

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.

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17.3

THE SAD CASE OF MISS X



Miss X came to buy a Berlei. The shop had nothing in stock for her figure type, but the new girl behind the counter was anxious to please, and showed her the next nearest fitting, and Miss X, in desperation, bought it. She never felt happy in that Berlei. She blamed the store, and Berlei, but actually she knew herself that it was not her fitting.

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This sad story is too often enacted nowadays. Its moral is, don't ever buy a Berlei that's the nearest to your own figure type fitting. Better to wait, or at a pinch, better to shop elsewhere. Your own store would much prefer you to do this, rather than sell you a Berlei that can never be completely satisfactory.

Please remember there are plenty of Berleis for everyone, and today, with the restrictions on the use of elastic, it's vitally important you get the Berlei that's exactly right for you.



Remember these points when being fitted:

- 1 Be sure you try sitting in the garment.
- 2 Be sure you ask for a little more room at the waist.
- 3 Be sure you bend and stretch in the garment to test it for freedom of movement.

The Rest of The Journey

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

WE have followed in the two previous articles what happens to our food: so far, it has been chewed, swallowed, and dealt with by the stomach. When it has been reduced to a fine state, it leaves this organ, a little bit at a time. Next it meets with three powerful pancreatic ferments which digest it still further, and which are aided by the bile that has been accumulating in the gall-bladder. The finishing touches to this process of digestion are put on it by the secretions from the small intestine.

As the final chemical units are formed, they are absorbed by the activity of the small intestine—it is not a mere transference through the wall of the intestine, but an active process depending on the proper functioning of the cells. Sometimes, in certain individuals, these cells are not in good form—they fail to deal with the absorption of the foodstuffs in the proper manner. Thus it comes about that certain persons require a better diet than the average person; if the intestinal wall is offered a richer supply of food nutrients, there is a better chance of getting some of them passed through into the bloodstream. Thus also is explained the circumstance that a small minority suffer from such deficiency diseases as pernicious anaemia, pellagra, or sprue, even when their dietary is as good as yours. It is this variability among human beings which makes it difficult to formulate rules for a whole population, and which makes it desirable to err on the safe side by including in your diet such foods as liver, from time to time; and vegetables, wholemeal bread, and milk in considerable proportions and as a regular precaution.

When most of the food value and 90% of the fluid has been extracted and absorbed, the remainder is passed on into the large bowel. Here there is a further absorption of water, and there is a certain amount of friendly bacterial action. The quantity of residue left depends on many factors, chief of which are the quantities of vegetable, of fruit, and of whole-grain cereal in the diet. Lest anyone has any doubt about this, experiments have recently been done on human beings which show that when bread forms a considerable proportion of the dietary (as it does among the majority of those who do muscular work) a change from white to wholemeal bread actually doubles the quantity of this residue.

As to the bacteria, they play a very important part in the health of herbivorous animals. But there is some recent evidence, too, that we of the omnivorous group are indebted to bacteria. For when a certain member of the new sulphur drugs which kills bacteria in the intestine is given over prolonged periods, the health of omnivorous animals suffers because the friendly bacteria have been destroyed. This association of two forms of life for their mutual benefit—what the biologists call "symbiosis"—is known to occur with plants of the legume family; but there is a close interaction between soil bacteria in general and the plants that grow in the soil. And this principle of mutual aid extends to human beings.