

Jenkins to exhibit

Twenty-four prints by prominent black artists will be on exhibition in the South Gallery of the Student Union April 6-12. Sponsored by the Union Gallery Committee in conjunction with the Black Arts Festival, the exhibition will seek to explore and illustrate modes of expression open to the black artist in America.

Florian Jenkins, one of the artists whose work will be on display, will present a slide show and lecture at 8 p.m. Monday, April 7 in room 202 of the Union. Jenkins, a painter living in East Orange, New Jersey, hopes to unite themes of the exhibition under the topic, "Workings of the Spirit." An open reception will follow Jenkins' remarks.

On Tuesday, April 8, Jenkins will be in the South Gallery to answer questions regarding the exhibit. He will also conduct a demonstration of his own painting technique.



Daily Tar Heel
FEATURES

Album debut

Following a delay of eight months, *Prolepsis*, the second album by the rock group Arrogance, will be released Friday. To promote the album, recorded on Sugar Bear Records, Arrogance will perform at the Cat's Cradle Friday night.

Soybeans - the 'super-food' answer?

by Susan Datz
Staff Writer

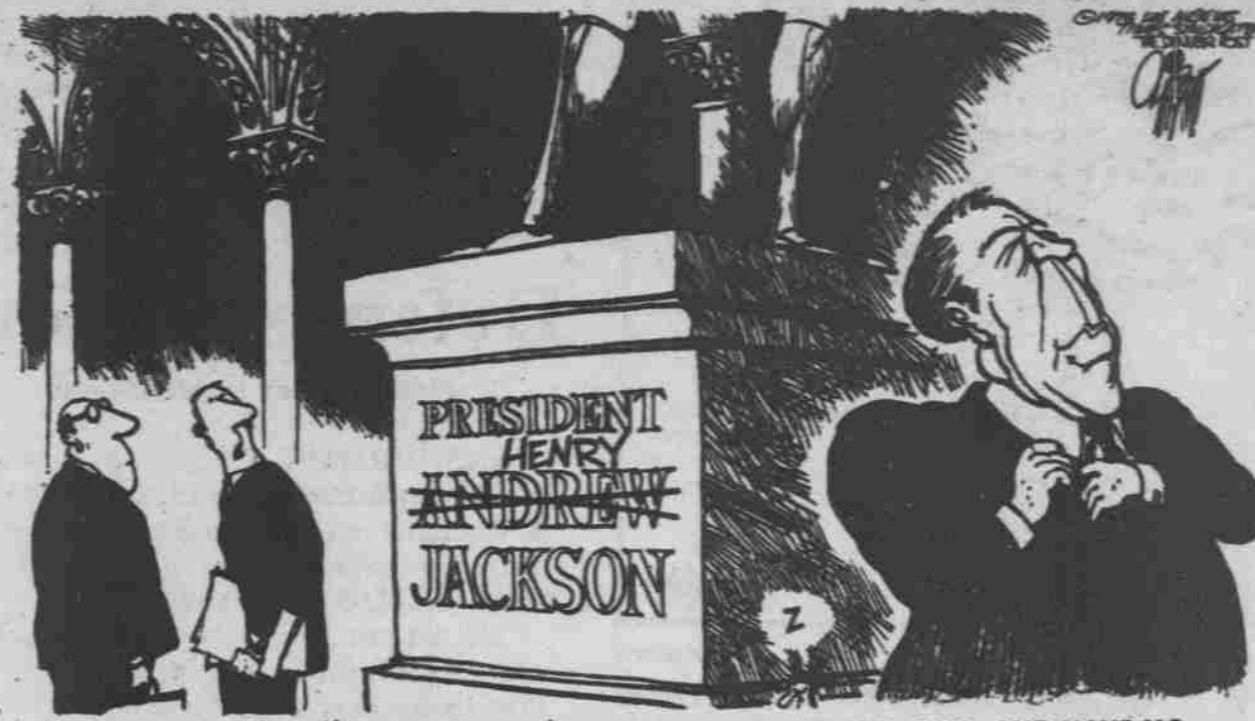
Soybeans, in spite of popular belief, are not a figment of Euell Gibbon's imagination. Instead, they have emerged as a form of "super-food" and contain twice the amount of protein found in meat, while costing one tenth the amount per pound of protein.

Farmers aren't the only ones who are looking at soybeans more closely these days. Nutritionists are finding that the soy bean is 45-56% pure protein, a substance imperative for life in every human cell. It contains, when mixed with corn meal, wheat flour or non-fat dry milk, the eight essential amino acids necessary for optimum protein intake. Soy is also said to deliver 15% of the world's edible fat.

Economists too are becoming more aware that the growth and exportation of soybeans could make a significant dent in the debts we face by importation of other commodities. The United States now grows three quarters of the world soybean crop, and Illinois grows more soy than any single soy-producing country.

Another important economic and political factor in the protein question is that Russia is virtually unable to grow soybeans. In 1973, the U.S.S.R. purchased 1.2 million tons of soybeans and a drop in the recent Peruvian anchovy catch has caused a shortage of protein-rich fish meal, and a further rise in soy buying.

Soybeans seem to be the answer to a farmer's prayers. They grow almost anywhere, provided they have proper irrigation, with a warm summer climate.



"YOU CAN SAY THIS FOR HENRY—HE MAY BE BORING, AND DULL, AND HAVE NO CHARISMA, BUT HE'S TOTALLY DEVOID OF SUBTLETY!"

They also obtain their own nitrogen fertilizer from the air, something that corn, wheat and barley aren't capable of.

Decatur, Illinois, "the soybean capital," can process up to 200,000 bushels a day. Most soybean crushers use "solvent extraction" process that cleanses the oil by chemical means. It can then be spun into fibers, fashioned to resemble some kind of meat and be flavored accordingly. This is textured vegetable protein, TVP.

TVP can be moistened and extended to an almost identical consistency of hamburger, chicken or pork. These new "meats" are known as analogues, and are cheaper than their originals. They also have more protein, less fat and less cholesterol.

"We have been using textured soy protein in the Skokie (Ill.) schools for several years," says the director of a school food service. "In our first year, savings were about 10 cents a pound on the meat and soy combination compared to all meat. When you consider

that we use 100 to 1200 pounds a week, that's a considerable savings."

About the biggest soy analogue in the consumer's shopping cart today is imitation bacon and bacon bits. The production of natural bacon requires 10 times as much growing land as the same quantity of bacon analogue from soybeans.

Although many products contain soy derivatives (I discovered soy flour in my Bit-O-Honey candy bar), few area chain stores carry any large selection of soy products. Winn-Dixie has the usual soy oil and soy snacks such as Pernuts, as does A&P, which also has soy sausage patties. Fowler's includes Soyamaisie, a low-sodium mayonnaise substitute, with its other soy choices. All stores had "health food" breakfast cereals which contained soy derivatives.

By far the most variety of soy products can be found, expectedly, at Harmony Foods. They sell all manner of soy . . . powder,

granules, flour and lecithin, along with roasted and raw soybeans, each of which they sell 100 pounds weekly.

Harmony is also the sponsor, along with the Survival Symposium, of The Great Soybean Bake-Off. Information and soybeans are available at the store for Saturday's contest.

Soybeans, while now just coming into their own, represent a most feasible means of feeding the undernourished and extending our protein resources. One third of the United States now exists on faulty diets, according to the 1969 White House Conference on Food, Nutrition and Health. More meat cannot be the answer, as less than 30 per cent of all food protein comes from meat, poultry, eggs, fish and milk products.

Finally, soybeans could ease the livestock feed shortage. "A shift towards meat analogues and other high-protein foods based on vegetable sources — soybean products foremost among them — could reduce the requirement for feed crops within the country", Folke Doving (Fortune) said.

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Soy Burgers
Soy burgers may not suit the average carnivorous appetite as well as plain old ground beef, but they're protein rich, inexpensive and much less wasteful. Try them:
1 can (15 1/2 ounces) soybeans, drained and rinsed, or 2 cups cooked soybeans
1 small onion, finely grated or chopped
2 eggs, lightly beaten
1 cup wheat germ
1 tablespoon vegetable broth/seasoning
1 tablespoon tamari (soy sauce)
1 tomato, skinned and put through an electric blender until smooth.
1. Preheat the oven to 350 degrees.
2. Mash the soybeans with a potato masher.
3. In a large bowl, combine all the ingredients.
4. Using a small ice cream scoop, measure out portions of mixture onto a lightly oiled baking sheet. Flatten each scoop slightly.
5. Bake 25 minutes, turn and bake 15 minutes longer.
Yield: Four servings.

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YOU'RE RIGHT, TRUFFLES...THIS OLD BARN IS A GREAT PLACE.

LOOK HOW THIS BEAM WAS FITTED INTO THIS POST...AND LOOK AT THE NEAT WOODEN PEGS THEY USED

AND LOOK THERE...WHAT'S THAT THING?

THAT'S AN ANVIL

WHATEVER IT IS, IT ISN'T VERY COMFORTABLE!

HI, GUYS! COME ON IN!

NOPE! DAD'S OUT OF TOWN, AND MOM WENT TO A PTA MEETING.

SHE DOESN'T KNOW YET I'M HAVING THIS PATAJAMA PARTY. SHE'S IN SUCH A SWEAT OVER BUSING THESE DAYS I FIGURED IF I ASKED SHE'D JUST SAY NO!

IS THIS HER LOUISE DAY HICKS POSTER?

NO, IT'S DAD'S.