

To the Editor:

Three times in American history, cooperatives have been weakened—and many of them destroyed—because the cooperatives became involved in political issues unrelated to their own cooperative programs.

The first time was in the 1840s, when a promising movement known as New England Protective Union with some 100 stores at the peak developed split loyalties to two buyers. As if this weren't enough, they also spent much more time in their meetings on social issues of the day than on their cooperative problems. Most were gone by 1860.

In the 1870s, the cooperative program sponsored by Knights of Labor, already weakened by too close identification with their industrial union program, similarly gave much more attention to political issues of that day than to the cooperatives' serious problems.

Most serious, however, was the effort in the 1920s by Communists to take over the primarily Finnish consumer cooperatives, and to tap their net earnings to support Party programs. This move followed the split within the social democratic party. Naturally, non-Communists didn't want to support programs they disagreed with, and so those cooperatives that were taken over by the Communist group suffered loss of sales. But the non-partisan cooperatives also were weakened although few of them were actually put out of business by the political division. Eventually, all of the Communist-dominated cooperatives failed—although in some towns there were actually two small competing cooperatives for several years. The whole cooperative development

in these areas was set back many years by this effort to use the cooperatives and their net earnings to support a partisan political effort.

So much for the negative side. On the positive side, we should look at what's been accomplished by cooperatives following the non-partisan approach. No doubt many things can be pointed to at the state level, but let me just outline a few national issues.

Heading the list has to be the series of "New Deal" measures that provided for federal chartering of credit unions, set up the Banks for Cooperatives within the Farm Credit System, and established the Rural Electrification Administration. In all of these, cooperatives worked with other interested groups to develop the programs—in each case, a coalition of groups interested in that particular program. These are outstanding accomplishments contributing greatly to successful cooperative development in these fields. None would have been possible had cooperatives been identified with any political dogma or partisan political group.

Today, we're working on the bill to establish a National Consumer Cooperative Bank. We're getting broad support from many different sectors—support we would not get if we had anything remotely resembling a "cooperative party." Without any question, this is the most significant step forward for consumer cooperatives in forty years. Only a completely non-partisan, coalition approach can possibly help us win through on this program.

Art Danforth
Cooperative League
of the USA

JULY 10¢

The Garbanzo Grape

Silver City Co-op Newsletter #5

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Letters

Dear Friends,

Four new moons ago, the seed for the New Moon Bakery was planted in Silver City. We started with a house, some donations from friends and a lot of hopes. On the new moon in June we opened with a big dinner & party. Since then we've been serving lunches Wed. through Sun. from 10-2 and dinner on Sat. at 6:00. We have been enthusiastically received by a lot of folks and the donations have been generous—everything from refrigerators to house plants to free babysitting for Joshua. We hope to expand our hours when we have more people to help out. Meanwhile, we'll be baking our breads, cookies and goodies and serving healthful, low-priced food, including herb teas, natural juice, homemade yogurt and other vegetarian dishes. Our big baking day is Tuesday, and although we are closed that day, if you drop by in the afternoon and someone's here you can get the bread fresh & warm. Thanks for your support.

Jon, Carol, Rafael, Josua
New Moon Bakery
115 E. Colloge

P.S. We will buy organic produce from your gardens. Bring it by!

Dear Garbanzo,

A very small supply of dried apricots from Hunzaland has found its way to Silver City. These apricots were brought from Hunza to London, from there to California, then to Wonder, Oregon from where I obtained them.

Apricots and their edible pits are one of the most important foods of the Hunzakuts, who are acclaimed for their outstanding health & longevity. They traditionally propagate their trees from seed (while the practice in most of the western world is to graft hybrid types onto special rootstocks). This is an important fact, because it means that trees grown from these Hunza seeds will be true to type, & not revert to a primitive, perhaps inedible, ancestor as would the seeds of hybridized apricots.

Hunza apricots are grown high in the Himalayas & are probably more frost-resistant or late-blooming than the ones grown here, which commonly bear fruit once in 5 yrs. or so due to spring frosts.

I'd like to share a few of the seeds with anyone willing to plant & take care of them. They could be planted in a pot for a year or so, then set in the soil outdoors. Please get in touch with me if you are interested.

Susan Nelson

Drop letters in Garbanzo Box or send to 511 N. Bullard St., Silver

NOTICES...

ANYTHING OF THIS NATURE TO COMMUNICATE, DROP IN BOX
OR SEND TO GARBANZO GAZETTE, 511 N. BULLARD BY JULY 31st

FOR SALE: organic meat, rabbits, adults & young males, females, albinos & flemish giant crosses. See Mick Elliot, Sherman. Gen. Del. San Lorenzo.

Free introductory lectures on Transcendental Meditation, every Wed. at 7:30. For further info, call Terry Alexander at 388-2154

Riders wanted to San Francisco by July 16. Phone 388-4326

FOR SALE: special greenhouse plastic. Non-tearable, guaranteed 2 yrs. 11¢ sq. ft. Also good for solar energy projects. Contact Bill Carlis (leave note at co-op or write 109 Calif. St., Silver)

Milk cow for Sale: 6 yr old, registered guernsey cow in her prime \$500. This cow would be ideal for several families since she gives average of 4 gal. a day. For further info call Ruth Meredith at 546-3765 (Deming) or call 8-2015 before 4 pm Tues, Wed, Thurs.

Yoga students wanted. \$1 per class Roxanne Brown 537-5707

YOUR MESSAGE COULD HAVE BEEN HERE

WANTED: donations of manure, compost, seeds, plants, cuttings, etc. for co-op flower garden.

Like to live in Paradise? I'm looking for a couple to live out here (100 miles SW of Silver, in the Chiricahuas) & to help me out with some physical work in exchange for a place to live and a small monthly sum. Write Marie Jansen, Paradise Ranch, Star Route, Portal AZ 85632

Available at 10% discount to W's: The Secret Life of Plants, Laetrile—Control for Cancer, Vitamin B-17—Forbidden Weapon Against Cancer, The Little Cyanide Cookbook, Megavitamin Therapy, Common Edible & Useful Plants of the West, Food is Your Best Medicine, Health Secrets from the Orient, Making Your Own Baby Food, Primitive Remedies (John Wesley), Get Well Naturally, and many more books on health & nutrition, natural healing methods. SUNFLOWER (The Health Food Store)

SAUCER WATCH, CIRCLE CHANT TO BRING ONE DOWN at the City of Rocks needs more courageous souls See Calendar for Date & Time

~ CALENDAR ~

Sunday, July 11, 5:00 on, fullmoon music & bellydancing in Gazebo Park. Bring instruments, voices.

Wed. Thurs. Fri. Sat. Sun. each week, Lunch 10-2, Sat dinner 6:00 New Moon Bakery

Thurs. Fri. July 15, 16, 22, 23
Melodrama, PA Opera House, 8:10
\$1.50

Thurs. July 15, Arts & Crafts Co-op Meeting at Archway, 511 N. Bullard

Thurs. July 22, 7:30 PM meeting on Solar Energy. Watch paper, listen to radio for further information regarding place to be held.

Mon. July 26, 7:30 Co-op Board meeting at New Moon Bakery.

Tues. July 27, The New Moon itself.

Thurs. July 29, 8:00 PM in Fine Arts Aud. Santa Fe Chamber Music Ensemble.

Sat. July 31, Saucer Circle at City of Rocks, 9:00 PM to ?

Sunday, Aug. 1, 4:00 on, Co-op General Meeting & potluck recipe social meet, Racetrack Road.

Aug. 1, onward, continued sculpture exhibit by Paul Galbraight at Silver City Museum Gallery.

MELODRAM IN PINOS ALTOS

The Hardly Acting Co. present the continuing Saga of the Uptight Family, a melodrama, at the P.A. Opera House. One show will be presented each Thurs. & Fri. at 8:10 through the third week of July. Admission is \$1.50 per person.

The Hardly Acting Co. consists of five members—Eric Patterson & Anna Flage play Orville Uptight and Susan Uptight. Liz Joslin plays two characters, Mother Madelline and Hilda Hookre. The other characters are Emilia Underhand, played by Betsy Martin; Simon Scoundrell, played by Tip Schmidt; and Fauntleroy, played by Harlie Youngblood.

TIDBITS

The Audobon Society has offered to work together with us in recycling some of the waste glass & metal from this area. People interested in helping (this could count as your monthly work for the co-op) could get in touch with Myra McCormick at Bear Mt. Guest Ranch.

*

Many thanks to Walt McCulloch and David Berry for courageously fishing out the cat that had gone under the porch to die. (It had been there a few days before becoming noticeable.)

MINUTES OF BOARD MEETING (July 5, 1976)

Present for the backyard meeting were Jim Goodkind, David Berry, Bob Langsenkamp, Susan Nelson, Skip & Susan Morrison, Jon Jecker, Sally Hewitt and Juanita Wilkinson.

First order of business was discussion of a change in policy so that only one signature would be needed on a check (at present two are necessary) to facilitate efficiency in financial matters. The motion was passed.

Next the board discussed the 10%/30% differential which was voted by the general membership at the last general meeting. The question was posed whether or not bulk orders can have an additional discount, as in previous policy. This was tabled until the financial committee prepares a profit-loss statement for this last period.

The flour mills we are now carrying have been unsatisfactory to the members so a new distributor will be found.

The new flowergarden project in front of the store was discussed. Skip and Susan are in charge of getting it together, but all members are asked to donate good soil, manure, compost, seeds and cuttings for the garden.

Jim asked what can be done with stock that isn't moving and suggested cutting back on stock to gain more space. Susan Nelson replied that only one or two items aren't moving, according to the inventories.

The problem of adequate space was discussed at some length and the idea was presented that maybe the co-op would rent the Nelson's old studio for an additional store room—this room lies directly behind the door which the honey, dried fruit and noodle shelf blocks. No decision.

Frank of the healthfood store has made an agreement with the co-op that working members get a 10% discount on vitamins & books at his store. Methods were discussed of how to keep a record of current memberships. This was tabled until later.

A change was made regarding the gray membership file box. Formerly the membership card was to be dated each time a member worked and/or each time he or she bought something. As most members were not keeping up on this recordkeeping task, it was dropped. Now the membership cards have only name, current address and phone number.

Three new co-op members have expressed an interest in becoming new board members. These brave souls are Sally Hewitt, Jon Jecker &

→cont. next page

ORGANIC FARMING Scientists in St. Louis have found that a test group of organic farmers raised crops nearly as large as did a comparable group of farmers using more conventional methods. The organic farmers, however, were able to make better profits on their produce because their costs averaged \$16-per-acre less.

The implication is that greater use of organic farming might reduce agricultural costs generally (since higher oil prices mean sharply higher chemical fertilizer prices)—while reducing the environmental hazards of nitrogen and other chemicals.

The five-state study, financed by the National Science Foundation, did not take into account the nutritional factors which many organic farmers place ahead of profit but considered only the financial aspects involved. Dr. Barry Commoner of Washington University organized the study in 1974 after fertilizer prices had tripled during the oil crisis. He said American farmers use five times as much fertilizer as they did in 1950, and that use of pesticides has increased 40 percent in the past five years.

The study is a sharp challenge to accepted large-scale farming practices. It also suggests that farmers take a new look at practices now considered outmoded, such as crop rotation, frequent tillage and use of animal manure. In continuing tests, nutritional value will be measured and considered. from The New Harbinger

MINUTES OF BOARD MEETING -- Continued

Juanita Wilkinson. Board members leaving are David Berry, Grant and Kristy Hudlow, and Susan Morrison. The new board members will be introduced at the next general meeting. Congratulations and thanks.

Final order of business was about the next general meeting, decided to be a potluck on August 1st at Skip and Susan's on Racetrack Road. Business meeting will be limited to one hour from 4-5:00. Eating will follow and continue til the food is almost gone. Please bring good food, blanket, cups & utensils and a recipe of what you brought. The recipes will be collected for a Silver City Food Co-op Recipe Book.

The next board meeting will be on July 26th at the New Moon Bakery.

Susan Morrison

Approximately 25% of the edible produce grown in California never reaches the marketplace...rejected because of appearance...

WHAT IS MALT, MOM?

Well, son, the malt syrup I get at the co-op is a really remarkable substance. I use it as a sweetening in place of honey when I make yeasted bread or rolls ...I need to use only a half or third as much as I do of honey, & it makes a lighter dough. Malt is prepared from sprouted grain, usually barley or wheat. In sprouting, seeds develop an enzyme called diastase which has the power to change starch to sugar (this is probably why I need less malt in my bread than I used another sweetener.) Besides being a useful and inexpensive ingredient in baking, malt syrup makes a delicious caramel-flavored topping for waffles, pancakes, etc...it's not as sweet as honey or most syrups, and contains a fair amount of minerals and vitamins, especially niacin. Want a taste?

TIDBIT

"The additive business (and it is just that) is having a significant effect on the foods we take for granted. In the baking industry so many additives now replace the basic ingredients that, at present, flour makes up only 50% of the average bread loaf, and as little as 25% of a cake."

—Consumer Affairs Information #3, AZ/NM Fed. of Cooperatives

RECIPE— "Wheat Germs"

2 C. wholewheat flour
2 C. flour combination (white, soy, brewer's yeast)
1 C. honey
1/3 C. butter, 1/3 C. peanutbutter
1 Tsp. salt, added to flour
1 C. nuts & seeds (sunflower, pecans, sesame, etc.)
1 C. coconut
1 Tsp. cinnamon

Cream butters & honey. Add nuts, seeds & coconut. Alternate flour mixture and cold water, mixing well after each. Divide dough into four equal parts. Roll out on floured board 1/2" thick. Cut into squares. Bake 300 degrees for 15 minutos.

TIDBITS

Try liquid vitamin E from the capsule (pierce with a pin) for burns, wounds, scratches, rashes, even scars. It seems to prevent infection & heal everything up quickly, even better than hydrogen peroxide. Take a few capsules along on camping trips...

*

"If Americans would decrease the meat they eat by 10%, it would release enough grain to feed 60 million people."

—Harvard Nutritionist
Dr. Jean Mayer

MILLET--THE NEGLECTED GRAIN

Millet is a highly nutritious grain that has been one of the world's most important food crops throughout history. Seeds have been found near prehistoric lake dwellings, and it has been cultivated continuously in India for nearly 5,000 years. Millet was at one time the most important grain crop in America, now nearly forgotten for human nutrition. Contrary to popular belief, Millet and not rice is the chief grain of the Chinese, especially in Northern China. It has been noted that the millet-eating north Chinese are far superior in physical development to the rice-eating southern Chinese.

Millet is one of the most well-balanced of all the grains; it is rich in proteins as well as minerals, vitamins and lecithin. Researchers at Yale University found that it was the only grain able to supply experimental animals with all the essential vitamins when fed as an exclusive food. (Using other grains, the animals eventually suffered nutritional deficiency)

Wheat, rye, oats and other grains are acid-forming in the human system. Millet, due to its high mineral content, is alkaline-forming. Millet is very high in potassium and low in sodium. It has the ability to pick up trace minerals from the soil when these minerals are available.

Reporting in Cancer News Journal, Dr. Ernst Krebs, co-founder of laetrile (a substance widely used in Europe & elsewhere in cancer preventative treatment, but banned in the U.S. by the FDA) states that the decreased use of millet has contributed largely to the tremendous increase in the incidence of cancer. Millet is one of the richest sources of nitrilosides (from which laetrile is extracted) available to us. Nitrilosides, Dr. Krebs goes on to say, are a natural cancer preventative. Wheat & rye do not contain any appreciable amount of the anti-cancer food factor.

Millet can be cooked in much the same way as other grains. To $2\frac{1}{2}$ C. boiling water add 1 C. millet and $\frac{1}{2}$ tsp. salt. Bring to a boil again, stir in a small amount of butter or oil, lower heat, cover tightly and simmer til done, about $\frac{1}{2}$ hour.

To sprout millet, soak a half day, then rinse twice daily for 3-4 days.

Millet is a delightful change from rice, potatoes or pasta. Its mild delicious flavor goes well with vegetables, gravies and sauces, or it can be served with milk & honey as a cereal.

THE NEW CAROB POWDER IN THE
CO-OP IS ROASTED, SWEETER &
STRONGER THAN THE PREVIOUS...

FURTHER ADVENTURES WITH THE REINCARNATED FATHER OF OUR COUNTRY WHEREIN MARTHA SUDDENLY APPEARS AND FRANKLIN DISAPPEARS...

By the time Geo. Washington got to Gazebo Park in Silver City towards where he'd been strolling (as you remember from last issue) for almost a month, quite a crowd had gathered. Clowns. Indians. Cowboys. Unicyclists. Funny vehicles. Everything decorated. Big floats. A motorized grave. (!) Geo. began wandering around. He wondered that no one seemed to notice him, or just smiled. He began to feel very much part of the celebration. "Hey! That's a great costume, you look just like him!" a voice said. "Hop up on to this float, will you. Here, hang onto this flagcovered 2 x 4, the parade is about to begin!"

George hopped. Made it, too, and stood solid as a great general as the float jerked forward into parade position. He smiled at Martha. "I knew you'd make it, cherry-blossom," he said to her. "How was the trip?"

"Whew!" the mother of our country said. Her ringlets danced. "Where am I?"

"Silver City, New Mexico, 1976," said George. "I cannot tell a lie!"

It wasn't a lie. There they were. If the folks lining the streets were an indication, they were accepted. No one seemed even very impressed. They'd done it; perfect disguises.

At the intersection of College and Bullard, as the float turned in a sweeping arc, Benjamin Franklin (the real one) stood snapping shots with his camera. He got a good one of George and Martha Washington.

That would impress the court of France!

He disappeared.

George & Martha floated serenely on down Bullard. Mickey Mouse & Uncle Sam, both still children, waved at the world from the tailgate.

"I think," said George to Martha, "that when this parade is over, I will secure the clothes of a co-op member and go about like that for awhile. Shake this powder out of my hair, the dust of centuries out of my britches, the cobwebs from my old brain. What do you say?"

"What's a co-op member?" said Martha.



(to be continued next issue)

NOTICE — ALL VOLUNTEERS

Once you put your name down to work on a certain day you are committed to work on that day or to find a replacement. If you cannot do this, at least get in touch with one of the other people signed up for that day and confirm at they are definitely coming. Do not just cross your name off.

This has happened all too often lately: three people sign up for a certain day, then two of them come in later and cross off their names, so this leaves the entire burden on the third person. If he/she forgets or has a flat on the way, the co-op is closed that day, often to the disappointment & inconvenience of out-of-town people who have traveled a great distance to shop at the co-op. One day it's supposed to be open. Also, an average of \$50-\$100 revenue is lost.

Even if one person shows up to work, it's hard for one person to run the store and get anything else done, and there's usually a lot that needs doing, like packaging honey, oil, peanut butter, etc. So remember, once you sign up you must either show up or find a replacement.

The other half of the volunteer problem is the people who sign up & just don't come. A few weeks ago, one of these people, when called, replied that he was sorry, he had other things to do and just wasn't going to come. So the co-op was closed that day.

Does anyone have any ideas how to solve this problem? It's true it is a classic in co-ops all over the country and there may be no perfect solution, but perhaps we in Silver City can come up with something that will alleviate the situation.

The Arts & Crafts Co-op here has a system in which active members must pay a \$2 penalty per month if they don't show up to work. Perhaps we could impose a work penalty on volunteers who don't show up, or ask that they put in extra hours before they can get the worker discount. What do you think? The idea is not to punish, but to get people to be less casual about not showing up to work.

How about some more feedback on a paid employee?

IDEAS NEEDED

Several members who live out of town need a way of fulfilling the 4-hour monthly obligation other than working at the store. So far only 3 solutions have come up:

1) Members can bring in fresh garden produce, herbs, etc. to be sold at a low price,

2) Members can make some other useful product (such as soap) to donate to the co-op,

3) Members could come in after hours to do packaging, cleaning, painting, repairing, etc. Not many out-of-towners have taken advantage of this possibility. To find out what needs doing, contact any board member.

What else? Perhaps donations of needed supplies, such as window cleaner, plastic wrap, a rake, a garbage can, lumber...

Perhaps you can think of some other things homemade that we could sell at the co-op besides soap—like handcream & vitamin E lotion, potholders, handcarved wooden spoons, cuttingboards, sprouting jars, etc., preferably something related to food or cooking. It should represent about 4 hours of work. What do you know how to make that the co-op could sell?

Use your imagination. Become an active member, eligible to pay the W rather than the N price at the store.

MORE GOOD JARS NEEDED! BAGS!

Unless people start bringing in more clean, useable jars for the volunteers to fill, we are going to have to be packaging up peanutbutter, tahini, honey, etc. when you come in to buy. If we can find a jar, that is...

The most useful jars are wide mouth & range from 1 pint to 1 gal. in size. Tiny jars or very narrow-mouthed jars are suitable only for oil or tamari—we usually have enough of those.

MEMBERSHIP CARDS SUGGESTED

Howabout some feedback on the subject of membership cards? Someone suggested recently that we could have cards that are initialed or stamped each month when a person works. This would make it clear who is a working member & who is not. In the future we may need some form of I.D. to obtain a discount at the Sunflower, and if this works out there may be other businesses that will extend the same courtesy, such as a greenhouse, seed & feed co., etc.

Would you be willing to carry such a card?



MIMBRES HOTSPRINGS TO BE SCENE
OF THREE DAY GATHERING

The group involved in purchasing Mimbres Hot Springs Ranch will meet together July 14, 15, 16 to share dreams of the future, to discuss priorities & long-range goals in creating a healing & consciousness center at this unique 4.50 acre oasis where nearly a half-million gallons of hot water flows from springs each day.

More than 2 years in preparation, the move to purchase the ranch is now on the eve of reality & the gathering should result in final action on the option. A few memberships are still available (until approx. Aug. 1) at \$1200 initial cost, with low yearly payments.

Information may be obtained from Susan or David Nelson.

The Mimbres group has placed a large bulk order with the Silver City Food Co-op for juices, dried fruit, nuts, etc., and the co-op may look forward to the day when this additional energy in the area will greatly increase the potency of our cooperative efforts.

FOOD CO-OP COOKBOOK TO BE PUBLISHED

Next co-op General Meeting Potluck will be the scene of tastebud tests for recipes wonderful enough to include in the 1st Co-op cookbook slated for fall publication.

Each dish should come accompanied with recipe for consideration.

High Society

A lot of water has run down the Big Ditch since last issue// the day the Gazette came out a phoney musical event in Gazebo Park came off, much to our surprise!...next day, Sunday of Paul's museum opening, we saw that pic get him and his whiteoutfit mulberried. We were all supposed to get in on it but the sunlight streaming in the kitchen window was all that did beside Paul & Robert. That vivid pic will last awhile...next weekend, Cass & Big John's old digs were housewarmed mostly outside around the grounds and we heard the ghost of Marcie's song Michael...the following weekend was the New Moon Bakery's openhouse potluck with the best dishes eaten in a coon's age. This party continued later with talk of the men's social club imminent. Robert expounding elsewhere, zen sounds til the wee hours...All the next week the Arts & Crafts Co-op being prepared. Facade assembled, arch erected, the gallery floor sanded...July 4th the Museum float won sweepstakes and again champagne popped...then Bill's party at Casa Mesa and home fireworks, music floated over the night air...//This touches the highpoints of June and part of July, remembering the wonderful opportunity for fellowship while having lunch at the N. end of Bullard. How to write about that...

ARTS & CRAFTS CO-OP OPENS SHOP

Saturday, July 3, the Silver City Arts & Crafts Co-op opened the door to the public of its retail shop, The Archway, Fine Arts & Crafts, at 501 N. Bullard, after a month of remodeling & decoration by members. Distinguished on Bullard by an assemblage surrounding the front window & a graceful arch over the entrance steps, within is an impressive array of creative work by local artists & craftsmen including paintings & drawings, sculpture, ceramics, jewelry, tapestries, handmade toys, macrame and original clothing.

The Archway is unique to Silver City. It is operated by members who volunteer 6 hours per month; the co-op receives 10% of the retail price of the article sold to pay operating costs.

Other activities of the co-op will include classes in a variety of arts & crafts, as scheduled.

For further information regarding membership, see any of the volunteers during open hours, 10-5 Fridays and Saturdays, at The Archway.

What are little boys & girls made of? When they drink Kool Aid they are made of fumaric acid, sugar, monosodium phosphate, ascorbic acid, propylene glycol, artificial color, calcium carbonate & dioctyl sodium sulfosuccinate.

THREE NEW CO-OPS CONTEMPLATED

Ideas being bandied about for inauguration of clothing, housing & book co-ops will probably manifest on the physical plane, Silver City being favorably placed on energy coordinates--which brings thoughts readily into physical manifestation.

The clothing co-op could be an especial boon to those of us who have trouble getting jeans of good quality that fit, in searching out sources & obtaining tee shirts to silkscreen SILVERCITY FOOD CO-OP on, in ordering at a discount zoris, etc. and in getting together those who need special garments with those who sew. "How can we have a pajama party," someone recently quipped, "no one has any pajamas!"

The Book Co-op idea has almost manifested by the simple expedient of a lending library sign-up sheet in the co-op foyer...

Housing co-ops are one of the oldest, most successful & socially accepted cooperative forms in this country. With the loan of a downpayment from some interested party, such a coop could be a reality beforelong...

Anyone interested in any of these co-ops becoming fast, think intricately about them; further, express your interest by putting your name on the bulletin board under Clothing, Book or Housing Co-op Interest Sheet.

NITRILOSIDES - CANCER ANSWER?

Q. What do these foods have in common? Lima beans, apple seeds, blackberries, chia seeds, millet, apricot, cherry & peach pits, alfalfa, johnson grass and red clover?

A. They are all rich in nitrilosides, also called vitamin B-17. Have you had any of these foods lately?

They are the key to a dramatic new approach in cancer prevention & treatment. Finally, after billions of dollars have been spent on cancer research (mostly ineffectually) someone has come up with the simple answer that cancer is a deficiency disease, like rickets, pellagra or scurvy.

A substance has been discovered which has many names: Laetrile, Amygdalin, Nitriloside, vitamin B-17. It is found naturally in over 1200 species of plants—however we get almost none of this substance in the average American diet. Wild animals & many "primitive peoples" often have diets very high in B-17. Their food may contain as much as 250-3000 mg. daily, while our diet provides an average of less than 2 mg. a day! Cancer is almost unknown among these primitive peoples, even after contact with western man, unless they adopt our diet.

CANCER ON THE INCREASE

Cancer is presently killing 1000 people a day in this country, or one person every 90 seconds. It is estimated that $\frac{1}{4}$ of our entire population will sooner or later have cancer. The cancer rate has risen steadily since 1900. It is just possible that this steady increase is linked to the increasing lack of nitrilosides in our diet.

NATIVE DIETS RICH IN NITRILOSIDES

The Eskimos are noted for their almost total lack of cancer—their diet is extremely rich in B-17, from the salmon berry & entrails of caribou which contain arctic arrow-grass & other nitriloside-rich grasses.

The Hunzas of the Himalayas have been called the "healthiest people in the world." Until a few of them adopted the western diet, no case of cancer was ever found among them. Important in their diet are buckwheat, broadbeans, alfalfa, sprouted beans & grains, cherry & cherry seeds, & apricots & their pits. These are all rich in B-17, especially apricot pits, from which the extract Laetrile is derived, used to treat cancer.

In the late 40s, San Francisco physician Ernst T. Krebs experimented with the extract of the apricot pit & reported that it apparently prevents or retards cancer growth in animals.

HOW DO NITRILOSIDES FIGHT CANCER?

The way it seems to work is this: Cancer tissue is surrounded by a sea of beta-glucosidase. When Laetrile is introduced, it breaks down into sugar, benzaldehyde (a pain reliever) and HCN (hydrogen cyanide). A normal non-cancerous cell contains an enzyme called Rhodanese, which combines with the cyanide & renders it harmless. A cancer cell, on the other hand, is characterized as containing little or no Rhodanese & therefore is harmed or destroyed by the cyanide. Since cancer cells are the only ones lacking the protective enzyme Rhodanese, normal cells are unaffected by the cyanide, which is excreted by the body within a few hours.

This perhaps is a clue to understanding the widespread belief that apple, apricot & cherry pits are poisonous—"I've heard they contain cyanide!" Birds, bears, monkeys, other animals & all sorts of primitive & undeveloped peoples consume great quantities of these kernels throughout their lives with no harmful effects.

WILL APRICOT PITS BE MADE ILLEGAL?

Much further research has been done since Krebs' initial experiments, with the result that the apricot pit extract is being widely used in other countries as a cancer treatment. However the FDA has totally banned its use in this country on the grounds that they have not sufficient proof of its effectiveness. They have even tried to pass a regulation prohibiting the sale of apricot pits to individuals, & have made it illegal for a doctor to prescribe or administer Laetrile to a cancer patient, or for anyone to "smuggle" it into the U.S. The possible reasons behind the prohibition of this admittedly non-toxic substance are obscure. Many groups in this country, notably The Committee for Freedom Of Choice In Cancer Therapy, are working to fight this legislation. They point up the fact that cancer is a multimillion dollar industry in the U.S. today, & if a simple nutritional cure were found, many vested interests would be shattered.

At any rate, there are many edible foods that contain large amounts of nitrilosides. A more complete list could be obtained from some of the new books on B-17. As it is not legally available as a concentrate, we need to make sure we get plenty of nitrilosides in our diet.

KERNELS OR SEEDS: Apple, apricot, cherry, nectarine, peach, pear, plum
BEANS: broad, burma, garbanzos, lentils (sprouted) lima, mung (sprouted)
NUTS: bitter almond, macadamia BERRIES: (almost all wild berries)
SEEDS: chia, flax, sesame GRASSES: acacia, alfalfa (sprouted) johnson,
milkweed, sudan, tunus, velvet, wheat grass, white clover
GRAINS: oat groats, barley, buckwheat groats, millet,
MISC: bamboo shoots, fuschia plant, sorghum, blue violet leaves