

*Salad Dressing*

Cornwell's Vinegar, slowly aged and mellowed, imparts to a dressing that delightful flavour which epicures appreciate—and without which no salad would be an entire success.

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PURE MALT VINEGAR BREWED FROM Malted Grains

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# Lessons in Food Values

The subject of food values proves a fascinating one to most people; to certain individuals the length and composition of their dinner is an all-important problem, while to the harassed housewife this part of her duties is a continual source of worry. Let us look at this question from a scientific point of view, and see if we cannot reduce the trials of the hard-working mother to a minimum, at the same time providing interesting and varied menus.

What should we eat? is a question that one hears very frequently. What are we going to consider the most fundamental points in connection with our food? The *gourmet* would probably be most concerned with the actual flavour, while the poorer members of the community would be more likely to consider the cost, and it is quite true that both the e points have to be considered. The

The diet should consist of the following:

- Protein* (e.g., lean meat, fish, white of egg).
- Fat* (e.g., butter, meat fat, etc.).
- Carbohydrate* (e.g., starch in potatoes and bread, sugar).
- Water*.
- Mineral salts* (e.g., lime, etc.).
- Roughage* (found in vegetables, and needed to give bulk to food).
- Vitamins*.

Let us take each one of these constituents separately and consider their different functions carefully. It is difficult to know which should come first on the list. We put vitamins last, merely because these elusive substances have been discovered more recently than any of the others, not because they are the least important. We shall see that there are at any rate three vitamins, all equal-



"Billy," daughter of Mr. and the late Mrs. G. H. Allan, Dunedin

Jas. J. Webster, Dunedin

taste of food is important, because a meal which is palatable is digested more readily than one that is not, and is, therefore, of greater use to the body. The cost of food is certainly of great importance, too.

The most important consideration of all, however, is the composition of food, and this is a subject which should be of great interest to every housewife. As the result of many years' work, physiologists are now able to tell us of what the diet should consist, and can give us quite a short list of essential constituents.

ly essential and necessary for bodily well-being. To some extent we can replace fats in our diet by carbohydrates and vice-versa, but it is only to a slight degree that we can substitute either of these groups of food for protein. We may, therefore, consider the protein of the diet to be of primary importance, and hence we will deal with this class first.

**Proteins.**—It is not within the scope of this article to give a long chemical dissertation on proteins. *Continued on page 61*

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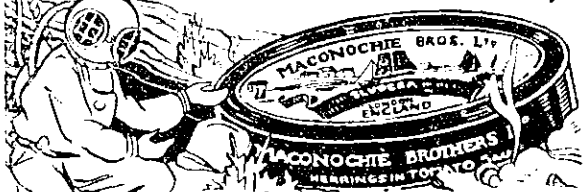
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