

CHRISTMAS SUGGESTIONS

SEA POEMS. Chosen by Myfanwy Piper, with original lithographs by Mona Moore, 17/10 posted. A delightful and original anthology from the works of the great poets on one of the dominant themes of English literature. This exquisitely produced volume is an ideal present.

SAM SMALL FLIES AGAIN, by Eric Knight, 10/3 posted. The author of "This Above All" has written an excellent volume of short stories around the fanciful adventures of an amazing Yorkshireman, Sam Small.

LETTERS OF AN INDIAN JUDGE TO AN ENGLISH GENTLEWOMAN, 7/9 posted. An Indian commentary on matters Indian and European, written with the freedom of a letter-writer unhindered by thought of public utterance.

GUNNER INGLORIOUS, by J. H. Henderson, 10/9 posted. One of the most moving documents yet written by a New Zealand soldier.

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Advice on Health (No. 248)

"AFTERS AND ALL"

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



A LITTLE girl from a poor district in London was in one of the wards of the hospital in which I was working. One day the hospital was thrown open for a bazaar to raise funds for its support; (and how the staff voiced its opinion that our New Zealand method of supporting hospitals was superior!). Among the visitors was an aristocratic lady for whose entertainment this little girl was asked

questions about the school meals served in the school that she attended. A naive and most enthusiastic description was given of the meal, which started with meat and vegetables and ended with "afters and all," the "afters" being illustrated by such things as prunes and rice or steamed puddings. The lady's remark "So this is how we support them!" seemed rather unsympathetic, and I prefer to recollect the incident because it served to provide me with a new household expression. "What shall we have for afters to-day?" seems to give the lighter touch to the meal planning.

They Add Calories

Sometimes we spend more time than we should over the preparation of the "afters," and maybe this section of the meal is one of the reasons why there are so many obese persons in New Zealand—for, as a rule, this course adds a considerable number of calories. For some types of dessert course, the more preparation the more calories does it contain. For instance, apple pies, with their high fat and carbohydrate, are much greater in calorie value than the apples that are put into them. Those women who have a tendency to put on weight should be restrained in their helpings of apple pie or steamed pudding. For the children, and for the husband whose toil involves much muscular activity, steamed puddings are a good way of getting calories into the menu, and this procedure is more necessary now that butter is rationed. Women, however, are not always in need of the calories that they consume. The overweight man or woman after the age of 35 should take thought as to whether a raw apple would not be better, for being overweight after this age tends to encourage the onset of certain diseases, such as high blood pressure, heart disease, and diabetes. Even the sugar added when fruit is cooked adds considerably to the caloric intake.

For Sunday dinner, a cold milk pudding such as Spanish Cream, or milk jelly, or banana-custard-fluff, or fruit fool, is appreciated by the family, while the rest from pudding-making is appreciated by the mother. We have some misgiving about serving jelly by itself, because gelatine is rather an expensive form of protein when one takes into consideration the fact that it is defective when compared with other animal-proteins. If milk is added, up goes the nutritional value. Up goes also the consumption of week-end "surplus" milk occasioned by closing of restaurants and schools during the weekend. One commercial firm contemplates adding rose-hip powder to jelly so that when the jelly is served, it is supplying a substitute for orange juice.

Negro Radio Dramas

AN independent American radio station has engaged an all-Negro company to perform a series of radio dramas. Auditions were given to 70 Negro players and voices were found for all types of parts from pure cockney to half-breed Mexican.

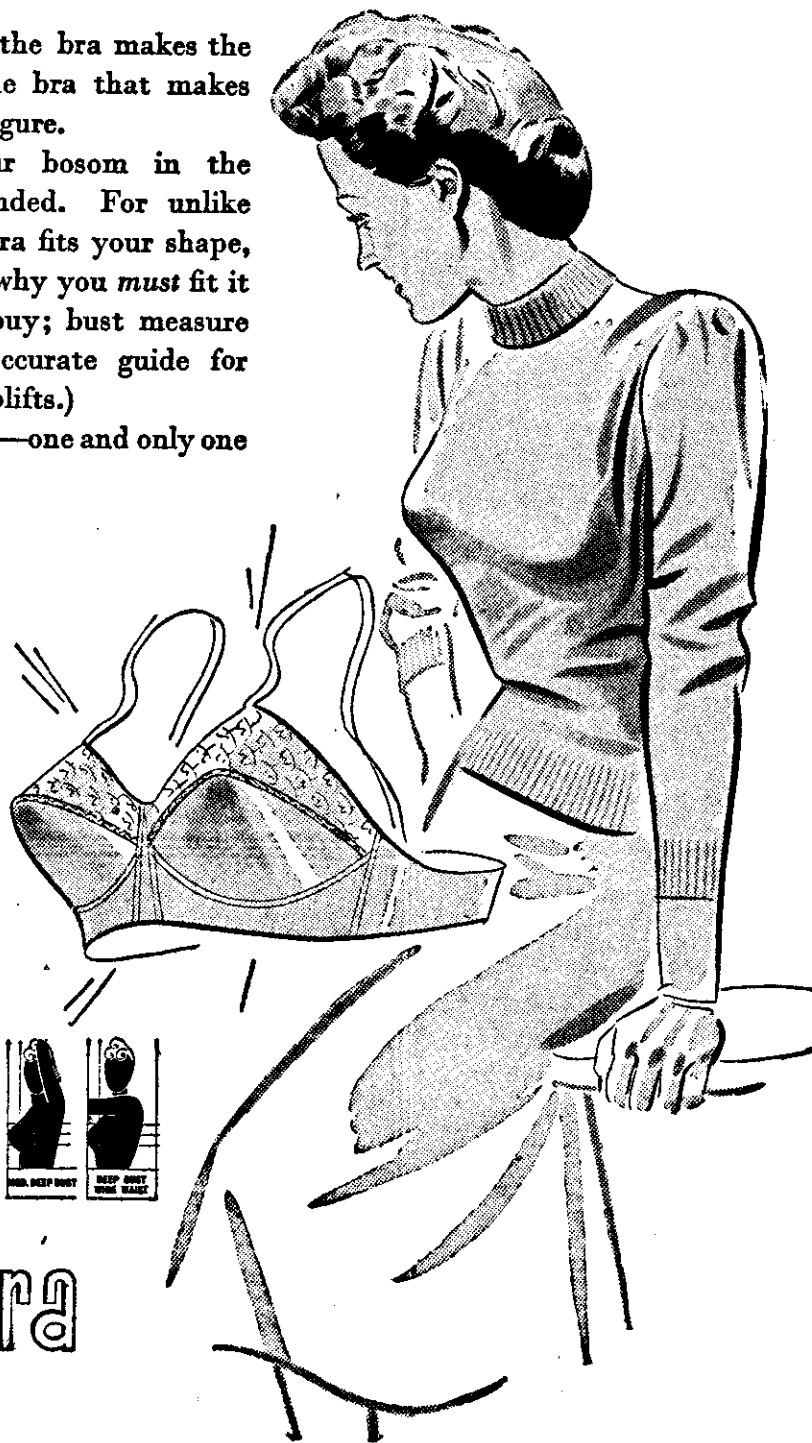
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