

CHILDREN AND FOOD

There need be no forcible feeding if mothers listen to Flora Davidson, a dietician from the Department of Health, who has recorded six talks on *The Child and His Food*. These talks, of special interest to mothers, can now be heard in the Women's Hour, from 1XN on Wednesdays, and will begin at 2XG on March 13, and 2XN on March 14.

Miss Davidson brings authority and commonsense to many of the ideas and problems associated with feeding a family. One of the most common worries is that caused by a child's refusal of food, or of a certain food. Miss Davidson has some sound advice on attitudes to this problem, and on ways to handle it. It is most important not to worry, and to make sure that a good mixed diet is available to replace the elements in a rejected food. Here, as in others of her talks, she disposes of some fallacies about food. Many mothers, told that certain foods are very valuable, think that they are irreplaceable, but the vital elements that these foods

contain are usually found in other foods. A good diet is well balanced, not rigorously restricted.

One idea Miss Davidson disposes of is the worthlessness of white bread. Our white bread is not now so refined as it used to be, and it is nearly as rich as wholemeal bread. If it is liked, wholemeal bread is good, but it is not so important that it should be forced on an unwilling family. Either bread is good for lunches, which Miss Davidson discusses in another talk. She utterly condemns the biscuit, cake and fizzy drink lunch, and suggests several ways of making nutritious lunches which are attractive to children. Unattractive lunches too often end up in the rubbish tin, so that children's preferences are important here, too. As long as mother adds some fruit and a milk drink, even fish and chips or meat pies are not too bad as an occasional lunch.

Miss Davidson devotes her final talk to the subject of teaching daughters how to cook, a most important part of a mother's household management.



(continued from previous page)

3 lb. sugar, juice of a lemon, ½ a 1-oz. bottle raspberry or strawberry essence. Skin tomatoes and cut up fairly fine; add sugar and lemon juice and boil gently for just about 2 hours. Then stir in essence. Do not boil after essence is added or flavour is lost. Test for setting.

FROM THE MAILBAG

Ice in Ice Cream

Dear Aunt Daisy,

I thought Eileen, of New Plymouth, and other correspondents may be interested to hear how I keep ice out of my ice cream. When making the ice cream I put about 1 dessertspoon of golden syrup in the mixture and beat it well. This has never failed yet. No matter how long I keep the ice cream it maintains its creamy consistency. Also the recipe I use doesn't need a second beating. It is economical and very easy:

Base: One quart milk, 2 cups sugar, ½ cup flour, salt. Scald milk. Add to dry ingredients. Bring to boil stirring continuously.

Ice Cream: One cup cream, 1½ cups Base. Flavouring as required. Beat cream well, add base and flavouring and beat together. This amount of base will make

NEXT WEEK: Making Fruity Pickles

three sets of ice cream and the base will keep continuously in the refrigerator until ready for use.—N.J., Sumner.

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N.Z. LISTENER, MARCH 1, 1957.

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