## FEEDING THE FAMILY | "SHOCKING"

How to tuck in those extra (bits of nourishment



### that mean so much to Health

Broadly speaking, we recognise that it is quality in the actual food value in our meals that is important rather than quantity...yet how many of us would feel satisfied with a concentrated food tablet no matter how adequate to health!

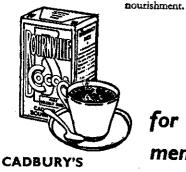
We all know the woman whose cooking seems deficient in food value... and whose family consequently looks lacking in stamina and good red blood corpuscles—and we compare her with the other woman who has the knack of making every dish she prepares equipped to do its job of nourishing and building a healthy body. She knows the wise trick of adding extra bits of nourishment to the dishes she prepares ... those plain buns for the kiddies' lunch for instance ... a heaped dessert-spoonful of cocoa to every large cup of wheatmeal (instead of white flour!) gives valuable extra

Make mugs of hot cocoa when the children come in wet and cold after school, or Dad is working late at office. It's a fine way to get them to take more milk too!

AND HERE'S A USEFUL RECIPE for a comforting nourishing family pudding for a cold night...

#### Chocolate Dumplings

Make some short sweetened dripping crust, roll out \( \frac{1}{3}'' \) thick and cut in rounds large enough to hold a peeled cored apple. Fill centre of apple with a little chopped fruit such as soaked prunes, raisins, peel, etc., mixed with a little golden syrup and a dessert-spoonful Bournville Cocoa to about 3 apples. Fold pastry up round apple and pinch together firmly at top. Sprinkle with sugar and bake in a moderate oven until apple can be pierced easily with a skewer. Serve with thin Chocolate cornflour sauce.



for that <u>extra</u> nourishment use plenty of

and the second of the second o

# **BOURNVILLE COCOA**

Made by Cadbury Fry Hudson Led., Castle Street, Dunedin.

19.4

Why are you whispering?

Is it a secret or something? Oh, merely that you've a throat and your voice is gone! You want some of those little LIXOIDS—ease throat and restore voice in no time. Made by Stacey Bros. Ltd., Khyber Pass, Auckland. The name is LIXOIDS. At all Chemists. 12

## "SHOCKING" MUSIC

#### Walton's "Belshazzar's Feast" Is Full of Violence

ISTENERS to 2YA this week heard a recording of "Belshazzar's Feast." an oratorio written 13 years ago by the English composer, William Walton. As one of the most
outstanding works by an English composer of
this century, it was read about and talked about
among those New Zealanders who take an interest in contemporary music, years before
there was any prospect of hearing it. Then
came news during the war that at the instigution of the British Council experiments were
being made to perfect a technique for recording such a loud and powerful piece of music.
The recording is now available in New Zealand, and will be heard from 3YA on
October 18, and later from other stations. For
listeners who may wish to know more about it
when they hear it, we print an article by the
English music critic, Frank Howes (of "The
Times") printed in the BBC "Listener" just
before an English broadcast of the work two
years ago:

THE concert oratorio has been the most stable feature in English musical life since Handel wrote The Messiah in 1742. Its fortunes have fluctuated, but the deeply-ingrained impulse towards choral singing, which has a tradition of centuries behind it, ensures that whenever oratorio looks like dying for lack of inspiration some composer will come along and breathe into it new life. Haydn picked up the tale direct from Handel and gave us The Creation. Half a century later Mendelssohn wrote Elijah and started a fashion in musical epics based on Old Testament history. By the end of the century the oratorio form was sick of a surfeit of ancient history. Parry tried to escape from the tyranny of the Bible, but his excursions into ethical humanism never quite achieved the emancipation of oratorio, and his best work was Job, in which an Old Testament subject is treated not as history but as philosophy. It was left



WILLIAM WALTON
The critic's fingers tingled