



~~Content. Other nutrients provided by cheese are calcium and Vitamin A.~~

~~Eggs are among the most nourishing food in the Western diet. They are also a rich source of cholesterol which usually brings looks of horror on people's faces.~~

~~terms of ecc from where does not affect content so the cheaper cuts are ally beneficial expensive stea full advantage nutritional ter that the vitamin minerals are e in the juices t when the mea do use the jui~~

~~Fish is another source of first It can be cons groups, the wh fat and oily fi course, have sh Nutritionally, fi roughly the sar protein as meat quantities of th and some mine fish are a rich The amount of varies widely.~~

~~fish like cod, h halibut and sole, the percentage is very small, but in fish such as herrings, salmon, sardines and tuna it can rise to twenty per cent. The higher the fat content, the greater the energy value of the fish. White fish, i.e. the non fat fish, is especially useful for low energy value slimming diets. Unlike the fat of meat, the oils from fish contain vitamins A and D and fish oils are also unsaturated as opposed to the saturated fats associated with meat.~~

~~Cheese is another valuable source of protein. Cheddar cheese, for example, consists roughly of one third of protein, one third of fat and one third of water. The amounts of~~



Reviews

THE HAWKLORDS

~~and food for infants and growing children, adolescents, pregnant women and the elderly, whilst within the middle aged group it's importance will diminish as indeed other sources of the major nutrients become available to us.~~

PERE UBU

DATA PANIK IN THE YEAR ZERO

This band are playing Brunel during Rag Week, so I'll preview them, I thought to myself. A difficult task, since the music on this 12 inch, 45rpm 5-track E.P. goes from almost 'pop' accessibility, on 'Heaven' to the jagged paranoia of '30 seconds over Tokio'. Heaven features a Hawaiian like guitar, and restrained vocals from David Thomas (a.k.a. Crocus Behemoth) but with an ever-present bass rumble filtering through losing its dominance towards the middle, but regaining intensity at the end ("It sounds like a guitar chord being played backwards, slowly" - A Hawklord).

This was truly an amazing gig. the first one I'd been to that was more than just a group playing its songs.

After 'the Softies' had played a mediocre set of pub-rock, there was a pause, then the four spotlights mounted on the roof-high towers blazed into light, and with agonising slowness, played on the back of the hall, then down onto the audience and finally the stage, where Bob Calvert stood in his urban guerrilla costume, empty bandolier over his shoulder, and megaphone hanging at his side.

The band launched into "25 years On" and the comparative eeriness of the album was gone, replaced by a ferocious attacking sound, drums to the fore, keyboards filtering through, and dominated by Dave Brock's crashing guitar. The pace only lets up for breaks when the power either fails or is deliberately cut. Certainly, it left the audience not knowing what was going on.

Dry ice, well known standby for heavy metal groups, came floating across the stage, shrouding all the members of the group and, of course, there were strobes as well, used for longer periods than I'd ever seen before. Of course, the whole LP was covered, especially 'PSI Power' so, of course, they had to do Hawkwind classics, so they did Sonic Attack, with echo and distortion, Silver Machine, and, after two hours, 'Master of the Universe' when the power finally got pulled, but not before Bob Calvert, to cheers, had shredded a giant stars and stripes.

If the Hawklords had been doing this act for a 40 date tour, and keeping the music as tight, they're going to be really big.

While this band are not the most Rag-suitable, in the way that Warren Harry (excellent) and the Untouchables (weird) are, the chance to see them shouldn't be missed.

ANDY THOMPSON



alternative basically We, in tend to tities of ie form of cheese. d and in ple rely on r plants tein. Of nuts and s are very act, same as e also eat, maize ain r many Root good At present nourage able has been rement than nimal indeed would utilise ns and igher tein the ily real of etable n the ated nin D self. For ed in nd pea- tein in m of mb, t and s to urce. as a it is some ovided y this it pro- it up to of of In