

## Phoebe's Phoods

by Phoebe

Whole natural foods and vegetariansim could easily become a whole way of life to those who want to devote the time to it; but this column is to introduce inexpensive and tasty recipes from different students, instructors, and administrators on campus.

Anyone with contributions or suggestions of people to interview, write a message to the CAPITOLIST office.

Tiny Tim will agree that "YOU ARE WHAT YOU EAT, so try to eat more fresh fruit and raw vegetables, and drink juices or water instead of expensive fattening snacks (eg. candy, potato chips and soda). Compare the FOOD VALUE AND PRICE PER POUND between the two and decide which is the more economical of the two.

Whole grains are an inexpensive high protein source and a good change from meat at every meal. Once you start cooking with grains, the combinations are unlimited. A good source of ideas is the cookbook. I leave a copy of the latest epicurian delights in the bathroom at home and read it like a novel. This gives me exposure to new combinations and different methods of food preparation (and believe me they are endless). These first recipes are simple and inexpensive alternatives to meat.

### Brown Rice

2 c. water  
1 c. rice  
some oil or butter  
salt

flavoring: bullion, dulce ( a seaweed from the Coast of Maine) or tamari soy sauce. (Soy sauce should be used on the plate rather than in the pot.)

1. Clean rice.
2. Add to boiling water, cover.
3. Cook on a MEDIUM LOW flame until finished. Every pot holds heat differently and takes a different amount of cooking time so you will have to judge for yourself. Flame height is one of the crucial points in cooking, if you learn how to control your flame you have the world in your hands. Unfortunately, most people use a flame that is too high. Remember, it is better to wait longer for your food to cook than to burn, or overcook it (this ruins food value as well as taste).

### Kasha

Kasha is made from buckwheat groats. The grocery store sells groats as kasha and the natural food store usually sells kasha as buckwheat groats.

1. Heat oil in iron skillet (garlic oil is excellent if you like garlic).
2. Add kasha. (It expands like rice, judge accordingly). Cook on a medium low flame until groats are toasted.
3. Slowly add water, (about 2 cups or less for each cup of groats); I'm not sure because I never measured groats.
4. After water is absorbed, make sure groats are a bit crisp, but not impossible to chew (not soggy) serve.

### Garlic Oil

Garlic oil is easy

1. Put oil in blender (olive oil or cold pressed oil).
  2. Throw in garlic.
  3. Turn on blender.
  4. Refrigerate.
- Can be used in cooking and salad dressings.

### Easy Salad Dressing

1 c. oil or garlic oil  
¼ c. wine vinegar  
Throw in a little parsley, tarragon, dulce.

Variations can be made by adding V-8 or tomato juice.

### Russian Dressing

lots of relish  
some mayonaise  
catsup

Mix together, (thick) and use on meat sandwiches (is excellent on corned beef, roast beef, salami, etc.) and salads (thin).  
If you are boycotting lettuce due to choice, expense, or if you just want a change, try a fresh raw spinach salad. You'll never eat cooked spinach again! (It is very fresh at Acme).

NEXT WEEK: Homemade yogart, a surprise interview.

## MARATHON DANCE

It's time for finding a partner and getting in shape for the marathon dance during Nostalgia Week.

Beginning Friday night, Feb. 16, the dance will continue until only one couple remains, no matter how many days it may take. The reward for enduring those aching muscles will be the prize of one hundred dollars to the winning couple.

Mr. Oldie & Co. will provide the largest collection of 50's and 60's songs and Visual Performance from 9:30 P.M. to 2:30 A.M. to entertain not only the contestants, but all those who just want to dance along. After that, our famous DJ's from WZAP will keep the turntables moving until the contest is over.

## Electrical Engineering Society Holds Meeting

WENDELL R. LEPPA

The Electrical Engineering Society (I.E.E.E.) held its fourth meeting of the school year in E-330 last Wednesday night on January 24, 1973.

Bringing the meeting to order, the Chairman introduced Mr. John P. Gibbons from Philadelphia Electric Company as the speaker for the evening. Mr. Gibbons spoke on high temperature gas-cooled atomic reactors. He complemented his topic with a slide presentation as he spoke. Covering the many aspects of this type of reactor, Mr. Gibbons explained how it is constructed, how it operates, and how it is controlled.

The slides involved technical data and detailed drawings of every phase of high temperature gas-cooled reactor in practical application. Mr. Gibbons was well-informed in this area and presented a very technical subject in a knowledgeable manner. The meeting lasted over an hour with a brief question and answer period ending the session. Following the meeting a social with coffee and donuts was held. Over twenty members attended the event.

\*\*\*\*



## Electronic Music Demonstration Successful

by Michael Welliver

The auditorium was full, the audience attentive, as the sounds of electronic music suggested an atmosphere of something comparable to a soundtrack from 2001 A Space Odyssey!

James Benshoof and Burt Fenner, two members of the faculty in the Music Department from University Park, sat manipulating a series of dials and switches resulting in the production of a spectrum of sound that was entirely new to most of the members of the audience.

The program was one of many that is being planned and carried out by the Cultural Program Committee of this campus.

Mr. Fenner and Mr. Benshoof took turns explaining such things as the development of electronic

music, the way different synthesizers and recording devices are designed and operated in order to produce the music, and the basic interests of the electronic music movement.

Mr. Fenner ended the presentation by playing one of his own compositions intitled "And They All Shall Change, but One...".

The demonstration was an interesting one, bringing to the students something new in the way of entertainment.

Other programs of the same nature are being scheduled for the coming weeks, so if you were in attendance at the program and would enjoy seeing more like it, keep an eye out for announcements of the Cultural Program Committee presentations.

## Community Planning-Grad Program

University Park, Pa., A graduate program leading to the master's and doctor's degrees in Community Systems Planning and Development has been initiated in the College of Human Development of The Pennsylvania State University with approval of the Board of Trustees.

The new offering is designed to prepare candidates for professional, teaching, and research leadership in policy formation and the planning, development, and evaluation of community service systems. It extends the graduate offerings of the College of Human Development into three related areas of community life: health services, administration of justice services, and community organization and social welfare services.

The purpose of the new

program is to develop competence in the knowledge and skills that are needed to help communities work our policies and programs that will provide needed services and to assess the effectiveness of such policies and programs. Specifically, the new program will train professional people who will be able to:

- identify major operating elements of a community;
- recognize problems and dysfunctions and express their relative seriousness in terms of economic and social costs;
- develop with community members ways of coping with such problems and help them put into effect programs that will improve the quality of life; and
- evaluate the effectiveness of such actions as guides to further efforts.

## Banks Pharmacy

Prescriptions  
Diabetic Supplies  
Russel Stover  
Candies  
Hallmark Greeting Cards

Your Complete Family Pharmacy

3 East Water at Union Middletown

Phone 944-4551

## SHOP OLMSTED PLAZA For These Fine Stores

Mr. Swiss	Fabric Fabric Center
Pantry Pride	Barber Shop
DeVono's	Montgomery Wards
Joe, the Motorists	Fashion Flair
Norge Village	Beauty Shop
Rea & Derick Drugs	Thrifty Beverage
Royal Jewel Box	Kresge's
Children's Shop	Sherwin Williams Paints
Hobby Shop	G.A.C. Finance
Gladell Shop	

## REGAL NOTES

UNDERSTAND PLAYS, NOVELS AND POEMS FASTER WITH OUR NOTES

We're new and we're the biggest! Thousands of topics reviewed for quicker understanding. Our subjects include not only English, but Anthropology, Art, Black Studies, Ecology, Economics, Education, History, Law, Music, Philosophy, Political Science, Psychology, Religion, Science, Sociology and Urban Problems. Send \$2 for your catalog of topics available.

REGAL NOTES  
3160 "O" Street, N.W.  
Washington, D. C. 20007  
Telephone: 202-333-0201