

APPENA Saturday 31 July Police/2.

Last week some excerpts from various things about the police. This week a few more, and of course, the verdict in the OZ Trial.

The OZ verdict was a surprise to nobody but the judge who was so blind that he couldn't see that it was a political trial and so deaf that he couldn't hear when Marty Feldman, the well-known tragedian, called him a "boring old fart" and said "Am I talking too loudly for you? Am I keeping you awake?"

Apparently the judge was the only person in court who did not hear the words. I've heard of blind justice, but DEAF justice as well???

As the case is still sub judice it is impossible to comment on it other than to say that it was the usual English miscarriage of justice to which the rest of the world is rapidly becoming accustomed. The judge, in his summing-up, appeared to ignore the evidence in the best British tradition. When the jury asked for a definition (Please, your reverence, what is OBSCENE) instead of either telling them the truth, "Good folk, this courtroom is obscene." or even falling back on the tried and true legal definition of "tending to deprave and corrupt persons into whose hands it may be likely to fall" he broke new legal ground by engaging in a most fetching little charade of "Define your terms" in which he read to the jury from a dictionary. It must have been just like Rupert Bear read aloud at bedtime.

The definition he came up with....surely one of the most brilliant in a legal history which includes witch burning, cutting off the hands of pickpockets, and execution of innocent men as in the A6 case...was "loathsome". By which precise standard nearly all of the government, the church, the royal family, and, indeed, many of us must fall.

Such is life.

The sentences in the OZ Trial will be as follows: 18 months to 3 years for all three defendants, with a recommendation for deportation in the case of Richard Neville. The Home Office (Surely in this case it should be the Exports advisory Council?) will accede with indecent haste to the judge's suggestion. For such are cops.

And therein is the major weakness of the police system as it is now. It is founded on the supposition that most of us need some kind of father figure, some super Jiminy Cricket to whom we can turn to in times of stress. (Whatever happened to Brewer's Yeast? to Ribena?) This Cosmic Conscience is supposed to guide us the way....with God dead somebody had sure as hell better do it for us, or where would we all be????

Anarchy. And maybe not a bad thing. At best the police now make too many decisions for all of us (where and when we shall hold concerts, where newspapers may be sold, what constitutes an obstruction) for any of our good. At worst they can have unparalleled opportunities for expressing that violence which infects all of us from our first angry scream until the last "dying of the light."

GENERAL ATTILA BULLSHIT ...

ATTILA comes out once a week, Saturdays, & is a product of UNICORN BOOKSHOP & the rest of Brighton, which are themselves a subsidiary of AMALGAMATED RUIN. Subscriptions to ATTILA cost 2.60 per year, no matter how many issues you get during the year. Most of that is postage.

ATTILA is not suitable for mailing to H.M.Prisons, it has already been seized at Durham.

The next issue of ATTILA, out 7 August, will be a food issue. Articles, recipes or whatever, wanted.

Street sell ATTILA!!! be the first on your block. Get busted for obstruction. Have Fun! Make Practically nothing. Bring money any Saturday morning, belly right up to the counter and DEMAND your deal. It will AMAZE you.

MARRIAGE:

> Sunshine in the day Rains down intense peace Knowing the power That can blind

> Darkness in the night Rains down intense peace Knowing the power That can blind

> Knowing how to be gentle In full power

The mornings ease the throttle The evenings ease the throttle

Isn't it an amazing thing That we live

(cont.)

Here in this balance For us, against us, with us, We are one, and the same, We are one, all different,

Help us be together Way over there Over here Be gone, anywhere.

There are no more chains to cling to There are no more freedoms to hold on to.

We are new and old All the time Wherever it seems to depart Backwards or forwards.

URGENTLY REQUIRED

DRASTICALLY NEEDED---Beautiful young girl and/or boy by handsome young subversive (ex-hippy). Money to object(ion) as long as you've got some....lots of love, stimulating conversation in return. Replies enclosing Dunn and Bradstreet rating or other evidence of creditworthiness to Box 2, c/c ATTILA.

THE POLICE

Below are some quotes concerning the Police, concerning other authoritarian figures. Some of them are from the police themselves. More are from people who have observed them....

"A policeman is many things. He is the front-line fighter, the abuse-taker, the defender of public safety. He is the implementation of the laws of free men, the personification of society's courage and need in the face of wrongdoers. He is the protector of the weak, helpless, aged, crippled and injured; he is the defender of homes, families, principles, morals and ideals. He is all these things if he is the might kind of male

He is all these things if he is the right kind of policeman, whether on the local scene, under the corner streetlight, or on the world

We need a policeman at the cross-roads of the world, we need the fellow with the nightstick to root out the rats, to blow the whistle on evil. Perhaps it would be a better world if we did not need him. But we do." Harry Anslinger, U.S.Commissioner of Narcotics, writing in "THE MURDERERS"

(Cont. next page)

In Britain the role of the policemen is seen roughly the same. An English police periodical "The Force" some years back recommended its readers to use "tact and discretion". It went on to say that "Those who have entered the police service are to be congratulated. They are indeed fortunate to have been found of such a high standard, physically and mentally, that they have been selected."

Not all is, however, sweetness and light. Some policemen are baffled by the confrontations which their work leads into... "As I talked to policemen across the country I realized that they do not feel an irresistable urge to beat Negroes or to run from Negroes. They would simply prefer not to deal with them; and if they must deal with them they want to do it as one manipulates some foreign substance, with gloves on, the thicker the better, gloves of steel." From Garry Wills book, "The Second Civil War", published in the States by Signet.

The police in the States are no less given to the pointless accumulation of gadgets than anybody else. Trouble is, in their job the only gadgets they come into contact with are likely to be lethal as this quote from Wills shows.... "Riot weapons of all sorts - including automatic rifles - have become a great new field for commercial competition. The police are buying everything the politicians will let them; politicians are letting them buy everything the voters will allow; the voters are allowing (or demanding) more each day." Elsewhere in the book Wills enumerates and describes the weaponry without which no American cop feels safe today. It is truly frightening.

And at the far extreme of the police, at that extreme where they behave as animals in the same manner that we all behave as animals you can get things like the Chicago riots...."Upon his arrival at Lincoln Park (before the violence had begun)...a college student inquired of a policeman where the Yippies were. The policeman replied: "Over there; you can smell them."

Later on things got tougher in Chicago.... A Daily News photographer, Lawrence Green, was met by a single policeman with a raised baton. Green held out his press card and yelled "Press!" The officer yelled, "Fuck your press credentials!" He struck him on the back with a baton.

From the same source, the Walker Report on the Chicago Riots, comes the following, "A 33 year old Chicago schoolteacher was knocked to the ground by a baton blow to the back of his head. Hit between the shoulders, his girlfriend crumpled to the ground and curled up in a tight ball as six officers beat her repeatedly with batons."

And, of course, at the farthest extreme of all is Kent State, where four students died when the National Guard opened fire. In recent days evidence has come forward which makes it appear the accident was deliberate, that upon reaching the brow of the hill the Guard turned, and by prearranged plan, shot to kill.

In this country the violence is seldom with bullets, seldom with blood, unless you are unfortunate enough to live in Northern Ireland or Notting Hill Gate. In those places, as you know from your papers, everyone loses.

BREECHING A GAP:

A Hove newsagent, after being repeatedly asked for a copy of OZ by a procession of local readers eventually explained, through his young daughter (who looks after the shop while he's away) that he wasn't going to have any obscene filth in his shop. The next person to be served bought a copy of a "Man's Magazine" and sped off fingering his trousers.

DON'T LOOK NOW - WE'RE BEING WATCHED.

A new post of "Registrar of the Student's Union" may soon be made official by our Tory guardians. It has been created by our rulers to decide which political bodies of students are worthy of receiving grants from the local education authority. The criteria will supposedly be the worth of the society's cause.

The idea sprang from a survey of student finances which began late in 1970 and which will probably be published this autumn. Members and organisers of the Conservative Students' Union take note.

PLAIN AND FANCY THAT DEPT.

Dear Atla, I read your leter that you printed -- and I know my big Sister writ it, be-case I found the letter that I saw printed later in her room. I don't much hang about her room, be-cause I know that sometimes she goes on in her room, you know. I went in there even though I knew she'd just gone out and might come back again ever so soon. And I hurried. But she didn't go and come back. Wow, it was close. My sister Sykeses room is too much. She leaves her tabs on the table. I found one once and she didn't tell me off. She gave it to me and said that I should drink some lime juice too. But I didn't take it then. I took it on down to my gang at the Palais and we each ayd a bit, and I couldn't stop laughing, and we were all laughing all over the place. And this copper went past and we were still laughing and then my friend started to cry, so I had to take her home. But it was fun, so thank you for finding those tabs so we could all have a good time. My sister says that you are really clever to give us fun. Sykeses sister, Puddin.

Dear Attla, allo again. This is me Sykes and that was my kid-sister whose a real gas when shes not down the Palais with come of those scrags on the coke and the black-bombers shes grewving abart with my FRIEND Andy and me and we left those tabs lying around for her cos we didn't want to push her into those electric waves with too much of a hassle of her. you know. Anyway I'm getting carried away a bit because what Andy and me wanted to say was Fucking far out for printing our letters to you, fucking hell you knoe what its like when your words get twisted round your figers - well we felt like that and... what we say now is man your too much. Oh Christ I cant take any more of this blooze. Ever Sykes. (One dike, Andy.). Careful, not true, Sykes. POW!

(PLAIN AND FANCY THAT CONTD.)

EAT AT INFINITY

OUR dear Attila the Hun

I don't want to get HEAVEY with writing to MUCH to you but I wouldddd like to say like my friend SYKES before what a wankers thrill it was to read us THERE in BLACK & WHITE and our names on your far out Yellow paper - it really was.

and also the keen way you called us FANCY THAT DEPT, its so nice to get into grooves like that. its sooo nice isn't it? but KEEPING UP appearances can't make you any more different than you already are so kick out the jams and softly sing as the sunset sinks. Basically my big hang up (rip offs apart) is that I'm too INTO poetry for my own good and although my friend SYKES and even Pudding says its a gaz and should be published (hint?) I dont really THINK its all that good and anyway who wants fucking poetry with all this UNTOGETHERNESS about. my friend SYKES and I have been drinking alcohol - ALCOHOL!!!!!!!!!!!!!!! what a fucking reduction cos we've run out of everthing worth ingesting. and what a reduction about Edgar too. man those fucking pigs REALLY hang me and my friend SYKES up. why don't they all become gardeners and suss out the FLOWERS. INCIDENTALLY, MESCALIN IS NO GOOD - it just screws everything up. like your stoned on shit, but longer - so fuck mescalin friends - stick to the BIG A, if you know what I mean. Two final words. everybody must go and see THE BOG SHOE at Brighton pier staring Red Rogers and JOE BROWN - SYKES and me went and it was a MINDFUCKER - I thought what a come down for the Kay Sisters. Also get all your breads together for the forthcoming M=C= Escher exhibition at the Gardenar Arts Centre - at last my friend SYKES and me can freak out in peace.....isn't Pudding's letter a gaZZZZZZZZ-? Sykes isn't coping to well with this wine so, fuck for peace. Andy the head.

OPEN/SECT. 7 Victoria Road, Brighton BN13FS. Tel. 0273-27878

We are trying to run a reasonable crash-pad service and have nine places so far. If you feel that you can afford the space and at least the time to look and say 'sorry, no' then please contact us soon. These are to be emergency crash-pads, not six month lay offs and acceptance both of the idea and the people is entirely yours. Other scenes throughout the country have set up crash-pads for you when you travel, will you help us to help them as they are trying to help you?

If you are driving to anywhere out of Brighton and have a spare place - offer it to someone - make contact - drop a word in or phone us - OPEN Hitch-Hike - 7 Victoria Road, Brighton 27878.

POP COPPER

Hi there Guys and Galls, Rattle those knees a little while I sing the next recipe in my warm Irish brogue. I'd like to tell you about Inspector Jack Egleton - he's liason officer for the Northumberland police, but also a D.J. on Radio Newcastle for half an hour a week. And our Jack's no square, in fact the cats really dig the jive this daddy-o puts down. Yes, every Tuesday at 6.25 Jack plays records and talks a lot to reassure the bairns that the police are human.

Jack's a perceptive man, folks. He knows that some people don't like . the fuzz. "The lads I want to get to are the ones who scrawl 'Kill the Pigs' on walls". And he's getting through! "Our drug squad has virtually an open invitation to the Newcastle University campus and that's a bit rar, believe me". That's a great step forward for police-public relations.

Maybe Radio Brighton could get Chief Supt. Rostron to host "The Edgar Broughton Show" on Tuesdays at 7.15 - after all, Rostron's had the experience. But I'm sure he wouldn't have Jack Egleton's gift for seeing the wood for the trees, the nigger in the woodpile - before you can say "I must caution you that anything you say may be taken down and used in evidence against you", Jack's clarified the issues. Listen to him:-

"Certain opinion has it that you lot out there are permissive, drug-addicted, irresponsible and completely immoral, while we, the fuzz, are brutal, two-headed monsters".

Well, we all know whether to say yes or no to that one. He's talking to a Student Union President now:-

"Most young people are drug-addicted and smoke pot, while their parents are nicotine addicted and get drunk. Is that right, Jenny?

Tell me, Jack, when did you stop beating your wife?

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YOU CAN BE TAKEN BY A BARCLAYCARD - Anywhere -

In a Barclaycard ad. in the Observer the usual smiling faces tell you how much they enjoy paying 18% interest on their bills using the card's credit scheme. The card-holders are carefully chosen so that Observer readers can identify with them. Here's Peter Care, a teacher, head of department no less. And Sheila Carney, a housewife, with her little boy, along with discreetly bearded Stuart Castle, a Pharmacist. Then there's Mr & Mrs Reginald Barker, joint users - Joint Users! Quick, call the Labour Exchange, where's this job going, are their any vacancies, never mind the salary.....

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THE HAPPY PAGE

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HAPPINESS MANIFESTO

The Happiness Club

The Happiness Club, believe it or not, is about happiness. Happiness, unity, love, understanding, and all the parallel beauties.

Membership is open to anyone. There are no concrete rules or regulations, all we ask is that members should be prepared to totally commit themselves in the struggle for world peace and unity. Totally committed to live for others, and not solely for themselves.

The Happiness Club wears its badge of love and tolerance in order to show people the way. To show our brothers that there is a Utopia and a life worth living.

The Happiness Club is a dream that MUST come true if we are to survive and be really happy in that survival. Sure, it may seem a laughable fantasy, but the answer is with us all. The Revolution won't be achieved by us all just with the Happiness Club but it mustn't be rejected just because of that. For it should and will be a very valuable part of the move. It will parallel with all the incidental movements that will form the nucleus of a revolutionary community, totally committed to the freedom and happiness of a one class world.

These are just a few fundamental points about the Happiness Club. Further information may be obtained by post from: 91 HOLMES AVENUE, HOVE, SUSSEX.

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HAPPY SERVICES

HAPPINESS CLUB EXPERIMENTAL THEATRE-FIRST MEETING SOON. ANYONE INTERESTED ASK FOR HAPPY STEVE OR HAPPY PAM AT 777170 OR LEAVE YOUR ADDRESS AND WE'LL CONTACT YOU.

HAPPINESS CLUB BABY SITTING (HELP WANTED). DONATIONS FOR BRIGHTON COMMUNITIES BUST FUND WELCOMED BUT NOT EXPECTED.

CONTACT HAPPY MART 48649

CRASH PAD SERVICE

HAPPINESS CLUB ORPHANAGE VISITS ARE REALLY COOL. WE NEED MORE PEOPLE ON THIS SUPER BEAUTIFUL COMMUNITY HAPPENING CONTACT HAPPY KEV, ROOM 5, 50 CAMBRIDGE ROAD

MORE HAPPY SERVICES TO BE ANNOUNCED

PEOPLES PICNIC

The community scored another hit at Stanmer Park on Sunday with the PEOPLES PICNIC.

Early rain seemed as if it would put the spoke in the event but Greg,

(the Electroloon) with his super-efficient head suggested Picnic on the Pier, but we didn't, the Sun came out and the picnic took place in the Park.

About 200 people made the trek to the park. The people started to play the drums at 2 o'clock and finished at 9.20. A beautiful time was had by all listening and playing, yes. real, live and wait for it: FREE MUSIC. The only hassle was with a beautiful Park Pig who was worried about erections in the park and the fact that he might have to stay late.

p.s. Kev says he's sorry he couldn't come.
love, peace and joy-

THE PEOPLE

NEXT PEOPLES PICNIC

SUNDAY 22ND AUGUST SUGGESTIONS FOR LOCATION WANTED - PLEASE CONTACT UNICORN, OPEN SECT, INFINITY, PUBLIC HOUSE etc. or any BRIGHTON ORGANISATION FREAK.

ALSO WANTED FOR THE NEXT EVENT INVOLVING THE PEOPLES' BAND: MORE DRUMS, TIN CANS, DRUM STICKS, BELLS, etc. etc. AND MORE PARTICIPATION P.S, We are really into this

SURF FREAKS Join the Happiness Surf Club.

Come-Together. Surfing is a true art-form. Come and create with me and our Mother Ocean. Let's organise some Surf-Trips (Take that how you like).

PHONE HAPPY MART: 48649 or leave an address at UNICORN or OPEN etc.

FUTURE EVENTS FEATURING THE PEOPLES' BAND

Festival at Tunbridge - 7th August, Saturday
Broughton Trial - 13th August, Friday
Broughton at the Dyke? - 14th August, Saturday
Third Peoples Picnic - 22nd August, Sunday
Picnic on the Pier?

ETC. ETC. ETC.

IN THE WINTER: GIANT SLEDGING TRIP!

STOP IT, YOU NAUGHTY BOYS.

Memo from Daily Sexpress to all writers on its staff: The word "bloody" crept into a feature the other day. It is seldom justified and should be avoided."

EXHAUST CO-OPERATIVE

On the 25th April a group of underground craftenen held a meeting at BIT to discuss ways in which they could overcome their problems.

The main problem was the need for stability—but without long-term contracts or mass production work. The outlets the individual craftsmen already had were mostly straight shops with all of the usual hassles; this was agreed to be another problem, also that most of these shops exploited not only the craftsmen but the community as well.

A plan was formed to set up a loose co-operative which would have a display studio where buyers could come and see the goods available and a wholesale agency which would handle orders from buyers and co-ordinate them with the craftsmen.

The studio and agency have now been set up and trades under the name of EXHAUST, a distribution service, has also been set up to handle the delivery of orders from the studio to the shops.

Exhaust deals with the straight trade and the community shops but with different policies. With the straight shops, Exhaust acts like any other business, supplying goods at the craftsmen's price plus a percentage to cover running costs and to make a profit.

The profits are used in three ways: Firstly, to subsidise community shops, that is the prices charged are the craftsmen's prices plus small percentage (about 5/) to cover the costs of ordering. Secondly, to help co-op members start projects which need financial backing at the start. Thirdly, the co-op will be able to give donations to U/G organisations which need support and community charities.

Membership of the co-operative is free, and meetings are held where members discuss and decide future policies and direction of the co-op. For more information, contact EXHAUST, 43 King Street, London, W.C.2.

Tel: 01-836-0550.

POET'S CORNER

two celebrations

i looked at my thumb, the stalk was as thick as my thumb, so who needs a Californian Redwood ?

i looked at my arm,
The stalk was as thick as my
arm,
so who needs a Californian Redwood?
the police shall not drive thru these
i swear it.

our lamppost outside is made of gold. the bath is becoming dirty.

we have sold the lamppost that way we can score more dope.

OPEN BUST FUND

- H21, 3000 cancer coupons and one book of Greenshield stamps have been contributed to date-
- H4, H5, and H5 fines paid out and a loan of H4.

 If you can collect for the fund which pays fines for those who would otherwise go to prison, do so. All kinds of illegal tender, pig-fat tokens etc. accepted.

JUMBLE SALE - in aid of the Bust Fund

Come on, hurry up! We need more JUMBLE before we can book a hall. Contact - Chris Kneath, 4 Denmark Terrace, Brighton. Pickups can be arranged or drop it into Open, 7 Victoria Road, Brighton, 27878.

STOP PRESS !!!!!!!!!

BRIGHTON BIT by BIT INFORMATION NEED DETAILS OF WHAT YOU ARE DOING. Where, when, who. Let us Know at Open Sect. What we know we feed to the other scenes and we all know what there is to know.

BUREAUPRATS

Local government for the people, of the people, by the people.

Brighton & Hoeve councils..... a filthy, disgusting and lewd tale.

There is a moman living in Hove who has children in care and wants a council flat so that she can look after her children herself. She asked to be placed on the Hove Council dwellings housing list but HOVE COUNCIL REFUSED because her kids are in a Brighton council home. BRIGHTON COUNCIL REFUSED to place her on their list because she lives in Hove.

ELECTROLOON RIDES AGAIN or When All the Volts are Counted its ELECTROLOON 2 to 1!

DESOPKE NUHCOOKORTKELE

Having achieved a hot, sound-filled, yoghurt besplattered pad one may wish this on the public in general and set up some form of free enterprise.

This presents problems because such finks as seeboard, public health inspectors and fire chiefs hold themselves in great esteem and have laid very heavy rules. Provided these seem to be obeyed, however, one can get away with virtually anything.

Firstly they are more concerned with the public than with you, and about their own ego than the public, -se. The latter entails bribery, the former ...

Any cable or wire within 6 feet of the floor and 6 inches of the ceiling must have "mechanical" protection. This merely means a plastic or metal conduit pipe.

All cables must be adequately rated (at least 5 amps per 1000 watts) and joins must be safe from prying figers or fire risk materials.

Fittings (things) must be connected to good old mother earch by the green or green/yellow wire (in the case of heavy duty cables this may be a copper or tinned (silver) copper bare wire) from the chassis or metal case to the large central hole in the plug socket.

Bare wire fires (open element coils) with simple open frame guards must be mounted out of reach of the public, as must any fitting that can in any way injure them by touching it.

Having spent one's bread on all this tomfoolery how can some be saved from the chaos? Well....

Electric meters operate by the current they draw turning a disc which in turn clocks up units that you pay for. So.....

If the disc stops turning..... a heavy duty magnet or a long, fine, red or white hot needle eased through the glass front and jammed against the disc....?

If the current stops or not so much flows through the meter.....

Two large cables go up into the meter - and two come out. In each pair one is red and one is black. It is what flows through the red ones that is measured so if two large darning needles are VERY CAREFULLY joined by a short piece of thick wire and VERY CAREFULLY pushed, one through each RED wire, through the insulation at the BACK (so it is not easy to see the holes) and into the wires inside the insulation then a lot or all of the current will flow through the new wire and.....

Do not forget, however to remove all magnets, needles and parafanalia before the meter kids come to take the reading.

Happiness is like a current - it should flow freely everywhere.

LINCOLN FESTIVAL OF TRADITIONAL AND CONTEMPORARY FOLK

This seemed to follow the usual run of the mill festival routine, i.e. get the kids there and forget 'em. In this case it worked really well. The site albeit a beautiful spot was 12 miles outside of Lincoln and the nearest places were the local farmers habitats.

The stalls that were there were manned by some of the worst types - chips were being sold at 10p for a tanners worth in the not too distant past. Bread, butter & cheese 20p per portion, must be at least 150% profit.

Owing to a late arrival I did not see a great amount of the site but one or two things did strike me. One, there were at least two big marquees for crashing space and, Two, a system is tentatively working for the lost people, in this case a big dead tree with a large blue and white banner only one thing, how do you know when either you or your friends are lost.

Of the Music what we saw was great. Tom Paxton followed his usual routine singing songs and cracking jokes (it now works out he's owned by a parking loc). The Burds did many electric sounds than acoustic

LINCOLN FESTIVAL CONTINUED ======

but man they were super. James Taylor followed and sang a good set. Then came the high spot, after four years Buffy Sainte Marie came back to our shores and slayed the majority of the audience with her inimitable style, the anger that comes through, which is genuine, about the very things, especially to do with the Red Indians, really gets to you. The audience showed their appreciation but owing to time hassles Buffy had to split.

We split also. Dave Swarbrick and Martin Carthy were finishing off a really nice guiet Fest.

It was a long way but for the atmosphere it was worth it.

Love and Peace....Rick.

OPEN RESTAURANT - 7 Victoria Road, B'ton. Tel 0273-27878
Vegetarian stews, bakes, curries, flans, muesli, yoghurts, biscuits, rice and fresh fruit salads, green salads, fresh roasted coffee & China Keemum or Ceylon tea, fruit juices, and of course our own freshly baked bread. Reasonable prices to help keep going - Drugs Advisory Service, Advice on Legal Advice, Bust Fund, Information Service, Crash-pad Service, Claiman't Union, meeting place, grape-vine notice board and a nice place to rap. See you there - here - when?

VEGETABLES

Sauteed Vegetables
This is the most commonly used way of cooking vegetables.
Chop all the vegetables into small pieces or strips.
Carrot Cut the carrot diagonally into slices
then chop each slice into thin strips.
Use this method for all root vegetables.
It's called "nituke"

Onions Chop onion into half. Lay down each half on a board or table and chop so that you end up with pieces of onion like this:

Leaf Vegetables are chopped into small pieces.

to Cook Heat a little corn, sunflower or sesame oil in a frying pan.
When hot add chopped vegetables and turn carefully from time to time.
After a few minutes you can add a little water, cover the pan with a lid and cook on the lowest heat. If you turn the vegetables constanly it is not always necessary to use water.

Three quarters of the way through cooking add salt to taste or a couple of minutes before the end add a little tamari soy sauce. Any vegetable can be cooked like this. At the end of cooking the vegetables should be dry - not swimming in juice.

Other Ways of Cooking Vegetables
Boiling - vegs. can be boiled in a very little water, so that they are almost steamed. Save any water for stock.

COOKING VEGETABLES CONTINUED

Baked whole eg parsnips, carrots. Boil for a few minutes then rub with oil and place on a baking in in a hot oven. Onions - bake onions in a mixture of water & tamari - they are really sweet and juicy like this. Steamed in a colander over a pan of boiling water.

Deep Fried this is called tempura

Cooking tempura is an art but it has the advantage of being delicious however badly you cook it. Basically you chop up vegetables, e.g. carrots, onions, beetroot, watercress, or use whole cauliflowerettes. Shake them in a bag with flour to coat them, dip in batter and deepfry in corn oil til crisp.

The finesse comes in the composition and temperature of the batter. You can use plain wholewheat flour, or add buckwheat flour to make a more egglike batter. It should be thick enough to hold onto the vegetable, but not too thick or the vegetable won't cook. Some cooks say the batter should be very cold, even with ice cubes in it. The only way to find out is to experiment.

Some good vegetables for daily use, in season, organically grown if possible are:

Beetroot, broccoli, sprouts, cabbage, carrots, cauliflower, celery, chives, cucumber, dandelion, kale, leek, lettuse, onion, parsley, parsnips, pumpkin, radish, scallion, turnip, watercress.

Potatoes, tomatoes, egg plants, originated in tropical climates, and are usually avoided. They have quite deadening effects.

YOU CAN ALWAYS GET WHAT YOU WANT:

It's official, folks. Those happy-go-lucky t.v. adverts really don't try to mislead the bewitched viewer. Who says so? None other than the good Lord Aylestone, chairman of the independent television authority (sic).

In a speech of the lucky members of the Advertising Association recently, the nobbly peer praised the "high thical standards" of the t.v. commercial. Obviously turned on by the brannvashing jangles that enancte from the box sll day (especially during peak viewing hours) Lord Aylestorm heaped a lot of thinks on the media men who so generously list the advantages of the product they perpetuate with the wildest generalisations and the subtlest of deceits.

Of course he's right from one point of view. The adverts do nothing to infringe any existing advertising laws. After all, what's wrong in saying a product is "better" so long as you don't say what it's better than. And no doubt it-does contain the miracle ingredient - even though the ingredient may be flour (or salt, or even sand).

The independant television authority, that upstanding watchdog of ethics, makes very sure that no advert tells a lie. All those housewives seen extolling the virtues of the new brighter brand of Daz (the last one was supposed to have reached perfection so why did they change that?) are all genuine people, stopped in their local supermarket by that smarmy man with the spewey speech. First take: no bribes.

And that host of companies taking advantage of the ecology craze really are concerned with the pollution of our planet, and not with making money.

(YOU CAN ALWAYS GET WHAT YOU WANT, cont.)

And people really do need all those "necessities" like sunny cereals to get through the day without suffering any deficieiencies of protein, calories or the goodness of the earth.

GENTLE THUNDER MOVES

from your old, to your new...A quid an hour in town including petrol. Working driver with a 15CWT. van. Special rates by arrangement. Phone 27878 and ask for Carrier Chris, newly self-employed.

HARMONY FARM FESTIVAL ...

which is, if you didn't know, next Saturday. A lot of people will be giving the Lions' Club Charity bash a miss (who needs a parade led off by a Rolls Royce ... , what is this ... Hollywood?) . They'll truck on out to HARMONY FARM which is located between NUTLEY and that stretch of the A26 which runs between Uckfield & Crowborough. Full directions on how to get there are available at all Charter members of the Brighton Conspiracy. The Festival includes Brinsley Schwarz (in case you missed them at the Filmore East) Pink Fairies, Portsmouth Sinfonia, Radha Krsna Temple & lots of others. It's supposed to be free. with necessary Festival expenses being met by the proceeds from a GIANT RAFFLE (at which a real live GIANT will be raffled). The notice states that CAMPING is x NOT allowed.... I don't think it is referring to Gay Lib, but then goes on to say that you can stay overnite. Which probably means that it's o.k. as long as you don't sleep, or sit down or anything. See you there.

UNCOOL PADS

or

WHERE NOT TO SLEEP IF YOU CAN STILL CHOOSE

A continuing feature as and when necessary. Reasons will be short and sweet, mainly confined to either predecessors with incredible social habits which may lead to hang-ups for anybody moving in or landlords known to be more than usually crocodilic in their tenancy relations.

AMAZING ADVERTISING RATES FOR ATTILA!!!!!

From this issue onwards the following will apply...small adverts, say up to six of these lines, are 25p. Full page adverts are a guid.

ADVERTS IN THE CATEGORIES OF JOBS AVAILABLE OR APARTMENTS/ROOMS/HOUSES AVAILABLE ARE FREE as they should be in all newspapers.

 "False claims for sickness benefit have cost the taxpayer \$\alpha50,000,000\$ in a single year.

And that is not counting the vast amount of production lost through malingering."

Daily Mirror, July 26th.

These findings are included in a report of a study carried out for the Department of Employment. 20 per cent of recorded sickness in England, according to this, must be regarded as faked. The study covered the year 1967 and a spokesman for the department x said that the absenteeism had undoubtedly increased since then.

The report comes to the conclusion that management should do more work in following up plans aimed at reducing absenteeism.

...(we can guess what they would be)....and now for it
ONE IDEA DISCUSSED IN WHITEHALL IS FOR CONTROL COMMITTEES - MADE UP OF UNIONS (AHA!) AND MANAGEMENT TO BE SET UP TO CHECK ON ABSENTEES. If this scheme were implemented it would give the committees power to discipline persistent offenders.

It is quite probable that something of this sort would be set up, and can be seen as part of the Tory atwack on the people cuts in social services, museum charges, the proposed withdrawal of NAB to strikers, the misuse of drugs act, the Immigration Bill and of course the Industrial Relations Bill which far from attacking the unions will strengthen the union bureaucracy and undermine the power of the shop-floor - yer actual workers, as opposed to the professional union bureacrats who haven't been near a factory for years. It's highly likely that the unions would give a hand in cracking down on absentees. All for the national interest' - fuck the workers!

Our utmost admiration goes out to all those absentees, malingerers, skivers etc., and all those who nick stuff from their work places. It shows that the work ethic is beginning to crack. It shows people are reacting against the mind numbing boredom and monotony of factory life. A little more thinking and maybe they'll reject the whole shit-house of society.

As a footnote to the above, it was announced recently that by proper planning, the 40 hour week in German industry could be reduced to 192 hours! This is in the interest of the present society. In a free society, where competition was absent, duplication and waste could be reduced merely by the fact that there were no longer two or three or more companies producing the same product. Production of many items would virtually cease, e.g. the motor-car which has obsolescence built into it, so that people buy new cars every two or three years. Cars would be designed for a long time life-span rather than to fall to pieces in months. Add to this the eradication of military production (bombs, munitions, tanks etc.) the disbanding of the armed forces and the judicial system, add to this countless other things, and work would virtually disappear!! Anything undertaken would be for the benefit of the whole community - work would become play, the two would be indistinguishable and the jageed teeth of park pain, boredom, and weariness that surround . WORK' would be extracted. 146/NAPCHY 15 Chao2

Far be it for me to hustle and do the hard sell thing, but if we really are into our own community bit and alternative then we should support our local freak and head shops, and when we want something doing that we can't do....find a freak to do it.

Keep what little bread we have on our own side - support your local head shop and freak workshop.

Oz trial dept.(till we're all sick of it). Now we know they've been found guilty of making bread out of sex and there's a good chance that they'll all go down for a spell and Neville will get deported: what are we left with - a sout taste in the mouth ?!?!

Message for schoolkids. They're on our backs and it's getting worse all the time. We're up against the wall and we got to fight back...so go fucking in the parks and dancing in the streets but mainly do your own thing and make your own scene...

AND BOLLOCKS TO THE LAW.

After the meeting at Open a couple of weeks ago the small regular anarchy group decided a re-apraisal of our role in Brighton and we decided that our main aim should be to be the political arm of the freak and head thing raising its ugly mug off the end of the pier. With this in mind we aim to publish the Gutter Press about monthly. (Second cousin of Fleabite) (Remember Fleabite? - no - well neither do I) and the Durrutti Column (weekly keeping youse all informed of what anarchists are and who they do). With any luck that's not all - we will be into almost anything we can stick our noses into - causing general chaos and laughter. So enwards the revolution!

Dope Dept.

"GARDEN HERBS WERE CANNABIS"

"Hairdresser Demis Sharp's belief
in the healing power of herbs sent him
to prison for eighteen months yesterday.

For the court at East Ham heard that
the herbs used by Sharp and found in a
mint patch in his garden at Forestgate, were cannabis resin.

Its getting heavier all the time.

STILL MORE JUMBLE NEEDED TO 4 DENMARK TERRACE.

See youse all next week in Gutter PressIl

loveEkris & MICX