

EDMONDS

Acto Cake Powder

*Takes the place
of Eggs!*



DO NOT USE BAKING POWDER WITH CAKE POWDER. Use about 1 tablespoon of golden syrup for each egg left out or in some cases a similar quantity of fresh milk. Reduce sugar by 1oz. for each tablespoon of Golden Syrup used.

Put in 1½ teaspoons Cake Powder instead of each teaspoon of Baking Powder stipulated.

A PRODUCT OF T. J. EDMONDS LTD.

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ON THE BLUE HORIZON

Skies are grey now and dreary, but look ahead—the far horizon there is blue. That blue shall someday fill the midday heavens. Halcyon days will come again, bringing beauty back. Someday you will be out again under blue skies, your man at your side, feeling with a new intensity that life is warm and vibrant... with a new understanding for the beauty of simple, deep enduring things. Berlei beauty—under a war cloud now—will be back. Government standardization wisely conserved the precious fund of skill and material that Berlei beauty needs, for the war which must be won, and won

the hard way. But someday there will be no restrictions on our making the foundations you love. There are halcyon days ahead when we shall again be able to create for you the beauty now denied in a Berlei.

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Berlei has given the Standards Institute its wholehearted co-operation because poise, posture and health are ensured by Berlei designs, divided into 13 figure-type groups. But, please do insist on being fitted accurately, for there is less elastic now to take up fitting inaccuracies.



Advice on Health (No. 117)

Soil and Vitamin Values

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

THE point is raised by a correspondent (see page 3) as to the effect of natural manures on the vitamin content of the foods grown in the soil containing the manures. It will be of interest to readers to know that this type of question has received some attention in experimental work.

The nutritive value of wheat as affected by manuring has been investigated in the famous Rothamsted Station—by Russell and Watson, in 1940. They state that "of recent years, it has been suggested that wheat grown with organic manure is of greater nutritive value than that grown with artificial fertilisers. The Broadbalk experiments afford no evidence for this claim. Tests made at the Dunn Nutritional laboratories (Cambridge), have given the following relative values of vitamin B1 content in wholemeal flour made with different samples of Broadbalk wheat; the vitamin potency of the flour was 100 with no manure; 80 with no nitrogen; 100 with farmyard manure; 120 with complete artificials; 120 with sulphate of ammonia only."

A Surprise from Hydroponics

It may also be of interest to know the surprise that awaited the New Zealand Nutrition Research Department when it tested tomatoes grown by hydroponics—one sample only has been tested, for want of more (and we should be glad to receive more, if anyone cares to send them); they were found to have a higher vitamin C content than tomatoes grown in garden soil! They were grown against a sunny wall, and perhaps King Sol had something to do with it!



Then again, someone sent us tree-tomatoes from his garden in Auckland. Some of these had been grown close to the compost heap, and the others had been grown on a dry bank. They both had the same amount of vitamin C per unit weight. But the one grown near the compost heap had the advantage in this respect—that it had a heavier crop. Thus the sum total of vitamin C value was greater. There is no doubt in any gardener's mind about the beneficial effect of compost on his yield of produce, and on the flavour of the product. But we know too little as yet about the conditions which enhance the vitamin value to state categorically that we need vitamins out of a bottle, because our foods grown with artificial manures are likely to be lacking in them. In fact, evidence to date is against this view.

And I will still trust the cow to gather my vitamins for me and put them into her milk; a pint of pasteurised milk contains about 0.25 milligrams of thiamin (B1); 0.90 mg riboflavin (B2); 1.5 pantothenic acid; and 900 units of vitamin A. These, together with 0.68gm calcium, 0.55gm phosphorus, 18gm protein, 22 gms fat, 26gms lactose; making 380 calories—all for 3½d. Good old Brindle (or Primrose, or whatever she is called)!

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