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Loan Closes Tuesday, 2nd Sept.

Invest Now!

LISTENINGS

Perpetrated and illustrated by KEN. ALEXANDER

A Blitz In Bitz

SEVERAL substantial straws have breezed over the air lately to indicate which way the Nazi wind is blowing. A number of generals are said to have been permanently waived or swasticked-off by Himmler's experts. Hitler is reported to be suffering a serious jitterblitz, and the military are trying to convince the people that "all is going to plan"—but they don't say whose plan. To furnish a little more cold comfort, General I. C. Winter is preparing his annual Pincers Movement.

Furthermore, oil is said to be slipping, and Hitler knows that this is an oil-in-struggle. Taking it oil-in-oil, there is every reason for Adolf to have one of his queer turns.

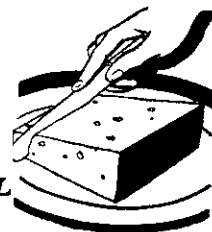
Then there are those Russian Guerillas, who dwell among trees and remind the Germans that they are not out of the wood. Germans who have taken villages find they are mistaken. Their plans are constantly monkeyed up by Guerillas. In the middle of the night, their

(Continued on next page)

Advice on Health (No. 15)

WHY BRITAIN WANTS OUR CHEESE

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



THE radio is at present appealing for workers to help make more cheese for export. It may occur to you that it is strange that Britain will take as much cheese as we can send. If we look into the composition of cheese we may see why, and at the same time we may see why it would be better if we became accustomed to eating more cheese ourselves; for the average intake for New Zealand per head is only

wants our cheese, perhaps we could revert to the methods of our grandmothers and help by making home-made cheese for our own consumption, wherever there is the milk to spare.

But though my grandmother was probably unaware of it, she was throwing a good deal of lime away when she fed the whey to the pigs. At the same time, she couldn't squeeze all of the whey out of the curd, and moreover, some of the lime adhered to the curd. Nor did she call the curd by the new fangled name of protein, but she must have been aware through the medium of tradition and habit that it was "guid meat," even though she might have laughed at her granddaughter's method of expressing the same idea, when she says prosaically that cheese is a body-building and body-repairing food. But I was going to tell you why Britain wants our cheese. Cheese consists of roughly one-third protein, one-third fat, and one-third water. Meat is three-quarters water. Both are protein foods, and both are needed, but to send cheese means to pack more of a natural food-stuff into the same space.

For recipes for making Cottage Cheese see page 41

one-third of an ounce, whereas it can be calculated that we should be consuming more like double that quantity.

Well, there's the first point—Britain has the habit of eating cheese regularly, whereas we have not. There is not the smallest restaurant in Britain but supplies bread and cheese for lunch if one wants it. By contrast, it is not easy to get it here, in this pastoral country, the more's the pity! The New Zealand pioneers brought their habits with them, but we have lost the cheese-eating habit.

Grandmother's Cheese

My grandmother used to make her own cheese—there were no cheese-factories when the Philip Laing arrived in 1848! An old relative of 90 gave me this description the other day as to how she did it. She put the warmed milk into a vat with some rennet, and let it curdle. Then she cut up the curd, and strained it through a cloth, putting pressure on to squeeze out the whey. After adding salt, the mass was mixed by hand. Then it was pressed and set on a shelf to ripen—and often to win a prize at the show! It occurred to me, that if Britain

Moreover, there has always been a widespread shortage of lime-containing milk in the dietary of the people of England. They need our cheese to help make up this deficiency. Because cheese will keep for a reasonable time, it is so useful as an article of diet for the army, or for storage in case of air raids. To help feed the people of England with a good food is a very laudable effort on the part of New Zealand. The bones and teeth of British children who receive it, and their physique in general, will be all the better for this effort.

(NEXT WEEK: "Influenza," by DR. H. B. TURBOTT).