

NEW ZEALAND GRAPEFRUIT

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

I WONDER whether we often stop to count the blessings of this long, thin stretch of land in which we live—extending as it does from a latitude of 35 degrees to 47 degrees. Our transport difficulties arise from the peculiar length and configuration of our islands, but there are also advantages conferred by that very length. A land which, though only 103,000 square miles in area, is able to grow sub-tropical plants in the north and oats in the south, has a wide range of potential production.

In some ways, the North needs an introduction to the South, and vice versa. Those of you who live in the North have the advantage of being able to grow citrus fruits, including New Zealand grapefruit, oranges and lemons. Last year, I discovered that many folk in the South were unacquainted with the New Zealand grapefruit, and, as it is such a pleasant and valuable fruit, I should like to popularise it. Justification for describing it as valuable lies in its possessing a large amount of Vitamin C—students at the Otago Medical School have tested grapefruit out in their bio-chemistry classes for two years now, and find that they are rich in this vitamin. This means that their juice can be used as a substitute for orange juice for babies, and that the health attributes of Vitamin C can be made use of for adults also.

Victims of Scurvy

While everyone is aware of the value of Vitamin C in preventing scurvy, it is probable that few know that scurvy is not without its victims in New Zealand. Spongy gums that readily bleed occur among Maori school children, and not infrequently among babies who are artificially fed, especially those who are fed on dried milk preparations if the mother has not noticed all the instructions on the tin. There are likewise few who know of the value of Vitamin C in helping us to prevent or overcome infections. We have been schooled until now in the frank evidences of food deficiencies—but a new concept is becoming apparent among nutritional workers—the idea of optimal nutrition. For example, nowadays we are not satisfied with the idea that we must merely prevent scurvy—we wish to have enough vitamin C to confer a greater measure of resistance to disease.

Try Them Now!

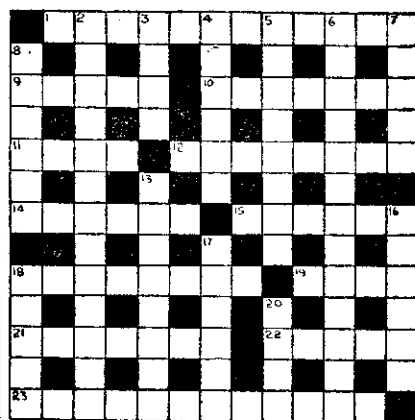
The citrus fruits, tomatoes, and raw fresh green vegetables stand out as being the richest contributors of Vitamin C. Now whereas we New Zealanders could do with developing our taste for green salads, it will be an easier matter to cultivate here and now the taste for grapefruit; for it is such a luscious fruit, full of juice, so full that it is guaranteed to squirt you in the eye or spray the tablecloth or the lapel of your coat, if you are not careful when you dig into it with a spoon!

If, until now, you have not tried them, if you have maligned them by thinking of them merely as the poorman orange,

THE LISTENER CROSSWORD

(No. 74)

(Constructed by R.W.C.)



Clues Across

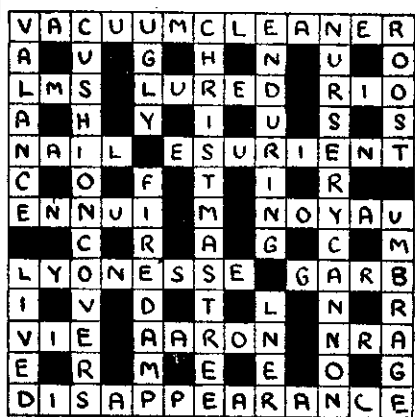
1. Fears a shovel, and is semi-tipsy.
9. Title of a Mohammedan ruler.
10. This flower may be a big one.
11. Usually found after now, but could easily be before now.
12. According to the cat's word, this is what you should have left of a Bridge hand after playing eleven tricks (3,5).
14. In this flower you see us at the end of the file walking two by two.
15. Although I'd lost, I remained unmoved.
18. Sleep, Max! (anag.).
19. Although this prefix means equal, it is not quite, but almost.
21. Looking for an unconventional phrase to attract the attention of a monarch.
22. 'E said in a stage whisper.
23. These people are the antithesis of misers.

Clues Down

2. Biblical tit for tat (5 words).
3. Food for fear?
4. Be slow (anag.).
5. Discernment from an epic tale over a cathedral town.
6. Edgar Bergen, for instance.
7. Gathers with a spear.
8. I'm cast into a sort of resin.
13. Provided from the spud-pile.
16. Confused anger with five in the middle, fifty at one end, five hundred at the other—of course this is all rot!
17. What a line has.
18. Slackens.
20. These wise men are entirely in your imagination.

THE LISTENER CROSSWORD

(Answer to No. 73)



try them now. They are a more mature version of their younger brethren, the poorman orange, juicier than many of the imported grapefruit, and often better liked once you have acquired the taste. Moreover, when they are plentiful, they are cheap to buy by the case, a fact which is of great importance in a country where citrus fruits are notoriously dear.

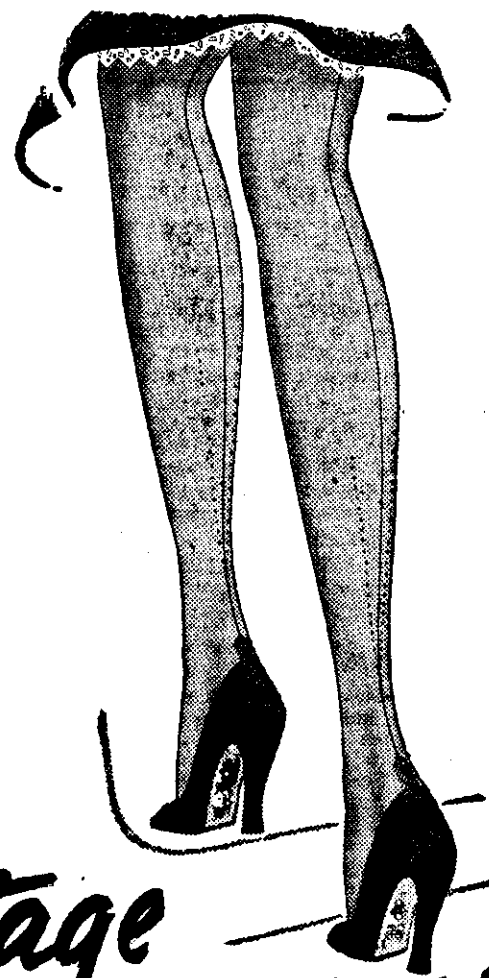
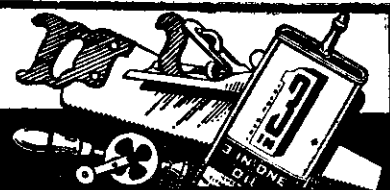
(Next week: "Rhubarb and the Human Body," by Dr. H. B. Turbott.)

YOUR GOOD TOOLS

NEED "3-IN-ONE" OIL PROTECTION FOR BETTER AND LONGER SERVICE

3-IN-ONE oil

LUBRICATES PREVENTS RUST



Shortage of Stockings!

MANY LADIES are naturally curious as to why they cannot buy all the Sy-metra stockings they want. Please do not blame your retailer if he cannot obtain adequate supplies. Many of our men are overseas doing a tougher job than making stockings, yet we are still producing as fast as possible and over 700 retailers throughout New Zealand are being rationed fairly.

But keep on asking for Bonds. When they do come, these lovely stockings will slenderize your ankle and flatter your legs! Bonds Sy-metra stockings are more than full-fashioned, they are TRUE fashioned and have those clever converging lines.

Bonds

HOSIERY