

Nairobi Supermarket Has Variety Of Exotic Dishes

Nairobi, Kenya — American housewives who think of Africa in terms of noisy animals, strange customs and exotic jungles would be surprised by a visit to Nairobi's "supermarket."

Nairobi's supermarket carries a wide variety of exotic dishes from distant lands, often at lower prices than in America.

More than two dozen countries from around the world are represented in the imported foods.

There are mushrooms from France, Hungary, Australia, Denmark and Scotland; 21 vari-

eties of curries and spices from Bombay, shrimp chips and ginger from Hong Kong and taro root vinegar from Britain and Belgium.

A sign offers "Italian specialties." And on one shelf is a packaged lasagna dinner from Milan, Pa.

Along the heavily stocked aisles there are bean sprouts from Hong Kong, olives from Spain, Belgium, Britain and the United States, five kinds of rice from the United States, a wide variety of Heinz baby foods, 58 varieties of U.S. spices and seemingly endless variation of cake mixes.

WINE COMES FROM Australia, France, Italy, Germany, Spain, Gibraltar and Cyprus. There is excellent Pilsner from Plzen, Czechoslovakia, and other bottled beers from the United States, Holland, Denmark, Kenya and Tanzania. There is Guinness stout from Dublin.

The diet conscious can find

five flavors of Metracal, and custard mixes not only from Kenya but also from Montrose, Scotland, and White Plains, N.Y. There are cleansers from Cheshire, Scotland, Cincinnati, Ohio, and the Elephant Soap Factory Ltd., Nairobi.

Pushing a cart along the well lighted aisles, one is likely to pass a Norwegian, a U.S. Peace Corps worker, a diplomat from

Communist China; road builders from Italy; and housewives from more than two dozen countries.

African women in colorful printed dresses, often with a baby on their backs in a sling; and African women in flowing saris mingle with expatriates in walking shorts.

The selective shopper, with plenty of time, can save money.

THE EAST AFRICAN SHILLING is worth roughly 14 U.S. cents. A 20 ounce can of grapefruit sections from Tel Aviv goes for 3.5 shillings. The same sized tin of the same item— from Machakos, Kenya—sells for 3.00.

If one needs a can of whole kernel sweet corn the choice is a bit rougher.

A 14 1/2 ounce can from Upper Galilee, Israel goes for 2.50; a 15 3/4 can of the same from Melbourne, Australia goes for 2.95; another from Israel, weighing 19 1/2 ounces, sells for 3.25 and a 12-ounce can from the United States goes for 3.00.

The American housewife finds meat, fruit, and vegetables cheaper than back home but the

food bill is about the same due to efforts to maintain the family's normal diet. Rice, noodles and macaroni are more expensive, but potatoes are less than 8 U.S. cents a pound.

Locally grown coffee, a major export runs from 70 U.S. cents to \$1.12 a pound. Mayonaise, stuffed olives and other traditional American items cost a third or 50 per cent more.

Forsythe Retires As MHSAA Head

LANSING — Charles E. Forsythe, who for nearly four decades has headed the Michigan High School Athletic Association, will leave the post August 1.

Although some friends in 1929 told him a job with the association might be a temporary one when he became assistant director, Forsythe has been director since 1931 except for a 39-month tour during World War II as a Navy Commander assisting Gene Tunney in directing physical fitness activities for the Navy.

"Charles Forsythe has rendered consistently high caliber and dedicated service to Michigan high school athletics," said State Superintendent of Public Instruction Ira Polley. "He will be missed but people of Michigan will be forever grateful for his excellent contribution."

Forsythe, 69, who has been active in various athletic instructional capacities throughout much of the United States, has authored books on the subject and has received numerous awards during his years on the job, got his start as a young athlete more than 50 years ago. He played with the Milan High School team which took part in Michigan's first basketball tournament in 1910 at Ypsilanti. Basketball also was his sport and he played both as a

student of Michigan State Normal (now Eastern Michigan University).

After graduation in 1922 from the University of Michigan and a year's coaching at Milan High School, he became athletic director at Lansing Central High School, the job he held when in 1929 he went with the state association.

The many honors Forsythe holds include a 1951 Fellow Honor Award from the American Association for Health, Physical Education, and Recreation and its Michigan chapter; and the 1961 outstanding Service Award from the Michigan High School Coaches Association.

He belongs to the 125-member American Academy of Physical Education, authored a widely used book on administration of high school athletics and, for the past several summers has been a visiting lecturer or physical education staff member at the University of Michigan, University of Wisconsin, University of Southern California, University of West Virginia and University of Oregon.

Each summer since 1965 he has served on the staff at Indiana University and will again this summer.

Khrushchev Makes Rare Appearance

MOSCOW — Nikita S. Khrushchev, looking healthy and sun-tanned, made a rare public appearance recently at an international exhibit by manufacturers of public service equipment.

A spokesman for the West German pavilion said the former premier, now 74, and his wife, Nina, spent more than an hour chatting with exhibitors.

It was the first public appearance by Mr. Khrushchev since he voted here in a parliamentary election in March 1967. Since he was ousted from power in October, 1964, Mr. Khrushchev has been living quietly in the country west of Moscow.

DURING HIS VISIT to the trade fair around noon, Mr.

Airline Predicts

End Of Railroads

CHICAGO — Airplanes will replace passenger trains by 1975, according to Paul G. Delman, president of Commuter Airlines.

"The railroads are cutting more and more smaller cities and towns off their schedules because there aren't enough passengers to keep the stations open," Delman said.

Khrushchev also chatted for 15 minutes about agriculture with an official at a British exhibit.

The official, John A. Atkinson, a managing director of Weststock Ltd., said a crowd of Russians gathered around, took snapshots and made tape recordings during his talk with Mr. Khrushchev.

He remarked the former Soviet leader looked very fit and seemed to be well received by the crowd.

"I asked him how it felt to be freed of all cares and responsibilities," Mr. Atkinson later related, "and he answered that he still found there were demands on his time."

MR. ATKINSON REPORTED arrangements for Mr. Khrushchev to visit the British exhibit had been made in advance, but he did not elaborate.

"We had about a 15-minute discussion of horticulture and agriculture," Mr. Atkinson continued. "I had hoped to have a longer chat but Mr. Khrushchev was so easily recognized that the crowd gathered."

He said Mr. Khrushchev and his party then headed toward the Czechoslovak and West German exhibits.

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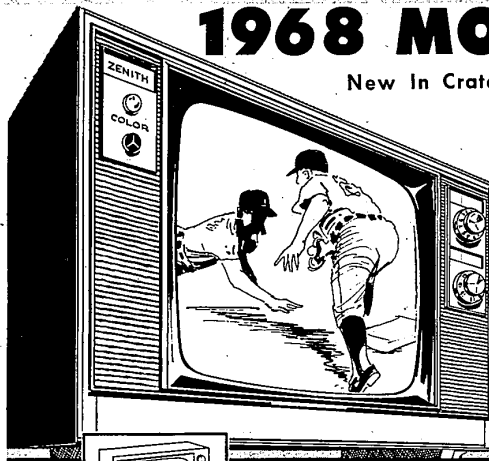
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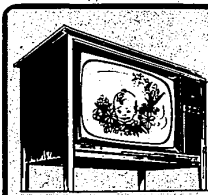
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