

THE WIDOW'S BITE

(Written for "The Listener" by DR. MURIEL BELL,
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NOT a cold in the head, nor a printer's error, nor the kind of bite that you may think — not the one to which our Biology Professor made jocular reference when he told us that it was the female of the malaria-conferring species of mosquito that did the biting!

No, the reference is to the bit of food that the widow eats — or any other woman who lives by herself. One might equally well refer to the bachelor's bite — for it is so well known that a man living by himself pays too little attention to the choice of his food, that the medical profession has coined the phrase "bachelor scurvy" (by a transposition of words, why not, I ask, refer to them as "scurvy bachelors"?). However, to get back to the widow's bite, too often we do hear the tell-tale story, "As long as I have my cup of tea and my bit of bread and butter, I don't want anything else." If you have never heard anyone say this, then perhaps I shall have to tell you that it is the common experience of anyone who does dietetic work in any of the hospitals, to hear this phrase; and that in studies made by the Department of Home Science, the diets of women who live by themselves tend to be frightfully poor. Women will often say that "it is not worth while cooking for oneself only." There is the temptation for such persons to think that because it is a bit monotonous to cook small pieces of meat in the ways that small pieces of meat have to be cooked, they can go without meat,

and perhaps, even more important, without the vegetables that go with the meat.

A diet of bread and butter is a deficient diet. On the other hand, a diet of wholemeal bread accompanied by milk, forms rather a good foundation for a meal. But please add some green vegetables and some fruit. You can manage, good lady, to get along with much less preparation of food than most people indulge in, but please get out of this bread-and-butter habit. See that your food measures up to the standard given below.

In May, 1941, at the National Nutrition Conference for Defence, the American Nutritionists issued a list of the foods considered necessary for good health. Put into simple language, these are:

One pint of milk for adults (more for a child).

A serving of meat (cheaper cuts are just as nutritious).

One egg, or some suitable substitute such as beans.

Two vegetables, one of which should be green or yellow.

Two fruits, one of which should be rich in vitamin C (found abundantly in citrus fruits and tomatoes).

Breads, flour and cereal—most or preferably all whole grain.

Some butter.

Other foods to satisfy the appetite.

(Next week: "Sore Throats," by Dr. Turbott.)

U.S. WOMEN AND WAR

(Continued from previous page)

Ella P. Christner, rushed forward with a cookie-jar crusade. In four months, 34,515 cookies were given away outside Fort Dix.

The Liberty Belles, of San Antonio, Texas, were not content just to stand. They "danced for their country" at soldiers' balls and Army post parties; senior hostesses gave an average of four evenings a week for "the morale of the Army." Not content to stand and wait either were thousands of Junior Leaguers and the Women Flyers of America.

Uniforms blossomed on all sides. Vogue ecstatically proclaimed: "This is our new life. This is what we have to do. . . And whatever our duties are, one of the symbols of our new double-duty lives is the uniform. The uniform stands for our new spine of purpose, our initiative in getting women working, splaying out into hundreds of different jobs, to find talents which have been mossed over. It means that we know that it is time to stop all the useless little gestures, to stop being the Little Women and be women."

Real Jobs to Do

Despite some examples of futility, many women managed to do worthwhile jobs without noise, and even without uniforms. Buried away in secret offices in cities along the seacoast were the women of the Information and Filter Centres, listening to telephoned reports

of aircraft, marking every 'plane's flight on maps. Their hours were long, their jobs dull, but some day they might be vital to air-raid defence. Some of them were Junior Leaguers, but the majority were stenographers, teachers, young housewives. The boss of these unpaid workers, who slaved without uniforms or frou-frou, was the Army.

Calm through all the clamour, aloof to cracks from the A.W.V.S., non-committal on the subject of Mrs. Roosevelt reeling on a roof, was the American Red Cross. Since war's beginning, some 2,500,000 women had signed up for its 14 definite, well-established volunteer programmes. Many of its executives were men, but head of the Volunteer Special Services was small, white-haired Mrs. Dwight F. Davis (wife of the one-time Secretary of War). Its hard-working ranks were filled for the most part by women.

The Red Cross also had its Motor Corps. More important were thousands of women in production centres who whipped up hospital garments, diapers, children's clothing and made millions of surgical dressings for the armed forces. Nurses' Aide Corps taught women to take over the routine jobs of nursing, to free trained nurses for other jobs. A blood-donors' service filled blood banks for transfusions. With few delusions about women's greatest talents, officials stressed three prosaic training courses for housewives who wanted to help: First Aid, Home Nursing, Nutrition.

DOROTHY DULL
has a head-cold



Poor, old-fashioned Dorothy! She still thinks a sore, stuffy nose is something you just have to suffer through. Don't blow too hard, Dottie . . . that won't help!

... and so has
BARBARA BRIGHT



Lucky, up-to-date Barbara! She has found that a stuffy nose need never spoil her work or fun . . . now that it's so easy to keep her head clear with Vicks Va-tro-nol!

Don't let head-colds and catarrh spoil your winter!

WHAT'S WORSE than a sore, clogged nose . . . that heavy-eyed stuffed-up feeling . . . the suffocating struggle for breath through nostrils that simply won't breathe?

WHAT'S EASIER than putting a few drops of delightfully cooling and clearing Vicks Va-tro-nol up each nostril with a neat, convenient dropper . . . anywhere—any time—night or day?

WHAT'S NICER than feeling those few drops quickly soothe away the soreness and irritation . . . clear away the clogging mucus . . . restore

swollen membranes to normal . . . so you can b-r-e-a-t-h-e again?

STOP SUFFERING! Va-tro-nol's amazing comfort and relief are enjoyed in millions of families all over the world. Why not try it in your family, too?

A few drops
up each nostril

**VICKS
VA-TRO-NOL**



Ideal Tonic Laxative!

There is no finer health-drink than Andrews Liver Salt. It meets the needs of modern people in a most pleasant and effective way, by promoting the Inner Cleanliness which is the foundation of good health.

Andrews is effervescent, pleasant-tasting, a really refreshing drink. Be a "Merry Andrew" by enjoying a bubbling morning glass of Andrews Liver Salt.

For Inner Cleanliness
be regular with your

**ANDREWS LIVER
SALT**

