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RADIO RUNS IN THE FAMILY

The Pollard Sisters Have Diverse Talents

AMONG the pioneers of radio entertainment in New Zealand were three Welsh sisters — the Pollards — Bessie, Myra, and Vera. They started as members of a radio club in Christchurch when the only accommodation for performers was a wool-shed in Tuam Street, partitioned off with curtains. The trio later entered into broadcasting seriously. Two are musicians and the third is heard regularly in commercial talks sessions. And one of them married a member of the staff of the NBS, so there is a radio family of four.

Bessie Pollard, Mus. Bac., now studying for her Doctorate of Music, recalls in the early days having to enlist the help of her sisters in providing an evening's programme when scheduled artists did not arrive. During the war

she joined the temporary staff of 3YL, arranging classical programmes, and was transferred to the NBS staff, Wellington, two years ago. She is now known mainly for her special programmes of recorded classical music presented by Station 2YC at night and by 2YA in daytime sessions.

Miss Pollard is also a concert pianist and a composer. She has written several works for the piano, including a *Theme and Variations for Two Pianos*, which will be heard from 2YA in May. Recently she wrote incidental music for a performance in Wellington of *The Merry Wives of Windsor*.

One Studied Folk-Music

Myra (Mrs. Myra Thomson, of Christchurch) is a soprano, and also a pianist, but she has made a special study of

(Continued on next page)

Advice on Health (No. 253)

MANNERS MAKYTH MAN?

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



BUT first, man makyth manners. And some of them have done us no good. Why should it be manners not to soak up the gravy on your plate when you know that it contains a considerable portion of the B vitamins that came out of your meat during the cooking?

Why again, leave behind the egg-yolk which has all the vitamin A of the egg and which is a bigger contributor of vitamin D than any other of our food-stuffs—leaving it simply because it is unmanageable except through the assistance of a piece of bread.

A statement was made not long ago by a dentist that the use of a knife and fork has done a great deal of damage to the teeth, in that these implements have done away with the exercise to the jaws, and massage to the teeth, attendant on biting and tearing our food. The children are probably more right than we are when they pick up the chop-bone in their hands, perhaps to the shame and confusion of their elders.

Why should asparagus be selected as the thing that we are allowed (or even expected) to take up in our fingers, while we are often supposed to spear unmanageable foods with our fork, sometimes with ruination to the clean table-cloth?

Yes, and that very clean table-cloth has been the cause of many derangements in the feeding of children. When

the one-to-two-year-old wants to feed itself, much gets plastered on the cloth and round the face, as the up-to-date Plunket book *Modern Mothercraft* so tellingly depicts. To feed the child oneself instead of letting it go through this rather piggy stage is simply inviting feeding difficulties with the child by giving it a sense of frustration.

We all like to see clean table-cloths—and indeed they all help, along with the vase of flowers to aid digestion—but there should be some other way devised for keeping them clean when the infant is learning the co-ordination of movements that will lift food accurately to the hole in the face.

The food left on your plate "for manners" is a strange survival of a custom which in these times is badly out of place, but which had as its basis the thought that you should never allow your hostess to think she hadn't given you enough. The converse—that it is extremely rude to leave some on your plate if you have helped yourself—is more fitting in these times of world shortages of foodstuffs.

Manners should have the basic thought of putting the golden rule into practice and should be shorn of their false gentility. To-day it seems anything but "doing unto others as ye would that they should do to you" to waste food when people in the world are hungry. We need an anti-waste campaign, particularly against the custom of throwing away the ends of the loaf when the world is short of cereals.