HERBS
By Jan & Mallory Geller

Herbal remedies to illness are prepared in two basic ways. They are either bred by infusion (boiling water over herbs and steep, usually for ten to thirty minutes) or by decoction (roots or herbs added to cold water and brought to a boil). Never use aluminum pots — cast-iron, porcelain or glass are best.

Most of the following remedies are easily available through health food stores, herbalists and specialty shops like the Bohdi Tree in West Hollywood. These three examples complaints are common and the treatments are simple and traditionally effective.

SLEEPINESS or NERVOUSNESS. There are a multitude of herbs used to treat with these complaints. Here are two.

Chamomile: Infuse an ounce of dried flowers in a pint of boiling water. May be taken hot or cold. Or, one tablespoon in one cup of water steeped for one hour. Add honey if desired.

Catnip: Infuse one teaspoon herb with one cup boiling water. Steep only; do not allow to boil. Take one to two cups daily. Honey will improve the taste.

Also: Valerian, rosemary, rue, sage, lemon balm, thyme, marjoram, cinnamon, peppermint and many others are good.

Colds: Catnip is often suggested here, too, as well as: lemon balm, chamomile and milk thistle (a great anti-pesticide remediation herb and a natural cough remedy) and to help get rid of the cough. Add honey to the prepare herbal tea to help the throat to deal with the cold.

Flax seed, fennel, licorice root, and geranium are other good remedies.

Ginseng: This root has received much publicity because of its purported ability to energize the body. By testing the market, we can see that this is a very effective drink for colds, chest troubles and coughs, among other uses. Make it a tea and flavor according to your taste but beware that it is, among other things, a stimulant and can be dangerous for those with potential heart problems. Keep suggested dosage on bottle.

Also: Peppermint, angelica, vervain, sassafras and many more can be used.

To Our old friends sage and catnip appear again.

Assis: One teaspoon crushed seed to one half to one cup boiling water. Steep ten minutes and strain. Suggesting Singapore as one to one and half cups per day, taken mouthful at a time. For colic, make a decoction: Boil one teaspoon seed in one half pint milk for twenty minutes. Strain and drank hot.

Also usable: Caraway seed, fenugreek, mint, thyme, ginger and others.

COMMUNITY THEATER

Vanguard Guide

SPECIAL EVENTS

Mar 5
THE GREAT RATE DEBATE
"Can we stop skyrocketing utility bills?" State legislators and citizen action and labor leaders meet head on in a town meeting format to discuss how to lower utility rates. Community participation is urged. Panel participants include: Lily Farsam, 7-20 Par. A.M. 1-3 p.m. S.F. conducted by Brian M. G.

Mar 7
INTERNATIONAL WOMEN'S DAY
Celebrate the contributions of women to the struggle for freedom and equality. Bring the whole family. Child care provided.

Mar 14
EIGHTEEN SUNDAY. A performing arts series, including children 8 years and up, Irish, English and Scottish music. Puppeteers.

YWCA, 1919: 16th St., Santa Monica. Donation $1 children, $2 adults.

Mar 14
LAVENDER AND RED UNDINE, 6644 Sunset Blvd., Los Angeles. Birthday party celebrating 2 years of the Lavender and Red Unison, an organization of radical gay people. Entertainment and presentation at 3 p.m. Visit 2-6 p.m. Donation $1.

FOD
6th Deadly Sin
By Robin Love

My weekly food articles are heavily influenced by the traditions in my cooking. Yet it is possible to be tantalized by the food I enjoy and Middle Eastern cuisines, and have a healthy curiosity about most styles of preparation. Although not a vegetarian, my interest in finances is made hard not to be conscious of the amount of waste created by grilling or frying meat, and to be thinking of a hand could be more efficiently used on vegetables, fruits, and grains. Nonetheless, there is enough of a meatless diet in my meals to find enjoyment and be less comfortable with the consumption of steaks and lamb. The idea of beef on a plate.

Basically, I am a fresh food lover, and I studies that interest the very aware of the number of healthy food. The number of truly being meat are increasing up, and their are increasing up, and their efficiency of food. The need for a government regulation is food and good... and hopefully, will be cooked, not only but very differently. For example, although my head dress is French. This enchases rich sauces, fruits, sugar, my heart leads me back to the old cuisine.

One of my favorite recipes is ratatouille. This recipe is a vegetables can vary, some peas, add garlic, and some sauces. Our onion is the herbs are unnecessary in the garlic, and although it can be improved, may be preferred the addition of chopped green pepper while onions are cooking. While the proportion of ingredients is not important, the choice of oil is important. Since the flavor of the oil makes the difference, I do it myself.

Slice the eggplant into slices, sprinkle with salt, and leave for 30 minutes to bleed. Chop the garlic finely and add in olive oil. After a few minutes add the tomatoes, sauté softly add the zucchini and eggplant, both of which the salad. The tomatoes should be sliced in boiling water, the zucchini to be reduced easily, and then should be cooked, and added to the other vegetables. Season with salt and pepper. Simmer over a low heat, covering for 40 minutes, or until cooked. It may be necessary to add a little additional water to reduce the moisture.

Note: during the winter it is impossible to obtain tomatoes with any taste. A can of sun-dried tomato puree should be substituted for the tomatoes. Ratatouille can be eaten cold.
By Randy Michaels

Cesar Chavez has declared war on those Democrats who have been siding with Republicans in defending the Agricultural Labor Relations Board. Chavez should be given credit for calling the Democrats to the mat. "We are the farmers and we are the workers and we are the Democrats," he said. "We will not be hoodwinked.

"We are the people who have been left behind. We are the people who have been forgotten. We are the people who have been neglected. We are the people who have been left out."

By Dave Lindorff

LOS ANGELES VANGUARD

...a plan for all reasons

Tom Hayden

A good deal of media space has been devoted to the recent publicity stunts that candidate Tom Hayden's radical past and the conservative image he has been trying to promote in his campaign meetings these days in his attempt to gain the support of a dwindling number of younger voters disillusioned by incumbent John Anderson.

Surprisingly little space has been given to a discussion of the old campaign platform, which spelled out in detail in a 279-page book called "Let's Make the Dream Work!" (Washington, D.C., established by the Hayden campaign.)

The reason for this is probably that the Hayden program steps out of the usual arena of campaign rhetoric. While the usual liberal-conservative debate concerns the nature of priorities in government spending, Hayden has for a return to local control of almost all matters. Decentralization and local action are Hayden's themes in virtually every problem in the program, from the courts to energy. An example of this approach is in the area of the court system. Hayden's program states the need for "the alienating process" by which the criminal justice system, he says, has become "a kind of public defender bureaucracy." The Hayden program proposes that the "innocent" be free from the "jurisdiction of the courts," to be as free as the rest of us from the "outside world.

Hayden says, "What is needed is a plan for all reasons."

FARMWORKERS — Work goes on in Imperial Valley while the struggle to revive the ALRB continues.

Workers are now losing faith in the law and in the possibility of reviving the labor movement of representation UFW leaders say.

Time and again the UFW has charged that the case is not whether the ALRB is "fair" but that theALRB has failed to represent the farm workers. In an astounding number of election victories in representation elections, the ALRB has failed to carry through. As of September 2, nearly all the workers had been retained by the ALRB.

Probably the most indicative of all in gauging the UFW strength in the fields. The results were the fields of the workers in the elections. On July 24, the workers voted to have the workers maintain the election."

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