



*I've decided
about my boy*

"Yes—I've been worried. The lad is near sixteen. His future—that was my problem. I'm no prophet but I can judge general trends and it's plain that we're on the threshold of tremendous developments in the mechanical and technical fields.

"To me, the technician, the engineer, "the machine minded man" is the man of the future. I want my boy to have his chance in this new set up. I've gone into it thoroughly and find the best way is to enrol him in the A.T.C. They have highly qualified technical instructors, the best equipment for practical work and their Courses embrace a wide diversity of subjects—if the lad wishes to specialize.

"Then if we decide to let him join the R.N.Z.A.F. later, he will receive technical training that would otherwise cost me hundreds, if not thousands of pounds."

Let your boy join the **AIR TRAINING CORPS**

Call at your nearest A.T.C. office or write to the Commandant,
A.T.C. Headquarters, Box 3009, Wellington.

AT.51.24



CHANGE TO **AMBER TIPS**

For The Better Cup of Tea

THE FLAVOUR LINGERS LONGER

Fletcher, Humphreys & Co., Cathedral Square, Christchurch.

Advice on Health (No. 130)

"GIVE IT A GO!"

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

BUTTER rationing has just been announced as this is written—and the telephone wires have been overloaded in consequence! My doctor friends say they have been besieged by patients wanting special allowances. One doctor said it was "up to us to give it a go"—for we had been living in a state of luxury compared with the rest of the world. Our average butter intake per person per year has been the highest in the world—42 lbs. compared with 33 for Australia, 32 for Canada, 25 for the United Kingdom, 18 for the U.S.A. and Denmark, down to 2 for Italy.

The main reasons why we eat butter instead of other fats or oils are because we prefer its taste, and because it contains vitamin A. We shall do all our groaning over the first point, no doubt. As to the second reason, it will take only one drop of a fish-liver-oil which is now being produced in New Zealand to supply what we are losing per person by butter rationing. The children (who are the ones who matter most) should already be getting their teaspoon dosage of codliver oil (or equivalent in some other preparation to provide 400 International Units of vitamin D and 2000 units of vitamin A). If not, they should be provided with it forthwith.

For spreading on bread, you can stretch your butter ration by creaming 4 ozs. of butter with 1 oz. of milk until all the milk is absorbed. Remember that hot toast soaks up more butter; and that it will do us no harm to do as others do by consuming bread-and-butter instead of butter-and-bread. This has been one of our sins-of-commission in the past. Another has been the waste of the fat that was in those remains of the week-end roast. A household often collects tins of fat which are disposed of by feeding the waxeyes or are collected by the soap works.

Learn to Save Fat

We shall have to learn to save all fat, to render down our meat trimmings in a slow oven, to clarify our fat (a piece of raw potato in the water is useful for absorbing smells). We shall have to learn to cook with clarified dripping instead of butter; and to think before we choose to fry the fish—it uses up and tends to waste dripping—and there are other interesting and more digestible ways of cooking fish, e.g., cooking it in the oven with cheese, onion, and white sauce. Oh yes! the white sauce will probably have to do without the usual butter, but that is where the cheese helps—one-third of it is in the form of fat. Moreover, we can use the cheaper kinds of fish this way.

Many of us were brought up to like dripping on our bread—we added salt and pepper to taste. We were also brought up to like bread fried in dripping as an occasional breakfast dish. Steamed puddings, pastry, and plain cakes will be made with dripping. Fancy cakes will just have to go by the board—and no harm done except to the rites of sociability.