

A Mouse Knows His Cheese, Do You?

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 manufacturers' 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 1953, 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 of any quantity that happens to be available, and mixing in chemicals and emulcifiers.

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 modifications 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 curd. Diacetyl may be added as a flavoring agent. Large amounts of salt may be added. Annatto (a 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 on cottage cheese. Mold retarders of 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 bleach the cheese. At the same time, it destroys vitamin A. Later, a catalase is added in order to remove the hydrogen peroxide. The wrapper on the cheese does not tell you about the 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.

Truly natural cheese is made from certified raw milk produced from animals on farms not using chemical fertilizers or pesticides. But only organic cheese meets all these requirements. Many varieties of natural cheese - like Edam, Gouda, Provolone and Swiss - which originated in Europe are now produced or sold in Canada.

O.F.S. Asking For Changes In Student Aid

TORONTO (CUP) - Ontario's student leaders are campaigning this fall for changes in the province's student aid program after their demands were rejected by the government this past summer.

The Ontario Federation of Students (OFS-FEO) expects students to sign and mail a post card to Ontario's ministry of colleges and universities (MCU) requesting:

- the elimination of the arbitrary summer savings requirement whereby student awards are calculated;

- that awards made to students who appeal for additional financial aid be based on the loan-grant ratio of the Ontario Student Assistance Program (OSAP). Currently, appeals are awarded in the form of loans only.

OFS' executive initiated the post card campaign after the demands were rejected by MCU minister Harry Parrott at a meeting last July.

The federation representatives asked the minister to remove the summer savings requirement and base OSAP awards on students' actual earnings, claiming many would not be able to afford their education this year because of anticipated high summer unemployment.

THE YEARBOOK
is now taking applications from those persons interested in working on the 1977 edition of 'UP THE HILL' FOR FURTHER INFORMATION SEE ROOM 126

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Yearbook

The UNB yearbook has censored. According to Fullerton, the Photography E of the book, it is official.

He said, however, that he h yet received a letter from National School Services, publisher of the book. The r according to Fullerton was on beer bottles throughout book. Though it was expected the book would be here last the new arrival date is Nove 15. The "very angry" Full said, "The labels have to a blocked before we get the bo He continued, "I really don't why it's being done because b part of university life."

New asso appointed

Barry Arthur Beckett, UN associate professor of chemi has been appointed asso registrar for the university's John campus.

Beckett will be responsibl registration, admissions, st recruitment, and examination will also continue teaching member of the faculty.

Born in Norwich, Engl Beckett was granted a bachel science degree and a diplom

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