CORK·FREE·PRESS

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JACKO COLA

EXCLUSIVE

THE INSIDE STORY OF MICHAEL JACKSON'S DRINKING HABITS

As we well know from the continuous bombardment from the media, Michael Jackson is concerned about his health and hygiene. How then does this square with the additive-filled Pepsi he is so frequently associated with ?
The answer is: it doesn't, as was shown on the Bank Holiday when he came to Cork. He stayed at Jurys Hotel while in the city, but unfortunately they don't readily supply the additive-free foods he requires. The catering staff were scouring the city in search of pure foods, one of which was an additive-free Cola.
It seems the usual run of the mill Pepsi was not acceptable so the staff were sent out in search of a purer version of Cola. They eventually phoned The Quay Co-op at 24, Sullivans Quay who stock "Whole Earth" Cola and ordered the dozen or so bottles they had left. "We were quite surprised to hear from Jurys since they aren't one of our more regular customers" a spokesperson wryly commented. "It was the Bank Holiday Saturday and we were very busy but of course we dropped everything once we knew it was for Mr. Jackson". Later one of the catering staff from Jurys came rushing in and said "It's for 'your man' he won't drink the other stuff", meaning, I suppose Pepsi."

At least he's aware of the dangers of junk food though millions think he really does drink the stuff. It seems that the old cliche still holds true; "There's no business like show business."

INSIDE

E.NUMBERS
MENUS
CROSSWORD
CLASSIFIED
COMPETITION



ALIMENT ACCOUNT

Food,one of the primal needs, can be traced along with the history of humankind. It has been the cause of wars and the downfall of nations and is even today a governing factor in many Countries existence.
The first gatherers that were our ancestors over 2 million years ago were probably grateful for wind-falls and fruits that were unpicked by the ubiquitous birds.
It was unlikely to have been an idyllic existence since the seasons would have dictated the diet and especially the location. The quest for food was perhaps more important than shelter since the climate was much better then.Consequently people roamed in small bands gathering what they could by way of roots, fruits and nuts.
Many people believe the first humans to have been vegetarians who, though what reason is not known,one day came upon the idea of eating flesh.It could have been that they saw the easy, boundless game that then existed or it could have been a need because of climatic fluctuations, whatever it was humans changed once they'd begun. Now instead of the flow of seasons to dictate their lives all the need do was to follow the herds of Reindeer,Water-Buffalo or Horse to ensure a full stomach.

As their lives were reorganised they became in awe of the creatures they hunted.They painted them,used them as Clan identification and even took them as Gods.Where these vast herds went the hunters followed on and on to find new lands and even Continents.Up through Europe and across Britain and Ireland,by way of Asia Minor to China and the Steppes, crossing the Bearing Straits,then a land bridge,to the continent of America.The movement had begun and nothing could bring it back.
As people developed new methods of hunting they inevitably expanded their brainpower.With that expanded capacity came the discovery of agriculture.Now people could still hunt but also cultivate the many things they were fond of.Some people planted crops in one area then hunted game returning in time for the harvest. Others went through a radical change by settling in one place to form the first towns and subsequently the first City States.This along with animal domestication,gave them time to develop arts and the structure of society.With this new system came a more centralised government bringing with it previously unknown singular power.By staying together in one place the population expanded and with that expansion came the need for more land to feed the burgeoning home population.Armies were formed to overrun nieghbouring territories and to occupy its land. With a surplus of prisoners it was an obvious step to use that labour and,since they were captives they needed no payment and little food.
Not all States raised armies to continuously expand but it became a common factor with humans and stayed that way.Under the guise of exploration or religion people began to traverse the globe. Often what they found in the way of foodstuff could not be grown at home.Since fortunes were to be made there was a need to protect the source and only an army of their own people could do the job.So began the slow colonisation of many lands.To reap better harvests more human power was needed so as to readily supply a growing market.That human power needed to be plentiful, pliant and,so as not to ruin the market,cheap.
The food flowed and the merchants and customers were happy with the situation.Eventually some people thought the enslavement of fellow human beings wrong,others agreed but felt the financial cost of freedom would be economic suicide. They were eventualy proved wrong by persuasion and strength.Many countries still starved, while their nieghbours went with full stomachs but then people didn't see a great need to help a possible enemy.
In modern times governments and individuals help those countries that still starve but all to often that too can be a form of colonialism. Strong countries now pressurise hungry countrie into conceding certain political compromises with the big stick of food for its starving millions.
Its time to be thankful that we no longer go without food.



BUT MOTHER, YOU CANT APPLY EXISTENTIALIST THEORY TO ME NOT EATING MY GREENS...

Next months edition of the Cork Free Press will be devoted to The North. Informative articles of not more than 300 words are welcomed.Copy must be on one side of the page and be in by September 20th.So get your articles ready!

Published by The Quay Co-op Ltd,24 Sullivans Quay,Cork.(021)317660

E FOR ENDANGERMENT?

E100.....Harmless
E101.....Harmless
E102.....Dangerous
E103.....Forbidden
E104.....Suspicious
E105.....Forbidden.
E110.....Dangerous
E111.....Forbidden
E120.....Dangerous
E121.....Forbidden
E123.....Very Dangerous
E124.....Dangerous
E125.....Forbidden *
E126.....Forbidden
E127.....Dangerous
E130.....Forbidden
E131.....Carcinogenic
E132.....Harmless
E140.....Harmless
E141.....Suspicious
E142.....Carcinogenic
E150.....Suspicious
E151.....Suspicious
E152.....Forbidden
E153.....Suspicious
E160.....Harmless
E161.....Harmless
E163.....Harmless
E170.....Harmless
E171.....Suspicious
E173.....Suspicious
E174.....Harmless
E175.....Harmless
E180.....Suspicious
E181.....Forbidden
E200.....Harmless
E201.....Harmless
E202.....Harmless
E203.....Harmless
E210.....Carcinogenic
E211.....Carcinogenic
E212.....Carcinogenic
E213.....Carcinogenic
E214.....Carcinogenic
E215.....Carcinogenic
E217.....Carcinogenic
E220.....Destroys Vitamins
E221.....Intestine Disturbance
E222.....Ditto
E223.....Ditto
E224.....Ditto
E226.....Ditto
E231.....Skin Disorder
E232.....Skin Disorder
E233.....Skin Disorder
E236.....Harmless
E237.....Harmless
E238.....Harmless
E239.....Carcinogenic
E240.....Suspicious
E241.....Suspicious
E250.....Blood Pressure
E251.....Blood Pressure
E252.....Blood Pressure
E260.....Harmless
E261.....Harmless
E262.....Harmless
E263.....Harmless
E270.....Harmless
E280.....Harmless
E281.....Harmless
E300.....Harmless
E301.....Harmless
E302.....Harmless
E304.....Harmless
E305.....Harmless
E306.....Harmless
E307.....Harmless
E308.....Harmless
E309.....Harmless
E311.....Skin Rash
E312.....Skin Rash
E320.....Cholesterol
E321.....Cholesterol
E322.....Harmless
E325.....Harmless
E326.....Harmless
E327.....Harmless
E330.....Cold Sores
E331.....Harmless
E332.....Harmless
E333.....Harmless
E334.....Harmless
E335.....Harmless
E335.....Harmless
E337.....Harmless
E338.....Digestive Disorders
E339.....Ditto
E340.....Ditto
E341.....Ditto
E400.....Harmless
E401.....Harmless
E402.....Harmless
E404.....Harmless
E406.....Harmless
E407.....Digestive Disorders
E408.....Harmless
E410.....Harmless
E411.....Harmless
E413.....Harmless
E414.....Harmless
E420.....Harmless
E421.....Harmless
E422.....Haremless
E450.....Digestive Disorders
E461.....Ditto
E462.....Ditto
E462.....Ditto
E463.....Ditto
E465.....Ditto
E466.....Ditto
E471.....Harmless
E472.....Harmless
E473.....Harmless
E474.....Harmless
E475.....Harmless
E477.....Suspicious

Forbidden- Forbidden by the French Health Minister on January 1st 1972

Suspicious- suspicious products with side-effects currently under study.
Carcinogenic- Cancer producing.

*E125- Amarant. Very Dangerous. Prohibited in USA and USSR.

All these additives are presently permitted and are shown on food packets. Restrict the abusive use of these additives by choosing the products that you are buying. Remember it is the customer who decides and imposes the option on food manufacturers. Think of your children's health.

By buying wholefoods,i.e. foods that are unadulterated, you get the goodness without the additives.The E numbers are a concise list for you to cut out and keep. Please give give a copy to a friend or neighbour.



I DONT CARE, SARGE DROPPING VEGEBURGERS LIKE THAT JUST AINT AMERICAN.

Baked Courgette Soufflé

2 tablespoons oil
750 g (1½ lb) courgettes, grated
50 g (2 oz) margarine or butter
50 g (2 oz) wholemeal flour
200 ml (8 fl oz) milk
3 eggs, separated
salt and pepper
grated nutmeg
TOMATO SAUCE *(optional):*
25 g (1 oz) margarine or butter
500 g (1 lb) tomatoes, skinned and chopped
1 tablespoon chopped parsley
1 tablespoon chopped chives

Heat the oil in a large pan, add the courgettes and cook gently for 10 minutes, stirring occasionally.

Melt the fat in another pan, remove from the heat and stir in the flour. Add the milk and mix well. Return to the heat and slowly bring to the boil, stirring; simmer for 3 minutes. Cool slightly then add the egg yolks, courgettes, and salt, pepper and nutmeg to taste.

Whisk the egg whites until stiff and carefully fold into the mixture. Turn into a greased 1.2 litre (2 pint) ovenproof dish and place in a roasting pan containing 2.5 cm (1 inch) water. Cook in a preheated moderately hot oven, 190°C (375°F), Gas Mark 5, for 55 minutes to 1 hour.

Meanwhile, make the tomato sauce if using. Melt the fat in a pan and add the tomatoes, herbs, and salt and pepper to taste. Cook gently for 5 to 10 minutes, stirring occasionally. Sieve, or work in an electric blender until smooth; strain.

Serve immediately, as a main dish, starter or accompaniment, with the tomato sauce, if liked.

Serves 4 to 6

Potato Cake

500 g (1 lb) potatoes, grated
1 onion, chopped
2 tablespoons chopped parsley
1 egg, beaten
salt and pepper
2 tablespoons olive oil

Place the potatoes in a bowl with the onion, parsley, egg and salt and pepper to taste. Mix thoroughly.

Heat the oil in a 20 to 23 cm (8 to 9 inch) heavy frying pan. Add the potato mixture and pat lightly into a cake. Fry gently for 5 to 7 minutes until the underside is crisp and brown.

Slide onto a plate then invert back into the pan and fry the other side for 5 to 7 minutes until crisp and brown. Cut into wedges and serve immediately.

Serves 4

Taken from WHOLEFOOD COOKING,by CAROLE HANDSLIP Price £1.25 Available from the food-book section in the Quay Co-op wholefood shop located at 24 Sullivans Quay Cork.(021)317660

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QUAY CO-OP

CAFE

MON & TUES 11am-6pm

WED to SAT 11am-10.30pm

CLOSED SUNDAY

SHOP

SAT.MON.TUES.WED,10-6

THURS.FRI. 10-8

CLASSIFIED

Classified ads (not more than 20 words) price £1.50 each. To be in at the Quay Co-op shop not later than the 20th of each month.

GRINDS AND TUITION IN French, Italian and Spanish, To all levels by qualified language teacher. Phone 364750.

RESOURCE CENTRE- Quay Co-op, 24, Sullivans Quay. Tel. 317660. (Mon - Fri 10am to 4pm). Services to low income groups.

LOAFERS BAR, 26, Douglas Street. Imbibing Emporium for cultured devotees.

TYPING SERVICE:- Letters, C.V.'s, Theses, etc. Reasonable rates. Phone: 961947 after 6.30pm.

VEGETARIAN MEALS at the Quay Co-op Restaurant, 24, Sullivans Quay, CORK. Vegans also catered for.

BADGE MAKING SERVICE- Resource Centre, Quay Co-op Ltd. 24, Sullivans Quay. Tel. 317660. (Minimum order 50 badges)

JOB SEEKER
Secretary-typing,book-keeping, word processor.12 yrs experience.
Part-time/temporary.
Ph:812203

COMPETITION

This months competition prize is a dinner for 2 at the Quay Co-op Restaurant.

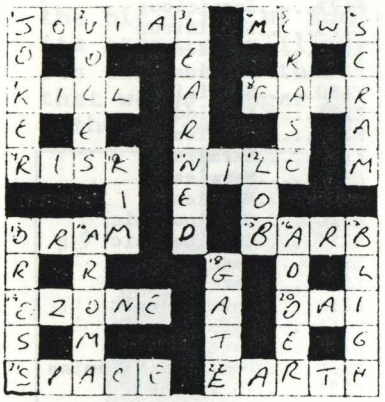
1 Name the then F/F Minister who wanted to put a Nuclear Power Station at Carnsore Point.

2 Give the year in which the Cork Customs House was built.

3 What American Country and Western singer had a hit record with,"I Walk The Line".

Answers in by not later than Friday 16th September.

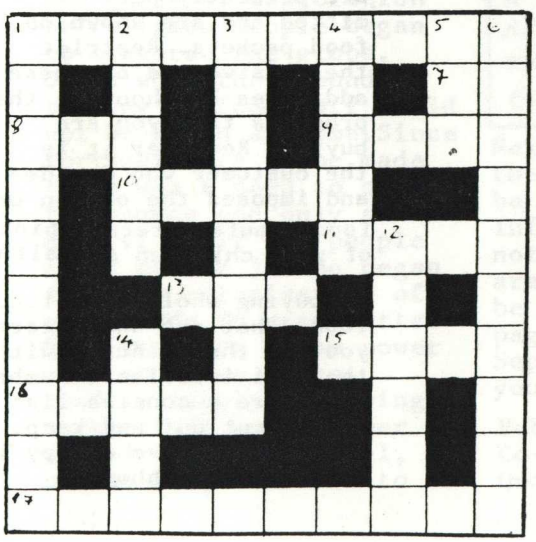
LAST MONTHS CROSSWORD ANSWERS



CROSSWORD

CROSSWORD

CROSSWORD



ACROSS

1 It cannot mix.
7 Suffix forming adjectives.
8 Petroleum midget.
9 Ghengis' house.
10 Scent.
11 IRISH,Overseas,abroad.
13 Mend.
15 One member of 60's group.
16 Puffed out.
17 Ubiquitous.

DOWN

1 Unavoidable.
2 Plainclothes.
3 Good judgement.
4 Picturesque.
5 IRISH,Centre.
6 Spirit.
12 Work out.
14 Terrifying person.

