

Towanda man arrested in abduction incident

A Towanda man was arrested Sunday after allegedly abducting a four-year-old child from a playground at 425 Waupelani Drive, according to State College police.

Police say Murray Jacobson, 316 Main St., Towanda, reportedly got the child into his car and proceeded north on Route 26. The child's mother tried to stop the car but failed and notified state police at Rockview. Jacobson was chased by Bellefonte police and was finally apprehended by state police outside of Bellefonte. The child was returned safely to his mother. Police have not released the names of either the child or his mother.

Jacobson was arraigned before District Magistrate Clifford Yorks yesterday and was charged with interference with the custody of children. He was committed to Centre County Prison in lieu of \$5,000 bail.

State College police report that \$2,880 in French military transport planes landed Moroccan arms yesterday in the heart of Zaire's embattled copper belt. A Moroccan expeditionary force of 1,500 troops stood ready to join the fight against the five-week rebel invasion.

French Communists demanded an immediate halt

Yorks April 6. Frantz was charged with unauthorized use of a motor vehicle in connection with an incident April 4 at the A & P Supermarket, Westerly Parkway. Frantz was released on nominal bail.

Patrick Picciano, Penn State Trailer Park, was charged with simple assault, harrassment and disorderly conduct in connection with an incident that occurred April 7 at Wendy's Restaurant, 1610 N. Atherton St. Picciano was arraigned before Magistrate Yorks April 7 and sent to Centre County Prison in lieu of \$1,000 bail.

Items belonging to Charles Duncan (14th-architecture) and Gary Rosand, 523 S. Atherton, were stolen from a locker on the third floor of Engineering Unit A, according to Police Services.

Police Services report that a tool box belonging to Lee W. Sellman (8th-theatre arts) was stolen from Sellman's vehicle while it was parked in lot Green D Friday. The box and its contents were valued at \$1,000.

Protein-deficient diets linked to hair loss

By **PATY RHULE**
Collegian Staff Writer

A diet that leaves substantially less food on the plate could mean a loss of hair on the pate, according to studies published in the Journal of the American Medical Association.

An article in the November 1976 issue of Reader's Digest said that two doctors in the dermatology department of Letterman Army Medical Center in San Francisco have compiled data for the Journal of the American Medical Association suggesting that crash diets can cause hair loss.

Drs. Detlef Goette and Richard Odum have treated 11 patients who experienced "profuse hair loss" during periods of rapid weight loss.

According to the article, one patient Goette and Odum treated was a 50-year-old man who had hair transplants which fell out when he went on a crash diet.

Two women treated by Goette and Odum went on and off crash diets repeatedly and

lost hair every time. Doctors have not established a relationship between the amount of weight lost and hair fallout, but according to the article, hair loss is not evident in slow weight loss diets.

An article in November's Seventeen magazine said that fasting, crash diets and vegetarian diets which are low in protein could cause hair to become brittle and dull.

These diets could also cause hair fallout, according to the article.

Robert Bradfield, clinical professor of human nutrition at the University of California at Berkeley said in the article that if a person remains on a diet which is extremely low in calories for longer than two weeks, the hair shifts from a growing to a resting phase.

After two months of such dieting, the hair could begin to fall out at an alarming rate, Bradfield said.

Although the hair loss may seem drastic, according to the article, the hair grows back

after the dieter returns to eating a nutritionally balanced diet.

For a weight loss plan that won't leave you with hair today that's gone tomorrow, the following is a 1,200-calorie diet plan prepared from the dining halls menu by Cheryl Sowers' (8th-biological health).

YOU MAY HAVE AT ANY TIME: coffee or tea (black or with lemon), tossed salad with lemon, vinegar or low-calorie dressing.

ANY BREAKFAST: ½ glass juice, choice of hot cereal with ½ tsp. sugar or unsweetened cold cereal, 1 glass skim milk.

TODAY'S LUNCH: 1 bowl minestrone, 1 slice whole wheat bread with ½ pat

margarine, carrot fruit salad, 1 glass skim milk.

TODAY'S DINNER: roast veal — no gravy, glazed carrots, honey bran roll with ½ pat margarine, sunflower salad on lettuce.

TOMORROW'S LUNCH: banana split fruit plate, 2 slices cracked wheat bread with 1 pat margarine, 1 glass skim milk.

TOMORROW'S DINNER: roast turkey with bread dressing — no gravy, whipped potatoes, peas.

THURSDAY'S LUNCH: cheese sub, purple plums.

THURSDAY'S DINNER: stuffed green pepper in tomato sauce, broccoli with lemon wedge.

FRIDAY'S LUNCH: grilled reuben sandwich, dill pickle

spear, whole peeled apricots.

FRIDAY'S DINNER: lemon baked fillet of sole, orange roll with ½ pat margarine, royal anne cherries.

SATURDAY'S LUNCH: 1 bowl vegetable alphabet soup, crackers, orange, 1 glass skim milk.

SATURDAY'S DINNER: baked veal steak, spinach with lemon wedge, 1 slice l bread with ½ tsp. margarine, citrus sections.

SUNDAY'S BRUNCH: 1 glass grapefruit juice, scrambled eggs, 1 slice toast with ½ pat margarine, 1 glass skim milk.

SUNDAY'S DINNER: spaghetti with meatballs and 1 tsp. parmesan cheese, pear half, 1 glass skim milk.

Zaire gets military aid

KINSHASA, Zaire (UPI) — French military transport planes landed Moroccan arms yesterday in the heart of Zaire's embattled copper belt. A Moroccan expeditionary force of 1,500 troops stood ready to join the fight against the five-week rebel invasion.

French Communists demanded an immediate halt

wdfm presents

An interview with

John J. Romano
Dean of the College of Liberal Arts
with host **JACQUELINE LOWE**

TOPIC: Liberal Arts Career Day '77

Today 11:30am and 5:55 pm Campus Radio Stereo 91.1 FM

HOMOPHILES OF PENN STATE

GENERAL

ELECTIONS

FOR 1977-78 HOPS OFFICERS

SPEAKER

Dr. JOANN FARR

7:30PM APRIL 13 62 WILLARD

COFFEEHOUSE 9 PM APRIL 14 415 E. Foster Ave.

TALK TO US It's your paper... and live to what you'll get out of it.

FREE OUTDOOR SEMINAR

A DISCUSSION OF LOCAL ROCK-CLIMBING TECHNIQUES

EVERYONE WELCOME!

AT the **Pathfinder...**
137E. Beaver Ave.

LEATHER TO BOOT
(next to Cheap Thrills) AT 116 W. College
open daily til 5:30, Mon. & Fri. til 9

Schlitz is a trademark of Jos. Schlitz Brewing Co., Milwaukee, Wisconsin 53202

THE DEAN OF BEER HAS AUTHORIZED THE FOLLOWING WAYS OF GETTING THE WORD.

Personalized Schlitz Stein. Beautiful 14-oz. crystal beer stein handcrafted in Europe. May be personalized with up to three initials on the side opposite the etched Schlitz globe. See coupon for ordering instructions. \$7.95 each.

Dean of Beer T-Shirt. For those of you who really deserve the title. Jersey-style with gold ¾-length sleeves and Dean of Beer design in full color. 100% cotton. Sizes: S, M, L, XL. \$4.50.

Dean of Beer Slumber Shirt. Yellow with Dean of Beer design in full color. V-neck with side vents. Combed cotton. Comfortable lounge/sleepwear. Sizes: S, M, L, XL. \$4.95.

Schlitz Bikinis. The word, abbreviated. Cotton and polyester, fully lined, with tie straps for an easy fit. Order top and bottom separately. Bikini Tops: Cup A, B, C, D. \$7.50 each. Bikini Bottoms: S(6-8), M(10-12), L(14-16). \$7.50 each.

Schlitz Cutoffs. Jean-styled with wide belt loops, front and back pockets, frayed legs. Washable cotton. Waist sizes: 29, 30, 32, 34, 36. \$4.95.

Siglinda Steinfüller
Dean of Beer

QUAN.	DESCRIPTION	SIZE	UNIT PRICE	TOTAL
				TOTAL \$

Send order with check or money order payable to:
Schlitz Dean of Beer
Post Office Box 9586
St. Paul, MN 55195

My order is over \$25. Please send me my surprise gift worth \$5.00

Indicate in boxes initials to be etched on Personalized Stein(s). 3 initials maximum for each stein ordered. Please print

SHIP TO: 1st initial middle initial family initial

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Allow 4 weeks for shipment Void where prohibited by law. Offer expires December 31, 1977. Prices include shipping charges

© 1977 Jos. Schlitz Brewing Co., Milwaukee Wis.