

Can You Cook Really GOOD MEALS?



There's Money
in it as well as
HEALTH



A BOMB was dropped into the kitchens of New Zealand housewives last week by the Mayor of Wellington (Mr. T. C. A. Hislop) when he roundly attacked the standard of cooking throughout the country in both homes and hotels. His outspoken remarks have thrown into the Press some equally frank opinions by both men and women about the quality, variety, and health value of New Zealand meals.

When the tumult and the shouting dies there may, or may not, be better meals served as a result of the shock to the conservative complacency of thousands of home cooks—those who have been attacked for refusing to take an interest in cooking healthy foods in palatable form, preferring instead to go along in the same old unenlightened way as many housewives have done for generations.

Thousands of "Radio Record" readers, however, have taken the opportunity of breaking away from the old-fashioned ideas of cooking meals, and through the recipe exchange on these pages have been able to vary their table menus enormously. At the same time, there is provided an opportunity to develop their family dishes along lines of good health, for many of the recipes provided have been designed with a view to giving the greatest amount of nutrition at reasonable cost.

Most of our women readers by this time will have bought the "Radio Record" Cookery Book, containing more than 500 recipes specially selected from the thousands published in this section over a period of two years, recipes which have been submitted by home cooks and, in many cases, evolved by them. Those who are familiar with this weekly feature know that great encouragement has been given by "Chef" to those who submit recipes for meal-cooking as well as for baking. In this respect, the "Radio Record" Cookery Book is therefore a storehouse for a wonderful variety of ideas which make for healthier, tastier and more widely assorted dishes for the family table.

And now, to encourage a wider application of the sound opportunities this book makes available, the "Radio Record" offers each month valuable cash

prizes to those who compile the best one-day menu from recipes contained in our shilling cookery book. The competitions will be judged by a leading dietitian who will, of course, take into account the balance of components in each meal as well as the nutritive values of the foods used.

The first prize of £3/3/- will be awarded the winner, and the two next best entries will earn one guinea each.

Breakfast, luncheon, and dinner. Three meals which can be tasty and healthful, or monotonous and harmful. Here is a wonderful opportunity for "Radio Record" readers to exercise their knowledge—and to develop it—to ward better meals; an opportunity to correct the impression that New Zealand cooks can't cook. There are plenty of housewives who simply haven't given the preparation of routine meals a second thought, concentrating rather on skill at baking dainty cakes and other less valuable trifles.

With such an incentive as this generous prize offer, "Radio Record" readers who have the responsibility of keeping a household well fed and healthy will be able to make the study of good meal balance a doubly profitable interest.

Whether or not you enter for this or one of the succeeding competitions in this series, a careful study of the "Radio Record" Cookery Book will be time really well spent, for not only will you be pleasing your household,

but you will be helping to remove from the name of New Zealand's home cooks the blot which, in the past, has brought adverse comment. Neglect and disinterest placed the blot there, and care and enthusiasm for plain cooking is the only thing to efface it.

Professor T. B. Strong, Director of the Home Science Faculty of Otago University, and Miss Violet McMillan, head of the Home Science Tutorial Section, on their arrival in Wellington last week, deplored the condition which left them no choice but to support (Continued on next page.)

"Good Cooking" Competition

Conditions In Brief

FIRST PRIZE	£3/3/-
SECOND PRIZE	£1/1/-
THIRD PRIZE	£1/1/-

One day's meals (breakfast, luncheon and dinner) to be drawn from recipes in the "Radio Record" Cookery Book.

Entries close on October 7 for the first competition of this series.

Sixpence in stamps must accompany each entry.

Address entries to The Editor, "N.Z. Radio Record," Box 1680, Wellington, and endorse the envelope "Good Cooking."

