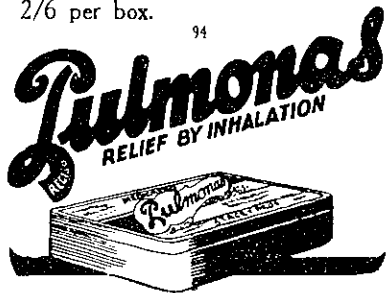


Public speaking

Here is a message of relief to all lecturers, clergymen, school-teachers, and public speakers in general. It means the banishment of hoarseness, and the vanishing of sore throats. The message is brief—the one word **Pulmonas**.

Your chemist stocks them—1/6 and 2/6 per box.



MOTHER, YOUR CHILD NEEDS A LAXATIVE!

If Tongue is Coated, Stomach Sick, or the Child is Cross, Feverish, Constipated, give "California Syrup of Figs."

Don't scold your fretful, peevish child. See if the tongue is coated; this is a sure sign that the little stomach, liver and bowels are clogged with bile and imperfectly digested food.

When listless, pale, feverish with tainted breath, a cold, or a sore throat; if the child does not eat, sleep or act naturally, or has stomach-ache, indigestion or diarrhoea, give "California Syrup of Figs," and in a few hours all the waste matter, bile, and fermenting food will pass out of the bowels, and you have a healthy, playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" sweet and wholesome.

Ask for "California Syrup of Figs," which has directions for babies and children of all ages printed on bottle. Of chemists and stores, 1/9—or 2½ times the quantity for 3/-. Mother! You must say "California Syrup of Figs" (or you may get an imitation fig syrup), and look for "Califig" on the package.



Lessons in Food Values

Continued from page 60

yet we must try to grasp one or two fundamental points in order to have a clear understanding of the problems of the correct diet. Proteins are very complex chemical substances, differing from carbohydrates and fats in that they contain nitrogen. Furthermore, the nitrogen is there in such a form that it is of use to the body. The air around us contains as much as four-fifths of its volume of nitrogen, yet this nitrogen is absolutely no good to us as food. We must have nitrogen in the form of protein from which to build our tissues, and it is for this reason that proteins are frequently called "body builders."

No food is entirely composed of protein, but lean meat, fish, and white of egg consist largely of protein and are perhaps the best examples, while milk and cheese also contain a high percentage of protein. Vegetables and fruit, on the other hand, although they contain protein, possess only small amounts of it.

We know also that there are different kinds of protein, some of much better quality than others. On

limiting ourselves in respect of something essential to the welfare of the body, for not only do we need proteins to provide the necessary materials for growth, but also for general bodily functions. For example, throughout life the thyroid gland (disease of which causes goitre) acts as a chemical factory, manufacturing a special secretion which is absolutely essential for health. Proteins may be regarded as part of the raw material from which the thyroid gland manufactures this secretion. Thus we see that proteins are an essential in any diet, and the more varied the protein ration, the more chance we have of obtaining what is necessary.

Carbohydrates are much more homely substances than proteins; starches and sugars forming the chief carbohydrates of our diet. We are all accustomed to meeting starch, though we may be more inclined to regard it as of use in laundrywork than as a source of food.

There are several different kinds of starch—rice starch, for instance, the variety found in the rice grain, potato starch, and maize starch, which is found in cornflour—but all varieties are useful food. Potatoes, bread flour, cereals (rice, etc.), and pulses (peas and beans) are the best examples of food containing starch. Another carbohydrate, sugar, is also a very familiar substance, and here again there are several different varieties—cane sugar, which is either loaf or granulated, glucose, the variety we find in honey and fruits, and lactose or the sugar in milk.

Now let us consider the use of these carbohydrates in our diet. Speaking briefly, we can say that our food is utilised within our bodies for two main functions:

- (1) To provide for growth.
- (2) To provide energy to do work and keep us warm.

Carbohydrates are burnt in the tissues and are an excellent source of energy; anybody engaged in heavy manual labour, therefore, should have an extra large supply of these substances. When taking long walks, people frequently like to eat sweets on the way, and this is a very reasonable proceeding, for they are merely providing themselves with a source from which to obtain the necessary energy. Sweets are so often regarded as an extra and not as a food, but this is entirely wrong, for sweets are food.

Another function of carbohydrates, is that in some peculiar way they assist us to burn our fatty food (from which we also obtain energy). It is a known fact that fats cannot be burned properly within the body unless carbohydrates are being burned at the same time, and from this point of view carbohydrates are essential and irreplaceable. Thus we see that there is a physiological reason for eating sugar with our strawberries and cream, and golden syrup or jam (sugar) with our suet pudding (fat).



Miss Dorothy Allen
Pianist, daughter of Mr. and Mrs. King Allen, Lumsden, Southland

the whole, proteins of animal origin (meat, fish, milk, cheese) are thought to be of better quality than plant proteins, e.g., potato protein, are quite good. Vegetables, however, cannot be regarded as an adequate source, as the proportion of protein compared to other constituents is so low that an enormous bulk has to be eaten to obtain sufficient.

During digestion the proteins of our food are broken up into their constituent parts. The body chooses what it needs for its own building processes and discards the remainder. From this it follows that we should eat a variety of foods in order to obtain different kinds of proteins, and allow our internal organs to have a chance to select what is necessary. If we reduce our protein food to one or two varieties, we may be



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