

# When is cheese not cheese ? When it's processed

**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 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 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 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 maybe 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 sul-

fate, 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.

## Gourmet dining at U.P.E.I. !

The Dalton Hall dinners are starting again. They will be served every Tuesday this semester starting on Sept. 28 at 11:45 A.M. They are sponsored by Home Economics 411. Tickets can be purchased in Dalton Hall 106 Tuesday and Thursday during the hours of 9 - 12:30 and Friday 9 - 10:30.

Through this course the students learn all aspects of quantity foods kitchen - buying, cooking, costing, managing, portioning, and waitressing!

### Menu (for this week)

Cranapple juice  
Cold Plate Rolls  
Apple Crisp  
Tea, Coffee, Milk

## Keep fit classes

For women only. Every Monday, Wednesday and Friday at 12:30 - 1:30. Come out and do yourself a favour.

## U.P.E.I. Student Union

### Typist Receptionist Bookkeeper

Work of this classification involves the high volume of skilled typing duties in combination with a variety of other duties such as maintaining a filing system, collecting and sorting mail, screening incoming calls, receiving visitors, giving our routine information, basic record keeping, composing routine replies, or requests for information.

Qualifications: Typing, shorthand, and bookkeeping. Hours 9 a.m. to 11:45 a.m. and 1:15 p.m. to 5 p.m.

The deadline for applying is Oct. 7, 1976. Application forms are available in the Student Union office. The deadline is Oct. 7/76, no latter than 5:00 pm

## Interested in a good knight ?

Do you know why King Arthur's table is round?.... Where do we go from here?.... How about the Camelot Party? 8:30 to 12:30 Friday Knight Sept. 24 in the Dugout (old bookstore). We don't want to "DRAG-ON" so....We'll see all you newcomers to U.P.E.I. Friday.

## Super Sponges !

C.B.C. radio news reports that American scientists have discovered the existence of mutant sponges off the California coast. The sponges, which have thus far grown to four times their normal height of one foot, were found proliferating in an area of the sea floor where waste from a local nuclear plant have been dumped for the past twenty years. The sponges, which are still growing, exhibit a cell structure radically different from garden variety non-contaminated sponges. Nuclear scientists called in to investigate claim that the mutant sponges do not contain harmful levels of radiation, but nonetheless cautioned that if their growth continues unchecked, the sponges may eventually suck up the entire Pacific Ocean.



Canada Manpower Centre

Centre de Main-d'œuvre du Canada

Application Forms, Appointments for Interviews and Additional Information are available for the following at the Canada Manpower Centre on Campus, Room 102, Main Building.

### REMINDER TO SENIORS

All Seniors who will be seeking permanent employment after graduation should register with the CMC on Campus as soon as possible. Our on-campus recruiting begins in October. Some companies wish to pre-screen applications prior to interviews.

### IMPERIAL OIL

Oct. 4 is the deadline for pre-screening applications. Interviews are on Oct. 19.

### CAREERS WITH GOV'T OF CANADA

Note: Applicants must register for all programs prior to Oct. 14. Application forms available at Manpower Office.  
ADMINISTRATIVE TRAINEE PROGRAM  
Open to graduates of any discipline. Students interested must write General Examination on Oct. 19 at 7.00 P.M. (Written on UPEI Campus).

### FOREIGN SERVICE PROGRAM

Open to graduates of any discipline. Students interested must write Foreign Service Exam on Oct. 16 at 9.00 A.M. (Written on UPEI Campus).

### TAXATION OFFICER PROGRAM

Open to BBA Graduates. Employment with Taxation Canada.

### AUDITOR GENERAL PROGRAM

Open to BBA Graduates with a major in Accounting. Employment is with the office of the Auditor General.

### PURE SCIENCES

Careers with the Gov't of Canada in the Sciences. Open to all B.Sc. Graduates, including Home Economics. Additional information and application forms for these programs available from CMC(OC).

### SOCIO ECONOMIC PROGRAM

Open to BA Graduates majoring in Economics or Statistics.

### THE FOLLOWING PART-TIME JOBS ARE NOW AVAILABLE:

- Part-time Physics Lab Assistant.
- Script Writer.
- Cleaner position (Saturday, 5-6 hours).
- Baby Sitter.