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custard slowly into it, stirring all the time. Pour immediately into jug. Serve hot or cold with stewed fruit, puddings, etc. The addition of the beaten whites of 1 or 2 eggs whisked into the custard when cool makes a rich custard sauce.

### Gooseberry Fool

Stew 1lb. green gooseberries with a little water and  $\frac{3}{4}$ lb. sugar till perfectly tender. Rub through wire sieve, and add to just over  $\frac{1}{2}$  pint milk, which has been boiled and which has a dessert-spoon of condensed milk dissolved in it. Mix well and put aside to cool. Or alternatively, add  $\frac{1}{2}$  pint of good custard, make with either custard powder or eggs, to the sieved pulp.

## FROM THE MAIL BAG

### Really Good Dripping

Dear Aunt Daisy,

Have you tried making your own dripping this way? Buy 2lbs. or more of beef-fat, not suet, and put it through the mincer. Then put it into a saucepan with only a little water, and boil until dissolved; then strain. When set it is almost like butter, and much better than bought dripping; and there is hardly any waste.—Here's wishing you well, from Linwood.

## Juvenile "Find"



**WANDA POLSON**, a 13-year-old soprano, who recently faced the microphone at 2ZB's studios in her first broadcast. It was voted a big success.

Behind this first appearance is the story of finding local talent. Some time ago, when 2ZB were broadcasting camp concerts, Wanda (who was visiting a camp to see her father), gave an impromptu item, and her performance was noted by a member of 2ZB's staff. Later, an audition at the microphone was arranged, and after this, a teacher was recommended by the station. The result was a first-class performance after eight months' tuition.

### New ZB Serial

**DIGGER HALE'S Daughters** is the title of a new serial beginning at 12B at 10.30 p.m. on Thursday, January 6. It carries the sub-title: "A story of these days"—and judging by what we have been able to hear so far that is what it is; a drama of little triumphs, of every-day heroisms, of patience, sacrifice, laughter and tears. But we may be able to tell you more next week.

NEW ZEALAND LISTENER, DECEMBER 31

## Advice on Health (No. 136)

### Rationing In Various Countries

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

THE following figures for 1942 may be of interest as indicating the number of calories or heat units per day provided by the foods that are rationed in various countries involved in the war. Since these were published, further rationing has been introduced, e.g., in U.S.A.—hence they probably err on the side of optimism:

#### BREAD AND CEREALS

(1oz. of cereal provides about 100 calories)

Denmark	975
Bulgaria	910
Germany	820
Czechoslovakia	810
Netherlands	750
France	715
Italy	700
Norway	670
Finland	660
Turkey	610
Spain	385
Greece	365

#### MEAT

(1oz.: 50 to 150 calories, depending on the amount of fat)

United Kingdom	235
Switzerland	150
Germany	110
Czechoslovakia	110
Croatia	110
Sweden	105
Belgium	95
France	65
Italy	60
Poland	45
Finland	25

#### POTATOES

(1 smallish potato of 4oz. provides 110 cal.)

Netherlands	430
Belgium	400
Germany	280
France	105
Italy	30

#### FATS

(1oz. contains 225 calories)

Romania	375
Denmark	330
Sweden	265
United Kingdom	235
Switzerland	230
Germany	225
Spain	220
Norway	165
France	105
Italy	100
Belgium	95
Poland	30

#### SUGAR

(1oz.: 116 calories)

Denmark	245
Sweden	230
Ireland	190
New Zealand	190
Czechoslovakia	140
United States	120
Canada	120
United Kingdom	120
Germany	120
Switzerland	70
Italy	60
France	60
Poland	55
Serbia	40

## One Minute's Care a Day



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