

Old Mother Hubbard

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Department of Health)

OLD MOTHER HUBBARD, she went to the cupboard
To get her poor dog a bone,
But when she got there,
The cupboard was bare.
A thing that she ought to have known.



soaked in advance of the lentils prepared for meat substitute dishes.

Butter rationing has created more stir here than elsewhere, because there is no country in the world where butter has been so extravagantly used as it has been in New Zealand—making us top the list as butter consumers. The bread then slips down without chewing, which is bad for our teeth and bad for our digestion. Any New Zealander who visited

England even in pre-war days always commented on the distance that his butter portion in a restaurant was expected to spread over his roll. The following methods help to make the ration go further:

Melt two tablespoons of butter on a plate. Add two tablespoons of milk and two teaspoons of dried skim milk powder. Keep stirring with a knife until it forms a uniform mixture. Restaurants or institutions can use one pint of milk to one pound of butter, mixing with a potato masher. Make only one day's supply at a time. Gelatine may be used in the proportion of ½ tablespoon (previously soaked in 1 tablespoon milk) added to 1 cup boiled milk. Warm ½lb. butter and beat into gelatine mixture.

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OLD MOTHER HUBBARD can be forgiven on account of her age and infirmity for forgetting that the bone which she thought was there had already been used for soup.

There is, however, no excuse for Young Mrs. Hubbard, for the days of unplanned meals should be over. With rationing we can no longer rush home and turn on grilled steak. Things take longer to prepare. Those recipes that are designed as "meat extenders" to "stretch" the meat ration, or to make the butter go further, involve more forethought in the preparation. Those measures mean long, slow cooking of the stewing steak, making noodles to eke out the meat allowance, making stuffing for the heart that has to be cooked slowly to make it tender, or pre-cooking of the tripe before it is done up with a batter for a change. Or else the macaroni and the onion have to be cooked, prior to making the onion, tomato, and macaroni cheese, or the dried peas have to be

"The Old Britain And The New"

ACCORDING to Professor Leslie Lipson, Professor of Political Science at Victoria University College, our generation to-day stands at a turning point. We will, he believes, have to make some momentous decisions in the next few critical years. As New Zealand's future is closely linked with Britain's, this Dominion, he suggests, should start formulating a political philosophy. What will the new Britain be like; how will it resemble the pre-war Britain that we knew?

These are questions he will ask and answer in a series of Winter Course talks which will start from 2YA on Monday, July 23, at 7.15 p.m., and be heard each Monday evening thereafter. The general title of the series is "The Old Britain and the New." Professor Lipson will deal with 13 subjects, each designed to explain some phase of activity in Britain. They will include British history, the British character, the Commonwealth of Nations, the British worker in town and country, London and the lesser cities, education in Britain, and social services.



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