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FOOD DAY April 21

Since 1975 a day has been set aside as Food Day. For 1977, this will be April 21. Food Day is a national day of education and action on food issues. It is a day when people join together to discuss and to meet the needs of their communities for ample food, good nutrition, and a fair-priced food supply. Groups and individuals across the nation will be organizing teach-ins, debates, TV and radio shows, as well as opening community canneries, farmers' markets, and urban gardens.

In Lawrence, planning is now in

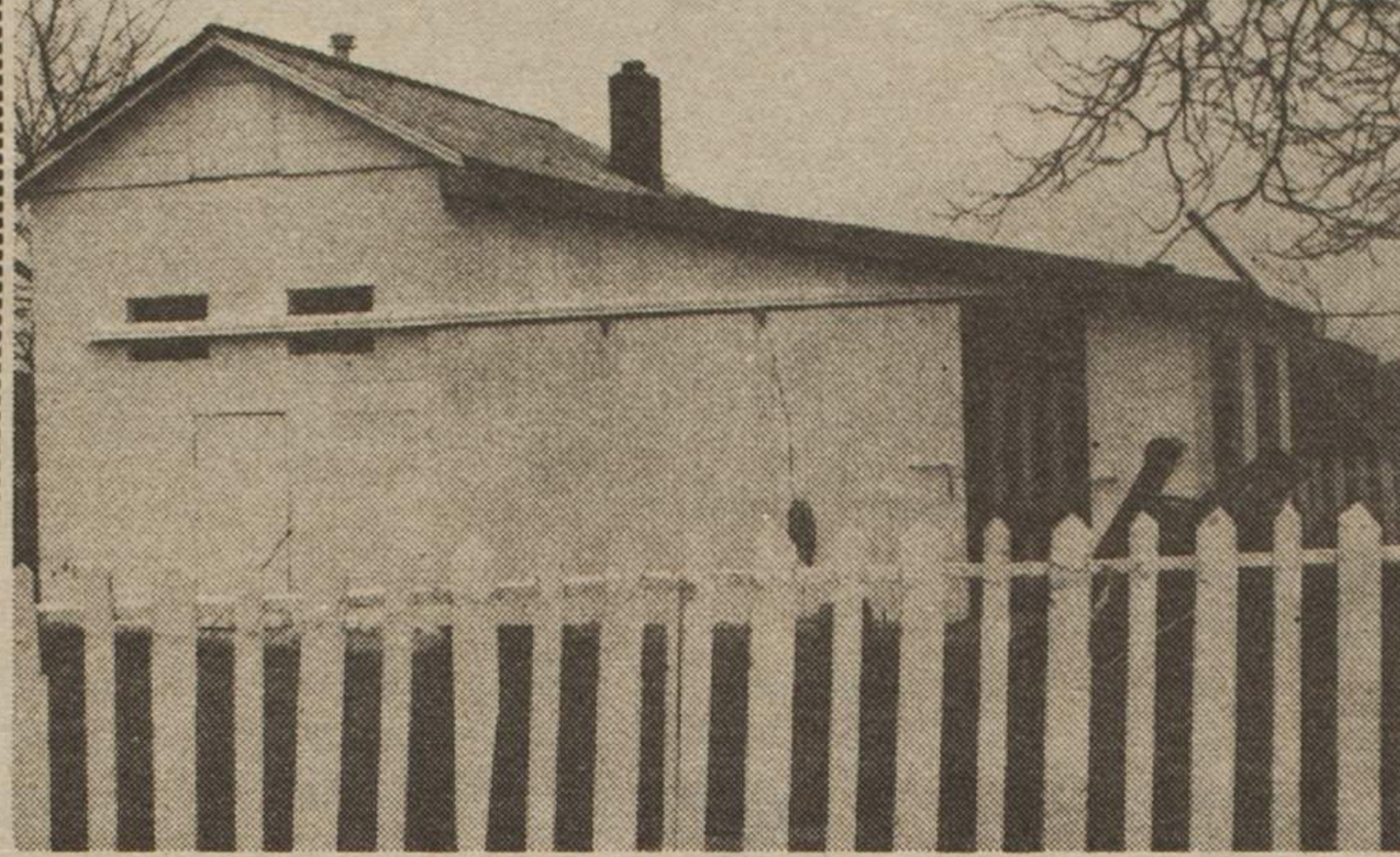
progress for a Food Day Fair to be held from 1-5 PM at the Community Building (11th and Vermont). More ideas and people are wanted, of course. Contributions can range from presentations and/or displays on vegetarian meals, to gardening, to bread making, to alternative diets, to life styles, etc. Other possibilities include poster contests in the public schools and providing teachers with Food Day materials to use in classes. A Dialogue with International Students could help us to see ourselves better and hear about the global per-

spectives on food issues. Can you add an idea? Contact Bob Hubert at 841-3122 or Martha Maier at 841-5424.

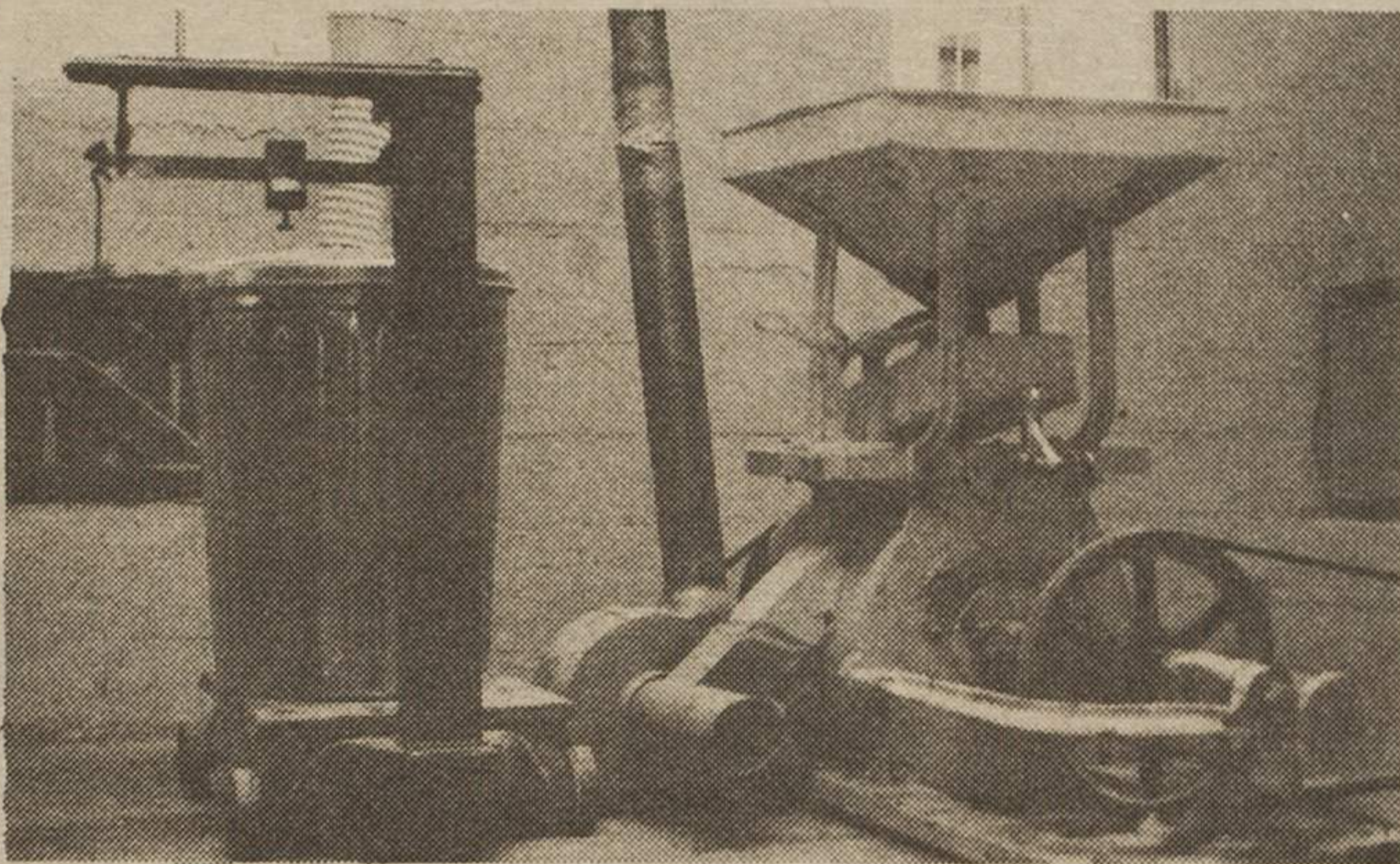
Pamphlets, books, posters, and T-shirts dealing with Food Day and other nutritional/political issues can be obtained from Nutrition Action, 1757 S. St., N.W., Washington, D.C. 20009. Write to them for a list of their materials.

The time has come to fill your head with the facts of food. Your body will never be the same.

This is a building at SADHANA FARM



These are the Co-op sacks of whole grains that sit in the building at Sadhana Farm.



This is the mill that grinds the whole grains belonging to the Co-op that sit in the building at Sadhana Farm.



These are the people of Sadhana Farm who own and operate the mill that grinds the whole grains belonging to the Co-op that sit in the building at Sadhana Farm.

Many thanks to Cody Lee, Arch, Nyja, Tonya, Robin, and Raven (the newest member of the Sadhana Farm) for making fresh flour available to us. To the right, Dawn Van Hee, a member of the camera crew.



BOOKS cont. from p.4

Tassajara Bread Book: A splendid bread book. If you really want to learn how to make bread this is the one for you. This book offers a large variety of yeasted and unyeasted breads--even a bagel recipe. And it teaches you to make those great braided breads.

The Art of Just Cooking: "Macrobiotic cooking is the preparation of foods according to the principle we call the Order of the Universe, our modified and updated version of the ancient Oriental principle of yin and yang." Beginning a section titled cooking with Harmony in Mind--instructions on proper slicing of vegetables. George Ohsawa's wife, Lima, gives detailed recipes and procedures for balanced Macrobiotic eating and living. Whole Grains and Vegetables from Land and Sea fill half the book. Good reading and good eating.

Recipes for a Small Planet: An extension of the recipes offered in Diet. Each recipe utilizes the concept of combining proteins and tells you what percent of your daily protein requirement you are getting. These recipes seem to be a little tastier than the ones in Diet.

The Book of Tofu: Tofu, that versatile soybean product available at the store and easily makeable at home, fills over 300 pages with 500 recipes and facts, stories and charts to bring an Oriental food to the West. The subtitle, Food for Mankind, is an understatement.

The Book of Miso: A companion volume to The Book of Tofu, this book expounds the uses of Miso--a fermented soybean paste with hearty flavor and healthy protein. East meets West.

Other cookbooks are:

Oats, Peas, Beans and Barley Cookbook

Tassajara Cooking
Sunburst Farm Cooking
The Farm Vegetarian Cooking

Herb and Health Books:
Back to Eden
The Farm's Natural Birth Control

Periodicals:
Well-Being
Co-Evolution Quarterly

Continuing review of currently carried books and possible additions is ongoing. If you would like to comment on ones not fully reviewed or select recipes from any--send it to the paper--there's room. Suggestions from your cookbook shelf are welcome and REMEMBER--you can SPECIAL ORDER any book our distributors carry. Follow instructions on the bookcase.

El Matador

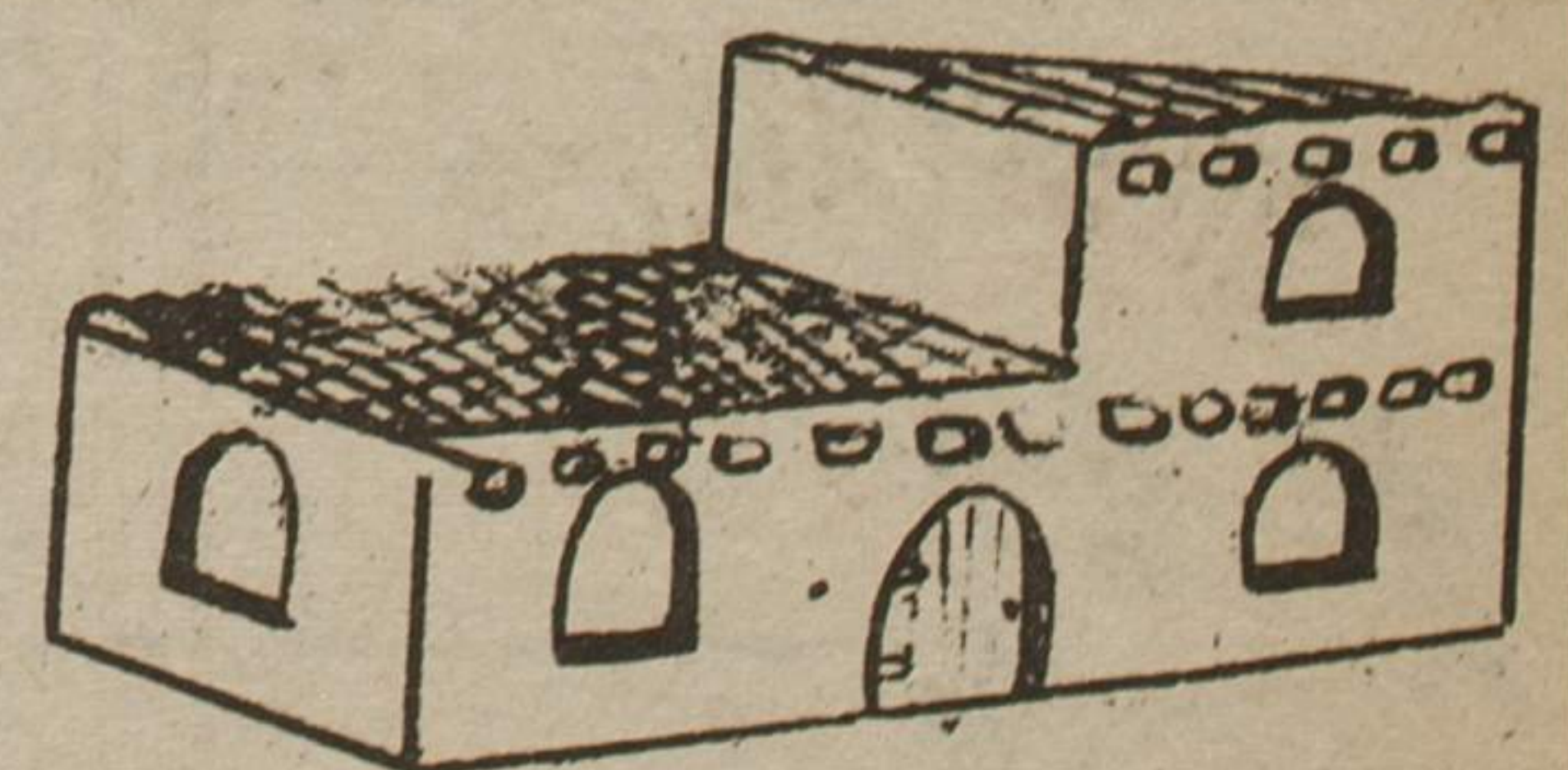
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