



## CONFIDENCE!

Use Edmonds ACTO Baking Powder with the same full confidence inspired by Edmonds "Sure-to-Rise" for over 60 years. For deliciously light cakes, scones and puddings, measure exactly of Edmonds ACTO as directed. Supplies are ample.

*Edmonds*  
**ACTO**  
*Baking Powder*

A Product of  
T. J. Edmonds Ltd.  
Makers also of EDMONDS  
"Sure-to-Rise", CUSTARD and  
EDMONDS "Sure-to-Set" JELLIES.

7.3A

## CAVALCADE OF MUSIC IN N.Z.

No. 2: 1871-1880

### The Nigger-Minstrel Show

Long before the days of musical comedy, "jazz", and "swing"—before radio and broadcasting—one of the favourite stage musical entertainments was the Nigger Minstrel Show. The "niggers" were not always genuine; sometimes the "show" was a local effort and sometimes a company of travelling performers. Many of the popular songs of our grandparents were introduced and made widely-known by means of these entertainments; some are still known to-day, such as "Sweet Genevieve", "Silver Threads Among the Gold", "Where Did You Get that Hat", "Little Annie Rooney", and many others.

## BEGG'S ARE STILL IN THE LEAD

In war-time, songs and music inspire a nation as nothing else will, and Begg's are today playing a big part in keeping New Zealand music-conscious. Although the War has diminished Begg's stock of both Musical and Electrical Goods and restricted the scale of service, everything possible is being done to meet the needs of the New Zealand public. When Victory is won, Begg's will be better equipped than ever with the best and latest productions for entertainment and home comfort and convenience.

Invest Your Surplus Cash in National War Savings

## "The Story of Music in New Zealand is the History of Begg's"



Through those early years Begg's were supplying the pianos and other instruments demanded by our people, and the sheet music of classic compositions as well as the popular songs of the day.

*Begg's*

THE MUSICAL & ELECTRICAL CENTRE

AUCKLAND : WELLINGTON : CHRISTCHURCH : DUNEDIN : NELSON : TIMARU : OAMARU : INVERCARGILL

Advice on Health (No. 103)

## THE ROUGH STUFF

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



IN order to keep our digestive systems in a healthy state, it is necessary that our foods should contain, in addition to Vitamin B, a certain amount of those materials which are not attacked by the digestive juices; those undigested residues promote the normal movements of the intestines. There have been some interesting points coming to light about the different substances which are grouped under the term "roughage," and which the chemist designates respectively as lignin, cellulose and hemicellulose. The tougher of these materials can truly be labelled as the "rough stuff"; to some people's intestines it is irritating. The skins of certain fruits and seeds come into this category. Bran, for example, cannot be tolerated by some people's insides; it is certainly better left out of the diet of infants. Course oatmeal, cooked and then strained through a sieve will get over the difficulty for infants or for those with gastric ulcer or other diseases of the gastro-intestinal system.

The constituents of plant cells which are particularly valuable are those which have the property of swelling in water, and holding on to the water when they are in the intestines. The wall of the large bowel has the power of absorbing water, it acts in competition with these water-absorbing substances present in plant cells. The class of "roughage" known as hemicellulose is not really rough at all, but acts in virtue of this power to attract and to hold on to water. Thus they provide soft, non-irritating bulk, in virtue of their properties as colloids, as the chemists call them. Some of these colloids are capable of taking up from 10 to 70 times their own weight of water.

Among these softer forms of roughage (if we are permitted to use contradictory terms), are the pectins present in fruits and vegetables. This is why fruits and vegetables are so necessary for keeping us regular. One medicinal form of soft "roughage" which was formerly obtainable was a Japanese seaweed known as agar-agar. It was one of the best forms of laxative, because it came from a natural foodstuff.

Incidentally, it had many other uses besides its value as a laxative. These uses are summarised in a very interesting bulletin on seaweeds (No. 85), by Miss Moore of the Plant Research Bureau, Wellington, who suggests that as substitutes of agar, our species of seaweed known as Pterocladia, and Gelidium, and possibly others, could be used as a source of commercial manufacture.

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6/11

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