



what  
shall  
I wear?

The answer is OSMALANE . . . the finest blended wool and cotton fabric yet produced . . . suitable for all seasons . . . of incomparable texture and with a complete family appeal. OSMALANE is sold by the yard in a variety of inviting colours and designs for delightful dresses for kiddies, shirts for boys and men, blouses for women and nightwear for the whole family. It's the fabric you've waited for and which, once tried, you'll never forsake.

# OSMALANE

50% Wool 50% Cotton

You'll remember the name OSMALANE  
an outstanding achievement by  
(who also manufacture Osman Towels, Sheets,  
Pillowcases, Dress Goods, Quilts, etc.)



TRADE ENQUIRIES TO P.O. BOX 239, WELLINGTON.

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ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

## Food for the Elderly

The elderly people of the community need to be as well fed as any other age group, but the food arrangements required to keep them well are somewhat different from those of their younger days. For instance, smaller quantities of food are beneficial, as overweight is dangerous.

At this stage of their lives personal likes and dislikes have to be considered, but the day's food should include:—



**MILK:** (To prevent breaking of ageing bones.) As near 1 pint as possible in drinks, puddings, soups and sauces, and on porridge and puddings.

**MEAT, FISH, LIVER, etc:** As much as any sedentary person eats.

**EGGS:** Whenever possible.

**CHEESE:** If it agrees, as often as it is liked.

**POTATOES, VEGETABLES:** The desired quantity, but *both* should be eaten daily.

**FRUIT:** Bananas, pears and any seasonable peeled fruits are important.

### BUTTER AND FAT:

Fried foods should be served only occasionally. Plenty of butter can be used by those not overweight.

**BREAD:** Small amounts cut thin. Bread and butter should not take the place of any of these other foods.

**CEREALS:** Oatmeal porridge is best, but the finer brands are usually preferred.

**SUGAR:** Plenty of sugar and sweet food and plain boiled sweets, again for the not overweight.

**IODISED SALT:** Not too much salt should be used — sufficient to make food savoury in cooking so that less need be added at the table.



**SCONES, CAKE, BISCUITS, HONEY, JAM, PEANUT BUTTER and YEAST EXTRACT** may all be included, but it is not wise to eat any of these to the exclusion of the above foods.