



(continued from previous page)

prejudices or by the existing general prejudices of this era of nutritional opinion. However, though we realise its limitations, we need literature on food. Here are the names of some recent publications; all of them are useful additions to one's library.

1. Nutritive values of Wartime Foods. His Majesty's Stationery Office. 1/-.

2. Tables of Food Composition, National Research Council, 2101 Constitution Ave., Washington, 25, D.C. 10 cents.

(The former has foods that are more like our own; the values are conveniently expressed in amounts per cent as well as per ounce. The latter gives values for eleven nutrients instead of nine.)

3. Manual of Nutrition, Ministry of Food, H.M.S.O. 1/-.

(This is a summarised statement of salient points in the present knowledge of nutrition.)

4. A.B.C. of Cookery. Ministry of Food. H.M.S.O. 1/-.

(A cookery book expressing a new attitude, telling the housewife how best to retain the nutritional value of foods.

5. Food and Nutrition by Cruikshank. E. & S. Livingstone Ltd., Edinburgh. 16/-.

(This is a book by the Professor of Physiology in the University of Aberdeen. It is written with a bias towards public health, the author having in mind the proposed course in nutrition for doctors studying for the Diploma in Public Health. It has interesting chapters on bread and on milk, on which it deals with such

★ IN 32B's "Scrapbook," Jack Maybury (centre) hears a fish story from Dr. R. A. Falla, curator of the Christchurch Museum (left), who has been selected as one of the delegates to the United Nations Educational, Scientific and Cultural Organisation Conference to be held in Paris early in November. The third man in the picture is R. S. Duff, ethnologist. "Scrapbook" is a regular 32B feature, heard on Fridays at 7.45 p.m. ★

aspects as pasteurising plants, accredited herds and the like. There are graphs illustrating how much more an adolescent needs than his or her parents. A chapter is included on the findings of the Hot Springs Conference; and the World Food and Agriculture Organisation is designated as the first plank to bridge the gulf between War and Peace.)

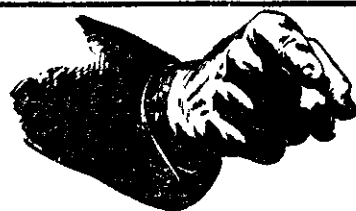
6. The Nation's Larder. By Drummond, Orr and others. G. Bell & Sons. 2/6.

(A set of lectures delivered at the Royal Institution, 1940.)

7. Feeding the People in Wartime. Orr and Lubbock, 1/6. Macmillan.

8. For those who already have a good background of nutritional knowledge and are not afraid of chemistry, Nutrition Reviews, published monthly, by Nutrition Foundation Inc., New York, N.Y., U.S.A., 2.50 dollars, are useful, as are also the Proceedings of the Nutrition Society, printed by Heffers, Cambridge, 25/- per volume.

In making this list, it is assumed that librarians are already acquainted with *The Chemistry of Food and Nutrition* by Sherman, *The Newer Knowledge of Nutrition*, by McCollum and co-workers, *Nutrition Abstracts and Reviews*, *Food Manufacture*, *Food Processing*, *Packaging*, *Marketing*, *Food Research*, and the *Journal of Nutrition*, etc.



A Message To YOU!

A time is coming when unskilled labour will be looking for jobs. On the other hand, I.C.S. trained men with specialized knowledge will enjoy security and well paid positions. Which class will you be in?

Secretarial Inst.	Radio Engineering.
Exams.	Accountancy.
General Education.	Mathematics.
'A' Grade Mechanic.	Bookkeeping.
Heating & Ventilation.	Works Manager.
Machine Shop Practice.	School Certificate.
Business Training.	Draftsmanship.
Diesel Engineer.	Foundry Work.
Mechanical Eng.	Welding.
Electrical Eng.	Plastics.
Radio Servicing.	Refrigeration.
Quantity Surveying.	Carpentry.
Building Contractor.	Dress Design.
Cost Accounting.	Journalism.
Steam Certificates.	Story Writing.
Wiremen's Licence.	Plumbing.
Professional Exams.	Marine Exams.
	Show Card Writing.

Above are some of the 300 I.C.S. Courses which can be studied in spare time. Send for details of specialized training and the Free I.C.S. Prospectus.

Name

Address

Subject

FILL IN COUPON AND POST TO

INTERNATIONAL CORRESPONDENCE

SCHOOLS

Dept. L.,
182 Wakefield Street, Wellington



From
ENGLAND'S
Richest
Brine Springs

Glacia Table Salt is a highly refined table salt from England's richest Brine Springs. Available in 20-oz. cartons and 5-lb. bags. Iodised and Plain. There's nothing finer.

GLACIA SALT