

Saccharin or real Sugar— check the label, Sweetie

Coffee lovers who find packages of sugar substitutes near the coffee service in the Nebraska Union shouldn't jump to conclusions. It's not an attempt to cut costs by not buying the real thing, according to Food Service Manager Bob Richeson.

Real sugar will still be available, he said. Richeson said the substitute, which costs as much as genuine sugar, is an additional service to students who have requested it. "These are the days of dieting, that is why we serve the sugar substitute and also offer diet soft drinks," he added.

One brand of the substance found in the Union is labeled "instant sugar". According to Richeson, this is real sugar.

Hazel Fox, chairman of the UNL department of food and nutrition, said she has no idea what is meant by instant sugar, although she did say there are several forms of sugar, sucrose being the most common. She said manufacturers should inform consumers of the contents of packages on the label.

The sugar substitute used in the Union contains four per cent soluble saccharin and warns that it should be used only by persons who must restrict their intake of ordinary sweets.

Fox said manufacturers may be a little cautious about saccharin. It has been taken off the list of foods previously thought harmless by the Food and Drug Administration.

"These things are rather complicated chemicals foreign to the body," Fox said. "Manufacturers may be cautioning against using too much of the saccharin until we know more about them," she added.

Cyclamates were taken off the market in 1969 because they were found to cause cancer in rats, she said. It took large quantities of saccharin to cause cancer, but rats developed bladder tumors. Nothing can be sold on the open market in any amount that causes cancer, she said.

Researchers at the University of Pennsylvania are now studying the serendipity berry that grows wild in West Africa. The berry contains a low-calorie natural sweetener 3,000 times sweeter than sugar.

After a year's work, researchers isolated a white powder they called Monellin. "One-four hundredth of an ounce dissolved in a glass of water imparts a definite sweet sensation to the tongue." Before it can be used as a dietary additive, however, more study will have to be done.

Sugar experts say this year the world may experience one of the greatest sugar shortages ever, which has already started to skyrocket sugar prices. It may open the market ever wider to artificial sweeteners.



Candidates tangle on housing

Incumbent Regent Ed Schwartzkopf of Lincoln, and one of his primary election challengers, J. James Plant, a UNL graduate student, Tuesday night found they agreed on more than they disagreed on.

The two candidates debated in front of approximately 25 students in the Sandoz Hall lounge as part of Political Awareness Week at that dormitory complex.

Schwartzkopf and Plant both agreed that more money was the ingredient necessary to

boost the University to a top-flight academic institution.

"We don't get statewide support for our academic program," Schwartzkopf said. "We need the kind of statewide support we get in athletics, particularly our football program."

Plant also said the problem now is a lack of money.

Although Schwartzkopf said the regents can't do anything about it, he said he wouldn't object to Plant's suggestion that students be represented on the board.

Authority for adding student representation, Schwartzkopf noted, must come via a change in law.

Plant told Schwartzkopf he intended to present a resolution at the next board meeting calling for a student member. He said he also intends to try and introduce legislation making that possible.

The two did tangle briefly on the question of married student housing.

Plant said that two years ago he went before UNL's Council on Student Life and encouraged them to look into the University's role in solving Lincoln's housing shortage problem.

"Two years later," Plant said, "we're not far from where we started."

Schwartzkopf asked Plant how he would have handled the problem.

"We should have issued bonds to build more housing," Plant answered.

Schwartzkopf said, however, that a study of the community's housing needs—which the University recently obtained federal funding for—is needed before bonds can be issued.

"We've got to know how many units we'll need, first," Schwartzkopf said.

Schwartzkopf also challenged what he termed Plant's criticism of the board for purchasing land in the Malone area, adjacent to the University along Vine Street.

Many of the houses purchased, according to Schwartzkopf, aren't habitable.

"I say we've done the city a great favor by eliminating them (the substandard housing) from the market," he said.

On another subject, Plant said he favored more student self-direction. Noting that 80 per cent of UNL students are legally adults, he said he found it offensive when the University turned to parents for decisions students should be making, like dormitory visitation regulations.

Schwartzkopf said he favored co-ed visitation in the dorms, but that the question of who determines what visitation rules is not as simple to answer as Plant made it.

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