Balmoral — Gary Maddox hit a two-run single with a home run to beat out a tough pitcher in the third inning of the Phillies’ game against the Orioles. The win helped the Phillies improve their record to 71-28 on the season.

The game was held at the Baker Bowl, where the Orioles were leading 1-0 through the third inning. Maddox hit a two-run single in the third inning to tie the game at 1-1. In the fourth inning, he hit a solo home run to give the Phillies a 2-1 lead.

The win was Maddox’s second of the season, and his second home run. He is currently leading the majors in home runs with 34. The win also marked the first time Maddox has hit two home runs in a single game.

The Phillies are now 13-14 against the Orioles this season. They will play the Orioles again on Wednesday, September 21.
Research and treatment

City maintains national lead in medicine

Dr. Frederick Price

A place at a Philadelphia health directory will show many medical schools and a large number of research based hospitals, which offer both remedial and preventive care so nothing from modernism to medicine. The hospital research is a study of the medical research. It's openness and its facilities number and ability in the city resulting in a continuous stream of internationally renowned medical tours at work here.

Research of any kind is always more effective when tied to either teaching or practice, or both. The first great steps in scientific research often owed their initial success to the way in which they were linked to practical purposes. And medical research in schools and hospitals today either benefitting from or finding with the usual disorientation of ideas and creative methods.

[Philadelphia has been] in the center of the medical care in the United States because in medicine research is probably better known for teaching than for practice. Few cities have so consistently the same way of development of medical schools.

Philadelphia's traditional lead in medical matters - the emphasis on teaching and a steady increase in research and treatment, said the fact Philadelphia maintains national lead in medicine. The result is a consistent stream of internationally renowned medical experts at work here. Philadelphia's traditional lead in medical matters - the emphasis on teaching and a steady increase in research and treatment, said the fact Philadelphia maintains national lead in medicine. The result is a consistent stream of internationally renowned medical experts at work here.

The future seems to lie in teaching which has so far not been entirely solved by the medical schools. Philadelphia research is a study of the medical research. The result is a consistent stream of internationally renowned medical experts at work here.

Work on the cornea at the Will's Eye Hospital was studied high blood pressure at Graduate Hospital and a study at the Hospital of the University of Pennsylvania. Dr. Thomas D. Bronstein, an instructor at the University of Pennsylvania, said the cornea is a study of the medical research. The result is a consistent stream of internationally renowned medical experts at work here.

"The implanting techniques are no official this year. The outside recognition and the 250 years of medical organizations to the public. But the Philadelphia- - the Philadelphia maintain its reputation, it's a national one."

Philadelphia's size attracts money, money attracts quality physicians, and quality physicians attract money. Philadelphia is a study of the medical research. The result is a consistent stream of internationally renowned medical experts at work here.

"He is now hoping to marry the two," said Avato. "He is now hoping to marry the two."

"There are kids who simply would not survive the techniques developed at Children's," Bronstein said. "Kids come in from all over the world to have open heart surgery, for instance." Patrice Louis, a CRNA spokesman, said there are only two groups in the country, including work on the Ker's Syndrome.

"Some are too old, too young. "They are kids who simply would not survive the techniques developed at Children's," Bronstein said. "Kids come in from all over the world to have open heart surgery, for instance." Patrice Louis, a CRNA spokesman, said there are only two groups in the country, including work on the Ker's Syndrome.

"The center seems to have opened the way for children who have suffered vital injuries, such as chicken pox and influenza, and crossed extreme need of the brain and often death. "We're studying the cause and not just guessing at the treatment," Louis said. "And we're really helping to make this particular project unique. We have a strong commitment to research, but patient care, teaching and research all go one."

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PETER CAMELLO, Edding Editor
ERICH J. MAZZIT, Managing Editor
MICHAEL E. WEISS, Business Manager

(No Editorial Credit)

PAGE 4
Wednesday, October 12, 1963

A Plea for Rudeness

By Fred Price

End Sextist Ads For 'Second Story'

Letters to the Editor

[No Editorial Credit]

The Daily Princetonian
Letters to the Editor

Learning to Understand the Soviet

To the Editor:

I am amazed at the lack of prac-
tical understanding about the Soviet
Unions deployed by both students
and the staff of the DP. Variously,
every issue this semester has had
some commentary or article about
Russia, yet there is no evidence of
any real mutual respect.

The beginning of the term, the DP
was filled with concocted stories of
the political future of the frozen
village. Wasn't this episode sup-
posed to be over? This particular
area of the country is a highly sensitive
area. If you were a Soviet person,
would you be so cavalierly considering
that you were supposed to keep the
enemy from getting into your country?
It is known for such nonsense.
This area of the country will probably
never come to light, the only people
less likely to some day see it are
Americans and intelligence officials.
There has also been much discus-
sion of the concept conveyed by
the word “morality.” Apparently,
the people at the Law School have
seemed to be talking about the same
thing, i.e., responsible policies of the govern-
ment. So this was my attempt to
clarify that these people were
being deemed the “right to organize.”
Where did this reporter get his
facts? In the USSR one has the right
to do exactly what one is told to do.

In the history of Russia have
any number of people had any
discussions of the concept conveyed
by the word “morality.”

I am by no means suggesting that
we ought to let the Russians alone
or care what we at Penn think
about the problems of the people
of Russia.

Russia has been
fully aware of that view.

The rest of the world has always
viewed Russia as a barbarian state.

The Russians have always been pain-
fully aware of that view.

I am by no means suggesting that
we ought to let the Russians alone
to do as they wish—get the
thought? I am merely saying that we
cannot even begin to do anything
about the Russians, and we can better
understand their minds. The present
regime has had 60 years to manipulate
and bully the people to sit quietly
which help them run the state.

The Russians have a sign of
Schizophrenia. We have never had to
run a country this way that we of
more modern ethics, dialectic morality (or
that we

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GSAC condemns sanctions in Middle States Association visit

The Graduate Student Activities Council condemned the recent resolution that "strongly condemns the sanctions imposed against Johns Hopkins for its policies with respect to nuclear weapons research." This resolution, which was passed by the GSAC without debate, was a response to the Middle States Association's (MSA) visit to Johns Hopkins University last February. The MSA is a non-profit organization that accredits colleges and universities in the United States.

The resolution states that the sanctions imposed against Hopkins violate the university's right to academic freedom and free speech. It also calls for the immediate rescission of the sanctions and for the university to be allowed to continue its research on nuclear weapons.

The GSAC resolution is the latest in a series of protests against the MSA's visit to Johns Hopkins. The university has been under pressure from various groups to withdraw its support for the MSA and to reject the sanctions.

In a statement, GSAC President Naomi Rogers said, "We believe that the sanctions imposed by the Middle States Association are unjust and that they violate the fundamental principles of academic freedom and free speech." Rogers added that the university should not be held accountable for the actions of its individual faculty members.

The MSA's visit to Johns Hopkins was controversial because of the research being conducted by the university's Center for Nonproliferation Studies. This center, which is headed by Dr. John Holdren, has been accused of supporting the development of nuclear weapons.

The GSAC resolution also expresses support for the university's decision to appeal the MSA's sanctions. The university has stated that it will appeal the sanctions to the American Association of Universities (AAU) and the American Council on Education (ACE).

The GSAC resolution is supported by a number of other student organizations on campus, including the Graduate Student Committee on Academic Freedom (GSCAF) and the Johns Hopkins University Students for a Democratic Society (HU SDS).

The GSAC resolution was approved by a vote of 25 to 0. It was a rare instance of full support for a resolution by the GSAC, which typically operates on a 10 to 0 vote basis.

The resolution comes at a time when the university is facing pressure from various groups to withdraw its support for the MSA and to reject the sanctions. The university has stated that it will appeal the sanctions to the AAU and the ACE.

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On campus, fear of crime is a way of life

Some safety tips for U. City residents

How to take precautions while walking around campus

- Be alert. Stay aware of your surroundings. Avoid listening to music or talking on your phone.
- Stick to well-lit areas. Avoid shortcuts through parks, vacant lots and other deserted places.
- Carry only necessary credit cards and cash. Avoid carrying large amounts of money.
- Walk with someone. If you are alone, try to find someone to walk with you.
- Let someone know your plans. Tell a friend or family member where you are going and when you expect to return.
- Be calm and appear confident. If you are too nervous, someone might mistake you for a victim.
- Trust your instincts. If something looks or feels wrong, it probably is. Take extra precautions or avoid the situation altogether.
- Keep your phone charged. Make sure you have a fully charged phone and know how to use its emergency features.
- Avoid dark alleys and deserted areas. Stay in well-lit areas and avoid walking alone through unfamiliar or isolated locations.
- Avoid distractions. Don't use your phone or headphones while walking alone. Be aware of your surroundings.
- Be aware of your surroundings. Keep an eye on your bag and any other personal belongings. Be vigilant and report any suspicious activity.
- Use the buddy system. If you are walking alone, try to find someone to walk with you.
- Be visible. Wear bright colors and avoid dark clothing.
- Use the university's emergency notification system. If you feel unsafe, use the university's emergency notification system to alert authorities.
- Carry a personal alarm. Have a personal alarm on hand and know how to use it in an emergency.
- Use the university's security services. If you need assistance, call the university's security services.
- Be prepared. Have a plan for what to do in an emergency. Know where the nearest exits are and have a map of the campus.
- Stay alert. Be aware of your surroundings and any unusual activity.
- Use the university's emergency plans. Familiarize yourself with the university's emergency plans and know how to respond in an emergency.
- Use the university's security services. If you need assistance, call the university's security services.
- Be visible. Wear bright colors and avoid dark clothing.
- Use the university's emergency notification system. If you feel unsafe, use the university's emergency notification system to alert authorities.
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U. names director of federal relations

Re-Michael Nades
David Morse, a Capitol Hill education expert and Pennsylvania legislator, has been named to fill the University's newly created position of director of federal relations.

The announcement is the first major policy decision by Senior Vice President Helen O' Bannon once she took office at the University last month.

Morse began work last week in the University's Washington, D.C., office, and his presence is expected to intensify the University's image and influence with the nation's lawmakers and federal relations director.

"It's not just another constituent with an interest in the University," Morse said. "It's a place to which legislators look for information and advice on higher education issues."

"I'm a kind of fallen humanist - I

I had really reached a point of diminishing returns on Capitol Hill," he said. "When you're on the Hill for

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But he said he had exhausted the

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Bishop, black fraternity meet
VPUL pledges minority recruitment drive

To CAMPUSMITH
By Sue Groode for University News

George Washington University reports that new minority enrollments are not following the expected rise in minority admission rates. The University's primary goal is to make a "University education available to all students." Bishop called the forum "enjoyable."

The University and ATO case may be delayed

[Excerpt from page 11]

In the case, including members of the University administration. Mr. and Mrs. Horner will be available between 11:00 a.m. to 12:00 noon, Friday. October 14, 1983.

For information on the 1983-84 series, call 898-6791.

Mr. and Mrs. Horner are the fall 1983 Dean's Visiting Fellows established in February 1980 by The College of Arts and Sciences. The Horner's are sites or够 to be a Stooce
Not to Read

You Have To Be A Stooce
Every Thursday.
Field Hockey

"And she was at least a yard off the goal line. They should not have been given a penalty stroke." Ford said. "Although we didn't win, we played with intensity and took the initiative. It's hard." The referee.}

W. Tennis

"It's hard to be pleased with a post game celebration to do. We're not usually successful in our games."

M. Textile

"They're a solid team," Seddon added. "They didn't have any goals. And they've been weak in the air, consistently losing free balls. And more mistakes in '83. They have no shot in the Ivies. But no one can say they haven't tried." Sage said. "But I don't think we've seen the best of them yet."

Ooohh what a year for George Foster!

INTERESTED IN EARNING EXTRA CASH?

Ivy Research Labs Is Looking For Healthy Male or Female Volunteers 18 Years of Age Or Older To Participate In Controlled Dermatology Research (Proof of Age Required)

Consumers Products Such as Perfumes, Bath Soaps, Shampoos, Cosmetics, Cloth and Paper Products Are Regularly Tested On Volunteers With Normal Healthy Skin.

If You Have Dandruff, Dry Skin, Acne or Athlete's Feet, Studies Are Conducted On These Conditions At Various Times Of The Year.

For More Information Stop In Or Call EV 7-8400

Ivy Research Laboratories, Inc.
University City Science Center, 2nd. Floor
Corner 34th and Market Streets

GRAD SCHOOL PREP

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I 1845 SPRUCE ST.

1 545-2800

Ooohh what a year for George Foster!
**The Quakers' leading receiver**

(Continued from back page)

Without Syrek's vertical threat, Penn's offense could have been extended $340. Includes
**QHAD TOWER B** Single room

**MAYER HALL Efficiency.** 38th

and Washington Ave One

lengthy one. Nose tackles Bill Lista

an Ivy title for the Quakers to defend

Penn's final drive against the Crimson

dirty

O's much-swindled. Dancee, Striped; and Romeo on the other hand, have

its own on Thursday at 8 p.m. to discuss trips to Kill-

leave the cooking to the rest of us.

Kisen. But today is the day to be nice to him, since it is his birthday. And

"I can't imagine," Syrek said, "hav-

The Quakers have also lost three

(Continued from back page)

**APARTMENTS**

WHAT'S GREAT ABOUT
New Philadelphia?

5-month Leases for Students and Faculty

- New Philadelphia, the complete community
- Spacious town homes.
- A wide range of styles.
- Excellent schools, shopping and transportation
- Minutes from Center City, the Spectrum, New Jersey.
- Beautiful, newly remodeled town homes

for a great living experience in New Philadelphia!

**Lucinda**

WHAT'S GREAT ABOUT
New Philadelphia?

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- Spacious town homes.
- A wide range of styles.
- Excellent schools, shopping and transportation
- Minutes from Center City, the Spectrum, New Jersey.
- Beautiful, newly remodeled town homes

for a great living experience in New Philadelphia!
Perfection for W. Tennis in win over Owls

ANNA OELENSW

Winn doubles match in our birthday. “I lost my concentration,” tied said. “I learned to make mistakes and to play harder to play.”

Singer added, “If you get a little too easy and you need to work harder, as we need to be in the rust.”

Keeping up their concentration and playing to potential was something that all the players had to do. A win and a difficult game, the Quakers managed to do this.

“We’re the only one who is really in charge of the court, but we still need to be in charge of our tennis,” Singer said, “This is a great match because we can stay in the game.”

On the night of the game, the Penn women’s tennis team yester-

day won the match against Tulane. Despite the Bears defeat, the team was able to lose 2-0 in the first set. Penn won the second set 6-2, 6-1.

The Bears defeat Field Hockey in overtime

Team improves despite 1-0 loss

B. TOM HARTNETT

Penn’s solo field hockey season began last week with a loss to another school. B. Tom Hartnett writes.

“Brown is well known for its strong defense, allowing 0-10 score,” Brown said.

“Brown’s strong defense and pressure on the offense are what kept us from gaining a point,” Hartnett added.

Brown scored the first goal with a penalty shot with just over five minutes left in the first period. Despite a strong Penn attack, Brown held on to win 1-0 in overtime.

“I was satisfied with the way we played in the Brown game,” Hartnett said.

“Penn had a lot of opportunities to score. We had a lot of possession in the second half,” Hartnett continued.

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Food & Drink
A supplement to The Daily Pennsylvanian
Wednesday, October 12, 1983
Philly food legends: more than a pretzel

By ERIC J. SAVITZ

I
t all started with pretzels. I'm not sure when the soft, chewy, salty bread pretzel was invented. But when it was, a gastronomic era was born with it.

Food, Philadelphia style. The pretzel is, of course, the basic food staple for most Philadelphians. Given three pretzels a day, each with a dollop of watered down, French's yellow mustard, no true Philadelphian would complain. They'll eat pretzels anytime, anywhere — at the Mummers' Parade, at Super Sunday, or a World Series game at the Vet. I've even been served pretzels at bar mitzvah.

People from that great suburb of Philadelphia, New York City, will tell you that they, too, have pretzels. But the vendors in New York don't have mustard most of the time, and the pretzels in New York are seen by native Philadelphians in much the same way they view the city itself: too large and a little stale.

Finished your pretzel? Thirsty? How about a soda? And if it's Frank's, thanks. Frank's is the city's very own soda, and nothing compares to a bottle of their Black Cherry Whishnink. (Whishnink, by the way, comes from the Whishnink Black Cherry, the juice of which can be found in any can of the stuff.) It's next to impossible to get good black cherry

(continued on page 17)

La Camargue

CUISINE CLASSEQU FRANCAISE
par Marcel Brossette

LUNCH • DINNER • PRIVATE PARTIES
reservations suggested

1119 Walnut Street • Philadelphia • 922-3148
Dessert junkie? Get your sweet fix here

By KAREN ZIEMKE

Insatiable? (Your sweet tooth, that is.) You happen to be in luck. (Insatiable things are fashionable around here nowadays.) Before you in Philadelphia lies a treasure of dessert havens and late-night hangouts where you can satisfy your appetite for licit fudge sundaes, chocolate mousse and New York-style cheesecake.

Ice cream aficionados already know where to go on campus for their fix. Steve's (40th and Walnut Streets), imported from Boston only last spring, concentrates on a few flavors and specializes in mixing toppings into the rich, sadistically spanked ice cream. While you're waiting on the invariably long lines, tinkling with the grand piano or trying to answer the daily riddle for a free small scoop, Hilliard's (4040 Locust Street), of course, equals tradition, and its selection of flavors and whipped cream withers. Their egg cream approaches New York quality.

Last one you grow complacent, there is a veritable Roman hothouse of ice cream selection off-campus, with some entries emphasizing their ubiquity. For instance, More Than just Ice Cream, located at 414 S. Pine Street in the heart of Antique Row. Like the name says, they also serve great light meals of soups and salads and scrumptious apple cobbler and pumpkin pie.

The trek is long but well worth it to Not Only Ice Cream, at 8126 Germantown Avenue, which dishes out oven-warm cookies and brownies in addition to the main event - Hagen Dazes, no less. And Once Upon a Porch, situated at 414 S. Second Street, is decorated in turn-of-the-century ice cream parlor style, with the obligatory caned chairs and soda fountain. The concoctions have old-fashioned quality, too - heavenly sundaes and ice cream sodas.

Perhaps the finest ice cream in the city, however, can be had at Cafe Calabria, on the 200 block of South Street. The pastries are superb, the ice creams delicate and unique, and the atmosphere - utterly European. You can sip cappuccino and watch yourself talking to your date in the mirrored walls, glowing with Italian lights.

But man does not live on ice cream alone, and those adventuring in the art of sugar consumption know well the pleasures of dessert hunting in Philadelphia. The Borgia Cafe, at 408 S. Second Street, is reminiscent of a French cafe: dim and romantic, with huge, impressionistic posters on the walls. Live jazz is the entertainment, but the real stars are the sweets on the under-$10 menu. Cheesecakes and mousses of all varieties round out the large selection of desserts, and there's also something called Chocolate Decadence - a rich little chocolate cake which the head waiter swears nobody ever finishes.

For the more adventurous, the best dessert option in Philadelphia has to be a diner. In the Northeast, two chrome and formica conglomerations vie for the cheesecake crown: The Country Club (1717 Cottman Avenue) and The Aramingo Diner (5056 Aramingo Avenue). While The Country Club does everything on a grand scale (glass cases to yar and dining rooms the size of football fields), the Aramingo is a small, classic diner, complete with the waitress who greets you with an off-hand "How ya doin', lady?" But both have unbelievably rich cakes, with the chocolate-chocolate chip an overwhelming favorite.

Then again, you could always dive into total decadence at The Melrose Diner (1501 Snyder Avenue), where the apple dumplings in vanilla sauce will send you reeling with waves of culinary ecstasy. It's the quintessential Philadelphia dessert: maximum in flavor, minimum in price, and totally, irrevocably filling.
Seafood ought to be an easy catch in Philadelphia.

After all, the mighty Schuylkill River is just minutes from campus. A student with some patience and the skills of a seasoned angler should be able to fix a meal of fresh fish any day. Right?

Sorry, Charlie.

Truth is, you're not likely to find anything you'd want even to look at in the Schuylkill, except maybe a sunken goal post from last year's Penn-Harvard football game. But you can't eat a goal post.

That's why we have restaurants in Philadelphia. And the city's restaurateurs are more than willing to serve up a meal of anything that swims in the seven seas, the Great Lakes or a number of smaller puddles.

At Ohara's Seafood House, on 39th and Chestnut Streets, that means some 600 pounds of crab legs are consumed each week, says manager Don Schmeichel. Add to that another 200 pounds of shrimp and 250 pounds of fresh fish delivered weekly, and you've got a mess of fishes.

For example, on the menu this weekend were bluefish, cod, salmon, swordfish, sea trout, monkfish, red snapper and flounder. Each fish may be the foundation for as many as 36 different seafood dishes which are served broiled, fried, breaded, charred, and teriyaki, Schmeichel adds.

Or if fish isn't your fancy, you'll find that Ohara's also serves a variety of meat and vegetable dishes, and stocks its salad bar with 25 ingredients.

But more and more, Ohara's customers are coming in especially for seafood. Schmeichel said he believes it's all part of the American health food and fitness fad. "Philadelphians are definitely looking to healthier food. They're more conscious of their weight and their health," he said.

"I believe people are more likely to go to a fish house than to a steak house," Schmeichel added, "but we still have to please every palate, and we do."

About 80 percent of the fresh fish served at Ohara's is caught on the New Jersey or Delaware coast, but other Philadelphia restaurants rely more heavily on imported seafood or domestic catches flown in daily.

At Bookbinder's Seafood House at 215 S. 15th Street, the lobsters come from Maine or Massachusetts, the clams and oysters from Nova Scotia, and the Dover sole from Holland, manager Bill West said. Only about 10 to 15 percent of the fish served at the Bookbinder's is caught in local waters.

Bookbinder's always has at least seven varieties of fish and five types of shellfish on hand at the restaurant which the family has owned for 48 years. But locals have learned that some of their favorite dishes are strictly seasonal, like softshell crabs which are available only between July and September. Stone crabs, on the other hand, are flown in from Florida between September and November, West added.

The menu at Bookbinder's changes seasonally, but there are standard dishes which are available all year round - snapper soup, clam chowder, and a green fettucini served with bay scallops in a white cream sauce which West said is both an unusual offering for a seafood house and a customers' favorite.

Although an entree at Bookbinder's costs about $16.50, and the fare at Ohara's hovers at $7.50, a wide assortment of seafood can be found at prices fit even for a tight budget. At Walt's King of Crabs on 806 S. Second Street, you can order an entree for as little as $3.50, or splurge on a lobster that weighs "a fraction over a pound" for just $7.50.

Indeed, Walt's sports a clam bar, boiled shrimp, steamer, littlenecks, popinecks, cherrystone clams and mussels, a best seller among patrons.

"Everybody loves mussels," Garczynski said. "And we don't even count them like other restaurants do. We just give you a big bowl that must have 20 mussels in it. And it's only $3.50."

Crabs, as the restaurant's name suggests, are also a favorite at Walt's. College sophomore and crab aficionado Elliott Zucker said crabs come first to mind when ordering seafood. The attraction: "Crabs are cool," he said.

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Affording good taste

Feasts abound for under 10 clams

By ALISON FELDMAN

You have time. You have taste. But money? Ha. You can’t expect steak or escargot, but a bit of hunting around will uncover some great and unusual meals for under $10 — and none more than a bus ride away.

The Commissary, on 1710 Sansom Street, offers a wide range of cuisine. Upstairs, the Cafeteria serves light, nutritious food in a casual atmosphere for $4 to $7. The menu includes a la carte salads, pastas, omelettes and charcuterie. For example, weight-watchers will love the quiche and salad for $4.85, or a large selection of salads for $3.75. But leave room for the Cafeteria’s famous desserts — chocolate mousse cake with grand marnier custard, and strawberry heart torte are only a few of their tempting delicacies. Cafeteria hours are 8 a.m. to 11 p.m.

Downstairs at the Commissary is The Piano Bar, which features sandwiches on homemade bread. Everything on the bread board goes for $4.50 or less, from traditional roast beef to unexpected chicken and avocado. More upscale than its upstairs counterpart, the Piano Bar is perfect for a leisurely, inexpensive lunch.

The Marigold Dining Room, at 501 S. 45th Street, is slightly closer to campus. Serving mostly American and Italian dinners, Marigold offers dishes such as veal or chicken parmesan for $5.50 and shrimp or scallops for $6.75. Half a roast chicken with soup or a salad, two fresh vegetables and a choice of dessert is a steal for $6. Another plus: everything, from applesauce to soup, is homemade. Marigold is open 4:30 to 8:30 p.m. Monday through Saturday.

At A Moveable Feast on 4443 Spruce Street, the take-out entrees are a gourmet treat. Where else can you feast on a lunch of lobster streudel at $3.30, a spinach turnover at $2.50 or quiche at $2.75? The Moveable Feast’s international dinner menu includes stuffed breast of chicken Mediterranean ($4.95), beef stroganoff ($5.20) and veal marrone ($5.20). The store also carries the largest imported cheese selection in the city. Its hours are 11 a.m. to 6 p.m. Monday through Friday, and 11 a.m. to 5 p.m. on Saturday.

The Sansom Street Oyster House, located at 1516 Sansom Street, specializes — not surprisingly — in seafood. Its $5 blackboard specials, which change daily, include scrod, stuffed brook trout, and swordfish. Standard dishes such as bluefish ($4.95), cod ($4.50) and Rounder ($6.50) are always available. (Prices for dinner entrees are slightly higher.)

The Restaurant is lodged in a Victorian townhouse at 2129 Walnut Street. The business, operated entirely by students of The Restaurant School, changes its eclectic menu every seven weeks. Since your choice of entree is limited to two or three, it’s a good idea to call up before you plunge into the largely ethnic cuisine, but the prix fixe of $9.95 can buy you a true culinary experience. Currently, choice of appetizer includes fritto misto (deep-fried vegetables with anchovy mustard), onion soup or quiche; the main entree is sole verriere (with white wine, saffron and grapes) or beef liver with bacon and capers. The Restaurant is closed Sunday and Monday, and reservations are required.

Scanning the goods at A Moveable Feast (above) and grabbing a bite at South Street Souvlaki
All the right graces in downtown places

Ambience. It can make or break that all-important impression-making first date. Take-out ribs are out and duck. Forango from Le Bec Fin is a little intimidating.

As campus restaurants become old hat, the unexplored eateries of Center City begin to sound more and more appealing. Besides, knowing that "great little place downtown" makes you seem so worldly.

New Market houses a cluster of unique restaurants and cafes which practically invite idle chatter over French onion soup, jokes over cheese fondue, or goo-goo eyes over scrod.

To put a little magic back in a relationship, and a filling meal at a fun place, try Pizzeria Uno, at 511 S. Second Street. Pizzeria Uno specializes in deep-dish pizza, served in an open, friendly atmosphere. The decor comes complete

(continued on page 9)
An open invitation... to wine and good spirits, to beer and cheers,
to cheeseboards and lovely duets played in fondue,
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With barber shop chairs and shoe shine benches, brass rails and traffic lights, photographs of old Philadelphia – and a magician. A magician, Ron Donaldson said the restaurant has used a magician for several years as a novelty, and as a way of entertaining customers as they wait for pizza, which takes up to 20 minutes to bake.

"He makes their money disappear," Donaldson quipped. While the magician may not draw people to Pizzeria Uno, it may bring them back.

Filled with college students and not too expensive, Pizzeria Uno can prelude a night of dancing or a movie.

Or if you need something more intellectual or pseudo-intellectual, yet still reeks of romanticism, try the Cheese Cellar, at 120 Lombard Street. Cheese Cellar is one of a chain owned by Souther's Frozen Food Co., but the Society Hill restaurant is the original. Walk down a spiral staircase into a large, dimly-lit room with stone walls and wine casks for some of the best cheese boards and fondus in Philadelphia.

The restaurant has been designed for intimate tête-à-têtes over carafes of white wine – seated in alcoves and arched booths, a couple can discuss politics, fashion, sports, or...the weather.

Upstairs is a long, wooden bar, with wooden bar stools and free munchies. Sitting atop the counter is a huge sculpture and painting taken from "the Forward Saloon" of one of the finest steamships ever built in Wyandotte, Michigan, and a television set usually tuned into a Phillies game.

Bartender Chip Davies said specialties of the Cheese Cellar are fondus, cheeseboards, wines and souffles. With a couple of glasses of wines, these can make a nice, light meal.

For that out-of-the-ordinary Saturday night dinner, Astral Plane, at 1708 Lombard Street, is one of the city's best. This isn't the place to grab a quick bite before the eight o'clock movie, but it's ideal for a relaxing evening of conversation and fine cuisine.

Astral Plane is a small, quaint restaurant serving unusual Continental dishes, where a dinner for two, including appetizer, entre, dessert and wine costs under $35.

There are two small rooms upstairs and one downstairs, each seating approximately 25 people, and co-owner David Selke said he and his partners prefer it that way. He said they do not like to accommodate parties over six, and most of the tables, complete with antique silverware and tablecloths, have been set for two.

Although restaurant guides list the place as "Bohemian," Selke shies away from the description, which he said tends to give the impression of "huge wall tapestries and poetry readings."

With bar stools made of brass Coors beer emblems and old-fashioned fans on the ceilings, the decor is reminiscent of "your grandmother's house – all the old things and the clutter" which add a unique, realistic charm not found in most "memorabilia" restaurants today.

Classical music or Broadway soundtracks can usually be heard over the sound system.

Astral Plane, named by astrology enthusiast and co-owner Rita Apaghi, originated 11 years ago as an ice cream parlor-health food store, and still prepares all food on the premises. Desserts are also homemade, but shipped across town from the owner's other store, American Chivouery.

Selke said he considers his restaurant "a pleasant in-between place," where couples or a small group can come enjoy an evening at a reasonable price.

Or maybe you need a more sophisticated atmosphere for the proper touch. You'll find that, and more, at New London, at 114 S. 12th Street, the recently-opened, four-month old reincarnation of WMMR's Hard Rock Cafe.

Owners Chris Jacobs and Steve Koslow have turned New London into a classic American restaurant, serving specialties from around the United States, and decorated with fine linens and fresh flowers. The marble counters, faux marble pillars, hardwood floors and mirrored walls all give the restaurant a mature, elegant motif.

The real attraction here, though, is the music. Wednesday nights in October, Cookie and Co. entertains customers with ragtime on the piano and an occasional zinger. On Friday, Saturday and Sunday nights, the Tuxedo junction duo dishes out the hits from the 30's and 40's.

The structure still stands as it did 80 years ago, when the building housed H-H Bales Florist Shop – in fact, H-H Bales cut flowers on the same counter where bartenders now serve drinks.

A large staircase leads up to the second level, where dinner is served, then up to Joe's Speakeasy and another bar on the third floor. The speakeasy comes complete with working fireplaces, which the owners would like to have burning by winter.

The dishes are interesting – angel hair pasta with sautéed crabmeat, cajun shrimp, and duck salad with spinach, watercress, and poppy seed dressing are only a few listings on the menu. Most of the appetizers run under $5, but the more exotic entrees run up to $18.95 for rib lamb chops.

Both Jacobs and Rostow said their clientele is predominantly older than the college crowd – usually in their twenties or early thirties – but said students could easily feel at home.

Open for lunch, dinner, and after-theatre hours, New London serves interesting cuisine, with free cheese and crackers from 5 to 6 p.m.

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Just stop in for dinner, eden really takes off after 3PM. That's right, after 3:00 just show your student or faculty ID card and get 50% off on any burger, stir-fry, catch of the day or special large salad dinners. Try our quiche and tempting desserts. Enjoy wine or a beer with a friend & relax before or after classes with dinner at eden. Discount Good Until December 5, 1983.

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Seafood with a view
Some like it hot, others prefer it raw, and most want it now.

Waiting on viciously hungry customers is a demanding and thankless profession, requiring those qualities deemed so noble in our society: tolerance, understanding and good feet. A grueling task it is, catering to the fickle fancy of surly supper patrons with ridiculous culinary quirks. With patience and good will, waiters and waitresses - dedicated souls wearing supportive arches - forge unique serving styles to cope with all our perverse dining pleasures.

There are the meticulous, genteel waiters who relish the subtleties of their trade as would a true artist. They do more than deliver food - they acquaint the customer with cocktails, build up to the entree and tempt the stuffed patron with elaborate desserts.

One such waiter can be found on the shores of the Delaware River, aboard the historic tall ship, the Moshulu. In the main dining room, Farrokh Force, 23, leans toward a table explaining the menu to a slightly baffled patron. Once the order is taken, Force walks calmly to the kitchen.

"The menu doesn't tell the customer everything," Force says. "It's up to the waiter to introduce the food to the customer. Whatever the customer desires, it's up to the waiter to provide when he can. If I wanted to classify the art of waiting, it would be a method of presenting food to the customer."

Force serves the soup, laying the bowl down gently. Not once do the dishes clink. Walking gracefully through the dining room, his gait unmistakably reveals he's proud to be a waiter.

"The main part about waiting is communicating with human beings, reaching an understanding with people you don't know," Force says. "Many times in understanding people you understand yourself better."

But he admits that serving the public is not always a pleasant experience. "Unfortunately, some customers deal with waiters as though they were a lower class. You can read this through their eyes and body movements. It's the same as when you belong to a group of people and you can tell which are your friends and which are your enemies. It's a type of body language," he adds.

Force's methodical outlook is not necessarily the standard model in the profession. There is no model waiter, just good waiters and bad waiters. And those who stick with it must be good because no waiter would survive on sarcastic insults and lousy tips. The ones that last are the veterans, the sly old dogs of the dining room who gauge the length of their careers by how many pairs of shoes they've worn out; the ones who could take an order from a party of auctioneers without flinching. And with no mistakes.

Rocco Pantalone, 52, has been a waiter at Old Original Bookbinder's Restaurant for 34 years. He's an old bulldog of the profession who's accumulated tricks to tide over awkward moments. When you lose a cork in a bottle of wine, for instance, there's only one way to get it out, he says. Tie knots in a string and use the string to coax the cork up the neck. Then pull the string, letting the knots grip the cork, and force it through the mouth of the bottle.

Pantalone's likes his profession, and it shows. He likes meeting people - friendly people, that is. "Phyllis Diller is the greatest, never snubbed anyway, especially the children, and always signs autographs for everyone. That lady, she's a lady and a half," he says.

He's had his share of sour moments, invariably caused by the bad-tempered, rude and obnoxious customers. "In general, the public is a decent bunch of people, but there are those who'll wind you up - it's the attitude they come in with," he says. "The only way to appease them is to humor them. I just kill 'em with kind-
FOOD & DRINK

They know you, they love you, they can’t live without you. But just try to stiff them on a tip.
Healthy Eating 101. There's no such course offered at the University - but if there were, the syllabus would stress common sense over megavitamins.

For most college students, deciding what and where to eat is easy — dining services and fast food joints. But for those who want better nutrition and fewer calories, the answer is not that simple. All too often, they succumb to the tempting convenience of McDonald's, cheese steaks, and hoagies. The starchy, high-fat foods which comprise much of the average college student's diet, the stress and the lack of exercise from long nights of studying over the head of the all-too-familiar "freshman fifteen."

But nutrition consultant Steven Small, who was graduated from the University Dental School, says this can be avoided by re-learning eating habits. It is much easier to maintain than regain health, he said. In addition to stress management and fitness, Small believes that good nutrition and diet is the key to health. "Gearing towards high-fiber and low-fat diets is ideal for students," Small said. "It's just a matter of incorporating simple changes into your life - lots of fresh vegetables and fruits, more fish and fowl instead of red meat, whole rather than refined grains.

A high-fat lunch causes a sudden rise and fall in blood sugar level, Small said. It is this decrease which causes drowsiness a few hours after a meal, and can affect the study habits of students. Also, he added, "sugar is a drug — more people are addicted to sugar than caffeine. Sugar comes in a dozen different forms — food industries disguise sugar imput. Read the labels. If it sounds like it's coming out of Chemistry 101, don't buy it."

Jane Brody, author of several health books and a New York Times columnist, also advocates a low-fat, high-fiber regimen. Brody recommends seven simple ways to stay on a healthy diet which are geared toward the hectic schedule of college students: 

1. Keep your refrigerator well stocked with fresh vegetables and fruits for salads and midnight munchias.
2. Use low-fat dressings, or create your own using vinegar, yogurt, and lemon juice as a base. Combine lemon juice, mustard, black pepper and garlic for a great dressing, or add herbs, such as caraway, to horseradish.
3. Freezing batches of soup in single-serving plastic containers is an inexpensive and practical idea. Soup made from vegetables, chicken, even turkey scraps can make a delicious, nourishing meal — from the freezer to the stove, you can have hot soup in just a few minutes.
4. Keep whole grain bread around for quick sandwiches. Turkey breast and cheese make a low-fat meal.

(continued on page 15)
It's a core curriculum in University City

By PETER CANELLOS

When Ed Cellini and his brother Rich opened the Bull and Barrel saloon on Chestnut Street 14 years ago, his clientele consisted of a loyal core of students and men from the West Philadelphia neighborhood.

The 3900 block of Chestnut Street was considered way off campus—a sort of forbidden zone for wealthier Center City diners. The poor quality of the dining establishments and the perception of the neighborhood as dangerous and degenerate combined to keep customers away.

But a lot has changed over 14 years, and Ed Cellini and his brother are now among a small hand of restaurant owners who stand as pioneers of what is now seen as the West Philadelphia restaurant renaissance.

The Pagano family, owners of several different University City establishments over many years, rank with the Cellinis in investing in the area when others weren't giving it a chance. And Judy Wicks and Elliott Cook, co-owners of the renowned La Terrasse, brought some of the best French cooking in the city to West Philadelphia 16 years ago.

The past dozen years have seen the debut of many high quality restaurants featuring all kinds of cuisine, along with the refurbishing of many local watering holes into upscale bar and grills.

"When we first came here, there were very few dining places around," Cellini says. "But over the years, the area has changed and we saw the need for more variety."

Today, the old Bull and Barrel is gone. The Chestnut Street establishment has undergone an expensive facelift and been rechristened the Chestnut Street Bar and Grill. Where there once was a rustic, hardwood interior, there are now pink flamingo wall decorations and shiny brass railings.

The Cellinis also own the popular Ohara's Dining Saloon on 39th and Walnut Streets, an upscale dining and drinking place in the heart of the residential section of campus. And quality seafood meals are served at the Ohara's Fish House on the corner of 39th and Chestnut Streets.

"Ten years ago, people would not come this far down on Chestnut Street to get something to eat," Cellini says. "Now you have maybe a dozen top quality restaurants over a few blocks, and much of our business now comes from downtown."

The most dramatic change Cellini has seen over the years has been in the nature of his customers. Once serving mostly students and University employees, his restaurants now attract a majority of their business from Center City and West Philadelphia residents.

"Our customer comment cards have people coming from places like the Main Line, Chestnut Hill, the Society Hill Towers and Rittenhouse Square," Cellini added. "The fish house has a base of 50 percent from outside the area and the dining saloon is 30 percent."

"It's even astonishing to me and my brother to see the changes here," he continued. "I don't think people outside the area know just how good the places out here are."

A glance at the menu at Chestnut Street Bar and Grill shows the Cellini brothers' commitment to improving the restaurant market in University City.

(continued on page 19)
The Penn Spot

Pagano's

38th & Chestnut
382-4105

For the finest in Italian food, and the best entertainment center in University City...

make sure you visit Pagano's
It's not just a salad

(continued from page 12)

• Peanut butter without added preservatives or oils is nutritious, easy to store and inexpensive.
• Muffins are easy to make and great for study breaks. For variety, mix in oatmeal, pumpkin, zucchini, bran or bananas.
• Use apple butter instead of high-fat butter or margarine. It's a tasty spread with no fat.

The secret to healthy eating is not where you eat, but what to choose to eat, Brady added.

“Pastas and vegetables are not only nutritious but very inexpensive,” she said. “Also, pizza is an excellent, well balanced meal — the major drawback is the high salt content.”

“It’s perfectly okay to grab a meal at a fast food place. Know how to select — pick one with a salad bar, stay away from French fries and soft drinks,” Brady continued. And plain burgers are fine, she added, but garnish them with lettuce, tomatoes or onions rather than high-fat cheese and sauces.

Streamed foods are almost always high in vitamin and mineral content. Beware of buttered vegetables — they are loaded with fat. Ask the waiter for food prepared without oils or sugars.

To this end, Tommy Connell, chef at Knave of Hearts, said, “We'll do almost anything on request that isn’t too outrageous. We can do almost anything low-fat or without fat.” The Knave of Hearts, at 230 South Street, offers gourmet cuisine in an intimate dining atmosphere.

For healthy dining in a more casual atmosphere, Dreamer's Cafe, at 4705 Pine Street, is open from 7 a.m. to 11 p.m. for quiches, vegetable dishes, and low-salt, nourishing soups — all food is prepared with fresh ingredients. The cafe's specialty is its Sunday brunch, with omelettes made to order.

“We make any combination you want with any vegetables that can be bought, but our specialty is the Mr. Big — mushrooms, onions and our special cream sauce,” said Chris Feder, a waitress at the cafe.

Nearby home base is Eden, located at 37th and Chestnut Streets. Eden is a cafeteria-style health food restaurant, where you can enjoy your meal outdoors. The vegetarian Eden burger is a mixture of bulgur wheat, chick peas, mushrooms, walnuts, grains and spices. And no salty pretzels at this bar — only raw vegetables.

But you don't necessarily have to trek to restaurants for health food cuisine. With the right ingredients, you can prepare nutritious, wholesome meals at home. Whole grains, cheeses, fresh pastas, even frozen health food dinners are available on campus at The Seed, at 3732 Walnut Street. Owner Bob Leib provides students with nutritional information as well as proven recipes. Tofu, a popular, low-fat, high-protein food is an ingredient in numerous dishes, from salads to manicotti.

Of course, for those who are always Saladalley, located in the Warehouse on 41st and Locust Streets, it's got homemade bread and soup, plus pita sandwiches and daily vegetarian specialties.
Food lore in Philly

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soda outside of Philadelphia — so take advantage of what's here.

Traditions usually die by either fading away or getting bigger, and slowly, the latter is killing off another Philadelphia food custom. Now, Tastycakes are available in a variety of places in the East, complete with fancy cellophane wrappers. In the good old days, a package of Jelly Krimpets came in wax paper — not new-fangled crinkly cellophane. But despite the upsetting change in packaging, Tastycakes are the best pre-packaged cakes anywhere — and that includes Drake's and Hostess. What? You don't believe it? Try the best — buy a package of Chocolate Cupcakes. Heaven in cellophane.

Obviously, we Philadelphians like our junk food. But we like real food, too. Like cheesesteaks.

The king of Philadelphia food traditions, the cheesesteak is much copied elsewhere but can be found in its proper form only here. And even here, not everyone can do it right — don't count on getting a good cheesesteak at a delicatessen, or any place with waitress service, or a place which has a well-stocked bar. Cheesesteaks are sacred the food of the gods, and should be had from the places that make them best.

The penultimate cheesesteak experience can only come in the middle of the night. Two in the morning, when you can't read another word, and you have to have food. So off you go in your friend's 10-year-old Ford, through the wilds of South Philadelphia, to Passyunk Avenue and Pat's, King of Steaks.

Pat's is probably the only nationally known restaurant that features no seating and only one entree. At Pat's, its cheese with, or cheese without. Try some of their famous hot sauce, with your steak balanced on the metal counter. Pat's is the pride of South Philadelphia. David Breinnner has eaten here. So has Fabian. Eddie Fisher. Bill Cosby. My brother Lenny. You're in South Philadelphia and eating a cheesesteak. It's the American dream, Philadelphia style.

For those who would rather hang out on South Street, Jim's is the second-best known purveyor of steaks. Jim's also offers beer, a funky jukebox and a view of the wild and crazy people on South Street. They also offer a choice of cheeses — but don't you dare get American. Real Philadelphians eat only the best. Cheez Whiz.

By the way, all those people who tell you that Geno's, which is across the street from Pat's, is really the best place to eat steaks are probably from New York. And you know what that means. Geno's is overrated, generally by the same people who don't like Jelly Krimpets.

The hoagie is the other sandwich which is undeniably Philadelphia's own. Sure, other cities have their own version (subs, grinders, heros, etc.), but somehow, only a hoagie on an Amoroso's roll can offer the true hoagie experience. Genoa, prosciutto, provolone, hot peppers, lettuce, tomato, and onions. But hold the mayo.

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West Philly families

(continued from page 13)

The popular French cafe sponsors the University City restaurant festival each spring, which brings together samples of fare from many West Philadelphia eateries.

Says La Terrasse co-owner Judy Wicks, "The word is getting around that things are starting to happen out here."

Wicks believes that the University City area can become a dining out destination if the University allows real estate prices to stay low enough to allow innovative young restaurateurs to move into the area.

She says she’s pleased that more restaurants are moving into the area. She herself is adding to the restaurant renaissance by opening the White Dog cafe, a small establishment that caters mostly to a lunch crowd, and expanding La Terrasse to include a new bar menu.

"We're very happy about having more restaurants in the area," Wicks says, adding that La Terrasse is working to counteract the perception that it is the only fine restaurant in the area.

Wicks cites the Pagano and Cellini restaurants as examples of high quality dining spots, and adds such places as Eden (39th and Chestnut), L'Artiste Affame (30th and Sansom Street), The Cold Standard (37th and Locust) and Margaritha's (Chestnut at 40th Street).

The Pagano family has been serving customers in the West Philadelphia area for over 30 years. Arnold Pagano had a cafe on 37th and Spruce Street, then started Casa Vecchia at 39th and Chestnut in 1970. The Original House of Pagano at 38th and Chestnut is owned by Pagano's cousin, Teddy Pagano.

"Competition is much fiercer now than when we first came to this area," says Pagano, who added to the competition by opening C.P.'s Backstreet Cafe last year.

"I think there is a much greater variety of places in the area now," Pagano adds. "When we first opened at Casa Vecchia, it was just us and Gino's. Now there are 13 to 15 places in a two block radius."

Legends

(continued from page 17)

Philadelphians use oil.


The city's most popular beer is Schmidt's, which can be found at every neighborhood bar in the city. It's the heavy duty beer -- sort of Philadelphia's version of table wine.

But there's more. Try Joe's beer. Oriente's, manufactured by Joe Oriente, is, uh, inexpensive. It's the beer for people who want to be on a first name basis with their brewer.

But it's not that bad. Actually, there's nothing better to wash down a cheesesteak.

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Chickenless Egg
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Sopapilla Fries
Corn au Lait
Salsa Salad Essiga
La Carne
Copabana Banana

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3. The winning group's name will be published in the local newspaper.
4. The location and time of the party will be convenient to both the winners and Domino's Pizza.
5. The 30 pizzas will be 2-item pizzas. The winner will have the choice of items. The pizzas do not have to be the same.