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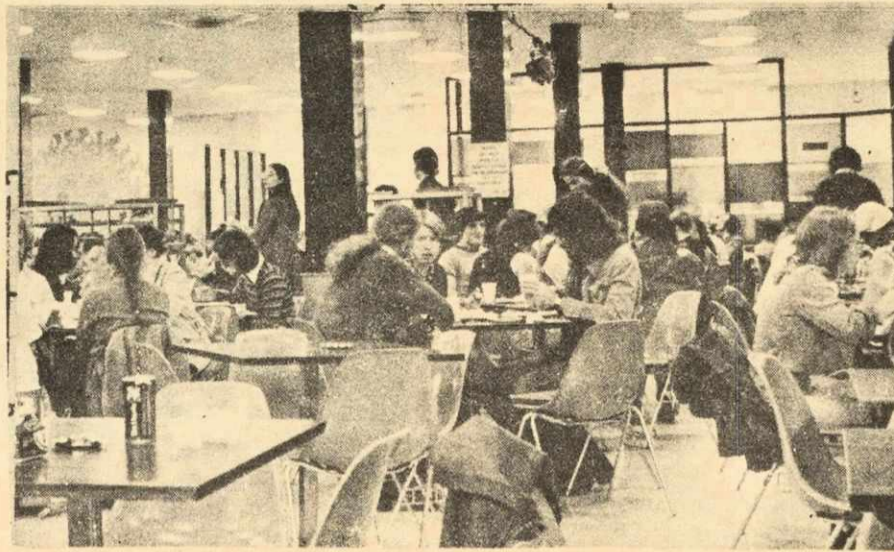
**LARGE, JUICY,
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**AVAILABLE
DAILY**

**GRAWOOD
LOUNGE**

DELICIOUS!

The lunch bucket



by Alan McHughen

The only major announcement this week is the introduction of a nutrition awareness program by SAGA FOODS. This involves plastering an assortment of charts and posters around the cafeteria advising eaters to buy so many portions of this and so many of that to satisfy the daily food requirements of the average "American". Here's a sneak preview of the setup. If you are over twenty years old, and an American citizen, your daily food requirements can be met by eating 16 oz. of yogurt, 2 cups of dried beans, 4 cups of lettuce, and 2 hamburger buns. Now, doesn't that make your mouth water? If not, try this: 3 ice cream cones, 1 raw trout, 4 medium sized watermelons, and half a bag of oats (fresh or frozen).

The system is determined by classifying all foods into one of four types. The milk group is important for supplying calcium, phosphorus, riboflavin and some protein. The second group is the meat group. They provide protein, B vitamins, iron, and, in fish, mercury. Next is the fruit and vegetable group, which is a good source of most vitamins and minerals. Included in this group is the genus *Solaranum*, or common French Fry. They are an important source of starch and ulcers.

The last group is the Bread and Cereals, which offer B vitamins and a few proteins, well as some other nutrients. Within each group there are sub-divisions and substitutions, which make the permutations and combinations almost endless, and it is great fun to determine your daily menu according to the program. Try it when it comes out in the next few weeks. A prize may be awarded to the person who designs the most original diet that provides the daily

requirements. (That person must also be the first one to eat it.)

Recently, somebody (Dave McGregor) informed me that the small French Fries (35c) held more than the large size (45c). I checked into this by buying an order of each and counting the number of French Fries in the containers. The final score: small-111 French Fries, and large-120 as a total. So, the large does hold more, and Dave is wrong.

Interested in having some fun? (Not that kind.) SAGA wants Dalhousie to get into the Guinness Book of World Records, so suggestions are being sought (care of the Box) on how to do it. Things like the world's largest pizza and the world's largest submarine sandwich have been done at other universities, so why not here? Think up something original and send it to me.

Dear Box,

If they're going to charge 20c for coffee, why isn't there any real blend or cream and not that artificial junk?

L. Garber.

Saga is contractually obligated to get these products from Brookfield Dairy, and Brookfield they say have to use up the supply of vegetable oil on students. Cream is on order, but is never delivered. The problem is being worked on.

Dear Box,

Most home economists recommend the use of undersized forks and knives for the training of small children. Despite the fact that many people consider university students function on the same level as small children, this does not mean that we should be made to use undersized forks and knives.

Anon.

The reason for the small forks is obvious. SAGA wanted people to think they were getting more for

their money. Small forks pick up less than the large ones, and it takes longer to eat your meal with these utensils. It's simple child psychology. The Stainless Steel should be all back from the washers by now, anyway, and will have replaced the plastic utensils.

Dear Box,

The French Fries are stone cold. I almost broke my fork on them. I wouldn't mind waiting an extra few minutes to ensure that I got freshly cooked, hot, tender succulent French Fries.

Common Complainer

You are not alone with this complaint. The Fries get hard when the grease is too hot for them to bear. They get a flushed brown colour which indicates cookedness, and are then served. The cooking temperature of the grease is presently being looked into. As for the chips being cold, we can avoid that problem by getting an infra-red heating unit to go over the draining bin. The trouble with this is that the Grill person is almost assured of getting cancer from the radiation. The alternative is to return the cold food and get fresh ones, and let somebody else get stuck. There is no charge for this service.

Dear Box,

Have you ever eaten at the King's Collge cafeteria? They charge \$1.75 for King's students while Dal students have to pay \$2.00. King's students are treated like any Dal student in the campus. Why should Dal students be treated any different on their so called campus?

Anon.

Two dollars!!! I know where I'm eating from now on!! And King's students do not have all the privileges of a Dal student. They pay no Student Union fees and so cannot vote in our elections.

Dear Box,

Please put soap in the Men's Room.

Unsigned.

The reason we don't put soap in the Men's Room is that it gets used up. We put some in, and, in a few months, it is all gone. But I'll mention it to the Operations people, they may have a kinder heart than I have.

Remember to submit a suggestion for the Guinness Book to the Box.

Cont'd from page 12 Depression

beggar at the door and the parched cruelty of the prairies. No one, not even those born long after the fact, remains untouched in some way by those times.

Toronto Globe and Mail critic Herbert Whittaker called TEN LOST YEARS "the hit of the theatrical season" and many feel it is one of the finest achievements in Canadian theatre to date.

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