

## More Questions Answered: POTATO SUBSTITUTES

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

**QUESTION:** What suggestions would you make regarding foods to replace potatoes during the present shortage?

**Answer:** There are several things to be considered in answering this question: the nutritional value of potatoes, their place as an accompaniment to meat and other dishes, and the available supply of other foods to replace them.

As to their nutritional value, potatoes have many merits. They supply carbohydrates and thus provide us with fuel for muscular energy; if eaten in considerable quantities, they furnish us with an appreciable quota of vitamins B and C; they also contain minerals, particularly iron.

Let us say frankly that there is no food which will quite take the place of the potato; we join our Irish brethren in a lament over this famine. The nearest we get to them in taste, to my mind, is roasted chestnuts, but I'm afraid we haven't been diligent about planting chestnuts trees in New Zealand.

### Something From Both

So we have to make the best of the shortage. Perhaps we can atone for the

loss of our beloved vegetable by selecting its two main nutritional virtues—its calorie—or energy-value, and its vitamin C. Let us say then, that we could replace it more or less by taking two groups of foods—those having energy-value, and those supplying vitamin C. Thus we could make a list of possibilities, as under, taking something from Group 1 and something from Group 2 each day, to make up the value of the potato. The ones that are starred can be served with meat—they may seem strange combinations at first, but perhaps we shall find some interest in adding variety to our menu. In this list, we have taken no account of the vitamin B and the iron we are losing; but we can make up for that by taking more wholemeal bread.

#### Group 1.

- |                       |                                  |
|-----------------------|----------------------------------|
| * Kumera              | * Macaroni (bought or home-made) |
| * Bread               | * Rice (if available)            |
| * Zweiback            | * Lentil pie or bean loaf        |
| * Noodles             | * Apples                         |
| * Yorkshire pudding   | * More porridge for breakfast    |
| * Pease pudding       | * Carrots, parsnips, beetroot    |
| * Maize-meal fritters | * Kohl rabi; swedes              |
| * Corn pone           |                                  |
| * Scotch cakes        |                                  |

#### Group II.

- \* Cauliflower (Other foods listed
- \* Green vegetables in "The New Zealand Listener" for
- \* Swedes July 17.)
- \* Kohl rabi
- \* Sturmer apples

You will observe that apples, swedes and kohl rabi are placed in both groups. Sturmer apples, you remember, have more vitamin C than other apples. They can be used raw for preference, but if they are quickly cooked, they retain enough of this vitamin to replace that lost by the missing potato. Thus, half-a-cupful of stewed Sturmer apples has been found to supply the same amount of vitamin C (10 milligrams) as half-a-cupful of potato.

### It Might Be Worse

So, cheer up! There are ways of overcoming our loss. Note that there are lots of stars in both columns; and if it does take more thought, and adds another weight to the war-time burden of women in the home, we are not as badly off as they are in other lands. And potatoes will be stripe-starred when they come in again.

Some useful suggestions were made by a correspondent in the press the other day, as to the ways in which apples could be used with meat dishes—just in case you think that the star has no right to be against apples. She suggested combining them with roasts, grills, sausages, bacon, boiled meat, served raw with cold meat, served with cheese dishes.

Yes, we have no potatoes, but we have plenty of Sturmer apples!

(Next week: "B.O." by Dr. Turbott.)

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He looked startled, muttered "They're keen, very keen," bolted rapidly into the Sergeants' Mess and shut the door. I was left alone in the corridor.

I wandered outside, to be waylaid in turn by the officer-in-charge, who walked with me towards the gate.

"I think the girls are shaping quite well," he remarked. "I'd like you to see them in a few weeks' time when their training is a little further ahead. What did you think of them?"

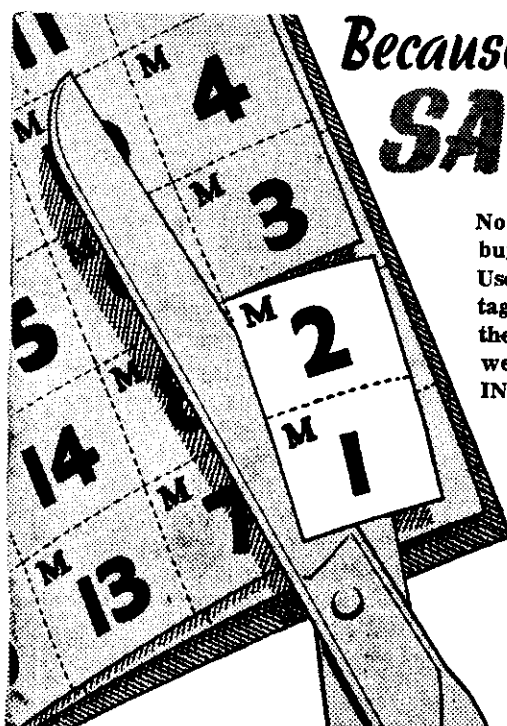
"They're keen, very keen," I heard myself muttering, and hurried out the gate and down the street.

—M.B.

### Bless 'Em All!

"NO science was required, no service, no previous experience whatsoever; the boy, let loose from school last week, might in the course of a month be a Field Officer . . . it was no uncommon thing for a commission to be obtained for a child in the cradle; and when he came from college, the fortunate youth was at least a Lieutenant of some standing by dint of fair promotion. To sum up this catalogue of abuses, commissions were, in some instances, bestowed upon young ladies."

The Duke of York, in clearing up this particular scandal, sent out a circular in March, 1795, asking for an immediate return of the number of captains in each regiment under twelve years of age, and lieutenant-colonels under the age of eighteen. We had been at war with France for a little over three years.—Tom Wintringham.



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