

You know it's only a plastic moon

WATERLOO (CUP) - Cheese concentrates a lot of food value into a small package. It contains most of the nutrients of milk including protein, riboflavin, and calcium. The protein in cheese is of the same high quality as the protein in meat, fish and eggs.

If you're cutting down on meat in protest against the use of hormones and antibiotics and sky-high prices, cheese can be your best friend. But not always.

It depends on the nature of the cheese you choose.

Like all good friends, cheese has been subjected to the mighty and destructive club of commercial interests.

Somehow the word "cheese" on a snack food draws the consumer like a magnet. The flavor of cheese combined with the implication of nutrient value appears to be an irresistible combination.

Do not be deluded into serving these snacks to your family, or be foolish enough to believe that they contain all the nutrients of cheese. They don't.

Cheese flavor does not mean cheese. In processed food, it means a chemical flavor unrelated to nutrition. Food chemists have the competence and expertise of Merlin the magician. Their only interests are economy and long shelf-life. Remember that anything which prolongs "shelf-life" has the opposite effect on your life.

Cheese flavor boosters are not even distantly related to cheese - not even kissing cousins. They are a blend of

spices, sugar, salt, MSG and imitation flavors.

A symbol of the manufacturer's necromancy of which you must be wary is "processed" cheese.

Beatrice Trum Hunter in her book *Consumer Beware* categorizes processed cheese as a "plastic mass."

Back in 1935, F.J. Schlink of Consumers Research warned that "one of the major atrocities of this age is the disappearance of natural cheese and the substitution for it of what is called "processed" cheese, made by grinding cheese of very low quality and of any quantity that happens to be available, and

mixing in chemicals and emulsifiers.

Natural cheese matures slowly, through enzymatic action. Processed cheeses are made quickly by heat and then aerated to increase their volume. As Beatrice Trum Hunter points out, "The end products have undergone such modification that they scarcely deserve classification as food."

Cottage cheese, which weight watchers eat so virtuously by the carton, comes in for its share of tampering. Sodium hypochlorite may be used in the process of washing the cur. Diacetyl may be added as a flavoring agent. Large amounts of salt may be added. Annatto dye (derived from seeds) or cochineal (a dye derived from dried female insects) may be used as coloring agents. Hydrogen peroxide is frequently used as a preservative. Calcium sulfate, which is related to plaster of paris, which has no nutritive value and is a material of questionable safety in foods, is permitted and usually used in cottage cheese. Mold retarders or sorbic acid are also permitted. Nothing but the sorbic acid is required to be noted on the label.

The hydrogen peroxide is added to destroy bacteria as well as to bleach the cheese. At the same time, it destroys Vitamin A. Later, a catalase is added in order to remove the hydrogen peroxide. Nor does it tell you about the dyes that have been used in order to color the product. Blue or green coloring is sometimes added to white cheese to offset the natural white color of the milk.

Illiteracy, from page 1

Students whose writing problems are caused by the fact that English is a second language can contact Dr. Stewart. She will assign them to a program sponsored jointly by the Writing Workshop and the Elementary Education program in Teaching English as a Second Language.

In this program, senior education students' course work includes tutoring foreign students. A small fee is charged to cover testbook costs.

Despite increasing student illiteracy, the English department in 1970 recommended to the General Faculties Council that English courses not be made mandatory for all students. The recommendation was made, Dr. Stewart says, because students tend to be hostile towards such mandatory requirements.

"The responsibility for ensuring student literacy depends on the university as a whole, not just the English department," she said.

This means that while English is not a degree requirement in all faculties, until instructors take responsibility for each student's level of literacy, the situation will not improve.

Answers

1. nine. 7-1972. 2-1968
2. a) Ray Ewry
3. 1) long jump, 2) high jump
3) shot put
4. True
5. Athens
6. USSR
7. Light heavyweight
8. e) Poland
9. True
10. Berlin - 1936
Tokyo - 1964
Antwerp - 1920
Melbourne - 1956
Los Angeles - 1932

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