TV

ROY SHEPHARD'S PREVIEW

BBC1

5.35 Paddington.
5.40 News.
5.55 Scene Around Six.
6.20 Nationwide and at 6.45 Sportswide.
7.0 Tom and Jerry.
7.10 The Fantastic Journey.
8.0 Are You Being Served?
8.30 Porridge: Starring Ronnie Barker.
9.0 Nine O'Clock News.
9.25 Miss England 1977: Beauty contest.
10.15 Gallery: "On with the Dance."
10.45 NI News.
10.46 Max Boyce in Concert.
11.26 Friday Film: "Z" Yves Montand, Irene Papas, Jean-Louis Trintignant.
1.27-1.28 Weather.

BBC-2

6.10 Open University.
7.0 News on 2.
7.5 Indoors Outdoors.
7.30 Newsday.
8.5 Gardeners' World.
8.35 The Money Programme: "The Green Pound."
9.0 Pot Black 77: Ray Reardon v Perrie Mans.
9.25 Horizon: "Dawn of the Solar Age." Will solar power be able to displace oil, nuclear power or coal?
10.15 The Roads to Freedom.
11.0 Barbra Streisand: In conversation with Iain Johnstone.
11.30 Late News on 2.
11.40-11.45 Closedown.

UTV

5.15 Spiderman.
5.45 News at 5.45.
6.0 Ulster News.
6.05 Crossroads.
6.30 Reports.
6.50 Police Six.
7.0 Beryl's Lot.
7.30 Six Million Dollar Man.
8.0 Sale of the Century.
9.0 Raffles: Starring Anthony Valentine.
10.0 News at Ten.
10.30 Sportscast.
11.0 Friday Film: "The Men from UNCLE: The Karate Killers" — Robert Vaughan, David McCallum, Joan Crawford.
12.25-12.30 Bedtime.

RTE

5.30, Operation Patch. 6.0, The Angelus. 6.01, News. 6.15, The Muppets. 6.45, Eamon De Buitlear's World of Wildlife. 7.15, Whither Irish Rugby. 7.45, Nuacht. 8.0, Twiggs. 8.30, The Duchess of Duke Street. 9.30, News. 9.50, The Politics Programme. 10.30, Late Night Cinema: "Dead Heat On A Merry-Go-Round," James Coburn, Camilla Sparv, Aldo Ray, Nina Wayne. 12.20, Late News.

BBC RADIO ULSTER—5.0, Radio 4. 5.30, Radio Ulster News and PM Ulster. 6.0, Radio 4. 6.45, Radio 2. 7.0, Radio 4. 7.30, Radio 2. 8.0, Lifelines. 9.0, Radio 2. 10.0, Radio 4. 11.0, Eleven Tonight. 11.10, Radio 2 1500m l/w. 11.35, Radio Ulster News; Inshore Forecast. 12.0, Radio 2 until Close.

DOWNTOWN RADIO—5.15, Newsline/Big T contd. 6.30, Sports Results. 6.35, Eddie West. 7.0, Home Grown/Eddie West. 7.30, Agenda. 8.0, Soundtrack with John Stewart. 9.0, Concert Choice/Robin Scott. 10.0-1 am, Eddie West (10.30, By Your Side).

RADIO 1—5.45, Newsbeat. 6.2, Tim Gudgin (S) (joins Radio 2). 11.0, John Peel (S) also VHF. 12.0-12.5 am, Radio 2.

RADIO 2—6.45, Sports Desk. 7.2, Treble Chance. 7.30, Sammes' Songs (S). 8.2, Paul Fenoulhet (S). 9.2, Friday Night is Music Night (S). 10.2, Sports Desk. 10.5, Sequence Time (S). 11.2, Len Jackson with The Late Show (1500m only. VHF joins Radio 1). 12.0-12.5 am, Newsroom.

RADIO 3—5.45, Homeward Bound (5.45-7.30, Open University. VHF). 6.5, News. 6.10, Homeward Bound contd. 6.30, Lifelines. 7.30, Music from Pebble Mill (S), part 1. 8.15, Is Your Theology Really Necessary? Talk by Dr. James Mark. 8.35, Concert (S), part 2. 9.15, BBC Symphony Orchestra (S). 10.30, Music Now: The London Contemporary Dance Theatre. 11.10, Dowland (S). 11.25-11.30, News.

RADIO 4—5.0, PM Reports. 5.50, NI News. 6.0, News. 6.15, The Enchanting World of Hinge and Bracket. 6.45, The Archers. 7.0, News. 7.5, The World in Focus. 7.30, Pick of the Week. 8.30, Any Questions? 9.15, Letter from America. 9.30, Kaleidoscope. 9.59, Weather. 10.0, The World Tonight. 10.45, Book at Bedtime: "Joseph and the Goths," part 3. 11.0, The Financial World Tonight. 11.15, Today in Parliament. 11.25, Week Ending. 11.50, News. 12.11-12.14, NI News and Inshore Forecast.

RTE-RADIO—5.15, News Headlines. 5.16, Music on the Move (S). 6.20, Farm Diary and Livestock Prices. 6.30, News. 7.0, Ken's Klub (S). 7.58, News Headlines. 8.0, The Olympia Story. 9.0, Nuacht Ar A Naoi. 9.15, Opinion. 9.45, Talking Sport. 10.0, News. 10.15, Sportsnews. 10.20, Boxing. 11.0, News Headlines. 11.01, Larry Gogan (S). 11.45, Late News and Weather.

Dance the night away

DANCING provides relaxation and enjoyment for thousands of people throughout Northern Ireland, and in **On With The Dance** (BBC-1, 10.15) in the "Gallery" series produced by Gerry McCrudden, Margaret Percy reports on this popular form of self-expression.

Margaret has been tripping the light fantastic to all sorts of dance halls and dancing classes and as well as more with-it and popular forms, sees the arabesque, the cross-keys, the Moonlight Saunter ans the Haymakers' Jig as well as asking: "Do you come here often?" to dancers fo all ages, from four to 74.

BARBRA Striesand, the only woman who figures in the film industry's current Top Ten list of box office stars, talks anout her life and career to Iain Johnstone in **Barbra Streisand** (BBC-2, 11.00). There have been much-publicised backstage rows during the making of her current film, "A Star Is Born," and Ms. Streisand talks about her role and reveals how it casts her in a part that, to some extent, is autobiographical.

BIG attraction of the night will undoubtedly be **Miss England 1977** (BBC-1, 9.25) as 32 girls vie for the first prize valued at over £5,000 and the chance to represent England in the Miss United Kingdom contest.

Ray Moore and John Stapleton introduce the contest from London's Lyceum Ballroom, Phil Tate's Orchestra provides the backing, and the Nolan Sisters the cabaret break.

VITAL statistics of another kind are featured in **Horizon** (BBC-2, 9.25) which reports on the explosion of research into solar energy that has taken place over the last three years. In America the funding of research has risen from almost zero to £150m. a year. Japan has committed £3,000m. to be spent by 1999.

THE McCalmans, an Edinburgh-born trio who perform traditional Irish and English as well as Scottish folk songs, appear with **Max Boyce In Concert** (BBC-1, 10.46). Over the dozen years in which they have been in existence the group has collected and arranged much of the music it performs. This programme comes from the Usher Hall, Edinburgh, on the eve of the Scotland v Wales Rugby International.

FILMS

The Karate Killer (UTV, 11.00) is another piece of hokum by "The Men From Uncle," starring Robert Vaughan and David McCallum. This time they're chasing Thrush to try and find out the secret of making gold from ocean water.

Z (BBC-1, 11.26) is the award-winning political thriller directed by Costa-Gavras and loosely based on the real-life assassination of a Left-wing Greek deputy Yves Montand, Irene Papas and Jean-Louise Trintignant are the stars.

TO-MORROW

BBC-1

8.55 Mister Men.
9.10 Marine Boy.
9.35 Robinson Crusoe.
10.00 Indoors Outdoors.
10.25 Zorro.
10.50 Film: "Our Relations," Laurel and Hardy.
11.58 Weather.

12.00 Grandstand: Featuring at 12.40 the Oxford-Cambridge Boat Race. Also 2.55-4.30 Rugby Union: Ireland v France; and 4.30-4.45, Scotland v Wales; Football Focus; Racing from Chepstow (1.35, 2.05, 2.35); Fencing; 4.45 Final Score.

BBC-2

7.40-1.55 p.m. Open University.
4.15 Hit the Note.
2.40 Saturday Cinema: "Western Union" (Fritz Lang Season) starring Robert Young, Randolph Scott.
4.45 Look Stranger: "Sporting Gunsmith" — Lindsay Tilney and his son.

UTV

10.00 Hammy Hamster's Adventures.
10.30 Sesame Street.
11.30 Merrie Melodies.
12.00 Supersonic.
12.30 World of Sport: On The Ball; Internation Sports Special (World Cup Ski-ing); 1.10 News) Racing from Lingfield (1.30, 2.00, 2.30, 3.00) and Newcastle (1.45, 2.15, 2.45); International Sports Special (Darts International); Half-time Soccer Round Up; Wrestling; 4.50 Results Service.

BBC RADIO ULSTER — 6.00, News. 6.02, Tom Edwards. 6.30, Radio 4. 6.50, Radio Ulster News; Fatstock Prices. 7.00, News. 7.10, On Your Farm. 7.40, Papers. 7.45, Yours Faithfully 7.50, Radio Ulster News; Papers. 8.00, News. 8.11, Up Country 8.38, Fatstock Review, Today's Papers, What's On, Yours Faithfully 8.55, Radio Ulster News. 9.00, News. 9.05, Ulster Garden. 9.30, The Saturday Show 10.15, Service. 10.30, Pick of the Week. 11.30, Week-end Supplement, including 12.00, Radio Ulster News. 12.20, Speaking Personally: Margaret Craig. 12.50, Today's Sport. 12.55, Radio Ulster News. 1.00, News. 1.15, Any Questions? 2.00, From Our Own Correspondent. 2.25, Interlude. 2.30, Alan Freeman. 3.00, Sportsound.

Disappearing Belfast | The Markets — Part Two

Annie (90) owes her long life to drinking the spring water from a well in Cromac St.

STORY: **ALAN WHITSITT**
PICTURES: **HAROLD FORD**

'The Markets' oldest resident: Annie Convery (90), and mother of 13.

THE OLDEST resident in the Markets area is Mrs. Annie Convery (90) — a remarkable woman for her age.

But her family history is even more remarkable, and is something of a record, even for the Markets people.

Born in Keegan Street in 1887, Annie is the eldest of a family of 13. She also had 13 children. The first and last child of each generation have survived — Annie and her youngest brother Paddy (66) together with her eldest son Alec (70) and her youngest daughter Mary (55). Having a son four years older than her youngest brother makes Annie chuckle with delight — "The neighbours will be surprised to hear that," she smiled.

One reason for Annie's long life and tremendous vitality is due, she thinks, to drinking the local spring water which bubbles up from a well in Cromac Street. Well-known for its health-giving properties, the spring attracted at least two mineral water firms to the area, although they have since moved out to make way for re-development. Annie remembers the time when it was sold door-to-door at twopence a bucket.

In her young day she enjoyed dancing the night away at one of the many dance halls in the area. "I did the lancers, the military two-step and the Maid O' Erin. No one dances here now," she said sadly.

The Markets is a cheerless place today. Many houses are bricked up, others run-down and falling apart. Many have been pulled down altogether to make way for the new but they are slow in coming. Re-development of the area was first mooted in 1950 and no one has been re-housed yet, although the first 30 keys to new flats and houses have been allocated. They move in at the end of the month. The houses are small but they are dry, clean and airy and blend well with the existing character of the markets.

But no provision has been made for the corner shop. There is a huckster on almost every corner of each of the little back streets — all of them thriving. You can still buy coal in a bag, made up on the premises, of course, or cigarettes in packs of five, or singly. Modern pre-packed foods, and the inevitable can, have taken the place of the corner shops' other delights — like ham cut straight off the bone with a gully knife, or cheese pared off an enormous wedge on the counter.

But the atmosphere lives on, and some of the delightful aromas persist. At one time these little shops sold everything — to quote the oldest, Joe Donnelly's of Verner Street:

"If we didn't have it we very soon got it, it wasn't hard to keep our shelves well stocked in the old days with the Markets nearby," said Lily McAllister (73) who serves in her brother Joe's shop. The Donnellys have been shopkeepers in the area for over 100 years.

Lily McAllister's husband, George, was a porter in the markets for 50 years — he is French. He came to Ireland in 1919 when he was 15. His father had died and his mother married again, this time an Ulsterman called McAllister whom his mother met during the Great War. She nursed the wounded soldier who served in the Ulster Division at the Somme, fell in love and got married.

Lily's husband's real name is George Henri Colombel but he prefers his stepfather's name, McAllister. He left school soon after he arrived in Belfast. "The brothers at the Christian Brothers' School in Oxford Street wanted me to teach the class French, but I wanted to learn English, so I left and started work in the markets."

George is 73 and visits France as often as he can; last year he was in Rouen, Normandy, his home town. But his heart is in the markets. He best summed up the feelings of most of the older residents when he said, "Ma maison elle est mon chateau" — in spite of its obvious faults his house in re-development area 18 is still his castle.

Staff of the oldest corner shop — Donnelly's of Verner Street — (left to right) Mrs. Lily McAllister (73), her brother Joe (72), Sister Alice and her grandson John.

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Where Dunlop road-tested the pneumatic tyre

ACCORDING to the Ulster Architectural Heritage Society the Markets area, and the Upper Markets in particular, is "one of the most interesting extensions of the 18th century Belfast."

The Upper Markets is the area bounded by May Street, Alfred Street, Ormeau Avenue and Cromac Street. The Lower Markets is on the other side of Cromac Street. It is a village within the city, a compact community of private residents, whose heart is St. Malachy's Church.

The Markets grew quickly after the Industrial Revolution and the influx of workers following the Great Famine. The district spread gradually southwards from May Street.

The greater part of the Upper Markets is built on reclaimed land from a shallow mill pond which powered the Joy family's 18th century paper mill near Ormeau Avenue. Many of the houses suffer from rising damp because of this.

The large terraces in Alfred Street, Joy Street, Sussex Place and Hamilton Street were owned by middle-class merchants. The Duke of Abercorn's town house (demolished in 1926) was at No. 3 Hamilton Street; the street bears his family name.

May Street and Joy Street bear the names of famous Belfast families; Sussex Place, Adelaide Street and Clarence Place were named after members of the Royal Family before Queen Victoria came to the throne. Who knows who Grace, Catherine and Henrietta were?

With the flight of the wealthy merchants to higher and drier ground, Malone Road, the large houses they left behind, were turned into boarding houses and after the founding of Queen's College in 1849 it became a favourite district for students to lodge.

John Dunlop, inventor of the pneumatic bicycle tyre used to do his road tests here. He was a veterinary surgeon with premises in Gloucester Street and May Street.

When the students moved out in the late 1850s, their places were taken by business lodgers and members of the theatrical profession. The older residents remember the old Empire Theatre days when famous names lodged in the area.

Big names like Charlie Chaplin stayed here and the tradition persisted until the Empire closed in 1960.

Although mainly a Catholic area, it was originally more mixed. Catholic boys and girls attended the Christian Brothers School (closed recently) in Oxford Street and the school run by the Sisters of Mercy on the corner of Joy Street and Hamilton Street.

There is no convenient playground or park, and there are only two mature trees in the entire area, both in the grounds of St. Malachy's Church. But plans for the redevelopment of May's Markets closed recently will probably provide this much needed amenity.

EDDIE McILWAINE, a Belfast Telegraph journalist, reports progress at the end of Week Three of his weight-reducing diet prepared by our food expert Niki Hill.

A single bite of home-made apple pie ruthlessly stirred my taste buds

THE RICH, deep brown chocolate cake I might just have managed to push aside, but the apple pie, freshly baked and sliced, was irresistible . . .

Here in the third diet week I was suddenly face to face with temptation and weakening fast.

And dedication finally crumbled when this friend told me she had produced them both with her own fair hands and anyway a tiny piece of each wouldn't do a great deal of harm.

But with a single bite the taste buds I had dulled into submission were at once ruthlessly stirred again.

Dear friend, the remorse, the lonely hours of getting back on the rails and the anxious wait for the weigh-in weren't worth it.

One rash, late night nibble could have been my undoing. Luckily I survived and a lesson about well-meaning friends who bake had been learned.

Now I limit supper snacks to Ryvita and cottage cheese straight from the fridge and it has a freshness all of its own.

But the dice seem to be loaded against me. I've just found out that saccharin causes cancer in rats. So if obesity doesn't kill me the flab-fighting sweeteners might. What the heck, the boffins told us years ago burnt steak was a health risk and I've survived a pound or two of it since.

But right now there's a birthday cake being baked for me and a reunion dinner I must attend where the hosts will be lavish with food and wine.

Better, I say, to be a slimming wet blanket than a rotund and breathlessly overfed partygoer, falsely gay.

Which all goes to show that it isn't easy. Diets are no real trouble when you keep to familiar paths and people. Stray along an uncharted course, as I have done this week, and acquaintances who think calorie counting is a sick joke can be unnerving.

And I don't fool myself that a momentary brush with a chocolate cake can be erased from my conscience in the sauna. It's a myth that a session in this kind of bath is weight reducing.

Yes, the sauna cleans out the pores and gives a feeling of well being, yet a few pounds shed come tumbling back with the first glass of water.

But as the fat disappears, and in spite of everything it continues to do so, I'm needing less sleep. Waking up around dawn is a pleasure and I'm starting to hear the birds sing again.

It's a pity about the cigarettes, though. I'm getting through 40 a day and all because I have to compensate with something.

Eddie's statistics at the end of week 3

Waist: 43½ in. (-½ in) **originally:** 48in.

Hips: 42 in. (same) **originally:** 45 in.

Chest: 44 in. (-1½ in) **originally:** 46 in.

Biceps: 13½ in. (-½ in.), **originally:** 16½ in.

Thigh: 21½ in. (same), **originally:** 24 in.

Weight: 16 st. 7lb (-3 lb) **originally:** 17 st. 7 lb.

If you want to share Eddie's diet . . .

WE HAVE had a number of letters enquiring about Eddie's diet: perhaps this one is typical:

"I am overweight. I have three meals a day plus snacks. I notice that the diet you gave Eddie just mentions boiled egg, etc., soup and apple, and main meal in the evening. Is this all?"

Here is a typical day's eating for Eddie:

☐ **Breakfast:** 1 boiled egg plus ½ slice brown bread toasted and a scrape of quality margarine (this is a useful tip — margarine, by its spreadability, goes on thinner than butter, thus less calories); half an orange; cup of tea with sweetener.

☐ **Lunch:** Soup and 2 cracker biscuits (no butter or margarine); or a salad (maximum 1 slice meat); apple or yoghurt. Cup of tea with sweeteners.

☐ **Dinner:** Meat and two vegetables including 1 small potato (meat not more than 4 oz if he can manage it); or a salad; cup of tea, etc., with maybe an apple or orange.

☐ **Supper:** Cottage cheese with rye crackers (especially good if the cheese is very cold, Eddie says), also maybe an apple. Cup of tea, etc.

It is important, however, to remember that by sheer will power Eddie is now adjusted to this diet. To have started with this diet when he was consuming 6,000 calories per day, would have been extremely difficult. So from the basic diet he started with, he has now been able to trim his eating further. I would emphasise that he is still eating a diet to lose weight, and once he reaches his target weight he will have to add a little to his diet so that he eats the right amount to keep him in good physical condition.

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