

(continued from previous page)

So much for the technique of the series. The actual content of each broadcast shows these young people talking sensibly, frankly and with remarkable shrewdness about topics on which many a parent has lectured his or her teenager, which are the subject of innumerable prize-giving day speeches, pontifical judgments from the bench and daily letters to the editor. It is refreshing to hear youth's views on the corruption of modern youth, on the question of sex instruction, the break-up of family life, the destructiveness of youth, their lack of manners, their degeneracy by having too much money to spend. One comes away with the impression that some of the younger generation takes a more sensible and balanced view of these problems than many of their elders. This, for instance, is part of the exchange of views during the discussion on the ways of a certain Reenie, earning big money and spending 75 per cent. of it:

**CHAIR:** So some of you think Reenie was wrong in spending her own money as she chose and some of you think she was right. Let's hear you give some reasons to back up your opinions. Eileen, I gather you thought she was wrong.

**EILEEN:** I don't think she was paying enough at home, especially with Father away. Twelve shillings

doesn't go far. It's like just paying for your bed.

**KEVIN:** Surely it depends on family circumstances?

**PAT:** If the family's a large one a girl ought to turn up more money, but if she's an only child and the father's—say—a foreman, he could manage to keep her without her having to turn up all her money.

**EILEEN:** It's not good for a girl to handle so much money at such an age.

**PAT:** I disagree. You learn by your own mistakes always.

**GILBERT:** She's learning how to spend money. Not save.

**PAT:** Well, you've got to learn how to spend—how to use money properly.

**KEVIN:** I think you should consider Reenie's attitude. She's been working all day, probably as most girls do at a humdrum job and the only way she can get it out of her mind is to get away from work and go to the pictures or go dancing. It doesn't matter how much money it costs; she feels she must have a bit of fun—enjoy herself for a change.

**GILBERT:** But there are plenty of ways of enjoying yourself without spending a lot of money. I'd say Reenie wasn't paying enough at home.

#### Advice on Health (No. 244)

### THE EGG

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

**M**EANING the English Egg. The egg. In a shell. One every week in the spring and summer months, but one every fortnight or even one every eight weeks in the winter months.

Before the war, the average person had 150 eggs per year. In the first year of the war, the shareout amounted to 38 for the year; in 1942, 29; in 1943, 30; in 1944, 30.

The English housewife tries to make the most of the single egg. Like the 2oz. butter ration, it is kept as a special treat for Sunday. Probably on that day an Englishman really feels himself again, remembering that he was known for his breakfast of bacon and egg. Now, however, if he has bacon and egg, it is served, not for breakfast, but as the main meal of the day.

Priority eggs have been 4 per week for expectant and nursing mothers, 3 per week for children under five.

Dried egg consequently appears in many of the recipes given, for example, in the corner devoted to the English Housewife in wartime, in the English Listener. Dried eggs began to be distributed towards the end of 1942. A packet or tin contains the equivalent of 12 eggs, and one of these packets was allowed each time an allocation was made. The period over which an allocation was made was variable—sometimes it was one allocation per four weeks, sometimes two allocations. In April,



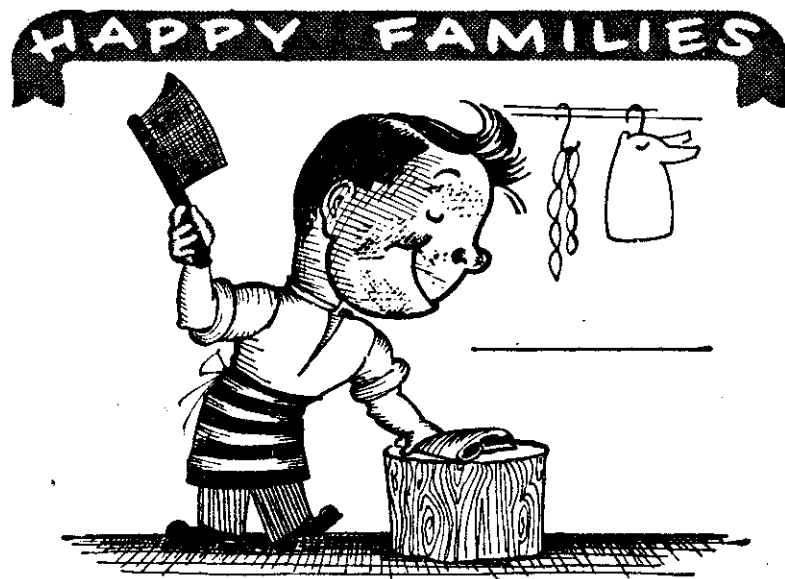
"... add variety to the diet"

1945, it became again one packet per four weeks.

#### Their Infinite Variety

One of the advantages of eggs is their capacity to add variety to the diet. With eggs available in the pantry, the housewife can transform her culinary art. Eggs give airiness to a pudding; they fluff up a gooseberry fool and take off some of its acidity; they are the basis for custards, omelettes and souffles; but dried egg puts something of a limit on the uses to which this article of diet can be directed. Talk as you will of "reconstituted egg," it isn't an egg with a white and a yolk.

And it isn't as though they had our quantities of milk to fall back on. Take this last year, for example. From July, 1944, to July, 1945, it has been 2½ to 3 pints per week per person, except for priority classes. An expectant mother gets an extra 7 pints a week; a nursing mother and her baby get 14 pints between them until the baby's first birthday. Then the baby gets 7 pints a week, and this amount is continued up till the age of five. In addition, the equivalent of 4 pints of skim milk in the form of 1 tin of national household dried milk per customer has been obtainable at intervals of 4 or 8 weeks. In March, 1945, issues of this were discontinued.



### MASTER CHOP, THE BUTCHER'S SON

Master Chop is helping Pop

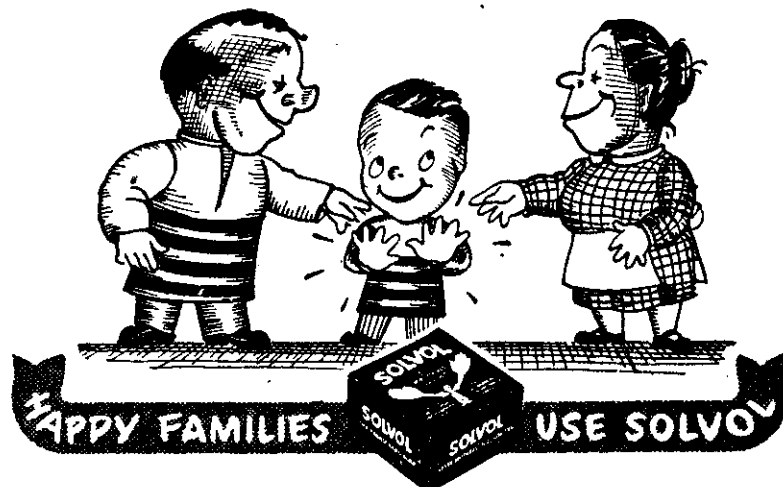
With all the work in the Butcher's Shop.

He says "I dunno what I'd do

If Solvol Soap were rationed too,

For dirty hands I take the cake,

It gets me clean—and no mistake!"



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