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Before the dance, your shoes—on which so much pleasure depends—claim a few moments attention. The mirror-like surface of patent leather requires an extra careful toilet if you would preserve its immaculate appearance.

Meltonian White Cream is the ideal dressing: it keeps the leather supple and revives its gleaming surface. Meltonian does not gather dust; neither will an accidental meeting of shoe with shoe leave an ugly smear across the most delicate of brocade or satin. Use Meltonian White Cream for your own shoes' sake and for the sake of the shoes SHE will wear.

Meltonian

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The "Dumpy" jar for the home. Price 1/3
 Meltonian Cream is made in white, black, and three shades of brown, for
 CLEANING and PRESERVING all LEATHER GOODS.
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Cinderella

BALLROOM FLOOR POWDER

(Registered)

Lessons in Food Values

Continued from page 61

Fats, like carbohydrates, are sources of energy, although, as a given weight of fat produces more than twice as much energy as the same weight of carbohydrate, they may be regarded as better sources. Against this, however, we must place the greater cost of fat, and also the fact that some people cannot digest it very well.

Fats are specially good sources of heat. In the winter, therefore, we naturally take more fat than in the summer-time: a slice of buttered toasts, for instance, or a muffin, is very attractive on a cold winter's day, while in the hot weather we should not appreciate it. Yet another value is the fact that in many foods, e.g., butter, beef, and mutton, fats are associated with one of the vitamins, vitamin A.

Mineral Salts, although absolutely essential to life, hold quite a different position from carbohydrates, fat, and protein: they are of no use as sources of energy, but may be regarded solely as body-builders. Every cell in the body contains mineral salts, and the necessity for lime salts in the process of bone and tooth formation is well known. Then again, mineral salts are used in the manufacture of the digestive juices, and the red cells in our blood contain iron. The best sources of these salts are the fruit and vegetables of our diet, and in this respect we should be careful to cook our vegetables in such a way that we do not lose most of the mineral salts in the water which we throw away.

Roughage. By this term we mean the fibres of vegetables and fruits (made of cellulose—a kind of carbohydrate not digested by human beings), which give ballast to our food, and are necessary to keep our internal organs in good working order. In cases of constipation the doctor frequently recommends more fresh fruit and vegetables, i.e., he is adding more roughage to the patient's diet.

Vitamins.—There are at least three vitamins known at the present time, all possessing special properties, and found in different foods. Each is essential for health and bodily welfare, and the three are known as vitamin A, vitamin B, and vitamin C.

The existence of these interesting substances is a comparatively recent discovery. Until about twenty years ago we knew nothing of them, and were taught that the constituents of a diet should be fat, carbohydrate, protein, mineral salts, roughage, and water. It was then found that animals could not live on a diet composed of these purified constituents; research work led on to the discovery of the three vitamins. Americans already claim that there are five vitamins, but at the moment we will be content to recognise three of these interesting substances, and proceed to consider each one separately.

Vitamin A.—This vitamin is frequently called the anti-rachitic vitamin, because its absence from an infant's diet results in the baby developing rickets. Its absence also leads to bad eye trouble, in adults as well as in children, and it is important, therefore, that the supply should be very carefully safeguarded.

Unfortunately, this vitamin occurs in rather expensive foods, so that the babies of poor mothers may suffer from lack of it, but in England, at any rate, the average individual should receive a good supply. Large quantities of this food factor are found in cod-liver oil, herring and mackerel also being good sources, while butter, milk, cheese, egg-yolk, and animal fats provide us with this most necessary vitamin.

From these facts it is seen that vitamin A is found closely associated with fats, but not with vegetable fats margarine, for instance, if made from vegetable fats, contains none. It also occurs in tomatoes, and green vegetables, e.g., lettuce, cabbage and water-cress. On an ordinary mixed diet, it is unlikely that any one suffers from lack of vitamin A, but there is a possibility that those who cut down the fat in their diet to a minimum should be very careful to eat tomatoes and green foods.

The lack of vitamin A does not appear to lead to such drastic results in an adult as in a baby, yet it is highly probable that living on a minimum of this food factor results in a general state of feeling "not very well," and leads to a decreased resistance to disease. People, for example with a low vitamin A diet may be more susceptible to colds.

Vitamin B. For us in New Zealand this vitamin has very little interest. Its distribution is much wider than that of any other vitamin; in fact it is difficult to find even one food which contains none. A deficiency of vitamin B in the diet leads to a nervous disorder known as beri-beri; this disease, however, is only met with in countries where the diet is of a very restricted nature—for example, when the food consists almost entirely of polished rice (the vitamin having been removed by polishing, as it is present in the outer part of the rice grain).

Vitamin C. This vitamin is the most important so far as we are concerned. Its absence from the diet results in the development of scurvy, a disease which attacks adults as well as children. Vitamin C has not nearly such a wide distribution as Vitamin A, and possesses the further drawback of being easily destroyed by heat; a large proportion, therefore, is lost during cooking. Consequently, it is of the greatest importance that every housewife should know what foods contain this vitamin, and should take special precautions to ensure that every member of her household receives a liberal supply.

Continued on page 69