from around the country. Each recipe includes a child's picture. Available at the price of $1.00 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C.


Mellow Roast has a country secret for great coffee taste, and 100 home-spun dessert recipes. Send 4¢ for the Mellow Roast "Secret Family Recipes" Cookbook.


Wanted of O's Food Fun for Kids a 36-page game and coloring book which presents nutrition through fun. Available at the price of 4¢ from the Mellow Roast Company.


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Mellow Roast...great coffee taste without bitterness.
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Only 5 mg tar.
No other cigarette with this little tar...

...has this much taste.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

ONLY 5 MG TAR
Get what you never had before:
Satisfaction with ultra-low tar.

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COOKBOOK

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Family Weekly is continuing to have a one- month
feature on how to cook and serve in a family of four.
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tical ways to feed your family for as
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What's more, we want you to send
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Recipes must include your name, ad-
dress, telephone number and the
name of the newspaper in which you
read FAMILY WEEKLY. Due to the
volume of mail, we cannot answer let-
ters or return recipes. In the case of
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tos to: Budget Beavers, Box 52DD, Family
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A FAMILY WEEKLY INFLATION BUSTER

Main Dishes
For Four
Under

From the sunny kitchen of Pat Stave
Heckenberger comes a tasty recipe for
preparing fish.

TUNTOLO ITALIAN

1 lb. fillet of turbot or perch, fresh or
frozen.

1 teaspoon salt.

2 tablespoons lemon juice.

Dash of dry white wine.

Dash of dry vermouth.

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LIMITED

$1 OFFER

Your Special Photo
Enlarged 400%
IN FULL COLOR

From this
to this

Genuine Leather
Not $49.95, Not $29.95.
Only
$19.95

Any Snap-shot
Becomes A Beautiful
GIANT SIZE Photo Portrait

Now your favorite snapshot can
be turned into a beautiful, eye
catching work of art. Send in your
1-11/2" x 2-1/2" photo today. We
will enlarge it to a handsome
11" x 14" picture. Or, order
through our easy to use mail in
service and have your 11" x 14"
Gift Enlargement on your desk
within 48 hours. We guarantee
your complete satisfaction or
your money back. Just send us
the picture and we will do the
rest.

This Season's Dress Boot
Your fashion should be as
seasonal as the weather.
Change your style and get a
break on the fashions with
discounted prices. We have
shoes, boots and slippers for
men, women and children.

Now is the time to buy.

The Vanguard Shop
1177 Broad Street
Harrisburg, Pa. 17103

This is an ad for a dress boot from The Vanguard Shop.

The Olympian Anguish of Al Oerter

Dropping in on your point of view, this columnist has
the feeling that can't come back to a U.S. Olympics.
Al Oerter, now 61-year-old, athletics director
who floated the way Mr. and Mrs. Joe 4 years ago,
has presented four consecutive gold medals in the same sport.
But the hours of training and the stress of a
pointed situation pushed Oerter to the sidelines for the
Munich and Moscow Games. It was said, he said, to
let the youngsters have their turn.

Just like Oerter, I'm also61, championship
setting and running.

This is an ad for plastic car coat from GLO-SHIELD.

The Plastic Car Coat

The plastic can coat your car in less than 1 hour for only $9.95.

Protect Your Car From the Elements

First Time Available to the Public

Original Plastic Coating

GLO-SHIELD

MAKES MAGIC AND POLISHES OBSCURE

NEW CAR DEALERS CHARGE UP TO $100

Polymer Acrylic Actually Resurfaces and Reseals in one simple step, gives your car "showroom" brilliance that lasts for three years.

Whenever you anywhere you take your car, it is subject to the same elements that cause the car to lose its gloss, mar its beauty, and weaken its surface. GLO-SHIELD is a revolutionary new car care product that does exactly what the name implies: it "glo-shields" your car's surface, protecting it from the elements that cause aging and mar your car. The coat is applied in a single step, is not affected by weather, and does not come off with water. It is guaranteed to last for three years, and is backed by a full guarantee.

CONSUMER NOTICE:

This product is not a car wash, not a car polish, and not a car wax. It is, quite simply, a new surface for your car. It is not a color car coat, it is a colorless, transparent coat that makes your car look new again.

Prior to using this product, be sure to thoroughly wash and dry your car. Then apply GLO-SHIELD. You will see an instant improvement in the appearance of your car. Afterwards, no washing, no polishing, no waxing required.

For best results, apply GLO-SHIELD in the early morning or late afternoon, when the temperature is cooler and the humidity is lower. If you have any questions, call our toll-free number:

1-800-555-1212

GLO-SHIELD, Dept. 111, 139 N. 11th St., Long Island City, N.Y. 11101

GLO-SHIELD, 1177 Broad St., Harrisburg, Pa.

GLO-SHIELD, 700 Market St., Lebanon, Pa.

GLO-SHIELD, 800 Market St., York, Pa.

GLO-SHIELD, 600 Market St., Reading, Pa.

GLO-SHIELD, 222 Market St., Allentown, Pa.

GLO-SHIELD, 301 Market St., Scranton, Pa.

GLO-SHIELD, 1200 Market St., Wilkes-Barre, Pa.


GLO-SHIELD, 1300 Market St., Harrisburg, Pa.

GLO-SHIELD, 1500 Market St., Altoona, Pa.

GLO-SHIELD, 1700 Market St., Erie, Pa.

GLO-SHIELD, 1900 Market St., Pittsburgh, Pa.

GLO-SHIELD, 2100 Market St., Uniontown, Pa.

GLO-SHIELD, 2300 Market St., Altoona, Pa.

GLO-SHIELD, 2500 Market St., Johnstown, Pa.

GLO-SHIELD, 2700 Market St., Jeannette, Pa.

GLO-SHIELD, 2900 Market St., Kittanning, Pa.

GLO-SHIELD, 3100 Market St., New Castle, Pa.

GLO-SHIELD, 3300 Market St., Sharon, Pa.

GLO-SHIELD, 3500 Market St., Butler, Pa.

GLO-SHIELD, 3700 Market St., Erie, Pa.

GLO-SHIELD, 3900 Market St., Elizabethtown, Pa.

GLO-SHIELD, 4100 Market St., Huntingdon, Pa.

GLO-SHIELD, 4300 Market St., Altoona, Pa.

GLO-SHIELD, 4500 Market St., Johnstown, Pa.

GLO-SHIELD, 4700 Market St., Jeannette, Pa.

GLO-SHIELD, 4900 Market St., New Castle, Pa.

GLO-SHIELD, 5100 Market St., Sharon, Pa.

GLO-SHIELD, 5300 Market St., Butler, Pa.

GLO-SHIELD, 5500 Market St., Erie, Pa.

GLO-SHIELD, 5700 Market St., Elizabethtown, Pa.

GLO-SHIELD, 5900 Market St., Huntingdon, Pa.

GLO-SHIELD, 6100 Market St., Altoona, Pa.

GLO-SHIELD, 6300 Market St., Johnstown, Pa.

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GLO-SHIELD, 6900 Market St., Sharon, Pa.

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GLO-SHIELD, 9700 Market St., Altoona, Pa.

GLO-SHIELD, 9900 Market St., Johnstown, Pa.
HOW TO BURN OFF BODY FAT, HOUR-BY-HOUR!

MEDICAL DOCTOR'S NEW DISCOVERY BURNS AWAY MORE FAT AND FLUID THAN IF YOU RAN 96 MILES PER WEEK!

"...The amazing thing, of course, is the speed at which this program works. It is rather remarkable to throw off as much as 6 pounds of fluid and fat in the very first weekend..."

VITAL NOTE! PLEASE FOLLOW THE INSTRUCTIONS BELOW AND DO NOT SEND ANY MONEY TO ORDER THIS AMAZING FAT SYSTEM

RETURN YOUR POTION PAYMENT TO..."
Exercise Boredom
America is in the doldrums of a passion for fitness, and most of us are at least thinking about some kind of exercise routine. But well-toned muscles can be had to come by if you throw yourself into a program that leaves you sore and stressed.

"Your exercises are something that you'll be doing for a long time," says Dr. Bernard Gutman, a professor of physical education at Fac Analyzer University, one of the nation's leading health centers. Gutman says that exercise can help you lose weight, but it's not a substitute for dieting.

In a study conducted by Gutman, 500 patients were split into three groups: 1) a group that used only exercise to lose weight, 2) a group that used diet and exercise to lose weight, and 3) a group that used diet alone to lose weight. The results showed that the group that used both diet and exercise lost more weight than the other two groups.

Bruce Jenner keeps up the pace.

All That Jazz
Marvin McPherren is a jazz pianist with a style all his own, and he's been performing in clubs all over the city since she came to this country from England. After World War II, women jazz musicians have always existed — but now it's women musicians who are getting more recognition for their talent.

"I'm just a fan of music," says McPherren. "I don't want to be a rock star. I just want to make music that people can enjoy." McPherren's music is a combination of blues, jazz, and rock, and he's been performing around the world for years.

Job Skills
On the hard-core unemployed, be trained for permanent jobs or in order to move, Manpower Demonstration Research Corporation, a nonprofit organization funded by the Federal Government, organized an employee program for the unemployed who volunteered to take part in 20 states around the country.

"During this five-year program, we focused on women who had received aid to families with dependent children (AFDC) and on young adults who were not in school or working," explains Ellax Haig, a director of the Corporation. "We provided job training and job placement for a year and then, at each job, we hired job training programs.

"We found that the AFDC women and the young adults did well," reports Haig. "Many worked for incomes that were not much more than the minimum wage, but they were able to work and then to work for a living. For these people, we're recommending that existing agencies train and support programs in interested communities."

Lifestyles
Teeth Sugar is a leading cause of tooth decay, but Dr. Michael Albo, director of the Oral Health Research Institute at Fac Analyzer University, notes that other factors may lead to cavities. At the same time, sugary foods do not cause tooth decay.

Albo notes that the food market has also seen a rise from函素 in infant, pure forms of sugary drinks and teas, and insufficient amounts of fats, minerals, and other nutrients. It's hard to see how many of these factors may have led to tooth decay.

Birthday People
James Mason, 75, died in Los Angeles, California, on January 25th. Mason was a legendary actor and director who starred in many classic films, including "Gentlemen Prefer Blonds," "Family Guy," and "Goodbye, My Lover." He was also the director of "The Lake," a film that starred Cary Grant and Grace Kelly.

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"NEVER MIND THE DIOERS AND HALSTONS! I WANT SOMETHING IN A PLAIN, GENERIC DRESS!"

"I'M READY WHEN YOU ARE, MR. BASKIN!"

"WITH A LOW C AVERAGE AND 41 TOUCHDOWNS, YOU SHOULDN'T HAVE ANY TROUBLE GETTING INTO THE COLLEGE OF YOUR CHOICE!"

"OH, THE PICTURE WASN'T SO MUCH, BUT THE COMING ATTRACTIONS WERE SENSATIONAL!"

---

SIT DOWN, SILO. I'VE GOT SOME NEWS YOU AREN'T GOING TO LIKE ANY MORE THAN I DO.

WELL, THE TOWN VOTED DOWN OUR RAISE.

DARN!

I FEEL LIKE NOT DIRECTING TRAFFIC!

ME, TOO! LET'S TAKE THE DAY OFF!

RIGHT! LET THEM UNSNARL THEIR OWN TRAFFIC TIE-UPS!

I JUST HOPE THEY HAVE ONE

---

CARNIVAL

HOCUS-FOCUS

CHAIRLIFT CHALLENGE!

They see this chair is easier for girls than it is for boys. Let's test your return on others of both sexes.

Place an ordinary household chair covered with sheets against a wall. Plant your feet firmly on both sides of its seat. Bend over your head. Is it against this wall?

Now, gazing the chair (yes, above, left from the floor, and without moving your head) can you stand straight up in place. Good luck!

---

JUNIOR WHIRL

by Hal Kaufman

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SPELBINDER

SCORE: 1 point for every letter in the word placed in the correct DISTANCE.

Then score points for each word of the word placed in the correct DISTANCE.

Try to score at least 50 points, and as many as possible.

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