

BEER

Tony Wilson

TWO very welcome happenings on the consumer protection front to report since the last column, both of which have been the concern of this column in the past.

1. The Food Standards Committee report was issued on March 3 and contains proposals to have all points of dispense clearly marked as to type of beer ("cask conditioned" or "bulk conditioned"); presence of carbon dioxide (where CO2 exceeds 1.5 volumes); whether the beer is "pressure dispensed" or "drawn"; the percentage of malted barley used; and the strength of the beer in 'X' ratings (O.G. up to 1035: X. 1035-41: XX. 1041-47: XXX. 1047-62: XXXX. Over 1062: XXXXX).

These are highly satisfactory recommendations, and very much in line with what CAMRA has campaigned for. CAMRA will now actively chase up MPs to act on these recommendations, and readers of this column are asked to write to local MPs too.

2. Prices secretary Roy Hattersley has referred the whole question of prices and profit margins in the manufacture and distribution of beer to the Price Commission, who will report by July 31.

The Brewers' Society have already started squealing, with some justification, that the self-same Prices Commission approved the rises in the first place; but with less justification that British beer is still cheap compared with EEC countries.

For a start, I don't reckon 30p a pint, as is now increasingly common, is cheap - also in the wine-drinking parts of Europe beer is a minority taste and the price reflects this, and in the beery nations the

brewers do not have the benefit of a tied house system and short, high turnover bursts of licensing hours. Also, compared with Germany, we use cut price ingredients in our beer.

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THE MONTH OF MAY has been designated by CAMRA to increase public awareness of mild beers, which considering very little is ever spent on advertising them, continue to sell very well.

Mild is, in some cases, stronger than highly advertised, highly expensive lagers and retains a loyal following.

The Merseyside CAMRA branch will be holding special events, and local brewers have indicated they will co-operate. The slogan will be "Make May a Mild Month" - more details later.

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ALLIED BREWERS (post-tax profit £31.9 million last year) have taken to issuing "6p off" vouchers in the Liverpool Echo. These are redeemable Monday to Thursday before 8 p.m. in any Tetley pub - no doubt with the hope of enticing people into their pubs, which have been noticeably emptier since the last round of price increases.

A 29p pint of Tetley's bitter (lounge price) even with the special offer would be 1/2p dearer than the public bar price of Boddington's - the latter not subject to restricted hours.

Not that I mind getting a price reduction. But as with many other food/drink items, the consumer would be better served with a permanent 1p or 2p reduction.

INFORMER



美猴王

The 1,500-year-old Chinese classical play "Monkey King" will be at the Neptune Theatre on May 13 and 14. The play combines mime, ballet and martial arts dance, with traditional music and colourful costumes. It was to have been staged in Crosby last year but had to be cancelled because of production difficulties and a problem over the director's visa.

SMALL ADS

Rate: 3p per word

FREE YOGA classes. Tues: relaxation Yoga postures. Wed: open spiritual conference (introduction to meditation). Thurs: philosophy (theory of Yoga). All at 7.30. Ananda Marga, 8 Ullet Road, Liverpool 8. (708 7335).

THE WORKER'S NOTEBOOK - New monthly journal of the Communist Workers Movement. Available from October Books, 4b Temple Court, Liverpool 2.

ONE-TON van and 11-stone driver for hire. Very reasonable. Distance no object. Andy: 708 0860 or 708 7174.

SILK-SCREEN printing. Pretty cheap. Especially for community and Left groups. Posters, banners, T-shirts, cards. Anything unusual considered. Billy, Andy, Rick 708 7174; 708 0860.

ARTWORK from China. Posters, book-marks, handcrafts, greetings cards. Obtainable only at October Books, 4b Temple Court, Liverpool 2.

PHOTO-COPYING. A4 and foolscap. 10 copies 30p; 25 copies 75p; 60 copies £1.20; 100 copies £1.60. - Impact Resource Centre, Waterloo Building, Cases Street, Liverpool 1. (051-708 7172)

Events are listed free of charge on these pages. Will organisers please send details to Liverpool Free Press, 48 Manchester St, Liverpool 1 or phone 227 2514. Details of community events especially welcome.

FOOD

Dave Scott

THE MORAL arguments for not eating meat are, for most people, irrelevant. Although Western meat eating habits are a major cause of famine in under-developed countries, since we use much needed cereal to feed our livestock, the starving are too far away to be real.

And misgivings about the way animals are reared and slaughtered usually do not arise because the farmer and the butcher screen the processes involved.

However, the continuing rises in the cost of meat and fish are forcing people to alter their traditional diets. The question of eating less meat and fish does not arise, economics imposes an answer.

Newspapers would have us believe this is a catastrophe. The opposite may be the case. The 1973 National Food Survey reported that the average protein intake in Britain (meat is our main source of protein) is almost a quarter higher than recommended levels, and these levels are themselves higher than those set for people in other countries.

The most sensible guide for protein intake is your own feeling, or physical and mental well-being, but it is worth noting that most people eat more protein than their body needs, and in so doing, overwork the digestive and eliminative organs. The moral is, we can all eat less meat and save money, and perhaps be healthier, as the following will show.

Atherosclerosis, the underlying condition responsible for heart disease, strokes, etc., is caused by deposits forming in the lining of the arteries which supply blood to the heart. The reason for this clogging-up is often a diet that has been too rich in animal fats (including butter) and saturated vegetable fats (buy unsaturated margarines, e.g. Flora).

The Royal College of Physicians have suggested that to reduce the national incidence of heart disease we should all eat less animal fat (lean meat still contains lots of fat).

By altering the bias of our diets from meat towards vegetable and grain foods, we can not only save money, but stay healthier and live longer. Unfortunately, people who stop or cut down on the amount of meat and fish they buy often turn to convenience foods to fill the gap. Here they lose both ways. The food contains as many additives as the meat - if not more - and included in the price is the cost of the advertising and packaging that are needed to sell the product.

Convenience foods take the satisfaction and personal contribution out of

cooking, they offer instead a meal that is easy to prepare, that looks good, and sometimes even tastes O.K. But it must be remembered that the manufacturer's prime consideration is profit, not wholesomeness, nutritional value or cost.

Of course canning food helps us make available throughout the year fruit and vegetables that are seasonal, but the more exotic mixtures and convenience food packages are designed to appeal to our laziness and gullibility to advertising, not our pockets or taste buds.

This article will be followed in future editions of the Free Press, by recipes that will give examples of dishes that will be cheap, nutritious, delicious, and easy to prepare.

In the meantime, remember when preparing your meals that the protein value of two foods is sometimes higher when they are eaten together, than the sum of their values when eaten separately. For example, 1lb brown rice and 1/2lb red beans, eaten together have an equal protein value to 1 1/2 lb of good steak. For more information on this subject, read "Diet for a Small Planet" by Francis and Moore Capre.

The chart below was originally printed in Seed Magazine. I have brought it up to date, and you can check it to estimate how much you pay for protein per foodstuff. For a well-balanced diet, eat some food from each group each day, as well as fresh vegetables and fruit.

THE PRICE OF PROTEIN		BEANS		ANIMAL PRODUCTS	
Cost in pence per 100g. protein		Soya beans	13	Cheddar cheese	52
		Lentils	18	Whole milk	35
		Peas (dry)	26	Dried milk	22
		Baked beans	40	Eggs	50
		Peanuts	26	Fillet steak	137
				Liver	45
				OTHERS	
				White rice	76
				Brown rice	47
				Wheat germ	13
				Sunflower seed	45
				Pearl barley	24
				Whole wheat	24
				table protein	11

N.B. There are other factors to be taken into account when deciding the nutritional and money value of a particular foodstuff, apart from its protein content and cost

NEWS IN BRIEF...

- Draught Bass now on sale at "Greenhills", Allerton, handpumped and without gas, also at "Houghton Arms", Southport. Draught Bass removed from British Rail buffet, Southport - replaced by Thwaites.
- "Blue Anchor", Southport, now selling Walker bitter and Tetley mild, hand-pulled.
- Southport Arts Centre have now added Robinson's splendid strong "Old Tom" winter ale.
- Davenport's bitter now handpulled at "Victoria", New Brighton.
- Higson's draught bitter, electric pumped now joins Youngers IPA at the Bradford Hotel, Liverpool.
- Trust House Forte's St George's Hotel likely to get real ale as part of camp-any policy to switch to traditional beer.
- Higson's Trojan withdrawn, only to be replaced by similarly uninspiring "Special Bitter" - not half as special as their draught bitter!
- Recent Tetley draymen's dispute led to some interesting "imported" beers in Tetley pubs, including Devenish's from Weymouth, no less!
- "Grapes", Egerton Street, in the heart of Liverpool's trendy quarter, now using handpumps to dispense Tetley's mild and bitter.
- Greenall's bitter now available again at "Goat", Great Howard Street, having been fizz since summer '76.
- O'Connor's rises again - as "The Chaucer", advertising traditional everything - except the beer, which is Higson's fizz.
- Guinness XXX now more widely available - not a traditional beer, but very nice!
- Mersey Mimmers perform a hilarious real ale mimmers play - to great effect, as observed in a local real ale hostelry.
- Chinese beer called Tsing Tao available from Chinese stores in Nelson Street. Very pleasant stuff, too!
- Liverpool Polytechnic, Byrom Street, Students' Union bar now selling Theakston's bitter and Old Peculier.
- Old Peculier also available at Formby Football Club.
- 1977 Good Beer Guide (now on sale, £1.60) contains about a dozen "new" pubs for Merseyside, one or two deletions, too.
- Small scale beer festival in prospect as part of Hope Street contribution to Silver Jubilee celebrations.
- A new CAMRA branch has been formed in Wirral. Contact John Courtney (342 4231) for details of meetings.
- Higson's have produced a novel tee-shirt on sale in several of their popular pubs.
- "The Derby", West Derby Road (Higson's) now demolished pending a re-build, hopefully with real ale retained.
- Higson's "Stingo" strong ale came third in 1976 Brewers Exhibition strong ales section. Pity it's not on draught for Jubilee Year!

Full details of CAMRA Merseyside meetings and publications (including "Jars") from the writer at 9 Hooton Road, Aintree, Liverpool 9. (Tel: 521 5967)

EXHIBITIONS

- SHARED VIEW by Andrew Eden. April 19-May 3. Central Court School of Architecture, L'pool University.
- THE PHOTOGRAPHY OF PAUL NASH. Arts Council touring exhibition. April 26-May 12. Entrance Hall, Myrtle Street Annexe, Liverpool Polytechnic Faculty of Art and Design.
- FROM LANDSCAPE TO FANTASY. Paintings and collages by George Jardine. April 2-23. Bluecoat Gallery.
- MERSEYSIDE EMBROIDERY GROUP. New work by five local embroiderers, all either art school trained or with higher embroidery qualifications. April 19-30. Bluecoat Display Centre.
- FRANK DOBSON, Granville, Ken Laming, Alan Thompson, Paula Velarde. All month. Allerton Gallery.
- PHOTOGRAPHS of Liverpool Link/Loop Line (British Rail-MPTE). Neptune Theatre Gallery. Until April 29.
- SOUTHPORT PHOTOGRAPHIC Society Annual Exhibition. Until April 16. Atkinson Art Gallery.
- NOBLE GAME OF CRICKET. (N.W. Museum and Art Gallery Service

- exhibition). April 14-May 16. Atkinson Art Gallery.
- MANCHESTER ACADEMY - members' work. April 30-May 21. Atkinson Art Gallery.
- HOME FRONT (N.W. Museum and Art Gallery Service exhibition). Until April 28. Crosby Library.
- TERRY FROST EXHIBITION. Arts Council touring exhibition. Until April 17. Chester Arts Centre.
- PAINTINGS by Chester School of Art. April 22-May 7. Chester Arts Centre.
- THOMAS HARRISON - THE MODEST GENIUS. It's the 150th anniversary of the start of construction of the Grosvenor Bridge, Chester. This and Chester Castle are two of the most important works of the famous architect. Exhibition includes many of his architectural drawings and photographs of surviving buildings. Until May 5. Grosvenor Museum.
- HOYLAKES PHOTOGRAPHIC Society. Annual exhibition. Slide shows Mon., Wed., Fri., Sat. at 9.00 p.m. Audio-visual slide/tape shows Sat., Tues., Thurs., Sat. at 9.00 p.m. Cine shows nightly at 8.00. April 23-30. Public Hall, Westbourne Road, West Kirby. Open evenings 7.00-10.00 p.m. and from 10.00 a.m. on April 30.

WHERE TO SEE IT...

- ALLERTON GALLERY. 117 Allerton Road, Liverpool 18. 724 5206. Mon-Fri 10.00-6.00; Wed 10.00-1.00; Sat 10.00-5.00.
- ATKINSON ART GALLERY. Lord Street, Southport. 33133 Ext 149. Mon., Tues., Wed., Fri., 10.00-5.00; Thurs. and Sat. 10.00-1.00.
- BLUECOAT GALLERY. School Lane, Liverpool. 709 5689. Tue-Fri 10.30-5.00; Sat 10.00-2.30. Display Centre: Tel 709 4014. Tue-Fri 10.30-5.30; Sat 10.30-2.30.
- CHESTER ARTS CENTRE. Market Square, Northgate Street. Chester 313853/318983. Mon.-Sat. 9.30-5.00.
- CROSBY LIBRARY. Crosby Road North. 928 6487. Mon., Wed., Fri. 10.00-7.00; Tues. 10.00-5.00; Thurs and Sat. 10.00-1.00.
- GROSVENOR MUSEUM. 27 Grosvenor Street, Chester. 21616. Mon-Sat 10.00-5.00; Sun 2.00-5.00.
- WALKER ART GALLERY. William Brown Street, Liverpool. 227 5234 Ext 2065. Mon-Sat 10.00-5.00; Sun 2.00-5.00.
- WILLIAMSON ART GALLERY. Slatey Road, Birkenhead. Mon-Sat 10.00-5.00 (Thurs till 9.00); Sun 2.00-5.00.

FOLK

- BLUE ANCHOR, Market Street, Hoylake. Presented by Hoylake and District Arts Association. 8 p.m. Resident singers plus regular guests and floor singers. Meets: Tues April 5 and 19.
- SOUTHPORT Arts Centre, Lord Street at 7.45. Mon. April 11: Gary and Vera Asprey with 'A Taste of Hotpot' - stories, songs and humour from the north-west.

THEATRE ROYAL, St Helens, 7.30. Wed. April 13: Jake Thackray. Mon. April 25: Oldham Tinkers.

GREGSON'S WELL (Tetley's) Brunswick Road. Thursdays at 8.15 p.m. April 7: Easter Party Night with traditional songs, tunes and fun. April 14: Residents' night. April 21: Residents' night. April 28: National quest night with John and Sue Kirkpatrick on button accordion, oboe, concertina and hammer dulcimer.

● Our thanks to the Merseyside Arts Association for their help in compiling much of the information on these pages.