

## ADVICE BUREAU

## Hints on how to beat food crisis



IN our previous issue there was an article of how to cut down on the electricity bill by cooking in a box. GRASSROOTS had requests for more hints on how to economize at home.

Now that bread - The People's Main Food - has gone up so much, the struggle to make ends meet will be worse than ever before. Our panel called on a few mothers for advice.

## BUYING IN BULK

Three Hanover Park families have decided to club together to buy groceries in bulk at a wholesaler in Athlone.

They take turns to do the driving and buying and save considerably in this way.

## MORE VALUE FOR MONEY

The meat bill eats a big chunk into most people's food money.

Mrs Stevens from Hanover Park told us how she cut down on her meat bill.

"Before, I used to buy bones, but now I know that bones contain only fat and no other food value.

"So I ask the butcher to weigh the meat off-cuts on the chopping block - in this way I get my money's value

in meat instead of bones.

Mrs Stevens told us how she uses legumes, such as beans, peas, lentils and soya pro-

ducts to "stretch" or replace meat.

"I've got such tasty recipes that my family doesn't even mind about not getting meat

every day. GRASSROOTS tasted her Bean Bobotie and got the recipe for our readers: How important is meat for one's health? This is

## BEAN BOBOTIE (8 - 10 Portions)

3 slices brown bread  
1 cup milk  
2 medium onions  
1 tablespoon oil  
2 cups cooked beans  
3 teaspoons curry powder.

1 teaspoon tumeric  
3 tablespoons vinegar  
2 tablespoons apricot jam  
2 tablespoons raisins  
1 tablespoon Worcester

sauce  
3 teaspoons salt  
½ teaspoon pepper  
1 egg, lightly beaten  
3 bay leaves  
1 egg

Soak bread in the milk, squeeze out the milk and crumble the bread. Fry the chopped onions in the oil, when brown remove from the stove.

Mash the beans and

add all the other ingredients except for one egg and the bay leaves.

Mix well, spoon into a greased baking dish and press the bay leaves on top. Bake for 20 minutes in a moderately hot oven (170°).

Beat the milk (squeezed out from the bread) and the remaining egg, and pour over the dish. Bake until the egg is set. Remove the bay leaves before serving.

the answer we got from a doctor: "It is often said that the protein in meat is higher than in plant sources, or that meat contains complete protein whereas plants don't.

The truth is this - Proteins are made up of amino-acids. Twenty amino-acids make up the protein our bodies use. Of these twenty, eight have to come from the food we eat. These eight are called "essential amino-acids". "Complete protein foods contain all eight amino-acids. Animal products - eggs, milk meat - provide all eight essential amino-acids. Eggs come closest to the ideal "combination"; milk is a close second and meat follows.

"Soybeans are almost as good as meats for protein quality. Beans, lentils, peas, nuts and whole grains are also good sources of protein, but each lacks one or more of the essential amino-acids."

## HOW TO COMBINE PLANT PROTEINS

Plant proteins can be made more "complete" by combining them with a grain or with an animal protein. Here are a few examples.

Milk products should always be served with grains, for instance Cereal with milk, Bread with milk, bread with cheese, macaroni with cheese, rice with milk (rice pudding).

Legumes should always be served with grains, for instance, Beans with samp, Lentils with rice (breyani), Bean Soup, Pea Soup, Lentil Soup with bread, Soya products with rice, peanutbutter with bread, Dahl with rice.

GRASSROOTS invites our readers to send in more hints on household savings. We offer R1 for each idea that we can publish!

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## ADVICE BUREAU

# 'Will I have a healthy baby at age 40?'

Dear Doctor, I am 40 years old and got married for the second time last year. I have three children and my first husband died of TB. My second husband and I would like now to have a baby but I am afraid to become pregnant because I have heard women over 40 have mongol babies. I want to have a healthy baby. What must I do?

A woman of any age can have a "mongol" baby. The proper name

for this is a "Down's" baby.

As you know, these babies are as lovable as normal babies but when they grow up they cannot look after themselves.

As a woman grows older, she has a greater chance of having a "Down's" baby.

A young woman has very little chance of having such a baby. When a woman reaches the age of 35, the chances become greater. When she is 40 years

old, the chance is one in forty. By this we mean if there are 40 pregnant women and each of them is over 40, one of them will have a "Down's" baby.

But this should not stop a 40-year-old woman from becoming pregnant.

When a woman is pregnant, there is a test which can show if the baby is a "Down's" baby or not.

This test is done when the woman is about 16 weeks pregnant.

You have to wait four weeks for the result. If it is found that the baby is a "Down's" baby, then the pregnancy can be taken away.

Therefore if you are a healthy 40-year-old woman, there is no reason not to fall pregnant, and ask for the test.

It is a good idea for all women over 35 to consider having this test.

## Your rights when laid off from work

RETRENCHMENT is the name used for getting rid of workers when there is no longer enough work. But sometimes retrenchment is used as an excuse when a boss wants to fire some workers for another reason.

What can workers do about this?

There are no laws to stop bosses dismissing workers when they want to.

It is important that workers should have some control over retrenchments in their factories.

### Organise

Workers can only get this control by being organised and united. Only then can the workers be sure that the bosses will listen to their demands.

Workers can insist on some demands such as:

- Bosses must give notice to workers or their committees before they retrench them.
- Workers to be retrenched should be those who have been working the shortest time.
- When the company later wants to employ more workers, they should first offer jobs



to retrenched workers before employing new people. If workers get bosses to agree to these de-

mands - in practice as well as in words - then they can make sure that workers are retrenched only when there really

is not enough work. Then bosses will not be able to dismiss workers and say they were retrenched.

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## ADVICE BUREAU

# Constitutions: The rules of the organisation

**COMMUNITIES** that are voiceless and voteless have learnt that they must get organised. This is the only way they can bring about change and achieve results.

This was borne out by the Electricity Petition Committee (E.P.C.) of Mitchell's Plain who fought to change the due date of the payment of the electricity account and won!

What is an organisation?

An organisation is a group of people working together for a specific object such as civics, sports and so on.

The organisation is governed by a constitution setting out rules which regulate the organisation.

We will discuss certain basic rules which govern an organisation.

**PREAMBLE:** This clause sets out the reason or motivation for the establishment of an organisation, such as "A need has arisen for the people of Athlone to organize themselves on a civic level."

**NAME:** This clause provides for the name by which the organisation is to be known, e.g. Athlone Civic Association (ACA).

**OBJECT:** This clause briefly sets out the main aims of the organisation and how they can become members, e.g. Membership shall be open to all residents of Athlone and application shall be made in writing to the Secretary.

**OFFICIALS:** This clause provides for the office-bearers of the Association and their functions, e.g. Chairman, Secretary or Treasurer.

**ADMINISTRATION:** This clause provides how the organisation is to be administered, e.g. "by an executive committee comprising the officials."

**FINANCE:** This clause regulates the funds of the Association and provides for the opening of a banking account, what financial statements are to be kept and how money should be paid out.

**MEETINGS:** This clause provides for the type of meetings to be held and when it is to be held, e.g. Annual General Meetings are to be held once a year, an ordinary General Meeting to be held once a quarter or an Executive

Meeting to be held once a month.

**QUORUM:** This clause provides for the number of members to be present at any of the meetings before it can start, e.g. 20 members shall form a quorum for a General Meeting and 5 members shall form a quorum for an Executive Meeting . . . . .

**REPORTS:** This clause provides what reports must be submitted to which meetings and by

whom, e.g. the Chairman shall submit a Chairman's report at the Annual General Meeting or the Treasurer shall submit a financial report at all General Meetings.

**DISSOLUTION:** This clause provides for when and how the organisation is to be dissolved and what must be done with the assets of the Association.

**AMENDMENT:** This clause deals with the

question of when and how the Constitution can be amended, or altered.

The above provisions of a Constitution only provide a guide and is not exhaustive. Other rules can be added or some can be left out. It depends entirely on the requirements of a local organisation.

In the next issue of Grassroots, we will provide a draft Constitution which can serve as a basis for your organisation.



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