

# FEEDING THE FAMILY

**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 nourishment.



CADBURY'S

## BOURNVILLE COCOA

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

19.4

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  $\frac{1}{4}$ " 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 extra nourish-  
ment use plenty of**

## "SHOCKING" MUSIC

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

**L**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 instigation 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:

**T**HE 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*

## 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.

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